



The Woodlands Institute
for Health & Wellness

Do-It-Yourself Health Reset Protocol Instruction Book

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www.TWIHW.com



The Woodlands Institute
for Health & Wellness

Thank you for purchasing the Do-It-Yourself Health Reset Protocol Kit.

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<https://woodlandswellnessmd.com/diy-health-reset-protocol.html/>

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Health Reset Protocol (formerly known as the Yeast Cleanse Program)

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A Letter from Dr. McManus

Dear Health Reset Protocol Patient,

Since the inception of my Health & Wellness practice, I have emphasized to every patient the importance of restoring gut health as a primary step in the healing process. Experience and time have demonstrated that a healthy gut is critical to so much more than just the immune system and digestion. More and more, it becomes clear that virtually all diseases begin in the gut.

The Health Reset Protocol is a dietary protocol to heal whatever ails you, whether you are young or old, and whether your ailment is a skin rash, autoimmune disease, mood disorder, learning disability, autism, ADD/ADHD, allergies, migraines, arthritis, bowel disorders, or any other health problem imaginable. It's also a great way to slow the aging process. So how can this protocol address all of this? Let me explain.

Ninety percent (90%) of the cells and genetic material in our bodies is not our own. It's made up of the inner space of microorganisms that live within us. **We greatly underestimate the impact these tiny microbes have on our immune system, and overall health, yet we continually, and often unknowingly, kill these microbes and interfere with the important work they do to keep us well.** Antibiotics and personal care products, in conjunction with increasing toxic loads on our bodies, are wreaking havoc on our health (See the extensive list on page 7, describing all the ways we have created this havoc over the last half century). The beneficial bacteria that live in our guts are responsible for preventing invasion of pathogenic (disease-causing) microbes, producing important vitamins, nutrients, and protective neutralizing substances, as well as helping us digest and absorb our food. Once this microbial barrier in our gut is compromised, it initiates a chain reaction of events that leads to development of chronic symptoms and disease. This compromised foundation causes inflammation in the GI tract, which then allows the body to absorb toxins, disease-causing viruses, bacteria, and parasites. In addition, it also allows partially digested food particles to absorb into our bloodstream prematurely, creating food allergies and intolerances.

The Health Reset Protocol described here is our first step for most patients to restoring the microbial foundation; however, if additional steps need to be taken to improve gut health after the protocol, the GAPS protocol is another dietary therapy we recommend and are qualified to implement with you. Both work by using plant foods to clean and detoxify the body, and animal fat and protein to nourish, heal and rebuild the body.

We appreciate your business and commitment to good health. Thank you for purchasing the Do-It-Yourself, Health Reset Protocol Kit. Be sure to read this instruction booklet carefully where you will find answers to all of your questions. Additionally, listen carefully to the videos we have provided which further explain everything needed for success. Finally, our website is full of helpful information. So while this is a do-it-yourself protocol, you are not without resources to help you successfully complete the Health Reset Protocol. If you follow the protocol to the "t" and still do not feel well, we would welcome your call to pursue our programs and consider becoming a patient with us.

In Health,



Mila McManus M.D.

P.S. If you are interested in three foundational books for restoring health, Dr. Campbell-McBride provides insightful, very readable books that we offer for sale in our office.

Gut and Psychology Syndrome (GAPS), (Medinform Publishing 2010) explains the absolute link between physical and mental health, the food and drink that we ingest and the condition of our digestive system. She explains why gut health is mission critical to overall physical and mental health.

Put Your Heart in Your Mouth, (Medinform Publishing, 2007) dispels common myths surrounding cholesterol and saturated fats causing disease and explains why and how animal fats and cholesterol are required for good health.

Vegetarianism Explained, (Medinform Publishing, 2017) Following an intensive study of plant foods versus animal foods, Dr. Campbell-McBride presents a rational, science-based, common-sense explanation of how our bodies use food that will allow all of us – healthy people, sick people, parents raising children – to understand the role of our food choices, what different foods do in our bodies and what our bodies need. It is *required reading* for everyone seeking the right balance of foods or those considering a totally plant-based life style.

Dr. Natasha Campbell-McBride holds a Degree in Medicine and Postgraduate Degrees in both Neurology and Human Nutrition. In her clinic in Cambridge, England, she specializes in Nutrition for Children and Adults with behavioral and learning disabilities, and adults with digestive and immune system disorders.

The Health Reset Protocol is designed to:

- ❖ **Repopulate the gut biome** with beneficial bacteria, your military force that protects the body from the outside world.
- ❖ **Stop feeding pathogens** and promote destruction and detoxification of them, including yeast overgrowth in the gut.
- ❖ **Restore gut health** and **improve digestion** for successful delivery of key nutrients required for good health.
- ❖ **Decongest the body.** Common symptoms of congestion include brain fog, fatigue, skin irritations, constipation, depression, high blood pressure and sinus secretions.
- ❖ **Reduce inflammation in the body.** Common symptoms of inflammation include pain, swelling, redness, or bleeding. Headaches, joint and muscle pain, edema, diarrhea, skin irritations, heartburn, gas and bloating are just a few examples of inflammation.
- ❖ **Balance blood sugar levels, whether they tend to run high, low, or fluctuate.**
- ❖ **Stop chronic hyper-activation of the immune system** in response to allergenic foods.
- ❖ **Assist with identifying food allergens.**
- ❖ **Improve mental health, thyroid and hormonal function.**
- ❖ **Detoxify** from chemicals and sugar.
- ❖ **Allow you to experience the benefits** of an unprocessed and balanced whole food diet that is healthy for life.
- ❖ **Motivate you** to make lifestyle changes that can promote health and wellness.

The Do-It-Yourself Health Reset Protocol Kit is not recommended for pregnant or lactating women, or for children under 12 years old.



If you take medication for pre-diabetes, diabetes, or high blood pressure, please consult with your healthcare practitioner before starting this program because it's not unusual for blood pressure and blood sugar to improve quickly and dramatically, and you'll, therefore, need your practitioner's assistance the adjusting your medication(s).

Reasons Why Most People Need a Health Reset:

Changes in the way we live over the last sixty years have had a dramatic and negative impact on our health. **The following list, individually and collectively, has resulted in damaging our health:**

- ❖ **Excessive antibiotic use.** Examples of antibiotic sources include prescription drugs, dairy products, meat and meat by-products, hand sanitizers, and household cleaning products.
- ❖ **Excessive steroid use** such as Prednisone, Flonase, Betamethasone and Dexamethasone, to name a few.
- ❖ **Excessive intake of synthetic hormones and hormone disrupting chemicals.** These are persistent and pervasive in prescriptions, birth control pills, personal care products, water, canned food, conventionally grown produce, dairy, meat, soy, processed foods, household cleaning products, clothing and furniture fabrics, non-stick cooking surfaces and plastics used in the food industry.
- ❖ **Toxic exposure to chemicals and metals.** Sources include food, cosmetics, fabrics, prescription drugs, many supplements, vaccinations, household and environmental chemicals used on surfaces, and in our air and water.
- ❖ **Diets high in carbohydrates and sugars.** Sources include processed grains (cereals, breads, sweets, and pasta), condiments, soft drinks, juices, sweetened yogurts, candies, alcoholic beverages, and even health foods and drinks, including gluten free products, coconut water, kombucha, energy drinks, sport electrolyte drinks, and fresh pressed juices. Over consumption of fruit can also be problematic.
- ❖ **Diets void of cholesterol and/or low in healthy fat.** Contrary to popular belief, healthy fats are the primary source of fuel for the heart, and they are used to build and repair all cells in the body including organs, neurochemicals, hormones and enzymes. The brain is largely made of cholesterol and it is the building block for progesterone from which cortisol, adrenaline, testosterone and estrogens are made.
- ❖ **Diets consisting of damaged and processed fats** such as canola, soybean, cottonseed and corn oil. These fats contribute to dementia and heart disease.
- ❖ **Chronic stress** created by contemporary societal demands and over loaded schedules leads to inadequate rest for mind, body and spirit. Stress increases gut permeability and reduces quality digestive processes. When the body is in *fight or flight*, it cannot *rest and digest*.
- ❖ Drinking, cooking, bathing and brushing in **chlorinated and fluoridated water**.
- ❖ **Use of the microwave** which changes the chemical structure and nutrient value of our food. If done in plastic, it also releases endocrine disrupting chemicals into the food.
- ❖ **Increase in C-section births and little to no breast feeding.** A new born baby gets his or her first line of defensive probiotics from the mother's vaginal canal during birth and the second dose from breast feeding. Unfortunately, it is also a common hospital practice to give newborns an antibiotic. As a result, new babies come into the world without their natural protective barrier to the outside world.
- ❖ **Excessive consumption of alcohol.** Alcohol chronically disturbs blood sugar and gastrointestinal microbial balance.
- ❖ **Exposure to ionizing radiation**, e.g., X-rays, microwaves, ear pods, wi-fi, computers and cell phones.
- ❖ **Consumption of genetically engineered food (GMO).** This is an artificial transfer of genes from one species into another and into humans through the consumption of those modified species and it is a process that is yielding unexpected and unpredictable results. These species are also treated with glyphosate pesticide, a known carcinogen.

What does Yeast have to do with it?

Yeast is a single-celled living organism commonly found in beer, bread, broths and many processed foods, and because we eat these foods, yeast is a routine resident of the gut. **In a healthy gut, the beneficial bacteria (*pro*-biotics) act as a strong military force to keep these damaging yeasts from proliferating. In the absence of a large, favorable defending bacteria population however, yeast prospers in the ideal, warm moist environment of the gut, especially in the presence of processed foods, causing damage, disease and toxicity.**

Yeast is harmful to the gut in the following ways:

- ❖ Yeast grows over and roots into the lining of the gut, resulting in malabsorption of important nutrients, and leading to irritable bowel symptoms such as heartburn, gas, bloating, stomach cramps, and diarrhea.
- ❖ Yeast overgrowth taxes the adrenal glands and immune system, leading to adrenal fatigue and immune dysfunction.
- ❖ Yeast overgrowth often results in the development of an allergy to yeast, thereby causing the person to be allergic to foods containing yeast, such as beer, wine, and bread.
- ❖ Yeast produces toxins that absorb into the body and may cause a host of symptoms, including fatigue, joint pain, behavior changes, migraines, rashes, allergy symptoms, and decreased mental sharpness.
- ❖ Yeast causes inflammation in the gut, making it permeable, also known as leaky gut. This allows undigested food particles to absorb prematurely into the body which, in turn, causes the immune system to react. This leads to the development of food sensitivities. These food sensitivities can trigger various symptoms and disease, including fatigue, GI problems, autoimmune diseases, asthma, skin rashes, joint pain, headaches, migraines, congestion, brain fog and mood disorders.

Yeast cells feed on any form of sugar and foods that digest rapidly into sugar (wheat, rice, corn, potato, pasta, etc.), and multiply in the presence of vinegar (salad dressings, pickles, BBQ sauce, etc.), or other fermented products such as alcohol. **The only way to rid the body of yeast is to remove its food source and actively destroy it while replacing the beneficial gut bacteria. One treatment without the others will not be effective.** Diet alone may help to prevent proliferation of yeast but will not destroy what is already present. Failure to restore the large population of beneficial gut bacteria will allow re-growth once yeast-containing foods are eaten again.

The Health Reset Protocol - A Four-Pronged Approach

1. Stop feeding yeast and other sugar-dependent pathogens by adopting a yeast, vinegar, grain, potato, alcohol and sugar free diet. (Use the Do-It-Yourself Health Reset Protocol Instruction Booklet)
2. Remove common allergens to calm the immune system, including grains, dairy and food chemicals and improve digestion. (Instruction Booklet plus HRP Digest)
3. Utilize anti-fungal herbal supplement to kill the existing yeast and yeast spores. (HRP Gut Support)
4. Replace the beneficial bacteria; building a strong protective force that will maintain a healthy gut for the long term and thus keeping yeast from proliferating again. (HRP Probiotics)

The presence of yeast is best determined by symptoms, the patient's history of antibiotic use and other factors. **To remain free of yeast**, it's important to continue with healthy eating habits. All forms of sugar, excessive alcohol and processed grains are perfect fuel for yeast. Be sure to continue taking probiotics to keep the gut populated with yeast killing probiotics. Finally, avoiding antibiotics and steroids, both in your food, body products or in prescription drugs, is also important to remember. (More information on page 31.)

Once you have successfully eliminated yeast, you can safely add certain foods back into the diet. To learn how, see How to Conduct Oral Food Challenge instructions on pages 32-33. If you still feel like you need assistance, contact our office to see about establishing as a patient so that you can take advantage of nutritional services. **Overall, resolution of symptoms is the best indicator that yeast has been successfully eradicated.**

Got Questions? Help Is Available



TWIIHW, offers a full range of nutrition services for the whole family and every season of life. We have a personal nutrition consultant to help with:

- ❖ **Weight (loss or gain)**
- ❖ **Food Allergies**
- ❖ **Families, Food, & Picky Eaters**
- ❖ **Diets for specific medical concerns**
- ❖ **Variety, Ideas, Shopping, Recipes**

Call the office to learn how to be established as a patient and take advantage of nutrition services.

In Person or by Phone.

\$99/hr. or \$29 for each 15-minute block.

Herxheimer Reaction (aka Die-off)

The yeast free nature of the Health Reset Protocol, along with anti-fungal supplement, will cause large numbers of yeast cells to die-off quickly, releasing toxins and dead yeast cells into the body. This is called Yeast Die-off or Herxheimer Reaction. Your body will work to remove the dead yeast and toxins via five major exit pathways: the skin, urination, bowel movement, mucous discharge and exhaling. Symptoms largely occur in relation to mucous membranes in the mouth, esophagus, stomach, small and large intestines, sexual and urinary organs, sinuses, ears, bronchi, lymphatic system, and even the joints. **These symptoms do not necessarily mean that you are having an allergic reaction. Some sort of die-off reaction, be it subtle or severe, tells you that the treatment for yeast is working.** The severity of your die-off reaction does not necessarily correlate with the amount of yeast in your system. The following are some of the more common symptoms, and it is normal to have one or more of them:

Fatigue	Headaches	Flu or cold symptoms	Irritability	Dry Mouth
Bloating/Gas	Bladder Infection	Bowel/Stool changes	Nausea/Cramping	Runny Nose
Food Cravings	Dizziness	Lightheadedness	General Itching	Eczema/Rash

Your symptoms may be an exacerbation of symptoms already present or a presentation of new symptoms never experienced. Symptoms can last anywhere from one day to two weeks. Symptoms can come and go or linger for hours or days. It is different for everyone.

How to Mitigate Herxheimer Reaction

We recommend a neutralizing supplement to address the acidic nature of dead yeast and toxins exiting the body during the HRP/yeast free program. We typically recommend **Bi-Carb Formula**, a sodium bicarbonate and potassium bicarbonate supplement sold in our office, or a teaspoon of Baking Soda dissolved in water; however due to sodium content and concerns with high blood pressure, heart failure or fluid retention, it is not recommended for all. **Tums** is a better option in these cases. Typical doses of Bi-Carb Formula range from 1 capsule daily up to 3 capsules three times a day.

Staying strictly on your HRP yeast-free eating program and drinking plenty of water will help tremendously. **Other ways to minimize symptoms** are to drink lemon water, take an Epson salt bath, use an infrared sauna (available in our office), exercise and sweat, and take a fiber blend supplement with both soluble and insoluble fiber (such as SpectraFiber, available in our office). Taking Bi-Carb or Tums and drinking plenty of water generally helps to alleviate or minimize the die off symptoms. **Remember, die-off is a sign of progress and a temporary condition on the Health Reset Protocol. If you are concerned, or extremely uncomfortable, you may stop all supplements for a couple of days, and once feeling better, resume at lower doses and increase as tolerated.**

Important Tips for Success

Stick with It - The duration of the Diet is only 28 days, and healing will require every one of them. Cheating will sabotage your efforts and possibly trigger unpleasant side effects. **You can do anything for 28 days!**

Eat Variety - Broaden the variety of foods you eat to reduce the opportunity for food allergies as well as to increase nutrients in your diet. Variety will prevent food boredom, increase your enjoyment of food and expand the profile of nutrients you introduce into your body. This will support healing and good health. The fewer foods you choose to eat, the more likely you will become nutritionally bankrupt and allergic to them. Eat locally grown foods through the seasons, buy different foods every week, and try new foods often.

Eat Real, Eat Clean - We recommend that you do your best to eat the cleanest, chemical free, untreated, unprocessed food that you can. Think like a cave man. Consider what real whole food looks like in nature. This means that most of your food will be found around the periphery of the store in the produce department and meat department and/or in farmers' markets. The more man has handled and processed the food (*man*-ufacturing), the less likely it will offer good nutrition. Watch for chemical additives, damaged oils, artificial sweeteners, and vitamins added back into the food after processing as signs that the food is highly processed. Plenty of vegetables, a moderate amount of protein from meat, eggs and fish, and generous amounts of healthy fats from nuts, seeds, grass-fed ghee, avocado and undamaged, unprocessed oils will serve you well.

Worried about missing sugar, candy or gum?

No Worries!

We have perfect substitutions available in our office. Ask for them at the reception desk or call (281) 298-6742 to order.

- ❖ Ice Chips Mints and Candies (12 flavors)
- ❖ Spry Gum (3 flavors)
- ❖ Xylitol, Natural Sweetener
- ❖ Stevita Stevia, liquid or powder
- ❖ Just Like Sugar Natural Sweetener



Health Reset Protocol - Favorable Foods

Note: See optimal brand recommendations in the Qualified Product List on pages 24-26.

1. Meats (see specific guidelines on page 14)
2. Vegetables (except potato and corn, see specific guidelines on page 15)
3. Beans, Split Peas and Lentils - canned, frozen or dried
4. Whole Eggs (raw, cooked, hard boiled, deviled)
5. Goat or Sheep's cheese – 1-ounce limit per serving, 2-3 serving limit per week¹
6. Nuts and seeds – Raw is preferred, or dry roasted, salted if desired.
7. Nut butter (ingredient label should read: nut, salt.)
8. Ghee, Grass-fed only, organic if possible²
9. Undamaged fats & oils for cooking (see page 14 and 38-39 for details)
10. Avocado
11. Olives
12. Mayonnaise (see HRP Qualified Product List, page 24, for brand suggestions)
13. Mary's Gone Crackers®, 8 per day, round cracker, all flavors
14. Beanitos™ chips -Black Bean, White Restaurant Style or Pinto, plain flavors only
15. Oatmeal, gluten free, only when used as an ingredient in recipes in our cookbook
16. Quinoa³, whole seed only (pronounced 'Keen-wa')
17. Lemons and limes⁴
18. Herbs, Spices, Ground Mustard Seed Powder, Unprocessed Salt⁵, Pepper
19. Almond, Pecan and Hazelnut Flours, Coconut flour, Garbanzo Bean Flour
20. Sweeteners (Stevia, Xylitol⁶, or Erythritol, Monk fruit/Lo Huan)
21. Unsweetened Almond, Cashew, Pecan, Flax, Coconut, Macadamia or Hemp⁷ milk
22. So Delicious Coconut Milk Creamer, plain only (Max of 6 tablespoons/day)
23. Perrier, La Croix, and similar unsweetened sparkling waters – plain and flavored
24. Coffee and tea, including herbals⁸
25. Zevia or Bai brand carbonated soft drinks
26. Bai or So Be Lifewater 0 Calorie flavored waters

After two weeks, you may add:

27. Fruit, fresh or unsweetened frozen (no fruit juice, see specific fruits on pg.16)

¹ If eaten excessively, **dairy products** work against the anti-inflammatory, non-congesting goals of the HRP diet. If goat cheese is already a daily staple in your diet, we recommend avoidance during the HRP diet to identify allergies to it.

²We recommend an organic, **grass fed ghee**. Ghee is made by removing the milk solids (casein and whey) and water, thus leaving the pure butter fat. It is an excellent fat for cooking. Because toxins are stored in the fat of animals and people, we recommend 100% grass-fed cow or goat ghee and organic sources.

³ **Quinoa**, an ancient seed, cooks and functions like rice. It is a carbohydrate with respectable complete protein, iron, calcium and fiber. See recipe book for ideas. Limit portion size to 1 cup or less per day. Use whole seed only, not flakes, flour, pasta's or other products made with or from quinoa.

⁴ Use as a **replacement for vinegar**. Allowed all 28 days as sugar content is insignificant.

⁵ Look for **Celtic** or **Himalayan Salts**, or **Redmond's Real Salt**, for example.

