



# ANTI-INFLAMMATORY EATING GUIDE

## MACRONUTRIENTS THAT FIGHT INFLAMMATION

### FATS:

#### Eat More of These: Unsaturated Fats

- Monounsaturated: Olive oil, avocados, almonds, pecans, pumpkin seeds
- Omega-3 (polyunsaturated): Wild salmon, sardines, chia seeds, flaxseeds, walnuts

#### Eat Less of These: Saturated Fats

- Found in dairy and meat.
- Coconut oil is a plant-based option to enjoy in moderation.

#### Avoid These: Trans Fats

- Found in fried and packaged foods.
- Look for “partially hydrogenated oils” on labels.

### CARBOHYDRATES:

#### Carbohydrates to Include in Your Diet:

- Vegetables (especially non-starchy): Broccoli, kale, spinach, cauliflower
- Fruits (moderate portions): Berries, apples, citrus
- Whole Grains: Quinoa, wild rice, oats
- Legumes: Lentils, black beans, chickpeas
- Other High-Fiber Foods: Flaxseeds, chia seeds, sweet potatoes, avocado

### PROTEINS:

Daily Protein Goal: roughly 20-30g per meal

#### Best Protein Sources:

- Animal-Based: Poultry, eggs, wild-caught fish. Limit red meat and dairy.
- Plant-Based: Lentils, quinoa, hemp seeds, tofu, tempeh, pea protein powder
- High-Protein Veggies: Leafy greens, bok choy, asparagus, broccoli

#### Proteins to Avoid:

- Processed meats and factory-farmed meats

## HELPFUL SUPPLEMENTS

### Omega-3 Fatty Acid (Fish Oil)

- Supports brain health, joint comfort, and reduces systemic inflammation.

### Vitamin D3 +K2

- Vital for bones, immunity and inflammation control
- Vitamin K2 works with D3 to improve calcium absorption and protect the heart


### Probiotics and Prebiotics

- Improve gut health, nutrient absorption, and inflammation regulation.
- Foods that help
  - Yogurt + Berries + Flaxseeds
  - Sauerkraut + Cooked & Cooled Veggies
  - Kefir + Banana + Oats
  - Miso Soup + Garlic & Onions


# THE NEW AMERICAN PLATE SHOPPING GUIDE

Use this guide to help you shop for healthy foods to put on your plate every day. The New American Plate is an easy model for meals to help lower your cancer risk: 2/3 (or more) plant-based foods and 1/3 (or less) animal foods.


**FRUIT: FRESH, FROZEN OR CANNED** – Choose fruit canned in 100% fruit juice or water. (outer aisle, freezer section, canned fruit aisle)

- Apples
  - Apricots
  - Bananas
  - Berries (blueberries, raspberries, strawberries)
  - Cherries
  - Citrus (grapefruits, lemons, limes, oranges, tangerines)
  - Grapes
  - Kiwifruit
  - Melon (cantaloupe, honeydew, etc.)
  - Nectarines
  - Peaches
  - Pears
  - Plums
  - Tropical fruit (mango, papaya, pineapple, starfruit, etc.)
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**VEGETABLE: FRESH, FROZEN, OR CANNED** – Choose vegetables canned in water or low sodium. (outer aisle, freezer section, canned vegetable aisle)

- Asparagus
  - Beets
  - Broccoli
  - Brussels sprouts
  - Cabbage (bok choy, green, Napa, etc.)
  - Carrots
  - Cauliflower
  - Celery
  - Corn
  - Cucumber
  - Eggplant
  - Fresh herbs (cilantro, dill, parsley, etc.)
  - Garlic
  - Green beans
  - Greens, leafy (chard, collards, kale, lettuce, spinach, watercress, etc.)
  - Mushrooms
  - Okra
  - Onions
  - Peas (green, snap, snow)
  - Peppers (bell, hot)
  - Potatoes (sweet or white)
  - Summer squash (yellow, zucchini)
  - Tofu
  - Tomatoes
  - Turnips
  - Winter squash (acorn, butternut, pumpkin, etc.)
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**PANTRY ITEMS** (center aisles)

- Beans, canned (reduced-sodium or no-salt-added)
  - Beans, dried
  - Peanut butter or other nut butters
  - Soup and broth (low-sodium and reduced fat)
  - Tempeh soy crumbles (freezer section)
  - Tomato products, canned (reduced-sodium or no-salt-added)
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**DAIRY** (outer aisles)

- Cheese (reduced fat)
  - Cottage cheese
  - Margarine, tub, soft
  - Milk (reduced fat)
  - Yogurt (reduced fat)
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**WHOLE GRAINS** – Look for 100% whole grain most often (center aisles, freezer or bakery section)

- Bagels, mini
- Barley
- Bread/rolls/pita
- Bulgur
- Cereal
- Couscous
- Crackers
- English muffins
- Millet
- Oatmeal
- Pasta
- Quinoa
- Rice (brown)
- Shredded wheat
- Tortillas (reduced fat)
- Whole-wheat flour

**ANIMAL PROTEIN** – Limit red meat (beef, lamb, pork) to 12-18 oz. cooked per week; avoid processed meats like ham, bacon and hot dogs. (center aisles)

- Beef, lean
- Eggs
- Fish (fresh, frozen)
- Lamb, lean
- Pork, lean
- Poultry
- Salmon (canned in water)
- Tuna (canned in water)
- Turkey breast, ground

**SMALL BITES** (center aisles and freezer section)

- All-fruit frozen Popsicles
  - Dried fruit with no added sugar (apples, apricots, cranberries, dates, raisins, etc.)
  - Frozen sorbet
  - Frozen yogurt (reduced fat)
  - Nuts
  - Popcorn, air popped
  - Pudding (reduced fat)
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**CONDIMENTS** (center aisles)

- Jam/jelly, all fruit
- Ketchup
- Mayonnaise (reduced fat)
- Mustard
- Oil
- Salad dressing (reduced fat)
- Salsa
- Vinegar

**BAKING INGREDIENTS** (center aisles)

Baking powder, baking soda, cocoa, cornstarch, extracts, salt, sugar, etc.

