

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 MOZARELLA

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 SALAD 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

TWO CUPS RASPBERRIES
HALF CUP SUGAR OR HONEY
ONE CUP WATER
COOK, COOL + STRAIN AND COMBINE WITH:
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

