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# Mito

## *Food Plan*



**Weekly Planner and Recipes**

# Mito Food Plan—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>• Baked Spinach Omelet*</li> <li>• Berries—½ c</li> </ul>   | <ul style="list-style-type: none"> <li>• Chia Berry Mango Smoothie*</li> </ul>  | <ul style="list-style-type: none"> <li>• Poached Eggs over Swiss Chard*</li> <li>• Berries—½ c</li> </ul>  | <ul style="list-style-type: none"> <li>• Blueberry Pecan Flax Muffin*</li> <li>• Peppermint Green Tea</li> </ul>                            | <ul style="list-style-type: none"> <li>• Cocoa Kale Smoothie*</li> </ul>   | <ul style="list-style-type: none"> <li>• Egg Pesto Flax Wrap*</li> <li>• Fresh Mixed Berries—½ c</li> </ul>                                    | <ul style="list-style-type: none"> <li>• Grain-Free Pumpkin Pancakes*</li> <li>• Topped with Unsweetened Apple Sauce</li> </ul>   |
| <b>Snack</b>                  | <ul style="list-style-type: none"> <li>• Almonds—2 T</li> </ul>  | <ul style="list-style-type: none"> <li>• Celery—1-2 sticks</li> <li>• Almond Butter—1 T</li> </ul>  | <ul style="list-style-type: none"> <li>• Brazil Nuts—2-3</li> </ul>  | <ul style="list-style-type: none"> <li>• Pecans—2 T</li> <li>• Seaweed Snacks*</li> </ul>   | <ul style="list-style-type: none"> <li>• Tamari Green Tea Hard-Boiled Eggs*</li> </ul>   | <ul style="list-style-type: none"> <li>• Cashew-Dusted Kale Chips*</li> </ul>  | <ul style="list-style-type: none"> <li>• Celery—1-2 sticks</li> <li>• Almond Butter—1 T</li> </ul>  |
| <b>Lunch</b>                  | <ul style="list-style-type: none"> <li>• Quick Salmon or Tuna Salad*</li> <li>• Mixed Greens &amp; Pepper Strips</li> <li>• MCT Olive Oil Vinaigrette*</li> </ul>                  | <ul style="list-style-type: none"> <li>• LO Slow Cooker Buffalo Brisket*</li> <li>• Baby Greens with Blackberry Vinaigrette*</li> </ul>                         | <ul style="list-style-type: none"> <li>• Mexican Chicken Soup*</li> <li>• Topped with Avocado and Cilantro</li> </ul>                            | <ul style="list-style-type: none"> <li>• LO Green Tea Poached Cod*</li> <li>• LO Sesame Broccoli*</li> </ul>                                | <ul style="list-style-type: none"> <li>• Turkey Avocado Wrap*</li> <li>• Marinated Vegetables*</li> </ul>  | <ul style="list-style-type: none"> <li>• Chicken Coconut Milk Soup*</li> <li>• Basic Greens*</li> </ul>  | <ul style="list-style-type: none"> <li>• Edamame Collard Wrap*</li> <li>• Savory Seed Crackers*</li> </ul>  |
| <b>Snack</b>                  | <ul style="list-style-type: none"> <li>• Pistachio Nuts—2 T</li> <li>• Seaweed Snacks*</li> </ul>  | <ul style="list-style-type: none"> <li>• Avocado—½, sliced w/ Cumin, S&amp;P, Lemon Juice</li> </ul>  | <ul style="list-style-type: none"> <li>• Walnuts—2 T</li> </ul>  | <ul style="list-style-type: none"> <li>• Nut Hummus*</li> <li>• Cucumber, Red Pepper &amp; Jicama Strips</li> </ul>                         | <ul style="list-style-type: none"> <li>• Brazil Nuts—2-3</li> </ul>  | <ul style="list-style-type: none"> <li>• Sunflower Seeds—2 T</li> </ul>  | <ul style="list-style-type: none"> <li>• Coconut Chocolate Truffles*</li> </ul>   |
| <b>Dinner</b>                 | <ul style="list-style-type: none"> <li>• Slow Cooker Buffalo Brisket*</li> <li>• Roasted Balsamic Vegetables*</li> <li>• Mushroom &amp; Bell Pepper Sauté with Arugula*</li> </ul> | <ul style="list-style-type: none"> <li>• Shrimp Shirataki Stir-Fry*</li> <li>• Miso Soup*</li> </ul>  | <ul style="list-style-type: none"> <li>• Green Tea Poached Cod*</li> <li>• Avocado Lime Soup*</li> <li>• Sesame Broccoli*</li> </ul>             | <ul style="list-style-type: none"> <li>• Eggplant Bake*</li> <li>• Bruschetta Spaghetti Squash*</li> <li>• Mixed Greens</li> </ul>          | <ul style="list-style-type: none"> <li>• Slow Cooker Chicken Curry*</li> <li>• Sautéed Baby Bok Choy*</li> <li>• Spring Vegetable Salad</li> </ul>     | <ul style="list-style-type: none"> <li>• Marinated Steak*</li> <li>• Zucchini Mushroom Pasta*</li> <li>• Pomegranate Spinach Salad*</li> </ul> | <ul style="list-style-type: none"> <li>• Poached Salmon with Escarole*</li> <li>• Miso Lemon Asparagus*</li> <li>• Garlic Mashed Cauliflower*</li> </ul>  |
| <b>Therapeutic Food Focus</b> | <ul style="list-style-type: none"> <li>• Spinach, almonds, coconut oil, olive oil, onion, arugula, asparagus, seaweed</li> </ul>   | <ul style="list-style-type: none"> <li>• Coconut milk, spinach, green tea, chia seeds, olive oil, walnuts, almond butter, avocado, broccoli, seaweed</li> </ul> | <ul style="list-style-type: none"> <li>• Onion, olive oil, grass-fed butter, ghee, coconut oil, green tea, avocado, broccoli, walnuts</li> </ul> | <ul style="list-style-type: none"> <li>• Flaxseed, green tea, broccoli, onion, olive oil, almonds, spinach, seaweed, coconut oil</li> </ul> | <ul style="list-style-type: none"> <li>• Almonds, avocado, coconut milk, kale, spinach, bean sprouts, onion, bok choy, asparagus, olive oil</li> </ul> | <ul style="list-style-type: none"> <li>• Flaxseed, spinach, coconut oil, berries, kale, canned coconut milk, olive oil, walnuts</li> </ul>     | <ul style="list-style-type: none"> <li>• Almonds, olive oil, chia seed, collard greens, avocado, flaxseed, onion, canned coconut milk, escarole, asparagus, cauliflower, coconut oil</li> </ul> |

\*Recipe included    Leftover – LO

**Green Tea Emphasis: Aim for 1-2 cups per day, served hot or cold.**

# Mito Food Plan—Shopping Guide

## Fresh Produce Vegetables

- Carrots—2 med
- Baby Spinach—2½ lbs
- Spring Mix—large 12-16 oz pkg
- Kale—4 bunches (12-16 c)
- Swiss Chard (Red)—1 large bunch (4 c)
- Collards—1 large bunch
- Baby Bok Choy—4 pounds
- Escarole—2 large heads (2 lbs)
- Arugula—4 c
- Romaine Lettuce—6 leaves
- Peppers, Red—4, Orange—1, Yellow—1
- Jalapeno—11 sm
- Yellow Onion—4 med
- Red Onion—3 med
- Green Onion & Shallots—1 bunch each
- Garlic—6-7 bulbs or 32 oz jar minced
- Celery—1 bunch
- Squash, Spaghetti—1 med
- Broccoli—3 heads (8-10 c)
- Bean Sprouts—¼ c
- Tomatoes, cherry or grape—4 c
- Tomatoes, plum type—7-8
- Cilantro—2 bunches; Parsley—1 bunch; Basil—2 bunches
- Ginger Root—4-5 inches
- Eggplant—1 med
- Zucchini—1 med
- Cauliflower—1 med head
- Green Beans, petite—2 c
- Mushrooms, reg—8 oz; Portabella—2 med; crimini—8 oz, (≈½ lb), baby bellas—8-10; Shitake—4 oz (≈¼ lb)
- Asparagus—3 bunches
- Jicama—1 sm
- Kohlrabi—3 med
- Radish—1 bunch
- Cucumber, English—3 med
- Bamboo Shoots—4 oz

## Meat/Fish/Eggs/Plant Proteins

- Chicken Breast, no bone/skin—1 lb
- Chicken, Thigh, no bone/skin—2.5 lb
- Grass-Fed Buffalo Brisket—3 lb
- Grass-Fed Tenderloin Steak—1 lb (cut into four 4 oz fillets)
- Wild Cod—1 lb (4 fillets)
- Wild Salmon—1½ lb (4-6 oz fillets)
- Shrimp—½ lb (8 oz)
- Sliced Turkey Breast, nitrate free—4 slices
- Organic Cage Free Eggs—2 doz
- Tofu, firm organic, non-GMO—12 oz

