

Lemon-Thyme Chicken

Yield - 4 servings

Prep Time - 15 minutes

Cook Time - up to 40 minutes

Ingredients

- ¼ to ½ cup olive oil
- 2 tsp minced garlic, about 2 cloves
- 3 drops Thyme essential oil
- 3 drops Lemon essential oil
- Salt and pepper
- 1-2 pounds fingerling potatoes, halved lengthwise, or tiny new red or white potatoes, halved
- 4 small skinless, boneless chicken breast halves (1 to 1 ¼ pounds total)
- 1 lemon, thinly sliced (garnish)
- Fresh thyme (garnish)
- Fresh veggies, as side dish

Directions

1. Preheat the oven to 400 F. Spray 9x13-inch glass baking dish with non-stick cooking spray.
2. In a small glass mixing bowl, add the olive oil and minced garlic. Add the drops of Thyme and Lemon essential oils. Add a pinch of salt and pepper as well.
3. Place the halved fingerling potatoes and the chicken breast pieces into the baking dish. Slowly pour the olive oil mixture over the potatoes and chicken, spreading it as evenly as you can.
4. Bake in the preheated oven for 30 to 40 minutes, or until potatoes are tender and chicken has cooked through.
5. Serve Lemon-Thyme Chicken with fingerling potatoes and fresh veggies. Add an optional lemon slice and/or fresh thyme garnish.

Homemade Marinara Sauce with Essential Oils

Yield - 4 servings

Prep Time - 15 minutes

Cook Time - up to 40 minutes

Ingredients

- 28 oz. can crushed tomatoes
- 15 oz. can diced tomatoes
- 2 tsp minced garlic or 4 garlic cloves, crushed
- 1 cup finely chopped onion
- 1 cup finely chopped carrots
- 2 Tbsp olive oil
- Salt and pepper to taste
- 2 drops Lemon essential oil
- 2 drops Basil essential oil
- Toothpick swirl Oregano essential oil
- Pasta and fresh veggies, as side dishes

Directions

1. In a large skillet, heat the olive oil. Add the minced garlic, chopped onion, and chopped carrots. Cook until carrots and onions begin to soften. Add the crushed tomatoes and diced tomatoes. Bring to a slow simmer over medium-low heat. Season with salt and pepper.
2. Add 2 drops Lemon and Basil essential oils. Add a clean toothpick to the Oregano bottle and then swirl in the liquid Oregano into the sauce. Add more of each essential oil, to taste.
3. Cook the pasta and prepare veggies as directed.
4. Serve Homemade Marinara Sauce over pasta with side of veggies.

Raspberry Peppermint Tea

Yield - 16 servings

Prep Time - 15 minutes

Cook Time - up to 40 minutes

Ingredients

- 1 cup frozen or fresh raspberries
- ½ cup sugar
- 1 cup water
- 3 drops Peppermint essential oil
- 14 cups water & 3 tea bags - about 1 gallon of fresh brewed tea

Directions

1. To a small saucepan, add the fresh or frozen raspberries, sugar and water. Bring to bubbling over medium and gently crush the raspberries to help the juices release into the syrup, as it 'reduces' to a sauce.
2. Add 3 drops of Peppermint essential oil to the syrup-sauce.
3. If you prefer, you can blend the warm syrup to make the syrup smoother. You can also strain the sauce to keep the seeds out of your pitcher of tea.
4. Brew 1 gallon of tea as directed on package.
5. Add the Raspberry Peppermint syrup to the tea and stir thoroughly.
6. Chill until ready to serve.

Arugula Salad with Salmon & Homemade Lemon Vinaigrette Dressing

Yield - 2 lunch servings

Prep Time - 15 minutes

Cook Time - up to 40 minutes

Ingredients

- 8 oz. salmon, sauteed
- 1 Tbsp olive oil
- 5 drops Lemon essential oil
- Salt and pepper
- 8 oz. box arugula
- 1 avocado, seeded and diced
- 3 stalks green onions, chopped

Homemade Lemon-Dill Vinaigrette

- ½ cup olive oil
- 3 Tbsp red wine vinegar
- 2 garlic cloves, crushed
- 2 drops Lemon essential oil
- 1 drop Dill essential oil, optional
- Pinch salt and pepper, each

Directions

1. In a small skillet, add the olive oil and 5 drops of Lemon essential oil. Saute the salmon for 3 to 5 minutes per side, until cooked through. Season with a little salt and pepper.
2. To a large mixing bowl, add the arugula, diced avocado and chopped green onions.
3. Make the homemade lemon-dill vinaigrette in a small glass resealable container. Add the olive oil, red wine vinegar, crushed garlic cloves, 2 drops of Lemon essential oil, 1 drop of Dill essential oil and a pinch of salt and pepper each. Shake vigorously and pour over the salad and toss gently.
4. Serve Arugula Salad with Salmon and Homemade Lemon-Dill Vinaigrette.

