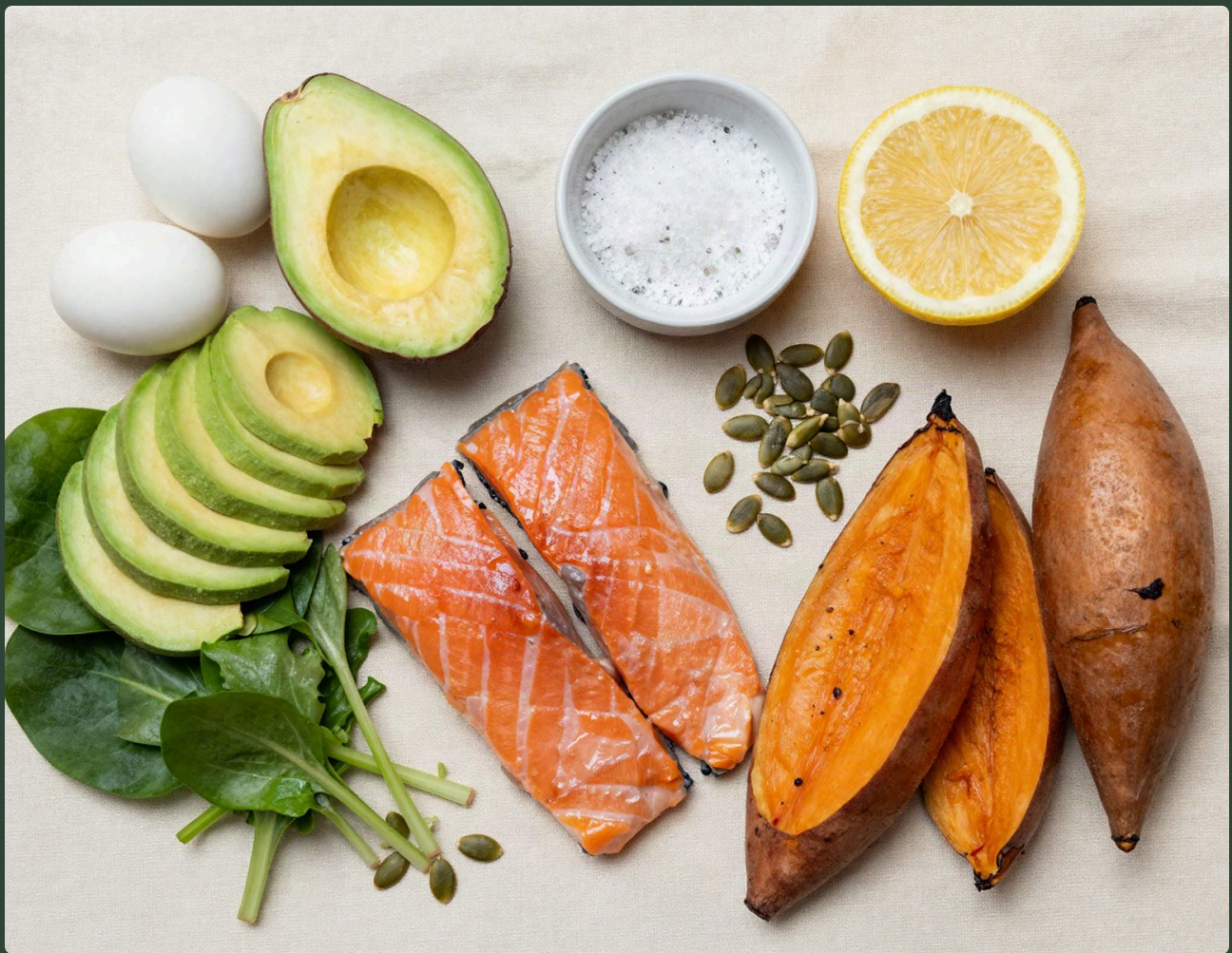


ROOT CAUSE METHOD WELLNESS · FREE RECIPE GUIDE

The Root Cause Kitchen

Simple, warming recipes for mineral balance



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WELCOME

Food that works with your body

This little cookbook is the way I like to eat, and the way I walk my clients through eating: warm, cooked, simple meals built on good protein and plenty of vegetables.

