



YOU, HAPPIER

COOKBOOK

By

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OTHER BOOKS BY TANA AMEN

The Relentless Courage of a Scared Child, Thomas Nelson, 2021

The Brain Warrior's Way, with Daniel Amen, MD, New American Library, 2016

The Brain Warrior's Way Cookbook, with Daniel Amen, MD, New American Library, 2016

Healing ADD Through Food, MindWorks 2014

The Omni Diet, St. Martin's Press 2013, New York Times Bestseller

Live Longer with The Brain Doctor's Wife, MindWorks, 2012

Get Healthy with The Brain Doctor's Wife, MindWorks, 2011

Change Your Brain, Change Your Body Cookbook, MindWorks, 2010

SELECTED BOOKS BY DANIEL AMEN

You, Happier, Tyndale 2022

Your Brain Is Always Listening, Tyndale, 2021

The End of Mental Illness, Tyndale, 2020

Feel Better Fast and Make It Last, Tyndale, 2018

Memory Rescue, Tyndale, 2017

Change Your Brain, Change Your Life, (Revised and Expanded), Three Rivers Press, 2015

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The Daniel Plan, Zondervan, 2013, #1 New York Times Bestseller

Unleash The Power of The Female Brain, Harmony Books, 2013, New York Times Bestseller

Use Your Brain to Change Your Age, Crown Archetype, 2012, New York Times Bestseller

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INTRODUCTION

One of the most powerful secrets of happiness is to enjoy and thrive on real foods (and beverages) that support the health of your brain and body. These are foods that help you feel good while eating them and keep you feeling positive, focused, and energized afterwards. All too often, people make the mistake of believing their favorite comfort foods are what will make them feel happy. Common feel-good-fast foods often include:

- Pizza, macaroni and cheese, and pasta
- Ice cream, cookies, doughnuts, and candy
- Popcorn, chips, and pretzels
- Cheeseburgers, hot dogs, and deep-fried foods

Although they might give you a temporary lift, in the long run foods like these are more likely to contribute to depression, stress, and anxiety—not to mention the unhealthy toll your body takes from eating processed foods that are high in fat and sugar but provide little nutritional benefit for you.

This *You, Happier Cookbook*, however, is not about criticizing anyone who has struggled with less-than-ideal dietary habits. We've all been there, even me. I was raised on fast food, frozen pot pies, and sugar-laden cereals. It wasn't until I had battled depression and cancer that I began to study the impact of diet on the health of our bodies and brains. In an almost parallel process, while my husband, Dr. Daniel Amen was in medical school, he was living on diet soda and junk food from the vending machine, which increased his stress and packed on the pounds. But when he started doing brain imaging as a young psychiatrist, he learned how food directly affects our moods, focus, and stress levels, and he changed his eating habits to healthy foods that fueled his brain and body. You can too, and this cookbook will help you do it.

This cookbook will help you put into action one of the **7 Neuroscience Secrets To Happiness** that my husband wrote about in his book, *You, Happier*:

Choose foods you love that love you back.

In that book, he also shares that one of the keys to happiness no one is talking about is eating for your Brain Type.* Based on the brain SPECT imaging work at Amen Clinics, a total of 16 Brain Types, including 5 primary types, have been identified. One type of eating plan will never work for everyone. You have to know how to feed your unique brain to get happier.

*If you don't yet know which brain type you have, discover yours by taking our online Brain Health Assessment (brainhealthassessment.com). It will only take about 5 minutes.

This cookbook will guide you to specific foods that should be included and avoided to optimize each of the 5 primary Brain Types.

Even better, this book includes 100 brain-healthy (and delicious) recipes to elevate your energy and mood while calming anxiety and stress—all of which are necessary for increasing your level of happiness. As an added bonus, you will find several recipes geared specifically to each of the 5 primary Brain Types.

So read on to discover how to cook up happiness.

Happy eating!

A handwritten signature in black ink that reads "Tana Amen". The signature is written in a cursive, flowing style with a large initial 'T'.

Tana Amen, BSN, RN

Section 1

**GENERAL RULES
FOR USING FOOD
TO BOOST
YOUR HAPPINESS**

1. CHOOSE FOODS THAT MAKE YOU HAPPY NOW AND LATER.

This one simple eating strategy is the most important with respect to happiness. True happy foods make you feel good in the moment AND enhance your mood, energy, and well-being in the long run. Conversely, sad foods are harmful to your mental, emotional, and physical well-being because they are filled with unhealthy ingredients and artificial chemicals.

Here's how to tell the difference between happy foods and sad ones:

Happy Foods are the ones that make you happy now . . . and keep you happy later.

They include:

- Organic colorful fruits and vegetables, especially berries and leafy greens
- Sustainably-raised fish and meat
- Nuts and seeds
- Healthy oils and fats
- Eggs
- Clean protein powders (sugar-free, plant-based)
- Dark chocolate
- Unprocessed foods
- Organic foods
- Low-glycemic foods (ones that don't spike blood sugar)
- High-fiber foods

Sad Foods, on the other hand, might make you feel happy in the moment, but will make you feel unhappy, tired, anxious, or stressed later.

They include foods that are:

- Highly processed
- Sprayed with pesticides
- High-glycemic foods (they spike your blood sugar)
- Low in fiber
- Food-like substances
- Artificially colored and sweetened
- Laden with hormones
- Tainted with antibiotics
- Stored in plastic containers

Finding Happy Foods

Find foods that will make your brain and body smile is much easier than you might think! To help you get started, take a look at this list of over 200 Happy Foods. Find the ones you already know you love, then start experimenting with the others to add variety and more happiness to your meals.

HAPPY FOODS

Beverages

- Water
- Sparkling water (add a splash of chocolate or orange stevia, such as SweetLeaf brand, for a refreshing, calorie-free and toxin-free “soda”)
- Spa water (sparkling water with berries, a sprig of mint, or a slice of lemon, orange, peach, or melon)
- Herbal tea
- Green tea
- Unsweetened almond milk (for amazing taste, add a few drops of flavored stevia)
- Unsweetened coconut milk
- Hemp milk
- Coconut water
- Lightly flavored waters (such as Hint)
- Vegetable juice or green drinks (without added fruit juice)
- Water with cayenne pepper to boost metabolism
- Beet juice (to increase blood flow)
- Cherry juice (to help sleep)
- Wheatgrass juice

Nuts, Seeds, Nut and Seed Butter, and Meal

- | | | |
|-----------------|------------------|-----------------------------|
| • Almond butter | • Cashew butter | • Oats (whole, gluten-free) |
| • Almond flour | • Chia seeds | • Pistachios |
| • Almonds, raw | • Coconut | • Pumpkin seeds |
| • Brazil nuts | • Flax meal | • Quinoa |
| • Cacao, raw | • Hemp seeds | • Sesame seeds |
| • Cashews | • Macadamia nuts | • Walnuts |

Legumes (small amounts, all high in fiber and protein, help balance blood sugar)

- Black beans
- Chickpeas
- Green peas
- Hummus
- Kidney beans
- Lentils
- Navy beans
- Pinto beans

Fruits (choose low-glycemic, high-fiber varieties)

- Acai berries
- Apples
- Apricots
- Avocados
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Cranberries
- Figs
- Goji berries
- Goldenberries
- Grapefruit
- Grapes (green)
- Grapes (red)
- Honeydew melon
- Kiwi
- Kumquat
- Lemons
- Lychee
- Mangosteen
- Nectarines
- Olives
- Oranges
- Passion fruit
- Peaches
- Pears
- Plums
- Pomegranates
- Pumpkin
- Raspberries
- Strawberries
- Tangerines
- Tomatoes

Vegetables

- Artichokes
- Arugula
- Asparagus
- Bell peppers
- Beet greens
- Beets
- Broccoli
- Brussels sprouts
- Butter lettuce
- Butternut squash
- Cabbage
- Carrots
- Sea vegetables (including dulse, nori, and spirulina)
- Cauliflower
- Celery
- Chicory
- Chlorella
- Collard greens
- Cucumber
- Eggplant
- Garlic
- Green beans
- Green leaf lettuce
- Horseradish
- Jicama
- Kale
- Leeks
- Maca root
- Mustard greens
- Okra
- Onions
- Parsley
- Parsnips
- Red leaf lettuce
- Romaine lettuce
- Scallions
- Seaweed

- Spinach
- Spirulina
- Summer squash
- Sweet potatoes
- Swiss chard
- Turnips
- Watercress
- Zucchini

Prebiotic Foods

- Artichokes
- Asparagus
- Beans
- Cabbage
- Chia seeds
- Dandelion greens
- Garlic, raw
- Leeks
- Onions
- Psyllium
- Root vegetables
(including sweet potatoes,
yams, jicama, beets,
carrots, and turnips)
- Squash

Probiotic Foods

- Brined vegetables (not pickled with vinegar)
- Chlorella
- Kefir
- Kimchi
- Kombucha tea
- Miso soup
- Pickles
- Sauerkraut (fresh)
- Spirulina

Mushrooms

- Black Truffles
- Chaga
- Chanterelle
- Maitake
- Oyster
- Porcini
- Reishi
- Shiitake
- Shimeji
- White button

Oils

- Olive oil (stable only at room temperature)
- Coconut oil (stable at high temperatures)
- Macadamia nut oil
- Avocado oil

Eggs/Meat/Poultry/Fish

- Ahi
- Arctic char
- Beef (free range)
- Bison (free range)
- Chicken
- Eggs (free-range)
- Halibut
- King crab
- Lamb (high in omega-3s)
- Rainbow trout
- Mahi-mahi
- Pork (humanely raised)
- Salmon (wild caught)
- Sardines (wild caught)
- Scallops
- Shrimp
- Tilapia
- Turkey

Brain Healthy Herbs and Spices

- Basil
- Black pepper
- Cayenne pepper
- Cinnamon
- Cloves
- Curcumin
- Garlic
- Ginger
- Mint
- Nutmeg
- Oregano
- Parsley
- Peppermint
- Rosemary
- Saffron
- Sage
- Thyme
- Marjoram
- Turmeric

Special Category

- Chocolate (dark, low-sugar, such as BrainMD's **Brain in Love bars**)
- Powdered mushrooms (such as BrainMD's **Smart Mushrooms**)
- Powdered greens (such as BrainMD's **Neuro Greens Superfood**)
- Powdered water boost (caffeine-free, sugar-free, such as BrainMD's **Brain Boost on the Go**)
- Plant-based protein powder (such as BrainMD's **OMNI Protein** in vanilla and chocolate)
- Shirataki noodles (the root of a wild yam plant—brand name Miracle Noodles™—to replace pasta noodles)
- “Zoodles” (zucchini noodles)

2. MAKE YOUR CALORIES COUNT TOWARD HAPPINESS, NOT DEPRESSION.

The calories you consume can either fuel good moods or diminish your outlook on life, so counting calories really does matter! Believe it or not, as your weight goes up, blood flow to your brain goes down, and obesity is linked to depression and several other mental health disorders. Conversely, cutting calories (in a healthy way) has been found to:

- Increase blood flow to the brain
- Increase stem cell production (new cells) in the hippocampus, which is responsible for memory and mood
- Increase BDNF (brain-derived neurotrophic factor), which enhances learning
- Promotes the process that eliminates the toxins and waste in the brain

To make your calories count toward happiness:

- **Choose Happy Foods:** The highest-quality foods you can find that are also calorie smart
- **Eliminate Sad Foods:** Low-quality, high-calorie foods that increase your risk of depression, anxiety, and other mental health problems, as well as medical disease too.

3. HYDRATE TO BE HAPPIER.

To feel your best, you need to be adequately hydrated at all times. Your brain is 80% water so even the slightest bit of dehydration can make you feel more depressed, anxious, tense, angry, or hostile and can drain your energy, increase pain, and cause concentration problems.

To stay well-hydrated, drink 8-10 glasses of water every day and eat water-rich foods, like fruits and vegetables.

Happy drinks and foods to include in your diet:

- **Drink:** Water, plain sparkling water, water flavored with slices of fruits or with Sweet Leaf stevia, coconut water, herbal tea, green tea, and black tea (in small amounts if caffeinated)
- **Eat:** Water-rich veggies and fruits like cucumbers, lettuce, celery, radishes, zucchini, tomatoes, bell peppers, strawberries, melon, raspberries, and blueberries
- **Sad Drinks and Foods to Avoid:** Alcohol, highly caffeinated drinks (coffee, energy drinks, and sodas), and high-sodium foods

4. POWER UP FEEL-GOOD NEUROCHEMICALS WITH HIGH-QUALITY PROTEIN.

Protein plays a major role in the healthy growth and function of your body's cells, tissues, and organs. Proteins contain important amino acids that your body needs but is unable to produce on its own. Called essential amino acids, they are necessary for the production of neurotransmitters (brain chemicals), including serotonin and dopamine, which play an important role in mood and emotional health.

Having adequate protein in your diet:

- Helps you avoid blood sugar imbalances and crashes that are associated with anxiety and depression
- Prevents food cravings that make you feel bad
- Provides the building blocks for many of the neurochemicals of happiness

Small amounts of high-quality protein are crucial for your sense of well-being, but too much of it is not. Overconsumption of protein can lead to increased stress and inflammation in the body, which are associated with blue moods and feeling anxious—not happiness!

- **Happy Foods to Include in Your Diet:** High-quality animal protein (fish, lamb, turkey, chicken, beef, bison, pork), beans and other legumes, raw nuts, high-protein veggies (broccoli, spinach), and high-quality protein powder that is plant-based and sugar-free
- **Sad Foods to Avoid:** Low-quality proteins raised with pesticides, hormones, or antibiotics, and processed meats like hot dogs and cold cuts that are loaded with unhealthy fats, sodium, and harmful chemical preservatives

5. KEEP YOUR BRAIN HAPPY WITH HEALTHY FATS.

Did you know that the solid weight of your brain is 60% fat? Because of this, dietary fats are essential for optimal brain function and positive moods.

But not all dietary fat is equal!

Certain fats, particularly omega-3 fatty acids, can help fight depression, reduce symptoms associated with mood disorders, and promote greater emotional balance—all of which help you feel happier.

Conversely, trans fats have been linked to depressive symptoms. This unhealthy type of fat is commonly used in products, such as frozen pizza, store-bought baked goods, and microwave popcorn. Check product labels for partially or fully hydrogenated oil, and if you see a trans fat listed, put those items back on the store shelf!

Also, if you're struggling with mood problems, limit your intake of omega-6 fatty acids (found in refined vegetable oils) because they have been associated with inflammation and depression.

Happy Foods to Include in Your Diet: Healthy fats, such as avocados, nuts (walnuts are associated with less depression!), seeds, and sustainable fish; coconut, flax, macadamia nut, olive, avocado, sesame, and walnut oils

Sad Foods to Avoid: Vegetable oils, like canola, corn, safflower, and soy; industrial farm-raised animal fat and dairy products, processed meats, and trans fats (any hydrogenated fats)

6. OPT FOR MOOD-BOOSTING CARBS THAT LAST.

Happy carbs are the kind that boost your mood and keep you feeling better, without destabilizing your blood sugar. They are primarily found in the produce section of your grocery store. Eating up to 8 servings a day of fresh vegetables and fruit, using a ratio of 2-to-1 veggies to fruits, is a sure-fire way to boost your level of happiness.

Not only do these happy foods support production of the neurotransmitters serotonin, GABA, and dopamine that help you achieve a positive mood, they are loaded with important nutrients, vitamins, and minerals that benefit overall brain health. Other happy carbs include high-fiber foods like legumes and gluten-free whole grains, such as quinoa.

On the other hand, high-glycemic foods—think refined carbs, like doughnuts, cookies, and pretzels—are linked to depression and consequently they are a pathway to unhappiness.

Happy Foods to Include in Your Diet: Colorful, low-glycemic, high-fiber vegetables, fruits, and legumes that promote healthy neurotransmitter levels

Sad Foods to Avoid: High-glycemic, low-fiber foods, such as breads, pasta, white potatoes, rice, and sugar, which increase your risk of mood disorders, anxiousness, irritability, and stress

7. FIND HAPPINESS IN YOUR SPICE CABINET.

Certain flavorful herbs and spices have natural mood-enhancing properties, so cooking with them is an easy way to feel happier. Start adding these to your daily menu:

- **Saffron:** Numerous research studies have found it to be as effective as medication in treating depressive symptoms.
- **Turmeric:** Not only does this spice (found in curry) contains a compound that reduces plaques in the brain associated with Alzheimer's disease, it also triggers the release of serotonin, one of the brain chemicals of happiness.
- **Cinnamon:** High in antioxidants, it can help with blood sugar regulation and improve attention, and it is also a natural aphrodisiac. A better love life can definitely make you happier!
- **Rosemary:** This flavorful and aromatic herb has been found to have antidepressant effects that may be helpful for burnout and mental fatigue.

Happy Foods to Include in Your Diet: Lots of herbs and spices

Sad Foods to Avoid: Artificial colors and flavors geared to hijack your brain and deteriorate your joy

8. SAY YES TO SEXY FOODS!

The benefits of sexual intimacy in a committed relationship include improving the health of your brain and body, in addition to building more trust and deeper love with your spouse or significant other. By adding sensual foods like the ones below into your diet, you can boost your sex life—and your happiness:

- **Fruits** that support better blood flow include pomegranate, berries, watermelon, apples, citrus, cherries, and dark-colored grapes.
- **Oysters** are high in zinc, which is necessary for healthy testosterone levels.
- **Veggies**, including leafy greens and root vegetables like beets, turnips, and carrots are rich in nitrates that get your blood pumping.
- **Dark chocolate** (70% or greater cocoa content) has compounds associated with higher levels of the brain-happy chemicals serotonin and dopamine. A small square is all that is needed for maximum desire.
- **Salmon** and other fatty fish that are high in omega-3s boost blood flow and are good sources of vitamin D, which is necessary for healthy testosterone levels.
- **Spices** like ginger, ginseng, and garlic can enhance blood flow.

9. EAT CLEAN TO KEEP YOUR BODY HAPPY.

Pesticides, food additives, artificial dyes, and artificial sweeteners in the food you eat can contribute to depression, anxiety, and fatigue—ultimately stealing your happiness. Reading labels is a great way to make sure the foods you buy are as healthy as possible.

Organic foods that are sustainably and humanely raised are the best way to go. However, when it stretches your budget too far, you can still minimize your consumption of pesticide-laden food by checking out www.ewg.org—the Environmental Working Group’s list of foods that contain the highest and lowest levels of these unhealthy chemicals.

Another word of caution: As good as most fish are for you, some types—especially larger fish— can be high in mercury and exposure to heavy metals is linked to depression, anxiety, and other problems. The website, www.seafoodwatch.org, provides information on the best choices as well as what seafood to avoid.

Happy Foods to Include in Your Diet: Clean whole foods, sustainably raised, and organic whenever possible

Sad Foods to Avoid: Food raised with pesticides, hormones, and antibiotics, or containing artificial sweeteners, dyes, and preservatives

10. FIGHT DEPRESSION AND OTHER HAPPINESS-DRAINING ISSUES WITH A MONTH-LONG ELIMINATION DIET.

Many food sensitivities are tricky because they don't cause an obvious allergic reaction, but eventually can lead to symptoms of depression, anxiety, irritability, aggression, agitation, cognitive problems, and other mental health conditions.

A 1-month elimination diet, which involves skipping the following common allergenic foods during that time, is an ideal way to see which foods could be diminishing your happiness quotient:

- **Sugar:** Even honey and maple syrup can cause blood sugar levels to spike then crash, thus making you feel moody, anxious, irritable, and fatigued. Plus they increase cravings. Diets high in sugar promote inflammation, which is associated with depression.
- **Artificial sweeteners:** These are also linked to depression, anxiety, irritability, and insomnia—as well as many other brain and body problems, including high insulin levels, which increase the risk of Alzheimer's disease.
- **Gluten:** Untreated celiac disease and gluten sensitivity are associated with ADHD and mood and anxiety disorders, so going gluten-free can be a great way to reduce symptoms of those conditions, as well as any gastrointestinal problems related to the ingestion of gluten.
- **Soy:** Aside from products, such as tofu, tempeh, alternative milk products, and edamame, soy protein is found in many processed foods, including protein bars and energy snacks. It is high in inflammation-boosting omega-6s and lectins, which can be toxic and make you feel blue.
- **Corn:** This ubiquitous grain is also high in omega-6 fatty acids and low in omega-3s. Consequently, it can lead to bad moods.
- **Dairy:** Some people who are unknowingly sensitive to dairy products may develop symptoms of anxiety or depression from consuming them. Also, many cows are raised with hormones and antibiotics.
- **Food additives and dyes:** More than 10,000 food additives are permitted in the U.S. food supply, but unfortunately they might drain the happiness right out of you. Preservatives, flavoring, and other additives, as well as artificial dyes, such as Red Dye 40, can dramatically interfere with your mood and quest for happiness.

