



## Candida Diet Meal Planner

Created by Aeryon Wellness



## Up and Away

Aeryon Wellness

This nutritional planner is a guideline for a balanced healthy approach. As always, we must listen to our bodies and our hunger cues.

*The recipes provided may contain ingredients that may cause allergic reactions in some individuals.*

*These recipes are suggestions only. Do not make a recipe that contains ingredients that you are allergic to. If you are unsure about potential allergic reactions please consult your family physician.*

All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions.

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## Up and Away

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Coconut Chia Seed Yogurt	Coconut Chia Seed Yogurt	Coconut Hemp Seed Breakfast Pudding	Coconut Hemp Seed Breakfast Pudding	Cinnamon Keto Porridge	Cinnamon Keto Porridge	Paleo Huevos Rancheros
Snack 1	Macadamia Nuts & Walnuts	Macadamia Nuts & Walnuts	Celery with Creamy Sunflower Seed Butter	Celery with Creamy Sunflower Seed Butter	Green Goddess Cashew Dip	Green Goddess Cashew Dip	Green Goddess Cashew Dip
Lunch	Meal Prep Taco Bowl	Turmeric Chicken Salad	Turmeric Chicken Salad	Butter Chicken & Cauliflower Rice	Bell Pepper & Spinach Egg Bake	Bell Pepper & Spinach Egg Bake	Meal Prep Taco Bowl
Snack 2	Hummus Dippers	Hummus Dippers	Hummus Dippers	Immunity Boosting Bone Broth	Immunity Boosting Bone Broth	Immunity Boosting Bone Broth	Immunity Boosting Bone Broth
Dinner	15 Minute Halibut with Dill Pesto	15 Minute Halibut with Dill Pesto	Butter Chicken & Cauliflower Rice	Pan Fried Haddock with Broccoli & Green Beans	Pan Fried Haddock with Broccoli & Green Beans	Pressure Cooker Bean-Free Chili	Pressure Cooker Bean-Free Chili
Snack 3	Lemon Ginger Tea	Lemon Ginger Tea	Lemon Ginger Tea	Lemon Ginger Tea	Lemon Ginger Tea	Lemon Ginger Tea	Lemon Ginger Tea

# Up and Away

74 items

## Fruits

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- ☐ 6 Avocado
- ☐ 5 1/2 Lemon
- ☐ 1/2 cup Lemon Juice
- ☐ 1/2 Lime
- ☐ 1/2 cup Raspberries
- ☐ 1/2 cup Strawberries

## Seeds, Nuts & Spices

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- ☐ 3/4 cup Cashews
- ☐ 1 cup Chia Seeds
- ☐ 1/3 cup Chili Powder
- ☐ 1 1/8 tbsps Cinnamon
- ☐ 1/2 tsp Coriander
- ☐ 2 1/3 tbsps Cumin
- ☐ 1 tbsp Curry Powder
- ☐ 2 tsps Garam Masala
- ☐ 1/3 cup Ground Flax Seed
- ☐ 1/2 tsp Ground Ginger
- ☐ 1/2 cup Hemp Seeds
- ☐ 1/2 cup Macadamia Nuts
- ☐ 2 tsps Paprika
- ☐ 2 3/4 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 2/3 cup Slivered Almonds
- ☐ 2 cups Sunflower Seeds
- ☐ 1 tbsp Taco Seasoning
- ☐ 1 tbsp Turmeric
- ☐ 1/2 cup Walnuts

## Vegetables

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- ☐ 20 cups Baby Spinach
- ☐ 1 1/2 cups Basil Leaves
- ☐ 3 cups Broccoli
- ☐ 7 Carrot
- ☐ 1 head Cauliflower
- ☐ 28 stalks Celery
- ☐ 3 cups Cherry Tomatoes
- ☐ 1/2 cup Cilantro
- ☐ 4 Cucumber
- ☐ 1/2 cup Fresh Dill
- ☐ 25 Garlic
- ☐ 1 1/2 cups Ginger
- ☐ 4 cups Green Beans
- ☐ 1 Green Bell Pepper
- ☐ 6 stalks Green Onion
- ☐ 1 Jalapeno Pepper
- ☐ 16 cups Mixed Greens
- ☐ 6 3/4 cups Parsley
- ☐ 4 Red Bell Pepper
- ☐ 1/3 cup Red Onion
- ☐ 8 leaves Romaine
- ☐ 4 Tomato
- ☐ 3 Yellow Bell Pepper
- ☐ 9 Yellow Onion

