

THE  
**MODEL HEALTH**  
SHOW

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# **SUPERFOOD MINI-RECIPE BOOK**

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Adding in more superfoods are a fun and easy way to improve the nutrient density of your diet. From improved hormone function, to protecting against cancer, to enhancing your metabolism, many of these foods have benefits that you'll be hard pressed to find anywhere else.

If you haven't done so already, be sure to check out the exclusive episode of The Model Health Show right here to find out all of the benefits of the superfoods in this recipe book:

## **15 Delicious Ways To Add More Superfoods To Your Meals**

Enjoy!

# ENTREES

## SOUTHWEST CHORIZO SCRAMBLE

### PREP TIME

5 mins

### COOK TIME

7 mins

### TOTAL TIME

12 mins

**SERVES:** 2

### INGREDIENTS

- 4 eggs
- 1/4 pound of ground chorizo
- 4 tbsp of salsa
- 1/4 tsp of turmeric
- salt and pepper to taste
- 1 large avocado

### INSTRUCTIONS

1. Place your saute pan on your stove on medium heat.
2. Add your chorizo to the pan and cook until lightly browned.
3. Next add in your eggs (pre-whisked), turmeric, light salt, and pepper.
4. Scramble in the pan until the eggs are cooked.
5. Remove from pan and plate.
6. Top with salsa of choice and avocado slices.
7. Enjoy.

### VARIATIONS:

You really can add anything you want to this scramble (that's what makes scrambles so awesome!). Bacon, sweet peppers, hot peppers, spinach, onions, the list goes on and on.



# FIESTA MOLE CHILI

Adapted from **Melissa Joulwan**

## PREP TIME

20 mins

## COOK TIME

2-3 hours

## TOTAL TIME

2 hours and 20 mins

**SERVES:** 6-8

## INGREDIENTS

- 2 tablespoons coconut oil
- 1 medium onion, diced (about 1 cup)
- 4 cloves garlic, minced (about 4 teaspoons)
- 3 pounds of 90 percent lean ground beef
- 1 teaspoon dried oregano leaves
- 2 tablespoons chili powder
- 2 tablespoons ground cumin
- 1 1/2 tablespoons raw cacao powder
- 1 teaspoon ground allspice
- 1 1/4 teaspoon salt
- 1 can (6 ounces) tomato paste
- 1 can (14.5 ounces) low sodium fire-roasted, chopped tomatoes
- 1 - 2 cups water (start with 1 cup but add more as needed to reach the thickness you like - we usually use 1 cup)

## INSTRUCTIONS

1. Heat a large, deep pot over medium-high heat, then add the coconut oil. When the oil is melted, add onions, stir with a wooden spoon and cook until they're translucent, about 7 minutes. Add the garlic and as soon as it's fragrant, about 30 seconds, crumble the ground meat into the pan with your hands, mixing with the wooden spoon to combine. Continue to cook the meat, stirring often, until it's no longer pink.
2. In a small bowl, crush the oregano between your palms to release its flavor, then add the chili powder, cumin, cacao, allspice, and salt. Combine with a fork, then add to the pot, stirring like you mean it. Add tomato paste and stir until combined, about 2 minutes.
3. Add the tomatoes with their juice and water to the pot. Stir well. Bring to a boil, then reduce the heat so the chili enjoys a gentle simmer. Simmer uncovered for at least two hours. Do not skimp on the simmer! Serve in deep bowls with big spoons.
4. Serve on top of a small sweet potato with a side of sauteed greens of choice.

## VARIATIONS:

I'd recommend making a double batch and freeze half so you have chili-on-demand. Try a meat combo by mixing ground beef with ground turkey, pork, or bison. Top with sliced olives, diced onions, and/or avocado slices and omit the sweet potato for lower-carb variations.



# **SUPERHERO SALAD**

## **PREP TIME**

10 mins

## **COOK TIME**

10 mins

## **TOTAL TIME**

20 mins

**SERVES:** 1

## **INGREDIENTS**

- Extra large salad bowl filled with spinach, romaine, and/or other mixed salad greens
- 1/2 ripe avocado
- 1 cooked chicken breasts, chopped
- 1 small tomato (diced) or a handful of cherry tomatoes (halved)
- 1 tsp fresh lemon juice
- 1 tsp Perfect Spirulina
- 1 tbsp shelled hemp seeds
- 2 tbsp of sprouted pumpkin seeds or sunflower seeds (optional if you want a little extra crunch)
- 2 tbsp of spicy mustard
- 1 tbsp of extra virgin olive oil



## **INSTRUCTIONS**

1. Add the lemon juice, spicy mustard, spirulina, and olive oil to your bowl of salad greens and toss.
2. Add in all other ingredients and give it a light toss.
3. Grab a fork and enjoy!

