

CLEAN LIFE

Real World

YOUR JOURNEY TO HEALTHY LIVING



Welcome Recipe Book



My philosophy

I have a theory... THE GLASS THEORY.
Our body is like a glass of water and water is
everything we put it in. Our glass can hold so
much until one day it's just too much and it
starts to overflow. This is when we get sick!
We need to keep our glass low

WE NEED TO REDUCE OUR TOXIC BURDEN!

-Elena Peden



Clean Eating

Clean eating isn't just about eliminating toxins and harmful chemicals from our foods and beverages; it's also about getting back to the basics... true wholesome foods that do our bodies good! This has been something that I began learning about in 2009 and continue to learn more with time.

It can be overwhelming, I know, so here is the best way to start:

1. Avoid processed foods if possible. Many contain preservatives, additives and artificial flavors and colorings. Even “natural flavors” aren’t always what you would consider natural to eat. If you do buy processed or packaged foods then read the labels! Avoid any products:

- A. that contain ingredients that just don't seem like they need to be there
- B. you can't pronounce (and yes, I sometimes google ingredients)
- C. if it seems to be a really long list
- D. Compare different brands to get an idea of what should be there.

2. Make as much of your own food as you can to avoid the above and you know exactly what you are eating

3. Buy organic produce when appropriate - the USDA Organic logo means it is grown from organic seeds, without toxins or synthetic pesticides. The Environmental Working Group (www.ewg.org) releases 2 lists every year that I reference for purchasing produce:

- A. Dirty Dozen - worst produce for pesticides/toxins and you should always buy these organic
- B. Clean Fifteen - least amount of pesticides and you can buy regular

4. Avoid GMO's (genetically modified organism) if possible - The “Non-GMO Project Verified” logo means grown from non-gmo seeds, tested for potential GMO contamination but it can be grown with toxic, synthetic pesticides.

- A. Note - if something is Certified Organic it should also be free of GMO's but that is not always the case.

5. Eat grass-fed beef, pasture raised chickens, eggs and pork and wild caught seafood. If that is not available then get organic – think about it, whatever the animals are eating, you are eating as well!

6. Drink filtered water



CLEAN LIFE *Recipes*





Banana Chocolate Chip Muffins

CLEAN (PALEO, GRAIN FREE, GLUTEN FREE, DAIRY FREE, REFINED SUGAR FREE)

SERVING SIZE MAKES 12 MUFFINS

INGREDIENTS

3 eggs
2 ripe bananas
¼ cup avocado oil or melted coconut oil
¼ cup maple syrup
1 tsp vanilla extract
½ cup almond flour
½ cup cassava flour
2 tbsp chia or flax seeds
½ tsp of baking soda
1 tsp of baking powder
1 tsp ground cinnamon
¼ tsp salt
2 scoops collagen peptides - optional
¼ cup chocolate chips

INSTRUCTIONS

Preheat oven to 350.

Line muffin tins with muffin liners.

Place eggs, bananas, oil, maple syrup and vanilla in a blender and blend on medium for about 15 seconds until well mixed.

In a medium sized bowl, add the remaining ingredients, except chocolate chips, and mix well.

Pour the wet ingredients into the dry ingredients and mix until well combined. Mix in the chocolate chips. Fill muffin tins ¾ full.

Bake muffins for 20-25 min until a toothpick comes out of the center clean. Let cool for about 5 minutes before placing them on a cooling rack.

Note - These freeze well. To defrost either put them in the fridge the night before or microwave for 20 - 30 sec.

Enjoy!

Pumpkin Muffins

CLEAN (PALEO, GRAIN FREE, GLUTEN FREE, DAIRY FREE, REFINED SUGAR FREE)

SERVING SIZE MAKES 12 MUFFINS

INGREDIENTS

3 eggs
1 cup pumpkin purée
¼ cup avocado oil or melted coconut oil
¼ cup maple syrup
½ cup almond flour
½ cup cassava flour
2 tbsp chia or flax seeds
½ tsp of baking soda
1 tsp of baking powder
1.5 tsp pumpkin pie spice
1.5 tsp ground cinnamon
¼ tsp salt
2 scoops collagen peptides - optional
½ cup pumpkin seeds - optional

INSTRUCTIONS

Preheat oven to 350.

Line muffin tins with muffin liners.

Place eggs, pumpkin purée, oil and maple syrup in a blender and blend on medium for about 15 seconds until well mixed.

In a medium sized bowl, add the remaining ingredients, except pumpkin seeds, and mix well.

Pour the wet ingredients into the dry ingredients and mix until well combined. Fill muffin tins ¾ full and top with a few pumpkin seeds.

Bake muffins for 20-25 min until a toothpick comes out of the center clean. Let cool for about 5 min before moving them to a cooling rack.