## Dairy/Dairy Alternative

- Ghee—¾ c (12 T)
- Butter, grass-fed—½ c (8 T)
- Ricotta—16 oz
- Sour Cream—¼ c
- Parmesan Cheese—1 c
- Mozzarella—2 c
- Monterey Jack—1½ c
- Swiss Cheese—1 slice
- Goat Cheese—½ c, 2 slices
- Almond Milk, unsweetened—2 c

## Frozen Foods

- Blueberries—½ c
- Mangos—½ c
- Green Beans, Petite—16 oz
- Edamame, organic—10 oz
- Baby Peas—1 c

## Fruit, Fresh

- Blackberries—¼ c
- Lime—4 med
- Lemon—7-8 med
- Orange—1 sm
- Seasonal Berries—2 c
- Avocado—7 med
- Pomegranate Arils—½ c or may be purchased frozen

## Grains/Legumes

NONE

## Miscellaneous

- Local Honey—1 T
- Hummus, roasted garlic—⅔ c
- Vegan Protein Powder, vanilla—1 scoop
- Green Tea—5 c
- Peppermint Tea—2-3 bags
- Stevia—4 packets (≈ 4 tsp)
- Cocoa Powder, unsweetened—1 c
- Bittersweet Chocolate (70%)—8 oz
- Applesauce, unsweetened—1 c
- Seaweed: Nori—8 sheets, Wakame—3 inch strip
- Sun-Dried Tomatoes—½ c
- Tahini, organic—1 c
- Basil Pesto, dairy free—8 oz
- Nutritional Yeast—1 T
- Miso—6 oz

## Canned Goods

- Organic Chicken Broth—3 qt
- Organic Chicken Broth—15 oz
- Artichoke Hearts, quartered—14 oz
- Hearts of Palm—14 oz
- Coconut Milk, organic—4 cans
- Shirataki Noodles—two 8 oz pkgs
- Black Olives, pitted—6 oz
- Tomato Sauce—8 oz
- Wild Salmon or Tuna—two 7 oz cans
- Pumpkin Puree, unsweetened—½ c

## Condiments/Oils

- Tamari Sauce, wheat free—8 oz
- Olive Oil—24 oz
- Coconut Oil—10 oz
- MCT oil—2 oz (1/8 c)
- Sesame Oil—7 T
- Vinegars: Balsamic—8 oz; Rice—4 T; Red Wine—3 T
- Mirin—4 oz (½ c)
- Dijon Mustard—3 T
- Fish Sauce—2 T (optional)
- Sriracha—sm bottle (optional)

## Spices

- Sea Salt
- Black Pepper
- Garlic, Onion, and Wasabi Powders
- Baking Powder
- Dried Basil and Oregano
- Red Pepper Flakes
- Almond & Vanilla Extract—1 t each
- Tarragon
- Coriander, Cinnamon, Cumin, Curry Powder, Turmeric, Cayenne, Ginger, Paprika, Nutmeg
- Xanthan Gum—¼ t

## Nuts/Seeds

- Almonds, raw—1½ c
- Almond Butter—2 T
- Almond meal—2 T
- Sunflower Seeds, toasted—½ c
- Pecans—¼ c
- Walnuts—1 c
- Ground Flaxseed—1 c
- Chia Seed—½ c
- Pistachios—2 T
- Sesame seeds—2 T
- Brazil Nuts—6
- Cashews—½ c

## Time Saver Tips:

- Make 1-2 extra hardboiled eggs on day 5 (morning snack) for Day 6 Breakfast-Egg Pesto Flax Wrap.
- Purchase all canned goods, nuts/seeds, condiments and spice mixtures in low-sodium or no salt added forms if available. Choose organic food items whenever possible.

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

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

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# Avocado Lime Soup

Makes 6 servings (1 serving ≈ 1 cup)

## Nutrition

(per serving):

Calories: 64

Fat: 5 g

Saturated Fat: 1 g

Cholesterol: 0 mg

Sodium: 168 mg

Carbohydrate: 5 g

Fiber: 1 g

Protein: 1 g

## Core Food Plan

(per serving):

Fats & Oils: 1

Non-Starchy Vegetables: 1

- ¼ cup fresh lime juice (juice of 2 limes)
- 1½ cup cucumber chunks
- 1 stalk celery
- 6 leaves romaine lettuce
- 1 avocado
- ¼ cup fresh cilantro
- 2 cups water
- ½ teaspoon sea salt
- ½ teaspoon cumin

## Directions

1. Using blender or food processor, blend together all ingredients until smooth.
2. Serve cold. Garnish with extra chopped cilantro, if desired.

**Tip:** For a variation, substitute the juice of 1 lemon for the lime juice, parsley for the cilantro, and hold the cumin.

# Baby Greens with Blackberry Vinaigrette

Makes 2 servings

## Nutrition

(per serving):

Calories: 198

Fat: 16 g

Saturated Fat: 3 g

Cholesterol: 7 mg

Sodium: 187 mg

Carbohydrate: 9 g

Fiber: 3 g

Protein: 6 g

## Core Food Plan

(per serving):

Nuts & Seeds: 0.5

Fats & Oils: 3

Non-Starchy Vegetables: 2

## Dressing:

- ¼ cup fresh or frozen blackberries (defrost if frozen)
- 1 teaspoon coarsely chopped shallots
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons fresh lemon juice
- 1 teaspoon balsamic vinegar
- ¼ teaspoon Dijon-style mustard
- 1 pinch sea salt
- 1 pinch freshly ground pepper

## Salad:

- 4 cups lightly packed mesclun salad mix
- 2 tablespoons crumbled fresh goat cheese
- 3 tablespoons chopped walnuts

## Directions

1. Place all dressing ingredients in blender or mini food processor and blend until dressing is creamy and smooth. Let dressing stand in refrigerator for up to 24 hours before using.
2. When ready to serve salad, divide salad greens between 2 plates. Add goat cheese, then drizzle 2 tablespoons of dressing over each salad. Top with chopped walnuts.

**Dairy-free option:** Omit goat cheese and prepare as directed. Substitute cashew cheese for goat cheese if desired. Note that nutritional analysis is calculated with dairy ingredients included.

# Baked Spinach Omelet

Makes 8 servings (1 serving = one 3-inch by 4-inch piece)

## Nutrition

(per serving):

Calories: 256

Fat: 21 g

Saturated Fat: 12 g

Cholesterol: 268 mg

Sodium: 298 mg

Carbohydrate: 5 g

Fiber: 1 g

Protein: 13 g

## Core Food Plan

(per serving):

Proteins: 1.5

Fats & Oils: 3.5

Non-Starchy Vegetables: 1

- ¼ cup butter
- 1 pound fresh spinach, washed
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 8 large eggs, beaten
- ¾ cup whole milk ricotta
- ½ cup heavy cream
- 1 tablespoon chopped fresh basil (or ½ teaspoon dried basil)
- ¾ cup chopped plum tomatoes
- ¾ cup shredded whole milk mozzarella
- ¼ cup thinly sliced scallions

## Directions

1. Preheat oven to 325° F.
2. Melt butter in large skillet. Add fresh spinach, salt, and pepper. Cook spinach until wilted. Set aside.
3. In a large mixing bowl, combine eggs and ricotta. Stir in cream and basil. Fold in spinach, tomato, mozzarella, and scallions. Spread evenly in a greased baking dish (2-quart casserole or 12-inch by 8-inch dish or equivalent).
4. Bake for 30–35 minutes or until a knife inserted near the center comes out clean. Allow to stand for 10–15 minutes before serving.

**Tips:** This omelet makes a nice brunch dish and includes brain-healthy spinach. In place of 1 pound of fresh spinach, you could use a 10-ounce box of frozen spinach (thawed and squeezed dry).

**Dairy-free option:** Omit ricotta and mozzarella cheese, and substitute with almond or cashew cheese, if desired. Substitute canned coconut milk for heavy cream and coconut oil for butter. Omitting dairy still results in a vegetable omelet that tastes wonderful. Note that the nutrition analysis above includes the dairy ingredients.

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# Basic Greens

Makes 6 servings (1 serving  $\approx$  ½ cup)

## Nutrition

(per serving):

Calories: 56

Fat: 3 g

Saturated Fat: 0 g

Cholesterol: 0 mg

Sodium: 35 mg

Carbohydrate: 7 g

Fiber: 1 g

Protein: 2 g

## Core Food Plan

(per serving):

Fats & Oils: 0.5

Non-Starchy Vegetables: 1.5

- 1 large bunch kale, collard greens, or bok choy, washed
- 2–3 cloves garlic, minced or cut into slivers
- 1 tablespoon olive or coconut oil
- ½ cup low-sodium vegetable or chicken broth

## Directions

1. Cut out the tough center stem from the kale or collard greens; chop or slice greens into small pieces. Bok choy has no tough center so just chop into small pieces.
2. Sauté garlic in olive or coconut oil for about 30 seconds over medium heat. Add chopped greens and sauté for about 3–4 minutes more.
3. Bok choy needs no further cooking. For kale or collard greens, add broth, cover, and simmer over low heat for about 10 minutes.

