



THE INSTITUTE FOR
FUNCTIONAL
MEDICINE®

VERSION 3

Core *Food Plan*

*Imperial
System*



Weekly Planner and Recipes

Core Food Plan—A Week of Meals & Snacks

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	• Fresh Spinach Quiche Cups* • Orange	• Kale Pineapple Banana Smoothie*	• Sage Turkey Sausage* • Egg • Berries	• Apple Cinnamon Amaranth Porridge* • Peppermint green tea	• Strawberry Mango Smoothie*	• Overnight Steel-Cut Oats* • Pecans • Chia seeds • Berries	• High-Protein Pumpkin Pancakes* • Pure maple syrup
Snack	• Almonds • 70% dark chocolate	• Celery • Sweet Potato Hummus*	• Rice cakes topped with sunflower seed butter	• Hard-boiled egg • Balsamic Roasted Beets*	• Fresh pear • Pecans	• Celery • Almond butter	• 70% dark chocolate chips • Pumpkin seeds • Dried cherries
Lunch	• Quinoa Salad with Chicken, Grapes and Almonds* • Sugar-snap peas and carrot sticks	• LO Mary's Minestrone Soup* • LO Parmesan Crisps*	• Three Bean Salad with Roasted Beets and Almonds* • LO Spice-Rubbed Chicken Breast*	• LO Spice-Rubbed Chicken Breast* • LO Lime-Scented Coconut Rice* • Spring mix salad	• Black Bean Cocoa Soup with Lime Zest* • Blue corn chips	• LO Tender Eye of Round Steaks with Lemon and Rosemary* • LO Arugula and Baby Greens*	• LO Coconut Chicken Dal* • Brown rice • Steamed broccoli
Snack	• Greek yogurt • Spiced Seed Crackers*	• Avocado, sliced or chopped; with cumin, salt, pepper, and lemon juice	• LO Pumpkin Cranberry Muffin* • Hot tea	• Red pepper strips • Celery sticks • Guacamole*	• Greek yogurt	• Apple • Pumpkin seeds	• Blue corn chips • Black Bean Hummus*
Dinner	• Mary's Minestrone Soup* • Parmesan Crisps*	• Spice-Rubbed Chicken Breast* • Roasted Beets with Greens* • Pumpkin Cranberry Muffin*	• Halibut and Broccoli* • Lime-Scented Coconut Rice* • Mixed greens salad	• Parmesan Chicken Tenders* • Sautéed Green Beans* • Roasted Sweet Potato Fries*	• Tender Eye of Round Steaks with Lemon and Rosemary* • Arugula and Baby Greens*	• Coconut Chicken Dal* • Brown rice • Steamed broccoli • Mixed greens salad	• Asia Turkey Cabbage Boats* • Fresh pineapple

*Recipe included Leftover – LO

Core Food Plan—Shopping Guide

Fresh Produce Vegetables

- Carrots, shredded—1 10-oz pkg
- Carrots, baby—1 10-oz pkg
- Carrots, regular—8-oz pkg
- Baby spinach—1 large pkg (10 oz)
- Spring mix—1 large pkg (10 oz)
- Arugula—4-6-oz pkg
- Red bell peppers—3
- Jalapeno pepper—1 sm
- Yellow onion—3
- Red onion—3
- Green onions—2 bunches
- Garlic—3-4 bulbs or minced in jar
- Ginger—≈3 inch root
- Celery—1 bunch
- Sugar snap peas—1 sm pkg
- Beets—1 bunch (4-5 beets)
- Kale—1-2 bunches
- Sweet potatoes—5
- Broccoli—2 bunches
- Broccoli slaw—1 pkg (10-12 oz)
- Chinese cabbage—1 sm head
- Avocado—1
- Fresh prepared guacamole
- Fresh cilantro, parsley, mint, basil, sage, thyme, rosemary

Meat/Fish/Eggs/Plant Proteins

- Chicken thighs, boneless, no skin—1 lb
- Chicken breasts, boneless—4.5 lbs
- Ground turkey breast—2 lbs
- Turkey Italian sausage—1.5 lbs
- Halibut—1 lb cut into 4 oz fillets
- Eye of round steak—1 lb pounded into four 4 oz steaks
- Omega-3-rich, cage-free eggs—1 dozen

Dairy/Dairy Alternative

- Feta cheese—2 oz
- Cottage cheese—1%, 8 oz
- Greek yogurt—6-8 oz (2)
- Fresh grated Parmesan cheese—8 oz
- Part-skim mozzarella—4 oz
- Unsweetened coconut milk—1 carton
- Unsweetened almond milk—1 carton

Frozen Foods

- Petite green beans—8 oz
- Strawberries, unsweetened—4 oz
- Mango, unsweetened—4 oz

Fruit, Fresh

- Oranges—2
- Lemons—6-7
- Limes—3
- Grapes—2 cups
- Pineapple—1
- Banana—1
- Cranberries—½ cup
- Apple—3
- Blueberries or berries in season—8 oz
- Pear—1

Grains/Legumes

- Amaranth—1 cup
- Steel-cut oats—1.5 cups
- Rolled oats—1 cup
- Pasta, rotini—8 oz
- Rice cakes, plain
- Basmati rice—1 cup
- Brown rice—1 cup
- Quinoa—1.5 cups
- Italian bread crumbs—1 cup
- Organic blue corn chips—1 pkg (10 oz)
- Yellow split peas—2 cups (16 oz)

Nuts/Seeds

- Almonds, raw, whole—½ cup
- Almonds, slivered—1 cup
- Cashews, raw—½ cup
- Walnuts—½ cup
- Pecans—½ cup
- Pumpkin seeds—½ cup
- Chia seed and flax seed, ground
- Tahini paste
- Coconut flour—½ cup
- Almond flour—½ cup
- Almond butter
- Sunflower seed butter

Canned Goods

- Petite diced tomatoes—28 oz (1)
- Dark red kidney beans—15 oz (2)
- Cannellini beans—15 oz (2)
- Chick peas—15 oz (1)
- Black eyed peas—15 oz (1)
- Black beans—15 oz (3)
- Pumpkin puree—15 oz (1)
- Lite coconut milk—14 oz (1)
- Marinara sauce—8 oz jar
- Vegetable broth—32 oz carton (2)
- Chicken broth—32 oz carton (2)
- Tomato paste, no salt added—6 oz, 1

Condiments/Oils

- Tamari sauce—wheat-free or lite soy sauce
- Extra-virgin olive oil—16 oz
- Coconut oil—8 oz
- Sesame oil—4 oz
- Balsamic vinegar
- Rice vinegar
- Hot red pepper sauce

Spices

- Garlic powder
- Unrefined sea salt
- Black pepper
- Crushed red pepper
- Italian seasoning
- Cumin
- Cinnamon
- Turmeric
- Curry powder
- Chili powder
- Dry mustard
- Allspice, ground
- Pumpkin pie spice
- Vanilla
- Tarragon
- Basil
- Baking Soda

Miscellaneous

- Dark chocolate chips, 70%-8-12 oz
- Cocoa powder—2 T
- Vanilla protein powder, 15 gm protein/serving
- Local honey—4 oz
- Maple syrup, pure—4 oz
- Peppermint and green tea
- Arrowroot powder—1 T
- Dried cherries—4 oz

Time Saver Tips:

- Roast 4-5 beets for day 2 dinner and use 2 the next day for day 3 salad.
- Get 32-oz jar of minced garlic in place of 3-4 bulbs of fresh garlic.

Notes: This shopping list represents the amount of food needed for the recipes as listed, which equals 2 servings for breakfasts and 4 servings for most of the lunches and dinners. If cooking for one, make adjustments to the recipes and this shopping list accordingly.

