

LIVE LONGER

*with the
Brain Doctor's Wife*



COOKBOOK



INCLUDES OVER 100
NEW BRAIN-HEALTHY RECIPES!

TANA K. AMEN, B.S.N., RN

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Published by MindWorks Press, Newport Beach, California.

A Division of Amen Clinics, Inc.

www.amenclinics.com

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EAT HEALTHY WITH THE BRAIN DOCTOR’S WIFE COOKBOOK

MindWorks Press, 2011

GET HEALTHY WITH THE BRAIN DOCTOR’S WIFE COACHING GUIDE

MindWorks Press, 2011

CHANGE YOUR BRAIN, CHANGE YOUR BODY COOKBOOK

MindWorks Press, 2011

DEDICATION

This book is dedicated to my amazing husband, who constantly inspires me with his encouragement and commitment to his beliefs. I love you always, Daniel!

ACKNOWLEDGEMENTS

It is with unending love and deepest gratitude that I would first like to thank my husband, Daniel. Your tremendous support, encouragement, and faith in me gives me the motivation to persevere.

Kamila Reschke, our chef and friend, is an integral part of the health of our family. It is with genuine appreciation that I recognize your continued expertise, loyalty, and dedication.

Bernie Landes is a great mentor and advisor. I am blessed to have access to your years of wisdom. Thank you!

Jim Kennedy, a wonderful photographer and artist, was a pleasure to work with.

To Jeana Maiocchi, my personal assistant, I would like to offer thanks and appreciation.

Recognition and credit go to Corey Liebig for keeping this project on schedule.

Great thanks goes to Stephanie Sawyer for the graphics and layout. Your attention to detail is deeply valued.

Of course, I am eternally grateful to my mother and daughter for the love and richness they add to my life. Mom, I hope I look as youthful as you do when I am 65!

ABOUT THE AUTHOR

Tana Amen graduated magna cum laude from Loma Linda University with a Bachelor of Science Degree in Nursing and has worked as a Trauma/Neurosurgical ICU nurse.

Tana is a health enthusiast and has been focused on fitness for over two decades. She also worked with some of the sickest patients in the hospital and saw the effects of poor lifestyle choices and the intense need for special nutrition when patients were healing from brain injuries and other traumas.

In spite of her medical and fitness background, Tana was repeatedly surprised when her own health failed her throughout the years. She was diagnosed with thyroid cancer at the age of 23. How could someone who lived a consciously healthy lifestyle be diagnosed with cancer and the numerous other health issues that presented themselves over the years? That's when she began to further her education about nutrition and the role it plays in overall health.

Tana began to realize that “health” and “fitness” are not synonymous. Furthermore, she came to the conclusion that many of the basic nutrition principles she had learned in her youth were outdated and not enough to optimize wellness in a person's life. There is a major difference between sustenance and optimal nutrition for a high-energy, passionately healthy lifestyle!

Tana is the nutrition and fitness leader of the Amen household. She practices martial arts regularly, has a black belt in Tae Kwon Do, and enjoys a variety of other physical activities. Keeping her family focused on fitness and health is a primary value for Tana.



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INTRODUCTION

Food can be your best medicine or your worst enemy. The typical Western diet of bad fat, salt, and sugar (think cheeseburgers, fries, and sodas) promotes inflammation and has been associated by itself with depression, ADD, dementia, heart disease, cancer, diabetes, and obesity. But if you start making better choices today, you will quickly notice that you have more energy, better focus, a better memory, better moods, and a slimmer, sexier waistline. A number of new studies have reported that a healthy diet is associated with dramatically lower risks of Alzheimer’s disease and depression.

In my neighborhood I’m referred to as “The Brain Doctor’s Wife.” Being married to Daniel (Dr. Daniel Amen, the renowned psychiatrist and brain health pioneer) has gotten me a lot of attention and together we spend a lot of time spreading the message of brain health. When it comes to food and nutrition, as the leader of the Amen household, I have a valuable perspective to share. Daniel talks about the principles of living a brain healthy life. I help put them into day-to-day practice.

This book is not just about living longer; it’s about living longer with great health, boundless energy, and endless passion for the things and people you love! It starts with the fuel you put in your body. As you will see in the following pages, eating well is not about deprivation, it’s about abundance!

According to *Merriam-Webster’s Collegiate Dictionary*, the definition of longevity is “a long duration of individual life.” For those of you who have never seen the broad spectrum of possibilities presented by that definition, you may be satisfied with the idea of simply living to be 90 or even 100 years old. As for me, there is a lot more to longevity than the number of years I live. That’s simply one’s lifespan. As an ICU nurse, I know many methods we can use to keep people alive, but with no quality of life. We can use ventilators, feeding tubes, catheters, medications, and all sorts of mechanical devices. For long-

term life extension, I want no part of that! And for that reason, I find myself increasingly using a term not yet defined in the dictionary: healthspan. Simply stated, it means how long you live in a healthy state and are able to enjoy looking your best, feeling your best, and having the greatest resistance to disease.

After graduating from Loma Linda University with a degree in Nursing, I went to work as a neurosurgical intensive care nurse at Loma Linda University Medical Center. There, I took care of some of the sickest patients in the hospital. Not being a Seventh-day Adventist, I hadn’t yet fully developed a full appreciation for the nutrition-based training I received in school. Looking back now, I’m sure I made more than a few eyes roll by showing up to class with a family-sized thermos of coffee and a bag of M&M’s (and no, I didn’t eat the peanut variety to boost my protein intake). But for me, there was no choice, since there was nowhere in the town of Loma Linda, let alone on the university campus, that sold coffee or junk food! Fortunately, my colleagues’ healthy eating lifestyle made a greater impression on me than my not-so-healthy eating lifestyle did on them. Seventh-day Adventist (SDA) health philosophy is strongly grounded on nutrition principles developed more

(continued on next page)

HEALTH SPAN



By making smart, healthy choices in your diet and lifestyle today, you will get a longer, better quality of life in the future.

than 100 years ago and centered on holistic, vegetarian principles. Seventh-day Adventists consume no alcohol and use no tobacco. They do, however, engage in regular exercise and believe in a life of temperance and service.

The real proof for me came when I saw firsthand the positive effects of these nutrition principles on the patients under my care. I began seeing profound differences between the patients who practiced this lifestyle and other patients, who clearly did not. Some of my SDA patients were in their late 90s, yet they had beautiful skin and a peaceful glow, in spite of their sudden (often acute) medical conditions. Many of them took very few medications. On the other hand, many of the other patients were decades younger, very ill, on multiple medications, and suffering from one or more chronic diseases. My passion for nutrition quickly took root. There was no question which camp I was going to choose...and I believe it is a choice!

As my health began improving, I had a conversation over lunch with colleagues. I opened my lunch bag and took out my now-everyday salad. Seeing that, another nurse commented that I should eat more and had better not lose any more weight. I replied, “I actually haven’t lost any weight, but I have lost a bit of unwanted fat and put on lean muscle since I started lifting weights.” An obviously overweight surgeon who was sitting nearby said, “You know, all that health food and working out is only going to add about five years to your life. I would rather eat whatever I want, party, and live a few fewer years.” I laughed and said, “Even if I don’t live a day longer, it’s about the quality of those years, not the quantity. I don’t want to be giving myself insulin shots or having a coronary bypass. I want to continue having amazing energy, passion, and fun... but go ahead and eat all you want.”

There is no doubt that many of us start with the cards stacked against us. But that is no excuse! If anything, that is more reason to take this issue to heart... and brain! Your genes load the gun, but your lifestyle determines whether or not you pull the trigger. We can commit to making the best possible choices with what we have, and taking care of what we have been given, or we can gripe about our misfortunes. Which choice do you think will be the most effective?

We’d love to hear about your success stories as you implement these life-saving changes into your life. Please send your comments to comments@amenclinics.com to let us know of your progress.

Tana K. Amen, B.S.N., RN,
Aka The Brain Doctor’s Wife

TANA’S TIPS

I am excited to be your guide on using food to live longer, look younger, and dramatically decrease your risk for the typical diseases of aging. I’ve also included some personal insights that I’ve developed over the past few years. I call them “Tana’s Tips” and you will find them scattered throughout the book. They’ll give you additional information that will add to your enjoyment of this book, as well as improved health.



TANA K. AMEN, B.S.N., RN
with her husband Dr. Daniel
Amen, M.D.

THE SEVEN NUTRITIONAL PRINCIPLES OF THE AMEN CLINICS

Whether your goals are to be better at your current weight, or you need to lose a few pounds first, the Seven Principles of the Amen Clinics are the cornerstone to great health.

Principle 1

Think only high-quality calories. All calories are not the same. A 250-calorie candy bar will not balance your hormones or your blood sugar the way a salad with nuts, berries, and lean protein will. If you don't believe me, ask a diabetic. They know all too well how different calories are.

Principle 2

Drink plenty of purified water, and not sugary drinks loaded with calories. Your brain is 80 percent water. You need to constantly hydrate it throughout the day. For most people, the rule is to drink half of your body weight in ounces. For example: If you weigh 120 pounds, drink 60 ounces of purified water each day. For people who are morbidly obese, make sure to check with your physician. Too much water can change your electrolytes and be dangerous.

Principle 3

Eat lean protein throughout the day. Protein helps balance the hormones of metabolism, boosts blood flow to the brain, balances blood sugar, and increases the feeling of satiety—the feeling that you are full. Protein has the opposite effect on the body that sugar has. Think of protein like nature's medicine. Protein is so important that I think of taking it in small doses every three to four hours. Great sources of protein include wild fish; free-range, hormone-free, antibiotic-free, organic chicken, meat, and wild game; some legumes; and nuts. And did you know that some vegetables, such as broccoli and spinach, contain as much as 40 or 50 percent protein?

Principle 4

Eat smart carbohydrates: Think vegetables, vegetables, and MORE vegetables, some fruit, legumes, and minimal amounts of whole grains. Think of grains as a condiment, because they turn to sugar in your system—and sugar is not your friend! Sugar causes inflammation and rapid aging.

Principle 5

Balance your diet with healthy fats. Avoid fried fats, trans fats, and most animal fats. Healthy fats from avocados, nuts, and seeds are essential for great health. They prevent neurodegenerative diseases and many of them actually help LOWER cholesterol. So healthy fat is essential!

Principle 6

Eat from the rainbow. This means I want you to eat fruits and vegetables of as many different colors as possible: red bell peppers, green leafy vegetables, carrots, yellow squash, blueberries, pomegranates, etc. They contain phytonutrients and micronutrients that can only be found in whole living foods.

Principle 7

Cook with brain healthy herbs and spices to boost your brain and lose your belly. Many herbs and spices act as nature's medicine and have been shown to reduce plaques in the brain, increase blood flow to the brain, increase attention, and help with memory. See the section on "Brain-Healthy Herb and Spices" for an outline of some of my favorites.





BRAIN HEALTHY HERBS AND SPICES

Herbs and spices do so much more than just add flavor to nutritious foods. They can also do wonders for your brain. Enhanced memory, protection from depression, and increased attention are just some of the benefits. Look for the Brain Boosters boxes on the recipe pages for dishes that use these brain healthy herbs and spices.

SAFFRON

In addition to adding a wonderful flavor to rice, soups, and other dishes, saffron also wards off depression and improves memory and the ability to learn. Some scientific studies have found this tasty spice to be as effective as antidepressant medication. In terms of learning, several studies suggest that saffron enhances learning and may be useful for the treatment of memory impairment.

CURRY

This popular Indian spice is actually a combination of many different spices, including turmeric, which contains a chemical called curcumin that has shown promise in the prevention and treatment of Alzheimer's disease, Parkinson's disease, and strokes. A potent antioxidant, curcumin reduces inflammation, helps prevent the formation of plaques in the brain that are associated with the disease, and can break up these plaques.

OREGANO

Oregano is one of the most potent antioxidants known to man. Oregano protects cells in the body and brain from free radicals that cause premature aging. Oregano is also a source of Omega-3 fatty acids, which enhance brain function and offer protection from depression and PMS symptoms. Herbalists suggest that it may also be helpful for insomnia and the relief of migraine headaches.

CINNAMON

If you want to improve your working memory or your ability to pay attention, try chewing some cinnamon gum or just taking a whiff of some cinnamon tea. Research shows that the scent of cinnamon is enough to enhance these functions. In addition, cinnamon helps regulate blood sugar levels, which improves impulse control so you are less likely to give in to cravings for cookies, cakes, and candy.

GARLIC

Compounds in this kitchen staple cause blood vessels to relax and dilate, increasing blood flow to the brain, which results in better brain function. This is one of the reasons scientists suggest eating garlic regularly can help reduce the risk of strokes and improve heart health. Adding cloves of fresh garlic to your meals can also boost your immune system so you and your family can fight off cold and flu bugs.

GINGER

That tangy treat commonly served with sushi may have powerful anti-aging properties that will help keep your brain young. Some studies have found that ginger reduces oxidative stress in brain tissue that causes cells to age and eventually die. Not only that, ginger also acts as an anti-inflammatory, which may offer protection from neurodegenerative diseases.

THYME

This flavorful spice, often used in soups and stews, increases the amount of DHA, an important type of fat in the brain. DHA protects neurons from premature aging.

SAGE

Having trouble remembering all the ingredients in your favorite brain healthy recipes? Try adding more sage. It has been found to boost memory in healthy people of all ages and can improve mental function in people with Alzheimer's disease.

BASIL

This potent antioxidant improves blood flow to the brain which enhances overall brain function. It also boasts anti-inflammatory properties that offer protection from Alzheimer's disease.

ROSEMARY

The antioxidant and anti-inflammatory properties in this herb may offer protection from the cognitive decline associated with dementia and may provide new hope in the treatment of Parkinson's disease.

MARJORAM

This power-packed herb is a potent antioxidant. Its high levels of vitamins A, C, and K help limit neuronal damage in the brain associated with Alzheimer's disease, build immunity, remove free radicals, and promote wound healing.

BRAIN HEALTHY BASIC INGREDIENTS

As you get cooking, you will notice that some ingredients pop up in many of the recipes. That is because they are some of the healthiest choices for your brain and body. Most of the ingredients are basic and can be found in any grocery store, but a few of them may be new to you and might be easier to find at your local health food store. You can also try ordering them online. I have found that I can often save a bundle this way.

Stock up on these “Brain Health Must-Have Ingredients”:

- Coconut butter
- Coconut milk (regular and light)
- Coconut oil
- Raw, shaved coconut
- Almond oil
- Almond milk, unsweetened
- Prebiotic soluble fiber
- Cacao powder
- Cacao nibs
- Goji berries
- Liquid stevia sweetener (various flavors)
- Vegan protein powder, sugar free (sweetened with stevia): I like Olympian Labs Pea Protein or Tony Gonzalez (All-Pro Science®) brands
- Flax seeds
- Chia seeds
- Raw, unsalted nuts
- Hemp seeds and hemp seed oil
- Freeze-dried greens: Green Vibrance® is a great brand
- Quinoa
- Vegenaïse®
- Earth Balance® (butter replacement)
- Tamari sauce
- Soy or nut cheese
- Arrowroot
- Raw, unfiltered honey*

SOY CREAMER: I am not a huge fan of soy products when used in excess. For example, drinking soy milk by the glass can be troublesome because it takes a whole lot of soybeans to make a single glass of soy milk. A few soybeans (organic), however, are fine and actually have some health benefits. That is why we use a little soy creamer in some of the recipes for thickening.

SHIRATAKI NOODLES: I like the brand called “Miracle Noodles®”. This is by far one of my best discoveries for a healthy alternative to pasta. They are virtually calorie-free, fat-free, and low-carb, containing only three grams of carbs for an entire package. The carbs they do contain are soluble fiber, which slows digestion and allows for slower absorption of sugar. That means they keep you feeling full longer and don’t cause your blood sugar to spike. Shirataki noodles are made from the root of the konnyaku imo plant (a yam-like vegetable). They are inexpensive and can be purchased in bulk online or at Whole Foods®. They have a slightly different consistency than regular pasta, so I wouldn’t suggest eating them plain. But if you add a nutritious sauce, they are great!

**Note: Raw, unfiltered honey is not appropriate for children under 2 years of age. Use pasteurized honey in recipes that will be fed to children under 2.*

BRAIN HEALTHY FOODS TO HELP YOU LIVE LONGER

Lean and Healthy Protein

Meats should be free-range, hormone-free, and antibiotic-free. Fish should be fresh, wild caught.

- Chicken
- Eggs (organic, Omega-3)
- Herring
- Salmon
- Tuna
- Turkey

Fruits and Vegetables

- Apples
- Asparagus
- Avocados
- Bananas
- Bell peppers (yellow, green, red, orange)
- Beets
- Blackberries
- Blueberries
- Broccoli
- Brussels sprouts
- Carrots
- Chard
- Cherries
- Cranberries
- Grapefruit
- Honeydew
- Kale
- Kiwi
- Lemons
- Limes
- Olives
- Oranges
- Peaches
- Peas
- Plums
- Pomegranates
- Raspberries
- Spinach
- Strawberries
- Tomatoes
- Yams & sweet potatoes

Nuts and Seeds

- Almonds (raw)
- Almond milk (unsweetened)
- Walnuts

Grains and Legumes

- Beans (black, pinto, garbanzo)
- Lentils
- Oats (steel cut)
- Quinoa
- Soybeans

Super Foods

- Coconut butter, oil, and milk
- Goji berries
- Lucuma powder
- Green tea
- Mulberries
- Raw cacao



SUPER OILS

Super oils will help you look and feel younger, stay sharp, and live longer.

While we all know how important Omega-3 oils are for the health of our brains and hearts, I have two other favorite oils that I now use regularly because of unique healthy benefits they can provide.

The predominant type of fats in coconuts, medium chain triglycerides, are the subject of an increasing number of studies focused on maintaining cognitive health, managing weight, and controlling blood sugar levels at all ages. MCT's are used by the body in the same way the body uses carbohydrates. And coconut oil and coconut butter, which are solid at room temperature and require no refrigeration, add a great new taste to many recipes. That's why I use them often without concern for the few extra grams of fat that they sometimes add. You'll see that coconut oil, coconut butter, and coconut milk have their own icon to show you which recipes include them. Both these wonderful ingredients can be easily found online or in natural food stores.

I've also recently discovered that macadamia nut oil is excellent for cooking, dipping, and making salad dressings. It is rich in monounsaturated fatty acids, but unlike olive oil, it has a high smoke point, which makes it better to cook with at high temperatures. It is also rich in palmitoleic acid (an omega-7 fatty acid), which is not only good for your heart, but great for your skin. Apparently, many exclusive cosmetic lines have figured this out and have begun adding macadamia nut oil to their creams. My favorite brand is Vital Choice®, which can be ordered online.



HEALTHY ALTERNATIVES

It is far easier to replace a habit than to eliminate it. Here are a few examples:

- ☞ Replace pasta with Shirataki noodles. I order “Miracle Noodles” online.
- ☞ Replace bleached salt with unbleached sea salt.
- ☞ Replace dairy with almond milk, hemp milk, or rice milk.
- ☞ Replace sugar with stevia or xylitol. When you must use a real sweetener try to use raw, unfiltered honey* or pure maple syrup, and use a fraction of the amount.
- ☞ Replace chocolate chips with raw cacao nibs or unsweetened carob chips. You still need to watch the quantity if you use carob, but it contains half the amount of fat and sugar as chocolate.
- ☞ Replace ice cream with “Avocado Gelato.”
- ☞ Replace candy with sugar-free “Brain On Joy” bars. These can be found on the website www.amenclinics.com.

TANA'S TIPS FOR SUCCESS

- ☞ Purchase fresh, organic produce when possible.
- ☞ Clean out your pantry and make room for the wonderful new additions you will be purchasing.
- ☞ When preparing foods, always prepare enough to have leftovers for the next day.
- ☞ Stay hydrated! Drink half your body weight in ounces.
- ☞ Know your suggested daily protein intake.

The following coding system is used throughout this book to categorize each recipe.

gf

gluten-free

ng

grain-free

c

coconut

veg

vegetarian

v

vegan

**Note: Raw, unfiltered honey is not appropriate for children under 2 years of age. Use pasteurized honey in recipes that will be fed to children under 2.*

12

SMOOTHIES AND BREAKFAST





Chapter 1

SMOOTHIES

We have smoothies for breakfast every morning in the Amen household. They are filled with superfoods, micronutrients, phytonutrients, vitamins, and minerals. The following smoothie recipes provide a fabulous balance of protein, healthy fat, fruit, and vegetables. Additionally, start the morning by hydrating your brain and body.

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SUPER BERRY POWER SMOOTHIE

gf

ng

veg

C

Serves 2

Nutritional
information per
serving:



336 calories
144 calories from fat
32.4g protein
37.6g carbohydrates
13.1g fiber
13.2g sugar
8.0g fat
3.0g saturated fat
0mg cholesterol
393mg sodium



Ingredients:

- | | |
|--|--------------------------------------|
| 1 cup frozen organic blueberries | 1 tablespoon goji powder |
| ½ cup baby spinach leaves | 2 teaspoons maca powder |
| 1 large chard leaf, torn into pieces— about ¾ cup (discard the thick stalk, and use only the leafy portion) | 1 teaspoon coconut butter |
| 2 tablespoons flax seeds | 1 tablespoon raw walnuts |
| 1 scoop freeze-dried greens powder | 8 ounces coconut water |
| 2 scoops vanilla pea or rice protein (sweetened with stevia) | 8-12 ounces cold purified water |
| | Optional: |
| | 1 tablespoon prebiotic soluble fiber |

Preparation:

1. Place all ingredients in a blender bowl.
2. Mix for about 30 seconds. Do not over-blend.
3. Pour into two large glasses.





Being focused and energized throughout the day requires that you keep your blood sugar balanced. The best way to do that is start the day off with a healthy breakfast and eat small meals every three or four hours.

The spices in this smoothie do more than taste great. They help stabilize blood sugar and improve attention. The healthy fats will help sustain you longer, and they contain Omega-3 fatty acids.

Ingredients:

- | | |
|---|--------------------------------|
| 1 large apple | ¼ teaspoon nutmeg |
| 2 tablespoons avocado (about ⅛ of an avocado) | 2 cups unsweetened almond milk |
| ½ cup baby spinach | 1 cup purified water |
| 2 tablespoons shelled hemp seeds | 1 handful ice cubes |
| 2 scoops rice or pea protein (sweetened with stevia) | |
| 1 teaspoon cardamom powder | |
| 1 teaspoon cinnamon | |

Optional:

- | |
|--|
| 1 tablespoon prebiotic soluble fiber |
| 1 dropper full vanilla-flavored stevia |

Preparation:

1. Place all ingredients in a blender bowl.
2. Mix for about 30 seconds. Do not over-blend.
3. Pour into two large glasses.

gf

ng

v

Serves 2

Nutritional
information per
serving:



315 calories
77 calories from fat
28.1g protein
32.2g carbohydrates
7.7g fiber
20.2g sugar
8.6g fat
0.9g saturated fat
0mg cholesterol
162mg sodium





Ingredients:

- 1

fresh mango, seeded and roughly chopped
- ½

banana
- ½

cup baby spinach leaves
- 2

kale leaves
- 1

handful ice
- 1

scoop freeze-dried greens
- 2

tablespoons flax seeds
- 1½

teaspoons coconut butter
- 2

scoops vanilla-flavored pea protein powder (sweetened with stevia)
- 2

packets mango-flavored stevia (Sweet 'n Natural® brand, can be ordered online)
- 8

ounces unsweetened almond milk or coconut water
- 8

ounces cold purified water (add water to desired consistency)

Optional:

- 1

tablespoon prebiotic soluble fiber
- 2

teaspoons maca root powder

Preparation:

1.

Place all ingredients in a blender bowl.
2.

Mix for about 30 seconds. Do not over-blend.
3.

Pour into two large glasses.

gf

ng

v

C

Serves 2

Nutritional
information per
serving:

344 calories
117 calories from fat
32.9g protein
47g carbohydrates
10.2g fiber
26.3g sugar
6.5g fat
2.5g saturated fat
0mg cholesterol
335mg sodium

GREEN TEA BERRY BLASTOFF



Serves 2

Nutritional
information per
serving:



340 calories
129 calories from fat
33.1g protein
26.7g carbohydrates
11.2g fiber
6.6g sugar
14.3g fat
5.0g saturated fat
0mg cholesterol
240mg sodium



This recipe requires preparation of the iced tea in advance. Prepare green tea according to directions and refrigerate.

Ingredients:

- | | |
|---|---|
| 1/3 cup frozen organic blueberries | 1 scoop freeze-dried greens |
| 1/3 cup frozen organic blackberries | 2 scoops vanilla-flavored pea or rice protein (sweetened with stevia) |
| 1/3 cup frozen organic raspberries (you can substitute one or all of the berries for another) | 2 tablespoons raw almonds |
| 1/2 cup spinach | 1 dropper full vanilla- or berry-flavored stevia |
| 2 kale leaves, about 1/2 cup (discard the thick stalk, and use only the leafy portion) | 16-20 ounces cold green tea |
| 2 tablespoons chia seeds | Add purified water as desired. |
- Optional:**
1 tablespoon prebiotic soluble fiber

Preparation:

1. Place all ingredients in a blender bowl.
2. Mix for about 30 seconds. Do not over-blend.
3. Pour into two large glasses.

PEACH FUZZ FANTASTICO



Serves 2

Nutritional
information per
serving:



324 calories
79 calories from fat
32.1g protein
34.4g carbohydrates
12.3g fiber
15.9g sugar
8.8g fat
3.6g saturated fat
0mg cholesterol
413mg sodium



This recipe requires iced tea. I prefer oolong or white tea. Prepare tea in advance and refrigerate.

Ingredients:

- | | |
|--|---|
| 1 ripe peach, pit removed | 2 droppers full vanilla- or peach-flavored stevia |
| 2 tablespoons chia seeds | 8-16 ounces coconut water |
| 1 scoop freeze-dried greens | handful of ice |
| 1/4 cup coconut milk | Optional: |
| 1/2 cup baby spinach | 2 teaspoons maca powder |
| 1 small cucumber, peeled | 1 tablespoon prebiotic soluble fiber |
| 2 scoops vanilla-flavored pea protein powder (sweetened with stevia) | |

Preparation:

1. Place all ingredients in a blender bowl.
2. Mix for about 30 seconds. Do not over-blend.
3. Pour into two large glasses.

TANA'S TIPS

Coconut Water: Mother Nature's Natural Sports Drink!

Coconut water is a great source of magnesium and potassium. It is estimated that eight out of ten Americans are magnesium-deficient. Studies have shown that magnesium supplementation in athletes increases peak oxygen uptake and endurance while decreasing heart rate, ventilation rate, oxygen output, and carbon dioxide production. Many prescription medications deplete magnesium, including oral contraceptives, blood pressure medications, anti-ulcer drugs, diuretics, and some anticonvulsant medications. It is important to replenish magnesium when it's depleted. Signs and symptoms of magnesium depletion include headaches, muscle weakness, fatigue, irregular heart rhythm, and difficulty processing protein in the body (which can lead to difficulty maintaining muscle mass).

ANTIOXIDANT ENERGIZING SMOOTHIE

gf

ng

v

C

Serves 2

Nutritional
information per
serving:



324 calories
95 calories from fat
32g protein
32.2g carbohydrates
10.9g fiber
12g sugar
10.6g fat
4.8g saturated fat
0mg cholesterol
250mg sodium



This recipe requires iced tea. I prefer oolong or white tea. Prepare tea in advance and refrigerate.

Ingredients:

- | | |
|---|--|
| 1 cup fresh pomegranate seeds (in season)—use any fresh, organic berry in place of pomegranate if necessary | 2 scoops vanilla-flavored pea protein powder (sweetened with stevia) |
| 1/2 cup frozen strawberries (or frozen berry of your choice) | 1-2 droppers full vanilla- or pomegranate-flavored stevia |
| 1/2 cup baby spinach leaves | 16 ounces iced tea |
| 2 kale leaves torn from stalk (discard the thick stalk, and use only the leafy portion) | 8 ounces cold purified water (add purified water to desired consistency) |
| 1 scoop freeze-dried greens | handful of ice |
| 2 tablespoons chia seeds | Optional: |
| 1 tablespoon coconut butter | 2 tablespoons pomegranate powder (found in health food stores) |
| | 1 tablespoon prebiotic soluble fiber |

Preparation:

1. Place all ingredients in a blender bowl.
2. Mix for about 30 seconds. Do not over-blend.
3. Pour into two large glasses.





Ingredients:

- | | |
|---|--|
| ½ cup frozen organic blueberries | 1 scoop vanilla- or berry-flavored, sugar-free pea protein powder (sweetened with stevia). Use 2 scoops for large men. |
| ½ cup frozen cherries | |
| ⅓ banana | |
| 8 ounces pure coconut water or unsweetened almond milk | 1 tablespoon freeze-dried greens (Green Vibrance® is one of my favorite brands) |
| 1 large handful baby spinach (about 1 ½ cups) (I promise you can't taste it, but you can adjust the amount initially until you get used to it, if necessary.) | 1 dropper full berry- or vanilla crème-flavored liquid stevia |
| 2 chard leaves or 1 small cucumber | |
| 2 tablespoons hemp seeds, shelled | |
| 1 tablespoon coconut butter | |
| 1 tablespoon goji powder | |

Optional:

- prebiotic soluble fiber
- maca powder
- bee pollen
- aloe gel

Preparation:

1. Add all ingredients to blender bowl.
2. Turn blender on low at first, then increase speed.
3. Add additional almond milk or coconut water as desired to achieve desired consistency.
4. Pour into two large glasses and serve cold.



