



WEIGHT-GAIN PLAN

WWW.DENATURAWELLNESS.COM

(305) 814 - 9818

INFO@DENATURAWELLNESS.COM

WWW.DENATURAWELLNESS.COM
PHOTO CREDIT: ADOBE

©KARA BURNSTINE, R.D.

WELCOME



We are excited to work with you! Let's find new and creative strategies to get you gaining weight while maintaining health.

As part of our DeNatura® Wellness Team, our Registered Dietitian, Kara, has designed this segment of the program. She is a Registered Dietitian and Certified Diabetes Educator with a Master's and Bachelor's degree in Dietetics and Nutrition and over 20 years of experience.

Like you, our team is made up of busy professionals, parents, daughters, sons, sisters, brothers and friends so our goal is to help you juggle your many responsibilities and create new lifelong habits. You will learn tips and tricks to eat and cook clean and healthy in 30 minutes or less! You will also learn what may be triggering you to make certain decisions you wish you had not. Let us take this journey together and come back with clarity, focus, increased energy, glowing skin and an overall "feel good" feeling. Before we get this party started, ask yourselves these magical questions:

1. How does my challenge (List here) _____ make me feel?
2. What does this challenge really cost me? _____
3. How does this challenge SPILL-OVER to other areas of my life?
4. What will I be able to do/be/have when I overcome this challenge?

Let these questions help guide you in forming your intentions for this program and beyond.

OK, NOW let's get this party started!

The DeNatura® Wellness Team

The text presented on these pages is for your information only. It is not a substitute for professional medical advice. Do not use this information to diagnose or treat a health problem or disease without consulting a qualified health care provider. Please consult your health care provider if you have any questions or concerns. No part of the contents of this eBook may be reproduced or transmitted in any form or by any means, without the written permission of the publisher. View our complete Terms of Use, Disclaimers and Privacy Policy.

PROGRAM "DEETS"

The main goal of this program is to be flexible with our food intake and keep a clean and balanced approach to eating, focusing on whole foods and snacks that satiate us without triggering inflammation, GI distress, fatigue, headaches, acne, etc.

This program is ideal after doing a detox and clean eating program, as a way to maintain our GI balance.

We slowly reintroduce foods back into your diet and monitor any reactions that occur.

Here are some guidelines to follow as you begin your clean eating program: Here are some guidelines to follow as you begin your clean eating program:

1. Upon waking, have some hot water with lemon to get the digestion flowing. Eat breakfast within one hour of waking, and then eat every 3-4 hours thereafter. Stop eating 2 hours before bedtime.
2. Use the meal plans provided or plan your own, but **planning is the key word here**. Remember, what you plan, you can achieve.
3. Do not let yourself get too hungry; if your tummy is talking, please listen to it!
4. Even if weight-gain is your goal, keep it clean.
6. If you are vegan/vegetarian follow the same guidelines, but don't limit beans for protein. Substitute plant-based protein sources for meat in the recipes, as needed. Use protein powder in smoothies, if desired. Plant-based proteins include: tempeh, beans, lentils, quinoa, oatmeal, and nut butters.

GRAB N' GO "IN A PINCH"

SNACKS

BIENA CHICK PEA SNACKS
CORE BAR
GOOD FOODS AVOCADO MASH
LARA BAR
LESSER EVIL POPCORN
OHI BAR

RX BARS
SEASIDE FARMS ROASTED EDAMAME SNACKS
SIETE GRAIN FREE CHIPS/TACO SHELLS
SKINNY POP POPCORN
TRADER JOE DATE BARS
TRADER JOE FREEZE DRIED UNSWEETENED FRUIT SNACKS

NUT BUTTERS

FRESH-GROUND BUTTERS (GROCERY BRAND)
JUSTIN'S NUTBUTTER (*CAREFUL HAS SUGAR*)
RX NUTBUTTER
SUNFLOWER SEED BUTTER

SAUCES / MARINADES

PRIMAL KITCHEN DRESSING/MARINADES
RAOS MARINARA SAUCE
TESSAMAE MARINADES/DRESSING
(AMAZON OR WHOLE FOODS)
TRADER JOE'S CARROT GINGER
DRESSING TRADER JOE'S GREEN
GODDESS DRESSING

