



THE VITAL PLAN DIET

EATING PLAN & RECIPES

VITAL PLAN



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INTRODUCTION

WHAT TO EXPECT

Welcome to the Vital Plan Diet! Whether you seek general wellness or are overcoming significant chronic illness and digestive problems, the practical solutions are here.

This guide is designed to make following the Vital Plan Diet as easy and practical as possible. You will find that the diet has some similarities to other popular diet plans such as Paleo and ketogenic diets that are eliminating refined foods and excess carbs and focusing more on foods that are closer to their natural origins, but there are some distinct differences.

For one, the Vital Plan Diet is designed to adapt to most anyone's needs. Whether you're starting from a place of severe digestive issues or just want to purge your system of toxins and learn some new recipes, the diet will enable you to gain pleasure from eating food without being harmed by it.

The Vital Plan Diet is also unique in that it is very restrictive on the front end to promote a healthy gut and detoxification, but less restrictive on the back end as you transition into a living diet. It quickly progresses you to a place of understanding which foods match your body best. As you move into the later phases of the plan, you can likely enjoy most foods again — albeit not at the levels found in the average modern highly-processed diet. You'll adopt a new way of eating that's both sustainable and enjoyable.

Another key difference in the Vital Plan Diet is its use of both culinary and medicinal herbs, which are essential for a healthy gut, balanced gut microbiome, and strong immune system. Herbs replace the protective plant chemicals that were lost in mankind's transition away from ancient foraged foods.

Although you'll find plenty of Vital Plan Diet approved recipes, this guide is as much a manual for using food to enhance your health and well-being as it is a cookbook.

The first 12 pages explain the nuts and bolts of the plan—what's not included in the diet and why, how to progress through the three phases of the plan, plus which herbs and supplements to add to your regimen to address various digestive and health concerns.

After that, we jump into the diet, where you'll find grocery lists, dozens of recipes, and sample menus. There's also a reference section, which offers lessons on simple cooking techniques, an overview of the key kitchen tools, plus handy charts on steaming produce and grains.

The Vital Plan Diet is divided into three progressive phases. How long and intensely you embrace each phase depends on your current digestive state and overall goals, but in general, everyone can benefit from a minimum of two weeks on Phase 1. The key is to progress at your own rate and listen to your body for signs you're ready to move on.

Here's a quick overview of the three diet phases:

PHASE 1: HEALING & CLEANSING

(2 weeks-2 months, or longer if necessary)

The most restrictive phase of the diet plan, it's all about achieving healthy digestion and ridding the body of toxins. Phase 1 eliminates the most gut-offending foods and adds foods that are easy to digest. It also incorporates simple cooking techniques that help purge toxins and support digestive and overall health.

PHASE 2: INITIAL REINTRODUCTION AND DISCOVERY

(2-4 months, or longer if necessary)

This phase is designed to identify food sensitivities and other food intolerances. Foods are gradually reintroduced in a stepwise fashion; those causing reactions remain on the avoid list. As the range of tolerated foods is expanded, a wider variety of recipes can be enjoyed.

PHASE 3: THE DAILY VITALITY DIET

By the time you reach Phase 3, you'll know which foods are well tolerated for your unique physical makeup, so you can establish healthy diet routines to follow for life. Phase 3 includes more tips for easy meal preparation, healthful snacking, eating out, and enjoying occasional indulgences.

Consider this guide your go-to resource for food and eating. The closer you follow the Vital Plan Diet, the more quickly you'll experience stronger digestive function, increased immunity, and more optimal health overall.

WHAT'S NOT ON THE MENU (AND WHY)

The Vital Plan Diet is designed to remove things from your diet that are known to cause digestive dysfunction. When your body can't absorb critical nutrients or remove toxins, it impacts every other system in the body. **Without normal digestion, optimal health is not possible.**

Phase 1 is particularly stringent, as you learn which foods do and don't work for your body through the process of elimination. Here, an overview of what's eliminated and why, bearing in mind that you'll be able to add many of these things back to your diet in later phases of the plan.

1. Excess carbohydrates

Overconsumption of carbohydrates in the form of grains, added sugar, and refined processed foods is GI enemy #1. It compromises digestion, stimulates growth of "bad" bacteria in the gut, raises blood sugar levels, disrupts all hormone systems in the body, contributes to high cholesterol (more so than eating fat), and disrupts immune functions.

2. Gluten + other storage proteins

Found in the inner parts of the seeds of grains (called the endosperm), storage proteins provide a unique composition of amino acids that are typically hard to digest and can be very irritating to the gut of foraging animals. They are also much more allergenic than proteins from other sources. Gluten—the storage protein in wheat and related grains (rye, barley, ancient forms of wheat)—is the worst offender.

3. Lectins

Another type of specialized plant protein, lectins are present in all plants, but seeds have the highest concentrations. They bind to molecules in cell membranes of the intestinal tract, causing irritation of tissues. Humans have some built-in natural protection to lectins: our gut cells are coated with a protective mucous barrier. Problems arise when lectin concentrations are so excessive that they compromise that barrier. Primary sources of food lectins include:

- Grains, especially whole grain wheat and wheat relatives
- Legumes, especially soybeans, kidney beans, and peanuts
- Tree nuts, such as almonds, pecans, walnuts, cashews, and pistachios
- Nightshade vegetables, including tomatoes, potatoes, eggplant, and peppers
- Dairy from cows raised on corn and soybeans
- GMO seeds (corn, soy)

4. Isoflavones

These hormonally active substances found in soy and soy products mimic the female hormone estrogen in the body. Some experts worry that daily isoflavone consumption could increase breast cancer risk in women and men, and increase rates of prostate cancer in men (though this hasn't proven to be an issue in Asian countries where fermented soy products such as tofu, tempeh, and miso have been consumed daily for thousands of years). A possible greater concern is the allergenic potential of soy proteins. People with digestive dysfunction tend to quickly develop sensitivities to soy proteins with any significant consumption.

5. Mycotoxins (mold)

Mycotoxins are toxins produced by fungi (molds) growing on food, the most toxic one being trichothecene. This substance is produced by multiple types of mold—including black mold—as well as by a fungus that commonly contaminates wheat, corn, and oats. Any produce beyond the fresh stage can grow mold, even in the refrigerator. Here's where else they're found:

- All processed meats (sausage, bacon, salami, ham, etc.)
- Peanuts and mushrooms
- All dairy products except cultured dairy (yogurt, kefir); cottage cheese contains the highest concentration of mold toxins

6. Toxic fat

Too much saturated fat (found in animal products, some plant-based oils, and many baked and fried foods) stiffens cell membranes, clogs arteries, and damages blood vessels — a sure way to increase your risk of cardiovascular disease. What's more, the chemicals, hormones, and environmental toxins used in industrial farming concentrate in the fatty tissues of animals.

Damaged polyunsaturated fats are also toxic. They're found in refined vegetable oils (soybean and corn oils), food fried in vegetable oil, and processed food products containing refined oils and hydrogenated fat, which is unnatural fat such as shortening. (The polyunsaturated fats found naturally in vegetables, fish, chicken, and unrefined oils such as grapeseed oil are part of a healthful diet.)

7. Dairy

Many people don't produce adequate levels of lactase, the enzyme that breaks down lactose (milk sugar). Called lactose intolerance, it contributes to intestinal discomfort, gas, bloating, and loose stools. Milk's casein proteins are also difficult to digest, ranking right up there with gluten; they irritate the gut and are highly allergenic. Finally, grain-fed dairy contains lectins, and the hormones and antibiotics used to raise cattle transfer into their milk as well.

8. Oxalate

Many foods are high in oxalate, an end-product of metabolism in both plants and animals. People with a dysfunctional gut can absorb large amounts, which can increase the risk of kidney stones, muscle and joint pain, fatigue, chronic bladder irritability, and chronic vulvar pain (vulvodynia). Primary high-oxalate foods include nuts (especially almonds), most grains, most legumes (especially soybeans and peanuts), beets and beet greens, potatoes, tomatoes, sweet potatoes, chard, spinach, parsley, rhubarb, starfruit, strawberries, raspberries, black tea, and dark chocolate.

9. Alcohol

Because alcohol is mostly sourced from grains and high in sugar, any significant or chronic amount disrupts the protective barrier in the stomach and intestinal lining, disrupts the microbiome, and generates inflammation in gut tissues. People who are trying to overcome digestive dysfunction or chronic illness should avoid all alcoholic beverages.

10. Preservatives

Some natural preservatives such as vitamin E are not harmful, but most packaged food products are loaded with artificial chemicals for preservation. Defining the potential for harm associated with artificial food preservatives is challenging — is it the processed food or the preservatives inside causing the problem? Either way, both are best avoided.

11. Artificial sweeteners

Saccharin, aspartame, and sucralose have all been associated with one or more significant problems, to include cancer, depression, neurological symptoms, rashes, headaches, abdominal discomfort, and bloating. Lesser amounts of natural sweeteners such as honey, table sugar, agave, and maple syrup may be a better alternative. Stevia, a non-nutritive sweetener derived from a plant native to the Andes, and sugar alcohols (erythritol and xylitol) are also reasonable considerations.

12. Artificial pesticides and herbicides

These unnatural chemicals have become so ubiquitous in agriculture that virtually all foods are laced with at least trace amounts of chemicals, but the potential for disrupting the digestive process is difficult to define. All unnatural toxic substances must be processed by the liver, and extra pressure on the liver may have a negative effect on digestion. When possible, it's best to buy organic.

13. Phytate

Also called phytic acid, it's a more minor food concern found in the hulls of nuts, seeds, and grains. Phytic acid is present in the seed to store phosphorus for the growing plant. This molecule binds to essential minerals such as calcium, iron, and zinc, and prevents absorption by the body.

14. Goitrogens

These substances disrupt thyroid function by interfering with iodine uptake. Primary sources are cruciferous vegetables, soy and soy products (including fermented soy), peanuts, and strawberries. Generally, the effect is mild and mostly a concern only to people with poorly controlled thyroid disease.



AN EXCEPTION TO THE GRAIN RULE

While most grains are no friend of the gut, cooked white rice is actually very friendly to the digestive system. Its lectins and storage proteins do not seem to be as damaging as other grains, and are mostly broken down by steaming or boiling (brown rice provides more nutrients, but its bran is higher in lectins). White rice is the least allergenic grain, it contains no hormonally active substances, and it has the lowest concentration of phytic acid of all seeds. In addition, it contributes minimally to bacterial overgrowth in the small intestine.

HOW TO PROGRESS

Knowing when to move from Phase 1 to Phase 2, or Phase 2 to 3, is all about listening to your body. For people with a healthy gut and no digestive distress, following Phase 1 for two weeks is long enough to purge toxins and undo any subtle damage caused by processed foods. Those with more serious digestive issues will need to stay in Phase 1 longer to restore healthy digestive function. You'll find more specific, easy-to-follow details at the beginning of each phase of the diet.

The bottom line: Don't take shortcuts. Stay on the path until any nagging discomfort and other symptoms resolve.

Below is a checklist of common digestive symptoms. Use it to help track your progress: If you experience any of these symptoms, it's best to not progress to the next phase of the diet; if you're already beyond Phase 1, consider taking a step back until your symptoms subside and you feel ready to try again. **If any of these symptoms are severe or persistent—especially those with an asterisk—report them to your healthcare provider right away*.**

- Chronic belching after eating
- A feeling of fullness that doesn't go away
- Burning sensation in the esophagus
- Chronic discomfort in the left upper part of the abdomen, just under the ribcage*
- Discomfort in the middle of the chest, just under the sternum bone*
- Nausea*
- Vomiting*
- Acute pain in the right upper area of the abdomen*
- Bloating
- Allergy-like symptoms such as fatigue, achiness, muscle pain, or itching rash
- Cramping and discomfort in the middle and lower abdomen; flatulence; loose stools and constipation (often alternating)*
- Loose stools
- Constipation
- Abnormal stools: floating, grey, loose with undigested food, extremely odorous, or hard. (Normal stools come spontaneously with little abdominal straining, are formed, but soft, brown in color, and sink.)

**Statements on this page have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease. For medical concerns, please consult a qualified healthcare provider.*

ESSENTIAL SUPPORT

Taking the right herbs and other natural supplements can expedite the process of achieving optimal health and move you through the phases of the Vital Plan Diet more quickly. Dr. Bill Rawls, MD, medical director of Vital Plan, recommends the following*:

For upset stomach:

- Ginger tea
- Slippery elm (400-500 mg, 2-4 times a day with 8 oz of fluids)

For detoxification:

- Chlorella (2.5-3.75 g, 2-3 times a day with food)

For intestinal discomfort:

- Cardamom
- Chamomile tea
- Fennel

For acid reflux:

- Calcium citrate (500-1000 mg with each meal)

For normalizing digestion:

- Apple cider vinegar (Combine 2 tbsp with 6 oz of water and a drizzle of honey; sip with each meal. If burning or discomfort occurs, discontinue use.)
- Bitters (1-2 mL with meals)
- Dandelion extract standardized to 1.5% flavonoids (250-1000 mg, twice a day)
- Digestive enzymes (with meals)
- Milk thistle seed extract standardized to 80% silymarin (200 mg, twice a day)

For nourishing the gut:

- L-glutamine (1000-6000 mg a day)
- Omega-3 essential fatty acids (found in krill, fish, flax, and borage oils)
- Chlorella (2.5-3.75 g, 2-3 times a day with food)

For gut microbiome balancing:

- Garlic powder standardized to 1% or 10,000ppm allicin (180-1200 mg, 2-3 times a day)
- Andrographis extract standardized to 10-30% andrographolides (200-800 mg, 2-3 times a day)
- Berberine (400 mg, twice a day)
- Cat's claw extract standardized to 3% alkaloids (400-800 mg, 2-3 times a day)
- Fermented foods (such as yogurt, sauerkraut, kefir, or kimchi)
- Prebiotics (inulin and fructo-oligosaccharides, found in onions, garlic, chicory and Jerusalem artichoke)
- Probiotics (the probiotics found naturally in the Vital Plan Diet provide ample support for balancing the microbiome; the effectiveness of general probiotic supplements is not well established in the scientific literature and can sometimes make the situation worse)
- Sarsaparilla root (200-1000 mg, 2-3 times a day)

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INTRODUCTION



PHASE 1
**HEALING &
CLEANSING**

INTRODUCTION TO PHASE 1: HEALING & CLEANSING

Length: 2 weeks – 2 months, or until symptoms improve

This Healing & Cleansing phase is the most challenging part of the path to optimal health and digestive function. It was designed to eliminate foods that tend to be more difficult to digest or more likely to cause a reaction or irritation. It involves some big changes and restrictions of foods you might love, but the more closely you follow the plan, the more quickly you'll notice the difference in your digestive health, energy levels, and overall wellness—and the faster you can progress to Phase 2.

All food in Phase 1 should be cooked unless specified otherwise. Phase 1 focuses on steaming and sautéing most foods, which helps bring out their nutritional value without the damaging high heat of other cooking techniques such as deep frying, roasting, or grilling. You'll find how-tos for these techniques in the References section if you need them; if not, move right into the recipes. The goal is to discover the restorative foods you like, and then learn how to put them together easily, nutritiously, and deliciously.

Follow the Phase 1 recommendations closely for at least two weeks, and stick with Phase 1 until you notice significant improvement in the GI symptoms you've been experiencing. Only then should you move on to Phase 2.

Here is some helpful Phase 1 advice:

1. Forget the “rules” of what makes something a meal or snack. Food is food and can be eaten any time.
2. Eat your approved foods when you are hungry—don't wait for designated meal or snack times. This will help you deal with any cravings from carbohydrate withdrawal.
3. As your body adapts to the diet, give your digestive tract a break and fast for at least 12 hours a day (say, from after dinner until breakfast the next morning). Research suggests intermittent fasting may induce beneficial reparative processes. Intermittent fasting may not be advised for those dealing with insulin resistance and other insulin related complications. Please consult with your medical provider before starting this or any other diet plan.

4. Eat only when you feel up to it. It is not uncommon to have a poor appetite or feel queasy in the mornings.
5. Batch cooking is your friend. Variety is limited in Phase 1, and having food ready to go saves energy when you might need it most.
6. Plan ahead. Stock your kitchen with approved groceries and necessary equipment, and use the menu planner to pack meals and snacks for outings and work. Having something tasty and healthy on hand makes it easier to bypass the breakroom donuts.
7. Refrain from dining out. Unless you feel comfortable bringing your own food or know the restaurant can accommodate your limited ingredient list and cooking techniques, for now it's better to eat in. Don't despair: It's only for a short time, and not only will your body reward your discipline, so will your bank account!
8. Try these boredom busters to keep things interesting: Cut veggies into "fries" or "noodles" with a spiralizer. Mash or puree veggies with seasonings and satisfy your inner child's craving smooth and soothing food. Experiment with pesto and seasonings. For instance, the curry flavors of Morocco lend a vastly different taste experience than mainstream herbs like basil or thyme.
9. Stick with the plan. The more closely you adhere to the Phase 1 parameters, the sooner you can broaden your dietary variety.

PHASE 1 GROCERY LIST

Fresh is always best with produce, though frozen can often be just as nutritious. Choose jarred in glass or canned only when necessary, as the high heats used in processing can strip food of its essential nutrients. Some can linings can contain toxic chemicals. All food in Phase 1 should be cooked unless otherwise specified.

Vegetables

Asparagus
Cabbage (cooked or fermented)
Carrots
Celery
Celery root (celeriac)
Cucumber (peeled, raw, cooked, or fermented)
Fennel
Fermented Vegetables (such as kimchi and sauerkraut)
Green Beans
Hearts of Palm (canned)
Jicama
Mushrooms
Onions
Pumpkin (canned, or fresh cooked)
Radishes
Rutabaga
Sea vegetables (raw or cooked)
Snow pea pods
Squash
Sweet peas
Turnip

Meats*

Chicken, Duck, Goose, Rabbit & Turkey

**Select your meats with care. Choosing grass-fed, organic, wild or humanely farm raised will generally insure a higher quality product.*

Fish*

Anchovies, Cod, Flounder, Grouper, Salmon, Sardines, Mackerel & White fish

**Fish are an excellent source of lean protein. All well-sourced, unsmoked fish are allowed in Phase 1; best choices are listed above. To source wisely, consider the following while shopping:*

Size. *Smaller fish are better. They're lower on the food chain and thus do not accumulate contaminants from eating smaller fish like large fish do.*

Location. *Due to the proximity to coal fueled power plants, fish from the Atlantic have higher concentrations of heavy metals, particularly mercury. Your best choices are fish from the Pacific, especially the Alaskan waters, and smaller inland fish from anywhere within the US.*

Grains

Jasmine rice
Puffed rice cereal
White basmati rice
Wild rice

Fruits

Apple (raw and peeled, or cooked with peel)
Apricot (raw and peeled, or cooked with peel)
Avocado
Bananas
Blackberry
Blueberry
Capers
Cherry (cooked)
Melon
Olives
Peach (raw and peeled, or cooked with peel)
Pear (raw and peeled, or cooked with peel)
Plum (raw and peeled, or cooked with peel)

Dairy Alternatives

Oat Milk* (unsweetened)
Rice Milk (unsweetened)

** Oat milk is ok in Phase 1, but oats are not. Oat milk is easily digested without the grain fiber.*

Fats and Oils

Avocado oil

Grapeseed oil

Olive oil, extra virgin and cold pressed

*If you choose sprays make sure they are hexane free

Seasonings (fresh or dried)

All spices, herbs, seasonings, and garlic are OK, **with the exception of:**

Black pepper

Red peppers (such as cayenne, ancho, and chili peppers)

Cloves

These spices can be more reactive or contain natural oils that can be a digestive irritant. An occasional dash of paprika or chili powder in an entire dish is okay.

Condiments

Anchovy paste

Apple cider vinegar

Eggless, preservative-free mayonnaise

Fish sauce

Pickle relish (of any Phase 1 veggies)

Rice Wine Vinegar

Sweeteners (use sparingly)

Erythritol

Honey

Maple syrup

Monk Fruit

Stevia

Xylitol

Beverages

Bone broth
Ginger tea
Green tea
Herbal teas
Roasted Dandelion tea
Water (filtered and non-carbonated)

Indulgence (sparingly)

Dark or bittersweet chocolate (the darker the better to limit sugar)

Miscellaneous

Gelatin (grass-fed only)
Pea protein powder (pure, no additives)
Rice protein powder (pure, no additives)

PHASE 1 RECIPE INDEX

MEALS

Blender Vegetable soup
Chicken Salad
Chicken Stew with Wild Rice
Cooked Sushi
Curried Fish
Fish Chowder
Fish Salad
Sautéed Chicken with Thyme
Vegetable Bowls

SIDES AND SNACKS

Avocado Mash
Baked Butternut Squash
Baked Onion
Bone Broth
Pumpkin Soufflé

CONDIMENTS

Apple Cider Vinaigrette
Ginger Dressing
Garlic Paste
Herb Pesto
Rice Wine Vinaigrette
Salsa (Fruit)
Salsa (Green)
Seasoning Blends

BEVERAGES

Home-brewed ginger tea
Mock Coffee



BLENDER VEGETABLE SOUP

Get your fill of veggies and go easy on your stomach with this simple soup. It works with any vegetable, and by using the cooking water, you retain their nutrient content. Frozen vegetables make it super convenient; you'll want a handheld blender wand or a good blender or processor for a really smooth consistency.

Ingredients

1 bag of frozen vegetables
(fresh is great too!)

Sliced onion or garlic clove
(optional)

Water or broth

Seasoning of choice

Olive oil

FOOD HACK: This recipe is excellent with the addition of anchovy paste. It adds umami, the Japanese word for savoriness, which enhances the natural flavor of foods. Try it in other vegetables dishes too!

Instructions

1. Steam vegetables with onion or garlic, if using, until very tender. Remove vegetables and reserve the cooking water.
2. Put the vegetables in a blender or bowl. Add enough cooking water to immerse the vegetables by about three quarters.
3. Blend well until very smooth, adding more cooking liquid as needed.
4. Season to taste with seasoning blend of choice, or sea salt.
5. Drizzle with olive oil when serving for a rich flavor.



CHICKEN SALAD

Ingredients

Cooked chicken breast or turkey,
cubed or shredded

Salt

Eggless mayonnaise (1-2 tbsp per
cup of meat)

Pickle relish*

Paprika*

CHANGE IT UP:

*Alternatives to relish and paprika:
rosemary, thyme, Mediterranean
Seasoning Blend, curry powder

Instructions

1. In a large bowl, add chicken and season lightly with salt.
2. In a second small bowl, combine mayonnaise, relish, and other desired seasonings. (You may want to over-season a little, as flavor gets diluted when you add it to the chicken.)
3. Add the mayonnaise mixture to the chicken and mix thoroughly.
4. Adjust seasoning as desired.



