



HOW TO JUMPSTART YOUR RECOVERY

Recipe Book

JUMPSTART

YOUR HEALTH

DR PAUL APPROVED

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INTRODUCTION

I love a delicious meal with friends and family, punctuated by interesting conversations, sidesplitting jokes, and lively but respectful arguments about everything from whether young people today use their smartphones too much (they do) to whether there is life on other planets. So does my co-author, Jennifer.

Who doesn't?

Food can and should be one of life's greatest pleasures.

But in modern America today we often don't find the time to eat with loved ones, savor our food, and linger at the dinner table. Instead of having an intimate, friendly, positive, and delicious relationship with eating, so many of us are often so stressed out that we miss meals, stand up while hurriedly scarfing down food, or binge-eat for comfort. For those of us in recovery who had chaotic, abusive childhoods where food was withheld as punishment or we were smacked, or scolded at the dinner table for whatever reason, food is often a vexed issue instead of a source of pleasure and nourishment.

No matter your past or where you fall on the addiction spectrum, it is not too late to change your relationship with food. You can delight in healthy eating, turn your taste buds on to new sensations, and learn to cook.

Enter this book of recipes, which is a companion volume to *The Addiction Spectrum*. Our goal with it is to inspire you to try your hand at some home cooking as well as to help you improve your relationship with food so that:

1. You are eating real food every day, at every meal.
2. You enjoy what you eat because ... it's delicious, nutritious, and nourishing.
3. Food becomes a source of pleasure and self-esteem.



REAL FOOD MATTERS

In *The Addiction Spectrum* we emphasize the importance of eating real food. Just as we believe it's important to personalize medicine, we also believe it's also important to personalize your diet.

While some diets work well, we suspect you won't find the best recovery diet for you by following a fad diet or any set of ironclad rules. We do believe that the key to recovering your body and your brain, and keeping yourself from the severe end of the addiction spectrum is to eat healthy, wholesome, nourishing, brain-and-body enhancing real foods that make you feel good.



I totally support a whole food, no animal products lifestyle. To do this, you would avoid meat, eggs, and dairy while eating vegetables, fruit, nut, seeds and whole grains. Be sure to also supplement vitamin B-12

DIFFERENT YOLKS FOR DIFFERENT FOLKS

Every one of us has different nutritional needs. There is no one right way to eat. Beyond recommending a real food whole food diet, we would rather not give you RULES.

Instead, we would like you to pay attention to what you are eating, how you are eating it, and how the food you are eating makes you feel.

We would rather see you enjoy a simple, healthy home-cooked meal surrounded by loved ones than carefully measuring out only a quarter of a cup of nuts because that's what's on your protocol, eating them standing up at the kitchen sink, feeling miserable. Make sense?

As we told you in *The Addiction Spectrum*, some nutritionists will insist you avoid all processed grains, but the Japanese, who enjoy optimal weight and are some of the longest lived people in the world, eat white rice twice or even three times a day.

For years doctors and dietitians told their patients that a low-fat diet was “healthier” and encouraged us to drink skim milk, choose low-fat yogurt over full-fat yogurt, and avoid butter. But we now have evidence that people who eat full-fat dairy tend to be thinner, have a lower risk of developing adult-onset diabetes, and may have fewer markers associated with heart disease.

We can argue about what foods to eat and what diet to follow until the next century (and we probably will). But here’s what we know without a doubt: the less processed foods you eat, the healthier you will feel, the more energy you will have, and the stronger your immune system will be.

Avoiding processed sugar, eating organic (we know this is hard. It’s expensive. Do the best you can), and making sure your “snacks” are healthy, whole foods will benefit your brain and your body now and for the rest of your life.



When you first enter recovery it’s very hard, if not impossible, to think about what you’re eating.

It’s even harder to start cooking meals for yourself three times a day. But the reason we are so keen on you paying attention to what you are eating is that every time you make healthy choices about food you are helping your brain and body heal.

Start small.

Swap out the apple toaster pastries for an apple in the morning. Adding a little healthy fat like a tablespoon of coconut oil to your hot beverage will keep hunger away all morning.

Make yourself a sandwich loaded with fresh vegetables on whole-grain toast for lunch instead of going to a fast food joint for a burger and fries. Or skip the bread and make it a lettuce wrap, have a salad for lunch, or some healthy leftovers with lean meats and lots of vegetables.

Then get a little more audacious: Commit to cooking one meal a day from scratch; experiment with these recipes and see how you like them. You can be bold and have fun with this: experiment with spices, substitute your favorite vegetables for the ones we recommend, put strange foods together and see how you like them.

You may be learning to cook for the first time, or you may be rediscovering something you once loved to do. Either way, this 7-day meal plan will help you put the days of going to the drive-through and doughnut shops behind you.

The goal, eventually, is to eat the majority of your meals at home and to have the majority of the food you eat be healthy and fresh.

A top-down view of various fresh fruits and vegetables including lemons, limes, grapefruit, and green herbs scattered on a light-colored surface.

**I'M IN RECOVERY, AND
NOW YOU'RE ASKING
ME
TO CHANGE MY EATING
HABITS AND ... COOK?**

I'VE NEVER COOKED BEFORE, DOC, WHAT EQUIPMENT DO I NEED?



Keep it very simple.

You don't need much and it need not be expensive. You can find deals at garage sales, thrift stores, and in online community "Buy Nothing" groups. You should be able to get the equipment you need for under \$100, or even under \$50.

Ideally, your kitchen should have:

A BLENDER TO MAKE MORNING SMOOTHIES.

Also useful for making creamy soups, hummus, and frozen banana "ice cream."

ONE REALLY GOOD SKILLET.

Avoid non-stick Teflon because of the health concerns associated with it. Cast iron is a great non-stick option and cast iron skillets are easy to find secondhand for cheap. A stainless steel skillet also works well. Find the pan that works best for you.

A MEDIUM TO MEDIUM TO LARGE SAUCEPAN.

with a lid for boiling eggs, making rice, and making soups. Use this also for reheating food.

A SHARP KNIFE FOR CUTTING VEGETABLES.

A BAMBOO OR WOODEN CUTTING BOARD.

Although plastic is easier to wash, we recommend you avoid it, as micro particles can get into your food.

A COLANDER.

To wash vegetables and drain pasta.

A SALAD BOWL.

I'd like to see you eating some salad at every meal (even breakfast). While that might not be realistic, having a wooden or metal salad bowl is a must.

A LARGE MIXING BOWL.

For everything

METAL AND WOODEN UTENSILS.

Don't cook with plastic, which melts at higher temperatures and leeches chemicals into your food. Use a metal spatula for flipping your egg-in-the-basket, a wooden spoon for stirring, and a metal ladle for soup.

A 2-CUP GLASS LIQUID MEASURING CUP.

It's great to have a variety, but one is probably enough.

A VEGETABLE PEELER.

Many vegetables can be eaten with the skins on, but this is a useful tool for the kitchen. In recipes that call for zest, you can try just peeling the skin.

MEASURING SPOONS.

BUT DOC, I CAN'T COOK



You may believe that you can't cook.

But you're wrong!

Anyone can learn to cook.

And often the healthiest food is the simplest to make. There is nothing magical about cooking delicious meals, you just have to roll up your sleeves, get out some measuring cups, and start trying.

These are not fancy, elaborate recipes that take hours to prepare.

You're in recovery. You don't have time to teach yourself to become a gourmet chef.

Instead we offer you simple, nutritious, hopefully delicious recipes to support your body and your brain as you heal.

Since we're all about personalizing your food, you'll see we give you lots of suggestions for substitutions.

Instead of organizing this book by category (breakfast, lunch, dinner), like most recipe books do, we've organized it by each day. That way if you want to follow the meal plan in *The Addiction Spectrum*, you can print out the day's recipes and shop for the food you need.

