

# NUTRITION MADE SIMPLE

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Eating to feel and look great  
doesn't have to be hard!



**First In Wellness**

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# INTRODUCTION

Feeling great and fueling for performance doesn't have to be complicated. Nutrition is nuanced and everyone needs slightly different things. BUT, there are some basics to build a healthy foundation to fueling a body that you can depend on.

In simple terms, feeling great boils down to a few things: Adequate quality sleep, modulating your stress, and nutrition that strengthens your body. In this eBook, we'll focus on nutrition.

Nutrition that enhances healing reduces inflammation, balances blood sugars, is rich in nutrients that build and fortify the body, and is devoid or limited in inflammatory foods such as sugar and highly processed foods.

**If you don't want to read through this entire eBook, here are the cliff notes:**

- Eat real food
- Eat LOTS of fresh, colorful fruits and vegetables
- Crowd out highly processed foods and high sugar foods with healthier options
- Eat until you're satiated, not overly full
- Best cooking methods - bake, poach, steam, slow cooker

# FOODS TO CROWD OFF YOUR PLATE

## Reduce added sugars

- These are sugars added to packaged foods and sugars you add to foods and beverages
- Sugar is fertilizer for cancer cells
- Sugar weakens your immune system, reducing your body's ability to kill cancer cells and fight off illness
- Sugar increases inflammation slowing healing from surgery and illness
- If you eat sweets, eat some veggies first- Reduces sugar cravings and slows blood sugar spikes
- Goal <20 grams/day, < 5 grams/serving
- Best natural sugars (use in moderation): maple syrup, fruit, stevia, monk fruit

## Reduce industrial seed oils

- These include soy, corn, cottonseed, safflower, and rapeseed (canola) oil
- They're high in omega 6 fatty acids, which ignite chronic inflammation in your body
- Healing time is drastically slowed by inflammation and research shows cancer growth is stimulated by inflammation

# FOODS TO CROWD OFF YOUR PLATE (CONT.)

## Avoid trans fat

- These man-made fats are listed as “hydrogenated”, “partially hydrogenated”, or “shortening” in the ingredients
- This type of fat is so inflammatory, it’s recommended to completely avoid it.
- There’s also loads of evidence it fuels cancer cell growth
- Food manufacturers only must list if there is trans fat in the food if it has 0.5 grams of more of trans fat per serving

## Reduce processed foods

- Highly processed foods are full of the sugar, omega 6 fats, and trans fat, which you now know fuels the growth of cancer cells

## Avoid/Limit cooking on high heat

- Foods, especially meats, cooked on high heat like grilling and frying, increase your cancer risk and increase inflammation
- Best cooking methods: Steaming, baking, slow cookers, and poaching.
- If you cook on high heat or barbecue, avoid letting the meat touch the flame and eat some dark green veggies with your meal for protection.

# OTHER NUTRITION CONSIDERATIONS

## Reduce toxins found in foods

- These include pesticides on most conventionally grown produce, antibiotics and hormones used in livestock and poultry, and heavy metals and BPA in some farm raised seafood
- These toxins damage cells, increase inflammation, disrupt hormones, and weaken your immune system
- When possible, look to consume organic produce and meats that have not been given antibiotics or hormones
- For tips on which produce is worth buying organic, take a look at EWG's Dirty Dozen and Clean 15 list found on [www.ewg.org](http://www.ewg.org)
- Limit alcohol
- Excessive alcohol consumption increases inflammation, alters your gut microbiota, weakens your immune system, and damages cells
- Limit drinking to 1-2 drinks per day

## Avoid overeating

- Overeating can lead to weight gain and inflammation, and being overweight is a risk factor for cancer

