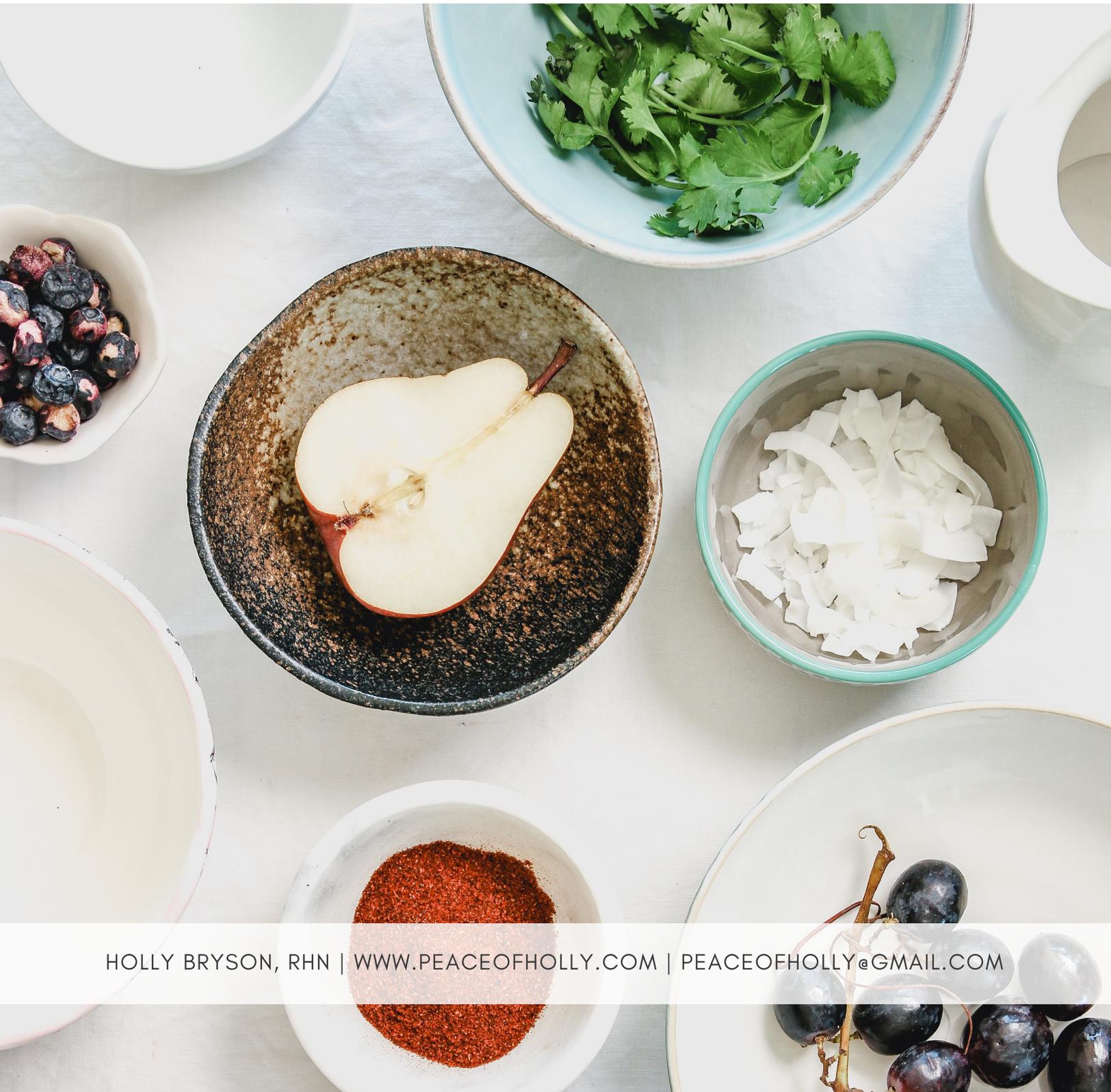


Real Food Recipe Bundle



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Hey you!

I'm so happy we get to work together - I'm truly honored to be a part of your health and wellness journey, and I want you to know I'm here rooting for you every step of the way!

As you start out on your journey, I want to give you a resource to help you along the way. This e-book is filled with over 40 Real Food Recipes - lots of delicious inspiration for your meals and snacks.

This book contains both written recipes and links to recipes. Simply click on the links to open them in a web browser.

Enjoy!



