



Healthy Hedonist Detox Tips

The vice detox can be a huge jump start for your liver. But if you aren't going to give them up for good, here are some ways to find moderation and mindfulness off the wagon.

1. ***Don't consume alcohol, caffeine, or sugar on an empty stomach.*** A small bite of fiber-rich food (even a handful of peanuts off the bar!) can slow absorption and limit the negative effects these vices have on your blood sugar and hormone levels.
2. ***Skip all sweet beverages.*** This means soda as well as fruit juice. Even green juices are usually packed with naturally sweet ingredients—apples, pears, carrots—to make the greens more palatable. If you can't quit fruit-blend green drinks, think of them as a supplement, not a meal, and sip them with your lunch for extra nutrients. Better yet, stick with an “all greens” variety that doesn't include fruit.
3. ***If you do drink caffeinated beverages, do so before noon.*** Caffeine takes twenty-four hours to work its way fully out of your system, which means anything you drink after midday will still be strong enough in your bloodstream to cause problems at bedtime. Swapping coffee for green tea is a great baby step if you don't want to cut caffeine completely out of your life or don't want to experience withdrawal on the road to doing so.
4. ***Alternate your alcoholic drinks with water.*** Even if you're drinking in moderation, alcohol causes dehydration. Having a glass of water after every drink can help lessen the blow to your liver and slow down your total consumption by giving you something else to sip on between martinis.

5. ***Avoid the savory sugar sources too.*** Southern and Asian cuisines are addictively sweet by nature. Just look at the ingredients list of a store-bought teriyaki or BBQ sauce and you'll find that sugar is the second line item (and potentially third, fourth, and fifth). Stick with Mexican, Middle Eastern, Greek, or Indian food if you're searching for a sugar-free ethnic meal out.
6. ***Make raw honey your (occasional) sweetener of choice.*** This natural sweetener was used in ancient remedies for its anti-inflammatory and antifungal qualities. Just remember not to heat it if you want to retain them. I use it for a little extra sweetness in overnight oats or on Greek yogurt.
7. ***Take an activated charcoal capsule.*** There are times in our lives—a best friend's bachelorette party, dinner with a client, your own birthday—when social norms may encourage you to drink more than you'd like. If you know you will overindulge, take an activated charcoal capsule before you go out. It absorbs toxins and will help your liver deal with all that tequila. It will also mitigate the intoxicating effects of the alcohol, so if you're after the social lubrication, you're better off just limiting your consumption. Charcoal also absorbs medications, rendering them ineffective. So take it at least two hours before or after other pills.
8. ***Don't skip breakfast!*** Missing a meal messes with your blood sugar and gets your cortisol levels pumping. Breakfast is essential for your daily metabolism. If you don't have time to make something at home, a bar with plenty of fiber and not too much added sugar is better than nothing at all, but Violet's Big Blueberry-Almond Smoothie (page 46) takes five minutes. Hashi Posse: make sure to wait twenty minutes after taking your thyroid medication before eating.

VIOLET'S BIG BLUEBERRY-ALMOND SMOOTHIE

Makes 1 drink

In my quest to find the perfect morning smoothie that's easy to throw together, deliciously creamy, naturally sweet, and protein-packed, I've tried more ingredient combos than I can remember. But my all-time favorite is this five-ingredient blue bombshell. Though higher on the glycemic index than blueberries, a little banana can go a long way to give your smoothie some richness. The natural sugars are offset by fiber-rich almond butter. To put the brakes on your blood sugar even further, check out some other easy fiber additions below.

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1 cup almond milk
1/2 cup frozen blueberries
1 medium frozen banana
1 tablespoon almond butter
Pinch of sea salt

Combine all of the ingredients in a blender and puree until smooth. Add more almond milk if necessary to create your ideal consistency. Pour into a tall glass and enjoy.

HEALTHY HEDONIST TIPS

All it takes is a few minutes post-shopping trip to prep your smoothie haul for the week. Immediately peel your bananas, cut in half widthwise, and toss in a freezer bag. You can even portion out all of the ingredients into single-serving bags or mason jars, eliminating the need for daily prep. Make sure to buy unsweetened and unsalted almond butter so you can control your own sodium and sugar levels.

MARKET SWAPS

Substitute raspberries or strawberries for the blueberries, or if you prefer a green color palette, swap a handful of spinach for the berries altogether. For even less sugar, substitute half an avocado for the banana. If using fresh produce, you can add an ice cube to get your smoothie frosty. For even more protein and fiber, try tossing in 1 teaspoon of hemp or chia seeds. Adding $\frac{1}{4}$ cup of plain lactose-free kefir or 2 tablespoons of plain full-fat Greek yogurt will up your probiotic intake as well.

GREEN TEA ARNOLD PALMERS

Makes 4 drinks

This drink is a combination of the two beverages I relied on while weaning myself off coffee: green tea and fresh lemon water. Lemon juice helps enhance mineral absorption, which is great news for all those green tea antioxidants. The honey is optional—especially if you're staying away from sugar—but a few teaspoons of raw honey are much better for your blood sugar than the simple syrup in an iced vanilla latte.

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2 green tea bags (or 2 tablespoons loose leaf)

$\frac{1}{3}$ cup freshly squeezed lemon juice

2 tablespoons raw honey, optional

$\frac{1}{4}$ cup fresh mint leaves, loosely packed

1. Bring 1 quart of water to a boil in a teakettle. Place the green tea bags (or infuser filled with loose leaf tea) in a large pitcher. Pour the hot water over the tea and let steep for 10 minutes, or until a light caramel color. Remove the tea bags or infuser.
2. Allow to cool for 10 minutes, or until it's cool enough to sip. Stir in the lemon juice and honey, if using. Transfer to the fridge to chill completely. Serve over ice and garnish with mint leaves.

HEALTHY HEDONIST TIPS

Raw, unpasteurized honey contains many nutrients and is considered an anti-inflammatory food when consumed in moderation. If using raw honey in this recipe, don't skip letting the tea cool before adding it.

MARKET SWAPS

Replace the lemon with lime or blood orange juice, and get creative with your tea. I love using a few whole dried hibiscus flowers for a pink herbal version that's completely caffeine-free.

Healthy Hedonist Natural Beauty Tips

Switching to naturals doesn't need to be an expensive or stressful process. You can make the transition slowly, swapping products as they run out. And you can choose the sweet spot where that transition ends.

1. **Keep a product journal.** Record everything you come into contact with, including mouthwash and hand soap, what time you use what, and any noticeable changes in your skin. This is something people often do for food but rarely for their skin-care products. Adina Grigore recommends the practice in her fabulous book *Skin Cleanse: The Simple, All-Natural Program for Clear, Calm, Happy Skin*, as a way to (1) see how many items you're actually using, and (2) notice the problem products.
2. **Go cold turkey for twenty-four hours.** Give all of your products a rest for one day. If the list of chemicals in your bathroom isn't reason enough to pare down your routine, then perhaps simply seeing the results of what your skin can do on its own might convince you to cut back on the items you use (and the number of ingredients in them) going forward.
3. **Check databases for red flags.** Do a quick cross-reference of your favorite products on the Think Dirty app or the Environmental Working Group's app, Skin Deep. If it's a level 4 or 5, it's probably not necessary to throw it away immediately. But a code red 10 out of 10? Consider a natural replacement pronto.
4. **Replace the items that stay on your body the longest first.** Exposure does matter when it comes to toxic chemicals. Start your

transition with lotions, creams, and any everyday items that either absorb into your skin or that you wear all day long.

5. **Take off your makeup at night!** Don't skip this step. It could be a huge cause of your breakouts, regardless of what types of products you're using. Nighttime is when your skin detoxes, so make sure it's clean enough to let your pores breathe. A cotton swab with olive, coconut, or avocado oil works great as a natural eye makeup remover.
6. **Put fragrance on your clothes, not your skin.** If you can't part with your signature scent, try to avoid getting it on your skin where it gets absorbed into your bloodstream. Spray it on what you're wearing instead.
7. **Have a dedicated face towel.** Drying your face with a clean cloth will remove the risk of inadvertently rubbing irritating products like hand soap, deodorant, or your partner's aftershave on your face. Holistic aesthetician Nichola Weir of Pacific Touch NYC recommends using something particularly soft, like a baby towel, if you have sensitive skin. Gently dab your face dry instead of wiping it. Also, avoid using gym towels since those tend to be rough and treated with intense cleaning chemicals. Speaking of which, consider switching to natural detergent.
8. **Wash your makeup brushes.** You use these on your face every day and they can be as much of a magnet for dust, bacteria, and dirt as anything else in your home. If you find that your makeup routine is irritating your skin, try cleaning your brushes first with gentle, unscented castile soap. Tack this chore onto Makeup-Free Monday and you can give your brushes a cleaning while your face is taking a break from them.

9. Wear sunscreen, period. Most natural sunscreens contain zinc oxide, and a downside is that they never completely rub in. Though vampire-in-training might not be your preferred look, broad-spectrum mineral sunscreens are the safest option since they don't seep into your skin, are stable in sunlight, and offer UVA protection. Babo Botanicals Clear Zinc Lotion is one that rubs in nicely. But it's better to wear a conventional alternative than nothing.

10. Banish body odor the natural way. Preventing our bodies from sweating is not good for our overall health. Skin flora, the natural bacteria under your arms, helps keep you safe by literally eating the toxins in your sweat. Natural deodorants, like Blissoma Scentless Stick or Soapwalla Deodorant Cream, absorb the odor instead of killing your flora with harsh chemicals that leach into your breast ducts. And they actually work.

For a full list of the products in my everyday makeup bag and shower caddy and where to buy them, see Appendix B (page 347).

SWEET AND SPICY PEPITA-CASHEW SNACK MIX

Makes 2½ cups

Instead of grabbing a sugary energy bar or a bag of greasy potato chips for an on-the-go snack, pack a baggie of this sweet and spicy nut-and-seed mix. Thanks to the pumpkin seeds, cashews, and coconut, it's perfect for promoting skin renewal, protecting against sun damage, and adding a healthy glow that's especially hard to come by when you're traveling.

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- 1 cup raw unsalted pumpkin seeds (pepitas)
- 1 cup raw unsalted cashews
- ¼ cup finely shredded unsweetened coconut
- ¼ teaspoon Madras curry powder
- ¼ teaspoon garam masala
- ¼ teaspoon cayenne pepper
- ½ teaspoon coarse sea salt
- 2 tablespoons honey
- 1 large egg white

1. Position a rack in the center of the oven and preheat the oven to 350°F. Line a rimmed baking sheet with parchment paper.
2. In a large mixing bowl, combine the pumpkin seeds, cashews, coconut, curry powder, garam masala, cayenne, and salt. Add the honey and egg white and stir until very well combined. Arrange the mixture in an even layer on the prepared baking sheet, doing your best to separate any clumps.

3. Bake for 20 to 25 minutes, stirring to redistribute the nut mixture every 5 to 10 minutes, until browned and crunchy.
4. Remove from the oven and allow the snack mix to cool completely on the pan. Break up any remaining clusters with your hands and store in an airtight container for nibbling throughout the week.

HEALTHY HEDONIST TIPS

One particularly powerful skin food is zinc, which helps with cell re-growth of the outer layers. Pumpkin seeds are a really great source, and they help release tryptophan, so having some before bed can help with your beauty sleep too. You can also find zinc in whole grains and seafood. If snacking on a dozen oysters isn't your thing, keep this recipe on hand.

MARKET SWAPS

If you want to make this mixture vegan, simply omit the egg and swap maple syrup for the honey. The end result might be a little stickier, but that just makes the snack mix more finger-licking good, right? You can also substitute a variety of nuts and seeds—especially other skin-friendly ones such as sunflower or sesame seeds, pecans or pine nuts—and get creative with the seasonings. Use chili powder and cinnamon (instead of curry and garam masala) for a Mexican twist.

RAW GINGERBREAD COOKIE BEAUTY BALLS

Makes 2 dozen balls

Raw energy balls (the artist formerly known as vegan truffles) have swept the food and wellness blogosphere in recent years. And who am I not to join the party? This version is one of my favorites. They taste like a ginger cookie but are loaded with fiber, antioxidants, and healthy fats thanks to skin superstars like sesame seeds, almond butter, and flax meal. Store them in the fridge for anytime you need a sweet bite that won't throw your blood sugar into turmoil.

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- $\frac{3}{4}$ cup almond butter
- $\frac{1}{4}$ cup sesame seeds
- 1 cup gluten-free rolled oats
- $\frac{1}{2}$ cup finely shredded unsweetened coconut
- $\frac{1}{2}$ cup ground flaxseed meal
- 1 teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon ground ginger
- $\frac{1}{4}$ teaspoon ground cloves
- $\frac{1}{4}$ teaspoon sea salt
- $\frac{1}{4}$ cup maple syrup

1. Combine all of the ingredients in a large mixing bowl; stir until the mixture is incorporated and sticky. Place the bowl in the refrigerator for 10 minutes, or until firm.
2. With damp hands, take 1 tablespoon of dough and shape it into a compact 1-inch ball and place it on a plate. (Keep a bowl of water by your side, since the mixture is easier to handle with damp hands.) Repeat with

the remaining batter. Chill the balls until ready to serve, or up to 2 weeks, or in the freezer until you remember they're in there.

HEALTHY HEDONIST TIPS

What you've been told about chocolate causing pimples is a myth. It's really the sugar! (Duh.) The hedonist in me feels compelled to say that if you added ½ cup of dark chocolate chips, these bites wouldn't taste terrible. Choose bittersweet (60 percent cacao or higher), or go the healthy route and just add cacao nibs.

