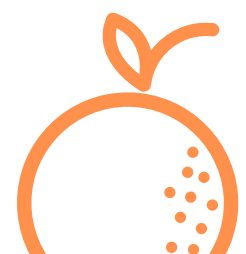
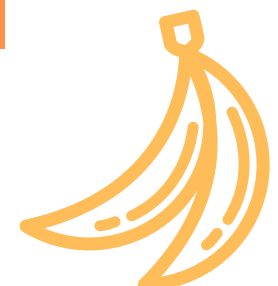
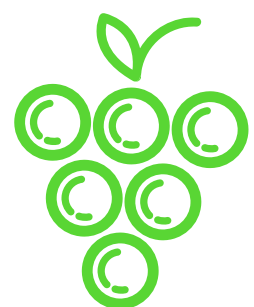
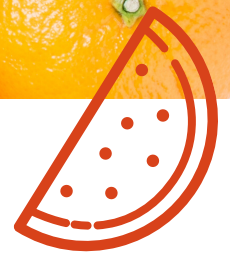


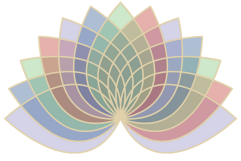


5 FUNCTIONAL NUTRITIONIST
RECOMMENDED

ELIMINATION DIET RECIPES



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Recipes

TRIPLE BERRY PROTEIN BOWL

ARUGULA, FIG & PROSCUITTO
SALAD

PULLED CHICKEN & PESTO WRAPS

ROASTED VEGGIE & QUINOA BOWL

SLOW COOKER DIJON PORK
TENDERLOIN

Triple Berry Protein Bowl

7 ingredients · 10 minutes · 2 servings



Directions

1. Wash berries and place in bowl(s). Sprinkle berries with hemp seeds and slivered almonds. Top with almond butter and pour almond milk over top. Enjoy!

Ingredients

- 1 cup Strawberries (sliced)
- 1 cup Blueberries
- 1 cup Blackberries
- 2 tbsps Almond Butter
- 2 tbsps Hemp Seeds
- 1/4 cup Slivered Almonds
- 1/2 cup Unsweetened Almond Milk

Nutrition

Amount per serving

Calories	336	Vitamin A	329IU
Fat	22g	Vitamin C	67mg
Carbs	31g	Calcium	242mg
Fiber	11g	Iron	3mg
Sugar	16g	Vitamin D	25IU
Protein	12g	Magnesium	147mg
Cholesterol	0mg	Zinc	2mg
Sodium	49mg	Selenium	1µg
Potassium	536mg		

Arugula, Fig & Prosciutto Salad

7 ingredients · 10 minutes · 2 servings



Directions

1. Add the arugula, figs, prosciutto and pumpkin seeds into a large bowl.
2. In a small bowl, whisk the extra virgin olive oil, balsamic vinegar and sea salt together.
3. Drizzle the dressing over the salad, serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days. For best results, store the dressing separately.

More Flavor

Add goat cheese, mozzarella or basil.

Make it Vegan

Use roasted chickpeas instead of prosciutto.

Ingredients

- 4 cups Arugula
- 4 Fig (quartered)
- 2 1/16 ozs Prosciutto (torn into slices)
- 2 tbsps Pumpkin Seeds
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 tbsp Balsamic Vinegar
- 1/8 tsp Sea Salt

Nutrition

Amount per serving

Calories	277	Vitamin A	1090IU
Fat	18g	Vitamin C	8mg
Carbs	23g	Calcium	107mg
Fiber	5g	Iron	3mg
Sugar	18g	Vitamin D	0IU
Protein	11g	Magnesium	37mg
Cholesterol	20mg	Zinc	0mg
Sodium	692mg	Selenium	0µg
Potassium	389mg		

Pulled Chicken & Pesto Wraps

10 ingredients · 1 hour 10 minutes · 4 servings



Directions

1. Preheat oven to 325°F (163°C).
2. Place chicken breasts in a oven-safe glass dish and pour in vegetable broth. Tightly cover with foil. Bake in the oven for 60 minutes.
3. Meanwhile, create your pesto by combining walnuts, olive oil, lemon juice, spinach, basil, sea salt and black pepper in a food processor. Blend until smooth.
4. Remove chicken from oven. Use a fork to shred the chicken.
5. Place the pulled chicken in a bowl and toss with desired amount of pesto.
6. Drop a few spoonfuls into a collard green and wrap it up. Enjoy!

Notes

Save Time

Throw your chicken into the slow cooker in the morning and shred by night.

More Carbs

Serve on organic bread or in a brown rice wrap.

Make it Crunchy

Add diced celery, cherry tomatoes or sunflower seeds.

Vegetarian

Skip the chicken and use roasted chickpeas.