After a month of abstaining from these common allergenic foods, add each back one at a time for 3 to 4 days, and notice if you develop any psychological or physical problems. If so, try giving it up for 3 months to let your immune system rest, then try adding it in again. But keep the joy-stealing artificial sweeteners, additives, and dyes out of your life for good!

Happy Foods to Include in Your Diet: Foods that don't cause any form of allergic reaction

Sad Foods to Avoid: Any food that makes you feel bad—either instantly or over time

11. DISRUPT HEDONIC ADAPTATION WITH INTERMITTENT FASTING.

When something stimulates the pleasure centers in the brain, we develop a certain tolerance for it and need more to get the same level of satisfaction. For example, 1 scoop of ice cream may eventually lead to 2 scoops, but then your brain decides you now need chocolate sauce, caramel, and more toppings to satisfy your bliss point.

You can disrupt the way in which your brain hijacks your will-power—also known as hedonic adaptation—by not eating for at least 12 hours between dinner and breakfast. This process recalibrates the brain's pleasure centers to a lower set point whereby you need less of something to feel equally satisfied—and happier!

12. DEVELOP A HAPPIER MINDSET ABOUT YOUR RELATIONSHIP WITH FOOD.

All too often, people have a bad relationship with food. They love foods that are high in calories and increase inflammation—and promote obesity and diabetes. These foods do not love anyone back.

Working to change your eating habits is one of the best steps you can take toward happiness. For example, before you decide to take a bite of something, ask yourself, "Is this good for me or bad for me?" With regular practice you will automatically be drawn to the foods you love and that love you back, because they make you feel more positive for the long haul.

To get started, ditch the go-to comfort foods that interfere with feeling your best and replace them with 20 brain-healthy foods that fuel your happiness and improve your sense of well-being.

13. EAT FOR YOUR BRAIN TYPE

The final and most life-changing thing you can do is eat foods that are targeted to your brain type. Amen Clinics has identified a total of 16 Brain Types, including 5 primary Brain types:

Brain Type 1: Balanced

Brain Type 2: Spontaneous

Brain Type 3: Persistent

Brain Type 4: Sensitive

Brain Type 5: Cautious

Brain Types 6-16 are combinations of types 2-5.

When you tailor the general rules to your specific brain, it will help you feel better than ever. If you haven't discovered your Brain Type yet, take our free online Brain Health Assessment at www.brainhealthassessment.com.

The following section includes the recommended diet strategy and foods that will help optimize happiness for each of the 5 primary Brain Types, along with delicious recipes that support your best health—and make your tastebuds sing! For anyone with a combination Brain Type, eating for the one that's most prevalent is recommended. However, it's a good idea to read through each of the Brain Type sections to gain more understanding about yourself as well as about the people you love.

Section 2

**EAT FOR
YOUR BRAIN TYPE**

BRAIN TYPE 1: BALANCED

People with the Balanced Brain Type tend to be flexible, focused, emotionally balanced, dependable, and optimistic. Accordingly, eating a balanced diet is optimal for supporting their healthy brains.

Happy Foods for the Balanced Brain Type:

- **Fruits and Vegetables:** Eat up to 8 servings a day to boost levels of happiness; tomatoes, beets, and green leafy vegetables have been shown to lift mood
- **High-quality Protein:** Fish, seafood, turkey, chicken, beef, bison, lamb, and pork
- **Flavonoid-rich Foods:** Blueberries, strawberries, raspberries, and cocoa
- **Omega-3-rich Foods:** Flaxseeds, walnuts, salmon, sardines, shrimp, walnut oil, chia seeds, avocados, and avocado oil
- **Probiotic-rich Foods:** Brined vegetables, kimchi, fresh sauerkraut, kefir (no added sugar), miso soup, pickles, spirulina, chlorella, and low-sugar kombucha tea

Sad Foods to Avoid:

- **Sugar**
- **Artificial sweeteners**
- **High-glycemic carbs**
- **Foods that cause allergenic reactions**
- **Alcohol**
- **Too much caffeine**

RECIPES FOR THE BALANCED BRAIN TYPE

Omega Egg Burrito to Go
Amazing Apple Cinnamon Chicken Salad
Cream of Asparagus Soup
Creamy Pesto Halibut (*pictured on front cover*)
Garlic Herb Bison Sliders with Blueberry BBQ Sauce

Omega Egg Burrito to Go

Serves 1

Ingredients:

1 free-range egg
¼ cup chopped veggies (whatever you have on hand) or ½ cup spinach
1 coconut wrap, plain or curry flavor
¼ avocado, sliced
2 ounces leftover cooked salmon or low sodium smoked salmon
salt and pepper to taste, along with your favorite spices

Preparation:

1. Spray a small nonstick skillet with coconut oil spray. Over medium-low heat, scramble the egg. As egg is scrambling, add chopped veggies or spinach, stirring regularly. If preferred, you can heat the salmon for the last few seconds of cooking. I prefer not to heat the salmon and skip this step. Add spices as desired. Curry or chili powder adds a tasty twist.
2. Remove egg mixture from heat when cooked (usually cooks within about 2- 3 minutes). Allow to cool for a minute. If the egg is too hot it will wilt the coconut wrap.
3. While egg is cooling, place coconut wrap on a square of parchment paper. Place egg mixture on wrap lengthwise at one end, to accommodate rolling (like a burrito).
4. Top with avocado and smoked salmon.
5. Sprinkle with salt and pepper as desired.
6. Make a small fold at the bottom of the wrap, so contents don't fall out. Roll tightly. Wrap parchment paper around burrito and fold the top down.

Nutritional Information Per Serving:

317.3 calories, 18.4g protein, 6.9g carbohydrates, 6.0g fiber, 1.5g sugar, 20.5g fat, 6.1g saturated fat, 199mg cholesterol, 186mg sodium for salmon fillet, 300mg sodium for low sodium lox

Amazing Apple Cinnamon Chicken Salad

Serves 2

Ingredients:

2 boneless, skinless chicken breasts (4-6 ounces each)
1 medium apple, chopped
½ cup raisins
2 tablespoons Homemade Mayonnaise (see recipe in Sauces and Condiments section)
1 teaspoon apple cider vinegar
½ teaspoon cinnamon
2 tablespoons pecans, chopped
4 cups lettuce
¼ teaspoon pepper
optional: ½ teaspoon salt

Preparation:

1. Preheat the grill to medium-high heat.
2. Season chicken with salt and pepper as desired.
3. Cook chicken 7-10 minutes on each side or until the juices run clear. Let it cool.
4. In a medium bowl, mix Homemade Mayonnaise (see recipe in Sauces and Condiments section), vinegar, and cinnamon.
5. Dice chicken into large chunks.
6. Add chicken, apple, and raisins to dressing mixture.
7. Toss gently to coat. Season with salt and pepper if needed.
8. Refrigerate for 2 hours. Serve on a bed of your favorite greens, such as lettuce.

Nutritional Information Per Serving:

283 calories, 22g protein, 25g carbohydrates, 4g fiber, 11g fat, 2g saturated fat, 49mg cholesterol, 107mg sodium

Cream of Asparagus Soup

Serves 6

Ingredients:

1 pound asparagus
1-2 tablespoons ghee or refined coconut oil
½ onion, peeled and diced
¼ cup celery, chopped
3 cups low-sodium vegetable or chicken stock
1 tablespoon arrowroot dissolved in water
sea salt and pepper to taste
1 tablespoon fresh, chopped tarragon, or 1 teaspoon dried

optional:

- 1 leek chopped, white and light green parts only
- 2 tablespoons full-fat coconut milk

Preparation:

1. Cut off asparagus tips and reserve. Discard tough ends (the last 2 inches); chop remaining stems into 2-inch segments.
2. In medium soup pot, heat ghee or oil. Sauté onions, leeks, celery, and asparagus stems (not tips) over medium heat for about 5 minutes. Add arrow root and stir until well blended. Stir continuously for about 1 minute more.
3. Transfer mixture to a blender. Add about 1 cup stock (enough to help mixture blend easily). Blend well and transfer back to pot.
4. Add remaining stock to pot gradually, stirring out any lumps. Bring soup mixture to a boil then reduce heat and simmer until the soup is smooth and thickened, about 30-40 minutes, stirring frequently.
5. If desired, add coconut milk for a creamy consistency.
6. Add salt and pepper to taste.
7. Add asparagus tips to soup and simmer 5-10 minutes.
8. Add tarragon for flavor and garnish with a sprig of fresh tarragon if desired.
9. Serve warm.

Nutritional Information Per Serving:

80 calories, 3g protein, 10g carbohydrates, 2g fiber, 0g sugar, 4g fat, 1g saturated fat, 0mg cholesterol, 84mg sodium

Creamy Pesto Halibut (pictured on front cover)

Serves 4

Ingredients:

4 wild halibut fillets (4 ounces each)
1 teaspoon macadamia nut oil or coconut oil
1/4 cup walnuts
1 teaspoon minced garlic
1 cup fresh basil leaves (or 1/3 cup dried basil)
1/2 cup spinach leaves
1 tablespoon olive oil
1/4-1/3 cup almond milk or 1/2 cup coconut milk
Juice and zest of one lemon (grate one lemon peel for zest)
optional: 1/4 teaspoon salt, pepper to taste

Preparation:

1. In a food processor or blender place walnuts, garlic, basil and spinach for 30 seconds.
2. Add olive oil, milk, and lemon zest and blend.
3. Heat oil in large sauté pan over medium heat and sear halibut filets on one side until a golden crust forms and the fish is done on the bottom, 1-2 minutes. Gently turn the fish and cover to finish cooking through, about 2 minutes. The fish is ready when it starts to flake.
4. While fish is cooking, in separate small saucepan, warm pesto cream on medium-low heat and reserve until fish is cooked.
5. Plate the fish, squeeze lemon juice over, if desired, and drizzle the pesto on top (about 2 tablespoons per fillet).

Nutritional Information Per Serving:

269.2 calories, 25.6g protein, 2.7g carbohydrates, 1.5g fiber, 0.4g sugar, 17.3g fat, 2.6g saturated fat, 47.8mg cholesterol, 74.9mg sodium

Garlic Herb Bison Sliders with Blueberry BBQ Sauce

Makes 8 sliders

Serves 4

Ingredients:

Sliders

- 1 pound ground free-range bison,
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon garlic, minced
- 2 tablespoons parsley, minced
- 1 teaspoon salt
- ¼ teaspoon pepper
- ½ red onion sliced very thin and set in a bowl of salted ice water
- 1 head butter lettuce, washed and leaves separated for wraps

Sauce (makes 8 servings):

- ¼ cup red onion, chopped
- 1 tablespoon jalapeno, chopped
- 1 tablespoon olive oil
- 2 tablespoons red wine vinegar
- 2 tablespoons water
- 1 tablespoon honey
- 2 tablespoons Dijon mustard
- 2 tablespoons tomato paste
- 1 cup fresh organic blueberries
- hot sauce and salt to taste

Preparation:

Sliders:

1. In a mixing bowl, combine meat, oil, garlic, parsley, and seasoning.
2. Form 8 small patties the size of small biscuits.
3. Grill burgers until desired temperature (for medium rare, about 3 minutes per side).

Sauce:

1. Using a heavy saucepan, cook onions and peppers in oil until soft, about 2-3 minutes.
2. Add vinegar, water, honey, mustard, and ketchup, and bring to a simmer.
3. Add blueberries and cook for 5-10 minutes, until the sauce is very purple. Cool at room temperature.
4. Blend until mostly smooth and season to taste with salt and hot sauce.

To assemble: Place burger on lettuce, then top with onions and a drizzle of blueberry BBQ sauce.

Nutritional Information Per Serving for Sliders:

318.8 calories, 25.6g protein, 1.2g carbohydrates, 0.4g fiber, 0g sugar, 23.1g fat, 7.9g saturated fat, 88.2mg cholesterol, 118.1mg sodium

Nutritional Information Per Serving for BBQ Sauce:

39.55 calories, 0.4g protein, 5.7g carbohydrates, 0.8g fiber, 4.4g sugar, 1.7g fat, 0.5g saturated fat, 0mg cholesterol, 69.9mg sodium

BRAIN TYPE 2: SPONTANEOUS

Spontaneous Brain Types are known for their energy, creativity, risk-taking, and adventurous spirit. However, they can also be impulsive, restless, and easily distracted. The front part of their brain tends to have lower than normal activity, so to achieve better balance, the best strategy for this type is to eat a higher-protein, lower-carbohydrate diet, such as a ketogenic or paleo diet.

Happy Foods for the Spontaneous Brain Type:

- **Dopamine-rich Foods for Focus and Motivation:** Turmeric, green tea, lentils, fish, lamb, chicken, turkey, beef, eggs, nuts and seeds, high-protein veggies (such as broccoli and spinach), and protein powders
- **Tyrosine-rich Foods:** Almonds, bananas, avocados, eggs, beans, fish, chicken, and dark chocolate
- **Flavonoid-rich Foods:** Blueberries, strawberries, raspberries, and cocoa
- **Omega-3-rich Foods:** Flaxseeds, walnuts, salmon, sardines, beef, shrimp, walnut oil, chia seeds, avocados, and avocado oil
- **Probiotic-rich Foods:** Brined vegetables, kimchi, fresh sauerkraut, kefir (no sugar added), miso soup, pickles, spirulina, chlorella, and kombucha tea (low-sugar)
- **Beets**
- **Green Leafy Vegetables**

Sad Foods to Avoid:

- **Sugar**
- **Artificial sweeteners**
- **High-glycemic carbs**

RECIPES FOR THE SPONTANEOUS BRAIN TYPE

Crustless Quiche for Clarity (*pictured on front cover*)

Roasted Beet Salad

Moroccan Spiced Lamb Stew

Salmon Sliders

Sautéed Spinach with Sundried Tomatoes

Crustless Quiche for Clarity (*pictured on front cover*)

Serves 6

Ingredients:

- 1 10-ounce box frozen spinach (thawed) or 3 cups fresh spinach, sautéed for several minutes
- ½ onion, peeled and finely diced
- 1 carrot, peeled and shredded
- 1 teaspoon dried rosemary
- 1 teaspoon dried thyme
- 12 eggs
- 1 tablespoon ghee or refined coconut oil for cooking
- 1 teaspoon ghee or coconut oil for greasing baking dish
- optional:*
 - 8 ounces ground turkey, chicken, or bison
 - 1 teaspoon sea salt

Preparation:

1. Preheat oven to 375° F.
2. If adding ground meat, heat ghee or oil in skillet over medium heat. Add turkey, chicken, or bison until lightly browned but not cooked through.
3. Remove ground meat from skillet and allow to cool for several minutes.
4. Mix spinach, onion, carrot, salt, and herbs in large bowl.
5. Whisk eggs in separate bowl, then add to vegetable and herb blend; mix well.
6. Add ground meat to egg and vegetable mixture.
7. Pour mixture into greased 9" x 9" baking pan and bake for about 45 minutes until golden brown and fluffy. (It's normal for quiche to deflate when removed from the oven)
8. Cut into squares and serve hot.

Nutritional Information Per Serving:

158 calories, 11.7g protein, 3.3g carbs, 0.9g fiber, 1.6g sugar, 11.1g fat, 4.7g saturated fat
143mg sodium, 327mg cholesterol

Roasted Beet Salad

Serves 6

Ingredients:

12 baby beets or 4-6 large beets (preferably different kinds—red, yellow, and Chioggia)

1½ - 2 pink grapefruits

½ cup finely chopped cashews or whole pine nuts

1 shallot, finely minced

2 tablespoons coarsely chopped fresh mint

1 lime, juiced

¼ cup extra-virgin olive oil

1 teaspoon raw, unfiltered honey

2 teaspoons grapefruit zest

4 cups arugula or mixed greens

optional: pinch of sea salt

Preparation:

1. Preheat oven to 400° F.
2. Individually wrap beets in foil and roast on middle rack in the oven for 30 minutes for baby beets, 40-50 minutes for large beets, or until they are soft. Set aside and let cool.
3. Peel and segment the grapefruit. Using a sharp paring knife, remove the ends of each segment, then carefully slice the skin from one end to the other and remove the skin so there is no peel or white pith left.
4. Place grapefruit in a large salad bowl. Combine with nuts, shallot, and mint.
5. Remove beets from foil. Use a paper towel to rub the skin off the beets. (It should rub off easily.) Slice baby beets in rounds. Quarter larger beets. Add to bowl with grapefruit. Set aside in refrigerator.
6. In a small bowl, mix lime juice, olive oil, honey, grapefruit zest, and sea salt, if using.
7. Arrange arugula on individual plates.
8. Gently toss grapefruit-and-beet mixture with half of dressing or serve the dressing on the side.
9. Dish grapefruit-and-beet mixture onto the greens.
10. Refrigerate for 10 minutes or so. This salad should be served cool.

Nutritional Information Per Serving:

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

Moroccan Spiced Lamb Stew

Serves 6

Ingredients:

2 tablespoons coconut oil
2 pounds lamb stew meat, or boneless leg of lamb cut into 1-inch cubes.
1 onion diced
1 diced yellow bell pepper
1 small butternut squash, peeled, seeded, and cut into 1-inch cubes, about 3 cups
1 teaspoon cinnamon
¼ teaspoon nutmeg
1 can (28 ounces) diced tomatoes with the juices
1 can (13.5 ounces) coconut milk
1 cup frozen peas
salt and pepper to taste

Preparation:

1. In a large pot, or Dutch oven, heat the coconut oil over medium high heat. Season the meat with salt and pepper, then brown on all sides. Remove the meat from the pan and set aside.
2. Add the onion and yellow pepper to the pot and cook until tender.
3. Add the squash, cinnamon, and nutmeg. Stir gently.
4. Add back the meat with any juices, tomatoes, and coconut milk to the pot. Bring to a boil, then turn down to a simmer and cook for 1½ hours until the meat is tender.
5. Add in peas and season with salt and pepper to taste.

Note: This stew can also be made in a slow cooker. Put all ingredients except the peas in the slow cooker and cook on high for 4 hours or low for 6-8 hours. Program slow cooker to warm until ready to serve. Add the peas and season with salt and pepper right before serving.

Nutritional Information Per Serving:

301.3 calories, 18.4g protein, 21.7g carbohydrates, 5.8g fiber, 4.5g sugar, 15.9g fat, 10g saturated fat, 50mg cholesterol, 305.8mg sodium

Salmon Sliders

Makes 8 sliders

Ingredients:

2 tablespoon apple cider vinegar
1 teaspoon honey
½ teaspoon salt
½ cup red onion, chopped, divided
½ cup red bell pepper, chopped, divided
½ cup Persian or hot house cucumbers, chopped
1 pound wild salmon, skin removed, cut into large chunks
2 tablespoons tamari sauce
1 tablespoon coconut oil
1 head butter lettuce, washed and leaves separated for wraps

Preparation:

1. Whisk together the vinegar, honey, and salt. Toss with ¼ cup onion, ¼ cup pepper, and cucumbers to make a light relish. Set aside to chill and let flavors combine.
2. Place the salmon, ¼ cup of the onion, and ¼ cup of the bell peppers in a food processor and pulse until chopped small. Add the tamari sauce and pulse again 1-2 times.
3. With wet hands, remove the salmon from the bowl and make into 8 small slider patties.
4. Heat coconut oil in a sauté pan over medium-high heat. Add the salmon sliders, browning on both sides until cooked through.
5. Place the sliders on lettuce wraps and top with the relish. Also great in coconut curry wraps.

Nutritional Information Per Serving:

111.1 calories, 12.5g protein, 1.7g carbohydrates, 0.3g fiber, 0.9g sugar, 5.8g fat
2.1g saturated fat, 33.8mg cholesterol, 297.9mg sodium

SAUTÉED SPINACH WITH SUNDRIED TOMATOES

Serves 6

Ingredients:

2 pounds fresh spinach
¼ cup sundried tomatoes, chopped
¼ cup pine nuts
2 tablespoons coconut oil
2 garlic cloves, minced
salt and pepper to taste
optional: 1 small onion, peeled and finely chopped

Preparation:

1. Heat oil in large skillet over medium heat. Sauté spinach in batches until wilted, about 3-5 minutes. Set spinach aside.
2. Add garlic and onion to same pan. Add a touch more oil if necessary. Sauté for 3 minutes.
3. Add spinach, tomatoes, and pine nuts to garlic and onion. Mix well, distributing onions, garlic, and pine nuts evenly through the spinach. Heat through and remove from heat.
4. Add pepper and sea salt if desired.