Happy cooking.

Have fun.

Make a mess.

Consider starting a compost.

Try growing some spices in a pot in a sunny window.

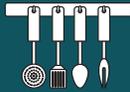
If a particular meal doesn't work for you, pick one from another day.

And, most of all, enjoy yourself.

THE 7-DAY MEAL PLAN



Day 1



- BREAKFAST** Scrambled eggs, baked sweet potato, rooibos chai tea or coffee, lemon water
- LUNCH** Tuna or salmon salad sandwich with or without whole-grain toast, carrot, cucumber sticks, apple slices
- SNACK** A handful of almonds and some water-packed olives
- DINNER** Roasted basil-lemon chicken, steamed or sautéed broccoli, rice (preferably brown), forkful of sauerkraut or fermented veggies

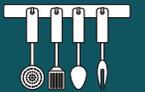
Plain whole-fat organic yogurt (goat, cow, or coconut) with fruit and coconut flakes, green smoothie **BREAKFAST**

A large salad packed with your favorite raw veggies, topped with some leftover basil-lemon chicken or a hard-boiled egg **LUNCH**

Raw organic green beans or sugar snap peas and a small handful of mixed nuts **SNACK**

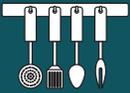
Fish (preferably wild-caught) with tomatoes and chickpeas, greens (collard, kale, spinach, or swiss chard) sautéed or steamed with garlic, leftover rice or sweet potato with a dollop of whole-fat plain yogurt **DINNER**

Day 2



- BREAKFAST** Old-fashioned rolled or steel-cut oatmeal
- LUNCH** Grilled chicken and kale wrap, forkful of sauerkraut or kimchee, fresh fruit
- SNACK** A half an avocado sprinkled with sea salt, lemon or lime juice, or try it with nutritional yeast
- DINNER** Beans and greens, baked or sautéed grass-fed steak, baked yam, forkful of sauerkraut or fermented veggies

Day 3



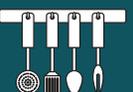
Eggs (scrambled, poached, fried, in a basket, or however you like them), organic red pepper or vegetable slices, orange quarters, forkful of sauerkraut **BREAKFAST**

Rice cakes topped with feta, tomatoes, and olives; cucumber salad; banana or other fruit **LUNCH**

Walnuts with raisins, prunes, or dates **SNACK**

Hearty lentil soup or vegetable stew, rice or mashed or baked potato, fruit salad or fresh fruit **DINNER**

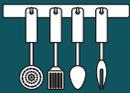
Day 4



THE 7-DAY MEAL PLAN



Day 5



- BREAKFAST** Plain whole-fat organic yogurt with fresh mango, banana, and chia seeds, sprinkled with old-fashioned rolled oats
- LUNCH** A hearty salad
- SNACK** A handful of mixed nuts and dates
- DINNER** Chicken or tofu Provençal, roasted Brussels sprouts, side salad

Scrambled eggs with vegetables and whole-grain or gluten-free toast, forkful of sauerkraut

BREAKFAST

Leftover chicken or tofu Provençal

LUNCH

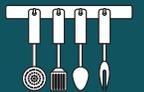
Carrot sticks and apple slices with lemon

SNACK

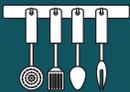
Vegetarian chili, cornbread, salad

DINNER

Day 6



Day 7



- BREAKFAST** Turkey sausages or ground turkey sautéed with garlic and vegetables, green smoothie
- LUNCH** Cheese melt with tomatoes, garlic, and spinach; salad or a plate of sliced vegetables like cucumbers, carrots, broccoli, and red cabbage
- SNACK** Fresh or frozen blueberries, goji berries, and cashews
- DINNER** Meatloaf (make yours packed with vegetables), roasted or steamed asparagus, forkful of sauerkraut or fermented veggies, fresh fruit

DAY ONE



- BREAKFAST** Scrambled eggs, baked sweet potato, rooibos chai tea or coffee, lemon water
- LUNCH** Tuna or salmon salad sandwich with or without whole-grain toast, carrot, cucumber sticks, apple slices
- SNACK** A handful of almonds and some water-packed olives
- DINNER** Roasted basil-lemon chicken, steamed or sautéed broccoli, rice (preferably brown), forkful of sauerkraut or fermented veggies

BREAKFAST RECIPES

BAKED SWEET POTATO OR YAM

Sweet potatoes and yams are both excellent gluten-free source of carbohydrates, fiber, and vitamins. If you're used to eating sugary cereal, sweet potatoes are the perfect healthy alternative. Experiment with different varieties from the grocery store—the ones with the purple flesh are especially yummy. Whatever color you choose, the heat from roasting yams will make the kitchen feel cozy and your home smell delicious. You can also bake these in a toaster oven. Dr. Paul and his wife Maiya enjoy sweet potatoes, usually for dinner, at least once a week.

MAKES: 4-6 servings

TIME: 50 minutes or less

- 4 large sweet potatoes or yams, halved
- 2 teaspoons coconut oil or olive oil, to grease the pan
- Sea salt and freshly ground black pepper

STEP 1

Heat the oven to 425F.

STEP 2

Wash the sweet potatoes in cold water. Remove any blemishes or eyes with a sharp knife but do not peel. Cut lengthwise.

STEP 3

Lightly grease a baking sheet with olive or coconut oil. Arrange the sweet potatoes on the greased sheet cut side down. Bake until tender, about 35 to 50 minutes depending on the size of the potatoes. Carefully remove from the oven and flip potatoes over with a spatula. Top each with 1/2 teaspoon of butter, coconut oil or ghee and a sprinkle of salt and pepper. Serve hot.

VARIATION

Slice your sweet potatoes into 1/2 inch rounds, drizzle with olive oil, and place on a greased baking tray. Broil them on low, and flip them once while they're browning (about 7 to 10 minutes per side). This is Dr. Paul's recipe for delicious "sweetpotato chips."



BUSY SCRAMBLED EGGS

These eggs are “busy” because they’re loaded with healthy vegetables. You can whip up a batch quickly, so they’re also a perfect breakfast for busy people. Try making them with chopped onions, purple cabbage, peppers, or any other vegetables you find in the fridge.

MAKES: 4 large servings

TIME: 15 minutes

- 2 tablespoons organic extra virgin olive or coconut oil
- 1/2 cup mushrooms, sliced
- 1/2 cup scallions, chopped
- 2 cloves of smashed garlic, minced
- 3/4 cup of green vegetables (kale, spinach, chard), finely chopped
- 8 eggs
- 1 tablespoon fresh parsley, chopped
- 1 tablespoon fresh basil, chopped
- 1/4 teaspoon of ground turmeric or to taste
- Sea salt and freshly ground pepper to taste

STEP 1

Put the olive oil in a large skillet over medium-high heat. When the oil is hot, add the mushrooms. Cook, using a wooden or metal spatula to turn frequently, until the mushrooms start to soften (about 3 minutes). Lower the heat to medium-low and add the garlic and scallions. Cook one minute longer, then add the greens (which will wilt quickly). Season with sea salt and freshly ground black pepper. Keep stirring.

STEP 2

Beat the eggs in a medium-sized bowl with the parsley, basil, and optional turmeric, which adds a nice yellow color to your eggs. If you don’t have fresh spices, use 1 teaspoon each of dried spices.

STEP 3

Add the egg mixture to the skillet. Cook, stirring frequently, and scraping down the sides of the pan. If you’re in a hurry, you can cook these eggs on higher heat but the slower you cook them the creamier they will taste. Season with salt and pepper and serve piping hot.

