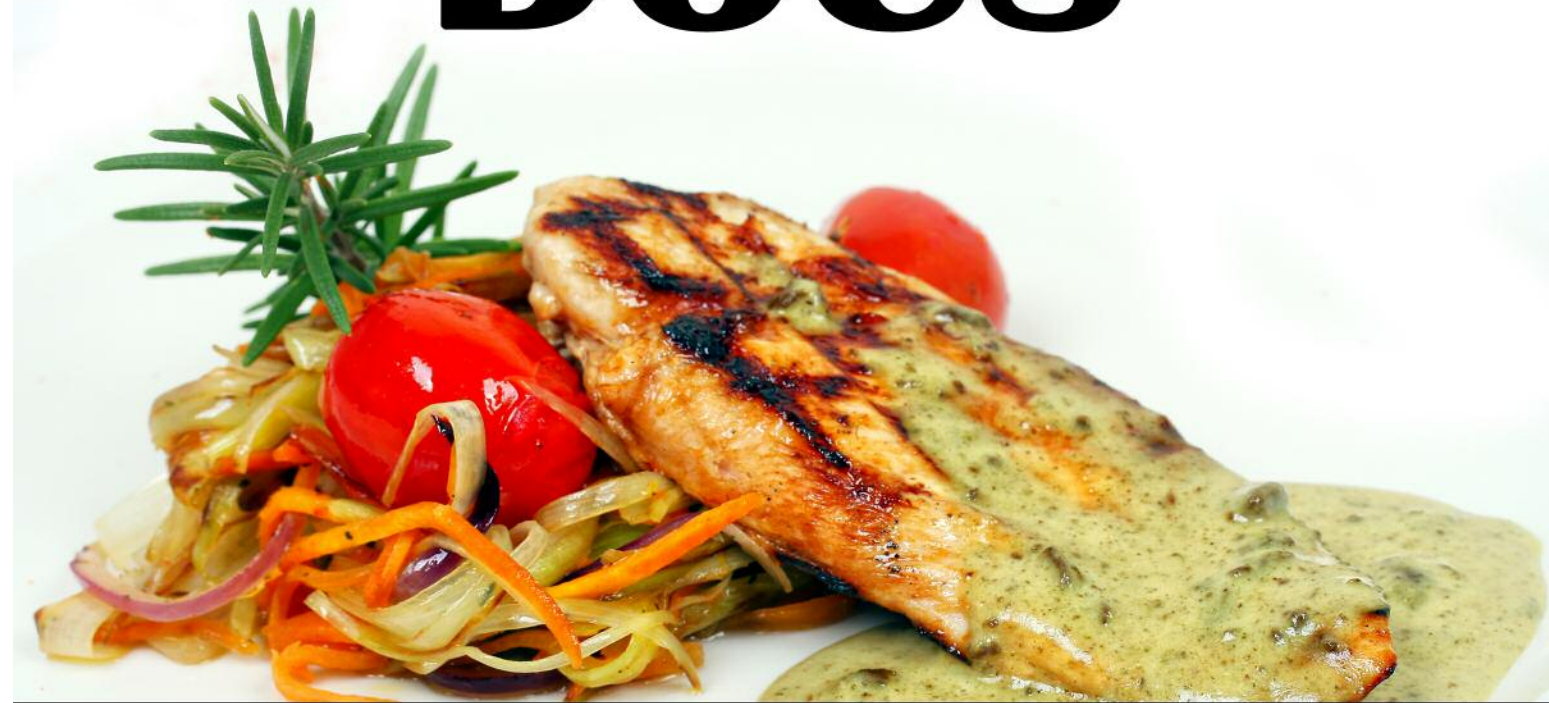


100 RECIPES FROM CELEBRITY DOCS



**WHAT THE HEALTH
GURUS *REALLY* EAT!**



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INTRODUCTION

.....

I love cookbooks. Inside of them is a world of possibility. There are candles to light and tables to set, dinner parties to plan and new meals to discover. When I started putting together THIS cookbook, I decided to solve a mystery. I decided to answer the question: “What are the celebrity docs & experts REALLY eating?” This cookbook is a peek inside the cupboards and fridge of some of the most well known names in wellness and nutrition. Everyone from PBS phenomenon Steven Masley, MD (Author of *The 30-Day Heart Tuneup*), to multi-platform best selling author and celebrity, JJ Virgin, from the *Bulletproof Exec* (Dave Asprey) to the *Hungry Hottie* (Cynthia Pasquella), this 150-page-cookbook is LOADED with possibilities. This is your invitation to your DELICIOUS future. One where you ramp up your health, your taste buds, your meals and your metabolism!

Bon appetite!

Jonny Bowden

MEET THE GURUS

Here are the celebrity docs who contributed to this book....



Tana Amen is the author of 6 highly successful books, including the New York Times bestseller, *The Omni Diet: The Revolutionary 70% Plant 30% Protein Program to Lose Weight, Reverse Disease, Fight Inflammation and Change Your Life Forever*. In addition, she has written *Healing ADD through Food*, *Change Your Brain*, *Change Your Body Cookbook*, *Get Healthy with the Brain Doctor's Wife*, *Eat Healthy with the Brain Doctor's Wife* and *Live Longer with the Brain Doctor's Wife*.

Dave Asprey, founder of The Bulletproof Executive, is a Silicon Valley investor and technology entrepreneur who spent 15 years and over \$300,000 to hack his own biology. Dave lost 100 pounds without counting calories or excessive exercise, used techniques to upgrade his brain by more than 20 IQ points, and lowered his biological age while learning to sleep more efficiently in less time. Learning to do these seemingly impossible things transformed him into a better entrepreneur, a better husband, and a better father. www.bulletproofdietbook.com



Jeannette Bessinger, real food writer and chef, is the Clean Food Coach™ - designer of "Clean Food Central" - everything you need to know to prepare beautiful seasonal whole foods with more yum in less time. www.thecleanfoodcoach.com

Jonny Bowden, PhD, CNS, (aka "The Nutrition Myth Buster") is a nationally known expert on weight loss, nutrition and health. He is a board-certified nutritionist with a master's degree in psychology and the author of fourteen books on health, healing, food and longevity including three best-sellers, *The 150 Healthiest Foods on Earth*, *Living Low Carb*, and *The Great Cholesterol Myth*. www.jonnybowden.com



Dr Jayson Calton and Mira Calton, CN founders of Calton Nutrition and authors of the best-selling books *Naked Calories* and *Rich Food Poor Food* as well as the soon to be released *Micronutrient Miracle 28 day plan*. As columnist for First For Women magazine and experts on Fox and Friends and CNN, they bring amazing energy, personal experience, passion and knowledge to an important subject that people are just beginning to buzz about – the overwhelming health benefits of a micronutrient sufficient lifestyle.



Dietitian Cassie is the founder of Healthy Simple Life—a company that helps people find freedom from diets and chronic health conditions through the power of real food! Cassie is the cohost of iTunes health podcast Low-Carb Conversations with Jimmy Moore, Dietitian Cassie & Friends and featured dietitian for the TV program, Twin Cities Live.

Alan Christianson is a Phoenix, Arizona-based Naturopathic Medical Doctor (NMD) who specializes in natural endocrinology with a focus on thyroid and adrenal disorders. He is the author of *Adrenal Reset Diet*, the bestselling *Complete Idiot's Guide to Thyroid Disease*, and *Healing Hashimoto's – a Savvy Patient's Guide*.



Sara Gottfried, M.D. is the New York Times bestselling author of *The Hormone Cure*. After graduating from the physician-scientist training program at Harvard Medical School and MIT, Dr. Gottfried completed her residency at the University of California at San Francisco. She is a board-certified gynecologist who teaches natural hormone balancing in her novel online programs so that women can lose weight, detoxify, and feel great. Dr. Gottfried lives in Berkeley, CA with her husband and two daughters. Visit her online at www.HormoneReset.com.

Dr Joel Kahn is a Clinical Professor of Cardiology in Detroit and author of *The Whole Heart Solution* (www.drjoelkahn.com) who works alongside his wife Karen. Karen Kahn RN is a graduate of the University of Michigan. A plant based enthusiast that trained in nutrition through the Institute of Integrative Nutrition and Health Coaching through the American Academy of Anti-Aging.



Dr. Kellyann Petrucci is a nutrition and lifestyle expert and author of five healthy-lifestyle books from John Wiley & Sons. A certified nutrition consultant and board-certified naturopathic physician who focuses on helping people launch their own transformations, she has 20-plus years of clinical experience. She is one of the few practitioners in the United States certified in biological medicine by the esteemed Paracelsus Klinik Lustmuhle in Switzerland. She appears regularly on national and local television, and conducts workshops and seminars to help people feel and look their best. www.drkellyann.com



Jen Landa, MD Ob/Gyn, hormone specialist and creator of the "Endless Energy", a program to help women who are living at only 50% get their life back and live with passion, joy and endless energy!

Steven Masley, M.D. is a physician, nutritionist, author, speaker, award-winning patient educator, & a fellow with the American Heart Association. His passion is empowering people to achieve optimal health through comprehensive medical assessments & lifestyle changes. Dr. Masley is a Clinical Assistant Professor at the University of South Florida, & he teaches programs at Eckerd College. Dr. Masley has published several health books, including *The 30-Day Heart Tune-Up*, *Ten Years Younger*, and numerous scientific articles. www.HeartTuneUp.com.



Dr. Tom O'Bryan is an internationally recognized speaker and workshop leader specializing in the complications of Non-Celiac Gluten Sensitivity and Celiac Disease as they occur inside and outside of the intestines. He is the founder of www.theDr.com. He recently hosted the paradigm-shifting 'The Gluten Summit - A Grain of Truth', bringing together 29 of the world's experts on Celiac Disease and Non-Celiac Gluten Sensitivity at www.theglutensummit.com.

Cynthia Pasquella is known as The Transformational Nutritionist®, and as the most sought after transformational nutritionist in the health community. Cynthia is a clinical nutritionist, spiritual leader, media personality and best-selling author. She is also the founder and director of the Institute of Transformational Nutrition – the only nutrition certification program where students receive an in-depth understanding of holistic health through science, psychology and spirituality to help people create permanent change in their health and life.



Marcelle Pick co-founded Women to Women in 1983 with a vision to change the way in which women's healthcare is delivered. She is certified as an OB/GYN Nurse Practitioner and a Pediatric Nurse Practitioner, is a member of the American Nurses Association, American Nurse Practitioner Association and American Holistic Nurses Association.



Dr. John Principe, Faced with professional discontent and personal medical problems, at age 50 was on a course for ill health and disability. With revolutionary thoughts and a passion for good motives, Dr. Principe healed himself, created a holistic lifestyle-based practice and a recipe for a healthy America and planet. www.wellbeingmd.com

Aviva Ronn MD is a Yale-trained, Board Certified Family Physician, midwife, and herbalist helping extraordinary women live their best lives through optimal health. An award-winning author and the leading international authority on botanical, integrative and functional medicine for women and children, she combines her unique backgrounds to guide women in transforming their health - and their lives.



Alissa Segersten is a recipe developer, whole cooking instructor, and mother of five children. She is the author of *The Whole Life Nutrition Cookbook* and *Nourishing Meals*, as well as the co-author of *The Elimination Diet*. Learn more at www.WholeLifeNutrition.net and www.NourishingMeals.com.

JJ Virgin, CNS, CHFS - Celebrity Nutrition & Fitness Expert JJ Virgin helps clients lose weight fast by breaking free from food intolerances and crush their sugar cravings. She is author of 3 New York Times Bestsellers; *The Sugar Impact Diet*, *The Virgin Diet*, and *The Virgin Diet Cookbook*. JJ is also a frequent blogger at Huffington Post, Mind Body Green, as well as a popular guest on TV, radio, and in magazines. Learn more at www.jjvirgin.com





BREAKFAST



,mbkju

GOOD MORNING SUNSHINE CEREAL



YIELD: 4 SERVINGS

INGREDIENTS

- ¼ cup raw sunflower seeds
- ¼ cup raw pumpkin seeds
- 1 tablespoon shredded coconut
- ¼ cup apple, chopped
- 2 Medjool dates, pitted and finely chopped
- ¼ teaspoon of cinnamon
- 1 cup coconut milk

DIRECTIONS

Mix all ingredients together in a bowl and munch down!



Recipe contributed by Cynthia Pasquella.

STEEL CUT IRISH OATMEAL

These take a bit longer to cook than regular oatmeal, however you can save some time by soaking them overnight.



YIELD: 4 SERVINGS

DIRECTIONS

Bring the water to a boil. Add the oats and mix well. When the mixture starts to thicken slightly, reduce heat and simmer uncovered for 30-40 minutes, stirring occasionally.
Variation: To soak the oats overnight, bring the water to a boil, add the oats, stir and turn off the heat. Cover and let rest overnight.
In the morning, bring the heat up on the pot and cook over low heat, uncovered for about 10-12 minutes.

INGREDIENTS

- 4 cups water
- 1 cup steel cut oats

Recipe contributed by Dr. Joel Kahn.

SPEEDY SALMON CAKES ATOP CHEESY CAULIFLOWER HASH BROWNS

YIELD: 4 SERVINGS

INGREDIENTS

Speedy Salmon Cakes:
2 cans wild caught salmon (We love the wild red sockeye salmon from Vital Choice)
2 pasture raised organic eggs
1 scoop INPOWER protein
½ diced organic onion
2 teaspoons seafood seasoning (we like Simply Organic Seafood Grilling Mix)
2 teaspoons Organic Cajun spice
Unrefined sea salt and organic pepper to taste
Butter for the skillet

INGREDIENTS

Cauliflower Cheesy Hash Browns:
1 head cauliflower
1 organic, pasture raised egg
1 scoop INPOWER protein (or similar unflavored grass fed whey)
½ cup shredded organic cheddar = 2 oz of cheddar block hand shredded
¼ cup organic Parmesan
½ teaspoon unrefined sea salt
1 teaspoon organic pepper
1 teaspoon organic onion powder
1 teaspoon organic garlic powder
1 teaspoon organic Cajun spice

Recipe contributed by Dr Jayson Calton and Mira Calton.

DIRECTIONS

Combine all the ingredients in a bowl. In a large nonstick skillet melt some butter and create either 4 large or 8 smaller Speedy Salmon Cakes. Brown on one side then flip to cook the other side. Remove from heat.

Serve as breakfast over hash browns

DIRECTIONS

Steam cauliflower till soft. Mash cauliflower with potato masher leave a bit chunky. Add in the remaining ingredients. Cook in pan with butter till crispy. Keep warm in oven while cooking eggs. Serve under eggs.

OLE! BREAKFAST BOWL



YIELD: 2 SERVINGS

DIRECTIONS

In a large skillet, heat the coconut oil. Add onions & peppers to the skillet to soften. While the vegetables are cooking, mash the avocado with a fork and set aside. When the onions and peppers begin to brown, move them to the edge of the skillet. Add the pork or chicken, along with the oregano, cumin, salt, pepper & ancho chile. Turn the pork over after a few minutes and break it up into chunks with the back of a spoon. Cook for several minutes more, until the meat is thoroughly cooked. Stir to combine the meat and vegetables.

Split the skillet between two bowls. Top each bowl with half of the mashed avocado and salsa to taste.

INGREDIENTS

1 teaspoon coconut oil
½ small onion, sliced
1 cup sliced peppers, about 6 mini sweet peppers
½ pound ground pork or chicken
½ teaspoon dried oregano leaves
Pinch ground cumin
Salt, pepper & ancho chile powder to taste
1 avocado, mashed
2 - 4 tablespoons salsa

Recipe contributed by Dr. Alan Christianson.



PLANTAIN CREPES

Green plantains are a low-glycemic source of easily digestible starches. In fact, traditional cultures all over the globe rely on plantains as a source of carbohydrates. I have found that it is best to use green plantains that are starting to just barely ripen up; they should have a very small amount of yellow on their skins. Unripe plantains can be peeled using a paring knife. Simply slice the two ends off, then run the knife down one of the ridges of the peel (slicing it until you hit the plantain), then along another. Use a butter knife or spoon to lift the peel up off of the plantain. You can then use the knife to scrape off any excess peel. I like to chop the plantains into chunks before adding them to the blender. Omit the maple syrup if you plan on using these crepes with savory fillings. Crepes can be kept in an airtight container in the refrigerator for up to a week.

