

Dr. Hyman's Memorial Day Recipe Guide

A Handful of Go To Recipes for a Flavorful BBQ Season

We've teamed up with [ButcherBox](#) this Memorial Day Holiday to offer you delicious, fun and healthy options for your cookout. [ButcherBox](#) is offering my readers \$10 off and free shipping of our special summer holiday box featuring six, 1/3-ounce burgers.

To learn more, visit butcherbox.com/drhyman-burger-fans/

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Drinks

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Sparkling Watermelon Spritzer

Pegan Recipe

Ready in: 5 minutes

Serves: 4

Ingredients

- 1 1/2 cups watermelon
- 4 sprigs fresh mint
- juice of 1 lime
- 2 cups chilled sparkling water
- 1 cup ice (optional)

Place the watermelon and mint into a blender and blend on high until uniformly combined, about 30 to 60 seconds. Add the lime juice and stir to incorporate. Pour the sparkling water into a pitcher and add ice, if using. Stir in watermelon mixture and mix to combine. Serve immediately. Best enjoyed when fresh, but you can store the melon mixture in a tightly sealed container in the refrigerator for up to 3 days; when ready to use, simply add sparkling water and enjoy.

Nutritional analysis per serving (about 6 ounces): calories 20, fat 0 g, saturated fat 0 g, cholesterol 0 mg, fiber 0 g, protein 0 g, carbohydrate 5 g, sodium 15 mg

Sangria (sans alcohol)

Pegan Recipe

Ready in: 10 minutes

Serves: 6

Ingredients

- 8 ounces pomegranate juice (unsweetened, cold-pressed, not from concentrate)
- 4 ounces cranberry juice (unsweetened)
- juice and zest from 1 orange
- juice and zest from 1 lemon or lime
- 1/2 teaspoon ground cinnamon
- 1 pinch ground nutmeg
- 1 large lemon, sliced and pitted
- 1 cup pomegranate seeds or whole cranberries
- 8 ounces sparkling water
- ice (optional)
- lemon rind curls (optional for garnish)

In a large pitcher, mix the pomegranate, cranberry, orange and lemon or lime juices together. Stir in zests from fruit, cinnamon and nutmeg. Add in fruit slices and stir. Chill in the refrigerator for 2 hours and up to overnight. When ready to serve, add sparkling water and ice (if using) to the sangria. Stir to combine and garnish with lemon curls.

Nutritional analysis per serving (1 cup, with ice): calories 66, fat 0 g, saturated fat 0 g, cholesterol 0 mg, fiber 2 g, protein 0 g, carbohydrate 17 g, sodium 8 mg

Appetizers

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Roasted Broccoli with Tomatillo Salsa

10-Day Detox/Eat Fat, Get Thin Recipe

Ready in: 60 minutes

Yields: 2 cups

Ingredients

- For the salsa
- 1/2 white onion
- 1 pound tomatillos
- 2 cloves of garlic
- 1 to 2 jalapeño peppers, depending on your preference for heat
- 2 tablespoons extra-virgin olive oil
- 1/2 cup roughly chopped cilantro
- 1 teaspoon sea salt
- a squeeze of lime juice

For the broccoli

- 1 1/2 pounds broccoli
- 2 to 3 tablespoons extra-virgin olive oil

To make the salsa: Preheat the oven to 400°F. Chop the onion into large pieces, then place on a heavy

bottomed sheet pan, along with the tomatillos, garlic and the peppers. Drizzle with the oil, and place in the oven. Roast for 30 minutes or until the tomatillos turn brown, soften and even burst. Remove the pan from the oven and lower the oven to 375°F. Allow vegetables to cool slightly and transfer to a food processor and blend until desired consistency. Pour contents into a bowl, stir in the cilantro, and season with the salt and lime juice. Place in the fridge to cool for at least 30 minutes.

