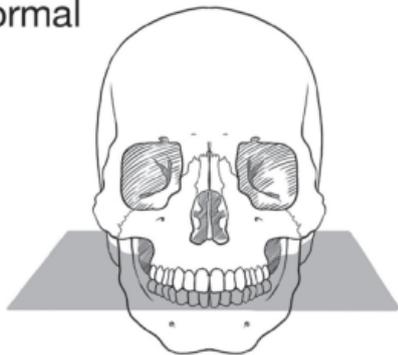


Normal



Malocclusion

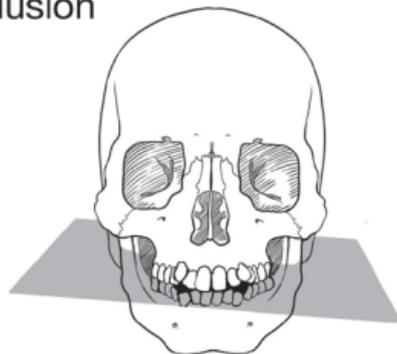
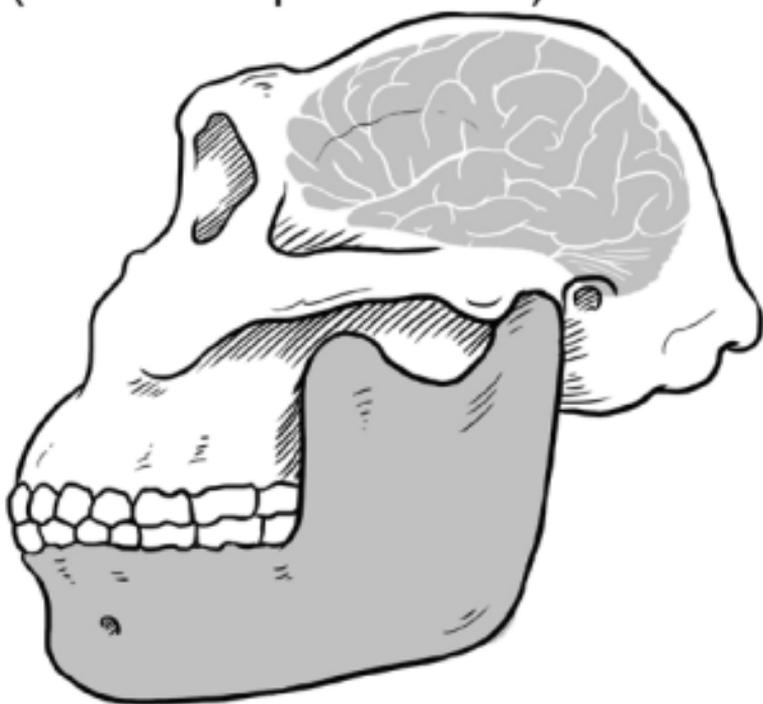


Fig. 1. Crooked teeth as a skeletal and postural problem

Chimpanzee



Early Hominin
(*Paranthropus boisei*)



Homo sapiens

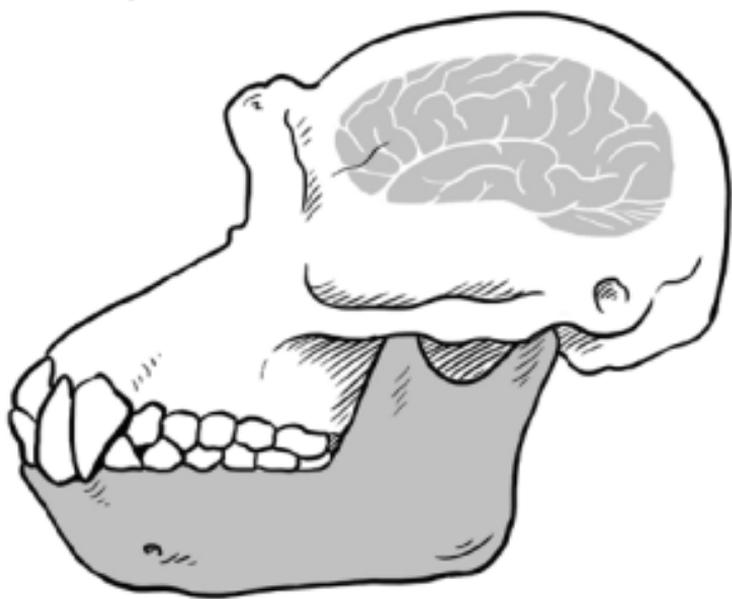


Fig. 4. The jaw-to-brain trade-off between primates and humans

My new diet

MEAL	BEFORE	AFTER (THE DENTAL DIET)
Breakfast	<ul style="list-style-type: none">• Low-fat granola• Low-fat milk• Banana and dried fruit• Glass of orange juice	<ul style="list-style-type: none">• 2 eggs spiced with turmeric, cooked in butter with diced tomatoes, red onions, and basil• Glass of kefir
Lunch	<ul style="list-style-type: none">• Tuna salad sandwich	<ul style="list-style-type: none">• Duck liver pate• Hard cheese platter• Avocado and spinach salad dressed with olive oil
Snack	<ul style="list-style-type: none">• Fruit juice• Dried fruit• Muesli bar	<ul style="list-style-type: none">• Coffee with full cream• Whole piece of fruit with nuts
Dinner	<ul style="list-style-type: none">• Chicken breast• Steamed vegetables• Low-fat yogurt with chocolate and honey	<ul style="list-style-type: none">• Beef stew cooked with marrow-filled bone, garlic, carrot, celery, bay leaves, and cilantro• Kombucha• Nuts and cinnamon in coconut oil
Midnight snack	<ul style="list-style-type: none">• Packaged foods (like chips, chocolate, jams, and juices)	<ul style="list-style-type: none">• None

Chimpanzee



Early Hominin
(*Paranthropus boisei*)



Homo sapiens



Fig. 4. The jaw-to-brain trade-off between primates and humans

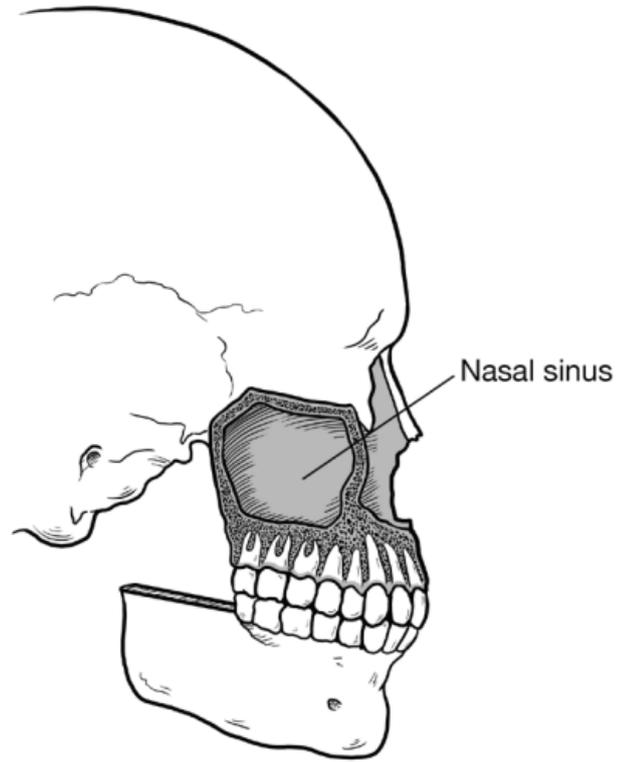
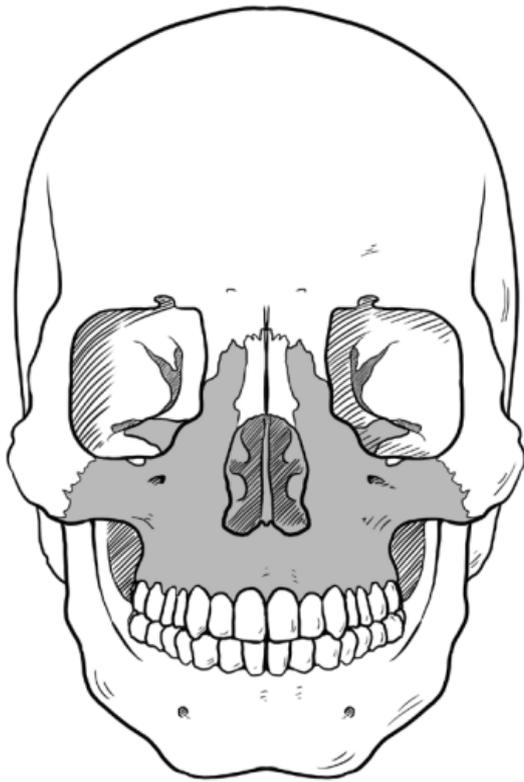
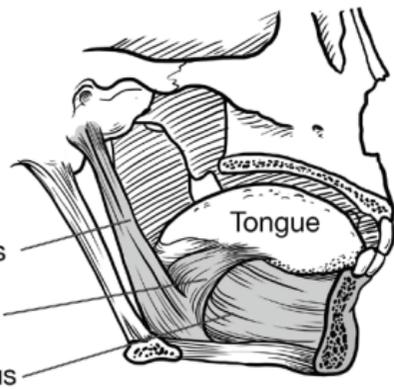
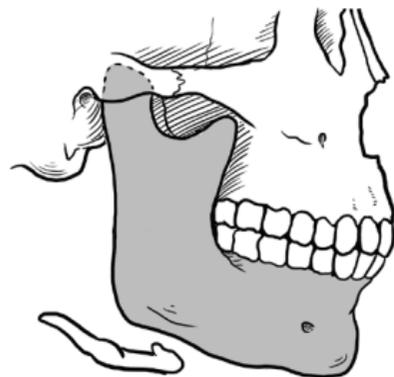
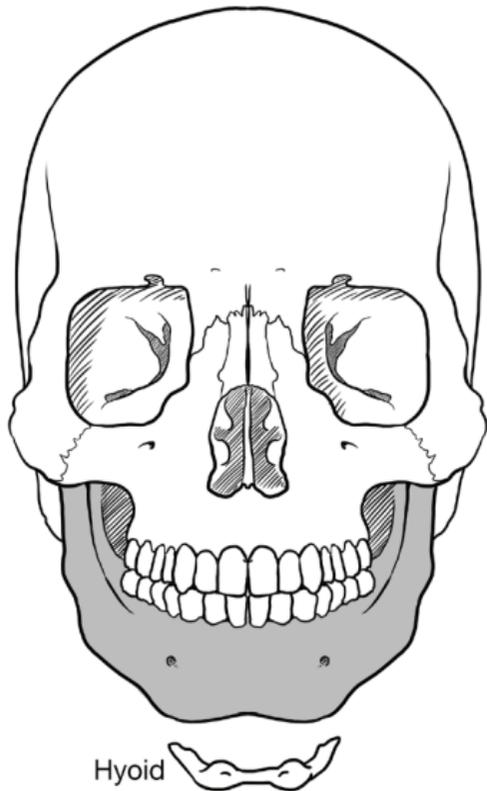


Fig. 5. The maxilla (upper jaw) bone



Styloglossus

Hyoglossus

Genioglossus

Tongue

Fig. 6. The mandible (lower jaw) bone

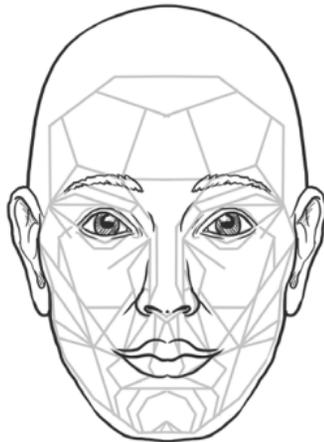
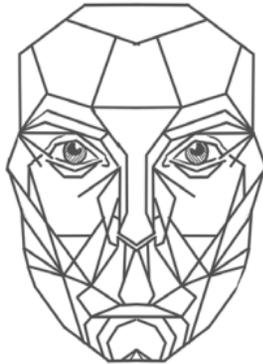


