



SHAPE Basic Recipes

Created by Roots to Wellness



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Enjoy these recipes as part for the SHAPE Basic Cleanse Program! Please feel free to substitute ground turkey for ground beef. Also, change the recipes according to your taste but within the cleanse protocol. Enjoy!

Creamy Butternut Tofu Soup

10 ingredients · 25 minutes · 8 servings



Directions

1. Heat the oil in a pot over medium-high heat. Cook the onion, carrot, salt, pepper, cinnamon, curry powder, and nutmeg for five minutes, stirring occasionally.
2. Add the butternut squash and broth. Bring to a simmer and cook for 15 minutes or until all the veggies are tender.
3. Add the tofu. Use an immersion blender or high-speed blender to blend the soup until smooth, or your desired consistency is reached. Adjust salt and pepper as needed. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately 3/4 to one cup.

More Flavor

Add sweet potato, garlic, and/or ginger.

Additional Toppings

Top with plain yogurt, fresh parsley, or kale chips.

Ingredients

- 2 tbsps** Extra Virgin Olive Oil
- 1** Yellow Onion (small, chopped)
- 2** Carrot (diced)
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp** Cinnamon
- 1/2 tsp** Curry Powder
- 1/4 tsp** Nutmeg
- 3 cups** Butternut Squash (peeled, seeds removed, cubed)
- 2 cups** Vegetable Broth, Low Sodium
- 14 ozs** Tofu (soft, crumbled)

Fajita Steak Salad

10 ingredients · 30 minutes · 3 servings



Directions

1. Heat a cast-iron skillet over medium-high heat. Add 1/4 of the oil. Dry the steak well and season with salt and pepper. Place the steak in the pan and cook for about 10 to 15 minutes, flipping once. The timing will depend on how thick your steak is and your desired doneness. Remove, let rest for 10 minutes, and then slice against the grain and set aside.
2. Meanwhile, in a blender or food processor, add the remaining oil, lime juice, cilantro, and salt and pepper to taste. Process until smooth and set aside.
3. In the same cast iron pan used to cook the steak, turn the heat to medium and add the bell pepper, onion, and tomatoes. Cook until charred in spots and softened, about three to five minutes and then remove and set aside.
4. Divide the romaine onto plates and top with steak, onion mixture, and avocado. Add the cilantro dressing and enjoy!

Notes

Leftovers

Salad is best stored separately from the dressing. Refrigerate in an airtight container for up to three days.

No Cilantro

Use parsley instead.

Additional Toppings

Add mushrooms to the charred veggies.

Ingredients

- 1/4 cup Extra Virgin Olive Oil (divided)
- 8 ozs Flank Steak
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Lime Juice
- 1/2 cup Cilantro
- 1 Yellow Bell Pepper (sliced)
- 1/4 cup Red Onion (sliced)
- 1/2 cup Cherry Tomatoes (halved)
- 8 leaves Romaine (chopped)
- 1 Avocado (sliced)

Grilled Fajita Burgers

9 ingredients · 25 minutes · 4 servings



Directions

1. Preheat your grill to medium heat.
2. In a mixing bowl combine the beef, taco seasoning, onion, jalapeno, and garlic. Mix until well combined. Form the meat into tightly packed patties, 4 to 5-inches in diameter.
3. Rub the peppers with the oil.
4. Grill the burger patties and peppers for five to seven minutes per side or until the burgers are cooked through and peppers are tender.
5. To serve, use a few leaves of lettuce as a bun and top burgers with mashed avocado and grilled peppers. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Salsa, cilantro, hot sauce, pickled jalapeno, or mayonnaise.

More Flavor

If your taco seasoning doesn't have salt added, be sure to add salt to the meat mixture. Season the bell peppers with salt and pepper before grilling.

No Lettuce Bun

Serve with a hamburger bun or over a bed of lettuce instead.

No Beef

Use chicken or turkey instead.

