



Culinary Rx Kit™

for Neuroendocrine Tumor Patients





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The blue boxes contain
special culinary tips.

Culinary Rx for NET Patients

Neuroendocrine Tumors (NETs) are rare cancers that arise from neuroendocrine cells throughout the body. Nourishing foods can improve symptoms caused by NETs and have a powerful impact on your overall health. What you put on the end of your fork can empower you towards wellness.

Certain foods or eating habits are more likely to result in diarrhea, gas, bloating, and abdominal pain. There is no 'one size fits all' prescribed way of eating. You are an individual and the way your body reacts to food and lifestyle will be specific to you. Whole foods are the best source of nutrients. Work with your dietitian or nutritionist to tailor your diet to your needs.

Just because you need to limit or avoid certain foods, does NOT mean you are sentenced to boring, flavorless foods. We'll empower you with the tools to keep mealtimes FLAVORFUL and FUN with this specialized Culinary Rx Kit.

Dr. Pamela Kunz and the Stanford NET Team with Rebecca Katz and Healing Kitchens

Some NETs secrete hormones that are associated with symptoms; the classic example is carcinoid syndrome (CS). If you have CS, we refer you to our other Culinary Rx Kit specifically tailored for Carcinoid Syndrome.



Pamela Kunz, MD, Director

Stanford Neuroendocrine Tumor Program,
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General Nutrition Tips for NET Patients

There is no magic formula for better health and each person is unique and will respond differently when they change how they eat. Small changes to your diet can make a big difference in how you feel, recover and thrive. Here are a few tips to keep in mind.

- **Eat 4 to 6 smaller meals**, instead of the typical 3 larger meals. Try not to wait until you're hungry. Eat every 2 to 2.5 hours for constant energy. Pace yourself, eat slowly and you'll feel satiated.
- **Cooked vegetables** may be better-tolerated than eating raw vegetables.
- **Stay hydrated** by drinking water and other sources, such as vegetables and soups. Sip fluids throughout the day.
- **Eat a variety of foods** and you'll get most of your vitamins and minerals from food. Try for a rainbow of fruits and vegetables every day. As you cook more, you will have leftover foods, such as cooked grains, dressings and soups. You can store some in the refrigerator and freeze some for later. You'll soon have a supply of prepared foods. Stick with plants! Whenever plants are at the center of the plate -- and that includes herbs & spices -- you CANNOT lose.
- Choose a diet **higher in protein**.
- **Reduce** your **fat** intake.
- **Limit or avoid highly-processed foods**. You'll automatically reduce many added sugars, unhealthy fats, additives and coloring.
- **Test your limits** with small amounts, a quarter cup of coffee or a nibble of chocolate.
- **Keep a food diary** to help monitor what might be triggering symptoms for you. You may not have to give up a favorite food entirely such as coffee, chocolate or other potential triggers.
- **Break up cooking into its parts**: planning, shopping, prepping, cooking and cleaning. Wash and cut vegetables when you get home from the market. You'll be more likely to use them, if they're prepped and ready to go.
- **Ask family or friends to help** with shopping, prepping or cooking. Cooking with friends and family makes it easier and more fun.
- **Work with your dietitian** to meet YOUR unique nutritional needs.

Nutrition and Surgery

Treatment for NETs may require surgical removal of the tumor. When you are preparing for and recovering from major surgery your nutrition is very important. Good nutrition can be the key factor that helps you heal quickly. Your body will need plenty of calories and protein to heal adequately so it's important that you eat and drink well in the weeks prior to surgery. All surgical resections of NETs are very unique from one person to the next. For this reason, it is important to **work with your medical team**. They can help advise you on proper nutrition and hydration strategies that will help you stay nourished.

Prior to surgery, focus on healthy eating patterns and hydration. Sometimes, weight loss will be recommended by your provider. Then, after surgery, the location of your tumor and the part of the body being surgically removed may have an impact on how you best nourish yourself and on laboratory monitoring for nutritional deficiencies.

- **Esophageal/stomach surgery:** You will likely need to alter your eating patterns and may require vitamin and mineral supplements long term. Monitor for B12 and iron deficiency. Also monitor for difficult swallowing. It is common to eat smaller and more frequent meals.
- **Pancreas surgery:** Monitor for pancreatic digestive enzyme deficiency (floating stools and excess gas) and blood sugars.
- **Small intestine surgery:** The removal can result in short gut syndrome. Short gut may cause diarrhea and dehydration. This depends greatly on how much small intestine was removed. The remaining small intestine has the power to adapt and can return to normal after a period of time.
- **Colon/rectal surgery:** Diarrhea and/or irregular bowel movements can be common. Fiber supplementation often is helpful.
- **Gallbladder removal:** Often performed electively in NET patients given the possibility that many NET patients will take a somatostatin analog (octreotide or lanreotide) in the future. If you have had your gallbladder removed and experience diarrhea, ask your provider about bile acid malabsorption as a possible cause; this can be treated with supplementation of cholestyramine.

For surgery at other body sites, please work with your medical team.

Translating the Science to the Plate™

Fruits and Vegetables:

Eat a variety of colorful fruits and vegetables for cancer-fighting nutrients without many calories.

Fats:

Small amounts of healthy fats are important to include with meals and snacks. Fats provide essential fatty acids and aids in nutrient absorption. Best choices are olive oil, nuts, seeds, avocados and fatty fish like salmon and sardines.

Avoid hydrogenated fats and limit animal fats.

Meat and Beans:

Pick poultry or fish over red meat, and avoid processed meat. Focus on legumes (beans) as a plant-based source of protein and fiber.

Whole Grains and Starchy Vegetables:

Whole grains are a good source of fiber and nutrients. Some healthy whole grain options are oatmeal, wild rice, quinoa and barley.

When choosing whole grain products, a whole or sprouted grain should be the first ingredient listed on the packaging.

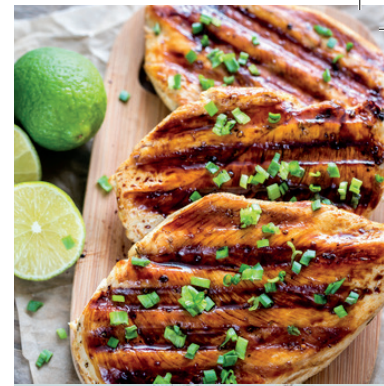


Daily Nutrition for NET

What would a full day of meals look like?

Use these daily goals as a guide. These are not absolute. Each of your meals should be about the same size and consist of protein and carbohydrates (vegetable, fruit and/or whole grains).

	Daily goals	Examples
Protein	75 to 105 grams per day for a 150 pound person. Moderate to high amounts depending on what is tolerable. This might be more protein than you're used to, but eating more protein will help repair damaged tissue, support a healthy immune system and boost energy.	One serving would be about 4 ounces. Two eggs or a palm-sized portion of fish, chicken, meat, or other plant proteins. Aim for 10-15 ounces of protein each day.
Carbohydrates	5 to 10 servings of vegetables (including herbs), fruit and whole grains. Try to get 1-2 servings of fruit and 1-2 servings of grains and the remaining servings would be a variety of vegetables. Starchy vegetables include potatoes, corn and peas.	One serving would be 1 cup of chopped vegetables or 2 cups of leafy greens, 1 medium fruit (about baseball size) or ½ cup chopped fruit or berries, ½ cup cooked grains or whole grain pasta or 1 slice of whole grain toast.
Water	About 2 quarts a day. If you're not a big water drinking fan, there are many other ways to increase your fluid intake during the day (See the Hydration Menu). Keep in mind that you get hydration from your food, too.	Water, soup, tea, smoothies, crunchy and leafy vegetables.



The size of your plate, bowl and glass can make a difference.

Use smaller plates and bowls to compose your smaller meals. A larger plate may lead you to over serve and over eat. You may feel that the same portion of rice on a smaller plate will be just the right amount. The same applies to drinking glasses. If you have a larger glass, you may drink more.



8-inch plate



10-inch plate

1 cup of rice



8-ounce glass



16-ounce glass

6 ounces of juice

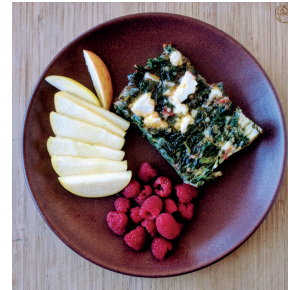
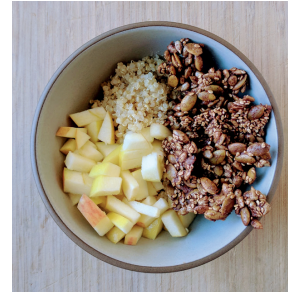
What does a small meal look like? And, how can you get all of that into 4 to 6 smaller meals?

Here's a sample day of smaller meals on an 8-inch plate or in a 2-cup bowl- all recipes provided in this Kit:

1. Quinoa Porridge (1 cup), fruit (½ cup) and Triple Triple Brittle (½ cup)
2. Power Green Soup (8 oz)
3. Triple Greens Frittata (2x3 inch slice) and fruit (½ cup)
4. Lemony Salmon Salad (½ cup), greens (1 cup) and whole grain bread (1 slice)
5. Curried Hummus (¼ cup) with Roasted Vegetables (1 cup)
6. Chicken Soup (6-8 oz of soup with 4 ounces chicken) and wilted pre-washed greens (1 cup)

Being prepared and having the components, such as pre-washed and cut produce, pre-cooked or prepared foods will make it easy to assemble smaller meals. We have created menu plans that can be made in a day and will help you establish a good base for the week.

Remember to stay hydrated. In addition to water, try some of the nutrient dense drinks in the Hydration Menu.



Enhancing Flavor with FASS™

Have you ever followed a recipe only to be disappointed with the results? Don't toss it out! It's just a little off balance. FASS to the rescue! FASS stands for Fat, Acid, Salt and Sweet. Olive oil represents fat, lemons are the acid, sea salt and Grade A Dark maple syrup are the preferred salt and sweet. It doesn't take a lot. Small amounts (a few drops, a pinch or an eighth of a teaspoon) will affect the taste. Understanding these components of flavor will elevate your cooking all the way to yum!



FAT

Function:
Distributes flavor across the palate.

Benefits:
Increases satiety. Makes foods high in fat-soluble vitamins more bioavailable.

Examples:
olive oil, ghee, cashew cream, egg, avocado

ACID

Function:
Draws out and brightens flavors.

Benefits:
Increases absorption of minerals and stimulates digestion.

