

DR. MARK HYMAN

THE BLOOD SUGAR SOLUTION

**10-DAY
DETOX
DIET**

RECIPE GUIDE



10-DAY DETOX STAPLES SHOPPING LIST

The following is a list of the basics you should have in your kitchen to enable you to make a wide variety of healthy meals for these ten days—and long after. Some of these ingredients may not necessarily appear in the detox recipes, but they are great to have on hand for quick meals you can make according to the “Cooking the Basics” guidelines on page 258.

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- Extra virgin olive oil
- Extra virgin coconut butter (often called coconut oil; at room temperature it is solid, but at warm temperatures it may be liquid)
- Other healthy oils that you like (walnut, sesame, grape seed, flax, or avocado)
- Nut butters (raw if possible; choose from almond, cashew, macadamia, or walnut)
- Nuts: walnuts, almonds, pecans, macadamia nuts
- Seeds: hemp, chia, flax, pumpkin, sesame
- Tahini (sesame seed paste — great for salad dressings and in sauces for vegetables)
- Canned full fat coconut milk
- Unsweetened hemp or almond milk
- Canned or jarred Kalamata olives
- Almond meal
- Apple cider vinegar
- Balsamic vinegar
- Low-sodium, gluten-free tamari
- Low-sodium broth (vegetable or chicken)
- Dijon mustard
- Sea salt
- Black pepper (peppercorns that you can freshly grind)
- Detoxifying and anti-inflammatory herbs and spices, including turmeric, cayenne pepper, thyme, rosemary, chili powder, cumin, sage, oregano, onion powder, cinnamon, coriander, cilantro, paprika, and parsley

COOKING THE BASICS

Below are a few basic cooking techniques that will allow you to make quick meals if you choose to replace any of the lunches or dinners from the 10-Day Detox.

Cooking Vegetables

Steam or sauté your vegetables and add some fresh or dried herbs or spices.

To steam:

- In a large saucepan, bring 1 cup of water to a boil.
- Place a steaming rack or basket over the water (you can get one at any grocery store for about \$2).
- Chop your veggies. Place them in the steaming rack, cover, and steam for 4 to 8 minutes, depending on the vegetable and your desired level of tenderness. They should still be crunchy and bright colored.
- Add your favorite seasonings and drizzle with olive oil and a little salt to taste. You can cook almost any vegetable this way. It's easy. It's delicious. And it takes almost no time at all.

To sauté:

- Chop your veggies.
- In a sauté pan, heat 1 tablespoon of extra virgin olive oil over medium-high heat.
- Add the veggies and sauté for 5 to 7 minutes, stirring occasionally, until they are cooked to your desired level of tenderness.
- You can add onions, garlic, and/or mushrooms (shiitake are particularly tasty) to sautéed veggies to make them more flavorful. You might want to sauté these vegetables with a little salt first, then add the others.

Cooking Fish and Chicken

Fish and chicken are easy to prepare in delicious and healthy ways. Just grill, broil, or sauté your fish or boneless, skinless chicken, then season with extra virgin olive oil, lemon juice, rosemary, garlic, ginger, or cilantro (I like to experiment with spices). Here's how:

To grill or broil:

- Prepare the grill or preheat the broiler.
- Sprinkle salt and any other seasoning you choose on your fish or chicken. You can coat it in 1 teaspoon of olive oil. Then place it on the grill or under the broiler.
- Cook fish until it is tender and opaque throughout, 7 to 10 minutes, flipping it once halfway through the cooking time. Chicken will take longer, perhaps up to 15 minutes. Again, flip it halfway. You'll know it's done if it's firm to the touch and white throughout when you slice it. You can use a meat thermometer to be sure, but after a while it will be second nature.

To sauté:

- Sprinkle salt and any other seasoning you choose on your fish or chicken.
- In a skillet or sauté pan, heat 1 to 2 tablespoons of extra virgin olive oil over medium-high heat. Add the fish or chicken to the pan.
- Turn fish just once while cooking, but turn chicken often to avoid browning it too much on one side. Follow the same cooking times as for broiling and grilling.
- You can sauté onions, garlic, mushrooms, or other vegetables with your fish or chicken to make it especially tasty.
- Once it is cooked, season fish or chicken with additional salt, freshly ground black pepper, up to 1 tablespoon of olive oil, and lemon juice if you choose.

Tofu or Tempeh

Follow the guidelines for fish and chicken, or simply add cubed tofu or tempeh to your vegetables before steaming or sautéing.

Spice Up Your Food

Remember to add herbs and spices to your cooking. Add fresh rosemary, chopped fresh cilantro, or fresh crushed garlic or fresh sliced gin-

ger to your vegetables. Using either dried or fresh herbs adds flavor and incredible detoxification benefits. Place slices of ginger in the water while you're cooking rice (once you have transitioned off the 10-Day Detox), or add 1 to 2 teaspoons of turmeric for delicious yellow, Indian-style rice. These are powerful anti-inflammatories, and they give the rice a wonderful aroma and flavor. Try different cooking styles to add natural flavor as well. For example, roasting hearty vegetables such as Brussels sprouts or onions brings out their natural sweetness. There is a plethora of ways to eat your veggies—just keep trying new flavors, new prep styles, and different vegetables until you find what you like best. And remember, you can't overeat these foods, so eat all the broccoli and lettuce you want!

THE 10-DAY DETOX MEAL PLAN

Here is a recap of your 10-Day Detox Meal Plan:

Day 1

- Breakfast: Detox Shake of your choice (page 267)
- Midmorning Snack: 10 to 12 nuts (almonds, walnuts, pecans, macadamia nuts)
- Lunch:
 - Core Plan: Choice of soup with protein (page 273) or Dr. Hyman's Super Salad Bar with protein (page 271)
 - Adventure Plan: Kale and Red Cabbage Slaw with Turkey Meatballs (page 288)
- Midafternoon Snack: Dip or spread of your choice (page 316) with fresh vegetables
- Dinner:
 - Core Plan: Grilled Salmon with Onion Marmalade over Greens (page 277)
 - Adventure Plan: Coconut Curry with Fish or Tofu (page 300)

Day 2

- Breakfast: Detox Shake (page 267)
- Midmorning Snack: 10 to 12 nuts (almonds, walnuts, pecans, macadamia nuts)
- Lunch:
 - Core Plan: Soup with protein (page 273) or Dr. Hyman's Super Salad Bar with protein (page 271)
 - Adventure Plan: Bok Choy Salad with Tofu or Raw Almonds (page 289)
- Midafternoon Snack: Dip or spread of your choice (page 316) with fresh vegetables
- Dinner:
 - Core Plan: Grilled Snapper with Salad (page 278)
 - Adventure Plan: Chicken Breast with Ratatouille and Steamed Broccoli (page 302)

Day 3

- Breakfast: Detox Shake (page 267)
- Midmorning Snack: 10 to 12 nuts (almonds, walnuts, pecans, macadamia nuts)
- Lunch:
 - Core Plan: Soup with protein (page 273) or Dr. Hyman's Super Salad Bar with protein (page 271)
 - Adventure Plan: Walnut Pâté with Fresh Tomato Salsa (page 290)
- Midafternoon Snack: Dip or spread of your choice (page 316) with fresh vegetables
- Dinner:
 - Core Plan: Asian-Flavored Chicken Skewers with Wilted Leafy Greens (pages 279–80)
 - Adventure Plan: Grilled Salmon or Tofu Vegetable Kebabs (page 304)

Day 4

- Breakfast: Detox Shake (page 267)
- Midmorning Snack: 10 to 12 nuts (almonds, walnuts, pecans, macadamia nuts)
- Lunch:
 - Core Plan: Soup with protein (page 273) or Dr. Hyman's Super Salad Bar with protein (page 271)
 - Adventure Plan: Cod Cakes over Mixed Greens (page 295)
- Midafternoon Snack: Dip or spread of your choice (page 316) with fresh vegetables
- Dinner:
 - Core Plan: Stir-Fry Vegetables with Almonds (page 284)
 - Adventure Plan: Bibimbap-Style Vegetables with Egg or Tofu in Spicy Chili Sauce (page 310)

Day 5

- Breakfast: Detox Shake (page 267)
- Midmorning Snack: 10 to 12 nuts (almonds, walnuts, pecans, macadamia nuts)
- Lunch:
 - Core Plan: Soup with protein (page 273) or Dr. Hyman's Super Salad Bar with protein (page 271)
 - Adventure Plan: Vegetable Rolls with Shredded Chicken and Nut Cream (page 291)
- Midafternoon Snack: Dip or spread of your choice (page 316) with fresh vegetables
- Dinner:
 - Core Plan: Herb-Crusted Chicken Breasts with Roasted Garlic (page 281)
 - Adventure Plan: Roast Fish Casserole with Fennel and Leeks (page 306)

Day 6

- Breakfast: Detox Shake (page 267)
- Midmorning Snack: 10 to 12 nuts (almonds, walnuts, pecans, macadamia nuts)
- Lunch:
 - Core Plan: Soup with protein (page 273) or Dr. Hyman's Super Salad Bar with protein (page 271)
 - Adventure Plan: Chopped Vegetable Salad with Salmon (page 293)
- Midafternoon Snack: Dip or spread of your choice (page 316) with fresh vegetables
- Dinner:
 - Core Plan: Baked Cod with Olive and Caper Pesto (page 282)
 - Adventure Plan: Almond-Flax Crusted Chicken (page 307)

Day 7

- Breakfast: Detox Shake (page 267)
- Midmorning Snack: 10 to 12 nuts (almonds, walnuts, pecans, macadamia nuts)
- Lunch:
 - Core Plan: Soup with protein (page 273) or Dr. Hyman's Super Salad Bar with protein (page 271)
 - Adventure Plan: Cucumber Salad with Sunflower Mock Tuna (page 294)
- Midafternoon Snack: Dip or spread of your choice (page 316) with fresh vegetables
- Dinner:
 - Core Plan: Roast Chicken Breast with Rosemary (page 283)
 - Adventure Plan: Beef with Bok Choy (page 308)

Day 8

- Breakfast: Detox Shake (page 267)

- Midmorning Snack: 10 to 12 nuts (almonds, walnuts, pecans, macadamia nuts)
- Lunch:
 - Core Plan: Soup with protein (page 273) or Dr. Hyman's Super Salad Bar with protein (page 271)
 - Adventure Plan: Arugula, Avocado, and Grilled Snapper (page 296)
- Midafternoon Snack: Dip or spread of your choice (page 316) with fresh vegetables
- Dinner:
 - Core Plan: Grilled Pepper Steak and Salad (page 285)
 - Adventure Plan: Chicken Breast Stuffed with Sun-Dried Tomato Pesto, with Sautéed Spinach (page 312)

Day 9

- Breakfast: Detox Shake (page 267)
- Midmorning Snack: 10 to 12 nuts (almonds, walnuts, pecans, macadamia nuts)
- Lunch:
 - Core Plan: Soup with protein (page 273) or Dr. Hyman's Super Salad Bar with protein (page 271)
 - Adventure Plan: Spiced Turkey Wrap with Watercress and Avocado (page 298)
- Midafternoon Snack: Dip or spread of your choice (page 316) with fresh vegetables
- Dinner:
 - Core Plan: Steamed Snapper with Ginger and Scallions (page 286)
 - Adventure Plan: Thai Fish Salad (page 313)

Day 10

- Breakfast: Detox Shake (page 267)
- Midmorning Snack: 10 to 12 nuts (almonds, walnuts, pecans, macadamia nuts)

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- Lunch:
 - Core Plan: Soup with protein (page 273) or Dr. Hyman's Super Salad Bar with protein (page 271)
 - Adventure Plan: Watercress and Arugula Salad with Poached Eggs (page 299)
- Midafternoon Snack: Dip or spread of your choice (page 316) with fresh vegetables
- Dinner:
 - Core Plan: Grilled Tofu with Cilantro Pesto (page 286)
 - Adventure Plan: Chicken Encrusted with Red Chili Pesto (page 315)

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The Recipes

Food should be delightful, delicious, and nourishing to body, mind, and soul. These recipes are all designed to create pleasure and vibrant health. Enjoy!

