

The

UltraMind

Solution

Recipes

Delicious and Nourishing Recipes Designed
Exclusively for The UltraMind Solution

By

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The UltraMind Solution Recipes
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THE FOUNDATION OF THE ULTRAMIND SOLUTION: LEARN HOW TO USE YOUR FORK!

The foundation of the UltraMind Solution is cleaning up your diet. This step is designed to remove from your diet all the processed, high-sugar foods as well as the two main allergens (gluten and dairy) that lead to a “broken brain.” These foods are replaced with unprocessed, real, natural whole foods that provide you with the raw materials to achieve an UltraMind—one that’s calm, confident, and in good spirits.

Eating this way not only tastes better, it will make you feel better for one simple reason: Food is medicine. In fact, it is the single most powerful medicine there is. If I had to choose only one medicine to give every patient I see, it would be food. What you put at the end of your fork has more power to influence your mood, mind, and metabolism than any other action you can take.

In Chapter 14 of *The UltraMind Solution*, I outline the nutritional principles and eating guidelines you need to follow while on the program. While those guidelines are enough for you to get on and stay on the program successfully, I am aware that many people like to have a bit more guidance regarding what to eat and when. People especially love learning healthy new brain-food recipes they can use to develop an UltraMind.

That is why I developed two weeks’ worth of daily menus you can rotate over the course of the program. In reality, you can use any of the recipes in the pages that follow any day you are on the UltraMind Solution (or any time at all, for that matter!). But I’ve structured these daily menus so you don’t have to think too much about how to achieve an UltraMind.

If you want to keep the program extremely easy, follow the menus as outlined for the first 14 days. After two weeks of using these recipes, you will have a good sense of what your body and brain crave and how to nourish them properly. At that stage, you can either pick and choose daily menus for the remaining four weeks or just pick out recipes you fall in love with and make those as you wish.

For each week’s recipes, I have also created a comprehensive shopping list that will make it easy to shop for all the foods you need to make these delicious and nourishing meals. Just print out the list, take it to the grocery store with you, purchase what is on it, and you should have all the supplies you need to create these meals.

Following this plan will make optimizing your brain function more fun and more delicious.

However, this plan also offers something greater than that—it provides you with an opportunity to change your eating habits so that your daily choices and behaviors enhance your health instead of diminish it.

Once you’ve used these recipes for six weeks, you’ll learn a whole new way to cook for and feed yourself. Then you can make this way of eating your way of eating for life, and soon UltraWellness—a state of health that is nothing less than optimal mental and physical function and ideal weight—will be yours.

So what have you got to lose? Try it out for six weeks and see how you feel. If your mood stabilizes, your memory improves, your focus sharpens, and you drop weight automatically (which is what happens for most people), you will have gained something extraordinary. You will have developed a whole new understanding of how food affects your brain and your body.

And if nothing changes (which is extremely unlikely), all you will lose is the chance to eat a few burgers and drink a few sodas.

Prove to yourself that food is medicine. Prove to yourself how powerful the UltraMind Solution is by following the eating plan in this guide for six weeks.

To do that, you'll first have to prepare your kitchen for the journey. You may not realize that your kitchen is the most important room in your home. It's where you and your family are nourished. Here is how you can turn it into an UltraKitchen.

Creating Your Own UltraKitchen

If you were climbing a mountain or planning a trek into unknown territory, you would make sure you had the right clothing and tools. You would study the map before you set out. The journey of self-discovery, the journey that will take you to an UltraMind, requires some preparation and equipment. Some special tools and instructions will make your journey successful.

Let's start with your kitchen. Getting the basic equipment makes food preparation easier and faster, as will learning what to clean from your pantry and what to stock your shelves with.

Arm Yourself with the Proper Tools

Consider this equipment a tool kit for taking care of your body. You can substitute or make do with other tools if need be, but I would strongly recommend that you consider purchasing the following items if you don't already have them.

I would also recommend that you buy the best-quality tools possible as you build your kitchen. If you were climbing a mountain, you would buy boots that would last for the duration. The items in this list are as vital to your health as an excellent pair of boots would be if you were to go mountain climbing.

These tools can last you a lifetime if you start with quality items and take proper care of them.

I consider the following to be the basic essential hardware for the care and feeding of a human being (or at least the feeding!):

The UltraEssentials

- ❖ A set of good-quality knives
- ❖ Wooden cutting boards—one for animal products, another for fruits and vegetables
- ❖ An 8-inch nonstick sauté pan
- ❖ A 12-inch nonstick sauté pan (Nonstick pans can vary in quality. Buy the highest quality, such as Calphalon or All-Clad, because of the health risks of poorer-quality nonstick pans using Teflon.)
- ❖ An 8-quart stockpot
- ❖ A 2-quart saucepan with lid
- ❖ A 4-quart saucepan with lid
- ❖ An 11-inch-square nonstick (non-Teflon) stovetop griddle
- ❖ A food processor
- ❖ A blender
- ❖ A can opener
- ❖ A coffee grinder for flaxseed
- ❖ Wire whisks
- ❖ Spring tongs
- ❖ Rubber spatulas
- ❖ Assorted measuring cups (1 quart, 1 pint, 1 cup), dry and liquid style

Additional Useful Tools

- ❖ Dutch oven
- ❖ Grill pan
- ❖ 3 or 4 cookie or baking sheets
- ❖ An immersion blender
- ❖ An instant-read chef's thermometer
- ❖ A fish spatula
- ❖ Natural parchment paper
- ❖ A lemon/citrus reamer
- ❖ A food mill/potato ricer
- ❖ Microplanes in assorted sizes

Rid Your Kitchen of "Toxic" Foods

Before you purchase the food you will eat on the program, take an afternoon to cleanse your cabinets of the items that do not enhance your health. This includes eliminating toxic fats and sugars from your cabinets so that you won't "accidentally" add them to a recipe.

Start by throwing into the trash all items containing hydrogenated and partially hydrogenated fats and high-fructose corn syrup. Those two changes alone can radically alter your life by enhancing your metabolism. Reading the labels (see more on how to do this below) on each of the food products in your cabinets and refrigerator will tell you which ones contain these ingredients.

Tips and Tricks

Over the years, working with the best nutritionist in the country, Kathie Swift, MS, RD, I have accumulated some tips and tricks to eat well and feel well. I offer them to you here.

Learn the Best Brand

By eliminating what you don't need anymore, you will open up space in your refrigerator and cabinets for healthier alternatives. If you carefully read the labels of the foods you buy (see below), in time you will develop a sense for which products optimize your health.

Local food co-ops or national chains such as Whole Foods, Trader Joe's, and Wild Oats have many excellent products that fit into The UltraMind Solution. Be proactive and urge your supermarket chain to carry these types of products.

Buy foods that have not been or are only minimally processed. I recommend choosing organic foods whenever possible to reduce exposure to pesticides and increase your intake of vitamins, minerals, antioxidants, and phytonutrients.

Choose Organic and Hormone- and Antibiotic-Free Food

Buy antibiotic- and hormone-free animal products, including dairy products, poultry, and red meat, whenever possible. Avoid eating types of fish that contain high levels of mercury, such as swordfish, tilefish, shark, king mackerel, and fresh tuna (canned tuna, especially chunk light, is lower in mercury). I recommend that you eat fish with the least mercury, including blue crab (mid-Atlantic), flounder, sole, wild salmon, sardines, herring, anchovies, and shrimp. Check periodic updates on seafood safety at www.ewg.org and www.oceansalive.com.

Buy a variety of seasonally fresh, locally grown, and, whenever possible, certified-organic produce. Though organic food is generally more expensive, the benefits are worth it. Organic food contains lower levels of pesticides, hormones, and antibiotics found in conventional foods.

Research indicates that organic foods also have more nutrients than foods grown conventionally. The following is a priority list for purchasing organic produce based on data from the Environmental Working Group (www.ewg.org), in order of priority:

- | | |
|----------------------|---------------|
| ❖ Peaches | ❖ Spinach |
| ❖ Apples | ❖ Potatoes |
| ❖ Sweet bell peppers | ❖ Carrots |
| ❖ Celery | ❖ Green beans |
| ❖ Nectarines | ❖ Hot peppers |
| ❖ Strawberries | ❖ Cucumbers |
| ❖ Cherries | ❖ Raspberries |
| ❖ Lettuce | ❖ Plums |
| ❖ Grapes | ❖ Oranges |
| ❖ Pears | ❖ Cauliflower |

Some nonorganically grown items in your local grocery store contain less pesticides and are good to eat. If you can't completely stick to organically grown produce (either because your grocery store doesn't carry it or because the cost is prohibitive), the following 11 items are generally considered to have the least pesticides.

While I encourage you to buy as much organic produce as you can, if you can't, these are the items I would recommend. They are listed from the lowest to the highest pesticide count.

- | | |
|-----------------------|------------------|
| ❖ Onions | ❖ Bananas |
| ❖ Avocado | ❖ Cabbage |
| ❖ Sweet corn (frozen) | ❖ Broccoli |
| ❖ Pineapple | ❖ Eggplant |
| ❖ Mango | ❖ Papaya |
| ❖ Sweet peas (frozen) | ❖ Blueberries |
| ❖ Asparagus | ❖ Watermelon |
| ❖ Kiwi | ❖ Sweet potatoes |

Check out the Environmental Working Group Web site (www.ewg.org) for further updates.

You can also reduce your exposure to pesticides and bacteria by washing your produce well. Prepare a vegetable wash solution by adding one teaspoon of mild soap or one tablespoon of cider vinegar to one gallon of water. Wash your vegetables in this solution and rinse well. Use a vegetable brush on potatoes, sweet potatoes, carrots, or other hard produce whose skin you plan to eat.

Seek Out These Antioxidant Powerhouses

Scientists continue to learn more about measuring antioxidants in foods, a process referred to as ORAC (oxygen radical absorbance capacity), or the ability of the food to soak up harmful free-radical molecules (in a test tube). Be aware that with ongoing research, ORAC values may change and new foods may be added or change place on the list.

In the meantime, have fun with this top 20 list of antioxidant foods. Be sure to include plenty of these on your shopping lists. How many of these foods do you like? Were there any that surprised you by making the top 20, such as russet potatoes, which have been maligned by many popular diet books? Which ones might you now be more likely to introduce?

- | | |
|------------------------------------|----------------------------|
| 1. Small red beans (dried legumes) | 11. Strawberries |
| 2. Wild blueberries | 12. Red Delicious apples |
| 3. Red kidney beans | 13. Granny Smith apples |
| 4. Pinto beans | 14. Pecans |
| 5. Cultivated blueberries | 15. Sweet cherries |
| 6. Cranberries | 16. Black plums |
| 7. Cooked artichokes | 17. Cooked russet potatoes |
| 8. Blackberries | 18. Black beans |
| 9. Prunes | 19. Plums |
| 10. Raspberries | 20. Gala apples |

Reading Labels: If You Really Have to Buy Something Processed

Organic whole foods are now available in packages, cans, and boxes. They tend to be found in whole-foods stores or the health-food section of your grocery store.

Even if food has ingredients you are familiar with, there are times when you may want to avoid certain products in processed or manufactured foods. For example, you will want to be careful not to inadvertently include foods in your diet that aren't allowed on the UltraMind program, and you will want to make sure to avoid foods you haven't officially reintegrated into your diet using the system outlined in Chapter 20 of *The UltraMind Solution*.

Be sure to read food labels carefully as you shop for the ingredients you will use while on the program. This will help you make sure to adhere to all the guidelines of The UltraMind Solution as closely as possible. Be a smart label reader. Labels contain both the ingredients and specific (but not all) nutrition information.

Here are some things of which to be aware.

- ❖ **Beware of marketing.** Remember, the front of the label is food marketing at its cleverest. It is designed to seduce you into an emotional purchase and may contain exaggerated claims. Look for high-quality ingredients.
- ❖ **Where is the ingredient on the list?** If the real food is at the end of the list and the sugars or salts are at the beginning, beware. The most abundant ingredient is listed first, and then the others are listed in descending order by weight.

- ❖ **Beware of ingredients in foods that are not labeled.** Foods that are exempt from labels include foods in very small packages, foods prepared in the store, and foods made by small manufacturers.
- ❖ **Look for additives or problem ingredients.** If a food has high-fructose corn syrup or hydrogenated or partially hydrogenated oils, put it back on the shelf. Search for any “suspect” additives.
- ❖ **Look for ingredients that don’t agree with you.** Identify food ingredients you are sensitive to or react to, such as gluten, eggs, dairy, tree nuts, or peanuts. Be vigilant about reading labels, as the ingredients mentioned in the previous sentence are often hidden in foods you least suspect. The labeling of some allergens is not always clear. The Food Allergen Labeling and Consumer Protection Act of 2004 requires food manufacturers to disclose the eight most-common allergens on the labels of packaged food. (See www.celiac.com for lists of gluten-containing foods.)
- ❖ **Investigate unfamiliar ingredients.** Use an Internet search engine or other resource to find a credible source for any unfamiliar ingredients on the label before you buy, such as carmine, Quorn, or diacylglycerol. Credible Internet sources tend to be on government or educational sites ending in “.gov” or “.edu” rather than “.com.”
- ❖ **Discover if any “functional food ingredients” are being added to the food** product, such as live active cultures, beta-glucan (a viscous fiber), or plant sterols. Though they may be helpful, more often than not they are “window dressing,” present in small amounts and with minimal value, except to the marketing department of the manufacturer. Examples of this include live active cultures added to high-sugar, high-fat yogurts, or vitamins; “vitamin enriched” yet sugar-laden cereals; and ginkgo-supplemented potato chips. In other words, it’s best to get healthful, functional food ingredients from their whole-food sources rather than as additives to other foods.
- ❖ Would your great-grandmother have served this food? Finally, before you analyze the numbers, ask yourself if this food could have been served at your great-grandmother’s table. She served only real food.

Understanding the Nutrition Label: Think Low GL and High PI

Glycemic load, or GL, is a measure of how quickly a food enters your bloodstream. Low GL leads to better health. Phytonutrient index, or PI, refers to the amount of colorful plant pigments and compounds in a food that help prevent disease and promote health. High PI also leads to better health. Here are a few tips to maintain a low GL and a high PI.

- ❖ **Look at the serving size** and determine if this is your “typical” portion, as labels can be deceiving. For example, a cereal may state “3/4 cup serving,” when your typical portion is 1 1/2 cups. Or worse, it may say “2 servings,” when typically people consume the whole amount in the container or bottle. Have you ever known four people to share one pint of Häagen-Dazs ice cream?
- ❖ **Are the calories high GL or low GL?** The total amount of carbohydrates is less important than where they come from. If they are found in foods with a low GL and high PI, they will have a very different effect on your appetite and weight than will foods that are quickly absorbed and have few nutrients and fiber. How do you know which foods have a low GL and high PI? Simple. Choose whole-plant foods, and you can’t lose.

- ❖ **Start with fiber.** It is one of the main factors that determines the all-important glycemic load, and it can also give you a clue about the phytonutrient index. Many packaged foods have no fiber. If convenience items such as soups, entrées, or snacks are missing this key fiber factor, leave them on the shelf.
- ❖ **Look at total carbohydrates.** Remember that it's the type of carbs that matters most. If they are from whole-plant foods that contain plenty of fiber or have a low GL, their effect is very different from that of fiberless foods. The same amount of carbohydrates from a can of beans or from a can of Coke affects the body in very different ways.
- ❖ **Where are the good fats?** Monounsaturated and omega-3 polyunsaturated fats should dominate this category, with minimal amounts of saturated fat and zero trans fats (present on food labels from 2006 on).

Beware that small amounts of trans fats are STILL permitted in packaged foods as long as the food contains less than 0.5 grams per serving. But if you eat that food frequently or eat more than one serving (which is usually the case), you may get a load of trans fats. Therefore, look carefully at the label, even if it says "zero trans fats." Look for the words "hydrogenated" or "partially hydrogenated." If you see those words, put the item back on the shelf.

Unfortunately, omega-3 fats are rarely listed on the label. They are part of the polyunsaturated fat family, but they come from the good side of the family (they are anti-inflammatory; bad polyunsaturated or omega-6 fats are inflammatory).