CHICKEN STEW WITH WILD RICE

This stew can be made from scratch, or with any leftover meats and vegetables. Add broth and seasonings and let it simmer to allow the flavors to meld. Serves 2-3

Ingredients

- Olive oil
- Rosemary, minced or a sprig*
- Thyme, minced*
- 1 boneless chicken breast cut into in 1-2 inch chunks
- 1-2 zucchinis sliced into half moons
- Handful of mushrooms, sliced
- ½ sweet onion, diced
- 1-2 cups cooked wild rice

CHANGE IT UP:

Some seasoning alternatives include Italian seasoning and pesto (stir some in at the end of cooking). And any of the Phase 1 vegetables (cooked) and herbs are great additions.

Instructions

1. In a 2-quart stockpot over low heat, add oil to lightly cover the bottom.
2. Add the herbs and saute for 1-2 minutes to infuse the flavor.
3. Add the chicken, zucchini, mushrooms, and onions, and stir to combine with oil and herbs.
4. Add your desired amount of wild rice and enough water to completely cover everything.
5. Bring the pot to a boil over high heat, and then reduce heat to low and simmer until the chicken is cooked through and the vegetables are tender, 10-15 minutes.



COOKED SUSHI

This is not so much a recipe as a guide for getting creative with your Phase 1 ingredients. It's also a fun activity to do with loved ones. You can keep things simple and stack ingredients on small pieces of nori with a simple drizzle of rice vinegar and generous sprinkle of sea salt. Or, season your rice with vinegar and a bit of sweetener and make rolls or packets. Either way, prep your ingredients before you begin assembly.

Ingredients

Basmati rice, steamed

Rice vinegar

Honey or stevia

Sea salt

Nori seaweed wrappers

Salmon or other Phase 1 fish,
cooked

Avocado, thinly sliced

Cucumber, seeded and cut into
long, thin strips

Cooked mushrooms (or any other
cooked Phase 1 veggies you like)

Fish sauce

Ginger

Instructions

1. Cook rice as directed on package.
2. Season the warm, cooked rice with rice seasoning (see instructions below).
3. Cut each nori sheet into 6 or 8 pieces (you want each piece to be 1-2 bites).
4. Spread 2-3 tsp of seasoned rice on each nori piece, and top with fish and vegetables.
5. Drizzle with fish sauce.
6. Serve with pickled ginger.

SPECIAL EQUIPMENT

A bamboo mat can make easier work of rolling your sushi.

COOKED SUSHI (continued)

To make rice seasoning:*

2-3 tbsp vinegar

½-1 tbsp honey

1 tbsp sea salt

In a small bowl, warm the vinegar slightly. Add honey and sea salt and stir to dissolve.

**Ingredient amounts are for 1 cup of uncooked rice; adjust as necessary*

To make pickled ginger:*

1. Peel and thinly slice ginger with vegetable peeler.
2. Generously salt ginger slices (about ½ tsp for a large handful of ginger slices).
3. Place ginger in a bowl for 30 minutes to extract excess water.
4. Squeeze ginger to press out and discard excess water.

**Enjoy pickled ginger as a condiment with other fish or poultry dishes, in vegetable bowls, and infused in warm water as a tea.*



CURRIED FISH

A simple sauté, this dish is elevated by the power of delicious seasonings. As with all of the recipes, adjust the herbs and spices to suit your taste. This recipe works well with fish or poultry.

Ingredients

- Oil, grapeseed or avocado
- ½- 1 lb fish fillets or cubed poultry
- ½ onion, chopped
- 3-4 cloves fresh garlic, minced
- ½ tsp curry
- ½ tsp cumin
- Sea salt to taste

Instructions

1. In a medium sauté pan over low to medium heat, add oil to coat the bottom of the pan.
2. Add remaining ingredients except salt and ¼ cup water, and sauté until fish is cooked through and firm.
3. Season with salt to taste.



FISH CHOWDER

Soups are the soul-satisfying result of slow simmering some aromatic vegetables with seasonings and an optional protein long enough to yield a tender and flavorful bowlful. Use the vegetables and fish you like most; the recipe below will get you started. (Serves 1-2)

Ingredients

- Olive oil
- ½ green cabbage, chopped into ½-1 inch dice, or sliced across the leaves
- ½ sweet onion, finely diced
- Paprika*
- Salt
- 1-2 medium turnips, peeled and chopped into ½-1 inch dice
- Rice or oat milk
- 6-8 oz grouper or cod, cut into chunks (or 2 small, whole white fish fillets)

CHANGE IT UP:

*Some possible seasoning alternatives to paprika: thyme and bay leaf, or curry powder for a Moroccan twist

Instructions

1. In large stockpot over low to medium heat, add enough olive oil to lightly cover the bottom of the pot.
2. Add the cabbage, onion, and seasonings, and stir to lightly coat with oil.
3. Add the turnips and enough milk to cover all the vegetables well.
4. Bring to a boil, and then reduce heat to a simmer. Allow to simmer for 5 minutes or until the turnips just begin to soften.
5. Add the fish, and simmer 15- 20 minutes until the vegetables are tender and the fish is cooked through.



FISH SALAD

Ingredients

Fish, cubed if fresh, or shredded if
canned

Salt

Eggless mayonnaise (1-2 tbsp per
cup of meat)

Pickle relish*

Paprika*

CHANGE IT UP:

*Some optional seasoning alternatives: Rosemary, thyme, Mediterranean Seasoning Blend, dill (it's particularly good with salmon fish salad), curry powder, relish or capers

Instructions

1. In a large bowl, add fish and lightly season with salt.
2. In a second small bowl, combine mayonnaise, relish, and other desired seasonings. (You may want to over-season the mayo a little, as flavor gets diluted when you add it to the chicken.)
3. Add the mayonnaise to the fish and mix thoroughly but gently.
4. Adjust seasonings as desired.



SAUTÉED GROUND CHICKEN WITH THYME

This dish is a quick and easy way to get protein and blends well with any of the Phase 1 vegetables. Plus, using ground meat makes for no prep and quick cooking.

Ingredients

- Oil (any of the approved)
- 1 lb ground chicken, turkey, or other meat
- ½-1 tsp dried thyme*
- Minced garlic
- Sea salt

CHANGE IT UP:

*Some optional seasoning alternatives: Rosemary, cumin, oregano, basil, Mediterranean Seasoning Blend, and curry are all great individually or blended together. Thyme is milder in flavor than some of the rest, so adjust your seasoning measurements

FOOD HACK:

If you replace dried herbs with fresh, triple the amount. For example, 1 tsp of dried thyme equals 3 tsp of fresh.

Instructions

1. In a medium skillet over low heat, add enough oil to coat the bottom of the pan.
2. Add chicken and stir with a wooden spoon to break into small pieces.
3. Add thyme, garlic, and sea salt to taste, and continue cooking and stirring to encourage the meat to break up and incorporate the seasonings.
4. Continue cooking until chicken is cooked through, 10-15 minutes. Remove from heat and season to taste.

SERVING SUGGESTIONS:

Want to add veggies? Towards the end of cooking your chicken, toss in steamed vegetables and cook until warm, then drizzle with olive oil when serving. For a Mexican-inspired dish, add zucchini, onion, and fresh cilantro. Or try cubed butternut squash, onion, and Autumn Seasoning Blend for a Moroccan vibe.

Hungry? Mix your chicken and veggies with steamed rice; add a ladle of broth for a comforting bowl.



VEGETABLE BOWLS

Fresh vegetables—the most nutritious of all food sources—often get left off the menu completely. Even those who like veggies sometimes find it hard to consume a full quota each day. This recipe packs them in, and if you have been batch cooking, it will make tasty use of a readily available protein and veggie surplus. If you don't have leftovers, prepare your ingredients using the layered sauté method.

Look at Vegetable Bowls as an architectural dish: a foundation of vegetables, a structure of protein, and finished with the element of design—flavors and condiments. There are an endless number of possible combinations. When you first start out, stick with ingredients that seem familiar, and then gradually expand your palate with new tastes and combinations. They're great without rice and at room temperature or even cold for lunch—like a “steamed salad.” For a heartier dinner, add rice as the foundation and serve it warm.

VEGETABLE BOWLS (continued)

Ingredients

Any Phase 1 vegetables, steamed
(a classic combo: asparagus, green
beans, onions or leeks, snow pea
pods, and mushrooms)

Fish or poultry, cooked

Fresh herbs, minced (basil, parsley,
oregano, and thyme go great with
the veggies above)

A Phase 1 vinaigrette, pesto, or
salsa of choice

Rice, steamed (optional)

Instructions

1. Foundation: If you're using rice, spread it across the bottom of a plate or large shallow bowl. Then layer on your vegetables.
2. Structure: Put your protein on top, and sprinkle with fresh herbs.
3. Design: Drizzle with vinaigrette, toss gently, adjust seasonings to taste, and enjoy!



AVOCADO MASH

This is a great snack and easy to make, but note that avocados grow fungus rapidly. A ripe avocado is almost black on the outside, slightly soft, and green on the inside. Dark areas or black streaks inside are evidence of fungal growth. Avocados past their prime should be discarded.

Ingredients

1 medium avocado, peeled and seeded

Sea salt

Option: Season with cumin, garlic (minced or powder), or paprika

FOOD HACK:

Always keep the avocado on the cutting board when cutting it. Many accidents happen when people work with the avocado in their hand. An easy peel method is to slice the avocado in half through the stem end, then twist lightly to separate the halves. Safely insert the knife blade (not the tip) into the seed, and twist gently to pull the seed out of the flesh. Then scoop the flesh out of the skin easily with a large spoon.

Instructions

1. Scoop the flesh into a small bowl; sprinkle with salt and other seasonings as desired.
2. Mash with a fork until well blended and of desired consistency.
3. Adjust seasonings to taste.



BAKED BUTTERNUT SQUASH

Ingredients

Butternut squash
Oil of choice
Cinnamon
Nutmeg

FOOD HACK:

It can be difficult to cut through the tough skin of butternut squash. For a safe method, cut the stem and blossom end off first. Then, cut the squash in half vertically.

Instructions

1. Heat oven to 300° degrees. Cut a butternut squash in half and clean out the seeds.
2. In a baking dish, add enough water to cover the bottom, and place both halves in the dish with the cut side down.
3. Bake until soft, 30-40 minutes depending on size. (Note: A small squash can be baked in a toaster oven.)
4. Remove from the oven, and flip the squash. Using a knife, make several crossways slices into the meat of the squash. Season with olive oil, cinnamon, and nutmeg.



BAKED ONION

This simple side dish can bake slowly in the oven while you prepare the rest of your meal. The recipe serves one but can be multiplied for however many servings you need. Note that onions (and garlic) are almost in a class by themselves and should be mainstays in your diet. The chemicals that create their pungent odors have anti-inflammatory, antioxidant, and cholesterol lowering characteristics. In addition, fiber found in garlic and onion promotes the growth of favorable bacteria in the intestinal tract.

Ingredients

- 1 large sweet onion
- ½-1 cup chicken or beef broth
- Minced herbs such as rosemary, thyme, and garlic
- 1-2 tsp olive oil

Instructions

1. Heat oven to 300°.
2. Slice off the ends of the onion, and peel off the outer skin.
3. Scoop out a small core in the center of the onion, leaving about ½ inch of onion base at bottom of coring. It should look like a volcano. A melon baller tool makes this process easy.
4. Place the onion in a small baking pan with 2-inch-high sides.
5. Sprinkle the herbs and salt generously into the hole in the onion, and drizzle oil over the herbs.
6. Pour broth into the pan around the onion. The liquid should submerge the bottom third of the onion.
7. Bake until a fork can pierce the onion with gentle pressure, adding more broth if it evaporates, 45-60 minutes (cooking time depends on the size of the onion).



BONE BROTH

These days there are many commercially available bone broths that will deliver good flavor and nutritious collagen. If you go this route, be sure to choose a product that includes only well-sourced bones and seasonings that you would use in a homemade version and is free of thickeners and colors.

If you decide to make it at home, a slow cooker makes the process much easier. You can simply dump in bones and water and forget it for a day or more—and it does need to cook that long: Bone broth's benefits come from simmering the bones for 24- 36 hours, which allows the marrow to cook down and the minerals to release. The biggest natural benefits of adding bone broth to your diet are:

- 1. Joint health**
- 2. Improved digestion**
- 3. Rich in minerals**
- 4. Supports a strong immune system**

This bone broth recipe makes a thick, gelatinous broth filled with minerals and collagen that can be used in homemade soups and sauces; with sautéed fresh veggies, meats, or fish; or for sipping. If you want to add some vegetables at the end for more flavor, go with whatever you have on hand. But steer clear of leafy greens, as they lend a bitter flavor and turn into an unappealing mush.

BONE BROTH

(continued)

Ingredients

2 lbs beef, chicken, or other bones

12 cups water or enough to cover well

1 medium onion or 2-3 leeks roughly cut into 1 inch wedges or chunks (optional)*

1½ cups carrots roughly cut into 1-2 inch pieces*

1½ cups celery roughly cut into 1-2 inch pieces*

2 bay leaves

3-5 sprigs fresh rosemary, parsley, or thyme

6 cloves garlic

**The chopping here is not about pretty or uniform dice—it's about creating surface area to infuse flavor and minerals into the broth.*

FOOD HACK:

If you are freezing the broth in glass containers, fill the containers only ½ to ⅔ full, as the broth will expand upon freezing and break the jars.

Instructions

1. Place bones in a large slow cooker and fill pot with water to within an inch of the top.
2. Cover and set to cook on low for 24 hours minimum and up to 36 hours total.
3. If using vegetables, add them during the last 2 hours of cooking.
4. When the simmering time is up, allow broth to cool slightly and strain. Discard the vegetables and bones.
5. Transfer the broth to an airtight container and refrigerate for 4-6 hours or overnight. This will allow the fat to rise to the top and solidify.
6. Scrape the fat off the top with a spoon and discard.
7. Store broth in airtight mason jars or freeze until ready to use.
8. To use, slowly warm broth over low heat to bring it back to a liquid consistency. Season to taste with sea salt and dried herbs, if desired.

NOTE:

The inclusion of aromatic vegetables at the end of cooking is okay for those in Phase 1, as they are only there for flavor infusion and will be removed from the final broth.

PUMPKIN "SOUFFLÉ"

A classic soufflé recipe calls for beaten egg whites to provide an airy lightness and structure to your puree. In this recipe, we are going for the flavors and creamy goodness of a soufflé without the addition of eggs. This puree is delicious added to any grain with a non-dairy milk for a "porridge."

Ingredients

Pureed pumpkin, canned or fresh

Sea salt

¼-½ tsp Autumn Seasoning Blend
or similar spices

Sweetener of choice

1-2 tsp mild oil (such as grapeseed
or avocado)

Instructions

1. Heat oven to 300°.
2. Stir the pumpkin puree in a bowl.
3. Add remaining ingredients and stir well to incorporate.
4. Adjust seasonings as desired.
5. Transfer the puree to a small oven safe dish, brush or drizzle the top with a bit of oil to keep it from drying out, and bake until warmed through, 15-20 minutes. Or, place puree in a small saucepan and simmer over low heat, stirring frequently, until heated through.

APPLE CIDER VINAIGRETTE

Vinaigrettes consist of three basic elements: An acid (sour/tart), a flavoring (herb, salt, or sweet), and a fat. The classic French ratio of any vinaigrette is three parts oil to one part acid, but play around with your own ratios of fat to acid to reach your desired level of tanginess, and infuse more flavor by way of adding fresh or dried herbs and seasonings.

If you use dried seasonings in the vinaigrette, it will keep for a month in the pantry; if you use fresh herbs, it will keep for a week in the refrigerator. The oil and vinegar will separate between uses; just shake before using.

Ingredients

½ cup raw apple cider vinegar
(with the mother—meaning, with
beneficial bacteria—is best)

½ tsp sea salt

1-2 tsp honey, or stevia
equivalent

1 clove crushed garlic, or ½ tsp
garlic powder

½ cup oil (grapeseed for a more
clean vinegar taste, olive oil for a
more complex classic vinaigrette)

Fresh or dried herbs such as
oregano, thyme, and/or
rosemary (optional)

FOOD HACK:

Always taste your dressing with a vegetable or lettuce leaf since that is how you will use the dressing. If you taste the dressing alone, you may overestimate its seasoning.

Instructions

1. Add vinegar to a lidded pint jar.
2. Add salt, honey, and garlic.
3. Seal and shake jar vigorously to incorporate the ingredients.
4. Add oil and shake well.
5. Adjust seasonings to taste.



GINGER DRESSING

This dressing is delicious with cooked fish and vegetables; it stores for up to five days in the refrigerator. Give it a try with the Vegetable Bowl.

Ingredients

½ cup rice vinegar

1 tbsp fresh grated ginger

2 tbsp - ½ cup honey (in Phase 1, minimize the added sugars)

½ tsp sea salt

½-¾ cup grapeseed, or other mild flavored oil

Instructions

1. In a lidded jar, combine the rice vinegar, ginger, honey, and salt.
2. Seal jar and shake vigorously to incorporate the ingredients.
3. Add the oil and shake well again.
4. Adjust the seasonings to taste.



PESTOS

The word “pesto” is derived from the Italian word pestare, translated as pound or crush. So as you might suspect, an herb pesto is simply the result of crushing up a bunch of herbs, garlic, and salt, and combining them with enough oil to make it a smooth paste or sauce. In Phase 2 or 3, nuts or seeds can be added as well for more flavor. Here’s a simple recipe.

Herb Pesto Ingredients

2 large handfuls of fresh herb
(basil, oregano, sage, parsley)

1-2 cloves garlic

Olive oil

Sea salt

Garlic Paste Ingredients

2-3 garlic cloves, whole and
peeled

Sea salt, larger grain if you have but
any sea salt will work

CHANGE IT UP:

Try adding this smashed garlic paste to any oil or dish for more depth of flavor.

Instructions

1. Smash 2-3 peeled garlic cloves on a cutting board with the broad side of a wide knife blade.
2. Sprinkle the cloves with sea salt and smash again to work the salt into the garlic and turn it into a paste.

Instructions

1. Add the herbs, garlic, and oil to a food processor.
2. Process the mixture, pulsing and scraping down as needed to keep the pesto on the blade. Add additional oil while the processor is running if the pesto is too thick.
3. When the pesto is very smooth, pour it into a bowl and season with salt to taste.

SERVING SUGGESTIONS:

Combine smashed garlic with chopped olives, capers, salt, and oil to make a tapenade.

RICE WINE VINAIGRETTE

Rice wine vinegar is slightly sweeter and more mellow than other vinegars, and it pairs well with most vegetables. Try it with some of the typical Asian or Middle Eastern flavors such as ginger, cilantro, cumin, basil, turmeric, saffron, and garam masala.

Ingredients

- ½ cup rice wine vinegar
- Scant ½ tsp salt
- ¼ tsp paprika*
- ½ cup grapeseed oil (olive oil is too strong to pair with rice wine vinegar)

CHANGE IT UP:

Some seasoning alternatives to paprika: cumin or cilantro (either is delicious with green cabbage), or a combination of turmeric, ginger, cumin, nutmeg, and cinnamon (an interesting blend for butternut squash puree)

Instructions

1. Add vinegar to a 12-16 ounce lidded jar.
2. Add the salt and paprika and shake well to dissolve.
3. Add the oil and shake well to blend.
Adjust seasonings as desired.



FRUIT SALSA

The sky is the limit for salsa flavor combinations. A great salsa balances a chopped fruit or vegetable with some sort of onion or garlic, fresh herb, and a tangy element (citrus or vinegar). Here is a basic recipe for you to work from to invent your favorite salsa. It's a delicious way to liven up fish, meats, or vegetables.

Ingredients

- 1 apple or pear, peeled and diced
($\frac{1}{4}$ - $\frac{1}{2}$ inch)
- $\frac{1}{2}$ onion, gently steamed and
diced ($\frac{1}{4}$ - $\frac{1}{2}$ inch)
- 1 garlic clove, minced
- 1-2 tbsp cilantro or parsley, finely
chopped
- Rice wine vinegar
- Sea salt

Instructions

1. In a medium bowl, gently combine the fruit, onion, and garlic.
2. Add the herbs and season well with salt.
3. Add a splash or two of vinegar—just enough to add a little tang—and stir to combine. In Phase 2, try using citrus juice in place of the vinegar.



GREEN SALSA

Ingredients

- ¼ cup fresh basil, finely chopped
- ¼ cup fresh parsley, finely chopped
- 1 tbsp capers, drained and minced
- ¼ - ½ tsp chopped anchovies or anchovy paste
- 2-3 tbsp olive oil
- Sea salt to taste
- Rice wine or apple cider vinegar

Instructions

1. In a medium bowl, combine the herbs, capers, anchovies, and oil.
2. Stir with a wooden spoon to further pulverize and combine flavors.
3. Season with salt. Taste as you go here—the anchovies and capers are fairly salty.
4. Add a splash or two of vinegar—just enough to add a little tang—and stir to combine. In Phase 2, try using citrus juice in place of the vinegar.



HOME-BREWED GINGER TEA

Ginger is excellent for soothing the entire GI tract. It helps to settle the stomach and reduce nausea. Ginger has antiviral and immune enhancing properties and is a synergist that helps other herbs work better. You can enjoy this tea hot or cold, and drink it several times a day for GI distress and nausea.

Ingredients

- 1 large piece of fresh ginger root
- 1 gallon filtered water
- Honey or stevia

Instructions

1. Peel ginger root using the back of a spoon to scrape off the thin peeling.
2. Slice or chop it into small ½-inch chunks or thin ½-inch slices.
3. Pour water into a large pot; add ginger pieces.
4. Bring the water to a boil, and then reduce to a simmer.
5. Simmer for 10 minutes.
6. Allow tea cool slightly.
7. Strain tea into a large serving vessel; discard ginger pieces.
8. Sweeten to taste with honey or stevia.
9. Store in the refrigerator for up to 5 days.