Examples:
Lemons, limes, citrus

SALT

Function:
Brings out the flavor of foods. Moves flavor to the front of the tongue, where it's best perceived.

Benefits:
Improves appetite, balances ratio of potassium, essential for energy and cellular metabolism.

Examples:
Sea salt, cheese, olives

SWEET

Function:
Tames harsh, bitter, sour, spicy flavors. Rounds out or harmonizes flavors.

Benefits:
Increases the desire to eat and the sense of pleasure.

Examples:
Grade A Dark maple syrup, honey, fruit

FASS for Troubled Tastebuds

The keys are to taste often and salt as you go. You are building flavor throughout the cooking process. Don't wait to add salt until the end — you will have missed the boat! The salt acts as a scrubbing bubble, allowing vegetables to release their flavors at each stage.

Always give it a final taste before serving (this applies to food you've stored and are reheating). If the recipe or your taste buds are off in the following ways, use a FASS fix to make it right for you.

- **Things have a metallic taste.** Add a little sweetener, like a few drops of maple syrup and a squeeze of lemon. You could also try adding fat, such as olive oil, a nut cream or nut butter.
- **Things taste too sweet.** Start by adding 6 drops of lemon or lime juice. Keep adding it in small increments until the sweet taste becomes muted.
- **Things taste too salty.** Add ¼ teaspoon of lemon juice. It erases the taste of salt.
- **Things taste too bitter.** Add a little sweetener, like maple syrup or honey.
- **Things taste sour.** Add a pinch or two of salt.
- **Everything tastes like cardboard, bland or flat.** Add more sea salt until the flavor of the dish moves toward the front of the mouth. A spritz of fresh lemon juice also helps.

FASS is a terrific skill to learn that will benefit your whole culinary life. There's nothing like a cook who has the confidence and know-how to flavor or fix a dish to bring it from ordinary to EXTRAORDINARY.

FASS = Fat + Acid + Salt + Sweet = YUM!

How to Use the Menu Plans in this Kit

Our menu plans are designed to give you a good base of foods to mix, match and repurpose. Each menu is designed so you can break up cooking into its parts: Plan, Shop, Prep and Cook. By dividing up the cooking process in this way, it will be easier to make food in stages when you have the time and energy or to ask family or friends for help with one or more of the tasks.

PLAN

First, read through the Kitchen Choreography and recipes, so you know what to expect. What is Kitchen Choreography? Think of it as your roadmap to increase efficiency in the kitchen. If you want to add any additional recipes, add those ingredients to your shopping list.

SHOP

Before you shop, check off items you already have in your pantry. If you've stocked up with items from the Basic Cancer-Fighting Pantry (opposite page), you will likely only need fresh produce and protein. The shopping list is organized by the layout of most stores to make your trip fast and efficient.

PREP

When you get home from the store, wash, strip, rip or chop those vegetables. Simmer a pot of broth or grains. Soak rice or beans. Defrost broth or other items. Make spice blends, marinades or dressings ahead of time. The idea is to prep most of the components for the meal plan, so you're prepared to cook. However, leave zesting and juicing citrus until you need it.

COOK

Kitchen Choreography is your to-do list that will keep you on track and leave you with a clear mind and relaxed. You're simply starting with tasks that take the longest or need to be done first, then filling in the time with quick tasks or tidying up.

See Quick Meal Ideas and Repurposing Leftovers (page 43) for more ways to easily add foods to your meal or ways to use leftovers.

Freeze anything you won't eat in the next 3-4 days in single serving portions. You'll be building a stash to rely upon when you're short on time. See more storage tips on the opposite page. See Food Storage & Reheating on page 60.

Basic Cancer-Fighting Pantry

SPICES

- ☐ allspice berries
- ☐ bay leaves
- ☐ black peppercorns
- ☐ cinnamon
- ☐ cloves
- ☐ coriander
- ☐ cumin
- ☐ curry powder
- ☐ ginger
- ☐ nutmeg
- ☐ red pepper flakes
- ☐ sea salt
- ☐ turmeric

HERBS & AROMATICS

- ☐ garlic
- ☐ ginger
- ☐ onions, shallots or leeks
- ☐ lemons, limes
- ☐ parsley
- ☐ mint
- ☐ thyme
- ☐ rosemary

VEGETABLES & FRUIT

- ☐ carrots
- ☐ celery
- ☐ winter squash
- ☐ sweet potatoes
- ☐ apples
- ☐ oranges

FATS

- ☐ extra-virgin olive oil
- ☐ avocado oil
- ☐ ghee (clarified butter) or grass-fed butter
- ☐ coconut oil

NUTS & SEEDS

- ☐ almonds
- ☐ cashews
- ☐ pecans
- ☐ pistachios
- ☐ walnuts
- ☐ pumpkin seeds
- ☐ sesame seeds
- ☐ sunflower seeds

BEANS & LEGUMES

- ☐ black beans
- ☐ cannellini beans
- ☐ chickpeas
- ☐ lentils (red & green)

GRAINS

- ☐ rice (white, brown, black, wild)
- ☐ oats (rolled or steel cut)
- ☐ quinoa
- ☐ whole grain bread or tortillas

OTHER SHELF-STABLE GOODS

- ☐ green tea
- ☐ grade A dark maple syrup
- ☐ frozen vegetables & fruit
- ☐ canned tomatoes
- ☐ canned tuna and salmon

Hydration Menu Plan

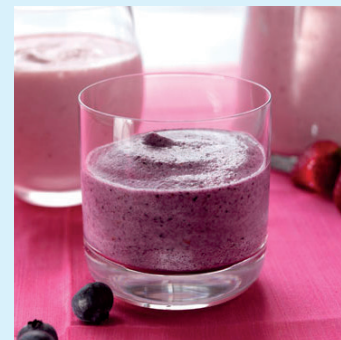
We really need to stay hydrated for our organs and systems to work properly. The good news is, even if you're not a big water drinker, there are many other delicious ways to replenish your fluids and electrolytes. Stay hydrated with these nutrient-dense recipes!



Magic Mineral Broth



Pomegranate Mock Mojito



Triple Berry Smoothie



Gingerale with Frozen Grapes



Green Tea Ginger Lemonade



Turmeric & Cinnamon
Masala Chai



Spa in a Pitcher

Hydration Menu Shopping List

Before you go shopping, check off items you have in your pantry.

SPICES

- ☐ allspice berries
- ☐ bay leaves
- ☐ black peppercorns
- ☐ ground black pepper
- ☐ ground cinnamon
- ☐ ground ginger
- ☐ sea salt
- ☐ turmeric

HERBS

- ☐ 1 bunch flat leaf parsley
- ☐ 1 bunch mint

PRODUCE

- ☐ 6 carrots
- ☐ 2 yellow onions
- ☐ 1 leek
- ☐ 1 bunch celery
- ☐ 4 red potatoes
- ☐ 3 sweet potatoes
- ☐ 1 English or regular cucumber
- ☐ 1 head garlic
- ☐ 3 large pieces fresh ginger
- ☐ 3 lemons (1 Meyer, if available)
- ☐ 2-3 limes
- ☐ 2 oranges
- ☐ seedless green grapes (~1 cup)

OTHER

- ☐ plain yogurt
- ☐ 3 cups frozen strawberries, blueberries and blackberries or a mix
- ☐ ground flaxseeds (optional)
- ☐ almond milk or other favorite milk
- ☐ seltzer water
- ☐ 2 bottles sparkling water
- ☐ pomegranate juice
- ☐ green tea bags
- ☐ honey (optional)
- ☐ grade A dark maple syrup
- ☐ ice
- ☐ 2 pounds chicken bones or wings (optional if making Chicken Magic Mineral Broth - page 19)
- ☐ kombu (optional)

Kitchen Choreography™ for the Hydration Menu

Follow this plan to make all the recipes in the Hydration Menu Plan in one day or prep everything, so you can quickly assemble a recipe when you need it.

- ☐ Use the Shopping List as a guide to pull out all the ingredients you'll use for this menu plan. Also, pull out your equipment & storage containers.
- ☐ If you haven't already, put the grapes into a zip-top baggie or container and put in the freezer.
- ☐ Wash & roughly chop the vegetables for Magic Mineral Broth (MMB - page 19). Add the water and bring to a simmer, partially covered, for 2 to 4 hours.
- ☐ Wash & slice all the ginger you'll need for the Ginger Syrup (page 22). Add the water and bring to a low simmer, uncovered, for about an hour. Tidy up!
- ☐ Meanwhile, make the Spa water (page 23) and chill in the refrigerator.
- ☐ Make the Triple Berry Smoothie (page 21) and store it in the refrigerator for up to 3-4 days. Alternatively, store it in the freezer in single serving sizes, then move to the refrigerator the night before you need it.
- ☐ Check the Ginger Syrup. When reduced by half, strain it into a jar and stir in the honey and lemon juice. Allow to cool before storing in a jar in the refrigerator. Alternatively, freeze in ice cube trays to have any easy to use portions. Now you can make any of the ginger drinks (pages 22-23) at a moment's notice.
- ☐ Make a cup of Turmeric and Cinnamon Masala Chai (page 23). This recipe can also be made cold, then stored in a jar to reheat later. Double or triple the recipe and make it a part of your daily routine.

- ☐ Boil water and steep green tea for the Green Tea Lemonade (page 22). Add the remaining ingredients to a jar. Pour tea into prepared jar. Tidy up!

- ☐ The Pomegranate Mock Mojito (page 20) and Gingerale with Frozen Grapes (page 22) are best when made to order.

For the mojito, mix the pomegranate and lime juice with honey and store in a jar until ready to use.. To make, crush mint leave with the juice mixture. Add seltzer and garnish with mint.

For the gingerale, mix ¼ cup of the ginger syrup with some sparkling water and garnish with frozen grapes and mint.

- ☐ Remove the MMB from the heat and allow to cool before straining it into jars.
- ☐ Allow everything to cool completely before storing in the refrigerator or freezer.

It's easy to stay hydrated if you always have delicious drinks available, accessible and ready to consume.

Make double batches of your favorite drinks and store them in the refrigerator in a pitcher or single serving jars. Or, freeze them in freezer-safe containers or jars.

Always keep an insulated tumbler or cup nearby with water, hot tea, broth, soup, smoothie or another favorite drink.

Freeze smoothies, teas or juice in popsicle molds or ice trays for a frozen treat.

Use an app or an alarm to remind you to take a drink!





