EAT FAT, GET THIN

The Surprising Truth About The Fat We Eat—the Key to Sustained Weight Loss and Vibrant Health

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Eat Fat, Get Thin

Beta Test Program Manual

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Confidential for Participants
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WELCOME: AN INVITATION

I want to invite you to take a journey with me toward health, but first let me tell you why.

I have an extraordinary job. I have the privilege of caring for people, of being of service every day, of using my mind, experience, and knowledge to guide my patients toward greater wellbeing. Medical science has advanced faster than medical practice, which is often 20-30 years out of date. Yet, there is a movement afoot to change that. As the Chairman of the Board of Directors of the Institute for Functional Medicine, and the Director of the new Cleveland Clinic Center for Functional Medicine, I am part of the transformation of medical education and practice that will change our notions and treatment of disease completely. In fact, most medicine of the future will not be about directly treating illness, but instead be based on the science of creating health. Disease simply goes away as a side effect of creating health...and so does excess weight.

Functional medicine is both a new way of thinking about how we get sick and gain weight (from deep imbalances in our whole system), and of how we get well and lose weight (by creating balance in our whole system). Your goal may be to lose weight; my goal is to get you healthy. Either way, we both win.

I treat patients one by one in my office, and in a year can see only so many people. Yet millions of people suffer needlessly, which is why I teach, write books, and speak around the world. It is also why I never stop seeking out the most cutting edge research and discoveries in the world of nutrition and health. Food is the most powerful medicine we have available to us, and my aim is to deliver to as many people as possible its proven methods for creating lifelong health and sustainable weight loss.

My new book, *Eat Fat, Get Thin*, reveals the breakthrough discoveries that will challenge and change everything you ever thought to be true about dietary fat. Yes, it’s really true: eating fat doesn’t make you fat, nor does it cause heart disease – in fact, it’s the exact opposite. If you want to get thin and prevent disease, you need to eat more fat. The science proves it!

What you are holding in your hands is a sneak preview of that book, due to be published in March 2016. I have invited a few select people to experience the power of this approach to quickly enhance their level of wellness, lose weight and reverse diabesity (pre-diabetes and diabetes) that now affects one in two Americans. And as part of this invitation and free preview of the program, I am going to ask you to give back and help thousands of others by sharing your experience. I was only allowed to do this by my publisher if you all promised not to share or circulate this manuscript or program. I know I can count on you to keep this quiet until the program is perfected with your help.
During this beta test, I will ask you to track certain things (and in the emails and additional instructions, I will explain exactly how and where I want you to do so). You'll regularly track:

1. Your measurements (weight, waist size, hip size, and height; height you’ll do only once); your blood pressure and cholesterol; how much you exercise; how many hours you sleep
2. How you feel (by answering a simple set of questions about your symptoms before you started the program and any changes you experienced during the course of the program)
3. Your story - we want to hear about your experience through written or video testimonials, or through interviews with my team.

Thank you for participating with me. By doing this, you will not only help yourself – you’ll help others and be part of the transformation of health care by proving what is possible. With your feedback and participation, together we will help make this program even better and help even more people.

To your good health,

Mark Hyman, MD
INTRODUCTION

What is the single best thing you can do for your health, weight and longevity?

Eat more fat!

That's right. Eat more fat to lose weight, feel good, prevent disease and live longer!

Welcome to Eat Fat, Get Thin, The Surprising Truth about the Fat We Eat – The Key to Sustained Weight Loss and Vibrant Health.

Take a deep breath, because much of what I will teach you will run counter to everything you ever learned about weight loss, health, and your risk of disease. You’ll leave your fear of dietary fat behind and enter a new world full of rich, delicious foods that are deeply satisfying. You get to eat all the things you may have been avoiding for decades. Your thoughts might say NO, but your body will say YES! Take a leap. Try it. See what happens. Your body is better than any “study” to find out what works and what doesn’t for you.

In my previous books, The Blood Sugar Solution, and The Blood Sugar Solution 10-Day Detox Diet I focused on sugar as the driver of our epidemic of obesity, chronic disease and diabetes. I explained why sugar and flour in the massive amounts we consume (152 pounds of sugar and 146 pounds of flour per person per year) are the driving our health and weight crisis.

But even though the food I recommended and the way of eating reversed this, what I haven’t written about yet is the other side of the story – or rather, the prequel to what led to the greatest health crisis humankind created by its own hand. Put simply, our erroneous fear of fat, created through the perfect storm of incorrect science that convinced us that eating fat would make us fat and lead to heart disease, medical associations and the government who condoned these beliefs, and the food industry that was all to happy to capitalize on the “fat free” craze started the downward spiral. Because when you remove fat from foods, it tastes like cardboard. So what did the food industry replace it with? Sugar, and tons of it!

Now that we know the dangers of sugar, the question I’m now here to answer is this: “If we don’t eat sugar, what do we eat?”

The answer is fat! Fat is no longer a four-letter word.

Does the fat you EAT become the fat you GAIN? Well, as common sense as that may seem, the science has revealed exactly the opposite. Dietary fat doesn’t cause weight gain. The advice that we have bought wholesale about fat being bad for our health and waistlines is scientifically untrue. In fact, if you look closely at the data, it proves the idea that if you eat fat, you get thin (and reverse heart disease, type 2 diabetes and more).
Hard science has also debunked the idea that high fat diets cause heart disease. Even saturated fat has been liberated from the “bad for you” category. Eggs are back in! Even the new USDA Dietary Guidelines committee said we no longer had to restrict cholesterol in our diet. Oops!

The reality is that the more fat you eat, the more fat you lose and the better your body functions. It's time to rethink our fear of fat. In this book, I'll reveal all the evidence and uproot the conventional wisdom about fat – both the fat on our bodies and the fat we eat.

I’ll also share my new plan that will enable you to experience dramatic weight loss and healing in 21 days – which is about the time it takes to switch your metabolism from running on sugar to running on fat. In just three weeks, you'll shift fat storage to fat burning! You'll stop sugar and refined carbs for sure, but the trick is what you replace it with. Fat! Creamy, yummy, filling, but NOT fattening fat! You'll learn to love welcoming these foods back into your diet, while losing weight and restoring your health, energy, and vitality. It really is possible – and this program will prove it to you.

With *Eat Fat, Get Thin*, I have optimized a way of eating to work fast to shed pounds and improve health quickly. My 87-year old father just tried it and lost 14 pounds in 8 days and feels younger than he has in years. It is never too late to start.

Two for One Deal: Fix Diabesity and FLC Syndrome

With *Eat Fat, Get Thin*, we’re going to get rid of more than just unwanted pounds. This is an invitation for a profound experience to heal your body on every level. As I explained in *The Blood Sugar Solution*, what makes you fat is also what makes you sick. So along with dropping the pounds you're going to see your blood sugar, cholesterol, and chronic ailments go way down – and your energy levels skyrocket. And your brain will wake up and feel good and happy and satisfied. It reverses FLC Syndrome (that's when you FEEL LIKE CRAP!). And it also reverses the root causes of our most dangerous modern plague at the root of weight gain, heart disease, cancer, dementia and type 2 diabetes: what I call diabesity.

First let's look at the problem of diabesity.

You might be wondering, “*What exactly is diabesity...and do I have it?”*

Diabesity is the comprehensive term I use for the range of problems and diseases caused by blood sugar and insulin imbalances: everything from that annoying little pooch of belly fat to technical obesity, from moderately high blood sugar levels to full-blown type 2 diabetes. While they may have different names and manifestations, they’re all essentially the same problem that can have deadly consequences.
Diabesity is a disease of carbohydrate intolerance. There is a significant part of the population that is carbohydrate intolerant, just like some are gluten intolerant. For those people, carbohydrates drive a hormonal and brain chemical chain reaction that makes it almost impossible to lose weight, or get healthy. Insulin and what it does to your body, your appetite and metabolism is the key to understanding weight gain and most chronic diseases.

Carbs and to a lesser extent excess protein (greater than 1.5 kg/per person per day or about 30-40 grams at a meal) trigger insulin to rise in your blood, which leads to fat storage (mostly belly fat), hunger, and a slowed metabolism. Eating fat, on the other hand, (and by that I mean the right fats), triggers a completely opposite set of responses in the body. You burn fat and speed up your metabolism while turning off the areas in the brain that trigger hunger, cravings, and the habit of overeating.

Those most affected by this problem of diabesity, which is really a form of carbohydrate intolerance are traditional indigenous people, the Native Americans and Intuit being among the most obese and severely impacted. The Inuit’s diet was 70 percent fat, mostly seal, whale and arctic char. The Plains Indians lived on buffalo (and favored the organ meats, brain and bone marrow - the highest fat parts) and pemmican. Pemmican was the staple of the diet. It was dried meat, mixed with tallow (rendered fat from the buffalo) and berries. It was 70 percent fat, and 20 percent protein and about 10 percent carbs. A man could live on a pound a day and a woman about a half-pound. You may be thinking that they had short lives. Well, no. At the turn of the century, the Native Americans had the highest per capita number of centenarians of any population on the planet!

Fast forward to today, when these indigenous people have replaced their high-fat diet with the high-carb, sugar and chemical-filled American diet. Their long lifespan has been replaced by one of the highest population percentages of diabesity and its related effects.

Diabesity affects one out of every two people in this country, one in four African Americans, one in four Medicare patients, and one in four teenagers. It affects skinny people, too! Twenty-three percent of adults look skinny but have what doctors call “metabolically obese normal weight.” To answer your question about whether you have it, 90% of people with diabesity are not diagnosed...so there’s a good chance that you have it and don’t even know it. And it’s the very thing that’s standing in your way of losing weight and living a long, healthy life.
**Do You Have Diabesity? Are You Carbohydrate Intolerant?**
If you answer “yes” to any of the following questions, you may already have diabesity or are headed in that direction.

Do you have a family history of diabetes, heart disease, or obesity?

Are you of non-white ancestry (African, Asian, Native American, Pacific Islander, Hispanic, Indian, Middle Eastern)?

Are you overweight (body mass index or BMI over 25)? Go to [http://www.bloodsugarsolution.com/health-tracker/](http://www.bloodsugarsolution.com/health-tracker/) to calculate your BMI based on weight and height.

Do you have extra belly fat? Is your waist circumference greater than 35 inches for women or greater than 40 inches for men?

Do you crave sugar and refined carbohydrates?

Do you have trouble losing weight on a low-fat diet?

Has your doctor told you that your blood sugar is a little high (greater than 100 mg/dl) or have you actually been diagnosed with insulin resistance, pre-diabetes, or diabetes?

Do you have high levels of triglycerides (over 100 mg/dl) or low HDL (good) cholesterol (<50 mg/dl)?

Do you have heart disease?

Do you have high blood pressure?

Are you inactive (less than 30 minutes of exercise 4 times a week)?

Do you suffer from infertility, low sex drive, or sexual dysfunction?

For women: Have you had gestational diabetes or polycystic ovarian syndrome?

**Do have FLC Syndrome?**

So many millions of Americans (and people around the world) have FLC Syndrome—that’s when you FEEL LIKE CRAP! What most of us don’t know is that it is directly related to the food we eat. That food is medicine. Food has the power to heal or harm. Whole real low glycemic, high fat (good fat), phytonutrient rich food heals, while high carb, low fat, processed foods harm. And it is not just that you feel bad (or like crap). The underlying inflammation and hormonal imbalance driven by eat the wrong foods drives not just symptoms but bad diseases and accelerated aging. Most people never connect the dots between what they eat and how they feel. *Eat Fat, Get Thin* is your chance to make that connection and choose to feel great instead of like crap.
First find how sick you are by taking the FLC Quiz (adapted from the Immuno Symptom Checklist created in 1989 by Immuno Laboratories). Most of us walk around tolerating chronic symptoms (not just weight issues) that are connected to what we eat, including digestive issues, headaches, joint pain, fatigue, depression, autoimmune diseases, and more. This quiz will give you a baseline for your existing symptoms, which are indications of being toxic and inflamed. Score it now and again after you’ve completed the program, and you will experience for yourself, after just 21 days, a dramatic difference in the way you look and feel.

For the “before” part of the questionnaire, rate each of the following symptoms based upon your health profile for the past 30 days.

POINT SCALE
0 = Never or almost never have the symptom
1 = Occasionally have it, effect is not severe
2 = Occasionally have, effect is severe
3 = Frequently have it, effect is not severe
4 = Frequently have it, effect is severe

DIGESTIVE TRACT
___ Nausea or vomiting
___ Diarrhea
___ Constipation
___ Bloated feeling
___ Belching or passing gas
___ Heartburn
___ Intestinal/stomach pain
Total before_______
Total after________

EARS
___ Itchy ears
___ Earaches or ear infections
___ Drainage from ear
___ Ringing in ears or hearing loss
Total before_______
Total after________

EMOTIONS
___ Mood swings
___ Anxiety, fear, or nervousness
___ Anger, irritability, or aggressiveness
___ Depression
Total before ______
Total after________
ENERGY/ACTIVITY
___ Fatigue or sluggishness
___ Apathy or lethargy
___ Hyperactivity
___ Restlessness
Total before_______
Total after_______

EYES
___ Watery or itchy eyes
___ Swollen, reddened, or sticky eyelids
___ Bags or dark circles under eyes
___ Blurred or tunnel vision (does not include near-or farsightedness)
Total before ______
Total after_______

HEAD
___ Headaches
___ Faintness
___ Dizziness
___ Insomnia
Total before ______
Total after_______

HEART
___ Irregular or skipped heartbeat
___ Rapid or pounding heartbeat
___ Chest pain
Total before_______
Total after_______

JOINTS/MUSCLES
___ Pain or aches in joints
___ Arthritis
___ Stiffness or limitation of movement
___ Pain or aches in muscles
___ Feeling of weakness or tiredness
Total before_______
Total after_______

LUNGS
___ Chest congestion
___ Asthma or bronchitis
___ Shortness of breath
___ Difficulty breathing
Total before ______
Total after_______
MIND
___ Poor memory
___ Confusion or poor comprehension
___ Poor concentration
___ Poor physical coordination
___ Difficulty in making decisions
___ Stuttering or stammering
___ Slurred speech
___ Learning disabilities
Total before_______
Total after__________

MOUTH/THROAT
___ Chronic coughing
___ Gagging or frequent need to clear throat
___ Sore throat, hoarseness, or loss of voice
___ Swollen or discolored tongue, gums, or lips
___ Canker sores
Total before_______
Total after__________

NOSE
___ Stuffy nose
___ Sinus problems
___ Hay fever
___ Excessive mucus formation
___ Sneezing attacks
Total before_______
Total after__________

SKIN
___ Acne
___ Hives, rashes, or dry skin
___ Hair loss
___ Flushing or hot flashes
___ Excessive sweating
Total before ________
Total after __________

WEIGHT
___ Binge eating/drinking
___ Craving certain foods
___ Excessive weight
___ Compulsive eating
___ Water retention
___ Underweight
Total before_______  
Total after__________  

**OTHER**  
___ Frequent illness  
___ Frequent or urgent urination  
___ Genital itch or discharge  

Total before ______  
Total after__________  

**GRAND TOTAL BEFORE________**  
**GRAND TOTAL AFTER________**  

Key to Questionnaire  
Optimal health: less than 10  
Mild toxicity: 10–50  
Moderate toxicity: 50–100  
Severe toxicity: over 100
Eat Fat, Get Thin 21-Day Plan is probably unlike anything else you have tried and may go completely against your deeply held beliefs (fat is bad, eggs, butter and meat are harmful). In the book I will explain in detail why these ideas no longer make sense in the light of nutrition science. After all, since our dietary guidelines have recommended we eat more carbs and less fat, we have doubled our obesity rates and tripled our diabetes rates. Clearly the old way is not working!

So what’s so special about this particular program? Why does the Eat Fat, Get Thin Plan work as powerfully as it does to help you shed pounds, reverse disease, and look and feel better than you ever have before?

These are the secrets to the EFGT success...

1. It harnesses the power of real food.

As I explained earlier, what makes you fat is also what makes you sick. With Eat Fat, Get Thin, you’re going to turn that around by applying the idea that is revolutionizing nutritional science: food is not just calories; it is information. With the right information, you can literally program your genes for optimal health and weight loss. This is the groundbreaking science of nutrigenomics that is the foundation of the Eat Fat, Get Thin Plan. Food is the most potent medicine there is, and fueling your body with the right ones and getting rid of the wrong ones is the key to treating and reversing the root causes of every manifestation of diabesity, or carbohydrate intolerance.