Other processed and refined oils that are not as healthy as polyunsaturated fats also show up in this section of the label, including corn oil and safflower oil.

Now for the "Nutrition Facts" on the Label

There are a number of important "Nutrition Facts" listed on food labels, as well. But make sure you keep your facts straight! Not all the nutritional information on the label is as important as it sounds, and some is more important than certain authorities would have you believe. If you're going to use these "Nutrition Facts" effectively, you need to understand their true meaning. Keep the following in mind:

- ❖ **Cholesterol.** Your liver makes more cholesterol in an hour than you ever eat in a day. More cholesterol is produced in the body from eating sugar than from eating fat. There is little correlation between dietary cholesterol and blood cholesterol, and little reason to worry about this number on food labels. Yes, a surprising fact perhaps to many of you, but true.
- ❖ **Protein.** If you eat a variety of whole foods, you won't have to worry about protein because whole foods such as beans, soy foods, nuts, seeds, whole grains, and lean animal foods contain plenty of protein.
- ❖ **Sodium.** If you are sodium sensitive, use this simple guideline: Double the calories to get an accurate estimate of how much sodium should be in the serving (for example, 150 calories per serving should have a maximum of 300 milligrams of sodium per serving).

There's an exception to this rule: very low-calorie foods, such as some vegetables without added salt. Many processed foods have far more sodium than this.

You will need to prepare fresh foods at home to recondition your palate to whole foods naturally low in sodium. The recommended daily intake for the average person is 1,500 milligrams, or less than the amount in one teaspoon of salt (2,400 milligrams). That includes salt

added at the table, in cooking at the factory, or in a fast-food kitchen (which is where most of our salt intake comes from—hidden in the processed and fast foods we consume, such as packaged meats, canned soup, and even cottage cheese!).

We should consume about 10 times more potassium, mostly from plant foods (such as bananas, potatoes, spinach, and almonds), than sodium in our diet, yet we do just the opposite. We eat 10 times as much salt or sodium as potassium from table salt, processed foods, and restaurant foods.

- ❖ **Calcium.** Add a zero to the calcium percentage on the label. This equals the milligrams of calcium per serving because the “% Daily Value” for calcium is based on 1,000 milligrams. For example, 2 percent equals 20 milligrams calcium, and 30 percent equals 300 milligrams. Remember that calcium is the only nutrient to which this rule applies.
- ❖ **Other nutrients.** B-12, iron, zinc, and other nutrients may have been added to the food product to enhance nutrient levels and will be listed on the label if the product was “fortified.” Many junk foods have vitamins or nutrients added. Beware: They can make you feel fine about eating bad-quality foods, yet they have no real benefit.

Suggestions for Success in Your Kitchen

When you are preparing and cooking your meals, keep these suggestions in mind. They can make cooking a relaxing and enjoyable experience, allowing food to become your ally instead of your enemy and your kitchen to become a sanctuary instead of a battleground.

- ❖ With a little patience and practice, you will feel very comfortable in the kitchen.
- ❖ Get organized, think through your week ahead, and take one day each week to spend a few hours shopping and cooking.
- ❖ Carefully create a shopping list before you head to the store. (If you follow the six-week eating plan in this guide, you can use the shopping lists included in Section 4 for simplicity and ease.)
- ❖ When you come home from the store, organize your groceries in the refrigerator and pantry.
- ❖ Put on some fun music, wash and chop vegetables on the weekend or the day before you cook, and store them in zip-top bags in the refrigerator. You are much more likely to eat them if they are all ready to cook.
- ❖ Multitask while in the kitchen. Simmer some soup or cook a grain for the next day while preparing dinner.
- ❖ Also, double or even triple recipes, and then freeze some for later use. Having a meal ready to go in the freezer is as good as money in the bank!

Putting It Together to Build the Perfect Kitchen

Remember that your kitchen is one of the most important rooms in your home. It is the place where you prepare the food that is going to nourish and sustain you and your family. When your kitchen is out of balance or you don't have the right tools, it is difficult to prepare healthy meals that turn on the genes that keep you healthy and help your body fix its broken brain.

As you start on The UltraMind Solution, try to implement some (if not all) of the tips in this section so your kitchen and the time that you spend preparing food can be enjoyable and rewarding.

Getting re-encharmed with nourishing, delicious food and with the pleasure of eating is so important—it is at the center of human life and belongs in an UltraKitchen, not in the front seat of your minivan!

So first build yourself an UltraKitchen. Then use the menus and recipes in the pages that follow to optimize your brain and develop an UltraMind.

THE ULTRAMIND RECIPES— YOUR SIX-WEEK EATING PLAN TO AN ULTRAMIND

UltraMind Menus: Week 1

DAY 1	
Breakfast:	Sweet Potato Hash with Eggs
Snack:	1 Piece of Fruit and Indian Spiced Cashews
Lunch:	Asian Bean Salad with Tahini Dressing
Snack:	Roasted Tomato and Garlic Spread
Dinner:	Grilled Shrimp Brochettes and Quinoa Timbales with Roasted Peppers and Herbs
DAY 2	
Breakfast:	UltraShake
Snack:	1 Piece of Fruit Plus UltraMind Road Mix
Lunch:	White Beans on a Bed of Greens
Snack:	Olive Tapenade and Raw Vegetables
Dinner:	Wild Salmon with Rosemary Sweet Potatoes and Lemon Asparagus
DAY 3	
Breakfast:	Apple Walnut Amaranth
Snack:	1 Piece of Fruit Plus Brazil Nut Bars
Lunch:	Quinoa and Garbanzo Bean Salad
Snack:	Artichoke Antipasto and Raw Veggies
Dinner:	Moroccan Chicken with Cauliflower and Cashews
DAY 4	
Breakfast:	Breakfast Burrito
Snack:	1 Piece of Fruit and Indian Spiced Cashews
Lunch:	Roast Turkey Breast and Avocado Cream on a Bed of Greens
Snack:	Lemony Hummus with Raw Veggies
Dinner:	Coconut Dal with Steamed Broccoli and Brown Rice
DAY 5	
Breakfast:	Peach Quinoa with Flax and Nuts
Snack:	1 Piece of Fruit Plus Anytime Snack Mix
Lunch:	Curried Waldorf Salad
Snack:	Tahini with Flax Crackers
Dinner:	Sesame-Crusted Sole with Baby Bok Choy and Wild Rice
DAY 6	
Breakfast:	Hot Brown Rice, Nuts, and Flax
Snack:	1 Piece of Fruit Plus UltraMind Road Mix
Lunch:	Tarragon Chicken Salad
Snack:	Avocado with Lemon
Dinner:	Ratatouille
DAY 7	
Breakfast:	Ratatouille Omelet
Snack:	1 Piece of Fruit Plus Brazil Nut Bars
Lunch:	Lentil Salad
Snack:	Dark Chocolate or Cocoa Nibs
Dinner:	Balsamic-Marinated Tofu with Herbs and Sautéed Spinach

UltraMind Menus: Week 2

DAY 1	
Breakfast:	Turkey Breakfast Sausage with Dr. Hyman's Chinese Eggs and Seasoned Greens
Snack:	1 Piece of Fruit Plus Brazil Nut Bars
Lunch:	Hearty Lentil Soup
Snack:	Roasted Tomato and Garlic Spread
Dinner:	Stir-Fried Chicken and Broccoli with Cashews
DAY 2	
Breakfast:	UltraShake
Snack:	1 Piece of Fruit Plus Anytime Snack Mix
Lunch:	White Bean Salad with Roasted Red Pepper and Fennel
Snack:	Olive Tapenade and Raw Vegetables
Dinner:	Chicken Cacciatore with Endive & Walnut Salad, & Sautéed Broccoli Rabe with Pine Nuts
DAY 3	
Breakfast:	Apple Walnut Amaranth
Snack:	1 Piece of Fruit Plus UltraMind Road Mix
Lunch:	Dilled Egg Salad on Baby Spinach
Snack:	Artichoke Paste and Raw Veggies
Dinner:	Three-Bean Vegetarian Chili and Orange and Red Onion Salad with Fennel
DAY 4	
Breakfast:	Breakfast Burrito
Snack:	1 Piece of Fruit Plus Brazil Nut Bars
Lunch:	Black Bean Confetti Salad
Snack:	Lemony Hummus with Raw Veggies
Dinner:	Pan-Browned Tilapia and Slow-Roasted Potatoes with Oregano and Garlic
DAY 5	
Breakfast:	Peach Quinoa with Flax and Nuts
Snack:	1 Piece of Fruit and Indian Spiced Cashews
Lunch:	Crabmeat Salad with Avocado and Mango
Snack:	Tahini with Flax Crackers
Dinner:	Tuscan White Bean Stew with Tricolor Salad
DAY 6	
Breakfast:	Hot Brown Rice, Nuts, and Flax
Snack:	1 Piece of Fruit Plus Anytime Snack Mix
Lunch:	Caribbean Black-Eyed Peas (Cold Salad)
Snack:	Avocado with Lemon
Dinner:	Apple-Soy Roasted Salmon and Herb-Roasted Butternut Squash with Shallots and Garlic, and Green Beans with Caramelized Red Onion
DAY 7	
Breakfast:	Soy-Nut Pancakes with Strawberry-Banana Sauce
Snack:	1 Piece of Fruit Plus UltraMind Road Mix
Lunch:	Asian Chicken Salad
Snack:	Dark Chocolate
Dinner:	Herbed Rack of Lamb with Roasted Garlic and Shallots, and Roasted Sweet Potatoes

Week 1: Recipes

Breakfast**Sweet Potato Hash with Eggs**

Serves: 4

Serving size: ½ cup hash plus 1 egg

Yield: 2 cups hash plus 4 eggs

Prep time: 20 minutes

Cook time: 25 minutes

A nice variation on corned beef hash, this combination of sweet potatoes and peppers is seasoned with a pinch of paprika. It makes a delicious weekend breakfast or vegetarian supper.

- ❖ 2 medium (about 1 lb.) sweet potatoes, peeled and finely diced
- ❖ ¼ c. plus 1 tsp. extra-virgin olive oil
- ❖ ¾ c. finely diced red bell pepper (about 1 medium pepper)
- ❖ ¾ c. finely diced green bell pepper (about 1 medium pepper)
- ❖ ½ c. finely diced red onion (about 1 small onion)
- ❖ 2 tsp. minced garlic
- ❖ 1 tsp. minced jalapeño pepper
- ❖ ½ tsp. sea salt
- ❖ 1 tsp. minced oregano
- ❖ ½ tsp. freshly ground black pepper
- ❖ pinch of paprika
- ❖ 4 large eggs

Bring a large pot of salted water to a boil. Cook the sweet potatoes for about 3 minutes, until crisp-tender. Drain and set aside.

Heat ½ cup of the extra-virgin olive oil in a large skillet over medium heat. Add the red and green pepper, onion, garlic, jalapeño pepper, and salt. Cook for about 10 minutes, stirring frequently, until the vegetables are soft. Increase the heat to medium-high and add the cooked sweet potatoes, oregano, black pepper, and paprika. Cook for about 10 minutes, stirring frequently, until the vegetables are soft and lightly brown.

Meanwhile, heat the remaining 1 teaspoon extra-virgin olive oil in a large, preferably nonstick skillet over medium heat. One at a time, break the eggs into a small bowl, and then slide them into the skillet. Cook until the whites are set. Gently turn the eggs over and cook for about 1 minute for over easy or about 2 minutes for over well.

Nutritional Analysis:

Per Serving: 294 Calories, 20 g Fat, 3.7 g Saturated Fat, 215 mg Cholesterol, 4 g Fiber, 8 g Protein, 21 g Carbohydrates, 332 mg Sodium

The UltraShake

This shake makes for a quick, delicious breakfast as well as a filling and enjoyable snack you can eat any day on the program, either for your morning meal or for a snack. The UltraShake provides essential protein for detoxification, omega-3 fatty acids from flax oil, fiber for healthy digestion, increased elimination from flaxseeds, and antioxidants and phytonutrients from the berries and fruit.

It will sustain you, even out your blood sugar, and help you control your appetite throughout the day.

It does require that you invest in rice protein powder. I prefer detoxifying hypoallergenic rice protein. While it can be expensive, it replaces meals and facilitates your detoxifying and weight loss during the week. My favorite is UltraInflamX by Metagenics. You can find details on this product in Section 10, where I discuss supplements.

- ❖ 2 scoops rice protein powder (the average is 2 scoops, but you should follow the directions for the serving sizes of the product you pick)
- ❖ 1 tbsp. organic combination flax and borage oil
- ❖ 2 tbsp. ground flaxseeds
- ❖ Ice (made from filtered water), if desired
- ❖ 6–8 oz. filtered water, to desired consistency (some like thicker drinks, some thinner)
- ❖ ½ c. frozen or fresh noncitrus organic fruit such as cherries, blueberries, raspberries, strawberries, peaches, pears, or frozen bananas
- ❖ Optional: add 1 tbsp. nut butter (almond, macadamia, pecan) or ¼ c. nuts soaked overnight, such as almonds, walnuts, pecans, or any combination of these

Combine all ingredients in a blender and blend until smooth.

Apple Walnut Amaranth

Serves: 4 (~2/3 cup serving)

Prep time: 10 minutes

Cook time: 25 minutes

Rinsing and soaking grains such as amaranth for a few hours the night before or overnight will help reduce cooking time. To save time in the morning, you can combine all ingredients except the walnuts in a covered saucepan the night before, store in your refrigerator, and cook in the morning. Store leftover grain in a glass bowl and freeze for a busy morning.

- ❖ 1 c. amaranth, dry
- ❖ 3 c. unsweetened soy milk*
- ❖ ¼ tsp. ground cinnamon
- ❖ pinch sea salt (optional)
- ❖ 1 large apple, diced, with skin
- ❖ ½ c. walnuts, chopped

Place amaranth, soy milk, cinnamon, and apple in a 2-quart saucepan. Bring to a boil, stirring frequently. Cover pan and simmer on low heat for approximately 25–30 minutes, until amaranth is soft. Top with chopped walnuts and serve.

*Use only gluten-free soy milks; some brands are fortified with calcium, B12, and other nutrients, thus the vitamin and mineral content may be higher than in the analysis provided if fortified products are used.

Nutritional Analysis:

Per Serving: Calories 380, Carbohydrates 48g, Fiber 10 g, Protein 16 g, Fat 15 g, Cholesterol 0 mg, Sodium 112 mg, Calcium 370 mg

Breakfast Burrito

Serves: 1

Prep time: 2 minutes

Cook time: 10 minutes

A quick, easy, and tasty breakfast entrée that won't leave you feeling hungry in an hour.

- ❖ 2 large eggs
- ❖ 1 tbsp. water
- ❖ Pinch of freshly ground black pepper
- ❖ 1 ½ tsp. extra-virgin olive oil
- ❖ 1 (8-inch) sprouted corn or brown rice tortilla

In a small bowl, beat the eggs with the water and pepper.

Heat the extra-virgin olive oil in a small skillet over medium heat. Add the egg mixture and stir slowly, scraping the bottom and sides of the pan. Continue cooking until the eggs reach the desired consistency.

Wrap the tortilla in foil and heat at 300 degrees F, until steaming, about 5 minutes.

Place the eggs on the warmed tortilla and top with salsa of your choice.

Nutritional Analysis:

Per Serving: Calories 274, Fat 17 g, Sat 4.1 g, Cholesterol 430 mg, Fiber 2 g, Protein 14 g, Carbohydrates 17 g, Sodium 240 mg

Peach Quinoa with Flax and Nuts

Serves: 4 (~3/4 cup serving)

Prep Time: 5 minutes

Cook Time 20 minutes

A delicious whole-grain cereal that includes the rich and warming flavors of allspice and hazelnuts.