**Tip:** For a variation, add small amounts of any of the following alone or in combination: dry chipotle pepper, balsamic vinegar, ground cumin, or curry powder.

# Blueberry Pecan Flax Muffin

Makes 1 serving

## Nutrition

(per serving):

Calories: 294

Fat: 25 g

Saturated Fat: 9 g

Cholesterol: 233 mg

Sodium: 512 mg

Carbohydrate: 12 g

Fiber: 6 g

Protein: 10 g

## Core Food Plan

(per serving):

Proteins: 1

Nuts & Seeds: 2

Fats & Oils: 2.5

Fruits: 0.5

- ½ teaspoon coconut oil or ghee
- 1 egg
- 2 tablespoons ground flaxseed (flax meal)
- ½ teaspoon baking powder
- 1 packet stevia
- ¼ teaspoon cinnamon
- 1 pinch sea salt
- ¼ cup blueberries
- 1 tablespoon chopped pecans
- 2 teaspoon butter, ghee, or coconut oil

## Directions

1. Grease an oven safe 10–12 ounce ramekin with ½ teaspoon coconut oil or ghee.
2. In a separate small bowl or mug, whisk the egg with a fork. Add ground flax, baking powder, stevia, cinnamon, and sea salt. Mix until all ingredients are moistened. Add berries and pecans, and stir to mix.
3. Pour mixture into a greased ramekin. Bake in a preheated 350° F oven for 7–10 minutes. (Muffin should puff up and be firm to the touch when done, or when a tooth pick inserted comes out clean.)
4. Let cool slightly. Use a knife to loosen the muffin from the sides, and invert ramekin onto a small plate.
5. Cut in half to cool before eating. Add a small smear of grass-fed butter, ghee, or coconut oil for a bit more flavor.

**Tips:** This also makes a great pancake batter. It can be poured into an oiled skillet to make 1–2 small pancakes. (Optional to use 1 teaspoon local honey instead of stevia, if desired, but note that honey was not used in the nutritional analysis.)

# Bruschetta Spaghetti Squash

6 servings (1 serving ≈ 1 cup)

## Nutrition

(per serving):

Calories: 156

Fat: 15

Saturated Fat: 2 g

Cholesterol: 3 mg

Sodium: 227 mg

Carbohydrate: 5 g

Fiber: 1 g

Protein: 2 g

## Core Food Plan

(per serving):

Fats & Oils: 3

Non-Starchy Vegetables: 1

- 1 medium spaghetti squash
- 2 tablespoons olive oil
- 2 cups cherry tomatoes
- ¼ cup red onion, finely diced
- 2 garlic cloves, minced
- 2 tablespoons fresh basil, cut julienne-style
- 2 tablespoons balsamic vinegar
- ½ teaspoon sea salt
- ¼ teaspoon cracked black pepper
- ¼ cup extra-virgin olive oil
- ¼ cup Parmesan cheese

## Directions

1. Preheat oven to 350° F. Prepare the squash by rinsing, drying, and poking it 3–4 times with a fork or knife. Bake for 45–55 minutes. It is done when a knife can be inserted easily (be careful not to overcook till too soft on the inside). Remove from oven, set aside, and allow to cool completely.
2. Cut the squash in half lengthwise. Remove the seeds by hand or with a spoon. Then take a fork and scrape the inside of the squash, filling a bowl with the “shreds.” Drizzle 2 tablespoons olive oil over the shredded squash and toss. Set aside.
3. Cut the tomatoes into quarters and set aside. In a medium bowl, mix together garlic, basil, balsamic vinegar, sea salt, and black pepper. Whisk in ¼ cup olive oil (slowly streaming in the oil while whisking). Add the cut tomatoes to the dressing. Allow to marinate for 15–20 minutes.
4. Toss the tomato mixture with spaghetti squash. Serve cold or warm (gently reheated). Toss with Parmesan cheese just before serving.

**Tip:** This can be made in advance, but do not toss the squash and tomato mixture together until ready to serve.

# Cashew-Dusted Kale Chips

Makes 16 servings (1 serving  $\approx$   $\frac{1}{3}$  cup)

## Nutrition

(per serving):

Calories: 87

Fat: 6 g

Saturated Fat: 3 g

Cholesterol: 9 mg

Sodium: 85 mg

Carbohydrate: 7 g

Fiber: 1 g

Protein: 3 g

## Core Food Plan

(per serving):

Nuts & Seeds: 1

Fats & Oils: 0.5

Non-Starchy Vegetables: 1

- 2 pounds kale
- $\frac{1}{4}$  cup melted ghee or coconut oil
- 1 tablespoon lemon juice (optional)
- $\frac{1}{2}$  teaspoon sea salt
- $\frac{2}{3}$  cup raw cashews, ground
- 1 tablespoon nutritional yeast

## Directions

1. Preheat oven to 350° F (if baking in oven and not in a dehydrator).
2. Strip the kale from the tough stems. Rinse thoroughly and dry. Tear or chop into smaller pieces and set aside.
3. Make a dressing in a large bowl with the oil, lemon juice, and salt. Toss with kale to coat. Massage for about 1 minute to break down vegetable fibers.
4. Sprinkle kale with ground nuts and nutritional yeast. Toss again.
5. Place kale in a single layer on dehydrator sheets or baking pans. Single layers provide the best results from dehydrating or baking. If kale is piled in more than one layer it will steam and not get crispy.
6. Dehydrate for 2 hours or according to dehydrator directions for greens. If baking in oven, bake for 15 minutes until leaves are crispy and crunchy. Allow to cool completely before serving or storing in an airtight container.

**Tips:** These kale chips turn out best in a dehydrator. Watch closely if baking in oven, as kale can burn easily.

# Chia Berry Mango Smoothie

Makes 2 servings

## Nutrition

(per serving):

Calories: 323

Fat: 28 g

Saturated Fat: 23

Cholesterol: 0 mg

Sodium: 32 mg

Carbohydrate: 19 g

Fiber: 2 g

Protein: 5 g

## Core Food Plan

(per serving):

Nuts & Seeds: 1

Fats & Oils: 4.5

Non-Starchy Vegetables: 0.5

Fruits: 1

- ½ cup cold green tea
- 1 cup full-fat canned unsweetened coconut milk
- 2 tablespoons chia seeds, whole or ground
- ¼ teaspoon cinnamon
- ½ teaspoon fresh ginger, minced
- 1 tablespoon fresh lemon juice
- ⅓ cup frozen blueberries, no sugar added
- ⅓ cup frozen mango, no sugar added
- ¼–½ cup ice to increase thickness, if desired (especially use if using fresh fruit instead of frozen)
- 1 cup packed baby spinach
- Stevia, to taste (optional)

## Directions

1. Add ingredients in the order listed (ending with baby spinach).
2. Blend at very low speed until ingredients are mixed, then gradually increase speed to high, and blend well for 1 minute. Serve immediately.

**Tip:** If unable to serve immediately, omit chia or other seeds as they will gel and possibly make the smoothie less palatable for some.

# Chicken Coconut Milk Soup

Makes 8 servings (1 serving ≈ 1 ¼ cups)

## Nutrition

(per serving):

Calories: 289

Fat: 17 g

Saturated Fat: 13 g

Cholesterol: 64 mg

Sodium: 476 mg

Carbohydrate: 6 g

Fiber: 1 g

Protein: 27 g

## Core Food Plan

(per serving):

Proteins: 3

Fats & Oils: 2

Non-Starchy Vegetables: 1

- 1 tablespoon coconut oil
- ½ small onion
- 2–3 jalapeno peppers, seeds removed, diced
- 1 cup chopped Swiss chard
- ½ teaspoon sea salt
- 1½ quarts chicken stock
- 1 can (13.5 ounces) full-fat unsweetened coconut milk (about 1½ cups)
- 1 pound cooked shredded chicken (white and dark meat)
- 1 tablespoon grated fresh ginger
- 2 tablespoons fish sauce (optional)
- 2–4 tablespoons fresh lime juice (juice from one 1–2 limes)
- Chopped fresh cilantro for garnish

## Directions

1. In a large saucepan, heat coconut oil over medium heat. Add onion and pepper and sauté for 1 minute. Add Swiss chard and salt and cook for 1–2 minutes more.
2. To this, add chicken stock (ideally, have this already heated) and remaining ingredients except for the cilantro. Bring to light boil, then lower to a simmer and cook for 5–10 minutes.
3. Serve garnished with fresh cilantro.

**Tips:** As a time saver, low-sodium organic chicken broth and 1 small or ½ medium-sized rotisserie chicken deboned, skinned, and shredded/chopped work great in this recipe. If you like it spicy, add more jalapeño peppers to taste.

