



in the kitchen

WITH DOTERRA ESSENTIAL OILS

# smoothies

## GREEN SMOOTHIE

TWO CUPS KALE

2 CUPS FROZEN ORGANIC BLUEBERRIES

1 LARGE ORGANIC CARROT, BANANA OR PINEAPPLE TO  
TASTE

ONE CUP WATER

ONE CUP NUT MYLK

ONE DROP WILD ORANGE ESSENTIAL OIL

## VANILLA BLUEBERRY

ONE SCOOP VANILLA TRIMSHAKE

ONE CUP ALMOND MILK

ONE FROZEN BANANA

ONE TBSP HONEY

ONE DROP SLIM + SASSY ESSENTIAL OIL

HALF TSP VANILLA

## ON GUARD PUMPKIN SMOOTHIE

ONE CUP NUT MYLK

HALF CUP PUMPKIN PUREE

HALF CUP VANILLA YOGURT

TWO FROZEN BANANAS

ONE TSP VANILLA

ONE TSP PUMPKIN PIE SEASONING

2 DROPS ON GUARD ESSENTIAL OIL

ONE CUP ICE



# smoothies

## WILD TROPICAL SMOOTHIE

FIVE DROPS WILD ORANGE ESSENTIAL OIL

ONE CUP FROZEN STRAWBERRIES

ONE CUP FROZEN MANGO

ONE CUP PINEAPPLE JUICE

## CHOCOLATE MINT MACA SMOOTHIE

ONE CUP NUT MYLK

ONE CUP KALE

QUARTER AVOCADO

THREE PITTED DATES

ONE TBSP CACAO POWDER

ONE TSP MACA POWDER

TWO DROPS PEPPERMINT ESSENTIAL OIL

## GINGER PEAR GREEN SMOOTHIE

ONE CUP SPINACH

ONE CUP DICED FROZEN PEARS

HALF CUP PLAIN GREEK YOGURT

ONE TBSP NUT BUTTER

ONE CUP NUT MYLK

ONE TSP RAW HONEY

HALF TSP VANILLA

ONE DROP GINGER ESSENTIAL OIL

# *breakfast*

## **PITAYA SMOOTHIE BOWL**

HALF FRESH MANGO SLICED

ONE KIWI SLICED

ONE PACKET OF FROZEN PITAYA (FOUND AT MOST GROCERS)

TWO CUPS FROZEN FRUIT OF CHOICE

ONE CUP NUT MYLK

ONE FROZEN BANANA

FOUR DROPS GRAPEFRUIT ESSENTIAL OIL

BLEND, POUR INTO A BOWL + TOP WITH ITEMS OF YOUR CHOICE. WE LOVE CACAO NIBS, CHIA SEEDS, COCONUT FLAKES + BERRIES

## **IQ MEGA FRENCH TOAST**

ONE EGG

QUARTER CUP NUT MYLK

ONE TSP IQ MEGA

SPRINKLE OF CINNAMON

FOUR SLICES OF WHOLE GRAIN BREAD

MIX INGREDIENTS TOGETHER, DUNK BREAD + TOSS INTO A PAN UNTIL GOLDEN BROWN

# ~~breakfast~~

## **TRIM SHAKE PROTEIN PANCAKES**

ONE BANANA, MASHED  
QUARTER CUP NUT MYLK  
TWO EGGS

TWO SCOOPS OF TRIM SHAKE (I LOVE CHOCOLATE)

BLEND IN BLENDER AND POUR OVER A GREASED, HOT  
FRYING PAN

## **LEMON BERRY CHIA PUDDING**

HALF CUP VANILLA YOGURT  
ONE CUP COCONUT MILK  
TWO DROPS LEMON ESSENTIAL OIL  
TWO TBSP CHIA SEEDS

MIX TOGETHER IN A MASON JAR, LET SIT IN FRIDGE  
OVERNIGHT. TOP IN THE MORNING WITH BERRIES OF  
CHOICE.

