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Dr. Hyman’s Bonus 10-Day Detox Diet Meal Plan

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DR. HYMAN’S BONUS 10-DAY DETOX DIET MEAL PLAN

A NOTE ABOUT USING THE RECIPES

I hope you’ll enjoy every single recipe in this bonus recipe guide. But you don’t have to master every dish here to get all the benefits. My goal is to broaden your recipe repertoire with tasty, healthful, detox-friendly options and excite your curiosity.

First, take a look at the recipes. The ones that make your mouth water are the recipes that will inspire you and keep you on the path toward achieving your health goals!

Find recipes that call to you and experiment with them — it’s an adventure! You’ll discover the flavors, textures, and cooking styles you like. Those will become your favorite go-to foods when life gets busy, and you won’t have to worry about what to eat.

Once you’ve found this comfort zone of familiar foods, you can start exploring the unknown and expand your repertoire even more, using the recipes here and in The Blood Sugar Solution 10-Day Detox Diet book. Before long, you’ll be a master 10-Day Detox Diet chef with a talent for cooking ultra-tasty, ultra-simple, ultra-elegant meals!

I’ve also included a blank shopping list you can use to plan your meals. Designing your meal plan for the week ahead relieves a lot of last-minute stress and helps you buy high-quality food more economically. I like to plan my list, shop, and do my prep work on the weekend to make my work week worry-free.

But enough talk! I’m so excited to see you start. Let’s get cooking!
DAY 1
Breakfast: Jicama Hash
Snack: 10–12 almonds (raw, organic if possible)
Lunch: Baked Salmon Cakes with side salad
Snack: Cut-up vegetables with tahini, almond butter, or tapenade
Dinner: Stuffed Peppers

DAY 2
Breakfast: Southwestern Breakfast Egg Muffins
Snack: 5–8 walnuts (raw, organic if possible)
Lunch: Sesame-Ginger Tofu
Snack: Cut-up vegetables with tahini, almond butter, or tapenade
Dinner: Turkey in Dark Chocolate Mole Sauce

DAY 3
Breakfast: Lemon-Raspberry Muffins
Snack: A quarter cup of pumpkin seeds (raw, organic if possible)
Lunch: Caesar Salad with Grilled Chicken
Snack: Cut-up vegetables with tahini, almond butter, or tapenade
Dinner: Mom’s Poached Fish in Velvety Tomato Sauce

DAY 4
Breakfast: Savory Turkey Breakfast Patties
Snack: 3–4 Brazil nuts (raw, organic if possible)
Lunch: Chopped Greek Salad
Snack: Cut-up vegetables with tahini, almond butter, or tapenade
Dinner: Cod Oreganata

DAY 5
Breakfast: Frittata with Spinach, Zucchini, Onion, and Fresh Herbs
Snack: A quarter cup of sunflower seeds (raw, organic if possible)
Lunch: Dr. Hyman’s UltraBroth Soup
Snack: Cut-up vegetables with tahini, almond butter, or tapenade
Dinner: Miso-Glazed Salmon with Cilantro Cauliflower “Rice”

DAY 6
Breakfast: Morning Glory Muffins
Snack: 10–12 almonds (raw, organic if possible)
Lunch: Roast Turkey Breast and Avocado Cream on a Bed of Greens
Snack: Cut-up vegetables with tahini, almond butter, or tapenade
Dinner: Cod with Tomato, Capers, and Garlic

DAY 7
Breakfast: Bacon, Asparagus, and Shallot Frittata
Snack: 5–8 walnuts (raw, organic if possible)
Lunch: Avocado Stuffed with Creamy Chicken Salad
Snack: Cut-up vegetables with tahini, almond butter, or tapenade
Dinner: Inside-Out Burgers, Zesty Carrot Fries, Creamy “Ranch” Dressing
JICAMA HASH
Prep Time: 15 minutes | Cook Time: 25–30 minutes | Serves: 4

What you will need:
1 small mixing bowl 2 medium frying pans

Ingredients:
1 tablespoon extra virgin olive oil 1 tablespoon garlic powder
1 onion, diced ½ tablespoon onion powder
4 strips organic, nitrite-free uncured turkey bacon, diced 1 teaspoon cayenne powder (or more if you like it spicy)
4 cloves garlic, minced 1 teaspoon cumin
2 cups jicama, cubed 1 teaspoon turmeric
2 cups kale, washed and shredded 2 teaspoons oregano, dried
2 teaspoons Dr. Mark Hyman’s hash seasoning 1 teaspoon thyme, dried
(make ahead of time and store leftovers for later use) 1–2 tablespoons water
1 tablespoon smoked paprika 8 omega-3 eggs
½ tablespoon sea salt 1 avocado, sliced into 8 slices
½ tablespoon black pepper

Instructions:
1. If you haven’t made spice mix, prepare that and set aside.
2. Heat oil over medium-high heat in a medium sized skillet. Add onion and cook for about 5 minutes or until softened.
3. Add bacon and garlic and cook another 2–3 minutes until fragrant. Stir continuously.
4. Add jicama, kale, and 2 teaspoons spice mix, and stir to combine.
5. Add a tablespoon of water, stir and let cook for 10 minutes. Add a little more water at a time if hash starts to stick to pan.
   Note: Jicama will still have a crunchy texture, even when cooked.
6. Meanwhile, cook your eggs in the other frying pan. Sunny-side up works well with this recipe, but you could also poach your eggs.
7. Divide hash into 4 bowls. Place 2 eggs over each serving and garnish with avocado slices.