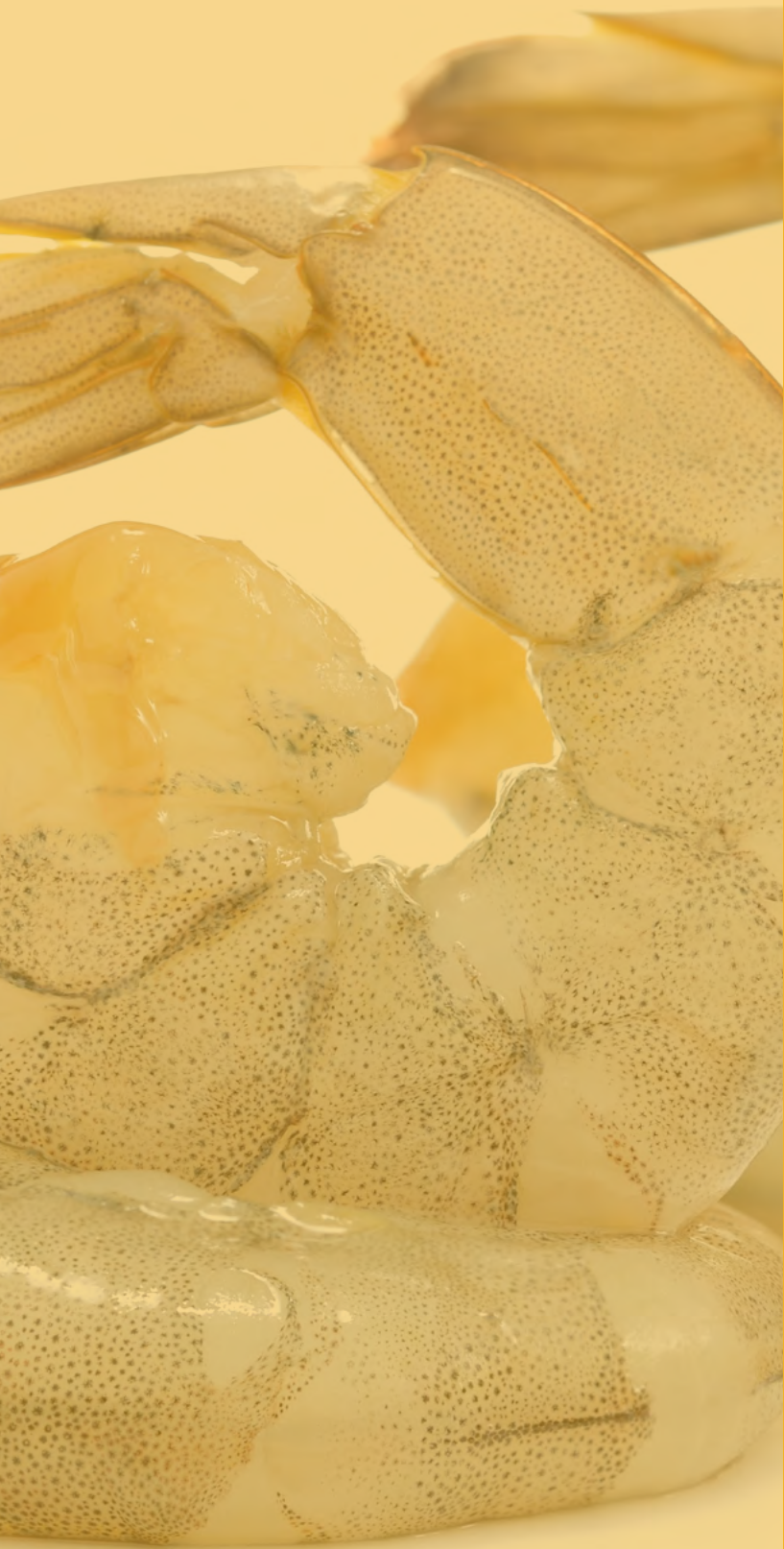
MOCK COFFEE (ROASTED DANDELION TEA)

Roasted dandelion tea is sold in ready-made tea bags and can be purchased online and in most well stocked grocery stores. It's about as close as you can get to coffee flavor-wise, but it's caffeine-free and very friendly to the intestinal tract. Steep it in a cup of hot water just like regular tea, and flavor it with rice or oat milk and honey, if desired.

Phase 1 One-Week Sample Meal Plan

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
START THE DAY	Home Brewed Ginger Tea* or Bone Broth*	Home Brewed Ginger Tea* or Bone Broth*	Home Brewed Ginger Tea* or Bone Broth*	Home Brewed Ginger Tea* or Bone Broth*	Home Brewed Ginger Tea* or Bone Broth*	Home Brewed Ginger Tea* or Bone Broth*	Home Brewed Ginger Tea*, or Bone Broth*
BREAKFAST	Sautéed Chicken with Thyme*, and veggies	White rice with canned pumpkin and non-dairy milk	Blender Vegetable Soup*	Broth stew with braised chicken, veggies, and rice	Puffed rice cereal with non-dairy milk Seasoned acorn squash	Broth stew with braised turkey, veggies, and rice	White fish stew with vegetables and broth
SNACK	Phase 1 Sushi or Blender Vegetable Soup*	Diced cucumbers and avocado with rice wine vinegar and chopped cilantro	Warm seasoned pumpkin and berries with non-dairy milk, or small serving of fruit	Bone Broth* Steamed veggies with smashed garlic and evoo	Steamed cabbage with apple cider vinegar and evoo vinaigrette, or pickles	Steamed rice with Bone Broth* and fresh herbs Kimchi	Bone Broth* Steamed veggies with evoo, avocado and fresh herbs
LUNCH (COOKED)	Vegetable Bowl* with canned fish and a Phase 1 Vinaigrette*	Layered sauté with poultry, zucchini, mushrooms, onion, and cilantro	Ground chicken sautéed with Mediterranean herbs and veggies	Fish stew and Baked Butternut Squash*	Vegetable Bowl* with sautéed poultry and Phase 1 Vinaigrette*	Acorn squash with Moroccan ground chicken, and vegetables	Sautéed ground turkey with mediterranean herbs and veggies
DINNER	Blender Vegetable Soup* with fish fillet	Sautéed fish, steamed asparagus with pesto mayonnaise	Acorn squash with Moroccan ground chicken, vegetables of choice	Chicken Stew with Wild Rice*	Layered sauté: chicken, zucchini, mushrooms, onion, and fresh cilantro	White fish stew with vegetables and broth	Steamed green beans, onions, sautéed Cod

* Included Vital Plan Recipe



PHASE 2:
**INITIAL
REINTRODUCTION
& DISCOVERY**

INTRODUCTION TO PHASE 2: INITIAL REINTRODUCTION & DISCOVERY

Length: 1-3 months

By now, your digestive function should be normalizing, which means your culinary margins can be expanded. In Phase 2, you can continue to eat everything on the Phase 1 grocery list, and also begin to systematically reintroduce foods to your diet as you watch how your body reacts to them. **Add one new food at a time, and observe your body for three to four days to determine if you have a reaction.** Reactions can manifest in many ways, including digestive discomfort, headaches, skin rashes, itching, brain fog, fatigue, or general malaise.

You'll start by adding fruits and vegetables to your menu (excluding nightshades, cruciferous veggies, and mature leafy greens). Cooking your produce is a smart choice if you suspect your gut is still healing; if your gut feels strong, you may choose to eat it raw. Next, introduce seafood and grass-fed meats, followed by eggs, grains and beans, and lastly nuts, seeds, cultured dairy, and nut-milk products. New seasonings can be added when you feel comfortable.

By following this order of reintroduction, you'll try the least reactive foods first, and then work your way through those that are more likely to cause a reaction. As you progress, you'll discover which foods feel good and fuel your body, and which don't.

Here are some helpful Phase 2 coping tips:

1. Go slowly, and add only one new food at a time, in the order listed above. Wait 3-4 days to watch for any reactions before adding another food. If you have a reaction, discontinue that food for now.
2. In Phase 2, you can eat more raw vegetables and fruits. Be sure to wash them thoroughly to remove any residual pesticides, bacteria, and other spores. To minimize exposure, peel your vegetables.
3. Don't get discouraged if you have a reaction to a new food. It doesn't necessarily mean you will never get to eat it again; your body just may not be ready yet. You can try again later in the process.
4. Eating out is easier now, but choose restaurants you know can accommodate you. If possible, call ahead and speak to the chef about the menu and your dietary needs.

5. Practice moderation with reintroduced foods. For example, red meats are okay only once a month, and ground or braised is best at the beginning to help your GI adjust. Sometimes, Phase 2 is less a matter of what you can eat, and more about how much of it you can eat.
6. Planning ahead is still important. Eat something before you attend a social or work event so hunger doesn't derail your efforts if there's nothing Phase 2-friendly to eat.
7. BYO snacks for needed energy boosts and moments of relaxation.
8. Traveling? Plan to bring a cooler when possible so that you can purchase fresh foods that work for you. And pack shelf stable foods like canned fish and poultry, aseptic packaged bone broths, non-dairy milks, baby food veggies, seaweed snacks, and fresh temperate fruits for on-the-move sustenance.
9. Adjust any Phase 2 recipes to accommodate any food sensitivities that you have discovered. For example, if you have found that you still are not tolerating nuts, then simply make the recipe without nuts.

PHASE 2 Grocery List

Vegetables

All vegetables can be included, with the exception of:

Mature leafy greens (like kale, collards, mustard greens, and turnip greens)

Cruciferous vegetables (Brussels sprouts, broccoli, cauliflower)

Nightshades (peppers, tomatoes, potatoes, and eggplant)

Meat

Beef (grass-fed)

Bison (grass-fed)

Chicken (organic)

Duck (wild or naturally farm raised)

Eggs (pasture-raised, organic)

Goat (grass-fed)

Goose or other wild fowl (wild or naturally farm raised)

Lamb (grass-fed)

Rabbit (organic or naturally farm raised)

Turkey (organic)

Wild elk

Wild venison

Seafood

All fish, fresh, frozen or canned*

All Shellfish

**Fish are an excellent source of lean protein. Enjoy your seafood cooked; raw or undercooked seafood could contain harmful bacteria or parasites. All well-sourced fish are allowed in Phase 2; best choices are listed above. To source wisely, consider the following while shopping:*

Size. *Smaller fish are better. They're lower on the food chain and thus do not accumulate contaminants from eating smaller fish like large fish do.*

Location. *Due to the proximity to coal fueled power plants, fish from the Atlantic have higher concentrations of heavy metals, particularly mercury. Your best choices are fish from the Pacific, especially the Alaskan waters, and smaller inland fish from anywhere within the US.*

Grains, Beans, and Seeds

Amaranth
Black-eyed peas
Brown rice (sprouted has lower lectin content)
Buckwheat
Corn chips (limited amounts)
Garbanzo Beans (canned or soaked overnight, and well cooked)
Lentils (washed, soaked overnight, and well cooked)
Millet
Mung Beans (washed, soaked overnight, and well cooked)
Oats (steel cut, rolled)
Rice (brown, white, and wild)*
Rice crackers and unsweetened rice cakes (limited)
Seeds (pumpkin, sunflower, chia, sesame, flax)
Quinoa

* *Brown rice has higher nutrient and fiber content than white rice; in Phase 2, choose brown rice whenever possible if you tolerate it.*

Fruits

Note: Fruits no longer need to be peeled or cooked. Enjoy them in moderation however you desire.

Apples
Apricots
Avocado
Bananas
Berries
Capers
Coconut (watch for reactions to coconut in particular)
Cherries
Dried fruits (limited, as they're higher in sugar than fresh fruit)
Grapefruit
Lemons
Limes
Melon
Olives
Oranges
Peaches
Pears
Plums

Dairy and Milk Alternatives

All nut milks (almond, cashew, coconut, etc.)
All grain milks (hemp, oat, rice, etc.)
Cow's milk (lactose-free, organic, or grass-fed)
Goat milk products (grass-fed)
Kefir (organic or grass-fed)
Lamb's milk products (grass-fed)
Soy milk (organic)
Yogurt (organic or grass-fed)

Oils and Fats

Avocado oil
Coconut oil
Ghee
Grapeseed oil
Nut oils (watch for reactions to these in particular)

Condiments and seasonings

All herbs, spices, and vinegars are allowed in Phase 2. Proceed slowly with the addition of peppers (cayenne, ancho, etc.) and soy-based condiments (soy sauce, miso, etc.), as they tend to be more reactive for some people.

Sweeteners (limited)

Any non-artificial sweeteners and non-GMO sugars, such as:
Blackstrap Molasses
Erythritol
Honey
Maple Syrup
Monk Fruit
Stevia
Stevia/sugar pre-blended products
Xylitol

Beverages

Black tea (limited)

Bone broth

Carbonated Water (unsweetened or lightly sweetened)

Coffee (limited)

Filtered water

Ginger tea

Green tea (limited)

Herbal teas

Infused water

Roasted Dandelion tea

Indulgences

Dark chocolate (limited, and the darker the better to limit sugar content)

Non-dairy ice cream (rice, coconut, or almond)

Miscellaneous

Gelatin (grass-fed only)

Protein powders from any non-nut derived protein source with no additives

PHASE 2 RECIPE INDEX

MEALS

Banana Pancakes
Basic Smoothie Formula
Blueberry Balsamic Salmon
Chicken Vegetable Soup
Chinese Chicken and Mushrooms
Curry Shrimp
Eggs, Four Ways
Layered Basil Chicken Sauté
Layered Indian Curry Sauté
Layered Thai Sauté
Lentil Soup
Overnight Rolled Oats
Overnight Steel-Cut Oats
Rolled Oats
Root Stew
Salmon Patties
Sautéed Chicken and Capers
Shrimp and Avocado Salad
Steamed Mussels or Clams
Steamed Shrimp
Stuffed Turkey Tenderloin
The Best Beef Stew
Vegetable Bowls

SIDES

Baked Onion
Cabbage with Onion and Apples
Honey Rosemary Carrots
Rice and Beets
Sweet Potato Rounds
Roasted Butternut Squash Soup

SNACKS

Chai Pumpkin Bars
Homemade Granola
Homemade Hummus
Spinach-Artichoke Spread

CONDIMENTS

Balsamic Vinaigrette
Fish Marinade
Red Wine Vinaigrette

BEVERAGES

Carbonated Flavored Waters
Chai Tea
Homemade Kombucha Brew
Infused Water
Pumpkin Smoothie

INDULGENCES

Banana and Nutmeg "Ice Cream"
Chia Seed Pudding



BANANA PANCAKES

Gluten-free in the most natural sense, these banana-based pancakes use egg as a binder. The only trick is allowing the mixture to cook and set before attempting to flip.

Ingredients

1 large banana, very ripe

1 large egg, beaten

A dash of ground cinnamon or
nutmeg (optional)

Fresh berries

Honey

Instructions

1. In a bowl, mash the banana.
2. Add egg and cinnamon or nutmeg, if desired, and blend very well.
3. In a non-stick ceramic sauté pan over low heat, add a splash of grapeseed or coconut oil to coat the bottom.
4. Spoon in the batter and cook pancake until it looks well set around the edges, a few minutes. If the egg is not well set before you flip, it will be quite messy!
5. Flip pancake and cook until the bottom is golden brown. Serve topped with berries and a drizzle of honey.



BASIC SMOOTHIE FORMULA

Smoothies can be one of the healthiest “fast foods”—depending on what goes in them. Make your own, and you can leave out the excess sugars typically used in store-bought smoothies. You’ll need a blender, or even better, a food processor: its special blades and high torque are better at breaking down plant cell walls, which releases nutrients and allows for easier digestibility. High torque processors can also grind nuts (for use in Phase 3), adding a whole different flavor dimension to your smoothie.

The smoothie formula below can be highly curated: You’ll find a list of healthful ingredients you can play with to refine your own favorite recipe. Using frozen fruits makes a thicker “milkshake,” which requires a bit more liquid.

Ingredients

A handful of blueberries or other berries of your choice

½ cucumber, peeled and diced

1 scoop protein powder (pea, whey, rice, or veggie blend)

A shake of dried ginger powder or fresh minced ginger, to taste

1 cup non-dairy milk (almond, coconut, oat, rice, soy), or enough to cover the ingredients

½ small avocado (optional)

FOOD HACK:

To achieve a creamy consistency, add just a bit of one of the following ingredients: avocado, mango, whey protein powder, or banana.

Instructions

1. Add the fruit and vegetables to your food processor.
2. Add the protein powder and ginger.
3. Pour in your liquid of choice, making sure it’s enough to cover the ingredients.
4. Process until you achieve your desired consistency.

CHANGE IT UP:

Some alternate ingredients to experiment with: Apples, avocado, butternut squash, carrots, citrus (lemon, lime, orange, grapefruit), cherries, sweet potato (cooked), peaches, pears, pumpkin, 1-2 tsp organic virgin coconut oil, 1 tbsp chia seeds, plain yogurt or kefir, cocoa powder, honey, stevia, ice

BLUEBERRY BALSAMIC SALMON

If you love the flavors of teriyaki, then you'll be hooked on this dish. This recipe uses blueberries mixed with balsamic vinegar, resulting in a sweet and sour sauce that's lovely on salmon. Best of all, prep time is only 10 minutes; after that, let your slow cooker do the rest of the work. If you choose to garnish this dish with antioxidant-rich hibiscus flowers (which you can buy online), be sure they are nicely ground if you use them dry. If you have a whole dried hibiscus flower, rehydrate it in hot water for 15 minutes first and then slice it before using. Serves 4

Ingredients

- 1 lb pound asparagus, trimmed and chopped
- 1 tbsp extra-virgin olive oil
- ¼ cup balsamic vinegar
- 1 tbsp maple syrup or sugar of choice
- 2 tbsp fresh parsley, chopped
- 1/4 tsp salt
- Four 4-oz skin-on salmon fillets
- 1 lb blueberries, rinsed
- 2 tbsp ground dried hibiscus flowers (optional)

Instructions

1. Put the asparagus and oil in the slow cooker and toss until the asparagus is evenly coated.
2. In a small bowl, whisk together the vinegar, maple syrup, parsley, and salt.
3. Place the salmon fillets skin-side down on top of the asparagus in the slow cooker. Drizzle with the vinegar mixture and sprinkle with the blueberries.
4. Cover the slow cooker and cook on the low setting for 2 to 2.5 hours, until the salmon flakes when pressed with a fork and the asparagus is tender.
5. Divide the asparagus among four plates and top with salmon. Spoon the sauce over the top and sprinkle with the hibiscus. Serve immediately.



CHICKEN VEGETABLE SOUP

In the popular child's tale "Stone Soup," three hungry soldiers wander into a small town, commandeer a large pot, fill it with water, and place it in the center of town over a fire. Their only contribution to the pot is a stone. Attracted by the commotion, curious onlookers stroll by and add an ingredient. Before long, a rich hearty soup is bubbling away, enough to feed the entire community and the three soldiers.

Soup is the ultimate one pot meal and an excellent way to add nutritious foods to your diet. Homemade soups and stews are generally tastier and more substantial than those found in restaurants or a can, which are often mostly broth. Good for several days, soup also freezes well.

Creating soup is simple. Place the ingredients in a large pot, cover with liquid, bring to a boil, and simmer for about 20-30 minutes. The list of ingredients can include almost any vegetables, meat, whole grains (such as wild or brown rice), and flavorful herbs and other seasonings. When you reach Phase 3, feel free to add 1 large can of crushed tomatoes to the mix.

CHICKEN VEGETABLE SOUP

(continued)

Ingredients

1-2 tbsp olive oil
1-2 cups finely chopped onion
½ -1 cup finely chopped celery
1-2 cloves garlic, minced
2-3 boneless chicken breasts or turkey breasts, cut into 1-2 inch cubes
2 cups chopped mushrooms
Assorted vegetables of choice, such as zucchini, green beans, cabbage, carrot, celery, corn, or peas, sliced or chopped as needed
1 tsp sea salt
1 tsp pepper
2 tbsp freshly minced herbs of choice, such as thyme, oregano, rosemary, basil, and marjoram
Vegetable or chicken broth
1 cup brown rice

Instructions

1. In a deep stew pot over low heat, add oil. Sauté the onion, celery, garlic, chicken, and mushrooms.
2. Add remaining vegetables, salt, pepper, and herbs.
3. Add enough water to cover all of the vegetables, and several cups of broth for flavor.
4. Add rice, bring mixture to a boil, then reduce heat and simmer partially covered for 30 to 60 minutes. The longer you allow the pot to simmer, the more the flavors will meld and infuse, and the vegetables and poultry will continue to tenderize.



CHINESE CHICKEN AND MUSHROOMS

Although soy products can cause reactions in some people, a small amount of soy sauce generally does not. As always, use any ingredient only as you tolerate it. The combination of mushrooms and soy is popular, but add or substitute other vegetables as you desire; snow peas, celery, and carrots are also great. If you choose to increase the amount of vegetables, add more seasoning to accommodate the increased volume.

Ingredients

- Olive oil
- 2 boneless chicken breasts
- 2 handfuls brown or shiitake mushrooms, sliced or quartered
- ½ cup sweet onion, diced
- 1 clove garlic, minced
- ½ tsp coriander powder
- A splash of soy sauce

Instructions

1. In a medium sauté pan over low heat, add enough oil to coat the bottom of the pan.
2. Add the chicken breasts in a single layer.
3. Add the remaining ingredients.
4. Cover and simmer over low heat until chicken is cooked through, 20-30 minutes. Add a bit of broth or water if it begins to scorch.
5. Season to taste with salt, pepper, and soy sauce.



CURRY SHRIMP

Ingredients

- Olive oil
- ½ -1lb shrimp, peeled
- ½ onion, chopped
- 3-4 cloves garlic, minced
- 4 tbsp water
- ½ tsp curry powder
- ¼ tsp cumin
- Salt
- Black pepper

Instructions

1. In a large sauté pan over medium low heat, add enough olive oil to coat the bottom.
2. Sauté all ingredients except salt and pepper until the shrimp are pink and curled, about 10 minutes.
3. Season to taste with salt and pepper.

SERVING SUGGESTIONS:

Serve curried shrimp over a bed of cooked zucchini "noodles," steamed green beans, quinoa, or other cooked grain of choice.



EGGS, FOUR WAYS

Eggs are possibly the most cost-effective sources of quality protein on the planet. They are packed with nutrition, including vitamins, minerals, and lecithin—an important nutrient for healthy cell membranes. Eggs do contain cholesterol, but that’s only a concern for people who are at significantly increased risk for stroke and heart attack. Eggs are also allergenic for many people; start with one or two a week, and look for reactions before making them a regular breakfast habit.

The best eggs come from true pasture-raised chickens, meaning the chicken is allowed to forage for most of its food in an open pasture. **Pasture-raised chickens produce eggs that are higher in nutrients and omega-3 fatty acids and about 30% lower in cholesterol than the average grocery store variety.** Pasture-raised eggs can sometimes be found in a supermarket, but the best source is usually a local farmer or friend with a backyard coup.

Don’t bother with “cage-free” eggs. This generally means the chicken is allowed to eat grain from a dirt floor inside a large pen. These eggs are usually no better than the standard variety. Don’t waste your money here. For best results, cook eggs with a ceramic pan to avoid sticking. Ceramic is composed of silicon dioxide (sand and glass), one of the most abundant, inert, and safe substances on earth. The only limitation is that ceramic wears out quicker than Teflon, but Teflon is toxic, so it’s worth the investment.