---

# Cocoa Kale Smoothie

Makes 2 servings

## Nutrition

(per serving):

Calories: 381

Fat: 30 g

Saturated Fat: 13 g

Cholesterol: 0 mg

Sodium: 252 mg

Carbohydrate: 20 g

Fiber: 6 g

Protein: 15 g

## Core Food Plan

(per serving):

Proteins: 1

Nuts & Seeds: 2

Fats & Oils: 4

Non-Starchy Vegetables: 1

Fruits: 0.5

- 1½ cups unsweetened almond milk
- ½ cup full-fat canned unsweetened coconut milk
- 1 scoop 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

## 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 ice and blend until you achieve desired thickness.

**Tips:** Typical varieties of protein powder include whey, organic soy, rice, pea, and hemp. Should be sweetened with stevia only or unsweetened. 1 scoop of protein powder should provide ≈ 17 g of protein.

---

# Coconut Chocolate Truffles

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

## Core Food Plan

(per serving):

Fat & Oil: 2

- ½ cup full fat canned unsweetened 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. In a small saucepan, bring the coconut milk to a simmer. Stir in the extract, then pour the mixture over the chocolate in a separate bowl. Let stand a few minutes before stirring until smooth. Allow to cool, then refrigerate for 30 minutes to 1 hour. (Remove mixture from refrigerator while it is still malleable.)
2. 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.
3. Roll in cocoa powder or chopped nuts. Store the truffles in an airtight container in the refrigerator for up to a week.

# Edamame Collard Wrap

Makes 6 servings (1 serving = 1 wrap)

## Nutrition

(per serving):

Calories: 242

Fat: 18 g

Saturated Fat: 3 g

Cholesterol: 0 mg

Sodium: 285 mg

Carbohydrate: 14 g

Fiber: 5 g

Protein: 9 g

## Core Food Plan

(per serving):

Protein: 0.5

Legume: 0.5

Nuts & Seeds: 0.5

Fats & Oils: 2.5

Non-Starchy Vegetables: 1

- 10-ounce bag frozen, shelled organic, edamame ( $\approx 2\frac{1}{4}$  cups)
- 4 cups water, divided
- $\frac{3}{4}$  teaspoon plus 1 pinch sea salt, divided
- 6 collard leaves
- $\frac{1}{4}$  cup tahini
- $\frac{1}{4}$  cup fresh lemon juice
- 2 cloves garlic
- 2 tablespoons extra-virgin olive oil
- 12 red pepper strips
- 1 tomato, sliced thin, and each slice halved
- 1 avocado, sliced into 6 portions

## Directions

1. In a medium saucepan, cook edamame in 2 cups boiling water for about 5 minutes. Drain and set aside to cool.
2. In a large sauté pan or medium stockpot, bring 2 cups water to a boil. Add a pinch of sea salt. Place the collard greens in the water, cover, and turn off heat. Allow to sit for 1 minute. Rinse the collard leaves under cold water, drain, lightly pat dry, and set aside.
3. Put the cooled edamame in a food processor with the tahini, remaining  $\frac{3}{4}$  teaspoon sea salt, lemon juice, and garlic. Blend for about 10 seconds. Add olive oil slowly through the tube while the processor is running. Add more olive oil if consistency is not smooth and creamy. Adjust seasonings, if needed.
4. On a large cutting board or on individual plates, lay out each steamed collard leaf. Evenly divide the red peppers, avocado, and hummus among the 6 collard leaves. Roll the collard leaves as you would a tortilla, and enjoy.

**Tip:** The edamame filling can be enjoyed as a hummus with brain-friendly cruciferous veggies for dipping, such as daikon radish, kohlrabi, and cauliflower.

---

# Egg Pesto Flax Wrap

*Makes 1 serving*

## *Nutrition*

*(per serving):*

Calories: 487

Fat: 42 g

Saturated Fat: 21 g

Cholesterol: 432 mg

Sodium: 491 mg

Carbohydrate: 11 g

Fiber: 7 g

Protein: 20 g

## *Core Food Plan*

*(per serving):*

Proteins: 2

Nuts & Seeds: 1.5

Fats & Oils: 6.5

Non-Starchy Vegetables: 1

- 1 Flax Wrap (see page 19)
- 1 tablespoon basil pesto or sun-dried tomato pesto (dairy free)
- 1 hard-boiled egg, peeled and sliced thinly
- 2 thin slices of tomato
- Handful of baby spinach leaves or shredded lettuce (about a ½ cup)

## *Directions*

1. Spread the pesto in a line down the center of a cooled wrap. Layer this with the sliced egg, then the tomato slices. Top with spinach or lettuce and roll up.

**Tip:** This wrap can be prepared in advance and refrigerated.

# Eggplant Bake

Makes 6 servings (1 serving = one 4-inch by 4-inch piece)

## Nutrition

(per serving):

Calories: 375

Fat: 30 g

Saturated Fat: 10 g

Cholesterol: 43 mg

Sodium: 532 mg

Carbohydrate: 14 g

Fiber: 4 g

Protein: 14 g

## Core Food Plan

(per serving):

Proteins: 1

Fats & Oils: 5.5

Non-Starchy Vegetables: 3

- 1 eggplant, cut crosswise into ½-inch thick slices
- ½ cup extra-virgin olive oil, divided
- ½ yellow or Spanish onion, chopped
- 2–3 cloves garlic, minced
- 2 tablespoons sun-dried tomatoes
- 4–6 cups spinach leaves
- 2 tomatoes
- 1 cup tomato sauce
- 1 cup whole milk ricotta cheese
- 1 cup shredded whole-milk mozzarella cheese (4 ounces)
- 4–5 basil leaves, sliced into ribbon-like shreds
- ½ cup (2 ounces) grated Parmesan cheese

## Directions

1. Preheat oven to 325° F.
2. Slice the eggplant. Set aside 2 tablespoons of the olive oil. Use the rest of the oil to brush both sides of the eggplant slices. Place the slices in a baking dish (2-quart casserole or 12-inch by 8-inch dish or equivalent), and bake for 20 minutes.
3. Meanwhile, add the remaining 2 tablespoons oil to a large skillet set over medium heat. Add the onion, garlic, sun-dried tomatoes, and spinach and cook until the onion softens.
4. After 20 minutes, remove eggplant from oven. Cut the 2 fresh tomatoes into wedges and distribute these evenly over the eggplant. Spread the cooked spinach mixture evenly over the top. Top the spinach with the tomato sauce.
5. In a medium bowl, mix together the ricotta, mozzarella, and fresh basil. Spread this mixture over the tomato sauce and sprinkle with Parmesan cheese.
6. Bake uncovered until bubbling and the cheese is melted, about 30 minutes.

**Dairy-free option:** Omit all cheese, or substitute with cashew or almond cheeses, and prepare as directed. Note that the nutritional analysis includes dairy ingredients.

# Flax Wrap

Makes 1 serving

## Nutrition

(per serving):

Calories: 325  
Fat: 30 g  
Saturated Fat: 18 g  
Cholesterol: 216 mg  
Sodium: 303 mg  
Carbohydrate: 8 g  
Fiber: 6 g  
Protein: 11 g

## Core Food Plan

(per serving):

Protein: 1  
Nuts & Seeds: 1.5  
Fats & Oils: 4.5

- 3 tablespoons ground flaxseeds
- ¼ teaspoon baking powder
- ¼ teaspoon onion powder
- ¼ teaspoon paprika
- 1 pinch sea salt
- 4 teaspoons coconut oil, divided
- 1 large egg
- 1 tablespoon water

## Directions

1. In a small bowl, mix together the ground flaxseeds, baking powder, onion powder, paprika, and sea salt.
2. Melt 1 tablespoon coconut oil and stir into the flaxseed mixture.
3. In another small bowl, beat the egg and water until blended. Add to the flaxseed mixture.
4. Heat a small skillet over medium-high heat and coat with 1 teaspoon coconut oil. Pour in the batter and spread evenly. Heat until cooked through and no longer moist. Remove from pan to a plate and let cool before topping with ingredients.

**Tips:** You can use a microwave to prepare this, although cooking on a stove top is preferable. Grease a microwave-safe glass pie pan with 1 teaspoon coconut oil. Pour in the batter and spread evenly over the bottom. Microwave on high for 2 to 3 minutes until cooked. Use a spatula to remove to a plate to cool.

---

# Garlic Mashed Cauliflower

*Makes 4 servings*

## *Nutrition*

*(per serving):*

Calories: 117

Fat: 9 g

Saturated Fat: 8 g

Cholesterol: 0 mg

Sodium: 162 mg

Carbohydrate: 8 g

Fiber: 4 g

Protein: 3 g

## *Core Food Plan*

*(per serving):*

Fats & Oils: 2

Non-Starchy Vegetables: 1

- 1 medium head cauliflower
- 2 tablespoons virgin organic coconut oil
- 3 tablespoons canned coconut milk
- ¼ teaspoon sea salt
- 1 clove fresh garlic (or 1 teaspoon garlic powder)
- ¼ teaspoon black pepper

## *Directions*

1. Cut cauliflower into 4–6 pieces and steam until cooked but not overdone.
2. Place in food processor with remaining ingredients, including herbs of your choice, and blend until cauliflower is the consistency of mashed potatoes. Serve immediately.

