

INTEGRATIVE WOMEN'S HEALTH
INSTITUTE

Quarantine Cookbook



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BREAKFAST

BERRY DELICIOUS SMOOTHIE

1/2 cup frozen berries

1/2 greenish banana

1/2 avocado

1 tsp cinnamon

Add fresh mint (optional)

1 scoop You Maxa Positive Input Protein or Pure
Paleo Protein or Vital Proteins Collagen Peptides

1-2 cups of hemp, almond, or coconut milk

Blend and Enjoy!



BREAKFAST

CHERRY DELICIOUS SMOOTHIE BOWL

1/2 cup frozen cherries

1/2 cup frozen peaches

1/2 avocado

1 tsp cinnamon

1 scoop You Maxa Positive Input Protein or Pure Paleo Protein or Vital Proteins Collagen Peptides

1 cup of hemp, almond, or coconut milk

Blend - It will be thick like ice cream.

Pour in a bowl and top with sliced berries, almonds, pumpkin seeds, coconut flakes, and walnuts

Enjoy!



BREAKFAST

SAUSAGE AND VEGGIE HASH

1/2 onion, chopped
2-3 cloves garlic, chopped
1 Tbsp Olive oil
2 sausages (chicken apple), sliced into small rounds
1/2 cabbage, chopped
1/2 sweet potato, chopped
1/2 cup broccoli, chopped
2 tsp Italian seasoning
1/2 cup chicken broth

Heat olive oil, onion, and garlic in a large pan on med-high heat, and sautee for 5 minutes to slightly brown. Add sausage and vegetables. Cook, stirring for 3-5 minutes, add seasoning, stir and cook for a few more minutes. Add chicken broth, boil then simmer for 15-20 minutes. Enjoy!



BREAKFAST

PALEO APPLE MUFFINS

2 cups almond flour
1/4 cup coconut flour
1/2 teaspoon salt
2 teaspoons baking powder
4 teaspoons ground cinnamon
1 teaspoon pumpkin pie spice
3 large eggs
2/3 cup maple syrup
2 teaspoons vanilla extract
1/2 cup plain coconut yogurt
1 1/2 cups peeled and diced apples
1/2 cup chopped pecans or walnuts



BREAKFAST

PALEO APPLE MUFFINS

Directions: Preheat the oven to 425 degrees F. Line 12 muffin cups with muffin liners. In a medium bowl, mix together the dry muffin ingredients (almond flour through pumpkin pie spice). In a large bowl, mix together the wet muffin ingredients (eggs through yogurt). Add the dry mix to the wet and stir just until combined! Fold in the apples and nuts.

Pour 1/3 cup of batter into each muffin cup. Bake at 425 degrees F for 5 minutes and then lower the temperature to 350 degrees F and for another 8 - 15 minutes or until a toothpick inserted in the middle of a muffin comes out clean. Let the muffins cool in the pan for 10 minutes and then remove the muffins to a wire rack to cool completely.



SOUPS AND CHILI

QUARANTINE CHILI

2 pounds ground beef
2 tbsp olive oil
1 onion, diced
4 cloves garlic, minced
1 jalapeno, minced
2 carrots, diced
2 bell peppers, diced
3 tablespoons chili powder
2 tablespoons cumin
1 tablespoon oregano
1 teaspoon garlic powder
1 teaspoon paprika
3-4 tablespoons tomato paste



SOUPS AND CHILI

QUARANTINE CHILI

- 1 28-ounce can fire roasted crushed tomatoes
- 2 14-ounce cans beans, rinsed and drained (black beans and pinto beans)
- 2 cups beef or chicken broth (plus more to thin as needed)

Toppings: avocado, tortilla chips, red onion, cilantro, pickled jalapenos.



SOUPS AND CHILI

QUARANTINE CHILI

INSTRUCTIONS

In a large Dutch oven, heat olive oil. Add the onion, garlic, jalapeno, bell peppers and carrots. Sauté until soft and fragrant. Add the ground beef and spices. Brown until fully cooked. Add the tomato paste. Sauté for 2-3 minutes. Add tomatoes, beans, and broth. Bring to a low simmer. Cover it and let it simmer for at least 30 minutes to 2 hours.

Top with your favorite toppings.



SOUPS AND CHILI

CHICKEN VEGETABLE SOUP

Heat a large Dutch oven on medium heat. Saute 1 red onion, 3 cloves of garlic, 1 chopped sweet potato, and 2 chopped carrots in 2 Tbsp olive oil. Cook for 5 minutes until softened and slightly brown. Add 2 lbs of chopped chicken thighs, 2 Tbsp Italian seasoning, 1 tsp oregano, and 2 tsp dried rosemary and a little salt and pepper. Stir and cook the chicken almost through. Add 1 bag of frozen mixed mushrooms, and 1 bag of chopped kale. Stir and coat the vegetables with the seasoning mixture for 3 minutes or so until vegetables are thawed and the flavors concentrate. Add 1.5 - 2 boxed of chicken broth (can add a little additional water as needed to make your soup as brothy as you'd like.) Bring to a boil and simmer for 30 minutes to a few hours. Add hot pepper flakes and a little olive oil to each bowl if you like your soup spicier.



SOUPS AND CHILI

BUTTERNUT AND CHIPOTLE BEEF CHILI

Put a dutch oven on medium heat. Saute 1 red onion, 3 cloves of garlic, and 2 carrots in 2 Tbsp olive oil until slightly brown (around 5 minutes.) Add 2 lbs ground grass fed beef and 2 Tbsp chili powder, 1 Tbsp cumin, 2 tsp oregano, 1 tsp paprika or smoked paprika, and 2 chipotle peppers. Cook, stirring, until the meat is browned. Then, add 1 bag of frozen butternut squash. Cook through. Then add 1 Tbsp tomato paste and 1, 28 ounce can fire roasted tomatoes, and 2 cans (15 ounces each) of black beans. Finally add 1 cup of chicken broth, stir and bring to a boil. Lower the heat and simmer for 30 minutes up to a few hours. Serve with chopped avocado, chopped raw red onion, chopped fresh cilantro, and non-GMO tortilla chips, or gluten free cornbread as desired.