Nutritional Information Per Serving:

39.4 calories, 0.7g protein, 1.5g carbohydrates, 0.2g fiber, 1.1g sugar, 3.6g fat, 0.5g saturated fat, 0mg cholesterol, 185.7mg sodium

BRAIN TYPE 3: PERSISTENT

Persistent Brain Types are very focused people and like to get things done, check items off their list, and are happiest when things go their way. However, they can also be inflexible, stubborn, and critical and tend to hold grudges. Usually, those with this Brain Type have higher than normal activity in the front part of their brain due to lower levels of the neurotransmitter, serotonin. Therefore, the best diet strategy for them is one that is higher in complex carbohydrates (to boost serotonin production) and lower in protein.

Happy Foods for the Persistent Brain Type:

- **Fruits and Vegetables:** Eat up to 8 servings a day to boost levels of happiness; tomatoes have been shown to lift mood. Maca root (a cruciferous vegetable native to Peru) has been found in some studies to support mood and reduce anxiety. It's usually sold as a powder, and you can add it to smoothies
- **Serotonin-rich Foods:** Combine tryptophan-containing foods (eggs, turkey, seafood, chickpeas, nuts, and seeds) with healthy carbohydrates, like sweet potatoes and quinoa, to drive insulin into the brain
- **Omega-3-rich foods:** Flaxseeds, walnuts, salmon, sardines, beef, shrimp, walnut oil, chia seeds, avocados, and avocado oil
- **Probiotic-rich Foods:** Brined vegetables, kimchi, fresh sauerkraut, kefir, miso soup, pickles, spirulina, chlorella, and kombucha tea
- **Prebiotic-rich Foods:** Dandelion greens, psyllium, artichokes, asparagus, beans, cabbage, raw garlic, onions, leeks, and root vegetables including, carrots, jicama, beets, turnips, and more

Sad Foods to Avoid:

- **Too much protein**
- **High-glycemic carbs**
- **Alcohol**

RECIPES FOR THE PERSISTENT BRAIN TYPE

Grainless Granola

Tabbouleh

Smooth Sweet Potato Soup

Macadamia Crusted Mahi-Mahi

Turkey Meatloaf

Grainless Granola

Serves 6

This recipe is best when nuts and seeds are soaked overnight to allow nuts and seeds to sprout.

Ingredients:

- 2 cups slivered almonds
- ½ cup cashews, chopped
- ½ cup pumpkin seeds
- ½ cup sunflower seeds
- ¼ cup shredded coconut
- ¼ cup goji berries or ¼ cup dates, chopped
- ½ teaspoon vanilla extract
- ½ teaspoon cinnamon or nutmeg
- ½ teaspoon sea salt
- 2 cups almond, coconut, or hemp milk
- 2 cups plain coconut milk or goat milk yogurt
- optional:* ¼ cup cacao nibs

Preparation:

**To increase protein and nutritional value, you can soak nuts and seeds in a large bowl overnight to initiate sprouting process. Place in a large bowl, cover with water and refrigerate.

1. If you soaked the nuts, make sure you drain them well. No need to rinse, as you want to maintain the nutritional value.
2. Add nuts, seeds, goji berries or dates, and coconut to food processor and pulse a few times until coarsely chopped to the consistency of granola (do not over-process).
Remove from processor and put in a large bowl.
3. Add vanilla, cinnamon, and sea salt to mixture and toss well until all ingredients are thoroughly blended.
4. If desired, warm in oven at 175° F for 15 minutes.
5. Divide granola evenly among 4 bowls.

6. Pour ½ cup almond, coconut, or hemp milk into each bowl of granola.
7. Top each bowl with ½ cup coconut or goat milk yogurt and optional toppings as desired.

Nutritional Information Per Serving:

343.6 calories, 10.8g protein, 22.1g carbohydrates, 6.8g fiber, 6.7g sugar, 26.1g fat
1.8g saturated fat, 0mg cholesterol, 68.2mg sodium

Tabbouleh

Serves 6

Salad Ingredients:

1 cup cooked quinoa, ½ cup uncooked—see below for cooking instructions
1 cup flat leaf Italian parsley, finely chopped
¼ cup fresh mint, finely chopped
1 cup kale, finely chopped
1 cup fresh chives, finely chopped
1 cup Persian or hot house cucumber, seeded and chopped small
½ cup hemp seeds
1 cup grape tomatoes, cut in half
zest of 1 lemon

Dressing Ingredients:

2 tablespoons extra-virgin olive oil
2 cloves garlic, minced
juice of 1 lemon, about 2 tablespoons
salt and pepper

Preparation:

1. Combine all salad ingredients in a large bowl.
2. Whisk dressing ingredients together and add salt and pepper to taste.
3. Toss salad with dressing and serve.

How to make fluffy quinoa:

1. Rinse quinoa.
2. Add quinoa to a small pot, ratio 1 part quinoa to 1.5 parts water.
3. Bring to a boil, then reduce to simmer over very low heat, and cover for 11 minutes.
4. Remove cover and place a clean towel over the pot, and place the cover over the towel
5. Let sit for at least 15 minutes.
6. Remove cover and towel, fluff with fork.

Nutritional Information Per Serving:

309.3 calories, 13.9g protein, 39.2g carbohydrates, 6.0g fiber, 2.5g sugar, 11.5g fat, 1g saturated fat, 0mg cholesterol, 25.1mg sodium

Smooth Sweet Potato Soup

Serves 8

Ingredients:

6-7 cups vegetable broth or bone broth
½ cup diced onion
½ cup diced celery
3 tablespoons diced leeks
2 garlic cloves, minced
1½ pounds sweet potatoes, peeled and diced
½ teaspoon cinnamon
¼ teaspoon nutmeg
½ cup almond milk
1 teaspoon sea salt
1 teaspoon ground white pepper

optional garnishes:

- ¼ cup sunflower seeds
- 2 tablespoons finely chopped fresh sage
- ¼ cup dried cranberries
- sprinkled cinnamon

Preparation:

1. Heat ¼ cup of vegetable broth in large soup pot over medium heat. Sauté onions, celery, and leeks for 2 minutes. Then add garlic and sauté for another minute.
2. Add 4 cups of vegetable broth, sweet potatoes, cinnamon, and nutmeg.
3. Bring to a boil, then reduce heat to medium-low and simmer until potatoes are tender, about 10 minutes.
4. Use immersion blender or pour contents into a blender in batches. Blend until smooth.
5. Pour soup back into pot (if using a blender). Add almond milk. Then slowly add remaining broth according to preferred consistency.
6. Add salt and pepper.
7. Ladle soup into bowls and garnish with sunflower seeds, sage, and cranberries. Add a sprinkle of cinnamon if desired.

Nutritional Information Per Serving:

81 calories, 2g protein, 17g carbohydrates; 2g fiber, 4.5g sugar, 0g fat, 0g saturated fat, 0mg cholesterol, 234mg sodium

Macadamia Crusted Mahi-Mahi

Serves 4

Ingredients:

4 wild Mahi-Mahi fillets (4 ounces each)

2 tablespoons finely minced macadamia nuts (use a food processor for best results)

1 tablespoon minced garlic

2-3 tablespoons of fresh herbs, such as oregano, basil, marjoram, or cilantro.

If you use dried herbs, use one teaspoon of each.

1 tablespoon orange zest (grate the peel with the small side of the grater)

salt and pepper to taste

optional: 4 cups vegetable broth for glaze drizzle

Preparation:

1. Heat oven to 375° F.
2. In a food processor, chop cashews, garlic, herbs, and lemon zest to create a crumble topping.
3. Place the fish on a baking sheet lined with parchment paper. Top the fillets equally with the macadamia and herb crumble.
4. Optional (not necessary, but delicious): Put vegetable broth in a medium saucepan and bring to a boil. Reduce heat to medium. Reduce broth down until it is similar in consistency to light gravy. It will actually turn into a glaze-like consistency. This may take 20- 30 minutes. Keep it warm while fish bakes.
5. Bake fish for about 8-12 minutes, depending on desired doneness or until it flakes easily.
6. If using the vegetable broth glaze, spoon over fish before serving.

Nutritional Information Per Serving:

149.3 calories, 20.8g protein, 2.8g carbohydrates, 1.6g fiber, 0.4g sugar, 6.6g fat
0.9g saturated fat, 80.0mg cholesterol, 95.7mg sodium

Turkey Meatloaf

10 Servings

Ingredients:

1½ pounds lean ground turkey (organic, free range)
¾ cup old-fashioned gluten-free oats, uncooked (do not use instant oats)
1 cup onion, chopped
½ teaspoon black pepper
1 teaspoon salt
1 tablespoon fresh basil leaves, chopped
1 tablespoon fresh oregano, chopped
3 garlic cloves, minced
2 eggs
½ cup tomato basil pasta sauce

Preparation:

1. Preheat oven to 350° F.
2. In large mixing bowl, combine turkey, oats, onion, salt, pepper, basil, oregano, garlic, eggs, and ¾ of the pasta sauce. Mix well. If you prefer, you can place onion, basil, oregano, and garlic in food processor to mix.
3. Press mixture into a 9" x 5" bread loaf pan.
4. Spread remaining pasta sauce over the top. This should be a thin coat to prevent the loaf from drying during baking.
5. Bake for approximately 60 minutes or until internal temperature is 160° F.

Nutritional Information Per Serving:

126 calories, 18g protein, 7g carbohydrates, 3g fat, 1g saturated fat, 51mg cholesterol, 346 mg sodium, 1g fiber

BRAIN TYPE 4: SENSITIVE

People with the Sensitive Brain Type are very empathic to the feelings of others and tend to experience emotions very deeply. They may also struggle with sadness and being overly sensitive. This is due to overactivity in the limbic (emotional) system in the brain and lower levels of neurotransmitters like dopamine, serotonin, oxytocin, and endorphins—all of which support happiness. This brain type is best supported by eating a balanced diet.

Happy Foods for the Sensitive Brain Type:

- **Foods that Spark Endorphins:** Spicy foods (jalapeño, habanera, chili, and other peppers) and dark chocolate
- **Fruits and Vegetables:** Eat up to 8 servings a day to boost levels of happiness; tomatoes have been shown to lift mood
- **Serotonin-rich Foods:** Combine tryptophan-containing foods (eggs, turkey, seafood, chickpeas, nuts, and seeds) with healthy carbohydrates like sweet potatoes and quinoa to drive insulin into the brain
- **Omega-3-rich Foods:** Flaxseeds, walnuts, salmon, sardines, beef, shrimp, walnut oil, chia seeds, avocados, and avocado oil
- **Probiotic-rich Foods:** Brined vegetables, kimchi, fresh sauerkraut, kefir, miso soup, pickles, spirulina, chlorella, and kombucha tea
- **Prebiotic-rich Foods:** Dandelion greens, psyllium, artichokes, asparagus, beans, cabbage, raw garlic, onions, leeks, and root vegetables, such as carrots, jicama, beets, and turnips
- **Maca Root:** A cruciferous root vegetable native to Peru that has been found in some studies to support mood and reduce anxiety. It is usually sold as a powder, and you can add it to smoothies.

Sad Foods to Avoid:

- **Simple carbs:** Sources such as bread, rice, pasta, and white potatoes, because they increase inflammation and the risk of depression and negativity

RECIPES FOR THE SENSITIVE BRAIN TYPE

Muffin Tin Frittatas
Warm Quinoa Spinach Salad
Chicken Yam Chowder
Chicken Tikka Masala
Cauliflower Garlic Mashed "Potatoes"

Muffin Tin Frittatas

Makes 12 frittatas - serving size 2

Ingredients:

8 eggs
½ teaspoon salt
a pinch black pepper
2 cups broccoli slaw, or finely chopped broccoli
½ cup red bell pepper, chopped
½ cup walnuts, finely chopped
non-stick cooking spray

Preparation:

1. Heat oven to 350° F and coat a 12-muffin tin with non-stick cooking spray.
2. Whisk together the eggs, salt, and pepper.
3. Stir in the broccoli slaw, bell pepper, and walnuts.
4. Divide mixture evenly in the prepared muffin tin.
5. Bake for 20 minutes or until eggs are set.

NOTE: This recipe can be halved and cooked in the microwave in a pinch. Use individual microwave safe soufflé bowls or small cups. Microwave for about 1 minute each or until the egg is set.

Nutritional Information Per Serving:

92.3 calories, 5.9g protein, 3.3g carbohydrates, 1.7g fiber, 1.7g sugar, 6.5g fat, 1.4g saturated fat
124.0mg cholesterol, 155.5mg sodium

Warm Quinoa Spinach Salad

Serves 6

Ingredients:

3-4 tablespoons vegetable broth for sautéing, or 2 teaspoons refined coconut oil
¼ cup onion, peeled and finely diced
4 garlic cloves, minced or 2 teaspoons pre-minced, jarred garlic
1 tablespoon refined coconut oil
1 cup quinoa, rinsed
2 cups vegetable broth or water
1 bunch asparagus tips
2 handfuls fresh spinach, chopped
1 tablespoon fresh sage or 1 teaspoon dried
2 tablespoons fresh chopped chives, or 1 teaspoon dried
¼ cup raw pine nuts

Preparation:

1. Heat vegetable broth or 2 teaspoons coconut oil in large pot over medium heat. Add onions and sauté for 1 minute.
2. Add garlic and sauté for an additional minute.
3. Add 1 tablespoon of coconut oil to garlic and onions. Add quinoa and stir well to coat lightly with oil.
4. Turn heat up to medium high and stir quinoa constantly for about 10 minutes or until quinoa is lightly toasted.
5. Add 2 cups vegetable broth or water and increase heat to high. Bring to a boil. Reduce heat to medium low and simmer for 15 minutes or until liquid is absorbed.
6. Add asparagus tips to quinoa during last 2 minutes of cooking. This will give you crunchy asparagus and ensure that they are not overcooked. If you prefer softer veggies you may steam or sauté them separately and add them.
7. Mix the spinach into the quinoa while the quinoa is still warm. It will wilt the spinach without overcooking it, thus retaining most of the nutritional value.
8. Optional: You may want to toss salad with 1 tablespoon of refined coconut oil or olive oil to give the salad a nice texture.
9. Add sage, chives, and pine nuts and stir well. Add salt and pepper to taste.
10. Serve warm.

Nutritional Information Per Serving:

184 calories, 7g protein, 21.2g carbs, 2.8g fiber, 0.9g sugar, 8.4g fat, 2.6g saturated fat, 0mg cholesterol, 261mg sodium

Chicken Yam Chowder

Serves 4-6

Ingredients:

1 tablespoon coconut oil
1 pound boneless skinless chicken breasts, chopped into 1-inch pieces
1 cup onions, chopped
1 cup carrots, chopped
1 cup celery stalks, chopped
3 cups yams (or sweet potatoes), chopped into 1-inch pieces
3 cups chicken broth or bone broth
1 can (13.5 ounces) coconut milk
salt and pepper
optional: 1 jalapeno, seeds removed, chopped

Preparation:

1. In a large pot heat oil over medium heat and cook chicken until white on all sides and cooked through. Remove from pan and set aside.
2. Add onions, carrots, and celery over medium-high heat until they are soft.
3. Add the yams, and the chicken broth, bring to a boil and simmer until the potatoes are tender, about 15-20 minutes.
4. Remove half of the broth and vegetables and put in a blender and puree till smooth and add back to the pot.
5. Add the chicken and the coconut milk and bring to a simmer. If the soup is too thick add more broth or water to get your desired consistency.
6. Season with salt and pepper.
7. Ladle into tureens and top with jalapeno if desired.

Nutritional Information Per Serving:

361 calories, 28.4g protein, 36.7g carbohydrates, 5.9g fiber, 3.0g sugar, 11.6g fat 8.1g saturated fat, 68.7mg cholesterol, 810.3mg sodium

Chicken Tikka Masala

Serves 4

Ingredients:

10 cloves peeled garlic
½ cup peeled ginger, chopped
1 teaspoon salt (reduce by half or eliminate for low sodium diet)
½ teaspoon black pepper
1 pound boneless skinless chicken thighs
1 can (13.5 ounces) coconut milk, divided
2 tablespoons coconut or macadamia nut oil
½ onion, chopped
1 jalapeno pepper, minced, add the seeds and ribs if you want heat
2 tablespoons tomato paste
1½ teaspoon garam masala
2 cans (14 ounces each) chopped tomatoes
salt and pepper
optional: chopped cilantro for garnish

Preparation:

1. Combine the garlic and ginger in a food processor and pulse until smooth.
2. Mix half of the garlic and ginger paste, 1 cup coconut milk, salt, and pepper in a self-sealing bag. Add the chicken thighs and marinate in the fridge for at least 1 hour and up to overnight.
3. In a large saucepan over medium-high heat, add the oil, the onion, and the jalapeno pepper. Cook until soft, about 2-3 minutes.
4. Add the remaining garlic and ginger paste and cook until fragrant.
5. Add the tomato paste and the garam masala, cooking until the tomato paste is a little browned.
6. Add in the 2 cans of chopped tomatoes, stirring to loosen anything stuck on the bottom of the pan. Let the sauce simmer for 10-15 minutes.
7. Add in ½ cup of the coconut milk, and season with salt and pepper to taste.
8. Heat your indoor grill pan or outdoor grill.
9. Remove the chicken from the marinade and grill until cooked through about 6 minutes per side.
10. Let the chicken cool, then dice and add to the sauce.
11. Sprinkle with chopped cilantro, if using.

Nutritional Information Per Serving:

343.7 calories, 30.3g protein, 22.5g carbohydrates, 1.0g fiber, 3.9g sugar, 15.2g fat
9.9g saturated fat, 114.5mg cholesterol, 646.8mg sodium

Cauliflower Garlic Mashed "Potatoes"

Serves 4

Ingredients:

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

Preparation:

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

NOTE: This dish is extra nutritious and delicious when served on a bed of spinach.

Nutritional information per serving:

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

BRAIN TYPE 5: CAUTIOUS

Those with the Cautious Brain Type are reliable, thorough, predictable, and conscientious and have high standards for themselves and others. They also tend to be worriers and are averse to uncertainty and taking risks. Their brain typically has too much activity in the amygdala and basal ganglia which causes them to be more anxious. Eating a balanced diet is best for anyone who has this type.

Happy Foods for the Cautious Brain Type:

- **GABA-rich Foods:** Green, black, or oolong teas, lentils, berries, grass-fed beef, wild-caught fish, seaweed, noni fruits, potatoes, and tomatoes
- **Vitamin B6-rich Foods:** Spinach, garlic, broccoli, brussels sprouts, and bananas
- **Magnesium-rich Foods:** Pumpkin and sunflower seeds, almonds, spinach, Swiss chard, sesame seeds, beet greens, summer squash, quinoa, black beans, and cashews
- **Omega-3-rich Foods:** Flaxseeds, walnuts, salmon, sardines, beef, shrimp, walnut oil, chia seeds, avocados, and avocado oil
- **Probiotic-rich Foods:** Brined vegetables, kimchi, fresh sauerkraut, kefir, miso soup, pickles, spirulina, chlorella, and kombucha tea
- **L-theanine:** Drink green tea

Sad Foods to Avoid:

- **Alcohol**
- **Caffeine**
- **Sugar**

RECIPES FOR THE CAUTIOUS BRAIN TYPE

Tanana Pancakes (*pictured on back cover*)

Shredded Rainbow Salad

Prosciutto Maple Salmon

The Best Beef Stroganoff

Sweet Potato Hash

Tanana Pancakes (*pictured on back cover*)

Serves 2 - Makes about 8-10 small pancakes

Ingredients:

1 cup fresh strawberries, stems removed

3 eggs

1 banana

1 teaspoon almond butter

½ teaspoon baking powder

1 teaspoon arrowroot

optional:

- 1 teaspoon coconut oil

- 2 tablespoons flax meal

Preparation:

1. In advance, blend strawberries in a high-speed blender until mixture is a sauce like consistency. Place sauce in a small serving bowl and set aside.
2. Place all ingredients in a blender and blend on medium speed for 30 seconds or until mixture is thoroughly blended. Instead of using a blender you may place ingredients in a bowl and use a handheld mixer.
3. Heat a ceramic nonstick pan or griddle sprayed with a light coat of coconut oil over medium low heat.
4. Ladle small circles of batter onto the heated pan, about 3 inches in diameter (about the size of an average can top). If you make them too large they will burn and be difficult to turn. Watch closely because they cook quickly, usually about 30- 45 seconds per side.
5. Plate pancakes and spoon a small amount of strawberry sauce over the top.