18 Culinary Rx Kit for NET Patients

Magic Mineral Broth (MMB) transforms to meet numerous nutritional needs. It serves as everything from a delicious sipping tea to the powerful base for more hearty soups and stews. So no matter what your appetite, it can provide a tremendous nutritional boost. This rejuvenating liquid, chock-full of magnesium, potassium, and sodium, allows the body to refresh and restore itself. Think of it as a tonic, designed to keep you in tip-top shape.

From a nutrition perspective, adding chicken bones to MMB to make Chicken Magic Mineral Broth (CMMB) kicks everything into overdrive.

CMMB Short cut: If you already have MMB, simmer 8 cups MMB with a chicken carcass or 1 to 2 pounds of chicken bones or wings for 2 hours, then strain.

A shorter short cut to CMMB: Use equal parts MMB and a store-bought chicken broth.

Use these broths for soups, stews, cooking grains, or sip a hot cup with a pinch or two of sea salt and spritz of lemon.

Kombu, a mineral-rich seaweed in the kelp family that adds umami or savory flavor to stocks and broths. It's richly rewarding in both culinary and nutritional ways. However, if you don't have kombu, that shouldn't stop you from making MMB. It'll still be nourishing and taste amazing!

Magic Mineral Broth™ or Chicken Magic Mineral Broth

Makes 6 quarts

6 unpeeled carrots
2 unpeeled yellow onions
1 leek, white and green parts
1 bunch celery, including the heart
4 unpeeled red potatoes
3 sweet potatoes
5 unpeeled cloves garlic, halved
½ bunch fresh flat-leaf parsley
12 black peppercorns
4 whole allspice or juniper berries
2 bay leaves
1 (6-inch) piece kombu (optional)
water
1 teaspoon sea salt

For **Chicken Magic Mineral Broth**, add:

1 chicken carcass, or 2 pounds chicken bones or wings
1 tablespoon freshly squeezed lemon juice or apple cider vinegar

Rinse all of the vegetables well and cut into thirds or quarters. In a 12-quart or larger stockpot, combine the vegetables, garlic, parsley, peppercorns, allspice berries, bay leaves and kombu, if using. Fill the pot with the water to 2 inches below the rim, cover, and bring to a boil.

Remove the lid, decrease the heat to low, simmer partially covered for about 2 hours or until full flavor of vegetables can be tasted.

For **Chicken Magic Mineral Broth**, remove the cover and skim off the scum that has risen to the top. Simmer, uncovered, for at least 2 hours. Simmer until the bones begin to soften and fall apart, about 4 hours, or as long as you're willing to let it simmer away.

As the broth simmers, some of the water will evaporate; add more if the vegetables begin to peek out. Strain the broth through a large, coarse-mesh sieve, then stir in salt to taste. Let cool to room temperature, then refrigerate overnight. Skim off as much fat as you can from the top of the broth, then portion into airtight containers and refrigerate or freeze.

If you don't have a large enough stock pot, chop all the vegetables and put half in a zip-top baggie and freeze. This will be a time saver next time you need broth.

Freeze the broth in useable portions (2, 4 or 6-cup), freezer-safe containers or zip-top baggies.

MMB: PER SERVING: Calories: 50; Total Fat: 0 g; Carbohydrates: 11 g; Protein: 1 g; Fiber: 2 g; Sodium: 145 mg

CMMB: PER SERVING: Calories: 50; Total Fat: 1.5 g (0 g saturated, 0 g monounsaturated); Carbohydrates: 3 g; Protein: 1.2 g; Fiber: 1 g; Sodium: 144 mg

Pomegranate Mock Mojito

Serves 2

½ cup freshly squeezed lime juice

½ cup pomegranate juice

2 teaspoons honey, optional

1 bunch fresh spearmint or peppermint leaves only

1 cup seltzer water

Ice

Put the lime juice, pomegranate juice, and honey, if using into a large measuring cup and stir to combine. Add the mint leaves and crush with a wooden spoon against the side of the cup. Add the mineral water and stir. Pour into two glasses filled with ice and serve immediately.

VARIATION: Use cranberry juice or blueberry juice in place of the pomegranate juice.

PER SERVING: Serving Size: 1 cup; Calories: 37; Total Fat: .5 g (0 g saturated, 0 g monounsaturated); Carbohydrates: 10 g; Protein: 1 g; Fiber: 1 g; Sodium: 2 mg

Triple Berry Smoothie

Makes about 3½ cups

- 1 cup plain yogurt
- 1 cup water
- ¼ cup freshly squeezed orange juice
- 1 cup frozen strawberries
- 1½ cups frozen blueberries
- ½ cup frozen blackberries
- 1 tablespoon ground flaxseeds (optional)
- 1 teaspoon maple syrup

Combine all the ingredients in the pitcher of a high-speed blender. Blend until smooth. Store in the refrigerator for 2-3 days.

VARIATIONS

- For a dairy-free version, use coconut milk in place of yogurt.
- Add 1 tablespoon coconut oil for additional healthy fat.
- For more protein, add a scoop of your preferred protein powder.
- Add a handful or two of spinach leaves. You won't notice or taste it, but you can check off a serving of vegetables.
- Substitute berries for cherries or stone fruit.

PER SERVING: Calories: 145; Total Fat: 4.6 g (1.8 g saturated, 1 g monounsaturated); Carbohydrates: 24 g; Protein: 4 g; Fiber: 5 g; Sodium: 40 mg



Gingerale with Frozen Grapes

Makes about 3 cups of syrup

6 cups water
2 cups fresh ginger, unpeeled & sliced
2 tablespoons freshly squeezed lemon juice
2 tablespoons honey (optional)
Frozen seedless grapes
Sparkling water
Mint sprigs, for garnish

To make the **ginger syrup**: In a saucepan, bring the ginger and water to a boil, then simmer, covered, for 1 hour.

Uncover and continue to simmer for another 30 minutes. Strain and discard the ginger. Stir in the lemon juice and honey and let cool.

For each serving of Gingerale, add ¼ cup of the syrup, add grapes and mint, then top with sparkling water.

PER SERVING: Calories: 50; Total Fat: 0.2 g (0.1 g saturated, 0 g monounsaturated); Carbohydrates: 12 g; Protein: 0 g; Fiber: 1 g; Sodium: 5 mg

Green Tea Ginger Lemonade

Makes 4 cups

4 cups water
2 green tea bags
1-2 tablespoons **ginger syrup**
1 tablespoon freshly squeezed lemon juice
1 to 2 teaspoons honey (optional)

Remove from the heat, add tea bags and allow to steep for 10 minutes. Remove tea bags, then stir in lemon and honey. If using ginger syrup, skip step 1 and bring water to a boil, then follow step 2, adding the syrup at step 3. Serve hot or cold.

VARIATION: Replace the 2 tea bags with 1 peppermint and 1 green tea bag for a little minty freshness.

PER SERVING: Calories: 15; Total Fat: 0 g; Carbohydrates: 3 g; Protein: 0 g; Fiber: 0 g; Sodium: 0 mg

Use this **ginger syrup** for the Green Tea Ginger Lemonade and Turmeric & Cinnamon Masala Chai or any of the other ginger elixirs in *The Cancer-Fighting Kitchen Cookbook*.

Turmeric & Cinnamon Masala Chai

Makes 1 serving

1 ounce water
8 ounces unsweetened almond milk
½ teaspoon turmeric
¼ teaspoon ground cinnamon
1-2 tablespoons **ginger syrup**
Pinch of black pepper
2 teaspoons maple syrup (optional)

In a small saucepan, combine the water, almond milk, turmeric, cinnamon, ginger syrup, and pepper. Allow the chai to gently cook over medium low heat for 2 minutes, or until small bubbles start to appear. Cover, and simmer for another 3 minutes. Turn off the heat, stir in the maple syrup, and allow the chai to sit for 5 minutes, then pour into a cup.

PER SERVING: Calories 99; Total Fat: 2.75 g (0.5 g saturated, 0.2g monounsaturated); Carbohydrates: 18 g; Protein: 1.3 g; Fiber: 1.1 g; Sodium: 149 mg

Spa in a Pitcher

Makes 8 cups

1 orange, thinly sliced into rounds
1 Meyer or regular lemon, thinly sliced into rounds
1 unpeeled cucumber, thinly sliced into rounds
3 sprigs fresh mint or other favorite herb
1 tablespoon freshly squeezed Meyer lemon juice
8 cups water or sparkling water

Put the orange, lemon, cucumber, herbs, and lemon juice in a large pitcher. Press the fruit, cucumber, and herbs against the bottom of the pitcher with a wooden spoon, pushing down and twisting slightly to release their juices and volatile oils. Add the water and stir to combine. Refrigerate for 1 hour before serving.

VARIATION: In place of the water, use a weak tea made with 8 cups of boiling water and 4 chamomile, ginger, or green tea bags. Let the tea cool to room temperature before adding it to the pitcher.

PER SERVING: (8 ounces per serving) Calories: 0; Total Fat: 0 g (0 g saturated, 0 g monounsaturated); Carbohydrates: 0 g; Protein: 0.5 g; Fiber: 1 g; Sodium: 1.5 mg

Nourishing Menu Plan

With these recipes in your refrigerator, it will be easy to quickly assemble a quick meal or snack.

This is also a good menu to make when you want to stock up the freezer.



Bella's Carrot, Orange and Fennel
Soup with Cashew Cream



Triple Citrus Salmon



Triple Greens Frittata



Brown Rice Pilaf with Ginger



Kale with Sweet Potatoes
and Pecans

Nourishing Menu Shopping List

Before you go shopping, check off items you have in your pantry.

SPICES

- ☐ ground black pepper
- ☐ ground allspice
- ☐ cayenne pepper
- ☐ cumin
- ☐ ground cinnamon
- ☐ ground nutmeg
- ☐ sea salt

HERBS

- ☐ flat leaf parsley
- ☐ mint (optional)
- ☐ marjoram (fresh or dried)
- ☐ thyme (fresh or dried)

PRODUCE

- ☐ 2 lbs carrots
- ☐ 1 yellow onion
- ☐ 1 small shallot
- ☐ 2 scallions
- ☐ 1 fennel bulb
- ☐ 1 sweet potato
- ☐ 1 bunch Swiss chard
- ☐ 2 bunches lacinato kale
- ☐ 2 cups spinach leaves
- ☐ 1 red bell pepper
- ☐ 1 head garlic
- ☐ 3-inch piece of ginger
- ☐ 3 lemons
- ☐ 1 lime
- ☐ 2 oranges

NUTS & SEEDS

- ☐ 2 cups raw cashews
- ☐ 2 tablespoons pecans

OTHER

- ☐ 1 cup brown basmati rice
- ☐ 10 eggs
- ☐ 4 (3.5 ounce) salmon fillets
- ☐ Dijon mustard
- ☐ 8 cups MMB, CMMB or store-bought broth
- ☐ extra-virgin olive oil
- ☐ grade A dark maple syrup
- ☐ 2 ounces feta cheese
- ☐ 2 tablespoons golden raisins

Kitchen Choreography for the Nourishing Menu

Follow this plan to make all the recipes in this menu plan in one day or prep everything, so you can assemble a recipe when you need it during the week.