Abbreviations:

oz = ounce	c = cup
lb = pound	gal = gallon
t = teaspoon	sm = small
T = tablespoon	med = medium

Core Food Plan—Recipe Index

Proteins:

- 9 Asian Turkey Cabbage Boats
- 14 Coconut Chicken Dal*
- 21 Fresh Spinach Quiche Cups
- 23 Halibut and Broccoli
- 25 High-Protein Pumpkin Pancakes*
- 26 Kale Pineapple Banana Smoothie*
- 29 Mary's Minestrone Soup*
- 31 Parmesan Chicken Tenders
- 32 Parmesan Crisps
- 37 Sage Turkey Sausage
- 39 Spice-Rubbed Chicken Breasts
- 41 Strawberry Mango Smoothie*
- 43 Tender Eye of Round Steaks with Lemon and Rosemary

Legumes:

- 11 Black Bean Cocoa Soup with Lime Zest
- 12 Black Bean Hummus
- 14 Coconut Chicken Dal*
- 42 Sweet Potato Hummus*
- 44 Three Bean Salad with Roasted Beets and Almonds

Dairy/Dairy Alternatives:

- 5 Almond Milk

Nuts & Seeds:

- 40 Spiced Seed Crackers

Fats & Oils:

- 15 Coconut Chocolate Truffles
- 17 Dehydrated Kale Chips*
- 19 Dehydrated Sweet Potato Chips with Cinnamon*
- 20 Everyday Basic Vinaigrette*
- 22 Guacamole
- 33 Pumpkin Cranberry Muffins

Non-Starchy Vegetables:

- 8 Arugula and Baby Greens
- 17 Dehydrated Kale Chips*
- 24 Healthy Ketchup*
- 38 Sautéed Green Beans
- 45 Tips for Dehydrating Fruits and Vegetables*

Starchy Vegetables:

- 10 Balsamic Roasted Beets
- 18 Dehydrated Sweet Potato Chips
- 19 Dehydrated Sweet Potato Chips with Cinnamon*
- 35 Roasted Beets with Greens
- 36 Roasted Sweet Potato Fries
- 42 Sweet Potato Hummus*

Fruit:

- 13 Citrus Carrot Juice Spritzer*
- 16 Dehydrated Apple Chips
- 26 Kale Pineapple Banana Smoothie*
- 41 Strawberry Mango Smoothie*
- 45 Tips for Dehydrating Fruits and Vegetables*

Grains:

- 7 Apple Cinnamon Amaranth Porridge
- 25 High-Protein Pumpkin Pancakes*
- 27 Lime-Scented Coconut Rice
- 29 Mary's Minestrone Soup*
- 30 Overnight Steel-Cut Oats
- 34 Quinoa Salad with Chicken, Grapes, and Almonds

Beverages:

- 13 Citrus Carrot Juice Spritzer*
- 28 Make-Ahead Peppermint Green Tea

Condiments:

- 6 Anti-Inflammatory Spice Blend
- 20 Everyday Basic Vinaigrette*
- 24 Healthy Ketchup*

*Asterisks refer to recipes that are in more than one food category.

All recipes are included on the following pages in alphabetical order.

Recipes are marked as Vegan (VE), Vegetarian (V), Lacto-vegetarian (VL), Ovo-vegetarian (VO), Ovo-lacto-vegetarian (VOL) or Pescatarian (P) where appropriate

Almond Milk VE

Makes 3 servings

Nutrition

(per serving):

Calories: 40

Fat: 2.5 g

Saturated Fat: 0 g

Cholesterol: 0 mg

Sodium: 150 mg

Carbohydrate: 2 g

Fiber: 1 g

Protein: 1 g

Food Categories

(per serving):

Dairy Alternatives: 0.5

- ½ cup raw almonds
- 4 cups purified water
- 1 pinch sea salt

Optional Ingredient:

- 2 tablespoons pure maple syrup (will increase calories to 60 per serving)

Directions:

1. Soak almonds in 1 cup purified water at room temperature for about 6 hours.
2. After the almonds have soaked, using a strainer, drain off water and rinse well under running water.
3. Place almonds in blender with 3 cups purified water, maple syrup (optional), and sea salt. Blend on high for 2–3 minutes.
4. Strain with a cheesecloth or strainer with fine holes, squeezing out any remaining liquid into a container.

Tip: The leftover almond pieces may be added to oatmeal or muffins or anything you can think of to benefit by adding lots of good fiber.

Anti-Inflammatory Spice Blend VE

Nutrition

(per serving):

Spices used in small amounts do not add appreciable calories.

- 1 teaspoon turmeric
- 1 teaspoon dry mustard
- 2 tablespoons ground cumin
- 2 tablespoons curry powder
- 2 tablespoons chili powder
- 1 tablespoon ground allspice
- 1 tablespoon black pepper
- 1 teaspoon ground cinnamon

Directions:

1. Mix together all ingredients.
2. Store in an airtight container when not using.

Tips: Makes enough to season 5 pounds of chicken or pork.

A good seasoning for sweet potatoes, butternut squash, and acorn squash.

Apple Cinnamon Amaranth Porridge VE

Makes 4 servings

Nutrition

(per serving):

Calories: 203

Fat: 3 g

Saturated Fat: 1 g

Cholesterol: 0 mg

Sodium: 280 mg

Carbohydrate: 38 g

Fiber: 8 g

Protein: 7 g

Food Categories

(per serving):

Fruits: 0.5

Grains: 2

- 2 cups water
- 1 cup amaranth
- 1 large apple, skin on, cored & diced
- ¼ teaspoon ground cinnamon
- ½ teaspoon sea salt

Directions:

1. In a medium saucepan, add all ingredients and bring to a boil. Stir frequently.
2. Reduce heat to low and simmer (covered) for 20–25 minutes until amaranth is soft.

Tips: Can be made the night before and reheated in the morning.

Store any leftovers in airtight glass container in refrigerator for up to 5 days.

Serve with coconut or almond milk added to desired thickness.

Add a small amount of stevia if more sweetness is desired.

Optionally, serve topped with walnuts.

Arugula and Baby Greens VE

Makes 4 servings

Nutrition

(per serving):

Calories: 52

Fat: 5 g

Saturated Fat: 0.5 g

Cholesterol: 0 mg

Sodium: 15 mg

Carbohydrate: 2 g

Fiber: less than 1 g

Protein: 1 g

Food Categories

(per serving):

Fats & Oils: 1

Non-Starchy Vegetables: 2

- 4 cups arugula
- 4 cups baby greens
- 3 teaspoons lemon juice
- $\frac{1}{8}$ teaspoon garlic powder or $\frac{1}{2}$ clove fresh garlic
- $\frac{1}{2}$ teaspoon finely grated lemon zest (optional)
- 4 teaspoons extra-virgin olive oil
- Salt & pepper to taste

Directions:

1. Combine arugula and baby greens in a large bowl.
2. In a separate bowl, whisk together lemon juice, garlic, lemon zest, extra-virgin olive oil, salt, and pepper.
3. Toss salad with vinaigrette and divide into four portions. Serve immediately.

Asian Turkey Cabbage Boats

Makes 6 servings (1 serving ≈ 1 cup)

Nutrition

(per serving):

Calories: 229

Fat: 8 g

Saturated Fat: 3 g

Cholesterol: 40 mg

Sodium: 399 mg

Carbohydrate: 19 g

Fiber: 5 g

Protein: 22 g

Food Categories

(per serving):

Nuts & seeds: 0.5

Proteins: 2

Non-Starchy Vegetables: 3.5

- 3 tablespoons fresh lime juice
- 1 tablespoon arrowroot powder
- ¼ cup coconut aminos
- 1 teaspoon sesame oil
- 1 tablespoon coconut oil
- 1 pound ground turkey breast
- 1 tablespoon grated fresh ginger root
- 2 cloves fresh garlic, minced
- 1 cup (≈1 bunch) thinly sliced green onions
- 1 small jalapeño pepper, finely chopped (optional)
- ½ to 1 cup sliced red bell pepper (1-inch strips)
- 1 package shredded carrots (≈2 cups)
- 1 package broccoli slaw (≈2 cups)
- 1 tablespoon chopped fresh mint
- 2 tablespoons chopped fresh cilantro
- 6 Chinese cabbage leaves, lightly steamed for 1–2 minutes
- ¼ cup chopped almonds, roasted

Directions:

1. In a small bowl, mix together fresh lime juice, arrowroot powder, coconut aminos, and sesame oil. Set aside.
2. In a large skillet or wok, heat coconut oil over medium-high heat. Add ground turkey breast, ginger, and garlic. Stir often until turkey is browned and cooked through, about 6–8 minutes.
3. Add green onions, jalapeño, bell peppers, shredded carrots, and broccoli slaw. Stir-fry until vegetables are crisp, but tender.
4. Add the lime juice-arrowroot powder mixture to the meat & vegetables. Mix thoroughly. Turn heat to low. Fold in chopped mint and cilantro.
5. Arrange steamed Chinese cabbage leaves on a serving platter. Spoon about 1 cup of mixture onto each leaf. Top with chopped almonds.

