

200 Delicious Recipes for Automatic Weight Loss

THE ULTRA-METABOLISM



TURN ON
YOUR
FAT-BURNING
DNA

COOKBOOK

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THE NEW YORK TIMES BESTSELLER **ULTRAMETABOLISM**

THE ULTRAMETABOLISM
COOKBOOK
COMPANION GUIDE

BY
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INTRODUCTION:

A COMPANION GUIDE FOR A COOKBOOK? WHAT YOU WILL FIND HERE AND HOW TO USE IT

Each new book I write presents a new challenge. Part of that challenge is determining what's going to stay in the book and what's going to have to be edited out for space considerations. This is not an easy task for me.... I painstakingly consider what will be kept and what will have to go.

What I want to do is give you **all** the information and tools I have developed over the last 20 years while treating patients who have the same health and weight concerns that you do. I want to do this because it is my mission to help you achieve a state of vital health and optimal weight—a state I refer to as UltraWellness.

I know you **can** achieve this experience of UltraWellness. It has happened for me, and I have seen it happen for my patients over and over again in the last 20 years.

All you need is information on how to do it.

That's why it's so difficult to decide what I should include and what I should cut out from each of my books. Unfortunately, there is just no way for me to give you all the tools and information I have in the space of one book. It isn't possible.

That's why I create these companion guides to go along with the books I write. It gives me an opportunity to share additional information with you—information you need to make the program easier and more enjoyable to follow, information I am often compelled to leave out of my books due to space constraints.

In The *UltraMetabolism Cookbook Companion Guide* I want to offer you some of what was left out of the book. I want to give you more information about how to make your experience in the kitchen easier and more enjoyable. I want to give you tools you need to make your journey to UltraWellness a little bit simpler. I want to share more of the information I have acquired during my career as a Functional Medicine practitioner, so you have the advantage you need to move forward on your path to weight loss and optimal health.

WITHIN THESE PAGES YOU WILL FIND THE FOLLOWING:

- More delicious recipes you can use during Phases I and II of the UltraMetabolism program
- Extra tips, tricks, and techniques for preparing and cooking your meals (including some ways to make your time in the kitchen more efficient and more enjoyable)
- A food log that will allow you to track foods as you reintroduce them, to determine whether or not any of the items in your diet are causing allergic reactions
- Additional resources (including mail-order options for grass-fed meats and other organic products)

I hope and believe that this information will make your experience on the UltraMetabolism program easier, more enjoyable, and, most important, more effective. This guide will fill out what you learned in The *UltraMetabolism Cookbook* and offer you a more comprehensive method for executing the instructions outlined there. And it will make your journey to UltraWellness a little bit easier and a little bit more enjoyable too!

Vital health and optimal weight are your birthright. Use this information to take hold of this birthright and make UltraWellness yours now...and for many years to come.

SECTION 1:

MORE HEALTHY AND DELICIOUS RECIPES

The following are a few healthy and delicious recipes that didn't make it into the cookbook. I have broken them down by phase, loosely organized them according to the time of day you might eat them, and given you all the other indications (such as whether or not they are gluten free, dairy free, egg free, etc.) I gave in the cookbook.

As in the cookbook, you will find that there are more Phase I recipes than Phase II recipes. That's because you can keep eating Phase I recipes throughout Phase II. So the recipes here should give you many additional options to use throughout the program.

I hope you enjoy these additional recipes. You will find some of my personal favorites among those listed below. Have fun with them!



PHASE I RECIPES

SHRIMP AND AVOCADO SALAD

This fast, simple salad is a delicious and refreshing way to enjoy shrimp for lunch or dinner. The addition of such flavors as mango, lime, and sesame gives it a sweet, tangy taste that is delectable.

GLUTEN FREE
DAIRY FREE
EGG FREE
QUICK

SERVES: 2
Prep Time: 15 minutes
Cook Time: None

1/2 pound large cooked shrimp, frozen
1 cup cherry tomatoes, halved
1 clove garlic, minced
1 medium-size mango, diced
1 large firm avocado, cut into 1/4-inch cubes
3 tablespoons lime juice, freshly squeezed
1 tablespoon toasted sesame oil
1 tablespoon sesame seeds
1 tablespoon fresh cilantro, chopped
Pinch red pepper flakes
2 cups Boston or romaine lettuce, chopped

Thaw shrimp under cold water and pat dry with a paper or linen towel. In a medium mixing bowl, add all ingredients together except for the lettuce. Wash and separate lettuce leaves and arrange on a salad plate. Top with shrimp mixture and serve.

NUTRITIONAL ANALYSIS

Per serving: Calories 303, Carbohydrates 28 g, Fiber 4 g, Protein 27 g, Total Fat 11, Sat Fat 2 g, Cholesterol 224 mg, Sodium 270 mg, Calcium 150 mg

WASABI SALMON SALAD

Wasabi is a Japanese condiment classically served with sushi. It is like horseradish in that it is spicy, but the flavor dissolves in the mouth rapidly. Its addition gives this recipe a wonderful, though not overwhelming, spicy flavor.

GLUTEN FREE
DAIRY FREE
EGG FREE
QUICK

SERVES: 2
Prep Time: 15 minutes
Cook Time: None

1 can (6 ounces) wild salmon, drained
2 tablespoons scallions, minced
2 tablespoons celery, diced
1 teaspoon fresh ginger root, grated
1/2 cup plain, unsweetened soy yogurt
1/4 teaspoon wasabi paste, or to taste
2 cups Napa cabbage or bok choy, chopped

In a medium bowl, mix together the salmon, scallions, celery, grated ginger, soy yogurt, and wasabi. Serve on chopped Napa cabbage or bok choy.

NUTRITIONAL ANALYSIS

Per serving: *Calories 216, Carbohydrates 15 g, Fiber 2 g, Protein 21 g, Total Fat 8g, Sat Fat 2 g, Cholesterol 37 mg, Sodium 141 mg, Calcium 370 mg*

CITRUS CRAB SALAD

Sunflower sprouts are simply baby sunflower plants. You can find them in your produce department. They add a nutritious crunch to salads, wraps, and even soups!

GLUTEN FREE
DAIRY FREE
EGG FREE
QUICK

SERVES: 2
Prep Time: 20 minutes
Cook Time: None

1 tablespoon Dijon mustard
Zest of one orange
1 tablespoon extra-virgin olive oil
2 tablespoons plain, unseasoned rice vinegar
1 tablespoon fresh dill, chopped

2 cups red cabbage, shredded
2 cups frisée or romaine lettuce, chopped
1 cup sunflower sprouts
1 small red onion, sliced
1 large orange, peeled and segmented
1 can (6 ounces) snow crabmeat

In a small bowl, whisk mustard, orange zest, extra-virgin olive oil, vinegar, and fresh dill until well mixed. Set aside.

In a large bowl, combine cabbage, lettuce, sprouts, onion, and orange sections. Add crabmeat and toss gently until combined. Pour dressing over salad and toss until salad is coated.

NUTRITIONAL ANALYSIS

Per serving: Calories 265, Carbohydrates 27 g, Fiber 7 g, Protein 24 g, Total Fat 8g, Sat Fat 1 g, Cholesterol 65 mg, Sodium 389 mg, Calcium 170 mg

OVEN-ROASTED TURKEY BURGERS WITH BRUSSELS SPROUTS AND BAKED SWEET POTATO

The addition of button mushrooms and fresh sage boosts the antioxidant value of these delicious burgers.

GLUTEN FREE
DAIRY FREE
EGG FREE
QUICK

SERVES: 4
Prep Time: 10 minutes
Cook Time: 15 minutes

1 pound brussels sprouts, washed and bottoms cut
2 large sweet potatoes, washed and cut into 1/4-inch thick wedges
2 teaspoons extra-virgin olive oil
Pinch sea salt
Pinch freshly ground black pepper

1 pound lean ground turkey
4 ounces white button mushrooms, chopped
1/4 cup yellow onion, minced
1/4 cup celery, minced
2 tablespoons parsley, finely chopped
1 tablespoon reduced-sodium, wheat-free tamari
1 tablespoon fresh sage, finely chopped
1 clove fresh garlic, pressed

Preheat oven to 400 degrees.

Place brussels sprouts in a small baking dish and drizzle with 1 teaspoon extra-virgin olive oil, salt, and pepper, and coat evenly. In another baking dish, place sweet potato slices drizzled with remaining extra-virgin olive oil, salt, and pepper, and coat evenly. Bake in preheated oven for 15 minutes while making the turkey burgers.

In a medium bowl, mix all ingredients for burgers together until vegetables are distributed throughout the meat. Form into four patties of equal size. Place burgers on a parchment paper-lined cookie sheet. Bake in the oven along with the vegetables for 15–20 minutes, until burgers are lightly browned and cooked through.

You can also grill these burgers, approximately 7–8 minutes on each side, until completely cooked through.

