

# THE PEGAN DIET

**21 PRACTICAL PRINCIPLES FOR  
RECLAIMING YOUR HEALTH IN A  
NUTRITIONALLY CONFUSING WORLD**

Mark Hyman, MD



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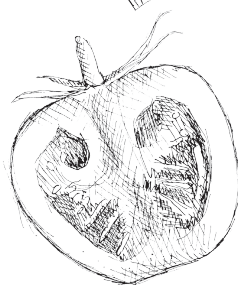
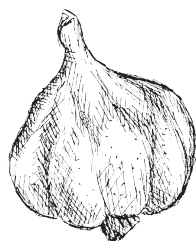
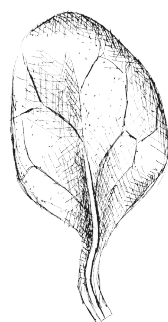
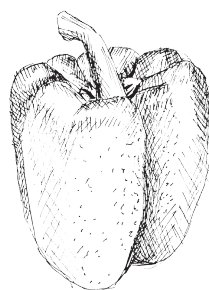
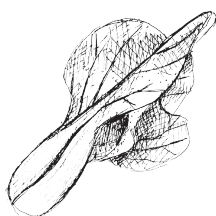
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## COLORS OF FRUITS AND VEGETABLES AND THEIR PROPERTIES<sup>11</sup>

<i>Color</i>	<i>Foods</i>	<i>Phytochemicals</i>	<i>Benefits</i>
Red	Apples, tomatoes, blood oranges, cherries, cranberries, pink grapefruit, pomegranate, raspberries, red currants, red pears, red plums, strawberries, watermelon, radicchio, radishes, red beets, red bell peppers, red cabbage, red chard, red onion	Anthocyanins, carotenoids, ellagic acid, ellagitannins, flavones, lycopene, phloretin, quercetin	Anti-inflammatory, general antioxidant activity, immune modulation
Orange	Apricots, oranges, cantaloupe, kumquat, mandarins, mangoes, nectarines, oranges, papaya, passion fruit, peaches, persimmons, tangerines, carrots, orange bell peppers, pumpkin, sweet potatoes, turmeric, yams	Alpha-carotene, beta-carotene, beta-cryptoxanthin, bioflavonoids, carotenoids, curcuminoids	Antioxidants for fat-soluble tissues, endocrine modulation, fertility support
Yellow	Asian pears, lemons, pineapple, banana, star fruit, potatoes, squash (acorn, buttercup, butternut, summer, winter), yellow bell peppers, yellow onions	Gingerol, lutein, nobiletin, prebiotic fibers, rutin, zeaxanthin	Gastric motility and regulation, glycemic impact, supporting gut microbiome
Green	Avocado, Brussels sprouts, green apples, limes, olives, pears, artichokes, asparagus, bell peppers, bok choy, broccoli, cabbage, celery, cucumbers, edamame, green beans, greens (beet, chard, collards, dandelion, kale, lettuce, mustard, spinach, turnip), okra, rosemary and other herbs, snow peas, watercress	Oleuropein, phytosterols, silymarin, sulforaphane, tannins, theaflavins, tyrosol, vitexin	Antioxidant, blood vessel support, supports healthy circulation and methylation
Blue	Blackberries, blueberries, boysenberries, figs, huckleberries, prunes, purple grapes, raisins, eggplant, plums, purple bell peppers, purple carrots, purple cauliflower, purple kale, purple potatoes	Anthocyanidins, flavonoids, phenolic acids, proanthocyanidins, pterostilbene, resveratrol, stilbenes	Antioxidant, cognitive support, healthy mood balance, role in neuronal health



## DOES ORGANIC MATTER?

Buying organic fruits and vegetables is important for your health, but it can get costly. It turns out that we don't always have to buy organic. Some foods are more likely to contain pesticides than others. EWG (Environmental Working Group, [ewg.org](http://ewg.org)) puts out a Dirty Dozen and Clean Fifteen list every year. Follow it to know which veggies and fruits should be organic and which are okay conventionally grown. I've added the list here for your convenience.

### *Best to buy organic*

Strawberries, spinach, kale, nectarines, apples, grapes, peaches, cherries, pears, tomatoes, celery, potatoes, hot peppers

### *Okay to buy conventionally grown*

Avocados, sweet corn, pineapple, onions, papaya, sweet peas (frozen), eggplant, asparagus, cauliflower, cantaloupe, broccoli, mushrooms, cabbage, honeydew, kiwi



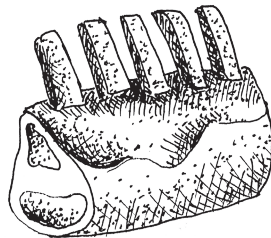
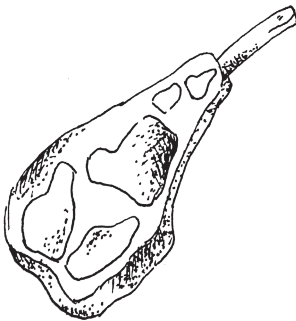
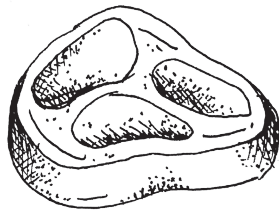


## ARE NUT FLOURS HEALTHY?

Flours made with almonds, hazelnuts, coconut, and hemp seeds are better than whole grain flours. With that being said, when you turn anything into flour, it is no longer considered a whole food. When nuts and seeds are milled, our bodies respond differently compared to when they are consumed in their whole food form. Almond flour won't cause your blood sugar to spike the way that regular bread does, but it's still flour. And if you use these flours in baking, you are likely to be adding some type of sugar. Have an occasional treat, but these should not be considered staples.

## IS WHITE RICE PEGAN-FRIENDLY?

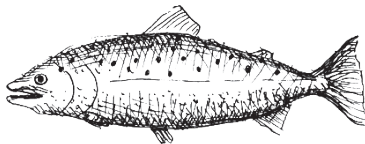
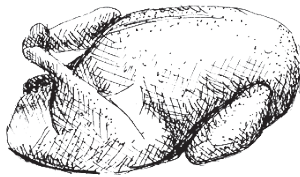
I typically don't recommend white rice for individuals with belly fat and high blood sugar. Not many of us are metabolically healthy, and white rice can send your blood sugar on a roller-coaster ride. However, some can tolerate white rice in limited quantities without dramatic spikes in blood sugar. If you want to enjoy white rice, here's a way to make it super Pegan-friendly: After cooking the rice, allow it to cool in the fridge before eating it. This process turns the rice into resistant starch that is easier to digest and metabolize and feeds your good gut bacteria.

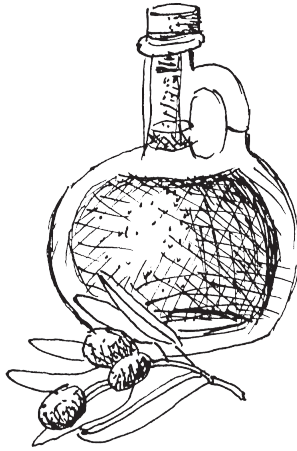


## HOW CAN I REALISTICALLY AFFORD GRASS-FED, ORGANIC MEAT?

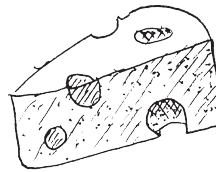
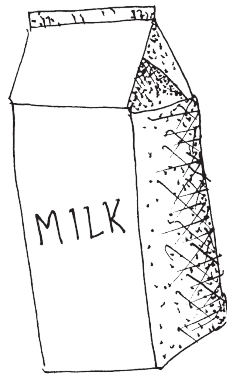
I know it can be hard to find quality meat. There are a few great options out there. One option is to participate in a cow share from a regenerative farm. At Mariposa Ranch, you can get grass-fed meat for an average of about \$8 per pound, which is pretty good. I've seen more and more affordable ways to get grass-fed organic meat at places like Whole Foods as well. Here are my favorite online sources for buying quality affordable meat.

- [Thrivemarket.com](https://thrivemarket.com)
- [Butcherbox.com](https://butcherbox.com)
- [Mariposaranchmeat.com](https://mariposaranchmeat.com)
- [Grassrootscoop.com](https://grassrootscoop.com)

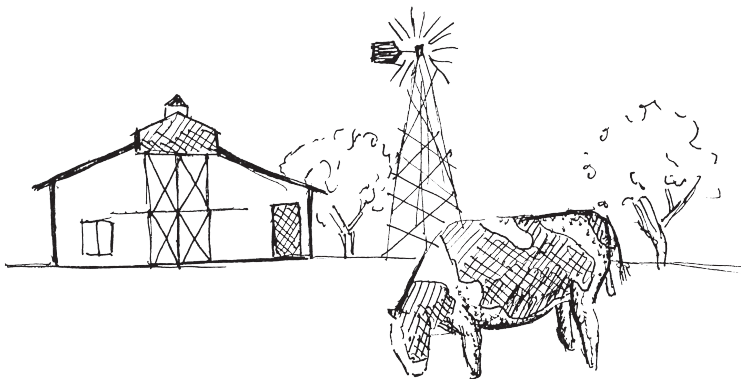


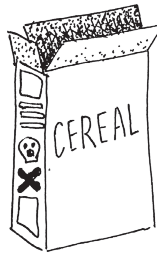


<i>Eat</i>	<i>Avoid or Limit</i>
Organic extra virgin olive oil	Soybean oil
Organic avocado oil	Canola oil
Walnut oil	Corn oil
Almond oil	Safflower oil
Macadamia oil	Sunflower oil
Unrefined sesame oil	Peanut oil
Tahini (sesame seed paste)	Vegetable oil, grape-seed oil
Flax oil	Vegetable shortening
Hemp oil	Margarine and butter substitutes
Avocado, olives, and other plant sources of fat	Anything that says “hydrogenated”
Nuts and seeds	
Butter from pastured, grass-fed cows or goats	
Grass-fed ghee	
Organic, humanely raised tallow, lard, duck fat, or chicken fat	
Coconut oil or MCT oil (medium-chain triglycerides)	
Sustainable palm oil (look for certified sustainable palm oil)	



<i>Eat</i>	<i>Avoid or limit</i>
Grass-fed, full-fat unsweetened yogurt	All dairy if you have allergies, acne, digestive issues, or an autoimmune disease
Kefir (fermented cows' milk)	Dairy from conventionally raised cows
Grass-fed butter or ghee	Skim milk, low-fat, or nonfat dairy products
Goat and sheep dairy if not dairy-sensitive	Cheese made from skim milk or reduced-fat milk





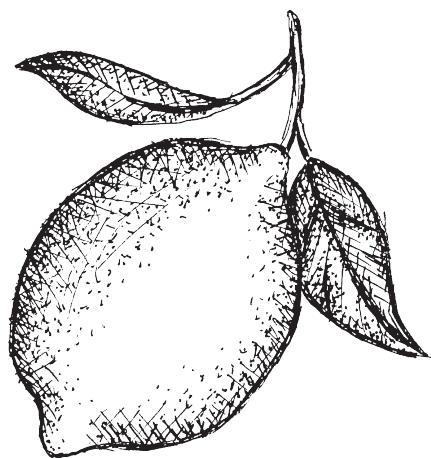
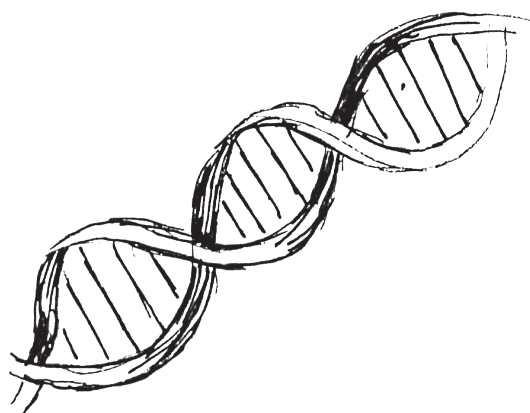
<i>Enjoy in limited quantities</i>	<i>Remove or reduce</i>
Monk fruit	Artificial sweeteners (Splenda, NutraSweet, Equal, Sweet’N Low, etc.)
Organic whole-leaf stevia (not PureVia or Truvia — made by Pepsi and Coke)	Sugar alcohols
Date sugar	High-fructose corn syrup
Honey	Refined white sugar
Maple syrup	Brown sugar
Coconut sugar	
Molasses	
Fresh fruit juice (4 ounces max, not every day, and not on an empty stomach)	



### A NOTE ABOUT JUICES, SMOOTHIES, AND NUT MILKS

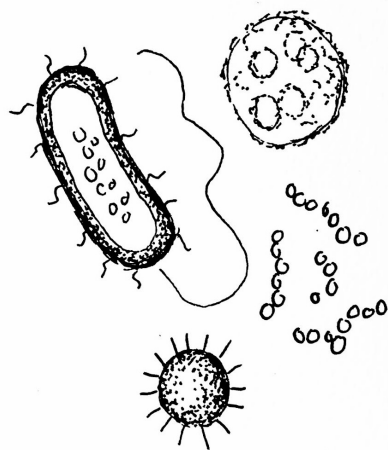
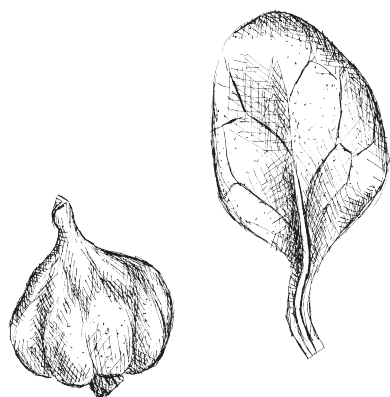
We've seen a massive bump in prepackaged juices and smoothies over the last few years, which is a good sign. It means more people are looking for healthier options. But don't let these prepackaged imposters fool you. Most juices available on the market contain a ton of sugar. A friend was drinking a green smoothie from a popular brand, and I asked to see the label. There were 14 grams of sugar per serving, and the bottle had two servings! That's just a little less than a can of soda. The same goes for green juices containing loads of apple and tropical fruits. If you want green juice, stick with the ones that are just greens and a little bit of lemon and ginger. If you want a smoothie, best to make it yourself or purchase it from a company that uses only whole real ingredients. Make sure it doesn't contain isolated soy protein, which may be harmful, unlike whole traditional soy products such as tempeh, tofu, or miso. I like to get fresh smoothies from Whole Foods and other health food stores, and I ask them to make them with avocado, greens, berries, protein powder, and almond milk. You don't need bananas, dates, and agave in your smoothie; this is just extra sugar. When it comes to nut milk, seek out the brands with the fewest ingredients, or make your own.