YIELD: 10 CREPES

INGREDIENTS

- 2 large greenish-yellow plantains, peeled
- 3 large pastured eggs
- ½ cup water
- ¼ teaspoon sea salt
- 1 tablespoon pure maple syrup (optional)
- coconut oil or butter, for cooking

DIRECTIONS

Place all ingredients, except for oil or butter, into a blender and blend until smooth. Heat a 10-inch cast iron skillet over medium-low heat (do NOT use a non-stick skillet because of toxicity). I like to heat two pans at a time so I can get the crepes done faster. Add about a teaspoon of butter or oil, then pour in the batter. Gently move the pan to spread the batter out. Cook for about 60 seconds on each side. Transfer to a plate and repeat with remaining batter, adding about a ½ teaspoon to 1 teaspoon oil or butter in between each crepe.

Ideas for Serving:

- Sweet:**
- Long strips of bananas and dollops of raw almond butter
 - A sprinkling of cinnamon and coconut sugar
 - Homemade berry jam and a dollop of coconut sour cream
 - Mashed fresh strawberries and a dollop of organic Greek yogurt
- Savory:**
- Smoked wild salmon, baby arugula, chives, and organic cream cheese
 - Cashew cream cheese, organic turkey slices, fresh dill, butter lettuce
 - Hummus, avocado, red onion slices, and broccoli leaves
 - Cabbage sautéed with cumin seeds, leftover cooked chicken, and Sliced avocado or guacamole

Recipe contributed by Allissa Segersten.

BACON & MUSHROOM SWEET POTATO HASH

Recipe may easily be doubled and may be made in advance and reheated.



YIELD: 1 SERVING

INGREDIENTS

1 small sweet potato, about 5 ounces, peeled, halved lengthwise and thinly sliced into half moons
4 slices nitrate free bacon
1 medium red onion, thinly sliced
2 garlic cloves, sliced
¼ teaspoon dried basil
¼ teaspoon ground cumin
4 ounces white mushrooms, sliced
¼ teaspoon sea salt
1/8 teaspoon freshly ground black pepper

DIRECTIONS

Combine the sweet potato and enough cold water to cover but 2-inches in a small saucepan. Bring to a boil and cook until potato is crisp-tender, about 2 minutes; drain. Cook bacon in a large nonstick skillet over medium heat until crisp, about 6-7 minutes. Drain on a plate lined with paper towel and cut in 1-inch pieces. Pour off all but 1 tablespoon fat from the skillet and heat over medium-high. Add the onion, garlic, basil and cumin and cook 1 minute. Stir in the mushrooms and cook, stirring occasionally, until starting to brown, 5-6 minutes. Add the sweet potatoes and continue cooking until they are tender, about 4-5 minutes longer. Remove from the heat and stir in the bacon, salt and pepper.

Recipe contributed by JJ Virgin.

MUFFIN IN A MINUTE WITH STRAWBERRY SAUCE

Packed with calcium, protein, and healthy fats.



YIELD: 1-2 SERVINGS

DIRECTIONS

Melt coconut oil for 30 seconds in the microwave, then mix in egg. Mix in the rest of the ingredients and microwave for 1 minute more.

FOR THE STRAWBERRY SAUCE:

INGREDIENTS

4 large strawberries
½ cup coconut flour
¼ cup unsalted cashews

DIRECTIONS

Blend all ingredients in a high-speed blender. Pour over muffin and enjoy!

INGREDIENTS

For the muffin

¼ cup almond flour
1 tablespoon ground flaxseed
½ tablespoon coconut oil
1 egg
½ teaspoon aluminum-free baking powder
1 tablespoon mashed banana
1 teaspoon cinnamon
¼ teaspoon vanilla
Pinch of sea salt
5-7 drops of liquid lo han guo or Stevia
Chopped walnuts, if desired

Recipe contributed by Dr. Jen Landa.

CRUSTLESS QUICHE FOR CLARITY

Try using your favorite vegetables in this quiche. It works great with a variety of herbs and vegetables, including tiny broccoli or cauliflower florets and zucchini.



DIRECTIONS

Preheat oven to 375° F. If adding ground meat, heat ghee or oil in skillet over medium heat. Add turkey, chicken or bison until lightly browned but not cooked through.

Remove ground meat from skillet and allow to cool for several minutes. Mix spinach, onion, carrot, salt and herbs in large bowl. Whisk eggs in separate bowl, then add to vegetable and herb blend; mix well. Add ground meat to egg and vegetable mixture. Pour egg mixture into greased 9 x 9-inch baking pan and bake for about 45 minutes until golden brown and fluffy. (It's normal for quiche to deflate when removed from the oven.) Cut into squares and serve hot.

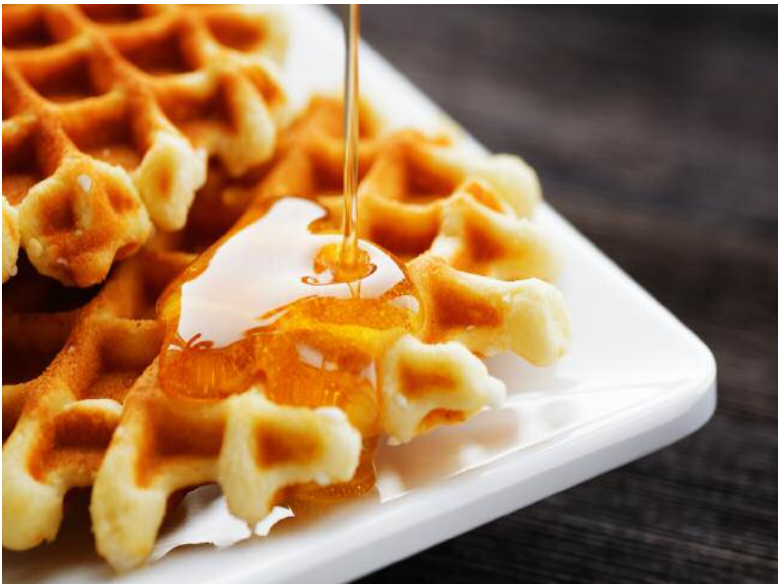
Recipe contributed by Tana Amen.

YIELD: 6-8 SERVINGS

INGREDIENTS

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

PALEO WAFFLES



YIELD: 8 WAFFLES

INGREDIENTS

2 cups almond flour
1 teaspoon salt
2 teaspoon baking soda
8 eggs
½ cup of honey
2 teaspoon vanilla
Coconut oil spray

DIRECTIONS

Preheat waffle iron. In a large bowl, whisk together eggs, honey and vanilla. Add in almond flour, salt and baking soda. Add to waffle iron and cook until golden brown.

Tip: Serve with Pure Maple syrup

Recipe contributed by Dr. Kellyann Petrucci.

CHEESELESS ARTICHOKE OMELET



YIELD: 4 SERVINGS

INGREDIENTS

5 artichoke hearts,
chopped
½ tablespoon olive oil
¼ tablespoon salt
5 eggs
6 egg whites
1 tablespoon unsalted
butter
1 1/2 tablespoon fresh
finely chopped thyme

DIRECTIONS

In large skillet, heat oil over high heat. Add artichokes and sprinkle with salt. Sauté artichokes, stirring occasionally for ten minutes.

Mix eggs and egg whites in bowl and combine artichokes and thyme. In large skillet, heat 1 tbsp olive oil. Pour in egg mixture. Cook for 5 minutes. Carefully lift edges and flip frittata. Cook for one more minute.

Recipe contributed by Marcelle Pick.

MINTY CANTALOUPE BALLS



YIELD: 6 SERVINGS

INGREDIENTS

1 cantaloupe
1 cup fresh mint,
finely chopped
1 tablespoon lime juice

DIRECTIONS

To prepare melon balls, cut cantaloupe in half, remove seeds. Using a 1/2 inch melon-baller, scoop melon from rind. Toss with mint leaves. Add lime juice and toss well. Refrigerate 4-6 hours.

1/2 cup serving.

Recipe contributed by Marcelle Pick.

PROTEIN PANCAKES

YIELD: 12 SERVINGS

INGREDIENTS

2 cups gluten free pancake
and baking mix
½ cup soy, rice or
almond milk
3 large egg whites
2 teaspoons sunflower
oil, divided
2 scoops gluten free
protein powder
1 teaspoon gluten free
vanilla extract
½ teaspoon cinnamon
(or more to taste)
½ cup pecans, chopped
½ cup fresh berries

DIRECTIONS

In large mixing bowl, add all ingredients with 1 teaspoon sunflower oil. Stir together well. If thinner pancakes are desired, add more milk. Use the remaining 1teaspoon sunflower oil, lightly coat griddle or flat pan over medium-high heat. Let pan heat for 2-3 minutes or until a drop of water sizzles when placed on it. Measure batter into ¼ cup servings and place in pan. Pancakes are ready to turn when bubbles appear on the surface.

Top with fresh berries.

Recipe contributed by Marcelle Pick.



PIZZA SCRAMBLE



YIELD: 1 SERVING

DIRECTIONS

Spray a large non-stick skillet lightly with olive oil and heat over medium. Add the peppers and sauté for 2 minutes. Add the spinach and artichoke hearts and sauté 1 minute or until spinach is wilted. Pour the eggs over all and season to taste with salt and pepper. Add Italian seasoning. Add the pepperoni and mix everything well to combine. Cook until eggs are opaque but still moist, turning occasionally.

Fold in tomato paste to serve.

INGREDIENTS

Olive oil spray
1 small red bell pepper, diced
2 cups baby spinach
2 jarred or canned artichoke hearts in water, drained and chopped
2 whole eggs, lightly beaten (or 4 egg whites, for fewer calories)
Salt and fresh ground pepper, to taste
3/4 teaspoon Italian seasoning
6 slices turkey pepperoni, finely diced (or 2 slices Applegate organic pepperoni), optional
2-3 teaspoons high quality tomato paste, to taste

Recipe contributed by Jeannette Bessinger.

HEALTHY START BREAKFAST BAKE

Filled with Sustainable energy, antioxidants, fiber and protein



YIELD: 4 SERVINGS

DIRECTIONS

Pre-heat oven 350°. Spray an 8 x 8-inch pan with olive oil, set aside. In a mixer beat the eggs, cheese, basil, oregano, salt and pepper together until well blended, 30 to 60 seconds. Stir in zucchini, tomatoes, and oats. Pour into the prepared baking dish. Sprinkle with Parmesan and bake for 30 to 35 minutes until lightly browned. Serve with extra hot sauce, to taste .

INGREDIENTS

4 eggs
½ cup low-fat cottage cheese, small curd (or feta)
1 teaspoon dried basil
½ teaspoon dried oregano
½ teaspoon salt
3 to 4 hot dashes of hot pepper sauce, to taste
2 cups grated zucchini
1/3 cup sun-dried tomato strips in oil, well drained
1 cup oats
¼ cup grated Parmesan cheese

Recipe contributed by Dr. Jonny Bowden.

HEARTY HIGH-FIBER BAKED CINNAMON FRENCH TOAST

You cinnamon for its rich array of antioxidants and boots nutritional warp wall up even higher with dried fruits.



YIELD: 8 SERVINGS

INGREDIENTS

Cooking oil spray
6 eggs
1 2/3 cup milk (low-fat cow's, evaporated milk or unsweetened vanilla almond or soy)
3 to 4 tablespoons dry sweetener to taste (Sucanat, Xylitol, etc.)
1 teaspoon vanilla extract
1 tablespoon cinnamon
1/2 teaspoon of nutmeg
3 tablespoons raisins, optional (or dry cranberries)
3 tablespoons sliced almonds, optional
8 thick slices high fiber, multigrain bread, slightly still sliced into thirds (or use multi grain raisin bread, omit raisins and reduce sweetener by 1 tablespoon)
1 1/2 tablespoons toasted wheat germ
1 1/2 tablespoons ground flaxseed

DIRECTIONS

Spray a 9 x 13-inch shallow roasting pan lightly with cooking oil, set aside. In a mixer combine eggs, milk, sweetener, vanilla, cinnamon, nutmeg. Beat until smooth and well incorporated. Sprinkle the raisins and almonds evenly in the bottom of the pan. Arrange strips of bread in a layer over the raisins and nuts to cover the bottom of the pan. Pour the liquid mixture evenly over the bread to cover. Cover with a lid or tightly sealed plastic wrap and let soak in the refrigerator overnight (up to 24 hour)
Remove the dish from refrigerator and preheat the oven to 425°F. Sprinkle the wheat germ evenly over the surface of the French toast and bake for 25 to 30 minutes or until golden brown. Sprinkle on flaxseed just before serving.

Recipe contributed by Dr. Jonny Bowden.

NUTTY ANTIOXIDANT POWER CRAN-ORANGE BREAD



YIELD: 8 SERVINGS

INGREDIENTS

cooking oil spray
1 cup fresh cranberries
1 cup whole wheat pastry flour
1 cup unbleached flour
2 teaspoons baking powder
1/4 teaspoon baking soda
1/4 teaspoon salt
2 eggs
2/3 cup sugar
3 tablespoons almond oil
just juice and zest of two large navel oranges (between 2/3 and 3/4 cup juice)
1 teaspoon vanilla extract to
2/3 cup sliced toasted almonds

DIRECTIONS

Preheat oven 350° F. Spray a standard loaf pan with cooking oil. Add half the cranberries to the food processor and pulse a few times until very coarsely chopped-you don't want them minced. Removal all and repeat to the remaining cranberries, set aside. In a large bowl whisk together the whole wheat pastry flour, unbleached flour, baking powder, baking soda, and salt. In a medium bowl lightly whisk the eggs. Add the sugar, almond oil, orange zest and juice, and vanilla and whisk together until combined for the wet mixture into the dry mixture until incorporated gently fold in the cranberries and almonds bake for 50 to 55 minutes or until a toothpick the insurgents the center comes out clean cool for at least five minutes then turn on and let cool out on tomorrow at about nine sizes fields

Recipe contributed by Dr. Jonny Bowden.

PORTOBELLO BENEDICT WITH SUN-DRIED TOMATO PESTO

The good fats in avocado, eggs, and pesto will satisfy your hunger, calm your cravings and set you up for sustained energy throughout the day. The protein will stimulate your metabolism. And if you reduce cravings guess what you're less likely to overeat.



YIELD: 4 SERVINGS

INGREDIENTS

high heat cooking spray
4 large Portabella mushroom caps stand and gills removed
1 tablespoon olive oil
2 garlic cloves, minced
1 bag (10 ounces) baby spinach
1 bag (10 ounces) baby arugula
salt and pepper to taste
½ teaspoon salt (omit if using fresh eggs)
1 teaspoon apple cider vinegar (omit if using fresh eggs)
4 very fresh extra-large eggs
½ large ripe Hass avocado, thinly sliced (optional)
1 large heirloom tomato cut into 4 thick slices, optional
4 teaspoons prepared high-quality sun-dried tomato pesto

Recipe contributed by Dr. Jonny Bowden.

DIRECTIONS

Preheat broiler and lightly spray broiler pan with high-heat cooking oil. Place prepared portabellas top-down on the broiler pan and broil for 7-8 minutes, or until tender. Watch closely to prevent scorching.

While mushrooms are cooking, heat the oil in a large sauté pan. Add the garlic and sauté for 1 minute. Add the spinach and arugula, and cover for 1 minute to wilt slightly. Remove the cover, season with salt and pepper to taste, turn gently for even cooking, and continue to sauté for another 2 minutes, or until the greens are wilted to desired tenderness.

OMELET WITH ARTICHOKE HEARTS, SPINACH & GREEN ONIONS

Have fun making this omelet. It is quick, easy, and fills the kitchen with a lovely fragrance enough that entice entire family to join.



YIELD: 4 SERVINGS

INGREDIENTS

1 teaspoon virgin olive oil, divided
½ cup drained and chopped Artichoke hearts packed in olive oil
1 cup for Spinach
2 green onions, chopped
1/8 teaspoon sea salt
1/8 ground black pepper
½ teaspoon dried Italian herbs
1 medium red bell pepper, chopped
4 large eggs, (Omega-3 enriched, free range, organic)
1/4 cup chopped parsley

DIRECTIONS

Heat non-stick sauté pan to medium high. Add ½ a teaspoon oil and sauté artichoke hearts, spinach, and green onions with salt, pepper, and herbs for 2 minutes. Add bell peppers and sauté for 1 minute. Meanwhile whip eggs in a bowl. When spinach softens and sautéed vegetables nearly cooked combined them with eggs in a bowl, add parsley. Quickly wipe sauté pan with a paper towel before, pour in remaining ½ teaspoon olive oil then add egg and vegetable mixture back into the hot pan. Lift edges as eggs cook to allow uncooked eggs to go underneath the edges.