Serves 2

Nutritional
information per
serving:

284 calories
99 calories from fat
20.5 g protein
30.4g carbohydrates
7.6g fiber
14.2g sugar
11.0g fat
4.9g saturated fat
0mg cholesterol
288mg sodium



Sausage in Green Blankets. Recipe on page 38.



Chapter 1

BREAKFAST

Breakfast is essential for great health. After fasting for more than eight hours, it is important to stabilize your blood sugar and reset your hormones. Rather than the typical carbohydrate-heavy breakfast of muffins, scones, and pancakes, think about nourishing your brain and body with the proper ratio of protein, essential fats, and complex carbohydrates. Think LOTS of greens, one to two tablespoons of essential fats, and no more than one piece of fruit. This will eliminate sugar addictions and increase your focus and energy throughout the day.

Southwestern Huevos Page 31

Pacific Coast Scramble Page 32

Gluten-Free Blueberry
French Toast Page 34

Super Surprise Frittata..... Page 35

Hearty Holiday Porridge Page 37

Sausage in Green Blankets Page 38

Benedict-Style Poached Eggs..... Page 39

Clear Start Breakfast Burrito Page 42

Superfood Protein Bar..... Page 43





Serves 2

Nutritional
information per
serving:

323 calories
99 calories from fat
25.1g protein
34.4 carbohydrates
11.4g fiber
8.9 g sugar
11g fat
1.4g saturated fat
0mg cholesterol
740mg sodium

Ingredients:

- | | |
|--------------------------------------|--------------------------------|
| 2 cups baby spinach leaves | 8 egg whites (organic) |
| 2 teaspoons grape seed oil | 1 cup fresh salsa |
| ¼ cup onion, chopped | ½ avocado, sliced |
| 2 garlic cloves | 1 tablespoon cilantro, chopped |
| 1 cup black beans, soaked and cooked | |
| ½ teaspoon chili powder | |
| ½ teaspoon cumin | |
| ¼ teaspoon black pepper | |

Optional:

- ¼ teaspoon sea salt
- 2 gluten-free rice flour tortillas or 2 flax wraps

Preparation:

1. In advance, arrange greens evenly over two plates. If you are using rice tortillas or flax wraps, heat them in a pan and place them on the plate first, following with the greens.
2. Heat oil in medium pan over medium heat. Add onion and garlic for about 1 minute.
3. Add black beans, chili powder, cumin, pepper, and salt if desired. Cook for about 3 minutes. Place contents of pan into a bowl and cover to keep warm.
4. Ensuring there is enough oil to prevent sticking, place egg whites in the same pan and cook omelet-style or scrambled.
5. Divide eggs evenly and place onto each plate over the greens.
5. Spread half of the bean and onion mixture onto each plate, over the greens.
6. Top with ½ cup salsa on each plate and sprinkle with avocado and cilantro.

I love using leftover salmon or wild smoked salmon for this dish. Vital Choice sells a variety of high-quality wild fish. Their canned fish is wild, contains only extra virgin olive oil and a little sea salt, and they don't line their cans with Bisphenol-A (a common problem with canned foods), a synthetic estrogen that has been linked to many health conditions. Vital Choice products can be purchased online at www.vitalchoice.com.

Ingredients:

- | | |
|--|------------------------|
| 1 tablespoon grape seed oil | 1 teaspoon fresh basil |
| ½ shallot, minced (or ¼ cup chopped red onion) | 1 cup baby spinach |
| 8 egg whites (preferably organic), beaten (or you can use 2 eggs plus 4 additional egg whites) | ½ roma tomato, sliced |
| 8 ounces wild salmon, mackerel, or small cooked shrimp (or combination of your choice) | ¼ avocado, diced |
| 1 teaspoon fresh oregano | pepper to taste |

Optional:

- ¼ teaspoon sea salt

Preparation:

1. Heat oil in a large skillet over medium heat. Add shallots and sauté for 2 minutes.
2. Add egg whites to pan and allow to set for about 30 seconds. Stir with a spatula.
3. Add shrimp and herbs. Mix with spatula until shrimp is warmed, but eggs are not thoroughly cooked.
4. Add spinach, mix in with spatula and finish cooking, about 1 minute. Remove from heat.
5. Place tomato slices on bottom of two plates.
6. Divide egg and shrimp mixture evenly and place on top of tomatoes.
7. Top each scrambled egg with avocado. Add sea salt and pepper as desired.



Serves 2

Nutritional
information per
serving:

291calories
86 calories from fat
43.9g protein
5.9g carbohydrates
0.8g fiber
2.1g sugar
9.7g fat
0.8g saturated fat
230mg cholesterol
558mg sodium

GLUTEN-FREE BLUEBERRY FRENCH TOAST

Chapter 1



Ingredients:

- | | |
|---|--|
| 2 eggs (organic, Omega-3) | 2 teaspoons coconut oil |
| 2 egg whites (organic) | ½ cup organic blueberries |
| 2 slices Ezekiel® gluten-free, wheat-free, raisin pecan bread | 2 tablespoons pure organic maple syrup |
| ⅛ teaspoon cinnamon | |

Preparation:

1. Whip eggs, egg whites, and cinnamon in a bowl large enough to put bread in without breaking it.
2. Soak each piece of bread on each side in the bowl for at least 30 seconds. (Gluten-free bread tends to be dense and firm.)
3. Heat oil in a large pan over medium heat. Add bread to pan when pan is hot. When egg begins to cook and brown slightly, turn and cook on the other side. Repeat until egg appears completely cooked.
4. Prepare two plates. Place one piece of French toast on each plate.
5. Top each piece of French toast with ¼ cup of blueberries and 1 tablespoon of maple syrup. Serve hot.

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Serves 2

Nutritional
information per
serving:



331 calories
111 calories from fat
12.2g protein
44.5g carbohydrates
3g fiber
22g sugar
12.5g fat
5.5g saturated fat
186mg cholesterol
133mg sodium



SUPER SURPRISE FRITTATA

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Serves 4

Nutritional
information per
serving:



312 calories
150 calories from fat
31.9g protein
7.9g carbohydrates
3g fiber
3.4g sugar
16.7g fat
4.3g saturated fat
420mg cholesterol
198mg sodium



Ingredients:

- | | | | |
|---|---|----------------------------------|--|
| 2 | teaspoons coconut oil or grape seed oil | 8 | ounces cooked chicken breast, diced or shredded (or turkey, steak, meatloaf—any pre-cooked meat will do) |
| 2 | scallions, finely chopped | | |
| ½ | red bell pepper, minced | 1 | cup baby spinach leaves |
| 2 | garlic cloves, minced | 8 | eggs (organic, Omega-3), lightly beaten |
| 2 | tomatoes, diced | ½ | avocado, thinly sliced |
| 1 | tablespoon fresh thyme, chopped (or 1 teaspoon dried thyme) | add sea salt and pepper to taste | |
| 1 | tablespoon fresh marjoram, chopped (or 1 teaspoon dried marjoram) | | |

Preparation:

1. Preheat oven to broil and set rack on lowest level.
2. Heat oil in a medium skillet over medium-high heat. Use a skillet that will fit in the oven and has an oven-safe handle. Add scallion and red bell peppers for about 2 minutes.
3. Add garlic, tomato, thyme, marjoram, and chicken (or other meat), and sea salt and pepper if desired. Cook for about a minute.
4. Add spinach for another minute. Do not allow spinach to bunch together.
5. Add eggs. Using a spatula, stir the mixture until the eggs begin to set, but are still runny.
6. Put skillet in the oven for 4-5 minutes, until the frittata becomes firm and fluffy.
7. Cut like a pizza and place on plates. Top with two slices of avocado.



HEARTY HOLIDAY PORRIDGE



Serves 4

Nutritional
information per
serving:



236 calories
55 calories from fat
17.7g protein
29.7g carbohydrates
4.9g fiber
11g sugar
6.2g fat
0.8g saturated fat
0mg cholesterol
40mg sodium



Ingredients:

- | | |
|--|---|
| 1 cup gluten-free steel-cut oats | 4 tablespoons dried figs (about 6) chopped |
| 1 tablespoons hemp seeds | 1 tablespoon dried cranberries, unsweetened |
| 1 tablespoons cracked or roughly ground flax seeds | 1 tablespoon dried blueberries, unsweetened |
| ½ teaspoon cinnamon | 2 scoops vanilla-flavored pea protein powder, sweetened with stevia |
| ¼ teaspoon nutmeg | |
| ¼ teaspoon pure vanilla | |
| 1 cup unsweetened almond milk | |
| 1 tablespoon raw almonds, shaved | |
| 1 tablespoon cashews, chopped | |

Optional:

- 2 tablespoons pure maple syrup

Preparation:

1. Place oats in medium saucepan with 2 cups of water and bring to a boil. Reduce heat to simmer. Add flax, hemp, cinnamon, nutmeg, cardamom, and vanilla. Simmer for 8 minutes.
2. Add 1 cup of almond milk, nuts, figs, blueberries, and cranberries. Simmer for another 6-10 minutes, depending on desired consistency (less for chewier oats, longer for softer oats).
3. Add a dash more almond milk if necessary and stir.
4. Remove from heat. Add protein powder and mix well.
5. Divide evenly among 4 bowls. Drizzle with maple syrup if desired.

SAUSAGE IN
GREEN BLANKETS



Serves 4

Nutritional
information per
serving:



211 calories
101 calories from fat
20.8g protein
8.2g carbohydrates
2.4g fiber
4.1g sugar
11.3g fat
4.2g saturated fat
98mg cholesterol
76mg sodium



See picture on page 38.

Ingredients:

- | | |
|--|--|
| 1½ teaspoon coconut oil | 1 teaspoon allspice |
| ½ organic green apple, diced | ¼ teaspoon black pepper |
| ½ yellow onion, diced | 16 large iceberg or romaine lettuce leaves |
| 2 garlic cloves, minced | |
| 1 pound ground chicken (free-range, antibiotic-free, hormone-free) | |
| 1 tablespoon fresh oregano | |
| 1 teaspoon sage | |
| 1 tablespoon rosemary | |

Optional:

- 1 tablespoon pure maple syrup
½ teaspoon sea salt

Preparation:

1. Heat 1 teaspoon oil in large skillet over medium-high heat. Add apple and onion and sauté for 3 minutes.
2. Add garlic and sauté for another minute. Remove from pan and allow to cool.
3. Mix chicken and remaining ingredients, except lettuce, in a large bowl. When cool enough, add apple and onion mixture to chicken and mix well with hands. Be sure ingredients are well blended.
4. You may choose to form sausages into patties or links. Mixture should make about 8 patties or links.
5. In the large skillet, add ½ teaspoon more of coconut oil. Heat to medium and add patties or links. Reduce heat slightly. Cook for about 3-4 minutes each side, until browned.
6. Remove from heat and allow to cool for a couple of minutes. Add sea salt to taste.
7. Wrap sausage patties in large iceberg lettuce leaves, or links in Romaine lettuce leaves.

This is great served with a small fruit salad.

BENEDICT-STYLE POACHED EGGS

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Serves 2

Nutritional
information per
serving:

333 calories
209 calories from fat
20g protein
13.3g carbohydrates
2.7g fiber
7.3g sugar
23.3g fat
9.1g saturated fat
393mg cholesterol
718mg sodium

Ingredients For Sauce:

- 2

egg yolks (organic)
- 2

tablespoons plain coconut milk
(you may also use plain coconut
milk creamer found in most dairy
sections and health food stores)
- 1

tablespoon hot purified water
- 1

tablespoon lemon juice
(depending on desired tartness)
- 1/8

teaspoon (or a pinch)
cayenne pepper
- 2

tablespoons Earth Balance® butter
substitute (use the one made with
olive oil instead of soy), melted
and hot
- 2

eggs (organic, Omega-3)
- 2

thick slices turkey breast meat
or a slice of Canadian bacon
(organic, nitrate-free, hormone-
free, antibiotic-free)
- 4

large chard leaves or kale leaves,
or you can use a cup of spinach
- 1

cup mixed berries

Optional:

- 1

teaspoon Dijon mustard
(gluten-free)
- 1/8

teaspoon sea salt
- 2

slices gluten-free
Ezekiel® bread
or rice tortillas



Preparation For Sauce:

1.

In a blender bowl, place all ingredients for sauce except for Earth Balance®. Blend for 10 seconds on high setting.
2.

With the blender running on high, slowly pour melted Earth Balance® into blender in a steady stream.
3.

Pour entire mixture into a small saucepan and heat over low heat for 4-5 minutes, stirring regularly while eggs are cooking. Sauce will thicken as you stir.

The easiest way to poach eggs is in an egg poacher.

Preparation:

1.

Fill the bottom of the egg-poaching pan with ½ inch of water and bring to a boil.
2.

Grease the egg cups with a small amount of grape seed oil.
3.

Crack eggs and place into egg cups from egg poacher. Be careful not to break yolks.
4.

Place egg cups in poaching pan, within frame.
5.

For soft yolks, boil for 2 minutes. For firm yolks, boil for 4 minutes. Set aside.
- To poach eggs without a poacher: Fill a small saucepan halfway with purified water and bring to a boil. Reduce heat slightly. Cooking one egg at a time, crack the egg into a small cup. Lower cup to water level and gently release egg into the water. Use a spoon to guide the egg whites back toward the yolk. Cook for about 4 minutes each. Use a slotted spoon to remove eggs from water. You may choose to add a teaspoon of vinegar to the water to help the egg whites congeal.
6.

Divide greens evenly between the two plates.
7.

If you choose to serve with Ezekiel® bread, toast bread and place one slice on each plate.
8.

Quickly heat turkey breast in pan or microwave for a few seconds.
9.

Stack greens neatly on plate (or on top of bread).
10.

Place one slice of turkey breast or ham on top of greens.
11.

Place one egg on top of turkey breast.
12.

Spoon sauce over eggs, dividing evenly between plates.
13.

Place ½ cup of berries on each plate.

CLEAR START BREAKFAST BURRITO

Chapter 1



We almost never eat our burritos with tortillas. We opt for the green version and use romaine lettuce leaves. This not only increases your veggie intake, it gives you room for the opportunity for another snack later by reducing the calories from the carb-heavy tortillas. And remember, the more carbs you eat (except for veggies), the hungrier you will be!

Ingredients:

- | | |
|---|---|
| 2 whole eggs (organic, Omega-3) | ¼ cup broccoli florets, chopped |
| 4 egg whites (organic) | ¼ avocado, diced |
| 1 tablespoon grape seed oil | 1 tablespoon salsa |
| ¼ onion, chopped | 4 large romaine or iceberg lettuce leaves, or Saffron Wraps (see recipe page 175) |
| 1 garlic clove, minced | butter or Earth Balance® butter substitute |
| ¼ cup red bell pepper, chopped | |
| ¼ cup crimini or shiitake mushrooms, sliced | |

Preparation:

1. Whisk the eggs and egg whites in a small bowl.
2. Heat the Earth Balance® or butter in a medium non-stick skillet over medium heat.
3. Add onion and garlic. Sauté for 1 minute.
4. Add bell pepper, mushrooms, and broccoli. Cook for 2-3 minutes.
5. Add the eggs and stir until cooked through.
6. Double up Romaine leaves.
7. Divide eggs evenly in lettuce or Saffron Wraps. Spread with salsa as desired.
8. Top with avocado. Roll wraps to secure.

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Serves 2

Nutritional
information per
serving:



229 calories
131 calories from fat
15.8g protein
9.4g carbohydrates
3.9g fiber
3.2g sugar
14.6g fat
2.6g saturated fat
186mg cholesterol
239mg sodium





Serves 8

Nutritional
information per
serving:



269 calories
197 calories from fat
7.9g protein
13.3g carbohydrates
3.3g fiber
5.1g sugar
22.1g fat
11.9g saturated fat
0mg cholesterol
14mg sodium



Ingredients:

- | | |
|---|--|
| ½ cup cacao butter | ¼ cup pea protein, sugar-free, sweetened with stevia (I like Olympian Labs™ brand) |
| ½ cup raw cashews, finely chopped | 1 teaspoon cinnamon |
| ½ cup raw almonds, finely chopped | 2 tablespoons raw, unfiltered honey* |
| ¼ cup mulberries | ¼ cup goji berries |
| 2 tablespoons hemp seeds or flax seeds | Optional: |
| ½ cup coconut butter | 1 tablespoon maca root powder |
| 2 tablespoons lucuma powder | 2 tablespoons raw cacao powder or nibs |

Preparation:

1. Melt the cacao butter over low heat in a small pot.
2. In a food processor, combine half of the cashews and half of the almonds, all of the mulberries and hemp or flax seeds, coconut butter, maca root powder, lucuma powder, protein powder, and cinnamon. Set aside half of the nuts for mixing in later.
3. Remove cacao butter from heat and add raw, unfiltered honey to pot.
4. Slowly pulse nuts and powder mixture in food processor while adding the melted cacao butter and honey in a steady stream. The mixture will form a dough-like mixture.
5. Remove dough from processor and place in a bowl. Add remaining nuts, goji berries, and cacao nibs. Dough should be very thick. However, if it is too thick to mix, add 1 tablespoon of water at a time until the mixture combines, but remains very thick.
6. For chocolate protein bars, either use chocolate protein powder or add 2 tablespoons of cacao powder.
7. Press dough into a baking dish and refrigerate for at least 1 hour.
8. Cut into bars.

Substitute raw, unfiltered honey* for agave nectar to create a vegan recipe.

**Note: Raw, unfiltered honey is not appropriate for children under 2 years of age. Use pasteurized honey in recipes that will be fed to children under 2.*





Chapter 2

SALADS

I suggest eating a salad with most entrees. Gorillas are arguably the strongest mammals pound for pound, eating up to 50 pounds of greens, nuts, seeds, bark, and berries each day! Humans share nearly identical DNA with gorillas. Many green vegetables are up to 50 percent protein, and they are loaded with phytonutrients and micronutrients. Adding lean protein to a large salad makes it a complete meal.

| | |
|---------------------------------|---------|
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| Roasted Vegetable Salad..... | Page 50 |
| Asian Fusion Chicken Salad..... | Page 51 |
| Roasted Beet Salad | Page 53 |
| Gluten-Free Tabbouleh | Page 55 |
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| Antiox Detox Chop Salad | Page 59 |
| Quinoa Kale Salad..... | Page 62 |
| Cucumber Salad | Page 63 |
| Asian Citrus Pear Salad..... | Page 64 |



SOUTH OF THE BORDER

SALAD CUPS

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Serves 6

Nutritional
information per
serving:



208 calories
39 calories from fat
10.6g protein
35g carbohydrates
11.9g fiber
12g sugar
4.4g fat
0.4g saturated fat
0mg cholesterol
14mg sodium



Ingredients:

- | | |
|--|---|
| 2 cups organic edamame (soy beans) | 1 tablespoon fresh cilantro, finely chopped |
| 2 cups black beans, presoaked and cooked | 1 teaspoon ground cumin |
| 2 cups jicama, peeled and diced | ½ teaspoon cayenne pepper |
| 1 large ripe mango, peeled and diced | ¼ cup lemon juice |
| ½ cup scallions, chopped | ½ avocado, thinly sliced |
| 1 cup red bell peppers, diced | 8 large iceberg or butter lettuce leaves |

Preparation:

1. Mix edamame, beans, jicama, mango, scallions, bell peppers, and cilantro together in a large bowl.
2. Mix cumin, pepper, and lemon together in a small bowl so that spices are evenly mixed.
3. Toss salad with lemon juice mixture so that it covers salad evenly.
4. Transfer salad to a serving platter and place avocado slices evenly across the top.
5. Arrange lettuce leaves on plates and scoop salad mix into lettuce cups.
6. Refrigerate until ready to serve.

Cumin is a potent antioxidant.
Black beans and mango are GABA enhancers, which help stabilize mood.



ROASTED VEGETABLE SALAD



Ingredients:

- | | |
|---|---|
| 2 tablespoons grape seed oil | 1 garlic clove, minced |
| ½ teaspoon pepper | ½ avocado, diced |
| 2 red bell peppers, seeded and sliced in thin strips | ¼ cup shaved, raw almonds |
| 2 yellow bell peppers, seeded and sliced in thin strips | Optional: |
| ½ red onion, sliced | 1 teaspoon raw, unfiltered honey* |
| 2 cups asparagus tips | ½ teaspoon sea salt |
| 1 cup jicama, diced | 1 cup artichoke hearts, diced |
| 1 cup hearts of palm | |
| 1 cup sun-dried tomatoes, sliced | Add one of the following: |
| ½ cup extra virgin olive oil | 1 pound pan-seared salmon, cut into 1-inch cubes (recipe on page 121) |
| 2 tablespoons balsamic vinegar | 1 pound chicken, cut into 1-inch cubes or use Herb-Marinated Chicken, (recipe on page 88) |
| 1 tablespoon red wine vinegar | 1 pound pan-seared flank steak, thinly sliced (recipe on page 138) |
| 1 tablespoon Dijon mustard (gluten-free) | |

Preparation:

1. Preheat oven to 375 degrees.
2. Lightly oil a large cookie sheet with a couple teaspoons of the oil. Spread peppers, onions, and asparagus on cookie sheet and brush with remaining oil on both sides. Sprinkle with sea salt and pepper as desired.
3. Bake for 30-40 minutes or until vegetables are tender. Turn vegetables halfway through cooking time, after about 15-20 minutes. Remove from oven and allow to cool for at least 15 minutes.
4. Meanwhile, prepare salmon, chicken, or steak according to desired recipe. This salad is also great with leftovers.
5. In a large salad bowl, mix jicama, tomatoes, and artichoke hearts. Set aside. In a small bowl, combine olive oil, balsamic vinegar, red wine vinegar, mustard, garlic, and honey if desired. Whisk until ingredients blend. Refrigerate until ready for use.

Note: Eliminate the meat and substitute raw, unfiltered honey* for agave nectar to create a vegan recipe.

*Note: Raw, unfiltered honey is not appropriate for children under 2 years of age. Use pasteurized honey in recipes that will be fed to children under 2.



option

Serves 6

Nutritional
information per
serving:



415 calories
117 calories from fat
53.3g protein
21.3g carbohydrates
8.1g fiber
8.9g sugar
13.0g fat
6.9g saturated fat
122mg cholesterol
373mg sodium



ASIAN FUSION CHICKEN SALAD

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Serves 4

Nutritional
information per
serving:

305 calories
108 calories from fat
30.2g protein
19.1g carbohydrates
4.1g fiber
10.3g sugar
12g fat
5.5g saturated fat
73mg cholesterol
580mg sodium

This recipe requires marinating the chicken for at least 1 hour, and up to 24 hours.

Ingredients for Marinade:

- | | |
|--|--|
| ¼ cup sesame oil | ¼ cup low-sodium chicken broth |
| ¼ cup macadamia nut oil or grape seed oil | 2 tablespoons low-sodium tamari sauce |
| 2 garlic cloves, minced | 2 tablespoons fresh lemon juice |
| ½ shallot, minced (about 1 tablespoon) | ½ teaspoon red curry powder |
| 1 tablespoon fresh ginger, finely chopped | 4 boneless, skinless chicken breast halves (free-range, hormone-free, antibiotic-free) |
| ¼ cup rice vinegar | |

Ingredients for Dressing:

- | | |
|--|--|
| ⅓ cup olive oil | 3 tablespoons fresh lemon juice |
| 2 teaspoons low-sodium tamari sauce | 1-2 teaspoons raw, unfiltered honey* (to taste) |

Ingredients for Salad:

- | | |
|------------------------|---|
| 8 cups mixed greens | ¼ cup fresh, organic pomegranate seeds |
| ½ organic pear, sliced | 1 tablespoon black sesame seeds |

Preparation for Marinade:

1. Whisk all ingredients down to chicken together in a mixing bowl.
2. Put chicken in a Ziploc® bag and pour marinade over the chicken. Remove air from the bag and seal. Refrigerate up to half an hour before cooking. Remove from refrigerator 30 minutes before cooking and let stand.

**Note: Raw, unfiltered honey is not appropriate for children under 2 years of age. Use pasteurized honey in recipes that will be fed to children under 2.*

Preparation for Chicken:

1. Preheat grill to medium high heat. Grill chicken until cooked through, about 4-5 minutes per side. Remove from grill and set aside.

Preparation for Dressing and Salad:

1. In a small bowl, whisk together olive oil, tamari sauce, lemon juice, and raw, unfiltered honey*.
2. Arrange greens on a platter. Place pears around sides. Sprinkle pomegranate seeds.
3. Slice chicken breast into thin slices.
4. Distribute salad evenly between 4 plates and drizzle each with about 1 tablespoon of dressing.
5. Place chicken slices from one half chicken breast on each salad.
6. Sprinkle sesame seeds over the top of each salad.



ROASTED BEET SALAD

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Serves 6

Nutritional
information per
serving:

220 calories
128 calories from fat
4.3g protein
22g carbohydrates
3.9g fiber
7.7g sugar
14.3g fat
2.2g saturated fat
0mg cholesterol
71mg sodium

Ingredients:

- 12

baby beets or 4-6 large beets
(preferably different colors:
red, yellow, and Chioggia)
- 1/2

cup cashews or whole pine nuts,
finely chopped
- 1

shallot, finely minced
- 2

tablespoons fresh mint,
coarsely chopped
- 1 1/2-2

pink grapefruits
- 4

cups of arugula or mixed greens

Ingredients for Dressing

- 1

lime, juiced
- 2

teaspoons grapefruit zest
(finely grated peel)
- 1/4

cup extra virgin olive oil
- 1

teaspoon raw, unfiltered honey*
- Optional:
pinch of sea salt

Preparation:

1.

Preheat oven to 400 degrees.
2.

Individually wrap beets in foil and roast on middle rack for 30 minutes for baby beets, 40-50 minutes for large beets, or until beets are soft. Set aside.
3.

Peel and segment the grapefruit. Using a sharp paring knife, remove the ends of each segment, then carefully slice the skin from one end to the other and remove the skin so there is no peel or white pith left.
4.

Place grapefruit in a large salad bowl with nuts, shallot, and mint.
5.

Remove beets from foil. Use a paper towel to rub the skin off the beets. It should rub off easily. Slice baby beets in rounds. Quarter larger beets. Add to bowl with grapefruit. Set aside in refrigerator.
6.

In a small bowl, mix lime juice, olive oil, honey, grapefruit zest, and sea salt if desired.
7.

Arrange arugula on plates.
8.

Gently toss grapefruit and beet mixture with half of dressing, or you may serve it on the side.
9.

Dish grapefruit and beet mixture onto the greens.
10.

Refrigerate for 10 minutes or so. This salad should be served cool.

Substitute raw, unfiltered honey* for agave nectar to create a vegan recipe, or to make a complete meal, add sliced chicken breast to salad mixture.

*Note: Raw, unfiltered honey is not appropriate for children under 2 years of age. Use pasteurized honey in recipes that will be fed to children under 2.



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Serves 6

Nutritional
information per
serving:



149 calories
89 calories from fat
2.8g protein
13.1g carbohydrates
2.0g fiber
3.5g sugar
10g fat
1.4g saturated fat
0mg cholesterol
199mg sodium



Ingredients:

- | | |
|-------------------------------------|-------------------------------------|
| ½ cup quinoa | ¼ red onion, finely diced |
| ¼ cup extra virgin olive oil | ½ cup red bell pepper, finely diced |
| 1½ teaspoons fresh lemon juice | ⅓ cup parsley, roughly chopped |
| ¼ teaspoon pepper | ⅓ cup fresh mint, roughly chopped |
| 1 tomato, finely diced | Optional |
| 1 cucumber, peeled and finely diced | ½ teaspoon sea salt |

Preparation:

1. Prepare quinoa 45 minutes in advance according to directions on package. Quinoa will make double the amount when cooked.
2. In a small mixing bowl, combine olive oil, lemon juice, sea salt, and pepper. Set aside.
3. When quinoa has cooled, place in a large mixing bowl. Add tomato, cucumber, onion, bell pepper, parsley, and mint.
4. Add in oil and lemon juice dressing mixture. Toss gently. Add more lemon juice and sea salt if necessary.
5. Refrigerate for 10 minutes or so. This salad should be served cool.

TANA’S TIPS

I am often asked if drinking highly alkaline water is healthy. By highly alkaline water I’m referring to water supplemented with alkaline pH drops, carbonated mineral waters containing bicarbonate, and expensive alkalizing filtration systems. Some mineral waters are more alkaline than others. It’s not a problem to drink them occasionally, but I would be cautious about overdoing it. While I am a fan of “alkalinizing diets” (a.k.a. mega doses of green vegetables), caution should be used when consuming large amounts of alkaline water for the same reason that antacids can be problematic for long-term health. Diminished acid in the stomach is a state known as hypochlorhydria, which interferes with calcium absorption. In turn this can be a precursor to osteoporosis. It’s healthier to eat an alkaline diet, simultaneously replenishing vitamins and minerals, while at the same time boosting the body’s antioxidant level. Drinking water (filtered water) is important, but you want to be careful not to throw the body out of equilibrium. If consuming large quantities of water, especially during times of excessive perspiration, be sure to replenish with purified water fortified with a range of electrolyte minerals.





