

GLUTEN FREE, DAIRY FREE OR DAIRY OPTIONAL, CHICKEN EGG FREE, PEANUT FREE, SOY FREE, AVOCADO FREE OR OPTIONAL

winter recipes

easy, allergy friendly, budget friendly, & nutritious



Compiled by Rachelle Rena

HEY GIRL, I AM

Rachelle Rena



WIFE, MOM OF THREE GIRLS, DECLUTTERING NERD, & NATURAL LIVING ENTHUSIAST.

When my husband was diagnosed with Celiac disease and a multitude of other food allergies 5 years ago, I had no idea how to cook for him.

The majority of all the recipes I had grown up cooking, he could no longer eat. I had to start from scratch. It was a blessing in disguise...

It turns out that when you eat healthier, you feel way better! Who knew?! I'm sure you know that...but it's hard to actually do in practice. I find it a lot easier to plan healthy meals if I have favorites to choose from (I tend to forget favorites if they aren't some place I can see them easily!) I also hate wasting time searching Pinterest, my emails, or screenshots for recipes I found. So I created this recipe book with plenty of choices to rotate through for a summer!

*please do not share this resource with others. Thank you

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LENTIL RICE CASSEROLE

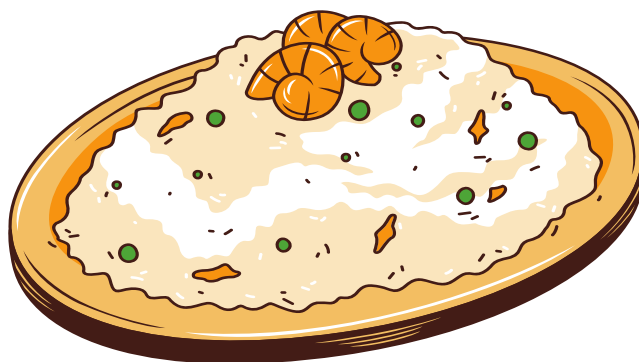
From the kitchen of Rhea Jones

INGREDIENTS

- 6 cups chicken broth (or water)
- 1 1/2 cups lentils, uncooked
- 1 cup brown rice, uncooked
- 1/2 cup dried minced onion (or 1 1/2 cups chopped fresh onion)
- 1/2 tsp. oregano
- 1/2 tsp thyme
- 1/2 tsp garlic powder
- 1 tsp sweet basil

INSTRUCTIONS

1. Put all ingredients into a 9x13 and stir gently.
2. Cover with foil and bake at 300 F for 2- 2.5 hrs.
3. For the last 20 minutes of baking, add 1 cup of shredded cheddar cheese on the top.
4. Before serving stir in handful of fresh parsley (opt.)
5. Serve with sour cream, barbecue sauce, ketchup, & mustard.



MADAME BLEU'S RICE AND BEANS

From the kitchen of Rhea Jones

INGREDIENTS

- 1 c. red beans
- water
- ½ c. olive oil
- 2 slices bacon
- 2 cloves garlic, peeled and chopped
- ¼ c. chopped parsley
- ¼ tsp cayenne pepper
- 1 tsp. thyme
- 1 T. chopped chives
- 4 c. cooked white or brown rice

INSTRUCTIONS

1. Place red beans in a med bowl and cover with cold water. Soak overnight.
2. Drain the beans, rinse, then boil in water for 20 mins. or until the beans are tender. Drain the beans and set aside.
3. In a frying pan over medium heat, cook bacon. Break into small pieces.
4. Add olive oil, garlic, parsley, cayenne pepper, thyme and chives.
5. Now add the beans and cooked rice fry gently.
6. Sprinkle with fresh chives.



ITALIAN VEGETABLE & SAUSAGE SOUP

From the cookbook "Ladled"

INGREDIENTS

- 2 Tbls. fat
- 1 large/ 2 small yellow onions, peeled and chopped
- 1 red bell pepper, chopped
- 3-6 garlic cloves, peeled and minced
- 6 cups chicken broth
- 2 tsp. Italian herbs
- 2 cups (470 ml) pureed tomatoes
- 1 tsp. unrefined salt
- ½ - 1 lb. bulk Italian sausage.
- 2 medium sliced zucchini squash
- ¾ lb. green beans, stemmed and snapped

INSTRUCTIONS

1. In a large pot, heat the fat over medium to medium-heat. Add and sprinkle generously with salt and saute, stirring as needed to prevent browning, until the vegetables are soft.
2. Add chicken stock, Italian herbs, pureed tomatoes & salt to the pot:
3. Add sausage. If you're using a very lean sausage, add it right in the pot to cook with the vegetables. Otherwise, cook the sausage in a large saucepan while the vegetables cook, removing any grease with a spoon before adding the sausage to the soup.
4. Add zucchini & green beans and bring the soup to a simmer. Cook for 7 minutes or until vegetables are cooked, as well as the sausage. Salt and pepper the soup to taste.