Nutritional analysis per serving (about 1 cup hash, 2 eggs, and 2 slices avocado): calories 351, fat 21g, saturated fat 4g, cholesterol 375mg, fiber 9g, protein 22g, carbohydrate 19g, sodium 352mg
SOUTHWESTERN BREAKFAST EGG MUFFINS
Prep Time: 15 minutes  |  Cook Time: 10–15 minutes  |  Serves: 4

What you will need:
1 large mixing bowl
1 medium frying pan
1 muffin tin parchment paper/liners

Ingredients:
10 eggs, whisked
1 tablespoon extra virgin olive oil
1 onion, finely diced
4 cloves garlic, minced
1 red bell pepper, diced
1 cup spinach, chopped
½ teaspoon cumin
½ teaspoon turmeric
½ teaspoon chili powder or chipotle powder
sea salt and black pepper to taste
½ jalapeño, minced (optional)
¼ cup cilantro, minced
1 avocado, sliced into 8 slices

Instructions:
1. Preheat oven to 350 degrees.
2. Keep whisked eggs in a bowl at room temperature.
3. Heat oil over medium–high heat and sauté onion for 5 minutes or until softened. Reduce heat to medium-low.
4. Add garlic and stir to combine. Add peppers, spinach, cumin, turmeric, chili powder, salt, pepper, and jalapeño (if using).
   Cook for 3 minutes, stirring frequently.
5. Turn heat off. When mixture is cool enough, stir in cilantro then add to eggs in the bowl and stir to combine.
6. Rub a little coconut or grape seed oil in a muffin tin or line with muffin liners. Fill each tin with about ¼ cup egg mixture.
7. Bake muffins for 10–15 minutes or until lightly browned on top and spring back when touched. Garnish with some avocado.
   Serve with a side of fresh berries.

Nutritional analysis per serving (3 muffins): calories 312, fat 24g, saturated fat 5g, cholesterol 409mg, fiber 5g, protein 16g, carbohydrate 7g, sodium 399mg

Nutritional analysis per serving (3 muffins, ½ cup berries): calories 354, fat 24g, saturated fat 5g, cholesterol 409mg, fiber 7g, protein 17g, carbohydrate 17g, sodium 401mg
LEMON-RASPBERRY MUFFINS
Prep Time: 15 minutes | Cook Time: 15–20 minutes | Serves: 6–8

What you will need:
1 blender
1 muffin tin

Ingredients:
1 cup of raspberries, divided
1 tablespoon water
1 cup of almond flour
¼ teaspoon of baking soda
1 teaspoon cinnamon
¼ teaspoon of sea salt
1 tablespoon coconut oil, melted
1 teaspoon of vanilla
½ teaspoon lemon juice or apple cider vinegar
¼ cup shredded unsweetened coconut
2 teaspoons lemon zest
2 omega-3 eggs
1 tablespoon coconut oil, melted
1 teaspoon of vanilla
½ teaspoon lemon juice or apple cider vinegar

Instructions:
1. Preheat oven to 350 degrees.
2. Blend ½ cup raspberries with 1 tablespoon water until puréed. Add a little more water, if necessary, to achieve thin consistency.
3. Mix almond flour, baking soda, cinnamon, sea salt, and lemon zest in a bowl. Set aside.
4. In a food processor or bowl, beat eggs and stream in melted coconut oil, vanilla, and lemon juice. Stir in raspberry purée.
5. Add dry ingredients to the wet mixture and stir to combine. Mix in second ½ cup of raspberries.
6. Place batter into a prepared muffin tin (rub a little coconut oil around each muffin holder), leaving room at top. Sprinkle with coconut.
7. Bake for about 15–20 minutes until muffins are lightly browned on top and spring back when touched.
8. Let muffin tins cool on a wire rack for 10 minutes before removing. Store leftover muffins in a glass container or covered plate in the refrigerator for up to 5 days. Reheat before consuming in order to add back moisture.

Serving suggestion:
Serve with a couple omega-3 eggs and spread a little nut butter in the center of a sliced muffin (cashew, almond, or sunflower seed butter).

Nutritional analysis per serving (1 muffin): calories 153 fat, 143g, saturated fat 9g, cholesterol 82mg, fiber 3g, protein 4g, carbohydrate 6g, sodium 137mg
MORNING GLORY MUFFINS
Prep Time: 15 minutes  |  Cook Time: 10–15 minutes  |  Serves: 6

What you will need:
1 hand beater (optional)  |  1 muffin tin

Ingredients:
¾ cup almond flour  |  2 tablespoons grape seed oil (or coconut oil, melted)
2 tablespoons coconut flour  |  1 teaspoon real vanilla extract
1 teaspoon cinnamon  |  ½ teaspoon lemon juice
1 teaspoon coriander powder  |  1/3 cup carrot, grated
½ teaspoon nutmeg  |  1/3 cup zucchini, grated
¼ teaspoon of sea salt  |  ¼ cup walnuts, chopped
¼ teaspoon of baking soda  |  ¼ cup shredded unsweetened coconut
2 omega-3 eggs

Instructions:
1. Preheat oven to 350 degrees.
2. Combine all dry ingredients in a medium-sized mixing bowl and set aside.
3. In a food processor or bowl, beat eggs and stream in oil, vanilla, and lemon juice. Then, stir in carrots and zucchini.
4. Add dry ingredients to the wet mixture and stir to combine.
5. Place batter into prepared muffin tin, leaving room at top. Sprinkle with coconut.
6. Bake for about 10–15 minutes or until the muffins are lightly browned on top and spring back when touched.
7. Let muffin tins cool on a wire rack for 10 minutes before removing.
8. Store unconsumed muffins in a glass container or covered plate in the refrigerator for up to 5 days. Reheat before consuming in order to add back moisture.

