

No Gluten, No Sugar, No Dairy

# 5 Tasty, Whole Food Meals without Fuss

For non-chefs: simple ingredients, with tips and tricks of the kitchen to help...

Nutrition shouldn't be a full-time job (unless you are a health coach like me), and it can be if you haven't learned to cook food from real ingredients. There's a lot to learn, and here I make it simple so you have recipes that you can make on hand.

If you are signed up for my updates, you will see more coming in your mailbox weekly. [Sign up here.](#)





## *No-Fuss, Delectable Dishes*

1

### **Quickest Vegetable Stir-Fry**

Easy-peasy lemon squeezy. Full of ingredients you likely have on hand.

2

### **Curried Chicken Salad**

Tasty, easy meal especially if you have leftover chicken, if not grill up a breast and enjoy.

3

### **Coconut Curry Stir-Fry**

This is so tasty, you are going to write an email to thank me. Go ahead, contact me.

4

### **Super easy, tasty, worth-prepping-ahead Chicken with Broccoli**

OK. I said easy and with that said, this one does take a little thinking ahead. And it is worth it.

5

### **Taco Salad with Pinto Beans and Avocado**

Tasty, meat-free meal. Of course if you need meat, grill or bake it, and add it on.



*Don't have all the ingredients? Don't fret.*

*Substitute what you like. Read ['The Substitution Revolution'](#).*

Christina Smith, Integrative Wellness Coach

<http://www.invitingshift.com> | [christina@invitingshift.com](mailto:christina@invitingshift.com) |



## *No more tears in the kitchen!*

Before we get started, I wanted to offer a tip on chopping onions, perhaps one of my most disliked things. Ugh.

[Click here to see Gordon Ramsey finely chop an onion](#) without tears. Note he keeps the fuzzy head of the onion on to help with the waterworks.



*You don't have to cook fancy or complicated masterpieces, just good food from fresh ingredients.*

*- Julia Child*

Christina Smith, Integrative Wellness Coach

<http://www.invitingshift.com> | [christina@invitingshift.com](mailto:christina@invitingshift.com) |





## Recipe 1

# Quickest Vegetable Stir-Fry

You can add chicken to this if you grill it first, but it is quite good as it is. Serve with rice or if Paleo, try diced cauliflower instead.

### Ingredients

A bag of frozen vegetables is fastest, and you can use fresh

¼ c Organic Tamari or soy sauce

1 tsp Ginger – grated fresh is best, if not using powder is fine

1 Onion

1 tsp Garlic – grated fresh or powder

Salt and pepper to taste

1 tbsp. your choice of fat: butter, coconut oil or ghee

½ tsp of crushed red pepper (optional)

### Directions:

1. Cook rice.
  2. Slice onion and chop garlic.
  3. In a pan, heat up oil or ghee on medium heat. Add onion. After a minute or two, add the garlic and ginger.
  4. Then add the frozen vegetables and the tamari or soy sauce and cover
  5. You can add in rice or just have the stir-fry over rice.
- 



## Kitchen

## Tip:

### *Tired of watching rice cook?*

*The best kitchen investment I ever made was a \$15 rice cooker. I load it up with water and rice before I cook and it is ready when I am.*

Christina Smith, Integrative Wellness Coach

<http://www.invitingshift.com> | [christina@invitingshift.com](mailto:christina@invitingshift.com) |



## Recipe 2

# Curried Chicken Salad

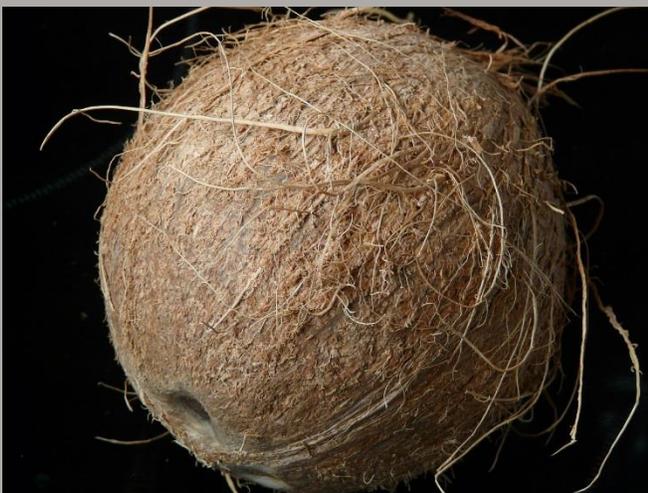
Most mayo contains a lot of ingredients that are not derived from whole foods. Here's a chicken salad that is nutritious, contains good fats from coconut milk and you can add any other veggies you like. Sometimes I even add quinoa if I have it in the fridge.

### Ingredients

2 tbsp. coconut milk  
1/4 tbsp. curry powder  
1/2 cup roasted chicken breast diced, just grill or bake a chicken breast, if you don't have any leftovers.  
1/8 cup red onion  
1/4 cup grapes, sliced in half – or not – up to you  
Greens  
Optional: raw veggies, quinoa, whatever you like.

### Directions

Mix ingredients together and serve on top of greens.



## Coconut Milk?

*Coconut milk in its purest available form is usually in a can (by the baking stuff, in the health food aisle) for most of us not in a tropical region. The pourable is thinner and usually has some ingredients that can cause inflammation in people with gut disease.*



Recipe 3

## Coconut Curry Stir-Fry

Another of the most delicious easy meals I lean on for an easy dinner. Hope you enjoy it too!

