

THE SCIENCE OF SKINNY

**START UNDERSTANDING
YOUR BODY'S CHEMISTRY—AND STOP DIETING FOREVER**

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Table 1: Traditional Diets vs. Modernized Diets in 1930

| Foods in Traditional Diets | Foods in Modernized Diets |
|---|--|
| All traditional diets studied were rich in <i>animal foods</i> * containing <i>saturated fat</i> and <i>cholesterol</i> such as butter, eggs, fatty fish, wild game, and organ meats. The fats in these foods are rich in the fat-soluble vitamins A, D, E, and K | Consumption of naturally raised meats and seafood declined, while the increase of canned meats and seafood increased. Artificial vitamins were taken to make up for deficiencies. |
| Raw dairy products: milk, yogurt, butter, cheese | Pasteurized, homogenized milk and dairy products made from this milk |
| Tropical fruits, raw honey, pure maple syrup | Refined sugar or corn syrup |
| Legumes, sprouted grains, raw nuts and seeds soaked in water, naturally leavened breads | White flour products, roasted nuts |
| Cold-pressed oils | Refined or hydrogenated vegetable oils |
| Naturally preserved, fermented vegetables, fruits, beverages, meats, and condiments | Canned foods Additives and colorings |
| *Unlike the meats eaten today, the animals eaten in traditional diets were pasture raised (grass-fed) without hormones or antibiotics. | |
| SOURCE: The Weston A. Price Foundation, Principles of Healthy Diets, www.westonaprice.org/basics/principles-of-healthy-diets#traditional . | |

Table 2: Summary of Dr. Pottenger's Ten-Year Cat Study

| GROUP | A & B | C | D | E | F |
|--|--|---|---|--|---|
| | Food Received | | | | |
| | Raw milk Raw meat Cod liver oil | Raw milk Cooked meat Cod liver oil | Pasteurized milk Raw meat Cod liver oil | Evaporated milk Raw meat Cod liver oil | Sweetened condensed milk Raw meat Cod liver oil |
| First Generation | Remained healthy throughout their normal lifespan. | The first generation of all four processed food groups developed diseases and illnesses near the end of their lives. | | | |
| Second Generation | Remained healthy throughout their normal lifespan. | The second generation of all four processed food groups developed diseases and illnesses in the middle of their lives. | | | |
| Third Generation | Remained healthy throughout their normal lifespan. | The third generation of all four processed food groups developed diseases and illnesses in the beginning of their lives; many died before six months of age. | | | |
| Fourth Generation | Remained healthy throughout their normal lifespan. | There was no fourth generation in any of the processed food groups; either the third generation parents were sterile, or the fourth generation cats were miscarried before birth. | | | |
| <p>The experiment included nine-hundred cats over four generations. Six different feeding groups were studied. All groups were supplied the same basic minimal diet, but the major portion of the diets were varied. Groups A and B were fed whole foods (raw milk and raw meat in varying proportions). Group C received cooked meat and raw milk. Groups D, E, and F were given increasingly processed types of milk: pasteurized, evaporated, and sweetened condensed milk plus raw meat. The group receiving sweetened condensed milk showed the most marked deficiencies.</p> | | | | | |

Table 3: How Sugars Compare

| | White Sugar | “Sugar in the Raw” | Evaporated Cane Juice | Turbinado | Organic Raw Whole Cane Sugar (Rapadura)/ Sucanat |
|--|-------------|--------------------|-----------------------|-------------|--|
| <i>Carbohydrate</i> | | | | | |
| Sucrose (g) | 99.8 | 99.8 | 99.8 | 99.19 | 73–83 |
| Fructose (g) | 0 | 0 | 0 | 0 | 1.5–7 |
| Glucose (g) | 0 | 0 | 0 | 0 | 1.5–7 |
| <i>Minerals</i> | | | | | |
| Potassium (mg) | 0.5–1 | 15–150 | 0 | 29 | 10–13 |
| Calcium (g) | 0–5 | 75–95 | 18 | 12 | 40–100 |
| Magnesium (mg) | 0 | 13–23 | unavailable | 2 | 70–90 |
| Phosphorous (mg) | 0 | 3–4 | unavailable | 1 | 20–90 |
| Sodium (mg) | 0.6–0.9 | unavailable | unavailable | 3 | 19–30 |
| Iron (mg) | 0.5–1 | unavailable | unavailable | 0.37 | 10–13 |
| Manganese (mg) | 0 | unavailable | unavailable | 0 | 0.2–0.5 |
| Zinc (mg) | 0 | unavailable | unavailable | 0 | 0.2–0.4 |
| Fluorine (mg) | 0 | unavailable | unavailable | unavailable | 5.3–6.0 |
| Copper (mg) | 0 | unavailable | unavailable | unavailable | 0.1–0.9 |
| <i>Vitamins</i> | | | | | |
| Provitamin A (mg) | 0 | unavailable | unavailable | unavailable | 2.0 |
| A (mg) | 0 | unavailable | unavailable | unavailable | 3.80 |
| B ₁ (mg) | 0 | 0.01 | unavailable | unavailable | 0.01 |
| B ₂ (mg) | 0 | 0.006 | unavailable | unavailable | 0.06 |
| B ₅ (mg) | 0 | 0.02 | 0.01–0.05 | unavailable | 0.01 |
| B ₆ (mg) | 0 | 0.01 | unavailable | unavailable | 0.01 |
| C (mg) | 0 | unavailable | 4 | unavailable | 7.0 |
| D ₂ (mg) | 0 | unavailable | unavailable | 5.6 | 6.50 |
| E (mg) | 0 | unavailable | unavailable | 40.0 | 111.30 |
| Bioflavonoids (mg) | unavailable | unavailable | unavailable | unavailable | 7.0 |
| Amounts based on 100 grams | | | | | |
| SOURCES: Daabon Organic Australia, www.daabon.com/australia/pdfs/Rapadura%20Specs.pdf ; USDA Nutrient Database, www.nal.usda.gov/fnic/foodcomp/search/ . | | | | | |

Figure 1: Anatomy of a Whole Grain

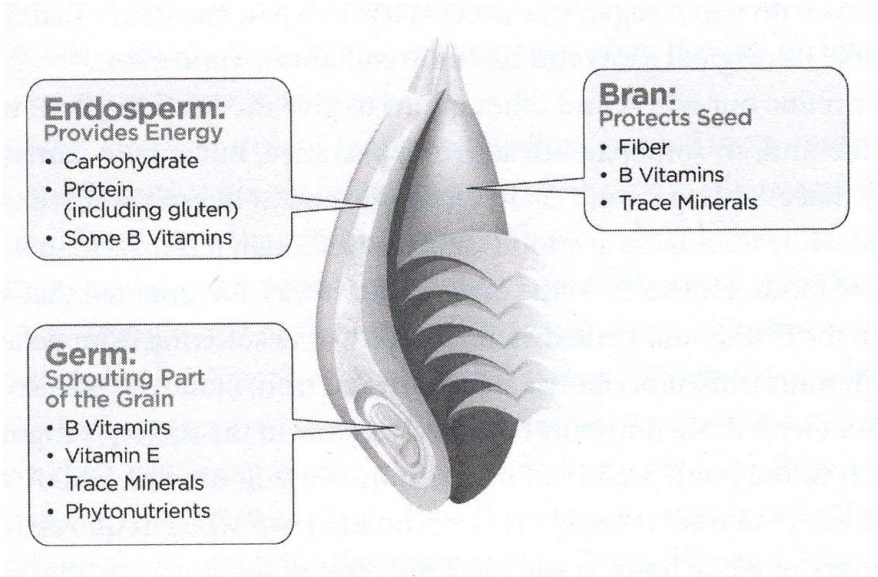


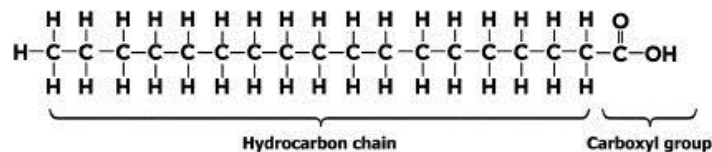
Table 4: Identifying Whole Grain

| Words and Phrases You May See on Packages | Do They Mean Whole Grain? |
|--|--|
| Whole grain (name of grain) Whole wheat Whole (name of grain) flour Organic whole (name of grain) Stone-ground whole (name of grain) Brown rice Oats, oatmeal (including old-fashioned oatmeal, instant oatmeal, rolled oats, and steel-cut oats) Wheat berries Sprouted [name of grain] | Yes—These phrases refer to products that contain all parts of the grain, so you know you’re getting all the nutrients of the whole grain. In nearly all cases, you will see the word “whole” in front of the name of the grain. |
| 100% wheat | Maybe—This phrase means that the only grain contained in the product is wheat, but it may not be <i>whole</i> wheat. You need to check the ingredient list to make sure it says “whole wheat.” |
| Multigrain | Maybe—This phrase means that the product contains several different grains, such as wheat, corn, rye, etc. However, the grains may be whole grains or refined grains, or a mixture of both. Again, you need to check the ingredient list to make sure it contains all whole grains. Many “multigrain” breads list the first ingredient as “enriched wheat flour.” |
| Semolina Durum wheat | No—These are both from varieties of wheat that have had the bran and germ removed. |
| Organic flour Organic wheat flour Organic unbleached wheat flour | No—Although the wheat has been grown organically, it has still been refined and thus is still just white flour. |
| Stone ground | No—This phrase refers to grain that is coarsely ground and may contain the germ, but not the bran. Often with stone-ground breads, enriched flour is the first ingredient listed, not whole-grain flour. |

Table 4 (continued)

| Words and Phrases You May See on Packages | Do They Mean Whole Grain? |
|---|---|
| Pumpernickel | No—This type of bread is made from refined dark rye flour and refined white flour. |
| Wheat flour Enriched flour Enriched bleached flour Unbleached enriched flour | No—All of these phrases refer to refined flour. |
| Cornmeal (degermed) | No—Degermed cornmeal means that the germ has been removed, so it is not whole grain. |
| Rice flour | No—This phrase refers to flour made from white rice, which is not a whole grain. Only brown rice flour is whole grain. |
| Bran | No—This refers only to only the bran of the grain; it is not the whole grain. However, bran can add significant amounts of fiber and other nutrients to a diet that is rich in whole grains. |
| Wheat germ | No—This refers only to the germ of the grain; it is not the whole grain. However, wheat germ contains vitamin E, fiber, and other nutrients that can enhance a diet otherwise rich in whole grains. |
| SOURCE: The Whole Grain Council, www.wholegraincouncil.org . | |

Figure 2



A simple chemical structure of a fatty acid chain. Carbon atoms are linked together with hydrogen atoms filling in the bonding sites.

Figure 3: Molecular structure of a saturated fat

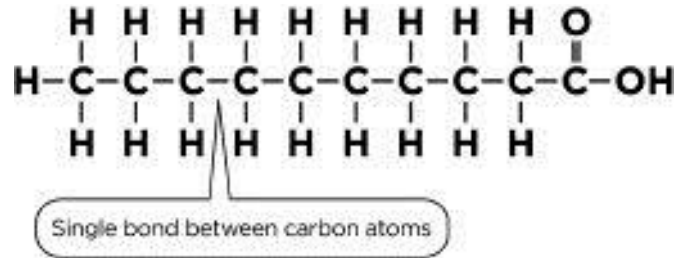


Figure 4: Molecular structure of an unsaturated fat

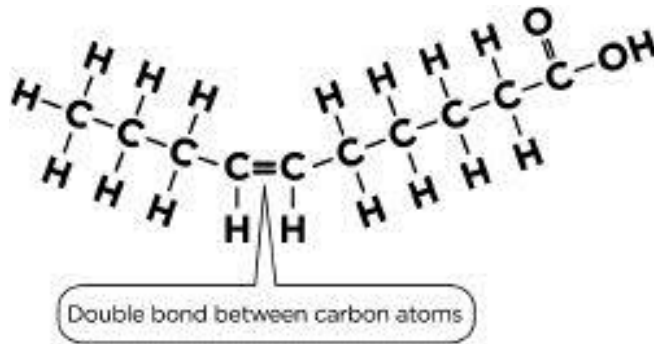


Table 5

| Alkaline-Forming Foods | Acid-Forming Foods |
|---|---|
| FRUITS AND VEGETABLES | |
| <p>Most vegetables and fruits are alkaline forming.</p> <p>Lemons, dates, figs, cantaloupe, watermelon, parsley, asparagus, avocados, endive, escarole, watercress, kelp, and other seaweeds are extremely alkaline forming.</p> | <p>Blueberries, cranberries, plums, prunes, black and green olives (processed), pickles, white potatoes without skin, jams and preserves with sugar, and canned fruits.</p> |
| GRAINS AND LEGUMES | |
| <p>Amaranth, quinoa, millet, wild rice, brown rice, and buckwheat.</p> <p>Acid-forming grains and dried beans become alkaline when sprouted; therefore, sprouted-grain bread products are alkaline forming.</p> <p>Tempeh and miso are alkaline forming if they are made from organic fermented soybeans.</p> | <p>Most grains (even whole grains), and grain products (breads, cereals, pastas, muffins, tortillas, etc.), beans, peas, lentils, oat bran, wheat bran, wheat germ, corn, popcorn, spelt, kamut.</p> <p>Processed soy foods, tofu, and foods made from nonorganic soybeans are acid forming.</p> <p>White rice and refined grains (white flour products) are extremely acid forming.</p> |
| NUTS AND SEEDS | |
| <p>Almonds, chestnuts (dry roasted), chia seeds, fresh coconut, coconut butter, flaxseeds, hemp seeds, hemp seed butter, pine nuts, sesame seeds, tahini. Nuts should be consumed raw. Soaking nuts increases their digestibility and alkalinity.</p> | <p>Dried coconut, most nuts, and seeds (and their nut or seed butters) are acid forming. With the exception of dried coconut, cooking, smoking, or roasting destroys their healthful oils and vitamins, and increases their acidity.</p> |
| MEATS, POULTRY, FISH, SEAFOOD | |
| <p>There are no alkaline-forming foods in this category.</p> | <p>All meats, poultry, fish, and shellfish are acid forming.</p> <p>Processed, cured, and preservative-laden meats and poultry (such as lunchmeats, bacon, hot dogs, and SPAM) are extremely acid forming.</p> |
| EGGS AND DAIRY | |
| <p>Raw cow and goat milk and products made from them—raw cream, raw butter, raw ghee, raw buttermilk, raw cheese, fresh kefir and yogurt made from raw milk.</p> <p>Whey protein powder—cold-processed whey concentrate from pesticide-free, hormone-free, grass-fed goats or cows.</p> | <p>Eggs, pasteurized cow or goat milk and products made from this milk (both organic and conventional) including cream, half and half, butter, ghee, cheese, buttermilk, kefir, and yogurt.</p> <p>Whey protein powder from pasteurized milk—contains whey protein from grain-fed cows, and typically contains artificial sweeteners and soy lecithin.</p> <p>Processed cheese, ice cream, puddings, custards, and flavored yogurts are extremely acid forming.</p> |

Table 5 (continued)

| Alkaline-Forming Foods | Acid-Forming Foods |
|--|---|
| ALTERNATIVE DAIRY PRODUCTS | |
| <p>Freshly made milks from coconuts, coconut cream, and almonds are alkaline forming.</p> <p>Ice creams made from fresh coconut milk and almond milk, using alkaline forming sweeteners, are alkaline forming.</p> | <p>Most commercial alternative dairy products are acid forming due to additives, sweeteners, and synthetic vitamins added to them—milks, cheeses, yogurts, ice creams and other products made from soy milk, rice milk, hemp milk, almond milk, and coconut milk.</p> |
| FATS AND OILS | |
| <p>Extra-virgin coconut oil, extra virgin palm oil, extra-virgin olive oil, unrefined avocado oil, flaxseed oil, hemp seed oil, unrefined sesame oil, pharmaceutical-grade fish oil supplements, evening primrose oil, borage oil, black currant seed oil, Udo's Oil.</p> | <p>Most refined cooking oils and vegetable oils (canola oil, corn oil, safflower oil, soybean oil, sunflower oil, hydrogenated oils, etc.), margarines, shortenings, mayonnaise, commercial salad dressings, animal fats, and lard are extremely acid forming.</p> |
| SWEETENERS | |
| <p>Stevia, coconut nectar, raw honey, brown rice syrup, sprouted barley malt, coconut crystals, date sugar, organic whole cane raw sugar (rapadura), Sucanat, <i>luo han guo</i>, unsulfured blackstrap molasses.</p> | <p>Artificial sweeteners (saccharine, aspartame, sucralose, acesulfame K) are extremely acid forming. These should be avoided.</p> <p>Refined white sugar (both cane and beet sugars), brown sugar, high-fructose corn syrup, corn syrup, corn syrup solids, and processed, pasteurized honey are extremely acid forming. These should be avoided.</p> <p>Agave, barley malt syrup, erythritol (Zero), Truvia, Pure Via, xylitol, mannitol, sorbitol, fructose, crystalline fructose, evaporated cane juice, turbinado, Demarara, muscovado, Sugar in the Raw, processed sulfured molasses.</p> |
| BEVERAGES | |
| <p>Freshly juiced fruits and vegetables are extremely alkaline forming and can reverse many illnesses, including obesity.</p> <p>Lemon water and vitality vinegar tonic are also extremely alkaline forming.</p> <p>Alkaline water, spring water (Fuji, Evian), mineral water (still), coconut water (plain, unsweetened), green drinks, green tea, herbal teas, kombucha tea.</p> | <p>Sodas, both regular and diet, are extremely acid forming. These should be avoided.</p> <p>Hard liquor, beer, and wine should be occasional. If overindulged in, they become extremely acid forming.</p> <p>Coffee, black tea, tap water, sparkling water, club soda, coconut water (sweetened), energy drinks, sports drinks, pasteurized fruit juices, herbal coffee substitutes such as Teccino.</p> |

Table 5 (continued)

| Alkaline-Forming Foods | Acid-Forming Foods |
|--|--|
| HERBS, SPICES, CONDIMENTS | |
| <p>Agar-agar, cayenne, garlic, and ginger are all extremely alkaline forming.</p> <p>Raw (unpasteurized) apple cider vinegar, brown rice vinegar, coconut vinegar, arrow-root, Bragg Aminos, coconut aminos, carob, chili pepper, herbs and spices (all), sea salt, Himalayan salt, Bio-salt, Herbamare, wheat-free tamari sauce, ketchup (natural and home-made from alkaline ingredients), mayonnaise (natural and homemade from alkaline ingredients), pure vanilla bean extract, salad dressings (natural and homemade from alkaline ingredients), gelatin from home-cooked poultry.</p> | <p>Prepared mustards, dried mustard, nutmeg, ketchup (refined, sugared), mayonnaise (made from acid-forming oils, sugared), iodized salt (refined table salt), seasoning salts, seasoning packets, black pepper, soy sauce, tamari sauce (wheat-containing), most commercial salad dressings, boxed gelatin mix and Jell-O.</p> <p>Distilled vinegars are extremely acid forming. Avoid these and the foods that contain them (salad dressings, condiments, etc.).</p> |
| CHOCOLATE AND CACAO | |
| <p>Raw forms of unsweetened cacao—cacao nibs, cacao powder, cacao butter—are the most alkaline-forming types of cacao.</p> <p>Other forms of cacao—unsweetened organic cacao powder, 100% cacao content unsweetened organic baking chocolate, and organic dark chocolate bars with 70% or higher cacao content—are slightly alkaline forming. The higher the cacao content, the more alkaline forming it is. Make sure the chocolate is not treated with “alkali” (Dutched).</p> | <p>Any chocolate (even organic dark chocolate) that is less than 70% cacao content.</p> <p>Milk chocolate and white chocolate are acid forming.</p> <p>Chocolate and cocoa powder treated with “alkali” (Dutch process) are actually acid forming.</p> |
| OTHER | |
| <p>Bee pollen, royal jelly, chlorella, spirulina, and chlorophyll are all extremely alkaline forming.</p> <p>Nutritional yeast, probiotics, whole food vitamin and mineral supplements, green superfood powders, most naturally prepared whole food supplements.</p> | <p>Synthetic vitamin and mineral supplements, aspirin, Tylenol, over-the-counter drugs, prescription drugs, recreational drugs, tobacco, food additives, preservatives, pesticides, hormones, chewing gum, breath mints, candy, chips, junk foods, protein bars.</p> |

Table 6: Complementary Proteins

| Foods with Low Amino Acids | Complementary Foods | Combination Examples |
|---|---|--|
| Legumes: beans, peas, lentils | <ul style="list-style-type: none"> • Grains • Nuts • Seeds | <ul style="list-style-type: none"> • Hummus with seed crackers (Mary's Gone Crackers brand) • Naked burrito bowl: brown rice, black beans, salsa, lettuce, avocado, onion • Leafy green salad with kidney beans, sunflower seeds, and almonds |
| Whole grains: wheat, corn, oats, brown rice, barley, rye | <ul style="list-style-type: none"> • Legumes • Dairy | <ul style="list-style-type: none"> • Corn tortillas with beans and cheese (basically a taco), or bean and cheese burrito on whole wheat tortilla • Lentil soup with barley |

Table 7: Fiber and Protein Content in Common Legumes

| Legume (1 cup cooked) | Fiber (grams) | Protein (grams) |
|--|---------------|-----------------|
| Black beans | 14.96 | 15.24 |
| Black-eyed peas (cowpeas) | 11.1 | 13.22 |
| Garbanzo beans (chickpeas) | 12.46 | 14.53 |
| Green peas* | 8.80 | 9.42 |
| Lentils | 15.64 | 17.86 |
| Lima beans | 13.16 | 14.66 |
| Navy beans | 11.65 | 15.83 |
| Pinto beans | 14.71 | 14.04 |
| Red kidney beans | 11.33 | 15.35 |
| Split peas | 16.27 | 16.35 |
| Tempeh (fermented soybeans)* 4 ounces uncooked | 4.8 | 19.0 |
| *These legumes are notable exceptions, with a much lower fiber content than found in other common legumes. | | |
| SOURCE: USDA Nutrient Database, www.nal.usda.gov . | | |

Table 8: Composition of Common Oils

| Type | % Polyunsaturated | | % Monounsaturated | % Saturated | |
|-------------------|-------------------|----------------------|-------------------|-------------|----|
| | Total | % Omega-3 Omega-6 | | | |
| Almond | 17 | 0 | 17 | 78 | 5 |
| Avocado | 10 | 0 | 10 | 70 | 20 |
| Beef tallow | 4 | 1 | 3 | 43 | 46 |
| Brazil nut | 24 | 0 | 24 | 48 | 24 |
| Butter (cow) | 3 | 1 | 2 | 29 | 56 |
| Canola (rapeseed) | 37 | 7 | 30 | 54 | 7 |
| Cashew | 6 | 0 | 6 | 70 | 18 |
| Chia | 70 | 30 | 40 | 0 | 0 |
| Cocoa butter | 3 | 0 | 3 | 32 | 63 |
| Coconut | 3 | 0 | 3 | 6 | 91 |
| Corn | 59 | 0 | 59 | 24 | 17 |
| Cottonseed | 50 | 0 | 50 | 21 | 25 |
| Evening primrose | 81 | 0 | 81 | 11 | 8 |
| Filbert | 16 | 0 | 16 | 54 | 5 |
| Flaxseed | 72 | 58 | 14 | 19 | 9 |
| Grape seed | 73 | 0 | 73 | 15 | 12 |
| Hemp | 80 | 20 | 60 | 12 | 8 |
| Lard (pork fat) | 10 | 0 | 10 | 44 | 42 |
| Macadamia | 10 | 0 | 10 | 71 | 12 |
| Olive | 8 | 0 | 8 | 76 | 16 |
| Palm | 10 | 0 | 10 | 40 | 50 |
| Palm kernel | 2 | 0 | 2 | 15 | 79 |
| Peanut | 29 | 0 | 29 | 47 | 18 |
| Pecan | 20 | 0 | 20 | 63 | 7 |
| Pistachio | 19 | 0 | 19 | 65 | 9 |
| Pumpkin | 57 | 0-15 | 42-57 | 34 | 9 |
| Rice bran | 36 | 1 | 35 | 48 | 17 |
| Safflower | 75 | 0 | 75 | 13 | 12 |
| Salmon oil | 40 | 34 | 6 | 20 | 29 |
| Sesame | 45 | 0 | 45 | 42 | 13 |
| Soybean | 57 | 7 | 50 | 26 | 15 |
| Sunflower | 65 | 0 | 65 | 23 | 12 |
| Walnut | 56 | 5 | 51 | 28 | 16 |
| Wheat germ | 55 | 5 | 50 | 25 | 18 |

SOURCE: USDA Nutrient Database, www.nal.usda.gov/fnic/foodcomp/search/.