Note About Eggs:

Eggs are packed with protein and vital macronutrients like choline, which is good for the brain and liver. They are so easy, quick, and inexpensive that it’s a good idea to get in the habit of eating them. Tough egg yolks are also high in cholesterol, there is no correlation with consuming yolks, actually the healthiest part of the eggs, and high cholesterol levels entering your blood stream. So don’t be afraid to eat eggs! I recommend you eat eggs three to four times a week and I like to have them for breakfast every other day. Try to buy local “pasture raised” eggs, which are laid from chickens who have space to roam outdoors and eat bugs. You’ll be able to see the difference: the nutrient-dense yolks from healthy chickens will be a rich orange color instead of a watery pale yellow.



Tuna Salad

LUNCH RECIPES

Salmon Salad

Tuna is a quick, easy, inexpensive, and delicious whole food. When you substitute whole milk yogurt for mayonnaise and load your salad with crunchy vegetables, like celery and cucumber, you can make yourself a nutritious meal in minutes.

MAKES: 4 servings

TIME: 10 minutes

- 2 5-ounce cans tuna fish
- 3 tablespoons whole-milk yogurt
- Fresh juice and grated zest (peel) from 1 small lemon (optional)
- 1 celery stalk, thinly sliced
- 3 scallions, thinly sliced (you can also use a small red onion or shallot)
- 1/2 cup chopped fresh parsley
- Sea salt and freshly ground black pepper to taste

STEP 1

Drain the tuna and use a fork to mix it with the yogurt. Add all the remaining ingredients. Season liberally with salt and freshly ground black pepper. Taste and adjust the seasonings.

STEP 2

Divide into four servings and serve on toasted whole grain or gluten-free bread or in romaine lettuce boats.

Variation

Add a heaping tablespoon of sweet relish to the tuna and yogurt and—presto—instant tuna salad.

Canned salmon is a great alternative to tuna. It's an easy-to-use way to get high quality protein and mega-3 fatty acids. Look for it next to the tuna in the grocery store. This crunchy salmon salad substitutes healthy whole-milk yogurt for processed mayonnaise.

MAKES: 4 servings

TIME: 10 minutes

- 1 7-oz can of salmon
- 3 tablespoons plain whole-fat yogurt
- 2 tablespoons capers
- 1 celery stalk, thinly sliced
- 3 tablespoons minced red onion
- 2 tablespoons of fresh dill
- 1 1/2 tablespoons fresh parsley
- 1/2 teaspoon black pepper or to taste
- 1 teaspoon salt or to taste
- Squeeze lemon wedge

STEP 1

In a medium bowl mash the salmon and the yogurt with a fork.

STEP 2

Add the rest of the ingredients. Eat plain, on a rice cake, on toasted whole grain-bread, or in a large romaine lettuce or cabbage leaf.



DINNER RECIPES

Roasted Basil-Lemon Chicken

You can buy a whole roasted chicken at the deli of any supermarket (opt for organic and free-range), or try your hand at roasting your own. Enjoy leftovers throughout the week. Cold chicken is great for breakfast and a perfect protein to add to salad.

MAKES: 6 servings

TIME: 1.5 hours, largely unattended

- 1 3-4 pound chicken
- 2 tablespoons of olive oil
- 4 cloves of garlic, crushed or minced
- 1/2 cup fresh basil leaves, torn into pieces
- Grated peel (zest) of one large lemon plus its juice
- 2 teaspoons of salt or to taste
- Fresh ground black pepper

STEP 1

Pre-heat the oven to 375° F.

STEP 2

While the oven is heating, combine olive oil, garlic, basil leaves, lemon zest, and 1 teaspoon of salt in a small bowl.

STEP 3

Place the chicken in a shallow roasting pan, breast side up. Rub all over with basil-lemon mixture and lemon juice. Sprinkle with remaining teaspoon of salt and black pepper.

STEP 4

Bake for about 1 1/4 hours or until thoroughly cooked.

Sautéed Broccoli

Broccoli is a super food that's packed with nutrients and fiber. We encourage you to eat it often!

MAKES: 4 servings

TIME: 15 minutes

- 2 tablespoons coconut or olive oil
- 2 cloves of crushed garlic
- 1 head of broccoli (about 4 cups), including the stalks (cut off the tough outer layer), roughly chopped
- 1 scant tablespoon of mixed Italian seasonings or basil
- Sea salt and freshly ground black pepper to taste
- 1 tablespoon apple cider vinegar

STEP 1

Heat the oil in a skillet over medium heat.

STEP 2

Add the vegetables and seasonings and toss in the oil.

STEP 3

As soon as the broccoli turns bright green, add the apple cider vinegar. Stir 30 seconds to 1 minute longer and serve piping hot. Other vegetables you can use here: broccolini, broccoli raab (it will be very bitter, add liberal amounts of apple cider vinegar, lemon, salt, and pepper), cauliflower

Steamed Broccoli, Italian Style

MAKES: 4 servings

TIME: 10 minutes

- 1 large or 2 small bunches of broccoli
- 2 tablespoons olive oil
- 2 cloves of garlic, crushed
- 2 tablespoons of Italian seasonings or basil
- Juice from one lemon, plus its zest
- Sea salt and freshly ground black pepper to taste

STEP 1

Roughly chop the broccoli. Fill the bottom of a pan with half an inch of boiling water, add broccoli, cover with a tight-fitting lid and steam until it turns bright green and is just tender, about 5 minutes.

STEP 2

While the broccoli is steaming, heat the olive oil on medium heat in a skillet, add the garlic and sauté for 2 minutes or until brown, turn off the heat and add the remaining ingredients. Toss the steamed broccoli in this light sauce. Delicious warm or at room temperature.



Sauerkraut

If you decide to try your hand at making your own sauerkraut, you know you've become a real foodie. This recipe is not difficult but it does take 14 days to ferment. You can find fermented sauerkraut and fermented veggies in the refrigerator section of most grocery stores. The canned sauerkraut sitting on the shelf unrefrigerated is not a fermented food and should be avoided.

MAKES: 1 batch of fermented sauerkraut

TIME: About 2 weeks, largely unattended

- 1 head of green cabbage
- 1 tablespoon sea salt
- 1 teaspoon mustard seeds (optional)
- 1 teaspoon juniper berries (optional)
- You'll also need: 1 glass quart jar with lid; 1 4-oz glass jelly jar

STEP 1

Chop the cabbage, put it in a large wooden bowl and sprinkle with salt. (The salt is for flavoring and also used to draw out the water from the cabbage)

STEP 2

Massage the cabbage with your hands or pound it with a potato masher. This will take at least ten minutes, you want to get enough liquid from the cabbage to cover it.

STEP 3

Stuff the mixture into a quart-sized jar. The brine must cover the cabbage completely. If it does not, add a very small amount of water. Add the optional spices.

STEP 4

Place the 4-oz jelly jar on top of the stuffed cabbage and then screw on the plastic storage lid to the quart jar. If you leave the lid loose, gases that build up during fermentation can escape. If you screw the lid tightly, you'll have to burp the jar once a day.

STEP 5

Allow to ferment for 7-14 days on your kitchen counter (ideal temperature is between 65° and 75° F). Expect it to bubble and hiss as the friendly bacteria are multiplying, eating the sugars in the cabbage, and releasing lactic acid.



Rice Cooked with Vegetables

MAKES: 4 servings

TIME: 25 minutes

- 1 cup Arborio rice
- 1 1/2 cups water or broth
- 1 tablespoon butter or olive oil
- 1 carrot
- 1/2 large onion
- 1/2 celery stalk
- handful of chopped parsley

STEP 1

Bring the water or broth to a boil.

STEP 2

Rinse the rice until the rinse water runs clear.

STEP 3

Heat the butter or oil on medium in a medium saucepan with a tight-fitting lid. Add the rice. Stir until the rice is fragrant and coated with the oil, about 2 minutes. Add the whole carrot, half onion, and celery, then the boiling water or broth. Turn the stove to high.

