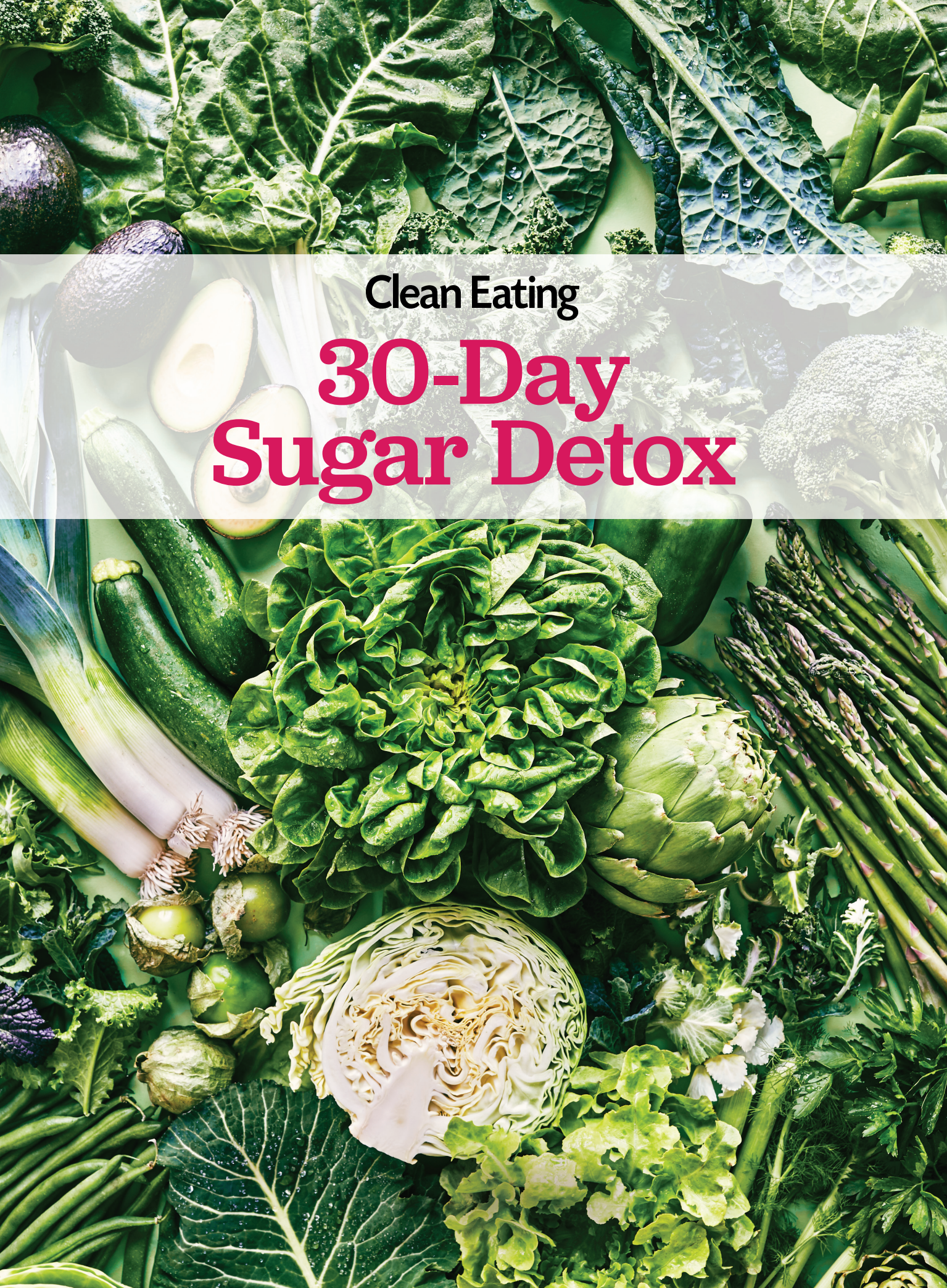
Clean Eating
30-Day
Sugar Detox

Your *CE* Recipe Guide

No sugar? No problem! You won't miss the white stuff with this exciting selection of meals, snacks and, yes, even desserts.

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ON THE COVER

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- **P** Paleo
- **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 and/or tamari. All of these ingredients are available in gluten-free and regular varieties.*

NOTE ON NUTRITIONAL VALUES
These dishes have zero added sugar – any sugar included in the total nutrients is naturally occurring.

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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.

Include a lean protein, plenty of fresh fruit and vegetables, and a complex carbohydrate with each meal. This keeps your body energized and burning calories efficiently all day.

Choose organic whenever possible. If your budget limits you, make meat, eggs, dairy and foods on the Dirty Dozen list (ewg.org/foodnews) your organic priorities.

Drink at least two 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 red wine a day.

Get label savvy. Clean foods contain short ingredient lists. Any product with a long ingredient list is likely 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.

Consume humanely raised, local meats and ocean-friendly seafood. Visit seachoice.org for more.

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

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Take a break from the sweet stuff

Sugar. Most people crave it — every single day. Unfortunately, research continues to build linking sugar consumption to major diseases, including diabetes and heart disease. We know we need to break up with the sweet stuff, but for many of us, it's hard to do. Here are some compelling reasons to cut back, from *Clean Eating*'s resident dietitians, Tiffani Bachus and Erin Macdonald (who also wrote the complete guide to sugar on pages 10 to 19 and the Ditch Sugar Meal Plan on page 90).

1 / **It's addictive.** Sugar not only fuels your brain's cells, it also lights up your brain's reward system. When sugar levels run low, your brain sends a signal – in the form of a craving – encouraging you to keep the steady supply of pleasure coming. By constantly rewarding those cravings, you get stuck on the sugar roller coaster.

2 / **It increases belly fat.** Many health professionals believe high sugar intake (most Americans consume 82 grams of sugar daily) is a major factor in rising worldwide obesity rates. When you eat sugar, it breaks down into glucose and fructose, some of which enters your bloodstream. Your pancreas produces insulin to move glucose from your bloodstream into your cells where it will be burned for energy or stored as fat. Fructose gets metabolized in the liver, where it can be used for energy or converted into glycogen, your body's warehouse for storing glucose. When your glycogen stores are full, fructose gets converted to fat, which damages the liver, contributing to nonalcoholic fatty liver disease.

3 / **It hurts your gut microbiome.** The community of healthy and unhealthy microbes that live inside you, especially in your gut, is so important to your health that scientists consider it another organ! Unhealthy bacteria thrive on sugar and simple carbohydrates and are believed to contribute to increased inflammation in the body, which can manifest as obesity, hypertension or blood sugar instability.

4 / **It contributes to type 2 diabetes and Alzheimer's disease.** Eating the high-sugar Standard American Diet (SAD) is linked to a condition called insulin resistance, which causes blood sugar levels to remain consistently elevated, increasing your risk for type 2 diabetes. People with type 2 diabetes are 60% more likely to develop Alzheimer's or dementia than those who don't have it.

5 / **It ages you.** When sugar reacts with protein in the body, harmful compounds known as advanced glycation end products (AGEs) can form, and they can exacerbate skin aging (think wrinkles). AGEs damage collagen and elastin, which keep skin looking youthful and supple.

6 / **It weakens the immune system.** A steady intake of sugar can have an impact on how white blood cells perform and increase inflammatory markers. High sugar intake over time also can have a cumulative effect on your overall immunity because of how it increases the risk for insulin resistance, obesity (especially belly-fat accumulation), inflammation and an imbalance of healthy and unhealthy gut bacteria.

When you really think about it, these are some convincing reasons to reexamine your relationship with sugar. Does it mean you can't enjoy a piece of cake on your birthday or indulge in a margarita on vacation? Of course not. But on a day-to-day basis, there are ways to cut back, better options when you do wish to sweeten a recipe and ways to retrain your brain to depend on sugar less so that you can become healthier all around. This 30-Day Sugar Detox is a solid place to start. And be sure to make use of our two two-week meal plans plus shopping lists at the back to complete a full one-month reset. Just wait and see how energized, clear-minded and fresh you feel once you remove sugar from your daily life for a period of time!

Alicia Tyler
Editor-in-Chief

Write to us! We're listening.
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PHOTO BY PIERRE GAUTREAU; HAIR STYLING & MAKEUP BY VALERIA NOVA; FASHION STYLIST (REPRESENTED BY JUDY INC.) RACHEL MATTHEWS BURTON

Quit Sugar

Do you get a sugar craving every day around 3 pm? Is dinner not complete without dessert? Does chocolate make you feel better when you're sad or anxious? If you answered "yes" to any of these questions, you might have an unhealthy relationship with sugar.

BY **TIFFANI BACHUS, RDN,** AND **ERIN MACDONALD, RDN**

Research continues to show a strong correlation between sugar consumption and a myriad of health conditions, including heart disease, diabetes, obesity and Alzheimer's. And sugar isn't just found in the obvious sweet foods – it also hides under many different names. In this section, we explain what sugar is, how your body metabolizes it, why you crave it and the impact it has on your health. We packed these pages with useful tips to help you gain control over your sugar consumption so you can still enjoy it in smaller amounts.

THE MANY FORMS OF SUGAR

Quite often, the word "sugar" gets used rather generically and is the source of much confusion. It's time for a refresher course on the sweet stuff. There are six major forms of sugar, three of which are monosaccharides (one molecule) and three of which are disaccharides (two molecules bonded together). The monosaccharides are glucose, fructose and galactose. The disaccharides are sucrose, lactose and maltose.

MONOSACCHARIDES:

GLUCOSE
is the primary energy source for the body and brain. Glucose is the end product of carbohydrate metabolism. Starches are comprised of long chains of glucose.

GALACTOSE
is a simple sugar found in milk and dairy foods.

FRUCTOSE
is a simple sugar found in fruits, honey and root vegetables. Fructose has very little impact on blood sugar levels, and because of this, a crystalline form of fructose is added to many foods marketed as "sugar-free" or "diabetic-friendly."

DISACCHARIDES:

SUCROSE
is the most common disaccharide, comprised of glucose and fructose. Listed as simply "sugar" on a food label, this is the white stuff in granulated or cube form commonly stirred into coffee or tea and added to baked goods. Table sugar is produced from sugar cane or sugar beets.

LACTOSE,
found naturally in milk, is a disaccharide composed of one galactose unit and one glucose unit.

MALTOSE
is a disaccharide composed of two glucose units. Maltose is found in molasses and is used in fermentation.

DONUT PHOTO BY PORMEZZ/SHUTTERSTOCK.COM, SUGARS PHOTO BY BOWONPAT SAKAEW/SHUTTERSTOCK.COM

THE MANY NAMES FOR SUGAR

When you read a food label at the market, you might be overlooking many forms of sugar as it can have many names. In fact, there are at least 52 different names for sugar that are hiding in plain sight!

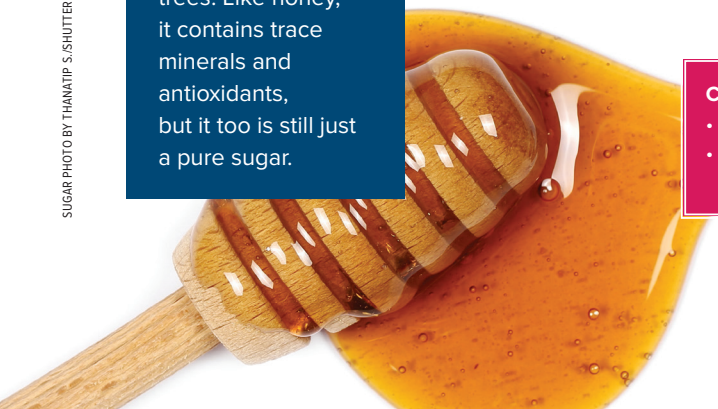
Barley malt
Beet sugar
Blackstrap molasses
Brown rice syrup
Brown sugar
Buttered syrup
Cane juice crystals
Cane sugar
Caramel
Carob syrup
Castor sugar
Coconut sugar
Confectioners' sugar (powdered sugar)
Corn syrup
Corn syrup solids
Crystalline fructose
D-ribose
Date sugar
Demerara sugar
Dextrin
Dextrose
Diastatic malt
Ethyl maltol
Evaporated cane juice
Florida crystals
Fructose
Fruit juice
Fruit juice concentrate
Galactose
Glucose
Glucose solids
Golden sugar
Golden syrup
Grape sugar
Honey
Icing sugar
Invert sugar
Lactose
Malt syrup
Maltodextrin
Maltose
Maple syrup
Molasses
Muscovado sugar
Panela sugar
Raw sugar
Refiners' sirup
Rice syrup
Sorghum syrup
Sucanat
Treacle sugar
Turbinado sugar
Yellow sugar

OTHER COMMON FORMS OF SUGAR

- **High-fructose corn syrup (HFCS)** is a mixture of glucose and fructose produced from corn. The most common form of HFCS has 55% fructose and 45% glucose.
- **Corn syrup** is made from corn and is usually 100% glucose.
- **Agave** is a very popular sweetener from the agave plant because it has less of an impact on blood sugar levels. It is 70 to 90% fructose and 10 to 30% glucose.
- **Honey** is made by bees from the nectar of a flowering plant. There are many types of honey, based on the nectar source. Although it is rich in antioxidants and does have some antimicrobial properties, it is still a pure sugar.
- **Maple syrup** is made from the circulating sap of sugar maple trees. Like honey, it contains trace minerals and antioxidants, but it too is still just a pure sugar.

Commercially produced sugar is added to foods for a variety of reasons:

- Heightens sweetness
- Contributes to food structure and texture
- Causes crystallization
- Aids in growth of yeast in baked goods
- Prevents spoilage



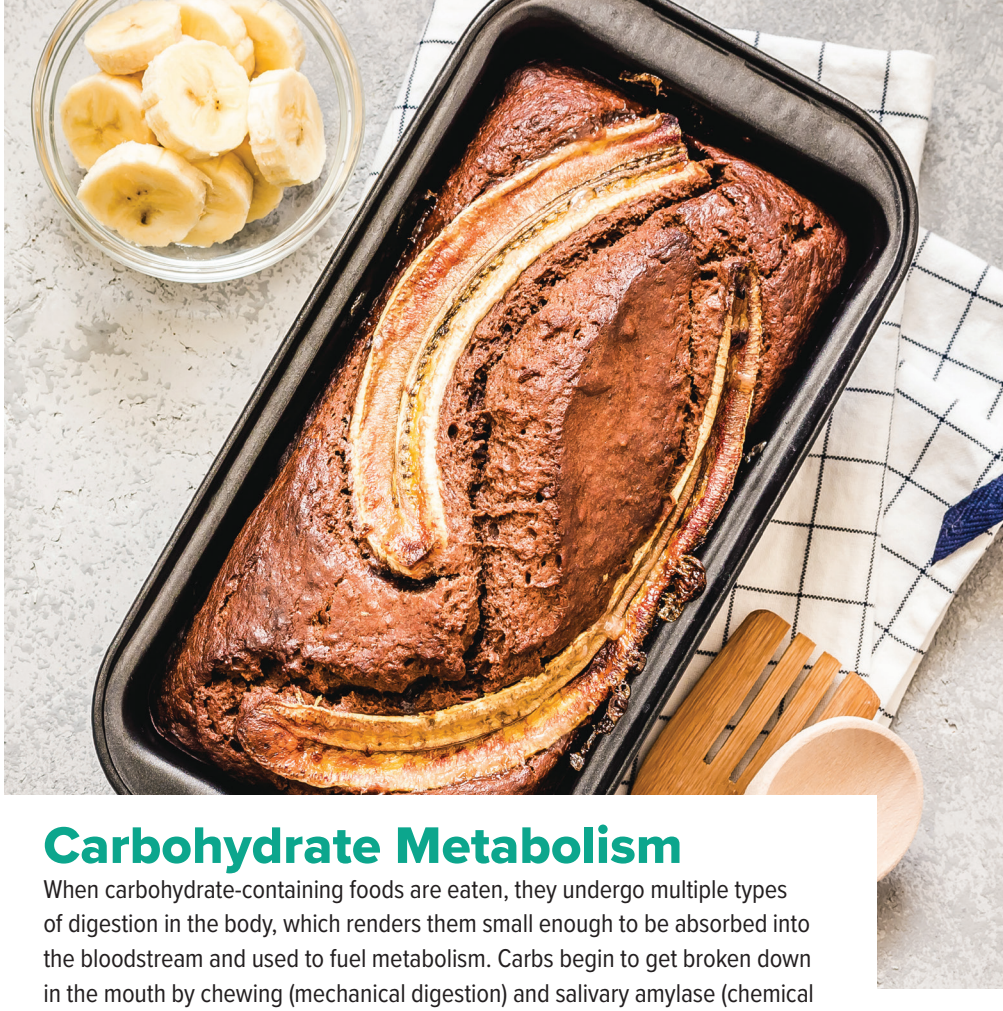
SUGAR PHOTO BY THANATIP S./SHUTTERSTOCK.COM, HONEY PHOTO BY XPIXEL/SHUTTERSTOCK.COM

Carbs and Sugar: Are They the Same Thing?

Dietary carbohydrate is one of the three macronutrients (protein and fat are the other two) that fuel the body with calories that are needed to sustain life. Dietary carbs are composed of a broad range of sugars, starches and fiber. Carbs are found in grain products, fruit, vegetables, milk products and meat alternatives such as nuts, seeds and legumes, in addition to all forms of sweet beverages and foods. When people refer to "sugar," they often assume it is the familiar sweetener known as sucrose (table sugar or white sugar). As previously mentioned, there are many types of sugars, classified according to their chemical structure.

One specific type of carbohydrate that needs mentioning is fiber. There are two kinds of fiber: soluble (found in pectin and inulin) and insoluble (cellulose), and you need both. We will discuss the importance of fiber throughout this section.

The bottom line is that all the carbs you eat (sugar being one type) will be broken down in the body to the simplest forms of sugar – fructose and glucose – and then used by the body for energy metabolism or stored as fat. Carbs contain four calories per gram and there are 16 calories per teaspoon (four grams of sugar).



BANANA BREAD PHOTO BY IRINA ROSTOKINA/SHUTTERSTOCK.COM. SODA CAN PHOTO BY MEGA PIXEL/SHUTTERSTOCK.COM

Carbohydrate Metabolism

When carbohydrate-containing foods are eaten, they undergo multiple types of digestion in the body, which renders them small enough to be absorbed into the bloodstream and used to fuel metabolism. Carbs begin to get broken down in the mouth by chewing (mechanical digestion) and salivary amylase (chemical digestion). Once the food reaches the stomach, acid continues to break it down so it is small enough to enter the small intestines where enzymes break it down into monosaccharides. Once in this form, the simple sugars cross over into the bloodstream and are transported to the liver where they are either used by the liver or further distributed to the rest of the body.

Fiber, found in plant foods, impacts the digestion and absorption of glucose. Insoluble fiber acts like a latticework in the upper small intestines, and soluble fiber acts like a sponge, plugging up the holes. Together, they slow the rate at which sugars get digested and metabolized and how they impact your blood sugar level. Most fiber is resistant to digestion and continues to travel through your digestive tract where it will be consumed by gut bacteria and promote good health.

When glucose enters the bloodstream (known as blood sugar or blood glucose), blood glucose levels rise, which signals the pancreas to release insulin, a hormone responsible for shuttling the glucose out of the bloodstream and into the cells where it will be burned for energy. At least this is what's supposed to happen in a healthy person. **The circulating glucose has one of three fates:**

1. It is taken in by the cells and used for energy.
2. It will be stored in the liver and muscles as glycogen, which will later be converted back into glucose for energy.
3. It gets converted into body fat.

In metabolically unhealthy people – those who are overweight (i.e., have a high body-fat percentage) or inactive, have abdominal obesity, high blood pressure, dyslipidemia, high stress levels or poor sleep or who smoke – the cells don't always respond to the insulin, and, as a result, insulin resistance develops. This increases a person's risk for a number of health conditions, which will be covered later.

What's the Difference Between Natural and Processed Sugar?

Yes, there is a difference between natural and added sugars. Natural sugars are the sugars that naturally occur in foods like fruit (fructose) and milk (lactose). Added sugars are sugars and syrups that are added to processed foods to change their flavor, improve texture or extend shelf life. Added sugars sneak into many foods, even those that don't taste sweet. Here are some of the most common processed foods that typically contain added sugars:

- Salad dressing
- Pasta sauce
- Barbecue sauce, hot sauce, ketchup, mayonnaise
- Soup
- Bread
- Yogurt (especially flavored and drinkable yogurts)
- Cereal
- Granola
- Kombucha

Naturally occurring sugars should not present a significant health problem unless you have an allergy, sensitivity or intolerance to them. For example, many people are lactose or fructose intolerant, which means they lack necessary enzymes to help break these sugars down for proper digestion. As a result, foods containing these sugars can cause a number of symptoms, primarily digestive (gas, bloating, diarrhea), soon after they're ingested. The best treatment is supplementing with the proper digestive enzymes or avoiding those types of food.

When reading food labels, it's difficult to know how many grams of sugar are naturally occurring and how many are added. Although food labels list only total sugar (in grams), change is coming and the FDA will require manufacturers to list added sugars by July 1, 2021. A read-through of the ingredient list should help determine if added sugars make up a large proportion of your food. If one of the first five ingredients is a type of sugar, it likely contains a high amount. Manufacturers try to skirt this issue by using smaller amounts of various kinds of sugar so they end up toward the bottom of the ingredient list. Pretty sneaky!

The American Heart Association recommends limiting added sugars to no more than 25 grams (six teaspoons) per day for most women and no more than 36 grams (nine teaspoons) each day for most men.

Is Too Much Fructose Harmful?

Fructose has gained a lot of attention over the past few years. It is a monosaccharide that makes up 50% of table sugar, but it is metabolized differently than glucose. Scientists are concerned that excessive intake may contribute to metabolic disorders. Fructose is metabolized almost completely in the liver and used to make glucose, replenish liver glycogen and synthesize triglycerides. Triglycerides can build up in liver cells and damage liver function. Triglycerides released into the bloodstream can contribute to the growth of fat-filled plaque inside artery walls.

Before the food industry started mass producing refined sugar, humans rarely consumed fructose in large amounts since you could only get it by eating fruits, vegetables and tubers. Many anti-sugar and anti-fructose scientists point out the correlation of increased intake of refined sugars with an increase in metabolic diseases.

NATURAL SUGARS PHOTO BY MATT GIBSON

Why You Crave Sugar

A craving is an intense desire for a specific food. Cravings are rooted in the regions of the brain that are responsible for memory, pleasure and reward. Unfortunately, food cravings can be a major roadblock for people trying to maintain a healthy lifestyle.

There are many reasons a craving for sugar will happen:

EMOTIONAL Intense feelings of emotion – happiness, sadness, anger, frustration, loneliness, boredom, fear or anxiety – will cause someone to reach for something sweet or starchy as the glucose will increase the production of the neurotransmitter serotonin, which brings on a feeling of calm.

HORMONAL When certain hormones are too high or too low, it's a signal for the body to crave fast-acting sugar.

NUTRIENT DEFICIENCY If your diet is very restrictive or limited in its variety of foods, inadequate intake of micronutrients (vitamins and minerals) can occur, many of which can lead to cravings in sugar. Calcium, magnesium, zinc and chromium are the most common micronutrient deficiencies associated with sugar cravings. Also, if you undereat at meals or over the course of a day, your body will crave calorie-dense foods – sweet, processed and fried foods – to sustain it.

ENVIRONMENTAL There are many environmental cues that cause you to crave sugar. It could be the bowl of candy sitting on a coworker's desk, the tray of donuts in the workroom or the vending machine that you make a beeline for every day at 3 pm for a sugar-rich "pick-me-up."

The Addictive Nature of Sugar

Sugar is known to be incredibly addictive. When you consume sugar, your body produces a large amount of dopamine, a neurotransmitter that is associated with pleasure and reward. When dopamine levels decline, you seek out more sugar to keep that dopamine rush going. Sugar lights up the same reward centers as cocaine and heroin. Over time, your tolerance for sweets builds up, so you need more to reward yourself. When trying to remove sugar from your diet, you might experience symptoms of withdrawal including fatigue, depression and headaches. Sugar also spurs the release of the neurotransmitter serotonin, which produces a feeling of calm and relaxation. Here are five factors that can contribute to sugar cravings:

BLOOD SUGAR IMBALANCE

When blood sugar levels run low, your body perceives your fuel levels to be low. Because survival is your body's primary goal, it sends out signals for the most rapidly acting fuel – sugar. Meals that are high in carbohydrate and low in protein and fat, too low in calories and spaced too far apart are all causes for low blood sugar.

CRAVING PHOTO BY ANTONIO GUILLEM/SHUTTERSTOCK.COM

IMBALANCED MEALS & MEAL TIMING

Let's expand a little on two of the above-mentioned causes of low blood sugar – imbalanced meals and meal timing. Meals that do not have sufficient amounts of protein and fat to balance out the carbohydrate-containing food are not "macro-balanced." The Standard American Diet (aka the Westernized diet) is one that is rich in refined carbohydrates and low in protein and healthy fat. High-carb meals spike blood sugar and insulin levels, which can lead to both a low blood sugar level (and sugar cravings) and fat storage. Fat and protein, in addition to fiber, are crucial for preventing blood sugar levels from quickly rising. They help provide a steady rise and maintenance of energy. Make sure that every meal and/or snack contains some kind of fat and/or protein to accompany any carbohydrates being consumed. When it comes to meal timing, we see imbalances in blood sugar occur when you go too many hours between meals. This can result from meal skipping, intermittent fasting or prolonged fasting. While there is ample evidence that multiple types of fasting have health benefits and can ultimately help reduce sugar cravings, if you're unaccustomed to it or have poor metabolic flexibility, you may find yourself struggling with sugar cravings initially.

STRESS

When you are under stress – from work, finances, kids, relationships, your health – your adrenal glands release cortisol (the stress hormone). High cortisol causes your liver to release glucose into your bloodstream (high blood sugar). Once blood sugar is high, your pancreas releases insulin to lower blood sugar levels to normal, which can often overcorrect, leading to low blood sugar and the craving for sugar and quick-carb foods. This is the roller coaster ride of blood sugar. When stress levels are high from strong emotional feelings – sadness, fear, anxiety, loneliness – we often turn to sugar to soothe. Little do we realize that the fast-acting carbs in sugar increase the production of serotonin, which makes us feel calm and relaxed.

LACK OF SLEEP

All it takes is one night of bad sleep to impact the hormones that regulate hunger and fullness and increase your cravings for sugar-rich food. Ghrelin, the hunger hormone, should be low most of the day and begin to rise when you are hungry and then taper off when you are full. Leptin, the satiety hormone, should start to rise at the end of a meal, signaling fullness. After a night of poor sleep, ghrelin levels markedly increase and stay elevated all day while leptin levels stay low, which means you're feeling hungry all day and never full and satisfied. If that weren't enough, the lack of quality sleep hinders your willpower, leading to impulsive behaviors, like reaching for sugary snacks.

DEHYDRATION

Hunger and thirst can produce similar sensations in the brain and make you think you're hungry when what you really need is water. Thirst is a poor indicator of hydration status, as by the time you feel thirsty, you're actually 1 to 2% dehydrated, which can have a significant impact on cognition, hunger, energy and body temperature regulation. Drink plenty of water throughout the day.

SUGARY FOOD PHOTO BY BRANDON BARRÉ

SUGAR-HEALTH CONNECTIONS

HEART DISEASE

A study in the *Journal of the American Medical Association* found that people who ate between 17 and 21% of their calories from added sugar had a 38% higher risk of dying from heart disease compared with people who consumed 8% or less of their calories from sugar. The average person consumes 256 extra calories a day in the form of added sugar, which contributes to weight gain, increased triglycerides and small, dense LDL particles, all of which contribute to atherosclerosis.

CANCER

Cancer is caused by genetic mutations. However, many experts believe that sugar feeds cancer cells and high blood sugar can contribute to cancer cells becoming resistant to cell death and tumors becoming resistant to chemotherapy.

Obesity is another risk factor for developing cancer. Obesity changes hormone levels in the body, which is associated with a higher risk of developing cancer and having cancer recur or progress.

MICROBIOME

Your gut is home to trillions of bacteria, viruses and fungi, each of which plays a different role in your health. The goal is to have a balance of bacteria types (probiotics) and a large variety of different bacterial strains. The gut microbiome impacts how food is digested, impacts blood sugar levels, has a role in the production of neurotransmitters and supports your immune system.

Probiotics thrive on indigestible fibers, known as prebiotics, that are found in green bananas, cooked and cooled rice, artichokes, asparagus, onions, oats and many other plants. On the other hand, when too much sugar is consumed, as is common in the typical Westernized diet, it can affect the number and types of bacteria in your gut. While there is no one-size-fits-all approach to a healthier microbiome, we suggest reducing or removing sugar, refined carbs and processed foods and nourishing with a whole-food diet balanced in carbs (fiber), protein and fat.

DENTAL HEALTH

When you eat something high in sugar or refined carbohydrates and you don't immediately rinse your mouth or brush your teeth, the sugar sits on the surface of your teeth and attracts harmful bacteria. These bacteria feed on the sugar and form dental plaque that produces lactic acid, which lowers the pH in your mouth (making it more acidic) and dissolves minerals from tooth enamel (demineralization). While saliva helps to reverse this damage through remineralization, over time, the enamel is weakened and destroyed by repeated exposure to sugary and sticky foods.

HEALTHY SKIN

Regular consumption of sugar and refined carbohydrates impacts skin throughout its life cycle. Sugar leads to a burst of inflammation that goes throughout the entire body. The large insulin spikes that come with high sugar intake increase production of skin oils and contribute to growth of pore-clogging cells, which cause acne. Sugar can also contribute to aging, sagginess and wrinkles through the production of advanced-glycation end products (AGEs).

Glycation is the oxidative process in which free sugars bind with free proteins, DNA and lipids, leading to loss of protein, function and impaired elasticity of tissues like skin, tendons and blood vessels. The glycation reaction is highly accelerated in the presence of high blood sugar.

BLOOD SUGAR, INSULIN RESISTANCE & DIABETES

One in three Americans has a silent blood sugar problem known as insulin resistance. Insulin resistance increases your risk of developing prediabetes, type 2 diabetes, obesity and Alzheimer's disease. Here's the cycle that leads

STETHOSCOPE PHOTO BY SITTHIPHONG/SHUTTERSTOCK.COM

to insulin resistance: Eat sugary and high-carb foods; the pancreas produces insulin; cells resist insulin; insulin stores sugar as fat; you feel tired and crave sugar; repeat.