Nutritional information per serving:

197 calories, 11g protein, 18.2g carbohydrates, 3.4g fiber, 9.5g sugar, 9.6g fat, 2.6g saturated fat, 279mg cholesterol, 229.7mg sodium

Shredded Rainbow Salad

Serves 4-6

Ingredients:

Salad:

- 1 small bunch kale or Swiss chard, cut very thin into ribbons
- 1 small head Romaine lettuce, cut very thin into ribbons
- 1 small golden beet, peeled and shredded on a box grater
- 2 carrots, peeled and shredded on a box grater
- ½ cup golden berries or blueberries

Dressing:

- 2 tablespoons apple cider vinegar
- 1 tablespoon honey
- ½ teaspoon salt
- 1 pinch white pepper
- ¼ cup extra virgin olive oil

Preparation:

1. Place the kale or Swiss chard in a large bowl and massage it with your hands for a minute to help break it down and make it tender.
2. Add in the Romaine lettuce, the beets, and carrots.
3. Whisk together the dressing ingredients and toss with the salad.
4. Top with the golden berries or blueberries.

Nutritional Information Per Serving for Salad:

41.5 calories, 1.3g protein, 9.4g carbohydrates, 2.5g fiber, 5.3g sugar, 0.2g fat, 0g saturated fat, 0mg cholesterol, 44mg sodium

Nutritional information Per Serving for Dressing:

137.7 calories, 0.1g protein, 4.7g carbohydrates, 0.2g fiber, 4.3g sugar, 14.0g fat, 2g saturated fat, 0mg cholesterol, 39mg sodium

Sweet Potato Hash

Serves 6

Ingredients:

2 tablespoons macadamia nut oil
½ yellow onion diced
½ red bell pepper diced
2 yams, peeled and shredded on a box grater
1 teaspoon smoked paprika
½ teaspoon salt
¼ teaspoon black pepper

Preparation:

1. In a large sauté pan heat the macadamia nut oil, add the onions, and peppers and sauté 2 minutes.
2. Add the potatoes to the pan and spread flat.
3. Let the potatoes cook until browned on the bottom, about 4-5 minutes. Then carefully turn the potatoes over and continue cooking until tender.

Nutritional Information Per Serving:

110.5 calories, 1.4g protein, 16.2g carbohydrates, 3.8g fiber, 1.5g sugar, 5.3g fat, 0.4g saturated fat, 0.0mg cholesterol, 194mg sodium

The Best Beef Stroganoff

Serves 6

Ingredients:

1½ pounds grass-fed, antibiotic-free beef sirloin, cut into bite-sized pieces
3 tablespoons coconut oil
1 onion, julienned
2 garlic cloves, minced
8 ounces cremini mushrooms, sliced
1 teaspoon paprika
1 bay leaf
1 teaspoon garlic salt
1 tablespoon fresh rosemary, chopped
2 cups vegetable broth
1 tablespoon fresh parsley, chopped
¾ cup coconut creamer
1 tablespoon arrowroot
salt and pepper to taste

Preparation:

1. In a heavy-bottomed pan heat 2 tablespoons of coconut oil over medium heat. Add onions, and sauté for 3 minutes.
2. Add garlic, and sauté for 1 more minute. Transfer the onion and garlic to a bowl.
3. In the same pan, cook mushrooms for 5 minutes. Set mushrooms aside with onions and garlic.
4. In the same pan, add the rest of coconut oil and beef. Sprinkle with paprika. Cook for 3-5 minutes or until the meat is browned on all sides.
5. Add onion, garlic, mushrooms, and rosemary to the beef.
6. Stir in vegetable broth, season with salt and pepper as desired, and cover. Bring to a boil, reduce heat, and simmer for 50 minutes or until meat is tender.
7. Meanwhile, in a small bowl mix the coconut creamer and arrowroot. When meat is cooked add it to the pan. Simmer for 3 minutes. Stir in parsley and serve. Be sure to serve with a large salad or vegetable dish.

Nutritional Information Per Serving:

340 calories, 35g protein, 7g carbohydrates, 1g fiber, 18g fat, 9g saturated fat, 100mg cholesterol, 303mg sodium

Prosciutto Maple Salmon

Serves 2

Ingredients:

2 salmon fillets (4-6 ounces each)
2 slices of uncured prosciutto or ham (without additives)
1 tablespoon maple syrup
1 tablespoon macadamia nut oil
sea salt and pepper to taste

Preparation:

1. You may use the oven or roast in a pan. For oven-baked, preheat oven to 375° F.
2. Rinse salmon and pat dry with paper towels. Season with salt and pepper.
3. Wrap salmon in prosciutto or ham.
4. Heat oil in medium pan on high heat. Place fillets in pan for about 2 minutes on each side until ham is golden brown.
5. Brush on both sides with maple syrup before transferring to the oven. Transfer the entire pan instead of transferring fish to a baking dish.
6. Bake for about 5-10 minutes or pan fry by simply turning heat down to medium and turn every minute or 2 for approximately 5-7 minutes, depending on preferred doneness.
7. Remove from oven or pan.
8. Add salt and pepper to taste.
9. Serve hot.

Nutritional Information Per Serving:

171.8 calories, 11.3g protein, 4.4g carbohydrates, 0.0g fiber, 3.0g sugar, 12.3g fat
6.8g saturated fat, 43.3mg cholesterol, 372.1mg sodium

Section 3

MORE RECIPES TO ELEVATE HAPPINESS!

The following pages are filled with incredible recipes that are chock-full of happy foods and tantalizing flavors to boost the health of your body and brain—and satisfy even the pickiest eater's tastebuds.

Finding happiness in your kitchen has never been easier!

Start exploring so you can put big smiles on the faces at your dining table.

Bon Appetit!

WARM DRINKS

RECIPES

Day Break Green Tea Latte

Morning Mocha Drink

Pumpkin Spice-Up Cappuccino

Tana's Cinnamon Latte

World's Best Brain-Healthy Hot Chocolate

Day Break Green Tea Latte

Serves 2

Ingredients:

20-24 ounces plain unsweetened almond milk
2 green chai tea bags
10 drops vanilla or cinnamon flavored stevia

Preparation:

1. Heat almond milk in medium saucepan over medium heat until milk begins to boil.
Turn off heat immediately or milk will boil over.
2. Pour heated milk into a teapot and add tea bags or divide milk evenly between 2 mugs and put 1 tea bag in each. Steep for a few minutes.
4. Add 5 drops of stevia to each cup (or to taste).
5. Serve hot.

Nutritional Information Per Serving:

60 calories, 2g protein, 3g carbohydrates, 2g fiber, 0g sugar, 5g fat,
0g saturated fat, 0mg cholesterol, 270mg sodium

Morning Mocha Drink

Serves 1

Ingredients:

½ pot organic half-caf coffee (50% regular and 50% decaffeinated coffee)

1-2 scoops sugar-free chocolate protein powder, such as **OMNI Chocolate Protein Powder** from BrainMD

1 tablespoon coconut oil

1 dropper full chocolate stevia (or other flavor of your choice)

optional:

- ¼ cup full fat coconut milk

- sprinkle of cinnamon

Preparation:

1. Place all ingredients into blender.
2. Blend on low to start.
3. Pour into large coffee mug and drink immediately.
4. Sprinkle cinnamon on top, if desired.

Nutritional Information Per Serving:

248 calories, 22.1g protein, 5g carbohydrates, 3g fiber, 0g sugar, 15.6g fat, 11.8g saturated fat, 0mg cholesterol, 177mg sodium

Pumpkin Spice-Up Cappuccino

Serves 2

Ingredients:

- 1 pot organic half-caf coffee (50% regular and 50% decaffeinated coffee)
- 2 cups plain unsweetened almond milk
- 8 drops pumpkin flavored stevia
- 1 teaspoon pumpkin pie spice
- 1 tablespoon coconut oil

optional:

- 1-2 teaspoons ghee
- cinnamon

Preparation:

1. Brew a pot of half-cafeinated coffee, using equal parts caffeinated and decaffeinated coffee. If you prefer, you may use only decaffeinated coffee.
2. While coffee is brewing, heat 2 cups almond milk on stove top or in microwave. If heating on stove top, watch closely because almond milk boils over quickly. If heating in the microwave, place in microwave-safe cup and heat for 2-3 minutes.
3. Pour 2 cups coffee, warm milk, and all other ingredients in a blender and cover. Blend for 10-15 seconds until froth begins to form.
4. Divide between two large mugs and dust each with cinnamon, as desired.

Nutritional Information Per Serving:

102 calories, 10.4g total fat, 5.9g saturated fat, 0mg cholesterol, 153mg sodium, 1.6g carbohydrates, 1.1g fiber, 0.1g sugars, 1.2g protein

Tana's Cinnamon Latte

Serves 1

Ingredients:

12 ounces half-calf coffee (50% regular and 50% decaffeinated coffee)
3-4 ounces organic, unsweetened, vanilla-flavored almond milk
a few drops of vanilla, chocolate, or hazelnut stevia
pinch of erythritol
dash of cinnamon

Preparation:

1. Make half-caf coffee.
2. Heat almond milk.
3. Pour coffee and milk into a blender and add stevia, erythritol, and cinnamon.
4. Blend until really frothy (like cappuccino).
5. Pour into your favorite coffee mug and enjoy!

Nutritional Information Per Serving:

17 calories, 1.25g total fat, 0g saturated fat, 0mg cholesterol, 65mg sodium, 1g carbohydrates, 0g fiber, 0g sugars, 1g protein

World's Best Brain-Healthy Hot Chocolate

Serves 2

Ingredients:

1 teaspoon organic raw cocoa powder
16 ounces organic, unsweetened, vanilla-flavored almond milk
3 drops chocolate-flavored stevia
almond milk (non-dairy) whipped cream

Preparation:

1. Heat almond milk to desired temperature.
2. Stir in cocoa powder until it is fully dissolved.
3. Add chocolate-flavored stevia.
4. Top with a swirl of almond whipped cream.

Nutritional Information Per Serving:

92 calories, 6.5g total fat, 0g saturated fat, 0mg cholesterol, 0mg sodium, 5.1g carbohydrates, 1.3g fiber, 1g sugars, 3.1g protein

COLD SMOOTHIES

RECIPES

Cinnamon-Spice Stabilizer

Happy Smoothie

Mindful Mint Cacao Smoothie (*pictured on back cover*)

Super Berry Power Smoothie (*pictured on back cover*)

Very Omega Cherry Smoothie

Cinnamon-Spice Stabilizer

Serves 2

Ingredients:

1 large unpeeled apple, chopped
2 tablespoons avocado (about ¼ of an avocado)
½ cup baby spinach
2 tablespoons shelled hemp seeds
2 scoops protein powder, such as **OMNI Protein Powder** from BrainMD
1 teaspoon cardamom powder
1 teaspoon cinnamon
¼ teaspoon nutmeg
2 cups unsweetened almond milk
1 cup purified water
handful ice cubes

Preparation:

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

Nutritional Information Per Serving:

300 calories, 25g protein, 32.2g carbohydrates, 7.7g fiber, 10.4g sugar, 8.6g fat, 0.9g saturated fat, 0mg cholesterol, 162mg sodium

Happy Smoothie

Serves 1

Ingredients:

1 cup water per single serving, depending on the consistency you like
1 handful of ice
1 cup of mixed frozen berries
1 scoop of **Chocolate OMNI Protein Powder** (BrainMD)
1 scoop of **Smart Mushrooms** (BrainMD)
1 scoop of **Neuro Greens** (BrainMD)
1 scoop of **BRIGHT MINDS Powder** (BrainMD)
1 scoop of prebiotic fiber
a few drops of chocolate stevia

Preparation:

1. Pour the water and ice in the blender first and then add all the other ingredients.
2. Secure the lid, turn the blender on low at first, then increase the speed. Blend to the consistency you want.
3. Pour into your favorite smoothie glass.

Nutritional Information Per Serving:

250 calories, 24.8g protein, 27g carbohydrate, 16g fiber, 11.3g sugar, 2.8g fat, 0g saturated fat, 0g cholesterol, 176.4g sodium

Mindful Mint Cacao Smoothie *(pictured on back cover)*

Serves 2

Prepare iced green tea in advance for this recipe.

Ingredients:

- ½ apple cored, seeded, and chopped
- ½ cup banana, slightly green
- 4-5 fresh mint leaves
- 1 teaspoon raw cacao
- 16-20 ounces cold water or unsweetened almond milk
- handful of ice
- 2 cups baby spinach
- 1 chard leaf (or 2 kale leaves) torn from stem
- 2 scoops vanilla- or chocolate-flavored protein powder, such as **OMNI Protein Powder** from BrainMD
- 2 droppers full of stevia (I prefer berry or chocolate flavor)
- 2 tablespoons coconut butter

optional and recommended ingredients (any or all):

- 1 scoop freeze-dried greens
- 1 tablespoon flax, hemp or chia seeds
- 1 tablespoon fiber (inulin or glucomannan)

more options for the adventurous (try adding one or two of the following for fun):

- 1 teaspoon maca powder
- 1 teaspoon pomegranate powder
- 1 teaspoon acai powder
- 1 teaspoon camu camu powder
- 1 teaspoon bee pollen
- 1 tablespoon aloe gel

Preparation:

1. Add all ingredients to blender bowl (preferably high-powered blender).
2. Turn blender on low at first, then increase speed for about 30 seconds.
3. Add additional water or ice as needed to achieve desired consistency.
4. Pour into two large glasses and serve cold.

Nutritional Information Per Serving:

305 calories, 3.9g protein, 26.5g carbohydrates, 9.6g fiber, 12.6g sugar, 22.2g fat, 19.6g saturated fat, 0mg cholesterol, 26mg sodium

Super Berry Power Smoothie (pictured on back cover)

Serves 2

Ingredients:

1 cup frozen organic blueberries

½ cup baby spinach leaves

1 large chard leaf, torn into pieces, about ¾ cup (discard the thick stalk and use only the leafy portion)

2 tablespoons flax seeds

1 scoop freeze-dried greens powder

2 scoops vanilla protein powder, such as **OMNI Protein Powder** from BrainMD

1 tablespoon goji powder

2 teaspoons maca powder

1 teaspoon coconut butter

1 tablespoon raw walnuts

8 ounces coconut water

8-12 ounces cold purified water

optional: 1 tablespoon prebiotic soluble fiber

Preparation:

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

Nutritional Information Per Serving:

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

Very Omega Cherry Smoothie

Serves 2

Ingredients:

- 1 cup organic cherries, frozen
 - 8 ounces unsweetened almond milk
 - 1 cup baby spinach
 - 2-3 kale leaves
 - ¼ cup raw pecans (or other nuts)
 - 1 tablespoon chia seeds
 - 1 scoop for women (2 scoops for men) sugar-free vanilla protein powder, such as **OMNI Protein Powder** from BrainMD
 - 1 tablespoon freeze-dried greens
 - 1 dropper full vanilla crème-flavored stevia
- optional to add:*
- fiber
 - bee pollen
 - aloe gel

Preparation:

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

Nutritional Information:

281 calories, 14g protein, 29g carbohydrates, 9g fiber, 15g fat, 1g saturated fat, 0mg cholesterol, 129 mg sodium

BREAKFAST MEALS

RECIPES

Berry Nutty Quinoa

Country-Style Biscuits

Power Breakfast Porridge (*pictured on back cover*)

Spanish Scramble

Super Surprise Frittata

Berry Nutty Quinoa

Serves 4

Ingredients:

- 1 cup almond milk, unsweetened
- 1 cup water
- 1 cup rinsed quinoa
- 1 tablespoon coconut oil
- 4 drops vanilla-flavored stevia
- 1 cup fresh blueberries
- 1 cup fresh strawberries, sliced
- ½ teaspoon ground cinnamon
- ¼ cup raw walnuts, chopped

Preparation:

1. In a medium saucepan over high heat, combine almond milk, water, and quinoa. Bring to a boil. Reduce heat to medium low.
2. Cover and simmer until most of the liquid is absorbed, about 15 minutes.
3. Add ghee or coconut oil and stevia (if desired) and stir well.
4. Remove from heat and let stand for 5 minutes.
5. Stir in blueberries, strawberries, and cinnamon.
6. Top with walnuts and serve warm.

Nutritional Information Per Serving:

252 calories, 7g protein 32g carbohydrates, 5g fiber, 11g fat 1g saturated fat, 0mg cholesterol, 76mg sodium

Country-Style Biscuits

Serves 8

Ingredients:

2 cups almond flour

1 teaspoon baking powder

¼ cup coconut oil, ghee, or butter (grass-fed dairy)

¼ cup full-fat coconut milk, cream skimmed from top. Save remaining milk for future use.

2 eggs

optional:

- ¼ teaspoon salt

- favorite herbs like rosemary, thyme, sage, etc.

Preparation:

1. Preheat oven to 400° F.
2. Line a baking sheet with parchment paper or lightly spray with coconut oil cooking spray to prevent sticking.
3. In a large bowl blend almond flour, baking powder, salt if desired, and your favorite herbs.
4. Add coconut oil, ghee, or butter and coconut milk to flour mixture. Mix all ingredients thoroughly with a handheld electric mixer, or by hand using a spoon or spatula.
5. In a separate bowl, using a handheld electric mixer, mix eggs until frothy but not stiff. You can also use your blender on lowest setting. Mix eggs for about 2 minutes.
6. Add eggs to flour mixture and gently fold in with mixing spatula or handheld electric mixer on low setting until thoroughly combined.
7. Scoop with large spoon or ice cream scooper onto baking sheet. Gently flatten top to form rounded biscuits instead of balls. Mixture should make about 8 biscuits.
8. Bake for 18-20 minutes or until golden brown on top.
9. Serve with Guiltless Gravy (see recipe in Sauces and Condiments).

Nutritional Information Per Serving:

230 calories, 6.6g protein, 5.9g carbohydrates, 3.1g fiber, 1.3g sugar, 21.6g fat, 8.7g saturated fat, 41.0mg cholesterol, 17.0mg sodium

Power Breakfast Porridge (pictured on back cover)

Serves 4

Ingredients:

2 cups light coconut milk
2 ripe bananas mashed
1 cup water optional
½ cup hazelnut flour or almond flour
¼ cup flax meal
¼ cup almond butter
½ teaspoon vanilla extract
1 tablespoon pumpkin pie
2 scoops sugar-free protein powder (vanilla or chocolate flavor),
such as **OMNI Protein Powder** from BrainMD

optional:

- 2 tablespoons raw cacao powder for chocolate flavor
- 2 Tablespoons shredded coconut
- 2 tablespoons sugar-free dark chocolate chips

Preparation:

1. Starting with one cup of coconut milk, combine all ingredients except protein powder in medium saucepan and heat to a slow simmer, stirring until thick and bubbly.
2. Stir in protein powder during last minute of cooking. Add up to 1 cup coconut milk or water to blend in protein powder and create desired consistency.
3. Divide evenly into 4 bowls.
4. Sprinkle with your favorite toppings and serve warm.

Nutritional Information Per Serving:

378.5 calories, 19.3g protein, 27.8g carbs, 8.2g fiber, 9.5g sugar, 23.8g fat, 4.8g saturated fat
0mg cholesterol, 113.3mg sodium

Spanish Scramble

Serves 2

Ingredients:

4 eggs, cage-free and organic

4 ounces of chicken meat, diced or shredded

¼ avocado, sliced or diced

¼ cup Restaurant Style Salsa (see recipe in Sauces and Condiments)

salt and pepper to taste

optional:

- ¼ cup onion, diced

- 1 clove garlic, minced

- 1 tablespoon coconut oil, or macadamia nut oil (only if sautéing onion and garlic)

Preparation:

1. Place eggs in a mixing bowl and whisk until yolks are blended with whites.
2. Prepare the chicken.
3. If onion and garlic are desired, heat oil in medium pan over medium heat. Add onion and sauté for two minutes. Add garlic for another minute or two.
**If you're not adding onion and garlic, spray a medium pan with coconut cooking oil or use a nonstick pan and place over medium heat.
4. Add egg mixture to pan for a minute and begin to stir with a spatula or wooden spoon. As eggs begin to set add chicken. Continue cooking for several minutes until eggs are no longer liquid or runny, about 3-4 minutes. Add salt and pepper as desired.
5. Divide eggs evenly between two plates. Top with avocado slices and spoon two tablespoons salsa over the top.
6. Serve hot.

