

# THE VITALITY RENEW DIET RECIPES



*20+ simple recipes*  
*Kickstart to your clean eating*

**Onna Lo MD**

# Breakfast Recipes

## Chocolate Almond Butter Shake

Makes 2 servings

### Ingredients

2 scoops paleo protein powder (such as bone broth protein powder)  
1 cup unsweetened almond milk  
1 tbsp raw cacao  
1 tbsp natural unsweetened almond butter  
¾ cup blueberries  
1 tbsp of chia seeds (whole or ground)

### Directions:

Combine in blender and blend until smooth

## Very Berry Chia Pudding

Makes 2 servings

### Ingredients

1 cup unsweetened almond milk  
2 tbsp ground chia seeds  
½ cup raspberries, chopped  
¼ cup blueberries, chopped

### Directions:

Mix all ingredients in a medium-sized bowl. Allow to set for at least 4 hours but up to 12 hours.

## Creamy Berry Green Smoothie

Makes 2 servings

### Ingredients

2 scoops paleo protein powder (such as bone broth protein powder)  
½ cup frozen mixed berries  
½ small frozen banana  
2 handfuls of spinach  
1 cup unsweetened almond milk  
1 tbsp ground chia seeds

### Directions:

Combine all ingredients and blend until smooth.

### Spinach Green Smoothie

Makes 1 serving

#### Ingredients

1 cup coconut water  
1 tablespoon almond butter  
2 cups spinach  
1 scoop paleo protein powder (such as bone broth protein powder)  
1/4 of a small banana  
1/2 cup ice

#### Directions:

Combine all the ingredients in your high-speed blender then blend on high for a full minute, or until the tiny pieces of spinach have disappeared and the smoothie turns a brilliant shade of green.



### Chocolate Avocado Smoothie

Makes 1 serving

#### Ingredients

1 tbsp cacao powder  
1/2 of an avocado, peeled  
3/4 cup unsweetened almond milk  
1/2 cup frozen strawberries  
1/2 cup frozen blueberries  
1 scoop of paleo protein powder (such as bone broth protein powder)

#### Directions:

Place all the ingredients in a blending machine and blend until smooth.

## Orange Blueberry Paleo Muffins

Makes 12 muffins

### Ingredients

3 cups blanched almond flour  
1/4 tsp salt  
1 1/2 tsp baking soda  
1 tsp ground cinnamon  
1 tbsp flax meal  
3 eggs  
1/4 cup fresh squeezed orange juice  
1/4 cup coconut oil, melted  
1/4 cup raw honey  
1 tbsp orange zest  
1/2 tsp vanilla extract  
1 1/2 cup fresh blueberries

### Directions:

1. Preheat oven to 325° F. Generously grease 12 muffin tin pan with coconut oil.
2. In a medium bowl, combine the almond flour, salt, baking soda, flax meal, and cinnamon. Mix until well combined.
3. In a large bowl combine the eggs, orange juice, raw honey, coconut oil, orange zest, and vanilla. Mix until well combined.
4. Add the dry ingredients to the wet ingredients in small batches, mix until fully incorporated. Fold in the blueberries.
5. Fill the prepared muffin tin and bake for 30-35 minutes, until golden.

## Eggs in Avocado

Makes two eggs

### Ingredients

2 eggs  
1 ripe avocado  
Salt and pepper to taste  
1 bunch spring onions, chopped finely  
1/2 teaspoon paprika  
1/2 teaspoon garlic salt

### Directions:

1. Preheat oven to 375° F
2. Slice the avocado in halves and hollow out the centers a bit, leaving room for the egg.
3. Leave peels on avocado. Put avocado slices on a greased pan.
4. Crack the eggs and place one into each avocado half. It's okay if some spills out.
5. Sprinkle on salt, pepper, paprika and garlic salt.
6. Place into oven and cook for 15-20 mins.

## Egg and Veggie Scramble

Makes 1 serving

### Ingredients

2 eggs

1 tbsp unsweetened almond milk

½ cup chopped zucchini

¼ cup chopped onion

½ cup chopped spinach

Sea salt and pepper to taste

### Directions:

1. Heat olive oil in a frying pan over medium heat.
2. Add onion and zucchini and sauté for 2 minutes
3. In a mixing bowl, beat eggs with milk. Add the eggs to the pan
4. Stir in chopped spinach, and cook until eggs are set.



