



Superfoods Today

2nd Edition

Superfoods Today **COOKBOOK**

Boosts Immunity / Promotes Weight Loss / Slows Aging

Don Orwell

“How can you go wrong with Superfoods Diet?”

Superfoods Today Cookbook

Second Edition

By Don Orwell

<http://SuperfoodsToday.com>

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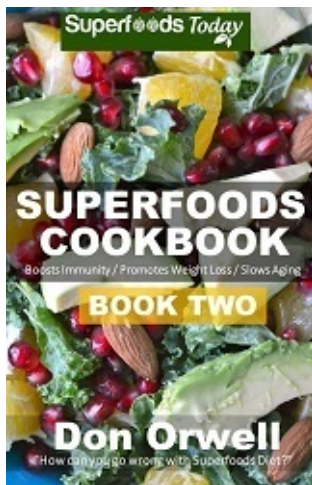
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As a way of saying thanks for your purchase, I'm offering you my FREE eBook that is exclusive to my book and blog readers.

Superfoods Cookbook - Book Two has over 70 Superfoods recipes and complements Superfoods Cookbook Book One and it contains Superfoods Salads, Superfoods Smoothies and Superfoods Deserts with ultra-healthy non-refined ingredients. All ingredients are 100% Superfoods.

It also contains Superfoods Reference book which is organized by Superfoods (more than 60 of them, with the list of their benefits), Superfoods spices, all vitamins, minerals and antioxidants. Superfoods Reference Book lists Superfoods that can help with 12 diseases and 9 types of cancer.

<http://www.SuperfoodsToday.com/FREE>



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Introduction

Hello,

My name is Don Orwell and my blog SuperfoodsToday.com is dedicated to Superfoods lifestyle. I had some life changing experiences in 2009 and that led me to start rethinking my eating habits and my current lifestyle.

Basically, I got scared to death and that moved me. My blog and this book would not exist without my dieting mistakes, so bear with me and you will get slowly introduced to superfoods. I wish that I had been clever enough to see my health disaster coming, but I wasn't, although I always thought of myself as being very smart. I was healthy by 2009, and I was overweight, but nothing too dangerous. At least that is what I thought. Before 2009 I was an average weight loss yo-yoer, with 2 highlights to brag of. In 1994 I managed to lose 35 kilos (75 pounds) in less than a year. I came down from 120 kg (265 pounds) to 75 kg (165 pounds). When I think of it now, I know that I did it in a very stupid way. I wasn't exercising at all and I ate very small amounts of food. I skipped breakfasts and ate some salads with some low-fat protein for lunch and dinner.

I remember that I ate tomato and cucumbers in the summer and sauerkraut in the winter. Initially I thought to exclude bread and potatoes; these were the only carbs I ate back then, zero rice and cereals. I also stopped eating anything sweet, including fruits. I didn't read any books about dieting, I just decided on a whim to start a diet and since it went great from the beginning, I didn't think that I should educate myself about dieting. So I kept eating smaller and smaller portions, which slowed my metabolism to almost a full stop.

Unfortunately, I managed to lose almost all of my muscle mass along the way. Before that diet I was going to the gym for 9 months and I was able to push 55-60 kg on a bench press. When I finished my diet

and went back to the gym, I couldn't push more than 30 kilos for the first few weeks, I was so embarrassed. That was a lesson learned the hard way. Even at 75 kilos, I had some stubborn belly fat that I couldn't get rid of. Being overweight all of my life left a stamp on my body. A friend who was on medical studies back then, explained that fat cells are 85% fat and 15% is the cell nucleus and other cell material. He said that when I lose fat, the fat cell still continues to exist, it's just has less fat, but it's still there, dormant and ready to be filled with fat that body stores when I eat too much calories. Scary to know, isn't it? Later I read on the internet that dieting has its rhythm and that person loses the weight easiest in the beginning and that weight loss gets slower and slower until it stops. That stop can be prevented if metabolism gets faster and with exercising.

I was able to keep “under 100 kg” weight until 2000. I went 4-5

times a week to the gym, ate protein rich food and yo-yoed between 82 (180

pounds) and 94 kilos (207 pounds). Then, in February 2000, I switched jobs, life got more stressful and I stopped going to the gym. And within a year, I was back to over 250 pounds (114 kg). But I was 30 at the time and my health was good. Then our son was born at the end of 2002 and instead of my wife, I gained weight and went to over 120 kg (265 pounds). Then 15 months later, our daughter was born and my weight peaked at 275 pounds (125 kg). But, I had a new job, much less stress at work and Atkins diet was all the rage back then in 2004.

So I embarked on Atkins diet, but this time I was much better prepared. I wasn't exercising at all, but house chores around kids got me more or less active. I wasn't worried about muscle loss because Atkins is all protein, right? I was a little worried about ketosis and whether my brain will work fine, because brain feeds on glucose, which is the simplest type of the carbs. And I started the Atkins diet. I had some terrible side effects during the first weeks (headache,

weakness, tiredness, constipation, bad breath) and it took me a while to find some sort of food that wouldn't be boring. Atkins diet encourages the eating of fat cheese and fatty processed meats, but I got bored with them after 2 weeks of eating it daily and I wanted to speed up the weight loss, so I ate low-fat protein with raw or steamed cauliflower ("official"

potato replacement for low carbers). That got boring quickly too, so I educated myself about carbs that should be counted and fiber that should not be counted and started to eat lots of fiber loaded veggies with lean protein such as boiled eggs, fish, lean pork and chicken, stir fried with broccoli or Chinese cabbage, spinach and celery. For breakfast I eat eggs and every second day either low-fat cottage cheese or low-fat yogurt with cucumbers and/or celery. I even have bought ketone test strips and was happily peeing on them every few days in hope that I'm still in ketosis. And the weight melted away really quickly. After 4-5 months I have lost 30-35 kilos again and I was at 90 kg (200

pounds) and I was really satisfied with the results. I started to preach Atkins diet and turned myself into a low carb Taliban, proclaiming sugar and carbs as evil things. And I was able to keep my weight under 100 kg for almost 3 years, just because I ate low carb office lunch (fiber salad and protein). But after 3

years, my job got stressful and I went to old eating habits and kilos started to creep up again. And before I knew what was happening, my kids told me that I was fat in summer 2008 and end of February 2009, my blood tests came back. I was in the middle of my future diet engineering, but the results diverted them.

So I have found out that I suffer from low thyroid, but that was not the thing that scared me to death. Blood test showed the elevated level of TSH.

Our family doctor explained everything about hypothyroidism, side effects and prescribed me some synthetic hormone pills (thyroxin).

She said that it's the easiest to handle and least dangerous chronic disease that I could have and that I should learn to live with side effects and take a pill every day until the end of my life.

At first I didn't know how to react. I read that it's mostly a female disease and found out that I had side effects for a few years already; it was just not showing on the blood test results before. I started to lose



veins after the weight loss

hair, I was tired all the time (I thought it was because I was overweight), and I read that I couldn't lose weight as easily as before, which was true. I also noticed that I have poor memory. I decided to find some natural remedy or anything that can alleviate side effects. But as I said, low thyroid was not the thing that scared me. Around the same time I got my first hemorrhoid. And it was very bad one, external as I have found out later. I went again to our family doctor (nice older lady in St. Lawrence district) and she prescribed some ointment and decided to check veins on my legs. And she found out that I have very expanded external veins on my legs. They were buried in fat, so I couldn't see them, although they were as thick as my thumb. And although I had occasionally heavy legs and itching in lower legs, I didn't have any other side effects of it. Since I'm sitting during all of my work hours and I was

overweight, there was no wonder that I got hemorrhoids and expanded veins. That kind of veins is called varicose veins. That was my second chronic disease discovered in less than a month. The doctor sent me to do some additional checks and although they found that my deep

veins were OK, vascular specialist talked to me and said that I have lots of small blood clots hanging from the walls of my veins and that some of them can get released into the blood stream and clog some vein. And I knew that my veins were already clogged because of my weight. And that can cause the heart attack, stroke or pulmonary embolism.

Well, **this is scary!!!**

Knowledge that I can get a stroke or heart attack any time prompted some serious diet planning. I wanted my veins unclogged as much as possible ASAP!! But this time I wanted to make a perfect diet, a diet that I won't even know that I'm on, a lifelong diet. After some thinking and

researching and after examining previous diets attempts, I decided to continue with a diet plan that was supposed to work for me (going through a full cycle every day). I wanted to avoid all side effects I had in previous dieting. I wanted to include carbs in my diet because it was supposed to be a lifelong diet. I wanted to prevent future weight cycling. If it's going to be a lifelong diet, then there won't be any weight cycling, right? I wanted to have the perfect solution that will allow me to never ever go back to my bad eating habits that ruined my health. Bad eating habits that I'm referring to here are processed and refined foods, sugary breakfasts (muffins, donuts), pop drinks and lack of whole foods in my diet. So, fad diets were out of the question. I mean, I couldn't live on smoothies or steak and eggs until the rest of my life. I also decided to examine the mechanism of fad diets and weight yo-yoing and facts why people cycle their weight, when EXACTLY cycling starts (when exactly they drop the ball and why), why it happens and how long it takes them to cycle their weight. And I wanted to compare those facts with my own

experience. I also wanted to discover why there are so many overweight people around me and understand the processes behind food intake. Thyroid hormone issue also prompted me to read about

hormones in the human body and how they affect weight loss. I was lucky not to have any blood sugar or cholesterol issues, but I wanted to find out everything I could about them because my brother and my father suffer from high blood pressure and my aunt (my father's sister) died of cancer and she was diabetic for last 10 years of her life.

The last thing that hit my family around that time was information that our son had ADHD. He was born end of 2002 and in September 2008 he started primary school. After a few months we got a call from his teacher and she explained that he is not focused in school and has all symptoms of ADHD

(Attention deficit hyperactivity disorder). A few months of consultations confirmed that he has ADHD. My wife started to search for anything that can help alleviate symptoms, hoping that we can avoid Ritalin and other

medications. Nutrition search discovered that some foods can fuel ADHD. Also, our friends found out at the same time that their 3-year-old son is autistic and they already started to take nutritional measures to alleviate autism and that included gluten free and casein free diet. They said that he is noticeably better behaving since being on that diet (lower hyperactivity, less temper tantrums, he started to make eye contact and his speech improved) and we decided to learn everything we could about foods that fuel ADHD.

When I started my research, I kept hitting info about high sugar intake, blood sugar levels, insulin sensitivity, cholesterol levels, fast food diet that most Americans are used to, processed foods, ingredients in processed food and so on. It turned out that the same food that was causing my problems was the food that is fueling ADHD. Sugar, processed food and refined carbs.

Then I compiled the list of whole foods that is healthy and can help with my problems and my son's ADHD. When I started to research each food more closely, I kept hitting web sites that dealt with superfoods. When the list was

completed, I found out that all the food from my list were superfoods.
WOW!!!!

Enter the Superfoods

When I had a final list of foods that should allow me to lose weight, and keep that weight for years, I decided to google all of them to check all their benefits and make sure that I'll get all necessary vitamins and minerals from them. I wanted to avoid any supplements (if possible) and I wanted to check whether I'll have any side effects because I'm missing some mineral or vitamin. I also wanted to check whether I should exclude some of them because of something bad. *E.g.* goitrogens found in raw cruciferous veggies are bad for low thyroid if eaten in excess and if iodine intake was low at the same time. Nightshade veggies cause arthritis problems for some people. Legumes can cause stomach problems.

After meticulously checking each food on my list, I decided to call this diet a Superfoods diet. Most people associate the term superfoods with some sort of exotic berries, like Acai berry, Goji, or Noni. Those berries are great; they're full of antioxidants, but you can't live on them. When I'm talking about superfoods here, think about regular superfoods, like spinach, broccoli, quinoa, olive oil, garlic, kale, salmon, ginger, basically food that has nothing bad in it and has health benefits.

I also wanted to have a diet that will keep my appetite and cravings under control. Some people might think that counting calories is all that matters, but they don't take **appetite and cravings** into equation and I wanted to make sure that I don't have any cravings. Think about it, what chances you have to shed successfully off some pounds if you're hungry all the time and you can't take pizza and chocolate bars off your mind? Zero!! It is much easier to be on a diet when you're not hungry all the time and when you don't crave any food. How that can be achieved? By switching to superfoods!! Switching to superfoods will change your palate, it will clean your body of toxins and it will stabilize your insulin sensitivity and blood sugar level. **That is half of the job!!**

Glucose drives insulin. Insulin drives fat. Fatty acids will not be released into the blood stream to be used as energy if the glucose level is high. If you eat a diet that causes your blood sugar to be frequently high, all energy you consume that is not immediately needed will be stored in your fat cells and will not be released. You will not get to use all of the 700 calories you eat at one meal, only the 100 or so you need immediately, and thus you will soon be hungry again, and will overeat. But if your blood sugar is stable and you can access that stored

energy you will not be hungry and won't overeat. It doesn't matter if you are eating fat or glucose your body will convert what it's got to what it needs. Every major nutritional philosophy pegs sugar as being a major problem. Circulating saturated fatty acids found in the blood (known as triglycerides in the lipid panel), are indeed a major risk factor in heart disease, but the majority of these saturated fatty acids are almost without exception the result of liver secretions, and are the consequence of a diet that is high in refined carbohydrates.

Some people are more sensitive to the hormone effects of insulin and cortisol than other people are. The more sensitive you are, the more you're likely to get fat. Insulin is the primary hormone that fixes fat in the fat cells. This is why Type I diabetics lose weight: they're not producing enough insulin. Since insulin is manufactured in direct response to carbohydrates, if you don't eat them, you won't have a mechanism by which to store fat.

Since superfoods are whole foods and completely opposite of processed foods, switching to superfoods will have a double effect on your body. You will stop eating processed foods, meaning zero intake of any chemicals, additives, food colorings, flavor enhancers and all other nastiness found in processed food. You will also stop getting chemicals found in processed food packaging. Think about how bad plastic can be for your health or bisphenol-A (*BPA*) found in can linings. And at the same time you'll be eating whole foods superfoods which do not contain any chemicals found in processed food, but contains phytonutrients and antioxidants and that whole food superfoods will detox your body. That detox will regulate your blood sugar level and insulin sensitivity and that will lower your sugar cravings. After 10-15 days all these changes will result in your palate change and you won't crave processed food with flavor enhancers and you will learn to appreciate natural taste of the whole foods. That is **half of the job** on your path to a healthier you.

And after that change you will feel great, energetic and your body won't crave the salty and fatty food you used to snack or sweet and fatty food you used to gobble on a daily basis. 280 calories from a chocolate bar and 280 calories from a lean protein meat with fiber loaded salad are not the same. More water, more fiber means much bigger amount of food, much more stretch, you will get much fuller and you'll stay fuller much longer, not to mention antioxidants, minerals, vitamins and phytonutrients you'll get from that meal.

When you choose the right foods, and understand how these foods react with your body, you will not have cravings for processed food anymore. When I started this diet for the first time, I have thought sometimes, *Hey, I have lost*

some weight, I deserve a treat, I'll have pizza for lunch or I'll have a small chocolate bar, but after a few weeks I realized that I don't need it and that I don't crave it at all. And every time I had it, I figured out that I didn't need it at all. So I skipped it and that's it. And I felt much prouder of myself.

So, after 8-9 months on Superfoods diet, I went from 275 pound (125 kg) to 195 pounds (89 kg) in the beginning of 2010. I felt great, looked decent and decided that additional weight loss would have to wait for a while. Since then, my weight went from 195 pounds (89 kg) to 210 pounds (95 kg) and back. And in March 2014 I decided to try to go under 195 pounds and describe that effort in a blog. But because I wanted to share everything about Superfoods diet, my investigation turned into a book. I'm writing this in June 2014 and I'm at 180 pounds (82 kg) and looking to go under 180 pounds in following months. While my family felt better because of the Superfoods diet, my wife has lost some weight (I'm not allowed to say how much) and her waist line has been perfect ever since.



Dec. 2007 - 265 lb.



2008 and 2009 - 275 pounds (125 kg)



2013 - 200 pounds (90 kg)

2014 - 180 pounds (82 kg)



2010

2011

2013



June 2014

UPDATE: Below are pictures from November 2014, after 3 months of



kettlebells training:

If you're preparing yourself for a diet, along with processed food and sweets that you have in your pantry and freezer, make sure that you clean from your fridge the following:

- Any juices - orange, apple ... they're processed food too.
- Any frozen prepackaged "low-fat" versions of regular meals.
- Margarine • Any protein / granola bars - make sure to check the amount of sugar, protein, fat and fiber in it. Some might be ok as a snack, but they have

to have enough protein and fiber and be low on sugar and fat.

- Any processed meat but ham without sugar (ham is OK for first one or two weeks)
- Pasta
- Any diet deserts.

- Diet pop might be OK for first one or two weeks when your body still might crave sugar, but you should plan to stop using it once the cravings diminish.

When I mentioned that switching to Superfoods will have a double effect on your body, you can look at that fact from the other perspective. Basically, there are really only 2 health problems, toxicity and deficiency and these conditions can lead to vast array of diseases (actually symptoms of toxicity or deficiency).

Toxicity is bigger problem than deficiency with modern American diet.

Processed food is toxic. Toxicity is a state of being infested and overwhelmed with materials that are known to cause problems in the body, specifically to the central nervous system. The body has filtering systems to be able to deal with the toxins that it is exposed too. However, when these systems become overloaded, toxins can accumulate in the body and cause hundreds of different symptoms and lead to chronic disease. Toxicity combined with nutritional deficiency is a recipe for disaster. Our bodies need good nutrition to be able to rebuild and repair properly.

If the body has the right supplies or materials it can heal itself of almost anything. If you are toxic, you can cleanse. If you are deficient, you can replenish. Processed food is toxic. Superfoods cleanse. Superfoods replenish any deficiencies. Superfoods are solution.

Superfoods and disease prevention

Introduction

Quotes from a research published by American Journal of Clinical Nutrition: "Origins and evolution of the Western diet: health implications for the 21st century"

"The evolutionary collision of our ancient genome with the nutritional qualities of recently introduced foods may underlie many of the chronic diseases of Western civilization."

"In the United States and most Western countries, diet-related chronic diseases represent the single largest cause of morbidity and mortality. These diseases are epidemic in contemporary Westernized populations and typically afflict 50–65% of the adult population."

Number of food related deaths in US is more than 50%. If you add numbers for heart disease, cancer, stroke and diabetes, you will get more than 50%. Does this qualifies as a Public Health Crisis? Superfoods lifestyle can literally **save lives**.

Superfoods and Hormone imbalance

Superfoods will also fix most of your hormone imbalance. I'm one of those people who suffer from low thyroid and I used to have problems to lose weight, not to mention tiredness and all other side effects of low thyroid. But since I changed my diet and switched to superfoods, I can report that I feel much better, have much more energy and I'm losing weight without problems.

Processed food can disrupt your hormone balances, meaning that your metabolic rate can be decreased, meaning that you might frequently overeat because your mechanism that should signal that you ate enough is not working properly. Your natural mechanisms for fat burning might be disrupted because of hormone imbalance.

You might not be gluten intolerant, but think about excluding whole wheat for a while, just as a test. Even if you're not having gluten intolerance, you might be better off with some other whole grain food.

Refined grains are a high glycemic food. They stimulate the production of insulin – your body's fat-storing hormone. The more bread, pasta, cereal and flour you consume, the more likely you will be overweight.

Even if you switch to non-gluten food, remember that most commercially prepared gluten-free foods are no better than their "super-gluten" counterparts. Most of these foods are highly processed and contain chemicals and preservatives. Gluten-free packaged foods, such as bread, pasta, cookies, crackers and cakes, typically have just as high of a glycemic index as their wheat-based counterparts (e.g. they use refined rice flour). Basically, they harm your blood-sugar regulation system just as much as wheat does. The same goes for make-at-home baking mixes. Not to mention the bread and dessert recipes on most "gluten-free" food blogs.

I'm using quinoa/brown rice/oatmeal/buckwheat (all non-gluten food and all non-commercially prepared). Whole grains are low on the glycemic index, meaning they are absorbed slowly and can help you feel full longer. That will work well with your fixed hormone imbalance and you won't feel hungry during the day. More on wheat and gluten later.

Superfoods and Heart and vascular diseases

I'll list some reasons why Superfoods diet can prevent heart diseases, including vascular diseases. Basic superfoods oil is olive oil, which is heart healthy because it is rich in polyphenols. Polyphenols have antioxidant characteristics and studies show that they reduce the risk of cardiovascular disease, cancer and lower blood pressure. Olive oil also contains antioxidants in the form of vitamin E. As an antioxidant, vitamin E counteracts free radicals just before they hurt or kill fat cells. Olive oil is one of the number one resources of monounsaturated fats that assist reduced cholesterol and help lessen inflammation. Monounsaturated fats maintain your heart fit by reducing bad and total cholesterol, battling inflammation, and improving levels of good cholesterol. The FDA authorized a health claim for olive oil that says that the monounsaturated fats you will get from having 2 tbsp. daily might decrease the danger of coronary heart disease. Avocado is also awesome choice, but eat one quarter daily if you are aiming for weight loss.

One of the main reasons that the Superfoods Diet stimulates heart health is the simple fact that it is a diet that is low in saturated fat. I am referring to saturated fat coming from hydrogenated oils, rendered animal fats, fat dairy products (cheese, creams), processed meats, shortening, fatty burgers and hidden fats located in cakes, cookies and muffins. Superfoods diet includes the consumption of healthy amounts of monounsaturated fat through usage of olive oil, salmon, flax seeds (rich in Omega 3 and Omega 9) and other nuts and seeds. The human body in fact does require the intake of fat on a day-to-day basis and you should never even think of going to a completely fat free diet. The best type of fat to consume is monounsaturated fat. Some amount of saturated fat is also included in Superfoods diet and it's found in lean meats (pork and beef), eggs and in low-fat cheese. Another source of saturated fat is coconut oil, but saturated fat found in coconut oil is much healthier than the one found in meats. 50 percent of the fat content in coconut oil is a fat hardly ever found in nature called lauric acid. Lauric acid is an effective virus and bacteria destroyer, and coconut oil has the most lauric acid of any material on Earth. Another reason why superfoods diet is promoting heart health is an inclusion of significant amounts of fruits, vegetables and smaller servings of legumes.

Saturated fat from the animal source raises 'bad' blood cholesterol levels which are a sign of possible heart disease and stroke. Monounsaturated fat does not

increase blood cholesterol levels. When consumed in moderation, monounsaturated fat gives the body an element it needs for correct functioning and in general good health.

Arterial rigidity (arteriosclerosis or atherosclerosis) is accountable for most cardiovascular incidents. It is the leading predecessor of stroke and myocardial infarction, two of the major causes of death in many high income and middle income nations.

Consuming foods that are high in saturated fat can sooner or later cause plaque to build up within the walls of the arteries. When this takes place, your artery walls will solidify and your heart will have a difficult time moving blood thru your body. Clots might form alongside the walls of your artery and this might make it harder for your blood to move through it. Arterial rigidity might also result as a complication of a number of medical conditions such as diabetes, obesity, and high blood pressure. Here are a few of the problems that might arise as a consequence of arterial stiffness:

- Tissue death. Arterial rigidity prevents the supply of blood and nutrients to the tissues and might cause harm and tissue death.
- Pulmonary embolism. Arterial rigidity may cause pulmonary embolism if a clot moves to an artery in your lungs. This condition can be deadly and will call for emergency treatment.
- Aneurysm. In many cases, arterial plaque accumulation is triggered by the decline of the walls of the arteries and might result in the development of aneurysm (an irregular widening of a section of the artery). Ruptured aneurysms can be lethal so it is best to prevent them while you can.

So, think about this when you have been served foods that are high in saturated fats and instead eat food high in Omega 3 fat. To me, olive oil tastes as great as bacon or any other type of animal fat, but its way healthier.

Omega-3's can keep your skin soft, prevent acne and skin inflammation, delay the aging process and help you lose or maintain weight. For sure, everyone would love this. Getting enough omega-3's into your diet (found in salmon, flax and some other food) can also help keep your blood pressure and blood cholesterol levels in check to avoid diabetes, heart diseases and stroke. It can also reduce your risk for arthritis, osteoporosis, emotional and mental disorders (ADHD, depression, bipolar disorder, Alzheimer's disease and schizophrenia) and several forms of cancer (such as breast, colon and prostate cancer). Women can benefit a lot of high Omega 3 intake because it relieves menstrual pain and

cramps, it can enhance fertility, it can reduce the risk of premature birth and it can reduce severity of post-menopausal symptoms.

Vitamin K1 is found in leafy greens and is definitely good for you. In one Dutch study reported in the Journal of Nutrition in 2004, individuals with the high vitamin K2 intake had an astonishing 51% reduced risk of heart attack death rate and a 26% reduced risk of death from all reasons in comparison to those consuming the very least vitamin K2. The study determined that high vitamin K2 consumption decreased arterial calcification.

Vitamin K2 also helps prevent Arthritis. A study not too long ago published by the European Prospective Investigation into Cancer and Nutrition (EPIC) has disclosed that elevated intake of vitamin K2 might decrease the risk of prostate cancer by 35 percent. Foods high in vitamin K2 are farmer's cheese, eggs, chicken breast and ground beef.

Is wheat addictive?

To me it is. I actually noticed it before I read about it.

Initially, I included only oatmeal and brown rice/quinoa as a carb choice in my diet, paired with carrots, other veggies and fruits. I don't think that I had issues with gluten, but I noticed a strange thing. Every time I would take a bite of some pastry or store bought bread or anything made with refined wheat (after a weeks of avoiding it), I would immediately sense the urge to continue eating it; it was like a drug, almost like when you start eating Cheetos or Doritos and you just can't stop. I thought, it may be the food additives that baking companies are using, or the combination of refined white flour and sugar and some fat that was in the pastry, but I felt an incredible urge to continue eating it. If you decide to avoid bread and wheat flour (even whole wheat) for a while, make sure to observe whether you would get the same sensation after you taste wheat product again after a while. After that discovery, I read a lot of articles on the internet and found out that the compounds found in wheat are responsible for appetite stimulation, exaggerated rises in blood sugar, and the release of endorphin-like chemicals that get the brain hooked on breads, pastas and crackers. Check the scientific proofs later in the section about satiety index. Increased wheat consumption can be linked to higher incidences of celiac disease, diabetes, heart disease, arthritis and

schizophrenia. Wheat contains amylopectin A, which is more efficiently

converted to blood sugar than just about any other carbohydrate, including table sugar. One of the reasons is that the wheat today is not the same wheat from 100 years ago. Newer breeds of wheat are significantly changed and are causing all these problems. Back in the

1950s, scientists began cross-breeding wheat to make it harder, shorter, and better-growing. Today's hybridized wheat contains novel proteins that aren't typically found in either the parent or the plant, some of which are hard for us to suitably digest. Increase in wheat in the American diet parallels obesity rates that have nearly tripled since 1960.

Whole wheat has the same problems described above. Whole wheat is healthier than regular processed wheat, but it produces the same problems as the regular wheat. Wheat also contains appetite-revving wheat component called **gliadin**.

Wheat stimulates your appetite so you want more and more of it and when you stop eating it, your body goes through withdrawal symptoms. In fact, wheat's effect on the brain is the shared with that of opiate drugs. One study showed 14% higher caloric intake in wheat eaters than those on a gluten-free food plan.

If you haven't been overweight in your life, then wheat probably doesn't affect you. But if you have been overweight, I would suggest you to try to be either 100% wheat free for a few weeks or months and see if you feel better, or to lower amount of wheat you're taking to a minimum. I don't need wheat at all, I'm satisfied with other sources of carbs and I don't have any cravings for any wheat loaded food.

If, however, you want to stay on Superfoods Diet and you have to have pancakes, flat breads and any other type of baked goods, then try some alternative flours like almond flour, buckwheat, rice flour or some other non-gluten flours. Or try pre-hybridized grain like spelt.

Fibers

The real secret behind my weight loss and maintenance of my lowered weight is my discovery of fiber loaded foods and bitter foods and what they can do for me as an experienced yo-yoer. It's not just being fuller because you ate lots of fiber, it's sugar level change, it's insulin sensitivity change, it's phytonutrients and antioxidants in it, it's thermogenic effect, it's 6 in 1 Superfoods deal!!!! Also, fibers may lower your risk of developing hemorrhoids, reduce inflammation, lowers cholesterol and regulates bowel function! In the beginning, I noticed that I can eat it as much as I want without incurring high calorie intake. It's almost like a free allowed food that you can eat anytime you're hungry. Most people will think, hey, how eating a spinach and shredded cabbage salad can be tasty and exiting? But you just need a pinch of sea salt, 1 tsp of olive oil and some lemon and a salad suddenly tastes like heaven. This is also due to the palate change that comes after you stop eating processed food and suddenly discover that bitter foods actually tastes great. Low fat yogurt or buttermilk makes it even tastier. Add any lean protein and you're eating **THE** healthiest meal on the planet.

Dietary fibers are found in the plants that we eat. They are parts of vegetable that do not break down in our bellies, and instead pass through our system undigested (just like cow and grass). Dietary fibers are either soluble or insoluble. Both kinds of fiber are similarly significant for health, digestion, and stopping conditions such as heart disease, diabetes, diverticulitis, obesity and constipation. Soluble fiber dissolves in the water. Insoluble fiber doesn't. These differences govern how each fiber works in the body and benefits your health. Soluble fibers draw in the water and form a gelatinized substance that decreases digestion. Soluble fiber delays the emptying of your belly and will make you sense full, which assists in weight control. Reduced stomach emptying might also impact blood sugar values and has an advantageous impact on insulin sensitivity, which helps control diabetes. Soluble fibers also help lower LDL ("bad") blood lipids by interfering with the absorption of dietary cholesterol.

Sources of soluble fiber: lentils, apples, beans, oranges, pears, oat bran, strawberries, flaxseeds, nuts, dried peas, cucumbers, blueberries, celery, carrots, oatmeal and oat cereal.

Insoluble fibers are considered good for the gut because they have a laxative result and add substance to the diet, helping avoid constipation. These fibers do not break down in the water, so they move through the stomach relatively

intact, and accelerate passing of the food and waste through your gut. Insoluble fibers are mostly found in vegetables and whole grains.

Sources of insoluble fiber: broccoli, dark leafy vegetables, celery, cabbage, carrots, brown rice, zucchini, onions, tomatoes, cucumbers, green beans, seeds, nuts, grapes, whole grains etc..

Eating high-fiber, nutrient-dense veggie gives you a wealth of health-boosting antioxidants and also helps you feel full longer. You also get the powerful metabolism boosting effects of fiber loaded food itself. This diet is low in calories and high in fiber and above all safe - unlike some high-protein diets. This diet will:

- Promote Healthy and fast weight loss
- Eliminate Excess Fat • Detoxify Your Body • Rest Your System • Stop Cravings • Break Sugar Habits • Increase Your Will Power • Boost Your Self-Confidence • Regain Your Energy • Boost Your Immunity • Develop a Positive Mental Attitude • Regain a Youthful Appearance & Skin • Create a Positive Lifestyle Change • Promote Longevity • Promote Healthy Eating Habits for your Kids!

Cancer preventing Superfoods

My aunt died in February 2011, at the age of 60 of lung cancer. She was a chain smoker. But she also had her uterus removed at the age of 40 due to a womb cancer. Her eating habits were terrible; she didn't eat any veggies or fruits, only meat, potatoes, baked foods and sweets. Lots of sweets. All her life. She was a diabetic and it was in 2010 that I learned that cinnamon can lower blood sugar level. She took a cup of yogurt with one tsp. of cinnamon once a day and that helped her with her diabetes. Her lung's capacity went down to 25% and less and at the time of her death it was only 16%. She completely ruined her life with bad habits. I'm dedicating this chapter to the memory of her and hope that someone will get a wake-up call and change their eating habits and think how taking antioxidant rich food can help in many ways.

Any **antioxidant** rich food will protect you from getting **cancer**. Top antioxidant foods are:

- Beans (Small Red Bean, Pinto, Red Kidney)
- Blueberry, Raspberry, Blackberry, Strawberry (in that order)
- Artichoke
- Cranberry, Sweet cherry
- Prunes and plums
- Apples
- Pecan

Any **vitamin E** rich food will protect you from stomach, colon, lung, liver, and other cancers. Add vitamin E-rich foods like almonds, cooked spinach and sunflower seeds to your diet; they'll help keep your cell-defense system strong.

Beta-carotene is a powerful antioxidant. A diet high in beta-carotene (meaning orange colored food and leafy greens) implies a reduced risk of cancer, particularly of the stomach, lung and colon.

Low **vitamin D** levels have been linked to several types of cancer, including breast and colon. Scientists say that vitamin D may help block the growth of blood vessels that feed growing tumors and help stop the growth and spread of cancerous and precancerous cells. Eat plenty of vitamin D-rich foods, such as wild salmon, and choose vitamin D-fortified dairy products, yogurt for example. The only supplement I take is Vitamin D, all others vitamin and mineral needs

are provided by superfoods diet. There is just not enough vitamin D in food and that is the only supplement I recommend. Some people want to boost their antioxidants intake and therefore take some additional supplements (Acai berry) which is fine.

