

# **GUTBLISS**

**A 10-DAY PLAN TO BAN BLOAT, FLUSH TOXINS,  
AND DUMP YOUR DIGESTIVE BAGGAGE**

**BY ROBYNNE CHUTKAN, MD, FASGE**

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## Appendix: Gutbliss Recipes

All recipes courtesy of Elise Museles of Kale  
and Chocolate ([www.kaleandchocolate.com](http://www.kaleandchocolate.com))

Organic fruit and vegetables are preferred when available. If you cannot find BPA-free cans, use freshly cooked beans (see “Gutbliss Solutions for Good Gas” in Chapter 5) and vegetables whenever possible.

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### BREAKFAST IDEAS\*

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\*NOTE: For additional ideas for smoothies, see the “Custom Smoothie Guide” in the “Snacks and Treats” section (see pages 25–27).

### Green Smoothie

*Drinking your fresh fruit and vegetables can sometimes be more convenient than eating them, particularly when they’re combined in this delicious and nutritious smoothie that works for breakfast or lunch, or as an anytime snack. The pineapple and papaya are full of digestive enzymes that help break down protein, and the nutrients and fiber in the greens will keep your good bacteria happy and healthy.*

**SERVES 4**

**1 cup almond milk or coconut milk**

**1 banana, sliced and frozen ahead of time**

- 1 cup raw spinach, washed**
- 1 cup raw kale, washed (central stem removed)**
- 1 cup sliced fresh pineapple or papaya**

\* Place all of the ingredients in a blender and blend at high speed for 2 minutes until a smooth liquid consistency. Drink immediately after blending.

## Pumpkin Smoothie

*With the nostalgic flavors of a pumpkin pie, this smoothie will become your fall favorite. Pumpkin is high in antioxidants and a great source of energy to keep you fueled throughout the day. This smoothie is also an excellent precursor to winter with both the warming and anti-inflammatory properties of cinnamon, ginger, and nutmeg. For an added boost of spice and flavor, garnish with a cinnamon stick.*

### SERVES 4

- ½ cup pureed pumpkin**
- 1 cup almond milk or coconut milk**
- 1 banana, sliced and frozen ahead of time**
- 1 carrot, chopped (optional)**
- 1 scoop of plant-based vanilla protein powder (optional)**
- ½ teaspoon vanilla extract or powdered vanilla bean**
- 1 sliver fresh ginger root**
- Nutmeg and cinnamon to taste**
- 1 cinnamon stick for garnish (optional)**

*Note: For additional sweetness, add 1 chopped, pitted date.*

\* Place all of the ingredients except the cinnamon stick in a blender and blend at high speed for 2 minutes until it reaches a smooth liquid consistency. Garnish with the cinnamon stick, if desired. Sip, savor, and enjoy.

## Dr. Chutkan's Magic Smoothie

*My magic smoothie is full of live food and bloat-busting fiber and is a great way to start the day. It's an outstanding alternative to breakfast cereal that's been sitting in a box for months or pancakes or muffins whose main ingre-*

*dient is sugar. I recommend having this smoothie every day while you're on the plan, in the morning for breakfast or as a snack later in the day.*

**MAKES 2 LARGE SERVINGS**

- 1 sliced ripe banana**
- 2 cups organic mixed berries**
- 1 cup raw spinach, kale, collards, or chard, washed (central stem removed for kale/collards/chard)**
- 1 tablespoon ground psyllium husk**
- 1 tablespoon ground flax seed**
- 1 cup crushed ice**
- 1 cup almond milk, coconut milk, or coconut water**

\* In a blender bowl, combine all of the ingredients. Blend well and drink immediately.

## Morning Quinoa

*Quinoa was first domesticated by the Incas thousands of years ago, and although it's thought of as a grain, it's actually a leafy green vegetable like spinach that's cultivated for its seeds. It's a great source of plant protein (one cup has about 8 grams) and is easily digestible and gluten-free. It has a slightly nutty taste, similar to brown rice. This protein-packed nutritional powerhouse is also high in magnesium, phosphorus, and iron. Start your day on the right note and enjoy the benefits of a steady flow of energy.*

**SERVES 4 TO 6**

- 1 cup quinoa**
- 2 cups water**
- ¼ cup diced yellow squash**
- ¼ cup thinly sliced carrot rounds**
- ¼ cup raisins**
- ¼ cup chopped walnuts**
- ¼ cup whole or ground sesame seeds**
- ¼ cup coconut milk, almond milk, or hemp milk**
- Sprinkle of cinnamon**

HOW TO COOK THE QUINOA: In a fine-mesh strainer, rinse the quinoa well with cool water until the water runs clear. This will remove the outer coating, which can give it a bitter taste. In a saucepan, bring the water to a boil over medium-high heat. Add the quinoa, reduce the heat, and bring the mixture to a light boil for 5 minutes, and then simmer, covered, for an additional 15 minutes. Remove from the heat and let stand for 5 minutes, covered. After 5 minutes, remove the lid and fluff the quinoa gently with a fork. Serve.

