

THE GUT BALANCE REVOLUTION

**BOOST YOUR METABOLISM,
RESTORE YOUR INNER ECOLOGY, AND
LOSE THE WEIGHT FOR GOOD!**

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Weight-Training Routines

For the routines that follow, do all your 5 to 10 reps for each exercise in a row. This is one set. Take a 2-minute rest between sets, then repeat. The entire routine won't take more than 20 to 30 minutes, and if you do it correctly with good form, you'll feel like you spent an hour in the gym. When you're done, cool down with a walk and/or some full-body stretching.

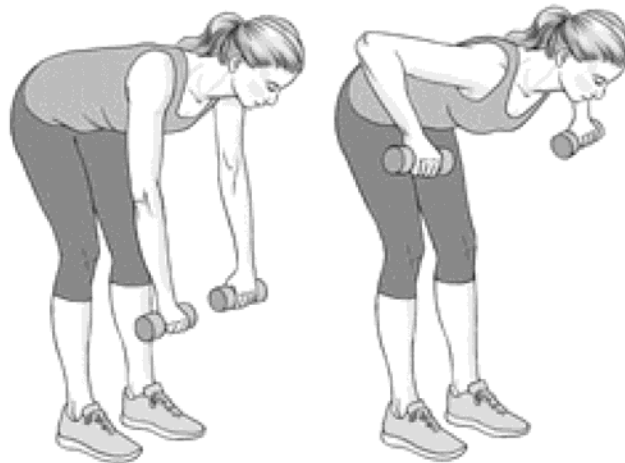
WORKOUT 1

Hinge and Row

- A. Stand with your feet about shoulder-width apart. Hold a dumbbell in each hand in front of your legs, palms facing thighs.
- B. Keeping your abs tight, bend forward from your hips, sliding the weights down your thighs. Slowly lower (about 4 counts) until your torso is almost parallel to the floor. If you notice that your back is rounding before that point, stop there. The dumbbells should be below your shoulders.
- C. Bend your elbows toward the ceiling and pull the dumbbells up until your arms are bent at 90 degrees.
- D. Straighten your arms. Do one more row, then slowly stand.

EASIER (OR IF YOU HAVE BACK PROBLEMS): Hold on to the back of a chair with one hand and do one-arm rows.

HARDER: Do one-legged hinges. Lift one leg behind you as you bend forward.

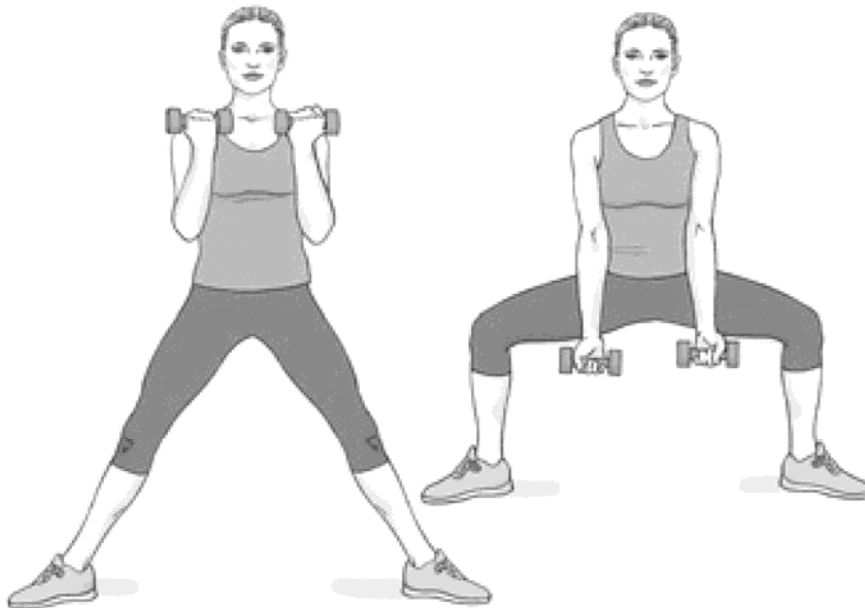


Plié Squat and Curl

- A. Stand with your feet wider than shoulder-width apart, toes pointing out. Hold a dumbbell in each hand with your arms bent so your hands are by your shoulders, palms facing you.
- B. Keeping your abs tight, bend your knees and lower yourself until your thighs are almost parallel to the floor. At the same time, straighten your arms and lower the dumbbells between your legs, palms facing forward.
- C. Straighten your legs, squeeze your buttocks, and stand back up. Simultaneously, curl the dumbbells up toward your shoulders without moving your upper arms. Repeat.

EASIER: Don't bend your knees as far.

HARDER: As you stand up, raise one foot off the floor to do a side knee lift.



Lunge and Twist

- A. Stand with your feet together. Hold a dumbbell with both hands and with your arms bent so the dumbbell is in front of your chest.
- B. Keeping your abs tight, step back with your left foot about 2 to 3 feet and bend your knees. Lower yourself until your right thigh is parallel to the floor, keeping your right knee above your ankle. Your back heel will be off the floor. At the same time, rotate your torso to the right, bringing the dumbbell down by your right hip.
- C. Press off your back foot to stand up as you rotate back to the starting position. Repeat for the recommended number of reps, then switch sides.

EASIER: Do stationary lunges, beginning with your feet apart and keeping them in that position the entire time.

HARDER: As you stand up, raise your back leg up in front of you to a knee lift.

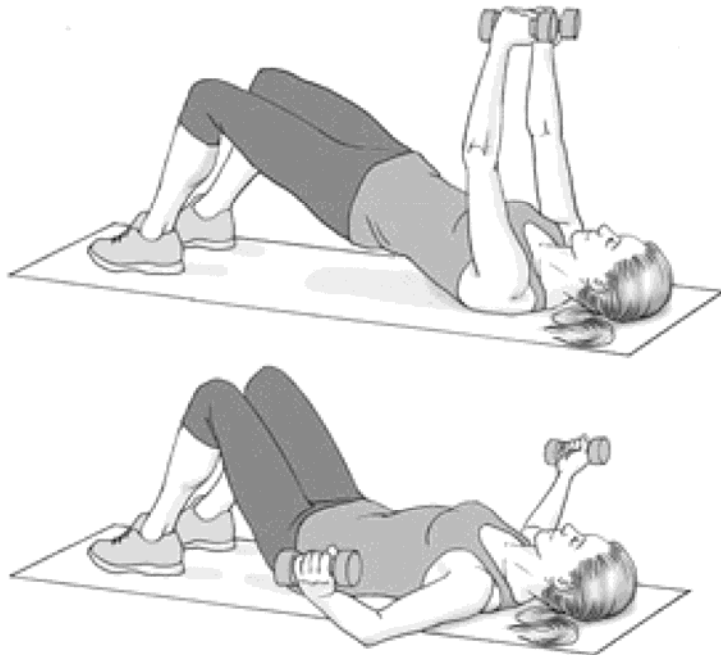


Bridge with Flies

- A. Lie on your back with your legs bent and your feet flat on the floor. Hold a dumbbell in each hand with your arms extended out to your sides, elbows slightly bent and palms facing up.
- B. Squeeze your glutes and abs and lift your lower and middle back off the floor. At the same time, raise the dumbbells over your chest as if you were hugging a ball.
- C. Lower your back and arms to the floor. Repeat.

EASIER: Lift into the bridge first, then raise your arms. Lower your arms and back separately or at the same time, whichever is easier for you.

HARDER: Hold in the up position and raise one foot off the floor. Hold for a second, then lower your foot to the floor. Then lower your arms and back to the floor at the same time. Alternate legs with each rep.

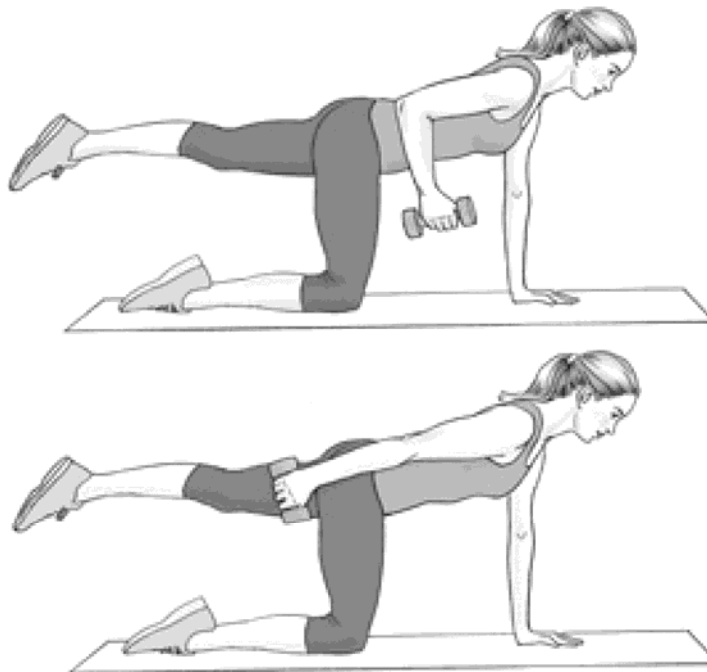


Kneeling Arm Raise

- A. Get down on the floor on all fours. Hold a dumbbell in your right hand with your arm bent 90 degrees, your elbow by your hip, and your palm facing your thigh. Extend your left leg behind you and off the floor so you're balancing on your left hand and right knee. If your left wrist bothers you, hold a dumbbell so your wrist isn't bent.
- B. Slowly straighten your right arm and raise the dumbbell behind you. Keep your abs tight and look at the floor a few feet in front of you to keep your head in line with your spine.
- C. Slowly bend your arm back to the starting position. Your upper arm should remain still throughout the move. Repeat for the recommended number of reps, then switch sides.

EASIER: Keep both knees on the floor.

HARDER: Bend and straighten your leg as you bend and straighten your arm.



WORKOUT 2

Step and Extend

- A. Holding the dumbbells at your shoulders, with your palms facing in, stand facing a staircase. Plant your right foot on the first step. (You can use the second or third step, depending on the height of the stairs and your fitness level.)
- B. Press into your right foot and straighten the right leg while lifting the weights overhead. Tap your left toes on the step, then lower both feet back to the starting position. Complete a full set. Switch legs for your second set.

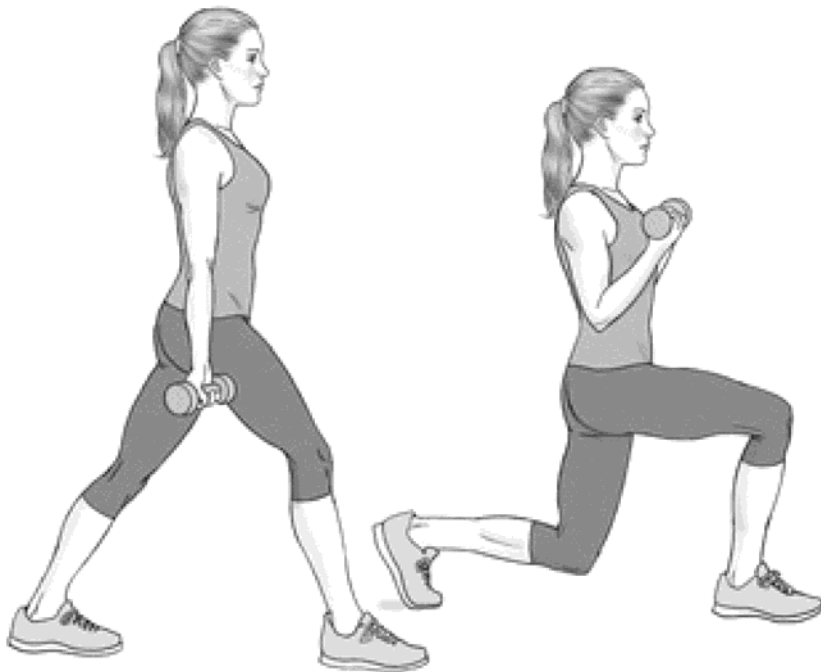
EASIER: Perform the move without the overhead press.

HARDER: Keep the foot you're stepping up with planted on the step throughout the exercise (lowering just the other foot to the floor).



Split Squat, Biceps Curl

- A. Stand with your right leg 2 to 3 feet in front of your left leg. Hold a pair of dumbbells down at your sides.
- B. Bend your right leg until your right thigh is parallel to the floor and the left leg is extended, with the knee bent and almost touching the floor. Be sure to keep your back straight, and don't allow your right knee to jut beyond your right toes. As you lower, bend your arms and curl the weights to your chest. Pause, then push back up to the starting position, lowering the weights as you stand. Complete a full set. Switch leg positions for your second set.
- EASIER:** Place one hand on a chair back for balance, and curl with only one arm at a time.
- HARDER:** Place the top of your back foot on a step.

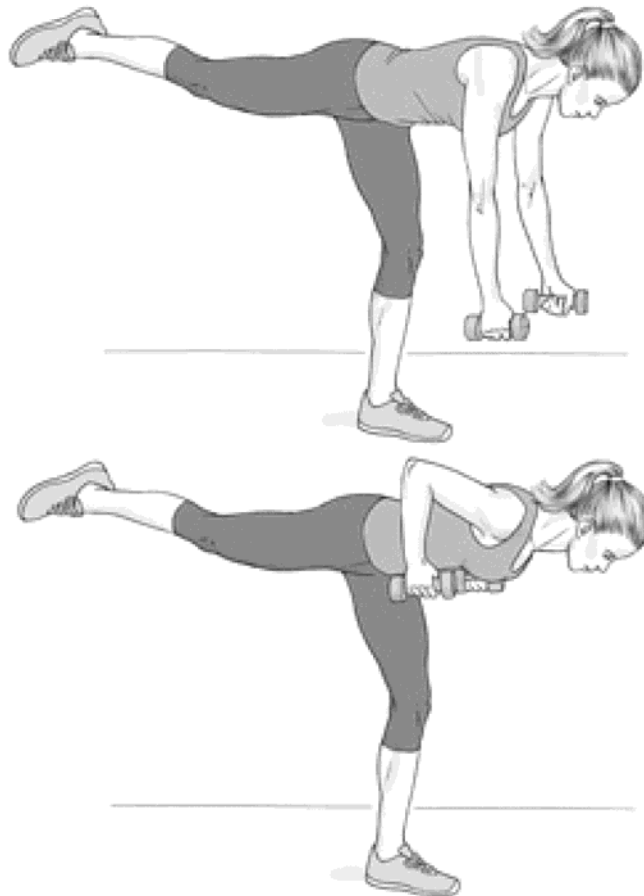


Single-Leg Row

- A. Stand with your feet about hip-width apart, holding the dumbbells down at your sides, with your palms facing in.
- B. Bend forward toward the floor while extending your right leg straight behind you until your body forms a T (or as close to it as possible). Allow your arms to hang straight down toward the floor, with your palms facing each other.
- C. Squeeze your shoulder blades together and raise the weights to either side of your chest. Repeat for half a set, then switch sides.

EASIER: Hold on to a chair back with one hand, and perform the rows one arm at a time.

HARDER: After rowing the weights to your chest, extend your arms straight back to add a triceps kickback.



Flamingo Lateral Lift

- A. Stand with your feet about hip-width apart. Hold the dumbbells down at your sides, with your palms facing in.
- B. Bend your right leg and lift your right foot off the floor as high as comfortably possible while maintaining your balance. Tighten your glutes and abs for support, then slowly lift the weights straight out to the sides until your arms are parallel to the floor. Lower your arms back to the starting position and repeat for a full set. Switch legs for the second set.

EASIER: Lightly place one foot on a step instead of suspending it in the air.

HARDER: Extend the lifted leg, holding it as high as possible while maintaining good form.

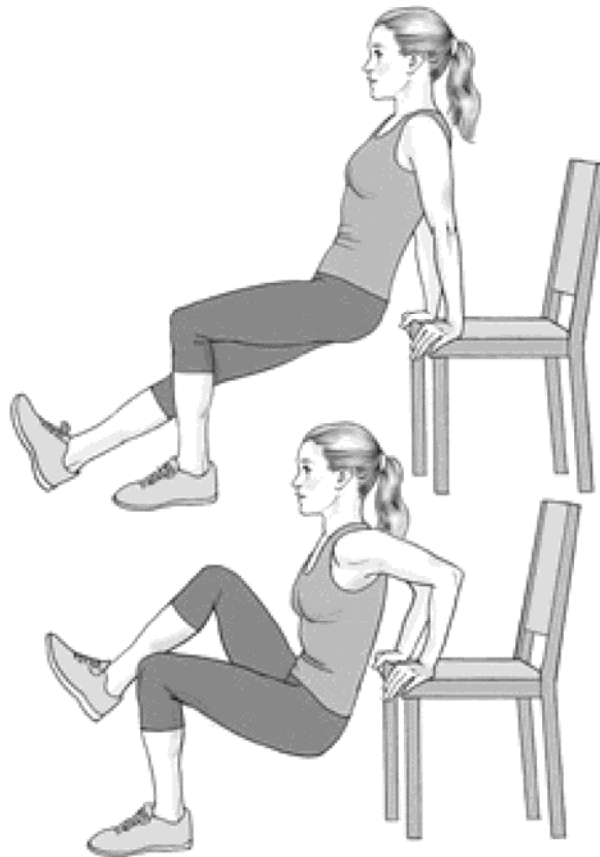


Dip and Crunch

- A. Sit on the edge of a chair with your feet flat on the floor and your knees bent 90 degrees. Grasp the chair seat on either side of your butt. Walk your feet out slightly and inch yourself off the seat. Extend your right leg and plant the heel on the ground, keeping your foot flexed.
- B. Bend your elbows straight back and dip your butt toward the ground while simultaneously contracting your abs and pulling your right knee toward your chest. Don't dip your elbows past 90 degrees. Return to the starting position. Complete a set (you may not be able to do 10 the first few times). Switch legs for the second set.

EASIER: Keep both legs bent while performing the move.

HARDER: Extend both legs while performing the move, bending the leg you bring to your chest.



Chest-Press Punch

- A. Lie on your back on a mat or carpeted floor and bend your knees. Hold two dumbbells at either side of your chest, with the ends facing each other.
- B. Contract your abs and curl your head, shoulders, and torso off the floor. As you come up, extend your left arm across your body to the right as though throwing a light punch in that direction. Return to the starting position. Repeat on the opposite side. Alternate for a full set.

EASIER: Perform the move without weights.

HARDER: Punch to each side before lowering back to the starting position.



The Gut Balance Revolution Food Charts

Here are the food charts for each phase. Use these as a guideline for creating your own meals.

FOOD CHART

PHASE I

Baking Ingredients/Condiments

FAVOR

Baking powder (aluminum free)
Baking soda
Coconut, shredded
Flavor extracts, 100% (almond, orange, maple extract, etc.)
Mustard powder
Vinegars, clear
Wasabi powder (no colorings)

FEW

Arrowroot powder
Cocoa powder
Miso (gluten free)

Sea salt
Soy sauce (gluten free)
Tamari (gluten free)

FORGET

Condiments with unacceptable ingredients:
Chutney
Ketchup
Mayonnaise
Pesto
Sun-dried tomato paste

Beverages

FAVOR

Coffee
Teas: Emphasize green tea; black, white, and herbal teas
Water

FORGET

Apple cider
Chicory-based coffee
Fruit beverages and juice drinks or -ades
Sodas, regular and diet

PROTEIN/FAT SOURCES

Dairy

FAVOR

Butter
Cheese (Colby, Edam, feta, Gouda, Parmesan, Swiss)
Cheese, ripened (blue vein, Brie, Cheddar)
Fromage fraise

FORGET

Cheese, soft (cottage, ricotta, cream cheese, mascarpone, crème fraîche)

Cow's milk
Custard
Dairy desserts
Evaporated milk
Goat's milk
Ice cream
Milk powder
Sheep's milk
Sweetened condensed milk
Yogurt (cow's, sheep's, goat's)

FOOD CHART

PHASE 1

Dairy-Free Alternatives

FAVOR

None

FEW

Almond, hemp, coconut, or rice nondairy beverages, plain and unsweetened
Coconut water

FORGET

See Dairy above

Fats and Oils

FAVOR

Canola oil (baking only)
Extra-virgin olive oil

FEW

Almond, canola, flaxseed, grapeseed, olive, palm, pumpkin, safflower, sesame, sunflower, walnut oil, etc.
Canola oil

Coconut oil, 100% palm oil (dairy-free, nonhydrogenated shortening)
Peanut oil

FORGET

Corn oil
Cottonseed oil
Lard
Shortening

Fish

FAVOR

Wild-caught favored over sustainably farmed seafood. Salmon, tilapia, Atlantic or Pacific (US) cod, anchovy, butterfish, catfish, canned light tuna, flounder, haddock, herring, ocean perch, mussels, oysters, plaice, pollock, rainbow trout, rockfish, sardines, scallops, sea bass (black), shad (US), shrimp, sole, spiny lobster, striped bass, trout (freshwater), wild eastern oyster, whitefish, and whiting.

FEW

Striped bass, carp, Alaskan cod, halibut, lobster, mahi-mahi, monkfish, perch (freshwater), sablefish, skate, snapper, tuna (canned chunk white, skipjack), and weakfish (sea trout), albacore or Yellowfin tuna (1 time weekly)

FORGET

Shark, swordfish, king mackerel, or tilefish

Meat (Organic, Pasture Fed and Raised)

FAVOR

Poultry (chicken, turkey, duck) without skin
Whole eggs, egg whites
Wild game

FEW

Lean cuts of meat (beef, lamb, pork); grass-fed, organic favored

FORGET

Fatty cuts of meat (beef, pork, lamb)
Poultry with skin
Processed or aged meat and poultry products (hot dogs, deli meats, canned meat products, etc.)

