



# ELIMINATION DIET

## Weekly Planner and Recipes





## ELIMINATION DIET – A WEEK OF MEALS & SNACKS

|                  | DAY 1   | DAY 2   | DAY 3  | DAY 4  | DAY 5   | DAY 6   | DAY 7   |
|------------------|---|---|--|--|---|---|---|
| <b>Breakfast</b> | <ul style="list-style-type: none"> <li>Overnight Steel-Cut Oats (gluten free)*</li> <li>Pecans</li> <li>Blueberries</li> </ul>  | <ul style="list-style-type: none"> <li>Kale Pineapple Banana Smoothie*</li> </ul>   | <ul style="list-style-type: none"> <li>Chia Seed Applesauce Bread*</li> <li>Sage Turkey Sausage*</li> </ul>  | <ul style="list-style-type: none"> <li>Toasted Gluten Free Bread</li> <li>Almond Butter</li> <li>Seasonal Fresh Fruit</li> </ul>   | <ul style="list-style-type: none"> <li>Strawberry Mango Smoothie*</li> </ul>  | <ul style="list-style-type: none"> <li>Pumpkin Oatmeal Pancakes*</li> <li>LO Sage Turkey Sausage*</li> </ul>                          | <ul style="list-style-type: none"> <li>Apple Cinnamon Amaranth Porridge*</li> <li>Toasted Walnuts</li> </ul>  |
| <b>Snack</b>     | <ul style="list-style-type: none"> <li>Almonds</li> <li>Fresh Pear</li> </ul>   | <ul style="list-style-type: none"> <li>Fresh Strawberries</li> <li>Pumpkin Seeds</li> </ul>   | <ul style="list-style-type: none"> <li>Apple Slices</li> <li>Sunflower Seed Butter</li> </ul>  | <ul style="list-style-type: none"> <li>Berries</li> <li>Walnuts</li> </ul>   | <ul style="list-style-type: none"> <li>LO Chia Seed Applesauce Bread*</li> <li>Hot Peppermint Tea</li> </ul>  | <ul style="list-style-type: none"> <li>Celery</li> <li>Almond Butter</li> </ul>   | <ul style="list-style-type: none"> <li>Banana</li> <li>Sunflower Seed Butter</li> </ul>   |
| <b>Lunch</b>     | <ul style="list-style-type: none"> <li>Quinoa Salad with Chicken, Grapes, and Almonds*</li> </ul>   | <ul style="list-style-type: none"> <li>Quick Brown Rice and Black Bean Bowl*</li> <li>Fresh Salsa</li> </ul>  | <ul style="list-style-type: none"> <li>LO Oven-Baked Lentil and Split Pea Soup*</li> <li>Fresh Veggies, cut up Broccoli/ Celery</li> </ul>                                 | <ul style="list-style-type: none"> <li>Chopped Salad with Tuna*</li> <li>Sesame Rice Crackers</li> </ul>   | <ul style="list-style-type: none"> <li>Three Bean Vegetable Chili*</li> <li>LO Guacamole*</li> </ul>  | <ul style="list-style-type: none"> <li>LO Sweet Potato and Kale Soup or Three Bean Vegetable Chili*</li> <li>Rice Crackers</li> </ul> | <ul style="list-style-type: none"> <li>Almond Cocoa Smoothie*</li> </ul>  |
| <b>Snack</b>     | <ul style="list-style-type: none"> <li>Sugar Snap Peas and Carrot Sticks</li> <li>Fresh Salsa</li> </ul>  | <ul style="list-style-type: none"> <li>Celery</li> <li>Sweet Potato Hummus*</li> </ul>  | <ul style="list-style-type: none"> <li>LO Savory Seed Crackers*</li> <li>LO Sweet Potato Hummus*</li> </ul>  | <ul style="list-style-type: none"> <li>Red Pepper Strips, Celery Sticks</li> <li>Guacamole*</li> </ul>   | <ul style="list-style-type: none"> <li>Pumpkin Seeds</li> <li>Balsamic Roasted Beets*</li> </ul>  | <ul style="list-style-type: none"> <li>Fresh Pear</li> <li>Sunflower Seeds</li> </ul>   | <ul style="list-style-type: none"> <li>Rice Crackers</li> <li>Roasted Beet Hummus*</li> </ul>   |
| <b>Dinner</b>    | <ul style="list-style-type: none"> <li>Baked Salmon with Dill*</li> <li>Oven-Roasted Vegetables*</li> <li>Mixed Green Salad</li> <li>Everyday Basic Vinaigrette*</li> </ul> | <ul style="list-style-type: none"> <li>Oven-Baked Lentil and Split Pea Soup*</li> <li>Savory Seed Crackers*</li> <li>Fruity Spinach Salad*</li> </ul> | <ul style="list-style-type: none"> <li>Coconut Chicken*</li> <li>Nutty Green Rice*</li> <li>Spring Mix Salad with Tomatoes</li> <li>Everyday Basic Vinaigrette*</li> </ul> | <ul style="list-style-type: none"> <li>Broiled Lamb Chops with Rosemary*</li> <li>Simple Roasted Butternut Squash*</li> <li>Roasted Pecans and Fresh Pears with Mixed Greens*</li> </ul> | <ul style="list-style-type: none"> <li>Sweet Potato and Kale Soup* (served over)</li> <li>Cilantro Lime Cauliflower Rice*</li> <li>Fresh Pineapple</li> </ul> | <ul style="list-style-type: none"> <li>Walnut-Crusted Fish*</li> <li>Steamed Broccoli</li> <li>Yellow Rice*</li> </ul>                | <ul style="list-style-type: none"> <li>Baked Chicken with Cabbage, Carrots, and Onions*</li> <li>Fresh Berries with Coconut Mango Cream*</li> </ul> |

\*See IFM-Comprehensive Elimination Diet Recipe File for recipes

Leftover – LO



## ELIMINATION DIET – SHOPPING GUIDE

### Fresh Produce Vegetables/Herbs

- ☐ Carrots—whole, 8-10 med sized
- ☐ Carrots—baby, 16 oz bag
- ☐ Baby spinach—3-10 oz pkg (10-12 c)
- ☐ Spring mix—2-10 oz pkg (~6-8 c)
- ☐ Kale—dinosaur, 2 bunches
- ☐ Romaine lettuce—1 bunch
- ☐ Red pepper—4-5 whole
- ☐ Jalapeno pepper—2 sm
- ☐ Yellow onion—5-6
- ☐ Red onion—1 lg or 2 med
- ☐ Green onion—2 bunches
- ☐ Garlic—4-5 bulbs or 32 oz jar minced
- ☐ Sugar snap peas—4 oz
- ☐ Celery—2 bunches
- ☐ Broccoli—2 heads
- ☐ Cauliflower—2 heads
- ☐ Asparagus—1 c chopped
- ☐ Beets—large bunch, 6 beets
- ☐ Tomatoes—4 c chopped
- ☐ 1 Bunch each parsley, mint, cilantro
- ☐ 1 Bunch each fresh basil, 1 sprig dill
- ☐ 2-3 sprigs of thyme, sage, rosemary
- ☐ Sweet potatoes—5 med
- ☐ Cucumber—2 med
- ☐ Radishes—½ c sliced
- ☐ Fresh salsa—4-8 oz
- ☐ Butternut squash—4 c cubed
- ☐ Green cabbage—1 head
- ☐ Yellow squash—1 c sliced
- ☐ Mushrooms—1 c sliced

#### Time Saver Tips:

- Roast all 6 beets for day 5 snack and use 2 for day 7 Roasted Beet Hummus Recipe.
- Everyday Basic Vinaigrette—Double the recipe for day 1 dinner salad and use it in the recipe for the day 4 dinner salad.