Ingredients

- 1 lb Chicken Breast
- 1 cup Organic Vegetable Broth
- 2/3 cup Walnuts
- 1/2 cup Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 2 cups Baby Spinach
- 1 cup Basil Leaves
- 1/4 tsp Sea Salt
- 1/2 tsp Black Pepper
- 4 cups Collard Greens (washed and stems removed)

Nutrition

Amount per serving

Calories	527	Vitamin A	3945IU
Fat	43g	Vitamin C	24mg
Carbs	7g	Calcium	146mg
Fiber	3g	Iron	2mg
Sugar	1g	Vitamin D	1IU
Protein	30g	Magnesium	93mg
Cholesterol	82mg	Zinc	2mg
Sodium	380mg	Selenium	27µg
Potassium	682mg		

Roasted Veggie and Quinoa Bowl

12 ingredients · 40 minutes · 3 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Transfer the chopped broccoli, sweet potatoes and chickpeas to the prepared baking sheet. Season the vegetables with half of the lemon juice, Italian seasoning and sea salt. Bake for 30 to 35 minutes until vegetables are very tender and chickpeas are crispy.
3. While the vegetables are roasting, add the quinoa and broth to a medium pot with a tight-fitting lid. Bring to a boil, cover with lid and reduce heat to low. Cook until the liquid is absorbed and quinoa is tender. Remove from heat and set aside.
4. While the quinoa is cooking, combine the tahini, warm water, maple syrup and remaining lemon juice in a small bowl. Whisk until smooth. Season with additional salt if needed.
5. To assemble, divide the quinoa and roasted vegetables between bowls. Drizzle with tahini sauce and top with pumpkin seeds (optional). Enjoy!

Notes

Leftovers

Store in the fridge for up to four days.

No Quinoa

Use rice or cauliflower rice instead.

No Broth

Use water instead.

Cooked Chickpeas

Use cooked chickpeas from the can to save time.

Ingredients

- 2 cups Broccoli (chopped into florets)
- 2 Sweet Potato (medium, cut into 1/2-inch cubes)
- 1 cup Chickpeas (cooked)
- 1/4 cup Lemon Juice (divided)
- 1 tsp Italian Seasoning
- 1/4 tsp Sea Salt
- 2/3 cup Quinoa (uncooked)
- 1 1/2 cups Organic Vegetable Broth
- 2 tbsps Tahini
- 2 tbsps Water (warm)
- 1 1/2 tbsps Maple Syrup
- 1 tbsp Pumpkin Seeds (optional)

Nutrition

Amount per serving

Calories	432	Vitamin A	12964IU
Fat	11g	Vitamin C	65mg
Carbs	72g	Calcium	159mg
Fiber	12g	Iron	6mg
Sugar	14g	Vitamin D	0IU
Protein	16g	Magnesium	149mg
Cholesterol	0mg	Zinc	3mg
Sodium	610mg	Selenium	11µg
Potassium	960mg		

Slow Cooker Dijon Pork Tenderloin

7 ingredients · 2 hours 15 minutes · 4 servings



Directions

1. Combine the broth, mustard, Italian seasoning and sea salt in the slow cooker. Add the pork tenderloin to the center of the slow cooker and cover with the lid. Cook on high for 1 to 2 hours or on low for 3 to 4 hours until the pork is cooked through.
2. Once cooked, remove the pork from the slow cooker and cover it with foil to rest and keep warm. Add the lemon juice and parsley into the slow cooker with the leftover juices, and mix well.
3. To serve, slice the pork and drizzle with the juices from the slow cooker. Enjoy!

Notes

Optional Step for Sauce

For a sauce that is more like gravy, transfer the cooking liquid from the slow cooker to a small pot. Bring the liquid to a boil over medium-high heat and then let simmer for 15 minutes. Turn off the heat then stir in the lemon juice and parsley.

No Grainy Dijon Mustard

Use regular Dijon mustard or brown mustard instead.

Leftovers

Keep in the fridge for up to 3 days or freeze for longer.

Serve it With

Mashed potatoes, cauliflower, rice, quinoa or a side salad.

Ingredients

- 3 cups** Organic Vegetable Broth
- 2 tbsps** Dijon Mustard (grainy)
- 1 tsp** Italian Seasoning
- 1/2 tsp** Sea Salt
- 1 lb** Pork Tenderloin
- 1 tbsps** Lemon Juice
- 1/4 cup** Parsley (chopped)

Nutrition

Amount per serving

Calories	141	Vitamin A	715IU
Fat	3g	Vitamin C	7mg
Carbs	2g	Calcium	16mg
Fiber	0g	Iron	1mg
Sugar	1g	Vitamin D	9IU
Protein	24g	Magnesium	34mg
Cholesterol	74mg	Zinc	2mg
Sodium	930mg	Selenium	35µg
Potassium	509mg		

HOW TO LEARN MORE ABOUT ELIMINATION DIETS

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1. Join the Newsletter: <https://mailchi.mp/OeOa1a177ad6/newsletter>
2. Join the Elimination Diet Group: www.phillyfunctional.com/challenge
3. Join the Monthly Membership (coming soon!)

What is Included in the Elimination Diet Group Challenge:

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