Ingredients:

- 3 cups Swiss chard, shredded or finely chopped

1 cup shredded purple cabbage

¼ cup shredded carrot

½ cup chopped or slivered raw almonds (I like to soak them for 4-6 hours, time permitting)

¼ cup macadamia nut oil or olive oil (macadamia nut oil gives this salad a unique flavor)

1 tablespoon apple cider vinegar

½ teaspoon allspice

¼ teaspoon cinnamon
- ¼ teaspoon nutmeg

1 tablespoon fresh oregano, finely chopped (or ½ teaspoon dried)

1 tablespoon fresh basil (or ½ teaspoon dried)

¼ teaspoon pepper

¼ cup raw hemp seeds

½ cup dried, unsweetened blueberries

1-2 teaspoons xylitol or 1 packet stevia
- Optional:

1 tablespoon Veganaise®

¼ teaspoon sea salt

Preparation:

1. Combine chard, cabbage, carrot, and nuts.
2. In a small mixing bowl, combine olive oil, vinegar, Veganaise® (if desired), spices, oregano, and basil. Whisk until mixture is blended well.
3. Toss with salad mix.
4. Allow salad to refrigerate for 30 minutes prior to serving, if possible, so flavors can marry. This salad actually tastes better the following day after the flavors marry and the chard has a chance to absorb some of the dressing.
5. Top with hemp seeds and dried blueberries.



Serves 8

Nutritional
information per
serving:

166 calories
107 calories from fat
3.5g protein
10.2g carbohydrates
2.9g fiber
4.4g sugar
12g fat
1.4g saturated fat
1mg cholesterol
111mg sodium

ANTIOX DETOX CHOP SALAD

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veg

Serves 4

Nutritional
information per
serving:



209 calories
90 calories from fat
5.8g protein
23.9g carbohydrates
8.0g fiber
10.9g sugar
10g fat
3.6g saturated fat
0mg cholesterol
42mg sodium



Ingredients:

- | | |
|---|--------------------------------|
| 1 green apple, cored and diced | ¼ cup extra virgin olive oil |
| ½ cup pomegranate seeds | 2 tablespoons red wine vinegar |
| 2 cups kale, finely chopped | ½ teaspoon curcumin |
| 4 cups mixed greens (spinach, arugula, and butter lettuce are my favorites) | 1 garlic clove, minced |
| ½ cup raw walnuts, chopped | 1 avocado, diced |
| 2 Persian cucumbers, thinly sliced | |
- Optional:**
- 1 teaspoon xylitol or raw, unfiltered honey*

Preparation:

1. In a large salad bowl, combine apple, pomegranate seeds, kale, mixed greens, walnuts, and cucumber.
2. In a small bowl, combine olive oil, red wine vinegar, curcumin, garlic, and xylitol or raw, unfiltered honey* (if desired). Whisk until well blended.
3. Mix into salad mixture and toss well.
4. Divide evenly among 4 plates.
5. Top with avocado.

Substitute raw, unfiltered honey* for agave nectar to create a vegan recipe.

**Note: Raw, unfiltered honey is not appropriate for children under 2 years of age. Use pasteurized honey in recipes that will be fed to children under 2.*





Ingredients:

- 1

cup quinoa
- 2

cups purified water
- 1

teaspoon cumin
- 1

cup pinto beans, soaked and cooked, or 1 8-ounce can pinto beans, drained
- 2

cups kale, shredded or chopped
- 2

cups cherry tomatoes, halved
- 2

tablespoons fresh basil, chopped
- 1

tablespoon fresh thyme or oregano, chopped
- 2

tablespoons pine nuts
- 1

yellow bell pepper, diced
- ¼

cup cilantro, finely chopped
- 1

bunch scallions, finely chopped
- 2

celery stalks, finely chopped
- 5-6

tablespoons fresh lemon juice
- 3

tablespoons flax seed oil or extra virgin olive oil
- 2

avocados, diced
- Optional:

add sea salt to taste

Preparation:

1.

Bring the quinoa and water to boil, then reduce to a simmer and cook until the water is absorbed, approximately 10-15 minutes. When quinoa is finished, strain and rinse well under cold water. Set aside.
2.

In a large mixing bowl, gently mix all ingredients down to celery together. Add quinoa and mix well.
3.

In a small bowl, combine lemon juice, oil, and sea salt (if desired). Whisk together until oil no longer separates.
4.

Toss dressing through salad until it is evenly distributed.



Serves 10

Nutritional
information per
serving:

202 calories
97 calories from fat
5.8g protein
22.8g carbohydrates
5.8g fiber
3.8g sugar
10.9g fat
1.2g saturated fat
0mg cholesterol
21mg sodium

CUCUMBER SALAD



Serves 4

Nutritional
information per
serving:



36 calories
2 calories from fat
1.2g protein
9.1g carbohydrates
1.1g fiber
5.7g sugar
0.2g fat
0.1g saturated fat
0mg cholesterol
8mg sodium



Ingredients:

- 2

large organic cucumbers,
thinly sliced
- 1

cup mixed greens
- ¼

cup white vinegar
- 2

teaspoons raw, unfiltered honey*
or maple syrup
- ½

teaspoon fresh ginger,
finely chopped

Preparation:

If the cucumbers are organic, I prefer to leave the skin on, as that is where the vitamins and micronutrients are. However, if you do not have organic cucumbers, be sure to peel the skin off before slicing them.

1.

In a small bowl, whisk together all ingredients except cucumbers.
2.

Put cucumbers in a Ziploc® bag with dressing, being sure to coat cucumbers completely. Refrigerate for at least an hour, allowing the cucumbers to marinate.

Substitute raw, unfiltered honey* for agave nectar to create a vegan recipe for the Cucumber Salad and the Asian Citrus Pear Salad on the next page.

ASIAN CITRUS PEAR SALAD



Serves 4

Nutritional
information per
serving:



280 calories
108 calories from fat
29.9g protein
13.6g carbohydrates
3.0g fiber
6.7g sugar
12.0g fat
5.5g saturated fat
73mg cholesterol
11mg sodium



Ingredients:

- 2

tablespoons olive oil
- 2

teaspoons sesame oil
- 2

tablespoons fresh lime juice
- 1

teaspoon shallot, minced
- ¼

teaspoon dried thyme
- 1

cup baby spinach
- 1

cup radicchio
- 2

cups Bibb lettuce or other
mixed greens
- 1

pear, thinly sliced
- ½

red bell pepper, thinly sliced
- ¼

medium sweet red onion, thinly
sliced
- 2

tablespoons sunflower seeds or
slivered almonds

Optional:

- 1

teaspoon raw, unfiltered honey*
- pinch of sea salt

Preparation:

1.

In a small bowl, mix oil, vinegar, shallot, thyme, and raw, unfiltered honey (if desired). Whisk together thoroughly and set aside.
2.

Arrange lettuce on a platter.
3.

Scatter pears, bell peppers, onions, and sunflower seeds (or nuts) over lettuce.
4.

Drizzle dressing as desired.

**Note: Raw, unfiltered honey is not appropriate for children under 2 years of age. Use pasteurized honey in recipes that will be fed to children under 2.*

SOUPS AND STEWS

Soups are a great food for comforting the soul. It isn't necessary to use heavy cream bases and excessive salt to make wonderful tasting soups if you allow the natural flavor of brain healthy herbs and spices to infuse your vegetables and broth. And most soups taste even better as leftovers.

Cream of Broccoli Soup Page 67

Shirataki Spinach Soup..... Page 70

Kale and Roasted Vegetable Soup..... Page 71

Stimulating Gazpacho Page 74

Fresh Onion Soup Page 75

Shrimp Chowder Page 78

Life-Enhancing Lentil Soup Page 79

Ahi Sweet Potato Stew Page 81

Sweet Potato Chowder..... Page 82

Hearty Chicken Stew Page 84



Shrimp Chowder. Recipe on page 78.

CREAM OF BROCCOLI SOUP

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Serves 8

Nutritional
information per
serving:



85 calories
45 calories from fat
2.8g protein
8.5g carbohydrates
3.3g fiber
1.3g sugar
5.1g fat
0.8g saturated fat
0mg cholesterol
146mg sodium



Ingredients:

- | | | | |
|---|---|---|--|
| 2 | tablespoons no-salt-added vegetable broth or 1 tablespoon grape seed oil for sautéing | ½ | teaspoon allspice |
| 1 | small onion, roughly chopped | ¼ | teaspoon white pepper |
| 1 | celery stalk, roughly chopped | 3 | tablespoons almond meal or gluten-free flour |
| 8 | cups broccoli florets | 2 | tablespoons Earth Balance® butter substitute |
| 3 | cups no-salt-added vegetable broth | 2 | cups unsweetened almond milk |

Preparation:

1. Heat vegetable broth in medium-sized pot over medium-high heat. Sauté onion and celery until tender and translucent, 3-4 minutes.
2. Add broccoli and broth. Bring to a boil. Reduce heat and simmer for 5 minutes.
3. Pour soup into a blender in batches. Do not fill blender bowl more than half full. Start blender on low setting and increase speed to high until soup is creamy and smooth. Return soup to pot as each batch is finished. You may also use a hand-held blender and blend soup directly in the pot.
4. Keep soup warm on medium low heat. Add allspice and pepper.
5. In a small saucepan over medium heat, melt Earth Balance®. Slowly add almond meal or gluten-free flour, stirring so it doesn't clump.
6. Add milk slowly. Stir until mixture is thick.
7. Add to soup pot and blend well.

TANA'S TIPS

Eat your sulforaphanes! Found in broccoli, cauliflower, Brussels sprouts, cabbage, kale, and other green leafy vegetables, sulforaphanes have been the focus of literally hundreds of research articles, demonstrating dozens of health benefits. Crossing the finish line with the highest concentration of sulforaphanes, broccoli turns out to be one of the most powerful superfoods on the planet. Enhancing detoxification, boosting tumor suppression proteins, inhibiting the growth of the bacteria responsible for stomach ulcers, decreasing inflammation, and providing protection against UV radiation damage to the skin (when applied topically) are only a few of the benefits of sulforaphanes. So make sure you eat your broccoli, add kale to your smoothies, and sneak as many of the other sources of this power-packed, natural medicine into your daily diet as possible!





This is one of my favorite soups. It's light and healthy. I replace rice or pasta with shirataki noodles. Shirataki noodles are pure fiber and help regulate blood sugar, unlike rice or pasta.

Ingredients:

- 1/4 cup no-salt-added vegetable broth or 2 tablespoons coconut oil for sautéing

1 yellow onion, chopped

2 garlic cloves, minced

8 cups no-salt-added vegetable broth

16 ounces shirataki noodles, orzo style (Miracle Noodle® is my favorite brand — I get them online) or you can use 1 cup cooked brown rice
- 1 pound baby spinach, cleaned and with stems removed

3 large tomatoes, peeled, seeded and diced (see below for instructions)

1 cup shiitake mushrooms, sliced

2 tablespoons fresh basil, minced

1/2 teaspoon black pepper
- Optional:

1 teaspoon sea salt

Preparation:

1. In a large pot, heat oil over medium heat and sauté onions and garlic for about 3 minutes or until onions look translucent.

2. Add remaining vegetable stock and bring to a boil. Reduce heat to medium low.

3. Stir in the shirataki noodles, tomatoes, spinach, and mushrooms and simmer for 10 minutes.

4. Add basil, sea salt, and pepper.



Serves 8

Nutritional information per serving:

124 calories

39 calories from fat

2.9g protein

19.4g carbohydrates

6.1g fiber

6.9g sugar

4.5g fat

3.7g saturated fat

0mg cholesterol

207mg sodium

KALE AND ROASTED VEGETABLE SOUP

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Serves 8

Nutritional
information per
serving:

112 calories
35 calories from fat
3.2g protein
16.9g carbohydrates
4.7g fiber
5.3g sugar
3.9g fat
0.4g saturated fat
0mg cholesterol
137mg sodium

Ingredients:

- | | | | |
|---|---|-----------|------------------------------------|
| 2 | tablespoons grape seed oil | 1 | tablespoon fresh thyme, chopped |
| ½ | teaspoon pepper | 1 | tablespoon fresh marjoram, chopped |
| 1 | Japanese eggplant, peeled and cut into 1-inch cubes | 6 | cups no-salt-added vegetable broth |
| 1 | large red onion, cut into 8 wedges, then halved again | 4 | cups kale, chopped |
| 2 | large tomatoes, quartered | ½ | teaspoon white pepper |
| 1 | sweet potato, cut into 1-inch cubes | ½ | teaspoon chili powder |
| 2 | cups shiitake or crimini mushrooms, sliced | Optional: | |
| 6 | garlic cloves | ½ | teaspoon sea salt |
| | | ¼ | teaspoon Bragg's® Liquid Aminos |

Preparation:

1. Preheat oven to 375 degrees.
2. Lightly oil a large cookie sheet with a couple teaspoons of the oil. Spread eggplant, onion, tomato, sweet potato, and garlic on cookie sheet and brush with remaining oil on both sides. Sprinkle with sea salt and pepper as desired.
3. Bake for 30-40 minutes or until vegetables are lightly browned and tender. Turn once after 20 minutes. Remove from oven. Set aside eggplant and sweet potato.
4. Place garlic, onion, tomato, thyme, and marjoram in a food processor. Pulse until mixture is creamy and smooth.
5. Transfer vegetable puree to a large pot and heat over medium-high heat.
6. Add vegetable broth, kale, white pepper, and chili powder. Bring to a boil. Reduce heat and simmer uncovered for 20-30 minutes.
7. Add eggplant, sweet potato, mushroom, and Bragg's® Liquid Aminos to pot, stir and heat through, about 5 minutes.
8. Ladle soup into bowls and serve hot.





Walking through Barcelona in the sweltering heat, I fell in love with this dish, native to the Spanish culture. This fresh, cold soup is delicious on a hot summer day.

Ingredients:

- | | | | |
|---|---|------------------|---------------------------------|
| 6 | large roma tomatoes (about 2 pounds), roughly chopped | 1 | tablespoon sherry vinegar |
| 1 | red or yellow bell pepper, roughly chopped | ¼ | cup extra virgin olive oil |
| 1 | cucumber, peeled, seeded and roughly chopped | 1 | tablespoon fresh lemon juice |
| 1 | garlic clove | ½-1 | cup purified water |
| ¼ | medium red onion, roughly chopped | Optional: | |
| 2 | tablespoons cilantro | ½ | teaspoon sea salt |
| | | 1 | teaspoon raw, unfiltered honey* |

Preparation:

1. Combine all ingredients in a high-powered blender. Add ½ cup of water. Blend until mixture is smooth.
2. Add water until soup reaches desired consistency.
3. Refrigerate overnight, or for at least 6 hours to allow flavors to marry.

Serve with shrimp or omelet.

Vegetarian Tip: Try adding a scoop of unflavored pea protein and re-blend before serving. This is a great way to increase your protein intake. You may need to add a little extra water to the soup mixture while blending.

**Note: Raw, unfiltered honey is not appropriate for children under 2 years of age. Use pasteurized honey in recipes that will be fed to children under 2.*



Serves 6

Nutritional
information per
serving:



190 calories
125 calories from fat
3g protein
15.3g carbohydrates
3.9g fiber
9g sugar
14.2g fat
2g saturated fat
0mg cholesterol
331mg sodium



FRESH ONION SOUP

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Serves 4

Nutritional
information per
serving:



137 calories
32 calories from fat
2.4g protein
22.8g carbohydrates
4.1g fiber
9.2g sugar
3.6g fat
0.4g saturated fat
0mg cholesterol
765mg sodium



If you love French onion soup, try this healthy alternative. You don't have to have cheese and croutons to enjoy the rich flavor of delicious onion soup!

Ingredients:

- | | | | |
|---|------------------------------------|---|---|
| 1 | tablespoon grape seed oil | 4 | teaspoons white wine vinegar or sherry vinegar (or 2 teaspoons of each) |
| 4 | large yellow onions, thinly sliced | 5 | cups no-salt-added vegetable broth or chicken broth |
| ½ | teaspoon white pepper | | |
| 4 | garlic cloves, minced | | |
| 2 | tablespoons fresh thyme | | |
| 1 | bay leaf | | |
| | | | Optional |
| | | ½ | teaspoon sea salt |

Preparation:

1. Heat oil in a large stock pot over medium heat. Add onions, sea salt, and pepper. Cook for about 10 minutes until onions reduce in volume.
2. Turn heat down to medium low and continue cooking onions for 30-45 minutes, stirring occasionally until onions are browned.
3. Add garlic, thyme, bay leaf, and vinegar. Cook for 1-2 minutes.
4. Add broth. Bring to a boil, then reduce heat. Simmer for 20-30 minutes.
5. Ladle soup into bowls and serve hot.





Chloe’s Favorite!

Ingredients:

- | | | | |
|---|---|----------|---------------------------------|
| 1 | pound fresh shrimp, deveined, and peeled (optional: you may choose to remove tails) | 8 | celery stalks, chopped |
| 1 | cup fresh peas (or you may use canned peas if you prefer) | 3 | carrots, chopped |
| 1 | cup fresh spinach | 1 | 14-ounce can coconut milk |
| 2 | teaspoons macadamia nut oil or coconut oil | 2 | cups unsweetened almond milk |
| 4 | small sweet potatoes, diced | ½ | teaspoon Thai green curry paste |
| 1 | medium yellow onion, diced | ½ | teaspoon vanilla |
| | | ½ | teaspoon pepper |
| | | Optional | |
| | | 1 | teaspoon sea salt |

Preparation:

1. Heat oil in a large skillet over medium-high heat. Sauté potatoes, onion, celery, and carrots briefly, but do not overcook, about 5 minutes. Add coconut milk, almond milk, green curry paste, and vanilla. Mix well. Turn heat down to simmer.
2. Add shrimp, peas, and spinach to base and cook for about 3-4 minutes or until shrimp are pink and no longer translucent. Do not overcook or shrimp will become tough.
3. Transfer one-third of entire soup mixture to blender to puree. Transfer pureed mixture back to soup pot and mix well. You may skip this step to save time or if you prefer a thinner soup base. However, this step makes the soup more like chowder.
4. Ladle chowder into bowls and serve hot.



Serves 6

Nutritional
information per
serving:

310 calories
158 calories from fat
15.3g protein
24.7g carbohydrates
6.3g fiber
8g sugar
17.6g fat
13.9g saturated fat
95mg cholesterol
608mg sodium

LIFE-ENHANCING LENTIL SOUP



Serves 8

Nutritional
information per
serving:



245 calories
27 calories from fat
14.4g protein
41.4g carbohydrates
8.9g fiber
5.5g sugar
3.1g fat
1.6g saturated fat
0mg cholesterol
787mg sodium



This is always a favorite among guests visiting our home. Feel free to add your favorite vegetables and herbs. Be creative!

Ingredients:

- | | |
|--|--------------------------------|
| ¼ cup no-salt-added vegetable broth for sautéing vegetables, or 1 tablespoon refined coconut oil | ¼ cup brown rice |
| 4 celery stalks, cut into ½-inch pieces | ½ teaspoon curry powder |
| 1 carrot, cut into ½-inch pieces | ½ teaspoon ground cumin |
| 1 red bell pepper, chopped | 1 tablespoon lemon pepper |
| 2 onions, chopped | 1 teaspoon pepper |
| 2 garlic cloves, minced | 1 tablespoon fresh lemon juice |

Optional:

- | | |
|--------------------------------------|---|
| 6 cups purified water | 1 tablespoon fresh marjoram, finely chopped |
| 6 cups no-salt-added vegetable broth | 1 tablespoon fresh sage, finely chopped |
| 2 cups red lentils | 1 teaspoon garlic salt (or to taste) |

Preparation:

1. In a large soup pot, heat vegetable broth (preferably) or refined coconut oil. Sauté celery, carrot, peppers, onion, and garlic for about 5 minutes.
2. Add water and vegetable broth to pot. Stir in lentils and rice. Cover and bring to a boil. Reduce heat and simmer, stirring occasionally, for about 25 minutes.
3. Stir in herbs, garlic sea salt, curry, cumin, lemon pepper, and pepper. Simmer uncovered for about 20 minutes, or until lentils fall apart and mixture thickens.
4. Stir in lemon juice.
5. Ladle soup into bowls and serve hot.



AHI SWEET POTATO STEW

SWEET POTATO CHOWDER



Serves 2

Nutritional
information per
serving:



468 calories
75 calories from fat
60.5g protein
35.7g carbohydrates
8.0g fiber
16.7g sugar
8.6g fat
6.4g saturated fat
88mg cholesterol
223mg sodium



Ingredients:

- | | | | |
|---|---|-----|--|
| 1 | tablespoon coconut oil | 1 | tablespoon fresh tarragon, chopped |
| 2 | small onions, chopped | 1 | yellow squash, cubed |
| 1 | green bell pepper, cut lengthwise into thin slices | 1 | sweet potato, cubed |
| 1 | jar roasted, sweet red peppers, diced (or you can roast 2 red bell peppers) | 1 | cup no-salt-added vegetable broth |
| 2 | garlic cloves, minced | 1/2 | cup low-sodium tomato sauce |
| | | 1 | pound ahi, cut into bite-sized cubes (about 1 inch) |

Preparation:

1. Heat oil in a large pan over medium heat. Add onions for 2 minutes.
2. Add garlic and green peppers for 3 more minutes.
3. Add diced red peppers, garlic, and tarragon.
4. Add squash, sweet potato, vegetable broth, and tomato sauce. Bring to a boil, reduce heat to low for 5 minutes.
5. Add ahi and cook for another 3-5 minutes or until ahi appears cooked. Ahi may be eaten rare if desired. Be careful not to overcook the ahi.
6. Ladle stew into bowls and serve hot.

Serve with a large salad.

You may notice that there are many recipes in this book that contain sweet potatoes. Unlike their “white” cousins, sweet potatoes rank much higher from a nutritional stand-point. They have more fiber than oatmeal when eaten with the skin. Sweet potatoes contain high amounts of beta-carotene, as well as vitamins A and C, calcium, iron, thiamin, niacin, potassium, and copper.

Ingredients:

- | | | | |
|-----|-------------------------------|---|------------------------------------|
| 2 | teaspoons coconut oil | 1 | teaspoon fresh sage, chopped |
| 1/4 | small onion, diced | 1 | teaspoon fresh marjoram, chopped |
| 4 | garlic cloves | 4 | sweet potatoes, peeled and cubed |
| 1/2 | cup leeks | 1 | 16-ounce can chick peas |
| 1 | celery stalk, sliced | 6 | cups no-salt-added vegetable broth |
| 1 | red bell pepper, diced | 1 | cup light coconut milk |
| 1 | teaspoon fresh thyme, chopped | | |

Preparation:

1. Heat oil in a large stock pot over medium-high heat. Add onion, garlic, leeks, celery, and bell peppers and sauté for 3-4 minutes.
2. Add fresh herbs for 1 more minute.
3. Add vegetable broth and sweet potatoes to the pot. Bring to a boil, then reduce heat and simmer for 15 minutes, or until sweet potatoes are soft.
4. Add chickpeas and coconut milk. Heat through, about 5-10 minutes.
5. Ladle chowder into bowls and serve hot.



Serves 8

Nutritional
information per
serving:



152 calories
35 calories from fat
3.7g protein
24.6g carbohydrates
4.8g fiber
6.2g sugar
3.9g fat
2.7g saturated fat
0mg cholesterol
277mg sodium





Ingredients:

- | | |
|--|---|
| 2 tablespoons grape seed oil | 3 sweet potatoes, peeled and cubed |
| 1 onion, chopped | 1 cup green beans, chopped |
| 2 celery stalks, chopped | 1 cup zucchini |
| 2 garlic cloves, minced | 2 cups white beans |
| 1 teaspoon Italian seasoning | 1½-2 pounds boneless chicken, cooked and diced (any flavor leftover), or follow recipe for Herb-Marinated Chicken (page 88) |
| 1 tablespoon fresh sage, chopped | |
| 1 tablespoon fresh thyme, chopped | |
| 1 tablespoon fresh basil (or you may use any of your favorite herbs) | |
| 4 cups no-salt-added chicken broth | |
- Optional:**
add sea salt to taste

Preparation:

1. Heat oil in a large pot over medium-high heat. Sauté celery, onion, and garlic for 3-5 minutes or until soft.
2. Add broth. Bring to a boil.
3. Add Italian seasoning, herbs, and sweet potato. Reduce heat and simmer for 20 minutes.
4. Add green beans, zucchini, white beans, and chicken. Simmer 15 minutes. Add sea salt if desired.
5. Ladle stew into bowls and serve hot.



Serves 6

Nutritional
information per
serving:



443 calories
87 calories from fat
51.6g protein
35.8g carbohydrates
7.6g fiber
6.4g sugar
9.7g fat
1.9g saturated fat
112mg cholesterol
525mg sodium





Simple Shirataki Noodles with Ground Turkey.
Recipe on page 95.



Chapter 4

POULTRY

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Chicken Masala Page 90

Citrus-Roasted Chicken..... Page 91

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with Saffron Page 101



ABOUT POULTRY

One question I am frequently asked is why it’s important to eat grass-fed, antibiotic-free, hormone-free poultry. If you haven’t seen the horrors of factory-farmed animals, I would encourage you go online and do a search, or watch the movie *Food, Inc.*

It is better to buy grass-fed poultry than organic poultry, if you have to make a choice. Usually, grass-fed poultry means that the animal has fed on its natural diet. When you purchase “organic” poultry, you do get poultry that is not fed hormones and antibiotics. However, they are usually fed “organic grains” because it is more cost effective. Grains and corn are not a natural diet for poultry. When animals eat food that is not natural to them, they become sick and fat (just as we do). A diet of grains is too high in omega-6 fatty acids, which are passed on to you.

Additionally, if they are factory farmed they are kept confined and not allowed to move or see light. They are given hormones to dramatically increase the rate of growth. This, along with their diet, makes them sick so they are given antibiotics to prevent illness. These antibiotics are also passed on to you. According to a 2009 University of Iowa study, 70 percent of hogs and 64 percent of employees who work in industrial animal confinements tested positive for Methicillin-resistant *Staphylococcus aureus*. As a result, more people are testing positive to antibiotic-resistant infections, and are resistant to the antibiotics that treat these infections.

If you compare a chicken that has been fed hormones with naturally fed chickens, the breast is almost twice the size! It is also much fattier and mushier. It doesn’t have a natural muscular texture that chicken breast is supposed to have.

Giving animals a diet that is not natural to them, along with antibiotics and hormones, can lead to multiple health issues, including weight problems. If this is an issue of finances, and you must make a choice, it is much more important to eat naturally raised meat and poultry than organic vegetables and fruit. Buy in bulk and freeze it, or co-op with another family to take advantage of sales.

HERB-MARINATED CHICKEN

This recipe is best if marinated for a minimum of 2 hours in advance, and may be marinated for as long as 24 hours.

Ingredients:

- 8

chicken breast halves, skinless, hormone- and antibiotic-free, free-range (this tastes great with thighs as well)
- 1

tablespoon fresh rosemary, removed from stem
- 1

tablespoon fresh thyme (you do not need to remove all the leaves as long as the thyme stems are fresh and thin—discard thick stems)
- 1

teaspoon fresh sage
- 6

garlic cloves, peeled
- ¼

teaspoon black pepper
- ¼

cup fresh-squeezed lemon juice
- ¼

cup grape seed oil
- Optional
- 1

teaspoon sea salt (or as desired for low-sodium diet)

Preparation:

1. Place rosemary, thyme, sage, and garlic in a food processor and set on “chop” until all ingredients are finely minced. If you don’t have a food processor, you may chop all ingredients by hand.
2. Transfer herb mixture to a small mixing bowl.
3. Add sea salt, pepper, lemon juice, and grape seed oil to bowl and whisk until marinade is well blended. Set aside.
4. On a non-porous cutting board, lightly pound chicken breasts (for tenderizing). Do not over-pound and make them too thin.
5. Pour marinade mixture into a bowl or baking dish large enough to hold all the chicken. Add the chicken to the mixture, making sure that all chicken is coated with marinade.
6. Cover and refrigerate for a minimum of 2 hours (up to 24 hours).
7. Heat grill to medium-high heat.
8. Grill chicken until chicken is cooked through, turning every two minutes. Cooking time may vary, but is usually about 3-4 minutes per side. I prefer using a knife and making a small cut to one piece to verify that chicken is cooked through but not overcooked. You may also use a meat thermometer to test that internal temperature reaches 160 degrees.

Serve with large salad and side of steamed vegetables.



Serves 8

Nutritional information per serving:

208 calories
88 calories from fat
26.9g protein
1.5g carbohydrates
0.2g fiber
0.2g sugar
9.9g fat
1.5g saturated fat
73mg cholesterol
646mg sodium



Ingredients:

- 4

chicken breasts, cut in half, then cut into bite-sized chunks (optional)
- 2

tablespoons grape seed oil or coconut oil
- 1

small onion, chopped
- 2

garlic cloves, minced
- 1

bay leaf
- 1

tablespoon fresh ginger, minced
- ½

teaspoon chili powder
- ½

teaspoon turmeric
- 1

teaspoon lemon juice
- 2

cups fresh diced tomatoes (or one 14½-ounce jar of low-sodium diced tomatoes, drained)
- 1

teaspoon garam masala seasoning
- ½

cup plain, nonfat, organic Greek yogurt (you may substitute yogurt with dairy-free yogurt or extra coconut milk, but consistency will be different)
- 1

cup light coconut milk
- sea salt and pepper to taste

Preparation:

1.

In a large skillet, heat oil over medium-high heat. Add chicken and stir until browned. Place chicken on plate and set aside.
2.

In the same skillet, add onions and garlic, bay leaf, ginger, chili powder, and turmeric. Sauté for about 2 minutes.
3.

Add lemon juice, tomatoes, garam masala, yogurt, and coconut milk, sea salt, and pepper (as desired). Bring to a boil then reduce heat to a simmer.
4.

Add chicken back into skillet. Simmer for 20 minutes.

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Serves 4

Nutritional information per serving:

294 calories

132calories from fat

29.6g protein

10g carbohydrates

1.9g fiber

5.4g sugar

14.8g fat

5.4g saturated fat

75mg cholesterol

249mg sodium



Serves 4

Nutritional
information per
serving:



315 calories
108 calories from fat
41.6g protein
10.1g carbohydrates
0.8g fiber
3.1g sugar
9.0g fat
6.4g saturated fat
132mg cholesterol
125mg sodium



This recipe requires marinating the chicken for at least two hours.
You will need an upright roasting rack for best results.