When you are working on your mineral balance, meals don't need to be complicated. Most of what you'll find here comes down to a handful of steps: steam or roast your vegetables, pair them with a quality protein, and make a pot of soup when you can. Cooked vegetables are gentler on digestion than big raw salads, and a steady rhythm of protein through the day helps keep your energy even.

Every recipe uses ingredients you can find at a regular grocery store, and most take 30 minutes or less. Make a few staples on the weekend (bone broth, a tray of roasted vegetables, a batch of shredded chicken) and weeknight meals almost put themselves together.

Your HTMA results may point to specific foods to lean into or go easy on. Use this book as a foundation, and follow the personal guidance in your plan where it differs.

With warmth,

Brooke

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The Root Cause plate

Six simple habits that shape every recipe in this book.

Cook your vegetables

Steam, roast or simmer them. Cooked vegetables are easier to digest and you can comfortably eat more of them. Aim for about two-thirds of your plate.

Protein at every meal

Grass-fed beef and lamb, pasture-raised chicken and eggs, and wild fish. A palm-sized portion, two to three times a day.

Choose quality fats

Butter or ghee from grass-fed cows, olive oil, avocado oil and the natural fat on good meat. Fat keeps you full and carries flavor.

Eat warm and simple

Soups, stews and one-pan dinners. Fewer ingredients, cooked well, eaten slowly and sitting down.

Go easy on sugar

Skip refined sugar, juice and white flour. When you want something sweet, use a little maple syrup, raw honey or coconut sugar.

Salt and hydrate well

Use a good unrefined sea salt and drink clean water through the day. Your plan may give you a daily water goal.

Building a plate

Fill about two-thirds with cooked vegetables, about a third with protein, add a spoonful of fat, and season generously. If you need more fuel, add a small serving of a starchy vegetable like sweet potato or winter squash, or a little cooked rice.

Stocking your kitchen

A short list to keep on hand so a good meal is always 20 minutes away.

Proteins

- Grass-fed ground beef and stew meat
- Grass-fed steaks or a chuck roast
- Pasture-raised whole chicken, thighs and drumsticks
- Pasture-raised eggs
- Ground lamb (optional)
- Wild-caught salmon or sardines

Vegetables

- Carrots, beets, parsnips
- Sweet potatoes, butternut and acorn squash
- Zucchini and yellow squash
- Broccoli, cauliflower, green beans
- Arugula, chard, collards
- Onions, garlic, celery, leeks
- Brussels sprouts, cabbage, asparagus

Fats and flavor

- Grass-fed butter or ghee
- Extra-virgin olive oil, avocado oil
- Unrefined sea salt, black pepper
- Fresh herbs: parsley, thyme, rosemary, dill
- Dried herbs and spices: oregano, cumin, paprika, turmeric, ginger
- Lemons and apple cider vinegar

Pantry

- Homemade or store-bought bone broth
- White or brown rice
- Sprouted organic gluten-free rolled oats
- Maple syrup, raw honey, coconut sugar
- Raw cacao powder, pure vanilla
- Canned coconut milk
- Pumpkin seeds and almonds
- Tomato paste

Helpful tools

- A steamer basket and lidded pot
- Two rimmed sheet pans
- A heavy Dutch oven or slow cooker

CHAPTER ONE

Breakfasts with eggs and oats

Start the day with protein and something warm.