NUTRITIONAL ANALYSIS

Per burger: *Calories 202, Carbohydrates 2 g, Fiber 0 g, Protein 23g, Total Fat 11g, Sat Fat 3 g, Cholesterol 84 mg, Sodium 95 mg, Calcium 30 mg*

Sweet potato wedges: *Calories 192, Carbohydrates 26 g, Fiber 4 g, Protein 2 g, Fat 5 g, Sat Fat 0 g, Cholesterol 0 mg, Sodium 96 mg, Calcium 40 mg*

Roasted brussels sprouts: *Calories 100, Carbohydrates 6 g, Fiber 3 g, Protein 2 g, Total Fat 5 g, Sat Fat 0 g, Cholesterol 0 mg, Sodium 40 mg, Calcium 30 mg*

Totals: *Calories 494, Carbohydrates 34 g, Fiber 7g, Protein 27 g, Total Fat 21 g, Sat Fat 3 g, Cholesterol 84 mg, Sodium 231 mg, Calcium 100 mg*

COCONUT SHRIMP WITH LEMONGRASS QUINOA AND THAI VEGETABLES

Green, black, and white teas all come from the same beautiful plant, *Camellia sinensis*, and offer an assortment of phytochemicals that confer antioxidant and chemo-protective effects. Toss some tea bags in the cooking water of grains such as rice, quinoa, or buckwheat to impart an inspiring aromatic flavor.

GLUTEN FREE
DAIRY FREE
EGG FREE
QUICK

SERVES: 2
Prep Time: 15 minutes
Cook Time: None

1/3 cup quinoa, dry
1 cup green tea (8 ounces water steeped with 3 green tea bags)
1 teaspoon finely chopped lemongrass

1 tablespoon virgin coconut oil
8 ounces large shrimp, peeled and deveined
1/2 cup coconut milk
1 teaspoon ground coriander
1 teaspoon fresh ginger root, grated
1 teaspoon ground turmeric
Pinch sea salt
2 tablespoons fresh cilantro, chopped

1 package frozen Thai vegetables (Cascadian Farm)

In a small saucepan, stir quinoa, green tea, and lemongrass together. Cover and simmer for 15–20 minutes. Remove pan from heat and set aside.

Heat a medium-size saucepan on high heat. Add coconut oil, and swirl pan to evenly distribute the oil. Add the shrimp in one layer and cook on one side for 3 minutes. Carefully turn shrimp over and cook for another minute. Add remaining ingredients and stir well. Simmer until sauce thickens and shrimp is cooked through, approximately 2 more minutes.

Meanwhile, cook Thai vegetables according to package directions.

Place 1 cup of the quinoa on each plate. Spoon shrimp and sauce on top. Sprinkle with chopped cilantro. Serve vegetables on the side.

NUTRITIONAL ANALYSIS

Per four shrimp: *Calories 313, Carbohydrates 4 g, Fiber 0 g, Protein 27 g, Total Fat 21 g, Sat Fat 12 g, Cholesterol 194 mg, Sodium 198 mg, Calcium 80 mg*

Green tea quinoa: *Calories 80, Carbohydrates 15 g, Fiber 2 g, Protein 3 g, Total Fat 1 g, Sat Fat 0 g, Cholesterol 0 mg, Sodium 5 mg, Calcium 10 mg*

Frozen Thai vegetables: *Calories 108, Carbohydrates 24 g, Fiber 8g, Protein 6 g, Total Fat 0 g, Cholesterol 0 mg, Sodium 125 mg, Calcium 40 mg*

Totals: *Calories 458, Carbohydrates 43 g, Fiber 10g, Protein 36 g, Total Fat 22 g, Sat Fat 12g, Cholesterol 194 mg, Sodium 328 mg, Calcium 130 mg*

LEMON ROSEMARY CHICKEN WITH SWISS CHARD AND BAKED DELICATA SQUASH

Winter squash such as delicata, butternut, and acorn are loaded with colorful carotenoids that are good for the eyes, heart, and lungs. Their sweet, buttery, nutty, creamy flavors also make them a delicious addition to many different meals.

GLUTEN FREE
DAIRY FREE
EGG FREE
QUICK

SERVES: 2
Prep Time: 15 minutes
Cook Time: 20 minutes

2 (4–6 ounce) boneless, skinless split chicken breasts

1 tablespoon soy flour

Pinch sea salt

Dash freshly ground black pepper

1 tablespoon extra-virgin olive oil

1/2 cup low-sodium organic chicken stock

2 tablespoons lemon juice, freshly squeezed

2 tablespoons fresh rosemary, chopped

1 head Swiss chard, washed, chopped, and steamed

1 delicata squash, cut in half

Bake delicata squash at 350 degrees for 20 minutes

In the meantime, lay out a 12-inch piece of plastic wrap on the counter. Place chicken breasts side by side on one end. Fold the plastic wrap over the chicken. Using a rolling pin or the bottom of a small saucepan, lightly pound the chicken breasts to flatten them to 1/4-inch thick. Sprinkle both sides of chicken breasts with soy flour, salt, and pepper.

Heat a large 12-inch skillet on medium heat. Add extra-virgin olive oil, and swirl pan to coat the bottom evenly. Carefully add chicken breasts and cook approximately 5 minutes until slightly brown. Turn chicken over and let cook another 3–5 minutes.

While chicken is cooking, mix chicken stock, lemon juice, and rosemary in a small bowl. Add this mixture to the chicken and cook for 2–3 minutes until sauce thickens. Serve with steamed Swiss chard and baked delicata squash.

NUTRITIONAL ANALYSIS

Per chicken breast: *Calories 237, Carbohydrates 6 g, Fiber 1 g, Protein 32 g, Total Fat 9 g, Sat Fat 2 g, Cholesterol 70 mg, Sodium 164 mg, Calcium 40 mg*

Steamed greens: *Calories 35, Carbohydrates 7 g, Fiber 4 g, Protein 3 g, Total Fat 0 g, Cholesterol 0 mg, Sodium 313 mg, Calcium 100 mg*

Baked delicata squash (1 cup): *Calories 76, Carbohydrates 18 g, Fiber 6 g, Protein 2 g, Total Fat 1g, Sat Fat 0 g, Cholesterol 0 mg, Sodium 2 mg, Calcium 50 mg*

Totals: *Calories 348, Carbohydrates 33g, Fiber 10 g, Protein 37 g, Total Fat 10 g, Sat Fat 2 g, Cholesterol 70 mg, Sodium 479 mg, Calcium 200 mg*

GRILLED WILD SALMON WITH MUSTARD MINT SAUCE, STEAMED BROCCOLI, AND RED BLISS POTATOES

Mustard and mint are classic flavors to serve with salmon. The result is a fresh, tangy, healthful dish loaded with omega-3 fats you need to lose weight and thrive.

GLUTEN FREE
DAIRY FREE
EGG FREE
QUICK

SERVES: 4
Prep Time: 20 minutes
Cook Time: 10 minutes

4 tablespoons fresh spearmint
3 tablespoons Dijon mustard
2 tablespoons extra-virgin olive oil
2 tablespoons lemon juice, freshly squeezed

4 (4–6 ounce) wild salmon fillets, about 1 inch thick
Pinch sea salt
Dash freshly cracked black pepper
2 teaspoons extra-virgin olive oil

1 head broccoli, washed, cut into florets with stems, steamed
12 baby red bliss potatoes, washed and boiled, with chopped fresh parsley

Combine the mint, mustard, extra-virgin olive oil, and lemon juice in a small food processor or blender, and puree until smooth. Refrigerate so that flavors will meld.

Run the salmon fillets under cold running water and pat them dry. Rub salmon with the extra-virgin olive oil and season with salt and pepper. Preheat grill or broiler. Grill the salmon on high heat or broil until desired doneness (for medium rare, about 3 minutes per side).

Serve the salmon with steamed broccoli and parsleyed red bliss potatoes.

NUTRITIONAL ANALYSIS

Per salmon fillet: *Calories 260, Carbohydrates 2 g, Fiber 1g, Protein 31 g, Total Fat 14 g, Sat Fat 3 g, Cholesterol 65 mg, Sodium 240 mg, Calcium 370 mg*

Parslied red potatoes: *Calories 154, Carbohydrates 34 g, Fiber 3g, Protein 4 g, Total Fat 0 g, Cholesterol 0 mg, Sodium 14 mg, Calcium 20 mg*

Steamed broccoli: *Calories 50, Carbohydrates 6 g, Fiber 2 g, Protein 2 g, Total Fat 0 g, Cholesterol 0 mg, Sodium 16 mg, Calcium 30 mg*

Totals: *Calories 444, Carbohydrates 42 g, Fiber 6 g, Protein 37g, Fat 14 g, Sat Fat 3g, Cholesterol 65 mg, Sodium 270 mg, Calcium 420 mg*

TOMATO-CRUSTED SOLE WITH GREEN BEANS AND STEAMED WILD RICE

Plum tomatoes are also called Roma tomatoes. They are available year-round and are versatile with great flavor. Tomatoes are a rich source of the famous carotenoid lycopene, recognized for its cancer-protective benefits, and the extra-virgin olive oil in the recipe ensures that this fat-soluble nutrient will be better absorbed. Think pink when it comes to fruit sources of lycopene, such as pink grapefruit, guava, and watermelon.

