

A HEALTHIER & HAPPIER YOU IN 2020



# Clean Eating

JANUARY/FEBRUARY 2020

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SUGAR!**

35 Recipes Free  
of Sweeteners

**COMFORT  
CLASSICS**

Cleaned Up

the  
**Whole30**  
issue!

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Meal Plan





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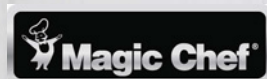
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# Clean Eating

JANUARY/FEBRUARY 2020

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We've reimaged some of your favorite comfort foods and made them into Whole30-compliant dishes with just a few easy swaps. **By Pamela Salzman**

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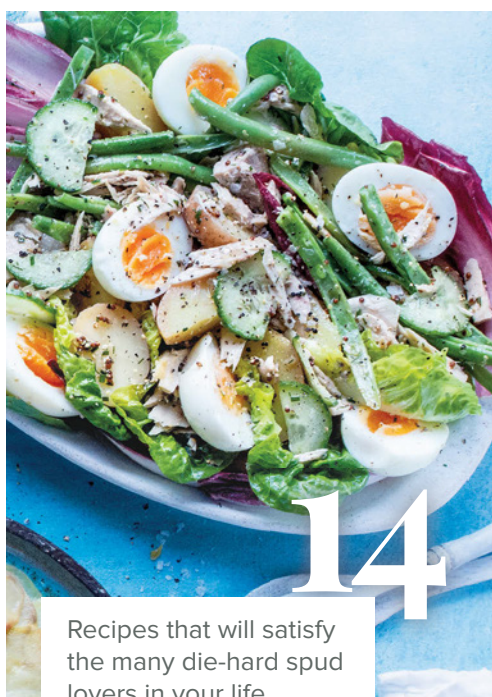
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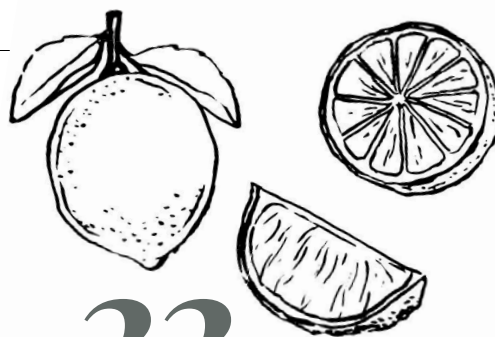
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Prop Stylist: **The Props and Props by Propoganda**

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#WITHNOW



# Your *CE* Recipe Guide

Start the decade off right with the dozens of Whole30-approved meals in this issue – you won't believe how flavorful going dairy-, grain- and added-sugar-free can be!

We now include our symbols on every recipe for easy reading.

- P** **Paleo**  
*recipes may include ghee*
- F** **Freezable**
- Q** **Quick**  
*under 45 minutes*
- V** **Vegetarian**  
*may contain eggs and dairy*
- GF** **Gluten-free**
- GFA** **Gluten-free adaptable**  
*recipe contains soy sauce, miso, Worcestershire sauce, fish sauce and/or tamari; all are available in gluten-free and regular varieties*
- W30** **Whole30**  
*free of grains, sugar, legumes and dairy (except ghee)*

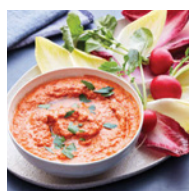
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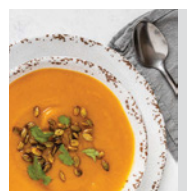
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*nutritional values* The nutritional values used throughout *Clean Eating* are calculated with the use of The Food Processor SQL (Esha Research) and are provided by food manufacturers or found in the USDA National Nutrient Database.





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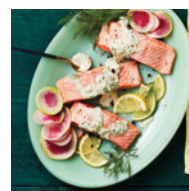
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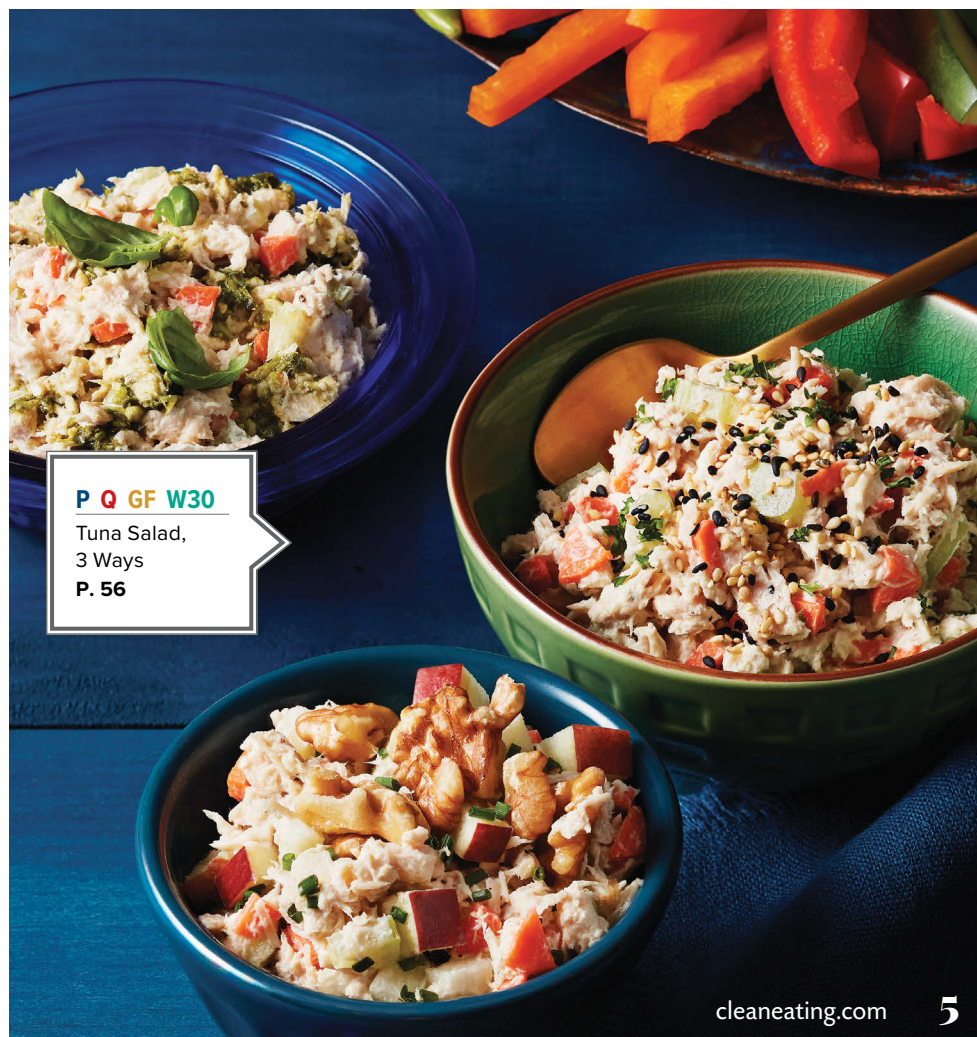
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# DIG INTO MORE *CE* at [cleaneating.com](http://cleaneating.com)



## Deliciously Grain-Free

Thinking of ditching grains? Author Danielle Walker knows firsthand the benefits of dropping this food group. She shares her tips and tricks for navigating those “You don’t eat what? Why?” questions and addresses all your nutrition concerns about going grain-free. [cleaneating.com/grainfree](http://cleaneating.com/grainfree)

### GET CLEAN EATING DELIVERED TO YOUR INBOX

Did you know you can get the best of *Clean Eating* delivered straight to your inbox each week? Sign up to receive our top recipes, important health news and exclusive expert tips at [cleaneating.com/newsletter](http://cleaneating.com/newsletter).



## Get to Know Your GI Tract

Gastroenterologist Dr. Marvin Singh explains how your gut controls many body processes and how to help flora flourish. [cleaneating.com/flora](http://cleaneating.com/flora)



## 11 Portobello Recipes to Try

Looking for a meat substitute or just want to lighten up your meals? Consider portobello mushrooms – we’ve got a plethora of ways to use them. [cleaneating.com/portobello](http://cleaneating.com/portobello)



## Kale Is Cool

Fruits and veggies taste better when they’re in season – that’s why we’re celebrating kale this month. [cleaneating.com/kale-recipes](http://cleaneating.com/kale-recipes)

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# Clean Eating

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- **CE All-Access video tutorial library**
- **1-year print and digital subscription to the magazine**
- Monthly gear & appliance **giveaways**
- **Webinars** with *Clean Eating* experts
- Member newsletter with **new meal plans every month!**





## Level Up Your Nutrition in 2020

2020. Is anyone else as stunned as I am to see those double 20s on the calendar? I don't know about you, but I merely blinked and here I am writing you with just weeks left in 2019, thinking of all the outstanding to-dos that I'd hoped to accomplish this year and haven't yet!

Well, instead of cramming 38 workouts into 40 days to get in the "200 club," reorganizing every closet in my house, finally finishing sanding and painting the ensuite baseboards (I only take 50% responsibility for this straggler) and mastering a turducken (just kidding – that was never on the list!), I'm going to accept what I didn't get to and move on. If it matters enough, I'll carry it into 2020 and stick it at the top of my list, but only if I'm passionate about it.

One thing that's always on my list? A commitment to clean eating every week. For the most part, that's Monday through Friday and then we treat a little on weekends (a girl needs her pizza, OK?). I plan my meals ahead every weekend and know exactly what we're eating each day, planning to eat things that spoil faster earlier in the week and making extras to take to the office for clean lunches. How I fuel my body and brain makes all the difference in my creativity, productivity, immunity, workouts, mood and even sleep. With so much on the go, it's imperative I'm organized with meal planning and get a steady influx of nutrients.

This issue is an amazing starting point to a year of exceptional eating, so congrats on being here! Need a clean slate? Challenge yourself to a Whole30, where you eliminate a number of food types to assess which ones make you feel great and which ones... maybe not so much. It's a great way to set a baseline for yourself for the year ahead and decide what types of meals you're going to focus on – or forget. We partnered with the Whole30 to create this issue, so every single recipe and food product recommendation is 100% approved, making this reset super-simple and fun. Making it even more easy is the two-week meal plan on page 68, complete with shopping lists. Goodbye guesswork!

Another tool to help you level up is our new *Clean Eating* membership program, CE All-Access. With a meal-planning and recipe app, 100+ meal plans and shopping lists, monthly expert webinars, online courses, a print and digital subscription, access to our newsstand-only special issues and so much more, CE All-Access will keep you motivated, inspired, educated and organized all year long. Learn more at [cleaneating.com/allaccess](https://cleaneating.com/allaccess).

Happy New Year, clean eaters! I'm so happy we're on this journey together!



Alicia Tyler  
Editorial Director

Follow: @lishtyler

Write me: ATyler@aimmedia.com

## What Is Clean Eating?

The soul of clean eating is consuming food the way nature delivered it, or as close to it as possible. It is not a diet; it's a lifestyle approach to food and its preparation. It's about eating real food, for a healthy, happy life.

**Eat when hungry, stop when full.** Find out what macro values reflect your health goals and strive to eat within them. Experiment with various ways of eating, and when you find a diet your body responds well to — be it a clean take on high fat/low carb, Paleo or flexitarian — stick with it.

**Choose organic whenever possible.** If your budget limits you, make meat, eggs, dairy and the Dirty Dozen ([ewg.org/foodnews](https://ewg.org/foodnews)) your organic priorities.

**Drink at least 2 liters of water a day, preferably from a reusable canteen, not plastic; we're friends of the environment here!** Limit your alcohol intake to one glass of antioxidant-rich red wine a day.

**Get label savvy.** Clean foods contain short ingredient lists. Any product with a long ingredient list is human-made and not considered clean.

**Avoid processed and refined foods such as white flour, sugar, bread and pasta.** Enjoy complex carbs such as whole grains instead.

**Know thy enemies.** Steer clear of trans fats, fried foods or foods high in sugar. Avoid preservatives, color additives and toxic binders, stabilizers, emulsifiers and fat replacers.

**Consume healthy fats (essential fatty acids, or EFAs) every day.**

**Learn about portion sizes and work toward eating within them.**

**Reduce your carbon footprint.** Eat produce that is seasonal and local. It is less taxing on your wallet and the environment.

**Shop with a conscience.** Consume humanely raised, local meats and ocean-friendly seafood. Visit [seachoice.org](https://seachoice.org) for a printable pamphlet.

**Practice mindful eating.** Never rush through a meal. Food tastes best when savored. Enjoy every bite.

**Take it to go.** Pack a cooler for work or outings so you always have clean eats on the go.

**Clean Eating**  
[cleaneating.com](https://cleaneating.com)





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## Q/ Can I substitute any flour for white flour?

**A/** It depends. Are you using the flour for coating, thickening or structure? If you are coating a chicken breast, for example, almost any flour will do. If you are thickening a sauce, try potato flour or brown rice flour, using two tablespoons for every cup of liquid. However, things become trickier when baking. While all wheat flours contain gluten, which gives structure to baked goods, they absorb liquids at different rates, so you also need to adjust the amount of liquids in the recipe. Try using  $\frac{3}{4}$  cup whole-wheat or spelt flour for every cup of white flour and increase liquids by two tablespoons. If you are making gluten-free baked goods, stick to recipes developed for these types of flours.

— MARIANNE WREN

## Mailbox

### Be social! We want to hear from you!

Take a pic of your latest *CE* recipe, share your thoughts and let us know what you want to see more of by tagging **#CLEANEATINGMAG** or emailing [CEeditorial@aimmedia.com](mailto:CEeditorial@aimmedia.com).



### Insta Love ♥

Going Green

@WILL\_THE\_CRUEL

Spinach, pea and asparagus soup. Tarragon is your herb of choice in this one. Top it with chopped asparagus and cream. **Get the recipe at [cleaneating.com/greensoup](http://cleaneating.com/greensoup)**

### Power Couple

@DRCHELSEAAXE

I've had the best time partnering with @jamieeasonmiddleton @oxygenmagazine and @cleaneatingmag to create The 60-Day Metabolic Reset challenge and can't wait for you guys to see it!

**Find out more information by visiting [cleaneating.com/metabolicreset](http://cleaneating.com/metabolicreset)**



## Meet Our Experts

**marianne wren** BA, CC

As both a recipe developer and food stylist, Wren has worked with print and advertising clients. She completed her culinary training at Dubrulle French Culinary School and The Culinary Institute of America.

**erin macdonald** RDN

**tiffani bachus** RDN

Clean Eating Academy instructors, co-owners of the U Rock Girl nutrition and training program ([URockGirl.com](http://URockGirl.com)), registered dietitians and nutrition, fitness and wellness experts.

**heather bainbridge**

BSc, MA, EdM, RD, CDN

Certified dietitian-nutritionist and registered dietitian who specializes in counseling clients to achieve a healthier weight and improve conditions including type 2 diabetes and heart disease.

**jonny bowden** PhD, CNS

Board-certified nutrition specialist, motivational speaker, author and expert in the areas of weight loss and health.

**beth lipton**

Beth Lipton is a Brooklyn-based recipe developer and freelance food and cookbook author. She's a graduate of the Natural Gourmet Institute's health-supportive culinary school. Her recipes and writing have appeared in *Paleo* magazine, [foodnetwork.com](http://foodnetwork.com), *Travel + Leisure*, [epicurious.com](http://epicurious.com) and more.

**pamela salzman** BA, MBA

Clean Eating's Contributing Culinary Nutritionist, Clean Eating Academy instructor, natural foods cooking instructor and holistic health counselor. Her blog, [pamelasalzman.com](http://pamelasalzman.com), offers healthful recipes and time-saving tips.

**jill silverman hough**

Recipe developer, culinary instructor, author of *Finger Lickin' Chicken* and the *100 Perfect Pairings* series and co-author of *The Clean Plates Cookbook*.

**james smith** MBA

Clean Eating Academy instructor and Tourism and Hospitality chair at Fanshawe College with more than 25 years of experience. He completed his culinary training at George Brown College.

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# Shake Up Your Diet

## Morning Protein Shake Can Help You Lose Weight

BY AMBER RIOS

Being a health and nutrition correspondent means that companies frequently send me their products, and ask for my stamp of approval. Most of the time I dive into research, give the product a try, and send the company honest feedback about what they'll need to change before I'll recommend it. Plus my hectic job and my determination to stay fit means I'm always hunting for a quick and nutritious way to fill up on nutrients my body needs. So I can confidently say, "I've tried it all".

Last Tuesday work was especially hectic, but I'd booked with my \$200 an hour personal trainer, Tony, a triathlon winning, organic-to-the-bone fitness guy with a ten mile long track record of whipping the "who's who" into shape in record time, so I had to go. He noticed that my set count was down and playfully asked, "Feeling a little tired today?", as he handed me a bottle from his gym bag. After one sip I figured that there was no way this could be healthy because the creamy chocolate flavor was just too delicious. Still, he'd never risk his reputation.

With more than a healthy dose of scepticism I decided to investigate this shake he'd called INVIGOR8.

Turns out, it's a full meal replacement shake, which stunned me because virtually every other shake I'd researched had tasted chalky, clumpy and packed with hidden "no-no's" like cheap protein, tons of artificial ingredients, not

to mention harmful synthetic dyes, additives, sugars, preservatives, and hormones. And even though INVIGOR8's full meal replacement shake cost more than many of the shakes I've tried, it was about half the price of my favorite salad, and the nutrition profile looked second to none.

Wanting to know more, I reached out to a few of the people who were talking about it on trustworthy fitness forums. By the next morning three people got back to me saying,

"As a trainer I love Invigor8. It's definitely helped me to have more all-day energy, plus build the kind of lean sculpted muscle that burns more fat."

"Yes, I'll recommend it, it tastes great, and I really like how it keeps me feeling full for hours."

"I'm a marathon runner and a friend recommended it to me. Drinking it has become a part of my regular training routine, because my time has improved, my energy is up, and I'm thinking more clearly than ever before."

I decided to take my investigation one step further by researching the development of INVIGOR8. I was pleasantly surprised to find out that the company went to great lengths to keep INVIGOR8 free of harmful ingredients.

The makers of INVIGOR8 were determined to make the first **natural, non-GMO** nutritional shake & green superfood. The result is a meal replacement shake that contains **100% grass-fed whey** that has a superior nutrient profile to the

grain-fed whey found in most shakes, **metabolism boosting raw coconut oil**, **hormone free colostrum** to promote a **healthy immune system**, **Omega 3, 6, 9-rich chia and flaxseeds**, superfood greens like **kale, spinach, broccoli, alfalfa, and chlorella**, and clinically tested **cognitive enhancers for improved mood and brain function**. The company even went a step further by including a balance of **pre and probiotics** for optimal **digestive health, uptake, and regularity** and **digestive enzymes** so your body **absorbs the high-caliber nutrition** you get from INVIGOR8.

As a whole-foods nutritionist with a thriving practice I understand the importance of filling my body with the best Mother Nature has to offer. I have always been reluctant to try new products because I was never sure of the impact they would have on my energy, and weight. INVIGOR8 is different, not only because it's delicious, but because it helps me to maintain the energy I need to run my busy practice, while helping me to stay fit and toned. Considering all of the shakes I've tried, I can honestly say that the results I've experienced from INVIGOR8 are nothing short of amazing.

A company spokesperson confirmed an exclusive offer for Clean Eating readers: if you order this month, you'll receive \$10 off your first order by using promo code "**CLEAN10**" at checkout. You can order INVIGOR8 today at [www.Invigor8.com](http://www.Invigor8.com) or by calling 1-800-958-3392.



# bits & bites

## 3 WAYS WITH POTATOES

Never bland or boring, these sides, snacks and full-blown meals show just how versatile spuds can be.

BY BETH LIPTON, PHOTOGRAPHY BY OLIMPIA DAVIES

**When eliminating ingredients from your diet,** even if only for a short period as dictated by the Whole30, it's necessary to figure out early on which foods you can return to time and time again without suffering from flavor fatigue. For many Whole30 devotees, potatoes fit that bill. They are hearty, satisfying and comforting, and they can act equally well as the centerpiece of a meal or in a supporting role. These clean takes on popular potato dishes are so rewarding that you'll forget there's not a stitch of dairy, grains or added sugar among them!

Buffalo Chicken  
Twice-Baked Potatoes





Warm Potato  
Salad Niçoise



Salt & Vinegar  
Pommes Anna



## Salt & Vinegar Pommes Anna

V GF W30

SERVES 8.

- ¼ cup** ghee, divided
- 2 tbsp** apple cider vinegar, divided
- 2½ lb** Yukon Gold potatoes
- sea salt, to taste

1. Preheat oven to 425°F. Line the bottom of a 10-inch springform pan with parchment; grease sides and parchment with one-quarter of ghee. Melt remaining ghee over low heat in a small pan. Remove from heat; stir in half of vinegar.

2. Slice potatoes 1/16 inch thick with a mandoline. Overlap slices on bottom of pan. Brush with ghee mixture; sprinkle with salt. Repeat until potatoes and ghee are used up. (**TIP:** Use about ¼ tsp salt per layer, or adjust to your taste.) Press down lightly on top.