Skinny Beginnings

Skinny Beginnings Daily Regimen

| Omnivore (Meat Eater) | Vegetarian (Lacto-Ovo) |
|---|--|
| <p>Nonstarchy Vegetables Dark leafy greens: unlimited, minimum 2 portions Rainbow vegetables: unlimited, minimum 2 portions</p> | <p>Nonstarchy Vegetables Dark leafy greens: unlimited, minimum 2 portions Rainbow vegetables: unlimited, minimum 2 portions</p> |
| <p>Legumes and Starchy Vegetables 1 legume portion or 1 starchy vegetable portion</p> | <p>Legumes and Starchy Vegetables 1 legume portion and 1 starchy vegetable portion, <i>OR</i> 2 legume portions</p> |
| <p>Whole Grains 1 portion</p> | <p>Whole Grains 1 portion</p> |
| <p>Fruits 2 portions (lemon and lime juice are in addition to these portions)</p> | <p>Fruits 2 portions (lemon and lime juice are in addition to these portions)</p> |
| <p>High-Quality Proteins 3 portions from meat, fish, poultry, yogurt, whey, or eggs (For a dairy alternative, you may choose hemp protein powder instead of whey or yogurt.)</p> | <p>High-Quality Proteins 2 portions from yogurt, whey, eggs, quinoa, or tempeh (For a dairy alternative, you may choose hemp protein powder instead of whey or yogurt.)</p> |

Skinny Beginnings Daily Regimen *(continued)*

| Omnivore (Meat Eater) | Vegetarian (Lacto-Ovo) |
|--|---|
| <p>Health-Promoting Fats and Oils Coconut oil/coconut products: 2 portions Omega-3 oils: 2 portions Other fats/oils: ½ to 1 whole avocado plus 1 other fat portion Nuts/seeds: 1 portion</p> | <p>Health-Promoting Fats and Oils Coconut oil/coconut products: 2 portions Omega-3 oils: 2 portions Other fats/oils: ½ to 1 whole avocado plus 1 other fat portion Nuts/seeds: 1 portion</p> |
| <p>Optional Extras 1 cup nondairy milk (almond, rice, or coconut) 1 tablespoon ground flaxseeds (in addition to your nut/seed portion for the day) 1 tablespoon unsweetened cocoa powder</p> | |
| <p>Natural Supplements Whole food multivitamin/mineral: Take as directed on package, one dose in the morning, one dose in the evening. Alkalizing green powder: 1 to 3 servings per day Milk thistle tincture: 28 drops of tincture added to water, drink 3 times per day Dandelion root tincture: 3 cups of brewed tea, <i>or</i> 28 drops of tincture added to water, drink 3 times per day (Tinctures may be mixed into the same glass of water and drunk together. This water counts toward your total water for the day!)</p> | |
| <p>Warm Lemon Water One 8-ounce glass, drink upon arising</p> | |
| <p>Vitality Vinegar Tonic Three 8-ounce glasses, preferably one glass 20 minutes before each meal</p> | |
| <p>Pure Water (Body weight in pounds ÷ 2) = ounces of pure water per day</p> | |
| <p>Meaningful Fitness 30 minutes minimum, 6 days/week</p> | |

Skinny Beginnings Food List

Choose from the following food categories to make balanced meals. All vegetables, fruits, and most whole grains listed are alkaline forming.

Dark Green Leafy Vegetables _____

Portion Size: 1 cup raw, cooked, or raw juiced

- Arugula
- Beet greens
- Bok choy
- Butterhead lettuce
- Cabbage, green and red
- Chard, all types
- Chinese cabbage (napa cabbage)
- Collard greens
- Dandelion greens
- Endive
- Escarole
- Frisée
- Green loose-leaf lettuce
- Kale
- Mustard greens
- Radicchio
- Red loose-leaf lettuce
- Romaine lettuce

- Spinach
- Spring mix
- Turnip greens
- Watercress
- Kelp and seaweeds

Rainbow Vegetables _____

Portion Size: 1 cup (unless otherwise noted) raw, cooked, or raw juiced

- Artichokes
- Alfalfa sprouts
- Asparagus
- Bamboo shoots
- Bean sprouts
- Beets
- Bell peppers (all colors)
- Broccoli
- Brussels sprouts
- Carrots
- Cauliflower
- Celery
- Chives
- Cucumbers
- Daikon

- Eggplant
- Jicama
- Kohlrabi
- Leeks
- Mexican gray squash
- Mushrooms
- Okra
- Onions, all types
- Parsley
- Radishes
- Rutabagas
- Rhubarb
- Sauerkraut
- Scallions and green onions
- Shallots
- String beans, green and yellow
- Snap peas
- Snow peas
- Sorrel
- Sprouts, all types
- Tomatoes
- Turnips
- Water chestnuts

- Yellow summer squash
- Zucchini

Legumes _____

Portion Size: Each of the following equals 1 portion (cooked).

- Beans, all types: ½ cup
- Lentils, all types: ½ cup
- Split peas: ½ cup
- Bean burgers: 1 burger

Starchy Vegetables _____

Portion Size: Each of the following equals 1 portion (cooked).

- Winter squash: ½ cup
- Parsnip: ½ cup
- Pumpkin: ½ cup
- Spaghetti squash: ½ cup
- Sweet potato or yam: ½ cup measured if boiled, mashed, or fried; 4 ounces by weight if baked

Whole Grains _____

Portion Size: Each of the following equals 1 portion (cooked).

- Amaranth ½ cup
- Brown rice: ½ cup
- Buckwheat: ½ cup
- Millet: ½ cup

- Quinoa: ½ cup
- Red rice: ½ cup
- Wild rice: ½ cup
- Sunshine Burger or other veggie burger: 1 burger

Whole-Grain Crackers

Portion Size: Each of the following equals 1 portion.

- San-Jay Tamari Brown Rice Crackers: 6 crackers
- Brown rice cakes (any unsalted): 2 rice cakes
- Mary’s Gone Crackers: Check package for portion size

Bran and Whole-Grain Cereals

Portion Size: Each of the following equals 1 portion.

- Oat bran: ¼ cup uncooked, ½ cup cooked
- Bob’s Red Mill gluten-free hot cereal: ¼ cup uncooked, ½ cup cooked
- Crispy brown rice cereal: 1 cup, cooked
- Puffed brown rice cereal: 1 cup, cooked
- Puffed millet cereal: 1 cup, cooked

Fruits _____

Portion Size: Each of the following equals 1 portion.

- Apple: 1 large
- Applesauce, unsweetened: 1 cup
- Apricot, fresh: 4 medium
- Banana: 1 medium

- *Berries*
- Blackberries: 1 cup
- Raspberries: 1 cup
- Strawberries: 1 cup
- Cherries: 20 large
- Dates: 3 whole
- Fig, fresh or dried: 2 whole
- Grapefruit: ½ large
- Grapes, all types: 1 cup
- Kiwifruit: 2 small
- Lemon: 2 whole
- Lime: 2 whole
- *Melon*
- Cantaloupe ½ small
- Honeydew ¼ medium
- Watermelon 2 cups cubed
- Nectarine: 2 small
- Orange: 1 large
- Papaya: 1 cup
- Peach: 1 medium
- Pear: 1 medium
- Persimmon: 2 medium
- Pineapple: 1 cup cubed

- Tangelo: 1 large
- Tangerine: 2 medium
- Frozen fruit, natural unsweetened: 1 cup

High-Quality Protein _____

Portion Size: For meats, poultry, and fish, the portion size is 3 to 4 ounces for women, 4 to 5 ounces for men, weighed after cooking. For other proteins, the portion size varies depending on the type of protein; refer to the following list for portion sizes.

Fish (wild caught is best)

- Cod
- Grouper
- Haddock
- Halibut
- Herring
- Mahimahi
- Mackerel
- Orange roughy
- Sardines, canned in water or olive oil only
- Salmon, fresh
- Salmon, canned, in water
- Sea bass
- Snapper
- Sole
- Tilapia

- Trout
- Whitefish
- Tuna, fresh
- Tuna, canned in water only

Poultry

- Chicken
- Chicken, canned (no additives)
- Cornish game hen
- Duck
- Turkey
- Chicken or turkey bacon (no nitrates or nitrites)
- Chicken or turkey sausage (no pork casings, nitrates, or nitrites)
- Chicken or turkey deli meats and hot dogs (no synthetic additives, nitrates, or nitrites)

Meat (all lean types)

- Beef
- Buffalo
- Lamb
- Liver (must be organic)
- Veal
- Venison
- Beef deli meats and hot dogs (no synthetic additives, pork casings, nitrates, or nitrites)

Other Protein Foods

- Eggs: 2 eggs
- *Dairy*
- Whole-milk organic plain yogurt: 1 cup
- Whole-milk organic plain yogurt, Greek style: 1 cup
- Whole-milk goat yogurt: 1 cup
- *Fermented soy foods*
 - Tempeh: 4 ounces after cooking
 - Tofu: 4 ounces after cooking

Protein Powders

- Whey protein powder concentrate (unsweetened or naturally sweetened brands only): 1 scoop (about 8–10 grams protein)
- Goat whey protein powder concentrate (unsweetened or naturally sweetened brands only): 1 scoop (about 13 grams protein)
- Hemp protein powder (unsweetened or naturally sweetened brands only): 4 tablespoons (about 15 grams protein)
- Brown rice protein powder (unsweetened or naturally sweetened brands only): 2 tablespoons (about 15 grams protein)

Health-Promoting Fats and Oils _____

Extra-Virgin Coconut Oil and Coconut Products

Portion Size: The portion size varies depending on the type of coconut product. Refer to the following list for portion sizes.

Note: Coconut oil is best used for cooking; however, it can also be added to smoothies, soups, and oatmeal and other hot cereals, and used as a spread in place of butter.

- Extra-virgin coconut oil: 1 tablespoon

- Coconut milk, fresh or canned, unsweetened: ½ cup
- Fresh coconut meat: 2 ounces
- Coconut cream, unsweetened: 1 tablespoon
- Dried coconut, unsweetened: 2 tablespoons

Omega-3

Portion Size: The portion size varies depending on the type of oil. Refer to the following list for portion sizes.

Note: Always take omega-3 oils with a meal. *Do not take more than two portions at the same meal.* You must divide the portions equally and take them at different times throughout the day. These oils are extremely sensitive to heat and light, therefore *they should never be heated or used for cooking.* Keep them in dark bottles in the refrigerator.

- High-lignan flaxseed oil: 1 tablespoon
- Hemp seed oil: 1 tablespoon
- Fish oil: 1 teaspoon
- Cod liver oil: 1 teaspoon

Other Health-Promoting Fats and Oils

Portion Size: The portion size varies depending on the type of fat/oil. Refer to the following list for portion sizes.

- Avocado: ½ avocado
- Butter, organic: 1 teaspoon
- Extra-virgin olive oil: 1 tablespoon
- Mayonnaise, safflower or Wilderness Family: 1 tablespoon
- Olive oil–based salad dressings: 2 tablespoons
- Peanut oil, expeller pressed, unrefined: 1 teaspoon
- Sesame oil, expeller pressed, unrefined: 1 teaspoon
- Sweet Skinny Apple Cider Vinaigrette 2 tablespoons

Seeds

Portion Size: Each of the following equals 1 portion.

- Flaxseeds: 1 tablespoon
- Hemp seeds: 1 tablespoon
- Pumpkin seeds (pepitas): 1 tablespoon
- Sesame seeds (includes tahini): 1 tablespoon
- Sunflower seeds: 1 tablespoon

Nuts

Portion Size: Each of the following equals 1 portion.

- Almonds, raw: 1 ounce, 20 to 24 almonds
- Pine nuts, raw: 1 ounce, 150 to 157 pine nuts
- Walnuts, raw: 1 ounce, about 14 walnut halves

Alkalizing and Liver-izing Herbs and Spices _____

Portion Size: There are no specific serving sizes for herbs and spices. Use them liberally in your cooking or added to foods. The herbs and spices listed are thermogenic, meaning they create heat in the body, raise metabolism, and burn fat. You may use other spices as well, but these also alkalize and liver-ize.

- Allspice
- Anise
- Bay leaves
- Cardamom
- Cayenne
- Cilantro/Coriander
- Cinnamon

- Cloves
- Cumin
- Curry powder
- Dill
- Fennel
- Garlic
- Ginger
- Mustard, dried
- Turmeric

Beverages _____

Portion Size: Unlimited quantities, except for cocoa and coffee. Teas may be sweetened with stevia or a small amount of raw honey or coconut nectar.

- All naturally decaffeinated herbal teas
- Unsweetened cocoa: 1 tablespoon daily, mixed in to smoothie or nondairy milk
- Coffee: 1 cup daily, black or sweetened with a natural sweetener. No cow's milk or cream. Nondairy milks are okay. Make the coffee organic!
- Dandelion tea
- Green tea
- Kombucha tea
- Milk thistle tea
- Red rooibos tea
- White tea
- Yerba maté

Alternatives to Dairy Milk

Portion Size: Each of the following equals 1 portion.

- Almond milk, unsweetened: 1 cup
- Hemp milk, unsweetened: 1 cup
- Rice milk, unsweetened: 1 cup

Sweeteners _____

Portion Size: Enjoy unlimited quantities of stevia; for other listed sweeteners, consume no greater than a total of 1 tablespoon per day (combined).

- Stevia
- Coconut nectar: 2 teaspoons
- Raw honey: 1 teaspoon
- Pure maple syrup: 1 tablespoon

Condiments and Seasonings _____

Portion Size: Enjoy these condiments and seasonings added to foods and recipes.

- Apple cider vinegar, raw, unfiltered
- Bragg oil-free vinaigrettes
- Brown rice vinegar
- Herbamare seasoning salt
- Herbs, fresh or dried, all types
- Ketchup (no added sugar)
- Miso
- Mustard (no added sugar)
- Pure extracts, e.g., vanilla, almond, mint

- Salsa, fresh or jarred
- Sea salt or Himalayan salt (use sparingly)
- Spices (no added stabilizers; read labels carefully)
- Tomato sauce and paste, canned (no additives)
- Wheat-free tamari sauce (reduced sodium)

Skinny Beginnings Daily Checklist, Omnivore

| | |
|--|---|
| <p>Dark Leafy Green Vegetables: <i>minimum of 2 cups daily</i></p> <p><input type="checkbox"/> ½ cup <input type="checkbox"/> ½ cup <input type="checkbox"/> ½ cup <input type="checkbox"/> ½ cup <input type="checkbox"/> ½ cup <input type="checkbox"/> ½ cup</p> | <p>Rainbow Vegetables: <i>minimum of 2 cups daily</i></p> <p><input type="checkbox"/> ½ cup <input type="checkbox"/> ½ cup <input type="checkbox"/> ½ cup <input type="checkbox"/> ½ cup <input type="checkbox"/> ½ cup <input type="checkbox"/> ½ cup</p> |
| <p>Legumes and Starchy Vegetables</p> <p><input type="checkbox"/> 1 portion <input type="checkbox"/> 1 portion</p> | <p>Whole Grains</p> <p><input type="checkbox"/> 1 portion</p> |
| <p>Fruits</p> <p><input type="checkbox"/> 1 portion <input type="checkbox"/> 1 portion</p> | <p>High-Quality Protein</p> <p><input type="checkbox"/> 1 portion <input type="checkbox"/> 1 portion <input type="checkbox"/> 1 portion</p> |
| <p>Coconut Oil/Coconut Products</p> <p><input type="checkbox"/> 1 portion <input type="checkbox"/> 1 portion</p> | <p>Omega-3 Oil</p> <p><input type="checkbox"/> 1 portion <input type="checkbox"/> 1 portion</p> |
| <p>Avocado, Other Fats and Oils, and Nuts/Seeds</p> <p><input type="checkbox"/> 1 portion <input type="checkbox"/> 1 portion <input type="checkbox"/> 1 portion</p> | <p>Morning Lemon Water</p> <p><input type="checkbox"/> 8 oz.</p> |
| <p>Vitality Vinegar Tonic</p> <p><input type="checkbox"/> 8 oz. <input type="checkbox"/> 8 oz. <input type="checkbox"/> 8 oz.</p> | <p>Pure Water</p> <p><input type="checkbox"/> 8 oz. <input type="checkbox"/> 8 oz. <input type="checkbox"/> 8 oz. <input type="checkbox"/> 8 oz. <input type="checkbox"/> 8 oz. <input type="checkbox"/> 8 oz. <input type="checkbox"/> 8 oz. <input type="checkbox"/> 8 oz. <input type="checkbox"/> 8 oz. <input type="checkbox"/> 8 oz. <input type="checkbox"/> 8 oz. <input type="checkbox"/> 8 oz. <input type="checkbox"/> 8 oz. <input type="checkbox"/> 8 oz. <input type="checkbox"/> 8 oz. <input type="checkbox"/> 8 oz.</p> |
| <p>High-Quality Multiple Vitamin</p> <p><input type="checkbox"/> 1 dose, morning <input type="checkbox"/> 1 dose, evening</p> | <p>Alkalizing Green Powder</p> <p><input type="checkbox"/> 1 portion <input type="checkbox"/> 1 portion <input type="checkbox"/> 1 portion</p> |
| <p>Milk Thistle Supplement</p> <p><input type="checkbox"/> 1 dose <input type="checkbox"/> 1 dose <input type="checkbox"/> 1 dose</p> | <p>Dandelion Supplement</p> <p><input type="checkbox"/> 1 dose <input type="checkbox"/> 1 dose <input type="checkbox"/> 1 dose</p> |

Skinny Beginnings Meal Plan

Menu 1

| | |
|--|--|
| <p>Breakfast Berry Blast Smoothie*</p> | <p>Snack 1 medium-size orange</p> |
| <p>Omnivore Lunch Mixed greens plus a mixture of chopped assorted rainbow veggies; 1 portion salmon or other fish; ¼ avocado; 1 portion baked sweet potato; 4 sprigs fresh parsley; 2 tablespoons Sweet Skinny Apple Cider Vinaigrette*</p> | <p>Vegetarian Lunch Mixed greens plus a mixture of chopped assorted rainbow veggies; 1 ½ cups lentil soup; ¼ avocado; 4 sprigs fresh parsley; 2 tablespoons Sweet Skinny Apple Cider Vinaigrette*</p> |

Menu 1 (continued)

| | |
|---|---|
| <p>Snack 1 ounce almonds</p> | |
| <p>Omnivore Dinner 2 cups Farmers' Market Coconut Curry*; 1 portion grass-fed ground beef patty; ¼ avocado; ½ cup brown rice</p> | <p>Vegetarian Dinner 2 cups Farmers' Market Coconut Curry*; ¼ avocado; 1 cup Minty Quinoa*</p> |

Menu 2

| | |
|---|---|
| <p>Breakfast Pumpkin Smoothie*</p> | <p>Snack 1 apple</p> |
| <p>Omnivore Lunch 1 portion chicken; ½ cup Lemon-Dill Rice*; ½ avocado, onions, salsa; 1 cup salad greens; 4 sprigs fresh parsley; 1 cup Cucumber Tomato Salad with Honey Mustard Vinaigrette*</p> | <p>Vegetarian Lunch ½ cup black beans; ½ cup Lemon-Dill Rice*; ½ avocado, onions, salsa; 1 cup salad greens; 4 sprigs fresh parsley; 1 cup Cucumber Tomato Salad with Honey-Mustard Vinaigrette*</p> |
| <p>Snack 14 walnut halves</p> | |
| <p>Omnivore Dinner 1 portion Turkey Meatloaf*; 1 portion Sautéed Greens with Garlic and Cannellini Beans*; 1 cup steamed broccoli</p> | <p>Vegetarian Dinner 1 portion Sautéed Greens with Garlic and Cannellini Beans*; 1 portion quinoa; 1 cup steamed broccoli</p> |

Menu 3

| | |
|---|--|
| <p>Breakfast</p> <p>Proatbran: 1 portion cooked oat bran, prepared with water; 1 portion coconut oil mixed into cooked oat bran; 1 portion protein powder mixed into cooked oat bran or 1 cup of whole-milk yogurt, ½ ounce chopped walnuts (about 7 walnut halves), splash of almond milk (optional)</p> | <p>Snack</p> <p>Pear</p> |
| <p>Omnivore Lunch</p> <p>1 portion Wild Alaskan Salmon Stuffed Tomatoes* over 2 cups mixed salad greens; ½ avocado; 4 sprigs fresh parsley; 1 portion Mary's Gone Crackers</p> | <p>Vegetarian Lunch</p> <p>1 portion Wild Alaskan Salmon Stuffed Tomatoes* (replace salmon with Minty Quinoa*); mixed salad greens; ½ avocado; 4 sprigs fresh parsley; 1 portion Mary's Gone Crackers</p> |
| <p>Snack</p> <p>2 cups watermelon</p> | |
| <p>Omnivore Dinner</p> <p>1 portion Dijon-Garlic Chicken*; 1 cup Sesame-Sautéed Brussels Sprouts*; 1 cup steamed carrots; 4 sprigs fresh parsley; 1 portion baked sweet potato</p> | <p>Vegetarian Dinner</p> <p>1 cup 4-Bean Chili*; 2 cups mixed greens with cucumbers and carrots; 4 sprigs fresh parsley; 1 portion Creamy Honey Mustard Dressing*</p> |

Menu 4

| | |
|---|---|
| <p>Breakfast Over-Easy Egg Florentine*</p> | <p>Snack 1 portion strawberries</p> |
| <p>Omnivore Lunch Dee's Everyday Rainbow Salad*</p> | <p>Vegetarian Lunch Dee's Everyday Rainbow Salad*</p> |
| <p>Snack 1 cup Sugar-Free Strawberry Frozen Yogurt*</p> | |
| <p>Omnivore Dinner Beef stir-fry: 1 portion lean beef with greens, broccoli, carrots, onions, and snow peas sautéed in coconut oil with garlic and ginger and a dash of wheat-free tamari; raw cucumber slices</p> | <p>Vegetarian Dinner 1 cup Split Pea Soup*; 1 cup Skillet-Steamed Lemon and Butter Asparagus*; cucumbers and tomatoes with vinaigrette</p> |