GLUTEN FREE
DAIRY FREE
EGG FREE

SERVES: 4

Prep Time: 10 minutes

Cook Time: 55 minutes

1/4 cup wild rice

1 1/2 cup water

Pinch salt

8 ounces fresh sole, cut into two 4-ounce portions

1 shallot, sliced very thin

2 plum tomatoes, sliced into thin circles

1/2 pound fresh green beans, cleaned and stems cut off

2 tablespoons fresh oregano, chopped

Dash sea salt

Pinch freshly ground black pepper

1 tablespoon extra-virgin olive oil

To make the wild rice: Put wild rice, salt, and water in a medium saucepan and bring to a boil. Reduce heat and simmer, covered, for 55 minutes.

Preheat oven to 450 degrees. Place a piece of parchment paper on a cookie sheet. Lay sole on paper, about 5 inches apart. Place the sliced shallots on top of the sole, followed by the tomatoes. Lay the green beans next to the sole. Sprinkle fish and green beans with oregano, salt, and pepper. Drizzle with extra-virgin olive oil. Bake for 8–10 minutes.

NUTRITIONAL ANALYSIS

Per 4-ounce serving of sole: *Calories 200, Carbohydrate 8 g, Fiber 3 g, Protein 23 g, Total Fat 9 g, Sat Fat 0 g, Cholesterol 54 mg, Sodium 148 mg, Calcium 110 mg*

Green beans: *Calories 54, Carbohydrates 12 g, Fiber 4 g, Protein 4 g, Total Fat 0 g, Cholesterol 0 mg, Sodium 64 mg, Calcium 60 mg*

Steamed wild rice: *Calories 109, Carbohydrates 23 g, Fiber 3 g, Protein 2 g, Total Fat 1 g, Sat Fat 0 g, Cholesterol 0 mg, Sodium 1 mg, Calcium 10 mg*

Totals: *Calories 363, Carbohydrates 43 g, Fiber 11 g, Protein 29 g, Total Fat 10 g, Sat Fat 0g, Cholesterol 54 mg, Sodium 213 mg, Calcium 180 mg*

LIME-SCENTED TURKEY AND SAUTÉED VEGETABLES WITH STEAMED BROWN RICE

Although fresh vegetables are my personal favorite, frozen vegetables offer great nutrition as they are picked at peak maturity and immediately frozen to maintain nutrients. So don't be afraid to use them, especially when time is of the essence.

GLUTEN FREE
DAIRY FREE
EGG FREE
QUICK

SERVES: 4

Prep Time: 20 minutes

Cook Time: 45 minutes

2 tablespoons lime juice, freshly squeezed

1 cup low-sodium, organic chicken broth

2 teaspoons arrowroot

Zest of 1 lime

1/2 teaspoon garam masala

1 tablespoon extra-virgin olive oil

1 pound turkey tenderloins

1 medium red bell pepper, sliced

1 baby eggplant, sliced

2 medium yellow onions, sliced

4 large carrots, sliced on the diagonal

2 cloves garlic, minced

2 cups steamed brown rice

In a small bowl, whisk lime juice, chicken broth, arrowroot, lime zest, and garam masala until blended. Set aside.

Heat a large skillet with the extra-virgin olive oil, and sauté turkey tenderloins for 5 minutes, turning occasionally. Add peppers, eggplant, onions, carrots, and garlic, and cook until vegetables are tender but still crisp. Pour sauce over top until well coated, and serve with steamed brown rice.

NUTRITIONAL ANALYSIS

Per 1/4-pound turkey tenderloin: *Calories 250, Carbohydrates 20 g, Fiber 3 g, Protein 30 g, Total Fat 5 g, Sat Fat 1 g, Cholesterol 71 mg, Sodium 193 mg, Calcium 50 mg*

Steamed brown rice: *Calories 109, Carbohydrates 23 g, Fiber 2 g, Protein 2 g, Total Fat 1 g, Sat Fat 0 g, Cholesterol 0 mg, Sodium 1 mg, Calcium 10 mg*

Totals: *Calories 359, Carbohydrates 43 g, Fiber 5 g, Protein 32 g, Total Fat 6 g, Sat Fat 1 g, Cholesterol 71 mg, Sodium 194 mg, Calcium 50 mg*

RASPBERRY PISTACHIO–CRUSTED CHICKEN WITH STEAMED KALE AND WILD RICE

Sweet and nutty, with a combination of raspberries and pistachios, this dinner can be used to dress up the evening or to create a delicious treat for the family.

GLUTEN FREE
DAIRY FREE
EGG FREE

SERVES: 4

Prep Time: 15 minutes

Cook Time: 55 minutes

1 cup fresh or frozen raspberries (unsweetened)
1 tablespoon Dijon mustard
2 tablespoons lemon juice, freshly squeezed

1/2 cup wild rice
1 1/2 cups water
Pinch salt

4 skinless, boneless chicken breast halves
1/2 cup whole-grain bread crumbs
2 tablespoons pistachio nuts, chopped
2 tablespoons fresh parsley, minced
Pinch sea salt
Dash white pepper to taste
2 teaspoons extra-virgin olive oil

1 head kale, washed, leaves trimmed and steamed

Combine raspberries, mustard, and lemon juice in a small food processor or blender. Mix until smooth. Cover and marinate while wild rice is cooking.

To make the wild rice: Put wild rice, salt, and water in a medium saucepan and bring to a boil. Reduce heat and simmer, covered, for 55 minutes.

Place chicken breasts between two sheets of wax paper and pound with a meat mallet to 1/2-inch thick. In a medium bowl, combine bread crumbs, pistachios, parsley, salt, and pepper. Place raspberry sauce in a shallow pan, and coat each chicken breast with the sauce on each side. Roll chicken breasts in the breadcrumb mixture.

Heat extra-virgin olive oil in a large skillet and sauté chicken breasts over medium heat until chicken is cooked through and crust is slightly browned, about 3–5 minutes on each side. Serve with steamed kale.

NUTRITIONAL ANALYSIS

Per chicken breast: *Calories 240, Carbohydrates 9 g, Fiber 3 g, Protein 35 g, Total Fat 7 g, Sat Fat 1 g, Sodium 320 mg, Calcium 50 mg*

Steamed wild rice: *Calories 109, Carbohydrates 23 g, Fiber 3 g, Protein 2 g, Total Fat 1 g, Sat Fat 0 g, Cholesterol 0 mg, Sodium 1 mg, Calcium 10 mg*

Steamed kale (1-cup serving): *Calories 54, Carbohydrates 12 g, Fiber 6 g, Protein 4g, Total Fat 0 g, Cholesterol 0 mg, Sodium 64 mg, Calcium 100 mg*

Totals: *Calories 403, Carbohydrates 44 g, Fiber 11 g, Protein 41 g, Total Fat 8 g, Sat Fat 1g, Cholesterol 50 mg, Sodium 385 mg, Calcium 160 mg*

SWEET-AND-SOUR COD WITH VEGETABLES AND HERBED QUINOA

You can make your own sweet-and-sour sauce, using ketchup, rice vinegar, tamari, ginger, and arrowroot. The result is far tastier than most sauces you can buy in the store, and you avoid the preservatives, sugar, and many other ingredients typically included in these sauces that are bad for your health and weight.

GLUTEN FREE
DAIRY FREE
EGG FREE
QUICK

SERVES: 4

Prep Time: 20 minutes

Cook Time: 15 minutes

1/3 cup quinoa, dry
1 cup green tea (8 ounces water steeped with 3 green tea bags)
1 stalk lemongrass, finely chopped

3 tablespoons reduced-sodium, wheat-free tamari
1/4 cup plain, unseasoned rice vinegar
1 tablespoon fresh ginger root, grated
3 tablespoons low-sodium, organic ketchup
2 teaspoons arrowroot

1 tablespoon extra-virgin olive oil
1 medium onion, sliced
3 fresh cloves garlic, pressed
2 tablespoons fresh ginger root, grated
1 pound cod fillets, cut into 1-inch pieces
2 cups broccoli florets
1 cup carrots, julienned
2 tablespoons sesame seeds
2 tablespoons fresh cilantro, chopped

In a small saucepan, stir quinoa, green tea, and lemongrass together. Cover and simmer for 15–20 minutes. Remove pan from heat and set aside.

Mix together tamari, vinegar, ginger, ketchup, and arrowroot in a small saucepan and bring to a boil, stirring constantly. Simmer over high heat until sauce boils and thickens, stirring frequently. Set aside.

Heat extra-virgin olive oil in a wok or large skillet, add onion, and cook over medium heat, stirring constantly. Add garlic, ginger, and cod and stir-fry for 2–3 minutes. Add broccoli and carrots, and continue to stir-fry for another 2–3 minutes, stirring constantly. Add sweet-and-sour sauce and sesame seeds. Serve with steamed quinoa and garnish with chopped cilantro.