Ingredients:

- | | |
|---|--|
| 2 cups fresh lemon juice (about 8-10 fresh lemons) | 2 tablespoons fresh thyme, chopped (or you may use any of your favorite herbs) |
| 1 whole chicken with skin (free-range, hormone-free, antibiotic-free) | 2 tablespoons grape seed oil |
| 4 garlic cloves | ½ teaspoon black pepper, or to taste |
| 2 tablespoons fresh sage, chopped | Optional: |
| | 1 tablespoon sea salt |

Preparation:

1. Rinse chicken and pat dry.
2. In a bowl just large enough to contain the chicken, but with as little extra space as possible, pour the lemon juice, reserving about 2 tablespoons. Place the chicken in the lemon juice. If the chicken is not covered completely with lemon juice, you will need to turn it halfway through the marinating process. Cover the bowl and refrigerate for two hours.
3. Preheat oven to 350 degrees.
4. In a small bowl, mix sage, thyme, grape seed oil, reserved lemon juice, and sea salt (if desired).
5. After 2 hours, remove chicken from lemon juice marinade and place on a cutting board. Rub chicken evenly with herb mixture, covering both the outside and the inside cavity.
6. Place chicken upright on the roasting rack. Place the rack in a roasting pan and place in the oven. Placing the chicken upright allows the fat to drip down, yet allows the meat to remain tender. Bake for 1½ hours or until internal temperature reaches 180 degrees at the thighs.
7. Remove chicken from the oven, remove from roasting rack, lay flat, and cover with foil for 10 minutes to allow juices to redistribute.

Serve with a large salad or Roasted Vegetables. (recipe on page 50)

Poultry



GUILTLESS CHICKEN BREAST TENDERS

Chapter 4



Ingredients:

- 1

pound chicken tenders
(free-range, hormone-free,
antibiotic-free)
- 1

egg, lightly beaten
(organic, Omega-3)
- ½

teaspoon garlic powder
- 1

cup almond meal (or gluten-free
flour), or you may grind almonds
finely in the food processor
- Optional:
- ½

teaspoon pepper

Preparation:

1.

Preheat oven to 375 degrees.
2.

Mix sea salt, pepper, and garlic powder in almond meal and blend well with a fork.
3.

Dip the chicken pieces in the egg, coating both sides. Immediately dredge in the almond meal, covering both sides completely.
4.

Place chicken on a baking sheet. Cook for about 12 minutes, being sure to turn chicken over after 6 minutes.

NOTE: Chicken tenders will not be crispy. If you are used to fried chicken tenders, you may want to finish with one more step:

For crispy chicken tenders: Heat 2 teaspoons of coconut oil in a large skillet over medium-high heat. When skillet is hot, add half of the baked tenders to the skillet. Cook for about 30-60 seconds per side, depending on desired crispiness. Remove tenders and repeat process for remaining chicken tenders.

Allow to cool for several minutes if serving to children.

Consider serving with a honey mustard sauce. Mix 1 tablespoon of mustard with 1 teaspoon of raw, unfiltered honey*.

**Note: Raw, unfiltered honey is not appropriate for children under 2 years of age. Use pasteurized honey in recipes that will be fed to children under 2.*



Serves 4

Nutritional
information per
serving:

- 306 calories
- 63 calories from fat
- 21.3g protein
- 39.4g carbohydrates
- 4.3g fiber
- 1.5g sugar
- 7.0g fat
- 4.1g saturated fat
- 93mg cholesterol
- 529mg sodium

SIMPLE SHIRATAKI NOODLES WITH GROUND TURKEY

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Serves 4

Nutritional
information per
serving:

325 calories
63 calories from fat
36.2g protein
29.4g carbohydrates
6.9g fiber
17.9g sugar
7g fat
4.2g saturated fat
112mg cholesterol
675mg sodium

If you are in a hurry, you can skip the fresh ingredients and just use the sauce in a jar. But the addition of the fresh tomatoes and herbs give the sauce a great fresh taste as well a fabulous brain boost.

Ingredients:

- | | | | |
|---|--|----|---|
| 1 | tablespoon grape seed oil | 1½ | pounds lowest fat ground turkey breast (free-range, hormone-free, antibiotic-free) |
| ½ | onion, roughly diced | 1 | 25-ounce jar organic, no-salt-added pasta sauce |
| 3 | garlic cloves, minced | 4 | 8-ounce packages shirataki noodles, linguine style (my favorite brand is Miracle Noodle®) |
| 1 | tablespoon fresh basil | | |
| 1 | tablespoon fresh oregano | | |
| 2 | large tomatoes, diced (or you can use one 14½-ounce jar) | | |

Preparation:

1. Boil a large pot of purified water.
2. Meanwhile, while water is boiling, heat oil in a large skillet over medium-high heat. Sauté onions for 2 minutes. Add garlic for 1 more minute.
3. Add turkey and brown for 3-4 minutes.
4. Add tomatoes. Turn heat down to medium and cook 4-5 minutes.
5. Add sauce. When sauce begins to boil, turn heat down to simmer, add herbs, stir, and cover.
6. Rinse shirataki noodles under water in a strainer. Add noodles to boiling water for 3 minutes.
7. Remove noodles from heat and dump into strainer. Be sure to drain as much water from the noodles as possible by gently moving the sifter back and forth. Shirataki noodles tend to hold more water than regular pasta.
8. Dish pasta directly onto plates and ladle sauce over the noodles.

Serve with a large salad.





Ingredients:

- 12 large iceberg lettuce leaves

4 celery stalks, cut into 2-inch pieces

1 small onion, cubed

2 garlic cloves

2 tablespoons sage, unchopped (about 8-10 leaves)

1 tablespoon marjoram, unchopped

1½ pounds lowest fat ground turkey breast (free-range, hormone-free, antibiotic-free)

1 egg (organic, Omega-3)
- 1 large tomato, sliced

1 avocado, thinly sliced

Optional:

½ teaspoon sea salt

3 Oroweat® Sandwich Thins (100 calorie), or gluten-free buns

Vegenaise® (1 teaspoon for each burger)

Dijon mustard (1 tablespoon for each burger)

Preparation:

1. Separate lettuce leaves and place on a plate. Set aside.

2. In a food processor, put celery, onion, garlic, sage, marjoram, and sea salt (if desired). Process until onion and celery are finely chopped but not mushy.

3. In a medium mixing bowl, mix egg with turkey.

4. Add celery and onion mixture to turkey and mix until well blended.

5. Form turkey into six patties.

6. Heat oil in a large skillet over medium heat.

7. Cook turkey patties for about 5 minutes each side, or until cooked through and browned on the outside. Remove from skillet and place on plate as they finish cooking. Cover to keep warm.

8. Double lettuce leaves and place on plates.

9. Place turkey burgers on lettuce wraps and add condiments as desired.

10. Top with tomato and avocado.

NOTE: If using Oroweat® Sandwich Thins, try having an open-faced burger, with lettuce on the top.



option

Serves 6

Nutritional
information per
serving:



241 calories
126 calories from fat
23.7g protein
6.5g carbohydrates
3g fiber
2.4g sugar
13.9g fat
3.3g saturated fat
115mg cholesterol
118mg sodium



POULTRY WRAP EXPRESS

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Serves 2

Nutritional information per serving:

315 calories
128 calories from fat
36.9g protein
9.4g carbohydrates
1.7g fiber
6.7g sugar
14.2g fat
2.1g saturated fat
99mg cholesterol
138mg sodium

This is another great recipe to use for leftover chicken or turkey.

Ingredients:

- 1 cup (8 ounces) chopped (or 4 slices) chicken or turkey breast (free-range, hormone-free, antibiotic-free, free-range)
- 1/2 cup red or green grapes, halved
- 2 tablespoons raw pecans, finely chopped
- 1 tablespoon Veganaise®
- 8 large butter lettuce leaves (or any large lettuce leaves)

If the poultry is left over and already seasoned, you need not add anything. However, adding a few fresh herbs will really dress up this quick and tasty meal. Consider adding any of your favorite herbs. Here are some suggestions:

- 1 teaspoon dried marjoram
- 1 teaspoon dried tarragon

Optional:
for securing wraps:
4 chives, unchopped

Preparation:

- 1. Chop poultry into bite-sized cubes.
- 2. In a bowl, combine all ingredients except lettuce. Set aside.
- 3. Double the lettuce leaves, making a total of 4 wraps.
- 4. Place 2 wraps on each plate and fill each one with equal portions of the chicken mixture.
- 5. Carefully roll the wraps.
- 6. Use 1 chive to wrap around each of the rolls. Tie the chive in a small knot, being careful not to break the chive.

TANA'S TIPS:
GO GLUTEN-FREE!

There are nearly five times more people with celiac disease today than in 1950, and the incidence of this devastating disease is continuing to rise. There is 40 percent more gluten in our bread today than there was in 1950, dramatically increasing our exposure, according to Dr. Alessio Fasano, director of the Center for Celiac Research and the Mucosal Biology Research Center at the University of Maryland School of Medicine.

Gluten, from the Latin word for glue, is a sticky protein substance found in foods that include wheat, barley, rye, and related grains. Being difficult to digest, gluten may lead to gut irritation and leaky gut, and ultimately food allergies and autoimmune-related disorders. Unfortunately, gluten is not the only grain-related protein to be watchful for. Most grains contain other sticky protein substances that can be troublesome as well, such as lectins or saponins.

The good news is that there are now tests available for gluten sensitivity as well as other grain sensitivity. Genetic testing can be done that will tell you if grain consumption (and which grains) will lead to certain health challenges. To decrease your exposure to gluten and sticky proteins, try eating your sandwiches and burgers with lettuce wraps!



TOMATO CURRY CHICKEN WITH SAFFRON

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Serves 8

Nutritional
information per
serving:

223 calories
88 calories from fat
28.4g protein
4.4g carbohydrates
1.4g fiber
1.2g sugar
9.8g fat
3.0g saturated fat
73mg cholesterol
142mg sodium

This recipe is best if marinated for a minimum of 2 hours, up to 24 hours.

Ingredients:

- | | |
|--|-------------------------------------|
| 8 boneless chicken breast halves (free-range, antibiotic-free, hormone-free) | 4-5 garlic cloves, minced |
| 2-3 tablespoons no-salt-added vegetable broth for sautéing, or you may use 1 tablespoon grape seed oil | ½ teaspoon garam masala spice |
| 1 large tomato, diced, or one 14½ ounce jar of low-sodium diced tomatoes | ½ teaspoon mild yellow curry powder |
| 1 small onion, chopped | 1 cup light coconut milk |
| | ½ cup raw shaved almonds |

Optional:

- | |
|---|
| ½ teaspoon presoaked saffron threads or ¼ teaspoon dried saffron powder |
| ¼ teaspoon sea salt |

Preparation for Marinade:

Saffron is very expensive, but it gives a wonderful flavor and is considered a brain healthy spice. If using saffron threads, soak them in a couple of tablespoons of hot water for at least 15 minutes prior to use. Mash the threads with the back of a spoon. If you have time, soak the threads for several hours and do not mash them.

1. Heat vegetable broth over medium heat. Sauté onions and tomato for 2-3 minutes.
2. Add garlic for 1 minute. Reduce heat and simmer for 5 minutes, stirring occasionally.
3. Add some more vegetable broth if necessary, so mixture doesn't become dry. Add masala seasoning, curry, saffron, and sea salt (if desired). Simmer for 10 minutes more. Remove from heat and cool for several minutes.
4. Pour mixture into a blender bowl and puree on medium until smooth and creamy.
5. Return mixture to pan and add coconut milk. Bring to a mild boil, then reduce heat to a simmer for 5 minutes. Remove from heat.
6. While sauce is cooling, lightly pound chicken breasts with a meat mallet.
7. When sauce cools, place in a bowl and add chicken to sauce. Cover and refrigerate for at least 2 hours, up to 24 hours.

Preparation for Cooking:

1. After marinating chicken, preheat oven to 350 degrees.
2. Place chicken in baking dish with marinade. Be sure dish is large enough for chicken to spread out. Cook for 15 minutes on each side, or until cooked through.
3. Place chicken on serving platter and sprinkle with almonds.

Serve with a large salad and vegetable soup.





Baked Halibut with Creamed Spinach Sauce.
Recipe on page 105.



Chapter 5

SEAFOOD

When buying seafood, it’s best to purchase wild or sustainably farmed seafood rather than farmed. The best fish to eat is deep-sea fish, especially smaller fish that do not have a high mercury content. As a general rule, the larger the fish, the higher the mercury content.

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|--|----------|
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| Salmon Burgers | Page 108 |
| Steamed Clams | Page 109 |
| Cedar Plank Salmon..... | Page 112 |
| Simply Delicious Pan-Seared Trout..... | Page 113 |
| Macadamia-Crusted Mahi Mahi | Page 116 |
| Kickin’ Prawns with Chipotle “Cheese” | Page 117 |
| Shrimp Spring Rolls | Page 120 |
| Pan-Seared Salmon | Page 121 |



BAKED HALIBUT WITH CREAMED SPINACH SAUCE

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Serves 4

Nutritional
information per
serving:



279 calories
144 calories from fat
31.1g protein
2.7g carbohydrates
0.3g fiber
0.9g sugar
16.0g fat
8.5g saturated fat
98mg cholesterol
239mg sodium



Ingredients:

- | | | | |
|---|---|---|-----------------------------------|
| 2 | tablespoons grape seed oil | ¼ | cup baby spinach, chopped |
| 2 | tablespoons shallot | 1 | small tomato, diced (about ½ cup) |
| 1 | garlic clove, minced | 4 | halibut fillets, 6-8 ounces each |
| ¼ | cup white wine vinegar | | pepper to taste |
| ¼ | cup dry white wine | | Optional: |
| 2 | tablespoons Earth Balance® butter substitute | ½ | teaspoon sea salt |
| ¼ | cup light coconut milk, or coconut milk creamer (regular flavor) | | |

Preparation:

1. Preheat oven to 400 degrees.
2. Heat 1 tablespoon of oil in a saucepan over medium heat. Sauté shallot and garlic for 2 minutes.
3. Add vinegar and bring to a boil for about 4 minutes.
4. Add wine and boil for another 3 minutes.
5. Add coconut milk and Earth Balance®, whisk. Set aside momentarily.
6. Lightly oil a baking dish with half of remaining tablespoon of oil. Place the fish in the baking dish and brush with the remaining oil. Add sea salt and pepper to fish as desired. Bake until fish is no longer translucent, about 10- 20 minutes depending on size of fillets.
7. Meanwhile, return heat to low on sauce. Mix in tomato and spinach.
8. Serve halibut on plates and spoon a small amount of sauce over each fillet.





This recipe is great with leftover salmon! If using leftover salmon, cut cooking time for salmon by 2 or 3 minutes to avoid burgers becoming dry. Adjust spices and herbs according to what is in the leftover salmon.

Ingredients:

- | | | | |
|---|---|-----------|---|
| 1 | pound wild salmon fillet, roughly chopped | 1 | tablespoon Vegenaïse® |
| ½ | cup red bell pepper, roughly cut | 1 | tablespoon Dijon mustard |
| 2 | celery stalks, cut in 2-inch pieces | 2 | large tomato slices |
| ½ | onion, roughly chopped | Optional: | |
| 2 | garlic cloves | 2 | Ezekiel gluten-free buns |
| 1 | egg (organic, Omega-3) | 1 | tablespoon low-sodium tamari sauce (unless salmon is from leftovers and already flavored) |
| 1 | teaspoon fresh lemon juice | 1 | tablespoon fresh dill, unchopped |
| 1 | tablespoon coconut oil | | |
| 8 | large iceberg lettuce leaves | | |

Preparation:

1. In a large food processor, combine salmon, bell peppers, celery, onion, garlic, egg, lemon juice, tamari sauce, and dill (if desired). Chop until thoroughly mixed and salmon and vegetables reach a fine consistency, but are not mushy.
2. Remove from processor and place in a medium bowl. Form mixture into four patties of equal size.
3. Heat oil in a large skillet over medium-high heat. Place patties in hot skillet and cook for about 5 minutes on each side (turning after 2 minutes per side) or until patties reach desired doneness.
4. Place lettuce leaves on plates.
5. Remove salmon patties from heat and place on a plate until they cool slightly. After a couple of minutes, place patties on lettuce wraps (or open-faced, gluten-free buns, if desired).
6. Add Vegenaïse® and mustard to one side of patties and top with tomato slice. Place remaining lettuce leaves on top of burgers and wrap to secure.

Serve hot.



Serves 4

Nutritional information per serving:



288 calories
132 calories from fat
31.3g protein
5.4g carbohydrates
1.4g fiber
2.4g sugar
14.9g fat
4.8g saturated fat
127mg cholesterol
220mg sodium



STEAMED CLAMS

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Serves 4

Nutritional
information per
serving:



320 calories
72 calories from fat
20.2g protein
35.0g carbohydrates
1.3g fiber
0.3g sugar
8.2g fat
0.9g saturated fat
4.1mg cholesterol
816mg sodium



Ingredients:

- | | |
|------------------------------|------------------------|
| 60 littleneck clams | ¼ cup parsley, chopped |
| 4 garlic cloves, minced | 1 tablespoon arrowroot |
| 2 tablespoons grape seed oil | ½ teaspoon sea salt |
| ½ cup dry white wine | |

Preparation:

1. Rinse clams. Fill a large bowl with purified water. Add 1 tablespoon of sea salt to the water and soak clams for 30 minutes. Drain and rinse.
2. Boil 2 cups of water in a large pot. Place clams in boiling water and cook for 5-10 minutes, until clams begin to open. Remove clams as they open. Discard unopened clams.
3. Strain the stock through a cheesecloth to remove sand. Retain the strained clam stock.
4. Dissolve arrowroot in wine and add to clam stock. Set aside.
5. Heat oil in a large skillet over medium heat. Add garlic for 1 minute.
6. Add wine and clam stock mixture. When the mixture begins to boil, add the clams and sprinkle with parsley. Cook for 1-2 minutes.

Serve with Sautéed Spinach (recipe on page 178).





CEDAR PLANK SALMON

This recipe requires marinating for at least 20 minutes, up to 2 hours.

Cedar grilling planks can be found at Whole Foods and many other grocery stores. They can also be purchased online from Target, Lowe’s, and many other great sources.

Ingredients:

- | | |
|--|---------------------------------|
| 4 cedar grilling planks (8-inch x 5-inch) | 1 teaspoon fresh thyme, minced |
| 4 6-8-ounce wild salmon fillets with skin on | 2 garlic cloves, minced |
| 2 tablespoons Dijon mustard | 1 teaspoon fresh ginger, grated |
| 1 tablespoon pure maple syrup | ½ teaspoon pepper |
| | Optional: |
| | ½ teaspoon sea salt |

Preparation:

1. Soak cedar planks in water for 2 hours if you are grilling, and 30 minutes if you are roasting in the oven. Optional: you may choose to add 1 tablespoon of sea salt to the purified water.
2. Rinse and dry the salmon. Set aside.
3. In a small bowl, combine Dijon mustard, maple syrup, thyme, garlic, ginger, pepper, and sea salt (if desired). Whisk until all ingredients are well blended.
4. Put marinade in shallow dish and place fillets with pink, flesh side down, in the marinade. Do not cover skin with marinade. Let fillets sit in the marinade for 15 minutes at room temperature, or you may marinate them for up to a day in the refrigerator.
5. Preheat grill on high. Reduce heat to medium low after 15 minutes.
6. Remove fillet from marinade. Do not pour marinade over fillets while grilling. Place salmon fillets on cedar planks, skin side down, and place planks on the grill. Cover the grill and cook for 12-15 minutes, or until surface fat begins to turn white. Cooking time depends on size of fillets and preferred doneness.

For roasting in the oven: Preheat oven to 325 degrees. Prepare the salmon as described above. Place cedar planks on roasting tray and roast for 12-15 minutes. Cooking time depends on size of fillets and preferred doneness.

7. Serve on cedar planks. Place cedar planks directly on plates.

Serve with Asian Citrus Pear Salad (recipe on page 64).



Serves 4

Nutritional
information per
serving:



347 calories
130 calories from fat
45.2g protein
5.8g carbohydrates
0.2g fiber
3.0g sugar
14.4g fat
2.2g saturated fat
125mg cholesterol
281mg sodium



SIMPLY DELICIOUS PAN-SEARED TROUT

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Serves 4

Nutritional
information per
serving:

348 calories
153 calories from fat
41.0g protein
5.8g carbohydrates
1.2g fiber
2.6g sugar
17.2g fat
3.5g saturated fat
121mg cholesterol
255mg sodium

Ingredients:

- 2-3 tablespoons no-salt-added vegetable broth

1 small leek, diced

4 plum tomatoes, seeded and diced

2 tablespoons grape seed oil

4 6-8-ounce wild trout fillets

1 tablespoon fresh basil, chopped
- 1 tablespoon fresh tarragon, chopped

¼ teaspoon pepper

Optional

¼ teaspoon sea salt

Preparation:

1. Heat vegetable broth over medium heat in a small pan. Add leek and sauté for 3-5 minutes.
2. Add tomatoes and sauté for another 3 minutes. Add tarragon to pan. Remove from heat and set aside.
3. Heat oil in a large nonstick pan over medium high heat. Add trout fillets, skin side down. Cook for 5 minutes. If trout fillets are large, you may need to cook them two at a time to make sure that they are completely flat on the skillet. The skins should get golden and a little crispy.
4. Turn fillets once for about 30 seconds. Turn back to skin side to be sure trout is cooked.
5. Sprinkle basil evenly over all fillets and remove from heat. Place fillets on plates.

Serve with a large salad.

TANA’S TIPS:
NUTRIGENOMICS

If the foods you eat and the drugs you take could talk directly to your genes, what message would you want them to send? Guess what? They do! Nutrigenomics is the study of how food and nutrients affect how DNA functions in your body. That’s right—your grandmother may have known more than your doctor when it came to nutrition! She wasn’t being mean when she made you swallow cod liver oil every day, or wouldn’t let you leave the table until you ate your veggies.

Scientific studies have shown that certain vegetables and spices have more powerful benefits to your body and brain than many medications, and far fewer, if any, side effects. This has shown to be so true that many pharmaceutical companies warn against taking certain herbs or foods along with medications because they have the ability to interfere with drug pathways and metabolism. I wonder why we don’t warn people about taking some medications that can potentially interfere with the positive effects of these amazing foods that come to us in abundance!

So, do you want to send the inflammatory message from double chocolate chunk cookies, or the anti-cancer/anti-heart disease message from phytonutrients? Vegetables, fruits, spices, herbs, nuts, and seeds are among the most powerful positive foods on the planet when it comes to nutrigenomics. The best way to get a variety of these foods is with fresh herbs, salads, and soups. That’s why you will notice the suggestion to add a large salad to nearly every meal throughout this book.



MACADAMIA-CRUSTED MAHI MAHI

Chapter 5



Ingredients:

- | | |
|---|--------------------------------------|
| ½ cup macadamia nuts | ½ teaspoon chili powder |
| 2 tablespoons no-salt-added vegetable broth | 1 tablespoon pure maple syrup |
| 2 garlic cloves | 1 tablespoon grape seed oil |
| | 4 mahi mahi fillets, 6-8 ounces each |

Preparation:

1. Preheat broiler. If your broiler has more than one heat setting, set to lower setting. Line a baking sheet with foil.
2. In a food processor, combine nuts, broth, garlic, chili powder, maple syrup, and grape seed oil. Process until mixture is well blended and fine, but not pasty.
3. Smooth a thin coat of macadamia spread over one side of each mahi mahi fillet.
4. Place each fillet in the baking dish with the crusted side up.
5. Place fish on middle tray of oven and broil until crust is golden brown and fish flakes easily, about 12 minutes.

Serve with a large salad.



Serves 4

Nutritional
information per
serving:



360 calories
159 calories from fat
43.4g protein
6.4g carbohydrates
1.6g fiber
3.8g sugar
17.7g fat
2.8g saturated fat
166mg cholesterol
211mg sodium



KICKIN’ PRAWNS WITH CHIPOTLE “CHEESE”

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Serves 2

Nutritional
information per
serving:



408 calories
187 calories from fat
13g protein
43.8g carbohydrates
3.7g fiber
4.3g sugar
20.8g fat
1.8g saturated fat
46mg cholesterol
325mg sodium



Ingredients:

- | | | | |
|---|---|---|--|
| 8 | large wild prawns, precooked, shelled, and deveined | 3 | tablespoons raw chipotle “cheese” (recipe on page 177) |
| 2 | Ezekiel® wheat-free, gluten-free, multi-seed English muffins, cut into 8 equal size triangles | 8 | roma tomato slices (about ½ tomato) |
| | | 8 | cucumber slices (about ½ cucumber) |

Preparation:

1. Remove tails from prawns carefully, without removing the meat. If the prawns have not been deveined, slice them lengthwise on topside, giving you 2 halves. Then you can remove the vein. Set aside.
2. Lightly toast muffin triangles. Let cool for a minute.
3. Spread chipotle cheese evenly on triangles (about a teaspoon each).
4. Place 1 tomato slice and 1 cucumber slice on each triangle.
5. Top each triangle with a prawn.

Serve with a large salad or a piece of fruit.





Ingredients:

- 1

tablespoon sesame oil
- ½

cup julienned carrots
- 4

garlic cloves, minced
- ½

cup bean sprouts (4 ounces)
- ½

cup shiitake mushrooms, sliced
- 1

Persian cucumber, julienned
- 8

ounces shirataki noodles
(my favorite brand is Miracle Noodle®, found online)
- 1

tablespoon low-sodium
tamari sauce
- 1

tablespoon fish sauce (gluten-free)
- ½

cup fresh cilantro, chopped
- 1

tablespoon fresh basil, chopped
- 8

sheets rice paper wrappers
(or you can simply use lettuce wraps)
- 16

ounces precooked, deveined
shrimp, chopped
- 2

teaspoons coconut oil
- 8

full-length chives, unchopped
- Optional:
- 1

egg, (organic, Omega-3) beaten

Preparation:

1. Heat oil in a large skillet or wok over high heat.
2. Sauté the carrots, garlic, bean sprouts, and mushroom for 1 minute. Remove from heat, place in a bowl and set aside. Keep pan handy.
3. Meanwhile, boil a pot of purified water. Rinse shirataki noodles and boil for three minutes. Drain well and pat with dry paper towels to remove excess water. Place noodles in a bowl and add fish sauce, tamari sauce, cilantro, and basil. Set aside.
4. Fill a large bowl with warm purified water. Dip the rice paper wrappers in warm water for 10 seconds, but not long enough for them to tear. Gently dry with a clean towel or paper towel and lay flat on cutting board.
5. Place a line of stir-fry mixture on each rice paper wrapper, followed by about 2 ounces shrimp, then a small amount of shirataki noodles. Roll the rice paper like a burrito, making sure not to overstuff the spring rolls.
6. Using your fingers, brush the edge of the rice paper with the beaten egg to help it stick and remain closed. Gently place a full-length chive around the middle of each wrap and carefully tie into a knot. Trim any long ends.
7. Heat the coconut oil in the stir fry pan on high heat. Place two spring rolls at a time in the pan, just long enough to heat through, turning continuously. Remove the spring rolls and place on plates.

Serve with Cucumber Salad (recipe on page 63).



Serves 4

Nutritional
information per
serving:



442 calories
77 calories from fat
39.3g protein
51.9g carbohydrates
3.4g fiber
4.6g sugar
8.7g fat
2.5g saturated fat
237mg cholesterol
888mg sodium



PAN-SEARED SALMON

gf

ng

Serves 4

Nutritional
information per
serving:

272 calories
127 calories from fat
33.8g protein
0.1g carbohydrates
0g fiber
0g sugar
14.2g fat
2g saturated fat
94mg cholesterol
148mg sodium

Ingredients:

- 1

tablespoon grape seed oil or coconut oil
- 4

fresh, wild salmon fillets, 4-6 ounces each
- 1

tablespoon fresh basil, chopped
- sea salt and pepper to taste

Preparation:

1. Preheat a large nonstick skillet over medium heat for 2-3 minutes.
2. Brush the fish with a small amount of oil on each side.
3. Sear the salmon for about 2 minutes. Turn and sear for another 2-3 minutes on the other side. You may turn again and cook for another couple of minutes, or remove salmon from the heat, depending on desired doneness and thickness of fillets. Be careful not to overcook or the salmon will taste dry.
4. Garnish with fresh basil.





Chapter 6

MEAT

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Roasted Rack of Lamb. Recipe on page 128.

ABOUT MEAT

Why have I included so many meat recipes in a cookbook for longevity—meat is bad for you, right? Wrong. Meat is high in saturated fat and is responsible for increasing cholesterol, right? Well, that depends. Meat isn't bad for you as long as you understand what you are eating and how much of a good thing is good.

Grass-fed, antibiotic-free, hormone-free meat is 30 percent lower in fat than factory-raised meat. There are two primary sources of saturated fat in most meats: palmitic acid and stearic acid.

Palmitic acid is the same fat that is created in your liver when you eat a high sugar, high carbohydrate diet. That's right, you are an animal too! The same fat that other animals form on their backsides by eating a diet of grains (which is not natural to them) is what you get from eating a similar diet. When you eat animals that eat grains, you consume that fat, which does raise cholesterol, and contains toxic material—and makes those animals sick. However, the story is different with animals that are free-range and grass-fed.

