

# Renew

THE  
ANTI-AGING  
JUMPSTART



RECIPES

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# DAY 1

## BREAKFAST

### TOAST WITH SCRAMBLED EGGS

#### **Serves 1**

- 1 teaspoon coconut oil
- 2 eggs
- 2 slices toast (recommend Ezekiel brand)
- 1 avocado

Add coconut oil to a sauté pan over medium/low heat. While the oil is melting, crack the 2 eggs into a small bowl and scramble with a fork. Pour the eggs into the hot pan. Use a fork to continue to scramble the eggs until they start to curdle. When the eggs are firm, serve on warm toast topped with sliced avocado.

## LUNCH

### SPINACH SALAD WITH CHERRY TOMATOES

#### **Serves 2**

- 4 cups baby spinach
- 1 cup cherry tomatoes, halved
- 1/3 cup pitted and sliced green olives
- 1/3 cup canned black olives in water, drained
- 1 small red onion, minced
- 1 handful chopped walnuts
- 1/3 cup extra virgin olive oil
- 2 to 3 tablespoons apple cider vinegar
- 1 teaspoon dried oregano
- sea salt and black pepper to taste

Add spinach, tomatoes, green and black olives, onion, and walnuts to a serving bowl. In a separate small bowl, mix olive oil, apple cider vinegar, oregano, sea salt and black pepper. Whisk and pour over your salad if serving immediately.

## DINNER

### SPICED QUINOA WITH BLACK BEANS

#### **Serves 4**

- 1 cup quinoa
- 2 cups water or vegetable broth
- 1 tablespoon coconut oil
- 1 small onion, chopped
- 1 small green pepper, chopped
- 2 garlic cloves, chopped
- 1 15-ounce can black beans, drained and rinsed
- 1 teaspoon cumin powder
- sea salt and black pepper to taste
- 1 handful chopped cilantro

Add quinoa and liquid to a medium sauce pan. Cover and cook for 20 minutes.

While the quinoa is cooking, add coconut oil to a medium sized sauté pan. When the oil is melted, add onion, green pepper, and garlic. Sauté for about 3 minutes until it starts to brown. Next, add black beans, cumin, sea salt, and black pepper. Stir for about 3 to 5 minutes until warm. Serve the black beans over quinoa. Top with chopped cilantro.

# DAY 2

## BREAKFAST

### BLUEBERRY BANANA SMOOTHIE

**Serves 1**

- 1 cup of blueberries
- 1 ripe banana
- 4 kale leaves
- 1 ½ cups nondairy milk
- 1 scoop of vanilla protein powder

Add the ingredients to a high-speed blender. Blend until smooth.

## LUNCH

### ROASTED BROCCOLI WITH TOMATOES AND BLACK BEANS

**Serves 4**

- 1 bunch broccoli, chopped
- 2 cups cherry tomatoes
- 1 tablespoon coconut oil
- 1 teaspoon garlic powder
- sea salt and black pepper to taste
- 1 15-ounce can black beans, drained and rinsed
- 1 lemon, juiced

Preheat your oven to 400 degrees F.

Add broccoli and cherry tomatoes to a large mixing bowl. Coat with coconut oil. Season with garlic powder, sea salt, and black pepper. Roast for 15 to 20 minutes until golden brown.

While the broccoli and tomatoes are roasting, warm up the black beans in a medium sized sauce pan. Season with sea salt and black pepper. Add about  $\frac{1}{4}$  cup water to the black beans to keep them from drying out. Serve the beans on top of the broccoli and tomatoes. Top with a squeeze of lemon juice.

## DINNER

### LENTIL BOWL WITH ROASTED BEETS

#### **Serves 2**

- 2 large beets, peeled and quartered
- 1 tablespoon coconut oil
- 1 small onion, chopped
- 1 small carrot, chopped
- 1 garlic clove, chopped
- 1 celery stalk, chopped
- 1 cup lentils
- 2 cups water or vegetable broth
- 2 cups arugula
- 2 heaping tablespoons tahini
- 1 lemon, juiced
- 1 garlic clove, chopped
- sea salt and black pepper to taste

Preheat the oven to 400 degrees F.

Add beets to a roasting pan and bake for about 30 to 45 minutes (the thicker the beet, the longer the cooking time).

Next, add coconut oil to a medium sauce pan over medium heat. When the oil is melted, add onion, carrot, garlic, and celery. Sauté for about 5 minutes until it starts to brown. Next, add lentils and liquid of choice. Cover and cook for about 20 minutes until the lentils are tender.

Serve the lentils in a small serving bowl topped with roasted beets and arugula. In a separate bowl, mix the dressing by adding tahini, lemon juice, garlic, sea salt, and black pepper. Mix well and pour over the lentil bowl.



# DAY 3

## BREAKFAST

### BERRY SMOOTHIE

#### Serves 1

1 ½ cups nondairy milk  
½ avocado  
1 cup spinach  
½ cup blueberries  
½ banana  
dash of cinnamon

Add all the ingredients to a high-speed blender. Blend until smooth.