Menu 5

| | |
|---|---|
| <p>Breakfast Skinny Yogurt Supreme*</p> | <p>Snack 1 peach</p> |
| <p>Omnivore Lunch Spinach salad: 2 cups spinach with 1 hard-boiled egg, ½ portion chicken, shredded carrots, cucumber, cherry tomatoes, sliced red onion; ½ avocado; 2 tablespoons Sweet Skinny Apple Cider Vinaigrette*; 1 portion hummus</p> | <p>Vegetarian Lunch Spinach salad: 2 cups spinach with 2 hard boiled eggs, shredded carrots, cucumber, cherry tomatoes, sliced red onion; ½ avocado; 2 tablespoons Sweet Skinny Apple Cider Vinaigrette*; 1 portion hummus</p> |
| <p>Snack ¾ ounce almonds</p> | |

Menu 5 (continued)

Omnivore Dinner

1 portion baked halibut: brush fish with 1 tablespoon of toasted sesame oil; bake at 350°F for 20 minutes; 1 portion baked sweet potato, mashed with splash of coconut milk and pinch of cinnamon; 2 cups mixed steamed broccoli, cauliflower, carrots

Vegetarian Dinner

1 portion baked tempeh; 1 portion baked sweet potato, mashed with splash of coconut milk and pinch of cinnamon; 2 cups mixed steamed broccoli, cauliflower, carrots

Skinny for Life

| Omnivore (Meat Eater) | Vegetarian (Lacto-Ovo) |
|--|--|
| <p>Nonstarchy Vegetables Dark leafy greens: unlimited, minimum 2 portions Rainbow vegetables: unlimited, minimum 2 portions</p> | <p>Nonstarchy Vegetables Dark leafy greens: unlimited, minimum 2 portions Rainbow vegetables: unlimited, minimum 2 portions</p> |
| <p>Legumes and Starchy Vegetables 1 to 2 starchy vegetable portions <i>OR</i> 1 to 2 legume portions</p> | <p>Legumes and Starchy Vegetables 1 legume portion and 1 starchy vegetable portion <i>OR</i> 1 to 2 legume portions</p> |
| <p>Whole Grains 1 to 2 portions</p> | <p>Whole Grains 1 to 2 portions</p> |
| <p>Fruits 2 to 3 portions (lemon juice and lime juice are in addition to these portions)</p> | <p>Fruits 2 to 3 portions (lemon juice and lime juice are in addition to these portions)</p> |
| <p>High-Quality Proteins 2 portions from meat, fish, poultry, or eggs 1 to 2 portions from dairy (For a dairy alternative, you may choose hemp protein powder instead of whey or yogurt, or an egg or half of a meat protein portion.)</p> | <p>High-Quality Proteins 1 to 2 portions from dairy (optional) 1 portion from eggs (optional) (For a dairy alternative, you may choose vegetarian protein powder, tempeh, or quinoa instead of dairy or eggs.)</p> |
| <p>Health-Promoting Fats and Oils Coconut oil/coconut products: 2 portions Omega-3 oils: 2 portions Other fats/oils: ½ to 1 whole avocado plus 1 other fat portion Nuts/seeds: 1 portion</p> | <p>Health-Promoting Fats and Oils Coconut oil/coconut products: 2 portions Omega-3 oils: 2 portions Other fats/oils: ½ to 1 whole avocado plus 1 other fat portion Nuts/seeds: 1 portion</p> |

(Table Continued)

| Omnivore (Meat Eater) | Vegetarian (Lacto-Ovo) |
|---|---|
| Nonstarchy Vegetables Dark leafy greens: unlimited, minimum 2 portions Rainbow vegetables: unlimited, minimum 2 portions | Nonstarchy Vegetables Dark leafy greens: unlimited, minimum 2 portions Rainbow vegetables: unlimited, minimum 2 portions |
| Legumes and Starchy Vegetables 1 to 2 starchy vegetable portions <i>OR</i> 1 to 2 legume portions | Legumes and Starchy Vegetables 1 legume portion and 1 starchy vegetable portion <i>OR</i> 1 to 2 legume portions |
| Whole Grains 1 to 2 portions | Whole Grains 1 to 2 portions |
| Fruits 2 to 3 portions (lemon juice and lime juice are in addition to these portions) | Fruits 2 to 3 portions (lemon juice and lime juice are in addition to these portions) |
| High-Quality Proteins 2 portions from meat, fish, poultry, or eggs 1 to 2 portions from dairy (For a dairy alternative, you may choose hemp protein powder instead of whey or yogurt, or an egg or half of a meat protein portion.) | High-Quality Proteins 1 to 2 portions from dairy (optional) 1 portion from eggs (optional) (For a dairy alternative, you may choose vegetarian protein powder, tempeh, or quinoa instead of dairy or eggs.) |
| Health-Promoting Fats and Oils Coconut oil/coconut products: 2 portions Omega-3 oils: 2 portions Other fats/oils: ½ to 1 whole avocado plus 1 other fat portion Nuts/seeds: 1 portion | Health-Promoting Fats and Oils Coconut oil/coconut products: 2 portions Omega-3 oils: 2 portions Other fats/oils: ½ to 1 whole avocado plus 1 other fat portion Nuts/seeds: 1 portion |

(Table Continued)

Optional Extras

1 cup nondairy milk (almond, rice, or coconut) in place of dairy
1 tablespoon ground flaxseeds (in addition to your nut/seed portion for the day)
2 tablespoons unsweetened cocoa powder, or 1 ounce dark chocolate

Natural Supplements

Whole food multivitamin/mineral: Take as directed on package, one dose in the morning, one dose in the evening.
Alkalizing green powder: 1 to 3 servings per day
Milk thistle tincture: 28 drops of tincture added to water, drink 3 times per day
Dandelion root tincture: 3 cups of brewed tea, or 28 drops of tincture added to water, drink 3 times per day
(Tinctures can be mixed into the same glass of water and drunk together. This water counts toward your total water for the day!)

Warm Lemon Water

One 8-ounce glass: drink upon arising

Vitality Vinegar Tonic

Three 8-ounce glasses: preferably one glass 20 minutes before each meal

Pure Water

(Body weight in pounds ÷ 2) = ounces of pure water per day

Meaningful Fitness

30 minutes minimum, 6 days per week

Skinny for Life Food List

Choose from the following food categories to make balanced meals. All vegetables and most of the fruits listed are alkaline forming. You may eat all the foods on this list, but keep these liver-izing choices as your main focus.

Dark Green Leafy Vegetables _____

Portion Size: 1 cup raw, cooked, or raw juiced

- Arugula
- Beet greens
- Bok choy
- Butterhead lettuce
- Cabbage, green and red
- Chard, all types
- Chinese cabbage (napa cabbage)
- Collard greens
- Dandelion greens
- Endive
- Escarole
- Frisée
- Green loose-leaf lettuce
- Kale
- Mustard greens
- Radicchio
- Red loose-leaf lettuce

- Romaine lettuce
- Spinach
- Spring mix
- Turnip greens
- Watercress
- Kelp and seaweeds

Rainbow Vegetables _____

Portion Size: 1 cup raw, cooked, or raw juiced

- Artichokes
- Alfalfa sprouts
- Asparagus
- Bamboo shoots
- Bean sprouts
- Beets
- Bell peppers (all colors)
- Broccoli
- Brussels sprouts
- Carrots
- Cauliflower
- Celery
- Chives
- Cucumbers

- Daikon
- Eggplant
- Jicama
- Kohlrabi
- Leeks
- Mexican gray squash
- Mushrooms
- Okra
- Onions, all types
- Parsley
- Radishes
- Rutabagas
- Rhubarb
- Sauerkraut
- Scallions and green onions
- Shallots
- String beans, green and yellow
- Snap peas
- Snow peas
- Sorrel
- Sprouts, all types
- Tomatoes
- Turnips

- Water chestnuts
- Yellow summer squash
- Zucchini

Legumes _____

Portion Size: Each of the following equals 1 portion (cooked).

- Beans, all types: ½ cup
- Lentils: ½ cup
- Split peas: ½ cup
- Bean burgers: 1 burger

Starchy Vegetables _____

Portion Size: Each of the following equals 1 portion (cooked).

- Winter squash: ½ cup
- Parsnips: ½ cup
- Pumpkin: ½ cup
- Spaghetti squash: ½ cup
- Potatoes: ½ cup measured if boiled, mashed, or fried; 4 ounces by weight if baked
- Sweet potatoes and yams: ½ cup measured if boiled, mashed, or fried; 4 ounces by weight if baked

Whole Grains _____

Portion Size: Each of the following equals 1 portion (cooked).

- Amaranth: ½ cup
- Barley: ½ cup

- Brown rice: ½ cup
- Buckwheat: ½ cup
- Bulgur: ½ cup
- Corn kernels: ½ cup
- Corn on the cob: ½ cob
- Cornmeal, whole grain with germ: 2 tablespoons, dried
- Kamut: ½ cup
- Millet: ½ cup
- Oats: ½ cup
- Polenta, cooked: ½ cup
- Quinoa: ½ cup
- Red rice: ½ cup
- Rye: ½ cup
- Spelt: ½ cup
- Wild rice: ½ cup
- Whole wheat: ½ cup Sunshine Burger or other veggie burger: 1 burger

Whole-Grain Breads

Portion Size: Each of the following equals 1 portion.

- Sprouted-grain bread: 1 slice
- Sprouted-grain English muffin: ½ muffin
- Sprouted-grain bagel: ½ bagel
- Sprouted-grain burger bun: ½ bun

- Sprouted-grain hot dog bun: ½ bun
- Sprouted-grain tortilla: 1 tortilla
- Corn tortilla (6-inch): 2 tortillas
- Baked blue corn tortilla chips: 1 ounce, about 18 chips
- Dee's Naturals Flourless Oat Bran Muffin: 1 muffin
- Whole-grain pancakes: 2 (4-inch) pancakes
- 100% whole spelt bread: 1 slice
- 100% whole wheat bread: 1 slice
- Dee's Naturals Whole-Grain Tortilla: 1 tortilla
- Gluten-free breads: 1 slice

Whole-Grain Pastas

- Portion Size: Each of the following equals 1 portion (cooked).
- Ezekiel sprouted-grain pasta: ½ cup
- Brown rice pasta: ½ cup
- Corn pasta: ½ cup
- Quinoa pasta: ½ cup
- Whole spelt pasta: ½ cup
- Whole wheat pasta: ½ cup

Whole-Grain Crackers

Portion Size: Each of the following equals 1 portion (cooked).

- Ak-mak 100% whole wheat crackers: 5 sections
- San-Jay tamari brown rice crackers: 6 crackers

- Brown rice cakes, unsalted: 2 rice cakes
- Mary's Gone Crackers: Check package for portion size
- RYVITA 100% rye crackers: 2 crackers

Whole-Grain Cereals, Bran, Germ

Portion Size: Each of the following equals 1 portion.

- Ezekiel sprouted-grain cereal: ½ cup
- Granola (low sugar content): ½ cup
- Kasha: ¼ cup uncooked, about ½ cup cooked
- Oat bran: ¼ cup uncooked, about ½ cup cooked
- Oatmeal: ¼ cup uncooked, about ½ cup cooked
- Bob's Red Mill gluten-free hot cereal: ¼ cup uncooked, about ½ cup cooked
- Crispy brown rice cereal: 1 cup
- Puffed millet cereal: 1 cup
- Puffed cereal, unsweetened: 1 cup
- Shredded wheat cereal: 1 cup
- Uncle Sam's cereal: ¾ cup
- Wheat bran: ¼ cup uncooked
- Wheat germ: ¼ cup
- Whole-grain hot cereals, unsweetened: ¼ cup uncooked, about ½ cup cooked
- Other whole-grain unsweetened cereal: ¾ cup, or check package for serving size

Fruits _____

Portion Size: Each of the following equals 1 portion.

- Apple: 1 large
- Applesauce, unsweetened: 1 cup
- Apricots, fresh: 4 medium
- Apricots, dried: 8 halves
- Banana: 1 medium
- *Berries*
- Blackberries: 1 cup
- Blueberries: 1 cup
- Cranberries: 1 cup
- Raspberries: 1 cup
- Strawberries: 1 cup
- Cherries: 20 large
- Dates: 3 whole
- Figs, fresh or dried: 2 whole
- Grapefruit: ½ large
- Grapes, all types: 1 cup
- Kiwifruit: 2 small
- Mango: 1 small
- *Melon*
- Cantaloupe: ½ small
- Honeydew: ¼ medium

- Watermelon: 2 cups cubed
- Lemon: 2 whole
- Lime: 2 whole
- Nectarines: 2 small
- Orange: 1 large
- Papaya: 1 cup
- Peach: 1 medium
- Pear: 1 medium
- Persimmons: 2 medium
- Pineapple: 1 cup cubed
- Plums: 4 medium
- Prunes: 4 medium
- Prune juice: ½ cup
- Raisins: 4 tablespoons
- Tangelo: 1 large
- Tangerines: 2 medium
- Frozen fruit, natural unsweetened: 1 cup
- Dried fruit, unsweetened (no sulfites): ¼ cup
- Fruit juice, fresh: 1 cup (8 ounces)
- 100% fruit jams and preserves: 1 tablespoon

High-Quality Protein _____

Portion Size: For meats, poultry, and fish, portion size is 3 to 4 ounces for women, 4 to 5 ounces for men, weighed after cooking. For other proteins, the portion size varies depending on the type of protein. Refer to the following list for portion sizes.

Fish (wild caught is best)

- Cod
- Grouper
- Haddock
- Halibut
- Herring
- Mahimahi
- Mackerel
- Orange roughly
- Sardines, canned in water or olive oil only
- Salmon, fresh
- Salmon, canned, in water
- Sea bass
- Snapper
- Sole
- Tilapia
- Trout
- Whitefish
- Tuna, fresh
- Tuna, canned in water only

Poultry

- Chicken
- Chicken, canned (no additives)
- Cornish game hen
- Duck
- Turkey
- Chicken or turkey bacon (no nitrates or nitrites)
- Chicken or turkey sausage (no pork casings, nitrates, or nitrites)
- Chicken or turkey deli meats and hot dogs (no synthetic additives, nitrates, or nitrites)

Meat (all lean types)

- Beef
- Buffalo
- Lamb
- Liver (must be organic)
- Veal
- Venison
- Beef deli meats and hot dogs (no synthetic additives, pork casings, nitrates, or nitrites)

Other Proteins

- Eggs: 2 eggs
- *Dairy*
- Milk: 1 cup
- Whole-milk organic plain yogurt: 1 cup

- Whole-milk organic plain yogurt: Greek style: 1 cup
- Whole-milk goat yogurt: 1 cup
- Kefir: 1 cup
- Cottage cheese: ½ cup
- Ricotta cheese: ½ cup
- Goat cheese, soft: 1 ounce
- All other soft cheeses (blue cheese, feta, etc.): 1 ounce
- Hard cheeses (Cheddar, Jack, mozzarella, etc.): 1 ounce
- *Fermented soy foods*
- Tempeh: 4 ounces after cooking
- Tofu: 4 ounces after cooking

Protein Powders

- Whey protein powder concentrate (unsweetened or naturally sweetened brands only): 1 scoop (about 8–10 grams protein)
- Goat whey protein powder concentrate (unsweetened or naturally sweetened brands only): 1 scoop (about 13 grams protein)
- Hemp protein powder (unsweetened or naturally sweetened brands only): 4 tablespoons (about 15 grams protein)
- Brown rice protein powder (unsweetened or naturally sweetened brands only): 2 tablespoons (about 15 grams protein)

Health-Promoting Fats and Oils _____

Extra-Virgin Coconut Oil and Coconut Products

Portion Size: The portion size varies depending on the type of coconut product. Refer to the following list for portion sizes.

Note: Coconut oil is best used for cooking; however, it can also be added to smoothies, soups, and oatmeal and other hot cereals, and used as a spread in place of butter.

- Extra-virgin coconut oil: 1 tablespoon
- Coconut milk, fresh or canned, unsweetened: $\frac{1}{3}$ cup
- Fresh coconut meat: 2 ounces
- Coconut cream, unsweetened: 1 tablespoon
- Dried coconut, unsweetened: 2 tablespoons

Omega-3

Portion Size: The portion size varies depending on the type of oil. Refer to the following list for portion sizes.

Note: Always take omega-3 oils with a meal. *Do not take more than two portions at the same meal.* You must divide the portions equally and take them at different times throughout the day. These oils are extremely sensitive to heat and light, therefore *they should never be heated or used for cooking.* Keep them in dark bottles in the refrigerator.

- Cod liver oil: 1 teaspoon
- Fish oil: 1 teaspoon
- Hemp seed oil: 1 tablespoon
- High-lignan flaxseed oil: 1 tablespoon

Other Health-Promoting Fats and Oils

Portion Size: Consume up to 2 portions daily. The portion size varies depending on the type of fat/oil. Refer to the following list for portion sizes.

- Avocado: $\frac{1}{2}$ avocado
- Butter, organic: 1 teaspoon
- Extra-virgin olive oil: 1 tablespoon
- Mayonnaise, safflower or Wilderness Family: 1 teaspoon

- Olive oil–based salad dressings: 2 tablespoons
- Peanut oil, expeller pressed, unrefined: 1 teaspoon
- Sesame oil, expeller pressed, unrefined: 1 teaspoon
- Sweet Skinny Apple Cider Vinaigrette: 2 tablespoons

Seeds

Portion Size: Each of the following equals 1 portion.

- Flaxseeds: 1 tablespoon
- Hemp seeds: 1 tablespoon
- Pumpkin seeds (pepitas): 1 tablespoon
- Sesame seeds: 1 tablespoon
- Sunflower seeds: 1 tablespoon

Nuts

Portion Size: Each of the following equals 1 portion.

- Almonds: 1 ounce, 20 to 24 almonds
- Brazil nuts: 1 ounce, about 5 nuts
- Cashews: 1 ounce, about 18 nuts
- Hazelnuts: 1 ounce, about 20 nuts
- Macadamias: 1 ounce, about 10 nuts
- Nut and seed butters, includes sesame tahini: 1 tablespoon
- Peanuts, dry roasted, unsalted: 1 ounce, about 28 nuts
- Pecans: 1 ounce, about 19 pecan halves
- Pine nuts: 1 ounce, 150 to 157 nuts

- Pistachios: 1 ounce, about 47 nuts
- Walnuts: 1 ounce, about 14 walnut halves

Alkalizing and Liver-izing Herbs and Spices _____

Portion Size: There are no specific portions sizes for herbs and spices. Use them liberally in your cooking or added to foods. These herbs and spices are thermogenic, meaning they create heat in the body, raise metabolism, and burn fat.

- Allspice
- Anise
- Bay leaves
- Cardamom
- Cayenne
- Cilantro/Coriander
- Cinnamon
- Cloves
- Curry powder
- Dill
- Fennel
- Garlic
- Ginger
- Mustard, dried
- Turmeric

Beverages _____

Portion Size: Unlimited quantities, except for cocoa and coffee. Teas may be sweetened with stevia or a small amount of raw honey or coconut nectar.

- All naturally decaffeinated herbal teas
- Unsweetened cocoa powder: 1 to 2 tablespoons daily
- Coffee: 1 cup daily, black or sweetened with a natural sweetener. No cow's milk or cream. Nondairy milks are okay. Make the coffee organic!
- Dandelion root tea
- Green tea
- Kombucha tea
- Red rooibos tea
- White tea
- Yerba maté
- Alternatives to Dairy Milk

Portion Size: Each of the following equals 1 portion.

- Almond milk, unsweetened: 1 cup
- Hemp milk, unsweetened: 1 cup
- Rice milk, unsweetened: 1 cup

Sweeteners _____

Portion Size: Enjoy unlimited quantities of stevia; for other listed sweeteners, consume no greater than a total of 1 tablespoon per day (combined).

- Stevia
- Coconut nectar: 2 teaspoons
- Raw honey: 1 teaspoon
- Pure maple syrup: 1 tablespoon

Condiments and Seasonings _____

Portion Size: Enjoy these condiments and seasonings added to foods and recipes:

- Apple cider vinegar, raw, unfiltered
- Bragg oil-free vinaigrettes
- Brown rice vinegar
- Herbamare seasoning salt
- Herbs, fresh or dried, all types
- Mustard
- Pure extracts, e.g., vanilla, almond, mint
- Salsa, fresh or jarred
- Sea salt or Himalayan salt (use sparingly, not more than 1 teaspoon per day)
- Soy sauce, reduced sodium
- Spices (no added stabilizers; read labels carefully)
- Tomato sauce and paste, canned (no additives)
- Wheat-free tamari sauce (reduced sodium)
- Miso

Skinny for Life Daily Checklist

| | |
|--|---|
| <p>Dark Leafy Green Vegetables: <i>minimum of 2 cups daily</i></p> <p><input type="checkbox"/> ½ cup <input type="checkbox"/> ½ cup <input type="checkbox"/> ½ cup <input type="checkbox"/> ½ cup <input type="checkbox"/> ½ cup <input type="checkbox"/> ½ cup</p> | <p>Rainbow Vegetables: <i>minimum of 2 cups daily</i></p> <p><input type="checkbox"/> ½ cup <input type="checkbox"/> ½ cup <input type="checkbox"/> ½ cup <input type="checkbox"/> ½ cup <input type="checkbox"/> ½ cup <input type="checkbox"/> ½ cup</p> |
| <p>Legumes and Starchy Vegetables</p> <p><input type="checkbox"/> 1 portion <input type="checkbox"/> 1 portion</p> | <p>Whole Grains</p> <p><input type="checkbox"/> 1 portion <input type="checkbox"/> 1 portion</p> |
| <p>Fruits</p> <p><input type="checkbox"/> 1 portion <input type="checkbox"/> 1 portion <input type="checkbox"/> 1 portion</p> | <p>High-Quality Protein</p> <p><input type="checkbox"/> 1 portion <input type="checkbox"/> 1 portion <input type="checkbox"/> 1 portion <input type="checkbox"/> 1 portion</p> |
| <p>Coconut Oil/Coconut Products</p> <p><input type="checkbox"/> 1 portion <input type="checkbox"/> 1 portion</p> | <p>Omega-3 Oil</p> <p><input type="checkbox"/> 1 portion <input type="checkbox"/> 1 portion</p> |
| <p>Avocado, Other Fats and Oils, Nuts/Seeds</p> <p><input type="checkbox"/> 1 portion <input type="checkbox"/> 1 portion <input type="checkbox"/> 1 portion <input type="checkbox"/> 1 portion</p> | <p>Morning Lemon Water</p> <p><input type="checkbox"/> 8 oz.</p> |
| <p>Vitality Vinegar Tonic</p> <p><input type="checkbox"/> 8 oz. <input type="checkbox"/> 8 oz. <input type="checkbox"/> 8 oz.</p> | <p>Pure Water</p> <p><input type="checkbox"/> 8 oz. <input type="checkbox"/> 8 oz. <input type="checkbox"/> 8 oz. <input type="checkbox"/> 8 oz. <input type="checkbox"/> 8 oz. <input type="checkbox"/> 8 oz. <input type="checkbox"/> 8 oz. <input type="checkbox"/> 8 oz. <input type="checkbox"/> 8 oz. <input type="checkbox"/> 8 oz. <input type="checkbox"/> 8 oz. <input type="checkbox"/> 8 oz. <input type="checkbox"/> 8 oz. <input type="checkbox"/> 8 oz. <input type="checkbox"/> 8 oz. <input type="checkbox"/> 8 oz.</p> |
| <p>High-Quality Multiple Vitamin</p> <p><input type="checkbox"/> 1 dose, morning <input type="checkbox"/> 1 dose, evening</p> | <p>Alkalizing Green Powder</p> <p><input type="checkbox"/> 1 portion <input type="checkbox"/> 1 portion <input type="checkbox"/> 1 portion</p> |
| <p>Milk Thistle Supplement</p> <p><input type="checkbox"/> 1 dose <input type="checkbox"/> 1 dose <input type="checkbox"/> 1 dose</p> | <p>Dandelion Supplement</p> <p><input type="checkbox"/> 1 dose <input type="checkbox"/> 1 dose <input type="checkbox"/> 1 dose</p> |

