



## February 2025 Recipe Book

Created by EpicLuv



# Beef & Napa Cabbage Stir Fry

10 ingredients · 15 minutes · 2 servings



## Directions

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1. Heat a large pan over medium heat. Once hot, add the beef and cook for four to six minutes or until cooked through. Break the meat apart as it cooks. Season with half the salt. Once cooked, set aside, leaving the fat in the pan.
2. Add the carrots and the broccoli to the same pan and cook for three to four minutes or until just tender.
3. Stir in the green onions, garlic, and ginger. Cook for one more minute.
4. Add the cabbage, mix well and cook, covered, for two to three minutes or until wilted.
5. Stir in the cooked beef, coconut aminos, apple cider vinegar, and the remaining salt. Cook until warmed through.
6. Serve topped with more green onions (optional) and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to four days. Freeze for up to three months.

### Serving Size

One serving is approximately 2 1/2 cups.

### More Flavor

Use ground chicken, turkey, pork, or lamb instead of beef.

### Additional Toppings

Cilantro or Thai basil.

## Ingredients

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- 12 ozs** Extra Lean Ground Beef
- 1/4 tsp** Sea Salt (divided)
- 1 cup** Matchstick Carrots
- 1 cup** Broccoli (chopped into small florets)
- 4 stalks** Green Onion (chopped, plus more for garnish)
- 1** Garlic (clove, minced)
- 1 tbsp** Ginger (fresh, grated)
- 4 cups** Napa Cabbage (finely sliced)
- 2 tbsps** Coconut Aminos
- 1 tbsp** Apple Cider Vinegar

# Oil-Free Broccoli & Cashew Stir Fry

11 ingredients · 20 minutes · 2 servings



## Directions

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1. Cook the rice according to the package directions. Set aside.
2. While the rice is cooking, heat a pan over medium heat. Add the onion and half of the broth. Sauté for two to three minutes or until the onion has softened.
3. Add the garlic, broccoli, salt, pepper, and remaining broth. Cover and steam the broccoli for three to four minutes or until slightly tender. Remove the lid and add the cashews and coconut aminos.
4. Mix the arrowroot powder with water to make a slurry. Pour it into the pan and stir for one to two minutes until the sauce thickens.
5. Divide the rice and stir fry into bowls. Top with chopped green onion. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately two cups.

### More Flavor

Add ginger and/or chili flakes.

### Additional Toppings

Add sesame seeds.

## Ingredients

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- 1/2 cup** Basmati Rice (dry, rinsed)
- 1** Yellow Onion (small, diced)
- 1/2 cup** Vegetable Broth (divided)
- 2** Garlic (clove, minced)
- 2 cups** Broccoli (chopped into florets)
- Sea Salt & Black Pepper (to taste)
- 2/3 cup** Cashews
- 1/4 cup** Coconut Aminos
- 1 tbsp** Arrowroot Powder
- 2 tbsps** Water
- 1 stalk** Green Onion (chopped)

# Orange Immunity Booster Smoothie

9 ingredients · 10 minutes · 2 servings



## Directions

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1. Place all ingredients into your blender and blend very well until creamy. Pour into glasses and enjoy!

## Notes

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### No Pureed Pumpkin

Use steamed sweet potato instead.

### More Protein

Add protein powder, hemp seeds or nut butter.

### No Maple Syrup

Sweeten with raw honey or soaked dates instead.

## Ingredients

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- 1 cup** Pureed Pumpkin
- 1** Banana (frozen)
- 1/2 tsp** Turmeric
- 1/4 tsp** Cinnamon
- 1 1/2 tps** Ginger
- 1 tbsp** Ground Flax Seed
- 3/4 cup** Unsweetened Almond Milk
- 2** Navel Orange (peeled and sectioned)
- 1 tbsp** Maple Syrup

# Orange Chicken with Broccoli

12 ingredients · 20 minutes · 4 servings



## Directions

1. Dice your chicken breasts into 1 inch cubes. Melt the coconut oil in a large skillet over medium heat. Add in the chicken and saute until cooked through and browned (about 10 minutes).
2. Meanwhile, in a small sauce pan stir together the chicken broth, garlic, orange zest, orange juice, molasses, tamari and red pepper flakes. Bring to a boil, then reduce to a simmer. Simmer for 10 minutes, then pour it into the skillet over the cooked chicken. Mix well to coat and let simmer while you prepare the rest.
3. Lightly steam your broccoli then toss in olive oil and sea salt and black pepper to taste.
4. Turn the heat off of the chicken (the sauce should be cooked down and thickened by now. If it isn't, simmer a bit longer). Divide the broccoli between bowls and top with the orange chicken. Sprinkle with sesame seeds and serve. Enjoy!

