



Vegetarian Low FODMAP Diet Meal Ideas

Breakfast:

- Baked egg cups with a side of ¼ cup berries
- Scrambled eggs with veggies
- Quiche Lorraine
- “Egg in the hole” bell peppers
- Baked egg skillet
- Almond flour pancakes with mixed berries
- Strawberry muffins
- Zucchini bread

Lunch:

- Salad wraps
- Left overs from the night before
- Vegetarian soups
- Snack packs with veggies, aged cheese, nuts, and boiled eggs
- Mediterranean tuna salad (pescatarian)

Salads:

- Strawberry mix salad with walnut vinaigrette
- Farm salad
- Spring mix with roasted red peppers, tomatoes, and goat cheese with a white wine vinaigrette
- Jicama and orange salad with a sesame vinaigrette
- Mediterranean salad
- Cucumber salad with mint

Sides:

- Pan fried summer squash with tomatoes, peppers, and basil
- Gingered bok choy
- Roasted carrots, butternut squash, and fennel
- Cabbage slaw
- Lentil salad with tomatoes, roasted bell peppers, and fennel
- Rutabaga mash
- Carrot fries
- Cabbage steak
- Sautéed kale or massaged kale salad
- Roasted acorn squash
- ½ cup white rice OR 1 cup quinoa



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Main Dishes:

- Zucchini boats stuffed with tomatoes, lentils, and roasted red bell peppers
- Roasted eggplant and zucchini
- Hearts of palm noodles with FODY tomato basil sauce
- Stuffed bell peppers with lentils, carrots, and tomatoes
- Stuffed cabbage rolls
- Lentil soup
- Rice bowl with ½ cup white rice and veggies
- Mediterranean bowl with ½ cup quinoa and chopped tomato, pepper, and cucumber salad
- Roasted eggplant with a side of rice and tomato salad
- Tofu stir fry with red cabbage, bell peppers and zucchini
- Spaghetti squash putanesca
- Hearty quinoa chili

Snack:

- Baba ghanoush (eggplant dip)
- Carrot and jalapeno dip
- Zucchini hummus
- Radishes with salt and butter
- Rutabaga chips
- Vinegar pickled vegetables
- 1-2 boiled or deviled eggs
- Handful of mixed nuts (almonds, walnuts, sunflower seeds)
- ¼ cup mixed berries
- 1 small-medium orange or 2 small mandarins
- Veggie crudité (bell peppers, tomatoes, carrots, zucchini)



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Strawberry Muffins

Recipe by Lisa Richards, CNC

Ingredients:

- 1/2 cup coconut flour
- 1/4 tsp. baking soda
- Pinch of salt
- 1/2 cup unsweetened, canned coconut milk
- 1/2 tsp. stevia
- 2 Tbsp. coconut oil, melted
- 3 eggs
- 1/2 tsp. vanilla
- 1/2 cup diced fresh strawberries
- 6 fresh strawberry slices for garnish

Instructions:

1. Preheat oven to 350 degrees F (175 degrees C). Line 6 cups of a 12 cup muffin tin with paper baking cups or brush generously with oil, set aside.
2. In a medium bowl, sift coconut flour, baking soda and salt, whisk to combine. In another medium bowl, add unsweetened coconut milk, stevia, melted coconut oil, eggs, and vanilla, whisk thoroughly. Pour liquid ingredients into bowl with dry ingredients, stir to combine for one minute as coconut flour absorbs liquids. Fold diced strawberries into muffin batter.
3. Spoon muffin batter into the prepared tin, smoothing tops, then press a strawberry slice on the top of each. Bake muffins until golden brown, about 30 to 35 minutes. Cool, serve.

“Egg in the Hole” Peppers

Ingredients:

- 1 bell pepper, any color, de-seeded
- 1 tsp avocado oil
- 4 eggs
- Cilantro, chopped for garnish
- Salt and pepper to taste

Instructions:

1. Slice tops and bottoms off bell peppers and finely dice. Remove and discard seeds and membranes. Slice the pepper into four 1/2-inch-thick rings.
2. Heat 1 tsp oil in a large nonstick skillet over medium heat. Add 4 bell pepper rings, then crack 1 egg into the middle of each ring. Season with salt and pepper. Cook until the whites are mostly set but the yolks are still runny, 2 to 3 minutes. Gently flip and cook 1 minute more for runny yolks, 1 1/2 to 2 minutes more for firmer yolks. Transfer to serving plates and garnish with salsa and cilantro.



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Quiche Lorraine

Ingredients:

- Avocado oil or ghee for greasing
- 5 eggs
- 1 cup almond milk, unsweetened
- 3 scallions, sliced
- 2 oz parmesan, finely grated
- Salt and pepper

Instructions:

1. Pre-heat the oven to 350°F.
2. Grease a round glass baking dish or pie pan.
3. In a large bowl, beat the eggs until combined. Add in the almond milk and mix to combine. Add the spring onions and parmesan. Season with salt and pepper. Stir to combine.
4. Carefully pour into the prepared glass dish.
5. Bake for 40-50 minutes until the quiche is cooked through and golden on top. Remove from the oven and serve. The quiche can be eaten hot or cold.

Baked Egg skillet

Ingredients

- 1 tbsp garlic infused olive oil
- 2 red bell peppers (thinly sliced)
- 1 tsp. smoked paprika
- 1 cup chopped fresh tomatoes
- Salt and pepper to taste
- 4 medium eggs
- Parsley, chopped, garnish

Instructions

1. Heat the oil in a large saucepan over a medium heat and cook the peppers, stirring frequently, until soft. About 6-8 minutes.
2. Add the smoked paprika, chili, and chopped tomatoes and cook for 3-4 minutes.
3. Season with salt and pepper to taste.
4. Make 4 indents in the mixture.
5. Break the eggs into each of the indents and place under the broiler under a medium heat for approximately 5 minutes, until the eggs are cooked. Top with parsley and serve.