When done, fold omelet in half and serve.

Recipe contributed by Dr. Steven Masley.



ANYTIME FAST FRUITY SKILLET CAKE

YIELD: 4 SERVINGS

This quick cake in a pan is so darn easy even your kids can do it. And it works for all seasons, with superfoods like coconut oil and cancer-fighting lignans like flaxseed its a win.

INGREDIENTS

- 2 tablespoon coconut oil
- ½ cup whole wheat pastry flour or oat flour
- ½ cup any milk (cow’s, unsweetened soy, or almond
- 2 tablespoons ground flaxseed
- 2 eggs
- 1 teaspoon ground cinnamon
- 1 to 1 ½ cups berries (bite-size), diced peaches (unpeeled), diced mangos (peeled), diced red pear (unpeeled) , fresh or frozen, allow to thaw
- 2 tablespoons Sucanat, xylitol, or erythritol
- ½ large lemon

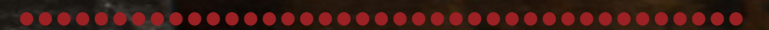
DIRECTIONS

Preheat oven to 425°F. Place the coconut oil in a cast-iron skillet and place the skillet in the oven while preparing the batter. In a medium bowl, combine flour, milk, flax, eggs and cinnamon. Mix with fork until just combined, leaving some lumps. Remove the pan from the oven and pour batter in the melted oil. Return the pan to the oven and cook for 12 minutes. Remove pan, spoon fruit evenly over pan cake, sprinkle with sweetener over the fruit, and squeeze lemon over all. Return pan to the over and cook another 5 minutes, or until edges are lightly brown. Remove, cut into quarters, cool slightly and serve.

Recipe contributed by Dr. Jonny Bowden.



MAINS



BRING 'EM TO THE TABLE PULLED PORK



YIELD: 4 SERVINGS

INGREDIENTS

2 lb. pork roast
1 can of green chili
1 small onion sliced
1 can diced, peeled tomatoes
Salt, to taste
Pepper, to taste
Garlic powder, to taste
Chili powder, to taste

GARNISH

Chopped tomato
Cilantro
Chopped Green onion

DIRECTIONS

Place all ingredients in a crock-pot, set on low and cook for 7 hours. After 7 hours, shred pork and taste for salt. Serve in gluten free, brown rice tortillas with garnish.

Enjoy!

Recipe contributed by Dr. Alan Christianson.

BLACK BEAN & BUTTERNUT SQUASH CHILI



YIELD: 4 SERVINGS

DIRECTIONS

Heat oil in a large saucepan over medium heat. Add onion, celery, carrot and shallot and sauté 4-5 minutes until softened. Add jalapeno pepper and garlic and cook 2 minutes, stirring occasionally. Add butternut and sauté for 2 minutes, stirring occasionally. Stir in the veg broth, beans, tomatoes, chili powder, cumin and coriander. Bring to a boil, reduce heat, cover and simmer 15-20 minutes, until butternut squash is tender. Stir in lime juice, and season to taste with salt, pepper and cayenne, if using.

INGREDIENTS

2 tablespoons extra virgin olive oil
1 medium yellow onion, chopped
1 celery stalk, chopped
1 medium carrot, diced
1 tablespoon chopped shallot
1 jalapeno pepper, seeded and chopped
2 teaspoons chopped garlic
2 cups peeled, diced butternut squash
2 ½ cup vegetable broth
3 15-ounce cans black beans, drained and rinsed
2 cups chopped tomato
2 tablespoons chili powder
1 teaspoon cumin
1 teaspoon coriander
1 tablespoon lime juice
Salt & pepper to taste

Recipe contributed by JJ Virgin.



INDIAN-SPICED TURKEY LETTUCE WRAPS & “YOGURT” MINT SAUCE

YIELD: 4 SERVINGS

Packed with protein, healthy carbs & spices, potassium, iron and fiber. .

INGREDIENTS

- 1 tablespoon coconut oil
- 1 medium onion, chopped fine
- 3 cloves garlic, minced
- 1 teaspoon ginger, minced
- ½ teaspoon curry powder
- ½ teaspoon chili powder
- ¼ teaspoon cumin
- ¼ teaspoon cardamom
- ½ teaspoon cayenne (optional)
- 2 pounds ground, organic, free-range turkey
- ½ cup frozen peas, thawed
- Romaine lettuce leaves, for wraps

“YOGURT” MINT SAUCE

- 6 ounce “So Delicious” cultured coconut milk
- ½ cucumber, diced
- ½ cup fresh mint leaves
- 1 clove garlic, minced
- 1 teaspoon lemon juice
- 1 tablespoon extra virgin olive oil
- Salt and pepper to taste

DIRECTIONS

In a large skillet, heat oil over medium heat. Add onions, garlic and ginger and sauté until onions are soft. Stir in dried spices and cook for another minute. Add the turkey and cook, breaking up the meat with a spoon until no longer pink, 3-5 minutes. Add the peas and a cup of water. Stir well and simmer on low heat, partially covered for about 10 minutes.

“YOGURT” MINT SAUCE

Stir ingredients together or puree in a blender or food processor. Refrigerate for a few hours if possible. Serve with romaine leaves as lettuce wraps. Wrap up the turkey meat, drizzle sauce over wraps, and enjoy!

Recipe contributed by Dr. Jen Landa.

SPAGHETTI SQUASH WITH PESTO SAUCE



YIELD: 2 SERVINGS

INGREDIENTS

1 med spaghetti squash
2 cups fresh basil
½ avocado
1/3 cup pine nuts
2 cloves garlic
salt and pepper to taste

DIRECTIONS

Bring large pot of water to boil over medium-high heat. Cut spaghetti squash in quarters and remove seeds. Place in pot for 20 min or until tender. Remove and allow to cool enough to handle. Using a fork, remove the inside of the squash in long, thin strands. Place squash in bowl. Combine remaining ingredients in food processor and process until smooth. Add to squash and mix well. Add salt pepper to taste and let your taste buds to the happy dance!

Recipe contributed by Cynthis Pasquella.

15-MINUTE POACHED SALMON

Use your favorite brand of organic pasta sauce in this recipe The trick to keeping the salmon tender is to keep the heat low, like a gentle simmer. If you turn the heat too high the fish will toughen up. The acids from the wine and tomatoes also help to tenderize it. Serve salmon over brown rice noodles, baked spaghetti squash, or over sautéed kale.



YIELD: 4-5 SERVINGS

DIRECTIONS

Rinse the salmon and place into a 10 or 12-inch oval pan or skillet (you'll need one with a lid). Season the fillet with a few pinches of sea salt and freshly ground black pepper. Pour the pasta sauce over the fillet, drizzle with olive oil. Pour wine over fillet and sprinkle with chopped parsley. Cover pan and cook over medium to medium-low heat. The cooking time will depend on how thick your fillet is. To check for doneness you can pull away the flesh with a fork to see if it is pink. Remember though that the salmon will continue to cook after you remove it from the heat.

INGREDIENTS

1 ½ pounds wild salmon, such as Coho
sea salt and freshly ground black pepper
½ cup pasta sauce
2 tablespoons extra virgin olive oil
¼ cup red or white wine
2 tablespoons chopped fresh parsley

Recipe contributed by Allissa Segersten.

LENTIL SHEPHERD’S PIE WITH SWEET POTATO TOPPING



YIELD: 4 SERVINGS

INGREDIENTS

1 large yellow onion,
peeled and diced small
1 large carrot, peeled and
diced small
2 stalks celery, diced small
2 cloves garlic, peeled and
minced
1½ cup green lentils, rinsed
1tsp each oregano and thyme
3 tablespoons tomato paste
Salt and freshly ground
black pepper to taste
3 small to medium sweet
potato, scrubbed and cut
into chunks

DIRECTIONS

Place the onion, carrot, and celery in a large saucepan and sauté over medium heat for 10 minutes. Add water 1 to 2 tablespoons at a time to keep the vegetables from sticking to the pan. Add the garlic and cook for another minute. Stir in the lentils, thyme and oregano, and enough water to cover the lentils by 3 inches. Bring the pot to a boil over high heat. Reduce the heat to medium and cook, covered, for 30 minutes.

Preheat the oven to 350° F.
Add the tomato paste to the saucepan and cook for another 15 minutes, or until the lentils are tender. Season with salt and pepper. Remove from the heat, and pour the lentils into a 9 × 13-inch baking dish.

Meanwhile, add the potatoes to a medium saucepan and add enough water to cover. Bring the pot to a boil over high heat. Reduce the heat to medium and cook, covered, until the vegetables are tender, about 15 minutes.

Remove the potatoes from the heat and drain all but ½ cup of the water. Mash the vegetables until smooth and creamy, then season with additional salt and spread the mixture evenly over the lentils. Bake the casserole for 25 minutes, or until bubbly. Let sit for 10 minutes before serving.

Recipe contributed by Dr. Joel Kahn.

HORMONE RESET COCONUT CURRY BOWL



YIELD: 2 SERVINGS

INGREDIENTS

1 cup sprouted quinoa
(or brown rice)
1 cup water
1 ½ cup unsweetened
coconut milk
1 tablespoon curry powder
¼ teaspoon turmeric
¼ cup cashews
3 dried apricots finely
minced (omit if weight
loss is a major goal)
½ sweet potato finely
chopped
¼ cup finely minced
chicken (optional)

DIRECTIONS

In a medium saucepan, with a tight-fitting lid, bring water and coconut milk to boil. Add all remaining ingredients. Reduce heat to low. Cover and cook for 25 minutes or until liquid is absorbed. Remove from heat and let steam for 10 minutes.

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Recipe contributed by Dr. Sara Gottfried.



MEDITERRANEAN CILANTRO CHICKEN

This is one of my favorite dishes. I learned it from a cookbook years ago, and then modified it to my liking (more cilantro and lime, fewer olives!). In fact, I've made my version so many times that I never even look at that original recipe anymore. If you're not an olive fan, it's just as delicious (though less vibrant and tangy) without. It's ridiculous easy to make, serves 4 but can be doubled for a dinner party, and when served on a platter looks absolutely elegant. I love serving this with a simple salad of butter crunch lettuce and Clementine slices or pomegranate seeds, and a dash of champagne vinegar and olive oil dressing for the salad.

YIELD: 4 SERVINGS

INGREDIENTS

1 tablespoon olive oil
4 boneless, skinless chicken breast halves (about 1 1/2 to 2 pounds)
1 large yellow onion, thinly sliced
1 pint cherry tomatoes, halved or whole
1/3 cup pitted green olives, halved (optional)
Juice of 1 fresh lime
1 cup packed fresh cilantro, chopped with any extra stem removed
Salt and pepper to taste

DIRECTIONS

Season the chicken with salt and pepper on both sides, heat the oil in a large skillet over medium-low heat, and cook until lightly browned and just cooked through – turning once. It should take 10 to 15 minutes. Transfer chicken to a plate. Raise the heat to medium and cook onion – 5 to 7 minutes – until softened. Add tomatoes (and olives), and cook until the tomatoes soften and release their juices, about 1 to 2 minutes. Put the chicken back into the pan, and layer the vegetables over it. Add the cilantro and lime juice, salt and pepper, and gently toss into the vegetables. Transfer all to a platter and serve.

Enjoy!

Recipe contributed by Aviva Romm.

CASHEW CRUSTED SEA BASS WITH BUTTERNUT SQUASH PUREE



YIELD: 4 SERVINGS

INGREDIENTS

4 pieces sea bass (4 ounces each) or substitute your favorite wild-caught fish
2 tablespoons raw minced cashews (easiest in a food processor)
1 tablespoon minced garlic
2-3 tablespoons fresh herbs (oregano, marjoram, parsley or chives) or 1 teaspoon dried
1 tablespoon lemon zest
1 teaspoon salt and ground pepper combined (optional)
Butternut Squash Puree Ingredients:
1½-2 cups butternut squash, peeled, chopped, boiled until tender, drained and set aside
¼-½ cup almond milk (plain)
¼ teaspoon erythritol
¼ teaspoon nutmeg
4 cups low-sodium vegetable broth

DIRECTIONS

Heat oven to 375° F. In a food processor, chop cashews, garlic, herbs and lemon zest to create a crumble topping. Place the sea bass on a sheet pan lined with parchment paper. Top each portion equally with the cashew-herb crumble and refrigerate until ready to cook. In medium saucepan over medium-high heat, bring broth to a boil, then reduce heat to medium. Reduce vegetable broth until it is similar in consistency to light gravy. This may take 20- 30 minutes. Keep warm. In a food processor or with a hand mixer, combine the cooked butternut squash, ¼ cup almond milk, erythritol and nutmeg. Blend until smooth. (Add additional almond milk if necessary.) Warm mixture in saucepan over medium-low heat and set aside until ready to serve. Stir occasionally. Bake the fish about 8 to 12 minutes, until it is cooked and flakes easily. Place a scoop of butternut puree on each plate; top with sea bass.

Drizzle vegetable broth sauce over fish and serve.

Recipe contributed by Tana Amen.

EASY DOES IT BISON STEAK

This simple recipe is Daniel’s favorite, and literally takes minutes to prepare. I’ve found that my husband isn’t alone in his desire for “meat and potatoes.” When I do prepare meat, I make sure it is the highest-quality, free-range bison, beef or lamb I can find. Free-range bison is up to 30 percent lower in palmitic acid (the saturated fat shown to be responsible for heart disease) than industrial-raised beef, and it tastes a whole lot better! But because of the low fat content, it cooks more rapidly, so you’ll want to baby sit your steaks while grilling.



YIELD: 2 SERVINGS

DIRECTIONS

Preheat grill to high. In small bowl, mix melted ghee or oil, garlic, salt and pepper. Place steaks on plate or tray. Rub oil mixture into steaks on both sides. Place steaks on center of grill for 5 to 7 minutes, then turn and cook for 3 to 4 minutes on the other side. Watch carefully. Every grill cooks differently. I prefer grilling at a higher temperature for less time to sear the steaks and seal the juices. Some people prefer to grill at lower temperatures for longer time. This usually produces a medium to medium rare steak. Remove steaks from grill, cut in half and place on a serving platter or plates. Reserve leftovers for lunch or use in another recipe the following day. Serve hot.

INGREDIENTS

2 free-range bison rib eye or New York cut steaks (8-10 ounces each)
1 tablespoon melted ghee or grapeseed oil
2-3 garlic cloves, mashed
¼-½ teaspoon salt (to taste)
¼-½ teaspoon pepper (to taste)

Recipe contributed by Tana Amen.

YIELD:
1 9"-10" PIZZA

INGREDIENTS

1 medium sized head of cauliflower to yield about 3 cups
½ teaspoon salt
¼ teaspoon freshly ground pepper
1 teaspoon Italian seasoning, or a blend of basil, marjoram and oregano
2 tablespoons almond meal
1 tablespoon coconut oil or olive oil if you cook with it
1 large egg
2 tablespoons mozzarella, Romano, or Parmesan cheese (optional)
Coconut oil cooking spray or olive oil spray if you cook with it

PERFECT PALEO PIZZA

DIRECTIONS

Preheat oven to 450 F. Place pizza stone or 2 sheet pans (one pan on top of the other) on the middle baking rack. (Double panning prevents the pizza from burning on the bottom.) Cut florets off cauliflower and pulse in a food processor for about 30 seconds or longer to form a fine meal. Place in a microwave-safe covered bowl and heat on high for about 5 minutes to soften the cauliflower. Drain cauliflower and let sit in colander for a few minutes until it is warm, but comfortable to the touch. Pour onto a clean kitchen towel and squeeze out as much water as possible. Do this several times. You will be surprised at how much water is in the cauliflower. You are essentially making “cauliflower flour”. Place cauliflower in mixing bowl and add salt, pepper, seasonings, almond meal, oil, egg, (and optionally cheese) and mix well using your hands. Cut a parchment sheet large enough to hold a 9 to 10-inch round pizza crust. Spray parchment with oil. Turn out “dough” onto parchment, and form into a 9 to 10-inch circle, patting down thoroughly just as you would traditional pizza dough. Spray top of pizza dough lightly with oil. Slide parchment sheet onto the preheated pizza stone or pan and bake for 10 to 15 minutes until the crust starts to turn golden. (You will be baking it further after adding toppings so don’t over bake.) Remove from oven, top with desired toppings, return to oven for 3 to 5 minutes to warm through. Remove from oven, let cool for a few minutes before slicing.