3. Place springform pan on a large rimmed baking sheet. Cover with foil; bake for 30 minutes. Uncover. Continue baking until golden on top and tender throughout, 25 to 30 minutes.

4. Remove sides of springform pan; let cool for 5 minutes on a wire rack. Run a spatula between parchment and bottom of potatoes. Slide onto a platter, pulling parchment away. Sprinkle with remaining half of vinegar and additional salt. Slice into wedges.

**PER SERVING** (1/8 of recipe): Calories: 160, Total Fat: 6 g, Sat. Fat: 4 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 1 g, Carbs: 26 g, Fiber: 3 g, Sugars: 1 g, Protein: 3 g, Sodium: 465 mg, Cholesterol: 16 mg

- 2 tbsp** chopped fresh chives
- ground black pepper, to taste
- 4 large** eggs
- 8 oz** thin green beans, trimmed, halved crosswise
- ¼** English cucumber, halved lengthwise, sliced
- 2 cups** mixed lettuce/chicory (such as raddichio, Little Gem, Boston or romaine lettuce), torn

## Warm Potato Salad Niçoise

Q GF W30

SERVES 4.

- 1½ lb** multicolored baby potatoes
- sea salt, to taste
- 17-oz** jar tuna or mackerel fillets packed in olive oil
- 1 small** shallot, minced
- 1 clove** garlic, minced
- 3 tbsp** whole-grain mustard
- 3 tbsp** red wine vinegar
- 2 tbsp** olive oil
- 3 tbsp** chopped fresh dill

1. Place potatoes in a pot and cover with cool water. Bring to a boil, add a generous pinch salt, then reduce heat and simmer, covered, until potatoes are tender, about 15 to 20 minutes. Drain.

2. Drain tuna, reserving oil. Place ¼ cup of reserved oil, shallot and garlic in a small skillet over low heat. Cook until mixture sizzles for 30 seconds, then transfer to a large bowl. Whisk in mustard, vinegar, olive oil, dill and chives. Season with salt and pepper.

3. Place eggs in a saucepan; cover with 1 inch water. Bring to a boil, then turn off heat, cover pan and let stand 8 minutes. Remove eggs and place in a bowl of ice water. When eggs have cooled, peel and halve. Rinse





pan, fill halfway with water and add a generous pinch salt. Bring to a boil. Add green beans and blanch until just crisp-tender, 1 to 2 minutes. Transfer green beans to a bowl of ice water. Once cool, drain and pat dry.

4. Quarter potatoes and place in bowl with dressing, green beans and cucumber; toss. Crumble tuna and add to vegetables; toss again. Divide lettuce among plates (or use a large serving platter); top with potato mixture and egg halves and season with pepper.

**PER SERVING** (¼ of recipe): Calories: 495, Total Fat: 28 g, Sat. Fat: 5 g, Monounsaturated Fat: 19 g, Polyunsaturated Fat: 3 g, Carbs: 39 g, Fiber: 5 g, Sugars: 4 g, Protein: 20 g, Sodium: 687 mg, Cholesterol: 199 mg

## Buffalo Chicken Twice-Baked Potatoes

GF W30

SERVES 8.

4 Russet potatoes, scrubbed and dried

1 tbsp avocado oil

### RANCH DRESSING

½ cup avocado oil mayonnaise

2 tbsp plain unsweetened almond milk

1 tbsp fresh lemon juice

2 tsp dried parsley

1½ tsp dried dill

½ tsp coconut aminos

½ tsp garlic powder

¼ tsp onion powder

⅛ tsp ground black pepper

### FILLING

3 tbsp ghee, divided

1 lb boneless, skinless chicken thighs, patted dry, trimmed, cut into 1-inch pieces

sea salt and ground black pepper, to taste

¾ cup hot sauce (**NOTE:** Look for a Whole30-compliant hot sauce such as Frank's Red Hot.)

2 ribs celery, thinly sliced

1 green onion, thinly sliced

1. Preheat oven to 350°F. Rub potatoes with oil and prick all over with a fork. Place on a baking sheet and roast until very tender, about 1 hour to 1 hour, 30 minutes (depending on size of potatoes).

2. Prepare dressing: In a medium bowl, whisk all ingredients together in a bowl. Thin with additional water if dressing is too thick, whisking in

1 tsp at a time. (**MAKE AHEAD:** Dressing can be made up to 2 days in advance; keep covered and refrigerated. Whisk before serving.)

3. Prepare filling: Warm one-third of ghee in a large skillet over medium heat. Add chicken to skillet, season with salt and pepper and cook, stirring occasionally, until golden and cooked through, 8 to 10 minutes. Using a slotted spoon, transfer chicken to a cutting board; finely chop. Return to skillet, reduce heat to medium-low and add hot sauce and remaining ghee; stir until well combined. Remove from heat.

4. Slice potatoes in half lengthwise. Scoop flesh into a large bowl, leaving enough flesh inside potato skins so they hold their shape. Mash potato flesh with a fork. Add chicken and sauce from skillet and mix to combine well with potato flesh. Taste and season with salt and pepper, if needed. Scoop mixture back into skins. Bake until heated through, about 15 to 20 minutes.

5. Drizzle potatoes with ranch dressing and top with celery and green onions.

**PER SERVING** (½ potato): Calories: 317, Total Fat: 20 g, Sat. Fat: 5 g, Monounsaturated Fat: 12 g, Polyunsaturated Fat: 5 g, Carbs: 20 g, Fiber: 3 g, Sugars: 2 g, Protein: 14 g, Sodium: 982 mg, Cholesterol: 81 mg





## Gut Reaction

Insulin resistance in obese people may be exacerbated by the lack of a specific antibody in the gut microbiome, according to new research from the University of Toronto. When mice deficient in immunoglobulin A (IgA) were fed a high-fat diet, their insulin resistance took a turn for the worse. The researchers then applied this insight to humans by looking at the stool samples of bariatric surgery patients, taken before and after their procedure. The subjects' levels of IgA, which help regulate bacteria in the gut, were higher following surgery, indicating that it is associated with diet and leading researchers to link obesity to a high-fat diet, and lower levels of IgA in the gut to insulin resistance and gut inflammation. Though further study is needed, this could mean that boosting IgA in the gut through weight loss could help protect against insulin resistance.

### A BETTER BELLY

The best ways to keep your gut happy and healthy.

**Eat more fiber.** Americans get only 15 grams of the daily 25 grams recommended by the FDA. Add oomph to your plate with fiber-rich exotic fruits, like mangos.

**Talk it out.** Research has shown that certain forms of psychotherapy, like cognitive behavioral therapy and hypnosis, may help alleviate GI discomfort.

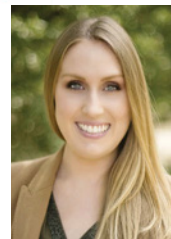
**Take to the mat.** Traditional forms of yoga have been found to provide relief from IBS symptoms.

**Get moving.** Exercise has been linked to a greater diversity of bacteria in the gut. A 2018 study found that a six-week, three-times-per-week cardio program increased markers of healthy gut microbiota.

Salmon Lettuce Wraps with Mango  
[cleaneating.com/salmon](http://cleaneating.com/salmon)

## ASK THE ALMOND FARMER

Danielle Veenstra knows almonds - she is not only the communications manager for the Almond Board of California but is also a third-generation almond farmer; her grandfather began the tradition back in 1965 after moving to the United States from Holland.



**Q/** I've heard almond farming is harmful to the environment, especially in regard to water usage. Is this true?

**A/** Growing any type of food requires water, and the water needs for almond crops are in line with all other crops in California, though it is true that almonds are at the higher end of the range. It's interesting to note that since nuts are protein-dense, their growth actually requires more work on the part of the plant, and therefore they need more water to grow than plants that are higher in sugar.

The Almond Board of California has taken great strides to ensure that farmers are using water responsibly and efficiently, since over 80% of the world's almonds are grown here. Over 78% of farmers in the state now employ micro-irrigation,

which involves watering trees with a sprinkler or dripper line near their roots in lieu of flood irrigation, which, just like it sounds, involves flooding an entire field with inches of water. This wholesale, statewide adoption of micro-irrigation has reduced the amount of water we use to grow a pound of almonds by a third, and the Board has set forth sustainability goals that will reduce this number by another 20% by 2025.

This is not the only environmental initiative that our industry has implemented; a zero-waste goal is part of our strategy for 2025, which you can read more about by visiting [almondsustainability.org](http://almondsustainability.org).



The amount of meditation found to improve the ability to recognize errors, which could lead to you making fewer mistakes in the future.





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# APP-SOLUTE MUST-HAVES

Looking to improve on your already-healthy habits this year? Make sure you have these four apps at your fingertips.

## Wake-Up Call

If you're diabetic and menopausal, there may be a link between your hormones and your inability to stay snoozing. According to the North American Menopause Society, approximately 42% of premenopausal and 60% of postmenopausal women report experiencing sleep disturbances, likely the result of changes in hormone levels, and a recent survey-based study revealed that women in midlife with type 2 diabetes are more likely to experience uneven sleep. (Women with type 2 diabetes also reported significantly higher sleeplessness, no matter their stage of life.)

**TIP:** Everyone can benefit from mindfulness meditation, which has been shown in clinical settings to improve sleep. To get you started, we've compiled a list of top health apps (top right), including one to help you meditate, for better, more sound sleep.



### MapMyFitness

Part of Under Armour's "MapMy" series, this app will track your activity, suggest new routes and put you in touch with local exercisers, all in one convenient place. [mapmyfitness.com](http://mapmyfitness.com)



### Clue

This period and ovulation tracker is uber-popular – it's been downloaded 14 million times. Plus, it grows with you: As you enter data, the app will analyze your cycle so you can tell what's normal for you and what's absolutely not. [helloclue.com](http://helloclue.com)



### Relax Melodies: Sleep Sounds

Snoozing soundly will be easier than ever with specially designed sleep meditations that put you in the right mindset to drift off. Bonus: Mix your own "soundscape" from the app's 100-plus soothing sounds and music clips. [relaxmelodies.com](http://relaxmelodies.com)



### Clean Eating Meals

Can you blame us for thinking that our new app, part of the CE All-Access membership program, deserves to land this list? Dive into more than 2,500 recipes plus preset or customizable meal plans, and you be the judge. [cleaneating.com/allaccess](http://cleaneating.com/allaccess)

## STAYING AHEAD OF CELIAC

Exposure to large amounts of gluten at an early age may increase the risk of developing celiac disorders later in childhood. A paper published in the *Journal of the American Medical Association* reported that of the more than 6,600 children genetically predisposed to celiac disease autoimmunity or celiac disease who participated, a quarter developed one of the disorders over the course of the study. Those children who had the highest intake of gluten in their diets during their first five years of life were more likely to fall into this category, with the majority of diagnoses occurring around ages two and three. **The takeaway:** If you have a family history of celiac disease, limiting your children's exposure to gluten during these formative years may reduce their odds of developing the condition.



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# Whole30 Shortcuts

With these products, taking on a Whole30 can be an easy (and flavorful) experience.

BY RACHEL DEBLING, PHOTOGRAPHY BY ROBERTO CARUSO, ILLUSTRATIONS BY REJEANNE DE JONG



## 1 / SMART SWAP

Surprise! Pamela's Products Extra-Fine Organic Tiger Nut Flour isn't made from a nut but a root vegetable. Substitute ¼ cup or more for other flours in your favorite recipes for a hefty fiber boost. **\$15, [pamelasproducts.com](http://pamelasproducts.com)**

## 2 / SENSATIONAL SIDE

Nature's Earthly Choice Broccoli Rice is a grain-free way to round out your protein in a pinch – it takes only 90 seconds to prep. **\$29 (pack of six), [amazon.com](http://amazon.com)**

## 3 / BOLD FLAVOR

You won't find any dairy in Freak Flag Organics Vegan Kale Pesto, but you will find a tasty and easy way to dress spiralized noodles. **\$8, [freakflagorganics.com](http://freakflagorganics.com)**

## 4 / INCREASE THE HEAT

Stop whatever you're doing and stock your pantry with Litehouse Freeze Dried Jalapeño. Great at enhancing everything from dips to tacos, you'll want to make sure you never run out. **\$4, [amazon.com](http://amazon.com)**

## 5 / ENHANCE ANYTHING

Our staff adores Watkins Organic Everything Bagel Sesame Seasoning Blend. Try it on soups, potatoes – whatever needs a savory, salty flavor boost, stat. **\$6, [watkins1868.com](http://watkins1868.com)**

## 6 / SURF'S UP

Jarred in pure olive oil, Wild Planet Petite Tonnio Wild Tuna will be your new and super-convenient go-to for a protein-rich salad topper or fish-cake base. **\$7, [wildplanetfood.com](http://wildplanetfood.com)**



**7 / INSTA-MEAL**

Need to eat, like, yesterday? Tear open Elements Meals Country Herb Chicken, pour in some water and shake, and in 12 minutes your stomach will be satisfied. **\$12, [getyourelements.com](http://getyourelements.com)**

**8 / POUR & SCORE**

Whether you use it to prep your proteins or drench your greens, Mother Raw Caesar Organic Dressing & Marinade is a dairy-free way to impress even non-Whole30 guests. **\$6, [motherraw.com](http://motherraw.com)**

**9 / SMEAR IT ON**

Looking for a way to add some oomph to plain proteins without resorting to sugar-laden condiments? Reach for Primal Kitchen's Chipotle Lime Mayo, a Whole30-devotee fave. **\$10, [primalkitchen.com](http://primalkitchen.com)**

**10 / TEXTURE & TASTE**

Go Raw Spicy Fiesta Sprouted Organic Snacking Seeds will add crunch and subtle heat to your wraps, salads and more. **\$6, [goraw.com](http://goraw.com)**

**11 / NO HASSLE HERE**

Nutiva Squeezable Organic Virgin Coconut Oil takes the mess out of meal prep – dispense it right into the pan before you stir-fry veggies or sear your meats. **\$7, [store.nutiva.com](http://store.nutiva.com)**

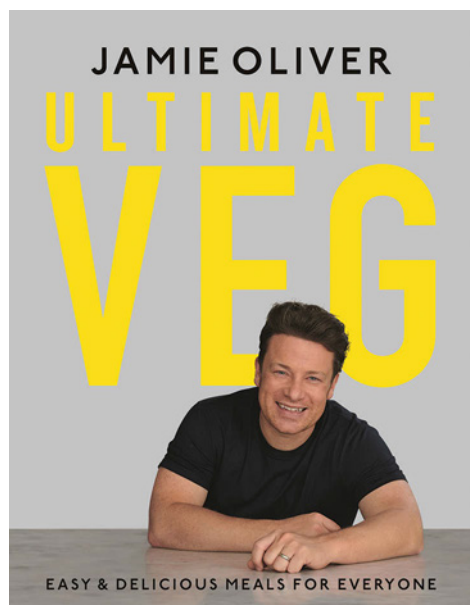




# Winter-Proof Your Wellness

Dive into a new veg-heavy cookbook, a creative (and cuddly!) way to boost your immunity, and more.

BY RACHEL DEBLING



## GET MORE GREENS

A higher intake of vegetables is associated with a greater immune response, so the dead of winter is the ideal time to up your greens intake. We suggest soliciting some help from a familiar face: Jamie Oliver is back with *Ultimate Veg: Easy & Delicious Meals for Everyone*, a cookbook designed to make eating more veg-filled meals at home easier and tastier than ever with entries like Crispy-Bottomed Steamed Dumplings and Roasted Falafel Pita Pockets. **\$35, [us.macmillan.com](http://us.macmillan.com)**



## BECOME A GLOBAL CULINARY AFICIONADO

This winter, make your getaway a healthy learning experience with Traveling Spoon, a website where you can book a private meal or cooking class with home chefs around the world, including spots in Vietnam, Australia, Brazil – nearly anywhere you have on your must-visit list. All chefs are thoroughly vetted, and the types of experiences offered

can be tailored to your schedule: Choose from being served an in-home meal (up to two hours), a hands-on cooking experience (three to four hours) or a market visit with your host (up to two hours). **[travelingspoon.com](http://travelingspoon.com)**

## CLEAN UP YOUR ACT

As a *Clean Eating* reader, finding products to sanitize your home that don't rely on chemicals or use heavy fragrances is likely high on your list of priorities. Enter Force of Nature. Leveraging technology already in use on a large scale in industrial settings, the kit electrolyzes water by combining salt, water, vinegar and the company's activator capsules in the starter kit's base. In just nine minutes, you'll have a bottle's worth of effective, nontoxic cleanser that will last for two weeks at a fraction of the cost of harsh, store-bought sprays. **From \$90, [forceofnatureclean.com](http://forceofnatureclean.com)**



## ENHANCE YOUR PRACTICE

Get your "om" on at The Yoga Expo 2020, now in its fifth year, on January 4 at the Pasadena Convention Center in Los Angeles and on January 11 at the Broward County Convention Center in Fort Lauderdale. Practicing mind-body interventions such as yoga can help reverse gene expressions linked to poor health and depression, so this is one day of food, movement and shopping that may go a long way to keeping you out of the doctor's office this winter. **\$35 for a day pass, [theyogaexpo.org](http://theyogaexpo.org)**



## FIND A FURRY FRIEND

Save a life and be healthier in the process. Sound too good to be true? It's possible when you adopt a pet. Having an animal in your home is associated with less stress, a known immune disruptor, and a greater level of immunity, thanks to their ability to enhance the gut microbiome. If you can't fully commit to a pet, volunteering at your local shelter can help. For information on more than 60 ways to get involved, visit **[humanesociety.org/volunteer](http://humanesociety.org/volunteer)**.



NatuRx

# A Grown-Up's Guide to Cannabis

Wellness advice from the publisher of  
*Clean Eating, Better Nutrition, and Yoga Journal.*

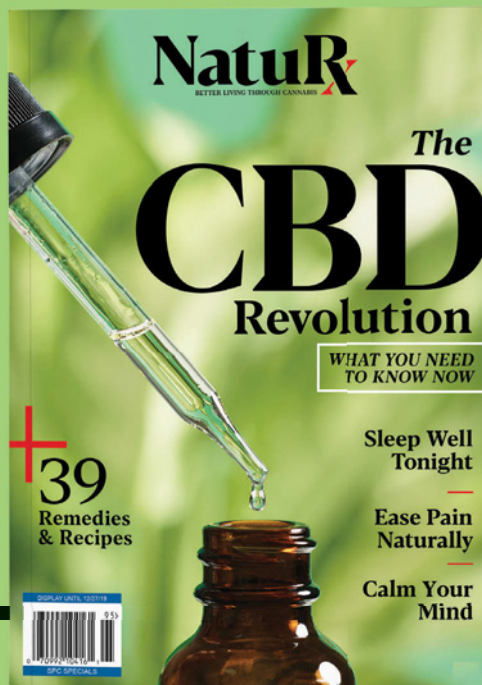
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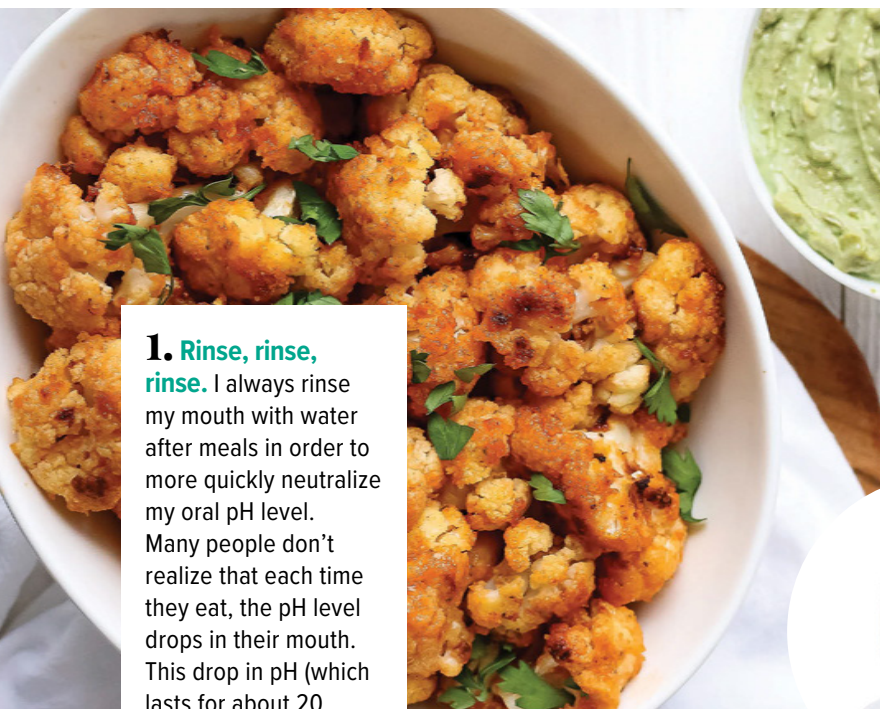
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**1. Rinse, rinse, rinse.** I always rinse my mouth with water after meals in order to more quickly neutralize my oral pH level. Many people don't realize that each time they eat, the pH level drops in their mouth. This drop in pH (which lasts for about 20 minutes) creates an acidic environment that makes teeth more vulnerable to decay. If you like to snack, try to limit the period of time you're eating in order keep that drop in pH as short as possible.