- ☐ The day before you plan to cook this menu, either make the Magic Mineral Broth (page 19) or defrost enough frozen broth for the soup and pilaf.
- ☐ Use the Shopping List as a guide to pull out all the ingredients you'll use for this menu plan. Also, pull out your equipment & storage containers.
- ☐ To the pitcher of your blender, add 2 cups cashews and 2 cups water and set aside to soak for the Cashew Cream (page 29).
- ☐ Pre-heat the oven to 300°F. Toast pecans for about 5 minutes. Set a timer. Once out of the oven, turn it up to 375°F.
- ☐ Meanwhile, wash and chop the vegetables and herbs. Organize ingredients by recipe.
 - ☐ 2 pounds carrots, 1-inch pieces
 - ☐ 1 onion, diced
 - ☐ 1 sweet potato, peeled and diced
 - ☐ kale, strip, rip and tear and wash
 - ☐ Swiss chard, strip, rip and tear and wash
 - ☐ spinach, washed, dried and chopped
 - ☐ 1 bulb shallot, minced
 - ☐ 2-inch piece ginger, grated
 - ☐ 2 bulbs garlic, minced
 - ☐ 1 fennel bulb, chopped
 - ☐ herb blend for Frittata, chopped or mixed
 - ☐ parsley, chopped for garnish (~4 tablespoons)
- ☐ Sauté the greens for the Triple Greens Frittata (page 31). Complete the recipe and get the frittata into the oven. Set a timer.
- ☐ Using the same skillet, make the Kale with Sweet Potatoes and Pecans (page 33). Then, tidy up.
- ☐ When the fritatta comes out of the oven, turn up the oven to 400°F.
- ☐ Make the marinade for the Triple Citrus Salmon (page 30) and use half to marinate the salmon and put in the refrigerator.

- ☐ Start Bella's Carrot, Orange and Fennel Soup (page 28).
- ☐ When the carrots are simmering, blend the Cashew Cream with the lemon juice, salt and nutmeg. Pour it into jars. and set aside.
- ☐ Meanwhile, start the Brown Rice Pilaf with Ginger (page 32). Once you add the rice and it's simmering, set a timer.
- ☐ While the rice is simmering, simmer the other portion of citrus marinade along with the mustard until reduced by half.
- ☐ Rinse out the pitcher, then blend the soup. Pour the soup into jars to cool.
- ☐ Finally, put the salmon in the oven and set a timer. In the meantime, fluff and finish the pilaf.
- ☐ Allow everything to cool before storing it in the refrigerator or freezer.

MORE IDEAS FOR THIS MENU

Use or freeze some of the Cashew Cream for in Quinoa or Rice Porridge (page 45)

Make extra rice (page 44) to make porridge or to freeze for later use.

Wash, prep and store extra greens in a zip-top baggie with a paper towel. These can be used in the Garlicky Leafy Greens (page 46).

Use a microplane to zest citrus before juicing it. A microplane is the ideal tool to grate ginger and even garlic.



Bella's Carrot, Orange and Fennel Soup

Serves 6

2 tablespoons extra-virgin olive oil
1 cup chopped yellow onion
1 cup chopped fennel
Sea salt
2 pounds carrots, cut into 1-inch pieces
1 teaspoon orange zest
½ teaspoon ground cumin
¼ teaspoon ground cinnamon
¼ teaspoon ground allspice
⅛ teaspoon black pepper
6 cups MMB, CMMB or store-bought broth
1 tablespoon freshly squeezed orange juice
2 teaspoons freshly squeezed lemon juice
¼ teaspoon maple syrup
Cashew Cream, for garnish

Heat the olive oil in a soup pot over medium heat, then add the onion, fennel, and a pinch of salt and sauté until golden, about 4 minutes. Stir in the carrots, orange zest, cumin, cinnamon, allspice, black pepper, and ¼ teaspoon of salt and sauté until well combined. Pour in ½ cup of the broth and cook until the liquid is reduced by half.

Add the remaining 7½ cups broth and another ¼ teaspoon salt and cook until the carrots are tender, about 20 minutes.

In a blender, puree the soup in batches until very smooth, each time adding the cooking liquid first and then the carrot mixture. If need, add additional liquid to reach the desired thickness.

Return the soup to the pot over low heat, stir in the orange juice, lemon juice, maple syrup, and a pinch of salt, and gently reheat slowly. Taste. Does it need a squeeze of lemon, a pinch or two of salt, or a drizzle of maple syrup?

Serve garnished with a drizzle of the Cashew Cream or as is.

PER SERVING: Calories: 215; Total Fat: 5.5 g (0.8 g saturated, 3.4 g monounsaturated); Carbohydrates: 40 g; Protein: 4 g; Fiber: 10 g; Sodium: 405 mg

The pressure builds up when blending hot liquids and can blow the lid right off the blender chamber, so always place a dishtowel over the blender lid before you hit the power button to prevent spin art on your kitchen wall (and possibly burns).

Cashew Cream

Makes 3½ cups

2 cups raw cashews
2 cups water
2 teaspoons freshly squeezed lemon juice or orange juice
½ teaspoon sea salt
⅛ teaspoon freshly ground nutmeg

Grind the cashews in a mini food processor or nut grinder to give them a head start in the blender. (If you have a Vitamix, you can skip this step.) Put the water in a blender, then add the lemon juice, salt, nutmeg, and cashews and blend until creamy smooth. This takes several minutes, but your taste buds will reap the rewards of your patience.

This versatile dollop can be used on soups, oats, grains, pasta or roasted fruit.

VARIATIONS: Substitute other nuts, such as almonds, pecans, pistachios, or hazelnuts.

For a variation that's similar to pesto, add 1½ cups fresh basil. This sauce is also great tossed with your favorite pasta, rice or roasted vegetables.

If you want more citrus flavor without an acidic taste, add 1 teaspoon of lemon or orange zest.

PER SERVING: 1 tablespoon Calories: 30; Total Fat: 2.2 g (0.4 g saturated, 1.2 g monounsaturated); Carbohydrates: 2 g; Protein: 1 g; Fiber: 0 g; Sodium: 20 mg



Triple Citrus Salmon

Serves 4

½ cup freshly squeezed orange juice
2 tablespoons freshly squeezed lime juice
2 tablespoons freshly squeezed lemon juice
1 tablespoon extra-virgin olive oil
Zest of 1 orange
Zest of 1 lemon
½ teaspoon minced fresh ginger
Pinch of cayenne
4 (3.5-ounce) salmon fillets, bones removed
½ teaspoon sea salt
1 teaspoon Dijon mustard
¼ cup coarsely chopped fresh flat-leaf parsley or mint

In a small bowl or glass measuring cup, whisk together the orange juice, lime juice, lemon juice, olive oil, orange zest, lemon zest, ginger, and cayenne. Place the salmon in a baking dish and season each piece with ⅛ teaspoon of the salt. Pour half of the orange juice mixture over the salmon and turn to coat well. Cover and marinate in the refrigerator for no more than 30 minutes.

Preheat the oven to 400°F.

Remove the salmon from the refrigerator, uncover, and add 2 tablespoons of water to the bottom of the dish. Bake just until the fillets are tender and an instant-read thermometer inserted into the center of each fillet registers 137°F; this will take 10 to 15 minutes, depending on the thickness of the fillets.

Meanwhile, combine the remaining orange juice mixture and the mustard in a small saucepan over medium heat and simmer until the liquid is reduced by half. Pour the reduction over the fillets, sprinkle with the parsley, and serve.

PER SERVING: Calories: 130; Total Fat: 4.3 g (0.7 g saturated, 2.6 g monounsaturated); Carbohydrates: 5 g; Protein: 18 g; Fiber: 0 g; Sodium: 370 mg

Turn this meal into fish tacos by serving with tortillas, shredded cabbage (raw or sautéed), cilantro, Cashew Cream and a spritz of lime.

Use your eyes and nose when shopping for fish. Look for a cut with moist, glistening flesh, with no flat, brown edges. If the fish looks dull, give it a pass. Same goes for any fillet with a fishy or ammonia smell. Don't be shy about asking your fishmonger a few questions, like when the fish came in and from where. Most stores have regular shipments; knowing that schedule in advance can help you plan when to have fish. This recipe is also delicious with black cod, halibut or another favorite fish.

Triple Greens Frittata

Serves 6

2 tablespoons extra-virgin olive oil
½ cup diced red bell pepper
Sea salt
2 cloves garlic, minced
1 cup tightly packed, finely chopped kale
2 cups tightly packed, finely chopped chard
2 cups tightly packed, finely chopped spinach
Freshly grated nutmeg
10 eggs
2 scallions, minced
2 tablespoons chopped fresh marjoram
(or ½ teaspoon dried)
1 tablespoon chopped fresh thyme
(or ¼ tsp dried)
¼ teaspoon freshly ground black pepper
2 ounces crumbled feta

Preheat the oven to 375°F. Lightly oil a 6 by 8-inch baking dish.

Heat the oil in a large skillet over medium heat. When it's shimmering, add the bell pepper and a pinch of salt and sauté for 3 minutes. Add the garlic and sauté until fragrant, another 30 seconds or so. Stir in the kale and another pinch of salt and continue to sauté for 5 minutes. Add the chard and spinach, and one more pinch of salt, sautéing until the greens are wilted and tender, about 5 minutes more. Remove from the heat and add a few gratings of nutmeg, stirring to combine.

Whisk the eggs, scallions, marjoram, thyme, ½ teaspoon of salt, and the pepper together in a large bowl. Lay the cooked greens along the bottom of the prepared dish and top them with the crumbled feta.

Pour the egg mixture over and bake until the eggs are just set, 25 to 30 minutes.