## **VARIATIONS:**

I love to interchange ingredients in this salad. Sometimes I'll use turkey instead of chicken, honey mustard instead of spicy mustard, or add in things like kalamata olives, hard-boiled egg, sea veggies like dulse, or other fresh vegetables like shredded carrots.

# -DIPS AND DRESSINGS-

## SUPERFAST SUPERFOOD GUACAMOLE

### PREP TIME

5 mins

### COOK TIME

5 mins

### TOTAL TIME

10 mins

**SERVES:** 4

### INGREDIENTS

- 3 avocados peeled and pitted from skin
- 1/3 cup of your favorite salsa (we use the organic medium heat salsa from Whole Foods)
- 1 tbsp of [Perfect Spirulina](#)
- 1/4 tsp of cayenne pepper
- 2 tsp of fresh squeezed lemon juice
- 1/2 tsp of sea salt

### INSTRUCTIONS

1. In a bowl, mash up the avocados with a fork until smooth.
2. Add in the salsa, spirulina, cayenne pepper, lemon juice, and salt.
3. Mix well and serve fresh, or chill in the refrigerator before serving.



# **ASANTE SANA DRESSING**

## **PREP TIME**

10 mins

## **COOK TIME**

5 mins

## **TOTAL TIME**

15 mins

**SERVES:** 4-6

## **INGREDIENTS**

- 1/4 cup extra virgin olive oil
- 2 garlic cloves
- 2 tbsp of red onion, minced
- 2 dates, pitted and soaked
- 1 tbsp fresh ginger, minced
- 1 tbsp of raw honey
- 1 cup of raw almond butter
- 1 tbsp of noma shoyu or coconut aminos
- 1/4 tsp of cayenne pepper
- 1 small/medium lemon, juiced

## **INSTRUCTIONS**

1. Add all ingredients to a high speed blender.
2. Add in 1/4 cup of water.
3. Blend on high until smooth, adding more water as needed to reach your desired consistency. (We like it pretty thick, but still pourable!)
4. Chill for at least an hour before serving. Note: Yields approximately 2 cups and keep up to 4 days in the refrigerator.

## **VARIATIONS:**

If you like it spicier, you can add some fresh jalapeno to this, or simply up the amount of cayenne.

# **CASHEW SOUR CREAM (UNREAL!)**

## **PREP TIME**

5 mins

## **COOK TIME**

3 mins

## **TOTAL TIME**

8 mins

**SERVES:** 8-10

## **INGREDIENTS**

- 2 cups of raw cashews (soaked at least 30 minutes to soften them)
- 4 tbsp of fresh squeezed lemon juice
- 1 1/4 tsp of sea salt
- 2 tbsp of extra virgin olive oil
- 3/4 cup of water (add more as needed to reach desired consistency)

## **INSTRUCTIONS**

1. Strain out the soak water from the cashews, then add the softened cashews to a high speed blender (you REALLY need a high speed blender for this. I recommend this Vita-mix [here.](#))
2. Add all other ingredients to the blender except for the olive oil.
3. Blend on high, adding additional water as needed to ensure that it's not too thick. Note: It should be pourable, but not too runny. Better to have too little water than too much.
4. While it's blending (or temporary stop the blending if you don't have a safety plug on your lid to open and add ingredients) add the olive oil and blend for 10 more seconds.
5. Pour into a jar or another container. Chill if desired and store additional sour cream in the refrigerator.

# PALEO HONEY MUSTARD DRESSING

Adapted from Meghan Little

## PREP TIME

5 mins

## COOK TIME

3 mins

## TOTAL TIME

8 mins

**SERVES:** 8-10

## INGREDIENTS

- 1 cup olive oil
- 4 tbsp coconut vinegar
- 5 tbsp raw honey
- 6 Tbsp Dijon Mustard
- 1/2 tsp Garlic Powder
- 2 small Garlic Cloves
- 2 Tbsp Paleo Mayo (See the recipe [here](#))
- Coarse Sea Salt and White Pepper (to taste -1/4 tsp each)

## INSTRUCTIONS

1. Add all ingredients to a high speed blender and blend until smooth.
2. Use it to top your favorite salad ingredients and enjoy!





# DRINKS

## SUPERHUMAN EXPRESSO

### PREP TIME

3 mins

### COOK TIME

3 mins

### TOTAL TIME

6 mins

### SERVES: 1

### INGREDIENTS

- one packet of your favorite tea (I suggest Yerba Mate, green tea, black tea, roibos, or pu-erh)
- 2 capsules of medicinal mushrooms (like chaga, reishi, or [cordyceps](#))
- 1 tbsp of ghee or grass fed butter
- 1/2 tbsp of MCT oil
- 2 to 3 drops of flavored stevia (I suggest english toffee, chocolate, or vanilla creme)
- 10 ounces of hot water

### INSTRUCTIONS

1. Add the hot/near boiling water along with your tea packet to your favorite cup.
2. While the tea is brewing, add all of the other ingredients to your blender (ghee or butter, MCT oil, stevia, medicinal mushrooms [open the capsules and pour them in]).
3. Throw away the tea bag and add the hot tea to your blender and blend for 10 to 15 seconds.
4. Pour your Superhuman eXpresso into your favorite cup and enjoy.