## Egg Muffins

Makes 12 egg muffins

### Ingredients

6 whole eggs

1 cup of egg whites

½ tbsp olive oil

1 cup broccoli, finely chopped (in a food processor)

1 cup mushroom, finely chopped

½ cup onion, chopped

### Directions:

1. Preheat oven to 350° F
2. Grease muffin tin (use oil mister) and set aside.
3. Using a food processor or blender, pulse the raw broccoli until it's finely ground, set aside and chop mushrooms and onions.
4. Heat frying pan over medium heat and add oil. sauté mushrooms and onions until tender. Combine mushroom and onion mixture with broccoli. Stir to combine.
5. Using a tablespoon, spoon vegetable mixture into the bottom of each muffin tin.

6. Combine whole eggs with liquid whites. Whisk until combined.
7. Pour egg mixture over vegetables until  $\frac{3}{4}$  way full.
8. Bake for 15 – 20 minutes or until firm.

Tip: Double the batch and freeze. Wrap 2 in parchment paper then toss into a freezer bag and pull a little bundle out when needed and defrost.

## Lunch Recipes

### Chicken Lettuce Wraps

Makes 1 serving

#### Ingredients

- 1 x 4 oz chicken breast (skinless) OR 1.5 cups shredded rotisserie chicken (skinless)
- 3-4 spring onions, tops chopped finely
- $\frac{1}{2}$  finely sliced red pepper
- $\frac{1}{4}$  cup grated carrot
- 2-3 large pieces of iceberg lettuce leaves, or romaine leaves
- 2 tbsp coconut aminos
- 1 tsp sesame oil

#### Directions:

1. Preheat olive oil in a small pan over medium heat. Add chicken and cook until browned on each side and cooked through.
2. Combine all fresh ingredients into a medium-sized bowl and combine thoroughly
3. Make a dressing with the coconut aminos, sesame oil and salt and pepper, drizzle on top
4. Place mixture into lettuce pieces and wrap.

## **Turkey Burgers**

Makes 4 burgers

### Ingredients

1lb. ground turkey

1 egg

¼ red onion, diced

1 garlic clove, finely chopped

1 tsp. cayenne

### Directions:

1. Preheat oven to 375° F
2. In a large bowl, combine the ground turkey, egg, onion, garlic and cayenne and mix (it's best to use your hands to mix instead of a spoon). Let mixture rest in the fridge for about 10 minutes to set.
3. Form the turkey into four patties and place them on a greased baking sheet and place in oven.
4. Cook for 10 minutes then flip over and cook for another 10 -15 minutes.

Tip: Triple this recipe, so you have leftovers for lunch or dinner. This recipe also freezes well. Wrap each burger separately in parchment paper then toss in a freezer bag and take one out when you need it. Defrost overnight in the refrigerator.



## **Tossed Chicken Salad (\*Vegetarian option)**

Makes 1 Serving

### Ingredients

6 oz baked chicken breast, seasoned with salt and pepper (For the vegetarian option, please omit the meat and add your choice of eggs, nuts, or extra veggies)

2 cups mixed green lettuce with 4 slices tomato, ½ cup cucumber,

½ cup peppers (any colour)

1 tsp extra virgin olive oil with 1 tbsp apple cider vinegar

A sprinkle of nuts (ideas: walnuts, pecans, or pine nuts.)

Directions:

1. Cut chicken breast into slices.
2. In a bowl, combine chicken, nuts, lettuce, and vegetables.
3. Add extra virgin olive oil and apple cider vinegar and toss thoroughly.

### **Tuna Salad**

Makes 1 Serving

Ingredients

- ½ tsp chopped scallions or spring onions
- ¼ cup green beans
- 3 cups romaine lettuce
- ½ - 1 can tuna in water, drained
- ¼ cup cucumber, peeled and sliced
- ½ red tomato
- 1 hard-boiled egg
- ½ clove of garlic, minced
- 1 tbsp fresh parsley, chopped (or 1 tsp dried parsley)
- 1 tsp of Dijon mustard
- 1 tsp extra virgin olive oil
- 1 tbsp lemon juice

Directions:

1. Snip the ends off the green beans. Rinse clean and set aside.
2. Arrange lettuce, green beans, tuna, potato slices, cucumber slices, tomato wedges, and egg slices on a plate. Add spring onions and salt and pepper.
3. For the dressing, mix garlic, parsley, lemon juice, mustard and oil in a small bowl.
4. Drizzle dressing over salad. Serve chilled

## **Dinner Recipes**

### **Lemon Garlic Chicken breast with Lemon asparagus (\*Vegetarian option)**

Makes 1 serving

Garlic Chicken Breast

Ingredients

- 6 oz chicken breast (For the vegetarian option, please omit the meat and add your choice of eggs, nuts, or extra veggies)
- 2 cloves of garlic
- 2 tbsp extra virgin olive oil
- ½ teaspoon paprika
- ¼ teaspoon onion powder
- Juice of ½ a lemon
- Salt and pepper to taste



## Lemon Asparagus

### Ingredients

1 bunch of asparagus  
1 lemon  
2 garlic cloves  
2 tbsp olive oil  
Salt and pepper to taste

### Directions:

1. Peel and chop garlic finely
2. In a medium pan, heat 1 tbsp olive oil over medium heat
3. Add garlic and allow to simmer for 1 minute
4. Add asparagus and salt and pepper and reduce heat to low. Allow asparagus to simmer for 5-10 mins until desired softness is achieved
5. Add in fresh lemon juice when almost cooked fully



## **Baked Chicken (Or Turkey) Meatballs**

Makes 12-16 meatballs

### Ingredients

2 pounds lean ground chicken or turkey  
½ cup chopped basil or parsley  
3 garlic cloves, minced  
1 tsp sea salt  
¼ tsp black pepper  
½ cup almond meal  
2 eggs

### *Sauce*

4 cups canned crushed tomatoes  
1 clove garlic, crushed  
½ tsp sea salt  
Black pepper to taste  
2 tbsp fresh basil, chopped (or 1 tsp dried basil)  
2 tbsp fresh parsley, chopped (or 1 tsp dried parsley)

Directions:

1. Preheat oven to 450° F.
2. Line baking sheet with parchment paper.
3. Combine all meatball ingredients in a bowl and mix with hands thoroughly
4. Roll mixture into balls the size of golf balls
5. Bake for 20 – 25 minutes or until cooked through
6. Place all sauce ingredients into a medium-sized saucepan and cook on low to medium heat and let it come to a boil and then reduce heat to a low simmer
7. Combine cooked meatballs and sauce in a bowl. Serve with zucchini noodles.

### **Grilled Salmon with Dijon Mustard Sauce**

Makes 1 Serving

Ingredients

- 5 oz raw salmon filet
- 1 tsp lemon juice
- 1 tbsp Dijon mustard
- 1 tsp extra virgin olive oil
- 1 tbsp lemon juice
- 1 tbsp fresh dill, chopped (or 2 tsp dried dill)

Directions:

1. Preheat grill or oven to 375° F. Pre-cook the asparagus and sweet potato.
2. Rinse salmon filet with cold water. Squeeze 1 tsp lemon juice over filet and season to taste
3. To make the sauce, mix mustard, oil, 1 tbsp lemon juice, and dill in a bowl.
4. Grill the fish on high heat. Pour sauce over fish and serve with steamed broccoli, asparagus, and sweet potato or any other vegetables you like.

### **Greek Spinach Salad with Chicken (\*Vegetarian Option)**

Makes 1 Serving

6 oz grilled chicken breast (For the vegetarian option, please omit the meat and add your choice of eggs, nuts, or extra veggies)

¼ cup of nuts (walnuts, pecans, almonds, etc)

1 tsp extra virgin olive oil

1 tbsp balsamic vinegar

3 cups raw spinach

½ cup chopped or sliced red tomato

½ cup sliced raw onion

½ cup peeled and sliced cucumber

4 black pitted olives

Directions:

1. Mix spinach, tomatoes, sliced onions, cucumbers and olives in a large bowl.
2. Top with grilled chicken and nuts

To make dressing, whisk together olive oil and balsamic vinegar. Pour dressing over salad ingredients.

### Grilled Chicken and Green Beans

Makes 1 Serving

Ingredients

6 oz raw boneless skinless chicken breast

½ cup green beans

1 small baked sweet potato with skin (size of 3 golf balls)

1 tsp extra virgin olive oil

Directions:

1. Preheat grill and grill chicken until fully cooked.
2. Serve with green beans and sweet potato. Drizzle with olive oil.