MARKET SWAPS

Trade the spices for a few teaspoons of cocoa powder to make these full-fledged raw chocolate “cookies.” You can also substitute or add maca powder, which helps fine-tune TRH and TSH messages that impact how many hormones the thyroid produces and is packed with B vitamins, which thyroid peeps tend to be deficient in. This recipe uses a modest amount of maple syrup, which not only gives the balls their requisite sweetness but also holds them together. Raw honey is a great option, as are ⅓ cup chopped Medjool dates. Just puree them in the bowl of a food processor along with the almond butter and add the resulting paste to the bowl.

Healthy Hedonist Diet Tips

Here are some other tactics that will help you have a healthier relationship with food and eat better in the process.

1. **Keep a food journal for two weeks.** Food journals can be an amazing source of accountability and “aha” moments. As I discovered during this challenge, we often have selective memories about the junk we eat. A journal holds a mirror up to your actions, and the threads of food sensitivity may be so obvious that you can see them just by staring at the page. Otherwise, there are plenty of professionals—nutritionists, doctors—who can help you analyze the results. Writing down what you eat can also be a gateway to obsession, so use the journal as a short-term tool.
2. **Go on an elimination diet.** One of the most common sources of inflammation is a hidden food sensitivity. Try cutting out gluten, dairy, corn, soy, and sugar for two weeks (protocols like Whole30 and Autoimmune Paleo include even more foods). Reintroduce each item one at a time—leaving two days in between—with a large helping of the food in question. The heavy dose will force your body to give a clear reaction. This diet may seem extremely restrictive in the short term, but it will save you a lot of trial and error down the line. If you find you tolerate dairy, you can find your sweet spot going forward without depriving yourself forever just because someone told you it’s “bad.”
3. **Make your meals 50 percent vegetables.** You probably didn’t need me to tell you that. But it’s the common takeaway from pretty much every health protocol. Ideally, this will mean less

room on your plate for simple carbs and animal protein. But even if you're choosing to indulge, have a simple green salad as a starter before your steak frites arrives. Colorful antioxidant-rich veggies alkalize your stomach in advance of more inflammatory choices.

4. ***If eating carbs, choose complex carbs.*** Gluten-free doesn't necessarily mean healthy, especially when it comes to highly processed packaged foods. Pasta made from brown rice flour is healthier than bleached white flour, yes, but eating a bowl of whole brown rice is far better. In general, whole foods—meaning literally whole foods cut into pieces and not pulverized by an industrial grinder—keep your blood sugar down and your gut bacteria happy, while simple carbs, though easy to digest, cause more long-term inflammation.
5. ***Go meat-free on Mondays or One Part Plant.*** By reducing your animal intake, you forgo harmful hormones, heavy metals, and other inflammatory properties in the process. Try for one plant-based day a week, then eventually, one plant-based meal a day. This small change can also have a big environmental impact. You save more water by eating one less pound of beef a week than by not showering for six months!
6. ***Don't substitute animal protein with soy products.*** This is particularly important for my Hashi Posse, as soy can suppress thyroid function. A couple of splashes of tamari is one thing, but a big bowl of edamame or stir-fried tofu can throw your hormones out of balance. Opt for almond or coconut milk in your smoothies, and beans or legumes in your stir-fry if you're really worried about getting enough protein. If you do go for tofu, adding an iodine-rich ingredient like seaweed can offset some of the effects.

7. **Buy high-quality animal products.** The beauty of eating less meat means you can afford to invest in better meat. Buy organic, grass-fed, and free-range whenever possible. Avoid processed products like sausage, salami, and deli meats, which have been classified by the World Health Organization as carcinogens. For seafood, the best species for omega-3s, low mercury, and environmental impact are mollusks (clams, mussels, oysters, scallops) and smaller oily fish (sardines and anchovies). Wild salmon is also worth the premium. Limit your intake of tuna and swordfish to once a week. And if you do eat these high-mercury fish, add cilantro! It's a chelating agent that will help your body better remove the toxin.

8. **Don't let the food be the enemy of the company.** This tip comes by way of Megan Kimble's memoir, *Unprocessed: My City-Dwelling Year of Reclaiming Real Food*. She discovered (like me) how hard it is to have a restrictive diet outside the four walls of your home. Learn the things that you can be flexible around (a corn tortilla) and the things you can't (a bowl of tabbouleh). Because believe it or not, there will be times when you forget to bring your own beet chips to a Mexican restaurant. Always let hosts know your needs far in advance and offer to contribute to the meal. Look up restaurant menus prior to eating out, and even call ahead to get your questions answered in private to prevent a panic order.

VEGAN QUINOA "FRIED RICE" WITH RAINBOW CHARD

Serves 4

This healthier version of your favorite Sunday night Chinese take-out order is a great way to enjoy whole grains without letting them dominate your plate. The quinoa is balanced out with an even larger helping of vibrant rainbow chard, brightened up with fresh lime juice and a dash of Asian hot sauce, and "fried" using high-heat, hormone-friendly coconut oil.

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- 1 cup uncooked quinoa, rinsed
- $\frac{1}{2}$ teaspoon sea salt
- 2 tablespoons gluten-free tamari
- 2 tablespoons freshly squeezed lime juice
- $\frac{1}{2}$ teaspoon sriracha, sambal olek, or your favorite Asian hot sauce
- 1 bunch of rainbow or red chard
- 2 tablespoons unrefined extra-virgin coconut oil
- 2 large shallots, thinly sliced
- 4 garlic cloves, minced
- 1 tablespoon minced fresh ginger
- Hemp or sesame seeds, for garnish

1. In a medium lidded saucepan, combine the quinoa, $\frac{1}{2}$ teaspoon salt, and 2 cups of water and bring to a boil over high heat. Cover, reduce the heat to low, and simmer for 15 minutes, or until the liquid is absorbed and the quinoa is soft and pearly. Uncover, remove from the heat, and fluff with a fork.
2. Meanwhile, in a small mixing bowl, combine the tamari, lime juice, and hot sauce.

3. Separate the thick chard stems from the leaves and finely chop. Stack the leaves on top of one another and roll up like a cigar. Thinly slice into ½-inch ribbons.
4. Heat the coconut oil in a large wok or skillet over high heat. Sauté the shallots and chard stems until they begin to soften and caramelize, about 5 minutes. Add the garlic and ginger; cook for 1 minute more, until fragrant. Add the chard leaves and stir-fry until wilted and soft, another 3 minutes. Season lightly with salt. Fold in the quinoa and stir-fry until everything is evenly distributed and the quinoa is beginning to toast, about 2 minutes. Stir in the tamari, lime juice, and hot sauce mixture and remove from the heat.
5. Transfer to a serving bowl and garnish with hemp or sesame seeds for more fiber.

HEALTHY HEDONIST TIPS

Fried rice (even if you're not using actual rice) is best with stale, day-old grains. The drier they are, the more flavor they'll soak up without getting mushy. You can prepare the quinoa the night before, or make this recipe with 3 cups of leftover cooked grains, beginning at step 2. If you're the type of person who orders too much takeout, this would also be a great way to use up that half-eaten carton of brown rice and make you feel better about the previous day's food choices.

MARKET SWAPS

Any leafy green would work in this recipe: arugula, kale, collards, beet greens. If you're an omnivore or a v-egg-an, feel free to add 2 beaten eggs, like in a traditional fried rice recipe, at the end of step 4. Push the grains to the sides of the wok to form a well. Add the eggs to the center and scramble until set. Stir everything together, being careful not to overly break apart the omelet.

BAKED SWEET POTATO FRIES WITH COCONUT OIL—SRIRACHA AIOLI

Serves 2 to 4

As Michael Pollan writes in Food Rules: An Eater's Manual, "There's nothing wrong with special occasion foods, so long as every day is not a special occasion." Deep frying is one of the most labor-intensive kitchen tasks, and before restaurants got involved, that used to deter us from indulging in fries more often than we should. Alas, this dish remains my biggest guilty pleasure, and since most restaurants don't use a dedicated gluten-free fryer, I've learned to make the next best thing in the oven at home.

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2 medium sweet potatoes (about 1 pound), scrubbed
2 tablespoons olive oil or melted coconut oil
2 teaspoons potato, corn, or arrowroot starch
 $\frac{1}{2}$ teaspoon sea salt
 $\frac{1}{2}$ teaspoon smoked paprika

For the aioli:

2 large egg yolks
1 teaspoon Dijon mustard
1 tablespoon freshly squeezed lime juice
1 teaspoon sriracha
1 small garlic clove, minced
 $\frac{1}{4}$ cup olive oil
 $\frac{1}{4}$ cup coconut oil, melted and cooled slightly
 $\frac{1}{2}$ teaspoon sea salt

1. Position the racks in the upper and lower thirds of the oven and preheat oven to 425°F. Line two rimmed baking sheets with parchment paper.
2. Using a sharp chef's knife, cut the top and bottom off the sweet potatoes and stand them on one of the flat sides. Cut each into thin planks, ¼ inch thick, and then into matchsticks. Add the potatoes to a large mixing bowl and toss with the olive oil. Sprinkle with the starch, salt, and paprika; toss until well coated.
3. Divide the fries among the prepared baking sheets and arrange in an even layer, making sure there's space between each fry. Bake for 20 minutes, swapping the baking sheets from top to bottom halfway through, until nicely browned (but not blackened at the tips). Remove from the oven and toss the potatoes to redistribute. Return to the oven for about 5 minutes, until crispy. Allow to cool for a few minutes on the pan before transferring to a serving platter or 8-inch parchment paper cone.
4. While the fries are baking, make the aioli: In a small mixing bowl or bowl of a food processor, whisk or pulse the egg yolks, mustard, lime juice, sriracha, and garlic until smooth. Working slowly, add 1 teaspoon of the olive oil and whisk or pulse until incorporated. Repeat with 3 additional teaspoons. Once the oil is emulsifying easily, slowly drizzle in the remaining olive oil, followed by the coconut oil, whisking or pulsing throughout until thick. Season with the salt.
5. Serve the hot fries alongside the coconut oil–sriracha aioli for dipping.

HEALTHY HEDONIST TIPS

Sriracha is one of the few packaged condiments that I buy. I love the balance of flavors, and even though sugar is a line item, the amount is negligible. And as the residents who protested against their neighborhood sriracha factory's spicy fumes can attest, it's not really something you want to be making in your backyard or kitchen. Mayonnaise, on the other hand,

is very easy to whip up from scratch, as I do in this recipe using hormone-healthy coconut oil. If you want to substitute store-bought, simply combine $\frac{1}{3}$ cup with the lime juice, sriracha, and garlic.

MARKET SWAPS

To meet my anti-inflammatory color guide, I use sweet potatoes instead of regular spuds, but the technique works well for both. Since they become sticky once soft and roasted, sweet potatoes benefit from having a little starch added to help them crisp. If you're staying away from corn, try arrowroot or potato starch instead. You can omit entirely if you're using regular potatoes.

Healthy Hedonist Cooking Tips

You don't need to go to culinary school to become your own personal chef—I didn't! Here are some tricks of the trade, though, that will help you build better cooking habits and be smarter about the time and money you do spend at the stove.

1. *Set aside a weekend afternoon to cook for the week ahead.*

Use the first hour to do the majority of your prep work—clean and chop produce and get your ingredients organized. Aim to use the next two hours for cooking and a third for cleanup. If you have a buddy or partner, you will be able to make your meals for the week in even less time!

2. *Always make a menu, budget, and shopping list.* Designing your menu around existing items in your pantry and fridge—just as you would a seasonal ingredient at the farmer's market—will help save you money and cut down on waste. If you're cooking everything at once, choose dishes that can be made with a variety of techniques—that is, a mix of roasting, stewing, and raw, instead of four dishes that require the stovetop. An ideal breakdown is a couple of one-pot meals (stews or soups), a produce-centric bowl of grains or legumes, and one or two easy vegetable sides. (For more tips and menus, see Appendix C on page 350.)

3. *Use your freezer as an economical extension of your pantry.*

Can't make it to the store every week? Stock up on frozen vegetables! Your freezer also allows you to take advantage of fresh seasonal items on sale. If there's a special on wild sockeye salmon, bring home some fillets and freeze them individually for future

use. There are some canned items that I could never swear off (tomatoes, for one), but frozen is generally healthier as you avoid the toxic BPA (bisphenol A) lining that's in most cans (another known endocrine disruptor). Trader Joe's and Eden Organics are two great brands that use BPA-free cans.

4. ***Diversify your animal intake.*** Unfortunately, a cow is not made up of all filet mignon, and the sea is not 70 percent salmon. Ask your butcher or fishmonger to recommend some other (cheaper) options. Since they're used to going home with the stuff no one else wants, they're a wealth of cooking knowledge. Better yet: buy the whole animal. Labor always gets added to the price tag. Bone-in chicken thighs will be cheaper than boneless. And bringing home the whole chicken is by far the cheapest way to go.
5. ***Buy in bulk.*** Just like the labor in deboning chicken breasts, you end up paying a premium for packaging. Pulling straight from the bulk bins allows you to buy just as much or as little as you need and pay by weight—this is where I source all my whole grains, nuts, seeds, and dried fruit. Store them at home in mason jars or other glass storage containers. Bulk buying also applies to packaged goods. You may not be making puttanesca sauce tonight, but if you see a sale for capers, anchovies, or canned tomatoes, it pays in the long term to stock up when these shelf-stable items are at their cheapest.
6. ***Use your spice rack.*** This is one of the best places you can put your money in terms of creating flavorful meals out of humble ingredients. Suddenly, one cup of lentils can become five different dishes. Spices also have amazing medicinal powers. You can slowly build your collection up over time, but many will lose their punch and efficacy after a year or two.