BREAKFAST DETOX SHAKES

DR. HYMAN'S WHOLE-FOOD PROTEIN SHAKE

Serves: 1 Prep time: 5 minutes

- ½ cup frozen blueberries
- ½ cup frozen cranberries
- ¼ organic lemon with the rind (optional)
- 1 tablespoon almond butter
- 1 tablespoon pumpkin seeds (see note below)
- 1 tablespoon chia seeds (see note below)
- 1 tablespoon hemp seeds (see note below)
- 2 raw walnuts (see note below)
- 2 raw Brazil nuts (see note below)
- ¼ avocado
- ½ tablespoon extra virgin coconut butter
- ½ cup unsweetened almond or hemp milk
- ½ cup water

Combine all the ingredients in a blender and blend on high speed until smooth. You can also add all ingredients to a widemouthed quart-size Mason jar and use a hand-held immersion blender and drink it right from the jar. Be sure to add enough water so that the smoothie is drinkable but still thick (total liquid should be an inch or two above the other ingredients before blending). You can also make it thicker and eat it with a spoon.

NOTE: To activate the enzymes in the seeds and nuts in any smoothie recipe for easier digestion, you can soak them ahead of time. Fill a bowl with enough water to cover the seeds or nuts and soak for at least 30 minutes, preferably overnight if time permits.

Nutritional analysis per serving (1½ cups): calories 547, fat 52 g, saturated fat 10 g, cholesterol 0 mg, fiber 13 g, protein 15 g, carbohydrate 27 g, sodium 41 mg

KIWI AND CHIA SEED SMOOTHIE

Serves: 1 Prep time: 5 minutes

- 1 kiwi (firm, not too soft), peeled and sliced in half
- ¼ avocado
- 4 tablespoons chia seeds (see note below)
- ½ lime, juiced
- ¼ cup packed fresh mint leaves
- 1 cup ice
- 2 cups water
- 1 cup packed spinach or 1 medium kale leaf, stem removed

Combine all the ingredients in a blender and blend on high speed until smooth.

NOTE: To activate the enzymes in the seeds and nuts in any smoothie recipe for easier digestion, you can soak them ahead of time. Fill a bowl with enough water to cover the seeds or nuts and soak for at least 30 minutes, preferably overnight if time permits.

Nutritional analysis per serving (1 cup): calories 265, fat 18 g, saturated fat 2 g, cholesterol 0 mg, fiber 18 g, protein 10 g, carbohydrate 31 g, sodium 58 mg

GINGER AND CUCUMBER SMOOTHIE

Serves: 1 Prep time: 5 minutes

- ½ cup raw almonds (see note below)
- 2 kale leaves, stems removed
- 4 tablespoons chia seeds (see note below)
- ½-inch piece gingerroot, peeled
- ½ medium cucumber, peeled and seeded
- 2 cups water

Combine all the ingredients in a blender and blend on high speed until smooth.

NOTE: To activate the enzymes in the seeds and nuts in any smoothie recipe for easier digestion, you can soak them ahead of time. Fill a bowl with enough water to cover the seeds or nuts and soak for at least 30 minutes, preferably overnight if time permits.

Nutritional analysis per serving (1 cup): calories 446, fat 34 g, saturated fat 3 g, cholesterol 0 mg, fiber 18 g, protein 19 g, carbohydrate 35 g, sodium 42 mg

SPICED ALMOND SMOOTHIE

Serves: 1 Prep time: 5 minutes

- 1 tablespoon raw almond butter
- ¼ avocado
- 1 kale leaf, stem removed
- ¼ cucumber, peeled
- ¼ lime, peeled and seeded
- 8 to 10 chopped fresh mint leaves
- ½-inch piece fresh gingerroot, peeled
- ½ teaspoon extra virgin coconut butter
- ¼ cup hemp seeds (see note below)
- 1 tablespoon chia seeds (see note below)
- 1 cup water
- 2 to 3 ice cubes, depending on how cold you like your drinks
- optional: ¼ jalapeño chili, seeds removed

Combine all the ingredients in a blender and blend on high speed until smooth.

NOTE: To activate the enzymes in the seeds and nuts in any smoothie recipe for easier digestion, you can soak them ahead of time. Fill a bowl with enough water to cover the seeds or nuts and soak for at least 30 minutes, preferably overnight if time permits.

Nutritional analysis per serving (2 cups): 437 calories, fat 35 g, saturated fat 5 g, cholesterol 0 mg, fiber 10 g, protein 18 g, carbohydrate 20 g, sodium 21 mg

ALMOND AND STRAWBERRY SMOOTHIE

Serves: 1 Prep time: 5 minutes

- 1 tablespoon raw almond butter
- 3 raw walnuts (see note below)
- 1 cup water
- ½ cup fresh or frozen strawberries
- ¼ avocado
- ½ teaspoon fresh gingerroot, peeled
- ¼ teaspoon cinnamon
- 1 tablespoon flaxseeds (see note below)
- 2 to 3 ice cubes, depending on how cold you like your drinks

Combine all the ingredients in a blender and blend on high speed until smooth.

NOTE: To activate the enzymes in the seeds and nuts in any smoothie recipe for easier digestion, you can soak them ahead of time. Fill a bowl with enough water to cover the seeds or nuts and soak for at least 30 minutes, preferably overnight if time permits.

Nutritional analysis per serving (1½ cups): calories 318, fat 26 g, saturated fat 3 g, cholesterol 0 mg, fiber 9 g, protein 8 g, carbohydrate 16 g, sodium 8 mg

THE CORE PLAN LUNCH RECIPES

Below are the instructions for creating your own salad bar, as well as five delicious soup recipes for you to choose from. Just a reminder: **Be**

sure to add 4 to 6 ounces of the protein of your choice: chicken, turkey, salmon, omega-3 eggs, tofu, or tempeh, either mixed into your soup or salad or on the side.

Dr. Hyman's Super Salad Bar

Why go to a salad bar when you can create your own at home? To make this easy, start your week by setting up your own salad bar fixings.

Preparation:

- Wash veggies, cut them into convenient salad-size bits, and store in sealed glass containers all in one location in your refrigerator. Cut enough for two to three days and repeat throughout the ten days as needed for freshness. Add different veggies at least twice a week for variety.

- Make your salad the night before so you can grab-and-go on your way out the door. Store dressing in a separate container.

- Store items not requiring refrigeration in small glass jars, preferably on a single shelf so they're easy to find. Toasted and raw nuts and seeds stay fresh for weeks when sealed in glass jars.

- Ready, set, prep: Pick a variety of items from the list below and add them to your shopping list each week. Start by choosing your greens. Consider mixing various types of greens together—I like having some romaine with arugula to balance out texture. Skip iceberg lettuce; it is hardly green and has almost no nutrients. Then choose your veggies, protein, healthy fats, and dressing. Select different options each day to keep your palate happy.

Greens (2 cups per salad)

- Arugula
- Spinach
- Mixed greens
- Romaine

- Watercress
- Kale

Vegetables (1 to 2 cups per salad, except as noted)

- Cucumber
- Peppers: red, green, yellow
- Sprouts: sunflower, pea shoots, clover, etc.
- Tomatoes: grape, cherry
- Carrots
- Beets (¼ to ½ cup)
- Red onions (¼ to ½ cup)
- Scallions (¼ to ½ cup)
- Broccoli, lightly steamed
- Cauliflower, lightly steamed
- Cabbage: red, Napa, etc.
- Mushrooms
- Snap peas
- Asparagus
- Artichoke hearts (packed in water in glass jars)
- Hearts of palm (packed in water in glass jars)
- Kalamata olives
- Zucchini
- Roasted eggplant
- Herbs, dried: parsley, basil, oregano, dill, cilantro, mint, etc. (1 teaspoon)
- Herbs, fresh: mint, parsley, basil (1 cup), dill, and oregano (¼ cup)

Protein (4 to 6 ounces)

- Canned fish (packed in water): salmon, sardines, herring, etc. (skip tuna; it has too much mercury)
- Chicken (baked or roasted)
- Turkey (baked or roasted)
- Tofu
- Tempeh

- Hard-boiled eggs (2)
- Cooked shrimp
- Leftover chicken or seafood from dinner

Healthy fats (choose one)

- Avocado (¼ to ½)
- Nuts, raw: almonds, cashews, walnuts, hazelnuts, Brazil nuts, pecans, etc. (¼ cup)
- Seeds, raw: flax, chia, hemp, sunflower, pumpkin, sesame, etc. (¼ cup)

Dressing (1 to 2 tablespoons per salad)

Here is the basic principle for making simple salad dressing. You can get creative with these ingredients; experiment and find out what you like.

Start by mixing oil with lemon (or lime) juice or vinegar, at a ratio of ¾ oil to ¼ lemon or vinegar (or 3 to 1 oil to vinegar):

- Oil: extra virgin olive, flax, walnut, or avocado oil
- Lemon or lime juice, or apple cider, balsamic, or wine vinegar
- Optional: Dijon mustard (mixed with lemon or vinegar)
- Optional: seasonings including salt, freshly ground black pepper, fresh or dried herbs such as basil, oregano, garlic, onion, and rosemary
- Optional (to make your dressing creamy): avocado or tahini (sesame paste)

The Core Plan Lunch Soups

CREAMY CAULIFLOWER SOUP

Serves: 4 Prep time: 15 minutes Cook time: 15 minutes

- 2 tablespoons extra virgin olive oil (reserve ¼ teaspoon for serving)
- ½ medium onion, diced
- 2 cloves garlic, sliced
- 1 medium cauliflower, cut into 2-inch chunks

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- ¼ cup raw cashews
- 2 tablespoons sesame seeds or 1 tablespoon tahini
- ¼ avocado
- salt and freshly ground black pepper, to taste
- 1 tablespoon chopped fresh parsley

Heat the oil in a medium soup pot over medium heat. Add the onion and garlic and sauté for 5 minutes, until translucent. Then add 4 cups water and the cauliflower, cashews, and sesame seeds or tahini. Bring to a boil, reduce the heat to low, and simmer for 10 to 15 minutes, or until the cauliflower is tender. Let cool for 5 minutes. Transfer to a blender (or use a hand-held immersion blender to puree the soup directly in the pot) and blend with the avocado until smooth. Season with salt and pepper. Drizzle with the ¼ teaspoon extra virgin olive oil and chopped parsley. Serve warm or chilled with your favorite salad and protein of your choice.

Nutritional analysis per serving (1½ cups): calories 169, fat 12 g, saturated fat 2 g, cholesterol 0 mg, fiber 6 g, protein 6 g, carbohydrate 14 g, sodium 47 mg

CHICKEN SOUP FOR THE CAUSE

Serves: 4 Prep time: 15 to 20 minutes Cook time: 55 minutes

- 1 tablespoon extra virgin olive oil
- 1 small chicken, cut into quarters (remove the giblets; optional to remove skin)
- 3 medium carrots, peeled and sliced into half-moons
- 4 stalks celery, diced
- 2 medium onions, diced
- 1 quart reduced-sodium chicken stock
- salt and freshly ground black pepper, to taste
- 2 thin slices fresh ginger
- 1 cup kale or spinach
- 1 cup chopped fresh parsley

Heat the oil in a medium soup pot over medium heat. Brown the chicken 2 to 3 minutes on each side. Remove and set aside. Add the vegetables

(minus the kale or spinach) to the pot and cook for 4 to 5 minutes. Put the chicken back in the pot, add the chicken stock, and bring to a boil. Reduce the heat to low, cover, and simmer for about 45 minutes, until the chicken starts to fall off the bones (you may want to add more liquid). Remove the bones. Skim any grease off the top with a ladle. Season with salt and pepper and add ginger. Add the kale or spinach and allow them to wilt. Add the parsley and serve with a green salad.

