



Mitochondrial Health Ketogenic Recipes (Phase 2)

NEW ROOTS HERBAL



MON



BREAKFAST
Pork Belly Cauliflower Fried Rice

LUNCH
Sardine & Avocado Salad

SNACK 1
Turkey, Greens & Avocado Wraps

DINNER
Green Chicken Sliders, Roasted Cauliflower

TUE



BREAKFAST
Pork Belly Cauliflower Fried Rice

LUNCH
Green Chicken Sliders, Roasted Cauliflower

SNACK 1
Turkey, Greens & Avocado Wraps

DINNER
Roasted Garlic Chicken Thighs, Steamed Asparagus

WED



BREAKFAST
Turkey, Greens & Avocado Wraps, Olive Medley

LUNCH
Roasted Garlic Chicken Thighs, Steamed Asparagus

SNACK 1
Sardine & Avocado Salad

DINNER
Quarter Chicken with Mushrooms & Kale

THU



BREAKFAST
Turkey, Greens & Avocado Wraps, Olive Medley

LUNCH
Quarter Chicken with Mushrooms & Kale

SNACK 1
Sardine & Avocado Salad

DINNER
Roasted Chicken with Zucchini & Olives

FRI



BREAKFAST
Salmon Stuffed Avocado Boats

LUNCH
Roasted Chicken with Zucchini & Olives

SNACK 1
Avocado, Olive Medley

DINNER
Broiled Mackerel, Roasted Broccoli

SAT



BREAKFAST
Salmon Stuffed Avocado Boats

LUNCH
Roasted Chicken with Zucchini & Olives

SNACK 1
Avocado, Olive Medley

DINNER
Chicken, Asparagus & Mashed Cauliflower

SUN



BREAKFAST
Salmon Stuffed Avocado Boats

LUNCH
Broiled Mackerel, Roasted Broccoli

SNACK 1
Sardine & Avocado Salad

DINNER
Chicken, Asparagus & Mashed Cauliflower

FRUITS

- 8 Avocado
- 2 3/4 Lemon

SEEDS, NUTS & SPICES

- 1 1/2 tbsps Dried Chives
- 1/4 tsp Garlic Powder
- 3/4 tsp Oregano
- 2 1/4 tsps Sea Salt

VEGETABLES

- 3 1/2 cups Asparagus
- 8 cups Baby Spinach
- 1/2 head Boston Lettuce
- 4 cups Broccoli
- 1 1/2 heads Cauliflower
- 1/2 stalk Celery
- 2 Garlic
- 5 cups Kale Leaves
- 1 cup Microgreens
- 2 tbsps Parsley
- 1/2 cup Radishes
- 1/4 tsp Thyme
- 10 White Button Mushrooms
- 2 Zucchini

BOXED & CANNED

- 340 grams Canned Wild Salmon
- 200 grams Sardines

BREAD, FISH, MEAT & CHEESE

- 567 grams Chicken Leg, Bone-In
- 300 grams Chicken Leg, Boneless With Skin
- 227 grams Chicken Thighs With Skin
- 227 grams Extra Lean Ground Chicken
- 227 grams Mackerel Fillet
- 227 grams Pork Belly
- 400 grams Sliced Turkey Breast
- 227 grams Whole Rotisserie Chicken

CONDIMENTS & OILS

- 4 cups Assorted Olives
- 1 3/4 tbsps Avocado Oil
- 1/2 cup Extra Virgin Olive Oil
- 1 cup Green Olives

Pork Belly Cauliflower Fried Rice

2 SERVINGS 20 MINUTES



INGREDIENTS

227 grams Pork Belly (strips)
1/2 tsp Sea Salt (divided)
1/2 head Cauliflower (finely chopped or grated)
1/2 stalk Celery (sliced)
1 1/2 tbsps Dried Chives

DIRECTIONS

- 01 Bring a pot of water to a boil. Blanch the pork belly in the boiling water skin side down for 10 minutes, flipping halfway.
- 02 Set the pork belly on a plate. Using a fork, pierce the pork belly skin and pat dry. Season with half the salt.
- 03 Heat a pan or skillet over medium heat and cook the pork belly strips for 5 minutes on each side, or until cooked through and browned. Transfer to a cutting board and chop into pieces.
- 04 Using the same pan or skillet, cook the cauliflower and celery over medium-high heat for 3 to 5 minutes or until warmed through. Add the chopped pork belly and season with the remaining salt and chives.
- 05 Divide into bowls. Enjoy!

NOTES

NO CAULIFLOWER

Use white rice, brown rice, couscous, quinoa, barley or rice noodles instead.

NO PORK BELLY

Use bacon or ground pork instead.