## Boxed & Canned

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- ☐ 2 cups Canned Coconut Milk
- ☐ 2 cups Chicken Broth
- ☐ 1 cup Salsa
- ☐ 1/2 cup Tomato Paste

## Baking

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- ☐ 2 tsps Monk Fruit Sweetener
- ☐ 1/2 tsp Stevia Powder
- ☐ 3 2/3 tbsps Unsweetened Shredded Coconut
- ☐ 1/2 tsp Vanilla Extract

## Bread, Fish, Meat & Cheese

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- ☐ 2 3/4 lbs Chicken Breast
- ☐ 2 lbs Extra Lean Ground Beef
- ☐ 4 Haddock Fillet
- ☐ 2 1/2 lbs Halibut Fillet
- ☐ 3 cups Hummus
- ☐ 2 lbs Lean Ground Beef
- ☐ 4 Whole Chicken Carcass

## Condiments & Oils

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- ☐ 1/4 cup Apple Cider Vinegar
- ☐ 2 tbsps Avocado Oil
- ☐ 3 tbsps Coconut Oil
- ☐ 1/2 cup Extra Virgin Olive Oil

## Cold

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- ☐ 36 Egg
- ☐ 2 tbsps Ghee
- ☐ 3 cups Unsweetened Almond Milk
- ☐ 2 cups Unsweetened Coconut Yogurt

## Other

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- ☐ 47 3/4 cups Water

# Coconut Chia Seed Yogurt

4 ingredients · 30 minutes · 1 serving



## Directions

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1. Combine the yogurt, chia seeds and cinnamon in a small bowl. Mix well and refrigerate for at least 30 minutes up to overnight.
2. Top with strawberries and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to five days.

### More Flavor

Add maple syrup, honey, monk fruit sweetener or cardamom.

### Additional Toppings

Top with blueberries, sunflower seeds, pumpkin seeds or chopped pecans.

## Ingredients

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**1 cup** Unsweetened Coconut Yogurt

**1/4 cup** Chia Seeds

**1 tsp** Cinnamon

**1/4 cup** Strawberries (chopped)



# Coconut Hemp Seed Breakfast Pudding

8 ingredients · 3 hours · 1 serving



## Directions

1. In a small mixing bowl, whisk the coconut milk, monk fruit sweetener and vanilla together. Stir in hemp seeds, ground flax seeds and chia seeds. Mix well.
2. Cover the coconut milk and seed mixture. Refrigerate until set. This will take at least 3 hours. You can also set it overnight.
3. Thin with additional coconut milk or water, if necessary. Top the pudding with the shredded coconut and raspberries. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days.

### Serving Size

One serving is approximately 3/4 cup of hemp seed pudding.

### Additional Toppings

Top with chopped nuts, cacao nibs or additional monk fruit sweetener.

### No Raspberries

Use strawberries or blueberries instead.

## Ingredients

- 1/2 cup** Canned Coconut Milk (full fat)
- 1 tsp** Monk Fruit Sweetener
- 1/4 tsp** Vanilla Extract
- 1/4 cup** Hemp Seeds
- 1 1/2 tbsps** Ground Flax Seed
- 1 1/2 tbsps** Chia Seeds
- 1 tsp** Unsweetened Shredded Coconut
- 1/4 cup** Raspberries

# Cinnamon Keto Porridge

6 ingredients · 10 minutes · 1 serving



## Directions

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1. Heat the almond milk in a small pot over medium heat until hot but not boiling. Turn the heat off then add the chia seeds, coconut, flax, cinnamon, and stevia. Stir for about a minute until the porridge has thickened.
2. Let the porridge rest for two to three minutes more to allow the chia seeds time to swell. Add more almond milk if needed to reach the desired consistency. Transfer to a bowl and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days. Enjoy cold or reheat with additional almond milk on the stove.

### Nut-Free

Use oat milk instead of almond milk.