- ❖ 1 c. quinoa, dry
- ❖ 2 c. unsweetened soy milk
- ❖ ¼ tsp. ground allspice
- ❖ pinch sea salt (optional)
- ❖ 2 medium peaches, peeled and diced, or 1 ½ cups frozen peaches
- ❖ 2 tbsp. flaxseeds, ground
- ❖ 2 tbsp. hazelnuts, chopped

Place quinoa, soy milk, allspice, and peaches in a medium saucepan. Bring to a boil, stirring frequently. Cover pan and simmer on low heat for approximately 20 minutes, until quinoa is tender. Top with ground flaxseeds and chopped hazelnuts.

Nutritional Analysis:

Per Serving: Calories 285, Carbohydrates 41 g, Fiber 5 g, Protein 12 g, Fat 9g, Cholesterol 0 mg, Sodium 120 mg, Calcium 230 mg

Hot Brown Rice, Nuts, and Flax

Serves: 2 (~3/4 cup serving)

Prep time: 10 minutes

Cook time: 25 minutes

Though brown rice may not sound like your typical breakfast, you will quickly see why this is one of my patients' favorites. It's a delicious and filling way to start your day, with a combination of filling whole grains and omega-3 fats from nuts.

- ❖ ½ c. brown rice, long grain
- ❖ 1 c. unsweetened soy milk
- ❖ ¼ tsp. ground nutmeg
- ❖ pinch sea salt (optional)
- ❖ 8 Brazil nuts, chopped
- ❖ 2 tbsp. flaxseeds, ground

Place brown rice, soy milk, and nutmeg in a 2-quart saucepan. Bring to a boil, stirring frequently. Cover pan and simmer on low heat for approximately 45 minutes. Top with chopped Brazil nuts and ground flaxseeds.

Nutritional Analysis:

Per Serving: Calories 396, Carbohydrates 48g, Fiber 6 g, Protein 14g, Fat 18g, Cholesterol 0 mg, Sodium 128 mg, Calcium 330 mg

Ratatouille Omelet

Serves: 1

Prep time: 5 minutes

Cook time: 5 minutes

This omelet is a great use for leftover ratatouille (see dinner recipes). You can use any black olive, but kalamata olives are recommended.

- ❖ 2 large eggs
- ❖ 1 tbsp. water
- ❖ 1/8 tsp. sea salt
- ❖ pinch freshly ground black pepper
- ❖ 2 tsp. extra-virgin olive oil
- ❖ 3 tbsp. ratatouille (see dinner recipes)
- ❖ 2 tsp. finely snipped chives
- ❖ 2 tsp. chopped black olives (about 2 olives)

In a large bowl, whisk together the eggs, water, salt, and pepper.

Heat the extra-virgin olive oil in a medium skillet over medium-high heat. Use a smaller pan if you prefer a thicker omelet. Add the eggs and stir until they begin to set on the bottom. Using a rubber spatula, lift the eggs that are set near the edge of the pan, and let most of the liquid eggs run underneath to cook.

When the eggs are nearly set, spoon the ratatouille over half the omelet. Using a large spatula, carefully lift and then fold the other side of the omelet over the ratatouille. Turn the heat to low and continue to cook for about 1 minute, to heat the ratatouille. Slide the omelet out of the skillet onto a plate. Garnish with the snipped chives and chopped olives.

Nutritional Analysis:

Per Serving: Calories 322, Fat 24.6 g, Sat 4.8 g, Cholesterol 363 mg, Fiber 2 g, Protein 14 g, Carbohydrates 10 g, Sodium 716 mg

Lunch Recipes**Asian Bean Salad with Tahini Dressing**

Serves: 2

Prep time: 15 minutes

Cook time: none

Tahini is a Middle Eastern sauce that has a delicious tang. Added to a salad like this, it results in a light, refreshing dish full of flavor.

Tahini Dressing

- ❖ ¼c.tahini
- ❖ 2 tbsp. extra-virgin olive oil
- ❖ 1 tbsp. minced garlic
- ❖ 2 tbsp. freshly squeezed lemon juice
- ❖ pinch sea salt
- ❖ dash freshly cracked black pepper

Asian Bean Salad

- ❖ 4 c. fresh baby spinach
- ❖ ¼ c. chopped scallions
- ❖ ½ c. snow peas, strings removed
- ❖ 1 c. bean sprouts, rinsed and drained
- ❖ 1 c. canned adzuki beans, drained

In a small bowl, whisk together the tahini, olive oil, garlic, lemon juice, salt, and pepper. Place the spinach, scallions, snow peas, bean sprouts, and beans in a large salad bowl. Pour the tahini dressing over the vegetable mixture and toss together to coat. Serve.

Nutritional Analysis:

Per Serving: Calories 426, Fat 28 g, Sat. 4. 2 g, Cholesterol 0 mg, Fiber 12 g, Protein 13 g, Carbohydrates 35 g, Sodium 160 mg

White Beans on a Bed of Greens

Serves: 2

Prep Time: 10 minutes

Cook Time: None

The humble garlic bulb is nature's pungent source of allicin, a phytochemical that is a powerful detoxifying and antimicrobial agent. Eat plenty of garlic to boost your levels of this crucial chemical as well as the sulfur needed to produce glutathione—the body's most powerful detoxifying molecule.

- ❖ 2 c. canned white beans
- ❖ 3 tbsp. lemon juice, freshly squeezed
- ❖ ½ c. flat-leaf parsley, chopped
- ❖ 1 clove garlic, pressed
- ❖ 2 tbsp. extra-virgin olive oil
- ❖ pinch sea salt
- ❖ dash freshly ground black pepper
- ❖ 6 c. fresh baby mixed greens

Drain the canned beans. In a medium bowl, mix beans with all remaining ingredients except greens. Divide the greens between two plates and serve the white bean mixture on the bed of greens.

Nutritional *Analysis*:

Per Serving: Calories 228, Carbohydrates 32 g, Fiber 7g, Protein 11g, Fat 7g, Cholesterol 0 mg, Sodium 56 mg, Calcium 130 mg

Quinoa and Garbanzo Bean Salad

Serves: 4

Prep time: 10 minutes

Cook time: 30 minutes

Light, refreshing, and delicious, this is a perfect vegetarian entrée for a warm afternoon. It is best made ahead to let the flavors blend. The quinoa can also be cooked in a rice cooker.

- ❖ 1½ c. water
- ❖ ¾ c. quinoa
- ❖ 1 tbsp. extra-virgin olive oil
- ❖ ½ c. chopped onion
- ❖ ½ c. diced poblano pepper
- ❖ ½ c. (approx. 3) sliced green onions or scallions
- ❖ ¾ c. chickpeas, canned

Dressing

- ❖ 2 tbsp. lemon juice
- ❖ ½ tsp. chili powder
- ❖ ½ tsp. fresh oregano
- ❖ 1 tsp. fresh parsley, minced
- ❖ ½ tsp. sea salt
- ❖ 2 tbsp. extra-virgin olive oil

Bring water to a boil. Add quinoa and stir. Turn down heat to low. Cover. Simmer covered 25–30 minutes, until all water is absorbed and quinoa is tender. Cool cooked quinoa.

Drain canned chickpeas and rinse.

Heat oil in a medium skillet. Sauté onion and pepper over medium heat for 2 to 5 minutes or until onion is slightly soft.

In a large bowl, mix thoroughly onion-pepper mixture, green onions, cooked quinoa, and chickpeas.

Dressing: In a small bowl, add lemon juice, chili powder, oregano, parsley, and salt.

Slowly whisk in olive oil. Pour dressing over quinoa-chickpea mixture. Gently mix until dressing thoroughly covers all the salad.

Nutritional Analysis:

Per Serving: Calories 227, Fat 9 g, Sat. 1 g, Cholesterol 0 mg, Fiber 4 g, Protein 6 g, Carbohydrates 31 g, Sodium 47 mg

Roast Turkey Breast and Avocado Cream on a Bed of Greens

Serves: 2

Prep Time: 20 minutes

Cook Time: None

The light, refreshing dressing for this dish is a healthy source of monounsaturated fats and keeps well in the fridge. Make it ahead of time, store for up to two to three days, and enjoy with this dish or some fish or chicken.

Avocados and olives are rich in healthy monounsaturated fats.

Avocado Cream Dressing

- ❖ 1 large avocado, peeled and pitted
- ❖ ¼ c. lemon juice, freshly squeezed
- ❖ 3 tbsp. extra-virgin olive oil
- ❖ 1 clove garlic, minced
- ❖ pinch sea salt
- ❖ dash freshly ground black pepper
- ❖ 3–4 tbsp. water
- ❖ 6 c. fresh baby mixed greens
- ❖ 6–8 oz. roast turkey breast
- ❖ ½ small red onion, sliced
- ❖ 1 pickling cucumber, sliced
- ❖ 10 green olives, chopped

In a food processor, blend avocado, lemon juice, olive oil, garlic, salt, and pepper, slowly adding the water and processing until the dressing has a creamy consistency.

Place fresh baby mixed greens on two serving plates and top with roast turkey breast, red onion, cucumber, and green olives. Add the avocado cream dressing.

Nutritional Analysis:

Per Serving: Calories 304, Carbohydrates 12 g, Fiber 6 g, Protein 31 g, Fat 15 g, Cholesterol 70mg, Sodium 307 mg, Calcium 100mg

Curried Waldorf Salad

Serves: 2

Prep time: 15 minutes

Cook time: None

A nutty, dairy-free version of a traditional favorite.

- ❖ ¼ c. chopped walnuts
- ❖ 1 large Red Delicious or Gala apple, skin on, cored and diced
- ❖ 1 c. extra-firm tofu, drained well and cut into 1-inch cubes
- ❖ ½c. chopped celery
- ❖ ½ tbsp. flaxseed, ground
- ❖ ½ tsp. grated fresh ginger
- ❖ ½ tsp. curry powder
- ❖ 1 tbsp. walnut oil
- ❖ 1 head endive, separated and washed

Sprinkle nuts in a single layer on a cookie sheet and toast at 350 degrees F for 10 to 15 minutes, stirring occasionally.

In a large bowl, combine the apple, tofu, celery, walnuts, flaxseed, ginger, curry powder, and oil. Arrange endive in layers on salad plates. Spoon the apple-tofu mixture on the endive and serve.

Nutritional Analysis:

Per Serving: Calories 286, Fat 16 g, Sat 2.5 g., Cholesterol 0 mg, Fiber 12 g, Protein 16 g, Carbohydrates 28 g, Sodium 88 mg

Tarragon Chicken Salad

Serves: 2

Prep time: 15 minutes

Cook time: None

You can include any fresh or dried herb such as fenugreek, dill, chives, cumin, etc., as desired to flavor the beans.

- ❖ 8 oz. chicken breast, cooked and diced into 1" cubes
- ❖ 3 c. fresh watercress bouquets, washed and separated
- ❖ 5 radishes, chopped
- ❖ 2 stalks celery, chopped
- ❖ 1 medium pear, diced
- ❖ 1/3 c. pine nuts, whole
- ❖ 3 tbsp. fresh tarragon, chopped, or 1 tbsp. dried tarragon
- ❖ 1/8 tsp. cardamom
- ❖ 1 tbsp. walnut oil

In a large mixing bowl, toss all ingredients together and serve.

Nutritional Analysis:

Per Serving: Calories 400, Carbohydrates 18g, Fiber 5g Protein 32 g, Fat 24 g, Cholesterol 68 mg, Sodium 136 mg, Calcium 110 mg

Lentil Salad

Serves: 6

Prep time: 20 minutes

Cook time: 40 minutes

French green lentils are preferable, as they remain firm after cooking and create a beautiful salad. Serve the lentils warm or at room temperature.

- ❖ 1 c. French green lentils
- ❖ 1 bay leaf
- ❖ 1 clove garlic, peeled
- ❖ ¼ small onion, chopped
- ❖ 1 rib celery with leaves, cut in half
- ❖ ½ teaspoon sea salt
- ❖ ¼ c. finely chopped carrot
- ❖ ¼ c. minced parsley
- ❖ ¼ c. finely chopped fennel
- ❖ 2 tbsp. minced red onion
- ❖ 2 tsp. minced oregano
- ❖ 1 tsp. minced garlic
- ❖ ¼ c. extra-virgin olive oil
- ❖ 2 tbsp. fresh lemon juice
- ❖ ½ tsp. freshly ground black pepper

Place the lentils, bay leaf, garlic, onion, and celery in a medium saucepan. Bring to a simmer and cook for about 30 minutes, until lentils are cooked but still slightly firm. Add ¼ teaspoon of the salt and continue cooking for about 10 minutes, until the lentils are tender. Drain the lentils, discarding the bay leaf, garlic clove, and celery. Transfer the lentils to a bowl. Stir in the carrot, parsley, fennel, red onion, oregano, and minced garlic.

Whisk together the extra-virgin olive oil, lemon juice, remaining ¼ teaspoon salt, and pepper, and pour over the salad. Mix well.

Nutritional Analysis:

Per Serving: Calories 190, Fat 10 g, Sat. 1.3 g, Cholesterol 0 mg, Fiber 5 g, Protein 7 g, Carbohydrates 19 g, Sodium 170 mg

Dinner Recipes**Grilled Shrimp Brochettes and Quinoa Timbales with Roasted Peppers and Herbs**

Serves: 4–6

Prep time: 30 minutes

Cook time: 50 minutes

In this easy and delicious dish, the herb and lemon flavors pair well with the fresh shrimp, while the red pepper flakes add a slight kick of heat. Baked in small ramekins, the timbales make a unique and tasty side dish

Shrimp Brochettes

- ❖ ¼ c. extra-virgin olive oil
- ❖ 2 tsp. minced oregano
- ❖ 2 tsp. minced parsley
- ❖ 1 tsp. minced garlic
- ❖ 1 tsp. lemon zest
- ❖ ½ tsp. crushed red pepper flakes
- ❖ ½ tsp. sea salt
- ❖ ½ tsp. freshly ground black pepper
- ❖ 1 lb. large (21–25 count) shrimp, peeled and deveined
- ❖ Lemon wedges for garnish

Mix together the extra-virgin olive oil, oregano, parsley, garlic, lemon zest, crushed red pepper flakes, salt, and pepper. Toss the shrimp in the olive oil and herbs.

Cover and refrigerate for 1 hour.

Thread the shrimp on 4 skewers, placing 5 to 6 shrimp on each skewer.

Preheat an outdoor grill or an indoor grill pan over medium-high heat. If using a grill pan, brush with 1 teaspoon of extra-virgin olive oil before heating. Grill the shrimp for 2 minutes on each side.

Serve with the lemon wedges.

Quinoa Timbales

- ❖ 1 c. quinoa (about 6 oz.)
- ❖ 2 c. water
- ❖ ½ tsp. sea salt
- ❖ ¼ c. pine nuts
- ❖ 2 tbsp. plus 2 tsp. extra-virgin olive oil
- ❖ ½ c. minced onion
- ❖ 1 tsp. minced garlic (about 1 medium clove)
- ❖ 1 large egg, lightly beaten
- ❖ ½ c. diced roasted red pepper

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Grilled Shrimp Brochettes and Quinoa Timbales with Roasted Peppers and Herbs

continued

- ❖ ¼ c. chopped basil
- ❖ 2 tbsp. minced flat-leaf parsley
- ❖ 1 tsp. minced oregano
- ❖ ½ tsp. freshly ground black pepper
- ❖ 6 tsp. brown rice bread crumbs

Thoroughly rinse the quinoa in a fine-mesh strainer under cold running water until the water runs clear.

Bring the water to a boil in a 2-quart saucepan over high heat. Add the quinoa.

Stir, reduce the heat to medium-low, cover, and simmer for about 12 minutes, until the water is absorbed. When the quinoa is done, remove it from the pan and place it in a medium bowl. Fluff with a fork to remove any lumps.

Meanwhile, toast the pine nuts in a small skillet and over medium-low heat for about 5 minutes, until they turn light golden brown. Stir frequently and watch closely to prevent burning. When toasted, remove the pine nuts to a plate to cool.

Heat 2 tablespoons of the extra-virgin olive oil in a medium skillet. Add the onion and ¼ teaspoon of salt and cook for about 3 minutes. Add the garlic and cook for about 3 minutes, until the onion and garlic are soft and translucent. Stir the cooked onion and garlic into the quinoa. Mix in the egg, red pepper, basil, parsley, oregano, the remaining ¼ teaspoon salt, and the black pepper.