# Food Plan: A Week of Meals & Snacks

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• Fresh Spinach Quiche Cups*</li> <li>• Orange</li> </ul>	<ul style="list-style-type: none"> <li>• Chocolate Mint Spinach Smoothie*</li> </ul>	<ul style="list-style-type: none"> <li>• Chia Pomegranate Oatmeal*</li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable Egg Scramble*</li> <li>• Blueberries</li> </ul>	<ul style="list-style-type: none"> <li>• Strawberry Peach Kale Smoothie*</li> </ul>	<ul style="list-style-type: none"> <li>• Egg White Vegetable Frittata*</li> <li>• Cantaloupe</li> </ul>	<ul style="list-style-type: none"> <li>• Protein Pancakes*</li> <li>• Blueberries pureed</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• Greek Yogurt</li> <li>• Blackberries</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh Yellow Pear</li> <li>• Hummus</li> </ul>	<ul style="list-style-type: none"> <li>• Marinated Olives*</li> </ul>	<ul style="list-style-type: none"> <li>• Kefir</li> </ul>	<ul style="list-style-type: none"> <li>• Purple Plum</li> <li>• Mixed Nuts</li> </ul>	<ul style="list-style-type: none"> <li>• Celery</li> <li>• Almond Butter</li> </ul>	<ul style="list-style-type: none"> <li>• Dark Chocolate, 70% or higher Cocoa</li> <li>• Pistachio Nuts</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• Chicken Pomegranate Quinoa Salad*</li> <li>• Sugar-Snap Peas, Carrots, and Yellow Pepper Strips</li> </ul>	<ul style="list-style-type: none"> <li>• LO Ten Vegetable Soup with Tempeh*</li> <li>• Savory Seed Crackers*</li> </ul>	<ul style="list-style-type: none"> <li>• Thai Barley and Veggie Stir-Fry with Edamame*</li> <li>• Mixed Greens</li> <li>• Olive Oil Cabernet Vinaigrette*</li> </ul>	<ul style="list-style-type: none"> <li>• LO Thai Barley and Veggie Stir-Fry with Edamame*</li> <li>• Mixed Greens</li> <li>• Olive Oil Cabernet Vinaigrette*</li> </ul>	<ul style="list-style-type: none"> <li>• Black Soy Bean Cocoa Soup with Lime Zest*</li> <li>• Orange and Yellow Pepper Strips, Celery Sticks with LO Guacamole*</li> </ul>	<ul style="list-style-type: none"> <li>• LO Black Soy Bean Cocoa Soup with Lime Zest*</li> <li>• Orange and Yellow Pepper Strips, Celery Sticks with LO Guacamole*</li> </ul>	<ul style="list-style-type: none"> <li>• Greek Lentil Stew*</li> <li>• Marinated Vegetables*</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• Almonds</li> <li>• Dark Chocolate; 70% or higher Cocoa</li> </ul>	<ul style="list-style-type: none"> <li>• Avocado, (sliced/ chopped) with Cumin, Salt and Pepper, Lemon Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Flax Muffin in a Cup*</li> <li>• Hot Green Tea</li> </ul>	<ul style="list-style-type: none"> <li>• Orange and Yellow Pepper Strips, Celery Sticks</li> <li>• Guacamole*</li> </ul>	<ul style="list-style-type: none"> <li>• Marinated Olives*</li> </ul>	<ul style="list-style-type: none"> <li>• Balsamic Roasted Beets*</li> <li>• Pumpkin Seeds</li> </ul>	<ul style="list-style-type: none"> <li>• Sliced Zucchini</li> <li>• Sweet Potato Hummus*</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>• Ten Vegetable Soup with Tempeh*</li> <li>• Savory Seed Crackers*</li> </ul>	<ul style="list-style-type: none"> <li>• Sautéed Chicken and Kiwi*</li> <li>• Cilantro Lime Cauliflower Rice*</li> <li>• Mixed Greens</li> <li>• Olive Oil Cabernet Vinaigrette*</li> </ul>	<ul style="list-style-type: none"> <li>• Poached Fish with Fire-Roasted Tomato Sauce*</li> <li>• Steamed Kale</li> <li>• Purple Cabbage Salad*</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled Flank Steak*</li> <li>• Roasted Root Vegetable Salad*</li> <li>• Fruity Spinach Salad*</li> </ul>	<ul style="list-style-type: none"> <li>• Salmon Pecan Cakes*</li> <li>• Roasted Beets with Greens*</li> <li>• Roasted Brussels Sprouts*</li> </ul>	<ul style="list-style-type: none"> <li>• Coconut Chicken with Purple Rice*</li> <li>• Steamed Broccoli</li> <li>• Kale Salad*</li> <li>• Raspberry Peach Fruit Fluff*</li> </ul>	<ul style="list-style-type: none"> <li>• Asian Turkey Cabbage Boats*</li> <li>• Fresh Berries with Coconut Mango Cream*</li> </ul>

\*Recipe on back table      Leftover – LO

# Asian Turkey Cabbage Boats

Makes 6 servings (1 serving  $\approx$   $\frac{3}{4}$ –1 cup)

## Nutrition

(per serving):

Calories: 229

Fat: 8 g

Saturated Fat: 3 g

Cholesterol: 40 mg

Sodium: 344 mg

Carbohydrate: 19 g

Fiber: 5 g

Protein: 22 g

## Food Categories

(per serving):

Proteins: 2

Nuts & seeds: 0.5

Non-Starchy Vegetables:  
3.5

- 3 tablespoons fresh lime juice
- 1 tablespoon cornstarch
- $\frac{1}{4}$  cup coconut aminos
- 1 teaspoon sesame oil
- 1 tablespoon coconut oil
- 1 pound ground turkey breast
- 1 tablespoon grated fresh ginger root
- 2 cloves fresh garlic, minced
- 1 cup ( $\approx$  1 bunch) thinly sliced green onions
- 1 small jalapeño pepper, finely chopped (optional)
- $\frac{1}{2}$  to 1 cup sliced red bell pepper (1-inch strips)
- 1 package shredded carrots ( $\approx$  2 cups)
- 1 package broccoli slaw ( $\approx$  2 cups)
- 1 tablespoon chopped fresh mint
- 2 tablespoons chopped fresh cilantro
- 6 Chinese cabbage leaves, lightly steamed for 1–2 minutes
- $\frac{1}{4}$  cup chopped almonds, roasted

## Directions

1. In a small bowl, mix together fresh lime juice, cornstarch, coconut aminos, and sesame oil, and set aside.
2. In a large skillet or wok, heat coconut oil over medium-high heat. Add ground turkey breast, ginger, and garlic, and cook. Stir often until turkey is browned and cooked through, about 6–8 minutes.
3. Add green onions, jalapeño, bell peppers, shredded carrots, and broccoli slaw, and stir-fry until vegetables are crisp, but tender.
4. Add the lime juice-cornstarch mixture to the meat and vegetables. Mix thoroughly, and turn down heat to low setting. Fold in chopped mint and cilantro.
5. Arrange steamed Chinese cabbage leaves on a serving platter. Spoon about  $\frac{3}{4}$ –1 cup of mixture onto each leaf. Top with chopped almonds

**Tips:** As an alternative to the steamed Chinese cabbage, use butter or green leaf lettuce for lettuce wraps when serving this vegetable rich dish. There is no need to steam if using lettuce leaves so saves a step in the preparation.

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# Balsamic Roasted Beets

*Makes 2 servings*

## *Nutrition*

*(per serving):*

**Calories: 77**

**Fat: 0 g**

**Saturated Fat: 0 g**

**Cholesterol: 0 mg**

**Sodium: 264 mg**

**Carbohydrate: 18 g**

**Fiber: 3 g**

**Protein: 3 g**

## *Food Categories*

*(per serving):*

**Starchy Vegetables: 1**

- 1 bunch trimmed beets (about 4 beets)
- 1 tablespoon balsamic vinegar
- 2 pinches sea salt
- 2 pinches black pepper

## *Directions:*

1. Preheat oven to 400° F.
2. Gently scrub beets, and pat dry. Wrap in foil, and roast until tender (about 1 hour). Let cool, then peel and dice.
3. Place beets in a medium bowl, toss with balsamic vinegar, sea salt and pepper, and serve.

# Black Soy Bean Cocoa Soup with Lime Zest

Makes 4 servings

## Nutrition

(per serving):

Calories: 181

Fat: 8 g

Saturated Fat: 1 g

Cholesterol: 4 mg

Sodium: 216 mg

Carbohydrate: 20 g

Fiber: 9 g

Protein: 10 g

## Food Categories

(per serving):

Legumes: 1

Fats & Oils: 1.5

Non-Starchy Vegetables: 1

- 1 tablespoon extra virgin olive oil
- 1 small red onion, chopped
- 3 cloves garlic, pressed
- 1 large carrot, chopped
- 1 stalk celery, chopped
- 3 cups low-sodium organic vegetable broth (or chicken broth)
- 2 tablespoons unsweetened cocoa powder
- 1 teaspoon cumin
- 1 cup canned black beans, drained and rinsed
- 1 cup canned black soy beans, drained and rinsed
- Grated zest of 1 lime
- 2–4 tablespoons fresh cilantro, chopped

## Directions

1. In a medium saucepan, heat olive oil over low heat. Add the onion and sauté until the onions are caramelized, for approximately 15 minutes.
2. Add the pressed garlic, carrots, and celery, and cook for 5 minutes longer.
3. Add the broth, cocoa powder, and cumin. Stir well, and simmer for 10 more minutes.
4. Stir in the black beans and black soy beans. Add lime zest. Cook for approximately 20 minutes longer, over low heat.
5. Serve warm, garnished with chopped cilantro.

