

THE
GRAIN
BRAIN
WHOLE LIFE
PLAN

Boost Brain Performance, Lose Weight,
and Achieve Optimal Health

BY DR DAVID PERLMUTTER

WITH KRISTIN LOBERG



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*This book is dedicated to my wife, Leize.
To be blessed by your love is the brightest light of my life.*

The Grain Brain Whole Life Plan can help all of the following:

- ADHD
- asthma
- autism
- allergies and food sensitivities
- chronic fatigue
- chronic pain
- mood disorders, including depression and anxiety
- diabetes and irrepressible cravings for sugar and carbohydrates
- heartburn and gastroesophageal reflux disease, or GERD
- overweight and obesity, as well as weight-loss struggles
- memory problems and poor concentration
- headaches and migraines
- chronic constipation or diarrhoea
- frequent colds or infections
- intestinal disorders, including celiac disease, irritable bowel syndrome, ulcerative colitis, and Crohn's disease

- thyroid dysfunction
- multiple sclerosis
- fibromyalgia
- infertility
- insomnia
- joint pain and arthritis
- high blood pressure
- atherosclerosis
- chronic yeast problems
- skin problems such as acne, eczema, and psoriasis
- bad breath, gum disease, and dental problems
- Tourette's syndrome
- extreme menstrual and menopausal symptoms
- and many more

Be On the Lookout: Examples of Popular Sugars and Sweeteners

evaporated cane juice

corn syrup

high-fructose corn syrup

crystalline fructose

fructose

sucrose

malt

maltose

maltodextrin

dextrose

beet sugar

turbinado sugar

invert sugar

aspartame

cyclamate

saccharin

sucralose

Prelude: Assess Your Risk Factors, Know Your Numbers, and Prepare Your Mind

- Assess your risk factors using the quiz on page 70
- Have lab tests performed using the guide on page 72
- Turn off your autopilot (see page 76) and consider fasting for a day

Step 1: *Edit* Your Diet and Pill-Popping

- Learn how to nix the villains in your diet (see page 88) and welcome in the heroes (see page 93) that will help support the structure and function of your body

- Know which supplements you should consider adding to your daily regimen (see page 102) and the medications you should try to dump if possible (see page 113)

Step 2: *Add Your Support Strategies*

- Establish an exercise routine you can sustain (see page 120)
- Pay attention to pain, especially in your back and knees (see page 132)
- Make room for sleep (see page 136)
- Reduce stress and find calm in four simple ways (see page 142)
- Detoxify your physical environment (see page 159)

Step 3: *Plan Accordingly*

- Know when to eat (see page 166), sleep (see page 170), and exercise (see page 168). Train yourself to plan your days so that you achieve your daily goals given your time constraints and responsibilities. Be ruthless with your schedule and your realities

Now, on to the prelude, which will gear you up for Step 1

ASSESS YOUR RISK FACTORS

The quiz below will arm you with some personal data that can help provide a sense of your risk factors for brain disorders and disease,

which can manifest in migraines, seizures, mood and movement disorders, sexual dysfunction, and ADHD, as well as serious mental decline in the future.

Remember, the organs and systems of the body are highly interconnected and intertwined. If this quiz determines that you're at higher risk for brain disease, then it also means you're at greater risk for a medley of other illnesses that are not, in and of themselves, brain related.

Respond to these statements as honestly as possible (Y means yes; N means no). If you don't know the answer to a question, skip over it.

1. Do you suffer from depression or chronic anxiety? Y/N
2. Were you born via C-section? Y/N
3. Are you more than twenty pounds (9kg) overweight? Y/N
4. Have you taken antibiotics at least once in the past year? Y/N
5. Do you avoid exercise? Y/N
6. Do you consume artificial sweeteners at least once a week (found in diet fizzy drinks, sugar-free gum, and other foods or products labeled "sugar-free")? Y/N
7. Are you on a low-fat diet? Y/N
8. Have you been diagnosed with a sleep disorder or do you suffer from insomnia? Y/N
9. Do you take proton pump inhibitors (Prilosec, Nexium, Prevacid) once in a while for heartburn or acid reflux? Y/N

- | | |
|--|-----|
| 10. Do you eat GMO foods such as nonorganic corn and soy? | Y/N |
| 11. Do you feel like you don't handle stress well? | Y/N |
| 12. Do you have a blood relative who has been diagnosed with Alzheimer's disease or coronary artery disease? | Y/N |
| 13. Is your fasting blood sugar 100 mg/dL or greater? | Y/N |
| 14. Have you been diagnosed with an autoimmune disorder (for example, Hashimoto's thyroiditis, Crohn's disease, rheumatoid arthritis, lupus, inflammatory bowel disease, multiple sclerosis, type 1 diabetes, psoriasis, Graves' disease)? | Y/N |
| 15. Do you sometimes take laxatives? | Y/N |
| 16. Do you take a nonsteroidal anti-inflammatory (for example, ibuprofen, naproxen) at least once a week? | Y/N |
| 17. Do you have type 2 diabetes? | Y/N |
| 18. Are you extra sensitive to chemicals often found in everyday products? | Y/N |
| 19. Do you have food allergies or are you gluten sensitive? | Y/N |
| 20. Do you eat bread, pasta, and cereal? | Y/N |

Don't be alarmed if you find yourself answering "yes" to most of these questions. The more yeses you have, the higher your risk for having dysfunctional physiology that might be impacting your health. But you are not doomed. The whole point of this book is to empower you to take charge of your health like never before.

The Villains (“NO”)

As you prepare for this new way of eating, one of the first things to do is eliminate items that you’ll no longer be consuming. Start by removing the following:

All sources of gluten, including whole-grain and whole-wheat forms of bread, noodles, pastas, pastries, baked goods, and cereals. The following ingredients can also hide gluten and should be banished from your kitchen (and check labels to make sure other products don’t contain these):

<i>Avena sativa</i> (a form of oats)	bulgur
baked beans (canned)	caramel color (frequently made from barley)
barley	cereals
beer	chocolate milk (commercially prepared)
blue cheeses	cold cuts
breaded foods	couscous
brown rice syrup	cyclodextrin
broths/stocks (commercially prepared)	

dextrin	ketchup
egg substitute	malt/malt flavoring
energy bars (unless certified gluten-free)	malt vinegar
farina	maltodextrin
fermented grain extract	marinades
flavored coffees and teas	matzo
french fries (often dusted with flour before freezing)	mayonnaise (unless certified gluten-free)
fried vegetables/tempura	meatballs, meat loaf
fruit fillings and puddings	modified food starch
gravy	natural flavoring
hot dogs	nondairy creamer
hydrolysate	oat bran (unless certified gluten-free)
hydrolyzed malt extract	oats (unless certified gluten-free)
ice cream	phytosphingosine extract
imitation crabmeat, bacon, etc.	processed cheese (e.g., Kraft cheese slices)
instant hot drinks	roasted nuts
kamut	root beer
	rye

salad dressings

sausage

seitan

semolina

soups

soy protein

soy sauces and teriyaki
sauces

spelt

tabbouleh

trail mix

triticale

Triticum aestivum (a form
of wheat)

Triticum vulgare (a form of
wheat)

vegetable protein
(hydrolyzed vegetable
protein and textured
vegetable protein)

veggie burgers

vodka

wheat

wheat germ

wine coolers

yeast extract

Many foods marketed as being gluten-free never contained gluten to begin with (such as water, fruits, vegetables, eggs). But the term “gluten-free” does not indicate that a food is organic, low-carb, or healthy. In fact, food manufacturers use this term on products that have been processed so that their gluten has been replaced by another ingredient such as cornstarch, cornmeal, rice starch, potato starch, or tapioca starch, any of which can be equally as offensive. These processed starches can be allergenic and pro-inflammatory.

All forms of processed carbs, sugar, and starch:

agave	honey
cakes	jams/jellies/preserves
candy	juices
chips	maple syrup
cookies	muffins
corn syrup	pastries
crackers	pizza dough
doughnuts	soft drinks
dried fruit	sports drinks
energy bars	sugar (white and brown)
fried foods	sugary snacks
frozen yogurt/sherbet	

Most starchy vegetables and those that grow below the ground:

beetroot	sweet potatoes
peas	sweetcorn
potatoes	yams

Packaged foods labeled “fat-free” or “low-fat”: unless they are authentically fat-free or low-fat and within the protocol, such as water, mustard, and balsamic vinegar.

Margarine, vegetable shortening, trans fats (hydrogenated and partially hydrogenated oils), any commercial brand of cooking oil (soybean, corn, cottonseed, rapeseed, groundnut, safflower, grape seed, sunflower, rice bran, and wheat germ oils): even if they are organic. People often mistake vegetable oils as being derived from vegetables. They are not. The term is incredibly misleading, a relic from the days when food manufacturers needed to distinguish these fats from animal fats. These oils typically come from grains such as corn, seeds, or other plants such as soybeans. And they have been highly refined and chemically altered. The majority of Americans today get their fat from these oils, which are high in pro-inflammatory omega-6 fats as opposed to anti-inflammatory omega-3 fats. Do not consume them.

Non-fermented soy (e.g., tofu and soy milk) and processed foods made with soy: Look for “soy protein isolate” in the list of ingredients; avoid soy cheese, soy burgers, soy hot dogs, soy nuggets, soy ice cream, soy yogurt. Note: Although some naturally brewed soy sauces are technically gluten-free, many commercial brands have trace amounts of gluten. If you need to use soy

sauce in your cooking, use tamari soy sauce made with 100 percent soybeans and no wheat.

The Heroes (“YES”)

First things first: Remember to choose organic wherever possible and non-GMO foods, which will help you steer clear of gut-busting, fattening glyphosate. Choose antibiotic-free, grass-fed, 100 percent organic beef and poultry. This is key, because “grass-fed” doesn’t necessarily mean “organic.” When buying poultry, seek pastured meats that are also certified organic. This means the poultry is raised right on top of living grasses where they can eat all the various grasses, plants, insects, and so on that they can find in addition to their feed. When buying fish, choose wild, which often have lower levels of toxins than farmed.

Beware of the term “natural.” The FDA has not fully defined the word, other than to say that it can be used on foods that do not contain added color, artificial flavors, or synthetic substances. But note that “natural” does not mean “organic,” and it doesn’t necessarily mean a food is healthy. It could still be loaded with sugar, for example. When you see this term, make sure to read the ingredient list.

Vegetables:

alfalfa sprouts

broccoli

artichoke

brussels sprouts

asparagus

cabbage

bok choy

cauliflower

celery	mushrooms
chard	onions
fennel	parsley
garlic	radishes
ginger	shallots
green beans	spinach
jicama	spring onions
kale	turnips
leafy greens and lettuces	water chestnuts
leeks	watercress

Low-sugar fruits:

aubergines	lemons
avocados	limes
bell peppers	pumpkin
courgettes	squash
cucumbers	tomatoes

Fermented foods:

fermented meat, fish, and eggs	live-cultured yogurt
kefir	pickled fruits and vegetables
kimchi	sauerkraut

Healthy fats:

almond milk	medium-chain triglyceride
avocado oil	(MCT) oil (usually derived from coconut and palm kernel oils)
cheese (except for blue cheeses)	nuts and nut butters
coconut oil (see note below)	olives
coconuts	seeds (flaxseed, sunflower seeds, pumpkin seeds, sesame seeds, chia seeds)
extra-virgin olive oil	sesame oil
ghee	
grass-fed tallow and organic or pasture-fed butter	

A note about coconut oil: This superfuel for the brain also reduces inflammation. It's known in the scientific literature as helping to prevent and treat neurodegenerative disease. Use more of it when preparing meals. Coconut oil is heat-stable, so if you are cooking at high temperatures, use this instead of olive oil. (And if you don't like cooking with it, then you can take a teaspoon or two straight, as if it were a supplement—see page 105.) Coconut oil is also a great source of medium-chain triglycerides (MCT), an excellent form of saturated fatty acid. You can also add it to coffee and tea.

Proteins:

grass-fed meat, fowl, poultry, and pork (beef, lamb, liver, bison,
chicken, turkey, duck, ostrich, veal)
shellfish and mollusks (shrimp, crab, lobster, mussels, clams,
oysters)

whole eggs

wild fish (salmon, black cod, mahimahi, grouper, herring, trout, sardines)

wild game

Herbs, seasonings, and condiments:

cultured condiments (lacto-fermented mayonnaise, mustard, horseradish, hot sauce, relish, salsa, guacamole, salad dressing, and fruit chutney)

horseradish

mustard

salsas, if they are free of gluten, wheat, soy, and sugar

tapenade

Note: Sour cream, while technically a fermented dairy product, tends to lose its probiotic power during processing. Some manufacturers, however, add live cultures at the end of the process; look for brands that indicate this on the label (“with added live cultures”).

Other foods that can be consumed occasionally (small amounts once a day or, ideally, just a couple times a week):

carrots

cow’s milk and cream: Use sparingly in recipes, coffee, and tea

legumes (beans, lentils, peas): With the exception that chickpeas and hummus are fine, as long as they are organic. Watch out for commercially made hummus that’s loaded with additives and inorganic ingredients. Classic hummus is simply chickpeas, tahini, olive oil, lemon juice, garlic, salt, and pepper

non-gluten grains:

amaranth

buckwheat

millet

quinoa

rice (brown, white, wild)

sorghum

teff

parsnips

A note about oats: Make sure any oats you buy are truly gluten-free; some come from plants that process wheat products, causing contamination. I generally recommend limiting non-gluten grains because when processed for human consumption (such as milling whole oats and preparing rice for packaging), their physical structure can change, and this may increase the risk of an inflammatory reaction.