Brush six 4-ounce ramekins with the remaining 2 teaspoons of extra-virgin olive oil. Sprinkle each ramekin with 1 teaspoon of the brown rice bread crumbs and rotate to coat the bottom and sides with the bread crumbs. Shake out any excess.

Fill each ramekin with ½ cup of the quinoa mixture. Place the ramekins on a baking sheet and bake for about 25 minutes, until firm to the touch and beginning to brown around the edges. Remove from the oven and let the timbales cool for 5 minutes. Place a small plate over the top of each ramekin, and invert the ramekins to remove the timbale. Carefully turn the timbales baked side up, and place them on a serving platter.

Nutritional Analysis—Shrimp:

Per Serving: Calories 248, Fat 16 g, Sat. 2.3 g, Cholesterol 172 mg, Fiber 0 g, Protein 23 g, Carbohydrates 1 g, Sodium 409 mg

Nutritional Analysis—Timbales:

Per Serving: Calories 266, Fat 15 g, Sat. 3.0 g, Cholesterol 40 mg, Fiber 2 g, Protein 8 g, Carbohydrates 24 g, Sodium 284 mg

Wild Salmon with Rosemary Sweet Potatoes and Lemon Asparagus

Serves: 2

Prep time: 20 minutes

Cook time: 25 minutes

“Rosemary for remembrance,” an age-old adage, holds true today, as this aromatic herb in the mint family offers antioxidant and anti-inflammatory benefits important for memory.

- ❖ 2 small sweet potatoes, sliced
- ❖ 1 small yellow onion, sliced
- ❖ 2 tbsp. extra-virgin olive oil
- ❖ pinch sea salt
- ❖ 1 clove garlic, pressed
- ❖ 2 tsp. dry mustard
- ❖ 1 tbsp. lemon juice, freshly squeezed
- ❖ 1 tbsp. fresh rosemary, chopped
- ❖ ½ pound fresh asparagus
- ❖ zest of 1 lemon
- ❖ 8 oz. wild salmon cut into two 4-ounce portions

Preheat oven to 425 degrees F.

Cut a piece of parchment paper to fit on a cookie sheet, and then lay it on the sheet. Wash the unpeeled sweet potatoes and onions and slice ¼” thick. Put sweet potatoes and onions on the parchment paper in a single layer. Drizzle with olive oil and salt. Bake for 15 minutes.

Meanwhile, mix garlic, dry mustard, lemon juice, and rosemary to make a paste, and set aside.

Remove sweet potatoes and onions from oven (keep on the cookie sheet). Place the asparagus on the paper next to the sweet potatoes and onions. Sprinkle the lemon zest and on the asparagus. Lay salmon on top of the asparagus and onions. Spread mustard paste on top of salmon.

Return sheet to oven and roast for 12 minutes. Salmon is done when flesh flakes with gentle pressure.

Nutritional Analysis:

Per Serving: Calories 548; Carbohydrates 46 g, Fiber 10 g, Protein 40 g, Fat 25 g, Cholesterol 94 mg, Sodium 230 mg, Calcium 150 mg

Moroccan Chicken with Cauliflower and Cashews

Serves: 4

Prep Time: 30 Minutes

Cook Time: 30 minutes

Garam masala is a blend of ground spices that may include cloves, coriander, cumin, cardamom, fennel, mace, black pepper, and nutmeg, and is a smorgasbord of phytonutrients.

- ❖ 1 tbsp. extra-virgin olive oil
- ❖ 1 lb. skinless, boneless chicken breasts, cut into 1” cubes
- ❖ 1 small onion, chopped
- ❖ 3 cloves garlic, pressed
- ❖ 2 c. cauliflower florets
- ❖ 2 c. chickpeas, canned
- ❖ 6 c. low-sodium, organic chicken stock
- ❖ 2 tbsp. pomegranate molasses
- ❖ 1 tbsp. garam masala
- ❖ ½ c. raw cashews, chopped

Preheat oven to 350 degrees F.

In an ovenproof casserole dish, heat olive oil on medium-high heat and add chicken. Let brown for 5 minutes, stirring occasionally. Add onions, garlic, cauliflower, chickpeas, chicken stock, pomegranate molasses, and garam masala. Cover and place in preheated oven to cook for approximately 25 minutes.

Remove from oven and top with chopped cashews before serving.

Nutritional Analysis:

Per Serving: Calories 540, Carbohydrates 53 g, Fiber 7 g, Protein 45 g, Fat 17 g, Cholesterol 17 g, Sodium 960 mg, Calcium 90 mg

Coconut Dal with Steamed Broccoli and Brown Rice

Serves: 6

Prep time: 10 minutes

Cook time: 30 minutes

This recipe can easily be doubled and frozen for later use as a convenient lunch or dinner.

- ❖ 2 c. yellow split peas
- ❖ 114-oz. can light unsweetened coconut milk
- ❖ 4 c. low-sodium organic vegetable broth
- ❖ 1 small yellow onion, sliced
- ❖ 3 cloves garlic, pressed
- ❖ 1 tbsp. grated fresh ginger
- ❖ 2 tsp. ground turmeric
- ❖ 1 tsp. sea salt
- ❖ 4 tbsp. chopped fresh cilantro
- ❖ 1 medium bunch broccoli, trimmed and steamed
- ❖ 1 ½ c. raw steamed brown rice

Rinse the split peas. In a large saucepan, place the split peas, coconut milk, vegetable broth, onion, garlic, ginger, turmeric, and salt. Simmer over medium heat until peas are soft, approximately 30 minutes. Sprinkle cilantro on top.

Serve with steamed broccoli and brown rice.

Nutritional Analysis:

Per 1 Cup Dal and ½ Cup Rice: Calories 427, Fat 7 g, Sat. 5.3 g, Cholesterol 0 mg, Fiber 20 g, Protein 20 g, Carbohydrates 54 g, Sodium 491 mg

Per 1 Cup Broccoli: Calories 60, Fat 0 g, Sat. 0 g, Cholesterol 0 mg, Fiber 6 g, Protein 4 g, Carbohydrates 12 g, Sodium 32 mg

Sesame-Crusted Sole with Baby Bok Choy and Wild Rice

Serves: 2

Prep time: 15 minutes

Cook time: 15 minutes

Wild or Indian rice is actually a marsh grass that has a chewy texture and is a good source of B vitamins, iron, magnesium zinc, and fiber. It is often used as a gluten-free grain option along with quinoa, brown rice, millet, amaranth, buckwheat groats (kasha), and teff.

- ❖ 2 heads fresh baby bok choy
- ❖ ¼ c. sesame seeds
- ❖ 8 oz. fresh sole, cut into two 4-oz. fillets
- ❖ 2 tbsp. sesame oil
- ❖ 2 cloves garlic, pressed
- ❖ 2 tbsp. fresh ginger, grated
- ❖ pinch sea salt
- ❖ dash freshly ground black pepper
- ❖ 2 c. steamed wild rice (cook time is ~55 minutes)

Cut the ends off the baby bok choy, wash well, and set aside. Place sesame seeds on a plate. Lightly rub the sole with 1 tablespoon sesame oil. Press sole onto the sesame seeds to form a crust. Set aside.

Heat a large skillet over medium-high heat. Add remaining 1 tbsp. of the sesame oil and swirl in skillet to distribute evenly over the bottom. Carefully place sole in the skillet. Cook fish until golden brown, approximately 2–3 minutes, leaving undisturbed to ensure a crunchy crust. Using a fish spatula, turn the sole over and brown on the other side for 2–3 minutes. Check fish for doneness. It should flake apart with gentle pressure when done. Remove the sole from the pan and set on a plate.

Add the baby bok choy, garlic, and ginger to the skillet. Toss well, until the baby bok choy begins to wilt. Sprinkle with salt and pepper. Place the bok choy and steamed wild rice on plates and serve the fish on top.

Nutritional Analysis:(with bok choy and wild rice)

Per Serving: Calories 615, Carbohydrates 54 g, Fiber 10 g, Protein 39 g, Fat 27 g, Cholesterol 54 mg, Sodium 240 mg, Calcium 340 mg

Ratatouille

Serves: 8

Prep time: 30 minutes

Cook time: 1 ½ hours

This is the classic mix of eggplant, zucchini, red peppers, and tomatoes, but the fresh herbs stirred in at the end of the cooking process set this version apart. Good served hot or at room temperature, drizzled with a touch of olive oil, ratatouille travels well and tastes even better the day after it's made.

- ❖ 1 medium eggplant (about 12 oz.), cut into ¾" cubes
- ❖ ¾ tsp. sea salt
- ❖ 4 tbsp. extra-virgin olive oil
- ❖ 2 medium yellow onions, peeled and cut into ½" pieces
- ❖ 2 medium cloves garlic, minced (about 2 tsp.)
- ❖ 2 medium red bell peppers (6 oz. each), cored, seeded, and cut into ¾" pieces
- ❖ 2 small zucchini (about 12 oz.), cut into ¾" pieces
- ❖ 1 ½ c. coarsely chopped tomato
- ❖ 1 large sprig of thyme
- ❖ ½ tsp. freshly ground black pepper
- ❖ ¼ c. shredded basil
- ❖ ¼ c. finely chopped parsley

Sprinkle the eggplant cubes with ¼ teaspoon of the salt, and place the eggplant in a colander set over a bowl. Cover the eggplant with a paper towel and place a plate over the towel. Weigh the plate down with a heavy can to press down on the eggplant. Let the eggplant drain for about 30 minutes to extract any bitter juice.

After the eggplant has drained, rinse it and pat dry with paper towels.

Heat 2 tablespoons of the extra-virgin olive oil in a medium skillet over medium heat. Add the onion and ¼ teaspoon of the salt. Cook the onion for about 3 minutes, until translucent and beginning to soften. Add the garlic and cook for 1 to 2 minutes, until the garlic and onion are lightly browned. Remove the garlic and onion with a slotted spoon and place them in a medium Dutch oven or casserole.

Add 1 more tablespoon of the extra-virgin olive oil to the skillet. Stir in the peppers and ¼ teaspoon of the salt and cook for about 7 minutes, until the peppers are just beginning to brown.

Using a slotted spoon, transfer the peppers from the skillet to the Dutch oven or casserole. Add the zucchini and cook for about 4 minutes. Remove the zucchini from the skillet with the slotted spoon and add it to the Dutch oven or casserole.

Add the remaining 1 tablespoon of extra-virgin olive oil to the skillet and cook the eggplant, stirring occasionally. When lightly browned, add it to the Dutch oven or casserole.

Add the tomatoes to the skillet. Scrape up any browned bits on the bottom of the skillet.

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Ratatouille

continued

Add the tomatoes to the Dutch oven or casserole, along with the thyme and black pepper. Bring the vegetables to a simmer. Cover and cook, stirring occasionally, for about 45 minutes.

Remove the lid and continue cooking for about 15 minutes. When done, the vegetables should be soft and the sauce thick. Stir in the basil and parsley. Serve hot or at room temperature.

Nutritional Analysis:

Per Serving: Calories 119, Fat 9.3 g, Sat. 1.4 g, Cholesterol 2 mg, Fiber 4 g, Protein 3 g, Carbohydrates 12 g, Sodium 267 mg

Balsamic-Marinated Tofu with Herbs and Sautéed Spinach

Serves: 4

Prep time: 10 minutes plus 1 hour or more to press, drain, and marinate

Cook time: 6 minutes

This tofu with a Mediterranean flavor profile cooks to a beautiful brown color and has crispy edges. Allow time to press and drain the tofu before cooking.

Balsamic Marinated Tofu

- | | |
|--------------------------------------|---------------------------------------|
| ❖ 1 (14-oz.) package extra-firm tofu | ❖ 1 tsp. minced rosemary |
| ❖ 4 tbsp. extra-virgin olive oil | ❖ 1 tsp. minced thyme |
| ❖ 2 tbsp. balsamic vinegar | ❖ ¼ tsp. sea salt |
| ❖ 1 tsp. minced garlic | ❖ ½ tsp. coarsely ground black pepper |
| ❖ 1 tsp. minced parsley | |

Cut the tofu into 2 equal pieces. Slice each piece in half, horizontally, making a total of 4 slices. To press and drain the tofu, place the slices in a single layer on a shallow dish or tray, with paper towels underneath and on top of the tofu. Place another dish or tray on top of the tofu and weigh it down with several cans of food or a heavy skillet. Refrigerate for at least 30 minutes.

Meanwhile, combine 2 tablespoons of the extra-virgin olive oil, vinegar, garlic, parsley, rosemary, thyme, salt, and pepper.

After the tofu has drained, discard the excess liquid and pat the tofu dry with a paper towel. Place the tofu in a shallow dish and pour the balsamic marinade over it. Refrigerate for at least 30 minutes. Marinating longer will give the tofu a more intense flavor.

Heat the remaining extra-virgin olive oil over medium-high heat in a skillet large enough to hold the tofu in a single layer. Cook the tofu for 2 to 3 minutes on each side, until brown and beginning to crisp. Remove to a plate when finished cooking.

Serve atop Sautéed Spinach with Garlic and Lemon.

Sautéed Spinach with Garlic and Lemon

- ❖ 3 tbsp. extra-virgin olive oil
- ❖ 4 medium cloves garlic, chopped
- ❖ 2 bunches fresh spinach (about 2 lb.), thoroughly washed
- ❖ ½ tsp. sea salt
- ❖ ½ tsp. freshly ground black pepper
- ❖ zest of 1 lemon (about ½tsp.)

Heat the extra-virgin olive oil in a large skillet over medium heat. Add the garlic and cook until golden. Add the spinach, salt, and pepper. Cook, turning the spinach in the pan, until the spinach is wilted. Remove from the heat and stir in the lemon zest.

Nutritional Analysis:

Per Serving: Calories 274, Fat 23 g, Sat. 3.3 g, Cholesterol 0 mg, Fiber 4 g, Protein 12 g, Carbohydrates 9 g, Sodium 615 mg

Morning Snacks

A couple of notes about the snack recipes...

First, they make far more than the one or two servings you will eat each week. I recommend that you make them the first week you are on the program and then store them to use in subsequent weeks. I have included these ingredients on the shopping list for Week 1 for this reason.

Also note that any of the snacks are interchangeable. You can eat morning snacks in the afternoon, afternoon snacks in the morning. You can eat the same snacks everyday if you wish, and you can even exchange them for an UltraShake or a simple handful of nuts or seeds.

This part of the program has a great deal of flexibility. If you buy the ingredients for your snacks during the first week, you should have enough for at least three weeks of the program. If you don't, simply substitute something else and pick up some additional snack materials at the grocery store the next time you go.

Now for the recipes...

Indian Spiced Cashews

Serves: 8

Prep time: 10 minutes

Cook time: 10 minutes

These have a subtle curry flavor. They are best served warm on the day they're made.

- ❖ 2 c. raw, unsalted cashews
- ❖ 2 tsp. extra-virgin olive oil
- ❖ 1 tsp. Madras curry powder
- ❖ ½ teaspoon sea salt
- ❖ ½ tsp. ground coriander
- ❖ ½ tsp. ground cumin
- ❖ ½ tsp. ground cinnamon
- ❖ ½ tsp. ground fenugreek
- ❖ ½ tsp. ground chile pepper

Preheat the oven to 300 degrees F. Toss the cashews and extra-virgin olive oil together on a baking sheet.

In a small bowl, mix together the curry powder, salt, coriander, cumin, cinnamon, fenugreek, and ground chile pepper. Sprinkle over the cashews, turning the cashews to coat thoroughly.

Bake for about 10 minutes, until golden brown and fragrant. Serve warm.

Nutritional Analysis:

Per Serving: Calories 210, Fat 17 g, Sat. 3.3 g, Cholesterol 0 mg, Fiber 1 g, Protein 5 g, Carbohydrates 12 g, Sodium 123 mg

UltraMind Road Mix

Serves: 13

Prep time: 5 minutes

Cook time: none

Cocoa nibs are roasted cocoa beans separated from their husks and broken into small bits. The nibs can be used in recipes or as a stand-alone snack when nothing but chocolate will satisfy your taste buds.