“Real food” encompasses the whole, fresh foods that fuel our bodies with nutrients. Everything else should be considered “not food.” The leading cause of diabesity in this country is our high-calorie, industrial, processed diet, which is not only loaded with chemically altered sugars and fats, hormones, genetically modified organisms (GMOs), and other highly addictive elements, but is sorely deficient in many of the nutrients we need to regulate our metabolism and weight – including a healthy dose of good fat!

Research has shown that eating a whole foods, plant-based, fat-rich diet has the power to turn on the genes that create weight loss, reverse diabetes, heart disease, and even dementia. With this program, you’ll learn exactly which foods are ideal to put into your body to program your genes for lifelong health and sustained weight loss.

2. It shuts down your fat storage hormone.

Insulin (the fat storage hormone) instructs your body to pack on belly fat. It is secreted from your pancreas when you eat anything that raises your blood sugar – that means anything including all forms of carbohydrates containing glucose or sugar. All forms of fructose, once absorbed by the stomach, go directly to the liver where they
trigger the production of fat and triglycerides and set up a cascade of biochemical changes that dramatically accelerates insulin resistance and diabesity.

What makes us fat and sick, very simply, is too much insulin. Not too many calories. The culprit is insulin that is produced when we eat sugar or carbs, or too much protein. When you eat fat, on the other hand, your body produces no insulin.

Think about how this works. If suddenly your pancreas stops working – what we call type 1 diabetes – you make ZERO insulin. One of the key symptoms of type 1 is hyper-phagia. In other words, it means you eat everything in sight. These patients can eat over 10,000 calories a day and still lose weight and waste away. Why? Because they have no insulin – the key hormone our body uses to store fat. Yet we have all been trained that high fat diets cause weight gain and heart disease. The mantra of low fat has been burned into our collective consciousness. Most of us fear death and fat!

The truth is if you drank a liter of olive oil a day, or 5 sticks of high-quality, grass-fed butter a day and nothing else you would not gain weight. You would produce no insulin.

The science is clear that it is the refined carbs and high carb in general and sugar that drive weight gain by causing surging insulin levels. And that fat, believe or not, is a weight loss and health food. Still, most of us can’t believe it. But is it worth a try. There is no one size fits all way of eating, but for most Americans (and increasingly most of the world’s population), excess carbs trigger carbohydrate intolerance.

When our diet is filled with quickly absorbed sugars and refined carbohydrates, your cells slowly become resistant or numb to the effects of insulin. Your body then needs more of it to keep your blood sugar levels balanced, and you become insulin resistant. More and more insulin is needed to feed the cycle. And because insulin is the fat storage hormone, you get fatter and fatter, and most of that fat is in your belly, coating all your vital organs. It is dangerous, appetite-disrupting, and inflammatory - and it causes diabetes, cancer, heart disease, and dementia. Eventually, your cells become so resistant to insulin that your blood sugar stays up and your pancreas can't produce enough insulin to fight against the high blood sugar or your numb cells. And right there is where you cross the line into diabetes. But way before that, often decades before, this process is causing diabesity and wreaking havoc on your body – including triggering cholesterol problems, heart attacks, depression, and memory loss, as well as fueling cancer cells. It even causes acne and infertility and lowers testosterone-causing impotence.

That’s a big part of the reason why you’re eradicating sugar for these twenty-one days (and hopefully forever!). We’re looking to shut down that fat-storage cycle and get your body back on track.

But sugar is not the only problem – glucose is the carbohydrate found in all flour products and grains. That is why for the 21-Day Plan I recommend getting off all forms of sugar, all flours, and all grain products. Whole grains can be a good food source when
eaten in moderation, but for those with diabesity, even the best grains can be problematic. Stopping all forms of sugar, flour, and grains for three weeks has a dramatic effect in resetting your hormones and metabolism leading to rapid weight loss (especially belly fat) and reductions in cravings and addictive eating patterns. Then – and here's the key – you replace it with dietary fat.

As you now know, unlike sugar and glucose, dietary fat does not cause insulin to be secreted by the pancreas. The fat you eat has to be burned and can’t easily be stored. When you eat more fat you increase the speed of your metabolism. Eating fat stimulates fat burning and decreases your hunger. It improves the overall quality of your cholesterol profile reducing your risk of heart disease by lowering the small dangerous LDL particles and triglycerides while raising the good HDL cholesterol. It turns off the fat production factory in your liver, so no fatty liver and no liver transplants!

*Eat Fat, Get Thin* is a way for you to reset your metabolism from storing sugar to burning fat. It is delicious, easy to do and will cut all your cravings, clear your brain fog, boost your energy, help you sleep and lose weight effortlessly without ever being hungry, and eating rich delicious food!

3. It cools inflammation.

Anything that causes inflammation will, in turn, cause insulin resistance. And we already know that insulin resistance causes your body to generate belly fat and hold onto that spare tire for dear life. So we’re here to cool the smoldering fire of inflammation that has been secretly sabotaging your weight loss efforts.

Inflammation is your body’s normal reaction to fighting off bacteria and healing an infection or cut. It’s something we can see: the red sore throat, the swollen sprained ankle, the cut that gets infected and turns red, hot, and tender to the touch. But the inflammation we’re worried about is hidden inside and doesn’t hurt. It’s your immune system’s way of fighting off bad food, stress, toxins, allergens, the overgrowth of bad bugs in your gut, and even low-grade infections.

The problem comes in when the inflammatory molecules of your immune system – called cytokines – get out of control. Anything that triggers cytokines will make your cells more insulin-resistant, which will in turn make your pancreas pump out more insulin – and you already know where this vicious cycle leads. That’s right: fat and disease!

You’re already on your way to cooling off the internal inflammation by eliminating sugar, refined carbohydrates, trans fats, excess omega-6 fats from processed plant oils, artificial sweeteners, gluten, and dairy. Among the primary triggers of inflammation are hidden food allergies – the two most common ones being gluten and dairy.
Many people do not realize that they may have hidden food sensitivities – these are not true allergies like a peanut or shellfish allergy that makes your tongue swell, closes off your throat, creates hives, and can kill you in minutes. These are more subtle reactions to everyday foods you are eating. They occur because of small changes in the intestinal tract from multiple insults (such as too many antibiotics, aspirin, acid blocking drugs, ibuprofen, stress, infections, or even toxins) that allow food particles to enter our bloodstream and get exposed to our immune system. This is called a leaky gut. We then create low-grade inflammation in reaction to these foreign food particles that can create many problems – fatigue, brain fog, allergies, sinus problems, irritable bowel, reflux, joint pain, autoimmune diseases, and more. But this inflammation also causes weight gain by triggering more insulin resistance, worsening diabetes.

The two most dangerous and common food sensitivities are dairy and gluten, which is why they are eliminated from your diet for the 21-Day Plan. The proteins in these foods are particularly hard on the immune system, which is why pediatricians recommend they never get introduced into a baby’s diet until 12 months of age. And the hybridized, genetically different forms of these foods developed to increased yield of milk and wheat are much more inflammatory than their ancient heirloom cousins.

Other grains that don’t contain gluten can also significantly raise blood sugar, and are problematic for people who are carbohydrate intolerant. So for 21 days, we’re going to remove those from your diet, as well.

Getting rid of these foods, even for a short period of time, can have profound effects not just on weight but also on many inflammatory, digestive, mood and other health problems. Think of it as an experiment. You have nothing to lose but your suffering! You can always reintroduce them (carefully) after the 21 days but with this short experiment you will have the opportunity to see how they truly affect you, something you probably have never done in your entire life. Don’t be surprised if you not only easily drop weight, but also find that many other chronic health problems and symptoms simply disappear.

One note of exception: grass-fed butter can be well tolerated by most people, so I’ve included it in this program. Butter has very little of the allergenic proteins found in other dairy, whey, and casein. If you find you are sensitive to dairy, you can use clarified butter instead.

4. It turns off cravings.

Dietary fat affects your brain chemistry by turning off the craving and addiction centers making it easy to naturally regulate your appetite. Eating fat triggers a chain reaction in your brain and body that stops hunger and breaks a vicious cycle of cravings and overeating (which triggers more cravings) that you can’t through sheer willpower.
5. It will make you happy!

As the building block for every single one of your 10 trillion cells, fat is the key ingredient necessary for proper brain, mood and nerve function. Fat is also necessary for the production of sex hormones like testosterone and estrogen. But best of all, it tastes good! Many delicious, satisfying foods you’ve been unnecessarily running from are back on the menu, including eggs and butter. I really should have called this “The Happy Human Diet!”

Even having said all that, you don’t have to believe me that this will work. Just try it for 21 days and you’ll see and feel the results. Your body has a huge capacity to repair, and it’s amazing what happens in just twenty-one days when we take out the bad stuff (sugar, and everything that turns to sugar in your body) and put in the good (that’s right: healthy fats!).

You may be trying this diet to lose weight, and that’s fine by me. We all want to look good! But the magic in Eat Fat, Get Thin, is that you’ll end up not just looking fantastic, but feeling fantastic – better than you ever imagined. This diet is for all those who want to experience what true wellness can feel like. Most of my patients say, “Dr. Hyman, I didn’t know I was feeling so bad until I started feeling so good.”

So let’s get started!
HOW THE 21-DAY PLAN WORKS

There are three phases of this diet, and all are key to your success:

Phase One: Ready, Set, Prep. Ideally, set aside two days before beginning the program to get ready. During those days you’ll take the initial steps to put the plan into action, as well as get all the foods and supplies you need to do the 21-Day Eat Fat, Get Thin Plan successfully.

Phase Two: The 21-Day Eat Fat, Get Thin Plan. For your 21-day Eat Fat, Get Thin plan, I’ll provide simple and clear direction on what you’ll eat and do every day. Throughout the 21 days, you will receive emails from my team with ideas, support, and insight into the plan. We’re here to help you succeed!

Phase Three: Slim, Healthy, and Happy - for Life! After the 21 days, we'll help you continue feeling great by providing tips and strategies to continue with your healthy new habits. We know you'll want to continue feeling as great as you do after the 21 days.

Tracking Your Results

Before you get started and at the end of the 21 days, please be sure to complete the survey documents that we will email to you. You are one of a few select members of my community chosen to test and provide feedback on how to improve the program. You will not only help yourself – you will also be able to inspire others with your stories of healing and weight loss. You will be the first to experience this groundbreaking program for health, weight loss, improved brain health, energy and mood and for reversing diabesity – the root cause of most of our chronic illnesses and health care costs.

By recording your vital statistics (weight, height, hip size, waist size, blood pressure, blood sugar, hours of sleep, and minutes you exercise), documenting a comprehensive review of any chronic symptoms, and testing your cholesterol (if you can get blood tests done), you will show just how powerful and rapid the results can be by using food as medicine. You will be sent an electronic survey before and at the end of the twenty-one days to record all your results, as well as daily surveys to record your sleep and exercise habits, any supplements taken, and your blood glucose readings. Additionally, you may be asked to offer written and video testimonials. We will report on everyone’s collective results, which will show the power of using food as medicine. Most doctors never see this power because they don’t know how to use food as a drug. But it works faster, better, and is cheaper than any medication. Let your body be the judge!

A Word of Caution: You May Want to Consult with Your Doctor

I have one strong caution for you to take note of before you get started: the program works so well that your blood sugar and blood pressure can drop dramatically
in just a day or two. So if you are on medication or insulin you must carefully monitor your blood pressure and blood sugar and reduce your dose of medication in partnership with your doctor to make sure you don’t get into trouble. Having your blood sugar or blood pressure run a little high for a week poses almost no danger (if your sugars are under 300 mg/dl and your blood pressure is under 150/100), but rapid drops in blood sugar or blood pressure can be life threatening. So be sure to talk with your healthcare provider before embarking on this journey.
PHASE ONE: READY, SET, PREP

During your two-day preparation phase for the 21-Day Eat Fat, Get Thin Plan, there are three things you need to do:

- Get rid of the bad stuff in the two days before you start.
- Gather the good stuff so you can easily do the plan.
- Prep your mind for success.

Ditch the Bad Stuff

How do you get rid of the bad stuff? You need to set aside the toxic foods and drinks that are sabotaging your health and metabolism:

- All flour products
- All sugar products
- All liquid sugar calories (sodas, fruit juice, sports drinks, etc.)
- All processed and factory-made foods (no chemicals, preservatives, additives, artificial sweeteners, high fructose corn syrup, hydrogenated fats, etc.)
- All grains, beans and dairy except organic grass fed butter or ghee.
- Alcohol

During the Preparation Phase (ideally on the first day), set aside a few hours to cleanse your pantry and fridge of these drugs. Your goal is to ditch anything that is not real food. That means anything that is processed (i.e., made in a factory) or that contains sugar in any form (including honey, molasses, agave, maple syrup, organic cane juice, or artificial sweeteners), white rice, white flour, hydrogenated oils, high-fructose corn syrup, or foods with preservatives, additives, coloring, or dyes. Be merciless!

If the idea of giving up sugar, flour, and alcohol make you feel panicky, don’t worry. We’re going to get you through this much more easily than you think! Eat Fat, Get Thin is specifically designed to help you create effortless appetite control by balancing your blood sugar and optimizing the nutrients you need to be nourished and satisfied. You can have up to two cups of coffee a day (about 150 mg of caffeine). In some studies it has been shown to improve blood sugar – mostly like because of all the antioxidants it contains. If you like milk in your coffee, don’t despair; you’re going to discover the magic of coffee blended with grass-fed butter on this program, and you’ll never look back! You’ll also find recipes for delicious homemade nut milks in the recipe section of this manual.
In with the Good

Now it's time to add in the good stuff:

- Get ready to eat the right stuff! Review the recipe section of this manual and make sure you have the kitchen staples you need to make the delicious meals included in the plan. I suggest planning out your meals each week in advance and shopping for the ingredients you need (and utensils, if necessary).

- If you haven't done so already, purchase the supplements you need for the program. It's very easy to get exactly the right supplements I recommend to my patients at store.drhyman.com. You will need to be on the *Eat Fat, Get Thin Supplement Plan*, which includes a multivitamin, fish oil, vitamin D, magnesium, and a special super fiber called PGX. Or you may find equivalents at your health food store. I suggest:
  - a high-quality multivitamin and mineral supplement
  - 2 grams of purified fish oil (EPA/DHA)
  - 2000 units of vitamin D3.
  - 300 mg of magnesium.
  - PGX 2.5 to 5 grams before each meal.

If you choose to do only one supplement, the PGX is the most important for the 21-Day *Eat Fat, Get Thin Plan* because it shuts down the insulin spikes and helps your bowels clean out by increasing the fiber load of your diet and it reduces the total carb load. If you take the total fiber in your meal or diet and subtract it from your total carbs, you get the NET CARBS. So let's say you have 20 grams of carbs but 5 grams of fiber, then the NET carb is 20 minus 5 or 15 NET carbs. So you see why fiber is so essential!

- Purchase a blank notebook to record your experience and thoughts throughout the 21 days (this is separate from the health data survey we will be sending to each day to fill out). Journaling is one of the most effective ways to break the cycle of mindless eating and process your thoughts and emotions in a proactive, healthy way rather than stuff them down with bad food and bad habits. As I say often, a diet of words and self-exploration often results in weight loss. Writing helps us metabolize our feelings and calories better – plus, it keeps us honest and accountable to ourselves, which is crucial for success.

- Get your sneakers ready. We can all find excuses not to exercise, but anyone can walk, which is why I suggest it for every morning of the 21-Day *Eat Fat, Get Thin Plan*. Just 30 minutes of low intensity movement to start; later, when your energy and mood improve, you will no doubt feel inspired to do more.
**Prep Your Mind for Success**

A revolution in the body starts in the mind. Up until now, your weight loss efforts may have faltered not just because of wrong eating habits, but also wrong thinking. And we’re going to set that right.

During the Preparation Phase, your Journal is your lifeline to rooting out the mental obstacles, beliefs, and attitudes that could sabotage your success. The goal here is to bring awareness to what stands in our way and consciously shift our focus to what we want and know we can accomplish.