⁶ **Xylitol** is a natural laxative. Individual thresholds vary. The body produces xylitol daily and, therefore, has the enzymes to adjust to its use. If used regularly, bowel tolerance will develop. **Pets however cannot metabolize it so protect them!**

⁷ **Hemp** can cross react with allergies to weeds so for those with environmental allergies and sinus congestion, we recommend avoiding hemp milks, proteins and seeds.

⁸ **Formaldehyde** is used in the decaffeination process. Naturally caffeine-free is recommended and decaffeinated by 'cold water processing or CO2 is recommended.

Health Reset Protocol – Foods to Avoid

1. Cow's Milk products (milk, ice cream, sour cream, whipping cream, cheese, yogurt, frozen yogurt, kefir, cottage cheese, half & half, egg nog)⁹
2. Grains (corn, rice, wheat, rye, millet, amaranth, spelt, kamut, couscous, tabbouleh, bulgur or barley in cereals, baked goods, flour, chips, soups, and used as coatings and batters)¹⁰
3. Bread or Baked Goods (muffins, cookies, cakes, crackers, pita, biscuits, rolls, tortillas, wraps)
4. Pasta of any kind (use spaghetti squash, black bean pasta or spiralized vegetables instead)
5. Potatoes (sweet potato is acceptable)
6. Mushrooms¹¹
7. Sugar (cane sugar, honey, maple syrup, molasses, maltodextrin, dextrose, maltose, sucrose, agave nectar, rice syrup, corn syrup)¹²
8. Artificial Sweeteners (NutraSweet, Sweet-n-Low, Equal, Splenda)¹³
9. Soft Drinks¹⁴
10. Fruit juices, fruit or yogurt smoothies, sports/electrolyte replacement drinks, tonic water.
11. Alcohol (beer, wine, liquor; most are fermented with yeast and 100 % on the glycemic index so it is processed internally as sugar)
12. Vinegar (found in pickles, salad dressing, soy sauce, mustard, ketchup, salsa, tabasco, BBQ sauce, and steak sauces to name a few). Vinegar is fermented with yeast. (Exception: Bubbies brand dill pickles has no vinegar and may be consumed on HRP)
13. Damaged oils, including shortening, margarine, butter spreads, hydrogenated, partially hydrogenated, or trans-fats. Soy, Corn and Canola Oils are consistently genetically modified and should be avoided. Cottonseed oil is toxic and should be avoided in every case. (See pages 38-39 for ideal recommendations).

⁹ See information about grains and dairy on page 34, Oral Food Challenge Checklist, and related foot notes regarding allergies and food sensitivities.

¹⁰ See information about grains and dairy on page 34, Oral Food Challenge Checklist, and related foot notes regarding allergies and food sensitivities.

¹¹ **Mushrooms** are a type of fungus and if you have developed an allergy to yeast, you may have a cross-reaction with mushrooms, thereby causing unwanted symptoms. Additionally, it is possible for a reaction to occur with anti-fungal herbal supplements.

¹² Natural **sugar** cane or turbinado sugar is often used in uncured, nitrate free, deli meats as a preservative or added to some otherwise acceptable foods. **A safe rule of thumb is never consuming more than 4-6 grams of sugar in a single serving of any food.** This rule will assist you in purchasing V-8 juice, meats and marinara sauces. Be very cautious with sugar. Certainly, do not add sugar to foods or drinks. If you are looking at a product that has sugar and one or more of anything on the list above, it is not allowable and will feed yeast.

¹³ **Artificial sweeteners** do not feed yeast, but many are known carcinogens, and all have a cumulative neuro-toxic effect. Research indicates that they contribute to weight gain and obesity. Other names include Aspartame, Saccharin, Sucralose, Acesulfame K, Acesulfame potassium). Splenda (a.k.a. Sucralose) is known to kill favorable gut bacteria.

¹⁴ Regular **soft drinks** have sugar, and diet sodas have artificial sweeteners. Both have a large amount of phosphoric acid, which prevents absorption of calcium from your food and/or supplements. Caramel coloring is also now a concern as to its toxicity.

Expanded Favorable Food List (Grocery List)

Proteins

IDEAL	ACCEPTABLE	AVOID
Bacon – uncured pork, humanely raised, organic, antibiotic and hormone free	Bacon – uncured, pork, all natural	Bacon – pork, beef or turkey cured w/ nitrates/nitrites
Beef – 100 % grass-fed and finished	Beef – grain fed, All Natural	Fast Food beef products
Buffalo/Bison – all cuts	Beef – standard USDA grade ¹	Mechanically pressed meats
Canadian Bacon – uncured	Canadian Bacon – cured	Canned corned beef or Spam
Chicken or Duck – organic, dark or light meat, including skin, pasture raised is optimal if available	Chicken – All Natural, dark or light meat, including skin	Soy/Tofu meat replacement foods
Eggs – from pasture raised birds, eating grass & insects, white & yolk	Eggs – all others, white & yolks	Low Cholesterol egg products or egg whites in pourable cartons
Game Meats – wild boar, venison	Sausage – 100% meat, uncured	
Ham, uncured, no antibiotics or hormones	Ham, cured	Jerky – cured with nitrates and/or teriyaki, BBQ or honey flavors
Hot Dog -100% organic, grass-fed Beef or Turkey	Hot Dog- All Natural 100% beef or turkey	Hot Dogs –restaurant, fast food, most common brands
Lamb – All Natural, humanely raised	Lamb	
Pork – All Natural, humanely raised	Pork	Sausage – cured with nitrites or nitrates
Salmon – wild Pacific/Alaskan		Atlantic Salmon
Seafood – wild		Fish – farm raised
Turkey – All natural, dark or light meat, including skin	Turkey Bacon, uncured	Shrimp from the Eastern hemisphere (Taiwan, Malaysia, Vietnam, etc.)
Veal – all cuts		Sushi

Fats (See page 37-38 for importance of consuming healthy fats)

IDEAL – Daily Options	ACCEPTABLE - Occasional	AVOID
Natural Animal Fat rendered from any wild or grass-fed meats i.e. beef tallow, pork, duck, and chicken fat.		Butter blends & spreads, margarine vegetable oil, corn oil, soybean oil, or lard (labeled hydrogenated)
Ghee, organic, 100% grass-fed, cow or goat	Ghee, non-organic, grass-fed	Safflower oil, expeller pressed, Hi-Oleic
Butter, organic and grass-fed		Butter, all others
Coconut oil, raw or pressed, and organic		Coconut oil, hydrogenated
Olive Oil, cold pressed, unfiltered, certified ² , small batch	Olive oil, cold pressed, certified, dark bottles, small batch ²	Olive oil, common brands, uncertified, lightened, large bottles
Raw Nuts	Dry Roasted Nuts	Nuts roasted in Cottonseed oil
Avocado	Goat/Sheep Cheese (1 oz., 2-3 x wk.)	Cottonseed oil
Olives		Crisco /Shortening
Raw Seeds- Chia, Hemp, Pumpkin	Dry Roasted Seeds	
Mayonnaise, specific brands listed pg.24		Mayonnaise and Miracle Whip

¹Standard cuts of USDA meat will all be grain finished and include antibiotics, hormones and will have been fed genetically modified, highly pesticided food stuffs. The fat contains toxins. This won't feed yeast and can be the only affordable option for some but IF you can do so, it is in the best interest of your health to start with at least all-natural meats, better if Organic and ideal if the animal ate its natural diet 100% of the time and was not fed antibiotics or hormones.

² Certifications to look for include COOC – California Olive Oil Council, EVA-Extra Virgin Alliance and 100% Qualita Italiana, by UNAPROL, the association of actual Italian olive growers. Best from U.S., Australia or Chile.

Expanded Favorable Food List – (Grocery List)

Vegetables, fresh or frozen

IDEAL	IDEAL with caution**	AVOID
Alfalfa Sprouts	Acorn Squash	Corn, all varieties
Artichoke	Beets	Mushrooms
Arugula	Black Beans*	Potato –White, Red, Purple
Asparagus	Black Eyed Peas*	Soy Beans, Soy, Edamame
Bean Sprouts	Butternut Squash	
Beans, green, yellow, wax	Cannellini or White Beans*	
Bell Pepper, all colors	Carrots (cooked)	
Bok Choy	Chick Pea or Garbanzo Beans*	
Broccoli	Garbanzo Beans or Chick Pea*	
Brussels Sprouts	Kidney Beans*	
Cabbage	Lentils*	
Carrots (raw)	Lima Beans*	
Cauliflower	Peas – Split or English Green	
Celery	Peas – Purple Hulled	
Chayote or Mirliton	Pinto Beans*	
Cucumber	Radishes	
Eggplant	Sweet Potato	
Endive	Turnip	
Fennel	White Beans*	
Greens- Collard, Mustard, Turnip	Yam	
Jicama		
Kale	*Canned Beans or Dry Beans	ORGANIC OR NOT?
Lettuces (all types)	are acceptable. Can should read:	Go to EWG.org for a list of
Leeks	beans, salt.	<i>Clean</i> and <i>dirty</i> fruits and
Okra	**Caution: Most of these	vegetables to help you make
Onions	digest into moderate sugar	the safest choices.
Peas – Snow or Sugar Snap	levels however also have	Look for their cell phone app too!
Peppers – all varieties	considerable fiber content.	Buying Organic will reduce intake
Pumpkin	You may choose one of them	of pesticides and genetically
Scallion	at each meal as a	modified foods.
Spaghetti Squash	suitable replacement for	
Spinach	potato, rice, pasta and corn,	
Swiss Chard	however, be sure to limit	
Tomato (fresh or canned)	portion to ½-1 cup maximum	
Yellow Crookneck Squash	and combine it with protein	
Zucchini	and fat.	

Grains

IDEAL	ACCEPTABLE	AVOID	
None	Oats, Gluten Free, Old Fashioned	Amaranth	Millet
	(use only in recipes provided)	Barley	Rice
	Quinoa (1 cup or less/day) ¹⁵	Buckwheat	Rye
		Corn	Spelt
		Couscous	Wheat
		Farro	
		Freekeh	

¹⁵ Quinoa is a pseudo-grain, similar in texture to rice but having complete protein. You may use the whole seed/grain only, but not other products such as quinoa flour, pasta or gluten free flour blends. Limit portion to 1 cup per day maximum. If you wish to lose weight on the HRP, we recommend avoiding it.

Expanded Favorable Food List (Grocery List)

Fruit, whole, fresh or unsweetened frozen

(Day 15-28 only, 0-2 servings per day, medium = tennis ball size)

IDEAL	ACCEPTABLE	AVOID
Apricot (2 small)	Apple (1 medium)	Banana
Blackberries (1 cup)	Applesauce Unsweetened (1/2 cup)	Cranberries, Dried, Sweetened
Blueberries (1/2 cup)	Cantaloupe (1 cup cubed)	Dates
Boysenberries (1 cup)	Cherries, raw, sweet (10)	Dried Fruits
Cranberries, raw (1 cup)	Honeydew Melon (1 cup cubed)	Figs
Grapefruit (1 small)	Kiwi (2)	Fruit Juices
Guava (1/2 cup cubed)	Mango (1/2 cup cubed)	Grapes*
Kumquat (6 small)	Nectarine (1 medium)	Pineapple
Raspberries (1 cup)	Orange (1 small)	Plantains
Starfruit (1 large)	Papaya (1 cup, cubed)	Raisins
Strawberries (1 cup, sliced)	Passion Fruit (1 medium)	Watermelon
Tangerine (1 medium)	Peach (1 medium)	*2-4 chopped grapes may be used in chicken or quinoa salad with mayo or olive oil.
	Pear (1 small)	
	Plum (1 medium)	

Other – Condiments, Seasonings, Sweeteners, Drinks

IDEAL	ACCEPTABLE	AVOID
Annie's Lemon & Chive Dressing	Almond Milk – Unsweetened	All other Salad Dressings
Annie's Green Garlic Dressing	Cashew Milk - Unsweetened	Cow's Milk, All dairy products
Sonoma Gourmet Seasoned Olive Oil Orange Rosemary, Roasted Chiles, Sautéed Garlic	Coconut Milk - Unsweetened	A-1 Sauce/Steak Sauces
Mayonnaise, specific brands, pg.24	Flax Milk - Unsweetened	Mayonnaise and Miracle Whip
Mustard – dry, ground seed	Hemp Milk - Unsweetened	Mustard – prepared, packaged
Herbs & Spices, Sea Salt, Pepper	Pecan Milk - Unsweetened	BBQ Sauce
Pickles, Bubbies Brand, Dill only	Macadamia Milk - Unsweetened	Pickles or relish
Coconut Liquid Aminos (soy sauce alternative)	Bragg Liquid Aminos (organic, non- gmo, fermented soy sauce)	Soy Sauce (genetically modified) see page 45 for concerns regarding soy
Pico de Gallo -Organic, no vinegar	Pico de Gallo –no vinegar	Ketchup (see recipe in Cookbook)
Picante Sauce – Organic, no vinegar	Picante Sauce – no vinegar	Picante, Hot Sauce and Pico (vinegar)
Cocoa Powder, Unsweetened		Worcestershire Sauce
Vanilla Extract		Stevia w/Maltodextrin, or Dextrose
Swerve sweetener		Splenda (aka sucralose)
Monk Fruit/Lo Han		Equal (aka aspartame)
Stevia Extract	Bai- Natural waters and Bubbles	NutraSweet (aka aspartame)
Erythritol sweetener	So-Be Lifewater - 0 Calorie	Sweet n'Low (aka saccharin)
Xylitol sweetener	Perrier and similar sparkling waters	Sugar – All forms
Stevia with Erythritol	Coffee – non-organic	Alcoholic Beverages
Tea – Black, Green, White - Organic	Tea – non-organic	Powerade, Gatorade, Monster Drinks
Tea – Herbal -organic	Broths – no yeast extract	Broths with Yeast Extract
Water - filtered	Zevia or Honest Fizz– Natural Soft Drink	Soft Drinks

Getting Started

The more closely you adhere to the Health Reset Protocol for 28 days, the better your results are likely to be. Life circumstances will always seem to get in the way of eating correctly, but it is up to you to anticipate those events, and make sure you have thought through how you will successfully stay the course. Here are some simple guidelines.

❖ **Plan, plan, plan (You won't feel deprived if you are prepared)**

This 28-day eating plan will require that you disrupt your normal, habitual patterns to getting food. You will need to plan ahead, anticipate every event, restaurant, and rushed meal so that you have acceptable foods available when you need them. When you get up, or even before you retire, plan your meals and snacks for the next day. You will find many helpful suggestions on page 18, called Getting Organized and Planning Ahead.

❖ **Keep it simple**

Start by finding food that you like within the guidelines of the program. Once you get started and get past the first 3-5 days, most patients get interested in trying new foods. This instruction book, as well as the cookbook, will help you find flavorful new foods in a yeast free, sugar free, and grain free format.

❖ **Portion control**

It is easy for us to lose perspective of appropriate portion sizes. The food and restaurant industries have encouraged super-sizing, which has resulted in overeating for many of us. Additionally, emotional or stress eating, thoughtless or distracted eating, can easily lead to eating more food than the body can use. The guidelines below are intended to offer reasonable guidelines to right-sizing your food quantities. If you want to lose weight on the plan, these guidelines may also help you. Keep in mind that as you heal and get well, the best way to know how much food to eat, and what to eat, is to listen to your body. **Your meal is balanced if you are satisfied for 4-6 hours.**

Protein – the size of your palm or deck of cards. About 45-65 grams per day for most. A 2 to 5-ounce portion is a good range. 1-2 portions each day. This generally applies to meat, fish, poultry and eggs.

Carbohydrates: Vegetables and Fruits –We recommend 5 or more portions of vegetables every day. These will take up the most space on your plate. During the last two weeks, 0-2 servings of fruit may be added, if desired, and portions should be no bigger than a tennis ball.

Fat – Healthy fats are encouraged every time you eat, whether a snack or meal. Fats are essential to many functions in the human body and will give you a sense of fullness. Be sure to not skimp on them! For examples, see pages 14, and 38-39.

- ✓ For cooking or as a dressing, 1-3 servings a day of coconut oil, ghee, animal fat/tallow or olive oil are recommended. Generally, 1 tablespoon is a reasonable starting place for a serving.
- ✓ In addition, another 1-3 servings of healthy fats should be included from these specific foods: ¼ to 1 whole medium avocado, 5-8 olives, 15-20 nuts or seeds or 1-2 tablespoons of nut butter.

Getting Organized and Planning Ahead

- ❖ Before you begin the Health Reset Protocol, clean out the pantry, refrigerator and freezer of tempting foods that are not allowed on the eating plan. If necessary, section off your area so that the family knows these foods are for your plan.
- ❖ Prepare pillboxes for at least two weeks at a time with your antimicrobial supplement. Be sure to have extra HRP Support Formula or Tums and water on hand.
- ❖ Make a meal and snack plan for the first 4-7 days. Identify which meals will work best with your calendared activities and available time. Consider whether your To Do list has items you could delegate, cancel, reschedule or forego for just a couple of weeks to free up some time for eating properly, shopping, and/or preparing food. Schedule the next planning time on your calendar in 4-7 days.
- ❖ Consider what restricted food(s) you are going to miss the most. Is it bread? Muffins? Dessert? Plan now to make or get replacements ready so that you won't cheat. Check out the cookbook for acceptable muffins, pancakes, brownies, salad dressings, homemade ketchup and much more.
- ❖ Set aside time for your first grocery shopping trip using the Expanded List of Favorable Foods/Grocery List on pages 14-16 and the HRP Qualified Product List on pages 24-26. The first time or two it will take a little longer until you get used to finding everything and reading labels.
- ❖ Prepare basic snack bags and single, portable servings in advance. For example, make up 28 nut & seed bags, 5 baggies with 15 Beanitos™ in each, 5 veggie baggies with sugar snap peas, carrots, celery, cherry tomatoes, cucumbers and/or broccoli flowers. Make chicken salad and separate into 4-6 ounce serving containers ready to pack. Put hummus, salad dressings and nut butters in 2-ounce portable containers (available in the paper goods section of most grocers) to pack in a cooler.
- ❖ Buy several kinds of frozen or fresh vegetables that can be quickly sautéed, roasted, baked or steamed.
- ❖ Stock the pantry with canned beans and tomatoes as well as olives, olive oil, aminos, hearts of palm, artichoke hearts, spices and herbs. This will allow you to put together hummus, bean salads, salad dressings, marinades and sauces.
- ❖ Ask your friends and family to support you. Explain what you are doing. The Health Reset Protocol is a healthy diet for everyone from children to seniors. Get them involved in menu planning, shopping, preparation and clean up.
- ❖ Keep a good quality, small cooler or insulated lunch bag, and a frozen freezer pack, handy so that you can quickly take food anywhere you go to keep it fresh for 4-6 hours.

Breakfast Ideas

We understand that many of your favorite breakfast foods are not included on the Health Reset Protocol, so we have offered some other tasty options. Choose several options and purchase necessary ingredients so you are prepared to rotate them for variety and optimal nutrition.

Great Choices All 28 Days

- ❖ Protein Shake – We recommend specifically Pure Paleo Meal protein powder by Designs for Health or Life CORE Complete or Mitocore Protein Blend by Ortho Molecular Products. All three of these are available in our office. Other options are listed on page 26. Add 8-16 ounces of water or unsweetened nut/seed milk, and a few ice cubes. Because these protein powders do not include fat, we recommend the addition of fat to ensure satiation such as 1-3 teaspoons of chia seeds, a small handful of nuts or nut butter, 1 tablespoon of melted coconut oil, and/or ½ to a whole avocado. Greens are also fine. Blend in a shaker or blender. During days 15-28, ½ cup of frozen berries or other acceptable fruit (pg. 16) may be added.
- ❖ 1 to 3 Eggs, any preparation and combined with vegetables of your choice. Favorites include onion, zucchini, spinach, black beans, tomato, and/or bell pepper. Top with vinegar free green or red picante. A small amount of goat cheese could be added. Avocado slices on the side would be a nice addition, as would bacon or sausage. (For an egg free alternative, use leftover spaghetti squash).
- ❖ Left over sweet potato, acorn squash, butternut or spaghetti squash, reheated in the oven or in a pan stovetop. Be sure to add some ghee, bacon drippings or coconut oil. Then sprinkle chopped bacon, cooked sausage, nuts, and/or cinnamon or other spices. Pumpkin seeds are also a nice addition.
- ❖ ½ cup Ceci Dip (Hummus) with cherry tomatoes, carrot sticks, sweet bell peppers and sugar snap peas. Add two or three dice-sized bits of a hard goat cheese or leftover meat. Five or six Brazil nuts, walnuts or pecan halves would also be a good addition.
- ❖ ¼ cup quinoa cooked in a generous ½ cup of unsweetened almond, cashew, flax or coconut milk (simmer on low for 7 to 12 minutes until creamy). Add coconut oil or ghee. Top it off with chopped nuts or seeds, cinnamon, sea salt or xylitol.
- ❖ BLT Breakfast -Wash and dry 3 large Romaine or Boston lettuce leaves. Spread some mayonnaise or hummus on lettuce leaves. Layer tomato, avocado and bacon or sausage links. Salt & pepper if desired. Roll outer leaf edges up around tomato, avocado and bacon and eat like a taco.
- ❖ TWIHW Health Reset Protocol Cookbook contains recipes for many Paleo style muffins, breads and pancakes that also freeze well.
- ❖ One, Siete brand, Almond or Garbanzo Bean Flour Tortilla with 1-2 Tablespoons of nut butter, folded in half. To make it sweeter, mix cinnamon with xylitol or monk fruit and sprinkle that on top of the nut butter. The second two weeks, mash several ripe raspberries, blueberries or strawberries and spread in place of jelly.