MAKE IT VEGAN

Use tempeh, tofu, vegan bacon or vegan sausage instead of pork belly.

LEFTOVERS

Refrigerate in an airtight container up to 3 days.

SAVE TIME

Many grocery stores carry pre-riced cauliflower in the bag. Look for it in the fresh, pre-sliced vegetable section or frozen vegetable section.

Turkey, Greens & Avocado Wraps

1 SERVING 5 MINUTES



INGREDIENTS

1/2 Avocado (sliced thin)
100 grams Sliced Turkey Breast
1/4 cup Microgreens

DIRECTIONS

01 Layer the sliced avocado on top of the sliced turkey breast and top with microgreens. Roll into a wrap and serve!

NOTES

NO TURKEY

Use chicken or another deli meat instead

MORE FLAVOUR

Add a condiment such as mustard or mayonnaise. Add spices of your choice.

LEFTOVERS

Best enjoyed immediately but can be stored in the fridge for up to two days. Sprinkle the avocado with lemon juice to prevent browning.

Olive Medley

1 SERVING 2 MINUTES



INGREDIENTS

1 cup Assorted Olives

DIRECTIONS

01 Divide into bowls and enjoy!

Salmon Stuffed Avocado Boats

1 SERVING 10 MINUTES



INGREDIENTS

1 Avocado
113 grams Canned Wild Salmon
1/4 Lemon (juiced)

DIRECTIONS

- 01 Slice the avocado in half and remove the pit. Use a spoon to scoop out enough avocado to create a bigger hole that the salmon will fit into. Transfer scooped out avocado to a small bowl.
- 02 Drain the salmon and add it to the bowl with the scooped out avocado. Add lemon juice and mash until well mixed.
- 03 Fill the hollowed out avocado halves with the mashed salmon mixture. Enjoy!

NOTES

LIKES IT SPICY

Add hot sauce.

NO CANNED SALMON

Use smoked salmon, cooked salmon fillet or tuna instead.

Sardine & Avocado Salad

1 SERVING 20 MINUTES



INGREDIENTS

50 grams Sardines (packed in oil, drained)
1/4 Lemon (juiced and divided)
1 1/2 tps Parsley (finely chopped)
2 cups Baby Spinach (packed)
2 tbsps Radishes (thinly sliced)
1 1/2 tps Extra Virgin Olive Oil
1/2 Avocado (sliced)
1/16 tsp Sea Salt

DIRECTIONS

- 01 Place the sardines on a plate and drizzle with half the lemon juice and parsley. Set aside and let marinate for 15 minutes.
- 02 Divide the spinach into bowls along with the radishes and sardines. Drizzle with extra virgin olive oil and the rest of the lemon juice. Top with avocado, season with sea salt and enjoy!

NOTES

NO SARDINES

Use tuna instead.

Avocado

1 SERVING 5 MINUTES



INGREDIENTS

1/2 Avocado

DIRECTIONS

01 Cut avocado into slices or chunks. Enjoy!

NOTES

SERVE IT WITH

Salads, soups, chilli, on toast, or in a wrap with leftovers.

SAVOURY SNACK

Top with salt, pepper, lemon juice, paprika and/or red pepper flakes.

SWEET SNACK

Top with maple syrup, honey, maple butter and/or cinnamon.

Green Chicken Sliders

2 SERVINGS 30 MINUTES



INGREDIENTS

227 grams Extra Lean Ground Chicken
1/2 tsp Oregano (dried)
1/3 tsp Sea Salt
1 cup Kale Leaves (very finely chopped)
1 cup Broccoli (very finely chopped)
1 1/2 tps Extra Virgin Olive Oil
1/2 head Boston Lettuce

DIRECTIONS

- 01 Combine all ingredients except the lettuce in a bowl and mix well. Form the mixture into even sliders, about 3 inches in diameter, and set aside.
- 02 Preheat grill to medium heat.
- 03 Cook the sliders for about 8 to 10 minutes per side, or until cooked through.
- 04 Serve patties in a lettuce wrap with your toppings of choice. Enjoy!

NOTES

SERVING SIZE

One serving is equal to two sliders.

MORE CARBS

Serve on a bun or on top of rice.

TOPPING IDEAS

Mustard, cheese, pickles, tomato, lettuce, onion, avocado, sour cream or plain Greek yogurt.

LEFTOVERS

These keep well in an airtight container in the fridge up to three days or freeze for up to three months.

Roasted Cauliflower

2 SERVINGS 35 MINUTES



INGREDIENTS

1/2 head Cauliflower (chopped into florets)
1 tbsp Avocado Oil
1/8 tsp Sea Salt (or more to taste)

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 Toss cauliflower florets with avocado oil, lay in a single layer on the baking sheet, and sprinkle with salt. Roast for 30 minutes or until golden brown, tossing at the halfway point.
- 03 Remove from oven and enjoy!

