

# ANTI-AGING

## Superfood Recipes

*Delicious youth-enhancing recipes to FIGHT aging*



By Mike Geary & Catherine Ebeling RN, BSN

# ***The Anti Aging Superfoods Recipes***

## ***Delicious Youth-Enhancing Recipes to FIGHT Aging***

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# INTRODUCTION

## Eating to Reverse the AGING Process



Eating a healthy anti-aging diet does not have to be boring or repetitive. While you may think making the change to a natural, clean way of eating leaves you with limited choices, in reality, there is actually an overwhelming amount of delicious healthy, choices.

Eating anti-aging foods does not mean eating the same tasteless skinless chicken breast night after night, avoiding all the “good stuff”, and constantly wishing for something more satisfying. Eating for your health can actually mean eating satisfying and delicious foods and we’ll show you how in this recipe book!

The best way to do this is by following a diet similar to our ancestors, even as far back as our Paleolithic ancestors. Rich, nutrient-dense foods like grass-fed, naturally raised meats, wild caught fishes, raw dairy, and plenty of healthy, satisfying fats like grass fed butter, extra virgin olive oil, avocados, nuts, nut butters and extra virgin coconut oil can even be part of your delicious anti-aging nutrition plan.

The best diet consists of fresh, unprocessed foods with ingredients you can recognize; raised or grown as naturally as possible.

This is a 'REAL food' diet. REAL food that is REALLY good for your body and your mind.

It's time to eliminate those fake, processed "diet" convenience foods: frozen, packaged, processed "weight loss" dinners, artificial sweeteners, sugar-laden yogurt, processed 'energy bars', soy products, fake meat products (usually made with processed soy), diet shakes, and more. These items are not real food. This is artificial food that is fooling you and your body, and adversely affecting your hormones and internal biochemistry. This food usually ends up making you addicted to it, gain weight and feel terrible, so don't be fooled.

Real food is usually one ingredient, or a combination of one-ingredient foods. The way nature made it. Think of it—an apple has only one ingredient. Nuts have one ingredient. Grass fed meat has one ingredient. Vegetables, one ingredient. And of course, fruits, seeds, and eggs too. And then you also have healthy foods such as guacamole, which are combinations of one-ingredient foods.

But while these natural foods contain only one ingredient, they are actually jam-packed with thousands of vital nutrients your body needs and craves. And when you feed your body what it really craves--real nutrition—your cravings for junk food go away. So does your constant hunger. You feel satisfied.

Your body has what it needs and doesn't have to store unnecessary and unusable food calories as fat. It uses what you eat for energy, health, and rebuilding your cells in stronger and better ways. You will notice that when you eat this way, you actually have more energy and feel great. Your immune system functions well, you don't get sick as often, and chronic health problems may totally disappear.

You look younger. You feel younger. You ARE younger, physiologically.

Consider this: You may think you are eating nutritious foods like whole wheat bread, whole grain pasta, whole grain crackers, etc. Really, though, these foods are mostly empty calories. Yes, even if the label says "whole wheat" or "whole grain".

Even "whole grain" foods are high glycemic carbohydrates generally, and they cause your body to secrete insulin to get your blood sugar under control, and you quickly become hungry again, while you store those calories as fat on your body. That's insulin's job. It signals your cells to store fat. And empty calories from high glycemic, processed carbohydrates stimulate insulin.

Raising your blood sugar too high and too often leads to formation AGE's (advanced glycation end products) inside your body, contributing to inflammation, oxidation, and chronic disease and accelerated aging.

Our bodies, our brains, and our appetites are smart--if all the foods you eat are what I call 'superfoods', (foods that are super high in nutrition) you won't crave foods you don't need. And you won't eat calories you don't need. And you won't be storing what you eat as fat; you will be using it for energy--as long as you keep your blood sugar and insulin levels stable.

So eating to fight aging, means you are also eating for a leaner, younger body as well. A better fat-burning machine—just like when you were younger.

Each recipe in this book is not only very nutritious, but the recipes mostly contain foods that are virtual 'superfoods'. Superfoods are those foods that contain the highest concentrations of anti-aging vitamins, minerals, anti-inflammatory ingredients, antioxidants and other nutrients such as 'phytochemicals' that make them, bite for bite, the most nutritious foods you can possibly eat.

These spectacular foods, spices and herbs are almost medicinal in their ability to burn fat, increase muscle, keep you looking and feeling young, strengthen the immune system, fight cancer, help mental concentration and mood, make your heart healthy, your breathing better, help you sleep more restfully, see better, and feel great—all over.

This is NOT dieting, this is a healthy, lean lifestyle with delicious recipes for meals and snacks you can eat day after day, and never feel deprived, or that you are missing out on delicious, satisfying food. This is delicious, satisfying food.

You probably already know about the amazing health benefits of antioxidant-rich foods in your diet. Antioxidants contain free-radical fighting phytochemicals that not only help you look and feel younger by slowing down the aging process, but they are incredibly protective of your overall health as well.

Antioxidants fight the effects of aging—not only wrinkles and saggy skin, but the serious chronic disease of: cancer, heart disease, diabetes, and many other degenerative diseases, as well as common colds and flu.



Antioxidants help your body recover from exercise faster and easier, and that means you will build more muscle and burn more fat in the long run. Antioxidants also help speed up your metabolism in many cases, helping your cells release more energy, as you burn fat. So antioxidants become one of the most powerful weapons in the fight against aging.

I have included lots of great antioxidant-rich foods in this book such as deeply colorful vegetables, numerous types of berries, nuts, seeds, sweet potatoes, squash, dark chocolate, and plenty of herbs and spices, all combined in new and exciting ways that you will love.

Besides the antioxidant, fat burning power in these recipes, there are literally thousands of other beneficial ‘phytochemicals’ (plant-based, health-boosting natural chemical

compounds), that not only burn fat and give you more energy, but they fight disease, and contribute to your health in an infinite number of ways.

These recipes contain combinations of the best REAL one-ingredient foods, herbs and spices to make the most delicious meals and snacks you have ever had. Nothing is processed, artificial or bad for you.

In most every recipe, you will see information about one or more of the main ingredients—so you can learn what these super-powered foods can do for your health.

You can be confident that every bite of every recipe is packed with the healthiest nutrition, and metabolism-boosting, fat burning energy—delicious tasting, and good for your mind and body in a hundred different ways.

I hope you enjoy making these wonderful dishes and sharing them with loved ones, friends, and family.

## A Few Words About Food Allergies (from Catherine)

I have several food allergies, so over the years, I have learned how to adapt many recipes to be gluten-free, corn-free, and dairy and soy-free. Besides the fact that most of these foods are at the top of the list of most frequent food allergies, it's best for anyone to avoid wheat, corn, and soy for various health reasons. Despite what the multi-billion dollar soy/corn/wheat marketing machine will try to have you believe, these 3 foods are in no way "required" in the human diet, nor are they optimal nutrition in any way.



Gluten is a substance that is part of wheat, barley, and rye grains and can often cause stomach upset, bloating, gas, nutritional deficiencies, and chronic inflammation. And if even you do not have full-blown celiac disease, you may still be sensitive to the gluten in grains, as some sources estimate that almost a third of the population has some degree of gluten sensitivity.

Many people do not even know they may have a sensitivity to gluten, but find they feel much better without it. And, the best part is, people often lose weight (or gain if they are underweight) very quickly as soon as gluten is taken out of their diets. So, you will find that most of these recipes are in fact, gluten-free, or have a gluten-free option.

### What about Corn and Soy?

Corn should be avoided in all forms, at all costs! Corn is not only usually genetically modified, but also contains its own natural toxins and nutrient-blocking ingredients (antinutrients). Corn has a direct effect on blood sugar and insulin and is a primary contributor to weight gain. Corn is also a very irritating allergen, and is one of the most common food allergies.



Note that we're not talking about an occasional corn on the cob here... we're talking about avoiding corn chips, corn cereals, corn syrup, corn oil, and all of the other corn ingredients that have penetrated the modern food supply due to the economics of government subsidized corn.

Soy is another crop that the majority is genetically modified, full of toxic substances as well as hormone-disrupting phytochemicals. Soy's phytoestrogens and xenoestrogens (which most people that defend soy are not talking about) can screw up your own

natural hormone balance, and even cause some men to start developing hormonal problems such as “man boobs”, low testosterone, impotence and more.



Soy can also have negative effects on your thyroid when eaten excessively, which could cause hypothyroid (low thyroid) symptoms, including weight gain and fatigue.



And soy contains anti-nutrients that actually block the body’s ability to use important nutrients like zinc and iron, leaving you with deficiencies.



What about dairy products? Personally, I am allergic to pasteurized, processed dairy products, as are many other people. Pasteurized dairy in fact, is one of the most common food sensitivities or allergies, even though some people may be eating or drinking it every day and not know they have an intolerance to it.

Vital nutrients, such as some vitamins, minerals and natural enzymes are destroyed in pasteurized milk. So that white liquid you are buying from the grocery store is loaded with unnatural hormones, antibiotics and other chemicals, and not the nutritious, wholesome food you thought it was.

However, RAW grass-fed dairy is another story. Many people who have an intolerance to regular dairy do not see the same digestive issues with raw dairy. Raw dairy from a clean, local grass-fed dairy is often safer, and cleaner than the pasteurized product you see on your grocery store shelves. Remember that e-coli generally only develops in grain-fed cows, and is very rare in healthy grass-fed cows.

Raw dairy contains all the healthy enzymes, minerals, vitamins and beneficial bacteria that are missing from pasteurized milk allowing it to be digested easier.

Raw WHOLE dairy, that includes all the healthy fats, contains a very important type of fat-burning, health-protective fat called CLA, or conjugated linoleic acid. And if it's grass fed milk, you get up to five times as much of this healthy fat, along with more omega 3 fats, and a very important vitamin, vitamin K2, which cannot be found in anything other than the milk of grass fed animals. Vitamin K2 is actually vital for healthy bones and teeth.

If you like to drink milk or eat cheese, it's your choice to decide if you want to seek out raw sources and grass fed to get as many of the valuable nutrients and healthy fats as possible.

**Note:** You're probably aware of the controversy in recent years about raw milk. The government tries to vilify raw milk and claim that it is "dangerous", despite humans using this nutritious food source for thousands of years, and the fact that milk from grass-fed cows is generally MUCH safer and healthier than grain-fed milk. On a personal note, I've been drinking raw milk for over 10 years, and my family and I have NEVER once gotten sick, despite the government claiming it's "dangerous". If you eat dairy at all, ultimately, it's up to you to research and decide for yourself if you want to go the nutritious route of raw milk vs conventional pasteurized milk at most stores. Go to [realmilk.com](http://realmilk.com) to see more info about raw milk and also find locations to obtain it.

Most of these recipes are dairy-free or dairy optional, so if you avoid dairy, you will still be able to enjoy all the great-tasting dishes, without missing a thing!

## Quick and Easy Recipes

We aren't all master chefs and we don't want to spend hours slaving away in the kitchen, so you will find that most of these recipes are quick and easy. Most of us just don't have time to prepare food for hours on end, but we all like to eat healthy, great tasting food and delicious dishes!

So quick and easy is how these recipes were put together.

When I cook, I don't usually measure ingredients; I have just gotten to a point where I can guess and throw in a little of this and a little of that and it tastes great.

Because some of you may be newer to cooking than I am, or just unfamiliar with the recipes; I did put measurements in most of the recipes (and for those who are not in the United States, hopefully you can convert the measurements).

But, since everyone's tastes are different, feel free to change or 'tweak' the recipes as much as you want to taste the way you want them to taste. Often, that's half the fun of a new recipe—adapting it to the way you like best.

## Some Important Info about Herbs and Spices...



Don't be intimidated when you see lots of ingredients in a recipe--most of the time, many of those ingredients are just herbs and spices. I love *lots* of herbs and spices in recipes! While many of these seasonings are optional, I recommend that you add as much as you can.

Why?

Every time you flavor your meals with herbs or spices you are supercharging your food without adding a single calorie. You can transform something ordinary and bland into something truly extraordinary, by adding herbs and spices.

Did you know that herbs and spices contain some of the most potent antioxidants of any food? In fact, many herbs and spices rank even higher in antioxidant activity than many fruits and vegetables, which are obviously very high in antioxidants too.

Herbs and spices add tons of extra flavor, and when combined with other foods, they actually boost the natural antioxidant and anti-inflammatory power of the food.

***In fact, the combination of certain herbs and spices with specific foods magnifies the antioxidant, anti-inflammatory, and nutrient value exponentially!***

Besides antioxidants, here are some of the other ways herbs and spices are a valuable addition to your diet:

**Fat Burning** - Herbs and spices are ***thermogenic***, which means they naturally help to increase metabolism, partly because they are so nutrient-dense. Some spices are also good at regulating blood sugar and controlling insulin. When your blood sugar is well controlled, you are more likely to burn fat and store calories as excess weight.

**Many spices and herbs actually have medicinal value**— Scientific studies show that herbs and spices can actually work as well or better than some medications for certain health issues. (But check with your physician to be sure they don't interfere with any medications you are taking—and always check with your doctor before you quit any of your current medications.)

Some ways that spices can work as well as medications:

- One study of people with Type 2 Diabetes showed that as little as two teaspoons of cinnamon a day significantly reduced blood sugar levels, almost as well as insulin, and lowered LDL cholesterol and triglyceride levels.
- Researchers found that the active ingredient in turmeric (curcumin) is more effective slowing down the development of Alzheimer's than some medications used for this condition. Alzheimer's symptoms caused by inflammation and oxidation are eased by curcumin's powerful antioxidant and anti-inflammatory properties. A compound in this spice also speeds up the recovery time from strokes, and curcumin has also been proven as effective as ibuprofen for treating pain and inflammation.
- A recent medical report showed that saffron may be highly effective against liver cancer, by inhibiting growth and multiplication of cancer cells and stimulating the death of liver tumor cells.
- Researchers at Penn State reported that adding two tablespoons of a spice mixture (rosemary, oregano, cinnamon, turmeric, black pepper, cloves and garlic) to meals cut triglycerides by as much as 30%.
- Studies have shown that just 1 gram of ginger before surgery is as effective or more effective than standard anti-nausea medication following surgery.
- Cumin can stimulate digestive enzymes and help break down nutrients, so they are utilized by the body better. Cumin seeds have a unique ability to keep blood glucose in check. Researchers compared the effects of cumin and a commonly

used diabetic drug and found that the cumin worked as well as the diabetic drug regulating insulin and glycogen, and worked even better than the diabetic drug at protecting the kidneys and pancreas.



Here are some other health benefits of some of the most popular herbs and spices:

- Rosemary and basil are anti-inflammatory.
- Cumin, turmeric, and sage fight dementia.
- Cayenne, coriander and cinnamon help to regulate insulin and burn fat.
- Lemon grass, nutmeg, bay leaves and saffron have a calming effect.
- Turmeric fights cancer and helps prevent Alzheimer's disease.
- Oregano is anti-fungal and antibacterial.
- Garlic, mustard seed and chicory are excellent for the heart.
- Basil and thyme help your skin become softer and smoother.
- Turmeric, garlic, basil, cinnamon, thyme, saffron, garlic and ginger boost the immune system.
- Coriander, rosemary, cayenne, allspice and black pepper help banish depression.

These spices contain the most antioxidants and super-nutrients, so use them often and liberally!

- Turmeric
- Basil
- Cumin
- Cayenne or hot pepper flakes
- Cloves
- Cinnamon or its cousin Cassia (which is what is used most often in the U.S. for cinnamon)
- Nutmeg
- Oregano
- Ginger
- Marjoram
- Sage
- Thyme

Enjoy, and spice up your life a bit!

## Basic Ingredients to Keep On Hand

While this list does not include everything, the following is a list of the ingredients that are used most often in the recipes. These are great ingredients to keep on hand as much as possible to use in a variety of dishes and recipes. You may soon find that you are using these ingredients in many of your favorite meals and snacks. And remember, good high quality ingredients make great tasting dishes!

- ☐ Sea salt
- ☐ Fresh ground pepper
- ☐ Organic soy sauce
- ☐ Fresh garlic
- ☐ Fresh ginger
- ☐ Extra virgin olive oil
- ☐ Organic virgin coconut oil
- ☐ Fresh grass fed butter
- ☐ Grass fed beef
- ☐ Organic free range eggs
- ☐ Fresh lemons
- ☐ Fresh limes
- ☐ Grass fed raw cheese
- ☐ Frank's Redhot sauce or Tabasco sauce
- ☐ Fresh cilantro
- ☐ Fresh parsley
- ☐ (Fresh or dried) Oregano
- ☐ (Fresh or dried) Basil
- ☐ Turmeric
- ☐ Curry
- ☐ Red pepper flakes
- ☐ Organic brown rice flour, almond meal, and/or coconut flour

## WHAT'S FOR BREAKFAST?



Breakfast is truly an important meal and a great way to start your day.

Breakfast actually jumpstarts your metabolism, fires up your brain and gives you fuel to face the day full of energy. Don't miss this opportunity to supercharge your day with essential nutrients.

Studies show in comparing breakfast eaters with breakfast skippers, the *breakfast eaters lost more weight, lost more body fat and were less likely to eat junky, high calorie lunches or snacks.*

***The best nutrient-filled, fat burning, hunger-fighting breakfasts contain protein and healthy fats.***

What if you want to eliminate wheat, grains and dairy?

Many of us have been programmed into thinking that breakfast primarily comes from two food groups—grains and dairy. But there are better choices than a bagel, a muffin, or a bowl of hot or cold cereal.

If you are left scratching your head looking for a quick, filling, healthy breakfast, here are some alternative ideas to start your day:

- An egg, pan-fried, poached, boiled or scrambled in some grass fed butter, is a quick and easy option. If you are on the run, wrap the egg in a brown rice tortilla or a slice of whole grain gluten free toast. Add in an avocado slice or two, a couple slices of natural bacon, or sausage (no nitrates/nitrites) for a delicious egg sandwich. Or throw in a few veggies for a veggie scramble.
- A sliced apple with peanut butter, almond butter or other nut butters. This is one of my favorite quick and easy, light and healthy breakfasts.
- A bowl of berries or other fruit, a handful of nuts, and maybe a couple slices of raw cheese. Antioxidants, protein, healthy fat and fiber all in one healthy meal. Not bad!
- Want to make something a little more elaborate and filling? Try some coconut flour pancakes (see recipe). You can even omit the butter and syrup and just use them as a wrap for eggs and bacon, or throw in some fruit and nut butter for a healthy nut butter sandwich.
- A yummy, fresh (or frozen) berry smoothie is a great breakfast choice as well. Throw a cup or two of berries into a blender; add a banana, a few ice cubes, a cup or so of hemp milk, coconut milk, almond milk, coconut juice, cherry juice or OJ, protein powder or a clean raw egg, and blend.



Other ingredients you can add to smoothies to supercharge them and rev up their nutritional punch:

- Fresh or frozen cranberries (very high in antioxidants)
- Cold processed grass fed whey protein
- Extra virgin coconut oil
- Unsweetened coconut flakes
- Flax or chia seeds
- A handful of raw nuts
- Half an avocado
- Fresh or frozen kale, organic spinach, or swiss chard
- Parsley, or other dark green leafy vegetables to really rev up the nutritional punch. (Don't worry, you can't taste the green stuff, it just blends in!)

## Heuvos Rancheros



This recipe gets the added health benefits of cilantro, avocado and tomatoes, along with the eggs.

Cilantro contains both antibacterial and anti-viral compounds that fight off food poisoning, and viruses like cold and flu germs. It also aids in the digestive process by helping to stimulate digestive enzymes.

Cilantro is a natural anti-inflammatory and helps to alleviate the symptoms of arthritis, controls blood sugar, and helps to reduce free radical damage, and is full of vitamin K, which helps to prevent bruising and excessive bleeding and also aids the bones and teeth. Cilantro is highly effective in removing harmful heavy metals like mercury, aluminum, and lead from the body.

Tomatoes add their own healthy dose of antioxidants, primarily lycopene, which is a known cancer-fighter, and vitamin C, as well as beta-carotene, plus manganese, and vitamin E.

The avocado is full of healthy monounsaturated fats, which actually help to keep blood sugar stable, and to turn on the body's fat burning ability for the day. You are more satisfied--and you burn fat better all day with the addition of avocado to your breakfast.

## **Ingredients**

1 Tbsp of grass fed butter  
1 small can mild green chili peppers, chopped  
1 14 oz can black beans, drained  
½ cup grated raw grass fed cheese (optional)  
1 small chopped tomato or fresh salsa (you can purchase fresh salsa at grocery store)  
Juice of one lime  
Handful of cilantro leaves, chopped  
Sliced avocado  
4 eggs  
Sea salt and fresh black pepper  
4 brown rice or sprouted wheat tortillas (optional)

## **Directions**

Melt butter in skillet over medium heat and fry eggs sunny side up or over easy in grass fed butter. In another small pan, add beans and green chilies and heat up until warm.

Layer tortilla, beans, and eggs; top with a sprinkle of grated cheese if desired, and a big spoonful of salsa, a few slices of avocado and a generous amount of chopped cilantro.  
Serves 2-4.

## Spicy Veggie Egg Scramble with Turmeric



Here is a delicious way to incorporate turmeric, an amazing superfood spice into your meals. Turmeric has been used in India for thousands of years not only as a spice for food, but also as a medicine. Turmeric has a mild flavor and blends well with lots of foods.

Turmeric has some of the world's most powerful fat burning and healing qualities of any food or spice on the planet! It is a potent antioxidant, anti-inflammatory, and anti-bacterial substance, and also useful to aid digestion, fevers, infections, liver and gall bladder problems, and arthritis. It is also very effective to prevent heart disease, and help prevent or slow the progression of Alzheimer's disease.

Turmeric helps to digest fats by stimulating the flow of bile in the gall bladder and therefore is very effective as a digestive aid, and as a fat burning compound. Studies also show it reduces the inflammation from Irritable Bowel Syndrome (IBS), ulcerative colitis, and Crohn's disease.

Turmeric is a powerful weapon against cancer cells as well. Research shows that this super spice can actually prevent cancer tumors from growing and for those with cancer, turmeric slows the growth and spread of cancer cells. The best news is that turmeric is best absorbed by your body when eaten with a food that contains fats, so it's a perfect addition to eggs!

**Ingredients**

2-4 organic eggs

1 onion, chopped

Zucchini, asparagus, summer squash, mushrooms, red or green pepper, etc., chopped in small pieces

½ tsp to 1 tsp turmeric and chili powder

Chopped tomato

1 Tbsp grass fed butter or coconut oil

**Directions**

In a skillet: brown onions, and other veggies in coconut oil or grass fed butter, then add in equal amounts of turmeric and chili powder, stir in a diced tomato and just heat through—don't let the tomato cook very long or it turns to mush.

Turn down heat, and toss eggs into the pan and stir it around for a minute or two to let the eggs cook with the veggies. Go out there and rule the day with this power breakfast! Serves 2-4.

## Spinach-Egg Mini Quiche Cups



This is a great meal to make ahead and keep on hand in the fridge for a fast, healthy, high protein, low glycemic, fat burning meal or snack. Be sure and use all the egg yolks as well as the whites, because the yolks contain most of the healthy fats, vitamins, minerals and nutrients.

You can add virtually any type of vegetable to this, just cut up in smaller pieces. Any way you go, you will be adding powerful antioxidants and vitamins and minerals. Try spinach or kale, chopped mushrooms, sweet red peppers, asparagus, or zucchini.

### **Ingredients**

6 large eggs, beaten

1 small package of frozen organic spinach

½ cup of chopped red pepper, asparagus, or other vegetable

½ cup or so of shredded raw, grass fed cheese (optional)

¼ cup of minced onion

Dash of Tabasco, or other hot sauce, or red pepper flakes

Sea salt

1 - 2 slices of natural, nitrite/nitrate free ham, sausage or bacon if desired, diced

Muffin pan sprayed with nonstick cooking oil for 12 servings

**Directions**

Heat oven to 350 degrees F. Spray muffin pan with cooking spray. Thaw and drain the spinach. You can wring out the spinach with your hand and get most of the excess liquid out of it.

Mix all ingredients in with beaten eggs, and pour into muffin cups. Bake in 350 degree oven for 20 minutes, or when a knife inserted comes out clean. Cool and serve.

Can be refrigerated and re-warmed in a pan (low heat with lid on) to reheat. Great topped with fresh salsa and avocados! Makes 12.

## Coconut Flour Pancakes



Coconut flour is a great gluten free flour substitute that is low-glycemic, low carb, high in fiber and high in nutrition. It has fewer digestible carbs than other flours, and it even has fewer carbs than some vegetables!

Coconut Flour has one of the highest percentages of dietary fiber (58%) found in any flour. Even wheat bran is only 27% fiber, and wheat bran also has the health issues associated with gluten and other anti-nutrients.

