

PRODUCE

- 1 large zucchini, spiralized or peeled
- 4 large carrots, spiralized or peeled
- 1 red or green bell pepper
- 1 large purple cabbage
- 1 large green cabbage
- 1 small bunch of rainbow chard
- 7 C fresh or frozen corn
- 1/2 C celery
- 1 bunch cilantro
- 1 large tomato
- 4 avocados
- 4 large beets (any color)
- 1 lemon
- 3 limes
- 1 1/2 inch ginger
- 1 jalapeño
- pico de gallo (optional)
(skip for low fod map)

CONDIMENTS & SPICES

- 2 C chicken/veggie stock/broth
- 1 C pumpkin seeds
- sesame seeds
- 2 C almond milk
- 2 TSP smoked paprika
- 2 TSP cayenne powder
- 2 1/2 TBS Tamari (or your favorite soy sauce)
- 1 TBS chile oil
- 1 TBS rice vinegar
- 2 teaspoons maple syrup (if you want your avocado dressing sweet. We opt out of this)
- 1/2 TBS coconut oil
- 1/2 TSP – 1 TBS chipotle chili powder
- 1-2 TSP chili powder
- 2 TSP sesame oil
- 2 TSP vegetable oil
- Your favorite hot sauce

PROTEIN

- 2 large eggs
- 1-1 1/2 lb. boneless, skinless chicken thighs or breasts
- 16-21 raw cleaned shrimp

GRAINS

- 1 1/2 C quinoa
- 1 pkg raw sprouted corn tortillas (or your favorite corn tortillas)

DAIRY

(omit if these two items bother you / lowfod map, recipes are still great w/o them)

- 2-4 TBS goat cheese
- 1/3 C lactose free sour cream

MENU

Raw Spicy Zoodle Bowl

Grilled Beets with Goat Cheese and Cilantro Quinoa

Corn Chowder with Pumpkin Seeds

Spicy Asian Salad

Chipotle Shrimp Tacos