Sweeteners: natural stevia and chocolate (at least 75 percent cacao)

Whole sweet fruit: Berries are best; be extra cautious of sugary fruits such as apricots, mangos, melons, papayas, plums (or prunes), and pineapples

Build and Maintain a Herb and Spice Collection

There's no better way to liven up meals than to add a dash of spice or a pinch of fresh herbs. Culinary herbs and spices can transform a dish from drab to fab. Although some do get expensive, you don't have to run out and spend a fortune in one fell swoop to create a spice rack worthy of a cooking magazine. Build it up over time. Here's a list of items you'll want to start collecting and experimenting with in your dishes. Choose garden-fresh organic herbs and non-irradiated herbs and spices wherever possible. You can start by purchasing 25g of each of the herbs and spices you want to try; for items you buy dried, store them in their original containers or transfer them to glass bottles that you can label. For fresh varieties, store them in the refrigerator and use them quickly.

- allspice
- basil
- bay leaves
- black pepper
- cayenne pepper
- chilli powder
- chives
- cilantro (coriander)
- cinnamon

- cloves
- cumin
- curry powder (red and yellow)
- dill
- garlic (powder and fresh cloves)
- ground ginger (and gingerroot)
- mint
- mustard seeds (black and yellow)
- nutmeg
- oregano
- paprika
- parsley
- red chilli flakes
- rosemary
- saffron
- sage
- savory
- sea salt
- tarragon
- thyme
- turmeric
- vanilla pods

Restock Your Pantry

If you followed the kitchen clean-out lists, chances are your pantry might be feeling lonely. You likely had to dump a lot of villains. So what goes in there now, besides your oils and vinegars?

- almond flour
- broth (beef, chicken, and vegetable)
- canned fish (salmon, tuna, anchovies)
- canned tomatoes (including paste)
- canned vegetables
- cocoa powder (at least 75 percent cacao)
- dill pickles
- hot sauces
- nuts and seeds

Now that you've edited your kitchen, it's time to edit your medicine cabinet.

By and large, we don't get anywhere near enough prebiotics. I recommend aiming for at least 12 grams daily, from either real foods, a supplement, or a combination thereof. Again, this is one of the most important steps you can take to nurture the health and function of your good gut bacteria and open the door for a healthy future for yourself. Below is the list of top food sources of natural prebiotics.

- acacia gum (or gum arabic)
- asparagus
- chicory root
- dandelion greens
- garlic
- leeks
- onions
- sunchokes (Jerusalem artichokes)

While some of these may be a bit unfamiliar, my menu plan will show you how to make use of them and get plenty of prebiotic fiber into your diet every day. Health food stores now also carry powdered prebiotic fiber products that you can simply mix with water. These products, which are often derived from acacia gum, provide a convenient source of concentrated prebiotic fiber that will nurture your gut bacteria. Acacia gum has been extensively studied. It has been found

to have a significant impact on weight loss. One recent study showed a dramatic reduction in both body mass index and body fat percentage among healthy adult women taking acacia gum as a nutritional supplement. The FDA considers acacia gum one of the safest, best-tolerated dietary fibers; it doesn't increase the risk of bloating, abdominal cramps, or diarrhea.

So if you are looking for a prebiotic fiber supplement, look for acacia gum. All you need is a level tablespoon or two a day in any beverage—fifteen to thirty minutes before the evening meal is ideal. While 12 grams of prebiotic fiber a day is a great target, it may take a week or two to be able to tolerate that much—you may experience some gas. You can start with just 1 tablespoon of acacia fiber daily and build up to 2 tablespoons daily.

When choosing a prebiotic supplement, look for:

- certified organic, Non-GMO Project verified, vegan, gluten-free labeling
- products that are free of psyllium, soy, and sugar
- no artificial colors, sweeteners, or flavors

Probiotics

As with prebiotics, you can get your probiotics through food and supplements. In terms of food, I recommend keeping the following in your kitchen:

- Live-cultured yogurt. The dairy section has gotten crowded. There are lots of options today when it comes to yogurt, but you have to be careful about what you are buying. Many

yogurts—both Greek-style and regular—are loaded with added sugar, artificial sweeteners, and artificial flavors. Read the labels. If you are sensitive to dairy, try coconut milk yogurt. It is an excellent way to get plenty of gut-promoting enzymes and probiotics into your diet.

- Kefir. This fermented milk product is similar to yogurt. It's a unique combination of kefir grains (a symbiotic culture of yeast and bacteria) and goat's milk that's high in lactobacilli and bifidobacteria, two of the most studied probiotics in the gut. Kefir is also rich in antioxidants. If you are sensitive to dairy or are lactose-intolerant, coconut milk kefir is equally delicious and beneficial.
- Sauerkraut. This fermented cabbage fuels healthy gut bacteria and provides choline, a chemical needed for the proper transmission of nerve impulses from the brain through the central nervous system.
- Pickles. I believe pregnant women crave pickles for a reason. Pickles are one of the most basic and beloved natural probiotics. For many, pickles can be your gateway food to other, more exotic fermented foods.
- Pickled fruits and vegetables. Pickling fruits and veggies, such as carrot sticks and green beans, transforms the ordinary into the extraordinary. Whether you do this yourself or buy pickled produce, keep in mind that only unpasteurized foods pickled in brine, not vinegar, have probiotic benefits.
- Cultured condiments. You can buy or make your own lacto-fermented mayonnaise, mustard, horseradish, hot sauce, relish,

salsa, guacamole, salad dressing, and fruit chutney. Remember to look for sour cream with added live cultures.

- Fermented meat, fish, and eggs. See my website, www.DrPerlmutter.com, for brand ideas and recipes for these. It's best to make these on your own rather than buying commercially made products, which are often processed with other ingredients you don't want.

The number of probiotic supplements available today can be overwhelming. Thousands of different species of bacteria make up the human microbiome, but I have a few gems to recommend:

Lactobacillus plantarum

Lactobacillus acidophilus

Lactobacillus brevis

Bifidobacterium lactis

Bifidobacterium longum

Most probiotic products contain several strains, and I encourage you to seek a probiotic supplement that contains at least ten different strains, with as many of the above-mentioned species as possible. Different strains provide different benefits, but these are the ones that will best support brain health by:

- fortifying the intestinal lining and reducing gut permeability
- reducing LPS, the inflammatory molecule that can be dangerous if it reaches the bloodstream
- increasing BDNF (brain-derived neurotrophic factor), which is fondly known as the brain's "growth hormone"

- sustaining an overall balance of bacteria to crowd out any potentially rogue colonies

If you're wanting to lose weight, I suggest looking for the following species in addition to those above:

Lactobacillus gasseri

Lactobacillus rhamnosus

For those with mood issues, including depression, look for:

Lactobacillus helveticus

Bifidobacterium longum

Remember, plan to take your probiotics on an empty stomach, and aim to take them at least thirty minutes before a meal.

THE SUPPLEMENT CHEAT SHEET

Name	Amount	Frequency
DHA	1,000 mg	daily
Coconut oil	1–2 teaspoons	daily (if not using in cooking/coffee/tea)
Turmeric	500 mg	twice daily
ALA	300–500 mg	daily
Coffee fruit extract	100 mg	daily
Vitamin D	5,000 IU	daily
Prebiotic fiber	12 g	daily (15–30 minutes before dinner)
Probiotics	1 multi-strain capsule	daily (at least 30 minutes before a meal)

Antibiotic prescriptions per 1000 people



Obesity rate



Source: Centers for Disease Control - 2010

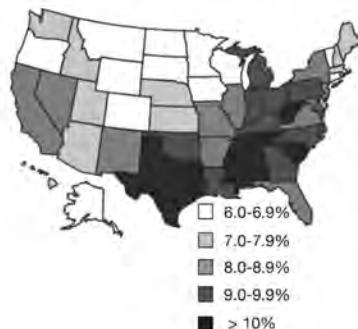
This next graphic shows antibiotics prescriptions per 1,000 people and prevalence of adult diabetes. Again we see a correlation. Also, remember that there is a notable relationship between obesity as well as adult diabetes and the risk for dementia. I think you can see the point I'm trying to reiterate: Our overuse of antibiotics is not only fueling our obesity and diabetes epidemics but also our increasing rates of dementia.

Antibiotic prescriptions per 1000 people



Source: Centers for Disease Control - 2010

Prevalence of adult diabetes



Shoulders: Basic Lifts

Stand up straight with your feet hip distance apart, arms by your side. Hold one weight in each hand, keeping your shoulders down and chest open, and maintain good posture. Lift the weights out to the side to shoulder height (as if you're making a letter "T" with your body). As you lift, with palms facing down, squeeze your shoulder blades together, and then lower the weights. Complete three sets of twelve repetitions (lift and lower twelve times).

Try a variation: Instead of lifting your arms out to the side, lift them up in front of you with straight arms, palms facing down.

Triceps: The Triceps Extension

Hold a free weight with both hands overhead. Try to use a weight that's at least 5 pounds (2kg). Draw your shoulders down and back, and engage your core. While keeping your elbows pointed forward, bend the elbows and allow the weight to lower down behind your head. Then bring the weight back up and overhead by extending your arms. Keep your core and glutes engaged the entire time. Complete three sets of twenty repetitions.

Biceps: Basic Bicep Curl

Stand up straight with your feet hip distance apart, gripping a free weight in each hand. Your starting position is to have your hands down by your sides, palms facing forward. While keeping your elbows close to your torso and your upper arms stationary, lift your forearms up, curling the weights up while contracting your biceps. Complete three sets of twenty repetitions.

Chest: Classic Push-Ups

Lying face down on the floor, place your hands under your shoulders and tuck your toes underneath you. Push up into a plank. Hold for five seconds, then slowly lower down toward the floor, trying to achieve about a 90-degree bend in the elbows. Try not to collapse onto the floor, and repeat the push-up again into the plank position. Complete three sets of twelve push-ups.

Lats: The Wide Row

The best exercise to work these back muscles is to do pull-ups to a raised bar. But another way, using your free weights, is the following. Stand straight, chest up and back flat, while holding a pair of free weights in each hand in front of your thighs with a palms-down grip. Now, slightly bend your knees and lean forward, hinging at the waist. Continue to lean forward until your upper body is almost parallel to the floor. Let the weights hang straight down in front of your shins. With your head in a neutral position and your eyes focused on the floor in front of you, lift both weights straight up, bending at the elbows. This is a rowing-like motion but you're in a semi-squat. Don't alter the angles at your knees and hips and lower the weights back after a short pause. Complete three sets of twelve repetitions.

Thighs/Quads: Lunges

Stand up straight with your feet hip distance apart, and have a slight bend in your knees. Hold the free weights down at your sides. This is your starting position. Now, step forward with your right leg while

maintaining your balance and squat down through your hips. Keep your torso straight and your head up. Don't let your knee extend out over your toes. Using your heel to drive you, push yourself back to the starting position. Repeat this motion with your left leg to complete the full rep. Do three sets of twelve repetitions.

Calves: Tippy-Toes

Stand up straight with your feet hip distance apart. Hold a free weight in each hand, with each weight hanging by your sides. Push up onto your tippy-toes, and hold there for five seconds. Return to the start. Complete three sets of twelve repetitions.

Core: The Classic Sit-Up

Sit on the floor with your knees bent and your heels touching the floor. Cross your arms on your chest, making an "X." Make sure to keep your shoulders dropped and relaxed to avoid tension in the neck. With your feet firmly on the ground, lay back as far as you're able before rising back up. Maybe you can get all the way to the floor, maybe not. Continue doing sit-ups for one minute, then take a thirty-second break. Repeat for five rounds.

Core: Bicycle Crunch

Begin in the same starting position as the sit-up (see above). Twisting gently, bring your left knee and right elbow toward one another. Return to the starting position. Complete the movement with the right knee and left elbow. Continue for two minutes, then take a thirty-second break. Repeat for five rounds.