# EAT MORE OF THESE

## Eat the rainbow

- **Fruits and veggies are loaded with powerful antioxidants and phytonutrients**
  - Reduce inflammation, strengthen the immune system, repair damage, lower blood sugars, and suppress tumor growth
- **Work up to eating 8-10 servings daily**
  - Increase consumption slowly (if you only eat the occasional vegetable now, aim to eat 1-2 servings daily)
- **Use more fresh herbs and spices in cooking**
  - Contain phytonutrients that are anti-inflammatory, boost the immune system, and inhibit growth of cancer cells
  - A few favorites: Turmeric, Saffron, Garlic, Rosemary, Thyme, Oregano, Ceylon Cinnamon, Cayenne Pepper, Ginger, Cardamon, Clove
- Use veggie and fruit powders to add more vegetables and herbs
  - Add to smoothies, soups, salad dressings, dips, meats, etc.
  - A fantastic veggie source is [Dr. Cowan's Garden](#)
  - Fruit powders: [Blueberry](#), [Pomegranate](#), [Acai](#)

\*See page 11 for fruit and vegetable ideas

# EAT MORE OF THESE

## Eat Real Food

- **When eating something packaged or processed:**
  - Look for foods with 5 Ingredients or less (not counting herbs and spices)
  - Make sure all the ingredients are actual foods, not preservatives, additives, or colors
- **Eat mostly fresh foods including**
  - Fruits
  - Vegetables
  - Meats
  - Eggs
  - Poultry
  - Fish
  - Whole grains (ex: quinoa, wild rice, millet, barley, buckwheat)
  - Legumes and beans
  - Herbs
  - Nuts and seeds
- **Healthiest processed foods**
  - Oils (see page 8 for more on oils)
  - Canned fish (healthiest - sardines, mackerel)
  - Fermented foods (pickles, plain yogurt, sauerkraut, cheese, kefir)
  - Low sugar, no sugar beverages
  - Frozen veggies and fruits

# EAT MORE OF THESE

## Choose healthy oils

- Best for health: Olive, avocado, and macadamia nut oil
- For higher heat cooking (over medium heat on stove top or over 350 degrees in oven): Ghee, coconut, lard, butter

## Nuts and Seeds (eat in moderation)

- Nuts are loaded with important cancer fighting nutrients such as magnesium, polyphenols, and antioxidants.
- Keep your portions to two small handfuls daily, as most nuts are high in omega 6 fats.
- Favorites are macadamia nuts, cashews, pecans, walnuts, pumpkin seeds, almonds

## Add fermented foods

- Fermented foods such as yogurt, kefir, kombucha, and sauerkraut are teeming with beneficial bacteria that keep your gut healthy.
- This keeps your immune system strong, balances hormones, and produces important vitamins.

## Add prebiotic foods

- Prebiotics foods such as Jerusalem artichokes, garlic, onions, leeks, shallots, asparagus, and garbanzo beans feed the beneficial bacteria in your gut.

# A NOTE ON MEAL TIMING

- **Best time to eat sweets and refined carbs**
  - Your body can utilize sugar best after a high intensity workout (weight training or HIIT) and after highly focused skill training (your brain uses lots of glucose)
- **Eating before bed**
  - Aim to eat your last meal at least 2 hours before bed
  - Eating a large, heavy meal before bed negatively impact sleep quality
  - If you need to eat something in the evening, eat something light such as a lower sugar smoothie (pages 14-16)
- **Allow 3-5 hours between meals for full digestion, especially if you have any heartburn or bloating.**
  - Eat more frequently if this is the only way you can get enough calories.
- **Consider an overnight fast**
  - Allow 12-16 hours between your last meal and breakfast
  - Mini fasts can improve blood sugars and help with weight loss

# A NOTE ON WEIGHT LOSS

## Small steps that work!

- **Use smaller plates and bowls to reduce portion sizes**
- **Focus on what you can have, not what you cannot have**
- **Choose a diet strategy that's sustainable**
- **Fill half your plate with veggies**
- **Serve your plate at the counter/stove**
  - Put leftovers away before sitting down to eat
- **Chew each bite until the food is a liquid, put your fork down between bites**
  - It takes your body about 20 minutes to recognize that you've eaten
- **What can you add to your plate?**
  - Crowd out higher calorie, less healthy sides with vegetables
- **Reduce refined carbohydrates**
  - Choose quinoa, semolina, buckwheat, oat groats, barley, amaranth
  - Swap rice for cauliflower rice or wild rice
  - Pastas made from quinoa (higher in protein, fiber, nutrients) or veggie and legume-based pastas
- **Stay well hydrated**
  - Helps with appetite and energy

