



# ELM Medicine

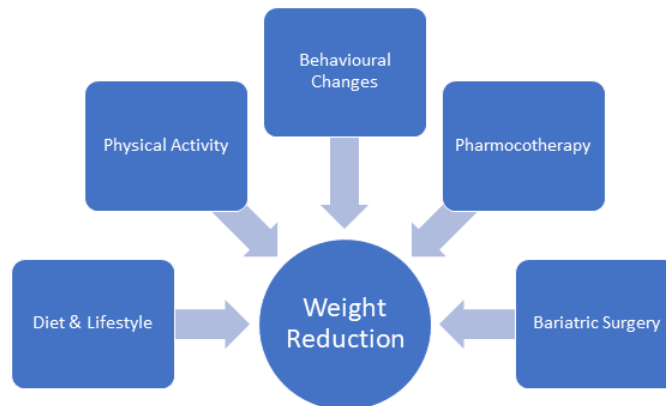
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# Weight Management Program



## Patient Details:

Patient Name:  
Start Date:  
Starting Weight:

## What you need to track (Phase 2):

Basal Metabolic Rate:  
Daily Calorie Intake:  
Protein: Fiber:

## Included in this package:

1. Introduction to Gut Microbiome & Weight Management
2. Phase 2 Diet
3. Healthy Plate Model
4. Portion Guide
5. Sample Meal Plans (2 weeks)
6. Food Charts
7. Plant-Based Protein
8. Meal & Snack Ideas
9. My Meal Plan
10. Recipes
11. Protein Powders
12. Resources

Atreyi Mukherji MD, 2019

Reference: Gerald Mullin MD, Johns Hopkins Integrative Gastroenterology Clinic



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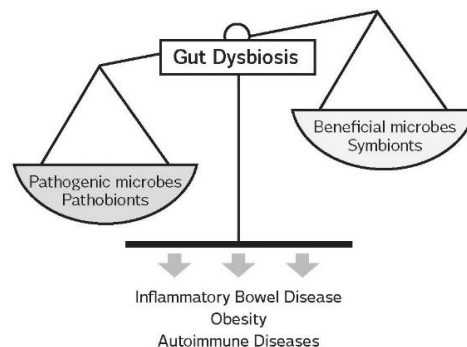
## Introduction to Gut Microbiome & Weight Management

The gut flora has a diverse ecosystem of microbes that help your body in many ways including:

- sending messages to your brain that make you feel full
- helps regulate blood sugar and insulin balance
- supports immune system
- helps regulate metabolism

In your gut there is a mix of bad/pathogenic microbes (pathobionts) and good/beneficial microbes (symbionts) and a balance between the two is important to ensure that your gut flora is healthy and supported to do what it needs to keep you healthy.

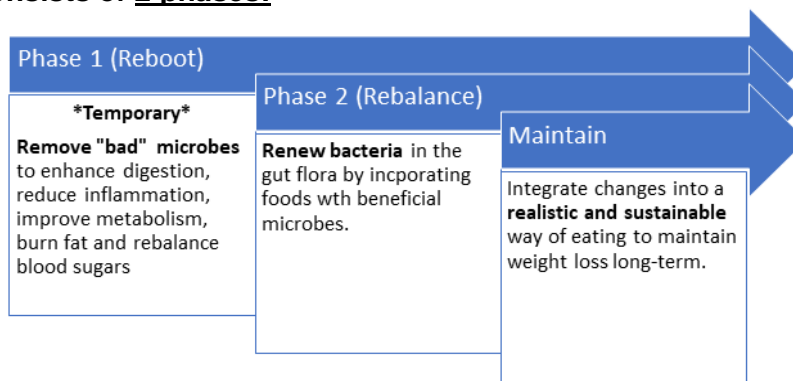
When that balance is shifted, and you have more of the pathogenic microbes than the beneficial ones that is known as **dysbiosis**.



## GUT DYSBIOSIS—CONSEQUENCES

The goal of this weight management program is to reboot, rebalance and renew your gut microbiome to support to create an environment that supports weight loss.

The program consists of **2 phases**:



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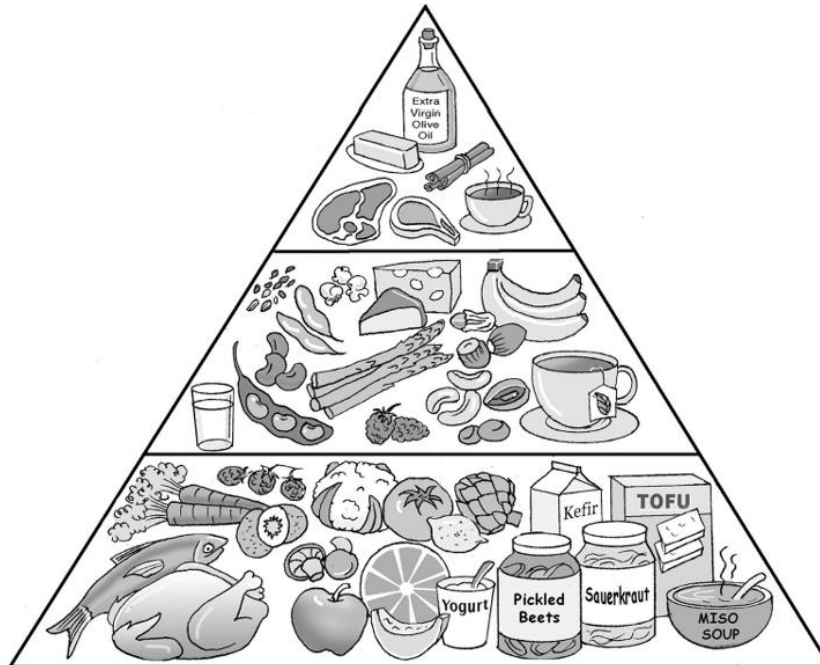
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## Phase 2 Diet



**PHASE 2 FOOD PYRAMID**

### **Objectives:**

1. Increase whole-food carbohydrates that are high in fibre and prebiotics (fruits, vegetables and complex carbs) to enhance healthy carbohydrate intake and support beneficial fat burning microbes
2. consume fermented foods to increase healthy bacteria in the gut microbiome

### **Diet Components**

- restore intake of complex carbohydrates (fruits, vegetables and whole grains)
- limit intake of lean red meats, butter, coffee and extra-virgin olive oil
- increase probiotics and prebiotics
- Increase intake of fermented foods

### **List of Superfoods:**

1. Oats	2. Asparagus	3. Beans	4. Kale	5. Miso
6. Yogurt	7. Kefir	8. Kimchi	9. Turmeric	10. Vinegar



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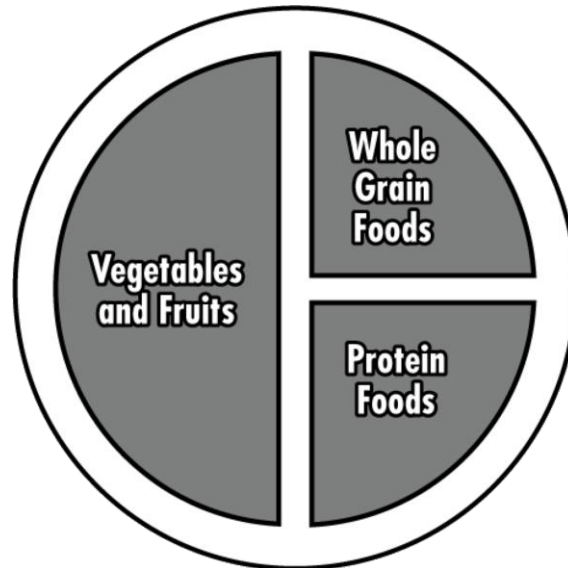
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## Healthy Plate Model



### Your Plate Breakdown:

#### Half (½) Plate: Vegetables & Fruit

- choose a variety of different vegetables and fruit (excluding “forget” options)
- choose a range of colours (i.e. dark green, orange, red, etc.)
- choose raw or frozen
- try pickled vegetables (i.e. beets, cabbage, pickles, kimchi, sauerkraut)
- consume and prepare with little added salt and fat and no breading

#### Quarter (¼) Plate: Protein

- choose beans and lentils more often
- choose fish more often (excluding “forget” options)
- choose lean meats (chicken, turkey, lean cuts of red meat) and whole eggs
- try soybean products, including fermented options (i.e. tempeh & miso)
- consume portioned amounts of nuts and seeds

#### Quarter (¼) Plate: Grains (replace with more vegetables/fruits and protein more often)

- choose whole grains
- choose gluten-free breads and products
- try different grains (i.e. oats, quinoa, rye, buckwheat)
- resource: Grains & Legumes Nutrition Council
  - Grains: <https://www.glnc.org.au/grains/types-of-grains/>
  - Legumes: <https://www.glnc.org.au/legumes/types-of-legumes/>



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## Portion Guide

Hand Symbol	Equivalent	Foods	Calories
	<b>Fist</b> 1 cup	Rice, pasta Fruit Veggies	200 75 40
	<b>Palm</b> 3 ounces	Meat Fish Poultry	160 160 160
	<b>Handful</b> 1 ounce	Nuts Raisins	170 85
	<b>2 Handfuls</b> 1 ounce	Chips Popcorn Pretzels	150 120 100
	<b>Thumb</b> 1 ounce	Peanut butter Hard cheese	170 100
	<b>Thumb tip</b> 1 teaspoon	Cooking oil Mayonnaise, butter Sugar	40 35 15

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## Sample Meal Plan - Week 1