#1: Basic Fried Egg

Ingredients

1 or 2 large eggs
Oil (grapeseed, avocado, coconut,
or non-aerosol spray)
Sea salt
Black pepper

Instructions

1. Place a nonstick ceramic pan over low heat.
2. Crack the egg into the pan just as it starts to heat up (so you don't destroy the egg's proteins with too-high heat) and cover. (Nick the yolk with a knife if you don't like runny eggs.)
3. Flip the egg when it turns white and begins to firm up.
4. Continue to cook until the yolk is cooked to your liking, about another minute for a firm yolk.

#2: Hard Cooked Egg

This is the easiest batch cooking there is! Throw a couple extra eggs in the pot for a nutritious next-day snack. Hard cooking is the cleanest way to cook an egg. At 212° Fahrenheit, bacteria are killed, but the egg nutrients are not damaged.

Ingredients

1 or 2 large eggs

Instructions

1. Place your eggs in a small to medium pot.
2. Fill the pot with enough water to cover the eggs completely.
3. Bring the eggs to a rolling boil.
4. Cover the pot; turn off the heat, and allow the eggs to cook for 9-11 minutes if you like a moist, bright-yellow yolk, or 12-14 minutes if you prefer a fully cooked drier yolk.
5. Drain and rinse the eggs in cold water to stop the cooking and make them easier to peel.

#3: Scrambled Egg

Ingredients

- 1 or 2 large eggs
- Non-dairy milk (soy, almond, coconut, or rice)
- Sea salt
- Freshly ground black pepper
- Oil (grapeseed, avocado, coconut, or non-aerosol spray)

CHANGE IT UP:

Some additional ingredients to try: Cooked sweet potato cubes; sautéed diced onions; Phase 2 vegetables, cooked tender; fresh diced avocado; fresh chopped parsley, scallions, or chives

FOOD HACK:

For a deliciously seasoned Vegetable Egg Scramble, season cooked vegetables to taste before adding them to your eggs.

Instructions

1. Crack the eggs into a bowl, add a splash of non-dairy milk, and season with a few shakes of salt and pepper. Blend with a fork.
2. Lightly coat a ceramic nonstick sauté pan with oil or spray and place over low heat. If you are including vegetables, add them first and sauté until tender—they won't cook much more once you add the eggs.
3. Pour in the eggs, and allow to cook undisturbed until the curds are well formed around the edges.
4. Use a silicone or rubber spatula to scrape around the edges and stir up the eggs gently for even cooking. The less you stir, the larger the egg curds will be; the more you stir, the looser and more scrambled—it's up to you!
5. Allow eggs to cook until no longer runny.
6. Remove from heat; season and embellish with additional ingredients, as desired!

#4: Poached Eggs

Poaching is basically simmering the egg without the shell. These days, poached eggs are typically made in a specialized non-stick egg poacher; more classically, the egg is cracked into simmering water with a splash of vinegar. The recipe below is the classic way, but one better. And it will be the best egg you've ever tasted!

Ingredients

Olive oil

1 small yellow squash, sliced or cut into ½ inch cubes

½ medium yellow onion, diced

1 handful of mushrooms

Soy sauce

Rice vinegar

Fresh basil, minced (or thyme, oregano, parsley, or rosemary)

Salt

1 or 2 large eggs

Instructions

1. Pour a small pool of olive oil in a 10-inch sauté pan over low heat. Add the vegetables and spread them around in the pan.
2. Season with a generous drizzle of soy sauce, a smaller drizzle of rice vinegar, herbs, and salt. Cover and simmer over low to medium-low heat until the vegetables are tender.
3. Push the vegetables to the outside of one side of the pan. This should leave a thin pool of liquid in the bottom of the pan (if not, add a little water): This is your egg poaching liquid.
4. Crack an egg into a measuring cup without breaking the yolk.
5. Hold the measuring cup close to the pan and gently drip the egg into the pool of liquid in the pan. It will immediately start turning white. Usually, two eggs can be done at one time.
6. Cover the pan and allow the egg to cook completely. You may need to carefully turn it once, depending on the depth of the poaching liquid. Enjoy the vegetables and egg together for breakfast—or dinner!

LAYERED BASIL CHICKEN SAUTÉ

This light and healthy dish features bok choy, basil, and tahini. Bok choy, also known as Chinese cabbage, is rich in fiber, vitamin C, folate, beta-carotene, and indoles—chemicals found in cruciferous vegetables that increase the liver's ability to metabolize estrogen. This is favorable for reducing risk of breast and prostate cancer. [When you get to Phase 3, you can try substituting 1 tsp of mild curry paste in for curry powder to take up the heat a bit.]

Basil is an easy-to-grow summer herb that boasts multiple immune promoting properties. Tahini, made from ground sesame seeds, adds flavor similar to peanut butter, but slightly more bitter. Sesame seeds are high in healthy monounsaturated fat and lignans: Diets high in lignans (also found in flax seeds) are associated with a decreased risk of both breast and prostate cancers.

Ingredients

1-2 tbsp grapeseed oil
½ sweet onion, chopped
Boneless chicken breast, sliced
across the grain
¼ cup white rice
1 bunch bok choy, stalks and
leaves chopped
2-3 carrots, thinly sliced
2 tbsp fresh basil, slivered or
minced
½ cup vegetable or chicken broth
2 tbsp tahini paste
1-2 teaspoons curry powder
¼ cup rice vinegar
½ tsp paprika
½ tsp ginger powder or freshly
minced ginger
Pinch of salt

Instructions

1. Add oil to a large sauté pan over low heat.
2. Layer the ingredients in the order in which they appear in the ingredients list—no stirring.
3. Cover and cook for 10 minutes; add water or additional vegetable broth if needed.
4. Continue to cook, covered, until the vegetables are tender and the chicken is cooked through, about 10 minutes.
5. Season to taste with salt and pepper and serve with additional fresh basil, if desired.

INDIAN CURRY SAUTÉ

The essence of Indian cooking is the characteristic flavor of curry, which is actually not a single spice but a blend of many. Though the spices that make up curries are highly variable, most from India and the surrounding regions contain turmeric, coriander, and cumin. When you reach Phase 3, hot peppers or curry pastes are often added for spiciness, but mild curries can also be found. Red or blue potatoes are another great addition to this dish once you're in Phase 3.

Ingredients

1-2 tbsp ghee or coconut oil

3-4 cups of mixed vegetables of choice: onions, cabbage, turnips (peeled and cubed), mushrooms, green peas, carrots, or winter or summer squash

1 boneless chicken breast, cut into ¼-½ inch slices across the grain, or 1 package firm tofu, cubed

2-4 tbsp rice or lentils

1-2 tsp curry powder (can substitute curry paste in Phase 3)

1-2 tsp garlic, minced

1-2 tsp fresh basil, chopped

1-2 tsp fresh ginger, grated

Salt

1-2 spoonfuls of Greek yogurt

Fresh cilantro (optional)

Scallions (optional)

Instructions

1. In a large sauté pan over low heat, add ghee or oil.
2. Layer these ingredients into the pan in the following order: onions, chicken, rice, vegetables, seasonings, and salt to taste.
3. Cover and cook, 10-15 minutes.
4. Remove lid and stir to incorporate ingredients, adding water or coconut milk if necessary.
5. Cover and cook until the vegetables are tender and meat is cooked through.
6. Stir in yogurt and adjust seasonings as desired.
7. Serve with fresh cilantro or scallions, if desired.

LAYERED THAI SAUTÉ

Thai style is a very flavorful way to utilize the sauté technique. Combining coconut and sesame make a unique flavor. Don't be put off by the lengthy ingredient list—once you've prepped your vegetables, the only effort is layering the ingredients in the pan. If you do not care for one of the items listed, simply substitute in something else. And when you get to Phase 3, you can return to this recipe and add in new things like bell pepper and nut butters. (Serves 4)

Ingredients

1-2 tbsp coconut oil
1-2 tsp sesame oil
½ medium onion, cut into ¼ inch slices
Handful of brown or shitake mushrooms, sliced or quartered
1 boneless chicken breast, cut into ¼-½ inch slices across the grain, or
1 package firm tofu, cubed
2 heaping tbsp white basmati or jasmine rice
1 zucchini, ¼ inch slices
1 yellow squash, ¼ inch slices
1-2 cups other mixed veggies
Splash or two of rice vinegar
Splash or two of soy sauce
2 limes, separated: 1 juiced, 1 cut into wedges
½ tbsp sea salt
Handful fresh basil, slivered
1-3 tbsp curry powder
2 plums, sliced
1-2 teaspoons fresh ginger root, peeled and grated
Heaping handful of fresh baby spinach leaves
¼- ½ can coconut milk

Instructions

1. In a large sauté pan over medium heat, add coconut and sesame oil. Once things start sizzling, reduce the heat to low.
2. Layer these ingredients into the pan in the following order without stirring: onions, mushrooms, chicken or tofu, rice, zucchini, yellow squash, and mixed veggies.
3. Cook until the food starts sizzling.
4. Layer these ingredients into the pan in the following order without stirring: rice vinegar, soy sauce, lime juice, salt, basil leaves, curry powder, plums, and grated ginger.
5. Top everything with spinach, and cover pan for about 10 minutes. When spinach is wilted, it's time to stir everything together. The rice will absorb the liquid from the vegetables, however you may need to add a little extra water if things are looking dry.
6. Add coconut milk and cover.
7. Simmer until everything is fully cooked and tender, 10-15 minutes.
8. Adjust seasonings, and serve with lime wedges and fresh basil as desired.



LENTIL SOUP

Soul satisfying, and so simple. Soak your lentils overnight to decrease lectin content and shorten your cooking time.

Ingredients

- 1-2 tbsp oil
- 1 medium onion, finely chopped
- 2-3 stalks celery, finely chopped
- 3 medium carrots, finely diced
- Fresh minced herbs of choice, such as rosemary, thyme, sage, oregano
- 1 lb green lentils, rinsed and soaked overnight
- Vegetable broth or water

FOOD HACK:

For the most tender legumes, add your salt at the end of cooking. Adding salt during the cooking process can toughen the skins of legumes.

Instructions

1. In a large stock pot over low heat, add oil, onion, celery, carrots, and herbs; stir to coat with oil.
2. Sauté vegetables, stirring occasionally, until they are shiny and begin to soften.
3. Add lentils and enough vegetable broth to cover by about an inch. Cook until everything is tender and lentils are almost falling apart, 15-20 minutes.
4. Stir well and adjust seasonings as desired.

OVERNIGHT ROLLED OATS

These are so easy to prep before bed, and then you wake up to a ready-made breakfast of flavorful oats the next morning, or they'll keep in the refrigerator for up to three days. You can batch-cook a large potful for use in several breakfasts during the week—plain oatmeal will keep in the refrigerator just fine for three days.

Ingredients

- ½ cup rolled oats
- ½ cup non-dairy milk
- A pinch of salt

CHANGE IT UP:

Experiment with these additional ingredients: Non-dairy milk, Autumn Seasoning Blend, vanilla extract, unsweetened dried blueberries, unsweetened dried tart cherries, chopped fresh fruit, chia, pumpkin, sunflower seeds, sunflower butter, honey or stevia, protein powder (2 tbsp per serving of oatmeal)

Instructions

1. Place oats in a lidded glass jar that's large enough to accommodate your oats, milk, and berries, if using (a mason jar about twice the size of the amount of your oats should work if you're adding fruit).
2. Add non-dairy milk and fruit, and stir well to incorporate the ingredients. Add more liquid if needed to cover all the ingredients.
3. Put the lid on securely, and refrigerate for a minimum of 4-5 hours, ideally 6-8 hours to allow oats to soften and flavors to meld.
4. Add additional milk (1-2 tbsp) as needed to loosen the mixture; sweeten to taste.

OVERNIGHT STEEL-CUT OATS

Steel-cut oats are the most flavorful option for oatmeal, but they take a long time to cook. You can shorten the process, however, by planning ahead the night before. Batch-cook a large potful for use in several breakfasts during the week—plain oatmeal will keep in the refrigerator just fine for three days.

Ingredients

Steel cut oats

Non-dairy milk

A pinch of salt

CHANGE IT UP:

Experiment with these additional ingredients: Non-dairy milk, Autumn Seasoning Blend, vanilla extract, unsweetened dried blueberries, unsweetened dried tart cherries, chopped fresh fruit, chia, pumpkin, sunflower seeds, sunflower butter, honey or stevia, protein powder (2 tbsp per serving of oatmeal)

FOOD HACK:

When reheating your oats, add the non-dairy milk after the oats begin to warm, as they will soften and loosen as they heat up. If you add the liquid too early, you could end up with runny oats.

Instructions

1. Put the oats, water (3-4 parts water to 1 part oats), and salt in a pot and bring to a boil. Reduce heat to a simmer.
2. Simmer for a few minutes, and then remove from heat.
3. Allow pot to cool. Cover and refrigerate overnight.
4. Reheat oats over low heat while stirring; add non-dairy milk to reach desired consistency.
5. Sweeten to taste and add additional ingredients, as desired.

ROLLED OATS

Rolled oats are generally well tolerated from a digestion point of view. Opt for regular (aka old-fashioned) oats as they are less processed and will keep you fuller longer than instant oats. Gluten-free rolled oats are widely available.

Ingredients

Rolled oats, unsweetened and gluten-free

A pinch of sea salt

Sweetener of choice (sparingly)

CHANGE IT UP:

Experiment with these additional ingredients: Non-dairy milk, Autumn Seasoning Blend, vanilla extract, unsweetened dried blueberries, unsweetened dried tart cherries, chopped fresh fruit, chia, pumpkin, sunflower seeds, sunflower butter, honey or stevia, protein powder (2 tbsp per serving of oatmeal)

Instructions

1. Cook the oats according to the package directions. If you are using a dry seasoning blend, add it before cooking.
2. Stir in any flavor additions after the oats are fully cooked, and adjust liquid to desired consistency.



ROOT STEW

This rich, creamy stew will make anyone like beets. All of the root vegetables begin to fall apart during cooking, which lends well to puréeing this soup if you prefer.

Ingredients

Avocado or olive oil, or other oil
of choice

Several stalks of celery, finely
chopped

1 large onion, finely chopped, or

2-3 leeks, thinly sliced

4-6 cups assorted root veggies
such as carrots, parsnips, turnips,
sweet potatoes, and beets, peeled
and roughly chopped into cubes
(the smaller the cubes, the quicker
they cook)

2-3 tbsp fresh minced cilantro

1-2 tsp curry powder

1-2 tsp cumin

½ tsp cinnamon

Salt

Black pepper

1 cup soy milk or coconut milk

Instructions

1. Add oil to a large pot over low heat.
2. Add the celery and onions and sauté until they just begin to soften and glisten.
3. Add remaining vegetables and seasonings to the pot.
4. Add enough water to cover the vegetables well.
5. Bring to a boil, then reduce and simmer, about 1 hour. The sweet potatoes will break apart and thicken the stew.
6. Add soy milk just before serving.

SALMON PATTIES

Using canned salmon makes this a quick entree for hectic nights. The recipe makes 3-4 patties so you can save some for a future meal. The key here is to not mess with the patties while they are cooking in the pan, otherwise they will fall apart. Because all of the ingredients are essentially cooked except for the egg, the heat in the pan is to cook the egg to bind everything together and warm it all up. This recipe works well with crabmeat, too.

Ingredients

- Scant ¼ cup onion, finely diced
- Salt
- Black pepper
- 1 large egg
- 2-3 tbsp oat flour
- Fresh or dried herbs of choice: cilantro, dill, parsley, scallions, rosemary, lemon zest
- Paprika
- 1 8-ounce can wild salmon, drained (or fresh fish equivalent, cooked)
- Grapeseed oil, or other mild oil
- Wedge of lemon (optional)

CHANGE IT UP:

Add these seasonings to the mix: Rosemary, dill, chives, parsley, lemon zest

Instructions

1. Season onion with salt and pepper, and sauté or microwave until very soft.
2. Crack egg into a small bowl and scramble with a fork.
3. To the egg, add the oat flour, several sprinkles of salt and pepper, and herbs and mix well with a fork.
4. In a large bowl, combine salmon and onions. Season with salt and pepper and stir gently to combine.
5. Combine the egg and salmon mixtures, stirring gently to integrate without overworking the salmon to mush.
6. Coat a nonstick ceramic sauté pan with grapeseed oil over low heat. Spoon in one third of the salmon mixture. Flatten the mound into the shape of a patty with the back of the spoon. Repeat with remaining mixture to form two more patties.
7. Cover and cook over low heat until the patties begin to firm and the cooking comes about a third of the way up from the bottom, several minutes.
8. Flip the patties and cook until the patties are firm to the touch and feel cooked through.
9. Season with a squeeze of the lemon wedge, if desired.



SAUTÉED CHICKEN AND CAPERS

Exact measurements are not important in this dish—just go for some good flavor. Quality free-range, organic chicken is best. Serve with steamed asparagus or baby spinach for a complete meal.

Ingredients

- Olive oil
- Boneless, skinless chicken breast
- Salt
- Black pepper
- A handful of sliced mushrooms per person
- $\frac{1}{3}$ - $\frac{1}{2}$ cup white wine
- 1 tbsp drained capers
- Ghee (optional)

Instructions

1. In a medium sauté pan, pour enough olive oil to amply cover the bottom of the pan.
2. Season one side of the chicken breast with salt and pepper.
3. Add the chicken breast, seasoned side down, to the pan and sear until lightly brown and about halfway cooked through, 10 minutes.
4. Season the top of the chicken breast with salt and pepper and flip. Add the mushrooms, wine, capers, and another good sprinkling of salt and pepper.
5. Cover and cook over low heat until the chicken is cooked through and the mushrooms are tender and moist.
6. Adjust the seasonings and finish with a drizzle of olive oil or a dab of ghee, if desired.



SHRIMP AND AVOCADO SALAD

This recipe feels summery, but the ingredients are available year-round. It's also easy work with some leftover steamed shrimp from a previous meal.

Ingredients

2 cups (20 medium) steamed and diced shrimp

¼ cup chopped, lightly steamed red onion

Juice of 2 limes

1 tbsp chopped cilantro

1 tsp olive oil

Salt

Black pepper

1 avocado, diced

CHANGE IT UP:

Not a cilantro fan? Try replacing the cilantro, lime, and olive oil with a preservative-free mayonnaise mixed with a few generous sprinkles of Old Bay seasoning.

Instructions

1. In a large mixing bowl, combine shrimp and onion.
2. In a second small bowl, mix together lime juice, cilantro, and oil. Season the vinaigrette to taste with salt and pepper.
3. Add the vinaigrette to the shrimp and onion mixture and toss to coat.
4. Adjust the seasoning to taste. Add diced avocado and gently stir.



STEAMED MUSSELS OR CLAMS

This recipe is a fun way to share seafood with friends. If you can, clean the bivalves before guests arrive, so you can enjoy their company before dinner. Place bowls on the table for empty shells during the meal. The hands-on nature of the dish encourages relaxed conversations. Make sure you source your seafood from a reputable seafood monger who moves his inventory rapidly. If the bivalve does not open after cooking, discard it: That means it was already dead when it hit your pot.

Ingredients

Bivalves, about $\frac{3}{4}$ lb per person

4-8 oz white wine

Fresh herbs such as sprigs of rosemary and thyme and basil, minced or whole leaves

Whole garlic cloves, bruised

CHANGE IT UP:

Some additional ingredients to consider: Fresh chopped parsley; steamed rice or quinoa; cooked spiralized vegetables

Instructions

1. Scrub any loose or gritty residue, or “beards,” from the exteriors of the shells, and rinse well under cold water. Keep cold until ready to cook.
2. In a large pot over high heat, add an inch or so of water and the clams/mussels.
3. Add the white wine, fresh herbs, and garlic.
4. Cover the pot and bring to a boil, then reduce to a simmer
5. Simmer, covered, until the shells open, 5-10 minutes.
6. Sprinkle with chopped fresh parsley, if desired.

SERVING SUGGESTIONS:

Serve with steamed rice or quinoa or cooked spiralized vegetables to catch the flavorful cooking broth. After removing the clams or mussels from the pot, reserve the cooking water and season it with salt and a drizzle of a good quality olive oil. Toss rice, quinoa, or vegetable “noodles” with some of the “pot liquor” cooking.

STEAMED SHRIMP

About 1 pound of large shrimp will feed four people when served with side dishes. Steaming or boiling shrimp takes about 5-10 minutes. Sprinkle with Old Bay seasoning during the steaming process. Peel after they cool.



STUFFED TURKEY TENDERLOIN

Ingredients

- ½ tbsp light olive oil
- 1/3 cup chopped shallots
- 2 cloves chopped garlic
- 1¼ cups butternut squash, peeled and cut into ½-1 inch dice
- ½ cup fresh cranberries, rinsed
- 2 tbsp pure maple syrup
- 1 cup baby kale or spinach
- 3 sage leaves, chopped
- 1 tsp kosher salt
- 1/4 tsp crushed black pepper
- 2 tbsp pecans, chopped*
- 2 boneless turkey tenderloins (1 lb total)
- Sea salt
- Black pepper
- 6 to 8 pieces cooking twine
- Cooking spray

FOOD HACK:

Maximize the flavor of your nuts in recipes by toasting them before adding them to your dishes. Toasting them on a baking sheet in a single layer at 350° until just fragrant (10-20 minutes) releases their natural oils and ramps up the flavor. Watch them as they can go from toasted to burnt in milliseconds.

Instructions

1. Heat oven to 375°.
2. Heat a large skillet over medium-high heat and add olive oil, shallots, and garlic and sauté until golden, 4-5 minutes.
3. Add butternut squash, cranberries, maple syrup and 1 tbsp water and cover; cook on low for 10 minutes.
4. Remove lid and add kale, sage, salt, and pepper; cover and cook for another 3-4 minutes, then set aside to cool. Mix in pecans.
5. Cut a pocket into the sides of the tenderloins, careful not to cut all the way through at the ends. It will open like a book.
6. Season the inside and outside of the turkey with sea salt.
7. Lightly spray skillet with cooking spray over medium-high heat. Lightly sear each turkey breast on each side.
8. Stuff each turkey breast with roughly ¾ cup of squash mixture, or appropriate amount to fit into the pocket. (The filling will further reduce with continued cooking.)
9. Tie each breast with twine and cut off any extra twine. You may need to tie the tenderloin in 2 places to hold in the filling.
10. Place stuffed turkey into an oven-proof pan or baking dish and cover with foil.



THE BEST BEEF STEW

In a stew, meat is used mostly as a flavoring instead of being the main component of the meal. Try to use quality grass-fed, free-range beef.