# EAT THE RAINBOW

## Protect Your Health With Color

### RED

Apples, beans (adzuki, kidney, red), beets, bell peppers, blood oranges, cranberries, cherries, grapefruit (pink), goji berries, grapes, onion, plums, pomegranate, potato (red), radicchio, radishes, raspberries, strawberries, rhubarb, tomato, watermelon

### ORANGE

Apricots, bell peppers, cantaloupe, carrots, mango, nectarine, orange, papaya, persimmons, pumpkin, squash (acorn, buttercup, butternut, kabocha), sweet potato, tangerine, turmeric root, yams

### YELLOW

Apple, Asian pear, banana, bell pepper, corn, ginger root, lemon, millet, pineapple, spaghetti squash, starfruit, succotash, summer squash

### GREEN

Apples, artichoke, asparagus, avocado, bamboo sprouts, bean sprouts, bell pepper, bitter melon, bok chop, broccoli, broccolini, Brussels sprouts, cabbage, celery, cucumber, edamame, green beans, green peas, green tea, greens (arugula, beet, chard, collard, dandelion, kale, lettuce, mustard, spinach, turnip), limes, okra, olives, pears, snow peas, watercress, zucchini

### BLUE / PURPLE / BLACK

Bell pepper, berries (blue, black, boysenberry, huckleberry, marionberry), cabbage, carrots, cauliflower, eggplant, figs, grapes, kale, olives, plums, potato (purple), prunes, raisins, rice (black, purple)

### TAN / WHITE / BROWN

Apples, cauliflower, cocoa, coconut, coffee, dates, garlic, ginger, jicama, legumes (chickpeas, lentils, peanuts), mushrooms, nuts, onions, pears, sauerkraut, seeds, shallots, soy, tahini, tea (black/white), whole grains

# RECIPES - BREAKFAST

## Blueberry Vanilla Smoothie

### Ingredients

1/3 cup blueberries

Handful of ice

1 can hemp milk, milk, or milk alternative

1/2 tsp vanilla extract

1/4 avocado

3-5 drops liquid stevia (optional) or 1 tsp maple syrup

1 Tbsp [greens powder](#)

### Instructions

Blend together on high and enjoy. Makes 1-2 servings.

For additional protein add 1-2 scoops of protein powder such as [BUBS Collagen Powder](#).  
or Whey Protein such as [Vital Whey](#).

# RECIPES - BREAKFAST (CONT.)

## Pumpkin Smoothie

### Ingredients

1/4 cup canned pumpkin or 1 Tbsp [Winter](#)

[Squash Powder](#)

1 can hemp, milk, or milk alternative

1/2 tsp vanilla extract

Handful of ice

1 tsp ground Ceylon cinnamon

1/4 avocado

3-5 drops liquid stevia (optional) or 1 tsp maple syrup

1 Tbsp [greens powder](#)

### Instructions

Blend together on high and enjoy. Makes 1-2 servings.

For additional protein add 1-2 scoops of protein powder such as [BUBS Collagen Powder](#) or whey protein such as [Vital Whey](#).

# RECIPES - BREAKFAST (CONT.)

## Orange Coconut Smoothie

### Ingredients

- 1 can hemp milk, milk, or milk alternative
- 1 large egg yolk
- Handful of ice
- 1/2 tsp orange extract
- 1/4 avocado
- 3-5 drops liquid stevia (optional) or 1 tsp maple syrup
- 1 Tbsp pomegranate powder
- 1 Tbsp greens powder

### Instructions

Blend together on high and enjoy. Makes 1-2 servings.