	<i><b>Eat This</b></i>	<i><b>Don't Eat That</b></i>
Meats, poultry, and eggs	Pasture-raised chicken, turkey, duck, pheasant, Cornish game hen, pasture-raised and organic eggs, grass-fed, pasture-raised lamb, beef, bison, venison, ostrich, deer, elk	Conventionally raised chicken, duck, eggs, turkey, all processed meats and deli meats, conventionally raised bacon, beef, hot dogs, lamb, pork, sausage, salami
Fish and seafood	Anchovies, clams, cod, crab, flounder/sole, herring, small halibut, mussels, wild salmon (canned or fresh), sardines, sable, shrimp, scallops, trout	Larger fish like halibut, Chilean sea bass, tuna, swordfish, farm-raised fish
Nuts and seeds	Nuts: almonds, Brazil nuts, cashews, hazelnuts, macadamias, pecans, pine nuts, pistachios, walnuts, raw cacao	Nuts with sugar or chocolate, nut butters that contain hydrogenated oils or sugar, peanuts/peanut butter
	Seeds: chia, flax, hemp, pumpkin, sesame, sunflower	
	Nut/seed butters and flours: unsweetened almond, cashew, pecan, macadamia, walnut, coconut	
Oils	Grass-fed ghee, humanely raised tallow, lard, duck fat, chicken fat, organic avocado oil, organic virgin coconut oil, almond oil, flax oil, hemp oil, macadamia oil, organic extra virgin olive oil (low- or medium-heat cooking), sesame seed oil, tahini, walnut oil	Canola oil, partially or fully hydrogenated oils, margarine, peanut oil, soybean oil, sunflower oil, safflower oil, trans fats, vegetable oil, vegetable shortening

Vegetables	Non-starchy: organic artichokes, asparagus, avocado, bean sprouts, broccoli, Brussels sprouts, cabbage, cauliflower, celery, cucumber, eggplant, garlic, ginger root, hearts of palm, kohlrabi, leafy greens, mushrooms, onions, peppers, radicchio, radish, rutabaga, seaweed, shallots, summer squash, tomatoes, turnips, zucchini (unlimited)	
	Starchy vegetables: yam, sweet potatoes, winter squash, carrots, pumpkin (limited to ½ cup per day)	Corn, white potatoes
Dairy	Pasture-raised ghee	All dairy other than pasture-raised ghee
Beans	Green beans, green peas, gluten-free soy sauce, lentils, miso, natto, non-GMO soy, tempeh, chickpeas, black beans, snap peas, snow peas	GMO soy, soymilk, soybean oil, peanuts/peanut butter, lima beans, baked beans. Avoid all beans if you have an autoimmune condition, prediabetes or diabetes, or a leaky gut.
Grains	Quinoa (limited to ½ cup per day)	Wheat, barley, rye, rice, amaranth, millet, teff, spelt, kamut, oats, semolina couscous, and all sources of gluten
Fruits	Organic blackberries, blueberries, cranberries, kiwi, lemons, limes, raspberries (limited to ½ cup per day)	High-glycemic fruits: bananas, dried fruit, fruit juice, grapes, mangoes, pineapples, apples, cherries, grapes, nectarines, peaches, pears, strawberries
Sugars and sweeteners		Avoid all sugars, sweeteners, and artificial sweeteners
Beverages	Purified water, herbal tea, seltzer, mineral water	Alcohol, coffee, soda, sugary beverages



## DR. MARK HYMAN'S GUT-HEALING SHAKE

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1 scoop ImmunoG PRP by NuMedica or SBI Protect (dairy free) by Orthomolecular Products (bovine immunoglobulins aka colostrum)

1 scoop acacia fiber (a prebiotic)

1 tablespoon pomegranate concentrate (I use Lakewood organic)

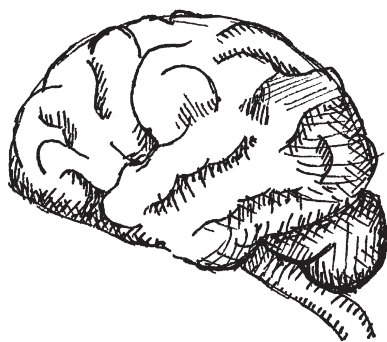
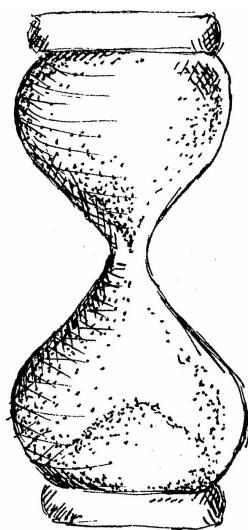
1 tablespoon cranberry concentrate (I use Lakewood organic)

1 teaspoon matcha green tea powder (I use Navitas)

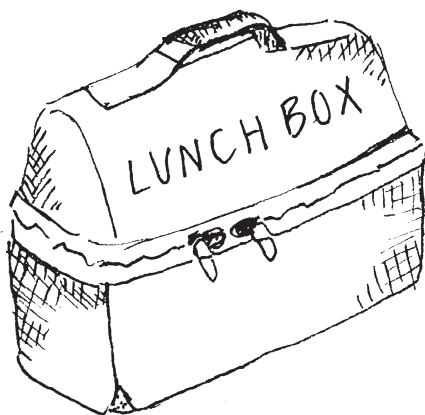
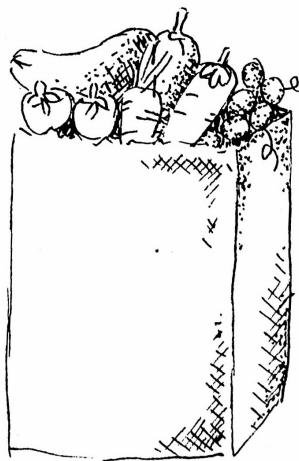
1 stick ProBioMax 350 DF by Xymogen (or your favorite high-potency probiotic)

1 scoop collagen powder

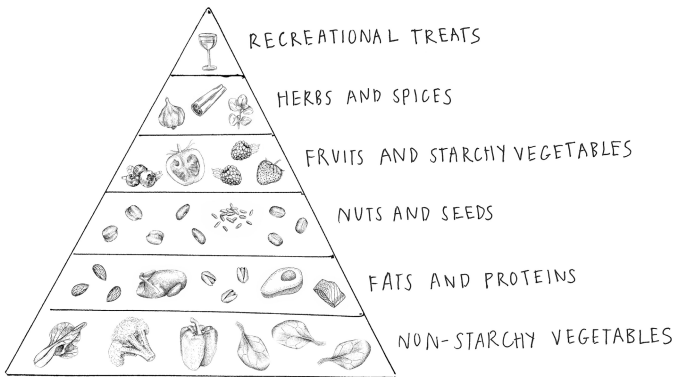
1. Blend or mix everything with a cup of water and drink.



<i><b>Food</b></i>	<i><b>Brain Benefits</b></i>
Fatty fish and seafood like salmon and oysters	Fish is brain food. Consumption of the omega-3 fats in fish (EPA and DHA) has been linked to lower rates of depression and other brain disorders.
	Oysters contain a healthy dose of B <sub>12</sub> , zinc, and omega-3 fats, making them one of my favorite brain foods.
Berries	Anthocyanins give berries their deep purple and blue color and have been shown to reduce depressive symptoms and boost cognitive function. I try to have either blueberries or blackberries every day.
Fiber-rich foods and fermented foods	They call the gut the second brain. To honor and optimize the connection between the gut and the brain, focus on gut-healing foods, including green leafy vegetables and fermented foods like sauerkraut.
Green tea	The phenolic content of green tea can reduce depressive symptoms. If you're looking for a polyphenol punch, enjoy a cup of green tea daily.
Nuts and seeds	Nuts and seeds contain tryptophan, the precursor to serotonin, which is our happy neurotransmitter. Tryptophan is also the precursor of melatonin, our sleepy hormone, which helps us get deep, restful sleep at night — critical for brain health!

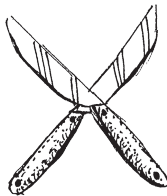






Vegetables	Eat unlimited non-starchy vegetables: artichokes, asparagus, avocado, bean sprouts, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, cucumber, eggplant, garlic, ginger root, hearts of palm, kohlrabi, leafy greens, mushrooms, onions, peppers, radicchio, radish, rutabaga, seaweed, shallots, summer squash, tomatoes, turnips, zucchini
	Limit starchy vegetables to ½ cup per day: yam, sweet potatoes, winter squash, pumpkin
Fruit	Eat ½ cup of fruit or 1 piece of fruit per day. Focus on low-glycemic fruits such as blackberries, blueberries, cranberries, kiwi, lemons, limes, raspberries
Animal protein	Eat 4 to 6 ounces of animal protein twice a day max: pasture-raised, hormone- and antibiotic-free chicken, eggs, turkey, duck, pheasant, Cornish game hen; grass-fed, pasture-raised lamb, beef, bison, venison, ostrich, deer, elk; anchovies, clams, cod, crab, flounder/sole, herring, small halibut, mussels, wild salmon, sardines, sable, shrimp, scallops, trout
Nuts, seeds, beans, grains	Eat 1 to 2 handfuls of nuts and/or seeds daily
	Nuts: almonds, Brazil nuts, cashews, hazelnuts, macadamia, pecans, pine nuts, pistachios, walnuts, raw cacao
	Seeds: chia, flax, hemp, pumpkin, sesame, sunflower
	Eat up to ½ cup of low-starch beans daily: green beans, green peas, lentils, lupini beans, miso, natto, non-GMO soy, tempeh, chickpeas, black beans, snap peas, snow peas
	Eat up to ½ cup of whole grains daily: quinoa, black rice, brown rice, red rice, wild rice, teff, amaranth, buckwheat
Dairy	Grass-fed butter, ghee, goat and sheep yogurt and cheese are fine in moderation
Beverages	Drink purified water, herbal tea, seltzer, mineral water, green juices with just greens or a little bit of lemon
	Coffee and caffeinated tea are OK if you don't get the jitters or have adverse reactions
	Limit alcohol to 1 glass of wine or 1 cocktail up to 3 times a week

Oil and condiments	For cooking, use grass-fed ghee, humanely raised tallow, lard, duck fat, chicken fat, organic avocado oil, or organic virgin coconut oil
	For salads, use almond oil, flax oil, hemp oil, macadamia oil, extra virgin olive oil (also good for low or medium heat), sesame seed oil, tahini, walnut oil
Sugar and sweeteners	Very small amounts of stevia, monk fruit, maple syrup, honey, date sugar, coconut sugar, or molasses. These should not be daily foods.



# Breakfast

## AVOCADO LATKE “TOAST”

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**Serves:** 4

**Prep time:** 35 minutes

**Cook time:** 40 minutes

Avocado toast has become so popular, but I’m never a fan of store-bought bread full of refined flour. For this healthier version, I layered yam latkes (potato pancakes) with a simple take on guacamole, a fresh fennel slaw, and a soft-boiled egg. Fennel is an underused vegetable rich in minerals and protective polyphenol antioxidants like rosmarinic acid, chlorogenic acid, and quercetin with a unique slightly licorice flavor.

### Yam Latkes

- 3 cups grated Japanese white yam (or any type of yam/sweet potato)
- $\frac{3}{4}$  cup grated white onion
- 1 small jalapeño, seeds and ribs removed, finely chopped (optional)
- $\frac{1}{4}$  cup plus 2 tablespoons ground flaxseed
- $\frac{1}{2}$  teaspoon garlic powder
- $\frac{1}{2}$  teaspoon black pepper
- $\frac{1}{4}$  cup avocado oil
- 3 pasture-raised egg whites, beaten

### Fennel Slaw

- 1 large fennel bulb with fronds
- 10 fresh mint leaves, torn
- 2 tablespoons sundried tomatoes, chopped
- 1 small shallot, finely chopped
- 2 tablespoons fresh lemon juice
- 1 tablespoon extra virgin olive oil
- ⅛ teaspoon sea salt
- ¼ teaspoon black pepper

### Smashed Avocado

- 1 large avocado, halved and pitted
- ½ cup fresh cilantro, tightly packed
- Juice and zest of 1 lime
- 1 small jalapeño, seeds and ribs removed, finely chopped (optional)
- 1 tablespoon extra virgin olive oil
- ¼ teaspoon black pepper

### Soft-Boiled Eggs

- 4 pasture-raised eggs

1. Preheat your oven to 375°F and line a baking sheet with parchment paper.
2. For the latkes: Add the grated yams and onion to a fine strainer and press to remove excess moisture. In a large bowl, mix the jalapeño, ground flaxseed, garlic powder, pepper, avocado oil, and egg whites together. Add the yams and onions and mix well until combined.
3. Pack the mixture into a ¼ cup measuring cup and turn out each latke onto the sheet. Use your hands to flatten. You should have 8 latkes minimum. Bake for 15 minutes, flip, and bake for another 15 minutes until golden brown and crispy.