Notes: Because the pizza will only be in the oven for a few minutes after you top it, it is prudent to precook the toppings. (Pepperoni and salami do not need to be precooked.) You can quickly sauté any of your favorite vegetables: red, green, yellow, and orange bell peppers, mushrooms, onions, etc. and meats: meatballs, sausage, bacon, chicken, etc. If you allow yourself to have cheese occasionally, go for it! For pizza sauce you can use organic bottled marinara or other pasta sauce. For a white pizza, brush the precooked pizza shell with olive oil and a sprinkling of finely minced garlic, top with pesto, fresh mozzarella, and heirloom tomato slices. Add fresh basil leaves dipped in olive oil when the pizza comes out of the oven.

Topping combinations: Here are some of my favorite toppings. You can optionally omit the cheese on any of them:

- Pesto, fresh mozzarella, Romano, sliced tomatoes, and fresh basil
 - Spicy buffalo sauce, cooked chicken marinated in the sauce, mozzarella, and fresh baby spinach (put the spinach on after the pizza comes out of the oven)
 - Tomato sauce, caramelized onions, bacon, and arugula (put the arugula on after the pizza comes out of the oven)
 - Olive oil, thin slices of grilled steak, caramelized onions, and spring mix (put the spring mix on after the pizza comes out of the oven)
- Pesto, roasted red peppers, and sausage

Recipe contributed by Dr. Kellyann Petrucci.



PORK WITH TOMATO CREAM SAUCE



YIELD: 2 SERVINGS

INGREDIENTS

2 four-ounce pork loin steaks
1 tablespoon olive oil
1 teaspoon olive oil
½ onion, chopped
1 clove garlic, finely chopped
1 plum tomato, seeded and chopped
1 tablespoon oregano
⅓ cup heavy cream
⅓ cup shredded parmesan

DIRECTIONS

Heat oil in large saucepan over medium heat. Add pork steaks and cook 5 minutes per side or until done. Remove pork from pan and set aside. Add remaining olive oil to pan and heat. Add onion and garlic and cook until onion is translucent. Add tomato and oregano. Stir in cream and cheese. Heat, stirring until cheese melts. Spoon over pork and serve.

Recipe contributed by Marcelle Pick.

GINGER LIME FLANK STEAK WITH CARROT SLAW



YIELD: 4 SERVINGS

DIRECTIONS

Combine the lime juice, ¼ cup of the sesame oil, garlic, tamari, ginger and 2 packets or teaspoons of the sweetener in an immersion blender and blend until smooth (or mince the ginger and whisk everything well in a bowl). Put the steak into a gallon-sized zip-closure bag and pour the marinade over it. Seal the baggie and massage gently to coat the steak thoroughly. Marinate in the fridge for 30 minutes to overnight. Preheat a grill or grill pan to medium-high. Remove the steak from the marinade and pat it dry. Season lightly with salt. Grill, covered, for 3-4 minutes, flip once and grill for 2-3 minutes for medium rare. While the steak is cooking, combine the remaining 2 tablespoons sesame oil, remaining packet or teaspoon of sweetener and ¼ cup rice vinegar in a medium bowl and whisk well. Add the carrots, green onions and sesame seeds, if using, and toss to coat. Season to taste with salt. Slice the steak thinly against the grain and serve with the slaw on the side.

INGREDIENTS

Juice of large 2 limes (about ⅓ cup)
⅓ cup sesame oil, divided
4 cloves garlic, crushed
3 tablespoons tamari (preferably low-sodium, gluten-free)
1 tablespoon minced ginger root
3 packets no-cal sweetener (stevia, erythritol) OR 3 teaspoons rice syrup or honey, divided
1.5 pounds pastured flank steak
¼ cup rice vinegar (or white wine vinegar)
2 cups grated carrots
1 large bunch green onions, sliced
¼ cup toasted sesame seeds, optional

Recipe contributed by Jeannette Bessinger.

ROASTED LAMB RACK WITH VEGETABLES

Grass fed lamb is one of the most Bulletproof proteins on the planet, and it shines in this simple, classic preparation.



YIELD: 4 SERVINGS

INGREDIENTS

- 1 tablespoon ghee
- 1 American rack of grass fed, organic lamb (8 chops) or 2 New Zealand racks of grass fed organic lamb (16 chops total), about 1 ½ pounds
- 1 tablespoon each of chopped sage, thyme, oregano, rosemary, and ground turmeric, to taste.
- Sea salt
- 2 cups sliced fennel
- 2 cups sliced celery
- 2 cups sliced cauliflower

DIRECTIONS

Preheat oven to 350 F. Rub the ghee into the rack. Score the fat on the top diagonally. Add the chopped herbs and the salt. Place the vegetables in the pan and lay the lamb fat side up in a roasting pan on top of the vegetables. Bake until a thermometer inserted into the lamb registers 125-130 F. about 45 minutes. Turn the oven to low broil for a few minutes at the end to crisp the skin. Avoid over browning or charring.

Recipe contributed by Dave Aspery.

CRAB STUFFED AVOCADO



YIELD: 2 SERVINGS

DIRECTIONS

In a medium bowl, combine all ingredients except avocado. Mix well. Spoon half of crab mixture into each avocado half.

INGREDIENTS

- 6 ounces fresh crabmeat
- ½ cup celery, sliced
- 3 tablespoon plain yogurt
- 1 teaspoon freshly squeezed lemon juice
- salt and pepper to taste
- 1/8 teaspoon paprika
- 1 ripe avocado, cut in half, and pitted

Recipe contributed by Marcelle Pick.

VEGGIE BURGER #2



YIELD: 4 SERVINGS

INGREDIENTS

2 tablespoons olive oil
1 onion, diced
1 clove garlic, minced
2 cups diced fresh mushrooms
1/3 cup crushed pecans
1 15-ounce can pinto beans
1 teaspoon Worcestershire sauce
1 teaspoon parsley

DIRECTIONS

Sauté the onions and garlic in 1 tablespoon olive oil for 3 to 5 minutes, until onions are soft. Add mushrooms and pecans and sauté until soft. Set aside. Mash pinto beans using a fork or food processor. Place all ingredients in large bowl and mix well. Shape the mixture into patties. In large skillet, heat 1 tablespoon olive oil over medium heat. Place patties in skillet and cook until browned on each side—approximately 3-4 minutes per side.

Recipe contributed by Marcelle Pick.

BUSY DAY WHOLE-GRAIN LINGUINI WITH CLAM SAUCE



YIELD: 4 SERVINGS

DIRECTIONS

Cook the pasta al dente according to the package directions. While pasta is cooking, heat oil in a large skillet over medium heat. Add shallots and cook for 3 minutes. Add the garlic and cook 1 minute. Add clams and their broth and wine, increase the heat to medium-high, and simmer for 3 minutes. Add tomatoes, black pepper, red pepper, if using, and simmer for 2 to 3 more minutes. Stir in fresh herbs and toss with hot pasta, serve.

INGREDIENTS

8 ounces whole-grain linguini or fetteccine (we like Barilla plus)
1 tablespoon of olive oil
2 shallots, chopped
1 1/2 teaspoons prepared garlic (or 3 large cloves, minced)
1 can (10 ounces) baby clams, undrained
1/4 cup dry white wine
1 can (14.5 ounces) diced tomatoes, drained
1/2 teaspoon fresh ground pepper
1/4 teaspoon red pepper flakes, optional
2 tablespoons chopped fresh thyme or slivered fresh basil (or 1/2 teaspoon dried)
1/4 cup chopped flat-leaf parsley

Recipe contributed by Dr. Jonny Bowden.



ROASTED CHICKEN WITH WINE & ROSEMARY

YIELD: 4 SERVINGS

This is simple, juicy , and flavorful. If you prefer crispy skin be sure to put the chicken on the rack above the wine

INGREDIENTS

2 to 2 1/2 pound whole chicken (organic, free range-young hen)
2 tablespoons virgin olive oil
½ teaspoon sea salt
½ teaspoon ground black pepper
2 teaspoons dried Italian herbs
4 sprigs fresh rosemary , mince leaves from 1 sprig
8 medium garlic cloves ,minced
1 cup of dry white wine

DIRECTIONS

Preheat oven to 400°F. Rinse chicken and pat dry with paper towel. Place chicken in oven roasting pan and rub chicken with olive oil ,salt , pepper , Italian herbs and the mince sprigs of rosemary and garlic . Rub 1 tablespoon of oil/herb mixture inside the cavity . Pour wine in to the pan. Place 2 rosemary sprigs in the pan and one inside the chicken. For crisper skin, put chicken on the rack above the wine. Roast on medium rack.

Measuring with the meat thermometer, you can tell it is done when the thigh and the leg temperatures reach 160°F to 170 Fahrenheit , which will be after 60 to 75 minutes. During the last five minutes if the chicken isn't already golden then you can turn on the broiler to brown.

Recipe contributed by Dr. Steven Masley.

SWIFT & SAVORY SHRIMP SAUTEÉ WITH CHEVRE & ROASTED RED PEPPERS

One of the best nutritional advise I've ever heard was to shop for color. The pigments that give the fruits and vegetables their color belong to a family of plant chemicals called anthrocyanins, and they contain powerful antioxidants and anti-inflammatory properties that help protect the plant from predators. These plant chemicals can do the same kind of protection for the inside of your body.



YIELD: 4 SERVINGS

INGREDIENTS

- 1 ½ tablespoons olive oil
- 1 ¼ pounds medium shrimp, shelled and deveined
- ½ teaspoon ground fennel
- ¼ teaspoon cracked black pepper
- salt to taste
- 1 bag (6 ounces) baby spinach
- ¼ teaspoon white pepper
- 2 prepared roasted red peppers, drained and sliced
- ½ cup Chevre (or feta)
- 2 tablespoons lemon juice (fresh squeezed is best)

DIRECTIONS

Heat oil in a large sauté pan over medium heat. Add the shrimp and sprinkle with fennel, black pepper, and a few pinches of salt. Saute` for 30 seconds and add the spinach. Sprinkle with salt, to taste, and white pepper, and cover for 1 minute. Remove the cover and stir in the red peppers. Cover for 30 seconds, or until the shrimp is just cooked through and the spinach is mostly wilted. Remove from heat, stir in the chevre, and sprinkle with lemon juice over all.

Recipe contributed by Dr. Jonny Bowden.

QUICK QUINOA BURGER



YIELD: 4 SERVINGS

DIRECTIONS

Mix all ingredients together in a bowl and munch down!

INGREDIENTS

- ¼ cup raw sunflower seeds
- ¼ cup raw pumpkin seeds



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Recipe contributed by Dr. Jonny Bowden.

SHRIMP AND LIME TACOS



YIELD: 6 TACOS

INGREDIENTS

¾ pound medium shrimp, peeled, deveined, and cooked
1 (15-ounce) can black beans, rinsed and drained
¼ cup sliced scallions
1 medium diced peeled avocado
¼ teaspoon freshly ground black pepper
½ cup bottled salsa Verde
¼ cup chopped fresh cilantro
2 tablespoons fresh lime juice
8 iceberg lettuce cups
1 ¼ cups red bell pepper, cut into ¼ -inch strips (about 1 pepper)
Lime wedges, for serving
Chopped fresh cilantro, for garnish

DIRECTIONS

Combine shrimp, beans, scallions, and avocado. Season with pepper. In a separate bowl, stir together the salsa, cilantro, and lime juice. Toss shrimp mixture with ¼-cup salsa mixture. Arrange 3–4 pepper strips in the center of each lettuce cup. Top with ½ cup of the shrimp-and-bean mixture. Drizzle about 1 tablespoon of the salsa Verde mixture over each taco.

Serve with lime wedges and cilantro.

Recipe contributed by Dr. Alan Christianson.

HONEY DRUMSTICKS WITH CALORIE-BURNING CAYENNE

This Dish has terrific spices such as metabolism-boosting cayenne pepper and the anti-inflammatory, anticancer superspice turmeric.



YIELD: 4 SERVINGS

DIRECTIONS

Preheat the grill to medium (or preheat the broiler). Make two deep diagonal cuts across the meaty party of each drumstick. In a gallon-size-zip-closure bag, mix together the garlic powder, onion powder, paprika, chili powder, cayenne, cumin, turmeric, and salt.

Add drumsticks to bag and move them around until evenly coated, pressing the spices into the cut grooves. Place drumsticks on a lightly oiled grill or broiler pan and cook 15 to 20 minute (depending on plumpness) or until nearly done.

While chicken is cooking, in a small bowl, whisk together, the lemon, and honey,. Divided mixture and use half to baste the chicken fr the last minutes of cook time. When chicken is off the heat , baste with the remaining citrus honey before serving.

INGREDIENTS

8 chicken drumsticks (about 2 ½ pounds)
1 teaspoon garlic granules
1 teaspoon onion powder
1 teaspoon paprika
¾ teaspoon chili powder
¾ teaspoon cayenne pepper
1 teaspoon ground cumin
¾ teaspoon turmeric
½ teaspoon salt
2 tablespoons lemon or lime juice (preferably fresh-squeezed)
¼ cup honey

Recipe contributed by Dr. Jonny Bowden.



SHAKES

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AVOCADO-BANANA GREEN SMOOTHIE

Did you know that eating a diet rich in raw plant foods lowers systemic inflammation in the body, which reduces the likelihood of developing food and environmental allergies? So drink up! This recipe comes from The Whole Life Nutrition Cookbook.



YIELD: 2-4 SERVINGS

INGREDIENTS

- 1 medium banana
- 1 small avocado
- 2 cups packed fresh spinach
- 1-inch piece fresh ginger
- 1-inch piece fresh turmeric
- 2 to 2 ½ cups coconut water

DIRECTIONS

Place all ingredients into a blender and blend until smooth. Serve immediately or pour into glass jars and store in the refrigerator for up to 2 days.

Recipe contributed by Allissa Segersten.

OH SO SWEET POTATO SMOOTHIE



YIELD: 1 SERVINGS

DIRECTIONS

Place all ingredients in your Vitamix, blend until smooth and enjoy!

INGREDIENTS

- 2 cups cooked sweet potatoes, chopped
- ½ cup coconut milk
- ½ teaspoon vanilla extract
- ½ teaspoon cinnamon
- ¼ teaspoon ground nutmeg
- 1 cup ice

Recipe contributed by Cynthia Pasquella.

HUNGRY HOTTIE SMOOTHIE



YIELD: 1 SERVINGS

INGREDIENTS

- 1 banana, chopped and frozen
- 1 cup coconut milk
- 1 serving plant-based protein
- 1 cup frozen strawberries
- 1 teaspoon raw cacao powder
- ¼ apple

DIRECTIONS

Place all ingredients into your Vitamix, blend until smooth and enjoy!

Recipe contributed by Cynthia Pasquella.

OLD RELIABLE RESET SHAKE



YIELD: 1 SERVINGS

DIRECTIONS

Mix all ingredients together in a bowl and munch down!

INGREDIENTS

- 1 cup unsweetened coconut milk
- 2 cups baby spinach
- handful of frozen blackberries
- 1 serving Dr. C's Daily Reset Shake
- 1 cup ice

Recipe contributed by Dr. Alan Christianson.



RISE AND SHINE MOCHA ESPRESSO PROTEIN SHAKE

**If you don't have instant espresso or coffee powder on hand
substitute 1/4 strong brewed coffee*

YIELD: 1 SERVINGS

DIRECTIONS

Combine the shake powder, almond milk, almond butter, flax meal, espresso powder, cinnamon, vanilla extract and water in a blender. Mix on high until smooth. Thin with additional cold water if desired.

Add a few ice cubes before blending to make a thicker shake

INGREDIENTS

2 scoops The Virgin Diet All-In-One Chocolate Shake Powder
1 cup unsweetened almond milk
(such as So Delicious Dairy Free)
1 tablespoon almond butter
1 to 2 tablespoons freshly ground
flax meal
1 teaspoon instant espresso or
coffee powder
1/8 teaspoon ground cinnamon
1/4 teaspoon vanilla extract
1/4 cup cold water

Recipe contributed by JJ Virgin.

HORMONE RESET REFRESHING SPRITZERS



YIELD: 1 SERVINGS

INGREDIENTS

- Sparkling water (can also use filtered non-sparkling water)
- Fresh or frozen berries
- Fresh lemon and/or lime slices
- Cucumber slices
- Fresh mint

DIRECTIONS

Mix your favorite ingredients and enjoy!

Recipe contributed by Dr. Sara Gottfried.