Set aside some time during these two prep days when you can fully focus, and write what comes to mind to the following questions (the key word there is write – just mentally noting the answers doesn’t hold you accountable or have the same effect!):

- Why am I doing this program?
- What are three specific goals I have for these twenty-one days?
- What are the top three things I do that hold me back from losing weight? (emotional eating, sugar addiction, choosing poor-quality foods, etc.)
- What beliefs do I have that might be holding me back? (“I’ve tried before and failed” or “Losing weight is too hard”)
- What thoughts, emotions, and circumstances drive me to overeat, or to eat unconsciously?
- What is my relationship to food, and how would I like to nourish myself?
- How do I feel about my weight?
- How would I like to feel about my body?
- How does being overweight diminish or detract from my happiness and from fulfilling my life’s purpose?
- How do I see my life changing by learning to properly nourish and take care of myself?
- What positive experiences have I had from eating well and practicing self-care and nurturing?
- What beliefs or fear do I harbor about dietary fat?

**Optional Bonus: Blood Sugar Monitoring and Lab Testing**

While measuring your blood sugar and doing basic lab testing are optional during the 21-Day Plan, I highly recommend it. It will give you immediate and direct objective feedback of how dramatically and quickly your body responds to the right information in diet and lifestyle.

Some of you may already have a glucose meter and know how to measure and test your blood sugar. Others may want to get a meter at their local drug store. The newer ones are easy to use and you can always ask your pharmacist to show you how. There are some machines that also measure ketones, which you may want to do if you
are doing the lower carb/higher fat version of the plan. This is for those who want to get a faster jumpstart or who have a lot of weight to lose or have severe diabesity.

The Precision Xtra Glucose and Ketone Monitoring home testing meter is an easy one to use. You may need extra test strips. You can buy it at Amazon.

Here is the protocol I recommend for testing during the 21-Day Eat Fat, Get Thin Plan.

- Measure your fasting blood sugar and your ketones daily
- Measure your blood sugar 2 hours after breakfast and 2 hours after dinner
- Test your ketones before lunch.
- Track the results via the online surveys we will send to you each day

In addition, I recommend checking your cholesterol profile (total, LDL and HDL cholesterol, and triglycerides) before and after the program. This is something your doctor can order, if you request it. Or you can order this directly for yourself at Save On Labs: http://www.saveonlabs.com/product-p/235010.htm (cost is $32.10).

I prefer the specialty NMR profile when measuring cholesterol, which measures the number and size of your cholesterol particles and is much better at assessing your risk and for measuring the effects of diabesity http://www.saveonlabs.com/product-p/884247.htm ($125.00).
CHECKLIST FOR PREPARATION PHASE

- Do your kitchen clean out – set aside 1 hour and go for it
- Review the recipes and purchase ingredients for the 21 days (or buy enough for the first week)
- Ideally you have purchased your supplements by now.
- Taper off processed food, and sugar and flour in all its forms
- Get your walking shoes ready
- Get a journal and answer the prep questions
- Take your measurements before you start
  - weight
  - height
  - waist size
  - hip size
  - blood pressure
- Ideally have your cholesterol profile done – total, HDL and LDL cholesterol, and triglycerides). This information will be entered on the survey sent via email on Day One of the program.
- Optional: get a glucose/ketone meter from the drug store and learn to use it, and consider basic lab testing (see above)
- Fill out the FLC Syndrome Quiz questions, also emailed to you on Day 1 of the program.
- Join the online community private Facebook group for support while on the program. Please visit our landing page for instructions on how to join.
PHASE TWO: THE 21-DAY EAT FAT, GET THIN PLAN

Each of these elements is included in the program because of its powerful ability to help your body heal, and shed excess pounds. These special components of the 21-Day Eat Fat, Get Thin Plan help to accelerate and optimize your results and work synergistically together. Here’s why:

**Exercise:** Exercise is the magic elixir for health. But it is not that great for weight loss unless you eat the right way. You have to walk 4.5 miles to burn off one soda. You can’t exercise your way out of a bad diet. But exercise helps us sleep better, increases our energy, and helps us adhere better to dietary changes.

**Journaling:** The simple act of writing down your experiences and feelings in unfiltered way, and tracking your numbers (weight, blood pressure, minutes of exercise, and hours of sleep daily, along with your food intake and how it makes you feel physically and emotionally) has been proven to reduce stress and double the results of any weight loss or behavior change program. Please don’t underestimate or skip this step of the 21-Day Eat Fat, Get Thin Plan.

**Supplements:** Vitamins, minerals, phytonutrients, and fiber help provide critical components to rebooting your metabolism, controlling your appetite, and accelerating weight loss. Nutrients grease the wheels of your metabolism and are the helpers for every chemical reaction in your body. Most of us are deficient in one or more nutrients and these deficiencies create cravings for more food – we are often starving in the midst of plenty because of the nutrient poor industrial food that makes up most of our diets.

The supplements for the 21-Day Eat Fat, Get Thin Plan are designed to be simple and easy to take. The options I offer contain a specially designed multivitamin. I also suggest pure, toxin-free omega-3 (EPA/DHA), and vitamin D3 - both of which help reverse diabesity. I also recommend magnesium citrate to prevent constipation and muscle cramps, and help you sleep. It is important for blood sugar control, overall health and wellbeing. Lastly, I highly recommend a special super fiber called PGX that curbs appetite, reduces swings in blood sugar, and helps you lose weight. The PGX must mixed into a big glass of cold water just before you eat breakfast, lunch and dinner. The multivitamin, fish oil and vitamin D3 can be taken once a day with food at breakfast. The magnesium should be taken just before bed.

Here’s your list. You can get it all at [store.drhyman.com](http://store.drhyman.com). You will get an automatic 10% discount for the program.

1. Multi t/d 2 a day by Pure Encapsulations
2. Vitamin D3 1000 U two a day by Pure Encapsulations
3. O.N.E Omega 2 a day by Pure Encapsulations
4. Magnesium citrate 150 mg by Pure Encapsulations 2 at bedtime
5. PGX by Natural Factors 2.5 to 5 grams before meals (as powder or gelcaps). It comes in single packs or powder or gelcaps.
Daily Relaxation Breathing Exercise. Many of us struggle with our weight and metabolism because of chronic low-level stress. Cortisol, the stress hormone, makes you store belly fat and worsens diabesity. A few strategies for relaxation are already built into the program: daily exercise and journaling. But a conscious, deliberate, focused period of deep relaxation and self-awareness every day can profoundly affect your health and your weight.

Each day, I would like you to take five minutes to sit quietly and practice the following deep breathing exercise. The technique is very simple but has profound effects on your mind and body:

1. Sit on a chair, or sit up in your bed, or sit cross-legged comfortably on a pillow on the floor.
2. Close your eyes and your mouth.
3. Breath in slowly through your nose to the count of five.
4. Hold to the count of five and then slowly breathe out to the count of five.
5. Do this for five minutes.

If you do it before each meal you will notice profound benefits. You will de-stress your nervous system, and your digestion and metabolism will work much better. When you do it before you eat, just do five of these breath cycles. And then watch what happens to your appetite and relationship to your food through that simple act of relaxation and awareness.

Even if you do this cycle of breathing just five times and not for five minutes, you will totally transform your brain chemistry and create a deep sense of calm and well-being. Works every time. And it is available to all of us anywhere, anytime. So if you say you don’t have five minutes a day for this important ritual, then you seriously need to reexamine your life!

Hydration: Many of us are chronically dehydrated and consume caffeinated drinks, which make us even more dehydrated. Simple hydration has been associated with weight loss and helps increase detoxification, healthy bowel movements, and energy. That is why it’s so important to drink at least 8 glasses of purified water each day. Try drinking two glasses of water before you eat. That alone has been proven to help you lose weight.

What You’ll Eat

Included in this document is the list of approved foods, as well as a collection of easy and delicious recipes. The first 14 days of your program you’ll follow the EFGT Foundation Plan, which consists of basic guidelines for you to follow so you can make quick, tasty meals to kick-start your fat-burning mechanism.

After day 14, you can either stick with the EFGT Foundation Plan (which I recommend for anyone with severe carbohydrate intolerance, a lot of weight to lose, or
with type 2 diabetes), or you can transition to the EFGT Gourmet Plan, which follows the same guidelines but incorporates recipes with more carbohydrates.
YOUR 21-DAY SCHEDULE

Morning:
- Begin the day with 30 minutes of brisk walking
- Before breakfast take 2 to 5 grams of the PGX fiber: 1 to 2 packets or ½ to 1 scoop of the powder in 10 ounces of water
- Take your supplements with breakfast
- Make your shake or breakfast
- Enjoy a mid-morning snack (optional)
- Drink water (at least 8 glasses throughout the day)

Afternoon:
- Before lunch, take 2.5 to 5 grams of the PGX fiber
- Eat lunch
- Enjoy a mid-afternoon snack (optional)
- Drink water (at least 8 glasses throughout the day)

Evening:
- Spend 15 minutes recording your experience in your journal. Write down how you feel, any improvements or changes in your energy and focus, and how these changes make you feel physically, mentally, and emotionally
- Practice deep breathing exercise for 5 minutes (or do this before each meal).
- Potato starch (optional) 1 TBSP in water before bed. It is a resistant starch that helps grow healthy bacteria in the gut and also enhances stage 4 deep sleep.
- Get 7-8 hours of sleep
CHECKLIST FOR PHASE TWO:

- Follow the menus and recipes for breakfast, lunch and dinner (or use the simple cooking suggestions as an alternative)
- Take your supplements as directed (PGX before every meal and the rest with breakfast – take just before you eat)
- Plan your 30 minutes of exercise – brisk walking is fine and more is better
- Record your experience and thoughts daily in your journal
- Schedule your relaxation time - remember it’s only 5 minutes!
PHASE THREE: SLIM, HEALTHY, AND HAPPY – FOR LIFE!

Congratulations; you’ve been liberated! No more fear of fat – of eating it, or becoming it! Over the past 21 days, you’ve acquired the knowledge and essential tools to fuel your body with the right foods to shed pounds and optimize your health and happiness. Besides giving yourself the gift of health, you’ve also contributed to our larger healing by sharing your results and your story. Thank you!

Please be sure to take the final survey that will be emailed to you, and that you have shared with me:

- All your measurements and results, including weight, waist and hip size, blood pressure, blood sugar, minutes of exercise each day, hours of sleep, cholesterol profile (optional)
- Your updated FLC quiz
- The answers to the subjective questions in the survey
- Your written testimonial of your experience (this is when the journaling will come in handy!)

So what now? You have a few options. Hopefully you will have tried a few new things and liked them and will continue them – a breakfast smoothie, or green shake, the five-minute breathing exercise, new recipes, or the supplements. And in fact, that is my hope – that you continue this not just for 21 days, but also for three months. After three months, your body will be totally transformed, habits developed, and patterns established that I hope will last a lifetime. It will give you the greatest chance of profound healing. So the first option is to just continue for three months.

The second option is to transition and include gluten-free grains, starchy veggies and beans, and some more fruit. This is what I call the basic Blood Sugar Solution plan, from my book The Blood Sugar Solution. This option which adds back small amounts of gluten-free whole grains, more starchy vegetables, and some more fruit, will keep the healing and weight loss going. Continue to exercise, relax, and take your supplements. And most of all, continue to track your progress.

The third option is to continue to eat according to the basic Blood Sugar Solution plan but add back gluten and dairy slowly - add one at a time for 3 days each – first add back gluten, then dairy and notice what happens. Track how you feel in the food log below. Do they make you feel bloated, tired, or gassy? Do you get a headache, congestion, joint pain or brain fog? Your body is the best barometer of how these potentially inflammatory foods affect you. If you have an adverse reaction, stay off them for three months, then try again. If you still have problems, then you probably should avoid them for life.

Lastly, you can add back a few treats if you choose – alcohol, sweets – but all in moderation and as an occasional fun treat, not a staple of everyday life. Alcohol and sugar both can be awful triggers for weight gain and out of control behavior. They hijack your brain chemistry and biology - so please be careful.
**Food Log**

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

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**Note:** Common symptoms include postnasal drip; digestive problems such as bloating, gas, constipation, or diarrhea; acid reflux; headaches; joint pains; fluid retention; fatigue; brain fog; mood changes; changes in sleep pattern; rashes; and more.
CHECKLIST FOR PHASE THREE:

- Take your post-plan measurements (weight, blood pressure, blood sugar, minutes of exercise and hours of sleep, cholesterol profile and medical symptom questionnaire again)
- Start gentle food reintroduction (of gluten and dairy) and keep a food log to determine how each food affects your energy, mood, well-being, weight, blood sugar, and blood pressure.
- Transition to the basic Blood Sugar Solution program (adding back ½ cup grains or up to 1 cup of starchy veggies a day and more fruit up to 1 cup a day) or stay on the 21-Day Eat Fat, Get Thin Plan for up to three months (or longer) if you are feeling well and losing weight. In fact this can be the foundation of your life long healthy eating plan.
WHAT, WHEN, AND HOW TO EAT

The first 14 days of your program you'll follow the EFGT Foundation Plan. The EFGT Foundation Plan consists of basic guidelines for you to follow so you can make quick, tasty meals. The EFGT Foundation Plan is scientifically designed to kick-start your fat-burning mechanism, known as “ketosis.” Your body will rapidly enter a state of ultra-repair and weight loss, and you’ll be thoroughly satiated. No cravings or hunger here!

After day 14, you can either stick with the EFGT Foundation Plan (which I recommend for anyone with severe carbohydrate intolerance, a lot of weight to lose, or with type 2 diabetes), or you can transition to the EFGT Gourmet Plan, which follows the same guidelines but incorporates recipes with more carbohydrates. For those of you who enjoy cooking, you’ll love the recipes included here! While you can dine out during these 21 days, following the guidelines, cooking your own food can actually save you money and time. Controlling ingredients, buying in bulk, and increasing a recipe’s yield can all help trim your waist and your wallet! Check out Thrive Market (www.thrivemarket.com) for stocking up on whole food ingredients at 25% to 50% off retail prices.

The Foundation Plan: What to Eat

Even though you don’t need to count calories, fat grams or carbs it is good to know the principles on which this plan is based. Think of the guidelines below as your “EFGT Foundation Principles.” They provide a simple overview of what foods and how much you should eat and when so you can be creative and make your own meals based on these principles (or order accordingly, if you are dining out).

1. Use ONLY good healthy fats (avocado, coconut, olive, coconut and avocado oil, nuts, seeds and clean (grass fed or sustainably raised) animal foods. See Meat Eater’s Guide from the Environmental Working Group to learn how to source out grass fed or sustainably raised products.
2. Your diet will be about 50% to 70% good fat by calories, but your plate should be 50% to 70% non-starchy veggies by VOLUME. In other words you get to eat a ton of food, just the right kinds. It’s the eyeball test. Look at your plate. If half-to three-quarters is veggies, you are on the right track.
3. Eat about 4-6 ounces of protein with each meal. Do not overdose on protein – it can turn to sugar in your blood and increase insulin. The average amount is about 30-40 grams per person per meal or about 1.2 to 1.5 grams per kilogram of body weight per day. That’s about 0.68 grams of protein per pound of body weight per day.
4. If you like, include a small amount of starchy veggies at dinner (1/2 to 1 cup of sweet potato, winter squash, parsnips, etc., up to four times per week). No grains.
5. For best results eat fat (and veggies) only for breakfast (Dr. Hyman’s Java or Latte plus the Green Smoothie). Other breakfasts like a protein shake or eggs are ok if low in carbs and high in fat, but I suggest for the first week, try to shift
your metabolism out of running mostly on carbs to burning mostly fat. You can do this by having NO carbs at breakfast.

6. Keep lunch and dinner simple. Protein, veggies, and fats (with a little starchy veggie at dinner) are your go-to template.

7. Do not eat anything after dinner except the potato starch at bedtime (see below).

8. Include snacks as needed, following these principles for what’s approved and what to avoid. In the next section you’ll find a list of simple snacks, as well as some tasty recipes.

9. Take your supplements daily – especially PGX to reduce the net carbs in your diet and lower insulin levels.

10. Use salt, because when you cut down carbs your body needs more salt. You will lose water and salt initially and can feel tired and weak and unable to exercise if you don’t eat enough salt (1-2 teaspoons a day of sea salt). If you have salt sensitive high blood pressure simply watch your blood pressure daily and adjust the salt to help keep your blood pressure normal. This diet, in fact, lowers blood pressure naturally and you most likely won’t need the medication after 3 weeks. The key is to monitor and work with your doctor on adjusting your meds.