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Zucchini Muffins

Recipe by: Megan Gimore

Ingredients:

- 3/4 cup coconut flour
- 6 eggs, at room temperature
- 1/2 cup pure maple syrup
- 1/4 cup melted coconut oil
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 3/4 teaspoon baking soda
- 1 1/2 cups shredded zucchini, tightly packed

Instructions:

1. Preheat the oven to 350°F and line a standard (9-inch by 5-inch) loaf pan with parchment paper. If you're making muffins, line a standard muffin tin with 12 baking cups.
2. In a large bowl, combine the coconut flour, eggs, maple syrup, oil, vanilla, cinnamon, nutmeg, and baking soda and use a whisk to stir well, breaking up any lumps as you go. The batter will most likely be thick.
3. Add in the shredded zucchini then scoop the batter into the loaf pan, smoothing the top with a spatula. Or if making muffins, divide the batter into the 12 lined muffin cups.
4. Bake the loaf for 45 to 50 minutes, until the top is golden and firm. If baking muffins, bake them for 25 to 30 minutes. Cool in the pan for 15 minutes, then transfer to a wire rack to cool completely. Because this bread is very moist, store it in the fridge for best shelf life.



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Almond Pancakes

Recipe by: Rebecca Coomes

Makes about 4 small pancakes

Ingredients:

- 2 tbsp almond meal
- 1 tbsp coconut flour
- 1 egg
- 1 egg white
- ¼ sparkling water
- Pinch of sea salt
- Avocado or coconut oil for cooking

Instructions:

1. Preheat pan or griddle and add cooking oil
2. Mix all ingredients together in a bowl until there are no lumps.
3. Use ¼ size measuring cup to spoon mixture onto prepared griddle
4. Cook until done; look for bubbling or browning of the edges before flipping

Rutabaga Hash

Recipe by Lisa Richards, CNC

Ingredients:

- 3 tbsp avocado oil
- 1 rutabaga (about 1 1/2 pounds), peeled and diced into 1/2 inch cubes
- 1/2 cup minced red pepper
- 1 tsp salt
- 1/4 tsp pepper
- 2 tsp smoky paprika
- Fresh minced chives or dill

Instructions

1. Heat the oil in a skillet over medium heat. Add the diced rutabaga, stir to coat with oil and then sauté for about 4 minutes.
2. Cover and cook, stirring once or twice, until rutabagas are tender when pierced with a fork, about 15 minutes. If rutabaga begins to brown too quickly, turn heat down to medium low.
3. Uncover skillet and add the minced red pepper, salt, pepper and smoky paprika. Stir to combine, then sauté for about 10 minutes.
4. Garnish with fresh minced chives or dill, and serve.



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Ingredients:

- 1 zucchini, grated
- 2 free-range eggs
- 2 tbsp coconut flour
- 2 tsp ghee or avocado oil
- Salt and pepper

Instructions:

1. Squeeze the excess moisture out of the grated zucchini by grabbing a handful of it and squeezing it over the sink or a bowl.
2. Place the zucchini in a large bowl. Add in the eggs and coconut flour. Mix to combine. Add more coconut flour if the mixture is too wet. If the mixture is too dry, add in a drop of water. Season with salt and pepper.
3. In a large frying pan, heat over a medium heat and melt the ghee or avocado oil. To cook the fritters, add in a large spoonful of batter. Repeat until you have filled the pan ensuring you have left room to flip the fritters.
4. Cook for 2-3 minutes on one side and then flip, and cook on the other side until golden brown and cooked through. Remove from the pan and set aside.



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Ranch Dressing

Adapted from Good Noms Honey

Ingredients:

- 1 cup mayonnaise, by Primal Kitchens
- 2 tbsp garlic-infused olive oil
- 1 tbsp lemon juice
- 2 tbsp green onions (green tops only), finely chopped
- 2 tbsp fresh parsley, chopped
- 1 tbsp fresh dill, chopped
- 1 tsp salt
- ½ tsp pepper
- 1-4 tbsp unsweetened almond or coconut milk

Instructions:

1. Add all ingredients into a bowl and mix. Add in coconut or almond milk to create desired consistency. Alternatively, do not chopped herbs. Instead add all ingredients to a food processor and blend until herbs are in tiny specks.

Recipe Notes:

- For a Mexican flavor, add in fresh cilantro, lime juice instead of lemon, and 1 tsp cumin.

Farm Salad

Ingredients:

- Salad greens of your choice (romaine, green leaf, spring mix, spinach)
- 2 medium or large carrots, peeled and cut into matchstick pieces
- 1 cucumber, halved lengthwise and cut into thin slices
- 1 red tomato, cut into bite-size wedges or cubes
- ½ cup thinly sliced radishes
- ¼ to ½ cup sliced scallions, green tops only
- 2 tbsp sunflower seeds

Instructions:

1. Add mixed greens into a large bowl and top ingredients listed above. Serve with white wine-walnut vinaigrette (see recipe) or dressing of your choosing.



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Mediterranean Salad

Ingredients:

- 1 large cucumber, peeled and de-seeded (if desired), sliced into half-moon shapes
- 1 medium to large tomato or 1 cup cherry tomatoes, cubed
- 1 orange bell pepper, de-seeded and chopped
- ½ cup olives (not from a can) (optional)
- ¼ cup olive, walnut, or avocado oil
- 2 tbsp lemon juice
- 2 tbsp fresh parsley, chopped
- 2 tbsp fresh mint, chopped
- Salt and pepper to taste

Instructions:

1. In a small bowl, whisk together oil, lemon juice, parsley and mint. Season to taste.
2. In a large bowl, combine and mix cucumber, tomato, bell pepper, and olives.

Recipe Note:

- This salad can be enjoyed by itself or over greens or in the middle of endive leaves.
- If you desire more protein, add in low-mercury tuna or salmon.



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White or Red Wine-Walnut Vinaigrette

Ingredients:

- 1 tbsp white or red wine vinegar
- 1 tbsp fresh lemon juice
- 3 tbsp walnut oil
- 3 tbsp extra-virgin olive oil
- ½ to 1 tsp mustard (garlic free)
- Fresh herbs (parsley, dill, basil, thyme)
- Salt and pepper to taste

Instructions:

1. Combine all ingredients into a bowl and whisk together. Alternatively, you can combine all ingredients into a small jar with a lid and shake to combine.

Recipe Notes:

- You can adjust the acidity based on how much vinegar or lemon juice you add. Feel free to omit vinegar and just use lemon, or vice-versa.
- Mustard is optional, but it helps emulsify the vinaigrette into a cohesive mixture.
- Add any herbs you like; different combinations will lead to different flavors.
- You can use all olive oil or all walnut oil-your choice!

Simple Lemon Vinaigrette

Ingredients:

- ¾ -1 cup olive, walnut, or avocado oil
- ¼ cup lemon juice
- ¼ cup fresh parsley, dill, or chives, chopped
- Salt and pepper to taste

Instructions:

1. Mix all ingredients in a small bowl and whisk together until combined. Alternatively, add ingredients into a small mason jar, screw on lid, and shake until mixed.