Tips: Shredded carrots and broccoli slaw are available prepackaged, or you may shred with a food processor or box grater. If grating your own broccoli slaw, use just the stalks of the broccoli.

If you are sensitive to corn or you are following an elimination diet, substitute tapioca or arrowroot powder in place of cornstarch.

Can use leaf lettuce or Bibb lettuce (not steamed) in place of cabbage leaves.

Balsamic Roasted Beets VE

Makes 2 servings

Nutrition

(per serving):

Calories: 77

Fat: 0 g

Saturated Fat: 0 g

Cholesterol: 0 mg

Sodium: 264 mg

Carbohydrate: 18 g

Fiber: 3 g

Protein: 3 g

Food Categories

(per serving):

Starchy Vegetables: 1

- 1 bunch trimmed beets (about 4–5 beets)
- 1 tablespoon balsamic vinegar
- 2 pinches sea salt
- 2 pinches black pepper

Directions:

1. Preheat oven to 400° F.
2. Gently scrub beets and pat dry. Wrap in foil and place in oven. Roast until tender (about 1 hour).
3. Let cool, then peel and dice.
4. Place diced beets in a medium bowl, toss with balsamic vinegar, sea salt, and pepper, and serve.

Tip: Cook up more beets than you need and save in the fridge for use later in the week in salads or as snacks, side dishes, etc.

Black Bean Cocoa Soup with Lime Zest VE

Makes 4 servings

Nutrition

(per serving):

Calories: 269

Fat: 8 g

Saturated Fat: 1 g

Cholesterol: 0 mg

Sodium: 511 mg

Carbohydrate: 46 g

Fiber: 13 g

Protein: 13 g

Food Categories

(per serving):

Fats & Oils: 1

Non-Starchy Vegetables: 2

Legumes: 2

- 2 tablespoons extra virgin olive oil
- 1 small red onion, chopped
- 3 cloves garlic, pressed
- 1 large carrot, chopped
- 1 stalk celery, chopped
- 3 cups low-sodium organic vegetable broth
- 2 tablespoons cocoa powder
- 1 teaspoon cumin
- 2 cups canned black beans
- Grated zest of 1 lime
- 2–4 tablespoons fresh cilantro, chopped

Directions:

1. In a medium saucepan, heat olive oil over low heat. Add onion and sauté until caramelized, approximately 15 minutes.
2. Add the pressed garlic, carrots, and celery. Cook for 5 minutes longer.
3. Add the broth, cocoa powder, and cumin. Stir well and let simmer for 10 more minutes.
4. Stir in the black beans. Add lime zest. Cook for approximately 20 minutes longer over low heat.
5. Serve warm, garnished with chopped cilantro.

Tip: May be topped with sliced avocado or fresh guacamole (not included in nutritional analysis).

Black Bean Hummus VE

Makes 5 servings (1 serving ≈ ½ cup)

Nutrition

(per serving):

Calories: 124

Fat: 5 g

Saturated Fat: 1 g

Cholesterol: 0 mg

Sodium: 259 mg

Carbohydrate: 17 g

Fiber: 5 g

Protein: 6 g

Food Categories

(per serving):

Fats & Oils: 1

Legumes: 1

- 1 can (15 ounces) black beans, drained & rinsed
- 1 clove garlic
- 2 tablespoons lemon juice
- 2 tablespoons tahini
- 1 teaspoon cumin
- 1 teaspoon sesame oil
- 1 teaspoon olive oil
- ¼ cup chopped roasted bell peppers (optional)
- ¼ teaspoon sea salt

Directions:

1. Puree all ingredients in a food processor. Add water if needed

Tip: Serve with vegetables, pita bread, or seed crackers.

Citrus Carrot Juice Spritzer VE

Makes 2 servings

Nutrition

(per serving):

Calories: 67

Fat: 0 g

Saturated Fat: 0 g

Cholesterol: 0 mg

Sodium: 27 mg

Carbohydrate: 16 g

Fiber: 1 g

Protein: 1 g

Food Categories

(per serving):

Fruits: 1

- 1 can (12 ounces) seltzer water
- 6 fluid ounces carrot juice
- 6 fluid ounces grapefruit juice
- 2 wedges of lime

Directions:

1. In a small pitcher, mix together seltzer water and juices.
2. Fill 2 large glasses with crushed ice. Divide spritzer equally between the glasses.
3. Top with lime wedges.

Coconut Chicken Dal

Makes 6 servings (1 serving ≈ 1 cup)

Nutrition

(per serving):

Calories: 469

Fat: 18 g

Saturated Fat: 13 g

Cholesterol: 71 mg

Sodium: 225 mg

Carbohydrate: 45 g

Fiber: 17 g

Protein: 33 g

Food Categories

(per serving):

Proteins: 3

Legumes: 2

Fats & Oils: 2

Non-Starchy Vegetables: 1

- 1 pound boneless, skinless chicken thighs
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper
- 2 cups yellow split peas (dry)
- 3 teaspoons coconut oil, divided
- 1 small yellow onion, sliced
- 3 cloves garlic, pressed or grated
- 1 tablespoon grated fresh ginger
- 2 teaspoons ground turmeric
- 1 quart chicken broth, low-sodium
- 1 can (14 ounces) lite coconut milk
- ¼ cup chopped fresh cilantro

Directions:

1. Place the chicken thighs on a plate and sprinkle salt and pepper on both sides.
2. Rinse the split peas in a colander and set aside to drain.
3. Heat a large saucepan over medium-high heat. Add 1 teaspoon coconut oil to the pan. Add the chicken thighs and sear both sides, about 2–3 minutes on each side. Remove from the pan and set aside (okay to use same plate, as the chicken will be cooked further).
4. To the same pan, add 2 teaspoons coconut oil. After it melts, add onion and sauté.
5. While onion is cooking, chop the chicken thighs (using a plastic cutting board) into bite-sized pieces.
6. Place chicken back in pan. Add garlic, ginger, and turmeric. Sauté for a few minutes.
7. Add chicken broth and stir with wooden spoon. Scrape up the bits of cooked chicken from the bottom of the pan to ensure the best flavor. Add the lite coconut milk and peas.
8. Simmer uncovered over medium heat until peas are soft (approximately 30 minutes).
9. Sprinkle with fresh cilantro just before serving.

Tip: This can be served over brown rice or eaten with a side of non-starchy vegetables.

Coconut Chocolate Truffles

VL VE (if using dairy-free dark chocolate)

Makes 30 truffles (1 serving = 2 truffles)

Nutrition

(per serving):

Calories: 98

Fat: 10 g

Saturated Fat: 6 g

Cholesterol: 0 mg

Sodium: 4 mg

Carbohydrate: 6 g

Fiber: 2 g

Protein: 2 g

Food Categories

(per serving):

Fats & Oils: 2

- ½ cup full-fat canned coconut milk
- 1 teaspoon almond, orange, vanilla, or hazelnut extract
- 8 ounces bittersweet dark chocolate (at least 70% cocoa, finely chopped)
- ¼ cup cocoa powder or chopped nuts for coating

Directions:

1. Bring the coconut milk to a simmer in a small saucepan. Stir in the extract.
2. Place chocolate in a bowl. Pour the coconut milk mixture over the chocolate. Let stand a few minutes, then stir until smooth. Allow to cool, then refrigerate for 30 minutes to 1 hour. (Remove from refrigerator before it hardens too much. It needs to be malleable.)
3. Using a small spoon, form 1-inch balls and roll them quickly between your palms. Place balls on a baking sheet lined with a parchment paper. Refrigerate overnight.
4. Roll in cocoa powder or chopped nuts. Store the truffles in an airtight container in the refrigerator for up to a week.