## 2. Be in the know.

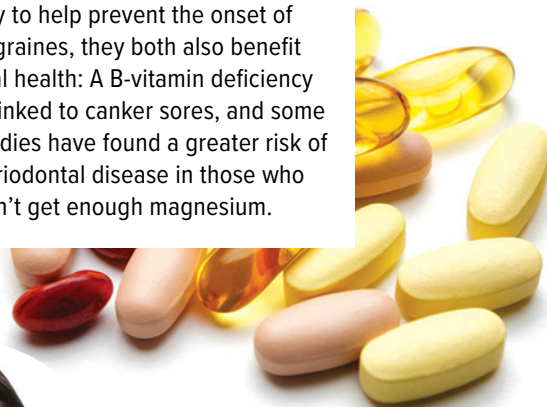
The term "holistic dentist" has come to be associated with trends such as charcoal toothpaste, oil pulling and the anti-fluoride movement, and with society veering away from anything artificial, important advances in modern dentistry are being unfairly stigmatized. I consider my patients' whole health and stay current on studies on dental products and procedures, which I incorporate daily into my practice.



**3. Brush better.** The biggest tips I can give for maintaining the healthiest smile possible is to stay thorough and consistent with your brushing and flossing routines (I personally make sure to brush for at least two minutes twice a day) and to reach all surfaces of your teeth and gumline with your toothbrush (30 seconds per quadrant of your mouth). Brushing too hard can often result in damage and even gum recession. Instead, I use gentle circles along the gumline to remove bacteria that has accumulated.

## 4. Supplement your smile.

Though I take 400 milligrams each magnesium and vitamin B<sub>2</sub> every day to help prevent the onset of migraines, they both also benefit oral health: A B-vitamin deficiency is linked to canker sores, and some studies have found a greater risk of periodontal disease in those who don't get enough magnesium.



# 5 Things I Do Daily to Stay Fresh

By taking a holistic approach to her personal oral health and dentistry practice, Heather Kunen, DDS, MS, co-founder of Beam Street, is giving people in the New York area reasons to smile from sunrise to sunset. Follow her lead and you, too, can keep beaming all day long.



## 5. Stay ahead of stress.

A weakened immune system, which may be caused by stress, can lead to a higher incidence of cold sores, mouth ulcers and even oral fungal infections. One way to de-stress is through regular exercise: As a resident of NYC, I take advantage of the city by walking five miles per day (which I track on my iPhone's Health app).





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# Plant Power

Dr. Jonny busts the palm oil myth and sheds light on an estrogen-affecting phytochemical.

BY JONNY BOWDEN

**Q:** What's the story with palm oil? First, I hear it's bad news for us and the planet, and now I'm hearing it's a health food!

**A:** Palm oil, like coconut oil, has long suffered from an undeserved bad reputation. It's true that decades ago, cheap, commercial palm oil was high in trans fats. It was also frequently confused with its far less healthy relative, palm kernel oil. But today's red palm oil is finally beginning to be appreciated as the healthy, non-inflammatory oil that it is.

No wonder. For one thing, it's loaded with compounds like carotenoids and tocotrienols. (Members of the carotenoid family include powerful antioxidants like beta-carotene – they're the reason that Malaysian red palm oil is red.) Tocotrienols are members of the vitamin E family and are known to protect the brain after a stroke.



## Pick the Right Palm Oil

Many common household items, such as lipstick, soap, and packaged breads and baked goods, contain palm oil, and it and its derivatives can go by many names, including but not limited to palmitate, glyceryl, stearate, sodium laureth sulfate and sodium lauryl sulfate. When purchasing products that contain palm oil (as well as palm oil itself) the World Wildlife Federation recommends looking for the RSPO certification logo so you know it was sustainably sourced.

Palm oil is a nice blend of healthy fats: It's 50% plant-based saturated fat and 40% monounsaturated fat (the same kind found in olive oil). The remaining 10% comes from polyunsaturated fat. Unlike refined "vegetable" oils such as corn oil and soybean oil, it isn't primarily made up of pro-inflammatory omega-6s, and it isn't genetically modified – but the majority of soy and corn definitely is.

One persistent bad rap on palm oil is that it's bad for the environment and that it's unsustainable. While that was true for a while in some countries, major efforts have been made to completely turn that around, especially in Malaysia, the world's second-largest producer of palm oil, behind Indonesia. Both the Malaysian government with its Malaysian Sustainable Palm Oil (MSPO) certification and the ecologically minded Roundtable for Sustainable Palm Oil (RSPO) certification have rigorous standards, and the country has pledged to have 100% of its palm oil certified sustainable by the end of 2020, according to my correspondence with the Malaysian Palm Oil Council. What's more, major companies have pledged a commitment to sustainable palm oil for use in their products: 27% of the palm oil used in Walmart's

private-label products is currently made with sustainable palm oil, and Nestle has stated it will use only sustainably sourced palm oil by 2020.

Palm oil is great for cooking, by the way. It stands up to heat very well, has a fairly neutral flavor, and is a favorite of celebrity chefs like Chef Gerard Viverito and Chef Jochen Kern.

### Q: What's indole-3-carbinol?


**A:** Indole-3-carbinol is one of the many reasons to eat your vegetables. It's a phytochemical (*phyto-* meaning "plant") found in cruciferous vegetables (including broccoli, cauliflower, Brussels sprouts, cabbage and kale). In addition to being a powerful antioxidant, which helps protect all cell structures (including DNA), indole-3-carbinol's main claim to fame is as an estrogen traffic cop.

Estrogen metabolism is a complex affair. The hormone itself comes in three primary naturally available "flavors" – estrone, estradiol and estriol – and further metabolizes into a variety of compounds with long, formidable names such as 16 $\alpha$ -Hydroxyestrone. Some of these compounds are problematic because they're much more likely to promote

the growth of hormone-dependent cancers than other (benign) forms.

Indole-3-carbinol acts as a kind of traffic cop, channeling estrogen metabolism into benevolent pathways and helping to keep it out of the pathways where it may be cancer-promoting. Both it and its metabolite, DIM (3,3'-Diindolylmethane), have also been shown to inhibit the development of prostate cancer.

There's no official "minimum daily amount" recommendation for indole-3-carbinol, and it's difficult to know exactly how much indole-3-carbinol is in each portion of broccoli. But the same can be said of flavanols in cocoa, anthocyanins in blueberries or flavonoids in apples. The point is, indole-3-carbinol is a good thing to get in your diet and an excellent reason to feature cruciferous vegetables on your plate at least once a day.

Both indole-3-carbinol and its even better-absorbed metabolite DIM are available as supplements, usually at a dose of 200 milligrams per capsule and a serving size of one to two capsules daily. (I'm a DIM fan myself, and that's what I give to the women in my family, but some health professionals prefer indole-3-carbinol.) If you decide you'd like to supplement, consult with your health professional on the best dose (and best supplement form) for you. 



JONNY BOWDEN, PhD, CNS Board-certified nutrition specialist, motivational speaker, author and expert in the areas of weight loss and health.







# Safe House

Four eco-friendly ways to make your home a toxin-free sanctuary.

BY KATE GEAGAN

When I think back to my childhood, I realize I was likely awash in a cocktail of chemical compounds (sorry, mom!). Dryer sheets, air fresheners and a full cupboard of hard-hitting cleaners and equally harsh sprays were part of our daily routine, touted as solutions to help us scrub and scour our home free from any potentially “bad bugs.”

Thankfully, as I am raising my own children, a lot has changed, from our understanding of the science behind eco-friendly chemicals and products, to the products available to us as we seek to detoxify our homes and our world. And that’s a good thing: The average person spends 65% of their entire lifetime inside their home, according to a 2019 report from Harvard TH Chan School of Public Health, making it a frontline space in your quest to avoid exposing your family to unnecessary chemicals.

While the food industry has come a long way in creating transparency, this unfortunately isn’t the case with cleansers. In a 2011 study, researchers investigated

25 common cleansers, laundry supplies and personal-care products using gas chromatography and found they emitted 133 different volatile organic compounds (VOCs), 24 of which were classified as toxic or hazardous under US laws. The surprising parts? Only one of these compounds was listed in the ingredients, and products labeled “green” did not fare better than conventional ones.

Part of the problem lies in the scant regulation around ingredient disclosure. In the US, for instance, ingredients listed as “fragrance” aren’t required to be disclosed on some product labels and, in fact, can be made up of several hundred substances.

## WHAT YOU CAN DO

**1. Detoxify your cleaning supplies.** Cleaning supplies fall under different federal regulations than those for food, but you shouldn’t need a biology degree to shop for eco-friendly cleansers. According to the Environmental



Working Group (EWG), the feel-good terms that imply a cleaning product is better for you and the environment, including “nontoxic,” “biodegradable” and “plant-based,” aren’t regulated at all, so approach them with the same caution and go deeper to verify. Choose cleansers that are verified by third-party certification programs, such as the EPA’s Safer Choice, Green Seal or ECOLOGO, and avoid aerosol sprays, which can contribute to respiratory illness. Check that your go-to cleansers are truly better for your body – and the planet – with the EWG’s Guide to Healthy Cleaning database at ewg.org.



## 2. Skip the antibacterial/antimicrobial soap and wipes.

One of the most exciting areas in the realm of next-level cleansing is the introduction of probiotics to the cleaning aisle, a top trend at last year’s Natural Products Expo West. A new generation of probiotic cleansers aims to give “bad” bugs the boot on home surfaces while allowing healthy bacteria to thrive, and companies like Counter Culture are embracing this new mindset. Even if you’re not ready to make the



leap to probiotic cleansers, check your current cleaning lineup to be sure they get an “A” on the EWG’s Guide to Healthy Cleaning list. While triclosan, an antibacterial agent, has been largely phased out (due to concerns about its impact on aquatic life and potential endocrine disruption), the FDA still allows the use of benzalkonium chloride, widely used in hand sanitizers, which has been recognized by the Association of Occupational and Environmental Clinics, among others, to contribute to the development of asthma.

**3. Give DIY a try.** Save money, protect your health and slash your impact! Sustainable staples that super-clean your surfaces, like baking soda, lemon juice and vinegar, are timeless swaps that help you effectively rid pathogens such as *E. coli* from your home. Essential oils like lavender and peppermint are great ways to freshen a room instead of traditional air fresheners, which can contain VOCs. And if you’re tired of tossing away disposable kitchen wipes, Sophie Uliano, *New York Times* best-selling author of *Gorgeously Green* and creator of the *Gorgeously Green* YouTube channel,

offers this DIY recipe for disinfecting wipes for your kitchen or bathroom:

- Combine ½ cup distilled white vinegar, ¾ cup distilled water and 12 drops tea tree oil in a large Mason jar. Fold old, clean bamboo or cotton towels or rags into quarters and stack in container.
- Once soaked, use cloths to wipe down surfaces (wearing gloves to protect hands). Launder used rags, refold and replace in jar as needed. (If you are using bamboo-based towels, simply rinse well under hot water and return to the container.)

**4. Opt for natural pest repellent solutions.** Harvard’s Homes for Health states that many pesticides and herbicides can be toxic, suggesting you limit or avoid use. But if you’re like me and live on the edge of nature, where insects often attempt to come inside, consider swapping insecticides (that are potentially carcinogenic) for diatomaceous earth. Made from the fossilized remains of tiny ancient aquatic organisms called diatoms, this natural compound is labeled as Generally Recognized as Safe (GRAS) by the FDA and deemed safe and nontoxic by environmental agencies. ©

Kate Geagan, MS, RD, is an award-winning dietitian and internationally recognized leader in sustainable eating and nutrition. She is the author of *Go Green, Get Lean: Trim Your Waistline with the Ultimate Low Carbon Footprint Diet*, and she’s regularly appeared on *The Dr. Oz Show* and Katie Couric’s show *Katie*.







# Blending & Beyond

Prep like a pro with these top picks for mixers, blenders and choppers for every budget.

BY ANGIE MATTISON, PHOTOGRAPHY BY VINCENZO PISTRITTO



LOW

HIGH

## THE IMMERSION BLENDER

**KitchenAid 2-Speed Hand Blender**

When the job is too small to bring out the big guns, this handy tool purées soups, sauces and dressings right in the pan, jar or bowl. We love its cool styling and that it comes in every color imaginable (19 in total) so you can coordinate with your other appliances. **\$50, kitchenaid.com**

**Breville the Control Grip**

With 15 variable speeds, this immersion blender can handle serious tasks from blending soups to crushing ice. It has a bell-shaped base designed to prevent getting suctioned to the bottom of the pot, keeping your work surface free from splatters. **\$100, breville.com**

## THE POWER BLENDER

**Ninja Professional Blender**

Six super-sharp blades and 1,000 watts give this 72-ounce-capacity blender plenty of power for blitzing soups, whipping up smoothies and crushing ice. The lid takes some practice, but it provides a tight seal once you master it. **\$100, ninjakitchen.com**

**Vitamix Ascent Series A2500**

If you're ready to splurge on a high-speed blender, look no further. The 1,500-watt Vitamix delivers excellent results whether it's churning out nut butters, making silky soups or obliterating chia seeds, plus technophiles will appreciate its smart base and intuitive app. **\$520, vitamix.com**

## THE SINGLE-SERVE BLENDER

**The Original Magic Bullet Express Blender and Mixer System**

Ideal for small spaces, this single-speed personal blender with pulse control is perfect for whizzing up post-workout protein drinks or small batches of pesto. **\$40, bedbathandbeyond.com**

**NutriBullet Balance**

Crush your smoothie goals with this compact model that pairs with an app on your phone to tally macros, vitamins and calories as you add ingredients, giving you precise control over your nutrient intake. **\$150, nutribullet.com**

## THE FOOD PROCESSOR

**Hamilton Beach 14-Cup Big Mouth Deluxe Food Processor**

Like its name suggests, this affordable processor features a generous feed tube for slicing or shredding larger items – it makes quick work of a head of cabbage and turns out heaps of sliced veggies in no time. **\$80, hamiltonbeach.com**

**Cuisinart Custom 14 Cup Food Processor**

Though it's on the high side in this comparison, this minimalist workhorse is actually in the mid range price-wise, and what it lacks in extra accessories (namely, an adjustable slicing disk), it makes up for in flawless performance. **\$199, cuisinart.com**

## THE STAND MIXER

**Geek Chef 2.6 qt. Mini Stand Mixer**

Geek out in the kitchen with this space-saving tilt-head stand mixer. Its 550-watt motor and seven speeds deftly whip, blend and knead mixtures, and the die-cast aluminium housing gives it a solid feel. **\$160, bedbathandbeyond.com**

**SMEG Stand Mixer**

Don't let the beauty of this 50s-style mixer fool you – it boasts a powerful 600 watts that'll handle any task you throw at it, and the motor transitions seamlessly between speeds to avoid puffs when incorporating dry ingredients. **\$460, williams-sonoma.com**





# Challenge Yourself to the



FOOD STYLING BY MICHAEL ELLIOTT, PROP STYLING BY THE PROPS



For the second year in a row, *Clean Eating* has teamed up with the folks behind the Whole30, the uber-popular 30-day, real-food eating plan, to bring you mouthwatering recipes, a detailed meal plan and pro tips from CEO and co-founder, Melissa Urban. She dishes on how to have a successful Whole30 and a social life at the same time (yes, it's possible!), shares what she eats in a typical day, and gives us a sneak peek at recipes from her latest cookbook.

BY BETH LIPTON, PHOTOGRAPHY BY ROBERTO CARUSO

## Not Yet Familiar with the Whole30?

This whole-food eating plan was co-founded in 2009 by Melissa Urban, and it's taken off in popularity ever since (did you see it on *Orange Is the New Black*?). It prescribes 30 days of eschewing grains, dairy, legumes, alcohol and sugars in favor of vegetables, fruits, meats, seafood, nuts and seeds.

While it's not meant as a diet or prescriptive for any disease, participants have had life-changing results including weight loss, reduced inflammation and a better relationship with food. In fact, the latter is one of the goals of the program: to hit the reset button and help participants reconnect with their food choices and their impact on the body. Many people choose to do the Whole30 program in January, but you can choose any time that's convenient for you. Or, if you're not interested in taking the plunge fully, the recipes are still wholesome and delicious and can be enjoyed outside of the program as well.

So you've started a Whole30, and it's going great. You planned, you cleaned out your kitchen of non-compliant foods, you meal prepped – you got this.

And then life happens. You get roped into throwing a last-minute baby shower for your sister-in-law; your sweetie invited people over for Sunday brunch; it's your turn to host book club. Normally, these are the moments when you might relax and indulge a bit – but you're doing a Whole30. Now what?

"I think social situations are one of the most commonly overlooked challenges," Melissa Urban, CEO and co-founder of Whole30, tells *Clean Eating*. "When people read the rules of the program and see what's entailed, they instinctively think about things like cleaning out their pantry, planning some meals, going to the grocery store. They're really focused on the food, which is great – planning and preparation are key.





But they're not thinking about what some of the challenges might look like in terms of social settings."

Urban's new book, *The Whole30 Friends & Family* (Houghton Mifflin Harcourt, 2019), is designed to help with these challenges, offering menus and recipes for various social situations including "Friendsgiving," date night, tailgating and more (check out some of the recipes on page 42). Along with offering foods everyone will enjoy whether they're doing a Whole30 or not, the book is also an effort to combat the feeling some participants have that they have to hole up and be a hermit to

stick to the program. "The whole point of the Whole30 is to get you to food freedom, feeling in control of your food as opposed to food controlling you," Urban says. And that means being able to enjoy foods you love and having some flexibility around social events, while also being true to your personal needs and goals.

The goal of food freedom is also an answer to one of the criticisms of Whole30: that it's too restrictive. "I don't want you doing the program for the rest of your life," Urban says. "I want you to do the Whole30, learn how food impacts you, what works for you and what doesn't, and then take what you've learned and create the perfect food-freedom diet for you."

That's why Urban, herself, after doing multiple Whole30s, doesn't plan to do another one anytime soon. "I would say 85% of my day-to-day food is still Whole30 compliant because that's what I've figured out works the best for me," she says. "It helps me feel my best and have good energy and sleep well and all of that jazz. The vast majority of my meals are Whole30 compliant, then I include things on a pretty regular basis that I've figured out work really well for me in my food freedom. I eat white rice every single day because I'm really active and the extra carbohydrates do well for me. Coconut-cassava tortillas are part of my food freedom. I'll do some turkey wraps or chicken wraps with



## WHOLE30®

### Your Step-By-Step Guide to the Whole30 Journey

We're providing you with the dos and don'ts, recipes, a meal plan and tips to help you make the most of your Whole30 program. Check out the resources below.

The Rules .....	p. 39
Shopping List .....	p. 40
Whole30 Meets Real World .....	p. 42
Whole30 Batch Cooking .....	p. 48
Comfort Food Classics .....	p. 60
2-Week Meal Plan .....	p. 68

"I want you to do the Whole30, learn how food impacts you, what works for you and what doesn't, and then take what you've learned and create the perfect food-freedom diet for you."



them. I eat hummus pretty regularly. I enjoy Justin's peanut butter cups, and I know how often I can eat those and not get thrown off my game in terms of how good I want to feel and look."

Speaking of treats, *The Whole30 Friends & Family* includes some fruit-based desserts, a departure for the program. "[On a Whole30] we're trying to break the habit of needing something sweet in the evening or needing something sweet after a meal to feel like it's complete," Urban explains. "But at the same time, when you're talking about a really special event, like a child's birthday party or a Super Bowl tailgate or a baby shower, there's nothing wrong with enjoying the natural sweetness found in things like fresh fruit. We thought we would provide a happy medium, where we're honoring the specialness of the occasion while still allowing you to stick to your Whole30 commitment."

CONTINUED ON PAGE 38

## Get to know Melissa

Fun facts about the woman known affectionately as Whole30's "headmistress."

### I'm inviting you over for a Whole30 potluck – what will you bring?

Probably some sort of bacon-wrapped appetizer. There's a Devil on Horseback recipe in the new book that I like a lot. But anything that involves crispy bacon wrapped around dates, shrimp or scallops is always popular.

### What's your favorite breakfast?

What I eat every day for breakfast is ground beef with mixed veggies – peppers and onions and mushrooms and yellow squash and zucchini – over some kind of rice or cauliflower rice or butternut squash, with hot sauce. Not an egg in sight.

### Describe your perfect Friday.

Waking up and hiking, and then coming home and eating a great meal, and then working for a couple of hours, and then taking my kid to a museum or a movie.

### What do you do when you're feeling stressed?

Talk about my feelings to another human being, preferably in person.

### What is something most people don't know about you?

I'm a natural blonde.

### As a kid, what did you want to be when you grew up?

A doctor.

### Still or sparkling water?

Sparkling.

### Current fitness regimen?

Heavy lifting, plus yoga and hiking.



### Favorite TV show?

*Parks and Recreation*. We throw quotes from that show around the office all day long.

### Music you have on repeat right now?

Chet Faker [aka Nick Murphy].

### Favorite travel destination so far?

Norway.

### Daily supplements?

Vitamin D<sub>3</sub>. That's it.

### Book on your nightstand?

*Quit Like a Woman* by Holly Whitaker.

