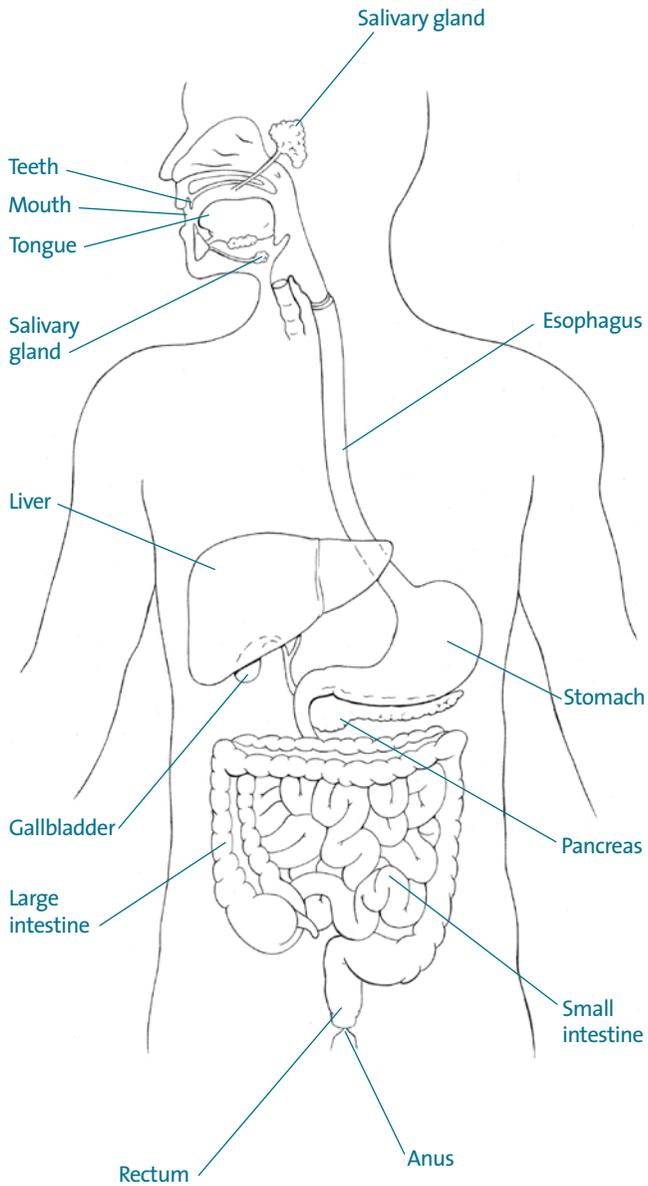


CLEAN GUT

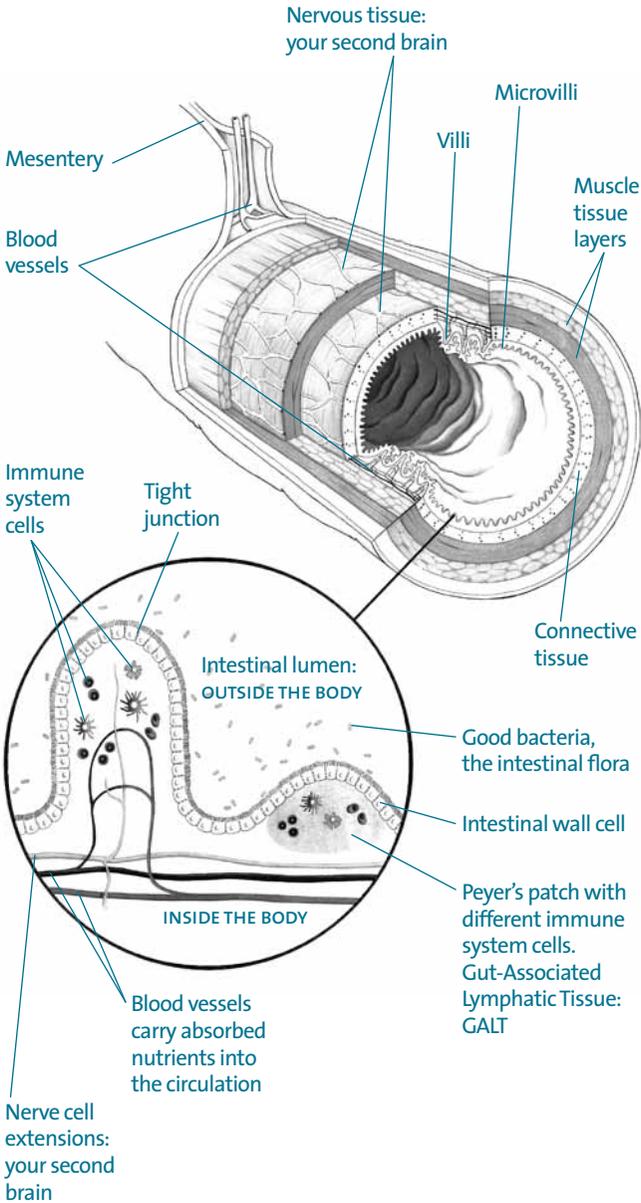
The Breakthrough Plan for
Eliminating the Root Cause of Disease
and Revolutionizing Your Health

Alejandro Junger

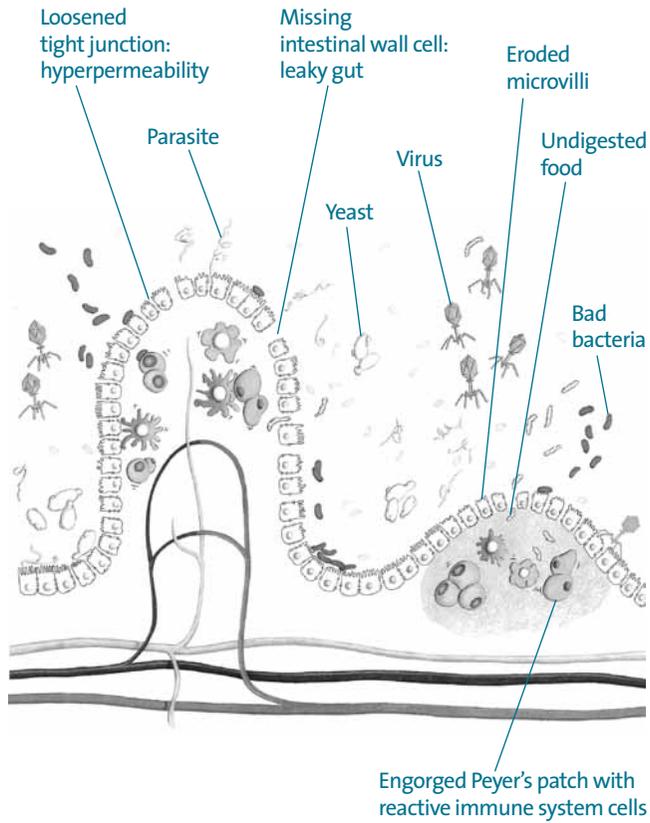
THE GUT OVERVIEW



THE HEALTHY GUT



THE BROKEN GUT, OUR ACHILLES' HEEL



QUICK REFERENCE GUIDE¹

Here is a quick snapshot of the major foods you'll eat and avoid on the program. Some foods, like beans and certain fruits, have been excluded from the Clean Gut diet because they are difficult to digest or high in sugar, even though they are a staple of most healthy diets. Once you've completed the Clean Gut program, feel free to reintroduce them into your regular diet.

EAT

Greens and fresh vegetables
Lentils, quinoa*
Wild fish
Grass-fed meats
Organic or pasture-raised eggs
Fermented foods (kimchi, sauerkraut)
Nuts, seeds, and nut butters**
Avocado
Coconut
Fresh and frozen berries

DON'T EAT

Gluten
Dairy
Processed sugar
Alcohol
Caffeine
Beans
Rice
Soy
Potatoes
Corn
Almost all fruits

*Go easy on these, only a side serving a day

**Go easy on nuts, only a handful a day

¹The Clean Gut diet grew out of the elimination diet in *Clean*. However, we've made significant changes to maximize gut repair.

EAT

Vegetables: whole vegetables (broccoli, kale, chard, etc.) raw, steamed, sautéed, juiced, or roasted; all leafy greens; squash; tomatoes; and sea vegetables.

Fruit: only fresh and frozen berries, lemons, and limes.

Dairy Substitutes and Eggs: eggs; hemp and nut milks (almond, hazelnut, walnut, etc.); coconut milk; and coconut oil or butter.

Grains: quinoa; go easy on quinoa.

Meat and Fish: fresh or water-packed cold-water fish (trout, salmon, halibut, tuna, mackerel, sardines, pike, kippers, etc.), wild game (rabbit, pheasant, bison, venison, elk, etc.), lamb, duck, organic chicken and turkey, and small amounts of grass-fed beef.

Vegetable Proteins: split peas, lentils, bee pollen, spirulina, and blue-green algae.

Nuts and Seeds: most nuts and seeds, hemp, sesame, and sunflower seeds; pecans, almonds, walnuts, cashews, pistachios, macadamia nuts, and Brazil nuts; and nut and seed butters (almond, tahini, etc.).

Fats and Oils: avocado and coconut; extra-virgin olive, flax, safflower, sesame, almond, sunflower, walnut, pumpkin, and coconut oils.

Drinks: filtered, seltzer, and mineral waters; green, white, and herbal teas; yerba maté; coconut water; and green juices.

Sweeteners: stevia, xylitol, and Lakanto.

Condiments: vinegar, all spices, all herbs, sea salt, black pepper, carob, raw chocolate (dairy- and sugar-free), stone-ground mustard, miso, coconut liquid aminos, wheat-free

tamari, and nama shoyu.

DON'T EAT

Vegetables: corn, beets, potatoes, sweet potatoes, yams, and creamed vegetables.

Fruit: all fruits and fruit juices except berries.

Dairy: milk, cheese, cottage cheese, cream, yogurt, butter, ice cream, and nondairy creamers.

Grains: rice, wheat, millet, amaranth, buckwheat, barley, spelt, kamut, rye, triticale, and oats (even gluten-free).

Meat and Fish: factory-farmed meats, cold cuts, canned meats, and frankfurters (hot dogs).

Vegetable Proteins: all beans and soybean products, including soy sauce and soybean oil in processed foods.

Nuts and Seeds: peanuts and peanut butter.

Fats and Oils: butter, margarine, shortening, processed oils, canola oil, salad dressings, mayonnaise, and spreads.

Drinks: alcohol, coffee, caffeinated beverages, soda pop, soft drinks, and fruit juices.

Sweeteners: refined sugar, white and brown sugars, maple syrup, high-fructose corn syrup, evaporated cane juice, Splenda, Equal, Sweet'N Low, juice concentrates, agave nectar, and honey.

Condiments: regular chocolate (with dairy and sugar), ketchup, relish, chutney, traditional soy sauce, barbecue sauce, teriyaki sauce, and breath mints.

To see what a day following the Clean Gut diet looks like, visit cleangut.com.

Supplement Recommendations

Supplements are an integral part of the Clean Gut program. They are essential for all aspects of the four Rs.

Here is a list of supplements you'll need to participate in the program. They are available online or at your local health-food store.

Visit cleangut.com to see recommended supplements.

HERBAL ANTIMICROBIAL

(one recommended serving, taken twice a day)

Preferably a formula with Berberine, such as Berberine HCL 400 mg or Berberine Sulfate 400 mg.

SACCHAROMYCES BOULARDII

(one recommended serving, taken twice a day)

At least 5 billion count live organisms per serving.

MULTIPLE-STRAIN PROBIOTIC

(50 billion bacterial count, taken twice a day)

It is best to pick up a probiotic at your local health food store. Choose one that has the lactobacillus acidophilus strain and other strains such as Bifidobacterium longum, lactobacillus rhamnosus, Bifidobacterium bifidum.