Dehydrated Apple Chips VE

Makes 4 servings

Nutrition

(per serving):

Calories: 118

Fat: 0.5 g

Saturated Fat: 0 g

Cholesterol: 0 mg

Sodium: 2 mg

Carbohydrate: 31 g

Fiber: 5.5 g

Protein: 0.5 g

Food Categories

(per serving):

Fruits: 2

- 4 apples (choose Golden Delicious, Gala, Fuji, or any sweet, crisp variety)
- 1 tablespoon lemon juice
- 1 cup water
- 1 teaspoon cinnamon and stevia combined

Directions:

1. Peel the apples, if desired. Remove the core with an apple corer.
2. Slice the apples into thin rings (approximately ¼-inch thick).
3. Add 1 tablespoon lemon juice to 1 cup of water in a large shallow bowl. Dip the apple slices into the lemon water. This will prevent the apple slices from turning brown.
4. Pat excess moisture from the apple rings with paper towels.
5. Lay apple slices in a single layer in your food dehydrator.
6. Sprinkle a mixture of equal parts of cinnamon and stevia (not to exceed 1 teaspoon) on top of the apple rings or season with other spices as desired.
7. Dehydrate following the directions for your dehydrator.

Dehydrated Kale Chips VE

Makes 12 servings (1 serving $\approx$ 1/2 cup)

Nutrition

(per serving):

Calories: 45

Fat: 5 g

Saturated Fat: 1 g

Cholesterol: 0 mg

Sodium: 83 mg

Carbohydrate: 1 g

Fiber: 0 g

Protein: 0 g

Food Categories

(per serving):

Fats & Oils: 1

- 2 bunches kale (Dino or curly varieties)
- 1/4 cup olive oil
- 1/4 teaspoon sea salt

Directions:

1. Rinse kale and pat dry. Cut away kale from large main veins and chop into 2-inch pieces.
2. Place chopped kale into a mixing bowl. Pour 1/4 cup of olive oil over the chopped kale, and toss well to coat. Massage the olive oil and salt into the kale for about 3 minutes. (Can put it in a plastic bag and shake it up first.)
3. Place kale evenly over dehydrator trays. Close the dehydrator and turn on.
4. Dehydrate for 2 hours at 145° F.

Dehydrated Sweet Potato Chips VE

Makes 3 servings

Nutrition

(per serving):

Calories: 82

Fat: 2 g

Saturated Fat: 0 g

Cholesterol: 0 mg

Sodium: 186 mg

Carbohydrate: 16 g

Fiber: 2 g

Protein: 1 g

Food Categories

(per serving):

Starchy Vegetables: 1

- 1 large sweet potato
- 1 teaspoon olive oil
- ¼ teaspoon sea salt

Directions:

1. Slice the sweet potato thinly. If you have an adjustable mandoline slicer, put it on the thin setting (0.5 mm) and use the hand guard. Put the slices into a large bowl.
2. Drizzle the sweet potato slices with olive oil and sprinkle with sea salt until well covered.
3. Dehydrate the chips in the dehydrator on at least 115° F for 24 hours or until crispy.

Tip: Chips start to get soft soon after they are taken out of the dehydrator, so put them in an airtight container and consume within a few days.

Dehydrated Sweet Potato Chips with Cinnamon

V VE (if not using honey)

Makes 3 servings

Nutrition

(per serving):

Calories: 215

Fat: 9 g

Saturated Fat: 1 g

Cholesterol: 0 mg

Sodium: 11 mg

Carbohydrate: 32 g

Fiber: 3 g

Protein: 2 g

Food Categories

(per serving):

Fats & Oils: 2

Non-Starchy Vegetables: 1

Fruits: 1

- 1 large sweet potato
- 1 cup orange juice
- 1 tablespoon honey or agave
- 1 teaspoon molasses
- 1 teaspoon cinnamon
- 2 tablespoons olive oil

Directions:

1. Slice the sweet potato thinly. If you have an adjustable mandoline slicer, put it on the thin setting (0.5 mm) and use the hand guard. Put slices into a large bowl.
2. Blend remaining ingredients in a blender. Pour this solution over potatoes and mix thoroughly. Allow potato slices to soak in the solution for about 15 minutes to absorb flavors.
3. Place in a preheated 350° oven on a cookie sheet or glass 9x13 casserole. Bake for 10 minutes or until crisp yet tender. You can skip this step and go directly to step 4.
4. Spread on dehydrator trays and dehydrate on at least 115° F for 24 hours or until crispy.

Everyday Basic Vinaigrette V

Makes 8 servings (1 serving ≈ 1½ tablespoons)

Nutrition

(per serving):

Calories: 75

Fat: 7 g

Saturated Fat: 1 g

Cholesterol: 0 mg

Sodium: 128 mg

Carbohydrate: 4 g

Fiber: trace

Protein: trace

Food Categories

(per serving):

Fats & Oils: 1.5

Non-Starchy Vegetables: 0.5

- ¼ cup vinegar of choice
- Juice of 1 lemon (≈3 tablespoons)
- 1 clove garlic (or 1 teaspoon minced garlic)
- ½ teaspoon ground cumin
- 1 tablespoon honey
- 1 teaspoon Dijon mustard
- ½ teaspoon sea salt
- ¼ teaspoon pepper
- 1–2 tablespoons fresh minced parsley
- 2–4 chopped green onions
- ¼ cup extra-virgin olive oil

Variation:

- In place of cumin, add ½ to 1 teaspoon of dried basil or 1–2 tablespoons fresh basil.

Directions:

1. Place the vinegar, lemon juice, garlic, mustard, honey, sea salt, and pepper in a blender and blend.
2. Add the fresh chopped parsley and onion. Blend.
3. Add oil and blend (if possible, slowly stream in olive oil through an opening in the top of the blender).
4. Serve at room temperature.

Fresh Spinach Quiche Cups

Makes 6 servings (1 serving = 2 muffin quiches)

Nutrition

(per serving):

Calories: 68

Fat: 3 g

Saturated Fat: 2 g

Cholesterol: 110 mg

Sodium: 262 mg

Carbohydrate: 2 g

Fiber: 1 g

Protein: 8 g

Food Categories

(per serving):

Proteins: 1

Non-Starchy Vegetables: 0.5

- 3 large eggs (omega-3 rich variety)
- ½ cup cottage cheese (1% fat)
- ¼ cup reduced-fat feta cheese
- 2 cup fresh chopped spinach
- ¼ cup chopped red bell pepper
- ¼ cup chopped onion
- 3–4 drops hot pepper sauce
- ½ teaspoon garlic powder (or 1 clove garlic, minced)
- 1 pinch sea salt
- 1 pinch black pepper

Directions:

1. Line a muffin pan with baking cups/liners. Spray the cups with cooking spray.
2. Whisk eggs, then mix well with cottage cheese, feta, spinach, bell peppers, chopped onion, hot pepper sauce, garlic, sea salt, and pepper.
3. Pour evenly into 12 muffin cups. Bake at 350° F for 20 minutes or until a knife inserted in the center of a muffin comes out clean.

Tip: May be frozen and reheated in the microwave, if desired (if using foil muffin cups, remove before microwaving).

Any combination of vegetables may be used.

Guacamole VE

Makes 4 servings

Nutrition

(per serving):

Calories: 169

Fat: 15

Saturated Fat: 2 g

Cholesterol: 0 mg

Sodium: 46 mg

Carbohydrate: 9 g

Fiber: 3 g

Protein: 2 g

Food Categories

(per serving):

Fats & Oils: 3

Non-Starchy Vegetables: 1

- 2 cloves garlic, minced ($\approx$ 2 teaspoons)
- 3 scallions or red onion, minced ($\approx$ $\frac{1}{4}$ cup)
- $\frac{1}{4}$ jalapeño, minced
- 2 avocados, peeled
- 1 tablespoon fresh lime juice (juice of $\frac{1}{2}$ lime)
- 2 tablespoons chopped cilantro
- 1 pinch sea salt

Directions:

1. In a medium bowl, combine the garlic, scallions, and jalapeños.
2. Add avocado and mash using the back of a fork.
3. Gently stir in lime juice.
4. Finish with cilantro and sea salt.