MISC

APPLEGATE FARMS
BOBS REDMILL
GARDEN OF LIFE RAW ORGANIC PROTEIN
JUST BEETS
PRIMAL KITCHEN CONDIMENTS
TRUVANI PROTEIN BLEND

PASTA - ALTERNATIVES

BANZA PASTA
BIRDS EYE FROZEN BEAN PASTAS
EXPLORE CUISINE GREEN LENTIL LASAGNA (AMAZON)
GREEN GIANT FROZEN BEAN PASTAS
VEGGIE SPIRALS
THRIVE BRAND CHICKPEA PASTA (THRIVE)
TOLERANT PASTA
MIRACLE NOODLE SPAGHETTI PASTA / RICE

NON DAIRY SUBSTITUTE

CALIFA FARMS UNSWEETENED ALMOND MILK
DAILY HARVEST SMOOTHIES AND BOWLS
KITE HILL ALMOND YOGURT - UNSWEETENED
MIYOKOS CREAMERY
NUTPODS

SILK ALMOND/COCONUT MILK
SIMPLY ALMOND MILK
SO DELICIOUS UNSWEETENED COCONUT YOGURT
VITA COCOA UNSWEETENED COCONUT MILK

GRAINS

BIRDS EYE FROZEN BEAN PASTAS
CRUNCHMASTER CRACKERS
DR. PRAEGERS VEGGIE BURGER EXPLORE
CUISINE GREEN LENTIL LASAGNA
(AMAZON)
LUNDBERG BROWN RICE CAKES GREEN
GIANT FROZEN BEAN PASTAS HU
CRACKERS

MUSH OVERNIGHT OATS
PROGRANOLA (AMAZON)
RED MILLS OATS/MUESLI
RX OVERNIGHT OATS
SEEDS OF CHANGE QUINOA AND BROWN RICE
THRIVE BRAND CHICKPEA PASTA
TOLERANT PASTA

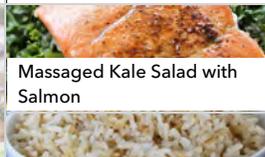
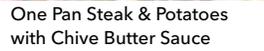
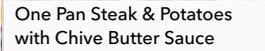
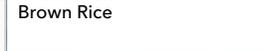
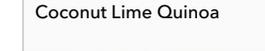




<https://www.denaturawellness.com>

©Kara Burnstine

Weight Gain Plan

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Strawberry Tahini Smoothie	 Strawberry Tahini Smoothie	 Bacon, Avocado & Cheddar Egg Wrap	 Bacon, Avocado & Cheddar Egg Wrap	 Classic Breakfast Sandwich	 Classic Breakfast Sandwich	 Banana Nut Pancakes
Snack 1	 Almond, Chia & Banana Toast	 Herbed Chickpeas with Avocado	 Almond, Chia & Banana Toast	 Herbed Chickpeas with Avocado	 Blueberry Ice Cream Floats	 Blueberry Ice Cream Floats	 Toast with Peanut Butter & Applesauce
Lunch	 BLT Salad Bowls	 BLT Salad Bowls	 BLT Caprese Bowl	 Massaged Kale Salad with Salmon	 Maple Glazed Chicken Wings	 Shrimp Asparagus Pesto Pasta	 BLT Caprese Bowl
Snack 2	 Turkey Wraps with Almonds, Cucumbers & Blueberries	 Turkey Wraps with Almonds, Cucumbers & Blueberries	 Turkey Wraps with Almonds, Cucumbers & Blueberries	 Perfect Bar	 Perfect Bar	 Perfect Bar	 Perfect Bar
Dinner	 One Pan Steak & Potatoes with Chive Butter Sauce	 One Pan Steak & Potatoes with Chive Butter Sauce	 Massaged Kale Salad with Salmon	 Maple Glazed Chicken Wings	 Shrimp Asparagus Pesto Pasta	 Honey Garlic Chicken Thighs	 Honey Garlic Chicken Thighs
	 Brown Rice	 Brown Rice	 Brown Rice	 Sweet Potato Fries	 Shrimp Asparagus Pesto Pasta	 Coconut Lime Quinoa	 Coconut Lime Quinoa



deNatura
WELLNESS

<https://www.denaturawellness.com>

©Kara Burnstine

Fruits

- 3/4 Apple
- 3 Avocado
- 5 Banana
- 2 1/2 cups Blueberries
- 4 Lemon
- 1 Lime

Breakfast

- 2 tbsps All Natural Peanut Butter
- 1/4 cup Almond Butter
- 1 cup Maple Syrup

Seeds, Nuts & Spices

- 3/4 cup Almonds
- 1 tsp Black Pepper
- 2 tbsps Chia Seeds
- 2 tbsps Chili Powder
- 1/2 tsp Cinnamon
- 2/3 cup Hemp Seeds
- 2 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 cup Walnuts