Fruits

FAVOR

Banana (green)
 Blueberry
 Cantaloupe
 Cherries (sour)
 Cranberries (whole)
 Honeydew melon
 Kiwifruit
 Lemon
 Lime
 Passionfruit
 Plums
 Raspberries

FEW

Avocado
 Grape
 Grapefruit
 Orange
 Papaya
 Pomegranate
 Rhubarb
 Starfruit
 Strawberry

Tangelo
 Tangerine
 Tomato

FORGET

Apples
 Applesauce and apple cider
 Apricots
 Blackberries
 Boysenberries
 Dried fruits (dates, figs, prunes, etc.)
 Fruit beverages
 Fruit juices or fruit concentrates (100%)
 Fruits, canned in syrups
 Mango
 Nashi fruit
 Nectarines
 Peaches
 Pears
 Persimmon
 Pineapple
 Plantains
 Tamarillo
 Watermelon

Herbs and Spices

FAVOR

Fresh and/or dried herbs and spices:
 Cardamom
 Cayenne (ground red) pepper
 Cinnamon
 Cumin
 Ginger

FORGET

Herb or spice mixes or seasonings with unacceptable food ingredients

(continued)

Legumes (Vegetable Protein), Nuts, and Seeds

FEW

Almonds
 Cashews
 Chia seeds
 Flaxseeds (linseed)
 Hazelnuts
 Natural nut butters made from almonds, Brazil nuts, pecans, walnuts
 Natural seed butters made from chia, flaxseeds, hempseeds, pumpkin, sesame, sunflower
 Nut and seed beverages
 Pistachios
 Poppy seeds
 Pumpkin seeds (pepitas)
 Sesame seeds
 Sunflower seeds

FORGET

Baked beans, bean sprouts, black-eyed beans, borlotti beans, broad beans (fava beans), chickpeas (garbanzo beans), kidney beans, lentils, navy beans, peas, split peas
 Highly processed soy foods or legume products (tofu hot dogs, soy chips, garbanzo bean chips, etc.)
 Highly processed vegetable protein alternatives (Quorn, seitan)
 Nut and seed butters made with hydrogenated or peanut oils
 Nut and seed products with unacceptable toxic ingredients
 Soybeans (edamame, tofu, miso, tempeh)
 Tahini

Other

FAVOR

Garlic-infused olive oil
 Ginger
 Stevia

FORGET

Agave syrup
 Brown rice syrup
 Chocolate, cocoa products
 Evaporated cane juice
 Fruit sweeteners

Glucose
 High-fructose corn syrup-containing foods and beverages
 Honey
 Mannitol
 Maple syrup, artificial
 Maple syrup, 100%
 Molasses, blackstrap
 Sorbitol
 Sucrose (table sugar)
 Xylitol

Vegetables

FAVOR

Alfalfa sprouts
 Bamboo shoots
 Beans (green)
 Bean sprouts
 Bok choy
 Butternut squash
 Capsicum

Celery
 Chard (Swiss)
 Chives
 Choy sum
 Cucumber
 Eggplant
 Endive
 Escarole

FOOD CHART

PHASE 1

Greens (mustard, collard)
Kabocha squash (Japanese pumpkin)
Kale
Lettuce
Olives
Parsnip
Pumpkin
Radish
Silverbeet
Spaghetti squash (baked)
Spinach
Spring onion (green part only)
Squash (yellow, zucchini, butternut)
Turnips

FEW

Artichokes (globe and Jerusalem)
Asparagus
Beetroot
Broccoli
Brussels sprouts
Button mushrooms

Cabbage
Carrot
Cauliflower
Fennel
Garlic
Green peas
Leek
Okra
Onions (mature, cooking)
Shallots
Snap peas
Snow peas
Sweet corn
Sweet potato
Tomato juice (100%)
Vegetable juice (100%)

FORGET

All vegetables breaded, creamed, and fried
Overcooked tempura
Vegetable juices made with vegetables on Forget list
White potato

Whole Grains and Flours

FEW

Buckwheat
Corn
Gluten-free bread, cracker (plain, unseasoned), and cereal products*
Millet
Oat bran
Oats

Polenta
Quinoa
Rice
Sweet biscuit

FORGET

Barley-, rye-, and wheat-based bread, crackers, pasta, cereal, couscous, gnocchi, noodles, croissants, muffins, crumpets

**All grain and flour-based products must be labeled gluten free.*

FOOD CHART

PHASE 2

Beverages

FAVOR

Black tea
Ginger-herbal teas
Green tea
Water
Whey
White tea

FEW

Coconut water
Coffee
Fermented beers*

**Limit to 1 serving (glass) per day.*

Kefir (variety of animal, seed, and nut milk sources)
Milk: 2% organic animal milk; nondairy (soy, almond, hemp), plain and unsweetened
Red wine*

FORGET

Fruit juices
Rice milk
Sodas
Sugar-sweetened beverages

Condiments

FAVOR

Arrowroot powder
Baking powder (aluminum free)
Baking soda
Cocoa powder
Flavor extracts, 100% (almond, orange, maple extract, etc.)
Mustard powder
Vinegars (clear)
Wasabi powder (no colorings)

FEW

Fruit-based condiments:*
Chutney
Ketchup
Sun-dried tomato paste
Miso (gluten free)
Sea salt†
Soy sauce (gluten free)
Tamari (gluten free)

FORGET

Condiments with unacceptable ingredients:
Mayonnaise
Pesto

**High FODMAP*

†High sodium

Fruits

FAVOR

Apples
Apricots
Avocado
Banana**
Berries (blue, black, etc.)
Cantaloupe

Carambola (star fruit)
Cherries (sour)
Cranberries
Figs
Grapefruit
Grapes (concord)
Honeydew melon

***Bananas are high in resistant starch and feed beneficial bacteria; it's best to eat a firm greenish banana.*

FOOD CHART

PHASE 2

Kiwifruit
Lemon
Lime
Oranges (tangelo)
Papaya
Passionfruit
Peaches
Pear (Asian)
Persimmon
Plums
Rhubarb

FEW

Grapes (green, red)

Mango
Oranges (navel, Florida)
Pears (Anjou, Bartlett)
Pineapple
Plantains
Watermelon

FORGET

Apple cider
Applesauce
Dried fruits (dates, prunes, etc.)
Fruit beverages
Fruit juices or fruit concentrates (100%)
Fruits, canned in syrups

Grains

FEW

Amaranth
Brown rice
Buckwheat
Oat bran
Popcorn
Quinoa
Teff

FORGET

Barley
Millet
Rye
Spelt
Wheat products

Oils

FAVOR

Canola (baking only)
Extra-virgin olive

FEW

Almond
Butter (from grass-fed cows)
Canola (baking preferred)
Coconut
Flaxseed
Grapeseed
Palm
Pumpkin

Safflower
Sesame
Sunflower
Walnut

FORGET

Corn
Lard
Margarine
Palm, hydrogenated
Safflower
Shortening

FOOD CHART

PHASE 2

Soups

FAVOR

Vegetable, bean, chicken (white meat, no noodles)

FORGET

Cream-based

Spices

FAVOR

Black pepper
Cardamon
Cayenne (ground red) pepper
Cinnamon
Cumin

Garlic
Garlic-infused olive oil
Ginger, fresh or ground
Herbs
Mustard
Turmeric

Sweet Additions

FAVOR

Stevia

FEW

Brown rice syrup
Chocolate (dark)
Cocoa products
Evaporated cane juice
Glucose
Honey, raw
Maple syrup (pure)
Molasses, blackstrap
Sucrose (table sugar)

FORGET

Agave syrup
Artificial sweeteners
Fruit sweeteners
High-fructose corn syrup (foods and beverages)
Honey, refined
Mannitol
Sorbitol
Xylitol

Vegetables

FAVOR

Alfalfa
Artichokes (globe and Jerusalem)
Asparagus
Bamboo shoots
Beans (green)
Bean sprouts
Bok choy
Brussels sprouts
Butternut squash
Cabbage
Carrots

Cauliflower
Chard (Swiss)
Chicory root, raw
Chives
Choy sum
Cruciferous vegetables
Cucumber
Dandelion
Eggplant
Endive
Escarole
Fennel

FOOD CHART

PHASE 2

Garlic
Green peas
Greens (collard, mustard, turnip)
Kabocha (Japanese pumpkin)
Kale
Leek
Lettuce
Mesclun greens
Mushrooms
Okra
Olives
Onion
Parsnips
Pumpkin
Radish
Shallots
Silverbeet
Snap peas
Snow peas
Spaghetti squash (baked)
Spinach
Spring onion (green part only)
Squash (yellow, zucchini, butternut)
Tomato

Pickled foods:
Fermented tofu
Korean kimchi
Miso
Natto
Pickled beets
Pickled cabbage
Pickled corn relish
Pickled cucumbers
Pickled garlic
Pickled radish
Sauerkraut
Soy sauce
Tempeh

FEW

Beets (nonpickled)
Sweet corn
Sweet potato*

FORGET

All vegetables breaded, creamed, and fried
Overcooked tempura
Vegetable juices made with vegetables on forget list
White potato products

**Baked with skin—highly satiating, high fiber, anti-inflammatory.*

PROTEIN/FAT SOURCES

Dairy

FAVOR

Butter
Cheese (Colby, Edam, feta, Gouda, mozzarella, Parmesan, Swiss)
Cheese, ripened (blue vein, Brie, Cheddar)
Cheese, soft (cottage, ricotta, cream cheese, mascarpone, crème fraîche)
Fromage fraise
Greek yogurt
Yogurt (cow's, sheep's, goat's), home-made preferred
Yogurt, nondairy (almond, soy, coconut)

FEW

Lactose-free frozen yogurt
Sour cream

FORGET

Cow's milk
Custard
Dairy desserts
Evaporated milk
Goat's milk
Ice cream

(continued)

FOOD CHART

PHASE 2

Fish

FAVOR

Wild-caught favored over sustainably farmed seafood. Salmon, tilapia, Atlantic or Pacific (US) cod, anchovy, butterfish, catfish, canned light tuna, flounder, haddock, herring, ocean perch, mussels, oysters, plaice, pollock, rainbow trout, rockfish, sardines, scallops, sea bass (black), shad (US), shrimp, sole, spiny lobster, striped bass, trout (freshwater), wild eastern oyster, whitefish, and whiting.

FEW

Striped bass, carp, Alaskan cod, halibut, lobster, mahi-mahi, monkfish, perch (freshwater), sablefish, skate, snapper, tuna (canned chunk white, skipjack), and weakfish (sea trout), albacore or Yellowfin tuna (1 time weekly)

FORGET

Shark, swordfish, king mackerel, or tilefish

Legumes

FAVOR

Chickpeas and other white beans (i.e., cannellini)
Kidney beans

Lentils
Mung beans
Soybeans

Meat

FAVOR

White meat poultry
Wild game (deer, buffalo, bison)

FEW

Lean meats (beef, lamb, pork), grass-fed, organic favored

FORGET

Dark meat poultry

Fatty cuts of meat (rib eye, lamb, duck)
Hamburger
Milk powder
Poultry with skin
Processed cheeses
Processed meats (hot dogs, deli meats, canned meats like Spam)
Sheep's milk
Sweetened condensed milk

Nuts

FAVOR

Almonds
Brazil nuts
Hazelnuts
Peanuts
Pecans
Pine nuts
Pistachios
Walnuts

FEW

Cashews
Macadamia nuts

FORGET

Processed nut and seed butters with hydrogenated oils and sweeteners

FOOD CHART

PHASE 2

Other

FAVOR

Soy
Eggs (whole, whites)

Seeds

FAVOR

Chia seeds
Flaxseeds (ground)
Hemp seeds

Poppy seeds
Pumpkin seeds (pepitas)
Sesame seeds (tahini)
Sunflower seeds

FOOD CHART

PHASE 3

Beverages

FAVOR

Black tea
Ginger-herbal teas
Green tea
Kefir (variety of animal, seed, and nut milk sources)
Water
Whey
White tea

FEW

Coconut water (without added sugar)

Coffee*
Fermented beers*
Fruit juices
Milk: low-fat organic animal milk; nondairy (soy, almond, hemp), plain and unsweetened
Red wine*
Rice milk

FORGET

Any except for sodas, sugar-sweetened beverages, which are consumed rarely

*Limit to 1 serving (glass) per day.

Condiments

FAVOR

Arrowroot powder
Baking powder (aluminum free)
Baking soda
Cocoa powder
Flavor extracts, 100% (almond, orange, maple, etc.)
Mustard powder
Vinegars (clear)
Wasabi powder (no colorings)

FEW

Mayonnaise
Miso (gluten free)
Pesto
Sea salt†
Soy sauce (gluten free)
Tamari (gluten free)
Fruit-based condiments:††
Chutney
Ketchup
Sun-dried tomato paste

†High sodium

††High FODMAP

Fruits

FAVOR

Apples
 Apricots
 Avocado
 Banana*
 Berries (blue, black etc.)
 Cantaloupe
 Carambola (star fruit)
 Cherries (sour)
 Cranberries
 Figs
 Grapefruit
 Grapes (concord)
 Grapes (green, red)
 Honeydew melon
 Kiwifruit
 Lemon
 Lime
 Mango
 Oranges (navel, Florida)

Oranges (tangelo)
 Papaya
 Passionfruit
 Peaches
 Pears (Anjou, Asian, Bartlett)
 Persimmon
 Pineapple
 Plantains
 Plums
 Rhubarb
 Watermelon

FEW

Apple cider
 Applesauce
 Dried fruits (dates, prunes, etc.)
 Fruit juices or fruit concentrates (100%)
 Fruits, canned in syrups

FORGET

None

**Bananas are high in resistant starch and feed beneficial bacteria—best to eat a firm-greenish banana.*

Grains

FAVOR

Amaranth
 Brown rice
 Buckwheat
 Oat bran
 Popcorn
 Quinoa
 Teff

FEW

Barley*
 Millet*
 Rye*
 Spelt*
 Wheat products (whole grain)*

FORGET

None except for white-flour-based products, which should be limited: noodles, croissants, muffins, crumpets, etc.

**Those with celiac disease, nonceliac gluten sensitivity, and/or wheat allergy should avoid these grains.*

FOOD CHART

PHASE 3

Oils

FAVOR

Almond
Canola
Coconut
Extra-virgin olive
Flaxseed
Grapeseed
Palm
Pumpkin
Safflower

Sesame
Sunflower
Walnut

FEW

Butter (grass-fed)
Sesame

FORGET

None except for corn oil, lard, margarine, hydrogenated palm oil, safflower oil, shortening

Soups

FAVOR

Miso
Vegetable-based, legume-based, lean poultry with whole grains

FEW

Cream-based

FORGET

None

Spices

FAVOR

Black pepper
Cardamon
Cayenne (ground red) pepper
Cinnamon
Cumin
Garlic

Garlic-infused olive oil
Ginger, fresh or ground
Herbs
Mustard
Turmeric

FORGET

None

Sweet Additions

FAVOR

Chocolate (dark)*
Stevia

FEW

Agave syrup
Brown rice syrup
Chocolate (dark)
Cocoa products
Evaporated cane juice

Fruit sweeteners
Glucose
Honey
Maple syrup (pure)
Molasses, blackstrap
Sucrose (table sugar)

FORGET

None except limit (rare) artificial sweeteners, high-fructose corn syrup (in foods and beverages), mannitol, sorbitol, xylitol

**Dark chocolate should be 70% or greater cocoa and be limited to 2 ounces per day.*

Vegetables

FAVOR

Alfalfa
 Artichokes (globe and Jerusalem)
 Asparagus
 Bamboo shoots
 Beans (green)
 Bean sprouts
 Beets (nonpickled)
 Bok choy
 Brussels sprouts
 Cabbage
 Carrots
 Cauliflower
 Chard (Swiss)
 Chicory root, raw
 Chives
 Choy sum
 Cruciferous vegetables
 Cucumber
 Dandelion
 Eggplant
 Endive
 Escarole
 Fennel
 Garlic
 Green peas
 Greens (collard, mustard, turnip)
 Kabocha (Japanese pumpkin)
 Kale
 Leek
 Lettuce
 Mesclun greens
 Mushrooms
 Okra
 Olives
 Onion
 Parsnips

Pickled foods:

Fermented tofu
 Korean kimchi
 Miso
 Natto
 Pickled beets
 Pickled cabbage
 Pickled corn relish
 Pickled cucumbers
 Pickled garlic
 Pickled radish
 Sauerkraut
 Soy sauce
 Tempeh
 Pumpkin
 Radish
 Shallots
 Silverbeet
 Snap peas
 Snow peas
 Spaghetti squash (baked)
 Spinach
 Spring onion (green part only)
 Squash (yellow, zucchini, butternut)
 Sweet corn
 Sweet potato*
 Tomato

FEW

All vegetables breaded, creamed, and fried
 Overcooked tempura
 Vegetable juices made with vegetables on Avoid list
 White potato products

FORGET

None

*Baked with skin—highly satogenic, high fiber, anti-inflammatory.

PROTEIN/FAT SOURCES

Dairy

FAVOR

Butter
 Cheese (Colby, Edam, feta, Gouda, mozzarella, Parmesan, Swiss)
 Cheese, ripened (blue vein, Brie, Cheddar)
 Cheese, soft (cottage, ricotta, cream cheese, mascarpone, crème fraîche)
 Fromage fraise
 Greek yogurt
 Sour cream
 Yogurt (cow's, sheep's, goat's), home-made preferred
 Yogurt, nondairy

FEW

Cow's milk
 Custard
 Dairy desserts
 Evaporated milk
 Goat's milk
 Ice cream
 Lactose-free frozen yogurt
 Milk powder
 Sheep's milk
 Sweetened condensed milk

FORGET

None except for processed cheeses

Fish

FAVOR

Wild-caught favored over sustainably farmed seafood. Salmon, tilapia, Atlantic or Pacific (US) cod, anchovy, butterfish, catfish, canned light tuna, flounder, haddock, herring, ocean perch, mussels, oysters, plaice, pollock, rainbow trout, rockfish, sardines, scallops, sea bass (black), shad (US), shrimp, sole, spiny lobster, striped bass, trout (freshwater), wild eastern oyster, whitefish, and whiting.

FEW

Striped bass, carp, Alaskan cod, halibut, lobster, mahi-mahi, monkfish, perch (freshwater), sablefish, skate, snapper, tuna (canned chunk white, skipjack), and weakfish (sea trout), albacore or Yellowfin tuna (1 time weekly)

FORGET

Shark, swordfish, king mackerel, or tilefish

Legumes

FAVOR

Chickpeas and other white beans (i.e., cannellini)
 Kidney beans
 Lentils
 Mung beans
 Soybeans

FORGET

None except for highly processed soy and legume foods (tofu hot dogs, soy chips, garbanzo bean chips, lentil chips, etc.), which are rarely consumed

(continued)

FOOD CHART

PHASE 3

Meat

FAVOR

Lean meats (beef, lamb, pork), grass-fed, organic favored
White-meat poultry
Wild game (deer, buffalo, bison)

FEW

Dark-meat poultry

Fatty cuts of meat (rib eye, lamb, duck)
Hamburger
Poultry with skin

FORGET

None except for processed meats (hot dogs, deli meats, canned meats like Spam), which are rarely consumed

Nuts

FAVOR

Almonds
Brazil nuts
Cashews
Hazelnuts
Macadamia nuts
Peanuts
Pecans

Pine nuts
Pistachios
Walnuts

FORGET

None except for processed nut and seed butters with hydrogenated oils and sweeteners

Other

FAVOR

Eggs (organic; whole, whites)
Soy

Seeds

FAVOR

Chia seeds
Flaxseeds (ground)
Hemp seeds

Poppy seeds
Pumpkin seeds (pepita)
Sesame seeds (tahini)
Sunflower seeds

The Gut Balance Revolution Meal Plans

Here are the Gut Balance Revolution meal plans. For each phase, I've provided 2 weeks' worth of menus. You can repurpose these week after week or mix up the meals within them as you choose. The other options are simple "no cook" meals you can make by

	BREAKFAST	LUNCH
Monday	Blueberry Protein Smoothie	Spiced Pumpkin Soup with chicken
Tuesday	Eggs to Go	Raspberry Mesclun Salad with Green Tea Dressing with chicken or shrimp
Wednesday	2 scrambled eggs or 4 ounces scrambled tofu with 2 cups steamed broccoli	Green salad: mixed greens, tomatoes, celery, cucumbers, sliced or shredded almonds, grilled chicken, olive oil vinaigrette
Thursday	Power Breakfast Bar	Crunchy Almond Tuna Salad
Friday	Vanilla Spice Quinoa Breakfast Cereal	Greek Village Salad
Saturday	2 poached eggs on 2 cups raw spinach or arugula	Massaged Kale Salad with chicken or shrimp
Sunday	Breakfast Roll-Up: ½ chicken sausage link or ¼ cup chicken cooked with 1 egg rolled in 1 corn tortilla	Leftover Slow-Cooker Chicken Piccata

PHASE I WEEK 1

combining the ingredients listed. If you prefer some recipes over others, or if you need to switch a "no cook" option for a recipe or vice versa, feel free to make those changes as needed.

SNACK	DINNER
¼ avocado mashed with 2 tablespoons onion-free salsa served with celery sticks or lettuce leaves	Orange Salmon with bok choy
Fat-Burning Tea: ⅓ cup protein shake mixed with 1 cup hot water with a pinch of cinnamon and cayenne (ground red) pepper	Spiced Pork Roast with Cauliflower Mash
2 hard-cooked eggs or 10 walnuts or almonds with Cilantro Green Drink or Basil Green Drink	Pesto Baked Cod with spaghetti squash
2 tablespoons chia seeds mixed with ½ cup plain, unsweetened coconut milk and a drizzle of vanilla extract	Chicken Lettuce Wraps: cubed cooked chicken served in lettuce leaves spritzed with fresh lime juice and topped with 2 tablespoons unsweetened shredded coconut
Ginger-Crusted Kale Chips	Broiled cod or shrimp with black pepper and fresh lemon served over salad greens
4 teaspoons almond butter spread inside celery sticks	Slow-Cooker Chicken Piccata
Coconut Joy Pudding	Grilled cod kabobs with cubed veggies served over ½ cup cooked quinoa tossed with herbs

(continued)

THE GUT BALANCE REVOLUTION MEAL PLANS (CONT.)

	BREAKFAST	LUNCH
Monday	Power Breakfast Bar	4 ounces smoked salmon over baby greens or grilled zucchini, peppers
Tuesday	Blueberry Protein Smoothie	Fast Gazpacho: 1 tomato, ½ cucumber, ½ green or red bell pepper blended with lemon or lime juice and a pinch of salt, topped with 1 cup cubed cooked chicken or shrimp
Wednesday	¼ cup dried quinoa flakes cooked according to package directions with ⅓ cup whey protein powder stirred in and a pinch of cinnamon or cloves	1 can spring-water-packed tuna, drained, mixed with olive oil and paprika, served with cucumber and red bell pepper wedges or over greens
Thursday	Coffee- or Tea- Flavored Smoothie: 1 cup cold coffee or tea blended with ½ cup berries, ⅓ cup whey protein powder	Crunchy Almond Tuna Salad
Friday	Vanilla Spice Quinoa Breakfast Cereal	2 cups low-sodium canned chicken and vegetable soup (no noodles) or leftover Chicken Vegetable Soup
Saturday	Blueberry Protein Smoothie	½ dozen oysters with lemon juice, green salad with olive oil vinaigrette
Sunday	2 poached eggs on 2 cups steamed broccoli or 1 cup sautéed spinach	Chicken Vegetable Soup

PHASE 1 WEEK 2

	SNACK	DINNER
	1 cup frozen edamame pods steamed and sprinkled with spices of your choice, such as black pepper, cumin, paprika, or hot chili powder	Steamed veggies and stir-fried chicken (no sauce)
	½ cup whey protein powder blended with cold green tea	Take-out or homemade steamed veggies (such as broccoli, peppers, zucchini, or spinach) with chicken or shrimp (no sauce)
	2 hard-cooked eggs with Cilantro Green Drink or Basil Green Drink	Take-out egg drop soup with a side of steamed broccoli
	Unsweetened Iced Coffee: 1 cup cold coffee; 2 tablespoons plain, unsweetened coconut milk; pinch of cinnamon; 2 tablespoons whey protein powder	Roast chicken (skin discarded) with a side of green beans topped with nuts or olive oil
	Ginger-Crusted Kale Chips	Orange Salmon with Swiss Chard
	¼ cup blueberries with 10 plain almonds or walnuts and ginger tea	Chicken breast cooked in the slow cooker for 2 hours on low, topped with freshly grated ginger, 1 tablespoon tomato paste, spices of your choice; served over cooked greens, such as bok choy
	Satay Veggie Dip: 2 tablespoons almond butter mixed with 2 tablespoons plain, unsweetened coconut milk and a pinch of cayenne (ground red) pepper; served with celery, sliced bell peppers, or cucumber wedges	Spiced Pork Roast with Cauliflower Mash

(continued)

THE GUT BALANCE REVOLUTION MEAL PLANS (CONT.)