Breakfast Ideas

Additions for Days 15-28

- ❖ Dice 1 pear, peach, or plum, and add ½ diced avocado, and toss with 8 to 10 walnuts; add 1 to 2 strips of nitrate free bacon or sausage on the side.
- ❖ Combine 1/3 cup each, fresh raspberries, blueberries and strawberries chopped with 1-2 tablespoon of chopped nuts (pecans, walnuts, macadamias, cashews) and 1-2 tablespoons of unsweetened coconut flakes. Toss with juice of ½ lime or lemon.
- ❖ Prepare quinoa warm breakfast cereal, as described on previous page, and add either 10 blueberries or ½ of a small apple chopped. Be sure to include fat!
- ❖ ½ cup Ceci Dip (hummus) with 1 apple cut into slices for dipping.
- ❖ Wrap cantaloupe chunks with slices of prosciutto, an Italian ham.
- ❖ Toss grapefruit segments with a sliced avocado.
- ❖ 1 ounce of hard sheep cheese such as Manchego, cubed along with 4 Mary's Gone Crackers, ham or turkey cubes and allowable fruit of your choice. Add 8 to 10 almonds, cashews or walnuts.
- ❖ 2-3 heaping tablespoons of fermented sauerkraut (Bubbies, HEB Organic, Farmhouse) with 2 tablespoons of unsweetened organic applesauce and pecans, either chopped on top or on the side. Add 3-5 slices of Fiorucci or Applegate Farms pepperoni, salami, sopressa or prosciutto.

Quick Snacks

- ❖ Scoop of Chicken, Tuna, Ham or Egg Salad wrapped in a lettuce leaf.
- ❖ 3 Mary's Gone Crackers spread with peanut or almond butter or grass-fed ghee.
- ❖ Slice of deli turkey, ham or beef, wrapped around baby spinach and sliced red bell pepper and/or avocado.
- ❖ Boiled egg and a 6-ounce Original V8.
- ❖ Nut & Seed Bags – Combine your favorite nuts, seeds and dried unsweetened coconut flakes for a trail mix.
- ❖ Carrots, jicama, celery sticks, or cucumber dipped in hummus or herbed mayonnaise.
- ❖ Handful of nuts (15 to 20).
- ❖ Snack/M meal Bar: Choices are less than 5 g of sugar KIND Bar, Dale's Raw Food Protein Bar or Raw Crunch Bar

- ❖ Beanitos™ (10 to 15 chips) with guacamole, hummus, or pico de gallo.
- ❖ Olives, 4-5 olives, of any variety.
- ❖ Celery sticks filled with natural, unsweetened peanut or almond butter.
- ❖ Cherry Tomatoes with 1 ounce of hard goat cheese such as Manchego.
- ❖ Apple slices with natural almond or peanut butter (days 15 through 28).

Lunchbox Solutions

Make lunch a *one and done* meal. At the beginning of each week, prepare 5 meals to be eaten for lunch throughout the week. Line up five containers with lids on the counter. Be sure all ingredients are fresh, clean and dry. This will ensure that Friday's lunch is as fresh as Monday's. Fill the containers with one or more of the choices below:

- ❖ Tossed Salad with a variety of vegetables combined with spinach, baby kale, arugula, cabbage, broccoli slaw or romaine (Field greens get slick and spoil). Add beans, nuts or seeds, and a meat or chopped egg. Be sure all vegetables are dried after washing. This will prevent spoilage. Avocado can be chopped onto the salad last minute. Keep your dressing at work or in the lunch box in a 2-ounce container.
- ❖ Prepare chicken, tuna, pork, ham or egg salad with mayonnaise or dressing of choice and desired vegetables, nuts and seeds. Scoop onto a bed of Romaine, baby kale, arugula or spinach leaves. Surround with cherry tomato, cucumber, broccoli or sugar snap peas.
- ❖ Use leftover meats and vegetables from Friday, Saturday and Sunday to save for lunches during the week. Package up immediately after dinner in daily servings/containers. Add nuts, seeds, ½ avocado, prepacked hummus or crackers/Beanitos™.
- ❖ Make the Sweet Potato Salad in the HRP Cookbook. Divide it up into lunch containers and add a meat. Consider grilling on the weekend some chicken, steaks and sausages to use in your lunches.

Dinner

- ❖ TWIHW Health Reset Protocol Cookbook has dozens of simple, easy to prepare recipes, and many are slow cooker friendly.
- ❖ Prepare several slow cooker meals and freeze some for the second, third and fourth week. Examples include Taco Soup, Chicken or Beef Vegetable Soup, Chili, and 10-Bean Soup.
- ❖ Make meatloaf or meatballs and double or triple the recipe. These freeze well. Toss sweet potato or acorn squash into the same oven you are baking the meatballs/meat loaf and steam fresh asparagus or snow peas from the produce section.
- ❖ See suggestions for Dining Out on page 40, called Guide to Dining Out.

- ❖ Cook only 3-4 nights a week, making leftovers each of those nights for the second night. Hot seared steak the first night, cold sliced steak on a salad the second night. Hot grilled shrimp the first night, grilled curried shrimp salad on a sliced tomato the second night. Grilled chicken the first night, chopped chicken in quinoa with veggies the second night. Make sweet potato or spaghetti squash as part of dinner and have some sweet potato or spaghetti squash for breakfast the next morning (see breakfast suggestions on page 19-20.)
- ❖ Buy a ready to go rotisserie chicken (Avoid BBQ flavor), steam some peas and get salad in a bag. Use HRP approved vinegar free dressings, of course (list on page 24.)
- ❖ Prepare ahead a large batch of vinegar free coleslaw (see the Health Reset Protocol Cookbook) or cucumber/tomato & onion salad, or sweet potato salad that is ready to eat so that all you have to do to prepare dinner is grill some sausage, steaks, pork chops, fish or poultry.
- ❖ Get a pound of ground beef, bison, venison, lamb, pork or veal. Sautee meat in a pan and then add a bag of Green Giant or Birds Eye cauliflower rice). If desired, toss in other frozen vegetables such as onions, bell pepper, asparagus, peas, Brussels sprouts, broccoli, carrots etc. and create a rice bowl. Add pine nuts or pistachios, if desired. Add Bragg Aminos for an Asian stir-fry or fresh herbs (parsley, cilantro, basil, thyme) and spices for your own culinary masterpiece.
- ❖ Cook a pound of bison, turkey, or grass-fed beef and season with the Healthy Idea recipe below to create a Taco Salad for dinner. Romaine Lettuce topped with onions or scallions, black beans, goat cheddar cheese (1 heaping shredded tablespoon), avocado or guacamole, tomato and a vinegar free salsa. Enjoy with Beanito™ chips.

HEALTHY IDEA

To make healthy **Taco Meat Seasonings**.

Combine 1 Tablespoon each of:

- ❖ Chili Powder
- ❖ Cumin
- ❖ Onion Powder
- ❖ Garlic Powder
- ❖ Add ¼ teaspoon Crushed Red Pepper

Double or triple the recipe and store with your spices.



Substitutions

Skip This	Try This Instead
Vinegar	Lemon or lime juice Bragg Liquid Aminos Coconut Liquid Aminos
Coffee Creamer, Half & Half	So Delicious Coconut Creamer (6 T max) Unsweetened Almond, Flax, Cashew or Coconut Milk Unsweetened Milkadamia (macadamia milk) Grass-fed butter and Coconut Oil or MCT oil
Couscous, Tabbouleh, Barley or Rice	Quinoa Cauliflower "rice"
Chips and Crackers	Mary's Gone Crackers® – round cracker, any flavor Beanitos™ Chips -Black Bean, Pinto or White Bean Restaurant, plain styles only. The Real Coconut, Coconut Flour Tortilla Chips
Vegetable Oil, Canola Oil, Margarine	Organic, Pressed, Coconut Oil Extra Virgin Olive Oil from USA, Australia or Chile Organic or Grass-Fed Ghee Avocado Oil (cold preparation)
Sugar, Artificial Sweeteners	Xylitol, Erythritol Stevia Monk Fruit a.k.a. Luo Han Swerve
Wheat flour	Almond, Pecan, Hazelnut Flour for baked goods Garbanzo Bean Flour (excellent for dusting, breading, coating) Coconut Flour (good thickener) Oat Flour – only if in our recipe book
Mustard -Prepared, ready to squirt or spread	Ground Dry Mustard – add water to make a paste or add to mayonnaise
Soy Sauce	Bragg Liquid Aminos Coconut Liquid Aminos
Potato, Rice, Pasta, Corn	Quinoa Spaghetti Squash or Spiralized Squash Garbanzo Beans Cauliflower "potato" or "rice"
Artificial flavorings, FD & C Food Colorings	Natural, fresh or dried Herbs & Spices Bragg Organic 24 Spice Sprinkle Italian Seasoning blend Sea Salt, Pepper, Garlic

HRP Qualified Product List

This is NOT an exhaustive list. There are other products that qualify in the marketplace. (Many products listed here are from HEB, a popular Texas grocer) Products that qualify will be free of grains, gluten, yeast extract, sugar, vinegar, and cow's milk dairy, as well as generally free of food preservatives, chemicals and excessive processing.

Meats and Eggs

100% Grass-Fed and Finished Beef or Buffalo/Bison
 Aidell's sausages (except for Mango or Pineapple flavors)
 Applegate Farms deli meats, hot dogs, bacons
 Jones All-Natural Sausages, pork and turkey links/patties (Randall's Freezer Section)
 Central Market Uncured Thick Slice Bacon
 Fiorucci Brand salami, pepperoni, cured hams
 EPIC brand pork rinds, cracklin's, meat bars and cooking fats
 The New Primal Uncured meat sticks (www.Thrivemarket.com)

Sauces, Salsa, Mayonnaise and Dressings

Bragg Liquid Aminos (substitute for soy sauce)
 Coconut Secrets Aminos (substitute for soy sauce or balsamic vinegar)
 Annie's Lemon & Chive OR Green Garlic salad dressings (Vinegar Free)
 Sonoma Gourmet Orange & Rosemary, Roasted Chiles or Sautéed Garlic Olive Oils (vinegar free)
 Wrights of Texas, Red or Green, raw picante (refrigerator case)
 Clint's brand salsa
 Bubbies brand Dill Pickles and Dill Relish-Whole Foods and HEB Market Street, (Vinegar Free)
 Primal Kitchen Mayo (www.Thrivemarket.com), Whole Foods)
 Sir Kensington's Mayonnaise- Classic
 Sir Kensington's Fabanaise – **egg free mayonnaise**, refrigerated, Whole Foods and Sprouts
 Chosen Foods Vegan Mayo -**egg free mayonnaise**, non-refrigerated
 Marinara Sauces – look for no added sugar, no more than 3-4 grams of sugar per serving and avoid mushrooms, cheese and vodka. Rao's Homemade Marinara is one such brand.

Fermented Foods

Bubbie's Sauerkraut
 Bubbies Dill Pickles and Dill Pickle Relish (vinegar free)
 Farmhouse Cultures Sauerkraut
 Organic Kimchi (Gold Mine is one such brand, search on line)

Canned Foods and Broths

Kitchen Basics Organic Broths (watch other brands- *yeast extract* is very common)
 Rotel Tomatoes and Green Chilies
 Canned beans or tomato products, salt and/or citric/ascorbic acid is fine.
 HEB All-Natural canned chicken
 Wild canned salmon or tuna (Wild Planet brand)
 EPIC, Kettle & Fire, Bare Bones or Bonified Provisions Bone Broths (All in jars or bags)

HRP Qualified Product List

Nut Butters

HEB Healthy Living department, machine ground plain peanut or almond butter
 Laura Scudder's Old Fashioned, natural smooth or nutty peanut butter
 Barney Butter Almond Butter, smooth or crunchy
 Artisana brand nut butters – pecan, coconut, walnut, cashew (on line)
 Nut n' Butter, Organic peanut butter

Snacks

Beanitos™ Black Bean, White Bean Restaurant Style or Pinto Bean chips (avoid flavored choices such as Cheddar, Garden Vegetables), 15/day
 Mary's Gone Crackers® (square box, round cracker) – all flavors, found in Gluten Free Food section, 8/day, Avoid MG Crackers *Thins*, a rectangular small snacking cracker.
 Terra™ brand root vegetable chips, 15/day
 Snow White Salted Pumpkin Seeds (Bigs or David's, or bulk section most grocers)
 The New Primal Meat Sticks – www.ThriveMarket.com
 The Real Coconut, Coconut Flour Tortilla Chips – www.ThriveMarket.com or Whole Foods

Oils – Expeller Pressed, Cold Pressed, Organic when possible

Tropical Traditions Coconut Oil (available at TWIHW, does not smell/taste like coconut)
 Spectrum Expeller Pressed Coconut Oil (refined, does not taste/smell like coconut)
 Central Market Raw Organic Coconut Oil (unrefined, will have a light coconut taste/flavor)
 100% Grass-fed Ghee (Organic Valley, 4th & Heart, Tin Star Foods, Purity Farms) – Usually found on oil aisle in jars.
 Organic Valley Pasture Butter, made from grass-fed pastured cows
 Grass-fed butter – Danish Creamery, Finlandia Imported Butter or Kerrygold

Drinks – Soda, Hydrators, Coffee, Tea

Unsweetened Almond, Coconut, Macadamia, Pecan, Flax, Hemp or Cashew milks. Original, Vanilla and Chocolate flavors, or blended.
 Milkadamia nut milk or coffee creamer
 Malk brand nut milks, organic, no gums, available in almond, cashew, and pecan. Available at some Kroger, Whole Foods and Sprouts stores
 So Delicious Coconut Milk Creamer – plain only
 SoBe Lifewaters - 0 Calorie
 Bai brand flavored waters and carbonated cans
 Zevia soft drinks
 All Herbal Teas – Celestial Seasonings, Tazo, Numi, Republic of Tea, HEB Organic
 Perrier sparkling waters
 Altura Decaf Coffee
 NUUN electrolyte hydrator (available on line and in health stores)
 Water with a pinch of unprocessed salt (excellent hydrator)

HRP Qualified Product List

Flours, Tortillas, Grains and Dried Beans

Ancient Harvest Quinoa –White, Blended or Inca Red (whole seed only)
 Tru Roots Quinoa or Sprouted Lentils
 Siete Almond Flour Amazing Grain Free Tortillas, available at Whole Foods (limit 1 tortilla per serving, maximum 2 per day and do not use other Siete products/flavors)
 Bob's Red Mill Stone Ground Garbanzo Bean Flour
 Bob's Red Mill Almond Meal or Hazelnut Flour
 HEB Almond or Coconut Flour
 Bob's Red Mill Egg Replacer, Gluten Free and Vegan

Seasonings

Adams Beef Fajita	Redmond's Real Salt
Adams Italian Seasoning	Ms. Dash - All flavors
Adams Cajun Seasoning	All Herbs & Spices
Tony Chacherie's Seasonings	McCormick Grill Mates
Celtic or Himalayan Sea Salt	Bragg Organic 24 Spice Sprinkle

Protein Powders & Bars

PurePaleo Meal (available at TWIHW)
 Life CORE Complete protein powder (available at TWIHW)
 Mitocore Protein Blend (available at TWIHW)
 EVOLVE Plant Protein Powder (available on line)
 Mercola Vegan Protein, Sweet Cinnamon, Vanilla and Chocolate (www.mercola.com)
 KIND Nuts & Spices Bars, only flavors marked: Less than 5 or 4 grams of sugar
 Raw Crunch Bars, 5 flavors, available at TWIHW
 Bulletproof Pure Collagen Protein Bars
 Dale's Raw Protein Bar (20+gm protein)– *specifically the protein bar only*, these flavors only:
 Chocolate Peanut Butter, Blueberry Macadamia, Cinnamon Roll, Mint Chocolate Chip, Peanut Butter Banana, Vanilla Cashew, available at www.dalesrawfoods.com

Sweeteners, Gum, Mints - (available at TWIHW, on line, health food stores and HEB)

Stevita Stevia, all products
 Sweetleaf Stevia – liquid or packets
 XyloSweet xylitol
 Lakanto Monkfruit
 Swerve – granulated, confectioners and brown
 Just Like Sugar, available at TWIHW
 Spry Gum and Ice Chip mints and candies

Resources On-Line

www.Thrivemarket.com
www.Butcherbox.com
www.Eatwild.com
www.vitacost.com

www.DalesRawfoods.com
www.coconutcreations.com
www.azurestandard.com

Rethinking Our Eating Habits

Simple food preparation and basic cooking have benefits and offer opportunities! It doesn't take a chef to have a tasty, enjoyable, nutritious meal. Here are a couple of reasons to try to do more in your own kitchen:

- ❖ Preparing food at home ensures you and your family of healthier ingredients, including fewer unknown chemicals, quality healthy fats and nutrient rich vegetables.
- ❖ It doesn't take any longer to cook dinner than to get in the car, go to a restaurant, order, and be served. You may even find some therapy in cooking and extra time for an evening stroll.
- ❖ One of the best gifts a parent can give a child is the skill and ability to choose and prepare or cook basic meals. This is a life skill every adult should acquire and parents should teach.
- ❖ Make it a family affair. It is a great time to talk with your family members and share in the duties of cooking and cleaning.
- ❖ Saves money. No tip necessary and no gasoline expense. Purchasing quality, natural foods and cooking them at home still beats the price of eating out. This is especially true once blood sugar is balanced. When sugar cravings stop and healthy fats and fiber lead to satiation, then snacking is not needed, and portions drop in size.
- ❖ Preparing some food ahead on weekends can make dinner and lunch assembly on busy weekdays much easier.
- ❖ Try some of our recipes in the TWIHW Health Reset Protocol Cookbook. They are very simple, easy to prepare and delicious.
- ❖ Visit www.TWIHW.com for many archived recipes. Make sure that they fall within the HRP guidelines. Most of them will.

HEALTHY IDEA

Missing Cream in your Coffee?

Try a Paleo Bullet.

Place 8 ounces of hot coffee in a blender, add 1 T of organic grass-fed butter and blend.

Voila – just like a latte.

Even better, try Coconut Oil Creations found at www.coconutoilcreations.com



Staying on Target

You will know that you are eating correctly and on target when:

- ❖ you don't experience hunger between meals
- ❖ you don't have carbohydrate cravings
- ❖ your meals keep you satisfied for 4 or more hours
- ❖ your mental function is sharp and focused
- ❖ you have energy to perform your daily tasks

If you are hungry 1 to 3 hours following a meal, you have eaten too many carbohydrates and inadequate fat in your previous meal. To get back on target, you will need to balance your next meal with more fat and smaller portions of the starchier foods such as sweet potato, beans, acorn squash, quinoa or oats. Fiber and protein can also help to provide satiation. You will find your personal optimal target when your meals keep you full for 4 hours minimally, 6 hours optimally.

Cheating on any sugary foods, dairy, bread, cereal, grains, rice, and/or pasta will restart the yeast-bloom and affect the herbal protocol. These high carbohydrate foods are rapidly converted to sugar, feed yeast and store as fat.

Eat plenty of healthy, undamaged fat to provide important healing nutrients and to provide satiation. These are important to the diet and to your health. Consult pages 14, 38 and 39 for the favorable fats and oils.

Tips for those who have Adrenal Insufficiency* and/or Hypoglycemia (low blood sugar)

- ✓ Eat frequently, every 2-3 hours. Five to six small meals will stabilize blood sugar.
- ✓ Include plenty of nutrient dense foods such as vegetables, meats, eggs, nuts, seeds, nut butters, avocado, and ghee (pure butter fat without solids).
- ✓ When transitioning to a lower carbohydrate diet, it may be necessary to do so over several days to a week as the body adapts to burn other forms of fuel besides glucose. It will transition to burning fat as you drive total carbohydrate intake down but can result in light headedness or fatigue if done too rapidly. Begin by consuming the higher carbohydrate Ideal with Caution vegetables listed in the middle column on page 15, while ensuring that you are slowly increasing healthy fats. This also allows the pancreas time to produce more lipase to break down healthy fats. As you adjust, you can shrink the carbohydrate portions in this category or eliminate them all together and focus on the first column of vegetables for optimal fiber, nutrition and health.

