



ELM Medicine

Unit 4 - 1521 Upper Ottawa Street
Hamilton, Ontario L8W 3J4

Phone: 905-318-3006
Fax: 1-833-268-3660
info.elmmedicine@gmail.com
www.elmmedicine.ca

**Specialist Clinic. Internal Medicine. Infectious Diseases. Hepatitis B & C. Chronic Pain.
Lifestyle Medicine Clinic. Stress Reduction Clinic**

OPTIFAST TRANSITION, PRE & POST MEAL PLAN



ELM Medicine

My Meal Plan

	BREAKFAST	LUNCH	SNACK	DINNER
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				



ELM Medicine

Week 1 Example Meal Plan

	BREAKFAST	LUNCH	SNACK	DINNER
MONDAY	<u>Pumpkin pie yogurt parfait</u>	<u>Chicken Tikka Masala</u>	Savory yogurt dip: $\frac{1}{2}$ cup plain yogurt mixed with a pinch of cumin, hot chili powder, and black pepper; serve with sliced green bell pepper and celery	<u>Tangy buffalo burger with pickles and slaw</u>
TUESDAY	<u>Pomegranate margarita smoothie</u>	1 cup three bean salad dressed with olive oil vinaigrette over 2 cups greens; add 1 cup cooked cubed chicken or shrimp	3 tbsp store bought hummus with celery and cucumber	<u>Ginger fried rice with chicken, shrimp or tofu</u>
WEDNESDAY	1/3 cup dry buckwheat porridge cooked according to package directions with 1 tbsp ground flaxseeds, $\frac{1}{4}$ sliced banana, 10 pecans or slivered almonds	Leftover Ginger Fried Rice	$\frac{1}{2}$ cup plain yogurt with a few berries, ground flaxseeds, unsweetened cocoa powder, and/or coconut	<u>Miso soup with seaweed salad and salmon</u>
THURSDAY	<u>Muffin-size Frittatas</u>	Fish sushi (brown rice only) served over green salad tossed with sesame oil	12 pistachios and 1 oz chopped 85% dark chocolate	<u>Sautéed apples and chicken sausage with sauerkraut</u>
FRIDAY	2 scrambled eggs with 2 tbsp chopped kimchi or pickle or your choice	Leftover Sautéed apples & chicken sausage with sauerkraut	Coconut banana: $\frac{1}{2}$ banana, cut into chunks, dipped in yogurt and rolled in 2 tbsp unsweetened coconut	<u>Pistachio-chia salmon with butternut squash</u>
SATURDAY	Berries and "cream": $\frac{1}{2}$ cup berries topped with $\frac{1}{2}$ cup kefir or yogurt whipped with 2 tbsp plain, unsweetened coconut milk and optional stevia or vanilla	<u>Arugula Salad with Creamy Avocado Dressing</u>	<u>Creamy strawberry sorbet</u>	<u>Kimchi pork lo mein</u>
SUNDAY	<u>Salsa & eggs</u>	<u>Creamy asparagus soup with chicken or shrimp</u>	<u>Dark chocolate nut clusters</u>	<u>Cajun cod with beans</u>



ELM Medicine

Recipes

Greek Dressing

Makes 4 servings (2 tbsp each)

¼ cup extra-virgin olive oil

¼ cup lemon juice

2 tsp dried oregano

1 tsp Dijon mustard

1/8 tsp ground black pepper

Instructions: combine olive oil, lemon juice, oregano, mustard, and pepper, and whisk until smooth.

Transfer to an airtight container to store.

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

Bulk Cooking Chicken

Makes about 12 chicken breasts. Cook chicken in bulk for fast mealtime salads.

4 lb. boneless, skinless chicken breasts

1 tsp salt (omit for low-sodium diets)

1 tsp salt-free garlic powder

1 tsp chili powder or mild paprika

½ tsp ground black pepper

Instructions:

1. Preheat oven to 400°F. Cover a baking sheet with foil or parchment paper and set aside.
2. Sprinkle the chicken with salt (if using), garlic powder, chili powder or paprika, and pepper.
Coat 2 large skillets with cooking spray and place over high heat for about 5 seconds. Place 3-4 breasts in each skillet without crowding them. Reduce heat to medium and cook for 2-3 minutes or until the chicken begins to brown. Turn the breasts and cook for 3 more minutes. Transfer the chicken to the prepared baking sheet and repeat with the remaining breasts until you have browned them all.
3. Bake the browned chicken breasts for 8-10 minutes, or until a thermometer inserted in the thickest part registers 165°F and the juices run clear. Let stand for 5 minutes before slicing. To store, allow the chicken to completely cool, 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 1 or 2? Cut the ingredient amounts in half and cook in a small skillet or use a loaf pan to bake in your toaster oven.