Melissa Urban is the co-creator of the original Whole30 program, a six-time *New York Times* best-selling author (*It Starts With Food*, *The Whole30*, *Food Freedom Forever* and *The Whole30 Cookbook*). She has been featured on *The Dr. Oz Show* and *Good Morning America* and in the *New York Times* and *The Wall Street Journal*.





Of course, even when you make dishes that are Whole30 compliant but delicious and fun for everyone, you'll still encounter naysayers. Whether it's a coworker who wants to ride you about not drinking at an office event or a family member who heard something negative about Whole30 on a podcast, you may face some scrutiny. Just as you plan and get your kitchen ready for a Whole30, Urban recommends doing the same in your dealings with the people in your life.

"I think upfront communication is the biggest and most often overlooked tool, in that before you even begin the program, you can start laying the groundwork for why you're doing what you're doing," she says. "Having a solid understanding

of why you're taking it on will make you more confident when you're communicating to others about the program and how you hope it will benefit you. Then, when people ask what you're doing, you can simply share from as personal a place as you feel comfortable."

As with any conversation, context is key. "Keep it very simple and about you – make sure it's clear that you don't expect them to change the way they eat," Urban says. Setting boundaries is key as well. "Create a rule for yourself that you never talk about food around food," she advises. "It can be a very charged environment. Just say, 'Let's enjoy the meal, and if you have questions, I'm happy to chat with you afterwards.'"

If you still encounter resistance from people in your life, keep in mind that it's probably not about you. "It's really common with the Whole30, and I say this all the time: You can make people feel bad about what they're doing just by doing what you're doing, without saying a word," Urban says. "It's just their own defensiveness, and it may be the realization that your behavior is shining a spotlight on something that they might think they need to look at but they aren't. If someone doesn't understand what you're doing, and they aren't trying to understand, or if they feel defensive, that's not something that you have to own or respond to or carry."





# The Rules

Doing the Whole30 properly means following the rules. Here are the don'ts of the program to help guide you through your 30 days.

**Do not consume added sugar, real or artificial.** No maple syrup, honey, agave nectar, coconut sugar, date syrup, stevia, Splenda, Equal, Nutrasweet, xylitol, etc. Read your labels because companies sneak sugar into products in ways you might not recognize.

**Do not consume alcohol, in any form, not even for cooking.** (And ideally, no tobacco products of any sort, either.)

**Do not eat grains.** This includes (but is not limited to) wheat, rye, barley, oats, corn, rice, millet, bulgur, sorghum, sprouted grains and all gluten-free pseudo-cereals like quinoa, amaranth and buckwheat. This also includes all the ways we add wheat, corn and rice into our foods in the form of bran, germ, starch and so on. Again, read your labels.

**Do not consume baked goods, junk foods or treats with “approved” ingredients.** Recreating or buying sweets, treats and foods-with-no-brakes (the ones you just can't stop eating), even if the ingredients are technically compliant, is totally missing the point of the Whole30 and will compromise your life-changing results. These are the same foods that got you into health trouble in the first place – and a pancake is still a pancake, even if it is made with coconut flour. Some specific foods that fall under this rule include: pancakes, waffles, bread, tortillas, biscuits, muffins, cupcakes, cookies, brownies, pizza crust, alternative-flour pasta, cereal and ice cream. No commercially prepared chips or French fries, either. However, this list is not limited strictly to these items – there may be other foods that you find are not psychologically healthy for your Whole30. Use your best judgment with foods that aren't on this list but that you suspect are not helping you change your habits or break those cravings. Our mantra: When in doubt, leave it out. It's only 30 days.

## One last and final rule:

**Do not step on the scale or take any body measurements for 30 days.**

The Whole30 is about so much more than weight loss, and to focus only on body composition means you'll overlook all the other dramatic and lifelong benefits this plan has to offer. So, no weighing yourself, analyzing body fat or taking comparative measurements during your Whole30. (We do encourage you to weigh yourself before and after so you can see one of the more tangible results of your efforts when your program is over.)

**Do not eat legumes.** This includes beans of all kinds (black, red, pinto, navy, white, kidney, lima, fava, etc.), peas, chickpeas, lentils and peanuts. No peanut butter, either. This also includes all forms of soy – soy sauce, miso, tofu, tempeh, edamame and all the ways we sneak soy into foods (like lecithin).

**Do not eat dairy.** This includes cow, goat or sheep's milk products like milk, cream, cheese, kefir, yogurt, sour cream, ice cream or frozen yogurt. (The only exceptions are ghee and clarified butter, which have the milk solids removed.)

**Do not consume carrageenan, MSG or sulfites.** If these ingredients appear in any form on the label of your processed food or beverage, it's out for the Whole30.







# Whole30 Shopping List

## PROTEIN

**Best choice:** Look for terms like 100% grass-fed, pastured, wild-caught and organic on the label.

**Avoid:** Processed meats (premade sausage, burgers, bacon, deli meat, etc.) with added sugar, carrageenan, MSG or sulfites.

- ☐ Beef (ground)
- ☐ Beef (steak)
- ☐ Beef (other)
- ☐ Chicken (ground)
- ☐ Chicken (breast/thigh)
- ☐ Chicken (sausage)
- ☐ Chicken (whole)
- ☐ Deli meat
- ☐ Eggs
- ☐ Pork (ground)
- ☐ Pork (chops)
- ☐ Pork (sausage)
- ☐ Pork (bacon)
- ☐ Salmon
- ☐ Scallops
- ☐ Shrimp
- ☐ Seafood (other)
- ☐ Turkey (ground)
- ☐ Turkey (whole)
- ☐ Turkey (other)
- ☐ Whitefish

## HERBS & SPICES

Read your labels! Make sure all ingredients in your spice mixtures, pantry goods and beverages are Whole30 compliant.

- ☐ Allspice
- ☐ Ancho chile powder
- ☐ Basil (fresh/dried)
- ☐ Bay leaves (ground)
- ☐ Black pepper
- ☐ Black peppercorns
- ☐ Cayenne
- ☐ Chili powder blend
- ☐ Chipotle chile powder
- ☐ Chives
- ☐ Cilantro (fresh/dried)
- ☐ Cinnamon
- ☐ Cloves
- ☐ Cumin
- ☐ Curry powder (red/yellow)
- ☐ Dill (fresh/dried)
- ☐ Garlic powder
- ☐ Ginger (fresh/dried)
- ☐ Ground cloves
- ☐ Lemongrass
- ☐ Mustard powder
- ☐ Nutmeg
- ☐ Onion powder
- ☐ Oregano (fresh/dried)
- ☐ Paprika
- ☐ Parsley (fresh/dried)
- ☐ Red pepper flakes
- ☐ Rosemary (fresh/dried)
- ☐ Sage (fresh/dried)
- ☐ Salt (iodized/sea salt)
- ☐ Thyme (fresh/dried)
- ☐ Wasabi powder

## PANTRY

- ☐ Almond flour
- ☐ Apple cider vinegar
- ☐ Arrowroot powder
- ☐ Balsamic vinegar
- ☐ Beef broth
- ☐ Canned butternut squash
- ☐ Canned pumpkin
- ☐ Canned sweet potato
- ☐ Canned salmon
- ☐ Canned tuna
- ☐ Capers
- ☐ Chicken broth
- ☐ Cocoa (100% cacao)
- ☐ Coconut aminos
- ☐ Coconut flour
- ☐ Dried cranberries
- ☐ Dried fruit
- ☐ Fish sauce
- ☐ Hot sauce
- ☐ Mustard (all)
- ☐ Pickles (all)
- ☐ Raisins
- ☐ Red wine vinegar
- ☐ Rice vinegar
- ☐ Roasted red peppers
- ☐ Sardines
- ☐ Tapioca starch
- ☐ Tomato paste
- ☐ Tomatoes (diced/crushed)
- ☐ Tomatoes (sun-dried)
- ☐ Vegetable broth
- ☐ White vinegar

The best way to approach the Whole30 is to focus on the foods you *can* eat rather than the foods you *can't*. Take this list to the grocery store to help guide you through the aisles toward Whole30-compliant foods.



## VEGETABLES

This is a comprehensive but not exhaustive list. All vegetables except corn, peas and lima beans are allowed on the Whole30.

- |   |   |
|---|---|
| <input type="checkbox"/> Acorn squash                   | <input type="checkbox"/> Jalapeño/hot peppers (all) |
| <input type="checkbox"/> Artichoke                      | <input type="checkbox"/> Jicama                     |
| <input type="checkbox"/> Arugula                        | <input type="checkbox"/> Kale                       |
| <input type="checkbox"/> Asparagus                      | <input type="checkbox"/> Leeks                      |
| <input type="checkbox"/> Beets                          | <input type="checkbox"/> Lettuce (all)              |
| <input type="checkbox"/> Bell peppers                   | <input type="checkbox"/> Mushrooms (all)            |
| <input type="checkbox"/> Bok choy                       | <input type="checkbox"/> Okra                       |
| <input type="checkbox"/> Broccoli/broccolini            | <input type="checkbox"/> Onion                      |
| <input type="checkbox"/> Broccoli rabe                  | <input type="checkbox"/> Parsnips                   |
| <input type="checkbox"/> Brussels sprouts               | <input type="checkbox"/> Potatoes (all)             |
| <input type="checkbox"/> Buttercup squash               | <input type="checkbox"/> Pumpkin                    |
| <input type="checkbox"/> Butternut squash               | <input type="checkbox"/> Radish                     |
| <input type="checkbox"/> Cabbage                        | <input type="checkbox"/> Rutabaga                   |
| <input type="checkbox"/> Carrots                        | <input type="checkbox"/> Rhubarb                    |
| <input type="checkbox"/> Cauliflower                    | <input type="checkbox"/> Romaine                    |
| <input type="checkbox"/> Celery                         | <input type="checkbox"/> Shallots                   |
| <input type="checkbox"/> Collard greens                 | <input type="checkbox"/> Snow peas                  |
| <input type="checkbox"/> Cucumber                       | <input type="checkbox"/> Sugar snap peas            |
| <input type="checkbox"/> Delicata squash                | <input type="checkbox"/> Spaghetti squash           |
| <input type="checkbox"/> Eggplant                       | <input type="checkbox"/> Spinach                    |
| <input type="checkbox"/> Endive                         | <input type="checkbox"/> Sprouts                    |
| <input type="checkbox"/> Fennel (anise)                 | <input type="checkbox"/> Summer squash              |
| <input type="checkbox"/> Frisée (curly endive)          | <input type="checkbox"/> Sweet potato/yams          |
| <input type="checkbox"/> Garlic                         | <input type="checkbox"/> Swiss chard                |
| <input type="checkbox"/> Green beans                    | <input type="checkbox"/> Tomato                     |
| <input type="checkbox"/> Greens (beet, mustard, turnip) | <input type="checkbox"/> Turnip                     |
|   | <input type="checkbox"/> Zucchini                   |

## FRUITS

This is a comprehensive but not exhaustive list. All fruit is allowed on the Whole30.

- ☐ Apples (all)
- ☐ Apricots
- ☐ Bananas
- ☐ Blackberries
- ☐ Blueberries
- ☐ Cherries
- ☐ Dates
- ☐ Figs
- ☐ Grapefruit
- ☐ Grapes (all)
- ☐ Kiwi
- ☐ Lemon
- ☐ Lime
- ☐ Mango
- ☐ Melon
- ☐ Nectarines
- ☐ Oranges (all)
- ☐ Papaya
- ☐ Peaches
- ☐ Pears (all)
- ☐ Pineapple
- ☐ Plantains
- ☐ Plum
- ☐ Pomegranate
- ☐ Raspberries
- ☐ Strawberries
- ☐ Tangerines
- ☐ Watermelon

## FATS

### COOKING FATS

- ☐ Clarified butter
- ☐ Coconut oil
- ☐ Duck fat
- ☐ Extra-virgin olive oil
- ☐ Ghee
- ☐ Lard (pork fat)
- ☐ Palm oil
- ☐ Tallow (beef fat)

### EATING/DRESSING

- ☐ Avocado
- ☐ Avocado oil
- ☐ Coconut butter
- ☐ Coconut (flakes, shredded)
- ☐ Coconut milk (canned)
- ☐ Extra-virgin olive oil
- ☐ Olives (all)
- ☐ Sesame oil

### NUTS & SEEDS

- ☐ Almonds
- ☐ Almond butter
- ☐ Brazil nuts
- ☐ Cashews
- ☐ Flaxseeds
- ☐ Hazelnuts/filberts
- ☐ Macadamia nuts
- ☐ Pecans
- ☐ Pistachio
- ☐ Pine nuts
- ☐ Pumpkin seeds/pepitas
- ☐ Sesame seeds
- ☐ Sunflower seeds
- ☐ Sunflower seed butter
- ☐ Walnuts

## DRINKS

- ☐ Cacao (100%) drinks
- ☐ Club soda
- ☐ Coconut water
- ☐ Coffee
- ☐ Pure fruit juice
- ☐ Kombucha
- ☐ Mineral water
- ☐ Naturally flavored water
- ☐ Seltzer water
- ☐ Sparkling water
- ☐ Tea (all)
- ☐ Vegetable juice





# Whole30 Meets Real World

Whole30 *and* a social life? You can have both as Melissa Urban demonstrates in her latest cookbook, *The Whole30 Friends & Family*, that features recipes for every social occasion. She shares four scrumptious recipes that will please everyone in your brood, whether they are following the Whole30 or not.

RECIPES BY MELISSA URBAN, PHOTOGRAPHY BY GHAZALLE BADIOZAMANI



Recipes excerpted from  
*The Whole30 Friends & Family*  
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Muhammara Dip  
(SEE RECIPE, P. 44)



## Muhammara Dip

P Q V GF W30

SERVES 6.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 15 MINUTES.

This version of the Syrian roasted red pepper dip is sweetened with a date to avoid refined sugars. Urban suggests it as a snack for your next book club night, but we also love it as a topper for a piled-high bowl.

- 1 jar** roasted red peppers, drained (12 to 15 oz)
- ½ cup** walnuts, toasted
- 2 tbsp** almond flour
- 1 tbsp** fresh lemon juice
- 1 clove** garlic
- 1** Medjool date, pitted
- 1 tsp** ground cumin
- ¼ tsp** each salt and ground black pepper
- ¼ tsp** ground Aleppo pepper or ⅛ tsp cayenne pepper
- ¼ cup** extra-virgin olive oil + additional for drizzling
- 1 tbsp** chopped fresh parsley
- veggies for dipping, such as jicama sticks, mini bell peppers and radishes

**1.** To a food processor, add peppers, walnuts, almond flour, lemon juice, garlic, date, cumin, salt, black pepper and Aleppo pepper. Process until well blended. With motor running, stream in oil and process until smooth.

**2.** Transfer to a serving bowl. Drizzle with additional oil. Sprinkle with parsley and serve with vegetables.

**PER SERVING** (⅓ of recipe): Calories: 204, Total Fat: 18 g, Sat. Fat: 2 g, Monounsaturated Fat: 11 g, Polyunsaturated Fat: 5 g, Carbs: 8 g, Fiber: 3 g, Sugars: 3 g, Protein: 2 g, Sodium: 193 mg, Cholesterol: 0 mg

## Grilled Cilantro Chicken & Shrimp

P GF W30

SERVES 8. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 1 HOUR, 40 MINUTES.

A popular Mexican seasoning blend, Tajín is often sprinkled on mango or melon. It contains dried and ground chiles, salt and dehydrated lime juice, so it's Whole30 compliant. Urban suggests using this recipe for a backyard barbecue, but we love it on an indoor grill to serve on game day as well.

### MARINADE & CHICKEN

- 1 cup** coarsely chopped fresh cilantro
- 1 tsp** each coarse salt and ground black pepper
- 1 cup** extra-virgin olive oil
- ¼ cup** fresh lime juice
- ¼ cup** fresh lemon juice
- 4 cloves** garlic, crushed
- 8** boneless, skinless chicken breasts (6 to 8 oz each)

### GUACAMOLE

- 3 ripe** avocados, halved and pitted
- 1** tomato, cored, seeded and chopped
- ¼ cup** finely chopped red onion
- 1 tsp** garlic powder
- ¾ tsp** coarse salt
- ½ tsp** ground black pepper
- 2 tbsp** fresh lime juice

### SHRIMP

- 24 large** shrimp, peeled and deveined
- 3 tbsp** fresh lime juice
- 1 tbsp** Tajín seasoning
- lime wedges
- coarsely chopped fresh cilantro, for garnish

**1. Make marinade:** In a blender or food processor, combine cilantro, salt, pepper, oil, lime juice, lemon juice and garlic. Blend until smooth. Place chicken in 2 large resealable plastic bags and add one-half of marinade to each bag (or use 2 large lidded glass containers). Marinate in the refrigerator for at least 1 hour, up 2 hours.

**2. Make guacamole:** Meanwhile, scoop avocado flesh into a medium bowl. Mash with a fork. Stir in tomato, onion, garlic powder, salt, pepper and lime juice. Cover and refrigerate until ready to serve.

**3. Preheat** an indoor or outdoor grill to high. Remove chicken from marinade and arrange on a grill rack; discard marinade. Grill, turning once halfway through, until cooked (165°F), 14 to 15 minutes.

**4. Meanwhile,** prepare shrimp: Place shrimp in a large bowl. Drizzle lime juice over shrimp and toss to coat. Sprinkle Tajín seasoning over the shrimp and toss to coat.

**5. Transfer** chicken to a large platter; tent with foil to keep warm. Add shrimp to the grill. Cook, turning once halfway through, until opaque throughout and pink, 2 to 3 minutes.

**6. Serve** chicken with shrimp, guacamole and lime wedges. Top with cilantro.

**PER SERVING** (⅓ of recipe): Calories: 428, Total Fat: 20 g, Sat. Fat: 4 g, Monounsaturated Fat: 12 g, Polyunsaturated Fat: 3 g, Carbs: 10 g, Fiber: 6 g, Sugars: 1 g, Protein: 52 g, Sodium: 568 mg, Cholesterol: 189 mg









## Roasted Berries & Grapes with Sesame Pistachio Crumble

P Q V GF W30

SERVES 15.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 35 MINUTES.

Urban suggests preparing this gorgeous fruity crumble with nut and seed topping for a baby shower, but we think it will be well received after a dinner party as well.

- 1 lb red or green seedless grapes, halved
- 1 6–8-oz container blueberries
- 1 6-oz container raspberries
- 1 vanilla bean, split lengthwise and cut into 6 pieces
- ¼ cup extra-virgin olive oil
- ¼ cup almond flour or meal
- 4 tsp sesame seeds
- 1 cup roasted salted pistachios, chopped
- 2 tsp coconut oil
- chopped fresh mint, for garnish

1. Preheat oven to 425°F. Combine grapes, blueberries, raspberries and vanilla bean pieces on a large rimmed

baking sheet. Drizzle with oil; gently stir to coat. Spread into an even layer. Roast for 15 to 20 minutes, stirring once, until fruit is tender and starting to caramelize. Remove vanilla bean pieces. Spoon fruit into a shallow serving dish or ramekins.

2. In a small skillet, combine almond flour and sesame seeds. Cook on medium heat, stirring frequently, until lightly toasted, about 5 minutes. Stir in pistachios and coconut oil. Cook, stirring, until fragrant, about 3 minutes.

3. Spoon crumble over fruit and garnish with mint.

**PER SERVING** (⅓ of recipe): Calories: 135, Total Fat: 10 g, Sat. Fat: 2 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 2 g, Carbs: 11 g, Fiber: 3 g, Sugars: 7 g, Protein: 3 g, Sodium: 36 mg, Cholesterol: 0 mg

## Rainbow Mango Slaw with Almond Butter Dressing & Fresh Herbs

Q V GF W30

SERVES 6.

HANDS-ON TIME: 30 MINUTES.

TOTAL TIME: 30 MINUTES.

Vibrant in color and loaded with flavor, this slaw is the perfect side for protein. You can prep it entirely at home and take it on the road – or take it camping, as Urban suggests in her book. If making it ahead, simply pack the salad, dressing and garnishes separately and toss together right before serving.

### DRESSING

- ½ cup Whole30-compliant almond butter
- ½ cup rice vinegar
- ¼ cup water
- 2 tbsp sesame oil
- 2 tbsp coconut aminos

- ½-inch piece fresh ginger, peeled and roughly chopped
- 1 green onion (white and green parts), roughly chopped
- ½ tsp each coarse salt and ground black pepper
- ¼ tsp red pepper flakes

### SLAW

- ½ head napa cabbage, thinly sliced (about 8 cups)
- 1 cup thinly sliced purple cabbage
- 1 cup coarsely shredded carrots
- 1 cup matchstick-cut red bell pepper
- 2 green onions, chopped
- 1 large mango, chopped
- 2 tbsp chopped fresh mint + more for garnish
- ¼ cup coarsely chopped cashews

1. Make dressing: In a blender or food processor, combine all dressing ingredients and blend until smooth. Store in an airtight container in the refrigerator until ready to serve.

2. Make slaw: In a lidded container, combine cabbage, purple cabbage, carrots, bell pepper and green onions. Store mango, mint and cashews in separate airtight containers. Store slaw ingredients in the refrigerator until ready to serve.

