

Ishbel WELL



All 4 Peach Smoothie

Yields: 2 servings | **Prep Time:** 5 minutes

Ingredients

2C frozen peaches
1/2C cauliflower
1/8C hemp seeds
5T grassfed collagen powder
1T MCT oil
1t vanilla extract
1t turmeric
4 dates
2C water

Instructions

1) Combine all ingredients in a blender and blend well.

Notes: Use this recipe as a base for your creativity. Sub the walnuts out for another nut like pecans or almonds. Try coconut milk or hemp milk instead of water. This smoothie is called the "All 4" because it covers all four of the most important aspects of every meal: good fats, good protein, fresh produce and water.

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One-Pan Chicken Dinner

Yields: 6 servings | **Prep Time:**
10 minutes | **Cook Time:** 60
minutes

Ingredients

1 whole chicken
1 onion
4 carrots
4C cabbage
4C firmly-packed kale
1T sea salt
1T ground pepper
1T italian seasoning
1T paprika
1T avocado oil

Instructions

- 1) Set oven at 375 degrees.
- 2) Combine all vegetables, seasonings and avocado oil in a bowl.
- 3) Place chicken in a baking pan. Position vegetables around chicken.
- 4) Cook for 60 minutes. Every 20 minutes, stir the vegetables.
- 5) After 40 minutes, stir in the kale.
- 6) Check the chicken after 60 minutes and make sure the juices are running clear and there is no pink meat. If that isn't the case, return to the oven until cooked fully. You may need to remove the vegetables to prevent them from overcooking.

Notes: There are endless ways to reuse a whole chicken, including using the carcass for a broth and making a soup. Chopping vegetables can take a lot of time. For this recipe, roughly chop the vegetables into approximately 1inch pieces.

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Leftover” Chicken Salad

Yields: 4 servings | **Prep Time:**
10 minutes

Ingredients

4C chopped chicken
10C chopped romaine

Dressing:

1/4C olive oil
1/8C apple cider vinegar
1T dijon mustard

Instructions

1. Combine all ingredients. Enjoy!

Notes: Salads are incredibly easy to make when you're short on time. This recipe is meant to be made as an adjunct to the "One-Pan Chicken Dinner" recipe which roasts a whole chicken with vegetables.