While genetics, age and ethnicity play a role in developing insulin resistance, controllable factors, such as high body weight/body fat, large waist circumference, inactivity, poor sleep habits and smoking, have much more of an impact.

Insulin resistance develops when the cells ignore or resist the signal from insulin, which asks cells to open up so sugar from the blood can enter the cell and be burned for energy. When cells don't respond to the insulin, the sugar has nowhere to go except float around the blood, causing inflammation, oxidation and glycation, or it gets turned into fat and stored in cells. Or it gets turned into fat and stored in fat cells. Over time, the beta-cells in the pancreas can get worn out and no longer keep up production of insulin to meet the demand of rising blood sugar. When this happens, prediabetes or diabetes is diagnosed.

While sugar consumption doesn't directly cause diabetes, eating excess sugar and refined carbs can contribute to weight gain and impact the function of insulin.

The good news is that insulin resistance can be reversed. Lower-carbohydrate diets, exercise, sleep, stress management and smoking cessation are all lifestyle factors that can heal the body and improve insulin sensitivity.

COGNITIVE HEALTH & MOOD

Research has indicated that over-consumption of sugar triggers imbalances in certain brain chemicals, which increases chances of outcomes such as depression and anxiety. Excess sugar impacts dopamine (a neurotransmitter that deals with the brain's reward system) similar to a potent narcotic.

Sugar is also linked to cellular inflammation, and some studies are indicating that this is a likely culprit in the onset of depression. While there is no conclusive proof that sugar consumption is a direct cause of depression, there is a decent indication that excess sugar is at least a contributing factor to depression in some people.

Sugar has also been found to suppress brain-derived neurotrophic factor (BDNF), a natural antidepressant. BDNF stimulates the formation of new brain cells and protects the brain from neurodegenerative diseases. Sugar, especially when combined with high fat intake, decreases BDNF production. Low BDNF is associated with depression, anxiety disorders, dementia and Alzheimer's disease.

Additionally, Alzheimer's disease (AD) is now being called "type 3 diabetes," as there is a strong correlation between insulin resistance, diabetes and Alzheimer's. Scientists think that insulin resistance in the brain is a contributor to memory and cognitive decline associated with AD.

BLOOD SUGAR TEST PHOTO BY PROXIMA STUDIO/SHUTTERSTOCK.COM

WEIGHT

Daily consumption of high-sugar foods causes chronically high blood glucose and insulin levels. As discussed previously, your cells stop responding to insulin, known as insulin resistance. When insulin is not able to help shuttle glucose into cells for energy, it takes the excess blood sugar and puts it into fat storage. High blood sugar and insulin levels also impact the satiety hormone, leptin, causing leptin resistance, which blunts the fullness signal.

High blood sugar levels are seen as a stress to the body, which causes a release of the stress hormone cortisol. Elevated cortisol levels are linked to weight gain, especially in the midsection of the body. This type of fat is the most damaging as it forms around and through your organs, like your liver and pancreas, producing more inflammation and more cortisol.

LIVER FUNCTION

When fructose enters the liver, complex chemical transformations take place. When limited glycogen stores are full, excess fructose is converted into liver fat via a process known as lipogenesis, resulting in nonalcoholic fatty liver disease (NAFLD). NAFLD increases harmful LDL, increases blood pressure, promotes buildup of fat around organs and makes tissues insulin-resistant.

This looks just like what happens in the livers of those who consume too much alcohol. It affects up to 30% of adults in the US and other countries and affects between 70 and 90% of those who are obese or have diabetes. Left unaddressed, NAFLD can develop into nonalcoholic steatohepatitis (NASH), a more harmful disease state that occurs when scar tissue (fibrosis) is visible in the liver and can develop into advanced scarring or liver cancer.

Common Questions

1 / Since fruit has lots of sugar, should I avoid it?
There's nothing wrong with eating fruit as it contains fiber, vitamins, minerals and a whole host of antioxidants. We recommend limiting your intake to one piece of fruit at a meal or snack and pairing it with a protein and/or fat to slow its digestion and impact on blood sugar levels.

2 / Can I eat bananas?
Of course! Bananas are a great source of potassium and fiber. Just make sure to choose a smaller banana and pair it with some nuts or nut butter.

3 / Why is it OK to use dates and bananas in detox recipes but not other natural sugars like maple syrup, honey or coconut sugar?
Whole-food sources of sugar, like dates, bananas and applesauce, have an advantage over natural sweeteners like honey, maple syrup and coconut sugar – fiber. Dietary fiber, found in all whole plant foods, takes longer to digest and thus helps to slow the rise of your blood sugar. But like any meal, you never want to eat just fruit or other pure carbohydrate. Always combine carbs with protein and a healthy fat so that the blood sugar rise is slow and steady and less insulin will be needed to move the sugar from the blood to the cells where it can be burned for energy.

In baking items like quick breads, you can substitute very ripe puréed bananas, applesauce, pear sauce, baby food plums or puréed dates (we like the Medjool variety) for sugar.

CUT BACK ON SUGAR
with These Healthy Tips:

- **Avoid** processed and refined food.
- **Don't** drink your sugar. Skip soda, sweetened coffee and tea drinks, juices, smoothies, shakes and fruity alcoholic beverages.
- **Eat** a macro-balanced breakfast (and lunch and dinner). Include high-fiber carbs, protein and healthy fats.
- **Avoid hunger** by eating meals at regular intervals.
- **Stay hydrated.** Drink water, lemon water, herbal tea and decaf coffee or tea throughout the day to promote better hydration. Keep caffeine intake to before noon so it doesn't interfere with your ability to fall asleep at night.
- **Manage your stress.** Try breathing exercises, meditation, walking in nature, yoga and exercise.
- **Pair** naturally sweet foods such as fruit with nuts, seeds or nut butter.
- **Use "sweet" flavorings** in meals. Try cinnamon, nutmeg, orange zest, vanilla or almond extract or coconut butter/manna.
- **Improve** your sleep quality. Power down the electronics at least an hour before bed to encourage your brain to produce enough melatonin to make you feel sleepy. Inhale lavender essential oil, which calms the brain and promotes relaxation. Take an Epsom salt bath, which is rich in magnesium, also known to promote better sleep. Sip some chamomile tea, an herb with mild sedative properties.
- **Distract and delay.** Before giving in to that sweet craving, give yourself 10 minutes to get up and out of the current environment and take a walk, drink some water, go outside or call a friend – anything that will distract your brain. Quite often, the craving is rooted in an emotion, exhaustion or boredom, and doing something else will take your mind off of it.
- **Use spices** that help manage blood sugar levels, such as cinnamon, ginger and turmeric.
- **Supplement** with minerals, such as calcium, magnesium, chromium and/or zinc (consult with a medical professional who is well-versed in supplements).

STRAWBERRY PHOTO BY TOPSELLER/SHUTTERSTOCK.COM, LEMON WATER PHOTO BY BORISKINA OLGA/SHUTTERSTOCK.COM

What to Expect When You Quit the Sweet Stuff

It's not all rainbows and butterflies, but once you get over the hump, you'll be glad you did it.

When you take the plunge and forgo all added sugars, be aware that you may experience some short-term physical and mental discomfort that's a direct result of your body's reliance on sugar. When you eat sugar, it signals the same reward pathways in the brain as heroin, cocaine and morphine – yes, you read that right! Over time, your tolerance to sugar becomes higher and you require more of the sweet stuff to experience the same pleasure. Quitting sugar deprives that area of the brain from the feel-good neurotransmitters dopamine and serotonin. As a result, you may feel withdrawal symptoms, such as anxiety, moodiness, brain fog, headaches, inability to concentrate and even mild depression. In addition, you may even feel more tired than usual, be more prone to stress and experience mild disturbances in sleep. While none of this sounds great and may make you rethink quitting sugar, these symptoms will only last for a few days (up to two weeks max), depending on the amount of sugar you're used to. Keep reading for our tips on how to soldier on and minimize detox symptoms.

Quit Sugar the Right Way

1. QUIT COLD TURKEY. While some experts will suggest you slowly wean off of sugar, this only prolongs the symptoms of withdrawal.

2. DRINK PLENTY OF WATER. Staying hydrated is a good strategy overall as it helps with feeling full and keeping energy levels stable. It can also help keep your digestive tract on the regular (especially in conjunction with #4 below). Plus, thirst is often confused with hunger, so drink up! Water, sparkling water (unsweetened) and tea (black, green and herbal) are all excellent choices.

3. EAT MORE PROTEIN. Consuming more protein will help keep you fuller and help manage blood sugar levels after meals, preventing that midmorning or midday crash that has you running for an energy bar or flavored coffee drink for a pick-me-up.

4. EAT MORE FIBER. Fiber is found in all plants – fruits, vegetables, nuts, seeds, legumes and whole grains – and can help keep you feeling fuller for longer as well as manage your blood sugar levels by keeping them steadier. If you're really craving something sweet, try a piece of fruit (in-season, of course) with some nut butter. When you increase your fiber intake, remember to increase your fluid intake to keep things regular.

5. EAT SOUR OR BITTER FOODS. Bitter foods shut down the receptors in the brain that crave sugar. They can also slow the absorption of sugar into the bloodstream and help regulate blood sugar levels. Bitter foods include cruciferous vegetables (broccoli, cauliflower, Brussels sprouts), arugula, citrus peels, coffee and green tea. Our favorite: make a matcha latte!

6. FIND SOMETHING ELSE TO DO. Many of us have made eating sugar at certain times of the day – after meals or in the evening – a habit, and as a result, we are just programmed to reach for something sweet. Replace the sweet treat with something that occupies your mind and your hands. Try reading, playing brain games, doing Sudoku puzzles, or try your hand at knitting.

Start with a period of at least 30 days for your sugar detox to allow your system to get past the annoying side effects and through to the other side – hello clearer mind, more energy and zero sugar cravings! When reintroducing sweets, we recommend starting with very small amounts of natural sweeteners only, such as raw honey or pure maple syrup (less than one teaspoon per day). Remember that sugar should be a "sometimes" food and not an "everyday" food – and it should never be a crutch. You want to be at a point where you can enjoy it with intention and without shame or guilt.

KNITTING NEEDLES BY MARIOLA KRACZOWSKA/SHUTTERSTOCK.COM

No-Sugar Nibbles

With these products, ditching sugar doesn't have to mean depriving yourself.

BY **RACHEL DEBLING**, PHOTOGRAPHY BY **VINCENZO PISTRITTO**

1 / PROTEIN TO GO

Unlike some packaged jerky, Chef's Cut Biltong Air Dried Beef in Spicy Chili isn't packed with unwanted sugar. **$6, chefscutrealjerky.com**

2 / SPREAD SOME LOVE

Georgia Grinders All Natural Pecan Butter will take your toast or apple slices to a whole new level – and there's not a smidge of sugar in it. **$15, georgiagrinders.com**

3 / SIMPLY SAUCY

Chosen Foods Muhammara Red Pepper Simmer Sauce leans on fire-roasted red peppers and tomatoes to impart a smoky flavor with just the right amount of natural sweetness. **$10, chosenfoods.com**

4 / SWEET PICK-ME-UP

With only one ingredient, you'll want to sprinkle Red Dragon Fruit Chips on everything. **$6, nowfoods.com**

5 / SODA SUBSTITUTE

Containing a touch of stevia and about half the caffeine of a cup of coffee, Zevia Organic Teas are a sweet way to perk up. **$2, zevia.com**

6 / TASTY TOPPER

If you just can't give up your favorite but highly sweetened condiment, reach for Tessemae's Unsweetened Ketchup, which has all the flavor of the original. **$7, tessemaes.com**

7 / MOVIE-NIGHT MAGIC

When you cut the sugar from your diet, you can still keep your taste buds intrigued, as evidenced by Late July White Cheddar Organic Popcorn. **$4, latejuly.com**

8 / PERFECT POUR

Elmhurst Unsweetened Milked Hazelnuts hits the spot when your thirst demands a slightly sweet quencher, without a gram of added sugar. **$7, elmhurst1925.com**

9 / MUNCH AWAY

Bada Bean Bada Boom Sea Salt fava bean snack contains only four simple ingredients but delivers a lot of satisfaction. **$4 for 3 oz, badabeansnacks.com**

10 / STIR-FRY OR SIDE?

Made with vegetable flours like lentil and chickpea, RightRice will add zero grams of sugar to your meal's total. **$4, rightrice.com**

11 / GET CREATIVE

Stonyfield Organic Whole Milk Greek Yogurt is the perfect creamy base for your veggie dips and smoothies. **$8 for 30 oz, stonyfield.com**

12 / FAST FOOD

You'd be hard-pressed to find a quicker lunch than protein- and fiber-rich Pacific Foods Organic Curry Chickpea Soup. **$5, target.com**

Your kitchen will smell absolutely amazing.
2
SLOW ROASTED
GEORGIA GRINDERS
All Natural
PECAN BUTTER
HAND CRAFTED
NET WT 12 oz. (340g)
3
CHOSEN FOODS
SIMMER SAUCE
MUHAMMARA RED PEPPER
PAIR WITH
chickpeas // flatbreads // chicken
NET WT. 12 OZ. (340 g)
4
REAL FOOD
Red Dragon Fruit Chips
Crispy Tropical Superfruit Swirl
Naturally Occurring Flavonoids, Potassium and Vitamin C
No Added Sugar or Sulfites
NET WT. 2 OZ. (57 g)
Refreshingly sugar-free.
5
zevia
ORGANIC
Tea
SWEETENED BLACK TEA
RASPBERRY
naturally flavored
No Sugar
Zero Calories
12 FL OZ (355 mL)
6
TESSEMAE'S
NEW
KETCHUP
UNSWEETENED
NO SUGAR ADDED
10 FL OZ (296 ml)
7
Best Before
23 NOV 2019
LATE JULY
SNACKS
TEAR TO TASTE
WHITE
Cheddar
ORGANIC
POPCORN
USDA ORGANIC
67 cal.
PER CUP
NON GMO Project VERIFIED
nongmoproject.org
Certified GF Gluten-Free
UD
NET WT. 4.4 OZ (125g)
8
Elmhurst
Est. 1925
Simpler. Better.
MILKED HAZELNUTS
UNSWEETENED
MADE WITH ONLY 2 SIMPLE INGREDIENTS
WITH UP TO 2X MORE NUTS PER SERVING
NO ADDED GUMS OR EMULSIFIERS
32 FL OZ (1 QT) 946mL
A must-grab for salty-snack lovers.
9
Enlightened
SEA SALT CRUNCHY BROAD BEANS
21G PROTEIN PER BAG
BADA BEAN BADA BOOM
100 CALORIES
NET WT 3 OZ (85g)
GLUTEN FREE
HIGH FIBER
NO SOY
10
RightRice
MADE FROM VEGETABLES
original

5 SNEAKY REASONS

You Can't Shake the Weight

Losing weight isn't just about willpower, according to new research; it's about addressing underlying health conditions and habits that may be setting you back, such as consuming excess sugar. We're examining the unexpected reasons you may not be reaching your weight-loss goals – plus, we're showing how delicious eating for weight loss can be (goodbye celery sticks, hello grilled cheese sandwiches).

BY **RACHEL DEBLING**

When your priorities shift to seeing changes on the scale, it's tempting to resort to what we've been told for decades: Slash the amount of food you eat, and a slimmer waistline will be yours. But with so many people following this advice and still failing at the weight-loss game, how can this be true?

"[Weight gain] is usually not as simple as eating too many calories," says Frank Lipman, MD, founder of bewell.com and author of *How to Be Well: The 6 Keys to a Happy and Healthy Life* (Houghton Mifflin Harcourt, 2018). "It's a symptom of a hormonal imbalance or an imbalance in another system in the body that affects the hormones." A shift in mindset – away from the 20th century obsession with counting, measuring and logging one's diet down to the last crumb – is necessary, he believes, to get the West's weight problem under control.

Jason Fung, MD, author of *The Obesity Code* (Greystone Books, 2016) and *The Complete Guide to Fasting* (Victory Belt Publishing, 2016), agrees that our general understanding of the mechanisms behind weight gain and, subsequently, how to lose body fat is entirely too simplistic. "It's an energy partitioning problem, not a total energy problem," he says. "And that is determined entirely by hormones."

Confused? We're here to break down how hormones, your personal team of bodily micromanagers, are steering your weight-loss results away from where you want to be – and what you might unknowingly be doing to contribute to the problem. Here are five health

MAGNIFYING GLASS PHOTO BY MASTERFILE ROYALTY FREE

conditions and habits that might be impeding your progress, and how to fix them.

1 | YOUR INSULIN IS OUT OF WHACK

The hormone with one of the biggest hands in this physiological phenomenon is also likely the most well-known: insulin, the hormone produced by the pancreas that moves glucose from the blood into your body's cells. If your body's ability to respond to this hormone begins to slow due to age, diet (such as a high-sugar diet), lack of exercise and sleep, or your family history, you can develop a condition called insulin resistance, one of the symptoms of which is weight gain. Worse still, if insulin resistance is left untreated, it can develop into a more serious (and unfortunately, common) condition, diabetes, which comes with its own brand of weight-related complications. Diabetics who are prescribed insulin to help manage their disease often experience weight gain – studies have shown that type 2 diabetics gain about 2.5% excess body weight during the first year of insulin treatment. Signs that your insulin is too high (a precursor to insulin resistance) are dehydration (or increased levels of thirst and/or dry mouth), frequent headaches, dizziness and feeling fatigued.

The good news is that those who are insulin resistant can often manage their condition with a diet that emphasizes low glycemic index foods – fiber-rich and higher-fat foods that don't raise blood sugar levels as rapidly as refined carbohydrates like white rice and breads. This advice can be extended to anyone trying to control their weight since, as Lipman points out, when you eat too many carbohydrates, regardless of whether they are refined or not, your body is cued to release insulin, which then affects your levels of cortisol, your body's stress hormone, prompting the body to store fat.

2 | YOU'RE NOT BEING MINDFUL OF WHEN YOU'RE EATING

Fung believes that we have forgotten an important aspect of our physiology that is intrinsically tied to our ability to gain and lose weight: the need to not eat.

"Think about it for a second: Every time you eat, your insulin goes up, telling your body to store that food energy," he says. Your body only exists in one of two states: It's either fed or fasting, or, in other words, either storing or burning food energy. Constantly grazing, as some health professionals prescribe, actually works against you by constantly telling your body to store fat via the release of insulin instead of burning energy off as it comes in.

> "Think about it for a second: Every time you eat, your insulin goes up, telling your body to store that food energy."

How early or late you eat can also have negative effects. How? Your endocrine system follows your body's circadian rhythm, releasing hormones in the early hours of the morning in preparation for the day ahead. These hormones, Fung says, push glucose out into your blood, giving you a source of fuel even before you wake, which is why many people report not feeling hungry when conventional wisdom tells them they should be eating breakfast. Fung himself practices what his books preach and tries to eat only within an eight- to 10-hour time block each day, a practice called "intermittent fasting."

But it's not just how often – or how early or late – one eats that can affect the body's ability to properly manage its food energy. Speed eating can disrupt the signals between the brain and the gut that trigger the feeling that you are full.

"If you eat slowly, you give your body a chance to activate its satiety signals, causing you to stop eating when you are full," Fung says. Eating a lot of processed foods that have been stripped of the fiber that helps slow digestion, thus giving your body time to feel satisfied, can also upset these signals – these foods are pushed through your body quickly, Fung explains, flooding your system with insulin and in turn telling your body to store the energy you've just taken in as fat. Being mindful and slowing down, both in how frequently and how quickly you take in food, are steps within your grasp to get your hunger, and therefore your weight, under control. Even better, make sure those spoonfuls are bursting with whole ingredients.

3 | YOUR THYROID IS SLUGGISH

Though certain demographics are more prone to thyroid issues, they can affect anyone – the American Thyroid Association estimates that 20 million

Americans have a thyroid condition – and unfortunately, because of its wide-ranging symptoms, this condition is sometimes misdiagnosed as another illness or written off as a patient simply getting older. According to the Mayo Clinic, women over 60 are especially prone to hypothyroidism, which occurs when this gland stops producing enough hormones, and weight gain is one of the most commonly recognized symptoms of a thyroid condition.

Thankfully, doctors and the public alike are becoming increasingly aware of the negative health repercussions of a thyroid condition. When approaching a doctor for advice on thyroid issues, Lipman suggests hedging your bets on a functional medicine practitioner since conventional medicine can sometimes miss the signs of low thyroid function. Remember that an ounce of prevention is worth a pound of cure, so reach for foods rich in iodine and zinc to help keep your thyroid healthy.

4 | YOUR MICROBIOME NEEDS A REBOOT

Lipman notes that an imbalanced microbiome – the community of bacteria that lives within your gut – can cause negative health repercussions across your body, from inflammation and food cravings, to altered sleep patterns and moods. This happens when certain species of bacteria (Lipman refuses to use the term "bad bacteria") outnumber others, and it can be prompted by a variety of reasons, such as stress or the overuse of antibiotics.

Because gut bacteria play an integral role in the management of many bodily functions by telling the brain when to release hormones (and by actually producing some hormones, such as serotonin), researchers are finding that your microbiome is closely tied to how easily you gain or lose weight. Make sure to incorporate both probiotics and prebiotics, the healthy bacteria in your gut and the food that feeds them, into your diet, as they can help set your microbiome straight and, in turn, manage your weight.

5 | YOUR SLEEP IS SPORADIC

Stress and weight are intertwined through the release of what has widely become recognized as "the stress hormone," cortisol. And one of the most prevalent causes of stress today is a lack of quality sleep, affecting not only your cortisol levels but also your levels of ghrelin and leptin, the hormones that make you feel hungry and full, respectively.

The right amount of sleep varies from person to person, but the National Sleep Foundation recommends seven to nine hours for the average healthy adult. Keep in mind that your body can't "store" sleep if you don't get enough. As Lipman waxes, "I'm not a believer that you can catch up with your sleep – I think it catches up with you."

The bottom line is to look at your body as one machine with many interconnected parts – if one is underperforming, it will affect many others. If you're eating whole foods, watching your sugar and carb intake and staying active, and you still aren't seeing the results you are after, bringing in the big guns in the form of a health practitioner may be necessary. After all, success can't be achieved in a vacuum – especially in terms of weight loss.

Try these satisfying Grilled Pimiento Cheese Sandwiches on page 54 that use homemade cauliflower bread rather than store-bought bread, which often contains added sugar.

26 **Green Banana Pancakes**

26 **Sweet Potato Hash** with Sunny Eggs & Tomato Salsa

28 **Smoked Salmon Omelette** with Goat Cheese & Beet Relish

29 **Middle Eastern Mezze Board** with Muhammara

30 **Carrot Cake Pancakes**

31 **A Better Avocado Toast**

32 **Chamomile Gravlax** with Potato Waldorf Salad

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PHOTO BY OLIVE & MANGO

breakfast & brunch

By nixing empty-calorie breakfasts in favor of sugar-free, low-carb and savory choices, you'll power up for the day while avoiding that midmorning slump. And to wake up your taste buds, we amped up the flavor in these impressive recipes, from toast-and-go options for frenzied weekdays to a stunning mezze board for a lazy weekend brunch.

Green Banana Pancakes

P F Q GF

SERVES **4.** HANDS-ON TIME: **10 MINUTES.** TOTAL TIME: **35 MINUTES.**

High in resistant starch to feed healthy gut bacteria, green banana flour lends fluffy texture to these easy blender pancakes.

- **1 cup** green banana flour
- **½ cup** plain unsweetened almond milk
- **2 large** eggs
- **1** banana
- **1 tbsp** ground flaxseed
- **1 tsp** apple cider vinegar
- **1 tsp** pure vanilla extract
- **½ tsp** ground cinnamon
- **Pinch** sea salt
- **2 tbsp** coconut oil
- almond butter, no-sugar-added jam or banana slices, for serving

1. To a blender, add all ingredients except oil; blend until smooth.

2. In a large nonstick skillet on medium-high, heat 1½ tsp oil. Add batter, 4 pancakes at a time, using 2 tbsp batter per pancake; cook for 6 minutes, flipping halfway. Transfer to a plate. Repeat with remaining oil and batter, making 16 pancakes total.

PER SERVING (4 pancakes): Calories: 291, Total Fat: 10 g, Sat. Fat: 7 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 1 g, Carbs: 43 g, Fiber: 5 g, Sugars: 5 g, Protein: 5 g, Sodium: 93 mg, Cholesterol: 93 mg

Sweet Potato Hash with Sunny Eggs & Tomato Salsa

P Q GF

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

This protein-rich skillet breakfast is both fast enough for weekday mornings and hearty enough for brunch. Here, we use plain turkey sausages, but go ahead and toss in your favorite variety, such as Italian or breakfast-style.

- **2** Roma tomatoes, seeded and diced
- **1** green onion, thinly sliced
- **1 tbsp** finely chopped flat-leaf parsley + additional for garnish
- **2 tsp** red wine vinegar
- **½ tsp** each sea salt and ground black pepper, divided
- **4 tsp** extra-virgin olive oil, divided
- **1 cup** thinly sliced white onion
- **2 4-oz** turkey sausages, casings removed
- **¼ tsp** red pepper flakes
- **1 large** sweet potato, peeled and cut into ½-inch cubes
- **4 large** eggs

THE PROTEIN CONNECTION:

Protein provides amino acids, the building blocks for tissues, antibodies and enzymes. Enzymes, in particular, are required in the creation of adenosine triphosphate, or ATP, your body's energy-storage molecule. Enzymes are also required for proper digestion, which is key to keeping energy high.

1. Prepare salsa: In a small bowl, combine tomatoes, green onion, parsley, vinegar and ⅛ tsp each salt and pepper. Set aside.

2. In a large cast iron skillet on medium, heat 2 tsp oil. Add white onion and cook, stirring frequently, about 2 minutes, until softened. Add sausage and pepper flakes; cook, stirring to break up meat, until sausage is browned and cooked through, 4 to 5 minutes. Season with ⅛ tsp each salt and pepper. Transfer to a plate and cover to keep warm.

3. Return skillet to medium and heat remaining 2 tsp oil. Add sweet potato; cook, stirring occasionally, until softened and slightly browned, 10 to 12 minutes. Return cooked sausage mixture to skillet and stir to combine; cook until heated through, 1 to 2 minutes.

4. Reduce heat to low. Create 4 shallow indentations in mixture. Crack eggs into indentations and sprinkle with remaining ¼ tsp each salt and pepper. Cover and cook eggs to desired doneness. Top hash with tomato mixture. Garnish with additional parsley.

PER SERVING (¼ of recipe): Calories: 262, Total Fat: 14 g, Sat. Fat: 3 g, Monounsaturated Fat: 7 g, Polyunsaturated Fat: 3 g, Carbs: 14 g, Fiber: 3 g, Sugars: 5 g, Protein: 19 g, Sodium: 668 mg, Cholesterol: 228 mg

Smoked Salmon Omelette with Goat Cheese & Beet Relish

Q GF

SERVES **4.** HANDS-ON TIME: **15 MINUTES.** TOTAL TIME: **25 MINUTES.**

This gorgeous omelette from Aussie chef Curtis Stone fits the bill any time of day. We used hot smoked salmon, but lox would work just as well. The brilliant beet relish adds a tart, earthy flavor – you'll want to make extra to have on hand for topping salads, smearing on sandwiches or dolloping onto lettuce wraps.

- **1** red beet, peeled
- **1½ tbsp** balsamic vinegar
- **1 tbsp** olive oil
- **1 tbsp** + 2 tsp finely chopped fresh chives, divided
- **1 tbsp** finely chopped fresh dill, divided
- kosher salt and ground black pepper, to taste
- **8 large** eggs
- **¼ cup** whole milk
- **2 tbsp** organic unsalted butter, divided
- **6 oz** smoked salmon
- **4 oz** fresh goat cheese

1. Make beet relish: Using a box grater, coarsely grate beet into a medium bowl. Stir in vinegar, oil, 2 tsp each chives and dill. Season to taste with salt and pepper. Set aside.

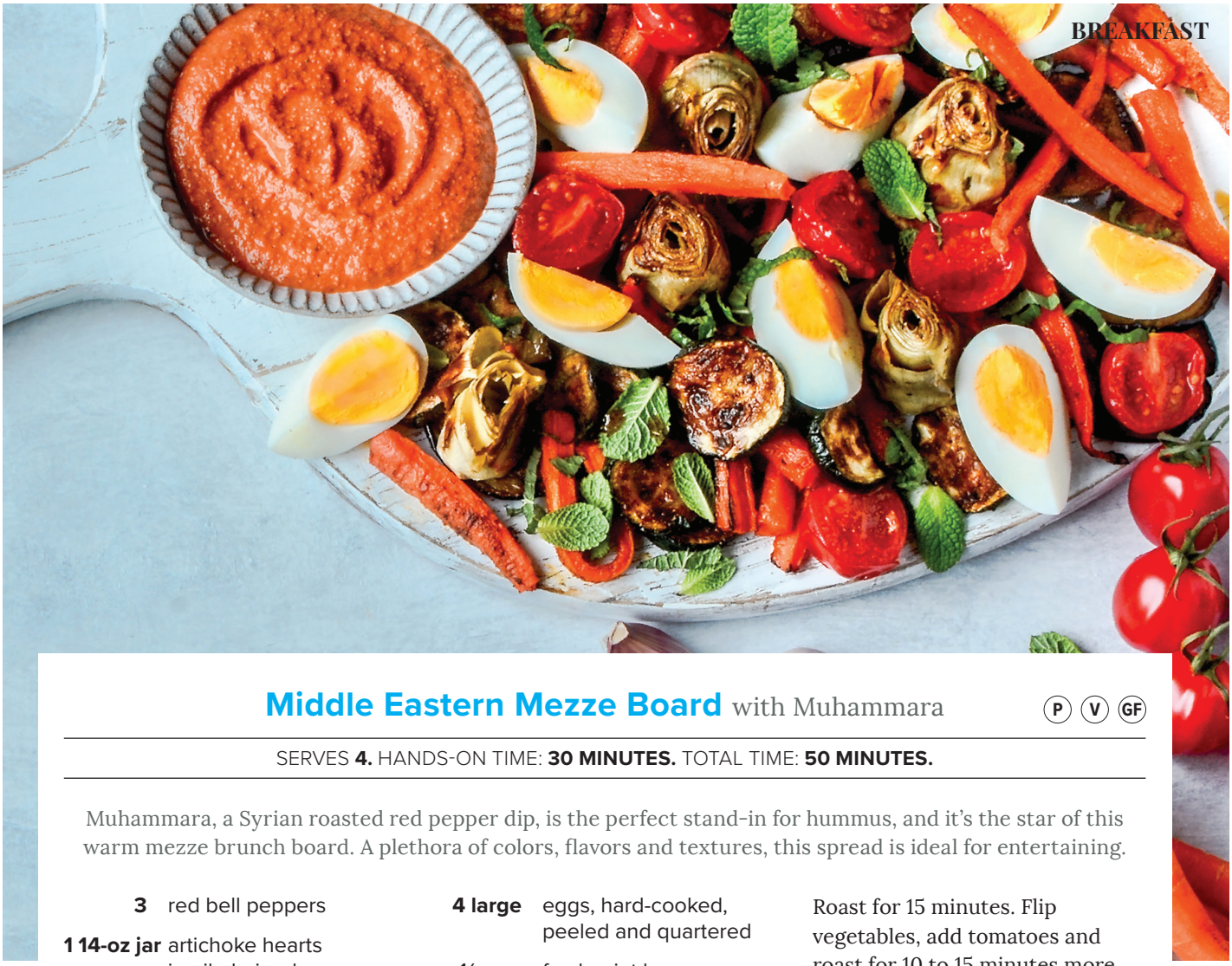
2. Make omelettes: In a large bowl, whisk eggs and milk together to blend. Season with salt.