NUTRITIONAL ANALYSIS

Per 1/4-pound cod fillet: *Calories 248, Carbohydrates 19 g, Fiber 3 g, Protein 27 g, Total Fat 7 g, Sat Fat 1 g, Cholesterol 41 mg, Sodium 573 mg, Calcium 130 mg*

Steamed quinoa (1/2-cup serving): *Calories 109, Carbohydrates 23 g, Fiber 2 g, Protein 2 g, Total Fat 1 g, Sat Fat 0 g, Cholesterol 0 mg, Sodium 1 mg, Calcium 10 mg*

Totals: *Calories 357, Carbohydrates 42 g, Fiber 5 g, Protein 29 g, Total Fat 8 g, Sat Fat 1 g, Cholesterol 41 mg, Sodium 574 mg, Calcium 140 mg*

PHASE II RECIPES

SPROUTED-GRAIN ENGLISH MUFFIN WITH ALMOND BUTTER AND BANANA

Sprouted grain products are now available in cereals, breads, tortillas, and wraps. Sprouting grains improves their digestibility and may enhance the absorption of such minerals as zinc, calcium, and magnesium. It is possible to get sprouted-grain products that do not contain gluten, if you are sensitive to it.

GLUTEN FREE
(WITH GLUTEN-FREE MUFFIN)

DAIRY FREE

EGG FREE

QUICK

VEGETARIAN

SERVES: 1

Prep Time: < 5 minutes

Cook Time: None

1 sprouted-grain English muffin

1 tablespoon almond butter

1 small banana, sliced

1 tablespoon flaxseeds, ground

Toast English muffin. Top each half with 1 tablespoon of almond butter.

Slice banana and place on top of almond butter. Sprinkle bananas with ground flaxseeds. Serve.

NUTRITIONAL ANALYSIS

Per muffin: *Calories 385, Carbohydrates 57 g, Fiber 11 g, Protein 12 g, Total Fat 15 g, Sat Fat 0 g, Cholesterol 0 mg, Sodium 427 mg, Calcium 250 mg*

VEGETABLE EGG SCRAMBLE

Frozen chopped vegetable mixes can be substituted for the fresh. Simply defrost in the refrigerator overnight, and they are ready to go.

Omega-3-enriched eggs are a “functional food” readily available at your local supermarket and come from chickens fed a diet rich in algae or flaxseeds, which are the original sources of these healthy fats. Remember, “You are what they ate.”

GLUTEN FREE
DAIRY FREE
QUICK

SERVES: 1
Prep Time: 10 minutes
Cook Time: 5 minutes

2 whole omega-3 eggs
1 tablespoon water
1 teaspoon extra-virgin olive oil
1 cup assorted chopped raw vegetables (onions, red peppers, tomatoes, broccoli, zucchini, summer squash, asparagus, mushrooms, etc.)
Pinch sea salt
Dash freshly ground black pepper
2 tablespoons chunky tomato salsa

In a small mixing bowl, whisk eggs and water. Heat an 8-inch skillet over medium heat. Add extra-virgin olive oil, and swirl pan to evenly distribute the oil. Add the vegetables and sauté until they are tender but still crisp. Pour eggs over vegetables and cook, stirring constantly until eggs are set. Sprinkle with salt and pepper if desired, and top with chunky tomato salsa. Serve with whole-kernel rye toast and fresh fruit in season.

NUTRITIONAL ANALYSIS

Per serving: *Calories 202, Carbohydrates 4 g, Fiber 1 g, Protein 14 g, Total Fat 15 g, Sat Fat 0 g, Cholesterol 423 mg, Sodium 144 mg, Calcium 60 mg*

Sprouted or whole-grain toast, 1 slice: *Calories 90, Carbohydrates 15 g, Fiber 3 g, Protein 3 g, Total Fat 1 g, Sat Fat 0 g, Cholesterol 0 mg, Sodium 140 mg, Calcium 30 mg*

Fresh fruit medley, 1 cup: *Calories 90, Carbohydrates 22 g, Fiber 4 g, Protein 1g, Total Fat 1 g, Sat Fat 0 g, Cholesterol 0 mg, Sodium 2 mg, Calcium 20 mg*

Totals: *Calories 382, Carbohydrates 41 g, Fiber 8 g, Protein 18 g, Total Fat 17 g, Sat Fat 0 g, Cholesterol 423 mg, Sodium 286 mg, Calcium 110 mg*

STEEL-CUT APPLE CINNAMON OATS

Steel-cut oats are rich in soluble or viscous fibers that help lower LDL or lousy cholesterol and—when partnered with flaxseeds, apples, and cinnamon—can boost your energy.

GLUTEN FREE
DAIRY FREE
EGG FREE

SERVES: 4

Prep Time: 5 minutes

Cook Time: 45 minutes

4 cups water
1 cup steel-cut oats
2 apples, diced
1 teaspoon ground cinnamon
4 tablespoons flaxseeds, ground
1/3 cup walnuts, chopped

Bring water to a boil and slowly stir in oats. Boil until the oats thicken, approximately 5 minutes. Reduce to low heat, add apples and cinnamon, and simmer for 30–40 minutes until desired consistency is reached. Top with ground flaxseeds and chopped walnuts.

NUTRITIONAL ANALYSIS

Per serving: *Calories 300, Carbohydrates 40 g, Fiber 10 g, Protein 11 g, Fat 12 g, Sat Fat 0 g, Cholesterol 0 mg, Sodium 6 mg, Calcium 60 mg*

CRANBERRY TURKEY WRAP

Look for natural cranberry relish that does not contain high-fructose corn syrup, as this is a delicious addition to poultry dishes and is a nutritious condiment in place of mayonnaise.

BroccoSprouts contain loads of cancer-fighting phytonutrients called glucosinolates, and they add a flavorful zip to any sandwich, wrap, or salad.

GLUTEN FREE
DAIRY FREE
EGG FREE
QUICK

SERVES: 2
Prep Time: 15 minutes
Cook Time: None

2 sprouted-grain tortillas
1/4 cup whole cranberry relish
6 ounces roast turkey breast
1 medium avocado, peeled, pitted, and sliced
1 small pickling cucumber, sliced
1/2 cup BroccoSprouts or other type of sprouts

Smear the cranberry relish over the tortillas. Line the middle of the tortilla with turkey, avocado, cucumber, and BroccoSprouts. Roll tightly into a tube.

NUTRITIONAL ANALYSIS

Per Serving: *Calories 465, Carbohydrates 55 g, Fiber 13 g, Protein 26 g, Fat 18 g, Sat Fat 0 g, Cholesterol 43 mg, Sodium 290 mg, Calcium 210 mg*

TERIYAKI BEEF VEGETABLE KABOBS

Teriyaki is a favorite for kids and adults alike. This kid-friendly dish will go a long way toward pleasing the whole family and keeping you fit and healthy at the same time. But remember, you don't want to eat red meat too often.

GLUTEN FREE
DAIRY FREE
EGG FREE
QUICK

SERVES: 4
Prep Time: 20 minutes
Cook Time: 15 minutes

-
- 1/4 cup reduced-sodium, wheat-free tamari
 - 2 tablespoons plain, unseasoned rice vinegar
 - 1 tablespoon Dijon mustard
 - 2 teaspoons toasted sesame oil
 - 1 teaspoon fresh ginger root, minced
 - 1 clove garlic, minced
-
- 1 pound sirloin, trimmed and cut into 1-ounce chunks
 - 1 red onion, cut into 1-inch pieces
 - 1 zucchini, cut into 1-inch pieces
 - 1 yellow bell pepper, cut into 1/2-inch slices
 - 1 orange bell pepper, cut into 1/2-inch slices
 - 8 cherry tomatoes
 - 8 baby Portobello mushrooms
 - 2 medium sweet potatoes, washed and cut into 1/4-inch slices
-

Place tamari, vinegar, mustard, sesame oil, ginger, and garlic in a small bowl and stir until blended.

Alternate vegetables and beef on eight skewers, placing at least two pieces of vegetable and two beef chunks on each skewer. Place kabobs in a shallow baking dish and brush with teriyaki marinade, coating evenly. Marinate in refrigerator for at least 2–3 hours. Transfer kabobs to grill or broiler, and discard remaining marinade. Cook for 8 minutes or to desired degree of doneness, turning at least once.

NUTRITIONAL ANALYSIS

Per serving: *Calories 323, Carbohydrates 21 g, Fiber 3 g, Protein 27 g, Total Fat 14g, Sat Fat 5 g, Cholesterol 76 mg, Sodium 708 mg, Calcium 40 mg*

APRICOT-GLAZED PORK AND VEGETABLE STIR-FRY WITH STEAMED BROWN RICE

The sauce for this dish is a little bit like a Thai peanut sauce; however, the addition of apricot, mustard, and rice vinegar offers sweetness and tang you don't get in a traditional peanut sauce. It's delicious on pork, but you can use it on chicken and other light meats as well.