**Tips:** This recipe is wonderful topped with sliced avocado or fresh guacamole but this added ingredient is not part of this nutritional analysis.

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# Chia Pomegranate Oatmeal

*Makes 2 servings*

## *Nutrition*

*(per serving):*

Calories: 230

Fat: 6 g

Saturated Fat: 1 g

Cholesterol: 1 mg

Sodium: 180 mg

Carbohydrate: 32 g

Fiber: 6 g

Protein: 14 g

## *Food Categories*

*(per serving):*

Proteins: 1

Nuts & Seeds: 0.5

Fruits: 0.5

Grains: 1.5

- 1½ cups water
- ⅔ cup rolled oats (old fashioned)
- 1 pinch sea salt
- ½ cup liquid egg whites
- ½ teaspoon cinnamon
- 2 teaspoons chia seeds
- ½ cup pomegranate seeds

## *Directions*

1. Put water in a small sauce pan, and bring to boil. Add in rolled oats and pinch of salt. Return to boil, and reduce heat to simmer for 5 minutes. Rolled oats should thicken as they cook.
2. When oats reach desired consistency, add liquid egg whites.
3. When ready to serve, stir in cinnamon, chia seeds and pomegranate seeds.

# Chicken Pomegranate Quinoa Salad

Makes 6 servings (1 serving ≈ 1–1½ cups)

## Nutrition (per serving):

Calories: 217

Fat: 7 g

Saturated Fat: 1 g

Cholesterol: 22 mg

Sodium: 279 mg

Carbohydrate: 27 g

Fiber: 4 g

Protein: 14 g

## Food Categories (per serving):

Proteins: 1.5

Non-Starchy Vegetables: 1

Fruits: 1

Grains: 0.5

- ¾ cup quinoa
- 1¾ cup water
- ¾ teaspoon sea salt, divided
- ½ Fuji apple, cored and finely chopped
- ½ cup pomegranate seeds (arils)
- ⅓ cup fresh cilantro, finely chopped
- ¼ cup fresh mint, finely chopped
- ¼ cup fresh flat-leaf parsley, finely chopped
- ⅓ cup fresh scallions, green and white parts, finely chopped
- ¼ cup toasted slivered almonds
- 8 ounces boneless skinless chicken breast, cooked, chopped or shredded
- 2 cups baby spinach
- ¼ cup blood orange juice (or regular orange juice plus 1 teaspoon lemon juice)
- ¼ teaspoon black pepper
- 2 teaspoons extra virgin olive oil

## Directions:

1. Rinse quinoa in strainer, drain well, and place moist grain in heavy, medium saucepan. Cook over medium-high heat, stirring constantly with wooden spatula until grains stick to bottom of pot and then start to move freely and smell toasty, about 5 minutes.
2. When grains of quinoa start to pop, move pot off heat and pour in 1¾ cups water, being cautious, as it will splatter. Immediately return pot to heat, and reduce heat to medium. Add ¼ teaspoon salt, cover and simmer for 15 minutes, or until quinoa is almost tender. Remove from heat and let sit covered, for about 10 minutes. Using fork, fluff quinoa, and transfer it to a medium to large mixing bowl.
3. After quinoa is at room temperature, add apple, pomegranate seeds, cilantro, mint, parsley, scallions, almonds, chicken, and fresh spinach. Mix.
4. In small bowl, whisk together orange juice (or the two citrus juices) with remaining ½ teaspoon salt until it dissolves. Add pepper, then whisk in oil. Pour dressing over salad and toss with fork to distribute it evenly. Serve within 2 hours.

**Tips:** The quinoa and dressing parts of this salad can be made up to 8 hours ahead, then covered and refrigerated separately and combined shortly before serving.



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# Chocolate Mint Spinach Smoothie

*Makes 2 servings*

## *Nutrition*

*(per serving):*

**Calories: 146**

**Fat: 5 g**

**Saturated Fat: 1 g**

**Cholesterol: 30 mg**

**Sodium: 278 mg**

**Carbohydrate: 9 g**

**Fiber: 4 g**

**Protein: 19 g**

## *Food Categories*

*(per serving):*

**Protein: 2**

**Non-Starchy Vegetables:**

**1.5**

- 2 cups unsweetened almond or coconut milk
- 2 scoops chocolate protein powder (whey or vegan varieties, like pea, rice, organic soy or hemp)
- 1 to 1½ cups ice
- 1 teaspoon peppermint extract (or more, to taste)
- 2 handfuls (about 2–4 cups) baby spinach

## *Directions*

1. Put almond milk in a Vitamix or powerful blender.
2. Add protein powder, ice, and peppermint extract.
3. Add the baby spinach on top and start blender on low speed, and gradually work up to high speed for approximately 1 minute until smooth and well-blended.
4. Add more or less ice to desired consistency.

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# Cilantro Lime Cauliflower Rice

Makes 6 servings (1 serving ≈ ½ cup)

## Nutrition

(per serving):

Calories: 49

Fat: 2 g

Saturated Fat: 0 g

Cholesterol: 0 mg

Sodium: 109 mg

Carbohydrate: 6 g

Fiber: 3 g

Protein: 2 g

## Food Categories

(per serving):

Fats & Oils: 0.5

Non-Starchy Vegetables: 1

- 1 head cauliflower (≈ 24 ounces or 6 cups chopped)
- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic
- 2 scallions, diced
- ¼ teaspoon sea salt
- ¼ teaspoon pepper
- 3 tablespoons fresh lime juice (juice of 1½ limes)
- ¼ cup fresh chopped cilantro

## Directions

1. Rinse cauliflower, and pat dry. Chop into florets, and grate in food processor. If you don't have a food processor, leave cauliflower whole, and grate with box grater. The cauliflower should resemble the size of rice or couscous.
2. Heat a large pan on medium heat, and add olive oil, garlic, and scallions. Sauté 3–4 minutes.
3. Increase heat to medium-high, and add cauliflower. Sauté for 5–6 minutes; remove from heat and transfer to a large bowl (before cauliflower gets mushy).
4. Toss with sea salt, pepper, lime juice, and cilantro.

# Coconut Chicken with Purple Rice

Makes 6 servings (1 serving  $\approx$   $\frac{1}{3}$  cup rice and  $\frac{3}{4}$  cup chicken mixture)

## Nutrition (per serving):

Calories: 278

Fat: 9 g

Saturated Fat: 7 g

Cholesterol: 44 mg

Sodium: 217 mg

Carbohydrate: 28 g

Fiber: 2 g

Protein: 21 g

## Food Categories (per serving):

Proteins: 2

Fats & Oils: 0.5

Non-Starchy Vegetables: 3

Grains: 1

- 1½ cups water
- $\frac{3}{4}$  cup purple rice
- $\frac{1}{2}$  teaspoon sea salt
- 2 tablespoons coconut oil
- $\frac{1}{2}$  cup chopped onion
- 2 cloves garlic, minced
- 1 can (14 ounces) diced tomatoes, no salt added
- 1 pound boneless, skinless chicken breast, cut into strips
- 1 tablespoon curry powder
- $\frac{1}{3}$  cup canned coconut milk combined with  $\frac{1}{3}$  cup water
- $\frac{1}{8}$  teaspoon ground cinnamon
- 4–5 fresh basil leaves, chopped, for garnish

## Directions

1. In a medium saucepan, bring to a boil 1½ cups water. Add rice and sea salt. Reduce heat to low, cover and allow to simmer for about 45 minutes, until rice is cooked.
2. While rice is cooking, heat coconut oil over medium heat in a large skillet. Add onions and cook, stirring, until softened.
3. Add garlic and cook for 1 more minute.
4. Add canned tomatoes (with their juices), chicken, and curry powder. Cook over low heat, stirring, for about 15–20 minutes, until chicken is thoroughly cooked and mixture is thick.
5. Stir in coconut milk (mixed with water) and cook for 5 more minutes.
6. Serve immediately with rice, topped with a sprinkle of cinnamon and garnished with basil.