ELM Medicine

Breakfast Phase 2

1) Salsa & Eggs

This tangy lime-laced salsa not only adds flavour to eggs but also gives you a good dose of 2 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

Makes 4 Servings

2 kiwifruit, peeled and finely chopped
2 cups low-sodium canned black beans, rinsed and drained
 $\frac{1}{4}$ cup packed cilantro
1-2 tbsp fresh lime juice
4 eggs

4 egg whites
 $\frac{1}{3}$ cup plain whey protein powder
 $\frac{1}{4}$ tsp ground black pepper
 $\frac{1}{4}$ tsp ground cumin
2 tbsp extra-virgin olive oil
 $\frac{1}{2}$ cup 2% plain Greek yogurt

Instructions:

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 skillet over medium-high heat and add the oil. Add the egg mixture. Cook for 2-3 minutes, stirring, or until soft curds form and the eggs are cooked through. Divide eggs among 4 plates and top each with $\frac{3}{4}$ cup of the salsa and 2 tbsp yogurt.

Nutrition Facts per Serving: 247 calories, 22g protein, 23g carbohydrates, 9g total fat, 2g saturated fat, 187mg cholesterol, 7g fiber, 395 mg sodium

2) Pumpkin Pie Yogurt Parfait

Store-bought parfaits can be bursting with carbs and fat, since they are 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

Makes 4 Servings

2 cups 2% plain Greek yogurt
 $\frac{1}{3}$ cup plain or vanilla whey protein powder
 $\frac{1}{2}$ tsp pumpkin pie spice or ground cinnamon
 $\frac{1}{4}$ tsp ground cloves (optional)
2 tbsp water

$\frac{1}{2}$ cup canned 100% pure pumpkin
 $\frac{1}{4}$ cup old-fashioned rolled oats
2 tsp stevia powder
1 tsp pure vanilla extract

Instructions:

Atreyi Mukherji MD, 2020

Reference: Gerald Mullin, MD, Johns Hopkins Integrative Gastroenterology Clinic



ELM Medicine

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. Distribute half of the yogurt mixture among 4 parfait glasses.
2. In a large bowl, place the pumpkin, oats, stevia and vanilla. Stir well to combine. Divide half of the pumpkin mixture among the 4 parfait glasses. Repeat with the remaining yogurt and the pumpkin mixture. Cover each parfait glass with plastic wrap and refrigerate for at least 1 hour before serving.

Nutrition Facts per Serving: 136 calories, 15g protein, 13g carbohydrates, 3g total fat, 2g saturated fat, 7mg cholesterol, 2g fiber, 54mg sodium

Healthy Kitchen Tip: For a flavour surprise, serve this healthy parfait topped with raspberries. For a spring version, substitute fresh or frozen berries in place of the pumpkin. In the summer, try thinly sliced melon with fresh mint in place of the spices.

3) Pomegranate Margarita Smoothie

Blueberries and pomegranate make a strong anti-inflammatory pair, since antioxidants come from their vibrant colour. You will get hooked on the sweet-tart flavour of this delectable!

Prep Time: 5 minutes

Total Time: 10 minutes

Makes 2 Servings

1 cup 2% plain Greek yogurt or kefir

1-2 tbsp fresh lime juice

½ cup fresh or frozen blueberries

2 tbsp flaxseed or chia seeds

1/3 cup pomegranate juice

2 tsp stevia powder (optional)

1/3 cup whey protein powder

½ cup water

2 tbsp chopped macadamia nuts or walnuts

8 ice cubes

1 tsp grated lime peel

Instructions: In a blender, combine the yogurt or kefir, blueberries, pomegranate juice, protein powder, nuts, lime peel, flaxseed or chia seeds, stevia (if using), water, and ice. Blend until smooth. Divide into 2 glasses and serve immediately.

