



Curcumin is the active phytochemical in the spice turmeric (turmeric is a root).

Curcumin is a potent activator of the NrF2 molecule. NrF2 activates genes that turn on your own antioxidant defense mechanisms. NrF2 can also activate molecules that are instrumental to waste management which you may know as detoxification. In fact curcumin is one of the most studied phytochemicals with know food-gene conversation (nutrigenomic) capabilities.

This recipe pack features a variety of simple and tasty ways to include turmeric into meals and beverages.

Enjoy!





## Golden Turmeric Latte

2 servings

10 minutes

### Ingredients

- 1 tbsp Ginger (grated)
- 1 cup Canned Coconut Milk
- 1 cup Water
- 1 tsp Turmeric (powder)
- 1 tbsp Raw Honey
- 1/2 tsp Cinnamon
- 1 1/2 tps Coconut Oil

### Nutrition

Amount per serving	
Calories	281
Fat	25g
Saturated	23g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	14g
Fiber	1g
Protein	2g
Vitamin A	2IU
Vitamin C	0mg
Calcium	26mg
Vitamin D	0IU
Riboflavin	0mg
Niacin	0mg
Vitamin B6	0mg
Folate	1µg
Vitamin B12	0µg
Magnesium	7mg
Zinc	0mg

### Directions

- 1 Grate the ginger then squeeze the juice out of it into a saucepan. Discard the pulp. Add the remaining ingredients to the saucepan and place over medium heat. Heat through for about 3 to 5 minutes, not letting it come to a boil. Whisk continuously.
- 2 Carefully transfer into a mason jar and seal with a lid. Shake vigorously for about 30 seconds, or until a foam starts to form. (Note: You can also use a blender for this step, but the turmeric can stain the blender cup.) Pour into glasses through a sieve and enjoy!

### Notes

- Use Fresh Turmeric Root:** Skip the turmeric powder and use fresh turmeric root instead. Peel turmeric root and grate. Measure out about 1 tbsp grated turmeric root per serving.
- Avoid a Mess:** Rinse all glasses and mugs out right after use to avoid turmeric stains. Use baking soda on turmeric stains if they do happen.
- On-the-Go:** Add all ingredients except water to a mason jar. When ready to drink, just add hot water from the kettle and shake up for a warming, anti-inflammatory snack.
- Vegan:** Use maple syrup to sweeten instead of honey.



## Turmeric Hummus

4 servings

10 minutes

### Ingredients

- 2 cups Chickpeas (cooked)
- 1 Garlic (clove)
- 1 tbsp Tahini
- 3 tbsps Apple Cider Vinegar
- 1/4 cup Extra Virgin Olive Oil
- 1/2 tsp Turmeric
- 1/2 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	281
Fat	18g
Saturated	2g
Polyunsaturated	3g
Monounsaturated	11g
Carbs	24g
Fiber	7g
Protein	8g
Vitamin A	25IU
Vitamin C	1mg
Calcium	59mg
Vitamin D	0IU
Riboflavin	0.1mg
Niacin	1mg
Vitamin B6	0.1mg
Folate	145µg
Vitamin B12	0µg
Magnesium	44mg
Zinc	1mg

### Directions

- 1 Add all ingredients together in a food processor. Blend until a creamy consistency forms. Enjoy!

### Notes

**Serve it With:** Veggie sticks, brown rice tortilla chips, on a salad, in a wrap or as a sandwich spread.

**Leftovers:** Store in an air-tight container in the fridge up to 3-5 days, or in the freezer up to 6 months.



## Turmeric Lemonade

3 servings

5 minutes

### Ingredients

- 1 Lemon (juiced)
- 1/2 tsp Turmeric
- 3 tbsps Maple Syrup
- 3 cups Water

### Nutrition

Amount per serving	
Calories	57
Fat	0g
Saturated	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	15g
Fiber	0g
Protein	0g
Vitamin A	1IU
Vitamin C	6mg
Calcium	46mg
Vitamin D	0IU
Riboflavin	0.3mg
Niacin	0mg
Vitamin B6	0mg
Folate	3µg
Vitamin B12	0µg
Magnesium	11mg
Zinc	0mg

### Directions

- 1 Add all ingredients to a pitcher and stir well until combined. Pour into a glass over ice and enjoy!