Frozen

- 2 cups Frozen Strawberries
- 2 cups Organic Coconut Ice Cream

Vegetables

- 4 cups Arugula
- 12 cups Asparagus
- 4 cups Baby Spinach
- 5 cups Cherry Tomatoes
- 2 tbsps Chives
- 1 1/2 Cucumber
- 6 Garlic
- 4 stalks Green Onion
- 12 cups Kale Leaves
- 4 cups Mini Potatoes
- 1/2 cup Mint Leaves
- 4 cups Mixed Greens
- 2 Red Bell Pepper
- 12 leaves Romaine
- 2 Sweet Potato

Boxed & Canned

- 1 cup Brown Rice
- 8 ozs Chickpea Pasta
- 4 cups Chickpeas
- 2 cups Organic Coconut Milk
- 3 1/3 cups Quinoa

Baking

- 2 cups Almond Flour
- 1 tbsps Baking Powder
- 1/4 cup Raw Honey
- 2 1/2 tbsps Tapioca Flour
- 2 tbsps Unsweetened Applesauce

Bread, Fish, Meat & Cheese

- 5 ozs Cheddar Cheese
- 2 lbs Chicken Thighs
- 2 lbs Chicken Wings
- 4 ozs English Muffin
- 4 slices Gluten Free Bread
- 3 ozs Havarti Cheese
- 26 slices Organic Bacon
- 1 cup Ricotta Cheese
- 1 lb Salmon Fillet
- 1 1/2 lbs Shrimp
- 10 1/2 ozs Sliced Turkey Breast
- 1 lb Top Sirloin Steak
- 2 slices Whole Grain Bread

Condiments & Oils

- 2 1/3 tbsps Avocado Oil
- 1/4 cup Balsamic Vinegar
- 1/4 cup Coconut Oil
- 1 1/2 cups Extra Virgin Olive Oil
- 1/4 cup Pesto
- 2 tpsps Tahini
- 1/4 cup Tamari

Cold

- 1/4 cup Butter
- 11 Egg
- 3 cups Oat Milk
- 4 bars Perfect Bar
- 1/2 cup Unsweetened Almond Milk

Other

- 2/3 oz Collagen Powder
- 3 cups Sparkling Water
- 6 1/3 cups Water



<https://www.denaturawellness.com>



Strawberry Tahini Smoothie

1 serving

5 minutes

Ingredients

- 1 1/2 cups Oat Milk
- 1 cup Frozen Strawberries
- 1/2 Banana (frozen)
- 1/3 oz Collagen Powder
- 3 tbsps Hemp Seeds
- 4 leaves Romaine (washed, torn)
- 1 tsp Tahini

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Collagen Powder: Omit or use protein powder instead.

Make it Vegan: Omit the collagen powder.

No Oat Milk: Use another dairy-free milk instead.



<https://www.denaturawellness.com>

©Kara Burnstine



Bacon, Avocado & Cheddar Egg Wrap

4 servings

25 minutes

Ingredients

8 slices Organic Bacon
4 Egg
1/4 tsp Sea Salt
1 tsp Avocado Oil (divided)
2 ozs Cheddar Cheese (shredded)
4 leaves Romaine (large, whole)
1/2 Avocado (sliced)

Directions

- 1 Heat a skillet over medium heat. Add the bacon and cook for 5 to 7 minutes each side or until it is cooked through and crispy. Remove and set aside.
- 2 Meanwhile, in a mixing bowl, whisk the eggs and salt together until well combined.
- 3 Heat a small non-stick pan over medium heat. Add enough oil to the pan to evenly coat it.
- 4 Add a 1/4 cup of the egg to the oiled pan and tilt the pan in a circular motion to distribute the egg evenly. Cook for 60 to 90 seconds or until just set and the egg releases easily from the pan. Flip the egg and sprinkle 1/4 of the shredded cheese onto the top side of the egg and continue cooking for 60 to 90 seconds until the cheese begins to melt. Remove and repeat with remaining egg and cheese.
- 5 To serve, layer the lettuce, avocado and cooked bacon on top of the melted cheese and roll or fold altogether. Enjoy!