Skinny for Life Meal Plan

Menu 1

| | |
|--|--|
| <p>Breakfast Chocolate PB&B Smoothie*</p> | <p>Snack 1 Flourless Oat Bran Pumpkin Muffin*</p> |
| <p>Omnivore Lunch 2 cups green salad with carrot, cucumber, celery, 1 oz. goat cheese, and Sweet Skinny Apple Cider Vinaigrette*; ½ tablespoon pine nuts sprinkled on salad; ½ avocado; 1 portion chicken</p> | <p>Vegetarian Lunch 2 cups green salad with carrot, cucumber, celery, 1 oz. goat cheese, and Sweet Skinny Apple Cider Vinaigrette*; ½ tablespoon pine nuts sprinkled on salad; ½ avocado; 1 ½ cup Carrot-Ginger Soup*; 1 slice sprouted-grain bread</p> |
| <p>Snack 1 orange, 3 Medjool dates</p> | |
| <p>Omnivore Dinner 1 cup 15-Minute Steamed Beets* with 1 cup Sautéed Beet Greens with Goat Cheese*; 1 portion Turkey Meatloaf*; 1 portion wild rice</p> | <p>Vegetarian Dinner Asian Cold Noodle Salad*; 1 portion tempeh</p> |

Menu 2

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|---|--|
| <p>Breakfast Breakfast Waldorf Salad*</p> | <p>Snack 1 Flourless Oat Bran Pumpkin Muffin*</p> |
| <p>Omnivore Lunch Salmon salad: 1 portion canned salmon; 3 cups salad greens, ½ cup chickpeas, chopped celery, cucumber, red cabbage; Balsamic Ginger Vinaigrette*</p> | <p>Vegetarian Lunch Smoky Black Bean and Avocado Pitas*; 3 cups salad greens, chopped celery, cucumber, red cabbage; Balsamic Ginger Vinaigrette*</p> |

Menu 2 (continued)

| | |
|---|---|
| Snack 14 walnut halves | |
| Omnivore Dinner 1 cup Quick-Braised Red Cabbage*; 1 cup steamed broccoli; 1 portion Extremely Easy Oven-Baked Salmon*; 1 portion baked potato with 1 portion butter | Vegetarian Dinner 1 cup Quick-Braised Red Cabbage*; 1 cup steamed broccoli; ½ cup kidney beans; 1 portion baked potato with 1 portion cheese |

Menu 3

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|--|--|
| Breakfast Breakfast Baked Apple*; 1 cup yogurt | Snack ½ portion almonds |
| Omnivore Lunch 1 portion Creamy Beef and Carrot Topped Baked Potatoes*; 2 cups mixed green salad with chopped beets and cucumbers; 2 tablespoons Sweet Skinny Apple Cider Vinaigrette* | Vegetarian Lunch Bean soft tacos: 2 corn tortillas, ½ cup pinto beans, diced red bell peppers, diced onions, ½ avocado, 1 ounce cheese, 2 tablespoons salsa, 1 cup shredded lettuce |
| Snack 2 Allowable Sin* | |
| Omnivore Dinner Grass-Fed Beef and Vegetable Stew for the Slow Cooker*; 2 cups mixed green salad with chopped carrots, radish, zucchini, yellow squash; 2 tablespoons Sweet Skinny Apple Cider Vinaigrette* | Vegetarian Dinner Creamy Spaghetti Squash with Asparagus and Rosemary*; 2 cups mixed green salad with chopped carrots, radish, zucchini, yellow squash; 2 tablespoons Sweet Skinny Apple Cider Vinaigrette* |

Menu 4

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|---|---|
| <p>Breakfast Sprouted French Toast à la Mode*</p> | <p>Snack 1 cup strawberries</p> |
| <p>Omnivore Lunch 1 portion Too Easy Chicken and Rice Soup*; 2 cups mixed green salad with chopped celery, carrot, cucumber, tomato; 2 tablespoons Sweet Skinny Apple Cider Vinaigrette*</p> | <p>Vegetarian Lunch Quinoa Tabbouleh*; 2 cups mixed green salad with chopped celery, carrot, cucumber, tomato; 1 tablespoon pine nuts; 2 tablespoons Sweet Skinny Apple Cider Vinaigrette*</p> |
| <p>Snack Chocolate Sweet Potato Brownie*</p> | |
| <p>Omnivore Dinner Wild Alaska Salmon Croquettes*; Sesame Sautéed Brussels Sprouts*; Tamari Roasted Sweet Potato Fries*</p> | <p>Vegetarian Dinner Cheddar Sweet Potato Wrap*; 2 cups mixed baby greens with 1 cup mixed chopped rainbow veggie; 2 tablespoons Sweet Skinny Apple Cider Vinaigrette*</p> |

Menu 5

| | |
|---|--|
| <p>Breakfast Skinny Yogurt Supreme*</p> | <p>Snack 1 peach</p> |
| <p>Omnivore Lunch Spinach salad: 2 cups spinach with 1 hard-boiled egg, ½ portion chicken, shredded carrots, cucumber, cherry tomatoes, sliced red onion; ½ avocado, 2 tablespoons Sweet Skinny Apple Cider Vinaigrette*; 1 portion hummus</p> | <p>Vegetarian Lunch Avocado Black Bean Veggie Wrap*; Spinach salad: 2 cups spinach with shredded carrots, cucumber, cherry tomatoes, sliced red onion; ½ avocado, 2 tablespoons Sweet Skinny Apple Cider Vinaigrette*</p> |

Menu 5 (continued)

Snack

The World's Best Popcorn*

Omnivore Dinner

Skinny Sweet-and-Sour Meatballs*;
½ cup brown rice; 2 cups steamed
broccoli, carrots, cauliflower

Vegetarian Dinner

Homemade Sunshine Burger*;
Tamari
Roasted Sweet Potato Fries*;
2 cups steamed
broccoli, carrots, cauliflower

Recipes

Skinny Smoothies

Berry Blast Smoothie

Makes 1 serving

Smoothies are highly nutritious and simple to prepare. They are also one of the easiest ways to incorporate the good, healthy oils into your meals.

- 1 cup unsweetened almond milk
- 3 drops liquid stevia extract
- 1 tablespoon ground flaxseeds
- 1 tablespoon extra-virgin coconut oil
- 1 scoop vanilla whey protein powder or hemp protein powder
- 1 scoop alkalizing green superfood (optional)
- 1 cup fresh or frozen berries of your choosing

Place all ingredients into a blender and blend until smooth and creamy. Drink immediately.

Nutrition per serving: 350 calories; 19 g total fat; 11 g saturated fat; 10 g protein; 34 g carbohydrates; 7 g dietary fiber; 10 mg cholesterol; 259 mg sodium

Variations: You can change the ingredients for different taste profiles.

- Use different fruits.
- Add half of an avocado.
- Use ground nuts, or ground seeds such as almonds, chia seeds, or sunflower seeds.
- Use coconut milk instead of almond milk ($\frac{1}{3}$ cup coconut milk plus $\frac{2}{3}$ cup water)
- Replace the coconut oil with flaxseed oil.
- Add unsweetened carob powder or cacao powder.

The possibilities are endless!

Pumpkin Smoothie

Makes 1 serving

This smoothie is a great way to eat a serving of starchy vegetables for breakfast. Pumpkin is high in fiber, low in calories, and high in cancer fighting antioxidants.

- 1 cup almond milk

- 3 drops liquid stevia extract
- 1 tablespoon ground flaxseeds
- 1 scoop vanilla whey protein powder or hemp protein powder
- 1 tablespoon pumpkin pie spice (see note)
- ½ cup cooked pumpkin, canned or fresh
- 1 tablespoon extra-virgin coconut oil

Place all the ingredients into a blender and blend until smooth and creamy. Drink immediately.

Note: You can make your own pumpkin pie spice by combining the following:

- 1½ teaspoons ground cinnamon
- ¾ teaspoon ground ginger
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground cloves

Nutrition per serving: 251 calories; 19 g total fat; 11.5 g saturated fat; 10 g protein; 17 g carbohydrates; 6 g dietary fiber; 10 mg cholesterol; 236 mg sodium

Chocolate PB&B Smoothie

Makes 1 serving

The blending of chocolate, peanut butter, and bananas never gets old! This will appeal to kids and grown-ups alike.

- 1 cup unsweetened almond milk
- 3 drops liquid stevia extract
- 1 scoop vanilla whey protein powder or hemp protein powder
- 1 medium-size banana
- 1 tablespoon natural peanut butter
- 1 tablespoon unsweetened cocoa powder

Place all the ingredients in a blender and blend until smooth and creamy. Drink immediately.

Nutrition per serving: 345 calories; 12 g total fat; 2 g saturated fat; 16 g protein; 42 g carbohydrates; 5 g dietary fiber; 10 mg cholesterol; 270 mg sodium

Skinny Breakfasts

Skinny Yogurt Supreme

Makes 1 serving

This meal packs a lot of nutrition into one small bowl!

- 1 cup plain whole-milk yogurt (preferably organic)
- 1 teaspoon pure vanilla extract
- 3 drops liquid stevia extract
- 1 tablespoon ground flaxseeds
- ¼ cup oat bran
- 1 scoop alkalizing green superfood powder (optional)
- 1 cup fresh fruit, such as blueberries, raspberries, kiwifruit, or sliced strawberries (or a medley of several different fruits)
- 6 raw almonds (about ¼ ounce), chopped

Combine the yogurt, vanilla, and stevia in a small bowl. Stir until you no longer see the color of the vanilla. Add the flaxseeds, bran, and alkalizing green superfood (if using). Stir to combine thoroughly. Top with the fruit and chopped almonds. Enjoy!

Note: All of the fat grams in this recipe come from the type of oils that makes your body burn more fat, so don't be alarmed by its high fat content. The heart-healthy omega-3 from flaxseeds, the healthy saturated fat from yogurt, and the cholesterol-lowering monounsaturated fat from almonds are all highly beneficial. People who regularly include these types of oils in their meals safely lose weight and are skinnier than those who don't!

Nutrition per serving (without green superfood): 335 calories; 16 g total fat; 5 g saturated fat; 15 g protein; 41 g carbohydrates; 7 g dietary fiber; 32 mg cholesterol; 113 mg sodium.
Nutrition per serving (with green superfood): 370 calories; 16 g total fat; 5 g saturated fat; 15 g protein; 49 g carbohydrates; 10 g dietary fiber; 32 mg cholesterol; 128 mg sodium

Over-Easy Eggs Florentine

Makes 1 serving

Leftover brown rice comes in handy for this quick skillet breakfast.

- 1 tablespoon extra-virgin coconut oil
- 1 clove garlic, minced
- ½ cup cooked brown rice
- 2 cups baby spinach leaves or other greens, chopped

- 2 eggs, preferably organic
- 3 sprigs fresh parsley

Heat a skillet over medium heat and place ½ tablespoon of the coconut oil, the garlic, and the brown rice in the pan. Sauté for 1 minute, then add the spinach and stir until it wilts lightly. Transfer everything to a plate, turn down the heat to medium-low, and return the skillet to the heat.

Add the remaining coconut oil, and then crack the two eggs into the skillet. Cook until the whites are mostly set, then flip the eggs over gently, being careful not to break the yolks. Turn off the heat, let the eggs sit for a few more seconds, then transfer the eggs to the plate on top of the rice and spinach. Garnish with the parsley (which you will eat!). Serve immediately.

Nutrition per serving: 411 calories; 24 g total fat; 14 g saturated fat; 18 g protein; 30 g carbohydrates; 1.5 g dietary fiber; 425 mg cholesterol; 219 mg sodium

Bell Pepper, Basil, and Spinach Crustless Quiche

Makes 4 Servings (Serving = ¼ Quiche)

This quiche, packed with powerful liver-cleansing foods, makes a great meal for any time of day, and can be eaten warm or cold. A good timesaving strategy is to double the recipe and make two quiches—one to eat now and one to freeze for easy meals at another time.

- 1 tablespoon coconut oil, plus more for coating the pie pan
- ½ red bell pepper, seeded and diced
- ½ cup chopped onion
- 2 cloves garlic, minced
- ½ cup fresh basil
- 1 cup spinach, well rinsed
- 8 organic eggs
- ¼ cup coconut milk
- Sea salt and pepper (optional)
- Fresh parsley sprigs, for garnish

Preheat the oven to 350°F.

Place the tablespoon of coconut oil in a skillet over medium heat. Sauté peppers, onion, and garlic until the peppers are soft, about 10 minutes. Add the spinach and basil and cook just until slightly wilted, 1 to 2 minutes. Remove from the heat.

Whisk the eggs, coconut milk, and salt and pepper (if using) together in a large bowl, or place in a blender and blend until well mixed.

Coat a 9-inch pie pan (deep dish works best) or an oven-safe skillet with coconut oil. Spread the cooked vegetables over the bottom of the pan. Pour the egg mixture over the vegetables. Place the pan on the center rack of the oven and bake for 20 to 30 minutes, or until

the center of the quiche is set. Remove from the oven, let cool slightly, then cut into four equal pieces. Serve with fresh parsley sprigs.

Note: You can add more or different veggies to this recipe; just remember to cook them before adding to the quiche. If the veggies are not cooked first, your quiche may become too watery. Also, if you have some prebaked sweet potatoes on hand, you can layer them on the bottom of the pie pan before topping with the veggies and eggs. This will give you a nice sweet potato “crust.”

Nutrition per serving: 211 calories; 15 g total fat; 7 g saturated fat; 14 g protein; 6 g carbohydrates; 1 g dietary fiber; 425 mg cholesterol; 155 mg sodium

Breakfast Waldorf Salad

Makes 2 Servings

This refreshing breakfast will keep you satisfied all morning. Try it with different fruits, nuts, or seeds.

- 1 medium-size organic apple, cored and cut into ½-inch pieces
- 1 tablespoon freshly squeezed lemon juice
- 2 cups plain whole-milk organic yogurt
- 2 teaspoons raw honey
- 1 cup organic red seedless grapes, halved
- 14 walnut halves (about 1 ounce)

Place the apple pieces in a bowl, add the lemon juice, and toss. This will keep the apples from turning brown if you want to save some of this salad to eat later or the next day.

Add the yogurt, honey, grapes, and walnuts. Stir to combine. Eat immediately or store in the refrigerator.

Nutrition per serving: 350 calories; 17 g total fat; 6 g saturated fat; 10 g protein; 42 g carbohydrates; 3 g dietary fiber; 32 mg cholesterol; 112 mg sodium

Breakfast Baked Apples

Makes 4 Servings (Serving = 1 Apple)

These warm apples pair well with yogurt for a very satisfying breakfast.

- 4 organic apples, preferably red-skinned
- 4 dates, pitted
- 12 walnut or pecan halves
- 2 tablespoons freshly squeezed lemon juice
- 1 teaspoon ground cinnamon
- 4 tablespoons water

Preheat the oven to 350°F.

Slice the tops off the apples. Using a corer or paring knife, remove the core from each apple without cutting through the bottom. Place the apples in an 8-inch baking dish. Stuff each apple with one date and three walnut halves. Combine the lemon juice, cinnamon, and water in a small bowl, then pour the lemon juice mixture evenly into each apple. Fill the apples with more water if needed, and put the tops back on.

Bake until soft, 15 to 20 minutes. Serve warm.

Nutrition per serving: 187 calories; 5 g total fat; 0 g saturated fat; 1.5 g protein; 34 g carbohydrates; 5 g dietary fiber; 0 mg cholesterol; 0 mg sodium

Sprouted French Toast à la Mode

Makes 2 Servings

High in fiber and protein—sans the powdered sugar—this French toast is a yummy way to start the day.

- 2 eggs, preferably organic
- 1 tablespoon coconut milk
- 2 teaspoons ground cinnamon
- 2 slices flourless sprouted-grain bread (or gluten-free bread)
- 1 teaspoon extra-virgin coconut oil, for oiling the griddle
- 1 cup plain whole-milk organic yogurt
- 2 tablespoons pure maple syrup, brown rice syrup, or coconut nectar

Crack eggs into a medium-size bowl and beat with a wire whisk. Add the coconut milk and cinnamon. Whisk again to mix.

Cut the slices of bread in half, making four halves. Place the bread in the egg mixture and let it soak until it is saturated, about 2 minutes.

Heat the coconut oil in a skillet or griddle over medium heat. When the oil is hot, place the pieces of egg-soaked bread in the skillet. Pour the remaining egg mixture over the bread. Cook until golden, then flip and cook until the other side is golden and the egg is cooked through. Transfer to a plate.

While the French toast is cooking, whisk the yogurt and syrup together in a small bowl. Top French toast with dollops of maple-sweetened yogurt.

Serve immediately.

Nutrition per serving: 289 calories; 13 g total fat; 7 g saturated fat; 15 g protein; 29 g carbohydrates; 4 g dietary fiber; 229 mg cholesterol; 253 mg sodium

Lemon-Ricotta Pancakes

Makes 10 Servings (Serving = 1 [4-Inch] Pancake)

These fluffy, fritterlike pancakes are a hit for special occasion breakfasts. Serve them with yogurt or turkey sausages.

- 1 cup white whole wheat flour
- 2 teaspoons nonaluminum baking powder
- ½ teaspoon baking soda
- ¼ teaspoon sea salt
- 1 cup organic whole-milk ricotta cheese
- 1 organic egg
- 2 organic egg whites
- ½ cup freshly squeezed lemon juice
- 2 teaspoons lemon zest
- 1 tablespoon coconut nectar or raw honey
- 1 tablespoon coconut oil, warm enough to be in liquid form, plus more for oiling the griddle

In a large bowl, whisk together the flour, baking powder, baking soda, and salt.

In a medium-size bowl, whisk together the ricotta, egg, egg whites, lemon juice, lemon zest, coconut nectar, and the tablespoon of coconut oil. Using a rubber spatula or wooden spoon, fold this mixture into the dry ingredients to make a thick batter.

Brush a griddle or skillet with coconut oil, then heat over medium-low heat. With a ¼-cup measuring cup, drop the batter onto the griddle, spreading it slightly. Multiple pancakes can be cooked at once.

Cook the pancakes until browned and beginning to set, about 2 minutes. Flip and cook until browned on the second side and cooked at the center, about 2 minutes longer.

Repeat with the remaining batter. Serve immediately.

Nutrition per serving: 118 calories; 5 g total fat; 3 g saturated fat; 6 g protein; 11 g carbohydrates; 1 g dietary fiber; 42 mg cholesterol; 218 mg sodium

Skinny Salads, Dressings, Sauces, and Seasonings

Sweet Skinny Apple Cider Vinaigrette

Makes About 1½ Cups (Serving = 1 Tablespoon)

This sweet and tangy vinaigrette is a very powerful alkalizing salad dressing. It can be used on any salad or as a marinade. I typically double or triple the recipe and keep a big bottle of it in the refrigerator.

- 1 cup extra-virgin olive oil
- ½ cup raw, unfiltered apple cider vinegar
- 1 tablespoon freshly squeezed lemon juice
- ¼ teaspoon liquid stevia extract
- 2 cloves garlic
- 1 teaspoon dried parsley
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 teaspoon dried thyme
- ¼ teaspoon Herbamare or sea salt

Place all the ingredients in a blender and blend on high speed to combine thoroughly. Let the blender run for about 2 minutes for a creamy-type Italian vinaigrette. Place any leftover dressing in a glass jar or cruet.

Nutrition per serving: 82 calories; 9 g total fat; 1 grams saturated fat; 0 g protein; 0 g carbohydrates; 0 grams dietary fiber; 0 mg cholesterol; 27 mg sodium

Balsamic-Ginger Vinaigrette

Makes About 1 Cup (Serving = 1 Tablespoon)

Make sure you are using a high-quality balsamic vinegar from Modena, Italy. Inexpensive grocery store varieties are sugary, fake versions of the real thing.

- ½ cup raw, unfiltered apple cider vinegar
- 2 tablespoons balsamic vinegar
- 4 tablespoons extra-virgin olive oil
- 2 cloves garlic, pressed, or 1 teaspoon garlic powder
- 1 (½-inch) piece fresh ginger, peeled and diced, or ½ teaspoon powdered ginger
- Pinch of sea salt

Whisk all the ingredients together in a medium-size bowl, or place everything in the blender and blend on high speed for 1 minute. Transfer the dressing to a glass jar and store in the refrigerator.

Nutrition per serving: 30 calories; 3 g total fat; 0 g saturated fat; 0 g protein; 3 g carbohydrates; 0 g dietary fiber; 0 mg cholesterol; 108 mg sodium

Creamy Honey-Mustard Dressing and Dipping Sauce

Makes 2 Cups (Serving = 1 Tablespoon)

Kids love dipping chicken nuggets in this sauce; grown-ups like it on salads and as a spread for sandwiches.

- 1 cup safflower mayonnaise
- ¼ cup Dijon mustard
- ¼ cup extra-virgin olive oil
- ¼ cup raw honey
- ⅛ teaspoon onion powder
- ⅛ teaspoon sea salt
- ¾ teaspoon raw, unfiltered apple cider vinegar
- 1 clove garlic, minced

Place all the ingredients in a blender or mix by hand with a wire whisk until well blended. The dressing may be kept up to 3 weeks refrigerated.

Nutrition per serving: 45 calories; 4 g total fat; 0 g saturated fat; 0 g protein; 3 g carbohydrates; 0 g dietary fiber; 0 mg cholesterol; 108 mg sodium

Authentic Peanut Dressing and Dipping Sauce

Makes 3 Cups (Serving = ¼ Cup)

Whereas most versions of peanut sauce are made with peanut butter, this recipe starts with real peanuts—and you'll taste the difference! This sauce can be used for a variety of purposes, from a dip for veggies or chicken nuggets, to a dressing for salads and a marinade for chicken or tempeh.

- ⅓ cup water
- ⅓ cup coconut milk
- 1 cup unsalted dry-roasted peanuts

- 2 cloves garlic, minced
- 2 teaspoons unrefined toasted sesame oil
- 2 tablespoons plus
- 2 teaspoons wheat-free reduced-sodium tamari sauce
- 2 tablespoons coconut nectar or raw honey
- ½ tablespoon freshly squeezed lime juice
- ½ teaspoon cayenne (optional)

Place all the ingredients in a blender or food processor in the order listed. Blend or process until the sauce is smooth. If you prefer a runnier peanut sauce, add a little more water or coconut milk. Do a taste test, adding more tamari sauce if it's not salty enough, or more cayenne if it's not spicy enough. If it's too salty, add a fresh squeeze of lime juice. Add a bit more nectar or honey if more sweetness is desired. Serve warm or at room temperature.