11. Enjoy veggie-bone broth (1-2 cups a day; see recipe below) to help heal leaky gut, reduce inflammation, and to provide a rich source of minerals (calcium, magnesium, potassium, silicon, sulfur and phosphorous) and body building collagen and nutrients. Make enough for a week and store in fridge or freezer.

12. Have 1 Tablespoon of potato starch (also known as resistant starch) at night to help sleep and feed good gut bacteria and improve blood sugar control.

**Your Good Fat Options**

These are healthy good fats that you can include daily in your diet. You can keep these in the house and choose from different ones depending on your preference. Try coconut oil in cooking, shakes or on veggies. Add plenty of avocados to salads or blend into smoothies or green drinks.

- Extra virgin coconut oil (a lot!)
- Whole organic coconut milk ([Native Forest](#) is the best)
- Avocados (a lot)
- Fatty Fish (sardines, mackerel, herring, black cod, wild salmon (aim to include this 3-4 times per week)
- Olives
- Organic yolks organic or omega 3 eggs (unlimited)
- Nuts (macadamia, almonds, walnuts; 2-3 handfuls per day maximum)
- Seeds (chia, hemp, pumpkin, sesame, etc., 2-3 handfuls per day maximum)
- Oils (coconut oil, extra virgin olive oil, avocado, macadamia or high oleic safflower for high heat cooking; avoid all other kinds of oils)
- Grass fed butter, clarified butter, or ghee. If you are allergic to dairy you can avoid butter and just use ghee
Protein Sources

How much protein should you eat?

The average person needs about 0.68 grams per pound of body weight per day or 1.5 gram per kg of body weight per day. If you are a 150-pound person that means you should eat about 100 grams of protein per day.

Protein should be divided up throughout the day because the body can only use about 30 grams at a time for muscle synthesis. The rest may get turned to sugar in your blood through a process called gluconeogenesis. A good rule of thumb is that your portion size for protein should be about the size of your palm (the middle part, not the fingers!).

- Whole free range organic or omega 3 eggs (unlimited)
- Grass fed lamb, beef, bison, venison, ostrich, etc. (3-4 per week maximum; no pork)
- Fatty Fish (sardines, mackerel, herring, black cod, wild salmon; see www.vitalchoice.com to order cans or frozen fish (aim to include this at least 3-4 times per week)
- Shellfish (oysters, clams, mussels, shrimp, scallops and crab; not lobster, which is higher in mercury)
- Seafood: calamari, octopus
- Organic poultry
- Organic non-GMO tofu or tempeh (it is a bean, but can be well tolerated by most and is very low glycemic and high in protein)
- Hemp or chia seed proteins
- Nuts (almonds, macadamia, walnuts, pecans; 2-3 handfuls daily maximum)
- Seeds (chia, hemp, pumpkin, sesame; 2-3 handfuls daily maximum)

Low starch veggies (unlimited)

Artichokes  Collard greens
Arugula     Dandelion greens
Asparagus   Eggplant
Avocados    Endive
Bean sprouts Fennel
Beet greens  Fresh herbs
Bell peppers Garlic
Broccoli    Ginger
Brussels sprouts Green beans
Cabbage     Hearts of palm
Cauliflower Jalapeños
Celery      Kale
Chives      Lettuce
Mushrooms
Mustard greens
Onions
Radicchio
Radishes
Seaweeds (kelp, arame, wakame, etc.)
Shallots
Snap peas
Snow peas
Spinach
Summer squash
Swiss chard
Tomatoes
Turnip greens
Watercress
Zucchini

Starchy Veggies (eat only at dinner, 1/2 to 1 cup maximum up to 4 times per week)

- Sweet potatoes
  Winter squash (butternut, kabocha, acorn, etc.)
- Pumpkins
- Parsnips and beets
- Turnips, rutabaga, celeriac

Fruit (limit to ½ to 1 cup a day)

- Berries (blackberries, raspberries, wild blueberries, cranberries; not strawberries, as they are higher in sugar)
- Pomegranate seeds
- Watermelon
- Lemon
- Lime
- Kiwi

Approved Condiments, Staples & Spices

- Sea salt (Consume at least 1-2 teaspoons in food a day to prevent fatigue and weakness unless you have salt sensitive hypertension or kidney failure.)
- Tahini (sesame seed paste)
- Almond flour (or almond meal)
- Coconut flour
- Arrowroot
- Vanilla powder (unsweetened)
- Cocoa powder (unsweetened)
- Apple cider vinegar
- Balsamic vinegar
- Gluten-free tamari
- Vegetable or chicken stock (organic, no MSG or gluten)
- Dijon mustard
- Black peppercorns (for grinding)
- Dried or fresh herbs and spices, such as basil, cayenne pepper, chili powder, cinnamon, coriander, cardamom, ginger, cumin, onion powder, oregano, paprika, parsley, rosemary, sage, thyme, turmeric
What to Drink

- Water, filtered
- Hot lemon water
- Dr. Hyman’s Creamy Java or Latte, organic (see recipe). This is a version of my friend Dave Asprey’s Bulletproof Coffee.
- Veggie-Bone broth (see recipe)
- Organic coconut milk (1 can to 3-4 cans of water)

What to Avoid

- All processed meats (bacon, salami, canned meats, hot dogs, etc.)
- Gluten (in anything – including soy sauce, soup mixes)
- Grains (whole or otherwise). No bread or pasta substitutes of any kind
- Beans, except organic tofu or tempeh, green beans, snap peas and snow peas (including peanuts which are a legume)
- Dairy of any kind except grass fed or clarified butter
- Fruit, except for those listed above
- Refined vegetable oils (corn, canola, soy, sunflower, safflower, etc.)
- All other oils except extra virgin olive oil, avocado, macadamia, coconut, or high oleic safflower oil for high heat cooking
- Processed foods of any kinds (no additives, preservatives, dyes, MSG, etc.)
- Artificial or natural sweeteners (yes, even stevia and sugar alcohols like xylitolol)
- Carrageenan, a “natural thickener” in nut and other healthy “milks”
- Alcohol

Supplements to Take

- Multivitamin 2 a day
- Vitamin D3 2000 to 4000 IU a day total
- Omega 3 fats (EPA/DHA) 2 grams a day
- PGX 2.5 to 5 grams before every meal in large glass of water
- Magnesium citrate 300 mg at night (if you tend to have loose stools, use magnesium glycinate)
- MCT Oil or organic coconut oil (1-2 TBSP daily minimum)
- Potato starch 1 Tablespoon in cold water at bedtime

Here’s your list of specific products I use with my patients that are clean and high quality. You can get it all at store.drhyman.com. You will automatically receive a 10% discount for the program.

1. Multi t/d 2 a day by Pure Encapsulations
2. Vitamin D3 1000 U two a day by Pure Encapsulations
3. O.N.E Omega 2 a day by Pure Encapsulations
4. Magnesium citrate 150 mg by Pure Encapsulations 2 at bedtime
5. PGX by Natural Factors 2.5 to 5 grams before meals. It comes in single packs or powder or gelcaps. If you can manage it, the powder works better. The dose is 2 packets, 1 teaspoon, or 6 capsules before meals.

What to Do

- Move: Walk 30 minutes a day
- Calm: Breathe/Meditate 5 minutes a day
- Write: Journal 15 minutes a day
- Sleep: 7-8 hours a night

Your Daily Menu

Here is your template for your meals Days 1-14:

**Breakfast Options**

Option 1: This is my first choice for type 2 diabetics, if you are very overweight, or others who want more powerful, quicker results.

- Dr. Hyman’s Creamy Java or Latte with grass-fed butter or ghee and/or coconut oil (2-4 TBSP total). If you don’t want to use butter, you can just use the coconut oil.
- Dr. Hyman’s Green Smoothie with whole small-medium lemon, avocado, celery, spinach, parsley, cilantro, cucumber and some water (see recipe below)

Option 2:

- 2-3 whole organic or free range eggs, and avocado cooked with organic coconut oil (Dr. Bronner’s) or grass fed butter (Kerrygold) with greens (see below)
- Oily fish such as wild salmon, mackerel, sardines, black cod (see www.vitalchoice.com to order cans or frozen fish with greens (see below)
- Greens (spinach, kale, collards, Swiss chard). Steam or sauté with grass fed butter or coconut oil (can add eggs to this)
- If traveling ask restaurant for poached eggs or omelet with side of avocado and steamed or sautéed greens and some extra virgin olive oil.

Option 3:

- Shakes (see recipes below)

**Lunch Options**

- 2-3 cups non starchy veggies-greens (kale, collards, chard, bok choy, spinach, arugula, etc.) red pepper, zucchini, or yellow squash, grape tomatoes, etc. as salad, sauté, steamed, etc. at each meal
• 2-4 TBSP butter/coconut oil in food (either cooked in it or sprinkled on top. You can also use extra virgin olive oil for putting on top of your veggies with some sea salt.
• 4-6 ounces animal protein: grass fed lamb, beef, other wild game, oily fish, chicken (least optimum), well sourced shellfish (wild shrimp, scallops, crab, calamari, octopus), grass fed beef liver (once a week only)
• Note: can combine all in one pot for a stew if desired

Dinner Options

• 2-3 cups non starchy veggies-greens (kale, collards, chard, bok choy, spinach, arugula, etc.) red pepper, zucchini, or yellow squash, grape tomatoes, etc. as salad, sauté, steamed, etc. at each meal
• 2-4 TBSP butter/coconut oil in food (either cooked in it or sprinkled on top. You can also use extra virgin olive oil for putting on top of your veggies with some sea salt.
• 4-6 ounces animal protein: grass fed lamb, beef, other wild game, oily fish, chicken (least optimum), well sourced shellfish (wild shrimp, scallops, crab, calamari, octopus), grass fed beef liver (once a week only)
• ½ - 1 cup starchy vegetable (sweet potato, winter squash, etc)

Snack Options

• Handful of raw nuts
• Raw veggies with almond or cashew butter, olive tapenade, or tahini
• ½ avocado sprinkled with sea salt, lime or lemon juice, and/or lemon pepper
• Or choose from the snack recipes on page 77

Other Tips

• Use Kerrygold unsalted butter or other known grass fed butter.
• Use virgin coconut oil from Dr. Bronner or other organic coconut oil.
• Eat salt: Being on this higher fat diet without any sugar and carbs, will also require you to incorporate at least one teaspoon of salt daily. Getting rid of carbs can cause you to lose water and salt through your urine. You get rid of bloating and fluid retention, but that means you need more salt to keep your blood volume adequate and not feel weak or dizzy, or have trouble with exercise tolerance.
Dr. Hyman’s Veggie-Bone Broth Recipe

Ingredients:

4 lbs. soup bones from beef, lamb, bison, venison, chicken, turkey, or even duck! (Ask your local butcher for organic or grass-fed)
2 Tablespoons apple cider vinegar
2 carrots roughly chopped
2 celery stalks roughly chopped
1 medium onion chopped
2 garlic cloves smashed
2 bay leaves
1 bunch parsley
1 Tablespoon of sea salt
2 quarts of filtered water

Instructions:

• Place the bones in a slow cooker and drizzle the vinegar to coat all bones. Add in the vegetables, herbs, and salt. Add water. Stir to combine.
• Set the slow cooker on low and cook for 12 to 24 hours.
• When the broth is finished, discard the bones, vegetables, and herbs. Strain the liquid to remove all solids through a sieve into a glass container or 4-quart jar.
• Refrigerate the broth for at least 3 hours or overnight. The fat will separate, rise to the top, and form an opaque white layer. Once the fat has congealed, skim it off the top to remove excess fat. You can also leave the fat in if you like your broth “creamy”.
• To serve, heat the broth (which will resemble gelatin) over medium-low heat, stirring occasionally. Then pour 1 cup into a mug and enjoy. Or, use the broth in recipes calling for chicken or beef stock.
• Store all leftover broth in a sealed container in the refrigerator for up to 4 days, or in the freezer for 9 months to a year

Nutritional analysis per serving (1 cup broth): calories 72, fat 6 g, saturated fat 3 g, cholesterol 22 mg, fiber 0 g, protein 6 g, carbohydrate 1 g, sodium 269 mg

Dr. Hyman’s Green Breakfast Smoothie

Blend together:

1 small-medium lemon, quartered
1 whole avocado, peeled and pitted
2 stalks celery
2 cups spinach
½ bunch of parsley
½ bunch of cilantro
1 organic cucumber
Water as needed to desired consistency (you can drink or eat with spoons)

Nutritional analysis per serving (1 smoothie) calories 420, fat 30g, saturated fat 5g, cholesterol 0mg, fiber 23g, protein 12g, carbohydrate 36g, sodium 180mg

Dr. Hyman’s Morning Creamy Java (a version of my friend Dave Asprey’s Bulletproof Coffee)

Blend together:

2 cups of hot coffee (regular or decaf), ideally fresh brewed with organic beans
2 Tablespoons of grass fed butter or ghee
2 Tablespoons of Dr. Bronner’s organic coconut oil or 2 Tablespoons of MCT oil
½ teaspoon of organic cinnamon (optional) or 1 teaspoon of organic cocoa powder for a mocha

For best results, use metal mesh filter or French press.

Nutritional analysis per serving (2 cups): calories 500, fat 54, saturated fat 44g, cholesterol 80mg, fiber 1g, protein 0g, carbohydrate 1g, sodium 15mg

Dr. Hyman’s Morning Creamy Vanilla Latte (a version of my friend Dave Asprey’s Bulletproof Coffee)

Blend together:

2 cups of hot filtered water
2 Tablespoons of grass fed butter or ghee
2 Tablespoons of Dr. Bronner’s organic coconut oil or 2 Tablespoons of MCT oil
1 teaspoon of unsweetened vanilla powder
½ teaspoon of organic cinnamon (optional) and ¼ teaspoon of cardamom
OR 1 teaspoon of organic cocoa powder (optional)

Nutritional analysis per serving (1 cup): calories 520, fat 54, saturated fat 44g, cholesterol 0mg, fiber 1g, protein 1g, carbohydrate 2g, sodium 0mg
The Gourmet Plan Recipes

Beginning on Day 15, feel free to experiment with any of these amazingly delicious but accessible recipes. They maintain the basic EFGT Foundation Plan Principles, while adding in a few more carbohydrates.

The important thing to understand and note when including carbs in your diet or in recipes is net carbs. Net carbs refers to the net effect of carbs on your metabolism. It is calculated by taking the total carbs MINUS the fiber. So if you have 45 grams of carbs in serving, but 15 grams of carbs, the net carbs equals 30 grams.

Ideally you want to keep below 50 grams of carbs for the first two weeks, which the Foundation Plan achieves, then either stay on this until you reach your health or weight goals, or increase to 100 grams if you are feeling good.

With that basic formula in mind, along with your “What to Eat” principles, feel free to mix, match, and enjoy!
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BREAKFAST RECIPES

Broccoli Sausage Frittata

With a few veggies and pre-cooked chicken sausage, you can have this satisfying, savory frittata on the table in under 45 minutes, perfect for a weekend breakfast or brunch. Serve with diced avocado and fresh berries on the side.

Prep Time: 20 minutes
Cook Time: 15 minutes

Serves 4

Ingredients:

- 2 links pre-cooked Italian chicken-turkey sausage (such as Applegate Farms organic)
- 1 small leek
- 1 Tablespoon clarified butter or ghee
- 6 ounces packaged broccoli florets
- 8 large, omega-3 eggs
- 1 Tablespoon chopped fresh oregano or parsley leaves
- ¼ teaspoon ground black pepper
- 1 avocado, peeled, seeded and diced

Instructions:

Pre-heat the oven to 400°F. Fill a 4-5 quart pot ¾ full of water and bring to a boil. Add the broccoli florets and cook 2 minutes. Drain immediately and chop into small pieces (or faster prep time, this can be done ahead).

Quarter the sausage links lengthwise and chop crosswise into small pieces. Cut the dark green top and root end off of the leek and use the white and light green part. Split the leek lengthwise and rinse under cold water to dislodge any sand or dirt. Chop the leek crosswise into thin pieces. Melt the clarified butter in a 10” well-seasoned cast iron skillet over medium heat. Add the leeks to the pan and cook until leeks are softened about 2 minutes. Add the sausage pieces and brown a little, about 3-4 minutes, stirring with the leeks. Stir in the broccoli and spread the vegetables into an even layer.

In a medium bowl, whisk the eggs together until smooth, then pour over the vegetables. Spread the eggs evenly over the vegetables with a spatula if needed. You can also add the eggs to a blender and blend on low for 30 seconds, then pour over the vegetables. Sprinkle evenly with the pepper.