HORMONE RESET NUT MILK



YIELD: 4 SERVINGS

DIRECTIONS

Soak hard nuts like almonds, Brazil nuts and hazelnuts for 24 hours (change the soak water at least once). Soak soft nuts like walnuts, cashews and pecans for 8 to 12 hours. Drain nuts and throw away soak water. Add nuts, water and dates to blender. Blend until smooth. Drape strainer bag over pitcher or bowl and fasten with some sort of clip like a chip bag clip. Pour mixture through strainer bag and milk the bag until there is nothing left but pulp. Place strained liquid back in blender with vanilla, salt and coconut oil (optional). Blend a few seconds.

INGREDIENTS

- Strainer bag and clip
- 1 ½ cup nuts (soaked) – organic and raw are best (choose almond, Brazil, walnut, hazelnut, pecan, or cashew)
- 4 dates (pitted)
- 4 cups water – less if you like thicker, creamier milk
- 1 tablespoon vanilla extract
- Pinch of sea salt
- 2 tablespoons coconut oil (optional)

Recipe contributed by Dr. Sara Gottfried.

MMMMOJITO SMOOTHIE



YIELD: 1 SERVINGS

INGREDIENTS

1 cup coconut water (or unsweetened vanilla nut milk)
1 large apple, cored and chopped
½ cup frozen pineapple chunks
Juice of 1 lime
2 handfuls baby kale
Small handful fresh mint
¼ small, ripe, peeled avocado
1 scoop vanilla protein powder
1 cup ice cubes

DIRECTIONS

Combine all ingredients in a high speed blender in the order listed and blend until smooth.

Recipe contributed by Jeannette Bessinger.

MIGHTY MACA GREENS CHILLER



YIELD: 4 SERVINGS

INGREDIENTS

1 can (or fresh) chilled pineapple chunks (in it's own juice)
1 handful organic baby spinach (can add more to taste!)
1 scoop Mighty Maca Greens
Splash of orange juice
1 teaspoon of vanilla extract (non-alcohol)
1 tablespoon freshly ground flax seed (optional -easily done in a small coffee grinder)
1 teaspoon virgin coconut oil (optional)

DIRECTIONS

Place all ingredients in a high speed blender. Pour into a tall glass and enjoy, or make frozen pops that the kids will love!

Recipe contributed by Dr. Anna Cabeca.



BERRY CLEAR MORNING SMOOTHIE

YIELD: 2 SERVINGS

INGREDIENTS

½ cup frozen organic blueberries
½ cup frozen organic blackberries
16-20 ounces cold water (or unsweetened almond milk); I prefer water to hydrate first thing in the morning
Handful of ice
2 cups baby spinach
1 chard leaf (or 2 kale leaves) torn from stem
2 scoops vanilla- or chocolate-flavored protein powder (pea protein, sweetened with stevia)
2 droppers full of liquid stevia (I prefer berry or chocolate flavor)
2 tablespoons coconut butter

Optional and recommended ingredients (any or all):

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

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

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

DIRECTIONS

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

Recipe contributed by Tana Amen.

POST-PARTY MMG PUNCH



YIELD: 4 SERVINGS

INGREDIENTS

1 cup orange-pineapple juice
1 oz. POM (pomegranate) juice
3 ice cubes
2 scoops Mighty Maca Greens

DIRECTIONS

Place all ingredients in 12 ounce cup/glass. Mix thoroughly. Chug. Get ready for tonight.

Recipe contributed by Dr. Anna Cabeca.

POWER SHAKE



YIELD: 4 SERVINGS

DIRECTIONS

.Blend and enjoy.

Notes:

You can substitute or omit any of the ingredients to your likings.

This recipe is thanks to one of our CGPs, Varouj Kachichian of www.culinarycreator.com

INGREDIENTS

2 cups packed of arugula, basil, mint, parsley, watercress, cilantro, spinach and/or kale
1 cup unsweetened almond milk
1/2 cup canned full fat coconut milk
1 serving protein powder (Vegan Pro 5 available at theDr.com)
1 teaspoon ground cinnamon
1 tablespoon unsweetened cocoa powder or raw cocoa nibs
A dash of cayenne (optional)
2 tablespoons unsweetened almond butter
1 tablespoon organic, grass fed butter

Recipe contributed by Dr. Tom O'Bryan.



APPS SNACKS & SIDES
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No Bake Energy Bites



YIELD: 6 SERVINGS

INGREDIENTS

1 cup organic gluten free oats
½ cup no sugar added creamy almond butter
stevia or monk fruit added to taste
1 teaspoon vanilla extract
1 tablespoon chia
⅔ cup unsweetened coconut flakes

DIRECTIONS

Combine all ingredients together in a mixing bowl. Mix until dough forms. Shape dough into small bite size balls. Refrigerate for at least one hour before enjoying

Recipe contributed by Dr. Alan Christianson.

PICKLED RADISHES

Reach for a jar of these when you are craving something salty and crunchy instead of a bag of potato chips, your body will thank you. Lacto-fermentation is a way of food preservation that also offers an excellent source of beneficial bacteria for a healthy gut.



YIELD: 1 QUART

DIRECTIONS

Trim the ends off of the radishes. If they are large, cut them into quarters. Place the chopped garlic and pink peppercorns into a clean, wide-mouthed quart jar. Add the radishes, packing them in, until they are about 1 inch from the top of the jar. Mix the sea salt and water together in a 2-cup liquid glass measuring cup; pour over vegetables until they are submerged with at least a half an inch of brine. Place a folded cabbage leaf or boiled rock on top and push it down to submerge the vegetables. They need to stay below the brine to properly ferment. Cover the jar tightly with the lid and place into a dark place to ferment. It should take 5 to 10 days depending on the temperature of your house. The warmer it is, the shorter it takes to ferment. You can check them after 5 days; they should be sour and crispy. Make sure to “burp” the jar everyday once \bubbles start forming, usually by day 2. You can do this by slightly unscrewing the lid to release the gases and then screw it back down. Once the radishes have fermented to your liking, place the jar into the refrigerator and store for up to 6 months. They will keep fermenting while in the refrigerator, just at a much slower rate.

INGREDIENTS

2 to 3 bunches radishes
3 to 4 cloves garlic, chopped
1 tablespoon pink peppercorns
2 cups filtered water
1 tablespoon sea salt
small cabbage leaf

Recipe contributed by Allison Segersten.



CHIPOTLE LIME CHICKEN WINGS

YIELD: 4 SERVINGS

DIRECTIONS

Preheat oven to 350 degrees F and place rack in the center of the oven. Disjoint wings and cut into 3 pieces. Keep the tips for stock or discard. Place wings on a sheet pan and season with salt and pepper. Bake wings for approximately 45 minutes until they are starting to turn golden. While wings are baking mix remaining ingredients in a glass bowl. Remove wings from oven, and while still warm, place in the bowl of marinade and mix well to coat wings. Marinade for at least 30 minutes or up to one hour at room temperature. Preheat broiler to low, return wings to sheet pan, and broil for about 7 minutes, turning once, until wings are golden brown. If you prefer to finish the wings on the grill, heat grill to medium high and grill turning as needed for about 7 – 10 minutes. When you first put the wings on the grill, they may flame. Quickly move wing to another area to avoid over charring. Optionally, top with chopped cilantro and serve immediately

Tips: Chipotle in adobo is found in most grocery stores in the Hispanic section. It is a canned product containing chipotle chili peppers in a thick, rich sauce, adobo.

Notes: Everyone’s taste for spicy hotness varies. If you want the wings hotter, use more chipotle in adobo. Taste the marinade as you mix it to adjust the heat.

INGREDIENTS

- 2 ½ pounds chicken wings
- ¼ cup ghee, melted
- ½ cup fresh lime juice (approximately 3-4 medium limes)
- 2 teaspoons lime zest (approximately 2 medium limes)
- 2 teaspoons minced garlic
- 2 tablespoons chipotle in adobo (about ½ tablespoon chipotle and 1 ½ tablespoons sauce)
- ½ teaspoon salt
- 1 teaspoon ground cumin
- 1 teaspoon coconut nectar

Recipe contributed by Dr. Kellyann Petrucci.

PAN ROASTED BRUSSELS SPROUTS WITH ALMONDS



YIELD: 4 SERVINGS

INGREDIENTS

2 tablespoons olive oil
6 garlic cloves, sliced
1 medium onion, sliced
½ teaspoon dried basil
1 pound Brussels sprouts, trimmed and quartered
3 tablespoons slow roasted almonds* coarsely chopped
¼ teaspoon sea salt
1/8 teaspoon ground black pepper

DIRECTIONS

Heat the oil in a large nonstick skillet over medium. Add the garlic, onion and basil; cook, stirring occasionally, until translucent, 3-4 minutes. Increase the heat to medium-high and stir in the Brussels sprouts; cook, stirring occasionally, 3 minutes. Add 1/2 cup water and continue to cook until the liquid evaporates and the Brussels sprouts are lightly browned and tender, 5-6 minutes. Stir in the almonds and cook 1 minute. Remove from the heat season with salt and pepper.

Recipe contributed by JJ Virgin.

QUICK, WHOLE-GRAIN CAMEMBERT QUESADILLA

Melon is the ultimate high-volume food, meaning it packs a lot of nutrients into a very few calories, being mostly water it helps fill you up without feeling you out. Pears are very low on the glycemic load scale, and high in the fiber department, delivering 6 full grams per fruit.



YIELD: 4 SERVINGS

DIRECTIONS

Preheat the broiler. Lay the tortillas out in a single layer on a large broiling or baking sheet. When the broiler is almost at full of heat slide the sheet under the broiler for about one minute to quickly toast tortillas and set aside. While the broiler is preheating, place the melon, jalapeno, lemon juice, honey, zest, salt in a blender and process until combined but yet still chunky set aside. Heat a large, dry griddle over medium heat and lay out two of the tortillas. Place on quarter of the Camembert slices over half of each tortilla. Place half the sliced pear over the same half and spread a layer of salsa over the other half, to taste. Fold the quesadillas closed and grill until hot. You can flip it once, if desired, to toast more evenly.

Repeat with remaining tortillas, cut into pieces and serve.

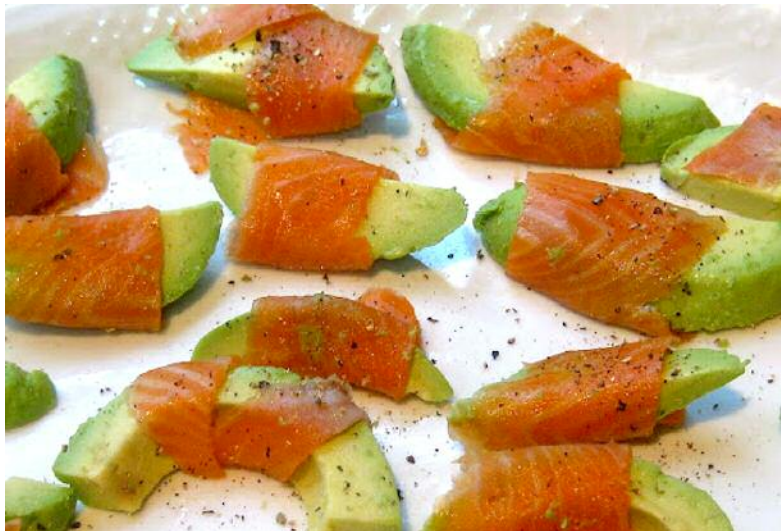
INGREDIENTS

4 whole-grain tortillas
1 ½ cups ripe, fresh cantaloupe or honeydew melon chunks (or frozen, thawed)
½ fresh jalapeno seeded chopped, optional
1 tablespoon lemon juice freshly squeezed preferably
1 teaspoon honey
1 teaspoon lemon zest
optional
pinch of salt
4 ounces of Camembert cheese, sliced thinly
1 ripe Anjou pear, cored and thinly sliced

Recipe contributed by Dr Jonny Bowden.

SMOKED SALMON AND AVOCADO “NOT SUSHI”

This Bulletproof version of fast food takes only moments to prepare and provides plenty of healthy fats and proteins to keep you going for hours at warp speed. It’s my go to lunch when I am in a rush and need something to sustain me.



YIELD: 1-2 SERVINGS

INGREDIENTS

1 Hass Avocado
Cold smoked wild sockeye salmon
Sea salt

DIRECTIONS

Cut the avocado in ½ inch slices and the salmon into strips. Wrap each slice of avocado in a piece of salmon and sprinkle with salt.

Recipe contributed by Dave Aspery.

ROASTED KALE

Very easy to make and surprisingly crisp and satisfying-the kale will melt in your mouth.



YIELD: 8 SERVINGS

DIRECTIONS

Bring oven to 400°F. Remove stems from kale leaves and cut leaves into 3 to 4 inch pieces. Spread on a baking sheet. Spray with oil. Sprinkle salt, pepper, and paprika. Bake for 15 minutes until crispy.

INGREDIENTS

5 to 6 large kale leaves (about 8 cups)
¼ teaspoon extra-virgin olive oil or
1/8 teaspoon sea salt
1/8 teaspoon ground pepper
¼ teaspoon paprika

Recipe contributed by Dr. Steven Masley.



CAULIFLOWER TABBOULEH

YIELD: 4 SERVINGS

DIRECTIONS

Place the pine nuts or almonds in a nonstick pan and gently toast until nuts develop light brown color. Whisk the lime juice and the remaining 1 teaspoon salt together in a large mixing bowl. Slowly drizzle in the olive oil while whisking. Set aside. Using the largest shredding disk of your food processor, feed the florets through the tube until all the florets have been shredded. Transfer to the mixing bowl. Add the parsley, mint, tomatoes, raisins, and black pepper and toss to combine. Add the pine nuts and toss to combine. Cover and refrigerate for 1 hour and up to overnight before serving. Refrigerate, covered, for up to 2 days.

INGREDIENTS

½ cup pine nuts or almonds
2 teaspoons kosher salt, divided
2 tablespoons freshly squeezed lime juice
1 tablespoon extra-virgin olive oil
1 large head cauliflower, separated into florets (about 2 pounds)
½ cup fresh parsley leaves, chopped
2 tablespoons chopped fresh mint
½ cup chopped tomatoes
¾ cup golden raisins
¼ teaspoon freshly ground black pepper

Recipe contributed by Dr. John Principe.

HOMEMADE HUMMUS & VEGGIES

Packed with slowly digested carbs, vitamin A, vitamin C, magnesium, vitamin B6 and potassium.



YIELD: 4 SERVINGS

INGREDIENTS

1 BPA-free can of garbanzo beans (I like the brand Eden Foods)
2 cloves of garlic
¼ cup lemon juice
¼ cup tahini (I like the Arrowhead Mills brand)
2 tablespoons olive oil
¼ teaspoon cayenne pepper
and/or ½ teaspoon cumin,
to sprinkle on top of
hummus
Bell peppers, carrots,
zucchini or other vegetable,
sliced for dipping

DIRECTIONS

Blend garbanzo beans, garlic, lemon juice, tahini, and 1 tablespoon olive oil together in a high-speed blender. Pour into a serving bowl. Make a shallow crater in the center of the bowl. Pour additional 1 tablespoon of olive oil into the crater. For a spicy hummus, sprinkle with cumin and/or cayenne pepper. Enjoy dipping your veggies!

Recipe contributed by Dr. Jen Landa.

SLOW ROASTED NUTS



YIELD: 4 SERVINGS

DIRECTIONS

Place nuts in a bowl and add enough water to cover by 3-inches then stir in salt. Let nuts soak overnight. Preheat the oven to 140° degrees. Drain nuts and spread onto a baking sheet or place in a dehydrator. Bake nuts for 8 hours. Remove from the oven or dehydrator and let cool completely. Nuts will crisp up as they cool. Store nuts in a sealable plastic bag in the refrigerator for best results.

Note: If your oven doesn't go to 140 degrees, you will need a dehydrator

INGREDIENTS

1 ½ cups raw nuts –
pecans, almonds,
cashews,, your choice!
½ teaspoon sea salt

Recipe contributed by JJ Virgin.

ROASTED BEETS AND SQUASH

Vegetables are sweeter roasted than they are boiled or sautéed. The herbs and spices make the fragrant. This is an excellent side dish for many entrees. Besides, the colors are gorgeous. I always try and make extra for leftovers for the next day.