Week 1	BREAKFAST	LUNCH	SNACK	DINNER
<b>Monday</b>	Pumpkin Pie Yogurt Parfait	Chicken Tikka Masala	Savoury Yogurt Dip: ½ cup plain yogurt mixed with a pinch of cumin, hot chili powder, and black pepper; serve with sliced green bell pepper and celery	Tangy Buffalo Burger with Pickles & Slaw
<b>Tuesday</b>	Pomegranate Margarita Smoothie	1 cup three bean salad dressed with olive oil vinaigrette over 2 cups greens; add 1 cup cooked cubed chicken or shrimp	3 tablespoons store-bought hummus with celery and cucumber wedges	Ginger Fried Rice with chicken or shrimp or tofu
<b>Wednesday</b>	½ cup dry buckwheat porridge cooked according to package directions with 1 tablespoon flaxseed, ¼ sliced banana, 10 pecans or slivered almonds	Leftover Ginger Fried Rice	½ cup plain yogurt with a few berries, ground flaxseeds, unsweetened cocoa powder, and/or coconut	Miso Soup with Seaweed Salad and salmon
<b>Thursday</b>	Muffin-Size Frittatas	Fish sushi (brown rice only) served over green salad tossed with sesame oil	12 pistachios and 1 ounce chopped 85% dark chocolate	Sautéed Apples and Chicken Sausage with Sauerkraut
<b>Friday</b>	2 scrambled eggs with 2 tablespoons chopped kimchi or pickle of your choice	Leftover Sautéed Apples and Chicken Sausage with Sauerkraut	Coconut Banana: ½ banana, cut into chunks, dipped in yogurt and rolled in 2 tablespoons unsweetened coconut	Pistachio-Chia Salmon with Butternut Squash
<b>Saturday</b>	Berries and Cream: ½ cup berries topped with ½ cup unsweetened kefir or yogurt whipped with 2 tablespoons plain, unsweetened coconut milk and optional stevia or vanilla	Arugula Salad with Creamy Avocado Dressing	Creamy Strawberry Sorbet	Kimchi Pork Lo Mein
<b>Sunday</b>	Salsa and Eggs	Creamy Asparagus Soup with chicken or shrimp	Dark Chocolate Nut Clusters	Cajun Cod



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## Sample Meal Plan - Week 2

Week 2	BREAKFAST	LUNCH	SNACK	DINNER
<b>Monday</b>	½ cup cooked old-fashioned rolled oats topped with 2 tablespoons canned pumpkin or berries or with 1 tablespoon nuts	<a href="#">Chicken Tikka Masala</a>	1 cup seaweed salad (homemade or store-bought)	<a href="#">Cool Cucumber-Avocado Soup</a> with chicken or shrimp
<b>Tuesday</b>	1 cup yogurt or kefir topped with ¼ cup fresh raspberries	1 cup three bean salad dressed with olive oil vinaigrette over 2 cups greens; add 1 cup cooked cubed chicken or shrimp (opposite source from week 1)	½ cup plain yogurt with a few berries, ground flaxseed, unsweetened cocoa powder, and/or coconut	4 ounces extra-firm tofu sautéed in 1 tablespoon olive oil with ½ cup each broccoli florets and spinach; top with 1 teaspoon soy sauce or raw apple cider vinegar
<b>Wednesday</b>	<a href="#">Muffin-Size Frittatas</a>	<a href="#">Massaged Kale Salad</a> topped with 1 tablespoon chopped kimchi or pickles	2 tablespoons canned black beans mashed with 2 teaspoons of olive oil and spices of your choice, served with celery and cucumber wedges	<a href="#">Zesty Lemon Chicken Salad</a>
<b>Thursday</b>	<a href="#">Pumpkin Pie Yogurt Parfait</a>	Leftover <a href="#">Zesty Lemon Chicken Salad</a>	1 cup leftover <a href="#">Cool Cucumber-Avocado Soup</a>	Broiled cod with black pepper and fresh lemon served over salad greens
<b>Friday</b>	<a href="#">Salsa and Eggs</a>	Broiled shrimp or fish with grilled asparagus; Caesar salad (no croutons)	2 ounces store-bought spicy or milk seaweed chips	Grilled chicken with dill pickles over a plain salad
<b>Saturday</b>	½ cup cooked quinoa topped with ½ cup 2% plain kefir or yogurt, ½ teaspoon cinnamon	<a href="#">Creamy Asparagus Soup</a> with chicken or shrimp	Frozen Berry Pops: ½ cup plain unsweetened kefir or yogurt blended with ¼ cup berries and optional stevia; freeze for 4 hours in ice pop molds or paper cups	Canned lentil soup with 1 cup cubed cooked chicken, shrimp or tofu
<b>Sunday</b>	<a href="#">Pomegranate Margarita Smoothie</a>	1 cup shredded chicken with ½ cup cooked quinoa mixed with 2 tablespoons beans (any variety)	10 macadamia nuts or hazelnuts and 1 ounce 85% dark chocolate	<a href="#">Pistachio-Chia Salmon with Butternut Squash</a>



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## Food Chart

Use the foods in the food chart to make substitutions and to create your own meals.

Food Category	FAVOUR	FEW	FORGET
<b>Vegetables</b>	Alfalfa, Artichokes, (globe and Jerusalem), Asparagus, Bamboo shoots, Beans (green), Bean sprouts, Bok choy, Brussels sprouts, Butternut squash, Cabbage, Carrots, Cauliflower, Chard (Swiss), Chicory root- raw, Chives, Choy sum, Cruciferous vegetables, Cucumber, Dandelion, Eggplant, Endive, Escarole, Fennel, Garlic, Green peas, Greens (collard, mustard, turnip), Kabocha (Japanese pumpkin), Kale, Leek, Lettuce, Mesclun greens, Mushrooms, Okra, Olives, Onion, Parsnips, Pumpkin, Radish, Shallots, Silver beet, Snap peas, Snow peas, Spaghetti squash (baked), Spinach, Spring onion, Squash (yellow, zucchini, butternut), Tomato, Pickled foods: Fermented tofu, Korean kimchi, Miso, Natto, Pickled beets, Pickled cabbage, Pickled corn relish, Pickled cucumbers, Pickled garlic, Pickled radish, Sauerkraut, Soy sauce, Tempeh	Beets (non-pickled), Sweet corn, Sweet potato* *Baked with skin—highly satigenic, high fiber, anti-inflammatory)	All vegetables breaded, creamed, and fried, Overcooked tempura, White potato products
<b>Fruits</b>	Apples, Apricots, Avocado, Banana**, Berries (blue, black, etc.), Cantaloupe, Carambola (star fruit), Cherries (sour), Cranberries, Figs, Grapefruit, Grapes	Grapes (green, red), Mango, Oranges (navel, Florida), Pears (Anjou, Bartlett), Pineapple, Plantains, Watermelon	Apple cider, Applesauce, Dried fruits (dates, prunes, etc.), Fruit beverages, Fruit juices or fruit concentrates (100%), Fruits canned in syrups

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	(concord), Honeydew melon, Kiwifruit, Lemon, Lime, Oranges (tangelo), Papaya, Passionfruit, Peaches, Pear (Asian), Persimmon, Plums, Rhubarb  ** Bananas are high in resistant starch and feed beneficial bacteria; it's best to eat a firm greenish banana.		
<b>Baking Ingredients &amp; Condiments</b>	Arrowroot powder, Baking powder (aluminum free), Baking soda, Cocoa powder, Flavor extracts-100% (almond, orange, maple extract, etc.), Mustard powder, Vinegars (clear), Wasabi powder (no colorings)	Fruit-based condiments*: Chutney, Ketchup, Sun-dried tomato paste, Miso (gluten free), Sea salt†, Soy sauce (gluten free), Tamari (gluten free)  *High FODMAP †High sodium	Condiments with unacceptable ingredients: Mayonnaise, Pesto
<b>Beverages</b>	Black tea, Coffee, Ginger-herbal teas, Green tea, Kefir (variety of animal, seed, and nut milk sources), Water, Whey, White tea	Coconut water, Gluten-free fermented beers*, Milk: 2% organic animal milk; non-dairy (soy, almond, hemp, coconut), plain and unsweetened, Red wine*, Rice milk  *Limit to 1 serving (glass) per day.	Fruit juices, Sodas, Sugar-sweetened beverages
<b>Dairy</b>	Butter Cheese (Colby, Edam, feta, Gouda, mozzarella, Parmesan, Swiss), Cheese- ripened (blue vein, Brie, Cheddar), Cheese- soft (cottage, ricotta, cream cheese, mascarpone, crème fraiche), Fromage fraise, Greek yogurt, Yogurt (cow's, sheep's, goat's) - homemade preferred, Yogurt-non-dairy (almond, soy, coconut)	Lactose-free frozen yogurt, Sour cream	Cow's milk, Custard, Dairy desserts, Evaporated milk, Goat's milk, Ice cream

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<b>Soy, Eggs &amp; Seeds</b>	Chia seeds, Flaxseeds (ground), Hemp seeds, Poppy seeds, Pumpkin seeds (pepitas), Sesame seeds (tahini), Sunflower seeds		Sheep's milk, Sweetened condensed milk
<b>Fats and Oils</b>	Canola (baking only), Extra-virgin olive	Almond, Butter (from grass-fed cows), Canola (baking preferred), Coconut, Flaxseed, Grapeseed, Palm, Pumpkin, Safflower, Sesame, Sunflower, Walnut	Corn, Lard, Margarine, Palm- hydrogenated, Safflower, Shortening
<b>Fish</b>	Wild-caught favored over sustainably farmed seafood.  Salmon, tilapia, Atlantic or Pacific (US) cod, anchovy, butterfish, catfish, canned light tuna, flounder, haddock, herring, ocean perch, mussels, oysters, plaice, pollock, rainbow trout, rockfish, sardines, scallops, sea bass (black), shad (US), shrimp, sole, spiny lobster, striped bass, trout (freshwater), wild eastern oyster, whitefish, and whiting.	Striped bass, carp, Alaskan cod, halibut, lobster, mahi-mahi, monkfish, perch (freshwater), sablefish, skate, snapper, tuna (canned chunk white, skipjack), and weakfish (sea trout), albacore or Yellowfin tuna (1 time weekly)	Shark, swordfish, king mackerel, or tilefish
<b>Meat (Organic, Pasture Fed and Raised)</b>	White meat poultry, Wild game (deer, buffalo, bison)	Lean meats (beef, lamb, pork), grass-fed, organic favored	Dark meat poultry, Fatty cuts of meat (rib eye, lamb, duck), Hamburger, Milk powder, Poultry with skin, Processed cheeses, Processed meats (hot dogs, deli meats, canned meats like Spam), Sheep's milk, Sweetened condensed milk