\* For this recipe, when the quinoa first starts to simmer, stir in the squash, carrots, raisins, walnuts, and sesame seeds. Add the plant-based milk after cooking, to achieve the desired consistency. Sprinkle with cinnamon.

## Steel-Cut Oats with Berries and Flax Seeds

*Oats contain antioxidants and lignans, which protect against cancer and help stabilize blood sugar levels. Steel-cut oats are minimally processed and also don't have the added sugar of most brands of instant oatmeal. If you don't have time to cook this in the morning, simply make a batch in advance to enjoy it in single-size portions throughout the week.*

### SERVES 4

**1 cup steel-cut oats**

**3 cups water**

**1 tablespoon ground flax seeds**

**2 cups organic blueberries, raspberries, and/or strawberries**

**Drizzle of flax seed oil (optional)**

**Nutrient-dense toppings (see "Delicious Variations for Toppings" below)  
(optional)**

\* In a saucepan, combine the oats, water, and flax seeds, stir briefly, and bring to a boil over medium-high heat. Reduce the heat to low, cover, and simmer for 20 to 25 minutes, or until the oats are tender and the liquid is almost totally absorbed. Top with the berries, drizzle with flax seed oil, if desired, and serve. Or top with your other favorite nutrient-dense toppings, such as bananas and walnuts, or coconut, cinnamon, and pitted dates.

\* For a quicker version, soak the oats in the water in a 2-quart saucepan for 8 to 12 hours or overnight. In the morning, add the ground flax seeds and bring

to a boil, reduce the heat to low, and simmer, stirring constantly, for 5 minutes. Top with the berries, drizzle with flax seed oil, if desired, and serve. Or top with your other favorite nutrient-dense toppings.

**Delicious Variations for Toppings:**

Blueberries and walnuts  
Sliced banana and walnuts  
Apricots and almonds  
Apple, pecans, and cinnamon  
Dried cranberries and almonds  
Pear, ginger, and flax seeds  
Shredded coconut and sliced banana  
Coconut, cinnamon, and pitted dates

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**SOUPS**

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*Split Pea Soup/Dal*

*Split peas are a member of the legume family and are a great source of fiber that can help to lower your cholesterol and improve bowel regularity. This versatile dish can be made as a liquid for soup or, with a thicker consistency, for dal that can be served over rice or quinoa.*

**SERVES 6 TO 8**

**1 pound yellow split peas, rinsed and drained**  
**6 cups low-sodium organic chicken or vegetable broth for dal, 8 cups for soup**  
**3 large cloves garlic, minced**  
**1-2 cups coconut milk (1 cup for dal, 2 cups for soup) (optional)**  
**3 scallions, chopped**  
**1 jalapeño pepper, diced**  
**1 sprig of fresh thyme**  
**½ teaspoon cumin**  
**1 teaspoon curry powder**  
**Freshly ground black pepper to taste**

\* Boil the split peas in the chicken or vegetable broth with the garlic until the peas are soft (about 1 hour). Add additional broth or water as needed to keep

the mixture liquid. Add the coconut milk, if using, and boil for an additional 10 minutes. Add the scallions, jalapeños, and thyme and cook for 10 minutes more. Remove from the heat and blend with a handheld stick blender or puree in a food processor. Return to the heat and cook an additional 30 minutes. Season with curry powder, cumin, and freshly ground black pepper to taste. Serve.

## Butternut Squash Soup with Kale

*The savory roasted vegetables and herbs in this recipe combine beautifully to create a smooth, creamy, and nourishing soup. The addition of kale tops off this bowl filled with nutrients from vitamin A to zinc. Serve garnished with toasted pumpkin seeds.*

### SERVES 8

- 4 cups butternut squash, peeled and coarsely chopped**
- 2 cups sweet potatoes, peeled and coarsely chopped**
- 3 tablespoons olive oil**
- 3 large cloves garlic, minced**
- 1 tablespoon fresh rosemary**
- 1 tablespoon fresh sage**
- 1 tablespoon fresh thyme**
- 1 medium onion, coarsely chopped**
- 2 large carrots, coarsely chopped**
- 2 red bell peppers, coarsely chopped**
- 6 cups low-sodium organic vegetable broth**
- 3 cups raw kale, washed, central stem removed, and sliced into strips**
- Freshly ground black pepper to taste**
- Sprigs of fresh herbs (rosemary, thyme, oregano) or pumpkin seeds for garnish**

\* Preheat oven to 375°F. Place the squash and sweet potatoes in a large roasting pan and toss with the olive oil, garlic, rosemary, sage, and thyme. Roast uncovered in the oven for 30 minutes. Add the onions, carrots, and bell peppers. Roast for an additional 20 to 30 minutes, or until the vegetables are golden brown. Remove the pan from the oven and place the roasted vegetables in a large stockpot. Add the vegetable broth. Heat over medium-high heat until the



squash begins to soften. Turn the heat off and blend the soup with a handheld stick blender (see Note below). Add the sliced kale to the blended soup and cook over medium heat uncovered for 2 to 3 minutes, or until the kale wilts. Season with freshly ground black pepper. Serve in bowls and garnish with a sprig of fresh herbs or pumpkin seeds.