For additional protein add 1-2 scoops of protein powder such as **BUBS Collagen Powder**.

# RECIPES - BREAKFAST (CONT.)

## Kale and Cauliflower Omelet

### Ingredients

- 5 large eggs
- 1/4 cup sea salt
- 1/4 tsp black pepper
- 2 tsp avocado or olive oil
- 2 cups finely chopped cauliflower florets
- 1 cup finely chopped kale, stems removed
- 2 cloves minced garlic
- 1/4 cup goat feta cheese (optional)

### Instructions

In a large bowl, whisk together eggs, salt, and pepper. Set aside. In a large skillet, heat oil over medium heat. Add cauliflower and cook, stirring frequently. After 5 min add kale and cook for another 5 min. Add garlic and cook, stirring, for 30 seconds. Pour egg mixture over cauliflower and kale. Cook, lifting edges to allow uncooked eggs to run underneath (4- 5 minutes). Flip omelet and sprinkle with cheese. Cook for another 1-2 minutes or until underneath of omelet is lightly browned. Fold in half and slide onto a plate. Cut into 2-4 pieces. Makes 2-4 servings.

# RECIPES - BREAKFAST (CONT.)

## Sausage Patties

### Ingredients

- 1 lb ground turkey, beef, bison or pork
- 1/2 tsp fine sea salt
- 1/2 tsp chopped fresh thyme
- 1/2 tsp chopped fresh oregano
- 1/4 tsp ground turmeric
- 1/4 tsp ground pepper
- 1/2 tsp avocado or macadamia nut oil

### Instructions

In a large bowl, mix meat, salt, thyme, oregano, turmeric, and pepper until thoroughly mixed. Form into four 1/2 inch thick patties. In a large skillet, add oil over a medium heat and add patties. Cook until lightly browned on each side (5-7 minutes per side) and no longer pink in the middle.

# RECIPES - BREAKFAST

## (CONT.)

### Protein Pancakes

#### Ingredients

4 large eggs

1/4 cup macadamia nut oil

1 tsp vanilla extract

10 drops liquid stevia

1/4 cup almond flour

1/4 cup coconut flour

2 Tbsp Grass-fed collagen peptide powder (such as [BUBS Collagen Powder](#))

1 tsp baking soda

1 tsp Ceylon cinnamon

1/4 tsp fine sea salt

#### Instructions

In a large bowl whisk together eggs, oil, vanilla, and stevia. In another bowl combine flours, protein powder, baking soda, cinnamon, and salt. Combine wet ingredients with dry ingredients until well mixed.

Preheat a large skillet over medium heat and grease with ghee. Drop in batter by 1/4 cup at once and cook until the edges are slightly dry. Turn pancakes over and cook until the bottoms are golden brown. Re-grease griddle between batches.

# RECIPES - BREAKFAST (CONT.)

## Homemade Yogurt

### Ingredients

1 quart organic A2/A2 cow's or goat's milk  
4 broad spectrum probiotic capsules (such as [Klaire Labs There-Biotic Complete Capsules or Powder](#), you can also purchase the powder form and use 1/4 tsp - register and use code 38D to purchase)

### Instructions

In a saucepan, bring milk to a boil over medium heat. Boil for 10-15 seconds. Turn off heat, pour into a large glass bowl, and allow to cool to room temperature. Once cooled, skim off layer on top and discard. Pour 1/2 cup cooled milk into a large wide mouth 64-ounce glass mason jar. Empty probiotic powder from capsules (discard capsules) and gently mix with a metal spoon until powder is well mixed. Add the remainder of the milk and stir for 20-30 seconds. Loosely cover the top of the jar with aluminum foil allowing room for air flow. Place in a cooler with a lightbulb turned on or inside your oven with the light turned on and incubate undisturbed for 24 hours. You can also use a yogurt maker and distribute milk evenly into smaller jars. Store, tightly sealed, in the refrigerator for up to 1 month.