STEP 4

Bring to a boil. Then reduce the heat to low and simmer for 15 minutes or until the water is absorbed. Turn off the heat, add the parsley and fluff the rice with a fork. If time allows, let the rice steam for 5 more minutes with the heat off. You can cut the steamed vegetables and serve them with the rice, eat them cold for breakfast, or use them in soup.

A NOTE ABOUT RICE:

There are thousands of kinds of rice to choose from. Jennifer's family's favorite is Arborio (a short-grain Italian rice that is used to make risotto but is great by itself). Dr. Paul is a fan of basmati rice. Rice is a healthy gluten-free grain and brown rice pasta makes a tasty alternative to wheat. Wild rice, popular in the 1970s, is a super food. The debate is still out about brown versus white rice. Some people have trouble digesting brown rice. While it contains more nutrients, they may not be as bioavailable. Brown rice is also more likely to be contaminated with arsenic. Decide which your palate prefers. Keep in mind that some of the healthiest people on the planet eat white rice daily. White rice cooks in 15-20 minutes, brown rice in 45-60 minutes.

DAY TWO

- BREAKFAST** Plain whole-fat organic yogurt (goat, cow, or coconut) with fruit and coconut flakes, green smoothie
- LUNCH** A large salad packed with raw veggies, topped with some leftover basil-lemon chicken or a hard-boiled egg
- SNACK** Raw organic green beans or sugar snap peas and a small handful of mixed nuts
- DINNER** Fish (preferably wild-caught) with tomatoes and chickpeas, greens sautéed or steamed with garlic, leftover rice or sweet potato with a dollop of whole-fat plain yogurt

BREAKFAST RECIPES

BUSY BREAKFAST YOGURT

Unsweetened yogurt is packed with beneficial bacteria and an excellent source of protein. Served with crunchy apples and lots of cinnamon, you'll find you don't need to add any other sweetener. Try goat, sheep, or coconut yogurt if you don't tolerate dairy. Have fun with this busy yogurt recipe and experiment by adding the other healthy extras (dried fruit, fresh fruit, nuts, seeds) you like most. If you soak the seeds overnight in 1/2 cup water, they will plump up, have an interesting texture, and be easier to digest.

MAKES: 1 serving

TIME: 5 minutes

- 3/4 cup of organic plain full-fat yogurt
- 1 tablespoon chia seeds
- 1 tablespoon flax seeds
- 1 tablespoon sesame seeds
- 1 tablespoon coconut flakes
- 1 tablespoon rolled oats
- 1/2 apple, cut into cubes
- 1 teaspoon cinnamon or to taste

Combine the first 7 ingredients in a bowl, sprinkle cinnamon on top.



GREEN SMOOTHIE

MAKES: 2 servings

TIME: Less than 10 minutes

It's great to get in the habit of drinking no sugar added smoothies and fresh vegetable juices. Smoothies are quick and easy way to start your day with nutrient-dense energy-giving whole foods. While it is expensive to invest in a juicer, all you need to make smoothies at home is a blender. Pro tip: as soon as you finish making the smoothie, fill the blender with water and pulse on high for quicker clean up.

- 2 cups fresh organic mixed greens (experiment with spinach, baby kale, arugula, and romaine lettuce, whatever you like best)
- 1 cup water
- 1 cup coconut or other milk
- 1/2 cup total frozen pineapple and/or mango chunks
- 2 peeled frozen bananas, cut in large chunks

STEP 1

Was the spinach and lettuce well so it has no grit.

STEP 2

Add the greens to the liquid in the blender and blend on high until liquefied.

STEP 3

Add frozen fruit and blend until smooth; add liquid if necessary. Serve immediately.

It is vital that you drink your green smoothie fresh.



LUNCH RECIPES

MAIYA'S MEGA SALAD

Dr. Paul does a lot of the cooking in his house, but Maiya is the salad gal. Use the veggies you like best to personalize your mega salad.

MAKES: 4 servings

TIME: 15 minutes

- 8 ounces of organic spring salad mix (Maiya buys pre-packaged; try any combination of of spinach, arugula, and baby kale)
- 1 cup chopped broccoli, red cabbage, and carrots (Maiya uses pre-chopped “broccoli slaw”)
- 1 cup sugar snap peas, chopped
- 1 cucumber, sliced
- 1 cup red grapes, halved
- 1/2 cup pomegranate seeds
- 2 ounces pre-cooked beets, chopped
- 1/4 cup slivered almonds
- 1/4 cup pine nuts

Combine all the ingredients, sprinkle with salt and freshly ground black pepper. Toss with your favorite homemade dressing (see our basil-orange dressing recipe on Day 5), divide onto four plates, and enjoy!

HOW TO HARD -BOIL AN EGG

It's great to have hard-boiled eggs on hand when you're looking for a healthy snack. They'll keep for up to a week in the fridge. To make the perfect hard-boiled egg: Bring a saucepan of water to a boil, gently add the eggs, let the water come to a boil again and then turn cover and turn off the heat. Your eggs will be ready in 7 to 8 minutes. If you run the eggs under cold water or give them an ice water bath, they will be easier to peel.

DINNER RECIPES

WHITE FISH WITH TOMATOES & CHICKPEAS

Fish is an excellent source of lean protein, vitamins, and minerals. It's a good idea to get in the habit of eating fish once or twice a week.

MAKES: 4 servings

TIME: 20 minutes

- 4 8-ounce white fish filets (halibut, cod, and flounder are all good choices.)
- 4 Roma tomatoes, cut in quarters
- 1 8-oz can of chickpeas, drained
- 2 tablespoons of olive oil or melted butter, plus more for greasing the baking dish
- 1 tablespoon of fresh rosemary or other spice
- 4 cloves of crushed garlic
- Salt and freshly ground black pepper to taste

STEP 1

Preheat the oven to 425°F.

STEP 2

Combine the cut tomatoes, chickpeas, olive oil, rosemary and garlic.

STEP 3

Place the filets on the greased baking dish, top each with a quarter of the chickpeas and tomatoes. Season liberally with salt and freshly ground black pepper.

STEP 4

Bake for 15 minutes or until the fish is flaky and the chickpeas look a little roasted. If the fish looks too dry, add 1-2 tablespoons of water or broth while cooking.

SAUTEED GREENS WITH GARLIC

Dr. Paul whips up this healthy side dish in seconds flat. Once you get the hang of it, you'll find it takes longer to wash the pan and cutting board than to make these yummy sautéed greens.

MAKES: 4 servings

TIME: 15 minutes

- 3 tablespoons of coconut oil
- 1 medium onion, chopped
- 1-3 cloves garlic
- 2 bundles of kale, collard greens, or 3 bundles of Swiss chard, or 4 bundles of spinach, roughly chopped
- Salt and freshly ground black pepper to taste
- Juice of one lemon

STEP 1

Wash the greens thoroughly to remove the grit.

STEP 2

Heat the oil in a large skillet over medium heat. Add the onions, stirring constantly so they don't burn. When the onions are soft (in about 3 to 5 minutes), add the garlic and the greens. Stir constantly until the greens soften. This will take about 5 to 10 minutes for collard greens or kale and about 3 to 5 minutes for spinach or chard. If you prefer your greens well cooked, add 1/4 of a cup of water or broth and cover for five minutes or until the water has evaporated.

STEP 3

Season with sea salt, freshly ground black pepper, and lemon juice.