Omega-3 fatty acids may prevent cancer by inhibiting cancer cell propagation and disrupt steps that are critical to cancer growth. Omega-3 fatty acids also help decrease inflammations and cellular mutations. But even if omega-3s don't directly reduce the risk of cancer, they surely keep our bodies strong and healthy. In addition to fatty fish, mixing ground **flaxseed** into yogurt and smoothies (or about just anything) is a great way to include more omega-3s in your diet. I always add flax meal to any stew I make, to cooked brown rice or quinoa or buckwheat.

Turmeric is a yellow colored spice found in curry powder. Curcumin, the active ingredient in turmeric, functions as both as an antioxidant and anti-inflammatory, and it may help prevent cancer. Curcumin helps prevent liver, breast, colon, stomach and lung cancer. Using curry powder to spice up dishes is an easy way to include it into your diet — and it has the additional bonus of adding flavor to your meals, almost without any calories. Black pepper enhances the absorption of curcumin by 2000%, so always add some black pepper to turmeric dishes. I love turmeric as a spice and I love curries. But I can't eat curry every day. So I settled for a [turmeric](#) supplement.

Cruciferous vegetables All plant foods contain small amounts of phytonutrients. They are natural chemical compounds that are just as significant as vitamins and minerals are for maintaining health. There are thousands of known phytonutrients (and probably thousands of those unknown), lots of which have demonstrated the potential to protect us against cancer. Cruciferous vegetables like broccoli, cauliflower, and cabbage contain phytonutrients, which may help inhibition of the metabolism of certain carcinogens and stimulate the body's production of detoxification enzymes.

Green Tea contains compounds that scientists say may help in stopping the growth of cancer cells and stop cellular mutations that contribute to cancer development. Green tea drinkers have also been shown to be at reduced risk for ovarian, colon, breast, prostate, and lung cancers. All types of tea (green, black, oolong, white) seem to have value as cancer preventive agents, so regularly drink tea and enjoy all the benefits!

Pomegranates are full of ellagic acid, also found in berries, nuts, and pomegranates for ages. Ellagic acid hinders cancer cell growth and deactivate

carcinogenic compounds.

As you can see, all this food is superfood and it is included in this diet.

Cyanide-containing vitamin **B 17** arrests, encloses, and even prevents cancer. A lack of intestinal enzymes was the main pathogen for the onset of cancer.

Vitamin B17 is a natural cyanide-containing composite that provides its cyanide content only in the occurrence of a particular enzyme group called beta glycosidase. This enzyme group is found almost exclusively in cancer tissue, and that results in the cancer's failure to survive the cyanide. There are no recognized harmful side effects of B17 (if taken in small amounts, not more than 15 seeds per day for adults), and the cyanide in B17 does not affect non-cancerous cells.

Fruits are very high in B17, some fruits are higher than others. The apricot seed is the richest source of Vitamin B17. Wild varieties are higher in nutrients than hybridized varieties. For example, wild cranberries are much higher in B17 than their hybrid counterparts. The list of foods containing B17:

- blackberry, choke cherry
- cranberry, currants
- apple seeds
- **apricot seed**(I'm taking 8 seeds every day)
- buckwheat
- flax
- nectarine seed
- plum seed
- prune seed
- fava beans
- lentils
- almond
- spinach

Certain herbs and spices contain a wide variety of **antioxidants**. Some spices such as cloves, turmeric, and cinnamon have 10 times more antioxidants compared to berries. Besides the antioxidants, herbs and spices can also aid (with) fat burning and metabolism boost, stabilization of blood sugar level and they also have anti-bacterial, anti-viral, anti-fungal and anti-inflammatory properties.

- Turmeric, ginger, rosemary and basil are powerful anti-inflammatories.
- Turmeric, cumin and sage help fight dementia.
- Cumin, coriander, cayenne and cinnamon help to regulate insulin and blood sugar.
- Nutmeg, bay leaves and saffron have a calming effect.
- Garlic, mustard seed, and chicory are excellent for the heart.
- Basil and thyme help your skin become smoother.
- Cinnamon, thyme, saffron, turmeric, garlic, basil, (garlic) and ginger boost the immune system.
- Allspice, coriander, rosemary, cayenne and black pepper can help banish depression.

Buckwheat

Buckwheat was the food I have tried using only once or two times in my life and I did not like it, the flavor was too intense and unusual and the kitchen smelled bad after cooking buckwheat. A colleague from Ukraine used it every day and it looked completely different from the buckwheat I used. She consumed it as a snack and as a principal starch in her lunch box. The Buckwheat I tried was brown and had intense taste; hers was pale and tasted awesome; it had a very simple nutty taste. So, she described that I used toasted buckwheat, also known as kasha, and that she used all-natural raw buckwheat, which is pale green. And she showed me an awesome way to cook it in the office setting. She purchased a medium size thermos bottle; she would add 4-5 tbsp. of raw buckwheat in a thermos bottle, add boiling water into a thermos and she would promptly shut the bottle. And that is it. After one and a half or two hours she would have an awesome batch of cooked buckwheat. So, I have purchased myself a thermos bottle as well and did exact same and since then my regular office mid-morning delicious snack has been 1 cup of cooked Buckwheat - 155 calories.

- Buckwheat is gluten free, it is high in protein and fiber and it is a good source of magnesium and iron.
- Buckwheat is rich in B vitamins as well as phosphorus, iron, magnesium, folate, copper, zinc and manganese.
- Buckwheat is very high in protein; the protein found in buckwheat consists of the eight essential amino acids.
- Buckwheat is very high in fiber. A single cup of cooked Buckwheat - 155 calories contains over 4 grams of dietary fiber.
- Buckwheat is a great source of Alpha-Linolenic Acid, which is one of the two essential fatty acid that is crucial for good health.
- Buckwheat reduces glucose levels and is helpful for managing diabetes.
- Buckwheat has been found to reduce blood pressure and reduce cholesterol.

Glycemic Index and Satiety Index

Glycemic Index (GI) is a rating carried out on carbohydrate containing foods and their particular influence on our blood sugar level. Earlier, most diets supposed to improve blood sugar assessed the total amount of carbs (such as sugars and starches) in the foods. GI goes outside of this strategy, looking at the impact of foods on our blood sugar. Rather counting the total quantity of carbohydrates in foods in their unconsumed condition, GI measures the real influence of these foods on the blood sugar. Low-GI diets have been connected with reduced risk of stroke, cardiovascular disease, depression, type 2 diabetes, neural tube defects, chronic kidney disease, metabolic syndrome, formation of gall stones, formation of uterine fibroids, and prostate, colon, breast and pancreas cancer.

Fruits and veggies tend to have a lower glycemic index. Meat, nuts and seeds, dairy products, beans and spices have all low GI. Grains suggested in Superfoods diet (brown rice, buckwheat, quinoa, oats) have low GI.

Low GI - 55 or less:

- small seeds (flax, pumpkin, sunflower, poppy, sesame)
- beans and nuts (kidney, black, white, pink, almond, peanut, lentil, walnut, chickpea)
- most whole intact grains (oat, millet, rye, rice)
- most veggies
- most sweet fruits (mangos, strawberries, peaches)

Medium GI 56–69:

- not intact whole wheat or enriched wheat • basmati rice
- pita bread
- grape juice
- raisins

- unpeeled boiled potato • prunes
- cranberry juice
- pumpernickel bread
- regular ice cream
- banana
- sucrose

High GI 70 and above: • white bread

- most white rice
- extruded breakfast cereals • glucose
- corn flakes
- maltose
- potato
- pretzels
- maltodextrins
- bagels

Satiety Index

Australian scientist Dr. Susanna Holt has examined how long particular foods can keep your cravings off and the results demonstrated what I had already encountered; that bakeshop goods ARE addictive. White bread was rated at 100 and even worse than white bread were bakeshop products like croissants (47), donuts (68) and cakes (65). This is an additional proof that wheat is addictive and that consuming bakeshop products will make you desire for more. Foods that have low satiety index than white bread were are chocolate bars and snacks, all refined foods. Foods that have the best satiety index were oatmeal, eggs, meats, boiled potatoes, fish, fruits and veggies.

Thermogenic Superfoods

Thermogenic superfoods are food that require additional calories to be broken down, leading to the raised metabolism and more calories being used.

Thermogenic foods are also very high in fiber, which causes a person to become fuller faster. Simply because of the low calorie content and high fiber, thermogenic foods assist in weight loss. Basically, Superfoods diet is relying on lots of foods that demand more calories to be digested than the exact caloric value of the food, thus burning up stored fat from one's body. Body needs energy for body heat and energy to breakdown the food you eat. Food that we eat uses body organs such as muscles, digestive juices, intestines, liver, blood cells, pancreas, *etc.* A 360 calorie piece of birthday cake may require 90 calories to be broken down resulting in a net gain of 270 calories to be incorporated into your fat storage. On the other hand, a 28 calorie katabolic food may call for 95 calories to breakdown, resulting in a net loss of 67 calories off your stored fat deposit. Diets based on katabolic nutrients result in impressive weight losses of the real fat from the body.

Plant foods that burn more calories than they contain are:

- Celery
- Strawberries
- Oranges
- Tangerines
- Carrots
- Apricots
- Grapefruit
- Lettuce
- Cucumbers
- Tomatoes
- Watermelon

- Cauliflower
- Hot Chili Peppers • Apples
- Zucchini

As you can see, all this particular foods are on the Superfoods main list and all of this foods have plenty of fiber. Many green veggies are thermogenic foods, particularly the ones that include the great percentage of water and fiber.

Broccoli, cabbage and Brussels sprouts are green veggies that are common thermogenic foods. Celery is also a great additional example of thermogenic food mainly because it is primarily made of water and fiber. The body requires more energy to digest these foods than the quantity of energy they provide.

Green tea has two significant chemicals - polyphenols called the catechins and caffeine. Both these chemical substances are known to promote thermogenesis. Apart from these two chemicals, green tea is also high in catechin known as epigallocatechingallate, a compound that enhances the process of thermogenesis. The gymnemic acid and cannatic extracts in green tea decrease the assimilation of sugar into your blood. Green tea also suppress your body's ability to digest carbs. As you likely know, sugar and high glycemic index carbs are two of the main factors of weight gain.

Coconut oil is as well one of thermogenic food. Medium-chain triglycerides (MCT) found in coconut oil hold off the buildup of fat in the body. Coconut oil therefore promotes thermogenesis. A British study has discover that adding chili and MCT (coconut oil) to meals boost thermogenesis by over 50 percent that with time may cumulate to help promote weight loss and restrict weight gain.

Eating ginger has anti-hypertensive, glucose-sensitizing, anti-inflammatory and stimulatory effects on the gastrointestinal tract.

Cinnamon is a thermogenic spice that assists and influence blood sugar levels. Suggested daily consumption of 1 g of cinnamon in individuals with type 2 diabetes has been discovered to reduce blood sugar, LDL “bad” cholesterol, triglycerides and total cholesterol levels.

A protein-rich diet is recognized as enhancer of thermogenic process (unlike high-fat or high carbohydrate diets). As an example, study shows that there is a 6 to 8 percent boost in energy expenditure with carb meals, 3 percent boost with fat, and a tremendous 25 to 40 percent with protein based meals. Lean proteins

are an awesome example of thermogenic foods. Lean proteins are located in foods such as chicken breast, turkey, buffalo, lean red meat like sirloin or top round, bison and other game meats. A really good source of lean proteins comes from seafood like shellfish and almost every different kind of fish. Some researchers found that people whose diets consisted of more protein not only increased thermogenesis (ie. their metabolism), but also enhanced their satiety and assisted in the maintenance of an all-around leaner body mass. Simply said, it takes a lot of body energy to digest lean proteins.

Celery is one of the greatest thermogenic foods. First of all, it is really low in calories which is why it is a really popular food for those on a diet. It also helps burn off more calories simply because of its thermogenic effect. Celery has a really mild taste that makes it simple to include in any meals. You can also dip it in low-fat yogurt or low-fat farmers' cheese toned down with some yogurt for a delicious snack.

Perhaps the most recognized thermogenic foods are spices such as chili pepper or cayenne pepper (*Capsicum annuum*). In fact, such spices can boost your metabolic rate by 25% because they contain capsaicin, chemical compound that speeds up the metabolism and dilates the blood vessels. So, if you frequently eat spicy hot dishes, then you are definitely helping your weight loss. If you can't stand hot food but you want the capsaicin benefits, you can use [capsaicin supplement](#).

Hot foods are not the only thermogenic foods. Consuming ice water can also possess a thermogenic effect on the body. This is mainly because your body has to work harder in order to deal with the cold temperature. Nevertheless, make sure that you don't consume ice cold water with your meals as it can disturb your digestion.

Probiotic Superfoods

There has been recently a lot of fascination with probiotic foods, thanks to studies signifying that friendly bacteria might help to deal with or prevent an array of problems: from irritable bowel syndrome to stomach upset and diarrhea to constant inflammation — the underlying cause of heart disease, diabetes and cancer. Sauerkraut keeps fresh for months and delivers outstanding health benefits in the form of probiotics and nutrients that the cabbage in its natural form doesn't have.

Every research carried out on overweight people focused on gut bacteria, discovered higher instances of "bad" bacteria and reduced levels of probiotics amongst these people. Keeping the preferred ratio of "good bacteria" to "bad bacteria" is now getting appreciation as perhaps the most important step you can take to defend your health and fat loss goals.

These are the signs that your digestive bacterial harmony is beginning to go out of control:

- Gas and bloating
- Acid reflux
- A failure to lose weight
- Skin problems
- Overall sickness
- Headaches
- Constipation and/or diarrhea
- Urinary tract infections
- Sugar cravings, particularly for heavily refined carbohydrates
- Trouble sleeping

Perfect healthy ratio of "good" to "bad" bacteria is 85% to 15%, or 9 to 1. How can you re-balance your intestine bacteria ratio and begin experiencing weight loss advantages for yourself? You need to eat more probiotic food and reduce

your sugar, artificial sweeteners, antacids, processed food, laxatives and antibiotic consumption. Superfoods proposed are yogurt, any fermented vegetables (cabbage, cucumbers), kefir and kimchee. Now, make sure that you know the distinction between pickled and naturally fermented.

Pickled means that the vegetables are preserved in various acidic liquids, commonly vinegar. But these vegetables are NOT fermented and do not provide the probiotic and enzymatic benefits of naturally fermented vegetables. Simple home recipe for fermented vegetables includes salt and water and process of fermentation produces its own acidic liquid as a by-product. So, naturally fermented vegetables are both fermented and pickled.

Lactobacilli discovered in all vegetables are triggering fermentation and lactic acid is the one that pickles and preserves the vegetables. It also boosts health:

- Improves the vitamin content of the food.
- Heightens nutrient bio-availability in the body.
- Preserves and at times boost the enzyme content of the food.
- Heightens the digestibility of the food and even cooked foods that are eaten along with it!

Manufacturing preservation of veggies is done by high temperature and pressure and that damages nutrients. Make sure that you meticulously check whether the store purchased pickled veggies are factory pickled or naturally fermented. You will most likely find some naturally fermented food in health food shops. Check the description in any case and if it includes vinegar, it's most likely fake, since vinegar is used in mass manufacturing. You can with ease make your own at home; it's quick, easy and inexpensive.

Fermented foods are high in “good” probiotic bacteria, and their intake will help stabilize your total gut bacteria ratio. The next step is to eliminate pretty much all sugar in your diet. Consuming sugar laden foods in fact feeds the bad or pathogenic bacteria, yeast and fungi in your intestine, which can in fact have more of a damaging influence on your health than sugars influence on blood sugar and insulin resistance. What’s more, artificial sweeteners are worse than ordinary sugar because they have chlorine that kills off the good bacteria in your intestine just like chlorine kills microorganisms in swimming pools.

Sauerkraut and Kim Chee are age-old Superfoods that are starting to make a comeback mainly because of their unique taste and advantages of 'good bacteria'. Fresh cabbage is full of bacteria needed to lacto ferment itself. Sauerkraut fermentation procedure is accomplished with lactic acid bacteria handling cabbage sugar in a process comparable to how yogurt is made. Just like yogurt, the fermentation process makes cabbage much healthier and more digestible than the plant is in its primary form. In addition to producing a naturally occurring probiotic supplement, fermentation adds other nurturing benefits as well. Cabbage in its raw form includes materials called 'goitrogens' that can block the production of thyroid hormone, but goitrogens are decreased or eliminated through the fermentation process. This is very significant for people who suffer from low thyroid. Those people should eat additional sauerkraut or cooked cabbage rather than raw cabbage. I'm one of those folks and I try to have raw cabbage incorporated in my salad only 2-3 times a week. Sauerkraut is in fact higher in B vitamins than cabbage, especially in vitamin B12, and that makes sauerkraut an ideal food for vegans. Just as kimchi, sauerkraut is high in vitamin C and intestinal enzymes. It is also a great source of all-natural lactic acid bacteria such as pediococcus and lactobacillus.

If you're purchasing sauerkraut in a container, make sure that it says 'Raw' or 'Unpasteurized' in order to make certain that it's a 'living' food with worthwhile bacteria. Even better, homemade sauerkraut is an uncomplicated and inexpensive way to get an excellent natural probiotic 'supplement' that won't call for taking any pills, powders or potions.

One of the very best probiotic foods is live-cultured yogurt, particularly homemade. Search for Greek low-fat yogurt or check goat's milk yogurt that has been blended with probiotics like lactobacillus or acidophilus. Goats' milk and cheese are especially high in probiotics like bifidus, bulgaricus, thermophilus and acidophilus. Double-check the ingredients list, as not all yogurt is made equally. Some prominent brands are filled with high fructose corn syrup, artificial colors and artificial sweeteners, so they are basically sweet, unhealthy ice cream. Choose Greek or plain low-fat as an alternative. If however, you don't like the taste of probiotic foods, you can use [supplement](#).

The Health Benefits of Probiotics:

- Calms colon discomfort following surgical procedure

- Boosted immune system response
- Relieves negative effects of consuming many types of antibiotics
- Helps to support healthful skin in youth
- Boost ability to absorb the nutrients from food
- Enhanced ability to digest food
- Acts as a treatment for bad breath (halitosis)
- Decreases lactose intolerance
- Decreases incidence of vaginitis, candidiasis and yeast infections
- Therapeutic for upper respiratory problems
- Relieves many common digestive disorders such as constipation, diarrhea and IBS
- Improves ability to absorb calcium
- Improves ability to synthesize vitamin B

Bitter Foods

As I have previously said, my taste changed considerably when I quit eating refined food. It took me perhaps 10-15 days to observe the change. My sugar urges ended almost entirely. And I learned to enjoy the bitter taste in coffee, wines, cocoa, and dark green leafy vegetables. So, my coffee consuming habits transformed from double cream and double sugar to double cream with stevia throughout my Atkins period and after I began superfoods diet, it transformed to pure black. My chocolate taste transformed from milk chocolate to dark chocolate and subsequently to extra dark (85% cocoa becoming the favored one). Also, chocolate intake went from 8-12 squares of milk chocolate to 1 or 2 squares of dark chocolate. My wine consuming habit modified from Merlot to Cabernet Sauvignon, which kind of I could not stand previously because of intense tannins. Now Merlot tastes dull to me. My cocoa consuming habits altered from cacao with milk and sugar to cacao with only a dash of milk and subsequently to pure cacao. I believed that this would be the really last thing that I might have to either sweeten only a little bit or to use only a little bit of cream or milk to take the very top off the bitterness. But today, I take pleasure in pure cacao with hot water.

The exact same story is with bitter greens. I did not like them a lot before and I have constantly seasoned them in order to play-down the bitterness. Bitter greens possess phytonutrients that assist the liver as it does its job handling cholesterol, detoxifying the blood and balancing hormones. Bitter greens are awesome sources of the vitamins A, C, and K and minerals potassium, calcium, and magnesium. They are also very high in foliate and fiber and low in sodium and fat.

The bitter taste:

- is anti-toxic. It is antibacterial and antiviral so it assists with detox of the body
- detoxifies your liver • kills germs
- assists with skin disorders • increases the firmness of the skin and muscles
- decrease fever
- assists digestion and minimizes intestinal gas.

List of bitter foods: • burdock root

- Jerusalem artichoke: rich in inulin (prebiotic), which is a starchy food that is handled by the body in a different way than sugars. It is also high in magnesium, iron, potassium and B vitamins.

- bitter melon

- dandelion greens, • arugula

- Kale - has vitamins, anti-inflammatory properties, antioxidants and calcium.

- sesame seeds

- eggplant

- castor oil

- cocoa and dark chocolate • dill

- sesame oil

- cumin

- neem leaves

- saffron

- fenugreek

- Coffee

- turmeric helps detoxify the blood, replenish damaged liver cells, and fight stomach upset and inflammation.

- Garden Sage (*Salvia officinalis*) tea addresses disorders of the respiratory tract, gastrointestinal tract, dental abscesses, skin, mouth, throat infections, infected gums and mouth ulcers. It includes thiamin, folic acid, pyridoxine and riboflavin.

Prebiotic Superfoods

Once I first read about prebiotics, I figured, what the hell that is, if that a typo, instead of probiotics. But later on, Wikipedia offered me some insight.

“Prebiotics are non-digestible food substances that encourage the development and/or activity of micro-organisms in the intestinal system in ways reported to be useful to health.” Prebiotics, just like probiotics, are a thing between foods and drugs. The established definition by Dr. Roberfroid is:

“A prebiotic is a selectively fermented substance that enables specific changes, both in the structure and/or activity in the intestinal micro flora that confers advantages upon host well-being and overall health.”

As you can see, it’s really directly associated to probiotic food. Resources of prebiotics include beans, garlic, raw oats, raw dandelion leaves, leeks, inulin sources (like jicama, Jerusalem artichoke and chicory root) and onions. Essentially, if you eat day-to-day raw leeks, raw onions or raw garlic and you include onions to anything you cook, you’re acquiring enough prebiotic definitely. Studies have confirmed evident effects on calcium and other mineral assimilation, immune system effectiveness, bowel pH, reducing of colon cancer risk, hypertension, inflammatory bowel problems and intestinal constipation. Prebiotic also reduce the risk of colon cancer. So, add raw onions or raw leeks to all of your salads, cook with onion and you are all set.

Many people know that the red wine is great simply because it contains antioxidants and resveratrol. But studies showed that individuals who drank 2 glasses of dry red wine per day had high levels of effective bacteria in their gut and low levels of bad bacteria in the gut. The research concluded that while the red wine intake reduced bad bacteria in the gut, it in fact had a prebiotic effect in the gut in that it reinforced the development of colonies of healthy gut microbes which defend your health.

How Antioxidants slow aging

Each part of your body ages. From your bone tissues to your skin and your brain, what we eat determines how we will really feel, whether or not we will be healthy and how long we will live.

We all understand about the hazard of free radicals and how antioxidants eliminate them. Antioxidants, vitamins and minerals that decrease aging are coenzyme Q10, alpha-lipoic acid, carnitine, vitamins A, C, D, E, K, essential fatty acids, lutein, many of the B vitamin complexes, magnesium, phosphorous, zinc, potassium, taurine, iron and selenium.

Keep in mind, you won't get 3 times additional advantages if you take 300% of recommended daily consumption of any vitamin, antioxidant or mineral. Don't purchase manufactured food that has been marked as "rich in antioxidant" and don't believe that relying on supplements is the very best way to go. Buy local natural and organic whole foods superfoods. Eat as lots of different fruits and vegetables, nuts and animal healthy proteins every day. Rotate your antioxidants, don't stick to the same fruits, veggies and spices. Increasing the intake of one antioxidant won't substitute the other one. If you absorb 200% of daily suggested vitamin C intake, that won't substitute for vitamin B12 or vitamin E for that particular day. So, antioxidants ought to come from an eating habits and not from a tablet. Antioxidants in a tablet are isolated synthetic materials, but fruits and vegetables have phyto-chemicals that are not even found out and titled and you can enjoy them now. Whole food consists of a bunch of ingredients that function in synergy and are far more efficient than supplement that just provide one of them.

Let me tell you one thing I read some time ago about telomeres. After 2009 Nobel Prize was awarded to Elizabeth H. Blackburn, Jack W. Szostak and Carol W. Greider for the finding of how chromosomes are shielded by telomeres and the enzyme telomerase, there are tons of writings about telomeres on the internet. Alexey Olovnikov identified telomeres in 1973. He discovered that the very small units of DNA (telomeres) at the end of every chromosome decrease in time mainly because they can't reproduce completely each time the cell separates. So, as you get more mature, your telomeres get reduced. Eventually, DNA reproduction and cell partition stops entirely, at which point you pass

away. But, some scholars are revealing that certain nutrients carry out a considerable role in guarding telomere length. That indicates that we can manipulate telomeres length. Vitamins B9 and B12 can impact telomere length, as well as iron, vitamin D3, omega-3 fatty acids, zinc, and vitamins C and E. Telomere decreasing has been connected to the type 2 diabetes, DNA harm, lowered immunity, atherosclerosis and neurodegenerative illnesses.

Antioxidants impact aging in different ways, e.g.:

- Coenzyme Q10 - early aging is primary side effect of having too small Coenzyme Q10 because this crucial vitamin reprocesses different antioxidants, such as vitamin C and E. Coenzyme Q10 deficit also speeds up DNA damage, and because Coenzyme Q10 is beneficial to heart well-being and muscles this reduction brings muscle fragility, soreness, fatigue and heart problems. Coenzyme Q10 essentially had a strong [anti-aging](#) impact, in the sense that you can maintain youthfulness up until the very end of life. Coenzyme Q10 ample foods are beef and beef organ meats, sardine, pistachios, sesame seeds, mackerel, cuttlefish, tuna, herring, yellow tail, pollock, chicken and adzuki beans, and besides them, there are Coenzyme Q10 [supplements](#) and Q10 anti-aging [creams](#).
- Vitamin D - People with elevated [vitamin](#) D amounts were found to have much less aging associated variations in their DNA, as well as decreased inflammatory issues.
- Astaxanthin offers anti-inflammatory and DNA-protective abilities and helps reduce inflammation. Astaxanthin has been discovered in microalgae *Haematococcus pluvialis*. [Astaxanthin](#) is 65 times much more efficient than vitamin C, 54 times more effective than beta-carotene, and 14 times more powerful than vitamin E.
- Probiotics - well, let's first describe the main reason of bad gut flora in overweight people -> High fructose corn syrup. HFCS is main element in nearly all refined foods, from snacks, frozen meals, to dressings to soft drink. It causes genetic variations and failures that can cause illness in future generations. Refined, sugar-and chemical-laden foods actually destroy your digestive microflora. Your gut flora handles your immune system (your body's all-natural protection system). Artificial sweeteners, antibiotics, stress and some other issues can also reduce the amount of probiotics (useful bacteria) in your

intestine, which can encourage disease and early aging. You can choose probiotic supplements, but much much healthier is to include fermented food into your diet regime, *e.g.* sauerkraut, kefir and plain yogurt. Yogurt is great source of iodine and zinc. If however, you don't like the taste of probiotic foods, you can use [supplement](#).

- Vitamin B9 and B12 - B9 has a significant role in the upkeep of DNA integrity and DNA methylation, both of which affect the size of your telomeres. B9 can be found in leafy green veggies and beans. B12 is found in salmon, beef liver, lamb, snapper, beef, scallops, venison, shrimp, eggs and poultry. If you don't like the B12 rich foods or you are vegan, you can use [supplement](#).

- Vitamin K2 - K2 is found in chicken breast, cheese, eggs and ground beef. People who take 45 mcg of K2 daily live seven years further than people obtaining 12 mcg per day. If you don't like the K2 rich foods, you can use [supplement](#).

- Omega-3 - individuals who have an omega-3 index of lower than four per cent age a lot faster than individuals with indexes over eight percent. Omega-3 index is an awesome new way to examine your health. Force your Omega-3 index over 8 percent if you wish to postpone aging. Omega-3 index under 4 percent sets you at elevated danger for heart attack. Omega-3 fat acids can in fact invert telomere reducing. If the rate of omega-6 / omega-3 is greater than 10, your body is in a condition of inflammation. Type of quiet inflammation (arthritis or other diseases). In order to much better shield yourself from cancer, you ought to ideally take this ratio beneath 3. When you've got active cancer, you need bring the rate to under 1 – in different words, your objective should be to have a lot more omega 3s than omega-6s in your body. Krill Oil is recommended Omega-3 [supplement](#) mainly because its assimilation rate is much greater than fish oil.

- Magnesium - Magnesium has a significant role in DNA reproduction, repair, and RNA activity, and it's been disclosed that [magnesium](#) favorably relate with increased telomere length in women.

- Polyphenols are intense antioxidants related to anti-aging advantages and disease decrease. Resveratrol is discovered in grapes and red wine and cacao and green tea possess lots of polyphenols.

- Vitamin A - Telomere extent is related with dietary consumption of vitamin A. [Vitamin A](#) has a significant role in your immune system.

- Turmeric - [Turmeric](#) is immune enhancement and acts anti-inflammatory. But it's mainly known for anti-cancer capabilities.
- Exercise decrease telomere decrease.

And in the end, you're most likely questioning which foods should be eliminated? Well, the answer is the exact same as always, processed and refined food and sugar. Recognize that overwhelming sugar consumption brings to insulin resistance, and insulin resistance tends to be the origin of numerous if not the majority chronic disease. So far, scientific researchers have connected extreme sugar intake to about 78 various diseases and health issues, such as heart disease and cancer.

Weight loss related Hormones – Leptin, Ghrelin, Cortisol, Insulin and some others

Weight loss is managed with hormones leptin and ghrelin, but cortisol and insulin also carry out important role. The ghrelin hormone is the "cravings hormone" and leptin is the "hunger hormone" or "satiety hormone". Plenty of leptin speeds up the metabolism, reduced level decreases it. Ghrelin amounts go up considerably before you eat; it indicates the hunger and it's important to know that ghrelin is released by stomach tissue. Ghrelin then moves down for around two-three hours following a meal. Research reveals that reducing levels of ghrelin results in reduced body fat. The ghrelin hormone encourages the brain to boost appetite, but also encourages the buildup of fat found in the abdominal region. Ghrelin levels raise after dieting because body wants to go back to higher set point. That is one of the causes why fad diets are unsuccessful and why those on a fad diet yo-yo their weight. Body wants all that processed foods that it was missing during the diet, ghrelin is high all the time and people go back to eating processed foods and guess what: they put all the weight back. They didn't reset their set point to a lower value, adjusted to a new weight, they didn't fix their hormones with Superfoods and after a fad diet they're back to square 1.

Leptin is your food cravings suppressor – the hormone that indicates to your body that you've had sufficient to eat and is a key player in perfecting weight loss. Numerous foods can either block or boost leptin. Leptin signals your brain that you have adequate energy stored in your fat tissue to take part in regular metabolic processes. Leptin is released by fat cells and brain should recognize that body has enough fat and that should mean that body has enough energy stored. But guess what? Processed food disrupts receiving part of your brain and brain doesn't recognize leptin signals. The fatter you are, the more leptin is secreted and it looks like that this is perfect self-regulating mechanism because brain should recognize that body has more than enough energy stored as fat. And it is perfect self-regulating mechanism, but only in lean people and people that don't eat processed foods. Their hormonal signals are fully recognized by the brain and everything works fine. But for overweight people, these leptin signals are not properly recognized and brain thinks "*Hey, these leptin signals are pretty weak, body is starving, let's store more fat*". This leptin insensitivity is also called leptin resistance and it's primarily caused by inflammations, which are

again caused by processed foods. Genetics, environmental factors, stress and lack of sleep are also influencing leptin resistance to a degree.

When men and women diet, they eat a bit less and their fat cells eliminate some fat, which then reduces the amount of leptin created. And then the brain detects starvation. Yo-Yo weight cycling results in lower leptin. Anytime you are on a fad diet that limits calories that diet decreases leptin, increases ghrelin and enhances appetite. This seems like a hormonal snowball effect that hinders weight loss, isn't it? That is why it is crucial to have the right, wholesome foods superfoods diet already as a component of your life as soon as you have done with weight loss period. Because superfoods diet reduces calories, but keeps a belly full with proteins and fibers and that enhance satiety, reduces the hunger (reduces ghrelin) and fixes your appetite. Consuming 5 meals a day also controls ghrelin production.

Evolution makes it hard for women to lose fat, simply because their body is preprogrammed to accumulate fat and energy for babies.

There are no leptin abundant foods because our intestinal tracts cannot process it. But we can enhance our sensitivity to it. Some foods can help enhance the sensitivity, and that indicates that our metabolism can go upward, cravings can go downward, and our battle can be aided along. Eat protein for breakfast. Eat dark leafy dietary fiber rich vegetables. Eat fish. All such foods increase sensitiveness to anything, leptin included. Exercising also improves leptin sensitiveness.

Swedish experts have found that thylakoids found in spinach and some other leafy greens work as a normal appetite suppressant that controls food intake, inhibits weight gain and encourages weight loss. Thylakoids postpone digestion because they attach to fats and decrease hydrolysis of the fats. They also stimulate the release of cholecystokinin, and that is the primary signal for satiety. Thylakoids also elevate leptin amount for up to six hours after consuming a meal and decrease ghrelin (measured 2 hours after a meal) and insulin.