### More Flavor

Add vanilla extract, a pinch of salt, or more stevia to taste.

### Additional Toppings

Extra cinnamon, chopped nuts or seeds, almond butter, coconut butter, and/or fresh berries.

### No Stevia Powder

Use liquid stevia, monk fruit sweetener drops, or liquid sweetener of choice to taste.

## Ingredients

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**1 cup** Unsweetened Almond Milk

**2 tbsps** Chia Seeds

**1 1/2 tbsps** Unsweetened Shredded Coconut  
(plus more for topping)

**1 1/2 tbsps** Ground Flax Seed

**3/4 tsp** Cinnamon

**1/4 tsp** Stevia Powder (or to taste)



# Paleo Huevos Rancheros

10 ingredients · 25 minutes · 4 servings



## Directions

1. Heat half of the coconut oil in a large skillet over medium heat. Add jalapeno, green pepper and onion. Sautee for 5 minutes or until onion is translucent. Add in tomatoes and stir well. Season with sea salt and pepper to taste. Let simmer for at least 15 minutes or until mixture thickens. Set aside.
2. Heat the remaining coconut oil in a non-stick pan and fry eggs (sunnyside up).
3. Assemble Huevos Rancheros by plating two large romaine leaves and adding some of your homemade salsa ovetop. Add fried eggs and then top with avocado slices and cilantro. You can use the romaine leaves to wrap up the goodness or just eat it as is. Enjoy!

## Notes

### More Carbs

Serve with brown rice tortillas (not paleo).

### More Spicy

Serve with tabasco sauce.

## Ingredients

- 1 tbsp** Coconut Oil (divided)
- 1** Jalapeno Pepper (seeds removed and finely chopped)
- 1** Green Bell Pepper (finely chopped)
- 1** Yellow Onion (finely chopped)
- 2** Tomato (chopped)
- Sea Salt & Black Pepper (to taste)
- 8** Egg
- 2** Avocado (peeled and cut into slices)
- 1/2 cup** Cilantro (optional)
- 8 leaves** Romaine (washed)



# Macadamia Nuts & Walnuts

2 ingredients · 5 minutes · 2 servings



## Directions

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1. In a small bowl or container, combine the macadamia nuts and walnuts. Enjoy!

## Notes

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### Leftovers

Store at room temperature for up to one month, or refrigerate in an airtight container for up to six months. Freeze if longer.

### More Flavor

Toast in the oven or on the stovetop.

### Additional Toppings

Season with cinnamon, sea salt, black pepper and a pinch of cayenne pepper..

## Ingredients

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**1/4 cup** Macadamia Nuts

**1/4 cup** Walnuts

# Celery with Creamy Sunflower Seed Butter

4 ingredients · 10 minutes · 4 servings



## Directions

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1. Combine the sunflower seeds, water and salt in a blender and blend until smooth. If needed, add more water for a thinner consistency.
2. Serve with celery sticks and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to five days.

### Serving Size

Each serving equals approximately one celery stalk and 1/3 cup of sunflower seed cream.

### No Sunflower Seeds

Use cashews instead.

## Ingredients

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**1 cup** Sunflower Seeds (raw, soaked overnight, drained, rinsed)

**2 1/2 cups** Water

**1/4 tsp** Sea Salt

**4 stalks** Celery (cut into sticks)

# Green Goddess Cashew Dip

9 ingredients · 35 minutes · 4 servings



## Directions

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1. Add the soaked cashews, almond milk, basil, parsley, lemon juice, garlic, onion and salt to a food processor. Blend until creamy and smooth, about 3 minutes. Season with additional lemon juice or salt if needed.
2. Serve with cucumber slices and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to five days. Add extra lemon juice to leftover dip if needed to brighten up the flavor.

### Serving Size

One serving is approximately two tablespoons of dip and 1/4 of a cucumber.

### More Flavor

Add other fresh herbs like cilantro, tarragon or chives.

### No Almond Milk

Use cashew milk or boxed coconut milk instead.

### No Cucumber

Serve with your favorite raw veggies or whole grain crackers instead.