Reading a short but meaningful quotation is a great way to cap a deep-breathing session. Here are thirty suggestions to get you started:

1. If you do not change direction, you may end up where you are heading. — Lao Tzu
2. If not now, when? — Rabbi Hillel
3. The best and most beautiful things in the world cannot be seen or even touched—they must be felt with the heart. — Helen Keller
4. We must let go of the life we have planned, so as to accept the one that is waiting for us. — Joseph Campbell
5. Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time. — Thomas A. Edison
6. Consult not your fears but your hopes and your dreams. Think not about your frustrations, but about your unfulfilled potential. Concern yourself not with what you tried and failed in, but with what it is still possible for you to do. — Pope John XXIII
7. If you want others to be happy, practice compassion. If you want to be happy, practice compassion. — Dalai Lama
8. Perseverance is not a long race; it is many short races one after the other. — Walter Elliot

9. Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish.— John Quincy Adams
10. As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.— John F. Kennedy
11. True success is overcoming the fear of being unsuccessful.— Paul Sweeney
12. Peace is not absence of conflict; it is the ability to handle conflict by peaceful means.— Ronald Reagan
13. Once we accept our limits, we go beyond them.— Albert Einstein
14. God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.— The Serenity Prayer
15. The only real security is not in owning or possessing, not in demanding or expecting, not in hoping, even. Security in a relationship lies neither in looking back to what it was, nor forward to what it might be, but living in the present and accepting it as it is now.— Anne Morrow Lindbergh
16. Never give up, and be confident in what you do. There may be tough times, but the difficulties which you face will make you more determined to achieve your objectives and to win against all the odds.— Marta Vieira da Silva
17. The friend in my adversity I shall always cherish most. I can better trust those who helped to relieve the gloom of my dark hours than those who are so ready to enjoy with me the sunshine of my prosperity.— Ulysses S. Grant
18. Faith is the bird that feels the light when the dawn is still dark.— Rabindranath Tagore
19. There are two great days in a person's life—the day we are born and the day we discover why.— William Barclay

20. There is no end to education. It is not that you read a book, pass an examination, and finish with education. The whole of life, from the moment you are born to the moment you die, is a process of learning. — Jiddu Krishnamurti
21. Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it. — Jalal Al-Din Rumi
22. Let the one among you who is without sin be the first to cast a stone. — Jesus Christ
23. You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You yourself, as much as anybody in the entire universe, deserve your love and affection. — Buddha
24. We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop. — Mother Teresa
25. We must welcome the future, remembering that soon it will be the past; and we must respect the past, remembering that it was once all that was humanly possible. — George Santayana
26. Despite everything, I believe that people are really good at heart. — Anne Frank
27. The only thing worse than being blind is having sight but no vision. — Helen Keller
28. In the end, it's not the years in your life that count. It's the life in your years. — Abraham Lincoln
29. It does not matter how slowly you go as long as you do not stop. — Confucius
30. Accept the challenges so that you can feel the exhilaration of victory. — George S. Patton

I've already made my case against glyphosate, the main ingredient in Roundup. Here are some additional ideas to support a cleaner way of life:

- When buying canned foods, be sure the cans are not lined with BPA. Look for “BPA-free lining” language on the can.
- Avoid using nonstick pans and other cookware. Teflon-coated wares contain perfluorooctanoic acid, or PFOA, which the EPA has labeled a likely carcinogen. Cast-iron cookware, ceramic, uncoated stainless steel, or glass are your best bet.
- Minimize the use of the microwave. Never place plastic—including plastic wrap—in a microwave. Don't put hot foods in plastic, which can release nasty chemicals that are absorbed by the food.

- Avoid plastic water bottles, or at least avoid plastics marked with “PC,” for polycarbonate, or the recycling labels 3, 6, or 7 on the little triangle. Buy reusable bottles made of food-grade stainless steel or glass.
- When it comes to toiletries, deodorants, soaps, cosmetics, and general beauty products, switch brands when you restock. Remember, your skin is a major entry point to your body, and what you slather on may make its way inside to inflict harm. Look for organic certification and choose products that are safer alternatives. Use the Environmental Working Group’s (EWG) user-friendly website (www.ewg.org) and I Read Labels For You (www.ireadlabelsforyou.com) to find the safest products. Endocrine-disrupting chemicals, or EDCs, have been shown to disrupt normal metabolism and even trigger weight gain. The most insidious ones are:
 - aluminium chlorohydrate (in deodorants)
 - diethyl phthalate (in perfumes, lotions, and other personal care products)
 - formaldehyde and formalin (in nail products)
 - “fragrance” and “parfum” (in perfumes, lotions, and other personal care products)
 - parabens [methyl-, propyl-, isopropyl-, butyl-, and isobutyl-] (in cosmetics, lotions, and other personal care products)
 - PEG/ceteareth/polyethylene glycol (in skin care products)

- sodium lauryl sulfate (SLS), sodium laureth sulfate (SLES), and ammonium lauryl sulfate (ALS) (in a variety of products: shampoos, body washes and cleansers, liquid hand soaps, laundry detergents, hair color and bleaching agents, toothpastes, makeup foundations, and bath oils/bath salts)
- TEA (triethanolamine) (in skin care products)
- toluene and dibutyl phthalate (DBP) (in nail polishes)
- triclosan and triclocarban (in antibacterial hand soaps and some toothpastes)
- Select household cleaners, detergents, disinfectants, bleaches, stain removers, and so on that are free of synthetic chemicals (look for brands that use natural, nontoxic ingredients; again the www.ewg.org site can be helpful here). Or make your own: Simple, inexpensive, and effective cleaning products can be made from borax, baking soda, vinegar, and water (see the box on page 163).
- Indoor air is notoriously more toxic than outdoor air due to all the particulate matter that comes from furniture, electronics, and household goods. Ventilate your home well and install HEPA air filters if possible. Change your air-conditioning and heating filters every three to six months. Get the ducts cleaned yearly. Avoid air deodorizers and plug-in room fresheners. Reduce toxic dust and residues on surfaces by using a vacuum cleaner with a HEPA filter. Naturally ventilate your house by opening the windows.

- Request that people take off their shoes upon entry.
- Plants—such as spider plants, aloe vera, chrysanthemums, gerbera daisies, Boston ferns, English ivies, and philodendrons—naturally detoxify the environment. Keep as many in your home as possible.
- When purchasing clothes, fabrics, upholstered furniture, or mattresses, choose items that are made of natural fabrics with no flame-retardant, stain-resistant, or water-resistant coatings. (Some states mandate a certain level of flame retardants on products, but do your best to find the most natural products possible.)
- Wet-mop floors and wipe down windowsills weekly.
- Speak with your local garden store or nursery personnel for recommendations on pesticide- and herbicide-free products you can use in your garden to control pests.

THREE HOMEMADE CLEANING PRODUCTS

All-purpose cleaner and deodorizer:

115g bicarbonate of soda

2 liters warm water

Combine the ingredients and store in a spray bottle.

Glass and window cleaner:

1 liter water

250ml white vinegar

125ml 70% rubbing alcohol

2 to 4 drops essential oil (optional, for aroma)

Combine the ingredients and store in a spray bottle.

Disinfectant:

2 teaspoons borax

4 tablespoons white vinegar

750ml hot water

Combine the ingredients and store in a spray bottle.

While it may seem like an overwhelming task to clear out your house of questionable products and replace them with alternatives, it needn't be stressful and you needn't do it all in one day. Go one room or one product at a time. The goal is to do the best you can based on what you can afford and what you're willing to change. As part of your daily checklist during the 14-day menu plan, I'll ask you to do one thing that helps you to detoxify your physical environment.

But before we get to that, there's one more step to take that will help you pull all these ideas together: Plan accordingly.

Here is a sample exercise plan for someone who already has a baseline level of fitness and is hoping to gain more strength and fitness with higher-intensity workouts and longer stretches of moderate activity throughout the week. Note that Sunday doesn't have to be the "off" day of rest — here, it's Wednesday. Plan those longer workouts on days when you have more time, which for many is over the weekend.

Monday: Midday brisk walk (twenty to thirty minutes); weight training and stretching at the gym after work (twenty minutes)

Tuesday: fifty-minute indoor cycling class in the morning, plus ten minutes of stretching

Wednesday: Crazy busy day – thirty minutes of brisk walking anytime during the day, and fifteen minutes of weight-bearing exercises and light stretching while dinner is cooking

Thursday: Elliptical machine (thirty minutes) in the morning, plus ten minutes of stretching

Friday: Vinyasa flow yoga class at 6 p.m.

Saturday: Weekend Warrior Power Walking Group at 9:30 a.m. (ninety minutes)

Sunday: Elliptical machine (forty minutes), plus weight-bearing exercises and stretching (twenty minutes)

The more specific you are with your formal exercise plan during the week, the more likely you are to stick to it.

Below is a daily checklist followed by a sample daily schedule.

Your Daily Checklist

- ☐ Get up and go to bed at the same time daily.
- ☐ Take your supplements, including your prebiotics and probiotics. See page 112 for your cheat sheet about which supplements to take, how much, and when.
- ☐ Unless you're skipping breakfast, which I encourage you to do at least once a week, make sure you're getting a little protein in the morning. Remember that eggs are a perfect way to start the day.
- ☐ Do cardio exercise for a minimum of twenty minutes, with stretching before and after. Every other day, do weight-bearing exercises (see www.DrPerlmutter.com for videos). See page 168 for information about timing your exercise.
- ☐ Do one small thing to clean up your physical environment (see page 159).
- ☐ Eat lunch before 3 p.m.
- ☐ Drink water throughout the day.
- ☐ Take a ten-minute distraction-free timeout in the a.m. and p.m. to check in with yourself, maybe do some deep breathing (see page 155), write in a journal, or read an inspiring quote or

passage from a book. If you'd like to try meditation, go to www.how-to-meditate.org/breathing-meditations.

- ☐ Plan dinner so that it's not within four hours of bedtime.
- ☐ Try to be in bed with the lights out before 11 p.m.

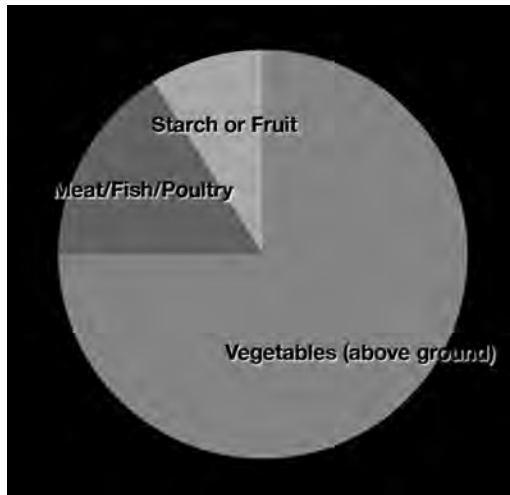
Sample Daily Schedule

6:30 a.m.	Wake up!
6:30–6:45 a.m.	Morning deep-breathing exercise and journal writing
7:00–7:45 a.m.	Exercise (e.g., stationary bike, weight training, and stretching)
7:45–8:15 a.m.	Bathing and grooming
8:15 a.m.	Prepare breakfast and bagged lunch
8:45 a.m.	Out the door for work
12:30 p.m.	Lunch and 20-minute walk
4:00–4:15 p.m.	Snack and a few minutes of self-reflection
5:30 p.m.	Leave work
6:30 p.m.	Supper with kids
7:30–8:00 p.m.	Personal downtime
9:30 p.m.	Cutoff time for electronics, prepare for bed
10:30 p.m.	Lights out!

While there are plenty of apps out there to help you map out your day and send reminders to your phone through texts, there is nothing wrong with using an old-fashioned daily planner. Do what works for you. Get as detailed as you like, but understand that everything in your life should revolve around your eating, exercising, and sleeping patterns. Be consistent, even selfish, with those routines, and your whole body will reap tremendous health benefits. I hate to be cliché, but it's true: Timing is everything.

Make Vegetables Your Centerpiece

Stop thinking about food pyramids. Think in terms of how we eat: using a plate. A full three-quarters of your plate should be filled with fibrous, colorful, nutrient-dense whole vegetables that grow above ground. That will be your main entrée. I bet you're used to seeing your protein as the centerpiece. Now it becomes a side dish of 3 to 4 ounces (100g). Aim to consume no more than 8 ounces (225g) of protein total in a day. You'll get your fats from those found naturally in protein; from ingredients such as the butter, coconut oil, and olive oil used to prepare your meals; and from nuts and seeds (see page 198 for snack ideas).



The Basic Shopping List:

almond butter

avocado oil

almond milk

avocados

almonds

balsamic vinegar

bell peppers	Greek-style yogurt (plain and coconut milk, 2%)
berries	lemons
black pepper	macadamia nuts
broccoli	mixed greens
coconut milk	mozzarella
coconut oil	mushrooms
dark chocolate	olive oil
dark leafy greens, including kale and spinach	olives
feta cheese	onions
free-range chicken	pastured eggs
free-range turkey	sea salt
fresh guacamole	shredded coconut
fresh salsa or pico de gallo	vine-ripened tomatoes
garlic	walnuts
goat cheese	whole fresh seasonal fruit
grass-fed beef	wild salmon

SNACKS

Better blood sugar control means you are not likely to feel super hungry in between meals. You won't be crashing an hour after that bagel

breakfast because bagels are not on the program. Two 70-calorie eggs, for instance, can get you through an entire morning. So even though you might not need to snack, it's nice to know you can whenever you want to on this diet. I recommend keeping some of the less perishable snack options on hand as "emergency food" when you're on the go or at work. Keep a stash of nuts and jerky in your car, purse, or desk at work, just in case. That way, you won't get stuck running behind schedule when it's time for lunch and be tempted by the nearest fast-food restaurant or food truck. Here are some healthy snack ideas:

- a handful of raw nuts, olives, and/or seeds (no peanuts)
- a few squares of dark chocolate (anything above 70 percent cacao)
- chopped raw vegetables (e.g., bell peppers, broccoli, cucumbers, radishes) dipped into guacamole, tapenade, hummus, tahini, baba ganoush, soft goat cheese, or nut butter
- slices of cold roasted turkey, roast beef, or chicken dipped into mustard and Grain Brain Mayonnaise (page 227). [Note: Be wary of traditional deli meats, especially those that are packaged. They can be contaminated with gluten depending on how they are processed. Always ask at the deli counter for fresh, unprocessed meats that they can slice right there.]
- half an avocado drizzled with olive oil, lemon, salt, and pepper
- two hard-boiled eggs
- caprese salad: 1 sliced tomato topped with sliced fresh mozzarella cheese, drizzled with olive oil and sprinkled with basil, salt, and pepper

- Tomato-Basil Tower with Kefir Dressing, Bacon, and Fresh Dill (page 231)
- cold peeled prawns with lemon and dill
- smoked salmon (Optional: Try dipping smoked salmon in Grain Brain Mayonnaise or spreading goat cheese on top)
- one piece or serving of whole, low-sugar fruit (e.g., grapefruit, orange, apple, berries, melon, pear, cherries, grapes, kiwi, plum, peach, nectarine)
- grass-fed beef, turkey, or salmon jerky
- lacto-fermented vegetables (Try my Mixed Vegetable Kraut on page 243)
- protein bars (See my recipe online at www.DrPerlmutter.com)

Remember, this type of diet is self-regulating: You won't be victimized by blood sugar chaos brought on by too many carbohydrates stimulating irrepressible hunger and cravings. Much to the contrary, you'll feel satisfied quickly and for several hours by the fat and protein in your meals. So say goodbye to feeling foggy, sluggish, hungry, and tired throughout the day. And say hello to a whole new vibrant you. Here comes 14 days of deliciousness.