MAGNESIUM

(250 milligrams, off citrate or glycinate, taken once a day)

You can find this supplement in capsule or powdered form.

MULTIPLE DIGESTIVE ENZYMES

(one recommended serving, taken three times a day)

A product that contains multiple digestive enzymes such as pro-tease, amylase, lipase.

**BIOFILM-DISSOLVING SUPPLEMENT SUCH AS MONOLAURIN
(600 milligrams per serving, to be taken twice daily)**

Monolaurin is a powerful antibiofilm dissolver and antimicrobial made from concentrated lauric acid found in coconut. It is sold in capsule form.

**B VITAMIN COMPLEX CONTAINING B12, B6, B5, AND OTHERS
(minimum doses per serving are 500 mcg for B12, 50 mg for B6,
and 100 mg for B5, to be taken three times daily)**

A quality B vitamin complex will help support balanced moods, healthy energy levels, and the nervous and immune systems.

<u>SUPPLEMENT CHECKLIST</u>	<u>PURCHASED?</u>
Herbal antimicrobial	_____
Saccharomyces boulardii	_____
Multiple-strain probiotic	_____
Magnesium	_____
Multiple digestive enzymes	_____
Monolaurin	_____
B vitamin complex	_____

Visit cleangut.com to see the supplement brands I recommend.

Clean Gut Daily Protocol

This is the basic protocol to be followed for the duration of the program.

FIRST THING IN THE MORNING

A glass of water with half a squeezed lemon.

BREAKFAST

A green shake plus supplements. See “Recipes”; any of the shakes described there are good for breakfast. Ideally,

you will vary them, but you can benefit from any of them, even if you drink the same shake every day.

Supplements:

- 1 herbal antimicrobial
- 1 saccharomyces boulardii
- 1 multiple-strain probiotic
- 1 multiple digestive enzyme
- 1 monolaurin
- 1 B vitamin complex

LUNCH

A meal from the Clean Gut diet.

Supplements:

- 1 multiple digestive enzyme
- 1 B vitamin complex

DINNER

A meal from the “Recipes” section consisting of an entrée-size salad, plus supplements. After dinner take a ten-minute walk. Even a short walk helps aid digestion, encourages bowel movements, reduces stress, and provides a moment to reflect on the day.

Supplements:

- 1 herbal antimicrobial
- 1 saccharomyces boulardii
- 1 multiple-strain probiotic
- 1 multiple digestive enzyme
- 1 monolaurin
- 1 B vitamin complex

IMMEDIATELY BEFORE BED

- magnesium

The Reintroduction Process

The reintroduction process will take seven days.

Day 22	Gluten
Day 23	Gluten
Day 24	Clean Gut Diet only
Day 25	Clean Gut Diet Only
Day 26	Dairy
Day 27	Dairy
Day 28	Reflect

FOODS	A GOOD COMBINATION	WHY?
Chicken and pasta	No	Animal proteins do not combine well with grains.
Fish and asparagus	Yes	Animal proteins combine well with veggies.
Quinoa and salad	Yes	Grains combine well with veggies.

Clean Gut Recipes

Welcome to the Clean Kitchen! The following recipes have been created specifically for the Clean Gut program by the resident Clean Chefs. We spent lots of time creating these recipes to be easily digested and low-glycemic. We're happy to share them and help make the food piece of this program as easy and enjoyable as possible.

With a variety of vegetables, grass-fed, free-range meats, eggs, nuts, and seeds, the Clean Gut program is not only healing and nourishing but tasty.

We hope you take these recipes, experiment, and make them your own, using the foods that are local and seasonal where you live.

Have fun, get creative, and if you need more inspiration, you can sign up for a new recipe every week delivered directly to your inbox at cleangut.com.

—Chef Jenny Nelson and Chef Shannon Sinkin

RECIPE GUIDELINES

Nuts: use raw or dry-roasted, unsalted

Nut or seed butter: use unsweetened, unsalted, raw or dry-roasted, organic when possible

Non-dairy milks: use unsweetened and free of xanthum gum

Protein powder: rice, hemp, or pea based protein, no soy

Coconut flakes: unsweetened

Coconut water and coconut milk: unsweetened, no added flavor, organic when possible

Berries: fresh or frozen, no added sweetener

Chicken, duck, and turkey: free-range or organic

Fish: cold-water, wild caught

Beef and lamb: grass-fed

Eggs: cage-free, organic

Broth or stock: free-range or organic, use homemade if possible, see our recipes for beef broth and chicken stock

SHAKES

During the 21-Day Clean Gut program you'll have a shake for breakfast. These shake recipes, which are full-on meal replacements, have been designed to be nutrient rich and delicious.

When it comes to ingredients, feel free to switch the ingredients listed in the recipes for what you have on hand. For example, if you can't find coconut milk, simply use almond milk. Or if you don't enjoy almond butter than you can use cashew butter instead. If you have a nut allergy, use sunflower seed butter or coconut manna. Many of our recipes use nuts, but it's very possible to do the cleanse without using them. Simply omit from the recipe or substitute with a similar product.

Basic Nut Milk

(Makes 4 cups)

This recipe makes the almond milk used in some of the following recipes. Use any type of nut or seed except peanuts.

- 1 cup nuts, soaked for 3 hours in purified water, then drained
- 1 teaspoon vanilla extract
- Stevia to taste
- 3 cups purified water

1. In a blender, purée all the ingredients for about 3 minutes.
2. Strain the mixture through a fine-mesh strainer or cheesecloth.
3. Store in the refrigerator. The milk will keep for three to four days.

Becky's Morning Shake

(Serves 1 to 2)

- 8 ounces purified water
- 3 to 4 ounces non-dairy milk
- 2 loosely packed cups spinach
- Flesh of ½ avocado
- 2 tablespoons almond butter
- 1 tablespoon protein powder
- 2 teaspoons ground flax seed or meal
- Pinch of sea salt
- Stevia to taste
- Optional: 1 tablespoon carob powder or raw cacao powder

In a blender, purée all the ingredients until smooth and creamy.

Green Coco Shake

(Serves 1)

- 2 cups coconut water
- Flesh of 1 ripe avocado
- 1 tightly packed cup of fresh spinach
- 3 heaping tablespoons cashews
- Stevia to taste

In a blender, purée all the ingredients until smooth and creamy.

Creamy Blueberry Shake

(Serves 1)

- 1½ cups shredded coconut
- ½ cup fresh or frozen blueberries
- ¼ cup organic almond butter
- 1 tablespoon chia seed gel*
- 2 loosely packed cups dark leafy greens (spinach, kale, etc.)
- Stevia to taste

In a blender, purée all the ingredients until smooth and creamy, roughly 45 seconds.

*To make the chia seed gel, soak ¼ cup chia seeds in 1 cup purified water for at least 30 minutes to 1 hour. Chia absorbs a lot of water, so if the gel becomes too thick simply add more water. Soaked chia is easier to digest and blends more smoothly than unsoaked chia. The gel will keep for a week in the fridge.

Chocolate Mint Nut Shake

(Serves 1)

- 1 cup coconut milk
- 1 tablespoon vanilla extract
- 2 tablespoons raw cacao powder or carob powder
- 2 to 4 tablespoons nut butter (a handful of raw or roasted nuts will work also)
- 1 to 2 tablespoons liquid mint-flavored chlorophyll
- Stevia to taste
- Optional: 1 to 2 tablespoons plant-based protein powder
- Optional: 1 tablespoon ground flax seeds or meal

In a blender, purée all the ingredients until smooth and creamy.

Chocolate-Covered Blueberry Shake

(Serves 1 to 2)

- 1 large handful frozen blueberries
- 1 to 2 tightly packed cups fresh spinach
- 2 tablespoons almond butter
- 1 tablespoon raw cacao powder or carob powder
- Dash of ground cinnamon, to taste
- 1 cup coconut milk
- 1 cup coconut water, or purified water*
- Stevia to taste
- Optional: 1 to 2 tablespoons plant-based protein powder
- Optional: 1 tablespoon ground flax seeds or meal

In a blender, purée all the ingredients until smooth and creamy.

*You could replace the coconut water with an herbal or green tea.

Vanilla Almond Shake

(Serves 1)

- 2 cups almond milk
- 1 tablespoon vanilla extract
- 1 heaping tablespoon almond butter
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- 1 teaspoon spirulina powder
- Dash of sea salt
- Optional: stevia to taste

In a blender, purée all the ingredients until smooth and creamy.

Chocolate Ginger Shake

(Serves 1)

- 1 cup unsweetened chocolate almond milk
- 1-inch fresh ginger piece, peeled and finely minced,
saving any juice that comes from it, or 1 tablespoon
ginger powder
- ½ teaspoon ground cardamom
- 1 heaping tablespoon raw cacao powder or cocoa powder
- 1 heaping tablespoon almond or cashew butter
(unsweetened sunflower seed butter will work too)
- 1 to 2 teaspoons liquid chlorophyll or spirulina powder
- Stevia to taste

In a blender, purée all the ingredients until smooth and creamy.

SOUPS

Zucchini Mushroom Soup

(Serves 2 to 4)

- 2 tablespoons coconut oil
- 6 cups chopped mushrooms, such as crimini or portobello
- 1 red or yellow onion, roughly chopped
- 2 garlic cloves, chopped or crushed
- 1 large zucchini, cut into ½-inch-thick rounds
- 1 bay leaf
- Water as needed
- 2 cups chopped cauliflower
- Optional: approximately 1 cup almond milk, or an additional 2 tablespoons coconut oil (for thicker consistency)
- Sea salt to taste
- Freshly ground black pepper to taste
- Chopped fresh rosemary, sage, thyme, or parsley for garnish (optional, but recommended)

1. In a large soup pot set over medium-high heat, melt the coconut oil. Stir in the mushrooms and a sprinkle of sea salt. Sauté until the mushrooms are lightly brown, about 3 to 4 minutes.
2. Stir in the onion, garlic, and zucchini, and cook an additional 3 to 4 minutes.
3. Add the bay leaf and enough water to just cover the vegetables. Cover the pot and bring to a gentle boil. Then lower the heat to medium-low and cook for an additional 12 minutes.
4. Add the cauliflower and continue to cook until the cauliflower is soft. Remove the pot from the heat.
5. Purée the soup with an immersion blender, or in batches in a high-speed blender, until the mixture is creamy. For

a richer taste, add the optional almond milk or optional coconut oil.

6. Return the soup to the pot and season to taste with salt and pepper.
7. Serve warm, garnished with the fresh herbs of your choice.

Spinach Avocado Soup

(Serves 2 to 4)

2 cups unsweetened coconut milk*
Juice of 1 lime or lemon
2 ripe avocados, cut into large chunks
2 handfuls fresh baby spinach
¼ cup fresh cilantro leaves
1 garlic clove
2 tablespoons minced shallot
Sea salt to taste

1. In a blender, purée all the ingredients until smooth and creamy.
2. Garnish with additional cilantro leaves or chopped avocado, or with nuts or seeds of your choice and serve chilled or at room temperature.

*To make fresh coconut milk, in a blender purée 1 cup shredded unsweetened coconut with 2 cups water for 45 seconds. Strain the mixture through a fine-mesh strainer or cheesecloth.

You can use canned coconut milk, but it's very rich and some brands may have additives. Read the ingredients and, when in doubt, make your own. You can also use coconut milk in a carton from the health-food or grocery store. Make sure it's unsweetened. Coconut milk will store for several days in the fridge.