Ingredients

- 1 lb Extra Lean Ground Beef
- 1 1/2 tbsps Taco Seasoning
- 1/2 Yellow Onion (small, finely chopped)
- 1/2 Jalapeno Pepper (medium, finely chopped)
- 2 Garlic (clove, minced)
- 2 Orange Bell Pepper (stem and seeds removed, quartered)
- 1 tsp Avocado Oil
- 8 leaves Romaine
- 2 Avocado (small, mashed)

Steak & Bell Pepper Skewers

10 ingredients · 50 minutes · 2 servings



Directions

1. In a zipper-lock bag or shallow bowl, combine the garlic, tamari, oil, rice vinegar, ginger and black pepper. Add the steak and marinate for at least 30 minutes or up to overnight.
2. Assemble the skewers by piercing the steak, pepper, and onion onto the barbecue skewers.
3. Grill over medium-high heat, rotating occasionally for about eight to 10 minutes or until the steak is cooked to your liking and the vegetables are tender-crisp. Divide the skewers between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two 8-inch skewers.

More Flavor

Brush the skewers with some of the excess marinade before grilling.

Make it Vegan

Use tofu instead of steak.

Serve it With

Rice, cauliflower rice, salad, pita bread, or other roasted or grilled vegetables.

No Tamari

Use soy sauce or coconut aminos instead.

Barbecue Skewers

If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

Ingredients

- 1 Garlic (clove, minced)
- 2 tbsps Tamari
- 1 tbspc Avocado Oil
- 1 tbspc Rice Vinegar
- 1/4 tsp Ground Ginger
- 1/8 tsp Black Pepper
- 8 ozs Top Sirloin Steak (cut into cubes)
- 2 Green Bell Pepper (medium, cut into chunks)
- 1/2 cup Red Onion (cut into chunks)
- 4 Barbecue Skewers

Zucchini & Ground Beef Skillet

7 ingredients · 25 minutes · 6 servings



Directions

1. Heat a nonstick pan over medium heat. Add the beef, garlic, salt, and pepper and cook for five to eight minutes, breaking it up as it cooks. Drain extra fat if needed.
2. Add the diced tomatoes, zucchini, cumin, and onion powder. Cover and let simmer for 15 minutes. Divide into bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately 1 1/2 cups.

More Flavor

Add chili powder and/or green chilis.

Additional Toppings

Add red pepper flakes.

Make it Vegan

Use extra firm tofu instead of ground beef.

Ingredients

- 1 1/2 lbs Extra Lean Ground Beef
- 3 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 3 1/2 cups Diced Tomatoes (with juices)
- 2 Zucchini (medium, chopped)
- 2 tsps Cumin
- 1/2 tsp Onion Powder

Sriracha Steak Salad

9 ingredients · 30 minutes · 2 servings



Directions

1. Heat a cast-iron skillet over medium-high heat. Add 1/4 of the oil. Dry the steak well and season with salt and pepper. Place the steak in the pan and cook for about 10 to 15 minutes, flipping once. The timing will depend on how thick your steak is and your desired doneness. Remove, let rest for 10 minutes, and then slice against the grain and set aside.
2. Meanwhile, in a small bowl or jar, add the remaining oil, lime juice, sriracha, and season with salt and pepper. Stir or shake to combine.
3. Divide the lettuce, onion, and radishes into bowls or plates and top with the sliced steak. Drizzle the dressing on top and garnish with cilantro. Enjoy!

Notes

Leftovers

Salad is best stored separately from the dressing. Refrigerate in an airtight container for up to three days.

Additional Toppings

Cucumber, tomatoes, and/or chopped roasted peanuts.

Likes it Sweet

Add honey, maple syrup, or another sweetener to the dressing.

Ingredients

- 1/4 cup Extra Virgin Olive Oil (divided)
- 8 ozs Flank Steak
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Lime Juice
- 1 tbsp Sriracha
- 1/2 head Green Lettuce (chopped)
- 1/4 cup Red Onion (thinly sliced)
- 1/4 cup Radishes (thinly sliced)
- 1/4 cup Cilantro (roughly chopped, optional)

Beef & Cauliflower Skillet

8 ingredients · 20 minutes · 2 servings



Directions

1. Heat a large skillet over medium heat. Add the beef to the pan, breaking it up as it cooks. Once it is cooked through and no longer pink, transfer to a bowl and drain any excess drippings from the pan if needed, leaving behind a small splash of beef fat to keep the pan greased.
2. Add the onion to the pan and cook for two to three minutes until just translucent. Add the zucchini and continue to cook for three to five minutes until the zucchini has softened. (Add a few drops of water to the pan if the zucchini or onions begin to stick.)
3. Add the beef and cauliflower rice to the pan and stir to combine with the zucchini and onion. Season with Italian seasoning, garlic powder, and salt. Continue to cook for two to three minutes or until the beef is warmed through and the cauliflower is cooked to the desired doneness.
4. Remove the pan from the heat and stir in the lemon juice (if using) and season with additional salt to taste. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately equal to two cups.

