

THE ADRENAL RESET DIET

**STRATEGICALLY CYCLE CARBS AND PROTEINS
TO LOSE WEIGHT, BALANCE HORMONES,
AND MOVE FROM STRESSED TO THRIVING**

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Figure 1: The Cortisol/Melatonin Cycle

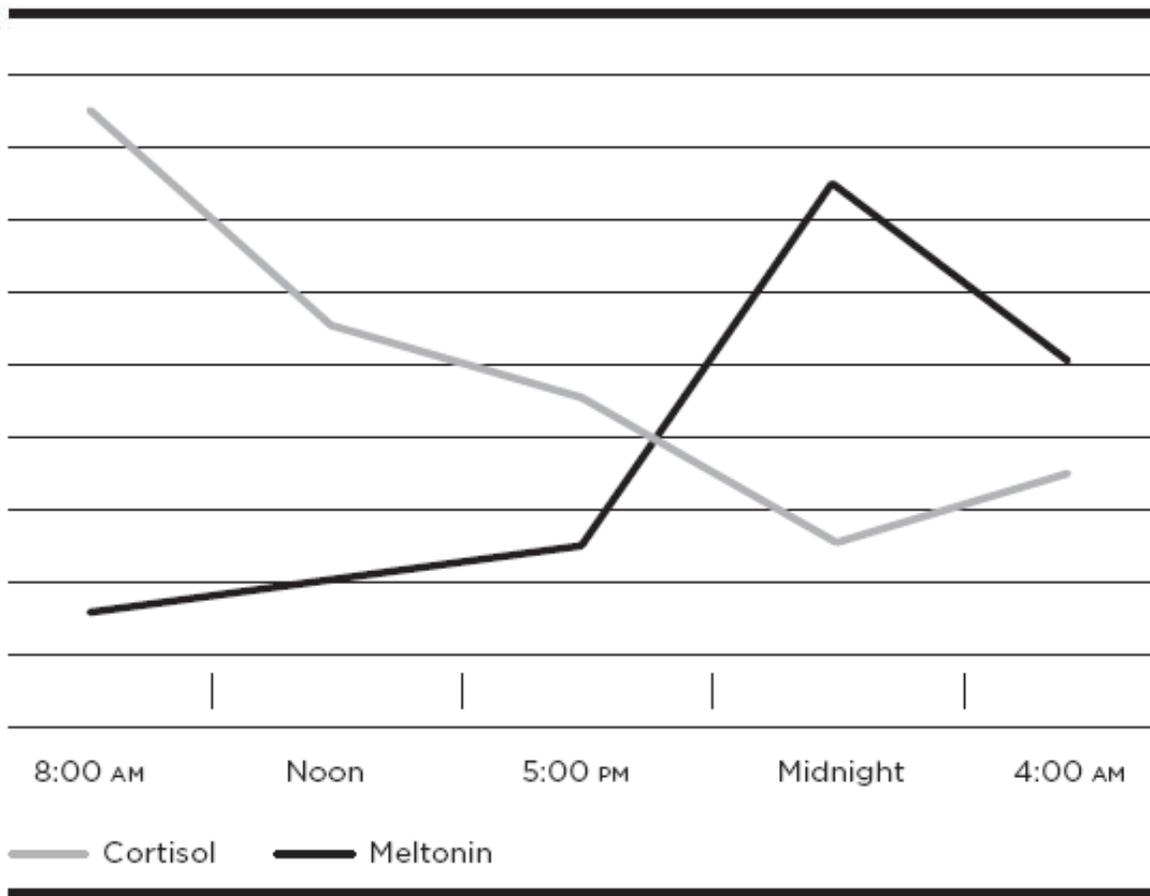


Figure 2: The AFS Cycle

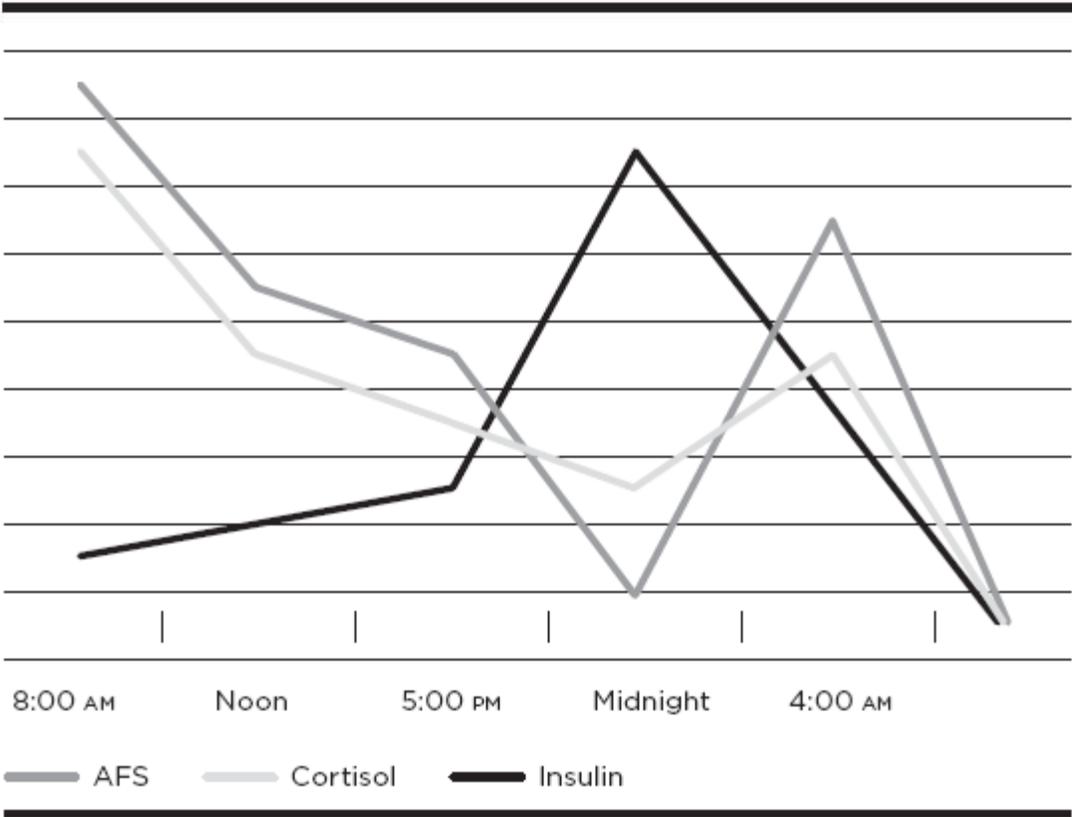


Table 1: Fiber/Fructose Ratio (F:F)

FOOD (AVG. SERVING)	FIBER (GRAMS)	FRUCTOSE (GRAMS)	FIBER/FRUCTOSE RATIO
Black beans (½ cup)	10	<0.5	20
Kidney beans (½ cup)	10	<0.5	20
Pinto beans (½ cup)	10	<0.5	20
Great northern beans (½ cup)	8	<0.5	16
Brown rice, cooked (½ cup)	6	<0.5	12
Quinoa, cooked (½ cup)	6	<0.5	12
Buckwheat groats, cooked (½ cup)	5	<0.5	10
Broccoli (½ cup)	4	.5	8
Potatoes, boiled (½ cup)	4	.5	8
Gluten-free old-fashioned rolled oats, raw (½ cup)	4	<0.5	8
Sweet potatoes, peeled and cooked (½ cup)	3	<0.5	6
Carrots, cooked (2 medium)	2	0.5	4
Corn kernels, cooked (½ cup)	5	1.5	3.33
Raspberries (½ cup)	5	2	2.5
Cauliflower, raw (1 cup)	3	1.5	2
Blackberries (½ cup)	5	3	1.66
Peaches, with peel (1 medium)	2	1.2	1.66
Tomatoes (1 medium)	1.5	1	1.5
Baked beans (½ cup)	8	6	1.33
Dried figs (6 medium)	20	17	1.17