Notes

Leftovers: Refrigerate the egg wraps in an airtight container for up to three days or freeze for up to one month. Assemble wraps just before serving.

Pan Size: This recipe was tested in a 8-inch non-stick pan.

Dairy-Free: Omit the cheese.

More Flavor: Add garlic powder or dried herbs to the eggs.

No Cheddar Cheese: Use another semi-hard cheese instead, like gouda or havarti.

No Romaine: Use leaf lettuce, spring mix or baby spinach instead.

Make it Meat-Free: Use tomato slices instead of bacon.



Classic Breakfast Sandwich

1 serving
15 minutes

Ingredients

- 1 slice Organic Bacon
- 1 Egg
- 1 1/2 ozs Cheddar Cheese (sliced)
- 2 ozs English Muffin (halved, toasted)

Directions

- 1 Warm a medium-sized skillet over medium heat and add the bacon slices. Cook for five minutes per side, or until the bacon is cooked through. Remove from the pan and set aside, leaving some of the bacon grease.
- 2 In the same skillet, cook the egg until the white is set and yolk is done to your liking.
- 3 Layer the egg, bacon and cheese between the english muffin slices and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Meal Prep: Increase serving size, package individually and store in the freezer. Reheat in a microwave or toaster oven.

Gluten-Free: Use a brown rice tortilla, rice cake, lettuce wrap, or gluten-free bread instead of english muffin.

Dairy-Free: Omit the cheese.

Additional Toppings: Avocado, tomato and/or lettuce.

English Muffin: One English muffin is roughly 2-ounces or 57-grams.



<https://www.denaturawellness.com>

©Kara Burnstine



Banana Nut Pancakes

4 servings

30 minutes

Ingredients

- 2 Banana (divided)
- 1/2 cup Unsweetened Almond Milk
- 2 cups Almond Flour
- 3 Egg
- 1 tbsp Baking Powder
- 1 tbsp Tapioca Flour
- 1 tbsp Coconut Oil
- 1/2 cup Walnuts (chopped)
- 1/3 cup Maple Syrup

Directions

- 1 In a mixing bowl, mash half of the bananas with a fork. Add almond milk, almond flour, eggs, baking powder and tapioca flour. Mix until thoroughly combined.
- 2 Heat coconut oil in a skillet over low-medium heat. Once hot, pour pancakes in the skillet, about 3 to 4-inches wide. Cook for about 3 to 4 minutes per side (or until middle begins to bubble).
- 3 Transfer to plates and top with the remaining banana (sliced), walnuts and maple syrup. Enjoy!

Notes

No Almond Flour: Use all purpose gluten-free flour instead.

No Tapioca Flour: Use arrowroot powder instead.

Storage: Refrigerate in an airtight container up to 3 to 5 days.



<https://www.denaturawellness.com>

©Kara Burnstine



Almond, Chia & Banana Toast

1 serving

5 minutes

Ingredients

2 tbsps Almond Butter
2 slices Gluten-Free Bread (toasted)
1 tbsp Chia Seeds
1/4 tsp Cinnamon
1 Banana (sliced)

Directions

1

Spread the almond butter on top of the toast and top with the chia seeds, cinnamon and banana slices. Enjoy!

Notes

Nut-Free: Use sunflower seed butter instead.

No Chia Seeds: Use hemp seeds instead.

No Almond Butter: Use another nut butter instead.



<https://www.denaturawellness.com>

©Kara Burnstine



Herbed Chickpeas with Avocado

2 servings

15 minutes

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 2 cups Chickpeas (cooked, patted dry)
- 1/2 tsp Sea Salt
- 2 cups Baby Spinach (chopped)
- 1/4 cup Mint Leaves (stems removed, chopped)
- 1 Avocado (pitted, sliced)

Directions

- 1 Heat the olive oil in a large pan over medium heat. Add the chickpeas and salt, stirring occasionally until heated through, about 8 to 10 minutes.
- 2 Stir in the chopped spinach and cook for one minute or until wilted. Add the mint and stir to combine.
- 3 Divide chickpeas and avocado onto plates and enjoy!