- ❖ ½ c. dried wild blueberries
- ❖ 1 c. cocoa nibs
- ❖ 1 c. raw almonds, whole
- ❖ 1 c. raw cashews, whole
- ❖ 1 c. raw walnuts, whole
- ❖ 1 c. hulled raw pumpkin seeds
- ❖ 1 c. hulled raw sunflower seeds

In a medium bowl, mix all the ingredients. Store in a covered jar and keep in a cool, dark place.

Nutritional Analysis:

Per Serving: Calories 300, Fat 24 g, Cholesterol 0 mg, Fiber 10 g, Protein 13 g, Carbohydrates 23 g, Sodium 54 mg

Brazil Nut Bars

Serves: 16

Prep time: 15 minutes

These bars make an excellent snack or a quick on-the-run breakfast with a piece of fruit.

- ❖ 1 c. natural cashew butter
- ❖ 1½ cups whole Brazil nuts
- ❖ ¾ c. honey
- ❖ ½ c. raw, shelled pumpkin seeds
- ❖ ½ c. sliced almonds
- ❖ ½ c. raw, shelled sunflower seeds
- ❖ ½ c. ground flaxseeds
- ❖ ⅓ c. dried organic cranberries
- ❖ 1 tsp. ground cinnamon
- ❖ 2 c. gluten-free crispy brown rice cereal

Lightly coat a 9"x13" baking dish with grapeseed oil. Set aside.

In the bowl of the food processor, add Brazil nuts and pulse until nuts are ground into a fine powder. Place in a large mixing bowl. Add the pumpkin seeds, almonds, sunflower seeds, flaxseeds, cranberries, cinnamon, and sprouted grain cereal to the bowl. In a large saucepan on the stove, add the cashew butter and honey and heat until very hot and bubbling. Transfer this mixture to the mixing bowl and mix together using a wooden spoon. Immediately press mixture firmly into the baking dish (wear rubber gloves if needed). Let mixture cool in the refrigerator. Cut into 16 pieces and serve. Wrap each bar individually with wax paper and store in the freezer.

Nutritional Analysis:

Per Serving: Calories 377, Carbohydrates 30g, Fiber 5g, Protein 10g, Fat 27.5g, Cholesterol 0 mg, Sodium 25mg, Calcium 170 mg

Anytime Snack Mix

Serves: 6

Prep time: 5 minutes

Cook time: 5 minutes

A quick and delicious snack. Serve as an afternoon snack for the kids or for adults to munch on with a glass of sparkling water with pomegranate juice.

- ❖ ¼c. raw, unsalted cashews
- ❖ ¼ c. raw, unsalted pecan halves
- ❖ ¼ c. raw, unsalted whole almonds
- ❖ ¼ c. raw, unsalted walnuts pieces
- ❖ ¼ c. hulled raw, unsalted sunflower seeds
- ❖ 6 tbsp. dried organic cranberries
- ❖ 6 tbsp. organic golden raisins

Preheat the oven to 400 degrees F.

Mix together the cashews, pecans, almonds, walnuts, and sunflower seeds on a baking sheet. Bake for 5 minutes. Cool the nut mixture slightly. Mix in the dried cranberries and raisins. Store in tightly covered glass bowls.

Nutritional Analysis:

Per Serving: Calories 213, Fat 15 g, Sat. 1.6 g, Cholesterol 0 mg, Fiber 2.5 g, Protein 5 g, Carbohydrates 20 g, Sodium 4 mg

Midday Snacks**Roasted Tomato and Garlic Spread**

Serves: 4

Prep time: 15 minutes

Cook time: 30 minutes

This earthy, flavorful spread can be served as an appetizer with raw vegetables.

- ❖ ½ medium-size head of garlic
- ❖ ¼ c. plus ½ tsp. extra-virgin olive oil
- ❖ ¼ tsp. sea salt
- ❖ ½ tsp. freshly ground black pepper
- ❖ 1 lb. grape or cherry tomatoes, cut into quarters or halves
- ❖ 2 tsp. minced flat-leaf parsley
- ❖ 4 fresh basil leaves, cut into thin strips (about 2 tsp.)

Preheat the oven to 400 degrees F.

Cut the head of garlic in half horizontally. Place the garlic on a piece of aluminum foil. Drizzle with ½ teaspoon extra-virgin olive oil and sprinkle with a pinch of salt and pepper. Wrap the garlic tightly in the foil and place on a large baking sheet.

In a medium bowl, stir together the tomatoes, ¼ cup extra-virgin olive oil, salt, and pepper. Spread the tomato mixture in a single layer on the baking sheet with the wrapped garlic. Place in the oven and roast for about 30 minutes, until the tomatoes start to brown.

Remove the tomatoes from the baking sheet and place them in a small bowl. Remove the garlic from the foil. Squeeze the individual garlic cloves from their skins and add to the tomatoes. Stir in the parsley and basil.

Nutritional Analysis

Per Serving: Calories 165, Fat 14 g, Sat. 2 g, Cholesterol 0 mg, Fiber 2 g, Protein 2 g, Carbohydrates 9 g, Sodium 128 mg

Olive Tapenade and Raw Vegetables

Serves: 6

Prep Time: 5 minutes

Cook Time: 20 minutes

Tapenade is a tasty spread you can serve with almost any veggies you choose.

- ❖ ½ c. kalamata olives, pitted
- ❖ ½ c. green olives, pitted
- ❖ ½ c. roasted garlic cloves
- ❖ 1 tbsp. lemon juice, freshly squeezed
- ❖ 1 tbsp. extra-virgin olive oil

In a food processor, combine all ingredients and puree until smooth.

To roast garlic: Preheat oven to 350 degrees F. Place whole head of garlic on a parchment paper-lined cook sheet. Bake for 20 minutes, until light brown.

Nutritional Analysis:

Per Serving: Calories 77, Carbohydrates 7 g, Fiber 1 g, Protein 1 g, Fat 5 g, Sodium 290 mg, Calcium 50 mg

Artichoke Antipasto and Raw Veggies

Drain a can of artichoke hearts and puree them in a food processor with a teaspoon of extra-virgin olive oil and your favorite Italian dried herbs. Central Market is one brand, but you can find others in your local supermarket.

Lemony Hummus with Raw Veggies

Serves: 10

Prep time: 20 minutes

Cook time: none

This dip is garlicky, lemony, and even better drizzled with optional extra-virgin olive oil. Pair with sliced raw vegetables for a nice appetizer, or serve as part of an appetizer buffet.

- ❖ 1 (15-oz.) can chickpeas or 2 c. cooked chickpeas
- ❖ ½ c. tahini
- ❖ 5 tbsp. extra-virgin olive oil
- ❖ ¼ c. fresh lemon juice
- ❖ 4 medium cloves garlic
- ❖ ½ tsp. sea salt
- ❖ ¼ tsp. freshly ground black pepper
- ❖ ⅛ tsp. ground red pepper
- ❖ 1 tbsp. extra-virgin olive oil (optional)

Drain and rinse chickpeas, reserving ½ c. of the liquid from the can or from the cooking process.

Combine the chickpeas, tahini, extra-virgin olive oil, lemon juice, garlic, salt, black pepper, and red pepper in the bowl of a food processor fitted with a metal blade.

Process until the mixture is smooth. If the mixture is too thick, add 1 to 2 tablespoons of the reserved liquid until desired consistency is reached. Remove to a serving dish and drizzle with 1 tablespoon extra-virgin olive oil before serving, if desired.

Nutritional Analysis:

Per Serving: Calories 213, Fat 17 g, Sat. 2.2 g, Cholesterol 0 mg, Fiber 4 g, Protein 5 g, Carbohydrates 12 g, Sodium 213 mg

Tahini with Flax Crackers

Tahini is ground sesame seed paste that spreads just like peanut butter and can be used as an ingredient in sauces, marinades, bean spreads, and more. Flax crackers add omega-3s and a delightful crunch. You can buy both of these products in many health-food stores and supermarkets. Take a bit of tahini paste and spread it on crackers for a delicious snack!

Avocado with Lemon

Peel an avocado, remove the pit, cut into wedges, and splash some fresh lemon juice on it. That's all you need for a tasty snack filled with good fat.

Dark Chocolate or Cocoa Nibs

Choose a chocolate that is at least 70 percent cocoa or try cocoa nibs, roasted cocoa beans separated from their husks and broken into small bits. Cocoa nibs are the essence of chocolate and can be added to savory dishes and baked goods. The combination of cocoa nibs and fresh coconut, available in your produce section, makes a crunchy snack with just the right dose of sweetness.

Week 2: Recipes

Additional Breakfasts

Note that most of the recipes for breakfast are repeated from the first week. However, I have included two new recipes for Days 6 and 7 of Week 2. Here they are.

Turkey Breakfast Sausage with Dr. Hyman's Chinese Eggs and Seasoned Greens

Serves: 2 (will have leftover sausage)

Prep time: 25 minutes

Cook time: 20 minutes

This flavorful breakfast sausage with sage and apple is a delicious, healthy alternative to store-bought sausage. It pairs nicely with the Chinese eggs, which are a delicious variant on the classic scramble.

Sausage

- ❖ 1 lb. ground turkey breast
- ❖ ¼ c. finely diced apple, such as Gala or Red Delicious
- ❖ 2 tbsp. finely minced red onion
- ❖ 2 tbsp. finely minced sage
- ❖ ½ tsp. finely minced thyme
- ❖ 3 tbsp. extra-virgin olive oil
- ❖ ½ tsp. sea salt
- ❖ ½ tsp. freshly ground black pepper

In a large bowl, gently mix together the ground turkey, apple, onion, sage, thyme, 1 tablespoon of the extra-virgin olive oil, salt, and pepper. Form the mixture into eight 4" patties, each about ½" thick.

Heat the remaining 2 tablespoons of extra-virgin olive oil in a nonstick skillet over medium heat. Cook the patties for 3 to 4 minutes on each side, until firm to the touch.

Eggs

- ❖ 12 whole garlic cloves
- ❖ 6 whole omega-3 eggs
- ❖ 3 tbsp. extra-virgin olive oil
- ❖ 116-oz. can whole or chopped plum tomatoes with juices
- ❖ 1 tsp. toasted sesame oil
- ❖ 1 tbsp. reduced-sodium, wheat-free tamari
- ❖ 1 tsp. Worcestershire sauce
- ❖ 1 c. cooked brown rice
- ❖ 6 c. spinach, steamed

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Turkey Breakfast Sausage with Dr. Hyman's Chinese Eggs and Seasoned Greens

continued

Chop garlic coarsely. Beat eggs with a whisk. Heat extra-virgin olive oil in a 12" nonstick sauté pan or wok. Add garlic and cook for 1 minute. Add eggs and let them cook undisturbed until eggs are no longer liquid, and then flip over and cook on the other side. When cooked through, use a spatula to cut into pieces about 1–2" large. Add chopped tomatoes and juice to the eggs. Add sesame oil, tamari, and Worcestershire sauce. Simmer for 10 minutes. Serve over brown rice along with some steamed spinach.

Nutritional Analysis—Sausage:

Per Serving: Calories 126, Fat 9 g, Sat. 1.7 g, Cholesterol 33 mg, Fiber 0 g, Protein 11 g, Carbohydrates 1 g, Sodium 160 mg

Nutritional Analysis—Eggs:

Per Serving: Calories 600, Carbohydrates 45g, Fiber 7g, Protein 26 g, Fat 37 g, Cholesterol 556, Sodium 815 mg, Calcium 280 mg

Soy-Nut Pancakes with Strawberry-Banana Sauce

Serves: 4

Serving Size: 3 pancakes plus ½ cup sauce

Prep time: 15 minutes

Cook time: 5 to 7 minutes

You can add fresh fruit to the batter. Try whipped natural nut butter with a touch of honey in it as a topping.

- ❖ 1 small banana
- ❖ 2 c. fresh strawberries (or frozen unsweetened, thawed, with juice)
- ❖ 1 tsp. honey
- ❖ ½ c. drained Silken tofu
- ❖ ½ c. plain soy milk
- ❖ 2 tbsp. ground flaxseed
- ❖ ¾ c. almond flour
- ❖ ½ c. soy flour
- ❖ 2 tsp. baking powder
- ❖ pinch sea salt
- ❖ 1 tsp. vanilla extract
- ❖ 1 whole omega-3 egg
- ❖ grapeseed oil for griddle

In blender, combine banana, strawberries, and honey. Puree for 5 to 10 seconds for a chunky sauce. Set aside sauce in a small bowl.

Without washing the blender, combine tofu, soy milk, flaxseed, almond and soy flours, baking powder, salt, vanilla, and egg, and mix until smooth.

Preheat a griddle to 400 degrees F and lightly brush with grapeseed oil. Pour approximately ¼ cup batter directly from the blender onto the griddle for each pancake. Cook pancakes until bubbles form on the surface and burst, about 4 minutes. Turn pancakes over and cook about 2 more minutes, until cooked through. Serve 3 pancakes per person with ½ cup of sauce.

Nutritional Analysis—Pancakes:

Per Serving: Calories 221, Fat 14 g, Sat. 1.7 g, Cholesterol 53 mg, Fiber 5 g, Protein 14 g, Carbohydrates 17 g, Sodium 79 mg

Nutritional Analysis—Sauce:

Per Serving: Calories 66, Fat 0 g, Sat. 0 g, Cholesterol 0 mg, Fiber 3 g, Protein 1 g, Carbohydrates 17 g, Sodium 3 mg

Lunch Recipes**Hearty Lentil Soup**

Serves: 4

Prep time: 15 minutes

Cook time: 35 minutes

Lentils may seem anything but hearty. However, when cooked correctly and with lots of spices, they can be a warming and filling dish that will keep you satisfied and full of energy throughout your day.

- ❖ ¼ c. carrots
- ❖ ½ c. red onion
- ❖ 1 clove garlic
- ❖ ⅓ c. celery
- ❖ ⅓ c. poblano pepper
- ❖ 1 c. lentils
- ❖ 1 tbsp. extra-virgin olive oil
- ❖ 2½ c. organic vegetable broth
- ❖ ½ tsp. rosemary, fresh
- ❖ ½ tsp. oregano, fresh
- ❖ ½ tsp. parsley, fresh
- ❖ ⅛ tsp. cayenne pepper
- ❖ ½ tsp. sea salt

Prepare lentils: Place dry lentils in a large stockpot, and then cover the lentils with 4–6” water. Simmer over medium-high heat for 30 minutes or until lentils are slightly tender. Cover pot as needed. Drain any excess water off lentils; most if not all will be absorbed.

Slice red onions into ½” rings. Slice poblano peppers into ¼” rings. Dice carrots and celery. Mince garlic.

Grill red onions and poblano peppers, char on both sides. Remove from grill and dice grilled onions and grilled peppers. (Alternatively, you may oven roast onions and poblano peppers.)

In a stock pot, heat oil over medium heat. Sauté carrots, celery, and garlic for 4–5 minutes.

Add vegetable broth, cooked lentils, grilled onions, grilled poblano peppers, and all herbs and spices. Simmer for 25–30 minutes or until lentils become soft and begin to breakdown thickening the liquid.

Remove from heat and chill.

Nutritional Analysis:

Per serving: Calories 217, Fat 4 g, Sat. 1 g, Cholesterol 0 mg, Fiber 15 g, Protein 14 g, Carbohydrates 34 g, Sodium 1053 mg

White Bean Salad with Roasted Red Pepper and Fennel

Serves: 4

Prep time: 20 minutes

Cook time: none

A beautiful main-course salad, perfect for lunch, the creamy white beans are complemented by crunchy fennel and the smoky taste of the roasted red pepper. Fresh scallion and parsley add bright green color and flavor to the other ingredients.