14 DAYS OF DELICIOUSNESS

Recipes in boldface are included in Chapter 11. Recipes marked with an asterisk (*) can be found on my website, www.DrPerlmutter.com.

Day 1:

Breakfast: 2 poached eggs topped with salsa or pico de gallo + half an avocado drizzled with olive oil and a pinch of sea salt

Lunch: **Layered Vegetable Salad** (page 226) with 75g diced grilled chicken mixed in

Dinner: **Mixed Greens with Toasted Walnuts** (page 228) + 75g baked or grilled fish

Dessert: 2 squares of dark chocolate dipped in 1 tablespoon almond butter

Day 2:

Breakfast: skip!

Lunch: **Onion Soup** (page 220) + 2 roasted chicken drumsticks + side of mixed greens

Dinner: **Tuscan-Style Pork Roast** (page 255) + sautéed spring greens + 100g quinoa (optional)

Dessert: **Coconut Pudding** (page 258)

Day 3:

Breakfast: **Broccoli, Mushroom, and Leek Frittata** (page 210) + 250ml almond milk

Lunch: leftover pork roast tossed into mixed greens salad with at least 3 raw vegetables (e.g., broccoli, radishes, green beans) + half an avocado + drizzle of olive oil

Dinner: grilled steak + roasted vegetables + leftover onion soup

Dessert: 60g fresh berries topped with coconut milk

Day 4:

Breakfast: leftover frittata + 250ml almond milk (optional)

Lunch: mixed greens salad with at least 3 raw or cooked vegetables topped with grilled fish or chicken

Dinner: **Roast Leg of Grass-Fed Lamb** (page 253) + unlimited steamed vegetables + 100g wild rice (optional)

Dessert: **Ricotta with Berries and Toasted Almonds** (page 260)

Day 5:

Breakfast: **Strawberry Power Smoothie** (page 213)

Lunch: leftover lamb tossed into mixed greens salad with at least 3 raw vegetables (e.g., broccoli, radishes, green beans) + half an avocado + drizzle of olive oil

Dinner: **Steamed Wild Salmon with Sautéed Leeks and Chard** (page 248) + 100g rice or quinoa (optional)

Dessert: skip!

Day 6:

Breakfast: Greek-style yogurt topped with raw walnuts and fresh berries

Lunch: mixed greens salad with 2 hard-boiled eggs, at least 3 raw vegetables (e.g., celery, spring onions, water chestnuts), half an

avocado, crushed walnuts, and shredded or diced cheddar cheese + 1 piece whole fruit

Dinner: grilled fish, chicken, or steak + grilled courgettes +

Braised Kale (page 233)

Dessert: **Easy Chocolate Mousse** (page 259)

Day 7:

Breakfast: **Baked Eggs and Greens** (page 212)

Lunch: mixed greens and vegetables sautéed in butter and garlic + grilled chicken or fish

Dinner: **Lamb Meatball Soup** (page 223)

Dessert: 2 or 3 squares dark chocolate

Day 8:

Breakfast: 2 fried eggs topped with diced avocado, diced vine-ripened tomatoes, and drizzle of olive oil + unlimited sautéed greens and other vegetables

Lunch: Leftover lamb meatball soup

Dinner: **Broccoli, Mushroom, and Feta Toss** (page 242) + **Herb-Roasted Wild Salmon** (page 247)

Dessert: whole fruit

Day 9:

Breakfast: 3 scrambled eggs with at least 3 vegetables (e.g., spinach, mushrooms, onions) and goat cheese + 250ml almond milk (optional)

Lunch: **Jicama Salad** (page 230) + side of roasted turkey

Dinner: **Thai Vegetable Curry** (page 239) + 75–115g ounces
chicken or steak
Dessert: **Coconut Pudding** (page 258)

Day 10:

Breakfast: coconut milk or plain yogurt topped with nuts and
seeds + 2 hard- or soft-boiled eggs
Lunch: **Layered Vegetable Salad** (page 226) with 75g diced grilled
chicken mixed in
Dinner: **Roasted Chicken Thighs with Parsley Sauce** (page 256)
+ unlimited steamed vegetables + 100g quinoa (optional)
Dessert: skip!

Day 11:

Breakfast: Eggs Benedict with Courgette Pancakes* or **Breakfast
“Porridge”** (page 214)
Lunch: leftover roasted chicken thighs + mixed greens and
vegetable salad
Dinner: grilled fish of your choice + roasted asparagus and
brussels sprouts + **Sunchoke Fritters** (page 234)
Dessert: 25–50g cheese

Day 12:

Breakfast: skip!
Lunch: mixed greens salad with at least 3 raw or cooked

vegetables topped with grilled fish or chicken + **Sunchoke**

Gratin (page 236)

Dinner: grilled chicken or fish + **Mixed Vegetable Kraut**

(page 243)

Dessert: **Easy Chocolate Mousse** (page 259)

Day 13:

Breakfast: coconut milk yogurt topped with nuts and seeds + 2

hard- or soft-boiled eggs

Lunch: leftover vegetable kraut tossed into mixed greens salad or

beside grilled fish or poultry

Dinner: **Grass-Fed Beef Burgers** (page 252) + mixed green salad

or **Fish Fillets with Black Olives, Artichokes, and Shaved**

Brussels Sprout Slaw (page 250)

Dessert: skip!

Day 14:

Breakfast: **Strawberry Power Smoothie** (page 213) or Oatless

Oatmeal* + 2 eggs any style

Lunch: **Creamy Cauliflower Soup** (page 221) + mixed greens

salad with shredded chicken mixed in

Dinner: **Pea and Goat Cheese Custards** (page 218) + mixed

greens salad + 75g meat or fish

Dessert: whole fruit

Congratulations! You've made it through two weeks on the Grain Brain Whole Life Plan eating nutrient-dense foods that fill your heart

and soul. Hopefully you've incorporated other elements on that checklist (see page 173) into your new lifestyle, too. I'm confident you can keep going. If you don't know what to eat after these two weeks, just repeat the same 14-day meal plan until you get used to cooking and eating this way and feel confident enough to start experimenting in the kitchen. Now let's get to the recipes.

The Recipes

GET READY TO MAKE SOME delicious meals using the recipes in this chapter. When buying ingredients, remember to choose organic, grass-fed, GMO-free, gluten-free, and wild whenever possible. Reach for extra-virgin olive and coconut oils. Check labels on all packaged goods to be sure they don't contain anything suspicious (see page 88). Most of the ingredients you'll need are now widely available and found in supermarkets. Some of these recipes are more time-consuming to make than others, so plan ahead and feel free to swap one for another if you don't have the extra time. Ultimately, have fun with these recipes and enjoy being your own personal chef.

EGGS AND OTHER BREAKFAST DISHES

Broccoli, Mushroom, and Leek Frittata

Serves 4

A frittata can be made with almost any combination of vegetables and/or meat, even leftovers. Some tasty combinations might be pumpkin-mint, tomato-basil, asparagus-salmon, onion–chopped greens, summer squash–feta, chopped pork–Gruyère — the list can go on and on. Frittatas are perfect for breakfast, brunch, lunch, or dinner and can be eaten hot out of the oven or at room temperature.

- 1 tablespoon unsalted butter, preferably from grass-fed cows
- 1 tablespoon extra-virgin olive oil
- 225g diced leeks, white part only
- 6 large mushrooms, stems removed, cleaned, and thinly sliced
- 1 teaspoon minced garlic
- 120g finely chopped tenderstem broccoli or broccoli
- Sea salt and freshly ground black pepper
- 5 large eggs
- 4 tablespoons grated Parmesan cheese
- 2 large egg whites

Preheat the oven to 180°C/gas 4.

Generously butter a 20cm deep-dish pie plate or ovenproof frying pan. Set aside.

Combine the butter and olive oil in a large sauté pan over medium heat. Add the leeks and cook, stirring frequently, for about 4 minutes

or just until wilted. Add the mushrooms and garlic and continue to cook, stirring frequently, for about 12 minutes or until the mushrooms have exuded their liquid and begun to brown. Stir in the broccoli and continue to cook, stirring frequently, for another 3 to 4 minutes, until the broccoli is slightly soft. Lightly season with salt and pepper.

While the vegetables are cooking, place the whole eggs in a medium bowl, whisking to lighten. Add 2 tablespoons of the cheese and season with salt and pepper.

Place the egg whites in a medium bowl and, using a handheld electric mixer, beat until firm, but not dry. Fold the beaten egg whites into the egg mixture, folding only until small pieces of egg white are still visible.

Scrape the broccoli mixture into the eggs, stirring to blend. Pour into the prepared pan, gently smoothing out the top with a spatula. Sprinkle with the remaining 2 tablespoons of cheese and transfer to the oven.

Bake for about 20 minutes or until the center is set and the top is golden brown and almost crisp around the edges.

Remove from the oven and let stand for a couple of minutes before cutting into wedges and serving.

Nutritional Analysis per Serving: calories 278, fat 15 g, protein 18 g, carbohydrates 20 g, sugar 6 g, fiber 6 g, sodium 286 mg

Baked Eggs and Greens

Serves 6

This is a terrific Sunday brunch dish. The recipe is easily doubled; just use two baking dishes. Make sure that you remove the dish from the oven before the eggs are fully cooked, as you want the yolks to be runny when served so that they can be mixed in with the greens.

1 tablespoon extra-virgin olive oil

1 tablespoon unsalted butter, preferably from grass-fed cows

115g chopped leeks, white part only

1 tablespoon chopped garlic

Sea salt and freshly ground black pepper

2 bunches Swiss chard, tough stem ends removed and cut into large pieces

4 tablespoons chopped sun-dried tomatoes

1 tablespoon chopped fresh basil

75ml double cream, preferably from grass-fed cows

12 large eggs

60g grated fontina cheese

Preheat the oven to 200°C/gas 6.

Generously coat a 23 by 32 by 5cm baking dish with butter. Set aside.

Heat the oil and butter in a large frying pan over medium heat. Add the leeks and garlic, season with salt and pepper, and cook, stirring occasionally, for about 8 minutes or until the leeks are quite soft.

Begin adding the chard, a couple of handfuls at a time, tossing to soften and wilt before adding another batch. When all of the chard has been added, add the tomatoes and basil. Season with salt and

pepper and continue to cook, tossing and turning, for about 10 minutes or until very soft.

Stir in the cream and continue to cook for about 6 minutes or until the cream has almost evaporated. Taste and, if necessary, season with additional salt and pepper.

Spoon the chard mixture into the prepared baking dish, spreading it out into an even layer. Using the back of a soup spoon, make 12 small indentations in the chard. Crack one egg into each indentation. When all of the eggs are nestled in the chard, season each one with salt and pepper and sprinkle the cheese over the top, covering both eggs and chard.

Transfer to the oven and bake for about 15 minutes or until the whites are not quite firm and the yolks are still very runny.

Remove from the oven and let stand for 5 minutes to allow the whites to set before serving.

Nutritional Analysis per Serving: calories 297, fat 21 g, protein 17 g, carbohydrates 10 g, sugar 3 g, fiber 3 g, sodium 585 mg

Strawberry Power Smoothie

Serves 1

Most traditional smoothies and shakes are filled with sugar, but this one lives up to my standards and is an excellent recipe to have on hand for those mornings when you don't have time to create a regular breakfast meal. This smoothie can go with you to work, too, and keep you satisfied for hours.

4 tablespoons unsweetened coconut milk
4 tablespoons water (or more for desired consistency)
40g frozen strawberries
¼ ripe avocado, pitted and peeled
1 tablespoon raw unsalted sunflower seeds or almonds
1 tablespoon hemp seeds
1 tablespoon sunflower seed butter or almond butter
1 teaspoon chopped fresh ginger
½ teaspoon ground cinnamon

Combine all of the ingredients in a blender jar. Blend until completely smooth, scraping down the sides as needed. Serve immediately.

Nutritional Analysis per Serving: calories 380, fat 32 g, protein 10 g, carbohydrates 17 g, sugar 7 g, fiber 7 g, sodium 23 mg

Breakfast “Porridge”

Serves 1

Once you taste this bowl of deliciousness, you’ll never want to go back to your old-fashioned oatmeal. To accompany this dish, have a cup of coffee or kombucha tea, or drink some kefir, almond milk, or coconut milk. This breakfast will keep you satisfied all morning long.

125ml hot water (or more for desired consistency)

1½ tablespoons chia seeds

1½ tablespoons hemp seeds

1-2 tablespoons sunflower lecithin (optional)

1 tablespoon coconut oil

1 tablespoon almond butter

1 teaspoon ground flax seeds (optional)

1 teaspoon ground cinnamon

5 drops stevia, or to taste

Sea salt

60g blueberries, raspberries, and/or blackberries

Combine all of the ingredients except for the berries in a bowl. Stir well. Top with the berries and serve.