Foods that reduce leptin sensitivity are, you have suspected it, refined foods. All of them. Carbs are particularly terrible. Excessive carbohydrates are not only awful about stopping the leptin signals; they are also what we get a hold of when we are truly craving something. The more carbohydrates we consume, the more you desire them.

A couple of words about the last portion of persistent fat that won't go off even when we have achieved our ideal weight. Immediately after you eat, insulin and fatty acids are elevated. You are in the fed condition and there is no fat consumption going on. Your body relies entirely on glucose oxidation during the hours following a meal.

As the hours go by and the nutrients coming from a meal are utilized there is a move to fat burning and usage of stored fat. This process is mediated by insulin and blood borne fat acids. Superfoods meal plans split meals with carbohydrates for 5-6 hours. That keeps insulin down most of the days. Because insulin closes down fat burning, if you separate carbohydrate meals, that action will bring more fat burning time.

As long as insulin is present in your system, your body will not burn fat. If you think to lose fat, do not eat carbohydrates 3 hours before workout and don't eat carbohydrates within 2 hours after workout. That time will be utilized for fat burning. The more insulin you have in the system during workouts, the less fat you'll burn. Insulin transports calories into tissues, sugar into fatty cells and muscles and closes down fat cells from delivering energy for a period of time.

There are two releases of insulin usually. First one once the carbohydrates enter the blood, and that peaks 30 mins after a meal. Then in following 3.5 hours insulin gradually drops in the blood. Glucagon (which is hormone complete opposite of insulin) starts trickling and increasing. It's opposite of insulin, and it's accountable for fat to drip out of the fatty cells and be utilized as energy and it draws sugar out of the muscles for energy. Glucagon shot (injection) is provided to diabetics when they feel sugar drop or faint.

Glucagon and insulin can't be increased at the same time. Too numerous meals with carbohydrates will keep insulin level increased and there is no opportunity for glucagon to do its fat loss miracle.

So, again, divide meals with carbohydrates for 5-6 hours, so glucagon can do the trick. I'm talking about starchy carbohydrates like oatmeal, brown rice, sweet potato and such. Carbohydrates from other vegetables are not impacting insulin levels, feel free to eat cooked meats with fiber packed salads.

When fat acids in blood levels decrease, an energy shortfall is "sensed" and adrenaline and noradrenaline raise.

Adrenaline and noradrenaline move through blood and hook up to receptors on fat cells. A receptor can be thought of as a "lock." Hormones and neurotransmitters are „keys“ that are appropriate for that lock and make things happen. Ordinary fat contains a bunch of beta-2 receptors in proportion to alpha-2 receptors. B2-receptors are "accelerators" for fat reduction and a2-receptors are "breaks" for fat reduction.

The ratio between b2-receptors and a2-receptors controls how easy it is to allow-fat loss from one region of the body. "Easy" fat has a very good ratio of b2-receptors to a2-receptors, whilst difficult fat has a higher ratio of a2-receptors to b2-receptors. Easy fat is on our limbs and difficult fat is belly and love handles in both the men and women and thighs solely in women. Woman can have up to 5-8 times more a-2 receptors in her hip and thigh fat. Stimulation of the a1 and b-receptors is lipolytic (causes fat elimination) while activation of the a2 receptor is anti-lipolytic (blunts fat elimination). Persistent fat areas have a high concentration of a2 receptors, making it harder for fat meltdown to occur in that area. Stress and sleep also impact your ability to lose persistent fat. So, make sure that you get adequate sleep and reduce your stress level as much as you can. Also, eat frequently, 3 meals and 2 snacks per day. Missing meals boost stress. Here is where cortisol will come into the game.

Cortisol is the stress hormone. It's a crucial hormone that is essential for human survival. Every time your body encounters any stress, your body produces cortisol, which then initiates a cascade of other physiological responses necessary for your body to carry on functioning.

You can look at it like a crisis generator. Cortisol turns "off" many of the regular physiological systems and turns "on" many short-term physiological systems.

In a regular situation, cortisol release only lasts for a brief burst of time and following that all metabolic functions go back to normal. But this is exactly where things can go wrong, simply because in lots of instances these stresses that trigger your body to emit cortisol take place too often and stay "on" for too long.

When your body encounters constant stress, it continuously secretes cortisol and that's when cortisol becomes damaging to your body. And dependent on how long and the amount of cortisol you have in your body, it can really damage

your health and change your metabolic process leading to you to gain persistent belly fat! Superfoods Diet stabilizes cortisol production. When your stress and cortisol levels are elevated, the body basically resists weight loss. Your body reasons: days are tough and you may starve, so it holds the fat you eat or have current on/in your body. Cortisol has a practice to take fat from healthier locations, like your limbs and hips, and relocate it to your abdomen area which has additional cortisol receptors.

But as a summary, remember this fact: certain belly fat is natural. Its main function is actually to guard vital inner organs. To drop all your belly fat is to oppose nature. This is why it is so hard to achieve. I have decided to lose weight and not stress personally about few pounds of the belly fat.

Inflammation – story about Omega 3 and Omega 6

Inflammations are the huge problem in today's American society. Most of them are induced by refined foods. Inflammation leads to achy joint parts, early aging of the skin and inner organs. They make it difficult to lose fat. They make you depressive and moody. Omega 6 is the primary cause of inflammation and in the perfect world, proportion to Omega - 3 should be 1:1. Contemporary Western diets typically have proportions of omega-6 to omega-3 in excess of 10 to 1, some as elevated as 30 to 1. Japanese diet is the only diet that has the ratio of 4:1.

Excess omega-6 fatty acids from vegetable oils interfere with the health benefits of omega-3 fats, in part simply because they compete for the same rate-limiting digestive enzymes. A high balance of omega-6 to omega-3 fats in the diet acts pro-thrombotic, pro-constrictive and pro-inflammatory. Chronic excessive production of omega-6 eicosanoids is correlated with arthritis, cancer and inflammation. Omega-3 fatty acids are anti-inflammatories and Omega 6 fatty acids are pro-inflammatory. More than half of Americans suffer from one kind of chronic illness or another.

Don't buy products that offer you Omega-3/Omega-6/Omega-9 combination. You need more Omega-3 and Omega-9 and not so much Omega-6 because you're obtaining enough of Omega-6 from your diet anyway. Organic feed farm animals have way lower amount Omega-6 than farmed animals. It's straight forward, when the diet of the animals are changed, their meat is changed as well. Omega-6 is not a wrong fat, we need it, and it's just bad if you have a great deal of it and not enough Omega-3 at the same time.

A person can think of Omega-3 as a thinning agent in the blood and Omega-6 as the thickening agent. Fish high in Omega-3 gets Omega-3 from algae. Omega-3 is also located in green leaves. Think of Omega-3 as "spring season fat", found in leafy vegetables. It thins our bloodstream, so we can move faster and be more agile. Then imagine Omega-6 as "fall fats", the ones that are eaten by animals preparing for the winter. As you can picture, Omega-6 is found in corn, nuts, soy and seeds. All of them are ready for usage in autumn, just before winter. Think of Omega-6 as fat storage space for animals. And THAT is what American people eat the whole year. LOADS of high processed corn syrup and soy oils.

Everywhere. Whole year. If you draw a diagram of refined wheat, corn and soy intake increase in the western society and if you draw a diagram of grown obesity, you will see the connection.

How to change your diet so you eat perfectly balanced Omega-6 to Omega-3 ratio? Try consuming more Omega-3 (avocado, flax, salmon, chia seeds, raw nuts) or take Omega-3 supplements and avoid vegetable oils full with Omega-6. High Omega-6 intakes are associated with a rise of all inflammatory diseases:

- atherosclerosis • cardiovascular disease • type 2 diabetes • rheumatoid arthritis
 - obesity
 - metabolic syndrome • irritable bowel syndrome • cancer
 - macular degeneration • asthma
 - psychiatric disorders • autoimmune diseases
- Some pro-inflammatory foods found in the Western diet are:
- Trans fat
 - Processed oils
 - Sugar
 - Flour containing gluten • Corn
 - Fatty meat and dairy • Soy
 - Alcohol

Foods, herbs and spices that have anti-inflammatory properties are pomegranate, green tea, ginger, turmeric, garlic and all foods with high Omega-3 content.

Kids

Eating habits are learned behaviors. What your children learn to eat at home early in life stays with them forever. Kids under 2 years of age easier accept new foods, so start as early as possible. Most research says that it takes an average of ten to twelve attempts before a child will try a new food.

Problem with today's western diet is that we are disconnected from whole food sources and we rely on processed food too much. 67% of calories in the Western diet come from wheat, corn and soy!! Compare that to the diet 100 or 200 years ago!! Fewer and fewer people cook meals from scratch because it's easier and faster to throw a frozen dinner in the oven or get something from a fast-food restaurant on the way home from work. That is an easy way. But we have to strive to provide a variety, moderation, and balance to your kids menu. We have to be good role models. In order to be good role model we must educate ourselves first and then practice what we preach. Take kids with you when you go grocery shopping. Let them decide which fruit they will eat. While we always want to make the healthiest choices for our children's bodies, a special treat (ice cream) once a week won't do any damage.

Kids don't need French fries, Doritos and pizza to keep them happy. Highly processed foods like these are loaded with chemicals, synthetic fats, additives, artificial sweeteners, and food colorings. Food colorings and additives are fueling ADHD. Unfortunately, you can't keep heavily processed foods out of their diets forever. But the longer you limit exposure while teaching those healthy eating habits, the more likely your children will be to make better choices when left to their own. Don't use food as rewards, bribes, or punishments, stickers work just as well.

Let kids help in the kitchen. Offer them a variety, cut veggies in ribbons, julienne them or cut in any weird shapes you can think of. Let them dip veggies in hummus or pesto or salsa or guacamole, those condiments are all healthy compared to ketchup full of corn syrup or mayonnaise full of soy oil. Also, timing is important, if they're hungry, they're less picky. Enforce a 3 bites rule. I was able to get my kids try anything and if they didn't like it, they were allowed to stop after 3 bites. If everything else fails, sneak healthy ingredients.

My kids eat some veggies only when they are cut differently than usual. They will eat carrots cut like spaghetti, but not plain carrots. I discovered by chance that they liked carrot spaghetti mixed within salad with green leafy spinach and

lettuce. But they didn't want to eat a salad, they tried to fish out the carrot spaghetti out of a salad and eat only them. Next day I served only carrot spaghetti on a plate thinking that they'll be delighted, but they didn't want to eat them. They said that carrot spaghetti doesn't taste the same as yesterday. What the heck? Then I figured out, they were covered with salt and olive oil, so I added some salt and olive oil. Nope, they're not fun to eat, they want to fish them out of the big bowl of green leaves. So, we let them do that. They ate tons of carrot that evening. On any other day they would eat leafy green salad without complaining, but on the next few days all they wanted was to fish out the carrot spaghetti out of a salad. Luckily, after some time they started to eat a mixture of spinach and carrot spaghetti and they eat it ever since. With broccoli we had a different story. They didn't want broccoli in their soup. Carrot is fine, but not the broccoli. I mean, soup cooked with broccoli tastes different, but they will eat it, they just don't want to see the broccoli in their soup bowls. But if I serve them cooked broccoli without soup, drizzled with olive oil and a little bit of salt, they will eat it. Somehow olive oil and a little bit of salt over any veggie, cooked or uncooked, does wonders with my kids.

Next example. My daughter likes to eat nuts as a snack and oatmeal with milk for breakfast. But she won't eat them mixed all in one hot breakfast, if the nuts and flax seed are ground. Her explanation is that the ground nuts are scratching her throat. Go figure. So, we serve nuts as a snack, flax meal goes in some other dishes and we don't enforce them for breakfast. I personally love to eat hot milk & oatmeal breakfast with 1 tbsp of grounded nuts, seeds, flax meal and some cinnamon and cocoa.

What olive oil and salt are for veggies, raw honey is for fruits. Pour a little bit of raw honey on the fruit they don't like and they will eat it.

My daughter is generally pickier than my son. She won't eat fruits that are not ripe or ones that are passed their prime. So, we serve her fruits that are in season. Cutting fruits and veggies in different shapes helped when they were small and they're eating now pretty much any veggie or fruit. The point is: don't stop trying, serve kid's fruits and veggies in all possible shapes and occasions and eventually they will accept it. My daughter eats raw cooking onions for breakfast!?! I would never think that she might do something like that, but she keeps asking and we give it to her. But only if they're cut in wedges, so go figure. She'll eat them in any form in salad, but if they're served separately, she wants them in wedges. Although her teacher complained a few times that she had bad breath in the morning, she keeps eating it with savory dishes for breakfast. Her favorite salad is one medium sized onion cut in small pieces, 1

tomato or 1 cup any green leafy veggies, covered with Superfoods yogurt dressing mixed with 100 grams of soft farmers' cheese. I mix the yogurt dressing and the cheese first and form a thick paste (consistency of a mayo, she actually calls this mix a healthy mayo and it does taste like mayo if you put slightly more olive oil) and then I fold the veggies and mix until they're properly covered. That salad is a complete meal for her, she is not asking for anything else with it.

And last but not least, sneak a lot of Omega-3 rich food into their meals; it boosts brain power. I'm adding flax meal to anything I make and surprisingly, it doesn't scratch their throat when sneaked in cooked rice or stew.

A few words about ADHD. Before switching to superfoods, we noticed how much food additives and artificial colors affected our son. During and after kids' birthdays, where he would gobble Doritos, Coke and Spiderman colored birthday cakes, he would become virtually impossible to handle. He wouldn't listen to anyone and he'd be the hyperactive poster child. We tried virtually everything, gluten free diet, casein free diet, both of them at the same time and noticed that gluten free diet improved his behavior immediately. We reintroduced superfoods dairy product (low-fat Greek yogurt, kefir and low-fat farmers' cheese) into his diet and noticed that he was still behaving great. But the most important change was when we excluded all processed food from our diet and started to eat only whole food superfoods. That was the period when we abandoned Play Attention and self-concluded that he doesn't have ADHD anymore. Of course, we were wrong, but his behavior now is almost perfect. He still makes noises, sometimes louder than we'd prefer, but that is the only ADHD related behavior that we can spot. His school behavior is great, he's focused, motivated and people who don't know him from his ADHD period don't suspect that he was diagnosed with ADHD. If your child has ADHD and you're already on casein free diet, you can exclude dairy ingredients from superfoods recipes and replace them with other ingredients. For example, you can replace yogurt in any of the recipes with light tahini sauce (tahini, olive oil, lemon juice, salt, eventually diluted with little water if necessary). For stronger tahini sauce add ground cumin, minced garlic and chopped cilantro. Farmers or cottage cheese can be replaced with hummus, guacamole or red pepper dip.

Superfoods Diet Conclusion

As you can see, superfoods that are recommended are both high in fiber, thermogenic, low in saturated fat, has tons of antioxidants, probiotic, vitamins, minerals, high in Omega 3 fats and above all tasty. It's also very close to Paleo in terms that processed food and wheat are not included. Paleo diet doesn't allow beans, oats, cheese and yogurt, but I think that there is no bad stuff in them because beans are full of antioxidants, they lowers cholesterol and blood pressure, and yogurt has huge probiotic values and it's just incredible addition to spinach or cucumber based salads. The latest dietary guidelines recommend we triple our current beans intake from 1 to 3 cups per week. Beans have lots of protein and the main difference is fiber content, meaning that meat is digested fairly quickly, whereas beans are digested slowly, keeping you satisfied longer. Plus, beans are low in sugar, which prevents insulin in the bloodstream from spiking and causing the hunger. When you substitute beans for meat in your diet, you get the bonus of a decrease in saturated fat. These reasons are enough for me and my family to keep eating beans in any form.

Superfoods cuisine is also very similar to Mediterranean diet, although it excludes pasta, hard cheeses, smoked meats and gluten breads.

As you can notice from my dieting ideas, I went through several stages. First, I was sure that cycling daily is the thing that will 100% work and allow me to lose weight effortlessly. But when my palate changed because of Superfoods, I noticed that I don't need "normal lunch" at all and certainly none of the planned junk food meals I dreamed off. As software techies would say, I went through several iterations of my diet idea and settled for the one that suits me the best. You're free to stick with "cycling daily" idea if you want and keep meat and potato lunch or fast food lunch.

What Superfoods are NOT:

- **No** processed or refined foods • **No** preservatives, additives or artificial coloring
- **No** smoked food or processed meats • **No** canned vegetables or meats (beans, garbanzos, beets, corned beef) except canned fish (sardines, tuna) once or twice a week
- **No** wheat, refined flour or sugar.
- **No** corn, white rice and potatoes. Brown rice and quinoa are fine.
- **No** vegetable oils or fried food. Olive oil and Coconut oil are fine.
- **No** soy products or tofu • **No** pasta except gluten free soba noodles (100% buckwheat) or acorn or mung bean noodles.
- **No** full fat dairy cheese. Yogurt, kefir and low-fat farmers' cheese/cottage cheese/Greek feta cheese are OK and occasionally (context related) some low-fat cheddar or mozzarella are OK. Context related means it's OK to sprinkle some grated low-fat cheddar or mozzarella on casseroles or superfoods pizza.
- **No** store bought salad dressings or condiments with vegetable oils or corn syrup (Mayo, Ketchup, BBQ sauce). Hummus, Guacamole, Mustard, Pesto and hot sauces are fine.

Superfoods meals exist for ages, and you will find some superfoods recipes in Mediterranean, Chinese, Japanese or European cookbooks. Superfoods cuisine is leaned toward soups, salads, stews and grilled meats and veggies. Some examples of well-known superfoods recipes are hummus, guacamole, tapenade, basic chicken or beef soup with vegetables and without noodles, any slow cooked stew with leaner meats and veggies, some bean dishes without ketchup and sugar, some lentil dishes and curries, any salad without store bought dressing, pasta, bacon or bread, any grilled leaner fish or meat and veggie. Lots of other classical recipes can be easily modified and become superfoods stars, like swapping white rice for brown rice and omit sugar and soy in Japanese recipes or swapping rice, sauce thickener, soy and oil in Chinese stir fries.

I don't believe in any diet that restricts any type of food in the long term, except

diets that exclude processed industrial food. We have witnessed what the industrial food did to modern society and that is not the option for lots of people. Yo-Yo Nation should switch to superfoods and not junk food!!

Let me mention last reason why I'm sure that Superfoods Diet will change your life forever. Once you know everything about benefits of vast array of superfoods and once you learn why processed food is so bad on so many levels, I'm pretty sure that you will think twice every time you get served any processed food and I'm sure that you will keep thinking, "Why am I eating this, why am I ruining my health? I can do better, there is tasty food that will help me with my inflammations and that will protect me from cancer." Once you expand your knowledge, you can't go back and forget about all the facts about superfoods and all the facts about processed food. And if you have kids, I'm pretty sure that you will think twice before you serve them processed colored food instead of healthy, tasty Superfoods meal.

Some people hate to cook or they don't have enough time. And it's obvious that Superfoods Diet will require some time to shop for fresh foods and some time for preparation. Good news is that 90% of the meals are very quick to be prepared. Let me give you some examples of 10 minutes prep time Superfoods meals:

- You can chop veggies while you grill meat or fish.
- Stir fries are typically prepared in 10 minutes.
- Slow cooker meals or casseroles or stews are also typically prepared in 10 minutes or less. In all of them you typically include chopped onions, carrots, meat and one more veggie (green peas, green beans, mushrooms, eggplants, red peppers etc.). And you just pour all ingredients in a pot, casserole or slow cooker and you're done, monitoring stews as it cook is not a huge time wasting task (same with monitoring casserole in the oven). You can prepare large pot or casserole once a week and freeze it and eat it once or twice during the week. Prepare 2 such meals on Sunday evening and you're set for the week.
- Superfoods breakfasts are very quick, eggs or oatmeal don't take too much time.

My point is that you can eat healthy if you are mentally prepared for

healthy ingredients shopping and healthy meal preparation. If you have a bunch of kids and 2 jobs, you can still find 2-3 hours on Sunday evening to prepare all these food for the rest of the week. Buy already cut bags of spinach and cabbage and other veggies and only add olive oil, lemon or apple cider vinegar and salt before you eat it. Cut some veggies for salads and snack on Sunday evening, put it in your Tupperware and you're set for 2-3 days. And at the same time cook one stew in the huge pot and load food in the slow cooker. And freeze all that cooked food. Have a bunch of hard boiled eggs in your fridge. Be over-prepared for your weight loss journey. You're about to become a Superfoodie!! Read the [Superfoodie Manifesto](#).

Switch to Superfoods!

Well, this is it, you don't have any processed food in your house, you're stocked on fresh veggies, fruits and other healthy stuff and you're ready to change your life! Congratulations for willingness to get healthier and better looking you!! Please remember these common facts:

Breakfast Veggies: When I'm referring to breakfast veggies, I mean some red or yellow pepper stripes, cucumber and pickles. If you want, you can eat celery, green onions (spring onions) and sauerkraut, I eat them with eggs or farmers or cottage cheese. Hey, you can even eat broccoli, cauliflower, lettuce and spinach for breakfast. If you want, you can roast or grill some veggies (eggplant, zucchini and peppers) and have them with savory breakfasts.

Cinnamon: Cinnamon lowers blood sugar, helps maintain insulin sensitivity and is a very powerful antioxidant. Add it every time you eat oatmeal.

Cocoa: Cocoa consumption is associated with decreased blood pressure, improved blood vessel health, and improvement in cholesterol levels. Some people eat dark chocolate; I add it to oatmeal or drink it. Buy unsweetened cocoa, ideally unprocessed one, because processing at high temperature destroy healthy ingredients in it.

Nuts and Seeds: Flax should be always ground. Buy flax meal or grind them with a coffee grinder. Almond is healthiest nut, but you can sometimes eat walnuts, Brazil nuts or pecan instead. It's clever to eat every time a different type of nuts, but remember that almonds are the healthiest ones.

Grilling and Frying: Fry on a little bit of coconut oil in the skillet, 7 to 10 minutes for most of the meat and fish. Don't overdo it. Don't grill for too long. If you don't like the meat suggested in the recipe, replace it with something similar. Use beef instead of pork or chicken instead of fish. Think about organ meats, liver or kidneys, they have more vitamins than meat. If you don't want red meat, use chicken. If you crave fried food, dip the meat in beaten eggs mixture, cover it with flax meal instead of breadcrumbs and bake it in the oven, it's delicious!!

Coconut oil: Use coconut oil. Period. Avoid blended vegetable oils, corn oil

and soybean oil. I'm cooking with [coconut](#) oil and eat one spoon of coconut oil once a day because of my low thyroid; to me, it tastes like heaven, way better than the Bounty. Coconut oil also fights cancer, it contains MCTs—medium chain triglycerides, who are fighting plaque in the brain. Plaque in the brain is causing Alzheimer's disease. Coconut oil also boost metabolism and it's great for the skin. Some people experience stomach discomfort when taking a spoon of coconut oil on empty stomach, some even vomit. If you experience this, eat coconut oil after meal or mix it in a meal.

Extra-virgin olive oil: Olive oil is the healthiest oil you can buy, as it contains the highest monounsaturated content. Extra-virgin is the oil that results from the first cold pressing of the olives. Being the purest olive oil, it's also the most expensive. But because it has a low smoke point, it should not be used for cooking.

Yogurt and low-fat cheese: Low fat or non-fat Greek (or plain) yogurt is the only one recommended. If you can't find Greek Yogurt, use any plain yogurt. 0.5% or 1% fat Yogurt tastes the best, if you ask me. If you want fruit yogurt, add some fresh berries (or frozen) or fruits in the plain or Greek yogurt and add some Stevia or raw honey if you have to. Doing that, you'll know what exactly went into that snack and you'll avoid industrial chemicals found in fruit yogurts. Choose low-fat farmers cheese over cottage cheese. When choosing Cheddar, Colby or Mozzarella, choose low-fat.

Ham: Buy low-fat lean ham or deli meat without sugar added or with the least amount of sugar. I don't advocate eating anything processed, but I figure out that people who are just switching from processed food have to eat something familiar and "almost healthy" and lean ham is one of those things. Within 2 weeks, I switched from ham to canned sardines. They're also processed food, but with the least chemicals and additives and loaded with protein, Omega-3, selenium, phosphorus and vitamin D. Sardines packed in olive oil are preferred to the one packed in soybean oil. Drain them from excess oil if it's not olive oil. Avoid purchasing canned sardines in vinyl-lined cans that contain BPA.

Breads: You would be better off if you avoid any breads, paleo or non-gluten. If you crave something bread like, try egg based flatbreads recipes, like egg pancakes, egg muffins or egg pizza crust or Almond/Tapioca flour naan.

Salad Dressings: Store bought salad dressing contain high fructose corn syrup and soybean oil or canola oil. Forget them. **Forever**. Superfoods dressing would be similar to "Italian Dressing" - olive oil/lemon/minced garlic/salt +

some herbs. We'll call second dressing a "Yogurt Dressing" – half a cup of plain low-fat Yogurt or low-fat buttermilk with olive oil/minced garlic/salt. Amount of olive oil I'm using is usually 1 teaspoon per person and the rest is added to taste. Occasionally I would add a teaspoon of mustard or some herbs like basil, oregano, marjoram, chives, thyme, parsley, dill or mint. If you like spicy hot food, add some cayenne in the dressing. It will speed up your metabolism.

Stir Fry Stir fry meat and veggies in coconut oil. Add some garlic, ginger and half of the onion cut in wedges and season only with fish sauce. If you have to, thicken the sauce with tapioca flour or arrowroot flour.

Condiments Forget about Mayo or Tartar sauce (it's processed food containing refined soybean oil), Ketchup (contains high fructose corn syrup) or BBQ sauce (more high fructose corn syrup than ketchup). Healthy condiments are hummus, salsa, hot sauce, guacamole, mustard and pesto. Use them sparingly in Phase 1.

Broths: Cook broths and freeze. I cook every few weeks a large pot of chicken soup and freeze half of it, because I don't want to eat processed food.

Oatmeal: Buy regular oatmeal, unenriched and not sweetened.

Exotic Superfoods: When people hear that I'm eating only Superfoods they usually comment "Oh, Superfoods are so expensive" thinking on various Superfoods in powder form (Spirulina, Chlorella) or Superfoods berries and seeds (Goji, Chia). When I explain that I eat regular everyday Superfoods such as kale and avocado, they keep asking have I experimented with exotic Superfoods. Yes I have, but I didn't wanted to create recipes where such Superfoods are prominently featured or put them in regular recipes because people will complain that recipe ingredients are expensive. So, I'll list here how I use various exotic Superfoods:

- I add seaweeds to any soup or stew I make and you can do the same with Chlorella and Spirulina. They also can be added to smoothies, condiments and salads. Some people use them in granola recipes or energy bars along with Maca powder.
- Spike any salad dressing with 1 Tbsp. of [Spirulina](#), [Chlorella](#), [Maca](#) or [Matcha](#) . Chlorella has a strong taste (think pond water or horse hay J), Spirulina has oceanic taste (think seaweed or something fishy), Maca has earthy/nutty taste (goes well with smoothies) and Matcha is basically a powdered green tea, so you know the taste. Spirulina and seaweeds taste best in some veggie soup or any

fish stew. It tastes nasty in average smoothies, but some strong taste can hide it (think grapefruit, lemon, lime, pomegranate or granny Smith apples)

- I eat Goji berries as a snack or sprinkle them on oatmeal breakfasts and smoothies.
- Wherever flax seeds are used, you can use Chia seeds instead (oatmeal breakfasts, smoothies)

Superfoods Cookbook

Allergy labels: SF – Soy Free, GF – Gluten Free, DF – Dairy Free, EF – Egg Free, V - Vegan, NF – Nut Free

Condiments

Basil Pesto

• 1 cup basil • 1/3 cup cashews • 2 garlic cloves, chopped • 1/2 cup olive oil Process basil, cashews and garlic until smooth. Add oil in a slow stream. Process to combine. Transfer to a bowl. Season with salt and pepper. Stir to combine. Allergies: SF, GF, DF, EF, V



Cilantro Pesto

• 1 cup cilantro • 1/3 cup cashews • 2 garlic cloves, chopped • 1/2 cup [olive](#) oil or [avocado](#) oil Process cilantro, cashews and garlic. Add oil in a slow stream. Process to combine. Transfer to a bowl. Season with salt and pepper. Stir to combine. Allergies: SF, GF, DF, EF, V



Sundried Tomato Pesto

• 3/4 cup sundried tomatoes • 1/3 cup cashews • 2 garlic cloves, chopped • 1/2 cup [olive](#) oil or [avocado](#) oil Process tomato, cashews and garlic. Add oil in a slow stream. Process to combine. Transfer to a bowl. Season with salt and pepper. Stir to combine. Allergies: SF, GF, DF, EF, V



Broths

Some recipes require a cup or more of various broths, vegetable, beef or chicken broth. I usually cook the whole pot and freeze it.

Vegetable broth

Servings: 6 cups *Ingredients*

- 1 tbsp. [coconut](#) oil
- 1 large onion
- 2 stalks celery, including some leaves • 2 large carrots
- 1 bunch green onions, chopped
- 8 cloves garlic, minced
- 8 sprigs fresh parsley
- 6 sprigs fresh thyme
- 2 bay leaves
- 1 tsp. salt
- 2 quarts water

Instructions - Allergies: SF, GF, DF, EF, V, NF

Chop veggies into small chunks. Heat oil in a soup pot and add onion, scallions, celery, carrots, garlic, parsley, thyme, and bay leaves. Cook over high heat for 5 to 7 minutes, stirring occasionally.

Bring to a boil and add salt. Lower heat and simmer, uncovered, for 30 minutes. Strain. Other ingredients to consider: broccoli stalk, celery root



Chicken Broth

Ingredients

- 4 lbs. fresh chicken (wings, necks, backs, legs, bones)
 - 2 peeled onions or 1 cup chopped leeks
 - 2 celery stalks • 1 carrot • 8 black peppercorns • 2 sprigs fresh thyme • 2 sprigs fresh parsley • 1 tsp. salt
- Instructions - Allergies: SF, GF, DF, EF, NF*

Put cold water in a stock pot and add chicken. Bring just to a boil. Skim any foam from the surface. Add other ingredients, return just to a boil, and reduce heat to a slow simmer. Simmer for 2 hours. Let cool to warm room temperature and strain. Keep chilled and use or freeze broth within a few days. Before using, defrost and boil.



Beef Broth

Ingredients

- 4-5 pounds beef bones and few veal bones
- 1 pound of stew meat (chuck or flank steak) cut into 2-inch chunks • [olive](#) oil or [avocado](#) oil • 1-2 medium onions, peeled and quartered
- 1-2 large carrots, cut into 1-2 inch segments
- 1 celery rib, cut into 1 inch segments
- 2-3 cloves of garlic, unpeeled
- Handful of parsley, stems and leaves
- 1-2 bay leaves
- 10 peppercorns

Instructions - Allergies: SF, GF, DF, EF, NF

Heat oven to 375°F. Rub olive oil over the stew meat pieces, carrots, and onions. Place stew meat or beef scraps, stock bones, carrots and onions in a large roasting pan. Roast in oven for about 45 minutes, turning everything half-way through the cooking.

Place everything from the oven in a large stock pot. Pour some boiling water in the oven pan and scrape up all of the browned bits and pour all in the stock pot.

Add parsley, celery, garlic, bay leaves, and peppercorns to the pot. Fill the pot with cold water, to 1 inch over the top of the bones. Bring the stock pot to a regular simmer and then reduce the heat to low, so it just barely simmers. Cover the pot loosely and let simmer low and slow for 3-4 hours.

Scoop away the fat and any scum that rises to the surface once in a while.

After cooking, remove the bones and vegetables from the pot. Strain the broth. Let cool to room temperature and then put in the refrigerator.

The fat will solidify once the broth has chilled. Discard the fat (or reuse it) and pour the broth into a jar and freeze it.



Pastes

Curry Paste

This should not be prepared in advance, but there are several curry recipes that are using curry paste and I decided to take the curry paste recipe out and have it separately. So, when you see that the recipe is using curry paste, please go to this part of the book and prepare it from scratch. Don't use processed curry pastes or curry powder; make it every time from scratch. Keep the spices in original form (seeds, pods), ground them just before making the curry paste. You can dry heat in the skillet cloves, cardamom, cumin and coriander and then crush them coarsely with mortar and pestle.

Ingredients

- 2 onions, minced
- 2 cloves garlic, minced
- 2 teaspoons fresh ginger root, finely chopped
- 6 whole cloves • 2 cardamom pods
- 2 (2 inch) pieces cinnamon sticks, crushed
- 1 tsp. ground cumin
- 1 tsp. ground coriander
- 1 tsp. salt
- 1 tsp. ground cayenne pepper
- 1 tsp. ground turmeric

Instructions - Allergies: SF, GF, DF, EF, V, NF

Heat oil in a frying pan over medium heat and fry onions until transparent. Stir in garlic, cumin, ginger, cloves, cinnamon, coriander, salt, cayenne, and turmeric. Cook for 1 minute over medium heat, stirring constantly. At this point other curry ingredients should be added.