Coconut flour is a healthy and delicious alternative for most anyone who is allergic to nuts, wheat, milk or other common foods that trigger sensitivities. Because so few people are allergic to coconut, it is often regarded as hypoallergenic.

Spread some grass fed butter on these pancakes with a small amount of real maple syrup and berries; wrap up some bacon and eggs for a tasty breakfast burrito; top with cut up fresh fruit for a delicious fruit tart, or just eat them plain. These things are incredibly easy to make and incredibly tasty!

**Ingredients:**

4-5 eggs  
¼ to 1/3 cup coconut flour  
1/4 tsp vanilla extract  
1 pinch nutmeg  
1 tsp cinnamon (or more if you like)  
1 pinch salt  
1 Tbsp honey  
1/4 to 1/3 cup coconut milk (full fat)  
Pecans or walnuts (optional)  
Blueberries (optional)

**Directions**

Mix these ingredients and let them sit for five minutes. Add more coconut milk if you find batter is too thick. Add coconut oil or butter to a pan and heat over medium heat. Pour about a ¼ cup of batter for each pancake, allowing each side to brown before flipping it. Serves 2-4.

If you want some healthy and delicious additions to your pancakes, add a few blueberries, crushed pecans, or walnut pieces immediately after pouring the batter in the pan.

Instead of using all coconut flour, you can also experiment with using half coconut flour and half almond flour, which makes a very balanced flavor in my opinion.

## SOUPS



Soups are an excellent way of getting health-rich herbs and spices into your diet. Many of the herbs and spices, as you may already know, have medicinal properties and are super antioxidants, so adding them in to your soups is another great way to pack your diet with more nutrition.

Soups are known to heal, nourish and soothe, and are the ideal 'comfort' food. Making soup is pretty easy to do, and is not an exact science. Once you have an idea of the ingredients and the amounts, you can ad-lib and make your own variations of each recipe, according your individual tastes and preferences.

And don't forget to supercharge your soups with: bok choy, kale, mustard greens, spinach, collard greens, Swiss chard, and other great greens. These dark green leafy vegetables are some of the most nutrient-dense foods on earth! So adding these greens to your soup recipes whenever you can is a great way to get even more high-powered nutrition.

Try this a great idea from my friend Mike Geary, the next time you are making soup:

Take a handful of greens, in any combination (kale, mustard greens, etc), and throw them whole into the broth of soups that you are cooking. After they've simmered for a while, remove them and throw into a blender. Blend until smooth and pour back into

the soup.

Even if you are not crazy about eating these greens on their own, when they are pureed and blended into soup, they add a delicious texture and also add TONS of nutrients to your soup.

And, since the greens are pureed in the blender, your body is able to absorb the vitamins and minerals more easily, as the pureed greens are easier for your body to fully digest and assimilate. Try this with the kiddos too--this is a way for you to sneak more greens into your kids meals without them even knowing you added them!

## White Chicken Chili



A delicious variation of regular chili that is lighter and uses chicken instead of beef. This recipe tastes especially good with generous amounts of cumin and when you see the health benefits of cumin, you will enjoy its taste even more!

Cumin seeds stimulate the secretion of pancreatic enzymes which are necessary for optimal digestion of proteins, fats and carbohydrates, and helping the body use the nutrients in the food you eat. Cumin seeds also have anti-cancer properties as well. In one study, cumin was shown to protect against stomach or liver tumors.

Cumin, like cinnamon, helps keep blood sugar levels stable, which means cumin is great for diabetics or pre-diabetics, and it means less chance of weight gain and excess body fat. Cumin has been proven to work as well as some commonly used diabetic drugs at regulating insulin and glycogen. Cumin is also a very good source of iron, vitamin C and vitamin A, which benefit the immune system.

Add cumin liberally to this recipe!

**Ingredients**

2 lbs. organic chicken breasts, or boneless skinless thigh meat  
1-2 Tbsp extra virgin olive oil  
2 cloves of garlic, minced  
2 cans white beans  
2 medium onions, diced  
1 small can mild green chili peppers, chopped  
1 cup chopped fresh cilantro  
2 cups chicken stock or more or less to taste  
2-4 tsp cumin powder  
1 tsp chili powder  
Sea salt and pepper  
Red pepper flakes, if desired

**Directions**

Cook chicken in large soup pan in extra virgin olive oil with garlic and onions.  
Remove the chicken from the pan and allow it to cool.

When cool, shred with a fork. Add all ingredients to a large pan and simmer over medium low heat. Cook for about 30 minutes or more, stirring occasionally.

Garnish with a dollop of avocado slices, organic sour cream, organic grass fed cheese, and a generous handful of cilantro—or all of the above. Serves 4 or more.

## The Best (Unbelievably Healthy) Chili



I like to add some unexpected ingredients into my chili recipe, not only for a taste sensation, but to increase the nutrient and antioxidant punch. People always rave about this chili—it's a proven crowd pleaser. You can adjust the seasonings for a milder or spicier version. I like LOTS of seasoning!

This chili is similar to a Cincinnati-style chili and the added spices and 'secret ingredients' add a massive amount of healthy, fat burning antioxidants.

The cumin stimulates pancreatic enzymes helping your digestion. Cumin also contains iron--and it has powerful antioxidant properties as well. And newest research shows that cumin may have a unique power to keep blood glucose in check, adding to its fat burning potential.

Oregano contains thymol and rosmarinic that are also very potent antioxidants. So potent that it has 42 times more antioxidant activity than apples, 30 times more than potatoes, 12 times more than oranges and 4 times more than blueberries. Oregano also has anti-bacterial properties, as well as providing vitamin K, iron and manganese, an often overlooked but essential trace mineral.

Cinnamon can lower LDL (the bad kind) cholesterol, lowers blood sugar, (which means you stay in fat burning mode!), fights certain types of cancer, and helps prevent harmful blood clots.

Chocolate powder is chock full of flavonoids, which are antioxidants to benefit your heart and your body. It also contains a rich source of magnesium, a mineral the majority of people are deficient in. (Did you know one of the reasons people crave chocolate is because they need magnesium?) The serotonin and other phytochemicals in chocolate also have a calming effect on mood and lift depression.

And the red chili peppers help you burn fat, raise the metabolism, open up the blood vessels, fight inflammation, and lift mood.

On top of all that you have the super healthy fats in the grass fed beef, the lycopene in tomatoes (known for its cancer fighting ability), and the anti-inflammatory and immune strengthening power of the onions and garlic.

So you see—how can you not feel GREAT when you eat this chili?

### **Ingredients**

1 lb of grass fed ground beef, or beef stew meat, chopped in small pieces  
1-2 Tbsp of extra virgin olive oil  
1 medium red onion chopped  
2 or 3 cloves of garlic chopped  
1 small can of mild green chilies, chopped  
2 Tbsp of cumin, or more to taste  
2-4 Tbsp of chili powder  
1 Tbsp of oregano  
1 Tbsp of cinnamon  
2 tsp of unsweetened organic cocoa  
1 can of crushed fire roasted organic tomatoes  
1 to 2 cups of water  
2 14 ounces cans of any combination of kidney beans, black beans or pinto beans  
1-2 Tbsp of Frank's red-hot sauce  
½ to 1 tsp of sugar  
Red pepper flakes to taste (be careful, this gets hotter as it cooks!)  
Sea salt and red pepper flakes to taste

### **Directions**

Brown meat over medium heat and add in onions, garlic, salt, cumin and chili pepper when meat is almost cooked. Add in rest of ingredients, and simmer over low heat, 1-2 hours, stirring occasionally. Adjust seasonings to taste, keeping in mind that red pepper flakes pick up heat and intensity as they cook.

Garnish with grass-fed grated cheese (if you would like), avocado slices and a big handful of chopped cilantro. Serves about 4.

*Note: This is great for leftovers and tastes even better when it's re-heated as a leftover. The flavors and spices all mingle together and become richer and tastier.*

*If you really like your chili served over noodles, try it with spaghetti squash instead, for a gluten free, grain-free version. (Slice a spaghetti squash in half, scrape out seeds and bake, cut side down in ½ " water in shallow pan covered foil, 30-40 minutes in oven at 375 degrees F. Scrape out "spaghetti with a fork.) Voila! Chili Mac the healthy way.*

## Roasted Winter Squash Soup



This simple and easy soup recipe is my own version adapted from Dr. Andrew Weil's "The Healthy Kitchen" cookbook. It's warm, filling and satisfying—the perfect comfort food.

While we sometimes think of squash as a starchy vegetable, it is actually the starchy parts of winter squash that have the most antioxidant, anti-inflammatory, anti-diabetic and insulin-regulating properties.

And winter squash turns out to be one of the BEST sources of beta carotene vitamin A and antioxidant rich carotenoids in your diet!

Squash actually contains 1/3 the recommended amount of vitamin C, and a hefty amount of the mineral manganese, as well as its high fiber content. Squash also contains lots of vitamins B1, B3, B6, pantothenic acid, and folate.

You will absolutely love it! Squash soup is perfect soul-satisfying meal for a chilly autumn day along with an avocado, orange and arugula salad drizzled with extra virgin olive oil and balsamic vinegar.

### **Ingredients**

1 large winter squash (about 2 1/2 pounds), such as butternut or kabucha, peeled, seeded, and cut into 2-inch chunks  
2 medium red onions, peeled and quartered  
3 or 4 cloves garlic, peeled  
2 tart organic Granny Smith apples peeled, cored, and quartered  
2 Tbsp extra virgin olive oil  
Sea salt to taste  
1 tsp chili powder  
Hot pepper flakes, optional  
4 cups vegetable stock or organic free-range chicken stock

### **Garnish**

1 cup pecans, chopped or whole, for garnish  
1 Tbsp butter  
¼ cup sugar  
1 Tbsp cinnamon  
Sea salt  
¼ tsp of cayenne powder

### **Directions**

Preheat oven to 400 degrees F. Toss squash, onions, garlic, and apples in a large bowl with extra virgin olive oil to coat. Season well with salt, hot pepper, and chili powder. Arrange vegetables in a large roasting pan in one layer. Roast in oven, stirring every 10-15 minutes, until vegetables are tender and lightly browned, about 40 minutes.

Meanwhile, in a small skillet over medium heat, add butter, sugar, pecans, salt and spices. Heat and stir until sugar starts to caramelize, but be careful not to let it burn. Remove from pan and cool.

Transfer half the vegetables and 2 cups stock to a food processor or blender; puree until smooth. Repeat with remaining vegetables and broth. Return pureed mixture to pot, thinning soup with additional stock, if necessary. Season with salt if necessary, bring to a simmer over medium-low heat. Serve immediately, garnished with toasted, seasoned pecans. Serves 4.

Or if you love this recipe as much as I do, it may only serve two! ;-)

## The Best Black Bean Soup Recipe, Ever



Okay, so you've heard black beans are good for you? I bet you don't know how nutritionally powerful these little guys can be! The dark color of the beans comes from a potent group of antioxidants called anthocyanins, the same fantastic flavonoids found in nutritional rock stars like blueberries, cranberries, red cabbage, and red beets.

Black beans actually have the highest levels of antioxidants of beans, and as much as the antioxidant-loaded cranberry. A cup of black beans provides half your daily requirement for fiber, helping reduce hunger cravings. They're especially rich in soluble fiber—the kind that helps to lower LDL cholesterol and stabilize blood sugar levels.

Black beans are one of the best sources around for the trace mineral molybdenum. You may not realize it, but this vital mineral is necessary for the metabolism of fats and carbohydrates, protein synthesis, helps our bodies use iron, protects against cancer, prevents anemia, promotes a feeling of general wellbeing, helps to prevent sexual impotence in men, and helps to prevent tooth decay. Whew! That's a lot of good stuff!

Black beans are also a good source of protein, folate (vitamin B6) and magnesium to maintain energy levels.

**Ingredients**

1 ½ cups of black beans rinsed and soaked 6-8 hours or overnight OR  
2 cans of organic black beans, drained and rinsed  
1 small onion, diced  
2 garlic cloves, minced  
Sea salt  
Sprinkle of hot pepper flakes  
2 tsp of cumin  
2 cups of water or chicken stock  
Fresh salsa (I find this in the produce aisle of my grocery store), or you can use the kind that comes in a jar if you can't find the fresh stuff.  
Garnish with fresh cilantro, sliced avocado, and organic sour cream

**Directions**

If using dried beans, rinse beans and soak overnight. Drain the water they are soaked in, and add fresh water, and bring to a boil. Skim off any foam that appears on top. Simmer beans for about an hour or until tender and drain beans. Sauté onions and garlic in extra virgin olive oil in separate pan, then add cooked beans. If using canned beans, add them at this point.

Add other ingredients, and cook an additional 20-30 minutes or more. This soup can be blended in a blender for a creamy, thick texture if desired. Cool soup and blend about half, then add to the rest of the soup. Serve with a dollop of sour cream, avocado slices and cilantro. Serves 4.

## Hearty Vegetable Beef Soup



This is one of those soups you can make in a variety of ways, using whatever fresh ingredients are available and in season at the time. It is chock full of potent antioxidants, phytochemicals, and anti-inflammatory compounds. And it's healthy, warming and delicious!

I try to always use grass fed beef, as it is far superior in nutrients and healthy fat content to commercially raised grain fed beef, plus it tastes way better than conventional meat!

Be sure and add in a handful of blended kale, Swiss chard, or other hearty greens to supercharge this delightful, nutritious soup even more.

### **Ingredients**

- 2 Tbsp extra virgin olive oil
- 1 lb [grass fed beef](#) stew meat, or boneless chuck, brisket, tri-tip steak, sirloin steak, etc., cut into small chunks
- 1 large yellow or red onion, chopped
- 2-3 garlic cloves, minced
- 2 carrots, chopped
- 2 organic celery stalks\*, chopped
- 2 red-skinned potatoes, scrubbed but unpeeled, cut into chunks
- 1 large can (28 ounces) crushed plum tomatoes, with juices
- ½ lb green beans, trimmed
- 1 small summer (or yellow) squash, quartered and chopped

1 small zucchini, quartered and chopped  
2 tsp oregano  
2 Tbs. chopped fresh flat-leaf parsley  
Salt and freshly ground pepper, to taste  
Red pepper flakes, optional

**Directions**

In a large saucepan over medium heat, add extra virgin olive oil and beef. Cook beef until slightly browned. Add the salt and pepper, oregano, garlic, onion, carrots and celery; cover the pan and cook, stirring occasionally, until the onion is softened, about 5 minutes.

Add 4 cups water, potatoes, tomatoes, green beans, squash, zucchini, and greens and simmer, partially covered, for 1 hour. Stir in the parsley and season with salt and pepper. Serves 4 to 6.

*Note: I sometimes like to spice this soup up a bit and add a touch of chili powder, cayenne and cilantro for a Southwestern twist.*

*\*Conventionally grown celery is highly sprayed with dangerous pesticides. Always buy organic celery if at all possible.*

## Cleansing Artichoke Spring Tonic Soup



This soup is perfect for when you need to get more greens in your diet—and it's a great soup to eat in the spring, when more varieties of fresh ingredients are available. It's not that complicated and you can try different variations on this, depending on what you have on hand and what is in season.

The primary ingredient in this soup and the nutritional super power is the artichoke. Artichokes are members of the thistle family. The actual artichoke is actually the flower portion of the plant when they bloom. When we eat artichokes, we are just eating the bud before it blooms.

Artichokes are very high in fiber (which makes them very filling), potassium, magnesium, calcium, iron, phosphorus, and the trace minerals chromium and manganese that are very important to energy, metabolism and healthy cell function.

Artichokes are a great source of vitamin C and B vitamins as well. What do all these vitamins and minerals mean to you in terms of fat burning? Well, obviously tons of vitamins and minerals means you are giving your body what it's craving. And when you satisfy your nutritional needs, you satisfy your hunger. And you have more energy, and more energy means better fat burning!

Artichokes also contain two natural chemicals, cynarin and silymarin, which are

excellent for detoxifying the liver, stimulating the kidneys and increasing the flow of bile, helping it to function better. Bile, which comes from the liver, helps digest fats better and lowers cholesterol. Cynarin was once used as a cholesterol-lowering drug, and tests show it can decrease total cholesterol by almost 20%, and drop LDL by 23%. That's pretty impressive! And one other plus for the artichoke: because it helps to detoxify the liver, it is popular as a hangover cure as well.

Different types of greens work well in this soup; I often throw in whatever leafy greens I have on hand, such as kale, chard, spinach, beet greens, etc.

### **Ingredients**

2 medium or large-sized artichokes  
1 cup of water with juice of 1 lemon added  
1 Tbsp of extra virgin olive oil  
1 or 2 leeks, white part only, washed and sliced  
2 garlic cloves or more for taste  
1 or 2 small new potatoes quarter and sliced  
Several leaves of butter lettuce, bib lettuce, sorrel, or organic spinach  
1 Tbsp of chopped Italian parsley  
Sea salt  
5 or 6 cups water  
1 lb of fresh peas, or 1 cup frozen peas

### **Garnishes**

Extra virgin olive oil  
Fresh ground pepper  
Parmigiana-Reggiano, shaved or grated

### **Directions**

Trim the artichoke leaves off, and break off all tough outer leaves at base. Slice off the top of the remaining artichoke about 2/3 of the way down. Cut the artichokes in quarters and remove the fuzzy centers. Drop them into the lemon water when done to prevent them from turning dark.

Warm the extra virgin olive oil and add the leeks, artichokes, garlic, potato, greens and salt. Add about a half-cup water and stew gently for about 5 minutes. Add peas and the rest of ingredients, and simmer, partially covered for about 20 minutes until artichokes and potato are tender.

Cool slightly and then blend in a blender for a creamy texture. Blend the soup in batches, garnish generously with extra virgin olive oil, pepper and freshly grated Parmigiana Reggiano cheese. Serves 4.

## Garden Fresh Gazpacho



Gazpacho is the perfect soup for summer. Refreshingly cold on hot summer days, this classic Spanish cold tomato soup combines the best of summer's most nutrient and antioxidant-rich vegetables.

This soup is always best when fresh vegetables are at their peak and locally picked, if possible. The best ingredients usually come from local farmer's market with vine ripe tomatoes bursting with real tomato flavor, and fresh homegrown vegetables. Tomatoes are one of those vegetables of summer, when freshly picked and vine-ripened, that have no comparison to those pallid, tasteless globes in the supermarket.

*Lycopene* is one of the outstanding ingredients in tomatoes that make them so very good for you. Lycopene is effective at preventing cancer including colorectal, prostate, breast, endometrial, lung, and pancreatic cancers. And, organic tomatoes deliver three times the lycopene as conventionally grown tomatoes.

When lycopene is eaten with other foods that contain fats, such as avocado, or extra virgin olive oil, it is absorbed even better!

Tomatoes are also excellent source of vitamin C and vitamin A. These antioxidants travel through the body neutralizing dangerous free radicals that could otherwise damage cells and cell membranes, causing inflammation that contributes to heart disease, diabetic complications, asthma, and colon cancer. And, all the other fresh veggies in this soup are packed with super powered antioxidants, vitamins and minerals as well! Gazpacho is like eating a liquid salad!

This recipe does not need exact ingredients, so if you have a handful of fresh kale or a garden fresh zucchini, by all means, throw it in!

### **Ingredients**

4-6 ripe organic ripe, red tomatoes of any variety, quartered  
1 red onion, quartered  
1 cucumber, peeled, seeded, chopped in large pieces  
2-3 stalks celery, chopped  
2 carrots  
1 sweet red bell pepper (or green) seeded and halved  
1-2 cloves garlic, chopped  
1-2 Tbsp fresh parsley  
1 tsp or more of cumin  
Pinch of red pepper flakes, to taste  
1/4 cup extra virgin olive oil  
2-3 Tbsp freshly squeezed lemon juice  
1 tsp raw sugar or honey  
Sea salt and fresh ground pepper to taste  
1 tsp Worcestershire sauce  
2-4 cups V-8 or tomato juice  
Cilantro, chopped for garnish  
Avocado sliced, for garnish

### **Directions**

Combine all ingredients. Blend at low speed, leaving the soup somewhat chunky. This can be made ahead of time and placed in a glass storage container with a lid and refrigerated overnight, so the flavors blend better. Garnish with sliced avocado, a handful of cilantro or whatever suits your fancy. To add some protein, throw in some cooked shrimp or anchovies (rich in omega 3 fats). Serves 4.

## MEAT



We have all been told that meat is bad—especially red meat. BUT some red meat is actually *good* for you, and that includes the fat too!

Sometimes you just crave a big juicy steak. Often this can be your body's way of telling you that you need to replace some essential nutrients in your diet, or your muscles need the extra protein and iron from the meat.

Athletes, elderly people, pregnant women, children, teens and people recovering from surgery can all benefit from an iron-rich diet. Iron plays a vital role in helping the body create more red blood cells. These red blood cells are the primary transportation system of oxygenated blood from the lungs to muscle and tissues.

Red meat is also great source of other vitamins and minerals such as phosphorus, potassium, magnesium and selenium.

Red meat is also major source of protein, which is needed for muscle and organ health. The protein found in red meat contains all the amino acids that the body cannot make on its own, and is essential for repair and renewal of body tissue, organs and muscles, as well as overall general health.

Red meat is also one of the best sources for B vitamins, especially B12, which are found only in animal foods, and which help to maintain nerve cells and normal blood formation.

Although conventionally raised red meat has gotten a bad reputation, ***grass fed meat*** is a far better choice, and is one of the best, most usable forms of healthy, high quality fat burning, muscle-building, power-packed protein you can get. It's like eating a totally different kind of meat.

Here are some of the health advantages of grass fed meat:

- Double the beta carotene (a precursor to vitamin A), and three times the vitamin E as conventionally raised meat.
- 60% more ultra-healthy omega 3 fatty acids than conventionally raised meat. Omega 3's help burn body fat by thermogenesis (fat is turned into body heat).
- Meat and milk from grass fed cattle and bison contain the richest known source of "conjugated linoleic acid" or CLA. When cattle are raised solely on grass, their milk and meat contain *five times* more CLA than regular grain-fed meat. CLA has been proven to help burn fat and build muscle, making you lean and ripped!

CLA actually increases your metabolic rate, so you burn more calories. It also lowers cholesterol and triglycerides, reduces food allergy symptoms, and enhances the immune system. CLA can also actually lower an individual's risk for cancer and arteriosclerosis (clogged arteries), and helps prevent diabetes.

And you only get these healthy benefits from real [100% grass fed meat](#), not a supplement.

***And one very important benefit of grass fed meat:***

The dangerous, life-threatening form of E. coli bacteria do not grow well in a healthy grass-fed animal. You see, cattle eating grain actually get a form of indigestion. Their bodies do not adapt well to eating large amounts of grain and do not digest it well, so their digestive system has to produce more acid in an attempt to try to digest it better. The deadly form of E. coli bacteria need the highly acidic environment to grow and thrive.

Grass fed meat is an important investment in your health and wellness.

## World's Healthiest Cheese Steak Sandwich from Mike



Between the powerful antioxidants in the onions and mushrooms, the medium chain triglycerides (a fat burning, energy producing type of fat) in the coconut oil, the fat burning CLA in the grass fed cheese and grass fed beef, and the diversity of nutrients in the sprouted grain roll, you could call this a "body-sculpting cheese-steak" sandwich.

If you are going to use a roll, I recommend Ezekiel sprouted grain rolls, which are a mix of about 10 different sprouted grains with no refined flour. As you may know, I'm not a huge fan of eating grains, but if you're going to do it, sprouted grain bread (or rolls) is at least one of the best options.

If you can't find the Ezekiel brand, most health food stores have other types of sprouted grain bread, but if you can't find sprouted grain bread, try to find a whole grain bread with the highest fiber content as a next best option. Gluten free is also a great option as well. And for those on a Paleo diet, these are great without a bun—just use your fork instead and possibly pile the meat and toppings on grilled Portabella mushrooms!

Use a good quality grass fed beef. As you may already know, grass fed meat contains more of the healthy fats like omega 3 fatty acids, and CLA (conjugated linoleic acid).

The cheese is raw cheese from grass fed dairy cows. Grass-fed dairy is also a great source of beneficial fat burning CLA and vitamin K2.

### **Ingredients**

Ezekiel sprouted grain rolls

1 lb or so grass fed sirloin, ribeye, tri-tip, or skirt steak, sliced thin while still slightly frozen

2-3 slices of raw Colby, Monterey Jack or Gouda cheese from grass-fed cows

Organic Vidalia onions and baby portabella mushrooms

### **Directions**

Sauté the Vidalia onions and mushrooms in a bit of grass fed butter along with the thin slices of steak until tender and steak is done.

Use a raw longhorn, Colby, or Gouda cheese from grass-fed cows as well. Grass-fed dairy is also a great source of beneficial fat burning CLA, as well as being easier to digest—especially for those with dairy allergies.