Nutritional Analysis per Serving: calories 460, fat 37 g, protein 12 g, carbohydrates 26 g, sugar 9 g, fiber 11 g, sodium 330 mg

APPETIZERS

Wild Salmon Crudo with Shaved Artichokes

Serves 4

This light but beautiful artichoke salad is the perfect complement to the unctuous raw salmon. If you can't find tender baby artichokes, the salad can be made with raw asparagus or thinly sliced fennel. Eating both the salmon and the artichokes raw gives you many health benefits.

225g wild salmon fillet, skin and pin bones removed

75ml white vinegar

3 baby artichokes

4 tablespoons extra-virgin olive oil, plus more as necessary

2 teaspoons fresh lemon juice

2 tablespoons chopped fresh chives, tarragon, or flat-leaf parsley

Sea salt and freshly ground black pepper

Lemon wedges, for garnish (optional)

Using a very sharp knife, cut the salmon crosswise against the grain into 5mm-thick slices. Place an equal number of the slices in a single layer on each of four chilled plates.

Cover each plate with a sheet of plastic wrap. Working with one plate at a time and using the bottom of a small frying pan (or any flat object), gently press down to flatten the salmon so that it covers the entire plate. Do not press too hard, as you don't want to make the salmon mushy. Leaving the plastic wrap on, transfer the plates to the refrigerator.

Fill a large bowl with cold water. Add the white vinegar and set aside.

Working with one at a time, pull off the tough outer leaves of each artichoke. Then, using kitchen scissors, cut off the pointed, spiked tips of each artichoke and about 5mm off of the top. If the artichokes have stems, cut them off completely also.

Using a vegetable slicer or very sharp knife, slice each artichoke crosswise into paper-thin slices. Immediately drop the slices into the cold, acidulated water to keep the flesh from oxidizing.

When all of the artichokes have been sliced, remove them from the water and pat very dry. Place the well-drained slices in a medium bowl and add 2 tablespoons of the olive oil, along with the lemon juice. Add the herbs, season with salt and pepper, and toss to coat.

Remove the fish from the refrigerator and unwrap. Drizzle an equal portion of the remaining 2 tablespoons olive oil over each plate. Season lightly with salt and pepper. Scatter an equal portion of the shaved artichokes over each plate. If using, garnish with a lemon wedge, and serve immediately.

Nutritional Analysis per Serving: calories 260, fat 17 g, protein 17 g, carbohydrates 13 g, sugar 2 g, fiber 6 g, sodium 260 mg

Pea and Goat Cheese Custards

Serves 4

This very elegant dish can be served as a first course for a dinner party or as a lovely lunch when accompanied by a green salad. Although it's quite rich, the crisp peas and fresh herbs add an unexpected lightness.

Butter, for ramekins

150g frozen petits pois

75g mild creamy goat cheese

4 extra-large eggs, at room temperature

250ml double cream, preferably from grass-fed cows

2 tablespoons grated Parmesan cheese

Sea salt and freshly ground black pepper

2 tablespoons finely chopped spring onions white part only

2 tablespoons minced fresh dill

4 sprigs fresh dill, for garnish (optional)

Preheat the oven to 180°C/gas 4.

Generously butter the interior of four 175ml ramekins. Set aside.

Bring a small pot of water to a boil, and boil the peas for 1 minute. Drain well and pat dry. Set aside.

Place the goat cheese in the bowl of a food processor fitted with the metal blade. Add the eggs, cream, and Parmesan. Season with salt and pepper and process to a smooth puree.

Scrape the cheese mixture into a medium bowl. Add the spring onions and minced dill and stir to blend well.

Season the peas with salt and pepper and spoon an equal portion into the bottom of each of the buttered ramekins. Then spoon an equal portion of the cheese mixture over the peas.

Place the ramekins in a baking pan. Add enough hot water to come halfway up the sides of the ramekins and carefully transfer the baking pan to the oven.

Bake for 25 minutes or until the custards are set in the center and lightly browned around the edges.

Remove from the oven and place the ramekins on a wire rack to cool for 10 minutes.

Garnish each ramekin with a dill sprig, if desired, and serve while still very warm.

Nutritional Analysis per Serving: calories 390, fat 34 g, protein 14 g, carbohydrates 8 g, sugar 1 g, fiber 2 g, sodium 370 mg

SOUPS

Onion Soup

Serves 6

This is about as rich and delicious as the classic French onion soup, even though it lacks the traditional topping of toasted baguette. Although it can be made with all red or all sweet onions, the combination creates a rich color and a slightly sweet flavor.

115g unsalted butter, preferably from grass-fed cows

550g thinly sliced red onions

550g thinly sliced sweet onions

2 bay leaves

1 star anise

125ml brandy

2 liters beef stock or low-sodium beef broth

Sea salt and freshly ground black pepper

175g grated Gruyère cheese

Place the butter in a large saucepan over medium-low heat. Add the onions, bay leaves, and star anise and cook, stirring frequently, for about 20 minutes or until the onions have begun to caramelize and turn a rich golden brown.

Stir in the brandy, raise the heat, and bring to a boil. Boil for 3 to 4 minutes so that the alcohol can cook off. Add the stock and season with salt and pepper. Bring to a boil, then lower the heat and cook at a gentle simmer for 30 minutes or until the onions are meltingly soft and the soup is deeply flavored. Remove and discard the bay leaves and star anise.

Taste and, if necessary, adjust the seasoning. Ladle into deep soup bowls and immediately top each bowl with an equal portion of the cheese so that the heat can begin melting it.

Serve immediately.

Nutritional Analysis per Serving: calories 360, fat 24 g, protein 14 g, carbohydrates 15 g, sugar 9 g, fiber 2 g, sodium 370 mg

Creamy Cauliflower Soup

Serves 4

Although called “creamy,” this soup does not have an ounce of cream in it. It is pure velvety vegetable flavor that is perfection in a bowl. The addition of the brown butter adds extraordinary richness to what is otherwise a very simple soup.

The soup may be made up to 2 days in advance and stored in the refrigerator in an airtight container. Reheat it and make the brown butter just before serving.

1 head cauliflower, trimmed and broken into small pieces, including the tender core

115g chopped leeks, white part only

Sea salt

115g unsalted butter, preferably from grass-fed cows

Freshly ground white pepper

Reserve 8 tablespoons of the cauliflower pieces and place the remaining cauliflower in a medium saucepan. Add the leeks, along with 1 liter cold water. Generously season with salt and place over medium-high

heat. Bring to a boil, then cover and simmer for about 12 minutes or until the cauliflower is very soft.

While the cauliflower is cooking, heat the butter in a small frying pan over medium-low heat. Add the reserved cauliflower pieces and sauté, stirring frequently, for about 7 minutes or until the butter is golden brown with a nutty aroma and the cauliflower is lightly browned and just barely cooked. Remove from the heat and keep warm.

Remove the cauliflower and leek mixture from the heat and, using a slotted spoon, transfer the vegetables to a blender jar or the bowl of a food processor fitted with the metal blade. Add 250ml of the cooking water and reserve the remaining water.

With the motor running, begin pureeing the cauliflower, slowly adding additional cooking water until the mixture reaches a soup-like consistency. Season with salt and white pepper.

Ladle an equal portion of the soup into each of four large shallow soup bowls. Spoon a dollop of the sautéed cauliflower in the center of each bowl and drizzle an equal portion of the brown butter over the top.

Serve immediately.

Nutritional Analysis per Serving: calories 240, fat 23 g, protein 3 g, carbohydrates 8 g, sugar 3 g, fiber 3 g, sodium 314 mg

Lamb Meatball Soup

Serves 8

This dish comes courtesy of Seamus Mullen, chef-proprietor of Tertulia restaurant in New York City. It's a great recipe to use for dinner parties or to make on a Sunday night. Use the leftovers for lunches in the upcoming week.

For the meatballs:

2 large eggs

135g almonds, soaked in milk for 30 minutes, then drained and finely chopped

8 tablespoons chopped mixed fresh herbs, such as oregano, rosemary, and/or thyme

1 tablespoon red wine (optional)

2 cloves garlic, minced

2 tablespoons sea salt

1 teaspoon cayenne pepper

1 teaspoon ground coriander

1 teaspoon ground cumin

1 teaspoon ground fennel

½ teaspoon freshly ground black pepper

1.1kg minced lamb

For the soup:

- 2 tablespoons extra-virgin olive oil, plus more for garnish
- 1 bunch (4 to 6) small carrots, chopped
- 4 cipollini onions or shallots, peeled
- 100g diced king oyster mushrooms
- 1 fennel bulb, trimmed and cut into 2.5cm pieces
- 2 cloves garlic, sliced
- 250ml white wine
- 1.5 liters chicken stock
- 2 bay leaves
- 2 sprigs fresh thyme
- 1 sprig fresh rosemary
- Sea salt and freshly ground black pepper
- 170g red quinoa, rinsed
- 1 jalapeño pepper, stemmed, seeded, and sliced as thinly as possible
- 200g sugar snap peas, cut diagonally in half
- 40g coarsely chopped radicchio
- Freshly chopped dill, coriander, basil, fennel fronds, and/or mint, for garnish

For the meatballs: Whisk the eggs in a large bowl. Add all of the remaining meatball ingredients except for the lamb and mix thoroughly. Add the lamb, then, using your hands, blend everything together. Pinch off a piece of the lamb mixture and gently roll between your hands to form 4cm balls. Continue shaping until all the meat mixture is used.

For the soup: In a large saucepan, heat the olive oil over high heat and quickly brown the meatballs evenly. Transfer to a plate lined with paper towels. Add the carrots, onions, mushrooms, and fennel to the saucepan, and sauté for 3 minutes, then add the garlic and cook for

1 minute. Deglaze with the white wine and allow the alcohol to cook off, about 3 minutes. Add the chicken stock, bay leaves, thyme, and rosemary, and bring to a boil. Reduce the heat to a simmer, and season with salt and pepper.

Add the quinoa and simmer for 15 minutes, until it's just tender, then add the meatballs and gently simmer for 2 minutes. Check the meatballs for an internal temperature of about 48°C; if touched to your lower lip, they should be warm, but not superhot. Once they have reached 48°C at the center, add the jalapeño, sugar snap peas, and radicchio. Simmer for another 3 minutes or until the vegetables are just barely tender but still vibrant.

Serve immediately, finishing each bowl with a healthy drizzle of olive oil and a generous sprinkling of chopped herbs.

Nutritional Analysis per Serving: calories 650, fat 35 g, protein 40 g, carbohydrates 45 g, sugar 8 g, fiber 13 g, sodium 680 mg

SALADS

Layered Vegetable Salad

Serves 6

This is a terrific salad to make when company is expected, as it can be made ahead and tossed at the last minute. The red onions add some nice color, but if you don't have them on hand, white onions will work just fine. However, don't replace the softer savoy or chinese cabbage with ordinary green or red cabbage, as the latter is a bit too tough.

- 3 red onions, peeled and trimmed
- 675g thinly sliced savoy cabbage or chinese leaves
- 1 large jicama or celery heart, peeled, trimmed, and shredded
- 500g thinly sliced radish, preferably red, but any type will do
- 125ml organic, cultured, full-fat plain yogurt
- 125ml Grain Brain Mayonnaise (recipe follows)
- 2 tablespoons chopped sustainably sourced anchovies packed in olive oil (see next recipe for details)
- 2 teaspoons chopped mixed fresh herbs, such as mint, basil, parsley, and/or thyme
- Sea salt and freshly ground black pepper (optional)

Using a vegetable slicer or a very sharp knife, cut the onions cross-wise into paper-thin slices. Place the slices in a large bowl of ice water and let soak for 10 minutes. Pour off the water and pat the onions dry.

Place a thin layer of cabbage in the bottom of a large salad bowl. Top with a thin layer of onions, followed by the jicama, and finally the

radishes. Continue making thin layers, ending with radishes, until all of the vegetables have been used.

Combine the yogurt, mayonnaise, anchovies, and herbs in a small bowl and whisk until well combined. Pour the dressing over the salad, spreading it evenly over the top. Cover with plastic wrap and refrigerate for at least 6 hours or up to 24 hours.

When ready to serve, toss the salad. Taste and, if desired, season with salt and pepper.

Nutritional Analysis per Serving: calories 232, fat 16 g, protein 5 g, carbohydrates 17 g, sugar 7 g, fiber 6 g, sodium 390 mg

Grain Brain Mayonnaise

Makes about 500ml

The secret to this mayonnaise is in its oil. Rather than traditional mayo, which typically uses rapeseed oil, this one calls for avocado oil, which creates a much more delicious, nutritious experience. Use this mayo like you would traditional mayo—as a spread, as a dip, and in dressings. Be sure to buy organic avocado oil. Sustainably sourced anchovies are available online.

3 large egg yolks, at room temperature

½ teaspoon sea salt

¼ teaspoon mustard powder

1 tablespoon champagne vinegar or fresh lemon juice

375 – 500ml avocado oil

1 tablespoon hot water

Fill a blender jar with boiling water and set it aside for a couple of minutes. You just need to heat the jar to help the eggs thicken. Pour out the water and quickly wipe the jar dry. Place the jar on the blender motor. Add the egg yolks and process on medium speed until very thick. Add the salt and mustard powder and quickly incorporate. Add the vinegar and process to blend.