Tomato paste

Some recipes (chili) require tomato paste. I usually prepare 20 or so liters at once (when tomato is in season, which is usually September) and freeze it.

Ingredients

- 5 lbs. chopped plum tomatoes
- 1/4 cup extra-virgin [olive](#) oil or [avocado](#) oil plus 2 tbsp.
- salt, to taste *Instructions - Allergies: SF, GF, DF, EF, V, NF*

Heat 1/4 cup of the oil in a skillet over medium heat. Add tomatoes. Season with salt. Bring to a boil. Cook, stirring, until very soft, about 8 minutes.

Pass the tomatoes through the finest plate of a food mill. Push as much of the pulp through the sieve as possible and leave the seeds behind.

Bring it to boil, lower it and then boil uncovered, so the liquid will thicken (approx. 30-40 minutes). That will give you homemade tomato juice. You get tomato paste if you boil for 60 minutes, it gets thick like store bought ketchup.

Store sealed in an airtight container in the refrigerator for up to one month, or freeze, for up to 6 months.



Precooked beans

Again, some recipes require that you cook some beans (butter beans, red kidney, garbanzo) in advance. Cooking beans takes around 3 hours and it can be done in advance or every few weeks and the rest get frozen. Soak beans for 24 hours before cooking them. After the first boil, throw the water, add new water and continue cooking. Some beans or lentils can be sprouted for few days before cooking and that helps people with stomach problems.



Breakfast - Oatmeal

Superfoods Oatmeal Breakfast

Serves 1 - Allergies: SF, GF, DF, EF, V, NF

- 1 cup cooked oatmeal
- 1 tsp. of ground [flax](#) seeds • 1 tsp. of sunflower seeds
- A dash of cinnamon
- Half of the tsp. of cocoa

Cook oatmeal with hot water and after that mix all ingredients. Sweeten if you have to with few drops of raw honey. Optional: You can replace sunflower seeds with pumpkin seed or chia seed. You can add a handful of blueberries or any

Nutrition Facts	
Serving Size 52 g	
Amount Per Serving	
Calories 207	Calories from Fat 58
% Daily Value*	
Total Fat 6.4g	10%
Saturated Fat 0.9g	4%
Cholesterol 0mg	0%
Sodium 5mg	0%
Potassium 246mg	7%
Total Carbohydrates 28.8g	10%
Dietary Fiber 7.3g	29%
Sugars 0.5g	
Protein 8.2g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 13%
Nutrition Grade A-	
* Based on a 2000 calorie diet	

berries instead of cocoa.



Oatmeal Yogurt Breakfast

Serves 1 - Allergies: SF, GF, EF, NF

- 1/2 cup dry oatmeal
- Handful of blueberries (optional)
- 1 cup of low-fat yogurt

Mix all ingredients and wait 20 minutes or leave overnight in the fridge if using steel cut oats.

Nutrition Facts	
Serving Size 247 g	
Amount Per Serving	
Calories 255	Calories from Fat 37
% Daily Value*	
Total Fat 4.2g	6%
Saturated Fat 2.1g	11%
Cholesterol 11mg	4%
Sodium 131mg	5%
Potassium 557mg	16%
Total Carbohydrates 36.6g	12%
Dietary Fiber 3.6g	15%
Sugars 16.8g	
Protein 14.3g	
Vitamin A 2%	• Vitamin C 12%
Calcium 35%	• Iron 10%
Nutrition Grade A	
* Based on a 2000 calorie diet	



Cocoa Oatmeal

Serves 1

Ingredients - Allergies: SF, GF, DF, NF

- 1/2 cup oats
- 2 cups water
- A pinch tsp. salt
- 1/2 tsp. ground [vanilla](#) bean • 2 tbsp. cocoa powder
- 1 tbsp. raw [honey](#)
- 2 tbsp. ground [flax](#) seeds meal • a dash of cinnamon
- 2 egg whites

Instructions

In a saucepan over high heat, place the oats and salt. Cover with 3 cups water. Bring to a boil and cook for 3-5 minutes, stirring occasionally. Keep adding 1/2 cup water if necessary as the mixture thickens.

In a separate bowl, whisk 4 tbsp. water into the 4 tbsp. cocoa powder to form a smooth sauce. Add the vanilla to the pan and stir.

Turn the heat down to low. Add the egg whites and whisk immediately. Add the flax meal, and cinnamon. Stir to combine. Remove from heat, add raw honey and serve immediately.

Topping suggestions: sliced strawberries, blueberries or few almonds.



Flax and Blueberry Vanilla Overnight Oats

Serves 1

Ingredients - Allergies: SF, GF, EF, V, NF

- 1/2 cup oats
- 1/3 cup water
- 1/4 cup low-fat yogurt
- 1/2 tsp. ground [vanilla](#) bean • 1 tbsp. [flax](#) seeds meal • A pinch of salt
- Blueberries, almonds, blackberries, raw [honey](#) for topping

Instructions

Add the ingredients (except for toppings) to the bowl in the evening. Refrigerate overnight.

In the morning, stir up the mixture. It should be thick. Add the toppings of your choice.

Apple Oatmeal

Serves 1

Ingredients - Allergies: SF, GF, DF, EF, V, NF

- 1 grated apple
- 1/2 cup oats
- 1 cup water • Dash of cinnamon
- 2 tsp. raw [honey](#)

Instructions

Cook the oats with the water for 3-5 minutes.

Add grated apple and cinnamon. Stir in the raw honey.



Almond Butter Banana Oats

Serves 1

Ingredients - Allergies: SF, GF

- 1/2 cup oats
- 3/4 cup water
- 1 egg white
- 1 banana • 1 tbs. [flax](#) seeds meal • 1 tsp raw [honey](#)
- pinch cinnamon
- 1/2 tbs. [almond](#) butter *Instructions*

Combine oats and water in a bowl. Beat the egg white, then whisk it in with the uncooked oats. Boil on stovetop. Check consistency and continue to heat as necessary until the oats are fluffy and thick. Mash banana and add to oats. Heat for 1 minute Stir in flax, raw honey, and cinnamon. Top with almond butter!



Coconut Pomegranate Oatmeal

Serves 1

Ingredients - Allergies: SF, GF, DF, EF, V, NF

- 1/2 cup oats
- 1/3 cup coconut milk
- 1 cup water
- 2 tbs. shredded unsweetened coconut
- 1-2 tbs. [flax](#) seeds meal • 1 tbs. raw [honey](#)
- 3 tbs. pomegranate seeds

Instructions

Cook oats with the coconut milk, water, and salt.

Stir in the coconut, raw honey and flaxseed meal. Sprinkle with extra coconut and pomegranate seeds.



Savory Breakfasts

Serves 1

Regular egg recipes

Allergies: SF, GF, DF, NF

Eggs are great way to start a day and you can enjoy them hard boiled, scrambled, poached or in the omelet with veggies. Eat some breakfast veggies with eggs.



Omelet with Leeks

Serves 1 - Allergies: SF, GF, DF, NF

Cook leeks in little coconut oil until they get soft and then mix the beaten eggs in.



Egg pizza crust

Ingredients - Allergies: SF, GF, DF, NF

- 3 eggs
- 1/2 cup of coconut flour
- 1 cup of coconut milk
- 1 crushed garlic clove

Mix and make an omelet.



Omelet with Superfoods veggies

Serves 1

Ingredients - Allergies: SF, GF, DF, NF

- 2 large eggs
- Salt • Ground black pepper • 1 tsp. [olive](#) oil or [cumin](#) oil • 1 cup spinach, cherry tomatoes and 1 spoon of yogurt cheese • Crushed red pepper flakes and a pinch of dill (optional) *Instructions*

Whisk 2 large eggs in a small bowl. Season with salt and ground black pepper and set aside. Heat 1 tsp. olive oil in a medium skillet over medium heat. Add baby spinach, tomatoes, cheese and cook, tossing, until wilted (Approx. 1 minute). Add eggs; cook, stirring occasionally, until just set, about 1 minute. Stir in cheese. Sprinkle with crushed red pepper flakes and dill.



Egg Muffins

Ingredients - Allergies: SF, GF, DF, NF

Serving: 8 muffins • 8 eggs

- 1 cup diced green bell pepper
- 1 cup diced onion
- 1 cup spinach
- 1/4 tsp. salt
- 1/8 tsp. ground black pepper
- 2 tbsp. water

Instructions

Heat the oven to 350 degrees F. Oil 8 muffin cups. Beat eggs together. Mix in bell pepper, spinach, onion, salt, black pepper, and water. Pour the mixture into muffin cups. Bake in the oven until muffins are done in the middle.



Smoked Salmon Scrambled Eggs

Ingredients, serves 2 - Allergies: SF, GF, DF, NF

- 1 tsp [coconut](#) oil
- 4 eggs
- 1 Tbs water
- 4 oz smoked salmon, sliced
- 1/2 avocado
- ground black pepper, to taste
- 4 chives, minced (or use 1 green onion, thinly sliced) *Instructions*

Heat a skillet over medium heat. Add coconut oil to pan when hot. Meanwhile, scramble eggs. Add eggs to the hot skillet, along with smoked salmon. Stirring continuously, cook eggs until soft and fluffy. Remove from heat. Top with avocado, black pepper, and chives to serve.



Steak and Eggs

Serves 2

Ingredients - Allergies: SF, GF, DF, NF

- 1/2 lb boneless beef steak or pork tenderloin • 1/4 tsp ground black pepper
- 1/4 tsp sea salt (optional)
- 2 tsp [coconut](#) oil
- 1/4 onion, diced
- 1 red bell pepper, diced
- 1 handful spinach or arugula
- 2 eggs

Instructions

Season sliced steak or pork tenderloin with sea salt and black pepper. Heat a sauté pan over high heat. Add 1 tsp coconut oil, onions, and meat when pan is hot, and sauté until steak is slightly cooked. Add spinach and red bell pepper, and cook until steak is done to your liking. Meanwhile, heat a small fry pan over medium heat. Add remaining coconut oil, and fry two eggs. Top each steak with a fried egg to serve.



Egg Bake

Ingredients - Allergies: SF, GF, DF, NF

Serves 6

- 2 cups chopped red peppers or spinach • 1 cup zucchini
- 2 tbsp. [coconut](#) oil
- 1 cup sliced mushrooms
- 1/2 cup sliced green onions
- 8 eggs
- 1 cup coconut milk
- 1/2 cup [almond](#) flour • 2 tbsp. minced fresh parsley
- 1/2 tsp. dried basil
- 1/2 tsp. salt
- 1/4 tsp. ground black pepper

Instructions

Preheat oven to 350 degrees F. Put coconut oil in a skillet. Heat it to medium heat. Add mushrooms, onions, zucchini and red pepper (or spinach) until vegetables are tender, about 5 minutes. Drain veggies and spread them over the baking dish.

Beat eggs in a bowl with milk, flour, parsley, basil, salt, and pepper. Pour egg mixture into baking dish.

Bake in preheated oven until the center is set (approx. 35 to 40 minutes).



Frittata

6 servings *Ingredients - Allergies: SF, GF, DF, NF*

- 2 tbsp. [olive](#) oil or [avocado](#) oil • 1 Zucchini, sliced • 1 cup torn fresh spinach
- 2 tbsp. sliced green onions
- 1 tsp. crushed garlic, salt and pepper to taste • 1/3 cup coconut milk
- 6 eggs

Instructions

Heat olive oil in a skillet over medium heat. Add zucchini and cook until tender. Mix in spinach, green onions, and garlic. Season with salt and pepper. Continue cooking until spinach is wilted.

In a separate bowl, beat together eggs and coconut milk. Pour into the skillet over the vegetables. Reduce heat to low, cover, and cook until eggs are firm (5 to 7 minutes).



Superfoods Naan Pancakes Crepes

Ingredients - Allergies: SF, GF, DF, EF, V

- 1/2 cup [almond](#) flour • 1/2 cup Tapioca Flour • 1 cup Coconut Milk • Salt
- [coconut](#) oil *Instructions*

Mix all the ingredients together.

Heat a pan over medium heat and pour batter to desired thickness. Once the batter looks firm, flip it over to cook the other side.

If you want this to be a dessert crepe or pancake, then omit the salt. You can add minced garlic or ginger in the batter if you want, or some spices.



Zucchini Pancakes

Serves 3

Ingredients - Allergies: SF, GF, DF

- 2 medium zucchini
- 2 tbsp. chopped onion
- 3 beaten eggs • 6 to 8 tbsp. [almond](#) flour • 1 tsp. salt
- 1/2 tsp. ground black pepper
- [coconut](#) oil *Instructions*

Heat the oven to 300 degrees F.

Grate the zucchini into a bowl and stir in the onion and eggs. Stir in 6 tbsp. of the flour, salt, and pepper.

Heat a large sauté pan over medium heat and add coconut oil in the pan. When the oil is hot, lower the heat to medium-low and add batter into the pan. Cook the pancakes about 2 minutes on each side, until browned. Place the pancakes in the oven.



Savory Superfoods Pie Crust

Ingredients - Allergies: SF, GF, DF

- 1 1/4 cups blanched [almond](#) flour • 1/3 cup tapioca flour
- 3/4 tsp. finely ground sea salt
- 3/4 tsp. paprika
- 1/2 tsp. ground cumin
- 1/8 tsp. ground white pepper
- 1/4 cup [coconut](#) oil • 1 large egg

Instructions

Instructions

Place almond flour, tapioca flour, sea salt, vanilla, egg and coconut sugar (if you use coconut sugar) in the bowl of a food processor. Process 2-3 times to combine. Add oil and raw honey (if you use raw honey) and pulse with several one-second pulses and then let the food processor run until the mixture comes together. Move dough onto a plastic wrap sheet. Wrap and then press the dough into a 9-inch disk. Refrigerate for 30 minutes.

Remove plastic wrap. Press dough onto the bottom and up the sides of a 9-inch buttered pie dish. Crimp a little bit the edges of crust. Cool in the refrigerator for 20 minutes. Put the oven rack to middle position and preheat oven to 375F. Put in the oven and bake until golden brown.



Quiche

Serves 2-3

Ingredients - Allergies: SF, GF, DF, NF

- 1 Precooked and cooled Savory Superfoods Pie Crust
- 8 ounces organic spinach, cooked and drained
- 6 ounces cubed pork • 2 medium shallots, thinly sliced and sautéed
- 4 large eggs • 1 cup coconut milk • 3/4 tsp. salt • 1/4 tsp. freshly ground black pepper

Instructions

Brown the pork in coconut oil and then add the spinach and shallots. Set aside once done.

Preheat oven to 350F. In a large bowl, combine eggs, milk, salt and pepper. Whisk until foamy. Add in about 3/4 of the drained filling mixture, reserving the other 1/4 to "top" the quiche. Pour egg mixture into crust and place remaining filling on top of the quiche.

Place quiche in oven in the center of the middle rack and bake undisturbed for 45 to 50 minutes.



Cottage Cheese Sesame Balls

Ingredients - Allergies: SF, GF, EF

- 16 ounce farmers cheese or cottage cheese
- 1 cup finely chopped almonds
- 1 and 1/2 cups oatmeal

In a large bowl, combine blended cottage cheese, almonds and oatmeal. Make balls and roll in sesame seeds mix.



Superfoods Smoothies

Put the liquid in first. Surrounded by tea or yogurt, the blender blades can move freely. Next, add chunks of fruits or vegetables. Leafy greens are going into the pitcher last. Preferred liquid is green tea, but you can use almond or coconut milk or herbal tea.

Start slow. If your blender has speeds, start it on low to break up big pieces of fruit. Continue blending until you get a puree. If your blender can pulse, pulse a few times before switching to a puree mode. Once you have your liquid and fruit pureed, start adding greens, very slowly. Wait until previous batch of greens has been completely blended.

Thicken? Added too much tea or coconut milk? Thicken your smoothie by adding ice cubes, flax meal, chia seeds or oatmeal. Once you get used to various tastes of smoothies, add any seaweed, spirulina, chlorella powder or ginger for additional kick. Experiment with any Superfoods in powder form at this point. Think of adding any nut butter or sesame paste too or some Superfoods oils.

Rotate! Rotate your greens; don't always drink the same smoothie! At the beginning try 2 different greens every week and later introduce third and fourth one weekly. And keep rotating them. Don't use spinach and kale all the time. Try beets greens, they have a pinch of pink in them and that add great color to your smoothie. Here is the list of leafy green for you to try: spinach, kale, dandelion, chards, beet leaves, arugula, lettuce, collard greens, bok choy, cabbage, cilantro, parsley.

Flavor! Flavor smoothies with ground vanilla bean, cinnamon, raw honey, nutmeg, cloves, almond butter, cayenne pepper, ginger or just about any seeds or chopped nuts combination.

Not only are green smoothies high in nutrients, vitamins and fiber, they can also

make any vegetable you probably don't like (be it kale, spinach or broccoli) taste great. The secret behind blending the perfect smoothie is using sweet fruits or nuts or seeds to give your drink a unique taste.

There's a reason kale and spinach seem to be the main ingredients in almost every green smoothie. Not only do they give smoothies their verdant color, they are also packed with calcium, protein and iron.

Although blending alone increases the accessibility of carotenoids, since the presence of fats is known to increase carotenoid absorption from leafy greens, it is possible that coconut oil, nuts and seeds in a smoothie could increase absorption further.

If you can't find some ingredient, replace it with the closest one.

GREEN SMOOTHIES

Kale Kiwi Smoothie

- 1 cup Kale, chopped
- 2 Apples
- 3 Kiwis
- 1 tablespoon [flax](#) seeds
- 1 tablespoon royal jelly
- 1 cup crushed ice



Zucchini Apples Smoothie

- 1/2 cup zucchini
- 2 Apples
- 3/4 avocado
- 1 stalk Celery
- 1 Lemon
- 1 tbsp. Spirulina
- 1 1/2 cups crushed ice



Dandelion Smoothie

- 1 cup Dandelion greens
- 1 cup Spinach
- ½ cup tahini
- 1 Red Radish
- 1 tbsp. [chia](#) seeds
- 1 cup lavender tea



Fennel Honeydew Smoothie

- ½ cup fennel
- 1 cup Broccoli
- 1 tbsp. Cilantro
- 1 cup Honeydew
- 1 cup crushed ice
- 1 tbsp. Chlorella



Broccoli Apple Smoothie

- 1 Apple
- 1 cup Broccoli
- 1 tbsp. Cilantro
- 1 Celery stalk
- 1 cup crushed ice
- 1 tbsp. crushed Seaweed



Salad Smoothie

- 1 cup spinach
- ½ cucumber
- 1/2 small onion
- 2 tablespoons Parsley
- 2 tablespoons lemon juice
- 1 cup crushed ice
- 1 tbsp. [olive](#) oil or [cumin](#) oil
- ¼ cup Wheatgrass



Avocado Kale Smoothie

- 1 cup Kale
- ½ Avocado
- 1 cup Cucumber
- 1 Celery Stalk
- 1 tbsp. [chia](#) seeds
- 1 cup chamomile tea
- 1 tbsp. Spirulina



Watercress Smoothie

- 1 cup Watercress
- ½ cup [almond](#) butter
- 2 small cucumbers
- 1 cup coconut milk
- 1 tbsp. Chlorella
- 1 tbsp. Black cumin seeds – sprinkle on top and garnish with parsley



Beet Greens Smoothie

- 1 cup Beet Greens
- 2 tbsp. Pumpkin seeds butter
- 1 cup Strawberry
- 1 tbsp. Sesame seeds
- 1 tbsp. [hemp](#) seeds
- 1 cup chamomile tea



Broccoli Leeks Cucumber smoothie

- 1 cup Broccoli
- 2 tbsp. Cashew butter
- 2 Leeks
- 2 Cucumbers
- 1 Lime
- ½ cup Lettuce
- ½ cup Leaf Lettuce
- 1 tbsp. Matcha
- 1 cup crushed ice



Cacao Spinach Smoothie

- 2 cups spinach
- 1 cup blueberries, frozen
- 1 tablespoons dark cocoa powder
- ½ cup unsweetened almond milk
- 1/2 cup crushed ice
- 1 tsp raw [honey](#)
- 1 tbsp. Matcha powder



Flax Almond Butter Smoothie

- ½ cup plain yogurt
- 2 tablespoons [almond](#) butter
- 2 cups spinach
- 1 banana, frozen
- 3 strawberries
- 1/2 cup crushed ice
- 1 teaspoon [flax](#) seeds



Apple Kale Smoothie

- 1 cup kale
- ½ cup coconut milk
- 1 tbsp. Maca
- 1 banana, frozen
- ¼ teaspoon cinnamon
- 1 Apple
- Pinch of nutmeg
- 1 clove
- 3 ice cubes



Iceberg Peach Smoothie

- 1 cup Iceberg lettuce
- 1 Banana
- 1 peach
- 1 Brazil Nut
- 1 Mango
- 1 cup Kombucha
- Top with [hemp](#) seeds



Rainbow Smoothie

3 Colors Rainbow Smoothie

- Blend 1 Large beet with some crushed ice
- Blend 3 carrots with some crashed ice
- Blend 1 cucumber, 1 cup of leaf lettuce and ½ cup Wheatgrass
- Serve them separate to preserve the distinct color



Salad Dressings

Italian Dressing

Serves 1 - Allergies: SF, GF, DF, EF, V, NF

- 1 tsp. [olive](#) oil or [cumin](#) oil
- lemon
- minced garlic
- salt
- 1 Tbsp. of [Spirulina](#), [Chlorella](#), [Maca](#) or [Matcha](#) (optional)

Yogurt Dressing

Serves 1 - Allergies: SF, GF, DF, EF, V, NF

- half a cup of plain low-fat Greek yogurt or low-fat buttermilk • [olive](#) oil or [avocado](#) oil • minced garlic
- salt • lemon Occasionally I would add a tsp. of mustard or some herbs like basil, oregano, marjoram, chives, thyme, parsley, dill or mint. If you like spicy hot food, add some cayenne in the dressing. It will speed up your metabolism and have interesting hot spicy effect in cold yogurt or buttermilk.

Salads

Large Fiber Loaded Salad with Italian Dressing

Serves 1 - Allergies: SF, GF, EF, NF

- 1 cup of spinach
- 1 cup of shredded cabbage, sauerkraut or lettuce. Cabbage has more substance.
- Italian or Yogurt dressing
- Cayenne pepper (optional)
- Few sprigs of cilantro (optional)

Nutrition Facts	
Serving Size 105 g	
Amount Per Serving	
Calories 64	Calories from Fat 44
% Daily Value*	
Total Fat 4.9g	7%
Saturated Fat 0.7g	4%
Cholesterol 0mg	0%
Sodium 36mg	2%
Potassium 286mg	8%
Total Carbohydrates 5.1g	2%
Dietary Fiber 2.4g	10%
Sugars 2.4g	
Protein 1.8g	
Vitamin A 58%	• Vitamin C 57%
Calcium 6%	• Iron 6%
Nutrition Grade A	
* Based on a 2000 calorie diet	

- 2 spring (green) onions (optional)



Large Fiber Loaded Salad with Yogurt Dressing

Serves 1 - Allergies: SF, GF, EF, NF

- 1 cup of spinach
- 1 cup of shredded cabbage or lettuce. Cabbage has more substance.
- Italian or Yogurt dressing
- Cayenne pepper (optional)
- Few sprigs of cilantro (optional)
- 2 spring (green) onions (optional)

Nutrition Facts	
Serving Size 226 g	
Amount Per Serving	
Calories 136	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1.7g	8%
Cholesterol 7mg	2%
Sodium 122mg	5%
Potassium 573mg	16%
Total Carbohydrates 13.8g	5%
Dietary Fiber 2.4g	10%
Sugars 11.0g	
Protein 8.7g	
Vitamin A 59%	Vitamin C 58%
Calcium 28%	Iron 7%
Nutrition Grade A	
* Based on a 2000 calorie diet	



Large Fiber Loaded Salad as a meal on its own – only 258 calories per serving

Serves 1 - Allergies: SF, GF, EF, NF

This is what I eat every second evening and I can't get enough of it!!! This is the real secret to lose weight while having full stomach with grade A ingredients!!

- 1 cup of spinach
- 1 cup of shredded cabbage
- Yogurt dressing
- Cayenne pepper (optional)
- Few sprigs of cilantro (optional)
- 2 spring (green) onions
- 5 oz. low-fat farmers cheese

Pour yogurt dressing into the salad bowl. Add farmers' cheese and mix thoroughly. Cut spring onions in small pieces and add to the cheese mixture and mix. Add spinach and cabbage and mix thoroughly. Add spices (optional).



Nutrition Facts

Serving Size 401 g

Amount Per Serving

Calories 258 Calories from Fat 62

% Daily Value*

Total Fat 6.8g **11%**

Saturated Fat 2.0g **10%**

Cholesterol 7mg **2%**

Sodium 708mg **30%**

Potassium 656mg **19%**

Total Carbohydrates 21.5g **7%**

Dietary Fiber 3.2g **13%**

Sugars 15.9g

Protein 26.6g

Vitamin A 65%

•

Vitamin C 68%

Calcium 30%

•

Iron 9%

Nutrition Grade A-

* Based on a 2000 calorie diet

Greek Salad

Serves 4 - Allergies: SF, GF, EF, NF

- 1 head iceberg lettuce
- 1 head romaine lettuce
- 1 lb. plump tomatoes
- 6 oz. Greek or black olives, sliced
- 4 oz. sliced radishes
- 4 oz. low-fat feta or goat cheese
- 2 oz. anchovies (optional)

Dressing:

- 3 oz. [olive](#) oil or [avocado](#) oil
- 3 oz. fresh lemon juice
- 1 tsp. dried oregano
- 1 tsp. black pepper
- 1 tsp. salt
- 4 cloves garlic, minced

Wash and cut lettuce into pieces. Slice tomatoes in quarters. Combine olives, lettuce, tomatoes, and radishes in large bowl. Mix dressing ingredients together and toss with vegetables. Pour out into a shallow serving bowl. Crumble feta/goat cheese over all, and arrange anchovy fillets on top (if desired).



Cucumber, Cilantro, Quinoa Tabbouleh

Serves 2

Ingredients - Allergies: SF, GF, DF, EF, NF, V

- 1 cup cooked [quinoa](#) mixed with 1 tbsp. sesame seeds
- 1/2 cup chopped tomato and green pepper
- 1 cup chopped cucumber
- 1/2 cup chopped cilantro *Dressing:*
- 1 tbsp. [olive](#) oil or [cumin](#) oil
- 1 tbsp. fresh lemon juice
- pinch of black pepper
- pinch of sea salt

Instructions: Mix all ingredients.



Almond, Quinoa, Red Peppers & Arugula Salad

Serves 2

Ingredients - Allergies: SF, GF, DF, EF, NF, V

- 1 cup cooked [quinoa](#) mixed with 1 tbsp. pumpkin seeds
- 1/2 cup chopped almonds
- 1 cup chopped arugula
- 1/2 cup sliced red peppers *Dressing:*
- 1 tbsp. [olive](#) oil or [cumin](#) oil
- 1 tbsp. fresh lemon juice
- pinch of black pepper
- pinch of sea salt

Instructions: Mix all ingredients.



Asparagus, Quinoa & Red Peppers Salad

Serves 2

Ingredients - Allergies: SF, GF, DF, EF, NF, V

- 1 cup cooked [quinoa](#) mixed with 1 tbsp. sunflower seeds
- 1 cup sliced red peppers
- 1 cup grilled asparagus
- Garnish with lime and parsley

Dressing:

- 1 tbsp. [olive](#) oil or [avocado](#) oil
- 1 tbsp. fresh lemon juice
- pinch of black pepper
- pinch of sea salt

Instructions: Mix all ingredients.



Chickpeas, Quinoa, Cucumber & Tomato Salad

Serves 2

Ingredients - Allergies: SF, GF, DF, EF, NF, V

- 1 cup cooked [quinoa](#) mixed with 1 tbsp. sesame seeds
- 1 cup cooked chickpeas
- 1 cup chopped cucumber and green onions
- 1/2 cup chopped tomato *Dressing:*
- 1 tbsp. [olive](#) oil or [avocado](#) oil
- 1 tbsp. fresh lemon juice
- pinch of black pepper
- pinch of sea salt

Instructions: Mix all ingredients.



Strawberry Spinach Salad

Serves 4-6

Ingredients - Allergies: SF, GF, DF, EF, V

- 2 tbsp. black sesame seeds
- 1 tbsp. poppy seeds
- 1/2 cup [olive](#) oil or [avocado](#) oil
- 1/4 cup lemon juice
- 1/4 tsp. paprika
- 1 bag fresh spinach - chopped, washed and dried
- 1 quart strawberries, sliced
- 1/4 cup toasted slivered almonds *Instructions*

Whisk together the sesame seeds, olive oil, poppy seeds, paprika, lemon juice and onion. Refrigerate.

In a large bowl, combine the spinach, strawberries and almonds. Pour dressing over salad. Toss and refrigerate 15 minutes before serving.



Tuna Bean Salad

Serves 1 - Allergies: SF, GF, DF, EF, NF

Ingredients

- 1 can tuna in water, drained
- 1/3 cup four bean mix (or just white or red beans), drained, rinsed • 1 tomato, deseeded, chopped
- 1 large celery stick, trimmed, finely chopped
- 1/2 small onion, halved, thinly sliced
- 1/2 cup flat-leaf parsley leaves, chopped
- 1/2 lemon, rind finely grated, juiced
- 1 garlic clove, crushed & 1 tbsp. extra-virgin olive oil Mix all ingredients and serve.

Nutrition Facts	
Serving Size 335 g	
Amount Per Serving	
Calories 345	Calories from Fat 114
% Daily Value*	
Total Fat 12.6g	19%
Saturated Fat 2.3g	11%
Trans Fat 0.0g	
Cholesterol 28mg	9%
Sodium 115mg	5%
Potassium 1191mg	34%
Total Carbohydrates 27.1g	9%
Dietary Fiber 7.8g	31%
Sugars 6.1g	
Protein 31.5g	
Vitamin A 68%	Vitamin C 107%
Calcium 9%	Iron 29%
Nutrition Grade A	
* Based on a 2000 calorie diet	



Quinoa Salad

Serves: 6

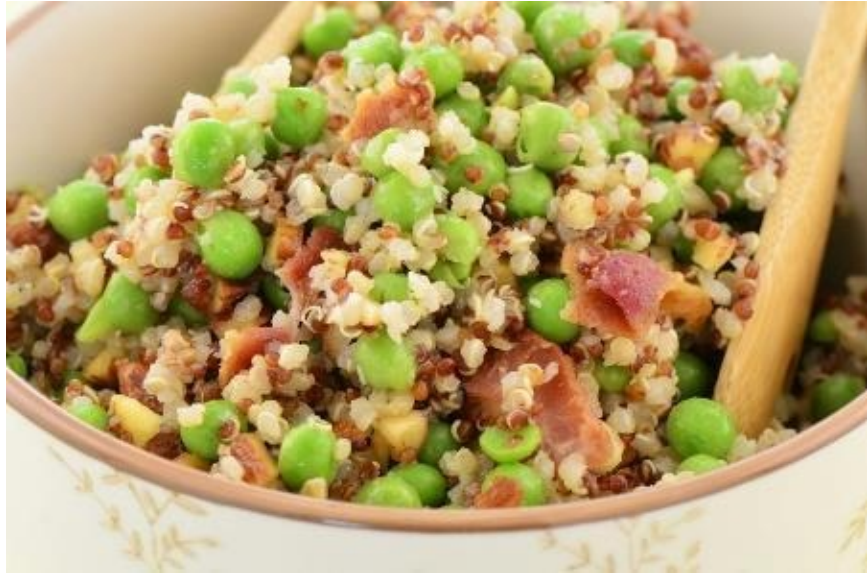
Ingredients - Allergies: SF, GF, EF

For the salad • 2 cups cooked [quinoa](#)

- 2-3 cups frozen green peas
- 1/2 cup low-fat feta cheese
- 6oz.pork, cubed • 1/2 cup freshly chopped basil and cilantro
- 1/2 cup almonds, pulsed in a food processor until crushed For the dressing
- 1/3 cup lemon juice (1-2 large juicy lemons)
- 1/3 cup [olive](#) oil or [avocado](#) oil • 1/4 tsp. salt (more to taste)
- a few teaspoons raw [honey](#) , to taste *Instructions*

Bring a pot of water to boil and then lower the heat. Add the peas and cook covered until bright green. In the meantime, brown pork in a skillet. Toss the quinoa with the pork, peas, feta, herbs, and almonds.

Puree all the dressing ingredients in the food processor. Toss the dressing with the salad ingredients. Season generously with salt and pepper. Serve with baby spinach.



Cauliflower & Eggs Salad

Serves 1

Ingredients - Allergies: SF, GF, NF

- 1 cup chopped Cauliflower
- 2 hardboiled eggs - chopped,
- 2 oz. shredded cheddar cheese, low-fat
- 1 red onion, celery,
- 1 dill pickles,
- 1 tbsp. yellow mustard.

Mix all ingredients.



