



THE BLOOD SUGAR SOLUTION

10-DAY

DETOX

DIET

STARTER KIT

MARK HYMAN, MD

Author of the bestsellers  
*The 10-Day Detox [Diet](#)* and  
*The [Blood Sugar Solution](#)*

# 10- DAY DETOX DIET STARTER KIT

## Table of Contents

The 10-Day Detox Diet Roadmap .....	2
5 Tips to Eliminate Belly Fat.....	7
Recipes – Breakfast .....	10-15
Recipes – Lunch .....	16-21
Recipes – Dinner .....	22-33
Recipes – Snacks and Treats .....	34-39

# THE 10-DAY DETOX DIET ROADMAP

Welcome to *The 10-Day Detox Diet*! I'm so glad you are ready to take back your health and applaud you for jumping on board. If you are curious about the role your [food](#) choices play in your health, then you are on the right track. I have spent my career researching the effect of food on health, and the evidence is clear that food is medicine and what you put on your fork has everything to do with how you look and feel! *The 10-Day Detox Diet* is about rethinking your approach to food, and helping you understand that food is way more than just calories, it is information. In fact it is the most powerful [medicine](#) to heal and achieve an ideal weight. That is if you choose the right information. And that is what *The 10-Day Diet* is all about. It promotes healthy, sustainable [weight](#) loss and lifelong health and wellness. I created this Roadmap as a companion to *The 10-Day Detox Diet Cookbook*. It is meant to be a quick reference sheet to help you become comfortable with the healthy, wholesome and delicious ingredients you will be using for the next 10 days. It provides a clear guide to portion size and to the frequency of your meals and snacks. I hope this Roadmap helps you get started on your [journey](#) and that it comes in handy when you need a quick reminder that you can do this! Enjoy the ride!



Could it be we have had it all wrong? Yes! There has been one fatal flaw in our thinking that the amount of calories we eat is more significant to weight management than the quality of those calories. It's true that, in a vacuum, all calories are the same. A thousand calories of soda and a thousand calories of broccoli burned in a laboratory will release the same amount of [energy](#). But all bets are off when you actually consume the soda or the broccoli. These foods trigger very different biochemical responses in the body—different hormones, neurotransmitters and immune messengers. The same amount of calories has a profoundly different effect on the [body](#). Eating a high-carb, low-fat diet slows down your metabolism. If you restrict your calories, you will end up triggering very ancient biological adaptations that protect us from starvation. You will slow your metabolism and get a lot hungrier. Don't [worry](#) about *how much you eat*, because you will never be able to control that. Rather, focus on *what you eat*—the quality of the food and the composition (high in fiber, good quality protein and fat, low in starch and [sugar](#)). When you do, you won't be hungry and your body will shift from fat storage mode to [fat](#) burning mode. And, you will prevent most chronic disease—including [heart](#) disease, type 2 diabetes, cancer and dementia.

## ABOUT THE 10-DAY DETOX DIET

*The 10-Day Detox Diet* was created so I could teach you how easy, fast and delicious it can be to lose weight and create health. Just follow this scientifically proven program, and in 10 days not only can you lose up to 10 pounds, but you can also put an end to chronic health problems including type 2 [diabetes](#), asthma, [joint pain](#), digestive problems, autoimmune [disease](#), [headaches](#), [brain](#) fog, allergies, acne, eczema and even sexual dysfunction. How is that possible? Because what makes you sick makes you fat, and what makes you fat makes you sick. It's all connected. You know when your computer freezes up? What do you do? You reboot. Well, the 10-Day Detox Diet does the same thing for your metabolism—by following my scientifically proven diet and lifestyle practices, we can reset your metabolism to function as it was designed to. You'll lose weight without going hungry, and clear up a whole list of health symptoms without fad diets or dangerous pills. And all it takes is 10 days.

## IT'S NOT HOW MUCH YOU EAT, IT'S WHAT!

What if everything you ever learned about weight loss was wrong? What if losing weight has nothing to do with calories—counting them or cutting them out by sheer willpower? What if, in fact, most health professionals have been giving you the wrong advice—advice that has been making you fat and sick?

## MY EXCLUSIVE APPROACH

My *10-Day Detox Diet* program and companion cookbook will show you what [food](#) to eat, the proper portion sizes to enjoy and the important lifestyle practices to incorporate into your daily routine so you melt away the fat and restore health to your whole body, [mind](#) and spirit. I use the science and principles of Functional Medicine, which is the future of medicine—available now. It seeks to identify and address the root causes of disease, and views the body as one integrated system, not a collection of independent organs divided up by medical specialties. It treats the whole system, not just the symptoms. Through my Functional Medicine training, I was taught to treat the patient, not the disease. By shifting the traditional disease-centered practice of medicine to a patient-centered approach, Functional Medicine practitioners address the whole person, not just an isolated set of symptoms. We look at the interactions among genetic, environmental and lifestyle factors that can influence long-term [health](#) and complex, chronic disease. In this way, Functional Medicine supports the unique expression of health and vitality for each individual. While each of you is biologically unique, all of us share common foundations comprising an optimal functioning system. I've based this program off of specific commonalities I've observed from years of clinical practice and research and made them available to you in my systematic, easy-to-follow 10-Day Detox Diet.

# THE 10-DAY DETOX DIET ROADMAP

## HERE'S WHAT TO EAT DURING EACH PHASE OF YOUR DETOX

WHAT TO EAT DURING THE PREP PHASE (THE 2 DAYS LEADING INTO YOUR 10-DAY DETOX)	
<b>PROTEIN</b>	Low-toxicity animal- or plant-based protein such as: halibut, mussels, wild salmon (canned or fresh), sardines, sable, shrimp, scallops, grass-fed beef, lamb and organic chicken, and nuts and seeds if you want to focus on plant-based proteins
<b>FATS</b>	High-quality fats and oils such as: Avocado oil, coconut oil, olive oil, expeller pressed sesame oil
<b>VEGETABLES</b>	Low-toxicity <a href="#">vegetables</a> , including sweet potatoes and winter squash starches
<b>FRUIT</b>	Low-toxicity fruits. See Dirty Dozen and Clean Fifteen from <a href="http://www.ewg.org">www.ewg.org</a>
<b>SWEETENERS</b>	None. Not even artificial sweeteners like aspartame, Splenda or stevia
<b>DAIRY</b>	High-quality, full-fat organic dairy (this is eliminated in the 10-Day Detox <a href="#">Diet</a> )
<b>GRAINS OR BEANS</b>	Whole-kernel grains such as: black rice, brown rice, quinoa, buckwheat Avoid pasta and other flour-based <a href="#">products</a> Beans are ok, if you tolerate them, however not sweetened baked beans
<b>BEVERAGES</b>	Purified water, unsweetened herbal <a href="#">tea</a> , seltzer, or mineral <a href="#">water</a> (in moderation) Taper off caffeinated beverages, by cutting intake of <a href="#">coffee</a> /tea in half on Day One of prep; on Day Two, cut Day One's intake in half again. This will help reduce withdrawal symptoms No soda, diet soda, <a href="#">sports</a> drinks, fruit <a href="#">juice</a> or <a href="#">alcohol</a>