	BREAKFAST	LUNCH
Monday	Pumpkin Pie Yogurt Parfait	Chicken Tikka Masala
Tuesday	Pomegranate Margarita Smoothie	1 cup three-bean salad dressed with olive oil vinaigrette over 2 cups greens; add 1 cup cooked cubed chicken or shrimp
Wednesday	$\frac{1}{3}$ cup dry buckwheat porridge cooked according to package directions with 1 tablespoon ground flaxseeds, $\frac{1}{4}$ sliced banana, 10 pecans or slivered almonds	Leftover Ginger Fried Rice
Thursday	Muffin-Size Frittatas	Fish sushi (brown rice only) served over green salad tossed with sesame oil
Friday	2 scrambled eggs with 2 tablespoons chopped kimchi or pickle of your choice	Leftover Sautéed Apples and Chicken Sausage with Sauerkraut
Saturday	Berries and "Cream": $\frac{1}{2}$ cup berries topped with $\frac{1}{2}$ cup unsweetened kefir or yogurt whipped with 2 tablespoons plain, unsweetened coconut milk and optional stevia or vanilla	Arugula Salad with Creamy Avocado Dressing
Sunday	Salsa and Eggs	Creamy Asparagus Soup with chicken or shrimp

PHASE 2 WEEK 1

	SNACK	DINNER
	Savory Yogurt Dip: ½ cup plain yogurt mixed with a pinch of cumin, hot chili powder, and black pepper; serve with sliced green bell pepper and celery	Tangy Buffalo Burger with Pickles and Slaw
	3 tablespoons store-bought hummus with celery and cucumber wedges	Ginger Fried Rice with chicken or shrimp or tofu
	½ cup plain yogurt with a few berries, ground flaxseeds, unsweetened cocoa powder, and/or coconut	Miso Soup with Seaweed Salad and salmon
	12 pistachios and 1 ounce chopped 85% dark chocolate	Sautéed Apples and Chicken Sausage with Sauerkraut
	Coconut Banana: ½ banana, cut into chunks, dipped in yogurt and rolled in 2 tablespoons unsweetened coconut	Pistachio-Chia Salmon with butternut squash
	Creamy Strawberry Sorbet	Kimchi Pork Lo Mein
	Dark Chocolate Nut Clusters	Cajun Cod

(continued)

THE GUT BALANCE REVOLUTION MEAL PLANS (CONT.)

	BREAKFAST	LUNCH
Monday	½ cup cooked old-fashioned rolled oats topped with 2 tablespoons canned pumpkin or berries or with 1 tablespoon nuts	Chicken Tikka Masala
Tuesday	1 cup yogurt or kefir topped with ¼ cup fresh raspberries	1 cup three-bean salad dressed with olive oil vinaigrette over 2 cups greens; add 1 cup cooked cubed chicken or shrimp (opposite protein source from week 1)
Wednesday	Muffin-Size Frittatas	Massaged Kale Salad topped with 1 tablespoon chopped kimchi or pickles
Thursday	Pumpkin Pie Yogurt Parfait	Leftover Zesty Lemon Chicken Salad
Friday	Salsa and Eggs	Broiled shrimp or fish with grilled asparagus; Caesar salad (no croutons)
Saturday	½ cup cooked quinoa topped with ½ cup 2% plain kefir or yogurt, ½ teaspoon cinnamon	Creamy Asparagus Soup with chicken or shrimp
Sunday	Pomegranate Margarita Smoothie	1 cup shredded chicken with ½ cup cooked quinoa mixed with 2 tablespoons beans (any variety)

PHASE 2 WEEK 2

	SNACK	DINNER
	1 cup seaweed salad (homemade or store-bought)	Cool Cucumber-Avocado Soup with chicken or shrimp
	½ cup plain yogurt with a few berries, ground flaxseeds, unsweetened cocoa powder, and/or coconut	4 ounces extra-firm tofu sautéed in 1 tablespoon olive oil with ½ cup each broccoli florets and spinach; top with 1 teaspoon soy sauce or raw apple cider vinegar
	2 tablespoons canned black beans mashed with 2 teaspoons olive oil and spices of your choice, served with celery and cucumber wedges	Zesty Lemon Chicken Salad
	1 cup leftover Cool Cucumber-Avocado Soup	Broiled cod with black pepper and fresh lemon served over salad greens
	2 ounces store-bought spicy or mild seaweed chips	Grilled chicken with dill pickles over a plain salad
	Frozen Berry Pops: ½ cup plain unsweetened kefir or yogurt blended with ¼ cup berries and optional stevia; freeze for 4 hours in ice pop molds or paper cups	Canned lentil soup topped with 1 cup cubed cooked chicken, shrimp, or tofu
	10 macadamia nuts or hazelnuts and 1 ounce 85% dark chocolate	Pistachio-Chia Salmon with butternut squash

(continued)

THE GUT BALANCE REVOLUTION MEAL PLANS (CONT.)

	BREAKFAST	LUNCH
Monday	Blueberry-Spice Waffles	Quinoa Salad with Lemony Yogurt Dressing
Tuesday	½ cup old-fashioned rolled oats cooked with 1 tablespoon flax-seeds and a pinch of cinnamon; stir in ⅓ cup whey protein powder	2 cups Minestrone Soup sprinkled with Parmesan or Locatelli Pecorino Romano cheese
Wednesday	Fresh Cranberry-Spice Smoothie	Dr. Gerry's Super Salmon Salad
Thursday	Mediterranean Sunrise Surprise	Leftover Turkey Chili
Friday	Lean Green Smoothie with Apple and Kale	Smoked Salmon Salad
Saturday	Leftover Blueberry Spice Waffles	Baked Zucchini Boats: zucchini, sliced in half lengthwise, each half topped with 2 tablespoons marinara and 2 tablespoons chopped cooked chicken, shrimp, or tofu
Sunday	Mocha Smoothie: 1 cup cold coffee blended with ½ cup 2% plain kefir or yogurt, ⅓ cup protein powder, 2 teaspoons unsweetened cocoa powder and optional stevia	Curried Red Lentil Soup with chicken or shrimp

PHASE 3 WEEK 1

	SNACK	DINNER
	½ apple covered with 1 table- spoon almond butter and a pinch of cinnamon	Dr. Gerry's Super Salmon Salad, 1 cup Minestrone Soup
	Cucumber Salad: ½ thinly sliced cuke with 2 tablespoons yogurt or kefir and 1 tablespoon fresh lemon juice; add a pinch of spice	Zucchini Manicotti with a side of tossed greens salad
	½ apple with 1 square dark choc- olate	Turkey Chili
	½ cup 2% plain Greek yogurt with berries and/or shaved dark chocolate	Salmon Cakes with greens
	Dark Chocolate Flourless Cake	Roasted Parmesan-Kale Lamb Chops
	½ apple with almond butter and a sprinkle of ground flaxseed	Roasted Rosemary Chicken with Brussels Sprouts
	Leftover Dark Chocolate Flourless Cake	Sunday Stew

(continued)

THE GUT BALANCE REVOLUTION MEAL PLANS (CONT.)

	BREAKFAST	LUNCH
Monday	2 poached eggs over raw baby kale or kale roasted at 400°F for 10 minutes with 2 teaspoons olive oil	Quinoa Salad with Lemony Yogurt Dressing
Tuesday	Fresh Cranberry-Spice Smoothie	Leftover Wild Rice and Turkey Soup
Wednesday	Lean Green Smoothie with Apple and Kale or Mediterranean Sunrise Surprise	2 cups Minestrone Soup
Thursday	Fresh Cranberry-Spice Smoothie	Greek Village Salad
Friday	Blueberry-Spice Waffles	Chopped Salad: chicken, avocado, cucumber, tomato, and egg (no cheese) over greens
Saturday	Lean Green Smoothie with Apple and Kale	Soup: 1 cup cooked cubed chicken warmed in a saucepan with 2 cups store-bought broth, 1 cup baby spinach, and 1 cup finely chopped broccoli florets
Sunday	Eggs Benedict: 2 poached eggs over greens topped with ½ cup yogurt whipped with herbs and 1 teaspoon lemon juice	Dr. Gerry's Super Salmon Salad

PHASE 3 WEEK 2

	SNACK	DINNER
	10 nuts (such as walnuts, almonds, or macadamias) and ¼ cup berries, any variety	Wild Rice and Turkey Soup with a side of tossed greens salad
	2 tablespoons store-bought hummus mixed with 1 tablespoon ground flaxseeds and served with veggie sticks	Surf and Turf: broiled shrimp and small filet mignon (no sauce) served with sautéed greens or plain grilled salad
	Fast Artichoke Dip: 3 thawed artichoke hearts blended with ½ cup 2% plain Greek yogurt and a pinch of cayenne or garlic powder and served with raw veggies	Simple Chicken Parm: 1 cup cooked cubed chicken with 2 tablespoons marinara and 1 tablespoon grated Parmesan cheese; warm in the oven and serve over 2 cups baby spinach
	½ cup 2% plain Greek yogurt with berries and/or shaved dark chocolate	Zucchini Manicotti with tossed salad
	2 zucchini strips thinly sliced lengthwise, topped with 1 tablespoon yogurt or kefir and 2 slices smoked salmon	Salmon Cakes with greens
	½ apple with almond butter and a sprinkle of ground flaxseeds	Surf and Turf: broiled shrimp and small filet mignon (no sauce) served with sautéed greens or plain grilled salad
	Almond Yogurt: ½ cup 2% plain kefir or yogurt mixed with 2 tablespoons chopped almonds and ¼ teaspoon almond extract	Roasted Parmesan-Kale Lamb Chops

The Gut Balance Revolution Shopping Lists

SHOPPING LISTS

PHASE I WEEK 1

PRODUCE

- 2 pounds baby spinach
- 2 pounds kale, any variety
- 2 bunches romaine or butterhead lettuce
- 2 pounds mesclun greens
- 1 bunch watercress or ½ pound arugula
- 1 pound bok choy or Swiss chard
- ½ pound sprouts, such as alfalfa
- 1 head cauliflower
- 3 heads broccoli
- 1 bunch celery
- 4 tomatoes
- 4 cucumbers
- 1 red bell pepper
- 2 avocados, preferably Hass
- 1 head garlic
- 1 spaghetti squash (about 1 pound)
- 4" piece fresh ginger
- 1 bunch cilantro
- 1 bunch basil
- 1 bunch parsley
- 1 bunch chives (optional)
- 1 pint blueberries
- 1 small horseradish root (optional)
- 1 large orange
- 2 limes
- 3 lemons

DAIRY

- 3 dozen eggs or 3 packages (14 ounces each) extra-firm tofu
- ½ gallon plain, unsweetened coconut milk
- 1 piece (6 ounces) Parmesan cheese
- 4 ounces Greek feta cheese

MEATS/PROTEINS

- 1 pound lean pork loin
- 4 pounds boneless, skinless chicken breasts
- 1 pound thinly sliced raw chicken cutlets
- 2 pounds medium peeled, deveined shrimp (about 22 per pound)
- 2 pounds salmon fillets, skin removed
- 2 pounds cod fillets
- 1 package (6 ounces) low-sodium chicken sausages (optional)

FROZEN

- 1 bag (12 ounces) frozen berries (any variety)
- 1 bag (12 ounces) frozen raspberries

OILS, CONDIMENTS, SPICES

- 1 can (5 ounces) olive oil cooking spray
- 1 bottle (25 ounces) extra-virgin olive oil
- 1 jar (14 ounces) coconut oil
- 1 jar (16 ounces) almond butter
- 1 jar (8 ounces) Dijon mustard
- 1 container (26 ounces) salt
- 1 container (2 ounces) black pepper
- 1 jar (2 ounces) mild chili powder or paprika
- 1 jar (2 ounces) ground cardamom
- 1 jar (2 ounces) ground cumin or cumin seeds
- 1 jar (2 ounces) dried oregano
- 1 jar (2 ounces) Italian herbs or rosemary
- 1 jar (2 ounces) ground turmeric
- 1 jar (2 ounces) ground coriander (optional)
- 1 jar (2 ounces) ground cinnamon
- 1 jar (2 ounces) ground cloves (optional)

- 1 jar (2 ounces) garlic powder
- 1 bottle (2 ounces) pure vanilla extract
- 1 bar (4 ounces) 70% cocoa chocolate bar
- 1 box (50 count or less) stevia packets
- 1 jar (12 ounces) onion-free salsa

GRAINS AND DRY GOODS

- 8 tortillas, 100% corn (6" diameter)
- 1 box (12 ounces) quinoa flakes
- 1 box (12 ounces) quinoa
- 1 bag (16 ounces) chia seeds
- 1 bag (16 ounces) ground flaxseeds
- 1 bag (16 ounces) hemp seeds
- 1 bag (8 ounces) shredded unsweetened flaked coconut
- 1 bag (8 ounces) walnuts

- 1 bag (8 ounces) almonds
- 1 bag (8 ounces) pecans or hazelnuts
- 1 container (12 ounces) vanilla whey protein powder
- 1 container (12 ounces) plain whey protein powder

CANNED/JARRED GOODS

- 1 can (15 ounces) pumpkin
- 2 cans (5 ounces each) light spring-water-packed tuna
- 1 jar (3 ounces) capers
- 2 containers (10 ounces each) pitted olives, such as kalamata
- 1 container (32 ounces) low-sodium chicken or vegetable broth
- 1 tube (2 ounces) wasabi paste (optional)

SHOPPING LISTS **PHASE I WEEK 2**

PRODUCE

- 1 pound mesclun greens
- 1 pound bok choy or Swiss chard
- 2 pounds kale, any variety
- 2 pounds baby spinach
- 2 heads broccoli
- 1 head cauliflower
- 1 bunch carrots
- 1 bunch celery
- 1 jalapeño chile pepper
- 1 zucchini
- 1 cucumber
- 2 red bell peppers
- 2 green bell peppers
- 1 bunch chives
- 1 bunch fresh rosemary (optional)
- 1 bunch cilantro
- 4" piece fresh ginger
- 2 lemons
- 1 lime

DAIRY

- 1 dozen eggs
- ½ gallon plain, unsweetened coconut milk

MEATS/PROTEINS

- 3 pounds boneless, skinless chicken breasts
- 4 bone-in chicken breasts
- 1 pound shrimp
- 1 pound lean pork loin
- 4 ounces smoked salmon

FROZEN

- 1 bag (10 ounces) frozen edamame pods
- 1 bag (12 ounces) frozen berries
- 1 bag (12 ounces) frozen blueberries

OILS, CONDIMENTS, SPICES

- 1 bottle (25 ounces) extra-virgin olive oil
- 1 jar (2 ounces) cayenne pepper or hot chili powder (optional)

GRAINS AND DRY GOODS

- 1 box (12 ounces) quinoa flakes
- 1 box (12 ounces) quinoa
- 1 container (12 ounces) vanilla whey protein powder
- 1 pound coffee, any roast

(continued)

CANNED/JARRED GOODS

- 3 cans (5 ounces each) light spring water-packed tuna
- 1 container (32 ounces) low-sodium chicken or vegetable broth

- 1 can (15 ounces) low-sodium chicken vegetable soup
- 1 can (5 ounces) tomato paste

SHOPPING LISTS

PHASE 2 WEEK 1

PRODUCE

- 1 pound kale, any variety
- 1 pound baby spinach
- 2 pounds arugula
- 1 head broccoli
- 1 pound Brussels sprouts
- 2 pounds asparagus
- 1 head romaine lettuce
- 2 heads bok choy
- 1 head cabbage, such as red, savoy, or napa
- 1 bunch celery
- 1 bag carrots
- 1 bunch beets
- 1 green bell pepper
- 2 red bell peppers
- 2 bulbs fennel
- 1 small butternut squash (about 1 pound)
- 2 avocados
- 1 bunch cilantro
- 1 bunch parsley
- 2 cucumbers
- 1 lemon
- 1 lime
- 1 kiwifruit
- 2 bananas
- 1 apple

DAIRY

- 1 dozen eggs or 1 package (14 ounces) extra-firm tofu
- 1 container (35 ounces) 2% plain Greek yogurt
- 1 bottle (32 ounces) 2% plain kefir
- 1 container (8 ounces) plain or spicy hummus

- 1 container (8 ounces) low-sodium miso paste
- 4 ounces Greek feta cheese

MEATS/PROTEINS

- 2 pounds boneless, skinless chicken breasts
- 2 pounds shrimp or tofu
- 1 pound salmon, skin intact
- 1 pound salmon or cod fillets, skin removed
- 1 pound cod fillets
- 1 pound ground buffalo meat
- 1 container (14 ounces) extra-firm tofu
- 8 low-sodium chicken sausages
- 4 lean pork chops

FROZEN

- 1 bag (12 ounces) frozen blueberries
- 1 bag (12 ounces) frozen strawberries
- 1 bag (12 ounces) shelled edamame

OILS, CONDIMENTS, SPICES

- 1 bottle (6 ounces) sesame oil
- 1 bottle (16 ounces) raw apple cider vinegar
- 1 jar (2 ounces) pumpkin pie spice (optional)
- 1 jar or can (2 ounces) curry powder, such as Madras
- 1 jar (2 ounces) celery seeds or caraway seeds
- 1 jar (2 ounces) low-sodium Cajun spices
- 1 jar (2 ounces) low-sodium steak seasoning or grilling spices
- 1 bottle (10 ounces) reduced-sodium, gluten-free soy sauce or tamari

GRAINS AND DRY GOODS

- 1-pound bag short-grain brown rice
- 1 canister (18 ounces) old-fashioned rolled oats
- 1 box (12 ounces) buckwheat porridge
- 1 container (12 ounces) vanilla whey protein powder
- 1 container (12 ounces) plain whey protein powder
- 1 bag (16 ounces) red lentils
- 1 container (5 ounces) macadamia nuts
- 1 bag (16 ounces) chia seeds
- 1 container (8 ounces) unsweetened cocoa powder
- 1 package (8 ounces) dried seaweed or nori
- 1 jar (2 ounces) sesame seeds
- 1 bag (6 ounces) pistachios

- 1 bar (4 ounces) 70% cocoa chocolate
- 1 bar (4 ounces) 85% cocoa chocolate

CANNED/JARRED GOODS

- 1 bottle (8 ounces) unsweetened pomegranate juice
- 1 can (15 ounces) 100% pure pumpkin
- 1 can (5 ounces) tomato paste
- 2 cans (5 ounces each) light spring water-packed tuna
- 3 cans (15 ounces each) assorted beans, such as black or kidney, or chickpeas
- 1 can (15 ounces) kidney beans
- 1 jar (16 ounces) low-sodium sauerkraut
- 1 jar (16 ounces) kimchi
- 1 container (10 ounces) pitted olives, such as kalamata

SHOPPING LISTS**PHASE 2 WEEK 2****PRODUCE**

- 2 pounds spinach
- 1 pound mesclun greens
- 1 pound kale, any variety
- 1 pound arugula
- 1 pound asparagus
- 3 heads broccoli
- 1 cucumber
- 2 red bell peppers
- 1 bunch cilantro
- 1 bunch mint
- 1 bunch basil
- 1 head garlic
- 2 avocados
- 3 kiwis
- 2 lemons
- 2 limes
- 1 honeydew melon
- 1 pint raspberries

DAIRY

- 3 dozen eggs
- 2 containers (35 ounces each) 2% plain Greek yogurt
- 1 bottle (32 ounces) 2% plain kefir
- 4 ounces Greek feta cheese

MEATS/PROTEINS

- 4 pounds boneless, skinless chicken breasts
- 1 pound cod fillets
- 2 packages (14 ounces each) extra-firm tofu

FROZEN

- 2 pounds shrimp
- 1 bag (12 ounces) frozen blueberries

OILS, CONDIMENTS, SPICES

- 1 bottle (6 ounces) sesame oil
- 1 bottle (16 ounces) raw apple cider vinegar
- 1 jar (2 ounces) pumpkin pie spice (optional)
- 1 jar or can (2 ounces) curry powder, such as Madras
- 1 jar (2 ounces) celery seeds or caraway seeds
- 1 jar (2 ounces) low-sodium Cajun spices
- 1 jar (2 ounces) low-sodium steak seasoning or grilling spices
- 1 bottle (10 ounces) reduced-sodium, gluten-free soy sauce or tamari

(continued)

GRAINS AND DRY GOODS

- 1 bag (8 ounces) almonds
- 1 bag (8 ounces) hazelnuts

CANNED/JARRED GOODS

- 1 can (5 ounces) tomato paste
- 1 can (15 ounces) low-sodium black beans

- 1 can (15 ounces) low-sodium chickpeas
- 1 can (15 ounces) low-sodium lentil soup
- 1 container (32 ounces) low-sodium chicken or vegetable broth
- 2 packages (2 ounces each) seaweed chips, mild or spicy

SHOPPING LISTS**PHASE 3 WEEK 1****PRODUCE**

- 2 pounds baby spinach
- 3 pounds mesclun greens
- 1 pound Swiss chard
- 1 pound kale
- 2 pounds Brussels sprouts
- 4 parsnips
- 1 head romaine lettuce
- 1 head cabbage, savoy or napa
- 1 head cauliflower
- 1 head broccoli
- 1 pound green beans
- 1 bunch celery
- 1 bulb fennel
- 1 medium tomato
- 1 bunch radishes
- 1 red bell pepper
- 1 bunch fresh rosemary (optional)
- 1 jalapeño chile pepper
- 4" piece fresh ginger
- 1 head garlic
- 1 bunch basil
- 1 bunch chives
- 1 bunch cilantro
- 1 bunch mint
- 6 medium zucchinis
- 1 cucumber
- 2 lemons
- 1 lime
- 3 apples
- 1 bag (8 ounces) fresh cranberries
- ½ pint raspberries

DAIRY

- 1 container (35 ounces) 2% plain Greek yogurt

- 1 bottle (32 ounces) 2% plain kefir
- ½ gallon plain, unsweetened coconut milk
- 2 dozen eggs
- 8 ounces Greek feta cheese
- 4 ounces soft goat cheese
- 1 piece (6 ounces) Parmesan or Pecorino Romano cheese
- ½ pint heavy cream
- ½ pound unsalted butter

MEATS/PROTEINS

- 3-pound roasting chicken
- 1 pound ground turkey
- 1 pound boneless, skinless chicken breasts
- 1 pound thinly sliced raw chicken cutlets
- 8 ounces smoked salmon
- 2 salmon fillets, skin removed (4 ounces each)
- 1 rack of lamb (about 1 pound)
- 1 pound beef stew cubes