# RECIPES - BREAKFAST (CONT.)

## Plantain Fritters

### Ingredients

12 ripe plantains, peeled (the skin should be covered with black spots or completely black)

1/2 tsp ground Ceylon cinnamon

2 tbsp macadamia nut oil

### Instructions

Place plantains in a bowl and mash with a fork (leave some chunks). Add the cinnamon and mix.

Heat 1 tbsp oil in a skillet over medium heat. Drop heaping spoonfuls of plantain batter into the pan and flatten with the back of a spoon until fritters are 2-3 inches in diameter. Cook for 10-12 minutes or until golden brown on the bottom. Add additional coconut oil if the fritters absorb it all. Flip and cook for an additional 7-8 minutes on the opposite side. Makes 8 servings.

# RECIPES - LUNCH/DINNER

## Easy Instant Pot Chicken and Bone Broth

### Ingredients

- 4 pound whole, organic, free-range chicken
- 1 onion
- 5 garlic cloves, peeled and whole
- 1/2 cup oregano
- 1/2 cup rosemary
- 1 tbsp thyme
- 2 tbsp sage
- 2 tbsp apple cider vinegar
- 1 tbsp turmeric

### Instructions (chicken)

Place onion, garlic and herbs into an **Instant Pot**. Place chicken breast side down on top of the herbs. Add 3 cups of filtered water. Secure the lid into the “sealed” position. Hit the meat/stew button and set timer for 20 minutes (or 5 minutes per pound of chicken). When the timer beeps, allow the chicken to “rest” and the pressure to naturally release for 15-20 minutes. Remove chicken from the Instant Pot and place on a plate to cool. Once cooled, debone.

# RECIPES - LUNCH/DINNER (CONT.)

## Easy Instant Pot Chicken and Bone Broth

### Instructions (broth)

Place bones back into the Instant pot with remaining herbs. Add apple cider vinegar and turmeric to bones, onion, garlic, and herbs. Add 6 cups of filtered water. Secure the lid in the the “sealed” position and hit the “broth” button. Set timer for 120 minutes. You can store in 64-ounce mason jars and/or freeze in ice trays for easy use. Broth will stay fresh in fridge for up to 3 days.

# RECIPES - LUNCH/DINNER (CONT.)

## 30-Minute Ginger Salmon

### Ingredients

- 1 lb wild salmon (you can also use halibut, trout, cod or other fish)
- 1/2 lemon, juiced or 1/2 tsp lemon juice
- 1 tbsp minced ginger
- 3 cloves garlic, minced
- 1 tsp Annie's Naturals Organic Dijon Mustard (or other dijon mustard without added sugar)
- 3 tbsp coconut aminos or tamari
- 1 tbsp avocado oil
- 1/4 tsp salt

### Instructions

Preheat oven to 400 degrees F. Mix lemon, ginger, garlic, mustard, coconut aminos, and avocado oil in a small bowl. Pat salmon dry and sprinkle salt over fish. In a cast iron skillet or fry pan heat oil over medium heat. Place salmon skin side down on the hot skillet and cook for 4 minutes. Remove salmon from heat and spoon the glaze over the salmon. Place skillet in the oven on the bottom rack and cook for another 4 minutes. Makes 3-4 servings.

# RECIPES - LUNCH/DINNER (CONT.)

## Slow Cooker Herby Chicken Wraps

### Ingredients

- 4 bone-in skinless chicken breasts
- 2 tsp fresh rosemary (or a few sprigs on the branch)
- 1 tsp fresh oregano
- 1 tsp fresh thyme
- 1 tsp fresh sage
- 1/2 tsp sea salt
- 2 cups chicken bone broth (if store bought buy organic, reduced sodium)
- 4 large collard green leaves
- 1 cup water
- 1 tbsp olive oil

### Instructions

Place rosemary, oregano, thyme, and sage in slow cooker (minimum 6 quart cooker). Place chicken on top of herbs. Pour broth into slow cooker. Cover and cook on low for 8 hours or on high for 4 hours (or until chicken is falling off the bones). Place collard green leaves in a large skillet and pour in water.