Garden Veggie Egg Scramble

SERVES 2 · 15 MINUTES

INGREDIENTS

- 5 pasture-raised eggs
- 1 tbsp grass-fed butter
- 1 small zucchini, diced
- 1 cup baby arugula
- 2 green onions, sliced
- Sea salt and pepper

METHOD

1. Melt the butter in a skillet over medium heat. Add the zucchini and a pinch of salt and cook 4 to 5 minutes until soft.
2. Add the arugula and green onions and stir about 1 minute, until just wilted.
3. Whisk the eggs with salt and pepper, pour into the pan and stir gently over low heat until just set.

Leftover roasted vegetables work beautifully here.

Sweet Potato and Beef Breakfast Hash

SERVES 3 · 25 MINUTES

INGREDIENTS

- 1/2 lb grass-fed ground beef
- 1 medium sweet potato, small dice
- 1/2 onion, diced
- 1 1/2 cups baby arugula
- 1 tbsp avocado oil
- 1/2 tsp each paprika and cumin
- 3 pasture-raised eggs

METHOD

1. Heat the oil in a large skillet. Add the sweet potato and onion with a pinch of salt, cover, and cook 10 minutes, stirring now and then.
2. Push to the side, add the beef and spices and cook until browned. Stir in the arugula until wilted.
3. Make three wells, crack an egg into each, cover and cook 4 to 5 minutes until the whites are set.

Maple Oat and Cottage Cheese Breakfast Muffins

MAKES 12 · 30 MINUTES · SWEETENED ONLY WITH MAPLE SYRUP

INGREDIENTS

- 2 cups sprouted organic gluten-free rolled oats
- 1 cup full-fat cottage cheese
- 2 pasture-raised eggs
- 1/3 cup pure maple syrup
- 3 tbsp melted grass-fed butter or coconut oil
- 1 tsp vanilla
- 1 1/2 tsp baking powder
- 1 tsp cinnamon, 1/4 tsp sea salt
- Optional: 3/4 cup blueberries or 1/3 cup chopped pecans

METHOD

1. Heat the oven to 350°F and line a 12-cup muffin tin with parchment liners.
2. Blend the oats in a blender until they turn into a fine flour.
3. Add the cottage cheese, eggs, maple syrup, butter and vanilla and blend until completely smooth. The cottage cheese adds protein and keeps them moist.
4. Add the baking powder, cinnamon and salt and pulse just to combine. Stir in berries or nuts by hand.
5. Fill the cups about three-quarters full and bake 20 to 22 minutes, until golden and a toothpick comes out clean. Cool 10 minutes before removing.

Pair one or two muffins with a couple of eggs for a balanced breakfast. They keep 4 days in the fridge or 3 months frozen.

Make-Ahead Egg Muffins

MAKES 12 · 30 MINUTES

INGREDIENTS

- 10 pasture-raised eggs
- 1 1/2 cups steamed broccoli, chopped
- 1/2 cup diced roasted red pepper
- 1 cup cooked ground sausage or shredded chicken
- Salt, pepper and a pinch of dried thyme

METHOD

1. Heat the oven to 350°F and grease a 12-cup muffin tin with butter.
2. Divide the vegetables and meat between the cups.
3. Whisk the eggs with the seasonings, pour over the filling, and bake 20 to 22 minutes until set. They keep 4 days in the fridge.

CHAPTER TWO

Soups and broths

Warming, easy to digest, and even better the next day.

Simple Bone Broth

MAKES ABOUT 3 QUARTS · 12 TO 24 HOURS, MOSTLY HANDS-OFF

INGREDIENTS

- 3 to 4 lb beef or chicken bones (a mix of marrow and joint bones is ideal)
- 2 carrots, 2 celery stalks, 1 onion, roughly chopped
- 2 tbsp apple cider vinegar
- 2 bay leaves, a few peppercorns
- Water to cover

METHOD

1. For beef bones, roast them at 425°F for 30 minutes first for deeper flavor.
2. Put everything in a large pot or slow cooker, cover with cold water and let sit 20 minutes.
3. Bring to a gentle simmer, skim any foam, and simmer low for 12 to 24 hours (chicken) or up to 24 hours (beef).
4. Strain, season with salt, cool, and refrigerate or freeze in jars.