Serving suggestion:
Serve with a couple omega-3 eggs and spread a little nut butter in the center of a sliced muffin (cashew, almond, or sunflower seed butter).

Nutritional analysis per serving (1 muffin): calories 212, fat 17g, saturated fat 2g, cholesterol 55mg, fiber 4g, protein 4g, carbohydrate 6g, sodium 151mg
BACON, ASPARAGUS, AND SHALLOT FRITTATA
Prep Time: 15 minutes  |  Cook Time: 30–40 minutes  |  Serves: 4

What you will need:
1 medium frying pan  |  1 9-inch removable tart pan or oven-safe pie plate

Ingredients:
- 8 ounces organic uncured turkey bacon, diced
- 1 shallot, minced
- 1 bunch asparagus, chopped
- 8 large omega-3 eggs
- 1 avocado, sliced
- ¼ teaspoon sea salt
- ½ teaspoon freshly ground black pepper
- ¼ teaspoon paprika

Instructions:
1. Preheat oven to 350 degrees.
2. Cook the bacon over medium-high heat until lightly browned, about 2-3 minutes. Add shallots and asparagus and cook another 2–3 minutes or until shallots are translucent. Turn off heat when finished.
3. Whisk eggs in a bowl. Slowly add bacon mixture to eggs. Season with salt and pepper.
4. Pour egg mixture into a prepared pie pan (lightly oil with coconut oil or grape seed oil).
5. Bake for 25–35 minutes until browned and cooked through. Let cool on a wire rack for about 14 minutes before serving. Sprinkle with paprika and garnish with avocado slices.

Nutritional analysis per serving (1 slice): calories 306, fat 20g, saturated fat 4g, cholesterol 423mg, fiber 4g, protein 27g, carbohydrate 7g, sodium 467mg

FRITTATA WITH SPINACH, ZUCCHINI, ONION, AND FRESH HERBS
Prep Time: 20 minutes  |  Cook Time:10 minutes  |  Serves: 4

What you will need:
1 large mixing bowl  |  1 oven-safe skillet

Ingredients:
1 tablespoon extra virgin olive oil
½ medium onion, sliced thinly
1 zucchini, cut in half, length-wise, then cut thinly into half moons
3 cups of spinach, washed, stalks removed, patted dry and chopped roughly
¼ cup fresh herbs (parsley, rosemary, and thyme), chopped finely
½ teaspoon black pepper
8 eggs, broken and whisked with about 1 tablespoon water
1 avocado, sliced

Instructions:
1. Preheat oven to 400 degrees.
2. Heat a medium-sized skillet on medium heat. Add the oil, heat, then lower the heat.
3. Add the onion and sauté for a few minutes until translucent. Add the zucchini and cook for 2 minutes. Add the spinach and allow to soften, then toss in the herbs, salt, and pepper. Stir to combine.
4. Add in egg mixture and with a rubber spatula, go around the edge and allow some of the soft egg mixture to cook.
5. Place in the oven for about 5–7 minutes until set.
6. Cut into 4 pieces and serve with salad greens and some sliced avocado.

Serving suggestion:
To make it a meal, enjoy with a cup of soup from the 10-Day Detox Diet recipes.

Nutritional analysis per serving (1 slice): calories 274 fat, 22g, saturated fat 4g, cholesterol 327mg, fiber 5g, protein 14g, carbohydrate 5g, sodium 442mg
SAVORY TURKEY BREAKFAST PATTIES
Prep Time: 15 minutes | Cook Time: 15 minutes | Serves: 4

What you will need:
1 large mixing bowl
1 medium frying pan

Ingredients:
1 tablespoon onion powder
2 teaspoons garlic powder
1½ teaspoons fennel seed, crushed
1 teaspoon sage, ground
2 tablespoons basil, fresh
¾ teaspoon sea salt
½ teaspoon finely ground black pepper

Ingredients:
½ teaspoon cayenne pepper
¼ cinnamon
¼ nutmeg
½ teaspoon turmeric
16 ounces turkey, ground (organic if possible)
2 tablespoons grape seed oil, divided

Instructions:
1. Mix all seasonings and turkey together in a large mixing bowl. Massage to combine.
2. Divide into 8 patties.
3. Heat 1 tablespoon oil in a medium skillet over medium-high heat.
4. Cook patties for about 3 minutes on each side or until the inside is no longer pink. Overcooking will dry out patty.
5. Transfer to a plate to cool.
6. Repeat, using last tablespoon oil and remaining patty mix.

Serving suggestion:
Serve with ½ cup of berries.