- ❖ 1 (15-oz.) can low-sodium or 2 c. cooked Great Northern white beans, drained and rinsed
- ❖ 1 c. diced roasted red pepper
- ❖ ½ c. diced fennel
- ❖ 10 to 12 leaves fresh basil, cut into slivers (about ¼ c.)
- ❖ 2 tbsp. minced scallion (about 1 large scallion)
- ❖ 2 tbsp. finely chopped parsley
- ❖ ¼ c. extra-virgin olive oil
- ❖ 2 tbsp. fresh lemon juice
- ❖ ½ tsp. finely minced garlic (about 1 small clove)
- ❖ ½ tsp. sea salt
- ❖ ½ tsp. freshly ground black pepper

Mix together the beans, roasted pepper, fennel, basil, scallions, and parsley in a medium bowl.

Whisk together the extra-virgin olive oil, lemon juice, minced garlic, salt, and black pepper in a small bowl. Pour the dressing over the beans.

Nutritional Analysis:

Per Serving: Calories 236, Fat 14 g, Sat. 2 g, Cholesterol 0 mg, Fiber 7 g, Protein 6.5 g, Carbohydrates 42 g, Sodium 261 mg

Dilled Egg Salad on Baby Spinach

Serves: 2

Serving size: 2 cups

Yield: 4 cups

Prep time: 15 minutes

Cook time: 20 minutes

A wonderful way to enjoy more omega-3 fats.

- ❖ 4 whole omega-3 eggs
- ❖ 2 tbsp. finely chopped scallions
- ❖ 2 tbsp. finely chopped fresh dill
- ❖ 2 tbsp. organic soy mayonnaise
- ❖ 2 tsp. Dijon mustard
- ❖ pinch sea salt
- ❖ dash freshly ground black pepper
- ❖ 3 c. fresh baby spinach, trimmed and washed
- ❖ 1 large red apple, cut into wedges

Place the eggs in a medium saucepan and cover with cold water. Bring to a boil over medium-high heat. Remove from the heat, cover, and let stand for 15 minutes. Drain the eggs and plunge them into ice water to chill. When cold, peel and coarsely chop.

Combine the eggs, scallions, dill, mayonnaise, mustard, salt, and pepper in a medium bowl and toss gently. Arrange the spinach and apple wedges on a salad plate, and then top with the egg salad.

Nutritional Analysis:

Per Serving: Calories 270, Fat 15 g, Sat. 3.6, Cholesterol 423 mg, Fiber 4 g, Protein 15 g, Carbohydrates 19 g, Sodium 398 mg

Black Bean Confetti Salad

Serves: 4

Prep time: 10 minutes

Cook time: none

A colorful, naturally sweet, antioxidant-rich salad.

- ❖ 1 (15-oz.) can black beans, rinsed and drained
- ❖ 1 c. frozen organic corn, thawed and drained
- ❖ 12 cherry or grape tomatoes, halved
- ❖ ½ c. chopped scallions
- ❖ 2 cloves garlic, pressed
- ❖ ½ c. diced red bell pepper
- ❖ ¼ c. chopped cilantro
- ❖ 2 tbsp. extra-virgin olive oil
- ❖ 3 tbsp. freshly squeezed lime juice
- ❖ ¼ tsp. ground cumin

Mix all the ingredients in a large bowl, cover, and let marinate in the refrigerator for a few hours before serving.

Nutritional Analysis:

Per Serving: Calories 412, Fat 15 g, Sat. 2.2 g, Cholesterol 0 mg, Fiber 18 g, Protein 18 g, Carbohydrates 57 g, Sodium 110 mg

Crabmeat Salad with Avocado and Mango

Serves: 8

Prep time: 25 minutes

Cook time: none

An extra-virgin olive oil– and lime–based dressing stands in for the oft-used mayonnaise in this pretty, colorful salad with a great combination of taste and texture.

- ❖ 1 lb. lump crabmeat, picked over to remove any shells
- ❖ ¼ c. minced scallion
- ❖ ¼ c. diced fennel
- ❖ ¼ c. finely diced red bell pepper
- ❖ ¼ c. minced cilantro
- ❖ 1 tsp. minced jalapeño pepper
- ❖ 1 tsp. lime zest
- ❖ 5 tbsp. extra-virgin olive oil
- ❖ 4 tbsp. fresh lime juice
- ❖ ½ tsp. sea salt
- ❖ ½ tsp. freshly ground black pepper
- ❖ 2 avocados, halved, pitted, peeled, and each half cut into 8 thin slices
- ❖ 1 c. diced mango
- ❖ 2 tbsp. snipped chives

Flake the crabmeat into a bowl. Gently fold in the scallions, fennel, red pepper, cilantro, jalapeño pepper, and lime zest.

Combine 4 tablespoons of the extra-virgin olive oil, 3 tablespoons of the lime juice, and the salt and pepper. Pour over the crab and gently mix.

Combine the remaining 1 tablespoon extra-virgin olive oil and 1 tablespoon lime juice with a pinch of salt. Fan 4 avocado slices on each plate. Drizzle with the extra-virgin olive oil and lime juice mixture. Place the crab salad at the base of the avocado on the plate. Place 2 tablespoons of the mango on one side of the crab.

Sprinkle with the chives.

Nutritional Analysis:

Per Serving: Calories 228, Fat 17 g, Sat. 2.3 g, Cholesterol 57 mg, Fiber 4 g, Protein 13 g, Carbohydrates 9 g, Sodium 284 mg

Caribbean Black-Eyed Peas (Cold Salad)

Serves: 4

Prep time: 10 minutes

Cook time: none

A cool and delicious alternative to traditional black-eyed peas. The poblano pepper gives this dish a nice light spiciness.

Salad

- ❖ 2 cans (30 oz.) organic black-eyed peas
- ❖ 4 tsp. poblano pepper
- ❖ 7 stalks (white part) green onion or scallion
- ❖ ½ cup c. red onion

Dice the poblano pepper, green onions, and red onion. Mince garlic. Drain and rinse black-eyed peas.

In a large bowl, mix thoroughly black-eyed peas, poblano pepper, green onions, and red onion.

Dressing

- ❖ ¾ c. organic vegetable broth
- ❖ 1 tbsp. extra virgin olive oil
- ❖ 1 clove garlic, fresh
- ❖ 2 tbsp. lemon juice
- ❖ 3 tbsp. cilantro, fresh
- ❖ ¼ tsp. oregano, fresh
- ❖ ¼ tsp. cayenne pepper
- ❖ ⅛ tsp. red pepper flakes, crushed
- ❖ ½ tsp. sea salt

In a small bowl, add vegetable broth, garlic, lemon juice, cilantro, oregano, cayenne pepper, red pepper flakes, and salt. Slowly whisk in olive oil.

Pour dressing over black-eyed pea mixture. Gently mix until dressing thoroughly covers all black-eyed peas.

Nutritional Analysis:

Per Serving: Calories 178, Fat 4 g, Sat. 0 g, Cholesterol 0 mg, Fiber 7 g, Protein 10 g, Carbohydrates 28 g, Sodium 322 mg

Asian Chicken Salad

Serving size: 1 cup salad plus ¼ cup dressing

Prep time: 40 minutes

Cook time: minimal

With a rich dressing made from tahini (sesame seed paste), this colorful, filling salad is perfect for lunch or picnics, or as part of a dinner party buffet.

Tahini Dressing

- ❖ ½ c. tahini
- ❖ ½ c. light sesame oil
- ❖ 2 tsp. minced garlic (about 2 medium cloves)
- ❖ ½ tsp. grated fresh ginger
- ❖ 3 tbsp. fresh lemon juice
- ❖ 3 tbsp. low-sodium, wheat-free tamari
- ❖ 1 tbsp. dark sesame oil
- ❖ ½ tsp. sea salt
- ❖ ½ tsp. Thai Kitchen red chili paste

Combine the tahini, light sesame oil, garlic, ginger, lemon juice, tamari, dark sesame oil, salt, and red chili paste in the bowl of a food processor fitted with a metal blade. Process just until smooth. If the dressing seems too thick, add a little water.

Asian Chicken Salad

- ❖ 2 oz. snow peas, strings removed (generous ½ c.)
- ❖ 3 c. cooked chicken breast, shredded
- ❖ ½ c. thinly sliced red bell pepper
- ❖ ½ c. julienne carrots
- ❖ ¼ c. thinly sliced scallions (about 2 scallions, sliced on the diagonal)
- ❖ 2 tbsp. black sesame seeds

Bring a large pot of salted water to a boil. Drop in the snow peas and cook for 30 seconds. Drain, and then immediately place in a bowl of ice water to stop the cooking. Drain again, and then cut the snow peas on the diagonal into thin slices.

Place the snow peas in a large bowl. Add the chicken, red pepper, carrot, and scallions, and stir to combine.

Stir 1 cup of the dressing into the chicken mixture. Add more dressing if desired.

Garnish the chicken salad with the sesame seeds before serving.

Nutritional Analysis:

Per Serving: Calories 533, Fat 39 g, Sat. 5.8 g, Cholesterol 90 mg, Fiber 3 g, Protein 40 g, Carbohydrates 8.5 g, Sodium 660 mg

Dinner Recipes**Stir-Fried Chicken and Broccoli with Cashews**

Serves: 4

Prep time: 30 minutes (plus 30 minutes marinating)

Cook time: 12 minutes

A classic combination of chicken and broccoli, somewhat spicy from the red chili paste.

Preserve the beautiful green color of the broccoli by first blanching it, as described below, and then stir-frying.

- ❖ 1 ¼ lb. boneless, skinless chicken breast, cut into ¼"-thick strips
- ❖ 6 tbsp. low-sodium, wheat-free tamari
- ❖ 2 tbsp. rice wine vinegar
- ❖ 1 tbsp. dark sesame oil
- ❖ 1 tsp. honey
- ❖ 1 tsp. Thai Kitchen red chili paste
- ❖ 1 medium head broccoli, cut into florets
- ❖ ½ c. raw, unsalted cashews, roughly chopped
- ❖ 2 tsp. arrowroot
- ❖ 3 tbsp. light sesame oil
- ❖ 1 tbsp. minced garlic
- ❖ 2 tsp. minced ginger
- ❖ ½ c. sliced scallion
- ❖ 2 c. steamed brown rice

Place the strips of chicken breast in a large bowl.

In a small bowl, combine the tamari, rice wine vinegar, honey, dark sesame oil, and red chili paste. Pour over the chicken. Cover and refrigerate for 30 minutes or up to 2 hours.

Meanwhile, bring a large pot of salted water to a boil. Drop in the broccoli and cook for 1 minute. Drain, and then place in a bowl of ice water to stop the cooking.

Drain the broccoli and pat dry with paper towels. Set aside.

Toast the cashews in a small skillet over medium-low heat for 4 to 5 minutes, turning frequently, until lightly colored. When toasted, remove the nuts to a plate to cool.

Pour the excess marinade off the chicken into a small bowl. Stir the arrowroot into the excess marinade and set aside.

Heat the light sesame oil in a large skillet or wok over high heat. Add the chicken and cook, stirring quickly and constantly, for 2 minutes. Transfer to a plate.

Add the garlic and ginger and cook, stirring quickly and constantly, for 30 seconds. Add the broccoli and chicken and cook, stirring quickly and constantly, for about 2 minutes or until the

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Stir-Fried Chicken and Broccoli with Cashews

continued

chicken is cooked through. Add the scallions and the reserved marinade. Cook for about 1 minute, until thickened. Add the toasted cashews, and stir to combine and heat through.

Transfer to a platter and serve with the steamed brown rice.

Nutritional Analysis:

Per Serving: Calories 523, Fat 25 g, Sat. 4.3 g, Cholesterol 82 mg, Fiber 6 g, Protein 42 g, Carbohydrates 34.5 g, Sodium 1,066 mg

Chicken Cacciatore with Endive and Walnut Salad, and Sautéed Broccoli Rabe with Garlic and Pine Nuts

Serves: 6

Prep time: 60 minutes

Cook time: 60 minutes

This chicken cacciatore has the right color and heady aroma to make it a perfect main course for a cold evening. The classic combination of sautéed sliced garlic and bitter greens offers a vibrant offset to the main dish. And the salad rounds out the meal beautifully with a classic contrast of flavors and textures.

Chicken Cacciatore

- ❖ 6 (about 3 lb. total) bone-in chicken breast halves, skin removed
- ❖ $\frac{3}{4}$ tsp. sea salt
- ❖ 1 tsp. freshly ground black pepper
- ❖ $\frac{1}{4}$ c. plus 2 tsp. extra-virgin olive oil
- ❖ 2 c. sliced onion (about 3 medium onions)
- ❖ 2 tsp. minced garlic (about 2 medium cloves)
- ❖ 4 medium red bell peppers, cored, seeded, and cut into $\frac{1}{2}$ " strips
- ❖ $\frac{1}{4}$ c. organic low-sodium chicken broth
- ❖ 1 (28-oz.) can whole tomatoes, drained and chopped
- ❖ 1 tsp. minced oregano
- ❖ $\frac{1}{2}$ tsp. minced rosemary
- ❖ $\frac{1}{4}$ tsp. crushed red pepper flakes
- ❖ $\frac{1}{2}$ lb. cremini mushrooms, cut into thick slices
- ❖ 2 tbsp. finely chopped parsley

Rub the chicken with $\frac{1}{2}$ tsp. of the salt and $\frac{1}{2}$ tsp. of the black pepper.

Heat $\frac{1}{4}$ cup of the extra-virgin olive oil in a large skillet over medium-high heat. Add the chicken breasts to the skillet and cook for about 4 to 5 minutes on each side, until brown. Remove the chicken to a platter and set aside.

Add the sliced onions to the pan and cook for about 5 minutes, until softened. Add the garlic and red peppers to the pan and cook for about 5 minutes, until the peppers begin to soften. Remove the onion and red pepper mixture to a plate.

Add the broth to the skillet and bring to a boil over high heat. Cook for 1 minute, scraping any brown bits off the bottom of the pan. Add the tomatoes, oregano, rosemary, and crushed red pepper flakes, reduce to a simmer, and cook for 2 to 3 minutes, until slightly thickened. Stir in the reserved onions and peppers. Add the chicken pieces and bring back to a simmer. Cover and cook for 10 to 15 minutes or until the chicken is done.

Meanwhile, heat the remaining 2 teaspoons of extra-virgin olive oil in a small skillet over medium-high heat. Add the mushrooms, the remaining $\frac{1}{4}$ teaspoon salt, and the remaining $\frac{1}{2}$ teaspoon black pepper. Cook for about 8 minutes, until the mushrooms have browned.

continued on next page

Chicken Cacciatore with Endive and Walnut Salad, and Sautéed Broccoli Rabe with Garlic and Pine Nuts

continued

When the chicken is done, add the mushrooms to the pan and heat through. Adjust the seasoning if necessary. Serve garnished with the parsley.

Broccoli Rabe

- ❖ 2 lb. broccoli rabe, tough stems removed, coarsely chopped (about 12 c.)
- ❖ 2 tbsp. pine nuts
- ❖ ¼ c. extra-virgin olive oil
- ❖ 6 medium cloves garlic, thinly sliced
- ❖ ¼ tsp. crushed red pepper flakes
- ❖ ¼ tsp. sea salt

Bring a large pot of salted water to a boil. Drop in the chopped broccoli rabe and cook for 1 minute, until wilted. Immediately drain, and then place in a bowl of ice water to cool. Drain and set aside.

Meanwhile, toast the pine nuts in a small skillet over medium heat for about 3 to 4 minutes, until lightly browned. Stir the pine nuts frequently and watch closely to prevent burning. When toasted, remove the nuts to a plate to cool.

Heat the extra-virgin olive oil in a large skillet over medium-high heat. Add the garlic and cook, stirring, until golden. Add the broccoli rabe, red pepper flakes, and salt, and cook until tender and heated through.

Adjust the seasoning if necessary. Add the pine nuts and serve.

Endive Salad

- ❖ 1 ¾ lb. Belgian endive (about 6 medium or large heads)
- ❖ ¾ c. chopped raw, unsalted walnuts (about 3 oz.)
- ❖ ½ c. extra-virgin olive oil
- ❖ 3 tbsp. fresh lemon juice
- ❖ ½ tsp. sea salt
- ❖ ½ tsp. freshly ground pepper

Slice the endive vertically into strips about ½" wide.