PER SERVING: Calories: 169; Total Fat: 12 g (3.5 g saturated, 6.5 g monounsaturated); Carbohydrates: 6.5 g; Protein: 8g; Fiber: 1 g; Sodium: 388 mg

Brown Rice Pilaf with Ginger

Serves 6

1 tablespoon extra-virgin olive oil
1 tablespoon diced shallot
1 cup brown basmati rice, rinsed, and drained
1¾ cups water, MMB or CMMB
½ teaspoon sea salt
1 (1-inch) piece unpeeled fresh ginger
1 tablespoon freshly squeezed lemon juice
1 teaspoon lemon zest
1 tablespoon finely chopped fresh parsley

Heat the olive oil in a saucepan over medium heat. Add the shallot and sauté until translucent, about 3 minutes. Add the rice and cook, stirring constantly, until the rice is evenly coated with the oil.

Stir in the water (or broth), salt, and ginger. Increase the heat, cover, and bring to a boil. Decrease the heat to low and simmer for 20 to 25 minutes, until the water is absorbed. Check after 20 minutes; if there are steam holes on the top, it's ready.

Remove ginger. Add the lemon juice, lemon zest, and parsley and fluff with a fork to combine.

VARIATIONS: Substitute quinoa for the rice.

For a variation with a Middle Eastern flair, add ¼ teaspoon of ground cumin, ¼ teaspoon of ground coriander, and ⅛ teaspoon of ground cardamom to the shallots just before adding the rice. Add 2 tablespoons of currants or raisins when you add the lemon juice, and substitute mint for the parsley. Serve topped with 3 tablespoons of toasted slivered almonds.

PER SERVING: Calories: 135; Total Fat: 3.5 g (0.5 g saturated, 2 g monounsaturated); Carbohydrates: 25 g; Protein: 3 g; Fiber: 2 g; Sodium: 184 mg

Kale with Sweet Potatoes and Pecans

Serves 4

2 tablespoons extra-virgin olive oil
1 teaspoon minced fresh ginger
1 cup peeled and diced sweet potato
⅛ teaspoon ground cinnamon
¼ cup MMB or water
3 cups lacinato kale, stem removed and roughly chopped or torn
¼ teaspoon sea salt
2 tablespoons golden raisins
¼ teaspoon maple syrup
2 tablespoons ground pecans, garnish

Heat the oil in a large sauté pan over medium heat, then add the ginger and sauté for 30 seconds, just until aromatic. Add the sweet potato, cinnamon, and broth and sauté for about 1 minute.

Add the kale, salt, and raisins and sauté until the kale is a darker shade of green and the sweet potatoes are tender, about 5 minutes. Stir in the maple syrup, then taste; you might need another pinch of salt.

Serve garnished with the ground pecans.

PER SERVING: Calories: 160; Total Fat: 10.1 g (1.3 g saturated, 6.6 g monounsaturated); Carbohydrates: 17 g; Protein: 3 g; Fiber: 3 g; Sodium: 200 mg

The ground pecans have the same texture as a sprinkling of finely grated cheese. If you'd like something crunchier, place ¼ cup of pecans on a baking sheet and toast at 350°F for 7 to 10 minutes, until aromatic and slightly browned. Chop coarsely before sprinkling on this beautiful dish.



Technicolor Menu Plan

Ever wonder what a rainbow tastes like? You'll find out when you make this menu. So many of the antioxidants and phytochemicals critical to well-being come from these vegetables.

To be efficient, you'll use one chicken in two recipes!



Chicken Tortilla Soup



Chicken Roasted
All the Way to YUM!



Basil Broccoli



Golden Roasted Cauliflower



Shredded Carrot and Beet Salad

Technicolor Menu Shopping List

Before you go shopping, check off items you have in your pantry.

SPICES

- ☐ ground black pepper
- ☐ coriander
- ☐ cumin
- ☐ turmeric
- ☐ sea salt

HERBS

- ☐ basil
- ☐ cilantro
- ☐ mint
- ☐ oregano (fresh or dried)
- ☐ rosemary (fresh or dried)
- ☐ sage (fresh or ground)
- ☐ thyme (fresh or dried)

PRODUCE

- ☐ 6 carrots
- ☐ 2-3 stalks celery
- ☐ 1 large beet
- ☐ 2½ lbs broccoli
- ☐ 2½ lbs cauliflower
- ☐ 1 red bell pepper
- ☐ 1 lime
- ☐ 3 lemons
- ☐ 1 orange
- ☐ 1 yellow onion
- ☐ 1 jalapeno pepper
- ☐ 1 head garlic
- ☐ 1-inch piece ginger
- ☐ 1 ripe avocado

OTHER

- ☐ 6 cups CMMB, MMB or other broth
- ☐ 1 (4½-5 pound) whole chicken
- ☐ 1 (14.5 oz) can diced tomatoes
- ☐ 6 corn tortillas
- ☐ extra-virgn olive oil

Kitchen Choreography for the Technicolor Menu

Follow this plan to make all the recipes in the menu plan in one day or prep everything , so you can assemble a recipe when you need it during the week.

- ☐ The day before you plan to cook this menu either make the Magic Mineral Broth (page 19) or defrost enough frozen broth.
- ☐ Use the Shopping List as a guide to pull out all the ingredients you'll use for this menu plan. Also, pull out your equipment & storage containers.
- ☐ Wash and chop the produce and organize by recipe.
 - ☐ 1 yellow onion, chopped
 - ☐ 4-5 cloves garlic, minced
 - ☐ 3 cloves garlic, peeled and smashed
 - ☐ 2 carrots, peeled and diced
 - ☐ 2 celery stalks, diced
 - ☐ broccoli, cut into bite-sized florets
 - ☐ cauliflower, cut into bite-sized florets
 - ☐ jalapeño chile, seeded and diced
 - ☐ beet, peeled and shredded or grated
 - ☐ 2-3 carrots, peeled and shredded or grated
 - ☐ 1 red pepper, diced
 - ☐ 1-inch piece ginger, grated
 - ☐ combine spice blend for cauliflower
 - ☐ basil, stack leaves to chop later
 - ☐ mint, stack leaves to chop later
 - ☐ combine the herbs for the chicken
 - ☐ tortillas, cut into ½-inch strips
- ☐ Pre-heat the oven to 350°F.

- ☐ Start the Chicken Tortilla Soup (page 39). As it simmers, crisp the tortillas in the oven. Set a timer. When the tortillas are out, turn up the oven to 400°F. Finish the soup knowing you'll add the chicken later.
- ☐ Prep the Chicken Roasted All the Way to YUM! (page 38) and get it into the oven. Set a timer. When the chicken comes out, increase the oven's temp to 425°F.
- ☐ Meanwhile, make the Basil Broccoli (page 40).
- ☐ Then, prep the Golden Roasted Cauliflower (page 41) and roast when the chicken comes out of the oven.
- ☐ Make the dressing and assemble the Shredded Carrot and Beet Salad (page 42).
- ☐ Allow everything to cool before storing it in the refrigerator or freezer.

MORE IDEAS FOR THIS MENU

Make a pot of quinoa (page 44) to serve as a side, to make porridge or to freeze for later use.

Boil eggs for a quick and portable protein for a small meal.

When you have extra fresh herbs, you can always make a drizzle. Using the Parsley Mint Drizzle (page 57) recipe, substitute the mint for basil, cilantro or thyme. It's excellent on almost everything!

For more inspiration and ideas, see page 43.



Chicken Roasted All the Way to Yum

Serves 6

1 (4½- to 5-pound) chicken
2 teaspoons sea salt or kosher salt
2 teaspoons black pepper
1 lemon, cut into quarters
3 gloves of garlic, peeled and smashed
2 sprigs fresh or ½ teaspoon dried rosemary
2 sprigs fresh or ½ teaspoon dried thyme
2 fresh sage leaves or ½ teaspoon dried

Preheat the oven to 400°F.

Pat the chicken dry with paper towels. Rub the chicken cavity with ½ teaspoon of salt. Combine the remaining salt and the pepper and rub half of the mixture underneath the skin and the remaining into the outside skin of the chicken.

Place 2 quarters of the lemon and all the garlic, and herbs into the chicken cavity.

Place the chicken on a roasting rack in a glass or ceramic baking dish, breast side up. Roast until a meat thermometer reads 160°F when inserted in the thigh and the juice from the meat runs clear, about 1 hour. Let the chicken rest for at least 10 minutes before carving. Just before serving, squeeze the remaining lemons all over the chicken and serve.

PER SERVING: Calories: 215; Total Fat: 5.1 g (1.3 g saturated, 1.5 g monounsaturated); Carbohydrates: 4 g; Protein: 35 g; Fiber: 1 g; Sodium: 715 mg

When you roast a chicken, you usually get more than one meal. Reserve about a cup of breast and thigh meat for the Chicken Tortilla Soup (page 39).

Freeze the carcass for making CMMB (page 19) in the future. When you have about 2 pounds it will be time to make more broth.

Chicken Tortilla Soup

Serves 6

2 tablespoons extra-virgin olive oil
1 cup finely chopped yellow onion
½ cup peeled and diced carrot
½ cup diced celery
2 teaspoons seeded and diced jalapeño chile
½ teaspoon sea salt
2 cloves garlic, chopped
¼ teaspoon ground cumin
¼ teaspoon dried oregano or 1 teaspoon fresh
1 (14.5-ounce) can diced tomatoes
6 cups CMMB, MMB or store-bought
6 corn tortillas
1 cup thinly sliced cooked chicken
2 tablespoons plus ½ teaspoon freshly squeezed lime juice
½ avocado, diced
2 tablespoons chopped fresh cilantro

Preheat the oven or toaster oven to 350°F. Heat the olive oil in a soup pot over medium-high heat. Add the onion, carrot, celery, jalapeño, and ¼ teaspoon of the salt and sauté until the vegetables begin to soften, 3 to 5 minutes. Stir in the garlic, cumin, and oregano. Stir in the tomatoes with their juice and cook 1 minute. Add the broth and bring to a boil. Decrease the heat to low, cover, and simmer for 15 minutes.

Put the tortillas in a stack and cut into ¼- to ½-inch-wide strips. Spread the strips on a baking sheet and bake just until crisp, 7 to 8 minutes.

Add the chicken, 2 tablespoons of the lime juice, and the remaining ¼ teaspoon of salt to the soup and stir to combine. Simmer uncovered for 5 minutes. Remove from the heat and stir in the ½ teaspoon of lime juice. Taste; you may want to add a squeeze of lime juice or a pinch of salt.

To serve, ladle the soup into bowls. Crumble the tortilla strips, then scatter them over the soup. Top with the avocado, and cilantro and serve immediately.