Sip a warm mug in the afternoon, or use it as the base for every soup in this chapter.

Cozy Chicken and Vegetable Soup

SERVES 6 · 40 MINUTES

INGREDIENTS

- 1 1/2 lb pasture-raised chicken thighs
- 8 cups bone broth
- 2 carrots, 2 celery stalks, 1 onion, diced
- 2 cloves garlic
- 1 zucchini, diced
- 2 cups chopped chard or arugula
- 1 tsp dried thyme, fresh parsley

METHOD

1. In a large pot, soften the onion, carrot and celery in a spoonful of butter for 6 minutes. Add the garlic.
2. Add the broth, thyme and whole chicken thighs. Simmer 25 minutes, then remove the chicken and shred it.
3. Add the zucchini and greens and simmer 5 minutes. Return the chicken, season, and finish with parsley.

Grass-Fed Beef and Root Vegetable Stew

SERVES 6 · 2 1/2 HOURS (OR 8 HOURS IN A SLOW COOKER)

INGREDIENTS

- 2 lb grass-fed beef stew meat
- 2 tbsp ghee or avocado oil
- 1 onion, 3 cloves garlic
- 2 tbsp tomato paste
- 4 cups beef broth
- 3 carrots, 2 parsnips, 1 sweet potato, cut in chunks
- 2 sprigs rosemary, 3 sprigs thyme

METHOD

1. Pat the beef dry and season well. Brown it in batches in a Dutch oven, then set aside.
2. Cook the onion and garlic 5 minutes, stir in the tomato paste, then add the broth, herbs and beef.
3. Cover and simmer gently 1 1/2 hours. Add the root vegetables and cook 45 minutes more until the meat is tender.

Silky Butternut Squash Soup

SERVES 4 · 45 MINUTES

INGREDIENTS

- 1 large butternut squash, peeled and cubed
- 1 onion, 2 carrots
- 2 tbsp butter
- 4 cups chicken bone broth
- 1/2 cup coconut milk
- 1/2 tsp ginger, pinch of nutmeg

METHOD

1. Roast the squash, onion and carrots with the butter and salt at 400°F for 30 minutes.
2. Transfer to a pot with the broth and spices and simmer 10 minutes.
3. Blend until smooth, stir in the coconut milk, and season to taste.

Top with toasted pumpkin seeds and serve with shredded chicken for a full meal.

Egg Drop Soup with Greens

SERVES 2 · 15 MINUTES

INGREDIENTS

- 4 cups chicken bone broth
- 1 tsp grated fresh ginger
- 2 cups baby arugula or bok choy
- 3 pasture-raised eggs, beaten
- 2 green onions, sea salt

METHOD

1. Bring the broth and ginger to a simmer. Add the greens and cook 1 to 2 minutes.
 2. Slowly drizzle in the eggs while stirring the broth in one direction to make ribbons.
 3. Season with salt and top with green onions.
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Hamburger Vegetable Soup

SERVES 6 · 35 MINUTES

INGREDIENTS

- 1 lb grass-fed ground beef
- 1 onion, 2 carrots, 2 celery stalks
- 2 cups green beans, cut
- 2 cups chopped cabbage
- 1 can diced tomatoes
- 6 cups beef broth
- 1 tsp oregano, 1 bay leaf

METHOD

1. Brown the beef in a large pot, then add the onion, carrots and celery and cook 5 minutes.
2. Add everything else, bring to a simmer and cook 20 minutes until the vegetables are tender.
3. Season with salt and pepper. Freezes well.

CHAPTER THREE

Grass-fed red meat

Rich in iron, zinc and B vitamins, and deeply satisfying.

