

**BODY ECOLOGY** **MENUS**  
**MENU** **SAMPLE**

**MENU 1: BAKED CHICKEN**

- baked chicken with red pepper and zucchini
- steamed asparagus
- green salad with lemon garlic vinaigrette

**MENU 2: FLAVORS OF INDIA**

- mashed butternut squash
- curry-roasted cauliflower
- Spiced Spinach

**MENU 3: SOUP AND SALAD**

- Butternut Squash and Lemongrass Bisque
- Curried Cauliflower & Kale Salad

**Bonus!**

- ferment: sauerkraut with green apple and caraway
- special treat: cranberry sorbet
- breakfast: acai smoothie
- supplemental recipe: kombu broth



**Shopping List**

**dairy & eggs:**

- \_\_\_ ghee (4 tsp)

**meat, fish & fowl:**

- \_\_\_ boneless, skinless chicken breasts (4)

**fruits, vegetables & herbs:**

- \_\_\_ zucchini (2 medium)
- \_\_\_ yellow squash (1 medium)
- \_\_\_ flat-leaf parsley (1/4 cup, chopped)
- \_\_\_ asparagus (1 bunch)
- \_\_\_ lemon (1)
- \_\_\_ limes (2)
- \_\_\_ garlic (10 cloves)
- \_\_\_ salad greens (8 cups, loosely packed)
- \_\_\_ red onion (1 small)

- \_\_\_ yellow onion (3)
- \_\_\_ butternut squash (1 medium, 1 small)
- \_\_\_ cauliflower (1 large, 1 medium)
- \_\_\_ cilantro (2 tbsp, chopped)
- \_\_\_ kale (1 bunch, preferably Lacinato)
- \_\_\_ spinach (2 lbs)
- \_\_\_ kombu (1 strip)
- \_\_\_ carrots (2)
- \_\_\_ leeks (2)
- \_\_\_ grated ginger (3 tsp)
- \_\_\_ 4 inch stalk lemongrass (1)
- \_\_\_ shallot (1)
- \_\_\_ cabbage (3 heads)
- \_\_\_ green apples (2)
- \_\_\_ frozen cranberries (6 cups)
- \_\_\_ acai berry juice (1/2 cup)

**pantry & dried goods:**

- \_\_\_ extra virgin olive oil (5 tbsp)
- \_\_\_ coconut oil (5 tbsp)
- \_\_\_ wheat-free tamari (1 tbsp)
- \_\_\_ pumpkin seed oil (2 tbsp + to taste)

**spices & seasonings:**

- \_\_\_ Celtic Sea Salt (3 1/2 tsp)
- \_\_\_ cayenne pepper (3/4 tsp + to taste)
- \_\_\_ curry powder (3 tsp)
- \_\_\_ ground coriander (2 tsp)
- \_\_\_ caraway seeds (2 tsp)
- \_\_\_ vanilla (1 tsp)
- \_\_\_ bay leaves (2)
- \_\_\_ black peppercorns (1 tsp)

**prepared foods:**

- \_\_\_ vegetable stock (6 1/2 cups)

**from BodyEcology.com:**

- \_\_\_ Body Ecology Liquid Stevia Concentrate (16-18 drops)
- \_\_\_ Body Ecology Vegetable Starter Culture (1 package)
- \_\_\_ EcoBloom (1 scoop)
- \_\_\_ CocoBiotic (2 1/2 cups)

**about your ingredients:**

- **Eggs:** Choose farm-fresh eggs from henraised on fresh pasture with plenty of access to grass, bugs, sprouts and other forage.
- **Pantry Items:** Choose organic, local and raw when and where possible.
- **Fresh Produce:** Choose organic, local vegetables when possible.
- **Meat, Fish & Fowl:** Choose locally and naturally raised meats from animals allowed
- to graze on fresh pastures. Choose small, wild-caught fish.
- **SA:** Substitution available, see recipe.
- **HM:** Preferably homemade, see supplemental recipes.
- **O:** Optional ingredient.