Stearic acid is a saturated fat found in meat, eggs, and chocolate. It has been shown to decrease LDL (bad cholesterol) and increase HDL (good cholesterol).

To answer the question about whether meat increases cholesterol and heart disease: Current research indicates that if you eat grass-fed meat along with a low-carbohydrate diet, there is usually a decrease in cholesterol, and often a shift in the “density” of the cholesterol. The density of cholesterol is as important, if not more, than just how much is present in your blood. However, if you combine a diet high in meat with a high carbohydrate/sugar diet, it is likely to increase cholesterol dramatically—and it is likely to be the more dense (bad) cholesterol.

Eating a diet high in animal protein and low in carbohydrates has been shown to increase metabolism and decrease weight and body fat. But, that same increase in metabolism also increases overall body heat, which can accelerate aging if animal protein is eaten

in excess. That's why the Amen Solution often advocates a high protein diet initially, during the weight loss phase, then modifies the program as people make progress. It is possible to consume significant amounts of protein through plant-based sources as well. Many vegetables are up to 50 percent protein. True, you would have to eat a lot of vegetables to get an appropriate amount of protein this way... and that's the point!

My suggestion is to eat free-range, grass-fed meat, and eat moderate amounts with a meal (4-6 ounces for a woman and 6-8 ounces for a man). Supplement some meals or snacks with vegetarian sources of protein, such as pea protein. The acronym CRON, “Calorie Restricted, but Optimally Nutritious,” is a cornerstone for longevity.





This recipe requires marinating meat for a minimum of 2 hours, up to 24 hours. The longer you marinate the meat, the more tender and flavorful it will be.

Grass-fed lamb has up to 30 percent less fat than grain-fed lamb.

Ingredients:

- 2

tablespoons grape seed oil, plus 2 teaspoons
- 1

tablespoon fresh rosemary, not chopped
- 1

tablespoon fresh thyme, not chopped (you may include the fine stems, but discard the thick stems)
- 1

teaspoon (about 2 leaves) fresh sage, not chopped
- 2

garlic cloves, whole
- 1

teaspoon coarse black pepper
- 1½

pounds rack of lamb (free-range, hormone-free, antibiotic-free)
Be sure to have the butcher trim off as much excess fat as possible.
- Optional:
- 1

tablespoon Dijon or brown mustard, for a rich tangy taste
- ½

teaspoon sea salt (I prefer to use little salt; you may use a full teaspoon if you wish)

Preparation:

1.

Place 2 tablespoons of grape seed oil, rosemary, thyme, sage, garlic, pepper, and sea salt in a small food processor. Chop until herbs and garlic are minced to a fine consistency and there are no large pieces.
2.

Rub or brush lamb with the oil mixture.
3.

Wrap lamb in plastic wrap, eliminating as much air as possible. Place on a small tray and refrigerate for at least 2 hours, up to 24 hours.
4.

When you are ready to cook, preheat oven to 400 degrees. Remove lamb from plastic wrap.
5.

Heat 2 teaspoons of grape seed oil in a small roasting pan with oven-safe handles over medium-high heat. Make sure pan is hot before introducing lamb.
6.

Place the lamb in the pan and brown on both sides, about 3-4 minutes on each side.
7.

When lamb is browned, place meaty side up. Brush a thin layer of the mustard over the lamb at this time if desired. Place pan in oven, on middle rack. Roast for 20 minutes for medium rare, 22-24 minutes for medium well, or until meat reaches desired doneness.



Serves 4

Nutritional information per serving:

240 calories
143 calories from fat
21.6g protein
1.1g carbohydrates
0.3g fiber
0g sugar
16.1g fat
3.4g saturated fat
68mg cholesterol
351mg sodium

ROSEMARY SAGE PORK TENDERLOIN

gf

ng

Serves 4

Nutritional
information per
serving:



208 calories
86 calories from fat
24.5g protein
4.2g carbohydrates
0.1g fiber
3g sugar
9.6g fat
2.2g saturated fat
75mg cholesterol
643mg sodium



This recipe requires marinating the meat for a minimum of 2 hours, up to 24 hours.

Ingredients:

- | | | | |
|---|---|----------|--|
| 1 | tablespoon grape seed oil, plus 1 teaspoon | 1 | teaspoon (about 4 or 5 leaves) fresh sage leaves, not chopped |
| 2 | tablespoons apple cider vinegar | ¼ | teaspoon black pepper |
| 1 | tablespoon pure maple syrup | 1 | pound pork tenderloin |
| 2 | garlic cloves | Optional | |
| 1 | tablespoon fresh rosemary, not chopped | 1 | teaspoon sea salt |

Preparation:

1. In a small food processor, place oil, vinegar, maple syrup, garlic, rosemary, sage, pepper, and sea salt. Turn processor on chop until all ingredients are finely chopped and mixed.
2. Place tenderloin in Ziploc® bag and pour marinade over the tenderloin inside the bag, being sure to cover the entire piece of meat.
3. Press all air out of the bag. Place bag with meat in a bowl or small pan and refrigerate for at least 2 hours, up to 24 hours.
4. Preheat oven to 425 degrees.
5. Over medium-high heat on the cooktop, heat 1 teaspoon of oil in a small roasting pan that can easily transfer from the cooktop to the oven.
6. Remove tenderloin from bag and place it in the roasting pan. Discard remainder of marinade. Turn slightly after 45 seconds to 1 minute.
7. Continue browning and turning the tenderloin all the way around every 45 seconds to 1 minute. After you have turned the tenderloin all the way around one time (this should take 3-4 minutes), transfer pan to the oven on top rack.
8. Roast tenderloin for 10 minutes for medium rare, 12 minutes for medium, or 14 minutes for well done. Be sure to turn the tenderloin at least one time in the middle of cooking.
9. Slice in medium thin slices against the grain, and serve warm.

Serve with a large salad and Roasted Vegetables (recipe on page 50).

Meat





Serves 6

Nutritional
information per
serving:



277 calories
102 calories from fat
36.6g protein
6.5g carbohydrates
2g fiber
1.6g sugar
11.4g fat
2.5g saturated fat
125mg cholesterol
235mg sodium



Free-range bison (also called buffalo) is one of my favorite meats to eat. I order meat from ranches that allow for a totally natural breeding process, use no antibiotics or hormones, and allow the animals to run free. You can find many such ranches online that are certified by outside third parties. Many of these companies offer discounts if you buy meat in bulk. My suggestion is to get together with friends or family, make a bulk purchase, and freeze it. It brings the cost down substantially, and raises the quality of the meat you are eating significantly!

Ingredients:

- | | | | |
|---|--|---|--|
| 4 | garlic cloves | ¼ | cup cashews |
| 2 | tablespoons (about 8-10 leaves) fresh basil, not chopped | 2 | pounds ground wild bison (free-range, hormone-free, antibiotic-free) |
| 2 | tablespoons fresh oregano, not chopped | 1 | egg (organic, Omega-3) |
| 2 | tablespoons fresh parsley, not chopped | 2 | tablespoons ground flax seeds (you can grind whole flax seeds in a coffee grinder) |
| 1 | tablespoon fresh thyme, not chopped but with thick stems removed (fine stems are fine) | ½ | teaspoon chili powder |
| 1 | tablespoon (about 5 or 6 leaves) fresh sage, not chopped | ¼ | teaspoon black pepper |
| 4 | celery stalks, cut in 2-inch pieces | 1 | tablespoon low-sodium tamari sauce (you may exclude this for a low-sodium diet) |
| 1 | small onion, quartered | | |
| ¼ | cup macadamia nuts | | |

Preparation:

1. Preheat oven to 350 degrees.
2. In a large food processor, place garlic, basil, oregano, parsley, thyme, sage, celery, and onion. Place garlic and herbs on the bottom. Pulse for 15-20 seconds, but do not turn on continuous chop setting or mixture will become soggy. Check mixture for consistency. It should be finely chopped with no large pieces, but not mushy. Pulse a few more times if necessary, but don't overdo it. Remove mixture from food processor and remove any large stray pieces if necessary.
3. Place nuts in food processor. Pulse for 15-20 seconds, but do not turn on continuous

Meat

chop setting or mixture will become pasty. Check mixture for consistency. It should be finely chopped with no large pieces, but not sticky or pasty. Pulse a few more times if necessary, but don't overdo it. Remove mixture from food processor and remove any large stray pieces if necessary.

4. Place bison in a large mixing bowl and add egg. Mix lightly. Bison is lower in fat than beef and gets tough if you overmix it, so do not overwork the meat.
5. Add herb, onion, and celery mixture to the bowl. Do not mix.
6. Add chopped nuts, flax, chili pepper, pepper, and tamari sauce.
7. Mix all ingredients thoroughly through the meat, blending evenly, but being careful not to overwork the meat.
8. Place meat in a 9-inch x 5-inch loaf pan and form. (I prefer not to use Teflon, as it is toxic when heated.)
9. Place pan on the middle rack of the oven and set timer for 1 hour. It usually takes about 1¼ hours to cook.
10. Check loaf for doneness. You may use a meat thermometer. The internal cooking temperature of bison is 160 degrees.
11. You may choose to spread pasta sauce over the top of meat loaf for the last 15 minutes of cooking.
12. Put loaf back in oven and finish cooking for 15 minutes.
13. Remove from oven and let stand for 5-10 minutes before serving.

Serve with a large salad and Cauliflower Mashed Potatoes (recipe on page 179).



DR. AMEN'S QUICK AND TASTY PORK CHOPS

Chapter 6



Here is how Dr. Amen prepares his favorite pork chops. They are delicious and very simple to prepare. But please note, this is not a low-sodium option. Use the recipe below with fresh ingredients and garlic powder instead of garlic salt if you are on a low-sodium diet or prefer a fresh alternative with the same great taste.

Ingredients:

- | | | | |
|---|--|---|---|
| 4 | pork chops (free-range, hormone-free, antibiotic-free) | 2 | jars S&W® Italian Style Stewed Tomatoes |
| 1 | teaspoon garlic salt (use garlic powder for a low-sodium option) | 2 | cups crimini mushrooms, sliced |
| | | | black pepper to taste |

Preparation:

1. Salt both sides of each pork chop with $\frac{1}{4}$ teaspoon garlic salt. Pepper both sides. Set aside.
2. In a large skillet, heat tomatoes (with juice) and mushrooms for 3 minutes over medium-high heat.
3. Add pork chops to skillet and reduce heat. Cover and cook for 5-7 minutes. Turn pork chops and cook for another 5 minutes.
4. Remove from heat when chops are finished cooking and serve smothered in tomato sauce.

Pork overcooks very quickly. The chops are usually finished in about 10 minutes, depending on the heat, number, and size of the chops and the skillet. Check the center of one chop to be sure they are finished cooking.



Serves 4

Nutritional information per serving:



282 calories
121 calories from fat
24.7g protein
17.3g carbohydrates
4.1g fiber
9.3g sugar
13.4g fat
5.1g saturated fat
59mg cholesterol
785mg sodium



QUICK AND TASTY PORK CHOPS

LOW-SODIUM, FRESH HERB ALTERNATIVE

gf

ng

Serves 4

Nutritional
information per
serving:

236 calories
118 calories from fat
23.2g protein
6.0g carbohydrates
2.2g fiber
1.9g sugar
13.1g fat
5.0g saturated fat
59mg cholesterol
369mg sodium

Ingredients:

- | | | | |
|---|--|---|---|
| 4 | pork chops (free-range, hormone-free, antibiotic-free) | 2 | cups crimini mushrooms, sliced (or mushroom of your choice) |
| 1 | teaspoon garlic salt (use garlic powder for a low-sodium option) | 1 | tablespoon fresh oregano, chopped |
| 2 | tablespoons no-salt-added vegetable broth (or you may use 2 teaspoons grape seed oil or coconut oil) | 1 | tablespoon fresh basil, chopped |
| 4 | garlic cloves | 1 | teaspoon fresh thyme, chopped |
| 2 | large tomatoes, roughly diced (retain as much juice as possible) | | black pepper to taste |

Optional:

- ½ cup onion (or 1 small onion), diced

Preparation:

1. Salt both sides of each pork chop with ¼ teaspoon garlic salt. Pepper both sides. Set aside.
2. Heat vegetable broth or oil in large skillet over medium-high heat. Sauté onions for 2 minutes.
3. Add garlic for another minute.
4. Add tomatoes, mushrooms, oregano, basil, and thyme to skillet. There should be a small amount of juice from the tomatoes to bring mixture to a low boil. If not, add 1-2 tablespoons of vegetable broth, being careful not to make the mixture too “liquidy.”
5. Add pork chops to skillet and reduce heat. Cover and cook for 5-7 minutes. Turn pork chops and cook for another 5 minutes.
6. Remove from heat when chops are finished cooking and serve smothered in tomato sauce.

Pork overcooks very quickly. The chops are usually finished in about 10 minutes, depending on the heat, number, and size of the chops and the skillet. Check the center of one chop to be sure they are finished cooking.



PAN-SEARED FLANK STEAK

Chapter 6



This steak is best if marinated for 2 hours, up to 24 hours. At the very least, marinate it for 30 minutes.

Ingredients:

- | | |
|---|--|
| ½ teaspoon pepper | 1 tablespoon fresh rosemary |
| 1 shallot (about 3 tablespoons) | 1 tablespoon fresh cilantro |
| 4 garlic cloves | 1 teaspoon Dijon mustard (gluten-free) |
| ¼ cup red wine vinegar | 1-2 pounds flank steak, trimmed of fat |
| ¾ cup low-sodium beef broth | Optional |
| 2 tablespoons grape seed oil, plus another tablespoon | 1 teaspoon sea salt |

Preparation:

1. In a food processor, blend sea salt, pepper, shallot, garlic, vinegar, beef broth, 2 tablespoons grape seed oil, rosemary, cilantro, and mustard.
2. Pour the marinade in a Ziploc® bag and put the steak in the bag. Make sure the steak is completely covered with the marinade. Place the bag in a bowl and place in the refrigerator until 30 minutes before cooking.
3. Preheat the oven to 400 degrees and set the rack in the center of the oven.
4. Heat oil in an ovenproof roasting pan over high heat. Remove steak from marinade and reserve the marinade. Add steak to hot roasting pan and sear on one side for about 1 minute. Turn and sear on the other side for another minute. Steak should be browned on both sides. If not, turn again and sear for another 30 seconds on both sides.
5. Remove roasting pan with steak from stove top and place in the oven for about 5-7 minutes for medium rare, 8-10 minutes for medium, 10-12 minutes for well done.
6. Remove steak from oven and place on a cutting board. Cover with foil to allow to rest.
7. Pour reserved marinade into the roasting pan and place on stove top. Turn heat on medium high and bring marinade to a boil. Reduce heat to simmer.
8. Slice steak into thin slices and place on serving platter or plates. Drizzle marinade over the top and serve remainder in a small sauce tureen.

Excellent served over Roasted Vegetable Salad (Recipe on page 50).



Serves 4

Nutritional
information per
serving:

354 calories
181 calories from fat
36.5g protein
3g carbohydrates
0.2g fiber
0.5g sugar
20.2g fat
5.4g saturated fat
73mg cholesterol
698mg sodium

BISON LONDON BROIL

gf

ng

Serves 8

Nutritional
information per
serving:

245 calories
119 calories from fat
29.2g protein
2.2g carbohydrates
0.2g fiber
0.2g sugar
13.3g fat
4.3g saturated fat
81mg cholesterol
261mg sodium

Can also be made with beef.
This recipe requires marinating the meat for a minimum of 2 hours, up to 24 hours.

Ingredients:

- 4

garlic cloves
- 2

tablespoons fresh oregano,
not chopped
- 2

tablespoons (about 8 leaves)
fresh basil
- 1

tablespoon fresh rosemary
- 2

tablespoons grape seed oil
- 3

tablespoons red wine vinegar
- 4

tablespoons fresh lemon juice
- 2

tablespoons Dijon mustard
(gluten-free)
- 1

tablespoon low-sodium
tamari sauce
- ½

teaspoon black pepper
- 16

ounces bison London broil

Optional:

- ¼

teaspoon cayenne pepper for
more kick

Preparation:

1.

In small food processor, place garlic, oregano, basil, rosemary, oil vinegar, lemon juice, mustard, and tamari sauce. Chop until herbs and garlic are finely minced and blended with liquid.
2.

Put London broil in a large Ziploc® bag with marinade. Cover meat completely with marinade. Refrigerate for at least 2 hours, up to 24 hours.
3.

Preheat oven to broil. Place London broil on broiler tray with pan to catch juices.
4.

Broil for about 7 minutes per side for medium rare, or until meat reaches an internal temperature of 135-140 degrees.
5.

Remove from oven, transfer to a cutting board, and let stand for a few minutes before slicing across the grain in thin slices.

This is great served as a main entrée or over fresh greens as Steak Salad for lunch.

Bison, elk, and other free-range meats are much lower in fat than beef and farm-raised meats. They tend to overcook quickly and should be cooked for less time.





Ingredients:

- 2

tablespoons grape seed oil
- 12

ounces ground lamb (grass-fed, hormone-free, antibiotic-free, free-range)
- ½

onion
- 2

garlic cloves
- 1

carrot, peeled and diced
- 1

celery stalk
- ½

red bell pepper, diced
- 3

large tomatoes peeled, seeded, and
- diced, or one 14-ounce jar low-sodium, diced tomatoes
- 4

cups no-salt-added vegetable broth
- 1

cup red lentils
- 1

teaspoon fresh rosemary, chopped
- 1

teaspoon fresh thyme, chopped
- 1

teaspoon fresh tarragon, chopped
- Optional
- ½

teaspoon sea salt

Preparation:

1. Soak lentils before cooking.
2. Heat oil in a large stockpot over medium heat. Add lamb, onion, garlic, carrot, celery, and red bell pepper. Cook until lamb is lightly browned, about 3-4 minutes, stirring regularly.
3. Add tomatoes, vegetable broth, lentils, herbs, and sea salt. Bring mixture to a boil. Reduce heat and simmer for 30 minutes or until lentils are soft but not mushy.
4. Ladle into bowls and serve hot.



Serves 6

Nutritional
information per
serving:

333 calories
149 calories from fat
19.5g protein
26.3g carbohydrates
6.6g fiber
5g sugar
16.7g fat
5.4g saturated fat
43.3mg cholesterol
529mg sodium



Chapter 7

VEGETARIAN
ENTRÉES

On a vegetarian diet it’s best not to consume a diet too high in grains and refined carbohydrates. The healthiest vegetarian diets are those high in micronutrients and phytonutrients. This translates to LOTS of vegetables, fruit, nuts, seed, and some legumes. Eat whole grains in moderation and don’t overdo it on soy products. Be sure to get enough protein by supplementing with pea or rice protein and eggs.

| | |
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Eggplant Casserole . Recipe on Page 151.

SHIRATAKI PRIMAVERA

CASHEW SPRING ROLLS



Serves 6

Nutritional
information per
serving:



314 calories
203 calories from fat
6.9g protein
25.8g carbohydrates
8.1g fiber
7.4g sugar
22.7g fat
12.7g saturated fat
0mg cholesterol
199mg sodium



Ingredients:

- | | |
|--|--|
| 16 ounces shirataki noodles, fettuccine style | 2 tablespoons fresh basil, chopped |
| 2 tablespoons refined coconut oil (for sautéing) | 1 tablespoon fresh oregano, chopped |
| 1 small onion, chopped | 15 cherry tomatoes, halved |
| 2 garlic cloves, minced | 1 cup no-salt-added vegetable broth |
| 1 cup asparagus tips | 2 teaspoons arrowroot, dissolved in 2 tablespoons purified water |
| 1 cup broccoli florets | 1 cup slivered raw almonds (preferably soaked for at least 6-12 hours) |
| 1 cup cauliflower florets | pepper to taste |
| 1 small zucchini, sliced | Optional: |
| ½ cup red bell pepper, diced | ½ teaspoon sea salt |
| 1 cup coconut milk | |

Preparation:

1. Bring water to a boil in a large pot. Add shirataki noodles and boil for 3 minutes. Set aside.
2. Heat oil in a large skillet over medium heat. Sauté onion for a couple minutes, then add garlic for another minute.
3. Mix in asparagus, broccoli, cauliflower, zucchini, and bell pepper for 2 minutes. Add remaining vegetable broth, coconut milk, basil, oregano, tomatoes, sea salt, and pepper.
4. Add arrowroot (previously dissolved in water). Turn up the heat and bring to a boil for 3 minutes. Turn down to a simmer.
5. Drain pasta and toss with primavera sauce.
6. Top with nuts.

Suggest serving with Antiox Detox Chop Salad (recipe on page 59).

Ingredients:

- | | |
|--|--|
| 1 tablespoon sesame oil | ½ cup fresh cilantro, chopped |
| ½ cup carrots, julienned | 1 tablespoon fresh basil, chopped |
| 4 garlic cloves, minced | 8 sheets rice paper wrappers (or you can simply use lettuce wraps) |
| ½ cup (4 ounces) bean sprouts | 2 cups cashews, soaked overnight and chopped |
| ½ cup shiitake mushrooms, sliced | 2 teaspoons coconut oil |
| 1 Persian cucumber, julienned | 8 full-length chives, unchopped |
| 8 ounces shirataki noodles (my favorite brand is Miracle Noodle, found online) | Optional: |
| 1 tablespoon low-sodium tamari sauce | 1 egg (organic, Omega-3), beaten |

Preparation:

1. Heat oil in a large skillet or wok over high heat.
2. Sauté the carrots, garlic, bean sprouts, and mushroom for 1 minute. Remove from heat, place in a bowl, and set aside. Keep pan handy.
3. Meanwhile, boil a pot of purified water and boil. Rinse shirataki noodles and boil for 3 minutes. Drain well and pat with dry paper towels to remove excess water. Place noodles in a bowl and add fish sauce, tamari sauce, cilantro, and basil. Set aside.
4. Fill a large bowl with warm purified water. Dip the rice paper wrappers in warm water for 10 seconds, but not long enough for them to tear. Gently dry with a clean towel or paper towel and lay flat on cutting board.
5. Place a line of stir-fry mixture on each rice paper wrapper, followed by about 2 ounces shrimp, then a small amount of shirataki noodles. Roll the rice paper like a burrito, making sure not to overstuff the spring rolls.
6. Using your fingers, brush the edge of the rice paper with the beaten egg to help it stick and remain closed. Gently place a full-length chive around the middle of each wrap and carefully tie into a knot. Trim any long ends.
7. Heat the coconut oil in the stir fry pan on high heat. Place two spring rolls at a time in the pan, just long enough to heat through, turning continuously. Remove the spring rolls and place on plates.

Serve with Cucumber Salad (recipe on page 63).



Serves 8

Nutritional
information per
serving:



298 calories
171 calories from fat
9.8g protein
25.4g carbohydrates
3.4g fiber
5.2g sugar
19.1g fat
4.4g saturated fat
23.5mg cholesterol
253mg sodium



VEGELICIOUS FRITTATA

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veg

C

Serves 4

Nutritional
information per
serving:

300 calories
136 calories from fat
19.5g protein
22.5g carbohydrates
7.4g fiber
3g sugar
15.2g fat
5.5g saturated fat
372mg cholesterol
154mg sodium

Ingredients:

- | | | | |
|---|--|---|--|
| 2 | teaspoons coconut oil or grape seed oil | 8 | ounces pinto beans, soaked and cooked (or canned) |
| 2 | scallions, finely chopped | 1 | cup baby spinach leaves or kale (torn) |
| ½ | red bell pepper, minced | 8 | eggs (organic, Omega-3), (lightly beaten) |
| 2 | garlic cloves, minced | ½ | avocado, thinly sliced |
| 2 | tomatoes, diced | | |
| 1 | tablespoon fresh thyme, chopped (or 1 teaspoon dried thyme) | | |
| 1 | tablespoon fresh marjoram, chopped (or 1 teaspoon of dried marjoram) | | |

Optional:
sea salt and pepper to taste

Preparation:

1. Preheat oven to broil and set rack on lowest level.
2. Heat oil in a medium skillet over medium-high heat. Use a skillet that will fit in the oven and has an oven-safe handle. Add scallion and red bell peppers for about 2 minutes.
3. Add garlic, tomato, thyme, marjoram, beans. Add sea salt and pepper if desired. Cook for about a minute.
4. Add spinach or kale for another minute. Do not allow spinach to bunch together.
5. Add eggs. Using a spatula, stir the mixture until the eggs begin to set, but are still runny.
6. Put skillet in the oven for 4-5 minutes, until the frittata becomes firm and fluffy.
7. Cut like a pizza and place on plates. Top with two slices of avocado.





Ingredients:

- 1

tablespoon coconut oil
- ½

cup onion, diced
- 2

garlic cloves, minced
- ½

red bell pepper, diced
- ½

cup pinto beans, soaked and cooked
- 2

Spanish tomato wraps or tortillas (recipe on page 175). You can also use commercial, gluten-free tortillas.
- 2

tablespoons chipotle cheese (recipe on page 177)
- ½

cup salsa
- 2

tablespoons diced avocado
- 1

tablespoon pepitas or sunflower seeds
- Optional:
- 8

ounces silken tofu, drained

Preparation:

1.

Heat coconut oil in a large skillet over medium heat. Sauté onion, garlic, and red bell pepper for 2 minutes.
2.

Add tofu if desired and crumble. Cook for another 3 minutes. Drain excess fluid if necessary.
3.

Add beans and cook until heated through, about 2 minutes. Remove from heat.
4.

Quickly heat tortillas and place on plates.
5.

Spread cheese on tortillas.
6.

Spoon tofu and bean mixture over cheese.
7.

Top with salsa, avocado and seeds.



Serves 2

Nutritional
information per
serving:



655 calories
321 calories from fat
21.7g protein
66.8g carbohydrates
14.3g fiber
6.6g sugar
35.8g fat
10.7g saturated fat
0mg cholesterol
836mg sodium



EGGPLANT CASSEROLE

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Serves 4

Nutritional
information per
serving:



419 calories
173 calories from fat
13.1g protein
52.8g carbohydrates
13.8g fiber
16.9g sugar
19.4g fat
1.9g saturated fat
0mg cholesterol
410mg sodium



Ingredients:

- | | | | |
|---|--|---|------------------------------------|
| 2 | Japanese eggplants | ¼ | teaspoon pepper |
| 1 | yellow squash | 1 | tablespoon basil, chopped |
| 1 | zucchini | 1 | tablespoon thyme, chopped |
| 1 | red bell pepper | 2 | cups baby spinach |
| 3 | tablespoons macadamia nut oil or grape seed oil | 1 | cup quinoa |
| 1 | onion, diced | 2 | cups no-salt-added vegetable broth |
| 4 | garlic cloves, minced | ½ | cup shaved raw almonds |
| 1 | cup tomato sauce | | |
- Optional**
- ½ teaspoon sea salt

Preparation:

1. Preheat oven to 375 degrees.
2. Using a mandolin or a sharp knife, slice eggplant, squash, and zucchini into ¼-inch rounds. Discard the ends.
3. Slice the bell pepper in thin rings (discard the core first). Heat 1 tablespoon of grape seed oil in a small skillet over medium heat. Sauté the onion and garlic for 3 minutes.
4. Pour the tomato sauce into a baking dish.
5. Add one tablespoon of the grape seed oil to the dish, along with the sautéed onion, garlic, sea salt, and pepper. Sprinkle half of the herbs on the bottom of the dish.
6. Arrange the vegetables in layers around the baking dish, alternating between eggplant, zucchini, and squash. Do not stack; rather, be sure to layer so that all vegetables are exposed (see photo). Drizzle the remaining tablespoon of grape seed oil over the vegetables and sprinkle the remaining herbs over the top.
7. Cover with parchment paper. Tuck the parchment paper in around the edges.
8. Bake in the oven for 45 minutes.
9. While the vegetables are baking, bring the vegetable broth to a boil in a medium pot. Add quinoa and reduce to a simmer for 20 minutes or until liquid is completely absorbed.
10. Stir in spinach and remove from heat.
11. Carefully arrange vegetables in a circle over a bed of quinoa.
12. Sprinkle with almonds.





Serves 10

Nutritional
information per
serving:



251 calories
112 calories from fat
7.6g protein
30.1g carbohydrates
7.3g fiber
12.6g sugar
12.5g fat
4.1g saturated fat
0mg cholesterol
157mg sodium



Ingredients for Filling:

- | | |
|------------------------------------|--------------------------------------|
| 3 cups onion, chopped | ½ cup fresh lemon juice |
| 2 cups finely chopped tomatoes | 2 tablespoons fresh sage, minced |
| 2 tablespoons fresh garlic, minced | 2 tablespoons fresh marjoram, minced |
| 2 cups shiitake mushrooms, chopped | 1 teaspoon black pepper |
| 1 cup walnuts, finely chopped | 2 tablespoons tomato paste |
| 1½ cups cooked brown rice | |
| ½ cup Italian parsley, chopped | |
| ¼ cup fresh mint, chopped | |

Optional

- 2 teaspoons salt

Vegetables for Stuffing:

- 10 large red bell peppers

Ingredients for Broth:

- | | |
|---|--------------------------------------|
| 3 tablespoons coconut oil or Earth Balance® butter substitute | 1 tablespoon dried mint |
| 1 tablespoon shallot, minced | ½ cup tomato paste |
| | 2 cups no-salt-added vegetable broth |

Preparation for Filling:

1. Heat oil in large pan over medium-high heat. Sauté onion and garlic for about 2 minutes.
2. Add mushrooms and cook until moisture is sweated off, about 10 minutes. Remove from heat.
3. In a food processor, add rice, mushroom mix, herbs, spices, lemon juice, and tomato paste. Pulse until well blended. Place mixture in a medium sized bowl.
4. Add tomatoes last and mix in gently.
5. Cover stuffing mixture and refrigerate until vegetables are prepared for stuffing.