Pan-Seared Steak with Garlic Butter Green Beans

SERVES 2 · 25 MINUTES

INGREDIENTS

- 2 grass-fed sirloin or ribeye steaks
- 1 tbsp avocado oil
- 2 tbsp butter, 2 cloves garlic, sprig of thyme
- 3 cups green beans, trimmed
- Sea salt and pepper

METHOD

1. Let the steaks sit out 20 minutes and season generously.
2. Steam the green beans 5 to 6 minutes until tender.
3. Sear the steaks in a hot pan with the oil 3 to 4 minutes per side. Add the butter, garlic and thyme and spoon over the steaks for a minute. Rest 5 minutes.
4. Toss the green beans in the pan butter and serve.

Slow Cooker Pot Roast

SERVES 6 · 15 MINUTES PREP, 8 HOURS ON LOW

INGREDIENTS

- 3 lb grass-fed chuck roast
- 1 onion, sliced
- 4 carrots, 3 celery stalks, chunks
- 1 lb small potatoes or 2 sweet potatoes
- 1 1/2 cups beef broth
- 4 cloves garlic, rosemary and thyme

METHOD

1. Season the roast and sear on all sides in a hot pan (optional, but adds flavor).
2. Put the vegetables in the slow cooker, set the roast on top, add garlic, herbs and broth.
3. Cook on low 8 hours until it pulls apart. Spoon the juices over everything.

Herbed Lamb or Beef Meatballs with Roasted Zucchini

SERVES 4 · 30 MINUTES

INGREDIENTS

- 1 lb ground lamb or grass-fed beef
- 1 pasture-raised egg
- 2 tbsp chopped parsley, 1 tbsp chopped mint or dill
- 1 clove garlic, 1/2 tsp cumin, 3/4 tsp salt
- 3 zucchini, sliced into half-moons
- Olive oil, lemon

METHOD

1. Heat the oven to 425°F. Toss the zucchini with oil and salt on one sheet pan.
2. Mix the meat, egg, herbs, garlic and spices and roll into 16 meatballs on a second pan.
3. Roast both 15 to 18 minutes. Finish with a squeeze of lemon.

CHAPTER FOUR

Pasture-raised chicken

Easy weeknight dinners and make-ahead staples.

Sheet Pan Lemon-Herb Chicken and Root Vegetables

SERVES 4 · 45 MINUTES

INGREDIENTS

- 6 to 8 bone-in, skin-on pasture-raised chicken thighs
- 3 carrots, 2 parsnips, 1 red onion, in chunks
- 2 cups Brussels sprouts, halved
- 2 tbsp olive oil, 1 lemon
- 1 tbsp chopped rosemary, 4 cloves garlic

METHOD

1. Heat the oven to 425°F. Toss the vegetables with half the oil, salt and pepper on a sheet pan.
2. Rub the chicken with the remaining oil, lemon zest, rosemary, garlic and salt. Nestle skin-side up on the vegetables.
3. Roast 35 to 40 minutes until the skin is crisp and the chicken reaches 175°F. Squeeze lemon over everything.

Whole Roast Chicken (and Tomorrow's Broth)

SERVES 4 TO 6 · 1 1/2 HOURS

INGREDIENTS

- 1 pasture-raised whole chicken (4 to 5 lb)
- 2 tbsp softened butter
- 1 lemon, halved, 1 head garlic, halved
- Thyme, sea salt, pepper

METHOD

1. Pat the chicken very dry and salt it well, ideally the night before.
2. Heat the oven to 425°F. Rub with butter, stuff with lemon, garlic and thyme.
3. Roast about 1 hour 15 minutes, until the thigh reaches 175°F. Rest 15 minutes before carving.

Save the carcass in the freezer for your next batch of bone broth.

Ginger-Garlic Chicken with Steamed Broccoli and Rice

SERVES 4 · 25 MINUTES

INGREDIENTS

- 1 1/2 lb boneless chicken thighs, bite-size pieces
- 1 tbsp avocado oil
- 1 tbsp grated ginger, 3 cloves garlic
- 3 tbsp coconut aminos
- 1 large head broccoli in florets
- Cooked rice to serve, green onions

METHOD

1. Steam the broccoli 5 to 6 minutes until tender-crisp.
2. Brown the chicken in the oil over medium-high heat, 6 to 8 minutes.
3. Add the ginger and garlic for 1 minute, then the coconut aminos. Toss with the broccoli and serve over a small scoop of rice.