### Meat/Fish/Eggs/Plant Proteins

- ☐ Chicken breast, bone-in—4 breast halves
- ☐ Chicken breast, boneless, skinless—3 lbs
- ☐ Wild caught salmon Fillets—4 (5 oz)
- ☐ Ground turkey breast—1 lb
- ☐ Lamb chops, lean—4 (3-4 oz)
- ☐ Flounder fillets—4 (4 oz)
- ☐ Tuna, 12 oz canned—wild caught

### Dairy/Dairy Alternative

- ☐ Almond milk, unsweetened—½ gallon
- ☐ Coconut milk, unsweetened—½ gallon

### Frozen Foods

- ☐ Petite green beans—16 oz or buy fresh if available.
- ☐ Strawberries, unsweetened—8 oz
- ☐ Mangoes, unsweetened—8 oz
- ☐ Pineapple, unsweetened—4 oz
- ☐ Organic brown rice—2 cups (16 oz)

### Fruit, Fresh

- ☐ Blueberries—4 c (2 pints)
- ☐ Strawberries—3 c (1.5 pints)
- ☐ Pear—3 med
- ☐ Banana—2 sm to med
- ☐ Avocado—5 med to lg
- ☐ Apples—3 med
- ☐ Pineapple—1 sm
- ☐ Lemon—5-6 whole
- ☐ Lime—3 whole
- ☐ Grapes—2 c, halved

### Grains/Legumes

- ☐ Quinoa, dry—1¼ c
- ☐ Steel cut oats, dry—1½ c (gluten free)
- ☐ Rolled oats, dry—1½ c (gluten free)
- ☐ Amaranth—dry, 1 c
- ☐ Teff flour—1 c
- ☐ Dry yellow split peas—1 c
- ☐ Lentils—1 c
- ☐ Brown rice, dry—2 c (16 oz)
- ☐ Rice flour—1 c
- ☐ Sesame or plain rice crackers—16 oz
- ☐ Gluten free bread—1 sl

### Miscellaneous

- ☐ Vegan protein powder (soy-free)—vanilla, 5-6 scoops
- ☐ Local raw honey—2 T
- ☐ Brown rice syrup—1 c
- ☐ Stevia—powdered
- ☐ Cocoa powder—1 T
- ☐ Tea—peppermint and green
- ☐ Pumpkin puree—⅔ c
- ☐ Apple butter—3½ T

### Canned Goods

- ☐ Petite diced tomatoes—28 oz, 1 can
- ☐ Organic vegetable broth—10 c
- ☐ Organic chicken broth—8 c
- ☐ Dark kidney beans—15 oz, 2 cans
- ☐ Great northern beans—15 oz, 1 can
- ☐ Chick peas—15 oz, 2 cans
- ☐ Black beans—15 oz, 2 cans
- ☐ Coconut milk—12-15 oz, 2 cans
- ☐ Unsweetened applesauce—2 c

### Condiments/Oils

- ☐ 100% Maple syrup—4 oz
- ☐ Dijon mustard—4-6 oz
- ☐ Olive oil—12-16 oz
- ☐ Coconut oil—8-10 oz
- ☐ Flax oil—2 T
- ☐ Balsamic vinegar—3 T
- ☐ Red wine vinegar—3 T
- ☐ Rice vinegar—½ c

### Spices

- ☐ Garlic and onion powder
- ☐ Sea salt
- ☐ Black pepper
- ☐ Xanthan gum—¼ t
- ☐ Baking soda
- ☐ Bay leaf—1
- ☐ Ginger
- ☐ Almond and vanilla extract
- ☐ Nutmeg
- ☐ Turmeric
- ☐ Rosemary and oregano
- ☐ Cumin, curry powder, chili powder, allspice, cinnamon

### Nuts/Seeds

- ☐ Almonds—raw, 4 oz, sliced, 1 c
- ☐ Almond butter—small jar, 4 T
- ☐ Sunflower seeds—raw, 1 c
- ☐ Sunflower seed butter—small jar, 2 T
- ☐ Pecans, raw—1 c
- ☐ Walnuts—2½ c
- ☐ Ground flax seed—7 T
- ☐ Chia seeds—8 T
- ☐ Roasted sesame seeds—2 T
- ☐ Tahini, small jar—½ c
- ☐ Pumpkin seeds—½ c
- ☐ Poppy seeds—½ T



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### Fats & Oils:

- 17** Everyday Basic Vinaigrette
- 19** Fruity Spinach Salad\*
- 20** Guacamole
- 24** Oven-Roasted Vegetables\*
- 30** Roasted Pecans and Fresh Pears with Mixed Greens\*
- 39** Walnut-Crusted Fish\*

### Nuts & Seeds:

- 5** Almond Cocoa Smoothie
- 19** Fruity Spinach Salad\*
- 33** Savory Seed Crackers

### Proteins:

- 8** Baked Chicken with Cabbage, Carrots, and Onions
- 9** Baked Salmon with Dill
- 11** Broiled Lamb Chops with Rosemary
- 13** Chopped Salad with Tuna
- 15** Coconut Chicken
- 21** Kale Pineapple Banana Smoothie\*
- 28** Quinoa Salad with Chicken, Grapes, and Almonds\*
- 31** Sage Turkey Sausage
- 35** Strawberry Mango Smoothie
- 39** Walnut-Crusted Fish\*

### Non-starchy Vegetables:

- 8** Baked Chicken with Cabbage, Carrots, and Onions
- 13** Chopped Salad with Tuna
- 14** Cilantro Lime Cauliflower Rice
- 19** Fruity Spinach Salad\*
- 24** Oven-Roasted Vegetables\*
- 30** Roasted Pecans and Fresh Pears w/ Mixed Greens\*
- 32** Sautéed Sesame Green Beans
- 36** Sweet Potato and Kale Soup\*
- 38** Three Bean Vegetable Chili\*

### Legumes:

- 23** Oven-Baked Lentil and Split Pea Soup
- 27** Quick Brown Rice and Black Bean Bowl\*
- 37** Sweet Potato Hummus\*
- 38** Three Bean Vegetable Chili\*