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Sesame Vinaigrette

Recipe adapted from Myra Goodman

Ingredients:

- 2 tbsp white wine vinegar
- 2 tbsp coconut aminos
- ¼ cup toasted sesame oil
- ¼ tsp hot sauce or a pinch of chili flakes (optional)
- 1 tbsp fresh grated ginger

Instructions:

1. Combine all ingredients in a bowl and whisk together. Alternatively, you can combine all ingredients into a small jar with a lid and shake to combine.

Recipe Note:

- For some freshness and different flavor, add 2 tbsp freshly squeezed orange juice, omit the chili, and decrease the amount of sesame oil to 3 tbsp.

Tofu Dill Dressing

Recipe by: Myra Goodman

Ingredients:

- ½ cup fresh dill, remove thick stems
- 3 tbsp fresh lemon juice
- 2 tbsp extra-virgin olive oil
- 1 tbsp mustard (garlic free)
- 8 oz soft tofu; cubed
- ¼ cup water
- ½ tsp salt

Instructions:

1. Combine dill, lemon juice, olive oil, and mustard into a blender and process until the dill is finely chopped.
2. Add ¼ cup water and cubed tofu into the blender and process until smooth, using a spatula to scrape down sides, when needed.
3. Season with salt and serve.



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Jicama, Carrot, and Orange Salad

Recipe adapted from Myra Goodman

Ingredients:

- 2 medium oranges; peeled and segmented
- 1 small jicama, peeled and cut into 1-inch matchstick pieces
- 1 medium to large carrot, peeled and shredded
- 3 cups baby spinach; rinsed and dried
- 2 tbsp sesame seeds

Instructions:

1. Add spinach into a large bowl and top with orange slices, jicama matchsticks, shredded carrot, and sesame seeds. Serve with sesame vinaigrette (see recipe).

Mixed Greens with Strawberries

Ingredients:

- 5 organic strawberries, rinsed, dried, and quartered
- 4 oz mixed greens
- 7-10 walnut halves; can be chopped into pieces

Instructions:

1. Add mixed greens into a large bowl and top with strawberries, walnuts, and goat cheese. Serve with white wine-walnut vinaigrette (see recipe).

Recipe Notes:

- This recipe was made for 1 serving; feel free to double or triple recipe for more servings.
- Instead of strawberries, substitute them for roasted red bell peppers. Add in sliced (or roasted) tomatoes and fresh herbs like basil, and serve with red wine-walnut vinaigrette.



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Asian Cabbage Slaw

Ingredients:

- 2 cups red or green cabbage, thinly sliced
- 2 medium carrots, peeled and julienned or shredded
- ½ cup seedless cucumber, julienned or shredded
- 1 jalapeno pepper, de-seeded, finely diced
- 1 red, orange, or yellow bell pepper, de-seeded and thinly sliced
- 1/2 cup broccoli florets, finely chopped
- 3 tbsp fresh cilantro, finely chopped
- 3 tbsp fresh basil, finely chopped
- 2 tbsp fresh lime juice
- 2 tbsp avocado oil
- 2 tsp coconut aminos
- ¼ tsp dried chili flakes (optional)
- Salt and pepper, to taste
- 2 tsp sunflower seeds or sesame seeds

Instructions:

1. In a small bowl, whisk together lime juice, avocado oil, coconut aminos, chili flakes, and salt and pepper to taste.
2. In a large bowl, combine and mix together all vegetables and herbs.
3. Pour over dressing to desired amount and mix. Top with sunflower or sesame seeds.
4. Serve and enjoy.



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Moroccan Carrot Salad

Ingredients:

- 3 medium carrots, peeled and grated
- 2 Tbsp. extra virgin olive oil
- 2 Tbsp. freshly squeezed lemon juice
- 2 Tbsp. chopped fresh cilantro or parsley
- ¼ tsp. ground cumin
- ¼ tsp. ground paprika
- 1 dash cinnamon
- ½ tsp. Himalayan pink sea salt
- ¼ tsp. cayenne pepper (optional)

Instructions:

1. Combine carrots, oil, lemon juice, cilantro, cumin, paprika, cinnamon, salt, and cayenne in a large bowl; mix well. Cover and marinate in refrigerator for 2 to 3 hours before serving.

Tuscan Kale Salad

Ingredients:

- 4-6 cups kale, sliced and middle ribs removed
- Juice of 1 lemon
- 3-4 tbsp extra virgin olive oil or walnut oil
- ¼ tsp Italian oregano finely chopped (dry or fresh)
- Salt & pepper, to taste
- Hot red pepper flakes, to taste

Instructions

1. In a small bowl, whisk together lemon juice, olive oil, oregano, salt, pepper, and a generous pinch (or more to taste) of hot red pepper flakes.
2. Place kale in a serving bowl and pour dressing over the greens.
3. Massage the dressing into the kale for 3-5 minutes, until kale is tender.



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Pesto

Ingredients:

- 2 cups fresh basil
- ¼ cup of toasted pine nuts or toasted walnuts (double if desired)
- ¼ cup fresh flat leaf parsley
- ½ cup of olive oil or extra virgin olive oil
- 2 tbsp lemon juice (double if desired)
- 1 tsp sea salt

Instructions:

1. Place all ingredients in a food processor until its smooth and creamy. Use on everything!

Tomato Free Marinara Sauce

Ingredients:

- 3 red bell peppers, de-seeded and chopped
- ½ bunch fresh basil
- 1 tbsp fresh oregano, de-stemmed
- 1 tbsp fresh thyme, de-stemmed
- 1 tbsp fresh rosemary, de-stemmed
- ¼ tsp black pepper
- ½ tsp Himalayan pink salt
- ¼ tsp cayenne (optional)
- 2 tbsp olive or avocado oil
- Juice from 1/2 lemon

Instructions:

1. Raw version: Add the bell peppers and remaining ingredients into a food processor and pulse until well combined, but not mushy.
2. Cooked version: Follow the above instructions then add puree into a saucepan and simmer over low-medium heat for 15-20 minutes.



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Homemade Marinara (with tomatoes)

Ingredients:

- 3 tbsp garlic-infused olive oil
- ½ cup chopped carrots
- 1 red bell pepper, de-seeded and chopped
- ¼ cup fresh basil, chopped
- ½ tsp dried oregano
- Salt and pepper to taste
- 28oz canned whole tomatoes
- 28 oz canned crushed tomatoes
- ½ cup water

Instructions:

1. Heat oil in a large pot or Dutch oven.
2. Add in carrots and bell pepper, sauté for 5 minutes or until soft.
3. Add in canned tomatoes and gently break apart with a spoon.
4. Add in seasonings and water. Let simmer on low heat, uncovered, for 20-30 minutes.