Nutritional analysis per serving (2 patties): calories 186, fat 7g, saturated fat 1g, cholesterol 96mg, fiber 1g, protein 28g, carbohydrate 2g, sodium 321mg
CHOPPED GREEK SALAD
Prep Time: 20 minutes | Cook Time: 4–6 minutes | Serves: 4

Ingredients:

Salad
1 large cucumber, sliced lengthwise on the diagonal, seeds removed
½ cup cherry tomatoes, halved
½ cup small red onion, finely diced
1 small red bell pepper, diced
½ cup Kalamata olives

1 avocado, diced
1 tablespoon grape seed oil
16 ounces shrimp
sea salt and pepper, to taste
6 ounces spinach or watercress
2 tablespoons fresh parsley, chopped

Dressing:
2 cloves garlic, finely minced
1 teaspoon oregano
½ teaspoon Dijon mustard
2 tablespoons apple cider vinegar
2 tablespoons red wine vinegar
½ cup extra virgin olive oil
½ teaspoon sea salt
black pepper, to taste

Instructions:
2. Prepare dressing: Mix all dressing ingredients except for oil in a small bowl. Stream in oil and whisk until combined. Season with black pepper to taste.
3. Heat a grill pan or a medium-sized skillet with 1 tablespoon grape seed oil over medium-high heat.
4. Season shrimp with sea salt and pepper. Add shrimp to pan and cook about 2-3 minutes on each side or until shrimp turn opaque and pink.
5. Meanwhile, add the dressing to the salad and toss to coat.
6. Divide greens in 4 bowls. Place about 1 cup of chopped, dressed salad in each bowl. Top with grilled shrimp and garnish with parsley.

Nutritional analysis per serving (1 cup salad with 2 tablespoons dressing, 4 ounces shrimp): calories 250, fat 14g, saturated fat 2g, cholesterol 74mg, fiber 1g, protein 30g, carbohydrate 4g, sodium 597mg

CAESAR SALAD WITH GRILLED CHICKEN
Prep Time: 10 minutes | Cook Time: none | Serves: 4

Ingredients:

Dressing
2 cloves garlic
1½ tablespoons Dijon mustard
2 tablespoons tahini
juice from half a lemon

2 tablespoons apple cider vinegar
2 tablespoons extra virgin olive oil
2 anchovies
sea salt and pepper, to taste

Salad
24 leaves romaine lettuce

16 ounces grilled chicken, cubed

Instructions:
1. Blend all dressing ingredients together until a smooth dressing is formed.
2. Wash lettuce, dry and shred into bite-sized pieces with your hand. Place in a large salad bowl.
3. Add in grilled chicken. Add dressing and toss to coat. Tip: Season with extra black pepper for a deeper Caesar flavor.

Nutritional analysis per serving (2 cups salad with 2 tablespoons dressing, 4 ounces grilled chicken): calories 250 fat 14g, saturated fat 2g, cholesterol 74mg, fiber 1g, protein 30g, carbohydrate 4g, sodium 597mg
AVOCADO STUFFED WITH CREAMY CHICKEN SALAD
Prep Time: 20 minutes | Cook Time: none | Serves: 4

**Ingredients:**

1 tablespoon tahini (or nut-butter of choice)  
1 tablespoon brown rice vinegar  
juice from 1 lime, plus zest from half of lime  
2 cloves garlic, chopped  
1 teaspoon fresh ginger, peeled  
1 teaspoon gluten-free, reduced sodium tamari  
dash cayenne pepper (or more depending on desired degree of heat)  
2 tablespoons cilantro, plus more for garnish, chopped  
2 cups cooked chicken breast, shredded  
10 ounces mixed salad greens  
juice from a lemon  
2 tablespoons extra virgin olive oil  
sea salt and pepper, to taste  
2 avocados

**Instructions:**

1. Blend ingredients from tahini to cilantro until you have a liquid dressing.  
2. Place shredded chicken in a bowl, add dressing and toss to coat.  
3. In a large salad bowl, place lettuce, lemon juice, oil, salt, and pepper to taste and mix so that lettuce is coated.  
   Divide among 4 plates.  
4. Halve avocados and remove pits. Place about ½ cup of chicken salad in each avocado (carve a little avocado meat out if you need more room). Garnish with extra cilantro.  
5. Serve over salad greens. Spoon leftover chicken onto salad. Enjoy immediately or store in the refrigerator, covered, for 3 days.

*Nutritional analysis per serving (2 cups dressed salad, 1/2 avocado stuffed with 1/2 cup chicken salad): calories 431, fat 27g, saturated fat 4g, cholesterol 64mg, fiber 7g, protein 31g, carbohydrate 20g, sodium 345mg*

ROAST TURKEY BREAST AND AVOCADO CREAM ON A BED OF GREENS
Prep Time: 20 minutes | Cook Time: none | Serves: 2

**Ingredients:**

Avocado Cream:  
1 avocado, pitted and chopped  
juice of 1 large lemon  
3 tablespoons extra virgin olive oil  
1 garlic clove, peeled  
sea salt and freshly ground pepper to taste  
3–4 tablespoons water

Salad:  
6 cups mixed baby greens  
6 ounces roasted turkey breast, sliced  
½ small red onion, thinly sliced  
1 pickling cucumber, thinly sliced  
10 green olives, pitted and chopped

**Instructions:**

1. Place the avocado, lemon juice, olive oil, garlic, salt, and black pepper in a food processor and process until very smooth, 1–2 minutes.  
2. Slowly add the water and continue processing until the dressing is thick and creamy.  
3. Divide the greens between the two serving plates. Top with the sliced turkey, red onion, cucumber, and green olives.  
   Drizzle the avocado dressing over the salad and serve. Stored separately, the turkey salad and dressing will keep for 3 days in the refrigerator.