### Dairy/Dairy Alternatives:

- 6** Almond Milk

### Starchy Veggies:

- 10** Balsamic Roasted Beets
- 26** Pumpkin Oatmeal Pancakes\*
- 29** Roasted Beet Hummus
- 34** Simple Roasted Butternut Squash
- 36** Sweet Potato and Kale Soup\*
- 37** Sweet Potato Hummus\*

### Fruit:

- 7** Apple Cinnamon Amaranth Porridge\*
- 12** Chia Seed Applesauce Bread\*
- 21** Kale Pineapple Banana Smoothie\*

### Grains:

- 7** Apple Cinnamon Amaranth Porridge\*
- 12** Chia Seed Applesauce Bread\*
- 16** Crispy Rice Squares
- 18** Fresh Berries with Coconut Mango Cream
- 22** Nutty Green Rice
- 25** Overnight Steel-Cut Oats
- 26** Pumpkin Oatmeal Pancakes\*
- 27** Quick Brown Rice and Black Bean Bowl\*
- 28** Quinoa Salad with Chicken, Grapes, and Almonds\*
- 40** Yellow Rice

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

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



## Almond Cocoa Smoothie

Makes 2 servings

- 2 cups unsweetened almond milk
- 1 scoop vegan protein powder\*
- 1 small avocado
- 1 tablespoon cocoa powder
- 1 teaspoon almond extract
- ½ cup ice cubes
- Stevia, to taste (optional)
- 1-2 cups loosely packed chopped kale

*\*Soy-free. Typical varieties include rice, pea, hemp. Should be sweetened with stevia or unsweetened altogether. 1 scoop should be ≈ 17g protein.*

### Directions

1. Put all ingredients in a blender in the order listed.
2. Blend all ingredients together in a blender starting on low speed and working up to high speed until smooth.
3. Add more or less ice to desired thickness.

#### Nutrition (per serving):

Calories: 254  
Fat (g): 20  
Sat. Fat (g): 3  
Chol (mg): 0  
Sodium (mg): 263  
Carb (g): 12  
Fiber (g): 5  
Protein (g): 12

#### Core Food Plan (per serving):

Proteins: 1  
Nuts & Seeds: 3  
Fats & Oils: 1  
Fruits: 0.5



## Almond Milk

*Makes 3 servings*

- ½ cup raw almonds
- 4 cup purified water
- 2 tablespoons pure maple syrup (optional)
- Pinch of sea salt

### Directions

1. Soak almonds and 1 cup purified water in blender, at room temperature, for about 6 hours.
2. After the almonds have soaked and using a strainer, drain off water and rinse well under running water.
3. Add almonds back to 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, and pour into a container, squeezing out any remaining liquid.

**Tips:** 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.

#### **Nutrition (per serving):**

Calories: 60  
Fat (g): 2.5  
Sat. Fat (g): 0  
Chol (mg): 0  
Sodium (mg): 150  
Carb (g): 8  
Fiber (g): 1  
Protein (g): 1

#### **Core Food Plan (per serving):**

Dairy/Alt: 0.5



## Apple Cinnamon Amaranth Porridge

*Makes 4 servings*

- 2 cups water
- 1 cup amaranth
- 1 large apple, skin on, cored and 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:** This 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.

### Nutrition (per serving)

Calories: 203  
Fat (g): 3  
Sat. Fat (g): 1  
Chol (mg): 0  
Sodium (mg): 280  
Carb (g): 38  
Fiber (g): 8  
Protein (g): 7

### Core Food Plan (per serving):

Fruits: 0.5  
Grains: 2



## Baked Chicken with Cabbage, Carrots, and Onions

*Makes 4 servings*

- 4 chicken breast halves (bone-in, skin-on)
- 1 head cabbage, chopped
- 1 large onion, cut into eighths
- 1 pound bag of baby carrots
- 1 teaspoon kosher salt, divided
- 1 teaspoon black pepper, divided
- 2–3 sprigs fresh rosemary, finely minced (2–3 teaspoons)
- 1 head garlic, cloves separated and left unpeeled (or 4–5 teaspoons minced garlic)
- 1 lemon, quartered
- ¼ cup extra-virgin olive oil
- 3 tablespoons red wine vinegar

### Nutrition (per serving)

Calories: 440  
Fat (g): 28  
Sat. Fat (g): 6  
Chol (mg): 93  
Sodium (mg): 671  
Carb (g): 17  
Fiber (g): 4  
Protein (g): 32

### Core Food Plan (per serving):

Proteins: 3.5  
Fats & Oils: 3.5  
ns Veg: 3.5

### Directions

1. Preheat oven to 450° F.
2. To a 12 x 16-inch glass dish or roasting pan, add chicken, cabbage, onion, and carrots. In a small bowl, mix together ½ t salt, ½ t pepper, and minced rosemary. Sprinkle over chicken and veggies. Toss well.
3. Arrange chicken so that it lies on top of veggies skin-side up. Also add garlic cloves and quartered lemon on top of veggies.
4. In another small bowl, use whisk to mix together oil, vinegar, and remaining ½ t salt and ½ t pepper. Drizzle over the chicken and veggies.
5. Roast in oven for 50 minutes. Chicken should be browned and cooked through. Vegetables should be tender.

**Tips:** Alternatively, consider roasting a whole chicken, instead of chicken breast halves.





## Baked Salmon with Dill

*Makes 4 servings*

- 4 salmon fillets (5 ounces each)
- 4 teaspoons chopped fresh dill
- 4 teaspoons extra virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon pepper

### Directions

1. Preheat oven to 375° F.
2. Line a cookie sheet with parchment paper or oil the pan. Add salmon to the pan.
3. Mix together olive oil, dill, salt and pepper, and brush over salmon.
4. Bake salmon for 12-15 minutes.

#### Nutrition (per serving):

Calories: 205  
Fat (g): 9  
Sat. Fat (g): 1  
Chol (mg): 74  
Sodium (mg): 228  
Carb (g): trace  
Fiber (g): trace  
Protein (g): 28

#### Core Food Plan (per serving):

Proteins: 4



## Balsamic Roasted Beets

*Makes 2 servings*

- 1 bunch trimmed beets (about 4 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 roast until tender (about 1 hour). Let cool, then peel and dice.
3. Place beets in a medium bowl, toss with balsamic vinegar, sea salt and pepper, and serve.

**Tips:** A great idea is to cook up more beets than you need and then save in the fridge for use later in the week (salads, snacks, side dishes, etc.).