Toast the walnuts in a small skillet over medium heat. Stir the nuts for about 10 minutes, until lightly toasted. Watch carefully, as nuts can burn easily. Remove to a plate to cool.

In a large bowl, combine the extra-virgin olive oil, lemon juice, salt, and pepper.

Toss the endive strips with the dressing. Divide the strips among 6 plates. Top with the toasted walnuts.

continued on next page

**Chicken Cacciatore with Endive and Walnut Salad,
and Sautéed Broccoli Rabe with Garlic and Pine Nuts**

continued

Nutritional Analysis—Chicken Cacciatore:

Per Serving: Calories 339, Fat 9 g, Sat. 1.6 g, Cholesterol 105 mg, Fiber 4 g, Protein 47 g, Carbohydrates 19 g, Sodium 456 mg

Nutritional Analysis—Broccoli Rabe:

Per Serving: Calories 228, Fat 17 g, Sat. 2 g, Cholesterol 0 mg, Fiber 0.3 g, Protein 9 g, Carbohydrates 13 g, Sodium 188 mg

Nutritional Analysis—Endive Salad:

Per Serving: Calories 285, Fat 28 g, Sat. 3.5 g, Cholesterol 0 mg, Fiber 5 g, Protein 3 g, Carbohydrates 8 g, Sodium 163 mg

Three-Bean Vegetarian Chili and Orange and Red Onion Salad with Fennel

Serves: 4

Prep time: 20 minutes

Cook time: 60 minutes

This vegetarian chili tastes best the day after it's made. Incorporating three different types of beans will increase your phytonutrient intake. The orange and red onion salad completes the meal with a good dose of fruit and veggies.

Chili

- ❖ 1 c. canned black-eyed peas
- ❖ $\frac{2}{3}$ c. canned chickpeas
- ❖ $\frac{1}{2}$ c. canned Great Northern white beans
- ❖ 1 tbsp. extra-virgin olive oil
- ❖ $\frac{1}{4}$ c. diced onion
- ❖ 1 clove garlic, peeled and minced
- ❖ $\frac{1}{4}$ c. diced celery
- ❖ $\frac{2}{3}$ c. diced poblano pepper
- ❖ 2 c. organic low-sodium vegetable broth
- ❖ 1 tbsp. chili powder
- ❖ $\frac{1}{4}$ tsp. chopped fresh parsley
- ❖ $\frac{1}{4}$ tsp. cumin
- ❖ $\frac{1}{4}$ tsp. fresh thyme
- ❖ $\frac{1}{8}$ tsp. cayenne pepper
- ❖ $\frac{1}{4}$ c. sea salt

Drain and rinse beans.

Heat oil in a stockpot over medium heat. Sauté onion, garlic, celery, and peppers for 5–7 minutes.

Add vegetable broth, beans, parsley, and spices. Cover. Simmer for approximately 1 hour or until beans are tender and liquid thickens slightly.

Remove from heat and chill.

Salad

A lovely salad to make in midwinter, when citrus fruit is at its peak.

- ❖ 3 tbsp. extra-virgin olive oil
- ❖ 1 $\frac{1}{2}$ tbsp. fresh lemon juice
- ❖ $\frac{1}{4}$ tsp. sea salt
- ❖ $\frac{1}{2}$ tsp. coarsely ground black pepper
- ❖ 2 large navel oranges
- ❖ $\frac{1}{2}$ c. very thinly sliced fennel
- ❖ $\frac{1}{4}$ c. very thinly sliced red onion
- ❖ 3 tbsp. chopped mint

continued on next page

Three-Bean Vegetarian Chili and Orange and Red Onion Salad with Fennel

continued

❖ 8 brine-cured black olives, such as Kalamata, pitted and quartered

Whisk together the extra-virgin olive oil, lemon juice, salt, and pepper.

Peel the oranges, removing all the white pith, and cut them horizontally into ¼"-thick slices. Arrange the oranges on a platter or in a shallow dish and pour 3 tablespoons of the dressing over them.

Toss the fennel, red onion, and mint with the remainder of the dressing. Arrange the fennel mixture on top of the orange slices. Garnish with the olives.

Nutritional Analysis—Chili:

Per Serving: Calories 112, Fat 3 g, Sat. 0 g, Cholesterol 0 mg, Fiber 4 g, Protein 5 g, Carbohydrates 17 g, Sodium 545 mg

Nutritional Analysis—Salad:

Per Serving: Calories 168, Fat 13 g, Sat. 1.7 g, Cholesterol 0 mg, Fiber 3 g, Protein 1 g, Carbohydrates 14 g, Sodium 249 mg

Pan-Browned Tilapia and Slow-Roasted Potatoes with Oregano and Garlic

Serves: 4

Prep time: 15 minutes

Cook time: 1 ½ hours

Crispy on the outside, flaky, white, and tender on the inside, this quick and easy fish has a lemony taste. The potatoes are golden brown and crispy on the outside and soft on the inside. The taste of the oregano is subtle but adds another dimension of flavor. While they take a little time to cook, the potatoes roast unattended, so the meal isn't difficult to prepare.

Tilapia

- ❖ 4 (6-oz.) tilapia fillets
- ❖ ½ tsp. sea salt
- ❖ ¼ tsp. freshly ground black pepper
- ❖ ¼ c. chickpea or soy flour
- ❖ 5 tbsp. extra-virgin olive oil
- ❖ ¼ c. fresh lemon juice
- ❖ 3 tbsp. finely chopped parsley
- ❖ lemon wedges for garnish

Pat the fish dry with paper towels, and then season both sides with salt and pepper.

Dredge the fish in the flour, shaking off any excess.

Heat 3 tablespoons of the extra-virgin olive oil in a large skillet or sauté pan over medium-high heat. Add the fillets in a single layer and cook, in batches if necessary, for about 2 minutes on each side, until brown on the outside and flaky but moist on the inside. Transfer to a platter and keep warm.

Heat the remaining 2 tablespoons of extra-virgin olive oil in the pan over high heat. Add the lemon juice and parsley and cook for 30 seconds, scraping any browned bits off the bottom of the pan. Pour the pan sauce over the fillets and serve. Garnish with lemon wedges.

Slow-Roasted Potatoes

- ❖ 4 medium russet potatoes (about 1 ½ lb.), cut into quarters
- ❖ 3 tbsp. extra-virgin olive oil
- ❖ 1 tsp. minced garlic (about 1 medium clove)
- ❖ 1 tbsp. minced oregano
- ❖ 1 tsp. sea salt
- ❖ ½ tsp. freshly ground black pepper

Preheat the oven to 350 degrees F.

Bring 4 cups of water to a boil in a medium pot. Add the potatoes. Return the water to a boil and cook the potatoes for 2 minutes. Remove the potatoes from the water and place in a shallow roasting pan in a single layer.

Add the extra-virgin olive oil, garlic, oregano, salt, and pepper to the potatoes.

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Pan-Browned Tilapia and Slow-Roasted Potatoes with Oregano and Garlic

continued

Roast for about 1 ½ hours, until golden brown. Turn the potatoes every 30 minutes while baking.

Nutritional Analysis—Tilapia:

Per Serving: Calories 363, Fat 21 g, Sat. 3.5 g, Cholesterol 85 mg, Fiber 0.8 g, Protein 35 g, Carbohydrates 10 g, Sodium 330 mg

Nutritional Analysis—Slow-Roasted Potatoes:

Per Serving: Calories 155, Fat 4 g, Sat. 0.5 g, Cholesterol 0 mg, Fiber 3 g, Protein 3 g, Carbohydrates 29 g, Sodium 487 mg

Tuscan White Bean Stew with Tricolor Salad

Serves: 4

Prep time: 20 minutes

Cook time: 45 minutes

This stew is quick, easy, and extremely tasty. It can be served warm or cold, so it's great for nights when you don't have much time to spend in the kitchen. The salad is a nice twist on a traditional salad, with a pleasing texture and crunch, especially from the walnuts. The pomegranate vinaigrette is sweeter than a traditional red wine vinaigrette and provides a pleasing balance for the bitter greens.

Stew

- ❖ ½ c. carrots
- ❖ ¼ c. onion
- ❖ 1 clove garlic
- ❖ ⅓ c. celery
- ❖ 1 (15-oz.) can organic Great Northern white beans
- ❖ 1 tbsp. extra-virgin olive oil
- ❖ 2 c. organic vegetable broth
- ❖ ⅛ tsp. rosemary, fresh
- ❖ ¼ tsp. parsley, fresh
- ❖ ¼ tsp. thyme, fresh
- ❖ ½ tsp. sea salt

Rinse white beans, drain, and dry.

Mince garlic. Dice onions, carrots, and celery.

In a stockpot, heat oil over low-medium heat. Sauté onions for 2–3 minutes. Add carrots, celery, and garlic. Sauté for an additional 4–5 minutes or until vegetables start to become soft.

Add vegetable broth, beans, and all herbs and spices. Simmer covered for 20–30 minutes, stirring occasionally.

Remove from heat and serve, or chill for later.

Salad

- ❖ ½ c. chopped raw, unsalted walnuts
- ❖ 4 c. baby arugula (about 4 oz.)
- ❖ 2 small Belgian endives, cut lengthwise into ½" strips (about 3 c.)
- ❖ ½ small head radicchio, sliced (about 3 c.)

Toast the walnuts in a small skillet over medium heat for about 5 minutes, until slightly darker in color. Stir frequently and watch closely to prevent burning.

When toasted, remove the walnuts to a plate to cool.

Place the toasted walnuts, arugula, endive, and radicchio in a large bowl and toss with the pomegranate vinaigrette.

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Tuscan White Bean Stew with Tricolor Salad

continued

Dressing

- ❖ 3 tbsp. pomegranate juice
- ❖ 1 tbsp. fresh lemon juice
- ❖ 1 tsp. pomegranate molasses
- ❖ ½ tsp. minced garlic (about 1 small clove)
- ❖ ½ tsp. Dijon mustard
- ❖ ½ tsp. sea salt
- ❖ ½ tsp. freshly ground black pepper
- ❖ 6 tbsp. extra-virgin olive oil

In a medium bowl, mix together the pomegranate juice, lemon juice, pomegranate molasses, garlic, mustard, salt, and pepper. Slowly whisk in the extra-virgin olive oil until the dressing is slightly thickened. Alternatively, place all ingredients in a jar with a tight-fitting lid and shake until well combined.

Nutritional Analysis—Stew:

Per Serving: Calories 106, Fat 2 g, Sat. 0 g, Cholesterol 0 mg, Fiber 4 g, Protein 5 g, Carbohydrates 18 g, Sodium 874 mg

Nutritional Analysis—Salad:

Per Serving: Calories 223, Fat 21 g, Sat. 2.6 g, Cholesterol 0 mg, Fiber 3 g, Protein 3 g, Carbohydrates 8 g, Sodium 182 mg

Apple-Soy Roasted Salmon with Herb-Roasted Butternut Squash with Shallots and Garlic, and Green Beans with Caramelized Red Onion

Serves: 4–6

Prep time: 45 minutes plus 1 hour marinating

Cook time: 60 minutes

This is a moist and tasty salmon fillet with a spicy, sweet golden-brown glaze. The squash cooks until soft in the center and slightly crispy on the outside, creating an earthy and satisfying complement to the salmon. And the bright-green, crisp beans are a sweet accent.

Salmon

- | | |
|--|--|
| ❖ ¾ c. 100 percent apple juice | ❖ 1 tsp. minced garlic |
| ❖ 4 (6-oz.) wild salmon fillets | ❖ 1 tsp. minced ginger |
| ❖ 2 tbsp. low-sodium wheat-free tamari | ❖ ¼ tsp. Thai Kitchen red chili paste |
| ❖ 1 tbsp. sesame oil | ❖ 2 scallions, thinly sliced on the diagonal |
| ❖ 1 tsp. agave nectar | ❖ 4 lime wedges |

Place the apple juice in a small pan. Bring to a boil over high heat and reduce by about half. When reduced, set aside to cool.

Place the salmon in a single layer in a shallow baking dish.

In a small bowl, stir together the cooled apple juice reduction, tamari, sesame oil, agave nectar, garlic, ginger, and red chili paste. Pour the marinade over the salmon and refrigerate for about 1 hour.

Preheat the oven to 450 degrees F.

Before roasting the salmon, pour the excess marinade off the fish into a small pan.

Bring the excess marinade to a boil over high heat. Cook until reduced by half, about 7 minutes.

Place the salmon in the oven and cook for about 7 minutes. Brush salmon with the reduced marinade and continue cooking for about 7 more minutes, until golden brown and cooked through. Before serving, brush again with the marinade and garnish with the scallions and lime wedges.

Squash

- ❖ 1 medium (2 ½–3-lb.) butternut squash, peeled and cut into 1" cubes
- ❖ 4 large shallots, peeled and cut in half
- ❖ 1 tbsp. minced rosemary
- ❖ 1 tsp. minced thyme
- ❖ ¾ tsp. sea salt
- ❖ ½ tsp. freshly ground black pepper
- ❖ 3 tbsp. plus 1 tsp. extra-virgin olive oil
- ❖ 1 medium bulb garlic

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Apple-Soy Roasted Salmon with Herb-Roasted Butternut Squash with Shallots and Garlic, and Green Beans with Caramelized Red Onion

continued

Preheat the oven to 400 degrees F.

Place the squash, shallots, rosemary, thyme, salt, pepper, and 3 tablespoons of the extra-virgin olive oil on a large baking sheet. Stir to coat the squash and shallots with the olive oil and seasonings.

Cut the garlic across the top to remove the top third of the bulb. Drizzle the exposed garlic with the remaining 1 teaspoon of extra-virgin olive oil and sprinkle with salt and pepper. Wrap the garlic bulb in aluminum foil and place on the baking sheet with the squash.

Place the baking sheet in the oven and roast for 20 minutes. Stir the squash and continue baking for another 20 to 25 minutes, until the squash is soft and lightly browned.

Remove the garlic from the aluminum foil. Squeeze the individual cloves from the skin and stir them into the squash.

Green Beans

- ❖ 1 lb. whole thin green beans, stem ends trimmed
- ❖ 2 tbsp. extra-virgin olive oil
- ❖ 1 large (about 7- to 8-oz.) red onion, peeled, halved, and thinly sliced
- ❖ ½ tsp. sea salt
- ❖ ¼ tsp. freshly ground black pepper
- ❖ 1 small clove garlic, minced

Bring a large pan of salted water to a boil. Drop in the trimmed beans. Cook for about 1 to 2 minutes, until crisp-tender. Drain and immediately place in a bowl of ice water to cool. Drain and pat dry (this can be done ahead or while the onion is cooking).

Heat the extra-virgin olive oil in a large skillet over medium heat. Add the onion, salt, and pepper. Cook the onion for 10 to 15 minutes or until translucent. Stir in the garlic and continue to cook for about 20 minutes, until the onions are golden brown. Cover and reserve until ready to serve.

Just before serving, add the green beans to the onion. Warm thoroughly over medium heat and adjust seasonings.

Nutritional Analysis—Salmon:

Per Serving: Calories 397, Fat 23 g, Sat, 5.0 g, Cholesterol 123 mg, Fiber 0 g, Protein 38 g, Carbohydrates 8 g, Sodium 270 mg

Nutritional Analysis—Squash:

Per Serving: Calories 124, Fat 6 g, Sat. 0.9 g, Cholesterol 0 mg, Fiber 3 g, Protein 2 g, Carbohydrates 18 g, Sodium 186 mg

Nutritional Analysis—Green Beans:

Per Serving: Calories 76, Fat 5 g, Sat. 0.7 g, Cholesterol 0 mg, Fiber 3 g, Protein 2 g, Carbohydrates 8 g, Sodium 165 mg

Herbed Rack of Lamb with Roasted Garlic and Shallots, and Roasted Sweet Potatoes

Serves: 4

Prep time: 20 minutes plus 1 hour marinating time

Cook time: 40 minutes

This elegant, special-occasion entrée is quick and easy to prepare; just allow enough time to marinate the meat. The tiny chops are flavorful with herbs and garlic, tender and juicy when cooked until just pink in the center. The sweet potatoes are a perfect side. They are soft and slightly browned and their flavor is enhanced by the spices.