4. Prepare the salad by removing the stalks and fronds from the fennel bulb. Coarsely chop the fronds and thinly slice the stalks. Place in a large bowl. Using a mandoline, thinly slice the bulb, cutting it in half if necessary. Add the fennel to the bowl along with the torn mint and chopped sundried tomatoes.
5. In a separate small bowl, add the minced shallots, lemon juice, olive oil, salt, and pepper.
6. Prepare the smashed avocado by scooping the avocado into a small bowl and roughly mashing it. Add the cilantro, lime juice, lime zest, jalapeño, olive oil, and pepper. Mix until combined but chunky.
7. To make the soft-boiled eggs, bring a large saucepan of water to a boil over medium-high heat. Using a slotted spoon, carefully lower the eggs into the water one at a time. Cook for exactly 6½ minutes, adjusting the heat to maintain a gentle boil. Transfer the eggs to a bowl of ice water and chill for 2 minutes. Once cooled, gently crack the eggs and peel.
8. Combine the fennel mixture with the dressing. Assemble the dish by layering one yam latke with smashed avocado, adding another latke, then a scoop of salad, and topping with an egg. Repeat to make 4 total and serve.

*Nutritional Analysis Per Serving: Calories: 566, Fat: 36 g, Saturated Fat: 5 g, Cholesterol: 185 mg, Fiber: 13 g, Protein: 17 g, Carbohydrates: 47 g, Sodium: 309 mg*

## MORNING QUINOA BERRY BAKE

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**Serves:** 6

**Prep time:** 15 minutes plus 10 minutes to cool

**Cook time:** 1 hour

Some mornings just call for a warm, comforting bowl of baked goodness. This is that dish, complete with protein-rich quinoa, nuts, and seeds, and a variety of colorful sweet berries bursting with vitamin C and anti-aging phytochemicals. You can use any combination of berries you like for a total of 3 cups. Fresh is best, but frozen works too!

- 1 teaspoon avocado oil
- 1 cup sprouted white quinoa
- 1 medium zucchini
- 2 cups unsweetened nut milk
- ½ cup filtered water
- Zest of 1 orange
- 2 teaspoons pure vanilla extract
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- Pinch of sea salt
- ⅓ cup hulled hemp seeds
- ¼ cup ground flaxseed
- 2 tablespoons unsweetened shredded coconut
- ⅓ cup sweetener of choice (monk fruit, liquid maple sweetener, pure maple syrup, or raw honey, optional)
- 1 cup (about 8) strawberries, quartered
- 1 cup (about 15) blackberries, halved
- ½ cup raspberries
- ½ cup blueberries
- ¼ cup raw whole pecans
- ¼ cup raw sliced almonds

1. Preheat the oven to 350°F. Grease a 10½ x 7-inch oven-safe casserole dish with the avocado oil. Rinse the quinoa thoroughly and pour it into the dish, spreading evenly.
2. Using a box grater, shred the zucchini using the smallest side of the box. Using your hands, squeeze out the excess water. You should have 1 cup of shredded zucchini. Add to the casserole dish with the quinoa and stir together.
3. In a medium-size bowl, add nut milk, water, zest, vanilla extract, cinnamon, nutmeg, salt, hemp seeds, flax, shredded coconut, and sweetener of choice. Mix well. Pour on top of the quinoa and zucchini and mix together.
4. Drop berries into the casserole dish, spreading them evenly. Break up pecans into small pieces and sprinkle with the sliced almonds. Using a spatula, press them gently into the liquid and flatten the surface.
5. Cover the dish and bake for 30 minutes. After 30 minutes, raise the oven temperature to 375°F and bake, uncovered, for 30 more minutes. The liquid should be absorbed and the quinoa golden and sticky.
6. When ready, remove from the oven and let cool for 10 minutes before serving. Store leftovers in the fridge for up to 4 days.

*Nutritional Analysis Per Serving (without added sweetener): Calories: 307, Fat: 17 g, Saturated Fat: 2 g, Cholesterol: 0 mg, Fiber: 8 g, Protein: 11 g, Carbohydrates: 31 g, Sodium: 87 mg*



# MATCHA POPPY BREAD WITH ROSE WATER GLAZE

---

**Makes:** 12 slices

**Prep time:** 20 minutes

**Cook time:** 30 to 35 minutes

This delicious grain-free loaf makes a unique breakfast or uplifting snack. Packed with antioxidants from matcha green tea powder and plenty of healthy monounsaturated fats from olive oil, it provides long-lasting energy. The glaze adds a sweet floral note with a hint of rose water. This bread is unlike any other and is sure to become a new family favorite.

## Matcha Poppy Bread

- ½ cup extra virgin olive oil
- 2 large pasture-raised eggs
- ½ cup unsweetened almond milk
- 1½ teaspoons pure vanilla extract
- 2 tablespoons raw honey (optional)
- 2 tablespoons poppy seeds
- 1½ cups fine almond flour
- ¼ cup coconut flour
- 1½ tablespoons matcha powder
- ½ cup granulated monk fruit (for baking)
- ½ teaspoon sea salt
- 1 teaspoon baking soda

## Rose Water Glaze

- ¼ cup ghee or softened coconut oil
- 1 teaspoon rose water
- 1 teaspoon powdered monk fruit or raw honey

### Optional Garnish

Powdered monk fruit

Raw sliced almonds

Edible dry rose buds and petals

1. Preheat the oven to 350°F. Lightly grease an 8 x 4-inch loaf pan with olive oil and line the bottom with parchment paper.
2. In a medium-size bowl, whisk together the olive oil, eggs, almond milk, vanilla extract, honey (if using), and poppy seeds. Whisk well until fluffy. Set aside.
3. In a large bowl, sift together the almond flour, coconut flour, matcha powder, monk fruit, salt, and baking soda and stir to combine.
4. Add the wet ingredients to the dry ingredients, stirring well. Pour the batter into the prepared pan and use a spatula to smooth the top.
5. Bake for 30 to 35 minutes or until a toothpick inserted into the center comes out clean. Let cool in the pan for 10 minutes before turning the bread out of the pan.
6. Meanwhile, prepare the glaze by combining all the ingredients together in a small bowl.
7. If you choose to garnish, use a fine-mesh sieve to dust the bread with powdered monk fruit, then top with sliced almonds and edible rosebuds and petals. Serve slices warm or at room temperature with glaze on the side for dipping or drizzling.
8. Store leftovers wrapped well in the refrigerator for up to 3 days.

*Nutritional Analysis Per Slice (using ghee, without honey): Calories: 217, Fat: 19 g, Saturated Fat: 5 g, Cholesterol: 42 mg, Fiber: 4 g, Protein: 5 g, Carbohydrates: 14 g, Sodium: 221 mg*

## CHAI PANCAKES WITH COCONUT WHIPPED CREAM

---

**Makes:** 14 (4-inch) pancakes

**Prep time:** 20 minutes

**Cook time:** 30 minutes

For those who like the occasional indulgent breakfast, this one is for you. But instead of refined flour and sugar, I use wholesome fiber- and nutrient-packed buckwheat and almond flours and monk fruit sweetener, which has zero glycemic load. So you can enjoy these guilt-free. Get creative and use whatever toppings you like; fresh figs are one of my personal favorites.

### Coconut Whipped Cream

1 (14-ounce) can coconut cream, chilled in refrigerator overnight  
⅓ cup powdered monk fruit

### Chai Pancakes

2 large pasture-raised eggs  
1½ cups unsweetened almond milk  
2 teaspoons pure vanilla extract  
4 tablespoons coconut oil, melted  
3 tablespoons granulated monk fruit sweetener, for baking (optional)  
¼ cup raw pecans, crushed  
1 cup buckwheat flour  
½ cup almond flour  
1 teaspoon baking powder  
½ teaspoon baking soda  
¼ teaspoon sea salt  
2 teaspoons ground cinnamon

¼ teaspoon ground cardamom

¼ teaspoon ground ginger

½ teaspoon ground cloves

½ teaspoon ground nutmeg

### Garnish

Pure maple syrup (optional)

Fresh figs, sliced (optional)

1. Place a large mixing bowl in the refrigerator to make the coconut whipped cream in later. In another large bowl, beat together the eggs, almond milk, vanilla extract, 2 tablespoons of the coconut oil, and the monk fruit, if using. Beat until the eggs are fully incorporated and the mixture is fluffy. Fold in the crushed pecans.
2. In another large bowl, sift the buckwheat and almond flours, baking powder, baking soda, salt, 1½ teaspoons of the cinnamon, cardamom, ginger, cloves, and nutmeg. Slowly add the dry ingredients to the wet ingredients, stirring well until fully combined and no lumps remain.
3. Heat a large skillet over medium heat. When the pan is hot, brush it with some of the remaining coconut oil (about 1 teaspoon) and pour two or three ¼ cup portions of batter into the pan. Cook for 2 minutes, then flip and cook for another 2 minutes, until golden brown and crispy. Transfer the pancakes to a plate and repeat with the remaining coconut oil and batter.
4. To make the coconut whipped cream, remove the canned coconut cream from the refrigerator and scoop out the solid cream portion into the chilled

mixing bowl. Using a hand mixer, mix until creamy, then add the powdered monk fruit and remaining  $\frac{1}{2}$  teaspoon of cinnamon. Mix again until smooth, about 2 minutes.

5. Serve the pancakes with whipped cream on top, and a little drizzle of maple syrup and sliced figs if desired.

*Nutritional Analysis Per Pancake (without maple syrup and figs):*  
*Calories: 175, Fat: 14 g, Saturated Fat: 10 g, Cholesterol: 26 mg, Fiber:*  
*2 g, Protein: 3 g, Carbohydrates: 9 g, Sodium: 138 mg, Sugar: 1 g*

## PUMPKIN SPICE CREAMER

---

**Makes:**  $2\frac{1}{2}$  cups

**Prep time:** 30 minutes plus 2 hours or overnight soak time

This delicious dairy-free creamer will take your coffee to a whole new level. A simple blend of almonds, coconut cream, and pumpkin spice comes together in a decadent but healthy creamer that will liven up your morning routine. For a quick grab-and-go snack, save the almond pulp to use in my Spiced Almond Energy Bites on page 234.

2 cups raw whole almonds

$5\frac{1}{2}$  cups filtered water

2 (5.4-ounce) cans coconut cream

$1\frac{1}{2}$  teaspoons pumpkin spice

$\frac{1}{8}$  teaspoon sea salt

1. Place the almonds in a large bowl, cover them with 3 cups of filtered water, and soak them overnight in the refrigerator. Or cover them with hot water and soak them on the countertop for 2 hours.

2. Discard the soaking water, rinse the almonds, and place them in a high-speed blender. Add the remaining 2½ cups filtered water, coconut cream, pumpkin spice, and salt. Blend for up to 2 minutes, making sure the mixture doesn't heat up.
3. Cover a mesh sieve with a nut milk bag, thin dish towel, or bandana and place over a mixing bowl. Pour in the creamer mixture and let it strain for 10 minutes.
4. After 10 minutes, gather the corners of the bag or towel and lift it up, twisting it around the almond pulp and squeezing until no more liquid comes out. Save the pulp to make my Spiced Almond Energy Bites, page 234.
5. Store the creamer in a jar or any sealed container and refrigerate for up to 5 days. Shake well and add to your favorite coffee or tea, pour over grain-free granola, or add to your favorite smoothie recipe for a warm fall-inspired flavor.

*Nutritional Analysis (per 1 tablespoon):* Calories: 22, Fat: 2 g, Saturated Fat: 2 g, Cholesterol: 0 mg, Fiber: 0 g, Protein: 0 g, Carbohydrates: 15 g, Sodium: 6 mg

## ANTI-AGING SUPER SMOOTHIE

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**Serves:** 1

**Prep time:** 5 minutes

This is one of my Master Five go-to recipes. Smoothies are a staple of my morning routine—they make it so easy to get a huge amount of phytonutrients in one glass. This one is unique

in that it uses refreshing jicama, which is a great source of a soluble fiber called inulin that supports your beneficial gut bugs. Tart raspberries and pomegranate powder add a natural sweetness and tons of antioxidants for better aging.

⅓ cup jicama, peeled and cut into cubes (or unpeeled zucchini as a substitute)

½ cup fresh spinach leaves, packed

¼ cup frozen raspberries

⅓ cup coconut water

½ cup unsweetened coconut milk or other nut milk

1 tablespoon pomegranate powder

1 tablespoon nut butter (such as almond or cashew)

1 scoop grass-fed collagen powder or vanilla pumpkin seed protein powder

3 ice cubes

1. Place all the ingredients in a high-speed blender and blend until smooth.

*Nutritional Analysis Per Serving (using almond butter and collagen powder):* Calories: 276, Fat: 12 g, Saturated Fat: 3 g, Cholesterol: 0 mg, Fiber: 6 g, Protein: 23 g, Carbohydrates: 23 g, Sodium: 143 mg

## SOUPS AND SALADS

### THAI-INSPIRED COCONUT TURKEY SOUP

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**Serves:** 4

**Prep time:** 30 minutes

**Cook time:** 55 minutes

This unique spin on a Thai-style coconut soup is incredibly flavorful and satisfying. I love that it has everything I need for a nourishing meal in one bowl. For years people were afraid to enjoy dark turkey meat, but when you focus on pasture-raised high-quality turkey thighs, you get heart-healthy monounsaturated fats and immune-boosting minerals like iron, zinc, and selenium. Plus dark meat is always more tender than white meat, something every chef wants.