7. ***Make “peasant” food.*** The Romans in particular were incredibly frugal: think stale bread in meatballs, Parmesan rinds in soup. A lot of Asian cuisines use meat as more of a garnish (ahem, pad Thai) instead of as a centerpiece, which is both healthier and cheaper. If you’re making many dishes at once, it helps to stick to one ethnic cuisine for your menu so you can mix and match throughout the week. Once you have all the condiments, making takeout at home becomes that much easier.
8. ***Invest in good-quality fats.*** Coconut oil is the healthiest fat for frying because it has a high burning temperature. Heart-healthy olive oil is great for low-heat cooking or as a topping for salads and roasted vegetables. Grass-fed butter is a luxury, but, as I mentioned, you can’t beat it for flavor.
9. ***Avoid nonstick cookware.*** If you’re going to spend money on organic vegetables and grass-fed meat, don’t cook it on something just as harmful as pesticides! Teflon pans contain PFOA (perfluorooctanoic acid) in their nonstick coating that becomes toxic when very hot (go figure). If you’re using these pans, cook dishes like scrambled eggs or omelets, which require only a low flame, and avoid metal spatulas that will tear the coating. Better yet, replace them with inexpensive, long-lasting cast iron. It will be completely nonstick if cared for properly.
10. ***Ignore expiration dates.*** Americans throw away 165 billion dollars’ worth of food every year. One reason: hysteria around grocery items that have exceeded their expiration dates. Don’t rely solely on these numbers, which are arbitrarily set by the brands themselves, which benefit from you buying more food. Instead, look for signs that something has gone off. If it smells fine and has no

visible mold, you're usually good to go. And if that mold is on cheese, cut around it and nibble away.

11. **Use your veggie scraps.** Recycled veggie stock is a great way to reuse onion skins, herb stems, and the like. Some other ideas for often-tossed parts: asparagus stalk pesto (page 308), pickled chard stems, and candied lemon peel. A little garlic and a quick sauté can save even the saddest bruised salad greens. Or just make Desperation Minestrone Soup (page 131).
12. **Brown bag it.** If you're the type of person who goes out often and feels home cooking gets in the way of your social life, commit to bringing lunch to work. As Mark Bittman acknowledged in his protocol VB6, your daytime meals are when you have the most control and willpower to make good choices. Start by batch cooking just two dishes for the week. Pack them individually and put a note on your door so you remember to take them in the morning.
13. **Get a farm share.** If you're committed to weekly batch cooking, a CSA (Community Supported Agriculture) is one of the most affordable ways to get large quantities of local produce without having the hassle of going to the farmer's market. Many will deliver directly to your door. The less often you go to grocery stores with a million impulse options, the less you're likely to stray from your healthy food choices and budget. There are also mail-order services, like Thrive Market, that offer healthy, responsibly sourced pantry items at conventional prices thanks to a membership model.

DESPERATION MINISTRONE SOUP

Serves 4

What do you do when you have overflowing bowls of veggies that are about to go south? Throw them in a pot. The end result will most likely be comforting for your countertops and your spirit. Rustic minestrone soup is a great strategic base for your desperate times of produce abundance. I'm pretty sure Italian peasants invented it as a haven for whatever scraps were left over at the end of the week. I've given very loose instructions so that you can account for whatever is in your crisper drawer on any given Sunday.

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1 tablespoon olive oil, plus more to drizzle

1 small yellow onion, diced

2 cups finely chopped pantry vegetables (carrots, fennel, leeks, potatoes, cauliflower, cabbage, winter squash, etc.)

2 large garlic cloves, minced

One 15-ounce can diced or crushed tomatoes

8 cups vegetable or chicken stock

1 teaspoon salt

$\frac{1}{4}$ teaspoon red pepper flakes

One 15-ounce can cannellini beans, drained and rinsed

1 cup finely chopped green vegetables (zucchini, green beans, peas, leafy greens, broccoli, etc.)

$\frac{1}{2}$ cup gluten-free elbows, orzo, or orecchiette (optional)

$\frac{1}{2}$ cup fresh herbs (basil, chives, parsley, tarragon, or a combination), coarsely chopped or torn

Shaved Parmesan or pecorino, for serving (optional)

1. Heat the olive oil in a large Dutch oven or stockpot. Sauté the onion and pantry vegetables over medium-high heat until soft, 5 to 7 minutes. Stir in the garlic and cook until fragrant, another minute. Pour in the tomatoes and simmer until the liquid is reduced and the tomato chunks have softened, about 5 minutes. Add the stock, salt, and red pepper flakes to the pot. Turn the heat to high and bring to a boil.

2. Stir in the beans, green vegetables, and pasta (if using), then reduce the heat to medium-low. Simmer for 10 minutes, or until the pasta is cooked through. Remove from the heat, stir in the herbs, and taste for seasoning. Garnish with a drizzle of olive oil and shaved Parmesan or pecorino for a salty bite.

HEALTHY HEDONIST TIPS

When I'm in the mood for a little more protein, I start by browning ½ pound of organic chicken or turkey sausage at the beginning of this recipe. Processed deli meat and precooked sausage are often loaded with harmful preservatives, but a little sustainably produced, fresh hot or sweet Italian sausage from the butcher counter is a great option. You can also easily make your own sausage by combining ground chicken or turkey with fennel seeds, red pepper flakes, and dried Italian herbs.

MARKET SWAPS

This recipe is meant to be an edible way to compost all your wayward produce. Pantry vegetables are the sturdy ones that last a while in the crisper drawer of your fridge. The green veggies cook quickly, which means you should add them toward the end of the soup process. Another great addition from the garbage bowl: a Parmesan or pecorino rind to add a rich, cheesy flavor to the broth. Next time you finish a wedge, save the rind in your freezer until it's soup time.

SKILLET RED-WINE BRAISED CABBAGE AND LENTILS

Serves 4

Breaking into my mother's liquor cabinet—if only to cook some peas—gave me a real thrill as a rebellious teenager. Little did I know that my scandalous splash of white wine cooked off as it simmered. The same goes for these braised lentils, so the dish doesn't fall too far into hedonism territory. The only naughty aspect comes from a pat of grass-fed butter, which offsets the tangy wine and cabbage. But I could eat these lentils all day long even without it. Don't be intimidated by the braising time: the recipe is fairly hands-off and a good one to have in your batch-cooking repertoire, as you can prepare other dishes while it simmers.

2 tablespoons olive oil
1 large red onion, sliced
 $\frac{1}{2}$ small (1 pound) head of red cabbage, thinly sliced (2 $\frac{1}{2}$ cups)
2 garlic cloves, minced
1 cup dried French green lentils, rinsed
2 sprigs fresh thyme or $\frac{1}{2}$ teaspoon dried
1 $\frac{1}{2}$ teaspoons sea salt, plus more if needed
1 tablespoon Dijon mustard
2 cups dry red wine
1 tablespoon organic unsalted butter (preferably grass-fed), plus more if needed

1. In a large heavy-bottomed skillet or Dutch oven, heat the olive oil over medium-high heat. Add the onion and cabbage; cook, stirring occasionally, until the onions are translucent, about 10 minutes.

2. Add the garlic, lentils, thyme, and salt. Cook for 2 minutes more, until fragrant. Stir in the mustard and spread the lentil-cabbage mixture in an even layer. Pour in the wine and 2 cups water (enough to submerge the lentils). Bring to a simmer and cook over medium-low heat, stirring with a wooden spoon every 10 minutes or so, until the lentils are tender and the liquid is mostly absorbed, 45 minutes to 1 hour.

3. Remove the skillet from the heat and stir in the butter. Taste the lentils for seasoning and add more salt (or butter!) as necessary. Serve warm with a side salad.

HEALTHY HEDONIST TIPS

Pantry hoarding goes for the liquor cabinet as well. This recipe is a great way to use up week-old wine or that rogue bottle brought to your house-warming party. The recipe calls for 2 cups, which means there's still a little nip left for you if you open a new bottle.

MARKET SWAPS

Diced beets and their greens would be a great swap for the cabbage (or in addition to it), since you don't have to worry about their color bleeding everywhere (the braising liquid is already red). To make this a meatless main, add a fried or poached egg on top. And if your picky eaters require some meat in the mix, brown 1 pound of chicken thighs before step 1. Set it aside and about 10 minutes before the lentils are done cooking, nestle the meat in the cabbage mixture.

Healthy Hedonist Hydration Tips

Water is an essential ingredient in our body's health and also an amazing detoxifier. Here are some ways to fill your well more wisely.

1. ***Treat all drinks other than water as you would alcohol.*** Anything with calories from the beverage aisle should be considered a treat, like a glass of wine, and not something that your body actually needs. Soda especially should be a special-occasion indulgence, like a tequila shot. Coffee and tea are of less concern but shouldn't be considered part of your daily water quota.
2. ***Put a water pitcher or bottle on your desk.*** This not only helps you measure your daily intake, but it's also a powerful reminder to drink. If you don't want to count ounces at all, you can get a container that holds your exact daily quota.
3. ***Infuse to add flavor.*** As I learned from my partner in crime, not all of us are natural water enthusiasts. A little added flavor goes a long way. I like using fresh fruit, sliced cucumber, or herbal tea leaves. Making compound ice cubes is a great way to create that spa effect without breaking out a cutting board. I love the combination of lime juice and ginger (Ginger-Lime Ice Cubes, page 160)!
4. ***Use charcoal sticks on the go.*** Drinking clean water when you're traveling is a lot more difficult than making a concerted effort at home. A Japanese charcoal stick is a great, cheap, portable filter. The only catch is you need to let it do its thing for an hour to get the best results. They also need to be "refreshed" every few months,

which involves simply boiling them for ten minutes. You'll want to replace them completely every six months.

5. ***Skip the plastic bottles.*** Get a stainless steel or BPA-free reusable bottle to take with you on the go. When you consider that it actually takes three bottles' worth of water to manufacture a single plastic water bottle, it's even more clear that it's better to skip the endocrine-disrupting plastic that leaches into the water we drink, and then into the soil once we throw those bottles away. That said, if you're in a foreign country where there's a real question of potability, buy bottled water to be safe from pathogens.
6. ***Buy a filter.*** There's no need to immediately clear your countertops for the Ferrari of filters. It's best to start somewhere that's not going to put a drastic damper on your lifestyle or your wallet and upgrade from there. While pitcher options may seem the cheapest, make sure to calculate the annual cost. Soma, which makes beautiful sustainable carafes, is ninety dollars when you account for the six replacement filters you'll need for a year's use. This brand offers a subscription service for new cartridges so you never forget to replace them. For others, make sure to mark your calendar. Drinking water from an expired filter is more toxic than what comes out of your tap in the first place.
7. ***Get one for your shower too.*** You spend a lot of intimate time with water every day in the bathroom. Once I learned that skin can absorb up to eight glasses' worth of toxins during the average rinse, I immediately purchased a filter for my showerhead. It seemed silly to spend so much time and money obsessing over the water I drank if I was just going to be absorbing a comparable amount of chemicals through my skin.

- 8. Use a fabric shower curtain.** Believe it or not, your shower curtain is one of the most toxic things in your home! The liner is usually made of PVC (polyvinyl chloride) plastic, which means you're hotboxing your bathroom with endocrine-disrupting phthalates every day. You have to wash a fabric curtain often if you don't want it to become tie-dyed with mildew, but I felt like this downside was worth what it did for my toxic load. You can always get a second cloth curtain to hang on the outside to help with aesthetics.
- 9. Switch your shaker to sea salt.** Iodine is an important ingredient for good thyroid health, but too much of it can throw its function out of balance. It only takes a half teaspoon of iodized salt to meet your daily allotment, and if you're eating a balanced diet, chances are you're already getting this through fish, eggs, and vegetables. Keep unprocessed sea salt or pink Himalayan salt at home so you can control your iodine levels and gain plenty of other essential minerals.
- 10. Make bone broth the new coconut water.** Bone broth is literally so hot right now. As animal bones simmer for hours, they release amino acids, collagen, and nutrients that help your body make the most of the liquid you put in it. It turns out that home-made chicken soup is just as good for your immune system as it is for the soul.

*For a full list of my favorite water products,
visit FeedMePhoebe.com/Shop.*

GINGER-LIME ICE CUBES

Makes 15 cubes

There are all sorts of homemade concentrates and purees you can whip up to make your water more festive. But I'm partial to these compound ice cubes. Like its sister citrus, lime juice helps your cells hydrate, and fresh ginger root is an Ayurvedic all-star ingredient with its own long list of medicinal benefits, including as a cure for colds, cramps, and gastrointestinal issues.

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One 4-inch knob fresh ginger, rinsed and thinly sliced
1 cup (loosely packed) fresh mint leaves, coarsely torn
2 limes, zested and juiced (about $\frac{1}{3}$ cup juice)

1. Divide the ginger and mint leaves among the wells of a 15-cube ice tray.
2. Add the lime zest, lime juice, and $1\frac{2}{3}$ cups of water to a liquid measuring cup. Stir to combine.
3. Pour the lime mixture into the tray wells. Place in the freezer until solid, about 2 hours. Add a cube to your daily water glass or pitcher, or even to hot tea for a little extra oomph and flavor.

HEALTHY HEDONIST TIPS

Part of the process of eliminating harmful plastics in my home meant replacing my crappy ice cube trays with snazzy, bendable, and easy-to-evacuate silicone models. A generic tray will of course work, but you might need to use two of them to have fifteen 1-ounce slots. I should mention that the square silicone cubes look extra fancy in cocktails and mocktails.