GLUTEN FREE
DAIRY FREE
EGG FREE

SERVES: 4

Prep Time: 30 minutes

Cook Time: 15 minutes

-
- 2 tablespoons plain, unseasoned rice vinegar
 - 3 tablespoons natural chunky peanut butter
 - 1 tablespoon Dijon mustard
 - 1/2 teaspoon allspice
 - 4 fresh apricots, peeled and diced

 - 2 tablespoons sesame seeds
 - 2 teaspoons fresh ginger root, grated
 - 2 cloves garlic, minced
 - Pinch salt
 - 1 1/4 pounds pork tenderloin, trimmed well and cut into 1-inch medallions
 - 4 teaspoons coconut oil
 - 1 cup carrots, sliced
 - 2 cups broccoli florets
 - 1 red bell pepper, julienned
 - 1 cup shiitake mushrooms, sliced
 - 4 cups bok choy, chopped
 - 2 scallions, thinly sliced on the bias

 - 2 cups steamed brown rice
-

Whisk rice vinegar, peanut butter, Dijon mustard, and allspice together in a small saucepan until smooth. Add the apricots to the sauce and cook over medium heat until smooth and bubbling, 3–5 minutes. Remove from heat and set aside.

In a shallow bowl, combine sesame seeds, ginger, garlic, and salt, and coat pork.

Heat wok or a large skillet to medium high heat and add oil. When oil is hot, add pork and sauté until cooked through, about 6–8 minutes. Remove pork from wok and add carrots, broccoli, red pepper, mushrooms, bok choy, and scallions. Stir-fry, turning occasionally, until vegetables are tender but still crisp. Add the pork and sauce, and stir-fry until coated. Serve over steamed brown rice.

NUTRITIONAL ANALYSIS

Per serving: *Calories 382, Carbohydrates 26 g, Fiber 6 g, Protein 37 g, Fat 16 g, Sat Fat 3 g, Cholesterol 92 mg, Sodium 160 mg, Calcium 140 mg*

Steamed brown rice: *Calories 109, Carbohydrates 23 g, Fiber 2 g, Protein 2 g, Fat 1 g, Sat Fat 0 g, Cholesterol 0 mg, Sodium 1 mg, Calcium 10 mg*

Totals: *Calories 491, Carbohydrates 49 g, Fiber 8 g, Protein 39 g, Total Fat 17 g, Sat Fat 3g, Cholesterol 92 mg, Sodium 161 mg, Calcium 150 mg*

SECTION 2:

TIPS, TRICKS, AND TECHNIQUES FOR MAKING YOUR TIME IN THE KITCHEN MORE ENJOYABLE AND EFFICIENT

One thing I find over and over again with people who are trying to become more connected to how food affects health and weight is that they need some help making their time in the kitchen more efficient, more effective, and above all *more enjoyable*.

If you haven't regularly been preparing your own food, this task may seem akin to swimming across the Pacific Ocean.

However, it isn't actually that difficult to once again make your kitchen one of the central places in your home. After all, what room in your house is more important than the one in which you prepare the food that will nourish you and your family?

In this section I want to offer some additional tips, tricks, and techniques for making your time in the kitchen a better experience overall. I will share some advice on how to spend your time in the kitchen more efficiently AND how to make that experience a fun and enjoyable process instead of a chore that you can't wait to finish.

MAKING THE PROGRAM WORK ON A BUSY SCHEDULE

One of the questions I am most frequently asked by people who are interested in trying out the *UltraMetabolism* program is: Does this plan work on a busy schedule?

Trust me when I say that I know what it's like to be busy. I'm a practicing physician who travels internationally giving presentations and seminars all over the world. I write books. I have a family of my own. I'm a busy person just like you are.

Yet I eat in line with the principles outlined in *UltraMetabolism* and cook recipes out of the cookbook all the time.

How do I manage to do that?

It comes down to one word, and it may not be an answer you are thrilled with. But it's the reality if you want to eat in a way that will give you vital health and well-being. That one word is...*planning*.

If you're anywhere near as busy as I am and you want to make the program work for you, you are going to have to do a little advanced planning.

I know planning to make the UltraMetabolism program work may seem like a lot to do when you already have a busy schedule. But it's worth it. The difference you will see and feel is well worth the time investment you make in the program.

To help you plan so you can make the program work for you, I have prepared some suggestions. I find that using these techniques makes my life a lot easier. I hope it will make your journey to UltraWellness a little easier too.

PLAN YOUR MEALS FOR THE WEEK AND DO YOUR SHOPPING IN ADVANCE

With the recipes in *UltraMetabolism* and *The UltraMetabolism Cookbook*, you now have access to a great deal of variety in terms of what you eat while you are on the program. As long as you stick to the meals outlined in each of the phases and remain attentive to ingredients you haven't yet reintegrated into your diet, you should have more than enough variety to satisfy your palate (and your body) every day you are on the program.

However, if you wait to decide what to eat until just before you leave for work or just after you get off work in the evening, you are going to face A LOT of temptation to cheat or bend the rules "just this once." The more you do that, the greater the danger of going off the program entirely.

My recommendation? Plan in advance. Take some time one day per week to sit down and plan the meals you want to eat for the upcoming week. Then go to the grocery store that same day and purchase all the ingredients for those recipes in advance.

You can do this and still leave yourself with enough flexibility to choose different meals on different days.

Sit down on, say, a Saturday or Sunday, and plan seven breakfasts, seven lunches, and seven dinners for the week. Then you can decide which of these meals you want to eat on any given day.

Go down and buy your ingredients in advance. Then you will be prepared for the week to come.

You can always run back to the store after work one evening if you decide you *really* want those grilled shrimp brochettes instead of the meal you had planned for that evening. But at least you will always have a healthy backup at home, waiting to be prepared.

PLAN TWO DAYS OF ADVANCED PREPARATION DURING YOUR WEEK

You can prepare many items in advance to reduce the amount of preparation you have to do during the week. When you come home tired from work, the last thing you want to do is spend a lot of time in the kitchen preparing food.

But if you do part of the prep work and cooking in advance, it will reduce your time in the kitchen on any given evening, making it that much more likely that you'll prepare the meal you had planned instead of whipping up something quick that's less healthy or ordering in.

Here are a few tips on how to do this:

- **Cook on Sundays and Wednesdays.** Choose two days during the week (I find Sunday and Wednesday work well for many people) when you are going to spend a few extra hours in the kitchen, cooking and preparing as much as you can in advance.
- **Prepare vegetables in advance.** You can cut and even steam your vegetables in advance, keep them in ziplock bags, and then pull them out when you need them. It doesn't take that much time to do this in advance, and it can save you from "having to deal with it" in the evening when you get home.
- **Clean and prepare meats in advance.** If you are cooking fish and shellfish, you can often do part of the prep work for these in advance as well. Devein your shrimp. Slice your fish into fillets that are the correct weight. Then freeze these items and pull them out when you need them.
- **Prepare sauces and marinades in advance.** If you're going to use a recipe that requires a sauce, vinaigrette, or marinade, you can always prepare these in advance, store them in glass containers, and pull them out during the week when you're ready to use them.
- **Make brown rice and other whole grains in advance.** You can make many of the whole grains, like brown rice, in advance. Keep them in your fridge and heat them up as needed.

USE PREPARED PRODUCTS IF YOU HAVE TO

While I usually recommend using fresh vegetables, beans, fish, and other products as much as possible, I am aware that when you are on a tight schedule, prepared products can be a lifesaver.

With the growing demand for high-quality prepared foods, you can now find many premium products that have been prepared in advance at health food stores such as Whole Foods or Trader Joe's.

In Section 4 of this guide, you will find a list of mail-order resources for high-quality organic fruits, vegetables, beans, grass-fed meats, and other excellent products. Check out some of these resources. Having products prepared in advanced can be a big help in the kitchen.

Here are a few specific ideas you can employ in addition to taking advantage of the resources in Section 4.

- **Use organic frozen vegetables** if you do not have time to prepare and cook vegetables. Choose organic, and choose a wide variety of different types of vegetables. Cascadian Farm provides good-quality organic frozen vegetables—almost as good as fresh.
- **Use canned beans, stocks, and other products.** Make sure you stick to low-sodium versions of these as much as possible to keep the salt content of your diet down. Also, make sure to read the labels carefully to determine what ingredients are in the products you purchase. You will find resources for high-quality canned products in Section 4.
- **Use wild Alaskan canned salmon** as your protein source at any meal. My favorite-tasting brand is Vital Choice Seafood (www.vitalchoice.com).

IF YOU EAT OUT, BE CAREFUL

While I recommend you avoid eating out on the UltraMetabolism program, I understand that this is sometimes impossible. Some people are obligated to go to business luncheons, for example. In that case, I recommend you follow these guidelines when eating out:

- Ask for grilled fish or chicken.
- Ask for a large plate of vegetables, either steamed with a side of sliced lemons and olive oil or sautéed in olive oil.
- You may have a salad, but skip the dressing and ask for extra-virgin olive oil and sliced lemons instead.