#### Turkey Balls

- ¾ pound pasture-raised ground turkey thighs
- 1 medium zucchini
- 1 medium carrot, peeled
- 1 bunch scallions
- 2 large garlic cloves, minced
- 2 tablespoons toasted sesame seeds
- 2 tablespoons ground flaxseed
- ½ teaspoon sea salt
- 1 teaspoon black pepper
- 1 teaspoon toasted sesame oil



- 1 pasture-raised egg
- 1 tablespoon coconut aminos hoisin sauce (optional)

### Soup

- 1 tablespoon avocado oil
- 2 lemongrass stalks
- 2 shallots, peeled and thinly sliced
- 1 (2-inch) piece fresh ginger, peeled and thinly sliced
- 2 garlic cloves, peeled
- 4 cups low-sodium chicken broth
- 1 (13.5-ounce) can unsweetened full-fat coconut milk
- Zest and juice of 1 lime
- ¼ teaspoon sea salt, plus more to taste
- 1 small Fresno chili, thinly sliced
- 1 teaspoon red curry paste
- 1 medium bok choy, stemmed and chopped
- 5 kale leaves, stemmed and chopped
- 1½ teaspoons gluten-free fish sauce, plus more to taste

### Garnish

- ½ cup fresh cilantro, loosely packed
- 1 lime, quartered

1. Preheat the oven to 425°F.
2. Place the turkey meat in a large mixing bowl. Using the finer part of a grater, grate the zucchini and carrot into the bowl. Thinly slice the scallions, adding the white parts to the bowl and reserving the green parts.
3. Add the garlic, sesame seeds, ground flaxseed, salt, pepper, sesame oil, egg, and hoisin sauce (if using) and mix together.
4. Form and shape the turkey mixture into 2-inch balls. Place the balls on a baking dish covered with

parchment paper and bake for 20 to 25 minutes. Remove from the oven when golden brown and fragrant and set aside.

5. Meanwhile, start preparing the soup. Heat a large pot with avocado oil over medium heat. Prepare the lemongrass by peeling off any tough outer leaves and trimming the root end. Lightly smash the stalk with the side of a knife to break it open, cut into 1-inch pieces, and add to the pot. Add the shallots and ginger. Using the wide flat side of the knife, smash the garlic and add to the pot, stirring well.
6. Cook for 5 minutes, then add the chicken broth and coconut milk. Bring the mixture to a boil, then reduce the heat to low and simmer for 35 minutes.
7. Strain the soup using a large fine-mesh strainer and add the liquids back to the pot. Add the lime zest and juice, salt, Fresno chili, red curry paste, and the baked turkey balls. Cover and continue to simmer for 10 minutes.
8. Add the bok choy and kale to the soup with the reserved green parts of the scallions, letting them wilt. Add the fish sauce, stir, and cook for 5 more minutes.
9. To serve, ladle the soup into bowls and individually garnish with cilantro and a lime wedge.

*Nutritional Analysis Per Serving (without hoisin sauce): Calories: 496, Fat: 32 g, Saturated Fat: 18 g, Cholesterol: 114 mg, Fiber: 6 g, Protein: 23 g, Carbohydrates: 19 g, Sodium: 939 mg*

## CREAMY LEMON BASIL SOUP

---

**Serves:** 6

**Prep time:** 10 minutes

**Cook time:** 25 minutes

This is one of my Master Five go-to recipes. Fresh basil and lemon juice make this zesty soup come to life, while zucchini blends into the perfect creamy base—zero dairy needed! The combination of basil, lemon, and garlic creates potent immune support to keep you well all year long. This soup travels well, so just pour some into an insulated mug in the morning before work and you've got a hot lunch waiting.

- 1 tablespoon avocado oil
- 1 cup leeks, thinly sliced (white parts only)
- 3 large garlic cloves, roughly chopped
- 4 large zucchini, diced
- 5 cups water or low-sodium veggie stock
- 1 teaspoon sea salt
- 10 fresh basil leaves
- ½ cup hulled hemp seeds
- ¼ cup fresh lemon juice

### Garnish

- 2 tablespoons raw pine nuts
- ½ tablespoon hulled hemp seeds

1. In a medium pot, heat the avocado oil over medium-high heat. Add the leeks and sauté for 3 minutes. Add the garlic, turn the heat down to medium, and continue sautéing for 2 minutes.
2. Add the zucchini and the liquid of your choice and cover. Turn the heat down to low and simmer for 15 minutes, until the zucchini is translucent and tender.

3. Add the salt, basil, and  $\frac{1}{2}$  cup hemp seeds. In batches, place the soup in a high-speed blender and blend until smooth. Return to the pot, stir in the lemon juice, and bring to a boil.
4. Bring a small skillet to medium heat. Toast the pine nuts for about 2 to 3 minutes until lightly golden and fragrant. Set aside.
5. To serve, ladle the soup into bowls and garnish with hemp seeds and toasted pine nuts. Store leftovers in an airtight container in the fridge for up to 5 days.

*Nutritional Analysis Per Serving (using water):* Calories: 153, Fat: 11 g, Saturated Fat: 1 g, Cholesterol: 0 mg, Fiber: 3 g, Protein: 7 g, Carbohydrates: 10 g, Sodium: 385 mg

## FORBIDDEN SPRING SALAD

---

**Serves:** 4

**Prep time:** 30 minutes

**Cook time:** 50 minutes

Forbidden or black rice is one of my favorite grains. Compared to white and brown rice, it's higher in protein, lower in carbs, and contains powerful antioxidants to support optimal aging and overall health. In this recipe, it's mixed with refreshing spring produce like radishes, arugula, and fresh mint for a crisp and colorful salad. Anchovies add a dose of brain-boosting omega-3 fats and a natural saltiness to the dressing.

### Salad

- 1 cup wild black rice
- $2\frac{1}{4}$  cups filtered water
- 3 large zucchini

1 teaspoon sea salt  
6 radishes  
1 cup fresh mint, tightly packed  
1 cup fresh parsley, tightly packed  
¼ cup chives, thinly sliced  
¼ medium red onion, thinly sliced  
1 bunch arugula (about 3½ to 4 cups, loosely packed)

### Dressing

6 anchovy fillets, marinated in olive oil, drained  
¼ cup extra virgin olive oil  
1 tablespoon lemon zest  
2 tablespoons fresh lemon juice  
2 teaspoons Dijon mustard  
½ teaspoon black pepper

### Garnish

½ cup raw slivered almonds

1. In a medium-size pot, combine the rice with water and bring it to a boil. Lower the heat, cover, and let simmer for 50 minutes. Turn off the heat and leave covered for 10 more minutes. When rice is soft but chewy, scoop into a bowl and let cool.
2. While the rice is cooking, prepare the salad. Using a mandoline or sharp knife, thinly slice the zucchini and place in a large bowl, adding the salt to help remove water from the zucchini. Mix well and place in a colander over the sink to drain.
3. Trim the tops and ends off the radishes and cut them into quarters, roughly tear up the mint and parsley, and add all to a large mixing bowl. Add the chives, onion, and arugula to the bowl as well.

4. To make the dressing, use the back of a knife to smash the anchovy fillets and add to a small mixing bowl. Add the olive oil, lemon zest, lemon juice, mustard, and pepper and mix well.
5. In a small skillet, toast the almonds over medium heat until just golden. This should take only about 2 minutes. Set aside. Pour the drained zucchini onto a clean kitchen towel and pat dry.
6. Toss the rice, zucchini, combined vegetables and herbs, and dressing together in a large serving bowl and sprinkle the almonds over the top. Enjoy!

*Nutritional Analysis Per Serving: Calories: 462, Fat: 24 g, Saturated Fat: 3 g, Cholesterol: 5 mg, Fiber: 7 g, Protein: 14 g, Carbohydrates: 53 g, Sodium: 910 mg*

## WASABI GINGER SPROUT SALAD

---

**Serves:** 4

**Prep time:** 45 minutes

**Cook time:** 25 minutes

This just might be the most flavorful salad you've ever had. I love the crunchy base of mung bean sprouts and shredded root vegetables combined with spicy wasabi cashews and sweet pickled ginger. If you want to prepare this ahead of time, simply leave the dressing and cashews off until you're ready to serve.

### Wasabi Cashews

⅔ cup unsalted roasted cashews

1 teaspoon avocado oil

½ teaspoon wasabi powder

¼ teaspoon sea salt

### Pickled Ginger

- 3 cups filtered water
- 1 (5-inch) piece fresh ginger, peeled
- 5 tablespoons coconut vinegar
- 1 tablespoon coconut sugar or granulated monk fruit
- 3 tablespoons beet juice or raw shredded beets

### Dressing

- ⅓ cup avocado mayo
- ¼ cup coconut aminos
- 2 tablespoons ginger juice (from pickled ginger)
- 2 tablespoons finely chopped fresh cilantro
- 1 garlic clove, minced
- ¼ teaspoon sea salt
- ¼ teaspoon white pepper
- Pinch of crushed pepper flakes

### Salad

- 2½ cups mung bean sprouts
- 1 large kohlrabi
- 3 large radishes
- 1 large jicama
- ½ cup chopped fresh cilantro, loosely packed
- 1 tablespoon black sesame seeds

1. For the wasabi cashews: Roughly chop the cashews and add them to a small bowl. Add the avocado oil, wasabi powder, and salt and mix well. Set aside.
2. Make the pickled ginger by bringing 3 cups of water to a boil in a small saucepan. Using a mandoline, slice the ginger paper-thin. Once the water is boiling, add the ginger and cook for 10 minutes. Add the vinegar,

sugar, and beet juice or raw chopped beet to the ginger and water. Reduce heat to medium and cook for 15 minutes. Do not drain. Set aside.

3. Make the dressing: Combine all the ingredients together in a medium-sized jar and mix well.
4. To make the salad: Add the sprouts to a large mixing bowl. Use a mandoline to julienne the kohlrabi, radishes, and jicama. Add to the bowl along with the cilantro and black sesame seeds. Add all the pickled ginger (but discard the liquid) and toss.
5. Pour the dressing over the salad and toss gently. Sprinkle wasabi cashews on top and serve.

*Nutritional Analysis Per Serving: Calories: 497, Fat: 38 g, Saturated Fat: 6 g, Cholesterol: 30 mg, Fiber: 13 g, Protein: 8 g, Carbohydrates: 36 g, Sodium: 838 mg*

## CRUNCHY NAPA TEMPEH SALAD

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**Serves:** 4

**Prep time:** 40 minutes

**Cook time:** 10 minutes

This salad has a delightful crunch from toasted almonds and snow peas, atop a refreshing, crisp mix of napa cabbage, romaine, carrots, and cucumbers. Perfectly marinated tempeh adds a little spice and a lot of savory protein. Napa cabbage is a great source of folate to support neurological and metabolic health as well as good detoxification. This salad makes an amazing one-bowl meal for lunch or dinner.



### Chili Tempeh

- 3 tablespoons chili garlic sauce
- 1 tablespoon toasted sesame oil
- 1 (8-ounce) package gluten-free tempeh, cubed into bite-sized pieces

### Napa Cabbage Salad

- 1 medium napa cabbage
- 1 large head romaine lettuce
- 1 medium carrot
- 2 Persian cucumbers
- ¼ large red onion

### Dressing

- 2 tablespoons coconut vinegar or apple cider vinegar
- 2 tablespoons gluten-free tamari
- 1 tablespoon coconut aminos
- 1 tablespoon toasted sesame oil
- ¼ cup finely chopped scallions white and green parts
- 1 (½-inch piece) fresh ginger, micro-grated

### Garnish

- ¼ cup raw sliced almonds
- 1 cup snow peas, strings removed, thinly sliced
- ¼ cup fresh cilantro or Thai basil, whole leaves, packed (optional)
- 2 tablespoons toasted white sesame seeds (optional)

1. Preheat the oven to 350°F and line a baking sheet with parchment paper. In a medium bowl, mix together the chili garlic sauce and toasted sesame oil. Add the tempeh cubes and set aside to marinate for 20 minutes. When ready, transfer the tempeh to the baking sheet and cook for 10 minutes.

2. To prepare the salad: Shred the cabbage and lettuce by cutting them into ½-inch strips, or use a shredder attachment on a food processor. You should have about 2 cups. Peel the carrot and cut into matchsticks to make about 1 cup. Peel and halve the cucumbers, scrape out the core, and cut into half-moons. Thinly slice the red onion and transfer all veggies to a large bowl and toss together.
3. In a small mixing bowl, add all the dressing ingredients and mix well. Set aside.
4. Heat a small skillet over medium heat, add the almonds, and toss frequently for 3 to 5 minutes until golden and fragrant. Set aside.
5. To assemble the salad, transfer the tempeh to the bowl with the veggies, pour the dressing on top, and toss gently. Top with almonds, snow peas, and any additional desired garnish and serve.

*Nutritional Analysis Per Serving: Calories: 263, Fat: 16 g, Saturated Fat: 2 g, Cholesterol: 0 mg, Fiber: 9 g, Protein: 17 g, Carbohydrates: 20 g, Sodium: 793 mg*

# Entrées

## SESAME-CILANTRO SALMON CAKES WITH FRESH HERB SALAD

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**Serves:** 4 (makes 12 patties)

**Prep time:** 25 minutes

**Cook time:** 35 minutes

These savory cakes are a unique way to enjoy salmon. Topped with cilantro, mint, and basil, they're perfect for spring or summer. Salmon is an incredible source of protein and anti-inflammatory omega-3s, which benefit cognitive function, cardiovascular health, skin, and so much more.

