



AlgaeCal

RECIPES

FOR STRONGER BONES

32 Delicious Recipes
Packed Full of Calcium
and Magnesium

When it comes to your body and mind, there's nothing better than preparing your own home cooked meals with fresh, quality ingredients. That's why this recipe ebook focuses on nutrient dense ingredients and playful recipes that will make cooking easy and fun again. Each recipe contains calcium, magnesium and many other important vitamins and minerals for bone health. Your bones need real, whole foods and this recipe book will provide that.

Things to keep in mind:

Play Around/Try New Things: This recipe book provides you with 32 new and exciting recipes for you to try. People follow many different diets: Paleo, Vegetarian, Vegan, Gluten-Free to name a few - and we know this. If an ingredient doesn't align with your diet, that's ok! Play around with alternatives that work for you. Diets should be bio-individual, meaning that there is no one-size-fits-all approach. Each individual has different food and nutrient choices and needs to be met.

Choose Organic Ingredients: Try to use organic ingredients whenever possible to reduce your body from pesticide exposure and unnecessary additives. If you can't choose organic, whether it's price or convenience that plays a factor, you can also choose fruits and veggies that are known to have less pesticides. The Environmental Working Group (EWG.org) releases a list every year of the fruits and veggies that have the most pesticides and which ones have the fewest. You can keep this list in mind the next time you are shopping and organic is not an option.

Support Local Farmers: Buying directly from your local farmer gives them a better return for their produce. On top of that, you can speak directly to the farmer about how and where your food is produced, a luxury you do not have at big box stores. This connects you to your food.

Know Your Butcher: A good butcher has an understanding and respect for the animal and the meat. They can advise you on different cuts, how to prepare and cook them and suggest recipes. Just like with local farmers, you also have the luxury of asking where your meat comes from and how it's raised and treated.

Grow Your Own: Your food could potentially be traveling thousands of miles before it gets to your place. All this traveling and shipping uses fossil fuels and contributes to pollution. In addition to doing your small part in protecting the environment, growing your own food is gratifying. Whether you grow your own herbs or have a full blown garden, you will better understand your food and appreciate the entire process: from seed to plate.

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Snacks

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- 9** Roasted Red Pepper Hummus
- 10** Vietnamese Rainbow Rolls

Kale Chips

Prep Time: 15 mins | Total Time: 40 mins | Makes: 2-3 servings

Directions:

1. Preheat oven to 375F
2. Thoroughly rinse and dry kale leaves
3. De-stem the kale by removing the tough, fibrous stem
4. Chop into large pieces
5. Put into a bowl and toss with olive oil, salt + pepper and lemon juice
6. Place onto a baking sheet and bake for 15 minutes
7. Flip Kale Chips
8. Bake for 10 minutes or until crisp

Ingredients:

1 bunch kale
2 tbsp. cold-pressed extra virgin olive oil
1/2 lemon, freshly squeezed
Salt + Pepper to taste
Optional: cumin, red pepper flakes or nutritional yeast



Cowboy Caviar Dip

Prep Time: 20 mins | Total Time: 20 mins | Makes: 3-4 servings

Ingredients:

1 lime, freshly squeezed
3 tbsp. cold-pressed extra virgin olive oil
1 cup corn
1 cup black beans, rinsed
½ cup plum tomatoes, chopped
2 scallions, chopped
1 avocado, diced
1/8 tsp. cayenne
1/4 cup cilantro, chopped
Salt and Pepper to taste
Tortilla chips

Directions:

1. Mix all ingredients together in a bowl
2. Eat cowboy caviar on its own or with tortilla chips



No- Bake Energy Bites

Prep Time: 10 mins | Total Time: 30 mins | Makes: 20 energy bites

Ingredients:

1 cup dry oatmeal flakes
1/4 cup dark chocolate, chopped
1/2 cup natural peanut butter
1/4 cup flaxseeds
1/3 cup raw honey
1 tsp. vanilla extract

Directions:

1. Mix all ingredients together in a large bowl
2. Let sit for 10 minutes
3. Using a spoon, form bite-sized balls
4. Place energy bites onto a tray and into the fridge for 20 minutes or until hardened



Quinoa Bites

Prep Time: 15 mins | Total Time: 40 mins | Makes: 2-3 servings

Directions:

1. Preheat oven to 350F
2. Place the quinoa and two cups of water in a covered pot. Bring to boil and then simmer for 20 minutes or until quinoa is tender
3. Mix together all ingredients, except marinara sauce, in a medium mixing bowl
4. Distribute mixture into a greased mini muffin tin, filling each cup to the top (one heaping tablespoon each), and press down gently to compact
5. Bake for 15 to 20 minutes. Cool for 10 minutes before removing from the muffin tin
6. Serve warm with sauce for dipping

Ingredients:

1 cup uncooked quinoa
2 large eggs
1 cup onion, chopped
1 cup mozzarella cheese, shredded
2 tsp. garlic, minced
1/2 cup fresh basil, chopped
(or 2 tablespoons dried)
1/2 cup cherry tomatoes, diced
1/2 tsp. salt
1 tsp. paprika
1 teaspoon dried oregano
Marinara sauce for dipping



Roasted Red Pepper Hummus

Prep Time: 20 mins | Total Time: 20 mins | Makes: 3-4 servings

Ingredients:

1 garlic, chopped
1 cup chickpeas
2 tbsp. tahini
1 lemon, freshly squeezed
1 medium red pepper, roasted
Salt and pepper to taste
1 tbsp. cold-pressed
extra virgin olive oil

Directions:

1. In a food processor, combine garlic, chickpeas, tahini, and lemon juice
2. Process until the mixture is smooth
3. Add roasted red pepper (turn oven on high broil and rotate pepper until charred 15-20 mins)
4. Process until smooth
5. Season with salt and pepper
6. Transfer hummus to a bowl, drizzle with cold-pressed extra virgin olive oil and serve!



SNACKS
Vietnamese
Rainbow
Rolls

Vietnamese Rainbow Rolls

Prep Time: 20 mins | Total Time: 40 mins | Makes: 8-12 rolls

Ingredients:

1 cup cooked vermicelli
8-12 rice paper sheets
1 carrot, sliced
1 avocado, sliced
1 medium cucumber, sliced
1 cup basil
1 red pepper, sliced

* CAN ADD

cooked wild shrimp
or grass-fed
chicken

PEANUT SAUCE:

3 tbsp. natural peanut butter
1 garlic clove, minced
1 tbsp. ginger, peeled and
finely chopped
2 tbsp. each of tamari, maple syrup,
and lime juice
Chili powder, to taste
1-2 tbsp. water (depending on the
thickness desired)

Directions:

1. Peanut sauce: blend or mix together all the ingredients until smooth. To bring out more of the flavors saute the garlic and ginger first. Set aside in a bowl.

Summer Rainbow Rolls:

2. Cut all the veggies into thin strips
3. Dip your rice paper sheets in warm water so they soften and then arrange your fillings in the middle
4. Fold over two ends, then wrap it, making it as tight as possible
5. Serve with peanut sauce



Smoothies/ Drinks

- 13** Wide Awake Smoothie
- 14** Matcha Green Tea Smoothie
- 15** Homemade Almond Milk

Wide Awake Smoothie

Prep Time: 6+ hrs | Total Time: 6 hrs, 5 mins | Makes: 1-2 cups

Ingredients:

3 tbsp raw cashews, soaked in 1 cup of water for 6 hours or overnight
1 banana, peeled and chopped (frozen optional)
1 tsp. cacao nibs
1 tbsp. natural peanut butter
1/2 cup Ice
1/4 cup cooled organic, fair-trade coffee
1/4 cup milk (or milk alternative: almond or coconut milk)

Directions:

1. Blend all ingredients until smooth!



Matcha Green Tea Smoothie

Prep Time: 5 mins | Total Time: 5 mins | Makes: 1-2 cups

Ingredients:

1/2 cup greek yogurt (plain)
1/4 cup milk (or milk alternative:
almond or coconut milk)
1 tbsp. matcha green tea powder
1 banana, sliced (frozen optional)
6-8 ice cubes

Directions:

1. Blend all ingredients until smooth!



DRINK
Homemade
Almond
Milk



Homemade Almond Milk

Prep Time: 8+ hrs | Total Time: 8 hrs, 30 mins | Makes 3-4 servings

Ingredients:

1 cup raw, unsalted almonds,
Nut milk bag (or fine mesh
sieve)
3 cups filtered water
Pinch of sea salt

OPTIONAL:

1 whole vanilla bean pod and
2-3 pitted medjool dates to
sweeten

Directions:

1. Place almonds in a bowl and cover with water. Soak them overnight for 8-12 hours.
2. Rinse the almonds and drain
3. Place almonds in a blender with the 3 cups of filtered water and blend on high speed for 1-2 minutes. (If adding dates and chopped vanilla bean do so before blending, too)
4. Place your nut milk bag over a large bowl and then pour the almond milk into the bag. Pour slowly and once almond milk has passed through the bag, gently squeeze to release the excess milk as well.
5. Add your pinch of sea salt and stir.
6. Pour milk into a glass jar and refrigerate for up to 2-4 days. (You may find that your almond milk separates - that's okay! Just shake it well before using.)