# THE 10-DAY DETOX DIET ROADMAP

## HERE'S WHAT TO EAT DURING EACH PHASE OF YOUR DETOX

WHAT TO EAT DURING THE DETOX (10 DAYS)	
<b>PROTEIN</b>	<p><b>Poultry:</b> chicken, turkey, duck, pheasant, Cornish game hen, look for hormone and antibiotic free</p> <p><b>Seafood:</b> anchovies, clams, cod, crab, flounder/sole, herring, small halibut, mussels, wild salmon (canned or fresh), sardines, sable, shrimp, scallops, trout</p> <p><b>Eggs:</b> Up to 8 per week, organic or omega 3 eggs only</p> <p><b>Red or Wild Meat:</b> lamb, beef, bison, venison, ostrich, deer, elk</p> <p><b>Soy:</b> tofu or tempeh, organic non-GMO only</p> <p><b>Nuts &amp; Seeds:</b>  <i>Nuts:</i> almonds, Brazil, cashews, hazelnuts, macadamia, pecans, pine, pistachios, walnuts, raw cacao  <i>Seeds:</i> chia, flax, hemp, pumpkin, sesame, sunflower  <i>Nut/Seed Butters:</i> Almond, cashew, pecan, macadamia, walnut  <i>Nut Flours:</i> almond meal, coconut flour</p>
<b>FAT</b>	<p><b>Oils:</b>  <i>For cooking with high heat:</i> coconut, grapeseed, avocado  <i>For cooking with moderate heat:</i> olive, grapeseed, unrefined sesame  <i>For cooking without heat:</i> flaxseed, extra virgin olive</p> <p><b>Nuts &amp; Seeds:</b> (See above)</p> <p><b>Fish:</b> <a href="#">salmon</a> (canned or fresh), sardines, trout, herring, anchovies</p> <p><b>Produce:</b> avocado, olives, raw cacao, coconut</p>
<b>NON-STARCHY VEGETABLES</b>	<p>Artichokes, arugula, asparagus, avocado, bean sprouts, beet greens, broccoli, Brussels sprouts, cabbage, cauliflower, celery, chives, collard greens, cucumber, dandelion greens, eggplant, endive, garlic, ginger root, green beans, hearts of palm, kale, kohlrabi, lettuce, mushrooms, mustard greens, onions, parsley, peppers (bell, chili, etc.), radicchio, radish, rutabaga, seaweed, shallots, snap beans, snow peas, spinach, summer squash, Swiss chard, tomatillos, tomatoes, turnips, turnip greens, watercress, zucchini</p>
<b>FRUIT</b>	<p>Blackberries, blueberries, cranberries, kiwi, lemons, limes, raspberries</p>
<b>SWEETENERS</b>	<p>None. Not even artificial sweeteners like aspartame, Splenda or stevia</p>
<b>DAIRY</b>	<p>None</p>
<b>GRAINS OR BEANS</b>	<p>No grains or beans of any kind for 10 days</p>
<b>BEVERAGES</b>	<p>Purified water, herbal tea, seltzer, mineral water (in moderation)</p>

# THE 10-DAY DETOX DIET ROADMAP

PORTION SIZES AND SERVINGS PER DAY		
Types of Food for The 10-Day Detox Diet	PORTION SIZE	SERVINGS PER DAY
<b>PROTEIN</b>	4-6 ounces	3 daily, plus 2, 1-ounce protein-based snacks
<b>RED OR WILD MEAT</b>	limit to 4 to 6 ounces, once or twice a week	1-2 per week
<b>FRUIT</b>	½ cup berries	1 daily
<b>NUTS OR SEEDS</b>	¼ cup or small handful	1 daily
<b>NON-STARCHY VEGETABLES</b>	½ cup cooked or 2 cups raw	At least 5-7 daily
<b>HEALTHY FATS AND OILS</b>	1 tablespoon oil, ¼ cup avocado, olives	3-8 daily
<b>WATER</b>	8 ounces	Half your <a href="#">body weight</a> in ounces, plus more for <a href="#">supplements</a> , and increased needs re: detoxing.

## TIPS FOR THE 10-DAY DETOX DIET (as best as your budget affords)

- Look for organic, grass- or range-fed, antibiotic- and hormone-free [poultry](#), eggs and meat
- Look for small, wild or sustainably-raised, low-mercury, cold-water fish
- Choose organic omega-3 eggs from pasture-raised chickens
- Choose non-GMO, organic whole food based soy like tofu or tempeh
- Look for raw nuts and seeds; avoid those which are cooked in oil or fried
- Choose expeller or cold-pressed and unrefined oils

# SPECIAL OFFERS TO SUPPORT YOUR 10-DAY JOURNEY

## The Healthy Living Store, your source for high-quality supplements!

10% off ANY order at The Healthy Living Store.  
PLUS free shipping on all orders over \$100.  
[Click here](#) to place your order, enter "[cookbook10](#)" during checkout.

## The Gift to Thrive

Thrive Market is on a mission to make healthy living easy and affordable. Using a membership-based model, for just \$59.95 annually (less than \$5 a month!) Thrive [Market](#) members have access to the world's best healthy [foods](#) and wholesome [products](#) for 25 - 50% below retail prices delivered straight to your [door](#). And for every membership sold, Thrive Market donates a free membership to a low-[income](#) American [family](#) so we can all thrive together.  
[Sign up today](#) to [claim](#) your 2 month free trial. Join the movement.



## Dr. Hyman's 10-Day Detox Meals Everything you need, delivered to your door

I created the 10-Day-Detox [Diet](#) as a way to help you kick food addiction, reboot your system and put you on the path toward better [health](#). This step-by-step program includes [recipes](#) and meals based on the very foods that help level your blood sugar, calm [disease](#)-promoting inflammation, restore [energy](#), and improve your wellbeing.

[Visit shop.luvoinc.com](#) to purchase your meals today. For a limited time, receive 10% off your order using the exclusive promo code frozen.

**LūVO**

Good food sparks change.  
LEARN MORE AT LUVOINC.COM

# 5 TIPS TO ELIMINATE BELLY FAT

Did you know that belly fat is not just annoying but also potentially very hazardous to your health? It not only causes belly bulge, [love](#) handles, and bloat – it also can lead to serious [diseases](#) including heart disease, type 2 [diabetes](#), high blood [pressure](#) and strokes. [Belly](#) fat is not just there holding up your pants. It is an active organ, filled with cells called adipocytes that release unwanted hormones, [brain](#) chemicals and inflammatory signals. These chemical messengers make you hungry, slow your metabolism and promote fat storage, especially more belly [fat](#). It sabotages any effort to lose weight or get healthy. The good news is that I am about to share 5 fast fixes to quickly reduce your belly fat and possibly save your [life](#). My [book](#), *The [Blood Sugar Solution](#) 10-Day Detox Diet* and the 150 [recipes](#) in *The 10 Day Detox Diet [Cookbook](#)* are designed to be a foolproof, step-by-step [plan](#) to help you achieve this goal. Here's a quick start guide to getting to the root of your weight and [health](#) problems.

## 5 TIPS TO ELIMINATE BELLY FAT FAST:

### 1 Go cold turkey and eliminate all sugars from your diet for 10 days.

Scan ingredient labels for hidden names of sugar so you can be sure to avoid it at all costs. Look for these sugars in disguise and “just say no” for 10 days (if you find yourself saying “but what about” or “can I just have” then you are likely addicted to sugar and carbs and it is even more reason to go cold turkey and reclaim your hormones, [brain](#) chemistry and metabolism. Stop sugar or sugar substitutes by ANY name including agave nectar, high fructose corn syrup, cane syrup, dextrose, fructose, honey, invert sugar (a mixture of glucose and fructose), maltodextrin, malt syrup, maple syrup, raw sugar, sucrose, turbinado sugar, rice syrup, sorbitol, mannitol, aspartame and yes, even stevia. There are more...but these are the main ones to watch for and avoid for at least 10 days.

### 2 Switch your metabolism into fat-fighting mode.

Engage your parasympathetic nervous system to burn fat. [Stress](#) makes you fat and relaxing makes you [thin](#). When you deeply relax, your body switches to fat burning and away from fat storage. And it's easy to do. As easy as breathing. Try practicing deep relaxation for 20 minutes daily or simply focus on deep breathing by doing my Take 5 Deep Breathing activity 3 to 5 times daily. It's simple. Take five slow deep breaths in to the count of five and out to the count of five, and repeat it five times. And then try it when you wake up, before every meal, and at bedtime.

### 3 Trick your body.

Mix up your routines to keep your [body](#) guessing! When you fall into a rut, your body gets used to it and your metabolism starts to slow. To keep your metabolism running smoothly, switch up your daily [exercise](#) routine. Keep it new and exciting – one day do interval bike riding, the next day, take a [yoga](#) class. And incorporate a variety of whole, fresh foods into your [diet](#). Eating the same thing every day not only bores your taste buds but also contributes to a slow metabolism!