Table 1: Fiber/Fructose Ratio (F:F) (continued)

Blueberries (½ cup)	4	4	1
Strawberries (½ cup)	1.5	1.5	1
Pineapple chunks (½ cup)	2	2	1
Nectarines, with peel (1 medium)	2	2	1
Dried dates (3 deglet noor)	3	3	1
Eggplant, cooked and peeled, (½ cup)	3	4	0.75
Onion, raw (¼ cup)	1	1.5	0.66
Kiwifruit (1)	2	3	0.66
Dried apricots (½ cup)	5	8	0.63
Pear, with peel (1 medium)	6	10	0.6
Cabbage, raw (1 cup)	1.8	3	0.6
Banana (1 medium)	3	6	.5
Grapefruit (½ cup)	2	4	.5
Plums (1 medium)	1	2	.5
Apple (1 medium)	4	11	0.36
Raisins (¼ cup)	3	11	.27
Honeydew melon, cubed (1 cup)	1	5	.2
Dried dates (3 medjool)	4	21	.19
Cherries (½ cup)	1	7	.14
Mango, raw, cubed (½ cup)	2	16	0.125
Grapes (1 cup)	1	12	.08

Table 2: 30-Day Results of ARD Study

BODY CHANGES	WEIGHT	BMI	FAT %	WAIST
Starting Average	182.3	29.4	35.42%	37.7
Ending Average	173.3	28.0	33.41%	35.6
Total Changes	-9.20	-1.46	-2%	-2.19
Percentage Change	-5.05%	-4.95%	-5.80%	-5.81%

ADRENAL CHANGES	TIME OF MEASUREMENT			
	7-9 AM	NOON-1 PM	5-6 PM	11 PM-MID
*Ideal Cortisol (nMol/L)	22.00	13.00	6.00	1
Average Variation Pre (nMol/L)	7.69	7.05	4.90	4.93
Average Variation Pos (nMol/L)	3.79	4.19	2.62	2.57
Average Changes (nMol/L)	3.90	2.86	2.29	2.36
Percentage Change	50.8%	40.5%	46.6%	47.8%
Total Variation Pre - 4 Scores Combined				24.57
Total Variation Post - 4 Scores Combined				13.17
Reduction in Cortisol Variation				53.59%

Table 3: ARD Menu

MEALS	SERVINGS
Breakfast	1 serving protein 1 serving fat 1 servings carbs—legumes, resistant starch, or berries [Foods from unlimited list in any quantity]
Lunch	1 serving protein 1 serving fat 2 servings carbs [Foods from unlimited list in any quantity]
Dinner	1 serving protein 1 serving fat 3 servings carbs [Foods from unlimited list in any quantity]
Mid-morning and mid-afternoon snacks	[Foods from unlimited list in any quantity]

Table 4: Adrenal Levels—An Overview

THRIVING		SURVIVING		
		STRESSED	WIRED	CRASHED
How you feel	Enthusiastic	Edgy	Overwhelmed	Exhausted
How other people seem to you	Engaging	Too slow	Incompetent	Demanding
Your sleep is	Deep and restful	Hard to fall asleep	Hard to stay asleep	Unrefreshing
Your mental function is	Sharp and focused	Fast and scattered	Erratic	Unable to generate ideas
Best type of exercise is	Any, have fun	Strength training	Cardio	Yoga