### Notes

**No Maple Syrup:** Use honey instead.

**Serving Size:** One serving is equal to approximately 1 cup.

**Likes it Fizzy:** Use sparkling water instead of regular water.





## Golden Turmeric Hot Chocolate

1 serving

5 minutes

### Ingredients

- 1 tbsp Cacao Powder
- 1/4 tsp Turmeric (dried, ground)
- 1/4 tsp Cinnamon
- 1 1/2 tps Coconut Butter
- 1/2 tsp Honey
- 1 cup Water (hot)
- 1/2 cup Unsweetened Almond Milk

### Nutrition

Amount per serving	
Calories	116
Fat	9g
Saturated	5g
Polyunsaturated	0g
Monounsaturated	1g
Carbs	9g
Fiber	4g
Protein	2g
Vitamin A	252IU
Vitamin C	0mg
Calcium	267mg
Vitamin D	50IU
Riboflavin	0mg
Niacin	0mg
Vitamin B6	0mg
Folate	0µg
Vitamin B12	0µg
Magnesium	55mg
Zinc	0mg

### Directions

- 1 Add the cacao powder, turmeric, cinnamon, coconut butter, honey, hot water and almond milk to a blender. Blend on high until smooth and creamy. Transfer to a mug and enjoy!

### Notes

**No Cacao Powder:** Use cocoa powder instead.

**No Honey:** Use maple syrup or stevia instead.

**Nut-Free:** Use oat milk or coconut milk instead.

**No Coconut Butter:** Use almond, cashew or sunflower seed butter instead.



## Roasted Carrot White Bean & Tahini Soup

4 servings

1 hour

### Ingredients

18 Carrot (medium, peeled and roughly chopped)  
 2 tbsps Extra Virgin Olive Oil (divided)  
 1 Yellow Onion (medium, diced)  
 3 stalks Celery (chopped)  
 4 Garlic (cloves, minced)  
 4 cups Vegetable Broth  
 2 cups White Navy Beans (cooked, drained and rinsed)  
 1 tsp Turmeric  
 1/4 cup Tahini  
 1/2 Lemon (juiced)  
 Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	423
Fat	16g
Saturated	2g
Polyunsaturated	5g
Monounsaturated	8g
Carbs	61g
Fiber	20g
Protein	14g
Vitamin A	46529IU
Vitamin C	22mg
Calcium	253mg
Vitamin D	0IU
Riboflavin	0.4mg
Niacin	4mg
Vitamin B6	0.6mg

### Directions

- 1 Preheat your oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, toss the chopped carrots with half of the olive oil. Spread them over the baking sheet and roast for 40 minutes, tossing halfway through cooking.
- 3 In a large pot, heat the rest of the olive oil. Add the onion and celery, cook for 7-10 minutes or until softened. Then add the garlic and cook for 2 to 3 more minutes.
- 4 Add the roasted carrots, vegetable broth, white beans, turmeric, and tahini into the pot. Use an immersion blender to puree until completely smooth. Add lemon juice and salt and pepper to taste.
- 5 Divide between bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container up to 4 days, or freeze up to 6 months.

**Serving Size:** One serving is approximately 2 cups.

**No Immersion Blender:** Use a regular blender instead, ensuring there is a place in the lid for the steam to escape.

**Carrot Tip:** If using different sized carrots, aim for about 0.5 lb. of carrots per serving.

**No Carrots:** Use sweet potato instead.

**Add Toppings:** Greek yogurt, avocado, roasted vegetables, pumpkin seeds, sesame seeds, hemp seeds, cinnamon or extra turmeric.