### 4 Make healthy fat your friend, not your foe.

Eat a serving or two of healthy fats (avocado, hemp seeds, flaxseeds, chia seeds, almonds, sardines, salmon, trout, grass-fed meat, omega 3 eggs, olives, coconut oil, tahini, etc.) with every [meal](#) to fuel your body. These are anti-inflammatory fats, which mean they put out the smoldering fires in your system preventing you from burning fat. They also keep you from being hungry, speed up your metabolism and increase fat burning. Yes, it's true. Fat is not a four letter word. In fact, fat is key to helping your body lose belly fat and lose [weight](#).

### 5 Restore nutrient deficiencies.

Our society is overfed and undernourished. Being deficient in key minerals (such as magnesium, selenium, zinc, calcium, and potassium), vitamins (like D3, B6, B12 and folate) and essential fatty acids can slow down your metabolic function and roadblock your weight loss. You need nutrients to run your metabolism, so make sure you eat a whole [foods](#) diet and supplement with high-quality nutritional supplements, as needed.





# 5 TIPS TO ELIMINATE BELLY FAT

WHAT IS YOUR FAT TELLING YOU?				
TROUBLE ZONES	IT'S LIKELY...	DR. HYMAN'S DIETARY TIPS	DR. HYMAN'S LIFESTYLE TIPS	DR. HYMAN'S SUGGESTED SUPPLEMENTS
<b>LOWER BELLY</b>	<ul style="list-style-type: none"> <li>You're stressed out</li> <li>You have some degree of insulin resistance</li> <li>Your adrenals (stress hormones), thyroid, <a href="#">sex</a> hormones are imbalanced</li> <li>You have imbalanced neurotransmitter function (craving <a href="#">brain</a> chemicals active)</li> <li>Your <a href="#">diet</a> and exercise routine has seen better days</li> <li>You lack the nutrients that are vital to your metabolism</li> <li>You have undiagnosed food allergies or sensitivities</li> </ul>	<ul style="list-style-type: none"> <li>Eat only whole, fresh, real food</li> <li>Include phytonutrient rich plant foods with every <a href="#">meal</a> or snack</li> <li>Increase healthy fats (avocado, nuts, seeds, <a href="#">fish</a>, unrefined oils, coconut, etc.)</li> <li>Omit all flours, all sweeteners, especially high fructose corn syrup, (including artificial sweeteners), caffeine, alcohol, juice, <a href="#">sports</a> drinks and all processed <a href="#">foods</a> (no MSG, hydrogenated fats, additives, food dyes, flavorings, preservatives or chemicals)</li> <li>Commit to a 10-day trial of eliminating gluten, dairy and peanuts</li> </ul>	<ul style="list-style-type: none"> <li>Exercise smarter, not harder</li> <li>Try 20 minutes of interval training 3 x a week</li> <li>Balance workouts with relaxing <a href="#">yoga</a> or restorative <a href="#">exercise</a></li> <li>Build <a href="#">muscle</a> with weight bearing activities</li> <li>Turn on your relaxation mode</li> <li>Practice deep breathing techniques several times a day</li> <li>Learn how to hit your pause button and make relaxation a non-negotiable part of your day</li> </ul>	<ul style="list-style-type: none"> <li>A comprehensive multivitamin</li> <li>Vitamin D3</li> <li>High quality fish oil</li> <li>Insulin Sensitizing herbs and nutrients (hops, fenugreek, alpha lipoic acid, gymnema and momordica)</li> <li>PGX fiber</li> <li>For <a href="#">stress</a>-related <a href="#">belly fat</a>: adaptogenic <a href="#">herbs</a> (ashwagandha, rhodiola, Phosphatidylserine)</li> </ul>
<b>HIPS</b>	<ul style="list-style-type: none"> <li>Your estrogen is imbalanced or not metabolized effectively (<a href="#">women</a> and men)</li> <li>You have some degree of insulin resistance</li> <li>Your diet and exercise routine has seen better days</li> <li>You lack the right nutrients to run your metabolism</li> <li>Your thyroid is sluggish or your neurotransmitters aren't functioning optimally</li> <li>You have toxic overload</li> </ul>	<ul style="list-style-type: none"> <li>Eat all whole, fresh, real food focusing on phytonutrient rich plant foods</li> <li>Improve quality of <a href="#">dietary fat</a> (avocado, nuts, seeds, fish, unrefined oils, coconut etc.)</li> <li>Omit all forms of <a href="#">sugar</a> (including artificial sweeteners)</li> <li>Include 1-2 servings of lightly cooked cruciferous vegetables daily (broccoli, cauliflower, kale, cabbage, Brussels sprouts, etc.)</li> <li>Eliminate processed foods (no MSG, hydrogenated fats, high fructose corn syrup, additives, food dyes, flavorings, preservatives or chemicals)</li> <li>Commit to a trial of eliminating gluten, dairy and peanuts</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Balance</a> your <a href="#">hormones</a> by finding balance in your exercise routine; Rotate aerobic exercise, interval training, stretching and <a href="#">weight</a> bearing activity</li> <li>Release your toxic burden by sweating 3-5 times/week (if not more). Hit the sauna, steam room or take an UltraBath</li> <li><a href="#">Boost</a> feel-good progesterone by finding a relaxation practice that works for you and hit your pause button everyday; Make restorative self-care a non-negotiable part of your day</li> </ul>	<ul style="list-style-type: none"> <li>A comprehensive multivitamin</li> <li>Vitamin D3</li> <li>High quality fish oil</li> <li>PGX fiber</li> <li>Women (low progesterone): Buffered Vitamin C (has been shown to boost progesterone levels)</li> <li>Women (low progesterone): Chasteberry</li> <li>Women (poor estrogen metabolism): Diindolylmethane</li> <li>Women (poor estrogen detoxification): Calcium d-glucarate</li> <li>Women (all): evening primrose oil</li> <li>Men (hormone imbalance): HisSynergy</li> </ul>
<b>UPPER ABDOMINAL BLOAT</b>	<ul style="list-style-type: none"> <li>You have <a href="#">digestion</a> and metabolism issues</li> <li>You have undiagnosed food allergies or sensitivities</li> <li>You have some degree of insulin resistance</li> <li>Your diet and exercise routine has seen better days</li> <li>You lack the vital nutrients to run your metabolism</li> <li>You have toxic overload or hidden infections (fungal, bacterial, parasitic, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>Commit to a 10-day trial of eliminating gluten, grains, dairy, and consider omitting soy, <a href="#">yeast</a>, eggs and peanuts to rule out the most common food sensitivities</li> <li>Avoid all sugar in all forms (including artificial sweeteners)</li> <li>Avoid moldy foods (fungi) including all coffee and <a href="#">tea</a></li> <li>Eat all whole, fresh, real food focusing on phytonutrient rich plant foods</li> <li>Improve quality of dietary fat (avocado, nuts, seeds, fish, unrefined oils, coconut, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>Optimize your digestion by bringing your attention to the quality of your dining experience (how fast do you eat, do you chew thoroughly, are you stressed before or during meals, do you give yourself time to enjoy your meal and digest or do you rush off back to work or the next thing on your list?)</li> <li>Keep a journal of your food intake and symptoms to track how potential food sensitivities affect you. Do this for at least 3 days and consider working with a nutrition coach to help you detect hidden food triggers.</li> </ul>	<ul style="list-style-type: none"> <li>A comprehensive multivitamin</li> <li>Vitamin D3</li> <li>High quality fish oil</li> <li>PGX fiber</li> <li>A comprehensive, high quality probiotic with at least 20-50 billion strains of live CFU</li> <li>Digestive enzymes</li> <li>Hydrochloric Acid</li> <li>Herbs to help eradicate harmful <a href="#">bacteria</a>, fungus and parasites</li> <li>Nutrients to help heal and strengthen integrity of the gut lining (L – glutamine, zinc carnosine, vitamin A, DGL, slippery elm root, aloe, etc.)</li> </ul>