Quinoa & almond Superfoods Tabbouleh

Serves 2-3

Ingredients - Allergies: SF, GF, EF

- 2 cups cooked [quinoa](#)
- 1 bunch mint, leaves picked & 1 bunch flat leaf parsley • 1/2 small red onion, finely chopped
- 1/4 Cup lemon juice & 1/4 Cup extra virgin [olive](#) oil or [avocado](#) oil • 1/2 Cup whole almonds & 1/2 cup chia or sunflower seeds • 1 Cup cherry tomatoes & 1 Avocado optional • 1 Cup chopped Kale or Dandelion
- Low fat yogurt, to serve, optional *Instructions*

Cook quinoa and let it cool. Chop off and discard half of the parsley stalks. Finely chop the remaining parsley bunch, mint and greens. Stir herbs in a salad bowl and add onion to drained quinoa. Combine lemon juice and olive oil and season well. Add other ingredients, mix and dress salad.



Greek Cucumber Salad

Serves 2-3

Ingredients - Allergies: SF, GF, EF, NF

- 2-3 cucumbers, sliced
- 2 teaspoons salt
- 3 tbsp. lemon juice
- 1/4 tsp. paprika
- 1/4 tsp. white pepper
- 1/2 clove garlic, minced
- 4 fresh green onions, diced
- 1 cup thick Greek Yogurt • 1/4 tsp. paprika

Instructions
Slice cucumbers thinly, sprinkle with salt and mix. Set aside for one hour. Mix lemon juice, water, garlic, paprika and white pepper, and set aside. Squeeze liquid from cucumber slices a few at a time, and place slices in the bowl. Discard liquid. Add lemon juice mixture, green onions, and yogurt. Mix and sprinkle additional paprika or dill over top. Chill for 1-2 hours.



Mediterranean Salad

Serves 3-4

Ingredients - Allergies: SF, GF, DF, EF, V, NF

- 1 medium head romaine lettuce, torn
- 3 small tomatoes, diced
- 1 medium cucumber, sliced
- 1 small green bell pepper, sliced
- 1 small onion, cut into rings
- 6 radishes, thinly sliced
- 1/2 cup flat leaf parsley, chopped
- 1/3 cup [olive](#) oil or [avocado](#) oil
- 3 tbsp. lemon juice
- 1 garlic clove, minced
- Salt & pepper
- 1 tsp. fresh mint, minced

Instructions

Combine lettuce, tomatoes, cucumber, pepper, onion, radishes & parsley in a salad bowl. Whisk together olive oil, lemon juice, garlic, salt, pepper & mint. Pour over salad & toss to coat.



Pomegranate Avocado salad

Serves 1

Ingredients - Allergies: SF, GF, DF, EF, V

- 1 cup mixed greens, spinach, arugula, red leaf lettuce • 1 ripe avocado, cut into 1/2-inch pieces • 1/2 cup pomegranate seeds
- 1/4 cup pecan
- 1/4 cup blackberries
- 1/4 cup cherry tomatoes
- [olive](#) oil or [avocado](#) oil, salt, lemon juice

Instructions

Combine greens, pecan, cut avocado, tomatoes, pomegranates and blackberries in a salad bowl. Whisk together salt, olive oil and lemon juice and pour over salad.



Superfoods Salad

Allergies: SF, GF

Typical superfoods salad should have: 1 part leafy greens - kale, spinach, dandelion and optional cilantro

1 part veggies -carrots, tomato, peppers, beets, broccoli, celery, and some pungent veggies - shallots, ginger or garlic 1 part fruits - pomegranates, avocado, blackberries, blueberries, sliced apple, grapefruit, raspberries, orange 1/2 part of nuts & seeds - almond, walnuts, chia, flax meal, sunflower seeds, pumpkin seeds

1 part protein - low-fat feta, yogurt, 2 boiled eggs or tuna

1 part cooked [quinoa](#) (optional) Make your own mix and use different ingredient every time



Roasted Beet Salad

Serves 3-4

Instructions - Allergies: SF, GF, DF, EF, V, NF

Toss 4 beets cut in half in a baking dish with olive oil, salt and pepper. Cover and roast at 425 degrees F until tender; let cool, then rub off the skins. Toss with any juices from the baking dish, capers, chopped pickles, a dash each of hot sauce, and chopped parsley or dill.



Apple Coleslaw

Serves 1-2

Ingredients - Allergies: SF, GF, DF, EF, V, NF

- 1 cup chopped cabbage (various color)
- 1 tart apple chopped
- 1 celery, chopped
- 1 red pepper chopped
- 5 tsp. [olive](#) oil or [avocado](#) oil • juice of 1 lemon
- 2 Tbs raw [honey](#) (optional) • dash sea salt

Instructions Toss the cabbage, apple, celery, and pepper together in a large bowl. In a smaller bowl, whisk remaining ingredients. Drizzle over coleslaw and toss to coat.



Appetizers

Deviled Eggs

Allergies: SF, GF, DF, NF

Make deviled eggs and optionally add some chopped green chilies, black olives, chili powder and cayenne.



Hummus

Ingredients - Allergies: SF, GF, DF, EF, V, NF

- 2 cups cooked chickpeas (garbanzo beans) • 1/4 cup (59 ml) fresh lemon juice, about 1 large lemon • 1/4 cup (59 ml) tahini
- Half of a large garlic clove, minced
- 2 tbsp. [olive](#) oil or [cumin](#) oil, plus more for serving
- 1/2 to 1 tsp. salt
- 1/2 tsp. ground cumin
- 2 to 3 tbsp. water
- Dash of ground paprika for serving

Instructions

Combine tahini and lemon juice and blend for 1 minute. Add the olive oil, minced garlic, cumin and the salt to tahini and lemon mixture. Process for 30 seconds, scrape sides and then process 30 seconds more.

Add half of the chickpeas to the food processor and process for 1 minute. Scrape sides, add remaining chickpeas and process for 1 to 2 minutes.

Transfer the hummus into a bowl then drizzle about 1 tbsp. of olive oil over the top and sprinkle with paprika.



Guacamole

Ingredients - Allergies: SF, GF, DF, EF, V, NF

- 4 ripe avocados
- 3 tbsp. freshly squeezed lemon juice (1 lemon) • 8 dashes hot pepper sauce
- 1/2 cup diced onion
- 1 large garlic clove, minced
- 1 tsp. salt
- 1 tsp. ground black pepper
- 1 medium tomato, seeded, and small-diced *Instructions*

Cut the avocados in half, remove the pits, and scoop the flesh out. Immediately add the lemon juice, hot pepper sauce, garlic, onion, salt, and pepper and toss well. Dice avocados. Add the tomatoes. Mix well and taste for salt and pepper.



Baba Ghanoush

Ingredients - Allergies: SF, GF, DF, EF, V, NF

- 1 large eggplant
 - 1/4 cup tahini, plus more as needed
 - 3 garlic cloves, minced
 - 1/4 cup fresh lemon juice, plus more as needed • 1 pinch ground cumin
 - salt, to taste
 - 1 tbsp. extra-virgin [olive](#) oil or [avocado](#) oil • 1 tbsp. chopped flat-leaf parsley
 - 1/4 cup brine-cured black olives, such as Kalamata
- Instructions:* Grill eggplant for 10 to 15 minutes. Heat the oven (375 F).

Put the eggplant to a baking sheet and bake 15-20 minutes or until very soft. Remove from the oven, let cool, and peel off and discard the skin. Put the eggplant flesh in a bowl. Using a fork, mash the eggplant to a paste.

Add the 1/4 cup tahini, garlic, cumin, 1/4 cup lemon juice and mix well. Season with salt to taste. Transfer the mixture to a serving bowl and spread with the back of a spoon to form a shallow well. Drizzle the olive oil over the top and sprinkle with the parsley.

Serve at room temperature.



Espinacase la Catalana

Serves 4

Ingredients - Allergies: SF, GF, DF, EF, V

- 2 cups spinach
- 2 cloves garlic
- 3 tbsp cashews
- 3 tbsp dried currants
- [olive](#) oil or [avocado](#) oil *Instructions*

Wash the spinach and trim off the stems. Steam the spinach for few minutes.

Peel and slice the garlic. Pour a few tablespoons of olive oil and cover the bottom of a frying pan. Heat pan on medium and sauté garlic for 1-2 minutes. Add the cashews and the currants to the pan and continue to sauté for 1 minute. Add the spinach and mix well, coating with oil. Salt to taste.



Tapenade

Ingredients - Allergies: SF, GF, DF, EF, V, NF

- 1/2 pound pitted mixed olives
- 2 anchovy fillets, rinsed
- 1 small clove garlic, minced
- 2 tbsp. capers
- 2 to 3 fresh basil leaves
- 1 tbsp. freshly squeezed lemon juice
- 2 tbsp. extra-virgin [olive](#) oil or [cumin](#) oil

Rinse the olives in cool water. Place all ingredients in the bowl of a food processor. Process to combine, until it becomes a coarse paste. Transfer to a bowl and serve



Red Pepper Dip

Ingredients - Allergies: SF, GF, EF, NF

- 1 pound red peppers
- 1 cup farmers' cheese
- 1/4 cup virgin [olive](#) oil or [avocado](#) oil • 1 tbsp minced garlic
- Lemon juice, salt, basil, oregano, red pepper flakes to taste.

Instructions

Roast the peppers. Cover them and cool for about 15 minutes. Peel the peppers and remove the seeds and stems. Chop the peppers.

Transfer the peppers and garlic to a food processor and process until smooth. Add the farmers' cheese and garlic and process until smooth.

With the machine running, add olive oil and lemon juice. Add the basil, oregano, red pepper flakes, and 1/4 tsp. salt, and process until smooth. Adjust the seasoning, to taste. Pour to a bowl and refrigerate.



Roasted Garlic

Instructions - Allergies: SF, GF, DF, EF, V, NF

Heat the oven to 350 F.

Rub olive oil into the top of each garlic head and place it cut side down on a foil-lined baking sheet. Bake until the cloves turn golden. Remove from the oven and let cool. Squeeze each head of garlic to expel the cloves into a bowl. Mash into a paste.



Eggplant and Yogurt

Instructions - Allergies: SF, GF, EF, NF

Mix 1 pound chopped eggplant, 3 unpeeled shallots and 3 unpeeled garlic cloves with 1/4 cup olive oil, salt and pepper on a baking sheet. Roast at 400 degrees for half an hour. Cool and squeeze the shallots and garlic from their skins and chop. Mix with the eggplant, almond, 1/2 cup plain yogurt, dill and salt and pepper.



Caponata

Serves 3-4

Ingredients - Allergies: SF, GF, DF

- [coconut](#) oil • 2 large eggplants, cut into large chunks • 1 tsp. dried oregano
- Sea salt • Freshly ground black pepper • 1 small onion, peeled and finely chopped • 2 cloves garlic, peeled and finely sliced • 1 small bunch fresh flat-leaf parsley, leaves picked and stalks finely chopped • 2 tbsp. salted capers, rinsed, soaked and drained • 1 handful green olives, stones removed • 2-3 tbsp. lemon juice
- 5 large ripe tomatoes, roughly chopped • [coconut](#) oil
- 2 tbsp. slivered almonds, lightly toasted, optional *Instructions*

Heat coconut oil in a pan and add eggplant, oregano and salt. Cook on a high heat for around 4 or 5 minutes. Add the onion, garlic and parsley stalks and continue cooking for another few minutes. Add drained capers and the olives and lemon juice. When all the juice has evaporated, add the tomatoes and simmer until tender.

Season with salt and olive oil to taste before serving. Sprinkle with almonds.



Soups

Cream of Broccoli Soup

Serves 4

Ingredients - Allergies: SF, GF, EF, NF

- 1 1/2 pounds broccoli, fresh
- 2 cups water
- 3/4 tsp. salt, pepper to taste
- 1/2 cup tapioca flour, mixed with 1 cup cold water
- 1/2 cup coconut cream • 1/2 cup low-fat farmers cheese

Steam or boil broccoli until it gets tender.

Put 2 cups water and coconut cream in top of double boiler.

Add salt, cheese and pepper. Heat until cheese gets melted.

Add broccoli. Mix water and tapioca flour in a small bowl.

Stir tapioca mixture into cheese mixture in double boiler and heat until soup thickens.



Lentil Soup

Serves 4-6

Ingredients - Allergies: SF, GF, DF, EF, NF

- 2 tbsp. [olive](#) oil or [avocado](#) oil
- 1 cup finely chopped onion
- 1/2 cup chopped carrot
- 1/2 cup chopped celery
- 2 teaspoons salt
- 1 pound lentils
- 1 cup chopped tomatoes
- 2 quarts chicken or vegetable broth
- 1/2 tsp. ground coriander & toasted cumin

Instructions

Place the olive oil into a large Dutch oven. Set over medium heat. Once hot, add the celery, onion, carrot and salt and do until the onions are translucent. Add the lentils, tomatoes, cumin, broth and coriander and stir to combine. Increase the heat and bring just to a boil. Reduce the heat, cover and simmer at a low until the lentils are tender (approx. 35 to 40 minutes). Puree with a blender to your preferred consistency (optional). Serve immediately.



Cold Cucumber Avocado Soup

Serves 2-3

Ingredients - Allergies: SF, GF, EF, NF

- 1 cucumber peeled, seeded and cut into 2-inch chunks
- 1 avocado, peeled
- 2 chopped scallions
- 1 cup chicken broth
- 3/4 cup Greek low-fat yogurt
- 2 tbsp. lemon juice
- 1/2 tsp. ground pepper, or to taste

Garnish:

- Chopped chives, dill, mint, scallions or cucumber

Instructions

Combine the cucumber, avocado and scallions in a blender. Pulse until chopped.

Add yogurt, broth and lemon juice and continue until smooth.

Season with pepper and salt to taste and chill for 4 hours.

Taste for seasoning and garnish.



Bouillabaisse

Serves 6.

Ingredients - Allergies: SF, GF, DF, EF, NF

- 3 pounds of 3 different kinds of fish fillets
- 1/2 cup [coconut](#) oil • 1-2 pounds of Oysters, clams, or mussels
- 1 cup cooked shrimp, crab, or lobster meat, or rock lobster tails • 1 cup thinly sliced onions • 4 Shallots or the white parts of 2 or 3 leeks, thinly sliced
- 2 cloves garlic, crushed • 1 large tomato, chopped • 1 sweet red pepper, chopped • 4 stalks celery, thinly sliced
- 2-inch slice of fennel or 1 tsp. of fennel seed
- 3 sprigs fresh thyme or 3/4 tsp. dried thyme
- 1 bay leaf • 2-3 whole cloves • Zest of half an orange • 1/2 tsp. saffron • 2 teaspoons salt • 1/4 tsp. ground black pepper
- 1 cup clam juice or fish broth
- 2 Tbps lemon juice • 2/3 cup white wine

Instructions

In a large saucepan heat 1/4 cup of the coconut oil. When it is hot, add onions and shallots (or leeks). Sauté for a minute. Add crushed garlic, and sweet red pepper. Add celery, tomato, and fennel. Stir the vegetables until well coated. Add another 1/4 cup of coconut oil, bay leaf, thyme, cloves and the orange zest. Cook until the onion is golden. Cut fish fillets into 2-inch pieces. Add 2 cups of water and the pieces of fish to the vegetable mixture. Bring to a boil, then reduce heat and let it simmer, uncovered, for about 10 minutes. Add clams, oysters or mussels (optional) and crabmeat, shrimp or lobster tails, cut into pieces. Add salt, saffron and pepper. Add lemon juice, clam juice, and white wine. Bring to a simmer again and cook for 5 minutes longer.



Gaspacho

Serves 4

Ingredients - Allergies: SF, GF, DF, EF, V, NF

- 1/2 cup of [flax](#) seeds meal
- 1kg tomatoes, diced • 1 red pepper and 1 green pepper, diced
- 1 cucumber, peeled and diced
- 2 cloves of garlic, peeled and crushed
- 150ml extra virgin [olive](#) oil or [avocado](#) oil • 2tbsp lemon juice • Salt, to taste

Instructions
Mix the peppers, tomatoes and cucumber with the crushed garlic and olive oil in the bowl of a blender. Add flax meal to the mixture. Blend until smooth. Add salt and lemon juice to taste and stir well.

Refrigerate until well chilled. Serve with black olives, hard-boiled egg, cilantro, mint or parsley.



Italian Beef Soup

Serves 6

Ingredients - Allergies: SF, GF, DF, EF, NF

- 1 pound minced beef
- 1 clove garlic, minced
- 2 cups beef broth
- few large tomatoes
- 1 cup sliced carrots
- 2 cups cooked beans
- 2 small zucchini, cubed
- 2 cups spinach - rinsed and torn
- 1/4 tsp. black pepper
- 1/4 tsp. salt Brown beef with garlic in a stockpot. Stir in broth, carrots and tomatoes. Season with salt and pepper. Reduce heat, cover, and simmer for 15 minutes.

Stir in beans with liquid and zucchini. Cover, and simmer until zucchini is tender. Remove from heat, add spinach and cover. Serve after 5 minutes.



Creamy roasted mushroom

Serves 4

Ingredients - Allergies: SF, GF, DF, EF, V, NF

- 1 pound Portobello mushrooms, cut into 1 inch pieces • 1/2 pound shiitake mushrooms, stemmed
- 6 tbsp. [olive](#) oil or [avocado](#) oil • 2 cups vegetable broth
- 1 1/2 tbsp. [coconut](#) oil
- 1 onion, chopped
- 3 garlic cloves, minced
- 3 tbsp. arrowroot flour
- 1 cup coconut cream
- 3/4 tsp. chopped thyme

Instructions

Heat oven to 400°F. Line one large baking sheets with foil. Spread mushrooms and drizzle some olive oil on them. Season with salt and pepper and toss. Cover with foil and bake them for half an hour. Uncover and continue baking 15 minutes more. Cool slightly. Mix one half of the mushrooms with one can of broth in a blender. Set aside.

Melt coconut oil in a large pot over high heat. Add onion and garlic and sauté until onion is translucent. Add flour and stir 2 minutes. Add cream, broth, and thyme. Stir in remaining cooked mushrooms and mushroom puree. Simmer over low heat until thickened (approx. 10 minutes). Season to taste with salt and pepper.



Black Bean Soup

Serves 6-8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 1/4 cup [coconut](#) oil
- 1/4 cup Onion, Diced
- 1/4 cup Carrots, Diced
- 1/4 cup Green Bell Pepper, Diced
- 1 cup beef broth
- 3 pounds cooked Black Beans
- 1 tbsp. lemon juice
- 2 teaspoons Garlic
- 2 teaspoons Salt
- 1/2 tsp. Black Pepper, Ground
- 2 teaspoons Chili Powder
- 8 oz. pork
- 1 tbsp. tapioca flour
- 2 tbsp. Water *Instructions*

Place coconut oil, onion, carrot, and bell pepper in a stock pot. Cook the veggies until tender. Bring broth to a boil. Add cooked beans, broth and the remaining ingredients (except tapioca flour and 2 tbsp. water) to the vegetables. Bring that mixture to a simmer and cook approximately 15 minutes. Puree 1 quart of the soup in a blender and put back into the pot. Combine the tapioca flour and 2 tbsp. water in a separate bowl. Add the tapioca flour mixture to the bean soup and bring to a boil for 1 minute.



Ajoblanco con uvas - Almond and garlic soup-*White Gazpacho*

Serves 4-6

Ingredients - Allergies: SF, GF, DF, EF, V

- 1 cup [flax](#) seeds meal • 200 g almonds, blanched and skinned • 3 cloves garlic • 150 ml extra virgin [olive](#) oil or [avocado](#) oil • 5 tbsp. lemon juice • 2 tsp salt • 1 liter water • 150 g grapes, seeded

Instructions

Put flax meal with the almonds and garlic in the blender. Blend to a smooth paste. Add a little water if necessary. Add the oil in a slow stream with the motor running. Add the lemon juice and salt too. Pour the mixture into a pitcher and add the remaining water. Add salt or lemon juice to taste. Chill the soup. Stir before serving and garnish with grapes.



Squash soup

Serves 4-6

Ingredients - Allergies: SF, GF, DF, EF, V, NF

- 1 Squash • 1 carrot, chopped • 1 onion (diced) • 3/4 – 1 cup coconut milk • 1/4 – 1/2 cup water • [olive](#) oil or [avocado](#) oil • Salt • Pepper
- Cinnamon • Turmeric *Instructions*

Cut the squash and spoon out the seeds. Cut it into large pieces and place on a baking sheet. Sprinkle with salt, olive oil, and pepper and bake at 375 degrees F until soft (approx. 1 hour). Let cool.

In the meantime, sauté the onions in olive oil (put it in a soup pot). Add the carrots. Add 3/4 cup coconut milk and 1/4 cup water after few minutes and let simmer. Scoop the squash out of its skin. Add it to the soup pot. Stir to combine the ingredients and let simmer a few minutes. Add more milk or water if needed. Season to taste with the salt, pepper and spices. Blend until smooth and creamy.

Sprinkle it with toasted pumpkin seeds.



Kale White Bean Pork Soup

Serves 4-6

Ingredients - Allergies: SF, GF, DF, EF, NF

- 2 tbsp. each extra-virgin [olive](#) oil or [cumin](#) oil and [coconut](#) oil • 3 tbsp. chili powder
- 1 tbsp. jalapeno hot sauce
- 2 pounds bone-in pork chops
- Salt • 4 stalks celery, chopped
- 1 large white onion, chopped
- 3 cloves garlic, chopped
- 2 cups chicken broth
- 2 cups diced tomatoes
- 2 cups cooked white beans
- 6 cups packed Kale

Instructions

Preheat the broiler. Whisk hot sauce, 1 tbsp. olive oil and chili powder in a bowl. Season the pork chops with 1/2 tsp. salt. Rub chops with the spice mixture on both sides and place them on a rack set over a baking sheet. Set aside.

Heat 1 tbsp. coconut oil in a large pot over high heat. Add the celery, garlic, onion and the remaining 2 tbsp. chili powder. Cook until onions are translucent, stirring (approx. 8 minutes).

Add tomatoes and the chicken broth to the pot. Cook and stir occasionally until reduced by about one-third (approx. 7 minutes). Add the kale and the beans. Reduce the heat to medium, cover and cook until the kale is tender (approx. 7 minutes). Add up to 1/2 cup water if the mixture looks dry and season with salt.

In the meantime, broil the pork until browned (approx. 4 to 6 minutes). Flip and

broil until cooked through. Serve with the kale and beans.



Avgolemono – Greek lemon chicken soup

Serves 4

Ingredients - Allergies: SF, GF, DF, EF, NF

- 4 cups chicken broth • 1/4 cup uncooked [quinoa](#)
- salt and pepper • 3 eggs • 3 tbsp. lemon juice • Handful fresh dill (chopped) • shredded roasted chicken (optional) Bring the broth to a boil in a saucepan. Add the quinoa and cook until tender. Season with the salt and pepper. Reduce heat to low and let simmer. In a separate bowl, whisk lemon juice and the eggs until smooth. Add about 1 cup of the hot broth into the egg/lemon mixture and whisk to combine. Add the mixture back to the saucepan. Stir until the soup becomes opaque and thickens. Add dill, salt and pepper to taste and chicken if you have it, and serve.



Egg-Drop Soup

Serves 4-6

Ingredients - Allergies: SF, GF, DF, NF

- 1 1/2 quarts chicken broth
- 2 tbsps. Tapioca flour, mixed in 1/4 cup cold water
- 2 eggs, slightly beaten with a fork
- 2 scallions, chopped, including green ends

Instructions

Bring broth to a boil. Slowly pour in the tapioca flour mixture while stirring the broth. The broth should thicken. Reduce heat and let it simmer. Mix in the eggs very slowly while stirring. As soon as the last drop of egg is in, turn off the heat. Serve with chopped scallions on top.



Creamy Tomato Basil Soup

Serves 6

Ingredients - Allergies: SF, GF, DF, EF, V, NF

- 4 tomatoes - peeled, seeded and diced
- 4 cups tomato juice*
- 14 leaves fresh basil
- 1 cup coconut cream
- salt to taste
- ground black pepper to taste *Instructions*

Combine tomatoes and tomato juice in stock pot. Simmer 30 minutes. Puree mixture with basil leaves in a processor. Put back in a stock pot and add coconut cream. Add salt and pepper to taste.



Minestrone

Serves 8-10

Ingredients - Allergies: SF, GF, DF, EF, NF

- 3 tbsp. [coconut](#) oil
- 3 cloves garlic, chopped
- 2 onions, chopped
- 2 cups chopped celery
- 5 carrots, sliced
- 2 cups chicken broth
- 2 cups water
- 4 cups tomato sauce
- 1/2 oz. red wine (optional)
- 1 cup cooked kidney beans
- 2 cups green beans
- 2 cups baby spinach, rinsed
- 3 zucchinis, quartered and sliced
- 1 tbsp. chopped oregano
- 2 tbsp. chopped basil
- salt and pepper to taste
- 1 tbsp. [olive](#) oil or [cumin](#) oil *Instructions*

Heat coconut oil over medium heat in a stock pot, and sauté garlic for few minutes. Add onion and sauté for few more minutes. Add celery and carrots and sauté for 2 minutes.

Add chicken broth, tomato sauce and water and bring to boil, stirring frequently. Add red wine at this point. Reduce heat to low and add kidney beans, zucchini, green beans, spinach leaves, oregano, basil, salt and pepper. Simmer for 30 to 40 minutes.



Grilled Meats & Salad

Chicken and Large Fiber Loaded Salad with Italian Dressing

Serves 1 - Allergies: SF, GF, EF, NF

- 6oz. of Chicken (or turkey), skinless, boneless grilled or prepared in the skillet.
- Large mixed spinach and lettuce salad with Italian Dressing and half a tsp of mustard. Salad can be as large as you want, but use half a cup of the dressing.
- Salad with Yogurt Dressing would have 80 calories more (330 calories total)



Nutrition Facts

Serving Size 247 g

Amount Per Serving

Calories 252 Calories from Fat 122

% Daily Value*

Total Fat 13.6g **21%**

Saturated Fat 2.0g **10%**

Trans Fat 0.0g

Cholesterol 63mg **21%**

Sodium 99mg **4%**

Potassium 831mg **24%**

Total Carbohydrates 5.1g **2%**

Dietary Fiber 2.4g **10%**

Sugars 2.4g

Protein 29.3g

Vitamin A 60% • Vitamin C 57%

Calcium 11% • Iron 11%

Nutrition Grade B+

* Based on a 2000 calorie diet

Salmon with Large Fiber Loaded Salad with Italian Dressing

Serves 1 - Allergies: SF, GF, DF, EF, NF

- 4oz. of Salmon grilled or prepared in the skillet.
- Large mixed spinach and lettuce salad with “Italian Dressing” and some thyme sprinkled on top of it. Salad can be as large as you want, but use the prescribed amount of the dressing.



Herb Crusted Salmon

Serves 1 - Allergies: SF, GF, DF, EF, NF

Rub some tarragon, chives and parsley over 4 oz. salmon and add some salt and pepper. Heat the pan with 1 tsp of coconut oil to medium high and place the salmon, skin-side up in the pan. Cook until golden brown on 1 side, about 4 minutes. Turn the fish over and cook until it feels firm to the touch. Salmon is done when it flakes easily with a fork. Serve with a lemon wedge.

- Large mixed spinach and lettuce salad with “Italian Dressing” and some thyme sprinkled on top of it. Salad can be as large as you want, but use the prescribed

Nutrition Facts	
Serving Size 247 g	
Amount Per Serving	
Calories 252	Calories from Fat 122
% Daily Value*	
Total Fat 13.6g	21%
Saturated Fat 2.0g	10%
Trans Fat 0.0g	
Cholesterol 63mg	21%
Sodium 99mg	4%
Potassium 831mg	24%
Total Carbohydrates 5.1g	2%
Dietary Fiber 2.4g	10%
Sugars 2.4g	
Protein 29.3g	
Vitamin A 60%	Vitamin C 57%
Calcium 11%	Iron 11%
Nutrition Grade B+	
* Based on a 2000 calorie diet	

amount of the dressing.



Ground Beef Patty with Large Fiber Loaded Salad with Yogurt Dressing

Serves 1 - Allergies: SF, GF, EF, NF

- 5oz. lean ground beef patty grilled or prepared in the skillet.
- Large mixed spinach and shredded cabbage salad with Yogurt Dressing. Salad can be as large as you want, but use half a cup of a dressing.

Nutrition Facts	
Serving Size 247 g	
Amount Per Serving	
Calories 328	Calories from Fat 123
% Daily Value*	
Total Fat 13.7g	21%
Saturated Fat 4.0g	20%
Cholesterol 127mg	42%
Sodium 130mg	5%
Potassium 857mg	24%
Total Carbohydrates 5.1g	2%
Dietary Fiber 2.4g	10%
Sugars 2.4g	
Protein 44.8g	
Vitamin A 58%	• Vitamin C 57%
Calcium 6%	• Iron 155%
Nutrition Grade A	
* Based on a 2000 calorie diet	



Lean Pork with Fiber Loaded Salad with Yogurt Dressing

Serves 1 - Allergies: SF, GF, EF, NF

- 5oz. of lean Pork Tenderloin grilled or prepared in the skillet.
- Large mixed spinach and shredded cabbage salad with Yogurt Dressing and half a tsp of mustard. Salad can be as large as you want, but use half a cup of the dressing.

Nutrition Facts	
Serving Size 275 g	
Amount Per Serving	
Calories 231	Calories from Fat 71
% Daily Value*	
Total Fat 7.9g	12%
Saturated Fat 1.5g	7%
Trans Fat 0.0g	
Cholesterol 99mg	33%
Sodium 249mg	10%
Potassium 818mg	23%
Total Carbohydrates 5.1g	2%
Dietary Fiber 2.4g	10%
Sugars 2.4g	
Protein 33.6g	
Vitamin A 58%	• Vitamin C 57%
Calcium 6%	• Iron 15%
Nutrition Grade B-	
* Based on a 2000 calorie diet	



Caribbean Chicken salad

Serves 2

Ingredients - Allergies: SF, GF, DF, EF, NF

2 boneless skinless chicken breasts *Marinade*

1/2 cup fish sauce

2 tomatoes (seeded and chopped)

1/2 cup chopped onion

2 tsps. jalapeno chilies (minced)

2 tsps. chopped cilantro fresh

Raw honey Lime Dressing:

1/4 cup mustard

1/4 cup raw [honey](#)

1 tbsp [coconut](#) oil 1 1/2 tsps. lemon juice

1 1/2 tsps. lime juice

3/4 lb mixed greens

Instructions

Blend all the marinade ingredients in a small bowl with a hand blender. Cover and chill. Marinate the chicken for at least two hours in the fridge. Grill the chicken for few minutes per side or until done.

Serve the greens into 2 large salad bowls.

Slice the chicken into thin strips. Divide among bowls.

Pour the dressing aside and serve with the salads.



Tuna with Large Fiber Loaded Salad with Italian Dressing

Serves 1 - Allergies: SF, GF, DF, EF, NF

- 6 oz. can of Tuna, drained.
- Large mixed spinach and green onion salad with Italian Dressing and half a tsp of mustard. Salad can be as large as you want, but use only the prescribed amount of dressing. You may use fish sauce instead of salt.

Nutrition Facts	
Serving Size 155 g	
Amount Per Serving	
Calories 275	Calories from Fat 134
% Daily Value*	
Total Fat 14.8g	23%
Saturated Fat 2.7g	13%
Cholesterol 37mg	12%
Sodium 83mg	3%
Potassium 574mg	16%
Total Carbohydrates 1.7g	1%
Dietary Fiber 0.9g	4%
Protein 32.8g	
Vitamin A 58%	Vitamin C 14%
Calcium 4%	Iron 10%
Nutrition Grade B+	
* Based on a 2000 calorie diet	



Stews, Chilies and Curries

Stuffed Peppers with beans

Serves 2

Ingredients - Allergies: SF, GF, DF, EF, V, NF

2 large red or green bell peppers

1 cup stewed tomatoes

1/3 cup brown rice

2 tbsp. hot water

2 green onions

8 ounces cooked black beans

1/4 tsp. crushed red pepper flakes

Instructions

Discard seeds and membrane from peppers. Place cut-side down and cover. Bake at 375F for 15 minutes.

While the peppers are cooking, cook tomatoes, rice and water for 15 minutes. In the meantime, thinly slice green onions.

Stir beans, green onions, and pepper flakes into tomato mixture. Cook for 10 minutes more. Drain peppers. Turn cut-side up. Spoon beans mixture evenly into peppers and bake in the oven for 5-10 minutes.



Vegetarian Chili

Serves 4-6

Ingredients - Allergies: SF, GF, DF, EF, V, NF

1 tbsp. [coconut](#) oil
1 cup chopped onions
3/4 cup chopped carrots
3 cloves garlic, minced
1 cup chopped green bell pepper
1 cup chopped red bell pepper
3/4 cup chopped celery
1 tbsp. chili powder
1-1/2 cups chopped mushrooms
3 cups chopped tomatoes
2 cups cooked kidney beans
1 tbsp. ground cumin
1-1/2 teaspoons oregano
1-1/2 teaspoons crushed basil leaves *Instructions*

Heat coconut oil in a large saucepan and add onions, carrots and garlic; sauté until tender. Stir in green pepper, red pepper, celery and chili powder.