FROZEN

- 1 package (8 ounces) frozen artichoke hearts
- 1 bag (8 ounces) frozen peas

OILS, CONDIMENTS, SPICES

- 1 bottle (25 ounces) extra-virgin olive oil
- 1 jar (14 ounces) raw honey
- 1 jar (2 ounces) red-pepper flakes (optional)
- 1 can (5 ounces) olive oil cooking spray

GRAINS AND DRY GOODS

- 1 bag (16 ounces) ground flaxseeds
- 1 bag (8 ounces) unsweetened coconut

- 1 container (7 ounces) baking powder
- 1 container (12 ounces) vanilla whey protein powder
- 1 bar (4 ounces) 70% cocoa chocolate
- 1 jar (4 ounces) instant espresso powder

CANNED/JARRED GOODS

- 2 containers (32 ounces each) low-sodium chicken or vegetable broth
- 1 jar (28 ounces) low-sodium marinara sauce

- 2 cans (15 ounces each) low-sodium beans, such as pinto or kidney, or chickpeas
- 1 can (15 ounces) low-sodium chicken or vegetable broth
- 2 cans (5 ounces each) tomato paste
- 1 jar (8 ounces) unsweetened pomegranate juice
- 1 container (10 ounces) pitted olives, such as kalamata
- 1 jar (14 ounces) coconut oil

SHOPPING LISTS **PHASE 3 WEEK 2**

PRODUCE

- 2 pounds kale
- 1 pound spinach
- 1 pound arugula
- 3 pounds mesclun greens
- 1 bunch bok choy
- 1 bunch Swiss chard
- 1 pound green beans
- 2 heads broccoli
- 1 bulb fennel
- 2 bunches celery
- 1 bunch carrots
- 1 bunch radishes
- 4 tomatoes
- 3 cucumbers
- 1 zucchini
- 1 green or red bell pepper
- 1 avocado
- 4" piece fresh ginger
- 1 bunch mint
- 1 bag (8 ounces) fresh cranberries
- 1 apple

DAIRY

- 1 container (35 ounces) 2% plain Greek yogurt
- 1 bottle (32 ounces) 2% plain kefir
- 2 dozen eggs
- 1 piece (6 ounces) Parmesan or Pecorino Romano cheese
- 4 ounces Greek feta cheese
- 1 container (8 ounces) plain or spicy hummus

MEATS/PROTEINS

- 1 pound ground turkey
- 1 rack of lamb (about 1 pound)
- 2 pounds boneless, skinless chicken breasts
- 1 pound salmon fillets, skin removed
- 4 ounces smoked salmon

FROZEN

- 1 bag (12 ounces) frozen berries
- 1 bag (12 ounces) frozen blueberries
- 1 package (8 ounces) frozen artichoke hearts

OILS, CONDIMENTS, SPICES

- 1 jar (2 ounces) nutmeg
- 1 bottle (2 ounces) almond extract

GRAINS AND DRY GOODS

- 1 box (12 ounces) quinoa
- 1 package (8 ounces) walnuts
- 1 bag (4 ounces) wild rice

CANNED/JARRED GOODS

- 2 containers (32 ounces each) low-sodium chicken or vegetable broth
- 2 cans (15 ounces each) low-sodium beans, such as pinto or kidney, or chickpeas
- 1 container (5 ounces) tomato paste
- 1 bottle (8 ounces) unsweetened pomegranate juice

Recipes

RECIPES

PHASE 1 BREAKFASTS

Blueberry Protein Smoothie

Tender and nutrient dense, spinach is a mild-tasting green to sneak into your breakfast foods. Blueberries and sweet-tasting stevia will mask any slight veggie taste, making it a good option to share with family members who don't always eat their veggies.

For Phase 2, replace the coconut milk with 2% plain kefir or yogurt. Or for a flavor swap, use $\frac{1}{2}$ teaspoon almond extract in place of the cinnamon.

PREP TIME: 5 MINUTES ■ TOTAL TIME: 10 MINUTES

1 cup leftover brewed green tea (cold)	2 tablespoons ground flaxseeds or chia seeds (or chia-flax flour)
1 cup plain, unsweetened coconut milk	1 tablespoon coconut oil
$\frac{2}{3}$ cup plain or vanilla whey protein powder	2 teaspoons stevia powder
$\frac{1}{2}$ cup fresh or frozen blueberries	$\frac{1}{2}$ teaspoon ground cinnamon
$\frac{1}{2}$ cup raw baby spinach	8 ice cubes

In a blender, place the tea, coconut milk, protein powder, blueberries, spinach, ground seeds, oil, stevia, cinnamon, and ice. Process until smooth. Divide evenly into 2 glasses and serve immediately.

MAKES 2 SERVINGS

PER SERVING (2 $\frac{1}{2}$ cups): 261 calories, 20 g protein, 18 g carbohydrates, 14 g total fat, 9 g saturated fat, 0 mg cholesterol, 6 g fiber, 115 mg sodium

HEALTHY KITCHEN TIPS

Shop for coconut milk in the dairy aisle—it's much lower in fat than canned coconut milk and a perfect sub for all your favorite breakfast recipes. My favorite brands: So Delicious, 365, Silk, and Almond Breeze.

Make your own "power powder" by grinding $\frac{1}{2}$ cup flaxseeds with $\frac{1}{2}$ cup chia seeds. Always purchase ground flaxseeds or grind the whole seeds yourself in a coffee grinder. Store flaxseeds in an airtight container in the fridge.

Eggs to Go

Eggs are not only a nutrient-dense source of vitamins such as B₁₂ and B₂ but they also deliver choline that protects your nervous system and may boost your mood. Shop for omega-3-fortified or pasture-raised eggs.

For Phase 2, replace 1 cup of the greens with ½ cup beans, thinly sliced asparagus, or ½ cup pickled veggies.

PREP TIME: 10 MINUTES ■ TOTAL TIME: 15 MINUTES

4 eggs	¼ teaspoon paprika or a pinch of ground cloves
4 egg whites	2 tablespoons extra-virgin olive oil, divided
3 tablespoons plain whey protein powder	2 cups chopped greens, such as spinach or kale
¼ teaspoon freshly ground black pepper	4 soft corn tortillas (6" diameter)

1. In a small bowl, whisk together the eggs, egg whites, protein powder, pepper, and paprika or cloves. Set aside.
2. Warm a large ceramic-coated or cast-iron skillet over medium-high heat and add 1 tablespoon of the oil. Add the greens and cook for 1 to 2 minutes, turning often, or until the greens wilt. Transfer the greens to a plate.
3. Return the skillet to medium heat and add the remaining 1 tablespoon oil and then the egg mixture. Cook for 2 to 3 minutes, stirring often, or until the eggs start to scramble. Add the greens and stir, cooking for 1 minute, or until the eggs are cooked through.
4. Set each tortilla on an 8" x 8" sheet of foil. Divide the eggs between the tortillas. Fold the tortillas and wrap the foil around them. Serve within 1 hour or store, refrigerated, until ready to eat.

MAKES 4 SERVINGS

PER SERVING (1 tortilla, 1½ cups eggs and greens): 220 calories, 14 g protein, 13 g carbohydrates, 12 g total fat, 2 g saturated fat, 186 mg cholesterol, 2 g fiber, 168 mg sodium

HEALTHY KITCHEN TIP

Can't do eggs? Scramble protein-rich tofu instead. Cook the vegetables until tender, then crumble the tofu into the pan and warm through. Flavor the tofu with dried herbs or anti-inflammatory spices.

Vanilla Spice Quinoa Breakfast Cereal

Quinoa is a nutritious gluten-free seed. It's high in potassium, fiber, protein, and a long list of strength-building nutrients. Shop for prewashed quinoa, since saponin, a bitter-tasting compound, covers the outside of the seeds and needs to be thoroughly rinsed away.

For Phase 2, replace $\frac{1}{2}$ cup of the quinoa with $\frac{1}{2}$ cup prebiotic dry old-fashioned rolled oats. For a flavor swap for Phase 2 or 3, swap out the berries listed and add in the same amount of strawberries, plus a pinch of cardamom.

PREP TIME: 10 MINUTES ■ TOTAL TIME: 40 MINUTES

$\frac{1}{3}$ cup dry quinoa, rinsed under cold running water	1 teaspoon ground cinnamon
2 cups water	$\frac{1}{4}$ teaspoon ground cardamom
$\frac{2}{3}$ cup plain or vanilla whey protein powder	2 tablespoons ground flaxseeds or chia seeds or chia-flax flour
$\frac{1}{2}$ cup shredded unsweetened coconut	1 cup fresh or frozen raspberries or blueberries
$\frac{1}{4}$ cup hemp seeds	$\frac{1}{4}$ cup chopped walnuts
1 teaspoon pure vanilla extract	

1. In a large saucepan, place the quinoa and water and bring to a boil over high heat. Reduce to a simmer and cook for 15 to 20 minutes, or until the quinoa is tender and the centers of the grains are translucent.
2. Stir in the protein powder, coconut, hemp seeds, vanilla, cinnamon, and cardamom. Stir in the flaxseeds or chia seeds or seed flour. If the mixture is too thick, add another $\frac{1}{4}$ to $\frac{1}{2}$ cup water to reach the desired consistency. Divide the quinoa mixture into 4 bowls and top each with $\frac{1}{4}$ cup berries and 1 tablespoon walnuts. Serve immediately.

MAKES 4 SERVINGS

PER SERVING (1 cup): 233 calories, 15 g protein, 19 g carbohydrates, 11 g total fat, 4 g saturated fat, 0 mg cholesterol, 7 g fiber, 47 mg sodium

Power Breakfast Bars

Store-bought protein bars can be a hidden haven for sugar—as much as in a candy bar. This version contains good-quality protein, like quinoa (high in iron) and chia (high in plant-based omega-3s).

For Phase 2, replace $\frac{1}{2}$ cup of the quinoa with $\frac{1}{2}$ cup prebiotic dry old-fashioned rolled oats. For a flavor swap for Phase 2 or 3, swap out the berries listed and add in the same amount of strawberries, plus a pinch of cardamom, or chopped cherries with chopped 85% dark chocolate.

PREP TIME: 15 MINUTES ■ TOTAL TIME: 25 MINUTES

$\frac{1}{2}$ cup fresh or frozen blueberries	$\frac{2}{3}$ cup vanilla whey protein powder
$\frac{1}{3}$ cup almond butter	$\frac{1}{4}$ cup ground flaxseeds
2 eggs	1 teaspoon pure vanilla extract
2 teaspoons stevia powder	$\frac{1}{2}$ teaspoon ground cinnamon
1 cup quinoa flakes	$\frac{1}{4}$ teaspoon ground cloves or cardamom
1 cup unsweetened grated coconut	

1. Preheat the oven to 400°F. Line an 8" x 8" baking dish with foil. Coat the foil with cooking spray.
2. In a large bowl, combine the blueberries, almond butter, eggs, and stevia. Mash gently with the back of a spoon. Add the quinoa, coconut, protein powder, flaxseeds, vanilla, cinnamon, and cloves or cardamom. Mash well with a fork until a thick, crumbly mixture forms.
3. Transfer the mixture into the prepared baking dish, pressing it into an even layer with a rubber spatula. Bake for 8 to 10 minutes, or until the top begins to brown and the edges are firm to the touch. Cool completely before cutting into 8 bars.

MAKES 8 BARS

PER SERVING (1 bar): 218 calories, 10 g protein, 16 g carbohydrates, 13 g total fat, 4 g saturated fat, 46 mg cholesterol, 5 g fiber, 42 mg sodium

HEALTHY KITCHEN TIP

Looking to burn calories more efficiently? Look no further than your spice rack for tasty ways to perk up healthy ingredients and boost antioxidants in your diet. Think of your spice rack as a flavor savior that also helps you to burn more fat faster.

Greek Village Salad

This fresh, summery salad is adapted from one by Alfred Himmelrich, owner of Stone Mill Bakery and Café in Lutherville, Maryland—Dr. Gerry’s favorite eatery in the Baltimore area. This delicious and filling salad was a collaboration by Alfie and the Skinny Chef and features a tangy dressing you’ll get hooked on. Use leftover chicken or even salmon from other recipes to make this a quick dinner.

PREP TIME: 10 MINUTES ■ TOTAL TIME: 20 MINUTES

¼ cup extra-virgin olive oil	2 medium tomatoes, cut into 1" slices and quartered
¼ cup lemon juice	1 large cucumber, cubed
2 teaspoons dried oregano	1 red bell pepper, seeded and diced
1 teaspoon Dijon mustard	2 ounces feta cheese, cut into ½" cubes (about ½ cup)
⅛ teaspoon freshly ground black pepper	¼ cup pitted olives, such as kalamata
½ pound cooked cubed chicken or medium shrimp	

In a blender, combine the oil, lemon juice, oregano, mustard, and black pepper until smooth. In a large bowl, add the chicken or shrimp, tomatoes, cucumber, bell pepper, cheese, and olives. Pour in the dressing, toss well, and serve.

MAKES 4 SERVINGS

PER SERVING (1½ cups salad): 344 calories, 27 g protein, 9 g carbohydrates, 22 g total fat, 4 g saturated fat, 91 mg cholesterol, 2 g fiber, 365 mg sodium

Orange Salmon

If you're a fan of salty with sweet flavors, you'll adore this unique orange-olive combination that gives plain salmon something to sing about. Citrus not only adds plenty of flavor but also cuts the scent of fish for those who are salmon newbies.

PREP TIME: 10 MINUTES ■ TOTAL TIME: 30 MINUTES

- | | |
|--|---|
| 1 pound bok choy or Swiss chard, thinly sliced | ½ teaspoon chili powder or ground coriander, mild or hot (optional) |
| 4 salmon fillets (4 ounces each), skin removed | ½ teaspoon fennel seeds |
| 1 tablespoon extra-virgin olive oil | 1 large orange, peel grated, then thinly sliced |
| ¼ cup black or green olives, chopped | |

1. Preheat the oven to 400°F. In an 11" x 7" baking dish, spread the bok choy or chard and place the salmon on top.
2. In a small bowl, place the oil, olives, chili powder or coriander, fennel seeds, and orange peel and mash with the back of a spoon to combine. Spoon the mixture over the salmon and bake for 15 to 17 minutes, or until the fish is opaque and flakes easily. Top with the orange slices and serve immediately.

MAKES 4 SERVINGS

PER SERVING (1 salmon fillet, 1 cup greens): 307 calories, 25 g protein, 7 g carbohydrates, 20 g total fat, 4 g saturated fat, 62 mg cholesterol, 2 g fiber, 208 mg sodium

Pesto Baked Cod

Homemade pesto just takes minutes to whip together and tastes worlds above the jarred varieties. This basil pesto increases nutrition by 100 percent with the addition of spinach, a top superfood rich in vitamins A and C, folate, and fiber.

For Phase 2, replace 1 cup of the baby spinach with 1 cup fresh or frozen (and thawed) green peas.

PREP TIME: 15 MINUTES ■ TOTAL TIME: 45 MINUTES

2 cups baby spinach	3 tablespoons walnuts
2 cups basil leaves	¼ teaspoon salt
½ cup grated Parmesan cheese	4 cod fillets (4 ounces each)
3 tablespoons extra-virgin olive oil	1 spaghetti squash (about 1 pound), cut in half lengthwise

1. Preheat the oven to 400°F.
2. In a blender or food processor, combine the spinach, basil, cheese, oil, walnuts, and salt. Blend until a chunky mixture forms. Place the fish in an 11" x 17" baking dish. Spread the pesto in equal portions over each piece of fish. Bake for 15 to 18 minutes, or until the fish flakes easily.
3. While the fish is baking, prepare the spaghetti squash. Heat 4 inches of water in a large pot. Add a steamer basket and insert the squash. Steam for 10 to 15 minutes, adding ¼ cup water if the water level decreases, or until the squash is fork-tender. Transfer to a cutting board to cool. Remove the seeds and discard. Shred the flesh of the squash with 2 forks; you should have about 4 cups. Divide the squash between 4 plates, top each with a fillet, and serve immediately.

MAKES 4 SERVINGS

PER SERVING (1 cod with topping, 1 cup squash): 296 calories, 27 g protein, 10 g carbohydrates, 17 g total fat, 4 g saturated fat, 58 mg cholesterol, 3 g fiber, 402 mg sodium

HEALTHY KITCHEN TIP

Is your fishmonger out of cod this week? Then go for these two low-mercury choices: wild-caught pollack or freshwater trout. Both pollack and trout are sustainable fish and yummy!

Spiced Pumpkin Soup

It's easy to stick to your new eating plan when you feast on this velvety soup that's also appropriate for fall holidays. Rich-tasting, anti-inflammatory, fat-fighting spices like ginger, cinnamon, and coriander layer on serious flavor with hardly any calories and no sugar or salt.

For Phase 2, add $\frac{1}{4}$ cup old-fashioned rolled oats before blending, along with $\frac{1}{4}$ cup water to adjust the thickness.

PREP TIME: 10 MINUTES ■ TOTAL TIME: 40 MINUTES

2 tablespoons extra-virgin olive oil or coconut oil, divided	1 quart low-sodium chicken broth
4 chicken cutlets	1 can (15 ounces) 100% pure pumpkin
1 clove garlic, minced	$\frac{1}{2}$ teaspoon ground cinnamon or ground cloves
2 teaspoons minced ginger	$\frac{1}{2}$ teaspoon ground coriander or garlic powder
$\frac{1}{4}$ teaspoon freshly ground black pepper	$\frac{1}{4}$ cup cilantro or parsley leaves (optional)

1. Heat a large pot over medium-high heat and add 1 tablespoon of the oil. Add the cutlets and sprinkle them with the garlic, ginger, and pepper. Cook for 4 to 5 minutes, turning occasionally, or until the chicken browns and the juices run clear. Transfer to a plate.

2. Reduce the heat to low and add the broth, pumpkin, cinnamon or cloves, coriander or garlic powder, and the remaining 1 tablespoon oil. Cover and simmer, stirring occasionally, until the soup thickens and becomes fragrant. Divide the soup among 4 bowls. Shred the chicken and divide it between the bowls. Garnish with the parsley or cilantro, if using, and serve immediately.

MAKES 4 SERVINGS

PER SERVING (1 $\frac{3}{4}$ cups made with olive oil): 235 calories, 24 g protein, 12 g carbohydrates, 10 g total fat, 2 g saturated fat, 54 mg cholesterol, 3 g fiber, 172 mg sodium

HEALTHY KITCHEN TIP

To give this soup a spring or summer makeover, use 15 ounces fresh spinach or zucchini in place of the pumpkin. For a vegetarian option, add 14 ounces extra-firm tofu instead of the chicken.

Raspberry Mesclun Salad with Green Tea Dressing

Raspberries and green tea bring sweet-tart flavors along with fiber and antioxidants that can boost your calorie burn more efficiently. For serious gourmets, opt for the vanilla protein powder for a fragrant yet savory dressing.

For Phases 2 and 3, replace almonds with bright green pistachios, a fat-busting nut that also has visual appeal. Once you reach Phase 2, swap out the fresh radishes and cukes for the pickled equivalent.

PREP TIME: 10 MINUTES ■ TOTAL TIME: 40 MINUTES

6 cups baby mesclun greens	3 tablespoons plain or vanilla whey protein powder
2 cups bean sprouts, such as alfalfa	3 tablespoons extra-virgin olive oil
1 cup thinly sliced radishes or cucumber	1 teaspoon grated lime peel
1 cup fresh or frozen raspberries, thawed	2 tablespoons fresh lime juice
¼ cup chopped almonds	¼ teaspoon salt
½ cup cold green tea	12 ounces cooked chicken breast (2 breasts) or ½ pound cooked shrimp

1. In a large bowl, mix the greens, sprouts, radishes or cucumber, raspberries, and almonds.
2. In a blender, combine the tea, protein powder, oil, lime peel, lime juice, and salt. Blend until smooth. Drizzle over the greens. Top with the chicken or shrimp and serve immediately.

MAKES 4 SERVINGS

PER SERVING (2½ cups of salad with chicken): 288 calories, 25 g protein, 12 g carbohydrates, 16 g total fat, 2 g saturated fat, 54 mg cholesterol, 6 g fiber, 290 mg sodium

HEALTHY KITCHEN TIP

Save prep time but still get enough filling protein: Use 2 thinly sliced breasts of frozen cooked or grilled chicken without breading, added fat, or high amounts of salt. Or use 2 cups thawed cooked shrimp. For a vegetarian option, add 12 ounces drained tofu.

Crunchy Almond Tuna Salad

This crisp and refreshing tuna salad is made primarily from pantry staples that you'll have on hand. Look for light spring-water-packed tuna—it's lower in mercury levels.

For Phases 2 and 3, add ½ cup cooked quinoa or 1 cup pickled red cabbage.

PREP TIME: 10 MINUTES ■ TOTAL TIME: 15 MINUTES

2–3 teaspoons grated lemon peel	4 cups baby spinach or watercress, chopped
3 tablespoons fresh lemon juice	1 head broccoli, cut into florets (about 4 cups florets)
2 tablespoons plain, unsweetened coconut milk	2 cans (5 ounces each) light spring-water-packed tuna, drained
2 tablespoons chia seeds	¼ cup chopped pecans or hazelnuts
1 tablespoon coconut oil	¼ cup chopped fresh chives (optional)
¼ teaspoon salt	

1. In a blender, combine the lemon peel, lemon juice, coconut milk, seeds, oil, and salt. Blend until smooth.
2. In a large bowl, place the spinach or watercress, broccoli, tuna, pecans or hazelnuts, and chives (if using). Drizzle with the dressing and toss well. Serve immediately.

MAKES 4 SERVINGS

PER SERVING (2½ cups): 244 calories, 24 g protein, 15 g carbohydrates, 11 g total fat, 1 g saturated fat, 21 mg cholesterol, 8 g fiber, 461 mg sodium

HEALTHY KITCHEN TIP

If you're on a low-sodium diet, omit the added salt in the dressing because tuna is naturally high in salt.

Massaged Kale Salad

Kale contains a world of nutrition, including incredibly high amounts of important anti-inflammatory nutrients like vitamins A and C. It also has lots of sulfur-based compounds that may combat several forms of cancers.

For a Phase 2 or 3 flavor swap, substitute the nuts with 3 tablespoons chia or sesame seeds. For a Phase 2 fiber boost, add 1 cup chickpeas, cooked lentils, or black beans.

PREP TIME: 10 MINUTES ■ TOTAL TIME: 1 HOUR 10 MINUTES

1 bunch (10 ounces) kale, sliced into 1" chunks	¼ cup walnuts or almonds
2 tablespoons extra-virgin olive oil	¼ cup crumbled feta cheese or thinly shaved Parmesan cheese
¼ teaspoon ground cumin or freshly ground black pepper or ½ teaspoon cumin seeds	¼ cup diced avocado
¼ cup green or black olives	2 cooked chicken breasts, cubed or sliced, ½ pound cooked shrimp, or 10 ounces firm tofu

1. In a large bowl, place the kale, oil, and ground cumin or pepper or cumin seeds. Using clean hands, rub the oil into the kale leaves, gently squeezing the leaves to soften them.
2. Sprinkle on the olives, nuts, cheese, and avocado. Cover and refrigerate for at least 1 hour. Top with the chicken, shrimp, or tofu and serve immediately.