---

Folate	206µg
Vitamin B12	0µg
Magnesium	104mg
Zinc	2mg





## Savory Golden Oats

1 serving  
20 minutes

### Ingredients

- 2 cups Vegetable Broth
- 1/2 cup Oats (rolled)
- 1/4 cup Dry Red Lentils
- 1/2 tsp Onion Powder
- 1/2 tsp Turmeric
- 1/4 tsp Garlic Powder
- 1/8 tsp Sea Salt
- 1 cup Baby Spinach
- 1/2 tsp Nutritional Yeast (optional)

### Nutrition

Amount per serving	
Calories	389
Fat	4g
Saturated	1g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	70g
Fiber	13g
Protein	21g
Vitamin A	3865IU
Vitamin C	10mg
Calcium	84mg
Vitamin D	0IU
Riboflavin	1.5mg
Niacin	8mg
Vitamin B6	1.4mg
Folate	73µg
Vitamin B12	5.6µg
Magnesium	89mg
Zinc	2mg

### Directions

- 1 Bring the vegetable broth to a gentle boil over medium-high heat.
- 2 Add the oats, lentils, onion powder, turmeric, garlic powder and salt. Stir to combine. Reduce the heat to medium-low and cook for 12 to 15 minutes, stirring often, until the lentils are tender.
- 3 Stir in the baby spinach and nutritional yeast, if using. Season with additional salt if needed. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. For best results, reheat with additional broth on the stove or in the microwave.

**More Flavor:** Add red pepper flakes, fresh ground black pepper or fresh garlic.

**Additional Toppings:** Fresh herbs, green onions, diced tomatoes or sesame seeds.

**No Vegetable Broth:** Use water instead and increase the sea salt to taste.



## Lemon Turmeric Rice

4 servings

40 minutes

### Ingredients

- 1 cup Brown Rice (uncooked)
- 3/4 tsp Turmeric
- 1/2 tsp Sea Salt
- 2 cups Water
- 1 Garlic (clove, minced)
- 1 tbsp Ginger (fresh, minced or grated)
- 2 tsps Lemon Juice (divided)

### Nutrition

Amount per serving	
Calories	175
Fat	2g
Saturated	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	37g
Fiber	2g
Protein	4g
Vitamin A	1IU
Vitamin C	3mg
Calcium	19mg
Vitamin D	0IU
Riboflavin	0mg
Niacin	3mg
Vitamin B6	0.2mg
Folate	12µg
Vitamin B12	0µg
Magnesium	58mg
Zinc	1mg

### Directions

- 1 Combine the rice with the turmeric and sea salt in a pot. Stir in the water, garlic, ginger and half of the lemon juice.
- 2 Bring the rice to a boil then reduce heat to low and cover with a lid. Let the rice simmer for about 40 minutes or until the liquid is absorbed and the rice is tender.
- 3 Remove from the heat and stir in the remaining lemon juice. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days.

**More Flavor:** Stir chopped cilantro, parsley or lemon zest into the cooked rice.

**Make it a Meal:** Serve beside chicken or fish, add it to soups or salads.



## Aloo Gobi

4 servings

45 minutes

### Ingredients

- 1/3 cup Ghee
- 1 tbsp Cumin
- 1/2 tsp Garam Masala
- 1 tsp Cinnamon
- 2 tsps Turmeric
- 1 Garlic (clove, minced)
- 1 tbsp Ginger (minced)
- 1 Yellow Onion (chopped)
- 3 Russet Potato (peeled, cut into 1-inch pieces)
- 1 head Cauliflower (chopped into florets)
- 1/2 cup Water
- 2 tsps Cilantro (chopped)
- Sea Salt & Black Pepper

### Nutrition

Amount per serving	
Calories	334
Fat	17g
Saturated	11g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	41g
Fiber	8g
Protein	7g
Vitamin A	69IU
Vitamin C	82mg
Calcium	94mg
Vitamin D	0IU
Riboflavin	0.2mg

### Directions

- 1 Add the ghee to a medium-sized pan over low heat. Once melted, add the cumin, garam masala, cinnamon and turmeric. Stir until fragrant.
- 2 Once mixed together, add the garlic and ginger. Cook for 3 minutes on low.
- 3 Turn the heat to medium and add the onions. Cook for another 5 minutes or until soft. Then add the potatoes, cauliflower and water. Cook covered for 20-25 minutes, or until the potatoes are tender.
- 4 Divide evenly between bowls. Top with cilantro, salt and pepper. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately 1 1/2 cups.