Cucumber Dill Bisque with Hard-Boiled Eggs

(Serves 2 as a meal or 4 as a side or starter)

- 3 tablespoons extra-virgin olive oil
- 2 small cucumbers, peeled and roughly chopped
- 1 cup chicken or vegetable broth
- 1 tablespoon chopped fresh dill, or 2 teaspoons dried
- ½ cup coconut milk (the thicker kind from a can)
- Sea salt and freshly ground black pepper to taste
- 4 eggs, hard-boiled and peeled

1. Heat the olive oil in a medium saucepan, add the cucumber, and simmer for a few minutes, until the cucumber pieces start to soften just a bit.
2. Add the broth and continue to simmer for an additional 12 minutes.
3. Stir in the dill and the coconut milk. Once the coconut milk is warm, salt and pepper the soup to taste.
4. Slice each hard-boiled egg in half and put two halves each in the bottoms of four serving bowls.
5. Ladle the soup over each set of halves and garnish with extra dill and cracked pepper.
6. Serve warm, but you can also serve this chilled in the warmer months.

Thai Coconut Chicken Soup

(Serves 2 to 4)

2 to 3 tablespoons coconut oil
2 garlic cloves, minced
½ red onion, chopped
1 jalapeño pepper, seeded and minced (use less if you are sensitive to spice)
16 ounces coconut milk (can or carton)
4 cups vegetable or chicken broth
2-inch fresh ginger piece, peeled and grated
2 lemongrass stalks, cut into chunks and bruised with the back of a knife to bring out the flavor
Juice and zest of 1 lime
3 to 4 tablespoons fish sauce (Red Boat brand), starting with 3 tablespoons, adding more to taste
1 pound boneless chicken breast, sliced thinly
1 cup chopped mushrooms, any variety
8 cherry tomatoes, halved
Dash of stevia (to taste; start with a tiny amount, as it's very sweet)
Chopped fresh cilantro leaves, for garnish
Wheat-free tamari to taste

1. In a soup pot, melt the coconut oil.
2. Add the garlic, onion, and jalapeño, and sauté until the mixture is fragrant, about 2 minutes.
3. Then add the coconut milk, broth, ginger, lemongrass, lime zest (reserving the juice for later), fish sauce, and chicken.
4. Simmer 15 minutes.
5. Then add the lime juice, mushrooms, tomatoes, and stevia, and simmer an additional 5 minutes.
6. Serve garnished with cilantro and add a splash of wheat-free tamari, if additional salt is desired.

Creamy Roasted Tomato Soup

(Serves 2 to 4)

- 8 medium tomatoes (any kind), roughly chopped
- 3 to 4 garlic cloves, minced
- 1 yellow onion, roughly chopped into large chunks
- 3 teaspoons fresh thyme
- 3 tablespoons extra-virgin olive oil
- Sea salt and freshly ground black pepper to taste
- 3 cups vegetable broth
- 1 cup coconut milk
- Optional: ½ teaspoon red pepper flakes
- Optional: 10 to 12 leaves fresh basil, chopped for garnish

1. Preheat the oven to 400°F.
2. In a roasting pan, toss together the tomatoes, garlic, onion, thyme, and olive oil, and salt and pepper the mixture to taste.
3. Bake in the oven until the tomatoes, garlic, and onion start to caramelize, probably about 50 minutes, stirring occasionally to prevent burning.
4. Transfer all the contents of the pan to a soup pot, including the roasting juices.
5. Stir in the broth, cover, and bring the pot to a boil.
6. Then reduce the heat to low and simmer 30 minutes.
7. Remove the pot from the heat. Using either an immersion blender or a traditional blender, processing the soup in batches once it has cooled enough to handle, purée the soup until it's smooth.
8. Stir in the coconut milk and optional red pepper flakes, if desired.
9. Reheat it in the pot before serving garnished with the basil.

Curried Fish Chowder

(Serves 2 to 4)

- 2 small parsnips, peeled and roughly chopped
- 3 tablespoons extra-virgin olive oil
- 1 yellow onion, roughly chopped
- 3 garlic cloves, minced
- 1 fennel bulb, thinly sliced
- 2 leeks, the white parts thinly sliced into rounds, the green parts discarded
- 2 celery stalks, cut into small chunks
- 2 cups water
- 8 ounces chicken or vegetable broth
- 1 heaping tablespoon curry powder
- 1 pound boneless white fish, such as haddock, cod, or halibut, cut into chunks
- 2 cups coconut milk
- 4 ounces anchovies, water or oil packed, or fresh
- ½ teaspoon sea salt, or to taste
- ½ teaspoon freshly ground black pepper to taste

1. In a medium pot, cover the parsnips with several inches of water, bring to a boil, and cook until the parsnips are tender. Then remove the pot from heat, drain the parsnips, and set aside.
2. Meanwhile, in a large soup pot, heat the olive oil and sauté the onion, garlic, fennel, leeks, and celery over medium heat, stirring frequently until the vegetables are tender and the onions have begun to brown.
3. Add the 2 cups water, broth, and curry powder.
4. Bring to a boil, then reduce the heat, cover, and simmer 8 to 10 minutes, until the vegetables are thoroughly cooked.
5. Add the fish chunks. When the pieces turn opaque, add the coconut milk, anchovies, and the cooked parsnips.
6. Simmer approximately 6 to 8 minutes until everything is warm and fully cooked.

7. Season with the salt and pepper, and serve warm. If you like, garnish each bowl with a drizzle of olive oil and an extra dash of curry powder.

Pumpkin Curry Soup

(Serves 2 to 4)

- 2 cups peeled and diced butternut squash
- 2 to 4 tablespoons extra-virgin olive oil, plus extra for the roasting
- Sea salt
- 1 yellow onion, roughly chopped
- 3 garlic cloves, minced
- 2 tablespoons minced fresh ginger
- 1 15- or 16-ounce can pumpkin purée
- 2 cups vegetable or chicken broth
- 1 cup coconut milk
- 1 heaping tablespoon curry powder
- Pinch of cayenne
- Juice of 1 lime, or to taste
- Optional: chopped scallions or fresh cilantro leaves for garnish

1. Preheat the oven to 450°F.
2. In a roasting pan, toss the butternut chunks with a splash of olive oil and salt to taste.
3. Roast until the squash pieces are tender and dark brown, about 30 minutes. Set aside.
4. Meanwhile, in a soup pot heat the olive oil over medium-low heat.
5. Sauté the onion and garlic, stirring frequently, for 8 to 10 minutes.
6. Add the ginger and continue sautéing and stirring until everything is tender and turning golden. You don't want the garlic and ginger to get too dark and crispy, though, so keep the heat low and watch as you stir.

7. Then stir in the pumpkin purée, broth, coconut milk, curry powder, and cayenne. Stir a few times, then let the mixture simmer on low heat an additional 20 minutes.
8. Add the roasted squash and a few splashes of lime juice, or to taste.
9. When everything is warm and cooked thoroughly, serve in bowls.
10. Garnish with scallions or cilantro, if you wish.

FISH ENTRÉES

Hemp Pesto–Smothered Halibut

(Serves 4)

- ½ cup hemp seeds
- 1 garlic clove, diced
- Juice of 1 medium lemon
- ½ cup fresh basil leaves
- 1 to 2 teaspoons sea salt
- Freshly ground black pepper to taste
- ¼ cup extra-virgin olive oil, plus extra to dress the fish
- 1 pound halibut, or any wild-caught cold-water fish, cut into 4 fillets
- 2 lemons, thinly sliced
- 2 large handfuls lettuce greens, dressed with fresh lemon juice

1. Preheat the oven to 350°F.
2. First, make the pesto. Place the hemp seeds, garlic, and basil in a food processor and pulse until finely chopped.
3. Add the lemon juice, salt, and pepper. Keep processing while drizzling in the olive oil. For this dish, the pesto is best on the thicker side, so only add enough oil to purée the mixture well.

4. Set aside.
5. Coat the fish fillets with some olive oil, and salt and pepper to taste. Cover each with thin slices of lemon.
6. Place the fillets in a baking dish lined with parchment paper, or lightly oiled, and bake 10 to 25 minutes, or until the fish is cooked through (check with a fork).
7. Divide the lettuce greens between four servings plates, dressing with fresh lemon juice if you wish.
8. Top each with a halibut fillet.
9. Place a scoop of pesto on each fillet, and spread to coat the fillet.
10. Serve warm.

Spicy Herb Poached Fish

(Serves 2)

- ½ bunch fresh cilantro
- ½ bunch fresh Italian parsley
- 10 garlic cloves
- 1 lemon, sliced
- 3 serrano peppers, seeded and roughly chopped
- ½ pound halibut or other steak-like fish (salmon works too)
- 1 teaspoon sea salt
- ½ teaspoon freshly ground black pepper

Cooking Liquid

- 1 cup extra-virgin olive oil
- 1 cup water
- 1 teaspoon sea salt
- ¼ teaspoon freshly ground black pepper
- ½ teaspoon paprika
- Optional: ½ teaspoon cayenne

1. Lay the sprigs of cilantro and parsley in the bottom of a pot with a lid.
2. Scatter the garlic cloves, lemon slices, and chopped peppers on them.
3. Season the fish with the salt and pepper and place it on top in a single layer. Set the pan aside.
4. To make the cooking liquid, in a small bowl whisk together the olive oil, water, salt, pepper, paprika, and optional cayenne.
5. Pour the liquid over the fish.
6. Bring the pot to a boil, then cover and reduce the heat.
7. Simmer 5 minutes, then remove the lid and increase the heat to medium-high.
8. Cook the fish until the cooking liquid reduces, about 15 minutes.
9. Serve warm with any remaining sauce spooned over the fish.

Rice-Free Salmon Sushi

(Serves 2)

½ pound wild-caught salmon fillet (canned salmon will work too, but fresh is better)

1 scallion, chopped

1 small avocado, mashed

Optional: ½ sheet nori paper, crumbled (optional, but recommended!)

Wheat-free tamari to taste

1 English cucumber, sliced into 1-inch-thick rounds (you can peel if you want, or leave unpeeled)

Optional: pickled ginger, unsweetened*

1. In a frying pan, poach the salmon in 1 inch of water until just cooked, about 2 minutes on each side, depending on the thickness. (Or you may grill it, if you prefer, for the same amount of time.)
2. Remove the bones and flake the salmon apart.
3. In a bowl, mash together the salmon, scallion, avocado, nori, and tamari until blended.
4. Hollow out the seeded area of each slice of cucumber with a sharp knife, creating rings.
5. Fill each ring with the salmon mixture.
6. Serve with pickled ginger and extra tamari, if desired.

*Look for brands without preservatives, dyes, or MSG.

Lemon Dijon Haddock

(Serves 2 to 4)

- 1 pound haddock fillet (cod or any other mild white cold-water fish will work too)
- 1 to 2 tablespoons Dijon mustard
- 2 tablespoons coconut oil, melted, plus extra for greasing the pan
- 1 cup almond flour
- 1 small handful minced fresh parsley leaves
- Juice and zest of 1 lemon
- Sea salt to taste

1. Preheat the oven to 350°F.
2. Oil a baking dish with olive oil or coconut oil.
3. Place the fish in a single layer in the dish.
4. Spread a thin layer of mustard on top of the fish, and set aside.
5. In a small bowl, combine the melted coconut oil, almond flour, parsley, lemon juice and zest, and salt the mixture to taste.
6. Coat the fish with the crumb mixture.
7. Bake uncovered for 12 minutes, or until the fish is opaque and flaky.
8. Serve warm.

Turkey Bacon–Wrapped Halibut

(Serves 2)

- 2 medium halibut fillets
- 1 handful fresh rosemary sprigs, stems removed
- Juice and zest of 1 lemon
- Freshly ground black pepper to taste
- 4 pieces of free-range, sugar-free turkey bacon
- Extra-virgin olive oil

1. Preheat the oven to 400°F.
2. Season the fish with the rosemary, lemon juice and zest, and pepper. Set aside.
3. Lay the bacon on a cutting board in two sets of two slices each.
4. Lay one fillet on each pair then wrap the fillets with the bacon. Cover as much of the fish as you like, or can.
5. On a large ovenproof pan, or on a baking sheet, drizzle a dash of olive oil, and set the fish in the pan. You won't flip them, so the side that's up is the side you'll serve up.
6. Bake the fish for 10 to 15 minutes, until it is cooked and the bacon is crispy.
7. Serve warm with another crack or two of freshly ground black pepper.