---

# Grain-Free Pumpkin Pancakes

*Makes 2 servings*

## *Nutrition*

*(per serving):*

Calories: 304

Fat: 22 g

Saturated Fat: 12 g

Cholesterol: 424 mg

Sodium: 568 mg

Carbohydrate: 10 g

Fiber: 2 g

Protein: 17 g

## *Core Food Plan*

*(per serving):*

Protein: 2

Nuts & Seeds: 1

Fats & Oils: 2.5

Starchy Vegetables: 0.5

- 4 eggs, lightly beaten
- 2 tablespoons almond meal
- ½ cup pumpkin purée
- 1 teaspoon vanilla extract
- ¼ teaspoon baking soda
- 1 teaspoon cinnamon
- ¼ teaspoon ground ginger
- ¼ teaspoon ground nutmeg
- ⅛ teaspoon ground cloves
- ¼ teaspoon salt
- 1½ tablespoon coconut oil

## *Directions*

1. Mix eggs in a large measuring cup or small bowl. Add almond meal, pumpkin, and vanilla. Stir to combine well. Mix in baking soda, spices, and salt.
2. Heat a large griddle or pan. Add the coconut oil and allow to melt. Stir the oil into the pancake mixture, leaving just a little to use for cooking the pancakes.
3. Cook pancakes until bubbles form on top, then flip and cook another minute.

# Green Tea Poached Cod

Makes 4 servings

## Nutrition

(per serving):

Calories: 156

Fat: 6 g

Saturated Fat: 1 g

Cholesterol: 45 mg

Sodium: 777 mg

Carbohydrate: 7 g

Fiber: 2 g

Protein: 20 g

## Core Food Plan

(per serving):

Proteins: 2.5

Non-Starchy Vegetables: 1

- 3 cups brewed green tea
- 1 small red onion, very thinly sliced
- 2 cups cherry tomatoes, halved, divided
- 1 red or orange bell pepper, thinly sliced
- 3 sprigs fresh tarragon or basil, plus extra for garnish
- ¼ teaspoon red pepper flakes (optional)
- 1½ teaspoons sea salt, divided
- 4 skinless cod fillets (4 ounces each)
- ½ teaspoon black pepper
- 1 lemon
- 4 teaspoons extra-virgin olive oil

## Directions

1. Bring green tea, onion, 1 cup tomatoes, bell pepper, tarragon or basil, red-pepper flakes (if desired), and 1 teaspoon sea salt to a boil in a 2–3 quart straight-sided skillet. Reduce heat and simmer, uncovered, for about 8 minutes.
2. Season cod with remaining salt and pepper and add to pan. Cover and simmer until fish is just cooked through, about 5–7 minutes.
3. While fish is cooking, cut lemon in half. Squeeze juice from one half lemon to yield about 1 tablespoon juice. Cut the remaining half into 4 wedges. Set both aside.
4. When fish is finished cooking, remove and discard tarragon or basil sprigs. Add remaining cherry tomatoes and reserved lemon juice to skillet, gently stirring to combine. Cook just until warmed through.
5. Garnish with fresh tarragon or basil leaves and with lemon wedges for squeezing. Drizzle with oil and serve immediately.

---

# Marinated Steak

Makes 4 servings

## Nutrition

(per serving):

Calories: 281

Fat: 20 g

Saturated Fat: 5 g

Cholesterol: 56 mg

Sodium: 542 mg

Carbohydrate: 2 g

Fiber: 0 g

Protein: 24 g

## Core Food Plan

(per serving):

Proteins: 3.5

Fats & Oils: 2

- ¼ cup olive oil
- 6 tablespoons balsamic vinegar
- 1 teaspoon sea salt
- 1 teaspoon black pepper
- 1 pound beef tenderloin steaks (boneless)

## Directions

1. Combine the olive oil, vinegar, salt, and pepper in a large sealable plastic bag. Add the steaks. Seal bag. Make sure steaks are well coated with marinade. Allow to marinate for 30 minutes.
2. Remove steaks from marinade. Grill steaks to your preferred level of doneness. Brush the steaks with marinade as they cook.

**Tips:** Alternatively, you can broil your steaks in the oven. First, to add flavor, sear the steaks. Heat a skillet over high heat. Add coconut oil or ghee. Cook steaks in skillet for about 30 seconds on each side. Finish by cooking under the broiler for about 2 minutes on each side (cook longer if you like your steak well done). For a nice variation, try buffalo steaks instead of beef.

---

# Marinated Vegetables

Makes 12 servings (1 serving ≈ ½ cup)

## Nutrition

(per serving):

Calories: 95

Fat: 4 g

Saturated Fat: 1 g

Cholesterol: 0 mg

Sodium: 250 mg

Carbohydrate: 15 g

Fiber: 3 g

Protein: 3 g

## Core Food Plan

(per serving):

Fats & Oils: 0.5

Non-Starchy Vegetables: 2.5

- ½ cup olive oil
- ¼ cup balsamic vinegar
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 3 cloves garlic, minced
- ½ teaspoon salt
- 1 can (14 ounces) artichoke hearts in water, cut into halves or quarters
- 1 can (14 ounces) hearts of palm, cut into ¼-inch slices
- 1 can (6 ounces) pitted black olives
- ½ pound mushrooms, cleaned and quartered

## Directions

1. In a large bowl, whisk together olive oil, balsamic vinegar, oregano, basil, garlic, and salt.
2. Add artichokes, hearts of palm, olives, and mushrooms. Toss well.
3. Cover and place in refrigerator to marinate for 6 to 8 hours, tossing periodically.

**Tips:** Leftover marinade can be used as a salad dressing. These vegetables can be a delicious appetizer with toothpicks.

# MCT Olive Oil Vinaigrette

Makes 6 servings (1 serving ≈ 2 tablespoons)

## Nutrition

(per serving):

Calories: 92

Fat: 9 g

Saturated Fat: 5 g

Cholesterol: 0 mg

Sodium: 170 mg

Carbohydrate: 5 g

Fiber: 0 g

Protein: 0 g

## Core Food Plan

(per serving):

Fats & Oils: 2

- 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
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons MCT oil

## Directions

1. Place the vinegar, lemon juice, garlic, cumin, honey, mustard, sea salt and pepper in a blender and blend.
2. Blend in the fresh chopped parsley and green onions.
3. Whisk together the olive oil and MCT oil. Slowly stream in through the opening in the top of the blender. Blend until mixed well.
4. Serve slightly chilled or at room temperature.

**Tip:** For a variation, in place of cumin, add ½ to 1 teaspoon of dried basil or 1–2 tablespoons fresh basil.

# Mexican Chicken Soup

Makes 4 servings

## Nutrition

(per serving):

Calories: 528

Fat: 36 g

Saturated Fat: 14 g

Cholesterol: 115 mg

Sodium: 558 mg

Carbohydrate: 17 g

Fiber: 5 g

Protein: 39 g

## Core Food Plan

(per serving):

Proteins: 5

Fats & Oils: 4

Non-Starchy Vegetables: 2

Fruits: 0.5

- 1 quart low-sodium chicken stock
- 2 tablespoons ghee or coconut oil
- 1 pound boneless, skinless chicken breast, cut into ½-inch chunks
- 2 garlic cloves, minced
- ½ cup chopped onion
- 1 red bell pepper, finely chopped
- 2 tomatoes, finely chopped
- 3–4 jalapeño peppers, seeded and finely chopped
- ½ teaspoon sea salt
- ½ teaspoon black pepper
- 2 avocados, pits removed, and sliced
- 1 cup (4 ounces) shredded Monterey jack or cheddar cheese
- ½ cup chopped fresh cilantro
- ¼ cup full-fat sour cream

## Directions

1. Bring the stock to a boil in a large saucepan over medium heat.
2. At the same time, heat the ghee in a large skillet over medium heat. Add the chicken and cook 4 minutes. Add garlic and cook 1 to 2 more minutes until chicken is browned.
3. Add the chopped onion, bell pepper, tomatoes, jalapeños, cooked chicken and garlic to the simmering stock. Return the stock to a boil. Reduce to a simmer, add sea salt and pepper, cover, and cook for 30 more minutes.
4. Ladle the soup into shallow soup bowls. Top each bowl with sliced avocado, cheese, cilantro, and sour cream.

**Dairy-free option:** Remove all dairy ingredients (cheese and sour cream) and prepare as directed. For dairy-free alternatives, try substituting dairy ingredients with coconut yogurt, cashew cream, or almond cheese. Note that the nutritional analysis is calculated with dairy ingredients included.