Nutritional analysis per serving (1¾ cups): calories 246, fat 7 g, saturated fat 1 g, cholesterol 73 mg, fiber 4 g, protein 32 g, carbohydrate 13 g, sodium 291 mg

ZUCCHINI AND WATERCRESS SOUP

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

- 2 tablespoons extra virgin olive oil (reserve ¼ teaspoon for serving)
- 1 medium onion, diced
- 4 stalks celery, diced
- 4 medium zucchini, diced
- ¼ cup almond butter or ½ cup raw cashews
- 1 quart reduced-sodium vegetable stock
- 2 cups watercress, stems removed, chopped
- salt and freshly ground black pepper, to taste

In a medium soup pot, heat the oil over medium heat. Add the onion and celery and cook for 5 minutes, until translucent. Add the zucchini and sauté another 3 minutes. Add the almond butter or cashews and vegetable stock and bring to a boil. Reduce the heat to low and simmer for 5 minutes, until the zucchini is tender. Add the watercress and cook for 3 more minutes, then turn off the heat. Using a slotted spoon, transfer the vegetables to a blender with about a cup of stock and blend until smooth. Pour back into the pot and combine. Season with salt and pepper. Drizzle each serving with ¼ teaspoon olive oil and serve with a salad and protein of your choice.

Nutritional analysis per serving (1¾ cups): calories 225, fat 17 g, saturated fat 2 g, cholesterol 0 mg, fiber 5 g, protein 7 g, carbohydrate 17 g, sodium 180 mg

CREAMY ASPARAGUS SOUP

Serves: 6 Prep time: 10 minutes Cook time: 25 minutes

- 1 tablespoon extra virgin olive oil
- 3 cloves garlic, minced
- 1 head cauliflower, cut into small florets
- 2½ pounds asparagus, trimmed and cut into ½-inch pieces
- ¼ teaspoon cayenne pepper
- 6 cups reduced-sodium vegetable or chicken broth, or water
- salt and freshly ground black pepper, to taste

In a medium soup pot, heat the oil over medium-high heat. Add the garlic and cook for 1 minute. Add the cauliflower, asparagus, and cayenne pepper. Cook for 4 to 5 minutes, stirring frequently. Pour in the broth or water and bring the soup to a boil. Reduce the heat to low and simmer until the cauliflower is fully cooked, 5 to 8 minutes. Carefully transfer the soup to a blender and blend on high speed until smooth, about 2 minutes (or use a hand-held immersion blender to puree the soup directly in the pot). Season to taste with salt and black pepper. If the soup is too thick, thin it with a little more broth or water. If adding more liquid, return the soup to the stove, bring to a gentle simmer, and heat to the desired temperature. Serve with a salad and protein of your choice.

Nutritional analysis per serving (1 cup): calories 99, fat 4 g, saturated fat 0 g, cholesterol 0 mg, fiber 7 g, protein 6 g, carbohydrate 14 g, sodium 224 mg

GREEN GODDESS BROCCOLI AND ARUGULA SOUP

Serves: 4 Prep time: 5 minutes Cook time: 20 minutes

- 1 teaspoon extra virgin olive oil
- ½ medium onion, chopped
- 2 cloves garlic, finely chopped
- 1 large head broccoli, cut into medium florets
- 1 cup arugula
- 2½ cups low-sodium vegetable broth

- ½ cup unsweetened coconut milk
- juice of ½ lemon, or more if desired
- salt and freshly ground black pepper, to taste

Heat the olive oil in a medium soup pot over medium-high heat. Add the onion and garlic and cook until soft, about 3 minutes. Add the broccoli and arugula. Stir frequently until the broccoli is bright green and the arugula has wilted, 4 to 5 minutes. Pour in the broth and bring the soup to a boil. Reduce the heat to low and simmer until the broccoli is fully cooked, 5 to 8 minutes. Carefully transfer the soup to a blender and blend on high speed for 1½ minutes (or use a hand-held immersion blender to puree the soup directly in the pot). Pour in the coconut milk and lemon juice and blend for another 30 seconds. Season with salt and pepper; add more lemon juice if desired. If the soup is too thick, thin it with a little more coconut milk or water. If adding more liquid, return the soup with the added liquid to the stove, bring to a gentle simmer, and heat to the desired temperature. Serve with a salad and protein of your choice.

Nutritional analysis per serving (1¼ cups): calories 104, fat 4 g, saturated fat 1 g, cholesterol 0 mg, fiber 5 g, protein 5 g, carbohydrate 13 g, sodium 289 mg

THE CORE PLAN DINNERS

GRILLED SALMON WITH ONION MARMALADE OVER GREENS

Serves: 4 Prep time: 20 minutes Cook time: 15 minutes

- 2 medium red onions, thinly sliced
- 2 tablespoons extra virgin olive oil, plus extra for brushing the salmon
- 1 tablespoon apple cider vinegar
- salt and freshly ground black pepper, to taste
- 4 salmon fillets (4 to 6 ounces each)
- 8 cups arugula

- juice of ½ lemon, plus 1 lemon cut into 4 wedges
- ¼ cup chopped fresh parsley

Prepare the grill or use a grill pan. In a bowl mix the onions, olive oil, vinegar, and salt and pepper. Place the onions in the middle of a large piece of foil; crimp it closed and place it on the grill or grill pan. Grill for about 10 minutes, until the onions are soft, shaking the foil from time to time.

Cut each salmon fillet into 2 or 3 strips, brush with olive oil, and season with salt and pepper. Place each strip on the grill or grill pan and cook for 2 minutes on each side, or until cooked through. Let cool. Arrange the salmon on top of the arugula and drizzle with lemon juice. Combine the chopped parsley with the onions and place a spoonful on top of each salad. Serve with a lemon wedge.

Nutritional analysis per serving (4 ounces salmon, 2 cups arugula):
calories 244, fat 17g, saturated fat 2 g, cholesterol 71 mg, fiber 2 g, protein 27 g, carbohydrate 8 g, sodium 312 mg

GRILLED SNAPPER WITH SALAD

Serves: 4 Prep time: 20 minutes Cook time: 6 minutes

SALAD:

- 1 head romaine, outer leaves removed
- 4 loosely packed cups (4 ounces) arugula
- ½ avocado, diced
- 1 cup sprouts
- 6 radishes, cut in half and thinly sliced
- 1 cup cherry tomatoes, halved
- 2 tablespoons freshly grated carrot
- 2 tablespoons freshly grated beets
- 2 tablespoons extra virgin olive oil
- juice of 1 lemon
- 1 tablespoon Dijon mustard

FISH:

- 4 snapper fillets (4 to 6 ounces each)
- 1 teaspoon extra virgin olive oil
- salt and freshly ground black pepper, to taste
- 1 lemon, cut into 4 wedges

PREPARE THE SALAD:

Chop the romaine and arugula and combine in a bowl with the avocado, sprouts, radishes, tomatoes, carrot, and beets. In a separate bowl, whisk together the olive oil, lemon juice, and mustard. Pour the dressing over the salad. Divide among 4 plates and set aside.

PREPARE THE FISH:

Prepare the grill, or use a cast-iron skillet over medium heat. Brush each piece of fish with olive oil and season with salt and pepper. When the grill or skillet is hot, cook the fish for 3 minutes on each side, or until cooked through. Serve on top of the salad with a lemon wedge on the side.

Nutritional analysis per serving (4 ounces snapper, 2 cups salad with dressing): calories 330, fat 17 g, saturated fat 2 g, cholesterol 53 mg, fiber 7 g, protein 34 g, carbohydrate 12 g, sodium 146 mg

ASIAN-FLAVORED CHICKEN SKEWERS

Serves: 4 Prep time: 35 to 60 minutes Cook time: 10 minutes

MARINADE:

- ½ cup low-sodium, gluten-free tamari
- 1 teaspoon grated fresh gingerroot
- 3 cloves garlic, crushed
- 2 tablespoons sesame oil
- 1½ teaspoons five-spice powder

CHICKEN SKEWERS:

- 1½ pounds boneless, skinless chicken breasts, cut into ½-inch strips
- twelve 12-inch bamboo skewers, soaked in water

PREPARE THE MARINADE:

Combine the ingredients in a large, shallow baking dish.

PREPARE THE SKEWERS:

Thread the chicken onto the skewers, leaving about 2 inches at each end. Place the skewers in the baking dish, turning them to coat the chicken in the marinade, cover, and refrigerate for 30 to 60 minutes. Cover the ends of the skewers with foil so they don't burn.

Prepare the grill or preheat the broiler (if using the broiler, place the skewers on a broiler pan). Cook for 2 minutes on each side. Serve over a bed of Wilted Leafy Greens (see recipe below).

Nutritional analysis per serving (3 skewers): calories 225, fat 9 g, saturated fat 2 g, cholesterol 98 mg, fiber 0 g, protein 37 g, carbohydrate 1 g, sodium 137 mg

WILTED LEAFY GREENS

Serves: 4 Prep time: 10 minutes

- 4 cups kale, stems removed
- 4 cups watercress or mustard greens, stems removed
- 8 cups spinach
- ½ cup water
- 2 tablespoons extra virgin olive oil
- salt and freshly ground black pepper, to taste

Tear the greens into 2- or 3-inch pieces. Heat a large saucepan over medium heat and add the water, olive oil, and kale. Cover and let the kale wilt for 1 to 2 minutes. Add the watercress or mustard greens and allow them to wilt for another 1 to 2 minutes. Finally, add the spinach and let wilt for another 1 to 2 minutes. Drain any excess water, add salt and pepper, and serve.

Nutritional analysis per serving (2 cups greens): calories 128 , fat 8 g, saturated fat 0 g, cholesterol 0 mg, fiber 4 g, protein 6 g, carbohydrate 12 g, sodium 106 mg

HERB-CRUSTED CHICKEN BREASTS WITH ROASTED GARLIC

Serves: 4 Prep time: 20 minutes Cook time: 50 minutes

- 3 tablespoons extra virgin olive oil
- 2 heads garlic, tops cut off
- 4 boneless, skinless chicken breasts (4 to 6 ounces each)
- ¼ cup chopped fresh parsley
- 1 tablespoon chopped fresh rosemary
- 1 tablespoon chopped fresh thyme
- freshly ground black pepper
- ½ teaspoon sea salt
- optional: ½ tablespoon chopped fresh sage
- ¼ cup macadamia nuts or cashews, crushed
- 1 tablespoon Dijon mustard
- 1 bunch asparagus, trimmed
- 2 cups salad greens

Preheat the oven to 375°F. Drizzle 1 tablespoon olive oil over the heads of garlic and roast in the oven for 30 to 40 minutes. While the garlic is roasting, place each chicken breast in a plastic bag and pound firmly with a meat cleaver to flatten slightly. Mix the herbs, salt, and pepper and the nuts in a small bowl and place the mixture on a flat plate. Brush each breast with a thin layer of Dijon mustard and coat each side with the herb mix.

Heat 1 tablespoon olive oil in a sauté pan over medium heat. Sauté the breasts with the smooth, rounded side down for 3 to 4 minutes. Reduce the heat to low and turn over the breasts, cooking for another 3 minutes, until cooked through. Remove from the pan and set aside.

Heat 1 tablespoon olive oil in a new pan over medium heat. Sauté the asparagus for 3 to 4 minutes, until tender. Remove from heat.

Slice the chicken breasts on an angle. Squeeze the roasted garlic out of the skin and divide it evenly on top of the 4 servings of chicken. Arrange the asparagus over the greens.

Nutritional analysis per serving (one 4-ounce chicken breast, about 5 spears asparagus, and ½ cup greens): calories 290, fat 16 g, saturated fat 3 g, cholesterol 65 mg, fiber 4 g, protein 28 g, carbohydrate 10 g, sodium 301 mg

BAKED COD WITH OLIVE AND CAPER PESTO

Serves: 4 Prep time: 15 minutes Cook time: 20 minutes

- 1 cup pitted Kalamata olives
- ¼ cup capers, drained
- 1 tablespoon lemon zest, plus juice of 1 lemon
- 1 cup roughly chopped fresh parsley
- 2 cloves garlic
- ½ cup raw walnuts
- ¼ cup extra virgin olive oil
- 4 fillets of cod (4 to 6 ounces each; or fish of your choice)

Preheat the oven to 350°F. In a food processor, combine the olives, capers, lemon zest and juice, parsley, garlic, and walnuts and process for 20 seconds. Drizzle in the olive oil while the motor is running; pulse to combine. Spread about 1 tablespoon of the olive and caper pesto onto each fish fillet. Place the fish in a greased ovenproof dish. Bake for 20 minutes and serve alongside Broccoli Rabe with Garlic and Cherry Tomatoes (see recipe below).