### Salmon Cakes

- 1 tablespoon ghee
- 2 large shallots, finely diced
- 1 stalk lemongrass, tough outer parts removed, finely chopped
- 1 small red bell pepper, finely diced
- 1 tablespoon thinly sliced red chili pepper (optional)
- 1 bunch scallions, finely chopped, white and green parts
- 3 (6-ounce) cans wild salmon, packed in olive oil, drained
- ½ cup chopped fresh cilantro, packed
- 1 tablespoon red curry paste
- 1 large pasture-raised whole egg
- 1 large pasture-raised egg white only
- 1 tablespoon coconut aminos

1 teaspoon toasted sesame oil  
1 (1½-inch) piece fresh ginger, micro-grated  
Zest of 1 lime  
¼ cup ground flaxseed  
¼ teaspoon curry powder  
2 tablespoons toasted sesame seeds  
⅛ teaspoon sea salt

### Herb Salad

1 leek  
1 cup fresh cilantro, loosely packed  
½ cup fresh mint, loosely packed  
15 fresh basil leaves (preferably Thai basil)

### Dressing

1 teaspoon gluten-free low-sodium fish sauce  
2 teaspoons lime juice  
1 garlic clove, crushed  
1 teaspoon coconut aminos  
½ teaspoon toasted sesame oil  
1 tablespoon yuzu sauce (optional)

1. Preheat the oven to 350°F and line a baking sheet with parchment paper.
2. Prepare the salmon cakes: Heat a medium skillet over medium heat. Add the ghee and sauté the shallots until softened, about 3 minutes. Add the lemongrass and sauté for 1 more minute. Then add the bell pepper, spicy pepper, and scallions and sauté for 5 minutes, stirring occasionally. Remove from the heat and set aside.
3. Add the sautéed vegetables and remaining salmon cake ingredients to a large bowl. Using your hands, mix

well and make patties about 3 inches across. Transfer to the lined sheet and bake for 10 minutes, then flip and bake for another 15 minutes until evenly browned.

4. While the patties are cooking, prepare the herb salad: Remove the green parts of the leek, and slice the white part lengthwise up the middle. Turn it over and lay it flat on the chopping board. Slice the leek into thin strips. Place in a bowl with ice water.
5. Combine the dressing ingredients in a small bowl and mix well.
6. Remove the leeks from the water, rinse well in a colander, and place on a paper towel, patting dry. Combine the leeks with the herbs in a large bowl and toss together with the dressing.
7. To serve, divide the warm patties among four plates and top with the salad. Sprinkle with more salt to taste if desired.

## TRIPLE-ROASTED ROMESCO SAUCE WITH SARDINES

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**Serves:** 4

**Prep time:** 30 minutes

**Cook time:** 45 minutes

This is one of my Master Five go-to recipes. Sardines are one of the healthiest ways to enjoy seafood. They're a low-mercury, high-omega-3 fish that supports brain health and fights inflammation. Sardines are also a really affordable way to increase your clean protein. In this recipe they're served over a super flavorful romesco sauce, made with savory roasted garlic and tangy peppers and tomatoes. Serve alongside a colorful salad or roasted veggies for a simple meal.

3 large red bell peppers  
2 large Roma tomatoes  
2 tablespoons avocado oil  
1 whole head of garlic  
 $\frac{3}{4}$  cup raw slivered almonds  
4 scallions  
4 (4¼-ounce) cans wild-caught sardines in olive oil  
 $\frac{1}{2}$  teaspoon red chili flakes  
 $\frac{1}{4}$  teaspoon black pepper  
1 tablespoon sherry vinegar  
 $\frac{1}{2}$  teaspoon sea salt  
 $\frac{1}{4}$  cup pomegranate seeds  
2 tablespoons extra virgin olive oil  
Pinch of Maldon or sea salt

1. Preheat the oven to 350°F. Place the whole peppers and tomatoes on a baking sheet and drizzle with avocado oil. Wrap the head of garlic with parchment paper, then wrap with aluminum foil. Place the garlic on the baking sheet and roast in the oven for 40 minutes. Scatter the slivered almonds on the baking sheet and toast in the oven for another 5 minutes.
2. Set the tomatoes and peppers aside to cool, covered. Keep the garlic wrapped. This will help the skin separate from the flesh.
3. Meanwhile, trim off the root ends of the scallions and cut them lengthwise, julienne-style, into thin shreds. Place the scallion shreds in a bowl and cover with ice water. After 15 minutes the scallions will curl. Discard the water and transfer the scallions to a paper towel.
4. Place the sardines onto a paper towel.

5. Peel the skin from the roasted garlic, tomatoes, and peppers. Remove the seeds from the peppers, and transfer all to a food processor. Add the almonds, chili flakes, black pepper, vinegar, and sea salt. Process until smooth, about 2 minutes. Scrape the sides and process for 1 more minute.
6. Serve by spreading the sauce onto a serving plate and topping the sauce with the sardines. Garnish with curly scallions and pomegranate seeds and drizzle with olive oil and a pinch of salt. The sauce can be saved in the refrigerator for up to a week.

*Nutritional Analysis Per Serving: Calories: 511, Fat: 34 g, Saturated Fat: 5 g, Cholesterol: 43 mg, Fiber: 6 g, Protein: 36 g, Carbohydrates: 20 g, Sodium: 590 mg*

## LEMONY CHICKEN THIGHS WITH SUNCHOKES AND SWISS CHARD

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**Serves:** 6

**Prep time:** 30 minutes

**Cook time:** 1 hour and 25 minutes

There's nothing like home-cooked chicken thighs for a nourishing comfort meal. In this recipe I pair them with the taste of bright lemon and sunchokes—a delicious root vegetable that acts as a beneficial prebiotic. A generous helping of Swiss chard provides immune-supporting vitamin A and bone-strengthening vitamin K.

- 6 bone-in, skin-on pasture-raised chicken thighs
- 2 tablespoons avocado oil
- 4 small shallots, peeled, halved lengthwise

6 large garlic cloves, peeled, thinly sliced  
6 medium sunchokes, peeled, halved lengthwise or quartered if wide  
 $\frac{3}{4}$  cup dry white wine (optional)  
4 cups low-sodium chicken broth or water  
1 small lemon, seeds removed, thinly sliced  
 $\frac{1}{3}$  cup fresh lemon juice  
1 teaspoon fresh thyme  
1 teaspoon turmeric powder  
 $\frac{3}{4}$  teaspoon sea salt  
 $\frac{1}{2}$  teaspoon black pepper  
1 bunch Swiss chard

### Garnish

15 fresh mint leaves, torn

1. Place the chicken thighs on a plate and pat dry with a paper towel.
2. Place a cast-iron or heavy-bottom skillet with a lid over medium-high heat. Add the avocado oil and, once shimmering, add the thighs skin side down. Allow them to sear, undisturbed, for about 6 minutes, until browned. Flip, and sear for another 4 minutes. Remove the thighs from the skillet and set aside.
3. Discard the oil from the pan but do not wash. To the same skillet over medium heat, add the shallots, garlic, and sunchokes. Stir for 2 minutes. Pour in the wine (if using) and allow it to reduce for 1 minute. Then add the broth or water and use a wooden spoon to scrape the bottom of the pan while heating, about 2 minutes.
4. Add the lemon slices, lemon juice, thyme, turmeric, salt, and pepper and bring to a boil. Reduce the heat to low, cover, and cook for 20 minutes.



5. After the sauce simmers for 20 minutes, nestle the thighs back into the sauce, skin side up, and braise for 25 minutes, covered.
6. Cut the chard stalks into ½-inch pieces and chop the leaves into inch-wide strips. Set aside.
7. Preheat the oven to 350°F. Once the chicken has been cooking for 25 minutes, remove the lid and add the chard, making sure the chicken is still on the top.
8. Cover and transfer to the oven for 10 minutes. Then remove the lid and let the chicken brown for 10 more minutes or until it is cooked through. The skin should be extra crispy and golden.
9. To serve, place the chicken and veggies on a platter and garnish with torn mint leaves.

*Nutritional Analysis Per Serving: Calories: 321, Fat: 16 g, Saturated Fat: 3 g, Cholesterol: 75 mg, Fiber: 2 g, Protein: 26 g, Carbohydrates: 15 g, Sodium: 559 mg*

## EXTRA-HERBY CHICKEN-STUFFED CABBAGE

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**Serves:** 6

**Prep time:** 45 minutes

**Cook time:** 2 hours and 30 minutes

Feed a crowd with this savory, spicy pasture-raised chicken rolled in cabbage leaves and cooked to perfection. All of the fresh herbs and spices in this recipe have loads of health benefits, like inflammation-fighting ginger and fennel, brain-boosting sage, and immuno-protective orange zest.

1 large green cabbage

4 tablespoons extra virgin olive oil

2 leeks, finely chopped  
2 small fennel bulbs, finely chopped  
1 bunch scallions, finely chopped  
1 green serrano pepper, finely chopped  
9 large garlic cloves  
1½ pounds pasture-raised ground chicken  
Zest of 1 large orange  
1 tablespoon Szechuan peppercorns, roughly chopped  
1 teaspoon ground ginger  
1½ teaspoons sea salt  
1 tablespoon fresh sage, minced  
1 teaspoon fennel seeds  
1 cup premade cauliflower rice  
1 large red onion, thinly sliced  
3 beef marrow bones  
16 ounces bone broth  
½ teaspoon Chinese five-spice  
1 tablespoon apple cider vinegar

1. Fill up a large pot with enough water to cover half the cabbage and bring to a boil. Using a sharp knife, remove the toughest bottom center part of the cabbage, but try to leave the cabbage whole. Add the cabbage to the pot and boil for 10 minutes, then flip and continue boiling for another 10 minutes until tender. Discard the water and set the cabbage aside in a colander to drain.
2. While the cabbage is boiling, begin making the stuffing. Heat a large skillet with 2 tablespoons of the olive oil over medium heat. Add the leeks, fennel, scallions, and serrano pepper. Cook, stirring, for 15 minutes on medium heat until tender, then scrape into a colander and let cool.

3. Mince 3 of the garlic cloves. Add the ground chicken to the skillet over medium heat along with the garlic and the orange zest. Cook and stir until the meat is browned, about 10 minutes. Add the Szechuan peppercorns, ginger, salt, sage, and fennel seeds and cook for 5 more minutes until all of the liquids have evaporated. Remove from the heat and stir in the cauliflower rice. Set aside to cool.
4. Place the slices of red onion in the bottom of the pot used for the cabbage and drizzle with the remaining 2 tablespoons of olive oil. Cook the onions, without stirring, for 5 minutes over medium heat. Remove from the heat.
5. Once the cabbage is dry and cooled, separate the leaves. Cut out the hard triangular rib from each cabbage leaf so that they roll easily. Scoop about  $\frac{1}{3}$  cup of stuffing onto one end of each leaf, then roll, tucking in the sides as you go.
6. Place the cabbage rolls horizontally on top of the onions, adding the marrow bones in between. Pour the bone broth on top with the remaining 6 whole garlic cloves, Chinese five-spice, and apple cider vinegar. Bring to a boil, then lower the heat to a low simmer, cover, and cook for 2 hours.
7. To serve, ladle cabbage rolls, onions, marrow bones, and broth into bowls and enjoy hot.

*Nutritional Analysis Per Serving: Calories: 443, Fat: 23 g, Saturated Fat: 6 g, Cholesterol: 117 mg, Fiber: 10 g, Protein: 34 g, Carbohydrates: 30 g, Sodium: 853 mg*

# SPICY GRAIN-FREE STEAK TACOS WITH OLIVE SALSA

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**Serves:** 6

**Prep time:** 40 minutes

**Cook time:** 15 minutes

I love how the different components of a taco come together to make the perfect bite. Instead of refined corn tortillas, I make my own from grain-free cassava flour. Topped with savory grass-fed steak, grilled scallions, and a fresh herb olive salsa, these tacos are overflowing with flavor and texture. Always choose grass-fed steak for maximum nutrient density and to avoid the inflammatory fats and negative environmental effects of conventionally raised beef.

## Steak and Scallions

- 1½ pounds grass-fed skirt steak, skin removed
- 1 teaspoon coarse sea salt
- 1 teaspoon black pepper
- 1 bunch scallions
- 3 teaspoons avocado oil

## Herb Olive Salsa

- ½ cup finely chopped pitted green olives
- 1 tablespoon minced shallot
- 1 cup packed finely chopped fresh flat-leaf parsley
- 2 tablespoons finely chopped fresh oregano
- 1 large garlic clove, finely minced
- 1 tablespoon lemon zest (from about 1 lemon)
- 2 tablespoons lemon juice (from about 1 lemon)
- 2 tablespoons extra virgin olive oil
- ½ teaspoon black pepper

### Cassava Tortillas

- 3 jalapeños, halved and seeded, finely sliced
- 1½ cups cassava flour
- ½ teaspoon sea salt
- ½ teaspoon garlic powder
- ¼ cup extra virgin olive oil
- ⅔ cup warm filtered water, plus more if needed

### Garnish

- 3 limes, quartered

1. Lay the steak on a clean work surface and pat dry using a paper towel. Rub the steak with salt and pepper. Cut the bottoms off the scallions, brush the stalks with 1 teaspoon avocado oil, and set aside. Let the steak sit at room temperature for 30 minutes before grilling while working on the salsa and tortillas.
2. Prepare the salsa by whisking together the green olives, shallots, parsley, oregano, garlic, lemon zest, lemon juice, and olive oil. Season with pepper to taste.
3. Start prepping the cassava tortillas by toasting the jalapeños in a dry pan over high heat until they start to char, about 5 minutes. Transfer to a large bowl.
4. Add the remaining tortilla ingredients to the bowl with the charred jalapeños and mix well. The dough should stick together and reach a smooth consistency. If the dough breaks, add more warm water, 1 teaspoon at a time, until it sticks together.
5. Divide the dough into 12 small balls, about the size of Ping-Pong balls. Place each ball of dough between two pieces of parchment and press down using a heavy pan.