With the motor running, begin adding the oil in an excruciatingly slow drip; the slower the drip, the more even the emulsification. When about half of the oil has been added, you should have a sauce that is like double cream, and you can then begin adding the oil just a bit quicker, as curdling will no longer be an issue. If the mixture seems to be too thick—you want a soft, creamy mix—add just a smidge more vinegar. Continue adding the oil until all of it has been absorbed into the eggs. Then, add just enough hot water (but no more than 1 tablespoon) to smooth the mix. Scrape the mayonnaise into a clean container with a lid. Cover and refrigerate for up to 5 days.

Nutritional Analysis per Serving (1 tablespoon): calories 105, fat 11 g, protein 0 g, carbohydrates 0 g, sugar 0 g, fiber 0 g, sodium 34 mg

Mixed Greens with Toasted Walnuts

Serves 4

Caramelized onion dressing, crunchy walnuts, and slightly bitter greens combine to make an aromatic and satisfying salad. It works well as a lunch main course or as a side dish for grilled fish or poultry.

1 large red onion, peeled and cut lengthwise into 8 wedges
125ml cup plus 1 tablespoon walnut oil
1 tablespoon balsamic vinegar
4 tablespoons chicken stock or canned low-sodium chicken broth
3 tablespoons white balsamic vinegar
Sea salt and freshly ground black pepper
500g finely chopped mixed bitter greens, such as endive, radicchio,
dandelion, mustard, and/or kale
115g chopped toasted walnuts
1 small red shallot, peeled, cut in half lengthwise, and thinly sliced

Preheat the oven to 200°C/gas 6.

Place the onion wedges, cut side down, in a nonstick baking pan. Combine 1 tablespoon of the oil with the balsamic vinegar and drizzle the mixture over the onions. Transfer to the oven and roast, turning occasionally, for about 30 minutes or until golden brown and caramelized.

Remove from the oven and set aside to cool slightly. You want the onions to still be quite warm when you make the dressing.

While still warm, place the seasoned onions in a food processor fitted with the metal blade. Add the remaining 125ml oil along with the stock and the white balsamic vinegar. Process to a smooth, thick puree. Season with salt and pepper. (The dressing may be made in advance, but if so, you will need to warm it slightly before adding to the salad.)

Place the greens in a large salad bowl. Pour the dressing over the top, adding just enough to coat and wilt the greens. You may not need all of the dressing. Toss well.

Add the toasted walnuts and shallot and again toss to combine. Taste and, if necessary, season with additional salt and pepper.

Serve immediately.

Nutritional Analysis per Serving (if all the dressing is used):
calories 600, fat 53 g, protein 14 g, carbohydrates 30 g, sugar 5 g, fiber 17 g, sodium 140 mg

Jicama Salad

Serves 4

The zesty dressing is a perfect match for the slightly sweet, crisp jicama. When paired with the bitter radicchio, it makes for a salad of complex textures and savory flavors.

4 tablespoons finely chopped sun-dried tomatoes

1 tablespoon chopped fresh coriander

1 tablespoon chopped fresh chives

3 tablespoons champagne vinegar

2 teaspoons fresh lime juice

1 teaspoon fresh lemon juice

2 teaspoons extra-virgin olive oil

Freshly ground black pepper

350g julienned jicama

40g shredded radicchio

Parmesan or ricotta salata cheese, for shaving

Combine the tomatoes with the coriander and chives in a small non-reactive container. Stir in the vinegar, along with the lime and lemon juices and the olive oil. Season generously with pepper and stir to blend well. Cover and refrigerate for at least 1 hour or up to 4 hours.

Place the jicama in a large bowl of ice water and refrigerate for 1 hour.

When ready to serve, drain the jicama very well and pat dry. Place in a medium bowl and pour the tomato dressing over the top. Toss to blend well.

Place a layer of radicchio in the center of each of four salad plates. Mound an equal portion of the jicama salad in the center of each plate. Shave the cheese over each plate, and serve immediately.

Nutritional Analysis per Serving: calories 180, fat 9 g, protein 10 g, carbohydrates 12 g, sugar 3 g, fiber 5 g, sodium 350 mg

Tomato-Basil Tower with Kefir Dressing, Bacon, and Fresh Dill

Serves 1

This recipe is from my good friend Fabrizio Aielli, chef at Sea Salt restaurant in my hometown of Naples, Florida. Enjoy it as an appetizer, a refreshing snack on the weekend, or a side to a meal. When you find that perfectly ripe tomato, make this recipe.

- 1 vine-ripened tomato, sliced into 3 slices, top and bottom discarded
- 2 fresh basil leaves
- 2 tablespoons Kefir Dressing (recipe follows)
- 2 slices bacon, cooked until crispy and finely chopped
- 1 tablespoon extra-virgin olive oil
- Sea salt

Stack the tomato slices on a plate, tucking a basil leaf between each layer. Drizzle with the dressing, sprinkle the bacon on top, and finish with the olive oil and salt.

Nutritional Analysis per Serving: calories 273, fat 24 g, protein 9 g, carbohydrates 9 g, sugar, 6 g, fiber 2 g, sodium 480 mg

Kefir Dressing

Makes about 500ml

Kefir has a tart and refreshing flavor. Its texture is similar to a drinking-style yogurt, so it makes a great dressing.

500ml kefir

2 tablespoons red wine vinegar

1 sprig fresh dill, chopped

2 tablespoons extra-virgin olive oil

Sea salt and freshly ground black pepper

In a medium bowl, whisk together the kefir, vinegar, and dill. Whisk in the olive oil, a little at a time, until it is fully incorporated. Season with salt and pepper. Store in an airtight container in the refrigerator for up to 1 week.

Nutritional Analysis per Serving (2 tablespoons): calories 34, fat 3 g, protein 1 g, carbohydrates, 1 g, sugar 1 g, fiber 0 g, sodium 50 mg

VEGETABLES

Braised Kale

Serves 4

After years of being ignored, except in Portuguese cuisine, kale is having its day in the sun. It is high in fiber, filled with antioxidants and vitamins, and a great detoxifier. It has been shown to help lower the risk of many cancers. I think that this is a particularly delicious recipe to add to your kale repertoire.

2 bunches lacinato (or other type) kale

3 tablespoons extra-virgin olive oil

1 large sweet onion, peeled, trimmed, and cut into slivers

1 tablespoon (about 5 large cloves) roasted garlic puree (see Note)

Sea salt

Red chilli flakes

2 tablespoons red wine vinegar

Trim off the tough lower stems of the kale. Stack the leaves and cut them crosswise into thick pieces. Wash very well in cold water, taking care that all dirt has been rinsed off. Drain well, but do not spin off all of the water, as you need it to make the braising liquid.

Heat the oil in a large deep sauté pan over medium heat. Add a layer of kale, along with the onion slivers, and let wilt; then continue adding kale and tossing to incorporate until all of the kale has been added to the pan. Toss in the garlic puree and season with salt and chilli flakes. Cover and braise for about 10 minutes or until very, very tender.

Remove from the heat and uncover. Drizzle in the vinegar and toss to blend. Serve immediately.

NOTE: To make roasted garlic puree: Preheat the oven to 180°C/gas 4. If roasting whole heads, lay the head on its side and, using a sharp knife, cut about 3mm off the stem end. Lightly coat the entire head(s) or cloves of garlic with extra-virgin olive oil. Wrap tightly in parchment paper and place in a baking pan in the oven. Roast until soft and aromatic; whole heads should take about 25 minutes and individual cloves about 12 minutes. Remove from the oven, unwrap, and let cool slightly. Using your fingertips, squeeze the flesh from the skin. The cloves may or may not pop out whole, but either way, it doesn't matter, as roasted garlic usually gets mashed or pureed before use. Use immediately, or cover and refrigerate for up to 1 week.

Nutritional Analysis per Serving: calories 210, fat 12 g, protein 6 g, carbohydrates 24 g, sugar 9 g, fiber 6 g, sodium 140 mg

Sunchoke Fritters

Serves 4

Sunchokes, also known as Jerusalem artichokes, have nothing to do with artichokes or Jerusalem, although they do have a flavor profile quite similar to artichokes. Although often eaten raw in salads, when cooked they can be used in place of potatoes, as they are in this recipe, which is similar to the traditional Jewish dish latkes.

900g Jerusalem artichokes, scrubbed and dried
1 shallot, peeled and minced
4 tablespoons unsalted butter, preferably from grass-fed cows,
melted, plus more as needed
Sea salt and freshly ground black pepper

Using a vegetable shredder, cut the artichokes into julienne. (Alternatively, you may use a food processor fitted with the shredding blade, but this will create wetter shreds than the small, drier strips you desire.) Place the strips in a medium bowl and toss them with the shallot.

Place the mixture into a clean kitchen towel. Pull up the sides of the towel and tightly twist it closed. Continue tightening as you press out any excess liquid from the vegetables.

Add 2 tablespoons of the butter to a 25cm nonstick frying pan placed over low heat. Add the drained artichoke mixture, patting it down with a spatula to make a dense cake. Season with salt and pepper. Cook over low heat for about 12 minutes or until the bottom is crisp and golden brown. Adjust the heat as necessary so that the cake does not get too dark before the artichoke begins to cook through. Add more butter as necessary to keep the cake from sticking.

If you feel like living dangerously, lift the cake up from the pan and turn it over using two spatulas. If not, slide the cake out onto a plate. Then use a second plate inverted over the cake and carefully turn the plate upside down so that the whole cake flips around, browned side up, and then slide it back into the pan.

Return the pan to low heat and again pat the mixture down into the pan. Drizzle the remaining 2 tablespoons butter around the edge of the pan and continue to cook for another 7 minutes or until golden brown and crisp on the bottom and the artichoke are cooked through.

Place a double layer of paper towels on a clean, flat surface. Gently tip the cake onto the paper towels and let rest for a minute or so to allow some of the excess butter to drain off.

Transfer to a serving plate, cut into quarters, and serve.

Nutritional Analysis per Serving: calories 200, fat 8 g, protein 3 g, carbohydrates 29 g, sugar 16 g, fiber 3 g, sodium 150 mg

Sunchoke Gratin

Serves 4

In this gratin, the mellow flavor of the artichokes is nicely enriched by the yogurt and cheese. If you can't find Jerusalem artichokes, you could use artichoke hearts instead. Either way, this is a terrific supper dish served with a big salad.

2 tablespoons unsalted butter, preferably from grass-fed cows

1 tablespoon extra-virgin olive oil

2 large shallots, peeled and cut crosswise into thin slices

1 teaspoon minced garlic

450g Jerusalem artichokes, peeled and cut into thin slices

1 teaspoon fresh thyme leaves

1 teaspoon chopped fresh tarragon leaves

Sea salt and freshly ground black pepper

75-125ml vegetable stock or low-sodium vegetable broth

4 tablespoons organic, cultured, full-fat plain yogurt

50g mature cheddar cheese, grated

Preheat the grill.

Combine the butter and oil in a large frying pan over medium heat. When hot, add the shallots and garlic and cook, stirring occasionally, for about 6 minutes or just until soft and beginning to color.

Stir in the artichokes, thyme, and tarragon. Season with salt and pepper and add 75ml vegetable stock. Cover, reduce the heat to low, and simmer, stirring occasionally, for about 15 minutes or until the artichokes are very tender but not mushy. If the liquid evaporates, add a bit more stock. Uncover and continue to cook, stirring frequently, for about 4 minutes or until the artichokes are nicely glazed.

Remove the artichokes from the heat. Add the yogurt and gently stir to distribute evenly. Taste and, if necessary, season with additional salt and pepper. Sprinkle the cheese over the top and transfer to the grill.

Grill for about 3 minutes or until the cheese is melted and golden brown. Remove from the grill and serve immediately.

Nutritional Analysis per Serving: calories 222, fat 14 g, protein 6 g, carbohydrates 19 g, sugar 10 g, fiber 2 g, sodium 266 mg

Indian-Spiced Cabbage

Serves 6

A little spice added to sautéed cabbage lifts it from the ordinary to the sublime. If you don't like heat, feel free to eliminate the chilli. You may need to add a bit of water along with the cabbage to keep it from browning too quickly. But don't add too much, as a bit of color adds caramelization and savoriness to the mix.

3 tablespoons ghee or clarified butter, preferably from grass-fed cows
1 teaspoon mustard seeds
1 tablespoon minced garlic
1 teaspoon ground turmeric
¼ teaspoon ground cumin
675g red or green cabbage, trimmed, cored, and shredded
1 small green chilli, stemmed, seeded, and minced
Sea salt

Heat the ghee in a large frying pan over medium heat. Add the mustard seeds, cover, and cook for a couple of minutes, just until the seeds begin to pop.

Remove from the heat, uncover, and stir in the garlic, turmeric, and cumin. Return the pan to medium heat and cook, stirring constantly, for about 2 minutes to soften the garlic somewhat. Add the cabbage, chilli, and salt. Cook, tossing and turning, for a minute or so or until all of the cabbage is lightly coated with the seasoned ghee. Cover and cook for about 5 minutes or until the cabbage is still slightly crisp; if you prefer well-done cabbage, cook for an additional 20 minutes or until it is very soft and almost mushy.

Remove from the heat and serve.

Nutritional Analysis per Serving: calories 102, fat 7 g, protein 2 g, carbohydrates 9 g, sugar 4 g, fiber 3 g, sodium 31 mg

Thai Vegetable Curry

Serves 4

Although you can purchase both red and green curry pastes that give that identifiable Thai flavor to curries, I prefer to make my own. It keeps very well and is great to have on hand for last-minute curries. If you want to keep the curry completely vegetarian, you can eliminate the shrimp paste and fish sauce from the recipe. Or, if you prefer, replace the fish sauce and shrimp paste with about 100g shredded wakame or other seaweed to give a hint of the sea without the flavor of seafood.

