

BONE HEALTHY RECIPES



**CHEF INSPIRED
EASY TO MAKE
STRONGER BONES NUTRITION**



BONECOACH™

FREE

BONE-HEALTHY RECIPES

Loaded with nutrients / Dietitian and chef created!
(Click the images below to watch)



BONE-HEALTHY RECIPES - BONECOACH™

Enjoy these dietitian and chef-created recipes from the BoneCoach Team!

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Creamy Herbaceous Avocado Dip | BoneCoach™ Recipes

SERVES: 4

TOTAL TIME: 5 minutes

Ingredients

1 large (2 small) perfectly ripe avocado (Hass variety is preferable)

1 lemon, zested and juiced

2 cloves garlic, peeled and smashed

1/2 cup assortment of fresh herbs (scallions, oregano, basil, parsley, cilantro, mint)

1/4 tsp red pepper flakes (optional)

1/2 tsp sea salt

Ingredient Notes

Red pepper flakes (Not to be consumed on Paleo AIP)

Directions

1) Combine all ingredients in a blender and pulse until smooth.

<https://bonecoach.com/creamy-herbaceous-avocado-dip/>

[Click here to watch the recipe on Youtube \(Don't forgot to subscribe!\)](#)



Arugula Salad with Roasted Squash | BoneCoach™ Recipes

SERVES: 3

TOTAL TIME: 20 minutes

Ingredients

2 cups (500 ml) butternut or acorn squash, small diced

1 tbsp (15 ml) avocado oil

pinch sea salt

3 tbsp (45 ml) lemon juice

3 tbsp (45 ml) avocado oil

1/4 tsp (1 ml) sea salt

pinch black pepper

142g (5 oz) box baby arugula

1/2 cup (125 ml) pomegranate arils

Directions

1) Preheat oven to 400 degrees and line a baking sheet with parchment paper. Add butternut squash and toss with 1 tablespoon of oil and pinch of salt. Roast for 15-20 minutes or until tender and cooked through.

2) Meanwhile, whisk together the lemon juice, oil, salt and pepper. Toss in the cooked squash, baby arugula and pomegranate arils.

3) Serve immediately.

<https://bonecoach.com/arugula-salad-with-roasted-squash/>

[Click here to watch the recipe on Youtube \(Don't forgot to subscribe!\)](#)



Lemon Blueberry Yogurt | BoneCoach™ Recipes

SERVES: 4

TOTAL TIME: 15 minutes

Ingredients

2 cups fresh (or frozen, thawed) wild blueberries

2 tsp finely grated lemon zest

1 tbsp fresh lemon juice

2 tbsp pure maple syrup

2 tbsp chia seeds

2 cups 2% plain Greek yogurt / 24-hours homemade yogurt / coconut yogurt

Directions

1) Bring blueberries, lemon zest, lemon juice, and maple syrup to a simmer in a medium saucepan over medium heat and cook, stirring occasionally, just until blueberries begin to burst, about 5 minutes. Using the back of a fork, lightly mash the berries to release their juices. Increase heat to medium-high and bring to a boil. Cook, stirring occasionally, until juices are reduced by half, about 5 minutes.

2) Remove jam from heat; taste and add a bit more maple syrup if you prefer it to be sweeter. Stir in chia seeds, and let the jam cool slightly, then divide the jam into 4 jars. Top each jar with 1/2 cup of yogurt. Cover with a lid and chill until ready to serve. Can be kept in the fridge for up to one week.

<https://bonecoach.com/lemon-blueberry-yogurt/>

[Click here to watch the recipe on Youtube \(Don't forgot to subscribe!\)](#)



Fresh Cucumber Salad | BoneCoach™ Recipes

SERVES: 4

TOTAL TIME: 10 minutes

Ingredients

2 English cucumbers, thinly sliced

¼ cup thinly sliced red onions

1 ½ tsp sea salt

½ cup whole milk organic plain Greek or Skyr yogurt

½ cup sour cream

1 tbsp apple cider vinegar

¼ cup freshly chopped dill

¼ tsp freshly cracked black pepper

Directions

1) In a bowl, mix the cucumbers, red onions, and salt together. Toss and then pour the contents over a colander, suspended over a bowl. Wrap the bowl and colander with plastic wrap, and place in the refrigerator to drain for at least 4 hours or overnight (discard the liquid that collects in the bowl).