## Notes

### Serving Size

One serving is approximately 2 to 2 1/2 cups.

### Prep Ahead

Mix the sauce up in a mason jar and store in the fridge until ready to cook. Steam the broccoli in advance and warm before serving.

### Vegan & Vegetarian

Use chickpeas or tofu instead of chicken.

### Leftovers

Keeps well in the fridge up to 3 days.

### More Carbs

Serve with rice, quinoa or sweet potatoes.

### Make It Faster

Buy pre-sliced chicken breast and pre-chopped broccoli florets (fresh or frozen) in the bag.

## Ingredients

- 1 lb Chicken Breast (skinless, boneless)
- 1 tbsps Coconut Oil
- 1/4 cup Chicken Broth
- 2 Garlic (cloves, minced)
- 1 Navel Orange (zested and juiced)
- 1/4 cup Fancy Molasses
- 2 tbsps Tamari
- 1/2 tsp Red Pepper Flakes
- 8 cups Broccoli (chopped into florets)
- 1 1/2 tsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Sesame Seeds

# Citrus Spiced Turkey Bowls

12 ingredients · 30 minutes · 4 servings



## Directions

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1. Preheat your oven to 375°F (191°C).
2. Place the green beans on a baking sheet. Peel and chop the orange and place that on the baking sheet as well. Drizzle with olive oil, season with salt and pepper, and place in the oven for 25 minutes.
3. Meanwhile, heat a large skillet over medium heat. Add the sesame oil and the turkey, stirring to break it up as it cooks. Add the ginger, orange juice, chilli pepper, garlic, and coconut aminos to the pan. Once the turkey is cooked through, stir in the green onions and remove from heat.
4. To serve, divide the roasted green beans and oranges between bowls and top with the spiced ground turkey. Enjoy!

## Notes

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### Leftovers

Keeps well in the fridge up to 3 days.

### Vegetarian

Use scrambled eggs instead of turkey.

## Ingredients

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- 4 cups** Green Beans (trimmed)
- 1** Navel Orange
- 1 tbsp** Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1 tbsp** Sesame Oil
- 1 lb** Extra Lean Ground Turkey
- 1 tbsp** Ginger (peeled and grated)
- 1/4 cup** Orange Juice
- 1** Red Hot Chili Pepper (minced)
- 2** Garlic (cloves, minced)
- 1/4 cup** Coconut Aminos (or tamari)
- 4 stalks** Green Onion (sliced)

# Orange Turmeric Overnight Oats

6 ingredients · 2 hours · 2 servings



## Directions

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1. Add the oats, oat milk, turmeric, cinnamon, and chia seeds in a large container. Zest and squeeze the juice of half the orange. Stir well to combine. Seal and place in the fridge overnight or for at least six hours.
2. Peel and chop the remaining orange. Divide the overnight oats into bowls and top with the chopped orange. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to four days.

### More Flavor

Add maple syrup, honey or a pinch of sea salt.

### Additional Toppings

Crushed nuts, hemp seeds, coconut flakes, or nut butter.

## Ingredients

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- 1 cup Oats (rolled)
- 1 1/4 cups Oat Milk (unsweetened)
- 3/4 tsp Turmeric
- 1/4 tsp Cinnamon
- 1 tbsp Chia Seeds
- 1 Navel Orange (divided)

# Orange Chicken Salad

8 ingredients · 10 minutes · 2 servings



## Directions

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1. Supreme the navel orange by using a sharp knife to slice the rind and peel off. Then cut the segments out from in between the membranes. Set the leftovers from the oranges aside.
2. Squeeze the juice from the set-aside leftover orange into a small bowl. Mix in the lime juice, honey, oil, and salt.
3. Add the arugula, radicchio, oranges, and chicken to a serving bowl and top with the dressing. Divide evenly between bowls and enjoy!