- 1 tablespoon coconut oil
- 75g chopped onion
- 1 teaspoon minced garlic
- 1 teaspoon chopped fresh ginger
- 3 tablespoons Red Curry Paste (recipe follows)
- 500ml vegetable stock or low-sodium vegetable broth
- 1 (400ml) can unsweetened coconut milk
- 1 small aubergine, trimmed and cut into small cubes
- 1 small red bell pepper, stemmed, seeded, and cut into cubes
- 500g small broccoli florets
- 200g baby spinach, tough stems removed

Heat the oil in a large frying pan over medium heat. Add the onion, garlic, and ginger and cook, stirring frequently, for about 4 minutes or until soft. Add the curry paste, along with the stock and coconut milk, and bring to a simmer. Stir in the aubergine, bell pepper, and broccoli florets and cook, stirring frequently, for about 10 minutes or until the

vegetables are just tender. Add the spinach and lower the heat. Cover and cook for 5 minutes or until the vegetables are very tender.

Serve immediately.

Nutritional Analysis per Serving: calories 290, fat 19 g, protein 7 g, carbohydrates 24 g, sugar 8 g, fiber 8 g, sodium 332 mg

Red Curry Paste

Makes about 250ml

Once you see how easy it is to make homemade red curry paste with this recipe, you'll never buy packaged curry pastes again. This Thai-inspired red curry paste is tastier, richer, and healthier than any you can buy in a store. It can be used in a variety of dishes, including those that feature seafood, poultry, and beef. You can also add a dollop of this paste to soups to add a punch of mouthwatering flavor.

- 10 dried red chillies, stemmed and seeded
- 250ml boiling water
- 10 black peppercorns
- 1 teaspoon caraway seeds, toasted
- 1 teaspoon coriander seeds, toasted
- ½ teaspoon ground turmeric
- ¼ teaspoon ground cinnamon
- 1 large shallot, finely chopped
- 2 tablespoons minced lemongrass or 1 tablespoon grated lemon zest
- 2 tablespoons fresh coriander leaves
- 1 tablespoon minced garlic
- 1 tablespoon shrimp paste
- 1 tablespoon additive-free fish sauce
- 1 teaspoon grated lime zest

Place the chillies in a heatproof container. Add the boiling water and set aside to rehydrate for 15 minutes. Drain well and pat dry.

Combine the drained chillies with the peppercorns, caraway seeds, coriander seeds, turmeric, and cinnamon in a spice grinder or the small jar of a blender. Process until finely ground.

Scrape the chilli mixture into the bowl of a food processor fitted with the metal blade. Add the shallot, lemongrass, coriander, garlic, shrimp paste, fish sauce, and lime zest, and process to a thick paste. If necessary, add cool water, a tablespoon or so at a time, to smooth out the mix.

Scrape the mixture from the processor bowl and place in a nonre-active container. Use immediately, or cover and refrigerate for up to 1 month.

Nutritional Analysis per Serving (1 tablespoon): calories 27, fat 0 g, protein 2 g, carbohydrates 4 g, sugar 0 g, fiber 0 g, sodium 210 mg

Broccoli, Mushroom, and Feta Toss

Serves 4

This one-pot meal is quick to put together and cook; nothing is easier to put on the table after a long day at work. The broccoli can be replaced with a head of cauliflower and the feta with almost any semi-soft or hard cheese you like.

1 head broccoli

2 tablespoons extra-virgin olive oil

1 tablespoon unsalted butter, preferably from grass-fed cows

350g mushrooms, cleaned, stems removed, and sliced

1 teaspoon minced garlic

Sea salt and freshly ground black pepper

225g feta cheese, crumbled

2 tablespoons chopped fresh basil

Cut the broccoli into florets. Trim the outer tough skin from the stalks and then cut the stalks, crosswise, into thin coins. Set aside.

Preheat the grill.

Heat the oil and butter in a large frying pan over medium heat. Add the mushrooms and garlic and cook, stirring occasionally, for about 10 minutes or until the mushrooms begin to exude their liquid and brown around the edges.

Add the broccoli florets and stems and continue to cook, stirring frequently, for another 5 minutes or until the broccoli is crisp-tender. Season with salt and pepper.

Add the feta and basil, stirring to blend. Cover and cook for about 2 minutes or just until the cheese has begun to melt.

Remove from the heat and place under the grill for a couple of minutes to brown slightly. Remove from the grill and serve immediately.

Nutritional Analysis per Serving: calories 300, fat 20 g, protein 15 g, carbohydrates 25 g, sugar 5 g, fiber 6 g, sodium 830 mg

Mixed Vegetable Kraut

Makes 2 liters

Time required to prepare: 1 week

The addition of kale and chilli to the traditional cabbage makes this mixture particularly high in vitamin C, with the liquid as nutritious as the vegetables. Even just a tablespoon will boost your daily intake of the vitamin. For a hint of sourness and even more nutritional value, you can add the juice and zest of 1 Meyer lemon, and for added sweetness, the juice and zest of 1 medium orange. Use the kraut as a side dish for grilled meats, fish, or poultry; toss it into mixed greens as a salad; or eat it as a snack.

450g shredded cabbage

450g jicama or white radish, peeled and shredded

100g shredded kale

75g shredded Granny Smith apple

115g shredded leek, white part only

1 teaspoon minced garlic

1 teaspoon minced hot red chilli

1½ teaspoons fine sea salt, preferably fine Himalayan pink salt

4 tablespoons whey, or 1 package vegetable starter culture

Distilled water, as needed

Combine the cabbage, jicama, kale, apple, leek, garlic, and chilli in a large bowl, tossing to blend. Add the salt and, using your hands, begin massaging the salt into the vegetable mixture, working until the vegetables exude some liquid.

Pack an equal amount of the vegetable mixture and the liquid it has exuded into each of two sterilized 1-liter glass canning jars with clean, unused lids or two 1-liter crockpots with tight-fitting lids. Using your fingertips, a smaller jar or glass that will fit down into the larger jar, or a potato masher, press the mixture down as firmly as you can to allow the liquid to rise up and cover the vegetables. Add 2 tablespoons of the whey to each jar, leaving 2.5–5cm of space between the vegetables and the top of the jar to give them room to expand as they ferment. If the liquid and the whey do not cover the vegetables entirely, add enough cool distilled water to completely cover.

Place a bit of cool water into a small resealable plastic bag. You need just enough water to create a weight to keep the vegetables under the liquid. Seal the bag, eliminating all the air inside, place it on top of the vegetables, and push it down to ensure that the water bag is serving as a weight. Place the lid on the container and seal tightly.

Set aside in a cool, dark spot for 1 week. Check the fermentation process daily to make sure that the vegetables have remained covered with liquid. If the liquid level is low, remove the water bag and set it aside. Remove and discard any scum or mold that has formed, noting that it is not harmful, just unappetizing. Add distilled water to cover. Push the vegetables back down into the liquid, place the water bag on top to press them down, seal tightly, and set aside as before.

After 1 week, the kraut will be ready to eat, but it may also be transferred to the refrigerator and stored for up to 9 months.

Nutritional Analysis per Serving (125ml): calories 30, fat 0 g, protein 2 g, carbohydrates 7 g, sugar 2 g, fiber 1 g, sodium 230 mg

Asian-Scented Greens

Makes 1 liter

Time required to prepare: 3 days

Pickled greens, most frequently mustard, are served throughout Asia—alone or as components of soups, stews, or rice dishes. This recipe carries quite a bit of flavor with the combination of peppery greens, hot chillies, and aromatic ginger and garlic. All the ingredients offer health benefits, and the fermentation makes the whole batch even better for you.

225g dandelion or mustard greens, or kale
1 tablespoon slivered fresh ginger
1 teaspoon slivered garlic
2 hot red or green chillies, cut in half lengthwise
500ml distilled water, plus more as needed
4 tablespoons natural apple cider vinegar
2 tablespoons coconut sugar (see Note)
1 tablespoon fine sea salt
3 star anise

Trim the leaves from the stems of the greens. Cut the stems crosswise into 5cm-long pieces and chop the leaves. Pack the cut stems into a 1 liter glass measuring jug and then add enough chopped leaves to fill the measuring jug when packed down gently. Transfer the greens mixture to a bowl. Add the ginger and garlic, tossing to blend well. Then

pack the greens mixture into a clean, sterilized container, such as a 1-liter glass canning jar with a clean, unused lid or a 1-liter crock with a tight-fitting lid, randomly placing the chillies among the greens as you go.

Combine the distilled water, vinegar, sugar, and salt in a small saucepan over medium heat. Bring to a boil, then immediately remove from the heat.

Add the star anise and let the brine cool for 3 minutes. Pour the hot brine over the greens, taking care that the greens are completely covered. Leave 2.5–5cm of space between the greens and the top of the jar to give them room to expand as they ferment. If there is not enough liquid to cover it, add enough cool distilled water to completely cover.

Place a bit of cool water into a small resealable plastic bag. You need just enough water to create a weight to keep the greens under the liquid. Seal the bag, eliminating all the air inside, place it on top of the greens, and push it down to ensure that the water bag is serving as a weight. Place the lid on the container and seal tightly. Transfer to the refrigerator and allow to ferment for 3 days before serving. The greens may be stored, refrigerated, for up to 6 months.

NOTE: Coconut sugar is available at health food stores, at specialty markets, at some supermarkets, and online.

Nutritional Analysis per Serving (125ml): calories 25, fat 0 g, protein 0 g, carbohydrates 6 g, sugar 2 g, fiber 1 g, sodium 600 mg

FISH

Herb-Roasted Wild Salmon

Serves 4

About as simple as you can get, but also as elegant. The salmon is a wonderful main course for a dinner party, as it cooks quickly and looks so inviting that the cook will be the star of the evening. Always purchase your salmon from a reputable fishmonger, as farmed salmon are often labeled wild. Note that a recent investigation by the conservation group Oceana found that about 43 percent of the salmon labeled in stores as wild was, in fact, farmed, so buyer beware.

1 tablespoon coconut oil

1 tablespoon fresh lemon juice

4 tablespoons chopped fresh herbs, such as parsley, tarragon, chervil, and/or dill, plus more for garnish

1 large shallot, finely chopped

1 (675g) 2.5cm-thick salmon fillet, skin and all pin bones removed

Sea salt and freshly ground black pepper

Lemon wedges, for garnish

Preheat the oven to 230°C/gas 8.

Place the oil and lemon juice in a baking pan large enough to hold the salmon. Transfer the pan to the oven and heat for about 4 minutes or until the oil is very hot.

Working quickly, remove the hot pan from the oven and stir in the herbs and shallot. Season the salmon with salt and pepper and add it to the pan. Carefully turn the salmon a couple of times to coat it

with the herbs and liquid, ending with the skinned side down. Roast, basting two or three times, for about 10 minutes or just until the fish is slightly underdone in the center.

Remove from the oven and carefully transfer to a serving platter, spooning the pan juices over the fish. Garnish with the extra herbs and lemon wedges.

Serve immediately.

Nutritional Analysis per Serving: calories 240, fat 10 g, protein 34 g, carbohydrates 2 g, sugar 1 g, fiber 0 g, sodium 230 mg

Steamed Wild Salmon with Sautéed Leeks and Chard

Serves 4

The sautéed chard makes a colorful base for the pink salmon, but you can use almost any green that is in season. In the spring, dandelion greens will give a slightly bitter contrast to the rich, succulent fish.

2 tablespoons unsalted butter, preferably from grass-fed cows, melted

4 (175g) skinless, boneless wild salmon fillets

Sea salt and freshly ground black pepper

8 thin slices lemon

2 tablespoons extra-virgin olive oil, plus more for drizzling

450g thinly sliced leeks, white part only

675g chopped rainbow chard, tough ends removed

Preheat the oven to 230°C/gas 8.

Place a wire rack large enough to hold the salmon in a rimmed baking sheet. Set aside.

Cut four 25cm square pieces of parchment paper. Using a pastry brush, lightly coat the paper with the melted butter. Set aside.

Lightly season the salmon with salt and pepper. Place a slice of lemon on each piece of paper, top with a piece of seasoned salmon, and top the salmon with another slice of lemon. Tightly wrap each piece of paper around the salmon by folding in the seam and twisting the ends together. Place the wrapped salmon pieces on the rack in the prepared baking sheet.

Place in the oven and allow to steam in the parchment paper for about 8 minutes or just until the fish is slightly underdone in the center.

While the salmon is steaming, heat the olive oil in a large sauté pan over medium-high heat. Add the leeks and sauté for about 4 minutes or until soft but not colored. Add the chard and, using tongs, cook, tossing and turning, for about 4 more minutes or until the leeks and chard are tender. Season with salt and pepper and remove from the heat. Tent lightly with parchment paper to keep warm.

Remove the salmon from the oven and carefully open the paper packets. Be cautious, as the steam will be very hot.

Spoon an equal portion of the chard mixture in the center of each of four plates. Place a piece of steamed salmon on top of each chard mound. Drizzle with olive oil and serve immediately.

Nutritional Analysis per Serving: calories 324, fat 19 g, protein 35 g, carbohydrates 3 g, sugar 0 g, fiber 0 g, sodium 330 mg

Fish Fillets with Black Olives, Artichokes, and Shaved Brussels Sprout Slaw

Serves 2

Chef Fabrizio Aielli, of Sea Salt restaurant, brings us this elegant and tasty dish that uses the local catch of the day. You could use sea bream in lieu of the snapper. Find what's fresh in your area. Feel free to double this recipe for a party of four.