MAKES 4 SERVINGS

PER SERVING (2½ cups): 298 calories, 23 g protein, 10 g carbohydrates, 19 g total fat, 3 g saturated fat, 62 mg cholesterol, 3 g fiber, 366 mg sodium

HEALTHY KITCHEN TIP

This Mediterranean-inspired salad, with tangy feta and savory olives, is high in anti-inflammatory ingredients like spices and olive oil that are a perfect fit for Phase 3. This filling salad gets its rich taste from three good-quality, and antioxidant-rich fat sources—olives, nuts, and avocado—that also help you feel full.

Slow-Cooker Chicken Picatta

Tangy picatta relies on two great low-cal ingredients—fresh lemon and capers—to give it savory flavor. This simple slow-cooker recipe is the perfect way to make a lean protein juicy.

For Phase 2, replace 1 cup of the lettuce with 1 cup sliced asparagus or cooked artichokes.

PREP TIME: 10 MINUTES ■ TOTAL TIME: 1 HOUR 30 MINUTES

2–3 teaspoons grated lemon peel	1 teaspoon dried herbs, such as Italian seasoning, rosemary, or thyme
3 tablespoons fresh lemon juice	4 boneless, skinless chicken breasts
3 tablespoons extra-virgin olive oil	1 head romaine lettuce, thinly sliced
2 tablespoons capers, rinsed well under cold running water	¼ cup thinly sliced Parmesan cheese
¼ teaspoon freshly ground black pepper	

1. In a slow cooker, place the lemon peel, lemon juice, oil, capers, pepper, and dried herbs and stir well to combine. Add the chicken and turn to coat. Cover and cook on low for 1 to 1½ hours, or until a thermometer inserted in the thickest portion registers 165°F and the juices run clear. Transfer the chicken to a cutting board and cool for 5 minutes before slicing.

2. Divide the romaine between 4 plates and top each with 1 tablespoon of the cheese. Top with the chicken and juices from the slow cooker. Serve immediately.

MAKES 4 SERVINGS

PER SERVING (3 cups): 320 calories, 39 g protein, 5 g carbohydrates, 16 g total fat, 3 g saturated fat, 113 mg cholesterol, 2 g fiber, 406 mg sodium

HEALTHY KITCHEN TIP

Have limited space in your kitchen cabinets but still want to harness the flavor of herbs? Shop for premixed herbs such as Italian seasoning—a dried herb blend that’s free of sugar and salt.

Chicken Vegetable Soup

Nothing is more soothing and nourishing than a hot bowl of soup, and this tasty version swaps out the customary onion for a gastrointestinal superfood, ginger. For a weekday shortcut, cook the veggies in the oil, then add shredded rotisserie chicken, the broth, and kale or spinach. Bring to a slow simmer, then serve.

For Phase 2, add $\frac{1}{2}$ cup prebiotic veggies such as asparagus. For Phase 3, stir in 1 cup cooked gluten-free brown rice noodles (al dente) or organic brown rice.

PREP TIME: 10 MINUTES ■ TOTAL TIME: 40 MINUTES

2 bone-in chicken breasts, skin on	2 cloves garlic, finely chopped
$\frac{1}{4}$ teaspoon freshly ground black pepper	1 (1") piece fresh ginger, finely chopped
1 tablespoon extra-virgin olive oil	1 teaspoon fresh or dried rosemary leaves
4 carrots, peeled and cut into 1" chunks	1 quart low-sodium chicken broth
2 ribs celery, thinly sliced	2 cups chopped kale or spinach
1 jalapeño chile pepper, seeded and finely chopped (optional), wear plastic gloves when handling	

1. Sprinkle the chicken with the black pepper. Heat a large pot over medium heat. Add the oil and chicken, skin side down. Cook for 1 to 2 minutes, or until the skin starts to brown.

2. Scatter the carrots, celery, chile pepper (if using), garlic, ginger, and rosemary around the chicken and cook for 5 minutes. Turn the chicken and stir the vegetables. Increase the heat to high and add the chicken broth. Bring to a simmer, then reduce the heat to low and cover. Cook for 10 minutes, or until a thermometer inserted in the thickest portion registers 170°F and the juices run clear. Turn off the heat. Let stand for 20 minutes.

3. Transfer the chicken to a cutting board and cool slightly for 5 to 6 minutes. Discard the skin and shred the meat. Return the meat to the soup along with the kale or spinach and cover for 5 minutes to wilt the greens. Serve immediately.

MAKES 4 SERVINGS

PER SERVING (1 $\frac{1}{2}$ cups): 194 calories, 20 g protein, 8 g carbohydrates, 8 g total fat, 1 g saturated fat, 113 mg cholesterol, 2 g fiber, 294 mg sodium

HEALTHY KITCHEN TIP

Kids love soups. To make this a complete kid's meal, add $\frac{1}{2}$ cup cooked whole grain pasta or quinoa to each bowl. Out of kale or spinach? For Phase 2 or 3, add broccoli florets or Swiss chard.

Spiced Pork Roast with Cauliflower Mash

Pork loin is a lean, tender cut that makes a perfect weekend roast for a family gathering. Serve leftovers over salad greens or use as a fast no-cook lunch.

For Phase 2, replace 1 cup of the greens with 1 cup sauerkraut, your favorite pickled vegetable, or a few teaspoons of jarred prepared horseradish.

PREP TIME: 10 MINUTES ■ TOTAL TIME: 50 MINUTES

2 teaspoons grated fresh ginger	½ head cauliflower, cut into florets (about 3 cups florets)
1 teaspoon chili powder, mild or hot	¼ cup chopped cilantro
½ teaspoon ground turmeric	2 tablespoons wasabi powder or grated fresh horseradish
2 tablespoons extra-virgin olive oil, divided	
1 pound lean pork loin, trimmed of excess fat	

1. Preheat the oven to 400°F.
2. In a small bowl, place the ginger, chili powder, turmeric, and 1 tablespoon of the oil. Mix well with a spoon or small spatula.
3. Place the pork in an 11" x 7" baking dish. Spread the oil mixture over the loin and bake, uncovered, for 25 to 30 minutes. Let stand for 5 minutes on a cutting board before slicing.
4. While the pork is baking, prepare the cauliflower mash. Heat 4 inches of water in a large pot. Add a steamer basket and insert the florets. Steam for 5 to 6 minutes, or until fork-tender. Transfer to a large bowl and mash with the cilantro, wasabi or horseradish, and the remaining 1 tablespoon oil. Serve immediately with the pork.

MAKES 4 SERVINGS

PER SERVING (1½ cups): 213 calories, 26 g protein, 6 g carbohydrates, 10 g total fat, 2 g saturated fat, 74 mg cholesterol, 2 g fiber, 162 mg sodium

HEALTHY KITCHEN TIP

Don't have a steamer basket? Just add the cauliflower florets directly to the pot and steam. Add additional water as needed, ¼ cup at a time.

Ginger-Crusted Kale Chips

Kale chips are all the rage. They have a wonderful flaky texture and crunch that any chip lover will enjoy. These are crusted with a superroot—a heavy hitter when it comes to quenching inflammation.

For Phases 2 and 3, add 2 tablespoons ground flaxseed to boost the fiber.

PREP TIME: 5 MINUTES ■ TOTAL TIME: 15 MINUTES

1 bunch (10 ounces) curly kale, stems trimmed	2 tablespoons finely grated fresh ginger
¼ cup chopped pumpkin seeds or pecans	½ teaspoon chili powder or paprika
¼ cup chia seeds	¼ teaspoon salt
	2 egg whites

1. Preheat the oven to 400°F. Coat 2 baking sheets with olive oil cooking spray. Rinse the kale under cold water. Dry well with paper towels or a dry dishtowel.
2. On a sheet of waxed paper or a plate, place the pumpkin seeds or pecans, chia, ginger, chili powder or paprika, and salt. Mix well with your fingertips. It may clump slightly.
3. In a large bowl, whisk the egg whites with a wire whisk for about 10 seconds, or until foamy. Dip the edges of the kale leaves into the egg whites, then place on the prepared baking sheets. Sprinkle on the seed mixture. Spread the kale so the leaves don't touch. Coat the tops of the leaves with another spritz of cooking spray.
4. Bake for 10 to 12 minutes, or until the leaves are crisp and the seeds and nuts are golden. Cool for 2 minutes before serving.

MAKES 4 SERVINGS

PER SERVING (1 cup): 175 calories, 9 g protein, 13 g carbohydrates, 12 g total fat, 1 g saturated fat, 0 mg cholesterol, 4 g fiber, 212 mg sodium

Coconut Joy Pudding

No need to cook this sumptuous pudding, since protein-rich chia seeds swell when they come in contact with liquid. For a looser, creamier pudding, add an extra $\frac{1}{4}$ cup coconut milk to the oat and chia mixture before spooning into dessert dishes.

PREP TIME: 5 MINUTES ■ TOTAL TIME: 1 HOUR 5 MINUTES

1 cup plain, unsweetened coconut milk	1 cup cold water
$\frac{2}{3}$ cup plain or vanilla whey protein powder	$\frac{1}{4}$ cup + 4 tablespoons shredded unsweetened coconut
$\frac{1}{3}$ cup chia seeds	4 tablespoons chopped or shaved 70% (or higher) dark chocolate

1. In a large bowl, whisk together the coconut milk, protein powder, chia seeds, water, and $\frac{1}{4}$ cup shredded coconut. Combine well. Set out 4 parfait glasses or 4 small airtight containers and add $\frac{3}{4}$ cup of the coconut mixture to each.
2. Sprinkle each with 1 tablespoon shredded coconut and 1 tablespoon chocolate. Cover the glasses with plastic wrap or close the container lids. Place in the fridge and chill for 1 hour before serving.

MAKES 4 SERVINGS

PER SERVING ($\frac{1}{4}$ cup): 201 calories, 12 g protein, 14 g carbohydrates, 14 g total fat, 6 g saturated fat, 0 mg cholesterol, 8 g fiber, 161 mg sodium

HEALTHY KITCHEN TIP

Normally, saturated fat is a red flag for your health, but the saturated fat in this filling pudding comes from anti-inflammatory, heart-healthy sources like coconut and dark chocolate—so indulge!

Salsa and Eggs

This tangy lime-laced salsa not only adds flavor to eggs but also gives you a good dose of two prebiotic superfoods: kiwifruit and beans. Use leftover salsa (or double the salsa recipe) to top salads, grilled chicken, or fish.

PREP TIME: 10 MINUTES ■ TOTAL TIME: 20 MINUTES

2 kiwifruit, peeled and finely chopped	⅓ cup plain whey protein powder
2 cups low-sodium canned black beans, rinsed and drained	¼ teaspoon freshly ground black pepper
¼ cup packed cilantro	¼ teaspoon ground cumin
1–2 tablespoons fresh lime juice	1 tablespoon extra-virgin olive oil
4 eggs	½ cup 2% plain Greek yogurt
4 egg whites	

1. In a medium bowl, combine the kiwi, beans, cilantro, and lime juice. Set aside.
2. In a small bowl, whisk the eggs and egg whites. Gently whisk in the protein powder, pepper, and cumin. Set aside.
3. Warm a large ceramic-coated or cast-iron skillet over medium-high heat and add the oil. Add the egg mixture. Cook for 2 to 3 minutes, stirring, or until soft curds form and the eggs are cooked through. Divide the eggs among 4 plates and top each with ¾ cup of the salsa and 2 tablespoons yogurt.

MAKES 4 SERVINGS

PER SERVING (2¼ cups: 1½ cups eggs, ¾ cup salsa): 247 calories, 22 g protein, 23 g carbohydrates, 9 g total fat, 2 g saturated fat, 187 mg cholesterol, 7 g fiber, 395 mg sodium

Pumpkin Pie Yogurt Parfait

Store-bought parfaits can be bursting with carbs and fat, since they're typically made from white processed carbs and sugar. But this easy, homemade version, which can double as a snack, provides a huge hit of hunger-calming protein along with other key nutrients.

PREP TIME: 10 MINUTES ■ TOTAL TIME: 1 HOUR 5 MINUTES

2 cups 2% plain Greek yogurt	2 tablespoons water
$\frac{1}{3}$ cup plain or vanilla whey protein powder	$\frac{1}{2}$ cup canned 100% pure pumpkin
$\frac{1}{2}$ teaspoon pumpkin pie spice or ground cinnamon	$\frac{1}{4}$ cup old-fashioned rolled oats
$\frac{1}{4}$ teaspoon ground cloves (optional)	2 teaspoons stevia powder
	1 teaspoon pure vanilla extract

1. In a medium bowl, place the yogurt, protein powder, pumpkin pie spice or cinnamon, and cloves, if using. Add the water and stir well. Distribute half of the yogurt mixture among 4 parfait glasses.
2. In a large bowl, place the pumpkin, oats, stevia, and vanilla. Stir well to combine. Divide half of the pumpkin mixture among the parfait glasses. Repeat with the yogurt and the pumpkin mixture. Cover each parfait glass with plastic wrap and refrigerate for at least 1 hour before serving.

MAKES 4 SERVINGS

PER SERVING (1 $\frac{1}{4}$ cups): 136 calories, 15 g protein, 13 g carbohydrates, 3 g total fat, 2 g saturated fat, 7 mg cholesterol, 2 g fiber, 54 mg sodium

HEALTHY KITCHEN TIP

For a flavor surprise, serve this healthy parfait topped with raspberries. For a spring version, substitute fresh or frozen berries in place of the pumpkin; in summer, try thinly sliced melon with fresh mint in place of the spices.

Pomegranate Margarita Smoothie

Blueberries and pomegranate make a strong anti-inflammatory pair, since antioxidants come from their vibrant color. You'll get hooked on the sweet-tart flavor of this delectable shake worthy of the name Margarita.

PREP TIME: 5 MINUTES ■ TOTAL TIME: 10 MINUTES

1 cup 2% plain Greek yogurt (or homemade yogurt, page 333) or kefir (or homemade kefir, page 334)	1 teaspoon grated lime peel
½ cup fresh or frozen blueberries	1–2 tablespoons fresh lime juice
⅓ cup pomegranate juice	2 tablespoons flaxseed, chia seed, or chia-flax flour
⅓ cup plain whey protein powder	2 teaspoons stevia powder (optional)
2 tablespoons chopped macadamia nuts or walnuts	½ cup water
	8 ice cubes

In a blender, combine the yogurt or kefir, blueberries, pomegranate juice, protein powder, nuts, lime peel, lime juice, flaxseed or chia seed or chia-flax flour, stevia (if using), water, and ice cubes. Process until smooth. Divide into 2 glasses and serve immediately.

MAKES 2 SERVINGS

PER SERVING (1½ cups): 272 calories, 21 g protein, 27 g carbohydrates, 12 g total fat, 3 g saturated fat, 8 mg cholesterol, 6 g fiber, 78 mg sodium

HEALTHY KITCHEN TIPS

Yearning for chocolate? Remove the lime juice and swap 2 tablespoons of 85% dark chocolate for the nuts.

Mix ½ cup pomegranate juice with ½ cup water and freeze in an ice cube tray. You'll love the convenience of using "pom cubes" for smoothies or in sparkling water, and you will have lowered calories and carbs by using the juice-water blend.

Muffin-Size Frittatas

Make these tasty frittatas in a muffin pan—they'll cook quickly and look elegant enough for a special brunch. Enjoy them at room temperature as finger food—they travel well, too.

For Phase 3, add a few teaspoons of salsa or add in ½ cup diced cherry tomatoes with 2 tablespoons finely chopped chives.

PREP TIME: 10 MINUTES ■ TOTAL TIME: 25 MINUTES

1 red bell pepper, seeded and thinly sliced	6 eggs
2 cups chopped spinach	1 cup canned beans, such as black or kidney, rinsed and drained
¼ cup chopped fresh parsley and/or cilantro	¼ cup crumbled feta cheese
¼ teaspoon dried herbs, such as thyme or rosemary (optional)	4 cups greens, such as arugula or dandelion greens

1. Preheat the oven to 400°F. Coat a 12-cup muffin pan with cooking spray and set it aside.
2. Coat a large skillet with cooking oil and place over medium heat. Add the bell pepper, spinach, parsley or cilantro, and dried herbs, if using. Cook for 3 to 4 minutes, stirring occasionally, or until the vegetables start to soften. Transfer to a plate.
3. In a large bowl, whisk together the eggs, beans, cheese, and cooked veggies. Pour the mixture into 8 muffin cups, filling them three-quarters full. Bake for 10 to 12 minutes, or until the eggs are firm and cooked through. Run a knife along the inside edge of each muffin cup and pull out the frittatas. Serve them over the greens.

MAKES 4 SERVINGS

PER SERVING (2 muffin frittatas, 1 cup greens): 218 calories, 16 g protein, 16 g carbohydrates, 10 g total fat, 4 g saturated fat, 287 mg cholesterol, 7 g fiber, 407 mg sodium

Cool Cucumber-Avocado Soup

Raw apple cider vinegar and kiwifruit give this creamy chilled soup a prebiotic boost. The perfect dish to take to your next cookout, serve it in paper cups for sipping or omit the water and use it as a dip for shrimp or thinly sliced raw celery and radishes.

PREP TIME: 5 MINUTES ■ TOTAL TIME: 10 MINUTES

1 large cucumber, peeled and quartered	2 tablespoons raw apple cider vinegar
1 ripe Hass avocado, peeled	¼ teaspoon garlic powder or chili powder
1 kiwifruit, peeled and quartered	1 cup cold water or cold green tea
½ cup almonds	1 pound frozen precooked shrimp, thawed
¼ cup fresh mint leaves or fresh dill	

In a food processor, place the cucumber, avocado, kiwi, almonds, mint or dill, vinegar, garlic or chili powder, and water or tea. Pulse the mixture until smooth. Top individual servings with the shrimp and serve immediately or chill, covered, in an airtight container for at least 1 hour or up to 2 days.

MAKES 4 SERVINGS

PER SERVING (1½ cups with shrimp): 266 calories, 20 g protein, 12 g carbohydrates, 16 g total fat, 1 g saturated fat, 186 mg cholesterol, 5 g fiber, 649 mg sodium

HEALTHY KITCHEN TIPS

Stop at your local fish market or counter and ask for precooked cocktail shrimp to make this soup a no-cook feast.

All the sodium in this dish comes from the shrimp. You can decrease the sodium by decreasing the amount of shrimp, but note that the protein count will go down, too. For a low-sodium version, swap in chicken instead.

Chicken Tikka Masala

Tikka Masala gets its flavorful sauce from ginger, cilantro, and sweet-tasting tomato paste. Restaurants douse this dish in heavy cream, but this lighter version, with less sauce, adds more protein by swapping cream for yogurt.

PREP TIME: 15 MINUTES ■ TOTAL TIME: 40 MINUTES

2 boneless, skinless chicken breasts, cubed	1 cup 2% plain Greek yogurt or kefir, divided
4 ounces tomato paste (¼ cup)	1 tablespoon coconut oil
½ cup chopped cilantro	1 head broccoli, cut into florets (about 4 cups florets)
1 clove garlic, minced	¼ cup red lentils
2 teaspoons curry powder, such as Madras	½ cup water

1. In a resealable plastic bag, place the chicken, tomato paste, cilantro, garlic, curry, and ½ cup of the yogurt or kefir. Seal the bag and shake well to coat. Refrigerate for at least 30 minutes or overnight.
2. Heat the oil in a large skillet over medium heat. Add the broccoli. Cook for 3 to 4 minutes, stirring occasionally, or until the broccoli starts to brown. Reduce the heat to low. Add the chicken and marinade. Cook for 2 to 3 minutes, turning the chicken, or until it starts to brown around the edges. Add the lentils along with the water. Cover and cook for 6 to 8 minutes, stirring occasionally, or until the chicken is no longer pink and the broccoli and lentils are tender. Stir in the remaining ½ cup yogurt or kefir. Serve immediately.

MAKES 4 SERVINGS

PER SERVING (1½ cups): 254 calories, 29 g protein, 19 g carbohydrates, 7 g total fat, 4 g saturated fat, 58 mg cholesterol, 4 g fiber, 276 mg sodium

HEALTHY KITCHEN TIP

To make a cooling cucumber raita side dish: In the bowl of a food processor, place 1 small cucumber, cut in thirds, with ¼ cup cilantro and ¼ cup mint. Add 1 cup plain kefir or yogurt and a pinch of cumin. Pulse until a chunky mixture forms, then serve immediately with the Tikka Masala.

Zesty Lemon Chicken Salad

Herbs, citrus, and spices are your one-way ticket to flavor without packing on the sugar, fat, or salt. Miso is the secret probiotic flavor booster that gives normally bland-tasting chicken extra-zesty appeal. Look for miso in the dairy aisle of your local health food store.

PREP TIME: 1 HOUR 10 MINUTES ■ TOTAL TIME: 1 HOUR 40 MINUTES

4 boneless, skinless chicken breasts	¼ teaspoon ground turmeric
¼ cup chopped cilantro	½ cup 2% plain Greek yogurt
1 tablespoon extra-virgin olive oil	1 tablespoon low-sodium miso paste
2–3 teaspoons grated lemon peel	1 red bell pepper, finely chopped
3 tablespoons fresh lemon juice	2 tablespoons chopped almonds or macadamia nuts
¼ teaspoon freshly ground black pepper	6 cups mixed greens, such as mesclun and baby kale

1. In a resealable plastic bag, place the chicken, cilantro, oil, lemon peel, lemon juice, black pepper, and turmeric. Shake well to coat the chicken. Marinate in the refrigerator for at least 1 hour or overnight.
2. Heat a grill or grill pan over medium-high heat. Grill the chicken for 8 to 10 minutes, turning occasionally, or until a thermometer inserted in the thickest portion registers 165°F and the juices run clear. Set aside.
3. In a large bowl, whisk the yogurt and miso to combine. Add the bell pepper and nuts. Chop the chicken and add it to the bowl. Toss well to coat and serve immediately over the mixed greens.

MAKES 4 SERVINGS

PER SERVING (2½ cups): 297 calories, 43 g protein, 17 g carbohydrates, 8 g total fat, 2 g saturated fat, 111 mg cholesterol, 4 g fiber, 265 mg sodium

Tangy Buffalo Burgers with Pickles and Slaw

Dry steak seasoning or grilling spices, often found tucked in the back of your spice rack, are another way to flavor your burger with antioxidant-rich spices. Look for low-sodium options and mixes without MSG. If you can't locate ground buffalo (also known as ground bison), try ground chicken or grass-fed beef instead.