MARKET SWAPS

Fresh basil would be equally delicious in these cubes, as would some diced cucumber for refreshing spa water. If you don't like having the whole leaves in your glass once the ice has melted, you can make an infusion instead. Boil $1\frac{2}{3}$ cups of water, then steep the mint and ginger for 20 minutes. Strain through a fine-mesh sieve, stir in the lime juice, and transfer to the ice trays. Another plus of silicone is that you can add hot liquid without worrying about leaching chemicals into your cubes!

"PHO REAL" SLOW COOKER GINGER-CHICKEN BONE BROTH

Makes 2½ to 3 quarts

Many chefs will laugh if you ask how they feel about the bone broth craze. And that's because people have been making slow-cooked stocks since the invention of fire. The longer bones simmer, the more of the marrow, collagen, and gelatin you'll extract from them, which benefits your own bone strength, liver detoxification, and gut lining. This version, inspired by Vietnamese pho, uses fresh ginger and whole spices to make all those immune benefits taste great too. And thanks to modern cooking inventions, you don't even have to mess with fire.

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1½ pounds chicken bones or 1 pound whole chicken wings

1 pound bone-in chicken thighs

1 large onion, unpeeled and quartered

4 garlic cloves, unpeeled

4-inch knob fresh ginger, sliced

1 tablespoon black peppercorns

1 cinnamon stick

1 tablespoon sea salt

1 jalapeño pepper, halved (optional, if you like heat)

1. Add the chicken bones, chicken thighs, onion, garlic, ginger, peppercorns, cinnamon, salt, and jalapeño (if using) to the bowl of a 6- to 8-quart slow cooker. Cover the ingredients with 4 quarts of water, or enough to submerge them while leaving an inch of room at the top. Cook, covered, on low for 8 hours. Remove the chicken thighs from the broth and shred the meat. Transfer to an airtight container and store for a later use. Return

any skin and bones to the slow cooker and continue cooking for 8 more hours.

2. Over a large bowl or liquid measuring cup, strain the stock through a fine-mesh sieve, discarding the solids once or twice if there's too much pileup.

3. Transfer the bone broth to an airtight container and store in the fridge to sip on throughout the week, freeze in 1-quart servings to cook with, or proceed with the recipe for Vietnamese Chicken Soup for the Soul (page 330).

HEALTHY HEDONIST TIPS

Look for slow cookers that have a stainless steel bowl—some ceramic models can contaminate your food with lead when heated. To make the broth on the stovetop, simply sear the chicken thighs in a pot, followed by the onion, garlic, and ginger. Then add the remaining ingredients. Cook on low heat for 12 hours, removing the chicken thighs and adding more water at the 3-hour mark. If you aren't making Vietnamese Chicken Soup for the Soul (page 330), try combining your shredded chicken with my Coconut Oil–Sriracha Aioli (page 105) and some diced radishes for an Asian spin on chicken salad.

MARKET SWAPS

Like any broth, let this one be a way to use up whatever veggie scraps you have lying around the kitchen. Try adding carrot peelings, fennel fronds, cilantro or mint stems, onion skins, or zucchini tops. Whole star anise would also be a great addition in the spice department.

Healthy Hedonist Back Tips

While it's worth tackling the bigger issues first (alignment, core strength, stress), here are some other best practices that can help you heal without a professional and limit muscle imbalances in the first place.

1. ***Take calls while standing up or pacing.*** Stanford researchers who studied creativity found that sitting is the better option when you have to solve a problem for which there is only one right answer, but walking allowed people to come up with more unique ideas. We don't all have Steve Jobs's status, so forcing your colleagues to attend meetings on a walking trail is probably not realistic. The phone is a nice middle ground. The person on the other end never needs to know you're doing squats while listening to their status report.
2. ***Don't favor one side.*** Everyone tends to use one side of the body more than the other for simple tasks like carrying a purse, steering a car, brushing your teeth, or talking on a cell phone. Try using your less dominant arm whenever possible. Yoga puts a lot of emphasis on this symmetry. It helps keep the brain and body balanced when you make an extra effort to use your more vulnerable side. Also, consider swapping your tote or purse for a backpack—the load is distributed more evenly, which makes it a better option than a bag that pulls on one side.
3. ***Put your load on wheels.*** Don't let memories of kids with rolling backpacks getting bullied in the school yard dissuade you from using some of their adult equivalents. You should have no shame

using a granny cart instead of a canvas tote for groceries or a far less chic roll-on suitcase instead of a heavy leather shoulder bag. If you're going on a trip, why not let your back take a vacation too?

4. **Buy an ergonomic chair.** You spend a lot of time in this puppy every single day, so it's worth investing in a good one. The more adjustability, the better—moving the armrests, seat depth, and height will help you achieve the right angles at your workstation. Also, choose a chair with wheels so you can easily get closer and farther away from the computer.
5. **Start and end your day with a desk stretch.** Not only does a set of stretches force you to change position, but it also reminds you to slow down and take a few deep, healing belly breaths, which is equally important for preventing back pain. Try a forward fold over your legs, a simple spinal twist, or a runner's lunge. Consider this your five-minute warm-up lap for your sitting marathon and then a way to release some of the tension at the end of the race.
6. **Sleep on your back.** When it comes to physical recovery, there's a clear hierarchy in sleep positions. Stomach sleepers have it the worst. If you sleep facedown, gravity causes your spine to bow and torques your neck in one direction, even more so if you have a soft mattress. Sleeping on your side is slightly better, especially if you place a pillow between your legs. But the best position for your alignment is sleeping on your back. Put a pillow or a bolster underneath your knees and relax your arms by your sides, or rest them on your stomach.
7. **Limit high heels.** As a woman, I know it's not realistic or culturally acceptable to wear orthopedic shoes to da club. But we could all probably benefit from limiting high heels to more targeted occasions. Not only are they hard on your poor feet, but they strain

your lower back. If you wear heels at the office, try switching to flats when you're sitting at your desk and during your commute.

8. ***Strengthen your feet.*** A lot of people invest in expensive orthotics for support when they should really be building a better foundation for their feet. Walk barefoot as much as possible. If you're standing, try lifting your toes and applying different pressures to your heel. Your feet are the web of joints that keep you sailing through life. Strengthening them will only improve your balance and stability.
9. ***Move with soft knees.*** Locking your knees reduces blood flow to your legs and causes your muscles to tighten. When you stand, try making a subtle adjustment and allow your knees to be soft, keeping a slight bend at the joint. This is something you can do when walking and exercising too. You don't need to look like a surfer—the change should be so small that no one will notice.
10. ***Use tennis balls for an at-home massage.*** Hiring someone to relieve your tension can be very therapeutic. But if you can't afford to get massages on a regular basis (and who can, really?), pick up a can of tennis balls and let them make sweet love to your trigger points. You can lean up against a wall or, for more intensity, lie on the floor. Putting two balls inside a long sock will help you get symmetrical back massage action on both sides of your spine. Rolling your feet on a ball is another way to get them to fall back in love with you or replace a significant other who's not that into foot rubs.

GOLDEN MILK CHIA PUDDING WITH CINNAMON YOGURT

Serves 4

As you know, color is a great indicator of anti-inflammatory properties. And few foods are more vibrant and medicinally powerful than turmeric. If you're feeling achy and inflamed, add a little medicine from your spice rack instead of popping a painkiller. Make a batch of this golden milk pudding to enjoy before your first shift at your desk—it's basically Ayurvedic Advil added to an already wholesome jar of super seeds.

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Two 15-ounce cans full-fat coconut milk (4 cups)

3 tablespoons pure maple syrup

1 teaspoon vanilla extract

$\frac{3}{4}$ teaspoon ground turmeric

$\frac{1}{2}$ teaspoon ground cinnamon

$\frac{1}{8}$ teaspoon ground ginger

$\frac{1}{3}$ cup chia seeds

$\frac{3}{4}$ cup plain full-fat Greek yogurt (about one 7-ounce container)

1. In a medium saucepan set over medium heat, combine the coconut milk, 1 tablespoon maple syrup, the vanilla, turmeric, $\frac{1}{4}$ teaspoon cinnamon, and the ginger. Bring to a simmer, whisking until the spices are well incorporated and the milk is a vibrant golden hue, about 2 minutes. Be careful that the milk doesn't boil over! Transfer the golden milk to a mixing bowl and chill in the fridge, covered, until room temperature, about 20 minutes.

2. Add the chia seeds to the golden milk, stirring to distribute. Cover and refrigerate until the chia seeds are plumped, at least 3 hours or overnight.
3. Meanwhile, stir together the yogurt, the remaining 2 tablespoons maple syrup, and the remaining $\frac{1}{4}$ teaspoon cinnamon in a small mixing bowl until smooth. Cover and set aside in the fridge.
4. Stir the pudding to make sure there are no clumps, then spoon into individual bowls, 8-ounce mason jars, or ramekins (about $\frac{3}{4}$ cup per container). Add 2 heaping tablespoons of the cinnamon yogurt and enjoy. The premade chia pudding cups will keep, refrigerated, for up to 4 days.

HEALTHY HEDONIST TIPS

The recipes in this book are intentionally low in sugar, but since the flavor of turmeric can be intense for spice newbies, a little maple syrup in the golden milk helps. The cinnamon yogurt is on the sweeter side. As you get more used to the tangy flavor of yogurt and the savory nature of the pudding's spices, you can reduce the maple syrup to 1 tablespoon.

MARKET SWAPS

To make this recipe vegan, you can use coconut cream instead of yogurt. Whisk vigorously (preferably with an eggbeater) to get it thick and frothy before adding in the sweetener and spices.

TURMERIC-BRAISED CHICKEN LEGS WITH GOLDEN BEETS AND LEEKS

Serves 4

One dish that I riff on again and again during my weekend batch-cooking sessions is a Moroccan tagine. The stew is layered with spices and is perfect for making cheaper cuts of meat tender. One weekend afternoon when I had a few pans going on the stovetop, I decided to create an oven-roasted version with whole chicken legs, a bunch of baby golden beets, and sliced leeks. It's super hands-off: you simply toss all the ingredients together in a casserole dish, douse it with white wine, and forget about it in the oven until the chicken skin is browned and the beets and turmeric have created a rich, golden broth that will make you want to lick the bowl. I like to serve the chicken and veggies over quinoa or mashed sweet potatoes.

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- 2 leeks, white and light green parts only
- 1 bunch of golden beets with their greens, scrubbed
- 2 garlic cloves, minced
- 2 teaspoons ground turmeric
- 1 teaspoon ground ginger
- 1½ teaspoons sea salt
- ¼ cup freshly squeezed lemon juice
- ¼ cup olive oil
- 2 pounds whole chicken legs
- ½ cup white wine

1. Preheat the oven to 425°F.

2. Slice the leeks in half lengthwise. Rinse them, fanning out the outer layers to wash away any grit. Slice the cleaned leeks into thin half-moons.
3. Remove the greens from the beets. Rinse them and coarsely chop. Halve the beets and cut each section into four wedges.
4. In a large mixing bowl, toss the leeks, beets, and beet greens together with the garlic, turmeric, ginger, salt, lemon juice, and olive oil until thoroughly combined. Spoon the mixture into a 9 x 13-inch baking dish or casserole pan and arrange in an even layer.
5. Add the chicken to the mixing bowl and toss to coat in the remaining turmeric mixture. Transfer the chicken legs to the baking dish and nestle in the beet mixture. Drizzle any of the remaining marinade over the top of the chicken and pour the wine around the sides of the dish.
6. Roast, uncovered, until the chicken is fork-tender and the beets are soft, about 1 hour.

HEALTHY HEDONIST TIPS

Whole chicken legs will be the most affordable option, as they require less labor at the butcher counter. But you can sub boneless, skinless thighs if you like. It's no longer the '90s, so we don't have to feel bad about eating dark meat or chicken skin. And thank goodness for that, because the added fat helps keep the meat juicy during extended stays in the oven.

MARKET SWAPS

Choose beets that are on the smaller side, about 2 inches in diameter. If you can't find the golden variety, try using a bunch of radishes or baby turnips with their greens instead. Red beets will create a very different final presentation—their color is intense! Scallions, ramps, and shallots will work in place of the leeks, or you can add a mix of all of the above for a vegetarian version.

Healthy Hedonist Movement Tips

As is the case with all wellness choices, exercise is extremely personal. Some of the things that didn't feed my fitness soul might feed yours. Here are some ways to reframe and maximize your experience with exercise, no matter what type of movement you enjoy most.

1. ***If you can't afford a fancy fitness tracker, buy a pedometer.***
You don't really know where you stand until you start monitoring your real-time numbers. In the long term, I'd rather just internalize what a good movement day feels like than rely on a report. But if you want some accountability in the beginning for a fraction of the price, buy an old-school pedometer (fifteen dollars). It may not look as cool as a fancy wristband or sync with an app, but the data is much more accurate. Wear it for a week to get a baseline calculation and then modify your routines from there.
2. ***Make your city or surroundings into your outdoor gym.*** One of A. J. Jacobs's biggest learnings in his book *Drop Dead Healthy* was the concept of "Guerilla Exercise." In order to squeeze physical activity into every spare minute of the day, Jacobs started to literally run errands, do wall push-ups in the bathroom stall, and opt for stairs instead of the elevator.
3. ***Find something that feeds your mind as much as your body.***
The sweet spot for exercise is finding that balance between the mental and physical. Some people like to drown out their worries with loud music and adrenaline. Others, like me, prefer to get quiet with themselves on a walk or in a yoga class. Finding that

middle ground can be huge for your mind and spirit, as well as your midsection.