Fig. 7. Marquardt's Mask and the mathematical proportions of facial beauty

The muscles of jaw expansion and breathing

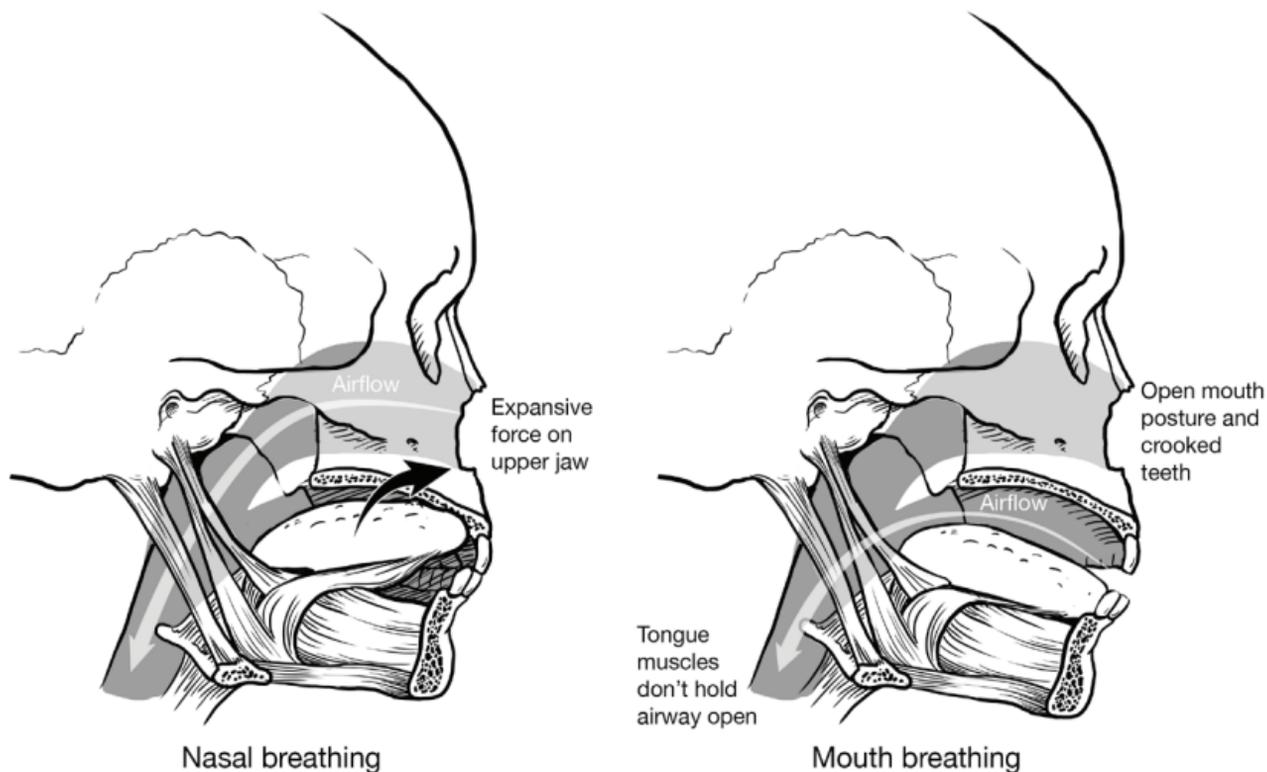


Fig. 8. The role of nasal breathing and the tongue in expanding the jaw bones

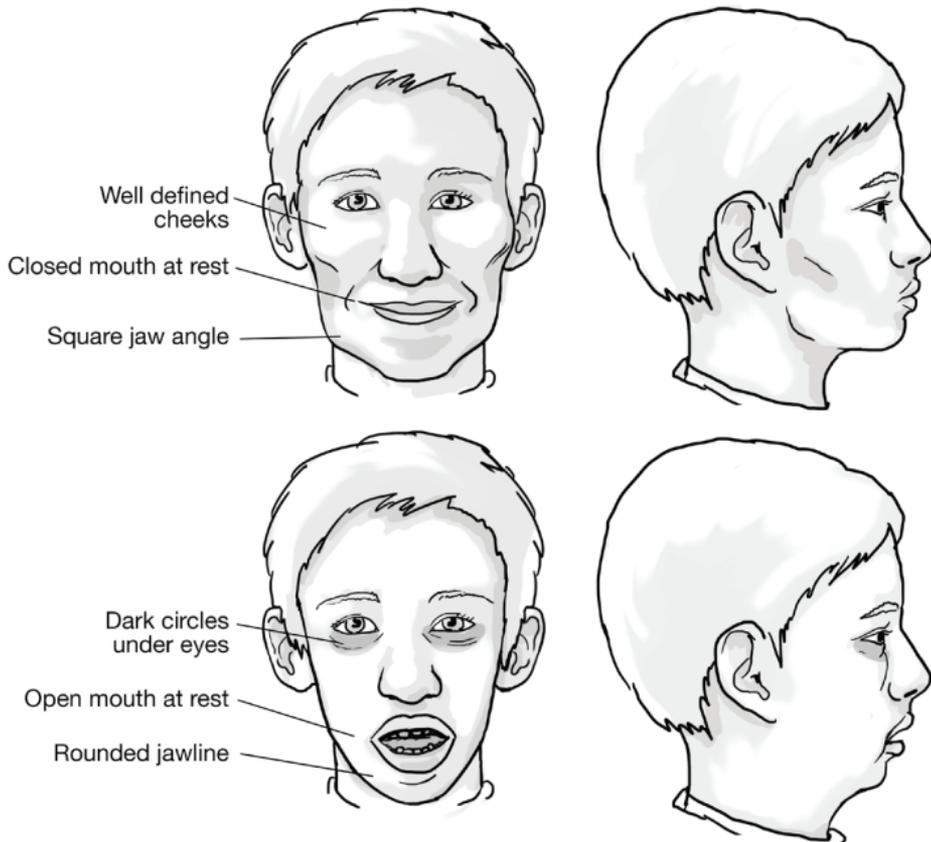


Fig. 9. Facial development and mouth breathing in children

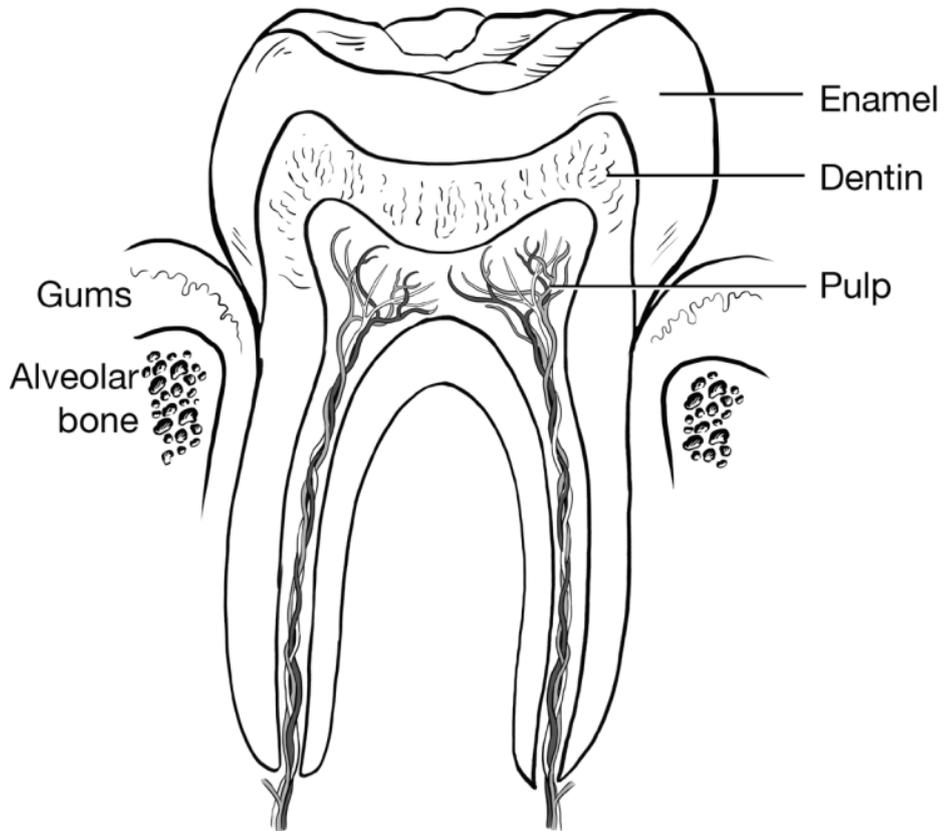


Fig. 10. What the inside of a tooth looks like

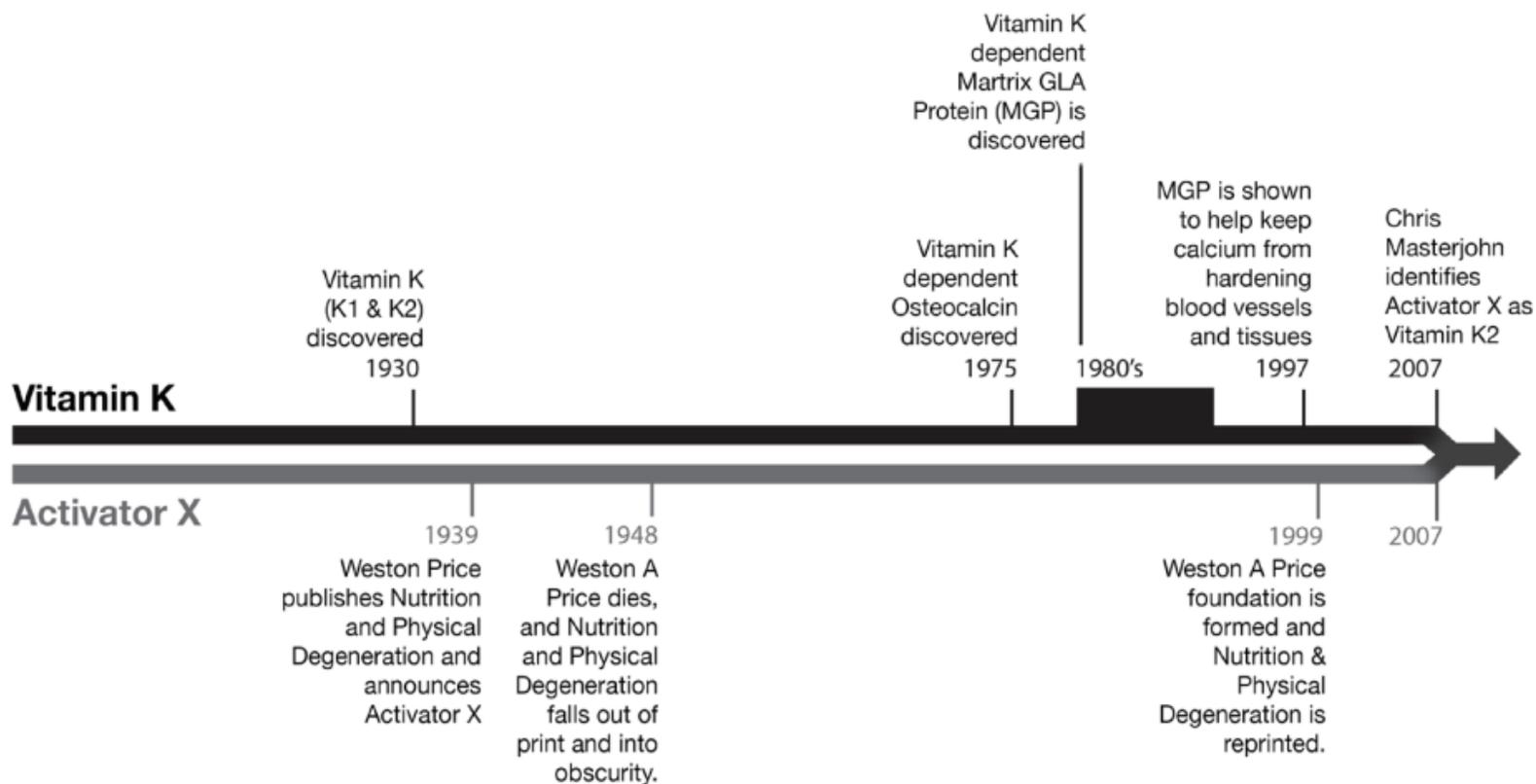
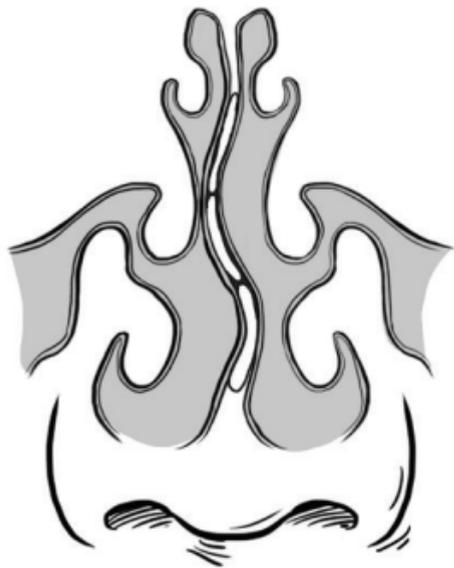
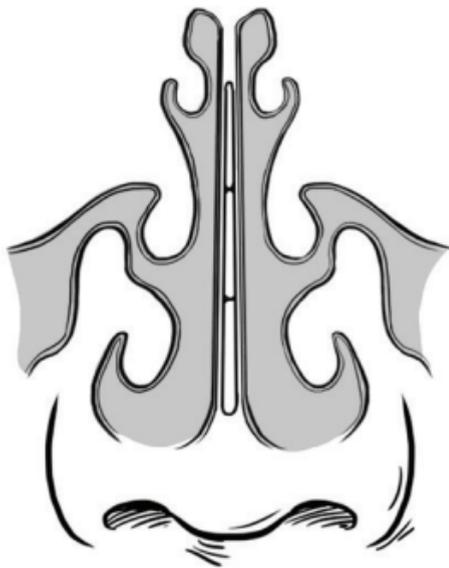