*Note: If a stick blender is not available, use a food processor or high-speed blender after allowing the soup to cool slightly, but while still hot.*

## Vibrant Veggie Soup

*This sumptuous soup is great to have on hand and enjoy any time of day. It makes a nourishing snack as well as a filling addition to any meal. If you have a limited amount of time to prepare your food during the week, this is an easy way to guarantee that you get your veggies every day.*

### **SERVES 8**

- 2 tablespoons olive oil**
- 1 yellow or sweet onion, diced**
- 1 clove garlic, diced**
- 5 celery stalks, sliced into ½-inch segments**
- 4 carrots, sliced into thin rounds**
- 2 tablespoons fresh herbs, chopped (parsley, oregano, and/or thyme)**
- 4 cups homemade or store-bought low-sodium organic vegetable stock**
- 1 to 2 cups water, depending on desired thickness**
- One 28-ounce can/carton diced tomatoes**
- One 6-ounce can tomato paste**
- 6 cups vegetables, chopped (such as broccoli, asparagus, red bell peppers, yellow squash, zucchini, green beans)**
- 3 cups fresh raw spinach leaves, washed**
- Freshly ground black pepper to taste**
- Red pepper flakes (optional, but recommended for an additional kick)**

\* Heat the olive oil in a soup pot and add the onions, garlic, celery, and carrots. Sauté the vegetables for about 5 to 10 minutes, until lightly browned. Then add the fresh herbs and stir to coat the vegetables. Add the vegetable stock, water,

diced tomatoes, and tomato paste. Mix thoroughly and stir in the chopped vegetables. Bring to a boil, reduce the heat to low, and simmer, covered, for 30 to 35 minutes, or until the vegetables are soft. Turn off the heat and add the spinach leaves. Cover the pot for 5 minutes to allow the spinach to steam. Remove the cover. Season the soup with freshly ground black pepper and red pepper flakes, if desired. Ladle into bowls and serve.

## Moroccan Gazpacho Soup

*This chilled Middle Eastern tomato-based soup is refreshing, spicy, and flavorful, and it can also be made in advance and served on a warm summer day. You get the perfect combination of spices that offer anti-inflammatory benefits along with a huge dose of lycopene from the fresh tomatoes.*

### **SERVES 4**

- 4 cloves garlic, minced**
- 2½ teaspoons paprika**
- 1½ teaspoons ground cumin**
- Pinch of cayenne pepper**
- 4 teaspoons olive oil, plus oil for drizzling**
- 2½ pounds tomatoes, diced and cut into 1-inch cubes**
- 1 tablespoon white wine vinegar**
- Juice of 1 lemon**
- 2 tablespoons water**
- ¼ cup chopped celery or cilantro for garnish**

\* In a small sauté pan, combine the garlic, paprika, cumin, cayenne, and olive oil. Cook over low heat, stirring constantly, for 2 minutes. Remove from the heat and let cool. Next, blend the tomatoes in a food processor. Stir in the spice mixture, vinegar, lemon juice, and water with the tomatoes. Refrigerate until cold. Serve garnished with chopped celery or cilantro and a drizzle of olive oil.

## Vegetable and Lentil Soup

*Lentil soup can be very satisfying in the colder winter months. For a heartier meal, serve over basmati rice, or, to boost the nutritional value of the*

*meal, add in some kale or spinach at the end. The soup keeps in the refrigerator for days, and it is a meal in itself.*

**SERVES 12**

- 2 tablespoons olive oil**
- 3 large celery stalks, chopped into ½-inch segments**
- 2 large carrots, chopped into thin rounds**
- 1 large onion, chopped**
- 3 cloves garlic, chopped**
- 1½ teaspoons chopped fresh rosemary leaves**
- 1½ teaspoons dried oregano**
- 8 cups low-sodium organic vegetable or chicken broth**
- One 28-ounce can diced tomatoes, including juice**
- 2 cups (about 11 ounces) green lentils, rinsed**
- ⅓ cup chopped fresh Italian parsley leaves (about half a bunch)**
- Freshly ground black pepper**

\* Heat the olive oil in a large, heavy pot over medium-high heat. Add the celery, carrots, onions, garlic, rosemary, and oregano. Sauté until the onions are translucent, about 8 minutes. Add the vegetable or chicken broth and tomatoes with their juice. Bring the soup to a boil. Reduce the heat to medium-low, cover, and simmer until the vegetables are just tender, stirring occasionally, about 30 minutes. Add the lentils. Cover and continue simmering until the lentils are softened, about 1 hour. Stir in the parsley. Season the soup to taste with freshly ground black pepper. Ladle into bowls and serve.