Ingredients

- 2 tbsp olive oil
- 1 onion, finely diced
- 1-2 tsp garlic
- 3-4 celery stalks, chopped
- 2 cups halved mushrooms
- 2-3 tbsp minced fresh herb such as rosemary, sage, and thyme
- 2 tbsp balsamic vinegar or red wine
- 1 small sirloin steak, sliced across the grain and diced
- 4 turnips, peeled and diced
- 1 bag baby carrots, thinly sliced
- 1 bag frozen or fresh green beans or peas

Instructions

1. In a deep stew pot over low heat, add oil.
2. Sauté onion, garlic, celery, mushrooms, fresh herbs, vinegar, and steak until meat is browned.
3. Add remaining ingredients, cover with water, and season with salt to taste.
4. Bring to a boil, and then lower heat and simmer, partially covered, until vegetables and beef are fork tender, 40-60 minutes.
5. Adjust seasonings to taste.



VEGETABLE BOWLS

You probably remember these from Phase 1, but now your gut is ready for an upgraded version with a wider variety of elements and flavors. To refresh your memory, here is the basic architecture for building these simple bowls:

FOUNDATION: Phase 2 vegetables, cooked

STRUCTURE: Phase 2 proteins, cooked. Examples include fish, poultry (chicken, turkey, game birds), seafood (shrimp, scallops, crab), or vegetarian protein sources (lentils, quinoa, mung beans, garbanzo beans, hummus).

DESIGN ELEMENT: Choose your flavor options:

- Hummus for saucy creaminess, with some added broth or oil to thin
- Greek yogurt
- Phase 2 oils and vinegars with fresh herbs
- Italian inspired: Green pesto; olive oil with basil, oregano and garlic or Mediterranean Seasoning Blend; olive oil with anchovies, parsley, salt, and pepper
- Asian inspired: Ginger, garlic, cilantro, soy sauce, rice vinegar
- Thai inspired: Lime, basil, cilantro, garlic, fish sauce, sugar (a dash is OK!), and grapeseed or coconut oil
- Indian inspired: Ginger, garlic, and curry; or turmeric, cardamom, ginger, and garam masala

Optional: Steamed rice or other grain

VEGETABLE BOWLS

(continued)

Steam Option:

This can be made with pre-cooked or raw ingredients. If your ingredients are raw, increase your steam time to 8-12 minutes.

1. Fill the bottom of a steamer pot with an inch or two of water and bring to a boil.
2. If you're using rice, grains, or cooked beans, add them to a steamer basket first, followed by your vegetables, and finally the protein.
3. Insert your steamer basket in the steamer pot, being careful of the steam.
4. Cover and warm the foods, 3-5 minutes.
5. In a small bowl, combine your flavor options as desired. Remember, you want to slightly over-season the dressing to accommodate the added volume of food.
6. Turn off the heat, and remove the steamer basket. Empty contents into a serving bowl, add seasonings, and stir well to incorporate flavors.

Sauté Option:

This can be made with pre-cooked or raw ingredients. If your ingredients are raw, increase your sauté time to 12-20 minutes.

1. In a small bowl, combine your flavor options, remembering to slightly over-season the dressing to accommodate the added volume of food.
2. To a medium sauté pan over low heat, add a splash of oil. Add the vegetables and grains or cooked beans (if using), and stir to coat with oil.
3. Layer the protein on top of the vegetables, followed by the seasonings, and cover. If your seasoning is mostly dry, add a bit of water or broth to keep the food from sticking.
4. Reheat food until the vegetables are tender and the meats are cooked through, 4-7 minutes.
5. Adjust seasonings to taste.



BAKED ONION

Ingredients

1 large sweet onion

Cardamom

Sea salt

White pepper

¼ cup tamari sauce (soy sauce
without wheat)

CHANGE IT UP:

Some seasoning alternatives include rosemary, thyme, and garlic with a drizzle of olive oil or ghee; a drizzle of maple syrup and balsamic vinegar with sea salt and pepper; and maple syrup with a light sprinkle of Parmesan and olive oil.

Instructions

1. Heat oven to 350°.
2. Slice off the ends of the onion, and peel off the outer skin.
3. Lay the onion flat-side down on a piece of aluminum foil large enough to wrap around the onion.
4. Cut across the onion 3 ways to create 6 sections. Gently separate the layers of the 6 sections.
5. Sprinkle with cardamom, salt, and pepper (or other spices), and douse with tamari sauce.
6. Wrap the foil around the onion and bake until very tender, about 45 minutes, depending on the size of the onion.



CABBAGE WITH ONIONS AND APPLES

This simple side dish is great with fish or poultry. Experiment with flavors that complement your entrée, such as a squirt of lime, apple cider or rice vinegar, or caraway or celery seeds.

Ingredients

1 green cabbage (about a quarter head per person), cut into ½ inch slices

1 medium yellow onion, cut into ¼ inch slivers

1 red apple (a non-tart variety like Fuji, Gala, or Braeburn is best), cut into ½ inch dice

Grapeseed oil, or other mild flavor oil

Salt

Black pepper

Paprika

Instructions

1. Place cabbage, onion, and apple in a steamer and steam until tender.
2. Remove from steamer, drizzle with grapeseed oil, and season liberally.



HONEY ROSEMARY CARROTS

Honey and rosemary are a delicious flavor pairing with carrots, delivering an earthy sweetness that complements most entrées. This recipe is great with parsnips, too.

Ingredients

- 4 large carrots, thinly sliced
- 2 tbsp olive oil
- 1 sprig fresh rosemary
- 2 tbsp honey, brown sugar, molasses, or maple syrup
- Salt
- Pepper

FOOD HACK:

For a more concentrated flavor reduction, after removing the carrots, boil the cooking liquid down to a thicker glaze consistency and season to taste with salt and pepper.

Instructions

1. In a small pan over high heat, bring $\frac{1}{4}$ cup water, carrots, olive oil, and rosemary to a boil; reduce heat to medium. Simmer until carrots are tender, 10-20 minutes.
3. Remove from heat and stir in honey until dissolved. Remove rosemary sprig.
4. Remove carrots with a slotted spoon, reserving cooking liquid, and place in a serving bowl. Season to taste with salt and pepper.
5. Serve with the sweet cooking liquid and additional drizzles of olive oil, if desired.



RICE AND BEETS

The sweet tang of balsamic vinegar in this dish pairs well with the beets' earthiness. For a more pronounced flavoring, reduce the balsamic vinegar to a syrup: Boil a cup of vinegar in a small, uncovered saucepan until it's reduced by half. This syrup is a versatile sauce for fish, poultry, and game, and it's so concentrated that a little goes a long way. It keeps indefinitely on the shelf.

Ingredients

4 medium beets, washed and scrubbed, roots and stems trimmed

Brown basmati rice, cooked

1-2 tsp balsamic vinegar

Sea salt

Black pepper

CHANGE IT UP:

Consider one of these alternate flavor options: Lemon or orange zest, rosemary, a spoonful of hummus, or a small dollop of goat cheese.

Instructions

1. In a sauce pot over high heat, add beets and enough water to cover them well and allow them to float off the bottom. Bring to a boil.
2. Boil until beets are soft and easily pierced with a fork.
3. Drain and let beets cool; dice into small cubes.
4. Toss beets with rice and season to taste with vinegar, salt, and pepper.



SWEET POTATO ROUNDS

Leftover sweet potato is perfect for breakfast and a great side dish for a plate of eggs. If you're having sweet potatoes for dinner, bake an extra for the next morning, and pull it out of the oven before it is quite done to save it in the refrigerator

Ingredient

Sweet potato, mostly baked and sliced into ¼ inch rounds

Coconut oil

Salt

Black pepper

Onions, finely chopped and sautéed or steamed (optional)

CHANGE IT UP:

One optional seasoning alternative:
Autumn Seasoning Blend

Instructions

1. Slice sweet potato into ¼ inch rounds.
2. In a sauté pan over medium-low heat, add enough coconut oil to cover the bottom of the pan.
3. Season sweet potato rounds on one side as desired.
4. To the heated sauté pan, add potato rounds, seasoning side down, in single layer. Season the tops.
5. Allow rounds to heat undisturbed until lightly browned on bottom, 4-6 minutes, and then flip. You may need to add additional oil before flipping if the rounds are sticking a lot. If you are using onions, add them now.
6. Cook until the bottoms are browned, 3-5 minutes.
7. Remove from heat and adjust seasoning as desired.



ROASTED BUTTERNUT SQUASH SOUP

Butternut squash is loaded with vitamin A and other beneficial vitamins and minerals. This quick and easy meal is very satisfying on a cold winter night, and lends well to many different seasonings. Garam masala—a mix of spices like coriander, black pepper, cumin, cardamom, and cinnamon—is a good one to try. (In Phase 3, you can pump up the heat by adding a green or red Thai curry paste.)

Ingredients

1-2 large butternut squash or other winter squash, cut into 1-2 inch pieces

1-2 cups soy milk or coconut milk, plus more

½ tsp nutmeg

½ tsp powdered ginger

Salt

Black pepper

Instructions

1. In a pot, boil squash in water until soft.
2. Drain squash, reserving cooking water.
3. In a food processor, blend squash, adding cooking water or soy milk as needed to create a creamy puree.
4. Transfer puree back into the pot and add soy milk and spices. Season to taste with salt and black pepper and any other seasonings, as desired.
5. Heat briefly over medium heat, adding additional cooking liquid if you desire a thinner consistency, until bubbling.

CARBONATED FLAVORED WATERS

There's no real recipe here, just some simple ways to enjoy the refreshment of sparkling water without the mega doses of added sugars found in store-bought brands. Use these ideas to get your juices literally flowing!

VANILLA CREAM SODA:

Add vanilla flavored stevia drops to sparkling water.

BERRY SODA:

Add a splash or two of tart cherry or cranberry juice concentrate to sparkling water.

CITRUS SODA:

Add squeezes of fresh lime, lemon, grapefruit, or orange with a few drops or sprinkles of stevia to sparkling water. Add a fruit wedge garnish to make it special.

MOCK MOJITO:

Muddle (mash with back of spoon) fresh mint leaves with some grains of sugar or sugar substitute (yes, a few grains of sugar is OK!), and then combine with some fresh lime juice and sparkling water.

CHAI TEA

Waking up in the morning to a warm cup of chai tea can be wonderfully restorative. Having dietary restrictions doesn't mean you have to sacrifice calming, meaningful moments like these, nor give up the benefit of an invigorating drink in the morning. Chai may not be as strong as coffee, but it certainly has an enjoyable flavor and delivers a pleasant lift. Enjoy!

Ingredients

- 10 green cardamom pods, cracked and seeds removed (or ½ tsp ground cardamom)
- ¼ tsp fennel seeds
- 2 bags orange pekoe tea
- 2 cups non-dairy milk
- 1 tbsp packed light brown cane sugar, or less as desired
- ½ tsp ground ginger
- 1½-inch cinnamon stick
- 2 black peppercorns

FOOD HACK:

Grind up a big batch of the spice mixture (make sure to add the ginger and sugar) to use for future chai breaks.

Instructions

1. Grind together the cardamom pods and fennel. (A coffee grinder is great for this job.)
2. Bring 2 cups water to a boil, remove from heat, and add tea bags. Allow to steep at least 2 minutes.
3. In a 2 quart saucepan over medium-low heat, bring milk to a simmer. Add brown sugar, cardamom-fennel mixture, ginger, and peppercorns, and simmer.
4. Add the tea infused water into the saucepan with the warm milk and simmer 1 minute to blend the flavors.
5. Season to taste as desired.

HOMEMADE KOMBUCHA BREW

Kombucha is a uniquely flavored fermented tea with purported health benefits. The live, symbiotic bacteria and yeast provide immune-enhancing properties, and the vinegar supports digestion and buffers acid in the body. You can buy kombucha in stores, but it's expensive at about \$4 a bottle. Making it at home is easy. You can obtain a starter or "scooby" (stands for Symbiotic Culture Of Bacteria and Yeast) at some groceries, online, or from a brewing friend; source your scooby well, and discard it if you notice any funky smells.

Ingredients

15-20 green or black tea bags*

Fresh peeled ginger root (optional)

Starter

1 gallon water

1 cup sugar

Large sterilized glass jar with lid

Cheese cloth or paper towel

Rubber band

*Do not substitute herbal tea, as some of the oils will kill the scooby

Instructions

1. In a large pot, bring water to boil.
2. Add the tea bags and brew as directed on package. (If you are using ginger, add it now.)
3. Add sugar and stir to dissolve.
4. Allow to cool, and remove tea bags and ginger.
5. Pour the brewed tea into the clean jar and add the starter.
6. Cover the jar with cheese cloth or paper towel and secure with a rubber band. Do not allow the metal lid to come in contact with the tea.
7. Store the brew in a dark room for 2-4 weeks. The longer you store it, the more sugar will be converted to vinegar and the tangier the result.
8. Taste the tea, and when it reaches your desired tanginess, refrigerate the kombucha to slow the fermenting process, and transfer your new starter to another batch.



INFUSED WATERS

It doesn't take much to add a nice flavor to your water. In this case, less is more (this is especially true with cucumber slices). Keep your pitcher in the refrigerator, and drink it up each day—infused water tastes best when made fresh daily. Although citrus is not on the Phase 1 grocery list, a squeeze of citrus in your water is completely okay during Phase 1. Some excellent flavor combos: mint and citrus or cucumber; parsley and cucumber; rosemary and lemon.

Ingredients

Filtered water

Oranges, lemons, or limes, washed
and sliced in ½- ¼ inch discs or
half moons

Fresh mint, rosemary, or parsley
leaves

Cucumbers, sliced into ½-inch
pieces

Maple syrup or honey

Instructions

1. Fill a pitcher with filtered water
2. Add your choice of flavorings (less is more!)
3. Refrigerate and enjoy.

PUMPKIN SMOOTHIE

Have leftover pumpkin puree? Use it to make this delicious pumpkin pie flavored smoothie. (Serves 2)

Ingredients

2 cups almond milk
2 tbsp chia seeds
1 cup pumpkin puree
½ tbsp agave nectar
1 frozen ripe banana
2 tsp cinnamon
½ tsp ground ginger
¼ tsp ground nutmeg
1-2 tbsp organic maple syrup
1/2 cup ice

Instructions

Pulse all ingredients in a blender until smooth.



BANANA AND NUTMEG "ICE CREAM"

You'll never miss ice cream with this non-dairy frozen treat.

Ingredients

- 1 frozen banana
- ½ cup soy milk
- ¼ tsp nutmeg

Instructions

In a blender or food processor, blend all ingredients until smooth. Enjoy your frozen treat immediately (it tends to harden with refrozen).



CHIA SEED PUDDING

Ingredients

¼ cup chia seeds

1/3 cup blueberries (or
½ banana)

1 tbsp shredded coconut

Stevia to taste

Instructions

1. Place chia seeds in 1 cup room temperature water (or non-dairy milk) and stir vigorously for 30 seconds.
2. Refrigerate chia mixture for 10 minutes until it gels into a pudding-like consistency.
3. Top with blueberries and shredded coconut, and add stevia to taste.

CHAI PUMPKIN BARS

Next time you attend a party, consider bringing these vegan, gluten-free chai pumpkin bars as a dessert. They don't require any baking, just several hours in the fridge!

Ingredients

- ½ cup old-fashioned gluten-free oats
- ½ cup pumpkin seeds
- ½ cup unsweetened shredded coconut
- ½ tsp cinnamon
- 1/8 tsp salt
- 2/3 cup pitted dates, chopped
- 1½ cups pumpkin puree
- 1/3 cup maple syrup
- ¼ cup coconut oil, melted
- 1 tsp vanilla
- ¼ tsp salt
- 1½ tsp cinnamon
- 3/4 tsp cardamom
- 3/4 tsp ginger
- ¼ tsp cloves
- 1/8 tsp black pepper
- 2 tsp coconut flour

Instructions

1. Line an 8"x8" baking pan with parchment paper.
2. Prepare the crust first: In a food processor, place the oats, pumpkin seeds, coconut, cinnamon, and salt and pulse until finely ground.
3. Add dates and process until well combined and sticky. The mixture may look crumbly, but it should hold together when pinched between your fingers. If necessary, add more dates to get the right consistency.
4. Press the dough firmly and evenly into the parchment lined baking pan. Place the pan with the crust into the freezer while you prepare the filling.
5. In a food processor, combine the pumpkin puree, maple syrup, coconut oil, vanilla, salt, and spices. Blend until smooth.
6. Add the coconut flour and blend until well combined. Adjust sweetener if desired.
7. Remove the crust pan from the freezer and pour the filling on top, spreading it out evenly.
8. Cover and refrigerate for at least 6 hours or overnight.

Lift the bars out of the pan using the parchment paper edges. Use a chef's knife to cut the bars, wiping the knife clean between cuts. Dust with cinnamon or sprinkle coconut flakes for decoration. Serve chilled.



HOMEMADE GRANOLA

Store-bought granolas are always saturated with sugar and should be avoided. Besides, making your own is so easy and more cost effective. This granola is good with yogurt, oatmeal, or any non-dairy milk.

Ingredients

- ¼ cup melted coconut oil
- 1/3 cup maple syrup or rice syrup
- 2-3 tsp Autumn Seasoning Blend
- A few pinches of salt
- 6 cups plain rolled oats
- 1 cup pumpkin or sunflower seeds
- 1 cup dried blueberries or cherries
(no sugar added varieties)

Instructions

1. Heat oven to 300°.
2. In a large bowl, combine the melted coconut oil, maple syrup, and seasonings, stirring well to incorporate (it will be very thick),
3. Add the oats and stir well to coat.
4. Spread the oats on a large baking sheet and bake, stirring every 10 minutes, until golden brown, about 20 minutes.
5. Stir in the seeds and bake an additional 10 minutes.
6. Remove from oven and let cool.
7. Mix in the dried berries and store in a sealed container. Enjoy dry or with non-dairy milk or yogurt



HOMEMADE HUMMUS

Hummus is great snack full of fiber, antioxidants, and protein, but some store-bought brands are made with preservatives and artificial flavors and colors. Add unique flavors to keep yours interesting.

Ingredients

- 2 carrots, diced
- ¼ cup olive oil, plus additional for sautéing
- 1 can garbanzo beans, drained and rinsed
- ¼ cup tahini paste
- ½ tsp salt
- 1 tsp cumin
- Juice of 1 lemon (about 2 tbsp)

CHANGE IT UP:

Some possible alternatives or additions: ½ can sweet potato (instead of carrots), 3 tsp malt vinegar, dried apricots softened in hot water, 2-3 tsp honey or agave, ½ tsp dry mustard, fresh minced garlic

Instructions

1. In a sauté pan over medium-low heat, steam or sauté carrots in olive oil until tender. Let cool
2. In a food processor, add carrots and remaining ingredients and blend until smooth, pulsing and scraping as necessary to blend all the ingredients into a uniform consistency.



SPINACH- ARTICHOKE SPREAD

This delicious snack or appetizer also goes great as a topper for sautéed poultry or fish: the mayonnaise and cheese gently soften and melt on the warm meat for amazing flavor. Pair with some rice or quinoa, or with steamed crudité for a healthful, crowd-pleasing plate!

Ingredients

- 15-ounce can artichoke hearts,
drained
- 10-ounce package frozen spinach,
thawed and drained (or a large
clamshell of fresh spinach)
- 1-2 tbsp mayonnaise
- 1 tbsp Parmesan
- ½ tsp lemon juice
- Sea salt
- Black pepper

Instructions

1. In a food processor or smoothie machine,
blend the artichokes and spinach.
2. In a bowl, combine artichoke-spinach
mixture and remaining ingredients and
season to taste.



BALSAMIC VINAIGRETTE

You learned the basics of a versatile vinaigrette in Phase 1. This recipe builds on that with the introduction of balsamic vinegar and prepared mustard.

Ingredients

½ cup balsamic vinegar

1-2 tsp Dijon mustard

½ tsp sea salt

1-2 tsp sweetener or stevia
equivalent

1 clove crushed garlic, or ½ tsp
garlic powder

½ cup olive oil

Instructions

1. To a lidded pint jar, add vinegar, mustard, salt, sweetener, and garlic.
2. Close lid and shake vigorously to incorporate the ingredients.
3. Add oil, close lid, and shake well.
4. Adjust seasonings as desired. The oil and vinegar will separate between uses; just shake before using.

CHANGE IT UP:

Some optional additional ingredients: Pesto, fresh herbs, splash of orange juice or orange zest, fig, orange or raspberry preserves instead of sweetener



FISH MARINADE

This marinade is lovely for salmon, in particular. It works well for chicken, too, but increase the marinating time to at least an hour or overnight. The recipe makes enough for one serving of protein (about the size of a deck of cards); multiply ingredient amounts as needed.

Ingredients

- 1-2 tbsp soy sauce
- 1 tbsp brown sugar, rice syrup, or maple syrup
- ¼-½ tsp ginger powder
- 1 tsp garlic, minced
- Salmon or other fish or meat of choice

Instructions

1. In a shallow dish or resealable plastic bag, combine all of the ingredients except the salmon; stir to dissolve the sweetener and incorporate the seasonings.
2. Add your fish to the marinade and coat well. (If you're using chicken, marinate it in the refrigerator for at least an hour or overnight.)
3. Heat your grill to 350-400° and allow for indirect cooking—food should never be placed directly over an open flame.
4. Remove the fish, discard the marinade, and place the fish on the grill away from the flame.
5. Cover the grill for uniform cooking.
6. Allow fish to cook through, 15- 20 minutes or until it's no longer opaque and flakes easily with a fork



RED WINE VINAIGRETTE

This dressing can be made as a basic oil and vinegar, or you can fortify it with fresh or dried herbs to complement your specific dish. To use it as a vegetable pickling marinade, add a couple teaspoons of sweetener to the recipe.

Ingredients

- ½ cup red wine vinegar
- 1 tsp Dijon mustard
- 1 tsp salt
- Several generous grinds of fresh black pepper
- ½ cup olive oil

CHANGE IT UP:

Some other seasoning ideas: ½ tbsp Italian seasoning, 1 tsp garlic powder and a drizzle of honey

Instructions

1. Pour vinegar and seasonings into a lidded jar, close, and shake vigorously.
2. Add the olive oil, close, and shake well to incorporate the ingredients.
3. Taste and adjust the seasonings as desired.