Nutritional analysis per serving (one 4-ounce cod fillet with 1 tablespoon pesto): calories 390, fat 28 g, saturated fat 3 g, cholesterol 62 mg, fiber 3 g, protein 31 g, carbohydrate 6 g, sodium 647 mg

BROCCOLI RABE WITH GARLIC AND CHERRY TOMATOES

Serves: 4 Prep time: 5 minutes Cook time: 4 minutes

- 2 tablespoons extra virgin olive oil
- 4 cloves garlic, chopped
- 2 bunches broccoli rabe, trimmed
- ½ cup water
- 2 cups cherry tomatoes, halved
- salt and freshly ground black pepper, to taste

Heat the olive oil in a large saucepan over medium heat. Add the garlic and sauté for 10 seconds, then add the broccoli rabe and sauté until wilted slightly. Add the water and the cherry tomatoes and cover. Let steam for 3 minutes, or until the broccoli rabe is tender. Season with salt and pepper.

Nutritional analysis per serving (1½ cup): calories 116 , fat 8 g, saturated fat 0 g, cholesterol 0 mg, fiber 4 g, protein 4 g, carbohydrate 10 g, sodium 276 mg

ROAST CHICKEN BREAST WITH ROSEMARY

Serves: 4 Prep time: 10 minutes Cook time: 10 minutes

- ¼ cup fresh rosemary, finely chopped
- 2 tablespoons Dijon mustard
- zest of 1 lemon
- 1 tablespoon olive oil
- 4 boneless, skinless chicken breasts (4 to 6 ounces each)
- salt and freshly ground black pepper, to taste

Preheat the oven to 400°F. Combine the chopped rosemary, mustard, lemon zest, and olive oil in a small bowl to make a paste and rub over both sides of each chicken breast. Season with salt and pepper and bake in a greased ovenproof baking dish for 5 minutes. Turn down the heat to 350°F and cook for an additional 5 minutes or so; the chicken should be firm but not pink inside. Use a meat thermometer to ensure that the temperature is at least 165 degrees in the center. Be careful not to overcook. Serve with Baked Zucchini and Tomatoes (see recipe below).

Nutritional analysis per serving (one 4-ounce chicken breast):

calories 145, fat 5 g, saturated fat 1 g, cholesterol 60 mg, fiber 2 g, protein 24 g, carbohydrate 5 g, sodium 138 mg

BAKED ZUCCHINI AND TOMATOES

Serves: 4 Prep time: 10 minutes Cook time: 10 minutes

- 2 tablespoons extra virgin olive oil, plus extra for greasing the baking tray
- 4 zucchini, sliced on the diagonal into ¼-inch pieces

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- 4 tomatoes, sliced
- 2 onions, thinly sliced
- salt and freshly ground black pepper, to taste
- 1 avocado, pitted and diced
- 1 cup loosely packed fresh basil leaves

Preheat the oven to 375°F. Grease a baking tray with olive oil and arrange alternate slices of the zucchini, tomatoes, and onions, making 4 layers. Drizzle with the 2 tablespoons olive oil and season with salt and pepper. Bake for 10 minutes. Serve scattered with the diced avocado and the basil.

Nutritional analysis per serving (1½ cups vegetables, ¼ avocado):

calories 236, fat 15 g, saturated fat 2 g, cholesterol 0 mg, fiber 8 g, protein 5 g, carbohydrate 17 g, sodium 132 mg

STIR-FRY VEGETABLES WITH ALMONDS

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

- 1 tablespoon extra virgin olive oil
- 1 tablespoon sesame oil
- 2 stalks celery, thinly sliced on the bias
- 1 onion, cut in half and thinly sliced
- 2 carrots, peeled and cut into half-moons
- 2 cups broccoli florets or sliced bok choy
- 1 red or yellow pepper, seeded and sliced into strips
- optional: 16 ounces organic firm tofu, cubed
- 2-inch piece gingerroot, peeled and julienned
- 2 cloves garlic, sliced
- 1 jalapeño chili, seeded and thinly sliced
- 6 mushrooms, stalks removed, thinly sliced
- ½ cup whole raw almonds
- ¼ cup water (more if needed)
- 2 tablespoons low-sodium, gluten-free tamari
- ½ cup whole basil leaves
- 3 scallions, thinly sliced on the bias

In a large sauté pan or wok, heat the olive oil and sesame oil over medium-high heat. Add the celery, onions, and carrots and stir-fry for 2 minutes. Add the broccoli or bok choy, peppers, and tofu, if using, and stir-fry another 2 minutes. Add the ginger, garlic, jalapeño, and mushrooms and cook 2 more minutes. Add the almonds, a little of the water as needed, and the tamari and continue to stir-fry until the vegetables are cooked but still crunchy. Toss with the basil and scallions just before serving.

Nutritional analysis per serving (1¼ cups vegetables with ½ cup tofu): calories 271, fat 18 g, saturated fat 2 g, cholesterol 0 mg, fiber 6 g, protein 15 g, carbohydrate 18 g, sodium 408 mg

Nutritional analysis per serving (1¼ cups vegetables without tofu): calories 180, fat 15 g, saturated fat 1 g, cholesterol 0 mg, fiber 5 g, protein 6 g, carbohydrate 16g, sodium 342 mg

GRILLED PEPPER STEAK AND SALAD

Serves: 4 Prep time: 10 minutes Cook time: 7 to 8 minutes

- 4 pieces flank steak (5 ounces; or steak of your choice)
- 1 tablespoon extra virgin olive oil
- ¼ cup freshly ground black pepper
- optional: 1 teaspoon ground chili pepper
- ½ teaspoon salt
- 1 tablespoon chopped fresh parsley

Prepare the grill or use a grill pan. Brush each piece of steak with ¼ tablespoon of the olive oil. Combine the peppers and salt in a small bowl and rub the steaks with the mixture; let sit for 5 minutes. Grill the steaks for 3 to 4 minutes on each side (or to desired doneness). Let stand for 5 minutes before slicing.

Sprinkle with chopped parsley and serve with salad of your choice.

Nutritional analysis per serving (5 ounces steak, 2 cups salad, dressed): calories 353, fat 22 g, saturated fat 7 g, cholesterol 78 mg, fiber 5 g, protein 41 g, carbohydrate 5 g, sodium 356 mg

STEAMED SNAPPER WITH GINGER AND SCALLIONS

Serves: 4 Prep time: 10 minutes Cook time: 10 minutes

- 4 snapper fillets (4 to 6 ounces each; or fish of your choice)
- 8 shiitake mushrooms, cut into quarters
- 1-inch piece gingerroot, peeled and thinly sliced
- 1 bunch asparagus, trimmed and sliced on the bias into 2-inch pieces
- 4 scallions, sliced on the bias into 1-inch pieces
- 2 cloves garlic, sliced
- 2 tablespoons low-sodium, gluten-free tamari
- 1 pint fish stock or water
- 1 tablespoon sesame oil

Arrange the fish fillets in an 8-inch sauté pan with a lid. Add the mushrooms, ginger, asparagus, scallions, garlic, tamari, and fish stock or water and cover. Turn on the heat to medium and bring to a boil. Reduce the heat and simmer for about 7 minutes, until the fish is cooked through. Drizzle each piece with sesame oil and serve in individual bowls with the stock the fish was cooked in.

Nutritional analysis per serving (4 ounces fish, with vegetables):

calories 245, fat 5 g, saturated fat 1 g, cholesterol 0 mg, fiber 5 g, protein 27 g, carbohydrate 26 g, sodium 437 mg

GRILLED TOFU WITH CILANTRO PESTO

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

TOFU:

- 3 tablespoons low-sodium, gluten-free tamari
- 2 tablespoons sesame oil
- 16 ounces organic firm tofu, cut into 8 slices
- 2 zucchini, sliced on the bias into ¼-inch pieces

PESTO:

- 1 bunch (3 ounces) fresh basil, stems removed
- 1 bunch (2 cups) fresh cilantro, stems removed

- 2 cloves garlic, chopped
- ½-inch piece gingerroot, peeled and chopped
- 3 scallions, trimmed and roughly chopped
- ¼ cup pine nuts or raw walnuts
- ½ cup extra virgin olive oil (reserve 1 tablespoon for serving)
- 4 ounces arugula or other favorite greens
- salt and freshly ground black pepper, to taste

PREPARE THE TOFU:

Prepare the grill, or use a grill pan. In a large bowl, combine the tamari and sesame oil; add the tofu and zucchini slices and marinate for 10 minutes. Grill the zucchini first, about 2 minutes on each side, then the tofu for about 3 minutes on each side. Set aside.

PREPARE THE PESTO:

Place all the ingredients except the arugula or other greens, the salt and pepper, and the reserved 1 tablespoon of olive oil in a food processor and pulse until smooth. If necessary, add 2 tablespoons of water for a thinner consistency. Season with salt and pepper.

ASSEMBLE THE DISH:

Toss the arugula or other greens lightly with the remaining tablespoon of olive oil; divide among 4 plates, placing on one side of the plate. Arrange the tofu and zucchini on the other side of each of the 4 plates and drizzle with the pesto.

Nutritional analysis per serving (2 pieces tofu, ¼ zucchini, 2 tablespoons pesto): calories 456, fat 42 g, saturated fat 6 g, cholesterol 0 mg, fiber 5 g, protein 16 g, carbohydrate 12 g, sodium 562 mg

ADVENTURE PLAN LUNCH OPTIONS

KALE AND RED CABBAGE SLAW WITH TURKEY MEATBALLS

Serves: 4 Prep time: 20 minutes Cook time: 20 minutes

KALE AND CABBAGE SLAW:

- 2 bunches kale, stalks removed, thinly sliced
- ½ red cabbage, thinly sliced
- ¼ cup raw sunflower seeds
- 2 tablespoons extra virgin olive oil
- juice of ½ lemon
- ¼ teaspoon salt
- optional: 1 avocado, pitted and sliced

TURKEY MEATBALLS:

- 1 pound ground turkey
- ½ onion, finely diced
- ¼ cup celery, finely diced
- 1 tablespoon tomato paste (plus ½ cup to top each meatball with 1 teaspoon)
- 1 egg
- 1 teaspoon dried thyme
- 1 teaspoon dried sage
- 1 teaspoon dried rosemary
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper

PREPARE THE SLAW:

Combine all the ingredients in a bowl and divide among 4 plates. If desired, garnish with ¼ avocado per portion.

PREPARE THE MEATBALLS:

Preheat the oven to 350°F. In a large bowl, combine all the ingredients except the additional tomato paste to top the meatballs. Using an ice cream scoop, form into golf-ball-size balls and place on a baking tray (the recipe should yield 12 to 16 balls). Top each meatball with 1 teaspoon of tomato paste. Bake for 20 minutes, turning once. Serve alongside the slaw.

Nutritional analysis per serving (4 meatballs with 1½ cups slaw):

calories 322, fat 18 g, saturated fat 4 g, cholesterol 106 mg, fiber 5 g, protein 29 g, carbohydrate 17 g, sodium 462 mg

BOK CHOY SALAD WITH TOFU OR RAW ALMONDS

Serves: 4 Prep time: 30 minutes

- 2 heads medium bok choy, thinly sliced
- 1 cup wakame, covered with just enough water to soften
- 2 tablespoons white sesame seeds
- 1 cup asparagus, trimmed and thinly sliced on the bias
- 2 stalks celery, thinly sliced
- 1 small carrot, peeled and thinly sliced on the bias
- 4 scallions, thinly sliced on the bias
- 4 medium red radishes, thinly sliced to make ½ cup
- 2 tablespoons grated fresh gingerroot
- ½ cup cilantro, roughly chopped
- 2 tablespoons apple cider vinegar
- juice of 2 limes, plus zest of 1 lime
- ¼ cup low-sodium, gluten-free tamari
- ½ teaspoon cayenne pepper
- 1 avocado, pitted and cubed
- 16 ounces firm tofu, cubed, or 1 cup raw whole almonds

Toss all the ingredients together in a large bowl. For maximum flavor, allow the salad to sit for 30 minutes before serving.