## Ingredients

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**1/4 cup** Cashews (raw, soaked for 30 minutes and drained)

**1/3 cup** Unsweetened Almond Milk

**1/2 cup** Basil Leaves (roughly chopped)

**1/4 cup** Parsley (roughly chopped)

**2 1/2 tbsps** Lemon Juice

**1** Garlic (small clove, minced)

**2 tbsps** Red Onion (finely chopped)

**1/4 tsp** Sea Salt

**1** Cucumber (sliced)



# Meal Prep Taco Bowl

7 ingredients · 15 minutes · 4 servings



## Directions

1. Heat a large skillet over medium heat. Once hot, add the beef into the skillet. Use a spatula to break it apart. Add the taco seasoning and cook until browned and cooked through, remove with a slotted spoon and set aside. Drain any excess drippings from the pan.
2. Whisk the eggs in a bowl. In the same skillet, over medium-low heat, add the eggs and cook until fluffy and cooked through. Season with salt and pepper and set aside.
3. Divide the spinach between plates, or into containers. Top with beef, eggs, avocado, and salsa. Enjoy!

## Notes

### Leftovers

Store in an airtight container in the fridge for up to two days.

### Additional Toppings

Top with shredded cheese or sour cream.

## Ingredients

- 1 lb Lean Ground Beef
- 1 1/2 tsps Taco Seasoning
- 6 Egg
- Sea Salt & Black Pepper (to taste)
- 6 cups Baby Spinach
- 2 Avocado (sliced)
- 1/2 cup Salsa



# Turmeric Chicken Salad

7 ingredients · 30 minutes · 2 servings



## Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Toss the chicken breast in the avocado oil, turmeric, salt and pepper. Transfer to the baking sheet and cook for 25 to 30 minutes or until the chicken is cooked through.
3. Divide the spinach, cherry tomatoes, and cucumber between plates. Top with the chicken and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### More Flavor

Top with your favorite dressing, a scoop of guacamole, some hummus, or additional vegetables.

## Ingredients

- 1 lb** Chicken Breast (skinless, boneless)
- 1 tbsp** Avocado Oil
- 1 tsp** Turmeric
- Sea Salt & Black Pepper (to taste)
- 2 cups** Baby Spinach
- 1 cup** Cherry Tomatoes
- 1/2** Cucumber (sliced)

# Butter Chicken & Cauliflower Rice

15 ingredients · 30 minutes · 2 servings



## Directions

1. Dice your chicken into cubes and set aside.
2. Heat olive oil in a large skillet over medium heat. Saute your onion, garlic and ginger. Stir in tomato paste, paprika, curry, garam masala, sea salt and chilli powder. Cook for 1 to 2 minutes or until fragrant.
3. Add diced chicken and stir until cooked through, about 5 to 7 minutes. Add in the water and loosen the paste.
4. Stir in coconut milk and reduce to simmer for about 5 minutes.
5. Meanwhile, create your cauliflower rice by adding the florets to the food processor. Process until the cauliflower has a rice-like consistency.
6. Squeeze lime juice on cauliflower rice and transfer into a bowl.
7. Remove from heat and ladle butter chicken over cauliflower rice. Enjoy!

## Notes

### Vegan or Budget-Friendly

Skip the chicken breast and replace with chickpeas, lentils or beans.

### No Coconut Milk

Use Greek yogurt instead.

### No Cauliflower Rice

Serve over brown rice or quinoa instead.

### More Veggies

Add chopped cauliflower, sweet potatoes, peas, broccoli, baby spinach or chopped kale. Or serve it with a side salad.

### Storage

Refrigerate in an air-tight container for up to 2 - 3 days.

## Ingredients

- 6 ozs Chicken Breast
- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Onion (diced)
- 1 Garlic (cloves, minced)
- 1 tbsp Ginger (grated)
- 2 tbsps Tomato Paste
- 1 tsp Paprika
- 1 1/2 tsps Curry Powder
- 1 tsp Garam Masala
- 1/2 tsp Sea Salt
- 1 1/2 tsps Chili Powder
- 2 tbsps Water
- 1/2 cup Canned Coconut Milk (full fat)
- 1/2 head Cauliflower
- 1/4 Lime (juiced)