**Tip:** Alternatively, instead of  $\frac{1}{3}$  cup regular coconut milk mixed with  $\frac{1}{3}$  cup water, you could use  $\frac{2}{3}$  cup light (canned) coconut milk.

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# Egg White Vegetable Frittata

*Makes 6 servings (1 serving = 1 wedge, when round glass pie plate or skillet is cut into 6 pie shaped wedges)*

## *Nutrition*

*(per serving):*

**Calories: 99**

**Fat: 7 g**

**Saturated Fat: 1 g**

**Cholesterol: 0 mg**

**Sodium: 276 mg**

**Carbohydrate: 4 g**

**Fiber: 1 g**

**Protein: 6 g**

## *Food Categories*

*(per serving):*

**Proteins: 0.5**

**Fats & Oils: 1**

**Non-Starchy Vegetables: 1**

- 8 egg whites (approximately 1 cup of egg whites), beaten with a little bit of water
- ½ teaspoon sea salt
- ¼ teaspoon freshly ground black pepper
- 3 tablespoons olive oil
- ½ cup yellow onion, medium dice
- 1 cup cherry tomatoes, cut in half
- 6 ounces baby spinach, prewashed

## *Directions*

1. Preheat oven to 375° F. In a medium bowl, beat together the egg whites with a little water, sea salt, and pepper, and set aside.
2. In a nonstick skillet, heat oil over medium heat. Add onions, and sauté for 10 minutes or until translucent.
3. Add tomatoes, and cook until they begin to get soft and release their juices. Add spinach, and cook to wilt leaves. Remove from heat.
4. Pour beaten egg whites into skillet, and stir to combine sautéed vegetables. Place skillet in the oven (or transfer to a greased glass pie pan if skillet is not oven safe), for about 20 minutes or until the eggs have set.
5. Gently place spatula under all sides of the skillet to loosen the edges. Transfer to a plate and serve immediately.

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# Flax Muffin in a Cup

*Makes 1 serving*

## *Nutrition*

*(per serving):*

Calories: 294

Fat: 25 g

Saturated Fat: 9 g

Cholesterol: 233 mg

Sodium: 512 mg

Carbohydrate: 12 g

Fiber: 6 g

Protein: 10 g

## *Food Categories*

*(per serving):*

Proteins: 1

Nuts & Seeds: 2

Fats & Oils: 2.5

Fruit: 0.5

- ½ teaspoon coconut oil or ghee
- 1 egg
- 2 tablespoons ground flax seed (flax meal)
- ½ teaspoon baking powder
- 1 packet stevia
- ¼ teaspoon cinnamon
- 1 pinch sea salt
- ¼ cup blueberries
- 1 tablespoon chopped pecans
- 2 teaspoon butter, ghee, or coconut oil

## *Directions*

1. Grease an oven safe 10–12 ounce ramekin with ½ teaspoon coconut oil or ghee.
2. In a separate small bowl or mug, whisk the egg with a fork. Add ground flax, baking powder, stevia, cinnamon, and sea salt. Mix until all ingredients are moistened. Add berries and pecans, and stir to mix.
3. Pour mixture into a greased ramekin. Bake in a preheated 350° F oven for 7–10 minutes. (Muffin should puff up and be firm to the touch when done, or when a tooth pick inserted comes out clean.)
4. Let cool slightly. Use a knife to loosen the muffin from the sides, and invert ramekin onto a small plate.
5. Cut in half to cool before eating. Add a small smear of grass-fed butter, ghee, or coconut oil for a bit more flavor.

**Tip:** This also makes a great pancake batter. It can be poured into an oiled skillet to make 1–2 small pancakes. (Optional to use 1 teaspoon local honey instead of stevia, if desired, but note that honey was not used in the nutritional analysis.)

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# Fresh Berries with Coconut Mango Cream

Makes 4 servings

## Nutrition

(per serving):

Calories: 187

Fat: 10 g

Saturated Fat: 8 g

Cholesterol: 0 mg

Sodium: 11 mg

Carbohydrate: 26 g

Fiber: 4 g

Protein: 1 g

## Food Categories

(per serving):

Fats & Oils: 2

Fruits: 1.5

- $\frac{2}{3}$  cup coconut milk (canned)
- $1\frac{1}{3}$  cup diced frozen mango (do not defrost)
- 1 teaspoon vanilla
- 2 cups fresh blueberries or blackberries

## Garnish:

- 4 mint leaves (optional)

## Directions

1. To a blender, add coconut milk and frozen mango. Blend on high until smooth.
2. Add vanilla and blend again for several seconds.
3. Evenly divide berries among four dishes. Top with coconut cream.
4. Garnish with a mint leaf, if desired.

**Tip:** For a variation, add  $\frac{1}{3}$  cup frozen raspberries to coconut milk and mango (step 1). The pink color is beautiful on top of the berries.

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# Fresh Spinach Quiche Cups

Makes 6 servings (1 serving = 2 muffin quiches)

## Nutrition

(per serving):

Calories: 68

Fat: 3 g

Saturated Fat: 2 g

Cholesterol: 110 mg

Sodium: 262 mg

Carbohydrate: 2 g

Fiber: 1 g

Protein: 8 g

## Food Categories

(per serving):

Proteins: 1

Non-Starchy Vegetables:  
0.5

- 3 large eggs (omega-3 variety)
- ½ cup cottage cheese (1% fat)
- ¼ cup reduced-fat feta cheese
- 2 cups fresh chopped spinach
- ¼ cup chopped red bell pepper
- ¼ cup chopped onion
- 3–4 drops hot pepper sauce
- ½ teaspoon garlic powder (or 1 clove garlic, minced)
- 1 pinch sea salt
- 1 pinch black pepper

## Directions

1. Line a muffin pan with foil baking cups. Spray the cups with cooking spray.
2. Whisk eggs, and mix with cottage cheese, feta, spinach, bell peppers, chopped onion, hot pepper sauce, garlic, sea salt, and pepper. Mix well.
3. Pour evenly into 12 muffin cups. Bake at 350° F for 20 minutes or until a knife inserted in the center comes out clean.

**Tip:** May be frozen and reheated in the microwave, if desired (remove foil muffin cup if microwaving). Also note, any combination of vegetables may be used.

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# Fruity Spinach Salad

Makes 4 servings

## Nutrition

(per serving):

Calories: 165

Fat: 13 g

Saturated Fat: 1 g

Cholesterol: 0 mg

Sodium: 47 mg

Carbohydrate: 10 g

Fiber: 4 g

Protein: 5 g

## Food Categories

(per serving):

Nuts & Seeds: 1

Fats & Oils: 1.5

Non-Starchy Vegetables:  
0.5

Fruits: 0.5

- 1 pint fresh organic strawberries (or 2 cups sliced)
- 8 oz. fresh spinach, washed, dried, torn to pieces

## Dressing:

- 1 tablespoon sesame seeds
- ½ tablespoon poppy seeds
- 1 scallion, chopped
- 1 tablespoon flax seed oil
- 1 tablespoon olive oil
- 2 tablespoons balsamic vinegar

## Garnish:

- ¼ cup chopped walnuts

## Directions

1. Cut berries in half and arrange over spinach in serving bowl.
2. Combine dressing ingredients in blender or food processor and process until smooth. Just before serving, pour over salad and toss.
3. Garnish with nuts.