ASK YOURSELF IF THERE IS SOMETHING WRONG WITH YOUR LIFESTYLE

If, given your schedule, you absolutely can't make any of these suggestions work, it may be time to ask yourself if there is something wrong with your lifestyle that is preventing you from being the fit, healthy person you want to be.

Vital health and optimal weight are things we can all achieve. They're our birthright. What's more important than living a life that makes you happy and healthy, and leaves you free from chronic disease and excess fat?

Ask yourself that question if you keep falling off the program. If you search inside yourself for the answer, you may find that your personal responses are very revealing.

COOKING AND PREPARATION SUGGESTIONS

While most of the recipes in the cookbook are designed to be quick and easy to prepare even on the busiest schedule, there are some very simple alternative cooking options you can take advantage of if you absolutely cannot make the recipes in the cookbook.

What follow are a few basic cooking techniques that will allow you to make meals *very* quickly that stay in line with the principles of UltraMetabolism.

VEGETABLES

Steam or sauté your vegetables and add some fresh spices.

- To steam:**
- Put 1 cup of water in the bottom of a sauce pan.
 - Purchase a steaming rack (you can get one at any grocery store for about \$2) and place it over the water.
 - Chop your veggies, place them in the steaming rack, cover, and steam them for 4–8 minutes, depending on the vegetable and your desired level of tenderness.
 - Add your favorite seasonings, and drizzle with extra-virgin olive oil and a little sea salt to taste.

You can cook almost any vegetable this way. It's easy. It's delicious. And it takes almost no time at all.

- To sauté:**
- Put 1 tablespoon of extra-virgin olive oil in the bottom of a frying pan. Turn the heat to medium high.
 - Chop your veggies and drop them in.
 - Sauté for 5–7 minutes, to desired flavor and tenderness.

You can also add onions, garlic, and/or mushrooms (shiitake are particularly tasty) to sautéed veggies to make them more flavorful. You might want to add your onions, garlic, and mushrooms first with a little salt, sauté them, and then drop in your chopped veggies.

CHICKEN AND FISH

Fish and chicken are very simple to prepare in a delicious and healthy way. Just grill, broil, or sauté your fish or chicken; season with olive oil, lemon juice, rosemary, garlic, ginger, or cilantro. Here's how:

- To broil:**
- Sprinkle some sea salt and any other seasoning you choose on your fish or chicken. Place it under the broiler.
 - Fish will probably take around 7–10 minutes. Just watch it until the fish or chicken is tender and white throughout. Chicken will take longer, perhaps up to 15 minutes. You will know it's done when you press the chicken with your finger and it's relatively firm.
- To grill:**
- Season your fish or chicken and put it down on the grill. That's it. The same cooking times apply as above. Turn once, halfway through cooking.
- To sauté:**
- Place 1 tablespoon of olive oil in the bottom of a frying pan. Turn the heat on medium high to heat the oil. Then place your seasoned fish or chicken in the pan.
 - Turn regularly to avoid browning the fish or chicken too much on one side. This will be particularly important for chicken. Fish should be turned only once.
 - Follow the same instructions for time as above.

As with the instructions for sautéing vegetables, you could add onions, garlic, mushrooms, or even vegetables to this dish to change it up and make it interesting.

You can season your meat once it is done cooking with sea salt and 1 teaspoon to 1 tablespoon of extra-virgin olive oil, and lemon juice if you choose. (Note that you probably won't add more extra-virgin olive oil if you sauté.)

LEGUMES

Heat up canned beans (I prefer the small white cannellini or navy beans) with 1–2 tablespoons of extra-virgin olive oil, some rosemary, and sea salt. Add sautéed, chopped vegetables to the beans. Be creative.

TOFU

Follow the same guidelines for chicken or fish, or simply add tofu to your steamed or sautéed vegetables.

RICE

Brown rice is a delicious and healthy whole grain you can eat anytime you wish. To cook brown rice: Boil 4 cups of filtered water. Rinse 2 cups of dried brown rice, put it in the water with 1 tablespoon of olive oil and 1/2 teaspoon of sea salt, and cover. Bring to a boil and then simmer on lowest heat for 45 minutes. Do not stir.

Optional: Add 1 teaspoon of turmeric or two round 1/4-inch slices of ginger to the water when cooking. These are powerful anti-inflammatories and give the rice a wonderful aroma and flavor.

SPICE UP YOUR FOOD

Remember to add spices to your cooking. Place some slices of ginger in the cooked brown rice or add 1–2 teaspoons of turmeric for delicious yellow, Indian-style rice. Add fresh rosemary, chopped fresh cilantro, or fresh crushed garlic to your vegetables.

Then serve. That's all there is to it.

That's it. You don't have to follow fancy recipes or spend hours in the kitchen every night to eat the UltraMetabolism way. Just stick to simple, real, whole, allergen-free foods, and you'll watch the pounds come off as you approach UltraWellness.

MAKING YOUR TIME IN THE KITCHEN MORE FUN!

Some people HATE being in the kitchen. They don't like to cook. They find chopping vegetables boring. They feel that standing over a stove sautéing fish is analogous to watching a pot of water boil. They just don't enjoy the time they spend in the kitchen.

Personally, I LOVE being in the kitchen. I enjoy spending my time looking for and preparing whole delicious foods that allow me and my family to thrive.

Perhaps one of the differences between people who love the kitchen and people who hate it is the kind of environment they create in their kitchen.

Your kitchen can become a focus for fun and relaxation in your home if you know how to make it that way. Here are a few tips that may help:

- **Play music.** OK, I'll admit it. Standing there chopping vegetables and fresh herbs in silence isn't always the most entertaining job in the world. But it doesn't have to be boring either. Purchase a small radio with a CD player, and play music while you cook and prepare your food. (You can also use your iPod if you have one. Just purchase a small pair of speakers to plug into the headphone jack.) This alone can make the experience more pleasant.
- **Get the family involved.** Even if your spouse doesn't cook, you can still drag him or her into the kitchen to chat with you while you cook. Even better, to the degree possible, get your kids involved in the kitchen. It's a great way to make the experience more pleasant while educating them about real, whole foods. This can help counter some of the messages they are getting from the media.
- **Spoil yourself with good equipment.** I can't say enough about the difference that quality kitchen tools can make in your life. If you don't have quality tools, it's almost certain your time in the kitchen will be less enjoyable. Spoil yourself with good equipment.
- **Open up the kitchen.** Laboring away under fluorescent lights in some corner of your house chopping vegetables for an hour is a sure way to get sick of being in the kitchen. As much as possible, open up your kitchen. Open doors and windows. Invest in good lighting. Decorate. Bring in bar stools or a small table. Make the kitchen a place you and your family want to be.
- **Try new things.** One sure way to get bored in the kitchen is by preparing the same thing all the time. Try new recipes. Experiment with new cooking techniques. After all, you have *The UltraMetabolism Cookbook*. Use it to help you enjoy your time in the kitchen!

I hope the suggestions in this section offer you some additional insight about how to make the UltraMetabolism program and ALL your time in the kitchen an enjoyable and efficient experience. I believe that the kitchen should be the center of the home. These techniques may help you achieve that goal.

SECTION 3:

REINTRODUCING ALLERGENIC FOODS AND TRACKING REACTIONS

One of the greatest gifts you can give yourself as you transition from Phase I to Phase II of the UltraMetabolism program is reintroducing foods slowly and systematically, as I discussed in The *UltraMetabolism Cookbook* under the sections titled “Food Sensitivities” and “Transitioning from Phase I to Phase II of UltraMetabolism.”

Following the instructions laid out there may help you identify food sensitivities and allergies. This will take you another step toward being in control of the food you put in your body, and how that food affects your health and weight.

As you transition from Phase I to Phase II of the program, I urge you NOT to simply start eating all the foods you eliminated in Phase I the first day you are on Phase II of the program.

Why?

When you eliminate foods you are allergic to, you remove foreign molecules (antigens) that the antibodies in your bloodstream grab onto, causing allergic reactions. However, you cannot eliminate the antibodies themselves so quickly. As a result, when you eat foods you are sensitive to, these antibodies attack them in full force, causing even worse reactions than the ones you had before you went on the program.

If you immediately start eating all the foods you eliminated in Phase I, it can make you feel worse than you did before you started the UltraMetabolism program.

More important, you may never fully regain control of your weight, your health, and your life until you identify which foods you are allergic to.

After you know what you are allergic to, you can make a choice about how to handle these foods. You may choose to eat them as you always have. You may eat them in moderation. Or you may decide not to eat them anymore. But you won't be able to make this choice until you have identified your problem foods.

This is an area of the program many patients are excited about. Living the UltraWellness lifestyle isn't only about losing weight. It's about learning how the foods you eat affect your health and leveraging this knowledge to improve your life. I know people want to have this information, because I hear about it from my patients every day.