Recipe Note:

- If you do not want to use canned tomatoes, you may use fresh. If using whole tomatoes, slice in half and de-seed. Cherry tomatoes are also a good option. The sauce will need to simmer longer to break down tomatoes.



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Carrot Soup

Ingredients:

- 1 tbsp coconut oil or ghee
- 1 celery
- 3 fennel stalks, diced
- Sea salt to taste
- ¼ tsp ground turmeric
- 1 pinch ground black pepper
- 6 extra-large carrots chopped
- 3 cups bone broth, chicken or vegetable
- A few sprigs of fresh fennel

Instructions:

1. In a large pot over medium heat, melt coconut oil or ghee. Cook the celery, fennel, and the carrots with salt, turmeric, and pepper until they become tender and translucent, about 5 minutes.
2. Add bone broth, reduce the heat to medium-low heat and simmer until the carrots are soft all the way through, about 10 minutes.
3. Transfer to a blender and blend on low, then move to high speed after a few seconds.
4. After blending all three batches return to simmer for 5-10 more minute then serve with a garnish of fresh dill and fennel sprigs.

Yellow Squash Coconut Soup

Ingredients:

- ½ can coconut milk (with no thickeners)
- 1 ½ cups water or broth, divided
- 2 medium yellow squash, cubed
- Sea salt, to taste
- Herbal blend (fresh herbs, like basil or dill) or turmeric, cumin, paprika, or ginger, to taste

Instructions:

1. Bring 1 1/2 cups water or broth with salt and herbal seasonings to a boil in a saucepan over medium heat. Add squash; boil for 4 to 5 minutes.
2. Lower heat and add coconut milk and cook for 4 to 5 more minutes, stirring frequently.
3. Soup can be blended or served as is, either hot or cold.



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Egg Roll in a Bowl

Recipe by Cheryl Malik

Ingredients:

- 2 tbsp sesame or avocado oil
- 6 green onions, green and white parts divided, chopped
- ½ cup red onion
- 5 gloves garlic, minced
- 1 tsp grated fresh ginger
- 1 tsp tomato-free hot sauce (optional)
- 1 14oz bag coleslaw mix
- 3 tbsp coconut aminos
- 1 tbsp rice wine or apple cider vinegar
- Salt and pepper to taste
- 1-2 eggs
- Sesame seeds (optional)

Instructions:

1. Over medium heat, heat oil in a large skillet. Add white parts of green onion, garlic, and red onion. Cook until onion is translucent, about 5 minutes. Stir frequently to ensure garlic does not burn.
2. Add in ground poultry, ginger, and hot sauce and cook until meat is browned. About 7-10 minutes.
3. Add the coleslaw mix, coconut aminos, vinegar, and salt and pepper. Cook, stirring frequently, for about 5 minutes.
4. In a separate skillet, fry or scramble 1-2 eggs.
5. Place veggies in a bowl and top with eggs. Serve and garnish with chopped green onions and sesame seeds.



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Baba Ghanoush (Eggplant Dip)

Ingredients:

- 3 pounds eggplant, washed and dried
- 2 tablespoons roasted sesame oil (or your oil of choice)
- 2 tbsp fresh lemon juice
- Salt
- Cayenne pepper or chili powder or smoked paprika to taste (optional)
- ¼ cup chopped parsley

Instructions:

1. Preheat broiler.
2. Line baking sheet with parchment paper.
3. Place whole eggplants onto baking sheet and broil for 15-20 minutes, until soft and tender. Rotate and turn eggplants once or twice while broiling.
4. Remove eggplants from the oven and let cool for about 10 minutes.
5. Peel off and discard skin and stems. Coarsely chop remaining eggplant.
6. In a small bowl, whisk together oil, lemon juice, and 2 tsp salt.
7. Add chopped eggplant into a food processor and blend. While blending, add in oil mixture slowly. Blend until smooth. Adjust salt if necessary.
8. Transfer to a bowl or serving dish and garnish with cayenne pepper, parsley, and extra oil.

Recipe Notes:

- Substitute plain oil or garlic-infused oil.
- For added flavor, add in 1 tbsp tahini (sesame seed paste). As you progress through the low FODMAP diet, you can add up to ¼ cup tahini.
- Consider adding in roasted zucchini for extra flavor and body.



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Roasted Spaghetti Squash with Topping Ideas

Ingredients:

- 1 large spaghetti squash, cut in half and seeds removed
- 1 tbsp avocado oil
- 1/4 tsp sea salt

Instructions:

1. Preheat oven to 400°F.
2. Line a baking sheet with parchment paper.
3. Place spaghetti squash halves on lined baking sheet. Brush or drizzle the flesh with avocado oil and sprinkle with sea salt.
4. Place the squash cut side down on the prepared baking sheet. Roast for 45 minutes or until a knife easily pierces the skin and flesh. Remove from the oven and set aside.
5. Once cool enough to handle, flip the flesh-side up and use a fork to scrape out the stringy flesh.

Recipe Note:

- There are endless possibilities when it comes to toppings! You can keep it simple with a drizzle of olive oil, avocado oil, or ghee and a pinch of salt and pepper. Or you can top with your favorite marinara or pesto sauce (see recipe). Other topping ideas include:
 - Sautéed spinach or kale in avocado oil.
 - Homemade pesto sauce or tomato sauce



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Chile Relleno

Ingredients:

- 4-6 large poblano peppers (or green bell peppers)
- 1 cup cooked brown lentils
- 1-2 tbsp avocado oil
- 1 cup carrots, shredded
- 1 zucchini, diced
- 1 yellow squash, diced
- 2 cups baby spinach
- 2 tsp cumin
- 1 tsp dried oregano
- 1 tbsp chili powder
- 1 tsp garlic powder
- 1 tsp onion powder
- Salt and pepper to taste
- Veggies for toppings

Instructions:

1. Preheat oven to 375°F.
2. Heat oil in a skillet over medium heat. Sauté lentils, zucchini, yellow squash, and carrots for 5 minutes, until softened.
3. Add in spinach and cook for an additional 1-2 minutes, until spinach is wilted.
4. To prepare the peppers, cut a slit lengthwise across each pepper. Scrape out the seeds and discard. Alternatively, cut the top off each pepper and remove seeds.
5. Stuff each pepper with the mixture and arrange them in a glass baking dish.
6. Bake covered for 20 minutes, then uncover and bake for 15 minutes or until pepper is cooked through and soft.
7. Serve with fresh avocado or guacamole.