Salmon Salad

(Serves 2 to 4)

- 2 6- to 8-ounce cans wild-caught salmon, or use leftover salmon from previously cooked fillets (leftovers that you have on hand)
- 2 celery stalks, diced
- 1 small red onion, minced
- 4 scallions, minced
- 6 tablespoons mayonnaise (make sure it's made with real eggs, not soy)
- 2 tablespoons miso
- 1 heaping tablespoon Dijon mustard
- 2 teaspoons chopped fresh dill
- Sea salt and freshly ground black pepper to taste

1. In a medium bowl, mix all the ingredients together.
2. Serve in lettuce leaves, like a wrap, or on a bed of mixed greens for a delicious tuna-fish alternative.

Fish and Chips

(Serves 2 to 6)

- 2 delicata squash, or 1 of any larger winter squash (acorn, butternut, kabocha)
- 2 tablespoons extra-virgin olive oil
- Sea salt and freshly ground black pepper to taste
- ½ cup almond meal
- ½ teaspoon chili powder
- 2 medium boneless cold-water white fish fillets, such as haddock or cod
- 1 egg white

1. Preheat the oven to 450°F.
2. Cut the squash into wedge-shaped fries. The skin is actually really delicious and nutritious, so we recommend leaving it on, but peel them if you prefer.
3. On a large baking sheet, toss the squash pieces with the olive oil, salt, and pepper until they are well coated, then spread them in an even layer.
4. Bake for 20 minutes, turn the fries over, and bake for an additional 15 to 20 minutes, or until they are tender and darkened. Remove from the oven.
5. While the fries are baking, prepare the fish. In a small bowl, combine the almond meal and chili powder.
6. In another small bowl, beat the egg white with a fork or whisk.
7. Dip the fish fillets first into the beaten egg white, then into the crumb mixture, then shake them gently to remove any excess, but make sure each is evenly coated.
8. Place the fillets on a clean, oiled baking sheet (not the one you used for the squash).
9. Bake for 10 to 15 minutes, until they are tender and golden but not overcooked.
10. Serve with the squash fries.

POULTRY ENTRÉES

Chicken Pot Pie

(Serves 4 to 6)

- 3 tablespoons coconut oil
- 3 to 4 shallots, minced
- 1 cup sliced carrots
- 2 celery stalks, chopped
- 6 garlic cloves, minced and divided into two equal portions
- 2 to 3 boneless chicken breasts (about 1½ pounds), diced
- 1 cup green peas, fresh or frozen
- 2 cups chicken broth (may need more but start with this amount)
- Sea salt and freshly ground black pepper to taste
- ½ red onion, minced
- 1½ cup raw cashews, soaked for 4 to 6 hours, then drained
- ½ teaspoon cayenne
- Optional: 1 teaspoon smoked paprika

Crust

- 1½ cups blanched almond flour
 - ½ cup raw sunflower seeds
 - 1 tablespoon dried herbs, such as sage, rosemary, thyme, or chives (fresh herbs will work too; just use a bit more)
 - 1 teaspoon garlic powder
 - ½ teaspoon sea salt
 - 1 tablespoon extra-virgin olive oil
 - 1 tablespoon water
1. Heat 2 tablespoons of the coconut oil in a large skillet set over medium-high heat.
 2. Add the shallots and sauté them for 5 minutes, or until they are translucent.

3. Add the carrots, celery, and half the minced garlic, and continue to sauté until the carrots begin to soften, about 3 to 5 minutes.
4. Add the chicken and cook until most of the pink hue is gone from the flesh.
5. Add the peas and ½ cup of the chicken broth.
6. Continue simmering until the vegetables are tender and the chicken is fully cooked.
7. Salt and pepper to taste, and set aside.
8. In a medium skillet, heat the remaining tablespoon of coconut oil over medium-high heat.
9. Add the red onion and sauté 5 to 8 minutes.
10. Add the other half of the garlic and sauté for an additional 3 minutes. Remove from the heat.
11. In a blender, purée the onion mixture, cashews, 1½ cups of the chicken broth, cayenne, and the optional paprika until smooth.
12. Transfer the mixture back to the large skillet with the chicken and vegetables, and cook everything over medium heat until the mixture thickens, about 5 minutes.
13. Add more broth if needed and stir frequently.
14. Further salt and pepper to taste, then transfer everything to a lightly oiled deep baking dish.
15. Preheat the oven to 350°F.
16. To make the crust, in a food processor combine the flour, sunflower seeds, herbs, garlic powder, salt, olive oil, and water, and pulse everything until well combined.
17. Roll the dough out on a lightly floured (non-gluten flour) cutting board or on a sheet of parchment paper, which might be helpful in transferring the dough to the baking dish.
18. Lay the dough over the top of the chicken mixture.
19. Bake for 20 minutes or until golden brown.

Turkey Chili

(Serves 4 to 6)

- 2 tablespoons coconut oil
- 1 pound ground turkey
- 1 yellow or red onion, diced
- 1 small winter squash, peeled and cubed
- 2 garlic cloves, minced
- 1 red bell pepper, diced
- 2 zucchini, diced
- 2 tablespoons chili powder (more if you like a little kick)
- 1½ tablespoons ground cumin
- 1 tablespoon paprika
- 1 teaspoon ground cinnamon
- 1 tablespoon raw cacao powder
- 1 24-ounce glass jar of tomatoes (Bionaturae, but canned is okay if this brand isn't available)
- Sea salt and freshly ground black pepper to taste

1. In a stockpot set over medium-high heat, warm the coconut oil.
2. Add the turkey and sauté it until browned. Then add the onion and squash, sautéing until the squash is soft, about 5 to 10 minutes. Stir frequently to prevent burning.
3. Add the garlic, red pepper, and zucchini.
4. Sauté an additional 3 minutes.
5. Add the chili powder, cumin, paprika, cinnamon, and cacao powder, and continue cooking until the spices are fragrant, about 2 minutes. Then add the tomatoes and simmer for an additional 10 to 15 minutes.
6. Serve warm.

Almond Lime Chicken Stir-Fry

(Serves 2)

- 2 to 3 tablespoons extra-virgin olive oil or coconut oil
- 2-inch fresh ginger piece, peeled and minced
- 2 garlic cloves, minced
- 1 red onion, cut into thin half-rounds
- 2 medium carrots, peeled and thinly sliced on the diagonal
- 2 small boneless chicken breasts, diced or cut into thin strips
- 1 medium bunch Swiss chard (8 to 12 stalks), roughly chopped
- 2 tablespoons wheat-free tamari
- Juice of 2 limes, or to taste
- 1 cup unsalted raw or dry-roasted almonds
- Optional: sea salt and freshly ground black pepper to taste

1. Preheat a large skillet or wok over high heat. Once hot, add a few spoonfuls of olive or coconut oil and swirl it around.
2. Sauté the ginger, garlic, onion, and carrots in the skillet until everything is tender.
3. Stir in the chicken, cooking until it browns.
4. Add the chard, tamari, almonds, and lime juice to taste. Continue to stir constantly.
5. When everything is wilted, and the chicken browned, tender, and cooked through, it's ready to serve.
6. Garnish perhaps with chopped scallions or fresh cilantro leaves, and season with salt and pepper, if you like.

Curried Duck

(Serves 2)

- 2 teaspoons sea salt
- 4 garlic cloves, minced
- 1 teaspoon cumin seeds
- 2 tablespoons curry powder
- 2 tablespoons extra-virgin olive oil
- 2 boneless duck breasts (substitute chicken breasts, if you prefer)

1. In a bowl, combine the salt, garlic, cumin seeds, curry powder, and olive oil.
2. Rub the duck breasts with the mixture until they are well coated.
3. Cover and let them marinate either overnight or for at least 1 hour in the fridge (the longer the better).
4. Preheat the oven to 450°F.
5. Place the duck in a lightly oiled baking dish and roast for 10 minutes, or until it's tender.
6. Serve perhaps on a bed of lightly steamed kale, chard, or some watercress.

Sweet and Spicy Chicken Wings

(Serves 2)

- 3 garlic cloves, finely minced, or 2 teaspoons garlic powder
- Stevia to taste (probably just a tiny sprinkle will do)
- 2 teaspoons paprika
- 1 tablespoon wheat-free tamari
- 2 teaspoons unsweetened ketchup
- 4 small chicken wings (or thighs or legs, if you prefer)

1. In a baking dish, in which all the chicken pieces can lay flat, mix together the garlic, stevia, paprika, tamari, and ketchup.
2. Roll the chicken pieces around in the mixture until they are well coated. Then let them marinate for 20 minutes to 1 hour in the fridge.
3. Preheat the oven to 375°F.
4. Transfer chicken and marinade to baking dish. Bake the chicken for 45 minutes to 1 hour, turning once, until the chicken is tender.
5. Serve with the excess marinade, if you wish.

Slow-Cooked Chicken Thighs

(Serves 2)

- 2 chicken thighs
- 1 teaspoon sea salt
- ½ teaspoon freshly ground black pepper
- 1 teaspoon ground fennel seed
- 2 tablespoons coconut oil
- 2 garlic cloves, minced
- 2 cups chicken broth (can also use homemade stock, either beef or chicken; see recipes on pages 180, 191)
- 1 fennel bulb, quartered
- 1 cup chopped zucchini, cut into ½- to 1-inch cubes
- Sea salt
- 8 fresh basil leaves, minced

1. Allow the chicken thighs to come to room temperature.
2. Then season them with the salt, pepper, and ground fennel seed.
3. In a large skillet set over medium-high heat, melt the coconut oil.
4. Add the chicken, skin side down, and cook for 5 to 8 minutes, allowing the skin to become nice and brown.
5. When browned, turn the chicken and stir in the garlic. Cook until the mixture is fragrant, then add the chicken broth. Cover and simmer for 25 minutes.
6. Add the fennel and zucchini, cover again, and cook just until everything is tender.
7. Season with sea salt, and stir in the basil just before serving.
8. Spoon extra cooking juice and vegetables over each piece of chicken.

Chicken Stock

1 whole free-range or chicken (organs, feet, gizzards, etc. included if possible) or 2 to 3 pounds of bony chicken parts, such as necks, backs, breastbones and wings (important to use free-range, since factory farmed chickens will not yield the same nutritious benefits)

4 quarts filtered water

2 tablespoons apple cider vinegar

1 large red or yellow onion, roughly chopped

2 carrots, unpeeled if organic, roughly chopped

3 celery stalks, roughly chopped

1 medium-size bunch of parsley

8 to 10 stalks rosemary (tied together with parsley)

1. If you are using a whole chicken, cut off the wings and neck and cut into several pieces for easier handling.
2. Place chicken or chicken pieces in a large pot with water, apple cider vinegar, and all vegetables except the herbs. Let stand for 1 hour.
3. Bring to a boil, and remove scum that rises to the top.
4. Reduce heat, cover, and simmer for 6 to 8 hours. The longer it simmers, the more flavorful it will be.
5. Add herb bunch when you have an hour left.
6. Remove whole chicken or pieces with a slotted spoon. If there is cooked meat on the bones, let it cool and then remove to use in other recipes (chicken salad, soups, curries, etc.).
7. Strain the stock into a large jar and keep in the refrigerator until the fat rises to the top. Skim it off and discard.
8. Keep stock in glass jars in the refrigerator or freeze in ice cube trays to store for later use.