#### Nutrition (per serving)

Calories: 77  
Fat (g): 0  
Sat. Fat (g): 0  
Chol (mg): 0  
Sodium (mg): 264  
Carb (g): 18  
Fiber (g): 3  
Protein (g): 3

#### Core Food Plan (per serving):

s Veg: 1



## Broiled Lamb Chops with Rosemary

*Makes 4 servings*

- 4 lamb chops (lean)
- 2 teaspoons olive oil
- 1 teaspoon dried rosemary
- 1 tablespoon fresh rosemary
- ½ teaspoon sea salt
- ½ teaspoon pepper

### Directions

1. Preheat the broiler.
2. Drizzle oil over lamb chops and rub to coat them.
3. In a small bowl, mix together the salt, pepper, and dried rosemary, and season both sides of the lamb chops. Rub spices into chops.
4. Move the lamb to a broiler pan, and broil for 8-10 minutes. Flip once during cooking. When done, lamb should be only slightly pink in the center.

#### Nutrition (per serving)

Calories: 194  
Fat (g): 9  
Sat. Fat (g): 3  
Chol (mg): 79  
Sodium (mg): 317  
Carb (g): trace  
Fiber (g): trace  
Protein (g): 25

#### Core Food Plan (per serving):

Proteins: 3.5



## Chia Seed Applesauce Bread

*Makes 16 servings*

- 1 cup teff flour
- 1 cup rice flour
- 3 tablespoons chia seed
- 1 teaspoon baking soda
- ½ teaspoon cinnamon
- ¼ teaspoon salt
- ¼ teaspoon nutmeg
- 1 cup unsweetened applesauce
- 1 tablespoon coconut oil, melted
- ½ cup brown rice syrup
- 3½ tablespoons apple butter
- 1 teaspoon pure vanilla extract
- 1 large apple, peeled, cored, and chopped

### Egg replacer:

- ⅓ cup water
- 1 tablespoon ground flax seed

### Directions

1. Prepare the egg replacer by mixing the ground flax and water. Allow to sit for 5 minutes to gel.
2. In a large bowl, mix together dry ingredients (teff and rice flours, chia seed, baking soda, cinnamon, salt, and nutmeg). In a smaller bowl, mix together wet ingredients (applesauce, melted coconut oil, brown rice syrup, apple butter and vanilla extract).
3. Add the wet ingredients to the dry ingredients. Stir in apple chunks.
4. Pour mixture into oiled 9-inch square pan. Bake at 350° F for 30 minutes.
5. When cooled, cut into 16 servings.

**Tips:** Alternatives include oat flour in place of rice flour, and maple syrup, agave nectar, or fruit juice concentrate in place of brown rice syrup.

### Nutrition (per serving)

Calories: 179  
Fat (g): 3  
Sat. Fat (g): 1  
Chol (mg): 0  
Sodium (mg): 133  
Carb (g): 36  
Fiber (g): 3  
Protein (g): 3

### Core Food Plan (per serving):

Fruits: 0.5  
Grains: 1



## Chopped Salad with Tuna

*Makes 4 servings*

### Salad:

- 1 (12 ounce) can tuna, drained and separated
- 1 cup cucumber, chopped
- 1 cup chopped tomato
- 1 cup chopped avocado
- 1 cup chopped celery
- ½ cup chopped radishes
- 4 cups chopped romaine lettuce

### Dressing:

- ¼ cup extra virgin olive oil
- ¼ cup fresh lime juice
- 4 cloves minced garlic
- 1 teaspoon black pepper
- 1 teaspoon sea salt

### Directions

1. In a large bowl, mix together tuna, cucumber, tomato, avocado, celery, radishes and lettuce.
2. Whisk together dressing ingredients. Pour over the salad and toss gently to coat.
3. Serve immediately.

#### Nutrition (per serving)

Calories: 279  
Fat (g): 20  
Sat. Fat (g): 3  
Chol (mg): 15  
Sodium (mg): 685  
Carb (g): 12  
Fiber (g): 4  
Protein (g): 15

#### Core Food Plan (per serving):

Proteins: 1.5  
Fats & Oils: 3  
ns Veg: 2.5



## Cilantro Lime Cauliflower Rice

*Makes 6 servings*

- 1 head cauliflower (≈ 24 ounce or 6 cups chopped)
- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic
- 2 scallions, diced
- ¼ teaspoon sea salt
- ¼ teaspoon pepper
- 3 tablespoons fresh lime juice (juice of 1½ limes)
- ¼ cups fresh chopped cilantro

### Directions

1. Rinse cauliflower, and pat dry. Chop into florets, and grate in food processor. If you don't have a food processor, leave cauliflower whole, and grate with box grater. The cauliflower should resemble the size of rice or couscous.
2. Heat a large pan on medium heat, and add olive oil, garlic, and scallions. Sauté 3–4 minutes.
3. Increase heat to medium-high, and add cauliflower. Sauté for 5–6 minutes; remove from heat and transfer to a large bowl (before cauliflower gets mushy).
4. Toss with sea salt, pepper, lime juice, and cilantro.

#### Nutrition (per serving)

Calories: 49  
Fat (g): 2  
Sat. Fat (g): 0  
Chol (mg): 0  
Sodium (mg): 109  
Carb (g): 6  
Fiber (g): 3  
Protein (g): 2

#### Core Food Plan (per serving):

Fats & Oils: 0.5  
ns Veg: 1



## Coconut Chicken

*Makes 4 servings*

- 2 tablespoons extra virgin olive oil or organic virgin coconut oil
- ½ cup chopped onion
- 2 cloves minced garlic
- 2 cup diced fresh tomatoes
- 1 pound boneless chicken breasts, cut into strips
- 1 tablespoon curry powder
- ½ cup coconut milk
- ½ cup water
- ⅛ teaspoon ground cinnamon
- 5 fresh basil leaves, chopped for garnish
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper

### **Nutrition (per serving)**

Calories: 273  
Fat (g): 15  
Sat. Fat (g): 11  
Chol (mg): 69  
Sodium (mg): 339  
Carb (g): 9  
Fiber (g): 2  
Protein (g): 27

### **Core Food Plan (per serving):**

Proteins: 3.5  
Fats & Oils: 1  
ns Veg: 1.5

## Directions

1. Heat oil over medium heat in a large skillet. Add onions and cook, stirring, until softened. Add garlic and sauté for 1 more minute.
2. Add tomatoes, chicken strips, and curry powder. Cook over low heat, stirring, for about 10–15 minutes, until chicken is thoroughly cooked and mixture is thick.
3. Stir in coconut milk and cook for 5 more minutes.
4. Top with a sprinkle of cinnamon and garnish with basil. Serve immediately with plain rice or nutty green rice.



## Crispy Rice Squares

*Makes 32 squares*

- 1 teaspoon cold-pressed coconut oil
- ½ cup brown rice syrup
- 2 tablespoon almond butter
- 3 teaspoon vanilla extract
- 2 cups crispy brown rice cereal
- 2 cups puffed rice
- 2 cups puffed millet
- ½ cup pumpkin seeds or sunflower seeds
- ½ cup currants, chopped dried apples or dates

### Directions

1. Heat oil in a large pot. Add rice syrup and almond butter. Stir until bubbly.
2. Remove from heat and stir in vanilla.
3. Add remaining ingredients and mix well with a wooden spoon.
4. Press into an ungreased 9"x13" pan and press mixture flat. Let mixture set at room temperature or refrigerate.
5. Cut into squares. Store in an airtight container.