3. To serve, add mango, about two-thirds of mint and 1 cup of dressing to vegetable mixture; toss. Add additional dressing, if desired. Top with cashews and herbs.

**PER SERVING** (⅓ of recipe): Calories: 281, Total Fat: 19 g, Sat. Fat: 2 g, Monounsaturated Fat: 10 g, Polyunsaturated Fat: 5 g, Carbs: 23 g, Fiber: 6 g, Sugars: 11 g, Protein: 8 g, Sodium: 380 mg, Cholesterol: 0 mg







# COOK ONCE

## EAT WHOLE30

### ALL WEEK



FOOD STYLING BY NANCY MIDWICK | PROP STYLING BY THE PROPS


Citrus  
Poached  
Salmon  
(P. 55)

Chicken  
Enchilada  
Casserole  
(P. 52)





Butternut  
Squash  
Fritters  
(P. 50)




Sesame  
Tuna Salad  
(P. 56)

The biggest challenge of the Whole30 is filling every meal slot with compliant yet convenient dishes that still taste great, so we created these make-ahead recipes to help you stock your fridge and freezer for the days ahead. One batch cook and you'll be ready!

RECIPES BY BETH LIPTON, PHOTOGRAPHY BY DARREN KEMPER



BBQ  
Meatloaf  
Muffins  
(P. 58)



Homemade  
Chorizo  
Crumble  
(P. 57)



# YOUR MENU THIS WEEK

Prep 6 easy recipes on Sunday to  
yield more than 20 meals and snacks for the week!

## BREAKFAST

1. Homemade Chorizo Crumble (p. 57) with scrambled eggs and roasted potatoes
2. Butternut Squash Fritters (p. 50) topped with avocado mash
3. Homemade Chorizo Crumble (p. 57) with roasted tomatoes and cauli-rice
4. Butternut Squash Fritters (p. 50) made into eggs Benedict

## LUNCH

1. Waldorf Tuna Salad (p. 56) wrapped in lettuce leaves or collard greens
2. Chicken Enchilada Casserole (p. 52) over spuds
3. Citrus Poached Salmon (p. 55) made into fish cakes
4. Homemade Chorizo Crumble (p. 57) made into a taco salad
5. Citrus Poached Salmon (p. 55) rolled into hand rolls
6. BBQ Meatloaf Muffins (p. 58) stuffed into zucchini halves and baked
7. Sesame Tuna Salad (p. 56) on a bed of carrot-cabbage slaw with seaweed strips

## DINNER

1. Chicken Enchilada Casserole (p. 52)
2. BBQ Meatloaf Muffins (p. 58) with roasted vegetables
3. Citrus Poached Salmon in Herb Sauce (p. 55) with steamed green beans
4. Chicken Enchilada Casserole (p. 52) made into a bowl
5. Zucchini noodles topped with BBQ Meatloaf Muffins (p. 58)
6. BBQ Meatloaf Muffins (p. 58) made into shepherd's pie
7. Homemade Chorizo Crumble (p. 57) cooked with mussels
8. Homemade Chorizo Crumble (p. 57) bowl

## SMALL BITES

1. BBQ Meatloaf Muffins (p. 58)
2. Pesto Tuna Salad (p. 56) with veggie dippers

## Butternut Squash Fritters

P O V GF W 30

SERVES 4.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 45 MINUTES.

Made from butternut squash and zucchini, these fritters make a great side, small bite or even stand-in for toast in eggs Benny.

- 1 zucchini, shredded
- 1 tsp sea salt, divided
- 1 butternut squash, peeled, seeded and shredded (about 5 cups)
- 3 green onions, white and light green parts, minced
- ½ cup blanched almond flour
- 2 tbsp ground flaxseed
- 1 tbsp minced fresh sage (or 1 tsp dried)
- 1 tsp garlic powder
- ½ tsp paprika
- ¼ tsp ground black pepper
- 1 large egg, beaten
- avocado oil, as needed



1. Line a fine-mesh sieve with a clean kitchen towel and place zucchini inside. Sprinkle with one-half of the salt; stir. Let stand for 10 minutes.

2. In a bowl, combine butternut squash, onions, almond flour, flax, sage, garlic powder, paprika, pepper and remaining one-half of the salt; fold together. Gather towel around zucchini and squeeze hard to remove excess water. Add zucchini to butternut squash mixture; toss. Add egg and mix until just combined.

3. In a large skillet on medium, heat a thin layer of oil. Portion fritters by  $\frac{1}{4}$  cup (16 total) and place a few in skillet (do not overcrowd pan), pressing down to flatten to about  $\frac{1}{2}$ -inch thickness. Cook until golden on both sides and cooked through, 2 to 3 minutes per side, adding additional oil as needed. Store in an airtight container in the fridge for up to 4 days and reheat before serving.

#### HOW TO USE IT:

- **As a base for eggs Benedict.**

Combine 1 5-oz can coconut cream with 1 tbsp each apple cider vinegar, minced garlic and minced chives. Season with salt and pepper. Whisk in a spoonful of mayonnaise to thicken, or add a splash of water to thin. Season with more vinegar or a drop of honey to balance the flavor, if needed.

- **Avocado-topped fritters.** Spread fritters with mashed avocado mixed with lemon juice and salt.

**PER SERVING** (4 fritters): Calories: 236, Total Fat: 16 g, Sat. Fat: 2 g, Monounsaturated Fat: 9 g, Polyunsaturated Fat: 4 g, Carbs: 21 g, Fiber: 8 g, Sugars: 5 g, Protein: 7 g, Sodium: 513 mg, Cholesterol: 47 mg





## Chicken Enchilada Casserole



SERVES 6. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 1 HOUR, 10 MINUTES.

It's here – a family-friendly casserole that's Whole30 compliant! Everyone will dig into this bubbly mix of zucchini and chicken with savory Southwest flavors, while leftovers make fantastic lunches throughout the week.

### SAUCE

- 3 tbsp** avocado oil
- 3 tbsp** chili powder blend
- ½ tsp** each ground cumin and dried oregano
- ¼ tsp** smoked paprika
- ¼ tsp** sea salt + additional to taste
- ½ cup** cold water
- 1 tbsp** arrowroot starch
- 1 6-oz can** unsalted tomato paste
- 1 cup** low-sodium chicken broth

### CASSEROLE

- 2** zucchini, trimmed
- ½ tsp** sea salt + additional to taste
- 2 tbsp** avocado oil
- 1** yellow onion, finely chopped
- 2** poblano peppers, seeded and diced
- 3 cloves** garlic, minced
- 1¼ lb** shredded cooked chicken (about 5 cups)

**OPTIONAL TOPPINGS:** Lime wedges, chopped avocado, radish slices, fresh cilantro

**1. Make sauce:** In a medium skillet on medium, heat oil. Add chili powder, cumin, oregano, paprika and salt; cook, stirring constantly, until fragrant, about 1 minute. In a small bowl, whisk together water and arrowroot. To skillet, stir in tomato paste and broth, then whisk in arrowroot mixture; cook, whisking often, until sauce thickens, 2 to 3 minutes. Remove from heat. Season with additional salt, to taste. (**NOTE:** Make sauce up to 2 days ahead. Cool, cover and refrigerate. Warm before using.)

**2. Make casserole:** Using a mandoline, slice zucchini lengthwise into ¼-inch-thick strips. Sprinkle with salt; lay strips onto cooling racks over a baking tray to drain.

**3. In a large skillet** on medium, heat oil. Add onion, sprinkle with additional salt, to taste, and cook, stirring occasionally, until tender, about 5 minutes. Add peppers and garlic; sprinkle with additional salt, to taste, and cook, stirring occasionally, until vegetables are tender, 2 to 3 minutes. Stir in chicken and 1 cup sauce; cook, stirring, just until warmed through, 1 to 2 minutes.

**4. Preheat oven to 375°F.** Pat zucchini slices dry. To a 7 x 11-inch baking dish, add ½ cup sauce, spreading to coat the bottom. Top with a layer of zucchini, one-third of chicken mixture and ¼ cup sauce; repeat layers twice. Cover and bake for 20 minutes. Remove cover and continue baking until zucchini is tender and casserole is hot and bubbling, about 15 minutes more. Let cool at least 10 minutes before serving. Serve with optional toppings, if desired. Store leftovers in an airtight container and refrigerate for up to 4 days.

### HOW TO USE IT:

- **Casserole-topped spuds.** Spoon casserole over a baked sweet potato or Russet potato; sprinkle with avocado and cilantro.
- **Make a bowl.** Cook cauliflower rice with a bit of lime juice and salt. Spread cauli-rice in a bowl and top with enchilada casserole, shredded romaine, salsa, guacamole and a little bit of chopped pineapple or mango, if desired.

**PER SERVING** (⅙ of recipe):  
Calories: 334, Total Fat: 19 g, Sat. Fat: 3 g, Monounsaturated Fat: 11 g, Polyunsaturated Fat: 4 g, Carbs: 15 g, Fiber: 4 g, Sugars: 6 g, Protein: 28 g, Sodium: 463 mg, Cholesterol: 71 mg







### GOURDS AROUND THE WORLD:

Zucchini slices make the perfect sub for gluten-heavy noodles in this made-over dish, but did you know that this variety of summer squash (you read that right) goes by many names? In some parts of the world, it's referred to as a courgette, and in other parts, like the UK, the mature fruit is called a marrow.







## Citrus Poached Salmon

with Herb Sauce



SERVES 4.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 35 MINUTES.\*

\*PLUS SOAKING TIME.

Zesty lemons and limes lend bright flavor to salmon fillets, which then get topped in a dreamy, creamy herb sauce with dill, parsley and mint. Both sauce and salmon can be made ahead and stored separately for a fast midweek meal.

### SAUCE

- ¼ cup** raw unsalted cashews
- ¼ cup** plain unsweetened almond milk
- ¼ cup** chopped fresh flat-leaf parsley
- 3 tbsp** chopped fresh dill
- 2 tbsp** mayonnaise
- 1 tbsp** fresh lemon juice
- 1 tbsp** chopped fresh mint
- ⅛ tsp** each sea salt and ground black pepper + additional to taste

### SALMON

- 1 cup** low-sodium chicken or vegetable broth
- 1 cup** water
- 1 small** lemon, sliced into rounds
- 1 small** lime, sliced into rounds
- 3 cloves** garlic, peeled and smashed
- ⅛ tsp** whole black peppercorns
- 4 4–5-oz** wild-caught salmon fillets, patted dry
- ½ tsp** sea salt

Flake leftover salmon and make these easy salmon cakes for grab-and-go meals and snacks!

#### 1. Make sauce:

To a small bowl, add cashews and enough cool water to cover; refrigerate at least 4 hours. Drain and rinse. To a food processor or high-speed blender, add drained cashews and remaining sauce ingredients. Taste and season with additional salt and pepper, if desired. Cover and refrigerate up to 2 days.

**2. Make salmon:** In a large skillet or saucepan, combine broth, water, lemon, lime, garlic and peppercorns. Bring to a boil, then immediately reduce heat to a simmer. Sprinkle salmon with salt and place over citrus sauce in skillet.

**3. Cover and cook fish** until just cooked through, 7 to 10 minutes, depending on thickness of fillets. Watch carefully that liquid doesn't boil, adjusting heat as needed.

**4. Transfer salmon** to serving plates or a storage container; discard poaching liquid. Serve immediately with sauce, or let cool, cover and refrigerate for up to 3 days.

### HOW TO USE IT:

- **Make salmon cakes.** Flake leftover fish into a bowl. Add a bit of mayo and mustard, some almond flour and finely chopped green onions and bell pepper. Form into patties and pan fry in avocado oil. Top with herb sauce.
- **As a tuna alternative.** Follow our Tuna Salad, 3 Ways recipes (p. 56), or use your favorite tuna salad recipe, but use flaked leftover salmon instead of canned tuna.
- **Sushi-fy it.** Cook cauliflower rice with garlic and ginger. Place on sheets of nori with flaked salmon, sliced cucumber and avocado. Season with coconut aminos. Roll into hand rolls.

**PER SERVING** (¼ of recipe): Calories: 330, Total Fat: 18 g, Sat. Fat: 3 g, Monounsaturated Fat: 9 g, Polyunsaturated Fat: 5 g, Carbs: 3 g, Fiber: 1 g, Sugars: 1 g, Protein: 37 g, Sodium: 425 mg, Cholesterol: 80 mg







## Tuna Salad, 3 Ways

**P** **Q** **GF** **30**

**SERVES 2.**  
**HANDS-ON TIME: 15 MINUTES.**  
**TOTAL TIME: 15 MINUTES.**

Jazz up your go-to tuna mix with our sesame, Waldorf and pesto variations. Use them to top salads, fill a lettuce cup or snack on with veggie dippers. Remember to check your tuna and mayo labels carefully to ensure you are selecting Whole30-compliant varieties.

### BASIC SALAD

- 1 5-oz** BPA-free can tuna, drained
- 1** carrot, finely chopped
- 1 stalk** celery, minced
- 2½ tbsp** mayonnaise  
**(TRY:** Tessemae's Organic Mayonnaise)
- 1 tsp** fresh lemon juice or apple cider vinegar
- ¼ tsp** sea salt
- ⅛ tsp** ground black pepper

To a medium bowl, add all ingredients; stir until combined.

### VARIATIONS

**Sesame:** To Basic Salad, stir in 1 tsp toasted sesame oil and ½ tsp toasted sesame seeds. Serve with seaweed strips.

**Waldorf:** To Basic Salad, add 1 small apple, cored and finely chopped, and ¼ cup chopped toasted walnuts. Serve with lettuce or collard greens for wrapping.

**Pesto:** To Basic Salad, stir in 4 to 5 tsp pesto. **(NOTE:** Omit salt and pepper before adding pesto as some products are salty.) Serve with cucumber slices and jicama sticks for dipping. Check labels to ensure pesto is dairy-free and compliant.

**PER SERVING** (½ of basic salad): Calories: 214, Total Fat: 16 g, Sat. Fat: 2 g, Monounsaturated Fat: 10 g, Polyunsaturated Fat: 3 g, Carbs: 4 g, Fiber: 1 g, Sugars: 2 g, Protein: 14 g, Sodium: 597 mg, Cholesterol: 43 mg



### BACK TO BASICS:

Stick to regular mayo: The lightened-up versions you'll find on supermarket shelves replace whole ingredients like egg yolks with artificial thickeners. As long as you aren't using tons of mayo, your daily macros won't be terribly affected – even better, look for Whole30-compliant brands to ensure your choice is as clean as possible.



## Homemade Chorizo Crumble

(P) (F) (GF) (30)

SERVES 8.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 20 MINUTES.\*

\*PLUS CHILLING TIME.

Packed with smoky, sweet and savory spices, chorizo-style sausage meat is endlessly versatile. Make yours mild or hot by adjusting the amount of cayenne.

- 1½ **tbsp** ancho chile powder
- 2 **tsp** garlic powder
- 1 **tsp** each ground cumin, smoked paprika and sea salt
- ¾ **tsp** dried oregano
- ½ **tsp** ground black pepper
- ⅛ **tsp** ground cinnamon
- ⅛–¼ **tsp** ground cayenne pepper, optional
- Pinch** ground cloves
- 2 **tbsp** apple cider vinegar
- 1 **lb** ground pork
- 2 **tsp** avocado oil

1. In a medium bowl, combine ancho chile powder, garlic powder, cumin, paprika, salt, oregano, black pepper, cinnamon, cayenne (if using) and cloves; add vinegar and stir to form a paste. Add pork; using your hands, mix thoroughly until ingredients are well incorporated and mixture is reddish-brown throughout. Wrap bowl tightly with plastic wrap; refrigerate at least 4 hours or overnight to let flavors develop.

2. In a large skillet, on medium, heat oil. Add mixture, stirring occasionally, until golden and cooked through, 4 to 6 minutes. Store in an airtight container in the fridge for up to 4 days, or freeze up to 3 months.



### HOW TO USE IT:

- **Make a taco salad.** Toss lettuce, radishes, salsa and sliced avocado with olive oil and lime juice; top with cooked chorizo crumble.
- **To flavor seafood.** Cook a little bit of chorizo in a pot, then add broth. Stir in mussels or clams, cover and steam.
- **As a scramble.** Cook chorizo crumble, then add chopped green onions and sauté until tender. Add beaten eggs and scramble. Top with salsa, coconut yogurt and cilantro.
- **As a bowl.** Add cooked cauli-rice to a bowl and top with chorizo, guacamole, radishes, tomatoes and any other Whole30-approved fixings.

**PER SERVING** (% of recipe): Calories: 140, Total Fat: 10 g, Sat. Fat: 3 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 1 g, Carbs: 2 g, Fiber: 1 g, Sugars: 1 g, Protein: 11 g, Sodium: 271 mg, Cholesterol: 38 mg



### Darren Kemper

FOOD PHOTOGRAPHER, TORONTO, CANADA

When he's not shooting mouthwatering images for *Clean Eating*, *Food & Drink* and Amy Symington's *The Long Table Cookbook*, you can find Darren in the kitchen, baking up a batch of his popular crepes. "My kids love to sample as I'm making them, so I can never seem to make enough," he says.





Break the muffins apart to make a spaghetti-and-meatballs alternative with marinara sauce.

## BBQ Meatloaf Muffins

P GF 30

SERVES 6. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 50 MINUTES.

The savory meatloaf flavor you loved as a kid made into single servings gives you endless versatility throughout the week.

- |  |                                    |
|--|------------------------------------|
| <b>1 tbsp</b> avocado oil  | <b>2 large</b> eggs, beaten        |
| <b>½ small</b> yellow onion, finely chopped  | <b>⅓ cup</b> blanched almond flour |
| <b>1 tsp</b> sea salt, divided   | <b>1 tsp</b> dried oregano         |
| <b>3 cloves</b> garlic, minced   | <b>½ tsp</b> ground black pepper   |
| <b>2 lb</b> ground beef  |                                    |
| <b>¾ cup</b> barbecue sauce, divided ( <b>TRY:</b> Primal Kitchen Classic BBQ Sauce) |                                    |

**1.** Preheat oven to 375°F. In a medium skillet on medium, heat oil. Add onion, sprinkle with one-quarter of the salt and cook, stirring occasionally, until onion is tender,

about 5 minutes. Add garlic; sauté 1 to 2 minutes, until fragrant. Transfer to a large bowl and let cool.

**2.** Grease a 12-count muffin tin with cooking spray (or set 12 silicone muffin cups on a baking sheet). To onion mixture, add beef, two-thirds of the barbecue sauce, eggs, almond flour, oregano, pepper and remaining three-quarters of the salt. Using your hands, mix gently but thoroughly, until ingredients are incorporated. Use an ice cream scoop to portion mixture and place in muffin cups.

**3.** Bake for 10 minutes. Remove from oven; brush tops of muffins with remaining barbecue sauce. Continue to bake until cooked through, about 15 to 20 minutes longer (an instant-read thermometer inserted into a muffin should read 160°F). Let cool at least 5 minutes before serving. To store, let cool completely before placing in an airtight container; refrigerate up to 4 days or freeze up to 3 months.

### HOW TO USE IT:

- **Try a spaghetti-and-meatballs alternative.** Chop muffins and add to marinara sauce to top cooked zucchini noodles.
- **Make a fast shepherd's pie.** Chop meatloaves and place in an ovenproof dish. Mix canned sweet potatoes with ghee, coconut milk, salt and pepper; top meatloaf mixture and bake.
- **Stuff peppers or zucchini.** Cut zucchini or bell peppers in half lengthwise; remove seeds. Cook some onions, celery and carrots until tender; crumble in meatloaves. Spoon mixture into bell pepper or zucchini halves and bake.

**PER SERVING** (2 muffins): Calories: 401, Total Fat: 26 g, Sat. Fat: 9 g, Monounsaturated Fat: 12 g, Polyunsaturated Fat: 2 g, Carbs: 6 g, Fiber: 1 g, Sugars: 3 g, Protein: 33 g, Sodium: 608 mg, Cholesterol: 156 mg





## GROCERY LIST

### PROTEINS & DAIRY

- ☐ 1 dozen large eggs
- ☐ 1 lb ground pork
- ☐ 4 4–5-oz wild-caught salmon fillets
- ☐ 2 lb ground beef
- ☐ 15-oz can tuna
- ☐ 1¼ lb cooked chicken
- ☐ 1 pint plain unsweetened almond milk

### VEGGIES & FRUIT

- ☐ 12-lb butternut squash
- ☐ 2 lemons
- ☐ 2 yellow onions
- ☐ 3 green onions
- ☐ 3 zucchini
- ☐ 2 poblano peppers
- ☐ 1 carrot
- ☐ 1 celery stalk
- ☐ 1 large head garlic
- ☐ 1 bunch fresh sage
- ☐ 1 bunch fresh flat-leaf parsley
- ☐ 1 bunch fresh dill
- ☐ 1 bunch fresh mint

### NUTS, SEEDS & OILS

- ☐ 1 jar Whole30-compliant mayonnaise
- ☐ 1 jar Whole30-compliant pesto
- ☐ 1 bag almond flour
- ☐ 1 bag ground flaxseed
- ☐ 2 oz raw cashews
- ☐ 1 bottle avocado oil

**TIP:** We've included the ingredients needed for the main recipes in this section; if you're trying our additional recipe suggestions, make sure to add those ingredients to your list. Also, if you're going to be making a double or triple batch of any of the recipes, you'll need to adjust your list accordingly.