Cook, stirring often, until vegetables are tender, about 6 minutes.

To the vegetables add mushrooms; cook 4 minutes. Stir in tomatoes, kidney beans, corn, cumin, oregano and basil. Bring to a boil. Reduce heat to medium. Cover and simmer for 20 minutes, stirring occasionally.



Lentil Stew

Recipe is for 4 servings, but you might want to adjust to 2 servings (eat one, freeze one)

Ingredients - Allergies: SF, GF, DF, EF, NF

- 1 cup dry lentils
- 3 1/2 cups chicken broth
- few tomatoes
- 1 medium potato chopped + 1/2 cup chopped carrot • 1/2 cup chopped onion + 1/2 cup chopped celery (optional) • few sprigs of parsley and basil + 1 garlic clove (minced) • 1 pound of cubed lean pork or beef + pepper to taste

Nutrition Facts	
Serving Size 456 g	
Amount Per Serving	
Calories 453	Calories from Fat 79
% Daily Value*	
Total Fat 8.8g	14%
Saturated Fat 3.0g	15%
Trans Fat 0.0g	
Cholesterol 101mg	34%
Sodium 684mg	29%
Potassium 1394mg	40%
Total Carbohydrates 39.4g	13%
Dietary Fiber 16.8g	67%
Sugars 4.8g	
Protein 51.7g	
Vitamin A 13%	Vitamin C 28%
Calcium 5%	Iron 148%
Nutrition Grade A	
* Based on a 2000 calorie diet	

You can eat a salad of your choice with this stew.



Braised Green Peas with Beef

Serves 1

Ingredients - Allergies: SF, GF, DF, EF, NF

- 1 cup fresh or frozen green peas
- 1 onion, finely chopped
- 2 cloves of garlic, thinly sliced and 1/2 inch of peeled/sliced fresh ginger (if you like)
- 1/2 tsp. red pepper flakes, or to taste
- 1 tomato, roughly chopped
- 1 chopped carrot
- 1 tbsp. [coconut](#) oil
- 1/2 cup chicken broth
- 4 oz. cubed beef
- Salt and freshly ground black pepper

Heat the coconut oil in a skillet over medium heat. Sauté the onion, garlic and ginger until they are soft. Add the red pepper, carrot, and tomatoes and sauté until the tomato begins to soften. Add in the green peas. Add 4 oz. cubed lean beef. Add in the broth and simmer over medium heat. Cover and cook until the peas are tender. Season to taste with salt and pepper.

Nutrition Facts	
Serving Size 497 g	
Amount Per Serving	
Calories 387	Calories from Fat 156
% Daily Value*	
Total Fat 17.3g	27%
Saturated Fat 5.9g	30%
Trans Fat 0.0g	
Cholesterol 75mg	25%
Sodium 497mg	21%
Potassium 657mg	19%
Total Carbohydrates 24.8g	8%
Dietary Fiber 7.8g	31%
Sugars 10.7g	
Protein 35.9g	
Vitamin A 32%	• Vitamin C 100%
Calcium 4%	• Iron 44%
Nutrition Grade B	
* Based on a 2000 calorie diet	



White Chicken Chili

Serves: 5

Ingredients - Allergies: SF, GF, DF, EF, NF

- 4 large boneless, skinless chicken breasts
- 2 green bell peppers
- 1 large yellow onion
- 1 jalapeno • 1/2 cup diced green chilies (optional)
- 1/2 cup of spring onions
- 1.5 tbsp. [coconut](#) oil • 3 cups cooked white beans
- 3.5 cups chicken or vegetable broth
- 1 tsp. ground cumin
- 1/4 tsp. cayenne pepper
- salt to taste

Instructions

Bring a pot of water to boil. Add the chicken breasts and cook until cooked through. Drain water and allow chicken to cool. When cool, shred and set aside.

Dice the bell peppers, jalapeno and onion. Melt the coconut oil in a pot over high heat. Add the peppers and onions and sauté until soft, approx. 8-10 minutes.

Add the broth, beans, chicken and spices to the pot. Stir and bring to a low boil. Cover and simmer for 25-30 minutes.

Simmer for 10 more minutes and stir occasionally. Remove from heat.

Let stand for 10 minutes to thicken. Top with cilantro.



Kale Pork

Serves 4

Ingredients - Allergies: SF, GF, DF, EF, NF

- 1 tbsp. [coconut](#) oil
- 1 pound pork tenderloin, trimmed and cut into 1-inch pieces • 3/4 tsp. salt
- 1 medium onion, finely chopped
- 4 cloves garlic, minced
- 2 teaspoons paprika
- 1/4 tsp. crushed red pepper (optional)
- 1 cup white wine
- 4 plum tomatoes, chopped
- 4 cups chicken broth
- 1 bunch kale, chopped
- 2 cups cooked white beans

Instructions

Heat coconut oil in a pot over medium heat. Add pork, season with salt and cook until no longer pink. Transfer to a plate and leave juices in the pot.

Add onion to the pot and cook until turns translucent. Add paprika, garlic and crushed red pepper and cook about 30 seconds. Add tomatoes and wine, increase heat and stir to scrape up any browned bits. Add broth. Bring to a boil.

Add kale and stir until it wilts. Lower the heat and simmer, until the kale is tender. Stir in beans, pork and pork juices. Simmer for 2 more minutes.



30-Minute Squash Cauliflower and Green Peppers Coconut Curry

Serves: 6

Ingredients - Allergies: SF, GF, DF, EF, V, NF

- Curry Paste • 3 cups peeled, chopped squash • 2 cups thick coconut milk
- 3 tbsp. [coconut](#) oil • 2 tbsp. raw [honey](#)
- 2 pounds tomatoes • 1 and 1/4 cup brown rice, uncooked • 1 cup chopped Cauliflower • 1 cup chopped Green Peppers • Cilantro for topping

Instructions

Cook brown rice. Set aside.

Make Curry Paste. Pour the coconut milk into the skillet and mix the curry and raw honey into the coconut milk. Add the cauliflower, squash, and green peppers. Cover and simmer until squash is tender. Remove from heat and let stand for 10 minutes. The sauce will thicken.

Serve the curry over brown rice. Add chopped cilantro before serving.



Crockpot Red Curry Lamb

Serves: 16

Ingredients - Allergies: SF, GF, DF, EF, NF

- 3 pounds cubed lamb meat
- Curry Paste *
- 4 cups tomato paste
- 1 tsp. salt plus more to taste
- 1/2 cup coconut milk or cream

Instructions

Make the Curry Paste. Add lamb and the curry paste in a crockpot. Pour one cup of tomato paste over the lamb. Add 2 cups of water to the crockpot. Stir, cover and cook on high for 2 hours or low for 4-5 hours. Taste and season with salt.

Stir in the coconut milk and sprinkle with cilantro before serving. Serve over brown rice or naan bread.



Easy Lentil Dhal

Serves: 6

Ingredients - Allergies: SF, GF, DF, EF, V, NF

- 2 1/2 cups lentils
- 5-6 cups of water
- Curry Paste *
- 1/2 cup coconut milk
- 1/3 cup water
- 1/2 teaspoons salt + 1/4 tsp. black pepper • lime juice • Cilantro and spring onions for garnish

Instructions

Bring the water to a boil in a large pot. Add lentils and cook uncovered for 10 minutes, stirring frequently. Remove from heat. Stir in remaining ingredients. Season with salt and herbs for garnish.



Gumbo

8 servings *Ingredients - Allergies: SF, GF, DF, EF, NF*

- 1 pound medium shrimp peeled
- 1/2 pound skinless, boneless chicken breasts, cut bite size • 1/2 cup [coconut](#) oil
- 3/4 cup [almond](#) flour • 2 cups chopped onions
- 1 cup chopped celery
- 1 cup chopped green pepper
- 1 tsp. ground cumin
- 1 tbsp. minced fresh garlic
- 1 tsp. fresh thyme chopped
- 1/2 tsp. red pepper
- 6 cups chicken broth
- 2 cups diced tomatoes
- 3 cups sliced okra
- 1/2 cup fresh parsley chopped
- 2 bay leaves
- 1 tsp. hot sauce

Instructions

Sauté' chicken on high heat until brown in a large pot. Remove and set aside. Chop onions, celery, and green pepper and set aside.

Place oil and flour in pot. Stir well and brown to make a roux. When roux is done add chopped vegetables. Sauté on low heat for 10 minutes.

Slowly add chicken broth stirring constantly.

Add chicken and all other ingredients except the okra, shrimp and parsley, which will be saved for the end.

Cover and simmer on low for half an hour. Remove lid and cook for half an hour more, stirring occasionally.

Add shrimp, okra and parsley. Continue to cook on low heat uncovered for 15 minutes.



Chickpea Curry

Serves 4

Ingredients - Allergies: SF, GF, DF, EF, V, NF

- Curry Paste • 4 cups cooked chickpeas
- 1 cup chopped cilantro

Instructions

Make Curry Paste. Mix in chickpeas and their liquid. Continue to cook. Stir until all ingredients are blended. Remove from heat. Stir in cilantro just before serving, reserving 1 tbsp. for garnish.



Red Curry Chicken

Serves: 6

Ingredients - Allergies: SF, GF, DF, EF, NF

- 2 cups cubed chicken meat
- Curry Paste • 2 cups tomato paste
- 1/4 cup coconut milk or cream
- Cilantro for garnishing
- Brown rice for serving

Instructions

Make Curry Paste. Add the tomato paste; stir and simmer until smooth. Add the chicken and the cream. Stir to combine and simmer for 15-20 minutes. Serve with brown rice and cilantro.



Braised Green Beans with Pork

Serves 1

Ingredients - Allergies: SF, GF, DF, EF, NF

- 1 cup fresh or frozen green beans
- 1 onion, finely chopped
- 2 cloves of garlic, thinly sliced
- 1/2 inch of peeled/sliced fresh ginger
- 1/2 tsp. red pepper flakes, or to taste
- 1 tomato, roughly chopped
- 1 tbsp. [coconut](#) oil
- 1/2 cup chicken broth
- Salt and ground black pepper
- 1/4 lemon, cut into wedges, to serve
- 5 oz. lean pork

Instructions

Cut each bean in half. Heat the coconut oil in a skillet over medium heat. Sauté the onion, garlic and ginger over medium heat until they are soft. Add the red pepper and tomatoes and sauté until the tomato begins to break down. Stir in the green beans. Add 5 oz. cubed lean pork. Add broth and bring to a simmer over medium heat. Cover and cook until the beans are tender. Season to taste with salt and pepper. Serve with lemon wedge on the side.

Nutrition Facts

Serving Size 574 g

Amount Per Serving

Calories 316 Calories from Fat 39

% Daily Value*

Total Fat 4.3g **7%**

Saturated Fat 1.1g **6%**

Trans Fat 0.0g

Cholesterol 82mg **27%**

Sodium 1156mg **48%**

Potassium 1314mg **38%**

Total Carbohydrates 34.6g **12%**

Dietary Fiber 8.8g **35%**

Sugars 8.8g

Protein 34.5g

Vitamin A 33% • Vitamin C 81%

Calcium 9% • Iron 30%

Nutrition Grade A

* Based on a 2000 calorie diet



Ratatouille

Serves 4-6

Ingredients - Allergies: SF, GF, DF, EF, V, NF

- 2 large eggplants
- 3 medium zucchinis
- 2 medium onions
- 2 red or green peppers
- 4 large tomatoes
- 2 cloves garlic, crushed
- 4 tbsp. [coconut](#) oil • 1 tbsp. fresh basil
- Salt and freshly milled black pepper

Instructions

Cut eggplant and zucchini into 1 inch slices. Then cut each slice in half. Salt them and leave them for one hour. The salt will draw out the bitterness.

Chop peppers and onions. Skin the tomatoes by boiling them for few minutes. Then quarter them, take out the seeds and chop the flesh. Fry garlic and the onions in the coconut oil in a saucepan for a 10 minutes. Add the peppers. Dry the eggplant and zucchini and add them to the saucepan. Add the basil, salt and pepper. Stir and simmer for half an hour.

Add the tomato flesh, check the seasoning and cook for an additional 15 minutes with the lid off.



Barbecued Beef

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 1-1/2 cups tomato paste
- 1/4 cup lemon juice
- 2 tbsp. mustard
- 1/2 tsp. salt
- 1 chopped carrot
- 1/4 tsp. ground black pepper
- 1/2 tsp. minced garlic
- 4 pounds boneless chuck roast

Instructions

In a large bowl, combine tomato paste, lemon juice and mustard. Stir in salt, pepper and garlic.

Place chuck roast and carrot in a slow cooker. Pour tomato mixture over chuck roast. Cover, and cook on low for 7 to 9 hours.

Remove chuck roast from slow cooker, shred with a fork, and return to the slow cooker. Stir meat to evenly coat with sauce. Continue cooking approximately 1 hour.



Beef Tenderloin with Roasted Shallots

Serves 4-6

Ingredients - Allergies: SF, GF, DF, EF

- 3/4 pound shallots, halved lengthwise and peeled
- 1-1/2 tbsp. [olive](#) oil or [avocado](#) oil
- salt and pepper to taste
- 3 cups beef broth
- 3/4 cup red wine
- 1-1/2 teaspoons tomato paste
- 2 pounds beef tenderloin roast, trimmed
- 1 tsp. dried thyme
- 3 tbsp. [coconut](#) oil
- 1 tbsp. [almond](#) flour

Instructions

Heat oven to 375 degrees F. Toss shallots with olive oil to coat in a baking pan and season with salt and pepper. Roast until shallots are tender, stirring occasionally, about half an hour.

Combine wine and beef broth in a sauce pan and bring to a boil. Cook over high heat. Volume should be reduced by half. Add in tomato paste. Set aside.

Pat beef dry and sprinkle with salt and thyme and pepper. Add beef to pan oiled with coconut oil. Brown on all sides over high heat.

Put pan back to the oven. Roast beef about half an hour for medium rare. Transfer beef to platter. Cover loosely with foil.

Place pan on stove top and add broth mixture. Bring to boil and stir to scrape up any browned bits. Transfer to a different saucepan, and bring to simmer. Mix 1 1/2 tbsp. coconut oil and flour in small bowl and mix. Whisk into broth, and simmer until sauce thickens. Stir in

roasted shallots. Season with salt and pepper.
Cut beef into 1/2 inch thick slices. Spoon some sauce over.



Chili

Serves 6

Ingredients - Allergies: SF, GF, DF, EF, NF

- 2 tbsp. [coconut](#) oil
- 2 onions, chopped
- 3 cloves garlic, minced
- 1 pound ground beef
- 3/4 pound beef sirloin, cubed
- 2 cups diced tomatoes
- 1 cup strong brewed coffee
- 1 cup tomato paste
- 2 cups beef broth
- 1 tbsp. cumin seeds
- 1 tbsp. unsweetened cocoa powder
- 1 tsp. dried oregano
- 1 tsp. ground cayenne pepper
- 1 tsp. ground coriander
- 1 tsp. salt
- 6 cups cooked kidney beans
- 4 fresh hot chili peppers, chopped *Instructions*

Heat oil in a saucepan over medium heat. Cook garlic, onions, sirloin and ground beef in oil until the meat is browned and the onions are translucent.

Mix in the diced tomatoes, coffee, tomato paste and beef broth.

Season with oregano, cumin, cocoa powder, cayenne pepper, coriander and salt. Stir in hot chile peppers and 3 cups of the beans.

Reduce heat to low, and simmer for two hours.

Stir in the 3 remaining cups of beans. Simmer for another 30 minutes.



Glazed Meatloaf

Serves 4

Ingredients - Allergies: SF, GF, DF, NF

- 1/2 cup tomato paste
- 1/4 cup lemon juice, divided
- 1 tsp. mustard powder
- 2 pounds ground beef
- 1 cup [flax](#) seeds meal • 1/4 cup chopped onion
- 1 egg, beaten

Instructions

Heat oven to 350 degrees F. Combine mustard, tomato paste, 1 tbsp. lemon juice in a small bowl.

Combine onion, ground beef, flax, egg and remaining lemon juice in a separate larger bowl. And add 1/3 of the tomato paste mixture from the smaller bowl. Mix all well and place in a loaf pan.

Bake at 350 degrees F for one hour. Drain any excess fat and coat with remaining tomato paste mixture. Bake for 10 more minutes.



Eggplant Lasagna

Serves 4-6

Ingredients - Allergies: SF, GF, NF

- 2 large eggplants, peeled and sliced lengthwise into strips • [coconut](#) oil • salt and pepper

Meat Sauce

- 1 1/2 lbs ground sirloin or 1 1/2 lbs turkey breast • 2 tbsp. coconut oil
- 2 onions, chopped
- 3 cloves chopped garlic
- 1 red pepper, chopped
- 1 (16 ounce) package sliced mushrooms • 1 tbsp. of oregano, basil and thyme each • 1 tsp. fennel seed (optional)
- salt and pepper
- 1 tsp. red pepper flakes (optional)
- 1 cup chopped spinach
- 2 cups tomato sauce
- 1 cup diced tomatoes

Cheese Mixture

- 2 cups low-fat farmers cheese
- 2 eggs
- 3 green onions, chopped
- 1 cup shredded low-fat mozzarella cheese (optional) *Instructions*

Heat oven to 425 degrees.

Oil cookie sheet and arrange eggplant slice. Sprinkle with salt and pepper. Bake slices 5 minutes on each side. Lower oven temp to 375.

Brown onion, meat and garlic in coconut oil for 5 minutes. Add mushrooms and red pepper, and cook for 5 minutes. Add tomatoes, spinach and spices and

simmer for 5-10 minutes.

Blend farmers' cheese, egg and onion mixture. Spread one third of meat sauce in bottom of a glass pan. Layer one half of eggplant slices and one half farmers' cheese. Repeat. Add last layer of sauce and then mozzarella on top.

Cover with foil. Bake at 375 degrees for one hour. Remove foil and bake until cheese is browned. Let it rest 10 minutes before serving.



Stuffed Eggplant

Serves – one half of eggplant per person

Allergies: SF, GF, DF, EF, NF

Rinse the eggplants. Cut off a slice from one end. Make a wide slit and salt them. Deseed tomatoes. Chop them finely. Cut the onions in thin slices. Chop the garlic cloves. Place them in a frying pan with coconut oil. Add the tomatoes, salt parsley, cumin, pepper, hot peppers and ground beef. Sauté for 10 minutes.

Squeeze eggplants, so the bitter juice goes out. Fill the wide slit with the ground beef mix. Pour the remaining mix over. Heat the oven to 375F in the meantime. Place eggplants a baking pan. Sprinkle them with olive oil, lemon juice and 1 cup of water. Cover the pan with a foil.



Stuffed Red Peppers with Beef

Serves 4-6

Ingredients - Allergies: SF, GF, DF, EF, NF

- 6 red bell peppers
- salt to taste
- 1 pound ground beef
- 1/3 cup chopped onion
- salt and pepper to taste
- 2 cups chopped tomatoes
- 1/2 cup uncooked brown rice or [quinoa](#)
- 1/2 cup water
- 2 cups tomato soup
- water as needed *Instructions*

Bring a pot of salted water to a boil. Cut the tops off the peppers. Remove the seeds. Cook peppers in boiling water for 5 minutes and drain.

Sprinkle salt inside each pepper, and set aside.

In a skillet, sauté onions and beef until beef is browned. Drain off excess fat. Season with salt and pepper. Stir in rice, tomatoes and 1/2 cup water. Cover, and simmer until rice is tender. Remove from heat. Stir in the cheese.

Heat the oven to 350 degrees F. Stuff each pepper with the rice and beef mixture. Place peppers open side up in a baking dish. Combine tomato soup with just enough water to make the soup a gravy consistency in a separate bowl. Pour over the peppers.

Bake covered for 25 to 35 minutes.



Superfoods Goulash

Serves 4-6

Ingredients - Allergies: SF, GF, DF, EF, NF

- 3 cups cauliflower
 - 1 pound ground beef
 - 1 medium onion, chopped
 - salt to taste
 - ground black pepper to taste
 - garlic to taste
 - 2 cups cooked kidney beans
 - 1 cup tomato paste
- Brown the ground beef and onion in a skillet, over medium heat. Drain off the fat. Add garlic, salt and pepper to taste. Stir in the cauliflower, kidney beans and tomato paste. Cook until cauliflower is done.



Frijoles Charros

Serves 4-6

Ingredients - Allergies: SF, GF, DF, EF, NF

- 1 pound dry pinto beans
- 5 cloves garlic, chopped
- 1 tsp. salt
- 1/2 pound pork, diced
- 1 onion, chopped & 2 fresh tomatoes, diced • few sliced sliced jalapeno peppers
- 1/3 cup chopped cilantro

Instructions

Place pinto beans in a slow cooker. Cover with water. Mix in garlic and salt. Cover, and cook 1 hour on High.

Cook the pork in a skillet over high heat until brown. Drain the fat. Place onion in the skillet. Cook until tender. Mix in jalapenos and tomatoes. Cook until heated through. Transfer to the slow cooker and stir into the beans. Continue cooking for 4 hours on Low. Mix in cilantro about half an hour before the end of the cook time.



Chicken Cacciatore

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 4 pounds of chicken thighs, with skin on
- 2 Tbsp. extra virgin [olive](#) oil or [avocado](#) oil • Salt • 1 sliced onion
- 1/3 cup red wine
- 1 sliced red or green bell pepper
- 8 ounces sliced cremini mushrooms
- 2 sliced garlic cloves
- 3 cups peeled and chopped tomatoes
- 1/2 tsp. ground black pepper
- 1 tsp. dry oregano
- 1 tsp. dry thyme
- 1 sprig fresh rosemary
- 1 tbsp. fresh parsley

Instructions

Pat the chicken on all sides with salt. Heat the olive oil in a skillet on medium. Brown few chicken pieces skin side down in the pan (don't overcrowd) for 5 minutes, then turn. Set aside. Make sure you have 2 tbsp. of the rendered fat left.

Add the onions, mushrooms and bell peppers to the pan. Increase the heat to medium high. Cook until the onions are tender, stirring, about 10 minutes. Add the garlic and cook a minute more.

Add the wine. Scrape up any browned bits and simmer until the wine is reduced by half. Add the tomatoes, pepper, oregano, thyme and a tsp. of salt. Simmer uncovered for maybe 5 more minutes. Put the chicken pieces on top of the tomatoes, skin side up. Lower the heat. Cover the skillet with the lid slightly ajar.

[Cook the chicken on a low simmer. Turning and baste from time to time. Add rosemary and cook until the meat is tender, about 30 to 40](#)

minutes. Garnish with parsley.



Cabbage Stewed with Meat

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 1-1/2 pounds ground beef
- 1 cup beef stock
- 1 chopped onion
- 1 bay leaf
- 1/4 tsp. pepper
- 2 sliced celery ribs
- 4 cups shredded cabbage
- 1 carrot, sliced
- 1 cup tomato paste
- 1/4 tsp. salt

Instructions

Brown ground meat in a pot. Add beef stock, onion, pepper and bay leaf. Cover and simmer until tender (approx.. 30 minutes). Add celery, cabbage and carrot.

Cover and simmer until vegetables are tender. Mix in tomato paste and seasoning blend. Simmer uncovered for 20 minutes.



Beef Stew with Peas and Carrots

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 1-1/2 cups chopped carrots
- 1 cup chopped onions
- 2 tbsp. [coconut](#) oil • 1-1/2 cups green peas
- 4 cups beef stock
- 1/2 tsp. salt
- 1/4 tsp. ground black pepper
- 1/2 tsp. minced garlic
- 4 pounds boneless chuck roast

Instructions

Cook the onions in coconut oil on medium until they are tender (few minutes). Add all other ingredients and stir. Cover and cook on low heat for 2 hours. Mix almond flour with some cold water, add to the stew and cook for another minute.



Green Chicken Stew

Serves 6-8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 1-1/2 cups broccoli florets
- 1 cup chopped celery stalks
- 1 cup sliced leeks
- 2 tbsp. [coconut](#) oil • 1-1/2 cups green peas
- 2 cups chicken stock
- 1/2 tsp. salt
- 1/4 tsp. ground black pepper
- 1/2 tsp. minced garlic
- 4 pounds boneless skinless chicken pieces

Instructions

Cook the leeks in coconut oil on medium until they are tender (few minutes). Add all other ingredients and stir. Cover and cook on low heat for 1 hour. Mix almond flour with some cold water, add to the stew and cook for another minute.



Irish Stew

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 2 chopped onions
- 2 Tbsp. [coconut](#) oil • 1 sprig dried thyme
- 2 1/2 pounds chopped meat from lamb neck
- 6 chopped carrots
- 2 tbsp. brown rice
- 5 cups chicken stock
- Salt
- Ground black pepper
- 1 bouquet garni (thyme, parsley and bay leaf)
- 2 chopped sweet potatoes
- 1 bunch chopped parsley
- 1 bunch chives

Instructions

Cook the onions in coconut oil on medium until they are tender. Add the dried thyme and lamb and stir. Add brown rice, carrots and chicken stock. Add salt, pepper and bouquet garni. Cover and cook on low heat for 2 hours. Place sweet potatoes on top of the stew and cook for 30 minutes until the meat is falling apart.

[Garnish with parsley and chives.](#)



Hungarian Pea Stew

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 6 cups green peas
- 1 pound cubed pork
- 2 tbsp [olive](#) oil or [avocado](#) oil • 3 1/2 tbsp [almond](#) flour • 2 tbsp chopped parsley
- 1 cup water
- 1/2 tsp salt
- 1 cup coconut milk
- 1 tsp coconut sugar

Instructions

Simmer the pork and green peas in the olive oil over medium heat until almost tender (approx. 10 minutes) Add salt, chopped parsley, coconut sugar and almond flour, and cook for another minute.

Add water then milk and stir.

Cook for another 4 minutes over low heat, stirring occasionally.



Chicken Tikka Masala

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 5 pounds chicken pieces, skinless, bone in
- 3 tbsp. toasted paprika
- 3 tbsp. toasted ground cumin
- 1 tsp. cayenne pepper
- 2 tbsp. toasted ground coriander seed
- 2 tsp. ground turmeric
- 12 chopped cloves garlic
- 3 tbsp. chopped fresh ginger
- 2 cups yogurt
- 3/4 cup lemon juice (4 to 6 lemons)
- 1 tsp. sea salt
- 4 tbsp. [coconut](#) oil 1 sliced onion
- 4 cups chopped tomatoes
- 1/2 cup chopped cilantro
- 1 cup coconut cream

Instructions

Score chicken deeply at 1-inch intervals with a knife. Place chicken in a large baking dish.

Combine coriander, cumin, paprika, turmeric, and cayenne in a bowl and mix. Set aside 3 tbsp. of this spice mixture. Combine remaining 6 tbsp. spice mixture with 8 cloves garlic, yogurt, 2 tbsp. ginger, 1/4 cup salt and 1/2 cup lemon juice in a large bowl and combine.

Pour marinade over chicken pieces and coat every surface (use hands). Refrigerate and marinate between 4 and 8 hours, turning occasionally.

Heat coconut oil in a large pot over medium-high heat and add remaining garlic and ginger. Add onions. Cook about 10 minutes, stirring occasionally. Add reserved spice mixture and cook until

fragrant, about half a minute. Scrape up any browned bits from bottom of pan and add tomatoes and half of cilantro. Simmer for 15 minutes. Let cool slightly and puree.

Stir in coconut cream and remaining one quarter cup lemon juice. Season to taste with salt and set aside until chicken is cooked.

Cook chicken on a grill or under a broiler.

Remove chicken from bone and cut into rough bite-sized chunks. Add chicken chunks to pot of sauce. Bring to a simmer over medium heat and cook about 10 minutes.

Sprinkle with remaining cilantro and serve with brown rice or grilled naan.



Greek Beef Stew (Stifado)

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 4 large pieces of veal or beef osso bucco
- 20 whole shallots, peeled
- 3 bay leaves
- 8 garlic cloves
- 3 sprigs rosemary
- 6 whole pimento • 5 whole cloves
- 1/2 tsp ground nutmeg
- 1/2 cup [olive](#) oil or [avocado](#) oil • 1/3 cup apple cider vinegar
- 1 tbsp. salt
- 2 cups tomato paste
- 1/4 tsp black pepper

Instructions

Mix vinegar and tomato paste and set aside. Place the meat, shallots, garlic and all spices in the pot.

Add the tomato paste, oil and vinegar. Cover the pot, bring to low boil and simmer on low for 2 hours. Do not open and stir, just shake the pot occasionally.

Serve with brown rice or maybe quinoa.



Meat Stew with Red Beans

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 3 tbsp. [olive](#) oil or [avocado](#) oil • 1/2 chopped onion
- 1 lb lean cubed stewing beef
- 2 tsp. ground cumin
- 2 tsp. ground turmeric (optional)
- 1/2 tsp. ground cinnamon (optional)
- 2 1/2 cups water
- 5 tbsp. chopped fresh parsley
- 3 tbsp. snipped chives
- 2 cups cooked kidney beans
- 1 lemon, juice of
- 1 tbsp. [almond](#) flour • salt and black pepper

Instructions

Sauté the onion in a pan with two tablespoons of the olive oil until tender.

Add beef and cook until meat is browned on all sides. Stir in turmeric, cinnamon (both optional) and cumin and cook for one minute. Add water and bring to a boil.

Cover and simmer over low heat for 45 minutes. Stir occasionally. Sauté parsley and chives with the remaining 1 tbsp. of olive oil for about 2 minutes and add this mixture to the beef. Add kidney beans and lemon juice and season with salt and pepper.

[Stir in one tbsp. of almond flour mixed with a bit of water to thicken the stew. Simmer uncovered for half an hour until meat gets tender. Serve with brown rice.](#)



Lamb and Sweet Potato Stew

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 1-1/2 cups tomato paste
- 1/4 cup lemon juice
- 2 tbsp. mustard
- 1/2 tsp. salt
- 1/4 tsp. ground black pepper
- 1/4 cup chunky almond butter
- 2 cubed sweet potatoes
- 1/2 tsp. minced garlic
- 4 pounds boneless chuck roast

Instructions

In a large bowl, combine tomato paste, lemon juice, almond butter and mustard. Stir in salt, pepper, garlic and cubed sweet potato.

Place chuck roast in a slow cooker. Pour tomato mixture over chuck roast. Cover, and cook on low for 7 to 9 hours.

Remove chuck roast from slow cooker, shred with a fork, and return to the slow cooker. Stir meat to evenly coat with sauce. Continue cooking approximately 1 hour.

Brown Rice Dishes

Serves 4-6

Paella

Ingredients - Allergies: SF, GF, DF, EF, NF

- 1 onion, finely chopped
- 5 tbsp. [coconut](#) oil
- 2 chopped garlic clove
- 2 chopped tomatoes
- Salt • 1 tsp. sweet paprika
- A pinch of saffron
- 4 cleaned small squid, sliced
- 2 cups medium-grain brown rice
- 3 cups fish or chicken broth, plus more if needed • 1 cup dry white wine
- 12 jumbo shrimps
- 16 mussels, scrubbed and debearded

Instructions

Put the oil in a 16-inch paella pan and fry the onion until soft. Stir in the garlic and tomatoes. Add salt to taste, paprika, and saffron, stir well, and cook until the tomatoes get soft. Add the squid and the rice and stir well.

Bring the wine and broth to a boil in a saucepan. Pour over the rice, bring to a boil, and add salt. Spread the rice in the pan. Cook the rice over low heat for 20 minutes. Put the shrimp on top after 10 minutes. Once they become pink, turn them. When the rice is done, turn off the heat and cover the pan.

Steam the mussels and put them on top of the paella.



Asparagus Mint Lemon Risotto

Serves 6-8

Ingredients - Allergies: SF, GF, DF, EF, NF

For the risotto base

- 1 liter vegetable or chicken broth
- 2 tbsp. [olive](#) oil or [cumin](#) oil
- 1 large onion, peeled and finely chopped
- 4-5 sticks celery, trimmed and finely chopped
- 600 g brown rice
- 250 ml dry white wine

For the risotto

- 2 bunches asparagus, woody ends removed and discarded
- 700 ml vegetable or chicken broth
- 50 g [coconut](#) oil • 1 bunch fresh mint, leaves picked and finely chopped
- zest and juice of 2 lemons
- sea salt
- ground black pepper
- extra virgin [olive](#) oil or [avocado](#) oil *Instructions*

Chop asparagus discs, keeping the tips whole. Bring the broth to a simmer in a saucepan. Put the olive oil in a separate pan, add the celery and the onion and cook until soft. Add the rice and wine and turn up the heat and keep stirring.

Add the broth to the rice a ladle at a time, stir well and wait until it has been absorbed. When it's all absorbed, put to one side.

Put a saucepan on high heat and pour in half the broth, followed by all risotto base and the asparagus. Simmer until almost all the broth has been absorbed. Add the rest of the broth in batches until the rice and asparagus are cooked. Turn off the heat, add olive oil, mint, lemon zest and all the juice. Check the seasoning and add salt and pepper if needed.