Lamb

- ❖ 2 (1- to 1 ¼-lb.) racks of lamb, trimmed and frenched (about 8 ribs each)
- ❖ 1 tbsp. minced garlic (about 3 medium cloves)
- ❖ 1 tbsp. minced mint leaves
- ❖ 1 tbsp. minced parsley
- ❖ 1 tbsp. minced rosemary
- ❖ 1 tsp. minced thyme
- ❖ ½ tsp. sea salt
- ❖ ½ tsp. freshly ground black pepper
- ❖ 3 tbsp. extra-virgin olive oil
- ❖ 2 c. watercress, tough stems removed, for garnish

Place the lamb in a shallow dish. In a separate bowl, combine the garlic, mint, parsley, rosemary, thyme, salt, pepper, and 2 tablespoons of the extra-virgin olive oil. Spread evenly over the meaty surface of the lamb. Let stand at room temperature for up to 1 hour. If marinating for longer than 1 hour, place the rack of lamb in the refrigerator.

Preheat the oven to 425 degrees F.

Heat the remaining 1 tablespoon of extra-virgin olive oil in a large ovenproof skillet over medium-high heat. Add the lamb, meat side down. Sear for 2 minutes, until brown. Turn the lamb rack over so that the meaty surface is facing up. Place the skillet in the oven and cook for about 18 minutes for medium rare or until a meat thermometer inserted into the center reads about 125 degrees F. Let the lamb rest for about 10 to 15 minutes before carving. The internal temperature will rise to about 130 degrees F.

Slice the lamb into single or double chops, depending on your preference. Serve with Roasted Garlic and Shallots (below).

Roasted Garlic and Shallots

- ❖ 12 medium cloves garlic, peeled
- ❖ ¼ c. plus 2 tbsp. extra-virgin olive oil
- ❖ 12 medium shallots, peeled
- ❖ 1 sprig fresh thyme
- ❖ ½ c. organic low-sodium vegetable or chicken broth
- ❖ 1 tsp. balsamic vinegar

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Herbed Rack of Lamb with Roasted Garlic and Shallots, and Roasted Sweet Potatoes

continued

- ❖ sea salt
- ❖ freshly ground black pepper
- ❖ 1 tbsp. snipped chives

Preheat the oven to 425 degrees F.

Place the garlic in a small (6") skillet or saucepan. Add ¼ c. of the extra-virgin olive oil and a pinch of salt and pepper. Cook over low heat, at a bare simmer, for 25 minutes or until the garlic is soft and golden in color.

Mix the shallots, 1 tablespoon of the extra-virgin olive oil, and a pinch of salt and pepper in a small ovenproof dish. Place the shallots in the oven and roast for 25 minutes or until browned and soft.

After the garlic and shallots have both cooked, place the garlic and the remaining 1 tablespoon of extra-virgin olive oil from the garlic pan (save the remaining oil for another use) in another small saucepan. Add the roasted shallots and their oil, thyme, and broth. Bring to a low boil over medium heat and cook for about 5 minutes, until the stock is reduced to about 1 tablespoon. Add the balsamic vinegar and cook for 30 to 60 seconds. Remove the thyme sprig, and then season to taste with salt and pepper. Garnish with the chives.

Roasted Sweet Potatoes

- ❖ 4 large (about 2 ¼ lb.) sweet potatoes, peeled and each cut into 8 pieces
- ❖ 3 tbsp. extra-virgin olive oil
- ❖ ½ tsp. sea salt
- ❖ ½ tsp. freshly ground black pepper
- ❖ ¼ tsp. ground red pepper
- ❖ ¼ tsp. ground cinnamon
- ❖ 2 tbsp. snipped chives
- ❖ sea salt to taste (optional)

Preheat oven to 425 degrees F.

Place the potatoes on a large baking sheet. Drizzle with the extra-virgin olive oil, salt, black pepper, red pepper, and cinnamon. Toss to combine the ingredients.

Bake for about 40 minutes, until brown and soft, turning twice during cooking.

Sprinkle with the chives and sea salt, if desired.

Nutritional Analysis—Lamb:

Per Serving: Calories 446, Fat 31 g, Sat. 6.6 g, Cholesterol 70 mg, Fiber 0 g, Protein 24 g, Carbohydrates 18 g, Sodium 328 mg

Nutritional Analysis—Roasted Garlic and Shallots:

Per Serving: Calories 170, Fat 11 g, Sat. 1.6 g, Cholesterol 3 mg, Fiber 0 g, Protein 4 g, Carbohydrates 17 g, Sodium 18 mg

Nutritional Analysis—Sweet Potatoes:

Per Serving: Calories 217, Fat 11 g, Sat. 1.5 g, Cholesterol 0 mg, Fiber 5 g, Protein 3 g, Carbohydrates 36 g, Sodium 294 mg

UltraMind Shopping List: Week 1

Your first week of shopping is likely to be a little more expensive than the next few weeks of shopping. Getting your kitchen cabinets filled with foods and spices that will make your mind and body thrive is an investment. During the prep week, you threw away the foods that do not support healthy balance. Now it's time to replace those with foods that will support balance of your seven keys and help you create an UltraMind.

QUANTITY	TYPE OF FOOD	✓
	PROTEIN	
1.5 pounds	Boneless, skinless chicken breast	
6–8 ounces	Fresh-roasted turkey breast (sliced)	
8 ounces	Wild salmon	
8 ounces	Fresh sole (cut into 4-ounce fillets)	
1 pound	Large (21 to 25 count) shrimp, peeled and deveined	
2 packs	Extra-firm tofu	
1 dozen	Large omega-3 eggs (use omega-3 eggs in all recipes that call for eggs)	
	BEANS	
3 15-ounce cans	Chickpeas	
1 15-ounce can	Adzuki beans	
1 15-ounce can	Great Northern white beans	
1 cup	French lentils	
2 cups	Yellow split peas	
	FRUIT AND VEGETABLES	
½ cup	Fresh or frozen non-citrus fruit (If you choose frozen, try Cascadian Farms; note you will need more fruit if you make more shakes.)	
2 large	Red Delicious or Gala apples	
1 medium	Pear	
2 medium	Peaches (you can use frozen if they aren't in season)	
½ cup	Dried wild blueberries	
½ cup	Dried organic cranberries	
½ cup	Organic golden raisins	
6	Lemons	
4 medium	Sweet potatoes	
3 medium	Red peppers	
1 medium	Green peppers	
1	Jalapeño pepper	

QUANTITY	TYPE OF FOOD	✓
1	Poblano pepper	
3 small	Red onion	
7 medium	Yellow or white onions	
1 bunch	Green onions/scallions	
8 bulbs	Garlic	
½ cup	Roasted garlic cloves (You can purchase it roasted or roast it yourself using the amount above.)	
2 large	Avocados	
1	Pickling cucumber	
1 bunch	Celery	
1 head	Cauliflower (You can also buy it pre-chopped and eat with your snacks.)	
½ pound	Asparagus	
2 medium	Broccoli (You can also buy it pre-chopped and eat with your snacks.)	
1	Eggplant	
2	Hothouse tomatoes	
1 pound	Grape or cherry tomatoes	
3	Carrots	
5	Radishes	
2 small	Zucchini	
2 heads	Baby bok choy	
½ cup	Snow peas	
1 cup	Bean sprouts	
12 cups	Baby mixed greens	
4 cups or 1 package	Baby spinach	
2 pounds	Spinach (This is different than baby spinach—you can buy additional baby spinach and use that, if you prefer.)	
1 head	Endive	
3 cups	Watercress bouquets	
	WHOLE GRAINS	
1 cup	Amaranth	
2 ¾ cup	Quinoa	
1 medium bag	Brown rice	
1 box	Gluten-free crispy brown rice cereal	
2 cups	Wild rice	

QUANTITY	TYPE OF FOOD	✓
	OILS AND SAUCES	
1 medium to large bottle	Extra-virgin olive oil (This will be enough for two or three weeks, at least.)	
1 small bottle	Flax and borage oil (Spectrum carries a nice combination flax/borage oil.)	
1 small bottle	Walnut oil (This has an excellent flavor and is well-suited for cooking at high temperatures.)	
1 small bottle	Balsamic vinegar	
	HERBS AND SPICES³	
1 small bunch	Chives	
1 small bunch	Oregano	
1 small bunch	Flat-leaf parsley	
1 small bunch	Curly parsley	
1 small bunch	Tarragon	
1 small bunch	Basil	
1 small bunch	Bay leaves	
1 small head	Fennel	
1 small bunch	Rosemary	
1 small bunch	Cilantro	
1 small bunch	Thyme	
1 small piece	Ginger root	
1 jar	Ground cinnamon	
1 small jar	Ground allspice	
1 small jar	Ground nutmeg	
1 small jar	Paprika	
1 small container	Chili powder	
1 small jar	Ground cardamom	
1 small jar	Dry mustard	
1 small jar	Garam masala	
1 small jar	Ground turmeric	
1 small jar	Coriander	
1 small jar	Cumin	
1 small jar	Fenugreek	
1 jar	Curry powder	
1 jar	Sea salt	

³While dried and ground spices are fine in many cases, use fresh herbs and spices where possible. They contain many health benefits and much more flavor.

QUANTITY	TYPE OF FOOD	✓
1 small jar	Ground pepper (or peppercorns and grinder)	
1 small jar	Ground red pepper	
1 small jar	Red pepper flakes	
	SPECIAL SUPPLEMENTS FOR FOOD	
1 container	UltraInflamX ⁴ rice protein powder	
1 bag	Ground flaxseeds (FiProFLAX is an excellent brand and can be found in most health-food stores)	
	NUTS AND NUT BUTTERS	
1 ¼ cup	Raw almonds	
¼ cup	Pecan halves	
½ cup	Raw sliced almonds (I recommend you buy these in addition to the almonds mentioned above; it's easier than slicing them yourself.)	
2 cups	Raw walnuts	
2 tablespoons	Raw hazelnuts	
3 ¾ cup	Raw cashews	
2 cups	Brazil nuts	
2/3 cup	Pine nuts	
¼ cup	Sesame seeds (Buy in bulk, or you may find a small jar in the seasoning section of your grocery store.)	
1 ½ cup	Hulled raw pumpkin seeds	
1 ¾ cup	Hulled raw sunflower seeds	
1 jar	Cashew butter (to add to UltraShakes and for Brazil bars—can use other nut butters, if you prefer)	
	OTHER PANTRY ITEMS	
1 package	Sprouted corn or brown rice tortillas	
1 small can	Chopped black olives (can also use uncanned)	
1 small can	Chopped green olives (can also use uncanned)	
½ cup	Kalamata olives	
½ cup	Green olives	
1 small container	Tahini	
1 box (minimum 6 ounces)	Low-sodium organic chicken stock	
1 box (minimum 4 ounces)	Organic vegetable broth	
2 containers	Soy milk	
1 14-ounce can	Light, unsweetened coconut milk	

⁴See Section 10 for additional ordering information. This is a hypoallergenic rice protein powder that is great for UltraShakes.

QUANTITY	TYPE OF FOOD	✓
1 small jar	Roasted red pepper—or can roast yourself	
1 small box	Brown rice crumbs	
1 small container	Honey	
1 small bottle	Pomegranate molasses	
115 ounce can	Artichoke hearts	
1 package	Gluten-free flax crackers	
1 bar	Dark chocolate (minimum 70 percent cocoa)	
1 ½ cup	Cocoa nibs	

UltraMind Shopping List: Week 2

Before you start your shopping for Week 2, check the supplies you have. Cooking is not an exact science, and the amounts sold in grocery stores aren't always exactly the same. There may be items on the list below that you don't need (e.g., if you have leftover herbs from the week before). Simply cross those items off the list—no need to buy extra food you won't eat.

QUANTITY	TYPE OF FOOD	✓
	PROTEIN	
1 pound	Lump crabmeat	
1 ¾ pounds	Boneless, skinless chicken breast	
3 pounds	Bone-in chicken breast (skin removed)	
1 pound	Ground turkey breast	
4 6-ounce	Tilapia fillets	
4 6-ounce	Wild salmon fillets	
2 1-1 ¼ pound	Racks of lamb, trimmed and frenched	
1 package	Silken tofu	
18-24	Omega-3 eggs (The amount will depend on how many you ate last week and how many you want to keep on hand.)	
	BEANS	
3 15-ounce cans	Great Northern white beans	
1 15- ounce can	Black beans	
3 15-ounce cans	Black-eyed peas	
1 15-ounce can	Chickpeas	
1 cup	Lentils	
	FRUITS AND VEGETABLES	
½ cup	Noncitrus fruit, fresh or frozen(you may need more if you drink more shakes; if you bought a bag of frozen fruit last week, you should have enough for this week)	
3 large	Red Delicious or Gala apples	
1	Mango	
2 medium	Peaches (use frozen if they aren't in season)	
1 small	Banana	
2 cups	Fresh strawberries (Use frozen if they aren't in season; be sure to get unsweetened strawberries with juice.)	
5	Lemons	
2 large	Navel oranges	

QUANTITY	TYPE OF FOOD	✓
3	Limes	
2 ounces	Snow peas	
9 cups	Spinach (can use baby spinach, if you wish)	
2 medium heads	Broccoli (should give you leftovers for snacks)	
1 package	Frozen, organic corn	
½ pound	Cherry or grape tomatoes	
4	Carrots	
1 medium	Butternut squash	
4 large	Sweet potatoes	
½ pound	Cremini mushrooms	
2 pounds	Broccoli rabe	
1 ¾ pounds	Belgian endive	
1 pound	Whole thin green beans	
2 cups	Watercress	
1 bunch	Celery	
7 medium	Red peppers	
1	Jalapeño	
3	Poblano peppers	
2	Avocados	
4 medium	Russet potatoes	
7 bulbs	Garlic	
4 small	Red onions	
1 large	Red onion	
4	White or yellow onions	
2 small	Bunches green onions/scallions	
4	Shallots	
	WHOLE GRAINS	
1 cup	Amaranth	
1 cup	Quinoa	
	OILS AND SAUCES	
1 small bottle	Grapeseed oil	
1 small bottle	Light sesame oil	
1 small bottle	Dark sesame oil	
1 bottle	Reduced-sodium, wheat-free tamari	
1 small bottle	Worcestershire sauce	
1 small jar	Organic soy mayonnaise	

QUANTITY	TYPE OF FOOD	✓
1 small jar	Rice vinegar	
1 small jar	Dijon mustard	
	HERBS AND SPICES⁵	
1 small bunch	Cilantro	
1 small bunch	Sage	
1 small bunch	Basil	
1 small bunch	Fresh dill	
1 small	Ginger root	
1 small head	Fennel	
1 small bunch	Fresh mint	
1 small bunch	Fresh parsley	
1 small bunch	Oregano	
1 small bunch	Rosemary	
1 container	Thai Kitchen red chili paste	
1 small jar	Cayenne	
	SPECIAL SUPPLEMENTS FOR FOOD	
1 package	Ground flaxseeds (FiProFLAX is an excellent brand and can be found in most health-food stores. See Section 10 for more information.)	
	NUTS	
1 ¼ cup	Raw walnuts	
2 tablespoons	Hazelnuts	
½ cup	Raw cashews	
2 tablespoons	Pine nuts	
	OTHER PANTRY ITEMS	
1 small package	Almond flour	
1 small package	Soy flour	
1 container	Baking powder	
1 small container	Vanilla extract	
1 container	Unsweetened soy milk	
1 16-ounce can	Whole or chopped plum tomatoes	
1 28-ounce can	Whole tomatoes	
1 box (minimum 8 ounces)	Organic vegetable broth	
1 box	Low-sodium, organic chicken broth	

⁵While dried and ground spices are fine in many cases, use fresh herbs and spices where possible. They contain many health benefits and much more flavor.

QUANTITY	TYPE OF FOOD	✓
1 small container	Tahini	
¼ cup	Kalamata olives	
1 small jar	Pomegranate juice	
1 small jar	100 percent apple juice	
1 small jar	Agave nectar	
1 small can	Arrowroot	