DAY THREE

BREAKFAST

Old-fashioned rolled or steel-cut oatmeal

LUNCH

Grilled chicken and kale wrap, forkful of sauerkraut or kimchee, fresh fruit

SNACK

A half an avocado sprinkled with sea salt, lemon or lime juice, or try it with nutritional yeast

DINNER

Beans and greens, baked or sautéed grass-fed steak, baked yam, forkful of sauerkraut or fermented veggies

BREAKFAST RECIPES

OLD-FASHIONED ROLLED OATMEAL

Quick-cooking packaged instant oats have taken the life (and nutrients) out of a traditional breakfast. Forget them. Instead buy organic rolled oats (inexpensive in bulk) and make your own oatmeal. You can also make a hot breakfast cereal from other rolled grains, including kamut, brown rice flakes, and millet. Once you realize how easy it is, you'll never go back to packaged cereal.

MAKES: 4 servings

TIME: 15 minutes

- 2 cup rolled oats
- 4 cups water. (You can substitute milk—almond, coconut, goat—for up to 1 cup of water)
- Shake of salt
- 2 tablespoons of butter or coconut oil, optional
- Optional sweetener (maple syrup, honey, agave, jam, berries, or fresh fruit)

STEP 1

Heat the water, salt, and oats in a saucepan on high. When the water boils, turn heat to medium low and simmer, loosely covered, until the water is absorbed, which will take about five minutes. Stir occasionally. If the oats are too dry, add a little water.

STEP 2

Once the water is absorbed, turn off the heat. Add the butter or coconut oil, if using, and cover. Let stand five minutes and your oatmeal should be ready.

STEP 3

Divide into bowls and serve with optional sweetener. The sky's the limit when it comes to jazzing up your oatmeal: Add crunchy apple chunks and cinnamon during

STEP 4

cardamom and raisins; dates pieces, maple syrup, and walnuts; or whatever other healthy extras you like.



OLD-FASHIONED STEEL-CUT OATMEAL

Steel-cut oats are a good source of protein, fiber, and vitamins. These are oats that have been chopped by a steel blade and are less processed than rolled-oats. We find they have a nuttier, more toasted flavor. Once you've mastered old-fashioned rolled oatmeal, you can try your hand at using steel-cut oats.

MAKES: 4 to 6 servings
TIME: 35 minutes

- 1 cup steel-cut oats
- 3.5 cups of water or a combination of water and milk
- Dash of salt

STEP 1
Bring a saucepan of water to a boil on high, stir in the oats and salt.

STEP 2
Once the mixture gets back to a boil, reduce the heat to low and simmer, loosely covered, stirring occasionally, for 25 to 30 minutes until they reach the desired consistency. You may need to add up to a half a cup more of water or milk. Cook until oats are tender. Just like with rolled-oats oatmeal, there are many delicious and nutritious extras you can add to your steel-cut oatmeal bowl. If you're in the mood for savory, try adding grated cheese and some cream or a chopped up hard-boiled egg and some leftover greens. If you'd rather your oatmeal be sweet, add dried apricots, shredded coconut, chopped fresh fruit. If you're feeling spicy, add a teaspoon of turmeric, cardamom, and allspice, along with a little honey and cream. Many of us do better without the dairy, so consider avoiding dairy for 3 weeks to see if you feel healthier without it. Enjoy.



LUNCH RECIPES

GRILLED CHICKEN & KALE WRAP

MAKES: 1 serving

TIME: 10 minutes with pre-cooked chicken

- Large spinach tortilla or outermost leaf of purple or green cabbage
- 1/2 cup grilled chicken
- 1/2 avocado, sliced
- 1/2 cup baby kale
- 3 tomato slices
- 3 red onion slices

STEP 1

Put the tortilla or cabbage leaf on a clean surface. In the middle place all the remaining ingredients. Tightly roll the tortilla or gently roll the cabbage leaf.



DINNER RECIPES

SAUTÉED GRASS-FED STEAK

Steak is a rich source of iron, B vitamins, and calcium. The rarer you eat it, the more absorbable the nutrients. It's important to buy grass-fed, grass-finished steak whenever you can to insure that the meat you are eating has been fed a healthy diet and been humanely treated.

MAKES: 4 servings

TIME: 15 minutes

- 2 8 oz grass-fed steaks
- 2 tablespoons olive or coconut oil
- Salt and freshly ground black pepper to taste

STEP 1

Put a medium sauté pan over medium high heat. When the pan is hot, add the olive oil and the steaks.

STEP 2

Sauté steaks for 3 to 4 minutes per side. Cook longer if you like your meat better done. We prefer the outside to be brown and the inside to be warm but still pink. Season with salt and pepper and serve hot.

VARIATION

You can also broil steak in the oven, about 3-7 minutes per side or until cooked. The broiler on low and keeping the meat about 6-9 inches from the heating elements works best. Pull the steak out when one side is browned, flip it carefully, and brown the other side. Once the second side is cooked, cut into it to see if the middle is still too raw. Cook as long as it takes to get that perfect medium-rare or whatever level of done you prefer.



BEANS & GREENS

Once this becomes a staple in your house, you can get adventurous and try bitter greens like dandelion, spicy mustard green, broccoli raab, or a combination. If you have time, buy dried beans in bulk and cook them yourself.

MAKES: 4 servings

TIME: 15 minutes (with canned beans)

- 3 tablespoons of olive or coconut oil
- 1 medium onion, chopped
- 3 cloves garlic, smashed or minced
- 2 bundles of kale or collard greens, or 3 bundles of Swiss chard, or 4 bundles of spinach
- Handful of fresh basil, roughly chopped
- 1 15-ounce can of white beans, like cannellini or Great Northern Beans
- 1 tablespoon Italian seasoning
- Salt and freshly ground black pepper to taste
- Juice of one lemon

STEP 1

Wash the greens and basil thoroughly to remove the grit.

STEP 2

Heat the oil in a large skillet over medium heat. Add the onions while you roughly chop the vegetables. When the onions are soft (in about 5 minutes), add the garlic and the greens. Stir constantly until the greens soften. This will take about 5 to 10 minutes for collard greens or kale and about 3 to 5 minutes for spinach or chard.

STEP 3

Drain the white beans. Add them to the greens, along with the seasonings and lemon juice.

STEP 4

Add $\frac{1}{4}$ of a cup of water and/or savory brine (from sauerkraut, pickles, or olives) and cook for five minutes or until the water has evaporated.

STEP 5

Check and adjust the seasonings. This dish benefits from liberal seasonings and some extra lemon juice.



DAY FOUR

BREAKFAST Eggs (scrambled, poached, fried, in a basket, or however you like them), organic red pepper or vegetable slices, orange quarters, forkful of sauerkraut

LUNCH Rice cakes topped with feta, tomatoes, and olives; cucumber salad; banana or other fruit

SNACK Walnuts with raisins, prunes, or dates

DINNER Hearty lentil soup or vegetable stew, rice or mashed or baked potato, fruit salad or fresh fruit

BREAKFAST RECIPES

EGG-IN-A-BASKET

(We call these “one-eyed Joes” at Dr. Paul’s house). A staple hot breakfast in Jennifer’s house. She makes these in a cast iron crepe pan and serves to her kids with a side of sautéed string beans or broccoli and some fresh fruit.

MAKES: 1 serving

TIME: less than 10 minutes

- 1 tablespoon of butter (you can use olive or coconut oil here but butter works best), plus more if needed
- 1 slice of whole grain bread
- 1 free-range organic egg

STEP 1

Heat 1/2 tablespoon of butter in a skillet over medium heat.

STEP 2

When the butter has melted, add the bread to the pan. Coat both sides of the bread with butter, add more butter if needed.

STEP 3

Press the rim of a small glass jam jar or shot glass into the middle of the buttery bread and twist so that it makes a hole. Put the small circle of bread back in the pan, taking care not to burn yourself. Add the other 1/2 tablespoon of butter to the hole.

STEP 4

Crack an egg into the center of the hole. Do not break the yolk.