10-

THE BLOOD SUGAR SOLUTION

DAY  
DETOX  
DIET

RECIPES



# MEDITERRANEAN BREAKFAST WRAP

Prep Time: 15 minutes | Cook Time: 12 minutes | Serves: 4

## Ingredients:

4 omega-3 eggs, whisked  
1 tablespoon extra virgin olive oil  
½ cup onion, diced  
2 cloves garlic, minced  
1 cup greens of choice (spinach, kale, watercress, chard, etc.), chopped  
¼ cup sun-dried tomatoes, diced  
¼ cup kalamata olives, diced  
½ teaspoon dried basil  
Dash cayenne pepper  
Sea salt and black pepper to taste  
8 slices roast turkey breast, organic if possible  
¼ cup hummus  
1 avocado, sliced into 8 segments

## Instructions:

1. Keep whisked eggs in a bowl at room temperature.
2. Heat oil over medium-high heat and sauté onion for 2 minutes, or until softened. Reduce heat to medium-low.
3. Add garlic and stir to combine. Add greens, tomatoes, olives and seasonings. Cook for another 2 minutes, stirring frequently.
4. Add eggs to mixture and scramble.
5. Turn heat off.
6. Layer 2 slices of turkey together. Spread a layer of hummus on top. Place a little egg mixture on one-half of the turkey breast and then roll the rest of the turkey around the egg mixture.
7. If desired, place back into skillet and cook the wrap until the turkey is warmed through, or eat as-is. Spread any leftover egg mixture over the top.
8. Top with avocado and serve with a side of berries.

### Nutritional analysis per serving (1 wrap):

calories 324, [fat](#) 24 g, saturated fat 5 g, cholesterol 343 mg, fiber 5 g, protein 20 g, carbohydrate 7 g, sodium 493 mg

### Nutritional analysis per serving (1 wrap with ½ cup berries):

calories 365, fat 24 g, saturated fat 5 g, cholesterol 343 mg, fiber 7 g, protein 21 g, carbohydrate 17 g, sodium 499 mg

# SOUTHWESTERN BREAKFAST EGG MUFFINS

Prep Time: 15 minutes | Cook Time: 10-15 minutes | Serves: 4

## Ingredients:

10 omega-3 eggs, whisked  
1 tablespoon extra virgin olive oil  
1 onion, finely diced  
4 cloves garlic, minced  
1 red bell pepper, diced  
1 cup spinach, chopped  
½ teaspoon cumin  
½ teaspoon turmeric  
½ teaspoon chili powder or chipotle powder  
Sea salt and black pepper to taste  
½ jalapeño, minced (optional)  
¼ cup cilantro, minced  
1 avocado, sliced

## Instructions:

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

### Nutritional analysis per serving (3 muffins):

calories 312, [fat](#) 24 g, saturated fat 5 g, cholesterol 409 mg, fiber 5 g, protein 16 g, carbohydrate 7 g, sodium 399 mg

### Nutritional analysis per serving (3 muffins, ½ cup berries):

calories 354, fat 24 g, saturated fat 5 g, cholesterol 409 mg, fiber 7 g, protein 17 g, carbohydrate 17 g, sodium 401 mg

# MORNING GLORY MUFFINS

Prep Time: 15 minutes | Cook Time: 10-15 minutes | Serves: 6

## Ingredients:

¾ cup almond flour  
2 tablespoons coconut flour  
1 teaspoon cinnamon  
1 teaspoon coriander powder  
½ teaspoon nutmeg  
¼ teaspoon sea salt  
¼ teaspoon baking soda  
2 omega-3 eggs  
2 tablespoons olive oil (or coconut oil, melted)  
1 teaspoon real vanilla extract  
½ teaspoon lemon juice  
⅓ cup carrot, grated  
⅓ cup zucchini, grated  
¼ cup walnuts, chopped  
¼ cup shredded unsweetened coconut

## Instructions:

1. Preheat oven to 350°.
2. Combine all dry ingredients in a medium-size mixing bowl.
3. Set aside.
4. In a [food](#) processor or bowl, beat eggs and stream in [oil](#), vanilla and lemon [juice](#). Then stir in carrots, zucchini, and walnuts.
5. Add dry ingredients to the wet mixture and stir to combine.
6. Place batter into prepared muffin tin, leaving about ¼ room at top. Sprinkle with coconut.
7. Bake for about 10-15 minutes or until the muffins are lightly browned on top and spring back when touched.
8. Let muffin tins cool on a wire rack for 10 minutes before removing.
9. Store unconsumed muffins in an airtight container or covered plate in the refrigerator for up to 5 days. Reheat before consuming in order to add back moisture.

## Serving Suggestion:

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

## Nutritional analysis per serving (1 muffin):

calories 212, [fat](#) 17 g, saturated fat 2 g, cholesterol 55 mg, fiber 4 g, protein 4 g, carbohydrate 6 g, sodium 151 mg

# BACON, ASPARAGUS AND SHALLOT FRITTATA

Prep Time: 15 minutes | Cook Time: 30-40 minutes | Serves: 4

## Ingredients:

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

## Instructions:

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

### Nutritional analysis per serving (1 slice):

calories 306, fat 20 g, saturated fat 4 g, cholesterol 423 mg, fiber 4 g, protein 27 g, carbohydrate 7 g, sodium 467 mg

# BLUEBERRY CHIA SEED BREAKFAST PUDDING

Prep Time: 10 minutes, plus 12 hours chill time (suggested overnight) | Cook Time: none | Serves: 4

## Ingredients:

2 cups wild, organic blueberries, divided

$\frac{3}{4}$  cup coconut milk (full fat)

$\frac{1}{4}$  teaspoon sea salt

$\frac{1}{2}$  teaspoon real vanilla extract

$\frac{1}{2}$  teaspoon cinnamon

$\frac{1}{2}$  cup chia seeds

$\frac{1}{2}$  cup shredded unsweetened coconut

2 tablespoons hemp seeds

$\frac{1}{4}$  cup walnuts, crushed

## Instructions:

1. In a blender, blend 1 cup blueberries with coconut milk.
2. Add salt, vanilla, cinnamon and chia seeds to a bowl. Pour in blueberry mixture and stir to combine. Seal in an airtight container in the fridge for 12 hours or overnight.
3. When ready, give pudding a stir. Divide into 4 small bowls and top with coconut, hemp seeds, walnuts and remaining berries.

### **Nutritional analysis per serving (about 1 cup):**

calories 338, fat 26 g, saturated fat 17 g, cholesterol 0 mg, fiber 8 g, protein 7 g, carbohydrate 21 g, sodium 137 mg

# GREEN GODDESS BREAKFAST SMOOTHIE

Prep Time: 5 minutes | Cook Time: none | Serves: 2

## Ingredients:

1 cup unsweetened hemp milk  
1/2 avocado  
1 cup spinach  
1/2 cup blueberries  
1/2 cup raspberries  
2 tablespoons raw almond butter (organic if possible)  
1 tablespoon flax seeds  
1 tablespoon unrefined coconut butter (or oil)  
1/2 teaspoon cinnamon  
4 ice cubes

## Instructions:

In a blender, blend all ingredients together until a smooth consistency is reached.

### **Nutritional analysis per serving (about 1 cup):**

calories 336, fat 27 g, saturated fat 7 g, cholesterol 0 mg, fiber 10 g, protein 8 g, carbohydrate 20 g, sodium 84 mg



# CHOPPED GREEK SALAD

Prep Time: 20 minutes | Cook Time: 4-6 minutes | Serves: 4

## Ingredients:

### Dressing

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

### Salad

1 large cucumber, sliced lengthwise on the diagonal, seeds removed  
½ cup cherry tomatoes, halved  
½ cup small red onion, finely diced  
1 small red bell pepper, diced  
½ cup kalamata olives  
1 avocado, diced  
1 tablespoon olive oil  
16 ounces shrimp, de-veined  
Sea salt and pepper, to taste  
6 ounces spinach or watercress  
2 tablespoons fresh parsley, chopped

## Instructions:

1. Prepare dressing: mix all dressing ingredients except for oil in a small bowl. Stream in oil and whisk until combined. Season with black pepper to taste.
2. Prepare salad: toss all [vegetables](#), olives and avocado in a medium size salad bowl. Set aside.
3. Heat a grill pan or a medium-size skillet with the olive oil over medium-high heat.
4. Season shrimp with sea salt and pepper. Add shrimp to pan and cook about 2-3 minutes on each side or until shrimp turn opaque and pink.
5. Meanwhile, add the dressing to the salad and toss to coat.
6. If using greens, divide into 4 bowls. Place about 1 cup of chopped, dressed salad in each bowl. Top with grilled shrimp and garnish with parsley.