---

# Miso Lemon Asparagus

Makes 6 servings (1 serving ≈ ¾ cup)

## Nutrition

(per serving):

Calories: 75

Fat: 5 g

Saturated Fat: 1 g

Cholesterol: 0 mg

Sodium: 107 mg

Carbohydrate: 7 g

Fiber: 3 g

Protein: 3 g

## Core Food Plan

(per serving):

Fats & Oils: 1

Non-Starchy Vegetables: 1.5

- 2 bunches asparagus, ends snapped off and cut into 1–2 inch pieces
- ¼ cup water
- 3 garlic cloves, minced
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 tablespoon miso (any type)

## Directions

1. Bring water to a boil in a large skillet or wok, over medium high heat. Add asparagus and cook for about 2 minutes or until bright green but still a little crunchy. Remove from heat, drain, and set aside.
2. Sauté garlic in olive oil for 2–3 minutes in a small sauté pan over medium heat, being careful not to burn the garlic. Remove from heat and add lemon juice and miso, stirring until well mixed. Pour over asparagus and serve immediately.

# Miso Soup

Makes 4 servings

## Nutrition

(per serving):

Calories: 110

Fat: 4 g

Saturated Fat: 0 g

Cholesterol: 0 mg

Sodium: 849 mg

Carbohydrate: 12g

Fiber: 3 g

Protein: 9 g

## Core Food Plan

(per serving):

Protein: 0.5

Fats & Oils: 0.5

Non-Starchy Vegetables: 2

- 6 cups water
- 2 medium carrots, grated or finely chopped
- 12 ounces silken tofu (extra firm)
- 3-inch strip of wakame seaweed, cut into small pieces with kitchen scissors
- 1 tablespoons low-sodium, gluten-free tamari
- 1 large handful of baby spinach leaves
- ¼ cup miso, any flavor variety
- ⅓ cup hot water
- 3 scallions, thinly sliced on the diagonal

## Directions

1. Bring 6 cups water to a boil in a soup pot. Add carrots, tofu, wakame, and tamari. Lower heat to a simmer and cook for about 10 minutes. Remove from heat and add spinach; set aside. Spinach will wilt on its own.
2. Dissolve miso in ⅓ cup hot water. When serving soup, add 1 heaping tablespoon of miso mixture to each bowl, and garnish with sliced scallions. Serve immediately.

**Tip:** If there are any leftovers, refrigerate soup and dissolved miso separately, combining them after heating soup so as not to destroy the live organisms in the miso.

---

# Mushroom and Bell Pepper Sauté with Arugula

Makes 4 servings

## Nutrition

(per serving):

Calories: 123

Fat: 10 g

Saturated Fat: 1 g

Cholesterol: 0 mg

Sodium: 10 mg

Carbohydrate: 7 g

Fiber: 1 g

Protein: 2 g

## Core Food Plan

(per serving):

Fats & Oils: 2

Non-Starchy Vegetables: 1.5

- 3 tablespoons olive oil, divided
- ½ pound crimini mushrooms, cut in half, or 2 medium portabellas, thinly sliced
- 1 large bell pepper (red, orange, or yellow), sliced very thin
- 2 cloves garlic, minced
- ¼ cup chopped fresh basil leaves (or 1 tablespoon dried)
- 1 tablespoon balsamic vinegar
- 1 tablespoon lemon juice
- 4 cups arugula leaves (or any combination of mixed greens)

## Directions

1. Heat 2 tablespoons olive oil over medium heat in a large skillet.
2. Add mushrooms and bell peppers, and sauté until tender, about 7–10 minutes.
3. Add garlic, and sauté for 1 more minute.
4. Stir in the fresh or dried basil, balsamic vinegar, lemon juice, cooking over low heat until liquid is reduced by half, about 2 minutes.
5. Divide greens among 4 plates, and drizzle with remaining 1 tablespoon olive oil. Top with warm peppers and mushrooms, and serve immediately.

---

# Nut Hummus

Makes 7 servings (1 serving ≈ 1/3 cup)

## Nutrition

(per serving):

Calories: 401

Fat: 38 g

Saturated Fat: 5 g

Cholesterol: 0 mg

Sodium: 202 mg

Carbohydrate: 11 g

Fiber: 5 g

Protein: 8 g

## Core Food Plan

(per serving):

Nuts & Seeds: 5

Fats & Oils: 4

- 1 cup raw nuts, soaked for 12 hours and rinsed
- 2/3 cup tahini
- 1/2 cup extra-virgin olive oil
- 3–4 cloves garlic
- Juice 2 small lemons (≈ 4–6 tablespoons)
- 1/2 teaspoon sea salt
- 1/2 teaspoon black pepper
- 1/4 cup sun-dried tomatoes
- 1/4 cup chopped fresh parsley
- 1/2 to 1 small diced habañero or jalapeño pepper to taste (optional)

## Directions

1. Combine all of the ingredients in a food processor and purée until smooth.
2. Let the hummus mixture sit in the refrigerator for a couple of hours before serving to let the flavors blend.

**Tips:** Almonds work best but cashews or other nuts are worth trying for variety and personal preference. This nut hummus is perfect for low carb/paleo-type meal plans and serves as a nice dip for raw veggies or seed crackers.

# Poached Eggs over Swiss Chard

Makes 2 servings

## Nutrition

(per serving):

Calories: 379

Fat: 32 g

Saturated Fat: 17 g

Cholesterol: 492 mg

Sodium: 750 mg

Carbohydrate: 10 g

Fiber: 2 g

Protein: 15 g

## Core Food Plan

(per serving):

Proteins: 2

Fats & Oils: 5

Non-Starchy Vegetables: 2

- 4 tablespoons butter, ghee, or coconut oil
- ½ cup chopped green onions
- 3 garlic cloves, diced
- ¼ cup low-sodium chicken stock
- 4 cups Swiss chard, rolled, sliced, and chopped
- 2 tablespoons fresh lemon juice
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper
- 4 cups water
- 1 teaspoon vinegar
- 4 eggs

## Directions

1. Melt butter in a medium skillet. Add onions and garlic and sauté for 1–2 minutes. Add ¼ cup stock, Swiss chard, lemon juice, salt, and pepper, and simmer covered over medium-low heat for about 5 minutes, stirring occasionally.
2. In a medium to large saucepan, bring water and vinegar to a fast simmer in a skillet large enough to fit eggs. Make sure there is enough water to cover eggs (about 4 cups). Poach eggs until desired doneness is reached. It takes about 5 minutes until the white is set and the yolk has filmed over. Remove eggs with a slotted spoon and place on top of greens.

# Poached Salmon with Escarole

Makes 4 servings

## Nutrition

(per serving):

Calories: 294

Fat: 10 g

Saturated Fat: 2 g

Cholesterol: 88 mg

Sodium: 636 mg

Carbohydrate: 15 g

Fiber: 6 g

Protein: 39 g

## Core Food Plan

(per serving):

Proteins: 4

Non-Starchy Vegetables: 3

- 1 lemon
- 1 tablespoon olive oil
- 1 medium red onion, halved and thinly sliced
- 2 garlic cloves, thinly sliced
- 2 heads escarole (2 pounds total), cored, trimmed, and coarsely chopped
- ½ cup water
- 4 boneless, skinless salmon fillets (6 ounces each)
- 1 teaspoon sea salt
- ½ teaspoon ground pepper

## Directions

1. Thinly slice off both ends of one lemon and cut in half. Cut one half into 4 thin slices. Squeeze the juice from the other half into a bowl. There should be about 2 tablespoons, depending on the size of the lemon.
2. Heat oil in a 4-quart heavy pot over medium-high heat. Add onion and garlic and cook, stirring occasionally, until golden brown (about 5 minutes). Stir in escarole and cook for several minutes until softened. Add ½ cup water and cook for another 3–4 minutes.
3. Lay salmon fillets on top of vegetables. Season with salt and pepper and place 1 lemon slice on each fillet. Cover and cook until salmon is opaque, about 12–14 minutes.
4. Transfer salmon to a serving plate. Add lemon juice to escarole mixture and add to the serving plate.

# Pomegranate Spinach Salad

Makes 4 servings

## Nutrition

(per serving):

Calories: 164  
Fat: 13 g  
Saturated Fat: 3 g  
Cholesterol: 10 mg  
Sodium: 123 mg  
Carbohydrate: 7 g  
Fiber: 2 g  
Protein: 6 g

## Core Food Plan

(per serving):

Proteins: 0.5  
Nuts & Seeds: 0.5  
Fats & Oils: 2  
Non-Starchy Vegetables: 1

- 6 cups (about 5 ounces) spinach leaves, washed and dried
- ½ cup fresh pomegranate arils
- ⅓ cup crumbled goat cheese
- ¼ cup chopped walnuts, toasted
- 1 tablespoon red wine, such as Cabernet Sauvignon or Merlot
- 1½ tablespoons red wine vinegar
- 1½ tablespoons extra-virgin olive oil
- 1 tablespoon orange juice
- ¼ teaspoon minced garlic
- ¼ teaspoon dried basil
- ⅛ teaspoon sea salt
- ⅛ teaspoon black pepper

## Directions

1. In large serving bowl, toss together spinach, pomegranate seeds, goat cheese, and walnuts. Divide between 4 plates.
2. In a small mixing bowl, whisk together red wine, vinegar, olive oil, and orange juice. Stir in minced garlic and basil. Season with salt and pepper. Distribute dressing evenly between the 4 salad portions.