SPLIT PEA SOUP

From the kitchen of Rhea Jones

INGREDIENTS

- 8 cups bone broth or water
- 2 cups split peas
- 1 medium onion, chopped
- 3 medium carrots, sliced
- 3 ribs celery, chopped
- 1 bay leaf
- 1 tsp. salt
- ¼ tsp. thyme
- 1/2 - 1 lb ham

INSTRUCTIONS

1. Place the bone broth & split peas in crockpot and cook in crockpot on high for 5-6 hrs.
2. One hour before finish time, add the rest of the ingredients except for the ham.
3. Remove bay leaf. Puree part or all of soup in blender as desired. Add ½ -1 lb. ham, diced.
4. Add Tobasco or siracha for a little extra zip!



VEGETABLE SOUP

From the kitchen of Lena Jones

INGREDIENTS

- $\frac{3}{4}$ cup chopped onion
- $\frac{1}{2}$ cup chopped celery
- $\frac{1}{2}$ cup chopped green pepper
- 2 Tbls. butter
- 1 large potato, peeled and diced
- 1 medium sweet potato, peeled and diced
- 1-2 garlic cloves, minced
- 3 cups chicken broth or water
- 1 cup tomato puree (optional)
- 1 can (16 oz) kidney beans, rinsed and drained
- 1 can (15 oz) beans, rinsed and drained
- 2 tsp. soy sauce
- 1 tsp. paprika
- $\frac{1}{2}$ tsp. basil
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{4}$ tsp. ground turmeric
- 1 bay leaf
- 3 shakes cayenne pepper

INSTRUCTIONS

1. In a large skillet, saute onion, celery, & green pepper in butter until crisp and tender:
2. Add sweet potato, white potato, and garlic and saute 3-5 min. longer:
3. Transfer to 5 qt. slow cooker. Add the rest of the ingredients.
4. Cover and cook on low 9-10 hrs.
5. Discard bay leaf.



POTATO SOUP

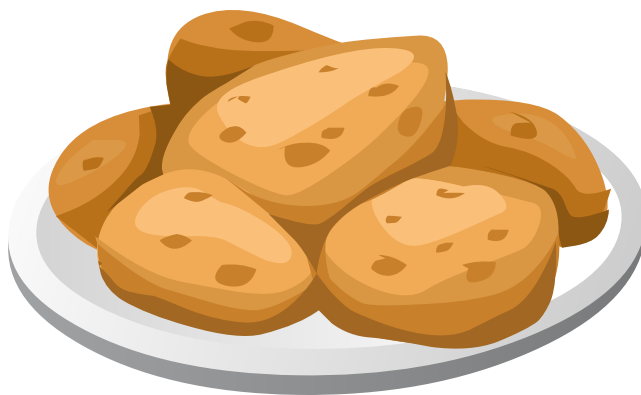
From the kitchen of Rachelle Nelson

INGREDIENTS

- 1 lb. sausage links, cut into $\frac{1}{4}$ in. slices
- 1 cup sliced celery
- $\frac{1}{2}$ cup chopped onion
- $\frac{1}{2}$ tsp. dried thyme
- $\frac{1}{2}$ tsp. salt
- 1 $\frac{1}{2}$ cups chicken broth
- 4 medium potatoes, peeled and diced (about 4 cups)
- 1 cup unsweetened almond milk

INSTRUCTIONS

1. In a heavy skillet, brown sausage over medium heat. Remove sausage and set aside. Drain all but 1 Tbls. drippings.
2. Saute celery, onion, thyme, and salt until onion is tender.
3. In pot, add the sauted vegetables, the potatoes, and the broth.
4. Cover and simmer 25 min. or until potatoes are tender. Allow soup to cool.
5. Puree 2 cups in blender; return to kettle.
6. Add almond milk and sausage, heat through.