Note - These freeze well. To defrost either put them in the fridge the night before or microwave for 20 - 30 sec.

Enjoy!

Buffalo Chicken Dip

CLEAN (DAIRY FREE)

INGREDIENTS

3 cups shredded chicken (leftovers work great or cook chicken in the instant Pot)

½ cup primal kitchen avocado mayo

½ cup the new primal buffalo sauce (I like medium)

1 tsp salt

1 tsp garlic powder

½ tsp onion powder

¼ tsp black pepper

INSTRUCTIONS

Preheat oven to 350.

Mix everything together and put in an ovenproof baking dish. Heat for about 20 minutes until everything is warmed through. Serve with plantain chips or veggies.

Note - This also tastes great with Kite Hill "cream cheese" or Primal Kitchen Ranch Dressing spread on top just before serving.

Enjoy!

Spinach Artichoke Dip

CLEAN (DAIRY FREE)

INGREDIENTS

16 oz frozen organic spinach or kale (defrosted)

1 can of artichoke hearts

½ small yellow onion chopped

2 cloves of garlic chopped

2 tbsp olive oil or avocado Oil

¾ cup cashew Butter

¾ - 1 cup Primal Kitchen Mayo

1 tsp salt

½ tsp onion powder

½ tsp garlic powder

¼ tsp black pepper

½ tbsp lemon juice or apple cider vinegar

INSTRUCTIONS

Preheat oven to 350.

Drain and chop the artichokes. Place them in a medium sized bowl.

Put defrosted spinach or kale in a strainer and press out as much liquid as possible.

Heat a skillet on medium heat and add the oil. Saute onion until tender (about 2-3 minutes). Next, add the garlic and cook for another 2-3 minutes until fragrant. Remove from the heat.

Add spinach, onions and garlic to the bowl with the artichokes.

In a small bowl mix the cashew butter, mayo and remaining ingredients until well mixed.

Add the mayo mixture to the larger bowl with the spinach and artichokes. Mix until well combined.

Place in an 8x8 baking dish. Cook for about 20 – 30 minutes until warmed through and a little brown on top. Serve and enjoy!

Note - This freezes well. Freeze it before putting it in the oven. When ready to serve, defrost in the fridge overnight and heat in the oven to cook as usual.

Enjoy!

Instant Pot Veggie “Queso”*

CLEAN (DAIRY FREE)

*Adapted from Danielle Walker from Against All Grain Blog

SERVING SIZE MAKES 7 CUPS

This Veggie Queso looks, smells and tastes pretty close to traditional queso but there isn't dairy and its loaded with veggies! You can eat this quilt free. I love this veggie queso with plantain chips or Siete Grain Free Tortilla Chips. This also makes for a great “cheese sauce” to go on nachos or tacos.

INGREDIENTS

4 cups cubed white sweet potatoes
2 cups chopped carrots
6 - 8 cloves of garlic, peeled but whole is fine
4 cups of broth (chicken or vegetable)
½ cup ghee
1 cup salsa
¼ cup nutritional yeast
5 tsp salt
½ cup arrowroot powder

INSTRUCTIONS

Place sweet potatoes, carrots, garlic, broth, ghee, salsa, yeast and salt in the bowl of the Instant Pot. Close the lid and seal. Cook on Manual, High Pressure for 15 min.

Manually release the pressure when done. Carefully pour the contents into a blender. Add the arrowroot powder and blend on high until smooth. Return mixture to the pot and cook on saute for 3 to 5 minutes. Whisk until bubbly and thickened.

Serve with your favorite chips and Enjoy!

Note - This freezes well. Thaw in the fridge overnight and heat in a pot on the stove when ready to serve.

Enjoy!

Zucchini Butter Spread

CLEAN (DAIRY FREE)

This takes awhile to cook down the zucchini, but it's easy and oh so good! Use it as a spread on crackers instead of cheese or on toast in the morning to add some veggies to start your day off right.

INGREDIENTS

3 lb zucchini shredded

2 large shallots or 1 small yellow onion thinly sliced (about 1 cup)

2 - 4 cloves minced garlic

2+ tbsp avocado oil

Sea Salt

INSTRUCTIONS

Shred zucchini, place in a colander and sprinkle with salt and let it sit for about 30 min to sweat..

While the zucchini sits, thinly slice the shallots or onion with a mandoline.

Using a kitchen towel or paper towels, press out as much liquid from zucchini as possible. You don't need to worry about how much liquid you get out, this step just speeds up the cooking time.

Heat a large skillet over medium - low to medium heat (I usually start at medium and turn down if needed) and add oil. Add the shallots and garlic and saute for about 5 min until tender and fragrant. Add zucchini and stir. Continue to cook for 30 min to 45 min, stirring occasionally, until the zucchini is soft and spreadable.