Fig. 11. The 60-year mystery of activator X

Deviated nasal
septum



Normal nasal
septum

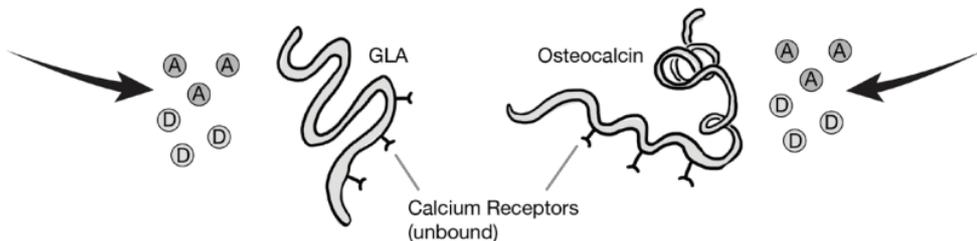


Midface deficiency
(as a result of
septum removal)



Fig. 12. Deviated nasal septum, facial shape, and development

1. Vitamin A and Vitamin D synthesize Matrix GLA protein and Osteocalcin



2. Vitamin K2 activates Matrix GLA and Osteocalcin

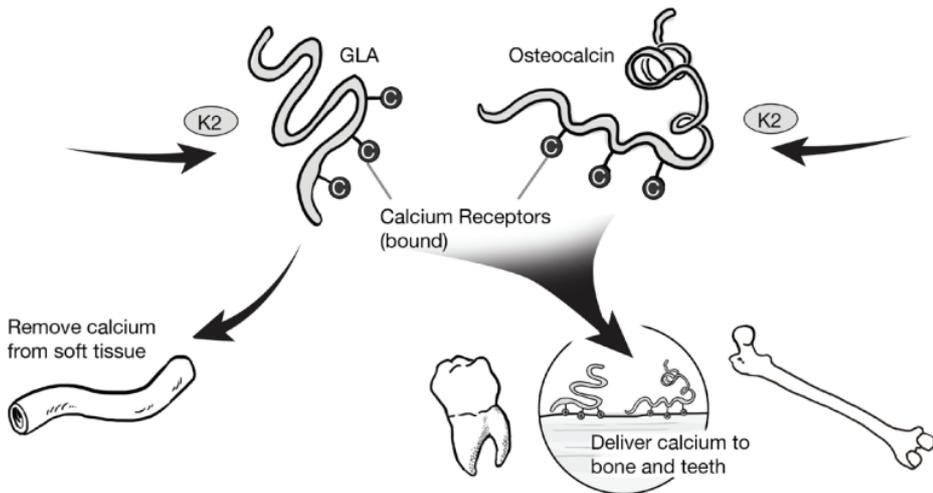
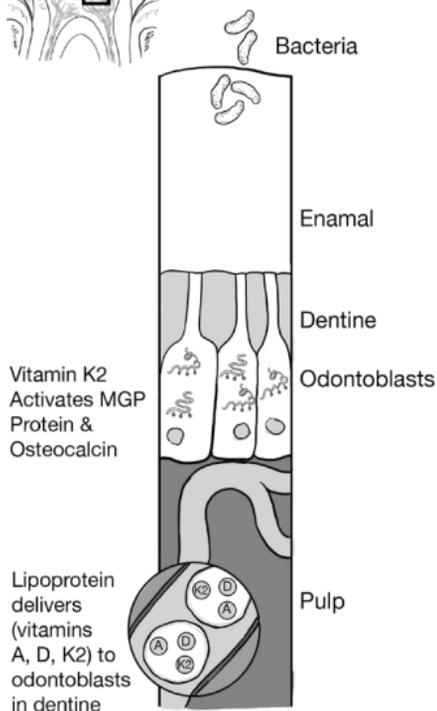
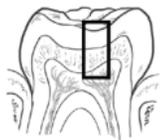
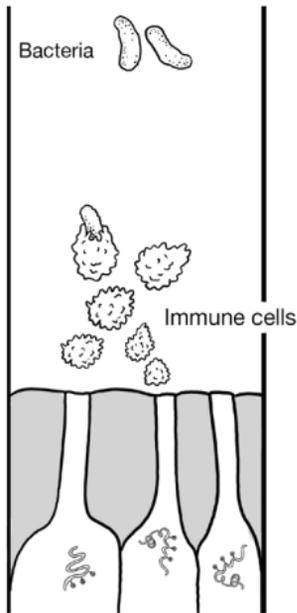


Fig. 13. The synergistic role of vitamins A, D, and K2 in placing calcium into bones and teeth



1 Immune Reaction

Odontoblasts activate immune cells
and repel bacteria



2 Tooth Damage

Odontoblasts lay down reparative dentine

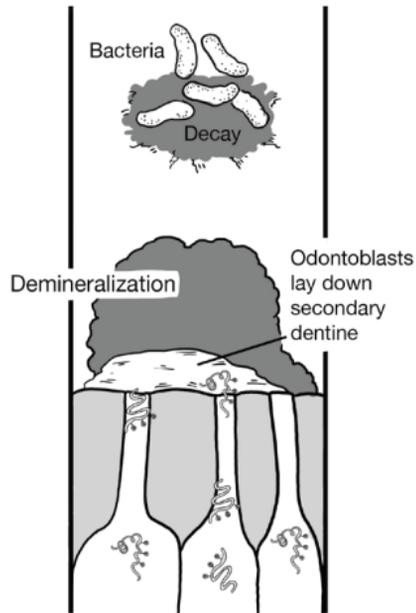
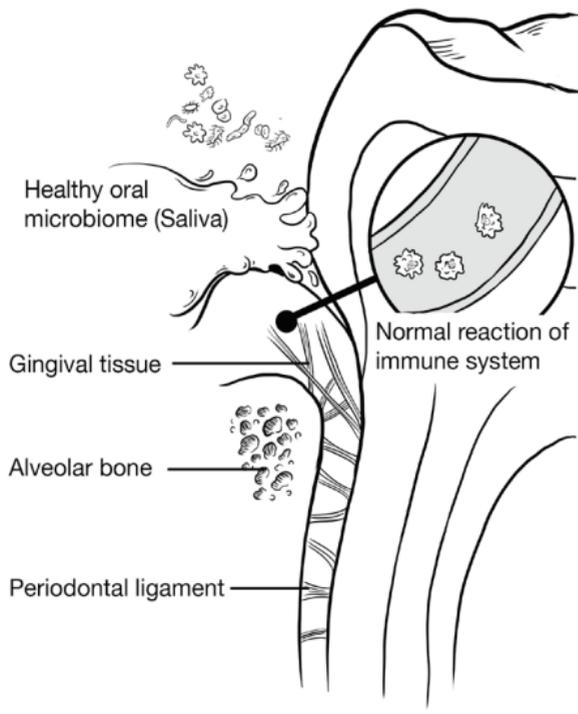


Fig. 14. How Vitamins A, D, and K2 activate the immune system inside your teeth

Healthy State



Unhealthy State

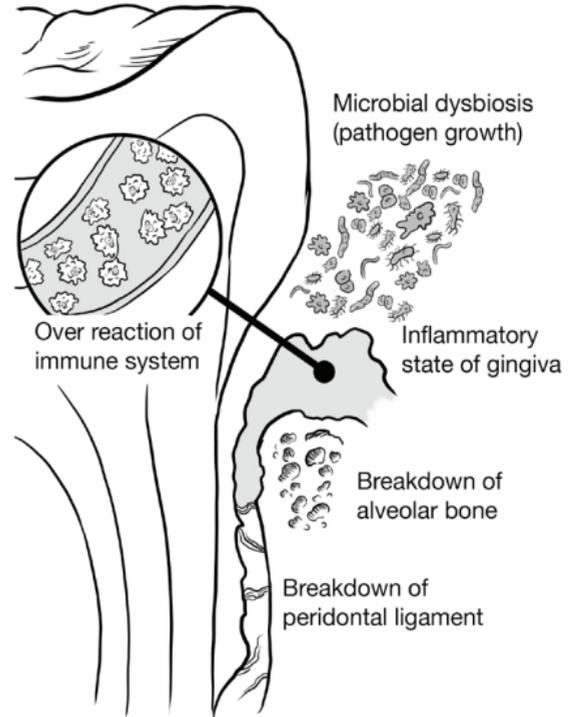


Fig. 15. Bleeding gums and your gut: how an imbalanced immune system drives gum disease

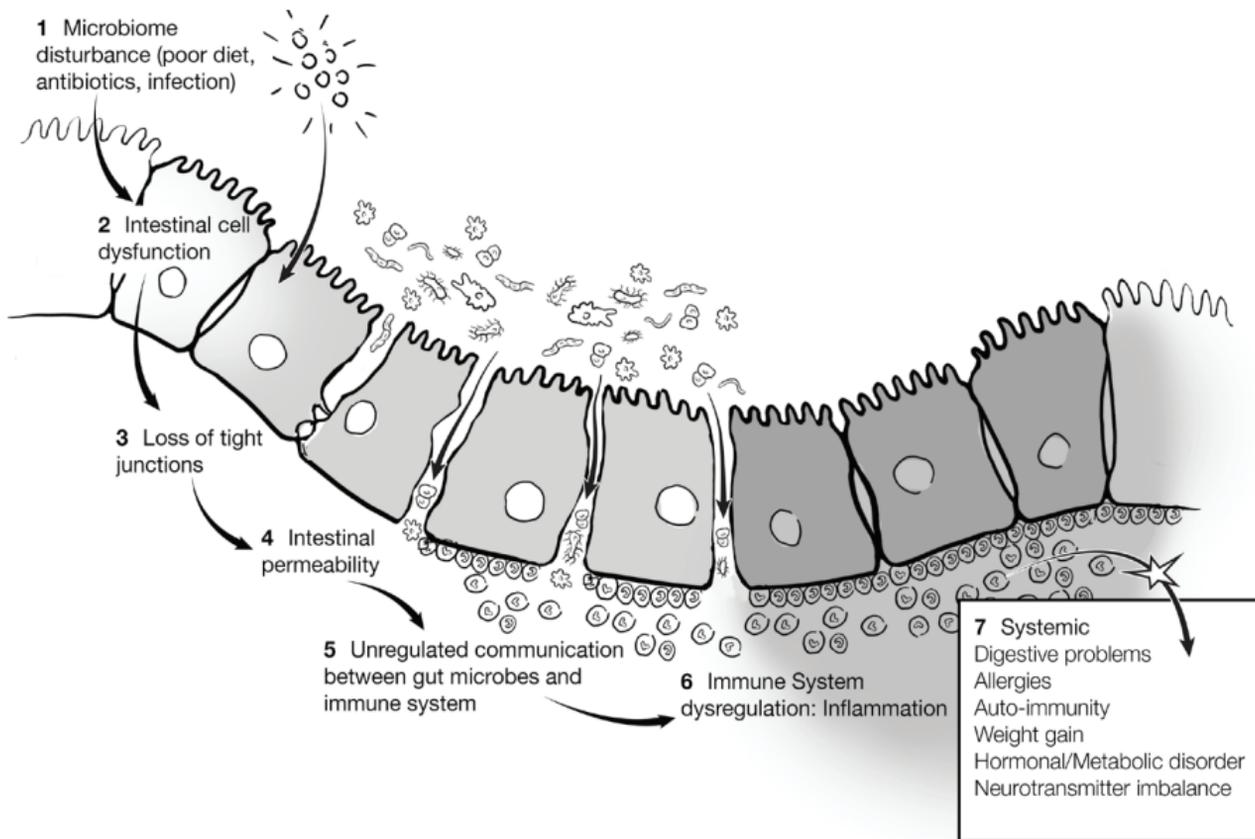


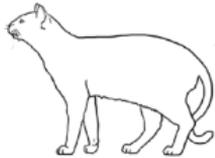
Fig. 16. Leaky gut: How intestinal permeability causes chronic disease



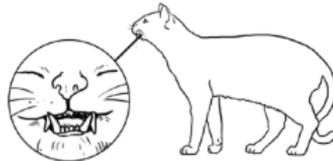
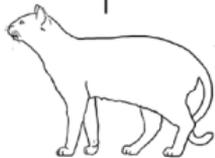
Group one:
Fed raw meat scraps including organ meats and bone, and raw milk.



Group two:
Fed a diet of 2/3 cooked meat, 1/3 pasteurized dairy.

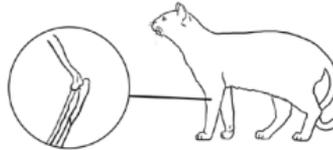


9 generations
no change in
health status



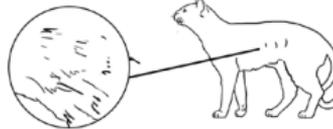
Generation 1

- Irregular skeletal development
- Crooked teeth
- Swollen inflamed gums
- Impaired coordination, less energy



Generation 2

- Smaller cats
- Flat, pointier heads, deformed teeth
- Broken bones (Calcium content 10%)
- Poor coordination & temperament



Generation 3

- Smallest cats
- Flattest skulls and most deformed teeth
- Paper thin bones (calcium content 3%)
- Allergies, pest infested coats, skin infections
- Pronounced exhaustion



Generation 4:

- Still born litters or did not reproduce at all.

4 generations
of normal fees
to return cats
to health.