Nutritional analysis per serving (1½ cups salad with tofu): calories 252, fat 14 g, saturated fat 2 g, cholesterol 0 mg, fiber 7 g, protein 15 g, carbohydrate 20 g, sodium 444 mg

Nutritional analysis per serving (1½ cups salad with almonds): calories 227, fat 4 g, saturated fat 1 g, cholesterol 0 mg, fiber 6 g, protein 10 g, carbohydrate 19 g, sodium 432 mg

WALNUT PÂTÉ WITH FRESH TOMATO SALSA

Serves: 4 Prep time: 20 minutes

WALNUT PÂTÉ:

- 2 cups raw walnuts
- 4 stalks celery, diced
- ½ red onion, finely diced
- 1 tablespoon chopped fresh parsley
- 1 teaspoon fresh thyme
- 1 tablespoon lemon zest
- 1 tablespoon extra virgin olive oil
- 1 teaspoon freshly ground black pepper
- ¼ teaspoon salt

TOMATO SALSA:

- 3 ripe tomatoes, seeded and diced
- juice of 1 lime
- ½ cup cilantro, chopped
- ½ red onion, diced
- ¼ teaspoon cayenne pepper or ½ jalapeño pepper, seeded and finely minced
- ½ teaspoon cumin
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 4 romaine leaves

PREPARE THE PÂTÉ:

Place the walnuts in a food processor and pulse for 20 seconds. Add the celery and onion and pulse again for 20 seconds. Add all the other ingredients and pulse for another 10 seconds. Transfer the pâté to a bowl.

PREPARE THE SALSA:

Toss all the ingredients except the romaine together in a medium bowl. To increase the heat, add more cayenne or chili as desired.

ASSEMBLE THE DISH:

Serve the pâté on the lettuce leaves and top with the salsa.

Nutritional analysis per serving ($\frac{3}{4}$ cup pâté with 2 tablespoons salsa): calories 406, fat 36 g, saturated fat 2 g, cholesterol 0 mg, fiber 6 g, protein 15 g, carbohydrate 14 g, sodium 324 mg

VEGETABLE ROLLS WITH SHREDDED CHICKEN AND NUT CREAM

Serves: 4 Prep time: 30 minutes Cook time: 10 minutes

VEGETABLE MIXTURE:

- 1 medium carrot, peeled and thinly sliced or shredded
- 3 medium zucchini, thinly sliced or shredded
- $\frac{1}{2}$ Napa cabbage (or other white cabbage), shredded
- $\frac{1}{4}$ red cabbage, shredded
- 1 cup fresh mint, julienned
- $\frac{1}{2}$ cup scallions, sliced on the bias

POACHED CHICKEN BREASTS:

- 4 cups water
- 1 sprig fresh thyme
- 1 sprig fresh rosemary
- 1 teaspoon salt
- 4 boneless, skinless chicken breasts (4 to 6 ounces each)

NUT CREAM:

- 1 cup pine nuts or raw cashews
- ½ cup fresh lemon juice
- pinch of salt
- optional: ¼ teaspoon cayenne pepper

COLLARD WRAPS:

- 8 collard leaves, stems removed, halved lengthwise
- 2 cups boiling water

PREPARE THE VEGETABLE ROLL MIXTURE:

Combine all the ingredients in a large bowl.

PREPARE THE CHICKEN:

In a large saucepan, bring the water to a boil. Add the thyme, rosemary, and salt. Turn the heat down to a simmer and carefully add the chicken breasts. Cover and simmer for about 10 minutes; remove from the heat and let rest, covered, for about 10 minutes. When the breasts are cool, shred with a fork or by hand.

PREPARE THE NUT CREAM:

Place all the ingredients in a blender and blend until smooth but thick, adding water if needed.

ASSEMBLE THE ROLLS:

Lay the collard leaves on a baking tray and slowly pour the boiling water over them to soften the leaves; drain, let cool, and pat dry. Combine the nut cream, shredded chicken, and vegetable mixture. Lay one collard leaf smooth side down and spoon about ½ cup of filling onto one end, then wrap tightly. Continue until all the rolls are made and serve two to a person.

Nutritional analysis per serving (4 collard wraps with 1½ tablespoons nut cream per wrap): calories 455, fat 26 g, saturated fat 3 g, cholesterol 82 mg, fiber 9 g, protein 43 g, carbohydrate 21 g, sodium 504 mg

CHOPPED VEGETABLE SALAD WITH SALMON

Serves: 4 Prep time: 15 minutes Cook time: 10 minutes

SALMON:

- 4 salmon fillets (4 to 6 ounces each)
- 1 tablespoon extra virgin olive oil
- salt and freshly ground black pepper, to taste

DRESSING:

- juice of ½ lemon
- 3 tablespoons extra virgin olive oil
- 1 teaspoon Dijon mustard

SALAD:

- 1 head romaine, outer leaves and core removed, cut into ½-inch pieces
- 1 cucumber, peeled, seeded, and diced
- ½ small red onion, diced
- 6 radishes, trimmed and diced
- 2 medium tomatoes, halved and seeded
- 1 yellow pepper, seeded and diced
- ¼ cup fresh parsley, chopped
- ½ cup fresh basil leaves, chopped
- ¼ cup fresh dill, chopped
- ¼ cup capers, drained, or pitted Kalamata olives, rinsed and cut in half

PREPARE THE SALMON:

Prepare the grill or use a grill pan. Brush the salmon lightly with olive oil and season with salt and pepper. Grill, covered, for 3 minutes on each side, until firm to the touch or cooked through. When cool, break the salmon up with a fork.

PREPARE THE DRESSING:

In a small bowl, whisk together the lemon juice, olive oil, and mustard.

PREPARE THE SALAD:

Combine all the ingredients in a large bowl and add the salmon. Toss with the dressing and serve.

Nutritional analysis per serving (2 cups salad, 4 ounces salmon):

calories 347, fat 21 g, saturated fat 3 g, cholesterol 70 mg, fiber 4 g, protein 27 g, carbohydrate 14 g, sodium 494 mg

CUCUMBER SALAD WITH SUNFLOWER MOCK TUNA

Serves: 4 Prep time: 30 minutes

- 1 cup raw almonds
- 2 cups raw sunflower seeds
- 2 zucchini, peeled and cut into 1-inch cubes
- 2 tablespoons chopped red onion
- ¼ cup chopped celery
- 1 tablespoon grated fresh gingerroot
- ¼ cup lemon juice
- 1 tablespoon low-sodium, gluten-free tamari
- ¼ cup cilantro, finely chopped
- ¼ cup parsley, finely chopped
- optional: pinch of cayenne pepper
- salt and freshly ground black pepper, to taste
- optional: dulse flakes or thinly sliced nori

CUCUMBER AND TOMATO SALAD:

- 3 to 4 cups quartered fresh organic tomatoes (or cut chunky)
- 2 medium cucumbers, seeded and diced
- 2 tablespoons extra virgin olive oil
- juice and zest of 1 lemon
- salt and freshly ground black pepper, to taste
- ¼ cup fresh basil, julienned

PREPARE THE MOCK TUNA:

Place the almonds in a food processor and pulse for 30 seconds. Add the sunflower seeds and pulse again for 20 seconds. Add the zucchini, onions,

and celery and pulse for another 20 seconds (until everything looks rice-size). Pour into a bowl and add the ginger, lemon juice, tamari, and fresh herbs. Add cayenne for desired heat. Mix well and season with the salt and pepper. Optional: Sprinkle with dulse flakes or thinly sliced nori.

PREPARE THE SALAD:

Toss all the ingredients together in a bowl and serve alongside the Sunflower Mock Tuna (on a bed of greens, if you like).

Nutritional analysis per serving (½ cup mock tuna, 1 cup cucumber salad): calories 405, fat 32 g, saturated fat 3 g, cholesterol 0 mg, fiber 9 g, protein 14 g, carbohydrate 26 g, sodium 326 mg

COD CAKES OVER MIXED GREENS

Serves: 4 Prep time: 20 minutes Cook time: 15 minutes

COD CAKES:

- 4 cod fillets (4 to 6 ounces each)
- ½ cup pumpkin seeds or macadamia nuts
- 1 egg
- 1 tablespoon chopped fresh thyme
- 1 tablespoon chopped parsley
- ¼ cup red onion, diced
- 1 tablespoon lemon zest, plus 1 teaspoon lemon juice
- 1 teaspoon Dijon mustard
- pinch of cayenne pepper
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 1 tablespoon extra virgin olive oil

SALAD:

- 8 cups mixed greens of your choice
- 2 medium tomatoes, cut into wedges
- 1 tablespoon extra virgin olive oil
- 1 tablespoon lemon juice

PREPARE THE FISH:

Into a steamer or a saucepan, put about $\frac{1}{4}$ inch of water, and bring to a boil. Add the cod fillets, cover, and cook over medium heat for about 7 minutes, or until translucent. Let cool. Using a fork, break up the fish into flakes.

In a spice grinder or food processor, grind the pumpkin seeds or macadamia nuts to the size of medium bread crumbs. Alternatively, you can place the nuts in a plastic bag and crush them using a rolling pin.

In a large bowl, whisk the egg and add the herbs, onion, lemon zest, and lemon juice. Add the fish flakes, mustard, cayenne, salt, and pepper. Form into 4 patties. Spread the ground pumpkin seeds or macadamia nuts on a plate and coat the patties on all sides.

Heat the olive oil in a sauté pan over medium heat. Cook the cod cakes for 3 minutes on each side.

ASSEMBLE THE DISH:

Serve each cod cake alongside or on top of the greens, garnish with tomato wedges, and drizzle with olive oil and lemon juice.

Nutritional analysis per serving (1 cod cake with salad): calories 322, fat 17 g, saturated fat 3 g, cholesterol 103 mg, fiber 3 g, protein 33 g, carbohydrate 10 g, sodium 482 mg

ARUGULA, AVOCADO, AND GRILLED SNAPPER

Serves: 4 Prep time: 20 minutes Cook time: 7 minutes

FISH:

- 4 snapper fillets (4 ounces each)
- 1 tablespoon extra virgin olive oil
- salt and freshly ground black pepper, to taste
- 4 lemon wedges, for garnish

SALAD:

- 4 ounces arugula, large stems removed
- 1 head romaine, outer leaves and core removed
- ½ avocado, pitted and diced
- 1 cup sprouts
- 6 red radishes, halved
- 1 cup cherry tomatoes, halved
- 1 tablespoon freshly grated carrot
- 1 tablespoon freshly grated beets

DRESSING:

- 3 tablespoons extra virgin olive oil
- juice of 1 lemon
- 1 tablespoon Dijon mustard
- freshly ground black pepper, to taste

PREPARE THE FISH:

Prepare the grill or use a cast-iron skillet. Brush each fish fillet with olive oil. When the grill is hot (if using a skillet, heat on medium), cook the fish for 3 minutes on each side. When the fish is cooked through, remove from the heat and season with salt and pepper.

PREPARE THE SALAD AND DRESSING:

Combine the salad ingredients in a bowl. In a separate small bowl, whisk the dressing ingredients together. Drizzle over the salad and toss. Divide the tossed salad among 4 plates.

ASSEMBLE THE DISH:

Place a fish fillet on top of each portion of salad and garnish with a wedge of lemon.