**Tip:** For a variation, try raspberries in place of strawberries, and sliced almonds or pecans in place of walnuts.



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# Greek Lentil Stew

Makes 4 servings

## Nutrition

(per serving):

Calories: 281

Fat: 6 g

Saturated Fat: 2 g

Cholesterol: 7 mg

Sodium: 581 mg

Carbohydrate: 42 g

Fiber: 18 g

Protein: 18 g

## Food Categories

(per serving):

Legumes: 2

Fats & Oils: 1

Non-Starchy Vegetables: 2

- 1 tablespoon extra virgin olive oil
- 1 small red onion, chopped
- 1 medium yellow sweet pepper, chopped
- 2 cloves garlic, finely chopped
- 1 cup lentils
- 2 teaspoons dried oregano
- 1 teaspoons ground cinnamon
- 2½ cups low-sodium vegetable broth, divided
- 1 medium zucchini squash, chopped
- 1 medium yellow squash, chopped
- 1 tablespoon tomato paste
- ½ cup unsweetened pomegranate juice
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- ¼ cup reduced-fat crumbled feta cheese

## Directions

1. In small Dutch oven, heat oil over medium-high heat. Add onion and bell pepper, and sauté for 1 minute. Cover pot tightly and cook over medium heat for 4 minutes. Add garlic and cook for 1 minute longer.
2. Stir in lentils, oregano, and cinnamon, and cook until seasoning is fragrant, 30 seconds.
3. Add 2 cups of broth. Bring to a boil, reduce heat and cover. Simmer lentils for 25 minutes.
4. Add zucchini and yellow squash, tomato paste, pomegranate juice, remaining broth, sea salt and pepper. Simmer for 15 minutes, or until lentils are done to your taste.
5. Let stew sit, uncovered, for 15 minutes. Serve warm or at room temperature, divided among soup bowls, with 1 tablespoon of feta sprinkled over each serving.

**Tip:** To reduce sodium content in this recipe, consider eliminating or reducing the amount of the crumbled feta cheese topping.

# Grilled Flank Steak

Makes 8 servings (1 serving ≈ 4 ounces cooked)

## Nutrition

(per serving):

Calories: 274

Fat: 17

Saturated Fat: 7 g

Cholesterol: 0 mg

Sodium: 399 mg

Carbohydrate: 1 g

Fiber: 0 g

Protein: 28 g

## Food Categories

(per serving):

Proteins: 4

Fats & Oils: 1

- ¾ cup low-sodium tamari (wheat-free)
- ¼ cup balsamic vinegar
- ¼ cup pineapple juice
- ¼ cup olive oil
- 2 tablespoons dry mustard
- 4 cloves garlic, minced (or 4 teaspoons minced)
- Freshly cracked pepper, to taste
- 2½ pounds flank steak

## Directions

1. In a medium mixing bowl, whisk together tamari, balsamic vinegar, pineapple juice, olive oil, dry mustard, garlic, and pepper to create marinade.
2. Place flank steak in a large glass dish. Pour marinade over steak, and cover. Place in refrigerator and marinate meat for 8 to 24 hours, stirring occasionally.
3. Grill or broil until done with internal temperature of 140° F for rare or 160° F for medium. (Well-done or 180° F is not recommended, as it will make this cut of meat very tough.)
4. Slice across the grain into thin slices, and serve warm or cold.

**Tip:** Flank steak is very lean, which means it can be a bit tough. The longer it marinates, the more tender it will be and more enhanced the flavor will be. Also, be sure not to overcook.

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# Guacamole

*Makes 4 servings*

## *Nutrition*

*(per serving):*

Calories: 169

Fat: 15 g

Saturated Fat: 2 g

Cholesterol: 0 mg

Sodium: 46 mg

Carbohydrate: 9 g

Fiber: 3 g

Protein: 2 g

## *Food Categories*

*(per serving):*

Fats & Oils: 3

Non-Starchy Vegetables: 1

- 2 cloves garlic, minced ( $\approx$  2 teaspoons)
- 3 scallions or red onion, minced ( $\approx$   $\frac{1}{4}$  cup)
- $\frac{1}{4}$  jalapeño, minced
- 2 avocados, peeled
- 1 tablespoon fresh lime juice (juice of  $\frac{1}{2}$  lime)
- 2 tablespoons chopped cilantro
- 1 pinch sea salt

## *Directions*

1. In a medium bowl, combine the garlic, scallions, and jalapeños.
2. Add avocado and mash using the back of a fork.
3. Gently stir in lime juice.
4. Finish with cilantro and sea salt.

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# Kale Salad

Makes 6 servings (1 serving ≈ 1 cup)

## Nutrition

(per serving):

Calories: 162

Fat: 13 g

Saturated Fat: 2 g

Cholesterol: 0 mg

Sodium: 166 mg

Carbohydrate: 11 g

Fiber: 2 g

Protein: 2 g

## Food Categories

(per serving):

Nuts & Seeds: 1

Fats & Oils: 1.5

Non-Starchy Vegetables: 1

Fruits: 0.5

- 1 bunch kale
- ½ teaspoon sea salt
- ¼ cup diced red onion
- ⅓ cup currants, raisins, or dried cranberries or cherries
- ⅓ cup diced apple (about ½ an apple)
- ⅓ cup sunflower seeds, toasted
- ¼ cup olive oil
- 2 teaspoons red wine vinegar or unfiltered apple cider vinegar

## Directions

1. De-stem kale by pulling leaves away from stems. Wash leaves, spin or pat dry. Stack leaves, roll up and cut into thin ribbons. Put kale in a large mixing bowl.
2. Add salt and massage it into the kale with your hands for 2 minutes (skipping this step will leave you with tough, stringy kale).
3. Stir onions with dried fruit, apple, and sunflower seeds into the kale. Dress with oil and vinegar.
4. Taste for sea salt and vinegar, adding more if necessary. Also taste a few bites to see if balance of sweet/sour/crunchy/chewy are all well mixed. Add extra of what you miss.

**Tip:** Add some baked, grilled, or rotisserie chicken to a double portion of salad for a nice meal.

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# Marinated Olives

Makes 6 servings (1 serving  $\approx$   $\frac{1}{3}$  cup olives)

## Nutrition

(per serving):

Calories: 52

Fat: 5 g

Saturated Fat: 1 g

Cholesterol: 0 mg

Sodium: 393 mg

Carbohydrate: 3 g

Fiber: 1 g

Protein: 0 g

## Food Categories

(per serving):

Fats & Oils: 1

- 2 cups olives (mixed varieties, large, small, multi-colored)
- 2 tablespoons olive oil
- 6 thin slices of lemon peel
- 6 thin slices of orange peel
- 2 cloves garlic, slivered
- 1 teaspoon fresh lemon juice
- $\frac{1}{4}$  teaspoon orange zest
- $\frac{1}{4}$  teaspoon lemon zest
- $\frac{1}{4}$  teaspoon whole coriander seeds
- 1 bay leaf

## Directions

1. Combine all ingredients together in an air-tight container (such as a glass storage dish or large jar), and place in the refrigerator.
2. Allow to marinate for at least 2 days, and stir occasionally.

---

# Marinated Vegetables

Makes 12 servings (1 serving  $\approx$  1/2 cup)

## Nutrition

(per serving):

Calories: 95

Fat: 4 g

Saturated Fat: 1 g

Cholesterol: 0 mg

Sodium: 250 mg

Carbohydrate: 15 g

Fiber: 3 g

Protein: 3 g

## Food Categories

(per serving):

Fats & Oils: 0.5

Non-Starchy Vegetables:  
2.5

- 1/2 cup olive oil
- 1/4 cup balsamic vinegar
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 3 cloves garlic, cut into slivers
- 1/2 teaspoon sea salt
- 1 can (14 ounces) artichoke hearts, canned in water, cut into halves or quarters
- 1 can (14 ounces) hearts of palm, cut into 1/4-inch slices
- 1 can (6 ounces) pitted black olives
- 1/2 pound mushrooms, cleaned and quartered

## Directions

1. In a large bowl, whisk together olive oil, balsamic vinegar, oregano, basil, garlic, and sea salt.
2. Add artichokes, hearts of palm, olives, and mushrooms, and toss well.
3. Cover and place in refrigerator to marinate for 6 to 8 hours, tossing periodically.