# RECIPES - LUNCH/DINNER (CONT.)

## Slow Cooker Herby Chicken Wraps

### Instructions (Cont.)

Cover and cook over medium heat for 10 minutes (or until collard green leaves are flexible and tender). Drain and place cooked leaves on paper towels to absorb water. Debone chicken and place meat in a bowl. Place each collard green leaf on a plate and drizzle with olive oil. Spread with the back of a spoon or your finger. Place deboned chicken in the center of each leaf and wrap leaf around chicken. This recipe is great with the addition of avocado, hot sauce, mustard, sprouts, or any other sandwich toppings you enjoy. Makes 4 servings.

# RECIPES - LUNCH/DINNER (CONT.)

## Tropical Black Bean Burgers

### Ingredients

1/4 cup fresh cilantro leaves

1/4 cup coconut flour

3 tbsp flax seeds

2 tsp ground cumin

1/4 tsp cayenne pepper

1/3 cup coconut milk (such as Native Forest Simple Unsweetened Coconut Milk or for low-fat option, Natural Value Pure Lite Coconut Milk)

1 tbsp macadamia nut oil

1 cup dried black beans (or 2 cans organic black beans, drained and rinsed)

### Instructions

Combine cilantro, coconut flour, flax seeds, cumin, cayenne, coconut milk, and 1/2 of the black beans. Pulse until smooth with some chunks. In a medium bowl, combine bean mixture with the additional beans and stir together. Form into four 3/4-inch thick patties.

# RECIPES - LUNCH/DINNER (CONT.)

## Tropical Black Bean Burgers

### Instructions (Cont.)

In a large skillet, add macadamia oil and heat over low heat. Add patties and increase heat to medium. Cook patties for 3-5 minutes on each side (or until lightly browned and crispy on the outside and warm on the inside). Makes 4 servings. This recipe is great with the addition of avocado, hot sauce, mustard, sprouts or any other sandwich toppings you enjoy. I love wrapping mine in [NUCO Coconut Wraps](#) (Thrive Market also sells these and also has their own version, which are delicious).

# RECIPES - LUNCH/DINNER (CONT.)

## Date and Bison Burgers

### Ingredients

- 1 lb ground bison (or lean ground beef)
- 4 dried dates, chopped into small pieces
- 1 tsp fresh oregano
- 1 tsp ground cumin
- 1 tsp ground turmeric
- 1/2 tsp ground black pepper
- 1/2 tsp sea salt

### Instructions

Preheat the oven to 425°F and place a cooling rack into a cookie sheet. This allows the air to circulate under the patties, and lets them cook more evenly. In a medium bowl, combine meat, dates, oregano, cumin, turmeric, pepper and salt. Mix well. Form into four 3/4 inch thick patties. Place the patties onto the cooling rack and bake for about 15 minutes. You can use a meat thermometer to check for doneness. I like to cook my burgers to about 160°F for medium. The burgers will continue to cook a little when you take them out of the oven.

# RECIPES - LUNCH/DINNER (CONT.)

## Date and Bison Burgers

### Instructions (Cont.)

If you want your burgers to be well done, you may need to cook them for a bit more than 15 minutes. Makes 4 servings.

This recipe is great with the addition of avocado, hot sauce, mustard, sprouts or any other sandwich toppings you enjoy.

I love wrapping mine in [NUCO Coconut Wraps](#) (Thrive Market also sells these and also has their own version, which are delicious) in a collard green leaf or wrapped in lettuce leaves.

# RECIPES - VEGGIE SIDES

## Roasted Root Vegetables

### Ingredients

1 parsnip, cut into 1/8 inch slices

1 cup winter squash (butternut, kabocha, buttercup),  
cut into 1/2 inch cubes

1 cup purple yams (Japanese yams) cut into 1/2 inch  
cubes

4 tbs avocado, olive, or macadamia nut oil

Sea salt and freshly ground black pepper to taste

### Instructions

Preheat oven to 350 degrees F. In a casserole dish,  
combine parsnip, winter squash, and purple  
yams. Mix thoroughly with oil. Bake in the oven for 45  
minutes or until all the vegetables  
are fork-tender. Makes 4 servings.