# VITAMIN C BLAST LEMONADE

## PREP TIME

2 mins

## COOK TIME

5 mins

## TOTAL TIME

7 mins

**SERVES:** 4-6

## INGREDIENTS

- 4 large lemons
- 2 liters of ice cold high quality, structured water ([click here](#) to learn what this is)
- 1 tbsp of camu camu berry powder
- 1/8 tsp of sea salt
- 10 to 15 drops of lemon flavored stevia
- Organic raw sugar added to taste (optional, but definitely recommended - especially if you're not accustomed to stevia and/or unsweetened lemonade - 2 tbsp is a good amount.)

## INSTRUCTIONS

1. Juice the 4 lemons with a hand juicer.
2. Add the fresh lemon juice and all other ingredients to a blender.
3. Blend on low/medium for 10 to 15 seconds.
4. Pour into cups with additional ice and serve.

## VARIATIONS:

One of my favorite things to do is to use goji berry tea as a base for this lemonade. Simply add 1/2 liter of warm (not boiling) water and 1/2 cup of goji berries to a jar. Mix it around for 60 seconds and let it sit for at least one hour. Strain out the goji berries (be sure to push down on them to squeeze any extra juice out. Keep the goji berries to add to a smoothie later (freeze them) and place the goji berry tea/water into the refrigerator to chill. Replace 1/2 liter of the water in the recipe above with the goji berry water for an additional boost of vitamins, minerals, and subtly sweet taste.

Other additions could be aloe vera (you'd use about a 2 to 3 inch piece filleted out of the skin - blended into the drink and then strain the lemonade after blending) or MSM (1 tbsp would be ok to add in but much more will throw off the flavor without adding more sweetener).

## **LION JUICE**

### **PREP TIME**

3 mins

### **COOK TIME**

2 mins

### **TOTAL TIME**

5 mins

**SERVES:** 2

### **INGREDIENTS**

- 1/2 bunch organic dandelion greens
- 8 large ribs of celery (or 2 large cucumbers)
- 1 small lemon, peeled
- 2 sweet red apple

### **INSTRUCTIONS**

1. Run all ingredients through your juicer.
2. Pour into a nice glass with ice and enjoy!

### **VARIATIONS:**

One of my favorite things to do is to use goji berry tea as a base for this lemonade. Simply add 1/2 liter of warm (not boiling) water and 1/2 cup of goji berries to a jar. Mix it around for 60 seconds and let it sit for at least one hour. Strain out the goji berries (be sure to push down on them to squeeze any extra juice out. Keep the goji berries to add to a smoothie later (freeze them) and place the goji berry tea/water into the refrigerator to chill. Replace 1/2 liter of the water in the recipe above with the goji berry water for an additional boost of vitamins, minerals, and subtly sweet taste.



# **LONGEVITY SMOOTHIE**

## **PREP TIME**

5 mins

## **COOK TIME**

3 mins

## **TOTAL TIME**

8 mins

## **SERVES: 1**

## **INGREDIENTS**

- 10 - 12 Ounces of Yerba Mate Tea or water
- 1/4 cup of goji berries (soaked)
- 2 to 4 inch piece of Aloe Vera Gel, filleted from the skin
- 2 tbsp of hemp seeds
- 2 scoops of ChocoMaca Hemp Force Protein
- 2 capsules of medicinal mushrooms (like chaga, reishi, or cordyceps)
- 1 cup frozen blueberries
- 1/8 tsp of cinnamon
- Pinch Of Sea Salt
- 1 tbsp of cacao nibs (stirred in after blending)
- A very small handful of cashews (optional)

## **INSTRUCTIONS**

1. Add all ingredients to a high speed blender and blend on high for 15 - 20 seconds adding more water or tea to reach desired consistency.
2. After blending, mix in a tbsp of cacao nibs with a spoon for a “chocolate chip” effect to give you something to chew on and ensure you’re taking your time to assimilate this powerful smoothie.

## **VARIATIONS:**

You can add or switch out so many different things here. You can add different nuts or nut butters, superfoods like mangosteen or acai, superherbs like astragalus or shilajit, or a host of other things. Remember, the aloe is bitter, so you have to have just the right amount of sweetness to balance it out. Too many other medicinal herbs can make it overpowering and require more sweetness as well. Keep it right in the middle by following or modeling the base recipe above.