Recipe Notes:

- There are many variations of this recipe. Instead of poblanos, bell peppers, zucchini squash, and sweet potatoes can be used.



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Roasted Carrot and Jalapeno Dip

Recipe by Phoebe Lapine

Ingredients:

- 1 pound carrots, peeled and cut into ½ inch thick matchsticks
- 1 medium jalapeno, halved (may de-seed, if desired)
- 1 tbsp olive or avocado oil
- ½ tsp sea salt
- ¼ to ½ tsp ground cumin
- ½ tsp chili powder
- ¼ tsp dried oregano
- 2 tbsp pumpkin seeds
- 2 tbsp fresh lime juice
- ½ cup water

Instructions:

1. Preheat the oven to 425° F.
2. Line a baking sheet with parchment paper and lightly brush/spray with avocado oil.
3. Toss the carrots, jalapenos, olive oil, sea salt, cumin, chili powder, and oregano together on the lined baking sheet until well-combined. Arrange vegetables in an even layer on the baking sheet, making sure the jalapeno is cut-side down.
4. Roast in the oven until the carrots are tender and caramelized, about 30 minutes.
5. Remove the pan from the oven and reserve the jalapenos on a cutting board. Transfer the carrots to a blender or food processor.
6. When the peppers are cool enough to touch, remove the seeds and ribs with a spoon or paring knife and discard (if not de-seeded already).
7. Add the jalapenos to the carrots, along with the pumpkin seeds, lime juice, and 1/2 cup of water. Puree until smooth, adding more water as needed to reach the consistency of a thick tomato sauce.
8. Taste for seasoning and add more salt as necessary.
9. Serve the dip alongside crudité's.



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Zucchini Hummus

Ingredients:

- 1 medium sized zucchini, cut lengthways into thick ribbons
- 3 tbsp flat-leaf parsley or mint leaves
- Zest and juice of 1 lemon
- 1 tbsp extra-virgin olive oil, plus extra to drizzle
- 1 tbsp tahini
- ¼ tsp freshly ground black pepper
- ¼ tsp sea salt

Instructions:

1. Preheat the oven to 375°F and line a baking tray with parchment paper.
2. Arrange the zucchini ribbons on the prepared baking tray in a single layer and roast for 10–15 minutes, or until softened.
3. Transfer the roasted zucchini to a food processor with the remaining ingredients and blitz to a smooth puree.

Summer Squash Medley

Ingredients:

- 2 tbsp avocado oil
- 1-3 medium to large zucchini and/or yellow squash; washed and cut in half lengthwise and then cut crosswise into slices
- 2 medium tomatoes, cored and cut into cubes (may sub for cherry tomatoes)
- 1-2 red, yellow, or orange bell peppers, de-seeded and cut into cubes
- ½ cup chopped fresh basil leaves
- Salt and pepper to taste

Instructions:

1. Heat the avocado oil in a large skillet over medium heat. Add in the zucchini, yellow squash, and bell peppers, stir, and cook covered for 5 minutes or until crisp, but tender. Stir occasionally.
2. Add in tomatoes and cook covered for 2-3 minutes.
3. Add in basil and seasonings. Cover and cook for an additional 1 minute.
4. Serve and enjoy.

Recipe Notes:

- Increase or decrease cooking time to your desired tenderness.
- If skillet is too hot and veggies are burning or getting too crisp; add ¼ - ½ cup chicken or vegetable broth to pan, stir, and cook uncovered.



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Gingered Bok Choy

Recipe by Myra Goodman

Ingredients:

- 2 tbsp avocado oil
- 1 1/2 inch piece of fresh ginger, peeled and minced
- ½ cup water
- 1 tsp salt or salt to taste
- 1-3 cups bok choy or baby bok choy, cut into ½ inch pieces
- 1 tbsp coconut aminos

Instructions:

1. In a large skillet or pot, add ginger, avocado oil, salt, and water. Cover and bring to a simmer or 5 minutes over low to medium heat.
2. Add in the bok choy and cook covered for 5-7 minutes, until bok choy is tender.
3. Drain the broth from the bok choy in the sink and transfer to a serving dish. Drizzle with coconut aminos (or add them when cooking bok choy).
4. Serve and enjoy.

Sautéed Kale

Ingredients:

- 1 bunch kale, stems removed and chopped
- 2 tbsp avocado oil
- ¼ - ½ cup chicken broth
- ¼ tsp chili flakes (optional)
- Lemon juice, ½ lemon
- Salt and pepper to taste

Instructions:

1. Heat avocado over medium heat in a skillet.
2. Add kale and sauté for 5 minutes. Add seasoning, garlic, chili flakes, and lemon juice. Let cook for 1 additional minute.
3. Add chicken broth, stir, and cover. Let simmer for 10-15 minutes, occasionally stirring.
4. If too liquidy, remove lid and let excess chicken broth evaporate and reduce.

Recipe Notes:

- If desired, add in other leafy greens like spinach, turnip greens, collard greens, bok choy, and Swiss chard.



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Rutabaga Chips

Ingredients:

- 1 rutabaga, peeled and thinly sliced
- 1 tbsp avocado oil
- Salt and pepper to taste
- Optional: cumin, chili powder, paprika, cayenne pepper

Instructions:

1. Preheat oven to 375°F.
2. Line a baking sheet with parchment paper and lightly brush/spray with avocado oil.
3. Place thinly sliced rutabagas on prepared baking sheet and drizzle with avocado oil, salt, and optional spices. Mix so that the oil and seasonings coat all surfaces of the rutabaga.
4. Rearrange rutabaga into a single layer.
5. Bake for 30-35 minutes, flipping half-way through.

Roasted Carrots, Butternut Squash, and Fennel

Ingredients:

- 2-3 medium to large carrots, peeled and cubed
- 1 small butternut squash, peeled, de-seeded, and cubed
- 1 small to medium fennel bulb, cubed
- 2-3 tbsp avocado oil
- 1 tsp dried thyme or 1 tbsp fresh thyme
- Salt and pepper to taste

Instructions:

1. Preheat oven to 400°F.
2. Line baking sheet with parchment paper. Brush or spray paper with avocado oil.
3. Place the carrots, butternut squash, and fennel on the baking sheet. Sprinkle salt, pepper, thyme, and avocado oil over veggies and mix thoroughly with hands, making sure oil and seasoning covers the veggies evenly.