PER SERVING: Calories: 300; Total Fat: 12 g (2 g saturated, 6 g monounsaturated); Carbohydrates: 31.5 g; Protein: 15 g; Fiber: 3 g; Sodium: 537 mg

If you don't have time to roast a chicken, pick up a rotisserie chicken or cooked chicken from your grocery's salad bar.

Basil Broccoli

Serves 4

2½ pounds broccoli, cut into bite-sized pieces

Sea salt

2 tablespoons extra-virgin olive oil

1 tablespoon finely chopped garlic

½ cup diced red bell pepper

1 tablespoon freshly squeezed lemon juice

2 teaspoons lemon zest

¼ cup fresh basil, finely chopped

Bring a large pot of water to a boil. . Add a pinch of salt and the broccoli florets and stems to the pot of water and blanch for 30 seconds. Drain the broccoli, then run it under cold water to stop the cooking process; this will retain its lush green color.

Heat the olive oil in a sauté pan over medium heat, then add the garlic and sauté for 30 seconds, just until aromatic. Add the bell pepper and a pinch of salt and sauté for an additional minute. Stir in the broccoli florets and ¼ teaspoon of salt and sauté for 2 minutes; the broccoli should still be firm. Stir in the lemon juice, lemon zest, and basil and serve.

VARIATIONS: Swap zucchini or hearty greens such as kale or chard for the broccoli. Or swap 2 tablespoons of the Parsley Mint Drizzle (page 57) for the fresh basil and lemon.

PER SERVING: Calories: 125; Total Fat: 7.7 g (1.1 g saturated, 5.4 g monounsaturated); Carbohydrates: 13 g; Protein: 5 g; Fiber: 5 g; Sodium: 125 mg

Add the lemon juice and zest just before serving, as the lemon juice will dampen the color of the broccoli if it sits for more than a few minutes.

Golden Roasted Cauliflower

Serves 6

2½ pounds cauliflower, cut into 1½-inch florets
2 tablespoons extra-virgin olive oil
1 tablespoon minced garlic
½ teaspoon sea salt
½ teaspoon turmeric
½ teaspoon ground cumin
¼ teaspoon ground coriander
¼ teaspoon freshly ground black pepper
1 teaspoon freshly squeezed lemon juice
1 tablespoon finely chopped fresh parsley or cilantro

Position a rack in the middle of the oven and preheat the oven to 425°F. Line a rimmed baking sheet with parchment paper.

Put the cauliflower, olive oil, garlic, salt, turmeric, cumin, coriander, and pepper in a large bowl and toss until the cauliflower is evenly coated. Transfer to the lined baking sheet and spread in an even layer. Bake for 25 to 35 minutes, until the cauliflower is golden and tender.

Transfer to a bowl, add the lemon juice and parsley and toss to combine.

Variation: If you're not in a mood for spices, simply toss the cauliflower with the olive oil, salt, and pepper. You'll love how sweet the cauliflower tastes with this simple seasoning.

PER SERVING: Calories: 120; Total Fat: 8 g (1 g saturated, 5.5 g monounsaturated); Carbohydrates: 12 g; Protein: 4.5 g; Fiber: 4.5 g; Sodium: 265 mg





Shredded Carrot and Beet Salad

Serves 4

- 2 tablespoons freshly squeezed orange juice
- 2 teaspoons freshly squeezed lemon juice
- 2 teaspoons extra-virgin olive oil
- ½ teaspoon minced fresh ginger
- ¼ teaspoon sea salt
- 1 cup peeled and shredded carrot
- 1 cup peeled and shredded red beet
- 2 tablespoons chopped fresh mint

Whisk the orange juice, lemon juice, olive oil, ginger, and salt together until thoroughly combined. Put the carrots in a mixing bowl, drizzle with half of the dressing, and toss until evenly coated.

Place the carrots on one side of a shallow serving bowl. Put the beets in the mixing bowl, drizzle with the remaining dressing, and toss until evenly coated. Place the beets in the serving bowl next to the carrots for a beautiful contrast of red and orange. Top with the chopped mint before serving.

VARIATION: For added crunch and sweetness, add ¼ cup toasted pistachios or pumpkin seeds and 2 tablespoons raisins.

PER SERVING: Calories: 50; Total Fat: 2.5 g (0.4 g saturated, 1.7 g monounsaturated); Carbohydrates: 7 g; Protein: 1 g; Fiber: 2 g; Sodium: 195 mg

Quick Meal Ideas & Recipes for Repurposing Leftovers

The following recipes are quick and many are best when made on the fly. You can also repurpose some of the leftovers from the menus. See the Cook's Notes in the blue boxes for those tips and swaps.

Here are other items to keep in stock so you can quickly make or add to your meal:

- Hard-boiled eggs - handy for meals on the go or to whip up into a quick Curried Egg Salad (page 53).
- Whole grain bread or tortillas to make a sandwich or burrito with Chicken All the Way to YUM! (page 38), or Lemony Salmon Salad (page 52).
- Pre-washed greens (spinach, arugula, chard, kale, etc.) can be tossed into soups, added to a quick sauté or used in the Triple Greens Frittata (page 31). Buying and using pre-washed greens is not cheating!
- Frozen vegetables or fruit is picked and frozen at its ripest and are easily used in soups, stir-fries, compotes and more.
- Pre-cut vegetables: When you bring produce home, wash, cut it up and store it. You're more likely to use it if its ready to go. Again, it isn't cheating to use pre-washed, pre-cut or frozen vegetables.
- Pre-cooked grains (page 44) - grains can become a quick breakfast porridge, stir-fry or an addition to a salad.
- Dollops (Cashew Cream - page 29) and other dressings (pages 56-57) can be used on salads, as a marinade, on top of proteins, rice, pasta or roasted vegetables.

Find More Recipes and Resources at www.rebeccakatz.com



Basic Quinoa

Serves 4

1¾ cup water or broth

½ teaspoon sea salt

1 cup quinoa

In a 2-quart pot over high heat, bring the water and salt to a boil, then stir in quinoa. Lower heat to medium-low and cover. Simmer for about 18-20 minutes, stirring once half way through the cooking time, until the liquid is absorbed and the quinoa is tender.

Remove from the heat and let it sit, covered for 10 minutes. Fluff the quinoa with a fork.

Look for pre-washed quinoa, otherwise rinse it really well. Quinoa is naturally coated with a bitter-tasting resin. To get rid of the resin, put the grain in a bowl of cool water, swish it around with your hand, and drain it in a fine-mesh sieve.

Basic Rice

Serves 4

1 cup brown rice, soaked in water overnight

½ teaspoon sea salt

1¾ cups water or broth

In a 2-quart pot over high heat, bring the water and salt to a boil, then stir in rice. Lower heat to medium-low and cover. Simmer for about 30 minutes, until the liquid is absorbed and the rice is tender.

Soak the rice in cool water for 8 hours or overnight before cooking; this will make its nutrients more available and decrease the cooking time.

It's always a good idea to have cooked whole grains on hand. They make a great side, addition to a salad or as the base of a porridge. Make a pot while prepping vegetables.

Quinoa or Rice Porridge

Serves 4

- 2 cups cooked quinoa or rice
- ½ cup Cashew Cream (page 29)
- 2 tablespoons freshly squeezed orange juice
- 1 tablespoon maple syrup
- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ⅛ teaspoon ground nutmeg or freshly grated nutmeg
- 1½ to 2 cups fresh or frozen blueberries, blackberries, raspberries
- ½ cup toasted coarsely chopped nuts or Triple Triple Brittle (page 56)

Reheat the quinoa or rice with a splash of water. When you are ready to serve, stir ½ cup of the prepared cashew cream and the orange juice, maple syrup, cinnamon, ginger, and nutmeg into the cooked quinoa or rice. Serve the quinoa in bowls, and top each serving with another dollop of the remaining cashew cream, a small handful of blueberries, and a sprinkling of toasted nuts or seeds or Triple Triple Brittle.

VARIATION: Swap quinoa with cooked rice or oats. Swap fresh or frozen fruit for dried.

PER SERVING: Calories: 370; Total Fat: 24g (2.5 g saturated, 3.5 g monounsaturated); Carbohydrates: 33 g; Protein: 10 g; Fiber: 5 g; Sodium: 240 mg



Garlicky Leafy Greens

Serves 4

2 bunches kale, Swiss chard, or spinach (about 6 cups)

1 tablespoon extra-virgin olive oil

2 cloves garlic, minced

Pinch of red pepper flakes

¼ teaspoon sea salt

Squeeze of fresh lemon juice

Remove all tough stems from the greens, chop the greens into bite-size pieces, and cover with cold water. Set aside.

In a medium sauté pan, heat the olive oil over medium-high heat. Add the garlic and red pepper flakes and sauté for 30 seconds, just until aromatic. Add the greens and salt and sauté until the greens begin to darken and intensify.

If necessary, add a splash of water to cook the greens until they're tender. Add the lemon juice and taste the greens. You may need to add a pinch of salt or a few drops of maple syrup to round out the flavor. Serve immediately on a small platter.

PER SERVING: Calories: 83; Total Fat: 4 g (1 g saturated, 3 g monounsaturated); Carbohydrates: 11 g; Protein: 3 g; Fiber: 2 g; Sodium: 191 mg

Having greens washed and chopped will ensure that you eat them more often, especially when you have a quick and tasty recipe like this one.

One trick to preparing greens is ripping them off their tough spines. This makes them easier to eat and digest. Once you've stemmed your greens, chop or tear them into bite-size pieces. When you add your greens to the pan, they will resemble Mount Everest, but you'll be surprised how quickly that mountain of greens shrinks into a small mound.

Another trick for preparing greens is to put them in a bowl of cold water; this allows dirt and sand to fall to the bottom. Remove the greens from the water, roll the leaves in bunches, cut them into thin ribbons, and then cut lengthwise into small bite-size pieces.

Power Green Soup

Serves 6

2 tablespoons extra-virgin olive oil, more for drizzling
1 yellow onion, chopped
Sea salt
1 large leek, chopped
1 Yukon gold potato, peeled and diced small
2 cloves garlic, minced
¼ teaspoon freshly ground black pepper
6 cups MMB, CMMB, or store-bought broth
1 bunch Swiss chard, stemmed and coarsely chopped
1 bunch lacinato kale, stemmed, coarsely chopped
¼ cup loosely packed chopped fresh flat-leaf parsley
1 teaspoon lemon zest
1 tablespoon freshly squeezed lemon juice

If you don't like cold and sweet smoothies in the morning, try a warm mug of this soup. It's the perfect mini meal.