Notes

Leftovers: Avocado is best enjoyed the day of. Refrigerate the chickpea mixture in an airtight container up to five days. Leftovers can be enjoyed over yogurt or toast, stirred into a soup, or added to a salad.

Serving Size: One serving is equal to approximately one cup of chickpeas and half an avocado.

More Flavor: Add lemon juice or dried spices like garlic powder, onion powder or chili powder.

Additional Toppings: Feta cheese, cherry tomatoes, onion, basil, parsley or cilantro.



<https://www.denaturawellness.com>

©Kara Burnstine



Blueberry Ice Cream Floats

1 serving
15 minutes

Ingredients

1/2 cup Blueberries (fresh or frozen)
2 tbsps Water
2 tbsps Maple Syrup
1 cup Organic Coconut Ice Cream
1 1/2 cups Sparkling Water

Directions

- 1 In a small pot, simmer the blueberries, water and syrup for about 5 minutes. Remove from heat.
- 2 Once cooled, divide the blueberry syrup and ice cream into bowls or glasses. Top with sparkling water, and garnish with extra blueberries (optional). Enjoy immediately!

Notes

No Blueberries: Use kombucha instead.

Prep Ahead: Prepare the blueberry syrup ahead of time and refrigerate in an airtight container for up to 3 days.



<https://www.denaturawellness.com>

©Kara Burnstine



Toast with Peanut Butter & Applesauce

1 serving

5 minutes

Ingredients

2 slices Whole Grain Bread
2 tbsps All Natural Peanut Butter
2 tbsps Unsweetened Applesauce

Directions

1

Toast the bread slices. Spread on the peanut butter and then the applesauce.
Enjoy!

Notes

No Applesauce: Use jam instead.

Additional Topping Ideas: Banana slices, honey, cinnamon, chia seeds, hemp seeds, apple slices or fresh berries.



<https://www.denaturawellness.com>

©Kara Burnstine



BLT Salad Bowls

2 servings

15 minutes

Ingredients

2 Egg
4 slices Organic Bacon
4 cups Arugula
1 cup Cherry Tomatoes (halved)
1/2 Avocado (sliced)
2 tbsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

Directions

- 1 Hard boil your eggs by placing them in a small pot and fill with enough cold water to cover them by 1-inch. Bring to a boil over medium-high heat. Once boiling, cover the pot and remove it from the heat. Let stand for 12 minutes then drain. Place eggs in a bowl of ice-cold water for 10 minutes.
- 2 While the eggs are cooling, cook your bacon in a pan over medium heat until crispy. Remove from pan and pat excess oil away with paper towel. Once cool, chop it up.
- 3 To assemble the salads: divide arugula between bowls and top with cherry tomatoes, avocado, chopped bacon and hard-boiled egg. Drizzle with olive oil and season with salt and pepper, to taste. Enjoy!

Notes

Leftovers: These salads make great meal prep and last for 3 to 4 days in the fridge. Add the avocado and olive oil before serving.

Vegan: Use smokey tempeh slices instead of bacon and omit the egg.

More Carbs: Serve with toast or quinoa.



<https://www.denaturawellness.com>

©Kara Burnstine



BLT Caprese Bowl

2 servings

30 minutes

Ingredients

- 2/3 cup Quinoa (dry, uncooked)
- 1 1/3 cups Water
- 1/2 tsp Sea Salt
- 2 tbsps Balsamic Vinegar (divided)
- 6 slices Organic Bacon
- 2 cups Mixed Greens
- 2 cups Cherry Tomatoes (halved)
- 1/2 cup Ricotta Cheese

Directions

- 1 Combine the quinoa and water together in a pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover. Let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid, fluff with a fork and stir in salt and half the balsamic vinegar. Set aside.
- 2 Meanwhile, cook the bacon in a large pan over medium-low heat until done. Transfer to a towel-lined plate and chop into pieces once cool enough to handle.
- 3 Divide the balsamic quinoa, bacon, greens, tomatoes and ricotta into bowls. Drizzle with remaining balsamic vinegar as desired. Enjoy immediately or refrigerate until ready to eat.

Notes

No Ricotta Cheese: Use greek yogurt, cottage cheese, burrata or feta cheese instead.

Storage: Refrigerate in an airtight container up to 3 to 5 days.