Recipe Note:

- If you purchased the whole fennel plant; use the green fennel fronds as a garnish to this dish.
- Experiment with herbs, consider adding dried rosemary, oregano, or Italian seasoning. For a Mexican flare, add cumin, paprika, oregano, and chile powder.
- For a more savory flavor, add pre-cooked bacon pieces or pancetta.
- You can really use any root vegetable or squash (summer or winter) in this recipe.



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Mashed Rutabaga

Ingredients:

- 2 to 3 pounds rutabagas; peeled and cubed
- 2 teaspoons salt
- 1/3 cup butter, ghee, or coconut oil
- 1/2 teaspoon freshly ground black pepper

Instructions:

1. Add cubed rutabagas to a large pot and cover with water. Bring to a boil and boil for 25-30 minutes until tender.
2. Strain water using a colander in the sink.
3. Add rutabagas back to pot and mash with butter and salt and pepper.

Recipe Note:

- For a garlic flavor, substitute butter for garlic infused oil.
- Garnish with fresh chopped parsley, dill, or green onion tops.



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Roasted Eggplant and Zucchini with Basil Vinaigrette

Recipe by Lilly Diamond

Ingredients:

- 2 small-medium zucchini, washed and sliced lengthwise, about ¼ inch thick
- 2 small-medium eggplants, washed and sliced lengthwise, about ¼ inch thick
- 1/4 cup + olive oil
- 1 teaspoon + sea salt
- fresh cracked pepper to taste
- 1 cup fresh basil leaves
- 1/4 cup olive oil
- 1 1/2 tablespoons lemon juice
- 1/4 teaspoon sea salt
- 1/2 tomato slices (or few cherry tomatoes)

Instructions:

1. Preheat oven to 400°F.
2. Line a baking sheet with parchment paper and lightly brush/spray with avocado oil.
3. Lay the zucchini and eggplant slices on the baking sheet. Sprinkle eggplant with salt only, rub in.
4. Let sit 5-10 minutes, then gently squeeze water from eggplant with paper towel. Replace on baking sheet.
5. Drizzle veggies with olive oil, sprinkle zucchini only with sea salt, sprinkle with pepper.
6. Roast veggies for 10 minutes, then remove eggplant. Let zucchini roast for an additional 3-5 minutes longer. Remove from oven and let cool.
7. For the dressing, add basil, olive oil, lemon juice, and sea salt to a blender and blend until the basil is in small flecks.
8. Assemble salad by tossing roasted veggies with slices of tomato. Drizzle with dressing, to taste.

Recipe Notes:

- For extra flavor, consider roasting the above with cherry tomatoes and red bell peppers.
- Serve by itself or over low FODMAP pasta.



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Roasted Acorn Squash

Ingredients:

- 1 large acorn squash, seeded and cut into slices
- 2 tablespoons avocado oil
- Salt and pepper to taste
- ¼ chili flakes or hot sauce (optional)
- 1 tablespoon freshly chopped basil
- 1 tablespoon freshly chopped cilantro
- 1 tablespoon freshly chopped oregano

Instructions:

1. Preheat oven to 375°F.
2. Line a baking sheet with parchment paper and lightly brush/spray with avocado oil.
3. Place acorn squash on baking sheet and drizzle with avocado oil.
4. Sprinkle with salt and pepper (to taste) and chili flakes.
5. Roast squash in the oven for 20 minutes, until caramelized.
6. Remove from oven and place on serving dish. Top with fresh herbs and enjoy.

Recipe Note:

- Substitute acorn squash for kombucha, delicata, or butternut squash.



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Zucchini Boats

Ingredients:

- 2-3 large zucchini
- 1 red, yellow, or orange bell pepper, de-seeded and finely chopped
- 1 cup cherry tomatoes, diced
- ½ cup olives, finely diced
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 tsp dried parsley
- 1 cup organic marinara sauce -divided

Instructions:

1. Preheat oven to 350°F.
2. Cut 2 zucchini squash in half long ways. Using a spoon, scoop out the center, making room for the filling. Discard center.
3. Cut the 1 extra zucchini into small cubes.
4. Place the zucchini, lined up in rows, in a glass baking dish.
5. Sauté the cubed zucchini, tomatoes, olives, and bell peppers for 5-10 minutes until cooked.
6. Spoon filling into the middle of each zucchini boat.
7. Bake for 25 minutes or until zucchini is tender.

Recipe Notes:

- For more protein, add in lentils with sautéed vegetables.
- For an Italian twist, add ½ cup marinara sauce to vegetable mixture and let simmer. Then top boats with extra marinara sauce.



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Brown Lentils

Ingredients:

- 1 cup brown lentils
- 1 bay leaf
- 2 cups water or broth
- Salt

Instructions:

1. Place lentils in a colander and remove any debris you may see. Rinse under running water.
2. Place rinsed lentils in a pot and cover with 2 cups of water or broth. Add in bay leaf.
3. Over medium to high heat, bring lentils to a rapid simmer. Reduce heat to low and let gently simmer for 20-30 minutes, uncovered.
4. If water gets low, add in extra to just cover the lentils.
5. Once tender, remove from the heat and strain. Remove bay leaf. Add in salt to taste.

Recipe Notes:

- You can pretty much add any vinaigrette and vegetables to the lentils to make a delicious salad.
- Lentils can also be used to stuff zucchini, bell peppers, tomatoes, and squash.

Quinoa

Ingredients:

- 1 cup quinoa
- 2 cups water or broth
- ½ tsp salt

Instructions:

1. Rinse quinoa in a strainer. Add water, quinoa, and salt to a small pot and bring to a boil. Once at a boil, reduce heat to low and cover. Let cook for 10-15 minutes, until water is mostly absorbed, then remove from heat. Let sit for an additional 10 minutes, then fluff with a fork. Serve immediately or store for future use. Double the recipe to have more on hand. 1 cup uncooked quinoa will make 2 cups cooked.