CHAPTER FIVE

Steamed and roasted vegetables

The heart of the Root Cause plate. Make a big batch and use it all week.

Steaming guide

Bring an inch of water to a boil under a steamer basket, add the vegetables, cover, and cook until a fork slides in easily. Toss with butter or olive oil, sea salt and a squeeze of lemon.

Vegetable	Time	Vegetable	Time
Arugula, chard	1 to 3 min	Green beans	5 to 7 min
Asparagus	4 to 5 min	Carrots, sliced	6 to 8 min
Broccoli, cauliflower	5 to 6 min	Collards	6 to 8 min
Zucchini, squash	4 to 5 min	Beets, cubed	12 to 15 min

Roasted Root Vegetable Medley

SERVES 4 TO 6 · 40 MINUTES

INGREDIENTS

- 2 carrots, 2 parsnips, 2 beets, 1 sweet potato
- 1 red onion
- 3 tbsp avocado oil or melted ghee
- 1 tsp thyme, 1/2 tsp garlic powder, sea salt

METHOD

1. Heat the oven to 425°F. Cut everything into similar 1-inch pieces (keep the beets on their own corner so they don't color the rest).
2. Toss with the oil and seasonings and spread out on two sheet pans so they roast, not steam.
3. Roast 30 to 35 minutes, flipping once, until caramelized at the edges.

Crispy Roasted Brussels Sprouts and Cauliflower

SERVES 4 · 30 MINUTES

INGREDIENTS

- 1 lb Brussels sprouts, halved
- 1 small head cauliflower, florets
- 3 tbsp olive oil
- 1/2 tsp turmeric, 1/2 tsp paprika, sea salt

METHOD

1. Toss everything together and spread cut-side down on a sheet pan.
2. Roast at 425°F for 22 to 25 minutes until deeply golden.

Butter-Steamed Greens with Garlic

SERVES 2 TO 3 · 10 MINUTES

INGREDIENTS

- 1 large bunch chard or collards, stems removed, or 6 cups arugula
- 1 tbsp butter, 2 cloves garlic, sliced
- 2 tbsp bone broth or water, lemon, sea salt

METHOD

1. Warm the butter and garlic in a wide pan for 1 minute.
2. Add the greens and broth, cover, and steam 4 to 6 minutes until tender (arugula needs only 1 to 2 minutes). Finish with lemon and salt.

Mashed Cauliflower and Parsnip

SERVES 4 · 25 MINUTES

INGREDIENTS

- 1 head cauliflower, florets
- 2 parsnips, sliced
- 2 tbsp butter, splash of bone broth
- Sea salt, chives

METHOD

1. Steam the cauliflower and parsnips 12 to 15 minutes until very soft.
2. Mash or blend with the butter, broth and salt. Top with chives. Wonderful under pot roast.

Batch-cooking plan for Sunday

- Start a pot of bone broth in the morning.
- Roast a whole chicken and two sheet pans of root vegetables.
- Steam a big pot of greens and a head of broccoli.
- Bake a tray of egg muffins for grab-and-go breakfasts.
- Roast a tray of sweet potato wedges for an easy starchy side.
- Bake a batch of maple oat muffins for the week.

Store everything in glass containers. Through the week, mix and match: protein, two vegetables, a spoonful of fat, and a warm mug of broth.

CHAPTER SIX

Simple sweet treats

Made only with maple syrup, raw honey or coconut sugar. Enjoy them as a treat, in small portions, after a meal.