Garlic Lemon Chicken

(Serves 4)

- 1 lemon, quartered
- 5 to 6 sprigs fresh rosemary, bashed around a little with a knife or in a mortar and pestle to release the flavor
- 4 tablespoons extra-virgin olive oil
- 2 garlic cloves, minced
- Pinch of sea salt
- Pinch of freshly ground black pepper
- 4 boneless, skinless chicken breasts
- 3 carrots, peeled and chopped
- 2 medium parsnips, peeled and cut into lengthwise strips (the thinner they are, the faster they'll roast)

1. In a bowl, squeeze the juice from the lemon wedges and add the rosemary, olive oil, garlic, salt, and pepper, along with the squeezed lemon pieces. Set the marinade aside.
2. Slice the chicken breasts into about four pieces each, so you have sixteen pieces of chicken. Add them to the bowl of marinade and massage the pieces so each is well coated. You'll begin to see the meat curing in the lemon juice (turning white). It's best if it sits in the marinade for at least 1 hour, but several is even better. Store in the fridge.
3. Preheat the oven to 425°F.
4. Combine the carrots, parsnips, and the entire contents of the bowl of marinade along with the chicken pieces in a lightly oiled baking dish.
5. Cook for roughly 40 to 45 minutes, but keep checking, since oven temperatures and cooking times can vary. Just be sure the chicken is cooked through and the parsnips are tender.
6. Serve warm.

LAMB AND BEEF ENTRÉES

Lamb Chops with Rosemary and Steamed Asparagus

(Serves 4)

- ½ pound asparagus
- ½ teaspoon sea salt
- 1 tablespoon extra-virgin olive oil
- 1 small handful fresh rosemary leaves, minced
- 2 garlic cloves, minced
- 1 tablespoon Dijon mustard
- 4 lamb chops or 1 rack of lamb

1. Trim the woody ends off the asparagus. You may also peel off about 1 inch of the tough, green, fibrous sheath from the base of each asparagus stalk with a vegetable peeler, if you like.
2. In a saucepan, pour in a 3-inch depth of water and add the salt. Bring the water to a boil.
3. Blanch the asparagus in the water for about 3 minutes, or until tender but not soft—al dente. Drain the spears and set them aside.
4. Make a paste of the olive oil, rosemary, garlic, and Dijon mustard. Then brush each lamb chop with the paste.
5. Grill, sauté, or broil the lamb chops at a high heat for 3 to 4 minutes on each side until medium-rare. Then remove them from the heat.
6. Arrange the asparagus and lamb chops on a serving plate and serve.*

*For a delicious additional flavor note, roast some whole garlic cloves in a small, ovenproof dish at 350°F for 30 minutes and serve them with the lamb chops.

Lamb Tacos

(Serves 4)

- 2 tablespoons coconut oil
- 4 ounces ground lamb
- 1 medium summer (yellow) squash, diced
- ¼ cup minced red onion
- 1 garlic clove, minced
- 1 tablespoon taco or fajita seasoning
- Sea salt to taste
- Romaine lettuce (to use as taco shells), or brown-rice tortillas
- 1 to 2 tablespoons chopped fresh cilantro leaves
- Premade guacamole
- Optional: fresh sprouts, for garnish, any kind

1. Heat a large sauté pan over high heat.
2. Melt the coconut oil in the pan and continue to heat the oil until it is lightly smoking.
3. Add the lamb and stir until browned.
4. After the lamb is browned, add the squash, onion, garlic, and taco seasoning. Stir well to combine all the ingredients and cook the mixture until the lamb is cooked through and the vegetables are soft.
5. Season with salt to taste.
6. Arrange a few lettuce leaves or tortillas on a serving plate.
7. Top with the lamb and vegetables, then sprinkle with the cilantro.
8. Add guacamole however you like and garnish with the optional sprouts.

Zucchini Stuffed with Middle Eastern Lamb and Tahini Sauce

(Serves 2 to 4)

- 3 medium to large zucchini
- 1 tablespoon coconut oil
- 1 small red onion, finely chopped
- 2 garlic cloves, minced
- ½ cup pine nuts
- ¼ cup pitted Greek olives, chopped
- 1 teaspoon paprika (the dish is even better with smoked paprika)
- 1 tablespoon ground cumin
- 1 teaspoon ground cinnamon
- 1 pound ground lamb
- Sea salt to taste
- 3 tablespoons extra-virgin olive oil

Tahini Sauce

- 2 garlic cloves
- Juice of 2 small lemons
- ½ cup tahini
- Optional: ¼ cup cashew butter (optional, but makes it a little sweeter)
- Sea salt to taste

1. Preheat the oven to 375°F.
2. Cut each zucchini in half lengthwise and carefully scoop out the seeds and flesh, removing as much as possible while keeping the zucchini intact. Set aside.
3. In a large skillet set over medium-high heat, warm the coconut oil.
4. Sauté the onion and garlic until they are soft and starting to caramelize.
5. Add the pine nuts, olives, paprika, cumin, and cinnamon.
6. Sauté for an additional 2 minutes.

7. Add the lamb and continue to cook until the meat is browned.
8. Remove the skillet from the heat and salt to taste.
9. Use the olive oil to oil a baking sheet, and place the zucchini skin side down.
10. Fill the carved out zucchini boats with the lamb mixture.
11. Bake for 25 to 30 minutes.
12. While the zucchini are baking, make the tahini sauce.
13. Mince the garlic in a food processor, then add the lemon juice, tahini, and optional cashew butter, and process until smooth. For a thinner sauce, add small amounts of warm water until the desired consistency is achieved.
14. When the zucchini are ready, remove them from the oven, and serve them smothered in the tahini sauce.

Shepherd's Pie

(Serves 4)

Top Layer

- 1 medium head cauliflower, chopped into florets
- 1 to 2 garlic cloves, minced
- 2 tablespoons coconut oil, melted
- ¼ cup plain almond, rice, or coconut milk
- Sea salt and freshly ground black pepper to taste
- Optional: chives or other fresh chopped herbs to taste

Meat Filling

- 3 tablespoons coconut oil
- 1 medium red or yellow onion, chopped
- 2 garlic cloves, minced
- 6 ounces baby bella or crimini mushrooms, sliced
- 1 large carrot, peeled and chopped (you can leave unpeeled if organic)
- 1 celery stalk, roughly chopped
- 1 pound ground beef*
- 1 tablespoon coconut flour or almond flour/meal
- ¾ cup chicken, vegetable, or mushroom broth, or homemade bone broth (see page 191)
- 1 tablespoon chopped fresh thyme, or 1 teaspoon dried
- 1 tablespoon chopped fresh rosemary, or 1 teaspoon dried
- 1 tablespoon fresh parsley leaves, minced
- 2 tablespoons wheat-free tamari
- Sea salt and freshly ground black pepper to taste

1. Preheat the oven to 400°F.
2. First, make the pie's top layer. Steam the cauliflower florets until they are tender.
3. In a blender or food processor, purée the cauliflower with the garlic and coconut oil, until the mixture is smooth.
4. Slowly add the milk until the mixture is still smooth but of a thick consistency.

5. Salt and pepper to taste, and add the optional herbs.
6. Set the mixture aside.
7. To make the meat filling, heat the coconut oil in a large skillet set over medium heat.
8. Add the onion and sauté until it's translucent. Then add the garlic, mushrooms, carrots, and celery.
9. Sauté until they start to soften.
10. Add the beef and sauté for an additional 5 to 10 minutes, or until the meat starts to brown.
11. Stir in the coconut or almond flour, broth, thyme, rosemary, and parsley.
12. Reduce the heat to low and simmer, stirring occasionally, for about 5 more minutes, until the liquid reduces and the sauce starts to thicken.
13. Stir in the tamari at the end.
14. Salt and pepper to taste.
15. Spoon the meat and vegetable mixture in a casserole dish.
16. Spread the mashed cauliflower in a layer over the top.
17. Bake for 35 minutes and serve warm.

*This can be made with lentils or lamb, depending on your preference.

Hamburger Soup

(Serves 4 to 6)

- 2 tablespoons extra-virgin olive oil
- 1 large yellow onion, diced
- 2 garlic cloves, minced
- 1 delicata or acorn squash, peeled and diced
- 3 medium carrots, sliced into ½-inch-thick coin-size rounds
- 1 cup chopped mushrooms, any kind
- 4 cups beef or vegetable broth
- 1 pound ground beef
- 1 head bok choy, leaves and white stems chopped into large chunks
- 1 teaspoon curry powder
- 1 teaspoon paprika
- ¼ cup apple cider vinegar
- 1 tablespoon wheat-free tamari
- Sea salt and freshly ground black pepper to taste

1. In a large soup pot set over medium heat, warm the olive oil.
2. Sauté the onion and garlic until they are fragrant and tender, then add the squash, carrots, and mushrooms, and 2 cups of the broth.
3. Sauté for an additional 10 to 15 minutes, stirring frequently, until the vegetables begin to soften.
4. Meanwhile, in a large cast-iron pan, brown the ground beef until it's tender, stirring frequently.
5. Then add the beef to the soup pot, along with the remaining broth, bok choy, curry powder, and paprika.
6. Raise the heat under the pot to high for 1 minute, then reduce it to low.
7. Add the vinegar and the tamari, and continue to simmer until all the vegetables are soft and beginning to fall apart, or at least cooked well.
8. Salt and pepper to taste and serve warm.

Spiced Flank Steak

(Serves 2)

2 tablespoons apple cider vinegar

3 tablespoons chili powder

2 teaspoons ground cumin

1 tablespoon garlic powder

½ teaspoon red pepper flakes

½ teaspoon minced fresh ginger

1 large or 2 small flank steaks

1. In a small bowl, combine the vinegar, chili powder, cumin, garlic powder, red pepper flakes, and ginger.
2. Rub the mixture over both sides of the steak, coating it entirely.
3. Broil or grill the meat to your preference, rare, medium, or well done.
4. Serve as a steak or slice it into thin strips served over quickly sautéed dark greens, such as spinach, kale, Swiss chard, or bok choy.

Grass-fed Stir Fry

(Serves 8)

2 tablespoons coconut oil
1 yellow onion, roughly chopped
1 garlic clove, minced
1 pound ground beef, grass-fed
2 teaspoons paprika
2 teaspoons minced fresh ginger
1 small bunch bok choy
2 tightly packed cups spinach
6 tablespoons wheat-free tamari
Sea salt and freshly ground black pepper to taste

1. In a large cast iron or sauté pan, over high heat, melt the coconut oil. Reduce heat to medium and add the onion and garlic. Cook, stirring frequently until onions are tender and golden, roughly 4 to 8 minutes.
2. Add the ground beef, paprika, and ginger, stirring frequently to cook through.
3. After 6 to 8 minutes, add the greens to the pan, reduce heat to low and cover.
4. Let everything cook for 4 minutes and then remove cover, stir a few times until well mixed, and if the greens still need to be wilted, cover again for another 2 to 4 minutes.
5. Remove from heat when greens are bright green and wilted.
6. Season with salt and pepper.
7. Serve warm.

Grass-fed Beef Bone Broth

One of the most digestively healing, nourishing and building foods available. It's good to make it frequently and always have some on hand to consume as is or in recipes calling for broth or stock.

Approximately 4 pounds grass-fed beef marrow bones
(often labeled soup bones)

Optional: 3 pounds rib or neck bones with meat

Approximately 4 quarts filtered water

½ cup apple cider vinegar

3 yellow or red onions, roughly chopped

3 carrots, roughly chopped (unpeeled if organic)

3 celery stalks, roughly chopped

8 sprigs of fresh thyme and 1 bunch of parsley, tied
together with unbleached string (leftover tea bag string
works)

2 teaspoons black peppercorns, roughly crushed with the
side of a knife

1. Preheat oven to 350°F.
2. Place half the marrow bones in a large pot with the water and apple cider vinegar and let stand for one hour.
3. Place the other half of the marrow bones (along with optional rib and neck bones if using) in a large roasting pan and cook at 350°F in the oven until well browned and meat is tender. When done, remove from oven and add to the pot with all vegetables.
4. Pour the fat out of the roasting pan (save in a glass jar to use for cooking later) and add a cup or two of water to the pan, swirl to collect as much of the juice as possible and add this liquid to the pot. Bones and vegetables should be covered but with plenty of room (several inches) left at the top.