More Flavor

Add other dried herbs and spices to taste.

Additional Toppings

Green onion, fresh herbs, or red pepper flakes.

No Beef

Use ground chicken, turkey, or pork instead.

No Zucchini

Use red pepper or mushrooms instead.

Ingredients

10 ozs Extra Lean Ground Beef

1/2 Yellow Onion (chopped)

1 Zucchini (halved lengthwise, seeds removed, and diced)

2 cups Cauliflower Rice

1 tsp Italian Seasoning

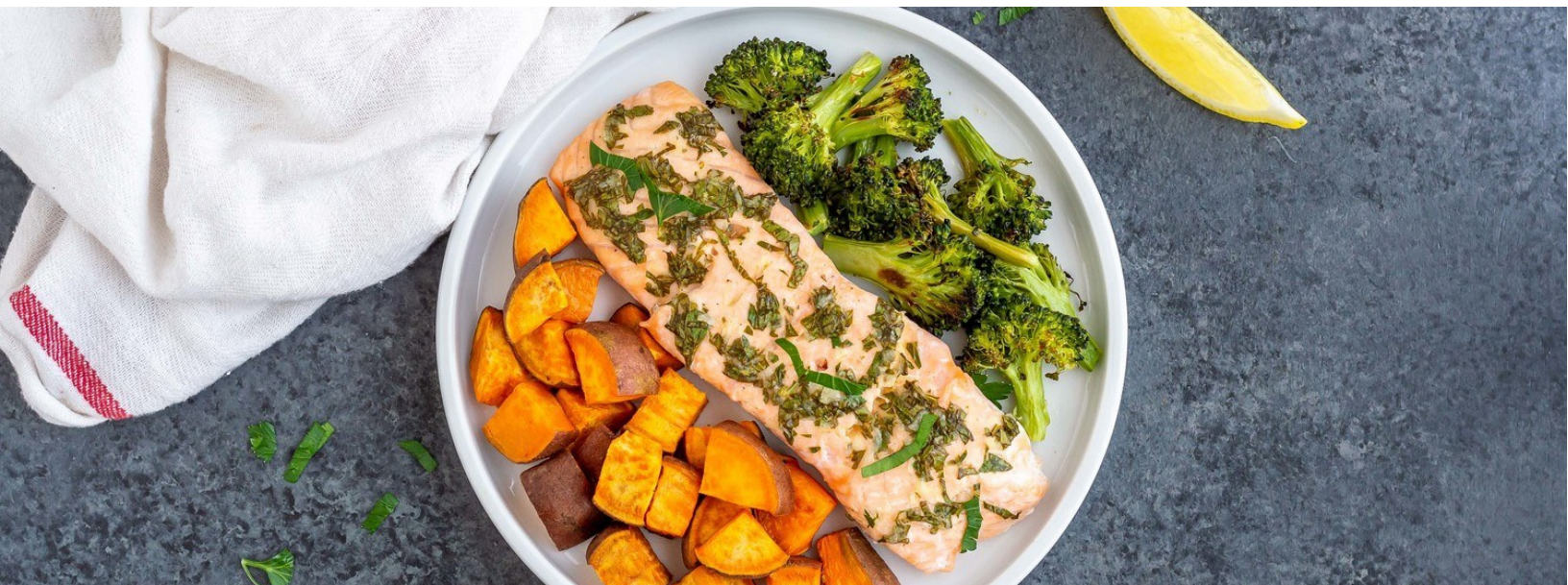
1/2 tsp Garlic Powder

1/2 tsp Sea Salt

1 1/2 tsps Lemon Juice (optional)

Lemon Garlic Salmon, Broccoli & Sweet Potatoes

8 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. Add the sweet potato and broccoli to the pan and drizzle with 2/3 of the oil and season with half of the salt. Stir to evenly coat the vegetables and bake for 10 minutes.
3. Meanwhile, in a small bowl combine the remaining oil, lemon juice, garlic, and parsley.
4. Remove the pan from the oven. Stir the vegetables and make room for the salmon in the centre of the pan.
5. Place the salmon on the pan and season with the remaining salt. Spoon the lemon garlic sauce over top of the fillets. Continue to bake for 15 minutes or until the salmon is cooked through and the vegetables are tender. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately six ounces of salmon, two cups of sweet potatoes, and one cup of broccoli.