## *Blended Green Soup*

*Have you ever made a soup in less than ten minutes? This blended soup is an excellent way to fuel your body without having to slave over the stove. Blending your greens ensures that the tough cell membranes are broken down so that you start nourishing your body with the very first sip.*

**SERVES 4**

- 3 cups chopped raw spinach, washed**
- 3 stalks celery, chopped**
- 1 sprig of oregano**

1 red bell pepper, chopped  
1 large avocado, sliced  
1 cucumber, chopped  
1 jalapeño pepper, diced  
Juice of 1 lime  
2 cups water

\* Combine all of the ingredients in the bowl of a blender. Blend and enjoy!

### *Curried Cauliflower and Chickpea Stew*

*Cauliflower by itself is often considered bland, but the addition of curry, garlic, and ginger makes this dish a tasty part of any anti-inflammatory diet. This soup is perfect on its own or can be served with brown rice and steamed greens for a complete and satisfying meal.*

#### **SERVES 4**

1 head cauliflower  
1 medium yellow onion, thinly sliced  
2 cloves garlic, minced  
1-inch piece of fresh ginger, peeled and cut into thin slices  
1 tablespoon grapeseed oil  
2 carrots, sliced into thin rounds  
1 tablespoon curry powder  
2 cups low-sodium organic vegetable stock  
1½ cups chopped tomatoes with their juices  
1½ cups cooked chickpeas  
2 tablespoons raisins  
Freshly ground black pepper  
Chopped fresh basil

\* Wash the cauliflower and remove the outer leaves and inner stems. Cut the florets into bite-size pieces and set aside. In a Dutch oven over medium-high heat, sauté the onions, garlic, and ginger in the grapeseed oil until lightly browned. Add the carrots and cook for an additional 2 minutes. Add the curry powder, vegetable stock, tomatoes, and chickpeas. Bring the soup to a boil, then

reduce the heat to medium-low and bring the soup to a simmer before folding in the cauliflower and raisins. Cover and cook until the cauliflower is soft, about 7 minutes. Season with freshly ground black pepper to taste. Garnish with chopped basil and serve.

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## SALADS

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### Rainbow Salad

*A balanced diet contains the full spectrum of colors. The way to create a delicious and nourishing salad packed with plant-derived phytonutrients is to represent each color of the rainbow. Go for variety and try to add tastes and colors that have been missing from your diet. Some examples of ingredients to choose from:*

**Red fruits and vegetables:** red bell peppers, tomatoes, rhubarb, berries, pomegranate seeds, red onions, pink grapefruit, beets, radishes

**Orange/yellow fruits and vegetables:** carrots, orange bell peppers, pumpkin, papayas, apricots, squash, pineapples, sweet corn, sweet potatoes, mangoes

**Green fruits and vegetables:** celery, romaine lettuce, arugula, kale, dandelion greens, spinach, mixed greens, sprouts, broccoli, roasted Brussels sprouts, zucchini, green onions, peas, avocados

**Black/purple fruits and vegetables:** roasted eggplant, purple cabbage, figs, plums, blueberries, blackberries

**White fruits and vegetables:** cauliflower, jicama, ginger root, mushrooms, garlic, onions, scallions

**Heart-healthy oils:** Flax seed oil, walnut oil, olive oil, avocado oil (these oils add in "good" fats)

**Fresh herbs:** Parsley, cilantro, basil, oregano

**Protein:** Plant-based protein (legumes, nuts, seeds) or animal-based protein (chicken breast, turkey breast, fish, shellfish, lean meat)

\* Assemble all ingredients in a large bowl (a glass bowl is fun, so you can enjoy all the colors). Be creative! Season the salad with fresh herbs and homemade

vinaigrette. This salad can be stored undressed in a well-sealed container in the fridge for several days. You can use handfuls at a time in different ways, including: add chopped chicken or turkey; toss in cooked lentils; drizzle with olive oil and balsamic vinegar; stuff into a corn tortilla; or wilt into a breakfast omelet.

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## MAINS AND SIDES

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### Quinoa Tabbouleh

*This is a modern take on an old favorite. Traditionally, tabbouleh is made with bulgur wheat, but this version has quinoa, which is not only gluten-free but also contains a healthy dose of plant-based protein. Tabbouleh is satisfying as a main dish served on a bed of greens and can be made in advance for an easy on-the-go meal.*

#### SERVES 8

- 1 cup quinoa
- 2 cups water or low-sodium organic vegetable broth
- 1 cup cucumbers, peeled and chopped
- 1 cup fresh parsley, chopped
- ¼ cup fresh mint, chopped
- 1 cup grape tomatoes, quartered
- ½ cup scallions, chopped
- Freshly ground black pepper to taste
- ¼ cup olive oil
- ¼ cup fresh lemon juice
- 1 teaspoon minced garlic

\* In a saucepan, cook the quinoa in the water or vegetable broth according to the directions in the Morning Quinoa recipe (see pages 5–6). Chill the quinoa thoroughly in the fridge for at least 1 hour. In a bowl, combine the chilled quinoa, cucumbers, parsley, mint, grape tomatoes, and scallions. Season with freshly ground black pepper to taste. In a separate bowl, whisk the olive oil, lemon juice, and garlic until blended. Add to the quinoa and veggies and mix until thoroughly combined. Chill before serving.