Nutritional Information Per Serving:

293.9 calories, 26.7g protein, 6.6g carbohydrates, 3.5g fiber, 0.5g sugar, 17.9g fat, 4.5g saturated fat, 407.1mg cholesterol, 316.8mg sodium

Super Surprise Frittata

Serves 4

Ingredients:

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

Preparation:

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

Nutritional Information Per Serving:

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

SAVORY SALADS

RECIPES

Antiox Detox Chop Salad

Festive Blueberry Pomegranate Salad

Rainbow Quinoa Salad

Sesame Citrus Chicken Salad (*pictured on back cover*)

Sweet Potato Salad

Antiox Detox Chop Salad

Serves 4

Ingredients:

green apple, cored and diced

½ cup pomegranate seeds

2 cups kale, finely chopped

4 cups mixed greens

½ cup raw walnuts, chopped

2 Persian cucumbers, thinly sliced

¼ cup extra-virgin olive oil

2 tablespoons red wine vinegar

½ teaspoon curcumin

1 garlic clove, minced

1 avocado, diced

optional: 1 teaspoon erythritol

Preparation:

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

Nutritional Information Per Serving:

209 calories, 5.8g protein, 23.9g carbohydrates, 8g fiber, 10.9g sugar, 10g fat, 3.6g saturated fat, 0mg cholesterol, 42mg sodium

Festive Blueberry Pomegranate Salad

Serves 4

Ingredients:

Dressing:

2 tablespoons balsamic vinegar

1 teaspoon raw honey

¼ cup olive oil

salt to taste

Salad:

8 cups mixed greens

1 Persian cucumber, sliced

½ cup chopped cashews

½ cup blueberries

½ cup pomegranate seeds

¼ cup jicama, diced

½ bell pepper, diced

Preparation:

1. In a small bowl, mix balsamic vinegar, and honey.
2. Slowly whisk in olive oil. Season with salt. Refrigerate until ready to serve.
3. Either place all salad ingredients together in a large salad bowl and toss with dressing, or assemble salad on a platter and drizzle with dressing.
4. For platter presentation: Lay salad greens evenly across a large platter. Place cucumber slices around the outer edge of the platter. Put the cashews in a narrow line down the center of the salad. Do the same with the blueberries, placing a line next to the line of cashews. Place another line of pomegranate seeds on the other side of the cashews. Sprinkle the jicama and bell peppers around the outer edges, just inside the cucumber.

NOTE: Tossing the ingredients creates a pretty winter holiday feel, while laying the ingredients out in lines on a platter with red, white, and blue stripes creates a fun Independence Day presentation.

Nutritional Information Per Serving

122 calories, 0.7g protein, 4.5g carbohydrates, 1g fiber, 3.1g sugar, 9.5g fat, 1.5g saturated fat, 0mg cholesterol, 8.5mg sodium

Rainbow Quinoa Salad

Serves 6

Ingredients:

1 cup red quinoa
1/3 cup dried cranberries
4 green onions, chopped
1 cup baby spinach
1 yellow pepper, thinly sliced
1 cup garbanzo beans rinsed and drained (always soak overnight and cook thoroughly- only use canned beans in a pinch)
1/2 cup fresh basil, chopped
1/4 cup olive oil
2 tablespoons fresh lemon juice
zest from 1 lemon
salt and pepper to taste

Preparation:

1. Rinse quinoa well. Combine quinoa with 2 cups water in a medium pot and bring it to a boil over high heat. Reduce heat, cover, and simmer for 20-30 minutes or until water is absorbed and quinoa is fluffy. Let it cool.
2. In a small bowl, mix olive oil, lemon juice, lemon zest, salt, and pepper.
3. In a large bowl, mix quinoa, cranberries, green onions, yellow pepper, baby spinach, and garbanzo beans.
4. Stir in basil and toss with prepared dressing.
5. Serve chilled or at room temperature.

Nutritional Information Per Serving:

275 calories, 7g protein, 39g carbohydrates, 6g fiber, 11g fat, 1g saturated fat, 0mg cholesterol, 128mg sodium

Sesame Citrus Chicken Salad

Serves 6

Ingredients:

- 1 bunch (8 ounces) organic kale or chard, (I like a combo), shredded
- ¼ - ½ cup cilantro, chopped
- 2 navel oranges, 1 juiced for dressing and 1 peeled and diced for salad, or 1 red grapefruit (half for dressing, half for salad)
- ¼ teaspoon sea salt
- ½ teaspoon ground pepper
- 1 teaspoon organic honey
- 1 tablespoon toasted sesame oil
- 2 tablespoons toasted sesame seeds
- 2 tablespoons raw pecans, roughly chopped
- 3 cups grilled or baked chicken, chopped

Preparation:

1. Place kale, chard, and cilantro in large bowl.
2. In small bowl, whisk together the juice of 1 orange (or half grapefruit), sea salt, ground pepper, honey, and sesame oil. Whisk until blended.
3. Toss diced orange (or grapefruit), sesame seeds, pecans and dressing with the kale and cilantro.
4. Refrigerate for 30 minutes prior to serving.
5. Serve salad on plates and top with chicken.

Nutritional Information Per Serving:

145.8 calories, 10.1g protein, 8.5g carbohydrates, 2.9g fiber, 2g sugar, 8.8g fat, 1.2g saturated fat, 19.8mg cholesterol, 32.9mg sodium

Sweet Potato Salad

Serves 6

Ingredients:

3 small sweet potatoes or yams (2 pounds)

1 teaspoon salt

½ cup red bell pepper, diced

½ cup celery, chopped

½ cup kale, finely chopped

¼ cup fresh chives, chopped

¼ cup fresh dill, chopped

juice of 1 lemon

½ cup Homemade Mayonnaise (see recipe in Sauces and Condiments)

1 teaspoon cumin

salt and pepper to taste

Preparation:

1. Bring a large pot of water to boil and add salt.
2. Peel and cut yam into 1/2-inch pieces.
3. Add the sweet potatoes to the boiling water, reduce to a simmer and cook until they are fork tender, about 5-10 minutes. Drain and let cool.
4. Make the dressing by whisking together the Mayonnaise (or other mayonnaise) with the lemon juice, cumin, and salt and pepper to taste.
5. Toss the dressing with the bell pepper, celery, kale, chives, and dill, then carefully fold in the sweet potatoes so they don't fall apart and mash.
6. Serve cold or at room temperature.

Nutritional Information Per Serving:

201.1 calories, 1.7g protein, 19.9g carbohydrates, 3.5g fiber, 0.8g sugar, 12.2g fat, 0.7g saturated fat, 0mg cholesterol, 148mg sodium

HEARTWARMING SOUPS AND STEWS

RECIPES

Creative Creamy Cauliflower Soup

Creamy Coconut Curry Soup

Hearty Chicken Stew

Lentil Lamb Stew

Spiced Cacao Turkey Chili (*pictured on back cover*)

White Bean Soup for the Wise

Zesty Crockpot Bison

Creative Creamy Cauliflower Soup

Serves 8

Ingredients:

2 tablespoons coconut oil
2 yellow squash, sliced thinly
2 zucchini, sliced thinly
1 small onion, diced
1 celery stalk, cut into 1-inch pieces
2 garlic cloves, minced
1 teaspoon fresh rosemary, chopped
1 head of cauliflower, chopped
½ cup ground almonds (this can be done in the food processor or blender)
4-6 cups low-sodium vegetable broth
2 cups unsweetened almond milk
½ teaspoon allspice
1 teaspoon fresh sage, chopped
Real Salt® and pepper
dash of nutmeg

Preparation:

1. Preheat oven to broil. Place zucchini and squash on cookie sheet and brush lightly with 1 tablespoon refined coconut oil.
2. Broil until lightly browned, about 10 minutes. Set aside.
3. In a large soup pot, heat 1 tablespoon of refined coconut oil. Sauté onions and celery until onions are translucent, about 2-3 minutes.
4. Add garlic and rosemary, sauté for additional minute.

5. Add in cauliflower, almonds, and 4 cups of vegetable stock. Bring to a boil then reduce heat to a simmer for about 15 minutes.
6. Use either a hand-held blender, or place soup mix in a traditional blender and blend until mixture is smooth. Put mixture back into pot.
7. Put grilled zucchini and squash into a food processor and pulse chop until finely minced. Add to the soup mix.
8. Add almond milk and allspice. Stir until warmed through. At this time you may choose to add more vegetable broth if desired, depending on how thick you prefer your soup to be.
9. Stir in sage, salt, and pepper.
10. Serve in soup bowls and sprinkle with nutmeg.

Nutritional Information Per Serving:

145 calories, 5g protein, 17g carbohydrates, 6g fiber 8g fat, 4g saturated fat, 0mg cholesterol, 380mg sodium

Creamy Coconut Curry Soup

Serves 4

Ingredients:

1 tablespoon coconut oil
1 cup chopped onion
2 teaspoons curry powder
1 large head cauliflower, leaves removed, stems and florets chopped
1 can (13.5 ounces) coconut milk
salt and white pepper to taste

optional:

- halved cashews
- mint leaves or cilantro to garnish

Preparation:

1. In a large pot, heat the coconut oil over medium-high heat, add the onion, and cook until soft.
2. Add the curry powder, stirring to coat the onions.
3. Add the cauliflower, the coconut milk, and enough water to just cover the cauliflower with liquid. Bring to a boil, then reduce to a simmer and cook until the cauliflower is soft, 15-20 minutes.
4. Ladle the cauliflower into a blender, filling the blender no more than halfway, then pulse until smooth. Repeat with remaining cauliflower, adding enough liquid to get a smooth soup.
5. Return the soup to the pan and bring to simmer. Season with salt and pepper.
6. Divide evenly in soup tureens and garnish each dish with a few cashew halves and a couple of mint or cilantro leaves.

NOTE: White pepper is great for white soups or sauces because it doesn't leave any black spots. It is stronger than pepper, so use carefully.

Nutritional Information Per Serving

115.6 calories, 5.0g protein, 15.7g carbohydrates, 6.3g fiber, 0.3g sugar, 5.3g fat, 4.1g saturated fat, 0mg cholesterol, 69.7mg sodium

Hearty Chicken Stew

Serves 6

Ingredients:

2 tablespoons coconut oil or avocado oil
1 onion, chopped
2 celery stalks, chopped
2 garlic cloves, minced
1 teaspoon Italian seasoning
1 tablespoon fresh sage, chopped
1 tablespoon fresh thyme, chopped
1 tablespoon fresh basil (or you may use any of your favorite herbs)
4 cups unsalted chicken broth
3 sweet potatoes, peeled and cubed
1 cup green beans, chopped
1 cup zucchini
2 cups white beans
1½-2 pounds boneless chicken, cooked and diced
optional: add sea salt to taste

Preparation:

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

Nutritional Information Per Serving:

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

Lentil Lamb Stew

Serves 6

Ingredients:

2 tablespoons coconut oil
12 ounces ground lamb
½ onion, chopped
2 garlic cloves, chopped
1 carrot, peeled and diced
1 celery stalk, chopped
½ red bell pepper, diced
3 large tomatoes, peeled, seeded, and diced,
or one 14-ounce jar low-sodium, diced tomatoes
4 cups unsalted vegetable broth
1 cup red lentils
1 teaspoon chopped fresh rosemary
1 teaspoon chopped fresh thyme
1 teaspoon chopped fresh tarragon
optional: ½ teaspoon sea salt

Preparation:

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

Nutritional Information Per Serving:

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

Spiced Cacao Turkey Chili

Serves 8

Ingredients:

1 tablespoon refined coconut oil
1 pound lean ground turkey
1 cup chopped onion
3 garlic cloves, chopped
1 teaspoon chili powder
1 small can green chiles
1 tablespoon fresh oregano, or 1 teaspoon dried
1 tablespoon raw cacao powder
1 teaspoon cinnamon
1 teaspoon cumin seed
1-2 teaspoons sea salt
3 cups diced tomatoes, fresh (preferably) or organic, unsalted, canned tomatoes
2 cups chicken or vegetable broth
2 cups chopped celery
1 cup chopped red bell peppers
½ cup chopped zucchini
2 cups dried kidney beans, cooked and drained
(you may use canned if you don't have time to cook beans)
1 cup black beans or chickpea beans, cooked
optional: 1 jalapeno pepper, chopped (makes chili pretty spicy)

Preparation:

1. In large saucepan or pot over medium heat, add refined coconut oil and brown turkey meat. Crumble turkey and break apart as much as possible. Add onion and stir for about 2 minutes.
2. Add garlic, chili powder, chiles, oregano, cacao, cinnamon, cumin seed, salt, tomatoes, and jalapeno (if using). Mix thoroughly until spices are well blended with meat and meat is lightly browned (about 3 minutes).
3. Add broth and bring to a boil, then reduce heat and simmer for 5 minutes.
4. Dish out 2 cups of chili mixture. Put about one cup of chili at a time into the blender. Add ½ cup of chopped bell pepper, 1 cup celery and ¼ cup zucchini at a time and purée. Pour each mixture back into the remaining chili pot. Adding the pureed vegetables not only makes the chili tasty but is a great way to add fiber and vitamins without overcooking.
5. Add the beans. Stir thoroughly and heat through on medium-low, about 5 minutes.
6. Serve hot.

Nutritional Information Per Serving:

388 calories, 40.4g protein, 41.6g carbohydrates, 11.3g fiber, 4.7g sugar, 6.8g fat, 3g saturated fat, 70mg cholesterol, 381mg sodium

White Bean Soup for the Wise

Serves 6

Ingredients:

1 pound dried white lima beans
2 tablespoons coconut oil
1 onion, chopped
4 celery stalks, sliced
2 leeks, cut in half moons (white parts only)
4 garlic cloves, minced
1 bay leaf
1 teaspoon garlic salt
½ teaspoon curry
½ teaspoon nutmeg
½ teaspoon cinnamon
2 teaspoons cumin
1 teaspoon chopped fresh rosemary
1 teaspoon chopped fresh thyme
1 teaspoon chopped fresh marjoram
6 cups vegetable broth
3 cups water
1 pound kale, stems discarded, and leaves chopped
salt and pepper, to taste

Preparation:

1. In a large bowl, cover beans with cold water and soak overnight.
2. Drain and rinse well.
3. In a large pot, heat oil over medium heat. Add onion and celery, and sauté for 5 minutes.
4. Add garlic, leek, bay leaf, garlic salt, curry, nutmeg, cinnamon, and cumin, and cook for 1 more minute.
5. Add beans, rosemary, thyme, marjoram, vegetable broth, and water. Cover, bring to a boil, reduce heat, and simmer for 40-50 minutes, stirring occasionally.
7. Stir in kale and simmer for 15 minutes. Season with salt and pepper, as desired.
8. Serve hot.

Nutritional Information Per Serving:

207 calories, 7g protein, 33g carbohydrates, 10g fiber, 0.7g sugar, 6g fat, 4g saturated fat, 0mg cholesterol, 351mg sodium

Zesty Crockpot Bison

Serves 6

Ingredients:

1 pound bison or beef
1 sweet onion, peeled and cut in quarters
4 carrots, peeled and ends cut
2 sweet potatoes, cut in half
2 rutabaga, peeled and cut in half or quarters
1 celery root, peeled and cut in quarters
5 cloves garlic, peeled and smashed
8 sage leaves, roughly chopped
1 tablespoon fresh thyme leaves (or 1 teaspoon dry)
1 teaspoon dried rosemary, crushed
1 cup beef broth
1-2 teaspoon sea salt as desired
1 teaspoon black pepper
½ teaspoon cinnamon

Preparation:

1. Combine all ingredients in crockpot and cook on low 6-8 hours.
2. Shred beef. Adjust cinnamon, salt, and pepper to taste.
3. Serve over Cauliflower Rice Pilaf (see recipe in Veggie Dishes) or zucchini noodles.

Nutritional Information Per Serving for Stew:

282.5 calories, 37.3g protein, 10.1g carbohydrates, 1.4g fiber, 3.6g sugar, 9.4g fat, 3.7g saturated fat, 100.9mg cholesterol, 86mg sodium

SUMPTUOUS SEAFOOD DISHES

RECIPES

Curry Shrimp Kabobs

Pan-Roasted Salmon with Vegetables

Poached Tilapia in Saffron Sauce

Seared Ahi with Guacamole

Simple Shrimp Scampi

Simply Delicious Pan-Seared Trout

Curry Shrimp Kabobs

Serves 4

Ingredients:

1 pound large shrimp, peeled and deveined
1 cup coconut milk
1 tablespoon curry powder
1 tablespoon tomato paste
½ onion cut into large chunks
2 cups cherry tomatoes
1 lemon, cut in wedges
½ cup cilantro, chopped
salt and pepper

Preparation:

1. Preheat grill to medium heat.
2. Place the shrimp in a large zip lock bag.
3. Stir together the coconut milk, curry powder, and tomato paste. Pour over shrimp, seal zip lock bag, and marinate shrimp in the refrigerator for an hour.
4. Divide the shrimp between 4 skewers, season with salt and pepper and grill until pink and cooked through. Shrimp cooks quickly and should only take a minute or two on each side depending on desired doneness and grill temperature. When they are pink and no longer opaque, they are finished. Don't overcook or they will be rubbery.
5. On separate skewers, place cherry tomatoes and onion pieces, season with salt and pepper and grill until browned.
6. Remove skewers from grill and plate.
7. Sprinkle cilantro over the top and serve with lemon wedges.

Nutritional Information Per Serving:

146.9 calories, 19.4g protein, 14.2g carbohydrates, 2.6g fiber, 4.2g sugar, 2.6g fat
1.3g saturated fat, 165mg cholesterol, 583.9mg sodium

Pan-Roasted Salmon with Vegetables

Serves 4

Ingredients:

4 salmon fillets (4 to 6 ounces each)
salt and pepper, to taste
2 tablespoons coconut oil
1 onion, chopped
2 garlic cloves, minced
1 fennel bulb, cored and cut into strips
20 plump asparagus spears, woody ends removed
2 pinches saffron threads, crushed
2 cups fresh diced tomatoes (or one 14.5-ounce can diced tomatoes)
½ cup vegetable stock
2 tablespoons chopped basil

Preparation:

1. Sprinkle salmon with salt and pepper.
2. In a large skillet, heat oil over medium-high heat.
3. Sear salmon for about 1 minute per side (don't cook it through). Transfer to a plate.
4. Add onion and garlic to same skillet, and sauté for 4 minutes.
5. Add fennel, asparagus, and saffron to the skillet. Stir to coat and cook for 4 minutes.
6. Add tomatoes and vegetable stock. Season with more salt and pepper, cover, and simmer for about 5 minutes.
7. Return fish to pan. Sprinkle with basil, cover, and cook for 3 minutes or until fish is cooked through.
8. Transfer salmon to a plate. Spoon vegetable mixture over fish and serve.
9. Garnish with fresh basil.

Nutritional Information Per Serving:

339 calories, 33g protein, 17g carbohydrates, 6g fiber, 0g sugar, 16g fat, 7g saturated fat, 80mg cholesterol, 159mg sodium

Poached Tilapia in Saffron Sauce

Serves 4

Ingredients:

1 tablespoon coconut oil or 3-4 tablespoons low-sodium vegetable broth, for sautéing
3 garlic cloves, minced
1 tablespoon tomato paste
2¾ cups low-sodium vegetable broth
2 teaspoons fresh tarragon, chopped
1 teaspoon saffron
2-inch sliced orange peel, or large piece orange zest
1 bay leaf
1½ cup organic tomatoes, stewed or diced
½ cup fennel
1 leek (white only), sliced
½ cup okra, sliced
Real Salt® and pepper, to taste
4 tilapia fillets
4 lemon wedges

Preparation:

1. Heat oil in large skillet over medium heat. Add garlic and sauté for 1 minute.
2. Add tomato paste and sauté for one minute. Deglaze skillet with 1 cup vegetable broth.
3. Add tarragon, saffron, orange zest, and bay leaf. Simmer for 15 minutes.
4. Remove bay leaf and orange zest. Add tomato and vegetable broth. Bring to a boil.
5. Add leek, fennel, and okra. Simmer until vegetables are tender.
6. Season fish with salt and pepper. Add fish to sauce and gently poach for 3-4 minutes each side.
7. Serve immediately in shallow dishes. Garnish each dish with one lemon wedge.

Nutritional Information Per Serving:

195 calories, 23g protein, 18g carbohydrates, 4g fiber 5g fat 4g saturated fat, 55 mg cholesterol, 229mg sodium,

Seared Ahi with Guacamole

Serves 4

Ingredients:

2 sushi-grade ahi fillets (8 ounces each)

1-2 tablespoons refined coconut oil or ghee, for searing

Guacamole Ingredients:

1 ripe avocado, pitted and diced

2 tomatillos, finely chopped

2 teaspoons shallot clove, minced

1 tablespoon fresh lime juice

½ teaspoon garlic salt

½ teaspoon pepper

Marinade Ingredients:

2 tablespoons cilantro, chopped

2 teaspoons fresh ginger, grated

1 shallot clove, minced

1 tablespoon fresh lime juice

2 tablespoons tamari

½ teaspoon Real Salt®

¼ teaspoon black pepper

2 tablespoons refined coconut oil

Preparation:

1. In a mixing bowl, mash avocado with a fork and mix in diced tomatillos. Stir in shallot, lime juice, salt, and pepper. Set aside until fish is finished.
2. Sprinkle ahi fillets with salt and pepper on both sides and set aside.
3. In a mixing bowl, combine cilantro, ginger, shallot, lime juice, tamari, honey, salt, pepper, and 2 tablespoons coconut oil.
4. Heat a large skillet over moderately high heat. Add 1-2 tablespoons of oil or ghee to heated skillet.
5. Place fillets in heated skillet for 1 minute on each side. Turn fillets to ensure that sides have been seared as well.
6. Pour cilantro marinade mix into the pan and coat the fish on both sides. Do not overcook.
7. Remove from pan. Either cut fillets in half or into thin slices and fan out on plates. Drizzle remaining marinade from pan onto the fish.
8. Top with guacamole and serve.