### Nutritional analysis per serving

**(1 cup salad with 2 tablespoons dressing, 4 ounces shrimp):**

calories 250, fat 14 g, saturated fat 2 g, cholesterol 74 mg, fiber 1 g, protein 30 g, carbohydrate 4 g, sodium 597 mg

# CAESAR SALAD WITH GRILLED CHICKEN

Prep Time: 10 minutes | Cook Time: none | Serves: 4

## Ingredients:

### Dressing

2 cloves garlic

1 ½ tablespoons Dijon mustard

2 tablespoons tahini

Juice from half a lemon

2 tablespoons apple cider vinegar

2 tablespoons extra virgin olive oil

2 anchovies

Sea salt and pepper, to taste

### Salad

24 romaine lettuce leaves

16 ounces grilled chicken, cubed

## Instructions:

1. Prepare dressing: Add all dressing ingredients to a blender and blend together until a smooth consistency is reached.
2. Prepare Salad: Wash lettuce, dry and shred into bite-size pieces with your hand. Place in a large salad bowl.
3. Add grilled [chicken](#) to the salad. Add dressing and toss to coat. Season with extra black pepper for a deeper Caesar flavor.

### Nutritional analysis per serving

**(2 cups salad with 2 tablespoons dressing, 4 ounces grilled chicken):** calories 250, fat 14 g, saturated fat 2 g, cholesterol 74 mg, fiber 1 g, protein 30 g, carbohydrate 4 g, sodium 597 mg

# MASSAGED KALE SALAD WITH HARD-BOILED EGGS

Prep Time: 10 minutes | Cook Time: none | Serves: 4

## Ingredients:

2 bunches kale, washed,  
stems removed and torn into  
bite-size pieces

½ teaspoon sea salt

¼ cup extra virgin olive oil

Juice from half a lemon

¼ cup chopped red onion

½ cup walnuts, crushed

8 hard-boiled omega-3 eggs,  
sliced

## Instructions:

1. Place kale in a large mixing bowl. Add salt.
2. Massage kale with your hands for about 5 minutes or until kale appears “cooked.” Tip: remember to wash your hands very well before massaging.
3. Add in oil and lemon juice and toss to coat.
4. Stir in onions and walnuts.
5. Divide salad on 4 plates and top each plate with 2 hard-boiled eggs. Serve immediately.

### Nutritional analysis per serving

(about 1 cup salad, 2 eggs and 2 tablespoons walnuts):

calories 385, fat 33 g, saturated fat 6 g, cholesterol 327 mg, fiber 3 g,  
protein 16 g, carbohydrate 10 g, sodium 391 mg

# AVOCADO STUFFED WITH CREAMY CHICKEN SALAD

Prep Time: 20 | Cook Time: none | Serves: 4

## Ingredients:

### Dressing

1 tablespoon tahini (or nut-butter of choice)

1 teaspoon gluten-free, reduced sodium tamari

1 tablespoon brown rice vinegar

Juice from 1 lime, plus zest from half of lime

2 cloves garlic

2 tablespoons cilantro, plus more for garnish, chopped

1 teaspoon fresh ginger

Dash cayenne pepper (or more if you like it spicy)

### Salad

2 cups cooked chicken breast, shredded

10 ounces mixed salad greens

Juice from 1 lemon

2 tablespoons extra virgin olive oil

Sea salt and pepper, to taste

2 avocados

## Instructions:

1. Prepare dressing: In a blender, blend all dressing ingredients until a smooth consistency is reached.
2. Prepare Salad: Place shredded [chicken](#) in a bowl, add dressing and toss to coat.
3. In a large salad bowl, place lettuce, lemon juice, oil, salt and pepper to taste and mix so that lettuce is coated. Divide among 4 plates.
4. Halve the avocado and remove pits. Place about ½ cup of chicken salad in each avocado (carve a little avocado meat out if you need more room).
5. Serve over salad greens. Spoon leftover chicken onto salad. Garnish with extra cilantro. Enjoy immediately or store in an airtight container in the refrigerator, for up to 3 days.

### Nutritional analysis per serving

(2 cups dressed salad, ½ avocado stuffed with ½ cup chicken salad):  
calories 431, fat 27 g, saturated fat 4 g, cholesterol 64 mg, fiber 7 g,  
protein 31 g, carbohydrate 20 g, sodium 345 mg

# CARROT GINGER SOUP WITH PAN-FRIED TEMPEH

Prep Time: 15 minutes | Cook Time: 35 minutes | Serves: 4

## Ingredients:

2 tablespoons coconut oil  
½ cup roughly chopped onion  
3 tablespoons grated fresh ginger  
3 cloves garlic, roughly chopped  
½ teaspoon cinnamon  
Dash nutmeg  
¼ teaspoon cayenne pepper  
½ teaspoon turmeric  
1 teaspoon sea salt, divided  
2 cups carrots, cut into 1-inch pieces  
2 cups low-sodium chicken broth  
½ cup coconut milk (full fat)  
1 package tempeh, organic, non-GMO  
2 teaspoons extra virgin olive oil  
½ teaspoon cumin  
1 tablespoon coconut oil  
2 teaspoons miso (optional, adds savory flavor)  
2 scallions, thinly sliced  
2 tablespoons cilantro  
Black pepper, to taste

## Instructions:

1. Heat the coconut oil over medium-high heat in a medium-size skillet. Add onions and cook for about 3 minutes.
2. Add in the ginger and garlic, stirring frequently. Cook another 2 minutes or until garlic becomes fragrant.
3. Add in the cinnamon, nutmeg, cayenne, turmeric and ½ teaspoon salt. Stir to combine.
4. Add in the carrots, broth and coconut milk and bring to a boil. Stir frequently. After about 30 seconds, reduce to a simmer. Cover with a lid and let cook for about 20 minutes or until carrots become fork-tender.
5. Meanwhile, prepare tempeh by dicing into small pieces. Place tempeh in a mixing bowl. Drizzle with oil and sprinkle with cumin and remaining salt. Coat to combine.
6. Heat coconut oil over medium-high heat in a separate medium-size skillet. Brown the tempeh, about 3-4 minutes on each side.
7. When ready, remove carrot mixture from heat and stir in miso, if using.
8. Pour carrot mixture into a blender and puree until smooth. Or use an immersion blender to puree. Tip: Take caution while handling hot liquids to not burn yourself. If you are using a blender, you may want to cover the lid with a cloth towel to prevent any hot liquids from escaping and burning you.
9. Divide among 4 bowls. Top with tempeh and garnish with scallion and cilantro. Season with a little more black pepper, if desired.

### Nutritional analysis per serving (about 1 cup):

calories 307, fat 21 g, saturated fat 13 g, cholesterol 0 mg, fiber 4 g, protein 15 g, carbohydrate 21 g, sodium 427 mg

# MISO SOUP WITH BEEF AND BOK CHOY

Prep Time: 15 minutes | Cook Time: 30 minutes | Serves: 4

## Ingredients:

2 tablespoons olive oil or coconut oil

¼ cup ginger, peeled and thinly sliced

6 cloves garlic, thinly sliced

16 ounces grass-fed ground beef (bison is fine)

6 cups water

2 cups daikon radish, sliced into half moons

2 cups baby bok choy, thinly sliced lengthwise

1 cup dried seaweed (wakame, dulse, nori, arame or mixed)

2 cups spinach

½ cup sweet miso, gluten-free

Pinch cayenne pepper, to taste (optional)

¼ cup low-sodium, gluten-free tamari

1 serrano chile, diced, seeds removed (optional)

## Instructions:

1. Heat a large saucepan on medium-high heat and add oil. When oil is hot, saute ginger and garlic until soft, about 1-2 minutes.
2. Add ground beef and sauté until golden brown, about 5-7 minutes.
3. Add [water](#) and daikon radish. Simmer until tender, about 2-3 minutes, then add bok choy.
4. Reduce to very low heat and add the seaweed and spinach.
5. Add miso, cayenne pepper, tamari and chile, if using.
6. Divide among 4 bowls and serve.