Phase 2 One-Week Sample Meal Plan

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	Scrambled Eggs* with avocado and Sweet Potato Hash*	Basic Smoothie* with protein powder	Yogurt with granola and fruit	Overnight Oats* with granola	Egg and veggie scramble	Sautéed chicken crumbles with veggies	Baked sweet potato with granola and coconut oil
SNACKS	Bone Broth* with steamed veggies, or a bowl of soup	Kimchi, or a handful of berries	Handful of pumpkin or sunflower seeds	Avocado mash with rice crackers or carrot sticks	Fresh fruit with grass-fed cheese, or a smoothie	Kefir with a handful of seeds	Hummus and veggies, or a hard-cooked egg*
LUNCH (COOKED)	Steamed veggie salad with chicken and ginger dressing	Rice bowl with meat and veggies	The Best Beef Stew*	Lunch bowl: salmon and veggies with avocado mash	Quinoa with veggies and poultry	Lentil Soup*	Fish salad
DINNER	The Best Beef Stew*	Layered Thai Sauté*	Sautéed salmon, rice, and beets	Steamed shrimp with Honey Rosemary Carrots* and wild rice	Chicken breast, sautéed green beans and mushrooms	Cod fish, roasted winter squash, asparagus with balsamic vinaigrette	Chicken Vegetable Soup*
INDULGENCES (Enjoy 1-2 times a week)	1 oz dark chocolate Coconut or almond non-dairy ice cream Chia Seed Pudding Unsweetened yogurt Homemade Granola						

* Included Vital Plan Recipe



PHASE 3:
**THE DAILY VITALITY
DIET**

INTRODUCTION TO PHASE 3: THE DAILY VITALITY DIET

If you're feeling ready to graduate from Phase 2, you should have a good sense of which foods work best for your unique biochemical makeup and digestive tract—and which aren't helping you achieve optimal health. You're also likely excited to expand your culinary margins a bit further. That's great, but you should still tread carefully as you reintroduce the remaining foods that were eliminated in Phase 1.

During this final phase, add new foods one at a time, and continue to watch for any sensitivities or reactions. If you do experience symptoms, abstain from the problematic food for another three to four months before trying again. It could be that your gut isn't ready, or perhaps it's simply a food that does not suit your particular makeup. Making these distinctions is an ongoing process that lasts into Phase 3 and beyond.

Also, remember that food sensitivities can change over time. For example, if you replace cow's milk with soy milk, and at that same time substitute tofu for meat, you may gradually develop a soy sensitivity due to repeat exposure. **Rotating foods frequently helps keep sensitivities from developing.** In general, as gut health improves, sensitivities to foods decreases.

The big difference between Phase 2 and Phase 3 is the use of more raw vegetables. Phase 3 also includes nuts, nightshades, cruciferous vegetables, legumes, and a greater variety of fruits. The cooking techniques are the same, and many of the recipes are similar to some of the Phase 2 recipes, but the complexity of flavors are elevated with the addition of some new ingredients.

There is no grocery list for Phase 3, only a few overarching guidelines for eating wisely. Beyond that, you will be your own guide on what works for you, so be sure to listen to your body.

Here are some tips for successfully making Phase 3 a diet you can embrace for a lifetime:

1. Occasional indulgences are fine, but moderation is key.
2. Gluten and alcohol in particular may continue to be difficult for people with chronic illness; you may decide to give these up for good.
3. Keep conventional dairy, red meats, and sugar (both natural and added) to a minimum.
4. Aim to make vegetables at least 50% of your daily diet.
5. Minimize GMO-sourced foods, high-contaminant fish, and pesticide-heavy produce.
6. Carbohydrates should make up a minor part of your diet. Beware hidden sources of excess carbs such as gluten-free baked goods, fruit-based beverages, and protein bars.
7. Avoid artificial colors, flavors, sweeteners, and preservatives. If you can't pronounce, spell, or cook the ingredients listed on the label, then you probably don't want to eat it.
8. Grilling is allowed, but never place food directly over an open flame, and reduce the heat to prevent charring.
9. Roasting is also now permissible, but do not allow food to get too brown or char. Be sure to use oils that are suitable for higher heats—grapeseed and avocado are good choices—and aim to keep cooking temperatures below 400°.
10. Embrace healthy eating. Allow the entire process of planning, shopping, preparing, eating, and sharing healthy foods to enrich your life.

PHASE 3 GUIDELINES

VEGETABLES

All vegetables are back on the menu. Reintroduce the categories of vegetables below in the order in which they appear:

Cruciferous vegetables: : Cook these at first, and if you have no symptoms, then try them raw. Some people continue to have trouble digesting raw cruciferous veggies.

Leafy Greens: These include the mature leaves of collards, kale, and mustard and turnip greens. Leafy greens have higher oxalate content than other vegetables, which can make them more difficult for some people to digest.

Nightshade Vegetables: As with cruciferous vegetables, consume nightshades (peppers, tomatoes, potatoes, eggplant) cooked at first, and then move on to raw. Raw peppers and tomatoes are particularly troublesome to some people.

Potatoes: Conventional potatoes can be contaminated with fungicides. Buy organic, or opt for smaller potatoes, which are likely less contaminated..

GRAINS, BEANS, AND SEEDS

Nuts: Add these methodically, and be watchful of any symptoms, as nuts tend to be reactionary for many people.

Legumes: Start with dried beans that you can soak overnight and cook completely to minimize lectin content.

BEVERAGES

Water is always your best option. Coffee is allowed, but be mindful of caffeine's potential to overstimulate and dehydrate. Drinks sweetened with stevia are generally okay, as long as they do not include chemical flavors, colors, or preservatives. Avoid all artificial sweeteners, and limit alcoholic beverages; most people with a history of chronic illness are better off limiting or avoiding alcohol completely.

PHASE 3 RECIPE INDEX

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Cauliflower Crust Pizza
Coconut Salmon with Tomatoes
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Grouper Moussaka
Healthier Hash Browns
Knock-Your-Socks-Off Chili
Lemon Garlic Broccoli
Moroccan Stew
Moroccan Vegetable Chili
Pesto Chicken
Plantains
Pumpkin Shrimp
Quinoa Stuffed Peppers
Sautéed Oysters
Seafood Gumbo
Shrimp and Quinoa
Shrimp Creole
Gluten-Free Banana Pancakes
Sweet Chili Chicken Salad
Tomato Basil Chicken
Veggie Omelette

SIDES AND SNACKS

Mashed Cauliflower
Kale and Beans
Lemon Garlic Broccoli
Pear and Avocado Salad
Ranch Baked Beans
Roasted Brussel Sprouts
Steamed Greens
Sweet and Sour Roasted Vegetables
Slaw

CONDIMENTS

Blue Cheese Dressing
Carrot and Shallot Dressing
Lemon Pepper Dressing

BEVERAGES

Green Smoothies

INDULGENCES

Cinnamon Baked Apples
Gluten-Free Low-Carb Muffins
Gluten-Free Pumpkin Pie



BAHAMIAN PEAS AND RICE

Peas and rice is a staple dish in the Caribbean, with many variations. Most contain bacon, but this is a vegetarian version. Red beans, black-eyed peas, or lima beans can be used, but most commonly this dish is made with crowder peas. There are so many variations of this recipe, if you don't have an ingredient it's never a problem.

Ingredients

- Olive oil
- ½ sweet onion, diced
- 2-3 stalks celery, diced
- 2-3 tbsp fresh thyme, minced
- 1-2 tsp garlic, minced
- ½ tsp hot chili paste or chopped hot pepper, to taste
- 2-3 cups cooked brown basmati rice
- 1 can crowder peas, rinsed and drained
- 1 can diced organic tomatoes, undrained
- ½ -1 can (5.5 oz) coconut milk
- ½ cup (or less) vegetable broth
- Juice of ½ lime
- Pinch salt

Instructions

1. In a 2-3 quart pan over medium-low heat, add enough olive oil to lightly cover the bottom and sauté the onions, celery, thyme, garlic, and hot chili paste until onions are lightly brown.
2. Reduce heat to low. Add remaining ingredients and stir until everything is well-mixed and heated through.
3. Season to taste with salt, pepper, and lime juice.



BAKED FISH

Any large fish such as grouper, ocean trout, or snapper will do for this recipe.

Ingredients

- 1 whole fish(headed, scaled, and gutted)
- 1-2 cups of assorted vegetables (onions, celery, tomatoes, small potatoes, bell peppers, mushrooms)
- 2 cloves garlic, minced
- Fresh herbs (oregano, thyme, or rosemary) sprigs or chopped
- Olive oil

Instructions

1. Preheat oven to 425°.
2. Place the vegetables in a large baking dish with a lid (if using whole herb sprigs lay on top of vegetables). Season with salt and pepper.
3. Cut slices along the body of the fish but not through the fish; you are just opening the flesh to absorb the flavors during cooking.
4. Place the whole fish on top of the vegetables. Spread fresh chopped herbs, and minced garlic on top of fish.
5. Season with salt and pepper and dribble olive oil over everything.
6. Cover with lid and bake at 425° until fish is cooked through, about 45 minutes, depending on the size of the fish.



BUCKWHEAT WAFFLES

In this recipe, virtually any grain can be used; it calls for whole grain buckwheat flour, but almond flour, coconut flour, or teff flour (a very small kernel grain from Africa) are great substitutes. No waffle iron? This recipe works for pancakes, too.

Ingredients

- 1-1½ cups whole grain buckwheat flour (keep your flour to nuts ratio about 2:1)
- ½-1 cup pecans or walnuts, ground to a flour in a food processor
 - 1 tsp baking powder
 - ½ tsp salt
 - 1 egg
- 3 tbsp grapeseed oil
- ½ can of organic pumpkin or sweet potatoes
 - 1½ cups non-dairy milk (more or less, to achieve a pourable batter)
 - Maple syrup or honey (optional)
 - Fresh chopped fruit
 - Yogurt

Instructions

1. Heat your waffle iron as directed.
2. In a large bowl, combine the flour, ground nuts, baking powder, and salt. Stir to combine, and then create a “well” in the center of the dry ingredients.
3. In a small bowl, beat the egg. Add oil, pumpkin, and 1 cup of milk and combine with a fork.
4. Add egg mixture to the well in the dry ingredients bowl and mix together, adding more milk as needed to make the batter a pourable consistency.
5. Cook batter as directed by your waffle iron instructions.
6. Top with syrup, or fruit and yogurt.

CARIBBEAN COCOA CHICKEN

This quick, easy, and delicious recipe is great for cooking beginners, or anyone who likes a robust and flavorful dish. (Serves 2)

Ingredients

2 tbsp coconut oil

2 large chicken breasts, boneless
skinless

½ large sweet onion, chopped

4 garlic cloves, finely chopped

Salt

Black pepper

1 cup tomatoes, chopped

½ cup fresh herbs (such as oregano
and cilantro), chopped

4 prunes, chopped

2 oz unsweetened chocolate

1 tsp chili powder

½ tsp ground cumin

¼ tsp cinnamon

½ tsp sea salt

Instructions

1. In a large pot over medium heat, melt coconut oil; reduce heat to low.
2. Add chicken breasts, onions, and garlic. Season with salt and pepper.
3. Add tomatoes, herbs, prunes, chocolate, and spices.
4. Cover and simmer until the chicken is cooked through and the vegetables are tender, 15 minutes.
5. Adjust seasonings and enjoy.

CAULIFLOWER CRUST PIZZA

With its wheat-free cauliflower crust and tons of vegetables, this pizza alternative is healthy and tasty. Note that you will need to prebake the crust before adding the toppings.

Ingredients

- 1 head small cauliflower, washed and de-stemmed
- 1 egg, beaten
- 1¾ cup shredded cheese (mozzarella, fontina, Parmesan, Monterey jack)
- 3 tbsp fresh basil, chopped, divided
- 2 tbsp fresh oregano, chopped
- 1 tbsp fresh garlic, chopped
- Salt
- Black pepper
- Tomato pizza sauce (also good with a pesto sauce)
- Assorted thinly sliced vegetables (mushrooms, onions, peppers, olives, tomatoes, summer squash)

Instructions

1. Heat oven to 400°. Grease or line baking sheet with parchment paper.
2. Using a food processor, cheese grater, or knife, chop cauliflower into rice-sized pieces. Steam on stove top until cooked through and very tender.
3. In a large bowl, mix together cauliflower rice, egg, ¾ cup cheese, 2 tbsp basil, oregano, and garlic until well incorporated, and spread onto a greased cookie sheet. Crust should be about ¼ inch thick.
4. Bake crust until edges are golden brown, about 25 minutes.
5. Remove crust from oven and top with pizza sauce, remaining 1 cup cheese, and vegetables.
6. Return pizza to oven and cook until cheese is melted and beginning to brown (about 10 minutes). Top with remaining 1 tbsp basil; enjoy.



COCONUT SALMON WITH TOMATOES

Ingredients

- 1 tsp coconut oil
- 1 splash sesame oil
- ½ sweet onion, chopped
- A handful of brown mushrooms, chopped
- 1 clove garlic, minced
- 8 oz fresh salmon, cut in chunks
- 1-2 fresh tomatoes, rough cut in chunks
- ½ -1 tsp curry powder
- Salt
- Black pepper
- ½- 1 cup coconut milk
- ½ lime, juiced
- Cilantro leaves, fresh and minced or dried

Instructions

1. In a sauté pan over medium-low heat, add coconut and sesame oils.
2. Add onion, mushrooms, and garlic; place salmon and tomatoes on top. Season with curry powder, salt, and pepper.
3. Reduce heat to low and simmer, stirring occasionally. Be careful not to break up the salmon; it is not good as a hash! Continue simmering until tomatoes are soft, about 20 minutes..
4. When the vegetables are reduced and tender, and the salmon is just cooked through, stir in the coconut milk and lime juice. Add enough coconut milk to create a nice finishing sauce. The amount you add depends on how saucy you want it.
5. Season with cilantro, salt, and pepper.

FOOD HACK:

Cilantro is a quick-cooking herb—its flavor does not benefit from extended cooking time—so it's best to add it at the end of the cooking process. This is quite different from other, more hearty herbs like oregano, rosemary, and thyme, which actually impart greater flavor the longer they cook in a dish.



CRANBERRY AVOCADO SALAD

If you want to “pickle” your red onions, marinate them in a bit of vinegar and sweetener of choice while you prepare the rest of the salad.

Ingredients

- 1 tbsp coconut oil
- 1 cup chicken or medium firm tofu,
cubed
- Salt
- Black pepper
- 2 cups mixed greens
- ¼ cup dried cranberries
- ¼ cup red onions, thinly sliced
- 1 avocado, cubed
- Red Wine Vinaigrette

Instructions

1. In a sauté pan over low heat, heat coconut oil.
2. Add chicken or tofu, season with salt and pepper, and cook until cooked through.
3. In a large salad bowl, add the remaining ingredients and dress with vinaigrette of choice.

CHANGE IT UP:

Either the Lemon Pepper Dressing or the Blue Cheese Dressing are good compliments to this salad.



GRILLED LEMON MUSTARD CHICKEN

Ingredients

- Juice of ½ lemon, or 1 tbsp apple cider vinegar
- 1 tbsp spicy mustard
- ½ tsp black pepper
- ½ tsp oregano
- ¼ tsp cayenne pepper
- 1-2 boneless, skinless chicken breasts

Instructions

1. In a bowl or zippered bag, combine lemon juice, mustard, and spices.
2. Marinate chicken in lemon juice mixture for 30 minutes.
3. Heat grill to 350°. Grill chicken, avoiding direct heat (cover grill for faster cooking), until internal temperature reaches 180°, 20-25 minutes.

GROUPEL MOUSSAKA

This is a light and healthy version of what is traditionally a meat-heavy dish. Grouper is used here, but other fish such as flounder, cod, or halibut work just fine, too.

Ingredients

- Salt
- 1 large or 2 medium eggplants, peeled and cut into ½ inch slices
- ¼ cup garbanzo bean flour (almond, coconut flour, or hummus can also be used)
- ¼ - ⅓ cup olive oil, divided
- 1 tsp grass-fed butter, or ghee
- 2 cups soy milk
- ½ cup shredded Parmesan, plus more
- Dash or two of nutmeg
- Black pepper
- 1 package mushrooms, sliced
- 1 medium sweet onion, chopped
- 1 yellow or red bell pepper, diced
- 3 tomatoes, cut into chunks, or 1 can crushed tomatoes
- 1 6-oz can tomato paste
- 3-4 cloves garlic, minced
- A handful of fresh minced herbs: basil, oregano, and a little rosemary
- 1 tsp cinnamon
- ½ tsp turmeric
- 1-2 lbs fresh grouper, preferably in one filet

Instructions

1. Heat oven to 375°.
2. Lightly salt eggplant pieces and lay them in a colander, 20 minutes. Bake eggplant on a baking sheet for 20 minutes.
3. In a saucepan over medium heat, add the flour (or hummus) and 2 tbsp of olive oil and whisk until bubbly. Add the butter; set aside to cool completely. Add the soy milk and slowly reheat over medium-low heat, stirring constantly, until Béchamel sauce is thickened. Stir in Parmesan and nutmeg, season to taste with salt and pepper, and set aside.
4. In a large sauté pan over medium heat, add remaining 1-2 tbsp olive oil and sauté the mushrooms, onion, and bell pepper until tender. Add the tomatoes, tomato paste, garlic, fresh herbs, cinnamon, and turmeric. Simmer for 10-15 minutes.
5. Place the fish in the middle of a large baking dish. Layer the eggplant around the fish. Spoon the mushroom mixture over the fish and eggplant. Pour the Béchamel sauce across the top. Cover with foil and bake, removing the foil in the last 10 minutes of baking and sprinkling Parmesan over top, until fish is cooked through, 35-45 minutes.

FOOD HACK:

Salting the eggplant helps draw out the bitter juices and keep your casserole from becoming soupy. Placing a weighted plate (or full jars or cans) over the eggplant slices will promote more water extraction.



HEALTHIER HASH BROWNS

The sweet potatoes called for here are lower in starch than regular potatoes. Whenever sweet potatoes are baked for dinner, cook one or two extra to use for breakfast the next morning. Take them out of the oven when they're just starting to soften but are still firm.

Ingredients

1-2 sweet potatoes, baked until they just begin to soften

1 small onion

1 medium bell pepper

Oil of choice

Salt

Black pepper

Fried Egg (optional)

CHANGE IT UP:

A few seasoning alternatives to consider: cumin, thyme, rosemary, fresh parsley, or cilantro

Instructions

1. Cut the potatoes into cubes or small slices.
2. Chop enough onion and bell pepper to achieve an amount equal in volume to that of the potatoes.
3. Heat oil in a ceramic skillet over medium-high heat. Sauté the potatoes, onions, and bell pepper until brown.
4. Season with salt and pepper to taste.
5. Serve with a fried egg, if desired.

KNOCK-YOUR-SOCKS-OFF CHILI

This is an extremely flavorful chili. It can be made with regular ground beef, but bison or elk is leaner if you can find it. This chili can also be made vegetarian, but the little bit of ground meat contributes nice flavor.

Sweet potato and prunes add sweetness and thicken the chili. Fire-roasted tomatoes and sun-dried tomatoes are key ingredients. Chocolate and cinnamon add another flavor dimension, without dominating. None of the ingredients stand out over the others; it's a perfect flavor balance. This chili stands alone as a complete meal, but it also can be served with a salad or steamed vegetables. Plus, it freezes well!

Ingredients

Olive oil
½ lb ground bison or elk, grass-fed or wild (optional)
1 carrot, chopped
½ sweet onion, chopped
A handful of shredded cabbage
3 cloves garlic, minced
½ can or 1 cooked sweet potato
1 can fire-roasted diced tomatoes, with liquid
Several sun-dried tomatoes, diced
1 can black beans, drained and rinsed
1 can dark red kidney beans, drained and rinsed
A handful of prunes, chopped into small pieces
1-4 tsp chili powder
1-2 tsp ground cumin
½ tsp cinnamon
1-2 oz dark unsweetened chocolate
Salt

Instructions

1. In a 2-quart stainless saucepan, pour a pool of olive oil. Add the meat, carrot, onion, and cabbage. Break the meat up with a spoon.
2. Cover and set the heat to low to medium-low. Cook, periodically stirring to further break up meat (lean meat such as bison does not need to be drained), until the meat is browned.
3. Add the remaining ingredients and stir together. Heat until the mixture is bubbling; serve and enjoy. The flavors continue to deepen as the chili simmers, so if you want to simmer longer, just add water as needed to keep it hydrated.



LEMON GARLIC BROCCOLI

This classic broccoli dish appeals to just about everyone. Feel free to throw in other vegetables you have on hand; good choices include onions, mushrooms, and slivered carrots. Be inspired by mixing up the flavors, textures, and colors.

Ingredients

- 3 tbsp olive oil
- 1 bunch of broccoli, cut into florets
- 1-2 garlic cloves, minced
- 2 tsp lemon zest or juice
- Sea salt

FOOD HACK:

Peel your broccoli stalks and chop them into pieces to cook with the florets. They are a great source of fiber and nutrients, too. Or, grate the peeled stalks to use in slaws instead of cabbage.

Instructions

In a covered sauté pan over low heat, add oil, vegetables, and garlic and sauté until broccoli is just tender, 5-10 minutes. Season with lemon juice or zest and sea salt.

MOROCCAN STEW

This stew can be prepared as a low heat sauté and it can be made meatless or with ½ lb ground grass-fed bison or lean ground beef. Add an assortment of your favorite vegetables (some suggestions are included). The sweet potatoes and lentils will break apart and thicken the stew.

Ingredients

Oil of choice
1 medium onion, diced
2 cloves fresh garlic, minced
2 stalks celery, cut into ¼ -½ inch dice
Sea salt
Black pepper
1- 1½ cups cabbage, shredded
1 medium zucchini, cut in ½-inch half moons or quarters
1-2 medium carrots, peeled and thinly sliced or cut into ¼-½ inch dice
1 medium sweet potato, peeled and diced into ½-inch cubes
½ lb ground meat (optional)
½ cup red lentils, thoroughly rinsed
1 can garbanzo beans, drained and rinsed
1 16 oz can chopped tomatoes, undrained
½-1 tsp ground cumin
½-1 tsp paprika
½ -1 tsp turmeric
1 tsp fresh ginger, grated
¼ tsp cinnamon
¼-½ tsp hot chili paste
Optional: 1-2 tbsp raisins
Cilantro leaves

Instructions

1. Pour a covering of oil into a large saucepan. Layer in the onions, garlic, and celery. Season with salt and pepper. Allow the aromatics to sauté until almost tender, 5-10 minutes.
2. Add the shredded cabbage, zucchini, sliced carrots, and sweet potato. Add the ground meat, if desired, and sprinkle with salt and pepper.
3. Mix in the red lentils, garbanzo beans, tomatoes, seasonings, and ½-1 cup water. Stir just to combine, and cover.
4. Allow to simmer until the vegetables are very tender and the potatoes and lentils are beginning to break apart, 20-30 minutes.
5. Adjust the seasoning and serve with fresh cilantro if desired.



MOROCCAN VEGETABLE CHILI

This is a very healthful dish. It is meat-free, gluten-free, and dairy-free, but the combination of flavors and spices creates a totally satisfying meal.

