



Mitochondrial Health Paleo Recipes (2-4 weeks)

NEW ROOTS HERBAL



MON



BREAKFAST
Sausage & Sauerkraut Skillet



SNACK 1
Immunity Boosting Bone Broth



LUNCH
Cream of Broccoli, Kale & Spinach Soup



SNACK 2
Carrots & Guacamole



DINNER
Cauliflower Shepherd's Pie

TUE



BREAKFAST
Sausage & Sauerkraut Skillet



SNACK 1
Golden Turmeric Latte



LUNCH
Cauliflower Shepherd's Pie



SNACK 2
Carrots & Guacamole



DINNER
Beef, Sweet Potato & Rapini Skillet

WED



BREAKFAST
Sausage & Sauerkraut Skillet



SNACK 1
Immunity Boosting Bone Broth



LUNCH
Beef, Sweet Potato & Rapini Skillet



SNACK 2
Plantain Chips



DINNER
One Pan Paleo Plate

THU



BREAKFAST
Sausage & Sauerkraut Skillet



SNACK 1
Golden Turmeric Latte



LUNCH
One Pan Paleo Plate



SNACK 2
Plantain Chips



DINNER
Rosemary Lemon Chicken Skillet

FRI



BREAKFAST
Paleo Sweet Potato Porridge



SNACK 1
Immunity Boosting Bone Broth



LUNCH
Rosemary Lemon Chicken Skillet



SNACK 2
Plantain Chips



DINNER
One Pan Chicken, Golden Cauliflower & Carrot Fries

SAT



BREAKFAST
Paleo Sweet Potato Porridge



SNACK 1
Golden Turmeric Latte



LUNCH
One Pan Chicken, Golden Cauliflower & Carrot Fries



SNACK 2
Carrots & Guacamole



DINNER
Cauliflower Shepherd's Pie

SUN



BREAKFAST
Paleo Sweet Potato Porridge



SNACK 1
Immunity Boosting Bone Broth



LUNCH
Cauliflower Shepherd's Pie



SNACK 2
Carrots & Guacamole



DINNER
Cream of Broccoli, Kale & Spinach Soup

FRUITS

- 2 Apple
- 2 1/2 Avocado
- 1 1/4 Lemon
- 2 Lime
- 3 Plantain
- 1 1/2 cups Raspberries

SEEDS, NUTS & SPICES

- 2 1/4 tsps Cinnamon
- 1 tsp Dried Thyme
- 1 tbsp Italian Seasoning
- 2 3/4 tsps Sea Salt
- 2 1/2 tsps Turmeric

VEGETABLES

- 3 cups Baby Spinach
- 1 1/2 cups Broccoli
- 2 cups Brussels Sprouts
- 13 Carrot
- 1 1/2 heads Cauliflower
- 4 stalks Celery
- 10 1/2 Garlic
- 2 tbsps Ginger
- 1 cup Kale Leaves
- 3 cups Mushrooms
- 1 cup Parsley
- 1/2 bunch Rapini
- 1 tbsp Rosemary
- 4 1/2 Sweet Potato
- 4 cups Swiss Chard
- 3 3/4 Yellow Onion

BOXED & CANNED

- 2 3/4 cups Canned Coconut Milk
- 1 cup Vegetable Broth

BAKING

- 1 1/2 tbsps Raw Honey
- 1 1/2 tbsps Unsweetened Coconut Flakes

BREAD, FISH, MEAT & CHEESE

- 680 grams Chicken Breast
- 283 grams Chicken Sausage
- 227 grams Extra Lean Ground Beef
- 454 grams Extra Lean Ground Turkey
- 1 Whole Chicken Carcass

CONDIMENTS & OILS

- 1 tbsp Apple Cider Vinegar
- 1/3 cup Coconut Oil
- 1/2 cup Extra Virgin Olive Oil
- 2 cups Sauerkraut

OTHER

- 8 1/4 cups Water

Sausage & Sauerkraut Skillet

4 SERVINGS 40 MINUTES



INGREDIENTS

283 grams Chicken Sausage
1 tbsp Coconut Oil
1 Yellow Onion (diced)
2 Apple (peeled, cored and diced)
2 Garlic (cloves, minced)
4 cups Swiss Chard (washed, stems removed and chopped)
2 cups Sauerkraut (liquid drained off)

DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper. Add sausage and bake for 30 minutes or until cooked through. Remove from oven and cut into 1/4" pieces.
- 02 Heat coconut oil in a frying pan over medium heat. Add yellow onion and apple. Saute just until onion is translucent (about 5 minutes). Add garlic and saute for another minute.
- 03 Add swiss chard and continue to saute just until it is wilted. Reduce heat to low and add in chopped sausage and sauerkraut and saute for another minute or until heated through. Remove from heat and divide into bowls. Enjoy!