Tip: Add steamed broccoli and cauliflower with a tiny drizzle of toasted sesame oil for a punch of flavour.



### Halibut Fish Tacos

Makes 1 serving

4 pieces fresh halibut 6 to 8 ounces each

Extra-virgin olive oil, for drizzling

1 lime, juiced

1 large avocado

1/2 teaspoon paprika

1 medium tomato

¼ medium red onion, sliced

½ cup shredded romaine lettuce or spinach

2 tbsp salsa

1- leaves of collard greens for a green wrap or paleo wraps (such as Nuco organic coconut wrap)

## Directions

1. Season fish with salt and pepper, to your taste. In a medium pan, heat olive oil over medium-high heat.
2. Add the fish and grill fish 4 to 5 minutes on each side Squeeze lime juice over fish and cook until ready.
3. While fish is cooking, chop tomatoes, onion and lettuce and avocado, season with salt and pepper. Set aside
4. When fish is cooked through, assemble by breaking up fish into bite-size pieces, and add to the wraps with tomato, avocado, onion, and lettuce. Top with salsa and additional ground pepper if desired.

## Ginger Chicken Stir Fry (\*Vegetarian Option)

Makes 2 servings

### Ingredients

2.5 lbs of boneless skinless chicken, sliced thinly (For the vegetarian option, please omit the meat and add your choice of eggs, nuts, or extra veggies)  
2 cups broccoli, chopped  
½ cup green onion, chopped  
3" piece of ginger root, grated or finely chopped  
½ cup finely sliced or grated carrot  
2 tsp sesame seeds  
3 tsp coconut aminos  
2 tsp sesame oil  
3 garlic cloves, finely chopped  
2 tbsp orange juice

### Directions:

1. Heat sesame oil in a pan over medium-high heat. Add chicken and stir often
2. Add salt, pepper and 1 tsp of tamari to the chicken, cook for 5 minutes.
3. Add broccoli, ginger, carrot, and onion. Stir often to cook
4. In a small bowl mix remaining sesame oil, coconut aminos, garlic, orange juice, salt, and pepper to create a sauce
5. Once vegetables have cooked for 5 minutes, add sauce and pour over stir fry to coat.

## Cauliflower Shepherd's Pie

Makes 1 large baking dish

### Ingredients:

1 large head cauliflower  
1.5 cups low-sodium chicken broth, vegetable broth or bone broth.  
1.5 lbs ground turkey  
1 garlic clove, minced  
½ green pepper, diced  
2 medium carrots, diced  
1 tsp cumin  
1 tsp dried oregano  
1 tsp chili flakes  
1 x 400ml can diced tomatoes  
2 tsp balsamic vinegar

### Directions:

1. Preheat oven to 400° F
2. Cut cauliflower into small florets and spread onto a baking sheet with parchment paper. Drizzle with olive oil and salt and pepper. Roast for 30 minutes until soft.
3. Add to food processor with ¼ cup broth and combine until mashed. Set aside
4. In a large skillet, cook turkey over medium-high heat. Break up with a wooden spoon and cook until no longer pink. Transfer to a bowl and set aside
5. In the same skillet, add onions, garlic, peppers, and carrots. Cook for 3-5 mins stirring frequently. Add in spices and cook for 1 minute
6. Add in turkey with remaining 1 cup stock, tomatoes and vinegar. Cook for 5-6 minutes until thickened slightly. Transfer to baking dish and smooth out with spatula
7. Spoon cauliflower mixture over the turkey. Smooth out and cover with foil.
8. Bake in the oven for 20-25 minutes. Remove foil and bake for additional 5-10 minutes until top is slightly golden



### **Grilled Halibut with Cilantro Garlic Butter**

Makes 4 Servings

#### Ingredients

1 lime, cut into wedges  
36 ounces of halibut fillets (4 – 6 oz pieces)  
Salt and pepper to taste  
3 cloves garlic, coarsely chopped  
½ cup fresh cilantro  
1 tbsp fresh lime juice  
3 tbsp extra virgin olive oil / use 2 tbsp Ghee