Salads

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Roasted Beet and Kale Salad

Prep Time: 20 mins | Total Time: 50 mins | Makes: 4 servings

Ingredients:

1 bunch kale
2 medium red beets
1/2 cup crumbled feta
1/2 cup assorted seeds
(pumpkin, sesame, sunflower
- raw and unsalted)
Lemon Mustard Vinaigrette:
1 lemon, freshly squeezed
1/2 cup cold-pressed
extra virgin olive oil
1 tsp. yellow mustard
Salt and pepper to taste

Directions:

Salad:

1. Preheat oven to 350F
2. Wash beets, place on tray wrapped in aluminum foil and put into oven for 30 minutes or until tender
3. Wash kale and remove stems
4. Cut into bite-size pieces and place in salad bowl

Lemon Mustard Vinaigrette:

1. Combine all ingredients and mix or blend, if too acidic, add more olive oil. Play around with the ratios for personal preference!
2. Remove beets from oven and let them cool and remove beet peels with paring knife or hands
3. Slice beets and place in salad bowl with the kale
4. Mix in vinaigrette, feta and seeds
5. This salad can last 1-2 days in the fridge and gets better with time as the acidity in the lemon breaks down the toughness in the kale!



Couscous with Broccoli and Feta

Prep Time: 15 mins | Total Time: 25 mins | Makes: 6 servings

Ingredients:

2 medium tomatoes, chopped
1/4 cup green onions, chopped
1/4 cup raisins
1/4 tsp. dried basil
1/4 tsp. ground cumin
1/4 tsp. black pepper
1 tbsp. cold-pressed extra virgin olive oil
2 cups water
2 1/2 cups broccoli florets
1 3/4 cups couscous
2 tbsp. crumbled feta

Directions:

Salad:

1. In a bowl combine the tomatoes, green onions, raisins, basil, cumin, pepper and olive oil - set aside
2. Place the water and broccoli florets in a large saucepan and add the tomato mixture to the saucepan, then stir in the couscous
3. Cover and remove from the heat
4. Let stand for 5 minutes
5. Fluff lightly with a fork before serving
6. Top with feta



Sweet Potatoes stuffed with black bean and corn salad

Ingredients:

4 sweet potatoes, baked
1 can black beans, rinsed and drained
1 cup corn
3 green onions, thinly sliced
1/2 cup cilantro, chopped
For the Vinaigrette:
2 limes, zested and juiced
1 tablespoon cold-pressed extra virgin
olive oil
2 tsp. raw organic honey
2 tsp. adobo sauce (from a can of
chipotles in adobo)
1/2 teaspoon salt
1/2 teaspoon pepper

Prep Time: 30 mins | Total Time: 50 mins | Makes: 4 servings

Directions:

1. In a bowl, add the black beans, corn, onions, and cilantro
2. Stir to combine
3. In a smaller bowl, mix together the lime zest and juice, oil, honey, adobo, salt and pepper
4. Pour over the black bean mixture and toss to combine
5. Slice open the baked sweet potatoes and stuff potatoes with the chipotle black bean and corn salad
6. Serve



SALADS

Cabbage Salad with Spicy Peanut Dressing

Cabbage Salad with Spicy Peanut Dressing

Prep Time: 20 mins | Total Time: 30 mins | Makes: 4 servings

Ingredients:

FOR THE SALAD:

1 head napa cabbage, thinly shredded
1/2 small red cabbage, thinly shredded
1 carrot, peeled and julienned
1 cup snow peas, thinly sliced
1/4 cup basil leaves
1/4 cup cilantro leaves
1 avocado, diced
1/4 cup chopped and roasted cashews
2 tbsp. black sesame seeds

FOR THE DRESSING:

2 tbsp. smooth peanut butter
2 tbsp. rice-wine vinegar
1 tsp. sesame oil
1 tsp. soy sauce
1 tsp. raw honey
1/2 teaspoon sriracha (hot sauce)
1 clove garlic, finely minced
1 tsp. freshly grated ginger
2 tbsp. water

Directions:

1. Combine the cabbages, carrots, snow peas, avocado and half the herbs in a large bowl
2. Whisk together all the ingredients for the dressing in a separate bowl, adding more water to thin if necessary
3. Toss the cabbage mixture with the peanut sauce and top with the reserved herbs, cashews and sesame seeds



Basil Bocconcini Salad

Prep Time: 10 mins | Total Time: 10 mins | Makes: 4-6 servings

Ingredients:

20 cherry tomatoes, halved

20 fresh basil or mint leaves, chopped

*This recipe allows you to get creative
– you can substitute any fresh herb you
have at home

20 small bocconcini balls

1/2 cup balsamic vinegar

1/4 cup olive oil

Salt and pepper to taste

Directions:

1. Toss all ingredients together in a bowl and serve!



Meals

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MEALS

Linguini with
Shrimp and
Leeks

Linguini with Shrimp and Leeks

Prep Time: 20 mins | Total Time: 40 mins | Makes: 3-4 servings

Ingredients:

2 quarts water
1 pkg. whole wheat linguine
2 tsp. cold-pressed extra virgin olive oil
2 leeks, sliced
2 tbsp. white wine vinegar
2 tbsp. white wine
1/2 cup chicken stock
1 tbsp. capers
3/4 ounce goat cheese
Salt and pepper to taste
8 ounces wild shrimp (peeled and deveined)
2 tbsp. dried pumpkin seeds
2 tbsp. fresh basil leaves
2 tbsp. red bell pepper, diced

Directions:

1. Place the water in a large stock pot over high heat
2. Place the olive oil in a large skillet over medium-high heat
3. Add the leeks and cook, stirring frequently
4. When the leeks are soft add the linguine to the boiling water
5. Add the vinegar, wine, chicken stock, capers, and shrimp to the skillet with the leeks. Increase the heat to medium-high
6. After the sauce is simmering and the shrimp begin to turn pink, reduce the heat to medium and add the pumpkin seeds.
7. When the linguine is done, drain and add pasta to the skillet.
8. Add the basil and cook for another minute tossing to blend the pasta with the leeks and sauce.
9. Serve topped with the diced red bell pepper and salt and pepper



Stuffed Trout

Prep Time: 15 mins | Total Time: 45 mins | Makes: 4 servings

Directions:

1. Preheat the oven to 350F
2. Place the breadcrumbs, apricots, coriander, pistachio nuts, half the butter, and seasoning in a bowl and mix well
3. Place each trout on a large sheet of buttered foil
4. Spoon half the stuffing inside each cavity
5. Brush the trout with melted butter and top with sliced lemon. Then enclose the foil around each one
6. Place on a baking tray and bake for 25-30 minutes
7. Removed foil and serve immediately

Ingredients:

2 ounces breadcrumbs
1/4 lb. dried apricots, finely
chopped
1/4 cup cilantro, chopped
1 lemon, sliced into 4-6 slices
3 ounces raw, unsalted pistachio nuts,
shelled, chopped
1/4 lb. grass-fed butter (or coconut oil)
melted
4 fresh wild whole trout, gutted, rinsed
Salt and pepper to taste



Eggplant Parmesan

Prep Time: 15 mins | Total Time: 60 mins | Makes: 6 servings

Ingredients:

4 chicken breasts, thinly sliced
2 medium eggplants
1/3 cup breadcrumbs
3/4 lb mozzarella cheese, sliced thin
3 cups marinara sauce
1/4 lb parmesan cheese, grated

Directions:

1. Preheat oven to 350F
2. Peel and slice eggplant
3. Line bottom of 13x9 inch baking dish with some marinara sauce and top with the chicken breast slices
4. Cover chicken with the eggplant slices
5. Sprinkle breadcrumbs over eggplant
6. Cover breadcrumbs with mozzarella cheese slices
7. Pour marinara sauce over cheese
8. Sprinkle Parmesan cheese over top
9. Bake for 30-40 minutes at 350 degrees



Mediterranean Shrimp Casserole

Prep Time: 20 mins | Total Time: 55 mins | Makes: 4 servings

Ingredients:

2 cups whole wheat shell pasta
3 cloves garlic, crushed
1-1/4 lbs. plum tomatoes,
coarsely chopped
1/3 cup white wine
1 cup tomato sauce
1/8 tsp. cayenne pepper
11 ounces cooked wild shrimp,
peeled and deveined
2/3 cup cilantro or parsley
finely chopped
1-1/3 cups Asiago cheese, grated

Directions:

1. Preheat oven to 400F
2. Cook pasta in a large pot of boiling water about 6 minutes, until partially cooked and drain
3. Combine garlic with juice from tomatoes and wine in saucepan over medium heat and bring to a boil, stirring frequently
5. Simmer 5-7 minutes, until most of liquid has evaporated. Stir in tomatoes, tomato sauce and cayenne. Bring to a boil
6. Add shrimp, pasta, cilantro or parsley and half the cheese. Mix thoroughly
7. Transfer to a shallow baking dish and sprinkle with the remaining cheese
8. Bake 15-20 minutes, or until heated through



MEALS
Chili Chicken
with Banana
Chutney

Chili Chicken with Banana Chutney

Prep Time: 60 mins | Total Time: 1 hr, 20 mins | Makes: 4 servings

Ingredients:

MARINADE:

- 2 tbsp. orange peel, grated
- 2 jalapeno peppers, seeded and coarsely chopped
- 1 tbsp. ginger root, peeled and grated
- 2 tbsp. lime juice
- 2 tsp. cold-pressed extra virgin olive oil
- 2 garlic cloves, peeled and halved
- 1/2 tsp. all spice
- 1/4 cup pineapple, crushed

CHICKEN:

- 4 chicken breast, boneless and skinless

BANANA MANGO CHUTNEY:

- 2 tbsp. ginger root, peeled and grated
- 1/2 cup apple, peeled and diced
- 1/2 cup raisins
- 1 cup mango, peeled and diced
- 1 cup pineapple, crushed
- 1 tbsp. lime juice
- 1/2 cup molasses
- 1/4 cup cider vinegar
- 2 tsp. cayenne pepper
- 2 cups banana, chopped

Directions:

Marinade and Chicken Instructions:

1. In blender combine all marinade ingredients; process 2 minutes or until smooth
2. Place chicken breast in shallow baking dish, spoon marinade mixture evenly among the breast; cover and refrigerate 1 hour.
3. Heat grill
4. In small bowl, combine all chutney ingredients, mix well and set aside. When grill is properly heated to a medium heat, lightly oil grill rack, cook chicken breast 5 minutes and turn each breast, spoon on remaining marinade and cook another 5 minutes until internal temperature is 329F. Remove the chicken from the grill and serve with the chutney

Chutney Instructions:

1. In a mixing bowl, mix first 6 ingredients.
2. In a large saucepan, combine molasses and vinegar; bring to a simmer; stir in fruit mixture and cayenne pepper.
3. Simmer 5-8 minutes; remove from heat. Just prior to serving stir in bananas.



Asparagus Pesto Pizza

Prep Time: 15 mins | Total Time: 40 mins | Makes: 2-3 servings

Ingredients:

- 1 bunch asparagus, chopped
- 1 tbsp. cold-pressed extra virgin olive oil
- 1 tbsp. pine nuts, chopped
- 1 handful basil leaves
- 1 clove garlic, chopped
- 2 tbsp. Parmesan cheese, grated
- 1 large baked pizza crust
- 1/2 lb. goat cheese
- 1/4 cup grated Parmesan cheese

Directions:

1. Preheat oven to 350F
2. Place asparagus in a steamer basket over boiling water
3. Cover pan and steam 5 minutes, or until bright green and almost tender
4. Drain, rinse under cold water and rinse again
5. Heat oil in a heavy saucepan over medium high heat
6. Saut. pine nuts 3-5 minutes, stirring until lightly browned
7. Transfer pine nuts in oil with basil, garlic and parmesan cheese then put in a blender or food processor and process until smooth
8. Spread pesto over crust and top with asparagus, goat cheese and grated Parmesan
9. Place pizza on an oven tray and bake 15 minutes, or until topping is golden brown.



No-Crust Spinach Pie

Prep Time: 15 mins | Total Time: 1 hr, 10 mins | Makes: 4 servings

Ingredients:

2 Tbsp. cold-pressed extra
virgin olive oil
1 cup mushrooms, sliced
1 cup red bell pepper, sliced
1 lb. ricotta cheese
9 ounces frozen organic spinach,
drained
4 organic eggs
1 cup grated cheese blend
Salt and pepper to taste

Directions:

1. Preheat oven to 350F
2. Heat oil in a heavy nonstick skillet over medium-high heat
3. Sauté mushrooms and peppers 5-7 minutes, or until softened, set aside
4. Beat eggs
5. Add the spinach, ricotta cheese, mushrooms and peppers and combine
6. Pour into a buttered 13x9 inch pan and top with cheese blend and season with salt and pepper
7. Bake 40 minutes