Figure 3: Typical Cortisol Rhythm: Stressed

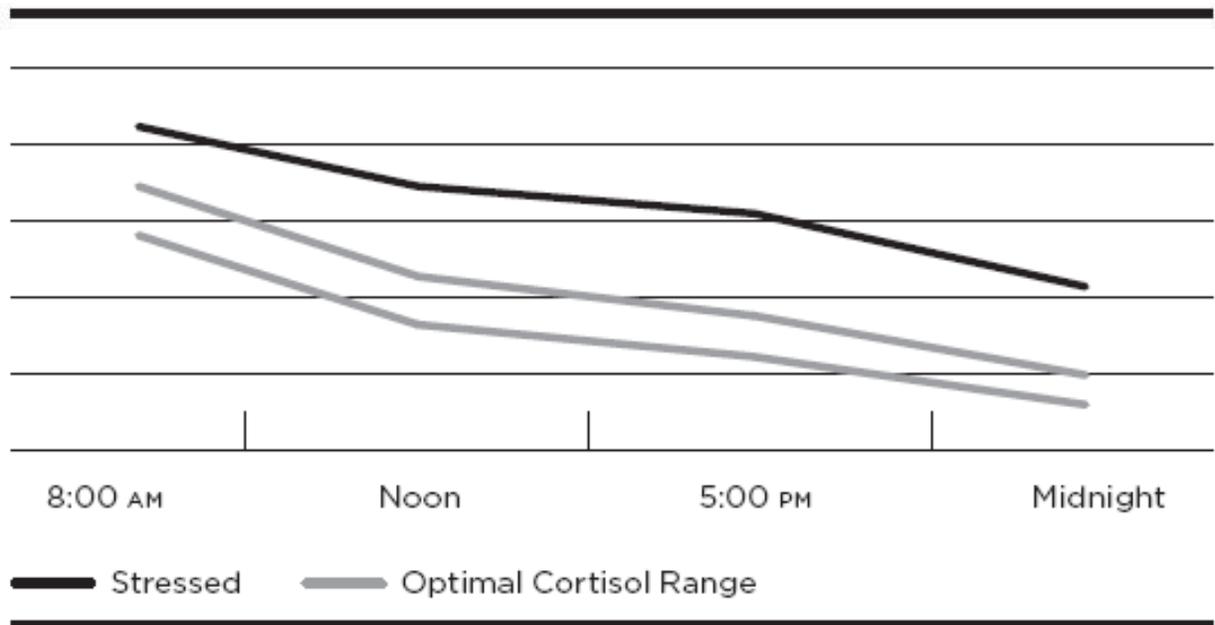


Figure 4: Typical Cortisol Rhythm: Wired and Tired

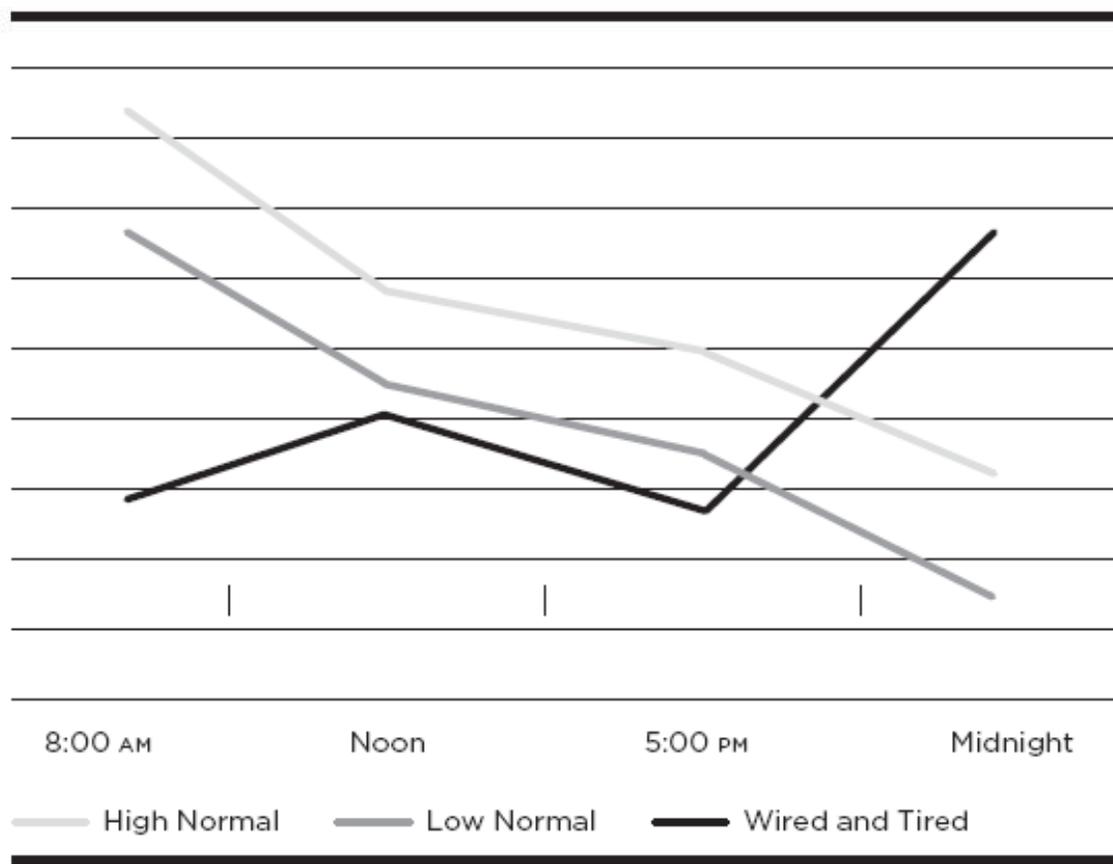


Figure 5: Typical Cortisol Rhythm: Crashed

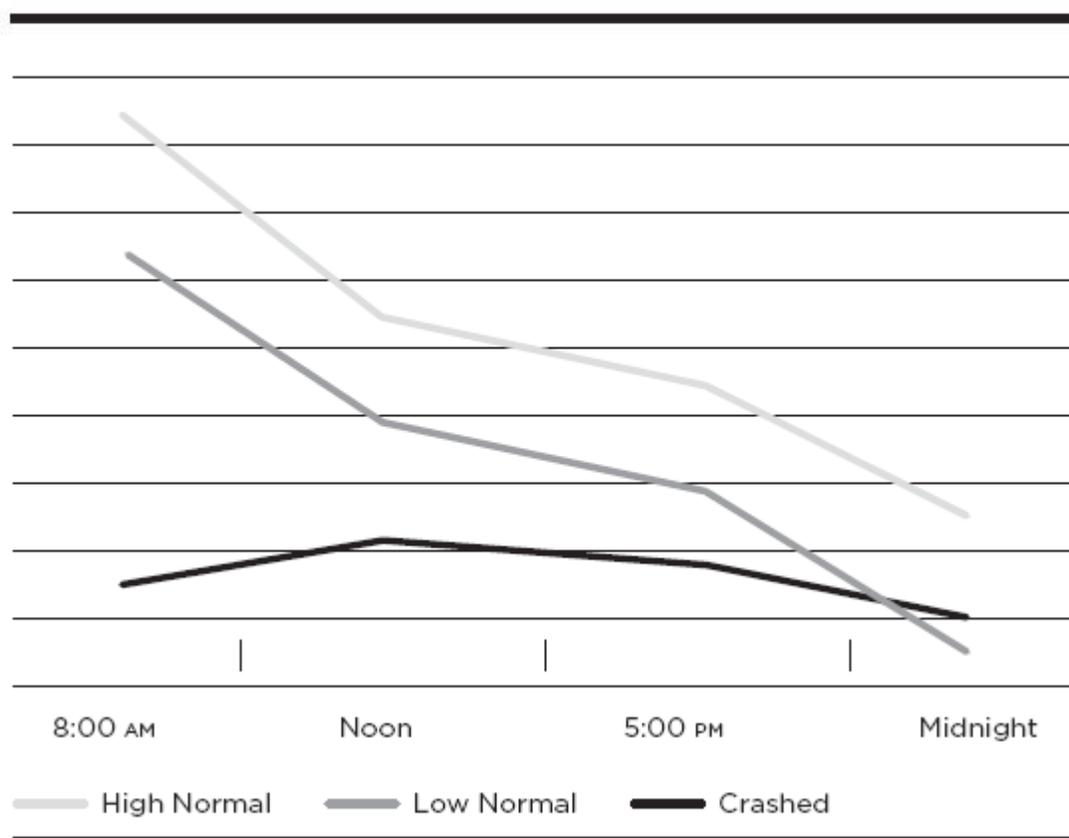


Figure 6: Typical Cortisol Rhythm: Thriving

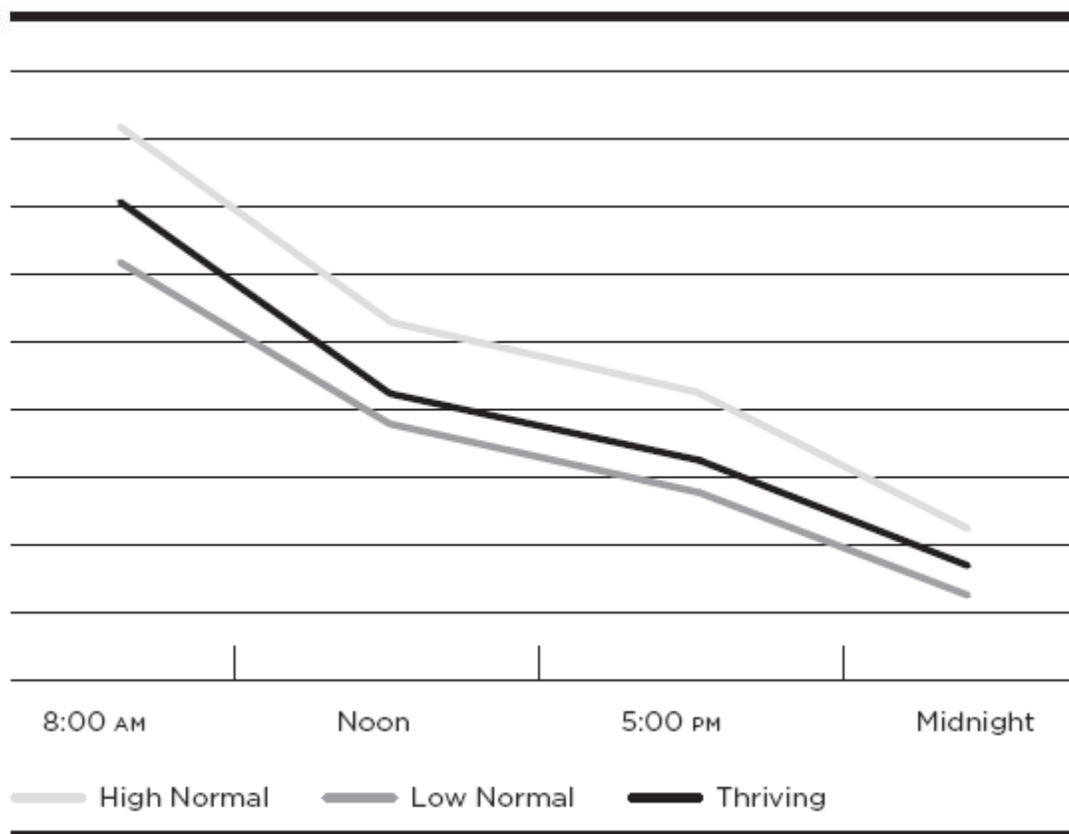


Table 5: Adrenal Reset Sample Menu

DAY OF THE WEEK	BREAKFAST	LUNCH	DINNER
Monday	California Dreaming Breakfast Soup	Southwest Chipotle Salad	Stir-fried Beef
Tuesday	Tart Smoothie	Turmeric Chicken Lettuce Wraps	Seasoned Rice and Veggies
Wednesday	Lean and Green Smoothie	Mushroom Muffins	Carrot Chicken Soup
Thursday	Lower-Carb Muesli	Seared Cod with Chilled Potatoes	Sweet Pea Chicken Soup
Friday	Reset Parfait	Salmon Waldorf Salad	Ground Turkey Casserole
Saturday	Breakfast Chili	Spinach Bean Soup with Shrimp	Poached Salmon in Lemongrass
Sunday	Cherry Vanilla Shake	Shrimp with White Bean Salad	Curried Garbanzo Stew

Table 6: What Do All the Juice Ingredients Do?

Avocado	Rich in fiber, essential fats, magnesium, and vitamin B5 (which regulates adrenal function)
Banana (unripe)	High in resistant fiber, which lowers appetite, stabilizes blood sugar, and helps weight loss
Basil	Lowers production of cortisol, improves immune function, kills viruses
Beet	Directly lowers cortisol, aids in detoxification through betaine, heals blood vessels
Broccoli sprouts	Richest known dietary source for detoxifying; contains cancer-protecting compounds known as sulforaphanes
Cacao (cocoa)	Rich in magnesium, can lower cortisol, high in antioxidants
Carrot	Rich in phenols that aid in detoxification, regulates circadian rhythms, and heals skin and connective tissues
Cayenne	Boosts immunity, improves metabolism, helps circulation, reduces inflammation
Celery	Speeds elimination of cortisol, lowers blood pressure; rich in phthalides that relax muscles
Chamomile	Gentle sedative; relaxes muscles, improves depth of sleep
Chia	High in omega-3 fats, which balance adrenal function; rich in fiber and calcium

Table 6: What Do All the Juice Ingredients Do? (continued)

Cilantro	Effective at preventing absorption of toxins from the intestinal tract; rich source of chlorophyll
Coconut	Boosts mental function, improves tissue repair, improves cortisol metabolism
Cucumber	Reduces inflammation; high in molybdenum, which improves pituitary regulation of adrenal glands
Dandelion leaf	Reduces fluid retention, speeds the liver's breakdown of fatty acids
Ginger	Helps digestion, reduces inflammation, improves immune function
Grapefruit	Rich in enzyme that slows cortisol breakdown and helps prevent insulin resistance
Green apple	High in phenols that aid in detoxification; rich in fiber
Green tea	High in catechins, which speed metabolism and help energy and weight loss
Hemp	High in omega-3 fats; high in GLA, which is a natural relaxant
Kale	Most powerful dietary antioxidant per USDA ranking, rich in chlorophyll
Lemon	High in vitamin C, which improves adrenal function; natural antibiotic; reduces inflammation
Maca	Safe energy tonic

Table 6: What Do All the Juice Ingredients Do? (continued)

Mint	Improves digestion, improves memory loss; gentle sedative
Orange	Rich in vitamin C, which lowers cortisol
Parsley	High in vitamin K, which helps bone growth and adrenal function; protective against cancer
Pomegranate	Rich in anthocyanins; speeds cortisol elimination; lowers inflammation
Red cabbage	Contains anthocyanins and dithiolethiones, which can regulate the elimination of stress hormones