*Nutritional analysis per serving (3 ounces turkey, 1/2 cup avocado cream, about 3 1/2 cups salad): calories 494, fat 38g, saturated fat 5g, cholesterol 46mg, fiber 9g, protein 25g, carbohydrate 19g, sodium 526mg*
BAKED SALMON CAKES
Prep Time: 5 minutes | Cook Time: 30 minutes | Serves: 2

**Ingredients:**
- 1 tablespoon grape seed oil
- 6 ounces cooked salmon or 1 (6-ounce) can wild salmon
- ½ medium red onion, finely chopped
- 1 large egg, beaten
- ¼ cup finely chopped almonds
- ½ teaspoon sea salt
- ¼ teaspoon freshly ground black pepper
- 1 cup almond meal, or more if desired
- 1 lemon, cut into wedges

**Instructions:**
1. Preheat the oven to 425 degrees. Lightly grease a baking sheet with the oil, and put it in the oven on the top rack to preheat.
2. In a medium bowl, shred the salmon into small flakes with two forks. If using canned salmon, pour the liquid from the can into the bowl, too.
3. Add the onion, egg, almonds, salt, and pepper and mix well.
4. Stir in the almond meal. Test the mixture to see if it holds its shape and doesn’t seem to be falling apart. If it is still loose and mushy, add a couple more tablespoons of almond meal, mix, and test again. Once you are able to shape the salmon cakes, form two large, equal patties.
5. Season both sides of the cakes to taste with salt and pepper and put them on the preheated baking sheet. Slide the tray back into the oven and bake on the top rack for 20 minutes, turning the cakes once after the first 10 minutes of cooking.
6. Remove the salmon cakes from the oven when they are golden brown and slightly crisp on both sides. Let them cool for 5 minutes on a wire rack before serving. Serve with the lemon wedges.

*Nutritional analysis per serving (1 cake): calories 432, fat 31g, saturated fat 4g, cholesterol 93mg, fiber 5g, protein 23g, carbohydrate 12g, sodium 107mg*

SESAME-GINGER TOFU
Prep Time: 5 minutes | Cook Time: 15 minutes | Serves: 4

**Ingredients:**
- 1 pound organic, non-GMO tofu
- 1 tablespoon sesame oil
- 1 teaspoon ginger, minced
- 1 teaspoon garlic, minced
- ¾ tablespoon wheat-free tamari
- 1 tablespoon mirin
- ½ tablespoon brown rice vinegar
- 2 tablespoons sesame seeds
- 13 ounces spinach
- 1 avocado, sliced

**Instructions:**
1. Rinse the tofu, pat dry, and cut into small cubes. Heat a sauté pan over medium heat and add the sesame oil. Carefully place the tofu in the pan and sauté for about 5 minutes, turning the tofu occasionally to brown on all sides.
2. In a bowl, combine ginger, garlic, tamari, mirin, rice vinegar and sesame seeds, pour over the tofu, and stir. Bring to a boil and reduce heat. Simmer about 6–8 minutes until the liquid has reduced so that the tofu is lightly glazed.
3. Serve over a bed of spinach and top with avocado slices.

*Nutritional analysis per serving (about 1 cup tofu, 1½ cups spinach): calories 270, fat 21g, saturated fat 3g, cholesterol 0mg, fiber 7g, protein 14g, carbohydrate 9g, sodium 298mg*
DR. HYMAN’S ULTRABROTH SOUP

Prep Time: 30 minutes | Cook Time: 60 minutes | Serves: 4

Ingredients:
**For Broth (For every three quarts of water, add):**
1 large onion, chopped
2 carrots, sliced
1 cup of daikon or white radish root and tops (ideal, but optional)
1 cup of winter squash cut into large cubes
1 cup of root vegetables: turnips, parsnips, and rutabagas for sweetness
2 cups of chopped greens: kale, parsley, beet greens, collard greens, chard, dandelion, cilantro, or other greens
2 celery stalks
1/2 cup of seaweed: nori, dulse, wakame, kelp, or kombu
1/2 cup of cabbage
4 1/2-inch slices of fresh ginger
2 cloves of whole garlic (not chopped or crushed)
Sea salt, to taste
1 cup fresh or dried shitake or maitake mushrooms (if available)

**For soup**
2 cups non-starchy vegetables, steamed
4 ounces cooked chicken breast, shredded
1 tablespoon extra virgin olive oil
1 tablespoon gluten-free miso paste (optional)

Instructions:
**Make the Broth**
1. Add all the ingredients at once and place on a low boil for approximately 60 minutes. It may take a little longer. Simply continue to boil to taste.
2. Cool, strain (throw out the cooked vegetables), and store in a large, tightly-sealed glass container in the fridge.

**Make the Soup**
1. Add 3 cups of broth, steamed vegetables, chicken, and olive oil to a soup bowl. For added flavor, add miso paste, and stir until combined.

*Nutritional analysis per serving (3 cups broth with 2 cups steamed vegetables, 4 ounces chicken):* calories 381, fat 23g, saturated fat 5g, cholesterol 71mg, fiber 3g, protein 24g, carbohydrate 25g, sodium 155mg
TURKEY IN DARK CHOCOLATE MOLE SAUCE

Prep Time: 15 minutes | Cook Time: 40 minutes | Serves: 4

Ingredients:
4 4-ounce turkey tenderloins  
sea salt and pepper, to taste  
1 tablespoon grape seed oil  
2 tablespoons extra virgin olive oil  
3 cloves garlic, minced  
4 scallions, finely chopped  
¼ teaspoon sea salt  
½ teaspoon paprika (can substitute black pepper if no paprika)  
½ teaspoon cayenne pepper  
½ teaspoon cinnamon  
1 teaspoon cumin  
1 tablespoon chili powder  
¼ cup raw cacao powder  
1 cup tomato sauce  
½ cup reduced sodium chicken broth  
8 cups spinach, washed  
2 tablespoons cilantro, chopped  
½ avocado, sliced