5. Bring to a boil. Check and remove scum that rises to the top. After skimming it off, reduce heat to low, add thyme and parsley bunch and peppercorns.
6. Simmer for at least 12 hours and up to 24. Remove bones with a slotted spoon and strain everything off so you are left with a clear broth.
7. Let cool in the refrigerator and remove the fat that rises to the top; you can discard or add to the rest of the saved fat for future cooking.
8. Transfer to smaller containers and keep some in the refrigerator for use within the week, storing extra in the freezer for later use. Freezing it in ice cube trays and storing the frozen cubes of broth in bags or plastic containers works well for reheating and easy serving sizes.

VEGETARIAN DISHES

Roasted Squash with Curried Tahini Dressing

(Serves 4 to 8)

1 ambercup or kabocha squash, cut into wedges, with the peel left on

Extra-virgin olive oil

Sea salt and freshly ground black pepper to taste

Curried Tahini Dressing

¼ cup tahini

Juice of 1 lemon

Stevia to taste (be careful not to oversweeten)

1 teaspoon curry powder

1 teaspoon dill, fresh or dried (mince if fresh)

1 teaspoon sea salt

2 tablespoons almond or coconut milk (or water)

1. Preheat the oven to 450°F.
2. Place squash wedges on a baking sheet and drizzle them with olive oil and a dash of salt and pepper.
3. Bake until they are dark and tender (check with a fork), roughly 30 to 40 minutes.
4. Meanwhile, make the dressing. In a blender, purée the tahini, lemon juice, stevia, curry powder, dill, and sea salt until smooth.
5. Add enough almond or coconut milk (or water) to thin the mixture to your desired consistency. (Or whip everything together in a bowl until smooth, if you prefer.)
6. When the squash is ready, remove it from the oven and serve it warm. Either drizzle the dressing over the squash or serve the dressing alongside in small bowls for dipping.

Pad Thai

(Serves 2 to 4)

- 1 small spaghetti squash
- 2 tablespoons coconut oil
- 1 red chili, chopped (use spice level to your preference)
- 2 garlic cloves, minced
- 1-inch fresh ginger piece, peeled and minced
- 1 large yellow onion, roughly chopped
- 1 small head broccoli, cut into florets
- 2 handfuls mung bean sprouts
- ½ cup chopped almonds
- 2 eggs
- Juice of 1 lime, or 1 tablespoon lime juice
- Splash of wheat-free tamari
- Splash of fish sauce (Red Boat brand)
- 1 small handful fresh chopped cilantro

1. Scoop out the flesh of the spaghetti squash and place it in a bowl.
2. Heat a wok or large cast-iron pan over high heat.
3. Add the coconut oil, chili, garlic, ginger, and onion, tossing and sautéing until the onion becomes translucent and tender.
4. Add the broccoli and mung beans sprouts.
5. When the broccoli is bright and tender, possibly turning brown in areas, add the almonds and spaghetti squash flesh.
6. Add eggs, lime juice, tamari, fish sauce, and cilantro. Stir until eggs are cooked. Serve warm.

Warm Zucchini Pesto Pasta

(Serves 2 to 4)

2 tablespoons coconut oil

½ red onion, cut into ¼-inch-thick slices

1 zucchini, peeled (leave unpeeled, if organic) and seeded, then sliced lengthwise into long strips

2 heaping tablespoons dairy-free pesto

2 to 3 tablespoons chopped olives, black or green or kalamata

Zest of ½ lemon

Sea salt to taste

Freshly ground black pepper, roughly 4 to 8 turns of the peppermill, to taste

1. Melt the coconut oil in a large sauté pan set over medium-high heat.
2. Add the onion and sauté until it softens, 3 to 4 minutes.
3. Stir in the zucchini, then add the pesto and combine well.
4. Continue sautéing until all the ingredients are warm.
5. Stir in the olives and lemon zest.
6. Season with salt and pepper and serve.

Thai Vegetable Salad Wraps with Almond Sauce

(Serves 4)

- 1 tablespoon almond butter
- 1 teaspoon grated fresh ginger
- Juice of ½ lemon
- 1 teaspoon apple cider vinegar
- 1 garlic clove
- 1 teaspoon nama shoyu or wheat-free tamari
- Pinch of cayenne
- ⅓ cup water
- 4 large Romaine lettuce leaves
- ½ head Napa cabbage, shredded
- 1 carrot, peeled and shredded
- 2 scallions, thinly sliced
- 6 snow peas, thinly sliced
- 1 cucumber, peeled, seeded, and thinly sliced
- Fresh cilantro leaves, for garnish
- 1 package nori sheets cut into strips, ⅛ inch wide by 2 inches long (The amount of sheets used will vary, so have a package ready; you won't use it all.)
- Optional: thinly sliced almonds, for garnish

1. To make the almond sauce, in a blender purée the almond butter, ginger, lemon juice, vinegar, garlic, nama shoyu or tamari, cayenne, and water until the mixture is creamy. Add more water if the mixture seems too thick.
2. Set aside.
3. Wash the lettuce leaves and set them aside to drain.
4. In a medium bowl, combine the cabbage, carrot, scallions, peas, and cucumber.
5. Spoon about one quarter of the vegetable mixture into each lettuce leaf, roll up the leaves, and set the wraps on a serving platter.
6. Drizzle each wrap with 1 tablespoon of the almond sauce.
7. Garnish with cilantro leaves and strips of the nori or sliced almonds.

Garlic and Summer Vegetable Kelp Noodles

(Serves 2 to 4)

- 8 to 16 ounces kelp noodles
- 2 tablespoons extra-virgin olive oil
- 4 garlic cloves, thinly sliced
- 1 large summer squash, cut into ¼-inch-thick rounds
- 2 handfuls mushrooms, any variety, sliced
- 1 fennel bulb, sliced
- 2 tablespoons chopped fresh basil, or any other fresh herbs you have on hand
- Sea salt to taste
- ¼ cup pine nuts

1. Rinse the kelp noodles under cold water.
2. Drain and set aside.
3. Heat the olive oil in a large sauté pan set over medium-high heat.
4. Add the sliced garlic and sauté until it becomes slightly browned and fragrant.
5. Toss in the squash, mushrooms, and fennel. Continuously shake the pan or continue to stir with a wooden spoon to prevent the garlic from burning for 8 to 10 minutes.
6. Add the kelp noodles and stir for a few more minutes, using a pair of tongs to toss all the ingredients together.
7. Add the basil, letting it wilt, which should be just about when the noodles are perfectly warm.
8. Remove from heat and season to taste with sea salt.
9. Garnish with any additional fresh herbs and the pine nuts, and serve warm or cold.

Garlicky Mashed-Up Frittata

(Serves 2 to 6)

- 2 parsnips, chopped into ¼-inch-thick coins
- 2 tablespoons extra-virgin olive oil
- 4 garlic cloves, minced
- 1 small bunch fresh scallions, chopped
- 4 tightly packed cups chopped kale
- 8 medium eggs
- ¼ cup almond or coconut milk
- 1 teaspoon sea salt
- Freshly ground black pepper to taste

1. Steam the parsnips until tender. Either peel them or leave the skin on, as you prefer. (There are tons of nutrients and fiber in the skin.) Set aside.
2. Preheat the oven to 350°F.
3. In a large cast-iron or other type of ovenproof pan, heat the olive oil over medium heat.
4. Sauté the garlic until golden and fragrant, stirring frequently.
5. Add the scallions and kale, continuing to stir, lowering the heat to medium-low.
6. Sauté the mixture until the kale is wilted and tender.
7. In a medium bowl, whisk together the eggs and the almond or coconut milk, then add the salt and a crack or two of black pepper.
8. Pour the egg mixture into the pan on the stove and stir to combine.
9. Add the parsnips and let everything cook, without stirring very much, for 8 to 10 minutes. Occasionally pull the vegetables and sides back so the uncooked egg mixture runs down to the bottom of the pan and cooks. But don't scramble the eggs. You want the whole thing to begin to set up.

10. Slide the pan into the oven and let it continue to cook for an additional 5 to 7 minutes. When the frittata is cooked through and the top is golden, remove it from the oven and either invert it onto a serving plate or let it cool in the pan for a minute and slice it into pieces.

11. Serve warm or cold.

It makes great leftovers for two to three days.

Vegetable Lasagna with Cashew Cheese

(Serves 4 to 8)

Noodles

- 4 medium summer squash or zucchini, sliced lengthwise into wide strips (roughly ¼ inches thick)*
- Sea salt and freshly ground black pepper to taste

Vegetables

- 1 tablespoon coconut oil
- 1 leek, the white part sliced into ¼-inch-thick rounds, the green part discarded
- 2 portobello mushrooms, gills scooped out with a spoon, sliced into ½-inch-thick strips
- 2 cups sliced crimini or white mushrooms
- 1 medium zucchini, cut into ¼-inch-thick rounds
- 2 garlic cloves, minced
- 4 tightly packed cups of Swiss chard, roughly chopped
- Sea salt to taste

Sauce

- 1 cup cashews, dry-roasted or raw
 - Juice of 1 lemon
 - 1 heaping tablespoon miso
 - 1 teaspoon garlic powder
 - 1 to 2 teaspoons sea salt
1. Preheat the oven to 350°F.
 2. In a medium bowl, toss the long squash slices with a fair amount of salt and pepper, enough to coat.
 3. In a sauté pan, heat ¼ cup water.
 4. Place the squash slices in the water, cover the pan, and gently blanch the squash until just tender, when you can lightly pierce each slice with a fork.
 5. Remove the pan from heat and allow the squash to cool to room temperature, uncovered.

6. In another sauté pan, melt the coconut oil over medium-high heat, then add the leeks and sauté for 2 to 3 minutes before adding the mushrooms and zucchini.
7. Cook for an additional 3 to 4 minutes, then add the garlic and chard.
8. Using tongs, gently stir the mixture in the pan so the chard wilts without browning.
9. Season the mixture with salt and set aside.
10. To make the sauce, in a blender purée the cashews with the lemon juice, miso, garlic powder, and salt.
11. Slowly drizzle in up to ½ cup water as needed to create a smooth, creamy, cheese-like sauce. It's best to keep it on the thicker side so it stays put between the layers when baking.
12. In a medium-size baking pan (an 8 × 8-inch baking dish works well, or any pan you normally use to make traditional lasagna), create your layers. Spread a small amount of sauce in the bottom of the pan.
13. Add a layer of steamed squash slices, side by side.
14. Spread some cashew cheese sauce over those slices as evenly as you can and as thick as you like.
15. Sprinkle some of the vegetable mixture over the cheese layer.
16. Add another layer of cashew cheese.
17. Repeat the layers until all the ingredients are used up, topping with a layer of cashew cheese. There's really no wrong way to do it; some people layer the squash "noodles" first. It's up to you. Any way you do it will turn out delicious.
18. Bake 30 minutes, until the cashew cheese is browned on top and all the layers are soft and melted together.

19. Let the dish cool before you slice it into squares with a sharp knife. (A serrated steak knife often works best for this.)
 20. Lift the squares onto serving plates with a spatula. Don't be alarmed if it falls apart a bit; it'll still taste incredible.
- *To make the noodles, we like to slice the squash with a knife, since these need to be slightly thicker than if you were to use a vegetable peeler. If you do use a vegetable peeler or mandoline, be careful when moving the papery-thin noodles, since blanching makes them very delicate and they'll tear easily.