#### Directions:

1. Preheat a grill or oven to 375° F.
2. Squeeze the juice from the lime wedges over fish fillets, then season them with salt and pepper.
3. Line baking sheet with parchment paper. Use the ½ tbsp of oil to rub on the bottom of the fish fillets to ensure they don't stick.
4. Grill or bake fish fillets for about 8 to 10 minutes on each side, until browned and fish can be flaked with a fork. Remove to a warm serving plate.
5. Heat the other ½ tbsp of olive oil in a small saucepan over medium heat. Add the garlic; cook and stir just until fragrant, about 2 minutes.
6. Stir in the remaining olive oil, remaining lime juice and cilantro. Serve fish with the cilantro olive oil / ghee sauce

### **Shrimp & Veggie Kabobs (\*Vegetarian Option)**

Makes 4 skewers

#### Ingredients

¾ lb shrimp, peeled and deveined (For the vegetarian option, please omit the meat and add your choice of eggs, nuts, or extra veggies)  
Juice of 1 lime  
4 cloves garlic, minced  
Freshly ground black pepper  
1 medium zucchini, sliced into 1" pieces  
2 cups button mushrooms  
1 red bell pepper, sliced into 2" pieces  
1 green bell pepper, sliced into 2" pieces  
1 red onion, cut into eighths  
3 tbsp extra virgin olive oil  
Wooden skewers (soaked in cold water for 15 minutes to prevent burning)

### Directions

1. Soak wooden skewers in cold water for at least 15 minutes.
2. Peel shrimp and put in a medium bowl and toss with minced garlic. Add lime juice and season with pepper. Set aside for five minutes.
3. Wash and chop vegetables. Prepare grill.
4. Add vegetables to the shrimp, and add olive oil. Toss. Stack vegetables and shrimp onto skewers and grill until fully cooked



### Lemon Garlic Chicken Breast

Makes 1 serving

#### Ingredients

6 oz chicken breast  
2 cloves of garlic  
2 tbsp extra virgin olive oil  
½ teaspoon paprika  
¼ teaspoon onion powder  
Juice of ½ a lemon  
Salt and pepper to taste

#### Directions:

1. Finely chop or crush garlic and set aside
2. In a large bowl, place chicken, 1 tbsp olive oil, paprika, lemon juice salt, pepper, onion powder, and freshly chopped garlic. Stir to coat chicken well.
3. In a medium pan, heat 1 tbsp olive oil on medium-high heat. Cook chicken breast until done all the way through.

# Snacks and Side Dishes

## Savory Zucchini Fritters

Makes five larger fritters (5-inch diameter) or 10 small fritters (2-inch diameter)

### Ingredients

2 cups shredded zucchini (about 2 medium zucchini)  
3 eggs  
1 tbsp coconut flour  
1/2 tsp sea salt  
1/4 tsp freshly ground black pepper  
1 tbsp coconut oil

### Directions:

1. Shred zucchini by hand or in a food processor
2. In a large bowl, beat eggs together. Sift coconut flour into eggs and beat together.
3. Mix shredded zucchini, sea salt and freshly ground black pepper together, and combine with egg mixture.
4. Heat 1 tbsp coconut oil in a medium pan on medium-high heat
5. Spoon the mixture into the pan in tablespoon size dollops
6. Cook on each side for about 3-5 mins

## Salmon Patties

Makes 4 patties

### Ingredients

1 can sockeye salmon with bones  
1 whole egg  
1 small red pepper, finely chopped  
2-3 celery stalks, finely chopped  
1/2 cup almond meal  
Salt and pepper to taste

### Directions:

1. Preheat oven to 375° F
2. Drain the salmon and mix in a bowl with all other ingredients.
5. Line a baking sheet with parchment paper.
6. Using your hands make four patties and place on baking sheet with space between them.
7. Cook until firm and slightly brown on the outside, approximately 20 minutes. The patties should be firm and hold together when cooked.



## Kale Cabbage Coleslaw

Makes 4 servings

### Ingredients

- 1 tbsp extra virgin olive oil
- 1 tbsp Dijon mustard
- 1 tsp apple cider vinegar
- 2 tbsp red onion, diced
- 1 head of kale, stems removed and leaves shredded
- ½ head of red cabbage, shredded

### Directions:

1. In a small bowl, whisk olive oil, apple cider vinegar with salt and pepper to taste
2. In a large bowl combine onion, kale, and cabbage
3. Pour dressing over mixed kale and cabbage and mix thoroughly



Photo by Smitten Kitchen