3. Heat a medium nonstick skillet over medium-low. Add ½ tbsp butter and swirl to coat. Pour in one-quarter of egg mixture, swirling pan to coat the bottom evenly, and cook, lifting edges with a silicone spatula to let uncooked egg run onto the pan, about 2 minutes, or until most of egg is set but omelette is still runny on top. Arrange one-quarter of salmon over omelette, top with dollops of one-quarter of cheese and scatter about 1½ tbsp beet relish over top. Fold omelette and transfer to a plate. If desired, keep omelette warm in a 200°F oven while you cook remaining omelettes. Repeat to make 3 more omelettes.

4. Sprinkle omelettes with remaining 1 tbsp chives and 1 tsp dill and serve with the remaining beet relish.

MAKE-AHEAD: *The beet relish can be made up to 3 days ahead, covered and refrigerated.*

PER SERVING (1 omelette): Calories: 381, Total Fat: 27 g, Sat. Fat: 12 g, Monounsaturated Fat: 10 g, Polyunsaturated Fat: 3 g, Carbs: 6.5 g, Fiber: 1 g, Sugars: 5 g, Protein: 27 g, Sodium: 714 mg, Cholesterol: 412 mg



Middle Eastern Mezze Board with Muhammara

P V GF

SERVES **4.** HANDS-ON TIME: **30 MINUTES.** TOTAL TIME: **50 MINUTES.**

Muhammara, a Syrian roasted red pepper dip, is the perfect stand-in for hummus, and it's the star of this warm mezze brunch board. A plethora of colors, flavors and textures, this spread is ideal for entertaining.

- **3** red bell peppers
- **1 14-oz jar** artichoke hearts in oil, drained
- **4** carrots, cut lengthwise and into quarters
- **2** zucchini, cut in ½-inch rounds
- **1** eggplant, cut in ½-inch rounds
- **¼ cup** olive oil, divided
- **1 tsp** each paprika, ground coriander and ground cumin
- **1 tsp** sea salt, divided
- **½ lb** cherry tomatoes, halved
- **1½ oz** unsalted walnuts
- **1 small** clove garlic, peeled
- **½** lemon, juiced
- **½ tsp** red pepper flakes
- **4 large** eggs, hard-cooked, peeled and quartered
- **½ cup** fresh mint leaves, thinly sliced

1. Preheat oven to 350°F. To a grill pan on medium-high, place whole bell peppers and grill until skin is completely charred, turning frequently, 20 minutes. Put peppers in a bowl and cover with plastic wrap. Add artichokes to grill and cook, turning halfway, until lightly browned, 2 to 3 minutes. Set both aside.

2. To a large parchment-lined baking sheet, add carrots, zucchini and eggplant; drizzle with 2 tbsp oil. Sprinkle with paprika, coriander, cumin and ½ tsp salt; toss to coat then spread in a single layer. Roast for 15 minutes. Flip vegetables, add tomatoes and roast for 10 to 15 minutes more.

3. Meanwhile, slough off charred skin of red peppers under running water. Remove seeds and stems.

4. Prepare muhammara: In a food processor, combine roasted red peppers, walnuts, garlic, remaining 2 tbsp oil, lemon juice and pepper flakes. Blend until smooth. Add remaining ½ tsp salt. Pour into a small serving bowl.

5. Arrange dip, vegetables and eggs on a large wooden serving board. Garnish with mint.

PER SERVING (¼ of recipe): Calories: 423, Total Fat: 27 g, Sat. Fat: 4 g, Monounsaturated Fat: 13 g, Polyunsaturated Fat: 8 g, Carbs: 36 g, Fiber: 10 g, Sugars: 19 g, Protein: 15 g, Sodium: 791 mg, Cholesterol: 187 mg

Carrot Cake Pancakes

F Q V GF

SERVES **6.** HANDS-ON TIME: **45 MINUTES.** TOTAL TIME: **45 MINUTES.**

Most pancakes are so high in carbs and sugar that you need a snooze before lunch, but this version made without any sweetener contains only 12 grams of carbs per serving. Serve them warm with a little butter or coconut butter melted over top. These pancakes freeze well, so you can make a batch on the weekend and eat them throughout the week. Simply thaw and reheat in the toaster oven.

- **¾ cup** almond flour
- **3 tbsp** coconut flour
- **2 tbsp** arrowroot starch
- **1 tbsp** ground cinnamon
- **1½ tsp** ground ginger
- **¾ tsp** baking powder
- **¼ tsp** each baking soda and sea salt
- **⅛ tsp** ground nutmeg
- **1 cup** BPA-free canned full-fat coconut milk
- **3 large** eggs
- **3 tbsp** coconut oil + additional for cooking
- **1½ tsp** pure vanilla extract
- **1 cup** shredded carrot
- **⅓ cup** finely chopped toasted pecans
- **3 tbsp** unsweetened raisins, optional
- coconut butter or butter, for serving

1. Preheat oven to 200°F. In a large bowl, whisk together almond flour, coconut flour, arrowroot, cinnamon, ginger, baking powder, baking soda, salt and nutmeg. In a medium bowl, whisk coconut milk, eggs, coconut oil and vanilla; pour into bowl with flour mixture and stir to combine. Fold in carrots, pecans and raisins (if using).

2. Heat a griddle or large nonstick skillet on medium-low. Brush with oil. Working in batches, scoop batter onto griddle, using about 3 tbsp batter for each, and spread into 3½-inch circles. Cook until golden on underside and beginning to firm up, 2 to 3 minutes. Flip and cook 1 to 2 minutes more, until cooked through and golden. Keep warm in oven while you cook remaining pancakes to make 12 pancakes total. Serve with coconut butter.

PER SERVING (2 pancakes): Calories: 341, Total Fat: 30 g, Sat. Fat: 16 g, Monounsaturated Fat: 9 g, Polyunsaturated Fat: 4 g, Carbs: 12 g, Fiber: 5 g, Sugars: 2 g, Protein: 8 g, Sodium: 256 mg, Cholesterol: 93 mg

A Better Avocado Toast

P V GF

SERVES **6.** HANDS-ON TIME: **20 MINUTES.** TOTAL TIME: **1 HOUR, 25 MINUTES.**

Many store-bought breads have added sugar – here, we make a no-sugar, low-carb loaf using nut butters and coconut flour. The leftover bread is delicious toasted and buttered or for sandwiches.

BREAD

- **3 tbsp** coconut flour
- **2 tbsp** ground flaxseeds + 1 tbsp whole flaxseeds
- **½ tsp** each baking soda and sea salt
- **½ cup** almond butter
- **½ cup** cashew butter
- **4 large** eggs, room temperature, separated
- **¼ cup** plain unsweetened almond milk
- **1 tbsp** apple cider vinegar

TOPPING

- ripe avocados, as needed
- fresh lemon juice, as needed
- sea salt, to taste
- everything bagel spice mix or hot sauce, optional

1. Place racks in center and lower third of oven and preheat to 300°F. Fill a baking dish with water and place on the lower rack. Mist an 8 x 4-inch loaf pan with cooking spray, line with parchment and mist again.

2. Prepare bread: In a small bowl, whisk together coconut flour, ground flaxseeds, baking soda and salt, breaking up any lumps. In a large bowl, using an electric mixer, beat almond butter, cashew butter and egg yolks until well combined, about 1 minute, then beat in almond milk and vinegar. Stir in coconut flour mixture. In a separate bowl, using clean, dry beaters, beat egg whites until stiff peaks form. Fold one-quarter of whites into almond butter mixture to lighten, then fold in remaining whites until incorporated.

3. Transfer batter to loaf pan, spread evenly and sprinkle with whole flaxseeds; bake for 45 to 50 minutes, until golden. Let cool in pan for 15 minutes, then turn out bread; let cool completely. Cut into 12 slices.

4. To prepare 2 servings: Toast 4 slices bread. Mash 1 avocado with lemon juice and salt, to taste. Spread avocado over bread and, if using, top with bagel spice mix or hot sauce. Wrap remaining bread well and refrigerate for up to 3 days.

PER SERVING (2 slices with avocado spread): Calories: 487, Total Fat: 41 g, Sat. Fat: 7 g, Monounsaturated Fat: 24 g, Polyunsaturated Fat: 8 g, Carbs: 22 g, Fiber: 11 g, Sugars: 2 g, Protein: 15 g, Sodium: 457 mg, Cholesterol: 124 mg

Chamomile Gravlax with Potato Waldorf Salad (GF)

SERVES **6.**
HANDS-ON TIME: **20 MINUTES.**
TOTAL TIME: **45 MINUTES.***

*PLUS 24 HOURS CHILLING TIME.

Chamomile-cured salmon pairs well with a homemade fingerling potato salad for a savory brunch.

GRAVLAX

¼ cup	rock salt
2	chamomile tea bags, tea removed from bag
1	lime, zested
1	lemon, zested
2 tsp	ground black pepper
1½ lb	skinless wild salmon

POTATO SALAD

1½ lb	fingerling potatoes
½ lb	green grapes, halved
2 stalks	celery, finely chopped
1	Spartan apple, cut into cubes
½ cup	avocado oil mayonnaise
3 tbsp	chopped fresh dill
2 tsp	apple cider vinegar
¾ tsp	sea salt
	ground black pepper, to taste

1. Prepare gravlax: In a medium bowl, combine rock salt, tea, zests and black pepper. Line a large baking sheet with parchment paper. Place half of salt-tea mixture on parchment and place salmon skinned side down on mixture. Cover top of salmon with remaining salt-tea mixture. Leave uncovered in the refrigerator for 12 hours or overnight.

2. Drain all liquid and rinse salt-tea mixture off salmon; pat dry. Place salmon on a rack over a baking sheet to allow circulation. Return to refrigerator uncovered for 12 hours or overnight.

3. Prepare potato salad: To a large pot of water, add potatoes and bring to a boil. Cook until tender, about 20 minutes. Drain; let cool. Cut into cubes.

4. In a large bowl, combine potatoes, grapes, celery and apple. In a small bowl, combine mayonnaise, dill, vinegar, sea salt and pepper. Toss mayonnaise mixture into salad.

5. Slice salmon thinly and serve with potato salad.

PER SERVING (⅙ of recipe): Calories: 431, Total Fat: 22 g, Sat. Fat: 3 g, Monounsaturated Fat: 13 g, Polyunsaturated Fat: 4 g, Carbs: 32 g, Fiber: 4 g, Sugars: 10 g, Protein: 27 g, Sodium: 744 mg, Cholesterol: 71 mg

No-Muffin Eggs Benny with Ghee Hollandaise

P Q V GF

SERVES **6.** HANDS-ON TIME: **40 MINUTES.** TOTAL TIME: **40 MINUTES.**

In this gluten-free, lower-carb version of the classic eggs Benedict, we swap the English muffin for sweet potato fritters, making this brunch favorite perfect for Paleo devotees.

HOLLANDAISE

- **½ cup** ghee
- **3 large** egg yolks (use in-shell pasteurized eggs)
- **1 tsp** Dijon mustard
- **1 tbsp** lemon juice + more to taste
- **⅛ tsp** sea salt, or to taste

FRITTERS & EGGS

- **4 cups** peeled and grated sweet potato
- **1 small** yellow onion, grated
- **7 large** eggs, divided
- **2 tbsp** arrowroot starch
- **½ tsp** sea salt
- **¼ cup** avocado oil
- **1 tbsp** white vinegar
- **½ tsp** ground cayenne pepper, optional
- **2 tbsp** chopped fresh flat-leaf parsley, optional

1. Prepare hollandaise: In a small saucepan, melt ghee. In a blender, combine egg yolks, Dijon, 1 tbsp tepid water and lemon juice. With motor running, stream in ghee. The sauce should be thick enough to coat the back of a spoon. Season with salt and additional lemon juice. Pour into a bowl and cover to keep warm. Set aside.

2. Prepare fritters: Using a towel, squeeze excess water from potatoes. In a large bowl, combine potato, onion, 1 egg, arrowroot and salt; mix well. In a heavy skillet, heat oil on high. Working in batches, drop 2 tbsp of mixture per fritter into oil for a total of 12 fritters. Reduce heat to medium and flatten fritters with a spatula. Cook until golden brown, about 3 minutes per side. Transfer to a paper towel–lined plate.

3. Meanwhile, bring a medium pot of water to a simmer. Add vinegar. Crack remaining 6 eggs into small bowls or cups. Use a wooden spoon to stir simmering water around rim of pot to create a circular motion. Working in 2 batches, add eggs, 1 at a time, to center of pot. Return pot to a gentle simmer on low heat and cook eggs until set yet still runny in middle, about 3 minutes. Remove with a slotted spoon and drain on a paper towel. Repeat with remaining eggs.

4. On each plate, place 2 fritters and top with 1 egg. Drizzle sauce over top. Sprinkle with cayenne and parsley (if using).

PER SERVING (2 fritters and 1 egg with sauce): Calories: 376, Total Fat: 30 g, Sat. Fat: 14 g, Monounsaturated Fat: 11 g, Polyunsaturated Fat: 3 g, Carbs: 18 g, Fiber: 2 g, Sugars: 3 g, Protein: 10 g, Sodium: 435 mg, Cholesterol: 352 mg

Squash & Goat Cheese Quiche with Almond Crust

F V GF

SERVES **4.** HANDS-ON TIME: **25 MINUTES.** TOTAL TIME: **50 MINUTES.**

This mouthwatering quiche features a gluten- and grain-free herbed crust and a hearty base of fiber-packed vegetables to keep hunger pangs at bay all morning long.

CRUST

- **2 cups** almond flour
- **1 large** egg, beaten
- **2 tbsp** minced fresh sage
- **2 cloves** garlic, minced or crushed
- **¼ tsp** each sea salt and ground black pepper
- **2 tsp** organic unsalted butter, melted

FILLING

- **1½ cups** peeled and diced butternut squash
- **1** leek, sliced
- **4 large** eggs
- **⅓ cup** full-fat milk
- **¼ tsp** sea salt
- **½ cup** goat cheese
- **8** fresh sage leaves, optional

1. Prepare crust: Preheat oven to 400°F. Mist a 9-inch pie plate with cooking spray. In a large bowl, whisk almond flour, egg, minced sage, garlic, salt and pepper. Using a fork, mix in melted butter. Press dough into bottom and up sides of pie plate. Bake until crust is lightly golden, 15 to 20 minutes.

2. Meanwhile, prepare filling: Mist a large skillet on medium-high with cooking spray. Add squash and sauté for 5 minutes. Add leek and sauté for 5 minutes more, until leek is wilted and squash is soft.

3. In a large bowl, whisk eggs, milk and salt.

4. Place half of squash mixture over baked crust; top with egg mixture then remaining squash mixture. Sprinkle with goat cheese and top with sage leaves (if using).

5. Bake until center of filling is set, about 20 minutes. If crust edges are browning too quickly, cover with foil.

PER SERVING (¼ of quiche): Calories: 521, Fat: 40 g, Sat. Fat: 7 g, Monounsaturated Fat: 21 g, Polyunsaturated Fat: 8 g, Carbs: 24 g, Fiber: 9 g, Sugars: 6 g, Protein: 24 g, Sodium: 410 mg, Cholesterol: 246 mg

GORGEOUS GOURD:

Butternut squash is abundant in vitamin A, which can improve the health of your hair and skin, while vitamin C, another important glow-boosting nutrient found in this gourd, helps create and preserve collagen.

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lunch

Let this section inspire you to think outside the lunchbox with creative and crave-worthy dishes like our plant-based chipotle taco dip, tandoori salmon skewers, sesame turnip noodles and more. All these sugar-free recipes are packed with fresh, real-food ingredients and are so satisfying, you'll forget there's anything missing at all.

PHOTO BY OLIVE & MANGO

Italian Wedding Soup

P F GF

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

A high-quality bone broth in place of traditional broth helps boost your immune system, treat leaky gut and improve joint health, thanks to the collagen it contains. This soup tastes even better the next day, so it makes a perfect weekday lunch.

MEATBALLS

- **1 lb** ground beef
- **3 tbsp** cassava flour
- **2 tbsp** extra-virgin olive oil
- **2 tsp** each garlic powder and dried oregano
- **1½ tsp** onion powder
- **½ tsp** sea salt
- **¼ tsp** ground black pepper

SOUP

- **2 tbsp** extra-virgin olive oil
- **1** yellow onion, chopped
- **3 large** carrots, chopped
- **3 stalks** celery, chopped
- **½ tsp** sea salt + additional to taste
- **6 cloves** garlic, minced
- **7 cups** chicken bone broth
- **1 tbsp** apple cider vinegar
- **1 large** head escarole, chopped
- **¼ tsp** red pepper flakes, optional
- **¼ tsp** ground black pepper
- chopped fresh flat-leaf parsley, optional

1. Make meatballs: Preheat oven to 350°F. Line a large baking sheet with parchment paper. In a large bowl, combine all meatball ingredients. Using an ice cream scoop, divide mixture into 1-tbsp portions. Gently roll between palms to form meatballs and place on baking sheet. Bake for about 15 minutes, until just cooked through.

2. Meanwhile, make soup: In a large pot on medium, heat oil. Add onion and cook, stirring occasionally, until tender, about 4 minutes. Add carrots and cook, stirring occasionally, until softened, 3 minutes. Add celery, season with salt and cook, stirring occasionally, for 2 minutes. Add garlic and cook, stirring, 2 minutes.

3. Pour in broth, increase heat to high and bring to a boil. Reduce heat to medium-low, add meatballs, partially cover and simmer for 10 minutes. Stir in vinegar.

4. Just before serving, add escarole and pepper flakes (if using). Stir until escarole is just wilted. Season with additional salt and black pepper. Garnish with parsley (if using).

PER SERVING (1½ cups): Calories: 337, Total Fat: 17 g, Sat. Fat: 4 g, Monounsaturated Fat: 10.5 g, Polyunsaturated Fat: 1 g, Carbs: 17 g, Fiber: 8 g, Sugars: 6 g, Protein: 28 g, Sodium: 587 mg, Cholesterol: 47 mg

Baked Tandoori Salmon Skewers with Zucchini & Mint

Q GF

SERVES **4.** HANDS-ON TIME: **15 MINUTES.** TOTAL TIME: **15 MINUTES.**

With these aromatic salmon skewers, there's no need to marinate for hours to get that authentic South Asian flavor. Zucchini tossed with cumin and mint adds a light touch to round out this meal.

- **¼ cup** fresh lemon juice, divided
- **4 tsp** olive oil, divided
- **1 tbsp** tandoori seasoning (***TIP:*** Check the ingredient list to ensure that it has no added coloring, sugar or salt.)
- **1 lb** boneless, skinless center-cut salmon fillets, cut into 1-oz cubes
- **2** zucchini, cut into ½-inch chunks
- **½ tsp** ground cumin
- sea salt and ground black pepper, to taste
- **3 tbsp** roughly chopped fresh mint leaves
- **½ cup** full-fat plain Greek yogurt

EQUIPMENT:

- **4** wooden skewers, soaked for 5 minutes

1. Preheat oven to 425°F. In a large bowl, combine 2 tbsp lemon juice, 2 tsp oil and tandoori seasoning. Add salmon and toss to coat. Thread four pieces salmon onto each skewer and transfer to a parchment-lined baking sheet. Bake skewers for about 8 minutes, until fish flakes easily with a fork.

2. Meanwhile, in a large nonstick skillet on medium-high, heat remaining 2 tsp oil. Add zucchini and cook, stirring frequently, for 3 to 4 minutes, until softened. Stir in cumin and continue to cook for about 2 more minutes. Add remaining 2 tbsp lemon juice and season with salt and pepper. Remove from heat and stir in mint. Divide salmon and zucchini among plates and serve with yogurt for dipping.

PER SERVING (1 salmon skewer, ¾ cup zucchini, 2 tbsp yogurt): Calories: 235, Total Fat: 11 g, Sat. Fat: 3 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 2 g, Carbs: 7 g, Fiber: 2 g, Sugars: 4 g, Protein: 27 g, Sodium: 197 mg, Cholesterol: 57 mg

Taco-Stuffed Avocado Boats

Q GF

SERVES **8.** HANDS-ON TIME: **20 MINUTES.** TOTAL TIME: **30 MINUTES.**

Avocados are the heroes of this dish where they serve as a tasty vehicle for taco filling – load 'em up with ground beef, cheese and a dollop of sour cream and you have a delightfully delicious, low-carb lunch.

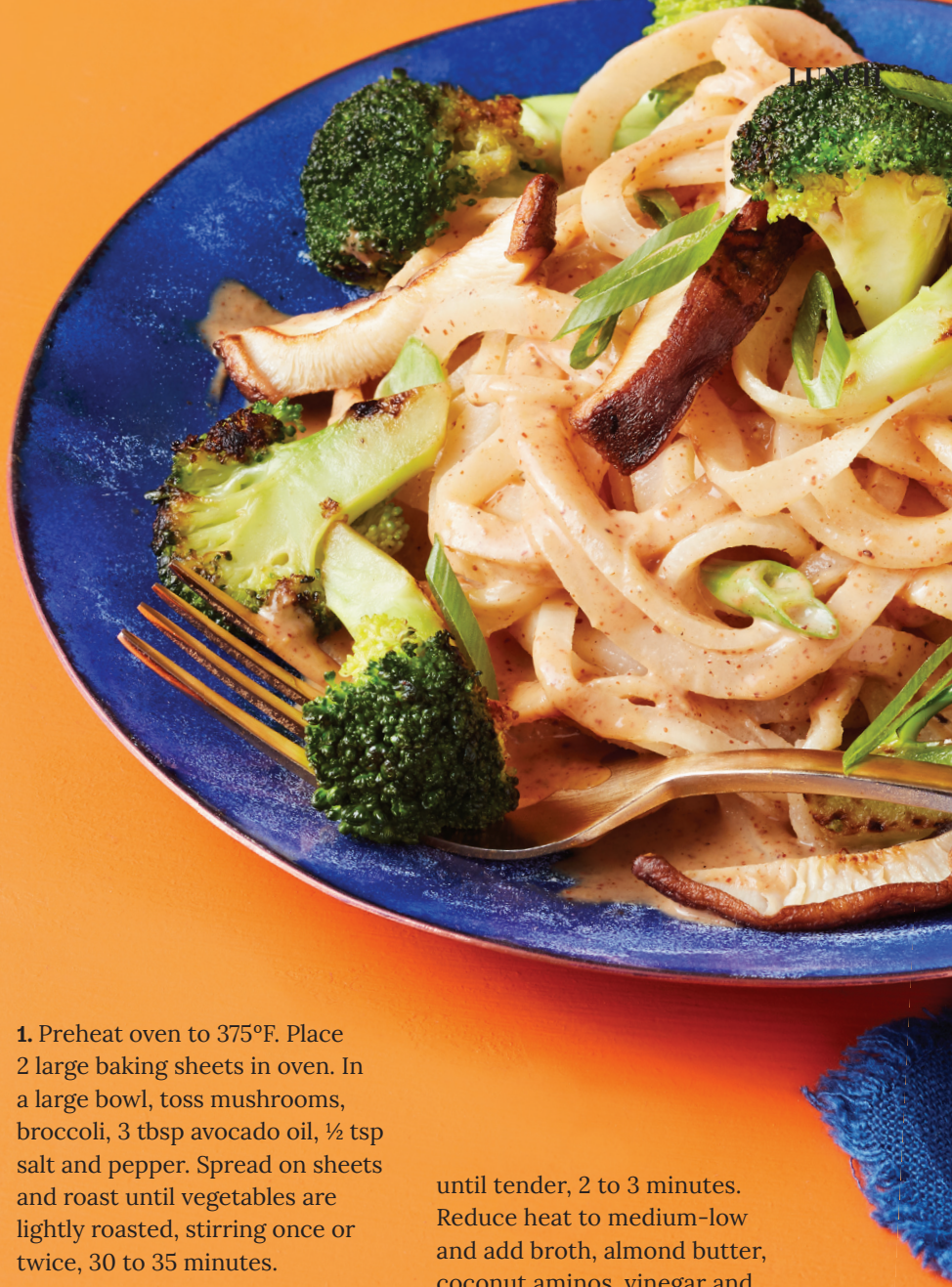
- **4 large** avocados, halved and pitted (peel on)
- **½ cup** full-fat sour cream
- **1 tbsp** fresh lime juice
- **¾ tsp** sea salt, divided
- **1 tbsp** extra-virgin olive oil
- **½ cup** diced red bell pepper
- **¼ cup** diced white onion
- **½ lb** lean ground beef
- **¼ cup** prepared salsa
- **2 tsp** ground cumin
- **1 tsp** chile powder
- **½ cup** shredded cheddar cheese
- **¼ cup** chopped fresh cilantro

1. Scoop out 2 to 3 tbsp flesh from the bottom of each avocado half and add to a food processor, leaving the remaining flesh in avocado intact. To processor, add sour cream, lime juice and ¼ tsp salt. Purée until smooth and set aside.

2. In a medium skillet on medium, heat oil. Add bell pepper and onion and sauté for 3 minutes. Add beef and cook for 8 minutes, breaking up meat with a spoon. Add salsa, cumin, chile powder and remaining ½ tsp salt. Cook for another 3 minutes or until cooked through. Stir in cheese.

3. Divide filling between avocado halves; drizzle with avocado-sour cream mixture. Top with cilantro.

PER SERVING (1 stuffed avocado half): Calories: 330, Total Fat: 28 g, Sat. Fat: 7 g, Monounsaturated Fat: 16 g, Polyunsaturated Fat: 3 g, Carbs: 14 g, Fiber: 9 g, Sugars: 2 g, Protein: 11 g, Sodium: 327 mg, Cholesterol: 33 mg



Sesame Turnip Noodles with Broccoli & Mushrooms (P) (Q) (V) (GF)

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

Almond butter adds creaminess to this Asian-style sauce. Most spiral makers have a blade to make fettuccine-shaped noodles, but you can use standard spaghetti-shaped noodles if you don't have one.

5 oz	shiitake mushrooms, sliced
1 large	head broccoli, cut into bite-size florets, stems peeled and sliced
5 tbsp	avocado oil, divided
1 tsp	sea salt, divided
¼ tsp	ground black pepper
2 lb	turnips, peeled
4	green onions, sliced, white/light green and dark green parts divided
¾ cup	low-sodium vegetable or chicken broth, or more if needed
½ cup	creamy, unsweetened almond butter
3 tbsp	coconut aminos
1 tbsp	apple cider vinegar
1–2 tsp	hot sauce, optional
2 tbsp	toasted sesame oil

1. Preheat oven to 375°F. Place 2 large baking sheets in oven. In a large bowl, toss mushrooms, broccoli, 3 tbsp avocado oil, ½ tsp salt and pepper. Spread on sheets and roast until vegetables are lightly roasted, stirring once or twice, 30 to 35 minutes.

2. Meanwhile, secure turnips in a spiralizer using the fettuccine blade and turn crank to create noodles, according to manufacturer's directions. In a large skillet on medium-high, heat 1 tbsp avocado oil. Add noodles, season with remaining ½ tsp salt and cook for 2 minutes. Add ¼ cup water, letting it cook off while gently tossing noodles with tongs, until softened, 6 to 8 minutes. Transfer to a colander.

3. In same skillet, heat remaining 1 tbsp avocado oil; reduce heat to medium. Add white/light green parts of onions and cook, stirring, until tender, 2 to 3 minutes. Reduce heat to medium-low and add broth, almond butter, coconut aminos, vinegar and hot sauce (if using). Stir briskly until well combined and warmed. Remove from heat. Stir in more broth to thin, if necessary. Stir in sesame oil. Add turnip noodles back to skillet and gently toss to coat. Divide among bowls, top with broccoli mixture and garnish with dark parts of green onions.

TRY: Swap the turnip noodles for carrot, sweet potato, or zucchini noodles.

PER SERVING (¼ of recipe): Calories: 528, Total Fat: 43 g, Sat. Fat: 4 g, Monounsaturated Fat: 26 g, Polyunsaturated Fat: 10 g, Carbs: 31 g, Fiber: 11 g, Sugars: 14 g, Protein: 12 g, Sodium: 631 mg, Cholesterol: 0 mg

Herbed Skirt Steak Tacos with Beet & Fresno Chile Salsa

GF

SERVES **4.** HANDS-ON TIME: **30 MINUTES.** TOTAL TIME: **1 HOUR, 15 MINUTES.**

Red beet and chile pepper salsa makes for a striking and flavorful topper on these oregano–marinated steak tacos. Because this salsa requires a little baking time to cook the beet, you can make it entirely up to one day in advance and refrigerate until serving.

- **2 tbsp** hot sauce
- **2 tbsp** chopped fresh oregano
- **2 tbsp** fresh lime juice
- **¼ tsp** ground black pepper
- **1 14-oz** skirt steak, trimmed
- **8 6-inch** corn tortillas
- **2 cups** shredded romaine lettuce

SALSA

- **1 large** (10 oz) red beet
- **3** green onions, chopped
- **1** Fresno (red jalapeño) or jalapeño chile pepper, finely chopped
- **2 tbsp** fresh orange juice
- **1 tbsp** fresh lime juice
- **1 tsp** extra-virgin olive oil
- **¼ tsp** sea salt

1. Prepare salsa: Preheat oven to 400°F. Wrap beet in foil and place on a baking sheet. Bake until a paring knife slips easily into center of beet, about 45 minutes. Unwrap beet, and when cool enough to handle, push skin off with your fingers and discard. Finely chop beet and combine with remaining salsa ingredients; set aside.