**Dairy-free option:** Omit goat cheese and prepare as directed, or substitute with cashew or almond cheese. Note that the nutritional analysis is calculated with goat cheese included.

---

# Quick Salmon or Tuna Salad

Makes 4 servings

## Nutrition

(per serving):

Calories: 253  
Fat: 12 g  
Saturated Fat: 2 g  
Cholesterol: 46 mg  
Sodium: 246 mg  
Carbohydrate: 9 g  
Fiber: 4 g  
Protein: 28 g

## Core Food Plan

(per serving):

Proteins: 3.5  
Nuts & Seeds: 0.5  
Non-Starchy Vegetables: 1.5

- 2 7-ounce cans wild salmon or wild chunk lite tuna, drained
- ¼ teaspoon dried basil
- ¼ teaspoon dried tarragon
- ⅓ cup hummus, roasted garlic flavor
- 2 cups mixed greens
- 1 roasted pepper, cut into strips

## Directions

1. Break tuna or salmon into pieces with a fork and add basil, tarragon, and hummus. Arrange fish on top of mixed greens, garnishing with strips of roasted pepper. Serve immediately.

**Tip:** You can also use 14 ounces of leftover salmon or tuna in place of canned tuna.

---

# Roasted Balsamic Vegetables

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

## Nutrition

(per serving):

Calories: 143

Fat: 12 g

Saturated Fat: 2 g

Cholesterol: 0 mg

Sodium: 165 mg

Carbohydrate: 8 g

Fiber: 3 g

Protein: 2 g

## Core Food Plan

(per serving):

Fats & Oils: 2.5

Non-Starchy Vegetables: 1.5

- 2 pounds seasonal non-starchy vegetables (broccoli, cauliflower, summer squash, mushrooms, etc.)
- $\frac{1}{3}$  cup olive oil
- $\frac{1}{2}$  teaspoon sea salt
- $\frac{1}{2}$  teaspoon black pepper
- $\frac{1}{3}$  cup chopped fresh herbs
- 1 tablespoon balsamic vinegar

## Directions

1. Preheat the oven to 425° F.
2. Chop vegetables so that all pieces are approximately the same size. This will ensure all vegetables finish cooking at the same time.
3. Toss together all ingredients except balsamic vinegar and spread in a single layer on a large roasting pan or cookie sheet.
4. Stirring occasionally, roast the vegetables for 30–35 minutes or until cooked through and browned.
5. Just prior to serving, drizzle with balsamic vinegar.

---

# Sautéed Baby Bok Choy

Makes 4 servings

## Nutrition

(per serving):

Calories: 45

Fat: 0 g

Saturated Fat: 0 g

Cholesterol: 0 mg

Sodium: 283 mg

Carbohydrate: 10 g

Fiber: 1 g

Protein: 2 g

## Core Food Plan

(per serving):

Non-Starchy Vegetables: 2

- ½ cup mirin
- 1 tablespoon low-sodium, gluten-free tamari
- 4 heads baby bok choy (1¼ pounds total), halved lengthwise

## Directions

1. Add mirin and tamari to skillet and bring to a boil over medium-high heat.
2. Add bok choy. Cover and cook until tender when pierced with the tip of a paring knife (about 3 to 5 minutes). Discard liquid.

**Tips:** Mirin is an essential condiment used in Japanese cuisine. It is a kind of rice wine similar to sake, but with a lower alcohol content and higher sugar content. The sugar content is a complex carbohydrate formed naturally via the fermentation process; it is not refined sugar. The alcohol content is decreased further when the liquid is heated.

---

# Savory Seed Crackers

Makes 8 servings (1 serving ≈ one 2-inch by 3-inch cracker or two 1-inch by 1.5-inch crackers)

## Nutrition

(per serving):

Calories: 113

Fat: 8 g

Saturated Fat: 12 g

Cholesterol: 0 mg

Sodium: 73 mg

Carbohydrate: 8 g

Fiber: 2 g

Protein: 4 g

## Core Food Plan

(per serving):

Nuts & Seeds: 2.5

- ⅓ cup chia seeds
- ⅓ cup flaxseeds
- ⅓ cup sunflower seeds
- ¼ cup water
- ⅛ teaspoon garlic powder
- ⅛ teaspoon onion powder
- ¼ teaspoon sea salt
- ¼ teaspoon guar or xanthan gum
- More water, if needed

## Directions

1. Preheat oven to 300° F.
2. Mix all ingredients together in a medium bowl.
3. Spread on greased parchment paper on a cookie sheet. Press flat (about an ⅛-inch thick).
4. Bake for about 30 minutes on each side, flipping halfway through cooking time.
5. Immediately after removal from oven, score the seed crackers to make 8 servings (they will still be pliable at this point, but will firm up quickly). A pizza cutter works well for this.

---

# Seaweed Snacks

Makes 2 servings

## Nutrition

(per serving):

Calories: 50

Fat: 5 g

Saturated Fat: 1 g

Cholesterol: 0 mg

Sodium: 10 mg

Carbohydrate: 0 g

Fiber: 0 g

Protein: 2 g

## Core Food Plan

(per serving):

Fats & Oils: 1

- 4 sheets of toasted nori
- 2 teaspoons olive oil (not extra virgin)
- Spice options: sea salt, wasabi powder, sriracha, or garlic powder

## Directions

1. Preheat oven to 250° F.
2. Cut nori into small squares or large strips using sharp scissors.
3. In a very small mixing bowl (like a ramekin), mix oil with spice of choice and/or salt. Spread oil with spices evenly over nori sheets (use a pastry brush or the back of a spoon).
4. Place nori sheets on oiled baking sheet. Bake for 15–20 minutes. Let cool and store in an airtight container.

**Tip:** For a variation, use pickled ginger juice instead of oil and spices.

---

# Sesame Broccoli

Makes 4 servings

## Nutrition

(per serving):

Calories: 150

Fat: 12 g

Saturated Fat: 2 g

Cholesterol: 0 mg

Sodium: 155 mg

Carbohydrate: 10 g

Fiber: 5 g

Protein: 5 g

## Core Food Plan

(per serving):

Fats & Oils: 2

Non-Starchy Vegetables: 2

- 2 heads of broccoli
- ½ cup water
- ¼ teaspoon sea salt
- 2 tablespoons olive oil
- 3 cloves garlic, slivered
- 3 green onions, sliced thin
- 2 tablespoon lemon juice
- ¾ teaspoon turmeric
- 1 tablespoon sesame seeds
- 1 tablespoon sesame oil

## Directions

1. Cut broccoli into bite-sized florets. Cut the stems into small pieces and peel if they are tough. You should have a total of 6–8 cups.
2. In a large skillet, bring ½ cup water to boil. Add broccoli and sprinkle with salt. Cover and cook about 4 minutes, until broccoli is slightly tender but not soft. The water will have evaporated. Remove from pan to a serving dish.
3. Add olive oil to the skillet and sauté garlic and green onions over low heat for 3 minutes. Return broccoli to skillet. Add lemon juice and turmeric. Cook for 2 more minutes until broccoli is warmed.
4. Sprinkle with sesame seeds. Return to serving dish and drizzle sesame oil over broccoli before serving.

# Shrimp Shirataki Stir-Fry

Makes 2 servings

## Nutrition

(per serving):

Calories: 362

Fat: 24 g

Saturated Fat: 3 g

Cholesterol: 116 mg

Sodium: 752 mg

Carbohydrate: 17 g

Fiber: 7 g

Protein: 23 g

## Core Food Plan

(per serving):

Proteins: 2

Fats & Oils: 3.5

Non-Starchy Vegetables: 2.5

- 3 tablespoons toasted sesame oil, divided
- ½ pound shrimp, deveined and tails removed
- 2–3 garlic cloves, minced
- ¼ pound fresh shitake mushrooms, stems discarded, caps sliced
- 2–3 tablespoons gluten-free tamari
- ½ pound fresh or frozen broccoli, cut into small florets
- 4 ounces sliced bamboo shoots
- 1 tablespoon grated fresh ginger
- 2 teaspoons sesame seeds
- ½ teaspoon red pepper flakes
- 1 quart water
- 16 ounces shirataki noodles

## Directions

1. In a large skillet or wok over medium heat, heat 2 tablespoons of the sesame oil. Add the shrimp, garlic, shitake mushrooms, and tamari sauce, and cook until the meat is fully cooked (about 4 minutes) stirring often. If the pan becomes too dry, add some water. Remove from wok and set aside.
2. Turn up heat to medium-high. Add the remaining 1 tablespoon of sesame oil to the wok. Add the broccoli, bamboo shoots, ginger, sesame seeds, pepper flakes. Lower heat to medium and stir until the broccoli is crisp-tender (about 4 to 5 minutes).
3. While the broccoli is cooking, bring 1 quart of water to a boil in a large saucepan. Rinse the shirataki noodles in a colander under cold running water for about 15 seconds and drain. Add the noodles to the boiling water and cook for 3 minutes. Drain the noodles and transfer to the wok with the vegetables. Add the shrimp, mushroom, and garlic mixture to the noodles and vegetables. Stir over medium-high heat for another 2 minutes to heat through.