# Bell Pepper & Spinach Egg Bake

8 ingredients · 30 minutes · 6 servings



## Directions

1. Preheat the oven to 400°F (204°C). Grease a baking dish with half of the oil.
2. Add the remaining oil to a pan over medium heat. Add the peppers and cook for about five minutes or until just tender and starting to brown. Add the spinach, tomatoes, and green onion. Continue to cook until the spinach wilts. Transfer the vegetables to the prepared baking dish and arrange them in an even layer.
3. Add the eggs, water, and salt to a bowl and whisk well. Pour the egg mixture into the baking dish.
4. Bake for 23 to 25 minutes or until the eggs have set and are firm to touch. Cut into squares and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

An 8.5- x 11.5-inch baking dish was used to make six servings. You can also make this in a 9 x 9-inch baking dish.

### More Flavor

Use milk instead of water. Season the vegetables with your favourite dried herbs and spices.

### Veggies

This recipe works well with nearly any vegetable. Use kale, steamed broccoli, cooked sweet potato, red onion, or mushrooms instead.

## Ingredients

- 1 1/2 **tsps** Extra Virgin Olive Oil (divided)
- 1 Red Bell Pepper
- 2 **cups** Baby Spinach (chopped)
- 1/2 **cup** Cherry Tomatoes (halved)
- 3 **stalks** Green Onion (chopped)
- 8 Egg
- 1/2 **cup** Water
- 1/2 **tsp** Sea Salt

# Hummus Dippers

4 ingredients · 15 minutes · 4 servings



## Directions

1. Slice your pepper, carrot and celery into sticks.
2. Line up 4 small mason jars (we like to use size 250 ml). Fill the bottom of each with  $\frac{1}{4}$  cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat.

## Notes

### Homemade

Make your own hummus! Check out our Sweet Potato Hummus or Green Pea Hummus recipes.

### Mix it Up

Substitute in different veggies like cucumber or zucchini.

## Ingredients

1 Yellow Bell Pepper

1 Carrot

4 stalks Celery

1 cup Hummus



# Immunity Boosting Bone Broth

9 ingredients · 12 hours · 4 servings



## Directions

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1. Place the bones in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for at least 12 hours.
2. After 12 hours, strain the broth through a strainer or mesh sack. Discard the vegetables that you strained out. Allow broth to cool. Once cool, remove the layer of fat that forms on the top and discard or save it for future cooking. Freeze broth until ready to use.

## Notes

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### Low FODMAP

Omit garlic and onions.

## Ingredients

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- 1 Whole Chicken Carcass (about 2 lbs of bones)
- 1 Carrot (peeled and chopped)
- 1 Yellow Onion (diced)
- 2 stalks Celery (chopped)
- 3 Garlic (cloves, halved)
- 1 tbsp Apple Cider Vinegar
- 1 tsp Sea Salt
- 1 cup Parsley (chopped)
- 6 cups Water

# 15 Minute Halibut with Dill Pesto

10 ingredients · 15 minutes · 4 servings



## Directions

1. In a food processor, combine the parsley, dill, slivered almonds, olive oil, lemon juice and garlic. Season with sea salt and black pepper to taste and blend well until a thick paste forms. Transfer to a bowl and set aside.
2. Season halibut with sea salt and black pepper. Heat coconut oil in a cast iron skillet over medium-high heat. Cook fish for 3 to 4 minutes per side, or until golden. Fish should flake with a fork when finished.
3. Divide mixed greens between plates. Set halibut on the greens and top with a large dollop of pesto. Enjoy!

## Notes

### Nut Free

Use pumpkin seeds or sunflower seeds instead.

### Save Time

Blend up the pesto in advance.

### More Carbs

Serve it with rice, quinoa or roasted mini potatoes.