2. Meanwhile, in a glass or stainless steel bowl or a zip-top bag, combine hot sauce, oregano, lime juice and black pepper. Add steak and rub marinade into meat. Marinate in the refrigerator for 30 minutes, or up to 3 hours.

3. Heat a grill or grill pan on medium-high. Grill tortillas in batches until warm and pliable, about 1 minute per side. Stack tortillas and wrap in foil; set aside.

4. Remove steak from marinade, shaking off excess. To grill or grill pan on medium-high, add steak and grill until medium-rare, 2 to 3 minutes per side. Let steak rest on a cutting board for 5 minutes. Thinly slice against the grain, then chop into smaller pieces. Divide steak, lettuce and salsa among tortillas.

PER SERVING (2 tacos with toppings): Calories: 365, Total Fat: 15 g, Sat. Fat: 4 g, Monounsaturated Fat: 8 g, Polyunsaturated Fat: 1 g, Carbs: 33 g, Fiber: 5 g, Sugars: 8 g, Protein: 26 g, Sodium: 340 mg, Cholesterol: 69 mg

COVER RECIPE

Apple, Frisée & Radicchio Salad with Lemon Kefir Dressing

Q GF

SERVES **4.** HANDS-ON TIME: **25 MINUTES.** TOTAL TIME: **25 MINUTES.**

Gut-friendly kefir adds creaminess to salad dressings. This salad makes a large portion and can be topped with a protein such as chicken or tofu. You can also serve it as a side or starter salad for six people.

- **1 large** shallot, diced small
- **3 tbsp** fresh lemon juice
- **2 tbsp** roasted walnut oil or extra-virgin olive oil
- **2 tbsp** grape seed oil
- **5 tbsp** whole-milk kefir
- **10 oz** frisée (2 small heads), cored and leaves cut into 1-inch pieces
- **4 oz** radicchio (½ small head), halved lengthwise and cut into ⅓-inch slices
- **7 small** radishes, quartered
- **2** Persian cucumbers, sliced in half lengthwise and cut diagonally (¼-inch thickness)
- **2** apples (Fuji, Pink Lady or Honeycrisp), cored and sliced into ⅛-inch slices
- **¾ cup** roughly chopped fresh flat-leaf parsley
- **⅓ cup** fresh mint leaves, roughly chopped
- **½ cup** toasted unsalted walnuts, roughly chopped
- Kosher salt (or sea salt) and ground black pepper, to taste

1. In a small container with a tight-fitting lid, combine shallot, lemon juice, walnut and grape seed oil; close lid tightly. Shake well. Add kefir and shake again.

2. In a large bowl, combine frisée, radicchio, radishes, cucumbers, apples, parsley, mint and walnuts. Pour dressing over top and toss. Season with salt and pepper.

PER SERVING (¼ of recipe):
Calories: 302, Total Fat: 23 g, Sat. Fat: 3 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 15 g, Carbs: 24 g, Fiber: 7 g, Sugars: 13 g, Protein: 5 g, Sodium: 115 mg, Cholesterol: 2 mg

Breaded Chicken Strips with Spicy Marinara

P Q GF

SERVES **4.** HANDS-ON TIME: **45 MINUTES.** TOTAL TIME: **45 MINUTES.**

No need to give up on crispy chicken while eating a clean diet – you just have to make it with wholesome ingredients. Use the spicy marinara as a dipping sauce or smother it over top.

- **⅔ cup** almond flour
- **⅓ cup** coconut flour
- **¼ cup** arrowroot starch
- **1 tsp** each onion powder, garlic powder, dried oregano, dried basil and sea salt
- **¾ tsp** ground black pepper, divided
- **1 large** egg
- **1 lb** boneless, skinless chicken breast cutlets, cut into 1½-inch strips
- **¼ cup** avocado or extra-virgin olive oil
- **1 cup** marinara sauce
- **¼ tsp** red pepper flakes

1. Preheat oven to 200°F. Place a metal rack over a baking sheet. In a shallow bowl, whisk together almond and coconut flours, arrowroot, onion powder, garlic powder, oregano, basil, salt and ½ tsp pepper. In a separate bowl, beat egg. Dip each chicken piece in egg, then dredge in flour mixture.

2. In a medium skillet on medium, heat oil. Working in batches, cook chicken until golden and cooked through, 2 to 3 minutes per side. Place on rack-lined sheet; keep warm in oven while cooking remaining chicken. (Alternatively, let cool on rack, cover and refrigerate.)

3. Meanwhile, in a small saucepan on medium-low, heat marinara, pepper flakes and remaining ¼ tsp black pepper, stirring occasionally, until warmed. Pour over chicken before serving, or serve sauce alongside.

PER SERVING (¼ of recipe): Calories: 410, Total Fat: 22 g, Sat. Fat: 4 g, Monounsaturated Fat: 12 g, Polyunsaturated Fat: 4 g, Carbs: 23 g, Fiber: 7 g, Sugars: 5 g, Protein: 31 g, Sodium: 739 mg, Cholesterol: 109 mg

Mushroom, Walnut & Chipotle Chile Taco Dip (P) (Q) (V) (GF A)

SERVES **5.**
HANDS-ON TIME: **15 MINUTES.**
TOTAL TIME: **45 MINUTES.**

Meaty mushrooms, walnuts and a handful of spices transform into a savory meatless swap for taco filling – the texture is uncannily similar!

½ cup	sun-dried tomatoes (dry-packed)
2 large	Medjool dates, pitted
2 cups	cremini mushrooms
1 cup	raw unsalted walnuts or pecans
1 tbsp	reduced-sodium tamari
2 tsp	ground coriander
1 tsp	ground cumin
½ tsp	sea salt
¼ tsp	chipotle chile powder
	whole-grain tortilla chips, as needed, optional

1. To a large heat-proof bowl, add tomatoes and dates. Add boiling water to cover. Let stand until softened, about 30 minutes. Drain.

2. To a food processor, add tomatoes and dates, mushrooms, walnuts, tamari, coriander, cumin, salt and chipotle chile powder. Pulse until coarsely chopped.

3. Divide mixture among containers with desired fixings and tortilla chips (if using).

PER SERVING (⅕ of recipe): Calories: 200, Total Fat: 14 g, Sat. Fat: 1 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 10 g, Carbs: 18 g, Fiber: 5 g, Sugars: 11 g, Protein: 6 g, Sodium: 327 mg, Cholesterol: 0 mg

TIP:
Prepare the mushroom mixture ahead and refrigerate in an airtight container until you're ready to eat. Serve with guacamole, pico de gallo, shredded cheese and lettuce as well as fresh cilantro.

Chicken Shawarma

with Tahini Yogurt Sauce

SERVES **4.** HANDS-ON TIME: **25 MINUTES.** TOTAL TIME: **40 MINUTES.**

We tossed sliced chicken breast in fragrant spices, smothered it with a lemony tahini sauce and served it over a whole-wheat pita. Top with chopped veg, such as tomatoes, cucumber or onion, for extra flavor.

CHICKEN & PITAS

- **2 tbsp** fresh lemon juice
- **2 tbsp** minced garlic
- **2 tsp** curry powder
- **1 tsp** ground cumin
- **2 tbsp** olive oil
- sea salt and ground black pepper, to taste
- **1 lb** boneless, skinless chicken breasts, thinly sliced (***TIP:*** To make thinly slicing the chicken as easy as possible, you may freeze it slightly beforehand.)
- **4 6-inch** whole-wheat pitas
- romaine lettuce, tomatoes, cucumbers or onion, for serving

SAUCE

- **¾ cup** plain whole-milk yogurt
- **¼ cup** tahini paste
- **1 tbsp** minced garlic
- **2 tsp** grated lemon zest + 1 tbsp fresh lemon juice
- sea salt, to taste

1. Marinate chicken: In a large bowl, combine lemon juice, garlic, curry powder, cumin and oil; season with salt and pepper. Add chicken and toss to coat; let stand 20 to 30 minutes. (***NOTE:*** Here, we marinate the chicken for 20 to 30 minutes, but if you want even more intense flavor, you can marinate it longer in the refrigerator.)

2. Prepare sauce: In a medium bowl, whisk together all sauce ingredients. Refrigerate until ready to use.

3. Preheat a grill to medium-high and brush grate with oil. (***NOTE:*** You can also make this recipe using a grill pan on the stove top.) Grill chicken until cooked through, about 2 minutes per side. Grill pitas until lightly toasted, about 1 minute per side. Assemble shawarma by spreading about 2 tbsp sauce on each pita; top with chicken and vegetables.

PER SERVING (¼ of recipe): Calories: 487, Total Fat: 21 g, Sat. Fat: 4 g, Monounsaturated Fat: 10 g, Polyunsaturated Fat: 6 g, Carbs: 45 g, Fiber: 7 g, Sugars: 3 g, Protein: 34 g, Sodium: 488 mg, Cholesterol: 69 mg

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PHOTO BY OLIVE & MANGO

dinner

One of the many upsides to quitting sugar is a new appreciation for how incredible real food tastes. To prove it, we rounded up a collection of scrumptious, crowd-pleasing, no-sugar mains using a multitude of veg, clean proteins, fresh herbs and flavorful ingredients guaranteed to shake up suppertime.

Scallops with Cilantro Lime Butter

Q GF

SERVES **4.** HANDS-ON TIME: **15 MINUTES.** TOTAL TIME: **15 MINUTES.**

To keep this dinner lightning-fast, serve it with a quickly sautéed veg like green beans or spinach. Simply cook in the same skillet in any remaining butter.

1½ lb	sea scallops, muscles removed (see tip)
1 tsp	sea salt, divided
½ tsp	ground black pepper, divided
5 tbsp	organic unsalted butter, softened, divided
1 tbsp	avocado oil
2 tbsp	finely chopped fresh cilantro
¼ tsp	grated lime zest + 2 tsp fresh lime juice
1 clove	garlic, minced

1. Using a paper towel, pat scallops completely dry. Sprinkle with ¾ tsp salt and ¼ tsp pepper. Heat a large skillet on medium-high; melt 1 tbsp butter with oil, swirling to coat. Working in batches if necessary, add scallops to pan and cook, undisturbed, until bottoms are golden and crusty, 1½ to 2 minutes. Flip and cook just until bottoms are golden and crusty, 1½ to 2 minutes more. Transfer to a plate; cover to keep warm.

2. Meanwhile, in a small bowl, mash together remaining 4 tbsp butter, cilantro, lime zest and lime juice. Season with remaining ¼ tsp each salt and pepper.

3. Reduce heat to medium-low. Add garlic to pan; cook, stirring, for 30 seconds. Add cilantro-lime butter, stirring to melt butter and incorporate garlic. Divide scallops among 4 plates; spoon butter mixture over top.

TIP: Scallops have a tough muscle that holds them in their shells. To remove it, use your fingers and simply pull off the small tab of flesh running vertically down the edge.

PER SERVING (¼ of recipe): Calories: 278, Total Fat: 19 g, Sat. Fat: 10 g, Monounsaturated Fat: 7 g, Polyunsaturated Fat: 1 g, Carbs: 6 g, Fiber: 0 g, Sugars: 0 g, Protein: 21 g, Sodium: 756 mg, Cholesterol: 79 mg

COVER RECIPE

Hazelnut Chicken Schnitzel

with Garlicky Green Beans

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

Thin chicken cutlets are easy to coat in the hazelnut breading, plus they cook in a flash for time-strapped weeknights. If you can't find 4-ounce cutlets, buy two 8-ounce chicken breasts and cut each horizontally into two thin pieces. Use a rolling pin or the bottom of a saucepan to pound the cutlets to an even thickness – just be sure to cover the chicken with plastic wrap first for easy cleanup.

- **½ cup** skinned toasted unsalted hazelnuts* (***TIP:*** You can replace with skinned almonds, toasted, or ⅓ cup coarse almond meal.)
- **½ cup** whole-wheat panko bread crumbs
- **2 tbsp** white whole-wheat flour
- **1 large** egg
- **4 4-oz** boneless, skinless chicken breast cutlets, pounded to ¼-inch thickness
- **½ tsp** each sea salt and ground black pepper, divided
- **3 tbsp** olive oil, divided
- **2 cloves** garlic, thinly sliced
- **14 oz** green beans
- **1 cup** grape or cherry tomatoes, halved

1. In a food processor or clean coffee grinder, pulse hazelnuts until finely ground, 5 to 6 pulses. Transfer to a shallow dish and stir in panko. In a separate shallow dish, add flour. In a third shallow dish, whisk egg with 2 tbsp water.

2. Sprinkle chicken with ¼ tsp each salt and pepper. Working with 1 piece at a time, dredge chicken in flour mixture, turning to coat; dip into egg mixture, letting excess drip back into dish. Press both sides of chicken into hazelnut mixture.

3. In a large nonstick skillet, heat 1 tbsp oil on medium. Add half of the chicken and cook, turning once, until golden and no longer pink inside, 6 to 10 minutes. Transfer to a large plate; keep warm. Repeat with 1 tbsp oil and remaining chicken.

4. Wipe out skillet. In skillet, heat remaining 1 tbsp oil on medium. Add garlic and cook, stirring often, until fragrant and light golden, 45 to 60 seconds. Add beans, tomatoes, remaining ¼ tsp each salt and pepper and 2 to 3 tbsp water. Cover with a lid or foil and cook, stirring occasionally, until beans are tender-crisp and tomatoes are beginning to burst, 6 to 7 minutes. Serve with chicken.

***NOTE:** If you can only find raw skin-on hazelnuts, toast them in a large skillet over medium heat, stirring often, until skins are beginning to split, 1 to 2 minutes. Transfer to a clean tea towel and rub off skins.*

PER SERVING (1 cutlet and ¼ of bean mixture): Calories: 373, Total Fat: 20 g, Sat. Fat: 3 g, Monounsaturated Fat: 13 g, Polyunsaturated Fat: 3 g, Carbs: 20 g, Fiber: 6 g, Sugars: 5 g, Protein: 30.5 g, Sodium: 331 mg, Cholesterol: 109 mg

Radicchio & Ricotta Linguine

Q V

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

Radicchio, also known as red or Italian chicory, adds color and a slightly bitter flavor to this linguine in a creamy Parmesan and ricotta sauce.

- **8 oz** whole-grain linguine or spaghetti
- **2 tbsp** extra-virgin olive oil
- **4 large** shallots, finely chopped
- **5 large** cloves garlic, minced
- **1½ tsp** ground fennel
- **½ tsp** ground black pepper
- **1 cup** whole-milk ricotta cheese
- **½ cup** packed grated Parmesan + additional for serving
- **¼ cup** heavy whipping cream
- **1 tbsp** fresh lemon juice
- **½ tsp** sea salt
- **2 cups** sliced radicchio
- **½ cup** toasted unsalted walnuts, roughly chopped
- **½ cup** packed roughly chopped flat-leaf parsley

1. In a medium pot, cook pasta according to package directions. Reserve 1¼ cups of pasta cooking water, then drain. Return to pot; cover to keep warm.

2. Meanwhile, prepare sauce: In a medium saucepan on medium-low, heat oil. Add shallots and garlic and cook, stirring occasionally, until shallots just begin to brown, about 5 minutes. Add fennel and pepper and cook, stirring, for 1 minute.

3. Remove saucepan from heat and carefully stir in 1 cup reserved pasta water. Add ricotta, Parmesan, cream, lemon juice and salt. Whisk until ricotta is fully incorporated.

4. Add sauce to cooked pasta followed by radicchio, walnuts and parsley. Stir until sauce thickens slightly and linguine is coated. If sauce is too thick, loosen with remaining ¼ cup reserved pasta water. Top servings with additional Parmesan cheese.

PER SERVING (¼ of recipe): Calories: 636, Total Fat: 35 g, Sat. Fat: 13 g, Monounsaturated Fat: 11 g, Polyunsaturated Fat: 8 g, Carbs: 63 g, Fiber: 9 g, Sugars: 6 g, Protein: 24 g, Sodium: 543 mg, Cholesterol: 59 mg

Miso Ginger Chicken with Bok Choy Stir-Fry

Q GF A

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

Using frozen riced cauliflower helps shorten prep time so this nutritious bowl is on the table quickly. If baby bok choy isn't readily available, chop up about 7 cups of regular bok choy. Garnish with sliced red chiles for color and heat.

6 cups	frozen riced cauliflower (1½ lb; see tip)
4½ tbsp	avocado oil, divided
¾ tsp	sea salt, divided
¼ tsp	+ pinch ground black pepper
2 tbsp	coconut aminos
1 tbsp	toasted sesame oil
2 tsp	arrowroot starch, divided
1 tsp	white miso paste
1 lb	boneless, skinless chicken tenders, cut into 1-inch pieces
6 heads	baby bok choy (about 1¾ lb), trimmed and chopped
1 tbsp	peeled and minced fresh ginger
2 cloves	garlic, minced

1. Preheat oven to 400°F. In a large bowl, toss riced cauliflower, 1½ tbsp avocado oil, ½ tsp salt and ¼ tsp pepper. Spread on 2 large baking sheets and bake, rotating and switching pans and stirring halfway, until tender, 10 to 12 minutes.

2. Meanwhile, in a small bowl, whisk together coconut aminos, sesame oil, ½ tsp arrowroot and miso. Set aside.

3. In a large skillet on medium-high, heat remaining 3 tbsp avocado oil. In another small bowl, toss chicken with remaining 1½ tsp arrowroot, ¼ tsp salt and pinch pepper. Add chicken to skillet and cook, turning occasionally, until starting to turn golden, 4 to 5 minutes.

4. Stir in bok choy; cook, tossing, until bok choy stem pieces are tender-crisp, 3 to 4 minutes. Add ginger and garlic; cook, tossing, until bok choy has released all of its liquid, chicken is no longer pink inside and mixture is fragrant, 1 to 2 minutes. Pour in miso mixture, reduce heat to medium-low and cook, stirring, until sauce is thickened and chicken is coated, about 1 minute. Divide riced cauliflower among shallow bowls. Top with stir-fry.

PER SERVING (¼ of recipe): Calories: 403, Total Fat: 23 g, Sat. Fat: 3 g, Monounsaturated Fat: 14 g, Polyunsaturated Fat: 5 g, Carbs: 18 g, Fiber: 7 g, Sugars: 9 g, Protein: 33 g, Sodium: 708 mg, Cholesterol: 83 mg

TIP: *Look for riced cauliflower in the freezer section – it's a convenient staple to keep on hand. You can also steam or sauté it until tender instead of roasting.*

Keto Falafel Bowl

P V GF

SERVES **4.** HANDS-ON TIME: **45 MINUTES.** TOTAL TIME: **1 HOUR, 5 MINUTES.**

Traditional falafel is made with chickpeas, but our lower-carb version is made with cauliflower rice and almond flour. You can cook them in a waffle iron for a fun presentation, or bake them to keep it simple. If you like a bit of heat, add a splash of hot sauce to the tahini dressing.

DRESSING

- **¼ cup** extra-virgin olive oil
- **2 cloves** garlic, minced
- **⅓ cup** tahini
- **3 tbsp** chopped fresh flat-leaf parsley
- **⅓ cup** fresh lemon juice
- **¼ tsp** each sea salt and ground black pepper

FALAFEL

- **1 tbsp** extra-virgin olive oil
- **1** shallot, minced
- **3 cloves** garlic, minced
- **3 cups** frozen cauliflower rice, thawed (1 12-oz pkg)
- **½ cup** chopped fresh flat-leaf parsley
- **½ cup** almond flour
- **1 large** egg
- **2 tsp** each ground cumin and coriander
- **1 tsp** grated lemon zest
- **½ tsp** sea salt
- **¼ tsp** ground black pepper

SALAD

- **2** romaine hearts, torn (about 6 cups)
- **1 small** English cucumber, halved lengthwise, sliced (about 1⅓ cups)
- **¼ cup** pitted and sliced Kalamata olives

1. Make dressing: In a small, unheated skillet, combine oil and garlic. Heat on low until mixture sizzles; cook for 1 minute, then transfer to a blender or small food processor. Add tahini, parsley and lemon juice; process until well mixed. Add warm water, 1 tbsp at a time, and process until desired consistency, adding 7 to 8 tbsp water in total. Season with salt and pepper.

2. Make falafel: In a medium skillet on medium, heat oil. Add shallot and cook, stirring occasionally, until tender, about 3 minutes. Add garlic; sauté 1 minute. Transfer to a large bowl to cool. Place cauliflower in a clean kitchen towel and squeeze out excess liquid. Add to bowl with onion mixture and add remaining falafel ingredients.

3. Cook falafel: Preheat oven to 400°F; line a baking sheet with parchment. Using an ice cream scoop, portion mixture into balls (about 2 tbsp each). Press into 2½-inch-wide patties and place on sheet; mist with cooking spray. Bake 15 minutes, flip, mist other side and bake until cooked through and golden, 10 minutes longer. (Or use a waffle iron: Place 1 ball in center of each waffle iron section. Cook until golden.)

4. In a large bowl, combine salad ingredients. Add ¼ cup dressing, or to taste, and toss. Divide among bowls and top with falafel. Serve remaining dressing on the side.

PER SERVING (¼ of recipe): Calories: 469, Total Fat: 40 g, Sat. Fat: 5 g, Monounsaturated Fat: 25 g, Polyunsaturated Fat: 9 g, Carbs: 21 g, Fiber: 8 g, Sugars: 6 g, Protein: 13 g, Sodium: 518 mg, Cholesterol: 47 mg

Wedge Salad

with Shiitake Bacon & Blue Cheese Dressing

Q V GF

SERVES **4.** HANDS-ON TIME: **25 MINUTES.** TOTAL TIME: **45 MINUTES.**

Most wedge salads contain bacon, but to really dial up the vegetables, we've swapped it with shiitake mushrooms roasted until just crisp.

DRESSING

- **½ cup** full-fat sour cream
- **¼ cup** extra-virgin olive oil
- **2 oz** blue cheese, crumbled
- **2 tbsp** white wine vinegar
- **2 tbsp** avocado oil mayonnaise
- **1 tsp** coconut aminos
- **¼ tsp** each garlic powder and ground black pepper
- **⅛ tsp** sea salt

BACON

- **8 oz** shiitake mushroom caps, thinly sliced
- **3 tbsp** avocado oil
- **¼ tsp** sea salt

SALAD

- **1 head** iceberg lettuce, quartered
- **1 cup** quartered cherry or grape tomatoes

1. Make dressing: In a small bowl, whisk together all ingredients. Cover and refrigerate until serving.

2. Make bacon: Preheat oven to 400°F; line 2 large baking sheets with parchment. In a large bowl, toss mushrooms, oil and salt. Spread on baking sheets in a single layer and roast until browned, stirring once or twice, switching positions of baking sheets, and removing pieces as they brown, 20 to 25 minutes.

3. Make salad: Place an iceberg quarter on each of 4 plates. Top with tomatoes, dressing and shiitake bacon.

PER SERVING (¼ of recipe): Calories: 411, Total Fat: 39 g, Sat. Fat: 9 g, Monounsaturated Fat: 24 g, Polyunsaturated Fat: 4 g, Carbs: 11 g, Fiber: 3 g, Sugars: 5 g, Protein: 7 g, Sodium: 437 mg, Cholesterol: 32 mg

Hasselback Chicken with Tomato Artichoke Sauce

GF

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

*PLUS 1 HOUR BRINING TIME.

A trick to keeping chicken breast juicy and flavorful? Brine it in salt water as we do in this easy recipe. This makes for a complete meal, thanks to a vibrant side of tomatoes and artichokes. For extra dietary fiber, serve with a side of arugula drizzled with extra-virgin olive oil.

¼ cup	kosher salt
4 6-oz	boneless, skinless chicken breasts
3 tbsp	extra-virgin olive oil, divided
½ cup	chopped white onion
2 cloves	garlic, chopped
¼ tsp	each red pepper flakes and sea salt
1 24-oz	BPA-free can unsalted diced tomatoes
1 10-oz	jar marinated artichoke hearts, drained
⅓ cup	chopped fresh basil
1	zucchini, cut into ¼-inch slices
1½ tsp	dried oregano
¼ tsp	ground black pepper
½ cup	grated mozzarella cheese
¼ cup	grated Parmesan cheese

1. To a large bowl, add kosher salt. Heat 2 cups water until hot (not boiling); pour into bowl and stir until salt dissolves. Add 2 cups cold water. Add chicken; cover and refrigerate for 1 hour.

2. In a large skillet on medium, heat 1 tbsp oil. Add onion and sauté for 2 minutes. Add garlic, pepper flakes and sea salt; cook for 30 seconds, until fragrant. Add tomatoes and artichokes. Simmer on low for 20 minutes. Stir in basil.

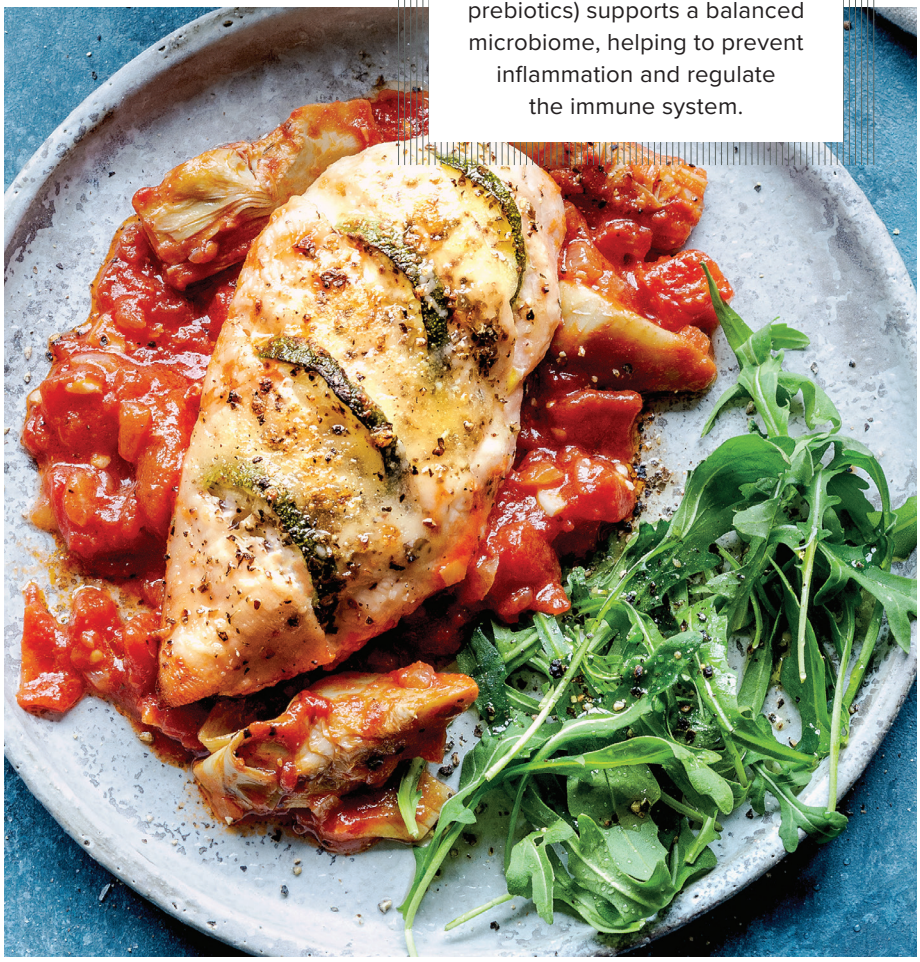
3. Meanwhile, preheat oven to 400°F. Remove chicken from brine; pat dry. Cut 4 to 6 slits about three-quarters of the way through each chicken breast, taking care not to cut all the way through. Fill each slit with a slice of zucchini. Drizzle chicken with remaining 2 tbsp oil; sprinkle with oregano and black pepper. Place in an ovenproof dish. Bake for 20 minutes. Top chicken with mozzarella and Parmesan cheeses and return to oven for 5 to 10 minutes more, until a thermometer placed in thickest part of chicken reaches 165°F.

4. Let chicken rest for 5 minutes. Divide among plates and serve with tomato-artichoke sauce.

PER SERVING (1 breast and ¼ of sauce): Calories: 451, Total Fat: 22 g, Sat. Fat: 5 g, Monounsaturated Fat: 11 g, Polyunsaturated Fat: 2 g, Carbs: 20 g, Fiber: 4 g, Sugars: 7 g, Protein: 43 g, Sodium: 817 mg, Cholesterol: 109 mg

TRIPLE THREAT:

The tomato sauce in this recipe contains a triple dose of prebiotic fiber from the artichokes, onion and garlic. Feeding the bacteria in the gut with nondigestible fiber (aka prebiotics) supports a balanced microbiome, helping to prevent inflammation and regulate the immune system.



Updated Grilled Pimiento Cheese Sandwiches

with Cauliflower "Bread"

V GF

SERVES **2.** HANDS-ON TIME: **25 MINUTES.** TOTAL TIME: **1 HOUR, 10 MINUTES.**

The low-carb bread holding together these gooey grilled cheeses is a grain-free combination of cauliflower rice and almond flour. This recipe comes without excess carbs – helping to keep insulin levels in check. Plus, cauliflower is rich in dietary fiber that helps keep your body's fullness signals on point.

CAULIFLOWER "BREAD"

- **1 12-oz** bag frozen cauliflower rice (aka riced cauliflower), thawed
- **½ tsp** sea salt
- **¼ cup** blanched almond flour
- **1 large** egg
- **¼ tsp** garlic powder

PIMIENTO CHEESE

- **¾ cup** grated cheddar cheese
- **2 tbsp** avocado oil mayonnaise
- **1½ tbsp** minced pimiento peppers
- **1 tbsp** full-fat cream cheese, softened
- **⅛ tsp** ground cayenne pepper or dash hot sauce
- **⅛ tsp** each sea salt and ground black pepper
- **1 tbsp** organic unsalted butter, for cooking

1. Prepare bread: Preheat oven to 400°F; line a large baking sheet with parchment. Line a strainer with a kitchen towel; place cauliflower rice into towel. Sprinkle with salt; let stand 20 minutes to release water, then use towel to wring out cauliflower to remove moisture.

2. To a medium bowl, add dried cauliflower rice, almond flour, egg and garlic powder; mix thoroughly. On prepared sheet, press dough into a 9 x 7-inch rectangle, about ¼ inch thick. Bake until golden and dry, 25 to 30 minutes. Carefully flip and bake until light golden on other side, 5 to 10 minutes longer. Let cool.