Drinks



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Links
Bone Broth
Coconut Milk

In smoothies calling for nut milks:

Instead of using processed nut milks from the store, easily make your own! When making smoothies calling for nut milks: Try using water as the base of your smoothie. For each cup of nut milk called for, use 1 cup of water with 1 Tbsp of nut or seed butter (coconut, almond, cashew, hemp, tahini, etc).

Can't do nuts? Try coconut oil or avocado in your smoothie



Fruit Water

(the key to drinking more water!)



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Naturally flavor your water with fruit & herbs! Simply grab a pitcher or jar, fill it with one or a combo of the following ingredients, add water & enjoy!

Flavor Ideas:

- Citrus juice or slices
- Crushed berries, fresh or frozen
- Cucumber slices
- Muddled mint or basil
- Watermelon or pineapple pieces

Herbal Iced Tea

This iced tea can be made with any loose leaf or bagged herbal tea. My fave is using nettle leaves!

Ingredients

1/4 cup dried herbal tea leaves or 3-4 tea bags
4 cups water, divided
juice of 1/2 - 1 small/medium lemon, to taste
optional: honey or stevia

Directions

1. Place the tea leaves or bags in a small glass bowl or measuring cup.
2. Bring 1 cup of water to a boil and pour it over tea leaves or bags, giving it a stir to make sure all is submerged.
3. Let steep for at least 3-15 minutes. If using tea bags, use recommended steeping time.
4. Strain the tea into a 1 quart jar. Discard tea leaves or bags. Add honey or stevia if using.
5. Add the lemon juice and the rest of the water to the tea jar.
6. Refrigerate until cold.

Enjoy! It's good to drink as soon as it's made but I prefer the flavor after it's had a bit of time to sit together.

*Makes 1 quart of iced tea



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No Juicer Green Juice



Juice of 1 lemon
1/4 cup water or herbal tea
1 cup leafy greens, packed
1 small knob of ginger
Optional: celery or cucumber

*This recipe can be made with any kind of leafy greens. Try spinach, kale, beet leaves, swiss chard or even lettuce!

Blend all ingredients in a high-powered blender. Strain the mixture through a fine mesh strainer, cheese cloth or paint strainer. Enjoy!

Makes 1 small juice



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Breakfast



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*Bizcocho
sandanos*

Consejo nutricional

Los frutos secos deberían tomarse con la piel que los recubre, ya que es muy rica en vitaminas.



Links



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Key Lime Pie Chia Pudding

Veggie Egg Cups

Breakfast Sausages



Coco-Berry Smoothie



- 1 cup coconut milk (or water)
- 1 cup frozen blueberries
- ½ frozen banana
- 2 Tbsp coconut butter (or other nut butter)
- 1-2 cups leafy greens
- 2-3 Tbsp hempseeds or collagen

Blend all ingredients in high-powered blender until smooth. Enjoy!



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Amped Up Oatmeal

- ½ cup oats, gluten free if necessary
- 1 scant cup water
- 1-2 Tbsp coconut oil
- 2 Tbsp collagen or hempseeds
- Cinnamon, to taste
- Pinch of salt
- Top with fresh or frozen (warmed) berries



Bring all ingredients to a simmer in a small sauce pan. Simmer on low for 6-8 minutes. Turn burner off. Place lid on sauce pan for another 2 minutes. Top with fresh or frozen (warmed) berries. Enjoy!



Lunch & Dinner



Links

[Chicken Salad](#)

[3 Herb Beef Burgers](#)
[Veggie Burgers](#)



[Lettuce-Wrapped Burgers with Avocado Oil Mayo](#)

[Quinoa Salad](#)

[Mexican Shrimp Cauli-Rice](#)

Build Your Own Salad

Pick Your Base:

Lettuce, Kale, Swiss Chard,
Mixed Greens, Beet Leaves

Add-on Veggies

Shredded Carrots, Beets, Jicama,
Cabbage, Chopped Tomatoes,
Cucumber, Radishes, Avocado

Something Salty

Olives, Crispy Proscuitto, Shredded
Cheese, Goat Cheese, Raw Sauerkraut,
Lacto-fermented Veggies

Protein

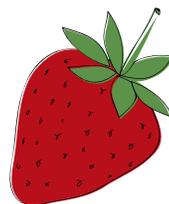
Hard-Boiled Eggs, Leftover Meat (Chicken, Beef, Pork),
Grilled Fish, Chickpeas, Beans, Lentils