Pile on bun and top with slices of cheese and voila... you now have the **healthiest cheese steak sandwich on the freakin' planet!** But more importantly, it is darn delicious too! Serves 2-4.

## Indian-Style Beef Kabobs with Cilantro Sauce



These Kabobs are absolutely delicious with an interesting spicy curry (not too spicy) flavor. This is one of my very favorite dishes!

There is a generous portion of cilantro in it. The health benefits associated with cilantro are pretty extensive. In fact, cilantro is so effective at lowering blood sugar, it is known in some places as the "*anti-diabetic plant*."

It is also known for its anti-inflammatory compounds and its cholesterol-lowering ability, as well as its ability to remove toxic metals (like mercury and lead) from the body. Cilantro is twice as effective as antibiotics against the food-borne salmonella bacteria that cause food poisoning.

In addition, cilantro is great for digestion, arthritis, urinary tract infections, and is rich in magnesium, iron and tons of phytonutrients, so use cilantro liberally whenever you can!

The marinade also contains lots of curry powder with turmeric--rich in powerful antioxidants that help battle inflammation, prevent Alzheimer's disease, burn fat, and enhance the immune system, as well as preventing exogenous AGEs from forming in the grilled meat.

When you use grass fed beef (which I highly recommend) you will also get the full benefit of the healthy omega 3 and CLA fats in the meat without all the hormones, additives, and antibiotics of conventional meat.

### **Ingredients**

1 bunch of fresh cilantro (2 cups cilantro leaves)  
1 small red onion peeled  
2 cloves garlic, peeled  
1 small green chili pepper trimmed and halved  
1 2 inch piece of fresh ginger, peeled  
1 ¼ tsp sea salt  
4 Tbsp extra virgin olive oil  
3 Tbsp fresh lime juice (juice of one lime)  
½ tsp curry powder  
1-2 lbs grass fed ribeye or sirloin steak, cut into 24 one-inch chunks  
1 medium onion, peeled  
Naan bread or rice flour (gluten-free) tortillas  
1 cup plain or Greek yogurt

### **Directions**

Place the cilantro, onion, garlic, chili, ginger, and salt with 3 Tbsp of the extra virgin olive oil in a food processor fitted with a metal blade. Process until a paste is formed. Transfer to a large bowl.

Put 2 Tbsp of the paste in a small bowl and stir in the lime juice to make the cilantro sauce. Cover and set aside. Stir the curry powder into the rest of the paste, add the steak and coat well. Cover and marinate at room temp for about 20 min.

Cut the red onion into wedges, separate the wedges and thread beef and onion onto skewers. Brush a grill pan with the oil. Preheat grill. Grill the kebabs for 8-10 minutes turning the skewers every 2 minutes.

Serve with quinoa, the cilantro sauce, plain yogurt, and a big tossed baby greens salad. Serves 4.

## Chimichurri Steak



*Recipe and photo courtesy Chef Ted Wood*

I love the simplicity of a good chimichurri. It truly brings out the flavor of the meat. If you have never had chimichurri, it's an Argentinean sauce or condiment that is very popular throughout South America. This version uses fresh parsley, onion, garlic, oil, vinegar and a little bit of chili pepper, although the variations on this theme can be endless.

It's mostly served with grilled meats, which is where the flavor of chimichurri really shines. In Argentina it is used both as a marinade and a sauce for grilled steak, but you can also serve it with fish, chicken, pork, or even pasta. It's even good on scrambled eggs!

The dominant flavor of the onion will really make or break this dish, so select a milder red onion, (look for a flatter shaped onion) for the best taste. Onions and garlic are members of the *Allium* family, and *both* are rich in sulfur-containing compounds that cause not only their odor and taste, but also the high impact health-promoting benefits.

Onions and garlic contain an ample supply of potent antioxidants, including quercetin, which provides anti-inflammatory benefits. These two powerhouse additions can actually help increase bone density and may be of special benefit to women. And, even

more importantly, onions and garlic can positively lower the risk of certain cancers, balance the blood sugar, prevent unhealthy blood clots, lower (bad) LDL cholesterol and triglycerides, and improve function of your red blood cells. All of which make it worth having a little 'onion breath' once in a while.

The parsley in this recipe will actually help to tame any unpleasant breath odors you may get from the onion and garlic, because parsley is known for sweetening the breath. Parsley is also an excellent source of vitamins A, C, and K, as well being a great source of iron and folate. Besides these potent nutrients, parsley contains an essential oil called myristicin, which inhibits cancer tumor growth, and it activates the powerful antiaging antioxidant glutathione to fight oxidation and neutralize potential cancer-causing substances you may encounter.

Eating just two tablespoons of parsley promotes better carbohydrate metabolism. It is also anti-inflammatory, strengthens the immune system, and fights heart disease, strokes, and atherosclerosis. The vitamin K in parsley strengthens the bones, and helps the body make a very important and necessary fat that protects the myelin sheaths around our nerves and nervous system.

You can use fresh cilantro or mint in this recipe instead of, or in addition to the parsley, which has similar health benefits as well.

### **Ingredients**

Grass fed steak—flank, outside skirt steak, flap steak, or tri-tip steak  
5 large garlic cloves  
¼ to ½ red onion  
1 cup of parsley leaves  
¼ cup red wine vinegar or fresh lime juice  
½ cup extra virgin olive oil  
Sea salt, to taste  
Red pepper flakes, to taste

### **Directions**

Finely mince the garlic, onion and parsley, and stir in wine vinegar and extra virgin olive oil. Season to taste with sea salt and red pepper. Set aside.

Grill steak over medium high heat until medium rare or done to your preference. Thinly slice on the diagonal, and serve with a generous amount of chimichurri sauce.  
Serves 2-4 or more.

## Italian Sauce and Spaghetti Squash “Pasta”



*Photo courtesy of [www.imarriedanutritionist.com](http://www.imarriedanutritionist.com)*

Tomatoes and tomato sauce are full of a super nutrient called lycopene. Lycopene is a carotenoid that has been proven to help protect against breast, pancreatic, prostate and intestinal cancer, and it reduces heart attack risk.

While conventionally grown tomatoes contain lycopene, organic tomatoes contain much higher amounts of this valuable nutrient. And canned tomatoes and tomato paste have some of the highest amounts of lycopene.

Tomatoes also provide vitamin C, vitamin K, and vitamin A. The vitamin A comes from the carotenoids and beta carotene in tomatoes. These antioxidants travel through the body neutralizing dangerous free radicals that could damage cells, cause inflammation and heart disease, diabetic complications, asthma, and colon cancer.

Tomatoes also help to reduce cholesterol, are anti-inflammatory, and help reduce the effects of stress on the body. And, did you know cooking meat with tomatoes enhances your body's ability to absorb the vital nutrients from the meat, especially the iron?

Spaghetti squash has all the healthy benefits of squash including a good supply of carotene, vitamins B1, B6, niacin and C, folic acid, pantothenic acid, fiber, and

potassium, along with omega 3 and omega 6 essential fatty acids. Because of their high carotene content, spaghetti squash protect against many cancers, particularly lung cancer. Diets rich in carotenes offer protection against aging, cancer, heart disease, and type 2 diabetes.

### **Sauce**

1 lb (natural, nitrite/nitrate free) ground Italian sausage, or grass fed ground beef  
(If you cannot find ground sausage, you can purchase it in links and slice it before cooking)

2-4 cloves of garlic, mashed and minced

1 medium onion, chopped

2 14 oz. cans organic tomato sauce

1 small can organic tomato paste

¼ -½ cup white wine or organic chicken stock

1-2 Tbsp oregano

½ tsp sugar or honey

1 tsp thyme

1 tsp basil

1 bay leaf

1 spaghetti squash, halved and seeds removed for “pasta”

### **Directions**

Heat oven to 375, and place squash in shallow baking pan with about ½ “ of water. Cover with foil, and cook in oven 30-40 minutes until squash is tender, stringy and can easily be removed with fork. Drizzle with extra virgin olive oil and sea salt before serving.

While squash is cooking, sauté onions in extra virgin olive oil in large saucepan on medium heat until tender and translucent. Add garlic and sausage, cook and stir until browned. Stir in spices, tomato sauce, paste and water. Add sugar or honey, stir together and simmer, covered, on low heat for about an hour. Stir occasionally. Serve over cooked spaghetti squash. Serves 4.

## Zesty Shish Kabobs



These are always a favorite at my house. You can use a specific ‘kabob’ cut of meat, or just buy a decent steak cut, like tenderloin, ribeye, or sirloin. For lamb, use leg or shoulder cut; for pork, the tenderloin or loin cuts work best, and for chicken, either boneless, skinless breast meat or thigh meat make tasty kabobs. And of course, always choose naturally raised, grass fed, organic, and free range meats if possible.

The bell peppers in this recipe contain large amounts of vitamin C and other antioxidants, and the more colorful ones (red, orange and yellow), not only make the shish kabob more appetizing, but they contain the most antioxidants as well. Use organic peppers if possible, as the conventionally grown versions are highly sprayed with pesticides.

Onions are unsung and overlooked super food. They are often avoided because some varieties have a strong odor and taste. While lots of people avoid onions because they fear having bad breath, their awesome health benefits make up for that!

Onions contain some very strong cancer-fighting enzymes that lower the risk of prostate, esophageal, laryngeal, stomach, colorectal and ovarian cancers and also reduce the risk of dying from a heart attack.

Onions have super antioxidant power, especially the purple or red-skinned ones. The key antioxidant is quercetin, which acts as a natural antihistamine, reducing allergy

attacks, inflammation and asthma. Quercetin and the vitamin C in onions act together to boost the immune system, and protect against colds and flu as well. The anti-inflammatory benefits help reduce the soreness and stiffness of arthritis and other inflammatory diseases. And onions, especially if you use a sweet onion, develop a mellow, caramel-like sweetness when grilled that is hard to resist.

And don't forget the mushrooms! Mushrooms contain rich amounts of riboflavin, niacin, and selenium. They also contain chemicals block excess estrogen production in men and women. They also boost natural testosterone, which is beneficial for both men and women, to help with building lean muscle, as well as increasing your fat burning potential.

While the fresh pineapple adds a delicious touch of sweet and tangy flavor, it also has beneficial enzymes in it that help digestion and absorption of the delicious nutrients in this dish.

### **Shish Kabob Ingredients**

2 lbs beef, lamb, pork or chicken, cut into 1-1 ½ " cubes  
½ lb of Baby Bella mushrooms or plain button mushrooms  
1 large or 2 small sweet red onions or Vidalia onions, quartered  
1 medium zucchini or summer squash cut into thick slices and cut in half  
1 fresh pineapple cut in thick slices  
1 each--green, yellow and red peppers, quartered and cut into 1" slices

### **Marinade**

1 cup of soy sauce  
3 Tbsp of honey  
Juice of 1 lime  
1-2 cloves garlic, minced  
Freshly grated ginger root  
Couple shots of Tabasco or a few sprinkles of hot pepper flakes

### **Directions**

Mix up marinade in glass bowl. Cut up meat and vegetables and place all *except the pineapple* (don't put pineapple in the marinade, it has natural enzymes in it that will turn your meat into MUSH) into the marinade.

Marinate for 1-4 hours or overnight for extra flavor.

Thread meat onto skewers and thread vegetables and pineapple onto separate skewers. (This prevents the vegetables from getting overcooked, as they cook quickly). On a grill over medium heat, grill meat and vegetables. Turn occasionally until evenly browned.

Delicious served with quinoa or alone. Serves 4.

## Thai Beef or Chicken Lettuce Wraps



Photo courtesy Fazela Vohra, <http://kharasmithaas.wordpress.com>

This is an often requested meal in my home. It's filling, but not heavy; it has plenty of power-packed nutrition, colorful antioxidants, and fat burning power. The more brightly colored veggies you add, the more nutrition you get!

There are plenty of variations on this theme, so I will start out with my Thai-style recipe and give you some other ideas at the end of this recipe.

For individually custom-made wraps, serve the vegetable toppings in separate bowls and let everyone make their own healthy creation. This is a great way to serve to children, as each kid will delight in making their own 'masterpiece'.

This dish has lots of fresh ginger, a great superfood addition. Ginger is well known as an anti-inflammatory, an immune enhancer, a digestive aid, and can actually kill certain types of cancer cells. So, don't be shy with the ginger, add as much as you like!

The best type of lettuce for lettuce wraps is organic green or red leaf lettuce, Boston, Bibb or Romaine. Many restaurants use iceberg lettuce in this dish, but iceberg lettuce has virtually no nutritional value.

### **Ingredients**

1 lb of ground grass fed beef, free range ground turkey or chicken  
2 Tbsp of extra virgin olive oil  
Sea salt to taste (1/2 tsp or so)  
1 small onion, minced  
2-3 cloves garlic, minced  
1-2 tsp of fresh ginger, grated or minced  
Juice of one lime or 1 Tbsp rice wine vinegar  
2-3 Tbsp of soy sauce  
Pinch of sugar  
Hot pepper flakes to taste (just a shake or two will do)  
6-8 lettuce leaves, washed and dried

### **Toppings**

1 bunch of fresh cilantro, chopped  
1 bunch of green onions, chopped in 2" pieces, and sliced vertically  
1 sweet red bell pepper, sliced in thin slices  
1 small zucchini, grated  
2-3 carrots, grated  
1 firm but ripe avocado, sliced thin  
1 or 2 tomatoes, chopped

### **Directions**

Lightly brown the meat in a frying pan with the extra virgin olive oil over medium heat with the garlic, onion, ginger, and salt. Add lime juice, soy, pinch of sugar and a sprinkling of hot pepper flakes. Cook on low for another 1-2 minutes.

Scoop a couple of spoonfuls of the meat mixture on a lettuce leaf, add your choice of whatever suits you, and wrap by folding one end over and then wrapping the sides. (It's probably going to drip, so hold over a plate). Enjoy!! Serves 2-4 or so depending on how hungry everyone is.

### **Variations**

As I mentioned, there are a LOTS of variations on this. You can substitute grass fed thinly sliced grass fed meat like tri tip, flank, ribeye or sirloin steaks, etc. A Mexican version could include black beans, onion, tomato, green chili peppers, lettuce or shredded cabbage, salsa, and avocado or guacamole. Omit the ginger and soy and rice wine vinegar and add a couple teaspoons of cumin.

Lettuce wraps are also a great way to avoid the bread of sandwiches. So anything that you would eat in bread or a bun, just wrap with lettuce instead. I love turkey sandwich ingredients wrapped in lettuce instead of bread, or tuna salad. Even hamburgers are great this way. I have also found a lot of restaurants that have sandwiches on the menu

are happy to substitute lettuce for the bread. Use your imagination; the possibilities are endless!

Lettuce leaves also make a great substitute for anything you would wrap in a tortilla—especially corn tortillas—avoid corn as much as possible.

# FISH



Fish has become a very popular meal choice. It has earned the reputation of being a 'health food', but did you know there is a huge difference in its nutritional value depending on the type of fish and how it is raised?

When deciding what type of fish to eat, the key thing to think about is whether the fish is wild caught or farm-raised. The two different methods of raising fish create a totally different type of fish, and nutritional profile—especially the fat in the fish.

It's that simple.

Similar to grass fed meat, the fat in *wild caught fish* is very healthy. Wild caught fish have much higher levels of the essential fatty acid omega 3, which as you probably already know, is a very important fat for the body in terms of anti-aging health, fat burning and even mental health.

Farm raised fish, on the other hand, have a drastically different fat content and nutritional characteristics. Farm raised fish in general have much higher amounts of

omega 6 fats, an inflammatory fat that most of us already get too much of when our omega-6 to omega-3 ratio is not correct.

The active ingredients that make wild caught fish so beneficial are the omega 3 fatty acids, EPA and DHA. These active ingredients are key not only for heart health, but to help fight cancer, strengthen the immune system, counteract inflammation, and keep the brain and nerves in top condition.

So what kinds of wild caught fish are best to eat? Choose the cold water, fatty, wild caught fish for the most health benefits. Most everyone has heard that salmon (wild salmon, of course) is a healthy choice, but what about some of the other ones? Wild caught halibut and wild cod are also great-tasting fish, and full of healthy omega 3's as well.

Often overlooked, but making a comeback as a healthy option are sardines and anchovies.

Because they are lower on the food chain and are very young fish, they do not have the same issues with mercury, PCB's and other toxins that some of the larger, predatory fish like tuna, swordfish, tilefish, king mackerel, and shark will have. Sardines and anchovies are also high in omega 3 fatty acids.



Here are my favorites that are high in omega 3 fats, lowest in toxins, sustainable and easy on the environment:

Wild Salmon, especially Sockeye  
Arctic Char  
Sablefish/Black Cod  
Atlantic Mackerel (lower in mercury than other types of mackerel)  
Sardines  
Anchovies  
Tuna  
Cod  
Halibut

## Brown Rice Penne with Sockeye Salmon and Asparagus



*Recipe and photo courtesy Jackie Burgmann, author of [Hot at Home](#)—The Solution for People Who Hate the Gym.*

I know you will agree with me—this recipe is absolutely delicious, super healthy, versatile, quick and easy—with or without the pasta! You can have lots of fun with this basic recipe by changing it according to the ingredients you have on hand. I used a can of wild-caught, sockeye salmon in this but you can use tuna if you have it too. Shrimp or chicken works great as well. In the summer, throw in some homegrown tomatoes, mushrooms, zucchini, and fresh basil.

I like everything a little on the spicy side—for flavor and health benefits--so I added tons of fresh garlic and red pepper flakes. Or, if you want some of the healthy, anti-inflammatory and antioxidant benefits of turmeric, add a little curry seasoning. Fresh herbs like basil, oregano, thyme or mint are also great additions—both for taste and nutrition!

I'm not a big pasta eater, but gluten free, brown rice pasta is the better option. This dish is every bit as delicious, though, without the pasta! There are no real hard and fast measurements here. You can make as much or as little as you want, depending on how many people are eating and the size of everyone's appetite.

**Ingredients**

1 cup or so of brown rice penne  
10-12 spears of fresh raw asparagus  
Crushed and minced fresh garlic  
Raw milk Parmigiana Reggiano cheese  
2 Tbsp of extra virgin olive oil  
1 can of tuna, wild caught salmon, shrimp or cooked chicken  
Sea salt and cracked black pepper or red pepper flakes to taste  
Fresh basil  
Optional--chopped fresh tomato, sliced zucchini, or sliced mushrooms

*Note: If using tuna or salmon packed in extra virgin olive oil, you can use this oil for cooking. Otherwise drain liquid and set aside. If using fresh tomatoes, toss in at end of cooking and just warm through.*

**Directions**

Boil water, add pasta and cook according to directions. Add a small amount of extra virgin olive oil to the boiling water and boil the brown rice penne until 'al dente' or done, but slightly firm. Drain pasta and set aside.

While pasta is cooking, wash asparagus and break off tough bottoms. Cut the asparagus into smaller, 1-2" pieces. If using zucchini, quarter and slice. Slice mushrooms and other veggies you are using in the dish.

In a large skillet, add extra virgin olive oil, asparagus, other vegetables, and garlic, and stir-fry over medium high heat until tender crisp--about a minute or two. Add cooked fish or meat to pan and stir gently for about a minute, until heated through. Add salt and pepper.

Serve vegetable mixture over pasta and garnish with fresh herbs, chopped tomatoes, and grated Parmigiana cheese. Serves 2.

## Spicy and Sweet Salmon



Salmon has a well-earned reputation as a health food because of its high omega 3 fatty acid content. A 4 ounce serving of wild caught salmon has 2 grams of omega 3 fats, which is more than the average adult (in the U.S.) gets in their diet in several days.

Omega 3 fats decrease your risk of heart attacks, strokes, arrhythmias, high blood pressure, and high triglycerides in the blood. Frequent consumption of salmon also decreases inflammation, helps cell membranes function better, prevents diabetes, and protects the brain.

Scientists consider DHA to be the most important fat for the human brain, and the high concentration of this fat in wild caught salmon decreases the risk of depression, hostility, and age-related forgetfulness. There is also an association between IQ and omega 3 intake, making salmon truly a 'brain superfood'.

If you would like quick and easy ways to get more salmon in your diet, this quick, easy and most importantly, delicious, recipe is for you. The sweetness of the maple syrup combines with the tanginess of the lime juice, and the heat of the pepper flakes to make a delicious, mouth watering--but simple dish.

There are lots of different types of salmon: there's wild sockeye salmon with its deep pink flesh--my favorite and the most nutritious; king salmon--more mild tasting, but

higher in good fats; keta salmon, chinook, and chum salmon to name just a few. You can adjust the ingredients in this recipe for virtually any amount of salmon. You—and everyone else--will love it!

### **Ingredients**

One or more pieces of fresh, wild caught salmon, any size--4 ounces to 1 lb or more.

1-2 Tbsp butter

¼ cup real maple syrup

Juice of 1 lime

Hot pepper flakes

### **Directions**

Turn Broiler on high and heat up. Move shelf to about 6 inches away from heat source. Place a small pat of butter on each piece or brush top of salmon with melted butter for best browning. Broil skin side down, 8-10 minutes, depending on size and thickness of salmon.

Salmon can be eaten with the center still translucent and darker pink, or can be more well done and opaque all the way through. Just be careful not to cook too long or it gets very dry. This fish can also be cooked on the grill over medium heat.

Remove fish from heat about 1-2 minutes before it looks done (it will cook a bit more after it is out). Don't overcook.

While fish is cooking, mix maple syrup, lime juice, and hot pepper flakes. (Go easy on the pepper, it can add a lot of heat!) When fish is done cooking, pour mixture over hot salmon and enjoy with a baked sweet potato and organic baby greens salad.

Serves 2 or more.

## Super Salmon with Fresh Cranberry Orange Salsa



In a scene straight out of the TV cooking show series, “Chopped” I was looking to make something tasty for dinner and being in a hurry, I decided to just use what I could find in the fridge.

Hmm...an orange, cilantro, some fresh cranberries, and a piece of frozen sockeye salmon. What to make? Well, I decided to make salsa out of the cranberries and serve it with the salmon. I was delighted with how good it was! You will be too, when you try this recipe.

The tart taste of the fresh cranberries mixes with the sweetness of the orange and picks up the flavor of the salmon in a fresh new way. Your taste buds will be absolutely delighted!

Cranberries are one of the few foods totally native to North America. Native American Indians ate cranberries cooked and sweetened with honey or maple syrup. Cranberries were also used as a medicine and a poultice for wounds. The tannins in them help to contract tissue to stop bleeding, and the compounds in cranberries have powerful antibiotic effects as well.

While cranberries are best known for helping urinary health, this little red super berry is also beneficial for the gastrointestinal tract, prevents cavities, helps prevent kidney stones and gallstones, aids in recovery from strokes, prevents cancer, lowers LDL (bad) cholesterol, and raises HDL (good) cholesterol. Not bad for one little berry.

These phytochemical powerhouses are packed with **five times** the antioxidant content of broccoli, and rank higher in antioxidants than most fruits and vegetables! Antioxidants mean Anti-Aging as well.

Several newly discovered compounds in fresh cranberries have also been found to be toxic to cancer cells including lung, cervical, prostate, breast and leukemia cancer cells.

So you see, there is no reason to NOT eat cranberries!

### **Ingredients**

2-4 wild caught salmon fillets (sockeye salmon is my favorite for this)  
Jerk seasoning (I used a pre-made powdered rub)  
1 cup fresh cranberries, chopped, or lightly processed in food processor  
½ small red onion  
1 orange or blood orange, peeled, sectioned and cut in smaller pieces  
Juice of half a lime  
¼ cup chopped cilantro  
1 tsp honey  
Sea salt  
Hot pepper flakes, to taste

### **Directions**

Chop cranberries roughly by hand or in a food processor (just enough to chop but be careful not to turn them to mush), and mix with orange, onion, lime juice, cilantro and hot pepper flakes.

Season the salmon with jerk seasoning, and grill or broil till tender and flaky. Serve topped with cranberry mixture. Enjoy! Serves 2-4.

## Alaskan Halibut or Cod with Butter Lime-Cilantro Sauce



This recipe is adapted from my friends at Vital Choice Wild Seafood. They offer the best in fresh, wild caught, sustainable seafood, high in omega 3's. You won't find anything better!

### **Ingredients**

Four (6 oz each) Alaskan halibut, or wild-caught sablefish or cod  
3 Tbsp fresh lime juice  
3 cloves garlic, coarsely chopped  
1/2 cup chopped fresh cilantro  
2 Tbsp butter  
1 -2 Tbsp extra virgin olive oil or macadamia nut oil  
Sea salt and coarse ground pepper

### **Directions**

If you are grilling the fish, prepare the coals and oil the grate.  
If you are broiling the fish, brush a broiler pan lightly with oil or butter.  
Brush the fish with about half of the lime juice, sprinkle with salt and pepper, and set aside for 20 or so minutes.