Nutritional Information Per Serving, Fish with Guacamole:

312 calories, 30g protein, 10g carbohydrates, 3g fiber, 18g fat, 11g saturated fat, 52mg cholesterol, 220mg sodium

Nutritional Information Per Serving, Guacamole Only:

80 calories, 1g protein, 5g carbohydrates, 3g fiber 7g fat, 1g saturated fat, 0mg cholesterol, 249mg sodium

Simple Shrimp Scampi

Serves 4

Ingredients:

1 tablespoon coconut oil
1 pound raw large shrimp, peeled and deveined
1 teaspoon minced garlic
1 teaspoon chopped oregano
1 teaspoon chopped basil
½ cup light coconut milk
1 teaspoon fresh lemon juice
optional: ½ teaspoon crushed red pepper flakes

Preparation:

1. In a skillet, heat coconut oil over medium heat.
2. Add red pepper flakes, if using. Cook for 1 minute.
3. Add shrimp, and cook for 1 minute on both sides, just until they turn pink. Be careful not to overcook.
4. Add garlic, oregano, and basil.
5. Stir in coconut milk and lemon juice.
6. Cook until slightly thickened, about 1 minute.

Nutritional Information Per Serving:

102 calories, 10g protein, 3g carbohydrates, 0g fiber, <1g sugar, 6g fat, 5g saturated fat, 66mg cholesterol, 76mg sodium

Simply Delicious Pan-Seared Trout

Serves 4

Ingredients:

2-3 tablespoons unsalted vegetable broth
1 small leek, diced
4 plum tomatoes, seeded and diced
2 tablespoons avocado oil
4 wild trout fillets (6-8 ounces each)
1 tablespoon fresh basil, chopped
1 tablespoon fresh tarragon, chopped
¼ teaspoon pepper
optional: ¼ teaspoon sea salt

Preparation:

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

Nutritional Information Per Serving:

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

POULTRY DISHES

RECIPES

Cashew Cream Squash with Turkey and Roasted Peppers

Chicken Thigh "Parmesan"

Chicken Asada with Fajita Style Roasted Veggies

Guiltless Chicken Breast Tenders

Shepherd's Pie

Simple Citrus Chicken

Tomato Curry Chicken with Saffron

Try It, You'll Like It Turkey Bolognese

Cashew Cream Squash with Turkey and Roasted Peppers

Serves 4

The cashews in the cashew cream need to be soaked overnight, so plan ahead when making this recipe.

Ingredients:

- 1 cup raw cashews
- 1 poblano chile
- 1 tablespoon macadamia-nut oil or coconut oil
- 1 pound ground turkey
- 2-4 tablespoon low-sodium vegetable broth for sautéing, or 2 teaspoons of coconut oil
- 1 pound yellow and green summer squash, diced into ½-inch pieces
- 1 cup diced red or orange bell peppers
- ½ cup diced sweet onion
- sea salt, to taste

Preparation:

1. To make cashew cream, rinse 1 cup of raw cashews under cold water. Put the cashews in a bowl and cover with cold water. Cover the bowl and refrigerate overnight. Drain the cashews and rinse under cold water.
2. Place them in a blender with enough fresh cold water to cover them by 1 inch.
3. Using a high-powered blender, blend on high for several minutes until the consistency a smooth cream.
4. Preheat oven to 450° F.
5. Lightly rub the poblano chile with oil. Roast for about 20 minutes. The skin should blister. Remove the chile from the oven and cool. Rub skin off. Cut pepper open, remove seeds, and dice pepper.

6. Heat the remaining oil in large pan over medium heat. Lightly brown ground turkey, stirring frequently, 7-8 minutes. Turn off heat and set aside. Do not overcook.
7. Heat a small amount of broth over medium-high heat. Sauté squash. Add broth as needed to prevent burning.
8. Add the bell peppers, poblano chile, and onion. Stir regularly until the onion is soft or lightly browned, 3-5 minutes. Drain off extra broth, if necessary.
9. Add turkey and cashew cream to pan with vegetables. Add salt, if desired.
10. Simmer until the cream is reduced to a thick glaze, about 5 minutes.
11. Serve hot.

Nutritional Information Per Serving:

170 calories, 13.7g protein, 11.4g carbohydrates, 4.4g fiber, 1.4g sugar, 9.5g fat, 1.3g saturated fat, 32.5mg cholesterol, 336mg sodium

Chicken Thigh “Parmesan”

Serves 4

Chicken Ingredients:

4 boneless skinless chicken thighs pounded to ½ in thick

½ teaspoon salt

¼ teaspoon pepper

1 cup almond meal

1 teaspoon garlic powder

1 teaspoon onion powder

2 teaspoons dry Italian herb blend

2 tablespoons nutritional yeast (for cheesy flavor)

2 eggs, beaten

coconut oil spray

optional: 1 spaghetti squash, quartered, seeds removed

Sauce Ingredients:

1 tablespoon olive oil

½ cup onion, chopped

2 cloves garlic, minced

1 can (28 ounces) crushed San Marzano tomatoes or 3 large fresh tomatoes

1 tablespoon red wine vinegar

2 tablespoons basil, chopped

salt and pepper to taste

Preparation:

1. Heat oven to 400° F if spaghetti squash is desired.
2. Optional: Place the quartered squash on a parchment lined baking sheet and bake till the squash is tender and shreds easily 40-45 minutes. Allow squash to cool, then shred into noodles with fork.
3. Season the chicken thighs with salt and pepper.
4. Combine the almond meal, garlic and onion powders, dry herbs, and nutritional yeast in a shallow bowl.
5. Place the beaten eggs in another shallow bowl, and season with salt and pepper.
6. Dip the chicken in the eggs, then in the almond meal mixture, pressing to coat the thighs.
7. Place the thighs on a parchment lined sheet pan, sprayed lightly with the coconut oil, and bake for 20 minutes.
8. In a saucepan heat the oil then add the onion and cook until soft. Add garlic and cook for 30 seconds.
9. Add the tomatoes, vinegar, and basil and simmer for 10 minutes.
10. Season with salt and pepper.

11. Place chicken thighs over 2 cups of spaghetti squash if “pasta” is desired, then ladle 1½ cups sauce over the top.

Nutritional Information Per Serving for Chicken:

388.6 calories, 28.8g protein, 36.1g carbohydrates, 22.1g fiber, 4.3g sugar, 14.1g fat
9.7g saturated fat, 150.3mg cholesterol, 247.4mg sodium

Nutritional Information Per Serving for Sauce:

75.5 calories, 1.4g protein, 10.3g carbohydrates, 2.4g fiber, 4g sugar, 3.4g fat
0.5g saturated fat, 0mg cholesterol, 125.09mg sodium

Nutritional Information Per ½ Cup of Spaghetti Squash:

21 calories, 0.5g protein, 5g carbohydrates, 1.1g fiber, 2g sugar, 0.2g fat, 0.05g saturated fat,
14mg sodium

Chicken Asada with Fajita Style Roasted Veggies

Serves 4

For best results, marinate for 2 hours, up to 24 hours.

Ingredients:

- 1 pound chicken breast or thighs
- ½ cup onion, chopped
- 2 cloves garlic
- 1 lime, zest and juice
- 2 tablespoons olive oil
- 1 teaspoon salt
- ½ teaspoon black pepper
- optional:* ¼ teaspoon cayenne pepper for heat

Preparation:

1. Place all ingredients except chicken in a food processor or blender and run till smooth.
2. For more tender chicken, lightly pound the chicken on both sides with a meat pounder. Be sure to put chicken on non-porous surface and don't over-pound or chicken will become mushy.
3. Place chicken and marinade in a zip lock bag or bowl, making sure chicken is covered with marinade, and refrigerate for 2-4 hours (minimum of 30 minutes).
4. Preheat grill to medium high when ready and grill for about 4-5 minutes each side. Thighs will cook faster than breasts. You may want to use a meat thermometer to ensure internal temperature is 165° F or make a small cut in the thickest piece to check.
5. Serve with Fajita Style Roasted Veggies (see recipe in Veggie Dishes).

Nutritional Information Per Serving for Chicken:

156.7 calories, 14g protein, 4g carbohydrates, 0.9g fiber, 0.3g sugar, 9.5g fat, 1.6g saturated fat, 57.3mg cholesterol, 99.3mg sodium

Guiltless Chicken Breast Tenders

Serves 4

Ingredients:

1 pound chicken tenders

1 egg, lightly beaten

½ teaspoon garlic powder

1 cup almond meal, or you may grind almonds finely in the food processor

optional: ½ teaspoon pepper

Preparation:

1. Preheat oven to 375° F.
2. Mix sea salt, pepper, and garlic powder in almond meal and blend well with a fork.
3. Dip the chicken pieces in the egg, coating both sides. Immediately dredge in the almond meal, covering both sides completely.
4. Place chicken on a baking sheet. Cook for about 12 minutes, being sure to turn chicken over after 6 minutes.

NOTE: Chicken tenders will not be crispy. If you prefer fried chicken tenders, you may want to finish with the following steps for crispy chicken tenders:

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

Nutritional Information Per Serving:

306 calories, 21.3g protein, 39.4g carbohydrates, 4.3g fiber, 1.5g sugar, 7g fat, 4.1g saturated fat, 93mg cholesterol, 529mg sodium

Shepherd's Pie

Serves 4

Topping Ingredients:

2 large yams, peeled and chopped

½ teaspoon salt

½ teaspoon cinnamon or nutmeg

Preparation for Topping:

1. Place the yams in a saucepan and add water and ½ teaspoon salt, just enough to cover, and bring to a boil. Reduce heat to low and cook until soft, about 15-20 minutes.
2. Drain off all the water and mash the yams. Season with cinnamon or nutmeg, and salt and pepper to taste.

Filling:

1 pound ground turkey

¼ teaspoon pepper

½ cup carrots, peeled and chopped

½ cup onion, chopped

½ cup celery, chopped

1 cup low-sodium chicken broth or bone broth

1 tablespoon low-sodium tamari sauce

1 tablespoon arrowroot powder

1 cup frozen peas

optional: ½ teaspoon salt (there's a significant amount of salt in broth and tamari sauce)

Preparation:

1. Preheat oven to 350° F.
2. Brown the turkey over medium-high heat in a large skillet, season with salt and pepper, break up the meat into a crumble. Take out the extra fat from the turkey, leaving about 1-2 tablespoons.
3. Add carrots, onion, and celery to the meat and cook till tender.
4. In a separate bowl combine the chicken broth, tamari sauce, and the arrowroot powder till well combined. Pour into the turkey and vegetables and bring back to a boil and cook till the sauce is thick.
5. Add frozen peas and place in a 4-quart baking dish. Top with yam topping and smooth over the top of the turkey mixture.
6. Bake for 20 minutes. Allow to cool for a few minutes before serving.

Nutritional Information Per Serving:

294 calories, 26.1g protein, 29.5g carbohydrates, 5.4g fiber, 3.2g sugar, 8.4g fat, 2.7g saturated fat, 81.2mg cholesterol, 305mg sodium

Simple Citrus Chicken

Serves 4

Ingredients:

4 chicken breasts, halved, or 8 chicken thighs

1/4 cup orange juice or pink grapefruit juice

1/4 cup lime juice

1/4 cup olive oil

1 tablespoons low-sodium tamari sauce

1 teaspoons salt

1/2 bunch cilantro, finely chopped

optional: 2 garlic cloves, minced

Preparation:

1. Place chicken on a nonporous surface and pound lightly with meat tenderizer on both sides. Set aside.
2. Place all ingredients except chicken in a food processor or blender. Include garlic if desired. Blend or pulse it to a coarse puree to form a marinade.
3. Transfer chicken and marinade into gallon-size, self-sealing bag or baking dish. Cover chicken completely with marinade. If necessary, turn bag, or turn chicken in bowl, to be sure all sides have been covered. Refrigerate for 2-24 hours (minimum 30 minutes). Planning ahead and marinating the night before will yield amazingly moist and flavorful chicken.
4. Preheat grill to medium high or set oven to broil. If broiling, place chicken on broiling pan and put about six inches under broiler heat. Be sure to turn once or twice. Broiling time is 10-12 minutes depending on size of chicken pieces. Breasts take longer than thighs. For grilling, be sure to turn every two minutes. Grill for a total of 4-5 minutes each side or until internal temperature reaches 165° F.
5. Remove and cover with foil for five minutes before serving.

Nutritional Information Per Serving:

304.7 calories, 28.2g protein, 3.0g carbohydrates, 0.1g fiber, 0.2g sugar, 19.7g fat, 3.3g saturated fat, 114.5mg cholesterol, 621.8mg sodium

Tomato Curry Chicken with Saffron

Serves 8

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

Ingredients:

2 to 3 tablespoons unsalted vegetable broth for sautéing, or 1 tablespoon coconut oil
1 large tomato, diced, or one 14½-ounce jar of low-sodium diced tomatoes
1 small onion, chopped
4 to 5 garlic cloves, minced
½ teaspoon garam masala
½ teaspoon mild yellow curry powder
½ teaspoon presoaked saffron threads or ¼ teaspoon dried saffron powder
1 cup light coconut milk
8 boneless chicken breast halves
½ cup raw shaved almonds
optional: ¼ teaspoon sea salt

Preparation for Marinade:

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

Preparation for Cooking:

1. After marinating chicken, preheat oven to 350° F.
2. Place chicken in baking dish with marinade. Be sure dish is large enough so that chicken isn't crowded together.
3. Cook for 15 minutes on each side, or until cooked through.
4. Place chicken on serving platter and sprinkle with almonds.

NOTE: If using saffron threads, soak them in a couple of tablespoons of hot water for at least 15 minutes prior to use. Mash the threads with the back of a spoon. If you have time, soak the threads for several hours and do not mash them.

Nutritional Information Per Serving:

223 calories, 28.4g protein, 4.4g carbohydrates, 1.4g fiber, 1.2g sugar, 9.8g fat, 3g saturated fat, 73mg cholesterol, 142mg sodium

Try It, You'll Like It Turkey Bolognese

Serves 6

Ingredients:

1 large spaghetti squash
1 tablespoon coconut oil
1 onion, chopped
3 garlic cloves, minced
1 pound ground turkey (free-range, antibiotic-free, hormone-free)
3 tablespoons tomato paste
2 cups fresh diced tomatoes, or one 14.5-ounce can chopped tomatoes in a pinch
2 cups vegetable broth
4 ounces sliced cremini mushrooms
½ cup coconut creamer or full-fat coconut milk
1 tablespoon chopped fresh oregano
1 tablespoon chopped fresh basil
salt and pepper, to taste

Preparation:

1. Preheat oven to 375° F.
2. Cut spaghetti squash in half and clean out seeds. Place squash face down on a baking dish. Fill baking dish halfway with water.
3. Bake for 40-45 minutes or until soft but not overcooked. Squash is finished when fork goes in easily and shreds squash like spaghetti. Place "noodles" in a large serving dish.
4. While squash is baking, heat oil in a skillet over medium heat. Add onions and garlic, and sauté for 3 minutes.
5. Stir in ground turkey. Cook for 7-10 minutes, breaking the meat into small pieces with a wooden spoon.
6. When meat is lightly browned, add tomato paste and cook for 3 minutes, stirring frequently.
7. Add chopped tomatoes, vegetable broth, and mushrooms. Lower heat, cover, and simmer for 10-15 minutes.
8. Stir in cream, oregano, and basil. Season with salt and pepper and cook for 1 more minute. Serve over spaghetti squash.

Nutritional Information Per Serving:

210 calories, 17g protein, 16g carbohydrates, 3g fiber, 2.1g sugar, 9g fat 4g saturated fat, 53mg cholesterol, 299mg sodium

MARVELOUS MEATS

RECIPES

Bison Meatballs

Braised Lamb Shanks

Cinnamon Spice Flank Steak

Free-Range Bison Meat Loaf

Lamb and Quinoa Stuffed Cabbage

Middle Eastern Steak Salad with Tahini-Dressed Zucchini

Quick And Tasty Pork Chops with Fresh Herbs

Rosemary Sage Pork Tenderloin

Bison Meatballs

Makes 20-25 meatballs

Serves 6

Ingredients:

¼ cup raw almonds

½ cup carrot, chopped

1 cup zucchini, chopped

1 cup kale, chopped

¼ cup chives, chopped

1 clove garlic

1 tablespoon olive oil

1½ teaspoons dried Italian herb seasoning

1 teaspoon sea salt

¼ teaspoon black pepper

1 pound ground bison (other options: chicken, turkey, or grass-fed beef)

Preparation:

1. Heat oven to 375° F. Line baking sheet with parchment paper.
2. In a food processor, add the almonds and carrots and pulse until finely ground.
3. Add remaining ingredients, except bison, and pulse until well blended and finely chopped, but not mushy.
4. Remove vegetable mixture to a bowl and mix in the ground meat.
5. Using wet hands form the mixture into balls, and place on baking sheet.
6. Bake for 20 minutes total, after 10 minutes roll them around so they don't get too dark on one side.
7. Serve with tomato sauce on shirataki noodles.

Nutritional Information Per Serving:

390.5 calories, 29.8g protein, 8.9g carbohydrates, 3.5g fiber, 2.6g sugar, 26.8g fat, 7.9g saturated fat, 88.2mg cholesterol, 136.7mg sodium

Braised Lamb Shanks

Serves 4

Ingredients:

1 tablespoon macadamia nut oil, avocado oil, or almond oil
4 lamb shanks
1 fennel bulb, chopped
1 onion, chopped
2 garlic cloves, minced
6 Roma tomatoes, chopped
1 small bunch thyme, tied together with kitchen string
2 cups low-sodium chicken broth or bone broth
zest and juice of 1 lemon
¼ cup pitted kalamata olives, chopped (about 16 olives)
¼ cup parsley, chopped
salt and pepper

Preparation:

1. Preheat oven to 400° F.
2. Heat oil in a Dutch oven or large heavy pot over medium-high heat. Salt and pepper the shanks. Sear lamb until browned on all sides (a couple of minutes per side), then remove from pan and place on a separate plate.
3. Add the fennel and onion and sauté until soft, about 3-4 minutes. Then add garlic and sauté for 30 seconds. Add the tomatoes and thyme.
4. Place the shanks back in the pot with any accumulated juices. Add the chicken broth until it covers about ¾ of the meat—it should not be covered completely with liquid.
5. Bring to a boil, then reduce heat to simmer. Cover loosely with a piece of parchment paper that has been cut to fit as a lid.
6. Place in the oven and cook for 1½ hours.
7. Check after 1 hour to make sure there is still enough liquid in the pan. If necessary, add 1/2 to 1 cup of broth to the pot. The meat should be very tender when finished cooking. Remove the thyme.
8. Remove the shanks and vegetables from pan and serve with the lemon, olives, and parsley.
9. Sear the shanks, and sauté the fennel, onion, and garlic as above.
10. Transfer to a crockpot with the tomatoes, thyme, and chicken broth.
11. Cook on high for 3 hours, or on low for 6 hours.
12. Remove the shanks and vegetables from crockpot and serve with the lemon, olives, and parsley.

Nutritional Information Per Serving:

337 calories, 9.2g protein, 16.6g carbohydrates, 5.4g fiber, 6.3g sugar, 14.2g fat, 3.6g saturated fat, 102mg cholesterol, 319mg sodium

Cinnamon Spice Flank Steak

Serves 4

Ingredients:

20-ounce grass-fed beef, bison flank steak, or tri-tip sirloin

1 tablespoon avocado oil or macadamia nut oil

1 teaspoon cinnamon

1 teaspoon smoked paprika

1 garlic clove, crushed or minced

1 teaspoon salt

½ teaspoon pepper

optional:

- 1 teaspoon ancho chile powder (for spicier flavor)

- ¼ teaspoon nutmeg

Preparation:

1. Preheat grill to medium-high heat.
2. Rub the steak all over with the avocado oil.
3. Combine the rest of the ingredients and rub all over the steak. Allow to rest for 15 minutes if possible.
4. Grill meat to desired doneness. For medium rare, this is usually 4-5 minutes per side. Medium usually requires 5-7 minutes per side.
5. Remove meat from grill, cover with foil, and allow to rest for 5-10 minutes before slicing. Remove foil and cut into thin slices. Slicing against the grain of flank steak (diagonally) will often make it more tender.
6. Layer slices on a serving platter and serve with Shredded Rainbow Salad (see recipe in Cautious Brain Type section).