## LUNCH

### VEGGIE COLLARD WRAP WITH GINGER DRESSING

#### Serves 2

1/3 cup extra virgin olive oil  
1 lemon, juiced  
1/3 cup apple cider vinegar  
1 large carrot, chopped  
1-inch piece of ginger  
1 tablespoon honey  
1 teaspoon toasted sesame seed oil  
sea salt and black pepper to taste  
4 collard green leaves  
1 cup chopped purple cabbage  
1 small red onion, thinly sliced  
1 large cucumber, chopped  
1 cup cherry tomatoes, halved

Start making the dressing by adding the olive oil, lemon juice, apple cider vinegar, carrot, ginger, honey, sesame seed oil, sea salt and black pepper to a high-speed blender. Blend until smooth and set to the side.

Lay the collard green leaves onto a flat surface. Fill with purple cabbage, onion, cucumber, and cherry tomatoes. Top with the dressing and roll like a burrito.

## DINNER

### CHICKPEA SALAD

#### **Serves 2**

- 2 cups spinach
- 2 cups thinly sliced purple cabbage
- 1/2 bunch flat leaf parsley, chopped
- 1/2 cup shredded carrots
- 1 large cucumber, chopped
- 1 15-ounce can chickpeas, drained and rinsed
- 1 handful fresh mint leaves
- 2 heaping tablespoons tahini
- 1 lemon, juiced
- 1 garlic clove, chopped
- sea salt and black pepper to taste

Add spinach, cabbage, parsley, carrots, cucumber, and chickpeas to a large salad bowl. In a separate bowl, mix tahini, lemon juice, garlic, sea salt, and black pepper until smooth. Pour the dressing over the salad and serve.

# DAY 4

## BREAKFAST

### GRAIN-FREE NUT AND SEED CEREAL

#### **Serves 1**

- 1 apple
- 1/4 cup of coconut chips
- 1 handful chopped walnuts
- 1 handful chopped sunflower seeds
- 1 handful raisins
- 1 teaspoon cinnamon
- 1 cup nondairy milk
- 1 tablespoon honey

Chop the apple into bite-sized pieces. Next, add the apple to a cereal bowl. Top with coconut chips, walnuts, sunflower seeds, raisins, cinnamon, nondairy milk and honey. Stir well and serve immediately.

## LUNCH

### MASSAGED KALE SALAD WITH ALMONDS

#### **Serves 2**

- 1 bunch kale, chopped
- 2 tablespoons extra virgin olive oil
- 1 avocado
- 1 lemon, juiced
- 1 scallion, chopped
- sea salt and black pepper
- 1 teaspoon Italian seasoning
- 1 handful chopped almonds

Add the chopped kale, olive oil, avocado, lemon juice, scallion, sea salt, black pepper, and Italian seasoning to a large mixing bowl. Use your bare hands to massage the ingredients together until the kale is wilted and tender. All the ingredients should be evenly distributed and the kale should be darker in color. Top with chopped almonds and serve.

## DINNER

### COCONUT CURRY SOUP

#### **Serve 4**

- 1 tablespoon of coconut oil
- 2 celery stalks, chopped
- 1 large onion, chopped
- 1 leek, chopped
- 2 garlic cloves
- 1 medium to large head of purple cabbage, chopped
- 2 cups chopped sweet potato
- 1 cup uncooked quinoa
- 1 15-ounce can organic coconut milk
- 6 cups vegetable broth
- 1 tablespoon curry powder
- 1 teaspoon thyme

Add coconut oil to a large soup pot over medium heat. Add chopped celery, onion, leek, and garlic. Sauté for about 5 minutes until it starts to brown. Next, add cabbage, sweet potato, quinoa, coconut milk, vegetable broth, curry powder and thyme. Mix well and cover. Continue to cook for about 20 minutes until the quinoa is fully cooked and the vegetables are tender.

# DAY 5

## BREAKFAST

### APPLE CHIA PUDDING

#### **Serves 1**

- 1/3 cup chia seeds
- 1 cup nondairy milk
- 1 tablespoon honey
- 1 apple, chopped
- 1 teaspoon cinnamon

Mix the chia seeds, milk, and honey in a small serving bowl. Set to the side for about 5 minutes until the seeds have absorbed the milk. Next, mix well and top with apple and cinnamon.

## LUNCH

### PESTO NOODLE SALAD

#### **Serves 2**

- 2 cups cooked pasta (spelt, brown rice, or raw zucchini noodles)
- 1 cup fresh chopped basil
- 1 cup chopped parsley
- 1 cup chopped cilantro
- 1 cup sunflower seeds
- ½ cup extra virgin olive oil
- sea salt and black pepper to taste
- 4 cups mixed greens
- 1 red bell pepper, chopped

Cook your pasta according to package instructions. If you are using zucchini noodles, simply use your vegetable spiralizer to make noodles. If you don't have a spiralizer, use a vegetable peeler to make long, thick noodles.