Place the pan in the oven and bake until the quiche is set in the center and the top is a light golden brown, about 14-16 minutes. Serve the quiche either warm or at room temperature topped with a quarter of the avocado per person. Leftovers can be
refrigerated, covered, for 1-2 days then heated in a warm oven or eaten at room temperature.

_Nutritional analysis per serving (1 slice):_ calories 340, fat 25g, saturated fat 7g, cholesterol 495 mg, fiber 5g, protein 24g, carbohydrate 13g, sodium 570 mg

Ruby Smoothie

With nutty almond milk and creamy almond butter, this raspberry smoothie will blast off your day with healthy fat, antioxidants, and phytonutrients. For readers with nut allergies, use rice milk, hemp, or unsweetened organic soy milk.

Prep time: 5 minutes

Serves 1

Ingredients:

- 10 ounces unsweetened almond milk
- ½ cup frozen unsweetened raspberries
- 2 Tablespoons ground flaxseed
- 2 Tablespoons creamy almond butter
- 1 Tablespoon chia seeds
- 1 Tablespoon pomegranate powder (or 3 strawberries)

Instructions:

Place all items in a blender with the lid on and gradually increase to high speed. Run blender until smoothie is creamy and well blended.

_Nutritional Analysis per Serving (2 cups):_ Calories: 430, Fat: 31g, Saturated Fat: 2g, Cholesterol: 0 mg, Fiber: 15g, Protein: 13g, Carbohydrates: 31g, Sodium: 320 mg

Mexican Style Egg & Vegetable Scramble

Lots of color and vegetables make for an out of the ordinary breakfast scramble with south-of-the-border flavor. The bacon can be cooked ahead of time for faster cooking on busy mornings. Add as much jalapeño as you dare. Serve with a small side of fresh berries.

Prep Time: 10 minutes
Cook Time: 10-20 minutes

Serves 4
Ingredients:

- 4 strips uncured turkey bacon
- 6 large eggs
- 2 Tablespoons coconut milk
- 1 Tablespoon plus 1 teaspoon olive oil or clarified unsalted butter
- 1 small brown or red onion, finely chopped
- 1 red or orange bell pepper, stemmed, seeded and finely chopped
- 1 tomato, cored, seeded and finely chopped
- 1 small jalapeno pepper, stemmed, seeded and finely chopped (optional for heat sensitive)
- 1 Tablespoon freshly chopped cilantro leaves
- 1 avocado, seeded and sliced into eights
- 1/4 teaspoon sea salt
- ¼ teaspoon ground black pepper

Instructions:

Pre-heat the oven to 350°F. Line a rimmed baking sheet with foil. When the oven is ready, place the bacon strips on the foil and bake for 9-10 minutes. Turn and bake the other side for another 9-10 minutes or until crisp and brown. To facilitate crisping and browning, you can place the bacon on a wire rack while baking. Remove the bacon and chop into small pieces. Set aside.

Crack the eggs into a bowl, add the coconut milk and whisk until smooth. Set aside.

In a large non-stick fry pan or skillet over medium heat, add the oil. When the oil is hot, add 1 cup each of onion, bell pepper and tomato. Stir and cook until the vegetables are softened, about 2 minutes. Add the jalapeno pepper and cook until it is softened, about 1 more minute. Add the whisked eggs to the pan and reduce the heat to low. Sprinkle the chopped bacon over the eggs. Cook the eggs and the vegetables slowly, pushing them around the pan with a wooden spoon or flexible heatproof spatula until they are creamy and scrambled.

Sprinkle the eggs with cilantro and serve with the avocado slices. Season to taste with salt and pepper.

Tool note: if your non-stick pan is scratched and flaking, it’s time for a new one. Use only wooden or heat-resistant silicone tools in non-stick pans to extend their life, and be sure to hand wash them. Use liquid oils or butter, not sprays in non-stick pans.

Nutritional Analysis per Serving (1-1/4 cup eggs/vegetables, 1/4 avocado)
Calories: 290, Fat: 21 g, Saturated Fat: 5 g, Cholesterol: 360 mg, Fiber: 5 g, Protein: 17 g, Carbohydrates: 11 g, Sodium: 540 mg
**Kiwi-Lime Smoothie**

You would never guess the creaminess and protein in this smoothie come from tofu and cashew butter! All you will taste is the zing of lime and citrusy kiwi. The tofu is a great source of protein, but be sure to buy organic. The cashew butter adds healthy fat and more protein.

**Prep Time:** 5 minutes  
**Cook Time:** 5 minutes

**Ingredients:**

- 10 ounces unsweetened almond milk  
- 3 ½ ounces organic silken tofu, drained  
- 2 kiwis, peeled and quartered  
- 2 Tablespoons creamy raw cashew butter  
- 2 Tablespoons hemp seeds  
- 1 lime, juiced  
- ½ teaspoon no-alcohol vanilla extract (optional)

**Instructions:**

Place all ingredients in the blender and puree until smooth and creamy.

*Nutritional analysis per serving (2 1/4 cups):* calories 500, fat 30 g, saturated fat 4 g, cholesterol 75 mg, fiber 8 g, protein 19 g, carbohydrate 41 g, sodium 170 mg

---

**Chia and Berry Breakfast Pudding**

A nice departure from smoothies and eggs, this pudding is almost like eating dessert. Make it the night ahead and it will be a quick breakfast in the morning. Chia seeds add protein and the gelling ability to make it creamy.

**Prep Time:** 10 minutes

**Serves 4**

**Ingredients:**

- 1 ½ cups whole coconut milk  
- 1 ½ cup almond milk  
- ¾ cup chia seeds  
- 2 Tablespoons no-alcohol vanilla
2 teaspoons cinnamon
¾ teaspoon nutmeg (optional)
2 cups fresh berries
1/4 cup finely chopped walnuts

Instructions:

Place all of the ingredients except the walnuts into a large mixing cup or bowl and stir until everything is incorporated. Pour pudding base into 4 10-ounce small bowls or ramekins. Cover and refrigerate overnight to allow the pudding to get creamy and set.

To serve, top each bowl with ½ cup berries and 1 Tablespoon of chopped walnuts.

_Nutritional analysis per serving (1/2 cup, with berries): calories 430, fat 31 g, saturated fat 12 g, cholesterol 0 mg, fiber 15 g, protein 9 g, carbohydrate 28 g, sodium 95 mg_

_Amazon Cocoa Berry Smoothie_

This vivid purple smoothie will power your morning with Amazon acai berries and blueberries. A rich source of healthy omega fats, acai also provides vitamins and minerals. The cocoa powder, a good source of minerals, plays off the natural cocoa flavor of the acai berry.

Prep time: 5 minutes

Cook Time: 5 minutes

Serves 1

Ingredients:

1-3.5 ounce packet unsweetened frozen acai puree
5 ounces water
4 ounces full fat coconut milk
1/3 cup frozen blueberries
1 Tablespoon hemp seeds
1 Tablespoon chia seeds
1 Tablespoon coconut butter or oil
1 Tablespoon raw natural cocoa powder
1 Tablespoon cashew butter

Instructions:

Run the frozen acai packet under cold water for a few seconds and break it up with your fingers. Cut open the top and squeeze the acai into the blender. Add all other ingredients and puree until smooth.
Nutritional Analysis per Serving (2 cups): Calories: 450, Fat: 37 g, Saturated Fat: 18 g, Cholesterol: 0 mg, Fiber: 8 g, Protein: 10 g, Carbohydrates: 24 g, Sodium: 25 mg

Almond Pancakes with Berries

Golden pancakes for a weekend breakfast treat – with no wheat and no grains at all. Top with fresh berries and a drizzle of warmed coconut oil, grass-fed butter, clarified butter, or ghee.

Prep Time: 10 minutes
Cook Time: 20 minutes

Serves 4 (Yield 12- 4” pancakes)

Ingredients for pancakes:

4 eggs
½ cup coconut milk
½ cup water
2 Tablespoons clarified or grass-fed butter, ghee or coconut oil
2 teaspoons non-alcohol vanilla or almond extract
1 cup almond flour
¼ cup coconut flour
1 teaspoon baking soda
½ teaspoon cinnamon
2 pinches of sea salt
1 teaspoon coconut oil (for the griddle)

Ingredients for toppings:

2 Tablespoons plus 2 teaspoons melted coconut oil or clarified or grass-fed butter (to top pancakes)
2 cups raspberries, blackberries, blueberries or sliced strawberries

Instructions:

Pre-heat oven to 200°F and place a plate in the oven.
In a medium bowl whisk together the wet ingredients: eggs, coconut nut milk, water, butter and vanilla until smooth. In another bowl whisk together the dry ingredients: both flours, baking soda, cinnamon and salt. Combine the wet and dry ingredients into one bowl and whisk until smooth. The batter will be thick and look a little grainy.

Pre-heat a large non-stick flat griddle or large non-stick pan over medium heat with 1 teaspoon coconut oil. When the pan is hot, use a scant ¼ cup measuring cup to ladle batter onto the griddle for each pancake. Spread the batter into a circle if needed.
Cook pancakes until the first sides are light golden brown, about 4-5 minutes. Bubbles will start forming at the edges before it’s time to turn the pancakes. Turn pancakes over and cook the other side until done, about another 2 minutes. Remove pancakes to the warm plate in the oven, covered with a clean kitchen towel, then repeat the process to complete 12 pancakes.

Serve pancakes warm, 3 per person, topped with ½ cup of fresh berries and 2 teaspoons of melted coconut oil or clarified butter per person.

*Nutritional analysis per serving (3 pancakes, ½ cup fresh berries, 2 teaspoons oil or butter): calories 460, fat 39 g, saturated fat 19 g, cholesterol 225 mg, fiber 10 g, protein 59 g, carbohydrate 20 g, sodium 580 mg*

**LUNCH RECIPES**

**Sun-Dried Tomato and Turkey Burgers with Avocado Cream**

You won’t miss the bun with these moist and flavorful turkey burgers! If all you can find at the store is lean 7%-10% ground turkey breast, add 2 teaspoons of olive oil to the burger mix.

**Prep Time:** 10 minutes  
**Cook Time:** 15 minutes

**Ingredients:**

1 ¾ pounds of dark ground turkey (15% fat)  
12 large oil-packed, sulfite-free sundried tomatoes, chopped  
2 Tablespoons finely chopped fresh basil or parsley leaves  
1 Tablespoon plus 1 teaspoon Dijon mustard  
¾ teaspoon sea salt  
¼ teaspoon ground black pepper  
2 pinches red pepper flakes (optional)  
1 teaspoon olive oil  
1 ripe avocado, peeled, and seeded  
¼ cup Avocado Cream (page 77)  
1 teaspoon lemon juice  
2 pinches sea salt

**Instructions:**

In a medium bowl, mix the ground turkey, chopped tomatoes, chopped herbs, mustard, salt and peppers until smoothly incorporated. Mix the turkey with your hands. Divide the burger mixture into 4 even portions and form into rounded patties about 3/4 “ thick and 3 3/4 “ across. To make perfectly round burgers, use a ring mold.

Place oil in a non-stick pan and heat over medium low. When the pan is hot, add the patties and cook until a browned crust forms, about 3-4 minutes. Turn patties over,
cover the pan with a lid. Turn the heat to low and cook burgers 7-8 minutes until they reach 165°F when measured internally or until the meat is no longer pink.

While the patties are cooking, place the avocado, mayonnaise, lemon juice and salt into the bowl of a food processor with the steel knife and puree until smooth and creamy.

Serve burgers with a quarter of the avocado cream on top. Goes well with with the Zucchini Ribbon Salad on page 73.

Nutritional analysis per serving (1 burger with avocado crema): calories 460, fat 38g, saturated fat 8g, cholesterol 135mg, fiber 4g, protein 26g, carbohydrate 26g, sodium 470mg

Lemon-Dill Shrimp & Avocado Salad

The classic flavor combination of bright lemon and refreshing dill make a creamy sauce for cooked bay shrimp, served over an avocado half with crisp greens. It transports easily for lunch away from home with them items packed separately and kept cold for transport. Homemade mayonnaise makes this salad extra delicious.

Prep Time: 15 minutes

Assembly Time: 5 minutes

Serves 4

Ingredients for salad:

1¾ pounds of cooked bay shrimp
1 lemon, juiced
2 Tablespoons finely chopped shallot
2 ribs celery, finely chopped
3 Tablespoons of homemade mayonnaise (page xx)
1 Tablespoon plus 1 teaspoon Dijon mustard
1 Tablespoon plus 1 teaspoon capers, rinsed and drained
2 Tablespoons finely chopped fresh dill
2 avocados, split, seeded and quartered
1 Tablespoon plus 1 teaspoon hemp seeds
12 ounces salad greens
1/2 of a dry pint of grape tomatoes, halved (about 20)
Salt and ground black pepper
2 large scallions, chopped fine

Ingredients for vinaigrette dressing:

3 Tablespoons olive oil
1 1/2 Tablespoons champagne or white wine vinegar
1 teaspoon Dijon mustard
Salt and ground black pepper

Instructions:

Place shrimp in a bowl and toss them with a Tablespoon of lemon juice while you make the dressing. In a separate bowl, mix shallot, mayonnaise, 4 teaspoons of lemon juice, mustard, capers, and dill until well combined. Season with a little salt and pepper. Drain shrimp and add the shrimp to the bowl with the creamy dressing. Toss gently to coat.

Make the vinaigrette for the salad greens by whisking together the olive oil, vinegar and mustard until smooth.

Divide salad greens between 4 plates. Place 2 avocado quarters in the center of each plate and pile a quarter of the shrimp salad into the center of the avocados. Top shrimp salad with 1 teaspoon of hemp seeds and a little extra chopped dill if desired for garnish. Scatter tomatoes around the plate. Drizzle vinaigrette on the salad greens and serve.

Nutritional Analysis per Serving (1 cup shrimp, 2 cups salad, 1/4 avocado)
Calories: 520, Fat: 38 g, Saturated Fat: 5 g, Cholesterol: 235 mg, Fiber: 10 g, Protein: 34 g, Carbohydrates: 19 g, Sodium: 600 mg

Roast Chicken, Raspberry and Walnut Salad

A twist on classic chicken salad with walnuts, raspberries and avocado, and a walnut oil vinaigrette. Roast the chicken a few days ahead to make assembly faster, or use leftover roast chicken.

Prep Time: 20 minutes

Serves 4

Ingredients for chicken salad:

½ cup chopped walnuts
1/3 cup finely chopped celery (1 large rib)
¼ cup homemade avocado mayonnaise (page 69)
2 ½ Tablespoons finely chopped shallot (1 small)
2 ½ Tablespoons chopped fresh herbs (dill, parsley, cilantro, tarragon, or thyme)
2 teaspoons fresh lemon juice
1 pound roast chicken breast, chopped small (meat from 1 ½ roasted, skinned, bone-in breasts)
Sea salt and pepper, to taste
8 ounces salad greens (arugula, baby kale or romaine, or mixed spring)
1 avocado, split, seeded, quartered and peeled
¾ cup fresh raspberries
Ingredients for dressing:

2 Tablespoons walnut oil
1 Tablespoon vinegar (champagne, raspberry or red wine)

Instructions:

Add walnuts, celery, mayonnaise, shallot, herbs and lemon juice to a medium bowl and stir together until well combined. Add the chopped chicken breast and toss to coat evenly. Season with salt and pepper. Divide the greens into four portions and pile on a dinner size plate. Divide the chicken salad into four portions and mound on top of the greens.

To make the dressing, whisk together the oil and vinegar until smooth, and drizzle around the greens. Add the sliced avocado and raspberries around the edges of the plate.

Nutritional analysis per serving about (1/2 cup chicken salad, 2 cups greens, dressed):
calories 450, fat 34 g, saturated fat 4 g, cholesterol 55 mg, fiber 7 g, protein 26 g, carbohydrate 14 g, sodium 151 mg

California Kale Cobb Salad

With artichokes hearts and avocado, this colorful and hearty kale salad will fill you up and fuel you with veggies, healthy fats and plenty of protein. To save prep time you can wash and chop the kale and bake the bacon ahead of time.