6. To cook the steak: Prepare a large nonstick grill pan on high heat and add the remaining 2 teaspoons of avocado oil. Once the pan is hot, add the steak and scallions and grill for 2 minutes on each side. The steak should be well browned on the outside and still rare inside, or you can cook it longer to the desired doneness. Remove from the heat, transfer to a cutting board, and cover while finishing the tortillas.
7. Wipe the pan clean and return it to high heat. Transfer each tortilla to the hot pan, cook for 2 to 3 minutes, then flip and cook for another minute until it is lightly spotted and crisp. Transfer onto a towel, fold the towel over to cover, then repeat with the remaining dough.
8. Using a sharp knife, thinly slice the steak against the grain. Top each tortilla with steak and grilled scallions and drizzle with salsa. Serve with lime wedges.

*Nutritional Analysis Per Serving: Calories: 387, Fat: 28 g, Saturated Fat: 7 g, Cholesterol: 50 mg, Fiber: 6 g, Protein: 20 g, Carbohydrates: 36 g, Sodium: 775 mg*

## FALL-OFF-THE-BONE SHORT RIBS WITH CASHEW “COUSCOUS”

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**Serves:** 6

**Prep time:** 20 minutes

**Cook time:** 2 hours 15 minutes to 2 hours 45 minutes

The name of this recipe says it all: tender, slow-cooked ribs cooked with warm spices like cardamom and cloves are nestled alongside a nutty millet-based take on couscous. For such an impressive dish this is surprisingly easy! I love serving it for

special occasions when I have a crowd to feed. Always opt for pasture-raised ribs to make sure you're eating clean, nutrient-dense meat.

### Short Ribs

- 2 dried bay leaves
- 4 cloves
- 6 cardamom pods
- 1 teaspoon whole coriander seeds
- 4 pounds bone-in pasture-raised short ribs
- 1¼ teaspoons sea salt
- 1 teaspoon black pepper
- 1 tablespoon avocado oil
- 1 large yellow onion, finely diced
- 1 whole head of garlic, minced
- 1 (3-inch) piece fresh ginger, micro-grated
- ¼ cup apple cider vinegar
- 1 cup dry red wine
- 1 tablespoon tomato paste
- 2½ cups low-sodium vegetable stock
- 1 teaspoon paprika
- ⅛ teaspoon ground cumin
- 1 tomato, diced

### Cashew "Couscous"

- ½ cup raw cashews
- 2 teaspoons avocado oil
- 1 small yellow onion, finely diced
- 1 small fennel bulb, finely diced
- 2 garlic cloves, thinly sliced
- 1 cup millet
- 2 cups low-sodium vegetable stock or filtered water
- ¼ teaspoon sea salt

½ teaspoon black pepper

½ cup loosely packed fresh flat-leaf parsley, whole leaves

1. Preheat the oven to 325°F.
2. Make a spice sachet by combining the bay leaves, whole cloves, cardamom pods, and coriander seeds and placing them into a tea bag or a coffee filter. Tie the bag with kitchen twine and set aside.
3. Dry the short ribs using a paper towel and sprinkle each side with 1 teaspoon of the salt and the pepper. In a large Dutch oven or any oven-safe heavy-bottomed pot, warm the avocado oil over medium-high heat. Once the oil is hot, place the short ribs in the pot and brown on all sides, about 45 seconds per side. Do not overcrowd the meat; sear ribs in batches.
4. Once all the ribs are nicely seared and have a good crust to them, set aside on a plate. Drain most of the oil, leaving about 2 teaspoons in the pot. Add the onion and cook over medium heat until translucent, about 5 minutes.
5. Add the garlic and ginger and cook for 30 seconds. Add the apple cider vinegar and cook for another 30 seconds until fragrant and reduced. Then add the wine and deglaze the pan using a spatula or wooden spoon, scraping the bottom well. Add the spice sachet, bring to a boil, and cook for 5 minutes until the liquid is reduced by half. Stir in the remaining ¼ teaspoon sea salt, tomato paste, vegetable stock, paprika, ground cumin, and diced tomato.
6. Transfer the ribs and any excess liquid back to the pot, cover, and transfer to the oven. Cook until the meat is fork-tender and falling off the bone, approximately 2



to 2½ hours, making sure to flip the meat after 1 hour. Once the meat is soft and falling off the bone, remove from the oven and allow to rest for 20 minutes with the lid on before serving.

7. After cooking the ribs for 1½ hours, prepare the couscous: Dry roast the cashews on a baking sheet in the oven for 10 minutes. Remove and set aside to cool.
8. Add the avocado oil for the couscous to a medium saucepan over medium heat. Once the oil is hot, add the onion and fennel, cook for 5 minutes until translucent, then add the garlic and cook for 2 minutes. Add the millet and stir for 1 minute, then add the vegetable stock or filtered water, salt, and pepper and bring to a boil over medium-high heat. Cover, reduce heat to as low as possible, and simmer for 20 minutes until liquid is absorbed. When ready, remove from the heat and set aside, covered.
9. Roughly chop the roasted cashews and sprinkle on top of the millet with the parsley. Serve the couscous warm alongside the ribs.

*Nutritional Analysis Per Serving: Calories: 587, Fat: 31 g, Saturated Fat: 11 g, Cholesterol: 80 mg, Fiber: 7 g, Protein: 27 g, Carbohydrates: 42 g, Sodium: 817 mg*

# FARMER'S MARKET SALAD PIZZA

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**Serves:** 4

**Prep time:** 35 minutes

**Cook time:** 50 minutes

Pizza can still be a favorite, without the dairy, gluten, and belyache. This savory crust is made with cauliflower flour and classic Italian herbs, then it's topped with a fresh salad of arugula, heirloom tomatoes, basil, and easy pickled red onions. You can swap out the toppings for whatever is in season; some of my other favorites are spinach, peppers, and mushrooms. This is a great dish to get creative with and make your own pizza. You won't believe how good it is!

## Pizza

- 2 cups cauliflower flour
- 30 fresh oregano leaves
- 1 teaspoon garlic powder
- 2 tablespoons ground flax seed
- $\frac{3}{4}$  teaspoon sea salt
- 4 pasture-raised eggs
- 1 cup water
- 1 tablespoon avocado oil

## Pickled Onions

- $\frac{1}{2}$  cup red onion, thinly sliced
- 1 tablespoon sumac
- 1 tablespoon fresh lemon juice

## Other Toppings

- 2 heirloom tomatoes
- $\frac{1}{2}$  cup fresh basil

1 large handful arugula  
2 teaspoons extra virgin olive oil  
Pinch of Maldon or sea salt, or more to taste  
Black pepper to taste  
2 tablespoons tahini paste

1. Preheat the oven to 400°F.
2. In a medium mixing bowl, combine the cauliflower flour, oregano, garlic, flax, and salt. In a separate bowl, beat the eggs with water, then combine with the dry ingredients. Mix until a soft dough forms.
3. Line a baking sheet with parchment paper and grease with the avocado oil. Transfer the pizza dough to the center of the sheet and press down until it's  $\frac{1}{4}$  inch thick. Bake in the center of the oven for 15 minutes.
4. While the crust bakes, prepare the pickled onions: Combine thinly sliced onions with sumac and lemon juice in a medium jar or bowl and place in the fridge until serving.
5. Prepare the other toppings: Roughly chop the tomatoes and finely chop the basil. In a large bowl, toss them together with the arugula, olive oil, Maldon salt, and pepper.
6. To assemble the pizza, top the crust evenly with salad and pickled onions, then drizzle with the tahini. Serve immediately.

*Nutritional Analysis Per Serving: Calories: 395, Fat: 18 g, Saturated Fat: 3 g, Cholesterol: 185 mg, Fiber: 13 g, Protein: 24 g, Carbohydrates: 49 g, Sodium: 738 mg*

# SEARED HEN OF THE WOODS MUSHROOMS AND SMOKED PORCINI “YOGURT”

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**Serves:** 4

**Prep time:** 15 minutes plus 30 minutes soaking time

**Cook time:** 20 minutes

These savory mushrooms with a decadent dairy-free cream sauce make a delicious meat-free entrée. Hen of the woods mushrooms, also called maitake, are full of immune-supporting phytonutrients. They're meaty on the inside, crispy on the outside, and one of my favorite mushrooms to use in the kitchen. If you need to clean the mushrooms, don't run them under water; use a damp paper towel to wipe them and remove dirt instead.

## Porcini Cashew “Yogurt”

- 1 cup raw cashews
- ½ cup dried porcini mushrooms
- 1 cup filtered water
- Zest of 1 lemon
- ¼ cup fresh lemon juice
- 1 tablespoon extra virgin olive oil
- 1 large garlic clove
- ¼ teaspoon smoked paprika
- ¼ teaspoon black pepper
- ⅛ teaspoon sea salt

## Hen of the Woods Mushrooms

- 3 tablespoons avocado oil
- 4 large garlic cloves, finely chopped
- Zest from 2 lemons

4 (8-ounce) hen of the woods mushrooms, cleaned and cut in half  
½ teaspoon black pepper

### Garnish

2 teaspoons chopped chives  
Pinch of Maldon or sea salt

1. Soak the cashews in hot water for 30 minutes. Rinse, drain, and set aside.
2. In a small saucepan, add the dry porcini mushrooms and filtered water. Bring to a boil, then reduce the heat to low and let simmer for 5 minutes. Set aside to cool.
3. Once cooled, prepare the “yogurt”: Place the cashews, porcini mushrooms with water, lemon zest, lemon juice, olive oil, garlic, smoked paprika, black pepper, and sea salt in a food processor. Blend for 2 minutes until smooth, occasionally scraping the sides of the food processor. Set aside.
4. For the maitake mushrooms: Combine 1 tablespoon avocado oil, garlic, and lemon zest in a small bowl, then set aside. Heat a heavy skillet on medium-high heat. Add the remaining 2 tablespoons avocado oil. Make sure the mushrooms are completely dry and transfer them to the skillet, cut side down, for about 2 minutes. Once they begin to soften and the edges crisp, press with a spatula to flatten.
5. Add the pepper and cook for 3 minutes per side. Reduce the heat to low, drizzle the garlic and lemon zest mixture over the top, and cook until the garlic is golden, about 1 minute. Turn the mushrooms to coat them and remove from the heat.

6. Serve by spooning the “yogurt” onto a plate and topping with mushrooms. Garnish with finely chopped chives and sprinkle with a pinch of salt.

*Nutritional Analysis Per Serving: Calories: 444, Fat: 29 g, Saturated Fat: 4 g, Cholesterol: 0 mg, Fiber: 10 g, Protein: 16 g, Carbohydrates: 37 g, Sodium: 160 mg*

# Sides

## TANGY ROASTED CAULIFLOWER

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**Serves:** 6

**Prep time:** 15 minutes

**Cook time:** 45 minutes

Creamy tahini, tangy lemon juice, and salty capers come together to make this cauliflower ultra-flavorful. Made from sesame seeds, tahini is an excellent source of calcium. Italian parsley adds a fresh, bright finish to this tasty dish along with anti-inflammatory and antibacterial benefits. I love serving it alongside baked wild-caught salmon or roasted pasture-raised chicken thighs for a complete dinner.

- 1 large head cauliflower
- 7 large garlic cloves
- 1 cup tahini paste
- 1½ teaspoons sea salt
- 2 tablespoons lemon juice (from 1 medium lemon)
- ½ cup chopped fresh Italian parsley, loosely packed
- 1 cup filtered water
- ½ teaspoon black pepper
- 2 tablespoons avocado oil
- 2 tablespoons capers
- ½ cup raw sliced almonds

1. Preheat the oven to 400°F and bring a large pot of water to a boil.
2. Wash and cut the cauliflower into bite-sized florets. Add the cauliflower to the pot and boil for 5 minutes. Drain and set aside to dry.
3. To make the tahini sauce: Crush 2 garlic cloves with the flat side of a wide knife. Mix the tahini paste with the 2 crushed garlic cloves, 1 teaspoon salt, lemon juice, parsley, and water until fully combined. Set aside.
4. In a large mixing bowl, season the cauliflower florets with the remaining  $\frac{1}{2}$  teaspoon of salt, pepper, and 1 tablespoon of avocado oil. Mix everything together until evenly coated. Transfer to a baking dish and roast for 25 minutes in the oven until tender and lightly browned.
5. Meanwhile, thinly slice the remaining 5 garlic cloves. Add the remaining 1 tablespoon of avocado oil to a small skillet with the sliced garlic and stir on medium heat for 1 minute until lightly golden. Pat the capers dry and add to the oil and garlic. Stir for 1 more minute then remove from the heat.
6. Remove the cauliflower from the oven and pour the tahini sauce over the top, along with the oil, garlic, and caper mix.
7. Continue to bake the cauliflower for 13 minutes, then remove from the oven. Transfer to a serving platter, sprinkle the almonds on top, and allow to cool for 2 more minutes before serving.

*Nutritional Analysis Per Serving: Calories: 397, Fat: 33 g, Saturated Fat: 4 g, Cholesterol: 0 mg, Fiber: 7 g, Protein: 13 g, Carbohydrates: 20 g, Sodium: 707 mg*



## SAUTÉED SPINACH WITH CHESTNUTS

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**Serves:** 4

**Prep time:** 10 minutes

**Cook time:** 25 minutes

This is one of my Master Five go-to recipes. Cooked greens make a simple, nutritious, and really tasty side dish. Spinach is particularly rich in vitamin K, folate, and iron and is a superfood I suggest eating regularly. The roasted chestnuts add a slightly sweet flavor that pairs perfectly with the warm spice of freshly grated nutmeg—one of my favorite spices for supporting cognitive health.