## Lemony Quinoa with Pine Nuts and Spinach

*Quinoa has the highest nutritional profile and cooks the fastest of all the grains (while it's technically a seed, we consume it like a grain). Quinoa is the only plant-based food that has all eight essential amino acids, making it a complete protein. In addition to being gluten-free, quinoa is high in B vitamins, iron, zinc, potassium, calcium, and vitamin E. Spinach and parsley enhance the nutritional benefits of this dish.*

### **SERVES 8**

- 1 cup quinoa**
- 2 cups water**
- 2 cups raw spinach, washed**
- ½ cup pine nuts**
- ¼ cup olive oil, plus a dab for the pine nuts**
- ½ cup golden raisins**
- 2 teaspoons freshly grated lemon zest**
- ½ cup chopped fresh flat-leaf parsley**
- ¼ cup fresh lemon juice**
- 1 teaspoon ground cumin**
- Freshly ground black pepper to taste**

\* Preheat the oven to 325°F. In a saucepan, cook the quinoa with the water according to the directions in the Morning Quinoa recipe. While the quinoa is cooking, slice the spinach into thin strips. Brush the pine nuts with a dab of olive oil, place them on a baking sheet, and bake them in the oven until lightly toasted, about 10 minutes. Transfer the warm, cooked quinoa to a serving bowl and add the toasted pine nuts, raisins, lemon zest, and parsley. Place the sliced raw spinach on top of the quinoa. In a separate bowl, whisk together the lemon juice and cumin. Slowly add in the remaining ¼ cup olive oil to form a paste. Pour the dressing over the quinoa mixture, making certain to moisten all of the ingredients. Add freshly ground black pepper to taste. Serve this nourishing and delicious dish warm or at room temperature.

## Braised Baby Bok Choy

*Sometimes you may need a break from kale. Bok choy, also referred to as an Asian green, is a mild-tasting member of the cabbage family. Use this recipe as a guide to cooking delicious greens. For a change, swap out the bok choy for any of your favorite leafies.*

### **SERVES 2 TO 4**

**1 cup low-sodium organic vegetable broth**

**3 tablespoons olive oil**

**$\frac{3}{4}$  pound baby bok choy, trimmed**

**$\frac{1}{2}$  teaspoon sesame oil**

**Freshly ground black pepper to taste**

\* In a large, deep, heavy skillet, combine the vegetable broth and olive oil over medium heat and bring them to a simmer. Arrange the bok choy evenly in the skillet and simmer covered, until tender, about 5 minutes. Transfer the bok choy with tongs to a serving dish and cover to keep warm. Increase the heat to high and boil the broth mixture until reduced to about  $\frac{1}{4}$  cup, then stir in the sesame oil and freshly ground black pepper to taste. Pour the mixture over the greens.

## Noah's Asian Turkey Sliders

*Elise's son, Noah, came up with this tasty recipe after trying to figure out how to re-create the flavor of pot stickers but in a healthier way. Serve with brown rice or over a bed of greens.*

### **SERVES 4 TO 6**

**1 pound ground turkey breast**

**3 teaspoons finely grated ginger root**

**2 cloves garlic, chopped**

**2 egg whites**

**1 large carrot, finely grated**

**2 tablespoons gluten-free soy sauce**

**2 teaspoons sesame oil**

**1 tablespoon freshly minced cilantro (optional)**



**3 green onions, minced**  
**Freshly ground black pepper to taste**  
**Vegetable oil for the griddle or pan**

\* Combine the turkey, ginger, garlic, egg whites, carrots, soy sauce, sesame oil, cilantro if using, green onions, and freshly ground black pepper to taste in a medium bowl. Form the mixture into patties about 1½ to 2 inches in diameter. Place the patties on a lightly oiled griddle or in a lightly oiled pan and cook over medium-high heat for about 7 minutes per side, or until cooked through. Serve immediately.