Nutritional analysis per serving (2½ cups salad, 4 ounces fish):

calories 268, fat 16 g, saturated fat 2 g, cholesterol 58 mg, fiber 4 g, protein 25 g, carbohydrate 8 g, sodium 305 mg

SPICED TURKEY WRAP WITH WATERCRESS AND AVOCADO

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

SPICED TURKEY:

- 1 cup extra virgin olive oil
- 2 medium yellow onions, thinly sliced
- 8 cloves garlic, minced
- 2-to-4-inch piece fresh gingerroot (depending on the degree of spice you like), peeled and minced
- 4 medium carrots, peeled and shredded
- 1 tablespoon cayenne pepper
- 1 tablespoon plus 1 teaspoon ground coriander
- 1 tablespoon plus 1 teaspoon ground turmeric
- ½ tablespoon ground cinnamon
- salt and freshly ground black pepper, to taste
- 1¼ pounds lean ground turkey
- ½ cup low-sodium chicken broth
- ¼ cup finely chopped fresh cilantro

WRAPS:

- 16 large romaine leaves
- 2 avocados, peeled, pitted, and mashed
- 2 cups baby spinach
- 2 cups watercress
- 1 lime, cut into wedges

PREPARE THE SPICED TURKEY:

Heat the oil in a wok or large cast-iron skillet over medium-high heat. Sauté the onions, garlic, and ginger, stirring constantly, until aromatic and softened, 3 to 4 minutes. Add the carrots, cayenne, coriander, turmeric, and cinnamon. Season to taste with salt and pepper and mix well. After a minute add the turkey, using a fork or wooden spoon to crumble it into separate pieces. Gently stir the mixture together until

the turkey is browned and cooked through, 6 to 8 minutes. Pour in the chicken broth and stir, scraping the bottom of the pan to release any tasty browned bits. Turn off the heat and fold in the cilantro. Transfer the turkey mixture to a small bowl.

ASSEMBLE THE DISH:

Lay the romaine leaves out on a plate and spread a heaping teaspoon of the mashed avocado on each leaf. Add some spinach and watercress to each wrap. Top with small piles of the spiced turkey and roll up. Serve with the lime wedges on the side.

Nutritional analysis per serving (4 wraps): calories 566, fat 36 g, saturated fat 5 g, cholesterol 70 mg, fiber 9 g, protein 40 g, carbohydrate 27 g, sodium 314 mg

WATERCRESS AND ARUGULA SALAD WITH POACHED EGGS

Serves: 4 Prep time: 10 minutes Cook time: 10 minutes

SALAD:

- 4 cups arugula
- 4 cups watercress
- 1 cup cherry tomatoes, halved
- ½ cucumber, thinly sliced
- ½ avocado, pitted and chopped or sliced

DRESSING:

- 2 tablespoons extra virgin olive oil
- ½ teaspoon salt
- 1 teaspoon freshly ground black pepper
- juice of 1 lemon

EGGS:

- 8 omega-3 eggs
- optional: freshly ground black pepper or cayenne pepper

PREPARE THE SALAD AND DRESSING:

Toss the arugula, watercress, tomatoes, cucumbers, and avocado together in a bowl. In a separate bowl, whisk together the olive oil, salt, pepper, and lemon juice. Drizzle over the salad and toss. Divide the tossed salad among 4 plates.

PREPARE THE EGGS:

Add 1 inch of water and ½ teaspoon of salt to a 10-inch saucepan. Bring to a boil, then lower the heat to medium and keep at a simmer. Break 2 eggs into a small bowl. Carefully pour the eggs into the hot water and repeat until all the eggs are in the saucepan. Cover and let the eggs poach for about 3 minutes.

ASSEMBLE THE DISH:

Using a slotted spoon, remove the eggs from the water and place directly on the salad. Sprinkle with black pepper (or cayenne if you like it spicy hot).

Nutritional analysis per serving (2¼ cups salad, 2 eggs): calories 263, fat 19 g, saturated fat 4 g, cholesterol 350 mg, fiber 3 g, protein 14 g, carbohydrate 6 g, sodium 389 mg

ADVENTURE PLAN DINNERS

COCONUT CURRY WITH FISH OR TOFU

Serves: 4 Prep time: 20 minutes Cook time: 40 minutes

COCONUT CURRY:

- 3 tablespoons extra virgin coconut butter
- 1 teaspoon mustard seeds
- 1 teaspoon fenugreek seeds
- 1 to 2 fresh chilies, thinly sliced

- 1-inch piece gingerroot, peeled and coarsely chopped
- 2 cloves garlic, minced
- optional: 6 curry leaves
- 2 medium onions, coarsely diced
- ½ teaspoon chili powder
- ½ teaspoon turmeric
- 6 medium tomatoes, seeded and coarsely diced, or 1 (15-ounce) can low-sodium diced tomatoes
- 4 cups low-sodium vegetable stock
- ½ cup unsweetened coconut milk
- salt, to taste

FISH OR TOFU:

- 4 cod fillets (4 ounces each) or four 4-ounce portions firm tofu

VEGETABLES:

- 1 cup cauliflower florets
- 1 cup sliced zucchini
- 1 cup chopped baby bok choy
- 1 cup spinach

GARNISH:

- ½ cup chopped raw almonds or raw cashews
- ½ bunch fresh cilantro, stems removed

PREPARE THE CURRY SAUCE:

In a large saucepan, heat 2 tablespoons of the coconut butter over medium heat. Add the mustard seeds and reduce the heat to low. When the seeds start to pop, add the fenugreek, chilies, ginger, garlic, and curry leaves if using. Stir for about 3 minutes, then add the diced onions and cook 5 minutes until they are soft and slightly brown. Add the chili powder, turmeric, diced tomatoes, and vegetable stock and bring to a boil. Reduce the heat and simmer for 15 minutes. Add the coconut milk and simmer for an additional 5 minutes. Season with salt and stir in the remaining coconut butter just before serving.

PREPARE THE FISH OR TOFU:

If you are using fish, add it to the sauce and cook for an additional 5 to 7 minutes, or until the fish is opaque inside. If you are using tofu, simmer for an additional 5 minutes.

PREPARE THE VEGETABLES:

Bring ½ cup of water to a boil in a saucepan or sauté pan. If you are using a saucepan, place the vegetables in a metal or bamboo steamer inside the pan and cover the pan with a lid. Steam for 3 to 5 minutes, until the vegetables are soft. If you are using a sauté pan, place the vegetables in the pan and cover. Turn the heat down to medium and let the vegetables steam for 3 to 5 minutes.

ASSEMBLE THE DISH:

Divide the vegetables evenly among 4 plates and serve the curry on top. Garnish with almonds or cashews and fresh cilantro.

Nutritional analysis per serving (1 cup curry sauce, 1 cup vegetable medley, and 4 ounces fish): calories 463, fat 25 g, saturated fat 16 g, cholesterol 62 mg, fiber 9 g, protein 25 g, carbohydrate 28 g, sodium 207 mg

Nutritional analysis per serving (1 cup curry sauce, 1 cup vegetable medley, and 4 ounces tofu): calories 423, fat 29 g, saturated fat 17 g, cholesterol 0 mg, fiber 10 g, protein 19 g, carbohydrate 30 g, sodium 129 mg

CHICKEN BREAST WITH RATATOUILLE AND STEAMED BROCCOLI

Serves: 4 Prep time: 35 minutes Cook time: 55 minutes

CHICKEN:

- 1 tablespoon extra virgin olive oil
- 3 cloves garlic, chopped
- 1 tablespoon chopped fresh thyme
- 1 tablespoon chopped fresh parsley
- 4 boneless, skinless chicken breasts (4 to 6 ounces each)

RATATOUILLE:

- 1 small eggplant, cut into ½-inch pieces (peeling is optional)
- 1 teaspoon salt
- 4 tablespoons extra virgin olive oil
- 2 zucchini, diced into ½-inch pieces
- 2 red peppers, seeded and cut into ½-inch pieces
- 2 medium onions, cut into ½-inch pieces
- 4 cloves garlic, finely chopped
- 1 (15-ounce) can low-sodium diced tomatoes
- optional: 1 cup low-sodium vegetable stock
- ¼ cup chopped parsley
- 1 teaspoon finely chopped fresh thyme
- salt and freshly ground black pepper, to taste

BROCCOLI:

- 2 medium heads of broccoli, cut into florets

PREPARE THE CHICKEN:

Combine the olive oil, garlic, thyme, and parsley in a large bowl, and add the chicken. Marinate for at least 15 minutes. Heat a skillet or grill pan over medium-high heat for 1 minute. Turn the heat down to medium and brown the chicken for 2 minutes on each side, or until golden brown.

PREPARE THE RATATOUILLE:

Sprinkle the eggplant with salt and place in a strainer. Set aside for 10 minutes. After the eggplant has rested, rinse it with water and pat dry. In an 8-inch saucepan, heat 2 tablespoons of the olive oil over medium heat. When the oil is shimmering, add the eggplant to the pan. Lightly cook the eggplant for 5 minutes, until it browns slightly. Remove from the pan and set aside. Add 1 tablespoon olive oil and the zucchini and cook for 3 minutes, until it browns slightly. Remove from the pan, and set aside. Add the red peppers and sauté for 5 minutes, until they soften. Remove from the pan and set aside. Add 1 tablespoon of the remaining olive oil, sauté the onions for 5 minutes until softened, then add the

garlic and cook for 2 more minutes. Add the tomatoes and cook for another 5 minutes. Return the eggplant, zucchini, and peppers to the saucepan and simmer for 20 minutes. Add the stock (if you prefer a thinner consistency), parsley, and thyme, season with salt and pepper, and simmer for another 10 minutes. While the ratatouille is simmering, prepare the broccoli.

PREPARE THE BROCCOLI:

Boil approximately 1 inch of water in a pot. Add the broccoli, cover the pot, and steam for about 3 minutes, until just tender, but not soft. Drain the broccoli.

ASSEMBLE THE DISH:

Divide the ratatouille among 4 plates. Cut each chicken breast into 3 slices and place each breast on top of a plate of ratatouille. Serve with broccoli on the side.

Nutritional analysis per serving (6 ounces chicken, 1¼ cups ratatouille, and 1 cup broccoli): calories 418, fat 18 g, saturated fat 3 g, cholesterol 66 mg, fiber 16 g, protein 39 g, carbohydrate 38 g, sodium 377 mg

GRILLED SALMON OR TOFU VEGETABLE KEBABS

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

- 1 onion, cut into large chunks
- 1 red or yellow pepper, seeded and cut into 1-inch chunks
- 12 button or cremini mushrooms, stems removed
- 1 zucchini, sliced into half-moons
- 16 ounces salmon or 16 ounces tofu, cut into 1-inch cubes
- four 12-inch bamboo skewers, soaked in water
- ¼ cup extra virgin olive oil
- 1 tablespoon chopped fresh thyme
- 2 cloves garlic, crushed
- ¼ cup almond butter
- 1 tablespoon apple cider vinegar

- ½ chili pepper, seeded
- 2 tablespoons lime juice
- 8 ounces water
- salt and freshly ground black pepper, to taste

Alternate the vegetables and fish or tofu on each skewer, making sure to push the pieces together firmly. Combine the olive oil, thyme, and garlic in a large, flat baking dish and add the skewers; marinate for 30 minutes or more. Prepare the grill or use the broiler; while waiting, combine the almond butter, vinegar, chili, lime juice, and water in the blender and blend until smooth (add more chili if desired). Drain the kebabs and season them with salt and pepper. Cook on the grill or under the broiler 7 to 10 minutes if using salmon, depending on the thickness of the fish, or 3 to 5 minutes on each side if using tofu, until the kebabs are cooked, and serve with Collard Greens (see recipe below).

Nutritional analysis per serving (1 skewer with salmon): calories 308, fat 18 g, saturated fat 2 g, cholesterol 45 mg, fiber 3 g, protein 27 g, carbohydrate 12 g, sodium 104 mg

Nutritional analysis per serving (1 skewer with tofu): calories 279, fat 20 g, saturated fat 3 g, cholesterol 0 mg, fiber 4 g, protein 15 g, carbohydrate 14 g, sodium 23 mg

COLLARD GREENS

Serves: 4 Prep time: 7 minutes Cook time: 7 minutes

- 2 bunches collard greens, stems removed
- 2 cloves garlic, thinly sliced lengthwise
- 1 tablespoon extra virgin olive oil
- salt and freshly ground black pepper, to taste

Layer the greens and roll them up, then slice thinly. Heat a sauté pan over medium heat, add the olive oil and garlic, and cook for 30 seconds. Add the collard greens and cook until they are wilted and soft, about 7 minutes. Season with salt and pepper.