**No Russet Potatoes:** Use yellow or sweet potatoes instead.



---

Niacin	3mg
Vitamin B6	0.7mg
Folate	119µg
Vitamin B12	0µg
Magnesium	72mg
Zinc	1mg



## Chickpea Breakfast Scramble

3 servings

15 minutes

### Ingredients

- 1/4 cup Vegetable Broth
- 1 1/2 cups Chickpeas (cooked, rinsed)
- 2 tbsps Nutritional Yeast
- 1 tsp Turmeric
- 1/4 tsp Sea Salt
- 1 cup Mixed Greens
- 1/3 cup Radishes (sliced)
- 1 tbsp Parsley (chopped)
- 1/2 stalk Green Onion (chopped)

### Nutrition

Amount per serving	
Calories	167
Fat	2g
Saturated	0g
Polyunsaturated	1g
Monounsaturated	0g
Carbs	26g
Fiber	8g
Protein	11g
Vitamin A	254IU
Vitamin C	6mg
Calcium	58mg
Vitamin D	0IU
Riboflavin	5.0mg
Niacin	27mg
Vitamin B6	5.2mg
Folate	147µg
Vitamin B12	22.5µg
Magnesium	44mg
Zinc	1mg

### Directions

- 1 In a medium-sized pan, heat the vegetable broth over medium heat.
- 2 In a medium-sized bowl, add in the chickpeas and mash until they're soft. Add in the nutritional yeast, turmeric and sea salt and mix together until well combined.
- 3 Add the chickpea mixture into the pan and cook for about 10 minutes or until the scramble begins to turn golden. Continue to stir as it cooks.
- 4 Remove the chickpea scramble from the stove and let it cool. Divide the mixed greens, radishes, parsley and green onions onto plates. Top with the chickpea scramble and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving equals approximately 1/2 cup each of chickpeas and salad.



## Shrimp & Mango Coconut Curry

4 servings  
30 minutes

### Ingredients

- 1 lb Shrimp (raw, peeled)
- 1/4 Lime (juiced)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 tbsp Extra Virgin Olive Oil
- 1 Sweet Onion (diced)
- 4 Garlic (cloves, minced)
- 1 tbsp Ginger (grated)
- 1 tbsp Garam Masala
- 1/2 tsp Turmeric
- 1 tbsp Cumin
- 2 Tomato (diced)
- 1 1/2 cups Canned Coconut Milk
- 4 cups Broccoli (chopped into small florets)
- 1 Mango (peeled and sliced into strips)
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	423
Fat	21g
Saturated	16g
Polyunsaturated	1g
Monounsaturated	3g
Carbs	33g
Fiber	6g
Protein	29g
Vitamin A	2330IU
Vitamin C	127mg

### Directions

- 1 Marinate shrimp in a bowl with lime, salt and pepper. Cover and let sit in the fridge.
- 2 Heat olive oil in a large skillet over medium heat. Saute your onion until soft, about 5 minutes. Stir in garlic and ginger until fragrant.
- 3 Stir in garam masala, turmeric and cumin until everything is coated.
- 4 Add diced tomato and coconut milk. Bring to a simmer and add broccoli. Cook until tender, about 10 to 15 minutes. Add shrimp and simmer until cooked through, about 5 minutes.
- 5 Stir in sliced mango and garnish with optional toppings. Divide into bowls and enjoy!

### Notes

**Garnish With:** Chopped cilantro, parsley, red pepper flakes or toasted cashews.

**Serve it With:** Quinoa, couscous, brown rice or cauliflower rice.

**No Coconut Milk:** Use Greek yogurt or cashew cream instead. Or use almond milk and thicken with arrowroot powder.

**Meat Lover:** Swap the shrimp for chicken, beef or pork.

**Make it Vegan:** Swap the shrimp for chickpeas, lentils, edamame, peas, eggplant, cauliflower or snap peas.

**Storage:** Refrigerate in air-tight container up to 3-5 days; freeze if longer.



---

Calcium	170mg
Vitamin D	0IU
Riboflavin	0.2mg
Niacin	2mg
Vitamin B6	0.5mg
Folate	129µg
Vitamin B12	0µg
Magnesium	88mg
Zinc	2mg