PREP TIME: 20 MINUTES ■ TOTAL TIME: 40 MINUTES

Slaw

- 1 bulb fennel, trimmed and grated
- 4 carrots, peeled and grated
- ½ small red cabbage, grated (about 3 cups)
- 2–3 teaspoons lemon peel
- 3 tablespoons fresh lemon juice
- 1 cup 2% plain Greek yogurt
- 1 teaspoon celery seeds or caraway seeds

Burgers

- 1 pound ground buffalo meat
- ½ teaspoon dry steak seasoning or grilling spices
- ¼ teaspoon ground turmeric
- 1 avocado, sliced
- 8 thinly sliced low-sodium pickles or Pickled Cucumbers

1. *To make the slaw:* In a large bowl, place the fennel, carrots, red cabbage, lemon peel, lemon juice, yogurt, and celery or caraway seeds. Toss well to combine and set aside.
2. *To make the burgers:* In a large bowl, place the buffalo meat, steak seasoning or grilling spices, and turmeric. Mix well and form into 4 burgers. Coat a large skillet or grill rack with cooking spray. Heat over medium-high heat and add the burgers. Cook or grill for 10 to 12 minutes, turning once or twice, or until the burgers are still slightly pink in the center.
3. Divide the slaw among 4 plates. Place a burger on top of each plate and top with avocado slices and 2 pickles each. Serve immediately.

MAKES 4 SERVINGS

PER SERVING (1 burger, 1 cup slaw): 284 calories, 31 g protein, 24 g carbohydrates, 9 g total fat, 2 g saturated fat, 56 mg cholesterol, 8 g fiber, 362 mg sodium

HEALTHY KITCHEN TIP

Buffalo meat is an excellent high-protein (and high-iron) substitution for corn-fed beef. Order it frozen online—try these sites: jhbuffalomeat.com, northstarbison.com, or wildideabuffalo.com.

Miso Soup with Seaweed Salad

You don't have to go to your favorite Japanese restaurant to enjoy a hot bowl of miso soup. Make this easy, protein-rich version at home that has the addition of fish.

PREP TIME: 15 MINUTES ■ TOTAL TIME: 40 MINUTES

Soup

- 8 cups water
- 1 tablespoon shredded nori or wakami seaweed
- 3 cups chopped greens, such as Swiss chard, kale, or bok choy
- ¼ cup low-sodium miso paste
- 1 block (4 ounces) firm tofu, cut into ½" cubes
- 4 salmon or cod fillets, cut into 1" cubes
- ¼ cup cilantro (optional)

Seaweed Salad

- 4 ounces dried seaweed
- 1 tablespoon raw apple cider vinegar
- 1 tablespoon sesame oil
- 1 teaspoon reduced-sodium soy sauce
- 1 tablespoon white or black sesame seeds

- To make the soup:* In a large saucepan, bring the water to a slow simmer and add the nori or wakami. Simmer for 5 to 6 minutes to flavor the water. Add the greens and cook for 1 minute. Reduce the heat to low and add the miso and tofu. Stir until the miso is well dissolved. Stir in the fish chunks and cilantro (if using), cover, and remove the saucepan from the heat. Let stand for 5 to 6 minutes, or until the fish is opaque and cooked through.
- To make the seaweed salad:* Put the dried seaweed in a large bowl and fill it with cold water. Soak for 10 to 12 minutes, or until tender.
- Meanwhile, in a small bowl, whisk together the vinegar, oil, and soy sauce.
- Drain the seaweed and use your hands to squeeze out excess water. Wipe out any water in the bowl, then return the seaweed. Add the dressing and sesame seeds. Toss well, then serve alongside the miso soup.

MAKES 4 SERVINGS

PER SERVING (2 cups soup, 1 cup seaweed salad): 340 calories, 29 g protein, 8 g carbohydrates, 21 g total fat, 4 g saturated fat, 62 mg cholesterol, 2 g fiber, 439 mg sodium

HEALTHY KITCHEN TIP

Carry the delicious seaweed salad into Phase 3 for a satisfying snack that gives you a fat-burning boost in the afternoon when the munchies strike.

Ginger Fried Rice

Take-out fried rice isn't only high in MSG, it's also made with white rice that can send your blood sugar skyrocketing. This version has plenty of vegetables and protein that can help anchor your appetite. You'll enjoy the base of brown rice, which is higher in fiber and has a pleasant, chewy texture.

PREP TIME: 10 MINUTES ■ TOTAL TIME: 15 MINUTES

½ cup dry short-grain brown rice	2 tablespoons minced fresh ginger
3 tablespoons coconut oil	2 cloves garlic, minced
2 boneless, skinless chicken breasts, cubed, or ½ pound shelled shrimp	½ teaspoon Chinese five-spice powder
1 head bok choy, chopped (about 4 cups)	¼ teaspoon ground turmeric
2 cups frozen shelled edamame	2 tablespoons reduced-sodium, gluten-free soy sauce or tamari sauce (optional)

1. Cook the rice according to package directions and set aside.
2. Heat a large skillet over medium heat. Add the coconut oil. Add the chicken or shrimp, bok choy, and edamame at once and increase the heat to medium-high. Cook for 3 to 4 minutes, stirring often, or until the chicken and vegetables begin to brown. Add the ginger, garlic, five-spice powder, and turmeric. Cook for 2 to 3 minutes, stirring well, or until the chicken is no longer pink and the juices run clear or the shrimp are opaque.
3. Reduce the heat to medium and stir in the rice and soy or tamari sauce, if using. Serve immediately.

MAKES 4 SERVINGS

PER SERVING (1½ cups): 376 calories, 28 g protein, 23 g carbohydrates, 16 g total fat, 10 g saturated fat, 54 mg cholesterol, 4 g fiber, 131 mg sodium

HEALTHY KITCHEN TIP

Top with probiotic Pickled Ginger or serve ginger on the side.

Arugula Salad with Creamy Avocado Dressing

This salad has a one-two punch of superingredients—tangy kiwifruit and creamy avocado. Kiwi is low glycemic and a perfect prebiotic for the colon, while avocado, high in fiber, adds just the right kind of fat. For a vegetarian option, replace the tuna with 2 cups edamame.

PREP TIME: 20 MINUTES ■ TOTAL TIME: 25 MINUTES

Dressing

- 1 ripe avocado, cubed
- ¼ cup 2% plain Greek yogurt
- 1 kiwifruit, peeled
- 1 teaspoon garlic powder
- 1 teaspoon grated lime peel
- 2 tablespoons fresh lime juice
- 2 tablespoons water

Salad

- 1 teaspoon cumin seed
- 6 cups arugula
- 1 bulb fennel, shredded or thinly sliced
- 2 cans (5 ounces each) light spring-water-packed tuna, drained
- ¼ cup dry lentils, cooked according to package directions
- ¼ cup pitted olives, such as kalamata or Cerignola
- ¼ cup chopped almonds
- ½ cup Pickled Beets

1. *To make the dressing:* In a blender, combine the avocado, yogurt, kiwi, garlic powder, lime peel, lime juice, and water until smooth.

2. *To make the salad:* Place the cumin in a small, dry skillet over medium-low heat. Toast the seeds in the skillet for 1 to 2 minutes, stirring often, or until the seeds are fragrant. Place the arugula and fennel in a large bowl or on a platter and scatter the seeds on top. Top with the tuna, lentils, olives, almonds, and beets. Drizzle with the dressing and serve immediately.

MAKES 4 SERVINGS

PER SERVING (3 cups with tuna): 264 calories, 24 g protein, 19 g carbohydrates, 12 g total fat, 1 g saturated fat, 22 mg cholesterol, 7 g fiber, 460 mg sodium

HEALTHY KITCHEN TIP

Trim your food budget by shopping for avocados in bulk. If your avocados aren't soft to the touch, store them on the countertop for 2 days to ripen, then transfer to the fridge to use throughout the week.

Creamy Asparagus Soup

Looking to make this soup more indulgent for Phase 3? Make your own Parmesan croutons. Preheat the oven to 400°F. Cover a baking sheet with parchment paper. Make 1-tablespoon mounds of grated Parmesan cheese on the baking sheet. Bake for 4 to 5 minutes, or until the Parmesan melts into crisp disks.

PREP TIME: 15 MINUTES ■ TOTAL TIME: 25 MINUTES

2 tablespoons extra-virgin olive oil	32 ounces low-sodium chicken broth or vegetable broth
1 pound asparagus, trimmed and cut into 1" pieces	1 cup canned chickpeas, rinsed
2 cloves garlic, minced	¼ cup fresh basil leaves
½ teaspoon ground cloves or ¼ teaspoon freshly grated nutmeg	2 cups diced cooked chicken or shrimp or 2 cups edamame
¼ teaspoon freshly ground black pepper	

1. Heat a heavy stockpot over medium heat. Add the oil. Add the asparagus, garlic, cloves or nutmeg, and pepper. Cook for 3 to 4 minutes, stirring occasionally, or until the asparagus starts to brown lightly.
2. Add the broth and chickpeas. Bring to a simmer, then reduce the heat to medium-low. Cover and cook for 10 minutes, or until the asparagus is tender. Add the basil.
3. Using an immersion blender, puree the soup for about 1 minute, or until smooth. Alternatively, to puree in a standard blender, cool the soup for about 10 minutes, then work in batches. Puree half of the soup, transfer to bowls or an airtight container, then blend the remaining half. To serve, top with the chicken, shrimp, or edamame.

MAKES 4 SERVINGS

PER SERVING (2 cups): 242 calories, 22 g protein, 16 g carbohydrates, 11 g total fat, 2 g saturated fat, 36 mg cholesterol, 5 g fiber, 308 mg sodium

HEALTHY KITCHEN TIP

Buy whole nutmeg, with antioxidants still intact, for the freshest taste and the biggest nutritional punch. Grate it with a Microplane or on the fine grating side of a box grater.

Sautéed Apples and Chicken Sausage with Sauerkraut

Sweet, prebiotic apples pair perfectly with bok choy, another nutrient-dense fall food. Chicken sausages vary quite a bit in fat and sodium content, so double-check labels. If you can't find bok choy, substitute kale or spinach.

PREP TIME: 20 MINUTES ■ TOTAL TIME: 25 MINUTES

2 tablespoons extra-virgin olive oil	2 tablespoons white vinegar or raw apple cider vinegar
1 apple, thinly sliced	8 low-sodium chicken sausage links
1 head bok choy, thinly sliced	8 ounces low-sodium sauerkraut, room temperature
½ teaspoon ground cinnamon	
¼ teaspoon freshly ground black pepper	

1. Warm a large skillet over medium heat. Add the oil, apple, bok choy, cinnamon, and pepper. Cook for 4 to 5 minutes, or until the apple starts to soften and brown. Reduce the heat to low. Cover and cook for 2 minutes, or until the bok choy is very tender. Turn off the heat and stir in the vinegar.

2. In another skillet, add the sausage and cook over medium-high heat for 4 to 5 minutes, or until the sausage starts to brown. Reduce the heat to low and cover. Cook for 2 to 3 minutes, or until no longer pink. Serve immediately with the sauerkraut and apple mixture.

MAKES 4 SERVINGS

PER SERVING (2 sausage links, 1 cup apples with bok choy, ¼ cup sauerkraut): 254 calories, 24 g protein, 15 g carbohydrates, 12 g total fat, 2 g saturated fat, 40 mg cholesterol, 3 g fiber, 661 mg sodium

Pistachio-Chia Salmon

The pistachio is one skinny nut! Not only is it the lowest in calories, but new research shows that pistachios supercharge your body for weight loss while anchoring your hunger.

PREP TIME: 15 MINUTES ■ TOTAL TIME: 25 MINUTES

2 tablespoons shelled pistachios	¼ cup dry quinoa, rinsed under cold running water
¼ cup chia seeds	2 cups cubed butternut squash
1 teaspoon fennel seeds or cumin seeds	½ teaspoon salt
4 salmon fillets (4 ounces each)	3 cups water

1. Preheat the oven to 400°F.
2. In a food processor, place the pistachios, chia, and fennel or cumin seeds. Pulse 15 to 20 times, or until the pistachios are finely chopped.
3. Place the salmon in an 11" x 7" baking dish, skin side down. Coat each fillet with cooking spray. Sprinkle the pistachio mixture over the top. Bake on a bottom oven rack for 14 to 16 minutes, or until the fish is opaque.
4. While the salmon is baking, in a medium saucepan, place the quinoa, squash, salt, and water. Bring to a boil over high heat, then reduce to a simmer. Cover and cook for 20 to 25 minutes, or until the quinoa is tender and the squash is cooked through. Serve immediately with the salmon.

MAKES 4 SERVINGS

PER SERVING (1 crusted fillet, ¾ cup butternut-quinoa side dish): 364 calories, 27 g protein, 19 g carbohydrates, 20 g total fat, 4 g saturated fat, 62 mg cholesterol, 5 g fiber, 363 mg sodium

HEALTHY KITCHEN TIP

Many grocery chains are now peeling and cubing butternut squash and other squash for easy cooking. Ask your produce manager during your next grocery trip.

Cajun Cod

Cajun food often incorporates cayenne and black peppers as mainstay spices. Red bell pepper and celery are considered a must-have in Louisiana Creole cooking, and they make a flavorful addition to kidney or black beans.

PREP TIME: 10 MINUTES ■ TOTAL TIME: 30 MINUTES

4 cod fillets (4 ounces each)	2 cups canned kidney or black beans, rinsed and drained
1 teaspoon salt-free Cajun spice mix	2 tablespoons extra-virgin olive oil
1 pound asparagus, ends trimmed, cut into thirds	2 tablespoons chopped cilantro or flat-leaf parsley
1 red bell pepper, seeded and chopped	¼ teaspoon salt
2 ribs celery, chopped	

1. Preheat the oven to 400°F.
2. Place the cod in an 11" x 7" baking dish. Sprinkle with the Cajun spice and coat the tops of the fillets with cooking spray. In a second baking dish, place the asparagus, bell pepper, celery, and beans. Drizzle with the oil and sprinkle on the cilantro or parsley and salt. Bake both dishes for 10 to 15 minutes, or until the fish flakes easily and the asparagus is tender.

MAKES 4 SERVINGS

PER SERVING (1 Cajun fillet, 1½ cups vegetables): 280 calories, 29 g protein, 24 g carbohydrates, 5 g total fat, 1 g saturated fat, 49 mg cholesterol, 9 g fiber, 538 mg sodium

HEALTHY KITCHEN TIP

Not a fan of spicy chiles? Start with just a pinch of pepper and work your way up to gradually build your tolerance for the hot stuff.

Kimchi Pork Lo Mein

Kimchi is a spicy pickled Korean cabbage that adds rich flavor to stir-fries and soups. Find it in your local health food store in the refrigerated aisle, where you'll also find miso.

PREP TIME: 10 MINUTES ■ TOTAL TIME: 30 MINUTES

3 tablespoons extra-virgin olive oil or coconut oil	½ pound asparagus, thinly sliced
4 lean pork chops, trimmed of excess fat, cut into thin 2"-long strips (about 12 ounces)	2 tablespoons reduced-sodium soy sauce
1 pound Brussels sprouts or cabbage, shredded	¼ cup kimchi, chopped
	1 orange, peel grated, then thinly sliced

1. Heat the oil in a large skillet over medium heat. Add the pork strips. Cook for 2 to 3 minutes, stirring often, or until the pork begins to brown. Transfer to a plate. Reduce the heat to medium-low and add the Brussels sprouts or cabbage and asparagus. Cook for 2 to 3 minutes, stirring often, or until the sprouts or cabbage browns.
2. Return the pork to the skillet and add the soy sauce. Toss well to coat. Turn off the heat and stir in the kimchi and orange peel. Top with the orange slices and serve immediately.

MAKES 4 SERVINGS

PER SERVING (1½ cups): 265 calories, 24 g protein, 17 g carbohydrates, 12 g total fat, 2 g saturated fat, 40 mg cholesterol, 6 g fiber, 575 mg sodium

HEALTHY KITCHEN TIP

The traditional version of this recipe uses high-carb white noodles. Here, thinly sliced Brussels sprouts or cabbage takes their place, chopping calories by 75 percent and adding nutrients along the way. To make this a Phase 3 meal, add 2 ounces cooked soba noodles.

Creamy Strawberry Sorbet

Studies show that brightly colored vegetables and fruits reduce risk of chronic disease. But here's the really sweet news: Polyphenol-rich berries have even more antioxidant power when paired with dark chocolate, the perfect flavor mate.

PREP TIME: 10 MINUTES ■ TOTAL TIME: 4+ HOURS

2 pints fresh or frozen strawberries	4 teaspoons stevia powder
½ cup pecans or walnuts	1 teaspoon pure vanilla extract
1 tablespoon coconut oil	¼ cup chopped 70% (or higher) dark chocolate (about 1½ ounces)
2 egg whites or ¼ cup pasteurized egg whites from a carton	

In a blender, combine the berries, nuts, oil, egg whites, stevia, and vanilla until smooth. Stir in the chocolate chunks. Transfer to an airtight container and freeze for at least 4 hours or overnight.

MAKES 8 SERVINGS

PER SERVING (½ cup): 101 calories, 2 g protein, 9 g carbohydrates, 7 g total fat, 3 g saturated fat, 0 mg cholesterol, 2 g fiber, 14 mg sodium

HEALTHY KITCHEN TIPS

If eating raw eggs concerns you, go for pasteurized egg whites from the carton for better food safety.

Berries and dark chocolate make an irresistible dessert pairing, but, since they're prebiotic, they're also a good match for your friendly gut bacteria.

Dark Chocolate Nut Clusters

Are you a fan of chocolate-covered pretzels or chocolate nut bark? Then these crunchy, high-protein nut clusters will hit the spot. Make an extra batch to take to parties or holiday events as the perfect hostess gift.

PREP TIME: 10 MINUTES ■ TOTAL TIME: 40 MINUTES

2 egg whites	2 tablespoons ground flaxseeds
½ teaspoon ground cinnamon	¼ cup chopped 70% dark chocolate
½ cup assorted nuts, such as pistachios, macadamias, and almonds	2 tablespoons plain, unsweetened coconut milk
½ cup plain or vanilla whey protein powder	

1. Preheat the oven to 300°F. Coat a baking sheet with cooking spray.
2. In a large bowl, whisk the egg whites and cinnamon until frothy. Add the nuts, protein powder, and flaxseeds and toss well. Spread on the baking sheet. Bake for 18 to 20 minutes, stirring once, or until lightly browned.
3. In a small saucepan over low heat, place the dark chocolate and coconut milk. Cook for 3 to 4 minutes, stirring often, just until the chocolate is melted and smooth. Drizzle over the nuts to cover. Cool for 4 to 5 minutes on a rack, then transfer to a plate and cool for at least 10 minutes before serving. Transfer to an airtight container and store, refrigerated, for up to 1 week.

MAKES 4 SERVINGS

PER SERVING (2 clusters): 177 calories, 11 g protein, 11 g carbohydrates, 12 g total fat, 3 g saturated fat, 0 mg cholesterol, 4 g fiber, 50 mg sodium

Mediterranean Sunrise Surprise

These herby eggs, flavored with fresh basil, make the perfect brunch treat served with a pot of green tea or black coffee. Are you a newbie at cooking eggs? Then this easy recipe is for you—the eggs cook directly in the sauce, with no expertise required.

PREP TIME: 10 MINUTES ■ TOTAL TIME: 20 MINUTES

1 tablespoon extra-virgin olive oil	¼ cup chopped black olives, such as kalamata
4 medium tomatoes (about 1½ pounds)	8 eggs
1 large zucchini, thinly sliced	¼ cup basil leaves
½ cup water	

1. Heat a large skillet over medium heat and add the oil. Add the tomatoes and zucchini. Cook for 2 to 3 minutes, stirring often, or until the tomatoes give off their juices and the zucchini softens. Add the water and olives and stir well.
2. Crack the eggs on top of the vegetables. Reduce the heat to low and cover. Cook for 3 to 4 minutes, or until the whites of the eggs are cooked through. Scatter the basil leaves over the top, then serve immediately.

MAKES 4 SERVINGS

PER SERVING (2 eggs, ½ cup sauce): 215 calories, 14 g protein, 7 g carbohydrates, 14 g total fat, 3 g saturated fat, 372 mg cholesterol, 2 g fiber, 217 mg sodium

Fresh Cranberry-Spice Smoothie

Dried cranberries are high in sugar and carbs, so go fresh with fresh cranberries, available in the produce aisle during the fall holiday season. If you find yourself falling in love with this smoothie, prepare for the summer months and freeze fresh cranberries in a large resealable bag for 3 months or more.

PREP TIME: 5 MINUTES ■ TOTAL TIME: 10 MINUTES

1 cup 2% plain Greek yogurt or kefir	2 tablespoons chia seeds
1 cup fresh cranberries (about 3 ounces)	1 teaspoon ground cinnamon
½ cup pomegranate juice	1 teaspoon pure vanilla extract (optional)
⅓ cup plain or vanilla whey protein powder	4 teaspoons stevia powder
¼ cup ground flaxseeds	8 ice cubes

In a blender, combine the yogurt or kefir, cranberries, pomegranate juice, protein powder, flaxseeds, chia seeds, cinnamon, vanilla (if using), stevia, and ice. Blend until smooth. Serve immediately.

MAKES 2 SERVINGS

PER SERVING (1½ cups): 174 calories, 11 g protein, 18 g carbohydrates, 6 g total fat, 1 g saturated fat, 3 mg cholesterol, 5 g fiber, 58 mg sodium

HEALTHY KITCHEN TIP

For a summer twist, try substituting raspberries or strawberries for the cranberries.

Lean Green Smoothie with Apple and Kale

Minty and refreshing, this lean and green breakfast smoothie is a great way to get a dose of veggies fast. If you're not a mint lover, substitute a pinch of cinnamon.

PREP TIME: 5 MINUTES ■ TOTAL TIME: 10 MINUTES

1 cup plain, unsweetened coconut milk	½ cup fresh mint leaves
1 cup 2% plain Greek yogurt	2 teaspoons stevia powder
1 cup baby spinach	2 teaspoons grated fresh ginger
½ apple, cubed	½ cup cold water
	8 ice cubes

In a blender, combine the coconut milk, yogurt, spinach, apple, mint, stevia, ginger, water, and ice. Blend until smooth. Serve immediately.

MAKES 2 SERVINGS

PER SERVING (1½ cups): 170 calories, 12 g protein, 21 g carbohydrates, 5 g total fat, 4 g saturated fat, 21 mg cholesterol, 3 g fiber, 76 mg sodium

Blueberry-Spice Waffles

These tender waffles will defy the notion that whole grain waffles have a tough texture. Make a double batch and cool them before freezing half for future fast, toaster-friendly breakfasts.

PREP TIME: 10 MINUTES ■ TOTAL TIME: 35 MINUTES

½ cup old-fashioned rolled oats	½ teaspoon baking powder
½ cup ground flaxseeds	1 cup plain, unsweetened coconut milk
⅔ cup plain or vanilla whey protein powder	2 eggs
¼ cup shredded unsweetened coconut	1 cup blueberries
2 teaspoons stevia powder	

1. In a food processor, grind the oats and flaxseeds for about 10 seconds, or until you have a chunky flour. Transfer to a large bowl. Add the protein powder, shredded coconut, stevia, and baking powder. Stir well. Whisk in the coconut milk and eggs. Gently stir in the blueberries.
2. Heat a waffle iron according to manufacturer's directions. Coat with cooking spray. Add ½ cup of the batter and spread it with the back of a spoon. Close the lid and cook for 2 to 3 minutes, or until the waffle is firm and lightly browned. Repeat with the remaining batter. Serve immediately.