Prep Time: 20 minutes

Serves 4

Ingredients for salad:

2 bundles raw kale
1 avocado, peeled, quartered and diced
4 slices turkey bacon, cooked and chopped
½ dry pint grape seed or cherry tomatoes, halved
1 15 ounce can water-packed artichoke heart quarters, drained
16 ounces cooked, diced chicken
4 scallions

Ingredients for dressing (makes ¾ cup)

½ cup avocado mayonnaise (page 69)
2 Tablespoons lemon juice
2 Tablespoons finely chopped Italian parsley
1 Tablespoon Dijon mustard
1 garlic clove, finely chopped
a pinch of ground black or white pepper

Instructions:

Pre-heat the oven to 350°F. Line a rimmed baking sheet with foil. When oven is hot, place bacon strips on the foil and bake 10 minutes. Turn and bake 10 minutes longer, or until crisp and browned. Remove from the oven. When bacon is cool, chop into pieces.

While the bacon is baking, wash the kale leaves, strip out the center rib, and chop leaves crosswise into thin ribbons. Layer the leaves onto four dinner size plates. Top each salad with a quarter of the diced avocado, bacon, tomatoes, artichokes and chicken.

To make the dressing, place all ingredients into a small bowl and whisk until creamy and smooth. Sprinkle each salad with scallions and serve with 2 Tablespoons of creamy dressing per person.

Nutritional analysis per serving (about 3 1/2 cups salad): calories 540, fat 33 g, saturated fat 5 g, cholesterol 130 mg, fiber 9g, protein 38 g, carbohydrate 28 g, sodium 490 mg

Beef and Veggie Stuffed Peppers

Bell peppers make a great vessel for a spiced beef and vegetable filing. Make them a day or two ahead, cool, refrigerate, and bake when you are ready. If you bake them ahead of time they reheat well too. Serve with dollops of the No Cheese sauce if desired (page 68). Add a side green salad with diced avocado and tomatoes.

Prep Time: 20 minutes
Cook Time: 55 minutes
Serve: 4

Ingredients:

4 large red, orange or yellow bell peppers
2 Tablespoons olive oil
1 pound 15% ground beef, preferably grass fed
1 small onion, chopped fine
4 garlic cloves, finely chopped
1 Tablespoon plus 1 teaspoon ancho chili powder
2 teaspoons cumin
2 teaspoons paprika
2 teaspoons dried oregano
1 small zucchini, quartered lengthwise and chopped small
1 15-ounce can diced tomatoes (petite diced work well)  
½ teaspoon sea salt  
¼ teaspoon ground black pepper  
¼ cup chopped cilantro or Italian parsley leaves

Instructions:

Trim off any green stem on the top of each bell pepper, if there is any (just the stem, not the top of the pepper). Cut the pepper in half lengthwise, from top to bottom. Pick out the seeds and white membrane until you have a clean “cup” to hold the filling. Set them aside while you make the filling.

In a large 12” fry pan, skillet or sauté pan, heat olive oil over medium heat. Add onion and cook until the onion is soft and translucent, about 3 minutes, stirring occasionally. Turn the heat down to medium low if the onions cook too quickly. Add the garlic, cumin, paprika, and oregano and cook 1-2 minutes. Add the zucchini and cook until it is softened, about 3-4 minutes.

Add the beef, and cook until the meat is no longer pink, breaking it up with a wooden spoon and stirring, about 8-10 minutes. Add the tomatoes and simmer until the tomatoes have broken down and flavors have blended, about 8-10 minutes longer. Season with the salt, pepper and fold in the fresh herbs.

Divide filling between the 8 pepper halves. Place stuffed peppers in a large casserole dish, cover with foil and bake in a pre-heated 350°F oven for approximately 30 minutes or until the filling is 165°F when measured with a digital thermometer in the center.

The peppers can be refrigerated, covered and unbaked for 2-3 days. To bake, bring them to room temperature and bake as above. The peppers can also be baked, cooled, refrigerated and then-re-heated. Leftovers can be stored, covered, in a glass casserole dish or storage container with a lid for up to 3 days.

Nutritional analysis per serving (1 stuffed pepper without sauce 1 spoonful of sauce):  
calories 410, fat 25g, saturated fat 8g, cholesterol 75mg, fiber 6g, protein 25g, carbohydrate 21g, sodium 390mg

Nutritional analysis per serving (1 stuffed pepper with 1 spoonful of sauce): calories 450, fat 28g, saturated fat 10g, cholesterol 75mg, fiber 6g, protein 26g, carbohydrate 23g, sodium 425g

**Turkey Lettuce Wraps with Creamy Cashew Lime Sauce**

These wraps make a terrific, satisfying lunch, and they are easily transportable for lunch away from home at the office or school.

Prep Time: 20 minutes  
Cook Time: 20 minutes
Serves 4

Ingredients for wraps:

½ pound snap peas
1 Tablespoon coconut oil
½ an onion, chopped fine
4 garlic cloves, peeled and finely chopped
1-4” piece fresh ginger, peeled and grated fine (to grate ginger finely, use a microplane zester)
1 pound ground dark turkey
1 Tablespoon plus 1 teaspoon low sodium tamari
½ cup cashews, chopped (or 6 Tablespoons hemp seeds)
1/3 cup chopped fresh cilantro leaves
4 scallions, chopped fine
8-10 drops hot sauce, optional or red pepper flakes
16 butter lettuce leaves

Ingredients for sauce:

4 Tablespoons raw creamy cashew butter (or tahini)
1 large lime, juiced
1 Tablespoon plus 1 teaspoon low sodium tamari
1 Tablespoon plus 1 teaspoon unseasoned rice vinegar

Instructions:

Bring a 4-5 quart pot of water to a boil. While water is coming to a boil, snap the top end off of the snap peas and pull off the side string. When water is boiling, add a teaspoon of salt and drop the peas in. Boil for 2 minutes. Drain immediately. Chop snap peas crosswise into thin pieces. Set them aside.

Heat coconut oil in a large 12” fry pan or skillet over medium heat. Add the onion and cook until soft, turning heat down if necessary so the onion does not brown. Add the garlic and ginger and cook 1 more minute. Add the ground turkey to the pan, breaking it up with a wooden spoon or spatula. Cook the turkey, stirring and continuing to break it up until it is no longer pink, about 8-10 minutes.

While the turkey is cooking, stir together the cashew butter, lime juice, tamari and rice vinegar into a smooth sauce and set aside for serving.

When the turkey is ready, stir the chopped snap peas and the tamari into the turkey and onion mixture, then stir in the cashews, cilantro, scallions and hot sauce. Lay 4 lettuce leaves on each of the 4 plates and top with a generous ¼ cup of the turkey and vegetables. Top with 1 ½ tablespoons of the sauce per person.

Note: For a nut-free version, replace the chopped cashews with 6 Tablespoons of hemp seeds and replace the cashew butter with tahini (sesame seed butter).
Nutritional analysis per serving (4 lettuce cups, 1 1/2 Tablespoons sauce): calories 470, fat 31 g, saturated fat 9 g, cholesterol 90 mg, fiber 5 g, protein 28 g, carbohydrate 20 g, sodium 540 mg

Sautéed Kale and Peppers with Poached Eggs

Poached eggs seem to work for almost any meal, and this colorful, vegetable-filled dish is nice for a weekend lunch or brunch. A mustardy sauce recipe is here, but you can also use Avocado Mayo (page 69) or the No-Cheese sauce (page 68). Choose your favorite.

Prep Time: 25 minutes
Cook Time: 20 minutes

Serves 4

Ingredients:

Ingredients for kale and eggs:

2 bunches of Lacinato or Tuscan kale
2 large red or orange bell peppers
1 brown or sweet onion
4 garlic cloves, finely chopped
1 Tablespoon plus 2 teaspoons olive oil
¼ teaspoon sea salt
¼ teaspoon ground black pepper
8 large eggs
½ teaspoon paprika (optional)

Ingredients for sauce:

½ cup homemade mayonnaise (page 69)
2 Tablespoons Dijon mustard
1 teaspoon finely chopped fresh tarragon leaves
A few drops of hot sauce (optional)

Instructions:

Prepare kale by stripping out the center stem. Hold the end of the leaf in one hand, make a soft fist with your other hand and run your hand up the stalk, stripping the leaf. You can also cut the stem out with a sharp knife. Chop the leaves crosswise into thin ribbons.

Cut the top off of the peppers, then cut them in half top to bottom. Cut the peppers in half again. Remove the seeds and white membrane, then slice peppers into thin strips.
Cut the onion in half from stem to root end, peel and lay halves flat. Slice the halves into thin half moons.

Heat the oil in a large sauté or fry pan, about 12”-14”, over medium heat. Add the onion and the peppers and cook until vegetables are soft, about 4 minutes, stirring as they cook. Add the garlic and cook another 30 seconds, stirring. Sprinkle with the salt and pepper. Add the kale ribbons and stir, turning leaves over to mix with the onions and peppers until coated with oil and juices. The kale pile will look big, but it cooks down quickly. Cook the vegetables until the kale is reduced and softened, about 5-7 minutes. For softer kale, add 1-2 Tablespoons of water to the pan to steam the kale. Cover the vegetables pan with a lid and turn off the heat. Keep the vegetables warm while the eggs poach.

To make the sauce, whisk together the mayonnaise, mustard, tarragon leaves and hot sauce. Set aside to dress eggs at serving time.

To serve, divide the vegetables between four shallow bowls, top with the two poached eggs per bowl and top with 2 Tablespoons of the sauce. Sprinkle with the paprika and some freshly ground black pepper.

Nutritional Analysis per Serving (1 1/2 cups vegetables, 2 eggs, 2 Tablespoons sauce)
Calories: 470, Fat: 37 g, Saturated Fat: 7 g, Cholesterol: 495 mg, Fiber: 4 g, Protein: 19 g, Carbohydrates: 22 g, Sodium: 620 mg

DINNER RECIPES

Five Spice Seared Salmon Fillets with Sautéed Sesame Cabbage

A blend of cinnamon, star anise, anise seed, ginger and cloves, Chinese Five Spice works wonderfully against the richness of wild salmon. Look for it in the spice section of your market. For an easy dinner with Asian flavors. Serve over quickly sautéed cabbage with sesame seeds and sesame oil for a warm vegetable side dish.

Prep Time: 20 minutes
Cook Time: 25 minutes
Serves 4

Ingredients for salmon:

1 ¾ pounds wild salmon, skinned 1 Tablespoon plus 1 teaspoon Chinese Five Spice
½ teaspoon granulated garlic 1 teaspoon coconut oil
¼ teaspoon sea salt 1 Tablespoon toasted sesame oil

Ingredients for Sesame Cabbage:
1 head green cabbage (1 ½ pounds), cut in half, cored and sliced thin
2 Tablespoons coconut oil
6 scallions, chopped thin
1 3” piece fresh ginger, peeled and grated fine (1 Tablespoon)
4 garlic cloves, finely chopped
1 Tablespoon low sodium tamari
2 Tablespoons sesame seeds (white, black or combination)
2 Tablespoons chopped fresh cilantro or parsley leaves (about ¼ a bundle)

Instructions:

Pre-heat the oven to 425°F. Turn the salmon fillets over and trim out any dark purple bloodline with a sharp thin knife (removing the bloodline makes the salmon more mild tasting). Sprinkle the top of the salmon fillets with the granulated garlic and salt, then with 1 teaspoon of the Chinese Five Spice per fillet. Set the salmon aside.

Heat a large skillet or fry pan (12” – 14”) over medium heat. Add the coconut oil. When the oil is hot, add the scallions, garlic and the ginger. Cook about 1 minute, stirring. Turn heat down if needed so the garlic and ginger do not burn. Add the sliced cabbage to the pan. It will seem like a huge amount of cabbage but will cook down quickly. Cook the cabbage, turning it over to coat it with the coconut oil and stirring with a spatula until the cabbage wilts down and softens. When the cabbage is wilted and softened, stir in the tamari sauce, sprinkle with the sesame seeds and fold in the cilantro leaves. Keep the cabbage warm while you cook the salmon.

To cook the salmon, heat a large 10”-12” well-seasoned cast iron skillet over medium heat until hot, about 4-5 minutes. Add the oil to the pan, then add the salmon fillets, spiced side down. Cook until the salmon is golden and crusted, being careful not to burn the spices, about 4-5 minutes Turn the fillets over, spiced side up, and place the pan in the oven. Finish the salmon by roasting for 2-3 minutes for 1” thick fillets.

Remove the hot pan from the oven and serve the salmon drizzled with the sesame oil over the cabbage. For any leftovers, place in glass storage containers with tight fitting lids. Salmon is best enjoyed the next day and cabbage will keep 2-3 days.

Nutritional analysis per serving (about 6 ounces salmon, 1 1/4 cup cabbage): calories 440, fat 23 g, saturated fat 11 g, cholesterol 75 mg, fiber 5 g, protein 41 g, carbohydrate 15 g, sodium 440 mg

Braised Chicken with Creamy Cashew Gravy

This crisp-skinned chicken with a creamy sauce might make you feel like you are eating at a French bistro. Cashew butter gives the sauce an amazingly smooth richness. You will want to lick up every drop! Serve it with the Braised Fennel (page 71)

Prep Time: 15 minutes
Cook Time: 40 minutes
Ingredients:

4 bone-in, skin-on chicken breasts
1 Tablespoon olive oil, divided use
½ teaspoon sea salt
½ teaspoon granulated garlic
¼ teaspoon ground black pepper
1½ cups chicken broth (low or no sodium)
1½ cups plain unsweetened almond milk
¼ cup creamy raw cashew butter
2 Tablespoons Dijon mustard
4 garlic cloves, peeled and finely chopped
1 ½ Tablespoons fresh chopped thyme leaves, divided use
2 Tablespoons water
1 Tablespoon arrowroot starch

Instructions:

  Pre-heat the oven to 375°F.
  Turn the breasts skin side down and cut off any excess fat from the top and sides of the breast. Then with a heavy knife or poultry scissors, trim off the small side rib bones for a clean edge. Discard the ribs and excess fat.
  Over medium heat, add 1 Tablespoon of olive oil to a 5½-quart Dutch oven or other heavy pan large enough to hold all of the chicken breasts in a single layer.
  Combine salt, garlic and pepper in a small bowl and sprinkle over the chicken breasts. Place the chicken breasts skin side down and allow them to cook until they have a golden brown crust, about 5-7 minutes. Turn the chicken over and cook the other side 2-3 minutes, until browned. Remove from heat.
  Meanwhile, in a bowl or large measuring cup, whisk together the broth, almond milk, cashew butter, mustard and the garlic until smooth. Pour around the chicken in the pan. Sprinkle with 1 Tablespoon of the chopped thyme leaves.
  Place a lid on the pan and place in the oven. Roast the chicken for approximately 30 minutes or until a digital thermometer reads 160°F-165°F when inserted into the thickest part without touching the bone. When the chicken is done, transfer the pieces to a plate or platter and keep it warm covered with foil. Do not discard the juices from the pan.
  Combine the water and the arrowroot starch and stir until smooth. Add the arrowroot mixture to the pot with the chicken juices and whisk until smooth. Simmer for 2-3 minutes to cook off the raw taste and for the juices to thicken into gravy.
  Serve the hot gravy with the chicken and vegetables. Store any leftover sauce in an airtight container in the refrigerator up to 5 days.

_Nutritional analysis per serving (1 breast, 1/2 cup sauce): calories 340, fat 23 g, saturated fat 6 g, cholesterol 65 mg, fiber 1 g, protein 24 g, carbohydrate 10 g, sodium_
Coconut Curry Mussels With Zucchini Noodles

This richly flavored, Indian-inspired seafood dish comes together quickly with flavors of curry powder, ginger, lime, and coconut milk. After eating the mussels, you can enjoy the flavorful broth like a soup. When buying fresh mussels, they should be closed or should close when you tap them, meaning they are alive. Avoid mussels with broken or cracked shells. Use mussels within a day of purchase. Store in the refrigerator on ice covered with damp paper towels. Do not store in a closed plastic bag as mussels will suffocate. Wash mussels just before cooking.

Prep Time: 15 minutes

Cook Time: 20 minutes

Serves: 4

Ingredients:

- 4 large zucchini (about 2 pounds)
- 4 pounds mussels
- 2 leeks
- 2 Tablespoons coconut oil, divided use
- 4 cloves garlic, finely chopped
- 2 Tablespoons curry powder
- 1-6 inch piece of fresh ginger, peeled and finely grated
- 4 pinches crushed red pepper (optional for heat)
- 2 cups whole unsweetened coconut milk
- 1/4 cup fresh squeezed lime juice
- 2 Tablespoons chopped cilantro or Italian parsley leaves
- Sea salt and freshly ground black pepper, to taste

Instructions:

Trim off ends of zucchini. Using a spiral vegetable slicer, slice zucchini into long thin noodles. Place them in a bowl to ready for cooking.