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<b>Herbs and Spices</b>	Black pepper, Cardamom, Cayenne (ground red) pepper, Cinnamon, Cumin, Garlic, Garlic-infused olive oil, Ginger- fresh or ground, Herbs, Mustard, Turmeric		
<b>Legumes</b>	Chickpeas and other white beans (i.e., cannellini), Kidney beans, Lentils, Mung beans, Soybeans		
<b>Nuts</b>	Almonds, Brazil nuts, Hazelnuts, Peanuts, Pecans, Pine nuts, Pistachios, Walnuts	Cashews, Macadamia nuts	Processed nut and seed butters with hydrogenated oils and sweeteners
<b>Grains</b>		Amaranth, Brown rice, Buckwheat, Oat bran, Popcorn, Quinoa, Teff	Barley, Millet, Rye, Spelt, Wheat products
<b>Sweet Additions</b>	Stevia	Brown rice syrup, Chocolate (dark), Cocoa products, Evaporated cane juice, Glucose, Honey-raw, Maple syrup (pure), Molasses- blackstrap, Sucrose (table sugar)	Agave syrup, Artificial sweeteners, Fruit sweeteners, High-fructose corn syrup (foods and beverages), Honey-refined, Mannitol, Sorbitol, Xylitol
<b>Soup</b>	Vegetable, Bean, Chicken (white meat, no noodles)		Cream-based



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## Plant-Based Protein (Phase 2- FAVOUR & FEW)

### Legumes – cooked (FAVOUR):

- Lentils: ½ cup = 9 g
- Chickpea: ½ cup=7.25 g
- Beans – kidney/pinto: ½ cup = 8 g
- Mung beans: ½ cup = 7 g

### Soy Products (FAVOUR):

- Tofu: ½ cup = 10 g
- Tempeh: ½ cup = 15 g
- Miso: ½ cup = 16 g
- Edamame: ½ cup = 8.5 g

\*avoid highly processed soy foods

### Nuts:

- Almonds (FAVOUR): ¼ cup = 8 g
- Peanuts (FAVOUR): ¼ cup = 9.5 g
- Hazelnuts (FAVOUR): ¼ cup = 5 g
- Pistachio (FAVOUR): ¼ cup = 6 g
- Walnuts (FAVOUR): ¼ cup = 4.5 g
- Cashews (FEW): ¼ cup = 6 g

### Grains – cooked (FEW):

- Brown rice: ½ cup = 2.5 g
- Wild Rice: ½ cup = 3.25 g
- Oats: ½ cup = 6 g
- Quinoa: ½ cup = 4 g
- Buckwheat: ½ cup = 3 g
- Popcorn: 1 cup = 1 g

\*avoid wheat products

### Seeds – whole (FAVOUR):

- Chia: 1 tbsp = 2 g
- Hemp: 1 tbsp = 5 g
- Flaxseeds: 1 tbsp = 2 g
- Pumpkin: 1 tbsp = 2 g
- Sunflower: 1 tbsp = 2 g

### Vegetables:

- Broccoli (FEW): 1 cup = 4 g
- Spinach (FAVOUR): 1 cup = 0.9 g - raw, 5 g - cooked
- Green peas (FAVOUR): 1 cup = 8 g
- Asparagus (FAVOUR): 1 cup = 4 g
- Brussel sprouts (FAVOUR): 1 cup = 4 g
- Kale (FAVOUR): 1 cup = 2 g
- Sweet Potato (FEW): 1 pc = 2-3 g

### Other:

- Spirulina: 2 tbsp = 8 g (can be mixed in water, smoothies & fruit juice)
- Mycoprotein (fungus): ½ cup = 13 g



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## Meal & Snack Ideas

These are general meal ideas to support making healthy food choices during this phase. Specific ingredients chosen for these meals need to be in line with the foods outlined in the Food Chart provided with the package.

<b>Breakfast</b>	<ul style="list-style-type: none"><li>• Hard-boiled egg with gluten-free bread (few)</li><li>• Omelet with vegetables and swiss or feta cheese</li><li>• Oatmeal with fortified soymilk and fruit</li><li>• Chia seed pudding with soymilk</li><li>• Yogurt with chia seeds and fruit</li></ul>
<b>Lunch</b>	<ul style="list-style-type: none"><li>• Dinner leftovers</li><li>• Sandwich: (gluten-free bread with chicken, swiss cheese and vegetables with pickled vegetables/kimchi)</li><li>• Soup (miso/chicken &amp; vegetables) with a salad or fruit</li><li>• Salad (kale, mixed and pickled vegetables) with chicken/fish/eggs/beans and vinaigrette dressing and kefir</li></ul>
<b>Dinner</b>	<ul style="list-style-type: none"><li>• Roasted, grilled, broiled chicken/fish with mixed vegetables or salad</li><li>• Stew/Curry (mixed vegetables and chicken/fish) with brown rice</li><li>• Stir-fry (chicken/fish and mixed vegetables) with brown rice or quinoa</li><li>• Salad (kale, mixed and pickled vegetables) with chicken/fish/eggs/beans and vinaigrette dressing</li><li>• Chilli with beans and ground chicken</li></ul>
<b>Snacks</b>	<ul style="list-style-type: none"><li>• Yogurt or Greek yogurt with fruit</li><li>• Vegetables sticks with hummus dip</li><li>• Edamame beans</li><li>• Nuts/Mixed nuts - almonds, walnuts, hazelnuts, pistachios,</li></ul>

### Healthy Eating Tips:

- Have breakfast daily
- Eats meals in the kitchen/dining area
- Practice mindful eating - avoiding distracted eating while doing other activities (i.e. watching TV and working on the computer)
- Avoid pots and bowls at the dinner table, plate your meal before seating to avoid second helpings
- Stop eating when you do not feel hungry anymore
- Pack leftovers from dinner for lunch or use leftover protein in salads, wraps and sandwiches

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## My Meal Plan

	BREAKFAST	LUNCH	SNACK	DINNER
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				



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	BREAKFAST	LUNCH	SNACK	DINNER
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				



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## Recipes

### BREAKFAST

#### Salsa and Eggs

This tangy lime-laced salsa not only adds flavor to eggs but also gives you a good dose of two prebiotic superfoods: kiwifruit and beans. Use leftover salsa (or double the salsa recipe) to top salads, grilled chicken, or fish.

**PREP TIME:** 10 MINUTES ■ **TOTAL TIME:** 20 MINUTES  
**SERVING:** 4

#### Ingredients:

2 kiwifruits, peeled and finely chopped  
2 cups low sodium canned black beans, rinsed and drained  
¼ cup packed cilantro  
1–2 tablespoons fresh lime juice  
4 eggs  
4 egg whites  
⅓ cup plain whey protein powder  
¼ teaspoon freshly ground black pepper  
¼ teaspoon ground cumin  
1 tablespoon extra-virgin olive oil  
½ cup 2% plain Greek yogurt

#### Directions

1. In a medium bowl, combine the kiwi, beans, cilantro, and lime juice. Set aside.
2. In a small bowl, whisk the eggs and egg whites. Gently whisk in the protein powder, pepper, and cumin. Set aside.
3. Warm a large ceramic-coated or cast-iron skillet over medium-high heat and add the oil. Add the egg mixture. Cook for 2 to 3 minutes, stirring, or until soft curds form and the eggs are cooked through.
4. Divide the eggs among 4 plates and top each with ¾ cup of the salsa and 2 tablespoons yogurt.

Per serving	Calories	Protein	Carbohydrates	Fats	Sodium
2 ⅓ cup: 1 ½ cup eggs, ¾ salsa	247 kcals	22 g	Total: 23 g Fiber: 7 g	Total: 9 g Saturated: 2 g Cholesterol: 187 mg	395 mg





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## Pumpkin Pie Yogurt Parfait

Store-bought parfaits can be bursting with carbs and fat, since they're typically made from white processed carbs and sugar. But this easy, homemade version, which can double as a snack, provides a huge hit of hunger-calming protein along with other key nutrients.

**PREP TIME: 10 MINUTES ■ TOTAL TIME: 1 HOUR 5 MINUTES  
SERVINGS: 4**

### Ingredients:

- 2 cups 2% plain Greek yogurt
- 1/3 cup plain or vanilla whey protein powder
- 1/2 teaspoon pumpkin pie spice or ground cinnamon
- 1/4 teaspoon ground cloves (optional) 2 tablespoons water
- 1/2 cup canned 100% pure pumpkin
- 1/4 cup old-fashioned rolled oats
- 2 teaspoons stevia powder
- 1 teaspoon pure vanilla extract

### Directions:

1. In a medium bowl, place the yogurt, protein powder, pumpkin pie spice or cinnamon, and cloves, if using. Add the water and stir well.
2. Distribute half of the yogurt mixture among 4 parfait glasses.
3. In a large bowl, place the pumpkin, oats, stevia, and vanilla. Stir well to combine.
4. Divide half of the pumpkin mixture among the parfait glasses. Repeat with the yogurt and the pumpkin mixture.
5. Cover each parfait glass with plastic wrap and refrigerate for at least 1 hour before serving.

Per serving	Calories	Protein	Carbohydrates	Fats	Sodium
1 1/4 cup	136 kcals	15 g	Total: 13 g Fiber: 2 g	Total: 3 g Saturated: 2 g Cholesterol: 7 mg	54 mg

**HEALTHY KITCHEN TIP:** For a flavor surprise, serve this healthy parfait topped with raspberries. For a spring version, substitute fresh or frozen berries in place of the pumpkin; in summer, try thinly sliced melon with fresh mint in place of the spices.



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## Pomegranate Margarita Smoothie

Blueberries and pomegranate make a strong anti-inflammatory pair, since antioxidants come from their vibrant color. You'll get hooked on the sweet-tart flavor of this delectable shake worthy of the name Margarita.