Fig. 17. Pottenger's cats: A 10-year study into the epigenetic impact of food

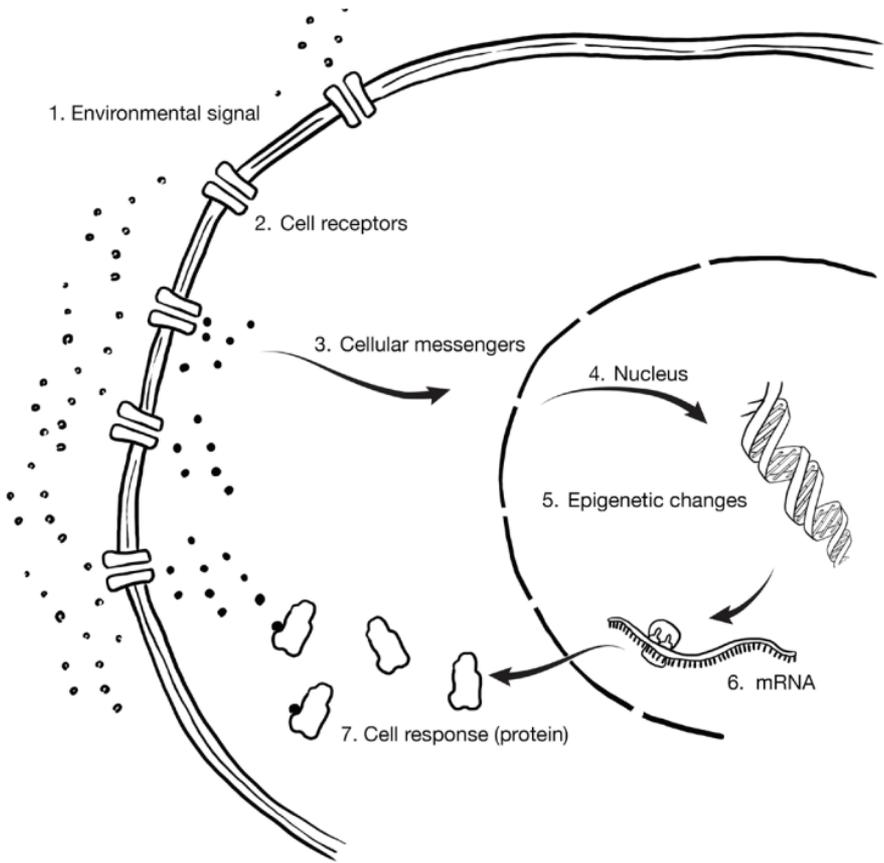


Fig. 19. How the environment changes the DNA in your cells

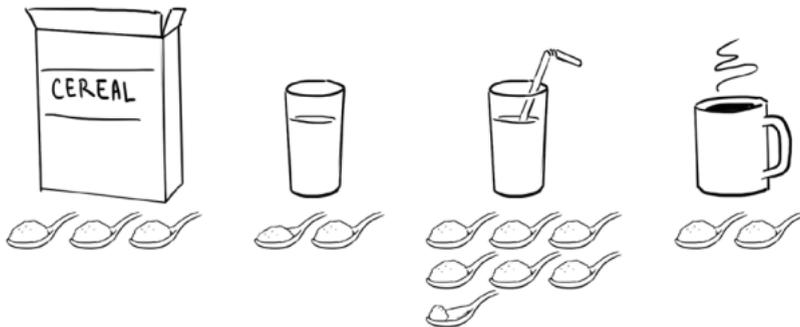
Breakfast

Cereal: 12g

Milk: 6g

Fruit juice: 25g

Coffee: (8g)



Lunch

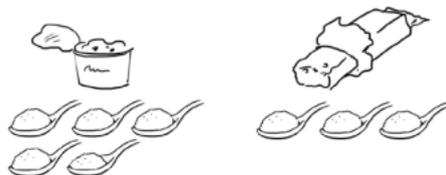
Salad dressing: 8g



Snack

Flavored yogurt: 18g

Fruit and nut bar: 12g



Dinner

Pre-made cooking sauce
(eg, Bolognese) (15g)



Daily total

104g (26 teaspoons) of sugar

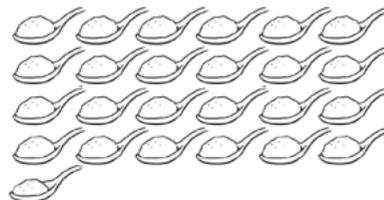
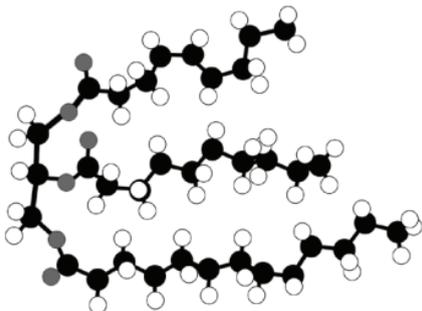


Fig. 20. How sugar sneaks into your daily meals

The different types of fats, and what they do in the body

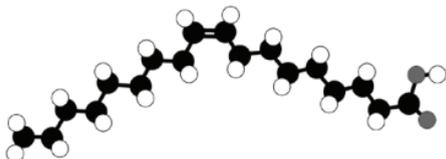
1. Triglycerides (fat molecules)