Nutrition Facts per Serving: 272 calories, 21g protein, 27g carbohydrates, 12g total fat, 3g saturated fat, 8mg cholesterol, 6g fiber, 78mg sodium

Healthy Kitchen Tips: Yearning for chocolate? Remove the lime juice and swap 2 tbsp 85% dark chocolate for the nuts. Mix ½ cup pomegranate juice with ½ cup water and freeze in an ice cube tray. You will love the convenience of using “pom cubes” for smoothies or sparkling water. You will have lowered calories and carbs by using the juice-water blend.

4) Muffin-Size Frittatas



ELM Medicine

Make these tasty frittatas in a muffin pan, they'll cook quickly and look elegant for a special brunch. Enjoy them at room temperature as finger food, they travel well! For Phase 3, add a few teaspoons of salsa or add in $\frac{1}{2}$ cup diced cherry tomatoes with 2 tablespoons finely chopped chives.

Prep Time: 10 minutes

Total Time: 25 minutes

Makes 4 Servings

1 red bell pepper, seeded and thinly sliced

1 cup canned beans such as black or kidney, rinsed and drained

2 cups chopped spinach

$\frac{1}{4}$ cup crumbled feta

$\frac{1}{4}$ cup chopped fresh parsley and/or cilantro

4 cups greens, such as arugula or dandelion greens

$\frac{1}{4}$ tsp dried herbs, such as thyme or rosemary (optional)

6 eggs

Instructions:

1. Preheat the oven to 400°F. Coat a 12-cup muffin pan with cooking spray and set 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 3-4 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 them 3/4s full. Bake for 10-12 minutes or until the eggs are firm and cooked through. Run a knife along the inside edge of each muffin cup and pull our the frittatas. Serve them over the greens of your choice.

Nutrition Facts per Serving: 218 calories, 16g protein, 16g carbohydrates, 10g total fat, 4g saturated fat, 287mg cholesterol, 7g fiber, 407mg sodium

Lunch/Dinner Phase 2

1) Greek Village Salad

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

Prep Time: 10 minutes

Total Time: 20 minutes

Makes 4 Servings

$\frac{1}{4}$ cup extra-virgin olive oil

2 medium tomatoes, cut into 1" slides and quartered

$\frac{1}{4}$ cup lemon juice

1 large cucumber, cubed

2 tsp dried oregano

1 red bell pepper, seeded and diced

1 tsp Dijon mustard

2oz feta cheese, cut into $\frac{1}{2}$ " cubes ($\frac{1}{2}$ cup)

$\frac{1}{8}$ tsp ground black pepper

$\frac{1}{4}$ cup pitted olives

$\frac{1}{2}$ pound cubed chicken or medium shrimp

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



ELM Medicine

Nutrition Facts per Serving: 344 calories, 27g protein, 9g carbohydrates, 22g total fat, 4g saturated fat, 91mg cholesterol, 2g fiber, 365mg sodium

2) Orange Salmon

If you are a fan of salt with sweet flavours, you will adore this unique orange-olive combination that gives plain salmon something to sing about.

Prep Time: 10 minutes Total Time: 30 minutes Makes 4 Servings

1 pound bok choy or Swiss chard, thinly sliced	½ tsp chili powder or ground coriander (optional)
4 4oz salmon filets, skin removed	½ tsp fennel seeds
1 tbsp extra-virgin olive oil	1 large orange, peel grated, then thinly sliced
¼ cup black or green olives, chopped	

Instructions: Preheat the oven to 400°F. In an 11"x7" baking dish, spread the bok choy or chard and place the salmon on top. In a small bowl, place the oil, olives, chili powder or coriander (if using), fennel seeds, and orange peel, and mash with the back of a spoon to combine. Spoon the mixture over the salmon and bake for 15-17 minutes, or until the fish is opaque and flakes easily. Top with the orange slices and serve immediately.

Nutrition Facts per Serving: 307 calories, 25g protein, 7g carbohydrates, 20g total fat, 4g saturated fat, 62mg cholesterol, 2g fiber, 20mg sodium

3) 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. 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 Makes 4 Servings

1 large cucumber, peeled and quartered	2 tbsp raw apple cider vinegar
1 ripe avocado, peeled	¼ tsp garlic powder or chili powder
1 kiwifruit, peeled and quartered	1 cup cold water or cold green tea
½ cup almonds	1 lb. frozen precooked shrimp, thawed
¼ cup fresh mint leaves or dill	

Instructions: In a food processor, place the cucumber, avocado, kiwi, almonds, mint or dill, vinegar, garlic, chili powder, and water or tea. Pulse the mixture until smooth. Top the 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.