YIELD: 6 SERVINGS

INGREDIENTS

4 medium beets, cut into 1/2 cubes (about 3 cups)
1 small butternut squash cut into 3/4 inch cubes (about 3 cups);
'save seeds for garnish
3 medium yellow scallop squash (or yellow squash) cut into 1 inch cubes about (about 2 cups)
2 medium zucchini, cut into 1 inch cubes about (2 cups)
3 tablespoons virgin olive oil
1/2 teaspoon sea salt
1/2 teaspoon ground black pepper
1 teaspoon Italian herbs, dried
2 cups garbanzo beans, cooked, rinsed, and drained

DIRECTIONS

Preheat oven to 400°F. Put beets in large baking pan and roast for 10 minutes. After 10 minutes, remove baking pans of beets from the oven and add cubed squash to the hot baking pan. Mix with oil, salt, pepper, herbs, and garbanzo beans. Sprinkle butternut squash seeds over the top. Bake for about 40 minutes until veggies are tender.

Recipe contributed by Dr. Steven Masley.

MUSHROOM-NUT PATÉ

This dish is incredibly rich, thanks for the nuts and mushrooms. Serve with a lightly steamed vegetable and/or light salad.



YIELD: 4 SERVINGS

DIRECTIONS

Heat sauté pan to medium-high. Add oil to warm; add onion, and sauté for one minute, stirring occasionally. Add mushrooms, carrots, black pepper, salt, and Italian herbs and sauté another 5 minutes, stirring occasionally, until the mushrooms have softened. Reduce heat to low, add port wine and stir. Heat until the bottom of the pan is still moist but most of the port has evaporated. Set aside. Whisk eggs. Mix eggs, nuts, and veggie-mushroom mixture together; then pour into oven loaf pan lined with parchment paper (or grease pans with olive oil). Bake for 50 to 60 minutes at 375°F until toothpick comes out clean. Remove from the oven and let solidify for 5 to 10 minutes.

INGREDIENTS

1 tablespoon virgin olive oil
1 medium onion, diced
4 cups diced mushrooms (great with shiitakes, yet buttons mushrooms work good too)
2 medium carrots, diced
1/4 teaspoon ground black pepper
1/2 teaspoon salt
1 teaspoon Italian herbs, dried
1/2 cup Port wine
6 large eggs (omega-3, organic, free range) beaten
1 cup finely chopped nuts (almonds, pecans, hazelnuts)
Olive oil or parchment paper

Recipe contributed by Dr. Steven Masley.



CINNAMON ROASTED PECANS

YIELD: 1 1/2 CUPS

DIRECTIONS

Preheat the oven to 200°F. Combine the pecans and oil in a medium bowl and toss well. Combine cinnamon, monk fruit extract and salt in a separate bowl. Add the spice mixture to the nuts and stir well to coat. Place the nuts in a single layer on a large baking sheet. Bake 10 minutes, remove from the oven and cool at least 10 minutes before serving. Store in a covered container.

INGREDIENTS

- 1 1/2 cups slow roasted pecans* recipe below
- 1/2 teaspoon macadamia nut oil
- 1/2 teaspoon ground cinnamon
- 3/4 teaspoon monk fruit extract
- 1/4 teaspoon sea salt

Recipe contributed by JJ Virgin.

LOW-GLYCEMIC CEASAR SALAD PIZZA IN A SNAP



YIELD: 4 SERVINGS

INGREDIENTS

- ¼ cup raw sunflower seeds
- ¼ cup raw pumpkin seeds
- 1 tablespoon shredded coconut
- ¼ cup apple, chopped
- 2 Medjool dates, pitted and finely chopped
- ¼ teaspoon of cinnamon
- 1 cup coconut milk

DIRECTIONS

Mix all ingredients together in a bowl and munch down!



SPECIAL OFFER

DISCOVER NATURE'S METABOLIC SOLUTION

Turns Hunger Off and Fat Burning On...

CLICK HERE

Recipe contributed by Dr. Jonny Bowden.

CEVICHE AVOCADO TOSTADO

Easy to make, flavorful, and fun to eat. This is a meal that is hard to surpass.



YIELD: 4 SERVINGS

DIRECTIONS

Combine fish, onion, lime juice and salt in a glass container. Make sure lime juice covers fish and onion completely. Marinate for at least six hours but preferably 12 to 24 in the refrigerator

Preheat oven to 425°F . Place tortillas on a baking sheet without any wrapping and bake for 10 minutes. After marinating drain fish with a colander. Discard marinade. Return fish to large bowl and mix gently with red peppers, cilantro, green onions, cayenne pepper, avocado and tangerine juice.

To serve, lay tortilla on a plate heap 2 tablespoons of beans, a big pinch of cabbage, the ceviche over the top. Garnish with 1 teaspoon of cream or yogurt enjoy

INGREDIENTS

- 1 pound white fish , cut into ½ to ¾ inch cubes (my favorite is snapper but tilapia works well)
- ½ medium red onion, diced
- 1 cup lime juice
- ½ teaspoon sea salt
- 8 medium corn tortillas
- 1 medium red bell pepper, diced
- ½ cup chopped fresh cilantro
- 2 medium Green onions, diced
- 1/8 teaspoon cayenne pepper
- 1 medium avocado, sliced
- ½ cup freshly squeezed tangerine juice (about two tangerines or mandarins; strain away seeds; use orange juice or lime juice is tangerines are not available)
- 15 ounces nonfat refried pintio beans
- 2 cups sliced green cabbage
- ½ cup nonfat sour cream or nonfat plain yogurt

Recipe contributed by Dr. Steven Masley.



NO FUSS MUSSLES IN SPICY BEER BROTH

YIELD: 4 SERVINGS

INGREDIENTS

2 teaspoon butter
1 teaspoon prepared,
minced garlic
1 ½ cups high-quality
dark beer
¼ to ½ teaspoon ancho
chile pepper, to taste
(or cayenne pepper)
2 pounds mussels,
scrubbed
1/3 cup chopped fresh
cilantro

DIRECTIONS

1 minute. Add the beer, stir in pepper, and bring to a simmer. Add the mussels. Cover, and steam until just opened, 4 to 5 minutes. Remove from heat, stir in cilantro, and serve with some of the beer broth poured over the mussels.

Recipe contributed by Dr. Jonny Bowden.



SALADS & SOUPS



DIJON SPINACH SALAD



YIELD: 5 SERVINGS

INGREDIENTS

- 1 10-ounce package triple-washed spinach
- ½ cup thinly sliced red onion, separated into rings
- 1 cup sliced fresh mushrooms
- 1 sliced red pepper
- ¾ cup Asian-Dijon Dressing

Asian-Dijon Dressing:

- ¼ cup soy sauce
- ¼ cup rice vinegar
- ¼ cup water
- 1 tablespoon Dijon mustard
- ¼ teaspoon minced fresh garlic
- ¼ teaspoon minced fresh ginger

Recipe contributed by Dr. Joel Kahn.

KALE & TURKEY MEATBALL SOUP



YIELD: 4 SERVINGS

DIRECTIONS

Add almond milk to a large mixing bowl then tear the bread into chunks and add to the milk to soak. Add the turkey, shallot, garlic, nutmeg, oregano, red pepper flakes, salt and pepper and parsley and gently mix with your fingers until the mixture is combined. Use a small scoop or melon baller to form 1/2 inch balls. Add the broth, beans, carrots, onion and kale to the insert of a 5- to 7-quart slow cooker. Drop the meatballs onto the kale, cover and cook on low for 4 hours or until the meatballs float to the surface. Serve the soup garnished with red pepper flakes and fresh parsley leaves.

INGREDIENTS

- ¼ cup almond milk
- 2 slices gluten free bread
- 1 pound ground turkey
- 1 medium shallot, finely chopped
- 2 cloves garlic, finely chopped
- ½ teaspoon freshly grated nutmeg
- 1 teaspoon oregano
- ¼ teaspoon red pepper flakes
- kosher salt and freshly ground pepper
- 2 tablespoons Italian parsley, chopped
- 8 cups chicken or vegetable broth (64 ounces)
- 1 15-ounce can white Northern beans or other small white bean, drained and rinsed
- 2 carrots, sliced
- ½ yellow onion, chopped
- 4 cups kale (about 1 pound)

Recipe contributed by Dr. Alan Christianson.



IRON-PACKED SPINACH & STRAWBERRY SALAD WITH BALSAMIC VINEGAR DRESSING

*Packed with iron, folate,
potassium, and vitamin C.*

YIELD: 4 SERVINGS

INGREDIENTS

3 cups spinach, washed and
torn into bite-sized pieces
1 quart strawberries, hulled
and sliced
2 tablespoon hemp seeds
(also known as hemp hearts)
¼ cup slivered almonds

Balsamic Vinaigrette Dressing:

¼ cup balsamic vinegar
3 tablespoon extra virgin
olive oil
¼ cup water
1 teaspoon garlic powder
10 drops lo han guo
½ teaspoon salt
½ teaspoon fresh ground
black pepper

DIRECTIONS

In a large bowl, combine spinach, strawberries, hemp seeds and slivered almonds. Combine dressing ingredients into small bowl and whisk, or into a tightly-sealed jar and shake vigorously until ingredients are combined. Top salad with desired amount of dressing and toss. Refrigerate for 10-15 minutes prior to serving.

Recipe contributed by Dr. Jen Landa.

CRAZY SIMPLE CAULIFLOWER SOUP



YIELD: 4 SERVINGS

INGREDIENTS

1 teaspoon coconut oil
½ onion, diced
½ head cauliflower, chopped
2 ½ cups water
salt and pepper to taste

DIRECTIONS

Place coconut oil in a large pot and sauté onion until slightly transparent. Add ½ cup water and cauliflower and cover to steam for 10 min or until tender. Add remaining water and bring to a boil. Reduce heat and simmer for 10 more minutes. Blend with the immersion blender until smooth. Add salt/pepper, and serve.

Recipe contributed by Cynthia Pasquella.

PEAR, WALNUT, & CRANBERRY SALAD



YIELD: 4 SERVINGS

DIRECTIONS

Mix all ingredients in a small bowl. Place all salad ingredients in a large bowl and pour the dressing on top. Toss, serve, and enjoy!

INGREDIENTS

3 cup spinach
½ cup pear, sliced
2 tablespoon walnuts, chopped
1/3 cup dried cranberries
1/3 cup red onion, sliced
1 tablespoon macadamia nut oil
1 tablespoon balsamic vinegar
1 teaspoon garlic, minced

Recipe contributed by Cynthia Pasquella.

STONE FRUIT SALAD



YIELD: 1 SERVINGS

INGREDIENTS

1 tablespoon balsamic vinegar
1-2 teaspoons olive oil, to taste
4 cups baby arugula (or baby spinach)
3-4 ounces chopped organic deli turkey breast (regular or smoked)
3 fresh, ripe apricots, 1 peach or 1 large plum, chopped (or 1 chopped pear in the cold seasons)
¼-1/3 cup canned white beans, drained and rinsed, optional
2 tablespoons chevre (or feta)

DIRECTIONS

Combine the vinegar and olive oil in a large bowl and whisk to emulsify. Add the arugula, turkey, fruit and beans, if using, and toss well with 2 forks to coat everything. Dot with the chevre to serve.



Recipe contributed by Jeannette Bessinger.

BRAIN BOOSTING BBQ CHICKEN SALAD



YIELD: 4 SERVINGS

INGREDIENTS

2 free-range, hormone-free, boneless, skinless chicken breasts (4 ounces each)
1 lime, juiced
¼ cup fresh orange juice
3 garlic cloves, minced
½ teaspoon onion powder
1 teaspoon dried sage or 1 tablespoon fresh sage, chopped
1 teaspoon dry thyme or 1 tablespoon fresh thyme, chopped
½ teaspoon salt
¼ teaspoon pepper
1 red bell pepper, chopped
½ cup celery, chopped
½ cup black beans, drained and rinsed
1 avocado, cut into chunks
3 green onions, chopped
4 cups mixed greens
1 tablespoon olive oil
2 tablespoons fresh lime juice
1 tablespoon cilantro, chopped
Salt and pepper to taste
½ cup sugar-free Nature's Hallow BBQ Sauce (optional)

DIRECTIONS

In small bowl, combine lime juice, orange juice, garlic, onion powder, sage, thyme, salt and pepper. Transfer to a sealable plastic bag. Add chicken, turn to coat and refrigerate for 2 to 24 hours. When ready to cook, preheat grill to medium-high heat. Grill chicken for about 5 to 7 minutes on each side or until chicken is no longer pink in center. Allow to cool slightly before slicing or chopping. In large bowl, mix olive oil, 2 tablespoons lime juice and cilantro. Add red bell pepper, celery, black beans, avocado and green onions. Season with salt and pepper. Gently toss, being careful not to mash the avocado. To serve, place greens on platter and spread chopped veggie and bean mixture over greens. Add slices of grilled chicken across the top. Drizzle sugar-free barbecue sauce over the top if desired. Best served with salad cold and chicken warm

Recipe contributed by Tana Amen.



WINTER VEGETABLE & LENTIL SOUP

Serve this nourishing, hearty soup with some crusty sourdough (gluten-free) bread and a few spoonfuls of lacto-fermented vegetables.

YIELD: 8 SERVINGS

INGREDIENTS

- 2 tablespoons extra virgin olive oil, ghee, or bacon fat
- 1 medium onion, diced
- 3 garlic cloves, crushed
- 1 medium celeriac, peeled and diced (4 cups)
- 4 to 5 large carrots, diced (3 cups)
- 1 teaspoon dried thyme
- 1 teaspoon dried marjoram
- $\frac{3}{4}$ cup green lentils
- 8 cups bone broth or water
- 2 cups diced tomatoes
- 4 cups chopped kale
- $\frac{1}{2}$ to 1 cup chopped parsley
- 1 to 2 teaspoons sea salt
- freshly ground black pepper

DIRECTIONS

Heat a 6 or 8-quart pot over medium heat. Add the oil and onion and sauté until soft, about 5 to 10 minutes. Add the garlic, celeriac, carrots, thyme, and marjoram; sauté a minute more. Then add the lentils and bone broth or water. Cover and simmer for about 40 minutes or until the lentils are tender and cooked. Add the tomatoes, kale, parsley, salt and pepper; simmer for 5 to 10 minutes more. Taste and adjust salt and seasonings if desired. Serve.

Recipe contributed by Allissa Segersten.

HORMONE RESET ALKALINE BROTH

*This broth is my go-to snack when I want to boost energy and weight loss.
It will raise your pH! This broth will keep in the refrigerator
for 3 days. Do not freeze.*



YIELD: 4 SERVINGS

INGREDIENTS

Celery
Fennel
Green beans
Zucchini
Other greens (kale, sorrel, chard, etc.)
Carrots
Onion
Garlic
Cabbage (I love purple cabbage because it turns the broth a gorgeous color)
Fresh or dry spices of choice (I love cumin and turmeric)

DIRECTIONS

Chop 1-2 cups of 3 or more of these veggies. Add spices. Place vegetables and spice in a large soup pot and cover with filtered water. Bring to a boil, and simmer on low for 45 minutes. Strain the vegetables and drink the broth. Use the vegetables in a meal if you wish, or blend for a delicious soup.

Recipe contributed by Dr. Sara Gottfried.

TUSCAN KALE SALAD

Enjoy this delicious, low-calorie, good for you kale salad.
It takes only 10 minutes to prepare.



YIELD: 4 SERVINGS

DIRECTIONS

Toss all of the ingredients together.
Special tip: If you let the salad sit at room temperature for about 30 minutes prior to eating, it gets softer and even more flavorful.

INGREDIENTS

1 bunch of organic kale, washed and chopped finely, sprinkled with a couple of pinches of sea salt, then “massaged” for 5 minutes
¼ cup olive oil
2 tablespoon fresh lemon juice
1/3 cup toasted pine nuts
½ cloves crushed garlic
A couple of “twists” of fresh black pepper
¼ teaspoon red pepper flakes
Optional: 2 tablespoons freshly grated parmesan cheese

Recipe contributed by Aviva Romm.

WINTER WEIGHTLOSS SOUP

YIELD: 10 TO 12 CUPS

INGREDIENTS

4 unpeeled carrots, scrubbed and cut into rounds
2 stalks celery, including leafy part, chopped
1 medium onion, chopped
1 medium tomato, cut in half
1 clove (the spice)
5 cloves garlic, peeled and smashed
3 ½ pounds grass-fed beef bones (preferably joints and knuckles)
2 dried bay leaves
2 teaspoon kosher salt
2 tablespoons apple cider vinegar



DIRECTIONS

Place all the vegetables, clove, garlic, bones, and bay leaves into a slow cooker. Sprinkle on the salt, drizzle with vinegar, and add enough water to cover everything by at least one inch. Cook for 8 to 10 hours on low. As the broth cooks, use a shallow spoon to carefully skim the film off the top of the broth. When done, optionally, pour the broth through a fine mesh strainer and discard the solids and bones. Taste the broth and add more salt as needed. The broth will keep for 3 days in the refrigerator and 3 months in your freezer.