2. Saturated fats



3. Monounsaturated fats



4. Polyunsaturated fats

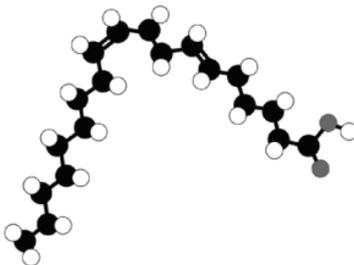


Fig. 21. What different types of fats look like

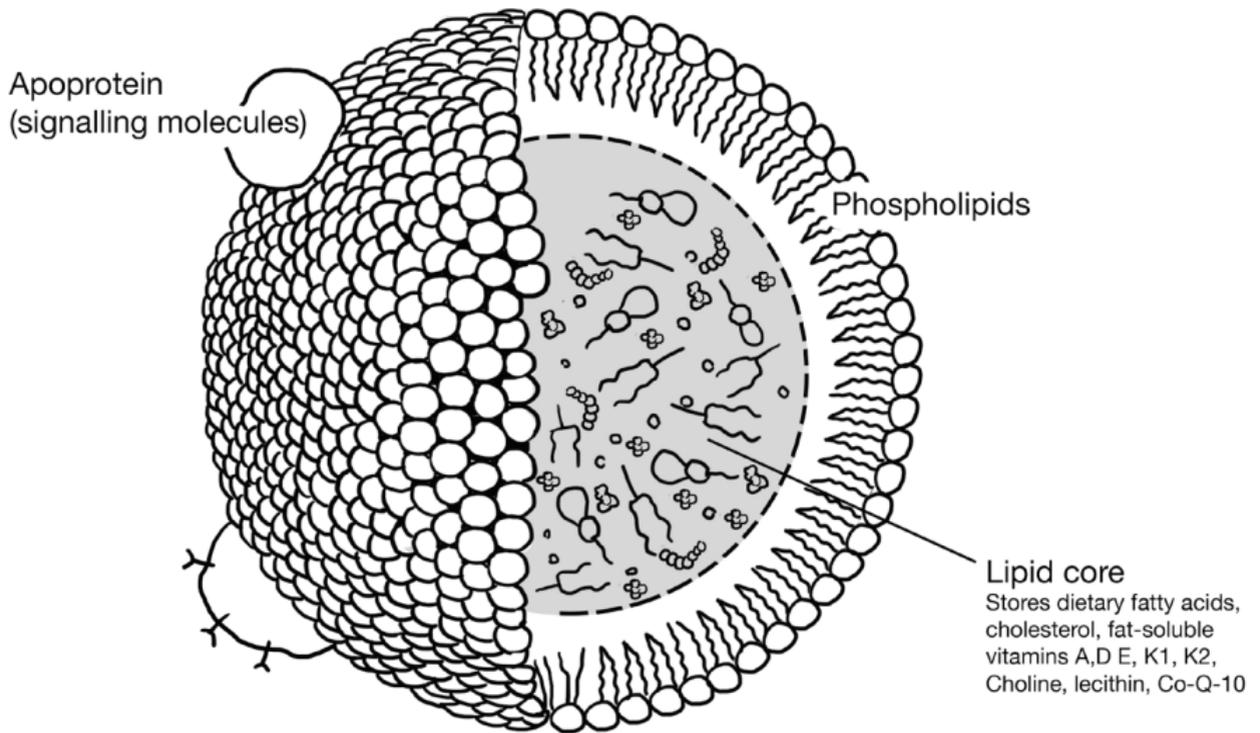


Fig. 22. Lipoproteins: the carriers of fat-soluble substances through the body

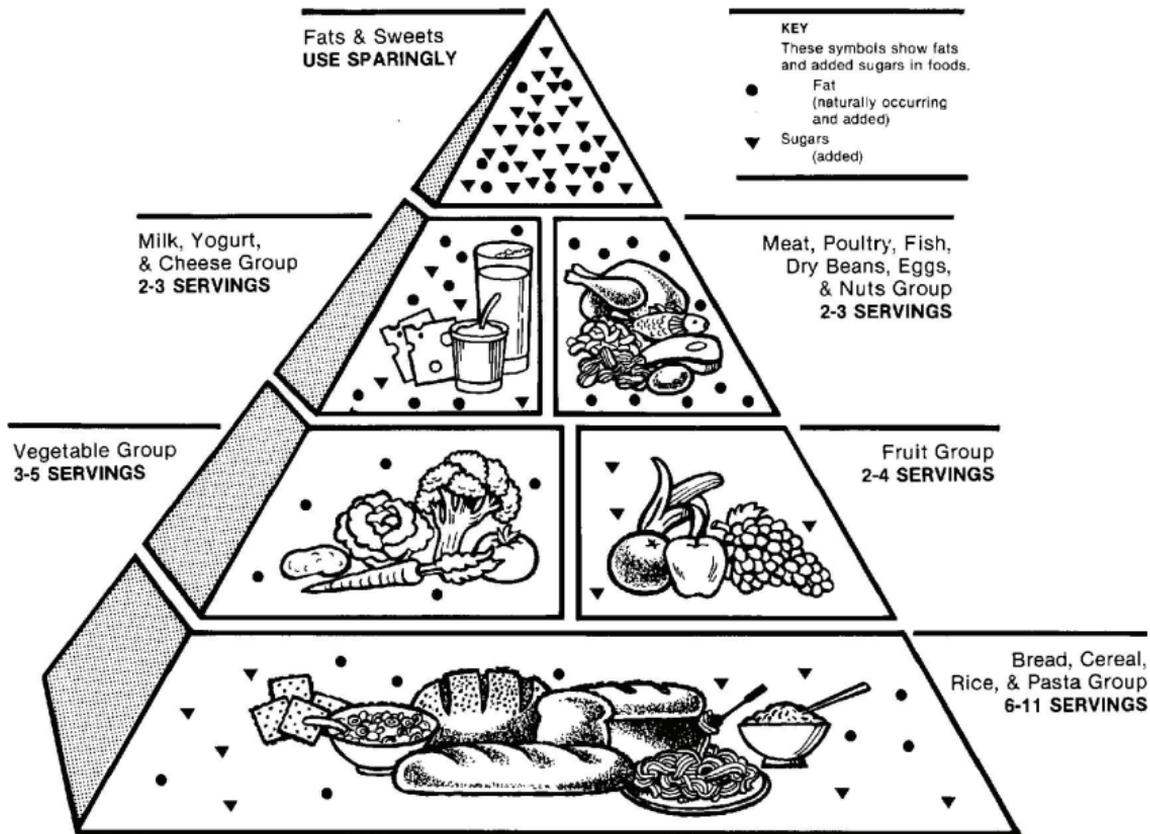


Fig. 23. The original USDA food pyramid guideline for healthy eating

Tier 4
Limit your intake

Tier 3
Cook and flavor your meals

Tier 2
Add 1-2 foods from these
groups in your meal

Tier 1
Eat the most

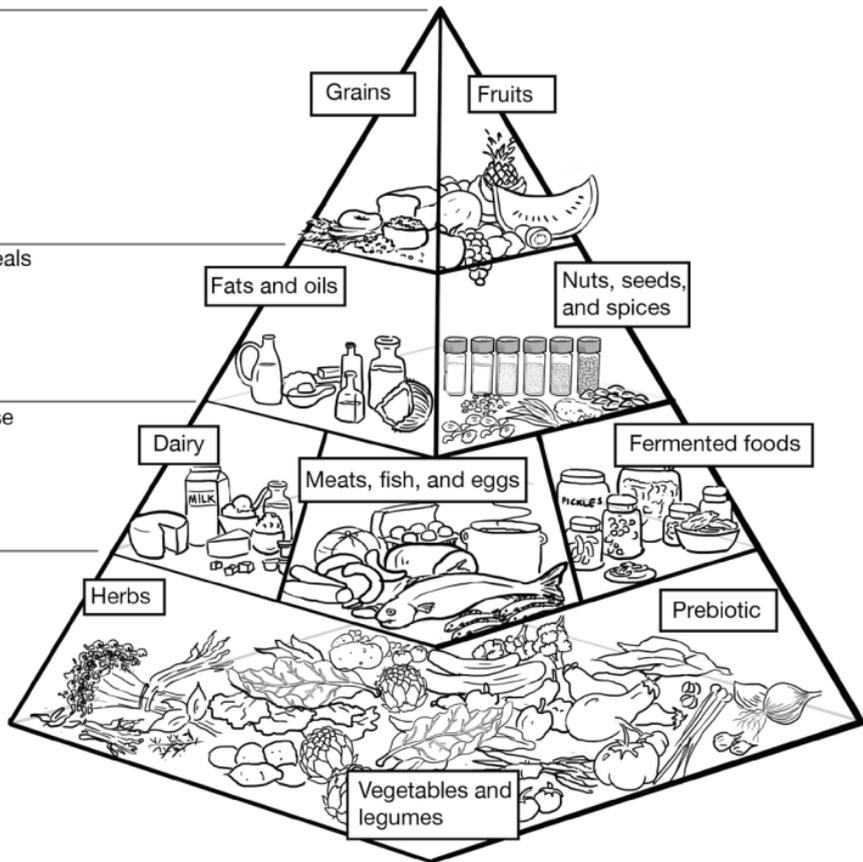


Fig. 24. The Dental Diet Food Pyramid

Vegetables, or plant foods

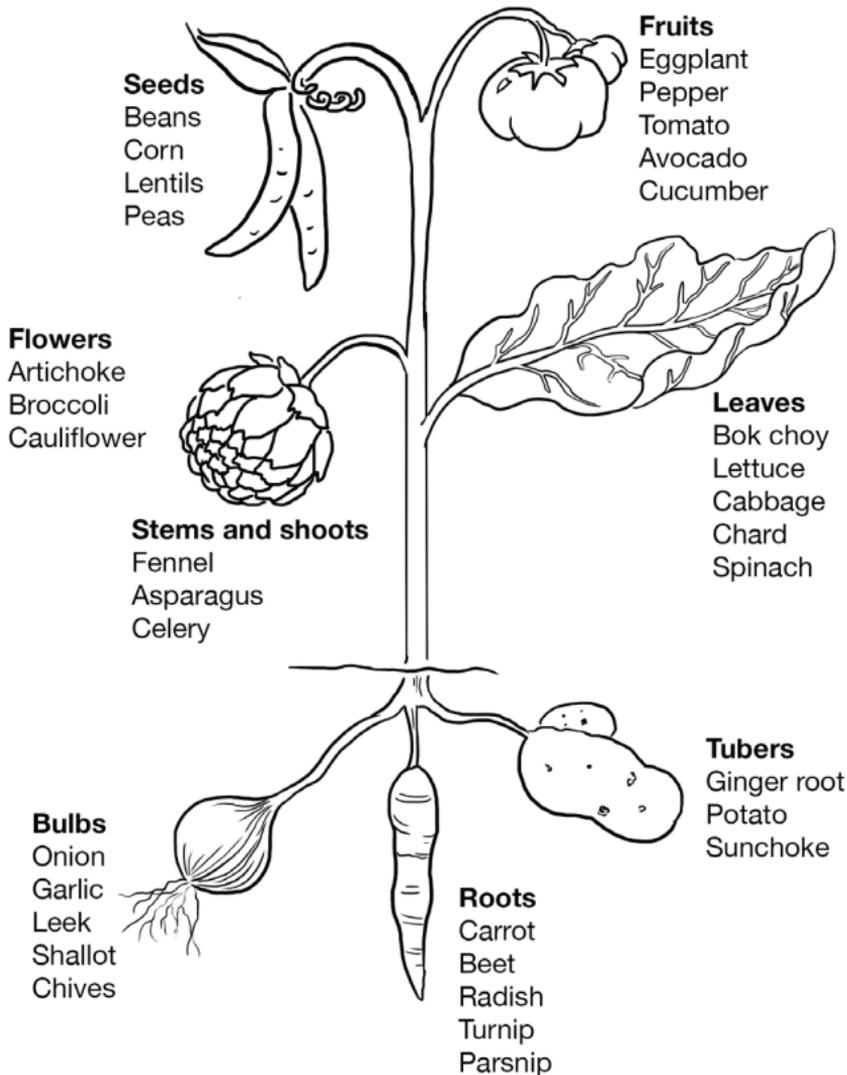


Fig. 25. Different types of vegetables

FOOD PROGRAM

Day 1

Breakfast: Banana and 1 tablespoon of coconut oil with soaked black chia seeds, almonds, and one scoop of sheep's milk yogurt topped with cinnamon. Serve with a side of kefir.

Lunch: Scrambled eggs with red peppers, turmeric, and feta cheese. Serve with a side of sauerkraut.

Dinner:

RED BUTTER ROAST BEEF

Serves 4

Ingredients

4 tablespoons butter, melted	1 bunch fresh thyme, chopped
2 medium onions, chopped	3 tablespoons sea salt
1 whole broccoli, chopped	1 tablespoon cayenne pepper
1 clove garlic, chopped	1 tablespoon paprika
2 carrots, chopped	3.3 pounds topside of beef

Directions

1. Preheat oven to 475°F.
2. Place onions, broccoli, garlic, carrots, and thyme in the middle of a large roasting tray.
3. Combine butter with salt, cayenne, and paprika in a small bowl.
4. Drizzle beef with about three-quarters of the butter mixture and place on vegetables.
5. Turn oven down to 400° and place the roast inside. Every 20 minutes, baste the beef and vegetables with leftover butter to prevent drying. Cook for 60 minutes for medium doneness. For medium rare, reduce cooking time by 10 to 15 minutes. For well done, cook 10 to 15 minutes more.
6. Place any leftovers in the fridge for snacks or a savory breakfast.

Dessert: 1 piece whole fruit.

Day 2

Breakfast: Yogurt topped with berries and walnuts. Serve with coffee or tea.

Lunch: Roasted pumpkin, fennel, and quinoa salad with thyme, oregano, olive oil, and butter. Serve with a side of kefir.

Dinner:

SALMON HEAD SOUP

Serves 2

Ingredients

2 carrots, chopped	1 bunch dill
2 stalks celery, chopped	2 bay leaves
1 onion	2 whole salmon heads

Directions

1. Add all ingredients to a large pot and just barely cover with filtered water. Add a sprinkle of sea salt and white vinegar for flavor.
2. Cook for 20 minutes and then remove the fish heads.
3. Remove cooked flesh from the fish heads and serve separately, or place back in the soup.
4. Leftover soup can be kept in the fridge for 2 to 3 days.

Dessert: Warmed coconut oil with crushed nuts, berries, cinnamon, and a sprinkle of salt.

Day 3

Breakfast: Chive, kale, and parmesan scrambled eggs cooked in butter and served with a side of sauerkraut.

Lunch: Chicken or duck pâté and a hard cheese platter. Serve with a tossed mixed green salad dressed with olive oil.

Dinner:

ITALIAN-STYLE CHICKEN DRUMSTICKS

Serves 3 to 4

Ingredients

Olive oil

6 to 8 chicken thighs and/or drumsticks

2 to 3 cloves garlic, chopped

Paprika

Sea salt

Pepper

4 tomatoes, chopped

1 green pepper, chopped

½ cup green olives

3 to 4 tablespoons fresh oregano

1 cup dried chickpea pasta

Directions

1. Preheat oven to 375°F.
2. Coat a baking pan with olive oil. Add chicken and chopped garlic and sprinkle with paprika, sea salt, and pepper.

3. Cook chicken for 20 minutes until brown.
4. Remove chicken from oven, turn, and add tomatoes, green pepper, olives, oregano, and additional salt and pepper.
5. Bake for another half hour, until cooked through.
6. Remove from the oven to turn legs and mix sauce.
7. Bring a pot of salted water to a boil. Add chickpea pasta and cook for 20 minutes.
8. Serve chicken dish over the pasta. Pair with a glass of organic red wine and the leftover fish soup from last night.

Dessert: A few squares of dark (85 to 90 percent) chocolate with almonds.

Day 4

Breakfast: Shaved coconut with yogurt, walnuts, and diced apple, topped with cinnamon. Optional coffee or tea.

Lunch: Tuna, hard-boiled egg, and avocado salad with baby spinach and pickled onions drizzled with olive oil.

Dinner:

BEEF LIVER STEAK

Serves 2

Ingredients

- | | |
|---|-----------------------------------|
| 1 sweet potato | 1 tablespoon fresh chopped ginger |
| 2 tablespoons ghee, butter, coconut oil, melted lard, or tallow | 1 red chili pepper, chopped |
| 3 teaspoons salt | 1 lime |
| 1 to 2 fillets of beef liver | |
| 1 bunch fresh oregano | |

Directions

1. Preheat oven to 400°F.
2. Cut sweet potato into strips. Place in roasting pan, adding 1 table-spoon of ghee and salt.
3. Place in oven for 30 minutes or until soft.
4. Put remaining ghee in a frying pan on medium heat.
5. Add beef liver, oregano, ginger, chili, and lime and cook until liver is tender. Be careful not to cook for too long or liver will become tough.
6. Serve liver steak and sweet potato fries with juices from the roast-ing pan and with kombucha.

Day 5

Breakfast: Fried eggs with bacon, cooked in lard or coconut oil, with sliced avocado and a side of kefir.

Lunch: Watercress salad, cucumber pasta with olive oil, and sau-erkraut.

Dinner:

WHOLE CHICKEN BROTH

Serves 4

Ingredients

1 whole chicken	2 tablespoons vinegar
2 carrots, chopped	1 teaspoon whole peppercorns
1 onion	1 bunch fresh thyme
2 stalks celery, chopped	2 to 3 teaspoons sea salt

Directions

1. Follow the directions for Chicken Broth in Chapter 10 (page 209).
2. Boil, then reduce heat and simmer for 2 to 6 hours.

3. Drain, cool, and serve. Eat leftover chicken with broth and store any leftover broth in fridge or freezer.

4. Serve with ginger tea.

Dessert: Yogurt topped with berries.

Day 6

Breakfast: Kefir with flaxseed (soaked for 2 minutes in 1 tablespoon of warmed coconut oil), banana, almonds, and cinnamon.

Lunch: Beef mince stir-fry with onions, garlic, mushrooms, and broccolini. Serve with a cup of last night's broth.

Dinner: Grilled cold-water fish (e.g., tuna, herring, or salmon) of your choice, served with a side of sauerkraut, steamed asparagus, and optional glass of red wine.

Dessert: Sliced apples fried in coconut oil, topped with cinnamon.

Day 7

Breakfast: Bacon and eggs with roasted potatoes, served with cream on top and green tea.

Lunch: Raw chopped vegetable salad of cabbage, carrots, and celery, dressed with olive oil and balsamic vinegar. Kefir on the side.

Dinner:

CHEESY MEXICAN BEEF STIR-FRY

Serves 4

Ingredients

1 tablespoon lard, tallow, or ghee	1 or 2 jalapeño peppers, seeded and sliced thin
2 cloves garlic, minced	
1 teaspoon of cumin	10 ounces brie cheese, chopped and removed from rind
1 teaspoon of oregano	2 avocados
1 pound top steak, cut into thin strips	1 lime
1 onion, chopped	3 cups shredded iceberg lettuce
1 red bell pepper, cut into thin strips	

Directions

1. Heat lard in a pan over medium heat. Add garlic, cumin, oregano, and beef strips and cook until browned.
2. Add onion, bell pepper, and jalapeño to pan.
3. When onion is browned, add brie to the pan and heat to melt.
4. Cut and mash avocados, squeeze lime and serve with lettuce on side of spiced steak and cheese mixture.

Dessert: Small glass of organic wine or unpasteurized beer.

WEEK 2: GOING SUGAR-FREE

In week 1, we cut your sugar intake dramatically. But at the same time, you were eating natural forms of sugar that came mainly from fruits. The next two weeks are designed to take you to the next level and cut out sugar altogether.

How you'll feel

This is the most challenging part of the program. In most cases, people will experience a roller coaster of cravings or other general discomfort. For some, this will last three or four days, but for others it can last the entire two weeks. It may be tough, but it's more than worth it. After these two weeks, your body will recognize the foods that it *needs* instead of the sugary foods it's been conditioned to crave.

Rule: Eat no refined sugar or natural sources of sugar (such as fruits). Many diets recommend removing only refined sugar from the diet. But for these next two weeks, we're excluding all artificial sweeteners *and* natural sweeteners from our diet.

Make sure to remove all foods or sugar additives during weeks 2 and 3, including:

- Fruit
- Honey
- Agave nectar
- Brown sugar
- Coconut sugar
- Corn sweetener
- Molasses
- Maple syrup
- Stevia

How to beat sugar cravings

If a sugar craving sets in, try one of the following antidotes to keep yourself from reaching for a sugary treat.