**Tips:** Substitutions: agave syrup or honey for brown rice syrup; tahini for almond butter, currents or dates for dried apples, and grape seed oil for coconut oil.

#### **Nutrition (per 1 square):**

Calories: 160  
Fat (g): 3  
Sat. Fat (g): trace  
Chol (mg): 0  
Sodium (mg): 89  
Carb (g): 30  
Fiber (g): 1  
Protein (g): 4

#### **Core Food Plan (per serving):**

Grains: 2





## Everyday Basic Vinaigrette

*Makes 8 servings*

- 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 raw 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

### Nutrition (per serving):

Calories: 75  
Fat (g): 7  
Sat. Fat (g): 1  
Chol (mg): 0  
Sodium (mg): 128  
Carb (g): 4  
Fiber (g): trace  
Protein (g): trace

### Core Food Plan (per serving):

Fats & Oils: 1.5  
ns Veg: 0.5

### Directions

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

**Variation:** In place of cumin, add ½ to 1 teaspoon of dried basil or 1-2 tablespoons fresh basil, for a different taste blend.



## Fresh Berries with Coconut Mango Cream

*Makes 4 servings*

- ⅔ cups coconut milk (canned)
- 1½ cups diced frozen mango (do not defrost)
- 1 teaspoon vanilla
- 2 cups fresh blueberries or blackberries

### Garnish:

- 4 mint leaves (optional)

### Directions

1. To a blender, add coconut milk and frozen mango. Blend on high until smooth.
2. Add vanilla and blend again for several seconds.
3. Evenly divide berries among four dishes. Top with coconut cream.
4. Garnish with a mint leaf, if desired.

**Tips:** For a variation, add ⅓ cup frozen raspberries to coconut milk and mango (step 1). The pink color is beautiful on top of the berries.

### Nutrition (per serving):

Calories: 187  
Fat (g): 10  
Sat. Fat (g): 8  
Chol (mg): 0  
Sodium (mg): 11  
Carb (g): 26  
Fiber (g): 4  
Protein (g): 1

### Core Food Plan (per serving):

Fats & Oils: 2  
Fruits: 1.5



## Fruity Spinach Salad

*Makes 4 servings*

- 1 pint fresh organic strawberries (or 2 cups sliced)
- 8 oz. fresh spinach, washed, dried, torn to pieces

### Dressing:

- 1 tablespoon sesame seeds
- ½ tablespoon poppy seeds
- 1 scallion, chopped
- 1 tablespoon flax seed oil
- 1 tablespoon olive oil
- 2 tablespoons balsamic vinegar

### Garnish:

- 1 tablespoon sesame seeds

### Directions

1. Cut berries in half and arrange over spinach in serving bowl.
2. Combine dressing ingredients in blender or food processor and process until smooth. Just before serving, pour over salad and toss.
3. Garnish with nuts.

**Tips:** For a variation, try raspberries in place of strawberries, and sliced almonds in place of walnuts.

### Nutrition (per serving):

Calories: 165  
Fat (g): 13  
Sat. Fat (g): 1  
Chol (mg): 0  
Sodium (mg): 47  
Carb (g): 10  
Fiber (g): 4  
Protein (g): 5

### Core Food Plan (per serving):

Nuts & Seeds: 1  
Fats & Oils: 1.5  
ns Veg: 0.5  
Fruits: 0.5



## Guacamole

*Makes 4 servings*

- 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  $\frac{1}{2}$  a lime)
- 2 tablespoons chopped fresh cilantro
- 1 pinch of 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.

#### Nutrition (per serving):

Calories: 169  
Fat (g): 15  
Sat. Fat (g): 2  
Chol (mg): 0  
Sodium (mg): 46  
Carb (g): 9  
Fiber (g): 3  
Protein (g): 2

#### Core Food Plan (per serving):

Fats & Oils: 3  
ns Veg: 1



## Kale Pineapple Banana Smoothie

Makes 2 servings

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

\*Soy-free. Typical varieties include rice, pea, hemp. Should be sweetened with stevia or unsweetened altogether. 1 scoop should be ≈ 17g protein.

### Directions

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

#### Nutrition (per serving):

Calories: 246  
Fat (g): 6  
Sat. Fat (g): 1  
Chol (mg): 0  
Sodium (mg): 296  
Carb (g): 31  
Fiber (g): 4  
Protein (g): 21

#### Core Food Plan (per serving):

Proteins: 2.5  
ns Veg: 0.5  
Fruits: 1.5



## Nutty Green Rice

*Makes 8 servings*

- 1 cup basmati or brown rice
- 2 cup water
- ¼ teaspoon salt
- ½ cup almonds
- 1 bunch parsley
- 1 clove garlic
- 1½ tablespoons lemon juice
- 1½ tablespoons olive oil
- ¼ teaspoon freshly ground pepper
- ½ cucumber, diced, for garnish

### Directions

1. Bring water to a boil, add rice and salt, stir and simmer, covered for 45 minutes. Do not stir again. Remove from heat and let sit for another 10 minutes; then remove cover and allow to cool.
2. While rice is cooking, blend almonds, parsley, garlic, pepper and oil in a food processor.
3. When rice is cool, stir with nut mixture.
4. Garnish with cucumber, if desired.

#### **Nutrition (per serving):**

Calories: 157  
Fat (g): 8  
Sat. Fat (g): 1  
Chol (mg): 0  
Sodium (mg): 81  
Carb (g): 19  
Fiber (g): 1  
Protein (g): 4

#### **Core Food Plan (per serving):**

Nuts & Seeds: 0.5  
Fats & Oils: 1  
Grains: 1



## Oven-Baked Lentil and Split Pea Soup

*Makes 8 servings*

- 1 cup split peas, rinsed well
- 1 cup lentils, rinsed well
- 10 cups low-sodium vegetable broth
- 2 medium carrots, sliced or diced
- 2 celery stalks, sliced or diced
- 1 large red bell pepper, chopped (1½-2 cups)
- 1 large onion, chopped
- 1 bay leaf
- 1 teaspoon cumin
- ¼ teaspoon ground black pepper
- ½ teaspoon salt

### **Nutrition (per serving):**

Calories: 215  
Fat (g): 2  
Sat. Fat (g): 1  
Chol (mg): 0  
Sodium (mg): 210  
Carb (g): 35  
Fiber (g): 15  
Protein (g): 17

### **Core Food Plan (per serving):**

Legumes: 2  
ns Veg: 1

### Directions

1. Put peas and lentils in a Dutch oven or large oven proof pot.
2. Added remaining ingredients and bake, covered, in 350° F oven for about 2 hours or until lentils and peas are tender.
3. Alternatively, you can cook for 1 hour on top of the stove, stirring occasionally. Remove bay leaf before serving.