MAKES 4 SERVINGS

PER SERVING (1 waffle): 221 calories, 11 g protein, 21 g carbohydrates, 10 g total fat, 4 g saturated fat, 93 mg cholesterol, 6 g fiber 101 mg sodium

Wild Rice and Turkey Soup

You won't have to wait until Thanksgiving to make this delicious, filling soup that uses fall superfoods like turkey and wild rice. You'll find lean turkey breast cutlets in the poultry section of your meat department. Alfred Himmelrich, owner of Stone Mill Bakery and Café, serves up this hearty soup for hungry lunchtime patrons. You can enjoy it in your own kitchen. Shop for wild rice, or more affordable wild rice mixes, in the grain aisle.

PREP TIME: 10 MINUTES ■ TOTAL TIME: 30 MINUTES

2 tablespoons extra-virgin olive oil, divided	1 teaspoon dried oregano or thyme
2 ribs celery, chopped	½ teaspoon freshly grated nutmeg (optional)
2 carrots, chopped	1 head broccoli, cut into florets (about 4 cups florets)
½ cup wild rice	1 quart low-sodium turkey or chicken broth
2 cloves garlic, chopped	1 can (15 ounces) no-salt-added diced tomatoes
1 pound turkey breast cutlets (about 2 pieces), cubed	
1 tablespoon paprika	

1. Warm 1 tablespoon of the oil in a large pot over medium heat. Add the celery, carrots, wild rice, and garlic. Cook for 4 to 5 minutes to allow the veggies to soften.

2. Sprinkle the turkey with the paprika, oregano or thyme, and nutmeg, if using. Push the veggies to the side of the pot. Add the remaining 1 tablespoon oil. Add the turkey and increase the heat to medium-high. Cook for 2 to 3 minutes, turning the cubes, until they brown. Add the broccoli, broth, and tomatoes. Bring to a simmer, then cover. Reduce the heat to low and cook for 8 to 10 minutes, or until the turkey is cooked through and the broccoli is tender. Serve immediately.

MAKES 4 SERVINGS

PER SERVING (2½ cups): 324 calories, 36 g protein, 24 g carbohydrates, 9 g total fat, 2 g saturated fat, 70 mg cholesterol, 6 g fiber, 305 mg sodium

HEALTHY KITCHEN TIP

Don't toss the last of the Thanksgiving Day turkey! Shred it and add it to this soup. Just sauté your vegetables and add the turkey at the end, before serving.

Quinoa Salad with Lemony Yogurt Dressing

If you enjoy Greek salad or Mediterranean flavors, you'll be right at home with this lemony salad that has two high-quality protein sources—egg and quinoa. Pack the dressing separately if you transport this filling salad for a work or school lunch.

PREP TIME: 10 MINUTES ■ TOTAL TIME: 40 MINUTES

4 eggs	1 bulb fennel, shredded or grated
2–3 teaspoons lemon peel	1 cup artichoke hearts
3 tablespoons fresh lemon juice	½ cup quinoa, cooked according to package directions
¼ cup crumbled feta cheese	1 cup Pickled Radishes or Pickled Cucumbers
2 tablespoons extra-virgin olive oil	
6 cups mixed greens, such as watercress, mesclun, and baby kale	

1. Place the eggs in a small saucepan and cover with cold water. Bring to a boil over high heat. As soon as the water comes to a boil, cover the pan, remove from the heat, and let stand for 15 minutes. Run the eggs under cold water and peel. Cut the eggs in quarters and set aside.

2. In a blender, combine the lemon peel, lemon juice, cheese, and oil until smooth. In a large bowl, place the greens, fennel, artichoke hearts, quinoa, and radish or cucumber pickle. Drizzle with the dressing. Toss well, top with the eggs, and serve immediately.

MAKES 4 SERVINGS

PER SERVING (2 cups): 232 calories, 11 g protein, 17 g carbohydrates, 14 g total fat, 4 g saturated fat, 194 mg cholesterol, 5 g fiber, 239 mg sodium

Minestrone Soup*

This hearty Italian soup will give you a prebiotic boost from the beans. Beans with red or black skins also boost your antioxidant levels—and provide a wonderful creamy texture.

PREP TIME: 10 MINUTES ■ TOTAL TIME: 40 MINUTES

2 tablespoons extra-virgin olive oil	2 tablespoons tomato paste
2 cloves garlic, minced	32 ounces low-sodium chicken broth
2 teaspoons Italian seasoning or dried herbs	2 cups low-sodium canned beans, such as kidney or pinto, rinsed and drained
½ teaspoon red-pepper flakes (optional)	6 ounces Swiss chard, thinly sliced
4 ribs celery, thinly sliced	¼ cup grated Parmesan cheese
2 cups thinly sliced cabbage or bok choy	

1. In a large pot over medium heat, place the olive oil, garlic, seasoning or herbs, and red-pepper flakes, if using. Cook for 1 to 2 minutes, or until the garlic becomes golden. Add the celery and cabbage or bok choy. Cover and reduce the heat to low. Cook for 3 to 4 minutes, stirring often, or until the vegetables start to soften. Add the tomato paste and broth. Bring to a simmer, then reduce the heat to low.
2. Add the beans and the Swiss chard. Cook for 1 minute, or until the beans are warmed through. Sprinkle with the cheese and serve immediately.

MAKES 4 SERVINGS

PER SERVING (2 cups): 224 calories, 13 g protein, 24 g carbohydrates, 9 g total fat, 2 g saturated fat, 9 mg cholesterol, 6 g fiber, 587 mg sodium

HEALTHY KITCHEN TIP

For low-sodium diets, opt for no-salt-added beans. Kitchen Basics makes an all-natural, good-tasting, no-salt-added broth. Or make your own cooked beans by starting with sodium-free dried beans and cooking them in a slow cooker for 5 to 6 hours on low heat with water to cover.

**Also good for Phase 2 and for meal plans.*

Dr. Gerry's Super Salmon Salad

This Phase 3 favorite is one of Stone Mill Bakery's most popular menu items. They slightly modified it for me and then made it part of the menu. I'm sharing this omega-3 fatty acid-rich, health-promoting, and weight-maintenance special recipe designed by Alfie Himmelrich and prepared by chefs Sarah Pigott and Toby Willse. This also serves as a nice Phase 1 low-carb, high-protein option.

PREP TIME: 15 MINUTES ■ TOTAL TIME: 25 MINUTES

1 medium cucumber, peeled and thinly sliced	1 head broccoli, cut into florets (about 4 cups florets)
2 tablespoons raw apple cider vinegar	$\frac{1}{4}$ cup extra-virgin olive oil + 1 tablespoon for grilling the salmon
2 tablespoons chopped dill, parsley, or basil	$\frac{1}{4}$ cup fresh lemon juice (from about 1 large lemon)
10 ounces salad greens, such as mesclun, baby spinach, arugula, or red leaf lettuce	$\frac{1}{2}$ teaspoon salt
4 ounces organic alfalfa sprouts (about 3 cups)	$\frac{1}{4}$ teaspoon freshly ground black pepper
	4 salmon fillets (4 ounces each), skin removed

1. In a medium bowl, place the cucumber, vinegar, and herbs. Toss well and set aside.
2. Chop the greens, sprouts, and broccoli florets. Place them in a bowl. Add the $\frac{1}{4}$ cup oil, lemon juice, salt, and pepper. Toss well.
3. Warm a grill or grill pan over medium-high heat. Rub the salmon fillets with the remaining 1 tablespoon oil. Grill the salmon for 6 to 8 minutes, turning once or twice, or until the fish is opaque. Divide the salad onto 4 plates and top each with a piece of salmon. Serve immediately along with the cucumbers.

MAKES 4 SERVINGS

PER SERVING (1 salmon fillet, 4 cups salad): 371 calories, 27 g protein, 11 g carbohydrates, 24 g total fat, 3 g saturated fat, 62 mg cholesterol, 4 g fiber, 467 mg sodium

HEALTHY KITCHEN TIP

For larger appetites, shop for 6-ounce salmon fillets, which add only 45 calories per serving.

Sunday Stew

Paprika is a flavorful Hungarian chili powder that comes in both “sweet” (mild) or hot varieties that you can find in the spice aisle. To protect the health benefits and flavor of spices, store them in a dark, cool drawer or cabinet, since heat and light can damage them.

PREP TIME: 10 MINUTES ■ TOTAL TIME: 4 HOURS

1 pound cubed beef stew meat	¼ teaspoon salt
1 red bell pepper, finely chopped	2 tablespoons dry quinoa, rinsed under cold running water
4 ribs celery, chopped	1 cup frozen peas or edamame
2 tablespoons tomato paste	4 cups salad greens, such as mesclun or baby romaine
2 cloves garlic, chopped	3 tablespoons fresh lemon or lime juice
1 teaspoon mild chili powder or paprika, sweet or hot	

1. In a slow cooker, stir together the beef, bell pepper, celery, tomato paste, garlic, chili powder or paprika, salt, and quinoa. Cook on high for 3 to 3½ hours, stirring once or twice, or until the meat is tender. Stir in the peas or edamame and cover. Let stand for 5 to 6 minutes, or until the peas or edamame thaw.

2. Place the salad greens in a large bowl and sprinkle with the lemon or lime juice. Divide the stew into 4 portions and serve immediately with the salad.

MAKES 4 SERVINGS

PER SERVING (1 cup beef stew with 1 cup salad): 263 calories, 30 g protein, 21 g carbohydrates, 7 g total fat, 2 g saturated fat, 75 mg cholesterol, 7 g fiber, 354 mg sodium

Turkey Chili

Zesty turkey chili benefits from the tangy taste of seeded jalapeños that aren't overly spicy. If you have leftover chicken breast on hand, don't run to the store for ground turkey—just grind your chicken in a food processor for about 15 pulses until smooth.

PREP TIME: 10 MINUTES ■ TOTAL TIME: 40 MINUTES

1 tablespoon extra-virgin olive oil	3 ounces canned tomato paste
1 pound ground turkey	2 cups low-sodium chicken broth
2 tablespoons chili powder, mild or hot	¼ cup dry quinoa, rinsed under cold running water
2 teaspoons ground cumin	½ cup water
2 cloves garlic, minced	4 cups chopped greens, such as spinach or kale
1 jalapeño chile pepper, seeded and chopped (optional—wear plastic gloves when handling)	1 cup canned beans, any variety, rinsed and drained

1. Heat a large pot over medium heat. Add the oil and turkey and sear for 1 to 2 minutes without stirring, then sprinkle the chili powder and cumin over the meat. Add the garlic, jalapeño (if using), and tomato paste. Cook for 1 minute, stirring once or twice, or until the paste and garlic become fragrant.

2. Add the broth, quinoa, and water. Cover and reduce the heat to low. Simmer for 20 to 25 minutes, or until the quinoa is cooked through. Add the greens and beans and cook for 2 to 3 minutes, or until the greens are tender. Serve immediately.

MAKES 4 SERVINGS

PER SERVING (2½ cups): 333 calories, 31 g protein, 24 g carbohydrates, 13 g total fat, 4 g saturated fat, 80 mg cholesterol, 8 g fiber, 526 mg sodium

HEALTHY KITCHEN TIP

Sensitive to salt? Select no-salt-added beans and broth.

Curried Red Lentil Soup

Curry powder is an antioxidant-rich spice mix that powers up the flavor of healthy foods like lentils and cauliflower. Search out brands without added salt or sugar and with the superspice turmeric in the ingredient list.

PREP TIME: 10 MINUTES ■ TOTAL TIME: 40 MINUTES

4 thinly sliced chicken cutlets (about 1 pound) or 1 pound shrimp	½ cup chopped cilantro
2 teaspoons curry powder, such as Madras	½ head cauliflower, cut into florets (about 3 cups)
1 tablespoon extra-virgin olive oil	½ cup dried brown or green lentils
1 tablespoon butter	32 ounces low-sodium chicken broth or vegetable broth
2 cloves garlic, thinly sliced	2 tablespoons chia seeds

1. Sprinkle the chicken or shrimp with the curry powder. Warm the oil in a large pot over medium heat. Add the chicken or shrimp and cook for 4 to 5 minutes, turning once or twice, or until the chicken or shrimp starts to brown, the spices become fragrant, and the chicken is no longer pink and the juices run clear or the shrimp is opaque. Transfer the chicken or shrimp to a plate.

2. To the same pot, add the butter, garlic, and cilantro. Reduce the heat to low and cook for 1 to 2 minutes, or until the garlic becomes fragrant. Add the cauliflower and lentils. Add the broth and cook, covered, for 10 to 15 minutes, or until the lentils and cauliflower are tender. Shred the chicken and return it to the pot or add the shrimp. Sprinkle with the chia seeds and serve immediately.

MAKES 4 SERVINGS

PER SERVING (2 cups): 336 calories, 31 g protein, 26 g carbohydrates, 12 g total fat, 3 g saturated fat, 62 mg cholesterol, 7 g fiber, 201 mg sodium

Smoked Salmon Salad

Smoked salmon isn't just for brunch-time bagels, it also makes a protein-rich topping for this salad. You'll enjoy the sweet, tangy dressing that features chives in place of the scallions you'd normally pair with smoked salmon.

PREP TIME: 10 MINUTES ■ TOTAL TIME: 20 MINUTES

2 tablespoons extra-virgin olive oil	¼ teaspoon freshly ground black pepper
1 tablespoon raw honey	6 cups salad greens, such as mesclun, baby spinach or kale, or romaine
2 tablespoons chopped chives	½ head broccoli, cut into florets (about 2 cups florets)
2 teaspoons dried herbs, such as Italian seasoning	8 ounces smoked salmon, thinly sliced
1 teaspoon chili powder or ⅓ teaspoon cayenne (ground red) pepper	½ cup fresh goat cheese (about 2 ounces) or crumbled feta cheese

1. In a small bowl, whisk the oil, honey, chives, dried herbs, chili powder or cayenne pepper, and black pepper until smooth. Set aside.
2. In a large bowl, place the greens, broccoli, salmon, and cheese. Drizzle with the dressing and serve immediately.

MAKES 4 SERVINGS

PER SERVING (2 cups): 322 calories, 18 g protein, 25 g carbohydrates, 15 g total fat, 4 g saturated fat, 19 mg cholesterol, 6 g fiber, 555 mg sodium

Roasted Rosemary Chicken with Brussels Sprouts

Nothing warms up the house—and your dinner guests—like a homey roast chicken. Coating your bird with tomato paste may seem novel, but you'll enjoy the sweet, savory flavor it lends to tender white meat.

PREP TIME: 15 MINUTES ■ TOTAL TIME: 1 HOUR 45 MINUTES

2 pounds Brussels sprouts, cut in half	2 tablespoons chopped fresh rosemary
4 parsnips, peeled and cut into 1" chunks	½ teaspoon garlic powder
1 (3-pound) roasting chicken	¼ teaspoon ground turmeric
1 tablespoon tomato paste	¼ teaspoon salt
1 tablespoon extra-virgin olive oil	

1. Preheat the oven to 400°F. Place the oven rack at its lowest setting.
2. In an 11" x 9" baking dish, scatter the Brussels sprouts and parsnips. Rub the surface of the chicken with the tomato paste and oil, then sprinkle with the rosemary, garlic powder, turmeric, and salt.
3. Place the chicken on top of the vegetables. Cover loosely with a piece of foil. Roast for 1½ hours (stirring the veggies around the chicken once or twice), or until a thermometer inserted in a breast registers 180°F and the juices run clear. Let stand for 10 minutes before carving. Slice and serve immediately with the vegetables.

MAKES 6 SERVINGS

PER SERVING (½ pound chicken, 1 cup vegetables): 299 calories, 37 g protein, 25 g carbohydrates, 7 g total fat, 1 g saturated fat, 98 mg cholesterol, 8 g fiber, 276 mg sodium

Salmon Cakes

If you have a hankering for crab cakes, you'll dig this similar seafood cake made with omega-rich salmon. To prep ahead, simply bread the patties and chill them in the refrigerator for up to 3 hours before pan cooking.

PREP TIME: 20 MINUTES ■ TOTAL TIME: 35 MINUTES

2 salmon fillets (4 ounces each)	1/3 cup 2% plain Greek yogurt
1/4 cup old-fashioned rolled oats	1/2 cup ground flaxseeds or chia-flax flour
2 teaspoons Dijon mustard	1/4 teaspoon salt
1/2 teaspoon Cajun spices or dried herbs such as thyme or rosemary	4 cups greens, such as arugula, mesclun, or baby romaine

1. Coat the salmon with olive oil cooking spray. Heat a medium skillet over medium-high heat and add the fillets. Cook for 5 to 7 minutes, turning occasionally, or until the salmon flakes easily but is still slightly pink in the center. Transfer to a large bowl and let cool slightly.
2. To the same bowl with the salmon, add the oats, mustard, and spices or herbs. Toss to coat the salmon, breaking the fish into chunks. Add the yogurt and toss. Place the flaxseeds or chia-flax flour and salt on a plate and mix with your fingertips. Set aside.
3. Form the salmon mixture into 8 equal patties. Press each patty into the flax mixture and transfer to a baking sheet. Coat the tops of the patties with cooking spray and bake for 10 to 15 minutes, or until the patties are hot and the tops are crisp. Serve immediately over the greens.

MAKES 4 SERVINGS

PER SERVING (2 cakes, 1 cup greens): 338 calories, 25 g protein, 18 g carbohydrates, 18 g total fat, 4 g saturated fat, 127 mg cholesterol, 8 g fiber, 302 mg sodium

HEALTHY KITCHEN TIP

Mustard brings savory flavor to the fish in these cakes, and its spicy taste means it's thermogenic, helping you to burn more calories faster.

Roasted Parmesan-Kale Lamb Chops

This easy-to-prepare yet elegant meal will wow your family and friends even as you stick to your healthy-eating plan. Keep the recipe secret and feast on the compliments! For a splendid holiday or special-occasion meal, serve an additional vegetable side like roasted Brussels sprouts or the Massaged Kale Salad.

PREP TIME: 10 MINUTES ■ TOTAL TIME: 40 MINUTES

1 cup torn kale leaves	1 pound green beans, stemmed and cut into 1" pieces
½ cup grated Parmesan cheese	1 teaspoon cumin seeds or fennel seeds
1 tablespoon extra-virgin olive oil, divided	2 tablespoons chopped almonds
1 rack of lamb (about 1 pound), trimmed of excess fat	3 tablespoons ground flaxseeds
	⅛ teaspoon salt

1. Preheat the oven to 400°F.
2. Place the kale in a food processor and pulse for about 20 seconds, or until finely chopped. Add the cheese and ½ tablespoon of the oil and process until smooth. Place the lamb in an 11" x 7" baking dish. Coat the top with the kale mixture. Bake, uncovered, for 40 to 45 minutes, or until a thermometer inserted in the center registers 145°F for medium-rare. Let stand for 10 minutes before slicing.
3. Meanwhile, warm the remaining ½ tablespoon oil in a large skillet over medium heat. Add the green beans and cumin or fennel seeds. Cook for 4 to 5 minutes, or until the beans start to brown and the seeds become fragrant. Add a few tablespoons of water and cover. Steam through for 1 minute. Remove the lid and toss in the almonds, flaxseeds, and salt. Serve immediately with the lamb.

MAKES 4 SERVINGS

PER SERVING (2 chops, 1 cup green beans): 355 calories, 31 g protein, 12 g carbohydrates, 20 g total fat, 5 g saturated fat, 81 mg cholesterol, 5 g fiber, 242 mg sodium

Zucchini Manicotti

Here's an Italian favorite redesigned to fit the new you. It still has the same flavors you long for, like marinara and Parmesan, but it ups the ante with fat-burning fuel like high-protein Greek yogurt and high-fiber spinach.

PREP TIME: 15 MINUTES ■ TOTAL TIME: 40 MINUTES

1 cup low-sodium jarred marinara sauce	½ cup frozen peas, thawed
1 pound zucchini, trimmed and thinly sliced lengthwise (about 2 medium)	½ cup fresh basil (optional)
1 cup 2% plain Greek yogurt	1 teaspoon garlic powder
½ cup crumbled feta cheese or soft goat cheese	½ cup grated Parmesan cheese
	8 cups baby spinach

1. Preheat the oven or a toaster oven to 400°F. Spread ½ cup of the marinara sauce inside an 8" x 8" baking dish and set aside.
2. Heat a large skillet over medium heat. Pull the skillet off the heat and coat with cooking spray. Add the slices of zucchini, return the skillet to the heat, and cook for 2 to 3 minutes per side, or until the slices start to brown. Reduce the heat to low and cover. Cook for 2 to 3 minutes, or until the slices are tender. Remove the lid and let cool slightly while you prepare the filling.
3. In a large bowl, place the yogurt, feta or goat cheese, peas, basil, and garlic powder. Mix with a rubber spatula until smooth. Spoon 2 tablespoons of the yogurt mixture in the center of each zucchini slice, fold over, and place the pieces seam side down in the baking dish. Top with the remaining ½ cup marinara. Sprinkle the Parmesan over the top and bake for 15 to 20 minutes, or until the Parmesan is melted and brown. Serve immediately over the baby spinach.

MAKES 4 SERVINGS

PER SERVING (3 manicotti, 2 cups baby spinach): 224 calories, 17 g protein, 18 g carbohydrates, 9 g total fat, 5 g saturated fat, 30 mg cholesterol, 5 g fiber, 606 mg sodium

HEALTHY KITCHEN TIP

Shop for low-sodium or "sensitive formula" sauces that contain half the salt and no onions.

Dark Chocolate Flourless Cake

This cake is a protein burst in the guise of a tasty dessert. It is pretty enough for the grand finale of a dinner party or simply an end to a light meal of soup or salad.

PREP TIME: 5 MINUTES ■ TOTAL TIME: 30 MINUTES

¼ cup coconut oil	⅓ cup plain or vanilla whey protein powder
4 ounces 70% (or higher) dark chocolate, chopped	¼ cup unsweetened cocoa powder
¼ cup stevia powder	1 teaspoon baking powder
1–2 teaspoons espresso powder (optional)	¼ cup heavy cream
1 teaspoon pure vanilla extract	¼ teaspoon ground cinnamon
3 large eggs	½ teaspoon ground coriander
	½ cup raspberries

1. Preheat the oven to 350°F. Lightly grease an 8" round cake pan. Cut a piece of parchment or waxed paper to fit, grease it, and lay it in the bottom of the pan.
2. In a microwaveable bowl, microwave the oil and chocolate for about 30 seconds, or until the chocolate is almost melted. Stir until the chocolate completely melts. Alternatively, place the coconut oil and chocolate in a small saucepan over very low heat and melt the chocolate, stirring often, for about 1 minute.
3. Transfer the melted mixture to a large mixing bowl and let cool slightly, for about 5 minutes. Add the stevia, espresso powder (if using), and vanilla and stir until smooth. Add the eggs, beating just until smooth. Add the protein powder, cocoa, and baking powder and mix just to combine. Spoon the batter into the prepared pan.
4. Bake for 7 to 10 minutes, or until the top forms a thin crust but is still soft to the touch in the center. Cool in the pan for 5 minutes. Loosen the edges of the pan with a butter knife and turn the cake out onto a serving plate.
5. Place the cream in a large mixing bowl. Add the cinnamon and coriander. Beat for about 2 minutes, or until fluffy. Stir in the raspberries. Spoon on the cake and serve.