## Lemony Roasted Chicken

*Every chef has a version of a whole roasted chicken. The secret ingredient to this tasty chicken is the lemon juice. It seals in the bird's natural juices and helps crisp and brown the skin. Use an organic free-range chicken if possible.*

### **SERVES 4**

**1 chicken, 2 to 4 pounds**  
**1 lemon**  
**1 medium onion, peeled**  
**2 cloves garlic**  
**2 to 3 sprigs each of fresh rosemary, sage, and thyme**  
**Poultry seasoning**  
**Freshly ground black pepper to taste**  
**½ cup low-sodium organic chicken broth**

\* Preheat the oven to 450°F. Rinse the chicken, pat it dry, and remove and discard the giblets. Cut the lemon in half and squeeze the juice onto the skin. Place the onion, garlic cloves, and one each of the fresh sprigs of herbs in the cavity. Season the cavity with freshly ground black pepper to taste. Generously season the outside of the chicken with freshly ground pepper and poultry seasoning.

\* Place the chicken on a rack in a heavy roasting pan. Pour the chicken broth into the pan and roast uncovered for 30 minutes. Reduce the heat to 375°F and

continue to roast for at least 1 hour more, or until the juices run clear. Remove the chicken from the oven and let stand for 5 minutes before carving. Garnish with the remaining sprigs of fresh herbs.

## Escarole with White Beans

*Escarole often has a bitter taste, but with the flavor of the white beans and spice from the garlic, this escarole can't be beat. Escarole is filled with fiber, folic acid, vitamin A, and vitamin K. The white beans add a nutritional boost of plant-based protein.*

### **SERVES 4**

**2 tablespoons olive oil**

**2 cloves garlic, sliced**

**1 head escarole, washed and chopped**

**One 15-ounce can great northern white beans, rinsed and drained,**

**or 1½ cups cooked great northern white beans**

**Freshly ground black pepper to taste**

\* In a large sauté pan, heat the olive oil hot enough so that when you add the garlic, it sizzles as it hits the pan. Slowly add the escarole. Sauté for 3 to 5 minutes, or until wilted. Add the beans, turn off the heat, and mix well. Season with freshly ground black pepper to taste. Dig into this hearty and tasty dish of greens!

## Simple Salmon with Ginger

*Salmon is often revered for its omega-3 fatty acids. The combination of salmon, ginger, and plum vinegar in this recipe creates a fresh, light flavor with a subtle zing.*

### **SERVES 2**

**1 tablespoon coconut oil**

**¼ cup water**

**2 teaspoons freshly grated ginger**

- 1 tablespoon plum vinegar**
- 2 wild salmon fillets (4 ounces each)**
- Lemon or lime slices for garnish**

\* Make a marinade by combining the coconut oil, water, ginger, and plum vinegar. Place the fish in a shallow baking dish, cover with the marinade, and refrigerate for at least 30 minutes, up to 12 hours in the refrigerator. Set aside a few tablespoons of the marinade to use for basting and discard the rest. Preheat the broiler. Broil the fish, skin side down, for 8 to 10 minutes, until the flesh is opaque and flakes easily when a fork is inserted. Baste with the remaining marinade once or twice while broiling. Serve garnished with lemon or lime slices.

## Roasted Fish in Tomato Sauce

*This recipe transforms a mild white fish into a flavorful creation. It is easy to prepare and looks beautiful right out of the oven.*

### **SERVES 4**

- 2 tablespoons olive oil, plus enough to coat the baking dish**
- 4 white fish fillets, such as cod, flounder, snapper, or sea bass (6 ounces each)**
- 1 yellow onion, finely chopped**
- 2 cloves garlic, finely minced**
- 6 plum tomatoes, seeded and chopped**
- Freshly ground black pepper to taste**
- 3 tablespoons finely chopped Italian parsley**
- 2 tablespoons fresh basil, sliced into thin strips**
- 1 tablespoon finely chopped fresh thyme**

\* Preheat the oven to 450°F. Oil a large baking dish. Arrange the fish in a single layer in the prepared baking dish. Heat the 2 tablespoons olive oil in a saucepan. Add the onions and sauté for 8 to 10 minutes, until the onions are tender and translucent. Add the garlic and sauté for 1 minute more. Stir in the chopped tomatoes and cook over low heat until the sauce thickens, about 15 minutes. Season the sauce to taste with freshly ground black pepper. Stir in

half of the parsley, basil, and thyme, and simmer the sauce for 2 minutes more. Spoon the sauce on top of the fish and bake the fish in the preheated oven for 10 to 12 minutes, depending on the thickness of the fish. The flesh should be opaque and flake easily with a fork when done. Remove from oven and sprinkle with the remaining parsley, basil, and thyme before serving.

## Baked Cod with Spicy Peppers

*This simple fish dish is not only delicious and easy to prepare, it's also loaded with a variety of spices that have anti-inflammatory benefits.*

### SERVES 4

**1 medium poblano pepper**

**½ jalapeño pepper**

**2 tablespoons olive oil**

**2 cloves garlic**

**1 shallot**

**¼ teaspoon cayenne pepper**

**Pinch of sea salt**

**1½ pounds cod fillets**

\* Preheat the oven to 350°F. Wash and dry the poblano and jalapeño peppers and rub them with a small amount of olive oil. Roast the peppers on a baking sheet in the oven until they're soft and the skin is blistering. Remove the peppers from the oven, cover, and let sit for 5 minutes. Peel away the skin and remove the seeds and stems. Combine the roasted peppers, remaining olive oil, garlic, shallot, cayenne, and sea salt in food processor and puree until smooth.