Nutritional Information Per Serving:

235.2 calories, 22.2g protein, 1g carbohydrates, 0.5g fiber, 0.1g sugar, 17.6g fat, 6g saturated fat, 69mg cholesterol, 296mg sodium

Free-Range Bison Meat Loaf

Serves 6

Ingredients:

4 garlic cloves
2 tablespoons (about 8-10 leaves) fresh basil, not chopped
2 tablespoons fresh oregano, not chopped
2 tablespoons fresh parsley, not chopped
1 tablespoon fresh thyme, not chopped but with thick stems removed (fine stems are fine)
1 tablespoon (about 5 or 6 leaves) fresh sage, not chopped
4 celery stalks, cut in 2-inch pieces
1 small onion, quartered
¼ cup macadamia nuts
¼ cup cashews
2 pounds ground bison
1 egg (organic, omega-3)
2 tablespoons ground flax seeds (you can grind whole flax seeds in a coffee grinder)
½ teaspoon chili powder
¼ teaspoon black pepper
1 tablespoon low-sodium tamari sauce (you may exclude this for a low-sodium diet)
optional: ½ cup organic marinara sauce (no added salt or sugar)

Preparation:

1. Preheat oven to 350° F.
2. In a large food processor, place garlic, basil, oregano, parsley, thyme, sage, celery, and onion. Place garlic and herbs on the bottom. Pulse for 15-20 seconds, but do not turn on continuous chop setting, or mixture will become soggy. Check mixture for consistency. It should be finely chopped with no large pieces, but not mushy. Pulse a few more times if necessary, but don't overdo it.
3. Remove mixture from food processor and remove any large stray pieces if necessary.
4. Place nuts in food processor. Pulse for 15-20 seconds, but do not turn on continuous chop setting, or mixture will become pasty. Check mixture for consistency. It should be finely chopped with no large pieces, but not sticky or pasty. Pulse a few more times if necessary, but don't overdo it. Remove mixture from food processor and remove any large stray pieces if necessary.
5. Place bison in a large mixing bowl and add egg. Mix lightly. Bison is lower in fat than beef and gets tough if you overmix it, so do not overwork the meat.
6. Add herb, onion, and celery mixture to the bowl. Do not mix.
7. Add chopped nuts, flax, chili pepper, pepper, and tamari sauce.
8. Mix all ingredients thoroughly through the meat, blending evenly, but being careful not to overwork the meat.

9. Place meat in a 9" x 5" loaf pan and form
10. Place pan on the middle rack of the oven and set timer for 1 hour. It usually takes about 1¼ hours to cook.
11. Check loaf for doneness using a meat thermometer. The internal cooking temperature of bison is 160° F.
12. If using marinara sauce, spread over the top of meat loaf for the last 15 minutes of cooking.
13. Put loaf back in oven and finish cooking for 15 minutes.
14. Remove from oven and let stand for 5-10 minutes before serving.

Nutritional Information Per Serving:

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

Lamb and Quinoa Stuffed Cabbage

Serves 4

Ingredients:

8 full-size green cabbage leaves
¾ cups cooked and cooled quinoa
¾ pound ground lamb
1 egg
2 teaspoons finely chopped fresh rosemary or ½ teaspoon dried
1 tablespoon fresh marjoram or 1¼ teaspoons dried
¼ cup finely minced onion
¼ teaspoon pepper
½ teaspoon sea salt or as desired
1½ cups canned tomato sauce, or Simple Fresh Tomato Sauce
(see recipe in Sauces and Condiments)
3 tablespoons red wine vinegar
¼ teaspoon erythritol or maple syrup

Preparation:

1. Preheat oven to 375° F.
2. In a large saucepan or stockpot, bring water to a boil and boil cabbage leaves for 2-3 minutes. Keep leaves separated and do not allow to bunch. Remove from water and lay leaves flat on paper towel to dry out.
3. In a medium bowl combine quinoa, lamb, egg, rosemary, marjoram, onion, salt, pepper, and 2 tablespoons of the tomato sauce.
4. In a small mixing bowl, combine tomato sauce, red wine vinegar, erythritol, or maple syrup. Set aside.
5. Lay cabbage leaves out on a cutting board or clean cooking space. Divide the lamb mixture evenly among the cabbage leaves. Roll and secure them burrito-style.
6. Pour half of the tomato sauce mixture in a 9" x11" baking dish. Lay the stuffed cabbage rolls side by side in the sauce so they are placed snugly together. Drizzle the remainder of the sauce on top of the cabbage rolls.
7. Bake for 30 minutes, uncovered. Remove from oven and allow cabbage rolls to cool for a few minutes, as internal temperature gets very hot.

NOTE: Ground turkey, chicken, or bison can be substituted in place of lamb.

Nutritional Information Per Serving:

313 calories, 30.1g protein, 28.5g carbohydrates, 4.9g fiber, 5.2g sugar, 8.5g fat, 2.5g saturated fat, 77mg cholesterol, 788mg sodium

Middle Eastern Steak Salad with Tahini-Dressed Zucchini

Serves 6

Steak Ingredients:

1 tablespoon coconut oil
½ teaspoon cinnamon
¼ teaspoon allspice
½ teaspoon sea salt
¼ teaspoon coarse pepper
16 ounces London broil steak

Salad Ingredients:

⅓ cup sun-dried tomatoes, no oil
1 teaspoon minced garlic
¼ cup tahini paste
¼ cup fresh lemon juice
2 tablespoons lemon zest
¼ cup orange juice
¼ cup Meyer lemon juice
1 tablespoon olive oil
2 zucchinis, thinly sliced
½ teaspoon ancho chile powder
2 cups green beans, blanched, cut into 1-inch pieces
6 cups mixed baby greens

Preparation

1. Preheat grill to medium high or set oven to broil.
2. Combine oil, cinnamon, allspice, sea salt, and pepper.
3. Rub mixture evenly onto the steak. If possible allow the steak to marinate for 10-15 minutes in the spices before grilling.
4. Grill or broil for 5-7 minutes on each side (internal temperature should reach 145° F), depending on desired doneness.
5. Place on cutting board and cover with foil. Allow to rest for 5 minutes.
6. Meanwhile prepare salad. Soak sun-dried tomatoes in hot water.
7. When they are soft, drain, julienne, and set aside to cool.
8. In a small bowl, combine garlic, tahini, lemon juice, lemon zest, orange juice, and Meyer lemon juice. Stir well.
9. Heat oil over medium heat. Brown zucchini slices for 3-5 minutes. Remove zucchini from the stovetop and place in a bowl. Toss with lemon juice mixture and ancho chile powder.
10. Toss green beans with zucchini.
11. Arrange salad greens on plate. Add the zucchini and green beans.

12. Top with the sun-dried tomatoes. Drizzle with the dressing.
13. Slice meat in thin slices. Top the salad with the slices and serve.

Nutritional Information Per Serving:

344 calories, 33g protein, 23g carbohydrates, 9g fiber, 7.4g sugar, 12g fat, 7g saturated fat, 66mg cholesterol, 207mg sodium

Quick and Tasty Pork Chops with Fresh Herbs

Serves 4

Ingredients:

4 pork chops
1 teaspoon garlic salt (use garlic powder for a low-sodium option)
2 tablespoons unsalted vegetable broth (or you may use 2 teaspoons coconut oil)
4 garlic cloves
2 large tomatoes, roughly diced, retaining as much juice as possible
2 cups cremini mushrooms (or mushrooms of your choice), sliced
1 tablespoon fresh oregano, chopped
1 tablespoon fresh basil, chopped
1 teaspoon fresh thyme, chopped
black pepper to taste
optional: ½ cup onion (or 1 small onion), diced

Preparation:

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

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

Nutritional Information Per Serving:

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

Rosemary Sage Pork Tenderloin

Serves 4

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

Ingredients:

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

Preparation:

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

Nutritional Information Per Serving:

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

VEGGIE DISHES

RECIPES

Cauliflower Rice Pilaf
Cauliflower with Basil Sauce
Coconut Curry “Noodles”
Eggplant Casserole
Fajita Style Roasted Veggies
Go Green with Sautéed Collard Greens
Maple Roasted Brussels Sprouts
Succulent Roasted Sweet Potatoes
Vegelicious Frittata
Veggie Gratin

Cauliflower Rice Pilaf

Serves 8

Ingredients:

1 head of cauliflower, florets
1 large carrot finely diced
1-2 stalks celery, finely diced
½ large white sweet onion, finely diced
1-2 tablespoons minced garlic
2-3 tablespoons favorite minced herbs, such as parsley and/or thyme
2 tablespoons macadamia nut oil for sautéing
1 cup low-sodium chicken broth or vegetable broth
½ cup almond slivers
optional: salt and pepper to taste

Preparation:

1. Put cauliflower florets in a food processor and pulse until coarsely shredded but not mushy. Set aside.
2. In a large pan, sauté the finely diced carrots, celery, and onion with the macadamia nut oil for about 3-5 minutes.
3. Add the garlic and sauté another 3-5 minutes.
4. Add the shredded cauliflower and stir while slowly adding the chicken or vegetable broth. Cook it only a little, until tender but still a little firm (like rice). If you overcook it will be mushy.

5. Stir in fresh herbs, a little salt and pepper, and lightly toasted almond slivers before removing from heat.

Nutritional Information Per Serving:

48.6 calories, 0.8g protein, 3.0g carbohydrates, 0.8g fiber, 1.1g sugar, 3.8g fat, 3.8g saturated fat, 8.3mg cholesterol, 37.5mg sodium

Cauliflower with Basil Sauce

Serves 4

Ingredients:

3 ounces (about 6 tablespoons) fresh basil
¼ cup olive oil
1 tablespoon fresh lemon juice
salt and pepper, to taste
2 tablespoons coconut oil
1 large head of cauliflower, cut into 1-inch florets

Preparation:

1. Bring a pot of water to a boil.
2. Blanch basil for 30 seconds. Transfer to a small bowl placed over ice to stop the cooking process. Squeeze out water and place in a blender or small food processor.
3. Add olive oil and lemon juice, and puree. Season with salt and pepper, as desired.
4. In a large skillet, heat coconut oil over medium heat.
5. Sauté cauliflower on both sides until golden brown.
6. Drizzle basil sauce over it and serve.

Nutritional Information Per Serving:

207 calories, 5g protein, 12g carbohydrates, 6g fiber, 0.1g sugar, 18g fat, 7g saturated fat, 0mg cholesterol, 64mg sodium

Coconut Curry “Noodles”

Serves 6

Ingredients:

- 1 large spaghetti squash
- 1 bunch scallions, cut in 2-inch pieces on an angle
- 1 carrot, thinly sliced
- 1 cup broccoli florets
- ½ pound asparagus, cut in 2-inch diagonals
- 1 red bell pepper, thinly sliced
- 1 yellow squash, sliced
- 4 tiny bok choy, leaves separated
- ½ pound snow peas

Sauce:

- 2-inch piece of ginger root, peeled and grated
- 2 garlic cloves
- 1 tablespoon low-sodium tamari
- 2 tablespoons sesame oil
- 2 tablespoons flaxseed oil
- 1 teaspoon curry paste
- 1 teaspoon thyme
- ¼ teaspoon garlic salt
- 1 cup coconut milk, unsweetened
- 1 tablespoon corn starch dissolved in ¼ cup water

Preparation:

1. Preheat oven to 375° F.
2. Cut spaghetti squash in half. Clean out seeds. Fill baking dish ¼ full of water. Place squash face down on a baking dish and place in oven for about 45 minutes.
3. Steam vegetables in order. Boil small amount of water in a large pot. Place steamer basket in water so that water does not go over basket. You don't want the water to bathe the vegetables as they are being steamed. After water boils, reduce to simmer.
4. Place scallions in bottom of basket. Next place carrots, then broccoli, then asparagus, then red bell pepper, then squash, then bok choy, then snow peas.
5. Steam for about 3-4 minutes. I prefer my vegetables on the crunchy side. It is much healthier and tastier.
6. Turn off heat and set aside.

Sauce Preparation:

1. Blend ginger root, garlic, and tamari in food processor until smooth.
2. Add sesame and flax oils, curry paste, thyme, garlic salt, coconut milk, and red pepper flakes. Pulse several times.
3. Heat sauce in small pot over medium heat. Add cornstarch and water mixture. Bring to a boil then remove from heat until spaghetti squash and vegetables are finished cooking.
4. Place spaghetti squash in a large serving dish with vegetables arranged on top.
5. Drizzle sauce over the top and serve remaining sauce on the side.
6. Serve hot.

Nutritional Information Per Serving of Noodles with Sauce:

272 calories, 5g protein, 20g carbohydrates, 6g fiber, 22g fat, 11g saturated fat, 0mg cholesterol, 380mg sodium

Nutritional Information Per Serving of Sauce:

178 calories, 1g protein, 3g carbohydrates, 1g fiber, 19g fat, 10g saturated fat, 0mg cholesterol, 332mg sodium

Eggplant Casserole

Serves 4

Ingredients:

2 Japanese eggplants	¼ teaspoon pepper
1 yellow squash	1 tablespoon basil, chopped
1 zucchini	1 tablespoon thyme, chopped
1 red bell pepper	2 cups baby spinach
3 tablespoons macadamia nut oil	1 cup quinoa
1 onion, diced	2 cups unsalted vegetable broth
4 garlic cloves, minced	½ cup raw almonds, shaved
1 cup tomato sauce	<i>optional:</i> ½ teaspoon sea salt

Preparation:

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

Nutritional Information Per Serving:

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

Fajita Style Roasted Veggies

Serves 4

Ingredients:

2 tablespoons macadamia nut oil or melted ghee
½ teaspoon paprika
1 teaspoon chili powder
1 teaspoon cumin
½ teaspoon sea salt
¼ teaspoon pepper
2 garlic cloves, minced
1 zucchini, sliced
1 yellow squash, sliced
1 red bell pepper, sliced
1 yellow onion, large dice
½ cup cilantro, chopped

Preparation:

1. Preheat oven to 400° F.
2. In a small bowl mix together oil (may need to be melted), cumin, paprika, chili powder, salt, pepper, and garlic.
3. Place zucchini, squash, bell pepper, and onion on cookie sheets and lightly brush with oil mixture.
4. Place in oven and roast for 20-25 minutes or until veggies are tender. Be sure to turn vegetables at least once.
5. Remove from oven and serve with Chicken Asada (see recipe in Poultry Dishes), diced avocado, and Restaurant Style Salsa (see recipe in Sauces and Condiments).

Nutritional Information Per Serving for Vegetables:

97.2 calories, 1.6g protein, 8.5g carbohydrates, 2.4g fiber, 2.2g sugar, 7.4g fat
1g saturated fat, 0mg cholesterol, 51.6mg sodium

Go Green with Sautéed Collard Greens

Serves 3

Ingredients:

2 tablespoons coconut oil

½ cup diced shallots

3 garlic cloves, minced

8 cups collard greens, rinsed, stems removed, and cut into ribbons

½ cup vegetable broth

1 tablespoon balsamic vinegar

salt and pepper, to taste

Preparation:

1. In a large, deep skillet, heat oil over medium heat. Add shallots and garlic, and sauté for 1-2 minutes.
2. Add greens and toss well.
3. Add vegetable broth and balsamic vinegar, and cover. Sauté greens until completely wilted and tender, stirring occasionally, 8-10 minutes.
4. Season with salt and pepper, as desired. Serve hot.

Nutritional Information Per Serving:

103 calories, 2g protein, 9g carbohydrates, 3g fiber, 0.6g sugar, 7g fat, 1g saturated fat, 0mg cholesterol, 35mg sodium

Maple Roasted Brussels Sprouts

Serves 4

Ingredients:

- 1 pound Brussels sprouts, trimmed and cut into halves (remove loose leaves and set aside)
- 2 tablespoons ghee or coconut oil
- 2 tablespoons low-sodium tamari sauce
- 1 tablespoons maple syrup
- 2 large cloves garlic, minced

Preparation:

1. Boil water in a medium pot. Place Brussels sprouts, except loose leaves, into boiling water for about 4-5 minutes. Drain water and set aside.
2. Heat oil in a large pan over medium-high heat. Place loose leaves in skillet and cook for a couple minutes, until crisp. Remove leaves without dumping the oil, set aside.
3. Reduce heat to medium and add garlic to pan and stir for about 30 seconds. Add Brussels sprouts, tamari, and maple syrup.
4. Cook until liquid is nearly evaporated, could take up to 10 minutes.
5. Add cooked loose leaves back into pan.
6. Remove from heat and serve warm.

Nutritional Information Per Serving:

135.3 calories, 4.1g protein, 12.4g carbohydrates, 3.0g fiber, 5.0g sugar, 7.5g fat, 7.5g saturated fat, 16.5mg cholesterol, 129.5mg sodium

Succulent Roasted Sweet Potatoes

Serves 6

Ingredients:

3 sweet potatoes, peeled and sliced in rounds
1 tablespoon avocado oil or macadamia nut oil
½ teaspoon salt
1 teaspoon cinnamon
½ cup raisins or cranberries

Preparation:

1. Preheat oven to 375° F.
2. Place potatoes in a 13" x 9" baking dish. Drizzle with oil. Sprinkle with salt, cinnamon, and raisins. Toss to coat.
3. Arrange potatoes in rows in baking dish and roast for 35-40 minutes or until tender and golden brown.

Nutritional Information Per Serving:

143 calories, 2g protein, 30g carbohydrates, 4g fiber, 9.6g sugar, 2g fat, 0g saturated fat, 0mg cholesterol, 228mg sodium

Vegelicious Frittata

Serves 4

Ingredients:

2 teaspoons coconut oil
2 scallions, finely chopped
½ red bell pepper, minced
2 garlic cloves, minced
2 tomatoes, diced
1 tablespoon fresh thyme, chopped, or 1 teaspoon dried
1 tablespoon fresh marjoram, chopped, or 1 teaspoon dried
8 ounces pinto beans, soaked and cooked (or canned)
1 cup baby spinach leaves or kale, torn
8 eggs, lightly beaten
½ avocado, thinly sliced
optional: sea salt and pepper to taste

Preparation:

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

Nutritional Information Per Serving:

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

Veggie Gratin

Serves 6

Ingredients:

2 cups cherry tomatoes, halved
1 cup chopped cauliflower
1 cup chopped yellow squash
1 cup chopped zucchini
1 can (15 ounces) white beans, drained and rinsed
5 garlic cloves, minced
2 tablespoons macadamia nut oil or avocado oil
1 teaspoon salt
½ teaspoon pepper
½ cup walnuts, chopped
2 tablespoons flat leaf parsley, chopped

Preparation:

1. Preheat oven to 375° F.
2. Combine tomatoes, cauliflower, squash, zucchini, beans, and garlic in a large bowl.
3. Stir in the oil, salt, and pepper.
4. Place the mixed vegetables in a 2-quart casserole pan and sprinkle the walnuts and parsley on top.
5. Bake for 40 minutes or until veggies are tender.

Nutritional Information Per Serving:

237 calories, 8.7g protein, 28.1g carbohydrates, 6g fiber, 3.1g sugar, 11.3g fat, 1.3g saturated fat, 0mg cholesterol, 39.4mg sodium

GUILT-FREE DESSERTS

RECIPES

Apple Cinnamon Crisp

Blueberry Cobbler

Chocolate Coconut Ice Cream

Choco-tentment Mousse

Fresh Berries with Macadamia-Nut Sauce

Luscious Lemon Squares

Magnificent Chocolate Macaroons

Apple Cinnamon Crisp

Serves 8

Ingredients:

coconut oil nonstick cooking spray
7 apples, peeled, cored, and chopped
1 teaspoon cinnamon
½ teaspoon nutmeg
¼ teaspoon ginger
¼ cup pecans or walnuts
¼ cup almond flour
2 tablespoons unsweetened
almond butter
6 dates
optional: ½ cup erythritol

Preparation:

1. Preheat oven to 350° F
2. Spray a 9" x 9" baking dish with coconut oil nonstick cooking spray.
3. Heat apples in a large sauté pan over medium heat. Apples will release fluid and begin to dehydrate after a couple of minutes. Add cinnamon, nutmeg, ginger, and erythritol, if desired. Cook until apples are hot and soft, about 15 minutes. Don't allow apples to dry out and burn.
4. Remove apples from heat and pour into the baking dish.
5. Mix nuts, flour, almond butter, and dates in food processor until well blended and chunky.
6. Remove crumble topping from food processor and sprinkle on top of the apples in baking dish. Bake the apple crisp for 15 minutes.

7. Use an ice cream scoop to spoon small portions into dessert bowls.
8. Serve warm or cold.

NOTE: Try using the slicer attachment on a food processor as a shortcut when cutting up the apples.