3. Prepare pimiento cheese: In a medium bowl, combine cheddar, mayonnaise, pimientos, cream cheese, cayenne, salt and black pepper, mixing thoroughly.

4. Cut cauliflower bread into 4 equal pieces. Divide cheese mixture between 2 bread pieces, spreading evenly; top with remaining bread slices.

5. In a large skillet on medium, melt butter. Add sandwiches and cook 2 to 3 minutes, occasionally pressing down with a spatula, until cheese starts to melt and bread is browned. Carefully flip and cook 1 to 2 minutes longer, until cheese has melted and bread is toasted and golden on other side. Cut each sandwich in half.

PER SERVING (1 sandwich): Calories: 463, Total Fat: 39 g, Sat. Fat: 13 g, Monounsaturated Fat: 19 g, Polyunsaturated Fat: 5 g, Carbs: 13 g, Fiber: 6 g, Sugars: 6 g, Protein: 18 g, Sodium: 813 mg, Cholesterol: 159 mg

Buttery Sole with Spring Vegetables

Q GF

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

Butter makes everything better – so go ahead and embrace it on a clean diet. It adds richness to this uber-easy sautéed sole with crunchy carrots, bell pepper and snap peas.

- **¼ cup** organic unsalted butter, divided
- **3 tbsp** extra-virgin olive oil, divided
- **1½ lb** wild sole, patted dry
- **½ tsp** sea salt + additional to taste
- **¼ tsp** ground black pepper + additional to taste
- **1** sweet onion, chopped
- **8 oz** carrots, cut into ½-inch pieces on a diagonal (1¾ cups)
- **3 oz** snap peas, trimmed, halved on a diagonal (1 cup)
- **1** red bell pepper, cut into 1-inch cubes
- **2 cloves** garlic, minced
- **2 tbsp** fresh lemon juice
- **1 tbsp** chopped fresh flat-leaf parsley + additional for garnish

1. Preheat oven to 200°F; line a large baking sheet with parchment. In a large skillet on medium-high, melt 2 tbsp butter with 2 tbsp oil. Season fish with ⅛ tsp each salt and pepper. Add to skillet and cook until golden, basting with butter mixture occasionally, 2 to 3 minutes per side. Transfer to baking sheet; cover and keep warm in oven.

2. To skillet, melt 1 tbsp butter with remaining 1 tbsp oil. Add onion, season with ⅛ tsp salt and cook, stirring occasionally, until just tender, about 3 minutes. Add carrots; sauté 1 minute. Add peas, bell pepper and garlic, season with ¼ tsp salt and ⅛ tsp pepper and continue to sauté until vegetables are crisp-tender, about 5 minutes more. Stir in lemon juice and parsley; sauté 1 minute. Stir in remaining 1 tbsp butter and cook, stirring, until butter melts and sauce thickens slightly. Season with additional salt and pepper. Sprinkle with additional parsley before serving.

PER SERVING (1 fish fillet and 1 cup vegetables): Calories: 386, Total Fat: 26 g, Sat. Fat: 9 g, Monounsaturated Fat: 12 g, Polyunsaturated Fat: 2 g, Carbs: 16 g, Fiber: 4 g, Sugars: 9 g, Protein: 23 g, Sodium: 426 mg, Cholesterol: 107 mg

Coconut Curry Broccoli Rice

P Q V GF

SERVES **6.** HANDS-ON TIME: **25 MINUTES.** TOTAL TIME: **25 MINUTES.**

You can pick up pre-chopped broccoli rice to save time, or pulse broccoli florets and stems in the food processor to make your own.

- **1 tbsp** coconut oil
- **2 tbsp** peeled and minced fresh ginger
- **2 cloves** garlic, minced
- **2 tsp** curry powder
- **¼ tsp** ground black pepper
- **4 cups** broccoli rice
- **½ tsp** sea salt + additional to taste
- **1 cup** BPA-free canned full-fat coconut milk

1. In a large skillet on medium, heat oil. Add ginger and garlic; sauté 1 minute. Add curry and black pepper; sauté 30 seconds. Add broccoli rice and salt; sauté 2 minutes, until bright green.

2. Stir in milk, cover, reduce heat to low and cook, stirring once or twice, 8 to 10 minutes. Increase heat to medium; cook, stirring, until most of liquid has cooked off and rice is very tender, about 2 minutes. Season with additional salt.

PER SERVING (⅙ of recipe): Calories: 128, Total Fat: 11 g, Sat. Fat: 9 g, Monounsaturated Fat: 1 g, Polyunsaturated Fat: 0 g, Carbs: 8 g, Fiber: 3 g, Sugars: 2 g, Protein: 3 g, Sodium: 193 mg, Cholesterol: 0 mg

Coconut Shrimp
with Spicy Mayo

P Q GF

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

We've remade classic coconut shrimp without the traditional white flour and bread crumbs. Use it as a hearty snack or appetizer, or pair it with our Coconut Curry Broccoli Rice to make a complete meal.

MAYO

- **¼ cup** avocado oil mayonnaise
- **2 tsp** hot sauce
- **2 tsp** coconut aminos
- **1 tsp** fresh lemon juice

SHRIMP

- **¾ cup** unsweetened finely shredded coconut (***NOTE:*** If using a brand that is not finely shredded, pulse in a food processor to chop.)
- **6 tbsp** almond flour
- **1¼ tsp** sea salt, divided
- **½ tsp** garlic powder

¼ tsp	ground black pepper
2 large	eggs
1½ lb	large shrimp, peeled and deveined
	avocado oil, for frying

1. Make mayo: In a small bowl, combine all ingredients. Cover and refrigerate. (***MAKE AHEAD:*** You can make mayo up to 2 days ahead. Keep covered and refrigerated.)

2. Make shrimp: Preheat oven to 200°F; line a large baking sheet with a metal rack. In a shallow bowl, combine coconut, almond flour, 1 tsp salt, garlic powder and black pepper; whisk to mix well. In a separate bowl, whisk eggs until well blended. Pat shrimp dry thoroughly and season with remaining ¼ tsp salt. Dip shrimp in egg mixture, then dredge in coconut mixture.

3. Heat ⅛ inch avocado oil in a medium skillet on medium. Working in batches, add shrimp to skillet and cook until golden on underside, 2 to 3 minutes. Carefully turn with tongs and cook on other side until cooked through and golden, about 2 minutes longer. Place shrimp on lined baking sheet and keep warm in oven while you cook remaining shrimp. Use a slotted spoon to remove coconut from skillet between batches as needed to prevent burning and add more oil if needed. Serve shrimp with mayo on the side.

PER SERVING (⅙ of recipe): Calories: 334, Total Fat: 26 g, Sat. Fat: 8 g, Monounsaturated Fat: 13 g, Polyunsaturated Fat: 3 g, Carbs: 5 g, Fiber: 3 g, Sugars: 2 g, Protein: 22 g, Sodium: 649 mg, Cholesterol: 207 mg

Eggplant Pizzas

Q V GF

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

No grains in this easy, pleasing pizza! You can use whatever color olives you like best or change up the toppings for other favorites. Serve with a side salad or sautéed greens for a well-rounded meal.

2	eggplants (each about 1 lb), cut into ¼-inch-thick slices, divided
¼ tsp	each sea salt and ground black pepper, divided
1 cup	all-natural marinara sauce, divided
1 tsp	dried oregano, divided
1½ cups	shredded mozzarella cheese (about 6 oz), divided
1 6-oz	jar marinated artichoke hearts, drained and finely chopped, divided
½ cup	chopped drained jarred roasted red peppers (pat peppers dry before chopping), divided
½ cup	finely chopped olives, divided

1. Preheat broiler to high. Mist 2 large baking sheets with cooking spray and arrange half of the eggplant slices on each, without touching. Mist tops of slices with more cooking spray; sprinkle with salt and pepper. Set 1 pan aside. Place remaining pan under broiler and broil, turning once halfway through, until eggplant is golden, about 3 minutes per side. (***TIP:*** Watch carefully and rotate pan if some slices are browning too quickly.)

2. Spoon half of the sauce over eggplant slices; sprinkle with half of oregano. Top (in order) with half each of the cheese, artichokes, roasted red peppers and olives. Return pan to oven and broil, rotating baking sheet halfway through, until cheese is melted, about 2 minutes. Move pan to bottom rack of oven to keep warm.

3. Repeat with remaining eggplant slices, sauce, oregano, cheese, artichokes, peppers and olives.

PER SERVING (¼ of recipe): Calories: 292, Total Fat: 17 g, Sat. Fat: 6 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 1 g, Carbs: 25 g, Fiber: 9 g, Sugars: 10 g, Protein: 14 g, Sodium: 858 mg, Cholesterol: 33 mg

Butternut Noodles Cacio e Pepe

Q V GF

SERVES **4 TO 6.** HANDS-ON TIME: **30 MINUTES.** TOTAL TIME: **30 MINUTES.**

Cacio e pepe means "cheese and pepper" in Italian dialects, and we can't think of a tastier way to serve up a side dish of spiralized butternut squash. For the best noodles, look for squash with long necks and smaller bulbs. We use Parmesan and Grana Padano cheese for more flavor, but you can use just Parmesan if you prefer.

- **2** butternut squashes (about 3½ lb total), ends trimmed, peeled (or substitute for 6 cups packaged butternut squash noodles)
- **6 tbsp** organic unsalted butter, divided
- **¼ tsp** sea salt + additional to taste
- **½ cup** grated Parmesan cheese
- **½ cup** grated Grana Padano cheese
- **1 tsp** ground black pepper
- **½ tsp** lemon zest

1. Spiralize squashes: Cut necks off squashes and cut each in half crosswise. (Reserve bulbous ends of squash for another use.) Using a thin spaghetti blade in a spiral maker, spiralize squash chunks. (***TIP:*** If noodles are very long, trim with kitchen shears to desired length.)

2. In a large skillet on medium, melt 4 tbsp butter. Add noodles and salt and cook, tossing occasionally, until tender, 7 to 10 minutes. (***NOTE:*** To prevent browning, reduce heat and add water 1 tbsp at a time, if needed.) Remove skillet from heat; stir in remaining 2 tbsp butter, Parmesan, Grana Padano, pepper and lemon zest. Season with additional salt, if desired.

PER SERVING (⅙ of recipe): Calories: 226, Total Fat: 15 g, Sat. Fat: 9 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 1 g, Carbs: 17 g, Fiber: 2 g, Sugars: 0 g, Protein: 6 g, Sodium: 242 mg, Cholesterol: 40 mg

Caramelized Onion & Blue Cheese Burgers

Q GF

SERVES **4.**
HANDS-ON TIME: **45 MINUTES.**
TOTAL TIME: **45 MINUTES.**

Dig into these fully loaded burgers with caramelized onions and blue cheese served on portobello mushroom caps.

¼ cup	avocado oil, divided
1 tbsp	organic unsalted butter
1 large	sweet onion (such as Vidalia), thinly sliced
1⅛ tsp	sea salt, divided
4	portobello mushroom caps, gills scraped out
1 lb	ground beef
½ tsp	ground black pepper
4	leaves green leaf lettuce
1 oz	crumbled blue cheese

1. In a large skillet on medium, heat 1 tbsp oil and butter. Add onion, season with ⅛ tsp salt and cook 1 to 2 minutes, stirring occasionally. Reduce heat to medium-low; cook, stirring occasionally, until onions are soft and deep golden brown, 20 to 25 minutes. If needed, add water, a few tablespoons at a time, to prevent sticking. Transfer onions to a plate; cover and set aside. (***NOTE:*** Do not wipe out skillet.)

2. Meanwhile, preheat oven to 400°F. Line a large baking sheet with parchment paper. Brush mushrooms all over with 2 tbsp oil; season with ½ tsp salt. Place mushrooms, stemmed side up, on baking sheet; roast until tender, 10 minutes. Using tongs, flip mushrooms, discarding any liquid that has accumulated. Roast 10 to 15 minutes longer, until very tender and lightly browned. Reduce heat to 200°F to keep warm.

3. Divide beef into 4 equal portions; press beef into patties, about ½ inch thick. Season with pepper and remaining ½ tsp salt.

4. In the same large skillet on medium-high, heat remaining 1 tbsp oil. Cook burgers 3 to 5 minutes per side, until browned and cooked to desired doneness.

5. Divide mushrooms among plates, stemmed side up. Top each with lettuce, a burger patty, caramelized onion and blue cheese.

PER SERVING (1 burger): Calories: 396, Total Fat: 28 g, Sat. Fat: 9 g, Monounsaturated Fat: 14 g, Polyunsaturated Fat: 2 g, Carbs: 12 g, Fiber: 2 g, Sugars: 7 g, Protein: 25 g, Sodium: 646 mg, Cholesterol: 80 mg

Chipotle Cauliflower Tacos

with Jalapeño Cilantro Sauce

Q V GF

SERVES **4.** HANDS-ON TIME: **25 MINUTES.** TOTAL TIME: **45 MINUTES.**

Chipotle chile powder lends a smoky note to roasted cauliflower; if you prefer less heat but still want that smokiness, use smoked paprika instead. The real star of these tacos, though, is the creamy, herbaceous sauce, so don't skip it! Serve these veggie tacos with toppings of your choice: shredded cabbage, tomatoes, fresh cilantro, hot sauce or salsa verde, and lime wedges for squeezing all work well here.

TACOS

- **1 large** head cauliflower (about 2¼ lb), cut into bite-size florets
- **2 tbsp** olive oil
- **½ tsp** each sea salt, chipotle chile powder and garlic powder
- **¼ tsp** each chile powder, ground cumin and paprika
- **Pinch** ground black pepper
- **8 6-inch** corn tortillas, or 8 large Bibb or Boston lettuce leaves

SAUCE

- **1** jalapeño chile pepper, seeded and roughly chopped
- **1 cup** fresh cilantro (leaves and tender stems)
- **½ cup** olive oil mayonnaise
- **2 tbsp** fresh lime juice
- **1 tbsp** extra-virgin olive oil
- **1 clove** garlic, roughly chopped
- **¼ tsp** sea salt
- **Pinch** ground black pepper

1. Preheat oven to 450°F. Line a large rimmed baking sheet with parchment paper. Set aside.

2. Prepare tacos: Bring a large saucepan of water to a boil. Add cauliflower and cook until just tender, 3 to 4 minutes. Drain well; transfer to a clean kitchen towel and pat dry. Set aside.

3. In a large bowl, combine oil, salt, chipotle chile powder, garlic powder, chile powder, cumin, paprika and black pepper. Add cauliflower and toss gently to coat. Arrange in a single layer on prepared sheet. Bake, turning once, until golden, 20 to 30 minutes.

4. Meanwhile, prepare sauce: In a blender or food processor, blend all ingredients until smooth.

5. Divide cauliflower among tortillas. Add desired toppings and drizzle with sauce.

PER SERVING (2 tacos): Calories: 331, Total Fat: 33 g, Sat. Fat: 5 g, Monounsaturated Fat: 15 g, Polyunsaturated Fat: 13 g, Carbs: 8 g, Fiber: 3 g, Sugars: 3 g, Protein: 3 g, Sodium: 559 mg, Cholesterol: 10 mg

Peanut Chicken

with Green Beans & Sweet Potatoes

SERVES **4.** HANDS-ON TIME: **20 MINUTES.** TOTAL TIME: **45 MINUTES.**

No skillet is required to make this scrumptious chicken tossed with a spicy peanut sauce. Just pack it into the foil and place it on a baking sheet or pop it on the grill – it's a no-mess dinner solution!

- **¼ cup** unsalted natural creamy peanut butter
- **¼ cup** full-fat coconut milk
- **2 tbsp** rice vinegar
- **2 tbsp** chopped fresh cilantro + additional for garnish
- **1 tbsp** fresh lime juice
- **1 tbsp** peeled and minced ginger
- **1 tsp** reduced-sodium tamari
- **½ tsp** red pepper flakes
- **1 clove** garlic, minced
- **12 oz** green beans, trimmed
- **2** sweet potatoes, peeled and diced into ½-inch chunks (***NOTE:*** Make sure to dice potatoes no larger than directed, as they should cook through in the same amount of time as the chicken.)
- **1** red onion, sliced into ¼-inch slices
- **1 lb** boneless, skinless chicken breasts, cut into 1-inch pieces

1. Preheat oven to 450°F or heat grill to medium-high.

2. In a medium bowl, whisk together peanut butter, milk, vinegar, cilantro, lime juice, ginger, tamari, pepper flakes and garlic. Set aside.

3. Cut 4 12 x 16-inch pieces of foil and mist with cooking spray. Divide green beans, potatoes and onion evenly into the center of each piece of foil. Divide chicken and peanut butter mixture between foil pieces, over top of vegetables. Bring the short edges of the foil together, then fold inward a few times along each long edge to seal.

4. Place foil packets on a large, rimmed baking sheet in the oven or directly on the grill. Bake or grill for 25 to 30 minutes, until chicken is cooked through and potatoes are tender. (***NOTE:*** Carefully open a single packet to check, then reseal if needed.) Transfer contents of packets to serving bowls and garnish with additional cilantro.

PER SERVING (1 packet): Calories: 362, Total Fat: 15 g, Sat. Fat: 5 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 3 g, Carbs: 23 g, Fiber: 5 g, Sugars: 8 g, Protein: 33 g, Sodium: 164 mg, Cholesterol: 83 mg

Grilled Lemon Chicken & Avocado

with Shishito Peppers & Lemon Crema (Q) (GF)

SERVES **4.**
HANDS-ON TIME: **15 MINUTES.**
TOTAL TIME: **45 MINUTES.**

Grilling avocados makes them creamy and smoky, and serving them with grilled chicken breasts and shishito peppers makes a satisfying meal.

- **4 5-oz** skinless, boneless chicken breasts
- **3 tbsp** olive oil, divided
- **1 tsp** lemon zest + 2 tbsp fresh lemon juice
- **1½ tsp** paprika
- **¼ tsp** sea salt
- **⅛ tsp** ground black pepper
- **8 oz** shishito peppers (about 24)
- **2** avocados, halved and pitted (peel on)
- **1 clove** garlic, minced
- **¼ cup** chopped fresh parsley

LEMON CREMA

- **½ cup** full-fat sour cream
- **2 tsp** lemon zest + 1 tbsp lemon juice
- **¼ tsp** sea salt

Shishito peppers are small and typically sweet, but one in 10 is spicy (with a Scoville rating similar to that of a jalapeño). Sub with a bell or padron pepper in a pinch.

1. In a large bowl, place chicken, 2 tbsp oil, lemon zest and juice, paprika, salt and pepper. Mix to coat chicken. Marinate in refrigerator for 20 minutes.

2. In a separate bowl, mix shishito peppers, avocado, remaining 1 tbsp olive oil and garlic.

3. Prepare lemon crema: In a small bowl, mix together crema ingredients. Set aside.

4. Cook chicken: Preheat an indoor grill or grill pan to medium-high. Spread chicken on grill and cook covered, for 8 to 10 minutes, flipping once, or until a thermometer reads 165°F in center. Place peppers and avocados on grill for the last 3 minutes of grilling. Transfer to a serving platter and top with crema and parsley.

PER SERVING (1 breast and ¼ of vegetables): Calories: 463, Total Fat: 33 g, Sat. Fat: 7 g, Monounsaturated Fat: 20 g, Polyunsaturated Fat: 4 g, Carbs: 15 g, Fiber: 10 g, Sugars: 3 g, Protein: 31 g, Sodium: 322 mg, Cholesterol: 87 mg

Cajun Shrimp Cakes with Lemon Mayo

P Q GF

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

Filling and protein-rich, these shrimp cakes are also packed with green onions, potent prebiotics that encourage better digestive health. Shrimp are a source of both iodine and zinc, nutrients that help support a healthy thyroid for optimal hormone balance. To make the shrimp cakes, you can finely chop the shrimp, onions and celery – alternatively, pulse in a food processor.

LEMON MAYO

- **¼ cup** avocado oil or olive oil mayonnaise
- **1 tsp** lemon zest + 1 tbsp fresh lemon juice
- **⅛ tsp** raw honey
- **Pinch** sea salt

SHRIMP CAKES

- **1¼ lb** medium shrimp, peeled, deveined and tails removed, finely chopped
- **3** green onions, white and light green parts, minced
- **1 stalk** celery, minced
- **1 large** egg
- **3 tbsp** ground flaxseeds
- **2 tbsp** arrowroot starch
- **2 tbsp** coconut flour
- **1 tbsp** Cajun seasoning
- **¾ tsp** sea salt
- **¼ tsp** mustard powder
- avocado oil, for frying

1. Prepare lemon mayo: In a small bowl, combine all mayo ingredients. Cover and refrigerate. (***TIP:*** Can be made up to 2 days ahead.)

2. Prepare shrimp cakes: In a large bowl, combine shrimp, onion, celery, egg, flaxseeds, arrowroot, coconut flour, Cajun seasoning, salt and mustard powder. Using a ¼-cup measure, portion shrimp mixture into 8 to 10 balls; form into patties.

3. In a large skillet on medium, add just enough oil to cover bottom, about 1/16 inch. Working in batches, cook shrimp cakes for 2 to 3 minutes per side, until golden and cooked through. Serve with lemon mayo.

PER SERVING (¼ of recipe): Calories: 302, Total Fat: 19 g, Sat. Fat: 3 g, Monounsaturated Fat: 11 g, Polyunsaturated Fat: 4 g, Carbs: 9 g, Fiber: 3 g, Sugars: 1 g, Protein: 25 g, Sodium: 587 mg, Cholesterol: 231 mg CC

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PHOTO BY OLIVE & MANGO

snacks & sides

Whether it's game day or movie night, setting yourself up for success when you're on a quit-sugar plan means having a few aces up your sleeve for when snack attacks happen. These satisfying small bites and sides, from buffalo cauliflower to avocado fries to curried carrot fritters, will ensure no munchie emergency goes unanswered.

Harissa Tahini Dip

P Q V GF

MAKES **1 CUP.** HANDS-ON TIME: **20 MINUTES.** TOTAL TIME: **20 MINUTES.**

This tahini dip gets a flavor kick from harissa, a Moroccan chile pepper paste. Just read the label carefully to ensure it doesn't contain added sugar. Use your favorite vegetables for dipping.

- **3 tbsp** extra-virgin olive oil + additional for garnish
- **¼ small** yellow onion, minced
- **2 cloves** garlic, minced
- **½ cup** tahini
- **2 tsp** lemon zest + 2 tbsp fresh lemon juice
- **1½ tbsp** harissa paste
- **¼ tsp** sea salt
- **⅛ tsp** ground black pepper
- flaky sea salt for garnish, optional

1. In a small skillet on medium-low, heat oil. Add onion and cook, stirring often, until caramelized, 7 to 10 minutes, adding garlic for final 1 minute. Transfer to a small bowl to cool.

2. To a small food processor, add tahini, lemon zest and juice, and harissa; process until smooth. Add onion mixture, including oil, and process until well combined. Drizzle in about 2 tbsp hot water, 1 tbsp at a time, thinning to desired consistency. Season with salt and pepper. Just before serving, drizzle with additional oil and sprinkle with flaky sea salt (if using).

PER SERVING (¼ cup): Calories: 293, Total Fat: 28 g, Sat. Fat: 4 g, Monounsaturated Fat: 15 g, Polyunsaturated Fat: 8 g, Carbs: 9 g, Fiber: 2 g, Sugars: 1 g, Protein: 5 g, Sodium: 161 mg, Cholesterol: 0 mg

Curried Carrot Parsnip Fritters

P Q V GF

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

Shredded carrots and parsnips are seasoned with curry powder in these no-fuss fritters. You can shallow fry them in avocado oil or bake them (see instructions). Serve with coconut yogurt and extra green onions over top.

- **2 tbsp** coconut flour
- **1½ tsp** curry powder
- **⅛ tsp** chile powder, optional
- **½ tsp** sea salt
- **¼ tsp** ground black pepper
- **2** carrots, shredded
- **2** parsnips, shredded
- **4** green onions, white and light green parts, thinly sliced
- **¼ cup** unsweetened shredded coconut
- **1½ tsp** lime zest
- **3 large** eggs, beaten
- avocado oil, as needed

1. In a large bowl, combine flour, curry, chile powder (if using), salt and pepper. Add carrots, parsnips, green onions, coconut and lime zest; toss until well combined. Add eggs and stir until well mixed. Let stand for 10 minutes to allow flour mixture to absorb some of the liquid.

2. Preheat oven to 200°F. Place a metal rack over a baking sheet and transfer to oven. Pour ½ inch oil into a large, deep skillet; heat on medium until oil reaches 350°F to 375°F on a thermometer. Using a ¼ cup measure, form mixture into patties, making 8 total, squeezing out any extra liquid; set aside.

Working in 2 batches, carefully transfer patties to skillet and cook until golden brown, about 2 minutes per side. Use a large slotted spoon to transfer fritters to rack-lined baking sheet in oven, keeping warm while cooking remaining fritters.

NOTE: *You can bake the fritters, if you prefer. Preheat oven to 375°F. Arrange patties on a large, generously oiled baking sheet. Bake for 10 minutes, flip, mist tops with cooking spray and bake 5 to 10 minutes longer, until cooked through and golden.*

PER SERVING (2 fritters): Calories: 255, Total Fat: 18 g, Sat. Fat: 6 g, Monounsaturated Fat: 9 g, Polyunsaturated Fat: 2 g, Carbs: 18 g, Fiber: 6 g, Sugars: 6 g, Protein: 7 g, Sodium: 341 mg, Cholesterol: 140 mg

Mustard Pickle Deviled Eggs

(P) (Q) (V) (GF)

MAKES **12 HALVES.**
HANDS-ON TIME: **15 MINUTES.**
TOTAL TIME: **15 MINUTES.**

The old-school sandwich side gets an upgrade with crunchy pickles and avocado oil mayonnaise. Just be sure to read your labels to ensure your mayo and pickles don't contain added sugar.

- **6 large** hard-boiled eggs, peeled, halved lengthwise
- **¼ cup** avocado oil mayonnaise
- **3 tbsp** minced dill pickle + 2 tsp pickle juice, divided
- **2 tsp** Dijon mustard
- **¼ tsp** each sea salt and ground black pepper, or to taste
- fresh dill, optional

1. Spoon egg yolks into a medium bowl. Add mayonnaise, pickle juice and mustard. Mash with a fork, combining all ingredients as you go. (Add more juice if needed to reach desired consistency.) Fold in pickle. Season with salt and pepper.

2. With a 1 tbsp measure, spoon mixture into egg white halves. (Alternatively, spoon the filling into a pastry bag and pipe it in.) Top each with dill (if using).

PER SERVING (2 halves): Calories: 147, Total Fat: 13 g, Sat. Fat: 3 g, Monounsaturated Fat: 8 g, Polyunsaturated Fat: 2 g, Carbs: 1 g, Fiber: 0 g, Sugars: 1 g, Protein: 7 g, Sodium: 301 mg, Cholesterol: 197 mg

Green Goddess Deviled Eggs

(P) (Q) (V) (GF)

MAKES **12 HALVES.**
HANDS-ON TIME: **15 MINUTES.**
TOTAL TIME: **15 MINUTES.**

Brimming with lemon, tarragon, parsley and chives, these deviled eggs are a fresh, zesty take on the classic side. Garnish with curls of lemon zest for a pretty presentation.

- **6 large** hard-boiled eggs, peeled, halved lengthwise
- **½ small** avocado, peeled and pitted
- **3 tbsp** avocado oil mayonnaise
- **2 tbsp** chopped fresh tarragon
- **1 tbsp** each chopped fresh parsley and chives
- **½ tsp** lemon zest + 2 tbsp fresh lemon juice
- **¼ tsp** each sea salt and ground black pepper

1. Spoon egg yolks into a food processor. Add remaining ingredients and process until just smooth.

2. With a 1 tbsp measure, spoon mixture into egg white halves. (Alternatively, spoon the filling into a pastry bag and pipe it in.)

PER SERVING (2 halves): Calories: 150, Total Fat: 13 g, Sat. Fat: 3 g, Monounsaturated Fat: 7 g, Polyunsaturated Fat: 2 g, Carbs: 3 g, Fiber: 1 g, Sugars: 1 g, Protein: 7 g, Sodium: 186 mg, Cholesterol: 194 mg

Bacon & Jalapeño Deviled Eggs

(P) (Q) (GF)

MAKES **12 HALVES.**
HANDS-ON TIME: **25 MINUTES.**
TOTAL TIME: **25 MINUTES.**

The addition of jalapeño adds a spicy kick to these deviled eggs.

- **3 slices** bacon, no added nitrates or nitrites
- **1** jalapeño chile pepper, minced
- **2 cloves** garlic, minced
- **6 large** hard-boiled eggs, peeled, halved lengthwise
- **3 tbsp** avocado oil mayonnaise
- **½ tsp** Dijon mustard
- **1 tbsp** chopped fresh cilantro
- **¼ tsp** each sea salt and ground black pepper

1. In a medium skillet on medium, cook bacon to desired crispness, 5 to 7 minutes. Transfer to a plate. Drain all but 1 tbsp fat from skillet. Add jalapeño and garlic and cook, stirring, until tender, 2 to 3 minutes.

2. Spoon egg yolks, mayonnaise and mustard into a medium bowl; mash until smooth. Chop bacon. Fold jalapeño mixture, bacon and cilantro into yolk mixture. Season with salt and pepper. With a 1 tbsp measure, spoon filling into egg white halves.

PER SERVING (2 halves): Calories: 165, Total Fat: 14 g, Sat. Fat: 4 g, Monounsaturated Fat: 8 g, Polyunsaturated Fat: 2 g, Carbs: 1 g, Fiber: 0 g, Sugars: 1 g, Protein: 8 g, Sodium: 260 mg, Cholesterol: 199 mg

Chile Cheese Polenta Fries

V GF

SERVES **4 TO 6.** HANDS-ON TIME: **20 MINUTES.**
TOTAL TIME: **1 HOUR, 20 MINUTES.***

*PLUS CHILLING TIME.

Corn bread meets tater tots in this inventive whole-grain cornmeal side dish.

3½ cups	low-sodium vegetable or chicken stock
1 cup	coarse whole-grain cornmeal
¼–½ tsp	red pepper flakes
1 large	clove garlic, peeled and smashed with the side of a knife
½ tsp	sea salt
2½ oz	grated Pecorino Romano cheese

1. In a large pot, bring stock to a boil. Slowly pour in cornmeal, stirring continuously. Once cornmeal is bubbling, reduce heat to low. Add pepper flakes, garlic and salt.