Scheduled For:

- Baked Chicken with Zucchini
- Steamed Asparagus
- Green Salad with Lemon Garlic Vinaigrette

*Serve cultured vegetables at every meal. Season foods with healthy unrefined oils and Celtic sea salt to taste.*

*Chicken is slowly baked with zucchini, then served with steamed asparagus and a generous green salad.*

## Did you know?

Asparagus is a rich source of vitamin K, vitamin C and folate?

**up to 3 days in advance**

- thaw chicken, if frozen, in the fridge

**about 55 minutes ahead**

- prepare baked chicken.

**about 10 minutes ahead**

- steam asparagus until tender and keep warm until ready to serve dinner.

**about 5 minutes ahead**

- remove chicken from the oven and allow to rest before serving.
- prepare salad and vinaigrette.

## Baked Chicken with Zucchini

skill level: easy | yield: 4 servings | time: 10minutes (active), 35 minutes (stove), 5 minutes (to rest)

### ingredients

- 2 medium zucchini, sliced thin
- 1 medium yellow squash
- 1/4 cup fresh flat-leaf parsley, chopped
- 4 boneless, skinless chicken breasts (about 4 ounces each)
- 4 teaspoons ghee\*
- 1/2 tsp Celtic Sea Salt
- 1/8 tsp cayenne pepper
- 1/4 cup vegetable stock (or use kombu stock in supplemental recipes) (see bonus recipes)

### method

1. Preheat oven to 375 F.
2. Layer zucchini and squash in the bottom of a baking dish. Place chicken breasts over the vegetables, dot with butter, sprinkle with salt and cayenne, and add stock to the dish.
3. Cover the dish with foil and bake for 35 minutes.
4. Remove from the oven, gently open the foil and sprinkle the chicken and vegetables with parsley. Re-cover the dish and allow it to rest a further 5 minutes before serving.

## Steamed Asparagus

skill level: easy | yield: 4 servings | time: 5 minutes (active)

### ingredients

- 1 bunch asparagus, trimmed of rough and woody ends

### method

1. Steam asparagus over rapidly boiling water until tender - 6 to 8 minutes.

## Green Salad with Lemon Garlic Vinaigrette

skill level: easy | yield: 4 servings | time: 5 minutes (active)

### ingredients

for the vinaigrette

- juice of 1 lemon
- 1 clove garlic, minced
- 1/8 cayenne pepper
- 3 tbsps extra virgin olive oil

for the salad

- 8 cups loosely packed mixed salad greens
- 1 small red onion, sliced thin

### method

1. Whisk lemon juice, garlic, cayenne and olive oil together.
2. Plate greens and onion, dress with vinaigrette at the table.

\*Don't do dairy? Substitute coconut oil.





Scheduled For:

- Mashed Butternut Squash
- Curry-roasted Cauliflower
- Spiced Spinach

Serve cultured vegetables at every meal. Season foods with healthy unrefined oils and Celtic sea salt to taste.

Curry-roasted Cauliflower is an easy dish that pairs nicely with spiced spinach and butternut squash.

## Did you know?

Coconut oil is a good source of lauric acid - a fat that is thought to support thyroid health and immune system function.



**about 1 hour ahead**

- roast squash for Mashed Butternut Squash.

**about 35 minutes ahead**

- prepare Curry-roasted Cauliflower with Cilantro.

**about 20 minutes ahead**

- pull squash from the oven and allow it to cool until comfortable enough to handle.

**about 15 minutes ahead**

- prepare Spiced Spinach.

**about 5 minutes ahead**

- mash butternut squash with coconut oil, coconut milk and cayenne for Mashed Butternut Squash.

## Mashed Butternut Squash

skill level: easy | yield: 4 servings | time: 5 minutes (active), 45 minutes oven, 15 minutes (to cool)

### ingredients

- 1 medium butternut squash, halved and seeded
- 1 tbsp coconut oil
- 1/4 cup CocoBiotic
- dash cayenne pepper

### method

1. Preheat oven to 400 F.
2. Place your squash flesh side-down in a baking dish and pour about 1/2 cup

water in the dish. Bake the squash until tender - about 45 minutes. Allow it to cool until it is comfortable enough to handle, then scoop out its flesh and transfer it to a mixing bowl.