STEP 5

Cook on one side until the egg white is solid. You may need to release the white with a fork so it spreads out in the pan to cook more evenly. When the white is cooked, flip the bread onto the other side and turn off the heat. Let sit for 2 minutes or until the white is cooked through. The yolk should stay runny. The goal is to cook the white completely without over-cooking the yolk. Season with salt and pepper and enjoy.



LUNCH RECIPES

RICE CAKES TOPPED WITH FETA, TOMATOES, & OLIVES

An easy Mediterranean lunch with an American twist.

MAKES: 4 servings

TIME: Under 10 minutes

- 8 whole grain rice cakes
- 1 cup goat feta, crumbled
- 1-2 Roma tomatoes, sliced
- 1/2 cup chopped olives

Put each rice cake on a plate. Divide the feta into quarters. Top each rice cake with feta, then tomato slices, then olives. Eating will be a little messy. Enjoy.

CUCUMBER SALAD

MAKES: 4 servings

TIME: Under 10 minutes

- 1 medium cucumber
- 1 clove garlic, minced
- 1 sprig fresh dill, chopped, or 1-2 teaspoons dried dill
- 1 tablespoon apple cider vinegar or fresh lemon juice or a combination of both
- Salt and freshly ground black pepper to taste

STEP 1

Wash and slice the cucumber. If it's not organic, peel it. If it is, leave the skin on or peel off stripes for a zebra look.

STEP 2

Toss the cucumber with the remaining ingredients in a small bowl. Taste and adjust the seasoning.

VARIATIONS

You can add a quarter teaspoon of sugar or agave to this recipe if you prefer your salad sweet. For a busier salad, add a 1/2 cup of kalamata olives, 1-2 quartered Roma tomatoes, or a combination of both.

DINNER RECIPES

VEGETABLE STEW



A hearty stew like this one makes a deeply satisfying and nutritious meal. We like to keep our vegetables chunky and al dente. If you prefer meat stew, add 1 pound of beef or lamb to this recipe.

MAKES: 4 servings

TIME: Less than 1 hour

- 2 tablespoons olive oil
- 1 large onion, roughly chopped
- 1 large carrot, roughly chopped
- 1 large celery stalk, roughly chopped
- 1 large parsnip, roughly chopped
- 1 small turnip, roughly chopped
- 4-5 cups of water or stock
- 8-10 cloves of garlic, smashed
- 2 cups of mixed greens (arugula, kale, chard), chopped
- 1/2 cup of fresh parsley, chopped, plus more for garnish
- 1 15-oz can garbanzo beans (optional)
- 2 teaspoons thyme
- 1 teaspoon rosemary
- Salt and freshly ground black pepper

STEP 1

Heat the olive oil in a large thick-bottomed saucepan on medium high. When the oil is hot, add the onion. Cook until just softened, about 4 minutes. Then add the carrot, celery, parsnip, and turnip and sauté, stirring constantly, for 2 more minutes until fragrant. Season liberally with salt and pepper.

STEP 2

Add 4 cups of water or stock, bring to a boil, then turn down the heat. Simmer for 20-25 minutes.

STEP 3

Add the remaining ingredients, turn the heat to medium-high, and bring back to a boil. Add more water if you need it. Then turn down the heat, cover, and simmer for 15- 20 minutes more, stirring once or twice, until the vegetables are just tender. Do not overcook.

STEP 4

Taste and adjust the seasonings. Serve garnished with fresh parsley.



HEARTY LENTIL SOUP

High in fiber, low in calories, lentils are a great source of magnesium and folate (a B vitamin essential for healthy cell growth and function). You can cook lentils countless ways. Here's Jennifer's husband's favorite: a rich, tomato-y Italian-style lentil soup that's loaded with vegetables. This soup is forgiving—try substituting whatever wilted veggies you have in the fridge.

MAKES: 8 servings

TIME: 1 hour, largely unattended

- 4 tablespoons olive oil
- 1 large onion, chopped
- 1 large carrot, chopped
- 1 celery stalk, chopped
- 3-5 cloves garlic, smashed
- 24 oz strained tomatoes
- 3 cups of chopped greens (Italian kale, spinach, or other dark greens)
- 1 1/2 cups green LePuy French lentils, or brown lentils
- 2 teaspoons oregano
- 2 teaspoons basil
- 1 teaspoon sage
- 1 teaspoon rosemary
- Any/all of the following: splash of olive brine, tablespoon of minced lemon or half a lemon sliced, half a cup of sliced mushrooms, or 3 tablespoons of bacon.
- 2 quarts water or stock, heated
- Optional: diced potatoes or a handful of rice

STEP 1

Coat bottom of large soup kettle or pressure cooker with the olive oil, turn heat to medium, and add onions and garlic. Sauté the onions and garlic until they start to soften and become translucent but before they brown (about 5 to 7 minutes), add the remaining vegetables and the dry lentils.

STEP 2

Sauté the lentils and vegetables for 3 more minutes. Stir in the jar of tomatoes and cook for 3 minutes more.

STEP 3

Add the water or stock and salt and freshly ground black pepper to taste.

STEP 4

Simmer the soup, covered, for 45 minutes or pressure cook for 15. The soup is ready when the lentils are soft. Taste and adjust the seasonings. Serve with a dollop of plain yogurt. This soup freezes well.



MASHED POTATOES

This is a decidedly decadent, delicious, high-fat recipe that works best when you use a food processor. You can make it with all milk, of course, but the buttermilk or yogurt gives these mashed potatoes a tangy flavor. There is no need to peel the potatoes, as the skins are edible and a great source of fiber and a good source of potassium and iron. You can pack more nutrition into this recipe by adding a cup of spinach (green mashed potatoes) or some garlic, (garlic mashed potatoes) or both.

MAKES: 4 servings

TIME: 45 minutes

- 2 pounds Russet or Yukon potatoes, washed and quartered
- 1/2 cup of milk (goat, cow, almond, hemp, rice or a combination. If you use non-dairy milk be sure it is unsweetened)
- 1/2 cup of buttermilk or whole plain yogurt
- 1/2 stick of butter (4 tablespoons) or olive oil
- Salt and freshly ground black pepper
- 1/2 cup fresh parsley, chopped

STEP 1

Boil the potatoes for 15 minutes or until tender. They're ready when the skins start to separate and a knife slices through them with no resistance. Drain them but do not rinse.

STEP 2

Put the piping hot potatoes, butter, and milk in a food processor with an S-shaped blade. Pulse until mashed, adding more liquid if needed. Stir in the parsley, salt and pepper and serve immediately. If you don't own a food processor, put the potatoes back in the pot you cooked them in and mash them with a potato masher.



BAKED POTATOES

While sweet potatoes are usually considered the healthier option, potatoes are a popular, inexpensive gluten-free food, high in vitamin B-6, vitamin C, potassium, and other nutrients. Get out of the habit of eating fries and into the habit of baking or mashing your own potatoes. You can experiment with different varieties and see which you like the best. If you've never baked a potato before, here's how.

MAKES: 4 servings
TIME: 1 hour

- 4 large baking potatoes

STEP 1

Heat oven to 425° F. While the oven is pre-heating, wash the potatoes well. Use a fork to poke holes in them.

STEP 2

Place the potatoes on an ungreased baking sheet and bake for about 1 hour. Cut lengthwise and serve. You can top these baked potatoes with anything you like. We like them with a pat of butter or drizzle of olive oil, salt and freshly ground black pepper, and a dollop of whole plain yogurt. Be sure to eat the skins!

FRUIT SALAD

A colorful and satisfying dessert, there is no need to add any sweetener to fruit salad. Use fruits that are ripe, organic, and in season. If you're in a rush, frozen fruits also work well in fruit salad.