2 (175g) snapper fillets
Sea salt and freshly ground black pepper
4 tablespoons extra-virgin olive oil
2 cloves garlic, smashed
2 sprigs fresh rosemary, chopped
Juice from half a lemon
2 artichokes preserved in oil, quartered
12 pitted kalamata olives
8 tablespoons Shaved Brussels Sprout Slaw (recipe follows)

Season the fish with salt and pepper. Heat a large frying pan over medium-high heat. Add the olive oil and bring to about its smoking point. Add the fish fillets to the pan, skin side down. Turn the heat down to medium and cook for 2 minutes. Using a fish spatula, flip the fillets and add the garlic, rosemary, and lemon juice. Cook for 2 more minutes or until the desired doneness is reached and the fish flakes easily with a fork. Remove the fish from the pan and place on two plates.

To the same pan, add the artichokes and olives and cook for 1 minute. Scatter around the fish, and top each with the slaw. Serve immediately.

Nutritional Analysis per Serving: calories 625, fat 44 g, protein 40 g, carbohydrates 23 g, sugar 3 g, fiber 12 g, sodium 670 mg

Shaved Brussels Sprout Slaw

Serves 2

This delicious slaw goes well with fish dishes. Double or triple the recipe if you're serving more people. You can also store the ingredients separately in airtight containers in the refrigerator and dress the slaw just prior to serving.

225g brussels sprouts

2 tablespoons liquid olive dressing (see Note)

Thinly shave the brussels sprouts on a mandoline. Toss with the liquid olive dressing. Serve.

Note: To make the liquid olive oil dressing, simply whisk together 1 large egg yolk and 125ml extra-virgin olive oil, adding the oil a little at a time until fully incorporated. Add a squeeze of fresh lemon juice and sea salt to taste. Double or triple the recipe to have the dressing on hand for several days. Store in an airtight container in the refrigerator for up to 1 week.

Nutritional Analysis per Serving: calories 290, fat 29 g, protein 4 g, carbohydrates 8 g, sugar 2 g, fiber 3 g, sodium 170 mg

MEAT AND POULTRY

Grass-Fed Beef Burgers

Serves 4

Rather than using just plain beef, I like to spice up my minced beef with some heat. Make sure that your beef is not too lean, as you need a good amount of fat to create a juicy, flavorful burger. For an extra treat, sauté some onions in butter until they are just beginning to soften; then, pile them on the grilled burger.

675g minced grass-fed beef

1 serrano or other hot green chilli, stemmed, seeded, and minced, or to taste

2 tablespoons minced shallot

1 teaspoon minced garlic

Sea salt and freshly ground black pepper

Extra-virgin olive oil, for brushing

Preheat and oil the grill or preheat a stovetop griddle pan over medium-high heat.

Combine the beef with the chilli, shallot, and garlic in a medium bowl. Using your hands, squish together to blend well. Season with salt and pepper.

Divide the mixture into quarters, then shape each portion into a patty of equal size so they will cook evenly. Using a pastry brush, generously coat the outside of the patties with the olive oil.

Place the burgers on the grill and grill for 4 minutes. Turn and grill for another 4 minutes for medium-rare.

Remove from the grill and serve immediately.

Nutritional Analysis per Serving: calories 350, fat 24 g, protein 33 g, carbohydrates 1 g, sugar 0 g, fiber 0 g, sodium 400 mg

Roast Leg of Grass-Fed Lamb

Serves 6

I think everyone has a favorite way of roasting a leg of lamb—mine is quite simple. I make any number of slits in the meat and then fill each one with a clove of garlic. Not only does it scent the meat as it roasts, but the garlic also adds flavor to the pan juices, further enriching the sauce.

4 tablespoons extra-virgin olive oil

Juice and zest of 1 lemon

1 tablespoon chopped fresh rosemary

2 teaspoons fresh thyme leaves

1 (2.7kg) leg of grass-fed lamb

About 20 cloves garlic, peeled and, if large, cut in half

Sea salt and freshly ground black pepper

3 leeks, finely chopped, white part only

125g chicken stock or low-sodium chicken broth

4 tablespoons dry white wine

50g unsalted butter, preferably from grass-fed cows, at room temperature

Preheat the oven to 230°C/gas 8. Place a rack in a roasting pan large enough to hold the lamb and set aside.

Combine the oil with the lemon juice and zest, rosemary, and thyme in a small bowl.

Using a small sharp knife, make 20 small slits in random spots all over the lamb. Fill each slit with a piece of garlic. Using your hands,

generously coat the outside of the lamb with the oil mixture, patting it into the meat. Generously season with salt and pepper.

Place the seasoned meat on the rack in the roasting pan. Transfer to the oven and roast for 40 minutes. Reduce the oven temperature to 190°C/gas 5 and continue to roast for another hour or until an instant-read thermometer inserted into the thickest part reads 57°C for medium-rare (or 65°C for medium).

Transfer the lamb to a cutting board, tent with parchment paper, and allow to rest for 10 minutes before carving. Note that the lamb will continue to cook while it rests, increasing the internal temperature by about 10 degrees.

Transfer the roasting pan to the stove top over medium heat. Add the leeks and cook, stirring up the browned bits from the bottom of the pan, for about 3 minutes. Stir in the stock and wine and bring to a boil. Boil, stirring frequently, for about 3 minutes or until the liquid has reduced somewhat. Add the butter and cook, stirring, for about 3 minutes or until a rich sauce has formed. Taste and, if necessary, season with salt and pepper.

Using a carving knife, cut the lamb into thin slices and place on a serving platter. Drizzle some of the sauce over the top and serve with the remaining sauce on the side.

Nutritional Analysis per Serving: calories 540, fat 29 g, protein 58 g, carbohydrates 5 g, sugar 0 g, fiber 0 g, sodium 550 mg

Tuscan-Style Pork Roast

Serves 6

Like many Italian recipes, traditional or inspired, this is a very simple dish to prepare, but it requires superb ingredients. Pasture-raised pork is now usually a heritage breed that has been allowed to roam freely in pastures and woods. It is richer in flavor than farmed pork, but it can also be almost as lean. With the heritage breeds, I prefer the Berkshire for its high fat content and juiciness when cooked.

- 1 (1.1kg) boneless pasture-raised pork loin, preferably with a layer of fat
- 4 tablespoons extra-virgin olive oil
- 10 juniper berries, crushed
- 8 cloves garlic, minced
- 1 tablespoon dried rosemary
- 1 tablespoon cracked black pepper
- Sea salt
- 250ml chicken stock or low-sodium chicken broth
- 225g thinly sliced onions
- 135g thinly sliced fennel
- Zest of 1 orange
- 1 teaspoon chopped fresh rosemary

Preheat the oven to 200°C/gas 6.

Place a rack in a roasting pan large enough to hold the pork and set aside.

Place the pork on a cutting board. Combine the oil with the juniper berries, garlic, dried rosemary, and cracked pepper in a small bowl. When well combined, rub the mixture over the pork, pressing it down

to adhere to the meat and fat. Season with salt and transfer to the rack in the roasting pan, fat side up.

Place in the oven and roast for 45 minutes. Add the stock, onions, fennel, and orange zest and continue to roast for an additional 40 minutes or until an instant-read thermometer inserted into the thickest part reads 65°C for medium-well done.

Transfer the pork to a cutting board, tent with parchment paper, and allow to rest for 10 minutes before carving.

Using a sharp knife, cut the roast crosswise into slices. Spoon the onion gravy onto a serving platter and lay the slices, slightly overlapping, over the onions. Sprinkle with the fresh rosemary and serve immediately.

Nutritional Analysis per Serving: calories 270, fat 10 g, protein 37 g, carbohydrates 6 g, sugar 1 g, fiber 1 g, sodium 390 mg

Roasted Chicken Thighs with Parsley Sauce

Serves 4

If you keep hard-boiled eggs on hand, as I do, this is a quick and easy supper for a busy work night. Chicken thighs are quick to cook, juicy, and flavorful. The sauce is a classic, but combined with the roasted chicken, it creates a totally new and exciting dish.

8 bone-in, skin-on chicken thighs (about 900g)

125ml plus 2 tablespoons extra-virgin olive oil

Sea salt and freshly ground black pepper

3 hard-boiled egg yolks

1½ tablespoons white wine vinegar

3 tablespoons chopped fresh flat-leaf parsley

2 teaspoons minced shallot

Preheat the oven to 200°C/gas 6.

Place the chicken thighs in a baking pan or on a rimmed baking sheet. Drizzle with 2 tablespoons of the olive oil and season with salt and pepper. Transfer to the oven and roast, turning occasionally, for about 25 minutes or until golden brown and just cooked through.

While the chicken is roasting, make the sauce.

Combine the egg yolks and vinegar in the bowl of a food processor fitted with the metal blade and process until smooth. With the motor running, slowly add the remaining 125ml olive oil, processing until well emulsified.

Scrape the egg mixture into a small bowl. Stir in the parsley and shallot, season with salt and pepper, and stir to combine.

Remove the chicken thighs from the oven and place on a serving platter. Spoon some of the sauce over the top and serve any remaining sauce on the side.

Nutritional Analysis per Serving: calories 600, fat 52 g, protein 35 g, carbohydrates 1 g, sugar 0 g, fiber 0 g, sodium 450 mg

DESSERTS

Coconut Pudding

Serves 4

Chia seeds not only add nutrients and fiber to this dessert, but they also thicken it without the addition of starches. Unfortunately, they also need time to hydrate, so the pudding needs to be made a few hours in advance of serving.

250ml almond milk

2 teaspoons stevia

250ml unsweetened coconut milk

4 tablespoons white chia seeds

¼ teaspoon ground nutmeg

2 tablespoons unsweetened coconut flakes, toasted

Combine the almond milk and stevia in a medium bowl, whisking vigorously to incorporate. Add the coconut milk, chia seeds, and nutmeg, whisking to just combine.

Cover with plastic wrap and transfer to the refrigerator. Chill for at least 4 hours, whisking every hour for the first 4 hours to ensure that the seeds are fully hydrated. The pudding may be chilled for up to 24 hours before serving.

When ready to serve, sprinkle the top with the toasted coconut flakes.

Nutritional Analysis per Serving: calories 170, fat 15 g, protein 3 g, carbohydrates 7 g, sugar 1 g, fiber 4 g, sodium 66 mg

Easy Chocolate Mousse

Serves 6

This is so quick to make and is the equal to more elaborate mousse recipes in terms of its airiness and flavor. Although it can be refrigerated for a couple of days, it gets firmer and firmer as it sits. It will still be delicious, but it will have quite a different texture.

200g extra-dark (72% cacao) chocolate, finely chopped

500ml chilled double cream, preferably from grass-fed cows

4 tablespoons organic, cultured, full-fat plain yogurt (optional)

Chocolate shavings, for garnish (optional)

Place the chocolate in a heatproof bowl.

Select a saucepan that will hold the bowl snugly inside, like a double boiler. Fill the saucepan about half full with water, taking care that the water will not touch the bottom of the bowl. Place over medium-high heat and fit the bowl into it. Bring the water to a simmer, frequently stirring the chocolate. By the time the water comes to almost a boil, the chocolate should be melted. Ideally, the chocolate should register no more than 48°C on a candy thermometer. (If the chocolate is too hot, it will instantly melt the whipped cream. At 48°C you should be able to do a heat test with your finger without any discomfort. It will be more than lukewarm, but not hot.) Remove the bowl from the saucepan and, using a wooden spoon, vigorously beat for about 30 seconds to aerate and even out the temperature.

While the chocolate is melting, whip the cream. Place the cold cream into a chilled bowl and, using a handheld electric mixer, beat for about 4 minutes or until soft peaks form.

Whisking constantly, slowly pour the cold whipped cream into the warm melted chocolate, beating until well blended. The mixture will be soft and almost airy.

You can either scrape the mousse into one large serving bowl or spoon an equal portion into each of six individual dessert cups or bowls. Refrigerate for at least 30 minutes before serving.

Serve as is, or garnish with the yogurt and some chocolate shavings.

Nutritional Analysis per Serving: calories 500, fat 46 g, protein 5 g, carbohydrates 20 g, sugar 11 g, fiber 4 g, sodium 35 mg

Ricotta with Berries and Toasted Almonds

Serves 4

Another easy dessert that is very satisfying. I usually make my own ricotta so that I am assured of its quality and flavor, but you can also find high-quality ricotta in the markets today. The cheese is rich, while the berries add a touch of sweetness and the almonds a nice finishing crunch.

240g full-fat ricotta cheese, preferably from a grass-fed animal (cow, goat, or sheep)

120g raspberries, strawberries, or blueberries

4 teaspoons flaked almonds or unsweetened coconut flakes, toasted

Spoon a quarter of the ricotta into each of four small dessert bowls. Sprinkle a quarter of the berries over the ricotta in each bowl. Spoon an equal portion of the almonds over the top. Serve immediately.

Nutritional Analysis per Serving: calories 135, fat 9 g, protein 8 g, carbohydrates 7 g, sugar 0 g, fiber 2 g, sodium 52 mg

Selected Bibliography

The following is a selected list of papers and writings that have been useful in crafting this book, organized by chapter. This list is by no means exhaustive, since each of these entries could be complemented with dozens if not hundreds of others, but it will help you learn more and live up to the lessons and principles of *The Grain Brain Whole Life Plan*. This bibliography can also open other doors for further research and inquiry. For additional references and resources, please visit www.DrPelrmutter.com.

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Part III: Let's Eat!

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