Nutritional Information Per Serving:

84.5 calories, 1.9g protein, 6.8g carbohydrates, 1.7g fiber, 4.5g sugar, 6.3g fat, 0.5g saturated fat, 0mg cholesterol, 0.1mg sodium

Blueberry Cobbler

Serves 8

Ingredients:

6 cups organic blueberries
1 teaspoon arrowroot
2 tablespoons honey
1 cup all-purpose gluten-free flour
½ cup almond flour
1 teaspoon baking powder
1 cup almond milk, unsweetened

Preparation:

1. Preheat oven to 375° F.
2. In a medium bowl combine flours, baking soda, and milk. Set aside.
3. Place blueberries into a 9" x 9" baking dish. Toss berries with arrowroot.
4. Drizzle with honey.
5. Pour the batter over berries.
6. Bake cobbler for 45 minutes or until the top is golden brown.
7. Serve warm.

Nutritional Information Per Serving:

173 calories, 3g protein, 40g carbohydrates, 5g fiber, 1g fat, 0g saturated fat, 0mg cholesterol, 88 mg sodium

Chocolate Coconut Ice Cream

Serves 8

Ingredients:

2 cups pine nuts
1 cup coconut water
¼ cup coconut butter
2 tablespoons pure maple syrup
2 tablespoons erythritol
¼ cup raw cacao powder
¼ teaspoon pure vanilla extract
½ teaspoon cinnamon
½ cup raw shredded coconut
optional: 10 drops chocolate-flavored stevia

Preparation:

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

Nutritional Information Per Serving:

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

Choco-tentment Mousse

Serves 4

This recipe calls for the meat from one or two young Thai coconuts. You can use other types of coconut, but the meat is often not as soft. Young Thai coconut meat is very soft usually similar to the consistency of tofu. They can be found at Asian markets or health food stores and come wrapped in plastic. Opening coconuts to get the meat is easier than it sounds, and well worth the minimal effort! The fresh coconut water and delicious meat are amazing treats. The only thing you need is a meat cleaver or a 10-inch heavy kitchen knife to get started.

Ingredients:

2-3 tablespoons full-fat coconut milk (refrigerate the can for several hours)

coconut meat from one or two fresh young Thai coconuts (about 1 cup)

1-2 tablespoon raw cacao powder (start with 1 tablespoon)

½ cup coconut butter or raw almond butter

1 tablespoon coconut oil

½ teaspoon vanilla extract

½ teaspoon cinnamon

2 tablespoons pure maple syrup or raw honey

optional:

- 2 tablespoons erythritol or 10-12 drops chocolate flavored stevia
- 1 cup fresh berries of your choice
- Rapturous Coconut Whipped Cream (see recipe in Sauces and Condiments)

Preparation:

1. Blend all ingredients except berries in a high-powered blender.
2. If desired, place berries in bottom of dessert cup.
3. Layer mixture over berries into dessert bowls and refrigerate for 30 minutes before serving.
4. Top with coconut whipped cream if desired.

Nutritional Information Per Serving:

374 calories, 2.8g protein, 17.7g carbs, 6.9g fiber, 9g sugar, 33.3g fat, 30.4g saturated fat, 0mg cholesterol, 11mg sodium

Fresh Berries with Macadamia-Nut Sauce

Serves 8

Ingredients:

1 cup fresh blueberries
1 cup sliced fresh strawberries
1 cup fresh raspberries
½ cup macadamia nuts
2 tablespoons coconut flakes
½ cup light coconut milk
10 drops vanilla crème-flavored stevia
¼ cup unsweetened almond milk, for thinning if necessary
optional: 1 tablespoon raw honey

Preparation:

1. In a large bowl, gently toss blueberries, strawberries, and raspberries.
2. In a high-powered blender bowl, add macadamia nuts, coconut flakes, coconut milk, stevia, and honey, if using.
3. Blend until smooth and creamy. If sauce is too thick, add 2-4 more tablespoons unsweetened almond milk until sauce reaches desired consistency.
4. Transfer berries to serving bowls and drizzle with nut sauce.

Nutritional Information Per Serving:

273 calories, 3g protein, 21g carbohydrates, 6g fiber, 4g sugar, 23g fat, 4g saturated fat, 0mg cholesterol, 10mg sodium

Luscious Lemon Squares

16 Servings

Ingredients:

½ cup coconut oil, at room temperature

⅓ cup erythritol

1 cup almond or coconut flour (or ½ cup of each for best results)

3 large eggs

¼ cup raw honey

2 teaspoons arrowroot or ½ teaspoon baking powder

½ cup fresh lemon juice

optional: ½ teaspoon salt

Preparation:

1. Preheat oven to 325° F
2. Generously rub an 8" x 8" baking pan with coconut oil, or line with parchment paper to ensure the lemon bars don't stick.
3. In a medium bowl combine coconut oil, erythritol, flour, and salt, if desired, to create the crust. Mix until a smooth dough forms.
4. Press dough evenly into the bottom of the prepared pan and place in oven for 10-12 minutes or until crust is a light golden brown. Once the crust is baked, let it cool for 15-20 minutes.
5. While crust is cooling, hand whisk the remaining ingredients, adding the arrowroot last and slowly. Continually whisk while adding arrowroot to avoid clumping.
6. Pour lemon mixture over top of cooled crust and bake for about 25-30 minutes or until set. Let cool. For best results, place in refrigerator in an airtight container for at least 1-2 hours after cooling. This allows the crust to set.
7. Remove from baking pan and cut into 16 squares.

NOTE: Store bars in the refrigerator and remember to remove from refrigerator 15 minutes prior to serving so they won't be hard. Coconut oil gets very firm in the refrigerator.

Nutritional Information Per Serving:

135.5 calories, 2.7g protein, 16.5g carbohydrates, 0.8g fiber, 4.5g sugar, 11.4g fat, 7g saturated fat, 34.9mg cholesterol, 28.6mg sodium

Magnificent Chocolate Macaroons

10 Servings

Ingredients:

1 cup coconut flakes, unsweetened
2 tablespoons raw cacao powder
1/3 cup walnuts, finely chopped
1/3 cup dates, finely chopped
2 tablespoons honey
1 tablespoon sesame seeds
1/2 teaspoon cinnamon
1 teaspoon vanilla
1 tablespoon maca root powder
1/4 teaspoon salt
1/2 cup coconut butter

Preparation:

1. In a medium bowl, mix coconut flakes with cacao powder until all the coconut is dusted with brown powder.
2. Add walnuts and dates into a food processor and pulse several times until the mixture becomes finely chopped and sticky.
3. Add coconut and cacao powder, honey, sesame seeds, cinnamon, vanilla, maca root powder, salt, and coconut butter. Blend until mixture holds together when pressed.
4. To shape the macaroons use your hands to form the batter into round balls about 1 tablespoon each. Leave in round balls or press flat like cookies.
5. Refrigerate for 15-20 minutes.

Nutritional Information Per Serving:

183 calories, 3g protein, 16 g carbohydrates, 5g fiber, 13g fat, 9g saturated fat, 0mg cholesterol, 66 mg sodium

SNACKS AND DIPS

RECIPES

Baba Ganouj

Banana Nut Roll

Black Bean Canapés

Devil-Less Eggs (*pictured on back cover*)

Grainless Mini Maple Loaves

Omni Grainless Granola Protein Bars

Split Pea Hummus (*pictured on back cover*)

Baba Ganouj

Serves 4

Ingredients:

2 eggplants
1 garlic clove, chopped
1 tablespoon lemon juice
2 tablespoons tahini
½ teaspoon Real Salt®
½ teaspoon cumin
2 tablespoons extra virgin olive oil
optional: 1 tablespoon pine nuts and 3-4 olives

Preparation:

1. Poke eggplant with fork on all sides and then grill eggplant until it is charred on all sides.
 2. Scoop out insides of eggplant and put into blender with all other ingredients. Blend until smooth and creamy.
 3. Place into decorative serving bowl.
- optional:* Sprinkle with pine nuts and olives.

Nutritional Information Per Serving:

76 calories, 2g protein, 11g carbohydrates, 4g fiber, 4g fat, 1g saturated fat, 13mg cholesterol, 285mg sodium

Banana Nut Roll

Serves 1

Ingredients:

1 tablespoon almond butter

1 coconut wrap

½ banana

optional:

- cinnamon

- 1 teaspoon shelled hemp seeds

Preparation:

1. Spread almond butter on wrap.
2. Cut banana into small bite-size pieces and arrange over almond butter.
3. Sprinkle cinnamon and hemp seeds if desired.
4. Roll wrap with the almond butter and banana inside.

Nutritional Information Per Serving:

116.2 calories, 2.2g protein, 14.0g carbohydrates, 3.1g fiber, 6.7g sugar, 6.5g fat, 2.7g saturated fat, 0mg cholesterol, 5.5mg sodium

Black Bean Canapés

Serves 4

Ingredients:

- 1 can unsalted black beans
- ½ medium red onion
- 1 tablespoon lime juice or 2 tablespoons lemon juice
- 2 tablespoons fresh cilantro
- 2 tablespoons extra-virgin olive oil
- 2 garlic cloves
- ½ teaspoon cumin
- 1 red bell pepper, cored and halved
- 1 yellow bell pepper, cored and halved
- 1 large cucumber, organic and not peeled
- 1 large yellow squash, organic and not peeled
- 1 avocado, diced

Preparation:

1. Put beans, onion, lime or lemon juice, cilantro, olive oil, garlic, and cumin into a high-powered blender.
2. Mix all ingredients until smooth and creamy.
3. Cut bell peppers into 1½-inch to 2-inch squares.
4. Slice cucumber and squash into 1-inch rounds.
5. Scoop 1 tablespoon black bean dip onto each vegetable piece.
6. Top with diced avocado.

Nutritional Information Per Serving:

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

Devil-Less Eggs (pictured on back cover)

Serves 6

Ingredients:

- 12 eggs
- 2 tablespoon olive oil
- 1 tablespoon gluten-free Dijon mustard
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ¼ teaspoon cayenne pepper

optional:

- paprika for garnish
- 1 tablespoon fresh chives, finely chopped, for garnish

Preparation:

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

Nutritional Information Per Serving:

169 calories, 11.3g protein, 1.2g carbohydrates, 0.2g fiber, 0.9g sugar, 13.5g fat, 3.4g saturated fat, 327mg cholesterol, 153mg sodium

Grainless Mini Maple Loaves

12 Servings

Ingredients:

- ½ cup almond flour
- ½ cup coconut flour
- ¼ cup golden flax meal
- ½ teaspoon baking soda
- ½ teaspoon sea salt
- 5 eggs
- ¼ cup pure maple syrup
- 1 tablespoon apple cider vinegar
- ¼ cup macadamia nut oil
- 1 tablespoon vanilla extract
- optional:* zest from one lemon for a fresh citrus flavor

Preparation:

1. Preheat oven to 350° F and grease two mini loaf pans. You may line the pans with parchment paper if you want to save cleanup time and avoid sticking.
2. In medium bowl mix dry ingredients: almond flour, coconut flour, flaxseed meal, baking soda, and salt.
3. In large bowl, whisk eggs, maple syrup, oil, and vanilla.
4. Add wet ingredients to dry ingredients. Mix thoroughly.
5. Pour mixture into two greased mini loaf pans. Grainless breads often bake better in mini loaf pans.
6. Place loaf pans in oven and bake for 25-30 minutes, until toothpick inserted into center of loaf comes out clean.
7. Cool and serve.

Nutritional Information Per Serving:

170.2 calories, 5.5g protein, 1.5g carbs, 3.2g fiber, 4.3g sugar, 11.0g fat, 1.6g saturated fat, 77.5mg cholesterol, 95.7mg sodium

Omni Grainless Granola Protein Bars

12 Servings

Ingredients:

- 2 tablespoons cacao butter
- ½ cup raw pumpkin seeds
- ½ cup walnuts or cashews
- ½ cup unsweetened raw coconut, shredded
- ½ cup almond meal
- ¼ cup chocolate flavored protein powder, such as **OMNI Protein Powder** from BrainMD
- ½ cup raw sunflower seeds
- 1 teaspoon cinnamon
- ¼ teaspoon cloves
- ½ teaspoon ginger
- 1 teaspoon pure vanilla extract
- 2 tablespoon macadamia nut oil
- ¼ cup honey
- ¼ cup erythritol
- 2 tablespoon 70% cacao non-dairy chips or unsweetened carob chips
- 2 tablespoon dried goji berries or mulberries
- ¼ tablespoon coconut oil or macadamia nut oil

Preparation:

1. Preheat oven to 350° F.
2. In a small saucepan, melt the cacao butter over low heat. Note: bars will not hold together without the cacao butter. Coconut oil is not a good substitute. If you can't find cacao butter in your local health food store, you can order it online.
3. Using a food processor, grind the pumpkin seeds, nuts, and coconut until you achieve the texture of a coarse flour. Place mixture in a large bowl.
4. Add almond meal, protein powder, sunflower seeds, cinnamon, cloves, and ginger to the bowl. Mix. The mixture will be thick, so you may need to use your hands to mix it thoroughly.
5. Add vanilla, oil, and cacao butter. Mix well with a fork or rubber spatula.
6. Add the honey and erythritol, and mix well.
7. Fold in chips and berries and mix well.
8. Lightly grease a baking pan with coconut oil (or use a nonstick baking pan). Press the mix into the pan until it is even on all sides. Bake for 10-15 minutes or until lightly golden.
9. Refrigerate for 30 minutes, then take mixture out and bring to room temperature. This allows the cacao butter to harden again so bars will hold together.
10. Remove from baking pan cut into 12 bars.

NOTE: These delicious bars can be made in advance and hold up well when stored in the refrigerator. If you are not allergic to eggs, you may choose to cut fat in half and increase the protein by eliminating the cacao butter and add 4 egg whites.

Nutritional Information Per Serving

207 calories, 7.5g protein, 15g carbs, 2.9g fiber, 8.4g sugar, 14.5g fat, 3.9g saturated fat, 0mg cholesterol, 32.2mg sodium

Split Pea Hummus (*pictured on back cover*)

Serves 6

This is a fabulous-tasting alternative to regular hummus, which is made with garbanzo beans.

Ingredients:

1 cup dry split peas
2½ cups purified water
1 bay leaf
2 tablespoons olive oil
2 garlic cloves, minced
2 tablespoons tahini paste
½ cup fresh lemon juice
optional: ¼ teaspoon sea salt

Preparation:

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

Nutritional information Per Serving:

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

SAUCES AND CONDIMENTS

RECIPES

Guiltless Gravy

Homemade Mayonnaise

Rapturous Coconut Whipped Cream

Restaurant Style Salsa

Simple Fresh Tomato Sauce

Guiltless Gravy

Serves 8

Ingredients:

2 tablespoons grass-fed butter or ghee
1 onion, chopped
2 cups low-sodium chicken broth or bone broth
1-2 tablespoons arrowroot, depending on desired thickness
2-4 garlic cloves
salt and pepper, to taste
1 teaspoon dried rosemary, or 1 tablespoon fresh, chopped
1 teaspoon dried thyme, or 1 tablespoon fresh, chopped
1-2 tablespoons coconut cream or full-fat coconut milk
optional: ¼ cup finely chopped precooked meat of your choice

Preparation:

1. In a medium-size pot, melt butter over medium heat and add onions. Allow onions to caramelize, stirring occasionally for about 15 minutes or until onions are a light brown/translucent color. Be sure onions are not burning. Turn down heat if necessary.
2. After about 5 minutes, add garlic cloves to the onions. Add a bit more butter or ghee if necessary.
3. Add broth and turn up heat until mixture comes to a boil. Slowly add the arrowroot, stirring constantly to avoid clumping.
4. Add desired spices and herbs. Reduce the heat, add meat or poultry for flavor if desired, and simmer for 10 minutes.
5. Remove half of the mixture from the heat and transfer mixture to a high-powered blender.
6. Add coconut cream and blend on medium-high setting until the gravy is smooth. Stir the smooth gravy mixture back into the remaining chunky mixture with a spoon.

NOTES:

- In place of butter or ghee, feel free to use drippings from any meat or poultry you are cooking.
- Uncured ham works well in this recipe as an optional meat, as it tastes like bacon when heated in a pan. Or use chicken, ground turkey, etc.

Nutritional Information Per Serving:

55.0 calories, 1.0g protein, 2.8g carbohydrates, 0.4g fiber, 0g sugar, 4.5g fat, 4g saturated fat, 4.1mg cholesterol, 18.2mg sodium

Homemade Mayonnaise

12 Servings Traditional Version / 16 Servings Vegan Version

Ingredients:

Traditional Version:

1 whole egg plus one egg yolk
½ teaspoon Dijon mustard
½ cup olive oil
¼ cup coconut oil
2 teaspoons fresh lemon juice or red wine vinegar
salt to taste

Vegan Version:

½ cup almond milk or coconut milk
½ teaspoon Dijon mustard
1 cup olive oil, macadamia nut oil, or avocado oil
1 to 2 teaspoons red wine vinegar or fresh lemon juice
pinch of salt

Preparation:

1. For traditional version: put egg, egg yolk, and mustard in a blender or food processor on the lowest setting. For vegan version, add coconut cream to blender or food processor with mustard and run on lowest setting.
2. Drizzle ¼ cup of the olive oil, macadamia nut oil, or avocado oil into the egg mixture as it is blending. Do this very, very slowly (over several minutes).
3. Add vinegar and salt as desired (I usually add about ½ teaspoon). Keep mixture blending the entire time. It should start to thicken.
4. Slowly drizzle the remaining ¼ cup of olive oil, macadamia nut oil, or avocado oil into the mixture as the Mayonnaise is blending. Add remaining coconut oil and allow mixture to blend for another minute or so. Mayonnaise should blend for a total of about 7 to 8 minutes from start to finish and be fairly thick at the end. It will thicken further when refrigerated. Put in airtight container and refrigerate for about 1 hour until mixture thickens.

** Discard any unused portion after a week. **

NOTE: The vegan version will be looser without the egg, but it will set when refrigerated.

Nutritional Information Per Serving for Traditional Mayonnaise:

93.8 calories, 0.5g protein, 0.5g carbohydrates, 0g fiber, 0.1g sugar, 10g fat, 5.3g saturated fat, 0mg cholesterol, 1.4mg sodium

Nutritional Information Per Serving for Vegan Mayonnaise:

44.21 calories, 0g protein, 0.1g carbohydrates, 0g fiber, 0g sugar, 9.4g fat, 1.3g saturated fat, 0mg cholesterol, 5.9mg sodium

Rapturous Coconut Whipped Cream

16 Servings

Ingredients:

2 cans full-fat coconut milk, refrigerated

optional: 2-3 tablespoons erythritol

Preparation:

1. Refrigerate 2 cans of full-fat coconut milk overnight so the fat separates from the water.
2. Spoon coconut fat into cold bowl (refrigerate bowl if possible), being careful not to get the water in with the solids.
3. Add erythritol if desired.
4. If you have a stand mixer, start on low setting, increasing every few minutes until it's on high setting. Mix coconut fat until it reaches whipped cream consistency (can take 15-20 minutes).
5. Keep refrigerated until ready to serve.

NOTE: If you don't have a stand mixer, you can use a handheld electric mixer, but it takes patience.

Nutritional Information Per Serving:

69 calories, 0.7g protein, 1.7g carbs, 0g fiber, 0g sugar, 7.2g fat, 6.3g saturated fat, 0mg cholesterol, 5mg sodium

Restaurant Style Salsa

Makes 2 cups

Ingredients:

2 cloves garlic

1 can (28 ounces) San Marzano whole tomatoes or 3 large fresh tomatoes

1 lime zest and juice

¼ cup cilantro leaves

salt and pepper to taste

optional: 1 jalapeno pepper, with or without seeds and ribs

Preparation:

1. In a food processor, chop the garlic cloves and jalapeno pepper, if using.
2. Add only the tomatoes reserving the tomato juice, the lime zest and juice, and the cilantro.
3. Pulse till smooth, then add the reserved tomato juice to get desired thickness.

Nutritional Information Per Serving:

36.3 calories, 1.4g protein, 28.0g carbohydrates, 2.3g fiber, 4.6g sugar, 0.1g fat, 0.0g saturated fat, 0.0mg cholesterol, 21.0mg sodium

Simple Fresh Tomato Sauce

Serves 2

Ingredients:

2 cups cherry tomatoes
2 garlic cloves, chopped
2 tablespoons fresh basil
1 tablespoon red wine vinegar
2 tablespoons extra-virgin olive oil

Preparation:

Combine ingredients in a blender, and blend until smooth.

Nutritional Information Per Serving:

150 calories, 1.5g protein, 6.5g carbohydrate, 1.8g fiber, 3.9g sugars, 14.3g fat, 1.9g saturated fat, 0g cholesterol, 8g sodium



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