- 1 tablespoon coconut oil: The medium-chain triglycerides in coconut oil will be absorbed quickly into your bloodstream, and this often stems sugar cravings.
- 1 tablespoon of melted butter: Good, old-fashioned butter! It helps you feel satisfied with a vitamin-rich dose of fat.
- 1 tablespoon sauerkraut: Even though it's not very sweet, sauerkraut helps reverse the body's craving for sugar.
- 1 handful spiced nuts, especially Brazil nuts, which are high in selenium, an element that reduces cravings for sweets.
- 1 handful coconut chips.
- A hot (or cold) shower. Resetting your body temperature can often disrupt the cycle of craving.
- Exercise! Go for a walk, run, or do 10 push-ups, jumping jacks, or star jumps.
- Green tea or peppermint tea.
- Diaphragmatic breathing exercise (from week 1).

Food prep for the week

Most of the times we make bad food choices, it's because we lack better options. Getting food ready in advance for the entire week is a great way to avoid this problem. It will mean that something healthy is always on hand.

Here are some great recipes to replace anything sugary that you may be reaching for.

NUT BREAD

Equipment

1 8" x 4" bread tin

Ingredients

4 to 5 cups mixed walnuts,
almonds, and pecans

5 eggs

¼ cup olive oil

2 cups mixed seeds—pumpkin,
sunflower, chia, and flaxseed

1 teaspoon sea salt

Directions

1. Preheat oven to 320°F.
2. Chop nuts and seeds, or place in a blender and pulse lightly. Then put them in a mixing bowl.
3. Mix eggs, oil, and salt in a separate bowl. Once mixed, combine with nuts and seeds.
4. Grease a bread tin with olive oil, then spread the batter evenly in the tin.
5. Bake for 60 minutes or until the bread is firm. Let it cool, then cut into slices.

PICKLED GINGER

Equipment

Wide-mouth glass jar

Ingredients

3- to 4-inch fresh ginger root, peeled and thinly sliced

2 tablespoons sea salt

Directions

1. Place ginger in a bowl and pound with a rounded utensil to release juice. Transfer to a jar with a lid.
2. Add salt and enough water to cover ginger (leaving 1 inch at the top of the jar).
3. Screw lid on and keep for 3 to 4 days at room temperature to let it ferment before transferring to refrigerator for storage.

Before you eat: Tongue Exercise (once before each meal)

This exercise will help hold your tongue at the top of your mouth while you rest, which will help the muscles stay active at night. It will also help your breathing and digestion.

Hold your tongue just behind your back teeth, just behind the two grooves on your palate. Close your lips, breathe through your nose, and push upward with your tongue, including the back of the tongue. Hold for three minutes.

Day 8

Breakfast: Spinach, potato, and fresh oregano scrambled eggs, cooked in coconut oil or ghee and served with nut bread and kefir.

Lunch: Pickled ginger and lime tuna salad with arugula, topped with fresh mint and olive oil. Serve with a side of kombucha.

Dinner:

MOROCCAN LAMB

Serves 4

Ingredients

Lard or tallow	
Lamb shoulder	1 teaspoon chili powder
1 onion, chopped	2 tomatoes, chopped
2 red or green peppers, chopped	1 tablespoon tomato paste
1 teaspoon turmeric	1 cup chickpeas
1 teaspoon ginger	1 cup beef stock
1 teaspoon cumin	Sea salt to taste
1 teaspoon paprika	Pepper to taste

Directions

1. Heat fat in a saucepan over medium heat.
2. Cook lamb shoulder in pan until browned. Remove and set aside.
3. Add onion and peppers to the same pan and cook until soft. Add turmeric, ginger, cumin, paprika, and chili powder, and stir until fragrant.
4. Add tomatoes, tomato paste, and chickpeas to pan. Cook for 1 minute before returning lamb to pan. Add beef stock, cook, and stir on low heat for 10 to 15 minutes. Season with salt and pepper to taste, and serve in bowls.

Dessert: Nuts coated in cinnamon and vanilla extract (make sure there is no *added* sugar) in warm coconut oil.

Day 9

Breakfast: Avocado, feta, and cilantro smash on nut bread with olive oil. Serve with kefir.

Lunch: Liver pâté with hard cheese platter.

Dinner: Beef, pork, or lamb sausages pan-fried in lard, served with beef or chicken stock gravy, sweet potato, and carrot chips in butter. Add a glass of kombucha on the side.

Day 10

Breakfast:

HOMEMADE GRANOLA

Serves 6

Ingredients

½ cup chopped almonds	1 teaspoon ground cinnamon
½ cup sunflower seeds	1 teaspoon sea salt
½ cup pumpkin seeds	1 teaspoon vanilla extract
½ cup shredded coconut	2 tablespoons coconut oil

Directions

1. Preheat oven to 300°F.
2. Mix all ingredients in a bowl with clean hands and place on a baking tray.
3. Bake for 10 to 15 minutes, until browned. Serve with full-fat yogurt.
4. Store leftovers in an airtight container.

Lunch: Chopped raw salad bowl with celery, carrots, and soft-boiled eggs, topped with olive oil and salt. Serve with a side of kombucha.

Dinner:

ZESTY PEPPER CHICKEN WINGS WITH SWEET POTATO CHIPS AND GUACAMOLE

Serves 2 to 3

Ingredients

2 tablespoons lemon zest (from 3 to 4 lemons)	2 pounds chicken wings
1 teaspoon salt, or to taste	1 sweet potato, diced
1 tablespoon freshly cracked black pepper	2 avocados, pitted, peeled, and minced
¼ cup ghee, melted	1 tablespoon lemon juice

Directions

1. Preheat oven to 375°F.
2. Combine lemon zest, salt, pepper, and half of the ghee in a bowl. Season chicken wings with half of the mixture and transfer to a roasting pan.
3. Add diced sweet potato and top all with the last half of ghee and salt.
4. Add avocado and lemon juice. Stir until mixed.
5. Bake chicken for 30 minutes, until cooked through.
6. Serve warm with guacamole on the side.

Sugar-free snack:

SPICED NUTS

Equipment

Baking tray

Ingredients

2 cups nuts (choose from a mix of almonds, cashews, walnuts, pecans, and pumpkin seeds)	1 teaspoon of mixed spices of your choice
3 tablespoons coconut oil	1 teaspoon cinnamon

Directions

1. Preheat oven to 300°F.
2. Place nuts on tray and top with coconut oil and spices.
3. Bake for 10 to 15 minutes until brown.
4. Store in an airtight jar.

Day 11

Breakfast:

GREEN FRITTATA

Serves 2

Ingredients

3 green onions	1 handful pepitas
2 zucchini	2 tablespoons of coconut oil or lard
1 bunch baby spinach	6 eggs
1 bunch basil, chopped	½ cup cream
1 bunch parsley, chopped	2 tablespoons extra-virgin olive oil
2 cloves garlic, chopped	

Directions

1. Chop green onions, zucchini, and spinach into roughly even, small pieces.
2. Cook basil, parsley, green onions, zucchini, spinach, garlic, and pepitas in coconut oil or lard in medium-size sauté pan for 5 minutes, until lightly softened.
3. Whisk in eggs. Cook for 2 to 3 minutes and turn over until both sides are brown. Add cream and olive oil, and pour over cooked vegetables. Spice to taste.

Lunch: Pan-fried salmon and kale topped with butter, with a side of sauerkraut.

Dinner:

FENNEL AND LEEK HOT POT

Serves 3 to 4

Ingredients

1 tablespoon lard, coconut oil, or ghee	1 bulb fennel, chopped
2 leeks, chopped	3 cups beef or chicken broth
2 stalks celery, chopped	2 tablespoons salt
2 white onions, chopped	1 bunch cilantro, chopped
	2 sprigs fresh thyme, chopped

Directions

1. Heat lard in a saucepan over high heat.
2. Cook leeks, celery, onions, and fennel in saucepan, tossing occasionally, until brown, about 8 to 10 minutes.
3. Pour broth into saucepan and add salt, cilantro, thyme, and other spices to taste.
4. Serve with butter and nut bread.

Day 12

Breakfast: Sautéed brussels sprouts and mushrooms served with sour cream and chives.

Lunch: Guacamole spread with fried egg, served on nut bread.

Dinner: Oven-baked white fish fillet with bok choy, served with kombucha.

Dessert:

AVOCADO MOUSSE

Ingredients

2 ripe avocados	1 teaspoon vanilla extract
½ cup cream	1 teaspoon cinnamon
½ cup raw cacao powder	Pinch of salt

Directions

1. Place ingredients in blender, process until smooth.
2. Serve cold in a bowl with full cream or as a spread on nut bread.

Day 13

Breakfast: Soft-boiled eggs with onions, diced tomato, sage, and cayenne pepper.

Lunch: Pan-fried chicken with chopped chili, served with cold potato and green bean salad.

Dinner:

ORGAN MEATBALLS WITH CUCUMBER PASTA

Serves 4

Ingredients

1 pound ground meat of your choice; include 2 slices liver meat, chopped	1 diced tomato
1 cup of vegetable pasta (page 203)	1 bunch oregano
1 egg	1 bunch mint
1 bunch parsley	1 tablespoon sea salt
3 cloves garlic	Pepper to taste
1 bunch basil	

Directions

1. Preheat oven to 350°F.
2. Place all ingredients in a bowl and mix until consistent. Form into balls.
3. Place on baking tray lined with wax paper and bake for 20 to 25 minutes.
4. Place 2 or 3 meatballs on top of cucumber pasta and serve warm. (Save leftovers for a quick and easy breakfast or lunch later in the week.)

Day 14

Breakfast:

ISRAELI-STYLE EGGS

Serves 2

Ingredients

1 onion, chopped	1 bunch parsley
1 bell pepper, chopped	4 eggs
1 cup tomato paste	

Directions

1. Sauté chopped onion, bell peppers, tomato paste, and parsley in pan for 5 to 7 minutes.
2. Crack eggs into pan, cover, and cook for 5 to 10 minutes on medium heat.
3. Sprinkle with fresh parsley and serve in hot pan.

Lunch: San Choy Bao—iceberg lettuce leaves topped with meatball leftovers, grated peppers, and carrot.

Dinner: Pan-fried trout with broccoli and beef or chicken broth.

WEEK 3: STAYING STRONG

You're halfway through your sugar-free period. Stay strong! You've also made it through the hardest part of *The Dental Diet* 40-day program. Congratulations! (Time to celebrate with a shot of cod-liver oil!)

How you'll feel

The first seven days that you completely remove sugar from your diet make for a harsh learning experience for your body. But by Week 2, you may already be free of sugar cravings. Or you might still be craving sugar, but by the end of this week, this should completely subside. Your body will feel much more stable, and you'll no longer have those violent hunger pangs or dips in energy.

Before you eat: Alternate Nostril Breathing exercise (once before each meal)

This exercise will make you more comfortable breathing through your nose.

1. Sit with your back straight and shoulders back.
2. Block your right nostril and take a deep breath through your left nostril for 3 seconds.
3. Unblock your right nostril and block the left nostril, breathing out through the right nostril for 4 seconds.
4. Breathe in for 3 seconds through the right nostril.
5. Unblock your right nostril and breathe in through the left nostril.
6. Continue to cycle nostril breathing for 20 breaths (or approximately 3 minutes).

No-sugar dessert:

NUT-FUDGE CHOCOLATE BROWNIES

Serves 4

Ingredients

1 cup mashed sweet potato	more cocoa)
½ cup warmed nut butter or alternative nut spread	1 teaspoon vanilla extract (make sure there's no added sugar)
½ cup cocoa powder (if you prefer a richer, stronger taste, you can add	1 teaspoon cinnamon
	2 tablespoons butter

Directions

1. Preheat oven to 350°F.
2. Coat bread tin or cooking pan with butter.
3. Place all ingredients in a high-speed blender or food processor. Process until just blended.
4. Transfer batter to pan and bake for 12 to 15 minutes. Allow the brownies to cool in the pan completely before slicing into bars.
5. Serve topped with full cream.

Day 15

Breakfast: Soft-boiled eggs served with chopped fresh ginger and green onions, with kefir on the side.

Lunch: Rainbow bean salad: mung beans, fresh basil, red pepper, tomato, onion, and carrot, chopped and topped with fresh rosemary, olive oil, and salt.

Dinner: Lamb chops pan-fried in lard with squash, baby tomatoes, and broth.

Day 16

Breakfast: Asparagus wrapped in bacon and fried in duck fat, served with sauerkraut.

Lunch: Oven-roasted sesame- and chia-coated avocados and a green leafy salad dressed in olive oil, served with kombucha.

Dinner:

CREAMED CHICKEN LIVER PÂTÉ

Serves 2

Ingredients

½ cup ghee or butter	1 ground clove
1 onion, chopped	5 ground coriander seeds
1 pound chicken livers	Sea salt
½ cup cream	1 tablespoon brandy
3 cloves garlic, chopped	1 cucumber, sliced

Directions

1. Melt ghee in pan over medium-high heat.
2. Add onion and cook, stirring, until soft.
3. Add livers and cook on high heat for 2 minutes until browned on the outside.
4. Place livers, juice from pan, cream, spices, salt, and brandy in a blender. Puree until smooth.
5. Place in bowl and refrigerate for 2 to 3 hours.
6. Top each cucumber slice with pâté, and serve on a platter.

Day 17

Breakfast: Eggs cooked in butter and herbs, served on zucchini pasta.

Lunch: Fried sardines with a salad of arugula, parmesan, and capers.

Dinner: Oven-roasted lamb shanks in broth with bok choy, carrots, and onions.