2. Stir polenta every couple of minutes for 30 to 45 minutes, until tender and pulling away from sides of pot.

3. Mist an 8-inch square baking pan with straight sides with cooking spray. Discard garlic clove and transfer polenta to baking pan, using a spatula to smooth it into corners. Cover top of polenta with plastic wrap and refrigerate until cool.

4. Preheat oven to 425°F. Meanwhile, carefully turn polenta onto a cutting board and cut into 1 x 3-inch sticks. Arrange on a large, parchment-lined baking sheet. Sprinkle with cheese; bake for 15 to 20 minutes until cheese is bubbling and golden and edges are browning.

PER SERVING (⅙ of recipe): Calories: 182, Total Fat: 7 g, Sat. Fat: 3 g, Monounsaturated Fat: 1 g, Polyunsaturated Fat: 1 g, Carbs: 21 g, Fiber: 2 g, Sugars: 0 g, Protein: 11 g, Sodium: 481 mg, Cholesterol: 18 mg

Herbed Parmesan Chips

Q V GF

SERVES **15.**
HANDS-ON TIME: **10 MINUTES.**
TOTAL TIME: **20 MINUTES.**

When only crunchy-salty snacks will satisfy, these easy Parmesan chips bake up in no time.

1 cup	finely grated Parmesan cheese
1½ tsp	Italian seasoning
¼ tsp	ground black pepper

1. Preheat oven to 400°F. Line a large baking sheet with parchment paper.

2. In a medium bowl, combine cheese, Italian seasoning and pepper. Spoon 1 tbsp of mixture onto prepared sheet, then spread into a 3-inch circle. Repeat, spacing Parmesan rounds about ½ inch apart. Bake until crisp and golden, 5 to 7 minutes. Transfer rounds to a cooling rack. Store in an airtight container at room temperature for up to 2 days.

PER SERVING (3 chips): Calories: 23, Total Fat: 2 g, Carbs: 1 g, Fiber: 0 g, Sugars: 0 g, Protein: 2 g, Sodium: 96 mg, Cholesterol: 5 mg

Avocado Fries with Creamy Chipotle Dipping Sauce

P Q V GF

SERVES **6.** HANDS-ON TIME: **25 MINUTES.** TOTAL TIME: **45 MINUTES.**

Skip conventional fries for these heart-healthy wedges. Whether you prefer to bake or fry them, both options are delicious paired with this smoky chipotle dip.

FRIES

- **½ cup** almond flour
- **¼ cup** coconut flour
- **1 tsp** sea salt
- **½ tsp** each garlic powder and paprika
- **¼ tsp** each onion powder and ground black pepper
- **1 large** egg, beaten
- **3** avocados (***TIP:*** Choose avocados that are just ripe; if they're too soft, the fries will fall apart.)

DIP

- **⅓ cup** avocado oil mayonnaise
- **1 tbsp** fresh lime juice
- **¼ tsp** chipotle chile powder
- **⅛ tsp** sea salt

1. Make fries: Preheat oven to 450°F. Line a large baking sheet with parchment. In a medium bowl, combine almond and coconut flours, salt, garlic powder, paprika, onion powder and pepper. Place egg in a separate small bowl.

2. Halve and pit avocados. Cut each half into 4 to 6 wedges. Dip one wedge in egg then dredge in flour mixture and place on baking sheet. Repeat with remaining avocado, egg and flour mixture. Mist fries with cooking spray and bake until golden, 15 to 18 minutes, turning over and misting with cooking spray halfway through.

3. Meanwhile, make dip: Combine all ingredients in a small bowl. Serve fries with dipping sauce on the side.

PER SERVING (⅙ of recipe): Calories: 338, Total Fat: 31 g, Sat. Fat: 5 g, Monounsaturated Fat: 20 g, Polyunsaturated Fat: 5 g, Carbs: 14 g, Fiber: 10 g, Sugars: 2 g, Protein: 6 g, Sodium: 467 mg, Cholesterol: 44 mg

NOTE: Alternatively, cook wedges in a skillet. Pour ½ inch avocado oil into a medium nonstick skillet and heat on medium. Working in batches, cook until golden, 1 to 2 minutes per side. Keep warm in a 200°F oven on a metal rack set over a baking sheet while cooking remaining slices.

Za'atar Olive Keto Bread

(F) (V) (GF)

SERVES **10.**
HANDS-ON TIME: **25 MINUTES.**
TOTAL TIME: **55 MINUTES.**

You'll love every morsel of this savory bread made with almond and coconut flours. Rolling it in Parmesan and additional Za'atar before baking gives it a punch of flavor reminiscent of traditional garlic bread. It's best served warm, so reheat leftovers in a toaster oven.

3 tbsp	extra-virgin olive oil + additional for greasing pan
2 cloves	garlic, smashed
1¼ cups	blanched almond flour
1 tbsp	coconut flour
2 tsp	lemon zest
2 tsp	baking powder
2 tsp	Za'atar, divided
¼ tsp	sea salt
1 tbsp	apple cider vinegar
3 large	egg whites
½ cup	shredded mozzarella cheese
¼ cup	chopped pitted Kalamata olives
½ cup	grated Parmesan cheese

1. Preheat oven to 400°F. Grease a 9-inch loaf pan. In a small skillet on low, add oil and garlic; cook for 4 minutes. Remove skillet from heat; let cool. Remove and discard garlic. Reserve oil.

2. In a large bowl, combine almond flour, coconut flour, lemon zest, baking powder, 1 tsp Za'atar and salt; mix well. In a small bowl or mug, mix 3 tbsp warm water and vinegar. In a separate bowl, whip egg whites until stiff peaks form. Set aside.

3. Stir vinegar mixture and 2 tbsp reserved oil into dry ingredients. Fold in egg whites until almost completely incorporated, then fold in mozzarella and olives.

4. Combine Parmesan and remaining 1 tsp Za'atar in a medium bowl. Using an ice cream scoop, form dough into balls and roll in Parmesan mixture. Place dough balls next to each other in the center of the loaf pan. (***NOTE:*** Don't worry if pan isn't filled.) Drizzle dough with remaining reserved oil. Bake for 25 to 30 minutes, until golden. Let cool 5 to 10 minutes before cutting into 10 slices. Cover and refrigerate any leftovers for up to 3 days.

PER SERVING (1 slice): Calories: 178, Total Fat: 15 g, Sat. Fat: 3 g, Monounsaturated Fat: 10 g, Polyunsaturated Fat: 2 g, Carbs: 5 g, Fiber: 2 g, Sugars: 1 g, Protein: 7 g, Sodium: 346 mg, Cholesterol: 8 mg

Roasted Buffalo Cauliflower

with Herby Avocado Dip

(P) (Q) (V) (GF)

SERVES **6.** HANDS-ON TIME: **25 MINUTES.** TOTAL TIME: **45 MINUTES.**

An almond flour coating gives these spicy bites a crispy exterior without the need for bread crumbs. Paired with a dip made of heart-healthy fats, you have a satiating side. Serve it hot right from the oven for best texture.

DIP

- **2 tbsp** olive oil
- **2 cloves** garlic, chopped
- **1** avocado, peeled, pitted and chopped
- **2 tbsp** snipped chives
- **1 tbsp** apple cider vinegar
- **1 tbsp** fresh lemon juice
- **1 tbsp** chopped fresh flat-leaf parsley
- **1½ tsp** dried dill
- **½ tsp** each dried oregano and mustard powder
- **3 tbsp** avocado oil mayonnaise
- **¼ tsp** sea salt
- **⅛ tsp** ground black pepper

CAULIFLOWER

- **1 cup** almond flour
- **1 tsp** garlic powder
- **½ tsp** each dried oregano and sea salt
- **¼ tsp** each smoked paprika and ground black pepper
- **1 large** egg
- **1 large** head cauliflower, stems removed, cut into florets
- **½ cup** hot sauce
- **3 tbsp** ghee
- **2 tbsp** chopped fresh flat-leaf parsley, optional

1. Prepare dip: To a small, unheated skillet, add oil and garlic. Place on low heat, until oil is sizzling for 30 seconds. Transfer mixture to a high-speed blender or small food processor. Add avocado, chives, vinegar, lemon juice, parsley, dill, oregano and mustard powder; process until smooth. Transfer to a medium bowl and fold in mayonnaise. (***TIP:*** Thin with water, 1 tsp at a time, if mixture is too thick.) Season with salt and pepper. Cover and refrigerate until ready to serve.

2. Prepare cauliflower: Preheat oven to 425°F. Line 2 large baking sheets with parchment paper. In a small bowl, combine flour, garlic powder, oregano, salt, paprika and pepper. In a separate large bowl, beat egg. Add cauliflower florets to egg bowl and toss to coat. Sprinkle flour mixture onto cauliflower; toss to coat.

3. Divide cauliflower between baking sheets; spreading evenly. Mist with cooking spray. Roast for 20 minutes, stirring once or twice.

4. Meanwhile, in a small saucepan, combine hot sauce and ghee; warm on low heat, whisking, until ghee is melted. When cauliflower is done, divide sauce between baking sheets, drizzling over cauliflower, taking care not to let breading fall off.

5. Switch oven to broil on high. Broil 1 to 2 minutes per sheet, until spots not covered with sauce are golden. Sprinkle with parsley (if using). Serve with dip on the side.

PER SERVING (⅙ of recipe): Calories: 567, Total Fat: 49 g, Sat. Fat: 12 g, Monounsaturated Fat: 29 g, Polyunsaturated Fat: 7 g, Carbs: 24 g, Fiber: 12 g, Sugars: 6 g, Protein: 13 g, Sodium: 1,519 mg, Cholesterol: 88 mg

Roasted Root Vegetables with Lemony Herb Pesto

V GF

SERVES **6.** HANDS-ON TIME: **25 MINUTES.** TOTAL TIME: **1 HOUR, 10 MINUTES.**

Hearty roasted veggies – including potatoes, celery root, turnip and parsnips – are tossed with a quick herbed pesto made with parsley, basil and a lot of lemon for a fresh, zesty take on this classic side.

VEGETABLES

- **1 lb** parsnips, cut into ½-inch pieces
- **12 oz** baby potatoes, cut into ½-inch pieces
- **1** celery root, peeled, cut into ½-inch pieces
- **1** turnip, peeled, cut into ½-inch pieces
- **2 tbsp** olive oil
- **1 tsp** sea salt
- **¼ tsp** ground black pepper

PESTO

- **½ cup** roughly chopped fresh parsley
- **½ cup** roughly chopped fresh basil
- **⅓ cup** chopped raw unsalted almonds
- **2** lemons (***NOTE:*** Peel both lemons with a vegetable peeler then roughly chop the zest. Juice 1 lemon to yield 2 tbsp.)
- **1 clove** garlic, chopped
- **½ tsp** sea salt
- **¼ tsp** red pepper flakes
- **⅓ cup** extra-virgin olive oil

1. Preheat oven to 400°F. Prepare vegetables: On a large, rimmed parchment-lined baking sheet, toss parsnips, potatoes, celery root and turnip with oil, salt and pepper and spread in a single layer. Roast vegetables until tender and caramelized, 45 to 50 minutes, stirring once or twice.

2. Meanwhile, place all pesto ingredients in a food processor except oil. Pulse until blended but still slightly chunky, 8 to 10 pulses. With motor running, stream in oil and 3 tbsp water until just combined.

3. Transfer roasted vegetables to a serving bowl; toss with pesto.

PER SERVING (⅙ of recipe): Calories: 339, Total Fat: 21 g, Sat. Fat: 3 g, Monounsaturated Fat: 15 g, Polyunsaturated Fat: 3 g, Carbs: 36 g, Fiber: 8 g, Sugars: 7 g, Protein: 5 g, Sodium: 605 mg, Cholesterol: 0 mg

Balsamic Brussels Sprouts with Bacon & Shallots

P Q GF

SERVES **4.** HANDS-ON TIME: **25 MINUTES.** TOTAL TIME: **25 MINUTES.**

Caramelized shallots and crispy bacon impart big flavor to these shredded Brussels sprouts topped with crunchy pumpkin seeds. Some bacon contains added sugar, so be sure to read your labels. To make this dish vegetarian, you can omit the bacon and sauté the shallots in olive oil instead.

- **3 slices** bacon, no added nitrates or nitrites, chopped
- **3 small** shallots, thinly sliced
- **½ tsp** sea salt, divided
- **1 lb** Brussels sprouts, trimmed and shredded
- **1 tbsp** balsamic vinegar
- **¼ tsp** ground black pepper
- **3 tbsp** roasted, salted pumpkin seeds

1. To a large skillet on medium, add bacon and cook, stirring occasionally, until bacon is crisp and fat has rendered, 6 to 7 minutes. Using a slotted spoon, transfer to a plate.

2. Reduce heat to medium-low. Add shallots to skillet and season with ⅛ tsp salt and cook, stirring often, until golden, about 8 minutes. Increase heat to medium; add Brussels sprouts and ⅛ tsp salt and cook, stirring often, for 1 minute. Add vinegar and cook 1 to 2 minutes more, until Brussels sprouts are wilted. Season with remaining ¼ tsp salt and pepper.

3. Transfer to a serving bowl; top with reserved bacon and seeds.

PER SERVING (¼ of recipe): Calories: 178, Total Fat: 11 g, Sat. Fat: 3 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 3 g, Carbs: 14 g, Fiber: 5 g, Sugars: 4 g, Protein: 8 g, Sodium: 421 mg, Cholesterol: 14 mg

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dessert

Quitting sugar doesn't have to mean forgoing desserts altogether. With these indulgent recipes that employ healthful swaps, such as almond flour for all-purpose and naturally sweet dates in place of sugar, you can enjoy the occasional treat with zero regrets. In other words, you can have your chocolate fudge cake and eat it, too.

PHOTO BY OLIVE & MANGO

Grain-Free Morning Glory Bread

P V GF

SERVES **10.** HANDS-ON TIME: **20 MINUTES.** TOTAL TIME: **1 HOUR, 20 MINUTES.**

Any morning is glorious when this loaf is ready and waiting. It's sweetened with just bananas and uses an array of fragrant spices so you won't even miss the sugar.

- **1 cup** almond flour
- **¼ cup** coconut flour
- **¼ cup** arrowroot starch
- **2 tsp** each baking soda and ground cinnamon
- **1 tsp** ground ginger
- **¼ tsp** sea salt
- **2 large** ripe bananas
- **3 large** eggs
- **⅓ cup** coconut butter
- **3 tbsp** coconut oil
- **1 tbsp** apple cider vinegar
- **2 tsp** pure vanilla extract
- **½ cup** shredded carrots
- **½ cup** unsweetened raisins
- **½ cup** finely chopped toasted pecans

1. Preheat oven to 350°F. Mist a 9 x 5-inch loaf pan with cooking spray.

2. In a large bowl, combine almond flour, coconut flour, arrowroot, baking soda, cinnamon, ginger and salt; mix well. In a food processor or high-speed blender, combine bananas, eggs, coconut butter, coconut oil, vinegar and vanilla; process until smooth. Pour banana mixture into flour mixture and stir until just combined. Fold in carrots, raisins and pecans. Transfer to loaf pan; spread evenly.

3. Bake until a toothpick inserted in center of loaf comes out clean, 45 to 50 minutes. (***TIP:*** Cover loosely with foil if browning too fast.) Let cool in pan on a rack for 15 minutes, then turn out bread to cool completely. Cut into 10 slices. Cover leftovers and store in the refrigerator for up to 3 days.

PER SERVING (1 slice): Calories: 301, Total Fat: 20 g, Sat. Fat: 9 g, Monounsaturated Fat: 7 g, Polyunsaturated Fat: 3 g, Carbs: 25 g, Fiber: 6 g, Sugars: 13 g, Protein: 6 g, Sodium: 335 mg, Cholesterol: 56 mg

Coconut Crepes

with Whipped Cream & Raspberry Chia Jam

P V GF

SERVES **10.** HANDS-ON TIME: **40 MINUTES.** TOTAL TIME: **50 MINUTES.**

Whether you like 'em rolled, folded or stacked high, go for these grain-free crepes that are made without any sweeteners.

JAM

- **1 12-oz** bag frozen raspberries, thawed
- **½ tsp** white wine vinegar
- **Pinch** sea salt
- **1½ tbsp** chia seeds

CREPES & CREAM

- **4 large** eggs, room temperature
- **½ cup** plain unsweetened almond milk
- **3 tbsp** coconut flour
- **3 tbsp** arrowroot starch
- **2 tbsp** coconut oil + additional for brushing pan
- **⅛ tsp** sea salt
- **1** vanilla bean (or ½ tsp pure vanilla extract)
- **1 cup** heavy coconut cream (or heavy whipping cream)

1. Prepare jam: In a medium saucepan on medium-low, add raspberries, vinegar and salt. Cook, stirring and mashing occasionally, until berries have broken down and mixture is juicy, about 5 minutes. Reduce heat to low, stir in seeds and cook 1 minute. Remove from heat, transfer to a bowl and let cool. Cover and refrigerate until ready to serve. (***TIP:*** Make jam up to 3 days ahead and refrigerate. Warm before serving, if desired.)

2. Prepare crepes: To a blender, add eggs, milk, flour, arrowroot, oil and salt; blend until smooth. Let stand 5 to 10 minutes to thicken slightly.

3. In a small nonstick skillet on medium-low, brush oil over surface. Pour about 3 tbsp batter into pan and quickly swirl to spread batter. Cook for 1 to 2 minutes, until firm on bottom and just turning light golden; carefully flip and cook for 1 minute longer. Transfer to a plate; cover with a towel. Repeat with remaining batter, making about 10 crepes total. (***TIP:*** Crepes can be made ahead and kept covered in the fridge up to 1 day.)

4. Chill a medium bowl. Scrape seeds from vanilla bean and add to bowl, discarding pod (or add vanilla extract). Add coconut cream. With a handheld electric mixer on medium-high, beat cream until smooth and soft peaks form. Serve crepes topped with whipped cream and jam.

PER SERVING (1 crepe with jam and cream): Calories: 156, Fat: 11 g, Sat. Fat: 8 g, Monounsaturated Fat: 1 g, Polyunsaturated Fat: 1 g, Carbs: 10 g, Fiber: 4 g, Sugars: 2 g, Protein: 4 g, Sodium: 86 mg, Cholesterol: 74 mg

Flourless Chocolate Fudge Cake with Whipped Cream (F) (V) (GF)

SERVES **8.** HANDS-ON TIME: **30 MINUTES.** TOTAL TIME: **1 HOUR, 15 MINUTES.**

The trick to this unbelievably rich chocolate cake is coffee-soaked dates, which magnify the chocolate flavors and leave you feeling happily indulged.

- **1 cup** pitted dates
- **1 cup** hot brewed coffee
- **4 oz** unsweetened chocolate, chopped
- **½ cup** organic unsalted butter, cut into pieces + additional for greasing pan
- **1 tsp** pure vanilla extract
- **3 large** eggs, at room temperature, separated
- **½ cup** almond flour
- **¼ cup** unsweetened cacao powder, sifted
- **¼ tsp** sea salt
- **¾ cup** cold whipping cream or heavy coconut cream
- **¼ cup** fresh or chopped freeze-dried raspberries, optional
- fresh mint leaves, optional

1. In a small bowl, add dates and cover with coffee. Let stand until dates are very soft, about 30 minutes. Drain, reserving 2 tbsp coffee.

2. In a heat-proof bowl, combine chocolate and butter; set over a pot of simmering water, ensuring bowl and water don't touch. Let stand, stirring occasionally, until chocolate and butter have melted. Transfer bowl to a heat-proof surface.

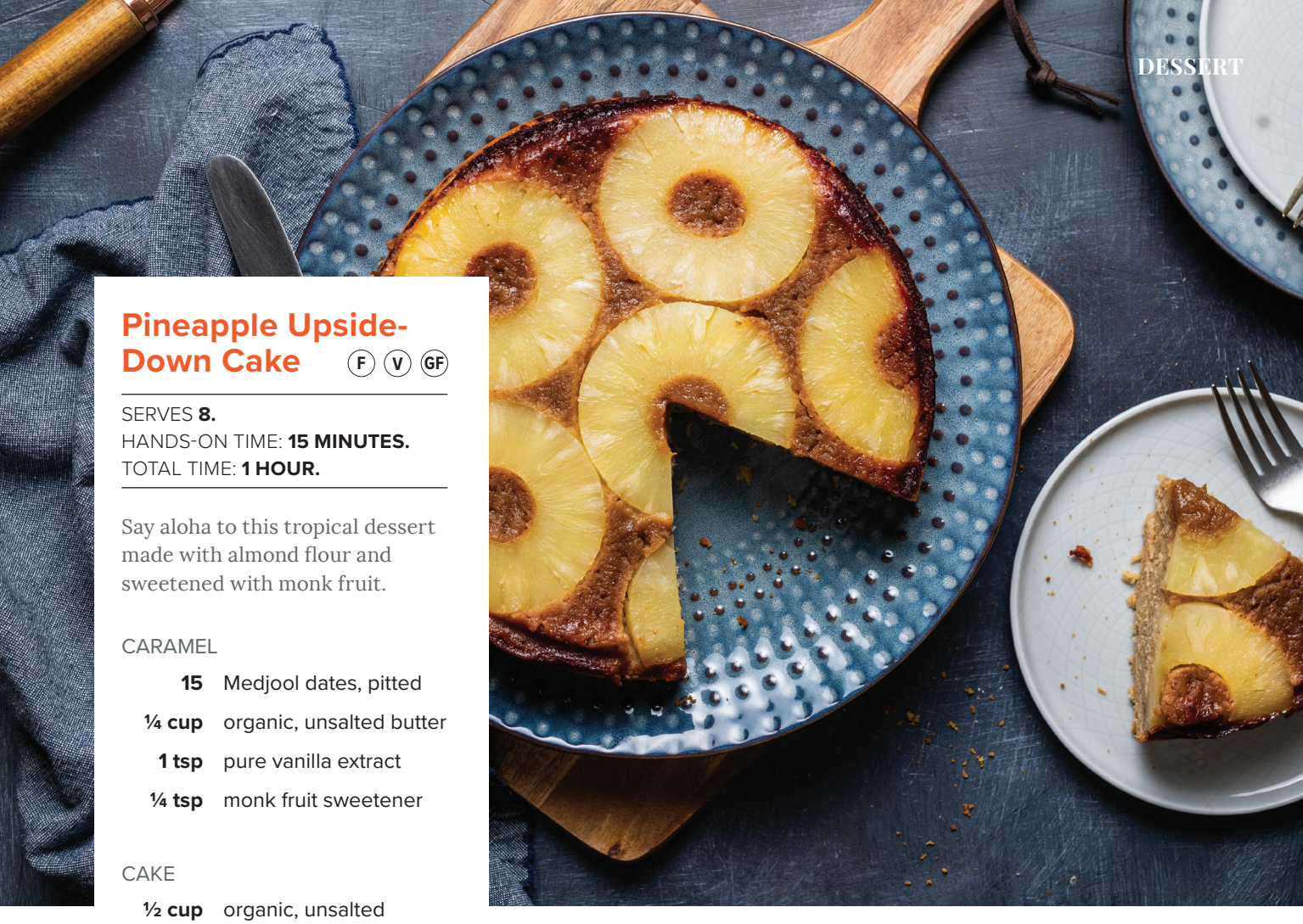
3. Preheat oven to 375°F. Grease an 8-inch springform pan with butter. Line bottom of pan with parchment then grease parchment layer with extra butter.

4. To a food processor, add softened dates, 2 tbsp reserved coffee and vanilla; process until smooth. Add egg yolks and process, scraping down sides of bowl as needed. Add chocolate mixture, almond flour, cacao and salt; process until smooth. Transfer mixture to a mixing bowl.

5. Using a hand blender, beat egg whites in a separate bowl until soft peaks form. Add one-third of egg whites to cake batter and mix until combined. Gently fold in remaining egg whites. Pour into prepared springform pan, spreading evenly. Bake 15 to 18 minutes, until edges are set and center is still slightly soft. Transfer to a rack; let cool.

6. Just before serving, make whipped cream: In a medium bowl, using an electric hand mixer on medium, whip cream until soft peaks form. Run a paring knife under hot water until warm, then run it around inside edge of springform pan; release sides. Cut cake into slices, running knife under hot water and wiping clean between slices. Top with whipped cream and, if using, sprinkle each slice with berries and mint. Cover and refrigerate leftover cake for up to 3 days. (***NOTE:*** Let leftover cake come back to room temperature before serving.)

PER SERVING (⅛ of cake without berries): Calories: 414, Total Fat: 34 g, Sat. Fat: 19 g, Monounsaturated Fat: 11 g, Polyunsaturated Fat: 2 g, Carbs: 21 g, Fiber: 6 g, Sugars: 13 g, Protein: 8 g, Sodium: 99 mg, Cholesterol: 128 mg



Pineapple Upside-Down Cake (F) (V) (GF)

SERVES **8.**
HANDS-ON TIME: **15 MINUTES.**
TOTAL TIME: **1 HOUR.**

Say aloha to this tropical dessert made with almond flour and sweetened with monk fruit.

CARAMEL

- **15** Medjool dates, pitted
- **¼ cup** organic, unsalted butter
- **1 tsp** pure vanilla extract
- **¼ tsp** monk fruit sweetener

CAKE

- **½ cup** organic, unsalted butter, room temperature + additional for greasing pan
- **1 15-oz can** unsweetened sliced pineapple, or 1 whole fresh pineapple, peeled, cored and sliced
- **2 cups** blanched almond flour
- **½ cup** coconut flour
- **¼ cup** arrowroot starch
- **2 tsp** baking powder
- **1 tsp** each ground cinnamon and ginger
- **¼ tsp** ground allspice
- **2 large** eggs
- **¾ cup** whole milk
- **1 tsp** pure vanilla extract
- **½ tsp** monk fruit sweetener

1. Make caramel: In a small bowl, soak dates in ½ cup hot water for 5 minutes. In a blender, place dates and water and purée until smooth. In a small saucepan on high, cook butter until melted, bubbly and brown, 3 to 4 minutes. Remove from heat and whisk in date purée. Cook on medium until fully incorporated, stirring occasionally. Stir in vanilla and monk fruit sweetener.

2. Prepare cake: Preheat oven to 350°F and grease an 8-inch springform cake pan. Line pan with parchment then grease parchment with extra butter. Arrange slices of pineapple on bottom of prepared pan. Pour caramel over pineapple.

3. In a large bowl, whisk together almond flour, coconut flour, arrowroot, baking powder, cinnamon, ginger and allspice. In the bowl of a stand mixer, beat remaining ½ cup butter on high until light and fluffy, 2 minutes. Beat 1 egg into the butter at a time, 1 minute each. Add flour mixture to butter mixture and mix until combined. Add milk, vanilla and monk fruit sweetener and mix until combined. Spread batter evenly over pineapple. Bake for 40 minutes, or until a cake tester comes out clean. Invert cake onto a serving plate immediately to prevent the caramel from sticking.

PER SERVING (⅛ of recipe): Calories: 531, Total Fat: 36 g, Sat. Fat: 14 g, Monounsaturated Fat: 15 g, Polyunsaturated Fat: 4 g, Carbs: 49 g, Fiber: 9 g, Sugars: 33 g, Protein: 10 g, Sodium: 189 mg, Cholesterol: 96 mg

PHOTO BY OLIVE & MANGO

Mango & Red Banana Bowl

with Lemongrass-Infused Coconut Cream

P Q V GF

SERVES **4.** HANDS-ON TIME: **20 MINUTES.** TOTAL TIME: **30 MINUTES.***

*PLUS COOLING TIME.

A creamy ginger and lemongrass–infused dressing makes this bowl a tropical treat. Hemp hearts and toasted unsweetened coconut add a bit of crunch. Red bananas are smaller, sweeter cousins to the big yellow ones we're all used to, but regular bananas work just as well if you can't find them.

- **⅓ cup** full-fat coconut milk
- **1 tbsp** minced fresh lemongrass (***TIP:*** Trim ends and remove tough outer layer then mince inner portion.)
- **2 tsp** peeled and minced fresh ginger
- **⅓ cup** unsweetened coconut flakes
- **1½ cups** sliced red bananas (or regular bananas)
- **1 cup** peeled and chopped mango
- **1 tbsp** hemp hearts

1. In a small saucepan on medium, combine coconut milk, lemongrass and ginger. Bring to a gentle simmer then reduce heat to low, cover and cook, stirring occasionally, for 10 minutes, to infuse coconut milk with flavor. Strain through a fine mesh sieve and discard solids. Set aside to cool to room temperature.

2. Meanwhile, in a small nonstick skillet on medium-low, toast coconut flakes, stirring frequently, until golden brown. Pour into a small bowl.

3. In a serving bowl, combine bananas, mango and hemp hearts. Toss gently with coconut milk mixture. Sprinkle with coconut flakes.

PER SERVING (¼ of recipe): Calories: 168, Total Fat: 9 g, Sat. Fat: 7 g, Monounsaturated Fat: 1 g, Polyunsaturated Fat: 1 g, Carbs: 21 g, Fiber: 4 g, Sugars: 15 g, Protein: 2 g, Sodium: 5 mg, Cholesterol: 0 mg

Strawberry Coconut Ice Cream

(P) (F) (Q) (V) (GF)

SERVES **4.**
HANDS-ON TIME: **15 MINUTES.**
TOTAL TIME: **15 MINUTES.**

No need for an ice-cream maker to create this luscious dessert – do it all in a food processor with just a handful of ingredients.

1 10-oz	bag frozen strawberries
1	banana, sliced and frozen
2 tsp	pure vanilla extract
Pinch	sea salt
¾ cup	canned heavy coconut cream, stirred

To a food processor, add strawberries, banana, vanilla and salt. Pulse to chop and mix. Add coconut cream and process until smooth, stopping to scrape down sides of bowl and break up chunks as needed. Serve immediately. Alternatively, place in a container, cover and freeze; let stand at room temperature for a few minutes before serving.

PER SERVING (½ cup): Calories: 342, Total Fat: 27 g, Sat. Fat: 24 g, Monounsaturated Fat: 1.5 g, Polyunsaturated Fat: 1.5 g, Carbs: 24 g, Fiber: 10 g, Sugars: 10 g, Protein: 4 g, Sodium: 45 mg, Cholesterol: 0 mg

If you're committing to the full-month detox, we've got two 2-week plans you can do back to back that start here and continue on page 90, so you have a complete month of meal inspiration to keep you on the sugar-free path.

YOUR 2-WEEK GLUTEN- AND GRAIN-FREE MEAL PLAN *made simple*

In addition to ditching sugar, this fresh and filling plan is free of common allergens such as gluten and grains so you can see how your body fares without them.