### PANTRY STAPLES

- ☐ 1 qt low-sodium chicken or vegetable broth
- ☐ 1 bottle apple cider vinegar
- ☐ 1 bottle Whole30-compliant barbecue sauce
- ☐ 1 6-oz can unsalted tomato paste
- ☐ 1 bag arrowroot starch
- ☐ 1 bottle ancho chile powder
- ☐ 1 bottle chili powder blend
- ☐ 1 bottle garlic powder
- ☐ 1 bottle ground cumin
- ☐ 1 bottle each regular and smoked paprika
- ☐ 1 bottle sea salt
- ☐ 1 bottle ground black pepper
- ☐ 1 bottle whole black peppercorns
- ☐ 1 bottle dried oregano
- ☐ 1 bottle ground cinnamon
- ☐ 1 bottle ground cayenne pepper (optional)
- ☐ 1 bottle ground cloves

## BE A WHOLE30 MEAL-PREP SUPERSTAR

In addition to the recipes on these pages, you can also make a few basic items on Sunday so you'll have tasty, Whole30-compliant meals at your fingertips all week long.

**ROASTED VEGETABLES:** Roast three or four veggies of your choice on separate sheet pans. Store in separate airtight containers in the fridge, then mix and match at every meal for up to four days.

**WHOLE CHICKEN:** Season a whole chicken with salt and pepper, add lemon wedges and whole garlic cloves to the cavity and roast. Eat a piece or two for dinner the night you cook it, then store the rest in airtight containers to use in other dishes for up to four days (including our Chicken Enchilada Casserole). There are so many ways to use it:

- Add to soup
- Toss in a skillet along with roasted cauliflower and Whole30-compliant hot sauce mixed with ghee
- Top a salad and drizzle with Herb Sauce from our salmon recipe
- Mix with chopped celery, Whole30-compliant mayo, curry powder, toasted sunflower seeds and a few unsweetened raisins for a quick curried chicken salad wrapped in radicchio leaves

**HARD-BOILED EGGS:** Keep a dozen of these in the fridge as a quick salad topper, as a grab-and-go breakfast or to enjoy as a post-workout dinner (along with some of those roasted veggies in the fridge). Feeling fancy? Turn a few of them into deviled eggs.

**DRESSINGS AND SAUCES:** Make a big batch of one sauce you can flavor a few different ways. For example, cashew cream can be mixed with hot sauce to drizzle over sweet potatoes or with lemon juice and paprika to top cooked fish and vegetables. A quick make-ahead vinaigrette will make midweek salads lightning-fast. Prefer a creamy dressing? Make it on the thicker side to double as a dip, then whisk with olive oil when you want a thinner salad dressing. ☺





# Comfort Food Classics

Made Whole30-Friendly





**SWEET POTATO  
NACHOS**  
(SEE RECIPE, P. 64)

Missing your favorite fried rice from your local takeout joint or those piled-high nachos that you make on movie night? We've reimagined some of your favorite comfort foods and made them into Whole30-compliant dishes with just a few easy swaps.

RECIPES BY PAMELA SALZMAN, PHOTOGRAPHY BY SUECH AND BECK



## New-Fashioned Chicken Piccata

P Q GF W30

SERVES 4. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 35 MINUTES.

Most chicken piccata recipes use white flour to dredge the chicken, but in this Whole30-friendly version, we've used a combination of arrowroot and almond flour instead. A quick sauce of broth, coconut cream and mustard powder adds big flavor to this easy dinner.

- 4 6-oz** boneless, skinless chicken breasts, pounded to ½-inch thickness
- ½ tsp** sea salt + additional to taste
- ground black pepper**, to taste
- 3 tbsp** arrowroot starch
- 2 tbsp** blanched almond flour
- 2 tbsp** olive oil
- 2 tbsp** ghee
- 1 cup** chicken broth
- ¼ cup** fresh lemon juice
- ½ cup** coconut cream
- 2 tsp** mustard powder
- ¼ cup** drained capers
- 1 tbsp** fresh flat-leaf parsley, chopped

**1.** Season chicken with salt and pepper. On a plate, combine arrowroot and almond flour. Dredge chicken in flour mixture; set aside.

**2.** In a large skillet on medium, heat oil and ghee. Add chicken and cook until golden brown on underside, about 4 minutes. Flip and brown on other side until cooked through, about 3 minutes. Transfer to a plate.

**3.** To skillet, add broth and lemon juice. Increase heat to medium-high; bring to a boil, scraping skillet with a wooden spoon to dislodge any bits on the bottom of the pan. Cook to reduce sauce slightly.

**4.** Add coconut cream and mustard powder. Bring to a simmer and add capers. Return chicken to skillet and reduce heat to a simmer. Cook to heat chicken through, turning to coat in the sauce, about 2 minutes. Season with additional salt and pepper. Sprinkle with parsley.

**PER SERVING** (¼ of recipe): Calories: 447, Total Fat: 26 g, Sat. Fat: 12 g, Monounsaturated Fat: 10 g, Polyunsaturated Fat: 2 g, Carbs: 10 g, Fiber: 1 g, Sugars: 2 g, Protein: 42 g, Sodium: 548 mg, Cholesterol: 141 mg



### A BETTER BUTTER?

A type of clarified butter, ghee has a thousand-year track record of enhancing Indian recipes from rices to meats. Prepared by evaporating the water in butter and removing the milk solids, ghee can be enjoyed by those who are lactose intolerant as the majority of the offending by-products are removed during the clarifying process. It's also the reason that ghee is allowed in Whole30 dishes while regular butter is not.











If you find that traditional queso tends to be a food-with-no-brakes for you, you can opt to leave the sauce out entirely and simply serve the sweet potato nachos with extra veggies and a side of guacamole.

## Sweet Potato Nachos

with Veggie-Packed “Queso”

(P) (GF) (W 30)

SERVES 4 TO 6. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 55 MINUTES.

Cashew butter and an array of cooked vegetables are blended into a creamy sauce that's drizzled over these nachos made from sliced sweet potatoes. You may have some leftover sauce, but it's great reheated and poured over roasted vegetables or drizzled over chili. Simply cover and refrigerate and then reheat on the stove top.

### NACHOS

- 3 medium–large** sweet potatoes, sliced about ¼-inch thick
- 3 tbsp** coconut oil, melted
- sea salt and ground black pepper, to taste

### QUESO (OPTIONAL)

- 1 cup** water
- 1 cup** chopped sweet potatoes
- ½ cup** chopped yellow onion
- ¼ cup** chopped carrots
- 5 tbsp** avocado oil
- ¼ cup** raw cashew butter (**NOTE:** Or use ¼ cup cashews, soaked in water for 1 to 5 hours, drained.)
- 2 tsp** fresh lemon juice
- 1 clove** garlic, minced
- 1¾ tsp** sea salt
- ¼ tsp** ground black pepper
- Pinch** ground cayenne pepper

**SUGGESTED TOPPINGS:** Sliced jalapeño, cilantro, sliced avocado or guacamole, salsa, seasoned and cooked ground beef or turkey, diced red onion, cherry tomatoes

**1. Make nachos:** Preheat oven to 400°F. Line 3 baking sheets with parchment paper. Arrange potato slices in a single layer on sheets. Brush both sides with coconut oil and sprinkle with salt and pepper. Bake for 20 minutes, flip over and bake 10 minutes more, until crispy.

**2. Meanwhile, make “queso” (if using):** To a medium saucepan, add water, chopped potato, onion and carrots; bring to a boil. Reduce to a simmer and cook, covered, for 15 minutes, or until vegetables are very soft.

**3. To a high-powered blender or food processor,** add avocado oil, cashew butter, lemon juice, garlic, salt, black pepper and cayenne. Add softened vegetables and cooking water and process until completely smooth, 1 to 2 minutes.

**4. Assemble nachos:** Place 1 layer of sweet potato slices on a platter and drizzle with queso (if using) and desired toppings. Arrange another layer of sweet potatoes, queso and toppings.

**PER SERVING** (⅓ of recipe): Calories: 279, Total Fat: 21 g, Sat. Fat: 7 g, Monounsaturated Fat: 10 g, Polyunsaturated Fat: 2 g, Carbs: 22 g, Fiber: 3 g, Sugars: 6 g, Protein: 3 g, Sodium: 644 mg, Cholesterol: 0 mg



## Sloppy Joe Stuffed Peppers

(P) (GF) (W 30)

SERVES 6.


HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 50 MINUTES.

Instead of using traditional hamburger buns, this flavorful sloppy joe is served in roasted bell peppers and finished with basil sprigs for a pop of color and herbaceous flavor.

- 6** red bell peppers, halved lengthwise, seeds and ribs removed
- 3 tbsp** olive oil, divided
- 2 lb** ground beef or turkey
- ¾ cup** diced yellow onion
- 3 cloves** garlic, finely chopped
- 1 18-oz** jar crushed tomatoes or tomato purée
- 1 cup** water
- 3 tbsp** red wine vinegar
- 3 tbsp** coconut aminos or fish sauce
- 2 tbsp** unsalted tomato paste
- 3 tsp** chili powder blend
- 2 tsp** mustard powder
- 1 tsp** sea salt
- ¼ tsp** ground cayenne pepper
- ground black pepper, to taste
- fresh basil leaves, optional



- 
1. Preheat oven to 425°F. Rub outside of peppers with one-third of oil and place cut side up in a baking dish. Bake until just softened, about 20 minutes.
  2. Meanwhile, heat a large skillet on medium-high. Add beef and brown, breaking up with a wooden spoon, until just cooked through, 8 minutes. Drain; transfer to a bowl.
  3. In same skillet on medium, heat remaining two-thirds of oil. Add onion and garlic and sauté until onion is tender and translucent, 5 to 6 minutes.
  4. Return beef to skillet and add remaining ingredients (except basil). Stir to combine and simmer on medium-low for 15 minutes. Fill peppers with beef mixture. Garnish with basil (if using).

**PER SERVING** (% of recipe): Calories: 411, Total Fat: 23 g, Sat. Fat: 7 g, Monounsaturated Fat: 12 g, Polyunsaturated Fat: 2 g, Carbs: 19 g, Fiber: 5 g, Sugars: 12 g, Protein: 31 g, Sodium: 757 mg, Cholesterol: 89 mg





## Cauliflower Fried Rice with Chicken

P Q GF W 30

SERVES 6. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 30 MINUTES.

Cauliflower stands in for rice in this remake of the takeout favorite. This veggie-based rice can be found in the refrigerated section of your supermarket's produce department or in the frozen aisle. You can also make your own by pulsing cauliflower florets in the food processor until the pieces reach the size of rice grains. This recipe is a great way to use up leftovers – sub in any leftover meats you have (if cooked, simply chop and add in Step 4 with the vegetables) or vegetables you have on hand and want to use up.

<b>2 tbsp</b> ghee or avocado oil, divided	<b>1 head</b> broccoli, cut into very small florets (about 2 cups)
<b>2 6-oz</b> boneless, skinless chicken breasts, cut into cutlets	<b>1</b> carrot, diced
<b>2 large</b> eggs, beaten	<b>1 cup</b> shiitake mushrooms, stemmed and diced
<b>2 tbsp</b> toasted sesame oil + additional as needed	<b>4 cups</b> riced cauliflower (aka cauliflower rice), fresh or frozen ( <b>NOTE:</b> No need to thaw if using frozen.)
<b>1</b> yellow onion, diced	<b>3 tbsp</b> coconut aminos + additional as needed
<b>4</b> green onions, sliced thinly on the diagonal	toasted sesame seeds, for garnish
<b>1 tbsp</b> peeled and minced ginger	
<b>2 cloves</b> garlic, minced	

**1.** In a large sauté pan or wok on medium-high, heat one-half of ghee. Add chicken and cook until golden underneath, 3 to 4 minutes. Flip and continue cooking until cooked through, 3 to 4 minutes more. Transfer to a cutting board; cut into ½-inch chunks.

**2.** To pan, add eggs and scramble until cooked through. Remove from pan and set aside.

**3.** To pan, add sesame oil and remaining one-half of ghee. Add yellow onion and sauté for 3 minutes, until softened. Add green onion, ginger and garlic and cook 1 minute, until fragrant.

**4.** Add broccoli, carrot and mushrooms and sauté until softened, about 4 minutes. Add riced cauliflower and coconut aminos and toss until heated through. Return chicken and eggs to pan. Add additional coconut aminos or sesame oil, to taste. Sprinkle with sesame seeds.

**PER SERVING** (% of recipe): Calories: 221, Total Fat: 14 g, Sat. Fat: 5 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 4 g, Carbs: 12 g, Fiber: 4 g, Sugars: 6 g, Protein: 16 g, Sodium: 197 mg, Cholesterol: 102 mg



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# YOUR 2-WEEK

# Whole30 Kick-Start

**Want to try a Whole30 but don't know where to begin?**  
We've got you covered with this plan that will teach you key habits and cooking techniques you'll rely on to make it to the end.

BY TIFFANI BACHUS, RDN, AND ERIN MACDONALD, RDN, PHOTOGRAPHY BY OLIVE & MANGO

## Shrimp Pad Thai Salad

Q GF W 30

SERVES 2. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 25 MINUTES.

### DRESSING

- ¼ cup** coconut aminos
- 3 tbsp** raw almond butter
- 1 tbsp** rice vinegar
- 1** lime, zested and juiced
- 1 tsp** toasted sesame oil
- 1 tsp** fish sauce
- 1** Medjool date, pitted  
(**TIP:** If date isn't soft, soak in hot water for 5 minutes.)
- ¼ tsp** red pepper flakes
- ½ tsp** peeled and grated ginger

### SALAD

- 1** English cucumber
- 3** carrots (any color)
- 1** red bell pepper, thinly sliced
- 1** shallot, chopped
- ⅓ cup** chopped fresh cilantro
- 1 tbsp** avocado oil
- 12 oz** raw medium shrimp, peeled and deveined
- ¼ tsp** sea salt
- ½ cup** bean sprouts
- ¼ cup** chopped cashews
- 1 tbsp** sesame seeds

**1.** Prepare dressing: In a blender, blend all dressing ingredients until smooth. Set aside.

**2.** Secure cucumber into a spiral maker. Turn crank to create noodles. (**NOTE:** Follow directions for your spiral maker.) Add noodles to a large bowl. Repeat with carrots. (Or, use a Y-shaped vegetable peeler to create ribbons.) To bowl, add carrot noodles, bell pepper, shallot and cilantro.

**3.** In a large skillet on medium-high, heat avocado oil. Add shrimp and season with salt. Cook for 4 minutes, turning halfway, until opaque throughout and pink in color.

**4.** Add shrimp to salad; toss with dressing. Top with sprouts, cashews and seeds.

**NOTE:** If following our Meal Plan,<sup>6</sup> refrigerate shrimp, salad and dressing separately and toss when called for.

**PER SERVING** (½ of recipe): Calories: 617, Total Fat: 32 g, Sat. Fat: 4 g, Monounsaturated Fat: 18 g, Polyunsaturated Fat: 8 g, Carbs: 46 g, Fiber: 11 g, Sugars: 26 g, Protein: 43 g, Sodium: 1,232 mg, Cholesterol: 238 mg







## Ginger Turkey Meatballs with Coconut Cauli-Rice

Q GF W 30

SERVES 4. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 40 MINUTES.

### MEATBALLS

- 1 lb ground turkey
- 1 large egg
- 1 shallot, chopped
- ¼ cup almond flour
- ¼ cup chopped fresh cilantro + additional for garnish
- 1 tbsp coconut aminos
- 2 tsp peeled and minced ginger
- 1 clove garlic, minced
- ½ tsp ground black pepper
- ¼ tsp sea salt
- sesame seeds, for garnish

### CAULI-RICE

- 4 cups riced cauliflower
- 1 cup BPA-free canned full-fat coconut milk
- 1 red bell pepper, diced
- 1 lime, zested and juiced

### SAUCE

- ½ cup coconut aminos
- ¼ cup rice vinegar
- 1 tbsp unsalted tomato paste
- 1 tbsp toasted sesame oil
- 2 tsp peeled and minced ginger
- 1 clove garlic, minced
- ¼ tsp red pepper flakes
- 1 tbsp arrowroot starch
- ½ cup cold water

1. Preheat oven to 350°F. To a large mixing bowl, add all meatball ingredients except sesame seeds and use your hands to combine.

Form 1-tbsp portions into meatballs, making about 30 in total. Place on a large, rimmed parchment-lined baking sheet. Bake for 15 minutes.

2. Meanwhile, prepare cauli-rice: To a large sauté pan, add riced cauliflower, coconut milk, bell pepper, lime zest and juice. Cook 8 minutes, or until cauliflower is al dente.

3. Prepare sauce: In a small bowl, whisk together coconut aminos, rice vinegar, tomato paste, oil, ginger, garlic and pepper flakes. Place in a small saucepan on medium; cook until mixture starts to bubble.

In a separate bowl, whisk together arrowroot and water; add to saucepan. Stir to combine and until mixture thickens. Remove from heat. Transfer meatballs to a serving bowl and stir in sauce. Serve with cauliflower rice and garnish with additional cilantro.

**NOTE:** If following our Meal Plan, refrigerate meatballs and cauli-rice separately and reheat when called for.

**PER SERVING** (¼ of recipe): Calories: 473, Total Fat: 30 g, Sat. Fat: 14 g, Monounsaturated Fat: 8 g, Polyunsaturated Fat: 6 g, Carbs: 24 g, Fiber: 5 g, Sugars: 13 g, Protein: 30 g, Sodium: 822 mg, Cholesterol: 122 mg