***Not sure if you have an adrenal issue? Take our online Symptom Checker-link is on our home page at www.TWIHW.com.**

How to Eat

Basic tips:

1. Eat a Protein, a Fat and a Carbohydrate every time you eat.

Category	Example
Proteins	Meats, Fish, Eggs, Protein shake (see page 26 for brands)
Carbohydrates	Vegetables, Quinoa, Oats (recipes only), Fruit (after 2 weeks)
Fats	Expeller Pressed Oils, Grass-fed Ghee, Olives, Avocado, Nuts, Nut Butters. Chia Seed; also, fat rendered from wild or grass-fed cuts of meat

Some foods are mostly one category but have a notable amount of another category in them. These combo foods make it easier to plan and balance what you eat:

Category Combo	Example
Fat/Protein	Dark Meat Poultry, Ground Beef, Eggs, Goat Cheese
Carbohydrate/Protein	Beans, Lentils, Quinoa, Oats, Peas, Spinach
Fat/Carbohydrate	Avocado
Fat/Protein/Carbohydrate	Hummus, Chia Seeds, Nuts, Nut Butters, Hemp Seed, Pumpkin Seeds

2. Eat frequently. During times of healing, detoxification and restoration, it is best to eat frequently. Please eat no less than every 4-6 hours. This will boost metabolism, ward off fatigue, support the adrenals, and nourish your body. A simple snack (3 to 4 good bites of food) is enough to promote good health. Have at least one meal with reasonable portions every day. **Skipping meals is not recommended until good health is achieved.**

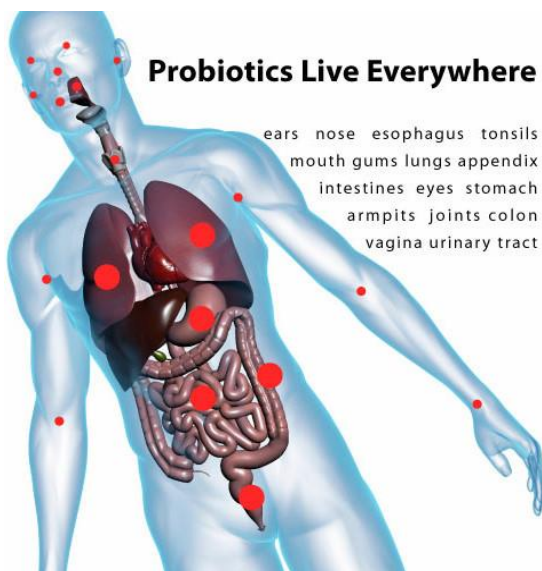
3. Drink plenty of water. (See page 42 for a Guide to Water) Take your weight divided by 2 to determine the number of ounces of water your body needs every day (140 lbs. ÷ 2 = 70 ounces of water). This is important for flushing out toxins, mitigating die off symptoms, feeling full, increasing metabolism and supporting cellular health. **Do not drink more than 4 ounces during meals as this dilutes your stomach acid and can impede your digestive process.**

Weight Loss Tips

- ✓ Eating protein first may help you to feel full more quickly. Include plenty of healthy fats which offer a sense of fullness.
- ✓ Eat plenty of vegetables. (Fiber cleans and detoxifies the body and is filling)
- ✓ Be careful to minimize portion sizes on quinoa, sweet potato and veggies in the 'Ideal with Caution' list on page 15.
- ✓ Try drinking a glass of water about 15-30 minutes before a meal. This may help you feel full and cause you to eat less at your meal. (see bolded note above)
- ✓ Don't eat after 7pm at night and take a walk after dinner.

Now What? After the Health Reset Protocol

1. **Conduct Oral Food Challenges** This will allow you to add foods back into your diet *one at a time* so that you may discern if specific foods are the source of symptoms that have disappeared during the 28 days. A reaction will indicate food sensitivity or food allergy. See specific instructions in the following Guide for Conducting Oral Food Challenges on pages 32-36.
2. **Still Not Feeling Well?** For some, the Health Reset Protocol will not be enough to heal the gut damage done by yeast overgrowth. Often, longer periods of time, using different medical protocols and dietary approaches, will be needed. Or your situation may be more complicated than it appears. You may want to complete our Symptom Checkers by following the link on our home page at www.TWIHW.com. This may help you to identify other potential issues that are preventing you from getting well and where a medical provider can help. TWIHW offers many protocols and nutritional strategies designed for these harder to heal situations and stands prepared and well qualified to offer additional help. Call us at (281) 298-6742 and ask for a Wellness Consultant to see about becoming a patient.
3. **Continue to take a quality probiotic supplement** for the long term to ensure that you maintain a healthy population of good favorable gut bacteria. Remember, we live in a toxic world surrounded by radiation, antibacterials, and stressors, all of which can attack our favorable gut bacteria. Help your immune system stay healthy by sustaining the large population you have worked hard to create over the last 28 days. **Good health starts in the gut.**



Probiotic Quality Matters!

Not all probiotics are the same. At TWIHW, we carefully screen and select high quality probiotics to ensure:

- ❖ Specific and Many Strains
- ❖ Remain viable and stable
- ❖ Can survive stomach and reach the intestines.
- ❖ Hypo-allergenic, Gluten Free

We have several brands and types from which to choose available in our office.

Important Tips to Remember about Nutrition and Your Journey to Better Health

1. Choosing Your Nutritional Lifestyle: By participating in the Health Reset Protocol, you are beginning some essential lifestyle changes. We encourage you to adopt a lifestyle free of soft drinks, artificial sweeteners and preservatives, damaged fats, grains, sugar and excessive alcohol. We hope you are enjoying more whole foods, eating like a hunter-gatherer and desiring more fresh vegetables, fruits, nuts and seeds. **Remember, fundamentally, this protocol is a healthy dietary lifestyle for everyone.**
2. Be Aware and Beware: All grains (especially wheat, corn, oats and processed flours), white potato and rice, along with sugar and alcohol are generally unfavorable. These foods are high-glycemic, which means they will digest very rapidly into large amounts of glucose or blood sugar. In turn, this leads to the addictive cycle of high blood sugar followed by low blood sugar. **This is the cycle of disease and leads to the symptoms of carbohydrate cravings, fatigue, fat storage and weight gain, a slower metabolic rate, higher cholesterol and triglyceride levels, elevated blood pressure, and brain fog, as well as insulin resistance and potentially diabetes.** It is always a good idea to leave these products out of your diet as much as possible. More information is given on page 34 under dairy and wheat. For more information and help with making good choices in this area, call (281)298-6742 for information about becoming a patient.

Be sure to use our Website as a Resource!

www.TWIIHW.com

- ❖ Click on Symptoms to access articles and simple tests to assess your health.
- ❖ Click on Resources to find:
 - Specials, Deals and Sales
 - Events with Dr. McManus
 - The Online Symptom Checker
 - The Health Newsletter – a library of articles on many topics
 - Recommended Reading
 - Healthy Recipes (look for “yeast free” or HRP compliant)
 - Informational videos from Dr. McManus and our Nutritionist
 - A list of available supplements and products and how to order
- ❖ Click on Holistic Wellness Programs, Testing & Treatments or About Us to learn more about what we have to offer so you can get your health back.

Guide to Conducting Oral Food Challenges

We recommend that you continue eating the HRP way. If you want to test your sensitivity to any food, conducting an Oral Food Challenge is the most empowering nutritional analysis you will ever do because you will know, without a doubt, what foods makes you feel good and what foods do not. No allergy test is as reliable as an Oral Food Challenge.

Step One – Challenge Yeast first.

While still adhering to the HRP diet:

1. Eat two pieces of whole wheat bread with a glass of water.
2. Monitor your symptoms for one hour.
3. If no symptoms develop, perform a second challenge by eating two more pieces of whole wheat bread with water.
4. DO NOT have any more yeast products for three days and watch for delayed symptoms.
5. If no symptoms occur, then you may add products containing yeast back into your diet. If symptoms do occur, go to Step Two below and conduct the next challenge for wheat using pasta as the food selection.

Step Two – Challenge the other foods

Choose ONE food from the list below to challenge first. If you can progress through all three steps without symptom or reaction, then you are not sensitive or allergic to the food in the challenge. If yeast seemed to pose a problem, we recommend you choose wheat next, using whole wheat pasta as the food challenge. This will allow you to distinguish between wheat and/or yeast sensitivity. **If severe symptoms occur at any time during the challenge, the food should be discontinued with the recognition that an allergy or high sensitivity exists. Take Bi-Carb Formula or Tums until the symptoms are relieved. Then, stay on the HRP diet, and start the process over again with the next food to challenge.**

1. Day 1- Day 4: Eat the chosen food for 4 consecutive days, at least one serving each day.
2. Day 5- Day 8: Omit the chosen food completely for the next 4 days. You must omit the chosen food and everything with the chosen food in it.
3. Day 9: First thing in the morning, eat a portion of the chosen food with nothing but a glass of water. Watch for symptoms over the next 30 minutes. If no symptoms occur, eat a second portion of the food with nothing but a glass of water. Stay on your eating plan, without eating any more of the chosen food. Then you will wait and watch for symptoms for the next 3 days.

Guide to Conducting Oral Food Challenges (continued)

What to look for: A food reaction can be unique to you and could be anything: aching joints, diarrhea/constipation, headaches, irritability/depressed moods, marked fatigue, nervousness, anxiety, allergy symptoms (sneezing, postnasal drainage, cough, ringing ears, watery eyes, etc.), hives/itching/rash, cramps/bloating/gas, asthma or breathing difficulty, canker sores, difficulty concentrating or any exacerbation of current symptoms.

How long can a reaction take to occur? A food stays in the body for approximately 72 hours. Therefore, it is possible and common to have delayed reaction 2 or 3 days after eating a particular food. The symptoms can occur anytime up to 72 hours after ingestion, and this explains why the **one food at a time** rule is so important.

If a reaction occurs:

1. Stop eating the challenged food.
2. Take HRP Support Formula or Tums to neutralize your symptoms.
3. Document your symptoms.
 - a) Mild Reaction: If your reaction was not severe (use your personal discretion), you may choose to keep the food in your diet infrequently and rotationally. For example, you may choose to eat the food one time each week on Thursdays only, or eat it and then count 5 days before eating again. Remember, though, that the best course would be to avoid the food.
 - b) Moderate/Severe Reaction: **Avoidance** is your best and wisest course of action. If you will faithfully avoid the problem food anywhere from 6 months to 2 years, you may overcome the food allergy. In the long run, strict avoidance of the food will allow you to bring the food back into the diet as soon as the body recovers.

HEALTHY IDEA

Tropical Traditions Expeller Pressed Coconut Oil

- ❖ No coconut fragrance or taste
- ❖ Organic, no chemical solvents
- ❖ High in medium chain fatty acids
- ❖ Great for cooking and for body applications (i.e. oil pulling, moisturizer, make-up removal)

Available at TWIHW



Oral Food Challenge Check List¹⁶

Here is the checklist of foods we recommend that you challenge in Step Two. We have provided some of the common reactions to these foods, although you could experience anything, and symptoms can be unique to you. As you conduct your challenges, place an "X" beside the foods that do not work well for you and list the symptom(s) experienced. Place a "✓" beside the foods which cause no symptoms or concerns. **Test one food at a time.**

Testing these foods will give you the opportunity to prove to yourself how these foods make you feel. They are not however, foods we recommend with any regularity because they are congesting and inflammatory. Remember that the HRP diet is a healthy diet for life.

____ **YEAST:** Yeast is found in bread, broths, vinegar, beer and wine. Sometimes it can be difficult to distinguish between wheat/grain sensitivity versus yeast sensitivity. Some common reactions to yeast are feeling sluggish, tired and congested. If you find that bread appears to be a problem, before you assume it is the wheat or the yeast, conduct a challenge with pasta. Since pasta does not contain yeast, as bread does, it will make the clarification for you. Symptoms experienced: _____

____ **WHEAT:** Sensitivity to wheat will typically indicate an overall sensitivity to grains and the proteins gliadin and gluten. Wheat and gluten are one of the most common food allergens. Gluten is also known to be addictive for many people causing cravings for more wheat or other carbohydrates. The food industry has hybridized wheat which appears to trigger immune reactions in the gut, skin, brain and nervous system. The food industry also uses a process called deamidation in bread making, which enzymatically breaks down the wheat to a water-soluble form. This product has been shown to cause a severe inflammatory process in people. Finally, it is not uncommon to have cross reactivity of gluten/wheat with other foods, the most common of which are dairy products, oats, yeast, millet, corn and rice. This means that the immune system can confuse these proteins with gluten and mount a response against them as well.¹⁷ Some common reactions to wheat and other grains are lethargy and fatigue, though we frequently see a wide range from bloating and joint or muscle pain, to migraines, depression and anxiety. Symptoms experienced: _____

____ **MILK:** Milk is high in lactose (milk sugar) and can spike blood sugar. Some common reactions to milk are excessive mucus or thickening of mucus, gas and bloating, and bowel changes, especially constipation. The casein in milk and other dairy products can also be quite addictive for many, causing cravings for more dairy and carbohydrates. Symptoms experienced: _____

____ **OTHER DAIRY:** This group includes cottage cheese, sour cream, aged cheeses, ice cream and unsweetened yogurt. Physical sensitivity to milk does not necessarily mean the same will

¹⁷ Kharrazian, Datis, DHsc, DC, MS.(2013), Why Isn't My Brain Working?, Carlsbad, CA,: Elephant Press

happen with other dairy products due to the variations in casein, whey and milk sugar. The casein in milk and other dairy products can also be quite addictive for many, causing cravings for more dairy and carbohydrates. See the cross-reactivity information above in the Wheat section. Some common reactions are gas, bloating, bowel changes and forms of congestion such as brain fog, constipation, runny nose or postnasal drip, and inability to lose weight. Symptoms experienced: _____

____ **WINE:** If you would like to consume moderate amounts of wine, it is well worth a challenge since it is problematic for many people. Some common reactions to wine, especially red wine, are flushing, nasal congestion and/or headache. Sulfites in wine are also a common cause of symptoms for many people. Additionally, red wines are sometimes clarified using a process that involves gluten, so if you have a gluten sensitivity, you may discover problems with some red wines. There is a new product called The Wand, that claims to remove histamines and sulfites, the usual suspects for symptoms such as red flushing of the neck and face, and headaches). They are available at Bed, Bath and Beyond and on line. You may also want to explore sources for organic, sulfite free wines such as Dry Farm Wines. If you don't drink alcohol, please don't feel an obligation to start now. Symptoms experienced: _____

____ **SUGAR:** We have had patients show sensitivity to cane sugar with fair frequency, both through the Oral Food Challenges as well as in the IgG blood test. For that reason, we do recommend that you conduct this challenge as well. **If you noticed changes in the way you felt during week 3 and week 4 of the HRP when fruit was allowed, you may be sensitive to sugar of any kind.** If this is the case, challenge fruits independently beginning with your favorite. This could take a while but worth the effort in the end. Some common reactions are fatigue, craving more sugar, headache and brain fog. Symptoms experienced: _____

If *Oral Food Challenges* seem overwhelming or inconclusive, you may want to consider testing for food sensitivities. With a quick finger stick in our office, we can help you understand your food allergies and sensitivities using Biotek's IgG Food Sensitivity Test. Within a couple weeks, results for 96 different foods are tested and reported in an easy to understand visual format. This helps you eliminate the right foods, so you can feel better faster. \$299 for established patients or \$325 if not a current patient of ours. You can call to schedule a nurse's appointment for the blood collection at (281) 298-6742.



US BioTek
LABORATORIES

About Food Allergies

There are cyclic food allergies, fixed food allergies and masked food allergies.

The **cyclic allergies** can be resolved by avoidance of that food for anywhere from 6 months to 2 years (each person is different). Healing and sealing the gut are an important part of resolving these allergies.

A **fixed allergy** is one that is either inborn or develops later in life and remains permanent (shellfish, strawberries, and peanuts are usually fixed food allergies).

A **masked food allergy** is one in which the symptoms are hidden or less obvious. This is the most common and most harmful food reaction because it often goes unrecognized. A masked food reaction is often delayed and less dramatic than the other types of food reactions. Another term for *masked allergy* is *food addiction*. For example, a patient will feel temporary relief of symptoms upon the ingestion of a problem-food. Therefore, when symptoms recur, s/he will again be drawn to that food, becoming hooked, if you will. You crave what you are allergic to, is a true statement. Inevitably you will become more addicted, requiring more and more of the food to alleviate the symptoms. Grains, sugar, and dairy often fall into this category.

Remember to always rotate foods to prevent new food allergies from developing. Rotation of foods means that, rather than eating a food every day or as often as perhaps desired, the food is only incorporated every 3 to 5 days. For example, a simple solution is to eat eggs just once a week on a set day of the week, such as every Thursday, so that on the other 6 days of the week you would rotate to other food choices. Having 4 different breakfast menus then rotating them through the week so that you eat plenty of variety and don't repeat the same foods within a 3 to 5-day period is an example of rotation. Here is a sample of a 4-day rotation breakfast menu:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Eggs	Bacon	Pear	Protein Shake	Eggs	Bacon	Pear
Tomato	Apple	Walnuts		Tomato	Apple	Walnuts
Avocado				Avocado		

The body talks...

Listen to your body! Your body will tell you which foods provide energy, which foods aid weight loss or cause weight gain, and which foods cause allergic reactions or unwanted symptoms. Be diligent. Do not forget where you came from or where you're going... your trophy or reward is your health with a strong, healthy immune system and a sense that you feel good and strong.

Congratulations are in Order! You Made It.

Guide to Reading Product Labels

General Note

In broad terms, we recommend you look for products made by natural food companies who have come about in the interest of your good health and normally state so on packaging or websites. Generally, packaging will offer a great deal of information describing what they will do or won't do to their food to protect your health. Often how the food is extracted, prepared or treated will be described.

Alternatively, big food industry will use excellent marketing and packaging ploys and a few key words (Pure, Heart Healthy, Natural, Sugar Free, No Sugar Added) on the front of the package to get your attention. In most stores, these products will be front and center (vendors pay for that premium space!). When you closely examine the ingredient list and the nutrition information, you will be left with many questions as to the real quality of the product. It is what is *not* said that should concern you.

Ingredient List and Packaging Labels:

- ❖ Ingredients are listed in descending order, based on the amount/volume used. Example: If there is more salt than pepper in a product, salt will be listed before pepper. If there are only two ingredients, the first one will be at least 51% or more of the contents.
- ❖ **Specifically, for the Health Reset Protocol, you need to make sure the product does not have grains (wheat, corn, rice, barley, oats, spelt), dairy products, including the words whey and casein, or any form of sugar, (some examples include sugar, dextrose, fructose, lactose, maltodextrin, maltose, honey, maple syrup, agave nectar, rice syrup or corn syrup) or vinegar.** Some uncured meats will have harmless amounts of sugar in them as a preservative, so in these cases, it is acceptable, provided your serving does not exceed 4 grams of sugar.
- ❖ Regarding fats, we recommend looking for an explanation about how the oil was obtained, such as the words "Expeller pressed" or "Cold pressed" and/or the status of the oil such as organic", unfiltered, or raw. Certifications by industry specialists are also helpful. The less that is said about the oil, the more likely it is damaged.
- ❖ Some Red Flag words include monosodium glutamate, cottonseed oil, hydrogenated, fractionated, isolated, sodium nitrite/nitrate, maltodextrin, high fructose corn syrup, words you cannot pronounce or ingredients about which you do not know the purpose of their inclusion. Also anything with all capital letters such as EDTA or MSG are red flags.
- ❖ "All Natural" and "Pure" are general marketing words but have no ingredient requirements behind them so are unreliable. Look for meat where it clearly states the animal was NOT given hormones or antibiotics, is uncured or 100% grass fed and finished.
- ❖ MSG can be hidden in the word "natural flavors" so look for packaging that says, *No MSG*.
- ❖ At this point, there are no requirements to label foods as genetically modified. It is helpful and healthful to purchase foods that are marked: Non-GMO Project Verified, USDA Organic, and when looking at meat, All Natural or 100% Grass-Fed and Finished. (Remember every cow has eaten grass in its lifetime so simply "grass-fed" may not be enough). Certified Gluten Free are also helpful words.