Stir Fries

Pork and Bok Choy / Celery Stir Fry

Serves 1 - Allergies: SF, GF, DF, EF, NF

5 oz. Lean Pork Tenderloin and Bok Choy / Celery stir fry. Use as much veggies as you want or replace Bok Choy with Kale. Season with fish sauce.

Nutrition Facts	
Serving Size 574 g	
Amount Per Serving	
Calories 316	Calories from Fat 39
% Daily Value*	
Total Fat 4.3g	7%
Saturated Fat 1.1g	6%
Trans Fat 0.0g	
Cholesterol 82mg	27%
Sodium 1156mg	48%
Potassium 1314mg	38%
Total Carbohydrates 34.6g	12%
Dietary Fiber 8.8g	35%
Sugars 8.8g	
Protein 34.5g	
Vitamin A 33%	Vitamin C 81%
Calcium 9%	Iron 30%
Nutrition Grade A	
* Based on a 2000 calorie diet	



Lemon Chicken Stir Fry

Serves 3-4

Ingredients - Allergies: SF, GF, DF, EF, NF

- 1 lemon
- 1/2 cup chicken broth
- 3 tbsp. fish sauce
- 2 teaspoons arrowroot flour
- 1 tbsp. [coconut](#) oil
- 1 pound boneless, skinless chicken breasts, trimmed and cut into 1-inch pieces
- 10 ounces mushrooms, halved or quartered • 2 cups snow peas, stems and strings removed • 1 bunch scallions, cut into 1-inch pieces, white and green parts divided • 1 tbsp. chopped garlic

Instructions

Grate 1 tsp. lemon zest. Juice the lemon and mix 3 tbsp. of the juice with broth, fish sauce and arrowroot flour in a small bowl.

Heat oil in a skillet over high heat. Add chicken and cook, stirring occasionally, until just cooked through. Transfer to a plate. Add mushrooms to the pan and cook until the mushrooms are tender. Add snow peas, garlic, scallion whites and the lemon zest. Cook, stirring, around 30 seconds. Add the broth to the pan and cook, stirring, 2 to 3 minutes. Add scallion greens and the chicken and any accumulated juices and stir.



Pan seared Brussels sprouts

Serves 2

Ingredients - Allergies: SF, GF, DF, EF, NF

- 6 oz. cubed pork
- 2 tbsp. [coconut](#) oil
- 1 pound Brussels sprouts, halved
- 1/2 large onion, chopped
- Salt and ground black pepper

Instructions

Cook pork in a skillet over high heat. Remove to a plate and chop. In same pan with pork fat, add coconut oil over high heat. Add onions and Brussels sprouts and cook, stirring occasionally, until sprouts are golden brown. Season with salt and pepper, to taste, and put pork back into pan. Serve immediately.



Beef and Broccoli Stir Fry

Serves 1 - Allergies: SF, GF, DF, EF, NF

- 5oz. of lean Beef and 1 cup broccoli stir fry. Use as much broccoli as you want or replace Broccoli with Kale.

Nutrition Facts	
Serving Size 251 g	
Amount Per Serving	
Calories 342	Calories from Fat 124
% Daily Value*	
Total Fat 13.8g	21%
Saturated Fat 4.0g	20%
Trans Fat 0.0g	
Cholesterol 127mg	42%
Sodium 1024mg	43%
Potassium 884mg	25%
Total Carbohydrates 7.0g	2%
Dietary Fiber 2.4g	10%
Sugars 1.7g	
Protein 46.5g	
Vitamin A 11%	Vitamin C 131%
Calcium 5%	Iron 154%
Nutrition Grade A-	
* Based on a 2000 calorie diet	



Garbanzo Stir Fry

Serves 2

Ingredients - Allergies: SF, GF, DF, EF, V, NF

- 2 tbsp. [coconut](#) oil
 - 1 tbsp. oregano
 - 1 tbsp. chopped basil
 - 1 clove garlic, crushed
 - ground black pepper to taste
 - 2 cups cooked garbanzo beans • 1 large zucchini, halved and sliced
 - 1/2 cup sliced mushrooms
 - 1 tbsp. chopped cilantro
 - 1 tomato, chopped
- Heat oil in a skillet over medium heat. Stir in oregano, basil, garlic and pepper. Add the garbanzo beans and zucchini, stirring well to coat with oil and herbs. Cook for 10 minutes, stirring occasionally. Stir in mushrooms and cilantro; cook 10 minutes, stirring occasionally. Place the chopped tomato on top of the mixture to steam. Cover and cook 5 minutes more.



Thai Basil Chicken

Serves 1

Ingredients - Allergies: SF, GF, DF, NF

For the egg

- 1 egg
- 2 tbsp. of coconut oil for frying *Basil chicken*
- 1 chicken breast (or any other cut of boneless chicken, about 200 grams) • 5 cloves of garlic
- 4 Thai chilies
- 1 tbsp. [coconut](#) oil for frying • Fish sauce
- 1 handful of Thai holy basil leaves *Instructions*

First, fry the egg.

Basil chicken

Cut the chicken into small pieces. Peel the garlic and chilies, and chop them fine. Add basil leaves.

Add about 1 tbsp. of oil to the pan.

When the oil is hot, add the chilies and garlic. Stir fry for half a minute.

Toss in your chicken and keep stir frying. Add fish sauce.

Add basil into the pan, fold it into the chicken, and turn off the heat.



Shrimp with Snow Peas

Serves 4.

Ingredients - Allergies: SF, GF, DF, EF, NF

Marinade • 2 teaspoons arrowroot flour

- 1 Tbsp wine
- 1/2 tsp. salt

Stir Fry • 1 pound shrimp, peeled and deveined

- 2 Tbsp [coconut](#) oil
- 1 Tbsp minced ginger
- 3 garlic cloves, sliced thinly
- 1/2 pound snow peas, strings removed
- 2 teaspoons fish sauce
- 1/4 cup chicken broth
- 4 green onions, white and light green parts, sliced diagonally • 2 teaspoons dark roasted sesame oil

Instructions

Mix all the ingredients for the marinade in a bowl and then add the shrimp. Mix to coat. Let it marinate 15 minutes while you prepare the peas, ginger, and garlic.

Add the coconut oil in the wok and let it get hot. Add the garlic and ginger and combine. Stir-fry for about 30 seconds.

Add the marinade to the wok, add the snow peas, fish sauce and chicken broth. Stir-fry until the shrimp turns pink. Add the green onions and stir-fry for one

more minute. Turn off the heat and add the sesame oil. Toss once more and serve with steamed brown rice or soba gluten free noodles.



Pork and Green Beans Stir Fry

Serves 1 - Allergies: SF, GF, DF, EF, NF

- 6oz. of lean Pork
- 1 cup of Green Beans, snapped in half. Use as much veggies as you want or replace Green beans with Kale.
- 1 garlic clove, chopped
- 1/2 inch of peeled and chopped ginger
- Season with fish sauce.

Nutrition Facts	
Serving Size 285 g	
Amount Per Serving	
Calories 317	Calories from Fat 97
% Daily Value*	
Total Fat 10.8g	17%
Saturated Fat 2.7g	14%
Trans Fat 0.1g	
Cholesterol 124mg	41%
Sodium 104mg	4%
Potassium 946mg	27%
Total Carbohydrates 7.8g	3%
Dietary Fiber 3.7g	15%
Sugars 1.5g	
Protein 46.5g	
Vitamin A 15%	• Vitamin C 30%
Calcium 5%	• Iron 17%
Nutrition Grade A	
* Based on a 2000 calorie diet	



Cashew chicken

Serves 4

Ingredients - Allergies: SF, GF, DF, EF, NF

- 1 bunch scallions
- 1 pound skinless boneless chicken thighs • 1/2 tsp. salt
- 1/4 tsp. black pepper
- 3 tbsp. [coconut](#) oil
- 1 red bell pepper and 1 stalk of celery, chopped • 4 garlic cloves, finely chopped
- 1 1/2 tbsp. finely chopped peeled fresh ginger • 1/4 tsp. dried hot red-pepper flakes
- 3/4 cup chicken broth
- 1 1/2 tbsp. fish sauce
- 1 1/2 teaspoons arrowroot flour
- 1/2 cup salted roasted whole cashews

Instructions

Chop scallions and separate green and white parts. Pat chicken dry and cut into 3/4-inch pieces and season with salt and pepper. Heat a wok or a skillet over high heat. Add oil and then stir-fry chicken until cooked through, 3 to 4 minutes. Transfer to a plate. Add garlic, bell pepper, celery, ginger, red-pepper flakes, and scallion whites to wok and stir-fry until peppers are just tender, 4 to 5 minutes.

Mix together broth, fish sauce and arrowroot flour, then stir into vegetables in wok. Reduce heat and simmer, stirring occasionally, until thickened. Stir in cashews, scallion greens, and chicken along with any juices.



Meats

Baked Chicken Breast with Fresh Basil

Serves 10

Ingredients - Allergies: SF, GF, EF, NF

- 10 boneless skinless chicken breast
- 3/4 cup low-fat yogurt
- 1/2 cup chopped basil
- 2 tsp. arrowroot flour
- 1 cup oatmeal coarsely ground

Instructions

Arrange chicken in a baking dish. Combine basil, yogurt and arrowroot flour; mix well and spread over chicken.

Mix oatmeal with salt and pepper to taste and sprinkle over chicken.

Bake chicken in 375 degrees in the oven for half an hour. Makes 10 servings.



Roast Chicken with Rosemary

Serves 6-8

- 1 (3 pound) whole chicken, rinsed, skinned
- salt and pepper to taste
- 1 onion, quartered
- 1/4 cup chopped rosemary

Instructions - Allergies: SF, GF, DF, EF, NF

Heat the oven to 350F. Sprinkle salt and pepper on meat. Stuff with the onion and rosemary. Place in a baking dish and bake in the preheated oven until chicken is cooked through. Depending on the size of the bird, cooking time will vary.



Carne Asada

Serves 4-6 - Allergies: SF, GF, DF, EF, NF

Marinade:

Mix together the garlic, jalapeno, cilantro, salt, and pepper to make a paste. Put the paste in a container. Add the oil, lime juice and orange juice. Shake it up to combine. Use as a marinade for beef or as a table condiment.

Instructions

Put the flank steak in a baking dish and pour the marinade over it.

Refrigerate up to 8 hours.

Take the steak out of the marinade and season it on both sides with salt and pepper. Grill (or broil) the steak for 7 to 10 minutes per side, turning once, until medium-rare. Put the steak on a cutting board and allow the juices to settle (5 minutes). Thinly slice the steak across the grain.



Meatballs

Baked Beef Meatballs

This amount is for 4 servings. Adjust for 2 if you want, eat one serving, freeze one or prepare it as is for 4 servings and then freeze 3/4 for some tasty casserole recipes like “Beef Meatballs Casserole with Green Beans” or with “Beef Meatballs Casserole with Broccoli”.

Allergies: SF, GF, NF

- 1 pound lean ground beef
- 2 tbsp. minced onion
- 1/2 tsp. minced garlic
- 1 tsp. parmesan cheese
- 2 eggs
- 1/2 tsp. salt
- 1/4 tsp. pepper

Mix all of the ingredients in a large bowl using your fingers. Mix until the meat no longer feels slimy from the eggs. Shape in small egg size meatballs. Place on a baking sheet. Bake at 375F for 20-25 minutes until the meatballs are cooked through. Serve with large Fiber Loaded salad with Italian Dressing.

Nutrition Facts

Serving Size 149 g

Amount Per Serving

Calories 268 Calories from Fat 97

% Daily Value*

Total Fat 10.8g **17%**

Saturated Fat 4.3g **22%**

Trans Fat 0.0g

Cholesterol 188mg **63%**

Sodium 461mg **19%**

Potassium 497mg **14%**

Total Carbohydrates 1.1g **0%**

Protein 39.5g

Vitamin A 3%

Vitamin C 1%

Calcium 8%

Iron 121%

Nutrition Grade B

* Based on a 2000 calorie diet



Middle Eastern Meatballs

Makes about 20 meatballs - Allergies: SF, GF, DF, EF, NF

Ingredients

- Ground lamb or beef, or a mixture of the two -- 2 pounds
- Onion, minced -- 1
- Fresh parsley or mint, finely chopped -- 1/2 bunch
- Ground cumin -- 1 tbsp.
- Cinnamon -- 2 teaspoons • Allspice (optional) -- 1 tsp.
- Salt and pepper -- to season • [coconut](#) oil -- 1/4 cup

Instructions

Place the ground beef or lamb, onion, herbs, spices, salt and pepper in a bowl and knead well. Chill for 1-2 hours and let the flavors mingle. Form the meat into patties or balls the size of a small egg.

Bake in the oven on 350F. Serve with brown rice with tzatziki sauce.

Variations

Experiment with different seasonings--coriander, cayenne, sesame seeds.



Casseroles

Some recipes are for 1 person, adjust for 2 or more

Broccoli Chicken Casserole

Serves 1

Ingredients - Allergies: SF, GF, NF

- 1 cup broccoli florets
- 6 oz. skinless, boneless chicken (or turkey) pieces (breast or dark meat) • 1 tsp of [flax](#) seeds meal • Salt, pepper
- 1 egg - beaten
- Half a cup of Yogurt Dressing (or coconut milk, if you don't like the sourish tang) • 1/4 cup of chicken broth
- 2 tbsp of grated low-fat cheddar cheese Heat the oven to 400°. Cook broccoli around 5 minutes. Take broccoli out and add chicken (or turkey) and simmer for 15 minutes. Cut chicken (or turkey) into cubes and add it to the broccoli.

Combine broth, flax, salt and pepper in a pan and mix. Bring to a boil over high heat and cook 1 minute, stirring constantly. Remove from heat. Add yogurt dressing, beaten egg and then half of the cheese, stirring until well combined. Add sauce to broccoli mixture; and stir gently until combined.

Put mixture in a small casserole dish oiled with some coconut oil. Put remaining cheese on top, sprinkle. Bake at 400° for 50 minutes or until mixture bubbles at the edges and cheese begins to brown. Remove from oven and let cool for 5 minutes.



Beef Meatballs Broccoli Casserole

Serves 1

Ingredients - Allergies: SF, GF

- 1 cup broccoli florets
- 4 oz. beef meatballs (see separate recipe) • 1 tsp of [almond](#) flour • Salt, pepper
- 1 egg - beaten
- Half a cup of Yogurt Dressing
- 1/4 cup of chicken broth
- 2 tbsp of grated low-fat cheddar cheese *Instructions*

Heat oven to 400F. Cook broccoli around 5 minutes. Prepare beef meatballs as in the recipe above. Combine broth, flour, salt and pepper in a saucepan, stirring with a whisk until smooth. Bring to a boil over medium-high heat; cook 1 minute, stirring constantly. Remove from heat. Add yogurt dressing, beaten egg and then half of the cheese, stirring until well combined. Add sauce to broccoli mixture; and stir gently until combined.

Put mixture in a small casserole dish oiled with some coconut oil. Sprinkle with remaining cheese. Bake at 400° for 50 minutes or until mixture bubbles at the edges and cheese begins to brown. Remove from oven and let cool for 5 minutes. Serve with large Fiber Loaded Salad with Italian Dressing.



Nutrition Facts

Serving Size 352 g

Amount Per Serving

Calories 409 Calories from Fat 147

% Daily Value*

Total Fat 16.3g **25%**

Saturated Fat 6.5g **32%**

Trans Fat 0.0g

Cholesterol 277mg **92%**

Sodium 745mg **31%**

Potassium 958mg **27%**

Total Carbohydrates 11.2g **4%**

Dietary Fiber 2.2g **9%**

Sugars 6.2g

Protein 52.0g

Vitamin A 29% • Vitamin C 104%

Calcium 30% • Iron 128%

Nutrition Grade A-

* Based on a 2000 calorie diet

Beef Meatballs Cauliflower Casserole

Serves 1

Ingredients - Allergies: SF, GF

- 1 cup cauliflower florets
- 4 oz. beef meatballs (see separate recipe) • 1 tsp of [almond](#) flour • Salt, pepper
- 1 egg - beaten
- Half a cup of Yogurt Dressing
- 1/4 cup of chicken broth
- 2 tbsp of grated low-fat cheddar cheese

Instructions

Heat oven to 400°.

Cook cauliflower around 5 minutes. Prepare beef meatballs as in the recipe above. Combine soup, flour, salt and pepper in a saucepan, stirring with a whisk until smooth. Bring to a boil over medium-high heat; cook 1 minute, stirring constantly. Remove from heat. Add yogurt dressing, beaten egg and then half of the cheese, stirring until well combined. Add sauce to cauliflower mixture; and stir gently until combined.

Put mixture in a small casserole dish oiled with some coconut oil. Sprinkle with remaining cheese. Bake at 400° for 50 minutes or until mixture bubbles at the edges and cheese begins to brown. Remove from oven and let cool for 5 minutes. Serve with large Fiber Loaded Salad with Italian Dressing.

Nutrition Facts	
Serving Size 361 g	
Amount Per Serving	
Calories 405	Calories from Fat 145
% Daily Value*	
Total Fat 16.1g	25%
Saturated Fat 6.5g	32%
Trans Fat 0.0g	
Cholesterol 277mg	92%
Sodium 745mg	31%
Potassium 976mg	28%
Total Carbohydrates 10.8g	4%
Dietary Fiber 2.3g	9%
Sugars 6.9g	
Protein 51.6g	
Vitamin A 21%	Vitamin C 64%
Calcium 28%	Iron 127%
Nutrition Grade A-	
* Based on a 2000 calorie diet	



Cabbage Roll Casserole

Serves 8

Ingredients - Allergies: SF, GF, DF, EF, NF

2 pounds ground beef
1 cup chopped onion
1 liter tomato sauce
3 1/2 pounds cabbage or sauerkraut leaves
1 cup uncooked brown rice
1 tsp. salt
2 cups beef broth

Instructions

Heat oven to 350F.

Brown beef in coconut oil in a skillet over medium high heat until through. In a large mixing bowl combine the onion, rice and salt. Add meat and mix all together. Roll mixture into cabbage leaves and arrange them in a casserole dish. Pour broth and tomato sauce over rolls and bake in the preheated oven, covered, for 1 hour.



Pork Chop Casserole

Serves 6

Ingredients - Allergies: SF, GF, DF, EF, NF

- 3 cups vegetable broth
- 1 cup brown rice
- 5 ounce mushrooms
- salt and pepper to taste
- 6 (3/4 inch) thick pork chops *Instructions*

Heat oven to 350F. Pour broth into a baking dish. Add rice and mushrooms and mix. Salt and pepper to taste. Add pork chops in a single layer on that mixture and push them down into mixture and make sure they are covered with it.

Cover baking dish with aluminum foil and bake for 1 hour.



Mushrooms Casserole

Instructions – serves 4 - Allergies: SF, GF, NF

- 3 pounds sliced mushrooms (shiitake preferably) • 1 pound sliced leeks
- Salt and freshly ground black pepper
- 1 tbsp. chopped parsley
- 2 beaten eggs
- 1 cup of low-fat Greek yogurt
- 1/2 cup of shredded cheddar cheese, low-fat • 1 pound cubed skinless boneless chicken (or turkey) breasts *Instructions*

Heat oven to 375 degrees F. Mix beaten eggs and low-fat yogurt in a separate dish. In a casserole, place 1 layer of mushrooms, leeks and chicken cubes and season with salt, pepper, and parsley. Cover with 1/2 of a cup of eggs/yogurt mixture. Repeat process 2 more times and cover with shredded cheese. Bake until mushrooms and chicken is tender and crust is golden brown. Serve with Large Fiber Loaded salad with Italian Dressing.



Nutrition Facts

Serving Size 647 g

Amount Per Serving

Calories 325 Calories from Fat 55

% Daily Value*

Total Fat 6.1g **9%**

Saturated Fat 1.7g **9%**

Trans Fat 0.0g

Cholesterol 143mg **48%**

Sodium 520mg **22%**

Potassium 1426mg **41%**

Total Carbohydrates 30.8g **10%**

Dietary Fiber 5.5g **22%**

Sugars 13.5g

Protein 44.9g

Vitamin A 41% • Vitamin C 43%

Calcium 23% • Iron 74%

Nutrition Grade A

* Based on a 2000 calorie diet

Chicken Eggplant Casserole

Ingredients – serves 4 - Allergies: SF, GF, NF

- 3 pounds Eggplant
- Salt and ground black pepper
- 1 tbsp. chopped parsley
- 2 beaten eggs
- 1 cup of low-fat Greek yogurt
- 1/2 cup of shredded cheddar cheese, low-fat • 1 pound cubed skinless boneless chicken (or turkey) breasts *Instructions*

Preheat oven to 375 degrees F. Mix beaten eggs and low-fat yogurt in a separate dish. In a casserole, place 1 layer of eggplant and meat cubes. Sprinkle with salt, pepper, and parsley. Cover with 1/2 of a cup of eggs/yogurt mixture. Repeat process 2 more times and cover with shredded cheese. Bake until eggplant and chicken are tender and crust is golden brown, about 20 minutes. Serve with

Nutrition Facts	
Serving Size 590 g	
Amount Per Serving	
Calories 300	Calories from Fat 52
% Daily Value*	
Total Fat 5.8g	9%
Saturated Fat 1.7g	8%
Trans Fat 0.0g	
Cholesterol 143mg	48%
Sodium 497mg	21%
Potassium 1024mg	29%
Total Carbohydrates 31.1g	10%
Dietary Fiber 12.7g	51%
Sugars 13.3g	
Protein 36.7g	
Vitamin A 22%	Vitamin C 36%
Calcium 20%	Iron 37%
Nutrition Grade A	
* Based on a 2000 calorie diet	

Large Fiber Loaded salad with Italian Dressing.



Beef Meatballs Green Beans Casserole

Serves 1

Ingredients - Allergies: SF, GF

- 1 cup green beans florets
- 5 oz. beef meatballs (see separate recipe) • 1 tsp of [almond](#) flour • Salt, pepper
- 1 egg - beaten

Half a cup of Yogurt Dressing • 1/4 cup of chicken broth

- 2 tbsp. of grated low-fat cheddar cheese *Instructions*

Heat oven to 400°.

Cook green beans around 5 minutes. Prepare beef meatballs as in the recipe above. Combine soup, flour, salt and pepper in a saucepan, stirring with a whisk until smooth. Bring to a boil over medium-high heat; cook 1 minute, stirring constantly. Remove from heat. Add yogurt dressing, beaten egg and then half of the cheese, stirring until well combined. Add sauce to green beans mixture; and stir gently until combined.

Put mixture in a small casserole dish oiled with some coconut oil. Sprinkle with remaining cheese. Bake at 400° for 50 minutes or until mixture bubbles at the edges and cheese begins to brown. Remove from oven and let cool for 5 minutes. Serve with large Fiber Loaded Salad with Italian Dressing.



Nutrition Facts

Serving Size 368 g

Amount Per Serving

Calories 412 Calories from Fat 146

% Daily Value*

Total Fat 16.2g **25%**

Saturated Fat 6.5g **32%**

Trans Fat 0.0g

Cholesterol 277mg **92%**

Sodium 728mg **30%**

Potassium 921mg **26%**

Total Carbohydrates 12.7g **4%**

Dietary Fiber 3.3g **13%**

Sugars 6.2g

Protein 51.6g

Vitamin A 32% • Vitamin C 28%

Calcium 30% • Iron 130%

Nutrition Grade A-

* Based on a 2000 calorie diet

“Breaded” “fried” food

Breaded Tilapia

Ingredients - Allergies: SF, GF, DF, NF

Recipe is for 4 servings.

- 1 cup coconut meal for breading
- 1/2 tsp. pepper
- 1/2 tsp. minced garlic
- 1/2 tsp. paprika
- 1/4 tsp. salt
- 2 large egg whites (or whole eggs), beaten • 1 pound tilapia fillets, cut into 1/2-by-3-inch strips

Heat oven to 400°F. Set a wire rack on a baking sheet and coat with some coconut oil.

Place coconut, pepper, garlic, paprika and salt in a blender and process until finely ground. Transfer to a shallow dish.

Place egg whites in a second dish. Dip every piece of fish in the egg and then coat all sides with the coconut breading mixture. Place on the prepared rack. Sprinkle some drops of olive oil over each piece.

Bake until the fish is cooked through. Breading should be golden brown. Serve with large Fiber loaded salad.

Nutrition Facts

Serving Size 189 g

Amount Per Serving

Calories 261 Calories from Fat 130

% Daily Value*

Total Fat 14.4g **22%**

Saturated Fat 1.3g **7%**

Trans Fat 0.0g

Cholesterol 137mg **46%**

Sodium 227mg **9%**

Potassium 103mg **3%**

Total Carbohydrates 9.6g **3%**

Dietary Fiber 8.6g **34%**

Sugars 0.8g

Protein 30.3g

Vitamin A 17%

Vitamin C 14%

Calcium 9%

Iron 18%

Nutrition Grade B-

* Based on a 2000 calorie diet



Breaded Chicken

Ingredients - Allergies: SF, GF, DF, NF

Recipe is for 4 servings.

- 1 cup [flax](#) seeds meal for breading
- 1/2 tsp. pepper
- 1/2 tsp. minced garlic
- 1/2 tsp. paprika
- 1/4 tsp. salt
- 2 large egg whites (or whole eggs), beaten • 1 pound skinless, boneless chicken pieces

Instructions
Heat oven to 400°F. Set a wire rack on a baking sheet; coat with some coconut oil.

Place flax, pepper, garlic, paprika and salt in a food processor or blender and process until finely ground. Transfer to a shallow dish.

Place egg whites in a second dish. Dip every piece of chicken in the egg and then coat all sides with the flax breading mixture. Place on the prepared rack. Sprinkle some drops of olive oil over each piece.

Bake until the chicken is cooked through and the breading is golden brown and crisp, about 8 minutes each side. Serve with large Fiber loaded salad.

Nutrition Facts

Serving Size 189 g

Amount Per Serving

Calories 384 Calories from Fat 196

% Daily Value*

Total Fat 21.8g **34%**

Saturated Fat 3.2g **16%**

Trans Fat 0.0g

Cholesterol 183mg **61%**

Sodium 285mg **12%**

Potassium 378mg **11%**

Total Carbohydrates 9.6g **3%**

Dietary Fiber 8.6g **34%**

Sugars 0.8g

Protein 42.0g

Vitamin A 18% • Vitamin C 14%

Calcium 8% • Iron 19%

Nutrition Grade B+

* Based on a 2000 calorie diet



Lemon Pork with Asparagus

Serves: 3-4

Ingredients - Allergies: SF, GF, DF, EF, NF

- 1 lb. pork chops
- 1/4 cup buckwheat flour
- 1/2 tsp. salt
- 2 tbsp. [coconut](#) oil • Pepper • 1 cup chopped asparagus
- 2 lemons, sliced

Instructions

Place the flour and salt in a dish and gently toss each chop in the dish to coat. Melt the coconut oil in a large skillet over medium high heat. Add the chicken and sauté until golden brown on each side. Sprinkle each side with the pepper directly in the pan.

When the chops are cooked through, transfer them to a plate. Add the lemon slices and asparagus to the pan. When the asparagus and the lemons are done, add the chops back to the pan.



Pizza

Meat Pizza

Serves 4

Ingredients - Allergies: SF, GF, EF, NF

- 1 cup cooked and minced chicken breast
- 1 cup low-fat cheddar, shredded
- 1 tbsp. minced onion & few basil leaves • 1 tsp garlic minced

Instructions

Preheat oven to 425 degrees Fahrenheit. Process chicken, onion and garlic together. Mixture will be a dense crumb consistency. Press chicken mixture on parchment paper on a cookie sheet. Bake for 12 minutes. Let cool for five minutes.

Top with 1/4 cup of tomato sauce, a handful of low-fat cheese, basil and mushrooms (shiitake). Bake for 6-8 minutes more, or until toppings are melted. Let cool for five minutes. Slice and serve. Alternatively, you may want to try cauliflower crust version:

Grate half of the large cauliflower and steam it for 15 minutes. Squeeze the excess water out and let cool. Mix in 2 eggs, one cup low-fat mozzarella, and salt and pepper. Pat into a 10-inch round on the prepared cookie sheet. Brush with oil and bake until golden. Add the topping as above.



Side dishes

Green Superfoods Rice

Serves: 8

Ingredients - Allergies: SF, GF, DF, EF, V, NF

- 1 cup spinach or any other leafy greens • 1 cup leeks • 1/2 cup or more cilantro leaves or parsley • 1 jalapeno or serrano pepper • 2 cloves garlic • 1/4 cup [coconut](#) oil • 1 cup brown rice • 1 cup [quinoa](#)
 - 3 tbsp [flax](#) seeds meal • 3 cups water • 1/2 tsp. salt (more to taste)
- Instructions Pulse the spinach, leeks, cilantro, pepper, and garlic in a food processor. Do it until they become very finely chopped.

Heat the oil in a pot over high heat. Add the rice and quinoa and stir continuously for 5-8 minutes, until the rice is starting to turn light golden brown. Add the water, salt. Cover and boil for 5 minutes. Stir, and lower the heat to simmer for another 10 minutes. Stir in the green paste from the step 1 and cook until the rice is fluffy. Serve with additional salt, cilantro leaves, and lime if desired.



Roasted curried cauliflower

Serves 10

Ingredients - Allergies: SF, GF, DF, EF, NF

- 12 cups cauliflower florets
- 1 chopped large onion
- 1 tsp. coriander seeds
- 1 tsp. cumin seeds
- 3/4 cup [olive](#) oil or [avocado](#) oil • 1/2 cup lemon juice
- 3 1/2 teaspoons curry paste
- 1 tbsp. hot paprika
- 1 3/4 teaspoons salt
- 1/4 cup chopped cilantro

Instructions

Heat oven to 450°F. Place cauliflower florets in large roasting pan. Add onions to cauliflower. Dry toast coriander and cumin seeds in a skillet over medium heat until slightly browned, about 5 minutes. Crush in mortar with pestle. Place seeds in bowl. Whisk in oil, lemon juice, curry paste, paprika, and salt. Pour dressing over vegetables and toss to coat. Spread vegetables in single layer and sprinkle with pepper.

Roast vegetables until tender, stirring occasionally, about 35 minutes.

Sprinkle cilantro and serve warm.



Roasted cauliflower with Tahini sauce

Serves 6

Ingredients - Allergies: SF, GF, DF, EF, V, NF

- 1/4 cup extra-virgin [olive](#) oil or [avocado](#) oil
- 4 tsp. ground cumin
- 2 heads cauliflower, cored and cut into 1 1/2" florets
- Salt and ground black pepper
- 1/2 cup tahini
- 3 cloves garlic, smashed and minced into a paste
- Juice of 1 lemon

Instructions

Roast cauliflower like in the previous recipe.

Meanwhile, combine tahini, lemon juice, garlic, and 1/2 cup water in a bowl and season with salt. Serve cauliflower hot or at room temperature with tahini sauce.



Baked Sweet Potatoes

Serves 2

Ingredients - Allergies: SF, GF, DF, EF, V, NF

- 2 medium sweet potatoes

Instructions

Heat oven to 425 degrees F. Quarter sweet potatoes and place them in a casserole with a lid. Bake until tender when pierced with a fork (40 minutes approx.).



Asparagus with mushrooms and hazelnuts

Serves 4

Ingredients - Allergies: SF, GF, DF, EF, V

• 2 tbsp. lemon juice • 1/4 tsp sea salt • Ground black pepper, to taste
• 1 pound fresh asparagus, ends trimmed • 2 tbsp. [coconut](#) oil • 6 cups mushrooms • 1/2 cup green onions, sliced • 2 tbsp. hazelnuts, toasted and finely chopped

Instructions
Add the lemon juice, 1 tbsp. of the oil, salt, and pepper in a small bowl. Boil water in a pan and add the asparagus. Boil for few minutes. Heat the remaining 1 tbsp. oil in a pan on high heat. Add mushrooms and cook them until they are soft. Add green onions and sauté 1 more minute. Add the asparagus, and cook another 3 minutes. Remove from the heat and slowly add in the lemon juice mixture. Add the toasted hazelnuts over the top.



Chard and Cashew Sauté

Serves 2

Ingredients - Allergies: SF, GF, DF, EF, V, NF

• 1 bunch Swiss chard • 1/2 cup cashews • 1 tbsp. [coconut](#) oil • Sea salt (optional) • Ground black pepper *Instructions*

Wash Swiss chard and remove tough stems. Heat a skillet over medium heat, and add oil when hot. Chop Swiss chard into thin strips. Add Swiss chard to the hot skillet, along with cashews. Sauté only 1 minute. Season with sea salt and ground black pepper to taste and serve warm.



Cauliflower rice side dish

Serves 2

Ingredients - Allergies: SF, GF, DF, EF, V, NF

- 1 head cauliflower • 2 Tbs [coconut](#) oil
- Sea salt, garlic, ginger or ground black pepper (optional seasonings)

Instructions

Place the cauliflower into a food processor and pulse it until a grainy rice-like consistency. Season with sea salt and ground black pepper. Meanwhile, heat a large sauté pan over high heat. Add coconut oil when hot. Sauté cauliflower in a pan with oil and any additional seasonings if desired.