**Tip:** Leftover marinade can be used as a salad dressing.

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# Olive Oil Cabernet Vinaigrette

Makes 4 servings (1 serving ≈ 1½ tablespoons)

## Nutrition

(per serving):

Calories: 67

Fat: 7 g

Saturated Fat: 1 g

Cholesterol: 0 mg

Sodium: 36 mg

Carbohydrate: 1 g

Fiber: 0 g

Protein: 0 g

## Food Categories

(per serving):

Fats & Oils: 1.5

- 1 tablespoon red wine (Cabernet Sauvignon or Merlot)
- 2 tablespoons red wine vinegar
- 1 tablespoon orange juice
- 1 teaspoon fresh garlic, minced
- ½ teaspoon dried basil
- 1 pinch sea salt
- 1 pinch black pepper
- 2 tablespoons extra virgin olive oil

## Directions

1. In a small bowl, whisk together all ingredients except olive oil.
2. Slowly drizzle in olive oil, while whisking, to emulsify the dressing.
3. Serve over mixed greens.

**Tip:** This recipe can be made ahead and stored in the refrigerator for up to 2 weeks. If chilled, olive oil may thicken, so allow to come to room temperature before serving.

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# Poached Fish with Fire-Roasted Tomato Sauce

*Makes 4 servings*

## *Nutrition*

*(per serving):*

Calories: 239

Fat: 8 g

Saturated Fat: 1 g

Cholesterol: 73 mg

Sodium: 368 mg

Carbohydrate: 8 g

Fiber: 2 g

Protein: 32 g

## *Food Categories*

*(per serving):*

Proteins: 3.5

Non-Starchy Vegetables:  
1.5

- 2 tablespoons extra virgin olive oil
- 1 medium yellow onion, chopped
- 1 garlic clove, minced
- ½ inch piece fresh ginger, peeled and grated
- 1 can (15 ounces) fire-roasted chopped tomatoes, no salt added
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- ½ teaspoon curry powder (optional)
- 1½ pounds fresh firm white fish (cod, halibut, haddock), cut into 3-inch pieces
- ½ cup chopped fresh parsley, for garnish

## *Directions*

1. Heat the olive oil in a large saucepan over medium-low heat.
2. Sauté the onion until translucent, 5–7 minutes. Add the garlic, ginger, tomatoes (with juices), sea salt, pepper, and curry powder. Simmer for 20 minutes, stirring occasionally.
3. Nestle the fish in the sauce, cover, and cook until opaque (about 8–10 minutes). Be careful not to overcook. The fish will add its own liquid to the dish.
4. Serve sprinkled with fresh parsley.

**Tip:** This is great served over a bed of lightly sautéed kale. Leftover fish in tomato sauce can be refrigerated for up to 2 days.



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# Protein Pancakes

Makes 6 servings (1 serving = 2 small pancakes)

## Nutrition

(per serving):

Calories: 66

Fat: 3 g

Saturated Fat: 2 g

Cholesterol: 74 mg

Sodium: 137 mg

Carbohydrate: 2 g

Fiber: 0 g

Protein: 7 g

## Food Categories

(per serving):

Proteins: 1

- 2 eggs
- ½ cup light ricotta cheese, softened
- ¼ cup vanilla protein powder, whey or vegan
- ½ teaspoon baking powder
- ⅛ teaspoon sea salt
- ½ teaspoon vanilla extract and/or maple extract

## Directions

1. Whisk the eggs and ricotta together until smooth. Add the rest of the ingredients and mix until smooth.
2. Heat a griddle or skillet, and coat surface with butter or coconut oil. Drop tablespoon size amounts of batter onto the griddle to make small pancakes.
3. Flip pancakes when bubbles on the surface of the pancake have broken and stay broken. Cook pancakes on the other side.

**Tip:** This recipe can be doubled, as these pancakes keep well in the refrigerator.

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# Purple Cabbage Salad

Makes 6 servings (1 serving ≈ 1 cup)

## Nutrition

(per serving):

Calories: 176

Fat: 11 g

Saturated Fat: 1 g

Cholesterol: 0 mg

Sodium: 121 mg

Carbohydrate: 19 g

Fiber: 6 g

Protein: 4 g

## Food Categories

(per serving):

Nuts & Seeds: 1

Fats & Oils: 1.5

Non-Starchy Vegetables:  
1.5

Fruits: 0.5

- 1 small head of purple cabbage
- 3 carrots, shredded
- 1 tablespoon balsamic vinegar
- 1½ tablespoons unseasoned rice vinegar
- 1 tablespoon water
- ¼ teaspoon sea salt
- ¼ teaspoon pepper
- 1 tablespoon olive oil
- ¼ cup slivered almonds
- 1 whole ripe avocado, cut into chunks
- 1 cup pink grapefruit sections, cut in half

## Directions

1. Core the cabbage, and process through the slicing disc of a food processor (or slice thinly to make strips). Shred carrots by hand or food processor. In a large bowl, toss together cabbage and carrots.
2. In a small bowl, whisk together both vinegars, water, sea salt and pepper. Slowly drizzle the oil in while whisking to emulsify. Pour over cabbage and carrots, and toss. Allow dressing to marinate salad for 30–60 minutes before serving.
3. Just before serving, toss the cabbage mixture with the almonds, grapefruit sections and fresh avocado.

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# Raspberry Peach Fruit Fluff

Makes 6 servings (1 serving  $\approx$   $\frac{1}{2}$ – $\frac{3}{4}$  cup)

## Nutrition

(per serving):

Calories: 54

Fat: 0 g

Saturated Fat: 0 g

Cholesterol: 0 mg

Sodium: 3 mg

Carbohydrate: 12 g

Fiber: 4 g

Protein: 2 g

## Food Categories

(per serving):

Fruits: 1

- 1 envelope unflavored gelatin
- 1 tablespoon apple juice concentrate
- 3 tablespoons water
- 2 cups fresh or frozen raspberries
- 2 cups sliced fresh or frozen peaches
- 1 teaspoon fresh lemon juice

## Directions

1. In medium mixing bowl, mix together gelatin, apple juice concentrate, and water until gelatin dissolves. Set aside.
2. Put fruit in blender and blend until liquefied. Place puréed fruit in small saucepan, and bring to boil. Immediately remove from heat, and mix in gelatin and apple juice mixture. Stir until thoroughly dissolved.
3. Stir in lemon juice and chill in refrigerator until it begins to thicken. Beat with a mixer on high speed until fluffy and doubled in volume. Chill again.
4. Serve in dessert dishes garnished with reserved fruit

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# Roasted Beets with Greens

*Makes 4 servings*

## *Nutrition*

*(per serving):*

Calories: 113

Fat: 5 g

Saturated Fat: 1 g

Cholesterol: 0 mg

Sodium: 286 mg

Carbohydrate: 15 g

Fiber: 5 g

Protein: 3 g

## *Food Categories*

*(per serving):*

Fats & Oils: 1

Non-Starchy Vegetables: 1

Starchy Vegetables: 0.5

- 1–2 bunches trimmed beets (about 4–5 beets)
- 1½ tablespoons extra-virgin olive oil
- 1 lemon, juiced (approximately 3 tablespoons juice)
- 2 teaspoons coconut aminos
- 1 clove garlic, minced
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper
- 4 cups baby spinach or spring mix, divided
- 1 cup fresh parsley
- 4 slices red onion

## *Directions*

1. Preheat oven to 400° F.
2. Rinse beets, dry, and wrap individually in foil.
3. Roast until tender (about 1 hour). Let cool, then peel and dice.
4. Whisk together olive oil, lemon juice, coconut aminos, garlic, sea salt and pepper. Toss with beets.
5. For each serving, toss ≈ ½ cup dressed beets with 1 cup spinach or spring mix and ¼ cup parsley. Top with onion.