Nutritional analysis per serving (1 cup greens): calories 67, fat 5 g, saturated fat 0 g, cholesterol 2 mg, fiber 1 g, protein 1 g, carbohydrate 5 g, sodium 43 mg

ROAST FISH CASSEROLE WITH FENNEL AND LEEKS

Serves: 4 Prep time: 20 minutes Cook time: 40 minutes

FISH:

- 2 tablespoons extra virgin olive oil
- 4 bass or cod fillets (4 to 6 ounces each)
- salt and freshly ground black pepper, to taste
- 2 medium fennel bulbs, trimmed and thinly sliced
- 2 leeks, sliced (white part only)
- 2 cloves garlic, crushed
- 1 pint low-sodium vegetable stock
- 4 medium tomatoes, diced
- 6 sprigs thyme (or lemon slices); reserve 4 for garnish
- ¼ cup fresh parsley, chopped
- ½ cup pitted Kalamata olives, halved and rinsed

SPINACH:

- 12 cups fresh spinach

PREPARE THE CASSEROLE:

Preheat the oven to 350°F. Heat an ovenproof 8-inch saucepan over medium heat and add 1 tablespoon of the olive oil. Season the fish with salt and pepper and place in the pan. Brown each piece for about 2 minutes on each side. Remove from the pan and set aside.

To the same pan, add the remaining olive oil. Add the fennel, leeks, and garlic and cook over low heat for 5 minutes. Add the stock and tomatoes and cook for another 5 minutes. Carefully return the fish to the pan and add 2 of the thyme sprigs (or lemon slices), the parsley, and the olives. Cover and cook in the oven for 20 minutes.

PREPARE THE SPINACH:

While the fish is cooking, heat $\frac{1}{4}$ cup water in a saucepan over medium heat. Add the spinach and cover for about 2 minutes. Drain in a strainer and divide among 4 bowls.

ASSEMBLE THE DISH:

Carefully remove the casserole from the oven. Using a slotted spoon, place the fish fillets on top of the spinach in each bowl and spoon the vegetables and the broth over the top. Garnish with sprigs of fresh thyme (or slices of lemon if you prefer).

Nutritional analysis per serving (4 ounces fish, $\frac{1}{4}$ cups greens):

calories 340, fat 16 g, saturated fat 2 g, cholesterol 62 mg, fiber 8 g, protein 31 g, carbohydrate 21 g, sodium 472 mg

ALMOND-FLAX CRUSTED CHICKEN

Serves: 4 Prep time: 35 minutes Cook time: 20 to 30 minutes

- 4 boneless, skinless chicken breasts (4 to 6 ounces each)
- 1 tablespoon extra virgin olive oil
- 1 tablespoon almond butter
- 1 teaspoon lemon juice
- 1 teaspoon salt
- pinch of cayenne pepper
- 1 teaspoon chopped fresh parsley
- 1 teaspoon paprika
- $\frac{1}{3}$ teaspoon onion powder
- 3 tablespoons ground flaxseed
- $\frac{1}{2}$ cup almond meal (see note below)

Preheat the oven to 350°F. Rinse the chicken and pat dry with a paper towel. Place the chicken breasts between sheets of wax paper and pound with a meat cleaver until thin. In a small bowl, combine the olive oil, almond butter, lemon juice, and all the seasoning (you can also use a small food processor to mix the ingredients). Spread the mixture on the

chicken breasts (if you have time, allow the chicken to sit for 10 to 15 minutes, or up to 24 hours to enhance the flavor).

Combine the flaxseed and almond meal in a small bowl and set aside. Place the chicken breasts on a lightly oiled baking tray. Sprinkle half the almond-flax mixture evenly over one side of each chicken breast. Pat each chicken piece with your hand to make the “crust” stick to the chicken. Carefully turn over each chicken piece and repeat the process, using the remaining half of the almond-flax mixture. Place the chicken in the center of the oven and bake for 20 to 30 minutes, or until an instant-read thermometer reaches 165 degrees on the thickest part of the chicken, or until the juices run clear.

NOTE: Almond meal can be found in many grocery stores in the organic or baking section. Alternatively, you can make your own by finely grinding whole, sliced, or crushed raw almonds in a food processor until they have the same consistency as the ground flax.

Nutritional analysis per serving (one 4-ounce chicken breast):

calories 262, fat 15 g, saturated fat 2 g, cholesterol 62 mg, fiber 4 g, protein 30 g, carbohydrate 4 g, sodium 325 mg

BEEF WITH BOK CHOY

Serves: 4 Prep time: 35 minutes Cook time: 20 minutes

- 3 tablespoons extra virgin olive oil
- 2 cloves garlic, thinly sliced
- 1 teaspoon freshly ground black pepper
- 2 tablespoons finely chopped fresh rosemary
- 1 tablespoon Dijon mustard
- salt, to taste
- 1½ pounds flank steak, cut into 4 equal portions

VEGETABLES:

- 4 carrots, peeled and quartered
- 8 cups bok choy, sliced into ¼-inch pieces

SAUCE:

- ½ cup low-sodium beef stock
- 1 tablespoon low-sodium, gluten-free tamari

PREPARE THE STEAK:

Combine the olive oil, garlic, pepper, 1 tablespoon of the rosemary, and the mustard and rub the mixture over each piece of steak. Let rest for about 30 minutes. Season with salt. Heat a griddle or grill pan to very hot, then lower to medium-high heat and sear each piece of steak to your desired degree of doneness; for medium-rare, this would be about 3 minutes per side. Remove the steak from the pan and allow to rest for a few minutes, then slice each piece into 4 equal pieces.

PREPARE THE VEGETABLES:

Place about an inch of water in an 8-inch saucepan and bring to a boil over medium heat. Add the carrots and steam, covered, for about 5 minutes. Add the bok choy and steam for 2 to 3 minutes, until all the vegetables are fork-tender.

PREPARE THE SAUCE:

Add the beef stock and tamari to the pan you cooked the meat in. Bring to a boil, scraping up all the browned bits, lower the heat, and reduce for 3 to 4 minutes, until the sauce has a syrup-like consistency.

ASSEMBLE THE DISH:

Divide the bok choy among 4 plates and place the slices of steak on top. Pour the sauce over the meat and garnish with the remaining fresh rosemary. Steamed cauliflower is a nice side for this dish.

Nutritional analysis per serving (6 ounces beef, 3 cups vegetables):

calories 461, fat 29 g, saturated fat 7 g, cholesterol 62 mg, fiber 8 g, protein 37 g, carbohydrate 16 g, sodium 394 mg

BIBIMBAP-STYLE VEGETABLES WITH EGG OR TOFU IN SPICY CHILI SAUCE

Serves: 4 Prep time: 30 minutes Cook time: 20 minutes

- ½ head cauliflower, trimmed and cut into florets
- 1 zucchini, sliced
- 1 bunch spinach
- 4 sheets nori seaweed
- 1 cucumber, sliced
- 16-ounce package organic firm tofu or 4 omega-3 eggs
- grape seed oil
- 2 teaspoons sesame oil
- 1 teaspoon extra virgin olive oil
- ½ tablespoon low-sodium, gluten-free tamari
- 4 tablespoons sesame seeds, lightly toasted
- 1 tablespoon chili sauce
- 1 bunch scallions, roughly chopped
- 1 cup kimchi, store-bought or homemade (page 311)

PREPARE THE “BAP”:

Bap means rice. In this recipe, we’ll use steamed cauliflower to create a ricelike dish. In a saucepan over medium heat, place ½ inch water, add the cauliflower florets, cover, and let steam for 3 minutes. Drain in a colander and let cool. Place in a food processor and pulse until the cauliflower has a ricelike texture.

PREPARE THE VEGETABLES:

In the same way you steamed the cauliflower, lightly steam the zucchini for 2 minutes so it still has crunch. Drain and set aside on a flat tray. Then lightly steam the spinach in the same fashion for 2 minutes. Drain and set aside on the same tray. With kitchen scissors, cut the nori into 3-inch strips and set aside on the same tray. Add the sliced cucumber to the tray.

PREPARE THE TOFU OR EGGS:

If using tofu, slice into ¼-inch-thick pieces. Heat 1 teaspoon of the sesame oil and the olive oil in a sauté pan over medium heat. Sauté for about 3 minutes on each side until slightly golden.

If using eggs, scramble the eggs in a bowl. Heat a little grape seed oil in a nonstick pan over medium heat and pour the eggs into the pan. Cook for 2 minutes, stirring once or twice, and remove from the heat.

ASSEMBLE THE DISH:

Divide the cauliflower “rice” among 4 bowls. Arrange the vegetables on top and drizzle with tamari.

Divide the tofu or egg equally among the 4 bowls, then add the nori and sesame seeds.

Drizzle with chili sauce and the remaining sesame oil, if desired. Garnish with scallions and 1 to 2 tablespoons of kimchi and serve.

Nutritional analysis per serving (1 omega-3 egg, ⅓ cup “rice,” 1 cup vegetable mixture, 2 tablespoons kimchi): calories 236, fat 13 g, saturated fat 2 g, cholesterol 175 mg, fiber 5 g, protein 14 g, carbohydrate 17 g, sodium 439 mg

Nutritional analysis per serving (4 ounces tofu, ⅓ cup “rice,” 1 cup vegetable mixture, 2 tablespoons kimchi): calories 235, fat 13 g, saturated fat 2 g, cholesterol 0 mg, fiber 6 g, protein 16 g, carbohydrate 18 g, sodium 386 mg

HOMEMADE KIMCHI

Makes: 2 to 3 cups Prep time: 20 minutes, to be done 48 hours before serving time

- 1 head Napa cabbage, cored and sliced into 1- or 2-inch pieces
- ½ cup coarse salt
- 2-inch piece gingerroot, peeled and sliced thinly
- 1 bunch scallions, cut into 1-inch pieces
- 6 cloves garlic, crushed
- 1 cup medium-heat dried red peppers, roughly ground
- optional: sliced cucumbers, Daikon radish, red cabbage, turnip

Place the cabbage in a bowl, sprinkle with the salt, and allow to sit for a couple of hours. Drain off excess liquid and stir in the remaining ingredients. Place in a glass jar with a lid and leave in a warm place for 48 hours, then store the container in the refrigerator for up to 3 months.

Nutritional analysis per serving (¼ cup kimchi): calories 23, fat 0 g, saturated fat 0 g, cholesterol 0 mg, fiber 1 g, protein 2 g, carbohydrate 4 g, sodium 523 mg

CHICKEN BREAST STUFFED WITH SUN-DRIED TOMATO PESTO, WITH SAUTÉED SPINACH

Serves: 4 Prep time: 20 minutes Cook time: 20 minutes

- 1 cup sun-dried tomatoes, rinsed (see note below)
- 2 cloves garlic
- ½ cup raw walnuts or cashews
- salt and freshly ground black pepper, to taste
- 4 boneless, skinless chicken breasts (4 to 6 ounces each)
- 1 tablespoon extra virgin olive oil, plus 1 tablespoon if using sun-dried tomatoes without oil

SAUTÉED SPINACH:

- 1 tablespoon extra virgin olive oil
- 2 cloves garlic, crushed
- 8 cups spinach
- salt and freshly ground black pepper, to taste

Preheat the oven to 350°F. In a food processor, combine the sun-dried tomatoes, garlic, and walnuts or cashews to make a chunky pesto. Season with salt and pepper. Place the chicken breasts between waxed paper and lightly pound them with a meat cleaver. Make a 2-inch slit or pocket in the thicker end of each breast and stuff 1 to 2 tablespoons of the pesto into it. Secure each pocket with a toothpick (or just squeeze shut tightly).

Heat an ovenproof skillet to medium heat. Add the oil and sauté the

chicken for 3 minutes on each side. Place the pan in the oven for about 12 minutes, or until the chicken is cooked through. Slice each breast into 3 pieces and serve with sautéed spinach.

PREPARE THE SPINACH:

Heat a skillet over medium heat and add the olive oil and garlic. Heat for 1 minute, then add the spinach. Cook just until the spinach wilts. Season with salt and pepper.

NOTE: Sun-dried tomatoes come either in a jar with oil or dry. If using dried tomatoes, soak them in warm water for 5 minutes to reconstitute. Drain and discard the water and add 1 tablespoon olive oil before making the pesto. If you use tomatoes soaked in olive oil, drain off the oil first; you may use the olive oil in the pesto.