Now roast the broccoli. Lower the oven to 375°F. Place the broccoli into a large bowl. Add the olive oil and toss to coat. Place on a baking dish, place in the oven and roast until brown, about 10 to 12 minutes. Serve the roasted broccoli alongside the salsa.

Nutritional analysis per serving (about 3 Tablespoons): calories 85, total fat 6 g, protein 2 g, fiber 3 g, sugar 2 g, sodium 70 mg

Deviled Eggs

10-Day Detox/Eat Fat, Get Thin Recipe

Ready in: 20 minutes

Serves: 6

Ingredients

- 6 eggs
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon minced dill pickle
- 1/2 teaspoon paprika
- 1 pinch sea salt

Place the eggs in a pot of cold water and bring to a rolling boil, then turn the heat to medium. Hard-boil the eggs for 12 to 17 minutes, depending on their size; an extra-large egg will take up to 17 minutes. Turn off the heat, allowing the eggs to sit in hot water for 2 minutes, then gently remove them from the water and set aside to cool. When the eggs are cool, peel and cut in half lengthwise. Gently scoop out the center yolk. In a small bowl, mash the cooked egg yolks with a fork, and mix in the olive oil, pickle, paprika and salt. Scoop the yolk mixture back into the egg white halves and sprinkle with a little more paprika. Store covered in the refrigerator. The eggs will remain fresh for at least 5 days. Enjoy as a snack or an addition to a salad.

Nutritional analysis per serving (2 deviled eggs): calories 84, carbohydrates 0.5 g, fiber 0 g, protein 5.6 g, fat 6.6 g, cholesterol 186 mg, sodium 120 mg, calcium 22 mg

Salads

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Sesame Cucumber Salad

10-Day Detox / Eat Fat, Get Thin Recipe

Ready in: 15 minutes

Serves: 4

Ingredients

- 2 large cucumbers
- ¼ cup chopped scallions
- 2 medium purple or orange carrots
- 3 tablespoons extra-virgin olive oil or avocado oil
- juice of 2 limes
- 2 tablespoons freshly grated ginger
- 1 tablespoons black sesame seeds

Thinly slice the 2 cucumbers into a bowl using a mandolin or sharp knife. Place in a large bowl and add the chopped scallions. Using a vegetable peeler, peel long strips of the carrots into the bowl with the cucumbers and scallions. Add the oil, lime juice, ginger, and sesame seeds. Mix thoroughly. Let stand for 10 minutes before serving.

Nutritional analysis per serving: calories 144, total fat 12 g, protein 2 g, fiber 3 g, sugar 2 g, sodium 26 mg

Massaged Kale Salad

10-Day Detox / Eat Fat, Get Thin Recipe

Ready in: 20 minutes

Serves: 4

Ingredients

- 1 bunch of kale, stems removed, leaves cut into smaller pieces (about 2 handfuls)
- 1 cup flat leaf parsley leaves (about ½ a bunch)
- 3 tablespoons extra-virgin olive oil
- 1 teaspoon sea salt
- ¼ cup pumpkin seeds
- ½ cup chopped cucumbers
- 8 cherry tomatoes, halved
- ¼ cup chopped pitted Kalamata olives
- ¼ cup sauerkraut (Recommended brands: Rejuvenate Foods or Eden Foods)
- 2 to 3 edible flowers (Look for calendula, violets or nasturtium in the herb section at your local natural foods store)

Add the kale and parsley to a large mixing bowl. Add the olive oil and salt and using your hands, mix the greens to massage or soften up the greens. This takes about 2 minutes; you want the greens to appear wilted. Set the greens aside while you prep the remaining ingredients. Place the pumpkin seeds in a dry sauté pan over medium heat. As the pan heats up, sauté the seeds until they start to brown and begin to

pop. Stir often to prevent burning. Transfer the pumpkin seeds to a sheet pan and set aside to cool to room temperature. Then prepare the remaining vegetables and the sauerkraut. Once the greens have wilted, add the vegetables and sauerkraut to the bowl and stir to combine. Serve and garnish with the edible flowers.