## Serving Suggestion:

Enjoy with a large green salad and steamed broccoli.

### Nutritional analysis per serving (about 1 ¾ cup soup):

calories 288, fat 11 g, saturated fat 4 g, cholesterol 60 mg, fiber 2 g, protein 31 g, carbohydrate 30 g, sodium 321 mg

# TURKEY IN DARK CHOCOLATE MOLE SAUCE

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

## Ingredients:

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

## Instructions:

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

### Nutritional analysis per serving

**(4 ounces turkey, ½ cup mole, 2 cups spinach):**

calories 323, fat 2 g, saturated fat 2 g, cholesterol 45 mg, fiber 8 g, protein 33 g, carbohydrate 15 g, sodium 461 mg

# JERK CHICKEN

Prep Time: 15 minutes, plus 60 minutes for marinating | Cook Time: 45-60 minutes | Serves: 4

## Ingredients:

### For the marinade

- 1/2 habanero pepper, to taste
- 1/2 yellow onion, chopped
- 2 cloves garlic, chopped
- 2 scallions
- 2 teaspoons grated fresh ginger
- 2 teaspoons dried thyme
- 2 teaspoons cinnamon
- 2 teaspoons allspice
- 2 teaspoons nutmeg
- 1/2 teaspoon sea salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon cayenne pepper
- 2 tablespoons extra virgin olive oil
- 2 tablespoons gluten-free, reduced-sodium tamari
- 1 tablespoon apple cider vinegar
- 1 tablespoon tomato paste
- 1/4 cup lime juice

### For the dish

- Four 4-ounce boneless, skinless chicken breasts
- 8 ounces kale
- 1 avocado, sliced

## Instructions:

### For the marinade

In a blender, add all marinade ingredients and blend until a liquid marinade forms. Set aside. Tip: For easy grating, store ginger in the freezer and use as needed.

### For the dish

1. Place chicken in a baking dish.
2. Pour marinade over chicken and cover. Refrigerate for 1 hour.
3. Preheat oven to 350°.
4. Drain marinade from baking dish and set aside to make jerk sauce.
5. Bake chicken for 45-60 minutes or until internal temperature reaches 165°. Tip: Baste chicken while [cooking](#).
6. Meanwhile, steam kale for about 5 minutes or until leaves are wilted.
7. Divide kale among 4 plates. Place one breast over kale. Top with avocado slices.

### Serving Suggestion:

Create a jerk sauce by bringing leftover marinade to a boil in a small sauté pan. Let simmer for 5-10 minutes to reduce. Use jerk sauce to dress the kale prior to plating your chicken.

**Nutritional analysis per serving (4 ounces chicken, 2 ounces kale salad):**  
calories 326, fat 18 g, saturated fat 2 g, cholesterol 56 mg, fiber 8 g, protein 40 g, carbohydrate 15 g, sodium 478 mg



# CHICKEN TIKKA MASALA

Prep Time: 20 minutes, plus 30 minutes to 2 hours for macerating spice mix |

Cook Time: 35 minutes | Serves: 4

## Ingredients:

### For the spice mix

3 teaspoons garam masala

¼ teaspoon turmeric

¼ teaspoon paprika

¼ teaspoon cayenne pepper,  
or to taste

¼ teaspoon sea salt

Tip: Use “curry powder”  
if garam masala is not  
available and add a dash of  
ground nutmeg

### For the dish

16 ounces chicken breast,  
cubed

1 tablespoon olive oil, divided

1 yellow onion, finely chopped

1 tablespoon ginger, minced

5 cloves garlic, minced

Two 15-ounce cans diced  
tomatoes

½ cup canned coconut milk  
(full fat)

½ cup cilantro, chopped

## Instructions:

### For the spice mix

Combine all spice mix ingredients together in a small mixing bowl.

### For the dish

1. Place the cubed chicken in a medium-size mixing bowl. Tip: Chicken is easier to cut into cubes when it is semi-frozen. Sprinkle half of the spice mixture on the chicken and toss to coat.
2. Refrigerate chicken for at least 30 minutes and up to 2 hours to let the flavors macerate.
3. Heat ½ tablespoon of the oil in a medium-size skillet over medium-high heat. Add the chicken and cook until chicken is browned, about 2 minutes per side. Remove chicken, place on a plate and set aside.
4. In same skillet, heat the remaining oil over medium heat. Add onion and cook for about 5 minutes and then stir in ginger and garlic. Cook for another 2 minutes, continuously stirring to prevent burning.
5. Add in the remaining spice mix and stir to combine.
6. Add in the tomatoes and coconut milk and decrease heat and simmer on low for about 10 minutes. Tip: For deeper flavors, keep at a very low simmer for an hour or turn heat off and cover pan.
7. Add in the chicken, and cook for about 3 minutes, then reduce heat to low and cover pan. Tip: For a smooth sauce, run the tikka masala sauce in the blender for about 1 minute.

8. When chicken is cooked through and internal temperature reaches 165°, turn heat off.
9. Plate onto 4 dishes and garnish with cilantro.
10. Store leftovers in an airtight container in the refrigerator for up to 5 days.

### Serving Suggestion:

Serve over “cauliflower rice” (page 26) with a side of curried eggplant (page 27).

### **Nutritional analysis per serving (about 1 ½ cups):**

calories 270, fat 13 g, saturated fat 7 g, cholesterol 68 mg, fiber 4 g, protein 28 g, carbohydrate 15 g, sodium 468 mg

# CAULIFLOWER "RICE"

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

## Ingredients:

- 1 head cauliflower
- 1 tablespoon olive oil
- ½ teaspoon fennel seed
- ¼ teaspoon cumin seed
- 1 yellow onion, finely chopped
- ¼ teaspoon sea salt

## Instructions:

1. Grate the cauliflower over a mixing bowl to form the "rice."
2. Heat oil in a large skillet over medium-high heat.
3. Cook fennel and cumin seeds for 2-3 minutes. Add onion and cook until it is translucent, about 5 more minutes.
4. Reduce heat to medium-low. Add cauliflower rice and stir to combine. Cook for 5-7 minutes or until rice is at desired texture. Stir in salt.

## Serving Suggestion:

Serve with Chicken Tikka Masala.

## Nutritional analysis per serving (1 cup cauliflower rice):

calories 59, fat 4 g, saturated fat 0 g, cholesterol 0 mg, fiber 2 g, protein 2 g, carbohydrate 6 g, sodium 137 mg

# CURRIED EGGPLANT (BAINGAN BHARTA)

Prep Time: 5 minutes | Cook Time: 15 minutes, plus 40 minutes roasting time | Serves: 8

## Ingredients:

1 large eggplant  
 1 tablespoon, plus 1 teaspoon olive oil  
 ½ onion, chopped  
 4 cloves garlic, minced  
 1 teaspoon grated fresh ginger  
 1 teaspoon garam masala  
 ½ teaspoon cumin seed  
 ½ teaspoon coriander  
 ½ teaspoon turmeric  
 ½ teaspoon sea salt  
 2 tomatoes, roughly diced  
 1 chili of choice (the smaller the pepper, the hotter it is, so choose accordingly)  
 Juice from half a lemon  
 ¼ cup cilantro

## Instructions:

1. Preheat oven to 375°.
2. Line a baking sheet with foil or parchment paper. Score eggplant with 3 lines, lengthwise. Drizzle 1 teaspoon of oil over eggplant and rub to coat.
3. Roast eggplant for about 40 minutes or until very tender, flipping twice during [cooking](#). Tip: Roast eggplant ahead of time for faster preparation. Store in refrigerator up to 2 days before use.
4. In a medium-size skillet heat 1 tablespoon olive oil over medium-high heat. Add onion and sauté for 5 minutes. Reduce heat to medium-low and add in garlic and ginger, sauté another 30 seconds or until fragrant. Stir continuously to prevent burning.
5. Add in the rest of the spices and stir to combine.
6. Add in tomatoes and chili and stir to combine.
7. Turn heat off. When eggplant is done roasting, cut it into cubes. Tip: Traditionally, skin is removed for this dish, however you can leave the [skin](#) on for the healthy antioxidants found in it if you want more [detox power](#).
8. Place tomato mixture and eggplant cubes in a bowl and mash until you form a slightly chunky, but uniform consistency.
9. Add in lemon juice at the very end and garnish with cilantro.