SALADS

Shaved Fennel Salad with Cheese and Herbs

(Serves 2)

¼ cup miso

¼ cup water

1 handful de-stemmed fresh dill (roughly 3 to 4 tablespoons), or 2 tablespoons dried

2 tablespoons nutritional yeast

3 fennel bulbs, shaved or thinly sliced

¼ cup extra-virgin olive oil

Juice of 1 lemon

4 tightly packed cups mixed greens

1. In a bowl, mix together the miso, water, dill, and nutritional yeast to make a “cheese.” Set aside.
2. In a large bowl, toss the fennel with the olive oil, lemon juice, and mixed greens.
3. When everything is coated, add the “cheese” mixture and toss lightly until everything is just coated and combined.
4. Serve with additional greens for a hearty salad.

Acorn Wedges with Asian Kohlrabi Salad

(Serves 2 to 4)

- 1 large acorn squash
- 1 teaspoon extra-virgin olive oil, plus more for the squash
- 1 carrot, peeled and sliced into thin rounds or diagonal slices
- 1 small leek, the white part thinly sliced, the green part discarded
- 2 cups peeled and diced kohlrabi (can also use broccoli florets)
- 1 tablespoon sesame oil
- 1 teaspoon wheat-free tamari
- 1 teaspoon minced fresh ginger
- 1 teaspoon minced garlic
- 1 tablespoon apple cider vinegar
- Sea salt and freshly ground black pepper to taste

1. Preheat the oven to 450°F.
2. Cut the squash into wedges, leaving it unpeeled, and place the wedges in a baking dish.
3. Drizzle the wedges with some olive oil, then place the dish in the oven, and roast the squash until it is just tender (when you can just pierce each piece with a fork) and turning dark, roughly 25 to 35 minutes. (I like the skin crispy but cook to your own taste.)
4. Steam the carrot, leek, and kohlrabi (or broccoli) until tender. Remove from the heat and uncover to stop the steaming.
5. In a small bowl, whisk together the 1 teaspoon olive oil, sesame oil, tamari, ginger, garlic, and vinegar.
6. Toss the steamed vegetables with the dressing.
7. Place a few spoonfuls of the vegetables on each serving plate, top them with the roasted acorn wedges, and season everything with salt and pepper to taste.

Salmon Niçoise with Parsnips

A slight twist on the traditional, we use salmon and parsnips instead of tuna and potatoes.

(Serves 2)

- 4 medium-size parsnips, peeled and roughly chopped
- 3 tablespoons extra-virgin olive oil
- Sea salt and freshly ground black pepper to taste
- 1 pint cherry tomatoes (if you can find sungolds, they're the best)
- Juice of 1 lemon
- 8 tablespoons apple cider vinegar
- 4 tightly packed cups arugula (roughly 2 cups per serving)
- 2 6- to 8- ounce cans salmon, water or oil packed
- ¾ cup pitted kalamata or black olives

1. Preheat the oven to 450°F.
2. Arrange the chopped parsnips on a baking sheet.
3. Drizzle them with the olive oil, season with salt and pepper to taste, and toss them until they are well coated.
4. Roast them until they're tender, roughly 15 to 20 minutes.
5. Add the tomatoes to the baking sheet, toss with the parsnips, and continue to roast the mixture for an additional 8 or so minutes, until the tomatoes are tender and wrinkled.
6. In a medium bowl, whisk together the lemon juice, apple cider vinegar, and an additional splash of olive oil. (It's nice to use the olive oil left over when parsnips and tomatoes are taken off the baking sheet, as it's flavorful and warm.)
7. On a large serving plate, combine the arugula with the salmon and olives, top with the parsnips and tomatoes, and drizzle everything with the vinaigrette.
8. Serve immediately.

Amazing Green Herb Salad with Black Olives and Dulse

(Serves 2)

- 2 handfuls baby greens mix
- 15 fresh cilantro leaves
- 15 fresh parsley leaves
- 3 fresh chive stems, roughly chopped
- 5 fresh basil leaves, torn by hand into smaller pieces
- 4 tablespoons roughly chopped dill
- 3-inch cucumber chunk, peeled and thinly sliced
- 1 red radish, thinly sliced
- ½ avocado, cut into cubes or sliced lengthwise
- ¼ cup sunflower sprouts
- 6 pitted black olives, sliced
- Dulse seaweed to taste (as a garnish)
- Extra-virgin olive oil to taste

1. Layer the ingredients, beginning with a base of the baby greens, then a mix of all the herbs (the cilantro, parsley, chives, basil, and dill), then the slices of cucumber, radish, and avocado, and top with the sprouts.
2. Sprinkle with the sliced olives and dulse, dress with extra-virgin olive oil to taste, and serve.

Warm Wilted Kale with Chicken

(Serves 2)

- 1 boneless chicken breast
- ½ to 1 teaspoon sea salt
- 1 tablespoon coconut oil
- 2 garlic cloves, minced
- 1 large shallot, sliced into thin circles
- 2 teaspoons capers
- 2 to 4 tightly packed cups of kale, de-stemmed and roughly chopped (any variety)
- Juice of ½ lemon
- ¼ cup roughly chopped pitted olives (any kind; kalamata works well)
- Drizzle of extra-virgin olive oil

1. Cut the chicken breast into thin strips, and season lightly with sea salt. Set aside.
2. Melt the coconut oil in a sauté pan set over medium-high heat. Getting your pan nice and hot will help prevent the chicken from sticking to the pan.
3. Add the chicken strips and cook for 1 minute, then flip each one over.
4. Add the garlic, shallot, and capers, and toss gently.
5. Cook for an additional 1 to 2 minutes, then add the kale.
6. Pour the lemon juice over the kale, give a quick stir, and cover the pan.
7. Cook the mixture until the kale is wilted, about 2 to 3 minutes.
8. Toss in the olives, drizzle in a bit of olive oil, and add a pinch more of salt.
9. Serve warm.

Baby Kale Caesar

(Serves 1 to 2)

- ½ cup raw or dry-roasted pumpkin seeds
- 3 to 4 tightly packed cups baby kale, or a mix of baby kale, chard, and spinach
- 2 hard-boiled eggs, peeled and chopped
- 3 to 4 tablespoons nutritional yeast
- 1 cup Butternut Squash Croutons
- Clean Caesar Dressing (page 213)

Butternut Squash Croutons

- 1 small butternut squash, peeled, seeded, and diced into 1-inch cubes
 - Extra-virgin olive oil, as needed to coat the squash
 - 3 garlic cloves, minced
 - Sea salt and freshly ground black pepper to taste
1. Preheat the oven to 375°F.
 2. For the croutons, toss the diced squash with the olive oil, garlic, salt, and pepper, then arrange them on a baking sheet and bake for 25 minutes, or until the pieces are soft and beginning to caramelize.
 3. Remove the sheet from the oven and set aside.
 4. Place the pumpkin seeds in a small skillet over medium-high heat (no oil is needed). Skip this step if using dry-roasted.
 5. Roast the seeds until they start to brown and pop. Stir frequently and watch carefully to avoid burning them. Remove them from the skillet and set aside.
 6. In a medium bowl, toss together the kale or greens, eggs, nutritional yeast, croutons, roasted pumpkin seeds, and dressing, and serve.

Thai Chicken Salad

(Serves 2 to 4)

2 tablespoons coconut oil

1 shallot, minced

3 garlic cloves, minced

1 pound boneless chicken, cooked and then chopped
or shredded

Juice of 2 limes

2 to 3 tablespoons fish sauce (Red Boat brand)

1-inch fresh ginger piece, peeled and grated

Stevia to taste

Optional: 1 to 2 teaspoons red pepper flakes

3 cups shredded Napa cabbage

½ cup grated carrots

½ cucumber, peeled and seeded, roughly chopped

2 scallions, chopped

12 fresh mint leaves, minced

¼ cup roughly chopped basil leaves

4 to 6 tablespoons fresh minced cilantro

1. In a medium skillet set over medium-high heat, warm the coconut oil.
2. Add the shallot and garlic, and sauté until they start to caramelize, about 5 minutes.
3. Add the chicken and sauté until the meat is fully browned. Set aside. Let cool, then chop or shred.
4. In a large bowl, whisk together the lime juice, fish sauce, ginger, stevia, and optional red pepper flakes.
5. Toss in the chicken mixture, cabbage, carrots, cucumber, scallions, mint, basil, and cilantro, and stir to combine. Serve immediately. This keeps in the fridge for 3 to 4 days.

SALAD DRESSINGS AND SAUCES

Walnut French Dressing

- 1 garlic clove, peeled and minced
- 1 heaping tablespoon Dijon mustard
- 2 tablespoons apple cider vinegar
- 8 tablespoons walnut oil
- ½ teaspoon sea salt
- ¼ teaspoon freshly ground black pepper (more to taste)

Puree all ingredients in a blender until smooth. Keeps for 3 to 4 days at room temperature in a glass jar.

Curried Almond Sauce

- ¼ cup almond butter
- 2 teaspoons curry powder
- 1 tablespoon wheat-free tamari
- Dash of sea salt, or to taste
- 3 tablespoons water

1. Blend the almond butter, curry powder, tamari, and salt together in a bowl or in a blender.
2. Then add the water slowly until the mixture is smooth and creamy. If you desire a thinner sauce consistency, add a bit more water, again slowly. This keeps in fridge for 1 week.

Peppered Vinegar and Oil Dressing

- ¼ cup extra-virgin olive oil
- ¾ cup apple cider vinegar
- 1 teaspoon Dijon mustard
- ½ teaspoon chili powder
- 6 or more cracks of freshly ground black pepper
- Pinch of sea salt

Shake all the ingredients together in a glass jar with a tightly fitting lid until everything is well combined. The dressing will keep for 1 week unrefrigerated.

Sesame Dressing

- 2 tablespoons tahini
- 2 teaspoons chickpea miso
- 2 garlic cloves, finely minced
- 2 teaspoons sesame oil
- 1½ teaspoons lemon juice
- 1½ teaspoons onion powder
- ⅛ teaspoon mustard powder
- ⅛ teaspoon cayenne
- Stevia to taste

Whisk all the ingredients together. Store in a jar in the refrigerator.

Clean Ranch Dressing

1 cup raw cashews, soaked in water for 2 to 4 hours, then drained (or dry-roasted cashews, also soaked)

3 garlic cloves, minced

1 teaspoon dried dill

½ teaspoon celery seed

Juice of 1 lemon

½ cup coconut milk

Sea salt and freshly ground black pepper to taste

2 tablespoons minced fresh chives

1 tablespoon minced fresh parsley

1. In a blender or food processor, blend the cashews, garlic, dill, celery seed, lemon juice, and coconut milk until the mixture is smooth and creamy.
2. Salt and pepper to taste.
3. Add the chives and parsley, and blend just enough to incorporate.
4. Store in a jar in the refrigerator.

Clean Caesar Dressing

- 1 cup raw cashews, soaked in water for 2 to 4 hours, then drained
- 3 garlic cloves, minced
- 3 to 8 roughly chopped anchovies (water or oil packed) to taste (start with 3 and add more if you like a stronger flavor)
- 1 tablespoon chickpea or brown-rice miso
- 1 tablespoon Dijon mustard
- ¼ cup nutritional yeast
- Juice of 1 lemon
- 3 tablespoons wheat-free tamari
- 3 tablespoons extra-virgin olive oil
- Sea salt and freshly ground black pepper to taste
- Water to thin, if necessary

1. In a blender or food processor, blend all the ingredients until creamy, adding only enough water as needed for a smooth consistency.
2. Store in a jar in the refrigerator.

Zippy Lime and Cilantro Dressing

- Juice of 2 limes
- ¼ cup extra-virgin olive oil
- ¼ cup minced fresh cilantro
- 1 garlic clove, minced
- 1 teaspoon ground cumin
- Dash of cayenne, or more if you like more kick
- Stevia to taste
- Sea salt and freshly ground black pepper to taste

Whisk all the ingredients together. Keeps for 1 week in fridge.