Meanwhile, melt the butter and extra virgin olive oil in a small pan over low heat. Add garlic and sauté until fragrant, about 3 minutes. Add the cilantro and the rest of the lime juice and stir for 1 minute. Remove from heat and cover.

Place fish on pre-heated grill over a medium high fire OR under a broiler. Grill or broil until just opaque in the center and flaky, about 4 to 5 minutes per side. Baste once with the oil-butter-cilantro-lime sauce, about one minute before the end of cooking.

Remove the fillets to a serving plate, pour the remaining sauce over them, and serve. Serves 4.

## CHICKEN



Free range, organic or pastured chicken is not just a cool fad, it is a far healthier option for your chicken dishes!

Free-range and organic chicken is becoming very popular lately and is now easier to find—and a little less expensive. It tastes better and is much healthier than factory farm-raised chicken. Just like grass fed meat, and wild caught fish, free range organic chickens eat their natural diet so they are healthier overall, and healthier for you—full of the nutrients you need.

Commercially raised chickens are raised in extremely close quarters where they can hardly move or turn around. They are fed hormone-enhanced grain and antibiotics and fattened up about three times faster than the normal growing time.

These poor chickens can barely move or support their own weight, and are very sickly due to their rapid growth and the filthy living conditions. The chickens are often raised in chicken houses that have no windows, and the chickens are kept inside, away from the fresh air and warm sunshine.

In contrast, free-range and organic chickens are allowed outside in their natural environment with sun and fresh air, and allowed to eat at will.

Chicken is an excellent source of clean, healthy protein-building muscle--which in turn helps to burn fat and protect your bones as you age. It is easy to digest and metabolize by the body.

Another fat burning benefit of chicken is its supply of the B vitamin, niacin. Niacin helps your body metabolize and use carbohydrates, fats and proteins, by turning them into energy. Niacin has been proven in studies to benefit people with cardiovascular disease, and to help prevent heart attacks, lower cholesterol, and fight cancer.

Regardless of your age, eating foods rich in niacin will protect your brain against Alzheimer's disease and mental decline as you age. And it is never too early to start protecting your mental health.

Chicken is also a good source of the mineral selenium. This trace mineral is absolutely vital to good health! It is an essential component of several major health processes, including thyroid hormone production, antioxidant defense, and strong immune function. It also serves as a very effective tool to fight cancer.

Chicken is versatile and is good in about any dish. Roasted, broiled, grilled or poached, and combined with a wide range of herbs and spices, chicken makes a delicious, flavorful and nutritious meal.

Whenever I can't think of anything for dinner, some chicken breasts or boneless, skinless thighs, cooked in a little extra virgin olive oil and grass fed butter with a little garlic, sea salt, pepper and a few herbs is always delicious. Add some steamed broccoli or a green salad, and you have a wonderful meal!

If you are in a real hurry, you can usually pick up an already roasted whole chicken at the store for a healthy, fast dinner. The leftovers are great for lunches and other meals as well.

Keep some cooked chicken on hand to throw into wraps with some lettuce, tomato, onion, and avocado for a delicious, quick and satisfying 'eat-on-the-run' meal. Or just slice up some cooked chicken on a salad of fresh organic greens and you have the perfect lunch or light dinner.

## Easy Chicken and Veggies in Foil Packets



Cooking in foil packets is the basis for a great, quick and easy meal. Once you get the hang of it, you will find there are infinite variations—the only limit is your imagination!

Try substituting fish instead of the chicken, along with whatever veggies are in season at the time. You can use the oven, a charcoal or gas grill. If grilling, place packets away from direct heat so they do not overcook. I have even used this recipe a few times when camping as well, and it works beautifully on a grate over a fire too.

Potatoes are a delicious addition to this recipe. They soak up all the delicious juices of the other foods and spices. If you would like to use potatoes, cut them up in small pieces or slices, so they can cook thoroughly, otherwise the potatoes will take much longer to cook than the other vegetables.

Fresh or dried herbs and spices have huge amounts of concentrated antioxidants and nutrients, so try different combinations for a different taste sensation. And always be generous with the garlic too!

**Ingredients**

2 lbs skinless, boneless chicken breasts, sliced thin; or boneless, skinless thighs  
1 red or white onion, sliced  
½ lb fresh green beans, asparagus, sliced fresh zucchini, summer squash, etc.  
2-4 white or sweet potatoes, quartered and sliced in ¼" or less thick pieces  
2-4 Tbsp grass fed butter, or extra virgin olive oil  
1-2 cloves minced garlic  
1 tsp (or more) oregano, basil, thyme, rosemary or other herbs; fresh or dried  
Sea salt, pepper  
Foil sheets, approximately 12" x 10"

**Directions**

Heat oven to 350-375 degrees F, or grill at medium heat.

Place a serving of meat in middle of foil sheet, spread vegetables on top, drizzle with extra virgin olive oil or a small chunk of grass fed butter, season with garlic, herbs, salt and pepper, and wrap in a rectangular shaped package, bringing edges of foil together on top and sides and folding tightly a couple of times to seal in juices.

Place packets on a cookie sheet or shallow baking pan and bake in oven for about 30-40 minutes or until meat is cooked and vegetables are tender. If cooking on a grill, cook over medium high heat, and place packets away from direct heat source. If cooking over a fire, wait until fire has died down some, and coals are glowing red.

For fish, shorten cooking time to about 20 minutes or less, as fish usually cooks quicker, depending on the size and type. Try wild caught salmon, cod or tilapia.

Serves 4.

## Lemon-Pepper Chicken with Fresh Rosemary



This is a great, simple, easy and super healthy meal. It is suitable for a quick dinner or elegant enough even for company.

Fresh rosemary adds an extra special dimension of taste—and is also associated with good health as well. Rosemary is known to be an immune strengthener, digestive enhancer, and is great for increasing concentration, among other things. It's powerful oils protect the brain and help prevent Alzheimer's disease, Parkinson's, and dementia.

Rosemary's anti-inflammatory compounds help reduce the severity of asthma attacks, and break up chest congestion that comes with colds and flu. In addition, rosemary has been shown to improve concentration by increasing blood flow to the head.

Rosemary helps prevent several deadly cancers, possibly by blocking the effects of excess estrogen, which is a cancer-causing factor in women, as well as a fat-storing hormone in both women and men.

Rosemary's flavor can be overpowering, so even though it has so many wonderful health benefits, don't overdo it or it may make your recipe bitter tasting.

**Ingredients**

2 Tbsp extra virgin olive oil

2 Tbsp butter

2 lbs of chicken breasts, thighs, or whole cut up chicken

¼ cup rice flour, almond flour or coconut flour

2 cloves fresh garlic, minced

2 or 3 sprigs fresh rosemary

Sea salt

Fresh coarsely ground pepper

1 lemon cut in half

Handful of fresh parsley for garnish (this is a great garnish to eat!)

**Directions**

Coat the chicken pieces with flour. (An easy way to do this is to put the flour in a plastic bag, add the chicken and shake it).

Over medium heat, (if using coconut flour, cook over medium low heat, as coconut flour tends to burn easily) add the extra virgin olive oil, butter, and chicken. Season with generous amounts of garlic, sea salt, and fresh ground pepper.

Cook for about 5-7 minutes or so, and turn over. Add the rosemary. Season other side with garlic, salt and pepper. Squeeze half the lemon juice over the chicken as it is cooking.

When chicken is done and golden brown, squeeze the other half of the lemon on the chicken and serve. Serves 2-4, depending on quantity of chicken.

## Jerk Chicken With Pineapple Salsa



*Photo courtesy of <http://healthyandgourmet.blogspot.com>*

This chicken is best cooked on the grill, but can also be cooked in a pan on the stove with butter to brown the chicken. You can use pre-packaged jerk seasoning, or make your own (recipe included). Jerk seasoning is a spicy, sweet seasoning that Jamaicans use often in cooking. It can be found either wet or as a dry rub. The dry rub is the easiest to use, but either works.

Pineapple salsa makes a cool, sweet, and spicy-hot accompaniment to the chicken. Pineapples are nutritionally packed, high fiber fruit, high in the enzyme bromelain, and the antioxidant vitamin C. Bromelain is a natural anti-inflammatory that is not only good for digestion, but encourages healing as well.

And don't forget, the hot peppers in this recipe will boost metabolism and burn fat too!

### **Ingredients**

2 lbs of free range chicken breasts, thighs or a whole cut up chicken  
2 Tbsp of jerk seasoning (see recipe at bottom if you want to make it from scratch)

### **Pineapple Salsa**

1 fresh pineapple, skinned, cored and diced in small pieces  
¼ cup fresh cilantro  
1 small red onion  
1 small roma tomato, finely chopped  
1 jalapeño, de-seeded and de-ribbed (handle carefully and wash hands after cutting!)  
Juice of ½ fresh squeezed lime

### **Directions**

Rub jerk seasoning generously over chicken and cook over medium heat on grill or in pan with extra virgin olive oil. Turn and cook until golden brown and not pink inside.

While chicken is cooking, chop up ingredients for pineapple salsa, and mix together with the fresh squeezed lime. Serve with the cooked chicken. Serves 4 or so.

Mix together all the ingredients. This salsa is great and refreshing and can be used on fish, chicken, and pork for a zippy, delicious seasoning.

### **Jerk Seasoning**

1 Tbsp onion flakes  
2 tsp ground thyme  
1 tsp ground allspice  
1/4 tsp ground cinnamon  
1 tsp black pepper  
1 tsp cayenne pepper  
1 Tbsp onion powder  
2 tsp sea salt  
1/4 tsp ground nutmeg  
2 tsp sugar

## Turkey or Chicken Meatballs



I love these and you will too! A great source of healthy protein. I like to add a generous amount of fresh garlic to maximize the anti-aging nutrition in this recipe.

### **Ingredients**

- 1 lb ground free range organic turkey or chicken
- 1 raw egg
- 1 onion, minced
- 2-4 cloves garlic, minced
- 1 tsp sea salt or so, to taste
- 1 slice gluten free bread, blended into crumbs in a food processor, ½ cup oatmeal, ½ cup ground flax seeds, or any combination of these
- 1-2 tsp of oregano
- 2 Tbsp of extra virgin olive oil

### **Directions**

Heat oven to 375 degrees F. Drizzle extra virgin olive oil on cookie sheets (with sides) or a shallow baking pan.

In a big bowl, combine all remaining ingredients. Mix with clean hands or large wooden spoon. Roll into 1 ½" sized balls, and place on the baking sheet in oven. Cook for about 10 minutes or so, turn (or roll) and cook another ten minutes, for a total of about 20 minutes. Done when outside is golden brown and inside is no longer pink.

Serve with your favorite organic spaghetti sauce and steamed spaghetti squash, or just eat plain alongside a salad. I have even had cold leftover meatballs (which are delicious by the way!) on Caesar salads for healthy lunch. Serves 4.

These are a great high protein snack too!

## MAIN DISH SALADS



Salads as a meal can be one of the most satisfying kind of meals—especially in the summer months when you can find fresh, organic and locally grown veggies. The healthy protein and fats in the salad fill you up and stay with you, without feeling heavy—plus, the delicious fresh greens and vegetables are so bursting with great nutrition, you will have tons of energy for hours. This is the perfect fat burning meal. Everything your body needs is right here.

Leafy vegetables are the ideal lean body food; they are complex carbohydrates that your body uses for energy, and packed with super nutrition and antioxidants. Because of that, they help reduce the risk of cancer and heart disease, and many other diseases, for that matter. They are low in fat and high in fiber; rich in folic acid, vitamins K, C, E, and many of the B vitamins, contain the minerals iron, calcium, potassium and magnesium, as well as a huge variety of phytochemicals.

Eating 3 or more servings a week of green leafy vegetables significantly reduces the risk of stomach cancer, the fourth most common cancer in the world.

Dark green leafy vegetables are, one of the most concentrated sources of nutrition of

any type of food. Besides all the antioxidants they contain, the superstar nutrient is vitamin K. A cup of most cooked greens provides at least nine times the minimum recommended intake of vitamin K, and even a couple of cups of dark green leafy salad greens will give you the minimum all on their own. Vitamin K works to help your body store calcium in your bones, instead of your arteries (which leads to heart disease).

Go with the deepest and most colorful leaves for the most nutrition. For example, romaine lettuce, red leaf lettuce, bib lettuce, and baby greens have about 8 times the vitamin A and 6 times the vitamin C as iceberg lettuce. Try as many different colors and shades of green (or red) as you can!

One of my favorite choices is assorted organic baby greens. These tender leaves usually come in a wide variety of types and colors, each one bursting with nutrients and a great taste! And when you combine leafy greens with an assortment of colorful raw vegetables (especially organically grown and locally grown), you are maximizing the antioxidants and nutrients for one of the most nutrient-dense meals you can possibly eat!

Remember the best salads and dressings are the ones you make yourself. Good quality organic leafy greens, veggies, quality protein and heart healthy fats make for a great salad. Know what's in the food you eat and you'll stay on track with your diet and your health.

## Warm Asian Steak Salad



*Photo courtesy of Just Jan, <http://janandrussroundozagain-janandruss.blogspot.com>*

This salad contains fresh ginger in the dressing. Ginger is one of those incredible superfoods that does many, many good things for your body, including its power as an effective anti-inflammatory.

Ginger actually promotes normal levels of both LDL (“bad”) cholesterol and triglycerides. It’s a delicious way to get these unhealthy fats down to manageable levels.

Eating ginger every day can give you a real antioxidant boost. That’s because ginger contains 12 antioxidant compounds more powerful than vitamin E! And, studies show that ginger is an excellent pain relief additive and promotes healthy circulation as well.

Some of ginger’s other benefits are well known too. You may already know ginger is great for nausea and motion sickness—and works as well or better than some medications.

Ginger is an excellent digestive aid as well. It really helps get your digestive system moving. And ginger’s zippy flavor also jumpstarts your metabolism by making you more energetic and burn more calories.

**Salad Ingredients**

3/4 lb grass fed sirloin, skirt or tri-tip steak  
Mixed organic greens (romaine, arugula, red leaf, etc.)  
10-12 pieces of asparagus, trimmed, cooked slightly and cut in 1 inch pieces  
1 sweet red pepper, cut in thin strips  
½ seedless cucumber, thinly sliced  
3 green onions, thinly sliced  
Handful of chopped fresh cilantro  
Chopped tomato  
Toasted sesame seeds or peanuts

**Dressing Ingredients**

½ cup orange juice  
½ Tbsp fresh ginger, minced or grated  
½ Tbsp rice wine vinegar  
2 cloves garlic, smashed and minced  
2 tsp light soy sauce  
2 tsp sesame oil  
2 tsp liquid honey  
1 tsp extra virgin olive oil  
1 dash hot pepper sauce (optional)

**Directions**

Whisk together dressing ingredients. Pour ¼ cup of dressing over steak in a shallow glass dish, turning to coat. Reserve remaining dressing. Grill steak about 3-4 minutes per side (if steak is about 1" thick). Let steak rest for a few minutes before carving. Slice thinly on the diagonal.

In a serving dish, toss reserved dressing with salad greens, asparagus, red pepper, cucumber, green onions and coriander. Add steak to top of salad and garnish with sesame seeds or peanuts, and serve. Serves 4.

## Asian Chicken Salad



*Photo courtesy [www.grammasrecipes.com](http://www.grammasrecipes.com)*

This delicious Asian inspired salad includes the delicate flavor of napa cabbage, as well as other cabbage.

Cabbage is one of the members of the cruciferous vegetable family, and contains compounds that make it naturally fat burning. Napa cabbage also actually boasts the highest concentration of folate, an essential B vitamin that is necessary for numerous bodily functions. Our bodies need folate to synthesize and repair DNA, as well as use it for cell division, and growth. Folate is extremely important for healthy pregnancies and infants, but both adults and children also need folate for healthy red blood cells and prevention of anemia.

Cancer prevention is one of the cabbage family's most outstanding benefits. Nearly 500 studies have looked at this vegetable and its outstanding cancer-destroying properties from antioxidants, anti-inflammatory ingredients, and glucosinolates.

Glucosinolates are the primary ingredient with anti-cancer benefits. The glucosinolates found in cabbage can be converted into compounds that prevent a variety of different cancers, including bladder cancer, breast cancer, colon cancer, and prostate cancer.

**Salad Ingredients**

2-4 boneless, skinless cooked chicken breasts or thighs, sliced into thin slices

2-3 cups Napa cabbage, sliced thinly

½ cup red cabbage, sliced thinly

1 small sweet red bell pepper, sliced into thin strips

4-6 green onions (scallions), chopped

2 carrots, grated or cut into matchstick slices

½ lb fresh snow peas, sliced on diagonal into thin slices

Handful of cilantro, chopped

1-2 cups mung bean sprouts

½ cup sliced or slivered almonds

**Dressing Ingredients**

¼ cup Rice wine vinegar (seasoned is best if you can find it)

Juice of ½ fresh lime

1 Tbsp of honey

¼ cup extra virgin olive oil

1 tsp sesame oil or toasted sesame oil

Pinch of red pepper flakes, to taste

1 Tbsp grated fresh ginger root

**Directions**

Slice all vegetables into thin slices and place in large salad bowl. Whisk together dressing ingredients, making sure honey is well blended. Add chicken and almonds to salad, pour on dressing, toss and serve. Serves 4.

## Salad Nicoise



High in protein, healthy fats and fiber, this salad Nicoise makes a satisfying and incredibly healthy meal. You can make it hours before, and add the tuna and dressing just before serving. Substitute tuna with canned or leftover wild salmon, or any other piece of cooked fish you may have left over.

Dark green leafy salad greens and vegetables are alkalizing foods. The American journal of Clinical Nutrition says alkalizing diets rich in leafy, raw vegetables, improve bone density, and increase growth hormones. The baby arugula is especially good with its sharp, slightly bitter taste. Arugula is a member of the cabbage family, which makes it antioxidants, cancer fighting phytochemicals, and an excellent source of vitamins A and C, folic acid, calcium, manganese, and magnesium, as well as potassium, iron, zinc, riboflavin, and copper.

Salads become a prebiotic in your gut. Prebiotics are non-digestible high fiber foods that stimulate growth of healthy gut bacteria. By having a good supply of probiotics in the gut, you boost your immune system, and absorb nutrients from food better.

And don't be afraid of the potatoes. An occasional potato will not hurt your efforts to stay lean, especially when it is combined with other fiber rich vegetables, healthy fats, and good quality protein. Potatoes, especially organic ones, are rich in nutrients.

**Salad Ingredients**

2 or 3 big handfuls of baby greens, chopped red leaf lettuce or romaine  
2 handfuls of baby arugula  
2-3 new red potatoes, quartered  
½ lb or so fresh or frozen organic green beans or asparagus  
4 eggs hard-boiled, quartered  
2 large or 3 smaller ripe tomatoes, chopped  
1/3 cup kalamata or Greek olives  
½ large red onion sliced thinly  
Handful of chopped parsley  
1 small can of tuna or wild salmon (drained), or equal amount of cooked fish  
Capers for garnish

**Dressing Ingredients**

1-2 garlic cloves, smashed and minced  
1 small shallot, minced  
½ cup extra virgin olive oil  
¼ cup balsamic vinegar or fresh lemon juice  
½ tsp Dijon mustard  
Sea salt and pepper to taste

**Directions**

Steam green beans or asparagus lightly until tender crisp and then cool under cold water. Boil potatoes and cool. Whisk together ingredients for dressing.

On a large plate or shallow bowl, place greens on bottom, and arrange potatoes, green beans, eggs, tomatoes, olives and tuna in separate sections on top of greens. Drizzle with dressing and garnish with capers. Serves 2-4.

## Chicken Fiesta Salad with Lime Cilantro Vinaigrette



Ever feel sometimes you just need the maximum amount of nutrition in one meal? Don't fresh, raw veggies, and flavor that bursts in your mouth sound good? Something so satisfyingly different, delicious, and delightful that you serve it when you have company?

This is the salad that answers all those requirements.

Everything in this salad is absolutely packed with a massive amount of fat burning vitamins, minerals and phytochemicals! From the antioxidants, vitamin K, vitamin C and magnesium in the greens, the healthy fats in the avocado, the lycopene in the tomatoes, to the cancer fighting natural chemicals in the tomatillo—it's all great for your body!

I always feel full of energy after eating this wonderful salad, and I love to make this when I have company over—it's a proven crowd pleaser. It's even better in the summer when so many of these ingredients are easy to find locally, bursting with fresh-picked flavor. I am positive this will become one of your personal favorites too.

### **Dressing**

¼ cup chopped shallots  
¼ cup fresh lime juice (juice of 1 lime)  
½ cup fresh cilantro chopped  
2-3 cloves of finely minced garlic  
1/3 cup extra virgin olive oil  
Sea salt and fresh ground pepper

### **Dressing Directions**

Combine first four ingredients in medium bowl. Gradually whisk in oil. Season with sea salt and pepper.

### **Salad**

3 cups of thinly sliced red leaf lettuce (preferably organic)  
3 cups thinly sliced Napa cabbage  
2-3 Roma tomatoes, seeded and chopped  
½ roasted red bell pepper (you can usually find these already roasted in the store or see below on how to roast your own)  
½ roasted yellow pepper  
Half (or more) firm avocado, peeled and diced  
¼ cup minced red onion  
Half a can black beans, drained and rinsed  
1 small jalapeno, de-seeded, de-ribbed and minced  
2 small tomatillos, hulls removed and chopped (green Mexican tomatoes)  
¼ cup toasted pumpkin seeds  
½ cup crumbled queso anejo, or feta cheese (optional)  
2-4 cooked chicken breasts, cooked and sliced in thin strips, or shredded with a fork  
(Grilled chicken tastes best for this recipe.)

### **Salad Directions**

Combine salad ingredients in large bowl and toss in dressing just before serving. Place cut or shredded chicken on top. Serves 4-6.

To roast peppers: heat oven on 'broil'. Slice peppers in half; remove stem and seeds. Place skin side up on flat pan in oven near heat. Roast for 4-7 minutes until skin begins to turn black. Remove and cool. When cool, slide off blackened skin and slice peppers in thin strips.

## Grilled Chicken Mango Salad



This sweet, tart and tangy salad with chicken is a delightful change of pace. Mangoes are one of the best sources of beta carotene, quercetin and astragalin. These powerful antioxidants neutralize free radicals, beef up the immune system, reverse aging and protect against cancer, heart disease, as well as colds and flu. In fact, quercetin's antihistamine action decreases allergy and asthma symptoms as well as some medications, without the side effects. The anti-inflammatory properties of these antioxidants also work to reduce pain and stiffness from arthritis.

Mangoes also contain enzymes that aid in digestion. These proteolytic enzymes break down the proteins in meat. The enzymes also stimulate metabolism (i.e. fat burning). Mangoes are loaded with potassium, vitamin K, phosphorus and magnesium as well. That makes mangoes the perfect fruit to replenish your body after heavy physical exercise or excessive fluid loss. A small mango provides a quarter of the recommended amount of vitamin C, two thirds of your daily quota for vitamin A, and large amounts of vitamin E and fiber.

### **Salad**

2 teaspoons Caribbean Jerk seasoning (buy prepared, or see below to make)  
4 boneless, skinless chicken breast halves  
1 bag (5 ounces) organic baby spinach\* or baby greens; rinsed and drained  
1 mango, pitted, peeled, and cubed  
1/3 cup thinly sliced red onion  
1/3 cup coarsely chopped red bell pepper

### **Dressing**

¼ cup extra virgin olive oil  
3 Tbsp orange juice  
1 Tbsp rice vinegar

### **Directions**

Rub jerk seasoning over chicken. Place chicken on grill over medium-high heat; cover and grill, about 5-7 minutes per side, depending on the thickness. Cool for about 5 minutes and slice into small strips.

Combine oil, orange juice, rice vinegar, and a tsp of the jerk seasoning. Shake vigorously to blend. Place spinach in large bowl. Drizzle 2 tablespoons of the dressing over spinach; toss until well mixed. Divide spinach among 4 individual salad plates. Top with mango, onion, bell pepper, and chicken strips. Serve immediately with remaining dressing on the side. Serves 4.

### **To make your own Jerk seasoning mix together:**

2 Tbsp dried, minced or powdered onion  
1 Tbsp garlic powder  
4 tsp crushed dry thyme leaves  
2 tsp sea salt  
2 tsp ground allspice  
1/2 tsp nutmeg  
1/2 tsp cinnamon  
1 Tbsp sugar  
2 tsp black pepper  
1 tsp cayenne pepper

In jar with tight fitting lid, shake together all spices and seasonings. Jerk seasoning is great to keep on hand to add a little 'zing' to a variety of meat, poultry or fish dishes. Remember, spices and herbs are FULL of antioxidants and super nutrients!