Spinach	More nutrients per calorie than any other food; rich in magnesium, which regulates adrenal function
Spirulina	Rich source of B vitamins, chlorophyll, antioxidants, and fiber
Tomato	Rich in lycopene, an antioxidant that improves blood sugar metabolism and helps weight loss
Turmeric	Lowers free-radical damage, lowers inflammation, helps liver function; antiviral

ADRENAL RESET RECIPES

Breakfasts

Shake Recipes

If you get bored with the shakes in the Quickstart Guide, here are a few more ideas. Unripe bananas are called for in the following recipes; these are ones that have some green left on the skin and have no brown spots. At this stage, the bananas have a completely different effect on cortisol than when they are ripe. To keep bananas from ripening, peel them in advance and keep in the freezer.

Chocolate Almond Shake

If you have not tried cacao nibs yet, this is a great time to start! If you like a little crunch in your shake, just add them at the very end of the blending.

Serves 2

Prep time: 2 minutes

- 2 servings animal- or vegetable-based protein powder
- 1 cup unsweetened coconut beverage
- 2 tablespoons organic almond butter
- 1 tablespoon organic cacao nibs
- ¼ cup instant oatmeal
- Stevia, to taste

Place all the ingredients in a blender and blend for 2 minutes, adding water, if needed, for desired consistency. Serve immediately and enjoy.

Vegan modifications: none needed.

Tropical Green Tea Smoothie

Green tea is rich in catechins, which improve metabolism and break down free radicals. Matcha green tea powder is the type used in Japanese tea ceremonies. If you are very caffeine sensitive, try using 1 cup brewed decaf green tea instead. I just put a bag of decaf green tea in a small water container the night before and refrigerate it. By morning it is perfect for this.

Serves 2

Prep time: 2 minutes

- 2 servings animal- or vegetable-based protein powder
- 1 cup unsweetened coconut beverage
- 1 teaspoon matcha green tea powder
- ½ unripe medium banana
- 1 tablespoon ground flax seeds
- ½ cup frozen spinach leaves
- Stevia, to taste

Place all the ingredients in a blender and blend for 2 minutes. Add water, if needed, for desired consistency. Serve immediately and enjoy.

Vegan modifications: none needed.

Cherry Vanilla Shake

Cherries are wonderful foods if you are prone to gout or arthritis. They also reduce oxidized cholesterol. Frozen dark sweet cherries work really well in this. On occasion, you can also serve ½ cup of the cherries in a bowl as your carb servings in the evening. They are great just as they are.

Serves 2

Prep time: 2 minutes

- 2 servings animal- or vegetable-based protein powder
- 1 cup unsweetened coconut beverage
- ¼ cup frozen or fresh pitted cherries
- 1 teaspoon pure vanilla extract
- 2 tablespoons olive oil
- ¼ cup instant oatmeal
- Stevia, to taste (optional)

Place all the ingredients in a blender and blend for about 2 minutes, adding water, as needed, for desired consistency. Serve immediately.

Vegan modifications: none needed.

Lean and Green Smoothie

Avocado works great in shakes and smoothies. This is an ARD version of your standard tomato cocktail, but with a twist.

Serves 2

Prep time: 2 minutes

- 2 servings animal- or vegetable-based protein powder
- 1 cup cold water
- 1 ripe medium avocado, pitted and peeled
- 2 Roma (plum) tomatoes
- 1 cup fresh or frozen spinach
- ½ unripe medium banana

Place all the ingredients in a blender, adding additional water as needed for desired texture. Blend for about 2 minutes. Serve immediately.