## WEEK ONE

MONDAY		TUESDAY	WEDNESDAY
<p><b>BREAKFAST:</b> <i>Cauli-Rice Bowl:</i> Sauté 1 cup riced cauliflower in ½ tbsp avocado oil. Add 2 cups baby greens, season with ⅛ tsp salt and ¼ tsp each pepper and turmeric. Transfer to a plate and cook 2 eggs, sunny side up. Top greens with eggs and 1 avocado, cubed, and 1 tbsp hemp seeds.</p> <p>1 apple</p> <p><b>LUNCH:</b> <i>Smoked Salmon Poke Bowl:</i> Place 2 cups baby greens in a bowl and top with ½ cup chopped cucumber, ⅓ mango, chopped, 3 oz chopped smoked salmon and 2 tbsp chopped green onions. Drizzle with 2 tbsp Sesame Dressing (below; save leftover dressing). Top with ½ avocado, cubed, and 1 tbsp sesame seeds.</p> <p><b>Sesame Dressing:</b> Whisk together 3 tbsp each coconut aminos and rice vinegar, ½ tsp toasted sesame oil, ¼ tsp garlic powder and ⅛ tsp ginger powder.</p> <p><b>DINNER:</b> <i>Sea Bass with Green Beans &amp; Potatoes:</i> Place 2 5-oz sea bass fillets on a baking sheet with 8 oz each green beans and quartered baby new potatoes. Drizzle with 1 tbsp avocado oil and season with ⅛ tsp each salt, pepper and garlic powder. Roast 10 minutes. Remove fish and roast an additional 10 minutes, until vegetables are tender (eat ½, save leftovers).</p>		<p><b>BREAKFAST:</b> Purple Potato Latkes (p. 76; save leftovers) with 2 slices bacon, cooked, and 2 eggs cooked sunny-side up</p> <p><b>LUNCH:</b> Sea Bass with Green Beans &amp; Potatoes (leftovers)</p> <p><b>DINNER:</b> <i>Stir-Fry Cashew Chicken:</i> In 1 tbsp avocado oil, stir-fry 2 5-oz chicken thighs, chopped, until cooked through. Transfer to a plate. To pan, add ½ yellow onion, chopped, 1 bell pepper, chopped, 1½ cups sliced cremini mushrooms and 2 baby bok choy, chopped; stir-fry until tender. Meanwhile, whisk together 2 tbsp coconut aminos, 1 tsp arrowroot starch, ½ tsp sesame oil and ½ tsp garlic powder. Return chicken to pan and pour sauce over top. Cook 1 minute, or until sauce thickens. Top with ½ cup chopped cashews (eat ½; save leftovers).</p>	<p><b>BREAKFAST:</b> 2 Egg &amp; Veggie Muffins (p. 74; save leftovers), heated, if desired, with ½ avocado</p> <p>1 pear</p> <p><b>LUNCH:</b> Curry Butternut Squash Soup with Spiced Pepitas (p. 75; save leftovers)</p> <p><b>Garlic Shrimp:</b> Sauté 8 oz shrimp in ½ tbsp avocado oil with 1 clove minced garlic and pinch each salt and pepper (eat ½, save leftovers).</p> <p><b>DINNER:</b> Stir-Fry Cashew Chicken (leftovers)</p>
<b>TOTAL NUTRIENTS:</b> Calories: 1,264, Fat: 71 g, Sat. Fat: 11 g, Carbs: 100 g, Fiber: 32 g, Sugars: 38 g, Protein: 71 g, Sodium: 2,693 mg, Cholesterol: 482 mg		<b>TOTAL NUTRIENTS:</b> Calories: 1,253, Fat: 69 g, Sat. Fat: 14 g, Carbs: 82 g, Fiber: 12 g, Sugars: 19 g, Protein: 88 g, Sodium: 1,425 mg, Cholesterol: 731 mg	<b>TOTAL NUTRIENTS:</b> Calories: 1,239, Fat: 67 g, Sat. Fat: 20 g, Carbs: 92 g, Fiber: 19 g, Sugars: 42 g, Protein: 79 g, Sodium: 1,180 mg, Cholesterol: 722 mg
THURSDAY		FRIDAY	SATURDAY
<p><b>BREAKFAST:</b> Purple Potato Latkes (leftovers, p. 76) with 2 slices bacon, cooked, and 2 eggs cooked sunny-side up</p> <p><b>LUNCH:</b> Curry Butternut Squash Soup with Spiced Pepitas (leftovers, p. 75) and Garlic Shrimp (leftovers)</p> <p><b>DINNER:</b> Ginger Turkey Meatballs with Coconut Cauli-Rice (p. 70; save leftovers)</p>		<p><b>BREAKFAST:</b> 2 Egg &amp; Veggie Muffins (leftovers, p. 74), heated, if desired, with ½ avocado</p> <p>1 orange</p> <p><b>LUNCH:</b> <i>Smoked Salmon Poke Bowl:</i> Place 2 cups baby greens in a bowl and top with ½ cup chopped cucumber, ⅓ mango, chopped, 3 oz chopped smoked salmon and 2 tbsp chopped green onions. Drizzle with 2 tbsp Sesame Dressing (leftovers). Top with ½ avocado, cubed, and 1 tbsp sesame seeds.</p> <p>1 apple</p> <p><b>DINNER:</b> Ginger Turkey Meatballs with Coconut Cauli-Rice (leftovers; p. 70)</p>	<p><b>BREAKFAST:</b> 2 Egg &amp; Veggie Muffins (leftovers; p. 74), heated, if desired, with ½ avocado</p> <p>1 apple</p> <p><b>LUNCH:</b> Ginger Turkey Meatballs with Coconut Cauli-Rice (leftovers; p. 70)</p> <p>1 pear</p> <p><b>DINNER:</b> <i>Smoked Salmon Poke Bowl:</i> Place 2 cups baby greens in a bowl and top with ½ cup chopped cucumber, ⅓ mango, chopped, 3 oz chopped smoked salmon and 2 tbsp chopped green onions. Drizzle with 2 tbsp Sesame Dressing (leftovers). Top with ½ avocado, cubed, and 1 tbsp sesame seeds.</p>
<b>TOTAL NUTRIENTS:</b> Calories: 1,369, Fat: 85 g, Sat. Fat: 30 g, Carbs: 87 g, Fiber: 13 g, Sugars: 33 g, Protein: 79 g, Sodium: 1,982 mg, Cholesterol: 815 mg		<b>TOTAL NUTRIENTS:</b> Calories: 1,259, Fat: 70 g, Sat. Fat: 19 g, Carbs: 112 g, Fiber: 29 g, Sugars: 70 g, Protein: 64 g, Sodium: 3,146 mg, Cholesterol: 572 mg	<b>TOTAL NUTRIENTS:</b> Calories: 1,251, Fat: 70 g, Sat. Fat: 19 g, Carbs: 111 g, Fiber: 28 g, Sugars: 68 g, Protein: 63 g, Sodium: 3,147 mg, Cholesterol: 572 mg
		SUNDAY	
		<p><b>BREAKFAST:</b> Purple Potato Latkes (leftovers, p. 76) with 2 slices bacon, cooked, and 2 eggs cooked sunny-side up</p> <p><b>LUNCH:</b> Curry Butternut Squash Soup with Spiced Pepitas (leftovers, p. 75).</p> <p><b>Garlic Shrimp:</b> Sauté 4 oz shrimp with ½ tbsp avocado oil and 1 clove minced garlic and pinch each salt and pepper</p> <p><b>DINNER:</b> Ginger Turkey Meatballs with Coconut Cauli-Rice (leftovers; p. 70)</p>	
		<b>TOTAL NUTRIENTS:</b> Calories: 1,402, Fat: 88 g, Sat. Fat: 31 g, Carbs: 88 g, Fiber: 13 g, Sugars: 33 g, Protein: 79 g, Sodium: 2,107 mg, Cholesterol: 815 mg	



## WEEK TWO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p><b>BREAKFAST:</b> <i>Sweet Potato Bacon Waffle:</i> Preheat a waffle iron and mist with cooking spray. Cook 1 slice bacon in a small skillet, then crumble. Transfer to a bowl with 1 3-oz sweet potato, shredded, 1 egg, beaten, 1 tbsp chopped fresh chives, ½ tbsp avocado oil and pinch each garlic powder, onion powder, salt and black pepper. Mix well. Pour mixture into waffle iron, close lid and cook waffle until golden brown and crispy, about 15 minutes. Serve with 1 egg cooked sunny-side up.</p> <p><b>LUNCH:</b> Shrimp Pad Thai Salad (p. 68; eat ½, save leftovers)</p> <p><b>DINNER:</b> Turkey Lettuce Cups (p. 74; save leftovers)</p>	<p><b>BREAKFAST:</b> 2 Egg &amp; Veggie Muffins (leftovers, p. 74), heated, if desired, with ½ avocado</p> <p><b>LUNCH:</b> Shrimp Pad Thai Salad (leftovers, p. 68)</p> <p><b>DINNER:</b> Pesto Chicken Salad in Avocado Halves (p. 73; save leftovers) with 1 baked sweet potato drizzled with 1 tsp EVOO and pinch salt</p>	<p><b>BREAKFAST:</b> South-of-the-Border Hash (p. 76; save leftovers) with 2 eggs, cooked any style, and ½ avocado, sliced</p> <p><b>LUNCH:</b> Pesto Chicken Salad in Avocado Halves (leftovers, p. 73)</p> <p><b>DINNER:</b> Turkey Lettuce Cups (leftovers, p. 74).</p>	<p><b>BREAKFAST:</b> 2 Egg &amp; Veggie Muffins (leftovers, p. 74), heated, if desired, with ½ avocado</p> <p>1 apple</p> <p><b>LUNCH:</b> Pesto Chicken Salad in Avocado Halves (leftovers, p. 73)</p> <p><b>DINNER:</b> Turkey Lettuce Cups (leftovers, p. 74)</p> <p>Curry Butternut Squash Soup (leftovers, p. 75)</p>
<p><b>TOTAL NUTRIENTS:</b> Calories: 1,309, Fat: 79 g, Sat. Fat: 14 g, Carbs: 88 g, Fiber: 19 g, Sugars: 44 g, Protein: 75 g, Sodium: 2,371 mg, Cholesterol: 741 mg</p>	<p><b>TOTAL NUTRIENTS:</b> Calories: 1,701, Fat: 114 g, Sat. Fat: 19 g, Carbs: 110 g, Fiber: 39 g, Sugars: 42 g, Protein: 84 g, Sodium: 2,070 mg, Cholesterol: 761 mg</p>	<p><b>TOTAL NUTRIENTS:</b> Calories: 1,475, Fat: 105 g, Sat. Fat: 20 g, Carbs: 87 g, Fiber: 31 g, Sugars: 23 g, Protein: 73 g, Sodium: 1,203 mg, Cholesterol: 600 mg</p>	<p><b>TOTAL NUTRIENTS:</b> Calories: 1,691, Fat: 120 g, Sat. Fat: 30 g, Carbs: 105 g, Fiber: 35 g, Sugars: 43 g, Protein: 73 g, Sodium: 1,127 mg, Cholesterol: 595 mg</p>
FRIDAY	SATURDAY	SUNDAY	
<p><b>BREAKFAST:</b> South-of-the-Border Hash (leftovers, p. 76) with 2 eggs, cooked any style, and ½ avocado, sliced</p> <p><b>LUNCH:</b> Pesto Chicken Salad in Avocado Halves (leftovers, p. 73)</p> <p><b>DINNER:</b> <i>Flank Steak Fajita Plate:</i> Season 1 lb flank steak with ½ tsp each cumin, ancho chile powder, garlic powder, ¼ tsp pepper and ⅛ tsp salt. Place on a baking sheet with 1 onion, sliced, and 3 bell peppers, sliced (1 each red, orange and yellow). Broil 10 to 11 minutes, until steak is cooked through. Set aside for 10 minutes. Slice against the grain. Serve with a squeeze of lime and ¼ cup chopped cilantro (eat ⅓, save leftovers).</p>	<p><b>BREAKFAST:</b> 2 Egg &amp; Veggie Muffins (leftovers; p. 74), heated, if desired, with ½ avocado</p> <p>1 apple</p> <p><b>LUNCH:</b> Flank Steak Fajita Plate (leftovers)</p> <p><b>DINNER:</b> <i>Roasted Brussels Sprouts with Bacon:</i> Chop 5 slices bacon and slice 1 lb Brussels sprouts into quarters. Place on a baking sheet and season with ¼ tsp pepper and ½ tsp garlic powder. Roast at 375°F for 20 minutes, stirring halfway, until vegetables are tender and bacon is cooked (eat ½, save leftovers).</p> <p>Curry Butternut Squash Soup (leftovers, p. 75)</p>	<p><b>BREAKFAST:</b> <i>Sweet Potato Bacon Waffle:</i> Preheat a waffle iron and mist with cooking spray. Cook 1 slice bacon in a small skillet, then crumble. Transfer to a bowl with 1 3-oz sweet potato, shredded, 2 eggs, beaten, 1 tbsp chopped fresh chives, ½ tbsp avocado oil and pinch each garlic powder, onion powder, salt and black pepper. Mix well. Pour mixture into waffle iron, close lid and cook waffle until golden brown and crispy, about 15 minutes. Serve with 1 sunny-side up egg.</p> <p>1 apple</p> <p><b>LUNCH:</b> Roasted Brussels Sprouts with Bacon (leftovers)</p> <p>Curry Butternut Squash Soup (leftovers, p. 75)</p> <p><b>DINNER:</b> Flank Steak Fajita Plate (leftovers)</p>	
<p><b>TOTAL NUTRIENTS:</b> Calories: 1,427, Fat: 94 g, Sat. Fat: 21 g, Carbs: 87 g, Fiber: 32 g, Sugars: 20 g, Protein: 83 g, Sodium: 1,086 mg, Cholesterol: 599 mg</p>	<p><b>TOTAL NUTRIENTS:</b> Calories: 1,209, Fat: 60 g, Sat. Fat: 25 g, Carbs: 119 g, Fiber: 30 g, Sugars: 56 g, Protein: 66 g, Sodium: 1,136 mg, Cholesterol: 513 mg</p>	<p><b>TOTAL NUTRIENTS:</b> Calories: 1,271, Fat: 64 g, Sat. Fat: 27 g, Carbs: 113 g, Fiber: 25 g, Sugars: 46 g, Protein: 95 g, Sodium: 1,654 mg, Cholesterol: 713 mg</p>	

EVOO = EXTRA-VIRGIN OLIVE OIL







## Pesto Chicken Salad in Avocado Halves P Q GF W30

SERVES 4. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 40 MINUTES.

- 1 lb** boneless, skinless chicken thighs (about 4)
- ½ cup** sun-dried tomatoes, chopped
- 2 cups** fresh basil
- 2 tbsp** fresh lemon juice
- 2 tbsp** nutritional yeast
- 1 tbsp** hemp seeds
- ½ tsp** garlic powder
- ¼ tsp** sea salt
- ⅛ tsp** ground black pepper
- ¼ cup** extra-virgin olive oil
- 4 large** avocados

1. Place chicken in a saucepan and cover with cold water by 1 inch. Bring to a boil, reduce to a simmer, cover and cook about 12 minutes, until chicken reaches an internal temperature of 165°F. Transfer to

a cutting board to cool. Shred with 2 forks; transfer to a bowl. Add tomatoes to bowl.

2. Prepare pesto: To a food processor, add basil, lemon juice, yeast, hemp seeds, garlic powder, salt and pepper. Pulse until basil is finely chopped. With motor running, drizzle in oil; process until smooth. Pour pesto over chicken mixture and stir to combine.

3. Halve and pit avocados. Remove avocado flesh from skin, leaving a ¼-inch rim; chop flesh and fold into chicken salad. Fill each avocado half with mixture.

**NOTE:** If following our Meal Plan, refrigerate servings individually; use when called for.

**PER SERVING** (¼ of recipe): Calories: 738, Total Fat: 61 g, Sat. Fat: 10 g, Monounsaturated Fat: 39 g, Polyunsaturated Fat: 9 g, Carbs: 28 g, Fiber: 19 g, Sugars: 5 g, Protein: 29 g, Sodium: 212 mg, Cholesterol: 76 mg

## The Skinny on Snacking

The Whole30 recommendation is to eat three well-balanced meals each day that will keep you full for three to five hours. Allowing for more time to pass between meals reduces the burden on your pancreas (for insulin production) and allows your body to learn how to use the fat from your food and from your body as a fuel source. But if you are hungry as you adjust to this new style of eating, pregnant or very active, you may need to add some fuel between your meals.

Snacks should be a “mini meal,” well balanced and able to hold you over for a couple of hours. When choosing a snack, look for a mix of protein, fat and carbs, such as:

**Nut butter + piece of fruit**

**Hard-boiled eggs  
+ sliced veggies**

**Turkey slices  
+ sliced pickles or cucumbers**

**Roasted chicken  
+ salsa + guacamole**

**Avocado + hemp seeds**

**Almond milk + 1 scoop  
collagen + 1 tbsp flax seeds**





Tomato  
Basil

Spinach  
Mushroom

P F Q V GF W 30

## EGG & VEGGIE MUFFINS, 2 WAYS

- 12 large** eggs
- ¼ cup** plain unsweetened almond milk
- ¼ tsp** each sea salt and ground pepper
- 1½ cups** spinach, chopped
- 1 cup** cremini mushrooms, sliced
- ½** yellow onion, chopped
- 1** vine tomato, chopped
- ½ cup** chopped basil
- 2 cloves** garlic, minced

1. Preheat oven to 350°F. Whisk together eggs and almond milk. Season with salt and pepper.

2. Mist a 12-count muffin tin with cooking spray. Add spinach, mushrooms and onion to 6 muffin cups and tomato, basil and garlic to remaining 6, making 12 total.

3. Pour egg mixture in each muffin tin until almost full. Bake for 15 minutes, until set. Remove and let cool completely before storing. (Makes 12 muffins/2 per serving.)

**NOTE:** Freeze 6 muffins, any variety, for Week 2.

Q GF W 30

## TURKEY LETTUCE CUPS

- 2 tbsp** avocado oil
- 12 oz** ground turkey
- 1** yellow onion, chopped
- 1** red bell pepper, chopped
- 1 cup** chopped cremini mushrooms
- 1 clove** garlic, minced
- ½ tsp** peeled and minced ginger
- butter or romaine lettuce leaves, for serving

### SAUCE

- 2 tbsp** coconut aminos
- 2 tbsp** rice vinegar
- ½ tsp** toasted sesame oil

1. In a large skillet on medium, heat oil. Add turkey and cook for 10 minutes, until browned and cooked through. Transfer to a plate. Add onion and cook 3 to 4 minutes, until softened. Add bell pepper and mushrooms; cook 5 minutes more. Add garlic and ginger and cook until fragrant, about 1 minute.

2. Whisk together sauce ingredients. Return turkey to pan, add sauce and cook until turkey is heated through. Serve in lettuce leaves. (Makes 3 servings.)

TOP  
TEN

## Tips for a Better Whole30

**1 / What's your "why"?** Grab a piece of paper, a matcha latte (try our recipe on p. 88) and a quiet space because it's time to figure out why you want to do the Whole30. What is it you're hoping to achieve? More energy? Reduced sugar cravings? Write out your "whys" and then post them where you will frequently see them to strengthen your commitment.

**2 / Create a supportive environment.** Remove trigger foods as well as non-compliant foods from home and work (donate or trash them). Instead, surround yourself with food that will nourish you and support your success.

**3 / Plan your meals each week.** Set aside time each week to map out your meals for each day. From that plan, make your shopping list and hit the market. Then plan for one to two hours on the weekend to meal prep the majority of your meals and book a little extra time most nights for quick prep and cooking.

**4 / Hydrate and add electrolytes.** You may feel flu-like during the first week as your body is detoxing from sugar, grains and dairy. This comes from losing excess water that's associated with inflammation, and with it go the electrolytes. Add real salt, eat magnesium- and potassium-rich foods, and drink plenty of water.





**5 / Break up with your scale.** The Whole30 discourages weighing yourself. Scales just measure your total weight, but it would be more important to know how much of that weight is fat, muscle, bone and water. For good health, you want lower body fat and high amounts of muscle, but the scale will not tell you this. Plus, weight can fluctuate from day to day due to water shifts. No one should wake up, hop on a scale and let that number determine their happiness for the day.

**6 / Enlist support.** Habit-change experts agree that it's easier to make lifestyle changes permanent when you enlist the help of your family, friends and coworkers. You can also join an online Whole30 support group on platforms like Instagram and Facebook.

**7 / Have a positive mindset.** Yes, there will be difficult days during the 30 days, but acknowledging them, staying positive and tackling them head on will make you feel so much more successful afterward.

**8 / Journal your journey.** The journey to better health is not a straight line. It will have detours and bumps in the road as well as beautiful views and open roads. Keep a record of your meals, sleep, stress levels, physical feelings, energy level, emotional state, hunger and cravings. There's no negativity allowed, just information that can be used to learn how to do better and maintain your success.

**9 / Move your body.** Weeks one and two may not be the ideal time to amp up your workout routine, but it is important to move your body every day. Walking inside or outside (connecting to nature is very healing as long as the weather permits), hiking or restorative or flow yoga would complement your healthier lifestyle.

**10 / Get enough sleep.** Sleep is when your body and brain go into repair mode. When you get enough good-quality sleep (seven to nine hours per night), your hormones that control hunger and fullness function properly and cravings for sugar and refined carbs will be at a minimum.

## Curry Butternut Squash Soup with Spiced Pepitas

P F V GF W 30

SERVES 6. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 1 HOUR, 20 MINUTES.

### SOUP

- 13.5-lb** butternut squash, trimmed, halved and seeded
- ½ large** yellow onion, chopped
- 4 cloves** garlic (peel on)
- 1** Granny Smith apple, peeled and chopped
- 3 cups** chicken or vegetable broth, divided
- 1 13.5-oz** BPA-free can full-fat coconut milk
- 1 tbsp** each curry powder and smoked paprika
- ½ tsp** each sea salt, ground black pepper and ground cinnamon
- ¼ cup** fresh cilantro leaves

### SPICED PEPITAS

- ¼ cup** raw pepitas
- 1 tsp** avocado oil
- ¼ tsp** each smoked paprika and ground cinnamon
- ⅓ tsp** ground cumin
- Pinch** sea salt

**1.** Preheat oven to 400°F. Place squash cut side down on a parchment-lined baking sheet with onions. Wrap garlic in foil and place on sheet. Roast for 20 minutes. Remove onions and garlic and let cool. Roast squash for 30 minutes more, until tender.

**2.** Once cool, scrape squash flesh from skin. Blend squash, onion, apple and garlic (discard peel) in a blender with one-third of broth until smooth. Add apple and coconut milk and blend. Transfer to a large pot; add remaining broth, curry powder, paprika, salt, pepper and cinnamon. Bring to a simmer and cook for 30 minutes.

**3.** Meanwhile, in a small bowl, mix all Spiced Pepitas ingredients; add to a small skillet on low. Cook 3 to 4 minutes, stirring every 30 seconds. Set aside to cool. Top soup with cilantro and spiced pepitas.

**NOTE:** If following our Meal Plan, freeze one-half of the soup for Week 2 in individual servings and store pepitas in an airtight container.

**PER SERVING** (⅓ of recipe): Calories: 300, Total Fat: 18 g, Sat. Fat: 13 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 2 g, Carbs: 37 g, Fiber: 7 g, Sugars: 10 g, Protein: 6 g, Sodium: 271 mg, Cholesterol: 51 mg







Q V GF W 30

## PURPLE POTATO LATKES

### PESTO TOPPING

- 1 cup** fresh basil
- 1 tbsp** fresh lemon juice
- 1 tbsp** nutritional yeast
- ½ tbsp** hemp seeds
- ¼ tsp** garlic powder
- ⅛ tsp** sea salt
- Pinch** ground black pepper
- 2 tbsp** extra-virgin olive oil

### LATKES

- 8 oz** purple potato, shredded
- 2 tbsp** almond flour
- 1 large** egg, beaten
- ½ tsp** each ground black pepper and garlic powder
- ¼ tsp** sea salt
- 3 tbsp** avocado oil

**1.** Prepare pesto: To a food processor, add all ingredients except oil. Pulse until basil is finely chopped. With motor running, drizzle in olive oil and process until smooth.

**2.** In a medium bowl, combine potato, almond flour, egg, pepper, garlic powder and salt. Let stand about 3 minutes then squeeze out as much water from mixture as possible.