Next, add basil, parsley, cilantro, sunflower seeds, olive oil, sea salt, and black pepper to a food processor or high-speed blender. Blend until smooth. Mix with your noodles. Serve over mixed greens, topped with chopped bell pepper.

## DINNER

### PINEAPPLE GINGER FRIED RICE

#### **Serves 2**

3 tablespoons coconut oil  
1 bell pepper, chopped  
1 onion, chopped  
1 garlic clove, chopped  
1-inch piece of ginger, grated  
2 eggs, beaten  
3 cups cooked brown rice  
1 cup green peas  
1/2 cup chopped pineapple, drained  
2 scallions, chopped  
1/2 bunch cilantro, chopped

Add coconut oil to a sauté pan over medium heat. When the oil is melted, add bell pepper, onion, garlic and ginger. Sauté for about 5 minutes until it starts to brown. Next, add beaten eggs. Scramble for about 5 minutes until firm. Next add cooked brown rice and green peas. Stir fry for another 5 minutes until warm.

# DAY 6

## BREAKFAST

### SPINACH SCRAMBLE WITH AVOCADOS

#### Serves 1

- 1 tablespoon coconut oil
- 1 small onion, chopped
- 2 cups baby spinach
- 2 eggs, beaten
- 1 slice toast (Ezekiel brand recommended)
- 1 avocado, sliced

Add coconut oil to a large sauté pan. When the oil is melted, add onion. Sauté for about 5 minutes until the onions start to brown. Next, add spinach. Sauté until it starts to wilt. Finally, add the beaten eggs. Scramble until firm. Serve over toast with sliced avocado.

## LUNCH

### SAUTÉED BOK CHOY WITH CHICKPEAS

#### Serves 2

- 1 tablespoon coconut oil
- 1-inch piece of ginger, grated
- 2 cups chopped bok choy
- sea salt and black pepper to taste
- 1 15-ounce can chickpeas, drained and rinsed
- 2 cups cooked brown rice
- 1 tablespoon sesame seeds

Add coconut oil to a sauté pan over medium heat. When the oil is melted, add ginger and chopped bok choy. Season with sea salt and black pepper. Sauté for about 5 minutes until tender. Add chickpeas. Serve over warm brown rice. Top with sesame seeds.

## DINNER

### RED LENTIL SOUP

#### **Serves 4**

- 1 tablespoon coconut oil
- 1 large carrot, chopped
- 2 celery stalks, chopped
- 1 onion, chopped
- 1 garlic clove, chopped
- 1 cup red lentils
- 4 cups water or vegetable broth
- 1 lemon, juiced
- 1 bunch parsley, chopped

Add coconut oil to a medium sauce pan. When the oil is melted, add carrot, celery, onion, and garlic. Sauté for about 5 minutes until the vegetables start to brown. Next, add red lentils and liquid. Mix well and cover. Simmer for about 20 minutes until the lentils start to fall apart. Add in lemon juice and parsley and serve.



# DAY 7

## BREAKFAST

### GREEN SMOOTHIE

#### **Serves 1**

- 2 kiwis, peeled and chopped
- 1 cup mango, chopped
- 1 cup spinach
- 1 handful parsley
- 1 ½ cups nondairy milk

Add to a high-speed blender. Blend until smooth.

## LUNCH

### SWEET BASIL SALAD

#### **Serves 2**

- 4 cups mixed greens
- 2 celery stalks, chopped
- 1 small cucumber, chopped
- 1 cup chopped purple cabbage
- 2 apples, chopped
- 1 handful sunflower seeds
- 1 lemon, juiced
- 1 large garlic clove, minced
- 1 teaspoon dried basil
- 1/4 cup extra virgin olive oil
- sea salt and black pepper to taste

Add mixed greens, celery, cabbage, apples, and sunflower seeds to a large serving bowl. In a separate bowl, add the lemon juice, garlic, basil, olive oil, sea salt and black pepper. Mix well with a fork. Pour over your salad and serve.

## DINNER

### ROASTED VEGGIE BOWL

#### **Serves 2**

- 1 head broccoli, chopped
- 1 head cauliflower, chopped
- 1 onion, chopped
- 2 tablespoons coconut oil
- 1 teaspoon turmeric
- sea salt and black pepper to taste
- 2 cups cooked brown rice

Preheat the oven to 400 degrees F.

Add broccoli, cauliflower, and onion to a large mixing bowl. Coat with coconut oil and season with turmeric, sea salt and black pepper. Place on a baking sheet and bake for about 20 to 25 minutes until tender and brown along the edges. Serve over brown rice.

# DESSERT

## CHOCOLATE AVOCADO PUDDING

### **Serves 2**

- 2 avocados
- 1 cup nondairy milk
- 3 tablespoons raw cacao powder
- 2 tablespoons honey
- 1 teaspoon vanilla extract

Using a food processor or high-speed blender, combine all ingredients until smooth. Place in the refrigerator for about 15 minutes before serving.