**PREP TIME: 5 MINUTES ■ TOTAL TIME: 10 MINUTES**  
**SERVINGS: 2**

### Ingredients:

- 1 cup 2% plain Greek yogurt (or homemade yogurt) or kefir (or homemade kefir)
- ½ cup fresh or frozen blueberries
- ⅓ cup pomegranate juice
- ⅓ cup plain whey protein powder
- 2 tablespoons chopped macadamia nuts or walnuts
- 1 teaspoon grated lime peel
- 1–2 tablespoons fresh lime juice
- 2 tablespoons flaxseed, chia seed, or chia-flax flour
- 2 teaspoons stevia powder (optional)
- ½ cup water 8 ice cubes

### Directions:

1. In a blender, combine the yogurt or kefir, blueberries, pomegranate juice, protein powder, nuts, lime peel, lime juice, flaxseed or chia seed or chia-flax flour, stevia (if using), water, and ice cubes.
2. Process until smooth.
3. Divide into 2 glasses and serve immediately.

Per serving	Calories	Protein	Carbohydrates	Fats	Sodium
1 ¼ cup	272 kcals	21 g	Total: 27 g Fiber: 6 g	Total: 12 g Saturated: 3 g Cholesterol: 8 mg	78 mg

**HEALTHY KITCHEN TIPS:** Yearning for chocolate? Remove the lime juice and swap 2 tablespoons of 85% dark chocolate for the nuts. Mix ½ cup pomegranate juice with ½ cup water and freeze in an ice cube tray. You'll love the convenience of using "pom cubes" for smoothies or in sparkling water, and you will have lowered calories and carbs by using the juice-water blend.



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## Muffin-Size Frittatas

Make these tasty frittatas in a muffin pan—they'll cook quickly and look elegant enough for a special brunch. Enjoy them at room temperature as finger food—they travel well, too. For Phase 3, add a few teaspoons of salsa or add in ½ cup diced cherry tomatoes with 2 tablespoons finely chopped chives.

**PREP TIME: 10 MINUTES ■ TOTAL TIME: 25 MINUTES**  
**SERVINGS: 4**

### Ingredients:

- 1 red bell pepper, seeded and thinly sliced
- 2 cups chopped spinach
- ¼ cup chopped fresh parsley and/ or cilantro
- ¼ teaspoon dried herbs, such as thyme or rosemary (optional)
- 6 eggs
- 1 cup canned beans, such as black or kidney, rinsed and drained
- ¼ cup crumbled feta cheese
- 4 cups greens, such as arugula or dandelion greens

### Directions:

1. Preheat the oven to 400 ° F. Coat a 12-cup muffin pan with cooking spray and set it aside.
2. Coat a large skillet with cooking oil and place over medium heat. Add the bell pepper, spinach, parsley or cilantro, and dried herbs, if using. Cook for 3 to 4 minutes, stirring occasionally, or until the vegetables start to soften. Transfer to a plate.
3. In a large bowl, whisk together the eggs, beans, cheese, and cooked veggies. Pour the mixture into 8 muffin cups, filling those three-quarters full. Bake for 10 to 12 minutes, or until the eggs are firm and cooked through. Run a knife along the inside edge of each muffin cup and pull out the frittatas. Serve them over the greens

Per serving	Calories	Protein	Carbohydrates	Fats	Sodium
2 muffins frittatas, 1 cup greens	218 kcals	16 g	Total: 16 g Fiber: 7 g	Total: 10 g Saturated: 4 g Cholesterol: 287 mg	407 mg



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## LUNCH & DINNER

### **Greek Dressing**

**SERVINGS:** 4 (2 TABLESPOONS EACH)

#### **Ingredients:**

¼ cup extra-virgin olive oil  
¼ cup lemon juice  
2 teaspoons dried oregano  
1 teaspoon Dijon mustard  
⅛ teaspoon freshly ground black pepper

#### **Directions:**

1. In a blender, combine the olive oil, lemon juice, oregano, mustard, and pepper and process until smooth.
2. Transfer to an airtight container to store.

Serve over the Greek Village Salad or your own favorite medley of greens.



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## Bulk Cooking Chicken

**SERVING:** 12 CHICKEN BREASTS

**Cook chicken in bulk for fast mealtime salads.**

### Ingredients:

4 pounds boneless, skinless chicken breasts  
1 teaspoon salt (omit for low-sodium diets,)  
1 teaspoon salt-free garlic powder,  
1 teaspoon chili powder or mild paprika,  
½ teaspoon freshly ground black pepper.

### Directions:

1. Preheat the oven to 400 ° F. Cover a baking sheet with foil and set aside.
2. Sprinkle the chicken with the salt (if using), garlic powder, chili powder or paprika, and pepper.
3. Coat 2 large skillet with cooking spray and place over high heat for about 5 seconds. Place 3 or 4 breasts in each skillet without crowding them.
4. Reduce the heat to medium and cook for 2 to 3 minutes, or until the chicken begins to brown. Turn the breasts and cook for 3 minutes.
5. Transfer the chicken to the prepared baking sheet and repeat with the remaining breasts until the sheet is full.
6. Bake for 8 to 10 minutes, or until a thermometer inserted into thickest part registers 165 ° F and the juices run clear.
7. Let stand for 5 minutes before slicing. To store, allow chicken to cool completely, then place in resealable bags. Store in the fridge for up to 5 days or in the freezer for up to 3 months.

Note: Cooking for just one or two? Cut the ingredient amounts in half and cook in a small skillet or use a loaf pan to bake in your toaster oven



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## Greek Village Salad

Use leftover chicken or even salmon from other recipes to make this a quick dinner.

**PREP TIME:** 10 MINUTES ■ **TOTAL TIME:** 20 MINUTES  
**SERVINGS:** 4

### Ingredients:

¼ cup extra-virgin olive oil,  
¼ cup lemon juice,  
2 teaspoons dried oregano,  
1 teaspoon Dijon mustard,  
⅛ teaspoon freshly ground black pepper;  
½ pound cooked cubed chicken or medium shrimp,  
2 medium tomatoes, cut into 1" slices and quartered  
1 large cucumber, cubed  
1 red bell pepper, seeded and diced  
2 ounces feta cheese, cut into ½" cubes (about ½ cup),  
¼ cup pitted olives, such as Kalamata.

### Directions:

1. In a blender, combine the oil, lemon juice, oregano, mustard, and black pepper until smooth.
2. In a large bowl, add chicken or shrimp, tomatoes, cucumbers, bell pepper, cheese, and olives. Pour in the dressing, toss well, and serve.

Per serving	Calories	Protein	Carbohydrates	Fats	Sodium
1 ½ cup	344 kcals	27 g	Total: 9 g Fiber: 2 g	Total: 22 g Saturated: 4 g Cholesterol: 91 mg	365 mg



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## Orange Salmon

If you're a fan of salty with sweet flavors, you'll adore this unique orange-olive combination that gives plain salmon something to sing about. Citrus not only adds plenty of flavor but also cuts the scent of fish for those who are salmon newbies.

**PREP TIME:** 10 MINUTES ■ **TOTAL TIME:** 30 MINUTES  
**SERVINGS:** 4

### Ingredients:

1-pound bok choy or Swiss chard,  
thinly sliced 4 salmon fillets (4 ounces each), skin removed,  
1 tablespoon extra-virgin olive oil,  
¼ cup black or green olives, chopped  
½ teaspoon chili powder or ground coriander, mild or hot (optional),  
½ teaspoon fennel seeds,  
1 large orange, peel grated, then thinly sliced.

### Directions:

1. Preheat the oven to 400 ° F. In an 11" x 7" baking dish, spread the bok choy or chard and place the salmon on top.
2. In a small bowl, place the oil, olives, chili powder or coriander, fennel seeds, and orange peel and mash with the back of a spoon to combine.
3. Spoon the mixture over the salmon and bake for 15 to 17 minutes, or until the fish is opaque and flakes easily. Top with the orange slices and serve immediately.

Per serving	Calories	Protein	Carbohydrates	Fats	Sodium
1 salmon, 1 cup greens	307 kcals	25 g	Total: 7 g Fiber: 2 g	Total: 20 g Saturated: 4 g Cholesterol: 62 mg	208 mg



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## Cool Cucumber-Avocado Soup

Raw apple cider vinegar and kiwifruit give this creamy chilled soup a prebiotic boost. The perfect dish to take to your next cookout, serve it in paper cups for sipping or omit the water and use it as a dip for shrimp or thinly sliced raw celery and radishes.

**PREP TIME:** 5 MINUTES ■ **TOTAL TIME:** 10 MINUTES

**SERVINGS:** 4

### Ingredients:

- 1 large cucumber, peeled and quartered
- 1 ripe Hass avocado, peeled
- 1 kiwifruit, peeled and quartered
- ½ cup almonds
- ¼ cup fresh mint leaves or fresh dill
- 2 tablespoons raw apple cider vinegar
- ¼ teaspoon garlic powder or chili powder
- 1 cup cold water or cold green tea
- 1-pound frozen precooked shrimp, thawed

### Directions:

1. In a food processor, place the cucumber, avocado, kiwi, almonds, mint or dill, vinegar, garlic or chili powder, and water or tea.
2. Pulse the mixture until smooth.
3. Top individual servings with the shrimp and serve immediately or chill, covered, in an airtight container for at least 1 hour or up to 2 days.

Per serving	Calories	Protein	Carbohydrates	Fats	Sodium
1 ½ cup with shrimps	266 kcals	20 g	Total: 12 g Fiber: 5 g	Total: 16 g Saturated: 1 g Cholesterol: 186 mg	649 mg

**HEALTHY KITCHEN TIPS:** Stop at your local fish market or counter and ask for precooked cocktail shrimp to make this soup a no-cook feast. All the sodium in this dish comes from the shrimp. You can decrease the sodium by decreasing the amount of shrimp, but note that the protein count will go down, too. For a low-sodium version, swap in chicken instead.





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## Minestrone Soup\*

This hearty Italian soup will give you a prebiotic boost from the beans. Beans with red or black skins also boost your antioxidant levels—and provide a wonderful creamy texture.