NOTES

NO AVOCADO OIL

Use coconut oil or olive oil instead.

MAKE IT CHEESY

Toss in nutritional yeast after roasting.

Roasted Garlic Chicken Thighs

2 SERVINGS 30 MINUTES



INGREDIENTS

227 grams Chicken Thighs with Skin
2 Garlic (cloves, sliced)
1 tbsp Extra Virgin Olive Oil
1/8 tsp Sea Salt

DIRECTIONS

- 01 Preheat oven to 375°F (191°C).
- 02 Gently separate the skin from the flesh of the chicken thighs to create a pocket. Stuff garlic slices under the skin of each chicken thigh. Coat with olive oil and sea salt.
- 03 Set chicken thighs skin side down on a rack over a baking sheet. Cook for 20 minutes. Flip over and cook for 10 more minutes.
- 04 Transfer to plates and enjoy!

NOTES

SERVE IT WITH

Our Pesto Cauliflower Rice and Steamed Green Beans.

LEFTOVERS

Keeps well in the fridge, up to 3 days. Or freeze for up to 6 months.

Steamed Asparagus

2 SERVINGS 10 MINUTES



INGREDIENTS

2 cups Asparagus (woody ends trimmed, chopped in half)

DIRECTIONS

01 Set the asparagus in a steaming basket over boiling water and cover. Steam for 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus. Enjoy!

NOTES

LEFTOVERS

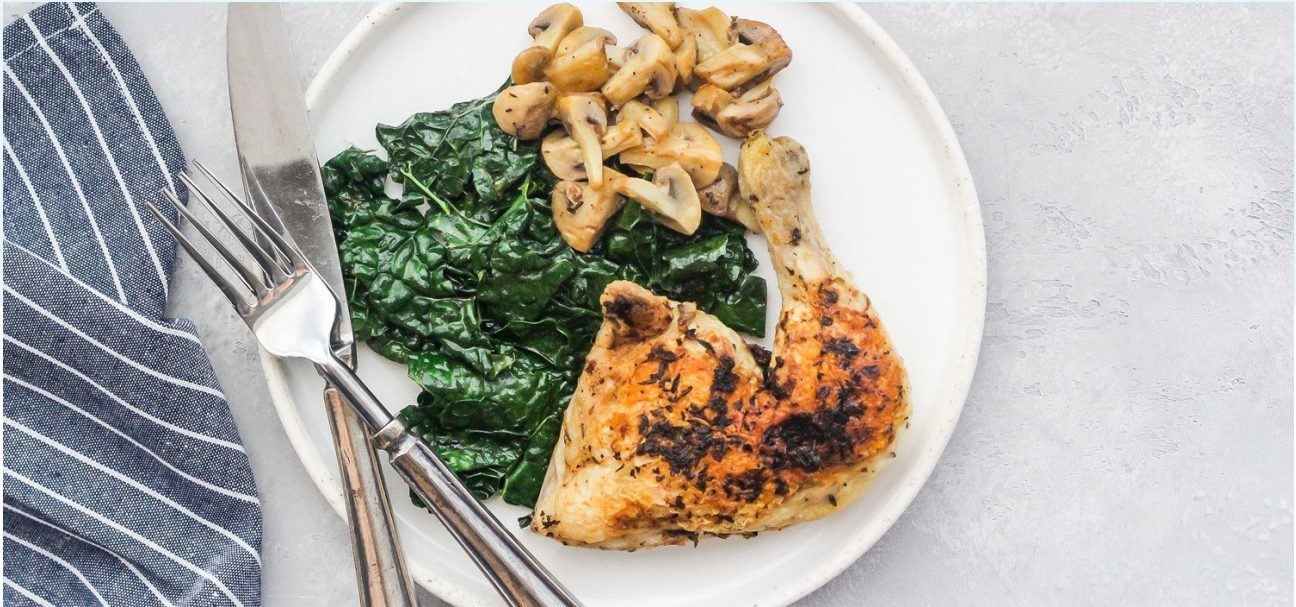
Refrigerate in an airtight container up to 5 days.

SERVING SIZE

One serving is equal to approximately one cup of cooked asparagus.