Dessert: Nut-Fudge Brownies.

Day 18

Breakfast: Fried mushrooms stuffed with crispy bacon chips in butter.

Lunch: Cured meat platter with artichokes and sundried tomatoes.

Dinner:

CAULIFLOWER GRILLED CHEESE SANDWICH

Ingredients

1 head cauliflower, cut into small florets, stem removed	1 tablespoon oregano (or other spices of your choice)
2 large eggs	17 ounces Gouda cheese, sliced
½ cup Parmesan cheese, shredded	Lard or butter
Sea salt	

Directions

1. Preheat oven to 450°F.
2. Pulse cauliflower in blender to a consistency similar to rice.

3. Transfer to a large bowl and cook cauliflower in a microwave for 5 minutes on high, intermittently removing to stir and even out. Repeat once until cauliflower is slightly moist and clumping. Cool for a few minutes.
4. Add eggs, parmesan, and salt. Stir until the mixture has a pasty consistency.
5. Lay the mixture in flat squares on a large baking sheet with parchment paper. Bake for 15 minutes, until browned.
6. Grease a pan with lard. Place sliced cheese between two cauliflower layers (to make a sandwich) and cook in the pan for 5 to 10 minutes, until cheese is melted.

Day 19

Breakfast:

AVOCADO EGG BOATS

Serves 2

Ingredients

2 avocados, halved

4 eggs

Chives

Cayenne pepper

Directions

1. Preheat oven to 420°F.
2. Place avocados on a roasting pan. Crack eggs into the space where the pit was.
3. Roast for 15 to 20 minutes. Remove and season with chives and cayenne.
4. Serve with sauerkraut.

Lunch:

COLESLAW

Serves 2

Ingredients

2 cups green and purple cabbage, finely shredded	½ teaspoon sea salt
2 cups carrot, shredded	½ teaspoon black pepper
¼ cup white vinegar (or apple cider vinegar)	½ teaspoon dry mustard
2 cloves garlic	½ teaspoon celery seed
	½ cup mayonnaise

Directions

1. Mix cabbage and carrot in a bowl.
2. In a mixing cup, combine all other ingredients and whisk.
3. Add mayo mixture to cabbage and carrot and combine well, seasoning to taste. Serve with smoked salmon.

Dinner: Lamb or beef burger topped with mayonnaise, pickles, and tomato and wrapped in lettuce “buns.”

Day 20

Breakfast: Soft poached eggs with ricotta cheese and pepitas.

Lunch: Meat patties coated with sesame seeds; zucchini chips on the side.

Dinner:

CLAM-CAULIFLOWER CHOWDER

Serves 4

Ingredients

2 tablespoon butter	1 cup chicken stock
2 cloves garlic, minced	10 to 12 ounces fresh or canned clams
1 onion, chopped	1 bunch fresh parsley, chopped
2 carrots, grated	1 bay leaf
1 head cauliflower, chopped	½ teaspoon turmeric
4 slices bacon	1 teaspoon cumin
½ cup full cream or 1 cup milk	Sea salt and freshly ground pepper

Directions

1. Melt butter in a large saucepan over medium heat. Add garlic, onion, and carrots. Cook until tender.
2. Stir in cauliflower and bacon, and cook for about 5 minutes.
3. Add cream, chicken stock, clams, parsley, bay leaf, and spices. Stir together.
4. Bring to a boil, then reduce heat and simmer for 15 minutes, until vegetables are tender. Season to taste.

Day 21

Breakfast: Spinach, kale, sunflower seeds, and scrambled eggs with butter.

Lunch: Cold tuna steak with arugula, pumpkin, and ginger salad.

Dinner:

OVEN-BAKED CURRY CHICKEN LEGS WITH SWEET POTATOES AND BROCCOLI

Serves 4

Ingredients

1 ½ teaspoons turmeric	1 head broccoli, chopped
1 tablespoon olive oil	1 teaspoon sea salt
6 to 8 chicken legs	1 teaspoon pepper
½ sweet potato, chopped	2 tablespoons butter, coconut oil, or animal fat, melted

Directions

1. Preheat oven to 400°F.
2. Combine turmeric and olive oil in a bowl. Coat chicken legs with this mixture and place them in a pan.
3. Add sweet potato and broccoli to pan, and top with salt, pepper, and butter.
4. Bake for 35 to 40 minutes or until brown.
5. Season to taste and serve in juice from pan.

WEEK 4: REINTRODUCING FRUIT AND BRINGING IN FASTING

You've made it three weeks without any added sugar! By this stage, your sugar cravings should largely be a thing of the past, and your energy levels should have stabilized. Now we will reintroduce whole fruit and introduce 12- to 14-hour fasts, where we simply skip breakfast two or three times a week to allow your body a rest from digestion.

How you'll feel

Your hunger cycles and energy should feel much more level and balanced. You should be sleeping better, too. When you do get

sweet cravings, you'll know what your "go-to" is to stay away from a sugary snack.

Before you eat: Tongue Strengthening Exercises (once before each meal)

These exercises will make the muscles along the side of your tongue and down your throat feel tired. That's good; it means you're training your muscles to chew and breathe properly.

1. Tap your tongue behind your back teeth (behind fold in palate) making a "tut-tut" or "tsk" sound. Repeat for 1 minute.
2. Move your tongue around, keeping it at the top of your palate, and then move it toward the back of your mouth as far as it will go. Hold the tip of your tongue at the back of your palate for 1 minute.
3. With your tongue, hold a spoon or Popsicle stick at the top of your mouth. Push upward, keeping it tight against the roof of your mouth. Hold it there for at least 1 minute, longer if you can.

Day 22

Breakfast:

BLUEBERRY CHIA PUDDING

Serves 1

Ingredients

2 cups milk or coconut milk	½ teaspoon cinnamon
½ cup chia seeds	½ cup blueberries
2 tablespoons coconut oil	

Directions

Combine all ingredients in a blender. Serve cold.

Lunch: Roasted pepitas, pumpkin, and quinoa salad with feta cheese and olive oil.

Dinner: Pan-fried cabbage and bacon served in chicken or beef broth.

Day 23

Breakfast: Skip.

Lunch: Fresh mint scrambled eggs cooked in cream with chopped zucchini.

Dinner: Chicken liver stir-fry with crispy bacon and assorted greens, served with kombucha.

Day 24

Breakfast: Soft poached eggs with pan-fried tomatoes and kefir.

Lunch: Pan-fried haloumi cheese with walnuts, cinnamon, and chopped apple.

Dinner:

TURKEY CUCUMBER ROLLS

Serves 2 to 3

Equipment

Toothpicks

Ingredients

3 tablespoons cream cheese

2 jalapeños, chopped

1 bunch cilantro

Sea salt

2 whole cucumbers, peeled

½ pound ground oven-baked turkey

1 carrot, shredded

1 onion, finely chopped

Directions

1. Use blender to combine cream cheese, jalapeños, cilantro, and salt. Place in a bowl.
2. With a vegetable peeler, slice cucumbers lengthwise into long, thin strips. Lay flat, side by side, on parchment paper.
3. Spread cream cheese mixture over cucumber slices.
4. Layer turkey on top.
5. Add carrot and onion to one of the cucumber slices in a narrow line next to the turkey.
6. Roll parchment paper lengthwise to create one long roll of cucumber strips. Slice the cucumber strips into smaller, separate rolls.
7. Insert toothpicks into separate rolls and serve.

Day 25

Breakfast: Skip.

Lunch:

AVOCADO CAULIFLOWER TABBOULEH

Serves 2

Ingredients

- | | |
|--|------------------------------|
| 1 medium head cauliflower, cored and roughly chopped | Juice of 2 lemons |
| 6 green onions, chopped | ¼ cup extra-virgin olive oil |
| 2 large tomatoes, seeded and chopped | 1 teaspoon sea salt |
| 1 cucumber, seeded and chopped | 1 teaspoon black pepper |
| 1 large bunch flat-leaf parsley, roughly chopped | ½ eggplant, chopped |
| 1 large handful mint leaves, roughly chopped | 1 avocado, chopped |

Directions

1. In a food processor pulse the cauliflower until it's broken into small, grain-size pieces. Remove from food processor and set aside.
2. Pulse onions, tomatoes, cucumber, parsley, and mint separately. Once a light, fluffy consistency is achieved, transfer the mixture to a mixing bowl and combine with cauliflower.
3. Add lemon juice, olive oil, salt, and pepper to taste.
4. Fry eggplant until brown and serve with cauliflower tabbouleh and chopped avocado.

Dinner:

TURMERIC CHICKEN THIGHS

Serves 2

Ingredients

- | | |
|-------------------------------------|-------------------------|
| 1 tablespoon extra-virgin olive oil | 1 bunch fresh rosemary |
| 1 ½ teaspoons turmeric | 1 cup spinach |
| 3 or 4 chicken thighs | 1 teaspoon sea salt |
| 2 to 3 tablespoons butter | 1 teaspoon black pepper |
| 3 to 4 cloves garlic, chopped | |

Directions

1. Preheat oven to 400°F.
2. Combine olive oil and tumeric in a bowl. Coat chicken with this mixture and place in a baking pan.
3. Cover with half of butter, then add garlic and rosemary. Bake for 30 to 35 minutes until brown.
4. While the chicken is cooking, heat remaining butter in pan. Add spinach and cook until soft.
5. Spice to taste. Serve chicken and spinach with juices from the baking pan.

Day 26

Breakfast: Mashed avocado with turmeric eggs and mushrooms.

Lunch: Liver pâté and hard cheese platter.

Dinner:

WHOLE FISH WITH HAZELNUT, CARROT, AND ONION STUFFING

Serves 2

Ingredients

1 onion, chopped	1 bunch parsley, chopped
1 carrot, chopped	1 egg
2 tablespoons ghee or other animal fat	Juice of 1 lemon
2 ounces hazelnuts, chopped	1 whole sea bass or snapper
	1 tablespoon olive oil

Directions

1. Preheat oven to 375°F.
2. Fry onion and carrot in ghee until soft.
3. Add hazelnuts and parsley; toss and cook for 2 minutes, until brown.
4. Add egg and sauté until mixture is cooked through.
4. Top with lemon juice.
5. Place inside whole fish (gutted), drizzle olive oil over fish, and bake for 20 to 30 minutes or until fish is crispy or flakes easily.

Day 27

Breakfast: Skip.

Lunch: Chickpea, radish, and cabbage salad, served with a glass of kefir on the side.

Dinner: Pan-fried steak served with garlic butter and broccoli.

Day 28

Breakfast: Plantains and basil fried in duck fat, served with walnuts.

Lunch: Salad of leafy greens, pumpkin seeds, walnuts, and parmesan cheese, dressed with olive oil.

Dinner: Oven-baked chicken thighs with lentils, oregano, chopped carrot, zucchini, and onions.

WEEK 5: REINTRODUCING RESTAURANT FOODS

In the first four weeks, you've learned to completely remove packaged foods from your diet and how to cook fast, tasty, and nourishing meals in your own kitchen. However, the reality of modern life is that it's very difficult to cook all of your meals. In Week 5, you'll learn to reincorporate restaurant foods in moderation.

Stick to the 80/20 rule: Four out of every five meals should be made at home.

When you *do* eat out, make sure to ask your server which oils and sweeteners are used to prepare the food. Align your order as closely as possible to the principles we've discussed. Usually this will mean going with meals that don't have sauces or ordering simply prepared meals or salads.

You want to have no more than 9 teaspoons of added sugar per day. If you do have a dessert or sweet snack, avoid added sugar for the next two days.

Before you eat: Voice Exercise (once before each meal)

Exercise your voice and throat muscles by humming.

Close your eyes and take a deep breath into your diaphragm for three seconds. Then let out a quiet hum—it should be deep, but everyone’s will be different. Picture the hum starting in your stomach and moving like a violin bow over your vocal cords. Do this for two minutes.

Then touch your tongue to your palate. You should notice the hum getting slightly higher, and your upper jaw should vibrate. Hum into your upper jaw like that for another two minutes.

Day 29

Breakfast: Homemade granola with yogurt.

Lunch: Green basil pesto eggs (see page 204 for the pesto recipe.)

Dinner:

BUTTERY CHILI BEEF BOWL

Serves 4

Ingredients

1 onion, chopped	2 stalks celery, chopped
1 red bell pepper, chopped	1 to 2 red chili peppers, chopped
1 to 2 tablespoons coconut oil or lard	¼ cup tomato paste
2 to 3 cups ground beef	1 ½ teaspoons cumin
2 teaspoons salt	1 cup water
3 tablespoons ghee or butter	10 ounces cheddar cheese, shredded
2 tomatoes, chopped	

Directions

1. Cook onions and pepper in a large pan with coconut oil on medium to high heat until slightly brown.
2. Add beef and salt.
3. Add ghee, tomatoes, celery, chilies, tomato paste, cumin, and 1 cup water to the pan.
4. Bring to a boil, then reduce heat to low-medium and simmer for 1 to 2 hours, stirring every 30 minutes or so.
5. Serve in large bowl with cheddar sprinkled on top.

Day 30

Breakfast: Skip.