## Oven-Roasted Vegetables

*Makes 4 servings*

- 1 cup broccoli florets
- 1 cup cauliflower florets
- 1 cup carrots
- 1 cup bell peppers
- 1 cup onion
- 1 cup mushroom
- 1 cup yellow squash
- 1 cup asparagus
- ¼ cup olive oil
- 1 tablespoon minced garlic
- ½ teaspoon salt
- ½ teaspoon coarsely ground black pepper

### **Nutrition (per serving):**

Calories: 188  
Fat (g): 14  
Sat. Fat (g): 2  
Chol (mg): 0  
Sodium (mg): 294  
Carb (g): 15  
Fiber (g): 5  
Protein (g): 4

### **Core Food Plan (per serving):**

Fats & Oils: 3  
ns Veg: 2.5

### Directions

1. Preheat oven to 375° F while preparing vegetables. Chop vegetables so that all pieces are approximately the same size. This will ensure all vegetables are done cooking at the same time.
2. In a large roasting pan or cookie sheet, toss together all ingredients and spread in a single layer.
3. Roast approximately 25–30 minutes until veggies are tender and slightly brown, stirring occasionally.

**Tips:** To make preparation easier, you can reduce the variety of vegetables but keep to 8 cups total for nutrition consistency. For example, you could chop 8 cups broccoli.





## Overnight Steel-Cut Oats

*Makes 8 servings*

- 6 cups water
- ½ teaspoon sea salt
- 1½ cups gluten-free steel cut oats

### Directions

1. Add water to saucepan, and bring to a boil.
2. Add the salt and oats, and stir.
3. Cover and remove from heat. Place in refrigerator on a hot pad, and 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.

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

### Nutrition (per serving):

Calories: 128  
Fat (g): 2  
Sat. Fat (g): trace  
Chol (mg): 0  
Sodium (mg): 123  
Carb (g): 22  
Fiber (g): 4  
Protein (g): 5

### Core Food Plan (per serving):

Grains: 1.5



## Pumpkin Oatmeal Pancakes

*Makes 4 servings*

- 1 cup plus 2 tablespoons gluten-free rolled oats
- 2 teaspoons cinnamon
- ¼ teaspoon nutmeg
- ¼ teaspoon ginger powder
- ¼ teaspoon cloves or allspice
- ½ teaspoon salt
- ½ teaspoon baking soda
- ⅔ cup pumpkin purée
- ⅓ cup unsweetened applesauce
- ⅓ cup unsweetened coconut beverage or almond milk
- 2 tablespoons coconut oil, melted
- 1 tablespoon maple syrup
- 1 teaspoon vanilla extract

### Egg replacer:

- ⅔ cup water
- 2 tablespoons ground flax seed

### Directions

1. Prepare the egg replacer by mixing the ground flax and water. Allow to sit for 5 minutes to gel.
2. Blend the oats in a high speed blender until finely ground, about 60 seconds. Add the spices, salt, and baking soda.
3. In another bowl, whisk together the pumpkin, applesauce, milk, melted coconut oil, maple syrup, vanilla, and egg replacer. Add the wet ingredients to the dry and stir until just combined. Do not over mix.
4. Heat a non-stick pan or cast iron skillet over medium heat (or 350° F for an electric griddle). Lightly oil or butter the surface.
5. Once the pan is hot, pour ¼ cup amounts of the batter, and gently spread the circles. Cook until bubbles form around the edges of the pancake. These pancakes take slightly longer to cook than regular pancakes so just keep the heat on medium and give them some time. Flip and cook for another 2 minutes on the other side.
6. Serve warm with a drizzle of organic agave nectar or maple syrup. (Note, neither agave nor maple syrup were included in the nutrition analysis chart.)

### Nutrition (per serving):

Calories: 128  
Fat (g): 2  
Sat. Fat (g): trace  
Chol (mg): 0  
Sodium (mg): 123  
Carb (g): 22  
Fiber (g): 4  
Protein (g): 5

### Core Food Plan (per serving):

Proteins: 0.5  
Nuts & Seeds: 0.5  
Fats & Oils: 0.5  
s Veg: 1  
Fruits: 0.5  
Grains: 0.5



## Quick Brown Rice and Black Bean Bowl

*Makes 4 servings*

- 4 teaspoons coconut oil
- 2 cups chopped baby spinach
- 2 cups cooked brown rice
- 2 cups canned black beans, rinsed and drained
- 1 teaspoon sea salt
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- 1 avocado, chopped
- 1 cup chopped tomatoes

### Directions

1. Heat a large pan on medium-high heat. Add coconut oil to the pan, and melt. Add spinach and sauté until wilted.
2. Add rice, beans, sea salt, garlic powder, and cumin. Cook until all ingredients are heated through. Remove from heat.
3. Right before serving, gently fold in avocado and tomatoes.

#### Nutrition (per serving)

Calories: 356  
Fat (g): 14  
Sat. Fat (g): 5  
Chol (mg): 0  
Sodium (mg): 893  
Carb (g): 47  
Fiber (g): 11  
Protein (g): 11

#### Core Food Plan (per serving):

Legumes: 1  
Fats & Oils: 0.5  
ns Veg: 0.5  
Grains: 2



## Quinoa Salad with Chicken, Grapes, and Almonds

*Makes 8 servings*

- 2 cups water
- 1¼ cups quinoa, red or brown
- 1 teaspoon vinegar (rice or balsamic)
- 1 tablespoon lemon juice
- 1 tablespoon lime juice
- ¼ teaspoon sea salt
- ¼ teaspoon pepper
- 2 tablespoon 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 & toasted almonds
- 3-4 cups baby spinach, chopped
- ½ cup green onions, chopped

### Nutrition (per serving)

Calories: 256  
Fat (g): 10  
Sat. Fat (g): 1  
Chol (mg): 27  
Sodium (mg): 102  
Carb (g): 26  
Fiber (g): 3  
Protein (g): 17

### Core Food Plan (per serving):

Proteins: 1.5  
Nuts & Seeds: 0.5  
Fats & Oils: 0.5  
ns Veg: 0.5  
Fruit: 0.5  
Grains: 1

### Directions

1. Rinse quinoa under cold running water and drain. Bring 2 cups water to boil and stir in quinoa with a pinch of salt. Reduce heat and simmer about 12-15 minutes until most of liquid is absorbed. Uncover, and set aside to cool.
2. In a large bowl, whisk vinegar, lemon and lime juices with sea salt and pepper. Slowly add in olive oil and the fresh chopped herbs. Mix well.
3. Add cooled quinoa to dressing, and toss. Add chicken, grapes, nuts, chopped baby spinach and green onions and toss again.
4. Serve at room temperature or chilled, if preferred.

**Tips:** Have chicken cooked and shredded or chopped ahead of time, if desired. This is nice served on a lettuce leaf for presentation. Use red quinoa and green grapes or regular quinoa and red grapes for a colorful presentation.