Vegan modifications: none needed.

Tart Smoothie

We love making these with fresh lemons from our yard. Sour tastes can help jump-start digestion in the morning.

Serves 2

Prep time: 2 minutes

- 2 servings animal- or vegetable-based protein powder
- 1 cup unsweetened coconut beverage
- Juice of 1 lemon or 2 limes
- 1 unripe medium banana
- 2 tablespoons chia seeds
- Stevia, to taste (optional)

Place all the ingredients in a blender, adding water as needed. Blend about 2 minutes, then serve immediately.

Vegan modifications: none needed.

Reset Parfait

When you are in a rush but want something more solid than a shake, parfaits are a perfect answer. These work best when made the night before and refrigerated.

Serves 2

Prep time: 3 minutes

- 2 cups unsweetened coconut beverage
- 2 servings vanilla-flavored animal- or vegetable-based protein powder
- ¼ cup oat bran
- ½ cup flax seeds
- 1 cup diced banana (about 1 medium; to prevent insulin spike use unripe bananas)
- ⅛ teaspoon almond extract
- Liquid stevia or powdered xylitol, to taste (optional)

Place all the ingredients except the almond extract and sweetener in a 1-quart mixing bowl. Mix well. Stir in the almond extract, and add the sweetener, if using. Serve immediately or refrigerate for up to 24 hours.

Vegan modifications: none needed.

California Dreaming Breakfast Soup

This is one of our favorite and easiest breakfasts. Make a large batch, throw it in the refrigerator, and you have a few days' worth of breakfasts ready to go. Besides, soups always taste even better after they have had some time for flavors to mingle. They work great along with or instead of a smoothie on busy days. Any leftover vegetables can be added, or you can add quinoa or brown rice for a great complete meal later in the day.

Serves 4

Prep time: 3 minutes

Cook time: 2 minutes

- 2 ripe medium avocados, pitted and peeled
- 1 quart organic chicken or vegetable broth
- ½ teaspoon ground turmeric
- 2 chicken breasts, cooked and diced
- ½ teaspoon ground ginger

Place the avocado pulp, broth, and turmeric in a blender and blend until smooth. Pour into a 2-quart saucepan. Add the diced chicken and the ginger to the pan and gently heat until warm. Serve warm or refrigerate for up to 72 hours.

Vegan modifications: use vegetable broth and substitute 1 package tempeh or 1 cup cannellini beans for the chicken.

Chocolate Pudding

This is an amazing dish that even the fussiest of eaters will love. Please note that this works best when made the night before, so its flavors combine as it refrigerates; also, the chia seeds won't "pop" without sitting at least a few hours.

Serves 4

Prep time: 3 minutes, plus overnight

- 2 cups unsweetened coconut milk
- 1 slightly ripe banana, diced
- ¼ cup unsweetened cocoa powder (or carob powder if you are Crashed or caffeine sensitive)
- 1 serving vanilla-flavored animal- or vegetable-based protein powder
- ½ cup chia seeds
- ½ cup sunflower seeds
- 1 teaspoon pure vanilla extract
- Liquid stevia or powdered xylitol, to taste (optional)

Mix all the ingredients except the sweetener in a 1-quart mixing bowl. Add the stevia or xylitol, if desired. Cover and place in the refrigerator overnight, then serve chilled.

Vegan modifications: no changes needed, it's already there!

Breakfast Chili

Chili for breakfast? Try it and see how much your metabolism skyrockets! With spices, resistant fiber, veggies, and quality protein, this chili will power your day like no other. It's my favorite breakfast; typically I make a large batch on Sunday evening and am set with breakfasts for the coming week.

Serves 4

Prep time: 3 minutes

Cook time: 13 minutes

- 1 pound 95% lean ground beef or turkey
- 2 teaspoons macadamia or rice bran oil
- 1 cup mild salsa (lower-salt and sugar-free versions; or try salsa verde for an exotic taste)
- 1 tablespoon chili powder
- 1 cup canned black beans, rinsed
- 2 cups arugula or other lettuce
- Optional veggies: onions, mushrooms, cabbage, celery, green chilis, etc.
- Optional garnishes: diced onion, cilantro, parsley, lime wedges

Brown the meat in the oil in a 2-quart saucepan over medium heat, about 3 minutes. Add the salsa, chili powder, beans, and greens. Gently heat until the greens are wilted, about 5 minutes. Add the veggies and cook until tender, about 5 minutes. Garnish with onion and herbs, if using. Serve with lime wedges.

Vegan modifications: omit the ground meat; serve the chili with a protein shake.

Lower-Carb Muesli

Maximilian Bircher-Benner was a Swiss physician who developed muesli around the turn of the last century as a breakfast for patients in his hospital. It was inspired by a mixture he and his wife used while hiking in the Swiss Alps. Oats are used in this low carb version. In their raw state, oats are high enough in resistant starch to not cause significant insulin production.

Serves 4

Prep time: 3 minutes

- ½ cup organic gluten-free old-fashioned rolled oats
- 1 cup shredded unsweetened coconut flakes
- ½ cup freeze-dried or frozen unsweetened blueberries
- 1 teaspoon pure vanilla extract
- Liquid stevia, to taste (optional)

Mix the oats, coconut, and blueberries in a 1-quart mixing bowl. Stir in the vanilla. Add stevia, if using. Enjoy!

Variation: Serve with 1 cup flax milk or ½ cup unsweetened coconut beverage.

Juices

Each juice recipe makes two servings, or approximately 16 fluid ounces (2 cups, or 1 pint). Each recipe has the same steps:

- (1) Place all the ingredients in a high-powered blender and add 1 cup water and 1 cup ice cubes.
- (2) Blend for at least 2 minutes. Serve.

Thriving Juice Mix

- 2 medium beets, peeled and quartered
- 1 handful baby carrots (about 1 cup) or 2-3 large carrots, cut into smaller pieces
- 3 celery stalks
- ½ inch slice fresh ginger, or ¼ teaspoon ground ginger
- 2 Roma (plum) tomatoes
- 1 cup frozen chopped spinach, or 2 cups fresh spinach leaves

Stressed Juice Mix

- 2 medium beets, peeled and quartered
- 3 celery stalks
- ½ inch slice fresh ginger, or ¼ teaspoon ground ginger
- 1 cup frozen chopped kale, or 2 cups fresh kale leaves
- 1 medium orange, peeled, seeded, and quartered
- ½ cup pomegranate seeds, or ¼ cup pomegranate juice

Wired and Tired Juice Mix

- 2–3 fresh basil leaves, or ½ teaspoon dried basil
- 1 handful baby carrots (about 1 cup), or 2–3 large carrots, cut into smaller pieces
- 2 tablespoons chia seeds
- 1 large cucumber, peeled and cut into chunks
- 1 medium green apple, cored and quartered
- 1 cup frozen chopped spinach, or 2 cups fresh spinach leaves

Crashed Juice Mix

- ½ medium avocado, peeled, pitted, and cut into chunks
- 1 slightly unripe banana
- ½ grapefruit, peeled and quartered
- 1 tablespoon powdered maca root
- ½ bunch fresh parsley, stems trimmed
- 2 cups chopped red cabbage
- ½ inch sliced fresh turmeric, or ¼ teaspoon ground turmeric

More Healing Juices

Along with the specific recipes to reset your adrenals, here are some tasty recipes for meeting other health goals and to provide some variety.