3. Beat the squash with coconut oil, CocoBiotic and a dash cayenne pepper. Adjust seasoning as needed with Celtic Sea Salt and serve warm.

## Curry-roasted Cauliflower with Cilantro

skill level: easy | yield: 4 servings | time: 5 minutes (active), 30 minutes (oven)

### ingredients

- 1 large heady cauliflower, chopped into florets
- 1 tbsp coconut oil, melted
- 2 tsp curry powder
- dash cayenne pepper
- 2 tbsp chopped fresh cilantro

### method

1. Preheat oven to 400 F.
2. Toss cauliflower, coconut oil, curry powder and cayenne into a large mixing bowl and toss gently to coat.
3. Spread on a parchment-lined baking sheet and bake for

30 minutes, stirring once halfway through.

4. Remove from oven, toss with cilantro and serve.

## Spiced Spinach

skill level: easy | yield: 4 servings | time: 15 minutes (stove)

### ingredients

- 1 tbsp coconut oil 1 yellow onion, peeled and finely minced
- 1 tsp grated ginger
- 2 tsp ground coriander
- 1/4 tsp ground cayenne pepper
- 2 lbs spinach, stems removed and chopped coarsely
- 1/4 cup vegetable stock or prepare Kombu stock (see supplemental recipes, page 6)

### method

1. Heat oil in a skillet over a moderate flame until melted, then stir in minced onion, frying until fragrant and translucent.
2. Stir in grated ginger, coriander and cayenne. Continue cooking for an additional minute or so. Stir in spinach, cooking until wilted - about 3 or 4 minutes. Stir in stock and simmer until liquid is evaporated, 6 to 8 minutes, and serve.





Scheduled For:

- Butternut Squash and Lemongrass Bisque
- Curried Cauliflower & Kale Salad

Serve cultured vegetables at every meal. Season foods with healthy unrefined oils and Celtic sea salt to taste.

The soft sweet flavor of butternut squash pairs nicely with the fragrant citrus notes of lemongrass. Ginger helps to soothe the stomach.

**Plan Ahead**

**at least 4 and up to 24 hours ahead**

- steam cauliflower and kale, then transfer to the refrigerator.

**about 45 minutes ahead**

- prepare Butternut Squash and Lemongrass Bisque.

**about 5 minutes ahead**

- prepare vinaigrette for salad, plate cauliflower and kale, then dress with vinaigrette and serve supper.

### Butternut Squash and Lemongrass Bisque

skill level: easy | yield: 2 qts | time: 45 minutes (stove)

#### ingredients

- 1 small butternut squash
- 2 tbsp coconut oil
- 1 shallot, minced
- 2 tsp grated ginger
- 1 (4-inch) stalk lemongrass, sliced thin
- 6 cups vegetable broth (or use the supplemental recipe for Kombu Broth)
- 1 tsp Celtic Sea Salt
- 1/4 tsp cayenne pepper
- pumpkin seed oil, to serve

#### method

1. Peel the butternut squash, cut it in half length-wise,

remove the seeds, and chop it into 1/2-inch cubes. Place the cubes of squash into a bowl while you prepare the other ingredients.

2. Warm oil in a heavy-bottomed stock pot, stir in shallot, ginger and lemon grass. Saute them gently in coconut oil until they soften and release their fragrance - about 4 minutes. Stir in the butternut squash, and cook it with the shallot, ginger and lemongrass a further minute or two. Pour in the stock, cover the pot, and simmer for 30 to 40 minutes until the squash softens.
3. Turn off the heat. Stir in the salt and cayenne pepper, and then puree the soup with an immersion blender until perfectly smooth, with no lumps remaining. Drizzle with pumpkin seed oil, and serve. (Can be served chilled in warmer months.)