Nutrition per serving: 108 calories; 8 g total fat; 2 g saturated fat; 3.5 g protein; 6 g carbohydrates; <1 g dietary fiber; 0 mg cholesterol; 246 mg sodium

Asian Cold Noodle Salad

Makes 2 Servings (Serving = ½ Cup Noodles Plus Veggies and Dressing)

This recipe includes lots of veggies to balance out the noodles. Add chicken or tempeh if desired.

- 2 ounces uncooked brown rice spaghetti noodles
- 1 cup napa cabbage, sliced thinly
- ½ medium-size red bell pepper, julienned
- ½ cup thinly sliced red cabbage
- 2 medium-size carrots, shredded
- 2 tablespoons chopped green onions
- ¼ cup chopped fresh cilantro
- ¼ cup chopped fresh mint leaves
- 1 cup Authentic Peanut Dressing (page 72)
- 2 teaspoons dry-roasted peanuts

Cook the spaghetti noodles according to the package directions. Drain and place in a large bowl.

Add remaining ingredients to the bowl and toss together. Serve immediately or refrigerate.

Nutrition per serving: 359 calories; 17 g total fat; 3 g saturated fat; 11.5 g protein; 41 g carbohydrates; 4 g dietary fiber; 0 mg cholesterol; 559 mg sodium

Dee's Everyday Rainbow Salad

Makes 1 serving

I eat a version of this salad literally every day. The vegetables can vary depending on season and availability, but the goal is to get as many colors into the salad as possible. Sometimes I have it with turkey and sometimes I make it a vegetarian salad by replacing the turkey with ½ cup of black beans.

- 1½ cups chopped romaine lettuce
- ½ cup chopped kale
- 1 cup mixed chopped assorted veggies (celery, red bell pepper, carrot, beet, raw red cabbage, cauliflower)
- 2 tablespoons Sweet Skinny Apple Cider Vinaigrette (page 71)
- 3 ounces cooked turkey, or ½ cup cooked black beans
- ½ cup cooked brown rice or cooked quinoa
- 1 teaspoon raw pine nuts (about ¼ ounce)
- ¼ avocado, peeled and cubed
- 3 to 4 sprigs fresh parsley

Place the romaine and kale on the bottom of a large bowl. Top with the chopped veggies. Add the vinaigrette and toss. Next, top with the turkey, brown rice, avocado, pine nuts, and parsley. Enjoy!

Nutrition per serving (with turkey): 509 calories; 29 g total fat; 4 g saturated fat; 33 g protein; 37 g carbohydrates; 4 g dietary fiber; 71 mg cholesterol; 152 mg sodium

Nutrition per serving (with beans): 537 calories; 29 g total fat; 4 g saturated fat; 13 g protein; 57 g carbohydrates; 10 g dietary fiber; 0 mg cholesterol; 108 mg sodium

Wild Alaskan Salmon–Stuffed Tomatoes

Makes 2 Servings

High-quality canned wild salmon can be just as nutritious as cooking it yourself. Salmon is one of the best sources of omega-3 essential fatty acids. The salmon can be replaced with canned tuna.

- 1 tablespoon extra-virgin olive oil
- 1 tablespoon freshly squeezed lemon juice
- 1 teaspoon Dijon mustard
- Sea salt and pepper
- 2 large beefsteak tomatoes
- 6 ounces baked wild salmon fillet, or 1 (6-ounce) can wild Alaskan salmon, drained

- ½ teaspoon dried dill
- 2 tablespoons finely chopped or grated carrot
- 2 tablespoons finely chopped celery

To make the dressing, whisk the olive oil, lemon juice, and Dijon mustard in a small bowl. Season with sea salt and pepper as desired.

To make the salad, cut the tomatoes in half crosswise; scoop out and discard the flesh and seeds. In a separate bowl, combine the salmon, carrot, celery, and parsley. Drizzle with the dressing and toss lightly.

Fill each tomato half with the salmon mixture. Serve immediately.

Nutrition per serving: 194 calories; 9 g total fat; 2 g saturated fat; 17 g protein; 11 g carbohydrates; 1.5 g dietary fiber; 30 mg cholesterol; 144 mg sodium

Cucumber-Tomato Salad with Honey Mustard Vinaigrette

Makes 4 Servings (Serving = 1 Cup)

Serve this simple, easy salad over fresh lettuce or spring mix, or just eat it without the greens. It also makes a great snack food. You can add other veggies, too, such as shredded carrots or crunchy cauliflower.

- ¼ cup raw, unfiltered apple cider vinegar
- 1 tablespoon plus
- 1 teaspoon raw honey
- 1 teaspoon Dijon mustard
- 2 medium-size cucumbers, sliced
- 4 firm Roma tomatoes, quartered, then sliced
- ½ small red onion, sliced thinly
- 4 radishes, sliced thinly
- ½ cup thinly sliced fresh basil

Combine the vinegar, honey, and Dijon in a bowl and whisk together. Add the rest of the ingredients. Toss well. Enjoy immediately, or cover and refrigerate for several hours to blend the flavors.

Nutrition per serving: 62 calories; 0 g total fat; 0 g saturated fat; 1.5 g protein; 13 g carbohydrates; 1.5 g dietary fiber; 0 mg cholesterol; 41 mg sodium

Fresh Basil Pesto

Makes 8 Servings (Serving = 1 Tablespoon)

Use this pesto as a dip for raw veggies or mix it with shredded raw zucchini, carrots, and cabbage for a yummy quick salad.

- 2 cups fresh basil leaves
- ¼ cup extra-virgin olive oil
- 1 clove garlic, minced
- ¼ cup raw pine nuts

Place the basil, oil, and garlic in the bowl of a food processor and blend until the basil is chopped. Add the pine nuts and blend until smooth. Stop occasionally to scrape down the sides of the bowl with a rubber spatula. This pesto will keep for 5 days in the refrigerator.

Variation: For an omega-3 version, replace half or all of the olive oil with flaxseed oil or hemp oil.

Nutrition per serving: 93 calories; 9 g total fat; 1 g saturated fat; 1 g protein; 2 g carbohydrates; 1 g dietary fiber; 0 mg cholesterol; 3 mg sodium

Green Enchilada Sauce

Makes 1 Quart (Serving = ½ Cup)

I created this sauce because I could not find a commercially prepared enchilada sauce that didn't have hydrogenated oils or preservatives in it. It's great for enchiladas, but can also be used as a taco sauce, in burritos, or on top of eggs.

- ¼ cup extra-virgin olive oil
- 2 onions, chopped
- 8 cloves garlic
- 3 cups reduced-sodium chicken broth or vegetable broth
- 1 pound tomatillos
- 1½ teaspoons ground cumin
- 1 tablespoon chili powder
- 1 (4-ounce) can mild diced green chiles

Heat the oil in a skillet over medium heat. Add the onions and garlic and cook until soft and translucent. Add the broth, tomatillos, cumin, chili powder, and green chiles and bring to a boil.

Lower the heat to a simmer and cover. Continue cooking until the tomatillos are soft. Remove from the heat and allow to cool. When cool enough to handle, transfer the sauce to a food processor or blender and blend until smooth.

Use immediately or store the leftover sauce in the refrigerator or freezer to use another time.

Nutrition per serving: 120 calories; 7 g total fat; 1 g saturated fat; 2 g protein; 11 g carbohydrates; 1 g dietary fiber; 0 mg cholesterol; 398 mg sodium

Taco Seasoning Mix

Makes ½ Cup (Serving = 1 Teaspoon)

Taco seasoning mixes that come in packets usually contain monosodium glutamate (MSG) and other undesirable additives. This one tastes identical to the commercial variety, without the chemical ingredients. Try it on ground beef, ground turkey, chicken, and beans.

- 4 tablespoons chili powder
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ¼ teaspoon cayenne
- 1 teaspoon Mexican oregano
- 2 teaspoons paprika
- 2 tablespoons ground cumin
- 4 teaspoons ground coriander
- 2 teaspoons sea salt

Mix all of the ingredients together in a small bowl. Store in an airtight container or spice jar.

Nutrition per serving: 9 calories; 0 g total fat; 0 g saturated fat; 0 g protein; 1 g carbohydrates; 0 g dietary fiber; 0 mg cholesterol; 199 mg sodium

Toasted Sesame Seeds

Makes 8 Servings (Serving = 1 Teaspoon)

Many of my recipes call for toasted sesame seeds, as they are one of the few alkaline-forming seeds. You may buy them already toasted, but they taste better and are more fragrant when you toast them yourself. Sprinkle them on salads, cooked vegetables, rice, or quinoa to boost the alkaline-forming quality of your meals.

- ½ cup (or more) raw sesame seeds

For stove-top toasting, place the raw sesame seeds in a dry skillet and heat over medium heat, shaking the pan occasionally or stirring with a flat spatula. Remove the seeds when they darken

and become fragrant. Be careful not to burn them. It takes between 3 and 5 minutes to toast sesame seeds on the stove top.

To toast in the oven, preheat the oven to 275°F. Spread out the seeds on a dry baking sheet. Bake until the seeds are brown and become fragrant. It takes 15 to 20 minutes to toast sesame seeds in the oven.

For both methods, allow the toasted seeds to cool, then store at room temperature in a tightly covered jar with little air space. These will keep for several weeks.

Nutrition per serving: 3 calories; 0 g total fat; 0 grams saturated fat; 0 g protein; 0 g carbohydrates; 0 grams dietary fiber; 0 mg cholesterol; 0 mg sodium

Skinny Veggies and Sides

Basic Baked Sweet Potatoes

Makes 4 Servings (Serving = About ½ Cup)

You'll want to make extras of these to add to meals later in the week.

- 1 pound sweet potatoes

Preheat the oven to 375°F.

Wash the sweet potatoes well under cool running water. Use a brush or scrubber to remove any dirt. Rinse, drain, and pat dry. Lift any small bruises or eyes from the sweet potatoes with the pointed end of a vegetable peeler. Remove any dark or black areas.

Pierce the skin a few times with a fork to allow steam to escape and prevent possible bursting while baking.

Place the potatoes on a baking sheet and bake for 45 to 55 minutes, depending on thickness and size of the potatoes. *Do not* wrap potatoes in foil, as the steam will not escape and you will end up with soggy potatoes.

Test the potatoes for doneness by squeezing them gently. The potatoes are done when they are slightly soft.

The potatoes can be served immediately. Cut open and eat them the same as you would a white baked potato.

Extra baked potatoes can be stored in the refrigerator to be eaten later. They're great cold or reheated. Wrap a large lettuce leaf around a piece of cold sweet potato for a great nutritious snack.

Variations: The great news about sweet potatoes is that they are very sweet and delicious eaten just as they are, but you may add some of the following toppings:

- 1 teaspoon organic butter or coconut oil
- Ground cinnamon, paprika, nutmeg, or cloves
- Chopped pecans or walnuts
- Steamed broccoli or other veggies

Nutrition per serving: 102 calories; 0 g total fat; 0 g saturated fat; 2 g protein; 24 g carbohydrates; 4 g dietary fiber; 0 mg cholesterol; 41 mg sodium

Sweet Potato Hummus

Makes 4 Servings (Serving = ½ Cup)

Great as a veggie dip, or just eaten with a spoon!

- 1 pound sweet potatoes, baked in skin (about 1 large or 2 small), cooled, or 2 cups canned sweet potato puree (make sure there are no chemical additives)
- 1 teaspoon ground cumin
- 1 tablespoon freshly squeezed lemon juice
- ¼ teaspoon sea salt
- ¼ teaspoon cayenne
- ⅛ teaspoon black pepper
- 1 tablespoon tahini (sesame seed paste, available in gourmet food stores)
- 1 tablespoon extra-virgin olive oil
- Zest of 1 orange

Scoop the flesh of the sweet potatoes into the bowl of a food processor. Discard the skins.

Add the rest of the ingredients to the food processor and blend, stopping to scrape the sides of the bowl, until smooth and creamy. Serve immediately or refrigerate and enjoy later.

Nutrition per serving: 159 calories; 5 g total fat; 0 g saturated fat; 3 g protein; 25 g carbohydrates; 4 g dietary fiber; 0 mg cholesterol; 206 mg sodium

Panfried Sweet Potatoes

Makes 4 Servings (Serving = ½ cup)

These are great as a breakfast side dish with eggs, or they can be added to salads or wraps.

- 1 pound sweet potatoes
- 2 tablespoons extra-virgin coconut oil

Wash the sweet potatoes well under cool running water. Use a brush or scrubber to remove any dirt. Rinse, drain, and pat dry. Lift any small bruises or eyes from the sweet potatoes with the pointed end of a vegetable peeler. Remove any dark or black areas.

Slice the sweet potatoes in half lengthwise. Holding the two halves together, slice them horizontally into thin slices, about ⅛ inch thick.

Heat the oil in a large skillet over medium heat. Add the potato slices and toss them around with a spatula to coat them in the oil. Cover the skillet and lower the heat. After about 5 minutes, uncover and turn the potatoes with a spatula. Cover and continue to cook until tender, another 5 minutes. Check frequently (you want them to be browned on each side, but not

burned). Uncover and cook for a few more minutes, to glaze the potatoes. The potatoes are done when they are tender enough to cut with a fork. Serve hot. Store leftovers in the refrigerator.

Note: Panfried sweet potatoes are also good cold. If you have any leftovers, they made great additions to salads.

Nutrition per serving: 148 calories; 7 g total fat; 6 g saturated fat; 2 g protein; 24 g carbohydrates; 4 g dietary fiber; 0 mg cholesterol; 41 mg sodium

Tamari Sweet Potato Wedges with Rosemary

Makes 12 Servings (Serving = ¼ Pound)

These make great appetizers for parties, but they're great as a side dish also.

- 3 pounds sweet potatoes
- 2 tablespoons coconut oil
- 1 teaspoon chili powder
- 1 teaspoon wheat-free reduced-sodium tamari sauce
- 1 heaping tablespoon chopped fresh rosemary
- Preheat the oven to 400°F.

Wash the sweet potatoes well under cool running water. Use a brush or scrubber to remove any dirt. Rinse, drain, and pat dry. Lift any small bruises or eyes from the sweet potatoes with the pointed end of a vegetable peeler. Remove any dark or black areas.

Halve the potatoes crosswise, then lengthwise, and cut each piece into four wedges. Place the potato wedges in a large bowl.

In a smaller bowl, mix the coconut oil, chili powder, tamari sauce, and rosemary. Drizzle over the potatoes, and toss to coat.

Arrange the potatoes skin side down in one layer on baking sheets.

Bake for 20 minutes. Turn the slices, and bake until tender, 12 to 15 minutes more. Serve immediately.

Nutrition per serving: 123 calories; 2 g total fat; 2 g saturated fat; 2 g protein; 24 g carbohydrates; 4 g dietary fiber; 0 mg cholesterol; 61 mg sodium

15-Minute Steamed Beets and Sautéed Beet Greens with Goat Cheese

Makes 2 Servings

This is a great way to use every part of the fresh beets you buy. Both the beets and the greens are powerful cancer fighters and detoxifiers. Consuming both on a regular basis will make you super skinny! Serve this wonderful vegetable dish with quinoa, poultry, or fish.

- 1 bunch beets with greens (about 3 beets, about 3 inches in diameter)
- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic, minced
- 1 shallot, sliced thinly
- Salt and pepper (optional)
- 1 ounce soft goat cheese, plain or herbed

Wash the beets and greens gently under cool running water, taking care not to tear the skin of the beet—this tough outer layer helps keep most of the beets' pigment inside the vegetable.

Cut off the greens, leaving 1 inch of stem attached to the beets, and also leave the root ends attached to the beets. Set the greens aside to drain and dry.

Fill the bottom of a steamer with 2 inches of water. Cut the beets into quarters, but do not peel them. When the water is steaming, place the beets in the steamer basket, cover, and steam for 15 minutes. The beets are done cooking when you can easily insert a fork or the tip of a knife into a beet. Although some of their colorful phytonutrients are lost to the steaming water, there is plenty of color and nutrients still left in the beets. You can save this beet juice for adding to smoothies or just drinking as is.

Set the beets in a bowl until they are cool enough to touch. Remove the skins using a paper towel, or just leave the skins on, as they are quite edible.

Prepare the greens for sautéing by tearing them into 2- to 3-inch pieces. Heat a large skillet over medium heat and pour in a small amount of water to cover the bottom of the pan. Add the olive oil, garlic, and shallot. Cook for about 1 minute and then add the greens. Cook and stir until greens are wilted and tender. Season with salt and pepper, if desired. Serve the greens with the steamed beets and top them with crumbles of goat cheese.

Note: You may also use golden beets for this recipe. With either type of beet, don't peel beets until after they've been cooked, because the beet juice can stain your skin. If you do get some of the beet juice on your skin, you can rub some lemon juice on your hands to remove the stain.

Nutrition per serving: 167 calories; 10 g total fat; 3 g saturated fat; 6 g protein; 15 g carbohydrates; 6 g dietary fiber; 6 mg cholesterol; 277 mg sodium

Quick-Braised Red Cabbage

Makes 4 Servings (Serving = 1 Cup)

The cabbage family of vegetables contains more phytochemicals with anticancer properties than any other vegetable family. Here's a tasty way to include cabbage in your meals. This goes nicely with quinoa, rice, and fish.

- 3 tablespoons butter, preferably organic
- 1 medium-size clove garlic, smashed
- 2 pounds red cabbage heads, cored and cut into 1½-inch pieces
- ½ cup apple cider
- ½ teaspoon caraway seeds
- ½ teaspoon ground allspice
- 1½ tablespoons raw, unfiltered apple cider vinegar

Heat a large skillet over medium heat. Place the butter and garlic in the pan and cook for 1 minute, stirring frequently. Add the cabbage, apple cider, caraway seeds, and allspice, and cook covered, stirring occasionally, until the cabbage is tender, 15 to 18 minutes.

Add the vinegar and cook uncovered, stirring occasionally, until the liquid has evaporated, 2 to 3 minutes.

Nutrition per serving: 167 calories; 9 g total fat; 5 g saturated fat; 3 g protein; 18 g carbohydrates; 2 g dietary fiber; 22 mg cholesterol; 110 mg sodium

Easy Sautéed Greens

Makes 2 Servings (Serving = 1 Cup)

A flavorful twist on a Southern tradition, these greens can accompany any grain, legume, meat, fish, or poultry.

- ½ tablespoon extra-virgin coconut oil
- 2 cloves garlic, minced
- 1 (1-inch) piece fresh ginger, peeled and minced
- 1 tablespoon toasted sesame oil
- 2 (10-ounce) packages baby spinach or collard greens
- 1 tablespoon wheat-free reduced-sodium tamari sauce
- 1 tablespoon Toasted Sesame Seeds (page 77)

Heat a large skillet over medium heat and place the coconut oil, garlic, and ginger in the pan. Sauté, stirring, until the garlic softens, about 1 minute. Add the sesame oil and greens, then cook

until the leaves soften and heat through, about 1 minute. Add the tamari sauce and sesame seeds; toss to combine. Serve immediately.

Nutrition per serving: 178 calories; 11 g total fat; 4 g saturated fat; 9 g protein; 12 g carbohydrates; 3 g dietary fiber; 0 mg cholesterol; 561 mg sodium

Skillet-Steamed Lemon and Butter Asparagus

Makes 2 Servings

Asparagus is one of the most alkaline-forming vegetables. This easy recipe ensures that you will eat it often. Asparagus pairs nicely with fish, rice, legumes, and squash.

- 1 to 1½ cups water
- 1 tablespoon butter, preferably organic, plus more for serving (optional)
- 1 pound asparagus
- Lemon wedges

Place the water in a large, lidded skillet and bring to a boil. Add the tablespoon of butter to the water and then add the asparagus. Stir to mix the butter evenly with the asparagus, then cover the skillet to allow the asparagus to steam. Cook for 3 to 4 minutes, checking frequently for doneness. The asparagus is done when you can easily pierce it with a fork but it is still firm.

When the asparagus is done, immediately drain it in a colander, then place it on serving plates. Squeeze the lemon juice over the asparagus and add more butter as desired.

Note: Asparagus will continue to cook after it has been removed from the steam, therefore it is better to remove it before it is completely soft.

Nutrition per serving: 83 calories; 2 g total fat; 1 g saturated fat; 7 g protein; 8.5 g carbohydrates; 2 g dietary fiber; 5 mg cholesterol; 23 mg sodium

Sesame Sautéed Brussels Sprouts

Makes 2 Servings

You've never had Brussels sprouts like these! The combination of garlic and sesame oil makes a delicious flavor profile.

- 1 pound Brussels sprouts, ends removed, cut in half
- 4 medium-size shallots, chopped finely

- 2 cloves garlic, minced
- 1 tablespoon unrefined toasted sesame oil
- 1 tablespoon Toasted Sesame Seeds (page 77)

In a large, flat-bottomed skillet, pour in enough water to cover the bottom of the pan and heat over medium-high heat. Place the Brussels sprouts in the pan, cut side down, in a single layer. Scatter the chopped shallots and garlic over the sprouts.

Allow the sprouts to cook for 3 to 4 minutes, then stir to turn them over, and cook for another 5 minutes or so. You may need to add more water if the pan goes dry.

Continue stirring and then allow to steam-fry until all the liquid has cooked off and the sprouts are tender. Drizzle with the toasted sesame oil and toss. Sprinkle Toasted Sesame Seeds on top. Serve hot.

Nutrition per serving: 83 calories; 2 g total fat; 1 g saturated fat; 7 g protein; 8.5 g carbohydrates; 2 g dietary fiber; 5 mg cholesterol; 23 mg sodium

Sautéed Greens with Garlic and Cannellini Beans

Makes 4 Servings

This is a great way to get your greens! It can be eaten as a main dish or as a side for fish or poultry.

- 1 tablespoon extra-virgin coconut oil
- 2 tablespoons extra-virgin olive oil
- 4 cloves garlic, thinly sliced
- ¼ teaspoon red pepper flakes (add more for more spice)
- 1 pound fresh dark greens (kale, collards, etc.), thick stems removed
- 1 cup fat-free low-sodium chicken broth or vegetable broth
- 1 (15-ounce) can cannellini beans (white kidney beans), drained and rinsed
- 1 teaspoon raw, unfiltered apple cider vinegar, or to taste
- Sea salt and pepper (optional)

Place a lidded pan over medium heat and add the coconut oil, olive oil, garlic, and red pepper flakes to the pan. Stir until the garlic is just starting to lightly brown. Add the greens by large handfuls and stir just until they begin to wilt.

Add the broth, cover the pan, and simmer on low heat until the greens are just tender, about 10 minutes.

Add the cannellini beans to the pan and simmer uncovered, until the beans are heated through and the liquid is almost gone. Stir in the vinegar.

Season with salt and pepper to taste, and add more vinegar, if desired.

Nutrition per serving: 242 calories; 11 g total fat; 4 g saturated fat; 10 g protein; 28 g carbohydrates; 6 g dietary fiber; 0 mg cholesterol; 66 mg sodium

Creamy Spaghetti Squash with Asparagus and Rosemary

Makes 4 Servings (Serving = 1 Cup)

Another great way to eat asparagus. Try this instead of eating pasta.

- 1 small spaghetti squash
- 1 tablespoon extra-virgin olive oil
- Pinch of Herbamare
- 1 tablespoon extra-virgin coconut oil
- 1 pound thin asparagus, steamed until tender
- 4 cloves fresh garlic, minced
- 1 tablespoon chopped fresh rosemary
- 1 cup organic ricotta cheese
- 1 tablespoon raw pine nuts

Preheat the oven to 350°F.