Once done, put the zucchini spread in a jar, seal tightly and keep it in the fridge until ready to serve. Serve cold on your favorite crackers or toast and Enjoy!

Note - If the zucchini starts to stick to the pan, add more oil.

Note 2 - If the zucchini start to brown, turn down the heat. This is ok! It will add to the caramelized flavor of the spread. But you don't want too much or you will lose the vibrant green color of the spread. I often turn the heat up and down

Enjoy!

Winter squash soup

CLEAN (DAIRY FREE)

SERVING SIZE MAKES ABOUT 8 CUPS

I love this easy and very filling soup! Enjoy as is or toss some bacon pieces on top for some extra decadence.

INGREDIENTS

6 cups cubed winter squash of choice (butternut, pumpkin, acorn, etc)

2 cups chopped carrots

4+ cups chicken and veggie broth

1+ tsp sea salt

¼ tsp + white pepper

Olive oil or avocado oil

*Optional:

1 yellow onion roughly chopped

4-5 cloves garlic

INSTRUCTIONS

Preheat oven to 400. Place parchment paper on a baking sheet.

Wrap garlic cloves in a piece of tin foil and place on prepared pan. Toss veggies in oil and add those to the prepared pan. Roast veggies for 20 - 30 min or until fork tender.

Once veggies are cooked, add them to a blender with broth and blend (this may need to be done in batches). Pour soup into a stock pot, add salt and pepper to season and warm through over medium heat.

If you want the soup to be thinner, add more broth. a thinner soup. If it's too watery and you want it thicker, just let it cook over medium heat until it thickens.

Note - This freezes well. Thaw in the fridge overnight and heat in a pot on the stove when ready to serve.

Enjoy!

Turkey Zucchini Sliders

CLEAN (GRAIN FREE, GLUTEN FREE AND DAIRY FREE)

SERVING SIZE MAKES 12 SLIDERS

These sliders are easy to make and delicious in the spring and summer. I love them served with salsa verde, pesto or chimichurri sauce on top (all give them a little different flare). These also freeze really well, just defrost and reheat on a skillet or grill.

INGREDIENTS

1 lb ground turkey, chicken or pork
2 cups shredded zucchini
3 chopped scallions (optional)
1 - 2 cloves of minced garlic
Sea Salt
Ground black pepper
Coconut oil or avocado oil for pan frying*

INSTRUCTIONS

Shred zucchini and put in a colander. Sprinkle with a little salt, toss and let sit for 20 min or more to sweat.

When ready to cook, heat a skillet over medium heat or heat a grill.

Press as much liquid out of the shredded zucchini as possible. Mix all ingredients, except salt and pepper, in a medium size bowl. Form into patties about the size of your palm and sprinkle both sides generously with salt and pepper.

Add oil to the skillet. Cook about 2-3 minutes per side until cooked through. This will probably have to be done in batches if pan frying. Enjoy!

Note - If using ground chicken, the patties may fall apart a little bit before you cook them. Squeeze any excess liquid from the patties before putting them on the grill or skillet.

Enjoy!

Paleo Chicken Nuggets

CLEAN (GRAIN FREE, GLUTEN FREE AND DAIRY FREE)

These are amazing chicken nuggets and a close second to Chick-Fil-A, but much better for you. These freeze really well so go ahead and make a big batch, you will thank me later!

INGREDIENTS

2 lbs skinless boneless chicken breasts or thighs cut into strips or cubes
1 cup of pickle juice or enough to cover the chicken (i prefer dill pickle juice)
 $\frac{3}{4}$ cup cassava flour
1 tsp sea salt
1 tsp garlic powder
 $\frac{1}{2}$ tsp onion powder
 $\frac{1}{4}$ tsp ground black pepper
*2 eggs whisked - optional - this makes the batter a little lighter and fluffier
Avocado oil or refined coconut oil for pan frying

INSTRUCTIONS

Place chicken pieces in a storage container, cover with pickle juice and store in the fridge for 4 - 6 hours or overnight.

When ready to cook, drain the pickle juice.

If not using eggs skip this step. If using eggs, whisk the eggs well and pour over the chicken. Stir so all chicken is coated and then pour out the extra eggs.

In a bowl, add cassava flour, salt, pepper, garlic, onion powder and mix well. Pour flour over the chicken and stir so all pieces are coated well.

Heat a skillet to medium heat. Add oil once the skillet is hot. In batches, cook chicken for 2 - 3 minutes per side. They are ready to flip once they easily release from the pan. Depending on the thickness of the chicken pieces, you may want to turn them on their edges and cook for another minute.