Make sure you track your reactions to foods as you use the cookbook's system for reintroducing them. More details on the kinds of reactions you might experience and what to do about them can be found in the cookbook.

You can use the food log below to track reactions to any foods you eat. In the column on the left, note the date you ate the food. In the middle column, describe the food itself. And in the column on the right, describe the symptoms you experienced. If you do this consistently, you will soon develop a picture of which foods are causing you health problems and causing you to gain weight.

Use this food log to track your symptoms and monitor your progress. Print out as many copies as you need to keep track of all your reactions as you slowly go off the program.

| DATE | FOOD INTRODUCED | SYMPTOMS |
|------|-----------------|----------|
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Note: Common symptoms may be postnasal drip; digestive problems such as bloating, gas, constipation, or diarrhea; reflux; headaches; joint pains; fluid retention; fatigue; brain fog; mood changes; change in sleep pattern; rashes; and more.

SECTION 4:

RESOURCES

Below is a list of resources that will give you access to information and services, ranging from doctors who practice Functional Medicine to mail-order organic products and grass-fed meat to relaxation tapes and yoga videos.

Use these resources as tools to help you on your path to UltraWellness.

FINDING A DOCTOR

THE INSTITUTE FOR FUNCTIONAL MEDICINE www.functionalmedicine.org

The Institute for Functional Medicine trains physicians in the basic paradigm of how to deal with chronic complex diseases by understanding their causes, and how to improve and enhance function in the body. The Textbook of Functional Medicine is a great resource for physicians. I authored two chapters in the textbook, one on biochemical individuality and genetic uniqueness and the other on dietary influences on health.

ACTIVATING THE RELAXATION RESPONSE

There are many wonderful resources available to help you activate the relaxation response and reduce stress. Though I didn't speak about stress explicitly in *The UltraMetabolism Cookbook*, stress can be a major contributor to weight and health problems, as you learn in Chapter 10 of *UltraMetabolism*.

Below is a selection of some of the best sources for CDs, lifestyle products such as biofeedback tools, and saunas (an excellent way to reduce stress and detoxify).

HEALTH JOURNEYS www.healthjourneys.com

Resources for self-healing, including guided-imagery tapes

NATURAL JOURNEYS

www.naturaljourneys.com

Healthy lifestyle DVDs and videos, including Pilates, yoga, tai chi, fitness, meditation, and self-healing

THE RELAXATION COMPANY

www.therelaxationcompany.com

Music and relaxation CDs

CENTER FOR NEUROACOUSTIC RESEARCH

www.neuroacoustic.com

Relaxation tapes and CDs

MONROE PRODUCTS

www.Hemi-Sync.com

Music and relaxation tapes and CDs

TOOLS FOR HEALTHY LIVING AND RELAXATION

RESPERATE

www.resperate.com

A small personal biofeedback device to train yourself to relax

SUNLIGHT SAUNAS—SOURCE OF FAR-INFRARED SAUNAS

www.sunlightsaunas.com

PANGAEA ORGANICS

www.pangeaorganics.com

Organic personal care products

MAIL-ORDER ORGANIC FOOD PRODUCTS

These Web sites offer multiple food products, including fresh and frozen produce and pantry items that can supply most of your needs.

Note: Food products and ingredients change periodically; reading the label is a must, even when using the best of resource lists!

DIAMOND ORGANICS

www.diamondorganics.com

Mail-order high-quality organic produce and other raw foods

THE ORGANIC PAGES ONLINE

www.theorganicpages.com

Directory of mail-order organic foods and personal care products

ORAGANIC

www.oraganic.com

Shop online organic food products

THE GREEN GUIDE

www.thegreenguide.com

Information on environmental health issues

INFORMATION ON MAIL-ORDERING ORGANIC FOODS

ORGANIC VALLEY

www.organicvalley.coop

Organic food directory from a large cooperative of family-owned farms

ALLERGY GROCER

www.missroben.com

Food allergy shopping made easy

EFOODPANTRY.COM

www.efoodpantry.com

1-866-epantry

A variety of organic food products

MORNINGSIDE FARM

www.morningsidefarm.com

A complete selection of natural and organic foods

ORGANIC PROVISIONS

www.orgfood.com

A natural foods and products store

CERRY MOON FARMS

www.cherrymoonfarms.com

1-888-378-2758

Organic fruit, snacks, and gift baskets

ORGANIC PLANET

www.organic-planet.com

Organic foods such as nuts, seeds, dried fruits, and specialty grains

SNO PAC FOODS

www.snopac.com

Mail-order organic frozen vegetables and fruits

SUN ORGANIC FARM

www.sunorganicfarm.com

1-888-269-9888

Mail-order organic food products

VEGAN ESSENTIALS

www.veganessentials.com

A variety of organic vegan items, including food bars and snacks

PRODUCE

BRASSICA PROTECTION PRODUCTS LLC

www.brassica.com

Brassica products, including sprouts and tea, developed by scientists at Johns Hopkins Medical School

CASCADIAN FARM

www.cfarm.com

Frozen organic vegetables and fruits

CHRISTOPHER RANCH

www.christopherranch.com

Ready-to-use garlic products

MUIR GLEN

www.cfarm.com

Organic tomatoes and tomato products

WYMAN'S

www.wymans.com

Wild blueberry and other fruit products

POULTRY, EGGS, MEAT, WILD GAME, AND DAIRY PRODUCTS

BELL & EVANS

www.bellandevans.com

All-natural fresh and frozen poultry items

BLACKWING, INC.

www.blackwing.com

Wild game and organic poultry, including dried jerky snacks

NIMAN RANCH

www.nimanranch.com

A great source of organic animal products

B.C. NATURAL FOODS

www.colemannatural.com

Premium natural and organic meats

APPLEGATE FARMS

www.applegatefarms.com

Produces natural and organic meats and assorted frozen food items

EBERLY POULTRY FARMS

www.eberlypoultry.com

Certified organic poultry

FAGE PRODUCTS

www.fageusa.com

Authentic Greek yogurt and Greek food products

MEYER NATURAL ANGUS

www.meyernaturalangus.com

“Certified Humane Raised and Handled” natural Angus beef with no hormones and antibiotics

MURRAY’S CHICKEN

www.murrayschicken.com

“Certified Humane Raised and Handled” antibiotic-free chicken

ORGANIC VALLEY

www.organicvalley.com

Organic meats, dairy, eggs, juice, and produce from more than 600 member-owned farms across the country

PETE AND GERRY’S ORGANIC EGGS

www.peteandgerrys.com

Organic omega-3 and cage-free omega-3 eggs

PLAINVILLE FARMS

www.plainvillefarms.com

Antibiotic-free turkey and deli items

SHELTON’S POULTRY

www.sheltons.com

Organic poultry products

SPRINGFIELD CREAMERY/NANCY’S YOGURT

www.nancysyogurt.com

Cultured dairy and soy yogurts

STONYFIELD FARM

www.stonyfieldfarm.com

Organic dairy and soy yogurt

WHOLE-GRAIN AND SPROUTED-GRAIN FOOD PRODUCTS

ALVARADO ST. BAKERY

www.alvaradostreetbakery.com

A variety of organic sprouted-wheat breads, bagels, buns, tortillas, and pizza breads

ARROWHEAD MILLS

www.arrowheadmills.com

Whole grains, whole-grain products, and flaxseed

HODGSON MILL, INC.

www.hodgsonmill.com

Complete line of whole-grain food products

FOOD FOR LIFE

www.foodforlife.com

Organic sprouted-grain (flourless) cereals, breads, tortillas, and many other products

FRENCH MEADOW BAKERY

www.frenchmeadow.com

Organic sprouted-grain breads and bread products

GRAINAISSANCE

www.grainaissance.com

Organic brown rice mochi (Japanese rice snack) for breakfast, snack, or dessert

MATTER OF FLAX

www.matterofflax.com

Flourless flax crackers

NATURE'S PATH FOODS INC.

www.naturespath.com

Variety of whole-grain food products including cereals, snack bars, and frozen food items

PACIFIC BAKERY

www.pacificbakery.com

Organic wheat-alternative and yeast-free breads

SHILOH FARMS

www.shilohfarms.net

Whole grains, whole-grain products

U.S. MILLS

www.usmillsinc.com

Organic cereals (Erewhon and New Morning), including Uncle Sam brand

FOOD BARS

BIO INTERNATIONAL INC./ORGANIC FOOD BAR, INC.

www.organicfoodbar.com

Food bar made with organic ingredients

LÄRABARS—HUMM FOODS

www.larabar.com

Vegan bar made with nuts, seeds, and dried fruit

NUTIVA

www.nutiva.com

Organic hemp protein bars and other products

PEACE WORKS

www.peaceworks.com

Fruit and nut snack bars and specialty foods

NUTS, SEEDS, NATURAL NUT AND SEED BUTTERS, AND FLAXSEED MEAL

BOB'S RED MILL NATURAL FOODS, INC.

www.bobsredmill.com

Complete selection of organic stone-ground, whole-grain products

ONCE AGAIN NUT BUTTER

www.onceagainnutbutter.com

Organic nut and seed butters, nuts, and varietal honeys

SPECTRUM

www.spectrumorganics.com

Complete line of high-quality oils and flaxseed meal

GLUTEN-FREE PRODUCTS

GLUTEN-FREE DIET BOOK

www.glutenfreediet.ca

Best book on gluten-free diets with brand-name products

ALLERGY GROCER

www.missroben.com

Complete line of low-allergy and gluten-free products

MRS. LEEPER'S PASTA

www.mrsleeperspasta.com

Wheat-free, gluten-free corn and rice pastas and other dishes

NU-WORLD AMARANTH, INC

www.nuworldfoods.com

Gluten-free, nonallergenic, ready-to-eat cereals, snacks, and baking ingredients

ENJOY LIFE FOODS

www.enjoylifefoods.com

Foods free of common allergens (NO wheat, gluten, dairy, soy, eggs, nuts, etc.)