To Prepare Bell Peppers to be Stuffed:

1. Cut the tops off the red bell peppers. Scoop out the inner seeds and flesh. Rinse well. Set the tops of the peppers aside.
2. Spoon the filling into the bell peppers and arrange vegetables in baking dish or roasting pan.

To Make Broth:

1. Preheat oven to 350 degrees.
2. Melt Earth Balance® or refined coconut oil in a heavy, medium-sized saucepan over medium-high heat until it starts to sizzle. Stir in shallot and mint.
3. Stir in tomato paste.
4. Add broth and bring to a boil.
5. Pour broth over stuffed bell peppers.
6. Cover roasting pan with foil and place in preheated oven. Bake until vegetables are tender; about 1 hour. Allow to cool for about 10 minutes prior to serving.
7. Dish onto plates or shallow bowls and spoon broth over the top.



KALE CHIPOTLE ENCHILADAS

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(adaptable)

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Serves 6

Nutritional
information per
serving:

312 calories
119 calories from fat
10.3g protein
41.3g carbohydrates
6.8g fiber
5.1g sugar
13.4g fat
3.3g saturated fat
0mg cholesterol
355mg sodium

Ingredients for Enchiladas:

- | | | | |
|---|---|----|---|
| 4 | rice tortillas or Ezekiel gluten-free tortillas | 12 | ounces fresh kale, chopped |
| ¾ | cup brown rice | ¾ | cup vegan cheese, grated (I prefer nut cheeses, like almond cheese) |
| 1 | teaspoon turmeric | | |

Ingredients for Chipotle Sauce:

You can use premade chipotle sauce in a pinch.

- | | | | |
|---|---|---|-----------------------------------|
| 1 | tablespoon macadamia nut oil, or coconut oil | ½ | cup no-salt-added vegetable broth |
| 2 | garlic cloves, minced | ½ | chipotle pepper in adobo sauce |
| 1 | onion, chopped | 1 | tablespoon fresh oregano, chopped |
| 3 | roma tomatoes, diced, or 1 14½-ounce jar diced tomatoes | 1 | tablespoon fresh basil, chopped |

Ingredients for Fresh Salsa:

You can use organic store-bought salsa.

- | | | | |
|---|-----------------------------|----------|------------------------------------|
| 4 | medium tomatoes, diced | 1 | tablespoon olive oil |
| 5 | serrano chiles | 1 | avocado, peeled, pitted, and diced |
| ½ | sweet onion | | pepper to taste |
| 1 | garlic clove, minced | Optional | |
| ⅓ | cup fresh cilantro, chopped | ½ | teaspoon sea salt |
| 1 | lime, juiced | | |

Preparation for Salsa:

(unless using store-bought)

1. In a blender, combine chopped tomatoes, chiles, onion, garlic, cilantro, lime juice and olive oil, sea salt, and pepper. Blend until salsa is desired consistency.
2. Gently mix in avocados. Refrigerate.

Preparation for Brown Rice and Chipotle Sauce:

1. Cook the brown rice according to directions on the package, with 1 teaspoon of turmeric.
2. Meanwhile, heat coconut oil in medium saucepan over medium heat. Add onion and garlic and sauté for 5 minutes.
3. Stir in tomatoes, vegetable broth, chipotle chili, oregano, and basil and simmer for 8-10 minutes.
4. Transfer sauce to a blender and puree. Transfer chipotle sauce back to a saucepan and set aside.

Preparation for Enchiladas:

1. Steam kale for 3-4 minutes or until wilted. Squeeze out the water.
2. Preheat oven to 350 degrees.
3. Dip tortillas into chipotle sauce (one at a time), turning to coat. Fill tortillas with ¼ rice and kale.
4. Use 1 tablespoon of cheese for enchilada filling. Roll up and transfer to a baking dish.
5. Top enchiladas with the remaining sauce and sprinkle with remainder of soy or nut cheese. Bake for 15 to 20 minutes.
6. Spoon fresh salsa over the top of enchiladas.
7. Sprinkle with avocado.





Smooth Sailing Tomato Basil Salmon Boats.
Recipe on page 164.



Chapter 8

SNACKS AND
APPETIZERS

It’s a great idea to have a few easy dishes that you can prepare with a few minutes’ notice. I like to have simple snacks that I can make for my daughter and her friends. Also, I usually take a couple of healthy dishes to parties with me. It’s a great way to support the hostess, as well as a way to be an example of your healthy lifestyle.

| | |
|---|----------|
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| Tropical Devil-Less Eggs | Page 161 |
| A Sweet Treat | Page 162 |
| Smooth Sailing Tomato Basil Salmon Boats | Page 164 |
| Black Bean Canapés | Page 165 |
| Fresh Vegetable Platter with Guacamole | Page 167 |
| Go-Well Trail Mix | Page 168 |
| Shrimp Cocktail | Page 170 |
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| Smoked Salmon Boats..... | Page 172 |



DEVIL-LESS EGGS

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Serves 6

Nutritional
information per
serving:



184 calories
112 calories from fat
12.7g protein
3.7g carbohydrates
0.1g fiber
2.8g sugar
12.6g fat
2.8g saturated fat
350mg cholesterol
200mg sodium



Ingredients:

- 12

eggs (organic, Omega-3)
- 2

tablespoons flax seed oil
- 1

tablespoon Dijon mustard
(gluten-free)
- ½

teaspoon onion powder
- ½

teaspoon garlic powder
- ¼

teaspoon cayenne pepper

Optional:

- paprika for garnish
- 1

tablespoon fresh chives,
finely chopped, for garnish

Preparation:

1.

Place eggs in a large pot with just enough water so the eggs are fully covered. Don't fill the pot all the way. Bring the water to a boil, then turn the heat off and let the eggs sit in the hot water for 12 minutes (not longer).
2.

Fill a large bowl with ice water. Remove the eggs and place in ice water for a couple of minutes, until eggs are completely cool.
3.

Peel eggs, being careful not to damage the whites. Cut eggs lengthwise.
2.

Gently remove the yolks without damaging the whites. If you lightly squeeze them, the yolk should pop out. Make sure you do this over a bowl.
3.

Arrange egg white halves directly on a serving platter. Set aside.
4.

In a medium-sized bowl, mash egg yolks, mustard, onion powder, garlic powder, cayenne, and flax seed oil with a fork or rubber spatula until it is smooth and creamy.
5.

Use a melon scooper or a small spoon to scoop the mixture back into the egg white halves in equal amounts.
6.

Sprinkle with paprika and/or chives.

Serve immediately or refrigerate until ready to serve.



TROPICAL DEVIL-LESS EGGS



Serves 6

Nutritional
information per
serving:



183 calories
111 calories from fat
13g protein
3.2g carbohydrates
0.1g fiber
2.9g sugar
12.6g fat
6.3g saturated fat
350mg cholesterol
142mg sodium



Ingredients:

- | | | | |
|----|---|-----------|---------------------------------|
| 12 | eggs (organic, Omega-3) | 1 | teaspoon ground ginger (powder) |
| 2 | tablespoons plain nonfat Greek yogurt coconut oil | Optional: | |
| 1 | tablespoon fresh mint, finely chopped | ½ | teaspoon sea salt |

Preparation:

1. Place eggs in a large pot with just enough water so the eggs are fully covered. Don't fill the pot all the way. Bring the water to a boil, then turn the heat off and let the eggs sit in the hot water for 12 minutes (not longer).
2. Fill a large bowl with ice water. Remove the eggs and place in ice water for a couple of minutes, until eggs are completely cool.
3. Peel eggs, being careful not to damage the whites. Cut eggs lengthwise.
4. Gently remove the yolks without damaging the whites. If you lightly squeeze them, the yolk should pop out. Make sure you do this over a bowl.
5. Arrange egg white halves directly on a serving platter. Set aside.
6. In a medium-sized bowl, mash egg yolks, yogurt or coconut oil, mint, and ginger with a fork or rubber spatula until it is smooth and creamy.
7. Use a melon scooper or small spoon to scoop the mixture back into the egg white halves in equal amounts.

Serve immediately or refrigerate until ready to serve.

A SWEET TREAT



Serves 4

Nutritional
information per
serving:



175 calories
28 calories from fat
0.5g protein
35.7g carbohydrates
1.9g fiber
21.9g sugar
3.2g fat
2.5g saturated fat
10mg cholesterol
61mg sodium



Ingredients:

- | | | | |
|---|---------------------|---|-------------------------|
| ½ | green apple, sliced | ½ | banana, cut in 4 pieces |
| ½ | peach, sliced | ½ | cup caramel sauce |
| ½ | pear, sliced | | |

Preparation:

1. Arrange fruit on platter.
2. Prepare caramel sauce. (recipe on page 190)
3. Put caramel sauce in a small dessert cup and place in the center of the fruit platter.

SMOOTH SAILING TOMATO BASIL SALMON BOATS

Chapter 8



Ingredients:

- | | |
|--|--|
| juice from one lemon | $\frac{1}{4}$ teaspoon black pepper |
| 1 tomato, diced | 8 ounces wild smoked salmon, sliced into 8 strips about 1-inch x 4-inch each |
| 1 tablespoon fresh basil, finely chopped | 4 Persian cucumbers, halved and seeded |
| $\frac{1}{4}$ cup chives, finely chopped | Optional: |
| 1 teaspoon fresh mint, finely chopped | $\frac{1}{4}$ teaspoon sea salt |
| 1 tablespoon extra virgin olive oil | |

Preparation:

1. In a medium mixing bowl, combine lemon juice, tomato, chives basil, mint, olive oil, pepper, and sea salt (if desired).
2. Place cucumber halves on a serving dish.
3. Place one salmon strip within the groove of each cucumber.
4. Spoon a small amount of tomato/basil mixture onto each cucumber boat.
5. Serve as an appetizer or a mid-afternoon snack.



Serves 4

Nutritional
information per
serving:



258 calories
92 calories from fat
35.7g protein
7.4g carbohydrates
1.3g fiber
3.5g sugar
10.3g fat
2g saturated fat
88mg cholesterol
34mg sodium



BLACK BEAN CANAPÉS

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Serves 4

Nutritional
information per
serving:



264 calories
116 calories from fat
9.3g protein
30.6g carbohydrates
10.7g fiber
4.1g sugar
12.9g fat
1.9g saturated fat
0mg cholesterol
10mg sodium



I like to use organic cucumbers and squash so that I don't have to peel them. Most of the vitamins are just below the skin. However, that is also where the pesticides are the most concentrated if you do not buy organic vegetables.

Ingredients:

- | | |
|--|---|
| 1 red bell pepper, cored and halved | 1 large yellow squash, organic and not peeled |
| 1 yellow bell pepper, cored and halved | 2 cups Black Bean Dip (recipe on page 181) |
| 1 large cucumber, organic and not peeled | 1 avocado, diced |

Preparation:

1. Cut bell peppers into 1½-inch to 2-inch squares.
2. Slice cucumber and squash into 1-inch rounds.
3. Scoop 1 tablespoon black bean dip onto each vegetable piece.
4. Top with diced avocado pieces.

Alternative: Serve Black Bean Dip on flax crackers and top with avocado.



FRESH VEGETABLE PLATTER WITH GUACAMOLE

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Serves 8

Nutritional
information per
serving:



58 calories
29 calories from fat
1.6g protein
7.2g carbohydrates
3g fiber
2.4g sugar
3.3g fat
0.5g saturated fat
0mg cholesterol
27mg sodium



Ingredients:

- | | | | |
|---|--|---|--|
| 1 | red or yellow bell pepper, cored and sliced lengthwise | 2 | celery stalks, cut in 3-inch pieces |
| 2 | cups broccoli florets | | any other vegetables of your choice |
| 1 | organic cucumber, cut in half and sliced lengthwise (do not peel if cucumber is organic) | 1 | cup fresh guacamole (recipe on page 180) |

Preparation:

1. Arrange vegetables on a platter.
2. Put guacamole in a serving bowl and place in the center of the vegetable platter.

GO-WELL TRAIL MIX

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Serves 6

Nutritional
information per
serving:



159 calories
100 calories from fat
4.2g protein
11.9g carbohydrates
4g fiber
4.9g sugar
11.1g fat
2.5g saturated fat
0mg cholesterol
12mg sodium



Ingredients:

- | | | | |
|---|---------------------------------------|---|--|
| ¼ | cup raw cashews | 2 | tablespoons dried mulberries, unsweetened |
| ¼ | cup raw slivered almonds | 2 | tablespoons dried blueberries, unsweetened |
| ¼ | cup raw walnuts | 2 | tablespoons shaved coconut, unsweetened |
| ¼ | cup raw cacao nibs | | |
| 2 | tablespoons goji berries, unsweetened | | |

Preparation:

1. Mix all ingredients well and store in an airtight container until ready to consume.





The problem with shrimp cocktail is the sauce. It is loaded with sugar (or even high fructose corn syrup)! However, it is easy to make your own brain healthy sauce, and ditch the sugar. Or try an alternative for summer parties: mango salsa, yum!

Ingredients:

- | | |
|---|---|
| $\frac{1}{2}$ cup no-salt-added tomato sauce (sugar-free) | $\frac{1}{4}$ teaspoon lemon juice |
| 2 tablespoons horseradish (gluten-free) | 8 jumbo prawns, cleaned, deveined, and cooked |
| | ice |

Preparation:

1. In a small bowl, mix tomato sauce, horseradish, and lemon juice. Blend well.
2. Place a few ice cubes in the bottom of 2 dessert bowls.
3. Arrange prawns around the rim, with tails pointing outward.
4. Put $\frac{1}{4}$ cup cocktail sauce in a small sauce dish and place in the center of the prawns.
5. Serve cold.

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Serves 2

Nutritional information per serving:



58 calories
29 calories from fat
1.6g protein
7.2g carbohydrates
3.0g fiber
2.4g sugar
3.3g fat
0.5g saturated fat
0mg cholesterol
27mg sodium



MEDITERRANEAN TRAY

SMOKED SALMON BOATS



Serves 4

Nutritional
information per
serving:



404 calories
145 calories from fat
13.4g protein
55.1g carbohydrates
9g fiber
8.4g sugar
16.1g fat
3.4g saturated fat
0mg cholesterol
761mg sodium



Ingredients:

- | | | | |
|---|--------------------------------------|---|---|
| 4 | celery stalks, cut in 2-inch pieces | ½ | cup hummus (recipe on page 190) |
| 2 | red bell peppers, sliced | 1 | tablespoon pine nuts |
| 2 | zucchinis, cut in half and quartered | ¼ | cup green olives |
| | any other vegetable of your choice | 8 | ounces flax crackers or kale chips (Go Raw® and Rhythm® brands are my favorite) |

Preparation:

1. Arrange vegetables on a platter.
2. Put hummus in a small serving cup and place in the center of the platter.
3. Sprinkle the pine nuts over the hummus.
4. Spread the olives around the rim of the platter.
5. Put the flax crackers or kale chips in a bowl next to the platter.

Ingredients:

- | | | | |
|---|--|---|---------------------------|
| 1 | bunch baby asparagus (trim tough ends and make the stalks short enough to fit into the endive) | 1 | teaspoon fresh oregano |
| | | 8 | ounces wild smoked salmon |
| 1 | teaspoon grape seed oil | 8 | endive leaves |

Preparation:

1. Boil a small amount of purified water in the bottom of a large pot. Place a steamer basket in the bottom of the pot and be sure the water does not cover the basket.
2. Steam the asparagus in the boiling water until tender, but not mushy (about 10 minutes). Sprinkle oregano over the asparagus for the final 3 minutes of cooking.
3. Remove asparagus from steamer basket and be sure they are completely dry of excess water.
4. Arrange endive leaves on a platter.
5. Place 2 ounces strips of salmon lengthwise on each endive leaf.
6. Add several asparagus stalks over each strip of salmon.



Serves 4

Nutritional
information per
serving:



220 calories
69 calories from fat
35.8g protein
2.8g carbohydrates
1.6g fiber
1g sugar
7.7g fat
1.6g saturated fat
88mg cholesterol
30mg sodium



SIDES, SPREADS,
AND SAUCES

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Grain-Free Wraps.....Page 175

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Black Bean Dip. Recipe on page 181.

GLUTEN-FREE, GRAIN-FREE WRAPS

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Serves 16

Nutritional
information per
serving:



357 calories
299 calories from fat
3.3g protein
16.3g carbohydrates
9.6g fiber
6.4g sugar
33.3g fat
29.5g saturated fat
0mg cholesterol
21.5mg sodium



The following two recipes were generously donated by Jenny Ross, the owner of 118 Degrees, my favorite raw food restaurant. I love raw food wraps and raw nut cheese because they are grain-free and dairy-free. If you are a fan of raw food, I would highly recommend Jenny’s cookbook, *The Art of Raw Living Food*.

These wraps are simple to make, but do require a dehydrator. They are worth the effort if you have sensitivities to any grains or gluten. You can make them in bulk and store them for up to 30 days.

This is the base, which can be flavored with nearly any spice of your choice.

Ingredients:

- 4 Thai coconuts
- 2 cups purified water
- 2 tablespoons psyllium husk (found at Whole Foods or any health food store)

Optional:

- 1 teaspoon raw, unfiltered honey*

Substitute raw, unfiltered honey* for agave nectar to create a vegan recipe.

*Note: Raw, unfiltered honey is not appropriate for children under 2 years of age. Use pasteurized honey in recipes that will be fed to children under 2.

Seasoning Suggestions:

Saffron Wraps:

- 1 roma tomato
- 1 pinch saffron

Curry Wrap:

- 2 tablespoons yellow curry powder
- 1 teaspoon raw, unfiltered honey*

Spanish Tomato Wrap:

- 1 roma tomato
- 1 tablespoon chili powder

Thai Wrap:

- 1 teaspoon raw, unfiltered honey*
- sprinkle with black sesame seeds after spreading

Basil Wrap:

- 1 cup finely chopped basil
- 1 teaspoon raw, unfiltered honey*

Preparation:

1. Use a butcher knife to split coconuts open. Drain the water and store in the refrigerator for other uses (it’s great for smoothies). Use a spoon to lightly scrape along the inside of the coconut and remove the white flesh of the coconut. It should come out easily.
2. In the blender bowl, combine coconut flesh, purified water, seasoning of your choice, and raw, unfiltered honey. Blend until a thick creamy mixture forms.
3. Add psyllium husk and blend until mixture begins to congeal.
4. Cover 4 dehydrator trays (preferably trays without holes in the center) with Saran® wrap.
5. Divide mixture evenly between 4 trays and spread thinly.
6. Dehydrate at 110 degrees for 6 hours. Wraps should be completely dry but still pliable. Eat immediately or store in the refrigerator for up to 30 days.

RAW CHIPOTLE NUT “CHEESE”



Makes 1 Cup

Nutritional
information per
serving:



60 calories
53 calories from fat
1.3g protein
1.7g carbohydrates
0.5g fiber
0.4g sugar
5.8g fat
0.4g saturated fat
0mg cholesterol
76mg sodium



This recipe was generously donated by Jenny Ross,
the owner of 118 Degrees.

Ingredients:

- | | |
|--------------------------------|--|
| 2 cups pine nuts | juice from 1 lemon |
| 1 large roma tomato | (about 2 tablespoons) |
| 1 dried chipotle pepper | |
| 2 garlic cloves | For spicier cheese, add ½ teaspoon |
| 1 teaspoon sea salt | cayenne pepper and another ½ |
| ½ to ¾ cups purified water | chipotle pepper. |
| 1½ to 2 teaspoons chili powder | To create a “cheese sauce,” thin the |
| | mixture by adding a little more purified |
| | water and ¼ more tomato. |

Preparation:

1. In a high-powered blender, combine all ingredients and blend until rich and creamy. Store in refrigerator.
2. Start with the minimally suggested amounts of ingredients. Taste test before adding more. Add more water, chili powder and chipotle pepper as desired.

Serving size: 1 tablespoon.

SAUTÉED SPINACH



Serves 4

Nutritional
information per
serving:



178 calories
120 calories from fat
7.9g protein
11.5g carbohydrates
5.7g fiber
2g sugar
13.5g fat
1.2g saturated fat
0mg cholesterol
180mg sodium



Ingredients:

- | | |
|-------------------------------|------------------------------|
| 2 pounds fresh spinach | pepper to taste |
| 4 tablespoons pine nuts | Optional: |
| 2 tablespoons grape seed oil | ½ teaspoon sea salt to taste |
| 2 garlic cloves, minced | |
| 1 small onion, finely chopped | |

Preparation:

1. Fill the bottom of a large pot with water and place a steamer basket in the bottom. Make sure the water doesn’t cover the basket. Bring the water to a boil.
2. Place the spinach in the steamer basket and cover. Steam until spinach is wilted, about 3-5 minutes. Remove from heat and set aside.
3. Heat oil in a large skillet over medium heat. Add garlic and onion and sauté for 3 minutes.
4. Add spinach and pine nuts. Mix well, distributing onions, garlic, and pine nuts evenly through the spinach. Heat through and remove from heat.
5. Add pepper and sea salt if desired.

CAULIFLOWER GARLIC MASHED “POTATOES”



Serves 4

Nutritional
information per
serving:



105 calories
68 calories from fat
3.1g protein
7.7g carbohydrates
2g fiber
1.9g sugar
7.6g fat
1.3g saturated fat
0mg cholesterol
62mg sodium



Ingredients:

- | | |
|--|---|
| 1 head of cauliflower, broken into florets | 1 tablespoon fresh basil, chopped |
| 2 cups no-salt-added vegetable broth or purified water | 2 teaspoons arrowroot mixed with 2 tablespoons purified water |
| ¼ cup unsweetened almond milk | ½ teaspoon pepper |
| 1 tablespoon Earth Balance® butter substitute | 2 tablespoons chives, finely chopped |
| ½ teaspoon Italian seasoning | 2 cups baby spinach leaves |
| 4 cloves garlic, minced | ¼ cup sunflower seeds |
| | Optional: |
| | ½ teaspoon sea salt |

Preparation:

1. Pour vegetable broth or water into a medium pot. Put cauliflower florets in pot and bring to a boil over medium-high heat. Cover, reduce heat to low and simmer for 10 minutes.
2. While cauliflower is cooking, combine almond milk, Earth Balance®, garlic, Italian seasoning, and basil in a small saucepan over medium heat. When it reaches a boil, add the arrowroot/water mixture, stirring constantly until it is thickened and smooth. Remove from heat and set aside.
3. Drain as much liquid from cauliflower as possible and place florets in a food processor or blender, blending on high for about a minute. Add sauce and blend until smooth and creamy.
4. Spice with sea salt and pepper to taste.
5. Add sunflower seeds and chives if desired.

Serve hot over a bed of spinach.

GUACAMOLE



Serves 8

Nutritional
information per
serving:



61 calories
47 calories from fat
0.8g protein
3.9g carbohydrates
2.5g fiber
0.6g sugar
5.3g fat
0.7g saturated fat
0mg cholesterol
3mg sodium



Ingredients:

- | | |
|--|---------------------------------|
| 2 ripe avocados, peeled and pitted | ½ ripe tomato, seeded and diced |
| ¼ cup red onion, finely chopped | Optional |
| 2 tablespoons fresh cilantro, finely chopped | ½ teaspoon sea salt |
| 1 tablespoon fresh lime juice | |

Preparation:

1. In a medium-sized bowl, mash avocado with a fork until smooth. Some chunks are fine, if you like chunky avocado.
2. Add remaining ingredients and mix well.

Serve cold.

Serving size: about ¼ cup

Note: Do not add tomatoes if you are not serving guacamole right away. Refrigerate guacamole without tomatoes and add them just before serving. Tomatoes will release water and make the guacamole wet.

BLACK BEAN DIP

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Serves 4

Nutritional
information per
serving:

175 calories
68 calories from fat
7.4g protein
20.4g carbohydrates
7.2g fiber
0.3g sugar
7.5g fat
1.1g saturated fat
0mg cholesterol
10mg sodium

Ingredients:

- | | | | |
|-----|---|-----|------------------------------------|
| 1 | can no-salt-added black beans | 2 | tablespoons extra virgin olive oil |
| 1/8 | medium red onion | 2 | garlic cloves |
| 1 | tablespoon lime juice or 2 tablespoons lemon juice | 1/2 | teaspoon cumin |
| 2 | tablespoons fresh cilantro | | |

Preparation:

1. In a high-powered blender, mix all ingredients until smooth and creamy.

Serving size: 4 tablespoons



CHOCOLATE SAUCE



Serves 8

Nutritional
information per
serving:



82 calories
46 calories from fat
2.3g protein
13.1g carbohydrates
3.9g fiber
4.5g sugar
5.3g fat
3.8g saturated fat
0mg cholesterol
25mg sodium



Ingredients:

- | | |
|--|--|
| 1 cup raw cacao powder | 1 dropper full of chocolate-flavored liquid stevia |
| 1 cup unsweetened almond milk | |
| 2 tablespoons raw, unfiltered honey* or pure maple syrup | ½ teaspoon pure vanilla extract |
| 2 tablespoons xylitol | 2 tablespoons coconut oil |
| | ½ teaspoon cinnamon |

You may substitute all maple syrup or all xylitol

Preparation:

- Place all ingredients in a high-powered blender bowl. Blend until smooth and creamy.
- Transfer to a squeeze bottle for immediate use, or seal in an airtight container and refrigerate for later use. Sauce will store for over a week.

Serving size: 2 tablespoons

Substitute raw, unfiltered honey* for agave nectar to create a vegan recipe.

**Note: Raw, unfiltered honey is not appropriate for children under 2 years of age. Use pasteurized honey in recipes that will be fed to children under 2.*

STRAWBERRY SAUCE



Makes 1 Cup

Nutritional
information per
serving:



58 calories
2 calories from fat
0.6g protein
15g carbohydrates
1.7g fiber
12.7g sugar
0.3g fat
0g saturated fat
0mg cholesterol
1mg sodium



Ingredients:

- 2 cups ripe strawberries, stems removed

Optional:

- 1 tablespoon raw, unfiltered honey* or you may use 1-2 teaspoons of xylitol for a sugar-free option

Preparation:

2. Drizzle over your favorite dessert.

Serving size: 1 tablespoon





Ingredients:

- 1

cup raw cacao powder
- ½

cup unsweetened almond milk
- 2

tablespoons raw, unfiltered honey*
or pure maple syrup
- 2

tablespoons xylitol
- You may substitute all maple syrup or
all xylitol. Using xylitol reduces the
amount of sugar.
- 1

dropper full of chocolate-flavored
liquid stevia
- ½

teaspoon pure vanilla extract
- 2

tablespoons coconut oil
- ½

teaspoon cinnamon
- ¼

teaspoon sea salt

Preparation:

1. Place all ingredients in a high-powered blender bowl. Blend until smooth and creamy.
2. Transfer into an airtight container or use immediately as frosting.

Serving size: 1 tablespoon

Substitute raw, unfiltered honey* for agave nectar to create a vegan recipe.



Makes 1 Cup

Nutritional
information per
serving:



- 40 calories
- 22 calories from fat
- 1.1g protein
- 6.5g carbohydrates
- 1.9g fiber
- 2.3g sugar
- 2.5g fat
- 1.9g saturated fat
- 0mg cholesterol
- 44mg sodium



**Note: Raw, unfiltered honey is not appropriate for children under 2 years of age. Use pasteurized honey in recipes that will be fed to children under 2.*

ACAI NUT TOPPING



Makes 2 Cups

Nutritional
information per
serving:



76 calories
54 calories from fat
2g protein
4.8g carbohydrates
1.2g fiber
1.2g sugar
6g fat
1.6g saturated fat
0mg cholesterol
22mg sodium



Ingredients:

- | | |
|--|--------------------------------------|
| 1/2 cup raw cashews | 2 tablespoons lucuma powder |
| 1/2 cup raw walnuts | 2 tablespoons coconut butter |
| 3 tablespoons freeze dried acai powder | 2 tablespoons xylitol |
| | 1 1/2-2 cups unsweetened almond milk |

Preparation:

1. Place all ingredients in a high-powered blender bowl. Start with 1 1/2 cups almond milk and add until sauce reaches desired consistency. Use a spatula to help mix, as contents will be thick. Blend until mixture is smooth and creamy.
2. Remove sauce from blender bowl and place in airtight container. Refrigerate for at least 30 minutes.
3. Drizzle over fruit salad or other dessert.

Serving size: 2 tablespoons

CARAMEL SAUCE



Serves 16

Nutritional
information per
serving:



73 calories
53 calories from fat
1.3g protein
5.2g carbohydrates
1g fiber
2.3g sugar
5.9g fat
0.5g saturated fat
0mg cholesterol
9mg sodium



Ingredients:

- | | |
|---|--|
| 1 cup pine nuts | 2 packets caramel-flavored stevia (Sweet 'n Natural brand) |
| 2 tablespoons pure maple syrup | 1 teaspoon maca root powder |
| 2 tablespoons xylitol | 1 teaspoon lucuma powder |
| You may substitute all maple syrup or all xylitol. Using xylitol reduces the amount of sugar. | |
| 1/2 cup pure coconut water | 1 teaspoon cinnamon |
| | 1/2 teaspoon nutmeg |
| | 1/2 teaspoon clove spice |

Preparation:

1. Place all ingredients in a high-powered blender and mix until creamy and smooth.
2. Transfer to a squeeze bottle or dish (for dipping).

Serving size: 1 to 2 tablespoons



Or try adding spinach!