Halibut and Broccoli P

Makes 4 servings

Nutrition

(per serving):

Calories: 228

Fat: 10 g

Saturated Fat: 1 g

Cholesterol: 36 mg

Sodium: 207 mg

Carbohydrate: 7 g

Fiber: 3 g

Protein: 28 g

Food Categories

(per serving):

Proteins: 3

Nuts & Seeds: 1

Non-Starchy Vegetables: 1

- 3 cups small broccoli florets (fresh or frozen)
- 1 tablespoon olive oil or coconut oil
- ¼ cup finely ground almonds
- 2 teaspoons minced fresh tarragon or basil (or 1 teaspoon dried)
- 1 pound halibut filets (cut into 4 filets)
- ½ cup low-sodium chicken broth
- ⅓ cup lemon juice
- ¼ teaspoon sea salt
- ¼ teaspoon ground black pepper

Directions:

1. Steam broccoli until slightly tender, but not too soft. While broccoli is cooking, heat oil over medium heat in a large skillet.
2. In a pie plate, mix together ground almonds and herbs. Coat each halibut filet with the almond-herb mixture and place in pan.
3. Cook halibut filets for about 4 minutes on each side. Transfer to a serving dish and cover loosely to keep warm.
4. Add chicken broth or fish stock to skillet. Use a wooden spoon to scrape up any bits that may still be stuck to the pan. Stir in the cooked broccoli, lemon juice, sea salt, and black pepper.
5. Remove cover from halibut. Spoon broccoli, with juices, on top of halibut filets and serve.

Tip: If desired, serve garnished with fresh or dried herbs.

Healthy Ketchup VE

Makes 8 servings (1 serving ≈ 3–4 tablespoons)

Nutrition

(per serving):

Calories: 20

Fat: 0 g

Saturated Fat: 0 g

Cholesterol: 0 mg

Sodium: 180 mg

Carbohydrate: 5 g

Fiber: 1 g

Protein: 1 g

Food Categories

(per serving):

Non-Starchy Vegetables: 1

- 1 can (6 ounces) tomato paste
- 2 tablespoons apple cider vinegar
- ½ tablespoon Dijon mustard
- ¼ teaspoon cloves
- ¼ teaspoon allspice
- ¼ teaspoon cinnamon
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- 1 pinch cayenne pepper
- 1 pinch sea salt
- 1 pinch black pepper
- Water, as needed
- Stevia, to taste (optional)

Directions:

1. In a small bowl, combine all ingredients except water and stevia. Whisk together.
2. Add in the water a tablespoon at a time until you reach the consistency you want. Taste as you go and add extra cayenne, sea salt, or pepper as desired. Keep in mind that flavors will continue to blend and flavors will strengthen as it sits.
3. Place in an airtight container and store in the refrigerator.

Tip: This recipe makes approximately 1½ to 2 cups depending on how thick or thin you like your ketchup. If you like a little sweetness in your ketchup, add stevia to taste.

High-Protein Pumpkin Pancakes

Makes 4 servings

Nutrition

(per serving):

Calories: 165

Fat: 4 g

Saturated Fat: 3 g

Cholesterol: 2 mg

Sodium: 192 mg

Carbohydrate: 20 g

Fiber: 3 g

Protein: 12 g

Food Categories

(per serving):

Proteins: 1.5

Grains: 1.5

- 2 teaspoons coconut oil
- 1 cup rolled oats
- $\frac{3}{4}$ cup egg whites (about 6)
- $\frac{1}{2}$ cup cottage cheese
- $\frac{1}{4}$ cup pumpkin puree
- 1 tablespoon pure maple syrup
- 1 teaspoon pumpkin pie spice

Directions:

1. In a medium to large skillet, melt oil over medium-high heat.
2. Place all remaining ingredients in a blender. Blend to batter consistency.
3. Drop $\frac{1}{4}$ cup of batter into the pan for each pancake. Cook until the edges are bubbling. Flip and cook another 2 minutes, or until edges are golden brown and pancakes are fully cooked.

Kale Pineapple Banana Smoothie

(VE) (VL) (VO) (depending on type of protein powder)

Makes 2 servings

Nutrition

(per serving):

Calories: 246

Fat: 6 g

Saturated Fat: 1 g

Cholesterol: 0 mg

Sodium: 296 mg

Carbohydrate: 31 g

Fiber: 4 g

Protein: 21 g

Food Categories

(per serving):

Proteins: 1.5

Dairy Alternatives: 0.5

Fats & Oils: 0.5

Non-Starchy Vegetables: 0.5

Fruits: 1.5

- 1½ cups unsweetened almond or coconut milk
- 1 cup chopped, packed kale
- ½ cup drained diced or chunk pineapple, fresh, frozen, or canned in juice
- ½ banana (frozen is best)
- ½ cup ice, if desired
- 2 scoops vanilla protein powder (total ≈ 15 grams protein)
- 1 tablespoon chia or ground flax seed

Directions:

1. Place all ingredients in blender and blend until smooth.

Lime-Scented Coconut Rice

VE (if vegetable broth is used)

Makes 6 servings (1 serving $\approx$ 1/2 cup)

Nutrition

(per serving):

Calories: 200

Fat: 10 g

Saturated Fat: 2.7 g

Cholesterol: 0 mg

Sodium: 207 mg

Carbohydrate: 26 g

Fiber: 1.8 g

Sugar: 1.2

Protein: 4 g

Food Categories

(per serving):

Nuts & Seeds: 0.5

Fats & Oils: 2

Grains: 1

- 2 tablespoons extra-virgin olive oil
- 2 tablespoons minced onion
- 1 teaspoon minced garlic
- 1 cup brown basmati rice
- 3/4 cup low-sodium chicken or vegetable broth
- 3/4 cup canned lite coconut milk
- 1/2 cup water
- 1/2 teaspoon sea salt
- 1/4 cup finely chopped raw, unsalted cashews
- 1/2 cup thinly sliced scallions
- 1/4 cup minced cilantro
- 1 tablespoon fresh lime juice

Directions:

1. In a medium saucepan, heat oil over medium heat.
2. Add onion and sauté about 3 minutes, or until translucent. Add garlic and cook for 30 seconds more.
3. Add the rice, stirring to coat with oil. Add broth, coconut milk, water, and sea salt. Bring to a simmer. Cover and cook for 40–60 minutes, or until liquid is absorbed. Remove from heat.
4. While rice is cooking, toast the cashews. Using a small skillet, toast nuts over medium-low heat for about 5 minutes, or until lightly browned. Stir frequently and watch closely to prevent burning. When toasted, remove to a plate to cool.
5. When the rice is done, fluff with a fork. Stir in scallions, cilantro, and lime juice. Serve garnished with toasted cashews.

Make-Ahead Peppermint Green Tea VE

Makes 12 servings (1 serving = 1 cup/8 fluid ounces)

Nutrition

(per serving):

Calories: 0–5

Fat: 0 g

Saturated Fat: 0 g

Cholesterol: 0 mg

Sodium: 50–70 mg

Carbohydrate: 0 g

Fiber: 0 g

Protein: 0 g

Food Categories

(per serving):

Free food

- 12 cups water, divided
- 4 bags organic green tea
- 4 bags peppermint tea

Directions:

1. Fill a glass coffee pot with 8 cups water, and add to coffee maker.
2. Place the 8 tea bags in the filter section of the coffee maker. Turn on coffee maker, and let it run through a cycle.
3. Pour the tea concentrate into a large pitcher, add 4 cups cool water, and serve.

Tip: Tea will stay fresh in the refrigerator for 5–7 days.