Nutritional analysis per serving: calories 458, total fat 34 g, fiber 14 g, protein 12 g, sodium 782 mg

Mains

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Butcher Box Grass-Fed Burgers with Avocado Cream

10-Day Detox / Eat Fat, Get Thin Recipe

Ready in: 20 minutes

Serves: 4

For the burgers:

- 4 (1/3 pound) [Butcher Box grass-fed burgers](#)
- 1 teaspoon extra-virgin olive oil

For the avocado cream:

- 1 ripe avocado, peeled and pitted
- 1/4 cup organic mayonnaise
- 1 teaspoon fresh lemon juice
- 2 pinches sea salt

Heat the oil in a non-stick pan over medium-low heat. When the oil shimmers, add the patties and cook until a browned crust forms, 3 to 4 minutes. Turn the patties over and cover the pan. Turn the heat to low and cook the burgers another 4 to 8 minutes or until the internal temperature reads 155°F on a meat thermometer. While the patties are cooking, make the avocado cream. Place the avocado, mayonnaise, lemon juice and salt in the bowl of a food processor that is fitted with the steel blade attachment. Puree the ingredients until smooth and creamy. Serve the burgers, each with a quarter of the avocado cream on top. Enjoy!

Nutritional analysis per serving (1 burger and a quarter of the avocado cream): calories 582, fat 38 g, protein 38 g, carbohydrate 25 g, sodium 1249 mg

Chicken Kabobs and Cilantro Chutney

10-Day Detox / Eat Fat, Get Thin Recipe

Ready in: 30 minutes, plus 2 hours of refrigeration time

Serves: 6

For the chutney:

- 1 large bunch of cilantro, finely chopped, stems included
- 1 jalapeno pepper
- 1 teaspoon sea salt
- 1 teaspoon cumin seeds
- juice of half a lemon
- 6 cashews
- 3 to 4 tablespoons filtered water

For the kebabs:

- 2 pounds ground organic, pasture-raised chicken
- 2 medium onions, finely chopped
- ¼ cup chopped cilantro
- 2 tablespoons ginger paste or minced ginger
- 1 tablespoon chili paste (optional)
- 3 tablespoons ground cumin powder

- 2 tablespoons ground coriander powder
- 2 teaspoons paprika or cayenne powder
- Sea salt to taste
- ¼ cup extra-virgin olive oil
- Juice of one half lemon, for garnish

Start by making the chutney. Add all of the chutney ingredients to a food processor and process until you get a smooth creamy consistency. Scoop into a bowl and place in the fridge. Now begin to make the kebabs. Add the ground chicken, onions, cilantro, ginger paste and chili paste to a large bowl and mix to combine. Season the mixture with the remaining spices. Cover the bowl and refrigerate the mixture for 2 hours. Mold ¾ cup of the ground chicken mixture around each skewer with your hands. Make sure each kebab is even in thickness. Refrigerate until ready to use. Preheat grill to high heat. Once the grill is hot, brush the grill grates with the oil and place the kebabs on the grill. Cook for 10 to 12 minutes, or until well done, turning as needed to brown evenly. Place the kebabs on each plate and drizzle with fresh lemon juice and cilantro chutney or use the chutney as a dip.

Nutritional analysis (1 kebab and one-sixth the chutney): calories 383, fat 27g, saturated fat 6g, fiber 1g, protein 29g, carbohydrate 7g, sodium 482mg

Sides

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Coriander Roasted Carrots

Eat Fat, Get Thin Recipe

Ready in: 45 minutes

Serves: 4

Ingredients

- 2 pounds assorted carrots
- 2 tablespoons melted ghee
- 2 tablespoons crushed coriander seeds
- pinch of sea salt

Preheat the oven to 325°F. Give the carrots a wash; peel them if you'd like. Use a pastry brush to coat the carrots with the ghee, coriander seeds and sea salt. Lay the carrots in a single layer out on a baking sheet. Roast in the oven for about 40 minutes, turning the carrots every 15 to 20 minutes. Carrots are done when they can be easily pierced with a knife. Remove from the oven and serve.