**PREP TIME:** 10 MINUTES ■ **TOTAL TIME:** 40 MINUTES

**SERVINGS:** 4

### Ingredients

2 tablespoons extra-virgin olive oil  
2 cloves garlic, minced  
2 teaspoons Italian seasoning or dried herbs  
½ teaspoon red-pepper flakes (optional)  
4 ribs celery, thinly sliced  
2 cups thinly sliced cabbage or bok choy  
2 tablespoons tomato paste  
2 ounces low-sodium chicken broth  
2 cups low-sodium canned beans, such as kidney or pinto, rinsed and drained  
6 ounces Swiss chard, thinly sliced  
¼ cup grated Parmesan cheese

### Directions

1. In a large pot over medium heat, place the olive oil, garlic, seasoning or herbs, and red-pepper flakes, if using. Cook for 1 to 2 minutes, or until the garlic becomes golden.
2. Add the celery and cabbage or bok choy. Cover and reduce the heat to low. Cook for 3 to 4 minutes, stirring often, or until the vegetables start to soften.
3. Add the tomato paste and broth. Bring to a simmer, then reduce the heat to low.
4. Add the beans and the Swiss chard. Cook for 1 minute, or until the beans are warmed through.
5. Sprinkle with the cheese and serve immediately.

Per serving	Calories	Protein	Carbohydrates	Fats	Sodium
2 cups	224 kcals	13 g	Total: 24 g Fiber: 6 g	Total: 9 g Saturated: 2 g Cholesterol: 9 mg	587 mg

**HEALTHY KITCHEN TIP:** For low-sodium diets, opt for no-salt-added beans. Kitchen Basics makes an all-natural, good-tasting, no-salt-added broth. Or make your own cooked beans by starting with sodium-free dried beans and cooking them in a slow cooker for 5 to 6 hours on low heat with water to cover. \*Also good for Phase 2 and for meal plans.



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## Chicken Tikka Masala

Tikka Masala gets its flavorful sauce from ginger, cilantro, and sweet-tasting tomato paste. Restaurants douse this dish in heavy cream, but this lighter version, with less sauce, adds more protein by swapping cream for yogurt.

**PREP TIME:** 15 MINUTES ■ **TOTAL TIME:** 40 MINUTES  
**SERVINGS:** 4

### Ingredients:

- 2 boneless, skinless chicken breasts, cubed
- 4 ounces tomato paste (¼ cup)
- ½ cup chopped cilantro
- 1 clove garlic, minced
- 2 teaspoons curry powder, such as Madras
- 1 cup 2% plain Greek yogurt or kefir, divided
- 1 tablespoon coconut oil
- 1 head broccoli, cut into florets (about 4 cups florets)
- ¼ cup red lentils
- ½ cup water

### Directions:

1. In a resealable plastic bag, place the chicken, tomato paste, cilantro, garlic, curry, and ½ cup of the yogurt or kefir. Seal the bag and shake well to coat. Refrigerate for at least 30 minutes or overnight.
2. Heat the oil in a large skillet over medium heat. Add the broccoli. Cook for 3 to 4 minutes, stirring occasionally, or until the broccoli starts to brown. Reduce the heat to low. Add the chicken and marinade. Cook for 2 to 3 minutes, turning the chicken, or until it starts to brown around the edges.
3. Add the lentils along with the water. Cover and cook for 6 to 8 minutes, stirring occasionally, or until the chicken is no longer pink and the broccoli and lentils are tender.
4. Stir in the remaining ½ cup yogurt or kefir. Serve immediately.

Per serving	Calories	Protein	Carbohydrates	Fats	Sodium
1 ½ cups	254 kcals	29 g	Total: 19 g Fiber: 4 g	Total: 7 g Saturated: 4 g Cholesterol: 58 mg	276 mg

**HEALTHY KITCHEN TIP:** To make a cooling cucumber raita side dish: In the bowl of a food processor, place 1 small cucumber, cut in thirds, with ¼ cup cilantro and ¼ cup mint. Add 1 cup plain kefir or yogurt and a pinch of cumin. Pulse until a chunky mixture forms, then serve immediately with the Tikka Masala.



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## Zesty Lemon Chicken Salad

Herbs, citrus, and spices are your one-way ticket to flavor without packing on the sugar, fat, or salt. Miso is the secret probiotic flavor booster that gives normally bland-tasting chicken extra-zesty appeal. Look for miso in the dairy aisle of your local health food store.

**PREP TIME:** 1 HOUR 10 MINUTES ■ **TOTAL TIME:** 1 HOUR 40 MINUTES

**SERVINGS:** 4

### Ingredients:

- 4 boneless, skinless chicken breasts
- ¼ cup chopped cilantro
- 1 tablespoon extra-virgin olive oil
- 2–3 teaspoons grated lemon peel
- 3 tablespoons fresh lemon juice
- ¼ teaspoon freshly ground black pepper
- ¼ teaspoon ground turmeric
- ½ cup 2% plain Greek yogurt
- 1 tablespoon low-sodium miso paste
- 1 red bell pepper, finely chopped
- 2 tablespoons chopped almonds or macadamia nuts
- 6 cups mixed greens, such as mesclun and baby kale

### Directions:

1. In a reseal able plastic bag, place the chicken, cilantro, oil, lemon peel, lemon juice, black pepper, and turmeric. Shake well to coat the chicken. Marinate in the refrigerator for at least 1 hour or overnight.
2. Heat a grill or grill pan over medium-high heat. Grill the chicken for 8 to 10 minutes, turning occasionally, or until a thermometer inserted in the thickest portion registers 165 ° F and the juices run clear. Set aside.
3. In a large bowl, whisk the yogurt and miso to combine. Add the bell pepper and nuts. Chop the chicken and add it to the bowl. Toss well to coat and serve immediately over the mixed greens.

Per serving	Calories	Protein	Carbohydrates	Fats	Sodium
2 ½ cup	297 kcals	43 g	Total: 17 g Fiber: 4 g	Total: 8 g Saturated: 2 g Cholesterol: 111 mg	265 mg



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## Tangy Buffalo Burgers with Pickles and Slaw

Dry steak seasoning or grilling spices, often found tucked in the back of your spice rack, are another way to flavor your burger with antioxidant-rich spices. Look for low-sodium options and mixes without MSG. If you can't locate ground buffalo (also known as ground bison), try ground chicken or grass-fed beef instead.

**PREP TIME:** 20 MINUTES ■ **TOTAL TIME:** 40 MINUTES  
**SERVINGS:** 4

### Slaw Ingredients:

- 1 bulb fennel, trimmed and grated
- 4 carrots, peeled and grated
- ½ small red cabbage, grated (about 3 cups)
- 2–3 teaspoons lemon peel
- 3 tablespoons fresh lemon juice
- 1 cup 2% plain Greek yogurt
- 1 teaspoon celery seeds or caraway seeds

### Burgers Ingredients:

- 1-pound ground buffalo meat
- ½ teaspoon dry steak seasoning or grilling spices
- ¼ teaspoon ground turmeric
- 1 avocado, sliced 8 thinly sliced low-sodium pickles or Pickled Cucumbers

### Directions:

1. To make the slaw: In a large bowl, place the fennel, carrots, red cabbage, lemon peel, lemon juice, yogurt, and celery or caraway seeds. Toss well to combine and set aside.
2. To make the burgers: In a large bowl, place the buffalo meat, steak seasoning or grilling spices, and turmeric. Mix well and form into 4 burgers. Coat a large skillet or grill rack with cooking spray. Heat over medium-high heat and add the burgers. Cook or grill for 10 to 12 minutes, turning once or twice, or until the burgers are still slightly pink in the center.
3. Divide the slaw among 4 plates. Place a burger on top of each plate and top with avocado slices and 2 pickles each. Serve immediately.

Per serving	Calories	Protein	Carbohydrates	Fats	Sodium
1 burger, 1 cup slaw	284 kcals	31 g	Total: 24 g Fiber: 8 g	Total: 9 g Saturated: 2 g Cholesterol: 56 mg	362 mg

**HEALTHY KITCHEN TIP:** Buffalo meat is an excellent high-protein (and high-iron) substitution for corn-fed beef. Order it frozen online—try these sites: [jbuffalomeat.com](http://jbuffalomeat.com), [northstarbison.com](http://northstarbison.com), or [wildideabuffalo.com](http://wildideabuffalo.com).



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## Miso Soup with Seaweed Salad

You don't have to go to your favorite Japanese restaurant to enjoy a hot bowl of miso soup. Make this easy, protein-rich version at home that has the addition of fish.

**PREP TIME:** 15 MINUTES ■ **TOTAL TIME:** 40 MINUTES

**SERVINGS:** 4

### Soup Ingredients:

8 cups water  
1 tablespoon shredded nori or wakami seaweed  
3 cups chopped greens, such as Swiss chard, kale, or bok choy  
¼ cup low-sodium miso paste  
1 block (4 ounces) firm tofu, cut into ½" cubes  
¼ cup cilantro (optional)

4 salmon or cod fillets, cut into 1" cubes

### Seaweed Salad Ingredients:

4 ounces dried seaweed  
1 tablespoon raw apple cider vinegar  
1 tablespoon sesame oil teaspoon reduced-sodium soy sauce  
1 tablespoon white or black sesame seeds

### Soup Directions:

1. In a large saucepan, bring the water to a slow simmer and add the nori or wakami. Simmer for 5 to 6 minutes to flavor the water. Add the greens and cook for 1 minute.
2. Reduce the heat to low and add the miso and tofu. Stir until the miso is well dissolved. Stir in the fish chunks and cilantro (if using), cover, and remove the saucepan from the heat.
3. Let stand for 5 to 6 minutes, or until the fish is opaque and cooked through.

### Seaweed Salad Directions:

1. Put the dried seaweed in a large bowl and fill it with cold water. Soak for 10 to 12 minutes, or until tender.
2. Meanwhile, in a small bowl, whisk together the vinegar, oil, and soy sauce. 4. Drain the seaweed and use your hands to squeeze out excess water. Wipe out any water in the bowl, then return the seaweed. Add the dressing and sesame seeds. Toss well, then serve alongside the miso soup.

Per serving	Calories	Protein	Carbohydrates	Fats	Sodium
2 cups soup, 1 cup seaweed salad	340 kcals	29 g	Total: 8 g Fiber: 2 g	Total: 21 g Saturated: 4 g Cholesterol: 62 mg	439 mg

**HEALTHY KITCHEN TIP:** Carry the delicious seaweed salad into Phase 3 for a satisfying snack that gives you a fat-burning boost in the afternoon when the munchies strike.