Delicious Dressing Links

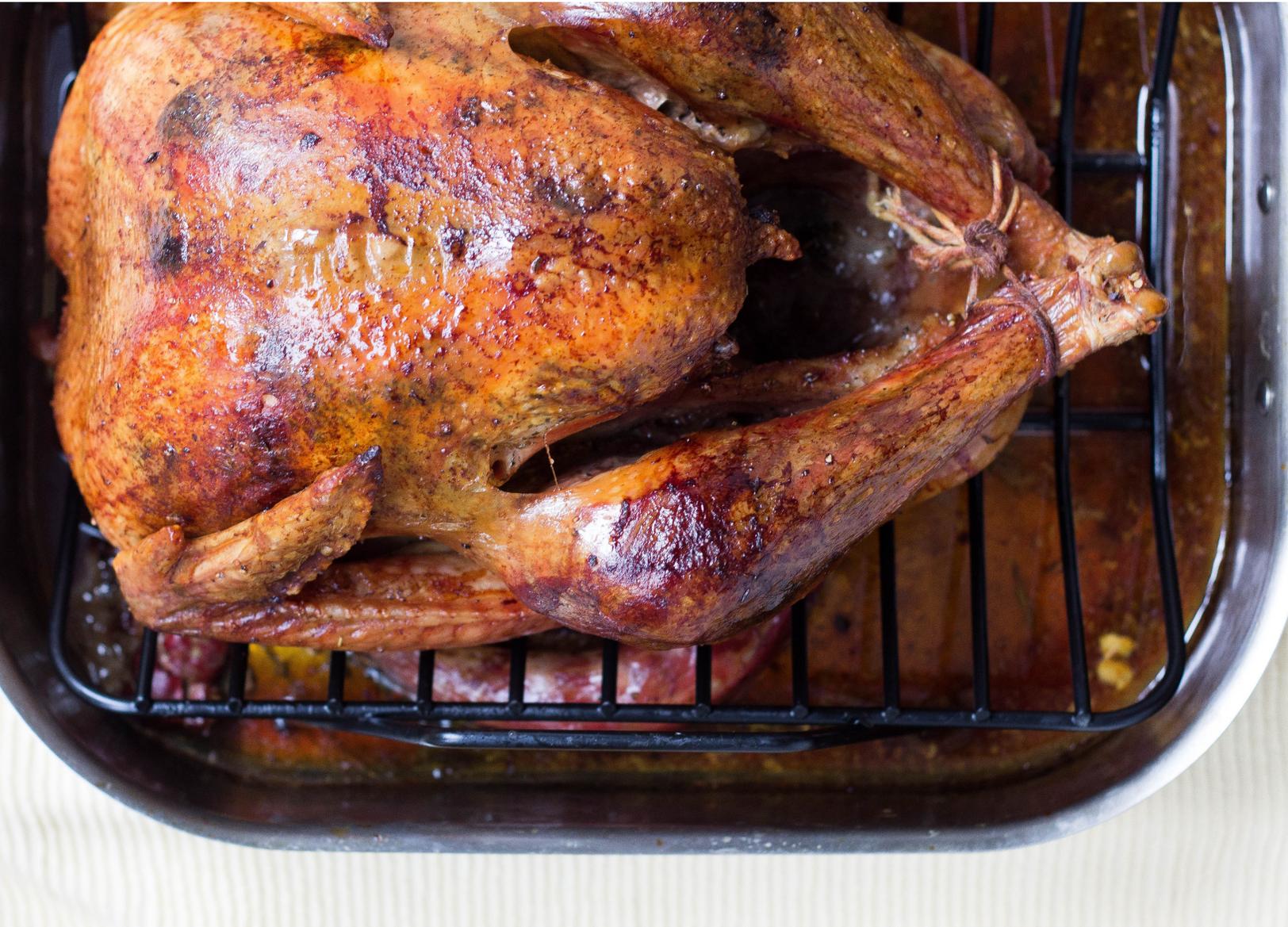
Honey Mustard Salad Dressing

Strawberry Basil Salad Dressing



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Chicken



Links

[Lemon Italian Chicken Marinade](#)

[Slow Roasted Chicken](#)



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Salmon



Links

[Baked Salmon with Avocado Salsa](#)

[Salmon Chowder](#)