Mary's Minestrone Soup

Makes 12 servings (1 serving ≈ 1¼ cup)

Nutrition

(per serving):

Calories: 253

Fat: 4 g

Saturated Fat: 1 g

Cholesterol: 32 mg

Sodium: 465 mg

Carbohydrate: 34 g

Fiber: 67 g

Protein: 18 g

Food Categories

(per serving):

Proteins: 1.5

Legumes: 0.5

Non-Starchy Vegetables: 2

Grains: 1

- 1½ pounds ground turkey Italian sausage
- 4 cloves minced garlic
- 1 large onion, chopped
- 1 cup chopped celery
- 2–3 organic carrots, chopped
- 3 quarts low sodium beef or vegetable broth
- 2 tablespoons Italian seasoning
- 1½ teaspoons crushed red pepper flakes, or to taste
- 1 can (28 ounces) petite diced tomatoes (low sodium or no salt-added)
- 8 ounces (2 cups) dry rotini pasta
- 4 cups chopped organic fresh baby spinach
- 1 can (15 ounces) dark red kidney beans, rinsed
- 1 can (15 ounces) cannellini beans, rinsed

Directions:

1. In a large soup pot, brown sausage until mostly cooked.
2. Add garlic, onion, celery, carrots, and a small amount of beef broth (enough to cover sausage and vegetables). Cook until veggies are soft (about 10 minutes).
3. Add the rest of the broth, Italian seasoning, crushed red pepper, and canned tomatoes. Bring to a boil, then reduce heat and simmer for 20–30 minutes.
4. Add pasta, chopped spinach, and beans and bring to boil over medium-high heat until pasta is al dente (almost but not completely soft).

Tips: Serve garnished with fresh Parmesan or Parmesan crisps.

If vegetarian (V), omit sausage, use vegetable broth instead of using beef broth, and sauté vegetables in 2 tablespoons olive oil.

Consider using kale in place of spinach or mixed with spinach.

If avoiding gluten, substitute pasta for rice or corn pasta or omit altogether.

Overnight Steel-Cut Oats VE

Makes 8 servings (1 serving $\approx$ $\frac{3}{4}$ cup)

Nutrition

(per serving):

Calories: 128

Fat: 2 g

Saturated Fat: trace

Cholesterol: 0 mg

Sodium: 123 mg

Carbohydrate: 22 g

Fiber: 4 g

Protein: 5 g

Food Categories

(per serving):

Grains: 1.5

- 6 cups water
- $\frac{1}{2}$ teaspoon sea salt
- $1\frac{1}{2}$ cups gluten-free steel-cut oats

Directions:

1. Put water in saucepan and bring to a boil.
2. Stir in salt and oats.
3. Cover and remove from heat. Place in refrigerator on a hot pad. Leave overnight.
4. In the morning, reheat the oatmeal over low heat. (You may need to add a bit of water to achieve desired consistency.)
5. Refrigerate what you don't eat.

Tip: Add modest portions of nuts, seeds, fruits, and spices, as desired and to add nutritional balance, if meal plan allows.

Parmesan Chicken Tenders

Makes 4 servings

Nutrition

(per serving):

Calories: 258

Fat: 6 g

Saturated Fat: 3 g

Cholesterol: 75 mg

Sodium: 703 mg

Carbohydrate: 14 g

Fiber: 1 g

Protein: 35 g

Food Categories

(per serving):

Proteins: 4

Non-Starchy Vegetables: 0.5

Grains: 0.5

- 2 egg whites
- ½ cup Italian-style Panko bread crumbs
- 1 pound boneless, skinless chicken breast
- 1 teaspoon garlic powder
- ½ teaspoon sea salt
- 2 tablespoons Parmesan cheese
- 2 ounces shredded part-skim mozzarella cheese
- ½ cup marinara sauce

Directions:

1. Preheat oven to 425° F.
2. Beat egg whites in a small bowl. Place bread crumbs in a separate shallow bowl or pie plate.
3. Slice the chicken breast into strips. Mix together the garlic powder and salt, and sprinkle over the chicken strips.
4. Dip each strip into the egg whites, shake off any excess, and then roll in the breadcrumbs. Place on a greased, rimmed baking sheet.
5. Bake for 12 minutes, flipping the chicken halfway through the cooking time.
6. While chicken is baking, mix together the Parmesan and mozzarella in a small bowl.
7. Remove chicken from oven. Sprinkle cheese on top of chicken. Place chicken back into the oven for 2 more minutes or until cheese has melted.
8. Serve with marinara sauce for dipping.

Parmesan Crisps VL

Makes 8 servings (1 serving = 1 crisp)

Nutrition

(per serving):

Calories: 23

Fat: 2 g

Saturated Fat: 1 g

Cholesterol: 4 mg

Sodium: 93 mg

Carbohydrate: 0 g

Fiber: 0 g

Protein: 2 g

Food Categories

(per serving):

Proteins: 0.5

- ½ cup grated fresh Parmesan cheese

Directions:

1. Preheat oven to 400° F.
2. Line a baking sheet with parchment or use a silicone mat by itself.
3. Using a tablespoon, place 8 spoonfuls of Parmesan on the lined baking sheet, about a ½ inch apart. Lightly pat down the mounds of cheese with the back of the spoon.
4. Bake for 3 to 5 minutes, or until golden and crisp. Let cool.

Tip: The cheese will be pliable when first removed from the oven, but will harden as it cools.

Pumpkin Cranberry Muffins

Makes 12 servings (1 serving = 1 muffin)

Nutrition

(per serving):

Calories: 181

Fat: 13 g

Saturated Fat: 10 g

Cholesterol: 106 mg

Sodium: 162 mg

Carbohydrate: 12 g

Fiber: 4 g

Protein: 5 g

Food Categories

(per serving):

Proteins: 0.5

Nuts & Seeds: 1

Fats & Oils: 1

Fruit: 1

- ½ cup coconut flour
- ½ teaspoon sea salt
- ¼ teaspoon baking soda
- 1 tablespoon pumpkin pie spice
- 6 eggs
- ¼ cup pumpkin purée
- ½ cup melted coconut oil
- 1 teaspoon vanilla extract
- ¼ cup pure maple syrup
- ½ cup fresh cranberries

Directions:

1. Preheat oven to 350° F.
2. In a medium bowl, whisk together dry ingredients (coconut flour, sea salt, baking soda, and pumpkin pie spice). Set aside.
3. In a large bowl, beat together the eggs, pumpkin purée, melted coconut oil, vanilla extract, and maple syrup.
4. Add dry ingredients to wet ingredients and stir until well combined. Gently fold in cranberries.
5. Pour batter into a 12-count muffin tin that is either lined with muffin cups or sprayed with cooking spray, and bake for 35 minutes.

Quinoa Salad with Chicken, Grapes, and Almonds

Makes 8 servings (1 serving $\approx$ 1¼ cups)

Nutrition

(per serving):

Calories: 256

Fat: 10 g

Saturated Fat: 1 g

Cholesterol: 27 mg

Sodium: 102 mg

Carbohydrate: 26 g

Fiber: 3 g

Protein: 17 g

Food Categories

(per serving):

Proteins: 1.5

Nuts & Seeds: 0.5

Fats & Oils: 0.5

Non-Starchy Vegetables: 0.5

Fruits: 0.5

Grains: 1

- 2 cups water
- 1¼ cups quinoa, red or brown
- 1 teaspoon vinegar (rice or balsamic)
- 1 tablespoon lemon juice
- 1 tablespoon orange or lime juice
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper
- 2 tablespoons olive oil
- ½ cup fresh mint, chopped
- ½ cup fresh basil, chopped
- ¼ cup fresh cilantro, chopped
- 2 cups shredded chicken breast
- 2 cups grapes, halved
- ½ cup sliced almonds, toasted
- 3–4 cups chopped baby spinach
- ½ cup green onions, chopped

Directions:

1. Bring 2 cups of water to a boil. While water is heating, rinse quinoa under cold running water and drain. Once water comes to a boil, stir in quinoa. Immediately reduce heat to a simmer and cook for about 12–15 minutes (until most of liquid is absorbed). Remove from heat, uncover, and set aside to cool.
2. In a large bowl, whisk together vinegar, lemon and orange juices, sea salt, and pepper. Continue whisking while slowly streaming in olive oil. Stir in the mint, basil, and cilantro and mix well.
3. Add cooled quinoa to dressing and toss. Add chicken, grapes, nuts, chopped baby spinach, and green onions. Toss again.
4. Serve at room temperature or chilled, if preferred.