Each juice recipe makes two servings, or approximately 16 fluid ounces (2 cups, or 1 pint). Each recipe has the same steps:

- (1) Place all the ingredients in a high-powered blender and add 1 cup water and 1 cup ice cubes.
- (2) Blend for at least 2 minutes. Serve.

Gentle Detox Juice Mix

- 2 medium beets, peeled and quartered
- ½ cup broccoli sprouts
- ½ bunch fresh cilantro, stems trimmed
- 1 medium green apple, quartered and cored
- ½ cup frozen chopped kale, or 1 cup fresh kale leaves, stem removed
- ¼ lemon, sliced and seeded
- ½ inch sliced fresh turmeric, or ¼ teaspoon ground turmeric

Smooth Skin Juice Mix

- ½ medium avocado, peeled, pitted, and cut into chunks
- 1 handful baby carrots (about 1 cup), or 2–3 large carrots, cut into smaller pieces
- 3 celery stalks
- ½ cup unsweetened fresh coconut
- 1 large cucumber, peeled and cut into chunks
- 4–6 fresh mint leaves, or ½ teaspoon dried

Immune Boost Juice Mix

- 4–6 fresh basil leaves, or ½ teaspoon dried basil
- 2 cups fresh or frozen blueberries
- 1 handful baby carrots (about 1 cup), or 2–3 large carrots, cut into smaller pieces
- ¼ cup dried goji berries
- ¼ lemon, sliced and seeded

Lean Juice Mix

- 1 pinch of cayenne pepper
- 1 cucumber, peeled and cut into chunks
- 1 cup fresh dandelion leaves
- ½ inch slice fresh ginger, or ¼ teaspoon ground ginger
- ½ grapefruit, peeled and quartered
- 1 medium green apple, quartered and cored
- 2 Roma (plum) tomatoes

Energy Lift Juice Mix

- 1 slightly unripe banana, peeled
- 1 tablespoon unsweetened cocoa powder or cacao nibs
- ½ cup unsweetened fresh coconut
- 1 cup green tea
- 1 tablespoon ground maca root
- 1 cup frozen chopped spinach, or 2 cups fresh spinach leaves
- ½ teaspoon Spirulina

Calm Juice Mix

- 2 medium beets, peeled and quartered
- 3 celery stalks
- 2 tablespoons hemp seeds
- 4 fresh mint leaves, or ½ teaspoon dried mint
- ½ cup pomegranate seeds, or ¼ cup pomegranate juice

Lunches

Seared Cod with Chilled Potatoes

If carbs have gotten a bad rap, potatoes have taken the brunt of it. Ironically, potatoes can make the unhealthiest food (potato chips) and also be one of the healthiest (chilled boiled potatoes). Potatoes have resistant starch, but it is destroyed when cooked at high temperatures, such as when baking or frying. Boiling preserves much of that starch, and when the boiled potatoes are refrigerated they form even more starch in a process called retrograde resistant starch formation. Green beans do this to some degree also.

Serves 2

Prep time: 5 minutes

Cook time: 10 minutes

- 1 teaspoon macadamia nut oil
- 1 pound wild-caught Atlantic cod fillet
- 1 pound baby potatoes, boiled 20 minutes, then refrigerated overnight
- 1 pound green beans, boiled 10 minutes, then refrigerated overnight
- ¼ cup diced red onion
- 1 tablespoon soy-free vegan mayonnaise

Heat the oil in a large sauté pan on medium-high heat. Sear the cod fillet for 3 to 5 minutes on each side, until flaky. Allow the cod to cool slightly, then cut it into small pieces. Dice the potatoes and beans, and mix with the onion in a large bowl. Add the cod and then spoon in the mayonnaise and stir gently. Serve immediately or pack the salad into a container, refrigerate, and serve later.

Vegan modifications: none available.

Salmon Teriyaki with Asparagus

If you try this dish you'll learn that teriyaki can be great even without all the extra sugar that most versions have.

Serves 4

Prep time: 5 minutes, plus 30 minutes marinating

Cook time: 10 minutes

- 1 pound wild-caught Atlantic salmon fillet
- 2 tablespoons mirin
- 1 teaspoon toasted sesame oil
- ¼ cup tamari or wheat-free soy sauce
- 1 pound asparagus, ends removed, spears cut into 2-inch sections

Cut the salmon into four portions. In a large bowl, make a marinade by mixing the mirin, sesame oil, and soy sauce. Add the salmon pieces and the asparagus and refrigerate for at least 30 minutes or up to overnight.

Preheat the oven to broil. Remove the salmon and asparagus from the marinade and place on a cooking sheet. Broil for 4 minutes on each side or until the asparagus is slightly softened and salmon starts to flake. Serve warm. If bringing the salmon to work as a lunch, pack it in a container with ½ cup steamed brown rice. Save the rest in the fridge for family or other meals.

Vegan modifications: none available.

Turmeric Chicken Lettuce Wraps

Turmeric is an amazing plant, and in cooking we enjoy its rhizome, or swollen root. If you can find fresh turmeric, it is worth the effort; most Asian supermarkets stock the rhizomes. It looks just like fresh ginger, but when you cut into it, the color is that of a carrot. It is also sold commonly in powdered form.

Serves 2

Prep time: 3 minutes, plus several hours to meld flavors

- 1 pound chicken tenderloins, cooked
- 2 tablespoons soy-free vegan mayonnaise
- 1 teaspoon ground turmeric, or 1 tablespoon grated fresh turmeric
- 1 pinch of freshly ground black pepper
- 1 teaspoon lime juice
- 1 cup canned cannellini beans, rinsed
- 8 large romaine lettuce leaves

Place all the ingredients except the lettuce leaves in a large serving bowl and mix thoroughly. Refrigerate for several hours or overnight. Divide evenly into servings, and spoon the mixture onto the leaves. Form wraps and serve.

Vegan modifications: omit the chicken; add 1 scoop vegetable-based protein powder, and increase the beans to 2 cups.

Shrimp and White Bean Salad

Shrimp is a great protein option. Look for wild-caught bay shrimp, rock shrimp, Gulf pink shrimp, or U.S. farmed shrimp.

Serves 2

Prep time: 5 minutes, plus chilling time

- 4 cups lettuce, washed and torn (escarole, endive, or romaine)
- 8 ounces cooked shrimp, deveined and peeled
- 1 sprig fresh cilantro, chopped
- 1 cup canned white beans, rinsed
- 1 red bell pepper, diced
- ¼ cup diced red onion
- 1 large celery stalk, diced
- 1 tablespoon extra-virgin olive oil
- 3 tablespoons red wine vinegar
- 1 teaspoon ground cumin

Place all the ingredients in a 2-quart mixing bowl and toss gently and thoroughly. Cover and refrigerate until ready to serve.

Vegan modifications: omit the shrimp; increase the beans to 2 cups.

Salmon Waldorf Salad

The original Waldorf salad includes apples, walnuts, and celery. This version is quick to prepare and makes a complete meal. In fact, it's perfect for lunch. The recipe will make enough for you and another adult or child. You can also keep it all for yourself and eat half for lunch the following day. If you do plan to save some of the salad, add the dressing just before you are ready to eat it.

Serves 2

Prep time: 10 minutes

Salad:

- 6 cups lettuce, washed and torn (escarole, endive, or romaine)
- 6 ounces canned wild salmon packed in water, drained
- 1 Granny Smith apple, quartered, cored, and diced
- 6 walnut halves
- 2 celery stalks, diced
- ½ cup canned garbanzo beans (chickpeas), rinsed

Dressing:

- 2 tablespoons soy-free vegan mayonnaise
- 2 teaspoons dried tarragon

Place all the salad ingredients in a 2-quart mixing bowl; combine the dressing ingredients and add to the salad; toss thoroughly. Serve immediately or refrigerate until ready to eat.