## Moroccan Chicken Stew

4 servings

30 minutes

### Ingredients

- 1/4 cup Coconut Oil
- 10 ozs Chicken Breast (skinless, boneless, diced into chunks)
- 2 Yellow Onion (medium, diced)
- 1 tsp Turmeric
- 1/2 tsp Cinnamon
- 1/2 tsp Cardamom
- 1/4 tsp Cayenne Pepper
- 1 1/2 tsps Sea Salt
- 3 Tomato (large, diced)
- 1/2 cup Parsley (finely chopped and divided)
- 2 tbsps Raw Honey
- 1/3 cup Raisins

### Nutrition

Amount per serving	
Calories	320
Fat	16g
Saturated	12g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	29g
Fiber	4g
Protein	18g
Vitamin A	1955IU
Vitamin C	24mg
Calcium	53mg
Vitamin D	1IU
Riboflavin	0.2mg
Niacin	8mg

### Directions

- 1 Heat coconut oil over medium heat in a large pot or saucepan. Add chicken, onion, turmeric, cinnamon, cardamom, cayenne and salt. Cook for 15 minutes, stirring occasionally.
- 2 Stir in tomatoes, half the parsley, honey and raisins. Cover and cook for another 15 minutes, until chicken is cooked through and sauce is thick.
- 3 Uncover and serve immediately. Garnish with remaining parsley. Enjoy!

### Notes

**Serve it With:** Crusty bread, brown or white rice, quinoa, brown rice tortillas, roasted squash, sweet potato, or our Paleo Tabbouleh recipe.

**Storage:** Refrigerate in an airtight container up to 3 days, or freeze if longer.

**Make it Vegan or Vegetarian:** Use chickpeas instead of chicken and maple syrup instead of honey.

---

Vitamin B6	0.7mg
Folate	43µg
Vitamin B12	0.2µg
Magnesium	38mg
Zinc	1mg





## Coconut Cod Chowder

4 servings

30 minutes

### Ingredients

- 1 tsp Coconut Oil
- 1/3 cup Shallot (chopped in large chunks)
- 1 tsp Ginger (minced)
- 2 Garlic (cloves, minced)
- 2 Sweet Potato (cut into large cubes)
- 1 3/4 cups Canned Coconut Milk
- 1/2 cup Water
- 1/2 tsp Sea Salt
- 1/2 tsp Turmeric
- 2 Cod Fillet
- 2 stalks Celery (sliced)
- 2 tbsps Lime Juice
- 1/4 cup Cilantro (optional, for topping, chopped)

### Nutrition

Amount per serving	
Calories	365
Fat	21g
Saturated	18g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	20g
Fiber	3g
Protein	24g
Vitamin A	9429IU
Vitamin C	7mg
Calcium	63mg
Vitamin D	42IU
Riboflavin	0.1mg

### Directions

- 1 In a large pot over medium heat, add the oil and the shallot and cook for 2 to 3 minutes, until just cooked through. Then add the ginger and garlic and cook for 30 seconds, until fragrant. Add the potatoes, coconut milk, water, salt and turmeric. Bring to a boil, and then reduce to a simmer. Cook for 8 to 10 minutes, until the potatoes are fork-tender.
- 2 Add the cod and simmer for 4 minutes. Add the celery and cook for an additional 4 to 5 minutes, until the cod is cooked through and flaky. Remove from the heat and stir in the lime juice. Divide between bowls and top with cilantro, if using. Enjoy!

### Notes

- Leftovers:** Refrigerate in an airtight container for up to three days.
- Serving Size:** One serving is approximately 1 1/2 cups of chowder.
- Fillet Size:** One fillet is equal to 231 grams or 8 ounces.
- More Flavor:** Add chili flakes on top.
- No Cod:** Use halibut instead.

---

Niacin	3mg
Vitamin B6	0.5mg
Folate	29µg
Vitamin B12	1.1µg
Magnesium	61mg
Zinc	1mg