NOTES

LEFTOVERS

Store in an airtight container in the fridge up to three days.

VEGAN AND VEGETARIAN

Skip the sausage and use cooked lentils instead.

NO SWISS CHARD

Use kale or spinach instead.

Paleo Sweet Potato Porridge

3 SERVINGS 20 MINUTES



INGREDIENTS

- 1 1/2 Sweet Potato
- 3/4 cup Canned Coconut Milk
- 3/4 cup Water
- 1 1/2 cups Raspberries
- 1 1/2 tbsps Coconut Oil
- 3/4 tsp Cinnamon
- 1 1/2 tbsps Unsweetened Coconut Flakes

DIRECTIONS

- 01 Peel and shred the sweet potato using a hand grater or the shredding attachment on your food processor.
- 02 Place shredded sweet potato in a medium sized saucepan, add the coconut milk and water.
- 03 Cover and cook the sweet potato in the liquid over medium-high heat for about 15 minutes, stirring every couple minutes to prevent the bottom from burning. It will seem dry at first, but as it steams, the sweet potato will soften and release liquid. After about 15 minutes, your sweet potato should be a very soft, porridge-like texture.
- 04 Divide the sweet potato porridge between bowls and top with berries, coconut oil, cinnamon, and shredded coconut. Enjoy!

NOTES

OTHER TOPPINGS

Dried fruit, nut butter, chia seeds, hemp seeds or fresh fruit.

LEFTOVERS

Store in an airtight container in the fridge up to 3 to 4 days.

Immunity Boosting Bone Broth

4 SERVINGS 12 HOURS



INGREDIENTS

- 1 Whole Chicken Carcass (about 2 lbs of bones)
- 1 Carrot (peeled and chopped)
- 1 Yellow Onion (diced)
- 2 stalks Celery (chopped)
- 3 Garlic (cloves, halved)
- 1 tbsp Apple Cider Vinegar
- 1 tsp Sea Salt
- 1 cup Parsley (chopped)
- 6 cups Water

DIRECTIONS

- 01 Place the bones in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for at least 12 hours.
- 02 After 12 hours, strain the broth through a strainer or mesh sack. Discard the vegetables that you strained out. Allow broth to cool. Once cool, remove the layer of fat that forms on the top and discard or save it for future cooking. Freeze broth until ready to use.

NOTES

LEFTOVERS

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

SERVING SIZE

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

LOW FODMAP

Omit garlic and onions.

Golden Turmeric Latte

1 SERVING 10 MINUTES



INGREDIENTS

1 1/2 tsps Ginger (grated)
1/2 cup Canned Coconut Milk
1/2 cup Water
1/2 tsp Turmeric (powder)
1 1/2 tsps Raw Honey
1/4 tsp Cinnamon
3/4 tsp Coconut Oil

DIRECTIONS

- 01** Grate the ginger then squeeze the juice out of it into a saucepan. Discard the pulp. Add the remaining ingredients to the saucepan and place over medium heat. Heat through for about 3 to 5 minutes, not letting it come to a boil. Whisk continuously.
- 02** Carefully transfer into a mason jar and seal with a lid. Shake vigorously for about 30 seconds, or until a foam starts to form. (Note: You can also use a blender for this step, but the turmeric can stain the blender cup.) Pour into glasses through a sieve and enjoy!

NOTES

USE FRESH TURMERIC ROOT

Skip the turmeric powder and use fresh turmeric root instead. Peel turmeric root and grate. Measure out about 1 tbsp grated turmeric root per serving.

AVOID A MESS

Rinse all glasses and mugs out right after use to avoid turmeric stains. Use baking soda on turmeric stains if they do happen.

ON-THE-GO

Add all ingredients except water to a mason jar. When ready to drink, just add hot water from the kettle and shake up for a warming, anti-inflammatory snack.

VEGAN

Use maple syrup to sweeten instead of honey.