4. ***Don't be afraid to modify movements.*** “Replace the ‘no pain, no gain’ mantra with ‘work smarter, not harder’ when exercising,” said barre3 founder Sadie Lincoln in her response to the One Big Question. “One simple and highly effective way to do this is to modify postures so you feel really good while you’re working out and even better afterward.” In group scenarios, there’s no shame in resting in child’s pose, taking a water break, or deviating from the group’s routine if a teacher gives you an easier option.
5. ***Put exercise on your calendar like you would a meeting or doctor’s appointment.*** Prepaying for classes helps you commit to actually going. If you’re exercising on your own time, though, scheduling is a powerful tactic to make sure you don’t keep pushing it off.
6. ***Try a class more than once.*** The better you know the routines, the more comfortable you will be doing them and the more fun you’ll have. Oftentimes you can get two-for-one beginner packages. I recognize that in most classes, my baseline for enjoyment might have improved once I knew what to expect.
7. ***Get to know a teacher; drink the Kool-Aid if you have to.*** There’s a reason certain classes sell out so fast, and it’s usually the teacher. Besides expertise, forming a relationship with your fearless leader means he or she will be up to date on your injuries and goals and better able to help you find success over time.
8. ***Invest in the wardrobe.*** I’m never going to be the person who buys a fierce cheetah-print sports bra to match her cheetah-print leggings. But looking the part *does* do something for your

commitment. Fashion can be a way to get excited about exercise—Richard Simmons certainly knew that!

9. *Don't let calories burned justify unhealthy eating choices.* Eating smarter has a more profound effect on weight loss than exercising more. You don't want good exercise habits to undo your progress on the balanced eating front. If you tend to be starving before workouts, make a batch of my Green Egg (No Ham) Frittata Bites (page 218), or enjoy a little Thai Peanut Hummus with Farmer's Market Crudités (page 220) for a quick fix afterward.

10. *Get enough rest.* In addition to taking breaks from exercise, getting adequate sleep is just as important when it comes to fueling recovery, avoiding injury, and maximizing weight loss. Hence, why improving my time under the sheets was next on my wellness to-do list.

GREEN EGG (NO HAM) FRITTATA BITES

Makes 12 bites

If you like to get your workout over with in the morning but don't want to exercise on an empty stomach, these make-ahead frittata bites are a great grab-'n'-go breakfast and pre-workout snack. Eating a high-protein meal in the morning will leave you fuller for longer, and much less likely to have an energy crash, which is especially important before hitting the pavement.

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- 2 tablespoons olive oil, plus more for greasing
- 2 small shallots, thinly sliced
- 5 ounces baby spinach or arugula, coarsely chopped
- $\frac{1}{4}$ cup finely chopped sun-dried tomatoes (about 6)
- $\frac{1}{2}$ teaspoon sea salt
- 8 large eggs
- $\frac{1}{2}$ cup unsweetened almond or organic whole milk
- 1 ounce ($\frac{1}{4}$ cup) finely grated aged manchego or pecorino cheese
- $\frac{1}{4}$ teaspoon freshly ground black pepper

1. Preheat the oven to 350°F.
2. In a large skillet, heat the olive oil over medium-high heat. Add the shallots and sauté until soft and beginning to brown, about 5 minutes. Add the spinach and cook until wilted, about 3 minutes. Remove the skillet from the heat, stir in the sun-dried tomatoes, and season lightly with salt. Set aside to cool slightly.
3. Meanwhile, in a 4-cup liquid measuring cup with a spout, whisk the eggs and milk until the whites are completely incorporated. Add the cheese, $\frac{1}{2}$ teaspoon salt, and black pepper.

4. Grease or spray a muffin pan with olive oil. Divide the egg mixture between the prepared cups and add a rounded tablespoon of the greens mixture to each, making sure there's $\frac{1}{4}$ inch of room left. (They will puff up!)
5. Bake for 20 minutes, or until the frittata bites are golden brown around the edges. Let them cool in the pan until they pull away from the sides, about 5 minutes. Slide a silicone spatula around the edges to loosen the frittatas. Unmold and serve warm—the bites can be stored in the fridge for up to 4 days and reheated.

HEALTHY HEDONIST TIPS

While I tried not to eat dairy during my anti-inflammatory challenge (and still strive to limit it), eggs and cheese are a marriage made in healthy hedonist heaven. Goat and sheep's milk tend to have less lactose, meaning they're easier to digest than cow's milk. Aging also reduces the lactose content, so when I'm going for broke at the cheese counter, I try to stick to a hard, sharp pecorino or manchego. For soft cheeses, opt for goat cheese or a Greek feta, which is usually made with a mixture of cow and goat's milk.

MARKET SWAPS

If you've got a bunch of greens in your fridge (arugula, chard, kale), sub their chopped leaves for the spinach. This recipe is also a great place to use up any wayward wilting herbs. Simply use a cup of chopped herbs for the sautéed greens and add them to the egg mixture raw.

THAI PEANUT HUMMUS WITH FARMER'S MARKET CRUDITÉS

Serves 4 to 6

There are some store-bought condiments that aren't worth your time to DIY. But hummus couldn't be easier to make, and it's a great dish to add to your batch-cooking repertoire if you're a big snacker (especially post-workout). This version uses peanut butter instead of the usual Mediterranean tahini paste, along with lime juice and fresh mint leaves for a Thai spin. Prep the crudités and store them in individual containers so you always have carrot sticks and dip at the ready.

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One 15-ounce can chickpeas (or 2 cups cooked), rinsed and drained

$\frac{1}{4}$ cup organic unsalted peanut butter

2 small garlic cloves

Zest of 1 lime

$\frac{1}{4}$ cup freshly squeezed lime juice (from about 2 limes)

$\frac{1}{4}$ cup (loosely packed) fresh mint leaves

$\frac{1}{2}$ teaspoon sea salt

$\frac{1}{4}$ teaspoon cayenne pepper

1 tablespoon finely chopped peanuts, for garnish

1 bunch of baby carrots (or 2 medium), trimmed and halved lengthwise

1 bunch of radishes, trimmed and quartered

1 small English cucumber, cut into sticks

1. In the bowl of a small food processor or blender, combine the chickpeas, peanut butter, garlic, lime zest, lime juice, mint leaves, $\frac{1}{4}$ cup water,

salt, and cayenne pepper. Puree, adding more water 1 tablespoon at a time if necessary, until the mixture is very smooth.

2. Transfer to a serving bowl and garnish with the chopped peanuts. Arrange the carrots, radishes, and cucumbers around the bowl and serve, or store the hummus for up to 2 weeks in the fridge.

HEALTHY HEDONIST TIPS

Peanuts are a high pesticide crop, so I recommend investing in organic. If you're allergic, you can always swap tahini or almond butter, but you won't get as much of a play on Thai peanut sauce.

MARKET SWAPS

You can sub cilantro or scallions for the mint. Use whatever produce is in season as your dippers. Broccoli, cauliflower, zucchini, green beans—they all make for delicious crudités. But if serving to company, I love how radishes make the plate look like you're at a fancy French party (even if you're serving Thai–Middle Eastern fusion).

Healthy Hedonist Sleep Tips

Small sleep hygiene modifications do add up. But if you're unable to block out all of the noise and blue light from your night life, here are some other strategies for falling and staying asleep.

1. **Keep your alarm consistent.** Getting up at the same time every day helps give your body the routine it craves. Plus, the more “prior wakefulness” you’ve experienced, the easier it will be to fall asleep the subsequent night. If you suffer from insomnia, keep sleeping in to a minimum, even on weekends, so you don’t throw off your cycle for the week ahead.
2. **Limit wakeful time in bed to half an hour.** That maximum time allotment goes for hanging out after hitting the snooze button in the morning as well as watching TV or reading before you nod off. You want your bed to have strong sleep cues. If you wake in the night and can’t fall back asleep, get out of bed and only go back once you’re feeling very drowsy. While you wait it out in another room, try reading a magazine instead of scrolling through your European friends’ Instagram feeds so you’re not wiring yourself further with blue light.
3. **Drink sleepy or tummy tea.** If your brain is keeping you up at night, try sipping something warm and soothing before bed. Acu Heidi believes that strengthening your digestion helps your body break down anything it takes in, be it food or information. Add grated fresh ginger, known to ease digestive issues, to your Sleepytime tea, or make the from-scratch version (page 245).

4. **Take a hot shower or bath.** A drop in body temperature is a key prelude to sleep. If your internal thermostat is off, one way to hack it is to take a ten-minute bath or shower. Though it's counterintuitive that a hot tub will cool your body temperature, the sharp rise brought on by the warm water will be followed by a sharp fall once you're out. Adding relaxing lavender bath salts and sipping ginger tea while in there is a sleep prep triple threat (in a good way).
5. **Don't eat or booze within two hours of bedtime.** As I discovered during detox month, your liver's main work shift is the middle of the night, from one to three a.m. It's important to let it concentrate on cleaning your blood instead of allocating energy to digestion. You might be tempted to use alcohol as a sleep aid, since it can help you fall into deep sleep quickly. But giving your liver this task can lead to disrupted REM sleep in the middle of the night.
6. **Keep a sleep diary.** Wristband trackers tend to be even more inaccurate for sleep than they are for movement. If you don't want to invest in a fancy tableside monitor like my S+ by ResMed, keep a journal to record your bedtime, wake-up time, how many disruptions you had in the night, and how long it took you to fall asleep. It might be hard to give exact times without looking at a clock, so just estimate. The CBT for Insomnia online program includes a helpful sleep diary worksheet.
7. **Use a mind-dump journal.** Writing down your anxieties before bed has a funny way of extracting them from your brain and tabling the mental conversation until morning.
8. **Give yourself a bedtime attitude adjustment.** Cognitive restructuring is a big part of CBT for insomnia. Instead of dwelling on how you'll suffer in the morning if you don't get enough sleep, remind yourself that you'll be fine. The more anxiety you have

about what the lack of sleep will do to you, the less likely you are to be able to wind down to a state where you can actually get some rest. As long as you have five hours of core sleep, you'll be able to function.

9. ***Check your phone at the bedroom door or turn it off.*** In the case of blue light, the length of exposure does matter. Ten minutes is much less jarring to your melatonin production than an hour. Try to keep your devices out of the bedroom or set them to airplane mode so you're not tempted to mindlessly browse the Internet before bed.
10. ***Manipulate your sleep senses with aromatherapy.*** Use scents to your advantage by adding lavender, vanilla, and jasmine essential oils, which have a calming effect, to your bedtime routine. You can put a few drops in your bath or rub a little on your chest. If your partner doesn't mind, you can even spray the bedroom or your pillow before getting under the sheets.
11. ***Choose a sacred night to refuel.*** I know that picking and choosing social plans so I can get eight hours of sleep will make me a better friend to others and myself. It's not just alcohol or sugar or gluten, but the hustle and bustle of a night on the town that overwhelms my sensitive system. Try to say yes to adventures that feed your spirit, not obligations that feel like drudgery. And a few nights a week—Sunday and Monday work well—clear your schedule to enjoy some downtime and add more coins to the sleep piggy bank.

DAD'S OVERNIGHT OATMEAL WITH ALMOND BUTTER AND DRIED CHERRIES

Serves 4 to 6

As I discovered on more than one occasion thanks to my father's insomniac eating sprees, there's no pot more annoying to clean than one that's been coated with sticky oatmeal and left to sit for hours. Whether you're eating it in the morning or as a midnight snack, overnight oatmeal is a delicious, no-cook solution. Simply stir all the ingredients together and then leave the mixture in the fridge for twelve hours, so the oats soften, the chia seeds plump, and the flavors come together. While this combination of whole grains and seeds is a great protein boost in the morning, I also discovered that my dad's usual dried cherries and almonds actually contain essential melatonin and tryptophan, which can prepare your body for the most productive type of late-night food coma.

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- 1 cup unsweetened almond milk
- $\frac{1}{2}$ cup mashed banana (from 2 medium bananas)
- 2 tablespoons almond butter
- 1 tablespoon maple syrup
- $\frac{1}{2}$ teaspoon ground cinnamon
- Pinch of sea salt
- 1 cup gluten-free old-fashioned rolled oats
- $\frac{1}{4}$ cup unsweetened dried cherries
- 2 tablespoons chia seeds

1. In a medium bowl, stir together the almond milk, bananas, almond butter, maple syrup, cinnamon, and salt until smooth. Fold in the oats,

dried cherries, and chia seeds. Divide the oat mixture among individual ramekins, mason jars or bowls, or cover as is and refrigerate overnight.

2. Enjoy cold or reheated in the microwave for 30 seconds. For a gussied-up bowl, top with sliced banana, slivered almonds, and a dash of cinnamon. The overnight oats will keep for up to a week in the fridge.

HEALTHY HEDONIST TIPS

When you're buying dried fruit, make sure there's no added sugar. Cherries and cranberries in particular are often sweetened with apple or grape juice concentrate to make them less sour.

MARKET SWAPS

I've always thought peanut butter with banana was an even more dreamy combo than with jelly. Try subbing it for almond butter, using hemp milk instead of almond, and trading hemp seeds for chia. The end result will be an oatmeal version of one of my favorite smoothies: the banana hammock.

SLEEPY TUMMY TEA

Makes 2 cups

For packaged items that I consume every day, I've found it pays to make my own versions in bulk. Adapted from Emily Han, the amazing herbalist and author of Wild Drinks and Cocktails, this Sleepy Tummy Tea recipe is one of the easiest to re-create. Spearmint and chamomile are two ingredients often found in store-bought nighttime formulas, and they have even more flavor when used whole instead of pre-ground in a tea bag. Fennel seeds and dried ginger are great for your digestion and can help soothe your stomach so it doesn't keep you up at night. This tea is wonderfully calming, with just a hint of menthol, anise, and spice in the background.