Quarter Chicken with Mushrooms & Kale

2 SERVINGS 45 MINUTES



INGREDIENTS

- 567 grams Chicken Leg, Bone-in (skin on)
- 1/4 tsp Thyme (dried)
- 1/4 tsp Oregano (dried)
- 1/8 tsp Sea Salt
- 10 White Button Mushrooms (quartered)
- 4 cups Kale Leaves (roughly chopped)

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C).
- 02 Season the chicken with thyme, oregano and sea salt on all sides. Heat a cast iron skillet over medium heat. Once the skillet is hot, add the chicken skin side down. Cook for 12 to 15 minutes without moving the chicken.
- 03 Flip the chicken over and add the mushrooms. Place in the oven for 18 to 20 minutes or until the chicken is cooked through.
- 04 Remove the chicken and mushrooms from the oven and transfer to a plate, leaving the drippings in the pan. Add the kale to the pan, and sauté over medium heat for 1 to 2 minutes or until wilted. Turn off the heat.
- 05 Divide the chicken, mushrooms and kale onto plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container up to three days.

NO KALE

Use another green such as Swiss chard or spinach.

MORE FLAVOR

Add additional seasonings such as paprika or garlic.

Roasted Chicken with Zucchini & Olives

3 SERVINGS 1 HOUR 20 MINUTES



INGREDIENTS

300 grams Chicken Leg, Boneless with Skin
1/4 tsp Sea Salt
2 Zucchini (medium, sliced)
1 cup Green Olives (sliced)
1 Lemon (juiced)
3 tbsps Extra Virgin Olive Oil

DIRECTIONS

- 01 Preheat oven to 375F° (191°C).
- 02 Lay chicken in a large cast iron skillet, or baking sheet, and season with sea salt. Place the sliced zucchini around the chicken and top with olives, lemon juice, and olive oil.
- 03 Bake for 45 minutes, then broil on low for 10-15 more minutes until the top is browned. Baste with juices throughout cooking.
- 04 Remove from oven and let stand 15 minutes before serving. Enjoy!

NOTES

LEFTOVERS

Keeps well in the fridge for 2 to 3 days.

MORE CARBS

Serve with rice, quinoa, or roasted potatoes.

VEGETARIAN/VEGAN

Instead of chicken, use 3 cups of chickpeas. Reduce cooking time to 30 minutes and do not broil.

Broiled Mackerel

2 SERVINGS 15 MINUTES



INGREDIENTS

227 grams Mackerel Fillet (patted dry)

1 1/2 tsps Extra Virgin Olive Oil

1/4 tsp Sea Salt

DIRECTIONS

- 01 Set your oven to broil and move the rack to the top rung.
- 02 Place mackerel fillets on a baking sheet and coat in oil. Season with salt and broil for 6 to 7 minutes. Cooking times may vary due to thickness. If more time is needed, lower the heat to 350°F (177°C) and cook until the flesh is opaque in the centre.
- 03 Place on a serving dish and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for 2 to 3 days.

SERVE IT WITH

Another side dish or add to any salad for extra protein.

Roasted Broccoli

2 SERVINGS 35 MINUTES



INGREDIENTS

3 cups Broccoli (cut into florets)
2 1/4 tsps Avocado Oil
1/4 tsp Garlic Powder
1/8 tsp Sea Salt

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 02 Arrange the broccoli florets on the baking sheet and season with avocado oil, garlic powder and sea salt. Toss well. Roast in the oven for 25 to 30 minutes or until broccoli is tender. Toss at the halfway point.
- 03 Remove from the oven and divide between plates. Enjoy!

NOTES

STORAGE

Refrigerate in an airtight container for up to 3 days.

NO AVOCADO OIL

Use olive oil or melted coconut oil instead.

NO GARLIC POWDER

Use freshly ground black pepper, cumin, smoked paprika or onion powder instead.

Chicken, Asparagus & Mashed Cauliflower

2 SERVINGS 20 MINUTES



INGREDIENTS

1 1/2 cups Asparagus (ends trimmed)
1 1/2 tbsps Extra Virgin Olive Oil (divided)
1/8 tsp Sea Salt
1/2 head Cauliflower (chopped into florets)
227 grams Whole Rotisserie Chicken (cooked, meat only, bones removed)

DIRECTIONS

- 01 Preheat your oven to 425°F (218°C) and line a baking sheet with parchment paper. Toss the asparagus with half the olive oil and lay on the baking sheet. Sprinkle with sea salt and roast in the oven for about 12 minutes, flipping halfway through cooking time.
- 02 While the asparagus is roasting, bring a large pot of water to a boil under a steamer. Steam the cauliflower for 10 to 12 minutes, or until soft. Remove from heat and mash with the remaining olive oil. Season with salt to taste and divide between containers.
- 03 Add the asparagus to the containers along with the roasted chicken meat. Enjoy!

NOTES

STORAGE

Keeps well in the fridge for 3 to 4 days.

MORE CARBS

Replace the cauliflower with potatoes, sweet potatoes, quinoa or rice.