Chocolate Boiled Egg Pudding

SERVES 2 · 15 MINUTES, PLUS CHILLING · MAPLE SYRUP

INGREDIENTS

- 4 hard-boiled pasture-raised eggs, peeled and cooled
- 2 to 3 tbsp pure maple syrup
- 2 tbsp raw cacao powder
- 1 tsp vanilla
- Pinch of sea salt
- 2 to 4 tbsp whole milk or coconut milk

METHOD

1. Put everything in a blender or food processor, starting with 2 tbsp of milk.
2. Blend until completely silky, about 1 minute, adding milk a little at a time if needed.
3. Spoon into two small jars and chill at least 1 hour. It thickens as it sets.

Leave out the cacao and add cinnamon for a vanilla version. Top with a few berries or toasted coconut.

Avocado Cacao Mousse

SERVES 4 · 10 MINUTES, PLUS CHILLING · MAPLE SYRUP

INGREDIENTS

- 2 large ripe avocados
- 1/4 cup raw cacao powder
- 1/4 cup pure maple syrup
- 1/4 cup full-fat coconut milk
- 1 tsp vanilla, pinch of sea salt

METHOD

1. Scoop the avocados into a food processor with all the other ingredients.
2. Blend until smooth and glossy, scraping down the sides. Taste and add a little more maple if you like.
3. Chill 30 minutes. Serve topped with flaky salt or a few raspberries.

Cinnamon Baked Apples with Honey

SERVES 4 · 40 MINUTES · RAW HONEY

INGREDIENTS

- 4 apples, cored (leave the bottoms intact)
- 2 tbsp grass-fed butter, softened
- 2 tbsp raw honey
- 1/4 cup chopped pecans or walnuts
- 1 tsp cinnamon, pinch of nutmeg

METHOD

1. Heat the oven to 350°F and stand the apples in a small baking dish with 1/4 cup water.
2. Mix the butter, nuts and spices and pack into the centers.
3. Bake 30 to 35 minutes until tender, then drizzle with honey just before serving (honey keeps its flavor best when it isn't baked).

Coconut Sugar Pumpkin Custard Cups

SERVES 6 · 50 MINUTES · COCONUT SUGAR

INGREDIENTS

- 1 can (15 oz) pumpkin puree
- 3 pasture-raised eggs
- 3/4 cup full-fat coconut milk or cream
- 1/3 cup coconut sugar
- 1 1/2 tsp pumpkin pie spice, 1 tsp vanilla, pinch of salt

METHOD

1. Heat the oven to 350°F. Whisk everything together until smooth.
2. Pour into six buttered ramekins and set them in a baking dish. Add hot water to come halfway up the sides.
3. Bake 35 to 40 minutes until just set with a slight wobble in the center. Cool, then chill.

A crustless take on pumpkin pie, with plenty of protein from the eggs.

PUTTING IT TOGETHER

A sample week

One way to use these recipes. Swap days freely and use leftovers often.

Day	Breakfast	Lunch	Dinner
Monday	Garden veggie egg scramble	Cozy chicken and vegetable soup	Steak with garlic butter green beans
Tuesday	Egg muffins, steamed greens	Leftover steak over roasted roots	Hamburger vegetable soup
Wednesday	Sweet potato and beef hash	Hamburger vegetable soup	Sheet pan lemon-herb chicken
Thursday	Maple oat muffins with 2 eggs	Chicken thighs with Brussels sprouts	Slow cooker pot roast, cauliflower mash
Friday	Egg drop soup with greens	Pot roast and vegetables	Ginger-garlic chicken with broccoli
Saturday	Scramble with leftover roots	Butternut squash soup with chicken	Herbed meatballs with roasted zucchini
Sunday	Sweet potato and beef hash	Meatballs over steamed greens	Whole roast chicken, root medley

Want a plan made for your body?

These recipes are a starting place. An HTMA hair test shows your own mineral pattern, so your food, supplements and lifestyle plan can be matched to you, then refined every 90 days.

Start with a Comprehensive Analysis at rootcausemethodwellness.com · rootcausemethodwellness@gmail.com · 601-527-4728

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