ELM Medicine

Nutrition Facts per Serving: 266 calories, 20g protein, 12g carbohydrates, 16g total fat, 1g saturated fat, 185mg cholesterol, 5g fiber, 649mg sodium

Healthy Kitchen Tips: Stop at your local fish market or counter and ask for precooked cocktail shrimp to make this soup a no-cook meal. 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. For a low-sodium version, swap in chicken instead.

4) 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

Makes 4 Servings

2 tbsp extra-virgin olive oil

2 tbsp tomato paste

2 cloves garlic, minced

32 oz low-sodium chicken broth

2 tsp Italian seasoning or dried herbs

2 cups low-sodium canned beans, kidney or

½ tsp red pepper flakes (optional)

pinto, rinsed and drained

4 ribs celery, thinly sliced

6 oz Swiss chard, thinly sliced

2 cups cabbage or bok choy, thinly sliced

¼ cup grated Parmesan cheese

Instructions:

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

Nutrition Facts per Serving: 224 calories, 18g protein, 24g carbohydrates, 9g total fat, 2g saturated fat, 9mg cholesterol, 6g fiber, 587mg sodium

Healthy Kitchen Tip: For low-sodium diets, opt for no-salted added beans. Or, make your own cooked beans by starting with sodium-free dried beans and cooking them in a slow cooker for 5-6 hours on low heat with water to cover

5) Chicken Tikka Masala

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



ELM Medicine

Prep Time: 15 minutes

Total Time 40 minutes

Makes 4 Servings

2 boneless, skinless chicken breasts, cubed

1 tbsp coconut oil

4 oz tomato paste (1/4 cup)

1 head of broccoli, cut into florets (about 4 cups)

½ cup chopped cilantro

¼ cup red lentils

1 clove garlic, minced

½ cup water

2 tsp curry powder

1 cup 2% plain Greek yogurt or kefir, divided

Instructions:

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

Nutrition Facts per Serving: 254 calories, 29g protein, 19g carbohydrates, 7g total fat, 4g saturated fat, 58mg cholesterol, 4g fiber, 276mg sodium

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.

6) Zesty Lemon Chicken Salad

Herbs, citrus, and spices are your best way to achieve flavour without piling on the sugar, fat, or salt. Miso is a secret probiotic flavour booster that gives normally bland tasting chicken an extra zesty appeal.

Prep Time: 1 hour 10 minutes

Total Time: 1 hour 40 minutes

Makes 4 Servings

4 boneless, skinless chicken breasts

¼ tsp ground turmeric

¼ cup chopped cilantro

½ cup 2% plain Greek yogurt

1 tbsp extra-virgin olive oil

1 tbsp low-sodium miso paste

2-3 tsp grated lemon peel

1 red bell pepper, finely chopped

3 tbsp fresh lemon juice

2 tbsp chopped almond or macadamia nuts

¼ tsp ground black pepper

6 cups mixed greens

Instructions:



ELM Medicine

1. In a resealable plastic bag, place chicken, cilantro, oil, lemon peel, lemon juice, black pepper, and turmeric. Shake well to coat the chicken. Marinate in refrigerator for at least 1 hour or overnight.
2. Heat a grill or grill pan over medium-high heat. Grill the chicken for 8-10 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.

Nutrition Facts per Serving: 297 calories, 43g protein, 17g carbohydrates, 8g total fat, 2g saturated fat, 111mg cholesterol, 4g fiber, 265mg sodium

7) 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 flavour your burger with antioxidant rich spices. Look for low-sodium options and mixes without MSG. If you cannot find ground buffalo (also known as ground bison), try ground chicken or grass-fed beef instead.

Prep Time: 20 minutes

Total Time: 40 minutes

Makes 4 Servings

Slaw:

1 bulb fennel, trimmed and grated
4 carrots, peeled and grated
 $\frac{1}{2}$ small red cabbage, grated (about 3 cups)
2-3 tsp lemon peel
3 tbsp fresh lemon juice
1 cup 2% plain Greek yogurt
1 tsp celery seeds or caraway seeds

Instructions:

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 10-12 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.

Burgers:

1 lb. ground buffalo meat
 $\frac{1}{2}$ tsp dry steak seasoning or grilling spices
 $\frac{1}{4}$ tsp ground turmeric
1 avocado, sliced thinly
Low sodium pickles or pickled cucumbers

Nutrition Facts per Serving: 284 calories, 31g protein, 24g carbohydrates, 9g total fat, 2g saturated fat, 56mg cholesterol, 8g fiber, 362mg sodium



ELM Medicine

Healthy Kitchen Tip: Buffalo meat is an excellent high-protein, high-iron substitute for corn-fed beef.