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# Roasted Brussels Sprouts

*Makes 4 servings*

## *Nutrition*

*(per serving):*

Calories: 90

Fat: 4 g

Saturated Fat: 1 g

Cholesterol: 0 mg

Sodium: 140 mg

Carbohydrate: 14 g

Fiber: 4 g

Protein: 3 g

## *Food Categories*

*(per serving):*

Fats & Oils: 1

Non-Starchy Vegetables: 1

Fruits: 0.5

- 4 cups Brussels sprouts, cleaned and halved or quartered
- 2 cloves garlic, minced (about 2 teaspoons minced)
- 1 small apple, peeled, cored and cut into eighths
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper

## *Directions*

1. Preheat oven to 375° F.
2. In a large bowl, toss together all ingredients.
3. Pour out into a cookie sheet lined with parchment paper, and spread mixture evenly in a single layer.
4. Roast uncovered for 20 minutes.

# Roasted Root Vegetable Salad

Makes 4 servings

## Nutrition

(per serving):

Calories: 175

Fat: 8 g

Saturated Fat: 2 g

Cholesterol: 3 mg

Sodium: 277 mg

Carbohydrate: 22 g

Fiber: 4 g

Protein: 5 g

## Food Categories

(per serving):

Fats & Oils: 1.5

Non-Starchy Vegetables:  
1.5

Starchy Vegetables: 1

- 1 medium sweet potato (about 4 oz), cut into  $\frac{3}{4}$ -inch cubes
- 1 medium yellow potato, cut into  $\frac{3}{4}$ -inch cubes (may substitute parsnip)
- 1 medium carrot, peeled, cut into  $\frac{3}{4}$ -inch slices
- 1 small red onion, cut into  $\frac{1}{2}$ -inch wedges
- 2 medium celery stalks, cut into  $\frac{3}{4}$ -inch slices
- 1 medium beet, cut into  $\frac{3}{4}$ -inch cubes
- $1\frac{1}{2}$  tablespoons extra virgin olive oil, divided
- $\frac{1}{4}$  teaspoon sea salt
- $\frac{1}{4}$  teaspoon freshly ground black pepper
- 1 teaspoon balsamic vinegar
- 2 teaspoons fresh lemon juice
- $\frac{1}{2}$  teaspoon Dijon mustard
- 1 tablespoon fresh parsley, chopped
- 1 teaspoon fresh cilantro, chopped
- 2 tablespoons walnuts, finely chopped
- 1 ounce reduced-fat crumbled feta cheese

## Directions

1. Preheat oven to 425° F.
2. In large bowl, toss together potatoes (sweet and yellow), carrot, red onion, celery, beet, and  $\frac{1}{2}$  tablespoon of the oil, coating well. Season with sea salt and pepper
3. Arrange vegetables on a cookie sheet, and spread mixture evenly in a single layer. Roast, stirring several times, until tender and beginning to brown, about 50 minutes.
4. In small bowl, whisk together vinegar, lemon juice, and Dijon mustard with remaining 1 tablespoon oil, and stir in parsley and cilantro. Drizzle dressing over vegetables, add walnuts, and gently toss.
5. Top with crumbled feta. Serve warm or at room temperature.

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# Salmon Pecan Cakes

*Makes 8 servings (1 serving = 1 salmon patty)*

## *Nutrition*

*(per serving):*

**Calories: 235**

**Fat: 21 g**

**Saturated Fat: 2 g**

**Cholesterol: 58 mg**

**Sodium: 248 mg**

**Carbohydrate: 5 g**

**Fiber: 2 g**

**Protein: 9 g**

## *Food Categories*

*(per serving):*

**Proteins: 1**

**Nuts & Seeds: 2**

**Fats & Oils: 2**

- 1¾ cups pecans
- 1 can (7.5 ounces) wild salmon, drained
- 2 eggs
- 3 small scallions, chopped
- 1 small celery stalk, chopped
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon lime juice
- ½ teaspoon sea salt
- 1 pinch paprika

## *Directions*

1. Preheat oven to 350° F.
2. In a food processor, grind pecans to a fine texture.
3. Add remaining ingredients to food processor, and pulse to combine.
4. Remove mixture from food processor, and separate into eight medium patties. Place on a lightly oiled baking tray, and bake until golden, about 25–30 minutes.

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# Sautéed Chicken and Kiwi

Makes 4 servings

## Nutrition

(per serving):

Calories: 243

Fat: 7 g

Saturated Fat: 1 g

Cholesterol: 66 mg

Sodium: 376 mg

Carbohydrate: 15 g

Fiber: 3 g

Protein: 30 g

## Food Categories

(per serving):

Proteins: 3.5

Non-Starchy Vegetables:

0.5

Fruits: 0.5

- 1½ tablespoons olive oil, divided
- 1 pound boneless skinless chicken breast, sliced into thin strips
- 1 cup thinly sliced carrots
- 1 cup thinly sliced celery, sliced diagonally
- 1 teaspoon finely chopped lime basil (regular basil can be substituted)
- 1 cup low-sodium chicken broth
- 1 tablespoon cornstarch
- ¼ teaspoon sea salt
- ¼ teaspoon pepper
- 3 fully ripe kiwi fruit, peeled and thinly sliced
- ½ teaspoon grated lemon peel

## Directions

1. To a large skillet, add 1 tablespoon of the oil and heat over medium heat. Add chicken, and sauté until browned and cooked through (about 8–10 minutes). Remove from skillet and set aside.
2. Add remaining oil to the skillet, and sauté carrots and celery until crisp, but tender. Return chicken to skillet.
3. In small bowl, combine basil, chicken broth, cornstarch, sea salt, and pepper, and add to the chicken mixture in the skillet. Continue to cook over medium-low heat, and stir until thickened.
4. Finish by gently stirring kiwi fruit and lemon into mixture.

**Tip:** If following elimination diet, may substitute tapioca or arrowroot powder for cornstarch.



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# Savory Seed Crackers

Makes 8 servings (1 serving ≈ one 2-inch by 3-inch cracker or two 1-inch by 1½-inch crackers)

## Nutrition

(per serving):

Calories: 113

Fat: 8 g

Saturated Fat: 2 g

Cholesterol: 0 mg

Sodium: 73 mg

Carbohydrate: 8

Fiber: 2 g

Protein: 4 g

## Food Categories

(per serving):

Nuts & Seeds: 2.5

- ⅓ cup chia seeds
- ⅓ cup flax seeds
- ⅓ cup sunflower seeds
- ¼ cup water
- ⅛ teaspoon garlic powder
- ⅛ teaspoon onion powder
- ¼ teaspoon salt
- ¼ teaspoon guar or xanthan gum
- More water, if needed

## Directions

1. Preheat oven to 300° F.
2. Mix all ingredients together and spread on greased parchment paper on a cookie sheet. Press flat (about ⅛-inch thick).
3. Bake for about 30 minutes on each side.
4. Immediately after removal from oven, score the seeds (they will still be pliable at this point, but score right away, as they will firm up quickly). A pizza cutter works well.

**Tips:** Before spreading on cookie sheet, oil hands or spatula, to keep seeds from sticking to hands.

Watch closely so that you don't burn the seeds. May consider longer duration of time at lower cooking temp (i.e., 250° F).