FOOD FOR LIFE BAKING CO.

www.foodforlife.com

Complete line of organic sprouted-grain, wheat-free, gluten-free, and yeast-free baked goods

HEARTLAND'S FINEST

www.heartlandsfinest.com

Gluten-free product line, including dry bean flours

JUICERS AND BLENDERS

CHAMPION JUICER BY PLASTAKET MFG., INC.

www.championjuicer.com

Rated as one of the best juicers available

VITA-MIX CORP.

www.ultimateblender.com

High-performance blender for whole foods

CHOCOLATE

CHOCOLATE SPRINGS

www.chocolatesprings.com

A wide range of high-quality chocolate items, including chocolate nibs

DAGOBA ORGANIC CHOCOLATE

www.dagobachocolate.com

Premium organic chocolate products, including raw chocolate nibs

GREEN AND BLACK'S ORGANIC CHOCOLATE

www.greenandblacks.com

Organic fair-trade chocolate products

RAPUNZEL PURE ORGANICS

www.rapunzel.com

Organic food products, including chocolate, soups, baking ingredients, and more

TERRA NOSTRA ORGANIC

www.terranostra.us

Organic chocolate products

BEVERAGES

CHOICE ORGANIC TEA

www.choiceorganicteas.com

Variety of organic teas

NUMI TEA

www.numitea.com

Organic teas

SANFAUSTINO/CCW HOLDINGS INC.

www.sanfaustino.com

An effervescent mineral water imported from Italy

FISH AND SEAFOOD

VITAL CHOICE

www.vitalchoice.com

Wild fish including salmon and sardines

CROWN PRINCE NATURAL

www.crownprince.com

Wild-caught, sustainably harvested specialty canned seafood

ECOFISH

www.ecofish.com

Environmentally sustainable seafood

OMEGA FOODS

www.omegafoods.net

Wild fish burgers that are dairy- and gluten-free

SEABEAR—WILD SALMON JERKY

www.seabear.com

Wild salmon jerky for snacks and “pack and go” food

DRY GOODS AND CONVENIENCE ITEMS

APPLEGATE FARMS

www.applegatefarms.com

Hormone- and antibiotic-free poultry and vegetarian jerky

EPICUREAN INTERNATIONAL/THAI KITCHEN

www.thaikitchen.com

Thai foods including sauces, soups, and convenience meals

MOOSEWOOD"

www.oosewood.com

Organic frozen food entrees, baked goods, and soups

DR. MCDUGALL'S RIGHT FOODS

www.rightfoods.com

A variety of vegan products, including cereals and soups

EDEN FOODS

www.edenfoods.com

Organic food products including soups, condiments, whole grains, and entrees

EDWARD & SONS TRADING CO.

www.edwardandsons.com

Innovative organic vegetarian grocery items

HAIN CELESTIAL GROUP, THE
www.hain-celestial.com

A wide range of natural food products

HOMEGROWN NATURALS AND CO.
www.homegrownnaturals.com

Entrees, soups, and condiments

IMAGINE FOODS
www.imaginefoods.com

Organic nondairy soups, broths, and other standard stock pantry items

MEDITERRANEAN ORGANIC
www.mediterraneanorganic.com

Organic specialty foods such as artichokes, olives, capers, and fruit preserves

NSPIRED NATURAL FOODS
www.nspiredfoods.com

Natural food brands such as Sunspire and Tropical Source (nondairy chocolate), Maranatha (natural nut butters), etc.

NEAR EAST
www.neareast.com

Grain- and bean-based convenience dishes

PACIFIC FOODS OF OREGON
www.pacificfoods.com

Soups, broths, and nondairy beverages

SEEDS OF CHANGE

www.seedsofchange.com

Organic frozen entrees, sauces, dressings, and grain dishes

TASTYBITE

www.tastybite.com

Ready-to-eat authentic Indian meals

TRADER JOE'S

www.traderjoes.com

Natural food shopping with a variety of great convenience food items

TREE OF LIFE

www.treeoflife.com

A wide range of organic food products

WHOLE FOODS

www.wholefoods.com

Natural food shopping mecca with products from A to Z

SEA VEGETABLES

MAINE COAST SEA VEGETABLES

www.seaveg.com

A wide variety of sea vegetables, including six organically certified types

SPICES AND SEASONINGS

DIAMOND ORGANICS

www.diamondorganics.com

Fresh herbs and spices

FRONTIER NATURAL PRODUCTS CO-OP

www.frontiercoop.com

Organic spices and seasonings

SPICE HUNTER, THE

www.spicehunter.com

Spices and seasoning blends

BEANS

MEDITERRANEAN DELIGHTS

www.mediterraneandelights.com

Organic hummus and fruit spreads

SOY AND NONDAIRY ALTERNATIVES

IMAGINE FOODS

www.imaginefoods.com

Organic nondairy beverages, soups, and broths, and Soy Dream gluten-free nondairy beverage

LIFEWAY FOODS, INC.

www.kefir.com

Probiotic dairy and soy beverages

LIGHTLIFE FOODS

www.lightlife.com

Organic soy foods, including organic flax tempeh

VITASOY USA

www.vitasoy-usa.com

Soy foods including Nasoya, Vitasoy, and Azumaya brands

WESTBRAE WESTSOY

www.westbrae.com

Soy food products including gluten-free, unsweetened soymilk beverage

WHITE WAVE

www.SilkIsSoy.com

Makers of Silk soymilk, Silk soy gluten-free beverages, and other soy food products

WHOLE SOY CO.

www.wholesoyco.com

Organic cultured soy food products

MORI-NU

www.morinu.com

Organic soy food products

ROAD'S END ORGANICS

www.chreese.com

Dairy-free, organic, vegan cheese alternatives

TURTLE ISLAND FOODS

www.tofurky.com

Organic vegan soy food products

SNACKS AND SUCH

MARY'S GONE CRACKERS

www.marysgonecrackers.com

Organic wheat-free, gluten-free crackers and baked goods

JUICES

KAGOME INC.

www.kagome.us

One hundred percent vegetable and fruit blends

LAKWOOD ORGANIC AND PREMIUM JUICES

www.lakewoodjuices.com

Organic 100 percent fruit and vegetable juices

R.W. KNUDSEN FAMILY

www.knudsenjuices.com

One hundred percent vegetable and fruit juices

KITCHEN TOOLS

The following are excellent resources for high-quality kitchen tools. Remember, arming yourself with good kitchen tools is analogous to buying a good pair of hiking boots before you climb Mount Everest. You need to have good kitchen tools if you want to make your kitchen a focus in your home for health and weight loss.

WILLIAMS-SONOMA

P.O. Box 7456
San Francisco, California 94120-7456
1-800-541-2233
www.williams-sonoma.com

CHEFS CATALOG

P.O. Box 650589
Dallas, TX. 75265-0589
1-800-967-3291
www.chefscatalog.com

SEAFOOD SAFETY

These Web sites have up-to-date indications on what seafood is currently safe to eat and what you might want to avoid. You may want to check these periodically to make sure you are eating nontoxic, sustainably fished seafood.

U.S. FDA CENTER FOR FOOD SAFETY AND APPLIED NUTRITION

www.cfsan.fda.gov/seafood1.html

Information on fish safety, including advisories

BLUE OCEAN INSTITUTE

www.blueocean.org

Guide to ocean conservation

AQUACULTURE

www.aquaculture.co.il

Information on the growing demand for aquaculture

FOOD ALLERGY

If you're looking for additional information on food allergies, this Web site may help you.

THE FOOD ALLERGY & ANAPHYLAXIS NETWORK

www.foodallergy.org

Information on food allergies and resources for shopping and cooking

ORGANIC UPDATES

The organic foods industry regularly updates and refines its practices. If you want to keep up with changes in the industry, the following site can help.

ORGANIC TRADE ASSOCIATION

www.ota.com

Information source for issues pertaining to the organic industry