Stuffed Peppers

Prep Time: 20 mins | Total Time: 40 mins | Makes: 4 servings

Directions:

1. Set oven to high broil and place peppers onto the rack to char all sides, about 15-20 mins
2. Bring 2 cups of water to a boil and add quinoa, stirring occasionally until fluffy (about 20 minutes)
3. Remove peppers from oven, set aside
4. Saute onion, mushrooms, garlic and olive oil in pan
5. Add chickpeas, olives, quinoa, marinara sauce, italian seasoning and salt and pepper
6. Once mixture is combined, stuff each pepper
7. Top with cheese slices
8. Put peppers back in the oven for 10 minutes

Ingredients:

4 different colored peppers
1 cup chickpeas
1 yellow onion, chopped
5 mushrooms, sliced
1/2 cup of sliced black olives
1 clove garlic, chopped
1 cup quinoa
1.5 cups marinara sauce
1 tbsp. cold-pressed
extra virgin olive oil
1 tbsp. italian spices
Salt and pepper to taste
4 slices mozzarella cheese



MEALS
**CrockPot
Vegetarian Chili**
(with Meat Option)



CrockPot Vegetarian Chili (with Meat Option)

Prep Time: 20 mins | Total Time: 50 mins | Makes: 6-8 servings

Ingredients:

2 cans crushed tomatoes
1 cup corn
1 cup red kidney beans
1 yellow onion, chopped
1/2 lb mushrooms, sliced
1 celery heart, chopped
1 bunch kale, chopped
1 cup quinoa
2 cups water

SEASONING:

1 tsp. chili powder
1 tsp. ground cumin
1 tsp. garlic powder
1 tsp. onion powder
1/4 – 1/2 tsp. crushed red pepper
*for meat add

Directions:

1. Add all ingredients to a crockpot or large pot on low-medium on stove top
2. Let simmer for minimum 2 hours
3. The easiest way is to make in the morning and leave to cook all day in crock pot for a hearty and delicious dinner!



Halibut with Tomatoes & Capers

Prep Time: 20 mins | Total Time: 40 mins | Makes: 4 servings

Ingredients:

1 tbsp. cold-pressed extra
virgin olive oil
1 yellow onion, chopped
2 cloves garlic, minced
2 cups diced tomatoes
1 tbsp. capers
4 oceanwise halibut fillets
Salt and pepper to taste

Directions:

1. Preheat the oven to 350F
2. Heat the olive oil in a large skillet over medium heat
3. Add the onion and cook, stirring occasionally, until it is soft and translucent, about 5 minutes
4. Add the garlic and cook for 2 minutes more
5. Add the tomatoes and capers, season with salt and pepper and cook for 5 more minutes
6. Spoon a few tablespoons of sauce into a baking dish.
7. Season the halibut fillets with salt and pepper and place them in a baking dish.
8. Pour the rest of the sauce over the fish and bake until the fish is just cooked through, about 12 to 15 minutes, depending on the thickness of the fish.



Tortellini and Bean Soup

Prep Time: 20 mins | Total Time: 30 mins | Makes: 6 servings

Ingredients:

- 1 pkg. tortellini
- 1 tsp. cold-press extra virgin olive oil
- 2 white onions, diced
- 1 red bell pepper, chopped
- 3 cloves garlic, minced
- 1 tsp. Italian seasoning
- 1 cups water
- 2 cups spinach, chopped
- 1 cup navy beans, drained
- 1 cup chicken stock
- 1 can crushed tomatoes
- 1 can artichoke hearts, diced

Directions:

1. Heat the oil in a soup pot over medium-high heat
2. Add the onions, bell pepper, garlic, and Italian seasoning to the pot
3. Saute, stirring occasionally, for 5 minutes or until the ingredients are tender
4. Add the water, spinach, beans, broth, tomatoes, and artichokes to the pot - raise the heat to high and bring to a boil.
5. Lower the heat and simmer for 2 minutes.
6. Add the tortellini to the pot and cook until thoroughly heated, about 7 minutes.
7. Serve



Paella

Prep Time: 15 mins | Total Time: 55 mins | Makes: 8 servings

Directions:

1. Combine the oregano, garlic, salt and pepper with 1 tbsp. of olive oil and rub the chicken with it
2. Heat 2 tbsp. of olive oil in a deep skillet over moderate heat. Brown the chicken lightly on both sides
3. Add the chorizo, onion, green and red peppers and cook until the vegetables are soft, about 10 minutes.
4. Add the tomatoes and rice and cook 5 minutes more. Add the chicken broth and saffron, mix well, cover with foil and cook until the liquid is almost absorbed, about 15 minutes
5. Add the shrimp, cherrystones, mussels and peas. Cover and cook until the mussels and clams are opened, about 10 minutes more
6. Serve in a large shallow dish or in individual bowls

Ingredients:

1 tsp. dried oregano
 2 cloves garlic, minced
 Salt and pepper to taste
 3 tbsp. cold-pressed, extra virgin olive oil
 4 boneless, skinless chicken thighs
 1/2 pound chorizo sausage
 1 large organic onion, chopped
 1 red bell pepper, chopped
 2 1/4 cups long grain rice
 4 cups chicken stock
 1/2 tsp. saffron threads
 2 cups frozen peas
 1 cup diced, organic tomatoes with their juices
 1 pound wild shrimp, peeled and deveined
 2 dozen cherrystone clams, scrubbed
 2 pounds mussels, scrubbed



MEALS
Falafels
with Tahini
Sauce



Falafels with Tahini Sauce

Prep Time: 20 mins | Total Time: 50 mins | Makes: 3-4 servings

Ingredients:

For the falafel:

- 2 cups white onion, chopped
 - 2 garlic cloves, minced
 - 2 cups chickpeas
 - 1 cup parsley, chopped
 - 1 cup cilantro, chopped
 - 1 tsp. salt
 - 1 tsp. chili powder
 - 2 tsp. cumin
 - 2 tsp. baking powder
 - 1/2 cup all-purpose flour
 - 2 tbsp. cold-pressed extra virgin olive oil
 - Pita bread, for serving
- For the tahini sauce:
- ¾ cup plain yogurt
 - 4 tbsp. tahini (sesame paste)
 - 1 lemon, freshly squeezed

Directions:

1. Add the onion and garlic cloves to the bowl of a food processor and pulse just until they are finely minced. Remove the mixture and set it aside
2. Add the chickpeas, parsley, cilantro, salt, chili powder, and cumin to the bowl of the food processor and pulse until they are roughly blended but not pureed
3. Return the onion mixture to the food processor, along with the baking powder and just enough flour so that when you pulse the processor, the mixture begins to form a small ball and is not sticky. (Note: Start by adding small amounts of flour at once. You can add more if the mixture is still too wet.)
4. Transfer the falafel mixture to a bowl, cover it with plastic wrap and refrigerate it for 1 hour.
5. While the falafel mixture is chilling, prepare the tahini sauce by whisking together the yogurt, tahini and lemon juice. Season it with salt and pepper, cover it and place it in the fridge.
6. Once the falafel mixture has chilled, use a small ice cream scoop or spoons to form the mixture into balls. (About 3 tablespoons worth)
7. Set a large saute pan over medium heat and add a liberal amount of olive oil so that the pan is well-coated. Let the pan preheat for 3 minutes then add the falafel one by one, browning them on the first side for 3 minutes, then flipping them once and browning the second side until the mixture is cooked throughout
8. Transfer the falafel to a paper towel-lined cooling wrack and immediately season them with salt. Repeat this process until you have cooked all of the falafel.
9. Place three or four falafel inside a halved, warmed pita and drizzle with the prepared tahini sauce.



MEALS
Kale, Lemon
and Walnut
Pasta

Kale, Lemon and Walnut Pasta

Prep Time: 15mins | Total Time: 30 mins | Makes: 4 servings

Ingredients:

- 1 lb. (pkg) whole wheat pasta
- 2 tbsp. cold-pressed extra-virgin olive oil
- 1 tbsp. garlic, minced
- 1/4 tsp. red pepper flakes
- 1 bunch kale, de-stemmed and thinly sliced
- 1 pinch of sea salt
- zest of 1 lemon (approximately 1 1/2 tablespoons)
- 2 tbsp. fresh lemon juice
- 1/2 cup freshly grated parmesan cheese, plus more for topping
- 1/4 cup walnuts, toasted and coarsely chopped



Directions:

1. Place walnuts in a dry skillet set over medium heat, until toasted -about 5 minutes. Set them aside
2. Wash, de-stem and thinly slice your kale
3. Mince your garlic cloves, and zest and juice your lemon
4. Bring a large pot of salted water to a boil for the pasta. Cook the pasta according to the package directions. Reserve 1/2 cup pasta water and then drain
5. When the pasta has about 5 minutes left to cook, heat the 2 tablespoons olive oil in a large skillet over medium heat
6. Add the garlic and red pepper flakes and cook, about 30 seconds to 1 minute, until tender and fragrant
7. Add in the sliced kale along with a pinch of sea salt and cook until wilted and tender, about 1-2 minutes
8. Remove from heat and add in the lemon zest and juice, and give it all a good toss to combine
9. Add the pasta to the skillet and toss to combine. Add in some of the reserved pasta water to create a thin sauce. This is to taste and you really just want to add enough water so that the pasta isn't sticking together in clumps
10. Add in the 1/2 cup grated cheese and toss to combine

Salmon with Sun dried Tomato Topping

Prep Time: 15 mins | Total Time: 40 mins | Makes: 4-6 servings

Ingredients:

- 1-3 lb Salmon Fillet, deboned
- 6 large garlic cloves, minced
- 2 teaspoons salt
- 4 tablespoons fresh Basil, chopped
- 3 tablespoons sun-dried tomatoes packed in oil
- ¼ cup olive oil

Directions:

1. Preheat oven to 325 F
2. Combine sun-dried tomatoes, garlic, basil, olive oil, and salt in a bowl
3. Brush a tablespoon of olive oil on a baking sheet and place salmon fillet skin down
4. Spread the sun-dried tomatoes mixture over the fillet Roast for 20-25 minutes



Desserts

- 46** Blueberry Basil Popsicles
- 47** Vanilla Chia Pudding
- 48** Banana Peanut Butter
“Ice Cream”

Blueberry Basil Popsicles

Prep Time: 10 mins | Total Time: 5+ hrs, 10 mins | Makes: 8 servings

Ingredients:

1/4 cup fresh basil, chopped
3/4 cup blueberries
1 cup lite coconut milk
1 cup coconut water
3 tbsp. raw honey
8 popsicle sticks

Directions:

1. Place 5 or so blueberries and a pinch of basil into the bottom of popsicle molds. In a medium sized mixing bowl, whisk coconut milk, coconut water, and honey until combined
2. Fill the popsicle molds with the liquid, leaving room for sticks
3. Place in freezer for 5+ hours (or overnight)
4. Serve!



Vanilla Chia Pudding

Prep Time: 5 mins | Total Time: 1 hour+ | Makes: 1-2 servings

Ingredients:

1/4 cup chia seeds
1.5 cups milk (or milk
alternative: coconut or
almond milk)
1 tsp. raw honey or natural
sweetener of your choice

OPTIONAL:
fruit, nuts and seeds

Directions:

1. Mix Chia Seeds and milk in a jar with a lid
2. Shake well to mix the seeds and milk together
3. Place jar in the fridge for an hour (minimum) or preferably overnight
4. After soaking, add your nuts, seeds, and fruit before eating



Banana Peanut Butter “Ice Cream”

Prep Time: 10 mins | Total Time: 5+ hrs, 10 mins | Makes: 8 servings

Ingredients:

2 bananas, frozen
2 tbsp peanut butter
1 tbsp. cacao nibs

Directions:

1. Place banana, peanut butter and cacao nibs in a high powered blender and blend until smooth
2. Eat immediately or save for later!



INTRODUCING

AlgaeCal Plus



The world's first and only USDA certified organic plant calcium with magnesium, vitamin D3, vitamin K2, vitamin C, boron and trace minerals.

AlgaeCal wild-harvested, plant-sourced calcium is derived from a South American marine algae called *algas calcareas*. The entire kiwi-fruit size algae ball is hand harvested, sun dried, then milled into a powder. There is no extraction process or additives used – just pure whole food.

Pre-Digested Calcium is Body-friendly

The AlgaeCal plant draws calcium and 70 other minerals from seawater and pre-digests it for you much like a carrot or potato root breaks down the in-edible rock minerals in soil converting them into a useable form your body recognizes as food. Most traditional calcium supplements are made from pulverized limestone or marble.

Minerals are Key And You Are Likely Deficient

Did you know that clinical studies demonstrate trace minerals are important for bone growth in addition to calcium and magnesium? Unfortunately, most people are deficient in key vitamins and minerals due to current farming practices. This is because the mineral content of the soil today has as much as 50% less minerals than our grandparent's generation. That's why supplementing with AlgaeCal Plus will protect you from the shortfall of vitamins and minerals you may have from your diet.

To find out more about AlgaeCal Plus, go to www.algaecal.com