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# Strawberry Peach Kale Smoothie

*Makes 2 servings*

## *Nutrition*

*(per serving):*

Calories: 228

Fat: 6 g

Saturated Fat: 1 g

Cholesterol: 30 mg

Sodium: 260 mg

Carbohydrate: 29 g

Fiber: 7 g

Protein: 20 g

## *Food Categories*

*(per serving):*

Proteins: 2

Non-Starchy Vegetables: 1

Fruit: 1.5

- 2 cups unsweetened almond, hemp, or coconut milk
- 1 cup frozen strawberries (no sugar added)
- 1 cup frozen peaches (no sugar added)
- 2 cups fresh kale
- 1 teaspoon vanilla extract
- 2 scoops vanilla protein powder (whey or vegan varieties, like pea, rice, organic soy or hemp)

## *Directions*

1. Put all in a blender, and mix well. Add ice to make smoothie more slushy, if desired.

**Tips:** Healthy options include adding 1 tablespoon ground flax or chia seed to add omega-3 fats and/or substituting organic baby spinach for the kale.

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# Sweet Potato Hummus

Makes 8 servings (1 serving  $\approx$   $\frac{1}{3}$  cup)

## Nutrition

(per serving):

Calories: 180

Fat: 10 g

Saturated Fat: 1 g

Cholesterol: 0 mg

Sodium: 415 mg

Carbohydrate: 19 g

Fiber: 3 g

Protein: 5 g

## Food Categories

(per serving):

Legumes: 0.5

Nuts & Seeds: 1

Fats & Oils: 1

Starchy Vegetables: 0.5

- 1 large sweet potato (12–14 ounces), cooked and mashed
- 1 can (15 ounces) chick peas, drained, rinsed
- $\frac{1}{4}$  cup tahini
- $\frac{1}{4}$  cup fresh lemon juice
- 3 tablespoons extra-virgin olive oil
- 1 small clove garlic, halved
- $1\frac{1}{2}$  teaspoons fine sea salt
- 1 teaspoon ground cumin
- $\frac{1}{2}$  teaspoon cinnamon (optional)

## Directions

1. Combine all ingredients in a food processor, and purée until smooth.

**Tips:** Serve with vegetables, whole grain pita bread, or seed crackers. To reduce sodium content per serving, cut added sea salt to half of current amount, add some pepper, or increase the other spices to desired taste.

# Ten Vegetable Soup with Tempeh

Makes 4 servings

## Nutrition

(per serving):

Calories: 341

Fat: 14 g

Saturated Fat: 2 g

Cholesterol: 0 mg

Sodium: 399 mg

Carbohydrate: 38 g

Fiber: 6 g

Protein: 22 g

## Food Categories

(per serving):

Proteins: 1.5

Legumes: 0.5

Fats & Oils: 1.5

Non-Starchy Vegetables: 3

Starchy Vegetables: 1

- 2 tablespoons extra virgin olive oil
- 3 cups chopped green cabbage, quartered
- 1 cup cauliflower florets, 1-inch pieces
- 1 medium leek, sliced (use white and 1 inch of light green part)
- 1 small onion, chopped
- 1 medium carrot, chopped
- 1 medium celery stalk, chopped
- 1 can (14.5 ounces) diced tomatoes (no salt added)
- 4 cups low-sodium chicken or vegetable broth
- 1 medium yellow-fleshed potato, diced
- ¼ cup chopped flat-leaf parsley (fresh)
- 1 tablespoon dried thyme
- 1½ cups packed Swiss chard or spinach, cut crosswise into ½-inch strips
- 2 cups tempeh
- ½ teaspoon sea salt
- ¼ teaspoon freshly ground pepper
- Pinch red pepper flakes or cayenne

## Directions

1. Using a large Dutch oven or heavy soup pot with tight-fitting cover, heat oil over medium heat.
2. Add cabbage, cauliflower, leek, onion, carrot, and celery. Stirring occasionally, cook vegetables until cabbage is limp and onion translucent (about 4 to 5 minutes). Cover, reduce heat to low, and cook about 8 minutes (until vegetables release their juices).
3. Add tomatoes (with the liquid), broth, potato, parsley and thyme. Increase heat to medium-high until liquid boils. Cover, reduce heat, and simmer soup for 10 minutes.
4. Add Swiss chard and tempeh, and simmer for 10 minutes. Season soup with sea salt and pepper (and red pepper flakes, if desired). Let sit for 15 minutes before serving.

**Tips:** If desired, refrigerate for up to 4 days, reheating in covered pot over medium heat. Or divide cooled soup among re-sealable freezer bags and freeze. This soup keeps in freezer for up to 2 months.

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# Thai Barley and Veggie Stir-Fry with Edamame

Makes 4 servings

## Nutrition

(per serving):

Calories: 267

Fat: 10 g

Saturated Fat: 4 g

Cholesterol: 0 mg

Sodium: 79 mg

Carbohydrate: 35 g

Fiber: 9 g

Protein: 13 g

## Food Categories

(per serving):

Legumes: 1

Fats & Oils: 2

Non-Starchy Vegetables: 2

Grains: 0.5

- ½ cup pearled barley
- 1 cup water
- 1 tablespoon coconut oil, divided
- 2 cloves garlic, finely chopped
- 1 cup thinly sliced Chinese or regular eggplant
- ½ cup chopped red bell pepper
- ½ cup chopped onion
- 1 cup green soybeans (edamame)
- 3 tablespoons chopped fresh basil leaves
- 1 tablespoon chopped fresh mint leaves
- 8 to 10 drops red pepper hot sauce
- 1 teaspoon low sodium soy sauce
- 2 tablespoon chopped unsalted cashews
- ½ cup shredded red cabbage
- ½ cup shredded carrots

## Directions

1. In a medium saucepan, combine barley and water, and bring to a boil. Reduce heat to low, cover, and then cook for 45 minutes or until the barley is tender and liquid is absorbed. Set aside.
2. In a large skillet or wok, heat 1 tablespoon of the coconut oil over medium-high heat. Add garlic and stir-fry for 3 to 4 minutes. Add the cooked barley and stir-fry an additional 3 minutes. Transfer mixture to a dish and set aside.
3. Return the same skillet to stove, and heat the remaining tablespoon of coconut oil over high-heat. Add the eggplant, bell pepper, onion, and soybeans, and stir-fry 3 to 4 minutes.
4. Add basil, mint, hot sauce, and soy sauce. Cook for about 2 minutes.
5. Add the barley and garlic mixture back to the pan, and heat for 3 minutes, stirring frequently.
6. Garnish by topping with chopped cashews, shredded red cabbage, and shredded carrots.

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# Vegetable Egg Scramble

*Makes 1 serving*

## *Nutrition*

*(per serving):*

**Calories: 200**

**Fat: 14 g**

**Saturated Fat: 3 g**

**Cholesterol: 374 mg**

**Sodium: 271 mg**

**Carbohydrate: 7 g**

**Fiber: 3 g**

**Protein: 14 g**

## *Food Categories*

*(per serving):*

**Proteins: 2**

**Fats & Oils: 1.5**

**Non-Starchy Vegetables: 1**

- 2 large eggs
- 1 tablespoon water
- 1 teaspoon extra-virgin olive oil
- 1 cup assorted chopped raw vegetables (onions, red bell peppers, tomatoes, broccoli, zucchini, summer squash, asparagus, mushrooms, etc.)
- 1 pinch sea salt
- 1 pinch freshly ground black pepper
- 2 tablespoons chunky tomato salsa

## *Directions*

1. In a small bowl, whisk together the eggs and water until well-mixed.
2. In a small cast iron pan, heat the oil over medium heat, and add the vegetables. Sauté until the vegetables are tender but still crisp (about 2–3 minutes).
3. Add the eggs by pouring over the vegetables. Cook, stirring constantly, until the eggs are scrambled and set.
4. Season with sea salt and black pepper, and top with the salsa.