Instructions:
1. Season turkey with salt and pepper.
2. Heat grape seed oil in a large nonstick skillet over medium-high heat. Brown the turkey on one side for about 3–4 minutes. Flip over and brown the other side for another 3–4 minutes.
3. Lower heat to medium. Remove turkey from heat and set aside on a plate.
4. Add the olive oil, garlic, and scallion and cook until aromatic—about 30 seconds.
5. Add salt, paprika, cayenne, cinnamon, cumin, and chili powder to the pan. Stir to combine.
6. Add cacao powder, tomato sauce, and broth and stir mixture to combine for about 30 seconds.
7. Return the turkey to the pan and immerse in sauce. Bring to a gentle simmer and cook, covered, until turkey is done, about 20–30 minutes, or the internal temperature is 165 degrees.
9. Place 1 tenderloin on spinach and spoon ½ cup of mole sauce on top. Garnish with cilantro and avocado slices. Tip: Make sure to stir frequently to keep chocolate from adhering to pan.

Nutritional analysis per serving (4 ounces turkey, ½ cup mole, 2 cups spinach): calories 323, fat 2g, saturated fat 2g, cholesterol 45mg, fiber 8g, protein 33g, carbohydrate 15g, sodium 461mg
**MOM'S POACHED FISH IN VELVETY TOMATO SAUCE**
Prep Time: 10 minutes | Cook Time: 30 minutes | Serves: 4 servings

**Ingredients:**
- 2 tablespoons extra virgin olive oil
- 1 medium yellow onion, finely chopped
- 1 garlic clove, minced
- ½-inch piece fresh ginger, peeled and grated
- 1 (15-ounce) can fire-roasted chopped tomatoes
- sea salt and freshly ground black pepper, to taste
- ½ teaspoon curry powder (optional)
- 2 bunches kale, rinsed and chopped
- 1½ pounds fresh, firm, white fish (cod, halibut, haddock), cut into 3-inch pieces
- ½ cup chopped fresh parsley, for garnish

**Instructions:**
1. Heat the olive oil in a large saucepan over medium-low heat.
2. Sauté the onion until translucent, 5–7 minutes, then add the garlic, ginger, tomatoes, salt, black pepper, and curry powder, if desired. Cook for 10 minutes, stirring occasionally.
3. Add the kale to the sauce. Cook for another 10 minutes or until kale is softened.
4. Add the fish, cover, and cook until opaque, about 8–10 minutes (be careful not to overcook). The fish will add its own liquid to the dish.
5. Serve fish with the sauce and kale and sprinkle with fresh parsley. Leftover fish in tomato sauce can be refrigerated for up to two days.

*Nutritional analysis per serving (4 ounces fish, 1 cup kale): calories 258, fat 9g, saturated fat 1g, cholesterol 62mg, fiber 3g, protein 30g, carbohydrate 16g, sodium 310mg*

**MISO-GLAZED SALMON WITH CILANTRO CAULIFLOWER “RICE”**
Prep Time: 15 minutes | Cook Time: 25 minutes | Serves: 4

**Ingredients:**
- 2 tablespoons white gluten-free miso paste
- 1 tablespoon, plus 1 teaspoon fresh ginger, grated
- 2 teaspoons brown rice vinegar, divided
- 2 teaspoons sesame oil, divided
- 1 teaspoon red pepper flakes
- 16 ounces wild salmon
- 1 tablespoon grape seed oil
- 1 head cauliflower
- 2 teaspoons tamari
- 2 cloves garlic, minced
- 3 tablespoons cilantro, chopped
- 1 tablespoon sesame seeds
- ½ avocado, sliced 8 ways

**Instructions:**
1. Place oven rack in center and preheat oven to 425 degrees.
2. Whisk miso, 1 tablespoon ginger, 1 teaspoon vinegar and 1 teaspoon sesame oil. Mix in red pepper flakes.
3. Place salmon, skin–side down on a parchment-lined baking sheet. Spread miso glaze over salmon and coat thoroughly.
4. Roast for about 20 minutes or until fish flakes when cut into it (or internal temperature reaches 140 degrees).
5. While fish cooks, grate cauliflower into “rice.”
6. Heat oil over medium-high heat. Add cauliflower and cook about 1 minute. Stir in tamari, remaining ginger, vinegar, and sesame oil, and cook for another 2 minutes. Stir in garlic and cook for another minute.
7. Turn heat off and mix in 2 tablespoons cilantro.
8. Place a cup of “rice” on 4 plates. Serve salmon over rice.
9. Garnish with sesame seeds and avocado slices.