Guide to Oils and Fats

Why is Fat an essential component of a healthy diet? ¹⁸

- ❖ Every cell in the human body structurally is made from fat and we make new cells every day.
- ❖ The human brain is 60%-70% fat, cholesterol specifically.
- ❖ Every membrane of every cell, and every organelle inside the cell, is made from fat – fat gives a cell its stiffness and integrity.
- ❖ Many of our hormones, neurotransmitters, and enzymes are made from cholesterol, a saturated fat.
- ❖ Saturated fat is required for calcium to be effectively incorporated into bone.
- ❖ Healthy lungs have air spaces that are coated with a thin layer of lung surfactant, which is 100% saturated fatty acid.
- ❖ Many saturated fats, such as ghee, butter, lard, and coconut oil influence metabolism, specifically the nerve signaling for appropriate release of insulin. For this reason, it takes eating healthy fats to lose fat/weight.
- ❖ White blood cells require sufficient saturated fatty acids in order to recognize and destroy foreign invaders such as viruses, bacteria and fungi.
- ❖ Fat is the preferred fuel for your heart.
- ❖ Saturated fats contain antiviral agents, namely caprylic acid.
- ❖ Saturated fats, such as palmitic and stearic acids, actually lower cholesterol levels.
- ❖ Saturated fats, such as butyric acid, are modulators of genetic regulation and can prevent cancer.
- ❖ Fats provide a sense of fullness because they digest slowly over a 4-6-hour period.

Our Recommendations

- ✓ **Eat some fat at every meal.**
- ✓ **At least 40% or more of your calories should come from undamaged, healthy fats. Many people will need more than this to stay satiated and maintain a healthy weight. When you can maintain a healthy weight, and feel satiated and not hungry, you have found your perfect balance.**
- ✓ **Avoid damaged, trans-fats, hydrogenated, processed and fried fats as these do lead to disease. Be aware that a cow fed a genetically modified, pesticided, grain-based diet and raised in a feedlot with antibiotics and hormones will store toxins in its fat. It is important to always use organic and grass-fed ghee and butter when possible to avoid these toxins.**
- ✓ **Even saturated fats include as much as 35-45% mono-unsaturated fats. We need a balance of saturated and unsaturated fat for good health.**
- ✓ **Fat combined with fiber is a perfect combination to stave off hunger.**

¹⁸ <http://articles.mercola.com/sites/articles/archive/2009/09/22/7-Reasons-to-Eat-More-Saturated-Fat.aspx>

Guide to Oils and Fats (continued)

Oil	Use	Buying
Animal Fats (Saturated, Pork, beef, duck and chicken fat rendered from all natural and grass-fed or wild stock or roast.)	Ideal for all cooking including medium high to high heat techniques.	Make your own by cooking meat and bones in a stock or crock pot, covered in water for 12-24 hours. Then chill and render fat off the top. See recipe in cookbook for soup stock. EPIC brand offers jars of these.
Ghee – Butter has three ingredients: milkfat, milk solids (whey and casein) and water. Ghee is the pure milkfat, without milk solids or water. It is hypoallergenic, and when from an organic, grass-fed source, is mostly free from toxins.	Ideal for cooking or melting on vegetables. Can be used up to Medium to High heat. Ghee does not burn easily and works well at higher temperatures and on the grill.	Ideal choices will be found on the oil aisle, in jars. Name brands include Organic Valley, 4 th & Heart, Tin Star Foods and Purity Farms. Look for Organic and 100% grass-fed sourced from cows or goats.
Coconut Oil (Saturated plant fat from coconuts. This is high in lauric acid, an antiviral, antibacterial and antifungal.	Cooking and Baking, can be used up to Medium High heat. Can also be used as a skin care product.	Organic, Expeller Pressed is priority. Then choose either refined, to avoid coconut odor/taste, or unrefined/raw, which will taste/smell like coconut. Tropical Traditions brand is available at our office.
Olive Oil (mono-unsaturated)	Use for cold preparation only. Olive oil is mono-unsaturated and not strongly bonded. Heat breaks the bonds and damages the oil, which is not healthy for you.	Buy from USA, Australia or Chile. Look for Certifications and Harvest Dates. Cobram Estate Olive oil is also a good choice. Younger oil is better. Buy small, dark bottles.

The temperature at which oil begins to break down and become damaged is called its *smoke point*. Always keep oil below its smoke point. If you do overheat the oil and it smokes, just pour it out, wash the pan, lower your heat and start over.

AVOID

Hydrogenated, Partially-hydrogenated or Trans-fats:

- ❖ These are the fats which contribute to high LDL cholesterol and increase risk for heart disease. In addition, they are pro-inflammatory, which sets the stage for all types of diseases. Most common include soy, corn, canola, vegetable and cottonseed oil¹⁹.
- ❖ Most processed, pre-packaged and fast foods contain these harmful fats.
- ❖ Sources of trans fats: shortenings, margarine, cakes, cookies, crackers, snack foods, fried foods, donuts, pastries, baked goods, and other processed foods made with partially hydrogenated oils. In addition, small amounts of trans fatty acids occur naturally in various meat and dairy products.

¹⁹ Enig, Mary. www.knowyourfats.com, *Some Typical Questions and Misconceptions on Fats and Oils*, February 28, 2007

Guide to Dining Out

Chipotle Grill /Freebirds/überra/ito/Pappasitos: A bowl of lettuces topped with fajita beef, chicken or shrimp, including beans, grilled onions, bell peppers, jalapeños and avocado or guacamole would be an ideal choice. Another option would be to order Fajitas and ask for any extra veggies available to be put on the hot platter. Take Beanitos™ along with you to dip in salsa or guacamole. Ask about vinegar in salsa – based on our last inquiry, the restaurants listed here do not put vinegar in their salsa. In cheaper restaurants, it will be likely that the salsa will have vinegar and the guacamole will have sour cream. When in doubt, ask! Avoid corn and flour tortillas, cheese, sour cream, rice, chips and yes, sorry, the margarita!

Sweet Tomatoes/ Salata /Jason's Deli/ Zoe's Kitchen: Make a nice salad selecting from the Favorable Foods list. Add fresh lemon wedges and olive oil to dress your salad. From the soup bar, look for broth-based vegetable beef, vegetarian soup or chili. Get a piece of baked sweet potato and put plain butter on it for dessert. Zoe's hummus, beef, chicken and salmon kabobs, chicken salad, grilled veggies are all acceptable.

Carrabba's/Grotto/Macaroni Grill: Take the fresh herbs and olive oil mixture that is typically used for bread dip and use this for a fabulous salad dressing. A grilled meat selection or fresh fish with diced tomatoes and steamed veggies is a great special request.

Steakhouses (Perry's, Kirby's, Pappas, Saltgrass, Outback): Look for pork, lamb or veal chops, steaks, grilled chicken, fish, shrimp, crab and lobster. Asked for grilled vegetables and sweet potato. Be sure honey is not added to buttered toppings and order your house salad **without** croutons or cheese.

PURE: Located at 525 Sawdust, The Woodlands, this spot has plenty of options for the HRP eater. Lentil Soup, Roasted Chicken Breast, Grilled Bison Burger in a lettuce wrap, Chipotle Bean Burger in a lettuce wrap are a few examples.

Seafood restaurants: (Red Lobster, Pappadeaux's, Pappas Seafood, Landry's, etc.) Try a blackened or grilled catch of the day. Add to that a nice salad and veggie medley. Indulge in lobster, crab or shrimp. Pappas Seafood has grilled fish served with spaghetti squash and lemon butter sauce.

Fuddruckers/Smash Burger/5 Guys: Fuddruckers offers Bison Burgers, which will mean grass-fed meat. Ask for a burger with no bun, then ask for grill toppings such as caramelized onions, guacamole or spicy jalapenos and load up on lettuce, onions and sliced tomato. Avocado and bacon are other toppings to look for along with mayonnaise if desired.

Huti's: Free Fire Grill, 2501 Research Forest Dr., Suite B, The Woodlands, TX. 77381. Choose a Main dish all qualified HRP options, add the fresh organic greens, roasted roots, one the Chimichurri, Asado Red our Puri Puri sauce, and top it off with Farofa (toasted manioc with herbs), lemon or lime slices, and toasted sesame seeds. A delightful experience.

Read the menu, ask questions, and enjoy dining out.

Guide to Fast Food - If You Must

Chick-Fil-A

- ❖ Grilled chicken nuggets
- ❖ Grilled chicken sandwich—ask for extra lettuce, hold the bun, and make a chicken lettuce wrap
- ❖ For Breakfast they offer scrambled eggs, with bacon or sausage
- ❖ Fresh Fruit Cup (second two weeks)

Starbucks

- ❖ Look for the Creminelli Brand Felino & Manchego, uncured Italian salami and sheep milk cheese tray from Spain.
- ❖ Look for the Organic Avocado Spread in single serve packages.
- ❖ The Protein Plate with eggs, peanut butter, and apple which works for the second two weeks – discard the muesli bread and grapes.
- ❖ Usually you will find a low sugar KIND bar or a bag of almonds.

Subway

- ❖ Tuna on a bed of lettuce. Squeeze lemons over the salad for a dressing
- ❖ Salad options – no cheese, croutons, dressings
- ❖ Load up a sandwich with meat and veggies and eat the inside, discarding the bread.

IHOP/Denny's

- ❖ Call ahead and they will put scrambled eggs, bacon and a sliced tomato in a takeout package for you.
- ❖ Be aware the mixed veggies usually include mushrooms and have MSG in them.
- ❖ Ask for real, whole eggs. Most scrambles and omelets are made from a sugary, wheat flour-based batter.

Large Gas Station Food Marts

- ❖ SoBe Lifewater 0 Calorie and Bai drinks are usually available
- ❖ Apples
- ❖ Nuts
- ❖ Yes, even the mystery meat hot dog, bunless of course, will suffice in a drastic pinch.

We do NOT advocate fast food, but we realize that it is sometimes a necessary evil. Be creative and exercise restraint! If you can deal with hunger and wait a little longer to get real food, we recommend it. The cheaper it is (i.e. the dollar menu), the farther away from real, whole food it is. It is virtually impossible to avoid genetically modified food, damaged and toxic fats, soy, corn, gluten, MSG, artificial sugars, additives, preservatives, mysterious ingredients and chemicals in the world of fast food.

Guide to Water

There is no better drink choice than water. It is the gold standard for good nutrition and your body needs it for a whole host of purposes. In fact, water is involved in almost every bodily function and makes up just about every part of the body. It is also critical to the healing process.

During your 28-day Health Reset Protocol, as you starve the yeast and it begins to die, your body initiates the detoxification process. At the same time, with the removal of a toxic diet, and support from supplementation of vitamins and minerals (see #1 under FAQ's on page 44), the body also begins to remove stored up toxins from the liver, fat cells and other tissues. **Water is the all-important cleanser that washes dead yeast and toxins out of the body. It is critical that you consume plenty of it!**

If you drink plenty of water, you will minimize the severity of the symptoms caused from the detoxification process. As yeast begins to die off and toxins begin to be released by your cells, your blood stream gets polluted with dead yeast and toxins. This can make you feel a little under the weather but drinking plenty of water will support your body's effort to eliminate these toxins.

Also, hunger is often mistaken for dehydration. Before eating more food, try drinking 8 ounces of water and see if your hunger goes away. You may find that water is also helpful with general aches and pain or lethargy and fatigue.

Beverages primarily made up of water can provide hydration to the body if there are no de-hydrants such as caffeine, or chemicals such as artificial sweeteners or phosphoric acid.

Below is a list of what can be included and counted toward your water goal for each day.

Ideal Choices

- Spring Water
- Filtered Water (reverse osmosis is a good choice)

Other Choices that may also be counted as water

- Caffeine Free Herbal Teas
- De-Caffeinated Tea (by way of Swiss water or CO₂ process)
- Club Soda or Sparkling Waters
- Perrier Water
- La Croix Water
- SoBe 0 Calorie Lifewater
- Bai Waters
- Bottled waters essenced with flavor, but not sweet to the taste.

Remember, coffee and tea with caffeine may NOT be counted as water. In addition, the Health Reset Protocol does not allow soft drinks or artificial sweeteners.

Guide for the Vegetarian

It can be difficult to eat a balanced diet as a vegetarian. Soy products are often the preferred substitute for animal foods however, as listed below, soy can pose some health issues. Vegan protein blends with sources such as rice, hemp, pea, chia, chlorella, are another acceptable option.

We are not advocates of soy for the following reasons:²⁰

- ✓ Soy is a common food allergen.
- ✓ Excessive soy consumption can negatively affect thyroid function.
- ✓ Excessive soy consumption can cause estrogen dominance and pancreatic disorders.
- ✓ Free glutamic acid, or MSG, a potent neurotoxin, is formed during soy food processing and is often added.
- ✓ Genetic modification of the soy crop is universal unless certified organic and has raised concerns about its effect on our own DNA and beneficial gut bacteria.

Here are some other suggestions for balancing a vegan or vegetarian diet in healthful ways.

- ✓ Combine quinoa with a wide variety of nuts, seeds, lentils, and peas for protein sources.
- ✓ Goat cheese, on occasion, (1-ounce servings perhaps 3 times a week) is a source for protein, fat and carbohydrate.
- ✓ Use seeds such as Hemp, Pumpkin and Chia to add important nutrition including protein, fiber, and essential micronutrition.
- ✓ Other reasonable sources of incomplete protein include 3 oz. Almonds 10 g, 2 Cups Broccoli 10 g, 1 Cup Peas 9 g, 1 Cup Spinach 7g.
- ✓ Alternatives to soy milk include unsweetened almond, cashew, flax, hemp, macadamia or coconut milk. Zucchini milk can easily be made at home with fresh zucchini.
- ✓ Make use of a high-quality vegan protein drink mix such as Mitocore Protein Blend available in our office or Dr. Mercola Vegan Protein Blend available at www.mercola.com.
- ✓ Because grains are quickly digested, inflammatory and congesting, we do not recommend usage of grains as a staple in the vegetarian/vegan diet. This is a primary concern with inflammation, elevated insulin levels, fat storage, obesity and diabetes.
- ✓ **Be sure to talk to your medical provider to ensure proper supplementation in addition to diet, since a vegan or vegetarian diet is certain to fall short of important nutritional needs for good health including protein, iron and B vitamins.**

²⁰ Excerpts of article from Natural News.com, Skae, Teya. *The Truth About Unfermented Soy and Its Harmful Effects*. 2008

Frequently Asked Questions

1. **Should I take any other vitamins or minerals for this diet?** That is up to you and your doctor. In our experience, many people feel better when taking a multi-vitamin, improve their vitamin D levels and add a Krill Oil to help with thinning the blood, reducing inflammation and healing the GI Tract. If you are considering additional supplements, we recommend that you choose them carefully, as not all supplements are the same (see our article [Choosing Supplements at https://woodlandswellnessmd.com/choose-supplements-wisely.html/](https://woodlandswellnessmd.com/choose-supplements-wisely.html/)) Consult with your doctor, for example if you want to take Krill Oil but are allergic to shellfish or taking a blood thinner. Should you wish to purchase them, we sell a high quality multi vitamin called Vita Prime, Vitamin D-3 and Klaire Labs Krill Oil. Call us to place your order.
2. **Can I use a Red Lentil Pasta for this diet?** Because carbohydrate gram counts go up too high on most lentil and bean pasta's, we are not able to include them on the Health Reset Protocol. Your best option will be to use spiraled vegetables such as zucchini, butternut squash or sweet potato. Some patients use cauliflower rice or quinoa while others opt for a bed of fresh or steamed greens.
3. **May I use Quinoa Pasta or Quinoa Flakes?** Only whole seed quinoa is allowed. Quinoa Pasta is made with corn flour (a grain) and quinoa has too many carbohydrates for the protocol. Because of the increased processing of the seed into flakes, much of the fiber content is destroyed, making the quinoa flakes also higher in carbohydrates.
4. **Can I drink Kombucha on the HRP?** Most Kombucha's in the marketplace today have a considerable amount of sugar in them. If they have also been pasteurized, the living probiotics may have been compromised. Often, fruit juices are added as well, also increasing the sugar content. For these reasons, it is safest to avoid Kombucha on the HRP diet. However, IF you carefully read the Nutrition Facts, limiting yourself to the portion recommended there, AND the sugar content is 5 or fewer grams, this would comply with the HRP. Limit frequency to once per day or less.
5. **Do I need to count carbs, protein, fat grams on HRP?** The only time you need to count anything is when you buy a packaged or jarred food, such as a KIND Bar, Marinara Sauce or V-8 juice, where you need to make sure that the serving you intend to eat does not exceed 5 grams of sugar. Otherwise, most of the food you will be eating is fresh, whole food and it is not necessary to measure, weight, count or calculate.
6. **What if I want to lose weight on the HRP?** Many people as they shift to a non-processed, real food diet, do lose weight. If you want to be intentional and promote weight loss, limit yourself to one serving per day of the "Ideal with Caution" vegetables listed on page 15, as well as Quinoa. We encourage you not to eliminate them all together because they

offer deep nutrition and high fiber, however they are higher in starches and carbohydrates, so limiting them will support weight loss. Be sure to eat 5 or more servings of vegetables every day, some meat, fish or poultry, drink plenty of water and eat healthy fats (avocado, olive oil, coconut oil, nuts or seeds) at every meal. Also, it is helpful to stop eating 3 hours before bedtime and try to get some exercise into your schedule most days. If this is not helpful, consider becoming a patient so a medical provider may evaluate the many reasons that can prevent weight loss. Go to www.TWIHW.com under Resources, Newsletter, Reasons You Can't Lose Weight to find out more.

7. **Do I need to count calories on the HRP?** It is not necessary to count calories on the HRP. We prefer that first you focus on healing and eating a healthier diet. Additionally, unless you know your personal Resting Metabolic Rate, it can also be harmful to restrict calories in a random range offered by a friend, trainer or website. This can result in undereating and creating a starvation mode where the body will not burn fat or overeating with the same result: no weight loss. (We can give an accurate measure of this in our office using the Metabolic Analyzer, call our office for details.) Additionally, it is far more important as you heal to eat high quality food, 3-5 times each day. You should not be hungry if you are eating healthy fats, plenty of vegetables and drinking plenty of water. If you do experience weight gain, try eating smaller portions while still including a protein (usually 2-4 ounces is plenty), fat, and allowed vegetables at each meal.
8. **What if I'm losing too much weight on the HRP?** Be sure to increase healthy fats and frequency of eating to 4-6 times per day. Be sure to include nuts, nut butters, avocado, seeds, sweet potato, beans, winter squash, ghee, coconut oil, animal fats, fattier cuts of clean meats such as 85/15 ground grass fed meat, dark meat organic chicken, uncured bacon, and rib meats. Consider using a protein shake as an additional snack to add 300-500 calories each day. Include 1 whole avocado, a scoop of protein powder, 1 T of MCT Oil, Unsweetened nut or seed milk. Adding ground flaxseed, chia seed or hemp seed or a nut butter will add additional calories. If this is not successful, contact your health care provider or call our office to find out about becoming our patient.
9. **What can I use in place of cornstarch or flour to thicken sauces and liquids?** Your best options will be Arrowroot, Coconut Flour and Garbanzo Bean flour. A roux can be started nicely with Garbanzo Bean flour. Arrowroot and Coconut Flour can be used nicely to create a gravy from meat drippings with broth. A fried chicken coating can be created with a 50/50 combination of garbanzo bean flour and almond flour.
10. **Can I have chocolate on the Health Reset Protocol?** We encourage you to reduce sweet, sugary foods and quiet your sweet taste bud. However, if you need a chocolate fix a couple times a week, you can get Enjoy Life Brand, 69% Dark Chocolate Morsels at most grocery stores and on line. These are dairy, soy and nut free, so will work nicely with your protocol.

Correct portion would be one, level tablespoon, which will be about 15 morsels and 5 grams of sugar. Limit this to once a day. You may also use unsweetened cacao powder to add chocolate flavor to a recipe or shake.