<https://www.denaturawellness.com>

©Kara Burnstine



Turkey Wraps with Almonds, Cucumbers & Blueberries

1 serving
10 minutes

Ingredients

1/4 Apple (cored, sliced)
1 oz Havarti Cheese (sliced)
3 1/2 ozs Sliced Turkey Breast
1/2 cup Blueberries
1/4 cup Almonds
1/2 Cucumber (large, sliced)

Directions

1

Layer the apple and havarti on top of the sliced turkey. Roll into wraps and serve with the blueberries, almonds and cucumber. Enjoy!

Notes

No Turkey Breast: Use ham, prosciutto, salami, collard greens or lettuce instead.

Dairy-Free: Use avocado instead of havarti.

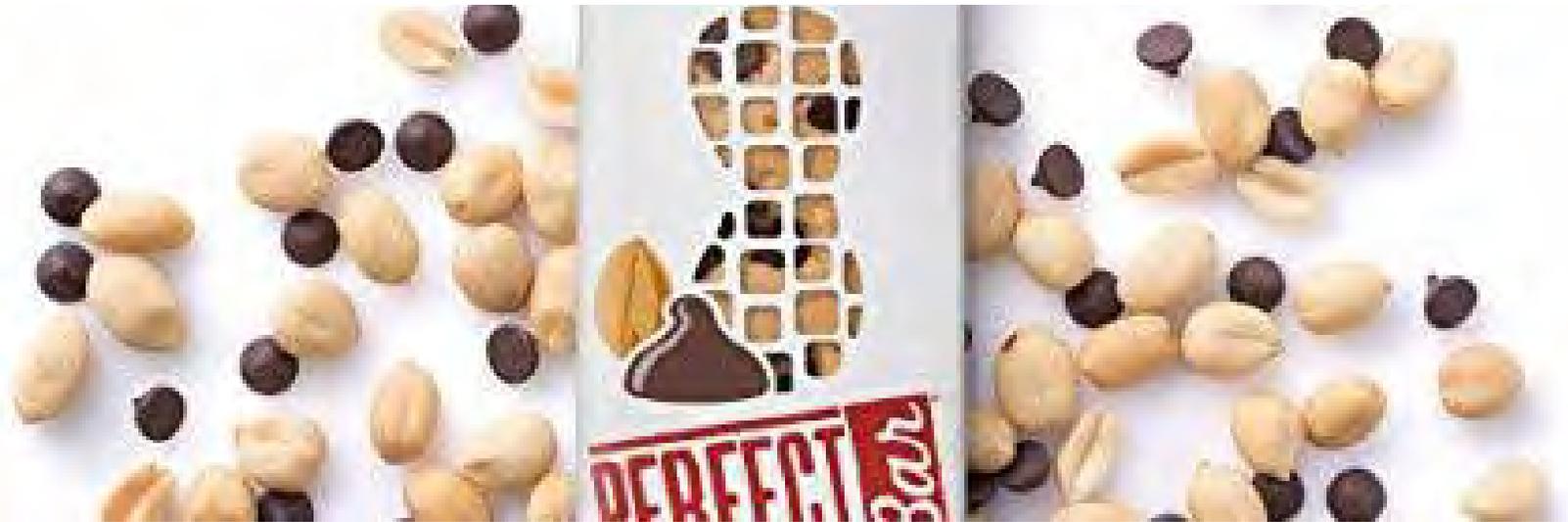
Nut-Free: Use pumpkin seeds or sunflower seeds instead.

Leftovers: Refrigerate in an airtight container for up to three days.



<https://www.denaturawellness.com>

©Kara Burnstine



Perfect Bar

1 serving

1 minute

Ingredients

1 bar Perfect Bar

Directions

1

unwrap and enjoy; best from the refrigerator but you can eat it at room temperature



<https://www.denaturawellness.com>

©Kara Burnstine



One Pan Steak & Potatoes with Chive Butter Sauce

4 servings

30 minutes

Ingredients

- 4 cups Mini Potatoes (halved)
- 2 Red Bell Pepper (chopped)
- 1 lb Top Sirloin Steak (cut into 1-inch cubes)
- 2 tbsps Avocado Oil
- 1 tsp Sea Salt
- 1/4 cup Butter (melted)
- 2 tbsps Chives (finely chopped)

Directions

- 1 Preheat oven to 400°F (204°C). Line a baking sheet with aluminum foil.
- 2 In a large bowl, mix together the potatoes, peppers, steak and avocado oil. Transfer to the baking sheet in a single layer and season with salt. Bake for 30 minutes or until steak is cooked and potatoes are tender.
- 3 Divide the steak, potatoes and peppers onto plates.
- 4 Combine the melted butter and chives. Drizzle overtop the steak and enjoy!