**3.** In a medium skillet on medium-high, heat avocado oil. Divide mixture into 6 portions then form into balls. Add to skillet and flatten with a spoon or spatula. Cook 3 minutes, or until golden on the bottom. Flip and cook another 3 minutes. Transfer to a paper towel-lined plate. Top each latke with pesto. (Makes 3 servings.)

Q GF W 30

## SOUTH-OF-THE-BORDER HASH

- 2 1-oz** slices bacon, chopped
- ½ cup** chopped yellow onion
- 1** red bell pepper, chopped
- ½ cup** chopped Yukon Gold potatoes
- ½ tsp** each ground black pepper, ground cumin and smoked paprika
- ¼ tsp** sea salt
- 1 tbsp** fresh lemon juice
- 4 large** eggs
- 1** avocado

Heat a large nonstick skillet on medium-high and add bacon. Let some of the fat render out for 2 to 3 minutes then add onion, pepper and potatoes. Season with pepper, cumin, smoked paprika and salt. Cook for 7 to 8 minutes, until potatoes are cooked. Add lemon juice and stir to combine. Serve as directed in the Meal Plan with eggs and avocado. (Makes 2 servings.)





## SHOPPING LIST

## WEEK ONE

## PROTEINS &amp; DAIRY

- 2 dozen large eggs
- 9 oz smoked salmon
- 2 5-oz sea bass fillets
- 18-oz pkg bacon
- 2 5-oz boneless, skinless chicken thighs
- 12 oz medium shrimp, peeled and deveined
- 1 lb ground turkey
- 1 qt plain unsweetened almond milk

## VEGGIES &amp; FRUITS

- 2 16-oz pkgs fresh cauliflower rice
- 1 10-oz pkg baby greens
- 4 avocados
- 2 English cucumbers
- 1 bunch green onion
- 1 mango
- 8 oz green beans
- 8 oz baby new potatoes
- 8 oz purple potatoes
- 2 yellow onions
- 2 red bell peppers
- 8 oz cremini mushrooms
- 2 baby bok choy
- 2 heads garlic
- 1 5-oz pkg spinach
- 1 vine tomato
- 1 bunch fresh basil
- 13.5-lb butternut squash
- 4 Granny Smith apples
- 1 orange
- 1 lime
- 1 lemon
- 1 bunch fresh cilantro
- 2 pears
- 1 shallot
- 1 5-inch piece ginger root

## NUTS, SEEDS &amp; OILS

- 1 bottle avocado oil
- 1 bottle extra-virgin olive oil
- 1 bottle toasted sesame oil
- 1 bag hemp seeds
- 3.5 oz raw cashews
- 1.5 oz raw pepitas
- 1 bag sesame seeds

## PANTRY STAPLES

- 1 bottle garlic powder
- 1 bottle ginger powder
- 1 bottle curry powder
- 1 bottle smoked paprika
- 1 bottle ground cinnamon
- 1 bottle ground cumin
- 1 bottle ground turmeric
- 1 bottle red pepper flakes
- 1 bottle ground sea salt
- 1 bottle ground black pepper
- 1 bag almond flour
- 1 bottle coconut aminos (**TRY:** Coconut Secret Coconut Aminos)
- 1 bottle rice vinegar
- 1 bag arrowroot starch
- 1 qt low-sodium chicken or vegetable broth (**TRY:** Bonafide Provisions Organic Chicken Bone Broth)
- 2 13.5-oz BPA-free cans full-fat coconut milk
- 1 5-oz BPA-free can unsalted tomato paste
- 1 bag nutritional yeast

## WEEK TWO


## PROTEINS &amp; DAIRY

- 1 dozen large eggs
- 18-oz pkg bacon
- 12 oz medium shrimp, peeled and deveined
- 12 oz ground organic turkey
- 4 4-oz boneless, skinless chicken thighs
- 1 lb flank steak

## VEGGIES &amp; FRUITS

- 3 3-oz sweet potatoes
- 1 medium Yukon Gold potato
- 1 bunch chives
- 1 Medjool date
- 3 Granny Smith apples
- 1 English cucumber
- 3 carrots
- 4 red bell peppers
- 1 orange bell pepper
- 1 yellow bell pepper
- 1 oz bean sprouts
- 2 yellow onions
- 3 oz cremini mushrooms
- 1 head butter lettuce
- 8 avocados
- 1 bunch fresh basil
- 2 lemons
- 2 limes
- 1 lb Brussels sprouts
- 1 shallot
- 1 bunch cilantro

## PANTRY STAPLES

- 1 bottle onion powder
- 1 bottle ancho chile powder
- 1 oz sun-dried tomatoes
- 1 jar raw almond butter
- 1 bottle fish sauce 



# Beauty, *Inside Out*

Four supplements for healthy skin, hair and nails.

BY LISA TURNER



You can slather on expensive creams and treat your tresses to weekly masks – but the truth is, healthy hair, skin and nails are an inside job. Start with a diet rich in vegetables, fruits, healthy fats and plenty of water, while minimizing processed and refined foods. Also important: sleep and exercise. Studies suggest poor sleep quality is linked with signs of aging, and regular exercise not only keeps skin looking younger, but it may even reverse skin aging. High-quality supplements can boost your beauty-care regimen, too. Support healthy hair, nails and skin with these natural solutions.

## COLLAGEN

The most abundant protein in the body, collagen is a major component of skin, adding structural support and elasticity. As you age, the collagen matrix in skin begins to decline and regeneration slows dramatically. Without its collagen structure, skin starts to sag, and fine lines and wrinkles become more noticeable. Several studies suggest that taking collagen supplements can increase collagen levels in skin, reduce dryness, improve elasticity and moisture, and minimize fine lines and wrinkles. Other studies show that collagen may support nail health, enhancing growth, improving brittleness and reducing breakage. And the amino acids in collagen can be used to produce keratin, the primary protein found in hair.

**TRY:** Garden of Life Grass Fed Collagen Peptides (280 g). \$25, [gardenoflife.com](https://www.gardenoflife.com)





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## Antioxidants

Antioxidants, especially vitamins A, C, E and selenium, play a critical role in skin, nail and hair health. Vitamin A protects against sun damage and enhances skin repair, and it may also speed hair growth and improve its thickness. Vitamin C fights skin inflammation and stimulates collagen synthesis, and studies show supplementing with vitamin C improves skin elasticity, minimizes facial wrinkling and reduces signs of aging. Vitamin E protects against sun-induced skin damage and suppresses collagen breakdown in skin. Vitamin E works synergistically with vitamin C to improve skin elasticity and moisture; using a combination of the two is also more effective in protecting against sunburn and reducing skin cancer risk. Selenium, too, protects against sun damage, and deficiencies are linked with an increased risk of skin cancer. Studies show selenium to be an effective treatment for psoriasis and other inflammatory skin conditions as well, and some research suggests deficiencies may play a role in hair loss. **TRY:** Rainbow Light Nail, Hair & Skin Connection. \$25, rainbowlight.com

## HORSETAIL & BIOTIN

These two nutrients have long been used to promote healthy hair, skin and nails. Horsetail, derived from a perennial plant related to the fern family, is rich in silica compounds, important for synthesizing collagen and improving skin strength and elasticity. Silica may also reduce hair loss, increase hair strength and shine, and protect against soft, brittle nails and nail splitting. Biotin, a B vitamin, helps keep scalp and follicles healthy, and some studies suggest biotin deficiencies are linked with hair loss. Other trials have reported an improvement in firmness, hardness and thickness of brittle nails after taking biotin supplements. **TRY:** MegaFood Skin, Nails & Hair (60 count). \$30, megafood.com

## Astaxanthin

A red pigment that occurs naturally in algae, salmon, krill and lobster, astaxanthin is a carotenoid antioxidant that protects skin from inflammation and oxidative stress, a critical factor in skin aging. It may also inhibit enzymes that break down collagen and can protect against skin cancer. A number of clinical trials show supplementing with astaxanthin can reduce wrinkle formation, improve skin elasticity, combat age spots and minimize crow's feet around the eyes. It appears to be especially effective when combined with collagen supplements, and several studies suggest the two compounds work synergistically to prevent or reverse skin aging. **TRY:** New Chapter Perfect Hair, Skin and Nails with Astaxanthin (30 count). \$31, newchapter.com



Try this beauty-enhancing juice that's brimming with antioxidants.

## Radiance-Boosting Juice

SERVES 2.

This cocktail of nutritious produce delivers a dose of beta-carotene, the precursor to vitamin A, for skin repair and hair growth and vitamin C, a nutrient needed to make collagen, which helps maintain skin elasticity. For an extra boost, stir in a scoop of collagen powder before serving.

- 4–6** carrots, peeled
- 2** apples, roughly chopped
- 2** beets, scrubbed and trimmed
- 6 cups** spinach
- 1 2-inch** piece peeled fresh ginger, or to taste

Using a juicer, juice all ingredients.

**PER SERVING** (½ of recipe):  
Calories: 156, Total Fat: 1 g,  
Sat. Fat: 0 g, Carbs: 39 g,  
Fiber: 0 g, Sugars: 32 g,  
Protein: 6 g, Sodium: 243 mg,  
Cholesterol: 0 mg





# Freshmarket

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**PenguinRandomHouse.com**



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1. Source: SPINScan Natural / Natural Products Supermarkets x \$2MM / Total US – Natural Channel / Mushrooms Ingredient Report / 52 Wks 9/8/2019



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# Hit the Reset Button

Forget traditional detoxes – these products will get you back on track faster than you can say “cleanse.”

BY RACHEL DEBLING



## KNOT TODAY

Ease the aches and pains of your newly adopted fitness routine with Rocky Mountain Soap's naturally sourced Sport Massage Butter. **\$17, rockymountainsoap.com**

## SLICE & DICE

Meeting your daily plant-food quota will be a breeze with the easy-to-use OXO Food Mill, the perfect tool for creating smooth, veggie-packed purées and sauces. **\$50, oxo.com**



## IMPROVE CIRCULATION

Aid post-gym muscle recovery with the Vyper 2.0, which takes myofascial release therapy to the next level with the addition of vibrations. **\$199, hyperice.com**



## EXFOLIATE LIKE A PRO

Give your epidermis a whole new lease on life with the powerful PMD Personal Microderm Pro; it's like having a dermatologist on retainer. **\$199, pmdbeauty.com**

## DRY OUT

Abstaining from alcohol following New Year's? Get your friends to join you for a cuppa in lieu of wine night! This teapot from Pinky Up has peek-through sides so you can steep to your preference. **\$24, amazon.com**





### REST EASY

Better sleep can be tough to come by in the wake of the stressful holiday season. The Glow Light from the sleep experts at Casper can help you achieve it by winding you down naturally. **\$129, [casper.com](http://casper.com)**



### HYDRATE AWAY

Make 2020 the year you hit your hydration goals. Spärkel is the first home water-carbonation system that boasts no CO<sub>2</sub> tanks plus the ability to infuse flavors from real fruit. **\$100, [sparkel.com](http://sparkel.com)**



### TAKE IT SLOW

Inject a healthy dose of nutrients into your diet this winter with smooth soups, juices and nut milks made with the Hurom H101 Easy Clean Slow Juicer, which mimics the motion of hand juicing. **\$499, [hurom.com](http://hurom.com)**



### DEEPER BREATHS

Nothing can kill your get-healthy mindset quite like indoor allergens. Pack the Wynd Portable Air Purifier in your bag to remove pollens, dust and mold from the air at the office, on the road – wherever – and gain insights into your environment with its app. **\$200, [shop.hellowynd.com](http://shop.hellowynd.com)**



### *editors' pick*

#### NO GROWING PAINS

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# Eat Your Vitamin D

Look to these 7 sources when there's just not enough sun.

BY LISA TURNER



## Lisa Turner

WRITER, BOULDER, CO

When it comes to getting her daily dose of vitamin D, Lisa gets a lot of it the good old-fashioned way: by walking her dog and hiking with friends. And she's in the perfect location to do so. As she points out, "It's almost always sunny in Boulder!"



**Over the past decade, vitamin D** (technically a hormone) has become one of the most-researched nutrients: Not only is it critical for bone health, cell growth, immune function and other processes, it may also play a role in preventing inflammation and protecting against several forms of cancer. There's some controversy around how much you should get: While the recommended daily value (DV) for vitamin D was recently updated to 600 IU per day for adults, some studies suggest a higher intake (as much as 4,000 IU per day) is needed to maintain optimal blood levels. Your body produces vitamin D when UV rays from the sun hit your skin, but during the winter and in northern climates, you may not get enough. Because it's naturally present in very few foods, mostly animal products, vegetarians are at a high risk of deficiency. Here's how to meet your needs in the gray days of winter:



**Salmon.** It's a rich source of vitamin D, but the amounts vary depending on how the fish are raised. Wild-caught varieties are higher: Some contain as much as 988 IU of vitamin D per serving, compared with farmed salmon, which has only about 25% as much. Tuna, herring, mackerel, catfish and halibut are other good sources of vitamin D.

#### TRY THIS:

- **Mix** canned salmon with Greek yogurt, minced dill and capers.
- **Top** salmon fillets with Kalamata olives, chopped tomatoes and rosemary and roast until tender.
- **Combine** cooked salmon with cumin, salsa, green onions and avocado cubes and serve as tacos.



**Eggs.** One large, commercially raised egg has about 40 IU of vitamin D, but pasture-raised versions can have up to four times as much. Eggs from chickens that were fed vitamin D-enriched feed may have as much as 500 IU per egg. The vitamin D is concentrated in the yolk, so egg white omelettes won't do it; eat the whole thing.

#### TRY THIS:

- **Combine** eggs, chopped mushrooms, spinach and grated cheese, and bake in muffin tins for mini frittatas.
- **Mash** hard-boiled egg yolks with avocado and spread on sandwiches.



**Mushrooms.** Mushrooms are the only plant source of naturally occurring vitamin D; they contain a type of sterol, called ergosterol, that converts to D in the presence of sunlight. The primary form produced by mushrooms is D<sub>2</sub>, which some studies suggest is equally as effective as D<sub>3</sub>. Amounts vary depending on the type of mushroom; some commercially grown varieties are raised in the dark and contain little vitamin D, but if they're exposed to UV light, they can contain high amounts: one cup of UV-exposed portobellos, for example, provides more than you need in a day. To make sure you're getting D, look for mushrooms labeled "UV treated" or "high in vitamin D."

#### TRY THIS:

- **Brush** portobellos with olive oil and grill until tender.
- **Sauté** brown mushrooms with leeks and tarragon.
- **Toss** shiitakes with tamari and garlic and roast until tender.



**Sardines.** These small, oily fish in the herring family are also excellent sources of vitamin D, with 200 to 300 IU per serving. Like salmon, they're also loaded with omega-3 fats and other nutrients. The big plus: canned sardines are super-convenient, and if you buy the bone-in varieties, they're an excellent source of calcium, with about 350 milligrams per serving.

#### TRY THIS:

- **Sauté** canned sardines with roasted red peppers and arugula and toss with cooked pasta.
- **Top** pizza with tomato sauce, basil, fresh mozzarella and sardines.



**Oysters.** They're high in vitamin D – a six-oyster serving has around 270 IU of vitamin D – and low in carbohydrates and calories (around 50 calories per serving). Oysters are also loaded with zinc, important for immune function: One serving can have up to 59 milligrams, or about 500% of the DV.

#### TRY THIS:

- **Simmer** oysters with stock, milk, onions and garlic for a simple stew.
- **Mix** chopped smoked oysters with cream cheese and spread on crackers.
- **Top** oysters in the shell with lemon and garlic and broil.





**Dairy.** While vitamin D doesn't naturally occur in milk, cheese, yogurt or other dairy products, most varieties have added D. In the 1930s, the United States began fortifying milk with vitamin D to enhance calcium absorption and prevent rickets, a childhood skeletal disease. Dairy from grass-fed or pastured animals is also higher in omega-3 fats and other nutrients.

#### TRY THIS:

- **Warm** full-fat Greek yogurt with minced garlic, parsley and shredded Parmesan cheese for a healthier Alfredo sauce.
- **Simmer** milk, honey, vanilla and unflavored gelatin, pour into ramekins and let cool until firm.
- **Purée** milk, frozen cherries and cocoa powder, sweeten to taste and freeze in an ice-cream maker.



**Soy milk.** Because animal products are the only sources of vitamin D<sub>3</sub>, vegans, vegetarians or people with dairy sensitivities may be at risk for vitamin D deficiency, so most soy, almond, oat and other plant-based milk substitutes are fortified. Most varieties contain between 15 and 25% of the DV for vitamin D per cup, about the same as cow's milk. Plus, most are also fortified with calcium for bone health. Fortified orange juice is another good option for vegans, vegetarians or those with dairy sensitivities.

#### TRY THIS:

- **Blend** fortified orange juice, vanilla soy milk and ice cubes until smooth.
- **Whisk** soy milk with probiotic powder in a bowl, cover with a towel and let stand for 24 hours for dairy-free yogurt.
- **Simmer** soy milk with cinnamon, cardamom, ginger and vanilla, then whisk in matcha green tea powder.

## VITAMIN D:

### What to Consider When Buying a Supplement

**DOSAGE.** While dozens of studies have shown beneficial effects of vitamin D on overall health and mortality, there's still some controversy around the ideal dosage. In 2010, the Institute of Medicine (IOM; recently renamed as the Health and Medicine Division of The National Academies of Sciences, Engineering and Medicine) updated its recommendation to 600 IU per day for adults. However, some research suggests that's not enough. In one study, even a daily dose of 2,000 IU failed to maintain proper blood levels. The IOM also increased its "upper level intake" to 4,000 IU per day. However, John Jacob Cannell, MD, executive director of the Vitamin D Council, suggests it's safe to take more than 4,000 IU per day without exceeding the IOM's NOAEL (no observed adverse effects level) of 10,000 IU.

**POTENCY AND PURITY.** Some research shows vitamin D potency varies widely from the amount on the label; in one study, actual vitamin D content ranged from 9 to 146% of the expected dose. Additionally, many softgels use soybean oil or corn oil – which may contain GMOs – as carriers. Look for USP-verified supplements to ensure potency, and choose softgels made with extra-virgin olive oil or organic palm oil.

**VEGAN-FRIENDLY FORMS.** Because D<sub>3</sub> supplements are derived from animal sources, like sheep lanolin or the skins of fatty fish, they're not suitable for vegans. Vitamin D<sub>2</sub>, or ergocalciferol, is a vegan-friendly version, produced by exposing ergosterol – a compound found in plants, mushrooms and yeast – to UV rays. While D<sub>3</sub> is thought to be more bioavailable, some studies show D<sub>2</sub> is just as effective as D<sub>3</sub> in maintaining blood levels of vitamin D, and new research recommends either D<sub>2</sub> or D<sub>3</sub> for treating deficiencies. Or look for a vitamin D<sub>3</sub> from lichen and labeled vegan-friendly.

**SUBLINGUAL FORMS.** Some studies suggest sublingual (taken under the tongue) forms of vitamin D have superior availability. When you take tablets, they have to be broken down in the gastrointestinal tract; how well they're absorbed depends on digestive enzymes, intestinal flora and overall digestive health. Sublingual forms bypass the digestive system and are absorbed through mucous membranes in the mouth, where a rich network of capillaries delivers them to the bloodstream. In one study, sublingual absorption of vitamin D was three to 10 times higher than other forms.

**MAGNESIUM.** Magnesium is crucial in maintaining vitamin D levels; it aids in the activation of vitamin D, and enzymes that metabolize vitamin D require magnesium. But because of chronic diseases, medications and the processing and refining of foods, many Americans get less than the required amount. Newer research says magnesium supplementation should be considered an important aspect of vitamin D therapy, and taking magnesium can reduce the risk of vitamin D deficiency. ☞



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# Mighty Matcha

This homemade latte skips the sugar and dairy that most store-bought lattes contain in favor of creamy coconut milk and the full-bodied flavor of matcha for a smooth, rich drink.

## Coconut Matcha Latte

(P) (Q) (V) (GF) (W 30)

SERVES 4.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 15 MINUTES.

**1 13.5-oz** BPA-free can full-fat coconut milk

**1¼ cups** water

**2 tsp** matcha powder

**1 tsp** pure vanilla powder

**1** pitted date, optional

**Pinch** sea salt

1. In a small saucepan on medium, bring coconut milk and water to a simmer (do not let it boil).

2. Place matcha in a small bowl. Whisk in about ¼ cup milk mixture. Transfer to a blender; add vanilla powder, date (if using) and salt. Pour remaining warm milk mixture into blender; blend for 30 seconds to 1 minute, until well mixed and frothy.

**PER SERVING** (¼ of recipe): Calories: 193, Total Fat: 21 g, Sat. Fat: 18 g, Monounsaturated Fat: 1 g, Polyunsaturated Fat: 0 g, Carbs: 4 g, Fiber: 0 g, Sugars: 0 g, Protein: 2 g, Sodium: 41 mg, Cholesterol: 0 mg



### BENEFICIAL BREW:

Tests show matcha delivers up to 25% more cancer-fighting and metabolism-boosting epigallocatechin gallate (EGCG) per cup than steeped green tea.



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