# SWEET TREATS

## CHOCOLATE CINNAMON TRUFFLES

### PREP TIME

5 mins

### COOK TIME

15 mins

### TOTAL TIME

20 mins

**SERVES:** 4

### INGREDIENTS

- 1 cup almonds, (if you can soak and dehydrate)
- ½ cup soaked dates, pitted
- 4 tablespoon raw cacao powder
- 2 tablespoon goji berries (unsoaked)
- ½ teaspoon cinnamon
- ¼ teaspoon vanilla
- ¼ cup water (you can use the date water)

### INSTRUCTIONS

1. Place all the ingredients in the food processor and blend until smooth, achieving a dough-like consistency. Note: You will have to stop a few times and scrap the edges of the processor, and possibly add more water to get the texture you want.
2. Once that's complete, take a spoonful and roll in your hands to make nice golf ball size truffles.
3. Pour a little bit of cinnamon onto a plate and roll the truffles in it for a nice powdery coating.
4. Enjoy!!

### VARIATIONS

Instead of rolling the finished truffles in cinnamon, you can roll them in a variety of things ranging from shredded coconut, to crushed nuts (pistachios are a good choice), to chopped goji berries, or many other things.



# **CASHEW BUTTER PLANETS**

## **PREP TIME**

5 mins

## **COOK TIME**

15 mins

## **TOTAL TIME**

20 mins

**SERVES:** 10

## **INGREDIENTS**

- 2 cups cashew butter
- 2 tbsp of soaked flax seeds (instructions below)
- 2 tbsp of hulled hemp seeds
- 2 tbsp of pourable raw honey
- 1/4 tsp of sea salt
- 1 ripe banana, diced

## **INSTRUCTIONS**

1. Combine all ingredients together in a large bowl and mix them together.
2. In order to get the flax seeds prepared for the recipe, simply add a small amount of dried, whole flax seeds to a bowl or cup (1/4 cup of flax is good). Add in enough water to cover them, mix them a bit, then let it soak for at least an hour. This will create a nice flax “gel” that helps to make a nice consistency for the Cashew Butter Planets.
3. After mixing all the ingredients together, grab enough of the mixture to make a golf ball-sized sphere in your hand.
4. Roll them up (they don’t have to be perfect circles at all!) and place each one into a freezer-safe container lined with parchment paper (be sure that you don’t place them too close together).
5. If your container isn’t that big, place parchment paper on top of the first layer of cashew planets and add a second layer.
6. Continue this process until all of the mixture is used.
7. Put a tight-fitting lid on the container and place it in the freezer for at least 4 hours to become something special.
8. Take a Cashew Butter Planet out of the freezer for you or a loved on as needed and enjoy!

## **VARIATIONS:**

You can add lots of different things to this mixture, just like ice cream. Good options would be cacao nibs, coconut butter, and/or bee pollen.



# PALEO PROTEIN PANCAKES

Adapted from [George Bryant](#)

## PREP TIME

5 mins

## COOK TIME

15 mins

## TOTAL TIME

20 mins

**SERVES:** 2

## INGREDIENTS

- 3 large eggs
- 1 cup almond milk or full fat coconut milk
- 1 tbsp organic honey
- 1/2 tsp fresh squeezed lemon juice
- 1 tsp vanilla extract
- 1/2 cup coconut flour
- 1/2 cup tapioca flour
- 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1 scoop [Hemp Force Protein](#)
- 1 tbsp of ground flax seeds
- Pinch of fine grain sea salt
- Coconut oil for greasing the skillet
- 1/2 cup fresh blueberries or strawberries



## INSTRUCTIONS

1. In a large bowl, whisk the eggs.
2. To the eggs add the almond milk, honey, lemon juice, and vanilla and whisk until well blended.
3. In a separate bowl, mix together the coconut flour and tapioca flour, then add to the wet ingredients 1/4 cup (60 grams) at a time, while continuously whisking.
4. Then mix in the baking powder, baking soda, and salt.
5. Grease a large skillet and place over medium heat.
6. Once the skillet is hot, use a ladle to pour 3-inch (7.5-cm) pancakes in the skillet.
7. Once holes begin to appear in the surface of a pancake, drop a small handful halved of blueberries onto it and flip it. The pancake should cook on each side for 3 to 4 minutes. Repeat with rest of the batter.
8. Top with grass fed butter, ghee, or coconut butter and enjoy!

## VARIATIONS:

Most of the time when we decide to have pancakes we simply grab a gluten-free pancake mix, add the [Hemp Force Protein](#), ground flax, and a little extra almond milk to account for the additional ingredients. Follow the directions on the box and it's as simple as that!

Be sure to learn more about these amazing superfoods right here:

[\*\*15 Delicious Ways To Add More Superfoods To Your Meals\*\*](#)