*Nutritional analysis per serving (about 1 cup “rice,” 4 ounces salmon): calories 336, fat 21g, saturated fat 3g, cholesterol 80mg, fiber 4g, protein 29g, carbohydrate 9g, sodium 811mg*
COD WITH TOMATO, CAPERS, AND GARLIC
Prep Time: 10 minutes (plus 1 hour, if macerating in fridge) | Cook Time: 10 minutes | Serves: 4

Ingredients:
2 tomatoes, diced
¼ cup Kalamata olives, pitted and diced
1½ tablespoons capers, with a little juice from jar
1 jalapeño pepper, finely diced (to taste)
2 scallions, chopped
2 cloves garlic, finely minced
1 tablespoon red wine vinegar
1½ tablespoons extra virgin olive oil, divided
4 4-ounce cod fillets
sea salt and pepper to taste
¼ cup fresh parsley

Instructions:
1. In a bowl, mix tomatoes, olives, capers, jalapeño, scallion, garlic, vinegar, and ½ tablespoon oil. Tip: Make ahead of time and store in refrigerator for 20 minutes to an hour before using. The flavors increase with time.)
2. Season fish with salt and pepper.
3. Heat skillet with 1 tablespoon oil over medium-high heat. Add fish and cook for 3 minutes without touching. Reduce heat to medium. Flip fish over.
4. Add tomato mixture and cook another 3–5 minutes or until fish is done and sauce is heated through. Fish is cooked when it is flaky or it reaches an internal temperature of 140 degrees.
5. Turn heat off and stir in parsley.
6. Serve fish over a bed of greens and spoon extra tomato sauce over greens.

Nutritional analysis per serving (1 piece fish, about ½ cup sauce): calories 166, fat 7g, saturated fat 1g, cholesterol 56mg, fiber 2g, protein 21g, carbohydrate 5g, sodium 278mg

COD OREGANATA
Prep Time: 10 minutes | Cook Time: 35–40 minutes | Serves: 4

Ingredients:
1 head broccoli, cut up into small pieces
1 pound Brussels sprouts, quartered
3 tablespoons extra virgin olive oil, divided
½ teaspoon sea salt, divided
½ teaspoon black pepper, divided
2 garlic cloves, finely minced
¼ cup almond meal
1 tablespoon lemon zest, freshly grated
1 teaspoon dried oregano
4 6-ounce cod fillets (or other white, flaky fish such as halibut or sole)

Instructions:
1. Preheat oven to 350 degrees.
2. Place vegetables in a large mixing bowl and drizzle 1 tablespoon oil to coat vegetables. Season with a dash of salt and pepper. Place veggies on a baking sheet and bake for 20–25 minutes or until vegetables are lightly roasted.
3. Line a baking sheet with foil or parchment paper. Place cod on baking sheet and season with ¼ teaspoon salt and pepper, to taste.
4. In a small mixing bowl make the “oreganata.” Combine remaining salt, garlic, remaining olive oil, almond meal, lemon zest, and oregano. Tip: For most ease, use your fingers to spread mixture over the fish.
5. Spoon about 1 tablespoon of oreganata mixture over each fillet.
6. Bake for 15 minutes or until fish is cooked through. Fish is done when it flakes or the internal temperature reaches 140 degrees.
7. Sprinkle generous tablespoons of parsley over fish and vegetables. Serve 1 fillet with 1½ cups roasted vegetables.

Nutritional analysis per serving (1 fillet, 1½ cup vegetables): calories 361, fat 16g, saturated fat 2g, cholesterol 0mg, fiber 7g, protein 36g, carbohydrate 19g, sodium 494mg
INSIDE-OUT BURGERS
Prep Time: 10 minutes (plus 15 minutes resting in fridge)  |  Cook Time: 15 minutes  |  Serves: 4

**Ingredients:**
- 1 tablespoon extra virgin olive oil
- ½ cup red onion, diced
- ½ cup mushrooms, chopped
- 1 tablespoon balsamic vinegar
- 2 cups spinach
- 1 small tomato, diced, liquids drained, or 1 tablespoon tomato paste
- 1 tablespoon Dijon mustard
- sea salt and pepper, to taste
- 16 ounces ground bison (can substitute ground grass-fed beef or turkey)
- 8 outer leaves romaine lettuce

**Instructions:**
2. Add balsamic vinegar and stir. Cook for 5 minutes, stirring a few times.
3. Add spinach and tomato and cook for another minute. Stir in mustard and turn off heat. Season with salt and pepper. Drain off excess liquid and reserve. Cool in refrigerator for 15 minutes.
4. Form bison into 4 evenly sized balls. With your fingers, make a well in the center of each ball. Stuff about 2 tablespoons spinach mixture inside each ball. Seal the top and flatten to form a patty.
5. Grill or broil your burgers.
   - **To grill:** Heat your grill pan using a little oil. When hot, grill each patty for about 2–3 minutes on each side or when desired doneness is reached. Repeat as needed depending on pan size.
   - **To broil:** Set oven broiler to “high.” Place patties on a foil–lined baking sheet on top oven rack. Broil for about 3 minutes, flip patties over, and broil for about another 2–3 minutes or until burgers reach desired doneness.
6. Let the burgers rest for a couple of minutes.
7. Take 2 romaine leaves and sandwich your burger between them.

**Serving Suggestion:**
Serve with carrot fries and a simple green salad. Tip: Instead of mayo or sugary ketchup, use a dollop of homemade Creamy Ranch Dressing (see recipe) on top of burger. Or add any leftover juices from the spinach and tomato filling to dress your burger.

*Nutritional analysis per serving (1 burger):* calories 347, fat 21g, saturated fat 8g, cholesterol 94mg, fiber 5g, protein 30g, carbohydrate 9g, sodium 160mg

ZESTY CARROT FRIES
Prep Time: 10 minutes  |  Cook Time: 20–25 minutes  |  Serves: 4

**Ingredients:**
- 10 large carrots
- 2 teaspoons extra virgin olive oil or grape seed oil
- ½ teaspoon chili powder
- pinch of cinnamon
- ¼ teaspoon sea salt

**Instructions:**
1. Preheat oven to 400 degrees.
2. Peel carrots and cut into matchstick pieces. Place on a cookie sheet and drizzle oil over carrots. Sprinkle seasonings evenly over all carrots.
3. Bake for 20–25 minutes or until carrots are at desired tenderness.