Place cooked chicken on a plate lined with paper towels. Continue until all chicken has been cooked. This will probably take a few batches. You may need to clean the skittlet halfway thru if extra batter starts to burn in the skillet.

Serve with your favorite sauce!

Note - These freeze well. To reheat, heat oven to 425 and cook for 10 - 15 minutes, flipping halfway through.

Enjoy!

Instant Pot Whole Chicken,

CLEAN (GRAIN FREE, GLUTEN FREE AND DAIRY FREE)

This is a weeknight staple because it is so easy and leaves you with the most tender and juicy chicken that everyone loves! Leftovers are great for casseroles or chicken salad and the bones make a great bone broth.

INGREDIENTS

1 Whole chicken (ideally pasture raised, if not, then organic)

Seasoning of choice

1 cup chicken broth or water (I prefer pacific chicken bone broth)

2-3 tbsp avocado oil or olive oil

Optional:

3-4 cloves of garlic

1 small yellow onion roughly chopped

1 lemon cut in half and

Herbs such as rosemary

INSTRUCTIONS

Season the chicken liberally the day before you cook it or at least earlier in the day. Cover and keep in the fridge until ready to cook. If you don't have time to do it beforehand, add extra seasoning or buy Trader Joe's Brined Organic Chicken (if doing this, don't add salt).

When ready to cook the chicken, turn the Instant Pot on Saute and add oil. Once the oil is hot, add your chicken, breast side down. Let it brown for about 5 min and then flip. After another 5 min, add the broth and any optional ingredients (these are not necessary).

Place the lid on the Instant Pot, secure and seal. Press Cancel and turn on Manual, High Pressure for 25 min.

When done, let the pressure release naturally for at least 10 min before taking off the lid. Remove the chicken from the pot to a sided dish as it will be juicy, tender and fall apart, hence the name, Drop Chicken. I have literally dropped the chicken in this step more times than I can count.

Note - It's ok to leave the chicken in longer after it is done cooking. The Instant Pot will keep it warm and it will just get more tender the longer it sits. I often do this before heading out to pick up kids from school or activities so it's ready when we get home.

Enjoy!

Chocolate Avocado Pudding

CLEAN (DAIRY FREE)

This pudding is great as dessert but it also makes for a great breakfast! I bet your kids won't know this is healthy.

INGREDIENTS

3 avocados

$\frac{2}{3}$ coconut milk

$\frac{1}{2}$ cup cacao powder

$\frac{1}{3}$ cup maple syrup (or 6-8 pitted dates)

1 tsp vanilla

Pinch of salt

INSTRUCTIONS

Put all of the ingredients in a food processor or high speed blender.

Blend until everything is well mixed and there are no more chunks of avocado. Add coconut milk as needed to make it thinner.

Pour into containers and enjoy right away or place in the fridge to chill. Enjoy!

Note - These freeze well. Pour pudding into a freezer safe container, like a glass jar, and seal tightly. When ready to enjoy out of the freezer, put the pudding in the fridge and let it defrost overnight and enjoy the next day.

Enjoy!

Chocolate Chip Cookies Nutty and Salty “free”

CLEAN (PALEO, GLUTEN FREE, DAIRY FREE, REFINED SUGAR FREE, EGG FREE)

SERVING SIZE MAKES ABOUT 16 COOKIES

INGREDIENTS

1 tbsp chia seeds or ground flax seeds

3 tbsp water

½ cup tahini

¼ cup maple syrup

½ tsp apple cider vinegar

½ cup cashew flour

½ tsp coconut flour

½ tsp of baking soda

¼ tsp of salt

¼ cup chocolate chips

Sea Salt

INSTRUCTIONS

Preheat oven to 350. Line a baking sheet with parchment paper.

In a small mixing bowl, add water and chia or flax seeds and mix well. Let sit for about 5 minutes until it is the consistency of a whisked egg.

In the bowl with seeds, add tahini, maple syrup and apple cider vinegar and mix until well combined.

Add remaining ingredients except chocolate chips and mix until well combined. It will be thick. Then add chocolate chips.

Using a cookie scoop or a Tablespoon, scoop dough into balls on the prepared baking sheet. Sprinkle with sea salt flakes.

Cook for 10 - 12 minutes. Pull out of the oven and let cool for about 5 min before moving them to a cooling rack. Enjoy!

Note - These freeze well and taste delicious right out of the freezer!

Enjoy!



Enjoy!



“I WILL CHOOSE
PEACE OVER
PERFECTION”

CLEAN LIFE *Real World*

Follow Our Journey

INSTAGRAM | FACEBOOK | PINTEREST

@CleanLifeRealWorld

@ElenaBPaden

CLEAN LIFE
Real World

YOUR JOURNEY TO HEALTHY LIVING