# snacks

## WILD ORANGE POWER BITES

ONE CUP FINELY SHREDDED COCONUT

ONE CUP ALMOND BUTTER

ONE CUP DRIED CRANBERRIES

HALF CUP RAW HONEY

HALF TSP SALT

TWO TBSP CHIA SEEDS

THREE DROPS WILD ORANGE ESSENTIAL OIL

MIX TOGETHER + ROLL INTO BALLS

## TANGERINE FRUIT DIP

TWO PACKAGES OF CREAM CHEESE

ONE CUP VANILLA YOGURT

HALF CUP HONEY

THREE DROPS TANGERINE ESSENTIAL OIL

## STRAWBERRY LEMONADE YOGURT BARK

ONE LARGE CONTAINER OF PLAIN GREEK YOGURT

TWO CUPS FRESHLY CUT STRAWBERRIES

TWO DROPS LEMON ESSENTIAL OIL

SPREAD LEMON YOGURT ONTO PAN, COVER WITH  
STRAWBERRIES + FREEZE

# snacks

## CINNAMON APPLE CHIPS

EIGHT MEDIUM SIZED APPLES

ONE TBSP SUGAR OR SWEETENER OF YOUR CHOICE

6 DROPS CINNAMON ESSENTIAL OIL

COAT APPLES IN CINNAMON SUGAR AND BAKE FOR 45  
MINUTES AT 225 F

## LEMON KALE CHIPS

ONE LARGE BUNCH OF KALE, TORN INTO SMALL PIECES

TWO TBSP OLIVE OIL

TWO DROPS LEMON ESSENTIAL OIL

SALT + PEPPER

COAT KALE IN OLIVE OIL + LEMON MIXTURE AND BAKE FOR  
50 MINUTES AT 200 F

## ITALIAN OREGANO BREAD DIP

QUARTER CUP OLIVE OIL

TWO TBSP BALSAMIC VINEGAR

HALF TSP ITALIAN SEASONING

ONE TBSP PARMESAN CHEESE

ONE DROP OREGANO ESSENTIAL OIL

# baked goods

## CINNAMON ALMOND GRANOLA

FOUR CUPS OLD FASHIONED OATS  
TWO CUPS UNSWEETENED COCONUT  
ONE CUP SLICED ALMONDS  
TWO TBSP CHIA SEEDS  
QUARTER CUP FLAX MEAL  
ONE TSP SALT  
ONE CUP DRIED CHERRIES  
ONE CUP DRIED CRANBERRIES  
HALF CUP HONEY  
QUARTER CUP MAPLE SYRUP  
HALF CUP COCONUT OIL  
TEN DROPS CINNAMON BARK ESSENTIAL OIL

COMBINE + BAKE FOR 20-30 MINUTES AT 325 F

## LIME MIXED BERRY PIE

FIVE CUPS FROZEN MIXED BERRIES  
ONE CUP RAW SUGAR  
QUARTER CUP CORN STARCH  
ONE TBSP VANILLA  
TWO DROPS LIME ESSENTIAL OIL

MIX TOGETHER + POUR INTO HOMEMADE OR PREMADE  
CRUST AND COOK ACCORDINGLY

# baked goods

## PEPPERMINT BLACK BEAN BROWNIES

ONE CAN BLACK BEANS, DRAINED + RINSED

TWO LARGE EGGS

QUARTER CUP COCOA POWDER

2/3 CUP HONEY

1/3 CUP COCONUT OIL

PINCH OF SALT

FOUR DROPS PEPPERMINT ESSENTIAL OIL

ADD ALL INGREDIENTS TO BLENDER, POUR INTO A BAKING DISH + BAKE AT 350 F FOR 30 MINUTES

## RAW CINNAMON BROWNIE

ONE CUP PITTED DATES

TWO CUPS SHREDDED COCONUT

ONE TSP RAW MACA POWDER

PINCH OF SALT

ONE DROP OF CINNAMON BARK ESSENTIAL OIL

BLEND IN FOOD PROCESSOR, ROLL INTO A BALL +  
REFRIGERATE BEFORE EATING



# salads

## STRAWBERRY ALMOND SALAD

ONE CUP SPINACH  
HALF CUP STRAWBERRIES CUT INTO THICK SLICES  
HALF CUP SLICED ALMONDS  
HALF CUP FETA CHEESE

TOP WITH DRESSING OF CHOICE OR OUR RASPBERRY  
VINAIGRETTE

## QUINOA DILL SALAD

TWO CUPS COOKED QUINOA  
SIX BABY BELL PEPPERS  
FOUR MINI CUCUMBERS  
ONE POUND BABY TOMATOES  
HALF CUP FETA  
QUARTER CUP GREEK OLIVES

MIX TOGETHER + TOP WITH DRESSING OF CHOICE. OUR  
SELECTION IS THE DILL DRESSING ON THE FOLLOWING  
PAGES



# salads

## QUINOA BLACK BEAN SALAD

ONE CUP QUINOA

HALF TSP SALT

TWO MEDIUM TOMATOES

ONE RED ONION

THREE TBSP OLIVE OIL

ONE CAN BLACK BEANS, DRAINED + RINSED

2 DROPS LIME ESSENTIAL OIL

ONE DROP CILANTRO ESSENTIAL OIL

ONE JALAPENO

HALF CUP QUESO FRESCO OR MOZZARELLA

MIX TOGETHER + ENJOY!