More Flavor

Use other fresh herbs like chives or basil.

Additional Toppings

Fresh herbs or lemon wedges.

No Broccoli

Use cauliflower, Brussels sprouts, cabbage, zucchini, or bell pepper instead.

Ingredients

- 2 Sweet Potato (small, cut into cubes)
- 2 cups Broccoli (cut into florets)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 1/4 tsp Sea Salt
- 1 tbsp Lemon Juice
- 1 Garlic (clove, minced)
- 1 tbsp Parsley (finely chopped)
- 12 ozs Salmon Fillet

Pineapple Salmon Skewers

11 ingredients · 15 minutes · 2 servings



Directions

1. Thread the salmon and pineapple onto the skewers.
2. In a small bowl, whisk together the oil, honey, lemon juice, garlic, ginger, red pepper flakes, sea salt, and pepper. Brush the marinade onto the skewers.
3. Grill the skewers for eight to ten minutes, or until the salmon is cooked through. Garnish with sliced green onion and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to two 10-inch skewers.

More Flavor

Add paprika and garlic powder to the marinade.

Barbecue Skewers

If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

No Grill

Bake the skewers in the oven at 400°F (205°C) for ten minutes or until the salmon is cooked through.

Ingredients

10 1/2 ozs Salmon Fillet (cut into 1-inch cubes)

2 cups Pineapple (cut into 1-inch cubes)

4 Barbecue Skewers

2 tbsps Extra Virgin Olive Oil

1 tbsp Honey

1 tbsp Lemon Juice

2 Garlic (cloves, minced)

1 tsp Ginger (fresh, grated)

1/2 tsp Red Pepper Flakes

Sea Salt & Black Pepper (to taste)

1 stalk Green Onion (optional, garnish)

Roasted Salmon with Avocado Salsa

7 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Coat the salmon fillets with olive oil, 1/2 of the lemon juice, 1/2 of the sea salt, and garlic powder. Place the fillets on the prepared baking sheet. Bake for 14 to 16 minutes or until cooked through.
3. In the meantime, in a medium bowl, mix together the chopped avocado, red onion, and the remaining lemon juice and salt.
4. Divide salmon between serving plates. Top them with avocado salsa and enjoy.

Notes

Leftovers

Refrigerate the salmon in an airtight container for up to two to three days. Avocado salsa is best made fresh just before serving.

Serving Size

One serving is equal to approximately six ounces of salmon and 1/3 cup avocado salsa.

More Flavor

Add oregano to salmon seasoning and chopped cilantro to the salsa.

Ingredients

- 12 ozs** Salmon Fillet
- 1 tsp** Extra Virgin Olive Oil
- 1 tbsp** Lemon Juice (divided)
- 1/2 tsp** Sea Salt (divided)
- 1/2 tsp** Garlic Powder
- 1/2** Avocado (chopped)
- 1 tbsp** Red Onion (diced)

Mango Shrimp Skewers

7 ingredients · 20 minutes · 4 servings



Directions

1. Preheat oven to 450°F (230°C) or preheat grill.
2. Thread shrimp and mango evenly onto skewers.
3. Brush shrimp skewers with oil and season with salt.
4. Bake at 450°F (230°C) for five to seven minutes, until the shrimp are cooked through. Alternatively, place skewers on the grill and cook for two to three minutes per side.
5. Top with lime juice and cilantro. Enjoy!

Notes

Leftovers

Refrigerate in a resealable container for up to three days.

Serving Size

One serving is equal to approximately two skewers.

More Flavor

Season with garlic powder before cooking for extra flavor.

Ingredients

- 8 Barbecue Skewers (10-inch, wood, soaked)
- 1 lb Shrimp (peeled, deveined)
- 2 Mango (peeled and cubed)
- 1 **tbsp** Avocado Oil
- 1/2 **tsp** Sea Salt
- 1 Lime (juiced)
- 2 **tbsps** Cilantro (chopped)

One Pan Taco Spiced Chicken & Peppers

6 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Add the chicken and peppers to the baking sheet. Add the oil and taco seasoning and toss to coat.
3. Spread the chicken and peppers out into an even layer on the baking sheet. Cook for 20 to 25 minutes or until the chicken is cooked through.
4. Divide evenly between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately one cup.