This soup is also great for using up any combination of extra greens, especially those that are a little wilted.

Heat the olive oil in a soup pot over medium heat, then add the onion, and ¼ teaspoon salt and sauté until the onion is golden, about 10 minutes. Add the leek and potato and sauté 3 minutes more. Add the garlic and black pepper and stir for another 30 seconds. Pour in ½ cup of the broth, stirring to loosen any bits stuck to the pot, and cook until the liquid is reduced by half.

Add in the chard, kale, and another ¼ teaspoon salt. Stir well to combine so that the greens will wilt. Then add the remaining 5½ cups of broth and bring to a boil. Reduce the heat to medium, cover, and simmer for 5 minutes or until the greens are just tender.

In a blender, puree the soup in batches until very smooth, each time adding the cooking liquid first and then the greens. Blend the parsley into the last batch. Pour the soup back into the pot, heat gently over medium-low heat, and stir in the lemon zest and juice. Taste; you may want to add a pinch more salt.

Serve garnished with a drizzle of olive oil or a tablespoon of the Parsley Mint Drizzle. (page 57).

PER SERVING: Calories: 145; Total Fat: 5 g (1 g saturated, 4 g monounsaturated); Carbohydrates: 22 g; Protein: 4 g; Fiber: 6 g; Sodium: 439 mg



Roasted Orange Sesame Carrots

Serves 4

1 teaspoon orange zest

3 tablespoons freshly squeezed orange juice

1 tablespoon maple syrup

1½ tablespoons extra-virgin olive oil

Sea salt

2 pounds small carrots, tops trimmed and cut lengthwise into equal-size pieces

1 teaspoon sesame seeds, toasted

Preheat the oven to 400°F. Line two baking sheets with parchment paper.

In a large bowl, whisk together the orange zest and juice, maple syrup, olive oil, and ½ teaspoon of salt. Add the carrots and toss to coat. Spread evenly in the two pans, well spaced. Bake for 40 minutes or until tender and caramelized.

Sprinkle with sesame seeds and a pinch of salt. Serve immediately.

PER SERVING: Calories: 148; Total Fat: 6 g (1 g saturated, 4 g monounsaturated); Carbohydrates: 23.5 g; Protein: 2 g; Fiber: 7 g; Sodium: 379 mg

If using regular large-size carrots, peel them, quarter them lengthwise, and then cut them in half. Make sure the carrots are not crowded together on the pan or they will steam instead of developing that wonderful caramelization that happens to vegetables when you roast them.

Baked Sweet Potato with Assorted Toppings

Serves 4

4 teaspoons olive oil or coconut oil
4 orange-fleshed sweet potatoes

Preheat the oven to 400°F and line a baking sheet with parchment paper.

Scrub the sweet potatoes well and dry them off with a clean towel. Brush the skin of each potato with 1 teaspoon of olive or coconut oil. Pierce each potato a several times with a fork. Place the potatoes on the prepared pan and bake for 45 minutes to an hour or until tender.

BASIC: Make a slit in the top of each sweet potato and add a pinch of sea salt, freshly ground pepper, with 1 tablespoon butter, ghee, coconut oil or olive oil.

ADDITIONAL TOPPING OPTIONS:

Add: 1 tablespoon chopped fresh mint, parsley, or cilantro

Add: ¼ teaspoon ground cinnamon, ½ teaspoon turmeric

Add: 2 teaspoons Triple Triple Brittle (page 58)

Add: ½ cup yogurt, 1 tablespoon chopped mint and ¼ teaspoon lemon zest

Add: ¼ cup Basil Broccoli (page 40)

Add: 1 tablespoon Cashew Cream (page 29)

Add: 1 tablespoon Parsley Mint Drizzle (page 57)

PER SERVING (FOR BASIC OPTION): Calories: 152; Total Fat: 4.75 g (0.7 g saturated, 3.7 g monounsaturated); Carbohydrates: 26 g; Protein: 2 g; Fiber: 3.9 g; Sodium: 122 mg



Easy Eggs in a Cup

Serves 4

1 tablespoon extra-virgin olive oil

½ cup finely diced red onion

1 teaspoon minced garlic

4 cups tightly packed baby spinach

Sea salt

Pinch of freshly grated nutmeg

¼ cup crumbled feta cheese (optional)

4 eggs

Pinch of freshly ground pepper

Preheat the oven to 375°F.

Heat the olive oil in a sauté pan over medium heat, then add the onion and sauté until translucent, about 3 minutes. Stir in the garlic and sauté for an additional 30 seconds, then stir in the spinach and a pinch of salt and cook until wilted and tender, about another 30 seconds. Remove from the heat and stir in the nutmeg.

Lightly grease 4 small ramekins with olive oil. For each ramekin, spoon in one-fourth of the spinach mixture, then sprinkle on 1 tablespoon of the cheese. Gently crack 1 egg on top of the cheese, then sprinkle the pepper and a pinch of salt over all 4 ramekins.

Bake for 12 to 14 minutes, until very little liquid remains and moves around when you shake the ramekins.

Let cool for 3 minutes, then run a knife or an offset spatula around the inside edge of each ramekin to loosen the eggs. Using your knife or spatula to help support the eggs, carefully transfer to a plate and serve immediately.

PER SERVING: Calories: 120; Total Fat: 8.5 g (2.1 g saturated, 4.4 g monounsaturated); Carbohydrates: 5 g; Protein: 7 g; Fiber: 1 g; Sodium: 185 mg

To avoid a watery end product, make sure the spinach is washed and well dried prior to adding it to the sauté pan. Spinach naturally gives off moisture when it cooks, so you don't want to add even more by cooking it when it's wet. Use a salad spinner to dry spinach quickly and efficiently. For a time-saver, buy prewashed bagged spinach from the market.

Scrambled Eggs with Kale

Serves 2

- 4 eggs
- ¼ teaspoon sea salt
- 1 teaspoon turmeric (optional)
- ¼ teaspoon freshly ground pepper
- 1 tablespoon water
- 2 teaspoons olive oil
- 1 cup kale, stemmed and chopped into bite-size pieces

In a medium bowl, crack the eggs, then add the salt, turmeric, pepper, and water and beat well with a whisk or a fork until the egg mixture becomes foamy.

Heat a 10-inch skillet over medium heat, then add the olive oil. When the olive oil begins to shimmer, add the egg mixture and turn down the heat to medium low. Add the eggs to the pan and cook, stirring frequently with a wooden spoon. After a minute or two, the eggs will begin to form curds. Add the greens and keep stirring continuously until the eggs are soft and shiny. Remove the mixture from the heat and serve immediately.

PER SERVING: Calories: 132; Total Fat: 10 g (2.25 g saturated, 5.2 g monounsaturated); Carbohydrates: 5.25 g; Protein: 8.2 g; Fiber: 0.1 g; Sodium: 300 mg

Keep in mind that the eggs continue to cook in the hot pan, so remove from the heat 30 seconds before you think you should to prevent overcooking.

Use any greens you have on hand in place of kale. This is great with spinach, chard or arugula.





Lemony Salmon Salad

Serves 2

1 (7½-ounce) can boneless, skinless, sockeye salmon, drained, or leftover Triple Citrus Salmon (page 30)

2 teaspoons freshly squeezed lemon juice

2 teaspoons extra-virgin olive oil

Pinch of black pepper

Pinch of sea salt

3 tablespoons finely chopped celery

2 tablespoons finely chopped fresh flat-leaf parsley

2-4 romaine lettuce leaves or 2 slices whole grain toast, optional

Put the salmon in a bowl and break it into small pieces with a fork. Stir in the lemon juice, olive oil, pepper, salt, celery, and parsley, then taste. If needed, adjust the flavors with lemon juice and a pinch of salt.

Serve in lettuce cups or on a slice of whole grain toast or atop a salad.

VARIATION: Add chopped radishes and snap peas — they will not disappoint!

Shortcut: Simply combine just the salmon and celery with 2 tablespoons of the Parsley Mint Drizzle (page 57).

PER SERVING: Calories: 180; Total Fat: 8.5 g (0.7 g saturated, 3.4 g monounsaturated); Carbohydrates: 1 g; Protein: 27 g; Fiber: 0 g; Sodium: 670 mg

Curried Chicken (or Egg or Tofu) Salad

Serves 4

1½ pounds (~2 cups) roasted chicken
1 Granny Smith apple, diced into ¼-inch pieces
¼ cup raisins or currants
¼ cup minced scallions, green part only
2 stalks celery, diced
½ cup plain Greek-style yogurt
¼ cup mayonnaise
1 tablespoon freshly squeezed lime juice
1 tablespoon curry powder
½ teaspoon ground ginger
½ teaspoon sea salt
6 butter lettuce leaves, washed and dried
¼ cup slivered toasted almonds, for garnish
¼ cup chopped fresh parsley or cilantro, for garnish

Chop the chicken into ½-inch pieces and put them in a bowl. Stir in the apple, raisins, scallions and celery. Separately, whisk together the yogurt, mayonnaise, lime juice, curry powder, ginger and salt. Combine the yogurt mixture to the chicken and stir gently. Serve atop the lettuce leaves or whole grain toast, garnished with the almonds and cilantro.

VARIATION: This salad can also be made with 6 hard boiled eggs or 8 ounces of firm tofu.

PER SERVING: Calories: 300; Total Fat: 11.3 g (3.1 g saturated, 3.8 g monounsaturated); Carbohydrates: 15 g; Protein: 34 g; Fiber: 2 g; Sodium: 375 mg

Save time by using store-bought roast chicken or use leftover Chicken Roasted All the Way to YUM! (page 34).

Herby Turkey Sliders

Serves 4

¼ cup minced red onion

¼ cup finely chopped fresh basil

¼ cup finely chopped fresh parsley

1 tablespoon minced garlic

1½ teaspoons fennel seeds

1½ teaspoons dried oregano

1 teaspoon grated lemon zest

½ teaspoon sea salt

⅛ teaspoon freshly ground black pepper

1 pound ground turkey

Optional for serving:

Lettuce leaves

Sliced tomato

Sliced avocado

Whole grain buns

Put the onion, basil, parsley, garlic, fennel seeds, oregano, lemon zest, salt and pepper in a large bowl and stir to combine. Add the turkey and gently mix with your hands or a spatula until well combined. Shape the mixture into eight 2-ounce patties or four 4-ounce patties (about the size of your palm).

Heat a grill pan to medium heat. Brush with olive oil, then put the patties on the grill and cook until browned on both sides, about 3 minutes on each side.