2) After at least 4 hours, roll the cucumbers up in paper towels or a kitchen towel and press the towel lightly to remove most of the liquid. Place the cucumbers and yogurt in a large bowl with the sour cream, vinegar, dill, and pepper. Toss well and refrigerate for a few hours to allow the flavors to blend.

<https://bonecoach.com/fresh-cucumber-salad/>

[Click here to watch the recipe on Youtube \(Don't forgot to subscribe!\)](#)



Creamy Cauliflower Soup | BoneCoach™ Recipes

SERVES: 4

TOTAL TIME: 40 minutes

Ingredients

- 1 medium head cauliflower, cut into florets
- 1 medium onion, diced
- 4 garlic cloves, peeled and smashed
- 2 tablespoons extra-virgin olive oil
- 1/2 tsp sea salt
- 1/4 tsp freshly ground black pepper
- 2 bay leaves
- 4 cups water
- 2 tbsp liquid coconut aminos (or ½ tablespoon organic miso paste)
- 40-80g hydrolyzed collagen powder

Directions

- 1) Preheat the oven to 400°F and line a large baking sheet with parchment paper. Spread the cauliflower, onions, and garlic on the baking sheet and toss with a drizzle of olive oil and pinches of salt and pepper. Roast for 25-30 minutes or until the cauliflower is browned around the edges.
- 2) Meanwhile, in a large pot, bring the water to a low simmer. Add the roasted vegetables, and bay leaves, and simmer, covered, for 15 minutes. Let cool slightly and transfer to a blender. Add the coconut aminos and collagen. Blend until smooth. Season to taste.

<https://bonecoach.com/creamy-cauliflower-soup/>

[Click here to watch the recipe on Youtube \(Don't forgot to subscribe!\)](#)



Ginger Lemongrass Squash Soup | BoneCoach™ Recipes

SERVES: 4

TOTAL TIME: 20 minutes

Ingredients

6 cups butternut squash, cubed

2 tbsp avocado oil

1/2 tsp sea salt

1 medium onion, diced

2 tbsp grated gingerroot

2 tbsp finely minced lemongrass stalks, white and light green parts only

1x400ml can coconut milk

2 cups water

40-80g hydrolyzed collagen powder

Directions

- 1) Preheat oven to 400 degrees and line a baking sheet with parchment paper. Add butternut squash and toss with 1 tablespoon of oil and 1/4 teaspoon of salt. Roast for 15-20 minutes or until tender and cooked through.
- 2) Meanwhile, heat a pot over medium heat. Add remaining oil, onions, salt, ginger and lemongrass. Cook for 5 minutes, until fragrant, stirring often. Add in the coconut milk and water. Cover the pot with a lid and bring to a boil.
- 3) In batches, puree the cooked butternut squash and coconut broth until smooth and creamy. Stir in the collagen powder and enjoy.

<https://bonecoach.com/ginger-lemongrass-squash-soup/>

[Click here to watch the recipe on Youtube \(Don't forgot to subscribe!\)](#)



Pineapple Cucumber Smoothie | BoneCoach™ Recipes

SERVES: 1

TOTAL TIME: 5 minutes

Ingredients

1/2 cup sliced cucumber, skin on

1 cup frozen pineapple chunks

1 tsp lime zest

1 tbsp freshly squeezed lime juice

1/4 cup frozen organic chopped kale

10-20g scoop hydrolyzed collagen powder

1/2 cup unsweetened fortified coconut beverage*

Ingredient Notes

*For SCD replace with 6 soaked cashews and 1/2 water

Directions

1) Place all ingredients in a blender and blend on high until smooth and creamy.

<https://bonecoach.com/pineapple-cucumber-smoothie/>

[Click here to watch the recipe on Youtube \(Don't forgot to subscribe!\)](#)



Coconut Blueberry Smoothie | BoneCoach™ Recipes

SERVES: 1

TOTAL TIME: 5 minutes

Ingredients

1/2 cup frozen wild blueberries

1/2 cup cold water

1 pitted date (or 1 tsp monk fruit sweetener)

1/4 cup full-fat coconut milk

1/4 cup avocado chunks (fresh/frozen)

10-20g hydrolyzed collagen powder

Directions

1) Place all ingredients into a blender and blend on high until smooth and creamy.