### Ingredients:

Cooking fat; butter, ghee, coconut oil  
1 lb. tender chicken cut in thin slices;  
2 cups broccoli;  
1 – 13 ounce can coconut milk;  
1 1/2 tsp curry powder;  
1 tsp grated ginger; powder is fine too  
A large bunch of fresh spinach;  
Chili pepper or crushed red pepper to flavor (optional)

### Directions:

1. Prepare the sauce by mixing together the coconut milk, curry powder and grated ginger. Set aside.
  2. Stir-fry the chicken in a hot wok.
  3. Remove the chicken from the wok, set aside, reheat the wok and stir-fry the onion with more cooking fat for about 2 minutes.
  4. Add the broccoli and stir-fry another 3 minutes.
  5. Return the chicken to the wok, add the coconut curry sauce and the spinach and cook until the spinach is just wilted and the whole preparation is hot.
  6. Optionally garnish with some coconut flakes.
- 

Where's the olive oil and vegetable oil?

Learn the 'Myths and Truths about Fats and Oils'.

Christina Smith, Integrative Wellness Coach

<http://www.invitingshift.com> | [christina@invitingshift.com](mailto:christina@invitingshift.com) |





## Recipe 4

# *Super-easy, tasty, worth-prepping-ahead* Chicken

That's a mouthful to say and believe me you are going to love this. If you do dairy, you can use greek yogurt for the coconut milk. Either way, you are going to love this recipe, so much you will think about it every moment it marinades the next time. Trust me.

### Ingredients:

4 pounds chicken thighs, bone-in and skin-on  
1 tablespoon kosher salt  
1 cup full fat Greek yogurt (or I use full fat coconut milk)  
1 tbsp your favorite spices (I like: combo of curry, cumin, turmeric, chili powder)  
Juice from ½ a lemon  
1 tablespoon coconut oil or fat of choice

### Directions:

1. Trim the chicken thighs from larger pieces of fat. Season the chicken parts evenly with kosher salt in a large bowl.
  2. In a separate bowl, combine the yogurt and your choice spices.
  3. Add juice from lemon.
  4. Once the marinade is ready, spoon it over the salted chicken and rub it into the chicken some.
  5. Then cover the bowl and refrigerate anywhere from 3-9 hours
  6. Cover the bowl with plastic wrap and stick it in the fridge for 4 to 8 hours to marinate.
  7. When you're ready to bake the chicken, preheat the oven to 375°F.
  8. Place a wire rack on a baking sheet. Grease the rack with a paper towel dipped in melted coconut oil.
  9. Arrange the chicken on the rack skin-side down, and bake for about 40 minutes, turning the thighs halfway through.
  10. When the juices run clear and it's a a bit browned, its done!
- 

**Bonus:** chicken thighs are cheaper on the budget than chicken breasts, so this is rather inexpensive as well.

Christina Smith, Integrative Wellness Coach

<http://www.invitingshift.com> | [christina@invitingshift.com](mailto:christina@invitingshift.com) |



●  
●  
●  
Recipe 5

## Taco Salad with Pinto Beans and Avocado

Another of the most delicious easy meals I lean on for an easy dinner.  
Hope you enjoy it too!

### Ingredients

1 tablespoon olive oil  
1 medium onion, chopped  
2 cloves garlic, chopped  
½ teaspoon ground cumin  
Kosher salt and black pepper  
2 15.5-ounce cans pinto beans, rinsed  
1 head romaine lettuce, leaves torn (about 6 cups)  
Guacamole Salsa or an avocado

### Directions

1. Heat the oil in a large skillet over medium-high heat. Add the onion, garlic, cumin, ½ teaspoon salt, and ¼ teaspoon pepper and cook, stirring frequently, until the onion has softened, 3 to 5 minutes.
  2. Add the beans and ¼ cup water and cook, tossing occasionally, until warmed through, 2 to 3 minutes.
  3. Top the lettuce with the bean mixture and guacamole salsa (optional).
- ●  
●

*Guacamole salsa easy: Put avocado in blender or food processor until blended. Add tomatoes, onions, basil, salt and pepper to taste and pulse until the onion are chopped and the tomatoes are diced.*

Christina Smith, Integrative Wellness Coach

<http://www.invitingshift.com> | [christina@invitingshift.com](mailto:christina@invitingshift.com) |



*I wish you health and harmony.*

I hope you enjoy the recipes. My intention is to make it easy for anyone to eat whole foods and support people to find habits that work for them.

### *Free Gifts*

I'm turning 40 this year so I'll be offering a ton of gifts to celebrate – like a 12 week free health coaching and accountability program for free. Yes you read that right! Want in? Get my 2 week sample of a health journal and I'll let you know when we're ready!

Get it here: <http://eepurl.com/bJlhcd>

*If you enjoyed this, you are already part of my tribe.*

*Connect with me.*

Learn more about my support, resources, and upcoming events on [my website](#). Or [email me](#) and ask me specific questions or set up free 30 minute whole health check-in session.

Connect with me to get whole food goodness, soulful inspiration, and healthy tips.



*No one is born a great cook, one learns by doing.*

*– Julia Child*

Christina Smith, Integrative Wellness Coach

<http://www.invitingshift.com> | [christina@invitingshift.com](mailto:christina@invitingshift.com) |