



# Alternative Dish Health Coaching

## 1:1 Coaching

Changing the way you eat can be a daunting process. Whether you are taking gluten out of your diet, wanting to move toward a plant based diet or just trying to figure out how to fit more vegetables into your diet, I can help you make that transition. I specialize in helping you build a lifestyle around your food sensitivities that will assist you in making the transition with ease. I am an expert in diets free from gluten, dairy, eggs, nuts, nightshades, and more!

Services offered:

- **Plant-Based Transition Course**
- **Gluten Free Transition Course**
- Transition support for food sensitivities or allergies
- Recipes based on your food sensitivities and cooking level
- Meal prep guidance and grocery list
- Pantry Clean Out
- 1:1 Cooking Classes
- And more...

Schedule your complimentary discovery session to find out if working together would benefit you.

[Schedule Your Free Discovery Session](#)

## Customized Recipes and Menu Plans

**\$40 for initial assessment and 1-week of easy to follow recipes; \$20/week after initial assessment. Purchase a 4-week package and receive the assessment free of charge.**

We will setup a [one-on-one phone assessment](#) to talk about your food sensitivities, dietary needs, likes and dislikes, kitchen equipment and level of cooking knowledge. I will prepare a personalized 7-day recipe book and grocery list based on our conversation.

[Schedule Your Menu Plan Assessment](#)

**Join me for my *Creating Extraordinary Gluten Free Baked Goods* class on July 29<sup>th</sup> and receive \$5.00 off with the code: gfdessert**

[Register Here](#)

## Cauliflower Alfredo Sauce

1/2 onion chopped  
4 cloves garlic minced  
1/2 teaspoon dried oregano  
3 cups cauliflower (about 1/2 head) core and florets, chopped into 1" pieces  
½ cup raw cashews  
2 cups non-dairy milk  
1 teaspoon sea salt or more to taste  
2 tablespoons nutritional yeast, optional  
2-3 teaspoons lemon juice to taste

In a large saucepan add the onion, garlic, oregano, cauliflower, cashews, milk and sea salt and bring to a boil, cover and simmer for about 10 minutes. Cauliflower is done when it breaks apart easily when pierced with a fork.

Once the cauliflower is tender, add the entire contents of the pan to a blender. Add nutritional yeast and lemon juice and blend until completely smooth and creamy. Add a little more milk to reach desired consistency if necessary. The sauce is now ready to be used as a sauce on pasta, vegetables, pizza and more. Enjoy!

## Thai Peanut Sauce

6 tablespoons peanut butter  
1-2 tablespoons sriracha, to taste  
1 tablespoon rice vinegar  
2 garlic cloves minced  
½ teaspoon ginger finely minced (or ¼ tsp ground ginger)  
2 tablespoons soy sauce or coconut aminos  
4 tablespoons hot water or more to adjust consistency

Combine all ingredients for the peanut dressing in a small bowl. Whisk until smooth. Add more water as necessary to create a smooth, pourable sauce.

### Variations:

**Thai Coconut-Peanut Sauce:** Replace the water with coconut water or coconut milk. (Coconut milk will yield a richer coconut taste, but will also add fat.)

**Thai Peanut Curry Sauce:** Add 1 teaspoon curry powder with the other ingredients.

## Avocado Ranch Dressing

- 1 avocado, skin and pit removed
- ¾ cup almond milk, plus more for thinning as necessary
- 1 teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon dried herbs such as oregano, basil, thyme or dill
- 1 tablespoon apple cider vinegar
- ½ teaspoon sea salt
- 1 teaspoon agave or other liquid sweetener of choice (optional)

Combine all dressing ingredients into a blender or food processor and process until smooth. Set aside.

### **Variation:**

**Cilantro-Lime Dressing:** Add 1 packed cup of cilantro leaves and stems and 2 tablespoons lime juice to the blender.

## Pesto

- 2 cups herbs or leafy greens (basil, parsley, spinach, cilantro, etc)
- ½ cups nuts or seeds (pine nuts, walnuts, sunflower seeds, pumpkin seeds, etc)
- 2-4 tablespoons nutritional yeast
- 1 clove garlic
- 1 tablespoon lemon juice, more to taste
- 1/3-1/2 cup water
- Salt and pepper, to taste

Add all ingredients through lemon juice to a blender. Add 1/3 cup water and blend on high. Add more water as needed to reach desired consistency of pesto. Season with salt and pepper.