*\*Note: if using spinach, get organic whenever possible. Conventional spinach is full of pesticides and herbicides and is one of the most highly sprayed vegetables out there.*

## Wine Country Chicken Salad



This recipe is one of my favorites, adapted from a recipe from the Robert Mondavi Winery in Napa Valley. It makes a perfect meal with high quality protein, good-for-you fats, and healthy greens loaded with antioxidants and fat burning power. And, it's beautiful looking too.

The dressing contains the fresh herbs, thyme and basil. Thyme and basil contain healthy volatile oils with well-documented health benefits. The oil in thyme, '*thymol*' can actually increase the amount of healthy fats in your cell membranes and other cell structures. When you eat omega 3 fats containing DHA (a very important part of omega 3's), thyme helps to get those healthy fats right where your body needs them. It even protects brain cells and decreases aging.

So, thyme and omega 3 fats are a winning combination!

Thyme also contains a variety of flavonoids, including *apigenin*, *naringenin*, *luteolin*, and *thymonin*. These flavonoids increase thyme's antioxidant power, and combined with the manganese it contains, put thyme at the top of the list of powerful antioxidants.

Basil actually contains a substance that works like anti-inflammatory medication like ibuprofen. It adds healing benefits and relief for people with inflammatory health problems like arthritis or inflammatory bowel conditions.

The really interesting thing about both basil and thyme is their ability to kill certain bacteria and fungi. *Staphalococcus aureus (staph)*, *Bacillus subtilis*, *Escherichia coli (e.coli)*, and *Shigella sonnei* are some of the food-borne bacteria that these herbs can kill.

So you see, it makes very good sense to include thyme and basil in your recipes, especially for foods that are uncooked, such as salads. Adding generous amounts of fresh thyme and basil to your next vinaigrette will not only enhance the flavor of your fresh greens, but will help ensure that your fresh produce is safe to eat. Enjoy!

### **Salad**

3 cups chicken stock or water  
2 boneless skinless chicken breasts  
½ lb pencil thin asparagus, cut into 2" pieces  
½ cup Nicoise olives, pitted  
10 cherry tomatoes, quartered  
2 Tbsp capers, drained and rinsed  
2 Tbsp finely chopped fresh basil  
Parmigiana Reggiano, shaved or grated

### **Dressing**

½ cup extra virgin olive oil  
1 medium shallot minced  
2 generous tsp finely chopped fresh thyme  
1 Tbsp or more finely chopped fresh parsley  
¼ cup fresh lemon juice (1 medium lemon)  
Sea salt and pepper to taste

### **Directions**

In a deep medium-sized saucepan bring the stock or water to a simmer. Add the whole pieces of chicken and simmer for 10-12 minutes until tender. Cool chicken in the liquid, drain and shred the chicken by tearing into long thin pieces with forks. Set aside. Cook the asparagus for 3-4 minutes until tender but crisp. Drain and cool under cold water.

Add olives, tomatoes, capers, basil and pepper to the chicken and stir to combine. Mix the ingredients for the dressing, and add to the salad mixture. Stir gently to combine. Arrange on a bed of organic baby greens, Bibb lettuce, or red leaf lettuce. Garnish with some Parmigiana Reggiano (this is the Italian version of Parmigiana cheese,

it's usually raw and aged, and way tastier). Using a vegetable peeler, just peel a few thin pieces onto the salad.

This can be prepared up to 6 hours ahead of time and refrigerated. Add the dressing just prior to serving. Serves 2-4, depending on appetites.

## Sockeye Salmon Salad



Most any type of wild caught salmon works in this salad, but sockeye salmon is definitely my favorite. Salmon contains a large amount of antioxidants, and the darker pink the flesh, the more antioxidants--as long as it is wild caught.

The pigment that helps to make salmon's flesh pink is astaxanthin. Astaxanthin lowers C-reactive protein (CRP), which measures inflammation in the body and the blood vessels.

Astaxanthin may just be the best antioxidant for DNA protection. It's 6,000 times more effective than vitamin C, 800 times more effective than CoQ10 and 550 times more effective than vitamin E or green tea.

The effect astaxanthin has on DNA is rather amazing. DNA is damaged by free radicals when you're exposed to things like pollution, smoke, radiation and processed food. In one study, DNA damage dropped by 43% after subjects took astaxanthin supplements.

The best source of astaxanthin in supplement form (since you won't be eating salmon every single day) is by using [Krill Oil](#) daily:

<http://natural.getprograde.com/essential-fatty-acid.html>

Wild caught salmon is especially rich in omega 3's and the health benefits from this mega nutrient are endless! Salmon is also a great source of easily digestible protein, niacin, B6, B12, selenium, phosphorus and magnesium.

Eating salmon even twice a week may help raise omega 3 levels as effectively as taking daily fish oil supplements. And those healthy fats in salmon help burn body fat, contribute to a healthy heart, protect against strokes, reduce inflammation in the body, fight cancer, improve asthma, protect your eyesight, and more.

Eating a diet high in astaxanthin and omega 3 fats protects skin against sunburn and wrinkles. The omega 3's in salmon lift your mood and fight depression, improve memory and learning ability, and help with disorders like ADD (Attention Deficit Disorder). Healthy fats in salmon and other wild caught cold water fish also help prevent dementia and Alzheimer's disease.

### **Ingredients**

2 cans (6.5 oz each) canned sockeye salmon, drained and chunked  
3 Tbsp organic mayo (see recipe below to make your own)  
1 Tbsp lemon juice  
1 Tbsp capers, drained  
1/3 cup finely chopped fennel root  
1/3 cup finely diced red onion  
Pinch of organic black pepper  
1 Tbsp chopped fresh dill or 1/2 - 1 teaspoon dried organic dill weed  
4-6 large leaves green or red leaf lettuce

### **Directions**

Drain salmon and discard skin and any bones (if desired). In a medium bowl, combine ingredients. Add salmon and stir gently to combine.

Lay out lettuce leaves and place a scoop of salmon salad on each leaf. Serves 2-4.

## A Healthier Mayonnaise



### **Ingredients**

1 whole (fresh, organic) egg  
2 egg yolks  
1 Tbsp Dijon mustard  
1 Tbsp lemon juice  
Sea salt to taste  
¼ tsp white pepper or black pepper  
2/3 cup Udo's Choice Oil or extra virgin olive oil

### **Directions**

Combine the eggs, mustard, lemon juice, salt and white pepper in your blender or food processor. Then with the blender or food processor running on a low speed, start adding the oils very slowly. Start out with drops and then work up to about a small stream. It takes about 5 minutes to accomplish this, but the end result is worth it! Continue blending until all the oil is incorporated.

Makes about 1½ cups. Refrigerate to thicken. Store in an airtight container for up to two weeks.

## SIDE SALADS & VEGGIES



Sometimes you just need a little something else to add to your meal, and of course, you want it to be full of nutrition--not empty, fattening calories. The one, perfect side dish for most any meal is a salad.

There are so many variations on this--it just doesn't have to be a big production. Just throw in whatever veggies you have, add dressing, and viola--an awesome salad full of antioxidants, vitamins, minerals and phytochemicals.

It's a good idea to keep extra virgin olive oil and some Udo's Choice EFA Oil Blend on hand along with a good quality balsamic vinegar or apple cider vinegar. I like fresh squeezed lemon or lime juice for dressings as well.

You can make a quick and easy salad dressing by just drizzling oil and vinegar or citrus juice on your salad. Add some mashed avocado to make a rich, creamy dressing with lots of healthy, fat burning fat.

Add in a mixture of chopped fresh herbs, minced garlic, sea salt and pepper and you

have a salad dressing that is far better for you than anything you can buy in a store.

Or try this fabulous salad dressing:

## **Mike Geary's Healthy-Fat Blend Balsamic Vinaigrette Dressing**

### **Dressing**

Fill your salad dressing container with these approximate ratios of liquids:

1/3 of salad dressing container filled with balsamic vinegar

1/3 of salad dressing container filled with apple cider vinegar

Fill the remaining 1/3 container with equal parts of extra virgin olive oil and "Udo's Choice EFA Oil Blend".

Add just a small touch (approx 1 or 2 teaspoons) of real maple syrup.

Add a little bit of onion powder, garlic powder, and black pepper and then shake the container to mix all ingredients well.

### **Mike's Note:**

*The reason to blend the extra virgin olive oil half and half with the Udo's Choice Oil is that they make up for what each lacks. Although extra virgin olive oil is healthy and contains important antioxidants, it is mostly monounsaturated, and is low in the essential fatty acids (EFA's).*

*The Udo's Choice Oil is higher in unrefined polyunsaturated oils with a good healthy balance of omega 3 to omega 6 fatty acids. There are several variations of the Udo's Choice Oil, and one of them (labeled DHA 3-6-9 Blend) even contains a DHA algae oil blended into the mix along with organic flax oil, coconut oil, evening primrose oil, rice bran oil, oat germ and bran oil, and a few others.*

*Overall, blending Udo's with extra virgin olive oil makes nearly a perfect oil blend for salad dressings with a great taste and maximum health benefits.*

*Just make sure to NEVER buy a typical grocery store salad dressing as they almost always contain refined soybean oil and/or canola oil (both are VERY unhealthy for you). Many big food companies will trick you into believing their salad dressing is made with extra virgin olive oil by advertising, "made with extra virgin olive oil" on the front label. But, if you read the ingredients on the back label, you will find out it contains only a tiny bit of extra virgin olive oil and the rest is refined soybean oil, which as we know is NOT good for you. Make your own truly healthy salad dressing instead, and you will know exactly what is in it.*

### **Try These Ingredients in Your Salad:**

Start out with some fresh organic baby greens, arugula, watercress, parsley, etc. or some dark green leafy lettuce and build from there.

Chop up some raw, fresh veggies like red, green or yellow peppers (always use organic, as conventionally grown ones are highly sprayed with pesticides), tomatoes, zucchini, red onion, parsley, cucumber, cilantro, carrots, and whatever else strikes your fancy and throw in with the greens. Throw in some sprouts (alfalfa, broccoli, sunflower, etc) if you have them for even more power-packed nutrition.

When they are in season, I like to add even more antioxidants and make things a little more interesting by adding a few (organic) blueberries, strawberries, blackberries, raspberries, apples, etc. The sweet taste of the fruit and the tang of the dressing make for a mouth-watering taste sensation.

Add in some chopped nuts: walnuts, pecans, almonds, etc. for a little more substance, crunch and taste--along with all the valuable nutrients that nuts contain.

Add in protein to the mixture if you want to make it a meal or hearty snack. Try leftover chicken or fish, thin strips of beef or boiled eggs. Sardines or anchovies are delicious in salads as well. For even more substance, try some drained pinto, black, garbanzo or navy beans in your salad.

Now, *you* have become the chef and created your own masterpiece made of the most powerful antioxidants, vitamins, minerals, and fabulous phytochemicals on the planet. Enjoy!

## Quinoa Tabouli Salad



This Middle Eastern salad normally uses cracked wheat, but quinoa is a great, gluten free healthier substitute. Since quinoa is not really a grain, but a low-glycemic, high protein seed--packed with antioxidants, nutrients and all the essential amino acids—it is definitely a better substitute!

Quinoa is high in protein, and its protein is complete protein containing all essential amino acids, especially the amino acid lysine, which is important to tissue growth and repair.

Quinoa also contains manganese, iron, copper and phosphorus along with antioxidants, B vitamins, and fiber, making it a great healthy food for everyone but especially anyone with migraine headaches, diabetes, and heart disease.

Eating quinoa will help migraines and headaches. How? Quinoa is a great source of magnesium, something that most of us are lacking enough of in our diets. Magnesium helps relax blood vessels, which helps to prevent the dilation and constriction of migraines.

Magnesium levels are also directly associated with blood pressure, so getting adequate amounts of magnesium in your diet will help to lower blood pressure and regulate your heartbeat. Quinoa is also a great source of riboflavin, a B vitamin necessary for proper energy production.

An excellent picnic food idea, it tastes great chilled or at room temperature, and won't spoil easily.

### **Ingredients**

- 2 cups cooked quinoa, drained
- 1 organic cucumber, chopped
- 2 medium tomatoes, chopped
- 1 bunch green onions, (8) sliced
- ½ cup fresh chopped mint
- 2 cups fresh chopped parsley
- 2 cloves garlic, minced

### **Dressing**

- ½ cup fresh lemon juice
- ¾ cup extra virgin olive oil
- Sea salt and freshly ground pepper, to taste

### **Directions**

Cut up the vegetables for the salad, and toss with the dressing. This will have better flavor if allowed to soak up the dressing and flavors for an hour or more. Serve chilled or at room temperature. Serves 4-6.

## Shaved Fennel And Arugula Salad



Once you try this salad, you may become totally hooked on it like I did. This simple salad has been a hit with everyone who has eaten it. It's just a little bit different from your average salad. I really enjoy its interesting taste and texture and could have this several times a week without ever tiring of it.

Fennel is an intriguing vegetable. Looking a little like celery with a bulging bottom, fennel is a delicious, crunchy, slightly sweet vegetable with a slight taste of licorice. It is a refreshing and interesting addition to salads and other dishes. Fennel actually has medicinal properties and is known for its unique ingredient, *anethole*. This volatile oil contains powerful phytochemicals that reduce inflammation and fight cancer. Fennel oil also helps protect the liver from toxic chemical injury—so if you or someone you know is undergoing chemotherapy for cancer, fennel can be very beneficial.

Fennel also contains large amounts of vitamin C, folate, and potassium. Enjoy its sweet, crunchy (slightly licorice-y) flavor in salads or by itself as something different to munch on.

Arugula, like the other cruciferous vegetables in its family tree, also has powerful cancer

fighting compounds in it. Arugula contains a group of anti-cancer compounds known as glucosinolates. These compounds are highly active antioxidants and they stimulate natural detoxifying enzymes in the body.

Similar to other dark green leafy vegetables, arugula is rich in vitamins A, C, and K, as well as calcium, magnesium and potassium that help lower blood pressure and keep bones healthy. It's a good source of iron for healthy red blood cells, and contains plenty of other important phytochemicals such as carotenes and chlorophyll, making it an excellent source of antioxidants as well. For milder tasting arugula, buy the baby arugula, or for more pungent flavor, buy the larger, mature leaves.

The thin, shaved slices of fennel are easiest to do on a good mandoline, or you can use a good, sharp chef's knife to cut very, very thin slices. Variations on this recipe are delicious, too. I made this the first time without the zucchini and added in some delightful, nutty flavored, raw Swiss Gruyere cheese and it was incredible!

### **Ingredients**

1 medium-large zucchini, sliced into paper thin coins  
2 small fennel bulbs, green parts trimmed off, and shaved paper-thin  
2/3 cup loosely chopped fresh dill  
1/4 cup fresh lemon juice, give or take  
1/3 cup extra virgin olive oil, adjust if desired  
Freshly ground sea salt  
4 or 5 generous handfuls arugula  
Honey (optional)  
½ cup sliced or chopped almonds, walnuts or pine nuts  
Parmigiana Reggiano, or raw Gruyere, shaved

### **Directions**

Combine the zucchini, fennel and dill in a bowl and toss with the lemon juice, extra virgin olive oil and ¼ teaspoon sea salt. Set aside for 20 minutes or more, to allow flavors to permeate.

Put arugula in a large bowl. Dump the zucchini, fennel, dill and dressing on the arugula, and toss gently but thoroughly. Taste and adjust with more of the dressing, extra virgin olive oil, lemon juice, or salt if desired. If the dressing tastes too sour to you, add a drizzle of honey into the salad mixture. Serve topped with your choice of nuts and cheese. Serves 4.

## Oriental Cabbage Salad



Cabbage belongs to the family of cruciferous vegetables, along with broccoli, cauliflower, Brussels sprouts, arugula, and kale. It contains a very unique phytonutrient called indole-3-carbinol (I3C). This unique plant nutrient blocks the adverse effects of certain types of chemicals known as xenoestrogens (or artificial estrogens) in our environment that cause the storage of extra abdominal fat, 'manboobs', and other unwanted physical effects.

Xenoestrogens can mimic estrogen in the body and the excess estrogen can make you more prone to reproductive cancers such as prostate cancer in men, and breast and ovarian cancer in women.

Since xenoestrogens are found in so many things we encounter in our environment, on a daily basis, it is nearly impossible to avoid them completely. So, making sure you get plenty of this nutrient is a powerful way to fight against these estrogenic compounds, avoid belly fat, and protect yourself against cancer.

Cruciferous vegetables are also full of fiber and other cancer-fighting ingredients as well. This salad is a nice high fiber change to a regular lettuce salad.

**Ingredients**

½ regular green cabbage, shredded or sliced very thinly  
¼ red cabbage, shredded  
1 carrot, shredded  
4-6 green onions, chopped  
1 sweet red bell pepper, slivered  
1 apple, sliced and slivered  
½ cup of slivered almonds  
1 Tbsp toasted sesame seeds or black sesame seeds

**Dressing**

½ tsp of sesame oil  
2 Tbsp of peanut oil  
2-3 Tbsp rice wine vinegar  
Squirt of honey  
1 Tbsp of fresh grated ginger  
Juice of half a lime  
Sea salt  
Hot pepper flakes, to taste

**Directions**

Add all ingredients to a glass bowl, add in dressing and mix!  
Delicious with salmon or any other wild caught fish. This tastes even better the next day! Serves 4-6.

## Harvest Apple Walnut Salad



This is a great salad for autumn, or whenever you can find fresh, crisp, sweet or tart organic apples. The old saying, “An apple a day...” holds true today as well. Apples have so many health benefits; the list could go on forever.

Apples contain compounds that help prevent osteoporosis and increase bone density, help asthma, protect brain cells from free radical damage, lower cholesterol, prevent lung, liver, breast, and colon cancer, maintain a healthy digestive tract with their rich fiber, and help in weight loss.

Choose organic apples whenever possible as conventionally grown apples are sprayed with a lot of pesticides that cannot be washed off. One of my new favorite varieties of apples is “Honeycrisp”. These delightful apples have just the right amount of sweetness, and tangy-ness, and are tender-crisp and juicy. They are as good in a salad as they are just eaten out of hand.

And, don’t forget, the walnuts in this salad are high in Omega 3 fats--great in hundreds of ways for the body, the brain and for fat loss.

What are you waiting for?

**Salad**

2 cups cored and sliced apples (honeycrisp or mixture of tart and sweet apples)  
Juice from 1 lemon  
2 cups sliced celery  
1 sweet onion  
½ cup walnuts  
1 head red leaf lettuce

**Dressing**

½ cup plain yogurt or mayonnaise  
¼ cup apple cider vinegar  
1 Tbsp honey  
1 Tbsp grainy mustard  
Sea salt to taste

**Directions**

Chop apples and toss with lemon juice in a small bowl. Add celery, onion, and walnuts into large bowl, mix in apples and toss all ingredients.

Blend dressing ingredients in separate bowl by hand until smooth. Pour over salad and toss. Serve on top of lettuce leaves. Serves 4-6.

## Parsley Salad



Parsley deserves to be more than just a decoration on a plate. This small leafy green plant is a great deodorizer and absolutely **packed** with high-powered nutrients including vitamins A, B, and C, K, and iron. Parsley is a rich source of calcium and magnesium which work together in tandem to keep bones and teeth healthy, as well as lower blood pressure and relax the body.

Parsley helps to detoxify the blood and rid the body of heavy metals, like mercury.

You can create a lot of variations on the general idea of this salad. Limit the greens to parsley alone, or mix it up with a variety of other fresh herbs. Chopped radishes are also a delicious addition to this salad. Or, add a half cup or so of any kind of beans to make it a little more filling.

This makes a great side salad with any meal, but especially any meal that is heavy with garlic or onions. Parsley is a natural deodorizer and will actually help to freshen the breath and prevent body odor as well.

**Ingredients**

2 cups (or one large bunch) Italian or curly parsley leaves, snipped or pulled from the thick stems, chopped

Several sprigs of fresh mint leaves, chopped

Several small fresh marjoram sprigs or a handful of basil, chopped

2 green onions, minced

2-4 radishes, thinly sliced

Sea salt

1 Tbsp extra virgin olive oil

Fresh lemon juice to taste

1-2 ounces of raw Feta, Romano, or Parmigiana cheese, thinly sliced (optional)

**Directions**

Wash and dry the greens. Slice the radish into slices, and then slice into narrow strips. Combine the parsley, herbs, and radishes in a bowl, sprinkle with salt, add extra virgin olive oil, lemon juice and toss. Add other ingredients and toss again. Serves 4.

## COOKED VEGETABLES



While many fresh vegetables are at their peak of nutrition and full of live enzymes when they are eaten raw, some vegetables are more easily digested and utilized by our bodies, if cooked. Generally though, cooked vegetables should be only lightly cooked, and still tender-crisp. Vegetables cooked too long lose most of their healthy benefits and just become limp, tasteless and worthless. Nobody likes vegetables this way.

Many vegetables can just be lightly sautéed in a pan with a little bit of water, and grass fed butter or extra virgin olive oil and sea salt. Cooking them over medium heat and stirring them, will heat them through and usually (for green vegetables) once they become a brighter green, they are pretty much done. A little squeeze of lemon juice on them is all it takes, and they are ready to serve! A great snack or healthy addition to any meal.

Most vegetables contain a variety of powerful phytochemicals—the brighter and more colorful, the better. Try to buy locally or organic whenever possible.

Sometimes learning to cook vegetables in a new and different way can totally change

the way you feel about them. For example, I love fresh beets but many people still think of beets as the bland, mushy kind that come in a can, loaded with syrupy sugar. However, when you slice up fresh beets and simmer them in a pan with water, butter, salt and pepper, and a squeeze of lemon, you will be in for a surprise. These beets taste nothing like the canned kind!

The same goes for a lot of other vegetables that you may have thought you disliked. Be adventurous; try some new vegetables—or even vegetables you thought you didn’t like, in new recipe—you may find a new favorite food!

## Cooked Greens and Herb Pesto



In this recipe, an assortment of greens is steamed then lightly with the pesto—extra virgin olive oil and a blend of cilantro, garlic, and parsley with lots of cumin. A squeeze of fresh lemon juice adds the perfect touch. This salad is good hot from the pan or at room temperature.

Collard greens, turnip greens, mustard greens, and kale belong to the same plant family as broccoli, Brussels sprouts, cabbage and cauliflower. Not only are these *cruciferous* vegetables great fat-burners, but they also protect your health and prevent cancer, by providing you with a very rich source of vitamins, minerals and phytochemicals.

And here's another great fact about these superfood vegetables—did you know that certain chemicals like pesticides, herbicides and everyday household chemicals and cosmetics in our food and environment can mimic the female hormone estrogen?

“Xenoestrogens” as these chemicals are called, have a negative effect on men *and* women. Exposure to xenoestrogens can really mess up the hormone balance in both

men and women. One of the things these estrogenic chemicals do is stimulate your body to store belly fat and, even worse, they encourage cancer growth.

Cruciferous vegetables contain unique phytonutrients such as indole-3-carbinol (I3C) that help to fight and block the effects of these estrogenic compounds. So you get healthier *and fight belly fat* when you eat them!

In addition, there are 10-15 compounds in these leafy greens contain that have been proven effective against many cancers, including: stomach cancer, prostate cancer, colon cancer, breast cancer, and ovarian cancer.

These greens also contain large amounts of vitamin A, vitamin C, B6, manganese, calcium, copper, and potassium. These nutrients help reduce damage from inflammation, lower cholesterol, fight infections, and strengthen and renew collagen in the skin for a healthy youthful appearance.

Kale, collard greens, mustard and turnip green contain large amounts of bone-strengthening calcium, and when combined with vitamins A and K2 (a necessary nutrient for bone health) in grass fed butter, it works to get calcium to where it is needed, strengthening bones and teeth.

There is absolutely no question that these cruciferous greens are one of the world's most powerful foods to burn fat and protect your health! Eat them as often as you can.

### **Herb Pesto**

4 large garlic cloves  
Sea salt  
1-2 good handfuls of parsley leaves  
1 or 2 handfuls of cilantro leaves  
3 Tbsp of extra virgin olive oil  
2 tsp paprika  
2 tsp ground cumin  
1 lemon cut into wedges  
Handful of pine nuts (optional)

### **Greens**

A couple of big bunches of greens in any combination, such as: kale, mustard, arugula, watercress, dandelion, chard, escarole, collard greens, organic spinach, etc. You can use one kind or mix a few together. If you like greens with a strong flavor, use mustard, collard, kale or dandelion greens. If you prefer a sweeter milder flavor, use chard and spinach.

**Directions**

Wash the greens well and cut away tough stems and chop in smaller pieces. Put the greens in a shallow pan with about a ¼ cup of water. Cover and steam until tender about 5-7 minutes. Drain off excess water.

In a food processor, add garlic, salt, parsley, cilantro and pine nuts, and process until finely chopped.