MAKES: 4 servings
TIME: 20 minutes

- 1 pint strawberries, halved
- 1 pint blueberries
- 1 pint raspberries
- 1 pint blackberries
- 1/2 melon, cut into chunks
- 1/2 pineapple, peeled and cut into chunks
- 1 large apple, cut into chunks
- Juice and zest of 1 large lemon
- 1/2 cup of shredded coconut or coconut flakes (optional)

Combine all the ingredients except the lemon juice and coconut in a medium bowl and mix. Gently stir in the lemon juice and zest. Top with optional coconut.

DAY FIVE

- BREAKFAST** Plain whole-fat organic yogurt with fresh mango, banana, and chia seeds, sprinkled with old-fashioned rolled oats
- LUNCH** A hearty salad
- SNACK** A handful of mixed nuts and dates
- DINNER** Chicken or tofu Provençal, roasted Brussels sprouts, side salad

LUNCH RECIPES

STRAWBERRY COBB SALAD

On the menu for lunch today is a hearty salad of your choosing. Greek salad is one of our favorites, or you could put on your black beret and make a *salade niçoise*. The key to keeping your salad healthy is not to drown it in store-bought GMO-and-additive-laden salad dressing. Make your own dressing (recipe below)—we think basil-orange goes nicely with strawberries—or simply use oil and vinegar. Here's a brightly colored and flavored strawberry cobb salad we know you'll love.

FOR THE SALAD:

- 1 head of romaine lettuce, shredded
- 1/2 cup of sprouts
- 1/2 cup purple cabbage
- 1 apple cut in half and then sliced
- 1 red pepper sliced
- 12 strawberries sliced
- 1/2 red onion, sliced
- 1/2 cucumber, sliced
- 1 hard-boiled egg, quartered
- 8 ounces of cooked chicken or tofu (tofu can be eaten raw)

STEP 1

Prepare the ingredients.

STEP 2

Divide the ingredients in quarters and arrange nicely on four plates.

FOR THE BASIL-ORANGE DRESSING:

- 6 tablespoons of olive or avocado oil
- 1 tablespoon apple cider vinegar
- 3 tablespoons fresh orange juice (which is about the juice of 1/2 orange)
- 1 small clove garlic, minced
- 10 large basil leaves, minced, plus 1/2 teaspoon dried basil
- Salt and freshly ground black pepper to taste

STEP 1

Combine all the ingredients in a small mason jar.

STEP 2

Shake vigorously. Taste and adjust the seasonings. If you like more dressing, make a double recipe.

DINNER RECIPES

ROASTED BRUSSELS SPROUTS

If you don't like Brussels sprouts, chances are you've never had them cooked right. Mushy, they're not tasty. But roasted and seasoned correctly, they're absolutely delicious.

MAKES: 4 servings

TIME: 45 minutes

- 1 pound Brussels sprouts
- 1/2 onion, sliced
- 2 cloves garlic, minced
- 3 tablespoons olive or coconut oil
- Salt and freshly ground black pepper
- Juice of one lemon

STEP 1

Preheat the oven to 425° F. While the oven is heating, toss the Brussels sprouts, onion and garlic with the olive oil, salt and pepper.

STEP 2

Bake the sprouts on a lightly greased baking tray. Roast for 35 minutes, shaking the pan to turn the sprouts once or twice. Sprouts are done when the outsides are nicely (but not evenly) brown.

STEP 3

Season with the lemon juice and serve hot or at room temperature.



CHICKEN OR TOFU PROVENÇAL

A go-to favorite in Jennifer's house. It's easy, fast, and delicious. If you need some carbs, pair with potatoes, rice, or your favorite pasta.

MAKES: 4 servings

TIME: 30 minutes

- 2 tablespoons olive oil
- 4 chicken breasts (or whatever parts are on sale, about 4 ounces per person or a total of one pound of meat) or 1 package of extra firm tofu, cut in cubes
- 1/2 large onion, chopped
- 5 cloves of garlic, minced
- 3 medium tomatoes, roughly chopped
- 1/2 cup kalamata olives
- 1 teaspoon anchovy paste
- 2 generous tablespoons of capers
- 2 tablespoon fresh basil, chopped or 1 tablespoon dried
- 2 tablespoons parsley
- Zest and juice of 1 large lemon
- Salt and freshly ground black pepper
- 1 teaspoon herbs de Provence, or more to taste

STEP 1

Heat the oil in a large sauté pan. Once the oil is hot, add the chicken or tofu and brown on all sides. Add the onion and sauté for two more minutes.

STEP 2

Add the garlic and tomatoes and cook until the tomatoes soften, about 5 minutes more. Add all the other ingredients except the capers, herbs, and lemon juice, and 1/2 cup of liquid (use water, stock, olive brine or a combination of all three).

STEP 3

Cover and simmer until the chicken is cooked through, about 20 minutes. If using tofu, this step will take only 10 minutes.

STEP 4

Turn off the heat, add the capers, fresh herbs, and lemon juice and zest, more salt and pepper if necessary. Taste and adjust the seasonings.

DAY SIX

BREAKFAST Scrambled eggs with vegetables and whole-grain or gluten-free toast, forkful of sauerkraut

LUNCH Leftover chicken or tofu Provençal

SNACK Carrot sticks and apple slices with lemon

DINNER Vegetarian chili, cornbread, salad

DINNER RECIPES



CORNBREAD

Our healthier version of an American classic.

MAKES: 6 servings

TIME: Less than 1 hour

- 1 egg
- 1 tablespoon honey or agave
- 1 1/4 cups buttermilk, plus 2 tablespoons of milk
- 2 tablespoons olive oil or melted butter
- 1 1/2 cups cornmeal
- 1/2 cup whole wheat or spelt flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 scant teaspoon salt

STEP 1

Preheat the oven to 375° F. Grease an 8-inch square baking dish.

STEP 2

Beat egg with the honey or agave, add the other wet ingredients and combine well in a large bowl.

STEP 3

In another bowl, combine the dry ingredients. Add the dry ingredients to the liquid and stir until just combined. The batter will be thick. Pour into the baking dish. Use a rubber spatula to scrape the bowl.

STEP 4

Bake for 30 minutes until a knife inserted into the center of the bread comes out clean. Best if eaten hot and fresh from the oven.



VEGETARIAN CHILI

Chili is another easy, affordable dish to make from scratch that makes the whole house smell delicious. This version is boldly flavored (halve the spices if you prefer blander food.) Don't be afraid to add extra vegetables—anything wilting in your fridge is fair game. Serve with cornbread (recipe below) and you've got a filling and nutritious meal.

MAKES: 6-8 servings

TIME: 40 minutes

- 2 tablespoons of olive oil, coconut oil, or avocado oil
- 1 large yellow or red onion, chopped
- 1 medium red bell pepper, chopped
- 1 celery stalk, chopped
- 2 cups baby kale
- 5 cloves garlic, smashed
- 1 tablespoon ground cumin
- 1 tablespoon ground coriander
- 1 tablespoon ground turmeric
- 2 teaspoons chili powder
- 1 teaspoon sea salt, plus more as needed
- Freshly ground black pepper
- Shake of red chili pepper or to taste
- 4 large tomatoes, chopped
- 2 15-ounce cans black beans, rinsed and drained
- 2 15-ounce cans pinto beans, rinsed and drained
- 2 cups water or broth, plus more as needed
- 1 cup puréed tomatoes
- 1/2 cup fresh parsley or cilantro, chopped, plus more for garnish
- 2 tablespoons olive brine or apple cider vinegar

STEP 1

Heat the olive oil in a large pot with heavy-bottom over medium-high heat. Add the onion and sauté for 2 minutes. Then add the bell pepper and celery. Cook until the vegetables soften, about 7 minutes. Add the kale, garlic, spices, and fresh tomatoes and cook two more minutes, stirring constantly.