Tips: Chicken can be cooked and shredded or chopped ahead of time.

Serve on a lettuce leaf and use red quinoa and green grapes or regular quinoa and red grapes for a colorful presentation.

Roasted Beets with Greens VE

Makes 4 servings

Nutrition

(per serving):

Calories: 113

Fat: 5 g

Saturated Fat: 1 g

Cholesterol: 0 mg

Sodium: 286 mg

Carbohydrate: 15 g

Fiber: 3 g

Protein: 3 g

Food Categories

(per serving):

Fats & Oils: 1

Starchy Vegetables: 1

- 1 bunch trimmed beets (about 4–5 beets)
- 1½ tablespoons extra-virgin olive oil
- 1 lemon, juiced (≈3 tablespoons juice)
- 2 teaspoons coconut aminos
- 1 clove garlic, minced
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper
- 4 cups baby spinach or spring mix, divided
- 1 cup fresh parsley
- 4 slices red onion

Directions:

1. Preheat oven to 400° F.
2. Rinse beets, dry, and wrap individually in foil.
3. Roast until tender (about 1 hour). Let cool, then peel and dice.
4. Whisk together olive oil, lemon juice, coconut aminos, garlic, sea salt and pepper. Toss with beets.
5. For each serving, toss ≈ ½ cup dressed beets with 1 cup spinach or spring mix and ¼ cup parsley. Top with onion.

Roasted Sweet Potato Fries VE

Makes 6 servings (1 serving $\approx$ $\frac{3}{4}$ cup)

Nutrition

(per serving):

Calories: 174

Fat: 7 g

Saturated Fat: 1 g

Cholesterol: 0 mg

Sodium: 725 mg

Carbohydrate: 26 g

Fiber: 3 g

Protein: 2 g

Food Categories

(per serving):

Fats & Oils: 1

Starchy Vegetables: 1.5

- 5 medium sweet potatoes, cut into about 1 by 5-inch strips
- 3 tablespoons olive oil
- 2 tablespoons finely chopped fresh basil leaves
- 2 teaspoons kosher salt
- $\frac{1}{2}$ teaspoon freshly ground black pepper

Directions:

1. Preheat oven to 400° F.
2. Place the sweet potato strips on a baking sheet lined with foil. Drizzle with olive oil. Spread potatoes out in pan, so that they are in a single layer. Bake until golden, about 45 minutes.
3. While potatoes are baking, combine the basil, salt, and pepper in a small bowl. Stir to mix.
4. When the sweet potato fries come out of the oven and are still hot, sprinkle with the basil mixture.

Sage Turkey Sausage

4 servings (1 serving = 2 patties)

Nutrition

(per serving):

Calories: 212

Fat: 12 g

Saturated Fat: 2 g

Cholesterol: 61 mg

Sodium: 469 mg

Carbohydrate: 2 g

Fiber: trace

Protein: 25 g

Food Categories

(per serving):

Proteins: 3.5

Fats & Oils: 0.5

- 1 pound ground turkey breast
- ¼ cup finely diced apple
- 2 tablespoons finely minced red onion
- 2 tablespoons finely minced fresh sage
- ½ teaspoon finely minced fresh thyme
- 3 tablespoons extra virgin olive oil
- ½ teaspoon sea salt
- ½ teaspoon freshly ground black pepper

Directions:

1. In a large bowl, mix together turkey, apple, onion, sage, thyme, 1 tablespoon olive oil, salt, and pepper.
2. Make eight patties from the turkey mixture.
3. Heat a nonstick skillet over medium heat and add 2 tablespoons of olive oil.
4. Brown the patties for 3–4 minutes on each side, until they are firm to the touch.
5. Eat immediately or store in an airtight glass container in refrigerator for up to 3 days.

Sautéed Green Beans VE

Makes 6 servings (1 serving ≈ ½ cup)

Nutrition

(per serving):

Calories: 47

Fat: 2 g

Saturated Fat: 0 g

Cholesterol: 0 mg

Sodium: 316 mg

Carbohydrate: 6 g

Fiber: 2 g

Protein: 1 g

Food Categories

(per serving):

Fats & Oils: 0.5

Non-Starchy Vegetables: 1

- 1 pound petite green beans, fresh or frozen
- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic, minced (2 teaspoons)
- 1 teaspoon sea salt
- ½ teaspoon pepper, or to taste

Directions:

1. Steam green beans in a steamer basket over water for 7–8 minutes, or until bright green and fork tender.
2. Remove from heat and drain off water. Set beans aside.
3. Heat olive oil in a large pan over medium heat. Add garlic and cook until garlic is sizzling.
4. Place steamed green beans in pan and sauté until green beans are warm and coated with olive oil and garlic.
5. Add salt and pepper. Serve warm.

Tip: Great as leftovers!

Spice-Rubbed Chicken Breasts

Makes 12 servings (1 serving ≈ 3 ounces)

Nutrition

(per serving):

Calories: 135

Fat: 3 g

Saturated Fat: 1 g

Cholesterol: 55 mg

Sodium: 63 mg*

Carbohydrate: 3 g

Fiber: 1 g

Protein: 21 g

Food Categories

(per serving):

Proteins: 3

- 1 quart water
- ¼ cup salt
- 2½ pounds boneless, skinless chicken breast
- ½ teaspoon turmeric
- 1 tablespoon ground cumin
- 1 tablespoon curry powder
- 1 tablespoon chili powder
- ½ tablespoon ground allspice
- ½ tablespoon black pepper
- ½ teaspoon ground cinnamon

Directions:

1. Pour 1 quart water into a large sealable casserole dish. Add ¼ cup salt and stir to dissolve.
2. Add chicken breasts to dish, seal, and place in refrigerator for 2 hours.
3. While chicken is brining, mix together turmeric, cumin, curry powder, chili powder, allspice, pepper, and cinnamon in a small bowl.
4. Preheat a grill on high. Remove chicken from refrigerator, drain, rinse well, and pat dry. Coat the chicken with the spice mixture, massaging into the meat until chicken is densely coated.
5. Place the chicken on the preheated grill. Close the grill's lid and cook for 4 minutes. Flip the chicken, and cook for an additional 3–4 minutes with the lid closed, until the chicken is browned and cooked through.

Tips: If you roll the meat in the spice mixture, throw away any remaining spice blend, as it has come in contact with raw poultry.

Note that the brining process (soaking chicken in saltwater) adds sodium to this recipe. If you are short on time, or you want to omit some of the sodium, just sprinkle the chicken breasts with salt and pepper prior to the adding spice mixture.

*Note: nutrient analysis does not include the sodium from the brining process

Spiced Seed Crackers VE

Makes 8 servings (1 serving ≈ one 2-inch by 3-inch cracker or two 1-inch by 1½-inch crackers)

Nutrition

(per serving):

Calories: 137

Fat: 8 g

Saturated Fat: 2 g

Cholesterol: 0 mg

Sodium: 6 mg

Carbohydrate: 14 g

Fiber: 3 g

Protein: 4 g

Food Categories

(per serving):

Nuts & Seeds: 3

- ⅓ cup chia seeds
- ⅓ cup flax seeds
- ⅓ cup sunflower seeds
- ¼ cup agave (or honey, maple syrup, or combo)
- ¼ teaspoon allspice or cinnamon
- 1 teaspoon vanilla extract
- ¼ teaspoon guar or xanthan gum
- 2–4 tablespoons water, if needed

Directions:

1. Preheat oven to 300° F.
2. In a medium bowl, mix all ingredients together. Spread on greased parchment paper on a cookie sheet. Press flat (about ⅛-inch thick).
3. Bake for about 30 minutes on each side.
4. Immediately after removal from oven, score the seed crackers to make 8 servings (they will still be pliable at this point, but score right away, as they will harden quickly). A pizza cutter works well.

Tips: Before spreading on cookie sheet, put oil on hands or spatula, to keep seeds from sticking to hands.