More Flavor

Add black beans. Squeeze some lime juice on top when serving. Top with green onions, cilantro, sour cream, cheese, guacamole, and/or salsa.

Serve it With

Corn tortillas and/or tortilla chips. Serve with lettuce to make into lettuce wraps.

Ingredients

- 1 lb Chicken Breast (boneless, skinless, cut into strips)
- 1 Yellow Bell Pepper (medium, sliced)
- 1 Red Bell Pepper (medium, sliced)
- 1 Orange Bell Pepper (medium, sliced)
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Taco Seasoning

One Pan Chicken Thighs & Veggies

8 ingredients · 25 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
2. Place the chicken thighs in the center of the pan and add the broccoli, bell pepper, and cherry tomatoes. Drizzle with the oil and season with parsley, garlic powder, and salt. Toss to coat the vegetables in the seasoning.
3. Bake for 20 to 25 minutes or until the chicken is cooked through and the veggies are tender. For crispier skin transfer the chicken thighs to a clean baking sheet and turn the oven to broil. Broil for two to three minutes or until the skins have browned.
4. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

No Extra Virgin Olive Oil

Use avocado oil instead.

Ingredients

- 14 1/8 ozs** Chicken Thighs with Skin (bone-in, trimmed)
- 2 cups** Broccoli (cut into florets)
- 1** Red Bell Pepper (medium, chopped)
- 1/2 cup** Cherry Tomatoes (whole)
- 1 tbsp** Extra Virgin Olive Oil
- 1 tsp** Dried Parsley
- 1/2 tsp** Garlic Powder
- 1/4 tsp** Sea Salt

Roasted Chicken Apple Kale Salad

9 ingredients · 35 minutes · 1 serving



Directions

1. Preheat oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. In a large bowl, toss together the onion, apple, butternut squash, thyme, and half of the oil. Spread onto the baking sheet.
3. Add the chicken breast to the baking sheet. Season everything with salt. Bake for 30 minutes, until everything is cooked through and the chicken reaches an internal temperature of 165°F (75°C).
4. In a large bowl, toss together the kale, apple cider vinegar, roasted vegetables, and remaining oil. Slice chicken and serve on top. Enjoy!

Notes

Leftovers

Keep salad in a resealable container in the fridge for up to 3 days.

Serving Size

One serving is equal to approximately three cups of salad.

More Flavor

Swap out fresh thyme with sage for an autumn-inspired salad.

Additional Toppings

Top with hemp seeds for an extra nutrition boost.

Ingredients

- 1 Yellow Onion (small, diced)
- 1 Apple (small, diced)
- 1 cup Butternut Squash (frozen, cubed)
- 1 tbsp Thyme (fresh, chopped)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 6 ozs Chicken Breast
- 2 cups Kale Leaves (thinly sliced)
- 1 tbsp Apple Cider Vinegar
- 1/8 tsp Sea Salt (or more to taste)

Roast Chicken with Butternut Squash

5 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
2. Place the chicken thighs and butternut squash on the baking sheet. Drizzle with the oil and season with salt and pepper. Roast for 25 to 30 minutes, or until the chicken is cooked through and the squash is tender. Remove the squash earlier if done.
3. Serve the chicken and butternut squash with baby spinach. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately four ounces of chicken, 2/3 cup of butternut squash, and one cup of spinach.

More Flavor

Drizzle olive oil, lemon juice, or your dressing of choice over the spinach.

Ingredients

- 1 lb Chicken Thighs with Skin
- 6 cups Butternut Squash (peeled, seeds removed, chopped)
- 2 tbsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 4 cups Baby Spinach

One Pan Italian Chicken & Veggies

9 ingredients · 25 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Add the chicken, broccoli, red onion, cherry tomatoes, and zucchini to the baking sheet. Add the oil and season with Italian seasoning, garlic powder, salt, and pepper.
3. Bake for 16 to 18 minutes or until the chicken is cooked through and the vegetables are just tender, stirring halfway through if needed. Season with additional salt and pepper if needed.
4. Divide evenly between plates or meal prep containers and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add other dried herbs and spices to taste, like red pepper flakes, onion powder, and/or parsley.