**Tips:** Quality shrimp comes from sustainable sourcing that limits catching of other species of fish. Best picks: Pink Shrimp from Oregon, Spotted Prawns from British Columbia or Pacific Northwest, and Gulf Shrimp from the Gulf of Mexico.

---

# Slow Cooker Buffalo Brisket

Makes 8 servings (1 serving ≈ 4 ½ ounces)

## Nutrition

(per serving):

Calories: 177

Fat: 3 g

Saturated Fat: 1 g

Cholesterol: 87 mg

Sodium: 210 mg

Carbohydrate: 1 g

Fiber: 0 g

Protein: 37 g

## Core Food Plan

(per serving):

Proteins: 3

- 1 teaspoon olive oil
- 3 pounds buffalo brisket
- 1 small onion, diced
- 1 large clove garlic, minced
- 1 teaspoon dried basil
- ½ teaspoon sea salt
- ½ teaspoon black pepper
- 2 cups chicken broth
- 1 cup water

## Directions

1. Lightly coat the inside of a slow cooker with olive oil. Place the buffalo meat in the bottom.
2. Sprinkle the meat with the onion, garlic, basil, salt, and pepper. Pour the chicken broth and water on top.
3. Cover the slow cooker and cook until tender for 6–8 hours on low/medium heat, basting occasionally.

**Tip:** Can be served hot on top of shirataki noodles.

# Slow Cooker Chicken Curry

Makes 8 servings (1 serving ≈ 2 thighs with ½ cup sauce)

## Nutrition

(per serving):

Calories: 342

Fat: 19 g

Saturated Fat: 12 g

Cholesterol: 134 mg

Sodium: 397 mg

Carbohydrate: 14 g

Fiber: 3 g

Protein: 32 g

## Core Food Plan

(per serving):

Proteins: 3.5

Fats & Oils: 1.5

Non-Starchy Vegetables: 3

- 2½ pounds boneless, skinless chicken thighs, trimmed
- 2 medium onions, halved and thinly sliced
- 6 garlic cloves, minced
- 12 thin slices peeled fresh ginger (about 1 ounce)
- 2 tablespoons curry powder
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon sea salt
- 4 cups packed thinly sliced kale or spinach
- 16-ounce package frozen petite green beans
- 2 cups full-fat canned unsweetened coconut milk
- ¼ cup fresh cilantro leaves (optional)

## Directions

1. In a 5-quart slow cooker, toss chicken with onion, garlic, ginger, curry powder, coriander, and cumin to coat. Season with sea salt.
2. Cover and cook on medium high setting until chicken is fork-tender, about 4–5 hours (do not uncover while cooking).
3. Stir in kale, green beans, and coconut milk. Cover and cook until kale is softened, about 20 minutes. Transfer chicken to a large bowl and shred with fork. Return to pot; toss with sauce.
4. Before serving, garnish with fresh cilantro leaves, if desired.

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# Spring Vegetable Salad

Makes 8 servings (1 serving ≈ ½ cup)

## Nutrition

(per serving):

Calories: 113

Fat: 9 g

Saturated Fat: 1 g

Cholesterol: 0 mg

Sodium: 123 mg

Carbohydrate: 7 g

Fiber: 3 g

Protein: 3 g

## Core Food Plan

(per serving):

Fats & Oils: 2

Non-Starchy Vegetables: 1

- 2½ tablespoons fresh lemon juice
- 3 tablespoons extra-virgin olive oil
- 1 clove garlic, crushed
- ½ teaspoon sea salt
- ½ teaspoon black pepper
- 1 pound asparagus
- 1 cup fresh or frozen peas
- ½ English cucumber, cut into fourths and sliced (unpeeled)
- 3 scallions, sliced, white part only
- 1 ripe avocado, diced in 1-inch cubes

## Directions

1. Combine lemon juice, oil, garlic, salt, and pepper in a jar and shake vigorously. Set aside.
2. Snap ends off asparagus and slice 1-inch pieces diagonally. Blanch for 3 minutes in boiling water, pour into strainer, and run under cold water. Set aside. Blanch peas for 10–30 seconds and rinse with cold water.
3. Combine veggies in a bowl. Shake dressing and toss into salad. Add avocado right before serving.

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# Tamari Green Tea Hard-Boiled Eggs

Makes 2 servings

## Nutrition

(per serving):

Calories: 172

Fat: 10 g

Saturated Fat: 3 g

Cholesterol: 424 mg

Sodium: 1120 mg

Carbohydrate: 5 g

Fiber: 2 g

Protein: 15 g

## Core Food Plan

(per serving):

Proteins: 2

Fats & Oils: 1

- 4 hard-boiled eggs
- ¼ cup low-sodium, gluten-free tamari
- ¼ cup rice wine vinegar
- ¼ cup brewed green tea

## Directions

1. Make the hard-boiled eggs: Place the eggs in a pot and cover them with at least an inch of cold water. Bring the water to a boil, turn off the heat, cover the pot, and let the eggs sit for 7 to 10 minutes. For a slightly-soft-in-the-middle yolk, cook for 7 minutes. If you like your yolk firmly cooked, let the egg sit for 10 minutes. Pour out the hot water and run the eggs under cold water until cooled. Peel after the eggs are completely cooled.
2. In a small bowl, combine tamari, vinegar and brewed green tea. Place in a saucepan and bring to a simmer over medium heat. Add hard-boiled eggs and use a spoon to roll them around in the mixture until the eggs are a uniform cappuccino-brown color.
3. Remove the eggs from the pot and let cool slightly before eating.

**Tips:** After purchasing the eggs, keep them in the refrigerator for at least a week; older eggs are much easier to peel after being hard-boiled. The prepared eggs will keep in the refrigerator for 1–2 days.

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# Turkey Avocado Wrap

Makes 1 serving

## Nutrition

(per serving):

Calories: 647

Fat: 57 g

Saturated Fat: 26 g

Cholesterol: 259 mg

Sodium: 708 mg

Carbohydrate: 16 g

Fiber: 8 g

Protein: 26 g

## Core Food Plan

(per serving):

Proteins: 3

Nuts & Seeds: 1.5

Fats & Oils: 8.5

Non-Starchy Vegetables: 1.5

- 1 Flax Wrap (see page 19)
- 1 tablespoon Dijon mustard or wasabi mayonnaise
- 3 deli slices roast turkey
- 1 slice Swiss cheese
- ¼ cup bean sprouts
- ¼ avocado
- ½ cup baby spinach leaves or shredded lettuce

## Directions

1. Place mayonnaise or mustard in the middle of the flaxseed wrap and spread it in a line from one end of the wrap to the other.
2. Add remaining ingredients and roll up to form a wrap.

**Dairy-free option:** Omit cheese and prepare as directed. Try a cashew cheese or sprinkle with small amount of nutritional yeast to replace the Swiss cheese, if desired. Note that the nutritional analysis includes cheese.

# Zucchini Mushroom Pasta

Makes 2 servings

## Nutrition

(per serving):

Calories: 464

Fat: 41 g

Saturated Fat: 9 g

Cholesterol: 17 mg

Sodium: 638 mg

Carbohydrate: 14 g

Fiber: 4 g

Protein: 14 g

## Core Food Plan

(per serving):

Proteins: 1

Fats & Oils: 7.5

Non-Starchy Vegetables: 3

- 1 pound zucchini
- 3–4 tablespoons extra-virgin olive oil
- 8–10 baby bella or crimini mushrooms, sliced
- 2–3 garlic cloves, minced
- 2 tablespoons chopped fresh basil
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper
- ¼ cup store-bought basil pesto (dairy free)
- ¼ cup grated Parmesan cheese

## Directions

1. Peel zucchini using vegetable peeler. Cut lengthwise into ribbons using the vegetable peeler until you reach the seed core.
2. In a large skillet over medium heat, heat 2 tablespoons of the oil. Add the mushrooms and garlic and cook for 2–3 minutes.
3. Add the zucchini strands to the skillet and cook until the zucchini softens (5 minutes or less). Add the basil, sea salt, and pepper.
4. Gently toss zucchini mixture with pesto and sprinkle with Parmesan cheese.

**Tips:** Consider purchasing a spiral cutter for processing the zucchini into long shreds that mimic spaghetti. Reserve the zucchini's seed core for another use, such as chopped and added to a salad.

**Dairy-free option:** Omit parmesan cheese and prepare as directed. Substitute a cashew or almond cheese if desired. Note that the nutritional analysis is calculated with dairy ingredients included.



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