Watch closely so that you don't burn the seeds. Can cook for longer at a lower temperature (i.e., 250° F).

Strawberry Mango Smoothie

(VE) (VO) (VL) (depending on type of protein powder)

Makes 2 servings

Nutrition

(per serving):

Calories: 305

Fat: 8 g

Saturated Fat: 2 g

Cholesterol: 0 mg

Sodium: 351 mg

Carbohydrate: 40 g

Fiber: 6 g

Protein: 22 g

Food Categories

(per serving):

Proteins: 1.5

Dairy Alternatives: 1

Nuts & Seeds: 0.5

Non-Starchy Vegetables: 1.5

Fruits: 1

- 2 cups unsweetened almond, flax, hemp, or coconut milk
- 1 cup frozen strawberries (no sugar added)
- 1 cup frozen mangoes (no sugar added)
- 2 scoops vanilla protein powder (total $\approx$ 15 grams protein)
- 2 tablespoons chia seeds
- 2 cups spinach leaves

Directions:

1. Add all ingredients to blender and blend until smooth.

Tip: May use organic non-GMO soymilk for smoothie, if desired and tolerated.

Sweet Potato Hummus VE

Makes 8 servings (1 serving $\approx$ $\frac{1}{3}$ cup)

Nutrition

(per serving):

Calories: 180

Fat: 10 g

Saturated Fat: 1 g

Cholesterol: 0 mg

Sodium: 415 mg

Carbohydrate: 19 g

Fiber: 3 g

Protein: 5 g

Food Categories

(per serving):

Legumes: 0.5

Nuts & Seeds: 1

Fats & Oils: 1

Starchy Vegetables: 0.5

- 1 large sweet potato (12–14 ounces), cooked & mashed
- 1 can (15 ounces) chickpeas, drained, rinsed
- $\frac{1}{4}$ cup tahini
- $\frac{1}{4}$ cup fresh lemon juice
- 3 tablespoons extra-virgin olive oil
- 1 small clove garlic, halved
- $1\frac{1}{2}$ teaspoons fine sea salt
- 1 teaspoon ground cumin
- $\frac{1}{2}$ teaspoon cinnamon (optional)

Directions:

1. Combine all ingredients in a food processor and purée until smooth.

Tips: Serve with vegetables, whole grain pita bread, or seed crackers.

To reduce sodium content, cut sea salt in half, add some pepper, and increase the other spices to desired taste.

Tender Eye of Round Steaks with Lemon and Rosemary

Makes 4 servings

Nutrition (per serving):

Calories: 208

Fat: 11 g

Saturated Fat: 3 g

Cholesterol: 68 mg

Sodium: 198 mg

Carbohydrate: 1 g

Fiber: 0 g

Protein: 26 g

Food Categories (per serving):

Proteins: 3.5

- 1 pound eye of round steak, cut into 4 steaks, pounded thin
- ¼ cup olive oil
- 1 lemon, juiced
- 1 clove garlic, minced
- 2 tablespoons fresh rosemary, finely chopped
- ½ teaspoon sea salt
- ½ teaspoon freshly ground black pepper

Directions:

1. Place steaks in a ziplock gallon-sized plastic bag or sealed glass dish.
2. In a small bowl or glass measuring cup, combine olive oil, lemon juice, garlic, rosemary, salt, and pepper. Mix well and pour over steaks. Seal and place in refrigerator for 1–2 hours or overnight.
3. Remove from refrigerator, pour off marinade, and let rest on a rack at room temperature for about 20 minutes (let excess marinade drain off; discard any remaining marinade).
4. Sear steaks over high heat in a large oiled pan, about 3 minutes each side or until steaks reach desired degree of doneness. Don't crowd steaks; if needed, cook steaks in two batches.
5. Serve immediately.

Tips: Steaks can be cooked on a grill or (even better) in a cast iron pan. These cook quickly, as they are pounded so thin.

Great served on top of a salad made of arugula and baby greens, with a lemony vinaigrette and shaved Parmesan cheese.

Three Bean Salad with Roasted Beets and Almonds V

Makes 8 servings (1 serving $\approx$ $\frac{3}{4}$ cup)

Nutrition

(per serving):

Calories: 267

Fat: 12 g

Saturated Fat: 1 g

Cholesterol: 0 mg

Sodium: 53 mg

Carbohydrate: 31 g

Fiber: 10 g

Protein: 11 g

Food Categories

(per serving):

Legumes: 1

Nuts & Seeds: 0.5

Fats & Oils: 2

Non-Starchy Vegetables: 1

Starchy Vegetables: 0.5

- 2 medium roasted beets, thinly sliced
- 1 can (15 ounces) dark red kidney beans
- 1 can (15 ounces) cannellini beans
- 1 can (15 ounces) black-eyed peas
- 1 small or $\frac{1}{2}$ medium red onion, cut in rings & then halved
- 2 tablespoons chopped fresh parsley
- $\frac{1}{4}$ to $\frac{1}{2}$ cup chopped almonds
- $\frac{1}{4}$ cup olive oil
- 1 tablespoon honey
- $\frac{1}{3}$ cup vinegar
- 1 teaspoon dried tarragon
- $\frac{1}{2}$ teaspoon dried basil
- $\frac{1}{2}$ teaspoon dry mustard
- $\frac{1}{4}$ teaspoon turmeric
- 8 ounces frozen or fresh petite, green beans, lightly steamed, cut into 1-inch pieces

Directions:

1. Heat oven to 375-400° F.
2. Prepare the beets:
 - Remove greens, root and stems. Rinse beets well.
 - Wrap beets in foil and roast for about 1 hour. Let cool, then peel and dice or slice.
 - Set aside (can make a day ahead).
3. Rinse and drain all canned beans in a colander, then place in a medium to large bowl.
4. Add onion and fresh parsley.
5. Mix together the olive oil, honey, vinegar, tarragon, basil, dry mustard, and turmeric. Toss with petite green beans, canned beans, onion, and parsley, and marinate in the refrigerator for at least 1 hour.
6. Just before serving, add the cooled, roasted beets and chopped almonds.

Tips: Marinate overnight for best results.

Sodium content can be lowered by choosing low-sodium canned beans or rinsing regular canned beans thoroughly.

Rice vinegar is a nice option for the vinegar choice.

When roasting beets, place foil seam-side-up to avoid drippings in oven.

Tips for Dehydrating Fruits and Vegetables VE

Directions: Set dehydrator to 140° F. Then follow the guidelines below for fruit or vegetable of choice.

Nutrition:

Varies with ingredient
Dried Fruit: Approximately
120 calories and 30 g
carbohydrates per ¼ cup

Food Categories:

Dried fruit: 2 fruit servings
per ¼ cup

Fruits:

Bananas: Slice ¾-inch thick and soak in a citrus-water solution for about 5 minutes to prevent browning. Dehydrate for 6–12 hours.

Blueberries: Wash, remove stems, and dip in boiling water until skins crack. Dehydrate for 10–18 hours, or until they look like plump raisins.

Grapes (to make raisins): Leave whole, remove stems, and place on dehydrator tray. Dehydrate for 10–36 hours, or until they look like plump raisins.

Melons: Remove skin and seeds. Slice ½-inch thick. Dehydrate for 8–20 hours.

Oranges: Slice ¼-inch thick (peels are optional), place on dehydrator tray, and dehydrate for 2–12 hours. (The peels can be dried and ground in a blender to make orange zest).

Strawberries: Slice ½-inch thick. (For sweeter flavor, soak in a blend of stevia/water solution about 15 minutes). Dehydrate for 6–12 hours.

Vegetables:

Broccoli or cauliflower: Wash, cut, and blanch in the microwave for about 2–3 minutes, or until crisp-tender, and allow to cool. Dehydrate for 6–12 hours.

Mushrooms: Clean with a soft brush (or wash them lightly and pat dry). Immediately slice into ½-inch slices, or place whole on dehydrator tray. Dehydrate for 4–10 hours.

Onions: Peel and remove tops and root ends. Slice ¾-inch thick. Dehydrate for 6–12 hours. This can be turned into onion powder by putting in a blender and grinding to a fine powder.



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