SPICY LENTIL SOUP

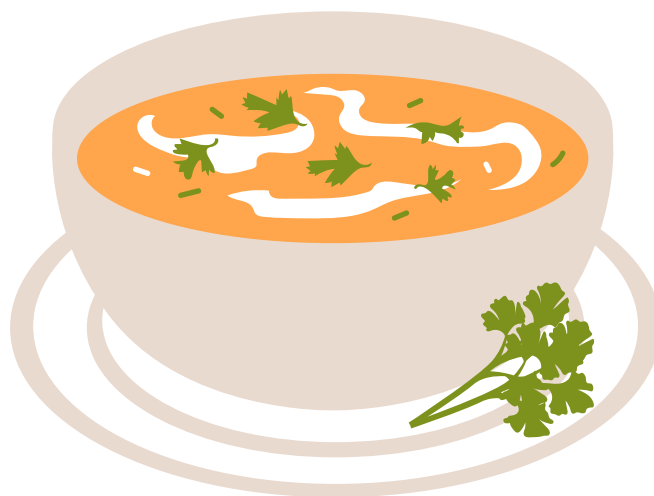
From the kitchen of Rachelle Nelson

INGREDIENTS

- ½ lb. Italian sausage (casing removed), crumbled
- ½ cup diced onion
- 3 garlic cloves, minced
- 3 qt. chicken stock
- 1 cup lentils
- 1 whole chicken breast (uncooked)
- ½ cup parsley, chopped
- 1 can (15 oz) garbanzo beans with juice
- ½ to 1 lb. fresh or frozen spinach
- 1 jar (12 oz.) mild or medium salsa
- 1 -2 cups brown rice, cooked (opt)

INSTRUCTIONS

1. Brown sausage, onion, and garlic in a skillet and transfer to a slow cooker or large stock pot.
2. Add the chicken stock, whole chicken breast, lentils, and parsley and simmer for as long as you desire or until lentils are tender and the chicken is cooked.
3. Remove chicken breast, discarding bone and cartilage. Shred meat and return to soup.
4. Add the rest of the ingredients and heat through.



SIMPLE CHICKEN & RICE SOUP

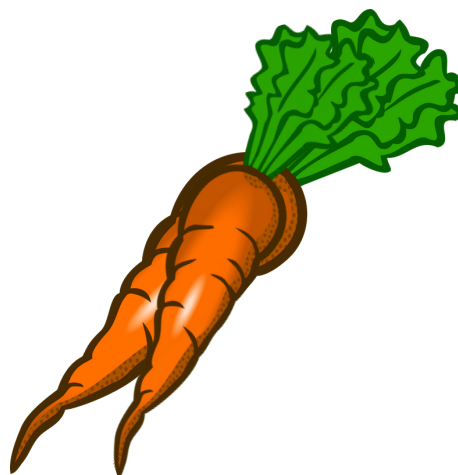
From the cookbook "Ladled"

INGREDIENTS

- 2 Tbls. butter
- 1 medium yellow onion, peeled and chopped
- 4 carrots, peeled and diced
- 2 celery sticks, thinly sliced or diced
- 3 garlic cloves, peeled and minced
- 1 tsp. dried, (not ground) thyme
- 2 bay leaves
- 8 cups chicken stock
- 2 cups chicken, cooked and shredded or 2 cups cubed raw chicken breasts or thighs
- 2-3 cups brown rice, cooked
- Salt and pepper to taste.

INSTRUCTIONS

1. In a large pot, heat butter over medium heat. Saute onion, carrots, celery sticks, and garlic cloves and sprinkle lightly with salt. Saute for 5-7 min. or until soft, stirring as needed to prevent burning:
2. Add chicken stock, bay leaves, rice, and thyme and bring to a boil. Turn the heat to low and simmer, cover for 10 minutes or until the vegetables are fork-tender.
3. If you are using raw chicken, add it now and cook for about 5 min. or until the chicken is cooked all the way through. If you are using pre-cooked chicken, add it and heat through.



LEEK POTATO SOUP

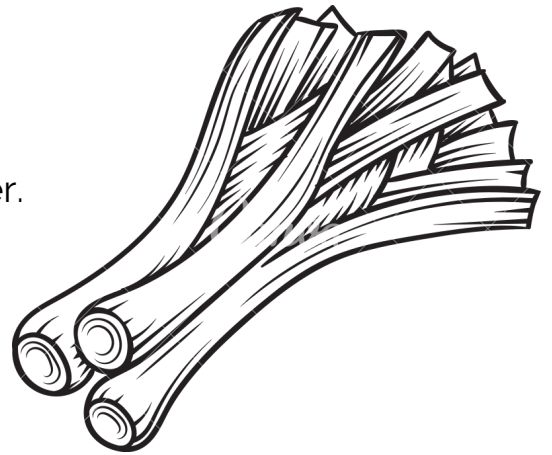
From the Kitchen of Marcia Rhoads

INGREDIENTS

- 3 c. chopped leeks (chop up to the green part)
- 3 Tbsp. butter or margarine
- 3 C. chopped potatoes
- salt
- 1 qt. vegetable or chicken broth
- 1 c. heavy cream or coconut milk
- 1 c. buttermilk or almond milk
- ½ tsp. pepper
- 1 Tbsp. snipped chives

INSTRUCTIONS

1. Saute leeks in butter in a 2 qt. saucepan until tender.
2. Add chopped potatoes, salt to taste and broth.
3. Heat to boiling and cook until potatoes are tender.
4. Puree this mixture in the blender.
5. Add cream, buttermilk and pepper.
6. Serve with chopped chives sprinkled on top.