VARIATIONS

WITH CABBAGE AND DILL

Cooked cabbage adds a pleasant sweetness to the broth

ADDITIONAL INGREDIENTS

About 4 cups of green cabbage, sliced as you would for coleslaw
2 to 3 teaspoons dried dill
½ teaspoon black pepper
Salt to taste

ADDITIONAL DIRECTIONS

About 2 hours before you turn off the broth, add the cabbage, dill, and pepper.

Note: When I do this, I don't discard the other vegetables from the broth, but I do remove the bones.

Recipe contributed by Dr. Kellyann Petrucci.

WITH CARAMELIZED ONIONS & SHITAKE MUSHROOMS

Caramelized onions add a richness and sweetness much like French onion soup, while the mushrooms compliment them with a woodsy, earthy flavor

ADDITIONAL INGREDIENTS

4 to 5 large sweet onions, sliced into 1/8-inch slices
1 pound fresh shitake mushrooms, sliced
1 tablespoons plus 2 teaspoons (5 teaspoons) coconut oil, separated
1 tablespoon plus 2 teaspoons (5 teaspoons) ghee, separated
Parsley for garnish (optional)
Salt to taste

ADDITIONAL DIRECTIONS

Add 1 tablespoon coconut oil and 1 tablespoon ghee to a large, flat-bottomed sauté pan or Dutch oven and place over medium-low heat. (You may need to use two pans if you are caramelizing all the onions at once.) When the oil/butter mixture is shimmering, add the onions, and cook very slowly for about 45 minutes stirring occasionally. The onions should be golden and brown in color, much reduced from where you started, and very soft but not mushy. Remove onions from pan and deglaze the pan by adding 1 to 2 ladles of broth, raise the heat to simmer, and gently scrape off any remaining onions. Add broth from the deglazed pan back to the crock pot of broth. Using the same sauté pan, add 2 teaspoons coconut oil and 2 teaspoons ghee, and sauté the shitake mushrooms on medium heat for 4 to 5 minutes until they begin to turn golden. Add the onions and mushrooms to the broth for the last 15 to 20 minutes of cooking. Optionally top with chopped parsley.

Note:
Caramelizing onions brings out their natural sugars, but the process cannot be rushed. Don't turn up the heat or cover the pan.

WITH ROASTED ROOT VEGETABLES

Roasting root vegetables creates a warming, hearty addition to your broth

ADDITIONAL DIRECTIONS

Preheat oven to 400° F. Put vegetables on a sheet pan, add coconut oil, thyme, and salt and toss to coat. Bake for 20 minutes and check for doneness. Remove from oven if done. If not, check every 3 to 5 minutes until done. It may take up to 30 minutes. Vegetables should be tender but not mushy. Add vegetables to broth and serve immediately. Optionally top with chopped parsley.

Note:
You can vary the vegetables based on what you like. This is a very warming and satisfying soup on a cold winter's day.

ADDITIONAL INGREDIENTS

2 medium yams or sweet potatoes, peeled and cut into 1-inch cubes
2 parsnips cut into ½ -inch rounds
½ acorn or butternut squash, peeled and cut into 1-inch cubes
1 small rutabaga, peeled and cut into 1-inch cubes
2 leeks, cut into ¼ to ½ -inch rounds (use the white and very pale green part only)
2 tablespoons coconut oil, melted
½ teaspoon dry or 1 tablespoon fresh thyme leaves
Salt to taste
Parsley for garnish (optional)

TUNA GARBANZO BEAN SALAD

ingredients



YIELD: 2 SERVINGS

INGREDIENTS

¼ Cup each green peas,
shredded carrot, shredded
cabbage, chopped parsley
or basil
½ Cup cooked garbanzo
beans
½ Cup water packed tuna
(or leftover cooked tuna)

DIRECTIONS

Fold together in a bowl and enjoy.

Recipe contributed by Dr. Anna Cabeca.

EASY ONE POT CHICKEN MISO SOUP

Heres a classic five-ingredients all-in-one meal you can make in ten minutes that will go with any left overs in the fridge.



YIELD: 4 SERVINGS

DIRECTIONS

Pour chicken broth into a larger soup pot and bring to boil over high heat. Add the chicken, beans, and veggies and reduce the heat to a simmer for 5 minutes or until all ingredients are hot. Stir in the miso and incorporate well.

INGREDIENTS

4 cups no-sodium chicken
broth
2 cups cooked chicken,
shredded or diced.
1 can (14.5 ounces) white
beans, drained and rinsed
(or 2 cups leftover cooked
grains)
2 cups cooked or frozen
veggies (e.g., sliced carrots,
broccoli florets, peas, zuc-
chini, cauliflower, pearl
onions, edamame—“stir
fry” mix)
2 to 3 tablespoons mellow
white miso, to taste

Recipe contributed by Dr. Jonny Bowden.

GRATITUDE GRAPEFRUIT CAESAR SALAD

YIELD: 4 SERVINGS

INGREDIENTS

Salad

6 cups mixed greens
1 pink grapefruit, peeled, seeded and diced large
⅓ cup pumpkin seeds or almonds
¼ cup pomegranate seeds (optional)
1 teaspoon garlic powder

Dressing

Juice of ½-1 pink grapefruit (about ¼-½ cup)
¼ avocado, peeled and pitted
¼-½ teaspoon minced garlic
⅛ teaspoon salt & ground black pepper combined (optional)
Cold water

DIRECTIONS

In a blender, puree pink grapefruit juice, avocado, garlic, salt and pepper to a creamy dressing consistency. If it is too thick, add a little cold water 1 teaspoon at a time or a little more juice. You may use pumpkin seeds or almonds raw with garlic powder, or toast the pumpkin seeds or almonds and garlic powder until just golden in a sauté pan over medium heat. Set aside to cool. Toss the greens, grapefruit and pomegranate with the dressing and top with pepitas or almonds. Enjoy!



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Recipe contributed by Tana Amen.



BULLET-PROOF TACO SALAD

When I make this, I like to prepare extra meat and save it or even eat it by itself for quick lunch next day. This satisfying me can easily for dinner too.



YIELD: 4 SERVINGS

INGREDIENTS

Taco mix

Grass fed, organic ground beef
2 tablespoons grass fed unsalted butter or ghee
1/2 fresh lime, squeezed
1 to 2 tablespoons cayenne powder (warning do not use if you're sensitive)
1 teaspoon dried oregano
Sea salt to taste

Salad

1 cup spring lettuce
1/4 cup shredded cabbage
2 shredded carrots
1 cucumber cut into slices
half an avocado, sliced
creamy avocado dressing (on page 272 of my bulletproof cookbook add link)

Recipe contributed by Dave Asprey.

DIRECTIONS

Taco mix

In a medium pan, sauté the beef on medium low until cooked gently but not thoroughly. Your goal is not to brown the meat, but to heat it enough that it is cooked through. Burned caramelize meat tastes good, but it causes food cravings. Drain the excess liquid. And the butter, lime juice, cayenne powder, oregano, and salt. Add more seasoning see if you wish to play with the flavors!

Salad

Lay a bed with all of the salad ingredients, starting with the lettuce. Add a suitable portion of beef on top and then drizzled with dressing.

CANADOLI IN BROTH

This wonderful recipe came to America from northern Italy, with my grandparents, my Nonni y Nonno, as we called them!



YIELD: 4 SERVINGS

DIRECTIONS

Remove the crust from the bread and break into small pieces, about 1/2 inch. In mixing bowl, pour enough milk over bread and allow to soak in. Squeeze liquid out of bread and put in another mixing bowl.

In a separate bowl, combine sage, spinach parsley, meat mixture and parmesan cheese and mix well. Add bread to mixture and blend together very well.

Dust your hands with flour and make 'meat balls' to the desired size. We like them like softballs.

To cook Canadoli, place into simmering broth. Cook to doneness. Time will vary, depending on the size of canadoli. Sprinkle with additional parmesan cheese. * Omit if anyone is dairy free. Serve.

INGREDIENTS

12 slices of gluten free bread
2 teaspoon of sage
4 cups of gluten free flour blend
16 ounces spinach, chopped and drained well
1 cups of fresh parsley, chopped fine
1/2 pounds each of ground pork, beef, veal ground together
Almond or Coconut milk for soaking the bread
A fistful of grated parmesan cheese* Omit if anyone is dairy free.
Gluten Free Chicken Broth or homemade bone broth
Extra flour for hands

Recipe contributed by Dr. Tom O'Bryan.



SOOTHING SHRIMP CHOWDER

YIELD: 6 SERVINGS

INGREDIENTS

2 teaspoons macadamia nut oil
or coconut oil
4 small sweet potatoes, diced
1 medium yellow onion, peeled
and diced
8 celery stalks, chopped
3 carrots, peeled and chopped
1 14-ounce can coconut milk
2 cups unsweetened almond
milk
½ teaspoon Thai green curry
paste
½ teaspoon vanilla extract
1 pound fresh shrimp, peeled
and deveined (you may choose
to remove tails)
1 cup fresh or canned peas
1 cup fresh spinach
½ teaspoon pepper
1 teaspoon sea salt (optional)

DIRECTIONS

Heat oil in large skillet over medium-high heat. Sauté potatoes, onion, celery and carrots briefly, about 5 minutes (do not overcook). Add coconut milk, almond milk, green curry paste and vanilla. Mix well. Turn heat down to simmer for 10 minutes. Add shrimp, peas and spinach to skillet and cook for about 3 to 4 minutes or until shrimp are pink and no longer translucent. Do not overcook or shrimp will become tough. Transfer one-third of entire soup mixture to blender to puree. Transfer pureed mixture back to soup pot and mix well. You may skip this step to save time or if you prefer a thinner soup base. However, this step makes the soup more like chowder. Simmer for 5 minutes. Ladle chowder into bowls and serve hot.

Recipe contributed by Tana Amen.

KIBEE SOUP

*This recipe will make enough to bake some on it's own in addition to the soup.
My mother, though Italian, learned and prepared my father's heritage of Irish and Lebanese foods. Kibee can be enjoyed 'fresh', baked and in soup. My sister is a master at this dish!*



YIELD: 8 SERVINGS

INGREDIENTS

1 ½ pounds ground lamb, very very lean
2 cups prepared Quinoa
1 large onion, chopped very fine
1 tablespoon salt
½ teaspoon pepper
1 teaspoon Allspice
4 tablespoons Cumin
2 tablespoons fresh Mint, chopped very fine
1 tablespoon Cinnamon
Gluten Free Beef Broth

DIRECTIONS

Prepare all spices and onions, grind together in blender or cuisinart and add the quinoa to that and blend. This converts the quinoa to a fine bulghar consistency vs. the grain/pieces.

In a mixing bowl, add spice mix to meat and blend well. Do not use the blender for this. Hands are a must! Add a little water until you have the consistency that you desire (so that the quinoa isn't too dry).

Heat GF broth in saucepan. Form small 'meat balls' and drop into broth. Simmer slightly until done to desire. Add sautéed onions for onion Kibee soup.

For baked Kibee
Layer Kibee in baking dish. Drizzle olive oil over top. Bake at 350 degrees for 30 minutes. Cut into squares and enjoy!

Recipe contributed by Dr. Tom O'Bryan

FAST & FIBERFUL BLACK BEAN SALAD



YIELD: 4 SERVINGS

DIRECTIONS

In a blender or food processor, pulse the jalapeno and garlic a few times until minced. Add the lime juice, honey, Dijon, cumin, coriander, and salt and pulse once or twice to briefly mix. Drizzle in the olive oil while processing until emulsified.

In a large bowl, gently combine the beans, corn, tomatoes, cilantro, and scallions, if using. Make a bed of lettuce in a large salad bowl. Dress the bean mixture to taste and pour over greens.

INGREDIENTS

Dressing
½ to 1 small jalapeno pepper, stemmed
2 garlic cloves, crushed
Juice of 2 limes
2 teaspoon raw honey
2 teaspoons Dijon mustard
½ teaspoon ground cumin
¼ teaspoon ground coriander
½ teaspoon salt
1/3 cup olive oil

Salad
1 can (15 ounces) black beans, drained and rinsed
2 cups frozen corn, thawed
1 pint heirloom mini tomatoes
1 bunch fresh cilantro
½ cup sliced scallions, optional
1 bag (6 ounces) chopped romaine lettuce (or 1 head, chopped)

Recipe contributed by Dr. Jonny Bowden.



DESSERTS



GRAIN-FREE BLUEBERRY COFFEE CAKE



YIELD: 10 SERVINGS

INGREDIENTS

- 1/3 cup almond flour
- 1/3 cup hazelnut flour
- 1/3 cup coconut flour
- 1 cup organic xylitol
- 1 tablespoon baking powder
- 2 tablespoons dry chia seeds
- 3 free range eggs
- 2 tablespoons melted coconut oil
- 1 teaspoon ground cinnamon
- 1 teaspoon pure vanilla extract
- 3/4 cup blueberries
- coconut oil cooking spray

DIRECTIONS

Preheat oven to 350. Spray an 8x8 baking dish with nonstick coconut oil cooking spray. Place chia seeds in a small jar with 1/3 cup of water. Cover jar and shake for one minute. Allow seeds to sit for 20 minutes or until they become gelatinous. Beat eggs in a large mixing bowl with vanilla, xylitol, chia seeds and coconut oil. Mix in flours, baking powder, cinnamon and blueberries. Pour batter into baking dish and bake at 350 degrees for 35-45 minutes or until golden brown in color. Allow cake to cool before slicing.

Recipe contributed by Dr. Sara Gottfried.

HORMONE RESET SWEET POTATO BARS

I love these bars from Rebecca Katz’s excellent book, The Longevity Kitchen. If you’ve been with me for a while, you know how I feel about sweet potatoes, which Rebecca calls “nutritionally outstanding,” and I must agree. I adjusted the recipe so that the crust is grain free and there’s very little coconut sugar (you could substitute xylitol, or use half and half).



YIELD: 16 BARS

INGREDIENTS

Crust

- 3/4 cup quinoa flakes
- 1/4 cup coconut flour (or substitute nut flour, such as almond)
- 1/4 cup shelled pistachios
- 1/4 cup macadamia nuts
- 1 teaspoon cinnamon
- 1/2 teaspoon grated orange zest
- 1/4 teaspoon sea salt
- 1-2 tablespoons coconut palm sugar or xylitol
- 2 tablespoons extra-virgin olive oil

Filling

- 1 pound sweet potatoes, such as garnet yams, baked until tender with skins on (about 1 1/2 cups are needed for recipe)
- 2 organic eggs, beaten
- 1/3 cup organic plain yogurt
- 2 tablespoons coconut palm sugar or xylitol
- 1/2 teaspoon grated orange zest
- 1/2 teaspoon ground cardamom
- 1/2 teaspoon ground ginger
- Freshly ground nutmeg for dusting

DIRECTIONS

For the crust, preheat the oven to 375°F. Lightly oil an 8-inch square baking pan. Put the quinoa flakes, coconut flour, pistachios, macadamia nuts, cinnamon, orange zest, and salt in a food processor and pulse until the texture resembles coarse cornmeal. Add the coconut palm sugar (or xylitol) and olive oil and pulse until the ingredients are evenly combined but the mixture is still crumbly. Transfer the mixture to the prepared pan and press it evenly and firmly into the bottom of the pan. Bake for about 15 minutes, until set. Keep the oven on. Meanwhile, make the filling. Put approximately 1 1/2 cups of the sweet potatoes (I like to eat the skin, but you may prefer to scoop out the flesh and discard the skin) into the food processor (reserve any leftovers for another use). Add the eggs, yogurt, coconut palm sugar (or xylitol), orange zest, cardamom, and ginger and process until smooth. To assemble and bake the bars, pour the filling over the crust and smooth the top with a spatula. Sprinkle with nutmeg. Bake for about 25 minutes, until the filling is set and just beginning to pull from the sides of pan. Let cool completely on a wire rack, then cover and refrigerate for at least 2 hours before cutting into 16 squares.

Recipe contributed by Dr. Sara Gottfried.