Turmeric Beef Stew



Ingredients

- 3lb ground beef
- 3 Tbsp pastured lard, divided
- 4 stalks celery, diced
- 4 medium-sized carrots, diced
- 4 cups sweet potatoes, cubed
- 2 cups broccoli florets, bite-size pieces (fresh or frozen)
- 3 cups cauliflower florets, bite-size pieces (fresh or frozen)
- 3-4 cups bone broth or water (depending how thick you like your stew; I used unsalted)
- 2 bay leaves
- 2.5 tsp turmeric, ground
- 2.5 tsp ginger, ground
- 2.5 tsp sea salt (to taste, use less if your broth is already salted)
- 2 cups pureed squash, canned or homemade (see next page)
- 1/2 cup frozen peas (omit for AIP)
- 2 cups frozen spinach, chopped or crushed
- 1 Tbsp apple cider vinegar

Directions

1. In a large soup pot, brown the ground beef in 1 Tbsp lard until cooked through. Transfer the beef and its juices to a large glass bowl and set aside.
2. In the same large soup pot, simmer the remaining 2 Tbsp lard with the celery, carrots, sweet potatoes, broccoli, cauliflower, bone broth, bay leaves, turmeric, ginger and sea salt - with the lid on, until veggies are fork-tender, about 15 minutes.
3. Stir in the ground beef + its juices, pureed squash, peas, spinach and apple cider vinegar. Simmer on low, uncovered, until peas are cooked through.



Serve as is or over rice. My husband and kiddo love it with shredded cheese on top. If I tolerated corn, I would probably dip some organic corn chips in it - YUM!



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How to Cook & Puree Squash



You can do this up to a few days in advance or while you're cutting up all the other stew veggies. Use whatever kind of squash you have on hand (butternut, acorn, pumpkin, kabocha or even sweet potatoes). I used kabocha.

Slice the squash in half, scoop out the seeds, place cut side down in a baking dish, pierce the skin with a knife and bake at 400F until knife-tender (30-40min).

Let the squash cool down, peel + discard the skin. Place the cooked squash in the food processor and puree.

My kabocha puree was THICK so I added about 1/4 cup of water to thin it out. The puree was still very thick in the end. So keep that in mind if your squash puree is thinner - you might not need as much broth when you make the stew!

If you're using sweet potatoes, use the same steps as above - you just won't need to scoop out the seeds! Depending on their size, they may take longer to cook. And the stew will be on the sweeter side - you may need more spices and apple cider vinegar. Feel it out.

You can also try this recipe with canned squash or sweet potato puree.



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Sides



Links

[Easiest Roasted Sweet Potatoes](#)

[Roasted Root Veggies](#)

[Fried Yellow Cabbage](#)



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Snacks & Lunch Add-Ons



Links

Guacamole

Hummus

Snickerdoodle Balls

Cranberry Oatmeal Cookies

Real Food Muffins

Granola Bars

Granola



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Harvest Muffins

Preheat oven to 375F



Blend the following in a high-powered blender until smooth:

3 eggs

1 + ½ yellow plantains, peeled + chopped

½ cup coconut oil

3 Tbsp honey (optional)

1 Tbsp cinnamon

1.5 tsp ginger

½ tsp baking soda

1 Tbsp apple cider vinegar

Pinch of salt

Stir in:

½ cup grated apple, lightly packed

½ cup grated zucchini, lightly packed

½ cup grated carrot, lightly packed

Place ¼ cup portions of batter in each silicon muffin cup. Bake for 25-28 minutes, or until slightly firm to the touch. Let muffins cool before taking them out of the silicon muffin cups.



Carrot Pudding

(Tastes like Pumpkin Pie)

2lb carrots, cut into chunks

Water to cover carrots in pot

$\frac{3}{4}$ cup reserved carrot water

$\frac{3}{4}$ cup coconut oil

2 Tbsp cinnamon

1 tsp ginger

$\frac{1}{4}$ tsp salt

Optional: add in collagen or hemp seeds for protein



Place carrots in medium sized pot and cover with water. Boil until soft. Drain carrots, reserving $\frac{3}{4}$ cup water. Place carrots, reserved water and rest of ingredients in high powered blender and blend until smooth.

Refrigerate 3-4 hours until chilled throughout - I prefer when it's been chilled all day or overnight, the flavors really come together and it gets super thick from the coconut oil!



Sweets



Links

Clafoutis

Avocado Lime Pudding

Vanilla Bean Macaroons

A Whole Bunch of Popsicles

Lemon Blueberry Cake



I'm so excited to be supporting you
on your healing journey!

Holly Bryson, RHN