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1 teaspoon dried ginger root (see Market Swaps note), or 2 teaspoons
minced fresh
1 teaspoon dried spearmint leaves
1 teaspoon fennel seeds
1 teaspoon dried chamomile flowers
2 cups boiling water

1. Place the ginger, spearmint, fennel seeds, and chamomile in a fine-mesh infuser. Pour the boiling water over the tea mix and allow to steep for 10 minutes.
2. Remove the infuser and enjoy.

HEALTHY HEDONIST TIPS

You can buy wholesale herbs online at www.MountainRoseHerbs.com. One 4-ounce bag of chamomile flowers is only eight dollars and will prob-

ably last the entire year. Make the Sleepy Tummy Tea mix in bulk and store in an airtight container for daily brewing. If you find yourself with an excess of chamomile flowers, they make a beautiful addition to a soothing, pre-bedtime bath!

MARKET SWAPS

To make your own dried ginger, peel and thinly slice a knob of ginger, then place it on a rimmed baking sheet. Leave it out on the counter for 1 to 2 days, mixing once, until the pieces are fully dry. The same technique works for lemon peel or zest, which would make a delicious addition. Try subbing lavender flowers for chamomile, or peppermint for spearmint.

Healthy Hedonist Hormone Tips

Learning to chart your fertility is a great first step to becoming more in tune with the moon-sister piece of your wellness puzzle. But there are plenty of other natural ways to regulate your rag time, practice safe sex, and honor your hormones.

1. **Manage your blood sugar.** As I learned during the vice detox, caffeine is problematic for women who are hormonally sensitive or compromised. “A good way to check if you’re somebody who can tolerate it is to actually smell your pee,” says Alisa Vitti. “If you have coffee and it smells normal, then you’re better at breaking it down.” Other hacks include going for a walk after a simple carb-heavy meal to immediately release some of the energy. (Get more tips on managing your blood sugar in chapter 1.)
2. **Restore nutrients post-pill.** When you’re on hormonal birth control your body has a harder time absorbing vitamin B, magnesium, and zinc. These are not only essential nutrients for fertility, but also for your vitality. To improve your overall health while on the pill or transitioning off it, it’s important to eat foods that boost these nutrient levels. If you aren’t getting enough through food, ask your doctor if you need additional supplements.
3. **Don’t forget about fat.** Women need to eat very differently in their childbearing years than they do in midlife, when they are often advised to eschew saturated fats and animal products. Subsisting on green salads alone deprives your body of essential fatty acids for hormone production, especially during menstruation.

While it's not wise to overdo it all month long, good-quality red meat is nourishing during your period because of all of the iron you lose from bleeding. For the rest of the month, oily wild fish, coconut oil, and omega-3-rich nuts and seeds stabilize your mood and energy. And bone broth (page 162) is one of the most restorative elixirs around.

4. **Use your moontime wisely.** Studies have shown that women's dreams are more frequent and vivid during the premenstrual and menstrual phases of their cycles. Once you can shed the attitude that your period is slowing you down, you can begin to honor this sacred time productively. Take those three days of pain and bloating to get quiet with yourself. Turn inward. Take Epsom salt baths, read, and put a hot water bottle (not a toxic heating pad) on your belly. Cancel plans. Relax. Sure, you might have to go to work. But try your best to get all of the fast-paced chores and tasks out of the way so you can do your most creative, visionary work during this time.
5. **Start following your cycle.** This chapter is by no means a complete guide to charting, and absolutely should not be used as your only resource if you're exploring using FAM as contraception. I recommend reading *Taking Charge of Your Fertility* or working with a coach or educator to help you through the process. Once you're ready, Kindara is one of the most comprehensive apps out there, and offers a community component to help you troubleshoot when you're confused.
6. **Don't stick toxic substances in your cooch.** Ingredients get absorbed through the vagina even more quickly than the skin because there's no barrier for protection. Disrupting the delicate vaginal ecosystem can also make you more susceptible to STDs. Opt for

organic, chemical-free tampons. (Check out brands, like LOLA, that offer a subscription service.) For sex toys, look for silicone, glass, metal, and ceramic, all of which are nonporous and are able to be sterilized. And remember, your hands are still the best toy around when it comes to feeding your hormones! Coconut oil is not only a practical addition to your kitchen and bathroom cabinets, it's also a great option to have in the bedroom as a natural lube. Just make sure you have separate jars; no one wants to be eating from the bedroom stash.

7. ***A Brazil nut a day keeps the endocrinologist away.*** Selenium is one of the most vital nutrients for thyroid health. It plays a critical role in the conversion of the primary thyroid hormone (T4) to the more bioavailable version (T3) and is essential for protecting against the toxicity of too much iodine in your diet. If you're a member of the Hashi Posse, eat three raw Brazil nuts a day. For an even more delicious option, make my Brazil Nut Pangritata (page 274) and add it to all your meals.
8. ***Try a castor oil pack.*** According to Acu Heidi and many healers before her, castor oil is the unsung hero of women's health. You can make an old-school pack by soaking a wool or cotton flannel in the oil and saran-wrapping it to your stomach, or use the modern option: a doggy wee-wee pad. When topped with a hot water bottle, these packs increase circulation through your entire pelvis and are said to help heal ovarian cysts and alleviate menstrual cramps. Truthfully, I've never been able to embrace this practice. But others find it to be the perfect activity for a quiet night on the couch, which is exactly what you want to do during your moon-time anyway, right?

SALADS FOR YOUR CYCLE

- Luteal: Chili-Roasted Root Vegetables with Chickpeas, Tahini, and
Brazil Nut Pangritata (page 274)
- Menstrual: Marinated Kale with Tamari-Roasted Beets and Sesame
Seeds (page 277)
- Follicular: Grilled Romaine Hearts with Roasted Shallots, Artichoke
Hearts, and Kefir Green Goddess Dressing (page 305)
- Ovulatory: Shrimp and Asparagus Pesto Pasta Salad with Chives
(page 308)

CHILI-ROASTED ROOT VEGETABLES WITH CHICKPEAS, TAHINI, AND BRAZIL NUT PANGRITATA

Serves 4

The luteal phase is when a woman's body benefits most from natural sugars and easy-to-digest cooked foods. The warming spices in this salad aid in digestion, and the selenium-packed Brazil nuts act as a complete thyroid supplement. Pangritata is essentially poor man's Parmesan. Back in the day when money was tight in the old country, Italian peasants would fry up coarsely chopped bread crumbs with other cheap staples like garlic and herbs and serve the mixture over pasta instead of grated cheese. Brazil nuts add a similarly delicious crunch to these sweet roasted vegetables and keep the pangritata gluten-free.

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- 1 large sweet potato (1 pound), cut into 1-inch cubes
- 4 small carrots ($\frac{1}{2}$ pound), cut into 1-inch pieces
- 4 small parsnips ($\frac{1}{2}$ pound), peeled and cut into 1-inch pieces
- 5 tablespoons olive oil
- 1 teaspoon cumin
- 1 teaspoon chili powder
- $\frac{1}{2}$ teaspoon ground cinnamon
- $1\frac{1}{2}$ teaspoons sea salt
- One 15-ounce can chickpeas (about 2 cups cooked)
- $\frac{1}{3}$ cup Brazil nuts, pulsed in the food processor or finely chopped
- 2 garlic cloves, minced
- $\frac{1}{4}$ cup tahini paste
- 2 tablespoons freshly squeezed lemon juice
- 1 tablespoon finely chopped fresh parsley, for garnish

1. Position the racks in the upper and lower thirds of the oven and pre-heat the oven to 425°F. Line two rimmed baking sheets with parchment paper.
2. In a large mixing bowl, combine the sweet potato, carrots, parsnips, 3 tablespoons olive oil, cumin, chili powder, cinnamon, and 1 teaspoon salt. Toss until well coated in the oil and spices.
3. Arrange the veggies in an even layer on the prepared baking sheets. Roast for 20 minutes, then remove the pans and add the chickpeas. Return the pans to the oven, swapping the top one to the bottom, and cook for another 20 minutes, or until the vegetables are nicely browned and caramelized.
4. While the root veggies are roasting, make the pangritata: Heat the remaining 2 tablespoons of olive oil in a small skillet. Add the nuts and garlic and cook over medium heat until fragrant and lightly browned, about 3 minutes. Season with salt and set aside.
5. In a small mixing bowl, whisk together the tahini, lemon juice, and ½ teaspoon salt until a thick paste forms (culinary magic!). Add ¼ cup of water (or more) and stir until the sauce is the consistency of ranch dressing.
6. Transfer the roasted veggies to a serving plate, drizzle with the tahini sauce, and garnish with the Brazil nut pangritata and parsley.

HEALTHY HEDONIST TIPS

The tough skin on veggies is often the healthiest part. For example, potato skins have far more fiber, antioxidants, iron, potassium, and B vitamins than the pale flesh underneath. (Another rule of vibrancy!) I leave the skin on the carrots and sweet potatoes but peel the parsnips since the outside can be slightly bitter.

MARKET SWAPS

Any root veggies will work here, just make sure you have 2½ pounds total. Delicata and butternut squash are great options in the fall. To make this a main course salad, use 5 ounces of peppery arugula as a bed for the veggies. If part of your batch-cooking session, simply keep the salad greens and tahini sauce separate and assemble to order. The pangritata can keep for up to 2 weeks in the fridge and also tastes wonderful sprinkled on top of soup or scrambled eggs.

MARINATED KALE WITH TAMARI-ROASTED BEETS AND SESAME SEEDS

Serves 2 to 4

I make a version of this salad pretty much every time I do a batch-cooking session. Ordinary lettuce leaves get soggy and sour if you dress them in advance, but kale? Be still my basic heart, it only gets better. Don't be afraid to add an avocado rose as the cherry on top right before you serve.

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- 3 medium beets (about $\frac{3}{4}$ pound), scrubbed
- 3 tablespoons olive oil, divided
- $\frac{1}{2}$ teaspoon sea salt
- 2 tablespoons tamari
- 1 tablespoon sesame seeds
- 1 bunch of Tuscan kale (also known as lacinato, dinosaur, or cavolo nero)
- 2 tablespoons freshly squeezed lemon juice
- 1 garlic clove, minced
- 1 teaspoon sesame oil
- 1 avocado, thinly sliced (optional)

1. Preheat the oven to 425°F. Line a rimmed baking sheet with parchment paper.
2. Dice the beets into 1-inch cubes and toss them with 1 tablespoon olive oil and the salt on the prepared baking sheet. Arrange in an even layer and roast until lightly browned, about 15 minutes. Remove from the oven and add 1 tablespoon tamari and the sesame seeds. Toss until well coated, spread evenly, and return to the oven. Cook another 10 minutes, or until the beets are very tender.

3. Meanwhile, remove the thick stem from the center of the kale leaves and discard. Stack the leaves in a pile, roll them up like a cigar, and slice thinly. Set aside in a large mixing bowl. Add the remaining 2 tablespoons of olive oil, the remaining 1 tablespoon of tamari, the lemon juice, garlic, and sesame oil to the kale and toss until the leaves are very well coated in the dressing. Don't be afraid to manhandle it a little!

4. Top the salad with the roasted beets and avocado, if using.

HEALTHY HEDONIST TIPS

If you're eating this recipe during your week of menstruation (as you definitely should), feel free to add some iron-rich grass-fed steak or lamb to make it a main course salad, and to help replenish your iron reserves.

MARKET SWAPS

Any type of kale will work, but I prefer Tuscan or lacinato for raw preparations as the smooth leaves are more naturally tender and require less massaging. Instead of olive oil, you can sub blood sugar-balancing melted coconut oil. Just make sure to serve the salad at room temperature, since the oil can solidify when cold. Dried cranberries or sliced apples for sweetness is another tasty addition.

Healthy Hedonist Digestion Tips

Nurturing your good bacteria is a big part of gut health. But there are also plenty of other processes that happen before your food ever reaches the small intestine. Here are some lifestyle adjustments that can help keep your gut workers happy and your digestive system working like a well-oiled machine.

1. **Try to use antibiotics only when absolutely necessary.** Dr. Chutkan recommended engaging your doctor in a respectful conversation around the following questions: Is the antibiotic treating an actual infection or is it preventative? What's the worst thing that would happen if I didn't take anything? If you decide to go forward with the prescribed meds, increase your probiotic intake throughout the course and for a month afterward to make sure you're replenishing what gets killed. Take your probiotic as far away from the antibiotic as possible (e.g., mid-afternoon if you're taking pills in the morning and at night).
2. **Supplement with bottled bugs.** Eating lacto-fermented foods every day is ideal. But if you're facing an extreme extinction (like during frequent antibiotic courses), get a little help from the supplement aisle. Much like the vitamin industry as a whole, over-the-counter probiotics lack oversight and accountability with the FDA. Products that list the specific strain usually have more data to support their claims, says Ashley Harris, founder of LoveBug Probiotics. For example, *Lactobacillus* (genus) *rhannosus* (species) GG (strain) was isolated and patented in the 1980s and is the most clinically studied strain in the world. Diversity and count are key, and medical-grade probiotics prescribed by a physician

pack the biggest punch. Regular shoppers should look for something with at least five different strains and a ten-billion-CFU—or colony-forming-unit—count.