Fill a baking dish with about ½ inch of water. Cut the squash in half and scoop out the seeds. Place it face down in the baking dish. Bake about 30 minutes, or until tender when tested with a fork.

Scrape out the squash with a fork and place the stringy squash in a mixing bowl. Drizzle with the olive oil, and season with Herbamare.

Heat the coconut oil in a large skillet over medium heat. Slice the steamed asparagus into 1-inch pieces and sauté with the garlic and rosemary for 1 minute. Stir in the ricotta and squash. Sauté until hot and creamy. Top with the pine nuts.

Nutrition per serving: 355 calories; 15 g total fat; 7 g saturated fat; 14 g protein; 40 g carbohydrates; 8 g dietary fiber; 19 mg cholesterol; 485 mg sodium

Farmers' Market Coconut Curry

Makes 4 Servings (Serving = 1 Cup)

This dish can be made with any seasonal vegetables, and you can even use frozen vegetables to save time on chopping.

- 1 tablespoon coconut oil
- 2 cups chopped onion
- 2 tablespoons brown rice flour
- 1 cup light coconut milk
- 2 cups low-sodium vegetable broth
- 1 cup thickly sliced carrot

- 1 cup seeded and thinly sliced red bell pepper (or cut into chunks)
- 1 cup cubed sweet potato
- 2 tablespoons fresh mint leaves
- ½ tablespoon curry powder
- 1 teaspoon turmeric
- 1 cup cauliflower florets
- 1 cup broccoli florets

In a large saucepan, heat the oil over medium heat. Add the onion and cook, stirring often, until soft and translucent, 4 to 5 minutes. Stir in the brown rice flour and cook, stirring, for 1 minute.

Slowly stir in coconut milk, broth, carrots, sweet potato, mint leaves, turmeric, and curry. Cook the mixture until thick and bubbly, 2 to 3 minutes.

Add the cauliflower and broccoli. Lower the heat to medium-low, cover and cook for 5 minutes more. Serve hot over brown rice or quinoa.

Nutrition per serving: 210 calories; 8 g total fat; 6 g saturated fat; 5 g protein; 30 g carbohydrates; 3 g dietary fiber; 0 mg cholesterol; 125 mg sodium

Simply Skinny Brown Rice

Makes 4 Servings (Serving = ½ Cup)

If you have the time, it's best to soak the rice in the cooking water with a small amount of vinegar overnight. The soaking and the vinegar make the nutrients in grains more digestible and alkaline forming. Use this simple brown rice for adding to salads, as a side dish, or as an ingredient for other recipes. To ensure always having cooked brown rice on hand, you can make a big batch and then freeze individual portions to reheat later.

- 2 cups plus two tablespoons water
- 1 cup brown rice
- ½ teaspoon raw, unfiltered apple cider vinegar, if soaking overnight before cooking

Combine the water, rice, and vinegar in a saucepan. Bring to a boil over high heat. Boil for 5 minutes, stirring occasionally. Cover and lower the heat to a simmer. Cook slowly until all the water has been absorbed, about 50 minutes. Do not stir the rice after you have lowered the heat and covered the pan.

Note: A rice cooker or a steamer with a rice-cooking feature is a handy kitchen tool. Follow the manufacturer's instructions for rice cooking times.

Nutrition per serving: 108 calories; <1 g total fat; 0 g saturated fat; 2 g protein; 23 g carbohydrates; <1 g dietary fiber; 0 mg cholesterol; 1 mg sodium

Sesame Brown Rice

Makes 4 Servings (Serving = ½ Cup)

This is a flavorful variation for cooking brown rice.

- 1 cup brown rice
- 2 cups water or low-sodium broth
- 1 tablespoon wheat-free reduced-sodium tamari sauce
- 1 tablespoon unrefined toasted sesame oil
- 2 teaspoons Toasted Sesame Seeds (page 77)
- 1 tablespoon chopped green onions

Combine the rice, water, tamari sauce, and sesame oil in a saucepan. Bring to a boil and boil for 5 minutes. Cover and lower the heat to a simmer. Cook slowly until all the water has been absorbed, about 50 minutes. Do not stir the rice after you have lowered the heat and covered the pan. Fluff with a fork and garnish with the green onions and sesame seeds.

Nutrition per serving: 146 calories; 4 g total fat; <1 g saturated fat; 3 g protein; 24 g carbohydrates; <1 g dietary fiber; 0 mg cholesterol; 178 mg sodium

Lemon-Dill Rice

Makes 4 Servings (Serving = ½ Cup)

Jasmine brown rice is an aromatic, light, and fluffy variety of long grain rice. It lends nice flavor to this recipe, although any variety of brown rice can be used.

- 1 cup jasmine brown rice
- 1¾ cup water
- Zest of 1 large lemon
- Juice of 1 large lemon
- ½ teaspoon dried dill
- 1 teaspoon dried parsley, or 1 tablespoon chopped fresh
- 2 tablespoons organic butter
- ½ teaspoon sea salt

Combine all the ingredients in a saucepan. Bring to a boil and boil for 5 minutes. Stir to mix evenly. Cover and lower the heat to a simmer. Cook slowly until all the water has been absorbed, about 50 minutes. Do not stir the rice after you have lowered the heat and covered the pan. Fluff with a fork and serve.

Nutrition per serving: 146 calories; 4 g total fat; <1 g saturated fat; 3 g protein; 24 g carbohydrates; <1 g dietary fiber; 0 mg cholesterol; 178 mg sodium

Basic Quinoa

Makes 5 Servings (Serving = ½ Cup)

From this basic recipe of cooked quinoa, you can use it to make salads, add to other dishes, stuff bell peppers, or toss with vegetables. A light and fluffy grain, quinoa resembles couscous and can be eaten in the same way.

- 1 cup quinoa, soaked and rinsed
- 2 cups water

For perfectly cooked quinoa, simply add one part quinoa to two parts water or clear broth in a saucepan. After the mixture is brought to a boil, lower the heat to a simmer and cover the pan.

One cup of quinoa cooked using this method usually takes 15 to 20 minutes to prepare, which is less time than brown rice. The grains become translucent at the end of the cooking process, and the white germ partially detaches from the main body of the grain, appearing like a white spiral tail.

Notes: One cup of dry quinoa cooked in 2 cups of liquid will typically yield 2½ cups of cooked quinoa.

Soaking quinoa prior to cooking helps to loosen up the outer coating of saponin, which can give a bitter taste if not removed. A typical soaking time is 30 minutes or more, but if you don't have that long, you can soak it for 5 minutes in hot water prior to cooking. After soaking, strain off the soaking water by pouring the quinoa into a fine-mesh sieve and rinsing it under running water.

To obtain a nuttier flavor, you can dry toast the quinoa for 5 minutes in a skillet before adding the water for cooking.

Nutrition per serving: 65 calories; 1 g total fat; 0 g saturated fat; 2 g protein; 12 g carbohydrates; 1 g dietary fiber; 0 mg cholesterol; 4 mg sodium

Minty Quinoa

Makes 4 Servings (Serving = ½ Cup)

Here's a great way to use your cooked quinoa!

- 2 cups cooked quinoa, warm or cold
- 2 teaspoons wheat-free reduced-sodium tamari sauce
- ⅓ cup pine nuts
- 2½ tablespoons chopped fresh mint leaves
- ½ cup frozen peas, thawed

Place the quinoa in a bowl. Sprinkle with tamari sauce, pine nuts, mint, and peas. Mix and serve.

Nutrition per serving: 200 calories; 8 g total fat; 1 g saturated fat; 6 g protein; 25 g carbohydrates; 3 g dietary fiber; 0 mg cholesterol; 128 mg sodium

Quinoa Tabbouleh

Makes 6 Servings (Serving = ½ Cup)

This is a gluten-free version of the favorite bulgur-based salad. Makes a great snack or lunchbox item.

- 1 cup cooked quinoa, cold or room temperature
- ⅓ cup chopped fresh parsley
- 2 tablespoons chopped fresh mint leaves
- 2 plum tomatoes, seeded and chopped very finely
- ½ red bell pepper, seeded and chopped very finely
- ½ teaspoon Herbamare or sea salt
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons freshly squeezed lemon juice

Place all the ingredients in a bowl and toss to mix well. Enjoy immediately or place in the refrigerator for 1 hour or more before eating, to let the flavors meld.

Nutrition per serving: 159 calories; 6 g total fat; 0 g saturated fat; 4 g protein; 22 g carbohydrates; 2 g dietary fiber; 0 mg cholesterol; 228 mg sodium

Skippy Soups, Wraps, Breads, and Meatless Main Dishes

Skippy No-Ham Split Pea Soup

Makes 8 Servings (Serving = 1 Cup)

My vegetarian clients rave about this soup because it's loaded with flavor without the ham.

- 8 cups water
- 1 pound dried green split peas, sorted and rinsed
- 3 medium-size carrots, sliced thickly (1½ cups)
- 2 medium-size stalks celery, chopped (1 cup)
- 1 medium-size onion, chopped (½ cup)
- 2 cloves fresh garlic, minced
- 2 bay leaves
- 1 teaspoon sea salt
- 1 teaspoon dried thyme
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 teaspoon dried rosemary
- ¼ teaspoon black pepper

Mix all the ingredients in a large stockpot and bring to a boil. Lower the heat to medium and simmer until done, about 1½ hours. Stir and add more water as needed.

Nutrition per serving: 232 calories; <1 g total fat; 0 g saturated fat; 15 g protein; 41 g carbohydrates; 3 g dietary fiber; 0 mg cholesterol; 309 mg sodium

Carrot-Ginger Soup

Makes 8 Servings (Serving = ½ Cup)

Carrots and ginger are highly alkaline forming as well as liver cleansing. This soup can be eaten hot or cold.

- 2 tablespoons coconut oil
- 2 small yellow onions, peeled and diced
- 2 to 3 cloves garlic, crushed
- 2 pounds carrots, peeled and diced (16 medium-size)
- 3 tablespoons chopped green onions
- 1 tablespoon minced fresh ginger
- 3 cups fat-free chicken or vegetable broth

- ½ cup coconut milk
- Sea salt and toasted crushed peppercorns

Heat the oil over medium heat in a stockpot. Sauté the onions, garlic, carrots, green onions, and ginger over medium heat for about 10 minutes. Add the broth, bring to boil, and simmer for 5 minutes. Transfer the soup in batches to a food processor and puree until smooth. Pour it back into the stockpot and stir in the coconut milk. Bring to a slow simmer but do not boil. Season to taste with salt and crushed peppercorns.

Remove from the heat and serve.

Nutrition per serving: 174 calories; 9 g total fat; 6 g saturated fat; 3 g protein; 20 g carbohydrates; 2 g dietary fiber; 0 mg cholesterol; 222 mg sodium

Creamy Pumpkin Soup

Makes 6 Servings (Serving = 1 Cup)

This warming soup is creamy, sweet, and filling. Pumpkin soup is traditionally made from fresh pie pumpkin. You can use canned pumpkin puree if fresh pumpkin is not available. Using fresh pumpkin is preferred for the antioxidant value. You can use the flavorful pumpkin seeds as a garnish or snack, and a pumpkin shell makes a great tureen for serving the soup.

- 1 cup chopped yellow onion
- 2 tablespoons organic butter
- 4 cups fat-free low-sodium chicken broth or vegetable broth
- 1 pound fresh pie pumpkin, peeled and cubed, or 1 (15-ounce) can pure pumpkin puree
- 1 cup light coconut milk
- ½ teaspoon sea salt
- ⅛ teaspoon ground black pepper
- ¼ teaspoon ground cinnamon
- ½ teaspoon pumpkin pie spice
- 1 tablespoon raw organic whole cane sugar or Sucanat
- ½ teaspoon ground ginger
- 2 tablespoons arrowroot powder
- ¼ cup water
- ¼ cup chopped fresh parsley, for garnish

Sauté the onion in the butter until tender. If using fresh cubed pumpkin, add the broth and pumpkin, stir and bring to a boil. Lower the heat to a simmer and cook for about 25 minutes, or until the pumpkin is tender. Remove from the heat.

If using canned pumpkin, add the broth and pumpkin puree to the sautéed onion and bring to a simmer. Remove from the heat.

Add the coconut milk, sea salt, pepper, cinnamon, pumpkin pie spice, sugar, and ginger to the soup. Transfer the soup to a food processor or a blender and blend until it is smooth. Transfer the blended soup back to the pan and bring it to a boil. Lower the heat, cover the pan, and let the pumpkin soup simmer for no longer than 10 minutes.

While the soup is simmering, place the arrowroot into a small bowl and add the water. Stir to dissolve the arrowroot. Add the arrowroot mixture to the soup and stir until the soup thickens. Remove from the heat.

Pour the soup into your pumpkin tureen or just ladle into soup bowls. Garnish with the chopped parsley.

Nutrition per serving: 126 calories; 6 g total fat; 4 g saturated fat; 2 g protein; 14 g carbohydrates; 1.5 g dietary fiber; 10 mg cholesterol; 346 mg sodium

Too-Easy Chicken and Rice Soup

Makes 4 Servings (Serving = 1 Cup)

As long as you have some cooked brown rice and chicken on hand, this is the perfect soup for those days when you don't have time to cook. Kids love this simple classic.

- 4 cups low-sodium chicken broth
- 1 large carrot, diced
- 1 large celery stalk, diced
- 4 ounces cooked chicken, shredded or cut into chunks
- 1 cup cooked brown rice

Heat the broth to a boil in a saucepan. Add the carrot and celery. Lower the heat and simmer until the vegetables are soft. Add the chicken and rice and simmer a few more minutes. Serve.

Nutrition per serving: 120 calories; 2 g total fat; 0 g saturated fat; 12 g protein; 14 g carbohydrates; <1 g dietary fiber; 24 mg cholesterol; 138 mg sodium

Avocado–Black Bean Veggie Wrap

Makes 4 Servings (Serving = 1 Wrap)

The black beans and the tortilla in this recipe form a complete vegetarian protein. The avocado and veggies bump the fiber of this little wrap up to a whopping 13 grams (nearly half your daily requirement)!

- 1 ripe large avocado, pitted and peeled
- 1½ cups cooked black beans (about 1 [15-ounce] can), drained, rinsed, and patted dry
- ½ cup fresh salsa or diced tomatoes
- 4 (8-inch) Dee's Naturals whole wheat flour tortillas (or use sprouted-grain or gluten-free tortillas)
- 2 cups spring mix or shredded dark green lettuce
- 1 cup shredded red cabbage
- 2 carrots, shredded
- ½ cup diced cucumber
- 2 tablespoons minced red onion
- ½ cup chopped fresh cilantro

Place the avocado flesh in a large bowl. Add the black beans and mash with a potato masher or your hands, until it sticks together (you will still have some whole beans in the mixture). Add the salsa and stir to mix.

Warm the tortillas by placing them one at a time on a griddle or skillet over medium-high heat. Heat one side for 30 to 60 seconds, or until the tortilla starts to puff up. Flip the tortilla and heat the other side for about 30 seconds. Transfer to a plate. Repeat with remaining tortillas.

To assemble the wraps, divide the avocado mixture among the four tortillas and top with equal amounts of the veggies. Roll up and then cut the wraps in half to serve.

Nutrition per serving: 310 calories; 7.5 g total fat; 1.6 g saturated fat; 13 g protein; 52 g carbohydrates; 13 g dietary fiber; 0 mg cholesterol; 168 mg sodium

Cheddar Sweet Potato Wraps

Makes 12 Servings (Serving = ½ wrap)

These wraps are a staple in our house. Half of a wrap is very filling and usually enough for one meal. The wraps can be cut in half, wrapped individually, and frozen for re-heating later.

- 1½ cups baked sweet potatoes (about 1 pound)
- 1 tablespoon extra-virgin coconut oil
- ½ yellow onion, chopped
- ½ cup seeded and diced red bell pepper
- 2 cloves garlic, minced
- 2 (15-ounce) cans red kidney beans (preferably organic), drained and rinsed
- 1 cup water
- 1½ tablespoons chili powder
- 1 teaspoon ground cumin
- 2 teaspoons prepared yellow mustard
- Pinch of cayenne, or to taste

- 1½ tablespoons wheat-free reduced-sodium tamari sauce
- 6 (8-inch) Dee's Naturals whole wheat flour tortillas (or sprouted-grain tortillas)
- 4 ounces raw organic Cheddar cheese (or other cheese), shredded (about 1 cup)

Cut open the baked sweet potatoes and scrape out the inner flesh into a bowl. Discard the peels. Mash the potatoes with a potato masher. They can still be slightly lumpy. Set aside.

Heat the coconut oil in a large skillet over medium heat. Add the onion and bell pepper and sauté until soft. Add the garlic and sauté for 1 minute more. Stir in the kidney beans, and mash them with a masher. Gradually stir in the water, and heat until warm. Stir in the chili powder, cumin, mustard, cayenne, and tamari sauce. Add the mashed sweet potatoes and stir. Bring to a low simmer, just enough to heat the sweet potatoes, then remove from the heat.

Warm the tortillas by placing them one at a time in a dry skillet or griddle over medium heat. Heat for 15 to 20 seconds on each side, or until warm to the touch. Transfer the tortilla to a flat surface, such as a cutting board or a plate. Add one-sixth of the sweet potato mixture down the center of the tortilla. Top each with one-sixth of the cheese. Roll up the tortilla burrito style, cut in half, and serve. Repeat with remaining tortillas. These are best accompanied with a large salad of leafy greens.

Nutrition per serving: 206 calories; 6 g total fat; 3 g saturated fat; 10 g protein; 28 g carbohydrates; 6 g dietary fiber; 10 mg cholesterol; 232 mg sodium

Seasoned Creamy Cheese and Chicken Pinwheels

Makes 6 Servings (Serving = 1 Wrap, Cut Into Pinwheels)

Neufchâtel is softer than regular cream cheese and has 33 percent less fat. Use the organic version if possible, which is the healthiest option. The seasoning in this recipe is reminiscent of dry ranch dressing mixes that come in packets, sans the MSG. You can replace the poultry with hummus for a vegetarian version. This is a great lunchbox item for kids and adults alike.

- 1 (8-ounce) package Neufchâtel, preferably organic
- 1 teaspoon dried parsley, or 1 tablespoon chopped fresh
- 1 teaspoon dried chives, or 1 tablespoon chopped fresh
- ¼ teaspoon dried dill
- ½ teaspoon garlic powder
- ¼ teaspoon onion powder
- ⅛ teaspoon dried thyme
- ¼ teaspoon ground black pepper
- 6 (8-inch) Dee's Naturals whole wheat flour tortillas (or sprouted-grain or gluten-free tortillas)
- 12 ounces thinly sliced or shredded cooked chicken or turkey (or nitrate-free sliced deli turkey), or 1½ cups hummus
- ½ sweet red bell pepper, sliced lengthwise very thinly
- 1 cup baby spinach leaves, washed and dried

Using a rubber spatula, combine the cheese, parsley, chives, dill, garlic powder, onion powder, thyme, and pepper in a bowl. Stir until creamy and well mixed.

Warm the tortillas if desired in a dry skillet over medium heat, or just use them cold. Spread each tortilla with a thin layer (about 2 tablespoons) of the cream cheese mixture. Place 2 ounces of the chicken over two-thirds of a tortilla. If using hummus, place ¼ cup of hummus down the center of each tortilla. Place three or four red bell pepper strips along one edge. Top with the spinach. Roll the tortillas as tightly as possible. Place seam side down on a cutting board and slice into 1-inch pieces.

Note: To pack for kids' lunches, place the pinwheels in a container as if they are sushi. Add some baby carrots or other fun veggies for munching.

Nutrition per serving (with poultry): 286 calories; 11 g total fat; 5g saturated fat; 22 g protein; 26 g carbohydrates; 5 g dietary fiber; 53 mg cholesterol; 268 mg sodium

Nutrition per serving (with hummus): 252 calories; 11 g total fat; 5g saturated fat; 10 g protein; 28 g carbohydrates; 6 g dietary fiber; 23 mg cholesterol; 281 mg sodium

Four-Bean Chili for the Stove Top or Slow Cooker

Makes 12 Servings (Serving = 1 Cup)

Beans are one of the most nutritious foods we can eat. They're high in fiber and a rich source of vegetarian protein.

- 1 tablespoon extra-virgin coconut oil
- 1 onion, chopped
- 1 red bell pepper, seeded and chopped
- 1 green bell pepper, seeded and chopped
- 5 cloves garlic, minced
- 1 cup chopped carrot
- 1 (28-ounce) can diced tomatoes, including liquid
- 1 (14-ounce) can reduced-sodium tomato sauce
- 1 (6-ounce) can tomato paste
- 2 cups water
- 3 tablespoons chili powder
- 1 teaspoon dried oregano
- 2 teaspoons ground cumin
- 1 (15-ounce) can pinto beans, drained and rinsed
- 1 (15-ounce) can red kidney beans, drained and rinsed
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (15-ounce) can white beans, drained and rinsed

Place the oil, onion, bell peppers, and garlic in a large stockpot and cook over medium heat until the onion is translucent. Add the carrot, tomatoes with liquid, tomato sauce, tomato paste, and water. Increase the heat to medium-high and cook until the mixture starts to boil. Add the chili powder, oregano, cumin, and beans. Lower the heat to medium and simmer for 45 minutes, stirring occasionally.

Alternatively, after sautéing the onion, garlic, and peppers, put all of the ingredients into a slow cooker and cook on LOW for 8 hours.

Refrigerate the leftover chili to eat the next day. It tastes even better when the spices have released their flavor overnight!

Serve with a fresh green salad.

Nutrition per serving: 180 calories; 2 g total fat; 1 g saturated fat; 9 g protein; 34 g carbohydrates; 7 g dietary fiber; 0 mg cholesterol; 249 mg sodium

Smoky Black Bean and Avocado Pitas

Makes 4 Servings (Serving = 1 Whole Pita)

Putting veggies into pitas is the best way to eat a salad!

- 1 tablespoon extra-virgin olive oil
- 1 small yellow onion, diced (about 1 cup)
- 2 cloves garlic, minced
- 2 (15-ounce) cans black beans, drained and rinsed
- 2 teaspoons smoked paprika
- ½ teaspoon dried oregano
- 4 sprouted-grain or whole wheat pita breads
- 1 cup shredded carrot
- 1 avocado, pitted, peeled, and sliced
- 2 cups spring mix or other fresh raw greens

Heat the oil in a skillet over medium heat. Add the onion and garlic and cook for 5 minutes, or until soft. Add the beans, paprika, and oregano. Lower the heat to medium-low and cook for 10 minutes. Remove from the heat and mash the beans with a masher or the back of a spoon. There can still be some whole beans.

Cut the pitas in half and split open. Divide the bean mixture among the pita halves. Add the carrot, avocado slices, and spring mix. Enjoy immediately or pack for the lunchbox.

Nutrition per serving: 349 calories; 10 g total fat; 1g saturated fat; 16 g protein; 53 g carbohydrates; 13 g dietary fiber; 0 mg cholesterol; 133 mg sodium

Homemade Sunshine Burgers

Makes 5 Servings

Not exactly the same as the wonderful commercially available Sunshine Burgers, but they're pretty darn good in their own right. Eat these on salads, with cooked veggies, or on a sprouted grain bun with all the fixings.

- 1 cup raw sunflower seeds, ground in a coffee grinder, spice mill, or Vitamix
- 2 tablespoons ground flaxseeds
- 1 cup cooked brown rice
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- 1 teaspoon Herbamare
- ¼ cup water
- ⅔ cup finely chopped or grated carrot
- ⅔ cup finely chopped celery
- ¼ cup chopped fresh parsley
- Coconut oil, for brushing pan

Preheat the oven to 375°F.