*Nutritional analysis per serving (about 12 fries):* calories 84, fat 3g, saturated fat 0g, cholesterol 0mg, fiber 4g, protein 2g, carbohydrate 15g, sodium 226mg
CREAMY “RANCH” DRESSING
Prep Time: 5 minutes  |  Cook Time: none  |  Serves: 8

**Ingredients:**
- 1 avocado, pitted and sliced
- 1 teaspoon extra virgin olive oil
- juice from half a lemon
- 1 tablespoon apple cider vinegar
- 1 teaspoon garlic powder
- ½ teaspoon dill weed (or more if you like dill)
- 1 tablespoon parsley
- 1 teaspoon onion powder
- 1/8 teaspoon sea salt
- 1/8 teaspoon cayenne pepper
- ½ cup unsweetened coconut yogurt (optional)

**Instructions:**
1. Add all ingredients in a blender and blend for about 2 minutes or until you have your desired consistency. Add a little water or lemon juice if you prefer a less “creamy” consistency.
2. Serve with Inside-Out Burger and Carrot Fries or thin with lemon juice to enjoy as a salad dressing.
3. Use immediately or store any leftovers in a glass container in the refrigerator for up to 3 days.

*Nutritional analysis per serving (2 tablespoons):* calories 50, fat 4g, saturated fat 1g, cholesterol 0mg, fiber 2g, protein 1g, carbohydrate 3g, sodium 34mg

STUFFED PEPPERS
Prep Time: 30 minutes (including 30 minutes for baking the peppers)  |  Cook Time: 15 minutes  |  Serves: 4

**Ingredients:**
- 2 tablespoons grape seed oil, divided
- 2 medium bell peppers, halved and seeded
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 2 teaspoons fennel seed, crushed
- ½ teaspoon sea salt
- ½ teaspoon black pepper
- 1 tablespoon extra virgin olive oil
- 1 small onion, finely chopped
- 6 cloves garlic, minced
- 16 ounces ground bison (could use lamb, turkey, chicken, or tempeh)
- 6 ounces tomato sauce
- 10 Kalamata olives, pitted and chopped
- ½ cup almond meal

**Instructions:**
1. Preheat oven to 350 degrees.
2. Line a baking sheet with foil. Massage 1 tablespoon grape seed oil on outer part of peppers. Bake for 30 minutes and then set aside.
3. As peppers bake, mix seasonings together in a small bowl. Set aside 1 teaspoon of mix.
4. In a medium-sized skillet, heat 1 tablespoon grape seed oil over medium high-heat. Add onion and cook 4 minutes or until translucent.
5. Reduce heat to medium-low. Add garlic and continuously stir for 30 seconds to prevent garlic from burning.
6. Add meat and cook for 3 minutes, stirring continuously. Add tomato sauce, olives and seasonings, and stir to combine. Bring to a simmer and cook for 2 more minutes. Turn off heat.
7. Mix together almond meal, reserved seasoning and the olive oil.
8. Stuff each pepper with ½ cup meat mixture. Top with 2 tablespoons almond meal breading. Bake for 5 minutes.

**Serving suggestion:**
Serve over a plate of steamed greens. Any leftover meat mixture can be spooned over greens.

*Nutritional analysis per serving (a half pepper with ½ cup stuffing):* calories 546, fat 39g, saturated fat 9g, cholesterol 94mg, fiber 5g, protein 31g, carbohydrate 13g, sodium 574mg
DR. HYMAN’S RAW KALE SALAD
Prep Time: 10 minutes | Cook Time: none | Serves: 4

Ingredients:
1 large bunch of kale, stems removed, thinly sliced and chopped  1/8 teaspoon sea salt
1/4 cup lemon juice  1/4 cup toasted pine nuts
zest of 1 lemon  1/4 cup currants
1/4 cup olive oil  1/2 cup Kalamata olives, chopped
1 minced garlic clove

Instructions:
1. Add kale, lemon juice, zest and olive oil to a large mixing bowl and massage with your hands for about a minute to soften kale.
2. Add remaining ingredients and toss to combine.
3. Allow the salad to rest and soften for about 15 minutes before serving.

Nutritional analysis per serving (1 cup): calories 227, fat 21g, sat 3g, cholesterol 0mg, fiber 3g, protein 4g, carbohydrates 11g, sodium 234mg

BERRY CHERRY CRUMBLE
Prep Time: 10 minutes | Cook Time: 60 minutes | Serves: 6

Ingredients:
1 1/2 cups frozen berries, organic if possible  1/4 teaspoon cinnamon
1/2 cup frozen cherries, organic if possible  1 1/4 cup almond meal
1 tablespoon arrowroot powder  1/4 cup grape seed oil or coconut oil
1/4 teaspoon sea salt

Instructions:
1. Preheat oven to 350 degrees.
3. In another bowl, mix salt, cinnamon, and almond meal together. Stir in oil to combine.
4. Place fruit mixture in baking pan and place almond topping evenly over it.
5. Bake, covered, for 50 minutes. Bake uncovered for 10 more minutes or until fruit is bubbling and crumble is crispy.

Nutritional analysis per serving (1/6th crumble): calories 148, fat 11g, saturated fat 1g, cholesterol 0mg, fiber 4g, protein 5g, carbohydrate 11g, sodium 78mg
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