## Roasted Beet Hummus

*Makes 8 servings*

- 2 medium to large roasted beets
- 1 can (15 ounces) chick peas, drained, rinsed
- ¼ cup tahini
- ¼ cup fresh lemon juice
- 3 tablespoon extra-virgin olive oil
- 3 cloves garlic
- 1½ teaspoons sea salt

### Directions

1. Roast beets:
  - Preheat oven to 400° F.
  - Scrub beets with a vegetable brush under running water. Cut off top and bottom.
  - Wrap beets in foil and roast until tender (about 1 hour). Let cool, then peel.
2. Add all ingredients to a blender or food processor. Purée until smooth.

#### Nutrition (per serving)

Calories: 156  
Fat (g): 10  
Sat. Fat (g): 1  
Chol (mg): 0  
Sodium (mg): 380  
Carb (g): 14  
Fiber (g): 2  
Protein (g): 5

#### Core Food Plan (per serving):

Legumes: 0.5  
Fats & Oils: 1  
Nuts & Seeds: 0.5  
s Veg: 0.5



## Roasted Pecans and Fresh Pears with Mixed Greens

*Makes 4 servings*

- ½ cup raw pecans
- 4 cups mixed greens of choice (spring mix, baby spinach, or arugula)
- ¼ red onion, thinly sliced in rounds, cut in half
- 1 ripe pear

### Vinaigrette:

- 2 tablespoons vinegar of choice
- Juice of ½ lemon (≈1.5 tablespoons)
- ½ clove garlic (or ½ teaspoon minced garlic)
- ¼ teaspoon ground cumin
- ½ tablespoon raw honey
- ½ teaspoon Dijon mustard
- ¼ teaspoon sea salt
- ⅛ teaspoon pepper
- 1 tablespoon fresh minced parsley
- 2 chopped green onions
- 2 tablespoons extra-virgin olive oil

### Nutrition (per serving)

Calories: 197  
Fat (g): 16  
Sat. Fat (g): 2  
Chol (mg): 0  
Sodium (mg): 133  
Carb (g): 14  
Fiber (g): 3  
Protein (g): 2

### Core Food Plan (per serving):

Nuts & Seeds: 2  
Fats & Oils: 1  
ns Veg: 1  
Fruits: 0.5

### Directions

1. Roast raw pecans in a 350° F oven for 5–8 minutes or until browned. Be careful not to burn nuts.
2. In a large salad bowl, toss together greens and onions.
3. Top with cooled roasted pecans.
4. Just before serving, peel pears, cut in chunks, and place on top of salad.
5. Top with either variation of the Everyday Basic Vinaigrette below, and toss all of the other ingredients right before serving.

### Everyday Basic Vinaigrette:

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

**Variation:** In place of cumin, add ½ to 1 teaspoon of dried basil or 1–2 tablespoons fresh basil, for a different taste blend.



## Sage Turkey Sausage

*Makes 4 servings (Yields 8 patties)*

- 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 kosher 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. Add 2 tablespoons olive oil.
4. Brown the patties for 3–4 minutes on each side, until firm to the touch.
5. Store leftovers in an airtight glass container in refrigerator up to 3 days.

#### Nutrition (per serving)

Calories: 212  
Fat (g): 12  
Sat. Fat (g): 2  
Chol (mg): 61  
Sodium (mg): 469  
Carb (g): 2  
Fiber (g): trace  
Protein (g): 25

#### Core Food Plan (per serving):

Proteins: 3.5  
ns Veg: 0.5



## Sautéed Sesame Green Beans

*Makes 4 servings*

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

### Directions

1. Steam green beans in a steamer basket over water for 7–8 minutes. Once they are bright green and fork tender, remove from heat and drain. Set aside.
2. Heat a large skillet on medium. Add olive oil and garlic, sauté about 2–3 minutes. Garlic should be slightly browned but be careful not to burn.
3. Add steamed green beans to pan, and sauté until green beans are warm and coated with olive oil and garlic.
4. Remove from heat. Immediately toss with basil, roasted sesame seeds, salt, and pepper. Serve warm.

**Tips:** This dish tastes great as a leftover.

### Nutrition (per serving)

Calories: 83  
Fat (g): 5  
Sat. Fat (g): 1  
Chol (mg): 0  
Sodium (mg): 474  
Carb (g): 10  
Fiber (g): 4  
Protein (g): 3

### Core Food Plan (per serving):

Fats & Oils: 1  
ns Veg: 1.5





## Savory Seed Crackers

*Makes 8 servings*

- 1/3 cup chia seeds
- 1/3 cup flax seeds
- 1/3 cup sunflower seeds
- 1/4 cup water
- 1/8 teaspoon garlic powder
- 1/8 teaspoon onion powder
- 1/4 teaspoon salt
- 1/4 teaspoon guar or xanthan gum
- More water, if needed

### Directions

1. Preheat oven to 300° F.
2. Mix all ingredients together and spread on greased parchment paper on a cookie sheet. Press flat (about 1/8-inch thick).
3. Bake for about 30 minutes on each side.
4. Immediately after removal from oven, score the seeds (they will still be pliable at this point, but score right away, as they will firm up quickly). A pizza cutter works well.

**Tips:** Before spreading on cookie sheet, oil hands or spatula, to keep seeds from sticking to hands. Watch closely so that you don't burn the seeds. May consider longer duration of time at lower cooking temp (i.e., 250° F).

#### Nutrition (per serving):

Calories: 113  
Fat (g): 8  
Sat. Fat (g): 2  
Chol (mg): 0  
Sodium (mg): 73  
Carb (g): 8  
Fiber (g): 2  
Protein (g): 4

#### Core Food Plan (per serving):

Nuts & Seeds: 2.5



## Simple Roasted Butternut Squash

*Makes 4 servings*

- 4 cups cubed butternut squash
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- ¼ teaspoon salt
- ¼ teaspoon pepper

### Directions

1. Preheat oven to 400° F.
2. In a large bowl, toss together butternut squash, olive oil, garlic, salt and pepper.
3. Pour coated squash on a baking sheet in a single layer.
4. Roast at 400°F until squash is tender and lightly browned (about 25–30 minutes).