Vegan modifications: omit the salmon; increase the garbanzo beans to 1½ cups.

Southwest Chipotle Salad

Chipotles are smoked jalapeño peppers, which have a unique flavor; they are available canned but also as a powder. Do not despair if you are not a fan of spicy foods. Small amounts of chipotle seasoning give more flavor than heat. Make a few days' worth of this salad in advance. Just remember to add the dressing right before serving.

Serves 4

Prep time: 5 minutes, plus optional chilling time

Salad:

- 8 cups greens, washed and torn (romaine, spinach, or shredded cabbage)
- 2 cooked chicken breast halves, diced
- ½ cup finely sliced red onion
- 2 cups broccoli florets
- 1 cup cherry tomatoes
- 2 cups canned black beans, rinsed

Dressing:

- ½ cup unsweetened coconut beverage
- 1 ripe medium avocado, peeled and pitted
- ⅓ cup fresh lemon juice
- 1 garlic clove, crushed
- ¼–½ teaspoon chipotle seasoning, or a few shakes of Tabasco sauce

Place all the salad ingredients in a 2-quart mixing bowl. In a separate bowl, whisk together the dressing ingredients. Pour the dressing over the greens and toss thoroughly. Cover and refrigerate for 30 minutes before serving, if possible.

Vegan modifications: omit the chicken.

Mushroom Muffins

This is a one-dish meal with great flavor, tons of fiber, good-quality protein, and lots of antioxidants. You can whip up one or two batches of these in no time and have a portable and tasty lunch ready to go.

Makes 12 muffins; 2–3 muffins = 1 serving

Prep time: 10 minutes

Cook time: 25 minutes

- 4 teaspoons macadamia or rice bran oil
- 2 cups sliced button mushrooms
- 1 red bell pepper, diced
- 1 small red onion, diced
- 2 garlic cloves, minced
- ½ teaspoon sea salt
- ½ teaspoon freshly ground black pepper
- ½ teaspoon chili powder
- ½ teaspoon ground turmeric
- 1 cup cooked or canned green lentils, rinsed
- 1 cup diced cooked chicken breast
- ½ cup garbanzo bean (chickpea) flour

Preheat the oven to 350°F. Add 1 teaspoon of the oil to a heavy-bottomed pan and sauté the mushrooms, red pepper, and onion over low heat until softened, about 3 minutes. Add the garlic and other seasonings and stir. Add the lentils and chicken, and mix thoroughly. Add the flour and blend but do not overmix.

Coat the cups of a muffin tin with remaining 1 tablespoon oil, then spoon in the mixture, filling the cups nearly to the top. Bake for 20 to 25 minutes or until firm. Serve warm, or refrigerate and then reheat when ready to eat.

Vegan modifications: omit the chicken, and substitute 1 scoop unflavored vegetable-based protein powder; blend thoroughly before baking

Spinach Bean Soup with Shrimp

Here is another great lunch dish that can be made in the morning before you go to work (it's that easy!). Bring a batch for your co-workers; they will be amazed at your culinary skills. You don't have to tell them it only took 20 minutes. Note that this recipe uses canned coconut milk, which is not the same thing as the coconut milk in soft packs that I suggested using with your shakes.

Serves 4

Prep time: 5 minutes

Cook time: 15 minutes

- 1 teaspoon macadamia or rice bran oil
- 1 small red onion, diced
- 1 pound cooked shrimp, deveined and peeled
- 1 can (1½ cups) coconut milk
- 1½ cups canned black beans, rinsed
- ½ cup chopped raw cashews
- 1 garlic clove, minced
- ½ teaspoon freshly ground black pepper
- ½ teaspoon sea salt
- 1 teaspoon chili powder
- 1 pinch cayenne pepper
- 6 cups fresh spinach leaves

Heat the oil in a 2-quart heavy-bottomed saucepan and sauté the onion until softened, 1 to 2 minutes. Add the shrimp and cook for 1 minute. Then add all the remaining ingredients except the spinach, and simmer over low heat for 10 minutes. Stir in the spinach and cook until wilted, about 1 minute more. Serve warm or refrigerate for up to 24 hours (for best flavor) and reheat when ready to eat.

Vegan modifications: omit the shrimp; add 1 serving vegetable-based protein powder.

Dinners—The Evening Feast

Seasoned Rice and Veggies

Even if you are not vegetarian or a vegan, it is fine to have an occasional vegetarian dinner. Make sure it is high in fiber and that it has some healthy carbohydrates, and stick with a single serving.

Serves 4

Prep time: 10 minutes

Cook time: 40 minutes

- 1 cup brown rice
- 2 cups vegetable broth
- 2 teaspoons toasted sesame oil
- 1 cup quartered button mushrooms
- ½ cup diced white onion
- ½ cup sliced zucchini
- ½ cup sliced red pepper
- 1 teaspoon grated fresh ginger
- 1 tablespoon miso paste
- ⅓ cup pine nuts
- ¼ cup diced fresh cilantro (optional)

Rinse the rice, then add it and the broth to a 2-quart saucepan. Cover and simmer on low heat for 30 to 40 minutes. Meanwhile, add the sesame oil to a heavy-bottomed saucepan and sauté the mushrooms, onion, zucchini, red pepper, and ginger until the vegetables start to soften, about 3 minutes. Mix in the miso paste and pine nuts, cook 1 minute more, then fold the rice in with the vegetable mixture. Sprinkle with cilantro, if desired. Serve warm.

Vegan modifications: none needed.

Ground Turkey Casserole

If your evenings are really tight, consider preparing this in the morning and putting it in to bake when you get home. Cook the quinoa ahead of time or buy it pre-cooked. Serve this as a stand-alone dish or with a mixed green salad. This recipe has a handwritten “A+” in our family cookbook. Being from the Midwest, I’m naturally a casserole connoisseur.

Serves 4

Prep time: 5 minutes

Cook time: 25–30 minutes

- 1–2 teaspoons macadamia or rice bran oil
- 8 ounces lean ground turkey
- 1 cup diced sweet onion
- 1 cup canned navy beans, rinsed
- 1 cup unsweetened coconut beverage
- ½ teaspoon sea salt
- ½ teaspoon freshly ground black pepper
- 1 teaspoon ground turmeric
- 1 teaspoon ground coriander
- 1½ cups sliced or pre-shredded carrots
- 1½ cups chopped asparagus (1-inch pieces)
- 2 cups shredded green cabbage
- 1 cup vegetable broth (or 1 cup water plus 2 teaspoons Better than Bouillon)
- 2 cups cooked quinoa

Preheat the oven to 350°F. Place the oil in a large skillet and sauté the turkey and onion over low heat until the turkey is browned, about 3 minutes. In a blender, combine the beans, half the coconut beverage, and the spices, spinning until smooth. Combine the turkey-onion mixture, blender contents, and remaining ingredients in a large casserole dish. Bake, uncovered, for 25 to 30 minutes. Serve warm.

Vegan modifications: omit the turkey, and substitute 1 serving unflavored vegetable-based protein powder.

Sweet Pea Chicken Soup

Here is a fresh twist on split pea soup. There's no mushiness and there's a much nicer color green.