## Ingredients

- 1 cup** Parsley (packed)
- 1/4 cup** Fresh Dill (packed)
- 1/3 cup** Slivered Almonds
- 3 tbsps** Extra Virgin Olive Oil
- 1** Lemon (juiced)
- 1** Garlic (clove)
- Sea Salt & Black Pepper
- 1 1/4 lbs** Halibut Fillet
- 1 1/2 tpsps** Coconut Oil
- 8 cups** Mixed Greens (or Arugula)

# Pan Fried Haddock with Broccoli & Green Beans

9 ingredients · 20 minutes · 2 servings



## Directions

1. Add the green beans and broccoli to a steamer basket over boiling water. Steam for seven to nine minutes or until the vegetables are tender.
2. Meanwhile, in a small bowl combine the turmeric, cumin, coriander, ginger, and salt. Add the coconut oil to a large non-stick pan over medium heat.
3. Rub the seasoning on both sides of the fillets until evenly coated. Place a seasoned fillet in the pan and cook for two to three minutes per side or until the fillet is just browned and flakes easily. Transfer to a plate lined with paper towels and season with additional salt if needed.
4. Add more oil to the pan if needed and continue to cook the remaining fillets. (Fish cooks more evenly and is easier to flip if the pan is not overcrowded.) To serve, divide the fish and vegetables between plates. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### More Flavor

Add other dried herbs and spices or use a yellow curry powder instead. Serve with fresh lime or lemon wedges.

### No Green Beans

Use cauliflower, carrots or peas instead.

### No Haddock

Use sole or tilapia instead.

### Fillet Size

Each haddock fillet is equal to 150 grams or 5.3 ounces. Cooking time will vary depending on the thickness of the fillet.

## Ingredients

- 2 cups Green Beans (trimmed)
- 1 1/2 cups Broccoli (cut into florets)
- 1/2 tsp Turmeric
- 1/2 tsp Cumin
- 1/4 tsp Coriander
- 1/4 tsp Ground Ginger
- 1/8 tsp Sea Salt
- 1 1/2 tsps Coconut Oil
- 2 Haddock Fillet



# Pressure Cooker Bean-Free Chili

11 ingredients · 50 minutes · 4 servings



## Directions

1. Turn your pressure cooker onto sauté mode. Cook the beef, breaking it up as it cooks until it's no longer pink. Remove the meat from the pot and drain any excess drippings.
2. Add ghee to the pressure cooker and when melted add the onion, pepper and garlic. Saute for 5 minutes or until the onions are translucent. Add the tomato paste, chili powder, cumin and salt. Cook for another minute. Add the tomatoes, broth and cooked meat to the pressure cooker and stir to combine.
3. Put the lid on the pressure cooker and change to pressure cooker mode. Cook for 20 minutes and let the steam release naturally for 5 to 10 minutes. Release the rest of the steam manually.
4. Divide between bowls and enjoy!

## Notes

### Optional Toppings

Diced avocado, sliced jalapenos, fresh lime juice, sliced green onion and/or chopped cilantro.

### No Ground Beef

Use ground turkey or chicken instead.

### More Flavor

Add smoked paprika, chipotle chili powder, ground cayenne, ground coriander, black pepper or dried oregano.

### Tomato Options

Use cherry tomatoes, Roma tomato, field tomatoes or drained diced tomatoes from the can.

### No Ghee

Use extra virgin olive oil or avocado oil instead.

### Leftovers

Store in an airtight container in the fridge for up to three days. Freeze for up to three months.

## Ingredients

- 1 lb Extra Lean Ground Beef
- 1 tbsp Ghee
- 1 Yellow Onion (chopped)
- 1 Red Bell Pepper (chopped)
- 3 Garlic (clove, minced)
- 2 tbsps Tomato Paste
- 2 tbsps Chili Powder
- 1 tbsp Cumin
- 1/2 tsp Sea Salt
- 1 Tomato (chopped)
- 1 cup Chicken Broth



**Serving Size**

One serving is equal to approximately one cup of chili.

# Lemon Ginger Tea

3 ingredients · 10 minutes · 2 servings



## Directions

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1. Add the water and ginger slices to a small pot and bring to a boil. Lower the heat and let it simmer for about 5 minutes, or longer if you prefer a spicier drink.
2. Squeeze the lemon juice into the ginger tea and garnish with any the slices or rind (optional). Divide into mugs and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to five days. Reheat or enjoy cold.

### Serving Size

One serving equals approximately 2 cups.

### More Flavor

Add mint leaves, honey or your sweetener of choice.

### Enjoy it Cold

Add ice cubes.

## Ingredients

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**2 1/2 cups** Water

**3 tbsps** Ginger (peeled, sliced)

**1/2** Lemon