Nutritional analysis per serving (4 ounces chicken, ½ cup spinach):
calories 342, fat 22 g, saturated fat 3 g, cholesterol 66 mg, fiber 3 g, protein 32 g, carbohydrate 11 g, sodium 489 mg

THAI FISH SALAD

Serves: 4 Prep time: 25 minutes Cook time: 10 minutes

FISH:

- 4 snapper or bass fillets (4 to 6 ounces each)
- 1 pint fish stock
- 1-inch piece fresh gingerroot, peeled and grated
- 2 tablespoons thinly sliced lemongrass (if available)

DRESSING:

- ½ cup lime juice, plus zest of 1 lime
- 1-inch piece fresh gingerroot, peeled and grated
- 2 tablespoons low-sodium, gluten-free tamari
- ½ teaspoon green curry paste (more, if desired)
- 2 tablespoons extra virgin olive oil

SALAD:

- ½ cup fresh cilantro
- 2 cloves garlic, crushed
- 1 medium bok choy, thinly sliced
- 1 medium carrot, peeled and thinly sliced
- 1 cucumber, peeled, seeded, thinly sliced
- 6 asparagus spears, cut on the bias into 1-inch pieces
- 2 cups bean sprouts
- 4 scallions, sliced on the bias
- ½ cup fresh mint leaves

GARNISH:

- 1 lime, thinly sliced
- 1 cup Thai basil leaves (any basil will work)

PREPARE THE FISH:

In an 8-inch sauté pan, place the fish in ½ inch of fish stock with ginger and lemongrass; heat slowly over medium heat and cover. Poach for 3 to 4 minutes, until the fish is cooked through. Remove the fish from the stock with a slotted spoon and allow it to cool on a plate.

PREPARE THE DRESSING:

Whisk all the ingredients together in a bowl (or shake in a jar).

PREPARE THE SALAD:

Toss the salad ingredients in a bowl with half the dressing. Divide among 4 bowls.

ASSEMBLE THE DISH:

Place the fish on top of the salad and drizzle with the remaining dressing. Garnish with the lime slices and basil.

Nutritional analysis per serving (4 ounces fish, 1¼ cups salad):

calories 298, fat 10 g, saturated fat 2 g, cholesterol 64 mg, fiber 4 g, protein 38 g, carbohydrate 19 g, sodium 889 mg

CHICKEN ENCRUSTED WITH RED CHILI PESTO

Serves: 4 Prep time: 30 minutes Cook time: 15 minutes

CHILI PESTO:

- 6 dried ancho chilies
- 2 to 3 cups boiling water
- 1 cup raw pumpkin seeds
- ¼ cup fresh lime juice
- 6 cloves garlic
- ¼ cup cilantro, plus extra for garnish
- 1 cup extra virgin olive oil
- salt and freshly ground black pepper, to taste

CHICKEN:

- 1 tablespoon extra virgin olive oil or grape seed oil
- 4 boneless, skinless chicken breasts (4 to 6 ounces each)
- 4 lime wedges, for garnish

PREPARE THE CHILI PESTO:

Immerse the dried chilies in boiling water until reconstituted, about 30 minutes. Drain and remove the stems and seeds. Place the chilies, pumpkin seeds, lime juice, garlic, and cilantro in a food processor and blend until smooth. Slowly drizzle in the olive oil while the food processor is running, until the pesto is emulsified. Season with salt and pepper. (The pesto can be made ahead of time and stored in an airtight glass container in the refrigerator for up to 4 days. Leftover pesto is great with fresh vegetables as an afternoon snack.)

PREPARE THE CHICKEN:

Heat the olive or grape seed oil in a sauté pan over medium-low heat. Sauté the chicken about 4 minutes on each side, until cooked through, or until the internal temperature reaches at least 165 degrees.

ASSEMBLE THE DISH:

Spread about 1 tablespoon of red chili pesto over one side of each chicken breast and bake under the broiler until the pesto is crispy, 1 to 2 minutes. Garnish each plate with a lime wedge and a sprinkling of cilantro. Serve with Sautéed Watercress and Spinach (see recipe below).

Nutritional analysis per serving (4 ounces chicken, 1 tablespoon pesto): calories 211, fat 12 g, saturated fat 2 g, cholesterol 66 mg, fiber 1 g, protein 26 g, carbohydrate 2 g, sodium 563 mg

SAUTÉED WATERCRESS AND SPINACH

Serves: 4 Prep time: 5 minutes Cook time: 5 minutes

- 1 tablespoon extra virgin olive oil
- 2 cups fresh watercress
- 8 cups fresh spinach
- salt, to taste

In a large sauté pan, heat the olive oil over medium heat. Add the watercress and sauté until tender, about 3 minutes. Remove pan from the heat and stir in the spinach to wilt. Season with salt.

Nutritional analysis per serving (1 cup): calories 46, fat 4 g, saturated fat 1 g, cholesterol 0 mg, fiber 1 g, protein 2 g, carbohydrate 2 g, sodium 54 mg

GRILLED TOFU WITH CILANTRO PESTO

Serves: 4 Prep time: 15 minutes Cook time: 10 minutes

- 3 tablespoons low-sodium, gluten-free tamari
- 2 tablespoons sesame oil
- 16 ounces organic firm tofu, cut into 8 slices
- 2 medium zucchini, sliced on the bias into ¼-inch slices
- 1 bunch (approximately 3 cups) fresh basil
- 2 cloves garlic, chopped
- ½-inch piece fresh gingerroot, peeled and chopped
- 3 scallions, chopped
- ¼ cup raw pine nuts or walnuts

- ½ cup extra virgin olive oil (reserve 1 tablespoon)
- salt and freshly ground black pepper, to taste
- 4 ounces arugula or other salad greens

PREPARE THE TOFU AND ZUCCHINI:

Combine the tamari and sesame oil in a shallow bowl. Place the tofu slices and zucchini in the bowl and let marinate for 10 minutes. Heat a grill or grill pan to medium heat and cook the zucchini first, about 2 minutes on each side. Set aside. Grill the tofu for about 3 minutes on each side and set aside.

PREPARE THE PESTO:

Combine the basil, garlic, ginger, scallions, pine nuts or walnuts, and olive oil (reserving 1 tablespoon of the oil) in a food processor and pulse until smooth. If the consistency is too thick, thin it with a little water. Season with salt and pepper.

ASSEMBLE THE DISH:

Toss the arugula or other salad greens with the reserved 1 tablespoon olive oil and divide among 4 plates. Arrange the tofu and zucchini on top and drizzle with the pesto.

Nutritional analysis per serving (2 slices tofu, ¼ zucchini):

calories 458, fat 25 g, saturated fat 6 g, cholesterol 0 mg, fiber 4 g, protein 15 g, carbohydrate 10 g, sodium 549 mg

DIPS AND SPREADS

HOMEMADE OLIVE TAPENADE

Makes: 2 cups Prep time: 5 minutes

- 2 cups pitted Kalamata olives
- 3 cloves garlic
- 1 cup extra virgin olive oil

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- ¼ cup chopped fresh parsley
- 1 teaspoon chopped fresh thyme
- 1 teaspoon chopped fresh rosemary
- zest of 1 lemon, plus juice of ½ lemon
- freshly ground black pepper, to taste

Place all the ingredients in a food processor and process for about 2 minutes. Store in an airtight container in the refrigerator for up to 5 days.

Nutritional analysis per serving (¼ cup): calories 172, fat 19 g, saturated fat 3 g, cholesterol 0 mg, fiber 1 g, protein 0 g, carbohydrate 1 g, sodium 197 mg

TAHINI DIPPING SAUCE

Makes: 1½ cups Prep time: 5 minutes

- ½ cup tahini (raw if available)
- 1 clove garlic
- ½ cup extra virgin olive oil
- ½ cup water
- juice of 1 lemon
- salt, to taste
- optional: 2 tablespoons fresh dill, finely chopped

Blend all the ingredients in a blender about 2 minutes, until smooth. Store in an airtight container in the refrigerator for up to 5 days.

Nutritional analysis per serving (2 tablespoons): calories 191, fat 21 g, saturated fat 3 g, cholesterol 0 mg, fiber 1 g, protein 1 g, carbohydrate 2 g, sodium 107 mg

SPINACH AND WALNUT PESTO

Makes: 1½ to 2 cups Prep time: 5 minutes

- 2 to 3 cups spinach
- 1 cup fresh basil leaves
- ½ cup fresh parsley
- ½ cup raw walnuts or pine nuts
- ¼ cup extra virgin olive oil

- ½ teaspoon salt
- 1 clove garlic

Place all the ingredients in a food processor and pulse to a slightly chunky consistency. Store in an airtight container in the refrigerator for up to 5 days.

Nutritional analysis per serving (2 tablespoons): calories 107, fat 11 g, saturated fat 1 g, cholesterol 0 mg, fiber 1 g, protein 2 g, carbohydrate 2 g, sodium 156 mg

SUN-DRIED TOMATO DIP

Makes: 1½ cups Prep time: 10 minutes

- 1 medium-to-large fresh tomato, cut into chunks
- 1 cup sun-dried tomatoes, diced (see note below)
- 1 clove garlic
- 1 tablespoon chopped fresh parsley
- ¼ cup extra virgin olive oil
- 1 tablespoon raw pine nuts
- ½ teaspoon salt and ½ teaspoon freshly ground black pepper; adjust to taste

Blend all the ingredients in a blender until smooth, about 2 minutes. Store in an airtight container in the refrigerator for up to 5 days.

NOTE: Sun-dried tomatoes come either in a jar with oil or dry. If using dried tomatoes, soak them in warm water for 5 minutes to reconstitute. Drain and discard the water and add 1 tablespoon olive oil before making the pesto. If you use tomatoes soaked in olive oil, drain off the oil first; you may use the olive oil in the pesto.

Nutritional analysis per serving (¼ cup): calories 126, fat 9 g, saturated fat 1 g, cholesterol 0 mg, fiber 3 g, protein 3 g, carbohydrate 9 g, sodium 209 mg

MISO DIPPING SAUCE

Makes: 1½ cups Prep time: 10 minutes

- 3 tablespoons gluten- and wheat-free white or red miso paste
- ½ cup extra virgin olive oil

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- juice of ½ lemon
- 1 clove garlic
- ½ cup water
- 1 tablespoon apple cider vinegar
- 1 tablespoon low-sodium, gluten-free tamari
- 1-inch piece fresh gingerroot, peeled

Blend all the ingredients in a food processor until smooth, about 2 minutes. Store in an airtight jar in the refrigerator for up to 5 days.

Nutritional analysis per serving (¼ cup): calories 99, fat 10 g, saturated fat 1 g, cholesterol 0 mg, fiber 0 g, protein 0 g, carbohydrate 2 g, sodium 233 mg

Resources

At www.10daydetox.com/resources, you will find all the resources listed below, and more, for support during and long after the Blood Sugar Solution 10-Day Detox.

Health and Testing Resources

Basic lab testing guidelines

The Blood Sugar Solution Diabetes Quiz

The *How to Work with Your Doctor to Get What You Need* downloadable guide

Testing tools (including glucose monitors, FitBit Wi-Fi Smart Scale or Wiithings scale, blood pressure monitors, and personal movement trackers)

Symptoms Tracking Chart (to test gluten and dairy)

The 10-Day Detox Online Health Tracker

The 10-Day Detox supplements

10-Day Detox Community Resources

The 10-Day Detox Online Course

The 10-Day Detox Online Community

How to lead a 10-Day Detox Group

Resources

How to find a local food co-op
Life coaching resources

Lifestyle Resources

Fitness resources
The *UltraCalm* guided relaxation program
Meditation resources
Herbal resources
Stress-busting tools

Food

Brand recommendations for 10-Day Detox Staples Shopping List
Brand recommendations for Emergency Life Pack
The *Restaurant Rescue Guide*

Other Resources

I encourage you to explore my website, www.drhyman.com for more articles, videos, and guidance on how to create health and well-being.

I also encourage you to get a copy of *The Blood Sugar Solution* and *The Blood Sugar Solution Cookbook* (www.bloodsugarsolution.com). These will help you transition from the 10-Day Detox to build a plan for long-term health.