BY **JESSE LANE LEE,** PHOTOGRAPHY BY **CRAYOLA ENGLAND**

Fish Taco Lettuce Wraps

P Q GF

SERVES **3.** HANDS-ON TIME: **30 MINUTES.** TOTAL TIME: **45 MINUTES.**

Get your fill of sweet-salty goodness in these popping-with-flavor fish tacos. In this grain-free version, corn tortillas are swapped out for fresh and crunchy lettuce leaves.

SALSA

- **1 cup** finely chopped pineapple
- **1** jalapeño chile pepper, seeded and chopped
- **¼ cup** chopped fresh cilantro
- **2 tbsp** finely chopped red onion
- **1 tbsp** fresh lime juice
- **⅛ tsp** each sea salt and ground black pepper

GUACAMOLE

- **2** avocados, pitted and peeled
- **¼ cup** fresh lime juice
- **¼ cup** chopped fresh cilantro
- **⅛ tsp** sea salt

FISH

- **1 cup** almond flour
- **1 large** egg
- **½ cup** arrowroot starch
- **12 oz** haddock or cod, cut into 9 strips
- **½ tsp** sea salt
- **1 tbsp** ghee
- **9 large** romaine lettuce leaves

1. In a medium bowl, combine salsa ingredients; set aside.

2. In a separate medium bowl, mash together guacamole ingredients; set aside.

3. Prepare fish: In a shallow dish, place almond flour. In a separate shallow dish, beat egg. In a third shallow dish, place arrowroot. Sprinkle fish with salt. Dip fish into arrowroot, shaking off excess, then dip in egg, letting excess drip off, then dip in flour, turning to coat.

4. In a large skillet on medium-high, melt ghee. Add fish; cook for about 7 minutes, turning every 2 minutes, until crispy and cooked through.

5. Place 1 fish strip in each romaine leaf. Top each with guacamole and salsa.

PER SERVING (3 lettuce wraps): Calories: 688, Fat: 43 g, Sat. Fat: 8 g, Monounsaturated Fat: 26 g, Polyunsaturated Fat: 7 g, Carbs: 52 g, Fiber: 18 g, Sugars: 11 g, Protein: 32 g, Sodium: 757 mg, Cholesterol: 268 mg

NOTE: *If following our Meal Plan, store fish, lettuce, salsa and guacamole in separate containers in refrigerator. Reheat fish and assemble lettuce wraps when called for.*

A NOTE ABOUT SNACKS

These meal plans are designed with three filling and satisfying meals each day to keep hormones in a healthy rhythm and help you focus on mindful eating. Having said that, if you're working out, feel lightheaded or are pregnant or nursing, include snacks as needed. Here are some suggestions:

- 1 or 2 hard-boiled eggs with salt and black pepper
- ½ cup diced avocado with hemp hearts, salt, black pepper and red pepper flakes
- 1 no-sugar-added meat stick
- 1 apple with 3 to 4 tbsp no-sugar almond butter
- ½ cup guacamole with homemade plantain chips
- ¼ to ½ cup mixed roasted nuts
- 1 or 2 deviled eggs made with a no-sugar mayonnaise
- 3 or 4 sashimi bites made with nori, avocado, canned salmon and a no-sugar hot sauce
- Cucumber slices tossed with apple cider vinegar and toasted sesame seeds
- 1 apple or pear with 2 tbsp pumpkin seeds or sunflower seeds
- Homemade kale chips

Ginger Chicken Stir-Fry *with Spaghetti Squash*

(P) (GF)

SERVES **4.** HANDS-ON TIME: **35 MINUTES.** TOTAL TIME: **55 MINUTES.**

Many stir-fry sauces contain sugar, but this healthy remake uses coconut aminos, sesame oil and ginger for maximum flavor without using the sweet stuff.

STIR-FRY

- **1 5- to 6-lb** spaghetti squash
- **¼ cup** avocado oil, divided
- **1** yellow onion, peeled and diced
- **3 cups** sliced carrots
- **3 cups** sliced white mushrooms
- **1¼ lb** boneless, skinless chicken breasts, cut into strips
- **8 cups** chopped bok choy
- **3** green onions, sliced
- **¼ cup** sesame seeds, divided
- hot sauce, optional

SAUCE

- **½ cup** coconut aminos
- **¼ cup** sesame oil
- **2 cloves** garlic
- **1 tbsp** arrowroot starch
- **1½ tsp** peeled and minced fresh ginger
- **¼ tsp** red pepper flakes

1. Preheat oven to 400°F. Cut squash in half and scoop out and discard seeds. Brush cut sides of squash with 2 tbsp avocado oil and place on a parchment-lined baking sheet, cut sides down. Bake for 35 minutes or until flesh is soft when poked with a fork. Remove squash from rind by scraping with a fork to make strands that resemble spaghetti; set aside in a bowl.

2. Meanwhile, in a large skillet on medium-low, heat remaining 2 tbsp avocado oil. Add yellow onion and cook until translucent, 5 minutes. Add carrots and mushrooms and cook 5 minutes more. Add chicken and cook until chicken is no longer pink inside, about 10 minutes more.

3. Make sauce: In a blender, place sauce ingredients and pulse until blended. Add sauce to skillet along with bok choy. Sauté until bok choy wilts, about 5 minutes.

4. Divide spaghetti squash among bowls. Divide veggie-chicken mixture among bowls and top each with green onions and sesame seeds. Serve with hot sauce, if desired.

NOTE: *If following our Meal Plan, store spaghetti squash and veggie-chicken mixture separately in refrigerator and reheat when called for, then top with garnishes.*

PER SERVING (¼ of recipe): Calories: 748, Fat: 43 g, Sat. Fat: 31 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 2 g, Carbs: 53 g, Fiber: 9 g, Sugars: 9 g, Protein: 41 g, Sodium: 497 mg, Cholesterol: 143 mg

WEEK ONE

MONDAY

BREAKFAST: *Parsnip Hash:* Season 8 oz ground turkey with ⅛ tsp each salt and pepper and cook in 1 tbsp ghee; remove from pan. Melt 2 tbsp ghee and cook 2 cups diced parsnips, 1 minced clove garlic, ½ tsp each cinnamon and turmeric, and ¼ tsp cayenne pepper until parsnips are soft. Add 3 cups chopped kale and browned turkey; cook 5 minutes. Makes 3 servings (eat 1, save leftovers). Top with 2 eggs fried in 1½ tsp ghee.

LUNCH: *Spinach Salad:* Toss 3 cups baby spinach, 1 cup blueberries and ¼ cup chopped pecans with 3 tbsp Balsamic Basil Dressing (below); top with 1 serving Baked Paprika Chicken (below).

Balsamic Basil Dressing: In a small food processor, combine ⅔ cup EVOO, ½ cup balsamic vinegar, ½ cup fresh basil, 2 cloves garlic and ½ tsp each salt and pepper.

Baked Paprika Chicken: Season 2 chicken breasts with 1 tsp paprika and ½ tsp each salt and pepper; bake 10 minutes at 400°F then flip and bake 15 minutes more, or until cooked through. Makes 2 servings (eat 1, save leftovers).

DINNER: 1 serving *Fish Taco Lettuce Wraps* (p. 82; save leftovers)

NUTRIENTS: Calories: 1,925, Fat: 129 g, Sat. Fat: 33 g, Carbs: 107 g, Fiber: 33 g, Sugars: 34 g, Protein: 95 g, Sodium: 1,913 mg, Cholesterol: 691 mg

TUESDAY

BREAKFAST: *Loaded Sweet Potato:* Bake 1 sweet potato. Sauté ¼ cup diced red onion, 1 minced clove garlic and 4 oz ground turkey in 1 tbsp coconut oil until turkey is cooked. Add 1 cup spinach, 1 tsp parsley, ½ tsp cumin, ¼ tsp each paprika, oregano and pepper, and ⅛ tsp salt. Cook until spinach wilts. Cut potato in half, top with turkey mixture and ½ avocado, diced.

LUNCH: 1 serving Fish Taco Lettuce Wraps (leftovers, p. 82)

DINNER: *Spinach Salad:* Toss 3 cups baby spinach, 1 cup blueberries and ¼ cup chopped pecans with 3 tbsp Balsamic Basil Dressing (leftovers). Top with 1 serving Baked Paprika Chicken (leftovers).

1 cup pineapple chunks

NUTRIENTS: Calories: 1,997, Fat: 126 g, Sat. Fat: 29 g, Carbs: 140 g, Fiber: 43 g, Sugars: 52 g, Protein: 94 g, Sodium: 1,975 mg, Cholesterol: 291 mg

WEDNESDAY

BREAKFAST: 1 serving Parsnip Hash (leftovers), topped with 2 eggs, fried in 1½ tsp ghee

LUNCH: *Tuna Salad:* Toss 3 cups chopped romaine, 1 can tuna, drained and flaked, 1 tomato, diced, ½ cup cucumber, diced, and 6 Kalamata olives with 3 tbsp Balsamic Basil Dressing (leftovers).

1 cup pineapple chunks

DINNER: 1 serving Fish Taco Lettuce Wraps (leftovers, p. 82)

NUTRIENTS: Calories: 1,935, Fat: 127 g, Sat. Fat: 32 g, Carbs: 110 g, Fiber: 30 g, Sugars: 41 g, Protein: 101 g, Sodium: 1,845 mg, Cholesterol: 653 mg

THURSDAY

BREAKFAST: 1 serving Parsnip Hash (leftovers), topped with 2 eggs, fried in 1½ tsp ghee

LUNCH: *Salmon Salad:* Toss 3 cups chopped iceberg lettuce, 1 can salmon, drained and flaked, ½ cup each diced tomato and cucumber, ½ avocado, diced, and ¼ cup sliced red onion with 3 tbsp Balsamic Basil Dressing (leftovers).

DINNER: 1 serving Ginger Chicken Stir-Fry with Spaghetti Squash (p. 84; save leftovers)

1 cup pineapple chunks

NUTRIENTS: Calories: 2,040, Fat: 127 g, Sat. Fat: 33 g, Carbs: 119 g, Fiber: 29 g, Sugars: 59 g, Protein: 106 g, Sodium: 1,861 mg, Cholesterol: 634 mg

FRIDAY

BREAKFAST: *Loaded Sweet Potato:* Bake 1 sweet potato. Sauté ¼ cup diced red onion, 1 minced clove garlic and 4 oz ground turkey in 1 tbsp coconut oil until turkey is cooked. Add 1 cup spinach, 1 tsp parsley, ½ tsp cumin, ¼ tsp each paprika, oregano and pepper, and ⅛ tsp salt. Cook until spinach wilts. Cut potato in half, top with turkey mixture and ½ avocado, diced.

LUNCH: 1 serving Ginger Chicken Stir-Fry with Spaghetti Squash (leftovers, p. 84)

DINNER: *Tuna Salad:* Toss 3 cups chopped romaine, 1 can tuna, drained and flaked, 1 tomato, diced, ½ cup cucumber, diced, and 6 Kalamata olives with 3 tbsp Balsamic Basil Dressing (leftovers).

1 cup pineapple chunks

NUTRIENTS: Calories: 1,926, Fat: 117 g, Sat. Fat: 26 g, Carbs: 121 g, Fiber: 32 g, Sugars: 58 g, Protein: 109 g, Sodium: 1,991 mg, Cholesterol: 222 mg

SATURDAY

BREAKFAST: *Tex-Mex Omelette:* Combine ½ avocado, diced, ½ cup diced tomato, 2 tbsp each chopped red onion and cilantro, 1 minced clove garlic, 1 tsp lime juice, ⅛ tsp each salt and pepper, and dash hot sauce. Cook 2 eggs, whisked, in 1 tbsp ghee for 2 minutes; flip and cook 30 seconds more. Top with avocado mixture.

LUNCH: *Salmon Salad:* Toss 3 cups chopped iceberg lettuce, 1 can salmon, drained and flaked, ½ cup each diced tomato and cucumber, ½ avocado, diced, and ¼ cup sliced red onion with 3 tbsp Balsamic Basil Dressing (leftovers).

DINNER: 1 serving Ginger Chicken Stir-Fry with Spaghetti Squash (leftovers, p. 84)

NUTRIENTS: Calories: 1,818, Fat: 124 g, Sat. Fat: 28 g, Carbs: 95 g, Fiber: 31 g, Sugars: 42 g, Protein: 93 g, Sodium: 1,919 mg, Cholesterol: 561 mg

SUNDAY

BREAKFAST: *Tex-Mex Omelette:* Combine ½ avocado, diced, ½ cup diced tomato, 2 tbsp each chopped red onion and cilantro, 1 minced clove garlic, 1 tsp lime juice, ⅛ tsp each salt and pepper, and dash hot sauce. Cook 2 eggs, whisked, in 1 tbsp ghee for 2 minutes; flip and cook 30 seconds more. Top with avocado mixture.

LUNCH: *Tuna Salad:* Toss 3 cups chopped romaine, 1 can tuna, drained and flaked, 1 tomato, diced, ½ cup cucumber, diced, and 6 Kalamata olives with 3 tbsp Balsamic Basil Dressing (leftovers).

DINNER: 1 serving Herbed Meatballs in Tomato Sauce with Cauli-Rice (p. 87; save leftovers)

NUTRIENTS: Calories: 1,597, Fat: 107 g, Sat. Fat: 32 g, Carbs: 62 g, Fiber: 23 g, Sugars: 26 g, Protein: 99 g, Sodium: 2,106 mg, Cholesterol: 623 mg

EVOO = Extra-virgin olive oil

WEEK TWO

MONDAY

BREAKFAST: *Loaded Sweet Potato:* Bake 1 sweet potato. Sauté ¼ cup diced red onion, 1 minced clove garlic, and 4 oz ground turkey in 1 tbsp coconut oil until turkey is cooked. Add 1 cup spinach, 1 tsp chopped fresh parsley, ½ tsp cumin, ¼ tsp each paprika, oregano and pepper, and ⅛ tsp salt. Cook until spinach wilts. Cut potato in half, top with turkey mixture and ½ avocado, diced.

LUNCH: 1 serving Ginger Chicken Stir-Fry with Spaghetti Squash (leftovers, p. 84)

DINNER: *Baked Salmon:* Combine 2 tbsp coconut aminos, 1 tbsp Dijon and 1 minced clove garlic. Add 3 salmon fillets; marinate in refrigerator 15 minutes to 1 hour. Discard marinade and bake salmon 15 to 20 minutes at 425°F. Makes 3 servings (eat 1, save leftovers).

Parsnip Mash: Bring 2 cups diced parsnips in water to a boil. Reduce heat, cover and simmer until soft, 10 minutes. Drain, mash with 1 minced clove garlic, ½ cup coconut milk and 2 tbsp ghee. Makes 3 servings (eat 1, save leftovers).

1½ cups broccoli florets, steamed and tossed with 2 tbsp sesame seeds, 1½ tsp ghee and pinch each salt and pepper

NUTRIENTS: Calories: 1,843, Fat: 115 g, Sat. Fat: 42 g, Carbs: 110 g, Fiber: 32 g, Sugars: 40 g, Protein: 105 g, Sodium: 1,571 mg, Cholesterol: 300 mg

TUESDAY

BREAKFAST: *Crustless Quiche:* Preheat oven to 400°F. In a large skillet on medium, sauté 1 cup diced yellow onion in 1½ tsp coconut oil for 5 minutes. Add 2 cups chopped broccoli and cook for 5 minutes, set aside. Whisk together 6 eggs, ¼ cup coconut milk, ¼ cup hemp hearts and ½ tsp each salt and pepper. Mix veggies with egg mixture and pour into a greased 8 x 8-inch baking dish. Bake for 40 minutes, or until eggs set. Makes 3 servings (eat 1, save leftovers).

LUNCH: 1 serving Baked Salmon (leftovers)

1 serving Parsnip Mash (leftovers)

1½ cups broccoli florets, steamed and tossed with 2 tbsp sesame seeds, 1½ tsp ghee and pinch each salt and pepper

DINNER: 1 serving Herbed Meatballs in Tomato Sauce with Cauli-Rice (leftovers, p. 87)

NUTRIENTS: Calories: 1,460, Fat: 88 g, Sat. Fat: 43 g, Carbs: 69 g, Fiber: 20 g, Sugars: 24 g, Protein: 100 g, Sodium: 1,775 mg, Cholesterol: 662 mg

WEDNESDAY

BREAKFAST: *Loaded Sweet Potato:* Bake 1 sweet potato. Sauté ¼ cup diced red onion, 1 minced clove garlic, and 4 oz ground turkey in 1 tbsp coconut oil until turkey is cooked. Add 1 cup spinach, 1 tsp chopped fresh parsley, ½ tsp cumin, ¼ tsp each paprika, oregano and pepper, and ⅛ tsp salt. Cook until spinach wilts. Cut potato in half, top with turkey mixture and ½ avocado, diced.

LUNCH: 1 serving Herbed Meatballs in Tomato Sauce with Cauli-Rice (leftovers, p. 87)

DINNER: 1 serving Creamy Curry Chicken with Mashed Potatoes (p. 88; save leftovers)

NUTRIENTS: Calories: 1,840, Fat: 108 g, Sat. Fat: 60 g, Carbs: 113 g, Fiber: 31 g, Sugars: 30 g, Protein: 111 g, Sodium: 1,855 mg, Cholesterol: 404 mg

THURSDAY

BREAKFAST: 1 serving Crustless Quiche (leftovers)

LUNCH: 1 serving Baked Salmon (leftovers)

1 serving Parsnip Mash (leftovers)

1½ cups broccoli florets, steamed and tossed with 1½ tsp ghee and pinch each salt and pepper

DINNER: 1 serving Creamy Chicken Curry with Mashed Potatoes (leftovers, p. 88)

NUTRIENTS: Calories: 1,570, Fat: 95 g, Sat. Fat: 60 g, Carbs: 90 g, Fiber: 18 g, Sugars: 20 g, Protein: 94 g, Sodium: 1,310 mg, Cholesterol: 628 mg

FRIDAY

BREAKFAST: *Tex-Mex Omelette:* Combine ½ avocado, diced, ½ cup diced tomato, 2 tbsp each chopped red onion and cilantro, 1 minced clove garlic, 1 tsp lime juice, ⅛ tsp each salt and pepper, and dash hot sauce. Cook 2 eggs, whisked, in 1 tbsp ghee for 2 minutes; flip and cook 30 seconds more. Top with avocado mixture.

LUNCH: 1 serving Herbed Meatballs in Tomato Sauce with Cauli-Rice (leftovers, p. 87)

DINNER: *Veggie Shrimp Toss:* Cook 2 cups each sliced mushrooms and chopped broccoli in 2 tbsp avocado oil until tender, 5 minutes. Add 1 lb shrimp, 3 stalks celery, diced, 3 minced cloves garlic, ¼ cup coconut aminos, 1½ tsp minced fresh ginger and ¼ tsp each red pepper flakes and salt. Cook until shrimp is opaque. Top with 2 tbsp sesame oil and 3 green onions, sliced. Makes 3 servings (eat 1 serving with 1 tbsp sesame seeds, save leftovers). Serve with 1 small sweet potato, baked, with 1 tsp ghee and pinch salt.

NUTRIENTS: Calories: 1,550, Fat: 99 g, Sat. Fat: 34 g, Carbs: 77 g, Fiber: 25 g, Sugars: 29 g, Protein: 94 g, Sodium: 2,233 mg, Cholesterol: 814 mg

SATURDAY

BREAKFAST: 1 serving Crustless Quiche (leftovers)

LUNCH: 1 serving Veggie Shrimp Toss (leftovers) with 1 tbsp sesame seeds

DINNER: 1 serving Creamy Chicken Curry with Mashed Potatoes (leftovers, p. 88)

NUTRIENTS: Calories: 1,466, Fat: 89 g, Sat. Fat: 44 g, Carbs: 81 g, Fiber: 16 g, Sugars: 20 g, Protein: 93 g, Sodium: 1,717 mg, Cholesterol: 727 mg

SUNDAY

BREAKFAST: *Tex-Mex Omelette:* Combine ½ avocado, diced, ½ cup diced tomato, 2 tbsp each chopped red onion and cilantro, 1 minced clove garlic, 1 tsp lime juice, ⅛ tsp each salt and pepper, and dash hot sauce. Cook 2 eggs, whisked, in 1 tbsp ghee for 2 minutes; flip and cook 30 seconds more. Top with avocado mixture.

LUNCH: 1 serving Veggie Shrimp Toss (leftovers) with 1 tbsp sesame seeds

DINNER: 1 serving Creamy Chicken Curry with Mashed Potatoes (leftovers, p. 88)

NUTRIENTS: 1,605, Fat: 105 g, Sat. Fat: 49 g, Carbs: 85 g, Fiber: 22 g, Sugars: 21 g, Protein: 89 g, Sodium: 1,629 mg, Cholesterol: 767 mg

EVOO = Extra-virgin olive oil

Herbed Meatballs in Tomato Sauce *with Cauli-Rice*

P GF

SERVES **4.** HANDS-ON TIME: **40 MINUTES.** TOTAL TIME: **1 HOUR, 15 MINUTES.**

Homemade meatballs that use coconut flour as a binder get simmered in a hearty tomato sauce and served on a bed of cauliflower rice.

SAUCE

- **1 tbsp** ghee
- **½ cup** chopped yellow onion
- **½ cup** diced carrot
- **½ cup** diced celery
- **2 cups** sliced white mushrooms
- **2 cloves** garlic, minced
- **2 tsp** dried oregano
- **1 tsp** each paprika and red pepper flakes
- **¾ tsp** sea salt
- **¼ tsp** ground black pepper
- **1 28-oz** BPA-free can diced tomatoes with juices
- **3 tbsp** unsalted tomato paste
- **¼ cup** chopped fresh basil

MEATBALLS

- **1½ lb** lean ground organic beef
- **1 large** egg
- **¼ cup** coconut flour
- **2 cloves** garlic, minced
- **1 tsp** dried parsley
- **½ tsp** each dried oregano, sea salt and black pepper

CAULI-RICE

- **1 head** cauliflower, florets and stems roughly diced
- **1 tbsp** ghee
- **¼ tsp** sea salt

1. Prepare sauce: In a large skillet on medium, melt ghee. Add onion and sauté until golden, 5 minutes. Add carrot, celery, mushrooms, garlic, oregano, paprika, pepper flakes, salt and black pepper; sauté 5 minutes. Add diced tomatoes with liquid, tomato paste and ½ cup water; increase heat and bring to a boil for 1 minute. Reduce heat and simmer 20 minutes, uncovered.

2. Meanwhile, make meatballs: In a large bowl, combine meatball ingredients. Form about 2 heaping tbsp of mixture into each meatball, making about 20 meatballs.

3. Add meatballs to skillet with sauce and simmer until meatballs are cooked through, 15 to 20 minutes.

4. Meanwhile, make cauli-rice: Pulse cauliflower in a food processor to rice-size pieces. In a medium skillet on medium, melt ghee. Add cauli-rice and sauté 5 minutes. Add ¼ cup water and salt, cover and cook until tender, about 4 minutes.

5. Stir basil into tomato sauce. Divide cauli-rice among plates. Top with sauce and meatballs.

NOTE: *If following our Meal Plan, divide into four portions, storing one serving of meatballs and cauli-rice separately in freezer. Store remaining portions separately in fridge and reheat when called for.*

PER SERVING (¼ of recipe): Calories: 535, Fat: 27 g, Sat. Fat: 12 g, Monounsaturated Fat: 10 g, Polyunsaturated Fat: 1 g, Carbs: 29 g, Fiber: 9 g, Sugars: 13 g, Protein: 43 g, Sodium: 960 mg, Cholesterol: 177 mg

Creamy Chicken Curry *with Mashed Potatoes*

GF

SERVES **4.** HANDS-ON TIME: **30 MINUTES.** TOTAL TIME: **1 HOUR, 10 MINUTES.**

Let this spiced chicken curry warm you up from the inside out. This recipe is packed with veggies and has a silky coconut milk base for a dish that is both indulgent and healthy.

- **¼ cup** ghee, divided
- **1 cup** diced yellow onion
- **1 tbsp** minced fresh ginger
- **2 cloves** garlic, minced
- **4 tsp** ground turmeric
- **1 tbsp** ground cumin
- **2 tsp** ground coriander
- **¾ tsp** sea salt
- **½ tsp** each red pepper flakes and black pepper
- **¼ tsp** ground cayenne pepper
- **⅛ tsp** each ground cinnamon and cardamom
- **1¼ lb** boneless, skinless chicken breasts, diced
- **1 cup** diced carrot
- **2 cups** full-fat coconut milk, divided
- **2** tomatoes, diced
- **2 cups** chopped broccoli
- **2 cups** chopped green beans
- **3** Russet potatoes, chopped

1. In a large pot on medium, melt 1 tbsp ghee. Add onion and sauté until translucent, 5 minutes. Add ginger and garlic and cook 2 minutes more. Add turmeric, cumin, coriander, salt, pepper flakes, black pepper, cayenne, cinnamon and cardamom; cook 3 minutes more.

2. To same pot, add chicken and carrot. Add 1½ cups coconut milk and tomatoes. Cover pot and cook until chicken is tender, about 20 minutes. Add broccoli and green beans; simmer 7 minutes more.

3. Meanwhile, fill a second pot halfway with water and bring to a boil. Add potatoes and cook until tender, 15 minutes.

4. Drain potatoes and return to pot. Add remaining 3 tbsp ghee and remaining ½ cup coconut milk; mash until smooth.

5. To serve, place mashed potatoes on each plate and top each serving with chicken curry mixture.

NOTE: *If following our Meal Plan, store mashed potatoes and chicken curry separately in refrigerator and reheat when called for.*

PER SERVING (¼ of recipe): Calories: 747, Fat: 43 g, Sat. Fat: 31 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 2 g, Carbs: 53 g, Fiber: 9 g, Sugars: 9 g, Protein: 41 g, Sodium: 496 mg, Cholesterol: 143 mg

SHOPPING LIST

WEEK ONE

PROTEINS

- 1 dozen large eggs
- 1 lb lean ground turkey
- 2 lb boneless, skinless chicken breasts
- 3 5-oz BPA-free cans wild tuna in water
- 2 5-oz BPA-free cans wild salmon in water
- 12 oz haddock or cod fillets

VEGGIES & FRUITS

- 1 pint blueberries
- 3 limes
- 1 pineapple
- 5 avocados
- 3 heads romaine lettuce
- 1 large head iceberg lettuce
- 8 oz baby spinach
- 1 small bunch kale
- 1¼ lb bok choy
- 14 oz carrots
- 9 oz parsnips
- 2 cucumbers
- 1 yellow onion
- 1 red onion
- 3 green onions
- 1 large head garlic
- 1 3-inch piece fresh ginger
- 1 jalapeño
- 1 bunch fresh basil
- 1 small bunch fresh cilantro
- 1 spaghetti squash (5 to 6 lb)
- 2 small sweet potatoes
- 6 tomatoes
- 1 bunch parsley
- 9 oz white mushrooms

NUTS, SEEDS & OILS

- 1 jar ghee
- 1 bottle extra-virgin olive oil
- 1 bottle avocado oil
- 1 bottle sesame oil
- 4 oz chopped pecans
- 4 oz sesame seeds
- 1 bag almond flour
- 1 bag coconut flour

PANTRY STAPLES

- 1 jar Kalamata olives
- 1 bottle balsamic vinegar
- 1 bottle hot sauce
- 1 bottle coconut aminos
- 1 bag arrowroot starch
- 1 bottle paprika
- 1 bottle cayenne pepper
- 1 bottle red pepper flakes
- 1 bottle ground cinnamon
- 1 bottle ground turmeric
- 1 bottle sea salt
- 1 bottle ground black pepper
- 1 bottle coconut oil
- 1 bottle cumin
- 1 bottle oregano
- 1 bottle dried parsley
- 1 bottle dried oregano

Check all your items to ensure they are made without added sugar.

WEEK TWO

PROTEINS

- 1 dozen large eggs
- 1¼ lb boneless, skinless chicken breasts
- 3 5-oz salmon fillets
- 1 lb medium shrimp, peeled and deveined
- 8 oz lean ground turkey
- 1½ lb lean ground organic beef

VEGGIES & FRUITS

- 1 lime
- 2 avocado
- 3 heads broccoli (2 lb)
- 7 oz carrots
- 10 oz parsnips
- 4 stalks celery
- 8 oz green beans
- 12 oz white mushrooms
- 3 yellow onions
- 1 red onion
- 3 green onions
- 2 large heads garlic
- 1 small bunch fresh cilantro
- 3 Russet potatoes
- 3 small sweet potatoes
- 4 tomatoes
- 1 bunch fresh basil
- 1 3-inch piece fresh ginger
- 8 oz baby spinach
- 1 bunch parsley
- 1 head cauliflower

NUTS, SEEDS & OILS

- 2 13.5-oz cans full-fat coconut milk
- 2 oz hemp hearts

PANTRY STAPLES

- 1 jar Dijon mustard
- 1 28-oz BPA-free can diced tomatoes
- 1 small can or tube unsalted tomato paste
- 1 bottle ground cardamom
- 1 bottle ground coriander
- 1 bottle ground cumin
- 1 bottle ground nutmeg

Ditch Sugar for 14 Days, Lose 5 lbs

Train your brain to get over sugar with this refreshing menu that seamlessly eliminates the sweet stuff in favor of more balanced and brighter bites to help you drop the weight.

BY **TIFFANI BACHUS, RDN**, AND **ERIN MACDONALD, RDN**, PHOTOGRAPHY BY **MATT GIBSON**

Spicy Coconut Chicken Soup

P GF

SERVES **4.** HANDS-ON TIME: **15 MINUTES.** TOTAL TIME: **1 HOUR.**

This savory Thai-inspired soup leverages fresh herbs and colorful vegetables for a fragrant meal that is as pleasing to the eyes as it is to your taste buds.

- **1 tbsp** avocado oil
- **2** shallots, minced
- **1–2 tbsp** green curry paste
- **1 2-inch** piece fresh ginger, peeled and minced
- **3 cloves** garlic, minced
- **3 cups** low-sodium chicken broth
- **1 15-oz** BPA-free can full-fat coconut milk
- **2 5-oz** boneless, skinless chicken breasts
- **2** stalks lemongrass, chopped and smashed
- **2** fresh or dried makrut lime leaves
- **1** red bell pepper, diced
- **4 oz** fresh green beans, trimmed
- **4** baby bok choy, thinly sliced
- fresh mint and cilantro leaves, for garnish

1. In a large pot on medium-high, heat oil. Add shallots, curry paste, ginger and garlic; sauté 2 minutes. Add broth, coconut milk and whole chicken breasts.