Serve it With

Rice, cauliflower rice, or quinoa. Add avocado or dipping sauce, like tzatziki or hummus.

Ingredients

- 10 ozs** Chicken Breast (cut into large cubes)
- 1 cup** Broccoli (cut into small florets)
- 1/4 cup** Red Onion (cut into thick slices)
- 1/2 cup** Cherry Tomatoes
- 1** Zucchini (chopped)
- 1 tbsp** Extra Virgin Olive Oil
- 1 1/2 tsps** Italian Seasoning
- 1/2 tsp** Garlic Powder
- Sea Salt & Black Pepper (to taste)

Honey Garlic Chicken Skewers

9 ingredients · 40 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with aluminum foil.
2. In a shallow bowl, toss together the chicken cubes, honey, sesame oil, garlic, salt, and black pepper.
3. Thread the chicken, bell peppers, and onions onto the barbecue skewers. Place the skewers on the baking sheet. Bake for 18 to 20 minutes or until the chicken is cooked through.
4. Sprinkle the sesame seeds on top. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately three six-inch skewers.

Additional Toppings

Chopped green onion.

Barbecue Skewers

If using wooden skewers, be sure to soak in water for at least 30 minutes before baking.

Serve it With

Salad, rice, cauliflower rice, and/or roasted vegetables.

Ingredients

10 ozs Chicken Thighs (boneless, skinless, cut into 1-inch cubes)

1 1/2 tbsps Honey

1 tbsp Sesame Oil

2 Garlic (clove, minced)

Sea Salt & Black Pepper (to taste)

1/2 Red Bell Pepper (medium, chopped)

1/3 cup Red Onion (cut into chunks)

6 Barbecue Skewers (small)

1 tbsp Sesame Seeds

Grain-Free Tabbouleh

7 ingredients · 15 minutes · 3 servings



Directions

1. In a large bowl, combine the parsley, mint, cucumber, bell pepper, and green onion. Add lemon juice and season with salt to taste. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving equals approximately two cups.

More Flavor

Add olive oil, minced garlic, and black pepper to taste.

Additional Toppings

Diced tomato, quinoa, or cauliflower rice.

Ingredients

2 cups Parsley (tough stems removed, finely chopped)

1/3 cup Mint Leaves (finely chopped)

1 Cucumber (medium, finely diced)

1 Red Bell Pepper (large, finely diced)

3 stalks Green Onion (thinly sliced)

2 tbsps Lemon Juice (to taste)

1/4 tsp Sea Salt (to taste)

Egyptian Salad

10 ingredients · 15 minutes · 3 servings



Directions

1. In a large bowl, add the cucumber, tomato, onion, bell pepper, and parsley. Toss to combine.
2. In a small bowl, combine the olive oil, lemon juice, sea salt, sumac and cumin. Mix well.
3. Pour the dressing on top of the salad and toss again. Taste and add more seasoning if desired.
4. Divide between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately one cup.

Add Protein

Serve with chicken, steak, or fish.

Ingredients

- 1/2 Cucumber (large, diced)
- 1 Tomato (large, diced)
- 1/2 cup Red Onion (small, diced)
- 1 Red Bell Pepper (medium, diced)
- 1/4 cup Parsley (finely chopped)
- 2 tbsps Extra Virgin Olive Oil
- 1/4 cup Lemon Juice
- 1/4 tsp Sea Salt
- 1/4 tsp Ground Sumac
- 1/8 tsp Cumin

Herb & Garlic Roasted Vegetables

8 ingredients · 45 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Add the cauliflower, beet, broccoli, and squash to the baking sheet. Drizzle with coconut oil and season with parsley, garlic powder, and salt.
3. Bake for 35 to 40 minutes or until browned and tender. Season with additional salt if needed. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately two cups.

More Flavor

Add other dried herbs and spices to taste.

Vegetables

Use Brussels sprouts, sweet potato, carrots, or bell peppers instead.

Ingredients

- 1/2 head Cauliflower (small, cut into florets)
- 1 Beet (large, peeled and chopped)
- 2 cups Broccoli (cut into florets)
- 1 cup Butternut Squash (cut into cubes)
- 1 tbsp Coconut Oil (melted)
- 1 tsp Dried Parsley
- 1/2 tsp Garlic Powder
- 1/4 tsp Sea Salt