Nutritional analysis per serving: calories 11.8, fat 29 g, saturated fat 3 g, cholesterol 5 mg, fiber 7 g, protein 2 g, carbohydrates 22 g, sodium 301 mg

Heart Warming Brussels Sprouts

Recipe by [Dr. Deanna Minich the Author of Whole Detox](#)

10-Day Detox / Eat Fat, Get Thin Recipe

Ready in: 30 minutes

Serves: 4

Ingredients

- 1 pound fresh Brussels sprouts, washed, trimmed and halved
- 1 tablespoon ghee
- 1 small yellow onion, peeled and chopped
- Sea salt and fresh ground black pepper, to taste

Place a steamer basket in a large pot with a lid and fill with water until it reaches the bottom of the basket. Place the pot on the stove and bring the water to a boil. Add the Brussels sprouts to the pot, cover and steam for 2 to 3 minutes or until bright green and fork tender. In a large skillet, warm the ghee over medium-high heat. Add the onions and sauté until they become translucent. Add the steamed Brussels sprouts and toss with the onions. Sprinkle with the salt and pepper to taste, and continue to cook on medium-high heat until the Brussels sprouts brown slightly, about 4 to 5 minutes. Remove from heat and serve.

Nutritional analysis per serving (1 cup): calories 101, fat 5 g, saturated fat 2 g, fiber 5 g, protein 4 g, carbohydrate 14 g, sodium 34 mg

Dessert

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Chocolate Truffles with Coconut Oil

Pegan Recipe

Ready in: 2 1/2 hours with chilling time

Serves: 24 truffles

Ingredients

For the truffles:

- 12 ounces unsweetened dark chocolate, chopped
- ¼ cup Nutiva Virgin Coconut Oil
- ¾ cup coconut milk (full fat) or coconut cream
- 1 teaspoon vanilla extract
- ¼ teaspoon sea salt
- Stevia, honey or maple syrup to taste

For the coating:

- ½ cup cocoa powder OR unsweetened coconut flakes OR slivered almonds (optional)

Using a double boiler, melt the chocolate and coconut oil together, stirring continuously. Add the coconut milk and whisk until smooth. Remove from heat, then add the vanilla, salt, and a little bit of the recommended sweetener. Chill mixture for 2 hours or until set. Using a tablespoon, scoop a spoonful of the mixture, roll into a ball and then roll in coating of your choice. Return finished truffles to the refrigerator and chill truffles for at least 10 minutes, and then serve. Store in a cool place.

Nutritional analysis per serving (1 truffle without sweetener or coating): calories 96, fat 10 g, fiber 6.9 g, protein 2 g, carbohydrate 5 g, sodium 22 mg

Strawberry Ice Cream

Pegan Recipe

Ready in: 5 minutes + 5 hours chill time

Serves: 3

Ingredients

- 6 ounces unsweetened coconut milk
- 2 tablespoons extra-virgin coconut oil
- 1 teaspoon pure vanilla extract
- 12 large frozen strawberries

Chill the freezer bowl of an ice cream maker in the freezer for at least 2 hours before making the ice cream. Combine all of the ingredients in a blender and blend on high-speed until the strawberries are fully broken down and the mixture is creamy, 1 to 2 minutes. Transfer mixture to the chilled ice cream bowl and start the machine. When churned, place the ice cream in the freezer until firm, 2 to 3 hours. The ice cream will keep for up to 6 months in an air-tight container in the freezer.

Nutritional analysis per serving (1/2 cup): calories 228, fat 23 g, saturated fat 20 g, cholesterol 0 mg, fiber 2 g, protein 2 g, carbohydrate 7 g, sodium 9 mg