\* Cover a cookie sheet with parchment paper, place the cod fillets on the sheet, and spread the puree of roasted peppers evenly over the cod fillet tops and sides. Bake for 20 to 30 minutes, or until fish flakes easily when tested with a fork.

## Sliced Brussels Sprouts with Slivered Almonds and Dates

*You probably turned your nose up at these as a kid. Now it's time to make amends and enjoy this close relative of the cabbage. Brussels sprouts are*

*loaded with a hefty dose of vitamin K, which helps with calcium absorption. Slice and sauté the Brussels sprouts, and then mix with shallots, dates, and slivered almonds for a winning combination.*

**SERVES 4 TO 6**

- 2 tablespoons olive oil**
- 2 large shallots, minced**
- 1 pound Brussels sprouts, cored and sliced**
- Freshly ground black pepper to taste**
- Juice and zest of ½ lemon**
- ¼ cup slivered almonds, toasted**
- ¼ cup Medjool dates, pitted and chopped**

\* In a large saucepan, heat 1 tablespoon of the olive oil and sauté the shallots for 2 to 3 minutes, until golden brown. Remove the shallots, add the remaining tablespoon olive oil, and cook the Brussels sprouts for 4 to 5 minutes, until slightly browned. Season with freshly ground black pepper to taste. Mix the cooked shallots into the sprouts. Add the lemon juice and lemon zest. Toss in the almonds and dates.

## Spicy Black Beans

*These spicy beans can be eaten as a main dish over rice or on their own, and they also make a tasty side dish. They keep well in the freezer and can be blended with low-sodium organic chicken or vegetable broth to create a hearty black bean soup.*

**SERVES 6 TO 8**

- 1 pound dried black beans**
- 1 tablespoon olive oil**
- ½ cup finely chopped onion**
- ½ cup finely chopped carrots**
- 3 cloves garlic, chopped**
- 2 bay leaves**
- 1 teaspoon ground cumin**
- 1 tablespoon Worcestershire sauce**
- 1 tablespoon balsamic vinegar**

**1 teaspoon Italian seasoning**  
**Dash of cayenne pepper**  
**Squeeze of lemon or lime juice**

\* Place the dried beans in a bowl and cover with water (about 3 inches past the level of the beans). Let the beans soak for at least 1 hour or overnight. In a large saucepan, heat the olive oil and sauté the onions, carrots, and garlic until tender, about 10 minutes. Drain the water from the beans and add the beans to the onions, carrots, and garlic, plus enough water to generously cover everything in the saucepan by at least 1 inch. Add the bay leaves. Cover and let the beans simmer on low heat for 45 minutes, but keep stirring frequently and add water as necessary to make sure the beans don't burn. Add the cumin, Worcestershire sauce, vinegar, Italian seasoning, and cayenne. Let the mixture cook for at least 2 hours uncovered, stirring regularly and adding water as needed. Add the lemon or lime juice. Cook until the sauce has thickened and the beans are soft (about an additional 30 minutes). Discard the bay leaves before serving.

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## SNACKS AND TREATS

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### Kale Chips

*This recipe is easy to make and can add a healthy dose of crunch along with chlorophyll, vitamins, minerals, and phytonutrients. Specifically, kale is rich in potent cancer-fighting substances, is loaded with bone-building vitamin K, and has one of the highest antioxidant levels of all vegetables. Did I mention that these chips taste good too?*

**SERVES 4 TO 6**

**6 cups raw kale (about 2 bunches), rinsed with (central stem removed)**  
**1 tablespoon apple cider vinegar**  
**2 tablespoons olive oil**  
**Sea salt to taste (but just a little!)**

\* Preheat oven to 350°F. Cut the kale leaves into 2- to 3-inch pieces. Mix the vinegar, olive oil, and salt in a large bowl. Add the kale and mix by hand to evenly coat all of the leaves. Place the kale leaves on parchment-lined baking

sheets (I like to use parchment paper for easy cleanup) and bake until the kale leaves are crispy, about 5 to 10 minutes.