What to do with Leeks? Leeks are a relative of onions and can be used instead of green onions and have a sweet mild flavor. Cut off the roots and the green tops leaving about 5-6 inch of leek with some of the green top left on. Cut lengthwise and wash off any dirt that might be between the layers. Leeks can be broiled on the grill with a little oil and seasoning (use the long lengthwise slices) or can be sautéed and served plain, with other vegetables, or over noodles.

CURRY FRIED RICE

Created by Phillip Nelson

INGREDIENTS

- 2 chicken breasts, cooked & cubed
- 1 small onion, chopped
- 1/2 cup coconut oil
- 1 red pepper, chopped
- 1 green pepper, chopped
- 1 tsp. ginger
- 1 tsp black pepper
- 1 Tbls. curry powder
- 1 Tbls salt
- 2 Tbls Siracha
- 2 Tbls toasted sesame seed oil

CILANTRO LIME RICE

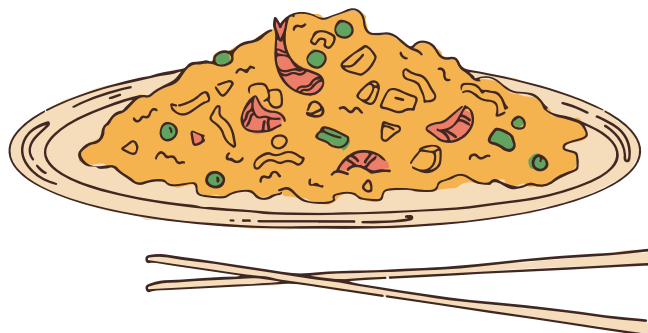
Cook 4 cups of brown rice.

Add 1/2 cup of lime juice & 1 cup fresh cilantro. Stir well

Substitute 4-5 drops Cilantro Vitality for the fresh cilantro and add to the lime juice.

INSTRUCTIONS

1. Cook the chicken and chop into bite sized pieces. Remove from pan.
2. Saute onion & peppers in coconut oil.
3. Add spices to the onions and peppers as they are cooking.
4. Add in the chicken & cilantro lime rice.
5. Heat through.



ITALIAN VEGETABLE SOUP

From the kitchen of Lena Jones

INGREDIENTS

- 1 lb ground beef, browned
- 1 cup diced onion
- 1 cup sliced celery
- 1 cup sliced carrots
- 2 cloves garlic, minced
- 1 can tomatoes
- 1 can tomato sauce
- 1 can kidney beans, undrained
- 2 cups beef or chicken broth
- 1 tsp. parsley
- 1/2 tsp oregano
- 1/2 tsp basil
- 1/4 tsp pepper
- 2 cups shredded cabbage
- 1 cup frozen or fresh green beans



INSTRUCTIONS

1. Put all ingredients except cabbage & green beans in a large soup pot.
2. Bring to a boil.
3. Lower heat. Cover & simmer for 20 minutes.
4. Add cabbage & green beans.
5. Bring to boil for 20-40 minutes.
6. Can add salsa as well.

VEGGIES & CHICKEN CURRY

From the kitchen of Rachelle Nelson

INGREDIENTS

- 2 chicken breasts, cooked & cubed
- 1-2 bags of Frozen stirfry veggies of your choice...fill a big skillet with them...they will cook down
- 1 can of full fat coconut milk
- 2 tsp red or green curry paste
- 1 tsp. fish sauce
- brown rice, cooked

INSTRUCTIONS

1. Cook chicken.
2. Cook veggies down and drain liquid. (Put on a tray and bake in the oven at 350 to keep the moisture in the veggies.)
3. Add the coconut milk, curry paste, and fish sauce to the pan with the chicken and veggies.
4. Heat through.
5. Serve over brown rice.