8) Miso Soup with Seaweed Salad

You don't have to go to your favourite 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 Makes 4 Servings

Soup:

8 cups water
1 tbsp shredded nori or wakami seaweed
3 cups chopped greens such as Swiss chard or bok choy
 $\frac{1}{4}$ cup low-sodium miso paste
1 block (4 oz) firm tofu, cut into $\frac{1}{2}$ " tubes
4 salmon or cod fillets, cut into 1" cubes
 $\frac{1}{4}$ cup cilantro (optional)

Instructions:

1. To make the soup: In a large saucepan, bring the water to a slow simmer and add the nori or wakami. Simmer for 5-6 minutes to flavour the water. Add the greens and cook for 1 minute. 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 saucepan from heat. Let stand for 5-6 minutes or until the fish is opaque and cooked through.
2. To make the seaweed salad: Put the dried seaweed in a large bowl and fill it with cold water. Soak for 10-12 minutes, or until tender. Meanwhile, in a small bowl, whisk the vinegar, oil and soy sauce. 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 miso soup.

Nutrition Facts per Serving: 340 calories, 29g protein, 8g carbohydrates, 21g total fat, 4g saturated fat, 62mg cholesterol, 2g fiber, 439mg sodium

9) Ginger Fried Rice

Take-out fried rice is high in MSG, and made with white rice that can send your blood sugar skyrocketing. This version has plenty of vegetables and protein that can help curb your appetite. The base of brown rice is higher in fiber and has a pleasant, chewy texture.

Prep Time: 10 minutes Total Time: 15 minutes Makes 4 Servings

$\frac{1}{2}$ cup dry short-grain brown rice 3 tbsp coconut oil

Atreyi Mukherji MD, 2020

Reference: Gerald Mullin, MD, Johns Hopkins Integrative Gastroenterology Clinic



ELM Medicine

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 tbsp minced fresh ginger

Instructions:

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 3-4 minutes stirring often or until the chicken and vegetables begin to brown. Add the ginger, garlic, five-spice, and turmeric. Cook for 2-3 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 sauce. Serve immediately.

Nutrition Facts per Serving: 376 calories, 28g protein, 23g carbohydrates, 15g total fat, 10g saturated fat, 54mg cholesterol, 4g fiber, 131mg sodium

Healthy Kitchen Tip: Top with probiotic pickled ginger or serve ginger on the side.

10) Arugula Salad with Creamy Avocado Dressing

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

Prep Time: 20 minutes

Total Time: 25 minutes

Makes 4 Servings

Dressing:

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

Salad:

1 tsp cumin seed

Instructions:

1. To make the dressing: 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 1-2 minutes, stirring often, or until the seeds are fragrant. Place the

6 cups arugula

1 bulb fennel, shredded or thinly sliced

2 5oz cans light spring water packed tuna, drained

¼ cup dry lentils, cooked according to package directions

¼ cup pitted olives

1/5 cup chopped almonds

½ cup pickled beets



ELM Medicine

arugula and fennel in a large bowl and scatter the seeds on top. Top with the tuna, lentils, olives, almonds and beets. Drizzle with the dressing and serve immediately.

Nutrition Facts per Serving: 264 calories, 24g protein, 19g carbohydrates, 12g total fat, 1g saturated fat, 22mg cholesterol, 7g fiber, 460mg sodium

Healthy Kitchen Tip: Trim your food budget by shopping for avocados in bulk. If they are not soft to touch, store them on the countertop for 2 days to ripe, then transfer to the fridge to use throughout the week.