Place the mussels in a colander in the sink and rinse well with cold water. Scrub to remove any exterior debris if they are not clean. Discard any with broken shells and allow the remaining mussels to drain. With your fingers, pull out any stringy “beard” that is between the shells.

Trim off the dark green top and the root end of the leek. Use the white and light green part only. Slice the leek half lengthwise and run under cold water to dislodge any sand or dirt. Chop the leek crosswise into thin pieces. You will need 2 cups.

To cook the mussels all at once, you will need two 5-6 quart pots with a tight-fitting lid or one pot large enough to hold all of the mussels. If you only have one pot, cook the mussels in two batches. When the first batch is done, keep them warm for serving. For the first batch (half of the mussels), warm 2 teaspoons coconut oil over medium-low heat. Add half of the leeks and cook until they have
softened, about 2 minutes. Add half of the garlic and cook 1 more minute. Add half of the curry powder, 2 teaspoons ginger, and red pepper. Cook for 1 to 2 minutes more until the spices become fragrant.

Add the half of the coconut milk and lime juice. Cook for another 2 minutes to blend the flavors. Add half of the mussels. Place the lid on the pot and turn the heat up to medium-high. When steam starts escaping, turn the heat down to low and cook the mussels approximately 5 minutes.

While mussels are cooking, heat 1 teaspoon coconut oil in a medium pan over medium head. Add zucchini noodles and cook for about 3 minutes. Turn heat off, drain, cover and keep warm.

After 5 minutes, peek into the pot to see if the mussels are open. If not, continue cooking for another minute or two. When the mussels have opened, sprinkle with cilantro. If cooking mussels in two batches, place the cooked mussels in a large bowl covered with foil and keep warm in a 200°F oven or warming drawer, Repeat the recipe with the rest of the mussels.

To serve, place mussels in wide, shallow bowls over warm zucchini noodles. Pour cooking broth over the mussels and noodles.

Nutritional Analysis per Serving (2 cups zucchini noodles, 20-25 mussels)
Calories: 560, Fat: 38 g, Saturated Fat: 29 g, Cholesterol: 65 mg, Fiber: 4 g, Protein: 33 g, Carbohydrates: 30 g, Sodium: 690 mg

Mediterranean Lamb Chop and Spinach Salad with Greek Pesto

This main course salad gives you a taste of the Mediterranean with Greek-inspired flavors. Once your prep work is done the lamb chops cook quickly. You can even make the pesto ahead of time to save time. And try any extra pesto with chicken, steak or shrimp.

Prep Time: 30 minutes
Cook Time 15 minutes
Serves 4

Ingredients for pesto:

1 bunch fresh mint leaves (1 cup packed)
1 bunch fresh oregano leaves (1 cup packed)
6 garlic cloves, peeled
2 teaspoons lemon zest
½ cup fresh squeezed lemon juice
½ cup olive oil
1 cup chopped walnuts (3 ½ ounces)
2 Tablespoons nutritional yeast (optional)
½ teaspoon sea salt
¼ teaspoon black pepper
Ingredients for lamp chops:

12 grass-fed double-rib lamb chops (3 pounds)
1-2 teaspoons coconut oil (for grill or grill pan)

Ingredients for salad and dressing:

12 ounces baby spinach leaves
1/3 jar pitted kalamata olives, rinsed and drained (20 olives)
½ dry pint grape or cherry tomatoes, halved (20 tomatoes)
4 small Persian cucumbers, chopped or sliced
4 Tablespoons olive oil
2 Tablespoons red wine vinegar
Salt and pepper to taste

First make the pesto. Add all ingredients to a food processor and pulse until the herbs, nuts, oil and juice are fairly smooth. You may need to scrape down the work bowl a time or two in the process. Divide pesto in to two portions: ½ cup in one small bowl and 1 cup in another bowl.

Using a ½ cup of the pesto and a pastry brush or small flexible spatula, brush or spread each side of the lamb chops with a thin amount of the pesto. Discard any extra pesto that has touched raw meat.

Place the lamb chops on a plastic film or foil lined baking sheet (for easy clean-up) or large plate and allow them to stand at room temperature for about 30-40 minutes.

While chops are marinating, ready your salad ingredients and make the vinaigrette by whisking the oil and vinegar together until smooth. Season with pinches of salt and pepper.

To cook lamb chops, heat a gas grill, large grill pan or griddle until hot. Turn heat down to medium. Wipe lightly with the coconut oil to prevent sticking. Place chops on grill and cook for about 3 to 3 ½ minutes per side. After cooking, allow chops to stand for 5-10 minutes to rest and absorb the juices.

Divide greens between 4 plates, add the olives, tomatoes and cucumbers, then drizzle with the vinaigrette. Add the cooked lamb chops and serve with a dollop of pesto on each chop or on the side.

Nutritional Analysis per Serving (3 lamb chops, 1 Tablespoon pesto, 2 cups salad): Calories: 740, Fat: 56 g, Saturated Fat: 10 g, Cholesterol: 130 mg, Fiber: 5 g, Protein: 47 g, Carbohydrates: 16 g, Sodium: 710 mg
Quick Chicken Breast with Spanish Romesco Sauce

A classic sauce from the Catalonia region of Spain, Romesco also works beautifully over fish as well as this quick chicken. For an extra layer of flavor, use smoked paprika. Serve this with a side tossed green salad with a quarter of an avocado.

Prep Time: 15 minutes
Cook Time: 20 minutes

Serves 4

Ingredients for sauce:

½ cup whole almonds (3 ounces)
3 garlic cloves, peeled
½ of a 16-ounce jar of roasted red bell peppers
2 tomatoes (8 ounces), quartered
¼ cup finely chopped onion
3 Tablespoons olive oil
1½ teaspoons paprika, regular or smoked
1 teaspoon sherry vinegar or red wine vinegar
¼ teaspoon sea salt
¼ teaspoon ground black pepper

Ingredients for chicken:

4 boneless, skinless chicken breasts (about 1 ½ pounds)
¼ teaspoon sea salt
¼ teaspoon ground black pepper
¼ teaspoon granulated garlic
1 Tablespoon olive oil
½ cup low sodium chicken broth

Instructions:

Prepare the work bowl of a food processor with the steel knife. With the food processor running, drop the almonds and the garlic cloves in through the feed tube. Process until ground, about 20-30 seconds.

Remove half of the peppers from the jar, about 5-6 ounces in raw weight. Drain and seed the peppers, then roughly chop them. To the food processor add the bell peppers, tomatoes, onion, oil, paprika, vinegar, salt and pepper. Process all of the ingredients until a fairly smooth sauce is achieved, about 1-2 minutes.

Sprinkle the chicken with the salt, pepper and garlic. Add the oil to a large non-stick pan over medium heat. When the pan and oil are hot, add the chicken breasts, smooth side down. Cook until the chicken is golden on this side, about 5 minutes. Turn the chicken over, add the broth to the pan, cover pan with a tight-fitting lid and turn the heat to low. Allow the chicken to cook until it measures 165°F when measured with a
digital thermometer, about 7-8 minutes longer. Allow chicken to rest for a few minutes, then slice across grain.

Serve with 1/3 of a cup of the Romesco sauce per person. Leftover chicken and sauce can be packaged separately in a glass container with a tight lid. Leftover chicken will hold for 3 days and the sauce for 4-5 days.

Nutritional analysis per serving (1 breast, 1/3 cup sauce): calories 460, fat 27g, saturated fat 4g, cholesterol 100mg, fiber 6g, protein 43g, carbohydrate 13g, sodium 550mg

Asian Ginger Shrimp with Creamy Almond Dipping Sauce

Shrimp make for a quick and easy dinner, and they even tell you when they are done cooking by their pink color. The creamy, lime-infused sauce makes for a rich accompaniment for the lean shrimp. For an upgrade to your spice collection, try this with Szechuan pepper. For readers with nut allergies, replace the cashew butter with Tahini. Serve shrimp over herbed cauliflower rice (page 72). For finely grated ginger, use a microplane zester.

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

Ingredients for shrimp:

2 Tablespoons fresh squeezed lime juice
1 - 4” piece of fresh ginger, peeled and finely grated
3 garlic cloves, peeled and finely chopped
1/4 teaspoon sea salt
1/4 teaspoon ground black pepper
1 1/4 - 1 1/2 pounds large shrimp, peeled and deveined

Ingredients for sauce (yield 1/2 cup):

1/4 cup plus 1 Tablespoon fresh squeezed lime juice
1/4 cup creamy raw almond butter
2 Tablespoons canned, unsweetened whole coconut milk
1 Tablespoon plus 1 teaspoon melted coconut oil
2 teaspoons unseasoned rice vinegar

Instructions:

In a bowl large enough to hold the shrimp, mix the lime juice, oil, ginger, garlic salt and pepper until smooth. In cooler weather the coconut oil may solidify making more of a paste than a liquid marinade. Add the shrimp to the bowl and turn to coat with the marinade. Allow the shrimp to stand at room temperature for 20-30 minutes.
While the shrimp are marinating, make the dipping sauce. In a small bowl, mix the lime juice, almond butter, coconut milk, coconut oil, and vinegar until smooth.

Pre-heat the broiler, placing the oven rack about 5 inches below the heat source. Place shrimp on a foil-lined rimmed baking sheet. Lay the shrimp in a single flat layer. Broil shrimp just until they turn pink on the first side, about 3-4 minutes, then turn them over and broil about 1 more minute or just until the second side turns pink. Shrimp cook quickly, so do not walk away from the broiler. Timing will depend on the size of the shrimp and your broiler.
Shrimp can also be skewered and grilled or cooked in a well-seasoned grill pan.
Serve with the dipping sauce.

Nutritional Analysis per Serving (12 shrimp, 2 Tablespoons sauce)
Calories: 370, Fat: 23 g, Saturated Fat: 13 g, Cholesterol: 275 mg, Fiber: 2 g, Protein: 38 g, Carbohydrates: 7 g, Sodium: 390 mg

Bistro Flank Steak Salad with Greens

Classic French flavors of Dijon and tarragon combine for a marinade and vinaigrette for this main course salad. Use a grill pan or gas grill to cook the steak in just minutes. Serve with sweet oven caramelized red onions (page 73) and tender baby beans. The onions and baby green beans can be prepared ahead if desired.

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

Ingredients for steak and marinade:

¼ cup olive oil
¼ cup red wine vinegar
¼ cup Dijon mustard
1 Tablespoons chopped fresh tarragon leaves (or fresh thyme)
1 flank steak, preferably grass-fed (1 ¼ - 1 ½ pounds)
¼ teaspoon sea salt
¼ teaspoon ground black pepper
¼ teaspoon granulated garlic
1 teaspoon avocado oil (for grill pan)
8 ounces fresh mixed baby greens or baby spinach
12 ounces cooked greens of choice (collards, chard, kale, or spinach)

Ingredients for vinaigrette:

2 Tablespoons oil (extra virgin olive oil, walnut oil or avocado)
1 Tablespoon vinegar (red wine or Balsamic)
1 teaspoon Dijon mustard
A pinch of sea salt
A pinch of ground black pepper

Instructions:

In a small bowl, whisk together the oil, vinegar, mustard, and tarragon until smooth. Sprinkle the flank steak with the salt, pepper and garlic. Place the steak in flat glass dish and cover with the marinade well on both sides. Allow the steak to marinate at room temperature for 1 hour. Alternatively, the steak can be marinated overnight in the refrigerator for more flavor. Allow the steak to stand at room temperature for 1 hour before grilling to get the chill off.

Brush a well-seasoned grill pan with the avocado oil and heat over medium to medium-high heat. Remove the steak from the marinade and place steak top side down on the grill pan. Grill for 3-4 minutes per side. Flank steak is best cooked to medium rare to maintain tenderness, about 125°F.

While the steak is grilling, whisk together the vinaigrette.

When steak is done, remove it to a cutting board and allow it to stand for 10 minutes to redistribute the internal juices, then slice into thin slices across the grain.

To serve, pile the salad greens in the center of four plates and scatter green beans around the edges. Drizzle with the vinaigrette. Top the salad with the sliced steak and pile the caramelized onions on top of the steak. Note: green beans can be served either warm, at room temperature or chilled.

Nutritional analysis per serving (6 ounces steak, about 2 cups salad greens and 3/4 cup green beans): calories 470, fat 32 g, saturated fat 7 g, cholesterol 105 mg, fiber 3 g, protein 39 g, carbohydrate 8 g, sodium 500 mg

SAUCES RECIPES

No-Cheese Sauce

With its lovely yellow color and creamy texture, you might think this is cheese sauce, but there is no cheese. The savory, cheesy flavor comes from nutritional yeast flakes, which might not sound appetizing but really do taste delicious. Dollop this sauce onto vegetables, chicken or fish, or use as a dip with raw veggies for a snack.

Prep Time: 6-8 hours to soak nuts (can be done ahead of time)
Cook Time: 5 minutes

Yield 1¼ cups

Ingredients:

½ cup raw cashews (3 ounces)
Water to cover the cashews
¾ cup whole unsweetened coconut milk
¼ cup + 1 Tablespoons nutritional yeast flakes
2 teaspoons finely grated or zested onion (to grate the onion very fine, use a microplane zester.
1 teaspoon Dijon mustard
½ teaspoon granulated garlic (not garlic salt)
½ teaspoon turmeric
¼ teaspoon sea salt
¼ teaspoon white pepper

Instructions:

Cover the cashews with water by several inches, cover and set aside for 6-8 hours. This can be done ahead of time. After cashews have soaked, drain off the water and place in a blender. Add all of the rest of the ingredients and puree sauce until it is smooth and creamy.

Scrape the sauce into a small glass container with a tight fitting lid and refrigerate. It will keep a week in the refrigerator, so make a batch ahead and enjoy it during the week. If the sauce gets too thick, stir in a little water to thin.

Nutritional Analysis per Serving (2 Tablespoons): Calories: 80, Fat: 6 g, Saturated Fat: 4 g, Cholesterol: 0 mg, Fiber: 1 g, Protein: 3 g, Carbohydrates: 4 g, Sodium: 70 mg

Rich Homemade Mayonnaise

Once you make this you will never again use store-bought mayo! There is nothing like creamy, smooth, homemade mayonnaise. You will get a great arm workout making it by hand, but you can make it in a blender. If you have a concern about raw eggs yolks, use pasteurized eggs.

Prep Time: 25 minutes

Yield ¾ cup

Ingredients:

2 large egg yolks
1 Tablespoon lemon juice
1 Tablespoon white wine or champagne vinegar
¾ teaspoon Dijon mustard
A pinch of sea salt
A pinch of white pepper
3/4 cup avocado oil or olive oil
Instructions:

Place the egg yolks, lemon juice, mustard, and the salt and pepper in a medium bowl. Stabilize the bowl by nestling it in a damp kitchen towel. Whisk until smooth and incorporated with a wire whisk. Begin to whisk in the oil, just a few drops at a time to start, until the mayonnaise starts to come together and thicken.

As the mayonnaise thickens, continue to whisk the oil into the bowl in a very thin stream, drops at a time to ensure a creamy mayonnaise. You can stop to rest your arm for a moment if you need to or switch hands. Whisk vigorously the entire time to make the emulsion happen. If you add the oil too quickly it will not get thick. Go slow. Continue whisking until all oil is used and the mayonnaise is thick and creamy.

Taste the mayonnaise and add salt, pepper or more lemon juice to suit your taste. Place mayonnaise in a small glass container with a tight fitting lid and refrigerate up to 3-4 days. If it gets too thick, whisk in a teaspoon or two of warm water and whisk to thin.

To make mayonnaise in the blender, place the egg yolks, lemon juice, mustard, and the salt and pepper in the blender and blend on low for a few seconds. Turn blender to medium speed and very, very slowly, begin to add the oil, a few drops at a time. When the mayonnaise thickens, add oil in a very slow, steady stream until all oil is incorporated. Add more salt, pepper or lemon juice for your taste. (Tool Tip: if using a blender, a long, thin, flexible silicone spatula makes getting all of the mayonnaise out of the blender easier).