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## Ginger Fried Rice

Take-out fried rice isn't only high in MSG, it's also made with white rice that can send your blood sugar skyrocketing. This version has plenty of vegetables and protein that can help anchor your appetite. You'll enjoy the base of brown rice, which is higher in fiber and has a pleasant, chewy texture.

**PREP TIME:** 10 MINUTES ■ **TOTAL TIME:** 15 MINUTES  
**SERVINGS:** 4

### Ingredients:

- ½ cup dry short-grain brown rice
- 3 tablespoons coconut oil
- 2 boneless, skinless chicken breasts, cubed, or ½ pound shelled shrimp
- 1 head bok choy, chopped (about 4 cups)
- 2 cups frozen shelled edamame
- 2 tablespoons minced fresh ginger
- 2 cloves garlic, minced
- ½ teaspoon Chinese five-spice powder
- ¼ teaspoon ground turmeric
- 2 tablespoons reduced-sodium, gluten-free soy sauce or tamari sauce (optional)

### Directions:

1. Cook the rice according to package directions and set aside.
2. Heat a large skillet over medium heat. Add the coconut oil. Add the chicken or shrimp, bok choy, and edamame at once and increase the heat to medium-high. Cook for 3 to 4 minutes, stirring often, or until the chicken and vegetables begin to brown. Add the ginger, garlic, five-spice powder, and turmeric. Cook for 2 to 3 minutes, stirring well, or until the chicken is no longer pink and the juices run clear or the shrimp are opaque.
3. Reduce the heat to medium and stir in the rice and soy or tamari sauce, if using. Serve immediately.

Per serving	Calories	Protein	Carbohydrates	Fats	Sodium
1 ½ cup	376 kcals	28 g	Total: 23 g Fiber: 4 g	Total: 16 g Saturated: 10 g Cholesterol: 54 mg	131 mg

**HEALTHY KITCHEN TIP:** Top with probiotic Pickled Ginger or serve ginger on the side.



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## Arugula Salad with Creamy Avocado Dressing

This salad has a one-two punch of super ingredients—tangy kiwifruit and creamy avocado. Kiwi is low glycemic and a perfect prebiotic for the colon, while avocado, high in fiber, adds just the right kind of fat. For a vegetarian option, replace the tuna with 2 cups edamame.

**PREP TIME: 20 MINUTES ■ TOTAL TIME: 25 MINUTES**  
**SERVINGS: 4**

### Dressing Ingredients:

1 ripe avocado, cubed  
¼ cup 2% plain Greek yogurt  
1 kiwifruit, peeled  
1 teaspoon garlic powder  
1 teaspoon grated lime peel  
2 tablespoons fresh lime juice  
2 tablespoons water

### Salad Ingredients:

1 teaspoon cumin seed  
6 cups arugula  
1 bulb fennel, shredded or thinly sliced  
2 cans (5 ounces each) light spring-water-packed tuna, drained  
¼ cup dry lentils, cooked according to package directions  
¼ cup pitted olives, such as kalamata or Cerignola  
¼ cup chopped almonds  
½ cup Pickled Beets

### Dressing Directions:

1. In a blender, combine the avocado, yogurt, kiwi, garlic powder, lime peel, lime juice, and water until smooth.
2. To make the salad: Place the cumin in a small, dry skillet over medium-low heat. Toast the seeds in the skillet for 1 to 2 minutes, stirring often, or until the seeds are fragrant. Place the arugula and fennel in a large bowl or on a platter and scatter the seeds on top.
3. Top with the tuna, lentils, olives, almonds, and beets. Drizzle with the dressing and serve immediately.

Per serving	Calories	Protein	Carbohydrates	Fats	Sodium
3 cups with tuna	264 kcals	24 g	Total: 19 g Fiber: 7 g	Total: 12 g Saturated: 1 g Cholesterol: 22 mg	460 mg

**HEALTHY KITCHEN TIP:** Trim your food budget by shopping for avocados in bulk. If your avocados aren't soft to the touch, store them on the countertop for 2 days to ripen, then transfer to the fridge to use throughout the week.



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## Creamy Asparagus Soup

Looking to make this soup more indulgent for Phase 3? Make your own Parmesan croutons. Preheat the oven to 400 ° F. Cover a baking sheet with parchment paper. Make 1-tablespoon mounds of grated Parmesan cheese on the baking sheet. Bake for 4 to 5 minutes, or until the Parmesan melts into crisp disks.

**PREP TIME:** 15 MINUTES ■ **TOTAL TIME:** 25 MINUTES  
**SERVINGS:** 4

### Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1-pound asparagus, trimmed and cut into 1" pieces
- 2 cloves garlic, minced
- ½ teaspoon ground cloves or
- ¼ teaspoon freshly grated nutmeg
- ¼ teaspoon freshly ground black pepper
- 32 ounces low-sodium chicken broth or vegetable broth
- 1 cup canned chickpeas, rinsed
- ¼ cup fresh basil leaves
- 2 cups diced cooked chicken or shrimp or 2 cups edamame

### Directions:

1. Heat a heavy stockpot over medium heat. Add the oil. Add the asparagus, garlic, cloves or nutmeg, and pepper. Cook for 3 to 4 minutes, stirring occasionally, or until the asparagus starts to brown lightly.
2. Add the broth and chickpeas. Bring to a simmer, then reduce the heat to medium-low. Cover and cook for 10 minutes, or until the asparagus is tender. Add the basil.
3. Using an immersion blender, puree the soup for about 1 minute, or until smooth. Alternatively, to puree in a standard blender, cool the soup for about 10 minutes, then work in batches. Puree half of the soup, transfer to bowls or an airtight container, then blend the remaining half. To serve, top with the chicken, shrimp, or edamame.

Per serving	Calories	Protein	Carbohydrates	Fats	Sodium
2 cups	242 kcals	22 g	Total: 16 g Fiber: 5 g	Total: 11 g Saturated: 2 g Cholesterol: 36 mg	308 mg

**HEALTHY KITCHEN TIP:** Buy whole nutmeg, with antioxidants still intact, for the freshest taste and the biggest nutritional punch. Grate it with a Microplane or on the fine grating side of a box grater.





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## Sautéed Apples and Chicken Sausage with Sauerkraut

Sweet, prebiotic apples pair perfectly with bok choy, another nutrient-dense fall food. Chicken sausages vary quite a bit in fat and sodium content, so double-check labels. If you can't find bok choy, substitute kale or spinach.

**PREP TIME:** 20 MINUTES ■ **TOTAL TIME:** 25 MINUTES

**SERVINGS:** 4

### Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 apple, thinly sliced
- 1 head bok choy, thinly sliced
- ½ teaspoon ground cinnamon
- ¼ teaspoon freshly ground black pepper
- 2 tablespoons white vinegar or raw apple cider vinegar
- 8 low-sodium chicken sausage links
- 8 ounces low-sodium sauerkraut, room temperature

### Directions:

1. Warm a large skillet over medium heat. Add the oil, apple, bok choy, cinnamon, and pepper. Cook for 4 to 5 minutes, or until the apple starts to soften and brown. Reduce the heat to low. Cover and cook for 2 minutes, or until the bok choy is very tender. Turn off the heat and stir in the vinegar.
2. In another skillet, add the sausage and cook over medium-high heat for 4 to 5 minutes, or until the sausage starts to brown. Reduce the heat to low and cover. Cook for 2 to 3 minutes, or until no longer pink. Serve immediately with the sauerkraut and apple mixture.

Per serving	Calories	Protein	Carbohydrates	Fats	Sodium
2 sausages, 1 cup apples with bok choy, ¼ cup sauerkraut	254 kcals	24 g	Total: 15 g Fiber: 3 g	Total: 12 g Saturated: 2 g Cholesterol: 40 mg	661 mg



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## Pistachio-Chia Salmon

The pistachio is one skinny nut! Not only is it the lowest in calories, but new research shows that pistachios supercharge your body for weight loss while anchoring your hunger.

**PREP TIME:** 15 MINUTES ■ **TOTAL TIME:** 25 MINUTES  
**SERVINGS:** 4

### Ingredients:

2 tablespoons shelled pistachios  
¼ cup chia seeds  
1 teaspoon fennel seeds or cumin seeds  
4 salmon fillets (4 ounces each)  
¼ cup dry quinoa, rinsed under cold running water  
2 cups cubed butternut squash  
½ teaspoon salt 3 cups water

### Directions:

1. Preheat the oven to 400 ° F.
2. In a food processor, place the pistachios, chia, and fennel or cumin seeds. Pulse 15 to 20 times, or until the pistachios are finely chopped.
3. Place the salmon in an 11" x 7" baking skin side down. Coat each fillet with cooking spray. Sprinkle the pistachio mixture over the top. Bake on a bottom oven rack for 14 to 16 minutes, or until the fish is opaque.
4. While the salmon is baking, in a medium saucepan, place the quinoa, squash, salt, and water. Bring to a boil over high heat, then reduce to a simmer. Cover and cook for 20 to 25 minutes, or until the quinoa is tender and the squash is cooked through. Serve immediately with the salmon.

Per serving	Calories	Protein	Carbohydrates	Fats	Sodium
1 crusted fillet, 3/4 cup butternut-quinoa side dish	364 kcals	27 g	Total: 19 g Fiber: 5 g	Total: 20 g Saturated: 4 g Cholesterol: 62 mg	363 mg

**HEALTHY KITCHEN TIP:** Many grocery chains are now peeling and cubing butternut squash and other squash for easy cooking. Ask your produce manager during your next grocery trip.



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## Cajun Cod

Cajun food often incorporates cayenne and black peppers as mainstay spices. Red bell pepper and celery are considered a must-have in Louisiana Creole cooking, and they make a flavorful addition to kidney or black beans.

**PREP TIME: 10 MINUTES ■ TOTAL TIME: 30 MINUTES**  
**SERVINGS: 4**

### Ingredients:

- 4 cod fillets (4 ounces each)
- 1 teaspoon salt-free Cajun spice mix
- 1-pound asparagus, ends trimmed, cut into thirds
- 1 red bell pepper, seeded and chopped
- 2 ribs celery, chopped
- 2 cups canned kidney or black beans, rinsed and drained
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons chopped cilantro or flat-leaf parsley
- ¼ teaspoon salt

### Directions:

1. Preheat the oven to 400 ° F.
2. Place the cod in an 11" x 7" baking dish. Sprinkle with the Cajun spice and coat the tops of the fillets with cooking spray. In a second baking disk, place the asparagus, bell pepper, celery, and beans. Drizzle with the oil and sprinkle on the cilantro or parsley and salt. Bake both dishes for 10 to 15 minutes, or until the fish flakes easily and the asparagus is tender.