Place the ground sunflower seeds, ground flaxseeds, cooked rice, garlic powder, onion powder, Herbamare, and water in the bowl of a food processor fitted with an S blade. Process until the mixture is smooth (it can still have chunks of brown rice in it).

Add the carrots, celery, and parsley, and pulse until the mixture is well blended, but chunks of carrot and celery should still be visible. If the texture is too dry and thick, add a bit more water to moisten it. It should be moist enough to form into patties.

Divide the mixture into five balls of equal size, then shape them into patties. Place them on a parchment-lined baking sheet brushed with coconut oil. Bake for about 35 minutes, flipping halfway through, until both sides are golden brown and the patties are firm. These patties can be frozen for up to 1 month.

Nutrition per serving: 250 calories; 17 g total fat; 2 g saturated fat; 7 g protein; 17 g carbohydrates; 2 g dietary fiber; 0 mg cholesterol; 544 mg sodium

Creamy Butternut Mac and Cheese

Makes 8 Servings (Serving = 1 Cup)

Everyone's favorite comfort food gets a bit of a healthy makeover . . . well, almost! This is definitely not an everyday food, but adding a low-calorie vegetable to take the place of some of the cheese makes this a healthier indulgence. Kids and grown-ups love this recipe, but I suggest pairing it with lots of raw veggies to help balance the meal.

- 8 ounces brown rice elbow macaroni
- 1½ tablespoons organic butter
- 1 small onion, chopped
- 1½ tablespoons brown rice flour
- 1 cup light coconut milk
- 2 cups butternut puree (canned or frozen; see note)
- 12 ounces raw Cheddar cheese, shredded
- ⅛ teaspoon grated nutmeg
- ⅛ teaspoon white pepper
- 1 teaspoon prepared yellow mustard

Cook the macaroni according to the package directions. Drain in a colander.

To make the cheese sauce, heat the butter on medium heat in a large stockpot. Add the onion and sauté until the onion is translucent. Add the flour, and cook, stirring constantly, until the mixture resembles a thick paste but has not browned, 1 to 2 minutes.

Add the coconut milk and cook, stirring until the mixture begins to thicken, 3 to 4 minutes. Add the butternut puree, cheese, seasonings, and mustard, and stir until the cheese is melted and the sauce is smooth. Stir in the macaroni and cook just long enough for the whole mixture to warm. Remove from the heat and serve.

Note: Some grocery stores carry small bags of raw, cubed butternut squash ready for steaming, which would be best for this recipe. You may also bake butternut squash and use some of it for this recipe.

Nutrition per serving: 350 calories; 18 g total fat; 12 g saturated fat; 14 g protein; 32 g carbohydrates; 2 g dietary fiber; 51 mg cholesterol; 316 mg sodium

Sweet Potato and Spinach Enchiladas

Makes 10 Servings (Serving = 1 Enchilada)

These enchiladas are an absolute favorite. Another way to eat your dark green leafies!

- 1½ pounds baked sweet potato
- 1 tablespoon coconut oil
- 1 small onion, chopped
- 4 cloves garlic, minced
- 1 (10 ounce) package frozen spinach, thawed and drained
- 2 tablespoons Taco Seasoning Mix (page 77)
- 10 stone-ground corn tortillas
- 2½ cups Green Enchilada Sauce (page 76)
- 1 cup shredded raw Jack cheese

Preheat the oven to 350°F.

Place the baked sweet potato flesh in a large bowl and mash with a spoon (discard the skins). Set aside.

Heat the oil in a skillet over medium heat. Add the onion and garlic; cook for a few minutes until fragrant but not brown. Stir in the spinach and taco seasoning, and cook for about 5 more minutes. Remove from the heat and add to the sweet potatoes in the bowl. Mix well.

Warm the enchilada sauce in a saucepan over medium heat until it bubbles, then lower the heat to low.

Cover the bottom of a 9-inch by 13-inch baking dish with a thin layer of the enchilada sauce. Set aside.

Using tongs or your fingers, dip one tortilla into the remaining hot enchilada sauce, making sure it gets fully coated and flexible, about 15 seconds, then place the sauce-covered tortilla on a plate.

Spoon about $\frac{1}{3}$ cup of the spinach mixture onto the center of the tortilla. Roll up and place seam side down in the baking dish. Repeat with remaining tortillas.

When all enchiladas are in the baking dish, pour the remaining enchilada sauce over the top, and sprinkle with the cheese.

Bake for 15 to 20 minutes, until the sauce is bubbling and the cheese is melted.

Nutrition per serving: 216 calories; 7 g total fat; 3 g saturated fat; 6 g protein; 32 g carbohydrates; 3 g dietary fiber; 10 mg cholesterol; 209 mg sodium

Meats, Poultry, Fish, and Main Dishes

Extremely Easy Oven-Baked Salmon

Makes 4 Servings (Serving = 4 Ounces Cooked Salmon)

This is the most amazing and easy way to cook salmon. The low temperature for cooking this fish keeps the olive oil safe, and also produces a wonderfully moist and tender fish. You can use leftover salmon for adding to salads, or for making some of the other salmon recipes in this book.

- 1 wild Alaskan salmon fillet (about 1 pound)
- 2 to 4 tablespoons fresh dill, thyme, or parsley (or any herbs you like; see note)
- ½ teaspoon sea salt
- 1 teaspoon extra-virgin olive oil
- Preheat the oven to 200°F (not a typo).

Rub the olive oil onto an ovenproof serving platter or large plate. If the fillet is skinned, sprinkle a small amount of sea salt on both sides. If the skin is still on the fillet, no salt is needed. Place the fillet skin side down on the platter. Run your oily hand over the top of the salmon to help the herbs stick. Sprinkle the herbs on top of the salmon and pat down.

Bake for 40 to 45 minutes, until the salmon flakes easily with a fork. It will be very moist and tender. Serve with Skillet-Steamed Lemon and Butter Asparagus (page 84) and Lemon-Dill Rice (page 88).

Note: You may also use dried herbs if you don't have any fresh; just use less of them.

Nutrition per serving: 177 calories; 9 g total fat; 2 g saturated fat; 23 g protein; 0 g carbohydrates; 0 g dietary fiber; 74 mg cholesterol; 56 mg sodium

Basic Baked Chicken or Turkey Breasts

Makes 5 Servings (Serving = 3 Ounces Cooked Chicken)

Baking up a batch of chicken or turkey parts ensures that you'll have lean healthy protein for meals during the week. Add to salads, sandwiches, or soups, or wrap in lettuce leaves for a healthy snack.

- 1 pound boneless and skinless chicken or turkey breast
- 1 teaspoon Herbamare or sea salt
- 2 teaspoons garlic powder
- ½ teaspoon pepper
- 1 tablespoon dried or fresh chopped parsley
- Preheat the oven to 350°F.

Rinse the poultry breasts and place them in a glass baking dish. Sprinkle evenly on both sides with the seasonings.

To prevent the poultry from drying out while baking, fill the baking dish a quarter of the way full with water. Bake the poultry for 20 minutes, then turn each piece over and bake for 10 to 20 more minutes, or until no longer pink in the center (test with a fork). When done, remove from the oven and remove from the baking dish so that the poultry won't continue to cook in the hot water. Serve immediately or refrigerate to use for other meals during the week.

Note: You can bake other poultry parts, such as legs or thighs, in the same way, and you can also cook these in a slow cooker for 6 to 8 hours.

Nutrition per serving: 118 calories; 3 g total fat; <1 g saturated fat; 23 g protein; 0 g carbohydrates; 0 g dietary fiber; 62 mg cholesterol; 577 mg sodium

Dijon-Garlic Chicken

Makes 4 Servings (Serving = 3 Ounces Cooked Chicken)

The tangy sauce on this chicken excites the taste buds in a natural way. You can also use the sauce as a marinade for tofu or tempeh. Serve with brown rice and steamed vegetables.

- 3 to 4 boneless, skinless chicken breasts (12 to 16 ounces)
- 4 cloves garlic, minced
- ¼ cup Dijon mustard
- ¼ cup fat-free low-sodium chicken broth
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons wheat-free reduced-sodium tamari sauce
- Pinch of cayenne
- Pinch of Italian seasoning
- Sea salt and pepper

Place the chicken in a single layer in a baking dish. Whisk together all of the other ingredients in a bowl, then pour the mixture over the chicken. Use your hands or a spoon to thoroughly coat all sides of the chicken with the sauce. Cover the dish with plastic wrap and marinate the chicken in the refrigerator for 2 hours or overnight.

When ready to bake the chicken, preheat the oven to 350°F. Remove the baking dish from the refrigerator and let it sit out while the oven comes to temperature.

When the oven is ready, place the chicken in the oven and bake for 30 to 40 minutes, or until the juices run clear. Serve hot.

Nutrition per serving: 197 calories; 10 g total fat; 2 g saturated fat; 23 g protein; 3 g carbohydrates; 0 g dietary fiber; 58 mg cholesterol; 771 mg sodium

Grass-Fed Beef and Vegetable Stew for the Slow Cooker

Makes 10 Servings (Serving = 3 Ounces Beef Plus Vegetables)

The slow cooker is an excellent time-saving kitchen tool for preparing meals with little effort. This delicious stew is wonderful for lunch or dinner.

- 2 pounds organic grass-fed beef stew meat
- 2 medium-size russet potatoes, cut into chunks
- 5 medium-size carrots, cut into thick slices
- 1 large onion, chopped
- 2 cloves garlic, minced
- 3 medium-size celery stalks, chopped
- 1 (8-ounce) can tomato sauce
- 1 (28-ounce) can diced tomatoes
- 2 tablespoons pure maple syrup
- 1 bay leaf
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 teaspoon dried parsley
- Sea salt and ground black pepper
- 3 tablespoons arrowroot powder
- 3 tablespoons water

Put all the ingredients except the arrowroot and water in a slow cooker; mix thoroughly. Cover and cook on the **LOW** setting for 12 hours or on the **HIGH** setting for 5 to 6 hours.

After the stew has cooked, mix the arrowroot and water in a small bowl and stir to dissolve the arrowroot. Add the arrowroot mixture to the slow cooker and stir until the stew begins to thicken, 1 to 2 minutes. Once the stew has thickened, it is ready to serve. Leftovers can be frozen.

Note: If you'd like to cook this stew on the stove top, you should first brown the beef in the stockpot you will be using, with a small amount of water and coconut oil. Then add all the ingredients, except the arrowroot and water, to the stockpot and bring to a boil. Lower the heat to low, cover, and simmer gently, stirring occasionally, for 1½ hours. Uncover the pot and continue simmering for up to 30 minutes more, until the meat is nicely tender but still holds its shape. Add the arrowroot mixture to the stew and stir until the stew begins to thicken, then turn off the heat.

Nutrition per serving: 271 calories; 3.5 g total fat; 1 g saturated fat; 31 g protein; 30 g carbohydrates; 3 g dietary fiber; 69 mg cholesterol; 95 mg sodium

Creamy Beef and Carrot–Topped Baked Potatoes

Makes 5 Servings (Serving = 1 Small Potato, 3 Ounces Beef)

Baked potatoes take about an hour or more to cook, so plan your time for this recipe accordingly. The potatoes may be baked ahead of time and then reheated just before the meat mixture is ready. Serve this dish with some steamed broccoli, green beans, or a nice green salad.

- 5 small russet potatoes (about 6 ounces each)
- Small amount of water, for the pan
- 1 tablespoon extra-virgin olive oil
- 2 large carrots, sliced
- ½ cup chopped onion
- 1 pound organic grass-fed ground beef
- ¼ cup brown rice flour
- ¼ teaspoon sea salt
- ¼ teaspoon ground pepper
- 2 cups organic low-sodium beef broth
- 1 teaspoon natural Worcestershire sauce (such as Annie’s Organic)

Preheat the oven to 350°F.

Wash the potatoes well under cool running water. Use a brush or scrubber to remove any dirt. Rinse, drain, and pat dry. Lift any small bruises or eyes from the potatoes with the pointed end of a vegetable peeler. Remove any dark or black areas.

Pierce the skin a few times with a fork to allow steam to escape while baking. Place the potatoes directly on the center rack of the oven, and place a large baking sheet on the rack just underneath the potatoes to catch any drippings. The cooking time will vary from 1 hour and up, depending on the size and quantity of the potatoes you bake. To test for doneness, the skin should be puffed up and golden brown, and the potatoes should squish easily and be very soft on the inside.

While potatoes are baking, heat a skillet over medium heat. Pour in enough water to cover the bottom of the skillet, and then add the olive oil. Add the carrots and onion. Cook, stirring, until tender. Add the beef, salt, and pepper. Cook until the meat is browned, stirring occasionally. Drain the meat mixture in a colander and return it to the skillet. Sprinkle the brown rice flour over the meat mixture and stir until well blended. It will start to thicken.

Add the broth and Worcestershire sauce to the meat mixture and stir until thickened. Bring to a simmer, then turn off heat.

Place the baked potatoes on serving plate. Split. Push the ends toward the center to open. Spoon about ½ cup of the meat mixture into each potato.

Nutrition per serving: 371 calories; 9 g total fat; 3 g saturated fat; 30 g protein; 41 g carbohydrates; 4 g dietary fiber; 69 mg cholesterol; 293 mg sodium

Wild Alaskan Salmon Croquettes

Makes 4 Servings (Serving = 1 [3-Inch-Diameter] Patty)

My young clients, kids between the ages of three and twelve, *love* these croquettes. Make small slider-size croquettes for the kids, and larger patties for the grown-ups. They last for several days in the refrigerator and can be eaten cold or reheated. Serve with baked sweet potatoes and vegetables, or place them on whole-grain buns and eat like a sandwich. They can also be added to salads.

- 1½ pounds baked wild salmon fillet (or three 6-ounce cans wild Alaskan salmon, drained)
- 2 teaspoons dried dill
- ½ teaspoon Herbamare or sea salt
- 2 green onions, chopped
- 2 tablespoons freshly squeezed lemon juice
- ¼ cup raw oat bran
- 1 egg, preferably organic
- 3 tablespoons safflower mayonnaise
- 1 teaspoon Dijon mustard
- Coconut oil, for the pan (optional)

Preheat the oven to 350°F.

Place the salmon in a large bowl and flake it with a fork. Add the dill, Herbamare, green onions, lemon juice, and oat bran. Stir with the fork to combine. Add the egg, mayonnaise, and mustard. Mix well with a large spoon or rubber scraper.

Shape the mixture into patties. Line a baking sheet with parchment paper or coat with coconut oil to prevent the patties from sticking. Place the salmon croquettes on the baking sheet. Bake for 10 minutes, flip over, then bake for another 10 minutes. Remove from the oven and serve.

Nutrition per serving: 219 calories; 11 g total fat; 2 g saturated fat; 23 g protein; 9 g carbohydrates; 1 g dietary fiber; 127 mg cholesterol; 360 mg sodium

Turkey Meatloaf or Meatballs

Makes 6 Servings (Serving = 5 Ounces Meat Loaf)

This is Michael's favorite comfort food; we make it several times a month. This recipe works for grass-fed ground beef as well, and can also be used to make meatballs.

- 1½ pounds hormone-free ground turkey
- 1 cup chopped onion
- 3 cloves garlic, minced

- ½ cup seeded and chopped red bell pepper
- 1 large egg
- ½ cup raw oat bran
- 1 teaspoon dried basil, or 1 tablespoon chopped fresh
- 1 teaspoon dried parsley, or 1 tablespoon chopped fresh
- 1 teaspoon dried oregano, or 1 tablespoon chopped fresh
- 1 teaspoon sea salt
- ½ teaspoon black pepper
- 1 (8-ounce) can tomato sauce
- Coconut oil, for coating the pan

Heat oven to 350°F.

In a large bowl, combine all the ingredients, except the coconut oil, and mix well with a wooden spoon. Form into a loaf and place in a glass baking dish or loaf pan coated with coconut oil. Bake for 45 to 50 minutes, or until no longer pink in center. Let stand at room temperature for 5 minutes before slicing.

Nutrition per serving: 224 calories; 12 g total fat; 2.5 g saturated fat; 21 g protein; 13 g carbohydrates; 2 g dietary fiber; 146 mg cholesterol; 324 mg sodium

Skinny Sweet-and-Sour Meatballs

Makes 8 Servings (Serving = ¼ Cup Sauce Plus 3 Ounces Cooked Meatballs)

The secret ingredient in these meatballs, which are always a hit with kids and grownups, is the apricot jam. They make great party appetizers, but are also a great meal. Try the sauce on chicken, tempeh, and tofu as well.

Meatballs:

- 1½ pounds hormone-free ground turkey
- 1 teaspoon garlic powder
- 1 teaspoon dried basil
- 1 teaspoon dried parsley
- 1 teaspoon dried oregano
- 1 teaspoon sea salt
- ¼ teaspoon pepper
- 2 green onions, white and green parts, chopped
- 1 egg
- ½ cup oat bran

Sauce:

- ¼ cup brown rice vinegar
- ¾ cup 100% fruit apricot jam
- 1 cup bottled unsweetened ketchup plus ¼ teaspoon liquid stevia
- 1 teaspoon dried oregano
- ¼ cup unrefined expeller-pressed peanut oil
- ¼ cup diced onion
- Small amount of water, for sautéing the onion

Preheat the oven to 350°F.

Combine all the meatball ingredients in a large bowl and mix together. Form the mixture into balls no greater than 1 level tablespoon in size. Place the meatballs on a parchment-lined baking sheet. Bake for 20 minutes. Remove from the oven.

While the meatballs are baking, make the sauce. In a large bowl, whisk together the vinegar, apricot jam, ketchup, oregano, and all but 1 tablespoon of the peanut oil. Set aside.

Heat a stockpot over medium heat, and pour in a small amount of water and the remaining tablespoon of peanut oil. Add the onion and sauté until it is translucent. Add the remaining sauce ingredients. Cook until bubbling, then lower the heat and simmer until thick, stirring occasionally, about 5 minutes. Add the meatballs to the sauce and stir to coat.

Serve hot. They go well with brown rice and steamed broccoli.

Nutrition per serving: 267 calories; 13 g total fat; 2 g saturated fat; 19 g protein; 19 g carbohydrates; 1 g dietary fiber; 87 mg cholesterol; 399 mg sodium

Perfect Corn Bread

Makes 10 Servings (Serving = 1 Piece)

This golden corn bread is moist and lightly sweet. It's a delightful accompaniment to any meal.

- Coconut oil, butter, or palm shortening, for pan
- 1 cup whole wheat pastry flour
- 4 teaspoons baking powder
- ¾ teaspoon salt
- 1 cup whole-grain yellow cornmeal
- 2 eggs
- 1 cup light coconut milk
- 4 tablespoons butter, melted
- ½ cup raw unfiltered honey

Preheat the oven to 425°F and oil a 9-inch square by 2-inch-high baking pan.

Sift together the flour, baking powder, and salt into a bowl. Add the cornmeal, eggs, and coconut milk. Blend thoroughly. Stir in the melted butter and honey. Beat together until the batter is smooth.

Pour the batter into the prepared pan, and bake for 20 to 25 minutes, or until golden brown.

Nutrition per serving: 207 calories; 8 g total fat; 4 g saturated fat; 4 g protein; 32 g carbohydrates; 2 g dietary fiber; 55 mg cholesterol; 364 mg sodium

Skinny Snacks and Sweets

Allowable Sin

Makes 28 to 32 Pieces

(Serving = 1 Piece; 2 Pieces Contain About 6.7 Grams of Dark Chocolate)

Looking to get your daily dose of cacao? These alkaline-forming allowable truffles are the ticket—they're loaded with protein, beneficial fat, fiber, and of course all the antioxidant power of chocolate. *And* they're sugar free. To make them super skinny, use raw cacao powder. Oh, and beware—these morsels can be addicting!

- ¼ cup extra-virgin coconut oil
- 2 ounces 100% cacao unsweetened baking chocolate
- ¼ cup vanilla-flavored whey protein powder
- 2 tablespoons unsweetened cocoa powder or unsweetened raw cacao powder
- ½ cup finely chopped raw almonds
- ¼ cup dried unsweetened shredded coconut
- ¼ cup finely chopped dates or raisins
- ½ cup natural peanut or almond butter
- 1 teaspoon liquid stevia (vanilla or chocolate flavors work well here)
- 1 teaspoon pure vanilla extract (can be omitted if using flavored stevia)

Place the coconut oil in a small saucepan over the lowest setting on the stove top. Use a chef's knife to chop the chocolate into very small pieces for easy melting. Add the chopped chocolate to the coconut oil and stir with a heatproof rubber spatula. Allow the chocolate to slowly melt, stirring frequently. This will take only a few minutes. Turn off the heat and set the pan aside.

In a large mixing bowl, combine the protein powder, cocoa powder, almonds, coconut, and dates. Stir well. Add the peanut butter and mix thoroughly. At this point, the mixture should be somewhat crumbly.

Add the stevia and the vanilla extract (if using) to the melted chocolate mixture in the saucepan and stir to mix thoroughly. Transfer the melted chocolate mixture to the bowl, using the rubber spatula to scrape out the saucepan.

Stir the mixture thoroughly, scraping the sides of the bowl to make sure you have a good blend of all the ingredients.

Use a small measuring spoon, such as a teaspoon, to scoop and fill thirty-two truffle cups or mini muffin liners with the chocolate mixture. Place in a single layer in a baking dish or other large, flat container and place in the freezer until the truffles harden, 20 to 30 minutes. Keep these in the freezer or refrigerator until ready to eat.

Note: When frozen, the truffle cups will peel off easily and you will have a chocolate delight that resembles a mini Reese's Peanut Butter Cup (without the sugar and trans fats)! You can use any size cupcake liner for these, but you should be careful not to overindulge.

Nutrition per serving: 72 calories; 6 g total fat; 3 g saturated fat; 2 g protein; 4 g carbohydrates; 1.5 g dietary fiber; 0 mg cholesterol; 10 mg sodium

Spelt Chocolate Chip Cookies

Makes 12 Servings (Serving = 1 Cookie)

These cookies are wheat free and dairy free. You will not believe how good they are!

- 1¼ cups whole spelt flour
- ¼ teaspoon sea salt
- 1 teaspoon nonaluminum baking powder
- ½ teaspoon baking soda
- ¼ cup organic whole cane sugar
- ⅓ cup pure maple syrup
- ⅓ cup coconut oil, warm enough to be in a liquid state
- 1½ teaspoons pure vanilla extract
- ½ cup grain-sweetened chocolate chips (SunSpire brand)

Preheat oven to 350°F and line a baking sheet with parchment paper.

Use a wire whisk to thoroughly mix together the spelt flour, salt, baking powder, baking soda, and sugar in a large bowl.

In a second large bowl, whisk together the maple syrup, coconut oil, and vanilla. Whisk until the entire mixture is thick and syrupy.

Add half of the flour mixture to the syrup mixture. Use a rubber spatula to mix until blended. The mixture will be very wet. Add the chocolate chips and stir.

Add the rest of the flour mixture and stir, making sure to scrape the sides of the bowl with the rubber spatula to get all of the flour mixed in. At this point, the dough should be soft but not overly oily or wet.

Break off tablespoon-size pieces of dough and place them 1 inch apart on the prepared baking sheet. You do not need to roll the dough into balls; however, the dough pieces should be somewhat round.