Notes

Leftovers: Refrigerate in an airtight container up to 3 days. Reheat in the microwave or in a skillet.

No Butter: Use ghee, oil or omit completely.

No Red Bell Pepper: Use cherry tomatoes, eggplant or any other veggies instead.



<https://www.denaturawellness.com>

©Kara Burnstine



Massaged Kale Salad with Salmon

4 servings

20 minutes

Ingredients

- 12 cups Kale Leaves (chopped)
- 2 Lemon (juiced)
- 1/4 cup Hemp Seeds
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Extra Virgin Olive Oil (divided)
- 1 lb Salmon Fillet

Directions

- 1 Add kale leaves to a large bowl with the lemon juice, hemp seeds, salt and pepper and half the olive oil. Massage the dressing into the kale with your hands for 2 to 3 minutes, until it is softened. Set aside.
- 2 Heat a skillet over medium heat and brush with the remaining olive oil. Season the salmon with salt and pepper, then add it to the pan skin-side down, cooking for about 3 minutes. Flip and cook for an additional 1 to 2 minutes, until the flesh is opaque throughout.
- 3 Divide the massaged kale between plates and top with the salmon. Add an extra squeeze of lemon if desired. Enjoy!



<https://www.denaturawellness.com>

©Kara Burnstine



Brown Rice

4 servings
45 minutes

Ingredients

1 cup Brown Rice (uncooked)
2 cups Water

Directions

1

Combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 40 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!



<https://www.denaturawellness.com>

©Kara Burnstine



Maple Glazed Chicken Wings

4 servings

30 minutes

Ingredients

- 2 lbs Chicken Wings
- 2 tbsps Extra Virgin Olive Oil
- 1/4 tsp Sea Salt
- 1/4 cup Maple Syrup
- 1/4 cup Tamari
- 4 stalks Green Onion (sliced)

Directions

- 1 In a bowl, combine the chicken with oil until well coated. Season with salt.
- 2 In a separate bowl, whisk together the maple syrup and tamari.
- 3 Grill the chicken over medium-high heat, turning frequently until golden brown, about 20 minutes.
- 4 Brush the maple tamari mixture onto the chicken and grill for 1 to 2 minutes per side. Divide onto plates, top with green onions and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. For best results, reheat in the oven at 350°F (177°C) for 8 to 10 minutes.

Serving Size: One serving is equal to approximately seven chicken wings.

More Flavor: Add some chili flakes for spice. Use garlic-infused oil.

No Tamari: Use coconut aminos or soy sauce instead.

No BBQ: Cover the chicken wings in oil and bake in the oven at 400°F (200°C) for 35 minutes or until cooked. Glaze and broil the wings for 1 to 2 minutes per side.



<https://www.denaturawellness.com>

©Kara Burnstine



Sweet Potato Fries

4 servings

35 minutes

Ingredients

- 3 tbsps Coconut Oil (melted)
- 2 Sweet Potato (large, sliced into 1/4 inch strips)
- 1 1/2 tbsps Tapioca Flour

Directions

- 1 Preheat oven to 425°F (218°C) and line baking sheet(s) with heavy-duty foil. Grease with 1/3 of the coconut oil or a cooking spray.
- 2 Rinse and pat your sweet potato strips dry. Toss them in a bag or bowl with tapioca flour until well coated.
- 3 Add the remaining coconut oil to the sweet potato strips and gently toss. Arrange the strips onto your baking sheet(s), being careful not to crowd the pan and bake for 25 to 30 minutes, flipping halfway through.
- 4 Season with salt if desired, and let cool slightly before serving. Enjoy!

Notes

No Tapioca Flour: Use arrowroot powder, brown rice starch or cornstarch instead.

Spice it Up: Add your choice of seasonings after tossing the sweet potato strips with coconut oil. You can use chipotle powder, cumin, paprika, garlic powder and/or onion powder. Do not season with salt until after roasting.

Crispy Fries: For crispier fries, soak the strips in water for at least 1 hour, or overnight. Drain and pat dry before baking.