Per serving	Calories	Protein	Carbohydrates	Fats	Sodium
1 cajun fillet, 1 ½ cups vegetables	280 kcals	29 g	Total: 24 g Fiber: 9 g	Total: 5 g Saturated: 1 g Cholesterol: 49 mg	538 mg

**HEALTHY KITCHEN TIP:** not a fan of spicy chilies. Start with just a pinch of pepper and work your way up to gradually build your tolerance for the hot stuff.



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## Kimchi Pork Lo Mein

Kimchi is a spicy pickled Korean cabbage that adds rich flavor to stir-fries and soups. Find it in your local health food store in the refrigerated aisle, where you'll also find miso.

**PREP TIME:** 10 MINUTES ■ **TOTAL TIME:** 30 MINUTES

**SERVINGS:** 4

### Ingredients:

- 3 tablespoons extra-virgin olive oil or coconut oil
- 4 lean pork chops, trimmed of excess fat, cut into thin 2"-long strips (about 12 ounces)
- 1-pound Brussels sprouts or cabbage, shredded
- ½ pound asparagus, thinly sliced
- 2 tablespoons reduced-sodium soy sauce
- ¼ cup kimchi, chopped 1 orange, peel grated, then thinly sliced

### Directions

1. Heat the oil in a large skillet over medium heat. Add the pork strips. Cook for 2 to 3 minutes, stirring often, or until the pork begins to brown. Transfer to a plate. Reduce the heat to medium-low and add the Brussels sprouts or cabbage and asparagus. Cook for 2 to 3 minutes, stirring often, or until the sprouts or cabbage browns.
2. Return the pork to the skillet and add the soy sauce. Toss well to coat. Turn off the heat and stir in the kimchi and orange peel. Top with the orange slices and serve immediately.

Per serving	Calories	Protein	Carbohydrates	Fats	Sodium
1 ½ cup	265 kcals	24 g	Total: 17 g Fiber: 6 g	Total: 12 g Saturated: 2 g Cholesterol: 40 mg	575 mg

**HEALTHY KITCHEN TIP:** The traditional version of this recipe uses high-carb white noodles. Here, thinly sliced Brussels sprouts or cabbage takes their place, chopping calories by 75 percent and adding nutrients along the way. To make this a Phase 3 meal, add 2 ounces cooked soba noodles.



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## DESSERT

### **Creamy Strawberry Sorbet**

Studies show that brightly colored vegetables and fruits reduce risk of chronic disease due to polyphenols.

**PREP TIME: 10 MINUTES ■ TOTAL TIME: 4 + HOURS**

**SERVINGS: 8**

#### **Ingredients:**

- 2 pints fresh or frozen strawberries
- ½ cup pecans or walnuts
- 1 tablespoon coconut oil
- 2 egg whites or ¼ cup pasteurized egg whites from a carton
- 4 teaspoons stevia powder
- 1 teaspoon pure vanilla extract
- ¼ cup chopped 70% (or higher) dark chocolate (about 1 ½ ounces)

#### **Directions:**

1. In a blender, combine the berries, nuts, oil, egg whites, stevia, and vanilla until smooth. Stir in the chocolate chunks. Transfer to an airtight container and freeze for at least 4 hours or overnight.

Per serving	Calories	Protein	Carbohydrates	Fats	Sodium
½ cup	101 kcals	2 g	Total: 9 g Fiber: 2 g	Total: 7 g Saturated: 3 g Cholesterol: 0 mg	14 mg

**HEALTHY KITCHEN TIPS:** If eating raw eggs concerns you, go for pasteurized egg whites from the carton for better food safety. Berries and dark chocolate make an irresistible dessert pairing, but, since they're prebiotic, they're also a good match for your friendly gut bacteria.



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## Dark Chocolate Nut Clusters

Are you a fan of chocolate-covered pretzels or chocolate nut bark? Then these crunchy, high-protein nut clusters will hit the spot. Make an extra batch to take to parties or holiday events as the perfect hostess gift.

**PREP TIME:** 10 MINUTES ■ **TOTAL TIME:** 40 MINUTES  
**SERVINGS:** 4

### Ingredients:

2 egg whites ½ teaspoon ground cinnamon  
½ cup assorted nuts, such as pistachios, macadamias, and almonds  
⅓ cup plain or vanilla whey protein powder  
2 tablespoons ground flaxseeds ¼ cup chopped 70% dark chocolate  
2 tablespoons plain, unsweetened coconut milk

### Directions:

1. Preheat the oven to 300 ° F. Coat a baking sheet with cooking spray.
2. In a large bowl, whisk the egg whites and cinnamon until frothy. Add the nuts, protein powder, and flaxseeds and toss well. Spread on the baking sheet. Bake for 18 to 20 minutes, stirring once, or until lightly browned.
3. In a small saucepan over low heat, place the dark chocolate and coconut milk. Cook for 3 to 4 minutes, stirring often, just until the chocolate is melted and smooth.
4. Drizzle over the nuts to cover. Cool for 4 to 5 minutes on a rack, then transfer to a plate and cool for at least 10 minutes before serving. Transfer to an airtight container and store, refrigerated, for up to 1 week.

Per serving	Calories	Protein	Carbohydrates	Fats	Sodium
2 clusters	177 kcals	11 g	Total: 11 g Fiber: 4 g	Total: 12 g Saturated: 3 g Cholesterol: 0 mg	50 mg



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## PREBIOTIC AND PROBIOTIC SIDES/CONDIMENTS

### Pickled Ginger

**PREP TIME:** 30 MINUTES ■ **TOTAL TIME:** 3-7 DAYS

**SERVINGS:** 2 CUPS

Use pickled ginger on cooked fish, chicken, or vegetables or blend it with olive oil to make a tasty dressing.

#### **Ingredients:**

- 1 teaspoon whole cloves
- 1/4 teaspoon salt
- 1/2-pound fresh ginger, peeled and thinly sliced.

#### **Directions:**

1. Place the cloves and salt in an airtight glass container. Fill the container halfway with warm water and stir well to dissolve the salt. Add the ginger and add more water if necessary to cover. Leave 1 " of space between the top of the water and the top of the jar.
2. Cover loosely with a kitchen towel or cheese cloth. Leave on your counter for 3 to 7 days. Check daily. The brine should begin to get cloudy and slightly cloudy. When the pickled taste tangy, cover tightly and refrigerate. Store in the fridge for up to 3 weeks.

Per serving	Calories	Protein	Carbohydrates	Fats	Sodium
2 tbsp	11 kcals	0 g	Total: 2 g Fiber: 0 g	Total: 0 g Saturated: 0 g Cholesterol: 2 mg	38 mg



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## Pickled Beets

**PREP TIME:** 30 MINUTES ■ **TOTAL TIME:** 3-7 DAYS  
**SERVINGS:** 2 CUPS

### Ingredients:

- 1 teaspoon black peppercorns
- 1 teaspoon lavender blossoms or Italian herbs
- 1/2 teaspoon ground cardamom
- 1/4 teaspoon salt
- 1/2-pound beets, peeled and thinly sliced.

### Directions:

1. Place the cloves and salt in an airtight glass container. Fill the container halfway with warm water and stir well to dissolve the salt. Add the ginger and add more water if necessary to cover. Leave 1 " of space between the top of the water and the top of the jar.
2. Cover loosely with a kitchen towel or cheese cloth. Leave on your counter for 3 to 7 days. Check daily. The brine should begin to get cloudy and slightly cloudy. When the pickled taste tangy, cover tightly and refrigerate. Store in the fridge for up to 3 weeks.

Per serving	Calories	Protein	Carbohydrates	Fats	Sodium
2 tbsp	6 kcals	0 g	Total: 1 g Fiber: 0 g	Total: 0 g Saturated: 0 g Cholesterol: 0 mg	47 mg





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## Pickled Radishes

**PREP TIME:** 30 MINUTES ■ **TOTAL TIME:** 3-7 DAYS  
**SERVINGS:** 2 CUPS

### Ingredients:

- 1 tablespoon chopped fresh or dried rosemary
- 1 clove garlic, thinly sliced
- 1/2 teaspoon cumin seeds or fennel seeds
- 1/2 teaspoon crushed red-pepper flakes
- 1/4 teaspoon salt
- 1/2-pound radishes, stems, removed and quartered

### Directions:

1. Place the cloves and salt in an airtight glass container. Fill the container halfway with warm water and stir well to dissolve the salt. Add the ginger and add more water if necessary to cover. Leave 1 " of space between the top of the water and the top of the jar.
2. Cover loosely with a kitchen towel or cheese cloth. Leave on your counter for 3 to 7 days. Check daily. The brine should begin to get cloudy and slightly cloudy. When the pickled taste tangy, cover tightly and refrigerate. Store in the fridge for up to 3 weeks.

Per serving	Calories	Protein	Carbohydrates	Fats	Sodium
2 tbsp	3 kcals	0 g	Total: 1 g Fiber: 0 g	Total: 0 g Saturated: 0 g Cholesterol: 0 mg	42 mg



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## Pickled Horseradish

**PREP TIME:** 30 MINUTES ■ **TOTAL TIME:** 3-7 DAYS  
**SERVINGS:** 2 CUPS

### Ingredients

- 2 cloves garlic, minced
- 1 teaspoon mustard seeds (optional)
- 1/4 teaspoon salt
- 1/2-pound horseradish, peeled and grated

### Directions

1. Place the cloves and salt in an airtight glass container. Fill the container halfway with warm water and stir well to dissolve the salt. Add the ginger and add more water if necessary to cover. Leave 1 " of space between the top of the water and the top of the jar.
2. Cover loosely with s kitchen towel or cheese cloth. Leave on your counter for 3 to 7 days. Check daily. The brine should begin to get cloudy and slightly cloudy.
3. When the pickled taste tangy, cover tightly and refrigerate. Store in the fridge for up to 3 weeks.