Ingredients

- 1 cup red lentils
- 2 tbsp macadamia or olive oil
- 1 cup diced onion
- 1 cup diced red bell pepper
- A handful of carrots
- 1-2 stalks of broccoli
- 1-2 stalks of cauliflower
- 1-2 tbsp of chili powder
- ½ tsp chili paste
- 1 tsp ground cumin
- 1 tbsp curry paste
- 1 tsp grated fresh ginger
- 1 tsp minced garlic
- Salt
- 1-2 tsp light vinegar (such as rice vinegar)
- Vegetable broth
- Cooked brown rice (optional)

Instructions

1. Rinse lentils until the rinsing water runs clear, 4-6 times (overnight soaking is not required for red lentils).
2. In a saucepan, bring lentils and 2 cups water to a boil, and then reduce heat and simmer until water is fully absorbed in lentils, 10-15 minutes. Save leftovers for lunch the next day.
3. In a large sauté pan over low heat, add oil and cook onion and bell peppers. Add carrots, broccoli, cauliflower, spices, and vinegar.
4. Stir in lentils. Add enough vegetable broth or water to cover everything. Simmer for about 15 minutes. Serve alone or over brown rice.



PESTO CHICKEN

One common ingredient in pesto is pine nuts, which are full of favorable fat. Pine nuts are also rich in antioxidants and have a reputation as a natural appetite suppressant. Once you make your pesto, freeze the extra in an ice-cube tray (for single servings) for use at another time. Find more pesto tips and flavor ideas in the Phase 1 condiments.

Ingredients

2-3 big handfuls of fresh basil leaves (oregano, parsley, or sage)

½ cup fresh pine nuts

1 cup freshly grated Parmesan, divided

1-3 tbsp minced garlic

¼ cup olive oil, plus more for cooking

Squeeze of fresh lemon juice

Boneless chicken breasts (½ per person)

1 sweet onion, sliced

Salt

Black pepper

Instructions

1. In a food processor, add the herbs, nuts, ½ cup Parmesan, garlic, and oil.
2. Pulse the mixture, scraping down as needed to keep the pesto on the blade. If the pesto is too thick, add additional oil while the processor is running.
3. Pour pesto into a bowl and add lemon juice and desired seasonings to taste.
4. In a sauté pan over low heat, add a splash of oil, chicken, and onions. Season chicken and onions with salt and pepper.
5. Spread pesto over chicken and sauté until chicken is cooked through, 20 minutes. Remove from heat and top with remaining ½ cup Parmesan.

FOOD HACK:

Another freezer-friendly storage option for your pesto: Spread your pesto in a mounded strip down a length of plastic wrap. Roll up the plastic to create a tube of pesto. When you need pesto for a dish, simply slice off the desired amount.

PLANTAINS

Plantains are available at most any grocery store and look similar to bananas, but unlike bananas they cannot be eaten raw. The starch content of a plantain is similar to that of a sweet potato, and they have a different but equally beneficial nutrient profile. Look for firm, well-formed, and undamaged fruit that is heavy in the hand. Green plantains will ripen in 4-5 days at room temperature. Serve this recipe as a starchy side dish to any of the Vital Plan Diet curries, or add a bit of sweetener (molasses, honey, or maple syrup) near the end of cooking and use as a topping for ice cream as a nice indulgence.

Ingredients

1 plantain, ripened
1-2 tsp macadamia nut oil
Ground cinnamon

Instructions

1. Rinse the plantain well before peeling.
2. Slice into rounds or ½ inch slices.
3. In a sauté pan over low heat, add oil and sauté plantains until brown; sprinkle with cinnamon.



PUMPKIN SHRIMP

This is a wonderful dish to do for a group in the fall. One pumpkin with ingredients inside will serve about 4 people.

Ingredients

Small cooking pumpkin, about 12 inches in diameter

Olive oil

1 lb shrimp, peeled

1 sweet onion, chopped

1 can organic tomatoes

1 tsp curry powder

Minced fresh cilantro

Salt

1 can organic coconut milk

FOOD HACK:

Here's a safety tip for adding hot water to food in a baking dish that's going into the oven: Bring the necessary amount of water to a boil on the stove. Place the food into the baking dish, and place the dish on the oven rack. Pull the oven rack out slightly to where it is stable. Add as much hot water as the recipe calls for. Gently push the rack back into the oven and cook as directed. The water does not need to be heated before adding, but it will accelerate the cooking.

Instructions

1. Heat oven to 350°.
2. Cut the top off of the pumpkin like you were making a jack-o-lantern, and spoon out the seeds. Place the pumpkin cut side down in a shallow baking dish. Fill dish with about 1-2 inches of heated water. Bake for 45 minutes.
3. In a sauté pan over low heat, add enough oil to coat the bottom. Add the shrimp, onion, tomatoes, curry, and cilantro, and salt to taste; cook until the shrimp are pink.
4. Add the coconut milk and pour mixture into the pumpkin.
5. Place the pumpkin upright in the baking dish and bake for 15 minutes.
6. When serving, scoop the pumpkin pulp from the sides of the pumpkin along with the shrimp mixture.



QUINOA STUFFED PEPPERS

Originating in South America, quinoa is high in quality protein and fiber, plus it's a gluten-free, low-starch grain. It's considered the least allergenic of all grains. This recipe can be a meal in itself, but can also be served with another vegetable or a salad.

Ingredients

- 2 cups cooked quinoa
- 1 10-ounce package frozen spinach
- Salt
- Black pepper
- ½ sweet onion, chopped
- 6-10 mushrooms, sliced
- Minced garlic
- 1 tbsp chili powder
- 1 tsp apple cider vinegar
- ½ can diced tomatoes, drained
- 2-3 spoonfuls of bottled salsa
- Hot chili sauce to taste
- Red, green, or yellow bell peppers (½-1 per person), cored and seeded
- Grated Parmesan

Instructions

1. Heat oven to 350°.
2. Steam spinach until tender and cooked. Squeeze out the excess water with a towel or by pressing hard with a plate over a colander. Season with salt and pepper..
3. In a medium sauté pan over low heat, sauté onions, mushrooms, garlic, chili powder, apple cider vinegar, and salt and pepper to taste until vegetables are tender.
4. In a large bowl, combine the quinoa, spinach, tomatoes, salsa, and onion mixture. Adjust salt and pepper seasonings again before adding the hot sauce.
5. Fill each half pepper with quinoa mixture and place in a baking dish. Top with Parmesan.
6. Bake until heated through, 20-30 minutes.

FOOD HACK:

When you are cooking several components to combine in a final dish or filling, seasoning each component as you go builds a well-seasoned dish. Salt is an enhancing catalyst for other flavors, so in this case, you want to balance your base flavors with salt before adding hot sauce.



SAUTÉED OYSTERS

It seems wrong to even call this a recipe, it's that easy! For best results, use pre-steamed oysters—sautéing raw oysters creates too much water in the pan. Have friends over for a bushel of steamed oysters (or visit an oyster bar in the fall and save the leftovers).

Ingredients

Olive oil
Steamed oysters
Salt
Ancho chili powder or smoked hot pepper flakes

Instructions

1. In a large sauté pan, add a splash of oil and swirl pan to coat the bottom.
2. Add oysters and season with salt and chili powder to taste.
3. Gently stir oysters to coat with oil and seasoning, and cook only until warmed—too much time over the heat will make them tough.
4. Adjust seasoning to taste and enjoy.



SEAFOOD GUMBO

Ingredients

- 1 cup mixed seafood (shrimp, scallops, clams)
- 2 garlic cloves, minced
- 1 can diced organic tomatoes
- Shredded cabbage
- ½ sweet onion, chopped
- 1 zucchini, sliced
- ¼ tsp creole seasoning
- 1 turkey or chicken andouille sausage, pre-cooked, sliced
- Dash of cayenne pepper
- 1 tsp maple syrup or rice syrup

Instructions

In a large sauté pan over low heat, cook seafood with garlic until seafood is browned. Add remaining ingredients and enough water to cover. Simmer on low for 15 minutes.



SHRIMP AND QUINOA

Try this take on grits and you will never be satisfied with anything else. Shrimp are high in protein, calcium, vitamin B12, and selenium, but very low in food energy. They're also high in cholesterol, but tend to raise favorable HDL cholesterol more than "bad" LDL cholesterol. Because shrimp are low in fat overall and high in omega-3 fatty acids, consumption of shrimp actually lowers the risk of atherosclerosis. A baked butternut squash goes well with this dish.

Ingredients

- Olive oil
- ½-1 lb shrimp, peeled (depending on the number of people)
- 1 medium onion, chopped
- ½ medium red bell pepper, chopped
- 1 stalk celery, chopped
- 2 cloves garlic, minced
- 2 dashes Old Bay (or similar) seasoning
- ½ tsp hot red chili paste
- 1 tbsp hummus
- 1 tbsp low-fat sour cream or Greek yogurt
- Quinoa, several cooked cups

Instructions

1. In a large sauté pan over low heat, add enough olive oil to coat bottom of the pan.
2. Sauté shrimp, onions, bell pepper, celery, garlic, Old Bay, and red chili paste until shrimp are cooked through, pink and curled.
3. Add the hummus and sour cream. Stir in the quinoa and serve.



SHRIMP CREOLE

Ingredients

- Avocado oil, olive oil, or oil of choice
- 1 medium onion, chopped
- 1 medium bell pepper, chopped
- 2 stalks celery, chopped
- 1 16 oz can chopped tomatoes, undrained, or 2 medium fresh tomatoes
- 1-2 tsp ground cumin
- 1-2 tsp garlic, minced
- 1-2 tsp fresh oregano, minced
- ½ tsp hot chili paste
- 2 bay leaves
- Sea salt
- ¼- ½ pound shrimp, peeled (per person)
- ¼ cup basmati rice, uncooked (per person)

Instructions

1. Prepare in the standard sauté fashion (start with the onion, bell pepper, and celery in a sauté pan with some oil over low to medium heat). Season with salt and pepper.
2. Add the remaining ingredients in the order listed through the salt. Stir to incorporate flavors.
3. Add the shrimp last and cook through until pink and curled.
4. White rice can be added to the sauté, or you can cook brown or white rice separately.



SWEET CHILI CHICKEN SALAD

The combination of heat from the chili powder and the sweetness from the fruit elevate this chicken salad to a place of its own. Feel free to ramp it up with more spice. Sweet heat! Serves 4.

Ingredients

1 tbsp grapeseed oil or other mild
flavored oil

4 skinless, boneless chicken
breasts, cut across the grain into
thin strips

1 tsp chili powder

¼ tsp salt

2-4 cups mixed greens (such as
spinach, arugula, kale)

¼ cup onions, thinly sliced

¼ cup dried cranberries

½ cup mandarin orange slices

Instructions

1. In a sauté pan over low heat, heat grapeseed oil. Add the chicken, season with chili powder and salt, and sauté until chicken is cooked through.
2. In a bowl, toss together remaining ingredients. Top with chicken and enjoy.



TOMATO BASIL CHICKEN

Ingredients

1 cup chicken, cubed

1 cup chopped tomato (or 1 can
diced tomato)

¼ cup vegetable or chicken broth

2 tbsp lemon juice

2 tbsp chopped green or red onion

1-2 cloves garlic, minced

Fresh basil, minced

Fresh oregano, minced

Cayenne pepper

Salt

Black pepper

Instructions

In a covered sauté pan over low heat, sauté chicken with all ingredients until chicken is cooked through, 20 minutes.



VEGGIE OMELETTE

Here's how to make a perfect veggie loaded omelette for two. Use any cooked vegetables you have on hand, or dice some raw veggies finely for a quick sauté before adding them to the eggs. Generally, this is a meal in itself, but it can be served with a small side of fruit or Healthier Hash Browns.

Ingredients

1- 2 cups diced and sautéed vegetables: onions, mushrooms, peppers, spinach, tomatoes, garlic

Fresh herbs (oregano, basil, rosemary, parsley, scallions), finely chopped

4-6 eggs

Splash of non-dairy milk

Salt

Black pepper

Sprinkle of Parmesan

Instructions

Beat 4 to 6 eggs with salt, pepper, and a splash of milk. Season a 10-inch, rounded edge, sauté pan with nonstick cooking spray (eggs are a challenge to cook without a non-stick pan).

Pour the egg mixture into the cold pan—starting with a cold pan is an important key to success! Place the pan on the stovetop over medium-low heat, sprinkle fresh grated Parmesan over the eggs, and cover for even cooking.

The omelette is done when there is no liquid on top and the cheese is melted. In a second pan coated with olive oil, sauté chopped onions, mushrooms, peppers, spinach, tomatoes, garlic, and fresh oregano. Spread veggie mixture on top of the omelette and fold with two spatulas. Generally, this is a meal in itself, but it can be garnished with fruit.



MASHED CAULIFLOWER

This concept has been popularized by the Paleo movement, and for good reason: It delivers a nutritional punch and feels comforting and cozy. It requires two appliances—a steamer and a food processor—so I recommend you batch cook this recipe to get as much out of your efforts as possible, plus it freezes really well. This recipe also calls for Romano or Manchego cheese, both of which are easier on digestion than cow dairy.

Ingredients:

- 1 head cauliflower, roughly chopped
- 1-2 tbsp ghee
- Non-dairy milk
- Salt
- Black pepper
- Grass-fed Romano or Manchego cheese, grated (optional)
- Basil pesto (optional)
- 1-2 cloves garlic (optional)

Instructions:

1. In a steamer basket, place cauliflower and garlic, if desired.
2. Steam cauliflower until very tender.
3. In a food processor, process the cauliflower, ghee, and milk until thick and very smooth.
4. Season to taste with salt, pepper, and pesto and other seasonings as desired.



KALE AND BEANS

Kale has been all the rage for a few years now, and while not all food trends are based in nutrition, kale's popularity is well deserved: It's a nutritional powerhouse—loaded with fiber, an excellent source of vitamins K, C, A, E, and an assortment of B's, plus some important minerals like manganese and copper. Beans bring protein and additional fiber to this dish and make it a meal; baked butternut or acorn squash pair well as a side. Note: Other greens work well in this dish as well, including collards, swiss chard, and mustard or turnip greens.

Ingredients

- Olive oil
- ½ yellow onion, chopped
- 1 red bell pepper, chopped
- 2 cloves garlic, minced
- ½ tsp red pepper paste or fresh-minced hot red pepper
- Fresh thyme and/or rosemary, minced
- Large bag of fresh kale, washed
- ½ -1 cup vegetable broth
- 1 can red beans (or any other beans)
- 1-2 cups cooked rice
- 1-2 heaping tbsp apricot jam
- 1-2 tbsp balsamic vinegar

Instructions

1. In a large pan over medium-low heat, add oil and sauté the onion, bell pepper, garlic, red pepper paste, and thyme. When the onions are golden, add the kale.
2. Cover the pot and cook, stirring frequently, until kale is wilted.
3. Add remaining ingredients, reduce heat to low, and simmer for 10 minutes.

PEAR AND AVOCADO SALAD

Apples and pears are temperate fruits that grow seasonally in climates with cold winters, and they're packed with antioxidants and other protective substances. They're much lower in sugar than tropical fruits (such as bananas, pineapple, and mango) and other fall-season favorites like grapes. And with so many varieties of both apples and pears, you'll have plenty of options to enjoy.

Ingredients

2 tbsp white balsamic vinegar
2 tbsp olive oil
2 tbsp tahini
1 tsp fresh basil, minced
Black pepper
Sea salt
Minced garlic (optional)
2-3 cups pre-washed mixed greens
1 ripe pear, thinly sliced
1 ripe avocado, cubed
2 tbsp blue cheese crumbles

Instructions

1. Combine vinegar, oil, tahini, basil, pepper, salt, and garlic, if desired, in a lidded jar; close and shake thoroughly. Adjust seasonings.
2. In a bowl, toss dressing with mixed greens; spoon onto a plate.
3. Arrange pear and avocado on top and finish with a sprinkle of cheese and nuts.



RANCH BAKED BEANS

This recipe will make you never want to open another can of baked beans again.

Ingredients

- Olive oil
- 1 bell pepper, chopped
- ½-1 sweet onion, chopped
- 1-2 cloves garlic, minced
- 1 can organic white (cannellini) beans, rinsed and drained
- 1 can organic pinto beans, rinsed and drained
- 1 can organic kidney beans, rinsed and drained
- ¼- ½ cup sweet BBQ sauce
- 1 tbsp chili powder
- ½ tsp cumin
- ½ tsp Mexican oregano
- Cayenne pepper
- Salt

Instructions

1. In a large sauté pan over low heat, add oil and sauté bell pepper, onion, and garlic until soft..
2. Stir in beans, BBQ sauce, chili powder, cumin, and oregano, and season with cayenne and salt to taste.
3. Serve as is, or bake at 350° for 15 minutes.



ROASTED BRUSSELS SPROUTS

Ingredients

1 lb Brussels sprouts

2 tbsp olive oil

¼ tsp sea salt

¼ tsp freshly ground black pepper

Instructions

1. Heat oven to 400°.
2. Trim the brown ends of the Brussels sprouts and pull off any yellow outer leaves. If the sprouts are large, halve them vertically through the root end.
3. In a bowl, combine sprouts with oil, salt, and pepper.
4. Spread on a sheet pan and roast, shaking the pan occasionally to prevent sticking and charring, until crisp on the outside and tender on the inside, about 20 minutes (depending on size) or until desired doneness.



STEAMED GREENS

Greens are higher in oxalates, but if they aren't impacting your digestion, leafy greens are an excellent source of phytochemicals.

Ingredients

A bunch of leafy greens (swiss chard, kale, collards, or mustard greens), stemmed and roughly chopped

A handful of mushrooms, sliced

Oil (your choice)

Vinegar (your choice)

Salt

Black pepper

Instructions

1. Place greens and mushrooms in a steamer.
2. Drizzle with your favorite oil and vinegar, and season to taste with salt and pepper.
3. Steam until tender, 10-15 minutes.

FOOD HACK:

To clean mushrooms, gently wipe them with a damp paper towel. If you rinse, mushrooms absorb the water and release it during cooking, which dilutes the flavors of the dish.



SWEET AND SOUR ROASTED VEGETABLES

The aromas in the kitchen and the warmth of the oven while this dish is cooking are enough to melt away the chill of any cold winter night.

Ingredients

Beets
Carrots
Brussels sprouts
Mushrooms
Leeks or red onions
Sweet potatoes
Cauliflower
Prunes (secret ingredient)
¼ cup olive oil
Ground sage
Fresh or dry minced thyme
Salt
Black pepper
¼ cup apple cider vinegar
¼ cup maple syrup

Instructions

1. Heat oven to 400°.
2. Cut vegetables into chunks—enough total to fill a 2-quart container—and steam for 5 minutes.
3. Place veggies in a large baking dish and drizzle with olive oil. Season with sage, thyme, salt, and pepper.
4. Bake, covered, for 20 minutes.
5. In a small bowl, mix the vinegar and maple syrup until well combined, and pour over the veggie mixture
6. Bake veggie mixture, covered, for another 20 minutes, removing cover for the last 10 - 15 minutes of cooking time to allow the vegetables to brown slightly



SLAW

There are probably more variations of slaw than any other dish. The sweet and tangy creaminess of this one lends itself well as a side. It can be made in a food processor or chopped by hand. Raisins and apples add sweetness without excess sugar. The exact amount of each ingredient doesn't matter, but use less mayonnaise and oil than you might think necessary—just enough to coat the vegetables.

Ingredients

Cabbage, shredded (green, red, or savoy—or a mix of all three)

Carrots, grated

1 small apple, chopped

½ cup raisins

Mayonnaise, by the tablespoon

Dijon mustard, by the teaspoon

Drizzle of grapeseed oil

Drizzle of apple cider vinegar

Paprika

Salt

Black pepper

Instructions

1. In a large bowl, add enough cabbage and carrots (and onions, if using) to fill it about halfway.
2. Add apples and raisins, and stir to distribute the ingredients.
3. In small bowl, combine the mayonnaise and mustard: a good ratio is 1 tbsp mayo to 1 tsp mustard. Add a drizzle of oil and vinegar, to taste.
4. Add the dressing to the slaw vegetables, mix well, and season with paprika, salt, and pepper to taste.

CHANGE IT UP:

Experiment with some tasty additions: finely chopped red onion or scallions, snow pea pods, chopped red bell peppers, finely chopped celery, poppy seeds, celery seeds



BLUE CHEESE DRESSING

Legend has it that blue cheese was first “invented” when a distracted 7th century shepherd forgot his lunch of bread and cheese in a cave. When he returned a few months later, the cheese had become infested with penicillium roqueforti, a mold growing in the cave. Today, this natural mold is refined and used for almost all blue cheeses, and there are many variations. Enjoy experimenting to find your favorite!

Ingredients

¼ cup blue cheese, crumbled well

¼ cup mayonnaise

¼ cup sour cream or Greek yogurt

½-1 tsp garlic powder

1 dash Worcestershire sauce

Milk or non-dairy substitute

Salt

Black pepper

Instructions

1. In a medium bowl, add all ingredients except milk, salt, and pepper.
2. Mix well to incorporate everything using a fork or spoon.
3. Add milk slowly, stirring, to reach desired consistency, and season with salt and pepper.



CARROT & SHALLOT DRESSING

This recipe is reminiscent of a Japanese hibachi steakhouse and goes great on nearly any type of salad or cooked fish. If you prefer smooth dressings, use a processor to blend the ingredients.

Ingredients

- 1 medium carrot, grated
- 1 medium shallot, finely chopped
- 2 tbsp fresh ginger root, grated
- 1 tbsp sweet white miso paste
- 2 tbsp rice vinegar
- 1 tbsp roasted sesame oil
- ¼ cup avocado or other mild flavored oil
- 2 tbsp water

Instructions

1. In a lidded jar, combine all ingredients and 2 tbsp water.
2. Seal jar and shake vigorously.
3. Season to taste with salt and pepper.



LEMON PEPPER DRESSING

Ingredients

- ¾ cup olive oil
- 2 tbsp fresh lemon juice
- 1 tbsp Dijon mustard
- 2 tsp ground black pepper
- ¼ tsp lemon zest
- Sugar or stevia to taste
- Salt to taste

Instructions

In a bowl, mix together all ingredients. This dressing will remain fresh in the refrigerator for about a week.



PHASE 3 GREEN SMOOTHIES

Yes, smoothies still make for a quick and delicious morning delivery of proteins and vegetables, or for a reenergizing midday snack. Based on the Phase 2 smoothie, you can now enjoy the addition of nuts and nut butters, egg, soy, and more raw vegetables, as well as some of the higher sugar tropical fruits.

Ingredients

½ avocado

½ cucumber

A handful of spinach, kale, or other mild leafy green

Protein powder

1 tbsp chia seeds

1 tbsp coconut oil

Sweetener of choice

Non-dairy Milk

CHANGE IT UP:

Some alternate ingredient options: Banana, berries (including strawberries, blackberries, raspberries, and cranberries), carrots, celery, coconut meat, cooked beets (save them in the freezer), kiwi, mango, nuts and nut butters, pineapple

Instructions

1. Drop the fruit and vegetables into your food processor.
2. Add the protein powder, chia seeds, oil, and sweetener.
3. Pour in your milk, making sure it's enough to cover the ingredients.
4. Process until you achieve your desired consistency.