- 3 pounds spinach
  - ¼ cup avocado oil
  - 1 large yellow onion, finely chopped
  - 2 (5.2-ounce) bags roasted and shelled chestnuts
  - ½ teaspoon freshly grated nutmeg
  - ½ teaspoon white pepper
  - ¾ teaspoon Maldon or sea salt
1. Wash the spinach and dry well. Chop off the stems and discard.
  2. In a large pot over medium heat, add the avocado oil and onion. Sauté for 10 minutes until the onion begins to caramelize.
  3. Add the spinach and sauté for 15 minutes, stirring occasionally until wilted. Meanwhile, thinly chop the chestnuts and set aside.
  4. Once the spinach is wilted, season with nutmeg, pepper, and salt, and toss with the chestnuts. Serve immediately.

*Nutritional Analysis Per Serving: Calories: 312, Fat: 15.4 g, Saturated Fat: 1.8 g, Cholesterol: 0 mg, Fiber: 10.6 g, Protein: 10.7 g, Carbohydrates: 39.3 g, Sodium: 638 mg*

## HEMP-CREAM HAZELNUT SWEET POTATOES

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**Serves:** 6

**Prep time:** 20 minutes

**Cook time:** 40 minutes

Sweet potatoes are one of my favorite root vegetables. They're a rich source of the vitamin A precursor beta-carotene, which is essential for immune health and good eyesight, and also acts as an antioxidant. Combined with a zesty hazelnut crumb topping and fresh hemp seed cream, this is sure to be a dish the entire family will love.

### Sweet Potatoes

- 3 long, thin sweet potatoes, unpeeled
- 1 tablespoon ghee
- 1 tablespoon smoked paprika
- 1¼ teaspoons sea salt
- 1 tablespoon black pepper

### Hazelnut Crumble

- 1 tablespoon cumin seeds
- 1 tablespoon fennel seeds
- 1½ tablespoons ghee
- ½ cup blanched hazelnuts, finely chopped
- ¼ cup raw white sesame seeds
- ¼ teaspoon sea salt
- Zest of 1 lemon

## Hemp Seed Cream

- 1 cup hulled hemp seeds
- 1½ cups filtered water
- 2 large garlic cloves
- Juice of 2 limes
- 2 tablespoons fresh tarragon
- 1 tablespoon extra virgin olive oil
- ½ teaspoon sea salt

1. Preheat the oven to 425°F.
2. Cut the sweet potatoes in half lengthwise. In a large mixing bowl, combine the ghee, paprika, salt, and pepper and toss with the sweet potato halves.
3. Cover a large baking sheet with parchment paper and place the sweet potatoes facedown. Bake for 30 minutes, then flip and bake for another 15 minutes.
4. To make the crumble, with a mortar and pestle grind the cumin and fennel seeds. Heat a skillet with the ghee over medium heat, adding the hazelnuts once the ghee has melted. Stir using a wooden spoon for 1 minute, then add the sesame seeds and stir for 1 minute. Add the ground cumin and fennel seeds to the skillet and stir for 2 more minutes. Then add the salt and lemon zest, stir, and remove from heat.
5. To make the hemp seed cream: Place the hemp seeds, water, garlic cloves, lime juice, tarragon, olive oil, and sea salt in a blender and blend for 2 minutes.
6. To serve, spread the hemp cream on a large plate. Place the sweet potatoes on top, then sprinkle with the hazelnut crumble.

*Nutritional Analysis Per Serving: Calories: 370, Fat: 29 g, Saturated Fat: 6 g, Cholesterol: 14 mg, Fiber: 5 g, Protein: 12 g, Carbohydrates: 19 g, Sodium: 823 mg*

## BALSAMIC TARRAGON ROASTED ENDIVES

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**Serves:** 4

**Prep time:** 5 minutes

**Cook time:** 5 minutes

Raw endives can be bitter, but cooking gives them a nutty, sweet flavor instead. Robust balsamic vinegar and fresh tarragon are the perfect addition to this simple yet tasty dish. Be sure to add endives to your rotation of leafy greens for some variety; they're a great source of vitamin K for bone and blood health.

4 endives

1 tablespoon ghee

2 tablespoons balsamic vinegar

¼ teaspoon sea salt

¼ teaspoon black pepper

1 tablespoon fresh tarragon

1. Cut the endives in half, lengthwise.
2. Melt the ghee in a large heavy skillet over medium-high heat. Add the endives and sear for a couple of minutes per side, turning once, until golden brown but still firm in the middle.
3. Turn the heat to low, add the balsamic vinegar, salt, and black pepper, and continue to cook for 1 minute, continuously shaking the skillet to coat the endives.
4. Remove from the heat, sprinkle with fresh tarragon, and serve.

*Nutritional Analysis Per Serving: Calories: 103, Fat: 4 g, Saturated Fat: 2 g, Cholesterol: 8 mg, Fiber: 12 g, Protein: 5 g, Carbohydrates: 14 g, Sodium: 234 mg*

## HOMEMADE RED LENTIL CLOUD PASTA

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**Serves:** 6

**Prep time:** 30 minutes, plus 45 minutes chill time and 10 minutes rest time

**Cook time:** 30 minutes

Pasta gets a major upgrade with this delicious dish. Red lentils are packed with protein, fiber, polyphenols, and even some iron, so they're a much healthier option than traditional pasta made from white refined flour. Lemon zest, fresh sage, and arugula give these fluffy "clouds" a bright and fresh finish; they pair perfectly as a side with roasted chicken or fish.

- 1½ cups dried red lentils
- ¾ teaspoon paprika
- ½ teaspoon sea salt
- ½ cup filtered water
- 3 teaspoons extra virgin olive oil
- 2 tablespoons ghee (or coconut oil)
- 1 tablespoon lemon zest
- 3 garlic cloves, thinly sliced
- 1½ tablespoons fresh sage, thinly sliced
- ½ teaspoon chili flakes (optional)
- ½ teaspoon black pepper
- ½ teaspoon Maldon or sea salt
- 2 cups packed arugula
- ¼ cup nutritional yeast (optional)

1. Start by making lentil flour: Place the lentils in a high-speed blender and blend for 1 to 2 minutes, until a

powder forms. Using a sieve, sift the flour into a large bowl and discard the bigger chunks.

2. Place 1 cup of the lentil flour (reserve the rest for later) in a mixing bowl with the paprika and sea salt and mix together. Using your hands, create a 4-inch hole in the center. Add the water and oil into the hole, then gradually push the flour and mix into the liquid using a fork. Keep adding the flour until incorporated. The dough will be wet and sticky but should hold together as a single mass. Sprinkle in some of the leftover flour if the dough is too sticky and you are unable to form a ball. Transfer the dough to chill in the refrigerator for 45 minutes.
3. Once the dough is chilled, divide into 4 equal pieces. Dust each piece with some of the remaining lentil flour and use your hands to knead the dough, using just enough flour until the dough is no longer sticky. Roll each piece into a long skinny “snake” on your workspace, approximately  $\frac{1}{2}$  inch in diameter (note that the dough will triple in size when cooking). Using a sharp knife, cut the “snake” into  $\frac{1}{2}$ -inch clouds. Set aside on parchment paper and repeat with the remaining dough. Let the clouds rest, unchilled, for 10 minutes, while heating up a large pot filled with water.
4. Once the water is boiling, gently add the clouds in batches so they have room, boiling 4 minutes per batch. Scoop the clouds from the water, transfer to a sieve, and rinse with cold water. Set aside to dry. Repeat with the remaining dough.
5. When all the batches are cooked and dry, heat a large sauté pan on medium-high heat. Add the ghee. Once

melted, add the lemon zest, garlic, sage, and chili flakes (if using). Cook for 2 minutes, stirring continuously. Add the clouds and let them crisp up a bit on all sides, stirring very gently to avoid breaking them; this should take about 3 minutes. Add salt, arugula, and nutritional yeast (if using) and serve.

*Nutritional Analysis Per Serving: Calories: 235, Fat: 7 g, Saturated Fat: 3 g, Cholesterol: 11 mg, Fiber: 3 g, Protein: 12 g, Carbohydrates: 32 g, Sodium: 411 mg*

## SIMPLE ARRABBIATA SAUCE

---

**Makes:** 4 cups

**Prep time:** 10 minutes

**Cook time:** 45 minutes

This delicious red sauce is a must-have kitchen staple. Don't let the anchovies turn you off; they add a deeper savory, salty flavor without a fishy undertone. Cooking tomatoes actually increases the availability of powerful phytochemicals like lycopene and zeaxanthin. I love using this sauce over grain-free pasta, roasted veggies, or a crispy cauliflower pizza crust.

2 tablespoons avocado oil

1 (6-inch) mild green chili, cut into 1-inch cubes, or ½ teaspoon red chili flakes (optional)

4 garlic cloves, thinly sliced

7 anchovy fillets

2 (28-ounce) cans whole, peeled San Marzano tomatoes

10 Kalamata olives, pitted, quartered lengthwise

¾ teaspoon black pepper

½ cup packed fresh basil, whole leaves

Zest of 1 lemon

1. In a large saucepan over medium-low heat, add the avocado oil, green chili or chili flakes, and sliced garlic. Stir occasionally until fragrant and the peppers and garlic are lightly browned, about 7 minutes.
2. Increase the heat to medium and add the anchovy fillets, stirring and dissolving them in the hot oil for 1 minute.
3. Using your hands, squeeze the tomatoes into the pot, breaking them into large pieces. Alternately, you can roughly chop them and add them to the pot. Add the liquid from the canned tomatoes as well. Add the olives and black pepper and bring to a boil, about 2 minutes. Cover, reduce heat to medium-low, and simmer for 15 minutes to break down the tomatoes.
4. Remove the cover and, using a wooden spoon or spatula, chop up the tomatoes, stir, and let the mixture simmer for 20 minutes, stirring occasionally. Remove from the heat and stir in the basil leaves, then top with lemon zest and serve hot.

*Nutritional Analysis Per ½ Cup Serving: Calories: 100, Fat: 5 g, Saturated Fat: 1 g, Cholesterol: 3 mg, Fiber: 4 g, Protein: 3 g, Carbohydrates: 10 g, Sodium: 270 mg*



# Snacks

## CRUNCHY WASABI-ROASTED CHICKPEAS

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**Serves:** 6

**Prep time:** 30 minutes

**Cook time:** 40 minutes

These spicy baked chickpeas, also known as garbanzo beans, make a healthy and satisfying snack or salad topping. They're rich in protein and fiber to fill you up and couldn't be easier to make.

- 2 (15-ounce) cans low-sodium chickpeas
- 2 tablespoons avocado oil
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- 2 tablespoons wasabi powder
- ½ teaspoon garlic powder
- 1 teaspoon pure maple syrup (optional)

1. Drain the chickpeas in a strainer and rinse with cold water. Shake and tap the strainer, making sure to get rid of excess water. Evenly spread the chickpeas on a clean kitchen towel or paper towel and rub them dry. Let sit for at least 15 minutes, the longer the better (you can even dry them overnight).
2. Preheat the oven to 400°F. Place the chickpeas in a small mixing bowl with 1 tablespoon of avocado oil,

salt, and pepper, and evenly spread them onto a cookie sheet.

3. Transfer the cookie sheet to the oven and bake for 25 minutes. Into the same mixing bowl, add the remaining 1 tablespoon of avocado oil along with the wasabi powder and garlic powder, mix well, and set aside.
4. Remove the chickpeas from the oven and pour the wasabi mixture over the top. Stir to coat the chickpeas evenly and put them back in the oven to bake for 15 more minutes.
5. Remove the chickpeas from the oven and drizzle maple syrup over the top, if using. Turn the oven off, but place the chickpeas back in the oven with the door cracked open for at least 10 minutes, allowing them to crisp.
6. Remove the chickpeas from the oven, allow to cool, and enjoy. I like them best fresh, but you can store them at room temperature in a sealed container for up to 5 days.

*Nutritional Analysis Per Serving: Calories: 248, Fat: 9 g, Saturated Fat: 1 g, Cholesterol: 0 mg, Fiber: 10 g, Protein: 10 g, Carbohydrates: 33 g, Sodium: 205 mg*

## SUPERFOOD BUCKWHEAT BARS

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**Makes:** 12 bars

**Prep time:** 10 minutes plus 2 hours to chill

**Cook time:** 5 minutes

This is one of my Master Five go-to recipes. Most energy bars at the store are loaded with artificial ingredients and refined sugar. These nourishing bars are a different story. They're

packed with vitamins, minerals, longevity-boosting phytochemicals from wholesome buckwheat, and plenty of satiating plant-based fats and proteins from a variety of nuts, seeds, and rich cacao butter.

- ½ cup green buckwheat groats
- ⅓ cup raw Brazil nuts
- ½ cup unsweetened shredded coconut
- ⅓ cup raw sunflower seeds
- ⅛ teaspoon sea salt
- 1½ teaspoons pure vanilla extract
- ¼ cup raw pumpkin seeds
- ¼ cup whole flaxseed
- ¼ cup sesame seeds
- ¼ cup plus 1 tablespoon cacao butter
- ¾ cup almond butter, or any other nut butter
- 2 tablespoons monk fruit syrup (or pure maple syrup or raw honey)
- ¼ cup dairy-free dark chocolate chips, preferably sweetened with monk fruit or stevia (optional)

1. In a small skillet, lightly toast the buckwheat groats over high heat, constantly shaking the pan to avoid burning. Keep shaking for 3 minutes, then remove from the heat and transfer the groats to a bowl for cooling.
2. Place the Brazil nuts, coconut, sunflower seeds, salt, and vanilla extract in a food processor. Blend for 10 seconds. Add the pumpkin seeds, whole flaxseed, and sesame seeds and process again for 10 seconds.
3. Melt all the cacao butter on low heat, using the same pan used for the buckwheat, for about 2 minutes. Add to the food processor along with the almond butter, sweetener of choice, and cooled buckwheat.