You really can use any root vegetables that you prefer.  
Other options include rutabagas, carrots,  
beets, sweet potatoes, and potatoes. I also like to do  
this with asparagus, cauliflower, broccoli and  
Brussel's sprouts.

For added flavors you can add herbs such as rosemary  
and thyme.

# RECIPES - VEGGIE SIDES (CONT.)

## Bone Broth Kale

### Ingredients

1 large bunch of kale, washed, stems removed and chopped

2 cups bone broth (with a little fat or add 1 tsp of avocado oil)

1/2 tsp sea salt

Pepper to taste

### Instructions

Add chopped kale to a large pan with bone broth.

Cover and let simmer on medium for 10 minutes.

Remove the cover and cook until the liquid has been completely absorbed and begins to make a glaze.

Sprinkle with salt and pepper to taste. You can also substitute kale with broccolini or cabbage. Makes 2 servings.

# RECIPES - VEGGIE SIDES (CONT.)

## Creamy Butternut Squash Soup

### Ingredients

- 1 can light coconut milk
- 2 cups butternut squash
- 1 cup bone broth
- Sea salt and pepper

### Instructions

Boil and strain butternut squash (or can also use roasted butternut squash). Puree all the ingredients in a [Vitamix](#) or another powerful blender on high. Reheat in a pot on the stove and serve warm. Salt and pepper to taste. Makes 2-4 servings.

# RECIPES - VEGGIE SIDES (CONT.)

## Garlicky Mashed Rutabagas

### Ingredients

2 cups rutabagas, cut into 1 inch cubes

2 tbsp olive oil or avocado oil (you can also use butter or ghee if you like)

1/2 tsp sea salt

1 clove of garlic

### Instructions

In a large pot of boiling water, boil rutabaga for 10-15 minutes (or until fork-tender). Drain and set aside. In a small fry pan, sauté garlic over medium heat until garlic is lightly browned. In a blender or food processor, combine rutabagas, oil and garlic mixture and salt. Blend on high for 1-2 minutes or until creamy. Makes 2 servings.

# RECIPES - VEGGIE SIDES (CONT.)

## Baked Acorn Squash

### Ingredients

- 1 acorn squash, halved and de-seeded
- 4 tbsp olive oil
- 1 tsp of organic maple syrup)
- 1/4 tsp fine sea salt
- 1/4 tsp ground Ceylon cinnamon (optional)

### Instructions

Preheat oven to 350 degrees F. In a large, deep casserole dish or 9 x 13 inch Pyrex dish, add 1/2 inch of water. Place squash halves skin side down in the dish. Add 2 tbsp of olive oil and 5 drops stevia to the inside of each squash. Sprinkle each squash with salt. Cover loosely with tinfoil for 45-60 minutes or until squash is fork-tender. Sprinkle with cinnamon if desired. Makes 2-4 servings.

# RECIPES - VEGGIE SIDES (CONT.)

## Sweet Potato Fries

### Ingredients

2 medium sweet potatoes, cut into fresh fry shape strips

2 tbsp avocado oil or macadamia nut oil

1/2 tsp fine sea salt

### Instructions

Preheat oven to 350 degrees F. In a large bowl mix potatoes and oil. Transfer to a cookie sheet lined with parchment paper or 9 x 13 inch Pyrex dish. Cook in oven for 45 minutes or until potatoes are lightly browned. Salt. Makes 2-4 servings.

# RECIPES - VEGGIE SIDES (CONT.)

## Summer Squash Bacon

### Ingredients

2 large summer squashes, sliced into thin strips

1/2 tsp salt

4 tbsp avocado oil, olive, or macadamia nut oil

### Instructions

Preheat oven to 350 degrees F. Arrange squash slices onto a cookie sheet lined with parchment paper or 9 x 13 inch Pyrex dish in a single layer. Drizzle with oil and rub oil into both sides. Cook in oven for 45 minutes or until. Squash is crispy and light brown. Salt. Makes 2 servings.