Cover and cook for 3 more minutes, or until an instant read thermometer registers 165°F. Alternatively, heat a skillet over medium heat. Add just enough oil to coat the skillet, then put the patties in the skillet and cook until browned on both sides, about 3 minutes on each. Decrease the heat to medium low, add 1 tablespoon of water, cover, and cook for about 3 minutes. to steam the inside about 3 more minutes.

Serve with lettuce, tomato, and avocado with or without a bun.

PER SERVING: Calories: 195; Total Fat: 10 g (2.5 g saturated, 4 g monounsaturated); Carbohydrates: 3.5 g; Protein: 23 g; Fiber: 1 g; Sodium: 274 mg

When mixing the turkey with the other ingredients, use a light hand. If you over-work the turkey, the burgers will be tough.

This is a good recipe to double and store for when you need a quick meal. Wrap individual patties in wax paper or plastic, then freeze.

For a variation to make meatballs, add a ½ cup of cooked rice to the meat mixture and shape into meatballs. Bake at 375°F for 20 minutes or poached in broth, served with wilted greens.

Parsnip Chips

Makes 2 cups

- 2 parsnips, thinly sliced
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon sea salt
- ½ teaspoon curry powder

Preheat the oven to 300°F. Line a rimmed baking sheet with parchment paper.

Put all of the ingredients in a bowl and toss until well combined. Place the parsnips on the prepared baking sheet, making sure they do not overlap, and bake for 25 minutes, or until golden brown and crispy. Check the chips at 20 minutes to prevent burning. Allow to cool completely on the baking sheet.

Replace the curry powder with your favorite spice blend or simply sea salt.

Store these chips in an airtight container for up to 5 days.

Kale Chips

Makes 6 cups

- 1 large bunch kale, stems removed and torn into 2-inch pieces
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon sea salt

Preheat the oven to 300°F. Line a rimmed baking sheet with parchment paper.

Place the kale in a large bowl and add the olive oil and salt. Combine until the leaves are well coated. Place the kale on the baking sheet in a single layer. Bake for 10 minutes, or until the kale becomes nice and crisp. (If your kale isn't crisp after 10 minutes, bake in 5 minute increments until it crisps up.)

Remove from the oven and cool for 5 minutes. Enjoy as chips or crumble the crispy kale into small pieces and add to your favorite soup.



Curried Hummus

Makes 1 cup

- ¼ cup currants
- 1 (15-ounce) can garbanzo beans, drained, rinsed
- 2 tablespoons water
- 2 tablespoons freshly squeezed lemon juice
- 1 tablespoon tahini
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon curry powder
- 1 teaspoon ground ginger
- ½ teaspoon sea salt

Place the currants in a small bowl of hot water to soak and plump up. Combine the garbanzos, water, lemon juice, tahini, olive oil, curry powder, ginger, and salt in a food processor and process until smooth. Taste, you may want to add another pinch of salt or spritz of lemon. Transfer to a bowl or storage container.

PER SERVING: Calories: 180; Total Fat: 5.7 g (0.7 g saturated, 2.6 g monounsaturated); Carbohydrates: 27 g; Protein: 7 g; Fiber: 7 g; Sodium: 630 mg

For a time-saving trick, buy a 16-ounce container of premade hummus and add the curry powder, ginger, lemon juice, and currants, as above.

Avocado Dressing

Makes 1 cup

- ¾ cup water
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons freshly squeezed lime juice
- ½ teaspoon sea salt
- ½ ripe avocado
- ¼ cup loosely packed chopped fresh cilantro or basil
- 1 clove garlic, chopped

Combine all of the ingredients in a blender or food processor and blend until smooth and creamy.

PER SERVING: 2 tablespoons Calories: 25; Total Fat: 2.4 g (0.3 g saturated, 1.7 g monounsaturated); Carbohydrates: 1 g; Protein: 0 g; Fiber: 0 g; Sodium: 75 mg

This dressing would taste great on a salmon taco (see the note below Triple Citrus Salmon (page 30). It's also nice on your favorite salads or dolloped on top of eggs or roasted chicken.

Parsley Mint Drizzle

Makes ½ cup

- ¼ cup tightly packed fresh mint leaves
- ½ cup tightly packed fresh flat-leaf parsley leaves
- 2 tablespoons freshly squeezed lemon juice
- 1 tablespoon water
- ¼ teaspoon sea salt
- ¼ cup extra-virgin olive oil

Combine the mint, parsley, lemon juice, water, and salt in a blender or food processor and process until finely chopped. With the motor running, slowly pour in the olive oil and continue to process until very smooth. Taste; you may want to add another pinch of salt or spritz of lemon.

VARIATION: Swap the mint for basil, cilantro or thyme.

PER SERVING: 1 tablespoon Calories: 60; Total Fat: 7 g (1 g saturated, 5 g monounsaturated); Carbohydrates: 1 g; Protein: 0 g; Fiber: 0 g; Sodium: 75 mg

This drizzle goes with just about anything! Try it with the Basil Broccoli (page 40), Scrambled Eggs with Kale (page 51), Lemon Salmon Salad (page 52), Chicken Roasted All the Way to YUM! (page 38), Baked Sweet Potato (page 49), dolloped on a hard boiled egg, fish or mixed in with plain rice or a side of greens.



Triple Triple Brittle™

Makes about 2 cups

1 cup raw pumpkin seeds
¾ cup raw sunflower seeds
¼ cup white or black sesame seeds
2 teaspoons ground cinnamon
1 teaspoon ground ginger
½ teaspoon ground allspice
½ teaspoon sea salt
⅓ cup Grade A Dark maple syrup
1 teaspoon vanilla extract

Preheat the oven to 300°F. Line a rimmed baking sheet with parchment paper.

In a large bowl, combine the pumpkin seeds, sunflower seeds, sesame seeds, cinnamon, ginger, allspice, and salt, then add the maple syrup and vanilla and mix until well coated.

Spoon the mixture onto the prepared baking sheet and, with a spatula or a piece of parchment paper, pat and press the brittle into an even layer about ⅛ inch thick. Press out the middle so it's slightly thinner than the edges, which will help prevent the outside edges from burning.

Bake for about 30 minutes or until golden brown. Remove from the oven and allow to cool completely. As it cools it will become crispy. Once the brittle has crisped up, break it into pieces and store in an airtight container.

PER SERVING: Serving Size: ½ cup; Calories: 140; Total Fat: 10 g (1.5 g saturated, 0 g monounsaturated); Carbohydrates: 7.5 g; Protein: 4.5 g; Fiber: 1.25 g; Sodium: 90 mg

Warning! Sneaking a taste right out of the oven may burn your tongue.

If the brittle doesn't become crispy after it has cooled, put it back in the oven for 8 to 10 minutes more.

This is the perfect portable snack, but it's also good on top of yogurt, oatmeal, porridge, soup or grain salad.

Blueberry Mini Muffins

Makes 24

2 cups almond flour
¼ cup maple syrup
½ teaspoon baking soda
¼ teaspoon sea salt
2 eggs, beaten
2 tablespoons extra-virgin olive oil
2 tablespoons honey
½ teaspoon vanilla extract
½ cup frozen blueberries

Preheat the oven to 375°F. Prepare a 24-cup mini muffin tin with paper liners.

Put the almond flour, maple sugar, baking soda, and salt in a large bowl. Toss with your fingers until completely combined and the mixture is lump-free.

Put the eggs in a separate bowl. Slowly add the oil and honey while whisking constantly. Add the vanilla extract and whisk until well combined. Pour into the almond flour mixture and fold in with a rubber spatula.

Gently fold in the blueberries. Spoon the batter into the prepared muffin cups, dividing it evenly among them; the batter should come almost to the top of each cup.

Put the muffin tin on a baking sheet and bake for about 15 minutes, until the tops are golden brown and a toothpick comes out clean when inserted in the center of a muffin. Let cool in the pan on a wire rack.

VARIATION: For a blast of antioxidant-rich chocolate— omit the blueberries and stir in 2 teaspoons unsweetened cocoa powder and 2 tablespoons chopped dark chocolate. Bake and cool as directed.

PER SERVING: (2 muffins per serving) Calories: 330; Total Fat: 25 g (2.5 g saturated, 15.5 g monounsaturated); Carbohydrates: 21 g; Protein: 10 g; Fiber: 5 g; Sodium: 214 mg

Mini muffin tins come in a variety of sizes. We recommend using tins whose cups have a wide base, around 1½ inches in diameter. Don't despair if you can't find that exact size, as most anything will work. If you aren't using liners, to prevent the muffins from sticking to the bottom of the pan, make sure you grease the cups really well. Then, after baking you must exercise patience and allow the muffins to cool completely before removing them from the tin.

Food Storage & Reheating Tips

It's worth your time to think of how you're going to store your meals once you've made them. And, be sure to think about the size of your freezer, so that you don't end up with more food than storage space!

- Build a freezer inventory of broths, cooked grains and dishes on hand in easy-to-use portions. One, two, four and 8-cup sizes are convenient and freeze well. All the recipes in this kit freeze well.
- Label all containers with the date, contents and quantity. (No, you won't remember!)
- When freezing liquid (teas, broths, soups), leave ½ to 1 inch of space at the top to allow for expansion.
- We recommend glass containers over plastic for food storage. Tempered-glass containers and Mason jars can go in the pantry, refrigerator, freezer and oven.
- Use your senses. If it smells off or doesn't look right, toss it out.

Here are some general guidelines:

	Refrigerator Fresh	Freezer Fresh
Pre-cut fruits or vegetables -	5-7 days	up to 6 months
Cooked poultry or meat -	3-5 days	up to 3 months
Cooked fish and shellfish -	1-2 days	up to 6 months
Broths, soups & stews -	5-7 days	up to 3 months
Cooked grains, dressings, pestos	5-7 days	up to 2 months

THAWING & REHEATING TIPS

To prevent bacterial growth, thaw frozen food in the refrigerator or in cold water.

Frozen meat should always be thawed in the refrigerator, which can take up to 48 hours. If thawing meat in cold water, change the water every 30 minutes.

Speed things up, by running warm water on a frozen container to loosen the food. Then, pop the frozen food into a pot to reheat it on the stovetop. This will only work when using storage containers without a lip, such as snapware or the cardboard soup containers.

Reheat food in a stainless steel sauté pan or in a pot on the stovetop or place the food in an oven-proof dish and reheat in the oven or toaster oven.

If you decide to reheat food in the microwave, avoid reheating in plastic containers. Use glass or ceramic containers instead.

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