Gradually warm the extra virgin olive oil in a pan, with the paprika and cumin. When it begins to smell good, (1-2 minutes) add the garlic-herb mixture to the oil. Next add the greens and stir. Heat for a minute and pile into a dish. Garnish with lemon wedges. Serves 4-6.

## Asparagus with Butter and Parmesan



Asparagus is actually a member of the lily family. It is an excellent source of B vitamins--including B1, B2, B3, B6, and folate; as well as vitamin C, vitamin A and vitamin K. It also comes loaded with fiber, manganese, copper, phosphorus, potassium and protein.

The minerals in asparagus combined with an amino acid, *asparagine*, gives asparagus a diuretic effect, meaning it helps the body get rid of excess water weight. Asparagus has been used to treat health problems involving swelling, such as arthritis and rheumatism, and may also be useful for any kind water retention, even the monthly kind that women get with their menstrual periods.

A cup of asparagus supplies about 20 mcg of folate, a B vitamin essential to cell division, making it essential for pregnant women. And, folate, along with vitamins B6 and B12, decreases levels of homocysteine, an inflammatory marker for heart disease.

Spring is the best time for asparagus. The stalks are thin and tender and it is at its freshest. Asparagus is best when it is lightly cooked and tender-crisp, so keep a close eye on it while cooking, it only takes a couple of minutes!

**Ingredients**

1-2 lbs (approximately) of asparagus

Sea salt

4 Tbsp grass fed butter

Parmigiana Reggiano (Italian version of Parmesan), thinly shaved or grated

Freshly ground pepper

Fresh lemon

**Directions**

Snap off the tough ends of the asparagus. You can leave the stalks in one piece or cut into smaller pieces. Heat a quart or so of water in a large pan and add salt. While the water is heating, melt butter in a small pan and cook until it begins to become light golden brown. Remove from heat.

Cook asparagus until tender, bright green and still firm. (2-4 minutes) Remove from heat and drain water. Add melted butter to asparagus, squeeze a few drops of fresh lemon over it, dust with fresh ground pepper, sea salt, and cheese. Serves 4.

*Note: Leftover asparagus makes a tasty addition to omelets, salads or pasta.*

## Fresh Zucchini and Tomatoes with Basil



When zucchini and tomatoes are in season, nothing compares to the delicate nutty taste of fresh picked zucchini and the sweet, juicy tang of tomatoes. Finding both of these locally grown means that these vegetables are at their peak of flavor and nutrition.

Tomatoes are powerhouses of energy packed nutrition--full of lycopene and antioxidants, including vitamins A and C. Zucchini, or summer squash, as it may be called, is an excellent source of manganese and vitamin C, magnesium, vitamin A, fiber, potassium, folate, copper, riboflavin, and phosphorus.

The magnesium in zucchini is a relaxant for the body and the muscles, and also reduces the risk of heart attack and stroke. Together with potassium, magnesium reduces high blood pressure. Vitamin C and vitamin A are hearty antioxidants and help to prevent the buildup of cholesterol in the blood vessels, along with their fat burning capabilities.

Basil contains flavonoids and volatile oils which are uniquely health protecting. Basil actually provides protection against dangerous bacteria which can cause food poisoning, including: *Listeria*, *Staphs*, *E.coli* O:157:H7, and more.

Basil is also a very good source of vitamin A and magnesium, which improves blood flow and helps the heart beat more regularly. Basil contains iron, calcium, and plenty of potassium and vitamin C.

*Note: The oils in basil are highly volatile; it is best to add the herb near the end of the cooking process, so it will retain its maximum essence and flavor.*

### **Ingredients**

1 lb or so of fresh, small zucchini, sliced thinly  
2-3 firm, medium to small tomatoes, chopped (Roma tomatoes are good for this)  
2 Tbsp of extra virgin olive oil  
1-2 cloves of garlic, crushed and minced  
A handful of fresh basil, chopped  
Sea salt  
Fresh ground pepper  
1-2 Tbsp grass fed butter  
Couple thin slices of prosciutto, chopped, (or nitrite-free cooked bacon)

### **Directions**

Over medium heat, add extra virgin olive oil, zucchini, and garlic and cook for a couple of minutes until zucchini becomes slightly tender. Add tomatoes, salt and pepper and toss. Remove from heat and toss in prosciutto or bacon, and basil. Enjoy! For a protein packed meal, add this to scrambled eggs. Serves 4.

## Roasted Brussels Sprouts with Bacon



Even if you are an avowed Brussels sprouts hater, I am certain you will change your mind once you try this recipe. These caramelized, roasted Brussels sprouts with bacon will transform anyone into a Brussels sprouts lover!

Brussels sprouts are members of the auspicious cruciferous vegetable family and have all the amazing antioxidant, cancer-fighting, anti-inflammatory, healthy benefits that broccoli, cauliflower, kale, arugula and cabbage contain. Brussels sprouts' health benefits have been well-studied, and many of the studies have to do with the benefits of this vegetable and its powerful cancer-fighting abilities.

Brussels sprouts provide vital nutrients for the body's detoxification system, its antioxidant system, and inflammatory system, which help prevent chronic diseases and cancer. A healthy diet that includes Brussels sprouts arms your body to effectively fight: bladder cancer, breast cancer, colon cancer, lung cancer, prostate cancer, and ovarian cancer.

Brussels sprouts actually contain health omega 3 fatty acids that help fight inflammation as well. About a cup and a half of Brussels sprouts provide about 430 milligrams of plant based omega 3 fatty acid (ALA). And, Brussels sprouts supply antioxidants, including vitamins K, C, E, and A, manganese, quercetin, kaempferol, and more.

The amazing amount of Vitamin K in Brussels sprouts actually fights chronic inflammation. This nutrient helps to regulate our inflammatory response, including chronic inflammation that increases the risk of certain cancers.

Brussels sprouts' anti-inflammatory benefits also help fight obesity, Crohn's disease, inflammatory bowel disease, insulin resistance, irritable bowel syndrome, rheumatoid arthritis, type 2 diabetes, and ulcerative colitis.

### **Ingredients**

20-25 small Brussels sprouts  
4 slices thick-cut (nitrite free) natural bacon, cut into pieces  
2 tablespoons extra virgin olive oil  
2 Tbsp butter, melted  
Sea salt and pepper

### **Directions**

Preheat oven to 400°.  
Wash and dry the Brussels sprouts. Trim off the ends of the sprouts, remove the outer leaves, and cut lengthwise in half.

Slice the bacon into small strips and cook until just crispy. Remove bacon from the pan. Add extra virgin olive oil, melted butter, Brussels sprouts, bacon, salt, and pepper to bowl and stir to mix well. Spread Brussels sprouts on a large, flat baking sheet or pan. Roast for 20 minutes, or until the sprouts are just fork-tender. Do not overcook! Remove from the oven and serve immediately. Serves 4.

## Incredible, Lemon-Butter Broccoli



Eat broccoli on a regular basis to get the fantastic fat burning, health benefits from this outstanding member of the cruciferous vegetable family. Cruciferous vegetables include cauliflower, kale, Brussels sprouts, and cabbage. Try to include a generous serving of broccoli or other cruciferous vegetables in your meals, 2-3 times a week, to get the most out of its healthy benefits.

Cruciferous vegetables contain unique nutrients such as indole-3-carbinol (I3C) that help block the effects of estrogenic compounds. In addition, there are 10-15 compounds that have been proven effective against many cancers, including: stomach cancer, prostate cancer, colon cancer, breast cancer, and ovarian cancer.

Broccoli is unusual in that it also contains a strong combination of both beta carotene (plant based vitamin A) and vitamin K. Having ample supplies of vitamin K and vitamin A in the diet help keep vitamin D in balance and prevent vitamin D deficiencies. And, broccoli is a particularly rich source of an antioxidant flavonoid called kaempferol. Kaempferol has the ability to lessen the impact of allergenic substances we come in contact.

I have prepared this super easy recipe for people who swear they don't like broccoli. The key to tasty broccoli is to cook it lightly, and remove it from the heat while it is still bright green, and still slightly firm. Too often broccoli gets overcooked and is mushy and bitter. What's more, it loses a most of its valuable nutrients when it's overcooked, and broccoli contains a wealth of valuable nutrients.

### **Ingredients**

1 bunch of broccoli (or about a pound)

½ fresh lemon

Grass fed butter

Sea salt and fresh ground pepper

Parmigiana Reggiano cheese or Parmesan cheese (optional)

### **Directions**

Rinse the broccoli, and cut off thick stems. Chop in smaller florets. Place in a large shallow pan with enough water to just barely cover the broccoli. Cover with a lid and cook on medium high heat. Broccoli cooks fairly, so this will probably only take about 5-7 minutes.

Once the broccoli turns bright green and becomes tender, take it off the heat. Add a big slab of grass fed butter, sea salt and pepper, and squeeze a half a lemon (watch out for seeds) over the vegetables. Sprinkle some grated Parmigiana Reggiano cheese over the top, or with a potato peeler, slice off a few slivers of the cheese on top of the broccoli. Place under broiler for 1 minute to brown the butter and cheese. Serve immediately. Serves 4.

*Note: I use this same cooking method with asparagus, zucchini, summer squash, or green beans and it all comes out DELICIOUS! Just remember to lightly cook until just tender, but never mushy!*

## SNACKS



Sometimes you just need a snack to get you through the day, get you to the next meal, give you a little extra energy to keep going, or to fuel a hard workout. The key to snacks is to keep your blood sugar on an even keel by having a low-carb, low-glycemic snack that is high in nutrition. If you eat carbs, even the kind you find in fruit and veggies, always balance it out with some good fat and protein, which keeps your blood sugar level. And, you feel more satisfied too.

While I don't think it is absolutely necessary to eat 6 meals a day, as some weight loss experts will tell you, I do like a snack now and then to stop the 'hungries'. I always try to include protein and make it relatively low glycemic, to keep my blood sugar in the fat burning zone.

The best snacks are low glycemic; if you eat something higher up on the glycemic scale, be sure to balance it out with a protein and/or fat. For instance, an apple is a great snack, but it is a little higher up on the glycemic scale. Balance that out with a handful of pistachios or almonds, or perhaps some organic all-natural peanut butter or grass fed cheese.

Or try this delicious idea: mix together a couple of raw nut butters, add a touch of cinnamon and a drizzle of pure maple syrup. You can eat this alone or dip an organic sliced apple in it. It's delicious and satisfying and you don't need much to 'hit the spot'.

One of my favorite snacks is just a handful of nuts—my favorites are almonds, walnuts or pistachios. They are crunchy and filling and full of great nutrients. A small serving of nuts will give you over thirty vitamins, minerals and other super nutrients.

And here is a great easy snack: an apple with nut butter. Apples are a fruit and, although they contain lots of fiber, they do contain carbs that are normally burned as quick energy. However, to keep your blood sugar low, eating the nuts or nut butters along with the apples, slows down the absorption of sugars in the body, keeping insulin lower, and most importantly, keeping your body from storing the calories as fat—which it tends to do in the presence of insulin. And it fills you up, so you are not hungry.

Another great snack is grass fed cheese. You don't need crackers to eat with cheese—instead try a slice of cheese with a few slices of cut up apples, pears, strawberries or grapes. One of my favorite quick and easy snacks is this: slice an avocado in thick slices, and wrap with a slice of natural turkey.

So you see, snacks can be filling, satisfying, healthy, and fat burning!

## Nutty Cashew Hummus



Although nuts have tons of healthy, fat burning benefits, many people avoid them because they think they are fattening. While I wouldn't touch those kind that come in a can from the grocery store loaded with cottonseed oil and other unhealthy stuff, I do think nuts are a great *fat burning* snack!

A recent study in the journal *Obesity* showed that people who eat nuts at least twice a week are much *less* likely to gain weight than those who almost never eat nuts. Just remember that nuts are calorically dense, so if you eat a ton of them, like anything else, they will be fattening—so just go easy on this delicious snack.

Most of the fat in cashews is from *oleic acid*, the same heart-healthy fat found in extra virgin olive oil. This monounsaturated fat helps reduce triglyceride levels and LDL cholesterol which are associated with heart disease.

Cashews contain an ample supply of copper and magnesium—necessary nutrients for bone, connective tissue, skin and hair. Copper helps keep blood vessels and joints flexible. Magnesium also helps calm the nerves, reduce muscle spasms, prevent migraines, lower blood pressure, and reduce asthma. And one more added benefit—nuts help lower the risk of gallstones.

**Ingredients**

1 cup of cashews, raw or naturally roasted without added fats

¼ cup tahini

2-3 garlic cloves, crushed

3 tablespoons of lemon juice

1 tsp cumin

Sprinkle of cayenne pepper

Sea salt

Fresh parsley, chopped

Fresh cut up veggies for dipping

**Directions**

If using raw cashews, soak in water for at least three hours. Drain and rinse and place in food processor. Add remaining ingredients to food processor, puree until well blended.

Add water, ¼ cup at a time, until desired thickness. Sprinkle the top with freshly chopped parsley before serving. Can be stored in covered container in the refrigerator.

Serves 4.

For variations, keep the base recipe the same and add the following: olives, roasted red pepper, sun dried tomato.

## Baba Ghanouj



This delicious Middle Eastern dip, similar to hummus, is made from eggplant.

Eggplant not only offers more than its share of vitamins, minerals, and fiber in a low calorie package, but it also has some powerful antioxidants and phytonutrients worth mentioning. One of these phytonutrients comes from the dark purple skin, and is called *nasunin*.

This antioxidant actually protects your cell membranes, especially in the brain, from damage. Cell membranes are made of important fatty acids that protect it from being harmed by invaders like bacteria, viruses and free radicals. Another antioxidant in eggplant, chlorogenic acid, goes to work fighting cancer, bacteria, viruses and fungi, as well as lowering your LDL (bad) cholesterol.

Baba ghanouj, also called baba ghanoush, is a purée of eggplant flavored with tahini (sesame seed paste), lemon juice, garlic and fresh herbs. It is especially tasty with slices

of fresh vegetables like cucumbers, carrots, red and green bell peppers and zucchini for dipping.

### **Ingredients**

1 large eggplant (about 1 pound), halved lengthwise  
3 Tbsp sesame tahini  
1 to 2 cloves garlic, finely chopped  
2 Tbsp nonfat plain yogurt  
½ cup parsley leaves, chopped, plus more for garnish  
1/4 cup lemon juice  
Sea salt to taste  
1 Tbsp extra virgin olive oil, plus more for garnish

### **Directions**

Preheat oven to 350°F. Place eggplant cut-side down on a foil-lined baking sheet. Prick the skin all over with a fork and bake until soft and collapsed, about 20-30 minutes, depending on its size.

When cool enough to handle, scoop eggplant pulp into a bowl, and discard skin. Add tahini, garlic, yogurt, parsley, lemon juice, salt, and extra virgin olive oil. Mash for a chunky texture, or purée in a food processor, (before adding parsley) for a smooth texture.

Garnish with parsley and drizzle with extra virgin olive oil. Serve with fresh sliced veggies for dipping. Serves 4-6.

## PHAT GUACAMOLE DEVILED EGGS



These delicious eggs have guacamole as a healthy addition to the egg yolks. So on top of all the great fat burning benefits you get from eating the eggs and the yolk, you get the healthy fats, vitamins and minerals in the avocado as well.

The healthy fats and other nutrition you get from avocados help your body to maintain proper levels of hormones that help with fat loss and muscle building. The healthy fat in avocados helps control insulin levels and gives your brain a signal that you are satisfied when you eat them, so you eat less.

Avocados contain plenty of oleic acid, a monounsaturated fat that helps lower cholesterol and is helpful in preventing breast cancer and other cancers. One cup of avocado has about a quarter of your required daily amount of folate, or folic acid, a B vitamin that plays an essential role in making new cells by helping to produce DNA and RNA.

This hunger satisfying low carb snack will keep your blood sugar stable, replenish and fuel your body with lean, fat burning nutrition.

Check these out—they are absolutely delicious!

**Ingredients**

4-6 eggs, hard-boiled

1 avocado

1 clove minced garlic

¼ cup finely minced red onion

1 small roma or plum tomato, seeded and finely chopped

2-4 Tbsp chopped cilantro

Frank's Redhot sauce or Tabasco, more or less to taste, depending on its hotness

1 tsp lemon or lime juice

Cilantro, chopped

Sea salt

**Directions**

Peel hard-boiled eggs and cut in half length-wise. Gently pop out yolks into a small bowl with avocado, garlic, tomato, onion, hot sauce and lemon juice. Mash yolks and avocado mix together. Season with sea salt, and freshly ground black pepper to taste.

Refill egg whites with the yolk/guacamole mixture, sprinkle with chopped cilantro.

Serves 4.

## Nutty Energy Snack Bombs



*Photo courtesy Isabel, [tisthefood.wordpress.com](http://tisthefood.wordpress.com)*

These energy snacks are far, far better than most energy bars that you would buy in a store! They not only taste better, but also are WAY healthier for you! And they have only REAL ingredients in them--nothing processed or artificial.

Protein and fat in nuts helps you feel full and stops cravings, and won't raise blood sugar, which means they are more likely to be used as energy and will not stimulate your appetite like a starchy or sweet food will.

Besides their lean body benefits, nuts are a highly nutritious food to include in your diet. Most nuts are high in monounsaturated fats, the same type of health-promoting fats as are found in extra virgin olive oil, which have been associated with reduced risk of heart disease and cancer. Nuts also contain polyunsaturated fats, healthy saturated fats, and linoleic acid, another healthy fat that the body utilizes for essential fatty acids.

Nuts contain lots of vitamin E, which works as an antioxidant, and prevents oxidation of LDL cholesterol. Nuts are also chock full of hard-to-get minerals, such as copper, iron, magnesium, manganese, zinc and selenium.

**Ingredients**

½ cup almond butter, peanut butter, or cashew butter  
½ cup ground flaxseeds  
½ cup tahini  
¼ cup pumpkin seeds, walnuts, pecans, almonds, cashews, etc.  
½ cup grated or shredded unsweetened coconut  
¼ cup extra virgin coconut oil  
2 Tbsp cup real maple syrup  
½ cup dried goji berries, cranberries, cherries, or raisins  
¼ cup vanilla [cold processed protein powder](#) (optional)

Combine all ingredients in a medium size bowl, or use a food processor. Roll into balls about the size of a small walnut. These are even better tasting rolled in shredded coconut. Store in refrigerator. Makes about 20 balls.

*Experiment with your favorite nuts, dried fruit and nut butters for more varieties of these high-powered snacks.*

## SMOOTHIES



Smoothies can be a great snack, a quick and easy breakfast, or post-workout pick-me-up. But, be careful what you put into them, so they don't become a high sugar, high calorie drink that makes your blood sugar go crazy, and instead of burning fat, you're storing it.

Always use real fruit (fresh or frozen) with no added sweeteners, syrups, or sugars. Go easy on the juice that you add, or use sparkling water, coconut water, coconut milk, or fresh, raw whole milk. If you need some added sweetness, a very small amount of honey is ok, but the best sweetener is stevia, which adds a sweet flavor, but keeps your blood sugar and insulin in balance.

## Power Protein Smoothies

The best smoothies have some protein in them, and also good fats. Protein can come from a cold-processed, grass fed whey cold processed protein powder, raw milk, egg, or hemp powder.

A fresh, raw, organic egg can work well for added protein. To minimize any chance of contamination or salmonella, use organic, free range eggs and wash it first, avoiding eggs with cracks in the shell. Eggs are excellent protein. Easy to digest, and if you get **free range, organic eggs** you will also get a healthy dose of omega 3's, and choline which is great for your brain as well as your body. They also make smoothies thick and creamy which makes them taste even more delicious.

Protein powder is a good option too, but choose well, as many have added sugars or artificial sweeteners. The best kind of protein powder is whey based (avoid soy based proteins), and cold-processed. Most protein powders are heat processed; heat processing of whey proteins denatures the protein, making it virtually useless. And if the protein powder is sweetened, look for Stevia as a healthy sweetener. And the best whey protein is cold processed AND from grass fed cows.

## 'GO' Greens

Speaking of green, don't forget to add your favorite superfood greens like organic kale, spinach or swiss chard. Simply purchase a bag of frozen, organic greens and just throw in a quarter cup or so into smoothies. While they may change the color a bit, the milder greens just seem to blend right in without even changing the taste. So, if you are not a huge fan of greens on your dinner plate, try this method to get all the healthy benefits.

And, if you have younger children who may turn up their noses at eating green stuff, this is a great way to sneak it into their diets without the battle.

## Fabulous Fats

The perfect fat burning, low glycemic smoothie has the addition of a healthy fat source. This does two things: one, it helps keep blood sugar stable by slowing down absorption time. . And two, it adds an instant energy source. One of my favorite healthy fat additions is virgin coconut oil. Coconut oil has many fat burning energy boosting, benefits--as well as fantastic health benefits.

The medium chain fatty acids in coconut oil are metabolized immediately as energy, so coconut oil is a great way to give your smoothie an added bonus of quick, slow burning energy (without the bonk) and extra fat burning power. Coconut oil contains saturated fat, but this is a very healthy saturated fat and actually will help to raise your HDL (good)

cholesterol, and lower your LDL (bad) cholesterol.

Avocado is also another great addition to your fat burning smoothie. Avocados have tons of vitamins, minerals, antioxidants and healthy monounsaturated fat, similar to the healthy fat in extra virgin olive oil and nuts. While the avocado may change the color of your smoothie slightly, it adds a rich creamy texture, almost like ice cream, and has such a mild taste that it blends in well with any other flavors.

## **High Powered Spices**

Although this may sound weird to you, adding spices to your smoothies is another way to really supercharge them with extra antioxidants, fat burning power and special phytonutrients.

Cinnamon is tasty addition to smoothies that will help keep blood sugar low, lower LDL cholesterol, and lower triglycerides, all factors in heart disease and diabetes. A very important study was by the US Department of Agriculture (USDA) that showed that people who ate 1 gram of cinnamon each day over a period of 40 days, experienced a significant decrease in their blood sugar levels, LDL cholesterol, total cholesterol and triglycerides.

Turmeric, known for its incredibly powerful ability to fight inflammation in the body and the brain, prevent cancer and strengthen the immune system, is also an excellent choice to add to smoothies. It does add a little bit of spicy flavor, but it seems to blend well with most other ingredients, as long as you don't overdo it. I actually accidentally added curry powder one day to my smoothie, (turmeric is a major part of curry powder), and to my surprise, it was actually quite tasty!

Cayenne is another great spice to boost fat burning, lean-body potential of your smoothies, while it warms your insides, fights inflammation, helps your blood vessels, lowers blood pressure, and speeds up your metabolism. Just go easy on this hot spice, a little goes a long way!

Once you get the basic formula for smoothies down, you can create and make up your own customized versions to suit your particular nutritional needs. Experiment and enjoy!

## SMOOTHIE BASICS

Here is a basic formula for smoothies. Choose one or two from each category, blend and enjoy!

### Liquid Base

- Coconut water, or coconut milk
- Raw dairy whole milk
- Small amount of juice, preferably fresh if possible
- Almond milk, hemp milk
- Sparkling water, or mineral water

### Fruit or Veggies

- Fresh or frozen fruit: cranberries, strawberries, blackberries, organic mixed berries, acai, goji berries, mango, cherries, blueberries, etc.
- Fresh organic apple (skin and all), good for added fiber and flavor.
- Banana-adds thickness and a little sweetness, can be frozen or fresh.
- Cucumber-has lots of great health benefits, is a natural diuretic (gets rid of excess water in body) and has a mild flavor that blends with most everything.

### Protein

- Cold processed, grass fed whey
- Hemp protein (make sure no artificial sweeteners, or artificial additives)
- Fresh, organic, free range, raw egg—washed and clean, no cracks in shell.
- Walnuts, almonds, pecans, or peanuts for protein and fat.
- Peanut butter or nut butters for healthy fats and protein as well.

### Fat

- Unprocessed extra virgin coconut oil is my favorite. Its fat burning and health benefits are amazing.
- Ground flax seeds or flax seeds are a good source of omega 3 fatty acids and fiber.
- Coconut milk (full fat kind) adds a nutty sweetness plus fat burning, energy boosting nutrition.
- Avocados add a thick, creamy taste to smoothies and their mild flavor blends in well with most any ingredients. And chock full of healthy monounsaturated fats, vitamins and antioxidants!

### **Sweeteners**

- I don't usually add a sweetener, but just enjoy the natural sweet taste of the ingredients. If you feel you really want a sweeter taste, the best natural, low calorie sweetener to add is Stevia.
- Raw honey is okay to add in small amounts. Remember, though, honey is a type of sugar, so go easy on it!
- Pure all natural maple syrup adds a great taste, and again, just go easy on it.

### **Flavorings**

- Cinnamon really tastes great in smoothies and it keeps blood sugar levels stable, helping you to burn fat easier.
- Natural vanilla extract or vanilla beans are good as well.