Per serving	Calories	Protein	Carbohydrates	Fats	Sodium
2 tbsp	13 kcals	0 g	Total: 2 g Fiber: 0 g	Total: 0 g Saturated: 0 g Cholesterol: 0 mg	37 mg



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## Pickled Cucumber

**PREP TIME:** 30 MINUTES ■ **TOTAL TIME:** 3-7 DAYS  
**SERVINGS:** 2 CUPS

### Ingredients:

- 2 tablespoons chopped dill
- 2 cloves garlic, minced
- 1 teaspoon mustard seed (optional)
- 1/4 teaspoon salt
- 1/2-pound cucumbers any variety trimmed and cut into 1/2" slices

### Directions:

1. Place the cloves and salt in an airtight glass container. Fill the container halfway with warm water and stir well to dissolve the salt. Add the ginger and add more water if necessary to cover. Leave 1 " of space between the top of the water and the top of the jar.
2. Cover loosely with s kitchen towel or cheese cloth. Leave on your counter for 3 to 7 days. Check daily. The brine should begin to get cloudy and slightly cloudy. When the pickled taste tangy, cover tightly and refrigerate. Store in the fridge for up to 3 weeks.

Per serving	Calories	Protein	Carbohydrates	Fats	Sodium
2 tbsp	3 kcals	0 g	Total: 1 g Fiber: 0 g	Total: 0 g Saturated: 0 g Cholesterol: 0 mg	36 mg



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## Sauerkraut

**PREP TIME:** 30 MINUTES ■ **TOTAL TIME:** 3-7 DAYS  
**SERVINGS:** 2 CUPS

### Ingredients:

- 2 cloves garlic, minced
- 1/2-pound cabbage (about 1/2 head), any variety, thinly sliced
- 1/2 teaspoon salt
- 1 teaspoon caraway seeds (optional)

### Directions:

1. Place the cloves and salt in an airtight glass container. Fill the container halfway with warm water and stir well to dissolve the salt. Add the ginger and add more water if necessary to cover. Leave 1 " of space between the top of the water and the top of the jar.
2. Cover loosely with a kitchen towel or cheese cloth. Leave on your counter for 3 to 7 days. Check daily. The brine should begin to get cloudy and slightly cloudy. When the pickled taste tangy, cover tightly and refrigerate. Store in the fridge for up to 3 weeks.

Per serving	Calories	Protein	Carbohydrates	Fats	Sodium
2 tbsp	3 kcals	0 g	Total: 1 g Fiber: 0 g	Total: 0 g Saturated: 0 g Cholesterol: 0 mg	36 mg



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## Home-made Dairy Based Yogurt

**PREP TIME:** 30 MINUTES ■ **TOTAL TIME:** 6 HOURS 30 MINUTES

**SERVINGS:** 1 QUART

### Ingredients:

1 quart 2% milk, preferably from grass fed cows

1 tablespoon raw honey

1/4 cup store bought low fat plain yogurt or 2% plain yogurt (standard or Greek) with live cultures

### Directions:

1. In a heavy saucepan or 2-quart Dutch oven, heat the milk over medium low heat for 6 to 7 minutes or until it reaches 180 degrees Fahrenheit and the milk is steamy and foamy. Do not let it boil. Stir the milk gently as it heats to make sure the bottom doesn't scorch. Add the honey and whisk well.
2. Let the milk cook for 12 to 14 minutes or until it is just hot to the touch and measures 112 degrees to 115 degrees Fahrenheit. To speed the cooling process, fill a large bowl with ice and enough water to cover. Set the saucepan or Dutch oven into the ice water.
3. Pour about a cup of the warm milk into a small bowl and whisk it with the yogurt. Add the mixture to the warm milk.
4. Preheat the oven or toaster oven to 150 degrees Fahrenheit for 4 minutes. Turn the heat off and allow the oven to cool for 5 minutes to drop the temperature to 112 degrees Fahrenheit. Cover the top of the saucepan or the Dutch oven with foil, wrap in a clean dish towel, and transfer to the warm oven, being sure the heat is off. Let stand, without turning the oven on, for 4 hours (for mild tasting yogurt) to 6 hours (for tangier tasting yogurt) to allow the bacteria to multiply. The texture should resemble soft custard.
5. Remove the towel and secure the foil. Store the yogurt in the refrigerator for about 2 weeks.

Per serving	Calories	Protein	Carbohydrates	Fats	Sodium
½ cup	78 kcals	5 g	Total: 8 g Fiber: 0 g	Total: 2 g Saturated: 1 g Cholesterol: 9 mg	223 mg



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## Home-made Dairy- Based Kefir Made from Kefir Crystals

**SERVINGS:** 1 QUART

Shop for Kefir crystals in your local health food store or online. You will save money in the long run with making it at home. Store unused crystals in cool dark cabinet until you are ready to use again. They have a long shelf life.

### Ingredients:

1 quart 2% milk preferably from grass fed cows  
1 tablespoon Kefir grains

### Directions:

1. Place the milk and the Kefir grains in a glass jar and cover tightly. Set out at room temperature for 12 to 14 hours or up to 14 hours, depending on the temperature of your home. Shake the jar gently a few times.
2. When the Kefir is ready it will thicken. If the Kefir grains coagulate at the top, strain the grains to use in the next batch.
3. For a sourer thicker Kefir, let it ferment longer. For one less sour and thick, strain soon. Experiment with what works for you. Store the Kefir refrigerated for 3-4 weeks.

**Optional:** there are many dairy free Kefir options using either milk such as nut milk( almond, walnut), coconut, rice, hemp or organic non GMO soy milk; but the process of fermentation is less consistent than Animal milks, which provide an ideal culture medium for the Kefir grains to thrive and reproduce.

Per serving	Calories	Protein	Carbohydrates	Fats	Sodium
½ cup	68 kcals	5 g	Total: 6 g Fiber: 0 g	Total: 2 g Saturated: 1 g Cholesterol: 9 mg	82 mg



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## Dairy-Free Yogurt

**SERVINGS:** 1 QUART

### Ingredients:

- 2 cups cashew milk
- 4 cups canned unsweetened coconut milk
- 1 tablespoon honey or coconut sugar
- 1/4 teaspoon vanilla cream flavored stevia
- 1&1/2 tablespoon gelatin or 1 1/2 teaspoon agar powder dissolved in 1/2 cup boiling water
- 9 probiotic capsules containing 25 billion to 30 billion CFU's of any dairy free probiotic

### Directions:

1. In a large saucepan over medium heat, place the milks, honey or coconut sugar and stevia. Bring you a simmer. Watch carefully so it doesn't boil over. Once it begins to simmer, turn off the heat. Whisk in the dissolved gelatin or agar powder.
2. Pour the mixture into a large bowl. Put that bowl into a larger one of cold (but not iced) tap water and let the mixture stand until it cools to 92 degrees Fahrenheit. If you used gelatine, you can whisk the mixture to cool it faster. Omit this step if you used agar powder, as whisking could make the agar powder lumpy.
3. When the mixture reaches about 92 degrees Fahrenheit, add the contents of the probiotic capsules. Whisk them in well. Ladle into jars and keep warm for about 10 hours.
4. If there is clear pool at the bottom at the end of the 10 hours, secure the lid tightly and shake the yogurt to mix it in before refrigerating. (Note: for the agar option, shaking isn't necessary). Refrigerate for 8 hours.

**Optional:** Put a drop or two of lemon extract on a spoon and stir into your jar of yogurt just before eating it.

Per serving	Calories	Protein	Carbohydrates	Fats	Sodium
½ cup	37 kcals	0 g	Total: 4 g Fiber: 0 g	Total: 6 g Saturated: 1 g Cholesterol: 0 mg	29 mg



# ELM Medicine

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## DRINKS

### **Kombucha tea**

**SERVINGS: 1**

Fermented tea. Make your own or try a low carbohydrate organic one. Here is one example of a readymade brand that can be found in grocery store. Drink small quantity for anyone serving.

### **Cilantro Green Drink**

**SERVINGS: 1**

Mojito lovers will adore this booze free herb drink made with lime. It quenches your thirst with hardly any calories, a refreshing drink from plain water. To make a whole pitcher, simply quadruple the ingredients and then store in fridge for up to 3 days.

#### **Ingredients:**

- 2 lime wedges
- 1 handful cilantro
- 2 cups filtered water
- 1 or 2 ice cubes (optional)

#### **Directions:**

1. In a large glass, place the lime, cilantro, water, and ice (if using). Stir and serve immediately.

<b>Per serving</b>	<b>Calories</b>	<b>Protein</b>	<b>Carbohydrates</b>	<b>Fats</b>	<b>Sodium</b>
2 ½ cup	4 kcals	0 g	Total: 1 g Fiber: 0 g	Total: 0 g Saturated: 0 g Cholesterol: 0 mg	0 mg





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## Basil or Mint Green Drink

### SERVINGS: 1

Ideal for those who don't love cilantro. Basil is a fragrant flavor booster, they pair surprisingly well with lemon or lime. If fresh basil isn't available in your local grocery store, use mint instead.

#### Ingredients:

2 lemon wedges  
1 handful fresh basil  
2 cups filtered water  
1 or 2 ice cubes (optional)

#### Directions:

1. In a large glass, place the lemon, basil, water and ice if using). Stir and serve immediately.

Per serving	Calories	Protein	Carbohydrates	Fats	Sodium
2 ½ cup	5 kcals	0 g	Total: 1 g Fiber: 0 g	Total: 0 g Saturated: 0 g Cholesterol: 0 mg	0 mg






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## Resources

### **Self- Monitoring:**

**1. My Fitness Pal (<https://www.myfitnesspal.com/>)**

Free website and application that can be used to track your diet, nutritional intake and exercise.

**2. Food Diaries**

Record daily intake and portions in a notebook to keep track of diet.

**3. Picture Journaling**

Take pictures of meals to keep a digital record of intake.

### **Healthy Meal Ideas**

**1. Eat This Much (<https://www.eatthismuch.com/>)**

Free website and application that automatically creates custom meal plans based on diet goals, budget and meal schedule.