Lunch:

AVOCADO SOUP

Serves 2

Ingredients

1 tablespoon ghee or butter	2 cups cream
4 cups beef or chicken broth	1 teaspoon lime juice
2 ripe avocados, peeled and mashed	¼ teaspoon ground cumin
½ cup onion, finely chopped	Salt and pepper
1 clove garlic	1 bunch fresh cilantro

Directions

1. Heat ghee in a pot on medium heat.
2. Add broth, avocados, onion, garlic, cream, and lime juice and bring to a boil.
3. If desired, transfer to a blender and process to make smooth, then return to pot. Add cumin, salt, and pepper. *Note:* Blending hot soup can cause an explosion. To avoid an explosion, be sure to remove the cap or stopper from the blender, and fill the blender no more than halfway. Place the lid on the blender and cover the hole with a thick tea towel. Hold the towel and start the blender on low.

4. Cook on medium heat for 5 minutes, then transfer to a serving bowl and top with fresh cilantro.

5. Serve with kombucha.

Dinner: Pan-fried salmon in miso paste with kale and spring onions.

Day 31

Breakfast: Boiled egg platter with hummus and celery sticks.

Lunch: Tuna, olive oil, and baby spinach salad with chili dressing, served with sauerkraut.

Dinner:

OVEN-BAKED CHICKEN LEGS WITH SWEET POTATO CHIPS

Serves 4

Ingredients

½ cup olive oil	6 to 8 chicken drumsticks
Sea salt	1 sweet potato, sliced
Pepper	1 bunch fresh rosemary, chopped
2 to 3 cloves garlic, chopped	7 ounces fresh watercress

Directions

1. Preheat oven to 375°F.
2. Combine ¼ cup olive oil and the salt, pepper, and garlic in a bowl. Glaze chicken with mixture.
3. Coat a baking pan with 1 tablespoon olive oil. Place sweet potato on the pan. Top with a light coating of olive oil, leaving a small amount to reglaze. Place chicken on top of sweet potato.
4. Bake for 20 minutes until chicken is browned.
5. Remove from oven, turn the chicken, and reglaze the chicken and sweet potato with remaining olive oil. Add rosemary.

6. Bake for another half hour until chicken is cooked through. Garnish with watercress.

Day 32

Breakfast: Skip.

Lunch: Turmeric scrambled eggs cooked with cabbage and red peppers.

Dinner:

ASIAN-STYLE SEAFOOD SOUP WITH ZUCCHINI AND CARROT NOODLES

Serves 4

Ingredients

½ pound beef, sliced thin	2 cups bean sprouts
Coconut oil or lard	¼ cup chopped scallions (optional)
2 carrots	1 egg, soft-boiled
4 medium zucchini	2 tablespoons oyster sauce
2 cups broth (or collagen powder added to water)	2 tablespoons apple cider vinegar
2 cloves garlic, minced	Salt
¼ teaspoon ginger (minced)	Pepper

Directions

1. In a pan, sear beef slices in coconut oil and set aside.
2. Use vegetable peeler to create thin ribbons of carrot and zucchini.
3. Combine broth, garlic, and ginger in a large pot and bring to a boil.
4. Add the carrot ribbons, bean sprouts, and scallions to the broth. Cook for about 5 minutes.
5. Add the zucchini and carrot strips and cook until soft.
6. Add beef, egg, oyster sauce, and apple cider vinegar to the soup, and season with salt and pepper to taste. Serve hot.

Day 33

Breakfast: Berry-topped yogurt with coconut oil, cinnamon, and cardamom sprinkle.

Lunch: Grilled lemon-pepper fish with onions and carrot sticks.

Dinner: Liverwurst with chicken or beef broth (pages 209 and 210), oven-baked broccoli, and potatoes.

Note: Liverwurst can be found at most supermarkets or butchers.

Day 34

Breakfast: Skip.

Lunch: Green spinach scrambled eggs.

Dinner:

PEA SOUP

Serves 2

Ingredients

2 tablespoons coconut oil or animal fat	3 cups beef or chicken broth
1 onion, chopped	1 cup fresh English peas
3 cloves garlic, minced	1 tablespoon apple cider vinegar
2 sprigs thyme, chopped	Salt and pepper
	1 bunch parsley, chopped

Directions

1. Heat coconut oil in a saucepan over medium heat. Add onion, garlic, and thyme and cook for 5 minutes.
2. Add broth, peas, vinegar, salt, and pepper. Bring to a boil.
3. Reduce heat to low, add parsley, cover, and cook for 5 to 10 minutes.
4. Remove from heat and serve warm.

Day 35

Breakfast:

CREAMY GREEN COLLAGEN SMOOTHIE

Serves 1

Ingredients

2 cups spinach	2 tablespoons cream
½ avocado	2 tablespoon chia seeds
½ banana	2 tablespoon flaxseed
1 tablespoon coconut oil	1 tablespoon gelatin powder

Directions

Add all ingredients to a blender and pulse until it reaches a creamy, smooth texture.

Lunch: Mixed green leaf and herb salad with watercress, cabbage, parsley, and basil.

Dinner:

LEMONGRASS AND GINGER BAKED FISH WITH BROTH AND CUCUMBER RICE

Serves 2 to 3

Ingredients

1 whole snapper or other fish	1 bunch cilantro
1 cucumber, chopped	1 teaspoon chili flakes
½ cup extra virgin olive oil	2 chilies, seeded and sliced thin
1 stalk fresh ginger	1 teaspoon pepper
1 stalk lemongrass	1 teaspoon sea salt
Zest of 1 lemon	1 cup chicken or beef broth
1 lime	

Directions

1. Preheat oven to 200°F.
2. Place foil on work surface and place fish on top.
3. Place cucumber around fish.
4. Combine olive oil and all remaining ingredients except broth in a bowl.
5. Rub oil mixture over fish. Transfer fish and foil to baking tray and bake for 30 to 35 minutes.
6. Warm broth and serve in a bowl with the fish, or separately.
7. Spice to taste.

WEEK 6: YOUR NEW NORMAL

In the five weeks leading up to this, you've retrained your mouth and body to eat and digest the way they're designed to. Personally, after six weeks of eating this way, I knew I could never go back to eating like I did before. I always *knew* that my new diet would produce big benefits for my body. But now I *felt* it. I felt better than ever.

Week 6 represents the first week of the rest of your nutritious life. Now that you've reset your body's needs, it's okay to indulge in "non-Dental Diet foods" every now and again. But you may find that you won't have the same cravings for sugary, nutrient-poor foods that you used to. It will be easier to give your body the foods it truly needs. And your weight, skin, and mental clarity will continue to thank you for it.

Before you eat: Moving and Breathing (once before each meal)

Learning to breathe through your nose while you move will help you to breathe through your nose throughout the day and night.

1. Plan a 10-minute walk.
2. Before you start, put your tongue to the roof of your mouth and take 10 deep, nasal breaths.
3. Walk at a steady pace, focusing on keeping your lips closed tight, breathing in for 3 seconds and breathing out for 4 seconds.
4. If you feel out of breath, slow down.
5. As you practice, you will get better and will be able to move faster and for longer periods.

Day 36

Breakfast: Banana and roasted nuts.

Lunch: Cheese platter with guacamole and sweet potato fries.

Dinner:

PAPRIKA AND GARLIC-SPICED CHICKEN WINGS WITH ZUCCHINI FRIES

Serves 4

Ingredients

2 whole zucchini, sliced	4 cloves garlic, crushed
3 tablespoons butter, melted	Pepper
Sea salt	2 pounds chicken wings
1 tablespoon paprika	½ cup sour cream

Directions

1. Preheat oven to 375°F.
2. Add zucchini to base of roasting pan and top with butter and salt.
3. Combine paprika, garlic, and pepper in a bowl. Season chicken wings with this mixture, then add them to the roasting pan.
4. Bake for 30 minutes, until chicken is cooked through.
5. Serve warm, with sour cream on the side.

Day 37

Breakfast: Skip.

Lunch: Baked eggplant slices with oregano-spiced tomatoes and mushrooms, topped with feta cheese and olive oil.

Dinner:

SPICY PUMPKIN SOUP

Serves 2

Ingredients

2 tablespoons coconut oil, ghee, or lard	1 medium apple, cored and chopped
1 medium yellow onion, chopped	$\frac{2}{3}$ cup coconut milk
2 carrots, chopped	2 teaspoons lime juice, or to taste
2 chili peppers, chopped	Sea salt to taste
2 cups beef or chicken broth	
1 butternut pumpkin, chopped	
2 to 3 sage leaves	

Directions

1. In a large saucepan, heat coconut oil over medium heat and add onion, carrots, and chilies. Sauté until brown and soft.
2. Add broth, pumpkin, and sage leaves. Simmer for 15 to 20 minutes, then remove sage leaves.
3. Add the remaining ingredients. Heat gently and adjust seasonings to taste.

Day 38

Breakfast: Eggs served on buttered cauliflower rice

Lunch: Pan-fried asparagus, served with carrot chips baked in coconut oil

Dinner:

CHILI-BUTTER PRAWN SALAD

Serves 2

Ingredients

3 tablespoons butter, melted	2 avocados, cubed
1 bunch parsley, chopped	1 pound prawns, cooked
1 red chili, chopped	Juice of 2 limes
1 teaspoon turmeric	Sea salt
1 mango, cubed	1 head lettuce

Directions

1. Combine butter, parsley, and chili in a bowl. Add turmeric. Mix until consistent.
2. Add mango and avocados to a large bowl with prawns and mix well.
3. Pour butter mixture over salad and toss. Squeeze lime juice in, and add sea salt to taste. Serve on lettuce.

Day 39

Breakfast: Sliced and pan-fried pear and walnut salad served with yogurt

Lunch:

ROASTED POTATO SKINS WITH SOUR CREAM DIP

Serves 1 to 2

Ingredients

4 large potatoes, baked	8 slices bacon
4 tablespoons butter, melted	1 tablespoon Parmesan cheese, grated
1 onion, diced	½ teaspoon salt
2 cups (8 ounces) cheddar cheese, shredded	⅛ teaspoon pepper
4 cloves garlic, crushed	½ cup sour cream
1 bunch fresh parsley, chopped	

Directions

1. Preheat oven to 475°F.
2. Cut potatoes in half and scoop out pulp, leaving skins intact. Place skins on baking pan.
3. Combine butter with onion, cheddar cheese, garlic, and parsley and fill potato skins.
4. Bake for 8 minutes, then turn over to bake for another 10 minutes.

5. Fry bacon in pan until crisp, then cut into small squares.
6. Sprinkle bacon on top of filled potato skins, along with Parmesan cheese.
7. Season with salt and pepper, and serve with sour cream.

Dinner: Liver, onion, and bacon stir-fry with turmeric and fresh basil.

Day 40

Breakfast: Fried eggs and haloumi cheese with sauerkraut.

Lunch:

TURMERIC CHICKEN CABBAGE ROLLS

Serves 2 to 3

Ingredients

1 cabbage	Salt
1 pound ground chicken	Pepper
1 onion, chopped	½ cup tomato paste
1 egg	2 to 3 tablespoons coconut oil or lard
1 tablespoon turmeric	1 cup water

Directions

1. In a shallow pan, bring salted water to a boil. Separate 6 to 8 cabbage leaves and cook for 2 to 4 minutes, until softened.
2. Add chicken, onion, egg, turmeric, salt and pepper to taste, and tomato paste to bowl and mix.
3. Add some of the chicken mixture to the center of each cabbage leaf, roll tightly, and secure with toothpicks (optional).

4. Add coconut oil or lard to pan. Place cabbage rolls in a pan or skillet, and add 1 cup of water. Bring to a boil, then reduce heat to low and simmer for 40 minutes. Stir and baste cabbage every 10 minutes.

5. Serve warm.

Dinner: Pan-fried steak served with crushed almonds, blue cheese, and broccoli.

Day 41

Breakfast: Skip.

Lunch: Avocado, fennel, and parsley salad with olive oil dressing.

Dinner: Baked salmon filet with carrots and baby tomato.

Day 42

Breakfast: Scrambled eggs with asparagus and cream.

Lunch: Green bean and lentil salad with feta cheese.

Dinner:

MUSHROOM MASALA BAKE

Serves 4

Ingredients

Coconut oil or lard	1 cup heavy cream
3 stalks celery, chopped	4 tablespoons butter
1 onion, chopped	1 tablespoon cardamom
¾ pound wild mushrooms, chopped	1 tablespoon turmeric
1 head broccoli, chopped	1 tablespoon dry cloves
4 eggs, beaten	2 cups shredded Gouda cheese
1 cup broth	
¼ cup milk	

Directions

1. Preheat oven to 350°F.
2. Heat coconut oil in a pan. Add celery and onion and cook until soft.
3. Add mushrooms and broccoli to pan, and stir until soft and brown.
4. Add eggs and stir in evenly. Add broth, stir until eggs are cooked, then remove from heat and set aside.
5. In a small bowl, mix milk, cream, butter, cardamom, turmeric, and cloves.
6. Add mushroom mixture and seasoned milk to a baking tray. Sprinkle cheese over the top.
7. Cover with foil and bake for 30 minutes. Remove foil and bake for 40 more minutes until topping is golden and crisp.
8. Serve warm.