11) Creamy Asparagus Soup

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

Prep Time: 15 minutes

Total Time: 25 minutes

Makes 4 Servings

2 tbsp extra-virgin olive oil

32 oz low sodium chicken or vegetable broth

1 lb. asparagus, trimmed and cut into 1" pieces

1 cup canned chickpeas, rinsed

2 cloves garlic, minced

¼ cup fresh basil leaves

½ tsp ground cloves or ¼ tsp freshly grated
nutmeg

2 cups diced cooked chicken or shrimp or 2
cups edamame

¼ tsp ground black pepper

Instructions:

1. Heat a heavy stockpot over medium heat. Add the oil. Add the asparagus, garlic, cloves or nutmeg, and pepper. Cook for 3-4 minutes, stirring occasionally, or until the asparagus starts to lightly brown.
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 chicken, shrimp, or edamame

Nutrition Facts per Serving: 242 calories, 22g protein, 16g carbohydrates, 11g total fat, 2g saturated fat, 36mg cholesterol, 5g fiber, 308mg sodium

Healthy Kitchen Tip: Buy whole nutmeg with antioxidants still intact for the freshest taste and biggest nutritional punch. Grate it with a microplane or on the fine grating side of a box grater.

12) Sautéed Apples and Chicken Sausage with Sauerkraut

Atreyi Mukherji MD, 2020

Reference: Gerald Mullin, MD, Johns Hopkins Integrative Gastroenterology Clinic



ELM Medicine

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 the labels.

Prep Time: 20 minutes

Total Time: 25 minutes

Makes 4 Servings

2 tbsp extra-virgin olive oil

¼ tsp ground black pepper

1 apple, thinly sliced

2 tbsp white or raw apple cider vinegar

1 head bok choy, thinly sliced

8 low sodium chicken sausage links

½ tsp ground cinnamon

8 oz low sodium sauerkraut, room temperature

Instructions:

1. Warm a large skillet over medium heat. Add the oil, apple, bok choy, cinnamon, and pepper. Cook for 4-5 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 4-5 minutes, or until the sausage starts to brown. Reduce the heat to low and cover. Cook for 2-3 minutes or until the sausages are no longer pink in the middle. Serve immediately with sauerkraut and apple mixture.

Nutrition Facts per Serving: 254 calories, 24g protein, 15g carbohydrates, 12g total fat, 2g saturated fat, 40mg cholesterol, 3g fiber, 661mg sodium

13) Pistachio-Chia Salmon

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 curbing your hunger.

Prep Time: 15 minutes

Total Time 25 minutes

Makes 4 Servings

2 tbsp shelled pistachios

¼ cup dried quinoa, rinsed under cold running water

¼ cup chia seeds

2 cups cubed butternut squash

1 tsp fennel or cumin seeds

½ tsp salt

4 4oz salmon filets

3 cups water

Instructions:

1. Preheat oven to 400°F.
2. In a food processor, place the pistachios, chia, and fennel or cumin seeds. Pulse 15-20 times, or until the pistachios are finely chopped.
3. Place the salmon in an 11"x7" baking dish, skin side down. Coat each fillet with cooking spray. Sprinkle the pistachio mixture over the top. Bake on a bottom oven rack for 14-16 minutes, or until the fish is opaque.



ELM Medicine

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 20-25 minutes, or until the quinoa is tender and the squash is cooked through. Serve immediately with salmon.

Nutrition Facts per Serving: 364 calories, 27g protein, 19g carbohydrates, 20g total fat, 4g saturated fat, 62mg cholesterol, 5g fiber, 363mg sodium

14) Cajun Cod

Cajun food often incorporates cayenne and black peppers as mainstay spices. Red bell peppers 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

Makes 4 Servings

4 4oz cod filets

2 cups canned kidney or black beans, rinsed and drained

1 tsp salt-free Cajun spice mix

2 tbsp extra-virgin olive oil

1 lb. asparagus, ends trimmed, cut into 1/3s

2 tbsp chopped cilantro or parsley

1 red bell pepper, seeded and chopped

1/4 tsp salt

2 ribs celery, chopped

Instructions:

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 fillet with cooking spray. In a second baking dish, 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 10-15 minutes, or until the fish flakes easily and the asparagus is tender.

Nutrition Facts per Serving: 280 calories, 29g protein, 24g carbohydrates, 5g total fat, 1g saturated fat, 49mg cholesterol, 9g fiber, 538mg sodium

Healthy Kitchen Tip: Not a fan of spice chilies? Start with just a pinch of pepper and work your way up to gradually build your tolerance to spicy foods.

15) Kimchi Pork Lo-Mein

Kimchi is a spicy pickled Korean cabbage that adds rich flavour to stir-fried and soups.