4. Process for 20 seconds. Scrape the sides using a spatula and process again for 20 seconds. The mixture should still have small chunks but also resemble a nut butter consistency. If you choose to use chocolate chips, fold them into the mix.
5. Press the mixture firmly into bar molds or an 8 x 8-inch parchment paper-lined pan. Cover and refrigerate for 2 hours.
6. If using a pan instead of molds, after chilling for 2 hours, remove the mixture from the pan and place onto a cutting board. Let sit for a couple of minutes to warm up, then cut into 12 bars.
7. Store the bars in an airtight container in the fridge for 2 weeks or in the freezer for up to 3 months.

*Nutritional Analysis Per Bar: Calories: 293, Fat: 25 g, Saturated Fat: 7 g, Cholesterol: 0 mg, Fiber: 5 g, Protein: 8 g, Carbohydrates: 13 g, Sodium: 71 mg, Sugar: 1 g*

## SPICED ALMOND ENERGY BITES

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**Serves:** 20

**Prep time:** 10 minutes

**Cook time:** 2 minutes

These tasty bites are the perfect pick-me-up. Even better, they use the leftover almond pulp from my Pumpkin Spice Creamer on page 187, so you don't waste a thing. The addition of spices like cinnamon and nutmeg give these the warm, satisfying taste of pumpkin pie, but with the added benefits of omega-3s from chia seeds and energy-boosting fats from shredded coconut.

6 Medjool dates, pitted  
⅓ cup unsweetened shredded coconut  
⅓ cup chia seeds  
1 tablespoon maca powder (optional)  
2 tablespoons dairy-free Pumpkin Spice Creamer (see page 187)  
2 tablespoons almond butter  
½ teaspoon pumpkin spice  
1½ cups leftover almond pulp from Pumpkin Spice Creamer (see page 187)

1. Soak the dates in hot water for 10 minutes. In a medium pan over medium heat, toast the shredded coconut for 2 minutes until crispy and fragrant.
2. Discard the water and place the dates in a food processor along with the toasted coconut. Process until combined, then add the chia seeds, maca (if using), creamer, almond butter, and pumpkin spice. Process for 30 seconds, then add the almond pulp and process until combined.
3. Line a baking sheet with parchment paper. Using your hands, roll the mixture into 20 small balls and place, spaced apart, on the sheet.
4. Chill the bites in the freezer for 30 minutes, then enjoy. The energy bites can be stored in an airtight container in the fridge for up to 1 week or in the freezer for up to 2 months.

*Nutritional Analysis Per Energy Bite: Calories: 80, Fat: 5 g, Saturated Fat: 1 g, Cholesterol: 0 mg, Fiber: 2 g, Protein: 2 g, Carbohydrates: 8 g, Sodium: 1 mg*

# Desserts

## SNEAKY BLACK BEAN BROWNIES

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**Makes:** 14 brownies

**Prep time:** 10 minutes plus 20 minutes to cool

**Cook time:** 25 minutes

Brownies are the perfect treat for a special occasion. These are much healthier than traditional brownies thanks to fiber-rich black beans, creamy avocado, and robust maple syrup. I promise you won't even notice the beans! And they are sure to satisfy any chocolate craving. If you prefer thicker brownies, double the ingredients, but keep in mind that changes the nutritional content.

- 1 (15-ounce) can low-sodium black beans
- ¼ avocado
- 1 tablespoon coconut oil, melted
- 2 tablespoons nut butter (preferably cashew butter)
- 2 teaspoons pure vanilla extract
- ⅓ cup ground flaxseed
- 1 large pasture-raised egg
- ⅓ cup pure maple syrup
- 1 tablespoon granulated monk fruit sweetener, for baking (optional)
- ¼ teaspoon sea salt
- ½ teaspoon baking powder
- ⅓ cup unsweetened organic cacao powder
- ½ cup dairy-free dark chocolate chips (preferably sweetened with monk fruit or stevia)

1. Drain the beans and rinse them well, letting them dry in a sieve. Preheat the oven to 350°F. Line an 8 x 8-inch baking dish with parchment paper.
2. Place the avocado, coconut oil, nut butter, vanilla extract, and beans in a food processor. Blend for 30 seconds until combined. Scrape the sides if needed.
3. Add the ground flaxseed, egg, maple syrup, monk fruit (if using), salt, and baking powder and process for 20 seconds.
4. Sift the cacao powder into the food processor bowl and process for 10 seconds. Scrape the sides and process for another 5 seconds. The batter should be thick and sticky.
5. Spread half of the mixture in the baking dish, sprinkle on the chocolate chips, and spread the rest of the batter on top. Smooth evenly with a spatula or the back of a spoon.
6. Place the baking dish on the top rack of the oven and bake for 25 minutes, or until the center of the brownie in the pan no longer jiggles. If testing with a toothpick, the toothpick should come out a bit sticky for fudgy brownies. Remove from the oven and let cool completely before slicing into 14 pieces. Store leftovers in an airtight container in the fridge for up to 5 days.

*Nutritional Analysis Per Brownie (without monk fruit): Calories: 122, Fat: 4 g, Saturated Fat: 2 g, Cholesterol: 13 mg, Fiber: 5 g, Protein: 5 g, Carbohydrates: 17 g, Sodium: 64 mg, Sugar: 5 g*

# RAW SNICKERDOODLE DOUGHNUTS

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**Makes:** 20 doughnuts

**Prep time:** 20 minutes

**Cook time:** 5 minutes

I think the name of these tasty treats says it all. These cinnamon-spiced bites with a hint of vanilla and creamy coconut butter couldn't be more satisfying. They're a much healthier alternative to other sweets since they're sweetened with monk fruit, which won't cause blood sugar to spike. The healthy fats from coconut make these a satiating treat.

## Doughnuts

- 1¼ cups almond flour
- 1 cup unsweetened shredded coconut
- 1 teaspoon pure vanilla extract
- ½ cup unsweetened almond milk
- ⅛ teaspoon sea salt
- ¾ teaspoon ground cinnamon
- ¼ cup granulated monk fruit
- ¼ cup coconut butter
- ¼ cup coconut oil

## Topping

- 1 teaspoon cinnamon
- 2 tablespoons granulated monk fruit

1. Place the almond flour, shredded coconut, vanilla, almond milk, salt, cinnamon, and monk fruit in a blender.
2. In a small pan on low heat, melt the coconut butter and coconut oil.



3. Add to the blender and blend for 30 seconds until the mixture is combined into a sticky dough. Transfer the blender to the fridge and chill for 10 minutes.
4. In a small bowl, make the topping by combining the cinnamon and monk fruit. Line a sheet pan with parchment paper. Using damp hands, shape the dough into Ping-Pong-ball-sized pieces and place them on the pan. Flatten each ball slightly and sprinkle each with the cinnamon mixture.
5. Poke each doughnut with your finger to create a hole in the middle.
6. Place the doughnuts in the freezer for 10 minutes to firm up. Enjoy frozen, or refrigerated for a softer treat. Store in the freezer for up to 1 month and enjoy as a quick snack.

*Nutritional Analysis (per doughnut):* Calories: 114, Fat: 11 g, Saturated Fat: 6 g, Cholesterol: 0 mg, Fiber: 2 g, Protein: 2g, Carbohydrates: 3 g, Sodium: 21 mg, Sugars: 1 g

## EASY HONEY LAVENDER ICE CREAM

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**Serves:** 6

**Prep time:** 30 minutes plus 2 hours to chill

**Cook time:** 8 minutes

**Freeze time:** 1 hour (optional, for firmer ice cream)

Lavender adds a light floral flavor and an interesting spin to this creamy dairy-free dessert. As a therapeutic herb, lavender is known for its powerful calming benefits—it reduces anxiety and promotes deeper rest and relaxation. With only 6 ingredients, this easy ice cream is just the right amount of

sweet. Its unique flavor combination makes it a fun dish to serve on special occasions.

½ vanilla bean

2 (13.5-ounce) cans unsweetened full-fat coconut milk

3 tablespoons raw honey

1 tablespoon grass-fed gelatin

1½ teaspoons dried culinary lavender flowers

2 tablespoons black sesame seeds (optional)

1. Cut the vanilla bean in half lengthwise. Scrape out the seeds and combine them well with the pod, coconut milk, and honey in a medium saucepan. Add the gelatin on top and let everything sit for 5 minutes, undisturbed. Do not heat yet.
2. Mix in the gelatin and turn on the heat to low. Add the lavender flowers and whisk occasionally, cooking for a total of 8 minutes. Turn off the heat, cover, and allow the mixture to reach room temperature.
3. Once cooled, pour the mixture into a bowl through a fine sieve and refrigerate for a minimum of 2 hours or overnight.
4. Pour the refrigerated mixture into an ice cream maker and follow the manufacturer's directions for churning; this could take between 10 and 25 minutes depending on your machine. Halfway through, add the black sesame seeds, if using.
5. While the ice cream is churning, line a loaf pan with parchment paper. When the ice cream reaches the consistency of soft-serve, it can be served. For firmer ice cream, scoop it into the prepared pan, cover with plastic wrap, then freeze for 1 hour until solid.

6. If serving from the pan, let the ice cream sit out for 10 minutes at room temperature before scooping.

*Nutritional Analysis Per Serving (without sesame seeds): Calories: 164, Fat: 13 g, Saturated Fat: 13 g, Cholesterol: 0 mg, Fiber: 0 g, Protein: 3 g, Carbohydrates: 11 g, Sodium: 20 mg, Sugar: 9 g*

## Resources

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### **DR. MARK HYMAN'S WEBSITES**

[www.drhyman.com](http://www.drhyman.com)

For more information about the 10-Day Reset, visit  
[getfarmacy.com](http://getfarmacy.com)

### **THE ULTRAWELLNESS CENTER**

55 Pittsfield Road, Suite 9

Lenox Commons

Lenox, MA 01240

If you'd like to book a virtual or in-person appointment with my clinic, visit [www.ultrawellnesscenter.com](http://www.ultrawellnesscenter.com) or call (413) 637-9991.

### **BOOKS BY DR. MARK HYMAN**

*Food Fix*

*Food: What the Heck Should I Eat?*

*Food: What the Heck Should I Cook?*

*Eat Fat, Get Thin*

*Eat Fat, Get Thin Cookbook*

*The Blood Sugar Solution 10-Day Detox Diet*

*The Blood Sugar Solution 10-Day Detox Diet Cookbook*

*The Blood Sugar Solution*

*The Blood Sugar Solution Cookbook*

*The Daniel Plan*

*The Daniel Plan Cookbook*

*UltraPrevention*

*UltraMetabolism*

*The UltraMetabolism Cookbook*

*The UltraSimple Diet*

*The UltraMind Solution*

## **RECOMMENDED TESTS**

NMR Lipid Test

[www.labcorp.com](http://www.labcorp.com)

Genova Labs IgG Antibodies

[www.gdx.net](http://www.gdx.net)

Nordic Labs, DNA Diet

[www.nordiclabs.com](http://www.nordiclabs.com)

Genetic Genie

[www.geneticgenie.org](http://www.geneticgenie.org)

## **RESOURCES FOR ENDING FOOD WASTE**

FreshPaper

[shop.freshglow.co](http://shop.freshglow.co)

Imperfect Produce

[www.imperfectfoods.com](http://www.imperfectfoods.com)

Misfits

[www.misfitsmarket.com](http://www.misfitsmarket.com)

## **SUPPLEMENT RECOMMENDATIONS**

Electrolytes

BodyBio E-Lyte

[www.bodybio.com](http://www.bodybio.com)

Pegan Shake Protein Powder

[www.getfarmacy.com](http://www.getfarmacy.com)

Visit [www.pegandiet.com/resources](http://www.pegandiet.com/resources) for my full list of supplement and protein powder recommendations.

## **ADDITIONAL RESOURCES**

Environmental Working Group

[www.ewg.org](http://www.ewg.org)

Food Fix Campaign

[www.foodfix.org](http://www.foodfix.org)

Clean Fish (sustainable fish)

[www.cleanfish.com](http://www.cleanfish.com)

A2 Milk (best milk sources)

[www.a2milk.com](http://www.a2milk.com)

Community Supported Agriculture

[www.localharvest.org](http://www.localharvest.org)

Butcher Box

[www.butcherbox.com](http://www.butcherbox.com)

Vital Choice

[www.vitalchoice.com](http://www.vitalchoice.com)

Thrive Market

[www.thrivemarket.com](http://www.thrivemarket.com)

Grass Roots Meat and Poultry

[www.grassrootscoop.com](http://www.grassrootscoop.com)

## **KITCHEN APPLIANCES**

For a full list, visit [www.pegandiet.com/resources](http://www.pegandiet.com/resources)

Vitamix Blender

[www.vitamix.com](http://www.vitamix.com)

Always Pan

[www.fromourplace.com](http://www.fromourplace.com)

Lodge Cast-Iron Pan

[www.lodgecastiron.com](http://www.lodgecastiron.com)

Stainless Steel Pans

[www.360cookware.com](http://www.360cookware.com)

Wooden Spoons and Cutting Boards

[www.greenerchef.com](http://www.greenerchef.com)

Thermopro Meat Thermometer

[www.buythermopro.com](http://www.buythermopro.com)