Lentil Stuffed Cabbage Wraps

Ingredients:

- 1 head of green cabbage
- ¾ cups brown lentils
- 3 cups water
- 1 tbsp avocado oil
- 1-2 medium carrots, diced
- 1 red, yellow, or orange bell pepper, de-seeded and diced
- 1 small zucchini, diced
- 1 tsp red wine vinegar
- 2 tbsp coconut aminos
- 1 tsp smoked paprika
- Salt and pepper to taste
- Tomato basil sauce

Instructions:

1. Preheat the oven to 350°F.
2. Place about 3 inches of water into a large pot and add cabbage. Place over high heat. Bring to a boil, lower heat and cover. Allow to steam until leaves peel off easily, about 20 minutes. Remove from heat and allow to cool for a few minutes.
3. While the cabbage steams, begin preparing the filling. Place the water into a small saucepan and add lentils. Bring the water to a boil, lower heat and allow to simmer until lentils are just fully cooked, about 35 minutes, adding water to the pot as needed. When lentils are finished cooking, drain any excess liquid.
4. While the lentils are cooking, coat the bottom of a large skillet with oil and place over medium heat. Saute carrots, zucchini, and peppers for 5-10 minutes, until soft.
5. Add the cooked lentils, along with red wine vinegar, coconut aminos, smoked paprika, salt and pepper to taste. Stir to combine the ingredients, then remove from heat.
6. Distribute about 1/2 cup of tomato basil sauce into the bottom of 9 x 9 inch baking dish.
7. Peel a leaf off of the cabbage head and place it onto a work surface with the stem side facing you. Trim any very thick portions of the leaf near the base. Spoon 3 to 4 tablespoons of filling onto the center of the leaf. Fold the base side over the filling, then wrap the sides inward over the filling. Roll the center away from you to wrap everything up. Place the roll, seam side down, into the baking dish. Repeat until all of the filling is used.
8. Spoon remaining sauce over the rolls, cover and bake for 1 hour. Remove from oven and allow to cool for a few minutes before serving.

Recipe Note:

- Substitute rice or quinoa for lentils.



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Stuffed Vegetarian Bell Peppers

Ingredients:

- 4-6 green bell peppers
- 1-2 tbsp avocado oil
- 1 cup carrots, cubed
- 1 red bell pepper, chopped
- 2 medium zucchini, chopped
- 1 ½ cup white rice or quinoa (cooked)
- 1 tsp cumin
- 1 tsp dried oregano
- 1 tbsp chili powder
- 1 tsp garlic powder
- 1 tsp onion powder
- Salt and pepper to taste

Instructions:

1. Preheat oven to 375°F.
2. Heat oil in a skillet over medium heat. Sauté zucchini, carrots, and red bell pepper for 5-10 minutes, until softened. Add in spices and season to taste. Add in cooked rice or quinoa and mix thoroughly.
3. To prepare the green bell peppers, carefully cut off top portion of pepper, making a lid, like a jack-o-lantern. Scrape out the seeds and discard.
4. Stuff each pepper with the mixture and arrange them in a glass baking dish.
5. Bake covered for 20 minutes, then uncover and bake for 15 minutes or until pepper is cooked through and soft. Serve with fresh onion-free salsa.



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Chile Relleno

Ingredients:

- 4-6 large poblano peppers
- 1-2 tbsp avocado oil
- 1 cup carrots, shredded
- 1 medium zucchini, chopped
- 1 ½ cup white rice or quinoa (cooked)
- 2 cups baby spinach
- 2 tsp cumin
- 1 tsp dried oregano
- 1 tbsp chili powder
- 1 tsp garlic powder
- 1 tsp onion powder
- Salt and pepper to taste
- Veggies for toppings

Instructions:

8. Preheat oven to 375°F.
9. Heat oil in a skillet over medium heat. Sauté zucchini and carrots for 5-10 minutes, until softened. Add in spinach and spices, season to taste. Add in cooked rice or quinoa and mix thoroughly.
10. To prepare the peppers, cut a slit lengthwise across each pepper. Scrape out the seeds and discard. Alternatively, cut the top off each pepper and remove seeds.
11. Stuff each pepper with the mixture and arrange them in a glass baking dish.
12. Bake covered for 20 minutes, then uncover and bake for 15 minutes or until pepper is cooked through and soft.



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Spaghetti Squash Putanesca

Recipe modified from Sylvia Fontaine

Ingredients:

- 1 small/medium spaghetti squash
- 4 tbsp garlic infused oil, divided
- 1 medium eggplant, diced
- 1 red bell pepper, diced
- 14 ounce can crushed or diced tomatoes
- 1 tbsp dried Italian seasoning
- 1 tsp salt
- ¼ teaspoon red chili flakes
- 2 tbsp capers (optional)
- 3 tbsp olives, diced

Instructions:

1. Preheat oven to 425°F
2. Cut squash in half, scrape out seeds with a spoon and place open side down, on a parchment paper-lined baking sheet in the oven and roast for 30- 40 minutes or until tender.
3. While the squash is roasting make the sauce. In a large heavy bottom skillet heat 3 tbsp oil over medium-high heat. Add eggplant and red bell pepper and sauté, stirring often and cooking until eggplant is tender, about 10-15 minutes.
4. Add crushed tomatoes, chili flakes, salt, pepper, Italian herbs, and simmer on low heat 5-10 more minutes. Add capers and olives.
5. Taste, adjust salt, spice level
6. When spaghetti squash is tender, scoop it and fluff and toss well with salt, pepper and 1 tablespoon olive oil.
7. Divide among bowls and top with the eggplant puttanesca. Sprinkle with fresh Italian parsley or a drizzle olive oil. Serve.



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Tofu Stir Fry

Ingredients:

- 8 ounces firm tofu or tempeh, patted dry and cubed
- 2 tablespoons garlic infused olive oil
- Pinch salt and pepper
- ½ cup thinly sliced green onion, green tops only
- 2 cups shredded red or green cabbage
- 1 cup shredded carrots
- 1 red bell pepper, thinly sliced
- 2-3 tbsp coconut aminos

Instructions:

1. Heat oil in a skillet and heat over medium heat. Season tofu generously with salt and pepper. Add tofu and sear on at least two sides, until crispy and golden.
2. To the same pan, add a little more oil if needed. Then add bell pepper, carrots, and cabbage, sauté, tossing & stirring for 3-5 minutes until just tender or al dente.
3. Serve this on its own, over rice, quinoa, or zucchini noodles



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Lentil Soup

Ingredients:

- 2 tbsp garlic infused olive oil
- 4 cups of diced vegetables: carrots, bell pepper, cabbage, yellow squash, broccoli, zucchini
- 1 tsp salt
- 1 tbsp cumin
- 1 tbsp chile powder
- 1 tsp turmeric
- 1 bay leaf
- 2 tbsp tomato paste
- 2 medium tomatoes, diced OR 1 14.5 oz can of diced tomatoes
- 4 cups vegetable broth or water
- 2 cups water
- 1 ¼ cup brown lentils

Instructions:

1. Heat oil in a Dutch oven or stock pot, add in veggies and spices and sauté until tender. About 5-7 minutes. Add in tomato paste, diced tomatoes, broth, water, and lentils.
2. Let come up to a boil and then reduce heat, let simmer for 45 mins to 1 hour until lentils are tender.