SUNSHINE CHICKEN

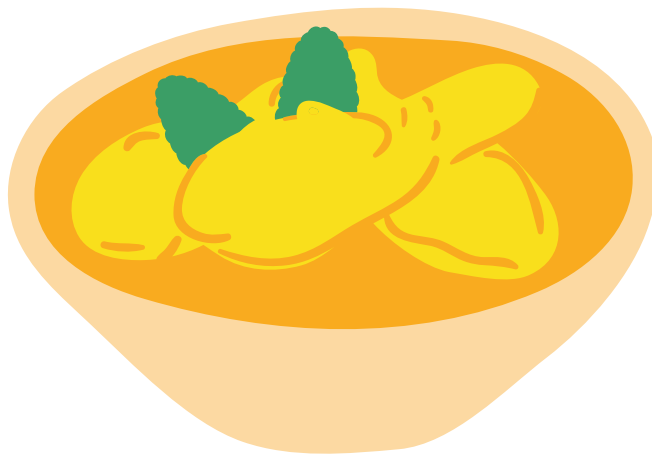
Taste of Home

INGREDIENTS

- 2 to 3 teaspoons curry powder
- 1-1/4 teaspoons salt, divided
- 1/4 teaspoon pepper
- 6 boneless skinless chicken breast halves (5 ounces each)
- 1-1/2 cups orange juice
- 1 cup uncooked long grain rice
- 3/4 cup water
- 1 tablespoon coconut sugar
- 1 teaspoon ground mustard
- Chopped fresh parsley

INSTRUCTIONS

1. Combine curry powder, 1/2 teaspoon salt and the pepper; rub over both sides of chicken.
2. In a skillet, combine orange juice, rice, water, brown sugar, mustard and remaining salt.
3. Add chicken pieces; bring to a boil.
4. Reduce heat; cover and simmer until chicken juices run clear, 20-25 minutes.
5. Remove from the heat and let stand, covered, until all liquid is absorbed, about 5 minutes.
6. Sprinkle with parsley.



KOREAN GROUND BEEF & RICE BOWLS

Taste of Home

INGREDIENTS

- 1 pound lean ground beef (90% lean)
- 3 garlic cloves, minced
- ¼ cup coconut sugar
- ¼ cup coconut aminos
- 2 teaspoons sesame oil
- ¼ teaspoon ground ginger
- ¼ teaspoon crushed red pepper flakes
- ¼ teaspoon pepper
- 2 cups hot cooked white or brown rice
- sliced green onions and sesame seeds for garnish

INSTRUCTIONS

1. In a large skillet cook the ground beef and garlic breaking it into crumbles over medium heat until no longer pink.
2. In a small bowl whisk coconut sugar, coconut aminos, sesame oil, ginger, red pepper flakes and pepper. Pour over the ground beef and let simmer for another minute or two.
3. Serve over hot rice and garnish with green onions and sesame seeds.



SALMON BAKE

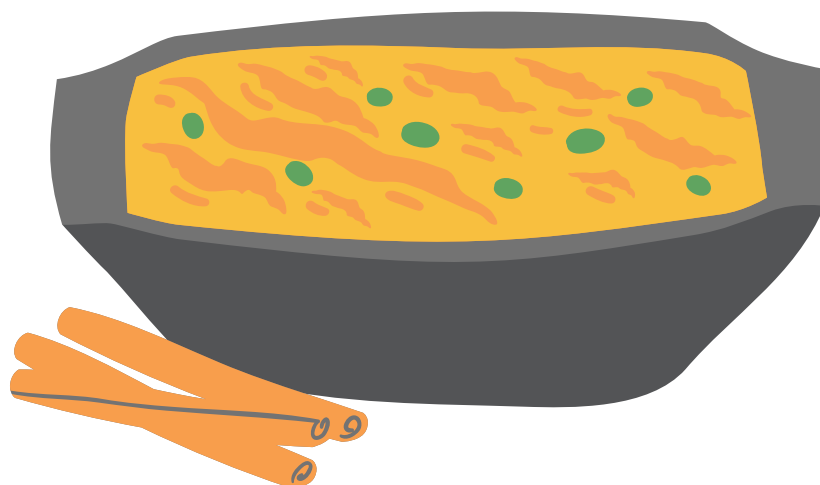
From the kitchen of Rhea Jones

INGREDIENTS

- 1 can salmon, keep liquid
- 1 1/2 cups of rice, uncooked (cook in 3 cups of water)
- 3 cups of vegetables (peas, corn, or mixed)
- 1 cup cheddar cheese, grated
- some cayenne pepper to taste (opt)

INSTRUCTIONS

1. Start rice & vegetables cooking in separate pans.
2. Drain salmon but keep the liquid. Mash the salmon well.
3. In a big bowl, combine cooked rice, cooked vegetables, and salmon and mix well.
4. Add cheddar cheese, mix carefully.
5. Put in casserole dish and pour salmon liquid around on the sides to help keep it from burning.
6. Bake 450 F oven for 12-13 minutes.