11. **Can I eat honey on the HRP?** No. You can only use stevia, erythritol, xylitol or Monk Fruit (a.k.a. Luo Huan) or a blend of any of these. Honey is sugar, and mostly fructose, which digests through the liver, producing uric acid, which can lead to gout or heart disease. While natural, it will elevate blood sugar levels just like natural cane sugar, and as a result feed yeast and sabotage your efforts. You must also avoid maple syrup, agave nectar, and coconut sugar.
12. **I thought Apple Cider Vinegar was good for you. Can we use it while on HRP?** No. We ask you to avoid all forms of vinegar while you are following the HRP. Many vinegars are fermented with yeast and vinegar is also a fuel for pathogens. While we work to re-establish your favorable bacteria, we are removing vinegar to prevent prospering bad bacteria and yeast overgrowth. Once you complete the protocol, there should not be any problem adding any kind of vinegar back in, and yes, Apple Cider Vinegar, if organic, raw and unfiltered, is an excellent choice.
13. **What if there is sugar listed in the ingredients of uncured bacon, deli meats and hot dogs/sausages?** When meat products are preserved without the chemical nitrates and nitrites, sugar is used as the preservative. It is not significant, and you need not be concerned with this. Uncured is the correct choice.
14. **Is it ok to cook in olive oil?** We recommend cooking only in saturated fats. Olive oil has a very low flashpoint and is monounsaturated so not very strong. High heats and lengthy heat will deteriorate its nutritional value. Use it for cold preparation or very low temperature sauté. We recommend cooking with saturated fats such as ghee, coconut oil, organic grass-fed butter, bacon fat, beef tallow or duck fat.
15. **Do I have to eat fruit on the HRP?** No, fruit is not necessary for good nutrition. However, you may welcome it when you reach the 14th day of the plan. It is entirely up to you. Be sure to choose the allowable fruits, in the correct portion and no more than 2 servings per day.
16. **I have an event during the HRP where I'd like to have alcohol. Would that be ok?** You will get the best results by avoiding alcohol on the HRP. Drinking alcohol often during the protocol will totally sabotage your efforts. IF you feel you must, we recommend 1-2 ounces of vodka, flavored is ok, mixed with water or club soda. Drink with food, especially fats, and have only this amount. Again, you cannot expect to get great results or your money's worth if you consume alcohol during the protocol.

Notes:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



The Woodlands Institute
for Health & Wellness

Health Reset Protocol Cookbook

This cookbook contains recipes that comply with The Woodlands Institute for Health & Wellness 28 Day dietary Health Reset Protocol and are also great recipes for a healthy lifestyle. Eat well, be well, live well.

Mila McManus, MD

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Health Reset Protocol Kitchen Concepts

Below are common ingredients in our recipes that are best selected carefully for optimal nutrition or as a requirement of this dietary protocol. Please review these items so you will know what selections to make when you purchase your ingredients.

Ingredient	Recommendation or Requirement
Olive Oil	Ideal choices will be a product of Australia, USA or Chile. Check harvest date, the younger the better. Choose dark small bottles. Best choices include certifications by the California Olive Oil Council (COOC) certification, Extra Virgin Alliance (EVA) or 100% Qualita Italiana. Expeller pressed avocado oil can be substituted. We do not recommend cooking with olive or avocado oil. Any store product with simply <i>olive oil</i> on the ingredient list, such as in mayonnaise, will be chemically refined and may be mixed with other oils, making it an inferior option.
Olives	Any variety. Ideally packed in water, ascorbic acid, acetic acid or oil. If packed in vinegar, then drain well on paper towel prior to consuming. Olives are fatty so do not absorb the vinegar, unlike a pickle or pepper. No cheese stuffing.
Butter or Ghee	Grass-fed, pasture raised and/or organic, cow or goat. Ghee is usually on the olive oil aisle in stores.
Saturated Cooking Fats	We recommend cooking in saturated fat. Choices include: Ghee, Butter, Coconut Oil, Beef Tallow, Pork Lard and Duck Fat. You may also use uncured bacon drippings.
Mayonnaise	Any brand is allowable. Ideally, should be Non-GMO, made from Avocado Oil. Ideal brand examples include Chosen Foods, Primal Kitchen or Sir Kensington's. All will likely have vinegar, an allowed exception to the rule for the HRP. We recommend avoidance of damaged oils such as canola and soybean, which most common brands contain.
Salt	Sea Salt, unprocessed, non-bleached. Brand options include Redmond's Sea Salt, Himalayan Sea Salt or Celtic Sea Salt.
Mustard	No prepared mustards. Ground mustard seed powder from the spice aisle may be used without limit. Mix with water or add to mayonnaise or to recipes.
Coconut Oil	Raw/Expeller/Cold Pressed <u>AND</u> Organic. If <u>both</u> Expeller Pressed and Organic, gently refined will remove smell and taste of coconut and this is also acceptable. (Tropical Traditions brand is available to purchase in our office.)
Coconut Milk	Most recipes calling for this ingredient will work best with canned, full fat, coconut milk found in the Asian food section. Thai Kitchen is an example. Avoid the "lite" versions. Organic and expeller pressed are ideal.
Eggs	Pasture raised on grass and insects is optimal. Where vegetarian feed is used, organic is always best. Egg replacements are listed on page 5.
Bacon, Sausages, Deli Meats	Uncured, Organic or All Natural, Certified Gluten Free, Humanly Raised, and grass fed, are all examples of better choices.
Marinara Sauce	Avoid cream, alcohol and mushrooms. Organic is ideal. Be sure on Nutrition Facts that the sugar content per ½ cup servings is 3g or fewer. Limit serving size to 1 cup.
Sweeteners	Xylitol, erythritol, monk fruit (aka lo han), or stevia. Be sure the ingredient

	label does not have maltodextrin or dextrose. You will often find them combined. Liquid, powder or crystalline are fine. Lakanto also has a maple flavored syrup that is acceptable. Recommended brands include Stevita, Sweet Leaf, Xylo Sweet, Xyla, NOW, Lakanto, and Swerve. These have no genetic modification or monosodium glutamate. <i>Monk fruit, erythritol and xylitol are generally interchangeable in a recipe. Stevia is forty time sweeter than xylitol, erythritol or monk fruit.</i>
Broths	When purchasing broths, be sure to read ingredient labels for every brand and flavor, making sure to avoid <i>yeast extract</i> . Even within the same brand, some will have it while others do not. Read the label every time. Recommended brand is Organic Kitchen Basics.
Vegetables	Fresh or frozen are nutritionally ideal. Avoid canned vegetables as they are highly heated in the canning process which destroys fiber and nutrients. Exceptions to this rule are canned beans (kidney, black, pinto, garbanzo etc.) by Eden(see below). Canned tomato products are acceptable, best organic, no sugar added and BPA free cans.
Beans	Eden brand canned beans are ideal. They are soaked, and pressure cooked which destroys anti-nutrients that can make beans difficult for some people to digest. Additionally, Eden brand is organic and in BPA Free cans. Dry beans would be the next best choice but require more preparation. Ideally, they should be soaked overnight, and then pressure cooked. Always make sure to cook beans well, as undercooked beans can cause illness similar to food poisoning.
Non-Dairy Milks	Rotation of nut and seed milks is recommended to avoid allergies to them. All non-dairy milks are usually interchangeable in recipes. Choose unsweetened. If unsweetened, flavors are acceptable (i.e. unsweetened vanilla) Choices include almond, pecan, coconut, macadamia, pecan, cashew and flax milks. Avoid Rice and Soy Milks. Pea Protein options, if unsweetened are acceptable. Look for short ingredient lists wherever possible and avoid any choice with carrageenan in it.
Vinegar Replacements	Lemon juice, lime juice, Bragg Liquid Aminos and Coconut Aminos
Nut Flours	Almond flour is interchangeable with either hazelnut flour or pecan flour. Coconut flour cannot be interchanged with any other flour.

Recommended cooking pans and storage containers to avoid harmful alloys, plastics and toxins:

Cast Iron

Enameled Cast Iron

Ceramic or Ceramic coated

Glass/Pyrex

Silicone (at recommended temperatures only, research is not available yet on this newer product)

Stainless steel

Organic or Not? Use www.ewg.org, to help you determine what is most important to buy organic and what is not. If you can use only organic food, you will avoid genetic modification, synthetic fertilizers, sewage sludge and irradiation. To find out more, go to <https://www.ams.usda.gov> for full description of what the USDA Organic certification means when it comes to meats, produce and dairy.

Reminder: The Health Reset Protocol eating plan is VINEGAR FREE.

Mayonnaise is the only exception, where we are aware of the presence of vinegar but have allowed its inclusion in the protocol. Olives are sometimes packed in vinegar and if so, drain well. Since they are fatty, they repel vinegar rather than absorbing the vinegar like a pickle or pepper will do.

Egg Replacement Tips:

- Replacements listed below are usually successful when replacing up to 2 eggs. Generally, where 3 or more eggs are required, it is better to find another recipe designed to be made without eggs. Feel free to experiment. Eggless breakfast recipes are included and noted in the book.

Egg Substitutions:

1 egg, as a binder	1 Tablespoon chia seed, soaked in 3 tablespoons of water for 5 minutes
1 egg, for moisture	¼ cup canned pumpkin or unsweetened applesauce Add ½ teaspoon of baking powder to increase lightness or airiness
1 egg, for moisture and leavening	¼ cup canned pumpkin or unsweetened applesauce with ½ teaspoon of baking powder
1 egg, as a binder	1 tablespoon ground flax seed, simmered in 3 tablespoons of water
1 egg, as binder	2 tablespoon arrowroot powder
1 egg, as moisture and binder	2 tablespoons each, arrowroot powder and water, combined
1 egg, as moisture and binder	Bob's Red Mill Vegan Egg Replacer or Ener-g Egg Replacement

Reading Packaging and Labels:

- Real, whole food ingredients only.
- Ideally, ingredient lists are short, where you recognize and know every ingredient and you can pronounce them.
- Non-GMO Project Verified, Certified Gluten Free, USDA Organic and 100% Grass Fed and Finished, Humanely Raised, are words and phrases that offer better assurances of food quality.
- Where oils/fats are involved, look for the word *pressed* as in First Cold Pressed, Expeller Pressed. Look for raw, unfiltered, unrefined, no solvents, no hexane. *Grass fed* for butter or ghee, if possible.
- Look for the mission statement or explanation from the producer regarding who they are, what their purpose or values are and why they make their product. Usually those who are working hard to give you real, whole food want to tell you all about it. Those with plenty to hide don't have much to say on their packaging except empty words and logos (association logos, *100% whole grain*, *pure*, *all natural*, and even *gluten free*, can give a mixed message).
- Look for 100% satisfaction guarantees, phone numbers and e-mail addresses to send comments. Pictures and names of owners. These reflect integrity and transparency of small private businesses that care. On websites, nutrition information and ingredient lists should be easily located.
- As you journey toward an increasingly more whole food, densely nutritional diet, you will need or select fewer and fewer pre-packaged foods. Consider farmer's markets and on-line resources (see below).

Other Resources for Food and Food Information

www.ewg.org
www.mercola.com
www.cornucopia.org
www.cleanlabelproject.org
www.westonaprice.org
www.safecatch.org

www.vitalfarms.com
www.sea2table.com
www.butcherbox.com
www.thrivemarket.com
www.azurestandard.com
www.vitacost.com

Appetizers and Snacks

CeCi Hummus Dip (TWIHW Signature Item)

Makes 2 cups

2 cans chick peas/garbanzo beans (15-ounce)
 2-3 tablespoons minced garlic
 1 teaspoon sea salt
 2 tablespoons lemon juice
 ½ cup olive oil
 1 cup pine nuts

1. Drain the chick peas and rinse and drain a second time.
2. Place all the ingredients in a food processor and mix until smooth.
3. Store in the refrigerator for up to 7 days.

Notes and Serving Suggestions: Adding something else for flavor works beautifully with this recipe. Consider a jar of roasted red bell peppers, drained or several ounces of sundried tomato. Artichoke hearts, spinach or olives are other tasty additions. Hummus is a wonderful food to store into individual sized servings of an ounce or two. Stacked in the refrigerator, they make a quick grab with an apple, Beanitos™ or veggie sticks, for a snack on the go or lunchbox option.



Cashew Dip

Offered by M. Langton

Makes 2 cups

1 ½ cups raw cashews, soaked overnight in water
 1 teaspoon sea salt
 1 teaspoon black pepper
 ½ cup dices red bell pepper
 2-3 cloves, fresh garlic, crushed
 ½ cup torn baby spinach leaves
 1 tablespoon olive oil

1. Soak cashews overnight in water in the refrigerator and drain.
2. Put all ingredients in a food processor and blend until smooth.
3. Serve with zucchini dials, cucumber dials, carrot sticks, celery sticks or approved crackers.

Soaked and Sprouted Nuts

From www.theingredientguru.com

4 cups of nuts (3 kinds, 1 ½ cups each)
 2 teaspoons sea salt
 Water

1. Place nuts in a quart jar, add salt, and fill with water.
2. Let soak over night
3. Drain and then dry in a dehydrator or oven set at 175°F for 12-24 hours, or until completely dry.

Notes and Serving Suggestions: Optimal nut choices include walnuts, pecans, macadamias, hazelnuts, almonds, pine nuts, Brazil nuts, and pistachios. Soaking and sprouting increases digestibility and nutrition in nuts.

Carrot Nut Pate (A delightful alternative to bean-based hummus)

Makes 2 cups

2 cups carrots, roughly chopped or cut (baby carrots work great too)

 $\frac{1}{4}$ cup cilantro, minced

1 cup raw walnuts or pecans, toasted

3-4 cloves garlic, peeled

2 tablespoons lemon or lime juice

1 teaspoon sea salt

1 cup cooking water from the carrots

1. Bring a pot of water to boil and cook the carrots until they are just easily pierced with a fork (about 10-15 minutes depending on size). As soon as the carrots are tender, add the cloves of garlic and turn off the heat. Allow this to sit. Do not discard the water or drain.
2. Mince the cilantro, set aside.
3. Toast the walnuts or pecans in a skillet over low to medium heat, stirring constantly to avoid burning. Roast until they release their fragrance.
4. Use a slotted spoon to put the carrots and garlic cloves into a food processor. Reserve the cooking water. Add the nuts, lemon or lime juice and sea salt. Process until smooth and blended, thinning with the carrot water left from cooking them until a desired consistency is reached.
5. Put the puree into a bowl and mix in the minced cilantro.
6. Serve with approved crackers, celery, jicama, cucumber dials, endive leaves or bell pepper strips.

Roasted Eggplant & Red Bell Pepper Dip*Offered by Hansa S.*

Makes about 2 cups

1 large eggplant

1 large red bell pepper

1 large red, onion

1 tablespoon, coconut oil, butter or ghee, melted

1 tablespoon lemon juice

1 inch piece of ginger, peeled

6-8 cloves of garlic

1 teaspoon sea salt

Crushed red pepper, to taste

1 tablespoon olive oil

1. Preheat oven to 350°F. Line a large baking tray with parchment paper.
2. Cut the ends off of the eggplant and dice the remainder into 1 inch cubes. Core and de-seed the bell pepper and cut into large strips or squares. Peel the onion and cut up into cubes or wedges.
3. Put all the vegetables into a bowl with the peeled cloves of garlic, then toss everything in melted coconut oil, butter or ghee, coating it well.
4. Place the vegetables on the baking tray, spreading them out so that they do not overlap.
5. Roast in the oven for 15-18 minutes and then remove, toss and turn, and return to the oven.
6. Roast for an additional 15-18 minutes until all are tender, roasted and edges slightly browned.
7. Remove the vegetables and allow them to cool.
8. Place the cooled vegetables into a blender or food processor and add the remaining ingredients into the blender. Blend, adding just a little water if needed to achieve a fine paste dip.
9. Transfer to bowl, add 1 tablespoon of olive oil, stir and serve with approved crackers or veggies.

Spinach Artichoke Dip

Makes 2½ cups

1 can artichoke hearts (14 ounce)

1 pound fresh spinach

1 teaspoon fresh garlic, minced

1 generous cup mayonnaise (more if desired for texture)

1. Blend artichoke hearts and spinach in a food processor until paste.
2. Add remainder of ingredients and process for another 30 seconds. (Baking is not essential if you prefer to stop here).
3. Use butter or coconut oil to grease a glass baking dish.
4. Put the mixture into the greased baking dish.
5. Bake at 350°F for 25 minutes or until bubbly.
6. Cool slightly and serve with Beanitos™, Mary's Gone Crackers™, or veggie sticks and dials.

Red Lentil and Walnut Dip

Offered by Hansa S.

Makes about 2 cups

¾ cup red lentils

3 large carrots, sliced or diced

½ cup walnuts, chopped

1 tablespoon of coconut oil, butter or ghee

½ tablespoon olive oil

1 teaspoon black pepper

1 tablespoon tahini (sesame seed paste)

6-7 garlic cloves

1 ½ teaspoons coriander powder

1 teaspoon sea salt

¼ cup chopped parsley

1 tablespoon lemon juice

1. Bring 2 ½ cups of water to boil in a pan and add the lentils. (Be sure pan is large enough for the lentils to double in size). Cover tightly, and lower heat to a simmer until tender, about 15 minutes. Drain but preserve liquid.
2. In a skillet, heat the coconut oil, butter or ghee. Add the carrots and garlic cloves and sauté for 2-3 minutes. Add walnuts and cook until carrots are softened.
3. Transfer cooked mixture to the blender or food processor. Add the red lentils, crushed black pepper, tahini, coriander powder, salt, parsley, lemon juice and olive oil.
4. Blend until smooth, using the lentil water to thin as needed.
5. Transfer to a bowl, garnish with parsley and serve.

Cashew Dip

Offered by Melissa L.

Makes 2 cups

1 ½ cups raw cashews, soaked overnight in water

1 teaspoon sea salt

1 teaspoon black pepper

½ cup diced red bell pepper

2-3 cloves fresh garlic, crushed

½ cup torn baby spinach leaves

1 tablespoon olive oil

1. Soak the cashews overnight in water in the refrigerator and drain.
2. Put all ingredients into a food processor and blend until smooth.

Asparagus Tapenade

Adapted from Get Healthy through Detox and Fasting by Don Colbert, MD

1 pound asparagus spears
 1 ½ tablespoons garlic, chopped
 ½ cup fresh basil
 ¼ cup pine nuts
 ½ teaspoon sea salt
 ¼ teaspoon ground black pepper
 3 tablespoons olive oil

1. Trim and wash asparagus and steam until tender but crisp, about 4-5 minutes.
2. Cut asparagus and place in a food processor, adding remaining ingredients, except oil.
3. Turn on processor and add olive oil slowly, processing until a paste consistency is reached.

Notes and Serving Suggestions: Spread on deli meat roll ups, onto Mary's Gone Crackers® or on a cauliflower pizza crust (see recipe on page 15). Wonderful dip for carrot, zucchini and celery sticks too. Try as a topper on salmon or a dip for grilled shrimp.

Garbanzo and Olive Pico de Gallo (TWIHW Signature Item)

Makes 1 ½ cup

1 can chick peas/garbanzo beans, rinsed and drained (15 ounce)
 2 cloves of garlic, minced
 ¼ cup lemon juice
 1 can black olives, chopped (4 ounce)
 2 Roma tomatoes, chopped
 ¼ cup chopped purple onion
 1 tablespoon fresh or 1 teaspoon dried cilantro
 ¼ cup olive oil

1. Lightly pulse chick peas in a food processor, making sure not to puree or mash. One to three quick pulses should break up the beans into pieces. Beans could also be put in a stainless steel bowl and chopped with a knife or scissors.
2. Add all ingredients together and gently toss until blended.

Notes and Servings Suggestions: A quick solution for preparation is to purchase an already prepared pico de gallo, draining well and combining with beans and olive oil. This recipe is wonderful with chopped avocado as well as baby shrimp. Black beans can also be substituted for chick peas. Try it with Beanitos™.

Spiced Pecans (Almonds, Walnuts or Cashews work well too)

Offered by Bernadette H.

Makes 2 cups

½ teaspoon each of ground cumin, chili powder, curry powder and garlic salt
 ¼ teaspoon each of cayenne pepper, ground ginger, cinnamon
 2 tablespoons grass fed butter or ghee (salted or unsalted, as desired)
 2 cups of pecans, almonds, walnuts or cashews

1. Preheat oven to 325°F.
2. Mix all spices together in a small bowl and set aside.
3. Melt butter in a skillet over low heat.
4. Add spice mixture, stir well and simmer to mellow the flavors and remove from heat.
5. Add the nuts and toss well to coat with spice mixture.
6. Spread nuts on a cookie sheet in a single layer, and bake for 15 minutes, stirring once in the process.
7. Spread the nuts on parchment paper to cool, sprinkling with extra garlic salt if desired.

Flavorful Toasted Pecans

Makes 4 cups

4 egg whites

4 cups of pecans

 $\frac{1}{4}$ - $\frac{1}{2}$ cup xylitol, erythritol or monk fruit

Extract or Spice of choice (vanilla, maple, cinnamon)

1. Whip the egg whites until fluffy, not too stiff.
2. Add the sweetener and flavorings. If using liquid extracts, start with $\frac{1}{4}$ teaspoon and add just a drop at time until you get the desired depth of flavor. Extracts are potent and too much will ruin the pecans.
3. Toss pecans in the egg whites and extracts, and then spread in a single layer on a cookie sheet using parchment paper underneath if desired.
4. Preheat the oven to 325°F and roast the pecans for 30-45 minutes until crunchy.