### **Greens and Other Good Stuff**

- Don't be afraid to throw in fresh parsley, cilantro, sprouts, or a small amount of kale. These green leafy veggies add in powerful vitamins, minerals, and fat burning antioxidants to power you through the day and give you tons of extra energy.
- Fresh ginger is a great additive. Ginger adds a bit of a sweet, spicy taste that goes well in smoothies. Ginger expands the blood vessels and increases blood flow, as well as burning fat. Ginger also is a powerful anti-inflammatory, aids digestion, combats motion sickness and nausea, and works as a fat burning superfood because it raises the body's metabolism.
- Garlic is a great addition for so many health and fat burning reasons, but obviously you can really overpower the taste of the smoothie with this, so go easy.

Smoothies are best cold, so if you are using fresh fruits, then add a few ice cubes. Since bananas ripen so quickly—especially in warm weather, try peeling and chopping in large pieces and freezing at their peak of ripeness. Throw into the blender frozen and to add a cool, smooth, thickness to your smoothie. Any frozen fruit works well in smoothies as well.

Ok, now you have the basics of making good smoothies. Below are a few of my favorite combinations. You can experiment and just combine those fruits and flavors you like best to come up with all sorts of smoothie varieties. The possibilities are endless!

## Berry Delicious



Berries and other fresh or frozen fruits have tremendous antioxidant power, and are high in fiber, and vitamins. The best fruits are organic, and locally grown--if you can find them. Berries are packed with nutrition, and the best ones are goji berries, acai berries, blackberries, and blueberries. If you cannot find fresh fruit, look for organic frozen fruit and berries. Frozen is just as good and will help make your smoothie extra thick and frosty. Avoid commercially grown fruits especially strawberries and peaches, as they are full of pesticides and herbicides and some of the worst things to eat--unless organic.

### **Ingredients (these are just approximate amounts—no need to measure)**

- 1 cup or so of any combination of organic fresh or frozen berries and or cherries
- 1 medium sized banana
- 1-2 Tbsp coconut oil
- 1 Tbsp almond butter, peanut butter or a handful of almonds, walnuts, pecans, etc.
- 1 (clean) raw organic egg or protein powder
- 1 cup coconut juice or coconut water
- Sprinkle of cinnamon
- A few ice cubes (optional)

Add all ingredients to blender, and blend until smooth. Enjoy!

## Pina Colada Smoothie



The addition of fresh pineapple lends an anti-inflammatory boost to this smoothie. Pineapple contains bromelain which helps get rid of post-workout muscle aches and pains, as well as arthritis, and other inflammation.

### **Ingredients**

1 medium banana  
1 cup of fresh pineapple  
1 cup of coconut milk or 1 cup coconut water  
1 Tbsp of extra virgin coconut oil  
[Cold processed Protein powder](#), or 1 raw organic egg or both  
Ice cubes (optional)

Add to blender and blend until smooth.

## Chocolate Monkey



Dark chocolate contains a variety of powerful anti-aging antioxidants, making it excellent for heart and vascular health, and lowering blood pressure as well. Chocolate also helps brain function, and elevates one's mood, raising levels of the feel good hormone, endorphins.

A number of studies show that dark chocolate actually has a very favorable effect on blood sugar levels, as well as diabetes, and decreases inflammation associated with heart disease, dementia, and arthritis.

Dark cocoa appears to contain unique properties that can reduce weight gain, and seems to have appetite suppressing properties. So a nibble of dark chocolate can be a delicious and satisfying sweet treat. When you are choosing chocolate bars, look for the darkest chocolate you can find with the highest percentage of cacao, for maximum health benefits.

**Ingredients**

1 cup of raw organic dairy milk, coconut milk, almond milk or hemp milk

2 Tbsp cacao nibs or organic (70% or more) dark chocolate pieces, or organic powdered dark chocolate

1 banana

1 Tbsp of extra virgin coconut oil

Protein powder (chocolate or vanilla) or 1 raw organic egg or both

Ice cubes if desired

Blend until smooth.

## GREEN SMOOTHIES



Green smoothies are the new favorite, fat burning, superfood smoothie. With all the hoopla about kale and other dark green leafy vegetables and their tremendous power to burn fat, add powerful antioxidants, and add massive amounts of healthy super-nutrients, it's a no-brainer to add them to smoothies.

But kale or spinach in your smoothie, you ask? Yes! A handful of organic kale, spinach, swiss chard, parsley or other super powered greens does very little to the taste of the smoothie while it does a LOT to up your nutritional intake! What it does to your body is even more incredible!

Try adding some green herbs, too! I LOVE parsley—it's so healthy and cleansing. Don't forget some of those other milder tasting fresh herbs like cilantro, basil and mint that have loads of extra vitamins, minerals and antioxidants as well. Use organic as often as you can, especially when it comes to using greens. Greens are a delicate crop and often highly sprayed with pesticides.

Green smoothies can be as easy as adding a handful of fresh or frozen greens to your favorite smoothie recipe and enjoy the super powered goodness. Branch out and try some of the following recipes below, or make your own, depending on what you feel your body needs...

## Pear and Kale Smoothie

The green grapes added to this delightful pear and kale smoothie improve blood circulation and prevent harmful blood clots from forming. And the flavinol, an antioxidant found in the grapes, fights free radicals, repairs tissue in the body and is antiaging. The oranges provide fresh vitamin C, which helps the body's immune system, protects the blood vessels, and helps prevent wrinkles and keeps the skin looking young.

### Ingredients

1 cup green or red seedless grapes  
1 large peeled orange  
½ pear  
1 large banana  
1 cup of kale  
½ cup of water  
ice cubes

Add all ingredients to blender and blend on high. Add more water if necessary. Makes 2-4 servings. Can be stored in refrigerator or freezer for later use.

## Low Glycemic Green Smoothie

For those of you who may be watching your blood sugar, yet want to enjoy green smoothie health benefits, here is a great low sugar option for you. The avocado adds a rich creamy texture, healthy fats and added vitamins and minerals.

½ medium sized avocado  
handful of baby arugula  
5 large leaves of kale, center stem removed  
handful of spinach leaves  
½ lemon, peeled and seeded  
½ cup cranberries  
2 cups of purified water  
ice cubes

Blend on high in blender, adding water last. Serves 2-4.

## **Anti-inflammatory Fat Burning Apple Smoothie**

8 large kale leaves, stem removed  
2 bananas  
6 dates  
1-2 tsp turmeric  
1 Tbsp (approximately) fresh ginger root, coarsely chopped  
½ cup water  
ice cubes if desired

Blend all ingredients on high. Serves 2-4.

## **Apple-Kale Smoothie**

4 organic apples, quartered, remove stem  
juice of ½ lemon  
5 large leaves of kale, stem removed  
2 cups water

Blend all ingredients on high. Serves 2-4.

## **Cran-Orange Blast**

Cranberries have been used for hundreds of years as a medicine and a poultice for wounds, and now know that compounds in cranberries have powerful antibiotic effects as well.

While cranberries are best known for helping urinary health, recent studies now suggest that this little red super berry is beneficial for the gastrointestinal tract, prevents cavities, helps prevent kidney stones and gallstones, aids in recovery from strokes, prevents cancer, lowers LDL (bad) cholesterol, and raises HDL (good) cholesterol. Not bad for one little berry, huh?

These phytochemical powerhouses are packed with five times the antioxidant content of broccoli, and rank higher in antioxidants than most fruits and vegetables!

Several newly discovered compounds in cranberries have also been found to be toxic to cancer cells including lung, cervical, prostate, breast and leukemia cancer cells.

The cranberries in this smoothie are delicious, tart and tangy.

- 1 orange, peeled
- 1 cup of fresh cranberries, or frozen if fresh is not available
- 1 lemon or lime, peeled
- 1 ripe pear
- 2 large collard green leaves or kale, stems removed
- 1 handful organic spinach, large stems removed
- 1 banana
- 1 cup or more of coconut water

Blend all ingredients on high. Serves 2-4.

## Sauces, Dressings, Salsas, and Rubs



The worst offenders in our diet are often the sneakiest. Just when we think we are eating healthy, we pour on some store-bought salad dressing full of processed soy or corn oil, slather on some regular grocery store mayo full of preservatives, or add corn syrup sweetened ketchup. Even though it seems like nothing, these additions can certainly sabotage the best-laid plans.

Most salad dressings that come from the store are made with unhealthy soybean oil or other inflammatory, fattening omega 6 oils—or even worse, trans fats! Same goes for mayonnaise and lots of other marinades and sauces. And to make matters even worse, many of these items, including ketchup are FULL of high fructose corn syrup and sugar that sends your blood sugar and insulin soaring into space, and your body starts storing fat.

And even worse, many of these pre-packaged dressings, sauces, etc. have labels that may claim that they are “all natural” or contain extra virgin olive oil or some other kind of health claim.

But, BEWARE—often when you look at the list of ingredients it still contains large quantities of unhealthy fats, sugars and preservatives. It’s way healthier to make your own fat burning dressings, marinades and sauces—that way YOU know what is in them and you don’t have to squint at the ingredient labels, trying to figure out what you are eating.

I am betting you will find these recipes far more flavorful and REAL tasting, and enjoy them more on your favorite dishes. And your body will thank you too!

## Homemade Mayonnaise



I have been on a quest to find a better alternative to store-bought versions of mayonnaise that are made with unhealthy omega 6 fats like soybean or canola oil--two oils that should be avoided. I have tried a few different homemade varieties but either they tasted too strongly of extra virgin olive oil or else they used evaporated milk—which I'm not a big fan of. But now, I have found coconut oil and Udo's Choice Oil Blend. Perfect!

A combination of Udo's Choice Oil and coconut oil is the perfect balance to providing a high quality and nutritious mayonnaise. Can you believe it? Mayonnaise can actually be healthy for you! Mayo is great on everything from deviled eggs to sandwiches, (grass fed) burgers, etc.

I love making my own condiments, you know there is nothing bad hidden in it—like corn syrup, additives or unnatural preservatives!

**Ingredients**

1 whole egg (fresh, organic or pastured)

2 egg yolks

1 Tbsp Dijon mustard

1 Tbsp lemon juice

Sea salt to taste

¼ tsp white pepper or black pepper

1/3 cup extra virgin coconut oil (melt if solid)

2/3 cup Udo's Choice Oil or a mild flavored virgin extra virgin olive oil if you cannot get Udo's

**Directions**

Combine the eggs, mustard, lemon juice, salt and white pepper in your blender or food processor. Then with the blender or food processor running on a low speed, start adding the oils very slowly. Start out with drops and then work up to about a small stream. It takes about 5 minutes to accomplish this, but the end result is worth it! Continue blending until all the oil is incorporated.

Makes about 1 ½ cups. Place in refrigerator to thicken. Store in an airtight container for up to two weeks.

## Creamy Green Goddess Herb Dressing



*Photo courtesy [blog.simmerdownfood.com](http://blog.simmerdownfood.com)*

This recipe comes from my good friend Kieba in Hawaii. She is devoted to living a healthy whole foods life and creates culinary masterpieces using primarily fresh, locally grown and raw produce. She conducts a bootcamp on the big island in Hawaii where she transforms others lives—physically, mentally and spiritually.

This dressing is full of fresh herbs--just bursting with concentrated vitamins, minerals, antioxidants, fat burning power and energy. I'm sure you will enjoy this delicious dressing as much as I do! Experiment a little with the variety of fresh herbs you use—you are sure to come up with a million different delicious combinations. Try cilantro instead of parsley, use a little fresh oregano and mint for a Greek type dressing. Add in an avocado instead of the yogurt for some non-dairy creaminess. Squeeze in a touch of fresh lemon for some extra tang. Dip fresh veggies in it for a fresh tasting dip, drizzle it on freshly steamed veggies, or over fish.

The possibilities are absolutely endless! Enjoy.

**Ingredients**

¼ cup homemade mayo

¾ cup whole milk organic plain or plain Greek yogurt or 1 small or ½ large avocado

1 tsp fresh chopped dill

2 Tbsp chopped parsley

2 Tbsp chopped chives

2 tsp fresh chopped tarragon leaves

2 tsp fresh chopped basil

1-2 cloves garlic, minced

Squeeze of a fresh lemon (optional)

Sea salt and pepper

**Directions**

Puree ingredients in food processor or blender, and store in a covered container.

## Lemon Garlic Dressing



This is a great dressing for salads, cooked or raw veggies and is excellent poured over cooked fish or chicken. The spices in the dressing add extra antioxidant power to any dish you pour it on, and garlic has numerous anti-inflammatory health benefits.

### **Ingredients**

1-2 Tbsp fresh lemon juice  
½ tsp ground coriander  
½ tsp ground cumin  
2 cloves of finely chopped garlic  
Pinch of paprika  
Sea salt and coarsely ground black pepper  
1/3 cup extra virgin olive oil

### **Directions**

Whisk all ingredients in a bowl. Taste for seasoning. Store in a covered glass container or jar.

## **Creamy Avocado Dressing**



This recipe is easy to make, and you can adjust ingredients to how much you want. Avocados are full of healthy, monounsaturated fats, and bursting with vitamins and phytonutrients.

They add a delicious creamy thickness to dressings—and taste out of this world! Try this on a salad with fresh homegrown tomatoes, or dip cut up veggies into it. I also like it as a sauce over grilled chicken, fish or on a juicy grass fed burger.

Since avocados tend to turn brown quickly, this dressing generally doesn't keep for more than a day or so, so serve and enjoy immediately.

### **Ingredients**

1 ripe avocado, mashed

1 clove garlic, minced

¼ cup of extra virgin olive oil, or half and half blend of extra virgin olive oil and Udo's

Choice Oil Juice of 1 lemon or lime

Sea salt and a few sprinkles of red pepper flakes (cayenne) to taste

Fresh basil, oregano, or thyme, etc., minced finely

### **Directions**

Place all ingredients in a bowl, and mix and mash together thoroughly. Or you can add all to a blender or food processor and mix. Refrigerate in tightly covered container.

## **Tropical Papaya, Mango and Ginger Salsa (Great on Fish or Chicken or all by itself!)**



Papayas and mangoes have that luscious, exotic flavor of the tropics, and massive amounts of fat burning antioxidant nutrients such as carotenes, vitamin C, flavonoids, B vitamins folate and pantothenic acid; potassium, magnesium and fiber.

Papaya also contains the digestive enzyme, *papain*, that helps minimize sore muscles and inflammation, arthritis, and allergies. As usual, I like to add a little bit of hot pepper to maximize the fat burning and metabolism raising ability. Combined with the cleansing properties of the cilantro, the quercetin in the red onion that helps allergies, and inflammation, and the immune enhancing, heart protective benefits of garlic, this is one incredible combination!

A nice variation on this recipe is the addition of fresh pineapple too.

Eat alone and enjoy as a healthy side dish, or serve atop grilled salmon, halibut or chicken.

**Ingredients**

1 medium papaya, diced

1 mango, diced

Small bunch of cilantro, minced

1 tsp fresh ginger, grated (optional)

Half of a small red onion, chopped in small pieces

1 clove garlic, minced

Juice of one lime

Red pepper flakes or half a minced jalapeño or other hot pepper

**Directions**

Combine all ingredients and enjoy!

*Note: When fresh organic peaches are in season, they make a great substitute for mango in this recipe.*

## Black Bean Salsa



This is one of my favorite snacks!

Black beans are rich in healthy fiber, which makes them a satisfying snack, and they are full of a very potent antioxidant, anthocyanin—the same kind of antioxidants that grapes and blueberries are rich in! Of any bean, black beans contain by far the most antioxidants of any bean.

Beans also help stabilize blood sugar, and help prevent cancer, increase energy and fat burning metabolism, and are full of protein, vitamins and minerals.

You can purchase black beans already cooked in a can or boil your own from dry beans. Similar recipes often contain corn as an ingredient as well, but I don't recommend using corn as it is fattening and genetically modified.

This hearty salsa is also a great side dish to grass fed beef dishes like burgers, steaks and more. Or try seasoning a chicken breast with a little cumin and chili powder and serve on top of this. It's also great alongside your eggs in the morning!

**Ingredients**

2 15oz/425 gm cans of black beans, drained and rinsed, or 3-4 cups cooked beans  
1 ripe tomato, diced  
1 red onion, diced  
2 cloves garlic, minced  
Handful of fresh cilantro, chopped  
1 small red, green or yellow bell pepper, chopped  
1 small jalapeño, minced, ribs and seeds removed or hot pepper flakes  
1 small can corn or 1-2 ears fresh corn on cob, sliced off cob (optional)  
Juice of 1 lemon or lime  
Sea salt and pepper to taste  
A pinch of cumin powder

**Directions**

Combine all ingredients in glass bowl, mix and enjoy! Serves 4.

## Pineapple Salsa



You will love this salsa! It's sweet, hot, tangy and a perfect addition to grilled salmon, chicken, pork, or just for munching on by itself.

The jalapeños are anti-inflammatory, and increase blood flow, and the cilantro has valuable cleansing properties and can actually help remove toxic metals like mercury from your body.

The pineapple contains a unique ingredient, bromelain. Bromelain is a proteolytic enzyme, that is helps break down protein, which is why pineapple is known to be a digestive aid. Bromelain is also considered an effective anti-inflammatory, helpful for conditions like arthritis, autoimmune diseases, and sore muscles.

Pineapple is also high in manganese, a mineral that is critical to development of strong bones and connective tissue. A cup of fresh pineapple will give you nearly 75% of the recommended daily amount. It is particularly beneficial to older adults, whose bones tend to become more brittle with age. Fresh pineapple is also high in vitamin C, and because of the bromelain it contains, it has the ability to reduce and break up mucus in the nose and throat. If you have a cold with a cough, add a generous amount of pineapple to your diet.

Combined with the anti-inflammatory effects of the onion, the immune enhancing of the garlic and the fat burning of the hot pepper, you can't go wrong with this tasty side dish!

**Ingredients**

½ fresh pineapple, chopped in small pieces  
1 roma tomato, chopped  
½ red onion or several green onions, minced  
1-2 cloves garlic, minced  
1 small jalapeño, seeded and ribs removed and minced  
Handful of fresh cilantro, chopped finely  
Juice of one fresh squeezed lime  
Sea salt to taste

**Directions**

Add all chopped ingredients and stir. Taste for seasoning. Serves 4.

## Fresh Tomato Salsa



There is nothing better than fresh tomato salsa in the middle of the summer! If you can find the tomatoes at a local farmers' market, at the peak of their ripeness and brimming with flavor and fat burning nutrients, this stuff is absolute heaven!

And, the best thing is, you can eat as much as you want of this salsa—there is absolutely nothing in it that is bad for you, and it is loaded with tons of healthy nutrients, like cancer-fighting lycopene, inflammation-busting quercetin and metabolism-raising capsaicin.

Ingredients are all approximate, and you can adjust according to taste, etc. Good with ANYTHING—on salads, steaks, burgers, grilled chicken or fish, or as an eye-opener with your eggs in the morning--or all by itself with just a fork.

**Ingredients**

4-6 fresh, ripe tomatoes, depending on size, chopped in small pieces  
½ red onion, minced  
2 garlic cloves, minced  
1 jalapeño pepper, ribs and seeds removed, and minced finely  
1 organic or locally grown green or red bell pepper, chopped in small pieces  
1 big bunch of cilantro, finely chopped  
Juice of one lemon or lime  
Sea salt

**Directions**

There are two ways to make this salsa. One method is the chunky version. Just chop all the ingredients and mix together with the lime or lemon juice and sea salt. You can make it extra chunky or use a finer chop.

For a smoother, more pureed version, coarsely chop the veggies and place in a food processor to mix. Process just enough so mixture is smooth, with no large chunks and serve. This will produce a slightly juicier version, so you can drain off some of the excess juice with a colander. Add lemon, lime and salt after draining liquid.

Either way, you will enjoy it immensely! Serves 4 or more.

## Super Antioxidant Fat Burning Spice Rubs



Spices have been used for ages to not only add flavor and interest to foods, but many also have powerful medicinal value as well. Spices contain volatile oils and strong antioxidants that burn fat, fight cancer, cleanse the body, balance blood sugar and contain significant anti-inflammatory ingredients. Many of these vital ingredients are actually more powerful than medicines!

I like to add spices to marinades and rubs because of all their health benefits, and spices also protect against some of the carcinogens that are produced when grilling meat. And they make food taste great! Spices have a way of bringing out the best flavors of the foods you prepare and make your taste buds come alive!

Some of my favorite spices are: cayenne pepper, famous as a fat burning ingredient; curry or turmeric, known for its anti-inflammatory and immune enhancing powers; cinnamon, a powerful blood sugar and insulin regulator; ginger, an immune stimulating and anti-inflammatory ingredient; cumin, excellent for digestion; and black pepper, good for stimulating digestion and preventing gas; and numerous others.

Try these great rubs next time you grill your favorite meat, fish or chicken. To intensify flavors, apply to meat a few hours before cooking and refrigerate until ready to cook.

## **Barbeque Spice Rub**

### **Ingredients**

3 Tbsp paprika  
1 Tbsp brown sugar  
1 Tbsp dried oregano  
1 Tbsp finely ground coffee  
1 ½ tsp sea salt  
½ tsp fresh black pepper

### **Directions**

Coat 2 lbs or so of poultry, meat or seafood with the rub and press gently into the meat to help it stick. (you may want to coat meat with a small amount of extra virgin olive oil first).

## **Cajun Rub**

### **Ingredients**

1 Tbsp mustard powder  
1 Tbsp ground cumin  
2 tsps celery seeds  
1 ½ tsp fresh black pepper  
1 tsp kosher salt  
1 tsp brown sugar  
1/8 tsp cayenne pepper

### **Directions**

Coat meat well, cover and store in refrigerator for 2 hours or more.

## Spicy Blackened Rub

### Ingredients

¼ cup paprika  
3 Tbsp white pepper  
1 Tbsp cayenne (powdered red pepper)  
2 Tbsp thyme  
4 Tbsp garlic powder  
2-3 Tbsp black pepper  
1 tsp sea salt

### Directions

Rub onto meat and grill or cook over medium high heat in a cast iron skillet. Spices may be slightly blackened when cooked. You may want to adjust the cayenne pepper and black pepper according to your own tastes. This makes a pretty spicy rub-but remember, the hotter the taste, the better fat burning properties it has!

## Jerk Spice Rub

One of my all-time favorites! A delicious sweet and spicy flavor addition. I love this on grilled chicken, along with a pineapple salsa or peanut sauce to go with it. Mmm!!

### Ingredients

1 Tbsp plus 1 tsp dried thyme leaves, crushed  
1 Tbsp onion powder  
1 Tbsp turbinado sugar or organic sugar  
2 tsp rubbed sage  
2 tsp ground allspice  
2 tsp black pepper, finely ground  
1 tsp cayenne pepper  
½ tsp ground nutmeg  
½ tsp ground cinnamon

### Directions

Rub spice mixture on meat and grill or broil.

*Note: Cook away from direct heat source, as the slight amount of sugar in this rub tends to burn easily.*

## Desserts



I really don't advocate eating sugary desserts all the time, but occasionally, you may just want a little something sweet. And that's OK once in a while.

Sometimes all it takes is a small piece of organic, dark (70% or more cacao) chocolate, or some fresh fruit with a little bit of honey or maple syrup drizzled over the top. Or when it's cold outside, a baked apple with cinnamon sprinkled on top seems to hit the spot.

An easy sweet treat for me in the evenings is just a cup of herb tea (either hot or over ice) with a touch of Stevia in it. That usually satisfies my sweet cravings for a while, but sometimes that's just not enough. The good news is, you don't have to totally fall off the wagon to indulge in a little sweet treat now and then.

I've put together a collection of delicious, desserts and snacks that are low-glycemic. Moderation is the key here and it is ok to have a little now and then. As long as you don't get carried away, you will still reap the benefits of a healthy diet, and get plenty of enjoyment along the way!

Enjoy without guilt.

## Mike Geary's Lean-Body Chocolate Peanut Butter Fudge



Don't be afraid of the fat in the coconut milk. Coconut fat is mostly medium chain triglycerides (MCTs) that are quickly used for energy and less likely to be stored as fat. It also contains a special fat called lauric acid, which is extremely healthy and supports the immune system. Coconut fat is also very heart healthy and good for your cholesterol as long as it is not 'hydrogenated'.

The fats in the nuts are also healthy and fat burning helping you feel satisfied. You also keep your blood sugar in check and don't cause an insulin rush either, as long as you use stevia as a sweetener instead of sugar or agave syrup.