## Serving Suggestion:

Serve with Chicken Tikka Masala and Cauliflower Rice (see pages 24 and 26).

### Nutritional analysis per serving (½ cup):

calories 48, fat 3 g, saturated fat 0 g, cholesterol 0 mg, fiber 3 g, protein 1 g, carbohydrate 16 g, sodium 121 mg

## SICILIAN SALMON

Prep Time: 20 minutes (including marinating time) | Cook Time: 25 minutes | Serves: 4

### Ingredients:

Four 4-ounce pieces of wild salmon

Juice from half a lemon

1 teaspoon dried rosemary

½ teaspoon plus a pinch sea salt, divided

2 tablespoons extra virgin olive oil, divided

1 small red onion, roughly chopped

2 tablespoons sun-dried tomatoes, chopped

2 tablespoons pine nuts

1 teaspoon dried parsley

Pinch sea salt

2 cloves garlic, minced

3 bunches (or 4 cups) broccoli rabe, organic if possible (or 1 head broccoli)

½ cup low-sodium chicken broth

### Instructions:

1. Season salmon with the lemon juice, rosemary and ½ teaspoon salt. Let sit in the refrigerator for 10-15 minutes.
2. Heat ½ tablespoon oil in a medium-size skillet over medium heat. Add onion and cook for 4 minutes. Next, stir in sun-dried tomatoes, pine nuts, parsley and salt and stir to combine. Cook 4-5 minutes or until the pine nuts are slightly browned but not burnt. Set mixture aside.
3. Heat 1 tablespoon of oil in a large skillet over medium-high heat. Place the salmon in the pan and cook for 5 minutes. Reduce heat to medium, flip salmon over and cook other side for an additional 2 minutes or when internal temperature reaches of 140°.
4. While salmon cooks prepare the broccoli rabe. In a large saucepan, heat remaining oil over medium-high heat. Add the garlic and cook for 30 seconds or until fragrant. Reduce heat to medium. Add broccoli rabe and broth. Cover and cook about 5 minutes or until broccoli is fork-tender. Season with a dash of sea salt. Divide broccoli rabe onto 4 plates.
5. To serve, place 1 piece of salmon on each plate alongside the broccoli rabe. Top each salmon with a hearty spoonful of the onion and pine nut mixture.

#### Nutritional analysis per serving

**(4 ounces salmon, 1 ½ tablespoons topping, 1 cup broccoli rabe):**  
calories 320, fat 20 g, saturated fat 3 g, cholesterol 70 mg, fiber 3 g,  
protein 27 g, carbohydrate 8 g, sodium 321 mg

# SHRIMP SCAMPI

Prep Time: 15 minutes | Cook Time: 8 minutes | Serves: 4

## Ingredients:

2 tablespoons extra virgin olive oil

7 cloves garlic, minced

½ cup low-sodium chicken broth

16 ounces medium-size shrimp, deveined

Crushed red pepper flakes, to taste

12 ounces frozen artichoke hearts, thawed and drained

½ teaspoon sea salt

Juice from 1 lemon, plus zest of ½ lemon

¼ cup fresh parsley, chopped

## Instructions:

1. Heat oil on medium-high in skillet. Sauté garlic until fragrant, about 30 seconds.
2. Reduce heat to medium. Add broth and shrimp. Simmer until shrimp are almost cooked, about 3 minutes.
3. Add pepper flakes, to taste.
4. Add artichoke [hearts](#), salt, lemon juice, zest, and parsley. Toss to coat. Simmer on low until shrimp is fully cooked. Tip: Shrimp are cooked when they turn pink.
5. Turn heat off. Stir in parsley.

## Serving Suggestion:

Serve over a bed of steamed greens (watercress, spinach, kale, arugula, etc.).

**Nutritional analysis per serving (4 ounces shrimp or about 1 cup):**  
calories 250, fat 9 g, saturated fat 2 g, cholesterol 239 mg, fiber 5 g, protein 30 g, carbohydrate 13 g, sodium 613 mg

# INSIDE-OUT BURGERS

Prep Time: 10 minutes, plus 15 minutes resting in fridge | Cook Time: 15 minutes | Serves: 4

## Ingredients:

1 tablespoon extra virgin olive oil

½ cup diced red onion

½ cup chopped mushrooms

1 tablespoon balsamic vinegar

2 cups spinach

1 small tomato, diced (liquids drained) or 1 tablespoon tomato paste

1 tablespoon Dijon mustard

Sea salt and pepper, to taste

16 ounces ground bison (can substitute ground grass-fed beef or turkey)

8 outer leaves of romaine lettuce

## Instructions:

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

## Serving Suggestion:

Serve with Zesty Carrot Fries (page 31) and a simple green salad. Tip: Instead of mayo or sugary ketchup, use a dollop of homemade Creamy "Ranch" Dressing (page 32) on top of burger. Or, add any leftover [juices](#) from the spinach and tomato filling to dress your burger.

## Nutritional analysis per serving (1 burger):

calories 347, fat 21 g, saturated fat 8 g, cholesterol 94 mg, fiber 5 g, protein 30 g, carbohydrate 9 g, sodium 160 mg

# ZESTY CARROT FRIES

Prep Time: 10 minutes | Cook Time: 20-25 minutes | Serves: 4

## Ingredients:

10 large carrots

2 teaspoons extra virgin olive oil or olive oil

½ teaspoon chili powder

Pinch of cinnamon

¼ teaspoon sea salt

## Instructions:

1. Preheat oven to 400°.
2. Peel carrots and cut into matchsticks. Place on a cookie sheet and drizzle oil over carrots. Sprinkle seasonings evenly over all carrots.
3. Bake for 20-25 minutes or until carrots are at desired tenderness.

### **Nutritional analysis per serving (about 12 fries):**

calories 84, fat 3 g, saturated fat 0 g, cholesterol 0 mg, fiber 4 g, protein 2 g, carbohydrate 15 g, sodium 226 mg



# CREAMY "RANCH" DRESSING

Prep Time: 5 minutes | Cook Time: none | Serves: 8

## Ingredients:

1 avocado, sliced  
1 teaspoon extra virgin olive oil  
Juice from half a lemon  
1 tablespoon apple cider vinegar  
1 teaspoon garlic powder  
½ teaspoon dried dill (or more if you like dill)  
1 tablespoon dried parsley  
1 teaspoon onion powder  
Pinch sea salt  
Pinch cayenne pepper  
½ cup unsweetened coconut yogurt (optional)

## Instructions:

Add all ingredients in a blender and blend for about 2 minutes or until desired consistency. Add a little water or lemon juice if you prefer a less "creamy" consistency. Use immediately or store any leftovers in an airtight container in the refrigerator for up to 3 days.

## Serving Suggesting:

Serve with Inside-Out Burger (page 30) and Zesty Carrot Fries (page 31) or thin with lemon juice to enjoy as a salad dressing.

## Nutritional analysis per serving (2 tablespoons):

calories 50, fat 4 g, saturated fat 1 g, cholesterol 0 mg, fiber 2 g, protein 1 g, carbohydrate 3 g, sodium 34 mg

# BUDDHA BOWL

Prep Time: 10 minutes | Cook Time: 15 minutes | Serves: 4

## Ingredients:

4 cups steamed veggies (carrots, bell peppers, shiitake mushrooms, celery, bok choy, broccoli, spinach, etc.)

1 tablespoon coconut oil

16 ounces tempeh (can also use chicken, grass-fed beef or seafood), cubed. Tip: Make your cubes small to maximize flavor.