Ingredients:

- | | |
|--------------------------------------|--------------------------------|
| 2 cups garbanzo beans | ½ teaspoon paprika for garnish |
| 3 garlic cloves | Optional: |
| 2 tablespoons tahini paste | ½ cup baby spinach |
| 2 tablespoons extra virgin olive oil | ¼ teaspoon sea salt |
| ¼ cup lemon juice | |

Preparation:

1. In a food processor, add beans, garlic, tahini, and olive oil (and spinach if desired). Blend until smooth.
2. Add lemon and sea salt. Process until mixture is completely smooth and creamy.

Serving size: 2 tablespoons



Serves 16

Nutritional
information per
serving:



64 calories
27 calories from fat
1.9g protein
7.7g carbohydrates
1.4g fiber
0.1g sugar
3g fat
0.4g saturated fat
0mg cholesterol
127mg sodium



SPLIT PEA HUMMUS

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Serves 16

Nutritional
information per
serving:



42 calories
24 calories from fat
1.4g protein
3.4g carbohydrates
1.1g fiber
0.5g sugar
2.7g fat
0.4g saturated fat
0mg cholesterol
39mg sodium



This is a fabulous-tasting alternative to regular hummus, which is made with garbanzo beans. Raw veggies and hummus are one of my favorite snacks, but I prefer not to overindulge with too many legumes, as they can irritate the intestinal lining. Peas are a starchy vegetable and do not have the same irritating effect.

Ingredients:

- | | |
|-------------------------|----------------------------|
| 1 cup dry split peas | 2 tablespoons tahini paste |
| 2½ cups purified water | ½ cup fresh lemon juice |
| 2 tablespoons olive oil | Optional |
| 2 garlic cloves, minced | ¼ teaspoon sea salt |

Preparation:

1. In a medium pan, place split peas, water, and bay leaf. Bring to a boil. Cover, reduce the heat, and simmer for 40 minutes or until the peas are tender and liquid is absorbed, stirring occasionally.
2. In a food processor place cooked peas, olive oil, garlic, and tahini. Process until well blended.
3. Add lemon juice and salt. Process until smooth and creamy.

Serving size: 2 tablespoons





Chapter 10

DRINKS

Trying to eliminate bad habits without having healthy alternatives to replace them with is about as effective as trying to override the autopilot on a navigation system. It will work for a while, but eventually you become tired of fighting with the wheel and let go, giving in to temptation. Human beings are hard-wired to seek pleasure and avoid pain. To be successful, you need to have at least one delicious option for every bad habit you are eliminating.

Haute CacaoPage 195

Cacao Minty MilkPage 197

Ginger Mint Cooler.....Page 198

Longevity CocktailPage 200

Chai Tea MistoPage 201



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Serves 2

Nutritional
information per
serving:



51 calories
31 calories from fat
1.6g protein
4.3g carbohydrates
2.5g fiber
0.2g sugar
3.5g fat
0.3g saturated fat
0mg cholesterol
181mg sodium



Ingredients:

- | | |
|-----------------------------------|---|
| 16 ounces unsweetened almond milk | 10-20 drops of chocolate-flavored liquid stevia |
| 1 tablespoon raw cacao | |
| ¼ teaspoon cinnamon | Optional: |
| ¼ teaspoon nutmeg | 1 tablespoon raw, unfiltered honey* |
| | 2 cinnamon sticks for garnish |

Preparation:

1. Heat all ingredients, except stevia, in a medium pot over medium heat until mixture begins to bubble lightly. Do not bring to a full boil, as almond milk boils over quickly.
2. Remove from heat. Add stevia, stir, and serve in large mugs.

**Note: Raw, unfiltered honey is not appropriate for children under 2 years of age. Use pasteurized honey in recipes that will be fed to children under 2.*



CACAO MINTY MILK

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Serves 2

Nutritional
information per
serving:



48 calories
30 calories from fat
1.5g protein
4.1g carbohydrates
2.3g fiber
0.1g sugar
3.4g fat
0.2g saturated fat
0mg cholesterol
181mg sodium



This minty drink made with raw cacao is delicious hot or cold. Raw cacao is a potent antioxidant, a healthy treat when in its natural state. We recommend that you try this drink without honey or any other form of sugar, and enjoy the rich chocolaty taste. However, if you are converting your children from consuming commercial, processed chocolate milk, don't be afraid to use a little raw, unfiltered honey* until they adapt to the change. This is a tremendous change for the better. Eventually you can decrease the amount of honey or other sweeteners.

Ingredients:

- 16 ounces unsweetened almond milk

1 tablespoon of raw cacao

2 fresh mint leaves
- 10-20 drops of chocolate-flavored liquid stevia

Optional:

1 tablespoon raw, unfiltered honey*

Preparation:

- Put all ingredients in a blender bowl and blend for 15 seconds.
- Pour into 2 glasses and add ice if desired.

Chocolate Milkshake Option (Great for Kids' Play Dates): Follow the above directions and add ½ cup chocolate coconut milk ice cream and a handful of ice to the blender bowl, and blend for 30 seconds. Add ice as necessary to thicken to desired consistency. Blend until smooth and creamy.

**Note: Raw, unfiltered honey is not appropriate for children under 2 years of age. Use pasteurized honey in recipes that will be fed to children under 2.*

GINGER MINT COOLER

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Serves 2

Nutritional
information per
serving:



41.7 calories
1 calorie from fat
0.3g protein
11.2g carbohydrates
0.4g fiber
9.2g sugar
0.1g fat
0g saturated fat
mg cholesterol
11.1mg sodium



Ingredients:

- 20 ounces sparkling water

2 teaspoons fresh ginger, peeled and grated

2 teaspoons pure maple syrup or raw, unfiltered honey*
- 2 teaspoons fresh mint, chopped or muddled

1 tablespoon teaspoon fresh squeezed lemon juice

1 handful of ice

You can substitute xylitol for maple syrup or raw, unfiltered honey* for a sugar-free version

Optional:

20 drops of vanilla-creme or lemon-flavored liquid stevia

Preparation:

- Divide ice and sparkling water between 2 tall glasses.
- Add 1 teaspoon of ginger, maple syrup or raw, unfiltered honey* (or xylitol), fresh mint, and lemon juice to each glass and mix well.
- Add stevia as desired to sweeten.





LONGEVITY COCKTAIL

Chapter 10

Ingredients:

- | | |
|--|---------------------------------------|
| 8 ounces pure coconut water (not from concentrate) | 1/2 cup of ice |
| 8 ounces sparkling water | 2 strawberries, sliced, stems removed |
| 2 ounces fresh cranberry juice (not cocktail) | 6 blueberries |
| 2 ounces fresh pomegranate juice (not cocktail) | 2 lemon slices |
| 2 teaspoons fresh mint, chopped or muddled | Optional |
| | 20 drops berry-flavored liquid stevia |

Preparation:

1. Divide ice, coconut water, and juice between 2 tall glasses.
2. Add mint and mix well.
3. Add ice.
4. Divide strawberry slices and blueberries between glasses.
5. Top each glass with a lemon slice for garnish.



Serves 2

Nutritional information per serving:

58 calories
4 calories from fat
1.2g protein
13.4g carbohydrates
1.8g fiber
11g sugar
0.4g fat
0.2g saturated fat
0mg cholesterol
125mg sodium

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Serves 2

Nutritional
information per
serving:



82 calories
55 calories from fat
2g protein
4.4g carbohydrates
2.2g fiber
0.1g sugar
6.1g fat
0.1g saturated fat
0mg cholesterol
369.6mg sodium



Ingredients:

- | | | | |
|----|--|---------------------------|---|
| 2 | bags Chai tea of your choice (I like green chai tea) | 10- 20 | drops cinnamon or vanilla-flavored liquid stevia |
| 16 | ounces unsweetened almond milk (or try using rice or hemp milk) | pinch of cinnamon or 2 | cinnamon sticks |
| 16 | ounces purified water | pinch of | nutmeg |

Preparation:

1. Boil water in an electric tea pot or tea kettle.
2. In a pot, bring almond milk to a low boil over medium heat. Watch milk carefully and be careful to turn heat off and remove it from the stove immediately when it begins to boil. The milk will quickly boil and overflow.
3. In two large mugs pour half water and half milk. Put one tea bag in each mug and steep for 4-5 minutes (depending on desired strength).
4. Add stevia as desired.
5. Sprinkle a pinch of cinnamon (or a cinnamon stick) and nutmeg over the top of each mug.



Chapter 11

DESSERTS

Desserts are generally higher in fat and calories than other meals. As such they are intended to be a treat, not a meal! The desserts in this cookbook are made with whole, unprocessed ingredients and are low in sugar. The fat used is generally from nuts, avocados, seeds, and other whole foods.

Contrary to popular belief, healthy fat is not what makes you fat, at least not if eaten in moderation. It's sugar, fried fat, and processed foods that make you fat. Moderate amounts of healthy fat are essential for great health. But you still need to watch the overall calorie count as well as the glycemic load when you consider desserts.

Berry Chocolate Cream Treat....Page 205

Gelatin Chocolate PuddingPage 206

Chocolate Coconut Ice Cream ..Page 208

Fondue Fruit.....Page 209

Brain-Smart Berry SaladPage 211

Mulberry BallsPage 214

Raw Cacao TrufflesPage 215

Goji Nut TrufflesPage 216

Caramel Nougats
with Strawberry SaucePage 217

Frozen BananasPage 220

Spice of Life “Ice Cream”Page 221



Caramel Nougats with Strawberry Sauce.
Recipe on page 217.

BERRY CHOCOLATE CREAM TREAT



Serves 4

Nutritional information per serving:



232 calories
167 calories from fat
2.4g protein
18.5g carbohydrates
5.6g fiber
9.4g sugar
18.6g fat
16.1g saturated fat
0mg cholesterol
19mg sodium



Ingredients:

- 1

cup Spice of Life Ice Cream (recipe on page 221) or 1 cup vanilla-flavored coconut milk ice cream (I prefer the So Delicious® brand)
- 1

cup mixed organic berries
- 1/4

cup chocolate sauce, warmed if desired (recipe on page 183)

Preparation:

1.

Divide mixed berries evenly between four martini glasses.
2.

Using a melon scooper or small ice cream scooper, divide the ice cream evenly between the glasses and place over the berries. It looks attractive to scoop two or three small rounds.
3.

Drizzle 1 tablespoon of chocolate sauce over the ice cream in each martini glass. Serve cold.

GELATIN CHOCOLATE PUDDING BY CRISTIANA PAUL



Serves 4

Nutritional information per serving:



95 calories
57 calories from fat
3.5g protein
7.6g carbohydrates
1.1g fiber
4.4g sugar
6.4g fat
5.5g saturated fat
0mg cholesterol
23mg sodium



Ingredients:

- 1

can organic light coconut milk (1.5c)
- 2

tablespoons GOBio powdered gelatin (triple the concentration of gelatin normally required for Jell-O, found online at www.GoBioFood.com)
- 2

tablespoons raw, unsweetened cacao (some may like to use a little more for a more chocolaty taste if you like), found in health food stores
- 1

tablespoon raw, unfiltered honey*
- 1

tablespoon stevia or substitute sugar from “Just Like Sugar” (inulin powder from chicory root—a sweet soluble fiber found online and at Whole Foods)
- 2/3

cup cold purified water
- Optional:

I like to add a little vanilla and cinnamon

Preparation:

1.

In a medium mixing bowl, mix the gelatin with 2/3 cup cold purified water. Let stand for 5 minutes. Stir occasionally during this time. This is your cold mixture. Set aside.
2.

In a small bowl, mix cacao and inulin powder with the honey and a few tablespoons of coconut milk. Stir until mixture is completely dissolved. Place mixture in a small pot with the remaining coconut milk and bring to boil for 2-3 minutes, while stirring. This is your hot mixture.
3.

Pour the cold gelatin mixture slowly into the hot mixture. Bring this final mix slowly to a boil for a few minutes while stirring continuously, about 5 minutes. This ensures that the gelatin is completely dissolved so that the pudding will gel very smoothly.
4.

Pour into dish and refrigerate for several hours, giving time for the mixture to gel.

You can make it softer or harder by adjusting a bit the amount of gelatin powder added.

Substitute raw, unfiltered honey* for agave nectar to create a vegan recipe.

**Note: Raw, unfiltered honey is not appropriate for children under 2 years of age. Use pasteurized honey in recipes that will be fed to children under 2.*



CHOCOLATE COCONUT “ICE CREAM”

Ingredients:

- | | |
|------------------------------------|---------------------------------|
| 2 cups pine nuts | ¼ cup raw cacao powder |
| 1 cup coconut water | ¼ teaspoon pure vanilla extract |
| ¼ cup coconut butter | ½ teaspoon cinnamon |
| 2 tablespoons cup pure maple syrup | ½ cup raw shredded coconut |
| 2 tablespoons xylitol | |

You may substitute all maple syrup or all xylitol. Using xylitol reduces the amount of sugar.

Optional:

- 10 drops chocolate-flavored liquid stevia

Preparation:

1. Put all ingredients except shredded coconut in a high-powered blender bowl.
2. Start blender on low and gradually increase speed. Use spatula to mix.
3. Blend until mixture is creamy and smooth. It should be very thick.
4. Scoop mixture into a bowl.
5. Stir shredded coconut into mixture.
6. Cover and freeze for several hours.



Serves 8

Nutritional
information per
serving:



324 calories
271 calories from fat
5.9g protein
14.8g carbohydrates
4g fiber
5.3g sugar
30.1g fat
7.7g saturated fat
0mg cholesterol
37mg sodium



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Serves 16

Nutritional
information per
serving:



62 calories
24 calories from fat
1.2g protein
11.9g carbohydrates
2.5g fiber
6.4g sugar
2.7g fat
1.5g saturated fat
0mg cholesterol
15mg sodium



Ingredients:

- | | |
|------------------------------------|---|
| 8 large strawberries, stems intact | 2 tablespoons xylitol |
| 8 pineapple rings | You may substitute all maple syrup or all xylitol. Using xylitol reduces the amount of sugar. |
| ½ peach, sliced into 8 slices | |
| ½ apple, sliced into 8 slices | 1 dropper full chocolate-flavored liquid stevia |
| 2 tablespoons raw cacao butter | ½ teaspoon pure vanilla extract |
| 1 cup raw cacao powder | ½ teaspoon cinnamon |
| ½ cup unsweetened almond milk | |
| 2 tablespoons pure maple syrup | |

Preparation:

1. Melt cacao butter over low heat in a small saucepan until completely liquefied.
2. Place cacao powder, almond milk, maple syrup, xylitol, vanilla, and cinnamon in a high-powered blender bowl. Blend until smooth and creamy.
3. Slowly pour contents from blender to pan and mix with warm cacao butter.
4. Place a piece of wax paper on a cookie sheet.
5. Dip strawberries ¾ way into chocolate sauce, one piece at a time. Hold for a moment and allow to cool. Place upright on the cookie sheet. Dip pineapple rings ½ way into the chocolate sauce. Hold for a moment to allow to cool, then place on the cookie sheet.
6. Refrigerate for at least 30 minutes before serving.



BRAIN-SMART BERRY SALAD

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Serves 8

Nutritional
information per
serving:



218 calories
114 calories from fat
5.4g protein
25.3g carbohydrates
7.9g fiber
11.1g sugar
12.7g fat
3.3g saturated fat
0mg cholesterol
45mg sodium



Ingredients:

- 1

cup organic strawberries,
rinsed and sliced
- 1

cup organic blueberries, rinsed
- 1

cup organic raspberries, rinsed
- 1

cup organic acai berries or
blackberries, rinsed

Preparation:

1. Blend berries in a large bowl.
2. Divide evenly in 8 dessert dishes.
3. Drizzle with 2 tablespoons of Acai Nut Topping (recipe on page 187).

TANA’S TIPS:
BEYOND ANTIOXIDANTS!

These colorful treats have long been thought of as “Brain Berries” for their abundant phytonutrients and micronutrients that boost antioxidants in the body and keep the brain young. However, new research has discovered that beyond giving your brain this much-needed boost, these tasty morsels actually serve as the clean up crew— “Pac-Men,” if you will. In addition to decreasing inflammation and oxidative stress, “Brain Berries” have been shown to clear the brain of toxic accumulations of proteins, leading to improved cognitive and behavior effects. In short, eating a variety of fresh, organic berries has been shown to improve brain function!





Ingredients:

- | | |
|-----------------------------|--|
| ¼ cup cacao butter | 1 teaspoon cinnamon |
| ½ cup raw cashews | ½ teaspoon nutmeg |
| ½ cup dried mulberries | 1 teaspoon pure vanilla |
| ½ cup shelled hemp seeds | ¼ cup pure maple syrup or raw, unfiltered honey* |
| ½ cup coconut butter | ¼ cup cacao nibs |
| 2 tablespoons maca powder | ½ cup raw coconut flakes |
| 2 tablespoons lucuma powder | |

Preparation:

- 1 In a small saucepan, melt cacao butter over low heat.
2. Place all ingredients except cacao butter, maple syrup or honey, cacao nibs, and coconut flakes in a food processor bowl.
3. Pulse ingredients while adding melted cacao butter and maple syrup (or honey) in a steady stream. Do not add liquid all at once, and do not over-process mixture or it will become mushy and the natural nut oils will separate.
4. Remove mixture from food processor and place in a large mixing bowl. Add cacao nibs and blend in well.
5. Place shredded coconut in a separate bowl.
6. Form mixture into balls and roll in the coconut until completely coated with coconut.
7. Place on a tray and refrigerate for 20 minutes before serving.

**Note: Raw, unfiltered honey is not appropriate for children under 2 years of age. Use pasteurized honey in recipes that will be fed to children under 2.*



Serves 24

Nutritional
information per
serving:



124 calories
86 calories from fat
2.4g protein
8.3g carbohydrates
1.9g fiber
4.8g sugar
9.6g fat
5.3g saturated fat
0mg cholesterol
5mg sodium





Serves 16

Nutritional
information per
serving:



53 calories
30 calories from fat
1.3g protein
7.7g carbohydrates
2.3g fiber
2.9g sugar
3.4g fat
2.7g saturated fat
0mg cholesterol
45mg sodium



This decadent dessert is loaded with antioxidants and superfoods. It is very rich and intended to be eaten as a treat, not a meal!

Ingredients:

- | | |
|---|--|
| 2 cups Chocolate Frosting (recipe on page 186) | 8 organic blueberries |
| 1 tablespoon maca root powder | Optional: 2 tablespoons almond meal |
| ½ cup raw, unsweetened coconut flakes | |

Preparation:

1. In a food processor, mix chocolate frosting, maca root powder, and almond meal. Mixture should be very thick, but should still blend.
2. Remove mixture from blender with a spatula and place in a medium-sized bowl. Set aside.
3. Using a miniature size muffin tin, line each muffin tin with cupcake paper.
4. Spoon about 2 tablespoons of mixture into each tin.
5. Sprinkle with coconut flakes.
6. Top each cupcake with a blueberry.
7. Freeze for at least 1 hour. Serve frozen or put in refrigerator to soften prior to serving.

Raw cacao is loaded with magnesium, chromium, polyphenols, and powerful antioxidants, including resveratrol. Unlike the processed, adulterated version of this superfood, raw cacao has many health benefits, including cardio-protective properties, blood sugar stabilization, and prevention of tooth decay. The reputation chocolate has earned for itself as being the “food of love” is for good reason. Raw cacao contains phenethylamine (the neurotransmitter responsible for feeling love) and tryptophan. It has also been linked to increased serotonin levels in the brain. All the negative effects associated with chocolate come from the addition of dairy, salt, and sugar. Using raw cacao as a base for desserts is a guilt-free way to feel great while enjoying the decadent taste of chocolate that has been celebrated for millennia.

These simple raw treats are one of my favorites. They are loaded with superfoods and antioxidants. But a word of warning: They are quite heavy, and intended to be a tasty “morsel.” A little dollop will do you!

Ingredients:

- | | |
|--|--|
| ¼ cup goji powder | ¼ cup whole goji berries |
| ¼ cup vegan pea protein powder, vanilla flavored (sweetened with stevia) | ½ cup shredded coconut |
| ½ cup raw macadamia nuts | 5-10 drops chocolate-flavored liquid stevia |
| 2 tablespoons cacao butter, melted | Optional: zest from 1 orange |
| ¼ cup raw raw, unfiltered honey* | |
| ¼ cup raw cacao nibs | |

Preparation:

1. In a food processor place goji powder, protein powder, and macadamia nuts. Pulse several times until blended.
2. While ingredients are blending, slowly add melted cacao butter, honey, and stevia in a steady stream. Be sure not to pour liquid in one bolus into dry mixture. Blend until mixture is smooth and creamy. Transfer mixture to a medium-sized bowl.
3. By hand, blend in cacao nibs, goji berries, and orange zest. Mix thoroughly.
4. Form into tablespoon-sized balls and place on a cookie sheet. Mixture should yield 16 truffles. Refrigerate for 1 hour.

Substitute raw, unfiltered honey for agave nectar to create a vegan recipe.

**Note: Raw, unfiltered honey is not appropriate for children under 2 years of age. Use pasteurized honey in recipes that will be fed to children under 2.*



Serves 16

Nutritional
information per
serving:



109 calories
63 calories from fat
3.1g protein
9.8g carbohydrates
1.8g fiber
6.2g sugar
7.1g fat
3.1g saturated fat
0mg cholesterol
13mg sodium



CARAMEL NOUGATS WITH STRAWBERRY SAUCE

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Makes about
12 nougats

Nutritional
information per
serving:

119 calories
74 calories from fat
2.4g protein
10.5g carbohydrates
1.1g fiber
4.5g sugar
8.2g fat
3.4g saturated fat
0mg cholesterol
53mg sodium

Ingredients For Chocolate:

- | | | | |
|---|---|-----|--|
| 1 | tablespoon cacao butter | 1 | tablespoon lucuma powder |
| 2 | tablespoons coconut butter | 1 | teaspoon pure vanilla extract |
| 1 | cup raw cashews | ½ | teaspoon cinnamon |
| 2 | tablespoons pure maple syrup | ¼ | teaspoon sea salt |
| 2 | tablespoons xylitol (or you may use ¼ cup maple syrup instead of 2 tablespoons) | 1-2 | tablespoons coconut milk for desired consistency |

Ingredients For Strawberry Sauce:

- | | | | |
|---|---|---|---|
| 1 | cup organic strawberries, stems removed | 1 | tablespoon pure maple syrup or raw, unfiltered honey* |
|---|---|---|---|

Preparation:

1. Melt cacao butter over low heat.
2. In a high-powered blender, on low setting, combine coconut butter, cashews, maple syrup, xylitol, lucuma powder, vanilla, cinnamon, sea salt, and coconut milk. Slowly pour melted cacao butter into running blender in a steady stream until contents are thoroughly mixed and creamy.
3. Use a cake-decorating tool to form small “nougats” on a tray. For a simpler design, spoon contents into individual molds of a dessert dish or lined mini-muffin tins.
4. Refrigerate for at least 1 hour.
5. While chocolate is setting in the refrigerator, prepare the strawberry sauce.
6. Place strawberries in a clean blender with maple syrup. Blend on high setting until mixture forms a smooth sauce. Pour into a squeeze bottle.
7. Remove chocolate from freezer and place on a dessert dishes.
8. Drizzle a small amount of sauce around plate and over the nougats.
9. Serve cold with a fork.

**Note: Raw, unfiltered honey is not appropriate for children under 2 years of age. Use pasteurized honey in recipes that will be fed to children under 2.*





FROZEN BANANAS

Ingredients:

- 1/2

cup chocolate sauce
(recipe on page 183)
- 2

slightly green bananas, peeled
- 1/4

cup cashews, finely chopped,
or 1/4 cup shredded coconut
- 4

popsicle sticks

Preparation:

1. Cover a small tray with wax paper.
2. Cut bananas in half and insert popsicle sticks in cut end of each banana.
3. Put chocolate sauce in an open, flat saucer so it's easy to dip and roll the bananas.
4. Put nuts or coconut in a similar type of dish.
5. Holding the stick, dip each banana into the chocolate sauce, rolling and coating the entire banana.
6. Immediately dip the bananas in the nuts or coconut, rolling to coat the chocolate with the topping of your choice.
7. Lay coated bananas on wax paper and place tray in freezer for at least 20 minutes to allow chocolate to set.

gf

ng

v

c

Serves 4

Nutritional
information per
serving:

132 calories
54 calories from fat
3.1g protein
21.3g carbohydrates
3.4g fiber
9.5g sugar
6.0g fat
2.3g saturated fat
0mg cholesterol
12mg sodium



Serves 8

Nutritional
information per
serving:



380 calories
268 calories from fat
6.4g protein
26g carbohydrates
3.8g fiber
14.5g sugar
29.8g fat
7.2g saturated fat
0mg cholesterol
46.3mg sodium



Ingredients:

- | | |
|---------------------------------|---|
| 2 cups pine nuts | ¼ teaspoon cinnamon |
| 1 cup coconut water | ¼ teaspoon nutmeg |
| ¼ cup coconut butter | ¼ cup raw cacao nibs |
| ¼ cup raw, unfiltered honey* | Optional: |
| ¼ cup lacuna powder | 10 drops stevia (flavor of your choice) |
| ¼ teaspoon pure vanilla extract | |

Preparation:

1. Put all ingredients except cacao nibs in a high powered blender bowl.
2. Start blender on low and gradually increase speed. Use plunger to mix.
3. Blend until mixture is creamy and smooth. It should be very thick.
4. Scoop mixture into a bowl.
5. Stir cacao nibs into mixture.
6. Cover and freeze for several hours.

**Note: Raw, unfiltered honey is not appropriate for children under 2 years of age. Use pasteurized honey in recipes that will be fed to children under 2.*





Chapter 12

50 HEALTHY HOLIDAY TIPS

If you fail to plan, you plan to fail! Here are a few helpful tips to provide support at times that can be especially challenging for busy people.



The best time to start preparing for a healthy holiday season is now! The more energy and clarity you have prior to the holiday season, the less likely you are to fall prey to advertisers, food pushers, and well-meaning (but unhealthy) relatives.

1. **Make a decision today to take control of your health and don't allow others to blindly lead you to poor health.**
2. **Start every morning with prayer, meditation, and journaling at least five things you are grateful for. Focusing on what you are grateful for actually alters brain chemistry!**
3. **Serve others who are less fortunate than you. Get your family involved a community service project.**
4. **Be an example to those you love.**
5. **Break your sugar addiction immediately so you will be less likely to fall victim you your sweet tooth, which will sabotage your program.**
6. **Eliminate simple carbs such as sugar, pasta, bread, white rice, and white potatoes immediately. For most people, it takes about three days to kill the craving for sugar. For some, it can take a couple of weeks. These sugars elevate blood glucose causing a release of insulin and ultimately drive sugar addiction. Additionally, they contain little nutritional value.**



7. To help eliminate the craving for sugar during your “detox” phase:

- Increase your water intake. As a general rule drink half of your weight in ounces. For example: If you are 120 pounds drink 60 ounces of water. If you are morbidly obese, do not follow this formula and consult a physician.
- Eat LOTS of fresh vegetables, especially green leafy vegetables, and not starchy vegetables like white potatoes.
- Never allow yourself to become too hungry. Eat four or five small meals throughout the day.
- Don't go more than three hours without some protein. Protein increases satiety.
- Eat small amounts of healthy fat from avocados, nuts, and seeds throughout the day. This also increases satiety.
- Drink green drinks such as wheat grass or “green cocktails,” but avoid the fruit in them.
- Eliminate fried fats, trans fats, and most animal fats. They store toxic material such as chlorine pesticides and dioxins.
- Minimize fruit intake for two weeks (no more than one piece each day). However, eating ½ cup to one cup of freesh mixed berries each day can have significant, positive health benefits.

8. **Have 70 percent of your daily diet consist of whole, living foods including raw or lightly cooked vegetables, fruit, raw nuts, and seeds. The other 30 percent can be concentrated or cooked foods such as lean protein, whole grains, and starchy vegetables.**
9. **Always plan ahead and have an ice chest prepared with healthy, nutritious food.**
10. **Have one day each week to prepare some short cuts for your week. If you are busy, this can help you and your children make healthier choices.**

- Boil a dozen eggs so they are ready to grab for your ice chest. They are also a great snack for your kids. *(continued on next page)*

- Chop up vegetables and fruit a couple days each week and keep them in an airtight container, ready to snack on.
- Prepare a couple of healthy treats for the family, so they don't cheat during weak moments. I usually try to have some Goji Nut Truffles or Avocado Gelato in the freezer.

11. Prepare enough food for dinner so that there are always leftovers.

- Immediately pack leftover food from dinner in small to-go containers and put them in your ice chest when you are cleaning up from dinner. Put the ice chest in the refrigerator (if you have room) so all you have to do is grab it in the morning.
- My ice chest always has raw nuts, chopped vegetables, fruit, lean protein (either a hard boiled egg, fish or chicken), hummus or guacamole, and a protein bar.
- I always pack whatever salad and food I have left over from the previous night.

12. Know the local “safe spots” in your neighborhood to stop and eat in case you get caught without your ice chest, or if you need to schedule a social event. Some of my west coast favorites include:

- Sharky’s has wild salmon and steamed broccoli.
- Wahoo’s also has wild fish.
- Chick-Fil-A has low-calorie, low-carb, and low-sugar menus.
- Restaurants like True Foods and Seasons 52 have organic, locally grown, hormone- and antibiotic-free foods.

13. If you are going to cheat, cheat with protein and healthy fat! Cheating with sugar sets you and your hormones up for a vicious fall, sending the signal to your brain that you are still hungry, even though you just finished gorging! But if you eat lean protein and healthy fat (even if you eat too much of it), hormones are released that tell your brain that you are full and satisfied.