# DESSERTS

## Easy Banana Ice Cream

### Ingredients

2 peeled, frozen bananas  
1/2 cup walnuts  
Pinch sea salt  
1/4 tsp vanilla extract

### Instructions

Combine all ingredients in a powerful mixer such as [Vitamix](#). Blend on high until creamy. Serve immediately. Makes 2 servings.

## Amazing Mousse

### Ingredients

2 large, ripe avocado (peeled and pitted)  
1/3 can chilled coconut cream  
2 Tbsp cocoa powder  
Pinch sea salt  
1/4 tsp vanilla extract  
1 tsp maple syrup

### Instructions

Combine all ingredients in a powerful mixer such as [Vitamix](#). Blend on high until creamy. Serve immediately or refrigerate up to 1 week. Makes 4 servings.

# DESSERTS

## Tasty Fat Bombs

### Ingredients

1 cup coconut oil

1/2 cup cocoa powder

1/2 tsp vanilla extract

Pinch of sea salt

5 drops liquid stevia or 1 tsp maple syrup

1/4 cup creamy peanut butter or almond butter

### Instructions

Combine coconut oil, cocoa powder, salt, peanut butter/almond butter, and stevia/maple syrup in a small saucepan. Heat on low until coconut oil is fully melted. Remove from heat and immediately add vanilla extract and stir. Pour into [silicone ice cube trays](#) and freeze for up to 6 months. Pop out and enjoy.

# ADDITIONAL RESOURCES

## Books

- **Mediterranean Paleo Cooking** by Caitlin Weeks and Nabil Boumrar
- **The Whole30: The 30-Day Guide to Total Health and Food Freedom** by Melissa Hartwig Urban
- **Whole30 Fast & Easy** by Melissa Hartwig Urban
- **Whole30 Slow Cooker** by Melissa Hartwig Urban
- **The Defined Dish** by Alex Snodgrass

## Websites

- [Whole30](#) supports the Whole30 cooking program and offers help with meal plans, recipes, and program guidelines.
- [Oldways](#) A nonprofit organization that offers guidance on how to follow a heart healthy Mediterranean diet.
- [Balanced Bites](#) supports healthy nutrition choices by offering recipes, meal plans, meal delivery, and much more.
- [Wellness Mama](#) offers a blog containing information on recipes, healthy meal planning, and much more.

# RESOURCES (CONT.)

## Websites

- [Nomnom Paleo](#) is a fun recipe hub for real, whole, nutrient-dense foods like plants, meat, seafood.
- [The Paleo Mom](#) is the award-winning website with detailed articles distilling the science behind how diet and lifestyle impact health, family-friendly recipes, and tons of practical tips, making it a veritable toolkit to make lasting, positive change toward better health.
- [Dr Mark Hyman](#) is leading a health revolution— one revolved around using food as medicine to support longevity, energy, mental clarity, happiness, and so much more.

## Time Saving Meal Ideas

- Batch cooking on off days – freeze several meals for later
- Instantpot/slow cooker
  - Stews, cook whole chicken, soups, turkey breast or thigh, roasts, chili
  - Awesome, easy [Recipes](#)
- Cut up and wash veggies after buying and have them prepped for salads, steaming, sautéing – store in a large Ziplock or container
- Pre-chopped veggies (more expensive)

# RESOURCES (CONT.)

## Home delivery sources

- [Methodology](#)
- [Pangea Nutrition](#)
- [Thrive Market](#)
- [Paleta](#)
- [Daily Harvest](#)
- [Modify Health](#)
- [Hungry Root](#)
- [Mosaic Foods](#)
- [Real Eats](#)

**ASK ME ABOUT WEEKLY MEAL PLANS!**

MAKE MEAL PLANNING AND REACHING YOUR GOALS EASY.