<https://bonecoach.com/coconut-blueberry-smoothie/>

[Click here to watch the recipe on Youtube \(Don't forgot to subscribe!\)](#)



Cucumber Salad Dressing | BoneCoach™ Recipes

SERVES: 4

TOTAL TIME: 5 minutes

Ingredients

- 1 perfectly ripe large Hass avocado
- 1 English cucumber, halved and de-seeded
- Handful basil leaves
- 1 ½ tbsp (22 ml) freshly squeezed lemon juice
- 1 clove garlic
- ¼ cup (60 ml) water
- ¼ tsp (1g) sea salt
- ¼ tsp (1g) freshly cracked black pepper

Directions

- 1) Place all ingredients in a mini food processor or blender. Puree until very smooth. Season with salt and pepper, if desired. Toss with your favorite greens or zoodles!

<https://bonecoach.com/cucumber-salad-dressing/>

[Click here to watch the recipe on Youtube \(Don't forgot to subscribe!\)](#)



Roasted Cauliflower with Prunes | BoneCoach™ Recipes

SERVES: 4

TOTAL TIME: 30 minutes

Ingredients

4 cups cauliflower florets
1 cup boiled sprouted chickpeas
3 tablespoons olive oil
1 tsp sea salt
1/4 tsp freshly cracked black pepper
1/4 tsp garlic powder
1/2 tsp ground cumin
1 pinch red pepper flakes (optional)
1 cup cooked sprouted quinoa
1/2 cup sliced prunes
1 tablespoon fresh lemon juice
2 cups baby greens (watercress / arugula / kale / collards / mustard greens), roughly chopped

Ingredient Notes

Quinoa (Not to be consumed on SCD, Paleo, Paleo AIP)

Chickpeas/Garbanzo beans (Not to be consumed on SCD, Paleo, Paleo AIP)

Cumin (Not to be consumed on Paleo AIP)

Pepper flakes (Not to be consumed on Paleo AIP)

Directions

- 1) Line a baking tray with parchment paper and preheat the oven to 400F. Toss together the cauliflower, chickpeas, oil, salt, pepper, garlic powder, cumin and red pepper flakes. Bake for 20-25 minutes or until cauliflower is golden.
- 2) Transfer the cooked vegetables into a large bowl. Add in the cooked quinoa, prunes, baby greens and lemon juice. Mix until combined and adjust seasoning as desired.

<https://bonecoach.com/roasted-cauliflower-with-prunes/>

[Click here to watch the recipe on Youtube \(Don't forgot to subscribe!\)](#)

ABOUT BONECOACH™

Kevin Ellis, better known as Bone Coach™, is a certified integrative nutrition health coach, podcaster, youtuber, bone health advocate, and is the founder of [BoneCoach.com](https://www.bonecoach.com).

After an osteoporosis diagnosis in his early 30's, he realized just how challenging it can be for the average person to make sense of what needs to be done to improve and how to move forward confidently with a stronger bones plan.

Today, not only has he transformed his own health, and made continued progress on his own journey, he's now dedicated his life to helping women with osteopenia and osteoporosis gain clarity and confidence that improving is possible.

Through a unique 3-step process and world class coaching programs, Kevin and his team of credentialed experts have helped people in over 1500+ cities around the world get confident in their stronger bones plan.

His mission is to not just help over 1+ million people around the globe build stronger bones... It's to help our children and grandchildren have the education, resources, and nourishment needed to prevent osteoporosis and other diseases in the future so they can lead long, active lives.



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MORE WAYS TO CONNECT & SHARE

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Let me help your friends and family. This may not impact your bone health directly... but chances are you know someone who is trying to make sense of a recent osteopenia/osteoporosis diagnosis or trying to figure out why they are losing bone and how to address it. This could be a friend, aunt, mother, or even a group of people... Tell them to head over to bonecoach.com to learn about getting a stronger bones plan in place.

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