3. ***Kick the antacids.*** Like antibiotics, many over-the-counter pills have unanticipated side effects that can make your gut problems worse in the long run. By reducing your stomach acid with proton pump inhibitors, you create an environment that's more susceptible to foreign invaders. Get out of the habit of popping these pills every time your stomach is upset and grab a bottle of kombucha instead.
4. ***Ditch the hand sanitizers and wipes.*** Especially during childhood, when the microbiome is being colonized for the years to come, it's important not to wipe out the diversity of species by scrubbing and killing them with chemicals. Regular castile soap and warm water is all you need to protect yourself from the bad guys. Toss all your antibacterial products, including harmful household cleaners, for the sake of your long-term immunity.
5. ***Eat the whole plant.*** Though all vegetables are great for feeding your bugs, the stringier, woodier varieties, like asparagus, artichokes, leeks, and onions, have a lot of fiber and are also high in inulin, a complex carb favored by gut flora. The tougher parts are gut gold—don't throw them away! Asparagus stems are delicious when pureed (Shrimp and Asparagus Pesto Pasta Salad with Chives, page 308).
6. ***Have beans, nuts, and seeds at the ready.*** Beans are one of the world's oldest superfoods and were the strongest constant in the diets of every centenarian population studied in Dan Buettner's *The Blue Zones Solution: Eating and Living Like the World's Healthiest People*. Nuts were also the snack of choice. And it's

no surprise that all of these fiber- and complex-carb-rich foods are favorites of your gut bacteria too. Have some cooked beans, chopped nuts, and hemp seeds on hand to sprinkle on top of your soups and salads.

7. **Add a spoonful of bugs.** Kefir is great in smoothies or dressings (like in my Grilled Romaine Hearts with Roasted Shallots, Artichoke Hearts, and Kefir Green Goddess Dressing on page 305), kraut and kimchi can be used to top homemade sausage or grain bowls, and organic white miso can be whisked into soups. Be careful about cooking fermented foods—too much heat will kill the bacteria. If adding to hot preparations, make sure to stir in right before serving, off the stove.
8. **Keep a poop log.** There's often a surprising disconnect for people between what goes in their mouth and what comes out the other end. Taking the time to record the scoop on your poop, in conjunction with a food journal, can give you a wealth of information about your body. Ideally, your first bowel movement should happen shortly after waking because the liver has been working overnight getting rid of yesterday's waste. You want the color to be medium brown (think, 60 percent cacao), the weight to be bulky and compact, and for there to be a clean wipe.
9. **Using a stool helps your stool come out quicker.** Apparently our pervasive "sitting diseases" extends to the bathroom sphere as well. We'd all be better off pooping as we did in the backcountry, squatting over an open hole in the ground with no stacks of *Us Weekly* magazines nearby. Luckily, this position can be recreated while still using your modern toilet. All you need is a set of small stools or a platform to raise your knees. This opens the colon and gets your intestines into the proper position for evac-

uation. Though my Squatty Potty looks like something that belongs to a toddler, I've become addicted to it and can never go back.

10. **Use bentonite clay when you're in a bind and need a bind.** Exercising “watchful waiting” can be difficult if you're experiencing a diarrhea emergency on the side of a mountain or in the middle of a work trip. Activated charcoal capsules have always been my go-to for absorbing unwanted toxins before I get heavy-duty meds involved. But clay might be even more effective for critical conditions. Stir a tablespoon into some water or mix together with applesauce. It binds to unwanted contaminants and slows your system down.
11. **Give your gut a break after lunch.** Since your digestive system weakens as the day goes on, it's better to eat raw foods before four p.m. and cooked foods, which are easier to break down, afterward. Try also to eat your bigger meals earlier in the day to make way for lighter dinners, like all those skinny French women do.
12. **Chew your food.** Saliva is such an important piece of our digestive puzzle and we often eat like anacondas, swallowing our food down so fast that our bellies are forced to do most of the work. Take a few extra seconds to actually chew your food—your tummy will thank you!

GRILLED ROMAINE HEARTS WITH ROASTED SHALLOTS, ARTICHOKE HEARTS, AND KEFIR GREEN GODDESS DRESSING

Serves 2 to 4

This recipe is the healthy hedonist alternative to an anemic, blue cheese–bombed iceberg wedge salad. It has a plethora of gut all-stars: fibrous almonds and artichokes, lacto-fermented kefir, and inulin-infused shallots. The charred hearts of romaine make for a beautiful presentation if served to company but also taste great raw if you don't want to bother with a grill.

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4 medium shallots, peeled and quartered
2 cups quartered artichoke hearts (if frozen, thawed; if canned, rinsed and drained)
2 tablespoons olive oil, plus more for brushing
 $\frac{1}{2}$ teaspoon sea salt
 $\frac{1}{2}$ avocado
1 garlic clove
2 tablespoons freshly squeezed lemon juice
 $\frac{1}{3}$ cup fresh basil leaves, tightly packed
 $\frac{1}{3}$ cup fresh mint leaves, tightly packed
 $\frac{2}{3}$ cup lactose-free plain kefir
2 hearts of romaine, washed and halved lengthwise
 $\frac{1}{4}$ cup roasted almonds, chopped

1. Preheat the oven to 425°F. Line a rimmed baking sheet with parchment paper.

2. Toss the shallots, artichoke hearts, olive oil, and $\frac{1}{2}$ teaspoon salt together on the prepared baking sheet with your hands until well coated. Arrange in an even layer and roast until browned and caramelized, 25 to 35 minutes.
3. Meanwhile, in the bowl of a small food processor, puree the avocado, garlic, lemon juice, basil, mint, and kefir until smooth. Add water by the tablespoon until you obtain a ranch dressing–like consistency. You should have $1\frac{1}{2}$ cups of dressing.
4. Heat an indoor grill pan or cast-iron skillet. Dry the romaine with a kitchen towel and lightly brush the cut sides with olive oil. Grill the lettuce heads cut-side down over high heat until char marks have formed and the leaves begin to wilt, 3 to 5 minutes. Transfer to a serving platter.
5. Top the grilled romaine with the roasted shallots and artichokes, drizzle with $\frac{1}{2}$ cup of the dressing, and garnish with the almonds. Serve immediately with the remaining green goddess dressing on the side.

HEALTHY HEDONIST TIPS

Everything here can be made in advance except for the romaine. If you're packing this as a brown bag lunch, simply cut the lettuce into wedges or chop it for a more office-friendly eating experience. The dressing keeps for up to 2 weeks and is one of the reasons this salad is such a good fit for the follicular phase of your cycle. In addition to being high in fiber, avocados are great for easing the transition to ovulation by promoting progesterone production.

MARKET SWAPS

The beauty of kefir is that many brands are completely lactose-free. If you can't find it, sub $\frac{1}{4}$ cup full-fat Greek yogurt and $\frac{1}{4}$ cup water. If

you're avoiding dairy, use mayonnaise or Vegenaise (as in traditional green goddess dressings). You're most likely to find jarred artichoke hearts in the Italian specialty section of your market, though some stores do sell frozen versions. If the hearts are whole, simply quarter them by hand.

SHRIMP AND ASPARAGUS PESTO PASTA SALAD WITH CHIVES

Serves 4

You always want to try to use the whole plant when cooking, not just for the sake of your wallet and the environment but because the tough, stringy parts are often the healthiest for your gut! The woody bottom portion of asparagus stalks usually gets escorted out of the house by way of a trash bag. They may not be all that appetizing on their own, but blanched and then pureed? Say hello to your new go-to pesto, friends.

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- 1 bunch of asparagus (about 1 pound)
- 8 ounces gluten-free fusilli
- 1 cup fresh or frozen peas
- $\frac{1}{4}$ cup, plus 1 tablespoon olive oil
- $\frac{3}{4}$ pound large shrimp, peeled and deveined
- $\frac{1}{2}$ teaspoon sea salt
- Freshly ground black pepper
- $\frac{1}{2}$ cup coarsely chopped fresh chives, plus more for garnish
- 2 garlic cloves
- 3 tablespoons freshly squeezed lemon juice (about 1 lemon)
- $\frac{1}{4}$ cup walnut halves

1. Bring a large pot of salted water to a boil and prepare an ice bath. Tie the asparagus together into a bundle with two 10-inch pieces of kitchen twine. Blanch the asparagus until bright green and tender, about 3 minutes. Use tongs to transfer the asparagus to the ice bath. (You can also rinse in a colander under cold water to lock in the color and stop the cooking.)

2. Bring the water back to a boil, add the pasta, and cook according to the package directions. During the last minute of cooking, add the peas. Drain and shake out any excess water. Transfer to a large mixing bowl.
3. Meanwhile, heat 1 tablespoon olive oil in a large cast-iron skillet. Season the shrimp with sea salt and pepper and arrange in an even layer in the pan. Cook until curled and lightly charred on both sides, about 3 minutes total. Add the shrimp to the pasta bowl.
4. Untie the asparagus bunch and cut the stalks into three equal pieces. Transfer the woody bottom thirds to the bowl of a food processor, along with the chives, garlic, lemon juice, walnuts, $\frac{1}{2}$ teaspoon salt, and $\frac{1}{4}$ cup olive oil. Puree until smooth.
5. Coarsely chop the remaining asparagus and add to the pasta bowl.
6. Pour the pesto over the pasta mixture and toss until well coated. Transfer to a serving bowl and garnish with additional finely chopped chives. Serve warm or at room temperature.

HEALTHY HEDONIST TIPS

Keeping your diet full of fibrous veggies is important on a daily basis, but it's particularly helpful during the ovulatory phase of your menstrual cycle, when your body needs extra help eliminating surplus estrogen. Make sure your gluten-free pasta isn't packed with processed white flours. Stick with quinoa or brown rice as the base—my favorite fusilli brands are Andean Dream and Jovial.

MARKET SWAPS

Any bright green herb will work well in the pesto. Keep it traditional by adding basil or parsley, or give it a hint of anise flavor with fresh tarragon. Scallions can add some of the onion flavor you'd lose by swapping chives. Walnuts are a great affordable option to add a nutty body to the pesto, but if you can find pine nuts on sale, their flavor when toasted is unparalleled. And, of course, you can easily make this pasta vegan by skipping the shrimp.

Healthy Hedonist Stress-Busting Tips

If twenty minutes of meditation or journaling isn't in the cards for you, here are some of my other favorite tools for breaking out of emergency mode, detoxing your mind, and feeding your spirit.

1. **Create a micro-morning routine.** There are always days when, despite all our well-groomed habits, we are more harried than usual. Rather than skip your morning ritual, do an abbreviated version. For me, that was five minutes of meditation, writing down three things I was grateful for, and doing five sun salutations or pelvic-floor exercises.
2. **Practice everyday mindfulness.** Apps like Headspace are great for grounding you on the go. You can use them to tune in to your mind and tune out the subway or the office. Or, you can simply choose one activity and focus on being present. Brushing your teeth, showering, getting the mail . . . anything. Instead of thinking of dishwashing as a chore, I now try to use it as an opportunity to push other thoughts from my head and, instead, focus on the water, the soap, and the feeling of getting crusted quinoa off a pot left in the sink.
3. **Create affirmations.** These written intentions allow you to imbue the day with the power of wishful thinking. If you're a planner like me, simply take five minutes at the beginning of the week and think about what you'd most like to accomplish. Write down your goals in purposeful language and read them to yourself every morning. For example: "I will finish my chapter on stress by the end of the week, and the process will be joyous, not stressful." You

can also focus on a more long-term goal, or simply read an inspiring quote to remind you of your purpose.

4. ***Wear a complaint bracelet.*** When my friend Sarah went through a dark period, her mother gave her a red bracelet to snap her out of her own negativity. Every time Sarah complained, she had to switch the bracelet to the other wrist. A fitness tracker band can work well for this. Include harmful self-talk or internal monologues of doubt as reasons for switching. It's a good physical reminder to pop your balloon of pessimism before it has a chance to slowly suffocate your spirit.
5. ***Perform a random act of kindness.*** Perhaps because it's a sister quality to gratitude, generosity is strongly associated with better mental health and longevity. In fact, volunteering has a bigger positive impact on well-being than exercise. Studies on financial happiness find that people who give some of their money away are much happier than those who spend it all on themselves. The amount you give is not proportional to the emotional return. You can make small acts of kindness a part of your every day. Leave a love note in a public place. Pay a stranger a compliment. Do your boyfriend's laundry for him when he's out of boxers.
6. ***Care for something.*** Like other acts of generosity, taking care of another living thing can be centering and rewarding and give you a sense of purpose. This applies to pets, of course. But it can even be accomplished with something as simple as a flower. In one study, nursing home patients who were given the responsibility of caring for a plant had a much lower mortality rate. Plants are also great for your microbiome, so long as you manage to keep it alive.

7. **Turn off phone notifications.** The constant stimulation of our modern world puts more stress on us than we comprehend. But on a more tangible level, we all know the feeling we get when our phone is buzzing or beeping off the hook with demands from others. Switch your email settings to fetch manually, turn off social media notifications, stop checking your feeds every five minutes, and designate some time in the morning and evening for leaving your phone on airplane mode.
8. **Cook comfort food.** Despite all of my wellness experiments, my own answer to the One Big Question remains the same: home-cooked food can give you the emotional and physical fuel you need to live a healthier, happier life. It allows you to put your own definition of nourishment in a bowl to share with others and, more important, to give to yourself. For me, that soul gasoline involves soup and noodles, and especially, noodles in soup.

VIETNAMESE CHICKEN SOUP FOR THE SOUL

Serves 4

In Vietnam, rice noodle soup is traditionally sipped (well, slurped) in the morning. And though I don't believe its place in traditional cuisine is only as a hangover cure, the gelatin and amino acids from the bone broth certainly help you get rehydrated and back on your feet. This "Pho Ga" broth is usually ladled over a mess of noodles and shredded chicken and served alongside a plate of garnishes, including fresh herbs, scallions, onions, and chilies. I love adding sliced bok choy so my body gets just as much from this comforting bowl as my soul does.