Resources

Practitioners and Treatment Centers

Not all doctors are healers, and not all healers are doctors. Here are a few people who have helped Dr. Junger and the Clean team in their healing journey:

Brendan Armm, DAOM, L.Ac.

Doctor of Acupuncture and Oriental Medicine

Director, Lotus East-West Medical Center

2104 Wilshire Boulevard

Santa Monica, CA 90403

(310) 828-8258

www.lotusew.com

armm@lotusew.com

Great acupuncturist.

Dr. Richard Ash

The Ash Center

www.ashcenter.com

Focusing on chronic illnesses, allergies, and joint pain, Dr. Ash is another Clean favorite. He practices in the New York City area.

James Barry

(310) 876-2587

www.wholesome2go.com

Amazing Clean food delivered to your door in the Los Angeles area.

Dr. Susan Blum

Blum Center for Health

www.blumcenterforhealth.com

A functional medicine and lifestyle education center in Rye Brook, New York, the Blum Center facilitates healing by combining treatment and skill building, helping patients establish healthy lifestyle habits for long-term success.

Body Z Alive

1137 Second Street, Suite 205
Santa Monica, CA 90403
(310) 587-2639
www.bodyzalive.com
Great colonics in Santa Monica.

Dr. Ilan Bohm

635 Madison Avenue, 4th Floor
New York, NY 10022
(212) 277-4406
www.ilanbohm.com
Chiropractor, healer, and so much more

Hugo Cory

(212) 396-0020
Hugo teaches powerful tools to master yourself and clean your mind of quantum toxicity

Nell Cotter, LMFT

2730 Wilshire Boulevard, Suite 250
Santa Monica CA 90403
(310) 560-3240
http://therapists.psychologytoday.com/rms/name/Nell_Cotter_LMFT_Santa+Monica_California_83244
A marriage and family therapist in Santa Monica, California, with a specialty in couples counseling. Best I ever met.

Dr. Gabriel Cousens

Tree of Life Rejuvenation Center
www.treeoflife.nu
A place of healing and relaxation in Patagonia, Arizona, Tree of Life serves as a spiritual sanctuary, eco-retreat, lifestyle educational campus, and holistic medical spa. It specializes in type 2 diabetes treatments.

Peter Evans

(310) 721-6480
<http://lifeprinthomeopathy.blogspot.com>

lisa@peterevansinc.com

A gifted emotional healer, Peter Evans describes his work as taking the weeds out of your emotional garden. Incredible impact on people's lives.

Gravity East Village

www.gravityeastvillage.com

Gravity East is a center for healing that offers colon hydrotherapy, infrared sauna treatments, and nutritional consultations.

Dr. Prudence Hall

Hall Center Venice

hallcentervernice.com

Specializing in hormonal health from a functional medicine perspective, Dr. Hall is best known for her successful use of bio-identical hormones for treatment of both men and women.

Dr. Bethany Hays

True North Health Center

www.truenorthhealthcenter.org

True North offers integrative healthcare services in Falmouth, Maine.

Dr. Mark Hyman

Ultra Wellness Center

www.ultrawellnesscenter.com

An international leader in functional medicine, Dr. Hyman is dedicated to finding the root causes of chronic illnesses. In addition to writing several bestselling books, he works with patients at his clinic in Lenox, Massachusetts.

Dr. Leslie Kaplan

Pacific Urology Institute

2021 Santa Monica Boulevard, Suite 510E

Los Angeles, CA 90404

Great urologist. Kidney stone removal surgery.

Davi Khalsa

(310) 278-6333

www.tlcwomanscenter.com

Midwife, home births. Davi Khalsa has infinite wisdom in all areas of motherhood/pregnancy/birthing.

Chris Kresser, L.Ac.

chriskresser.com

A licensed acupuncturist and practitioner of integrative medicine, Chris is dedicated to spreading information about gut health and working with patients with chronic illnesses.

Dr. Steven Levine

2001 Santa Monica Boulevard, Suite 687W

Santa Monica, CA 90404

(310) 829-3350

Western medicine cardiologist with an open mind, great knowledge, and even better bedside manners.

Dr. Amy Myers

Austin UltraHealth

www.austinultraHealth.com

Dr. Myers has helped thousands of patients recover from chronic illness by changing their diet and healing their gut. She looks to find the root causes of illness rather than treating symptoms. Her functional medicine clinic, Austin UltraHealth, is located in Austin, Texas.

Dr. Maggie Ney

Akasha Center for Integrative Medicine

www.akashacenter.com

A naturopath specializing in women's health, Dr. Ney works with a team of holistic doctors at the Akasha Center in Santa Monica (Dr. Edison Demello and Dr. Myles Starr).

Dr. James Novak

Novak Medical Clinic

440 Lamont Street

San Diego, CA 92101

(858) 272-0022

Dr. Novak utilizes alternative healing therapies, like ozone and light therapies, to work with autoimmune diseases and other chronic conditions.

Tracy Piper

The Piper Center

www.thepipercenter.com

A standout colon hydrotherapist, Tracy Piper established a center in New York City to offer healing therapies, such as colonics, massage, acupuncture, and personalized nutrition and detox programs.

Deborah Raoult

(310) 625-3739

www.unfoldingbody.com

deborah@unfoldingbody.com

Doula, healer.

Dr. Radi Shamsi

Los Angeles Gastroenterology Clinic

(310) 453-0504

www.lagidoc.com

Western-trained gastroenterologist with an open mind. Also best for colonoscopies in Los Angeles.

Dr. Rony Shimony

Director, The Mount Sinai Heart and Vascular Midtown Center

485 Madison Ave, 17th Floor

New York, NY 10022

(212) 752-2700

Western medicine cardiologist with an open-golden heart. Dr. Junger's personal recommendation for anyone in need of a cardiologist.

Dr. Ebby Soroudi

10884 Santa Monica Boulevard, 2nd Floor

Los Angeles, CA 90025

(310) 474-2010

www.soroudivision.com

World-class ophthalmologist, master lasik surgeon.

Sylvie

Santa Monica, CA

(310) 458-3157

Psychic, medium, healer extraordinaire.

We Care Spa

www.wecarespa.com

A dedicated detox retreat center in Desert Hot Springs, California, We Care focuses on liquid meals, elimination enhancement through colonics and massage, and lots of rest.

William Wendling

(323) 356-3142

www.oxygenozone.com

Water filtration is very important. William Wendling not only has the best filters I ever found, but offers the best customer support on the planet. He can ship filters all over the world and work with your local plumber on the phone to assure proper installation.

Women to Women

www.womentowomen.com

Dr. Christiane Northrup, a leader in functional medicine, cofounded this clinic in Yarmouth, Maine, and established a solid foundation in a holistic approach to women's health. She no longer practices.



You can visit the Institute for Functional Medicine to find a Functional MD in your area: www.functionalmedicine.org/practitioner.

Recommended Reading and Films

BOOKS

The Blood Sugar Solution: The UltraHealthy Program for Losing Weight, Preventing Disease, and Feeling Great Now!

Dr. Mark Hyman

www.bloodsugarsolution.com

Just one of Dr. Hyman's *New York Times* bestsellers, this book reveals the importance of balanced insulin levels in preventing chronic illness such as diabetes, heart disease, and cancer. Dr. Hyman walks the reader through a six-week program addressing diet, exercise, supplementation, and more.

Blue Zones: Lessons for Living Longer from the People Who've Lived the Longest

Dan Buettner

www.bluezones.com

Explorer Dan Buettner traveled the world to discover why some cultures live longer, fuller lives than others. His book details the strategies for longevity found in these areas, known as blue zones.

The Body Ecology Diet: Recovering Your Health and Rebuilding Your Immunity

Donna Gates

bodyecology.com

A great resource for anyone attempting to heal the gut, with a focus on systemic fungal or candida infection.

Breaking the Vicious Cycle: Intestinal Health Through Diet

Elaine Gottschall

www.breakingtheviciouscycle.info

An introduction to the Specific Carbohydrate Diet, a therapeutic and restorative way of eating, which facilitates gut healing.

Crazy Sexy Diet

Kris Carr

kriscarr.com/products/crazy-sexy-diet

Kris Carr, cancer survivor and Wellness Warrior, shares her low-glycemic, vegetarian program, which emphasizes balancing the pH of the body with whole foods.

Food Rules: An Eaters Manual

Michael Pollan

michaelpollan.com/books/food-rules

Food guidelines made simple by one of the best-known food writers, Michael Pollan.

Getting Real: Ten Truth Skills You Need to Live an Authentic Life

Susan Campbell

Hungry for Change

James Colquhoun and Laurentine ten Bosch

Loving What Is: How Four Questions Can Change Your Life

Byron Katie

A New Earth: Awakening to Your Life's Purpose

Eckhart Tolle

Nourishing Wisdom: A Mind–Body Approach to Nutrition and Well-Being

Marc David

psychologyofeating.com

Marc David and his movement of the Psychology of Eating go well beyond a simple diet. In his book *Nourishing Wisdom*, Marc David explores our emotional and spiritual ties to food and gives the reader real steps to make lasting changes on an emotional and physical level.

Real Food: What to Eat and Why

Nina Planck

www.ninaplanck.com

Nina Planck makes food choices easy, championing traditional and whole foods, such as produce and good-quality meats and dairy, over factory-farmed and overprocessed “foods.”

Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health

Dr. William Davis

www.wheatbellyblog.com

An in-depth look at how changes in food production and wheat farming coupled with our society's emphasis on "healthy whole grains" has actually fostered epidemic proportions of obesity and other health problems. Dr. Davis provides a sound argument for eliminating wheat and gluten from the diet for better health.

MOVIES

Food, Inc.

www.takepart.com/foodinc

A closer look into the food industry, uncovering what we eat and how it is produced.

Food Matters

www.foodmatters.tv

A collection of interviews with leading nutritionists, naturopaths, scientists, doctors, and medical journalists to expose scientifically verifiable solutions for overcoming illness naturally.

Hungry for Change

www.hungryforchange.tv

A look into the deceptive strategies used in the diet, weight-loss, and food industries.

King Corn

www.kingcorn.net

This documentary follows corn from crop to market, emphasizing the manipulation, overabundance, and gross overuse of corn, from corn syrup to animal feed, and how this is affecting the nation's health.

WEBSITES

Kris Carr

kriscarr.com

A crazy, sexy wellness revolution, Kris Carr's personal blog is a source of inspiration and great information.

The Chalkboard

thechalkboardmag.com

A study in living well, this online magazine covers the gamut, from food to style.

Clean Blog

blog.cleanprogram.com

A place for tips on Clean living and Clean recipes.

Institute for Functional Medicine

www.functionalmedicine.org

A place to gather information, learn about upcoming trainings, or find a functional doctor in your area.

Institute for the Psychology of Eating

psychologyofeating.com/blog/ipe-blog

Marc David's Institute for the Psychology of Eating addresses the emotional and spiritual aspects of food, with easy-to-use tips and tools.

Mark's Daily Apple

www.marksdailyapple.com

A guide to the Paleo diet, with plenty of research to back it up.

Mind Body Green

www.mindbodygreen.com

A wellness guide with countless contributing health professionals.

Positively Positive

www.positivelypositive.com

An inspirational daily dose of goodness, with a focus on wellness and living a balanced lifestyle.

Sarah Wilson

www.sarahwilson.com.au

Easy-to-digest information on gut healing, nourishing diets, and recipes.

Skin-Deep Cosmetics Database

www.ewg.org/skindeep

This database offers practical solutions on how to avoid everyday exposure to chemicals found in cosmetics and toiletries.



Visit cleangut.com for many more resources, including a list of product recommendations, extra recipes, and shopping guides.