Bake for 11 to 15 minutes. The cookies should be slightly puffy when removed from the oven, but will flatten out a little during cooling. Let cool on the cookie sheet for 5 minutes and then transfer to a wire rack to cool completely. The cookies will be chewy when completely cooled.

Nutrition per serving: 155 calories; 8 g total fat; 6 g saturated fat; 2 g protein; 21 g carbohydrates; 2 grams dietary fiber; 0 mg cholesterol; 108 mg sodium

Coconut–Sweet Potato Brownies

Makes 16 Servings (Serving = 1 Brownie)

Pureed baked sweet potato, unsweetened cocoa powder, coconut flour, and eggs yield rich, dense, and fudgy brownies that will knock your socks off! The original recipe called for white

sugar, bittersweet chocolate, and soy milk. I made a few changes to make it a truly processed-free recipe!

- Coconut oil, butter, or palm shortening, for pan
- 1 cup cooked and mashed orange-fleshed sweet potato or canned sweet potato puree
- 1½ cup organic whole cane raw sugar or Sucanat
- 1 cup coconut flour (or almond meal, if desired)
- ½ cup unsweetened cocoa powder
- ⅛ teaspoon sea salt
- 4 large eggs

Preheat the oven to 375°F. Coat an 8-inch square glass baking dish with coconut oil, butter, or palm shortening.

Blend the sweet potato, 1 cup of the sugar, and the coconut flour, cocoa powder, and salt in a food processor for 30 seconds, or until smooth, scraping the bowl as necessary. Leave in the food processor bowl.

Separate three of the eggs, placing the whites in a large bowl, preferably of a stand mixer. Add the three yolks and remaining whole egg to the sweet potato mixture; pulse to combine. Transfer the sweet potato mixture to a large bowl.

Beat the egg whites at high speed with an electric mixer until soft peaks form. Add the remaining ½ cup of sugar; beat for 2 minutes more, or until stiff, glossy peaks form.

Fold one-third of the egg white mixture into the sweet potato mixture, using a spatula. Gently fold in the remaining whites. Pour the batter into the prepared pan. Bake for 45 minutes, or until a toothpick inserted into the center comes out clean.

Remove from the oven and let cool completely before serving.

Nutrition per serving: 142 calories; 3 g total fat; 1 g saturated fat; 4 g protein; 26 g carbohydrates; 3 g dietary fiber; 74 mg cholesterol; 63 mg sodium

Oat Bran–Pumpkin Muffins

Makes 12 Muffins (Serving = 1 Muffin)

These muffins have been a staple in my diet for twenty years. The oat bran and pumpkin are the secret to their healthy fiber and amazingly low number of calories. Delicious and filling, these muffins make a great breakfast food or snack.

- Coconut oil or butter, for pan (optional)
- 2¼ cups oat bran
- 2⅛ teaspoons nonaluminum baking powder
- 1 tablespoon pumpkin pie spice (see variations)
- ½ teaspoon sea salt
- ½ cup cooked or canned pure pumpkin puree (see variations)

- 2 tablespoons extra-virgin coconut oil
- 3 egg whites
- 1 cup unsweetened almond milk
- ½ teaspoon liquid stevia
- 1 teaspoon pure vanilla extract
- ½ cup raw honey or coconut nectar

Preheat the oven to 400°F. Line twelve muffin cups with paper liners or coat with coconut oil or butter.

Combine the dry ingredients in a large mixing bowl and mix together thoroughly with a wire whisk. In a separate mixing bowl, combine the pumpkin, coconut oil, egg whites, almond milk, stevia, and vanilla with the wire whisk until the mixture becomes somewhat frothy.

Slowly add the wet ingredients to the dry ingredients and mix thoroughly with a spoon.

Add the honey very slowly to the mixture while stirring. The batter should become lighter in texture.

Fill the muffin cups and bake for 15 minutes, or until the muffins are golden brown and a knife inserted into the center comes out clean.

Remove from the oven and let cool for 10 minutes in the pan, then transfer to a wire rack to cool completely.

Variations: You may replace the pumpkin with ½ cup of mashed banana or unsweetened applesauce, and replace the pumpkin pie spice with 1 tablespoon of ground cinnamon and ½ teaspoon of grated nutmeg. Add nuts or raisins to this recipe, if desired.

Nutrition per serving: 107 calories; 4 g total fat; 2 g saturated fat; 4 g protein; 21 g carbohydrates; 3 g dietary fiber; 0 mg cholesterol; 167 mg sodium

Whole Wheat Banana Bread

Makes 16 Servings (Serving = 1 Slice or 1 Muffin)

Whole wheat flour is not typically used in quick breads, but it really adds to the flavor and nutrition in this classic favorite.

- Coconut oil, for pan
- 8 tablespoons organic butter, softened
- ¼ cup coconut oil, warm enough to be in a liquid state
- ½ cup organic whole cane sugar
- 2 eggs
- 3 large ripe bananas, mashed
- ¼ cup honey or coconut nectar
- 1 teaspoon vanilla extract
- 2 cups stone-ground whole wheat flour

- 1 teaspoon baking soda
- ¼ cup ground flaxseeds
- 1 teaspoon sea salt

Preheat the oven to 350°F. Coat a 9-inch by 5-inch loaf pan with coconut oil, or if making muffins, line muffin cups with paper muffin cups or coat with coconut oil.

In a large bowl, cream the butter, coconut oil, and cane sugar with an electric mixer. Add the eggs, bananas, honey, and vanilla. Beat well.

In a separate bowl, mix together the flour, baking soda, flaxseeds, and salt.

Stir the banana mixture into the flour mixture and mix well. At this point, the batter will be fairly thick. Pour the batter into the prepared loaf pan. If making muffins, fill each muffin cup about three-quarters full.

Bake for 1 hour for a loaf, or 20 to 30 minutes for muffins, or until a knife inserted in the center comes out clean. Let cool in the pan for 10 minutes, then transfer to a wire rack to cool completely.

Nutrition per serving: 185 calories; 9 g total fat; 5 g saturated fat; 4 g protein; 21 g carbohydrates; 2 g dietary fiber; 53 mg cholesterol; 260 mg sodium

Sugar-Free Strawberry Frozen Yogurt

Makes 4 Servings (Serving = ¾ Cup)

Even if you don't have an ice-cream maker, you can still enjoy homemade frozen yogurt that is healthier than store-bought. The trick is to start with unsweetened frozen fruit and whirl it in a food processor with yogurt. You can try this recipe with other frozen fruits as desired.

- 1 (16-ounce) package frozen unsweetened organic strawberries (about 3½ cups)
- ½ cup plain whole-milk organic yogurt
- ½ teaspoon liquid stevia (vanilla crème flavor works great here)
- 1 tablespoon freshly squeezed lemon juice

Place the frozen strawberries in a food processor. Pulse until coarsely chopped. Combine the yogurt, stevia, and lemon juice in a bowl; with the machine running, gradually pour the mixture through the feed tube of the processor.

Process until smooth and creamy, scraping down the sides of the bowl once or twice. (The frozen yogurt should be firm enough to be served directly from the food processor, but if it is a little soft, let it harden in the freezer for about 30 minutes.)

Nutrition per serving: 69 calories; 1 g total fat; <1 g saturated fat; 1.5 g protein; 14 g carbohydrates; 1 g dietary fiber; 4 mg cholesterol; 16 mg sodium

Homemade Almond Milk (Chocolate Milk, Too!)

Makes 3 to 4 Servings (Serving = 1 Cup)

Making your own almond milk is easy, cost effective, and far superior to the commercially available almond milk (which has a lot of things added to it so it can sit on a shelf). Almond milk is versatile and can be used to replace regular milk in nearly all recipes. Try this with vanilla or chocolate added to it.

- 1 cup raw almonds, soaked in water for 8 hours or overnight
- 3 cups water, plus water to soak (see notes)

Place the almonds in a large bowl and add enough water to cover them well. Cover the bowl with a towel and leave it in a cool place or in the refrigerator to let the almonds soak for at least 6 hours or overnight. Soaking will plump the almonds and soften them, in addition to increasing the nutritional value of the milk.

When ready to make the almond milk, drain the almonds in a colander and rinse them well with water. Shake as much water off the almonds as possible.

Place 3 cups of fresh water in a blender and add the soaked almonds. Blend on high speed for a few minutes, until the mixture is well blended and smooth. You will see the almond pulp suspended in the milk, and when you remove the cover of your blender, the top of the milk will be frothy.

Strain the almond milk through a fine-mesh sieve, cheesecloth, or a nut-milk bag strainer (see notes) into your original bowl or another large container, such as a pitcher. Press or squeeze as much of the milk from the almond pulp as possible. You can discard the almond pulp or save it for a variety of uses, such as adding to smoothies, yogurt, or muffin batter, or dehydrate it and turn it into almond flour.

At this point, the almond milk is done and can be drunk or used as is. Store it in a tightly sealed container in the refrigerator and try to use it within a week. You will need to stir or shake the almond milk every time you bring it out of the refrigerator, since it does settle. Use it with cereal or in recipes calling for milk.

If you want flavored or sweetened almond milk for drinking, you can put the almond milk back into your blender along with two pitted Medjool dates (or other natural sweetener), vanilla extract, or unsweetened cacao powder and blend.

Notes: Make sure to use good-quality water, such as reverse-osmosis, bottled water, or pitcher-filtered water.

You may want to invest in a nut-milk strainer bag (about \$7 to \$12 online; see appendix)—a fine-mesh nylon bag that makes straining the almond pulp easy and is highly recommended. Once you have blended your almond milk and removed the cover from your blender, the nut-milk strainer bag slips over the top of your blender so you can just invert the contents into the bag and collect the almond milk in another large container. The nut bag has a drawstring to keep it closed and makes squeezing all of the almond milk out of the bag clean and efficient. Nut-milk strainer bags are easy to clean and can be reused many times.

Nutrition per serving: 40 calories; 3 g total fat; 0 g saturated fat; 2 g protein; 1 g carbohydrates; 1 g dietary fiber; 0 mg cholesterol; 2 mg sodium

Homemade Chocolate Syrup

Makes About ½ Cup (Serving = 1 Tablespoon)

Ditch the premade sugary chocolate syrups with all those additives for this extremely low-glycemic, high-antioxidant version that your kids will *love!* Mix in with your favorite milk, use as a dip for fruits, or drizzle on top of ice cream.

- ½ cup coconut nectar or honey
- 2 tablespoons unsweetened cocoa powder

Place the coconut nectar in a glass jar or plastic container. Add the cocoa powder. Stir, breaking up any lumps, until all of the cocoa powder is dissolved. Allow it to sit. The longer it sits, the thicker it gets. Store covered in the refrigerator. The recipe may be doubled.

Nutrition per serving: 69 calories; 0 g total fat; 0 g saturated fat; <1 g protein; 15 g carbohydrates; 1 g dietary fiber; 0 mg cholesterol; 22 mg sodium

The World's Best Popcorn

Makes About 10 Cups (Serving = 3 Cups Popped Corn)

I learned to make popcorn from scratch from a pro—my mom! Here's my healthy version of Mom's classic technique for making sure every kernel pops without burning.

- 2 tablespoons extra-virgin coconut oil
- ½ cup organic popcorn kernels
- Pinch of sea salt (optional)

Cover the bottom of a medium-size stockpot with the coconut oil. Place the pot (without the cover) on the stove top over medium-high heat.

Add three popcorn kernels to the pot, cover, and allow them to pop. Once the three kernels have popped, remove the cover and quickly add the rest of the popcorn kernels in an even layer. Put the cover back on and remove the pot from the heat for 30 seconds. (This allows the oil to heat evenly, and brings all of the kernels to a near-popping temperature so that when you return the pot to the heat, they will all pop at about the same time.)

Return the pot to the heat. If you don't have a cover with a steam-release hole in it, leave the lid slightly ajar to let the steam release (this will produce drier and crunchier popcorn). Very soon, the popcorn will begin to pop rapidly and all at once. Shake the pot by moving it back and

forth over the burner to prevent the popcorn from burning. When the popping starts to taper off (several seconds between pops), take the pot off the heat, remove the cover, and quickly transfer the popcorn to a large bowl. Season with a pinch of sea salt, if desired.

Note: To distribute the salt more evenly, you can add it to the oil in the pot before popping.

Variation: You may want to try some other fun toppings, such as Taco Seasoning (page 77), Parmesan cheese, nutritional yeast, curry powder, or smoked paprika.

Nutrition per serving: 50 calories; 3 g total fat; 2 g saturated fat; 1 g protein; 6 g carbohydrates; 1 g dietary fiber; 0 mg cholesterol; 0 mg sodium

Simply Skinny Almond Crunch Granola

Makes 5 Cups (Serving = 1/4 Cup)

Most commercial granolas contain canola oil, soybean oil, high amounts of sugar, or all three! This simple version is one of the best granolas you can eat.

- 1/3 cup extra-virgin coconut oil
- 1/2 cup raw honey or coconut nectar
- 1 teaspoon vanilla extract
- 1 teaspoon almond extract
- 1 tablespoon ground cinnamon
- 4 cups rolled oats
- 1 cup raw almonds

Preheat the oven to 300°F.

In a large bowl, mix together the coconut oil, honey, vanilla and almond extracts, and cinnamon. Add the oats and almonds; mix well. Spread the mixture on two ungreased baking sheets.

Bake for 10 minutes and then stir the granola around on the baking sheet to make sure it gets baked evenly. Continue to bake for another 10 minutes or longer, until the granola is golden.

Remove it from the oven and let it cool on the baking sheets. If it looks moist when you first remove it from the oven, don't worry; it will become crunchier as it cools. Let cool to room temperature, then store in a tightly sealed container.

Variations: You can add other ingredients to this granola, such as raisins, dried fruit, dried coconut, seeds, other nuts, and so on. You'll have to adjust the oil and the baking time. An easier way would be to just stir in the additional ingredients after you've baked the basic recipe.

Nutrition per serving: 154 calories; 8 g total fat; 4 g saturated fat; 4 g protein; 18 g carbohydrates; 3 g dietary fiber; 0 mg cholesterol; 9 mg sodium

Appendix

Recommended Processed-Free Food Products

The products listed in this section are known companies dedicated to providing high-quality products to health-conscious consumers. Not all of these products are available in stores; some must be purchased from online sources.

Alkalizing and Liver-izing Supplements

- Amazing Grass Green SuperFood drink
- Dee's Naturals Alkalizing Green Superfood
- Dee's Naturals Alkalizing Berry Fizzy Drink
- Livatone
- Nature's Answer alcohol-free dandelion root extract
- Nature's Answer alcohol-free milk thistle extract
- Phion Diagnosis pH Test Strips

Beverages

- Bragg Apple Cider Vinegar Drinks, in several flavors
- Synergy Kombucha Tea, in several flavors
- Teeccino Herbal Coffee, in several flavors
- Virgil's Diet Sodas, in several flavors, sweetened with stevia
- Zico Coconut Water

Breads/Cereals/Grains/Pastas

- Alvarado Street Bakery, sprouted-grain bread products
- Ancient Harvest Quinoa and Quinoa Pasta
- Bob's Red Mill Mighty Tasty GF Hot Cereal
- Dee's Naturals Flourless Oat Bran Muffins, several varieties
- Dee's Naturals Whole-Grain Tortillas
- Erewhon Crispy Brown Rice Cereal
- Food for Life, Ezekiel 4:9 Sprouted Whole-Grain Cereals
- Food for Life, Ezekiel 4:9 Sprouted Whole-Grain Bread products
- Galaxy Granola Not Sweet Vanilla Munch
- Kashi 7 Whole-Grain Puffs (this is the only sugar-free Kashi cereal)
- Tinkyada Pasta Joy Brown Rice Pastas
- Uncle Sam Cereal
- VitaSpelt Whole-Grain Spelt Pastas

Cacao/Chocolate

- Dagoba Unsweetened Cacao Powder

- Navitas Naturals Organic Raw Cacao Powder and Raw Cacao Nibs
- Righteously Raw dark chocolate bars
- SunSpire 100% Cacao Baking Bar and Grain Sweetened Chocolate Chips
- Theo Dark Chocolate Bars

Condiments/Salad Dressing

- Annie's Naturals Organic Yellow Mustard
- Bragg Raw Unfiltered Apple Cider Vinegar
- Bragg Salad Dressings, several varieties
- Hain Pure Foods Safflower Mayonnaise
- San-J Wheat-Free Tamari Soy Sauce
- Santa Cruz 100% Organic Lemon Juice and Organic Lime Juice
- Westbrae Unsweetened Ketchup
- Wilderness Family Naturals Organic Mayonnaise

Cheese, Raw and Organic

- Organic Valley

Cookies/Crackers

- ak-mak crackers
- Back to Nature Harvest Whole Wheats
- Dee's Naturals Gluten-Free Oatmeal Raisin Cookies
- Dee's Naturals Gluten-Free Peanut Butter Cookies
- Lundberg Farms Brown Rice Cakes
- Mary's Gone Crackers
- RYVITA Crackers
- San-J Tamari Brown Rice Crackers

Deli Meat (nitrate-free)

- Applegate Farms, lunch meats, hot dogs
- Shelton's, sausages, hot dogs, jerky

Miscellaneous

- Amy's Organics, frozen meals
- Eden Foods, canned beans
- Organic Bistro, frozen dinners
- Shelton's Broths
- Sunshine Burger, frozen vegetarian patties, no soy

Nondairy Milk

- Almond Breeze Unsweetened Almond Milk
- Living Harvest Unsweetened Hemp Milk
- Nutiva Unsweetened Hemp Milk
- Thai Kitchen Coconut Milk
- Trader Joe's Lite Coconut Milk

Oils

- Barlean's Flax Oil and Extra-Virgin Coconut Oil
- Garden of Life Extra-Virgin Coconut Oil and Fish Oils
- Living Harvest Hemp Oil
- Renew Life Norwegian Gold Ultimate Fish Oils
- Spectrum Organic Shortening
- Tropical Traditions Virgin Coconut Oil, all types
- Udo's Choice Oil

Probiotics

- Garden of Life Raw Probiotics
- Dr. Ohhira's Probiotics
- Renew Life Ultimate Flora Probiotics

Protein Powder/Whole Food Nutrition Bars

- Action Whey Protein Concentrate Powder
- Coconut Secret Coconut Bars, several varieties
- Garden of Life Living Food Bars, several varieties
- Larabars, several varieties (all except those containing chocolate chips)
- Nutiva Hemp Protein Powder NutriBiotic Brown Rice Protein Powder
- Source Naturals The True Whey Protein Concentrate Powder
- Vega Protein Powder

Sweeteners

- Coconut Secret Coconut Crystals
- Coconut Secret Coconut Nectar
- Rapunzel Organic Whole Cane Sugar, Unrefined and Unbleached
- Smart Sweet Xylitol
- Sweet Leaf Liquid Stevia Clear Extracts, several flavors
- Sweet Leaf Powdered Stevia
- Wholesome Sweeteners Organic Zero Erythritol
- Wholesome Sweeteners Organic Sucanat

Vitamins, Whole Food Supplements

- Garden of Life Raw Vitamin Code
- New Chapter Whole Food Vitamins

Yogurt, Organic

- Nancy's
- Oikos
- Stonyfield

Companies and Organizations with Special Mention

Action Whey/<http://www.actionwhey.com>

This is one of the highest-quality whey protein powders available. It is cold-processed whey from the raw organic milk of grass-fed cows. Naturally sweetened with *luo han guo*, it comes in two flavors—vanilla and chocolate, made from real vanilla beans and untempered, alkali-free organic chocolate. It also contains coconut oil as an added source of medium-chain fats.

American Grass-Fed Beef/<http://www.americangrassfedbeef.com>

A great source of grass-fed beef roasts, steaks, and ground beef. Shipped frozen. They offer buyer club discounts and have a host of recipes on the website.

Dee's Naturals/<http://www.deesnaturals.com>

This is my line of healthy food products, including flourless oat bran muffins, whole wheat tortillas, and gluten-free cookies. All of my products are made from high-quality ingredients and do not contain preservatives or any artificial food additives. These products are sold in select natural food markets. If you would like your local natural food market to carry my products, please let the store manager know, and then send us an e-mail.

Vermont Fiddle Heads/<http://vt-fiddle.com>

The Raw Gourmet/<http://rawgourmet.com>

Nut-milk bags are available on Amazon, but these are my favorite online shops for them. The nut-milk bag has many different uses, which makes it a good investment. It can be a real hassle when you are using a strainer or cheesecloth to strain your nut milk. With a nut-milk bag, all you have to do is slip the bag over the top of your blender and pour your mixture through it. You can either hang it by the drawstring to drain out the nut milk, or you can squeeze it to get out every delicious drop. The fine nylon mesh bag leaves little residue, is easy to clean, and can be used time after time.

Righteously Raw Chocolate/<http://www.righteouslyrawchocolate.com>

Truly some of the best gourmet raw cacao bars available. The flavor varieties are unique, including açai, goji, and maca. They only use the best natural sweeteners: Their dark cacao is lightly sweetened with one or more of these low-glycemic ingredients: coconut sugar, coconut nectar, dates, figs, and raisins. Available at Whole Foods Markets.

SunSpire Chocolate/<http://www.sunspire.com>

One of the nation's leading producers of all-natural chocolate, with a reputation for crafting rich and indulgent confections that contain no refined sugars or artificial additives of any kind. SunSpire provides an assortment of innovative all-natural chocolate products, including baking morsels that are organic, Fair Trade Certified, dairy free and gluten free, vegan, and carob. They pioneered the use of healthful alternative sweeteners, including developing their own all-natural sweetening methods that eliminate the need for refined sugars, using malted grains instead. Their grain-sweetened chocolate chips contain half the amount of sugars per serving as do regular chocolate chips.

To Your Health Sprouted Flour Company/<http://www.organicssproutedflour.net>

You can order sprouted grains and sprouted grain flour from this family-owned business located in a small farm setting in rural Alabama. Their sprouted flour is freshly milled from organic grains—wheat, spelt, and rye. The grains are sprouted, dried, and milled at a very low temperature to maintain enzymes, vitamins, and minerals. The sprouted flour is milled to order. It never sits on the shelf or in a warehouse. This ensures the freshest, most nutritious whole-grain flour possible.

Tropical Traditions/<http://www.tropicaltraditions.com>

This is the ideal source for the purchase of coconut oil and all things coconut at bulk discount prices. They offer many other products, such as sweeteners, rebounders, nontoxic cleaning products, personal care products, and more. The company e-mails weekly sales notices and always offers two-for-the-price-of-one deals.

Vitacost/<http://www.vitacost.com>

This site offers top name-brand nutritional supplements, such as those I recommend, at significantly lower prices than retail. They also offer food products and personal care products.

Vital Choice Wild Seafood and Organics/<http://www.vitalchoice.com>

Vital Choice offers home delivery of the world's finest wild seafood and organic fare, harvested from healthy, well-managed wild fisheries and farms. They offer premium frozen, canned, and pouched fish products, including many no-salt-added and kosher options.

Wilderness Family Naturals/<http://www.wildernessfamilynaturals.com>

A great online store with many natural food products not found in natural food markets. Of special note, they have the best and most pure organic mayonnaise available, made from a special oil blend based on the writings of Dr. Mary Enig. It contains organic extra-virgin olive oil, organic coconut oil, organic sesame tahini, organic eggs, organic spices, and organic vinegar. The only downside is that it also includes organic evaporated cane juice, but it's a very minimal amount.