Serves 4

Prep time: 5 minutes

Cook time: 10 minutes

- 1½ cups diced onions
- 1 tablespoon macadamia oil
- 2 garlic cloves, minced
- ½ teaspoon freshly ground black pepper
- 2 teaspoons ground cumin
- 3 cups vegetable broth (or 1 tablespoon Better than Bouillon vegetable base with 3 cups water)
- 3 cups frozen peas
- 2 cups diced cauliflower
- ¼ cup diced raw cashews
- 1 teaspoon ground cinnamon
- 1 teaspoon paprika
- ½ teaspoon salt
- 1½ pounds skinless and boneless chicken, cooked and diced

In a large stockpot, sauté the onions in the oil over medium heat until soft, about 3 minutes. Add the garlic, pepper, cumin, and 2 tablespoons broth and sauté an additional minute. Add the peas and cook until bright green. Let cool slightly, then puree the pea mixture in your blender.

Place this pea base back in the stockpot, add remaining ingredients, and simmer an additional 3 to 5 minutes. Serve warm, or refrigerate until ready to use. It will keep for up to 72 hours.

Vegan modifications: use thawed tempeh in place of the chicken.

Poached Salmon in Lemongrass

A family favorite! Choose a wild-caught Atlantic salmon fillet that is fresh and firm. If you cannot find fresh lemongrass, dried can work, too. We also use essential oil of lemongrass for dishes like this; you can easily find it online, and it has a shelf life of years. If you do use it, however, be sparing as a little goes a long way. Most dishes need only a tiny drop or two.

Serves 4

Prep time: 5 minutes

Cook time: 10 minutes

- 2 quarts water
- 4 green tea bags
- 2 tablespoons minced fresh lemongrass, or 4 tablespoons dried lemongrass
- 1 teaspoon sea salt
- 1 pound fresh salmon fillet, in 4 pieces
- 2 cups diced broccoli

Place the water, tea bags, and lemongrass in a large saucepan. Bring to a low boil, remove from heat, and let sit for 5 minutes. Remove the tea bags and lemongrass and discard them. Add the salmon pieces and simmer gently for 5 minutes, or until the outer flesh starts to flake. Add the broccoli and simmer for an additional 3 minutes. Serve with $\frac{3}{4}$ cup steamed brown rice (recipe follows).

Vegan modifications: none available.

Steamed Brown Rice or Quinoa

Healthy grains are great staples to always have cooked and ready to go in the refrigerator. Chicken or vegetable broth can be used. My family loves Better than Bouillon brand stock paste, since it has only clean ingredients and is more versatile than broth. This can be done on a stovetop, but rice cookers make it so much easier!

Serves 8

Prep time: 2 minutes

Cook time 45 minutes

- 2 cups long-grain organic brown rice or organic quinoa
- 2 teaspoons Better than Bouillon vegetable base or chicken flavor, or 2 cups vegetable stock
- 2 cups water

Rinse the rice. Add the rice, bouillon base, and water to a 2-quart stockpot or rice cooker. Simmer lightly, covered, over low heat until all the water is absorbed, roughly 45 minutes. Serve warm or refrigerate for up to 72 hours.

Vegan modifications: none needed.

Carrot Chicken Soup

This recipe provides a unique blend of flavors and it's easy to pre-cook. Many supermarkets now stock organic pre-shredded carrots, which makes cooking this even easier.

Serves 4

Prep time: 5 minutes

Cook time: 20 minutes

- 2 tablespoons macadamia oil
- 1½ cups chopped white onions
- 1 tablespoon grated fresh ginger
- 1 teaspoon ground cinnamon
- ½ teaspoon chili powder
- 4 cups shredded carrots
- ¾ cup fresh orange juice
- 2 cups unsweetened coconut beverage
- 2 cups chicken or vegetable broth
- 1 teaspoon salt
- ½ teaspoon freshly ground black pepper
- 1½ cups diced cooked chicken breast

Place the oil in a large soup pot and then add the onions. Sauté until softened, about 3 minutes, then add the ginger, cinnamon, and chili powder. Sauté an additional minute. Add the carrots, orange juice, coconut beverage, and broth and bring to a simmer. Simmer for 10 minutes, until the carrots are soft. Add the salt and pepper and the chicken, and simmer an additional 5 minutes. Serve warm or refrigerate for up to 72 hours.

Vegan modifications: omit the chicken (use 1 pound thawed tempeh instead, if desired).

Curried Garbanzo Stew

Curry is a blend of spices, usually built around turmeric. There is a compound found in turmeric called curcumin that can do more for your health than almost anything else. It helps control blood sugar, lowers inflammation, may reduce the risk of cancer, and supports the immune system. In fact, extracts of curcumin work as well for pain and inflammation as do medications like ibuprofen—and without the side effects.

Serves 4

Prep time: 5 minutes

Cook time: 15 minutes

- 2 teaspoons macadamia or rice bran oil
- 1 teaspoon mustard seeds
- 2 teaspoons cumin seeds
- 2 cups chopped green cabbage
- 1 cup diced white onion
- 1 teaspoon grated fresh ginger
- ½ fresh jalapeño pepper, seeded and minced (wash hands carefully after handling)
- 1 cup pureed tomatoes
- 1 teaspoon dried turmeric
- 1½ cups canned garbanzo beans (chickpeas), rinsed
- 1½ cups cooked brown basmati rice, kept warm
- ½ cup chopped fresh cilantro (optional)

Heat the oil in a large skillet and add the mustard and cumin seeds over high heat until they pop, about 2 minutes. Add the cabbage, onion, ginger, and jalapeño, and cook until all have softened, 2 to 3 minutes more. Add the tomatoes, turmeric, and garbanzo beans. Simmer for 5 to 10 minutes. Serve hot over the rice, sprinkled with cilantro, if desired.

Vegan modifications: none needed.

Stir-Fried Beef

Choose lean cuts of grass-fed beef, such as sirloin or skirt steak. There are some nutrients that beef is really rich in; zinc, taurine, conjugated linolenic acid, carnitine, vitamin B12, and iron are just a few. The grass-fed varieties also offer some omega-3 fats, as are found in fish. This recipe goes well with steamed brown rice (page 42), making it a complete meal.

Serves 4

Prep time: 2 minutes

Cook time: 10 minutes

- 1 teaspoon toasted sesame oil
- 1 pound boneless beef steak, sliced for stir-fry
- 2 pounds bok choy, sliced, stems and leafy parts separated
- 2 garlic cloves, minced
- 2 pinches freshly ground black pepper
- 1 pinch sea salt

Heat the sesame oil in a large skillet and sauté the steak over medium heat until browned, about 3 minutes.

Add the bok choy stems and garlic and sauté about 1 minute more. Add bok choy leaves and sauté an additional 5 minutes. Season with pepper and salt. Serve hot over $\frac{3}{4}$ cup rice.

Vegan modifications: Use 1 pound thawed tempeh instead of the beef.

Basil Pesto

This sauce/seasoning works great as a topping for pasta or chicken.

Serves 4

Prep time: 10 minutes

- 2 cups organic fresh basil, loosely packed (roughly 4 ounces)
- 1 garlic clove, cut in half with green kernel removed
- ¼ cup extra-virgin olive oil, or more as needed
- Juice of 1 lemon
- ½ cup pine nuts, raw and shelled

Place the basil, garlic, oil and lemon juice in a blender. Blend, stirring and adding additional olive oil, if necessary for consistency, until a smooth green paste is formed. Add pine nuts and blend just enough to break them into large pieces. Use immediately or store in the freezer; it keeps well.

Vegan modifications: none needed.