ONE POT THAI BASIL CHICKEN

From the kitchen of Cassandra Potts

INGREDIENTS

- 2 lbs chicken breasts or thighs, cut in 1 in cubes
- 4 Tbls coconut oil
- 2 medium onions, sliced
- 3 cloves of garlic, minced
- 3 Tbls. Sriracha
- 1 Tbls. chili garlic sauce
- 2 bell peppers, sliced (red & yellow)
- 3 Tbls. coconut aminos
- 6 tsp. coconut sugar
- 1 cup fresh whole Thai basil leaves

INSTRUCTIONS

1. Heat coconut oil on high heat in a skillet. Saute onions and garlic in Sriracha and chili garlic sauce.
2. Add chicken to skillet. Cook uncovered until chicken is cooked through, about 15 minutes. Covering the skillet will result in a watery sauce.
3. Mix in sliced bell peppers, coconut aminos, and coconut sugar. Reduce heat to medium low. Simmer for about 5 minutes until coconut sugar is completely dissolved.
4. Stir in basil. Toss for about 10 seconds then remove from heat. The basil will get bitter if it cooks for too long. Let cool about 5 minutes. Sauce will thicken a little more, and basil flavor will increase without getting bitter.
5. Serve over brown rice or with brown rice noodles.



PAD THAI

From the kitchen of Rachelle Nelson

INGREDIENTS

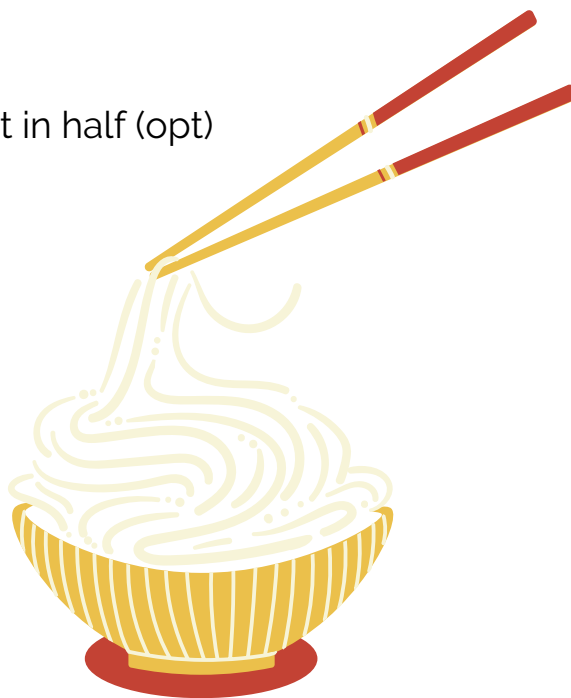
- 1/3 cup chicken stock
- 1 tablespoon coconut aminos
- 1 tablespoon fish sauce
- 3 tablespoons coconut sugar
- 3 tablespoons almond butter
- 1 tablespoon freshly squeezed lime juice
- 1 tablespoon rice wine vinegar (if you don't have this use white vinegar or 2 tablespoons lime juice and omit rice wine vinegar)
- 1 teaspoon to 1 tablespoon Sriracha or thai chili sauce (depending on your spice tolerance...if you know you're not into spicy, go with only 1 teaspoon)
- 1 teaspoon minced or grated fresh ginger (substitute 3-4 drops of Ginger Vitality oil if you don't have fresh ginger...powdered ginger just doesn't cut it.)
- 1 teaspoon minced garlic

FOR THE PAD THAI

- 4 ounces of brown rice noodles, cooked to package directions and rinsed
- 1 teaspoon olive oil
- 1 chicken breast, cubed
- 1 chicken egg (opt)
- 1/2 pound shrimp, peeled, deveined and cut in half (opt)
- 1/2 cup bean sprouts (opt)