MAKES 8 SERVINGS

PER SERVING (4" wedge with 1 heaping tablespoon whipped cream): 207 calories, 6 g protein, 10 g carbohydrates, 18 g total fat, 11 g saturated fat, 80 mg cholesterol, 3 g fiber, 39 mg sodium

PHASES 2 AND 3 PROBIOTIC SIDES/CONDIMENTS

Pickled Ginger

Use pickled ginger on cooked fish, chicken, or vegetables or blend it with olive oil to make a tasty dressing.

PREP TIME: 30 MINUTES ■ TOTAL TIME: 3 TO 7 DAYS

1 teaspoon whole cloves
¼ teaspoon salt

½ pound fresh ginger, peeled and
thinly sliced

1. Place the cloves and salt in an airtight glass container. Fill the container halfway with warm water and stir well to dissolve the salt. Add the ginger and add more water if necessary to cover. Leave 1" of space between the top of the water and the top of the jar.
2. Cover loosely with a kitchen towel or cheesecloth. Leave on your counter for 3 to 7 days. Check daily. The brine will begin to get cloudy and slightly bubbly. When the pickles taste tangy, cover tightly and refrigerate. Store in the fridge for up to 3 weeks.

MAKES ABOUT 2 CUPS

PER SERVING (2 tablespoons): 11 calories, 0 g protein, 2 g carbohydrates, 0 g total fat, 0 g saturated fat, 2 mg cholesterol, 0 g fiber, 38 mg sodium

Pickled Beets

Serve pickled beets with their flavor mates—nuts, greens, and even raspberries—over fresh greens. Pickled beets are also delicious with lean white meats like roasted chicken or roast pork.

PREP TIME: 30 MINUTES ■ TOTAL TIME: 3 TO 7 DAYS

1 teaspoon black peppercorns	¼ teaspoon salt
1 teaspoon lavender blossoms or Italian herbs	½ pound beets, peeled and thinly sliced
½ teaspoon ground cardamom	

1. In an airtight glass container, place the peppercorns, lavender or Italian herbs, cardamom, and salt. Fill the container halfway with warm water and stir well to dissolve the salt. Add the beets and add more water if necessary to cover. Leave 1" of space between the top of the water and the top of the jar.
2. Cover loosely with a kitchen towel or cheesecloth. Leave on your counter for 3 to 7 days. Check daily. The brine will begin to get cloudy and slightly bubbly. When the pickles taste tangy, cover tightly and refrigerate. Store in the fridge for up to 3 weeks.

MAKES ABOUT 2 CUPS

PER SERVING (2 tablespoons): 6 calories, 0 g protein, 1 g carbohydrates, 0 g total fat, 0 g saturated fat, 0 mg cholesterol, 0 g fiber, 47 mg sodium

Pickled Radishes

Tangy pickled radishes are perfect paired with black beans or lentils, as a side dish for soups or stews, or incorporated into salsas.

PREP TIME: 30 MINUTES ■ TOTAL TIME: 3 TO 7 DAYS

1 tablespoon chopped fresh or dried rosemary	½ teaspoon crushed red-pepper flakes
1 clove garlic, thinly sliced	¼ teaspoon salt
½ teaspoon cumin seeds or fennel seeds	½ pound radishes, stems removed and quartered

1. In an airtight glass container, place the rosemary, garlic, seeds, red-pepper flakes, and salt. Fill the container halfway with warm water and stir well to dissolve the salt. Add the radishes and add more water if necessary to cover. Leave 1" of space between the top of the water and the top of the jar.
2. Cover loosely with a kitchen towel or cheesecloth. Leave on your counter for 3 to 7 days. Check daily. The brine will begin to get cloudy and slightly bubbly. When the pickles taste tangy, cover tightly and refrigerate. Store in the fridge for up to 3 weeks.

MAKES ABOUT 2 CUPS

PER SERVING (2 tablespoons): 3 calories, 0 g protein, 1 g carbohydrates, 0 g total fat, 0 g saturated fat, 0 mg cholesterol, 0 g fiber, 42 mg sodium

Pickled Horseradish

Served with lean turkey sausage links or even rack of lamb, pickled horseradish adds flavor with hardly any calories. Blend with low-sodium tomato juice for a healthful virgin Bloody Mary.

PREP TIME: 30 MINUTES ■ TOTAL TIME: 3 TO 7 DAYS

2 cloves garlic, minced	½ pound horseradish, peeled and grated
1 teaspoon mustard seeds (optional)	
¼ teaspoon salt	

1. In an airtight glass container, place the garlic, mustard seeds (if using), and salt. Fill the container halfway with warm water and stir well to dissolve the salt. Add the horseradish and add more water if necessary to cover. Leave 1" of space between the top of the water and the top of the jar.
2. Cover loosely with a kitchen towel or cheesecloth. Leave on your counter for 3 to 7 days. Check daily. The brine will begin to get cloudy and slightly bubbly. When the pickles taste tangy, cover tightly and refrigerate. Store in the fridge for up to 3 weeks.

MAKES ½ POUND

PER SERVING (2 tablespoons): 13 calories, 0 g protein, 2 g carbohydrates, 0 g total fat, 0 g saturated fat, 0 mg cholesterol, 0 g fiber, 37 mg sodium

Pickled Cucumbers

This low-sodium pickle recipe is an ideal swap for high-sodium jarred kosher or dill pickles. Use on meats, burgers, or alongside coleslaw.

PREP TIME: 30 MINUTES ■ TOTAL TIME: 3 TO 7 DAYS

2 tablespoons chopped dill	¼ teaspoon salt
2 cloves garlic, minced	½ pound cucumbers, any variety, trimmed and cut into ½" slices
1 teaspoon mustard seeds (optional)	

1. In an airtight glass container, place the dill, garlic, mustard seeds (if using), and salt. Fill the container halfway with warm water and stir well to dissolve the salt. Add the sliced cucumbers and add more water if necessary to cover. Leave 1" of space between the top of the water and the top of the jar.
2. Cover loosely with a kitchen towel or cheesecloth. Leave on your counter for 3 to 7 days. Check daily. The brine will begin to get cloudy and slightly bubbly. When the pickles taste tangy, cover tightly and refrigerate. Store in the fridge for up to 3 weeks.

MAKES ABOUT 2 CUPS

PER SERVING (2 tablespoons): 3 calories, 0 g protein, 0 g carbohydrates, 0 g total fat, 0 g saturated fat, 0 mg cholesterol, 0 g fiber, 36 mg sodium

Sauerkraut

Homemade kraut has a fresher flavor than the canned version, and the caraway seeds give it a savory burst you'll love. Use red cabbage to cash in on the antioxidants found in plant pigments.

PREP TIME: 30 MINUTES ■ TOTAL TIME: 3 TO 7 DAYS

2 cloves garlic, minced	½ teaspoon salt
½ pound cabbage (about ½ head), any variety, thinly sliced	1 teaspoon caraway seeds (optional)

1. In a large bowl, place the garlic, cabbage, salt, and caraway seeds (if using). Squeeze the cabbage with your fingers for 2 to 3 minutes to release some of its liquid. Transfer the mixture to a quart container. Press down on the cabbage occasionally with a spoon, pushing the cabbage under the liquid that it gives off. If it isn't covered with liquid after 24 hours, add ¼ cup water.
2. Cover loosely with a kitchen towel or cheesecloth. Leave on your counter for 3 to 7 days. Check daily. The brine will begin to get cloudy and slightly bubbly. Continue to press the cabbage beneath the liquid it generates. When the kraut tastes tangy, cover tightly and refrigerate. Store in the fridge for up to 3 weeks.

MAKES ABOUT 4 CUPS

PER SERVING (2 tablespoons): 3 calories, 0 g protein, 0 g carbohydrates, 0 g total fat, 0 g saturated fat, 0 mg cholesterol, 0 g fiber, 36 mg sodium

Homemade Dairy-Based Yogurt

Yogurt made at home has a superior flavor and a softer texture than store-bought. You'll savor its mild taste, which makes it an easier sell to kids.

PREP TIME: 30 MINUTES ■ TOTAL TIME: 6 HOURS 30 MINUTES

1 quart 2% milk, preferably from grass-fed cows

1 tablespoon raw honey

¼ cup store-bought low-fat plain yogurt or 2% plain yogurt (standard or Greek) with live cultures

1. In a heavy saucepan or 2-quart Dutch oven, heat the milk over medium-low heat for 6 to 7 minutes, or until it reaches 180°F and the milk is steamy and foamy. Do not let it boil. Stir the milk gently as it heats to make sure the bottom doesn't scorch. Add the honey and whisk well.
2. Let the milk cool for 12 to 14 minutes, or until it is just hot to the touch and measures 112° to 115°F. To speed the cooling process, fill a large bowl with ice and enough water to cover. Set the saucepan or Dutch oven into the ice water.
3. Pour about a cup of the warm milk into a small bowl and whisk it with the yogurt. Add the mixture to the warm milk.
4. Preheat the oven or toaster oven to 150°F for 4 minutes. Turn the heat off and allow the oven to cool for 5 minutes to drop the temperature to 112°F. Cover the top of the saucepan or the Dutch oven with foil, wrap in a clean dishtowel, and transfer to the warm oven, being sure the heat is off. Let stand, without turning the oven on, for 4 hours (for mild-tasting yogurt) to 6 hours (for tangier yogurt) to allow the bacteria to multiply. The texture should resemble a soft custard.
5. Remove the towel and secure the foil. Store the yogurt in the refrigerator for about 2 weeks.

MAKES 1 QUART

PER SERVING (½ cup): 78 calories, 5 g protein, 8 g carbohydrates, 2 g total fat, 1 g saturated fat, 9 mg cholesterol, 0 g fiber, 223 mg sodium

HEALTHY KITCHEN TIP

Homemade yogurt is definitely worth the 30-minute prep. It offers a mild taste and a silky texture, and once you've tried homemade you might not go back to store-bought. This low-sugar homemade recipe doesn't have the bitter tang of plain commercial yogurt. Flavor it with antioxidant-rich toppings like chopped 70% dark chocolate, dried cherries, or nuts.

Homemade Dairy-Based Kefir Made from Kefir Crystals

Shop for kefir crystals at your local health food store or online. While they're a little expensive, you'll save money in the long run by preparing your own kefir at home. And there isn't a simpler ferment you can make. Store unused crystals in a dark, cool cabinet until ready to use; they'll keep for a long time.

1 quart 2% milk, preferably from grass-fed cows 1 tablespoon kefir grains

Place the milk and the kefir grains in a glass jar and cover tightly. Set out at room temperature for 12 to 14 hours, or up to 24 hours, depending on the temperature of your home. Shake the jar gently a few times. When the kefir is ready, it will thicken. If the kefir grains coagulate on the top, strain the grains to use in the next batch. For a sourer, thicker kefir, let it ferment longer. For one less sour and thick, strain sooner. Experiment to see what works for you. Store the kefir, refrigerated, for 3 to 4 weeks.

Optional: There are many dairy-free kefir variations made by using other milks such as nuts (almond, walnut, and so on), coconut, rice, hemp, or organic, (non-GMO) soy, but the process of fermentation is less consistent than animal milks, which provide an ideal culture medium for the kefir grains to thrive and reproduce.

MAKES 1 QUART KEFIR

PER SERVING (½ cup): 68 calories, 5 g protein, 6 g carbohydrates, 2 g total fat, 1 g saturated fat, 9 mg cholesterol, 0 g fiber, 82 mg sodium

Dairy-Free Yogurt

Yogurt is one of the world's most popular fermented food. Store-bought yogurt is light on bacterial counts and just doesn't make a dent in restoring our gut flora. Homemade yogurt has billions of robust friendly flora to put us back into balance. Potent dairy-free yogurts are not commercially available.

2 cups cashew milk*	1½ tablespoons gelatin or
4 cups canned unsweetened coconut milk	1½ teaspoons agar powder dissolved in ½ cup boiling water
1 tablespoon honey or coconut sugar	9 probiotic capsules containing 25 billion to 30 billion CFUs of any dairy-free probiotic
¼ teaspoon vanilla creme-flavored liquid stevia	

1. In a large saucepan over medium heat, place the milks, honey or coconut sugar, and stevia. Bring to a simmer. Watch carefully so it doesn't boil over. Once it begins to simmer, turn off the heat. Whisk in the dissolved gelatin or agar powder.

2. Pour the mixture into a large bowl. Put that bowl into a larger one of cold (but not iced) tap water and let the mixture stand until it cools to 92°F. If you used gelatin, you can whisk the mixture to cool it faster. Omit this step if you used agar powder, as whisking could make the agar powder lumpy.

3. When the mixture reaches about 92°F, add the contents of the probiotic capsules. Whisk them in well. Ladle into jars and keep warm for about 10 hours.†

4. If there is a clear pool at the bottom after 10 hours, secure the lids tightly and shake the yogurt to mix it in before refrigerating. (*Note:* For the agar option, shaking isn't necessary.) Refrigerate for 8 hours.

Optional: Put a drop or two of lemon extract on a spoon and stir into your jar of yogurt just before eating it.

MAKES 6 CUPS

PER SERVING (½ cup): 37 calories, 0 g protein, 4 g carbohydrates, 6 g total fat, 1 g saturated fat, 0 mg cholesterol, 0 g fiber, 29 mg sodium

* *Organic (non-GMO) soy and coconut are suitable substitutes while other milks such as hemp, rice, and nut milks have a consistency that is too thick.*

† *Keep warm with a yogurt maker or by putting it in a gas oven with a pilot light, in a cooler with warm water, or even into a hot tub.*

Cilantro Green Drink

Mojito lovers will adore this booze-free herb-y drink made with lime. It quenches your thirst with hardly any calories, a refreshing break from plain water. To make a whole pitcher, simply quadruple the ingredients and then store in your fridge for up to 3 days.

2 lime wedges
1 handful cilantro

2 cups filtered water
1 or 2 ice cubes (optional)

In a large glass, place the lime, cilantro, water, and ice (if using). Stir and serve immediately.

MAKES 1 SERVING

PER SERVING (2½ cups): 4 calories, 0 g protein, 1 g carbohydrates, 0 g total fat, 0 g saturated fat, 0 mg cholesterol, 0 g fiber, 0 mg sodium

Basil Green Drink

Ideal for those who don't love cilantro, basil is a fragrant flavor booster that pairs surprisingly well with lime. If fresh basil isn't available in your local grocery store, use mint instead.

2 lemon wedges
1 handful fresh basil

2 cups water
1 to 2 ice cubes (optional)

In a large glass, place the lemon, basil, water, and ice (if using). Stir and serve immediately.

MAKES 1 SERVING

PER SERVING (2½ cups): 5 calories, 0 g protein, 1 g carbohydrates, 0 g total fat, 0 g saturated fat, 0 mg cholesterol, 0 g fiber, 0 mg sodium

Appendix: Common Dietary Supplements and Their Purported Mechanism of Action, Efficacy, and Adverse Effects

The following easy-to-use table includes supplement names, proposed mechanism of action, adverse effects (if there are any), and other information where appropriate.

For the recommendations, I have applied an A through F grading system, just like in school. These grades were adapted from the levels of evidence and grades of recommendations used by the National Guideline Clearinghouse (guideline.gov), a public resource for evidence-based health-care practice guidelines. Here is what each grade means.

SUPPLEMENT (RECOMMENDED DOSE)	PROPOSED MECHANISM OF ACTION (IF KNOWN)	
Calcium*	<ul style="list-style-type: none"> • Causes fat cell death • Increases fecal fat losses 	<ul style="list-style-type: none"> • Increases fat oxidation
Capsaicin	<ul style="list-style-type: none"> • Increases fat oxidation • Increases thermogenesis 	
<i>Carulluma fimbriata</i>	<ul style="list-style-type: none"> • Suppresses appetite 	
Chitin/chitosan	<ul style="list-style-type: none"> • Blocks dietary fat absorption • Improves satiety 	<ul style="list-style-type: none"> • Lowers appetite • Lowers food intake
Chlorogenic acid	<ul style="list-style-type: none"> • Blocks fat cell formation • Is anti-inflammatory 	<ul style="list-style-type: none"> • Enhances insulin sensitivity • Lipolytic—breaks down fat
Chromium picolinate	<ul style="list-style-type: none"> • Enhances insulin sensitivity • Enhances satiety 	<ul style="list-style-type: none"> • Increases thermogenesis • Stabilizes blood sugar
<i>Cissus quadrangularis</i>	<ul style="list-style-type: none"> • Blocks dietary fat and carbohydrate uptake by inhibiting lipase and amylase enzymes • Reduces oxidative stress 	
<i>Citrus aurantium</i>	<ul style="list-style-type: none"> • Adrenergic agonist—stimulates stress response • Decreases gastric motility and lowers food intake 	
<i>Coleus forskohlii</i>	<ul style="list-style-type: none"> • Lipolytic—breaks down fat cells 	
Conjugated linoleic acid	<ul style="list-style-type: none"> • Reduces fat synthesis • Increases fat oxidation 	
Epigallocatechin gallate (EGCG: green tea extract)	<ul style="list-style-type: none"> • Increases energy expenditure • Increases fat oxidation • Suppresses the fat-making enzyme fatty acid synthetase 	

*Recommended dosage is 600–1,000 mg daily.

- A–Evidence from meta-analysis of randomized controlled trials or evidence from at least one controlled study without randomization
- B–Evidence from at least one controlled study without randomization or evidence from at least one other type of quasi-experimental study
- C–Evidence from nonexperimental descriptive studies, such as comparative studies, correlation studies, and case-control studies
- D–Evidence from expert committee reports or opinions, or clinical experience of respected authorities, or both
- F–No evidence it works, and/or evidence it could harm your health

ADVERSE EFFECT(S)	RECOMMENDATION (A–F)
None reported	Level A when taken while maintaining sufficient 25-hydroxy vitamin D blood levels
Strongly pungent	Level B <ul style="list-style-type: none"> • Some evidence • Food-based source preferred
None reported	Level F <ul style="list-style-type: none"> • No known evidence • NOT recommended
Gastrointestinal discomfort and bloating	Level F <ul style="list-style-type: none"> • Some weak evidence • NOT recommended
None	Level B <ul style="list-style-type: none"> • Some evidence
Accumulation in the kidneys	Level F <ul style="list-style-type: none"> • Weak evidence • NOT recommended
None known	Level F <ul style="list-style-type: none"> • Weak evidence • NOT recommended
There are concerns that it may act like ephedra, but none reported to date	Level F <ul style="list-style-type: none"> • Weak evidence • NOT recommended
None reported	Level F <ul style="list-style-type: none"> • No evidence • NOT recommended
No known adverse effects	Level D <ul style="list-style-type: none"> • Uncertain • NOT recommended
No known adverse effects from tea. Herbal extracts can cause hepatotoxicity.	Level A/B for tea Level F for extract as a supplement <ul style="list-style-type: none"> • Some evidence • Recommended as a beverage (1–3 cups of tea per day) • NOT recommended for supplementation as an herbal extract

(continued)

Appendix: Common Dietary Supplements (CONT.)

SUPPLEMENT (RECOMMENDED DOSE)	PROPOSED MECHANISM OF ACTION (IF KNOWN)	
Fenugreek	<ul style="list-style-type: none"> • Lipolytic—breaks down fat cells or adipocytes • Is an antioxidant • Improves glucose tolerance 	<ul style="list-style-type: none"> • Enhances insulin sensitivity • Improves blood lipids
Fish oil	<ul style="list-style-type: none"> • Blocks adipogenesis fat-making • Enhances insulin sensitivity • Increases fat oxidation 	<ul style="list-style-type: none"> • Increases energy expenditure • Suppresses appetite
<i>Garcinia cambogia</i>	<ul style="list-style-type: none"> • Inhibits de novo lipogenesis—new fat cell production • Reduces appetite • Suppresses fatty acid synthesis 	
Ginseng	<ul style="list-style-type: none"> • Delays fat absorption by inhibiting pancreatic lipase activity • Modulates carbohydrate metabolism 	
Guar gum	<ul style="list-style-type: none"> • Blocks dietary fat absorption • Improves satiety 	<ul style="list-style-type: none"> • Lowers appetite • Lowers food intake
<i>Hoodia gordonii</i>	<ul style="list-style-type: none"> • Is anti-inflammatory • Increases ATP production and decreases food intake • Inhibits de novo lipogenesis—new fat cell production • Suppresses appetite 	
Konjac root fiber	<ul style="list-style-type: none"> • Blocks dietary fat absorption • Improves satiety 	<ul style="list-style-type: none"> • Lowers appetite • Lowers food intake
L-carnitine	<ul style="list-style-type: none"> • Increases fat oxidation • Decreases fat synthesis 	
Melatonin	<ul style="list-style-type: none"> • Is an antioxidant • Activates brown fat • Enhances insulin sensitivity 	<ul style="list-style-type: none"> • Regulates leptin, ghrelin • Regulates sleep • Regulates stress
<i>Phaseolus vulgaris</i>	<ul style="list-style-type: none"> • Inhibits digestive enzyme alpha amylase and inhibits starch absorption 	
Probiotics	<ul style="list-style-type: none"> • Are anti-inflammatory • Regulate appetite • Improve energy metabolism • Enhance gut barrier 	<ul style="list-style-type: none"> • Improve dysbiosis • Improve SIBO • Enhance insulin sensitivity • Increase satiety
Psyllium	<ul style="list-style-type: none"> • Blocks dietary fat absorption • Improves satiety 	<ul style="list-style-type: none"> • Lowers appetite • Lowers food intake
Resveratrol	<ul style="list-style-type: none"> • Is anti-inflammatory • Is an antioxidant • Enhances insulin sensitivity 	<ul style="list-style-type: none"> • Increases fatty acid oxidation • Inhibits lipid formation in fat cells • Is a prebiotic
Vitamin D	<ul style="list-style-type: none"> • Unknown 	

Table adapted from Poddar et al. with permission from Sage Publications.^{6,7}

ADVERSE EFFECT(S)	RECOMMENDATION (A–F)
Unknown	Level B • Some evidence
Burping Fishy taste, odor	Level B • Some evidence
No known adverse effects	Level B • Some evidence
None known	Level F • No known evidence • NOT recommended
Gastrointestinal discomfort and bloating	Level F • No evidence • NOT recommended
None known	Level F • No known evidence • NOT recommended
Gastrointestinal discomfort and bloating	Level B • Some evidence
No adverse effects	Level F • No evidence • NOT recommended
Drowsiness	Level B • Some evidence
None known	Level B/C • Some evidence
Bloating, flatus	Level A/B • Good evidence—appears to be strain specific
Gastrointestinal discomfort and bloating	Level B/C • Some evidence
None	Level F • No evidence • NOT recommended
Kidney stones at very high serum levels	Level B Level A when taken with 600–1,000 mg of elemental calcium daily