#### **Nutrition (per serving):**

Calories: 125  
Fat (g): 7  
Sat. Fat (g): 1  
Chol (mg): 0  
Sodium (mg): 139  
Carb (g): 17  
Fiber (g): 2  
Protein (g): 2

#### **Core Food Plan (per serving):**

Fats & Oils: 1  
s Veg: 1



## Strawberry Mango Smoothie

Makes 2 servings

- 2 cups unsweetened almond, hemp, or coconut milk
- 1 cup frozen strawberries (no sugar added)
- 1 cup frozen mangoes (no sugar added)
- 2 scoops vanilla vegan protein powder\*
- 2 tablespoons chia seeds
- 2 cups spinach leaves

*\*Soy-free. Typical varieties include rice, pea, hemp. Should be sweetened with stevia or unsweetened altogether. 1 scoop should be  $\approx$  17g protein.*

### Directions

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

#### Nutrition (per serving):

Calories: 305  
Fat (g): 8  
Sat. Fat (g): 2  
Chol (mg): 0  
Sodium (mg): 351  
Carb (g): 40  
Fiber (g): 6  
Protein (g): 22

#### Core Food Plan (per serving):

Proteins: 2.5  
Nuts & Seeds: 0.5  
ns Veg: 1  
Fruit: 2



## Sweet Potato and Kale Soup

*Makes 4 servings*

- 1 medium onion, coarsely chopped
- 1 clove minced garlic
- 1 red or yellow bell pepper, chopped
- 3 medium sweet potatoes or yams, peeled and cubed
- 5 cups low-sodium chicken or vegetable broth
- ¼ teaspoon sea salt
- ¼ teaspoon freshly ground black pepper
- 1 can coconut milk
- 1 bunch dinosaur kale, de-stemmed and thinly sliced (about 5–6 cups)

### Directions

1. In a heavy soup pot, add onion, garlic, bell peppers, sweet potatoes, and broth. Bring to a boil. Reduce heat and simmer for 5 minutes.
2. Add coconut milk and kale and cook about 3–4 minutes.
3. Soup is ready when all vegetables are soft.

**Tips:** Serve soup over brown rice or quinoa. Or serve over cauliflower rice for a lower-carb meal.

#### **Nutrition (per serving):**

Calories: 281  
Fat (g): 15  
Sat. Fat (g): 13  
Chol (mg): 0  
Sodium (mg): 235  
Carb (g): 35  
Fiber (g): 6  
Protein (g): 7

#### **Core Food Plan (per serving):**

Fats & Oils: 2.5  
ns Veg: 2  
s Veg: 1.5



## Sweet Potato Hummus

*Makes 8 servings*

- 1 large sweet potato (12–14 ounces), cooked and mashed
- 1 can (15 ounces) chick peas, drained, rinsed
- ¼ cup tahini
- ¼ cup fresh lemon juice
- 3 tablespoons extra-virgin olive oil
- 1 small clove garlic, halved
- 1½ teaspoons fine sea salt
- 1 teaspoon ground cumin
- ½ teaspoon cinnamon (optional)

### Directions

1. Add all ingredients to a blender or food processor. Purée until smooth.

**Tip:** Serve with vegetables or seed crackers. To reduce sodium content per serving, cut added sea salt to half of current amount, add some pepper, or increase the other spices to desired taste.

#### **Nutrition (per serving):**

Calories: 180  
Fat (g): 10  
Sat. Fat (g): 1  
Chol (mg): 0  
Sodium (mg): 415  
Carb (g): 19  
Fiber (g): 3  
Protein (g): 5

#### **Core Food Plan (per serving):**

Legumes: 0.5  
Fats & Oils: 1  
Nuts & Seeds: 1  
s Veg: 0.5



## Three Bean Vegetable Chili

*Makes 6 servings*

- 1 tablespoon olive oil
- ½ large onion, diced
- 2 carrots, diced
- 1 red bell pepper, chopped
- 1 clove garlic, finely chopped
- 1 jalapeño pepper, seeded and minced
- 1½ tablespoons chili powder
- 2 teaspoons ground cumin
- 1½ teaspoons dried oregano
- 1 (28 ounces) can no-salt added diced tomatoes
- 1 cup water
- 1 (15 ounces) can black beans, rinsed and drained
- 1 (15 ounces) can red kidney beans, rinsed and drained
- 1 (15 ounces) can Great Northern beans, rinsed and drained
- ½ teaspoon sea salt

### Garnish:

- Fresh cilantro
- Chopped scallions

### Directions

1. Heat oil in large saucepan or stockpot. Add onions, carrots, bell peppers, garlic, and jalapeño and cook until onion is translucent (about 5 minutes).
2. Add dry spices (chili powder, cumin, and oregano), and cook for 1 minute, stirring frequently.
3. Add canned tomatoes including juices, water, beans, and salt. Bring to boil, reduce heat, and then simmer uncovered for 30 minutes.
4. Serve garnished with chopped cilantro and scallions.

**Tips:** Try to find low-sodium canned beans. Otherwise, be sure to rinse beans well after draining to reduce sodium.

### Nutrition (per serving):

Calories: 276  
Fat (g): 4  
Sat. Fat (g): 1  
Chol (mg): 0  
Sodium (mg): 846  
Carb (g): 47  
Fiber (g): 15  
Protein (g): 15

### Core Food Plan (per serving):

Fats & Oils: 1  
Legumes: 2  
ns Veg: 2



## Walnut-Crusted Fish

*Makes 4 servings*

- 4 (4 ounces each) flounder fillets
- ¼ cup almond milk
- 1 cup finely chopped walnuts
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1½ tablespoons extra virgin olive oil
- 1 tablespoon fresh lemon juice (juice of ½ lemon)
- ¼ cup chopped fresh parsley for garnish

### Directions

1. Rinse fish in cold water and pat dry with paper towel.
2. Place the almond milk in a shallow bowl.
3. Spread the chopped walnuts, salt, and pepper on a plate
4. Dip the fish in the almond milk and then dredge in the walnut mixture, gently pressing the walnuts onto the fish to form the crust.
5. Heat a large skillet on medium heat. Add olive oil, and then the fish. Cook for 3–4 minutes each side, until the fish is cooked through.
6. Squeeze lemon juice over the top, then sprinkle with parsley.

**Tips:** Sole also works well in place of flounder.

#### **Nutrition (per serving):**

Calories: 343  
Fat (g): 24  
Sat. Fat (g): 2  
Chol (mg): 54  
Sodium (mg): 239  
Carb (g): 5  
Fiber (g): 2  
Protein (g): 29

#### **Core Food Plan (per serving):**

Proteins: 3.5  
Nuts & Seeds: 3.5



## Yellow Rice

*Makes 8 servings*

- 2 cups low-sodium chicken broth
- 1 small onion, finely chopped
- 2 teaspoons olive oil
- 1 clove garlic, minced
- ½ teaspoon turmeric
- 1 cup long-grain brown rice (uncooked)

### Directions

1. In a 2-quart saucepan over low heat, sauté onions in oil until tender, about 5 minutes.
2. Add the garlic and sauté 1 minute.
3. Stir in turmeric, then rice. Add stock. Bring to a boil, cover, and simmer 45 minutes over low heat or until rice is tender and all liquid is absorbed. Do not stir.

#### Nutrition (per serving):

Calories: 104  
Fat (g): 2  
Sat. Fat (g): trace  
Chol (mg): 0  
Sodium (mg): 20  
Carb (g): 20  
Fiber (g): 1  
Protein (g): 3

#### Core Food Plan (per serving):

ns Veg: 1  
Grains: 1