### Curried Cauliflower & Kale Salad

skill level: easy | yield: 4 generous servings | time: 8 minutes (stove), 4 to 24 hours (refrigeration), 5 minutes (active)

#### ingredients

for the salad

- 1 medium head cauliflower, chopped into

bite-sized florets

- 1 bunch kale (preferably Lacinato), trimmed of tough stems and sliced into 1/4-inch ribbons
- for the vinaigrette
- juice of 2 limes
  - 1 clove garlic, minced
  - 1 tsp curry powder
  - 3 drops Body Ecology Stevia Liquid Concentrate
  - 2 tbsp pumpkin seed oil
  - 2 tbsp olive oil

#### method

1. Place cauliflower florets and kale into a steamer basket, and steam over rapidly boiling water until very tender and easily digested, about 8 minutes. Transfer to a bowl, and refrigerate until cold - at least 4 and up to 24 hours.
2. Whisk lime juice with garlic, curry powder, stevia and oils.
3. Plate the chilled cauliflower and kale, dress with curry vinaigrette and serve.



# Bonus!

- Ferment: Sauerkraut with Green Apple and Caraway
- Breakfast: Acai Berry Smoothie
- Special Treat: Cranberry Sorbet

## Did you know?

Berries are extraordinarily rich in antioxidants as well as heat-sensitive vitamins.

### Sauerkraut with Green Apple and Caraway

skill level: easy | yield: about 1 1/2 qts |  
time: 10 minutes (active), 7 to 10 days (fermentation)

#### ingredients

- 1 package Body Ecology Vegetable Starter Culture
- 1 scoop EcoBloom
- 2 tsps Celtic Sea Salt
- 3 heads cabbage, cored and finely shredded
- 2 green apples, cored and finely shredded
- 2 teaspoons caraway seeds

#### method

1. Whisk the contents of 1 package Body Ecology Vegetable Starter Culture with 1 scoop ecobloom and 1/2 cup warm water and allow to rest while you prepare the other ingredients.
2. Toss cabbage, apple and caraway and sea salt together in a large bowl and knead together by hand to break up the shreds of

cabbage. Pour in Vegetable Starter Culture mixture.

3. Layer cabbage and apples in a mason jar and pack tightly with a wooden spoon so that the liquid submerges the cabbage and apples. Leave at least 1 inch of head space and ferment at room temperature for 7 to 10 days before tasting. Store in the fridge.

### Acai Berry Smoothie

skill level: easy | yield: 4 servings |  
time: 30 minutes (soaking), 5 minutes (active)

#### ingredients

- 1 cup CocoBiotic
- 1/2 cup acai berry juice
- 3 drops Body Ecology Liquid Stevia Concentrate, optional

#### method

1. Toss all ingredients into a blender and process until smooth. Sweeten, as needed, with Body Ecology Liquid Stevia Concentrate.

### Cranberry Sorbet

skill level: easy | yield: about 1 qt |  
time: 15 minutes (thawing), 5 minutes (active)

#### ingredients

- 6 cups frozen cranberries
- 1 1/2 cups CocoBiotic
- 10 to 12 drops Body Ecology Liquid Stevia Concentrate
- 1 tsp vanilla

#### method

1. Allow berries to thaw for 15 minutes at room temperature.
2. Place berries, CocoBiotic, Body Ecology Liquid Stevia Concentrate and vanilla into a food processor, and process until it forms a smooth sorbet. Serve immediately or spoon into a freezer-proof container and freeze.



# Bonus!

## Kombu Broth

skill level: easy | yield: 2 quarts | time: 5 minutes (active), 15 minutes (soaking), 45 minutes (stove)

and simmer, covered, for 30 to 45 minutes. Season with wheat-free tamari. Strain and pour into bottles or jars. The stock should keep, refrigerated, for up to a week.

### ingredients

- 1 strip kombu
- 2 yellow onions, quartered
- 2 carrots, chopped
- 8 cloves garlic
- 2 leeks, trimmed and chopped
- 2 bay leaves
- 1 tsp black peppercorns
- 1 tbsps wheat-free tamari

### method

1. Place the kombu in a stock pot and cover with 2 quarts filtered water. Allow the kombu to soak for 15 to 20 minutes until it becomes pliable.
2. Place remaining ingredients in the stock pot with kombu and water. Bring to a boil over medium-high heat, reduce heat to medium-low