Notes and Serving Suggestions: Use other flavorings as desired. Remove the sweetener and use Italian, Mediterranean or Cajun seasonings with salt, if desired. Great for salads or as a portable snack.

Bacon-Wrapped Water Chestnuts (or cooked shrimp)*Offered by Bernadette H.*

Makes 35-40 pieces

2 cans sliced water chestnuts (8 ounce)

1 pound uncured bacon

5 ounces Bragg Liquid Aminos or coconut aminos

xylitol, erythritol or monk fruit

1. Marinate the water chestnut slices in Bragg Liquid Aminos for 3 hours, turning often.
2. Roll each water chestnut in sweetener, then wrap in $\frac{1}{2}$ strip of raw uncured bacon.
3. Secure the bacon using a tooth pick and place in a glass casserole dish.
4. Bake at 400°F for 15 minutes until bacon is partially crisp.
5. Turn on the broiler, watching carefully, to finish off the browning and crisping. DO NOT leave unattended in the broiler as they can burn very quickly.

Notes and Serving Suggestions: Can be made ahead, refrigerated until time to bake. Serve hot.

Guacamole

Makes 2 cups

4 medium, ripe Haas Avocados

Juice of 1 lime

 $\frac{1}{4}$ cup finely chopped onion or thinly sliced scallions $\frac{1}{4}$ cup finely chopped cilantro or parsley

1 jalapeño pepper, chopped, if desired

 $\frac{3}{4}$ teaspoons sea salt $\frac{1}{2}$ teaspoon cumin $\frac{1}{2}$ to 1 cup finely diced tomato

1. Peel and pit the avocado and put in a bowl. Using a fork, coarsely mash with a fork.
2. Stir in the remaining vegetables, herbs, and spices.
3. Finally, fold in the diced tomato and serve.

Notes and Serving Suggestions: It is hard to mess up guacamole! Feel free to experiment with type of onion, intensity/flavor of peppers, and consider adding or topping with black beans. Serve with Beanitos™ chips, stuff into a lettuce leaf or Simple Paleo Tortillas (see recipe on page 14), add baby shrimp or just enjoy with a fork or spoon!

Sweet Potato Chips

Serves 3-4

2 large sweet potatoes

 $\frac{1}{4}$ cup coconut oil

Sea salt and pepper to taste

1. Scrub well with a brush, especially if you prefer to leave the skin on. Or, if desired, peel the sweet potatoes.
2. Thinly slice either lengthwise or in round dials.
3. Using a large skillet, heat up the coconut oil over medium high heat.
4. Place an even layer of the sliced sweet potatoes into the hot skillet. Cook until golden brown, flipping each one with tongs, about 3 minutes on each side.
5. Remove individually from the pan and place on them on paper towels on a cookie sheet, tray or plate.
6. Repeat until all have been cooked.
7. Salt and pepper to taste.

Notes and Serving Suggestions: Cut lengthwise into large chips, these can serve well as replacement for a hamburger or hot dog bun. Consider other spices such as curry, cayenne, chili powder, or garlic salt. These are worth the effort but honestly may only serve three or four people once everyone tastes them!

Crackers, Breads, Tortillas and Pizza Crusts

Lemon Poppy Coffee Cake

From *The Plant Paradox Cookbook*, by Steven R. Gundry, MD, pg. 222

Makes 10 slices

1 ½ cups almond flour
¼ cup coconut flour
½ teaspoon salt
1 teaspoon baking soda
3 pasture raised eggs (or egg replacer)
½ cup Erythritol or Lakanto Monk Fruit Sweetener
¼ cup avocado oil
Juice of 3 lemons
Zest of 2 lemons
¼ cup unsweetened, canned, full fat, organic coconut milk
1 teaspoon vanilla extract
2 tablespoons poppy seeds



1. Coat 9 x 5 loaf pan with butter or ghee. Then line with parchment paper and preheat the oven to 350°F.
2. In a large bowl, whisk together the almond flour, coconut flour, salt and baking soda.
3. In a smaller bowl, combine the eggs, sweetener, avocado oil, lemon juice, lemon zest, coconut milk and vanilla extract.
4. Whisk the wet ingredients into the dry ingredients until well combined.
5. Fold in the poppy seeds and transfer the batter to the prepared loaf pan.
6. Bake for 35-45 minutes or until a toothpick inserted into the middle of the loaf comes out clean.
7. Let cool for a few minutes before running a knife around the edge of the pan to help remove the loaf. Gently turn over onto a plate or tray. Serve while still warm or at room temperature.

Pumpkin Bread

Adapted from *Keto Pumpkin Bread* by www.ketoconnect.net

Makes 3 mini loaves, or 1 standard 8 X 4 loaf pan.

6 large pasture raised eggs
1 ½ cups almond, pecan or hazelnut flour
½ cup pumpkin puree, make it generous
1 ½ teaspoon pumpkin pie spice
4 tablespoons erythritol or erythritol/monk fruit combination
¼ teaspoons vanilla extract
6 tablespoons grass fed butter, melted
¾ teaspoon sea salt
¼ cup chopped walnuts or walnut pieces

1. Preheat oven to 350°F. Butter the pan(s) to prevent sticking.
2. Combine all ingredients, except walnuts, into a bowl. Mix with a hand mixer or using a food processor.
3. Fold half of the walnuts into the batter.
4. Pour the mixture into greased pan(s) and top with the remaining walnuts.
5. Bake mini muffins or mini loaves for 30 minutes. If using the larger single loaf, bake until sides pull away slightly from the pan and a toothpick comes out of the center clean, about 45-55 minutes.

Notes and Serving Suggestions: This recipe has a wonderful texture and taste. However, it does not rise much so loaves and muffins are not high, but flat. Mini-muffins would work well too.

Herbed Crackers

Makes approximately 25-30 crackers

2 cups almond flour
 1 tablespoon plus 1 teaspoon olive oil
 1 large egg
 1-2 tablespoons minced dried herbs of your choice (rosemary, oregano, thyme, dill)
 ¼ teaspoon sea salt
 Parchment paper for rolling the dough

1. Preheat oven to 350°F.
2. Combine all ingredients in a medium mixing bowl and blend until dough is mixed and balled.
3. Roll out the dough between two pieces of parchment paper until the dough is ¼ inch thick.
4. Remove the top piece of parchment paper only. Using a knife or pizza wheel, cut the dough into 1 inch shapes of your choice. No need to separate.
5. Transfer the parchment paper with dough onto a cooking sheet and bake for 10-15 minutes or until golden brown. Allow them to cool and then break them apart into individual crackers.

Chipotle Chili Flax Crackers (Egg Free)

From Wheat Belly 10-day Grain Detox, by William Davis, MD

Makes 20 Crackers

1 cup finely ground golden flaxseeds
 ½ cup grated Pecorino Romano sheep cheese
 1 teaspoon sea salt
 1 tablespoon chipotle seasoning
 1 teaspoon onion powder
 ½ teaspoon ground red pepper
 1 ¼ cup filtered water

1. Preheat oven to 375°F. Grease an 11 X 8 inch shallow baking pan with ghee or butter.
2. In a large bowl, combine all ingredients except water, mixing well.
3. Pour the water into the dry ingredients and quickly mix until just combined. Pour immediately into baking pan and spread evenly. If the dough begins to firm up before you can spread it out, put a spoon under hot water for a few seconds and then use the wet, warm spoon to spread the dough to a uniform thickness.
4. Bake for 15 minutes. Turn the oven off and leave the pan in the oven for an additional 30 minutes. Remove from the oven and using a pizza cutter, cut into about 20 crackers.

Quinoa Bread/Toast (Egg Free)

Offered by Tami D.

Makes 4 slices (1 slice per serving)

¾ cup, quinoa
 ¼ teaspoon sea salt
 ½ teaspoon cayenne pepper
 ½ teaspoon baking powder
 ½ cup filtered water

1. Soak the quinoa in filtered water for 15 minutes. Drain well.
2. Add all ingredients into a blender or food processor and blend until smooth.
3. Line an 8 X 8 pan with parchment paper. Pour batter into the pan.
4. Bake at 450°F for 20 minutes. Cool and then cut into 4 equal sized squares.

Notes and Serving Suggestions: Toast and spread with avocado and fresh basil. The Cayenne pepper can be changed for any number of other flavor options. Consider garlic and onion, or Italian Seasonings or cinnamon. Recipe doubles well.

Simple Paleo Tortillas/Crepes*From StupidEasyPaleo.com*

Makes 3 eight inch tortillas

2 eggs

1 teaspoon melted ghee, butter or coconut oil

¼ cup arrowroot powder

1 teaspoon coconut flour

Pinch of salt

¼ teaspoon vanilla extract (if using a sweet, crepe application)

1. Crack the eggs into a medium sized bowl and whisk in the melted oil. For a thinner tortilla, add one tablespoon of water. If using the crepe application, add the vanilla extract.
2. Add the arrowroot powder, coconut flour and salt to the wet ingredients. Beat well to combine.
3. In a small skillet or omelet pan, over medium heat, pour in about 1/3 of the batter and immediately roll it around to evenly coat the bottom and spread the batter evenly. As it cooks, the batter will begin to pull away from the side of the pan around the edges. Cook for 1 minute then flip and cook for about 1 more minute.
4. Cool on parchment paper or paper towel and store in an airtight glass container.

Notes and Serving Suggestions: These work well as a soft taco with taco seasoned ground buffalo, chopped tomato, onion, avocado and topped with pico de gallo. Or create a burrito filled with chicken or pulled pork, mashed beans and topped with a tomatillo, salsa or tomato sauce. Also works well as a wrap for a lunchmeat sandwich. On the sweeter side, fill a warm crepe with unsweetened applesauce, cinnamon (with xylitol, erythritol or monk fruit, if sugar is desired) and chopped pecans for a delightful sweet treat.

Almond Flour Bread*From Maya Krampf of Wholesome Yum.com*

18, ½ inch thick slices

2 cups almond flour

¼ cup psyllium husk powder

1 tablespoon gluten free baking powder

½ teaspoon sea salt

4 large eggs, beaten

¼ cup coconut oil, measured solid, then melted

½ cup warm filtered water

1. Preheat oven to 350°F. Line the bottom of a 9 X 5 loaf pan with parchment paper.
2. In a large bowl, stir together the almond flour, psyllium husk powder, baking powder, and sea salt.
3. Stir in the eggs and melted coconut oil, then finally the warm water.
4. Transfer the batter to the lined baking pan. Smooth, press the top evenly with your hands, forming a rounded top.
5. Bake for 55-70 minutes, until an inserted toothpick comes out clean and the top is very hard, like a bread crust. Cool completely before removing from the pan.

Notes and Serving Suggestions: It will pass the toothpick test before it is completely done, so make sure the top is very crusty too.

Cauliflower Pizza Crust

From Yeast Free Living, <http://yeastfreeliving.com/yeast-free-cauliflower-pizza-crust/3.1.1251>

Serves 2

1 large head of cauliflower
½ cup filtered water
1 tablespoon olive oil
1 egg
½ teaspoon basil
½ teaspoon oregano
½ teaspoon garlic powder
¼ teaspoon salt

1. Wash cauliflower and remove leaves and stems. Cut the cauliflower into pieces that will fit into the mouth of the food processor.
2. Using the shred blade attachment, shred the cauliflower in the food processor. Alternatively, a hand shredder down in a large bowl works well as a manual option. The shred is the ideal way to accomplish a rice-like mimicry. Chopping is tasty but less visually identical to rice.
3. Preheat the oven to 450°F. Line a baking sheet or pizza stone with parchment paper
4. Combine the cauliflower and water in a medium saucepan and cook over medium heat for about 8 minutes or until cauliflower is soft. Allow to cool
5. Line a colander or mesh strainer with a dish cloth and pour cauliflower into the dish cloth.
6. Wrap the dish cloth around the cauliflower tightly and apply pressure and squeeze the excess water from the cauliflower.
7. In a medium bowl, combine the squeeze dried cauliflower, herbs and spices and egg, mixing thoroughly.
8. Using your hands, transfer the cauliflower-egg mixture onto the parchment paper and shape it into a pizza pie about ½ inch thick.
9. Bake for 30 minutes, until crust turns golden brown.
10. Remove from the oven and add your toppings, then return to the oven to cook for another 10 minutes.

Breakfast

Banana* Hemp Heart Muffins (Egg Free Option)

From www.manitobaharvest.com

¾ cup almond, pecan or hazelnut flour
 2 tablespoons coconut flour
 2 tablespoons hemp hearts/seeds
 2-3 teaspoons cinnamon
 ¼ teaspoon sea salt
 ½ teaspoon baking soda
 ½ teaspoon baking powder
 1 large, yellow banana, mashed
 ¼ cup unsweetened apple sauce
 1 tablespoon coconut oil, melted
 2 tablespoons, unsweetened nut or seed milk
 1 teaspoon vanilla extract



1. Preheat oven to 350°F.
2. Combine nut flour, hemp hearts, cinnamon, sea salt, baking soda and baking powder into a large bowl.
3. In a smaller bowl, combine wet ingredients, whisking together.
4. Add the wet ingredients to the dry ingredients and stir to combine.
5. Spoon batter into muffin tray and bake for about 15-20 minutes.
6. Remove from the oven and let cool completely before transferring to a cooling rack.

Notes and Serving Suggestions: **This is the **ONLY** instance during the HRP 28-day Protocol where a banana is authorized. Bananas are not allowed otherwise on the entire diet in any form or circumstance. The recipe may be used all 28 days and the banana should be yellow, not brown spotted. Once cooled, delicately put a knife under a muffin and lift it out with fingers. Once cooled, they freeze well. For convenience, consider freezing in snack bags by portion size. Then place all the snack bags into a larger freezer bag, pressing the air out. This allows for single portions to be removed as needed.

Quinoa Warm Breakfast Cereal (Egg Free Option)

Makes 1 Serving

½ cup quinoa seed
 ½-¾ cup liquid - unsweetened nut or seed milk or water
 1 tablespoon of butter, coconut oil or ghee
 1-2 tablespoons of chopped nuts, hemp, chia and/or coconut flakes
 Stevia, xylitol, erythritol or monk fruit, to taste

1. Place quinoa seeds, oil and nut milk in a pan on the stovetop and slowly simmer until quinoa expands and cereal takes on the texture of oatmeal (usually about 6-8 minutes).
2. Place in a bowl and add any combination of butter or coconut oil, nuts, coconut flakes, hemp, chia, cinnamon and preferred sweetener from choices above.

Notes and Serving Suggestions: Soaking the seeds overnight or for an hour prior to cooking can help to increase the creaminess of the cereal. Increase liquid to accomplish desired consistency. Be sure to keep temperature low and cooking time slow. Quinoa will burn fast and remain firm and uncooked if you try to speed the process by increasing temperature.

Blueberry Pancakes (Egg Free Option)

Serves 2-3

½ cup Almond or Hazelnut flour
 ¼ cup flax meal (scant)
 ⅓ cup coconut flour or approved protein powder (see HRP Instruction Booklet)
 ½ teaspoon baking powder
 ¼ teaspoon baking soda
 1 tablespoon xylitol, erythritol or monk fruit
 ¼ teaspoon salt
 ⅔ cup warm nut or seed milk
 ½ teaspoon almond extract
 1 teaspoon vanilla extract
 1 cup frozen blueberries (keep frozen until called for)
 Coconut oil or butter for the griddle
 1 can Thai Kitchen, organic, expeller pressed coconut milk

1. Combine the wet ingredients into a small bowl (not the blueberries yet)
2. In another larger bowl, combine all the dry ingredients.
3. Add the wet ingredients to the dry ingredients, combine them and allow to sit for a few minutes. The batter will thicken. You will scoop, not pour the batter.
4. Heat a skillet or griddle over medium heat and use butter or coconut oil to moisten the skillet or griddle. Now get out the frozen blueberries.
5. Drop a scoop of batter on to the skillet, spread out and push frozen berries down into the batter. Allow to cook for a few minutes and flip when the bottom is set.
6. Top with butter or the heavy cream from room temperature organic expeller pressed coconut milk. (Open the can and remove the heavy cream)

It's Not Oatmeal, Oatmeal (Egg Free Option)*Offered by Lori B.*

Makes 1 serving

4 ounces finely ground cauliflower, or frozen cauli-rice
 3 teaspoons unsweetened, shredded coconut
 1/3 cup almond, macadamia, hemp, cashew, pecan or flax milk
 1/3 cup water
 ¼ to ½ teaspoon glucomannan fiber
 ¼ teaspoon vanilla extract
 ½ to 1 teaspoon cinnamon
 ¼ teaspoon nutmeg
 1/8 teaspoon ground clove
 2 teaspoons or more xylitol, erythritol, monk fruit
 ½ ounce chopped walnuts or pecans
 ½ ounce berries (2nd two weeks of diet)

1. Place cauliflower, coconut, nut milk, water, glucomannan fiber, vanilla extract, cinnamon, nutmeg, clove and sweetener in a small saucepan.
2. Stir and cook on medium heat until blended and hot.
3. Put in a bowl and top with nuts and/or fruit.

Notes and Serving Suggestions: About 1 teaspoon of glucomannan fiber (a.k.a.konjac powder) will gel about one cup of liquid. It is very viscous and thickens well. Use sparingly, as it will gel up quickly and easily. It can be bought on line or in a health food store. It is a healthy, soluble fiber which helps give satiation. An easy substitution would be ½ teaspoon of coconut flour, which may lead to a coconut flavor but will also thicken the porridge.

Spiced Breakfast Porridge (Egg Free Option)

Makes 2 servings

1 acorn squash, roasted, seeded and pureed
 1 cup full fat coconut milk
 ½ cup unsweetened, shredded coconut
 2 teaspoons cinnamon
 ½ teaspoon powdered ginger
 ½ teaspoon nutmeg
 1 teaspoon vanilla extract
 ¼ teaspoon salt
 1 scoop vanilla approved protein powder (see HRP Instruction Booklet)

1. Put the squash puree and coconut milk in a medium saucepan. Add the coconut, cinnamon, ginger, nutmeg, and vanilla and stir until thickened.
2. Add the protein powder and stir until combined.
3. Simmer until desired thickness and serve warm. Top with nuts if desired.

Grainless Granola (Egg Free Option)

Makes 9, ⅓ cup servings

½ cup raw pecans
 ½ cup raw walnuts
 ½ cup raw hazelnuts
 ½ cup raw almonds
 ¼ cup raw pumpkin seeds
 ½ cup flaked or shredded coconut, toasted if desired
 ⅓ cup chia or hemp seed or both if desired
 ½ cup butter or ghee

1. In a food processor, pulse (some will only need 1-2 pulses, while others will need more) each nut individually until coarse, being careful not to reduce to a meal or powder. Pulsing pumpkin seeds is optional.
2. Combine all ingredients, except for chia or hemp seed, together in a bowl.
3. Melt ½ cup of ghee or butter in a large skillet at medium heat. Put ingredients into the melted butter, spread out over surface of the pan and stir occasionally over heat until coconut begins to brown, and nuts are fragrant. Stay with it as it can burn easily if left unattended.
4. Cool on parchment paper.
5. Toss in the chia or hemp seed, and place contents into a gallon size freezer bag or container. Seal the bag, or place the lid on the container, shake it up and store in the refrigerator or freezer. (These ingredients really don't get hard or freeze but it is a good place to save refrigerator space and keep granola fresh. Makes just over 3 cups.

Notes and Serving Suggestions: Spice the mix up with cinnamon, allspice or dried orange peel. Put ⅓ cup in a small bowl and pour unsweetened nut or seed milk on top for a breakfast cereal. Top with fresh berries if desired. Or mix entire recipe with ¾ cup peanut or almond butter and ½ stick of melted butter and press into a baking dish for no bake nutrition bar. Or roll into balls and coat with additional coconut flakes. Could also be used to sprinkle over the top of baked or mashed sweet potato or acorn squash or mixed with unsweetened applesauce. Other nut options include cashews, pine nuts and brazil nuts.