STEP 2

Add the beans, water, and tomato purée, bring to a boil. Turn down the heat and simmer, uncovered, for 20 or 25 minutes, stirring occasionally. You may need to add more liquid. When the chili looks just about done, stir in the parsley and vinegar and cook a minute longer. Taste and adjust the seasonings. Serve garnished with parsley and a dollop of plain whole milk yogurt.

VARIATION

If you're a meat eater, brown 1/2 a pound of ground beef along with the onions in Step 1. You may need more liquid as the chili cooks.

DAY SEVEN



- BREAKFAST** Turkey sausages or ground turkey sautéed with garlic and vegetables, green smoothie
- LUNCH** Cheese melt with tomatoes, garlic, and spinach; leftover salad or a plate of sliced vegetables like cucumbers, carrots, broccoli, and red cabbage
- SNACK** Fresh or frozen blueberries, goji berries, and cashews
- DINNER** Meatloaf (packed with vegetables), roasted or steamed asparagus, forkful of sauerkraut or fermented veggies, fresh fruit

BREAKFAST RECIPES

EXPLODED TURKEY OR CHICKEN SAUSAGE

We find that a high protein breakfast leaves us feeling energetic all day. But we don't like how store-bought sausages are often highly processed and made with low-quality meat. While it's not hard to make your own breakfast patties, it gets your hands all dirty and it's time consuming. This recipe for "exploded sausages" is quick, easy, and delicious. Try it and see what you think.

MAKES: 4 servings

TIME: 15 minutes

- 2 tablespoons olive or coconut oil
- 1 pound ground turkey or chicken
- 1/4 cup of scallions or chives, chopped
- 3-5 cloves of garlic, smashed
- 1 teaspoon oregano
- 1/2 teaspoon red pepper flakes (optional)
- Salt and freshly ground black pepper to taste
- 1/4 cup of water or as needed

STEP 1

Heat the oil in a skillet on medium high.

STEP 2

Add the meat, sauté on all sides until it begins to brown. Then add the scallion, garlic, and spices. Cook two minutes more, until the garlic becomes aromatic and the scallions soften.

STEP 3

Add the water, cover, and cook for another 3 minutes until the meat thoroughly cooked.

Enjoy plain, piled onto a rice cake or toast.



LUNCH RECIPES

CHEESE MELT WITH TOMATOES, GARLIC, AND SPINACH

MAKES: 1 serving
TIME: 10 minutes

- 2 slices organic whole grain bread
- Your favorite melting cheese (Gruyère works well, here, as does mozzarella, cheddar, or Fontina)
- Handful of spinach, well washed, chopped, and patted dry
- Tomato slices
- Scant teaspoon garlic, minced
- Salt and freshly ground black pepper to taste

STEP 1
Lightly toast the bread

STEP 2
Pile equal amounts of cheese, spinach, and tomato (in that order) on top of each slice. Top with garlic and sprinkle of salt and pepper. Toast until the cheese is melted. You can put the two slices together and enjoy it as a sandwich or channel your inner European and eat each melt with a knife and fork.



DINNER RECIPES

ROASTED ASPARAGUS

We think the key to roasted asparagus is the lemon and lemon zest. But the truth is that fresh asparagus in season, especially when it's locally grown—and as long as you don't over cook it—is always delicious. Fun fact: some people have very strong smelling urine after eating asparagus. This is because they have an enzyme that breaks down the mercaptan into very pungent parts. Stinky but nothing to worry about!

MAKES: 4 servings
TIME: 25 minutes

- 2 pounds asparagus (if they are thick, trim off the white parts at the bottom)
- 2 tablespoons olive or coconut oil
- Zest and juice of 1 large lemon
- 1 large lemon cut into wedges
- Salt and freshly ground black pepper to taste

STEP 1

Preheat the oven to 425° F.

STEP 2

Put the asparagus on a baking sheet or roasting pan, drizzle with the oil. Place the pan on the top oven rack. While the asparagus cooks, zest the lemon. Shake the pan or turn the asparagus with a spatula after five minutes or so. Depending on your oven, your asparagus will be done in 10-15 minutes. You can broil asparagus faster, but be careful not to burn it.

STEP 3

The asparagus is cooked when it is bright green. It's more flavorful al dente so try not to overcook it. Sprinkle with the lemon zest and lemon juice and serve piping hot.

STEAMED ASPARAGUS

The trick to steaming asparagus is to cook it standing up.

MAKES: 4 servings
TIME: 15 minutes

- 2 pounds asparagus
- zest and juice of one lemon
- salt and freshly ground black pepper to taste

STEP 1

Tie the asparagus in a bundle with a piece of kitchen twine or any natural cotton or hemp string. Then stand the bundle up in a large pot with a tight-fitting lid with an inch of water in the bottom.

STEP 2

Cover and cook on medium-high for 5 to 10 minutes or until done. Sprinkle with the lemon zest and juice, salt, and pepper.

A top-down view of a wooden surface with various fresh ingredients: a whole onion, a small bowl of mixed peppercorns, fresh parsley, a slice of purple cabbage, and a slice of meatloaf topped with tomato sauce and herbs.

MMM... MEATLOAF

You've probably figured out by now that our recipes are loaded with veggies. This one is no exception. Meatloaf is a great way to get some extra helpings of vegetables in. Use a food processor to grate the vegetables more quickly. If you've got small children who love to eat food on toothpicks, you can make this recipe into meatballs. They'll be ready in half the time.

MAKES: 6 to 8 servings

TIME: 1 1/2 hours, largely unattended

- 2 pounds free-range, grass-fed, grass-finished ground beef (or use a combination of ground beef, pork, lamb, chicken or turkey)
- 2 eggs, beaten
- 1/4 cup fresh parsley, chopped
- 1/4 cup red onion, grated
- 1 medium carrot, grated
- 1 small parsnip, grated
- 1 tablespoon garlic, minced
- 1 tablespoon chives or shallot, minced
- 1 cup (packed) greens, chopped
- 1/4 cup bread, finely chopped (or 1/4 cup of bread crumbs)
- 1/4 cup milk
- 1/4 cup Parmesan cheese, grated (optional)
- Salt and freshly ground black pepper to taste

STEP 1

Preheat the oven to 350° F. Grease a loaf pan or baking sheet.

STEP 2

Mix together all the ingredients in a large bowl. You can do this with your hands or a wooden spoon. Make sure everything is well blended.

STEP 3

Shape the meat into a nice big rounded loaf with a flat bottom.

STEP 4

Bake for about one hour. Baste twice as the meat cooks. It's ready when the top is nicely browned and the meat is cooked all the way through. Delicious served with tomato sauce or ketchup.

VARIATION

Wrap bacon slices around the meatloaf before you cook it. Other grated vegetables you can add to this loaf: purple cabbage, green cabbage, celery, red pepper, fresh basil, sundried tomatoes.

A FEW MORE SUGGESTIONS FOR NEW COOKS:



CLEAN UP AS YOU GO:

Use the time you are waiting for food to cook to get a start on tidying up the kitchen. Sponge the counters, put away anything you're not using, clean the pots. This will give you more time to relax after you eat.

DON'T BE AFRAID TO MAKE A RECIPE YOURS:

Substitute your favorite spices for the ones we suggest, have fun experimenting using different ingredients. If you don't care for asparagus, try roasting carrots. The idea is not to follow someone else's rules but to create your go-to recipes that inspire you to cook.

KEEP IT SIMPLE:

It doesn't have to be complicated to be nutritious, wholesome, and satisfying. Some people are afraid to cook because they think you have to be a culinary genius. Try colorful fruits and vegetables and arranging them like a rainbow and voilà you have a delicious, easy, eye-catching snack.

For Vegetarian Options Visit:

21daykickstart.org

Forksoverknives.com

Straightupfood.com

Nutritionfacts.org