Cream of Broccoli, Kale & Spinach Soup

2 SERVINGS 30 MINUTES



INGREDIENTS

- 1 cup Kale Leaves (chopped)
- 1 cup Baby Spinach
- 1 1/2 cups Broccoli (cut into florets)
- 1/4 Yellow Onion (diced)
- 1 Garlic (cloves, minced)
- 1 1/2 tsps Coconut Oil
- 1/16 tsp Sea Salt
- 1 cup Vegetable Broth
- 1/2 cup Canned Coconut Milk
- 1/4 Lemon (juiced)
- 1/2 Avocado (sliced)

DIRECTIONS

- 01 Heat coconut oil in a large pot over medium heat. Add onions and sauté until golden (about 5 minutes). Add garlic and stir for another minute.
- 02 Add vegetable broth to the pot. Stir until producing a light steam. Add the broccoli florets in with the mixture and let steam for 5 minutes or until broccoli is bright green.
- 03 Add salt to taste.
- 04 Add coconut milk and stir well.
- 05 Add spinach and kale. Stir just until the greens are wilted and remove from heat.
- 06 In your food processor or magic bullet, blend the soup until smooth. If you are using a blender, ensure to remove the middle piece of the lid to allow steam to escape.
- 07 Transfer blended mixture back into a large pot. Warm to desired temperature.
- 08 Ladle into bowls. Drizzle with a splash of olive oil, lemon juice and garnish with avocado slices.

Carrots & Guacamole

2 SERVINGS 5 MINUTES



INGREDIENTS

- 4 Carrot (medium)
- 1 Avocado
- 1 Lime (juiced)
- 1/4 tsp Sea Salt (or more to taste)

DIRECTIONS

- 01 Peel and slice carrots into sticks.
- 02 Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
- 03 Dip the carrots into the guac & enjoy!

NOTES

LEFTOVERS

Store the guacamole in an airtight container in the refrigerator for up to two days. Sliced carrots can be stored in the refrigerator for up to four days.

SPICE IT UP

Add chili flakes, salsa and/or chopped cilantro to the guacamole.

Plantain Chips

3 SERVINGS 30 MINUTES



INGREDIENTS

3 Plantain (medium size)
1 1/2 tbsps Coconut Oil (melted)
3/4 tsp Cinnamon

DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper.
- 02 Peel the plantains then slice as thinly as possible with a mandolin or knife. Do your best to keep the thickness consistent. Slice on the diagonal for bigger chips. Gently toss the slices in coconut oil and cinnamon. Arrange in an even layer on the baking sheet then bake for 30 to 35 minutes, flipping at the halfway point. (Note: Chips are done when they start to brown around the edges.)
- 03 Remove from oven and let cool on a baking rack lined with paper towel to soak up any excess oil. Enjoy!

NOTES

STORAGE

Store in an airtight container at room temperature.

MAKE THEM CRISPY

Plantain chips last 1 - 2 days. If they get soggy, crisp them back up by placing them in the oven at 350 degrees F for 5 to 10 minutes.

Cauliflower Shepherd's Pie

4 SERVINGS 50 MINUTES



INGREDIENTS

- 1 head Cauliflower (chopped into florets)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 Yellow Onion (diced)
- 2 Garlic (cloves, minced)
- 454 grams Extra Lean Ground Turkey
- 3 cups Mushrooms (sliced)
- 2 Carrot (diced)
- 2 stalks Celery (diced)
- 1 tbsp Italian Seasoning
- 1/4 tsp Sea Salt

DIRECTIONS

- 01 Preheat oven to 350°F (177°C).
- 02 Place cauliflower florets in a medium sized saucepan, cover with water and bring to a boil. Let the florets boil until they are soft, about 15 minutes.
- 03 While the cauliflower is boiling, heat half of the olive oil in a large frying pan over medium heat. Add the onions and garlic, cook for 5 minutes or until onions are translucent.
- 04 Add the meat, and cook until browned.
- 05 Add the mushrooms, carrots, celery, Italian seasoning, and salt. Continue to cook for a few minutes, until the meat is cooked through. Remove from heat.
- 06 Drain the cauliflower and discard cooking water. Return the cauliflower to the pot and add the other half of the olive oil and a sprinkle of salt. Mash well until the cauliflower becomes almost like a puree.
- 07 Transfer the meat mixture to a casserole or pie dish and distribute into an even layer. Top with the cauliflower mash and spread it evenly across the top.
- 08 Place in the oven and bake for 20 minutes. Turn the oven to a low broil and broil for 10 minutes or until golden. Remove from oven and serve. Enjoy!

NOTES

VEGAN AND VEGETARIAN

Use cooked lentils instead of ground meat.

Beef, Sweet Potato & Rapini Skillet

2 SERVINGS 25 MINUTES



INGREDIENTS

227 grams Extra Lean Ground Beef
1/2 Yellow Onion (sliced)
1 1/2 tsps Ginger (peeled and grated)
1 Garlic (cloves, minced)
1 Sweet Potato (medium sized, grated)
1/2 bunch Rapini (chopped)
1/4 tsp Sea Salt (to taste)

DIRECTIONS

- 01 Heat a large skillet over medium/high heat and add the beef, onion, ginger, garlic and sweet potatoes. Cover and cook for 10-15 minutes, stirring occasionally until the beef is cooked through and the sweet potatoes are soft.
- 02 Add the rapini and cook for about 5 more minutes or until greens are wilted and stalks are soft.
- 03 Divide into bowls. Season with sea salt and enjoy

NOTES

VEGAN AND VEGETARIAN

Skip the beef. Saute the veggies in olive oil then add cooked lentils.