CINNAMON BAKED APPLES

Ingredients

- 3 apples
- ¼ cup assorted dried fruit
- A small handful of pine nuts
- ¼ tsp cinnamon
- Sprinkling of nutmeg
- 1 tsp stevia (optional, dependent on apple sweetness)

Instructions

1. Heat oven to 350°.
2. Core the apples: Slice off the tops and remove the cores with a knife using a circular motion. A melon baller is a safe tool to core the apple.
3. In a bowl, combine the dried fruit, pine nuts, and spices, and fill the center of the apples with the mixture.
4. Bake until the apples are slightly soft, 20-30 minutes. Cool for 5 minutes before serving.



GLUTEN-FREE LOW-CARB MUFFINS

Ingredients

- 2½ cups almond flour
- 2 cups sweet potato or squash, mashed
- 1 cup unsweetened, shredded coconut
- 1 cup raisins
- ½ cup coconut or olive oil
- ¼ cup shredded carrots
- 3 eggs
- 1 tsp maple syrup
- 1 tbsp cinnamon
- 2 tsp baking soda
- 1 tsp vanilla
- ½ tsp salt
- Walnuts, chopped

Instructions

1. Heat oven to 350°.
2. In a large bowl, mix together all ingredients.
3. Spoon batter into greased muffin tins and bake, 40-50 minutes.



GLUTEN-FREE PUMPKIN PIE

This crust is so good, you'll never eat a regular pastry pie crust again. In fact, you might be tempted to eat the crust without the filling. Beyond the crust, pies in general are an excellent way to enjoy dessert without using flour.

Ingredients

- ½ cup dry rice, white or brown
- 1 cup whole pecans
- 3 large pasture-raised eggs
- Cooking spray or other mild-flavored oil
- 1 can organic pumpkin
- 1 can coconut milk with water poured off
- ½ cup sugar (or ¼ cup sugar/stevia mix)
- 1 tsp cinnamon
- ½ tsp sea salt
- ½ tsp ginger powder
- Nutmeg

Instructions

Crust:

1. Heat oven to 350°.
2. Cook rice as directed on package; pour into a large bowl.
3. In a food processor, add pecans and finely mince; combine with the rice.
4. Beat 1 egg, and fold it into the rice-pecan mixture.
5. Coat a deep ceramic or glass pie dish with cooking spray. Spoon the rice pecan mix into the dish.
6. Spray the back side of a spoon with cooking spray (you may have to repeat this a couple of times to prevent the rice-pecan mixture from sticking to the spoon). Starting in the middle and working toward the outer edges, use the back side of the spoon to press the rice-pecan mixture flat into the dish, about ¼ inch thick.
7. Bake for about 5 minutes to fix the shell in place.

GLUTEN-FREE PUMPKIN PIE

(continued)

Instructions:

Pie Filling:

1. In a bowl, place the remaining ingredients with the exception of the nutmeg and blend by hand or with a mixer.
2. Pour into the pie crust, and dust the top with nutmeg.
3. Place pie on the middle rack in the oven and bake until the top is light brown and a knife piercing the middle comes out clean, 40-50 minutes.

Phase 3 One-Week Sample Meal Plan

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	Scrambled Eggs* with avocado sweet potato hash	Basic Smoothie* with protein powder	Unsweetened yogurt with Homemade Granola and fruit	Overnight Oats with granola	Poached egg and veggie sauté	Sautéed Ground Chicken with veggies	Baked sweet potato with Homemade Granola and coconut oil
SNACKS	Trail mix, Homemade Granola*, or smoothie	Gluten-Free Low-Carb Muffins*	Handful of nuts or berries	Avocado Mash* with rice crackers or carrot sticks	Fresh fruit with grass-fed cheese	Kefir with a handful of seeds	Hummus and veggies, or non-dairy yogurt
LUNCH (COOKED)	Steamed veggie salad with chicken and Lemon Pepper Dressing*	Rice Bowl* with sautéed salmon and veggies	Sweet Chili Chicken Salad*	Lentil Soup* with rice crackers	Quinoa with veggies and fish	Fajita chicken salad (last night's chicken over greens)	Cranberry Avocado Salad*
DINNER	Coconut Salmon with Tomatoes*, brown rice	Layered Thai Sauté	Quinoa Stuffed Peppers, Roasted Brussel Sprouts	Caribbean Cocoa Chicken*	Salmon Patties* with Steamed Greens*	Cod fish, roasted winter squash, asparagus with Balsamic Vinaigrette*	Shrimp Creole* with brown rice
INDULGENCES (Enjoy 1-2 times per week)	1 oz dark chocolate Gluten-Free Pumpkin Pie Cinnamon Baked Apple						

* Included Vital Plan Recipe

REFERENCES

HELPFUL COOKING TECHNIQUES

STEAMING (PHASES 1, 2, AND 3)

Steaming maintains the nutritional content of the food while cooking thoroughly, and you can add great flavor at the end with fresh seasonings in the form of salsa, pesto, seasoned oils, fresh herbs, and more.

EQUIPMENT:

Saucepan and steamer insert and lid

You can buy full steamer sets that include a deep saucepot, fitted perforated steamer insert (which allows steam to flow up and cook the food resting inside), and a fitted lid to concentrate the steam. You can also buy steamer inserts to fit a saucepot you already own. Opt for stainless steel or bamboo inserts; avoid Teflon and silicone.

GREAT FOR:

Fresh and frozen vegetables; quick-cooking meats like fish and other seafood

Steaming is super handy for batch cooking and having ingredients ready for adding to soups, smoothies, and other dishes. This is not a great method for cooking dense meats like poultry, lamb, beef, or game—it will make the meat tough.

HOW-TO:

1. Select and prep your foods to be steamed. Make sure the foods you steam together are relatively of the same density so they cook at the same rate.
2. Fill the saucepan with clean water to a level just under the bottom of the steamer basket so that it doesn't boil dry. You don't want the food to sit in the water—that would boil the food and lose nutrients into the water.
3. Set the steamer basket in the pot so it rests over the water.
4. Place your food in the steamer basket.
5. Cover with a tight-fitting lid.
6. Turn the burner on high until steam is visible, and then reduce heat to medium. Steam until the vegetables are fork tender, not mushy.
7. Turn off heat and carefully remove the lid—steam can cause serious burns.
8. Season your warm vegetables with salt, high quality fats like ghee or EVOO (see recipes for seasoning ideas and tips).

FOOD HACK: Steam one food at a time for even cooking, as some foods steam faster than others (i.e., broccoli steams faster than carrots). If you want to steam a variety of vegetables together, layer them by density, with the densest veggies on the bottom and lighter ones on top.

SIMPLE SAUTÉ (PHASES 1, 2, AND 3)

This gentle method uses low heat to retain nutritional value, and adds fats and seasonings for more flavor. The key is keeping heat low enough that food cooks but doesn't brown or burn, which can result in lost nutrients.

EQUIPMENT:

10-12 inch stainless steel or ceramic saute pan and lid

A saute pan provides a large surface area over the heat to help food cook gently and evenly. The lid helps retain heat while you prep or cook other things.

GREAT FOR:

Fresh and frozen vegetables, seafood, fish, poultry, and meats

Like steaming, sautéing is great for batch cooking and reheating. To reheat, give food a quick stir in the sauté pan over low heat, or in a saucepan with a splash of broth or water to prevent sticking. Sautéing is not good for starchy vegetables like potatoes or winter squash, as they generally require longer cooking times.

HOW-TO:

1. Pour oil in the center of the sauté pan over low heat.
2. As the pan heats up, tilt the pan to spread the oil and coat the entire bottom.
3. Add your chopped aromatics first if using (i.e. celery, garlic, onions)
4. Stir to coat with the oil, and cook until they begin to soften and shine: this is called "sweating" or "translucent."
5. Add your fish, poultry, vegetables, and seasonings, as desired. Stir to combine.
6. Continue to cook, stirring occasionally, until everything is cooked through.
7. Remove from heat and season to taste.

LAYERED SAUTÉ (PHASES 1, 2, AND 3)

This is a low maintenance method, once you're comfortable with cooking times and temperatures. It's very similar to poaching, except it uses less liquid to preserve the nutrients in the foods. Simply layer the foods, add enough liquid to allow the heat and steam to cook everything through and prevent scorching. Be sure to cover with a well-fitting lid.

EQUIPMENT:

10-12 inch stainless steel or ceramic sauté pan and lid

GREAT FOR:

Fresh vegetables, seafood, fish, poultry, rice, and grains

HOW-TO:

1. Place pan over medium heat and add oil in the center.
2. As the pan heats up, tilt the pan to spread the oil and coat the entire bottom.
3. Layer the aromatics first, followed by cut-up poultry or fish, a handful of rice or grains, and a hefty layer of vegetables on top.
4. Drizzle and sprinkle your seasonings over the foods. You may want to add a few tablespoons to ¼ cup of water or broth if you have included a grain in your layers. Cover with the lid.
5. As soon as the food is simmering (you will see a little steam escaping from the lid), reduce the heat to low and continue simmering for 10-15 minutes.
6. Occasionally check to see if you need more liquid to prevent scorching or burning.
7. Continue cooking until the meat is cooked thoroughly, vegetables are fork tender, and any grains are fully cooked.
8. Stir and season to taste.

BAKING (PHASES 1, 2, AND 3)

This is another low maintenance technique that allows you to step away for other food prep. Traditionally, baking is oven cooking at temperatures no higher than 350° degrees. This temperature cooks food thoroughly without browning so nutrients are preserved. Oil and seasonings are applied directly to food prior to baking to infuse more flavor under the heat.

EQUIPMENT:

Large baking sheet, preferably rimmed; unbleached parchment paper

GREAT FOR:

Poultry, fish, meats, cruciferous vegetables (cauliflower, Brussels sprouts, broccoli), and starchy, dense vegetables (potatoes, winter squash)

You can bake whole cuts of meats (breasts, thighs, drumsticks, fillets) or whole potatoes; to shorten cooking time, cut into smaller, evenly sized pieces.

HOW-TO:

1. Heat oven to 300° (275° for convection oven) in Phase 1; in Phases 2 and 3, heat oven to 350° (325° for a convection oven).
2. Line a baking sheet with parchment paper.
3. Toss ingredients in a large bowl with oil and seasonings to coat.
4. Spread food in single layer on the baking sheet, leaving an inch or so between pieces to allow even cooking.
5. Bake until meats are at proper internal temperature (see Cooking Temperatures Guide on page 182) or clearly cooked through, and vegetables are fork tender.

BATCH COOKING (PHASES 1, 2, AND 3)

Batch cooking is a great efficiency method. In short, you double or triple a recipe to have leftovers for future meals and snacks. It's a huge timesaver, and can be particularly helpful during Phase 1 when you might have limited energy and the meals are more similar. Just remember to be mindful of spoilage.

Here are some ingredients and recipes that lend well to batch cooking:

- Meats from Phase 1
- Soups and stews: The flavors continue to bloom, and reheating is easy.
- Steamed vegetables: Store them in the fridge for easy snacking or recipe additions.
- Sautéed poultry breasts or fish fillets: It's just as easy to throw several breasts in the pan as one.
- Vinaigrettes: Mix up a big jar to have on hand for jazzing up just about anything.
- Seasoning blends
- Steamed rice
- Baked squash

BRAISING (PHASES 2 AND 3)

This is a slow cooking technique: Simply leave everything in the pot with some liquid and seasonings a little longer than usual. Braising tenderizes meat by breaking down the protein strands, which creates a comforting texture and is helpful with digestion.

EQUIPMENT:

Flat, broad-bottomed saucepan or stock pot with higher sides, and a lid

GREAT FOR:

Large or tough cuts of meats such as beef, pork, lamb, or wild game; poultry. While you should avoid most of these meats in Phase 1, and limit them in Phases 2 and 3, braising is very effective for creating a shredded texture with poultry. It also reduces gaminess in wild meats like goose, duck, and venison. Braised meats are soup- and stew-ready, or they can be eaten as is with a sauce such as pesto or relish and a big helping of vegetables.

HOW-TO:

- Place your meat in the pan or pot over very low heat.
- Fill the pot with enough water or broth to submerge the meat by a third to halfway.
- Season to taste.
- Cover with a lid, and allow the meat to simmer—not boil—until the meat shreds easily with a fork.
- Remove the meat and cut or shred; adjust seasonings to taste.
- Save your flavorful cooking liquid for soups, if desired.

GRILLING (PHASE 3)

Grilling out is an enjoyable way to take advantage of warmer weather and longer days, not to mention a great way to avoid cleaning up cooking pans. It's still important to limit the temperature to 400 degrees°, and to not char the food. Using indirect heat (positioning the food to the side of a direct flame) allows it to absorb the flavors of grilling without burning or charring.

EQUIPMENT:

Gas grill; long tongs; long spatula; meat thermometer; aluminum foil

GREAT FOR:

Poultry, fish, meats, and most vegetables

HOW-TO:

1. Heat grill to 350-400°.
2. Prepare grilling ingredients with dry rub or other seasonings and some oil to coat.
3. Reduce the heat on one or two of the burners and lay the food in a single layer over the unlit burner top, so the food cooks with indirect heat. Leave a couple inches or so between pieces to allow for even cooking.
4. Close the grill lid, and allow to cook until it's time to turn the food.
5. Flip the food, close the grill, and continue cooking until meats are at the proper internal temperature (see the Cooking Temperatures Guide on page 182) or clearly cooked through, and vegetables are fork tender.

ROASTING (PHASE 3)

Roasting is simply high-heat oven cooking. It brings out the natural sweetness in vegetables, creates nice browning on meats, and is low maintenance. It is a quick way to get a bunch of vegetables to the table while you turn your focus to another dish, or it can be a meal on its own.

EQUIPMENT:

Rimmed baking sheets or high-sided roasting pans; parchment paper; aluminum foil; a spatula or tongs

GREAT FOR:

Whole bird or bone-in poultry (smaller, boneless cuts tend to dry out), larger cuts of meats, fish, and most vegetables (especially root and cruciferous vegetables)

HOW-TO:

1. Heat oven to 400°.
2. To prep vegetables: Cut into uniform-sized pieces for even cooking, and toss in a large bowl with oil and seasonings to coat. Spread in a single layer on a baking sheet or roasting pan. Roast until gently browned and tender.
3. To prep meats: Rub all over with oil and seasonings, and place directly into the roasting pan, or onto a rack that fits into the pan. Roast according to directions, turning as needed.

KEY KITCHEN TOOLS

COOKWARE	TOOLS	OPTIONAL EQUIPMENT
10-12 inch stainless, cast iron, or ceramic sauté pan with lid*	3-4 inch paring knife	Nonstick electric rice or vegetable steamer
2-4 quart** pot with steamer insert and lid made from bamboo or stainless steel	6-8 inch chef's knife	Food processor, blender, or mixer
Full size (18" x 26") or half size (12" x 18") aluminum baking or cookie sheet, preferably rimmed	Large bamboo cutting board (15" x 10" or bigger is ideal)	Fish spatula for easy flipping
2-inch rimmed pyrex dish or medium (8" x 8") metal baking dish	Medium and large glass or stainless steel bowls	Unbleached parchment paper
	Plenty of glass storage containers for prepared foods	Slow cooker
	Bamboo or stainless steel mixing spoons (one slotted and one regular), spatula, and rubber or silicone scraper	Vegetable spiralizer

* Do not use teflon or other coated nonstick pans.

** A 4-quart pot is not necessary, but it is helpful if you want to batch cook larger quantities.

VEGETABLE AND FRUIT STEAMING CHART

Wash all fruits and vegetables before peeling or slicing

PRODUCE	PREP	STEAMING TIME (IN MINUTES)	COMPLEMENTARY FLAVORINGS	HELPFUL NOTES
Acorn Squash	Cut in half and remove seeds; slice crosswise into 1/2-3/4 inch slices	7-10	Autumn Blend and ginger; thyme, rosemary, and oregano; curry	Peel after steaming
Apple	Slice crosswise into 1/2-3/4 inch slices	4-6	Autumn Blend and ginger; thyme, rosemary, and oregano; curry	Halve, and core prior to slicing
Asparagus	Trim tough bottoms	Whole spears, 7-10; 2-inch pieces, 4-7	Garlic Basil	
Butternut Squash	Peel, cut into 1-inch dice	4-7	Autumn Blend and ginger; thyme, rosemary, and oregano; curry	For easy peeling: Cut off stem and blossom ends. Cut in half horizontally just above where the squash bulbs out from the stem end. Peel each half piece, slice vertically and remove seeds using a melon baller
Cabbage	Cut in half on "equator," and then cut each half into 4-6 wedges	6-10	Rice vinaigrette Cilantro	

VEGETABLE AND FRUIT STEAMING CHART

PRODUCE	PREP	STEAMING TIME (IN MINUTES)	COMPLEMENTARY FLAVORINGS	HELPFUL NOTES
Green Beans	Trim stem ends	6-10	Thyme Rosemary Oregano Basil	
Onion	Cut off ends, then cut into ½-inch wedges or slices	6-10	Thyme Rosemary Oregano Basil	
Pear	Slice into 1/4-1/2-inch wedges	3-5	Autumn Blend and ginger	Halve, and core
Peas	Rinse	2-4	Garlic Basil	
Pumpkin	Cut in half, remove seeds, cut into 1-inch dice	7-10	Autumn Blend and ginger; thyme, rosemary, and oregano; curry	Peel after steaming
Snow peas	Remove stem ends	5-6	Thyme Rosemary Oregano Basil	
Zucchini	Slice into ¼-inch rounds	4-6	Mediterranean Blend	
Leeks	Trim tough root and outer green parts, cut lengthwise, and wash thoroughly. Cut into 3-4 inch pieces.		Vinaigrettes	

SEASONING BLENDS

The seasoning pairings and ratios below are simple guidelines for creating your own blends; we'll use some of these blends in recipes throughout the Vital Plan Diet. Shake them up together in a small sealable jar, and store them with your other dried spices.

AUTUMN BLEND

- 2 parts cinnamon
- 1 part nutmeg
- 1 part cardamom

MOROCCAN BLEND

- 1 part cumin
- 1 part coriander
- 1 part cinnamon
- 1½ parts ginger

MEDITERRANEAN BLEND

- 1 part dried oregano
- 1 part dried thyme
- 1 part dried rosemary
- 2 parts garlic powder

MEXICAN BLEND

- 1 part ground cumin
- 1 part dried oregano
- 1 part garlic powder
- 1 part sea salt

GRAINS AND BEANS COOKING GUIDE

GRAINS

Gluten free grains are budget friendly and great for batch cooking. Enjoy them in moderation, as they can be difficult for many people to digest. The guide below will help you cook up tender, flavorful grains every time.

INSTRUCTIONS:

1. Pick through the grains to remove any debris.
2. Thoroughly rinse and drain grains.
3. Bring water with a dash of salt to a boil in a 2-4 quart saucepan. Add the grains to the pot, cover, and reduce heat to a simmer
4. Simmer until tender.
5. Season to taste before adding them to your recipe.

FOOD HACK: Cooking times may vary, depending on the age of the grain. Check the grain about three quarters of the way into cooking, and remove them from the heat when they taste best to you.

NOTE: For a softer and more porridge like consistency, add a higher ratio of water to the grain. Try sweeter spices like cinnamon, ginger, nutmeg, or Autumn Seasoning* in your grain porridge.

BEANS

Legumes are an excellent source of fiber, protein, and other minerals. They do contain lectins, which can be difficult to digest—particularly for those with a compromised gut. Always soak them well, cook them until quite tender, and enjoy in moderation. Most legumes take about an hour to 90 minutes of cooking time, with the exception of lentils, which only need about 20 minutes to simmer.

METHOD:

1. Pick through dried beans to remove any debris.
2. Put dried beans in a bowl large enough to allow for beans to double in size during soaking.
3. Add enough clean water to cover beans by 2 inches. Cover bowl and let soak overnight. Soaking the beans helps reduce their lectin content.
4. After soaking for 8-12 hours, drain off soaking water (and the lectins), and rinse beans well.
5. Add soaked beans to a sauce pot, and add enough water to cover beans by at least an inch.
6. Bring water to a boil, and then reduce to a simmer.
7. Continue to simmer until tender.

FOOD HACK: Do not add salt to the cooking water, as it will toughen the skins of the beans. However, bay leaves, rosemary sprigs, whole black peppercorns, garlic, or other aromatics such as carrots, celery, and onions will infuse a nice flavor during the cooking.

TEMP COOKING TEMPERATURES GUIDE

If you're in Phase 1 or 2, cook your foods to well done temperatures. In Phase 3, you can cook to lower temperatures (unless otherwise noted), just be sure you're sourcing your meats from trusted suppliers.

POULTRY:

Always cook poultry to well done. Stuffed poultry should reach 165°; ground poultry should be cooked to 170°.

BEEF, LAMB & GAME:

Ground beef, lamb, and game should be cooked to well done, 160°. Cuts can be rare (125°), medium rare (130°), medium (140°), or well done (150°). Medium is the USDA's recommended cooking temperature for cuts of beef, lamb, and game.

PORK:

Ground pork should be cooked to well done, 160°. Pork cuts should be cooked to medium rare (145°) or higher (150° for medium; 160° for well done). Medium rare is the USDA's recommended cooking temperature for pork cuts.

FISH:

Cook until internal temperature reaches 145° and flesh is opaque and separates easily with a fork.

MUSSELS, CLAMS & OYSTERS:

Cook until their shells open; discard any unopened shells.

SHRIMP, LOBSTER, CRAB:

Cook until the flesh is pearly and opaque.

SCALLOPS:

Cook until the flesh is milky white or opaque and firm.

EGGS:

Whole eggs should be cooked to well done (160°); casseroles and leftovers containing eggs should be cooked to 165°.

GRAINS AND BEANS COOKING GUIDE

GRAINS

Gluten free grains are budget friendly and great for batch cooking. Enjoy them in moderation, as they can be difficult for many people to digest. The guide below will help you cook up tender, flavorful grains every time.

INSTRUCTIONS:

1. Pick through the grains to remove any debris.
2. Thoroughly rinse and drain grains.
3. Bring water with a dash of salt to a boil in a 2-4 quart saucepan. Add the grains to the pot, cover, and reduce heat to a simmer
4. Simmer until tender.
5. Season to taste before adding them to your recipe.

FOOD HACK: Cooking times may vary, depending on the age of the grain. Check the grain about three quarters of the way into cooking, and remove them from the heat when they taste best to you.

NOTE: For a softer and more porridge like consistency, add a higher ratio of water to the grain. Try sweeter spices like cinnamon, ginger, nutmeg, or Autumn Seasoning* in your grain porridge.



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