Serve Them With: Our Magical Mayo, 15 Minute Grilled Steak, Corn & Chickpea Guacamole Salad, or any of our burger recipes (like the Apple Turkey Burgers with Caramelized Onions & Brie).

Leftovers: Refrigerate in an airtight container up to 4-5 days, or freeze. To re-crisp the fries, reheat with a bit of oil in a skillet on your stovetop.



Shrimp Asparagus Pesto Pasta

4 servings

30 minutes

Ingredients

6 cups Asparagus (chopped into 1 inch pieces)
1 1/2 lbs Shrimp (uncooked, shells on)
1/4 cup Extra Virgin Olive Oil
1/4 tsp Sea Salt (or more to taste)
2 Lemon (sliced into rounds)
8 ozs Chickpea Pasta
1/4 cup Pesto

Directions

- 1 Preheat oven to 400°F (204°C).
- 2 Lay the asparagus and shrimp on a baking sheet. Drizzle with olive oil and toss gently to coat. Sprinkle with sea salt and top with lemon slices. Bake for 15 to 18 minutes, or until shrimp are fully cooked and have turned pink.
- 3 While the shrimp and asparagus bake, bring a medium saucepan full of water to a boil. Add the chickpea pasta and cook according to the directions on the package. Drain and rinse the pasta and return it to the pot. Stir in pesto and mix well to combine.
- 4 Remove shells from shrimp. Mix the shrimp and asparagus into the pasta and divide between bowls. Enjoy!

Notes

Leftovers: Keeps well in the fridge for 2 to 3 days. Enjoy cold or reheated.

No Asparagus: Use green beans or zucchini instead.

Vegan: Swap out the shrimp for tofu.

More Greens: Top with microgreens.



<https://www.denaturawellness.com>



Honey Garlic Chicken Thighs

4 servings

30 minutes

Ingredients

- 1/4 cup Extra Virgin Olive Oil
- 1/4 cup Raw Honey
- 6 Garlic (cloves, minced)
- 2 tbsps Chili Powder
- 2 tps Sea Salt
- 1 tsp Black Pepper
- 2 lbs Chicken Thighs
- 6 cups Asparagus (woody ends snapped off)
- 1 cup Quinoa (uncooked)
- 1 1/2 cups Water

Directions

- 1 Combine olive oil, honey, minced garlic, chili powder, sea salt and black pepper together in a bowl. Whisk well. Pour into a ziploc bag and add the chicken thighs. Shake well and place in the fridge to marinate.
- 2 Trim the ends from the asparagus. Toss in a splash of extra virgin olive oil and season with sea salt and pepper. Place on a plate until ready to grill.
- 3 Combine your quinoa and water in a sauce pan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer. Cover with a lid and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from heat and fluff with a fork.
- 4 Preheat your grill over medium heat.
- 5 Transfer chicken thighs to the grill and cook for 7 to 10 minutes per side or until cooked through. When you flip the chicken, place the asparagus directly on the grill. Grill just until tender (about 5 to 7 minutes). Remove chicken and asparagus from grill and plate over a few spoonfuls of quinoa. Enjoy!

Notes

No Chicken Thighs: Use chicken breast or chicken wings. Grill time will vary.

No Asparagus: Use any grilled vegetable.



<https://www.denaturawellness.com>



Coconut Lime Quinoa

4 servings

15 minutes

Ingredients

- 1 cup Quinoa (uncooked)
- 2 cups Organic Coconut Milk
- 1 Lime (zested and juiced)

Directions

- 1 Cook your quinoa by combining quinoa, coconut milk and lime juice in a sauce pan. Place over high heat and bring to a boil.
- 2 Once boiling, reduce to a simmer and cover. Let simmer for 12 to 15 minutes or until all the water is absorbed. Remove lid, fluff with a fork and set aside. Mix in lime zest. Enjoy!

Notes

Serve it With: Our Butter Chicken, Ginger Steamed Cod Fillets, any soup or curries.

Leftovers: Refrigerate in an air-tight container up to 4 days or freeze up to 1 month.

Freezer Tip: Squeeze out all the air and flatten your freezer bag to reduce freezer burn and optimize storage space.

Less Bitter: Rinse your quinoa before cooking.

Seasoning: Add sea salt and black pepper to taste while your quinoa is cooking.



<https://www.denaturawellness.com>

©Kara Burnstine