NO RAPINI

Use kale or broccoli instead.

LEFTOVERS

Store leftovers in an airtight container in the fridge for up to three days.

One Pan Paleo Plate

2 SERVINGS 35 MINUTES



INGREDIENTS

- 227 grams Chicken Breast
- 1/16 tsp Sea Salt
- 2 cups Brussels Sprouts (washed, trimmed and halved)
- 1 1/2 tsps Extra Virgin Olive Oil (plus extra for brushing)
- 1 Sweet Potato (washed and sliced in half)

DIRECTIONS

- 01 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 Brush both sides of the chicken breast with olive oil and season with sea salt. Place on the baking sheet.
- 03 Toss your brussels sprouts in olive oil. Place on the baking sheet with the chicken.
- 04 Slice your sweet potatoes in half lengthwise and pierce the flesh multiple times with a fork all over to create holes. Brush the flesh of each half with olive oil. Place these on the baking sheet with the flesh facing up.
- 05 Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through. (Note: Sweet potato may need longer depending on size.)
- 06 Remove baking sheet from the oven and divide onto plates. Season with more salt if desired. Enjoy!

NOTES

NO BRUSSELS SPROUTS

Use broccoli, cauliflower or green beans instead. Roasting times will vary.

NO CHICKEN BREAST

Use turkey breast.

VEGANS AND VEGETARIANS

Replace chicken with roasted chickpeas.

EXTRA TIME

Slice sweet potato into cubes or fries.

Rosemary Lemon Chicken Skillet

2 SERVINGS 50 MINUTES



INGREDIENTS

227 grams Chicken Breast (sliced in half)
1 tbsp Rosemary (chopped)
1 Lemon (divided, 1/2 sliced into rounds, 1/2 zested and juiced)
1 1/2 tbsps Extra Virgin Olive Oil (divided)
1 1/2 Garlic (cloves, minced)
1/2 tsp Sea Salt
1 Sweet Potato (cubed)
2 cups Baby Spinach

DIRECTIONS

- 01 Make the chicken marinade by combining rosemary, lemon juice, lemon zest, half of your olive oil, garlic and salt in a bowl. Mix well. Add chicken breast halves and marinade to a ziploc bag and seal. Shake and set aside while you prep the rest.
- 02 Preheat oven to 425°F (218°C).
- 03 Heat remaining olive oil over medium-high heat in a large cast iron skillet. Add sweet potatoes and cook until potatoes soften (about 5 minutes) and remove from heat.
- 04 Arrange chicken breast halves and lemon slices over the sweet potatoes in the cast iron skillet. Pour the remaining marinade from the ziplock bag over the sweet potatoes. Bake uncovered for about 40 to 45 minutes, or until chicken and potatoes are fully cooked.
- 05 Remove from oven and plate sweet potato and chicken over a bed of spinach. Enjoy!

NOTES

VEGETARIAN

Use cauliflower steaks instead of chicken.

LEFTOVERS

Store in the fridge for up to three days.

One Pan Chicken, Golden Cauliflower & Carrot Fries

2 SERVINGS 40 MINUTES



INGREDIENTS

2 Carrot (medium)
1/2 head Cauliflower
3 tbsps Extra Virgin Olive Oil (divided three ways)
227 grams Chicken Breast
1 tsp Dried Thyme
1 tsp Turmeric (powder)
1/8 tsp Sea Salt

DIRECTIONS

- 01 Preheat oven to 375°F (191°C) and line a large baking sheet with parchment paper.
- 02 Peel and slice carrots into sticks. Wash and chop cauliflower into florets.
- 03 Brush chicken breast with 1/3 of the olive oil. Season with thyme and sea salt. Place on the baking sheet.
- 04 Toss carrot sticks in 1/3 of the olive oil. Place on the baking sheet next to chicken.
- 05 Toss cauliflower with the remaining olive oil and turmeric. Mix until cauliflower is evenly yellow then transfer to the baking sheet.
- 06 Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through.
- 07 Remove baking sheet from the oven and divide onto plates. Add more salt to taste if desired. Enjoy!

NOTES

LOW FODMAP

Use zucchini instead of cauliflower.