*Note: Baking time may vary depending on the size of your chips and desired crispness.*

## Spicy Roasted Chickpeas

*These roasted chickpeas are the perfect addition to a salad or grain dish. The flavorful beans also work well as a snack to satisfy any craving for crunch. This dish can be made in advance and stored in an airtight container. Play around with the seasonings, but if you like very spicy, then use an entire teaspoon of cayenne pepper (instead of the paprika) and a dash of red pepper flakes.*

### **SERVES 4**

**2 tablespoons olive oil**

**1 teaspoon Spanish smoked paprika**

**1 teaspoon cumin**

**Pinch of cayenne pepper**

**One 15-ounce can chickpeas, rinsed, drained, and patted dry**

❖ Preheat oven to 400°F. Combine the olive oil, paprika, cumin, and cayenne in a large bowl. Add the chickpeas and toss to coat evenly. Transfer the chickpeas to a parchment-lined baking sheet and spread in a single layer. Bake for 25 to 35 minutes, until golden and crisp (stir once after 15 minutes). Remove the baking sheet from the oven. Cool, and then transfer the chickpeas to a serving dish or an airtight container for storage. This healthy snack will stay good for a few weeks in the fridge.

## Red Velvet Smoothie

*This flavorful treat tastes like a frozen red velvet cupcake but without the refined flour, eggs, sugar, and red dye. Enjoy this when you're craving something sweet. And for all of you chocoholics who want to channel your addiction in a healthy way, this is for you!*

**SERVES 4**

- 4 large ripe bananas, frozen and sliced**
- 1½ cups frozen organic raspberries**
- 2 tablespoons unsweetened (non-alkalized) cocoa powder**
- 4 to 5 dates, pitted and chopped**
- ½ to 1 cup almond milk, hemp milk, or other milk substitute**

- \* Blend all of the ingredients in a high-powered blender until thick and creamy.

## Healthy Hot and Spicy Cocoa

*If you're a fan of dark, antioxidant-rich chocolate, then you'll love this sumptuously spiced, healthy hot cocoa recipe. As a bonus, the variety of warm and inviting spices offers an array of health benefits that you don't get in the more traditional versions. So forget the guilt and take a moment to relax and enjoy this deliciously decadent drink.*

**SERVES 1**

- 1 cup almond milk, hemp milk, or rice milk**
- 1½ tablespoons unsweetened (non-alkalized) cocoa powder**
- Splash of vanilla extract**
- Sprinkle of cinnamon**
- Sprinkle of chili powder**
- Sprinkle of ground nutmeg**
- Sprinkle of ground cloves**

- \* In a saucepan over medium-low heat, heat the plant-based milk until luke-warm. Stir the cocoa powder into the warmed liquid until dissolved. Add the vanilla extract, cinnamon, chili powder, nutmeg, and cloves. Heat for another 2 minutes, stirring occasionally. Inhale the great aroma, sip, and enjoy.

## Healthy Homemade Energy Bars

*Energy bars are an excellent option for an on-the-go snack or to bring with you when you travel. These homemade treats also offer a quick boost after a workout. Most commercially available energy bars are loaded with sugar,*



*a super-long list of ingredients, and added preservatives. This homemade version is packed with heart-healthy nuts, dates for natural sweetness, and antioxidant-rich cocoa powder. They are so simple to make, you don't even have to turn on the oven!*

**SERVES 6 TO 8**

**1 cup walnuts, almonds, or cashews**

**1 teaspoon pure vanilla extract**

**1½ cups Medjool dates, pitted**

**3 to 4 tablespoons cocoa powder**

**1 teaspoon cinnamon**

**Shredded coconut to sprinkle and press on top (optional)**

✱ Blend the nuts, vanilla extract, dates, cocoa powder, and cinnamon in a food processor. Spread the mixture on a baking pan or cutting board. Sprinkle with shredded coconut, if desired. Cut the mixture into square or rectangular shapes. Store in the refrigerator in an airtight container for up to 10 days or freeze for up to a month.

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## CUSTOM SMOOTHIE GUIDE

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Your smoothie repertoire is limited only by your imagination. There are lots of ways to mix and match flavors. The one thing that never changes is the big nutritional punch you get!

**BASE INGREDIENTS**

- Brewed herbal tea
- Coconut milk
- Coconut water
- Nut milks (almond, hazelnut, cashew)
- Rice milk
- Seed milks (hemp, sunflower, sesame)
- Vegetable juice (fresh)
- Water

#### **SWEETENERS**

- Dates
- Fruit (fresh or frozen)

#### **FATS AND PROTEINS**

- Avocado
- Chia seeds
- Coconut oil
- Flax seed oil
- Nuts (nut butters)
- Plant-based protein powder
- Seeds (ground seeds/seed butter)
- Shredded coconut

#### **FRUITS AND GREENS**

- Apple
- Avocado
- Banana (sliced/frozen)
- Berries (fresh/frozen)
- Celery
- Collards
- Cucumber
- Dandelion greens
- Kale
- Mango
- Mint
- Papaya
- Parsley
- Peach
- Pear
- Pineapple
- Plum
- Romaine lettuce
- Spinach
- Sprouts

- Swiss chard
- Watercress

**EXTRAS**

- Cocoa powder (unsweetened non-alkalized)
- Ginger (fresh grated)
- Goji berries
- Spices (nutmeg, cinnamon, vanilla)