Baked Thai Chicken

Yield - 2 lunch servings

Prep Time - 15 minutes

Cook Time - up to 40 minutes

Ingredients

- 6-8 small boneless, skinless chicken breasts or 12 boneless chicken thighs
- 15 oz. can coconut milk
- 1 drops Coriander essential oil
- 2 drops Basil essential oil
- 2 drops Lemongrass essential oil
- 1 drop Ginger essential oil
- 3 garlic cloves, crushed
- Salt and pepper
- 2 Tbsp packed brown sugar or preferred sweetener
- 2 limes, cut into wedges, for garnish
- Cilantro, for garnish
- Rice and veggies, as side dish

Directions

1. Preheat the oven to 350 F.
2. Place the chicken breasts or thighs into a 9x13-inch glass baking dish.
3. In a glass mixing bowl, pour in the coconut milk and add 1 drops Coriander essential oil, 2 drops Basil essential oil, 2 drops Lemongrass essential oil, 1 drop Ginger essential oil, along with the crushed garlic and a pinch of salt and pepper each. Stir in your preferred sweetener.
4. (Note: It is common for the coconut milk to harden in the can, and if it does this, you can scoop/pour it into a small saucepan and heat it up. Stir it gently until liquid coconut milk forms.)
5. Pour the coconut mixture over the chicken in the glass baking dish and bake in the preheated oven for 40 to 50 minutes, or until chicken has cooked through.
6. Cook rice and veggies as directed.
7. Serve Baked Thai Chicken over rice with side of veggies.

Blueberry Lemon Muffins

Yield - 2 lunch servings

Prep Time - 15 minutes

Cook Time - up to 40 minutes

Ingredients

- 2 ½ cups all-purpose flour plus 1 Tbsp for dusting the blueberries
- 1 cup sugar
- 1 Tbsp baking powder
- ½ teaspoon baking soda
- 1 teaspoon salt
- ½ cup butter, melted
- 2 large eggs
- 1 cup plain sour cream
- 2 Tbsp milk
- 1 tsp vanilla
- 1 drop Cinnamon Bark essential oil
- 2 drops Lemon essential oil
- 1 ½ cups fresh blueberries

Directions

1. Preheat oven to 350 F. Spray 12 muffin tins with non-stick cooking spray.
2. In a large glass mixing bowl, combine 2 ½ cups flour with the sugar, baking powder, baking soda, and salt. Stir in the melted butter, eggs, sour cream, milk and vanilla. Combine until batter forms. Add 2 drops Lemon essential oil and 1 drop Cinnamon bark essential oil, and incorporate well into the batter.
3. Toss the fresh blueberries with 1 Tbsp flour and then add to the batter. This will help keep them all from falling to the bottom of each muffin.
4. Add the batter to the 12 muffin tins and bake in the preheated oven for 22 to 24 minutes, or until muffins in the middle are baked through.
5. Serve Blueberry Lemon muffins for breakfast, snack or dessert.

Fruit Salad with Poppyseed Dip

Yield - 2 lunch servings

Prep Time - 15 minutes

Cook Time - up to 40 minutes

Ingredients

- 6 cups fresh fruit, diced (pineapple, mango, cantaloupe, apple)
- ⅓ cup poppyseed salad dressing
- 1 cup vanilla yogurt
- 2 drops Orange or Tangerine essential oil
- 2 drops Lime essential oil

Directions

1. Place fresh fruit in large serving bowl.
2. In a small glass bowl, stir together the poppyseed salad dressing and vanilla yogurt. Add 2 drops Orange or Tangerine essential oil and 2 drops Lime essential oil and stir.
3. Serve Fresh Fruit with Poppyseed Dip, as appetizer or side dish.

Orange-Cranberry Energy Bites

Yield - 2 lunch servings

Prep Time - 15 minutes

Cook Time - up to 40 minutes

Ingredients

- 1 cup finely shredded coconut, divided
- ½ cup almond butter
- ½ cup peanut butter
- ½ cup honey
- 1 cup dried cranberries
- 2 Tbsp chia seeds
- 3 drops Orange essential oil

Directions

1. To a large glass mixing bowl, add ½ cup of the shredded coconut. Add the almond butter, peanut butter, and honey. Stir together and then stir in the dried cranberries and chia seeds. Add the 3 drops of Orange essential oil and stir well to incorporate.
2. Place the other ½ cup of shredded coconut onto a plate.
3. Roll the mixture into 1" balls and then roll each ball in the shredded coconut. Set aside on plate and continue making energy balls with the remaining mixture. Chill at least 1 hour before serving.
4. Serve Orange-Cranberry Energy Bites as afternoon snack or dessert.