Crockpot

Slow Cooker Pepper Steak

Serves 4-6

Ingredients - Allergies: SF, GF, DF, EF, NF

- 2 pounds beef sirloin, cut into 2 inch strips
- 1 tbsp. minced garlic
- 3 tbsp. [coconut](#) oil
- 1 cup Beef Broth
- 1 tbsp. tapioca flour
- 1/2 cup chopped onion
- 2 cups carrots
- 1 cup chopped tomatoes
- 1 tsp. salt *Instructions*

Sprinkle beef with minced garlic. Heat the coconut oil in a skillet and brown the seasoned beef sirloin strips. Transfer to a slow cooker. Mix in tapioca flour in broth until dissolved. Pour broth into the slow cooker with meat. Add carrots, onion, chopped tomatoes and salt. Cover and cook on high for 3 to 4 hours, or on low for 6 to 8 hours.



Pork Tenderloin with peppers and onions

Serves 3-4

Ingredients - Allergies: SF, GF, DF, EF, NF

- 1 tbsp. [coconut](#) oil
- 1 pound pork loin • 1 tbsp. caraway seeds • 1/2 tsp sea salt • 1/4 tsp ground black pepper • 1 red onion, thinly sliced • 2 red bell peppers, sliced • 4 cloves of garlic, minced • 1/4-1/3 cup chicken broth

Instructions
Wash and chop vegetables. Slice pork loin, and season with black pepper, caraway seeds and sea salt. Heat a pan over medium heat. Add coconut oil when hot. Add pork loin and brown slightly. Add onions and mushrooms, and continue to sauté until onions are translucent. Add peppers, garlic and chicken broth. Simmer until vegetables are tender and pork is fully cooked.



Beef Bourguignon

Serves 8-10

Ingredients - Allergies: SF, GF, DF, EF

- 4 pounds cubed lean beef
- 1 cup red wine
- 1/3 cup [coconut](#) oil
- 1 tsp. thyme
- 1 tsp. black pepper
- 2 cloves garlic, crushed
- 1 onion, diced
- 1 pound mushrooms, sliced
- 1/3 cup [almond](#) flour *Instructions*

Marinate beef in wine, oil, thyme and pepper for few hours at room temperature or 6-8 hours in the fridge. Cook garlic and onion in a pan until soft. Add mushrooms. Cook until they are browned. Drain beef liquid. Place beef in slow cooker. Sprinkle flour over the beef and stir to coat. Add mushroom mixture on top. Pour reserved marinade over all. Cook on low for 7-9 hrs.



Italian Chicken

Serves 6-8

Ingredients - Allergies: SF, GF, DF, EF

- 1 skinless chicken, cut into pieces
- 1/4 cup [almond](#) flour
- 1 1/2 tsp. salt
- 1/8 tsp. pepper
- 1/2 cup chicken broth
- 1 cup sliced mushrooms
- 1/2 tsp. paprika
- 1 zucchini, sliced into medium pieces
- ground black pepper
- parsley to garnish

Instructions

Season chicken with 1 tsp. salt. Combine flour, pepper, remaining salt, and paprika. Coat chicken pieces with this mixture. Place zucchini first in a crockpot. Pour broth over zucchini. Arrange chicken on top. Cover and cook on low for 6 to 8 hours or until tender. Turn control to high, add mushrooms, cover, and cook on high for additional 10-15 minutes. Garnish with parsley and ground black pepper.



Slow Cook Jambalaya

Serves 4

Ingredients - Allergies: SF, GF, DF, EF, NF

- 1 Bell pepper, chopped
- 1 Onion, chopped
- 2 Medium tomatoes, chopped
- 1 cup Chopped celery
- 1 Clove garlic, crushed
- 2 tbsp. minced parsley
- 2 tbsp. Chopped thyme leaves
- 2 tbsp. chopped Oregano leaves
- 1/8 tsp. Cayenne & 1/2 tsp. Salt
- 4 ounces pork, chopped
- 8 ounces Chicken breast, chopped
- 2 cups Beef broth
- 1/2 pound Cooked shelled shrimp
- 1 cup Cooked brown rice

Instructions

Shell shrimp and halve lengthwise. Combine all ingredients except shrimp & rice in a slow cooker. Cover & cook on low 9-10 hours. Turn slow cooker on high, add cooked shrimp & cooked rice. Cover; cook on high 20-30 minutes.



Ropa Vieja

Ingredients - Allergies: SF, GF, DF, EF, NF

6 servings

- 1 tbsp. [coconut](#) oil • 2 pounds beef flank steak
- 1 cup beef broth • 1 cup tomato sauce
- 1 small onion, sliced
- 1 green bell pepper sliced into strips
- 2 cloves garlic, chopped
- 1/2 cup tomato paste
- 1 tsp. ground cumin
- 1 tsp. chopped cilantro
- 1 tbsp. olive oil & 1 tbsp. lemon juice *Instructions*

Heat oil in a skillet over high heat. Brown the flank steak on each side (4 minutes per side). Move the beef to a slow cooker. Add in the beef broth and tomato sauce, then add the onion, bell pepper, garlic, tomato paste, cumin, cilantro, olive oil and lemon juice. Stir until blended. Cover, and cook on high for 4 hours, or on Low for up to 8 hours. When ready to serve, shred meat and serve with brown rice or quinoa and salad.



Lemon Roast Chicken

Serves 6-8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 1 whole skinless chicken
- 1 dash Salt
- 1 dash Pepper
- 1 tsp. Oregano
- 2 cloves minced garlic
- 2 tbsp. [coconut](#) oil
- 1/4 cup Water
- 3 tbsp. Lemon juice • Rosemary *Instructions*

Wash chicken and season with salt and pepper. Sprinkle half of oregano and garlic inside chicken cavity. Add coconut oil to a frying pan. Brown chicken on all sides and transfer to crock pot. Sprinkle with oregano and garlic. Add water to fry pan and stir to loosen brown bits. Pour into crock pot and cover. Cook on low 7 hours. Add lemon juice when cooking is done. Transfer chicken to cutting board and carve chicken. Skim fat. Pour juice into sauce bowl. Serve with rosemary and some juice over chicken.



Fall Lamb and Vegetable Stew

Serves 6-8

Ingredients - Allergies: SF, GF, DF, EF, NF

- 2 pounds Lamb stew meat
- 2 chopped Tomatoes
- 1 Summer squash
- 1 Zucchini
- 1 cup Mushrooms, sliced
- 1/2 cup Bell peppers, chopped
- 1 cup Onions, chopped
- 2 teaspoons Salt
- 1 Garlic cloves, crushed
- 1/2 tsp. Thyme leaves
- 1 Bay leaves
- 2 cups chicken broth

Instructions

Cut squash and zucchini. Place vegetables and lamb in crockpot. Mix salt, garlic, thyme, and bay leaf into broth and pour over lamb and vegetables. Cover and cook on low for 7 hours. Serve over brown rice.



Slow cooker pork loin

Serves 4-6

Ingredients - Allergies: SF, GF, DF, EF, NF

• 1-1/2 lb pork loin • 1 cup tomato sauce • 2 zucchinis, sliced • 1 head cauliflower, separated into medium florets • 1-2 Tbs dried basil • 1/4 tsp ground black pepper • 1/2 tsp sea salt (optional) *Instructions*

Add all of the ingredients to a crock pot.

Cook on high for 3-4 hours or low 7-8 hours.



Sauerbraten

Serves 6-8

Ingredients - Allergies: SF, GF, DF, EF, NF

Marinade • Water -- 2 cups • Lemon juice – 1/2 cup • Red wine -- 1 cup • Peppercorns -- 1 tbsp.

- Juniper berries -- 8
- Whole cloves -- 4
- Bay leaves -- 2

Roast • Beef rump or round -- 3 to 4 pounds • Salt and pepper -- to season • [coconut](#) oil -- 3 tbsp.

- Onion, thinly sliced -- 1
- Carrot, cut into thin rounds -- 2
- Celery, thinly chopped -- 1 stalk *Instructions*

Place the marinade ingredients (except lemon juice) into a pot and bring to a boil. Boil for 5 minutes then remove and cool to room temperature. Add lemon juice.

Place the beef in a large glass dish and pour the marinade. Make sure that beef is covered with the marinade.

Set the roast and its marinade in the fridge and marinate for at least few hours. Turn the beef once or twice daily.

Remove the roast from the marinade and season with salt and pepper. Brown the roast well on all sides and set aside.

Add the celery, onion and carrot to the pot and sauté until the onion is cooked translucent. Put the roast to the pot and add in the marinade. Bring to a boil, then reduce heat to medium-low. Cover the pot and simmer until the roast is fork tender.

Remove the roast and set it aside. Strain the sauce and discard the solids and return the liquid to the pot. Bring to a simmer and add in the salt and pepper and simmer for few minutes more.

Variations

- **Meats:** Pork, lamb or venison.
- **Marinade Variations:** Nutmeg, ginger, thyme and coriander.



Fish

Cioppino

Serves 6

Ingredients - Allergies: SF, GF, DF, EF, NF

- 3/4 cup [coconut](#) oil
- 2 onions, chopped
- 2 cloves garlic, minced
- 1 bunch fresh parsley, chopped
- 1,5 cups stewed tomatoes
- 1,5 cups chicken broth
- 2 bay leaves
- 1 tbsp. dried basil
- 1/2 tsp. dried thyme
- 1/2 tsp. dried oregano
- 1 cup water
- 1-1/2 cups white wine
- 1-1/2 pounds peeled and deveined large shrimp
- 1-1/2 pounds bay scallops
- 18 small clams
- 18 cleaned and debearded mussels
- 1-1/2 cups crabmeat
- 1-1/2 pounds cod fillets, cubed

Instructions

Over medium heat melt coconut oil in a large stockpot and add onions, parsley and garlic. Cook slowly, stirring occasionally until onions are soft. Add tomatoes to the pot. Add chicken broth, oregano, bay leaves, basil, thyme, water and wine. Mix well. Cover and simmer 30 minutes.

Stir in the shrimp, scallops, clams, mussels and crabmeat. Stir in fish. Bring to boil. Lower heat, cover and simmer until clams open.



Flounder with Orange Coconut Oil

Serves 6

Ingredients - Allergies: SF, GF, DF, EF, NF

- 3 1/2 lbs. flounder
- 3 tbsp. white wine
- 3 tbsp. lemon juice
- 3 tbsp. [coconut](#) oil
- 3 tbsp. parsley
- 1 tsp. black pepper
- 2 tbsp. orange zest
- 1/2 tsp. salt
- 1/2 cup chopped scallions *Instructions*

Preheat oven to 325F. Sprinkle fish with pepper and salt.

Place fish in the baking dish. Sprinkle orange zest on top of the fish.

Melt remaining coconut oil and add the parsley and scallions to the coconut oil and pour over flounder. Then add in the white wine.

Place in oven and bake for 15 minutes. Serve fish with extra juice on a side.



Grilled Salmon

Serves 4

Ingredients - Allergies: SF, GF, DF, EF, NF

- 4 (4 ounce) filets salmon
- 1/4 cup [coconut](#) oil
- 2 tbsp. fish sauce
- 2 tbsp. lemon juice
- 2 tbsp. thinly sliced green onion
- 1 clove garlic, minced & 3/4 tsp. ground ginger
- 1/2 tsp. crushed red pepper flakes
- 1/2 tsp. sesame oil
- 1/8 tsp. salt *Instructions*

Whisk together coconut oil, fish sauce, garlic, ginger, red chili flakes, lemon juice, green onions, sesame oil, and salt. Put fish in a glass dish, and pour marinade over. Cover and refrigerate for 4 hours. Preheat grill. Place salmon on grill. Grill until fish becomes tender. Turn halfway during cooking.



Crab Cakes

Serves 6-8

Ingredients - Allergies: SF, GF, DF, NF

- 3 lbs. crabmeat
- 3 beaten eggs
- 3 cups [flax](#) seeds meal
- 3 tbsp. mustard
- 2 tbsp. grated horseradish
- 1/2 cup [coconut](#) oil
- 1 tsp. lemon rind
- 3 tbsp. lemon juice
- 2 tbsp. parsley
- 1/2 tsp. cayenne pepper
- 2 tsp. fish sauce

Instructions

In medium bowl combine all ingredients except oil. Shape in to smallish hamburgers. In fry pan heat oil and cook patties for 3-4 minutes on each side or until golden brown. Optionally, bake them in the oven.

Serve as appetizers or as main course with large fiber salad.



Sweets

Sweet Superfoods pie crust

Ingredients - Allergies: SF, GF, DF

- 1 1/3 cups blanched [almond](#) flour • 1/3 cup tapioca flour • 1/2 tsp. sea salt • 1 large egg • 1/4 cup [coconut](#) oil • 2 tbsp. coconut sugar or raw [honey](#)
- 1 tsp of ground [vanilla](#) bean

Instructions

Place almond flour, tapioca flour, sea salt, vanilla, egg and coconut sugar (if you use coconut sugar) in the bowl of a food processor. Process 2-3 times to combine. Add oil and raw honey (if you use raw honey) and pulse with several one-second pulses and then let the food processor run until the mixture comes together. Pour dough onto a sheet of plastic wrap. Wrap and then press the dough into a 9-inch disk. Refrigerate for 30 minutes.

Remove plastic wrap. Press dough onto the bottom and up the sides of a 9-inch buttered pie dish. Crimp a little bit the edges of crust. Cool in the refrigerator for 20 minutes. Put the oven rack to middle position and preheat oven to 375F. Put in the oven and bake until golden brown.



Apple Pie

Serving Size: Serves 8

Ingredients - Allergies: SF, GF, DF

For the Crust: See previous recipe For the Apple Filling: • 2 tbsp. [coconut](#) oil • 9 sour apples, peeled, cored and cut into 1/4-inch thick slices • 1/4 cup coconut sugar or raw [honey](#)

- 1/2 tsp. cinnamon • 1/8 tsp. sea salt • 1/2 cup coconut milk For the Topping:
- 1 cup ground nuts and seeds *Instructions*

Filling: Melt coconut oil in a large pot over medium heat. Add apples, coconut sugar or raw honey, cinnamon and sea salt. Increase heat to medium-high and cook, stirring occasionally, until apples release their moisture and sugar is melted. Pour coconut milk or cream over apples and continue to cook until apples are soft and liquid has thickened, about 5 minutes, stirring occasionally.

Pour the filling into the crust and then top with topping. Place a pie shield over the edges of the crust to avoid burning. Bake until topping is just turning golden brown. Cool and serve.



Superfoods Dark Chocolate

Instructions - Allergies: SF, GF, DF, EF, V, NF

Mix 1/4 cup of coconut oil with 1/4 to 1/2 cup of cocoa powder (unsweetened, ideally organic and unprocessed) and some raw [honey](#) to taste. You really should experiment with cocoa and honey amount. Maybe start with equal amount of coconut oil, cocoa and honey, mix it and then increase amount of cocoa to your taste. Form balls or put in the ice cube tray. Put it in the fridge and 1 hour later you'll have great homemade Superfoods chocolate!



Fruits dipped in Superfoods chocolate

Ingredients - Allergies: SF, GF, DF, EF, V

• 2 apples or 2 bananas or a bowl of strawberries or any fruit that can be dipped in melted chocolate • 1/2 cup of melted superfoods chocolate (see earlier recipe) • 2 tbsp. chopped nuts (almond, walnut, Brazil nuts) or seeds (hemp, chia, sesame, [flax](#) seeds meal) *Instructions*

Cut apple in wedges or cut banana in quarters. Melt the chocolate and chop the nuts. Dip fruit in chocolate, sprinkle with nuts or seeds and lay on tray. Transfer the tray to the fridge so the chocolate can harden; serve. If you don't want chocolate, cover fruits with almond or sunflower butter and sprinkle with chia or hemp seeds and cut it into chunks and serve.



Superfoods No-Bake Cookies

Ingredients - Allergies: SF, GF, DF, EF, V

- 1/2 cup coconut milk
- 1/2 cup cocoa powder
- 1/2 cup [coconut](#) oil • 1/2 cup raw [honey](#)
- 2 cups finely shredded coconut
- 1 cup large flake coconut
- 2 tsp of ground [vanilla](#) bean • 1/2 cup chopped almonds or [chia](#) seeds (optional)
- 1/2 cup [almond](#) butter (optional) *Instructions*

Combine the coconut milk, coconut oil and cacao powder in a saucepan. Cook the mixture over medium heat, stirring until it comes to a boil and then boil for 1 minute. Remove the mixture from the heat and stir in the shredded coconut, large flake coconut, raw honey and the vanilla. Add additional ingredients if you want. Spoon the mixture to a parchment lined baking sheet to cool.



Raw Brownies

Ingredients - Allergies: SF, GF, DF, EF, V

- 1 1/2 cups walnuts
- 1 cup pitted [dates](#)
- 1 1/2 tsp. ground [vanilla](#) bean • 1/3 cup unsweetened cocoa powder
- 1/3 cup [almond](#) butter *Instructions*

Add walnuts and salt to a food processor or blender. Mix until finely ground.

Add the vanilla, dates, and cocoa powder to the blender. Mix well and optionally add a couple drops of water at a time to make the mixture stick together.

Transfer the mixture into a pan and top with almond butter.



Superfoods Ice cream

Allergies: SF, GF, DF, EF, V, NF

Freeze a banana cut into chunks and process it in blender once frozen and add half a tsp. of cinnamon or 1 tsp. of cocoa or both and eat it as ice-cream.

Other option would be to add one spoon of [almond](#) butter and mix it with mashed banana, it's also a delicious ice cream.



Apple Spice Cookies

Ingredients - Allergies: SF, GF, DF, EF, V

- 1 cup unsweetened [almond](#) butter • 1/2 cup raw [honey](#)
- 1 egg & 1/2 tsp salt
- 1 apple, diced • 1 tsp cinnamon • 1/4 tsp ground cloves • 1/8 tsp nutmeg • 1 tsp fresh ginger, grated *Instructions*

Heat oven to 350 degrees F. Combine almond butter, egg, raw honey and salt in a bowl. Add apple, spices, and ginger and stir. Spoon batter onto a baking sheet 1 inches apart. Bake until set. Remove cookies and allow to cool on a cooling rack.



Superfoods Macaroons

Ingredients - Allergies: SF, GF, DF, NF

• 3 egg whites • 1/2 cup coconut sugar • 1/4 tsp. salt • 1 cup unsweetened flaked coconut

• 1/2 cup soft dried apricots, coarsely chopped (3 ounces) Heat the oven to 325 degrees. Whisk together egg whites, sugar, and salt in a bowl until frothy. Add apricots and coconut and mix to combine.

Shape mixture into mounds with hands and place one inch apart on baking sheet.

Bake until lightly golden, 35 to 40 minutes. Rotate sheet halfway through. You can cover them with Superfoods Dark Chocolate.



Superfoods Stuffed Apples

Allergies: SF, GF, DF, EF, V

Core 10 apples, fill them with Superfoods No Bake Balls mix and bake them in the oven for 25-30 minutes.



Whipped Coconut cream

Ingredients - Allergies: SF, GF, DF, EF, V, NF

- 4 cups of any fresh berries
- 2 lemons
- 1 can full fat coconut milk (14 oz.), refrigerated overnight
- 1 tsp of ground [vanilla](#) bean
- 2 Tbsp. raw [honey](#)
- Dash of cardamom, nutmeg and clove (optional)

Instructions

Separate coconut cream from the milk by putting it overnight in the fridge. Don't shake it before opening.

Open the can of coconut milk and scrape out the cream into a bowl. Use the saved milk for smoothies or other recipes.

Add cardamom, raw honey and vanilla. Whip the cream with a hand mixer until fluffy. Put in the fridge.

Wash berries and place in serving bowls or glasses. Squeeze the lemon over the berries. Place a big scoop of cream on top of the berries and serve.



Granola Mix

Ingredients - Allergies: SF, GF, DF, EF, V

- 10 Cup Rolled Oats
- 1/2 Pound Shredded Coconut
- 2 Cup Raw Sunflower Seeds
- 1 Cup Sesame Seeds or [chia](#) seeds
- 3 Cup Chopped Nuts
- 1-1/2 Cup -Water
- 1-1/2 Cup [coconut](#) oil
- 1 Cup raw [honey](#)
- 1-1/2 Tsp. Salt
- 2 Tsp. Cinnamon
- 1 tbsp. of ground [vanilla](#) bean • Dried cranberries *Instructions*

Turn the oven on and heat oven to 300F. Combine oats, coconut, sunflower seeds, sesame seed, cranberries and nuts (can include almonds, pecans, walnuts, or a combination of all of them). Blend well.

Combine water, oil, raw honey, salt, cinnamon and vanilla in a large pan. Heat until raw honey is dissolved, but don't boil.

Pour the honey over the dry ingredients and stir well. Spread onto cookie sheets. Bake 25 to 30 minutes, and stir occasionally. Let it cool. Store in a cool dry place.



Pumpkin pie

Ingredients - Allergies: SF, GF, DF, NF

- 1 1/2 cup homemade pumpkin puree
- 3 eggs • 1/2 cup coconut milk
- 1/2 cup raw [honey](#)
- 1 tbsp. ground cinnamon
- 1 tsp. nutmeg • 1/8 tsp. sea salt
- 1 Superfoods Sweet Pie Crust, unbaked

Instructions

In a food processor combine pumpkin puree, and eggs. Pulse in cinnamon, nutmeg, coconut milk, raw honey, and salt. Pour filling into Superfoods Sweet Pie Crust and bake at 350° for 45 minutes. Allow the pie to cool and then refrigerate for 2 hours.



Blueberry Cream Pie

Ingredients - Allergies: SF, GF, DF, EF, V, NF

- Sweet Superfoods pie crust

Filling: • 2 Teaspoons plant-based gelatin, dissolved in 2 Tbsp. hot water • 1/3 cup lemon juice

- 1/3 cup raw [honey](#)
- 1 can coconut milk, chilled
- 4 cups blueberries for serving

Instructions Mix the gelatin and water together. Stir to dissolve and add the lemon juice. Whip coconut milk and raw honey with electric mixer about 15 minutes. Add the gelatin to the whipped cream. Pour the filling into the crust. Filling will set up in the refrigerator.

Chill for at 4 hours until set, and serve with lots of berries.



Upside down Apple Cake

Ingredients - Allergies: SF, GF, DF

Bottom Fruit Layer: • 2 tbsp. [coconut](#) oil, melted • 1 apple, sliced, or 1/4 cup blueberries, plums, banana *etc.*

- 2 tbsp. walnut chunks • 2 tbsp. coconut sugar
- 1 tsp ground cinnamon.

Top Cake Layer: • 2 eggs, beaten.

- 1/3 cup raw [honey](#)
- 1/4 cup unsweetened coconut milk, or unsweetened almond milk.
- 1 tsp ground [vanilla](#) bean • 1 tsp lemon juice.
- 1 banana, mashed, or 1/4 cup blueberries
- 1/3 cup coconut flour

Instructions

Heat the oven (350 F), and grease a 9 inch cake pan.

Place 2 tbsps. coconut oil into cake pan, and put pan into preheating oven for a couple minutes to melt oil. Make sure oil is evenly distributed all over the bottom of the pan.

Sprinkle 2 tbsps. coconut sugar all over the oil.

Sprinkle 1 tsp cinnamon on top of sweetened layer.

Layer apple slices or blueberries on top of sweetened layer. Add optional walnut pieces to fruit layer. Set aside.

Combine all the “top cake layer” ingredients in a large mixing bowl except for the coconut flour. Mix and add the coconut flour and mix well.

Spoon batter on top of fruit layer and spread evenly.

Bake until center is set.

Remove from oven and let cool.

Slide a butter knife between cake and edge of pan to loosen cake.
Turn cake pan upside down onto a large plate or serving platter. Cake should fall onto plate. If not, use spatula to take the cake out.



Raw Vegan Reese's Cups

"Peanut" Butter Filling

- 1/2 cup sunflower seeds butter • 1/2 cup [almond](#) butter • 1 Tbsp. raw [honey](#)
- 2 Tbsp. melted [coconut](#) oil *Superfoods Chocolate Part:*
- 1/2 cup cacao powder • 2 Tbsp. raw [honey](#)
- 1/3 cup [coconut](#) oil (melted) *Instructions*

Mix the "Peanut" butter filling ingredients. Put a spoonful of the mixture into each muffin cup.

Refrigerate. Mix Superfoods chocolate ingredients. Put a spoonful of the Superfoods chocolate mixture over the "peanut" butter mixture. Freeze!



Raw Vegan Coffee Cashew Cream Cake

Coffee Cashew Cream

- 2 cups raw cashews
- 1 tsp. of ground [vanilla](#) bean • 3 tablespoons melted [coconut](#) oil
- 1/4 cup raw [honey](#)
- 1/3 cup very strong coffee or triple espresso shot *Crust*

See recipe for Raw Walnuts Pie Crust *Instructions*

Blend all ingredients for the cream, pour it onto the crust and refrigerate.
Garnish with coffee beans.



Raw Vegan Chocolate Cashew Truffles

Ingredients

- 1 cup ground cashews
- 1 tsp. of ground [vanilla](#) bean • 1/2 cup [coconut](#) oil • 1/4 cup raw [honey](#)
- 2 tbsp. [flax](#) seeds meal • 2 tbsp. [hemp](#) hearts • 2 tbsp. cacao powder

Instructions

Mix all ingredients and make truffles. Sprinkle coconut flakes on top.



Raw Vegan Double Almond Raw Chocolate Tart

Ingredients

• 1½ cups raw almonds • ¼ cup [coconut](#) oil, melted • 1 tablespoon raw [honey](#) or royal jelly • 8 ounces dark chocolate, chopped • 1 cup coconut milk • 1/2 cup unsweetened shredded coconut *Instructions*

Crust

Ground almonds and add melted coconut oil, raw honey and combine. Using a spatula, spread this mixture into the tart or pie pan.

Filling

Put chopped chocolate in a bowl, heat coconut milk and pour over chocolate and whisk together. Pour filling into tart shell. Refrigerate. Toast almond slivers chips and sprinkle over tart.



Raw Vegan Bounty Bars

“Peanut” Butter Filling

- 2 cups desiccated coconut • 3 Tbsp. [coconut](#) oil - melted • 1 cup coconut cream - full fat • 4 Tbsp. of raw [honey](#)
- 1 Tsp. ground [vanilla](#) bean • pinch of sea salt *Superfoods Chocolate Part:*
- 1/2 cup cacao powder • 2 Tbsp. raw [honey](#)
- 1/3 cup [coconut](#) oil (melted) *Instructions*

Mix coconut oil, coconut cream, honey, vanilla and salt. Pour over desiccated coconut and mix well. Mold coconut mixture into balls, small bars similar to bounty and freeze. Or pour whole mixture into a tray, freeze and cut into small bars.

Make Superfoods Chocolate mixture, warm it up and dip frozen coconut into chocolate and put on a tray and freeze again.



Raw Vegan Tartlets with Coconut Cream

Crust: See recipe for Raw Walnuts Pie Crust. Make tartlets.

pudding: • 1 avocado • 2 tablespoons [coconut](#) oil • 2 tablespoons raw [honey](#)

• 2 tablespoons cacao powder • 1 teaspoon ground [vanilla](#) bean

• Pinch of salt • 1/4 cup Almond milk, as needed *Coconut cream:* See recipe for “Whipped Coconut Cream”. Add 1/2 tsp. cinnamon and whip again.

To make the pudding: blend all the ingredients in the food processor until smooth and thick. Spread evenly into tartlet crusts. Optionally, put some goji berries on top of the pudding layer.

Make the coconut cream, spread it on top of the pudding layer, and put back in the fridge overnight. Serve with one blueberry on top of each tartlet.



Raw Vegan "Peanut" Butter Truffles

Ingredients

- 5 tbsp. sunflower seed butter
- 1 tbsp. [coconut](#) oil • 1 tbsp. raw [honey](#)
- 1 teaspoons ground [vanilla](#) bean • 3/4 cup [almond](#) flour • 1 tbsp. [flax](#) seeds meal • pinch of salt • 1 tbsp. cacao butter
- [hemp](#) hearts (optional) • 1/4 cup Superfoods Chocolate

Instructions

Add sunflower seed butter, coconut oil, raw honey, vanilla, almond flour, flaxseed meal and salt to a large bowl.

Mix until all ingredients are incorporated.

Roll the dough into 1-inch balls, place them on parchment paper and refrigerate for half an hour (yield about 14 truffles) Dip each truffle in the melted Superfoods Chocolate, one at the time, and place them back on the pan with parchment paper or coat them in cocoa powder or coconut flakes.



Raw Vegan Chocolate Pie

Crust

- 2 cups almonds, soaked overnight and drained
- 1 cup pitted [dates](#), soaked overnight and drained • 1 cup chopped dried apricots
- 1 1/2 tsp. ground [vanilla](#) bean • 2 tsp. [chia](#) seeds • 1 banana *Filling*
- 4 Tbsp. raw cacao powder • 3 Tbsp. raw [honey](#)
- 2 ripe avocados • 2 Tbsp. organic [coconut](#) oil • 2 Tbsp. almond milk (if needed, check for consistency first)

Instructions

Add almonds and banana to a food processor or blender. Mix until it forms a thick ball. Add the vanilla, dates, and apricot chunks to the blender. Mix well and optionally add a couple drops of water at a time to make the mixture stick together.

Spread in a 10 inch dis.

Mix filling ingredients in a blender and add almond milk if necessary. Add filling to the crust and refrigerate.



Raw Vegan Chocolate Walnut Truffles

Ingredients

- 1 cup ground walnuts
- 1 tsp. cinnamon • 1/2 cup [coconut](#) oil • 1/4 cup raw [honey](#)
- 2 tbsp. [chia](#) seeds • 2 tbsp. cacao powder

Instructions

Mix all ingredients and make truffles. Coat with cinnamon, coconut flakes or chopped almonds.



Superfoods Reference Book

Unfortunately, I had to take out the whole Superfoods Reference Book out of all of my books because parts of that book are featured on my blog. I joined Kindle Direct Publishing Select program which allows me to have all my books free for 5 days every 3 months. Unfortunately, KDP Select program also means that all my books have to have unique content that is not available in any other online store or on the Internet (including my blog). I didn't want to remove parts of Superfoods Reference book that is already on my blog because I want that all people have free access to that information. I also wanted to be part of KDP Select program because that is an option to give my book for free to anyone. So, some sections of my Superfoods Reference Book can be found on my blog, under Superfoods menu on my blog. Complete Reference book is available for subscribers to my Superfoods Today Newsletter. Subscribers to my Newsletter will also get information whenever any of my books becomes free on Amazon. I will not offer any product pitches or anything similar to my subscribers, only Superfoods related information, recipes and weight loss and fitness tips. So, subscribe to my newsletter, download Superfoods Today Desserts free eBook which has complete Superfood Reference book included and have the opportunity to get all of my future books for free.

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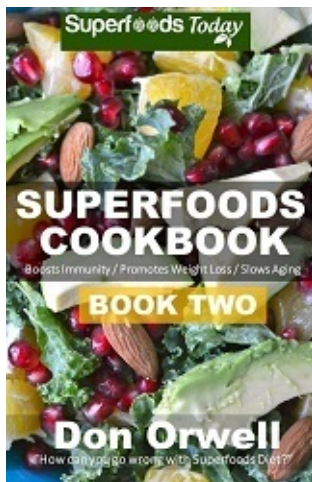
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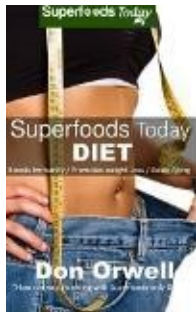
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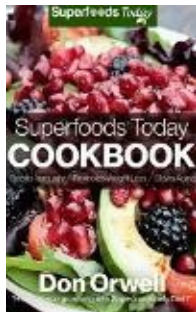
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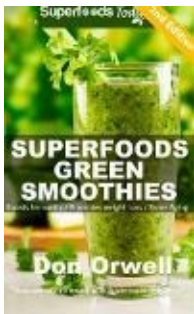
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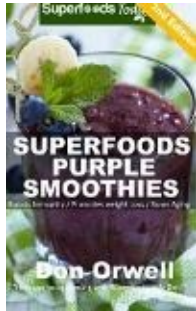
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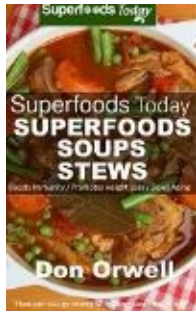
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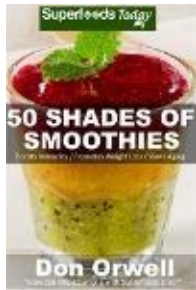
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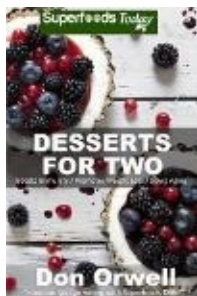
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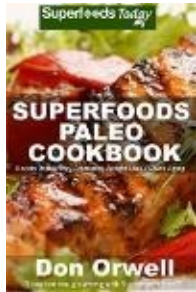
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