FOR THE GARNISH

- Chopped cilantro
- Chopped peanuts
- Lime wedges
- Sriracha



PAD THAI

From the kitchen of Rachelle Nelson

INSTRUCTIONS

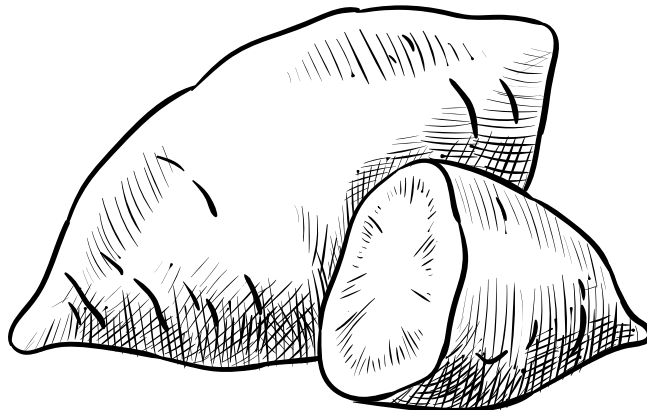
1. Whisk together sauce ingredients and set aside.
2. Cook noodles according to package direction. Rinse and set aside in a colander.
3. Preheat a skillet over medium heat and add oil. Add chicken breast and cook until browned and mostly cooked through.
4. Push the chicken over to one side of the skillet and pour the beaten egg into the skillet in the space you've created and use your cooking spatula to scramble the egg in the skillet.
5. Add the shrimp and keep cooking for about another minute.
6. Add the noodles to the skillet and then pour the sauce over the noodles. You might want to reduce the heat a little at this point to more like medium-low. The mixture will be saucy at first but let it cook for another 3-5 minutes, stirring frequently.
7. The noodles and proteins will soak up the sauce and it will thicken. Stir the bean sprouts in once everything has thickened and remove from heat. Use a pasta server to scoop the noodle mixture from the skillet and into shallow bowls (or onto plates).
8. Top with desired toppings and adjust spice level with Sriracha.

SWEET POTATO LOGS

From the kitchen of Rhea Jones

INGREDIENTS

- 6 large sweet potatoes
- 1/4 cup almond flour
- 1/4 cup parmesan cheese
- 1/8 tsp Cayenne pepper
- 1/3 cup butter



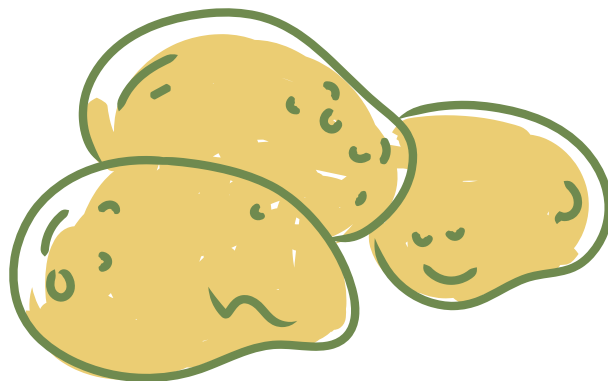
INSTRUCTIONS

1. Cut potatoes into logs.
2. Combine dry ingredients into a Ziplock bag.
3. Moisten potatoes and shake 3-4 at a time in the bag to coat.
4. Melt butter in a 9x13 pan. Place potatoes 1 layer in pan.
5. Bake at 375 F for 1 hour, turn once during cook time.

COTTAGE FRIED POTATOES

INGREDIENTS

- 3 Tbls. butter
- 3 medium potatoes, thinly sliced
- garlic powder, salt, pepper
- 1 small onion, thinly sliced & separated into rings
- parmesan cheese, opt.



INSTRUCTIONS

1. Grease a large baking sheet with olive oil or butter.
2. Layer potatoes and onion in a thin layer.
3. Melt butter and drizzle over potatoes.
4. Sprinkle liberally with garlic powder, salt, & pepper. May also use paprika & parmesan cheese.
5. Bake in 450 F oven about 25 minutes or till browned.

WHITE CHICKEN CHILI

INGREDIENTS

- 1 tablespoon olive oil
- 1 large onion, chopped
- 4 cloves garlic, minced
- 1 medium green bell pepper, chopped
- 2 medium jalapenos, seeded and minced (opt)
- 1 cup fresh or frozen corn kernels
- 2 (15 ounce) cans cannellini or great northern beans, drained, rinsed & divided
- 2 ½ cups chicken broth
- 2 teaspoons ground cumin
- 2 teaspoons smoked paprika
- 1 ½ teaspoons chili powder
- ½ teaspoon dried oregano
- 1 teaspoon fine sea salt
- ½ teaspoon pepper
- 1 ½ pounds boneless skinless chicken breasts OR thighs
- ¾ cup canned light coconut milk, shaken or stirred well
- juice of ½ a lime

OPTIONAL FOR THICKENING

- 1 tablespoon cornstarch
- 2 tablespoons canned light coconut milk, shaken or stirred well

TOPPING IDEAS:

- chopped fresh cilantro
- sliced or diced avocado
- dairy free sour cream
- dairy free shredded cheese
- tortilla chips or strips



WHITE CHICKEN CHILI

INSTRUCTIONS

1. Add the olive oil to a large stockpot or dutch oven set over medium heat. When hot, add in the onion and cook for about 2 to 3 minutes, until softened. Stir in the garlic and cook for 30 seconds, until fragrant. Add in the bell pepper and jalapeno and continue to cook for about 5 minutes, until tender.
2. Stir in the corn kernels, ONE can of the beans, the broth, cumin, paprika, chili powder, oregano, salt and pepper. Bring the mixture to a boil, then add in the uncooked chicken (submerging it in the liquid as best you can).
3. Reduce the heat to medium low then cover the pot and cook for about 15 to 20 minutes, or until the chicken is cooked through and registers 165°F on an instant read thermometer. Remove from the heat, then transfer the chicken to a cutting board. Let rest for about 5 minutes, then shred with two forks.
4. Meanwhile, add the remaining one can of beans to a small bowl and mash with a potato masher or fork. Add to the pot, along with the shredded chicken, coconut milk and lime juice. Turn the heat back on to medium and let cook for 10 minutes longer, to allow the flavors to meld.
5. {If you want to thicken the chili slightly, whisk together the cornstarch and 2 tablespoons coconut milk. Add to the pot and simmer for about 5 minutes - it will thicken the mixture up a bit more. I like to add about halfway through the 10 minutes in step #4.}
6. Taste and adjust the salt / pepper as needed (I usually add a bit more salt), then serve with your desired toppings!

FAMILY FAVORITE BEEF STEW

From the cookbook "Ladled"

INGREDIENTS

- 1 pound of beef stew meat, cut into small pieces
- 1/2 cup arrowroot powder
- 2 tbs butter
- 1 large celery stick, diced small
- 1 large carrot, diced small
- 1 yellow onion, finely chopped
- 3 garlic cloves, minced
- 1 tsp dried thyme
- 1 tsp dried oregano
- 3 cups canned or fresh chopped tomatoes
- 2 cups dry red wine
- 2 cups chicken or beef broth
- 2 bay leaves
- 1 1/2 tsp salt
- 4 carrots, sliced into 1 inch chunks
- 4 potatoes, diced into 1 inch chunks
- 4 celery sticks, diced into 1 inch chunks
- 1 cup corn, fresh or frozen
- 1/4 cup minced parsley, opt.



FAMILY FAVORITE BEEF STEW

INSTRUCTIONS:

1. Rinse the stew meat and pat it dry with paper towels. In a pie pan or other shallow dish, add the arrowroot flour and season it with salt and pepper. Cover stew meat in flour mixture.
2. In a large pot, heat the fat of your choice until hot over medium heat, add the finely diced celery and carrot, plus the onion and garlic. Sprinkle with salt and saute for 5 minutes, stirring to prevent burning. When done, remove the veggies from the pan.
3. Add more fat, if needed, to coat the bottom of the pan. Add the meat & brown on all sides, stirring every minutes or so.
4. Add the rest of the ingredients, minus the corn and cook until the vegetables and meat are fork tender.
5. Add the corn and cook for a few minutes more. Salt and pepper to taste and garnish with the parsley.
6. Serve over brown rice or mashed potatoes.

PERFECT INSTANT POT BROWN RICE

INGREDIENTS

- Brown Rice
- Bone broth or Water

INSTRUCTIONS

- Add this ratio of brown rice to water to your Instant Pot
- 1 cup brown rice to 1 1/4 cup water or bone broth
- I usually cook 3 cups of brown rice for my family of 5.
- Set on manual high pressure for 23 minutes.

For Cilantro Lime Rice

Delicious with Street Tacos & Chipotle Sweet Potato Bowls

- Mix 1/4 cup Lime Juice with 6 drops Cilantro Vitality oil* or 1/2 cup of fresh cilantro.
- Pour into rice after it has been cooked. Add more to taste.

*I only recommend using Young Living Therapeutic Grade Essential Oils in this recipe, since they are pure enough to be ingested, and lower quality oils may be toxic.



MY GOAL IS TO MAKE HEALTHY LIVING EASIER FOR YOU.

I hope this recipe book helps you with your healthy winter meal planning & support your gut health goals!

Eating healthy has been a game-changer for my family along with toxin-free living. They go hand in hand and together you will feel a huge difference!

If you would like help going toxin-free, I have a lot of wonderful resources to make it simple for you! I would love to walk with you on your health journey <3

Let's chat!

xx,
Rachelle Rena

www.rachellerena.com