Nutritional Analysis per Serving (1 Tablespoon): Calories: 100, Fat: 11 g, Saturated Fat: 2 g, Cholesterol: 25 mg, Fiber: 0 g, Protein: 0 g, Carbohydrates: 0 g, Sodium: 10 mg

Almond Sauce

This creamy sauce was created for the Ginger Shrimp and the Raw Zucchini Ribbon Salad recipes, but its so versatile you will probably find many more uses for it. Any leftovers have a way of disappearing! This recipe doubles easily.

Prep Time: 10 minutes

Yield: 1/2 cup

Ingredients:

¾ cup plus 1 Tablespoon fresh squeezed lime juice
¾ cup creamy raw almond butter
2 Tablespoons canned whole coconut milk
1 Tablespoon plus 1 teaspoon melted coconut oil
2 teaspoons unseasoned rice vinegar

Instructions:
In a small bowl, mix the lime juice, almond butter, coconut milk, coconut oil, and vinegar until smooth. The sauce can be covered and refrigerated for a week.

**Nutritional Analysis per Serving (1 Tablespoon):** Calories: 80, Fat: 7 g, Saturated Fat: 3 g, Cholesterol: 0 mg, Fiber: 1 g, Protein: 2 g, Carbohydrates: 3 g, Sodium: 0 mg

**SIDE RECIPES**

**Braised Sweet Fennel**

Slow cooking until tender brings out the natural sweetness of fennel. You can make this ahead of time and re-heat if you wish.

**Prep Time:** 10 minutes  
**Cook Time:** 35 minutes

**Serves 4**

**Ingredients:**

- 3 large fennel bulbs  
- 1 Tablespoon olive oil  
- ¼ teaspoon sea salt  
- ¼ teaspoon ground black pepper  
- ¼ teaspoon granulated garlic  
- ¾ cup chicken broth (low sodium or no sodium)

**Instructions:**

Chop the top stalks and the feathery fronds from the top of the fennel bulbs. Save some of the feathery fronds for garnish if desired.

Cut the fennel bulb in half from top to bottom. With a sharp paring knife, cut the pyramid shaped core out of each half. Lay each half flat on a cutting board and cut them in half again, then cut each half into thirds. You are aiming for wedges of fennel about ½” thick.

Heat 1 Tablespoon of olive oil in a wide 12” fry pan or sauté pan over medium heat. Place the fennel wedges flat in a single layer in the pan. Sprinkle with the salt, granulated garlic and pepper. Allow the fennel to cook until each side is golden brown, turning as needed. Turn the heat down if necessary. When both sides of the fennel are golden, add ¾ cup of the chicken broth and sprinkle with the remaining thyme leaves. Cover the pan with a lid and turn heat down to low. Cook the fennel until it is very tender when pierced with the tip of a paring knife, about another 15-20 minutes.
Herbed Cauliflower “Rice”

You will never believe how much like rice this is! In fact, it’s better than rice. And better for you, with no starchy carbs. This is a great way to get more veggies into your diet. You can grate the cauliflower ahead of time and keep it refrigerated until you are ready to cook it. This is a versatile dish that is easily changes using different herbs and spices, so play with your food and enjoy it with other recipes too.

Prep Time: 10 minutes
Cook Time: 15 minutes

Serves 4

Ingredients:

1 large head cauliflower (2 pounds)
¼ cup finely chopped shallot
1 Tablespoon plus 1 teaspoon coconut oil
4 cloves garlic, finely chopped
2 teaspoons finely grated ginger (optional)
½ bunch of finely chopped fresh cilantro, parsley, or a combination (1/2 cup)
¼ teaspoon sea salt
¾ teaspoon ground black pepper

Instructions:

Trim the stem and any green leaves from the cauliflower head. Grate the cauliflower florets on the large holes of a sharp box grater. Do this on a large flat plate or rimmed baking sheet to catch the pieces. You should have about 6 cups of fluffy, rice-sized cauliflower.

Heat the oil in a large non-stick skillet over medium-low heat. Sauté the shallot until soft, 1-2 minutes. Add garlic and ginger and continue to cook another 1 minute. Add the cauliflower and cook, stirring until it is hot and heated through, about 8-10 minutes longer. Fold in chopped herbs and serve hot, seasoned with salt and pepper to your taste.

Nutritional Analysis per Serving (1-1/2 cups): Calories: 110, Fat: 5 g, Saturated Fat: 4 g, Cholesterol: 0 mg, Fiber: 5 g, Protein: 5 g, Carbohydrates: 15 g, Sodium: 220 mg
Oven Caramelized Red Onions

These onions are a sweet complement to many meals. Pile them on steak, chicken, or salads, or add them to simple cooked green vegetables like asparagus or green beans to up your veggie consumption for the day.

Prep Time: 10 minutes
Cook Time: 40 minutes
Serves 4

Ingredients:

- 2 jumbo red onions (1 ½ -1 ¾ pounds)
- 2 Tablespoons olive oil
- 1 Tablespoon Dijon mustard
- 2 teaspoons red wine vinegar
- 2 garlic cloves, peeled and finely chopped
- ¼ teaspoon sea salt
- ¼ teaspoon ground black pepper
- 1 Tablespoon balsamic vinegar

Instructions:

Preheat the oven to 400°F and ready a large rectangular baking dish, (10”x14” or 11”x15”).

In a small bowl, whisk together the oil, Dijon, red wine vinegar, garlic, salt and pepper. Reserve the balsamic to finish the onions after roasting.

Cut both ends off the onions, then cut the onions in half top to bottom. Peel the onions and lay them flat on a cutting board. Slice the onions into ½” widths. Place the onions into the baking dish, add the vinaigrette and toss with your hands until all of the pieces are well coated. The onions will come apart into slices.

Roast the onions for approximately 35-40 minutes uncovered, or until they have shriveled up and the edges are starting to brown and crisp. You can stir them about half way through. Timing will depend on your oven. Serve onions either warm, room temperature or cold as a side dish or atop a salad.

Nutritional analysis per serving (about 1/2 cup): calories 90, fat 7 g, saturated fat 1 g, cholesterol 0 mg, fiber 1 g, protein 1 g, carbohydrate 8 g, sodium 200 mg

Raw Zucchini Ribbon, Tomato and Avocado Salad

Here is another recipe that uses the spiralizer tool. This salad is a nice alternative to tossed greens. Ribbons can be made the night ahead and refrigerated to save time.
Prep Time: 20 minutes

Serves 4

Ingredients:

4 small zucchini (1 ½ pounds)
¼ cup of almond sauce (page 70)
1 Tablespoon plus 1 teaspoon light vinegar (white wine, champagne, or rice)
1 Tablespoon plus 1 teaspoon olive oil
3 Tablespoons chopped parsley leaves
1 Tablespoon finely chopped chives
2-3 pinches of red pepper flakes (optional)
20 grape or cherry tomatoes, halved
1 avocado, peeled and quartered
1/8 teaspoon sea salt
1/8 teaspoon ground black pepper

Instructions:

Trim the ends from the zucchini. Install the flat cutting blade in the spiralizer and slice the zucchini into long ribbons. Set aside while you make the dressing.

In a small bowl, whisk together the almond sauce, vinegar, oil, parsley, chives and red pepper until smooth. Add the zucchini ribbons and toss until the ribbons are lightly coated with the dressing.

Pile noodles on plates, add the tomatoes and avocado and sprinkle with salt and pepper if desired.

Nutritional analysis per serving (about 1/2 cup): calories 210, fat 17 g, saturated fat 4 g, cholesterol 90 mg, fiber 7 g, protein 5 g, carbohydrate 15 g, sodium 95 mg

FOUNDATION PLAN SHAKE RECIPES

Island Dream

Prep time: 5 minutes

Yield: 12 ounces (1 serving)

Ingredients:
6 ounces unsweetened almond milk (see page page 79 or store bought)
6 ounces coconut milk (page 79)
1 teaspoon no-alcohol vanilla
1 teaspoon cinnamon
1 handful baby spinach or greens of choice (optional)
Ginger Spice

Prep Time: 5 minutes

Yield: 12 ounces (one serving)

Ingredients:

12 ounces almond or cashew milk (page 79)
2 Tablespoons raw almond butter
2 teaspoons grated ginger
¾ teaspoon nutmeg
1 handful of baby spinach or greens of choice (optional)

Instructions:

Place all ingredients in a blender and blend until smooth.
Nutritional analysis per serving (1 1/2 cups): calories 250, fat 20g, saturated fat 10g, cholesterol 9mg, fiber 5g, protein 6g, carbohydrate 9g, sodium 55mg

Green Machine Smoothie

Prep Time: 5 minutes

Yield: one serving

Ingredients:

1 cup of almond milk, unsweetened or homemade (page 79)
¾ cup of coconut milk
2 ounces (2 big handfuls) of baby spinach leaves, organic if possible
½ small avocado
2 Tablespoons hemp seeds
1 lime, juiced
1 packet green matcha tea (scant teaspoon)

Instructions:
Place all ingredients in a blender and blend until smooth and creamy.

_Nutritional analysis per serving (about 2 cups): calories 480, fat 39 g, saturated fat 7 g, cholesterol 0 mg, fiber 12g, protein 16 g, carbohydrate 22 g, sodium 65 mg

**Triple Green**

Prep time: 5 minutes  
Yield: 12 ounces (one serving)

Ingredients:
12 ounces coconut milk (page 79)  
½ small avocado  
Juice of 1 lime  
1 handful baby spinach leaves

Instructions:

Place all ingredients in a blender and blend until smooth.

_Nutritional analysis per serving (1 1/2 cups): calories 330, fat 29g, saturated fat 15g, cholesterol 0mg, fiber 7g, protein 4g, carbohydrate 14g, sodium 65mg

**Cocoa Bliss**

Prep time: 5 minutes  
Yield: 12 ounces (one serving)

Ingredients:
8 ounces almond or cashew milk (page 79)  
4 ounces coconut milk (page 79)  
1 Tablespoon raw cacao powder  
1 teaspoon no-alcohol vanilla  
1 Tablespoon coconut butter

Instructions:

Place all ingredients in a blender and blend until smooth.

_Nutritional analysis per serving (1 1/2 cups): calories 420, fat 33g, saturated fat 18g, cholesterol 0mg, fiber 9g, protein 10g, carbohydrate 17g, sodium 40mg
SNACK RECIPES

Spanish Romesco Dip with Veggies

A classic sauce from the Catalonia region of Spain, Romesco works beautifully over fish or chicken and also as a snack dip with raw vegetables. For an extra layer of flavor, use smoked paprika. For a more fluid sauce, thin with almond milk. For a thick dip, leave as it is.

Yield: about 1⅔ cups

Ingredients:

½ cup whole almonds (3 ounces)
3 garlic cloves, peeled
½ of a 16-ounce jar of roasted red bell peppers
2 tomatoes (8 ounces), quartered
⅛ cup finely chopped onion
3 Tablespoons olive oil
1½ teaspoons paprika, regular or smoked
1 teaspoon sherry vinegar or red wine vinegar
¼ teaspoon sea salt
¼ teaspoon ground black pepper

Instructions:

Insert the steel knife into the food processor work bowl. With the food processor running, drop the almonds and the garlic cloves in through the feed tube. Process until ground, about 20-30 seconds.

Remove half of the peppers from the jar, about 5-6 ounces in raw weight. Drain and seed the peppers, then roughly chop them. To the food processor add the bell peppers, tomatoes, onion, oil, paprika, vinegar, salt and pepper. Process all of the ingredients until a fairly smooth sauce is achieved, about 1-2 minutes. Serve with 1 cup fresh cut, non-starchy vegetables of choice (celery, snap peas, cauliflower, broccoli etc.)

Nutritional analysis per serving (1 cup vegetables, 1/4 cup sauce): calories 150, fat 13 g, saturated fat 2 g, cholesterol 0 mg, fiber 4 g, protein 3 g, carbohydrate 7 g, sodium 170 mg

Avocado Cream with Crudité

Creamy, luscious avocado pureed with smooth avocado mayonnaise and lime makes a great topping for burgers or chicken, as well as a dip with raw veggies for a snack.

Prep Time: 5 minutes

Yield about 1 cup
Ingredients:

1 ripe avocado, peeled, and seeded
¼ cup avocado mayonnaise (page 69)
1 teaspoon lemon juice
2 pinches sea salt

Instructions:

Place the avocado, mayonnaise, lemon juice and salt into the bowl of a food processor with the steel knife and puree until smooth and creamy. Serve with your favorite fresh cut veggies.

_Nutritional analysis per serving (1 cup vegetables, 1/4 cup sauce): calories 180, fat 18 g, saturated fat 3 g, cholesterol 25 mg, fiber 4 g, protein 2 g, carbohydrate 6 g, sodium 115 mg_

_Coco-Nut Mix_

Make your own healthy trail mix!

Ingredients:

2 Tablespoons cup raw nuts (walnuts, almonds, macadamia nuts, etc.)
2 Tablespoons shredded, unsweetened coconut

Instructions:

Mix nuts and coconut together and place in a small container to eat now or later.

_Nutritional analysis per serving (1/4 mix): calories 170, fat 16 g, saturated fat 7 g, cholesterol 0 mg, fiber 2 g, protein 3 g, carbohydrate 5 g, sodium 0 mg_

_Specialty Milks_

There are many wonderful specialty milk alternatives to standard dairy milk. Here are three easy basics that cover most needs, unless you have a nut allergy. Making homemade milks eliminates unnecessary additives, sweeteners, thickeners and preservatives that are often in boxed or refrigerated store brands. Once again, homemade wins!
**Coconut Milk**

Prep Time: 5 minutes

Yield: 4 cups

Ingredients:

1 can (13.5 ounces) canned whole coconut milk (Native Forest)
2 ¼ cups filtered water

Instructions:

Place the coconut milk and water in a glass container with a tight fitting lid. Shake or stir until well blended. Refrigerate and use within 4-5 days.

_Nutritional analysis per serving (1 cup): calories 150, fat 14, saturated fat 13g, cholesterol 0mg, fiber 0g, protein 1g, carbohydrate 3g, sodium 35mg_

**Almond Milk**

Soaking almonds overnight softens them, making them easier to blend into milk. Soaking also unlocks nutrients, making the more available to our bodies and easier to digest.

Prep Time: overnight for soaking, plus 2 minutes to blend

Yield: 1¼ quarts (5 cups, unstrained)

Ingredients:

1 cup (6 ounces) raw almonds
Enough filtered water to cover almonds to soak by 2”
4 cups filtered water

Instructions:

Place the almonds in a glass container and add enough filtered water to cover the almonds by about 2”. Cover and refrigerate overnight or about 12 hours.

In the morning, drain off the soaking water. Add 4 cups of fresh filtered water to a high speed blender along with the soaked almonds. Secure the lid of the blender tightly and slowly crank the speed up to high. Blend on high for 60-90 seconds. Cover and refrigerate the unstrained milk for about 3 days. Stir well before using.

For a finer almond milk, you can strain it. Use a nut milk bag, available at many health oriented stores and online. Pour pureed milk through a nut milk bag into a large
bowl or back into a clean blender. Squeeze the bag to get as much milk from the almond pulp as possible.

*Nutritional analysis per serving (1 cup, with pulp): calories 180, fat 15, saturated fat 1g, cholesterol 0mg, fiber 4g, protein 6g, carbohydrate 6g, sodium 5mg

*Nutritional analysis per serving (1 cup, without pulp): calories 90, fat 8, saturated fat 1g, cholesterol 0mg, fiber 2g, protein 3g, carbohydrate 3g, sodium 5mg

**Cashew Milk**

Once soaked and pureed, cashew milk is smooth and creamy. No need to strain. For flavored milk, scrape out the seeds of 1-2 vanilla beans and add to the milk or add a spice like cinnamon.

Prep Time: overnight for soaking, plus 2 minutes to blend

Yield: 5 cups

Ingredients:

6 ounces raw cashews
4 cups (1 quart) filtered water

Instructions:

Place cashews in a container and cover with filtered water by 2”. Allow the nuts to soak overnight. In the morning, drain the soaked nuts and place in a blender. Add 4 cups fresh filtered water. Secure the lid of the blender tightly and slowly crank the speed up to high. Blend on high for 60-90 seconds. Cover and refrigerate the unstrained milk for about 3 days. Stir well before using. For flavoring options, see notes above.

*Nutritional analysis per serving (1 cup): calories 190, fat 15, saturated fat 3g, cholesterol 0mg, fiber 2g, protein 6g, carbohydrate 10g, sodium 5mg*