2. Place lemongrass and lime leaves in a piece of cheesecloth. Gather ends and tie with cooking twine to bundle; add to soup.

3. Bring soup to a boil then reduce to a simmer. Cover and cook for 40 minutes. Discard cheesecloth bundle. Slice chicken.

4. Add peppers and beans to soup; simmer for 6 minutes. Add bok choy and simmer for 3 minutes more.

5. Ladle soup into bowls, top with chicken and garnishes.

NOTE: *If following our Meal Plan, refrigerate servings and reheat when called for.*

PER SERVING (1½ cups): Calories: 407, Fat: 29 g, Sat. Fat: 21 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 1 g, Carbs: 16 g, Fiber: 4 g, Sugar: 6 g, Protein: 24 g, Sodium: 310 mg, Cholesterol: 52 mg

Best Fish & Chips *with Lemon Caper Mayo*

Q GF

SERVES **2.** HANDS-ON TIME: **20 MINUTES.** TOTAL TIME: **30 MINUTES.**

Yes, you can fit fish and chips into your clean meal plan! This version boasts a grain-free batter and shallow frying technique in avocado oil. Thinly slicing the potatoes makes for a large serving from just one small potato. Ensure you use a mayo without added sugar.

FISH & CHIPS

- **¾ cup** avocado oil
- **¼ cup** tapioca starch, divided
- **⅓ cup** almond flour
- **2 tbsp** cassava flour
- **¼ tsp** sea salt, divided
- **½ cup** sparkling water, or as needed
- **8 oz** skinless cod, cut into 4 pieces
- **2** red potatoes, very thinly sliced
- **⅛ tsp** smoked paprika

LEMON CAPER MAYO

- **⅓ cup** olive oil mayonnaise
- **1 tbsp** drained and chopped capers
- **1 tsp** lemon zest + 1 tbsp fresh lemon juice
- **1 tsp** dried dill
- **¼ tsp** ground black pepper

1. In a 2-quart pot on high, heat oil to 375°F on a thermometer.

2. Meanwhile, on a plate, place 2 tbsp tapioca starch. In a bowl, whisk together almond flour, cassava flour, remaining 2 tbsp tapioca starch, pinch salt and sparkling water. (***NOTE:*** Mixture should have the consistency of thin pancake batter and it may thicken as it sits. If necessary, thin it with 1 to 2 tbsp more sparkling water.)

3. Dredge cod pieces first in tapioca starch and then dip in batter, letting excess drip off. Fry 2 pieces of cod at a time in hot oil for 2 to 3 minutes, then flip and cook 2 to 3 minutes more. Place on a paper towel–lined plate to drain and repeat with remaining pieces. Sprinkle cod pieces with pinch salt.

4. Working in 2 batches, fry potatoes in hot oil for 5 minutes, until golden. Transfer with a slotted spoon to a paper towel–lined plate. Sprinkle with smoked paprika and ⅛ tsp salt.

5. Meanwhile, in a bowl, combine ingredients for Lemon Caper Mayo; serve with cod and chips.

PER SERVING (½ of recipe): Calories: 876, Fat: 60 g, Sat. Fat: 7 g, Monounsaturated Fat: 30 g, Polyunsaturated Fat: 21 g, Carbs: 61 g, Fiber: 7 g, Sugar: 4 g, Protein: 26 g, Sodium: 653 mg, Cholesterol: 56 mg

NOTE: *If following our Meal Plan, refrigerate cod and mayo separately and reheat when called for. Store chips in a sealed container at room temperature.*

Basil Cashew Salmon *with Asparagus Tomato Sauté*

P Q GF

SERVES **2.** HANDS-ON TIME: **15 MINUTES.** TOTAL TIME: **30 MINUTES.***

*PLUS SOAKING TIME.

The fresh flavors of asparagus, lemon and basil offset the richness of this nutrient-dense wild salmon. To make it extra pretty, add a sprinkle of lemon zest over top before serving.

CASHEW SAUCE

- **⅓ cup** raw unsalted cashews
- **⅓ cup** fresh basil
- **1 tbsp** nutritional yeast
- **1 clove** garlic
- **1 tsp** lemon zest + 2 tbsp lemon juice
- **¼ tsp** ground black pepper
- **⅛ tsp** sea salt

SALMON & VEGETABLES

- **1 lb** asparagus, trimmed
- **1½ cups** grape tomatoes, halved
- **1 tbsp** avocado oil
- **¼ tsp** each sea salt and ground black pepper, divided
- **2 4-oz** wild salmon fillets
- **1 tbsp** hemp hearts
- fresh basil and lemon wedges, for garnish

1. Prepare sauce: Soak cashews overnight in water in the refrigerator; drain. In a blender, place drained cashews. Add remaining sauce ingredients and ¼ cup water and blend until smooth. If too thick, add 1 tbsp more water and blend again; set aside.

2. Preheat oven to 425°F. Line a large baking sheet with parchment paper. Place asparagus and tomatoes on baking sheet; drizzle with oil and season with ⅛ tsp each salt and pepper. Bake for 8 minutes. Remove baking sheet from oven and place salmon over asparagus mixture. Season with remaining ⅛ tsp each salt and pepper. Bake for 8 to 10 minutes more, or until salmon is cooked through and flakes easily with a fork.

3. To serve, divide salmon between plates. Divide sauce over top of salmon. Sprinkle with hemp hearts and garnish with fresh basil leaves and lemon wedges. Serve asparagus mixture alongside.

PER SERVING (1 salmon fillet and ½ of vegetables and sauce): Calories: 412, Fat: 24 g, Sat. Fat: 4 g, Monounsaturated Fat 12 g, Polyunsaturated Fat: 6 g, Carbs: 19 g, Fiber: 6 g, Sugar: 6 g, Protein: 37 g, Sodium: 472 mg, Cholesterol: 57 mg

NOTE: *If following our Meal Plan, refrigerate salmon, asparagus and sauce separately. Reheat when called for and add garnishes.*

WEEK ONE

MONDAY

BREAKFAST: *Veggie Scramble:* Sauté 3 cups spring greens and ½ shallot, diced, in 1 tbsp avocado oil until soft; add 3 eggs, whisked, and cook, scrambling with spatula. Sprinkle with pinch each salt and pepper. Top with ¼ cup microgreens.

LUNCH: *Cauliflower Rice Quinoa Tabbouleh:* In a pot, combine 1 bag frozen riced cauliflower, ¾ cup chicken broth, ⅓ cup dry quinoa, 1 leek, thinly sliced, ½ red bell pepper, chopped, and 1 clove garlic, minced. Bring to a boil then reduce to a simmer, cover and cook 10 minutes. Add 3 asparagus spears, chopped, and simmer 5 minutes more. Remove from heat and stir in 2 tbsp avocado oil, zest and juice of 1 lemon, and ½ cup each chopped fresh mint and cilantro (makes 4 servings; eat 1 serving, save leftovers); with 1 chicken sausage link.

DINNER: 1 serving Spicy Coconut Chicken Soup (p. 90; save leftovers) with 1 sweet potato, baked at 425°F for 45 minutes (prick potato all over with fork before baking) and topped with 1 tbsp EVOO and ground black pepper to taste

NUTRIENTS: Calories: 1,283, Fat: 87 g, Sat. Fat: 33 g, Carbs: 65 g, Fiber: 16 g, Sugar: 17 g, Protein: 70 g, Sodium: 1,303 mg, Cholesterol: 680 mg

TUESDAY

BREAKFAST: *Blender Banana Bread:* In a blender or food processor, place 2 ripe bananas, 2 eggs, 1 cup plus 1 tbsp almond flour, 2 scoops collagen, 2 tbsp ground flaxseeds, 1 tbsp chia seeds, 1 tsp vanilla extract, ½ tsp cinnamon and pinch salt; blend until smooth. Coat a 5 x 3-inch loaf pan with cooking spray. Pour batter into pan and bake at 375°F for 25 minutes, until a toothpick comes out clean (makes 4 servings; eat 1 serving, save 1 serving, freeze leftovers); with 2 tbsp almond butter.

LUNCH: 1 serving Spicy Coconut Chicken Soup (leftovers, p. 90)

DINNER: 1 serving Cauliflower Rice Quinoa Tabbouleh (leftovers) with 1 chicken sausage link

NUTRIENTS: Calories: 1,235, Fat: 82 g, Sat. Fat: 28 g, Carbs: 68 g, Fiber: 20 g, Sugar: 21 g, Protein: 69 g, Sodium: 923 mg, Cholesterol: 215 mg

WEDNESDAY

BREAKFAST: *Green Smoothie:* Blend 1 cup milk, ½ cup each spring greens and kale, ½ apple, cored, ½ pear, cored, juice of ½ lemon, ½ tsp grated ginger, 2 scoops collagen, 1 tbsp chia seeds and ½ tbsp hemp hearts with ice.

LUNCH: 1 serving Cauliflower Rice Quinoa Tabbouleh (leftovers) with 1 chicken sausage link

DINNER: 1 serving Best Fish & Chips (p. 91, save leftovers)

NUTRIENTS: Calories: 1,618, Fat: 89 g, Sat. Fat: 16 g, Carbs: 130 g, Fiber: 23 g, Sugar: 40 g, Protein: 82 g, Sodium: 1,383 mg, Cholesterol: 151 mg

THURSDAY

BREAKFAST: *Veggie Scramble:* Sauté 3 cups spring greens and ½ shallot, diced, in 1 tbsp avocado oil until soft; add 3 eggs, whisked, and cook, scrambling with spatula. Sprinkle with pinch each salt and pepper. Top with ¼ cup microgreens.

LUNCH: 1 serving Best Fish & Chips (leftovers, p. 91)

DINNER: 1 serving Spicy Coconut Chicken Soup (leftovers, p. 90)

NUTRIENTS: Calories: 1,652, Fat: 118 g, Sat. Fat: 35 g, Carbs: 86 g, Fiber: 14 g, Sugar: 12 g, Protein: 74 g, Sodium: 1,404 mg, Cholesterol: 666 mg

FRIDAY

BREAKFAST: 1 serving Blender Banana Bread (leftovers) with 2 tbsp almond butter

LUNCH: 1 serving Spicy Coconut Chicken Soup (leftovers, p. 90)

DINNER: 1 serving Cauliflower Rice Quinoa Tabbouleh (leftovers) with 1 chicken sausage link

NUTRIENTS: Calories: 1,235, Fat: 82 g, Sat. Fat: 28 g, Carbs: 68 g, Fiber: 21 g, Sugar: 21 g, Protein: 69 g, Sodium: 923 mg, Cholesterol: 215 mg

SATURDAY

BREAKFAST: *Red Smoothie:* Blend 1 cup milk, 1 cup frozen strawberries, ½ beet, scrubbed and chopped, 2 scoops collagen and 1 tbsp chia seeds with ice.

LUNCH: *Kale Wraps:* Between 2 kale leaves, rinsed, divide 1 avocado, mashed, ½ shallot sautéed in ½ tbsp avocado oil, 4 oz turkey slices, ½ cucumber, sliced, and pinch each salt and pepper. Top filling with ¼ cup microgreens.

1 serving Blender Banana Bread (leftovers) with 2 tbsp almond butter

DINNER: *Shrimp Stir-Fry:* Sauté 4 oz mushrooms, chopped, 1 leek, thinly sliced, and 2 baby bok choy, chopped, in 1 tbsp avocado oil for 5 minutes. Add 8 oz shrimp; cook 2 minutes. Add 1 tbsp coconut aminos and ½ tsp toasted sesame oil; cook 1 minute. Sprinkle with sesame seeds (eat ½; save leftovers).

NUTRIENTS: Calories: 1,634, Fat: 98 g, Sat. Fat: 15 g, Carbs: 105 g, Fiber: 38 g, Sugar: 46 g, Protein: 102 g, Sodium: 2,379 mg, Cholesterol: 309 mg

SUNDAY

BREAKFAST: *Sweet Potato Hash:* Sauté 1 small sweet potato, shredded, 1 shallot, diced, and 1 zucchini in 1 tbsp avocado oil until soft. Top with pinch each salt and black pepper. Top with 2 eggs, cooked any style.

LUNCH: 1 serving Shrimp Stir-Fry (leftovers)

1 serving Blender Banana Bread (leftovers) with 2 tbsp almond butter

DINNER: *Kitchen Sink Salad:* Mix 1½ cups spring greens, ½ cup chopped kale, ½ beet, diced, 4 oz turkey slices, chopped, ½ cucumber, chopped, 3 asparagus spears, steamed and chopped, ½ red bell pepper, chopped, and 1 tbsp each sunflower seeds and pumpkin seeds. Whisk juice of ½ lemon, 1 tbsp EVOO, ½ shallot, chopped, and pinch each salt and pepper; toss with salad and top with ¼ cup microgreens.

NUTRIENTS: Calories: 1,580, Fat: 97 g, Sat. Fat: 13 g, Carbs: 104 g, Fiber: 28 g, Sugar: 40 g, Protein: 89 g, Sodium: 2,580 mg, Cholesterol: 657 mg

EVOO = Extra-virgin olive oil

WEEK TWO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
BREAKFAST: *Blueberry Smoothie:* Blend 1 cup milk, 1 cup frozen blueberries, juice and zest of 1 lemon, 2 scoops collagen, 1 tbsp each grated fresh ginger and chia seeds with ice. **LUNCH:** *Chopped Goddess Salad:* Mix 2 cups chopped butter lettuce, 8 oz turkey slices, chopped, ½ cup diced jicama, 1 carrot, shredded, ½ cup bean sprouts, 1 stalk celery, diced, and 3 tbsp pumpkin seeds. Blend together ½ avocado, peeled and pitted, 1 tbsp each red wine vinegar and EVOO, juice of 1 lemon, ¼ cup water and 1 tbsp chives, chopped, with ½ tsp turmeric; drizzle over salad (eat ½, save leftovers). Serve with 1 chopped sweet potato, topped with with 1 tbsp EVOO and ground black pepper to taste, baked at 425°F for 30 to 35 minutes. **DINNER:** 1 serving Basil Cashew Salmon with Asparagus Tomato Sauté (p. 92; save leftovers)	**BREAKFAST:** *Apple Cinnamon Pancakes:* In a blender, combine 1 cup almond flour, ½ cup milk, 2 eggs, 3 tbsp tapioca starch, 2 scoops collagen, 1 tbsp ground flaxseeds, ½ tbsp baking powder and 1 tsp each cinnamon and vanilla until smooth. (***NOTE:*** If batter is too thick, add a little more milk.) Heat 1 tbsp coconut oil in a nonstick pan. Cook 2 tbsp batter per pancake for 3 to 4 minutes, flip and cook 2 minutes more, making 16 small pancakes. In another skillet, heat 1 tbsp coconut oil. Add 1 apple, thinly sliced, and dash cinnamon; cook until apples are soft, about 4 minutes. Serve apples over pancakes (makes 4 servings; eat 1 serving, refrigerate 2 servings and freeze 1 for Sunday). **LUNCH:** 1 serving Basil Cashew Salmon with Asparagus Tomato Sauté (leftovers, p. 92) **DINNER:** *Lamb with Mint Vinaigrette:* Season 4 lamb loin chops with pinch each salt and pepper and 1 tsp garlic powder; cook for 3 minutes in 1 tbsp avocado oil in a skillet. Flip and cook 2 minutes. In a blender, blend 1 cup mint, 3 tbsp pine nuts, zest and juice of 1 lemon, 1 tbsp each avocado oil and nutritional yeast and 2 cloves garlic; serve with lamb (eat ½; save leftovers). *Garlic Potatoes:* Heat ½ tbsp avocado oil in skillet. Add 2 red potatoes, chopped, and 1 clove garlic, minced; sauté 6 to 7 minutes. Season with pinch each salt and pepper (eat ½, save leftovers).	**BREAKFAST:** *Spinach Frittata:* In a large nonstick pan on medium-high, heat 1 tbsp avocado oil. Add 6 asparagus spears, trimmed, 1 zucchini, chopped, 1 shallot, minced, and 3 cups spinach; sauté 4 minutes, or until softened. Transfer to an 8-inch square baking dish or pie plate. Whisk 8 eggs, ¼ cup milk, 2 tbsp nutritional yeast, 10 basil leaves, sliced, ½ tsp each pepper and red pepper flakes and ¼ tsp salt; pour over vegetables and bake at 350°F for 20 to 25 minutes (makes 4 servings; eat 1 serving, save leftovers); serve with ½ avocado, sliced. **LUNCH:** 1 serving Chopped Goddess Salad (leftovers) **DINNER:** 1 serving Chile Orange Chicken Wings with Ranch Slaw (p. 95; save leftovers) with 1 sweet potato, baked at 425°F for 45 minutes (prick potato all over with fork before baking) and topped with 1 tbsp EVOO and ground black pepper to taste	**BREAKFAST:** 1 serving Apple Cinnamon Pancakes (leftovers) **LUNCH:** 1 serving Chile Orange Chicken Wings with Ranch Slaw (leftovers, p. 95) **DINNER:** *Sheet-Pan Lemon Trout & Asparagus:* On a parchment-lined baking sheet, spread 8 oz trout fillets and 1 lb asparagus, trimmed. Sprinkle with pinch each salt and pepper. Bake at 350°F for 5 to 7 minutes. Whisk 1 shallot, minced, juice of 2 lemons, 1 tbsp avocado oil and 1 tsp fresh chives; drizzle over cooked trout and asparagus (eat ½, save leftovers). *Avocado Dip:* Blend ½ avocado, 2 tsp EVOO, ¼ tsp onion powder, ½ clove garlic, pressed, and pinch salt until smooth; serve with ½ cup jicama slices.
NUTRIENTS: Calories: 1,364, Fat: 72 g, Sat. Fat: 13 g, Carbs: 95 g, Fiber: 25 g, Sugar: 45 g, Protein: 98 g, Sodium: 1,784 mg, Cholesterol: 131 mg	**NUTRIENTS:** Calories: 1,623, Fat: 105 g, Sat. Fat: 27 g, Carbs: 86 g, Fiber: 20 g, Sugar: 18 g, Protein: 95 g, Sodium: 1,016 mg, Cholesterol: 281 mg	**NUTRIENTS:** Calories: 1,360 Fat: 97 g, Sat. Fat: 16 g, Carbs: 75 g, Fiber: 24 g, Sugar: 26 g, Protein: 63 g, Sodium: 2,296 mg, Cholesterol: 598 mg	**NUTRIENTS:** Calories: 1,339, Fat: 95 g, Sat. Fat: 19 g, Carbs: 68 g, Fiber: 22 g, Sugar: 22 g, Protein: 60 g, Sodium: 1,368 mg, Cholesterol: 245 mg

FRIDAY	SATURDAY	SUNDAY
BREAKFAST: 1 serving Apple Cinnamon Pancakes (leftovers) **LUNCH:** 1 serving Spinach Frittata (leftovers) with ½ avocado, sliced **DINNER:** 1 serving Lamb with Mint Vinaigrette (leftovers) 1 serving Garlic Potatoes (leftovers)	**BREAKFAST:** 1 serving Spinach Frittata (leftovers) with ½ avocado, sliced **LUNCH:** 1 serving Sheet-Pan Lemon Trout & Asparagus (leftovers) with 1 chopped sweet potato, topped with 1 tbsp EVOO and ground black pepper to taste, baked at 425°F for 30 to 35 minutes **DINNER:** 1 serving Chile Orange Chicken Wings with Ranch Slaw (leftovers, p. 95)	**BREAKFAST:** 1 serving Apple Cinnamon Pancakes (leftovers) **LUNCH:** 1 serving Spinach Frittata (leftovers) with ½ avocado, sliced; 2 oz lox and 1 apple, sliced **DINNER:** 1 serving Chile Orange Chicken Wings with Ranch Slaw (leftovers, p. 95)
NUTRIENTS: Calories: 1,595, Fat: 110 g, Sat. Fat: 30 g, Carbs: 82 g, Fiber: 24 g, Sugar: 15 g, Protein: 78 g, Sodium: 860 mg, Cholesterol: 598 mg	**NUTRIENTS:** Calories: 1,280, Fat: 89 g, Sat. Fat: 15 g, Carbs: 63 g, Fiber: 18 g, Sugar: 21 g, Protein: 63 g, Sodium: 1,330 mg, Cholesterol: 523 mg	**NUTRIENTS:** Calories: 1,500, Fat: 103 g, Sat. Fat: 23 g, Carbs: 92 g, Fiber: 30 g, Sugar: 39 g, Protein: 63 g, Sodium: 2,585 mg, Cholesterol: 567 mg

EVOO = Extra-virgin olive oil

Chile Orange Chicken Wings *with Ranch Slaw*

(P) (GF)

SERVES **4.** HANDS-ON TIME: **30 MINUTES.** TOTAL TIME: **1 HOUR.***

*PLUS 8 TO 24 HOURS CHILLING TIME.

By baking wings on a rack elevated over a baking sheet, you're able to achieve all-around crispness without frying. These wings are smoky, spicy and sweet – a winning combination and something a little different for dinner.

WINGS

- **1 lb** split chicken wings, rinsed and patted dry
- **2 tsp** tapioca starch
- **2 tbsp** orange zest
- **1 tsp** each chile powder and garlic powder
- **½ tsp** each sea salt, smoked paprika and ground cumin
- **¼ tsp** ground black pepper

ORANGE SAUCE

- **¾ cup** fresh orange juice
- **2 tbsp** unsalted tomato paste
- **2 tbsp** coconut aminos
- **2 tbsp** whole-grain mustard
- **2 tsp** tapioca starch
- **1 tsp** garlic powder
- **½ tsp** red pepper flakes
- **⅛ tsp** sea salt

SLAW

- **½ cup** olive oil mayonnaise
- **1 tbsp** lemon zest + 2 tbsp fresh lemon juice
- **2 tbsp** chopped chives
- **1 tsp** garlic powder
- **½ tsp** each dried dill and ground black pepper
- **⅛ tsp** sea salt
- **4 cups** shredded cabbage mix

1. Line a baking sheet with foil and place a metal rack over foil. In a large bowl, place chicken wings. Add tapioca starch and toss to coat. In a small bowl, combine remaining wings ingredients. Sprinkle over chicken wings and rub mixture into wings. Place wings on baking rack over baking sheet. Place baking sheet with wings in refrigerator at least 8 hours, or up to 24 hours.

2. Preheat oven to 450°F. Place baking sheet with wings in oven and cook for 20 minutes. Flip wings and bake 20 to 30 minutes.

3. Meanwhile, make sauce: In a small saucepan on medium-low, whisk together all sauce ingredients. Bring to a boil then reduce heat to medium-low and simmer 2 minutes, until sauce starts to thicken; remove from heat and set aside.

4. Transfer wings to a bowl and drizzle with a few tablespoons Orange Sauce; toss to coat. Reserve remaining sauce.

5. Prepare slaw: In a bowl, combine mayonnaise, lemon zest and juice, chives, garlic powder, dill, pepper and salt. In a large bowl, place shredded cabbage. Drizzle dressing over top and toss to coat.

6. Serve wings with slaw and reserved Orange Sauce for dipping.

PER SERVING (¼ of recipe): Calories: 431, Fat: 32 g, Sat. Fat: 6 g, Monounsaturated Fat: 11 g, Polyunsaturated Fat 14 g, Carbs: 21 g, Fiber: 4 g, Sugar: 9 g, Protein: 15 g, Sodium: 853 mg, Cholesterol: 85 mg

NOTE: *If following our Meal Plan, store wings, slaw and sauce separately. Reheat when called for.*

SHOPPING LIST

WEEK ONE

PROTEINS

- 1 dozen large eggs
- 1 quart milk (dairy or unsweetened nondairy)
- 2 5-oz boneless, skinless chicken breasts
- 4 3-oz chicken sausage links
- 8 oz nitrate-free deli turkey breast slices
- 8 oz medium shrimp, peeled and deveined
- 8 oz skinless cod

VEGGIES & FRUITS

- 1 apple
- 2 bananas
- 1 pear
- 4 lemons
- 1 bunch kale
- 8 oz spring greens mix
- 1 bag microgreens
- 6 baby bok choy
- 1 cucumber
- 1 zucchini
- 2 red bell peppers
- 4 oz fresh green beans
- 1 avocado
- ½ lb asparagus
- 1 red beet
- 5 shallots
- 2 leeks
- 1 head garlic
- 1 5-inch piece fresh ginger
- 4 oz mushrooms
- 2 makrut lime leaves, fresh or dried
- 2 stalks lemongrass
- 1 bunch fresh mint
- 1 bunch fresh cilantro
- 2 sweet potatoes
- 2 red potatoes
- 1 bag frozen strawberries
- 1 15-oz bag frozen riced cauliflower

Check all your items to ensure they are made without added sugar.

WHOLE GRAINS & FLOURS

- 1 bag quinoa
- 1 bag almond flour
- 1 bag cassava flour
- 1 bag tapioca starch

NUTS, SEEDS & OILS

- 1 bottle avocado oil
- 1 bottle extra-virgin olive oil
- 1 bottle toasted sesame oil
- 1 jar olive oil mayonnaise
- 1 jar raw almond butter
- 4 oz raw pumpkin seeds
- 2 oz shelled sunflower seeds
- 1 jar chia seeds
- 1 bag hemp hearts
- 1 bag ground flaxseeds

PANTRY STAPLES

- 1 can unflavored sparkling water
- 1 quart low-sodium chicken broth
- 1 container collagen
- 1 15-oz BPA-free can full-fat coconut milk
- 1 bottle green curry paste
- 1 jar capers
- 1 bottle coconut aminos
- 1 container nutritional yeast
- 1 bottle ground cinnamon
- 1 bottle pure vanilla extract
- 1 bottle smoked paprika
- 1 bottle sesame seeds
- 1 bottle sea salt
- 1 bottle ground black pepper
- 1 bottle dried dill

WEEK TWO

PROTEINS & DAIRY

- 1 quart milk (dairy or unsweetened nondairy)
- 1 dozen large eggs
- 1 lb chicken wings
- 8 oz nitrate-free deli turkey breast slices
- 4 ½-inch-thick bone-in lamb loin chops
- 8 oz trout fillet
- 2 4-oz wild salmon fillets
- 2 oz lox

VEGGIES & FRUITS

- 1 apple
- 5 lemons
- 1 orange
- 2 avocados
- 1 cucumber
- 1 zucchini
- 1 carrot
- 1 stalk celery
- 2¼ lb asparagus
- 1 bag frozen blueberries
- 5 oz fresh baby spinach
- 1 head butter lettuce
- 1 bag shredded cabbage mix
- 1 carton bean sprouts
- 1 large bunch fresh basil
- 1 bunch fresh chives
- 1 bunch fresh mint
- 1 jicama
- 3 sweet potatoes
- 2 red potatoes
- 1 box grape tomatoes

NUTS, SEEDS & OILS

- 1 jar coconut oil
- ⅓ cup raw unsalted cashews
- 1 oz pine nuts

PANTRY STAPLES

- 1 bottle red wine vinegar
- 1 tube unsalted tomato paste
- 1 jar whole-grain mustard
- 1 carton baking powder
- 1 bottle garlic powder
- 1 bottle onion powder
- 1 bottle chile powder
- 1 bottle ground cumin
- 1 bottle red pepper flakes
- 1 bottle ground turmeric

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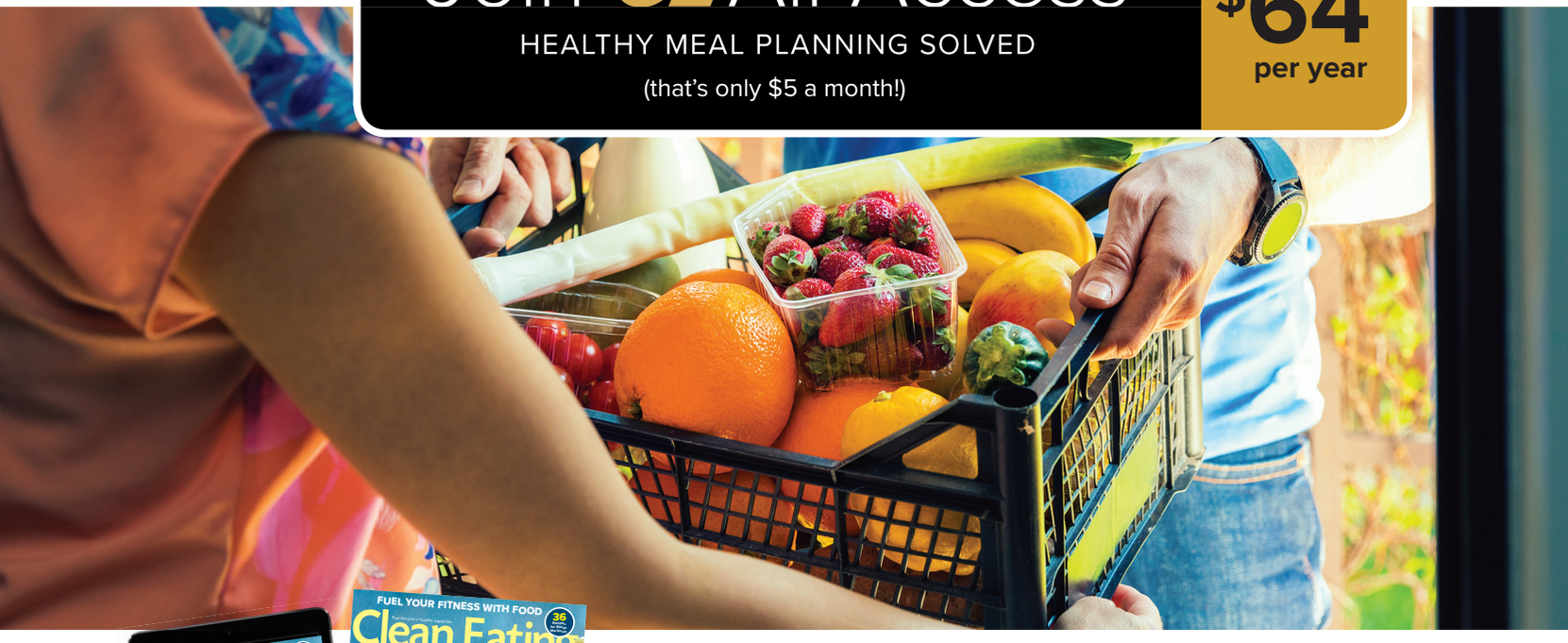

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