- 14. Drink at least eight glasses of purified water each day. This is not only healthy for your brain, skin, and body, but it will help you not to feel hungry. Often, we feel hungry when we are actually thirsty. Americans are chronically dehydrated.**
- 15. Move your body! Diet is about 80 percent of your weight loss success. But exercise has MANY other benefits besides weight loss. You don't have to sit on a stationary bike for hours. Find an activity you love, such as tennis, dancing, karate, yoga, etc. Here are a few reasons exercise should not be an option in your life:**

- Going for a walk when you feel “the munchies” will often reset your mind.
- Walking after a meal helps the body utilize insulin that has been released. Excessive insulin in the blood makes you fat!
- The more muscle you have, the higher your metabolism to burn calories.
- One of the major predictors of longevity is the amount of lean muscle mass you have on your body after the age of 40. Start lifting weights!
- Exercise is beneficial for your mental clarity, bone density, agility, flexibility, and mental well-being.

16. Find healthy alternatives to make the journey fun. Human beings are not designed to seek pain and deprivation. If you make this journey one of deprivation, you will guarantee failure. Being healthy and taking care of the body gave you is an honor. With a little creativity, you will find this is about abundance. Here are a few suggestions:

Swap This for That:

- Green tea with a few drops of stevia instead of coffee.
- Sugar-free, steamed almond milk with a bag of Green Chai Tea and a few drops of cinnamon-flavored stevia. This is a guilt-free Tea Latte. *(continued on next page)*

Swap This for That:

- Light coconut milk in your tea or coffee instead of half-and-half or soy creamer.
- Drink sparkling water sweetened with root beer-flavored stevia instead of diet soda.
- Try sparkling water with a squeeze of lemon or lime and a few drops of lemon-flavored stevia in place of wine. This is a great drink for parties when you want a drink to be social, but you don't want to consume alcohol.
- Try almond milk instead of dairy milk and soymilk.
- Eat half an apple with almond butter instead of cookies and candy.
- Eat half a cup of raw, unsalted nuts and one piece of 70 percent low-sugar dark chocolate instead of muffins, cookies, and candy.
- Try salsa or sugar-free catsup instead of the catsups and barbeque sauces that are filled with sugar. You also can look online for great sugar-free catsup recipes.
- Use Veganaise®, guacamole, or hummus instead of mayonnaise.
- Avocados, nuts, and seeds are great alternatives for cheese on your salads.
- Use lettuce instead of bread for sandwiches and wraps.
- Try shirataki noodles instead of pasta.

17. Know your triggers and have a plan. Do not be caught off-guard at the movies, amusement parks, or parties.

- Take a small ice chest filled with healthy foods.
- Carry nuts and a protein bar in your pocket or purse.
- Take green tea, fruit, or veggies to the movies and skip the popcorn and licorice.
- Eat before going to parties or anywhere there will be trigger foods.
- If birthday cake is like crack cocaine for you, stay for the singing but leave before they serve the cake. If you are a recovering alcoholic, you don't go to a party where you are surrounded by alcohol. The same is true or truer for junk food. It will only be a short time before the icing stops calling your name.

18. Kill the ANTS (Automatic Negative Thoughts) and negative self-talk that do nothing to empower you. Your subconscious does not have a sense of humor. Sow the seeds with your mind that you expect to reap!
19. Remember to be gentle with yourself. Grace goes a long way in overcoming mistakes. Make a better choice the next time and don't focus on it. Perfection is unattainable, and an excuse not to try.
20. When traveling: Try to take enough healthy food with you until you can get to a store.

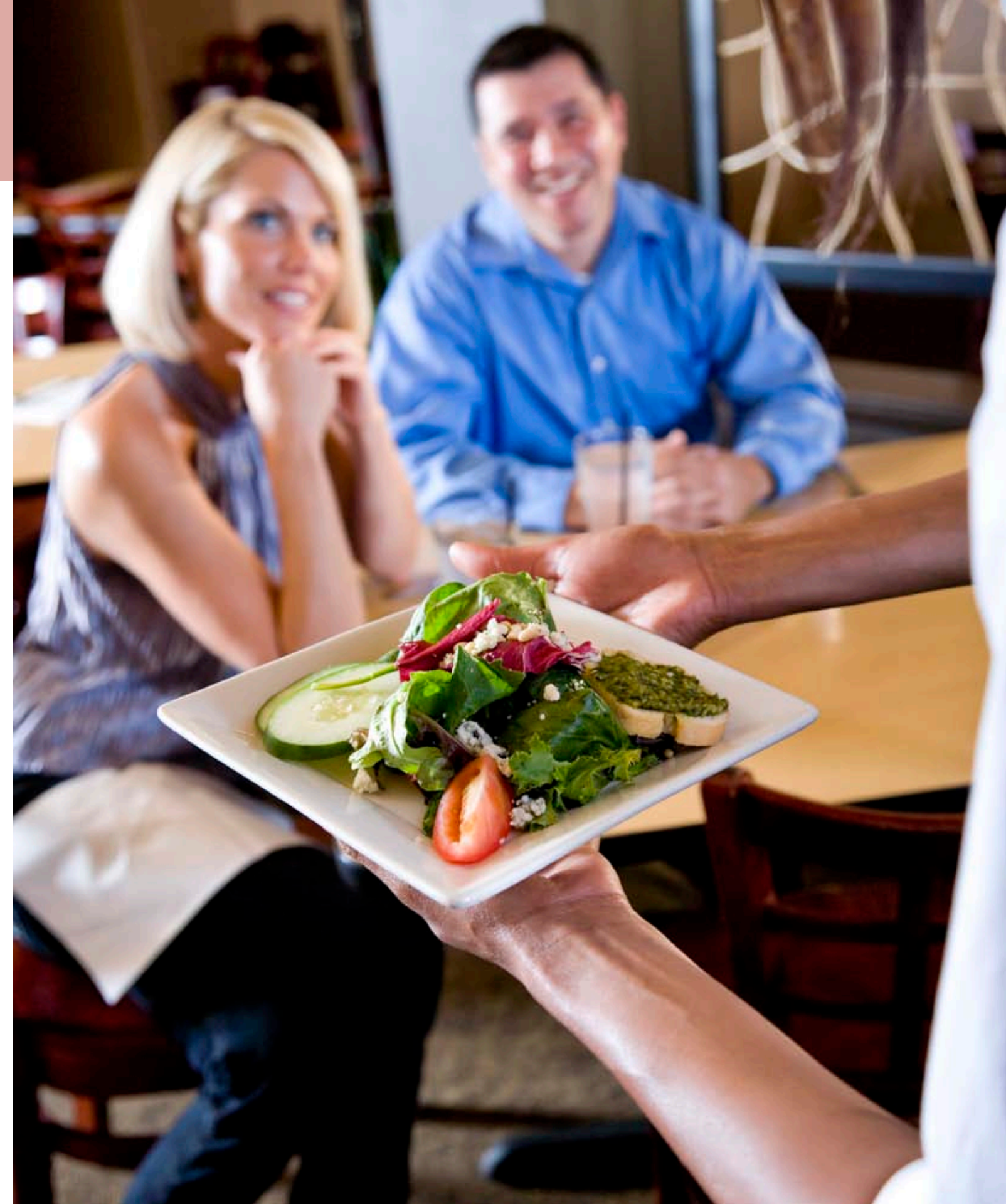
- A small ice chest with veggies, fruit, nuts, protein bars, canned wild salmon, hummus or guacamole, and a couple chicken breasts will usually do the trick.
- Go online and search for restaurants that serve wild fish, grass-fed meat, or some form of organic cuisine.
- Find three restaurants in the area that fit your needs.
- Ask the concierge for a list of restaurants and grocery stores that fit your needs.
- Ask for a small refrigerator to be brought to your room for storing healthy snacks.

21. Clean out your pantry and your refrigerator... and keep it that way! Pay extra attention to what you allow to make its way into your home during the holidays. There is no law that says you must eat fruitcake and candy just because people send it to you.
22. Don't give gifts of baked goods and candy to people you love. Begin changing the culture and leave a legacy of health. When it comes to gifts:

- Send fruit baskets
- Gift cards for a bowling alley (or other family-fun activities)
- Gift cards for wild fish or meat farms, etc.

23. Use spices and herbs to flavor foods instead of heavy sauces. Many herbs and spices have been shown to have amazing health benefits, and they taste great!
24. Work with a mentor or buddy to add accountability.
25. Be sure you are getting enough Vitamin D and essential fatty acids. It is very difficult to lose weight without them, and your energy and mood can suffer greatly.
26. Minimize alcohol consumption. Alcohol not only contains a lot of calories (in the form of sugar), but it decreases your judgment and impulse control. Next thing you know, you'll be flirting with that second piece of pie... and regretting it in the morning.
27. Be proactive when you are out with friends and be the one to choose the meeting place or restaurant when possible. Try not be caught off-guard by letting others choose establishments that serve only unhealthy foods.
28. Have a plan for making the healthiest choice possible when you are in less-than-ideal situations. Most restaurants will try to please you.

- Order a salad with lemon or balsamic vinegar and olive oil on the side.
- Steamed veggies and baked potatoes (go easy on potatoes) are fairly universal.
- Check out the appetizers, the “Small Bites,” and the side-order menus. You often will find things like brown rice, sautéed veggies (request light oil), sashimi style fish, miso soup, vegetable soup (but watch the sodium), etc.
- Non-vegetarians can request a simple piece of grilled chicken or fish without sauce.



29. Get a physical and have your important numbers checked. It is virtually impossible to experience maximum health and vitality if your hormones and blood chemistry are sub-optimal. Know at least these numbers:

- **Blood pressure and resting heart rate.**
- **Complete blood count:** to check the health of your blood.
- **General metabolic panel:** to check the health of your liver, kidneys, fasting blood sugar, and cholesterol.
- **Cortisol:** a stress hormone that increases blood insulin and suppresses immune function. It also causes that nice, soft “muffin top” around the middle.
- **Fasting insulin:** an early indicator of inflammation, and used to detect insulin resistance. Chronically elevated levels of blood insulin are associated with many diseases, including cancer.
- **AA/EPA ratio:** tells you the ratio of fatty acid in your system. This is another indication of inflammation. This ratio should be less than 3.0.
- **25 Hydroxy Vitamin D:** if it’s low, take Vitamin D3 or get some sunshine. Low levels of vitamin D are associated with depression, diabetes, and cancer.
- **Thyroid:** an overactive thyroid can mimic symptoms of anxiety that make you want to eat as a way to calm down. Having low thyroid levels decreases overall brain activity, which can impair your thinking, judgment, and self-control, and make it very hard for you to lose weight. Have your doctor check your free T3 and TSH levels to check for hypothyroidism or hyperthyroidism and treat as necessary to normalize.
- **C-reactive protein:** this is a measure of inflammation that your doctor can check with a simple blood test. Elevated inflammation is associated with a number of diseases and conditions and should prompt you to eliminate bad brain habits and get thin. Fat cells produce chemicals called cytokines that increase inflammation in your body. Normal is under 0.1.

- **HgA1C:** this test shows your average blood sugar levels over the past two to three months and is used to diagnose diabetes and pre-diabetes. Normal results for a non-diabetic person are in the range of 4 to 6 percent. Pre-diabetes is indicated by levels in the 5.7 to 6.4 percent range. Numbers higher than that may indicate diabetes.
- **Waist to Height Ratio (WHtR):** another way to measure the health of your weight is called your waist to height ratio. Some researchers believe this number is even more accurate than your BMI. BMI does not take into account an individual’s frame, gender, or the amount of muscle mass versus fat mass. For example, two people can have the same BMI, even if one is much more muscular and carrying far less abdominal fat than the other; this is because BMI does not account for differences in fat distribution.
- **The WHtR** is calculated by dividing waist size by height, and takes gender into account. As an example, a male with a 32-inch waist who is 5’ 10” (70 inches) would divide 32 by 70, to get a WHtR of 45.7 percent. The WHtR is thought to give a more accurate assessment of health, since the most dangerous place to carry weight is in the abdomen. Fat in the abdomen, which is associated with a larger waist, is metabolically active and produces various hormones that can cause harmful effects, such as diabetes, elevated blood pressure, and altered lipid (blood fat) levels.



Many athletes, both male and female, who often have a higher percentage of muscle and a lower percentage of body fat, have relatively high BMIs but their WHtRs are within a healthy range. This also holds true for women who have a “pear” rather than an “apple” shape.

The following chart helps you determine if your WHtR falls in a healthy range (these ratios are percentages):

Women

- Ratio less than 35: Abnormally Slim to Underweight
- Ratio 35 to 42: Extremely Slim
- Ratio 42 to 49: Healthy
- 49 to 54: Overweight
- 54 to 58: Extremely Overweight/Obese
- Ratio over 58: Highly Obese

Men

- Ratio less than 35: Abnormally Slim to Underweight
- Ratio 35 to 43: Extremely slim
- Ratio 43 to 53: Healthy
- Ratio 53 to 58: Overweight
- Ratio 58 to 63: Extremely Overweight/Obese
- Ratio over 63: Highly Obese



Avoid Pitfalls at Holiday Festivities

- 30. Start with a heart of gratitude for the health you have been given... and take responsibility for it!
- 31. Prepare in advance by having healthy, delicious recipes available for the holidays. Eating healthy during the holidays doesn’t have to be boring.
- 32. Be sure you have a healthy, nutritious breakfast before being tempted with the less healthy options presented at most holiday meals.
- 33. Continue to follow the 70/30 rule: Have 70 percent water-rich, live foods, and 30 percent concentrated foods on your table.
- 34. Fill half your plate with a fresh salad (light on the dressing) first. Add a second vegetable. Add the turkey and other cooked food last. If the turkey and other cooked food cover about 30 percent of your plate, you are doing great! You will be more satisfied and less likely to gorge, even if you do decide to have a second helping of turkey.
- 35. Watch portion sizes. Since it is virtually impossible to count calories on food that you haven’t prepared, use the portion method.
- 36. A piece of protein the size of your palm (length and width) is a good amount for most people.
- 37. Don’t eat more than half a cup of grains with a meal.
- 38. Salad and raw vegetables are “freebies,” as long as they are not loaded with candied nuts, cheese, and dressing. Raw vegetables are a great way to fill up prior to a meal.
- 39. Avoid processed dips. Most of them contain a long list of ingredients that you likely can’t even pronounce... except of course, high fructose corn syrup! That’s right, most of your favorite dips contain sugars that are toxic to your liver.
- 40. Opt for more wholesome dip choices such as hummus, guacamole, or salsa.

41. Don't dip into sauces and spreads unconsciously. Dish a portion of about two tablespoons of guacamole or hummus onto a plate so that you don't overdo it. A word of caution to those of you on a sodium conscious diet: salsa doesn't contain a lot of calories or fat, but it usually does contain a significant amount of sodium.
42. Avoid the bread and mashed potatoes.
43. Wait 10 or 15 minutes after finishing your meal before breaking down for seconds. Chances are you will lose the desire.
44. If you will be celebrating the holidays with your well-meaning but food-pushing family or friends, call ahead and find out what is being served so you can be prepared.
45. Ask the hostesses if they mind if you bring a dish (or two) to accommodate the way you eat. Most people appreciate the help, and this gives the hostess a heads-up that you don't eat a typical diet. Be an example!
46. Take a wholesome, healthy dessert with you to the party. There is an amazing raw food restaurant near me that serves the most outrageous desserts.
47. Always carry some healthy food with you, just in case. This rule never changes. Have a lunch box with nuts, vegetables, hummus, fruit, etc.
48. If you know there will not be healthy food served, eat something in advance. This will stabilize your blood sugar, decrease cravings, and increase your resolve.
49. Skip the fancy trimmings and opt for the more wholesome staple foods, such as turkey without stuffing, salad, fruit, nuts, etc. Most of the calories and inflammation come from the fat, sugar- and salt-filled additions such as gravy, stuffing, dressings, candied yams, etc. You will potentially cut the calories of your meal by up to 2,000 calories or more!
50. Have fresh berries for dessert instead of pie.





Chapter 13

SHOPPING LIST

Here is a fast and easy list to help you the next time you visit your local grocery or health food store. Copy and print this list out, and check the ingredients you need.

| | |
|--|----------|
| Vegetables | Page 241 |
| Fruit | Page 242 |
| Fresh Herbs | Page 242 |
| Breads..... | Page 242 |
| Carton/Canned/Jarred Foods.. | Page 243 |
| Packaged Foods | Page 243 |
| Nuts and Seeds..... | Page 243 |
| Baking Aisle | Page 244 |
| Pasta | Page 244 |
| Legumes | Page 244 |
| Condiments | Page 245 |
| Spices and Seasonings..... | Page 245 |
| Meat and Poultry | Page 246 |
| Seafood | Page 246 |
| Freezer Case | Page 246 |
| Refrigerator Case | Page 247 |
| Other | Page 247 |
| Specialty Items and Miscellaneous | Page 247 |



SHOPPING LIST

VEGETABLES:

- | | | |
|---|--|---|
| <input type="checkbox"/> asparagus | <input type="checkbox"/> kale | <input type="checkbox"/> scallions |
| <input type="checkbox"/> avocado | <input type="checkbox"/> leeks | <input type="checkbox"/> shallots |
| <input type="checkbox"/> bell peppers, orange | <input type="checkbox"/> lettuce, iceberg | <input type="checkbox"/> snow peas |
| <input type="checkbox"/> bell peppers, red | <input type="checkbox"/> lettuce, mixed greens | <input type="checkbox"/> spinach leaves, baby |
| <input type="checkbox"/> bell peppers, yellow | <input type="checkbox"/> lettuce, romaine | <input type="checkbox"/> squash |
| <input type="checkbox"/> bok choy | <input type="checkbox"/> mushrooms | <input type="checkbox"/> squash, green |
| <input type="checkbox"/> broccoli | <input type="checkbox"/> mushrooms, portobello | <input type="checkbox"/> squash, spa ghetti |
| <input type="checkbox"/> Brussels sprouts | <input type="checkbox"/> mushrooms, shiitake | <input type="checkbox"/> squash, summer |
| <input type="checkbox"/> cabbage | <input type="checkbox"/> onions, green | <input type="checkbox"/> squash, yellow |
| <input type="checkbox"/> carrots | <input type="checkbox"/> onions, red | <input type="checkbox"/> sweet potatoes |
| <input type="checkbox"/> celery | <input type="checkbox"/> onions, white | <input type="checkbox"/> tomatoes |
| <input type="checkbox"/> cucumber | <input type="checkbox"/> onions, yellow | <input type="checkbox"/> tomatoes, Roma |
| <input type="checkbox"/> endive | <input type="checkbox"/> parsnips | <input type="checkbox"/> tomatoes, cherry |
| <input type="checkbox"/> garlic | <input type="checkbox"/> potatoes, new | <input type="checkbox"/> tomatoes, grape |
| <input type="checkbox"/> ginger | <input type="checkbox"/> potatoes, russet | <input type="checkbox"/> yams |
| <input type="checkbox"/> green beans | <input type="checkbox"/> potatoes, white | <input type="checkbox"/> zucchini |
| <input type="checkbox"/> jalapeños | <input type="checkbox"/> radishes | |

FRUIT:

- | | | |
|--|--|---------------------------------------|
| <input type="checkbox"/> apples, green | <input type="checkbox"/> grapefruit | <input type="checkbox"/> papaya |
| <input type="checkbox"/> apples, red | <input type="checkbox"/> grapes, green | <input type="checkbox"/> peaches |
| <input type="checkbox"/> bananas | <input type="checkbox"/> grapes, red | <input type="checkbox"/> pears |
| <input type="checkbox"/> blueberries | <input type="checkbox"/> lemon | <input type="checkbox"/> pineapple |
| <input type="checkbox"/> cantaloupe | <input type="checkbox"/> lime | <input type="checkbox"/> raspberries |
| <input type="checkbox"/> cherries | <input type="checkbox"/> mango | <input type="checkbox"/> strawberries |
| <input type="checkbox"/> coconut | <input type="checkbox"/> oranges | |

HERBS:

- | | | |
|-----------------------------------|-----------------------------------|-----------------------------------|
| <input type="checkbox"/> basil | <input type="checkbox"/> marjoram | <input type="checkbox"/> rosemary |
| <input type="checkbox"/> chives | <input type="checkbox"/> mint | <input type="checkbox"/> sage |
| <input type="checkbox"/> cilantro | <input type="checkbox"/> oregano | <input type="checkbox"/> thyme |
| <input type="checkbox"/> dill | <input type="checkbox"/> parsley | |

BREADS:

- | | | |
|---|--|---|
| <input type="checkbox"/> Ezekiel bread | <input type="checkbox"/> multigrain bread (sugar-free) | <input type="checkbox"/> whole-wheat tortillas (sugar-free) |
| <input type="checkbox"/> Ezekiel pita bread | <input type="checkbox"/> sprouted-grain bread (sugar-free) | |
| <input type="checkbox"/> Ezekiel tortillas | <input type="checkbox"/> whole-wheat pita | |
| <input type="checkbox"/> gluten-free bread | | |

SHOPPING LIST

CARTON/CANNED/JARRED FOODS:

- | | | |
|---|---|---|
| <input type="checkbox"/> artichoke hearts | <input type="checkbox"/> chicken broth, no salt added (in a carton) | <input type="checkbox"/> tomatoes, stewed |
| <input type="checkbox"/> beans, black | | <input type="checkbox"/> tomatoes, whole |
| <input type="checkbox"/> beans, kidney | <input type="checkbox"/> pasta sauce, organic | <input type="checkbox"/> tuna, albacore |
| <input type="checkbox"/> beans, pinto | <input type="checkbox"/> tomato paste | <input type="checkbox"/> vegetable broth, no salt added (in a carton) |
| <input type="checkbox"/> capers | <input type="checkbox"/> tomatoes, crushed | |

PACKAGED FOODS:

- | | | |
|--|--|--------------------------------------|
| <input type="checkbox"/> bulgar wheat | <input type="checkbox"/> grains | <input type="checkbox"/> quinoa |
| <input type="checkbox"/> cereal, organic | <input type="checkbox"/> oats, old fashioned | <input type="checkbox"/> rice, brown |
| <input type="checkbox"/> couscous | <input type="checkbox"/> oats, steel-cut | |
| <input type="checkbox"/> farro | <input type="checkbox"/> pearl barley | |

NUTS AND SEEDS:

- | | | |
|--|---|---|
| <input type="checkbox"/> almonds, raw | <input type="checkbox"/> flax seeds, raw | <input type="checkbox"/> sunflower seeds, raw |
| <input type="checkbox"/> cashews, raw | <input type="checkbox"/> pine nuts | <input type="checkbox"/> walnuts, raw |
| <input type="checkbox"/> chia seeds, raw | <input type="checkbox"/> pumpkin seeds, raw | |

SHOPPING LIST

BAKING AISLE:

Some of the oils may be found in the “specialty” section or may be purchased at a health food store.

- | | | |
|--|---|---|
| <input type="checkbox"/> almond oil | <input type="checkbox"/> coconut oil, refined | <input type="checkbox"/> honey, raw and unfiltered |
| <input type="checkbox"/> baking powder | <input type="checkbox"/> extra virgin olive oil | <input type="checkbox"/> maple extract |
| <input type="checkbox"/> baking soda | <input type="checkbox"/> flour, oat | <input type="checkbox"/> maple syrup, organic |
| <input type="checkbox"/> breadcrumbs, whole-wheat | <input type="checkbox"/> flour, rice | <input type="checkbox"/> sesame oil |
| <input type="checkbox"/> coconut, raw and organic, no sugar added | <input type="checkbox"/> flour, soy | <input type="checkbox"/> vanilla extract |
| | <input type="checkbox"/> flour, spelt | <input type="checkbox"/> walnut oil |
| <input type="checkbox"/> coconut extract | <input type="checkbox"/> flour, whole-wheat | |

PASTA:

- | | | |
|--|--|--|
| <input type="checkbox"/> gluten-free pasta | <input type="checkbox"/> spinach fettucini | <input type="checkbox"/> whole-wheat penne |
| <input type="checkbox"/> risotto | <input type="checkbox"/> whole-wheat fettucini | <input type="checkbox"/> whole-wheat spaghetti |

LEGUMES:

- | | | |
|---|---|--------------------------------------|
| <input type="checkbox"/> black beans | <input type="checkbox"/> lentils, green | <input type="checkbox"/> mung beans |
| <input type="checkbox"/> garbanzo beans | <input type="checkbox"/> lentils, red | <input type="checkbox"/> pinto beans |
| <input type="checkbox"/> kidney beans | <input type="checkbox"/> lima beans | <input type="checkbox"/> split peas |

SHOPPING LIST

CONDIMENTS:

- ☐ balsamic vinegar
- ☐ mustard, Dijon
- ☐ salsa
- ☐ hoisin sauce
- ☐ mustard, yellow
- ☐ soy sauce, low-sodium
- ☐ horseradish sauce
- ☐ relish
- ☐ teriyaki sauce
- ☐ ketchup
- ☐ salad dressing, light balsamic
- ☐ Worcestershire sauce
- ☐ mayonnaise, low-fat
- ☐ salad dressing, other

SPICES AND SEASONINGS:

- ☐ allspice
- ☐ cumin, ground
- ☐ Real salt®
- ☐ basil
- ☐ curry
- ☐ red chili powder
- ☐ bay leaves
- ☐ ginger, ground
- ☐ red pepper flakes
- ☐ black pepper
- ☐ Himalayan pink salt
- ☐ sea salt
- ☐ cayenne pepper
- ☐ Italian seasoning
- ☐ sesame seeds
- ☐ chili powder
- ☐ lemon pepper
- ☐ thyme, dried
- ☐ cinnamon, ground
- ☐ nutmeg
- ☐ turmeric
- ☐ cinnamon sticks
- ☐ oregano
- ☐ white pepper
- ☐ coriander, dried
- ☐ paprika

MEAT AND POULTRY:

*All meat should be organic free-range, organic, antibiotic-free, and hormone-free.

- ☐ beef, kobe
- ☐ chicken, whole
- ☐ turkey, ground
- ☐ beef, sirloin
- ☐ chicken, whole
- ☐ turkey breast
- ☐ chicken breast
- ☐ lamb
- ☐ turkey, whole
- ☐ chicken thighs
- ☐ pork

SEAFOOD:

Choose wild rather than farm-raised whenever possible; limit shellfish.

- ☐ clams or oysters
- ☐ orange roughy
- ☐ snapper
- ☐ halibut, steaks or fillets
- ☐ salmon, steaks or fillets
- ☐ swordfish
- ☐ mackerel
- ☐ sardines
- ☐ tuna, ahi
- ☐ mahi mahi
- ☐ shrimp

FREEZER CASE:

Choose organic whenever possible.

- ☐ blackberries
- ☐ cherries
- ☐ peas
- ☐ blueberries
- ☐ green beans
- ☐ raspberries
- ☐ broccoli
- ☐ mixed vegetables
- ☐ strawberries

SHOPPING LIST

REFRIGERATOR CASE:

- ☐ almond milk, unsweetened
- ☐ Earth Balance®
- ☐ eggs
- ☐ egg substitute
- ☐ rice milk
- ☐ soy cream
- ☐ soy milk
- ☐ yogurt, nonfat and unsweetened (no artificial sweeteners)

OTHER

- ☐ baked chips, organic
- ☐ cookies, sugar-free (no artificial sweeteners)
- ☐ packaged soup mixes
- ☐ taco seasoning
- ☐ rice crackers

SPECIALTY ITEMS AND MISCELLANEOUS

These items will usually be found in the gourmet or health food section. Some may need to be purchased in a health food store.

- ☐ arrowroot
- ☐ cacao nibs, raw
- ☐ cacao butter
- ☐ cacao powder, raw
- ☐ carob chips (use sparingly in recipes)
- ☐ chia seeds
- ☐ chlorella
- ☐ coconut butter
- ☐ coconut water
- ☐ Earth Balance®
- ☐ flax crackers (raw)
- ☐ flax seed oil
- ☐ flour, spelt
- ☐ freeze dried greens powder
- ☐ fruit-dried (eat sparingly)
- ☐ goji berries
- ☐ hemp seeds (no, they won't make you high)

SPECIALTY ITEMS AND MISCELLANEOUS (continued)

- ☐ honey, raw and unfiltered*
- ☐ maple syrup, organic
- ☐ milk, almond
- ☐ milk, coconut
- ☐ milk, hemp
- ☐ milk, rice
- ☐ Parma! Vegan Parmesan® cheese by Eat In The Raw (this is a nut cheese and it is delicious!)
- ☐ protein bars, low-sugar (use only in emergency)
- ☐ protein powder, sugar-free (I prefer Vega® because it is loaded with nutrition and no sugar)
- ☐ Shirataki noodles (I prefer the brand Miracle Noodles®)
- ☐ spirulina
- ☐ stevia
- ☐ tamari sauce
- ☐ tea, green
- ☐ tea, herbal
- ☐ Tofutti Better Than Cream Cheese® (use sparingly as it is a soy product, but I prefer it over dairy and it tastes great)
- ☐ trail mix, raw and no added sugar, high fructose corn syrup, or sulfur dioxide
- ☐ Vegemaise®, mayonnaise substitute

**Note: Raw, unfiltered honey is not appropriate for children under 2 years of age. Use pasteurized honey in recipes that will be fed to children under 2.*

TANA'S TIPS

Most health food stores have a section dedicated to “raw foods” and “superfoods.” This is my favorite section to shop in. I find the coolest snacks for my daughter’s lunch there. But beware! These foods are not necessarily low-calorie! They are supercharged with phytonutrients, vitamins, and minerals and will give you a ton of energy, but you don’t need to eat much. They are meant as a pick-me-up snack only! This is the section of the health food store that will get you seriously excited about eating healthy... BUT YOU STILL HAVE TO READ LABELS!