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Hearty Chili

Ingredients:

- 2 tbsp garlic infused olive oil
- 2 red or green bell peppers, de-seeded and chopped
- 2-3 medium carrots, peeled and diced
- 1 14 oz can diced or fire roasted tomatoes
- 1 ½ cup quinoa
- 1 tsp cumin
- 1-2 tbsp chili powder
- 1 1/2 tsp dried oregano
- 2 tsp paprika
- 1 tbsp coconut aminos
- Salt and pepper, to taste
- 2 cups vegetable broth or water

Instructions:

1. Heat oil a large pot or Dutch oven over medium heat. Sauté bell peppers and carrots until tender, about 4-5 minutes.
2. Add quinoa, tomatoes, broth, and spices. Let simmer on the stove for 30-45 minutes, until reduced and thick.
3. Adjust seasoning if necessary.

Recipe Notes:

- For more nutrition and body, feel free to add in additional vegetables such as zucchini, butternut squash, rutabaga, jalapenos, and kale.
- Can serve with chopped green onion and jalapeno on top for additional flavor.



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Cabbage Steaks

Recipe by: Erin Clarke

Ingredients:

- 1 small-medium head of green cabbage
- ¼ cup garlic-infused olive oil
- 1 tsp salt
- ½ tsp pepper
- ¼ tsp chili flakes
- 1 small lemon, juiced

Instructions:

1. Preheat oven to 400° F. Prepare a baking sheet with parchment paper and generously coat with avocado oil.
2. Cut off the bottom root end of the cabbage and place it on a cutting board sitting up so that the flat end is on the cutting board. Cut top to bottom into 3/4- to 1-inch thick slices. Place on the prepared baking sheet. If you have more slices than fit on your baking sheet without touching, divide them between two baking sheets.
3. In a small bowl, whisk together the olive oil, salt, and pepper. Brush over one side of the cabbage, then flip the cabbage over and brush the other side. Roast the cabbage for 25-30 minutes, or until crispy at the edges and tender in the center. (If you are using one pan, roast it on the center rack; if two, use the the upper and lower-third racks.) Halfway through the baking time, rotate the pan(s) 180 degrees; if you are using two pans, switch their positions on the upper and lower racks at this point too. No need to flip the cabbage over.
4. Sprinkle the roasted cabbage with Parmesan and fresh herbs. Squeeze the lemon over the top, then finish with the chopped roasted nuts (optional). Serve hot.

Roasted Broccoli

Ingredients:

- 1 head broccoli, trimmed and cut into florets
- 2 tbsp garlic infused olive oil or avocado oil
- Salt and pepper to taste
- Dried herbs (optional)

Instructions:

1. Preheat the oven to 375°F and line a baking tray with parchment paper.
2. Place the broccoli on the prepared baking tray, sprinkle over spices and herbs, and drizzle with oil. Mix together thoroughly.
3. Then arrange broccoli in a single layer and roast for 30-45 minutes, or until crispy brown on the edges, flipping or stirring halfway through.



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Carrot Fries

Ingredients:

- 3-4 large carrots, washed
- 2 tbsp garlic-infused olive oil or avocado oil
- 1 tsp paprika (optional)
- 1 tbsp dried parsley
- Salt and pepper to taste

Instructions:

1. Preheat oven to 425°F. Line a baking sheet with parchment paper and grease.
2. Cut carrots into large-matchsticks resembling fries.
3. Place carrots on baking sheet. Drizzle over oil and season with spices and salt and pepper. Toss to combine. Then spread carrots in a single layer.
4. Bake for 20-25 minutes or until tender and slightly crispy. Be sure to flip halfway.

Lunch Wraps

Ingredients:

- Wrap ideas:
 - Bibb lettuce leaves
 - Nuco coconut wraps
 - Cassava wraps
- Filling ideas:
 - Romaine or bibb lettuce
 - Canned or baked salmon/tuna
 - No-sugar bacon
 - Sprouts
 - Cabbage
 - Sliced carrots
 - Sliced cucumbers
 - Radishes

Instructions:

1. Place wrapping of choice on a flat surface.
2. Place filling on one side of wrap, roll inwards creating a wrap. Use a toothpick to hold wrap together, if necessary.
3. Use detox-approved dressings or homemade dressings for dipping.



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Buddha Bowl

Ingredients:

- ½ cup rice or 1 cup quinoa or ¼ cup lentils
- ½ cup steamed broccoli
- ¼ cup roasted red bell peppers or raw red bell peppers
- ¼ cup diced cherry tomatoes
- ½ cup cooked tofu
- ¼ cup kimchi (optional)
- 1 tsp sunflower seeds

Instructions:

1. Place all ingredients in a bowl and serve. This is a super easy dish using left over veggies and proteins. You can really add anything you want to it and it taste delicious. Serve dry or with your favorite vinaigrette. Other options include cucumber, marinated artichoke hearts, nuts or seeds, massaged or roasted kale, green beans, carrots, chopped hearts of palm, fish, tofu, tempeh, and chickpeas.



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Green Bean Salad

Ingredients:

- 2-3 cups green beans, trimmed
- 1 cup cherry tomatoes, halved
- 3 tbsp sliced almonds
- 2 tbsp garlic-infused olive oil or avocado oil
- 1 tbsp apple cider vinegar or lemon juice
- 1 tsp mustard
- ½ tsp honey
- Salt and pepper to taste

Instructions:

1. Bring a large pot of water to a boil and add a generous portion of salt. As the water is approaching a boil, prepare an ice bath. Fill a large bowl with cold water and add in several cups of ice.
2. Once the water is boiling, add in the green beans and blanch for 2-4 minutes or until desired tenderness. Drain in a colander and add green beans to water bath for 1-2 minutes or until chilled. Strain, reserving green beans.
3. Add green beans, tomatoes, and almond slivers to a large bowl.
4. Make vinaigrette by whisking together oil, vinegar, honey, and mustard. Season with salt and pepper. Pour vinaigrette over green beans and toss to combine. Serve cold.