2 tablespoons gluten-free, low-sodium, tamari, divided

2 teaspoons sesame oil

2 tablespoons mirin (Japanese sweet rice wine) or brown rice vinegar

1 teaspoon fresh ginger, peeled and grated

4 cloves garlic

1 teaspoon crushed red pepper flakes (optional)

One 8-ounce package shiritaki noodles

2 tablespoons nut butter of choice (almond, cashew, etc.) Tip: the crunchy variety is great in this dish

2 tablespoons sesame seeds

¼ cup cilantro

2 scallions, chopped

## Instructions:

1. Steam your vegetables if you have not already done so and set aside.
2. Heat oil in a large skillet on medium-high heat. When the oil is hot, add tempeh cubes and 1 tablespoon of tamari and stir to combine. Reduce heat to medium. Brown each side for 4-5 minutes. Set aside on a plate.
3. Meanwhile, make sauce by mixing the remaining tamari, sesame oil, mirin, ginger, garlic and red pepper flakes (if using) in a small bowl.
4. Heat the noodles on medium-low heat in the skillet. Add the sauce and stir to combine.
5. Add the nut butter and stir to combine. Place tempeh back in skillet and mix with the noodles so that everything is covered in the sauce. Turn off heat.
6. To serve, divide steamed vegetable mixture among 4 bowls. Top with about 1 ½ cups tempeh and noodles.
7. Sprinkle sesame seeds on top and garnish with cilantro and scallions. Enjoy hot or cold.
8. Store leftovers in refrigerator for up to 5 days.

### **Nutritional analysis per serving (about 1 ½ cup noodle and tempeh mixture, 1 cup steamed vegetables):**

calories 342, [fat](#) 17 g, saturated fat 6 g, cholesterol 0 mg, fiber 3 g, protein 22 g, carbohydrate 18 g, sodium 422 mg

## CHEWY CRUNCHY ROAD MIX - DETOX STYLE

Prep Time: 5 minutes | Cook Time: none | Serves: 4

### Ingredients:

½ cup crushed walnuts

½ cup unsweetened dried blueberries

¼ cup cacao nibs

¼ cup pumpkin seeds

### Instructions:

Mix all together. Store in convenient snack-packs to take with you for an on-the-go snack.

#### Nutritional analysis per serving (about ¼ cup):

calories 199, [fat](#) 17 g, saturated fat 4 g, cholesterol 0 mg, fiber 3 g, protein 7 g, carbohydrate 8 g, sodium 3 mg

## DR. HYMAN'S RAW KALE SALAD

Prep Time: 10 minutes plus 15 minutes resting time | Cook Time: none | Serves: 4

### Ingredients:

1 large bunch of kale, stems removed, thinly sliced and chopped

¼ cup lemon juice

¼ cup extra virgin olive oil

1 garlic clove, minced

Pinch sea salt

¼ cup pine nuts, toasted

¼ cup of currants

½ cup kalamata olives, pitted and chopped

### Instructions:

1. In a large bowl add kale, lemon juice and olive oil. Massage kale with your hands until softened.
2. Add remaining ingredients and toss to combine.
3. Allow the salad to rest and soften for about 15 [minutes](#) before serving.

### Nutritional analysis per serving (1 cup):

calories 227, [fat](#) 21 g, saturated fat 3 g, cholesterol 0 mg, fiber 3 g, protein 4 g, carbohydrates 11 g, sodium 234 mg

# BERRY CHERRY CRUMBLE

Prep Time: 10 minutes | Cook Time: 60 minutes | Serves: 6

## Ingredients:

1 ½ cups frozen berries  
(organic, if possible)

½ cup frozen cherries  
(organic, if possible)

1 tablespoon arrowroot  
powder

¼ teaspoon sea salt

¼ teaspoon cinnamon

1 ¼ cup almond meal

¼ cup coconut oil

## Instructions:

1. Preheat oven to 350°.
2. Mix berries and cherries together in a bowl. Stir in arrowroot powder and set aside.
3. In another bowl, mix salt, cinnamon and almond meal together. Stir in oil to combine.
4. Place fruit mixture in baking pan and spread almond topping evenly over it. Cover with aluminum foil.
5. Bake covered for 50 minutes. Remove foil and continue baking for 10 more minutes, or until fruit is bubbling and crumble is crispy.

### Nutritional analysis per serving (1/6th crumble):

calories 148, [fat](#) 11 g, saturated fat 1 g, cholesterol 0 mg, fiber 4 g, protein 5 g, carbohydrate 11 g, sodium 78 mg

## HAZELNUT "COFFEE"

Prep Time: 5 minutes | Cook Time: 10 minutes | Serves: 4

### Ingredients:

5 cups of water

¼ cup ground roasted chicory root

¼ cup roasted hazelnuts, finely crushed

1 tablespoon cacao nibs

2 cinnamon sticks

1 tablespoon coconut oil

1 teaspoon real vanilla extract

### Instructions:

1. Place [water](#) in a saucepan and bring to a boil. Add in chicory, hazelnuts and cacao nibs, reduce heat and simmer for 5 minutes.
2. Add in cinnamon sticks and turn off heat. Cover and steep for another 5 minutes or until desired taste is achieved.
3. Strain the chicory, cacao nibs, nuts and cinnamon and discard or save for a second batch. Pour coffee into a mug, and add vanilla extract at the end and serve.
4. [Store](#) leftovers in a [glass](#) jar, such as a mason jar, and refrigerate for up to 3 days.

### Nutritional analysis per serving (about 1 cup coffee):

calories 50, [fat](#) 4 g, saturated fat 3 g, cholesterol 0 mg, fiber 2 g, protein 0 g, carbohydrate 14 g, sodium 12 mg

# PUMPKIN SPICE SMOOTHIE

Prep Time: 5 minutes | Cook Time: none | Serves: 1

## Ingredients:

½ cup water or dairy-free milk of choice (hemp milk's creamy lushness is great for this [recipe](#))

½ cup fresh roasted pumpkin or canned (organic, if possible)

½ frozen banana

1 tablespoon flax seeds

1 scoop high-quality, dairy-free protein powder (such as hemp protein powder)

½ teaspoon cinnamon

½ teaspoon pumpkin spice mix (to make your own, use equal parts nutmeg and cinnamon and half parts clove and ground ginger)

½ teaspoon freshly grated ginger (or more, to taste)

½ teaspoon real vanilla extract (optional)

2 ice cubes (optional)

## Instructions:

Place all ingredients in a blender and blend until desired consistency is reached and serve immediately.

## Serving Suggestion:

Top it off with a little Cinnamon Spiked Whipped Cream (page 39) for a fall-inspired treat.

## Nutritional analysis per serving (about 2 cups):

calories 225, [fat](#) 5 g, saturated fat 1 g, cholesterol 0 mg, fiber 16 g, protein 15 g, carbohydrate 32 g, sodium 14 mg

# CINNAMON SPIKED WHIPPED CREAM

Prep Time: 5 minutes, plus chill time (2-12 hours) | Cook Time: none | Serves: 10

## Ingredients:

One 13-ounce can coconut milk (full fat)

1/4 pumpkin (freshly roasted or canned)

3/4 teaspoon cinnamon

1/2 teaspoon real vanilla extract (or try maple extract for a treat)

## Instructions:

1. Refrigerate or freeze a can of coconut milk (if you refrigerate, do it overnight. If you freeze, freeze for about 2 hours).
2. When coconut milk is chilled, take the lid off and scoop JUST the [fat](#) off, drain the water off and reserve for a yummy stir fry or curry.
3. Place the coconut fat in a blender and add the rest of the ingredients. Blend on the highest speed for about 2 minutes or until the mixture is very smooth. Mixture should be somewhat thick.
4. Place thickened mixture in the fridge for about 2 hours or until it thickens to desired consistency.

## Serving Suggestion:

Serve over pumpkin spice smoothie.

## Nutritional analysis per serving (about 2 tablespoons):

calories 42, fat 4 g, saturated fat 4 g, [cholesterol](#) 0 mg, fiber 1 g, protein 1 g, carbohydrate 2 g, sodium 3 mg



©2015 Hyman Enterprises LLC