Prep Time: 10 minutes

Total Time: 30 minutes

Makes 4 Servings

3 tbsp extra-virgin olive oil or coconut oil

1/2 lb. asparagus, thinly sliced

4 lean pork chops, trimmed of excess fat, cut into thin 2"-long strips (about 12 oz)

2 tbsp reduced sodium soy sauce

1 lb. Brussels sprouts or cabbage, shredded

1/4 cup kimchi, chopped

1 orange, peel grated, then thinly sliced



ELM Medicine

Instructions:

1. Heat the oil in a large skillet over medium heat. Add the pork strips. Cook for 2-3 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 2-3 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.

Nutrition Facts per Serving: 265 calories, 24g protein, 17g carbohydrates, 12g total fat, 2g saturated fat, 40mg cholesterol, 6g fiber, 575mg sodium

Dessert Phase 2

1) Creamy Strawberry Sorbet

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

Prep Time: 10 minutes

Total Time: 4+ hours

Makes 8 Servings

2 pints fresh or frozen strawberries

4 tsp stevia powder

½ cup pecans or walnuts

1 tsp pure vanilla extract

1 tbsp coconut oil

¼ cup chopped 70% (or higher) dark chocolate
(about 1 ½ oz)

2 egg whites or ¼ cup pasteurized egg whites
from carton

Instructions: 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.

Nutrition Facts per Serving: 101 calories, 2g protein, 9g carbohydrates, 7g total fat, 3g saturated fat, 0mg cholesterol, 2g fiber, 14mg sodium

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 a great dessert pairing, but since they are prebiotic, they are also a good match for your friendly gut bacteria.

2) 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

Makes 4 Servings

Atreyi Mukherji MD, 2020

Reference: Gerald Mullin, MD, Johns Hopkins Integrative Gastroenterology Clinic



ELM Medicine

2 egg whites
½ tsp ground cinnamon
½ cup assorted nuts
1/3 cup plain or vanilla whey protein powder

Instructions:

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 18-20 minutes, stirring once, or until lightly browned.
3. In a small saucepan over low heat, place the dark chocolate and coconut milk. Cook for 3-4 minutes, stirring often, just until the chocolate is melted and smooth. Drizzle over the nuts to cover. Cool for 4-5 minutes on rack then transfer to a plate for at least 10 minutes before serving. Transfer to an airtight container and store, refrigerated up to 1 week.

Nutrition Facts per Serving (2 clusters): 177 calories, 11g protein, 11g carbohydrates, 12g total fat, 3g saturated fat, 0mg cholesterol, 4g fiber, 50mg sodium

Phase 2 Probiotic and Prebiotic Sides/Condiments

1) Pickled Ginger (makes 2 cups)

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

1 tsp whole cloves

½ lb. fresh ginger, peeled and thinly sliced

¼ tsp salt

Instructions:

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

Nutrition Facts per Serving (2 tbsp): 11 calories, 0g protein, 2g carbohydrates, 0g total fat, 0g saturated fat, 2mg cholesterol, 0g fiber, 38mg sodium

2) Pickled Beets (makes 2 cups)

1 tsp black peppercorns

1 tsp lavender blossoms or Italian herbs

Atreyi Mukherji MD, 2020

Reference: Gerald Mullin, MD, Johns Hopkins Integrative Gastroenterology Clinic



ELM Medicine

½ tsp ground cardamom

¼ tsp salt

Instructions:

1. Place the black peppercorns, lavender or Italian herbs, cardamom and salt in an airtight glass container. Fill the container halfway with warm water and stir well to dissolve salt. Add the cooked beets and add more water if necessary to cover. Leave 1" space between the top of the water and the top of the jar.
2. Cover loosely with kitchen towel or cheese cloth. Leave on your counter for 3-7 days. Check daily. The brine should begin to become a dark pink colour. When the pickled beets taste tangy, cover tightly and refrigerate. Store in the fridge for up to 3 weeks.

Nutrition Facts per Serving (2 tbsp): 6 calories, 0g protein, 1g carbohydrates, 0g total fat, 0g saturated fat, 0mg cholesterol, 0g fiber, 47mg sodium

3) Pickled Radishes (makes 2 cups)

1 tbsp chopped fresh or dried rosemary

1 clove garlic, thinly sliced

½ tsp cumin or fennel seeds

½ tsp crushed red pepper flakes

¼ tsp salt

½ lb. radishes, stems removed, and quartered

Instructions:

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

Nutrition Facts per Serving (2 tbsp): 3 calories, 0g protein, 1g carbohydrates, 0g total fat, 0g saturated fat, 0mg cholesterol, 0g fiber, 42mg sodium