### **Ingredients**

3/4 cup organic canned coconut milk (full-fat version)

1 bar (3-5 oz bar) baker's unsweetened chocolate - 100% cacao content (if you can't find 100% cacao bakers chocolate, look for at least 70-80% cocoa content)

4-5 tablespoons of peanut butter or your favorite nut butter (almond, cashew, pecan and/or macadamia butter)

¾ cup raisins, dried cranberries and/or goji berries (optional)

½ cup whole raw almonds or other nuts (optional)

¼ cup raw chopped pecans (optional)

1 scoop, (about 25 gms) protein powder  
3 Tbsp chia seeds, hemp seeds, and/or flax seeds (optional, but adds crazy amounts of vitamins, minerals, and antioxidants...plus a nutty taste)  
2 Tbsp rice bran or ground flax seeds (usually only available at health food stores)  
2 Tbsp whole oats or oat bran  
½ tsp vanilla extract  
A little natural stevia powder to sweeten (add a small amount to your taste)  
A touch of real maple syrup if you want a more "blended" sweetness flavor

### **Directions**

Start by adding the coconut milk (cans of organic coconut milk are available at most health food stores and possibly even your grocery store) and vanilla extract to a small saucepan on VERY low heat -- the lowest heat setting. Break up the extra dark chocolate bar into chunks and add into pot. Add the nut butters and the stevia, and continuously stir until it all melts together into a smooth mixture.

Then add the raisins, nuts, seeds, protein powder, oat bran, and rice bran and stir until fully blended. If the mixture becomes too thick or crumbly, just add a small amount more coconut milk. If the mixture seems too wet, keep in mind that it will solidify a good bit once it goes in the fridge.

Spoon/pour the fudge mixture onto some waxed paper in an 8"x 8" baking dish and place in the fridge until it cools and solidifies together (3-4 hours). Cut into squares once firm and place in a closed container or cover with foil in fridge to prevent it from drying out.

Enjoy small squares of this delicious healthy "super-food" fudge for dessert and for small snacks throughout the day. This is about as good as it gets for a healthy yet delicious treat!

Even though this is a healthier dessert idea that's lower in sugar and higher in nutrition than most sweet treats, keep in mind that it is still calorie dense, so keep your portions reasonable.

## Fresh Blackberry or Mixed Berry Tart



This fabulous fruit tart is bursting with some potent antioxidants, vitamins, minerals and fiber! Eating a variety of fresh berries is one of the best ways to fight aging.

The high-powered antioxidants in the berries protect and smooth your skin and help prevent wrinkles, strengthen your immune system, and fight off cancer and heart disease. Antioxidants also speed up your metabolism, giving you more energy, and helping you burn fat as well!

Berries are a luscious, juicy, sweet treat that fill you up with their healthy fiber and help keep your blood sugar stable as well, meaning you stay in the fat burning zone, as well.

The crunch, nutty crust is low glycemic and grain free. Nuts are a far better choice than a regular pastry crust of starchy refined flours. And what's more, nuts are full of healthy monounsaturated fats such as *oleic* and *palmitoleic acids*, which help to lower LDL or "bad cholesterol" and increase HDL or "good cholesterol".

Nuts are also a rich source of B vitamins, vitamin E, and minerals including: manganese, potassium, calcium, iron, magnesium, zinc, fluoride and selenium.

**Ingredients for Crust**

1  $\frac{3}{4}$  cups raw almonds, walnuts or pecans  
1 Tbsp coconut oil or grass fed butter  
5 fresh dates, pitted  
Pinch of nutmeg  
2 tsp of cinnamon  
Pinch of sea salt  
1-2 Tbsp raw honey (just enough so that dough will stick together)

**Directions for Crust**

Finely chop the nuts in a food processor. Add the oil, dates, and spices. Blend together until fine and crumbly. Transfer mixture to a mixing bowl, add honey, and mix to form a dough ball. Add more honey, if needed, so that mixture sticks together.

Grease a 9" pie pan with coconut oil or grass fed butter, and spread the dough into the bottom of the pan. Bake at 350 degrees F for about 10-12 minutes, until the edges are just beginning to brown.

**Ingredients for Filling**

4-5 cups (around 1 quart) fresh or frozen organic blackberries, cherries, blueberries, strawberries, or raspberries (any combination is great)  
3 Tbsp raw honey  
1  $\frac{1}{2}$  Tbsp arrowroot  
2 Tbsp water, or juice if using frozen berries

**Directions for Filling**

If you are using frozen berries make sure they are completely thawed, so they do not get too juicy and dilute the filling.

Add 2 cups of the berries along with the arrowroot in a blender. Add 2 Tbsp water or berry juice. Blend into a puree. Cook puree in small saucepan with honey over medium heat, stirring constantly for about 3-4 minutes. It will become clear as it thickens.

Remove from heat and cool slightly. Add remainder of berries and fill shell. Refrigerate, covered at least 3 hours. Make sure it is covered so it doesn't pick up moisture from the refrigerator.

For an extra special treat, top with REAL whipped cream (recipe follows).

**REAL Whipped Cream Topping**

Whip a half pint of organic heavy cream with an electric mixer in a metal bowl until soft peaks form. Add a touch of stevia and a splash of vanilla and mix. Keep chilled until ready to use.

## Mike's Healthy, Fat Burning, Yummy Chocolate Pudding



This recipe is going to blow you away! I just tried it myself, and it's delicious! It is full of healthy fats, antioxidants, and protein. A high-fiber, high-protein, healthy, fat burning, nutrient-dense, chocolate pudding. All this in every delectable spoonful!

Eat this, and feel good about it!

### **Ingredients**

½ of a medium sized ripe avocado (soft to touch)  
3 Tbsp (approximately) almond butter (raw if possible)  
¼ cup unsweetened almond milk or coconut milk  
2 heaping Tbsp of organic cocoa powder  
½ tsp vanilla  
1 or 2 packets of stevia (or to your desired sweetness level)  
½ to ¾ scoop of cold processed chocolate whey protein powder  
A pinch of sea salt

### **Directions**

Add avocado and almond butter in a bowl and mash together with a fork until smooth. Add the remaining ingredients to the bowl and mix together vigorously until all is mixed and smooth.

The consistency should be similar to pudding... except normal pudding makes you FAT with the loads of sugar it contains! This healthy pudding recipe will actually HELP you to burn fat, control cravings, and satisfy your body's need for micro-nutrients, protein, healthy fats, and fiber.

If the pudding ends up too thick, simply add a bit more almond milk or coconut milk for more moisture. If you want to get a little wild and add some more nutrient-rich additions, feel free to add some chopped pecans, chia seeds, rice bran, or walnuts at the end. Makes a great healthy dessert or a satisfying late night snack. Makes 2-4 servings.

## Avocado Mango Pudding



Photo courtesy [www.luminousreflections.com](http://www.luminousreflections.com) and <http://www.rawrunrelief.com>

Yes, avocados are actually good for things other than just guacamole! With the huge amount of vitamins, minerals and healthy monounsaturated fats they contain, this makes a healthy tasty dessert too.

Avocados in pudding, you ask? Well...yes! What you may not know, is that avocados have a smooth and creamy consistency and a mild flavor that takes well to other flavorings you may want to add. You won't believe how light and fluffy this becomes when you blend it.

Avocados are a great source of monounsaturated fatty acids, potassium, folate, vitamin E, vitamin B, and fiber, as well as heart healthy oleic acid. Avocados also contain glutathione, one of the most powerful antioxidants you can eat, along with the antioxidants lutein and zeaxanthin, which go to work protecting your body and your eyes from free radical damage.

Avocados lower blood pressure, reduce inflammation and cholesterol. They prevent and KILL cancer cells as well as help your skin stay smooth and youthful looking.

Mangos too, are packed with antioxidant power. Mangos are a rich source of vitamin A, E, and selenium that protect against heart disease, cancer, and other serious health issues.

The mango and citrus flavors give this a mouth watering, tangy goodness, and gives the avocado a whole new twist that you are sure to love! Enjoy. Serves 2-4.

**Ingredients**

1 small avocado  
½ or more fresh mango, peeled and cut in large pieces  
3 Tbsp orange juice  
Juice of half a lime  
Dash cayenne pepper  
1 tsp raw honey or small amount (1 packet) of stevia

**Directions**

Puree all ingredients in blender, and serve immediately. Top with chopped fresh mango, papaya, or banana.

## Coconut Chocolate Truffles



This recipe is from Isabel De Los Rios, author of The Diet Solution Program and Beyond Diet.

These are awesome when you need a chocolate fix, without going overboard and giving in to a big fattening chocolate candy bar. Make up a batch of these and keep them in the refrigerator or freezer for a little healthy chocolate fix whenever you crave some.

Chocolate does not have to be a 'guilty' pleasure. Dark chocolate—as opposed to milk chocolate—is full of antioxidants, and contains more flavanoids than red wine, green tea, or blueberries. Antioxidants eliminate harmful free radicals, so getting plenty of antioxidants is really important.

Chocolate contains lots of magnesium, which is actually one of the reasons many women crave it when they have PMS. In fact, chocolate may be one of the richest food sources of magnesium available. This is great for muscles, nerves, the heart, immune system, bones, and much more. It has a calming effect on the body and the mind, lowering blood sugar, blood pressure, and relaxing muscles. Magnesium is necessary for hundreds of biological functions in the body as well. It is the #1 mineral deficiency in most people.

Chocolate also contains serotonin, which acts as an anti-depressant, stimulating the release of endorphins, and that makes chocolate a satisfying treat for your body and your mind. It also contains a number of other healthy nutrients including, potassium and vitamins B1, B2, D, and E.

Dark chocolate contains fewer calories than milk chocolate and has way more health benefits, so choose dark chocolate, with 60% cacao or more. Indulging your chocolate craving from time to time will help you avoid feeling deprived!

### **Ingredients**

1 cup raw walnuts  
¾ cup medjool pitted dates  
¼ cup (full fat) coconut milk  
4 Tbsp Chocolate Powder  
4 Tbsp honey  
½ cup or so shredded, dry unsweetened coconut

### **Directions**

Blend all ingredients (except dry coconut) in food processor. Refrigerate until cold. Roll into balls and then roll into shredded coconut. Store in refrigerator in covered container. Makes 12-15 truffles.

## Almond and Avocado 'Ice Cream'



Ok, so you probably wouldn't think of using avocados for ice cream, but actually, avocados have such a mild flavor that it blends well with other flavors, and the richness of the avocados gives this dessert a delicious creamy texture. Avocados are actually one of the most versatile foods that you can use to add to thicken and enrich most any recipe.

Avocados hold numerous health and fat burning benefits. Besides their heart healthy, monounsaturated fats, they contain potassium, vitamin E, B vitamins, and fiber, as well as oleic acid. Avocados also contain a substance called glutathione, which is one of the most powerful antioxidants you can eat. Avocados also contain the antioxidants lutein, and zeaxanthin, which are good for the eyes and skin.

All these nutrients mean that avocados help lower blood pressure, reduce inflammation, reduce cholesterol, and keep blood sugar stable. The powerful antioxidants serve as weapons that not only prevent, but kill cancer cells.

Avocados are definitely one of my favorite healthy, fat burning foods.

**Ingredients**

1 large or 2 smaller ripe avocados  
1 cup raw dairy milk or almond milk  
2/3 cup raw dairy cream or canned coconut milk (full fat variety)  
¼ cup raw honey or stevia, to taste  
1 Tbsp lemon juice  
1 tsp pure vanilla extract (optional)  
½ cup chopped, toasted almonds

**Directions**

Puree all ingredients except almonds, in food processor and blend. Stir in almonds, and pour mixture into ice cube trays and freeze for 4 or more hours, or place in ice cream maker and follow directions. If using ice cube trays, remove from freezer 15-20 minutes prior to serving and puree again and serve.

## Nutty Energy Balls



*Photo courtesy Isabel, [tisthefood.wordpress.com](http://tisthefood.wordpress.com)*

These nutty morsels not only fill you up with healthy, super-powered nutrients, but they are low glycemic and high in fiber, and do not raise your blood sugar—which means they provide you with a generous amount of fat burning energy. Try these before a workout, or as a sweet, satisfying treat for dessert. Every ingredient in these snacks is a virtual superfood, bursting with healthy, energizing, fat burning potential.

The monounsaturated fats in the nuts are anti-inflammatory, good for your heart, and your blood vessels. The protein in nuts contains arginine, which is a precursor to nitric oxide in the body. This helps relax blood vessels, lowers blood pressure, and increases stamina and athletic performance. Nuts are also an excellent source of fiber, vitamins, and minerals, including: vitamin B6, folic acid, zinc, iron, selenium and magnesium.

The chia seeds in this recipe are loaded with omega 3 fats, and are extremely high in antioxidants—even more than blueberries! Chia provides complete protein, fiber and important nutrients—including calcium, phosphorus, magnesium, manganese, copper, niacin, and zinc. All that in one tiny seed!

The medium-chain fatty acids in coconut oil are easy to digest, and are used instantly as

energy. They also help thyroid function, increase your body's fat burning ability, and contain lauric acid, which is valued for healthy heart function, as well as its anti-microbial properties that fight parasites, bacteria and fungi in the body. Enjoy these either as a snack or a sweet treat.

### **Ingredients**

1 cup raw or roasted almond, cashew, or peanut butter  
1 Tbsp coconut oil  
1 Tbsp minced fresh ginger  
2 Tbsp chia seeds  
¾ cup oats  
1 cup raisins, or dried (sugar free) cranberries  
¼ cup unsweetened coconut  
2 Tbsp raw honey  
Pinch of sea salt  
½ tsp vanilla  
1 Tbsp of organic cocoa powder (optional)  
2 scoops of [cold processed whey protein powder](#)

### **Directions**

Mix all ingredients in bowl.

Roll into balls or press into a square about 3/4-inch thick on a plate or square pan and refrigerate for about an hour or more. Cut into 2-inch squares.  
Makes 12 bars or balls.

## Luscious (Gluten-Free) Strawberry Shortcake



By using coconut flour in this recipe, these little shortcakes are low-glycemic and higher in fiber, which means they fill you up and keep you in the fat burning zone.

Coconut flour is a great substitute for grain-based flours, and is becoming more and more popular. Coconut flour is a healthy alternative for most anyone who is allergic to nuts, wheat, milk or other common foods that trigger sensitivities. Very few people are allergic to coconut, so it is considered hypoallergenic.

And, strawberries are loaded with antioxidant and anti-inflammatory nutrients, which means they possess some major health benefits for heart health, improved blood sugar stability, and cancer prevention—including breast, cervical, colon, and esophageal cancer.

Strawberries are also a juicy, delicious source of vitamin C, which helps to grow and repair collagen. So, eating vitamin C rich foods like strawberries will help you have stronger hair and smoother skin. And, did you know, that strawberries also contain a substance that makes your teeth whiter too?

### **Ingredients**

¼ cup sifted coconut flour  
3 Tbsp melted grass fed butter  
3 eggs  
3 Tbsp honey  
¼ tsp sea salt  
¼ tsp vanilla  
¼ tsp baking powder

### **Directions**

Blend together butter, eggs, honey, salt and vanilla. Blend coconut flour with baking powder and whisk into liquid batter, stirring until no lumps. Pour batter into greased muffin cups. Bake at 400 degree (F) for 15 minutes. Cool, split open and serve topped with fresh strawberries and a dollop of whipped cream\*. Makes 6 shortcakes.

### ***\*REAL Whipped Cream***

*Whip a half pint of organic heavy cream with an electric mixer in a metal bowl until soft peaks form. Add a touch of stevia and a splash of vanilla and mix. Keep chilled until ready to use.*

### ***Dairy Free Whipped Coconut Cream Topping***

*Refrigerate a can of coconut milk in the refrigerator for several hours. Open the can of coconut milk after it's chilled, and scrape off the solid top layer of creamy coconut, avoiding the liquid on the bottom of the can. (But don't waste the leftover liquid, you can add it to your next smoothie.)*

*Whip the cream with an electric mixer until it is light and fluffy, about five minutes. Add a little stevia if you would like more sweetness. The result is a silky smooth whipped cream that is not quite as thick as whipped cream made from whole cream, but just as delicious.*

## Mike 's Lean-Body Recipe: Pumped-Up Pumpkin Mix



If you like pumpkin pie, you'll love this nutrient-dense, antioxidant-rich, protein-packed treat!

Pumpkins are a rich source of beta carotene and vitamin A, vitamin C, magnesium, potassium, zinc, and fiber which benefit your eyes, skin, immune system, bones, digestion, and heart health. It is also rich in anti-inflammatory compounds, and contains L-tryptophan, which helps you sleep and feel calmer.

The fiber in pumpkin fills you up without adding tons of calories (unless you're eating pumpkin pie!)

It's funny, but whenever someone sees this little concoction, they say it tastes way better than it looks! I know it's a little "out there", but give it a shot...it tastes like pumpkin pie filling, but tastier, and better for you!

This recipe makes 5-6 servings (I like to split into 5-6 containers to have a quick healthy mid-meal each day).

**Ingredients**

Two 15 oz cans of pure 100% organic pumpkin

One 15 oz container of ricotta cheese (grass-fed if you can find it)

One 32 oz container of vanilla yogurt

One scoop (about 25 grams) of vanilla [cold processed, stevia-sweetened protein](#)

3/4 cup raisins or currants

3/4 cup chopped walnuts or pecans

¼ cup chia seeds and/or hemp seeds

¼ cup rice bran

Cinnamon to season to taste (1/2 to 1 tsp works well)

A little stevia (natural non-caloric sweetener) -- only if it needs a little more sweetness for your taste.

**Directions**

Mix everything together in a huge bowl and split into 5-6 containers (approx 16 oz containers work well), and you've got a quick healthy snack, or dessert for each weekday. Adjust the quantities of the ingredients if you want fewer calories or more calories per meal.

This would be a big serving for smaller females, so adjust the quantities a little bit lower. For bigger guys, this meal size should be fairly satisfying.

## Items to Keep in Your Kitchen

While you cannot feasibly keep every single ingredient in your kitchen at all times, there are few ingredients that have been used over and over again in this book. Some of these ingredients I keep in my cabinet for handy access, and some are fresh ingredients I purchase at the grocery store or farmer's market on a regular basis.

### Meats

Grass fed cuts of beef—ground beef, skirt steak and other cuts

Raw grass fed cheeses—these can be frozen to keep on hand until needed

Wild caught fish—can be purchased fresh or frozen

Free range chicken—fresh or frozen

Free range, high omega 3 eggs—the best kind are the kind that come fresh from a farm if you can get them.

### Produce

Fresh garlic cloves

Fresh ginger

Fresh cilantro

Fresh basil

Fresh parsley

Fresh lemons and limes

Avocados—you can ripen them at room temperature or store in the fridge for later so they don't ripen as fast

Frozen organic berries

Frozen bananas

Frozen organic kale, spinach or other greens

### Canned Goods, Pantry Items

Coconut juice, unsweetened

Coconut milk (full fat)

Canned organic tomatoes, whole or chopped

Wild caught salmon and tuna

Black beans, red beans, garbanzo beans

Organic chicken stock and vegetable stock

Gluten free brown rice flour

Coconut flour or almond flour

Organic, all natural (no added fats) peanut butter

Organic almond butter and other nut butters

Frank's Redhot Sauce or Tabasco

Pure maple syrup

Raw honey

Raw cane sugar

Cold processed stevia-sweetened, protein powder (my favorite is [Biotrust Low-Carb](#), which is also the tastiest protein I've ever tried, plus has 4 grams of fiber per serving and a unique blend of 4 proteins)

### **Herbs and Spices**

Sea Salt, and fresh ground pepper

Red pepper flakes

Turmeric

Basil

Oregano

Cumin

Cinnamon

Chili powder

Curry powder

Thyme

Garlic powder or granulated garlic

Stevia sweetener

### **Fats, Oils**

Udo's Choice 3-6-9 Blend Oil

Extra virgin olive oil

Organic, cold processed unrefined coconut oil

Grass fed butter

## Mike Geary Bio

Mike has been a Certified Nutrition Specialist and Certified Personal Trainer for almost 12 years now. Mike has been studying nutrition and exercise for almost 20 years, ever since being a young teenager. Mike is currently 36 and moved from New Jersey (growing up in the Philadelphia area) to the beautiful mountains of the Colorado Rockies 5 years ago. Mike now enjoys skiing almost every day during the winter in Colorado and Utah and spends a lot of time mountain biking, hiking, golfing, and enjoying other outdoor activities and sports.



Mike is an avid adventurer and in the last several years, has done:

- 3 skydiving jumps (2 of them from 17,000 feet in Colorado)
- 5 whitewater rafting trips including some of the most extreme Class 5 rapids in North America in the well-known Gore Canyon, and Class 5 rapids in Thailand.
- Piloting an Italian fighter plane over the desert of Nevada (wow, what a blast!)
- Taking part in a “Zero-Gravity Flight” where you actually experience weightlessness and float around the airplane cabin (the same training given to astronauts)
- Heli-skiing in Chile and British Columbia.
- Scuba diving the Silfra Ravine in Iceland in 34-degree F water and 300-feet visibility underwater.
- Snowmobiling and hiking on a glacier that overlies a volcano in Iceland
- Riding Porsche powered dune buggies through the entire length of the Baja Peninsula of Mexico with 25 high level business owners and CEOs, including Jesse James of West Coast Choppers fame
- Ziplining over canyons and forests in the Rocky Mountains, Costa Rica, and Mexico
- Cruising most of the Caribbean
- Traveling through Thailand, Nicaragua, Spain, Belize, Costa Rica, Mexico, Iceland, Chile, the Bahamas, Jamaica, Cayman Islands, Turks & Caicos, Trinidad & Tobago, and all over the US/Canada.

In the last 5 years, Mike has become the best-selling author of the famous *Truth about Six Pack Abs* program with over 559,000 readers currently in 163 countries, and a subscriber base of over 655,000 subscribers worldwide to Mike’s [Lean-Body Secrets online e-newsletter](#).

If you don't already receive Mike's weekly Lean-Body Secrets e-newsletter, make sure to [sign up here for FREE](#) so you don't miss out on all of Mike's unique fat-burning recipes, crazy workout combinations, and tons more tips to help you live lean and healthy for life!

Mike's *Truth About Six Pack Abs* program has also been translated currently into Spanish, German, and French:

**German version:** <http://www.flacherbauch.com/>

**Spanish version:** <http://www.PierdaGrasaAbdominal.com>

**French version:** <http://www.toutsurlesabdos.com/>

**Italian version:** <http://www.addominaliperfetti.com/>

Mike is passionate about skiing and is also the author of the program for hard core skiers to get their legs in the shape of their lives for the skiing season. Check it out:

<http://www.AvalancheSkiTraining.com>

Even if you're not a skier, these programs are some very unique leg training programs and will help anyone to get rock solid legs of steel!



If you're a time-crunched person and find it hard to fit in workouts into your schedule, check out Mike's super high intensity Tabata style (4-minute workouts) workout DVDs at:

<http://www.BusyManFitness.com>

## Who is Catherine Ebeling?

Catherine (Cat) Ebeling is an RN, BSN (Bachelor of Science in Nursing) with a background in physical therapy and over twelve years in the fitness business.



After learning that she had several food allergies at the age of 20, as well as celiac disease—an autoimmune disease of the GI tract in which the body attacks the digestive system--she set out to look for solutions. Undiagnosed celiac disease can lead to malnutrition, osteoporosis, anemia and many other serious diseases, including cancer.

Once she figured out what caused her health issues, she studied every nutrition and diet book available to find out the best way to be healthy and avoid those foods that she was allergic to.

Cat has had more than thirty years of intense study in diet, nutrition, disease and natural alternatives to drugs for health issues. As a part of the medical community herself, it became very clear that there was a lot of ignorance among doctors and her peers in regard to nutrition and health, so she often became a resource for both doctors, other nurses, and patients for their dietary concerns.

Through the study of diet and health, as well as her work as a fitness professional, she has learned tried and true ways to lose weight, get healthier, look great, feel young and have tons of energy. Cat has been able to educate thousands of readers worldwide with her many articles on diet and health in her website, [www.simplesmartnutrition.com](http://www.simplesmartnutrition.com).

This "simple, smart, nutritional" approach has created real results for many people. In addition, through her intensive study of diet, health and nutrition, she has helped many people overcome serious health issues, reduce their medication, lose weight and regain their youth and energy.

Catherine graduated Magna Cum Laude with a Bachelor of Science in Nursing from St. Louis University, a prestigious medical and scientific university. She also has an Associate's Degree in Physical Therapy, and a BS in Marketing. In addition, she is a certified Personal Trainer and Nutrition Consultant.



*Cat, age 51, Indiana State Criterium Champion, August 2010.*

Cat has been an athlete since she was a child, participating in track, gymnastics and cheerleading. Throughout her active adulthood, she has pursued many activities including running, weight lifting, aerobics, spinning, water skiing, snow skiing, and, competitive mountain, cyclocross, and road biking. Cat attributes her success in athletics as well as her youthful, healthy outlook to a healthy diet and exercise.

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*Jackie Burgmann, <http://www.girlwithnoname.com>, [www.hotathome.com](http://www.hotathome.com)*