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2½ quarts (10 cups) "Pho Real" Slow Cooker Ginger-Chicken Bone Broth
(page 162)

8 ounces thin flat brown rice noodles or gluten-free ramen

2 cups shredded cooked chicken (preferably dark meat)

1 large shallot or ½ small yellow onion, thinly sliced

2 heads of baby bok choy, thinly sliced

¼ cup fish sauce

2 tablespoons freshly squeezed lime juice

½ cup fresh basil leaves, coarsely torn

½ cup fresh cilantro leaves

1 serrano chili, thinly sliced

1 lime, cut into wedges

1. In a large stockpot, bring the chicken broth to a simmer. Add the rice noodles and cook according to package directions (about 2 to 3 minutes, usually). Remove from the heat and stir in the chicken, shallot, bok choy, fish sauce, and lime juice.

2. Divide the soup among four bowls and serve alongside the basil, cilantro, chili, and lime wedges.

HEALTHY HEDONIST TIPS

It's fairly easy to find brown rice noodles these days in the Asian food aisle. You can always swap gluten-free linguine, or simply use plain white pad Thai noodles. Lotus Foods makes amazing black rice and millet ramen that work well in this recipe.

MARKET SWAPS

If you made your ginger chicken broth in advance and don't have the leftover meat, simply use a shredded rotisserie chicken. Another option is to sear chicken thighs and simmer them in the broth for 20 minutes until tender, then shred or chop. Add one 15-ounce can of coconut milk and a lemongrass stalk for a creamy version that resembles the Thai soup tom kha gai.

ALMOND-SESAME SOBA ZOODLES WITH QUICK PICKLED VEGGIES

Serves 2 as a main course or 4 as a side

If cold sesame or peanut noodles are part of your usual comfort food rotation, this dish is a great take-out fake-out. Soba noodles are traditionally made from buckwheat, which, contrary to its name, is a gluten-free flour that's rich in protein and fiber. It also has a wonderful earthy flavor that pairs well with toasted sesame oil, creamy almond butter, and bright pickled vegetables from the farmer's market. To make this noodle dish even more veg-centric, I go halvesies with spiralized zucchini. Depending on your preferences, you can, of course, use all soba or all zoodles (see Market Swap notes). But I think this version gives you the best of both worlds.

- 8 ounces buckwheat soba noodles
- 1 bunch of radishes (about 6 medium), cut into $\frac{1}{2}$ -inch cubes
- 1 pound cucumber, cut into $\frac{1}{2}$ -inch cubes
- $\frac{1}{4}$ cup rice vinegar
- 2 teaspoons sea salt, divided
- $\frac{1}{2}$ cup unsalted almond butter
- 1 small garlic clove
- $\frac{1}{4}$ cup freshly squeezed lime juice (from 2 limes)
- 2 tablespoons gluten-free tamari
- 2 teaspoons raw honey
- 2 teaspoons dark toasted sesame oil
- 2 large zucchini (about 1 pound), spiralized into thin noodles
- 1 tablespoon black sesame seeds, for garnish

1. Bring a large pot of salted water to a boil. Cook the soba noodles according to package directions until al dente. Drain and rinse with cool water until room temperature, shaking out all the excess. Transfer to a large mixing bowl and set aside.
2. While the noodles are cooking, in a medium mixing bowl, combine the radishes, cucumber, vinegar, and 1 teaspoon salt. Allow the veggies to marinate for 10 minutes, tossing occasionally.
3. In the bowl of a small food processor, puree the almond butter, garlic, lime juice, tamari, honey, sesame oil, 1 teaspoon salt, and $\frac{1}{4}$ cup water. Add more water, 1 tablespoon at a time, until you reach the consistency of peanut sauce. Transfer to the mixing bowl with the soba noodles. Add the zucchini and toss until everything is well coated. Divide among serving bowls, top with the quick pickled veggies, and garnish with the sesame seeds.
4. Serve room temperature or cold, alongside your favorite Asian hot sauce.

HEALTHY HEDONIST TIPS

Make sure to look for noodles that are 100 percent buckwheat, as many traditional soba brands now use wheat flour to create sturdier strands. Eden Foods and King Soba are my favorites. Reserve your radish leaves and use them to make a peppery puree. They're a great addition to my asparagus stalk pesto (page 308).

MARKET SWAPS

If you don't own a spiralizer, you can easily just use all packaged noodles. Simply double the quantity of soba and omit the zucchini. Or for a Paleo version, vice versa. Use whatever veggies you find at the market for the

quick-pickled topping. Carrots, fennel, or sugar snap peas would work well. To make a Thai version of this dish, swap vermicelli or flat rice noodles for the soba. Omit the sesame oil completely, and sub 2 table-spoons fish sauce for the tamari. Garnish with chopped peanuts instead of sesame seeds.

APPENDICES

APPENDIX A

The Golden Rules of Designing Your Own Health Odyssey

Instead of resolutions this year, I encourage you to make a list of short-term health challenges. You can take on these experiments monthly or weekly, making the total timeline as short or as long as you'd like. The goal is to get to know yourself better: what feeds your mind, body, and spirit; what changes make a profound difference and which might not be worth your time. At the end of your project, my hope is that you'll have figured out a better way forward. Because we can't commit to our good health habits until we discover what habits are actually good for us in the first place.

Here are five golden rules to keep in mind:

1. *Build your wellness brain trust.* This doesn't necessarily have to be made up of practitioners who you pay by the hour, but having a trusted physician is essential for any health undertaking. Your team could include a few expert voices from afar, and even some nonexpert friendly faces who can serve as accountability buddies and sounding boards. Listen to what they say with a grain of salt and filter their advice through your own experience.
2. *Make your biggest intention to pay attention.* The proof is in the pudding, and oftentimes your poop. Keep track of your body, whether

through a journal, chart, app, or calendar. And don't just record numbers and symptoms: also check in with your spirit.

3. *Find power in the present.* Research has shown that immediate rewards are often more compelling than long-term gains. Recognize the positive outcomes that are tangible in the moment. They will help you commit to habits in the future.

4. *Give yourself permission to fail.* Change is hard work, and sometimes it takes periods of extremity to get to a place of balance. But as you try new things, remember that just because something worked for someone else doesn't mean it's going to work for you. Ask exactly what is making you uncomfortable and give yourself the leeway to pull the plug.

5. *Remember that perfection is a myth.* Awareness is the first and most important step toward healthy hedonism. Forgiveness is the second. We're all just doing the best we can.

The Healthy Hedonist Ten Commandments

1. Control your blood sugar.
2. Detox your product pantry.
3. Make your plate at least 50 percent veggies.
4. Cook the majority of your meals.
5. Drink cleaner water and more of it.
6. Move for thirty minutes every day.
7. Allow yourself time to rest.
8. One edible probiotic a day keeps the doctor away.
9. Use your mind as medicine.
10. Create a healthy home; find flexibility out in the world.

APPENDIX B

My Ten Best Wellness Buys

1. Green Skin-Care Products (see “My Everyday Bathroom Cabinet” below for the full list)
2. New Wave Enviro 10-Stage Water Filter
3. Kishu Binchotan Charcoal Sticks
4. Pelican 3-Stage Shower Filter
5. ClassPass Membership (1 Month)
6. CBT for Insomnia Conquering Insomnia Program
7. uBiome Gut Kit
8. Thrive Market Membership (1 Year)
9. mStand Laptop Stand
10. Vedic Meditation Training

My Everyday Bathroom Cabinet

- Evan Healy Blue Chamomile Moisturizer (\$40)
- Evan Healy Blue Lavender Cleansing Milk (\$30)
- Dr. Bronner’s Magic All-One Organic Virgin Coconut Oil (\$20)
- Dr. Bronner’s Peppermint Pure-Castile Liquid Soap (\$10)
- 100 Percent Pure Burdock and Neem Healthy Scalp Shampoo and Conditioner (\$20, \$25)
- Dr. Hauschka Foundation (\$38)
- W3LL People Universalist Multi-Stick Blush (\$35)

- Jane Iredale Eye Pencil (\$15)
- Abbey St Clare Concealer (\$18)
- Babo Botanicals Clear Zinc Sunscreen Lotion (\$20)
- Blissoma Scentless Stick Natural Deodorant (\$15)

My bathroom cabinet is constantly changing as I find new amazing green products. For more up-to-date suggestions and purchasing information, visit FeedMePhoebe.com/Shop.

The Best Green Beauty Boutiques and Retailers

Ayla*

<http://aylabeauty.com>

Beau Tea Bar*

<http://www.beauteabar.com>

BeautyKind

<https://beautykind.us>

Bella Floria Organics

<http://www.bellafloria.com>

Blades Natural Beauty

<http://bladesnaturalbeauty.bigcartel.com>

CAP Beauty*

<http://www.capbeauty.com>

The Choosy Chick

<http://thechoosychick.com>

Credo*

<http://credobeauty.com>

The Detox Market*

<http://www.thedetoxmarket.com>

EcoDiva

<https://www.ecodivabeauty.com>

Follain*

<http://shopfollain.com>

LeVert Beauty

<https://levertbeauty.com>

Pharmaca*

<http://www.pharmaca.com>

Shen Beauty*

<http://www.shen-beauty.com>

Spirit Beauty Lounge

<http://www.spiritbeautylounge.com>

The Truth Beauty Company

<http://www.thetruthbeautycompany.com>

*Select brick-and-mortar locations available.

My Favorite Health Apps

- Think Dirty
- Environmental Working Group's Healthy Living (Skin Deep)
- Moro
- My Pilates Guru
- YogaGlo
- f.lux
- Kindara
- Tummy Trends
- Insight Timer
- Headspace

APPENDIX C

Five Tips for Your Farmer's Market Batch-Cooking Challenge

This challenge involves setting aside one weekend to cook meals for the week ahead. It can be done anywhere, including the regular grocery store. The idea is to give yourself a set budget (mine was forty dollars) and to spend that money solely on fresh produce, meat, and seafood. If you're not shopping from small farms, try to buy organic or use the Environmental Working Group's Clean Fifteen list to avoid pesticide-heavy produce. To keep costs down, focus on buying less meat (one pound per week at most), filling in the gaps with whole grains and other pantry ingredients (especially your spice rack!), and avoiding unnecessary items that you won't use start to finish.

Design your menu around four or five recipes and keep in mind that each dish should:

1. Include at least one fresh veggie or fruit (duh).
2. Be simple enough to be prepared in a weekend afternoon.
3. Last for several days (stews, soups, grains, stir-fries, and roasted veggies keep better than raw).
4. Use a different cooking technique for each dish—a mix of roasting, sautéing, and raw—instead of making four dishes that require the stovetop or oven.
5. Adhere to the same cuisine so you can mix and match throughout the week. You'll also save money if the same herbs can be used in several dishes.

Sample Menus

Check out each recipe's Market Swap notes for more ways to vary the seasonal produce.

Fall/Winter

- Turmeric-Braised Chicken Legs with Golden Beets and Leeks (*page 190*)
- Chili-Roasted Root Vegetables with Chickpeas, Tahini, and Brazil Nut Pangritata (*page 274*)
- Marinated Kale with Tamari-Roasted Beets and Sesame Seeds (omit beets) (*page 277*)
- Desperation Minestrone Soup (*page 131*)

Spring/Summer

- Almond-Sesame Soba Zoodles with Quick Pickled Veggies (*page 332*)
- Shrimp and Asparagus Pesto Pasta Salad with Chives (*page 308*)
- Vegan Quinoa "Fried Rice" with Rainbow Chard (*page 103*)
- Grilled Romaine Hearts with Roasted Shallots, Artichoke Hearts, and Kefir Green Goddess Dressing (*page 305*)

Recipe Index

BREAKFAST

- Dad's Overnight Oatmeal with Almond Butter and Dried Cherries (*page 243*)
- Golden Milk Chia Pudding with Cinnamon Yogurt (*page 188*)
- Green Egg (No Ham) Frittata Bites (*page 218*)
- Violet's Big Blueberry-Almond Smoothie (*page 46*)

SOUPS AND SALADS

Desperation Minestrone Soup (*page 131*)

Grilled Romaine Hearts with Roasted Shallots, Artichoke Hearts, and Kefir Green Goddess Dressing (*page 305*)

Marinated Kale with Tamari-Roasted Beets and Sesame Seeds (*page 277*)

“Pho Real” Slow Cooker Ginger-Chicken Bone Broth (*page 165*)

Vietnamese Chicken Soup for the Soul (*page 330*)

MAINS

Almond-Sesame Soba Zoodles with Quick Pickled Veggies (*page 332*)

Chili-Roasted Root Vegetables with Chickpeas, Tahini, and Brazil Nut Pangritata (*page 274*)

Shrimp and Asparagus Pesto Pasta Salad with Chives (*page 308*)

Skillet Red-Wine Braised Cabbage and Lentils (*page 133*)

Turmeric-Braised Chicken Legs with Golden Beets and Leeks (*page 190*)

Vegan Quinoa “Fried Rice” with Rainbow Chard (*page 103*)

SIDES AND SNACKS

Baked Sweet Potato Fries with Coconut Oil–Sriracha Aioli (*page 105*)

Raw Gingerbread Cookie Beauty Balls (*page 78*)

Sweet and Spicy Pepita-Cashew Snack Mix (*page 76*)

Thai Peanut Humus with Farmer’s Market Crudités (*page 220*)

DRINKS

Ginger-Lime Ice Cubes (*page 160*)

Green Tea Arnold Palmers (*page 48*)

Sleepy Tummy Tea (*page 245*)