## Notes

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### Leftovers

Refrigerate the salad and the dressing in separate containers for up to three days. Mix together before serving.

### Serving Size

One serving is equal to approximately two cups.

### More Flavor

Add shallot and dill to the dressing.

### Additional Toppings

Fresh cilantro and mint.

### Make it Vegan

Omit the chicken and add tofu or chickpeas instead.

## Ingredients

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- 1 Navel Orange (large)
- 1/2 Lime (juiced)
- 1 tsp Honey
- 1 tbsp Extra Virgin Olive Oil
- 1/2 tsp Sea Salt
- 2 cups Arugula
- 1 1/2 cups Radicchio (thinly sliced)
- 7 ozs Chicken Breast, Cooked (chopped)



# Orange Blueberry Muffins

10 ingredients · 40 minutes · 12 servings



## Directions

1. Preheat the oven to 350°F (175°C) and line a muffin tray with muffin liners.
2. In a bowl, combine the flour, baking powder, baking soda, and sea salt.
3. In another bowl, whisk the eggs. Mix in the yogurt, maple syrup, orange juice, orange zest, and oil. Pour the wet ingredients into the dry ingredients and mix until well combined. Fold in the blueberries.
4. Fill each muffin cup approximately 3/4 full. Add a few more blueberries to each and lightly press them into the batter.
5. Bake for 15 to 18 minutes or until firm to the touch and a toothpick inserted comes out clean. Let the muffins cool in the pan for 10 minutes before removing and transferring to a cooling rack to cool completely. Enjoy!

## Notes

### Leftovers

Store in an airtight container on the counter for up to three days. Freeze for up to three months.

### Serving Size

One serving is one muffin.

### No Fresh Blueberries

Use frozen blueberries instead.

## Ingredients

- 1 3/4 cups Spelt Flour
- 1 tsp Baking Powder
- 1 tsp Baking Soda
- 1/8 tsp Sea Salt
- 2 Egg
- 1/2 cup Plain Greek Yogurt
- 1/2 cup Maple Syrup
- 1 Navel Orange (medium, juiced, zested)
- 2 tbsps Extra Virgin Olive Oil
- 1 cup Blueberries (plus more to add on top)

# Roasted Broccoli & Arugula Caesar Salad

8 ingredients · 30 minutes · 2 servings



## Directions

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1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Add the broccoli to the baking sheet and drizzle the oil all over, followed by the garlic powder, salt, and pepper. Toss to combine. Roast for 15 to 20 minutes or until the broccoli is golden brown and tender.
3. To assemble, evenly divide the arugula, roasted broccoli, dressing, cheese, and microgreens into bowls. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days. Add the dressing when ready to eat.

### Serving Size

One serving is approximately two cups of arugula with one cup broccoli.

### Make it Vegan

Use a plant-based cheese alternative.

### No Caesar Dressing

Use another dressing of choice.

## Ingredients

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**2 cups** Broccoli (cut into small florets)

**2 tbsps** Extra Virgin Olive Oil

**1/2 tsp** Garlic Powder

Sea Salt & Black Pepper (to taste)

**4 cups** Arugula

**1/4 cup** Caesar Dressing

**1/3 cup** Parmigiano Reggiano (shredded)

**1/4 cup** Microgreens

# Blood Orange & Pistachio Chia Pudding

4 ingredients · 25 minutes · 2 servings



## Directions

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1. Peel half of the blood oranges and chop them. Set aside for garnish. Juice the other half. Set the juice aside and discard the juiced orange.
2. In a medium bowl, combine the chia seeds with the coconut yogurt and orange juice. Whisk well to combine. Refrigerate for at least 20 minutes or overnight to thicken.
3. Divide evenly between bowls or containers. Top with the chopped orange and pistachios. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to five days.

### No Coconut Yogurt

Use Greek yogurt instead.

### Nut-Free

Use sunflower seeds instead of pistachios.

### More Flavor

Use vanilla coconut yogurt, or add a dash of vanilla.

## Ingredients

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- 2 Blood Orange (small)
- 1/4 cup Chia Seeds
- 1/2 cup Unsweetened Coconut Yogurt
- 1 tbsp Pistachios (roughly chopped)