## LEMON WALDORF SALAD

FIVE APPLES MEDIUM DICED

HALF CUP CELERY DICED

HALF CUP WALNUTS COARSELY CHOPPED

2/3 CUP MAYO OR PLAIN GREEK YOGURT

SEVEN DROPS LEMON ESSENTIAL OIL

MIX TOGETHER + ENJOY PLAIN OR ON BREAD

# *dressings*

## **RASPBERRY VINAIGRETTE**

FOUR DROPS LIME ESSENTIAL OIL

ONE PINT FRESH RASPBERRIES

ONE TBSP HONEY

TWO TBSP DIJON MUSTARD

TWO TBSP RED WINE VINEGAR

QUARTER CUP OLIVE OIL

## **CINNAMON SPICE SALD DRESSING**

QUARTER CUP OLIVE OIL

TWO TBSP RAW APPLE CIDER VINEGAR

TWO DROPS CINNAMON BARK ESSENTIAL OIL

ONE DROP CLOVE ESSENTIAL OIL

EIGHTH TSP GROUND NUTMEG

ONE SMALL GARLIC CLOVE, MINCED

QUARTER TSP SALT

## **DILL VINAIGRETTE**

ONE CUP APPLE CIDER VINEGAR

QUARTER CUP OLIVE OIL

HALF CUP PLAIN GREEK YOGURT

1/4 TSP ONION POWDER

1/4 TSP GARLIC POWDER

TWO DROPS DILL ESSENTIAL OIL

PINCH OF SALT

# drinks

## CRANBERRY SPRITZER

CRANBERRY JUICE  
SPARKLING WATER (OR CHAMPAGNE)  
ICE CUBES  
LIME ESSENTIAL OIL

## HOT COCOA

ONE CUP WATER  
FIVE TSP COCOA POWDER  
QUARTER TSP LIQUID STEVIA  
1 TBSP SUGAR OR AGAVE  
ONE TSP VANILLA OR 1/4 TSP ALMOND  
THREE CUPS ALMOND MILK

FEELING FANCY? ADD A DROP OF CINNAMON BARK OR  
PEPPERMINT!

## RASPBERRY LIMEADE

COOK, COOL + STRAIN AND COMBINE WITH:  
TWO CUPS RASPBERRIES  
HALF CUP SUGAR OR HONEY  
ONE CUP WATER  
LIMES  
SPARKLING WATER  
LIME ESSENTIAL OIL

# *sandwiches*

## **BANANA WILD ORANGE SANDWICH**

WHOLE WHEAT BREAD

BANANA SLICES

PEANUT BUTTER

TWO DROPS WILD ORANGE ESSENTIAL OIL

## **BASIL MARINATED ROASTED PEPPER**

PEPPER MARINADE:

3-5 DROPS BASIL ESSENTIAL OIL

TWO TBSP TRUFFLE OIL OR OLIVE OIL

ONE TBSP BALSAMIC VINEGAR

TWO GARLIC CLOVES, MINCED

SANDWICH:

FOUR WHOLE ROASTED PEPPERS

ONE LARGE CIABATTA BREAD

MANCHEGO CHEESE

TWO CUPS BABY ARUGULA

# *sandwiches*

## **BLACK BEAN BURGERS**

TWO GARLIC CLOVES

TWO CANS BLACK BEANS

QUARTER CUP BELL PEPPER

HALF CUP YELLOW ONION

TWO DROPS CILANTRO ESSENTIAL OIL

TWO DROPS BASIL ESSENTIAL OIL

ONE EGG

ONE CUP BREAD CRUMBS

BLEND ON HIGH IN A FOOD PROCESSOR. MAKE INTO  
PATTIES AND FRY ON SKILLET

## **BASIL MARINATED ROASTED PEPPER**

SIX CUPS SPINACH LEAVES

HALF CUP WALNUTS

TWO CLOVES GARLIC

ONE TSP SALT

QUARTER CUP PARMESAN

ONE TBSP LEMON JUICE

TWO TBSP OLIVE OIL

ONE DROP BASIL ESSENTIAL OIL

TWO DROPS LEMON ESSENTIAL OIL

USE ON SANDWICHES, BREAD OR PASTA



# *daily uses in the kitchen*

- ADD ONE DROP CINNAMON BARK ESSENTIAL OIL TO YOUR MORNING COFFEE
- WHEN YOU FORGET YOUR FRESH OR DRIED HERBS, REACH FOR ONE SIMPLE DROP OF YOUR OILS (ESPECIALLY HANDY FOR SALAD DRESSINGS, SOUPS OR STEWS)
- ADD CITRUS FLAVORINGS TO YOUR DAILY TRIM SHAKE (OUR FAVES ARE WILD ORANGE + TANGERINE!)
- WASH YOUR FRUIT IN LEMON FOR A LINGERING LEMONY FRESH TASTE
- ADD ONE DROP OF LIME TO YOUR BERRIES OR GRAPES FOR A DELICIOUS LASTING FLAVOR