CHOCOLATE BROWNIES (DAIRY-FREE)

YIELD: 1 DOZEN

INGREDIENTS

1 block dark bakers
chocolate (4 oz. sugar free)
1 tablespoon SKINNYfat
Original
2 very ripe avocado
¼ cup stevita chocolate
powder
1 tablespoon coconut flour
1 tablespoon organic vanilla
extract
1 teaspoon aluminum-free
baking powder
5 tablespoon. Lakanto
sweetener
1 pinch unrefined sea salt

**Optional chocolate cream
cheese frosting ingredients**
8 ounce organic cream cheese
1 stick organic grass-fed butter
2 cups Lakonta Sweetener
1/3 cup Stevita chocolate
delight

DIRECTIONS

Preheat oven to 350. Prepare a 6 x 9 baking dish by coating it with SKINNYFat or coconut oil. Melt the chocolate block and SKINNYFat oil in a small pot over stove or in microwave (do not burn). Place the avocados in blender until smooth. In large mixing bowl combine the melted chocolate and blended avocado. Add in remaining ingredients and huge a hand mixer or large wooden spoon to completely combine into luxuriously dark batter. Fill the baking dish and bake for 35 minutes. Store in the refrigerator to keep them extra fudgy!



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Recipe contributed by Dr. Jayson Calton and Mira Calton



GUILT-FREE PEANUT BUTTER CUP MUG CAKE



YIELD: 1 SERVING

INGREDIENTS

1 egg
3 tablespoons unsweetened vanilla almond milk
1 teaspoon vanilla
1 tablespoon coconut flour (sifted, to prevent lumps)
1 tablespoon dark cocoa powder
2 tablespoons organic peanut butter powder
1 tablespoon sweetener of choice (about 3 packets stevia or erythritol for low-sugar, low-cal OR 1 tablespoon rice syrup or honey)
2-3 teaspoons dark mini chocolate chips (try Enjoy Life, dairy-free)
¼ teaspoon baking soda
1 good pinch salt

Recipe contributed by Jeannette Bessinger.

DIRECTIONS

Spray a large coffee mug lightly with cooking spray. Add the ingredients to the mug in the order listed, starting with the egg at the bottom and finishing with the salt. Mix everything together thoroughly with a fork. Microwave for about 2 minutes until cake is done (with a dense, moist consistency, similar to a soufflé, but not wet). Cool for about 30 seconds and invert cup over a plate to release the cake. Serve immediately.

LIGHT & GROOVY SORBET AND HOMEMADE SODA FLOATS

Talk about total comfort foods here's a way to make it better use low in sugar low in fat surveillance of ice cream and here's the fun part make your own soda nope it's not hard at all just some lemon seltzer and lemons us will do the trick light refreshing and tangy this really hits the spot on a hot summer night



YIELD: 4 SERVINGS

INGREDIENTS

4 teaspoons sugar, xylitol, erythritol to taste
1 lemon, quartered
1 cup fresh raspberries, optional
4 cups chilled lemon seltzer (no sugar or artificial official ingredients)
4 scoops a low sugar, all fruit raspberry sherbet
1 teaspoon lemon zest, optional

DIRECTIONS

Spoon 1 teaspoon of sugar into each of the 4 tall glasses. Squeeze the juice from ¼ lemon into each glass and mix with sugar. Spoon 1/4 cup raspberries into each glass. Gently add lemon seltzer to fill each glass 2/3 full, stirring gently to combine. Gently place one scoop of sorbet in each class and top off with a ¼ teaspoon of zest.

Recipe contributed by Dr. Jonny Bowden.



PALEO ESPRESSO GELATO WITH CHOCOLATE CHIPS

YIELD: ABOUT 5 CUPS

INGREDIENTS

2 cans full fat coconut milk (about 13.5 ounces each)
1 can coconut cream (about 13.5 ounces)
½ cup coconut sugar
2 teaspoons instant espresso coffee crystals (or to taste)
2 teaspoons pure vanilla extract
1 rounded teaspoons instant espresso coffee crystals
6 large egg yolks
½ cup dark chocolate chips (optional)

DIRECTIONS

Open all three cans of coconut milk/cream. Pour off the liquid from the coconut cream and reserve for later use. (It's great in a smoothie.) You should have about 1 cup of coconut cream (measured in a dry measuring cup) and about 5/8 to 1 cup coconut water (measured in a liquid measure). Pour coconut milk, coconut cream, coconut sugar, and espresso crystals into a medium saucepan and bring almost to a simmer. Reduce heat if necessary so the mixture does not boil, but it should be steamy.

Whisk egg yolks in a medium bowl. Very slowly drizzle a ladle full of the coconut mixture into the eggs while constantly whisking the eggs. You must introduce the warm coconut milk mixture to the eggs very slowly so you don't cook the eggs. While constantly whisking, continue to ladle coconut mixture into the eggs slowing and carefully until fully combined. If you do see small particles of cooked egg, put mixture through a fine mesh sieve and discard bits of cooked egg.

Transfer mixture back into the saucepan. Over medium to medium low heat stir constantly with a wooden spoon or rubber spatula so eggs and coconut mixture do not separate. Continue stirring until mixture is steamy but not yet simmering. Remove pan from heat. Transfer into another container and refrigerate until fully chilled. To accelerate the process, place mixture in freezer to chill. Do not freeze.

When fully chilled, pour mixture into an ice cream maker and process according to manufacturer's instructions. Store in a sealed container in the freezer. When fully frozen, you will need to let it sit out for a few minutes before scooping. Optionally serve with dark chocolate chips.

Recipe contributed by Dr. Kellyann Petrucci.

DECADENT DARK CHOCOLATE CHIP MULTIGRAIN COOKIES

Pecans rich in monosaturated fat found in olive oil chocolate antioxidants



YIELD: 1 DOZEN

INGREDIENTS

½ cup butter , softened
½ cup packed brown sugar
¼ cup sugar
1 egg
1 egg yolk
2 tablespoons milk , (low-fat milk , or unsweetened vanilla almond or soy milk)
1 teaspoon vanilla extract
1 cup whole wheat pastry flour
¾ cup flour
2 tablespoons wheat germ
½ teaspoon cinnamon
¾ teaspoon baking soda
¼ teaspoon salt
1 cup high-quality dark chocolate chips
⅔ cup chopped pecans, unsalted

DIRECTIONS

Pre-oven 350°. In a mixer beat together butter sugars until fluffy. Beat in egg and egg yolk ,then the milk and vanilla. In a medium bowl whisk together the flours , wheat germ, cinnamon, baking soda, and salt. Add the dry mix to the wet mix and beat on low until combined. Fold in chocolate chips and pecans.

Using a tablespoon, scoop t1 ½ inch balls and arrange them on a large cooking sheet Bake for 10 to 12 minutes, until golden brown.

Recipe contributed by Dr. Jonny Bowden,

PEAR, PEACH & BLUEBERRY CRUMBLE



YIELD: 6 SERVINGS

DIRECTIONS

Preheat oven to 375°F. In saucepan, combine water, mayple syrup, pears, cinnamon and tapioca. Bring to a boil; the reduce heat to simmer. Stir in lime zest and juice, port wine, and peaches, then heat for 5 minutes. Mix in blueberries and remove from heat.

Pour fruit mixture into pie plate. Just before placing in oven mix the nuts and the granola together and sprinkle over the top. Bake for 15 minute, garnish with berries.

INGREDIENTS

¼ cup water
¼ cup maple syrup
2 pears, cored and cut into ½ inch cubes
½ teaspoon ground cinnamon
2 tablespoon tapioca, quick cooking
1 medium lime, half the skin grated into zest and juiced
1 tablespoon port wine
2 medium peaches, pitted and cut into ½ inch cubes
2 cups blueberries
¼ cup almond slivers (or chopped nuts)
1 cup oatmeal granola
¼ cup fresh berries (garnish)

Recipe contributed by Dr. Steven Masley.

DENSE AND DREAMY FRUIT & NUT-FILLED CARROT CAKE

YIELD: 4 SERVINGS

INGREDIENTS

cooking oil spray
½ cup almond oil
¼ cup walnut oil
½ cup applesauce, unsweetened
1 cup Sucanat, or sugar
1 cup frozen apple juice concentrated, thawed
4 eggs
2 cups grated carrots
1 can (8 ounces) crushed pineapple in water or juice, partly drained
¾ cup dried shredded coconut, unsweetened
½ chopped walnuts
2 cups unbleached flour
1 ½ teaspoons baking soda
1 teaspoon baking powder
2 teaspoons cinnamon
½ teaspoon cardamom, optional
½ teaspoon salt

Rich & Creamy Frosting

1 package (8 ounces) Neufchatel cheese, slightly softened, or 1/3 reduced fat cream cheese
1 cup confectioners sugar
1 teaspoon vanilla extract
¾ teaspoon orange or lemon zest optional

DIRECTIONS

Preheat oven 375°F. Lightly spray 8x8 inch round cake pans with cooking spray, set aside. In a mixer, beat the oils, applesauce, Sucanat, and apple juice concentrate together until combined. Add eggs and beat until well mixed. Stir in carrots, pineapple, coconut, and walnuts until well incorporated. In a medium bowl, whisk together flour, baking soda, baking powder, cinnamon, cardamom and salt. Add all dry ingredients to wet in batches, mixing gently until incorporated. Pour the batter evenly into two pans and bake for 30 minutes to 35 minutes or until toothpick inserted in center comes out clean. Cool for at least 10 minutes and carefully turn onto wire rack. Cool completely before frosting

Frosting:

In a mixer beat together the neutrons convention or sugar vanilla and user store in the refrigerator



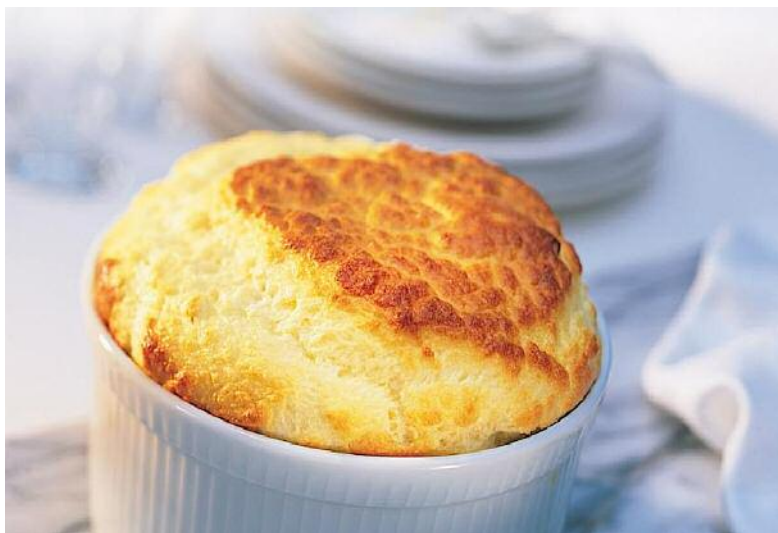
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Recipe contributed by Dr. Jonny Bowden.



APRICOT GRAND MARNIER SOUFFLÉ

Simply delicious! This soufflé is easy to prepare.



YIELD: 6 SERVINGS

INGREDIENTS

1 ¼ cup diced dried apricots
½ cup Grand Marnier
¼ cup almond oil (any nut oil)
¼ cup oat flour (whole grain)
1 cup almond milk
1/8 teaspoon sea salt
1/3 cup maple syrup
7 large eggs (free range, organic)
2 cups berries fresh

DIRECTIONS

Combine apricots and Grand Marnier. Let apricots soak up the liquor for 8 to 24 hours in a sealed container

Preheat oven to 375°F. Heat sauce pan to medium. To make the flower sauce, mix oil and flour in the sauce pan. When mixture bubbles, add almond milk and salt, stir occasionally for five minutes as it thickens. Remove from heat and stir in maple syrup. Separate egg whites and yolks carefully so only egg whites are in the mixing bowl, but save the yolks.

Combine apricots, Grand Marnier and whipped egg yolks with flour sauce. Whip egg whites until they form stiff peaks. Gently fold together egg whites and apricot-flours sauce mixture. Don't overstir or eggs whites will lose their whipped air and soufflé won't rise. Coat a soufflé baking dish (4 inches high and 9 inch diameter) with nut oil, then pour batter into the dish. Bake for 40 to 45 minutes, until the top is lightly browned and a a instered skewer comes out clean. Soufflé should be moist but not running ,serve with fresh berries.

Recipe contributed by Dr. Steven Masley.

NO FUSS FAST & HEALTHY CHOCOLATE CHERRY FROSTY



YIELD: 4 SERVINGS

INGREDIENTS

2 cups unsweetened chocolate
almond milk
3 scoops unsweetened vanilla whey protein powder
2 ½ tablespoon raw cacao powder (or 2 tablespoons unsweetened cocoa powder)
1 Frozen banana
1 ½ cups frozen pitted sweet cherries
2 drops of vanilla extract

DIRECTIONS

Place all Ingredients into a powerful blender and process until smooth.

Recipe contributed by Dr. Jonny Bowden.



FROZEN BLUEBERRY CHERRY YOGURT

This is one my favorite desserts quick easy and delicious any ice cream maker will do. Or you can simply put the slurry in the freezer for 5 to 6 hours before serving

YIELD: 4 SERVINGS

INGREDIENTS

16 ounces nonfat plain yogurt (or coconut milk beverage from the carton)
1 cup blueberries frozen
one cup cherries frozen
3 to 4 tablespoons maple syrup (optional)
4 tablespoons port wine
1/16 tape teaspoon sea salt
1 medium lime, grated, zest and juice
½ cup fresh berries

DIRECTIONS

Combine yogurt, frozen blueberries and cherries, maple syrup, wine and salt in a blender. Add grated lime peel and lime juice. Purée . Place in an ice cream maker and follow manufactures instructions. Serve garnished with fresh berries and almonds.

Recipe contributed by Dr. Steven Masley.

NATURE'S METABOLIC SOLUTION:

Turns Hunger OFF and Fat Burning ON...

Scientists have discovered a remarkable compound that very well may hold the key to getting your body to pay attention to leptin's appetite-controlling and fat-burning messages.

It comes from *irvingia gabonensis*, a fruit found deep in the jungles of West Africa. Locals there have been consuming this fruit for centuries for its health-promoting effects, **but recently it's gotten attention for its uncanny ability to aid in fat loss.**

A remarkable 10-week study was recently performed on 102 people. Half of them received 150mg of an extract of *irvingia gabonensis* and other half a placebo.

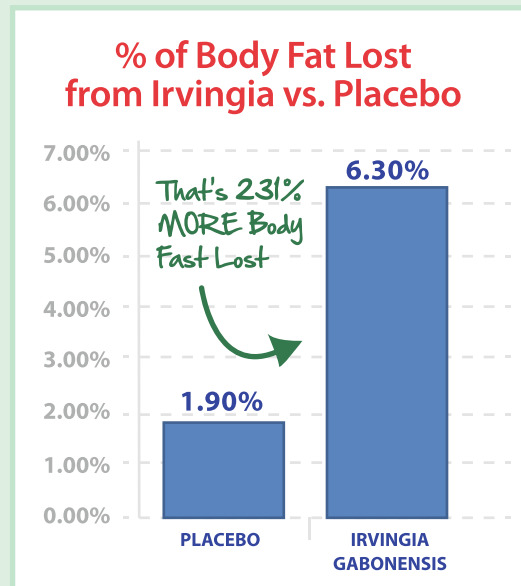
Researchers found that ALL of the 9 different measures of health they tracked improved.

But the most remarkable was that the *Irvingia* group:

- ✓ Lost an average of 12.8 pounds...
- ✓ Shrunk their waistline 15.4%...
- ✓ Dropped total body fat by 6.3%!

And what about the level of leptin-blocking CRP? **Well, it plummeted by an amazing 47%!**

But this just scratches the surface of why I chose to use this leptin-balancing fruit extract with my patients. **That's because *irvingia* has also been shown to exert multiple OTHER effects to aid in fat loss:**



1

Enhances Metabolism - Adiponectin is another powerful fat loss hormone that works by **making your cells more sensitive to your own insulin.** This same study showed participants' adiponectin levels increased by 159% over the 10 week period.

2

Slows carbs from Turning into Fat - *Irvingia gabonensis* also has been shown to inhibit α -amylase, an enzyme that breaks down carbs into sugar, thus **slowing the rate at which sugar enters your blood stream and how much of that turns into fat.**

3

Blocks Conversion of Sugar Into Fat - Finally, *irvingia* has been shown to **reduce how much sugar you eat gets stored as body fat.** It does this by inhibiting a fat-making enzyme called glycerol-3-phosphate dehydrogenase that your fat cells produce.

With results like these, it's hard to contain excitement about *irvingia*, even for a skeptic like me.

CLICK HERE TO LEARN MORE!