Protein Breakfast Shake (Egg Free Option)

Serves 1

1 scoop approved protein powder (see HRP Instruction Booklet)
 8 ounces of water or unsweetened nut or seed milk
 1-2 tablespoons of healthy fat (see below for options)
 Ice Cubes or Frozen chunks of cucumber

1. Place all ingredients in a blender and blend until smooth.
2. Manage thickness as desired with ice cubes and liquid.

Notes and Serving Suggestions: Be sure to inquire if your protein powder meets the requirements of the protocol before using it. Your HRP instruction booklet lists several approved options on page 26. Cucumber, spinach, kale, ginger, and lemon can be added to the shake at any time during the 28 day protocol. Fruit may only be added on day 15-28 and should be limited to ½ cup of frozen berries, or ½ of a small apple. Always include a healthy fat to keep you full for 4 or more hours such as avocado, chia seed, nut butters, nuts, ground flaxseed or avocado oil.

Chia Pudding with Blackberries, Coconut and Pistachios (Egg free option)

From www.hello@copymethat.com

Makes 1 large serving, or 2 smaller servings, (Approved day 14-28)

½ cup blackberries
 3 tablespoons chia seed
 1 cup unsweetened nut milk
 ¼ teaspoon vanilla extract
 1 tablespoon unsweetened shredded coconut
 1 tablespoon erythritol or stevia, if desired
 10 raw, unsalted pistachios

1. In a small mixing bowl, crush the blackberries with a fork so they are the consistency of a thick jam.
2. Add chia seeds, nut milk, vanilla extract and shredded coconut and stir to combine.
3. Transfer to a small airtight container and refrigerate overnight.
4. When you are ready to eat the pudding, roughly chop the pistachios and sprinkle them on top.

Winter Squash Quick Sauté (Egg Free Option)

Serves 1

1 cup, leftover spaghetti squash or butternut squash
 3 link sausages or 3 slices of bacon, cooked
 1 tablespoon, shelled pumpkin seeds
 2 teaspoons of butter or coconut oil

1. Heat a small skillet on medium low. Add the sausage or bacon and pumpkin seeds and sauté for 30 seconds.
2. Add leftover squash and continue to sauté until heated through.

Notes and Serving Suggestions: This is a quick breakfast when you have anticipated leftovers or cooked bacon ahead of time. Many of the all-natural link sausages are precooked which makes this even faster. You may also use all natural pork sausage crumbles. Butter or oil may not be needed if bacon or sausage releases enough oil to finish the sauté.

Heavenly Hash (Egg Free Option)

1 serving

3 ounces leftover meat of choice (ground, chopped or cubed)
 ½ cup, leftover sweet potato or cauliflower
 1 bell pepper, chopped
 ¼ cup sweet onion, chopped
 2 teaspoons butter
 Salt and pepper to taste

1. Sauté bell pepper and onions in butter until tender.
2. Add remaining ingredients and stir until heated through.

Notes and Serving Suggestions: Leftover pork sausage, ground beef, bacon or turkey work well. Uncooked shredded sweet potato, or raw, small cauliflower pieces, also work well.

Hash Brown Sweet Potato and Bacon (Egg Free Option)

Serves 2

1 medium sweet potato (5-7 ounces)
4-6 slices uncured bacon, cooked and crumbled
2 tablespoons chopped pecans
1 tablespoon butter
Cinnamon, salt and pepper to taste

1. Wash the sweet potato well. Grate the whole potato with skin.
2. Melt butter in a skillet on medium heat and put the grated sweet potato in the pan, spread evenly. Add the cinnamon, salt and pepper to taste. Wait until potato begins to brown before turning. Once turned and browning, add cooked, chopped bacon and pecans and continue cooking until browned.

BLT Breakfast (Egg Free Option)

Serves 1-2

2 large romaine lettuce leaves
1 tomato, sliced
1 avocado, small, peeled, pitted and sliced
4 slices, bacon or 4 link sausages, cooked
Mayonnaise or hummus, if desired
Mustard, scratch made, if desired
Pepper, to taste

1. Wash lettuce leaves and dry with a towel
2. Spread desired mayonnaise or mustard on lettuce leaves
3. Layer tomato slices, avocado and bacon or sausage down the middle of the leaves
4. Roll outer leaf edges up around ingredients and eat like a taco

Paleo Breakfast Bread*From paleoforkids.net*

Makes 4 portions

½ cup all natural creamy almond or peanut butter
2 eggs
2 tablespoons xylitol, erythritol or monk fruit
1 tablespoon cinnamon
1 teaspoon vanilla extract
¼ teaspoon salt
¼ teaspoon baking soda

1. Mix nut butter in a large bowl until creamy with an electric hand mixer or food processor.
2. Add in eggs, choice of sweetener above, vanilla extract, salt and baking soda.
3. Mix until all ingredients are nicely combined, and batter thickens.
4. Grease the bottom of an 8x8 baking dish with coconut oil, ghee or butter.
5. Put the batter into the greased baking dish and bake at 325°F for 15 minutes or until a toothpick comes out clean. Cool before serving. Can also use loaf or muffin pan. Adjust cooking time accordingly.

Pancakes and Berry Syrup

Makes 6, 4 inch pancakes (*Pancakes approved all 28 days, Berry Syrup approved days 14-28 only*)

Pancakes

1 cup almond flour
 2 eggs
 2 tablespoons ground flax seed (optional)
 2 tablespoons coconut oil or butter
 ¼ cup water (use sparkling water for fluffier pancakes)
 ¼ teaspoon salt
 1 tablespoon xylitol, erythritol or monk fruit

1. Place all of the ingredients in a bowl and blend well.
2. Heat a griddle to medium heat and spoon onto griddle. When underside is brown, flip. (Use additional butter or ghee if needed to prevent sticking on griddle/pan)

Berry Syrup

Makes a generous cup
 ½ cup each of blueberries, raspberries and strawberries, fresh or frozen
 ¼ cup water
 Pinch of salt
 ¼ cup xylitol, erythritol or monk fruit

1. Put ingredients in saucepan and bring to a boil, cooking for about 5 minutes.
2. Remove from heat and mash fruit with a potato masher or fork to break down larger berries. Return to stove top and simmer for another 2 minutes and serve. Mixture will thicken as it cools.

Carrot Apple Power Muffin (Can be Egg Free)

Makes 12 standard sized muffins (*Approved all 28 days*)

1 cup oat flour
 1 cup old fashioned oats
 ½ cup xylitol, erythritol or monk fruit
 ½ teaspoon baking powder
 4 eggs (see replacement below in Notes)
 ¼ cup shredded carrots
 ¼ cup finely chopped Granny Smith apple
 1-2 teaspoons vanilla or almond extract
 ½ teaspoon cinnamon
 ½ cup chopped walnuts
 Cupcake papers

1. Preheat oven to 375°F.
2. Mix together all of the dry ingredients in one large bowl.
3. Break eggs, separating whites from yolks into two different bowls. Beat whites until light and fluffy.
4. Mix together the egg yolks and vanilla or almond extract and then stir into the dry ingredients.
5. Next fold the egg whites into the mixture and finally fold in the carrots, apples and nuts.
6. Line muffin pan with cupcake papers and spoon batter into them.
7. Bake 8-10 minutes or until a toothpick comes out clean.

Notes and Serving Suggestions: These freeze well. We recommend certified gluten free oat flour and oats as the best choice for good nutrition. Egg substitution for this recipe is 4 tablespoon of flax mixed with 12 tablespoons of water equals four eggs.

Easy Egg Frittatas

Makes 12 standard muffin size frittatas

1 ½ cups chopped or shredded veggies of choice (bell pepper, zucchini, asparagus, spinach, mushrooms, onion, and/or cherry tomato)

6-8 eggs

½ cup unsweetened nut or seed milk (optional- coconut, flax, almond or cashew)

¼ teaspoon salt

⅛ teaspoon pepper

½ cup goat or sheep cheese, shredded or crumbled

1. Preheat oven to 350°F. Rub 12 muffin cups generously with butter, ghee, duck fat or bacon drippings.
2. Prepare vegetables. They can be used raw or if desired, lightly sautéed first in a pan.
3. Whisk eggs, milk, salt, and pepper together in a bowl.
4. In the bottom of each muffin tin, place a portion of the chopped and shredded vegetables filling to the halfway point.
5. Sprinkle these with 1-2 teaspoons of cheese.
6. Finally, pour the egg mixture over the top, filling each muffin cup almost to the top. (At this point, these can be put in the refrigerator overnight and baked the next morning if desired).
7. Bake in oven for 20 minutes or until they are set in the middle and lightly browned.

Notes and Serving Suggestions: Consider fresh herbs such as basil or rosemary to add to the mix. Chopped pre-cooked bacon or sausage also adds well. Leftovers are a great portable snack.

Avocado Egg Bake

Serves 2

1 Avocado, just ripe

2 Eggs

Seasonings and Toppings of choice

1. Preheat oven to 425°F. Cut the avocado in half and remove the pit. Do not peel. Place the avocado halves in a baking dish or ramekin to hold them upright.
2. Crack an egg into the hole of each avocado.
3. Add herbs and seasonings as desired. Consider salt, pepper, lemon pepper marinade, cayenne, curry, turmeric, rosemary, basil, chives, or dill.
4. Bake for 15 minutes or until egg reaches desired doneness.
5. Serve, topped with items of your choice such as salsa, chopped bacon or sausage crumbles. Enjoy with a spoon.

Fiesta Frittata

Serves 2-3

4 large eggs

2 medium scallions, chopped

12 cherry tomatoes, diced

1 tablespoon butter

1 medium avocado, peeled and diced

1 small fresh chili pepper, diced

1. Beat eggs in a medium bowl. Add tomato, avocado, chili pepper and scallions and mix together.
2. Place skillet on stovetop at medium heat and melt butter, spreading the oil over the surface of the pan.
3. Add the egg mixture, cover the skillet and reduce heat to simmer. Check at 5 minutes for desired doneness and cook until set. Serve with salsa.

South of the Border Scramble

Serves 4-6

1-pound ground turkey or pork sausage
 1 cup vinegar free pico de gallo/salsa
 8 large eggs
 1 avocado, diced
 2 cups of fresh baby spinach, room temperature, if desired

1. Brown the meat in a skillet. Drain excess fat if necessary. Reduce the heat and add the pico/salsa and stir well.
2. Open eggs into a bowl and beat. Then add to the skillet, stirring as the eggs cook.
3. Serve on a plate or in a bowl, on top of fresh spinach if desired, and topped with chopped avocado.

Asparagus Quiche*Holiday and Company Event, Classy*

Serves 4

8 slices bacon, cooked and chopped
 ¼ cup unsweetened nut or seed milk
 ½ teaspoon ground mustard seed
 ¼ teaspoon nutmeg
 7 eggs
 1 ½ pound fresh asparagus
 Salt and pepper to taste
 1 almond flour pie crust (see Desserts)

1. Wash asparagus and break off tough ends. Asparagus will break where toughness begins. Save 12 whole spears for the top of the quiche. Chop the remaining spears into ½ inch pieces and steam lightly over water. Set aside both.
2. Prepare the pie crust. (See pg. 76)
3. Preheat oven to 375°F.
4. Sprinkle the bottom of the pie crust with the chopped bacon and steamed asparagus, spreading evenly.
5. Beat eggs with nut/seed milk, ground mustard seed, nutmeg, salt and pepper. Pour the egg mixture into the pie shell.
6. Arrange the 12 whole asparagus spears in a spoke design around the top of the dish.
7. Bake 40 minutes or until puffy and golden.

Zucchini Pancakes

Makes 8 small pancakes

Serves 2

3 eggs
 1 tablespoon coconut flour
 Salt and pepper
 2 cups zucchini, shredded
 Coconut oil or bacon grease from uncured bacon

1. Beat the eggs with the coconut flour, salt and pepper.
2. Mix in the shredded zucchini until well combined.
3. Melt oil in a skillet over medium-low heat.
4. Spoon the mixture into the skillet in cakes that are approximately 4-6 inches in diameter.
5. Cook until they hold together and then flip to brown the other side.
6. Serve warm or at room temperature.

Coconut Flour Waffles

Makes 4 waffles

4 tablespoons melted butter or coconut oil
 6 eggs
 ½ teaspoons liquid stevia
 ½ teaspoons sea salt
 ½ teaspoons non-aluminum baking powder
 ½ cup coconut flour

1. Put the butter and eggs in a blender and blend until well combined.
2. Add the stevia, salt and baking powder and blend again.
3. Add coconut flour and blend until there are no lumps.
4. Pour the batter into a preheated, greased waffle iron and cook until waffles are golden brown.

Notes and Serving Suggestions: During the first two weeks, perhaps a nut butter, plain butter or the No Sugar Cinnamon Sugar recipe sprinkled on top of them would work well. During the second two weeks when fruit is allowed, see the Berry Syrup recipe on page 21.

German Pancakes

Makes 12 servings

¼ cup coconut oil
 12 eggs, beaten
 1 cup almond, hazelnut or pecan flour
 1 cup shredded, unsweetened coconut
 ¼ teaspoon salt
 1 teaspoon cinnamon

1. Preheat oven to 325°F.
2. Put the coconut oil in an 11 X 13 baking dish and put the dish in the oven while preheating to melt and warm the oil. Remove from the oven.
3. Combine the rest of the ingredients in a large mixing bowl and pour into the hot pan.
4. Bake for 15-20 minutes until the center is cracked and the sides are pulling away from the pan.
5. Slice and serve warm (with fresh berries on top during days 14-28).

Notes and Serving Suggestions: Also see the Berry Syrup recipe (days 14-28) or the No Sugar Cinnamon Sugar as topping options.

Creamy Yeast Free Coffee

1 Serving

¼ -½ Unsweetened Almond or Coconut milk
 1 tablespoon grass-fed butter
 1 teaspoon vanilla extract
 1 teaspoon xylitol, erythritol or monk fruit
 ½ teaspoon or a couple shakes of turmeric (can't taste but good for you!)
 10-12 ounces fresh brewed coffee

1. On low heat in a small pan, combine nut milk, butter, vanilla extract and sweetener.
2. Add the coffee and continue to heat until desired temperature.
3. Remove from heat and carefully insert a hand-held immersion blender into the mix and blend until foam is formed generously on top.

Notes and Serving Suggestions: Consider cinnamon as another addition, or unsweetened cocoa powder. Work with the amounts to get the preferred amount of milk and texture/thickness. Because of the fat content from the coconut milk and butter, this can be a very uplifting and filling way to start the day. Canned, organic, expeller pressed coconut milk is wonderful with this.

Seasonings, Condiments and Sauces

Taco Seasoning Mix

Makes 1 cup, stores up to one year in airtight container

2 tablespoon chili powder
 5 teaspoons sweet paprika
 4 teaspoons ground cumin
 1 tablespoon onion powder
 2 teaspoons sea salt
 2 ½ teaspoons garlic powder
 1/8 teaspoon cayenne pepper

1. Combine the ingredients together and store at room temperature in an airtight container.
2. Use 3 tablespoons of the mixture with 1 pound of meat and adjust to taste.



No Sugar Cinnamon Sugar

Makes 2/3 cup

½ cup erythritol
 2 tablespoons cinnamon

1. Put both ingredients in a mini-prep food processor and pulse until well combined. (This does help blend the two ingredients together well and is worth the effort.)
2. Store in an airtight container at room temperature.

Notes and Serving Suggestions: Sprinkle on top of pancake, waffle and warm cereal recipes in this book. Add to unsweetened organic applesauce or top off a buttery sweet potato or winter squash.

Non-Dairy Macadamia “Parmesan” Cheese

2-3 Macadamia Nuts per serving
 Micro-grater

1. Simply grate the macadamia nuts into light, fluffy “cheese” and dress whatever you desire.

Notes and Serving Suggestions: There are several micro-graters in the market place with finger protectors on them.

Guiltless Mayonnaise

Makes about 1 cup

1 large egg
 4 teaspoons freshly squeezed lemon juice
 ½ teaspoon ground mustard seed powder
 ¼ teaspoon fine sea salt
 ¼ teaspoon ground white pepper
 1 cup olive oil

1. In a blender or food processor, combine the egg, lemon juice, mustard, salt and pepper, blending until well combined.
2. With the power running, add the oil in very slowly in a thin, steady stream and blend the dressing until thick and smooth. Refrigerate in an air tight container for up to one week.

Wellness Mama® Healthy Homemade Mayonnaise

From <http://wellnessmama.com/1739/healthy-mayonnaise/>

Makes about 1 ½ cups

4 egg yolks at room temperature

1 tablespoon lemon juice

1 teaspoon regular or Dijon mustard or ½ teaspoon dried mustard

Salt and pepper

2/3 cup olive oil

2/3 cup coconut oil (warm) or other healthy option such as macadamia or avocado)

1. Put egg yolks into a blender or bowl and blend/whisk until smooth.
2. Add lemon juice, mustard, salt and pepper and blend until mixed.
3. SLOWLY add oil while blending or whisking at a low speed, starting with the olive oil. *Start with a drop at a time* until it starts to emulsify and then keep adding slowly until all oil is incorporated. This will prevent separation. Once it separates you cannot fix it so follow these instructions carefully for success.

Stores in the refrigerator for up to 1 week.

Tartar Sauce

Makes 1 ½ cups

1 ½ cups mayonnaise

1 hardboiled egg, chopped

1 tablespoon capers, well drained and dried, chopped*

1 tablespoon parsley, finely chopped

1 teaspoon Dijon mustard powder (Colemans)

Sea salt and pepper to taste

1. *Bubbies brand dill pickles and dill relish do not contain vinegar. If available to you, replace capers with chopped dill pickles from Bubbies. Do not use pickles with vinegar in them.
2. If using capers, place tablespoon of capers on a paper towel and roll up and squeeze or press a little to remove as much moisture/vinegar as possible.
3. Combine all ingredients in a bowl and chill.

Notes and Serving Suggestions: Dill weed can also make a very nice addition to this sauce. Another alternative to pickles or capers is finely chopped cucumber and onion. Use with grilled or pan-fried fish.

Homemade Ketchup

Makes 2 cups

2 cups tomato juice

2 cups tomato paste

2 cloves of garlic, separated and peeled

¼ cup lemon juice

1-2 tablespoon xylitol, erythritol or monk fruit

1. Combine first 4 ingredients in a large saucepan.
2. Bring it to a boil, then reduce the heat and simmer uncovered for about an hour or until desired thickness is reached.
3. Remove the garlic cloves using a slotted spoon.
4. Add the sweetener to desired sweetness and simmer for 5 minutes more.
5. Store in the refrigerator.

Mild Mustard

Makes about $\frac{3}{4}$ cup

$\frac{1}{2}$ cup mustard powder

$\frac{1}{2}$ cup water

Sea Salt to taste

1. Combine dry mustard and water in small bowl.
2. Let stand for 15 minutes. Serve

Notes and Serving Suggestions: Add flavor by adding herbs such as dill, turmeric, parsley, lemon or lime zest or juice. If you wish to thicken it, add a pinch of coconut flour or garbanzo bean flour. For spicier mustard, substitute mustard powder for Coleman's brand mustard powder. It is a Dijon type mustard powder.

Classic Basil Pesto

Makes 1 Pint

2-4 cups fresh basil

$\frac{1}{2}$ cup olive oil

$\frac{1}{2}$ cup grated Pecorino Romano Sheep Cheese

$\frac{1}{2}$ cup pine nuts

2 cloves garlic for every cup basil leaves

Zest and juice of one lemon

Sea salt and pepper, to taste

1. Combine basil, cheese, nuts, garlic and lemon juice and zest in a food processor and pulse or blend until well combined.
2. While blending, add the olive oil slowly until desired consistency is achieved.
3. Season with salt and pepper to taste.
4. Store in a pint-sized mason jar in the refrigerator.

Notes and Serving Suggestions: Wonderful topping for meats and fish, dip for crackers, or toss with black bean spaghetti or spaghetti squash.

Sundried Tomato Pesto

Makes 1 pint

4 cups fresh basil

$\frac{1}{2}$ cup pine nuts

10-15 sun-dried tomatoes (packed in olive oil, or dried and reconstituted in filtered water)

2-3 garlic cloves

1 cup olive oil

Sea salt and pepper

1. Combine basil, pine nuts, sun-dried tomatoes, and garlic cloves in a food processor and pulse or blend until well combined.
2. While blending, add the olive oil slowly until desired consistency is achieved.
3. Season with salt and pepper to taste.
4. Store in a pint-sized mason jar in the refrigerator.

Notes and Serving Suggestions: Wonderful topping for meats and fish, dip for crackers, or toss with black bean spaghetti or spaghetti squash or fresh spinach or kale.

Marinade for Fish, Chicken or Beef

Makes one cup

½ cup lemon juice
½ cup olive oil
1-2 minced cloves of garlic, to taste
2 teaspoons fresh ground pepper
Fresh herbs, chopped (Parsley, Basil, Dill, Tarragon, Rosemary)

1. Combine all ingredients together, pour over meat and cover.
2. Refrigerate for 4-8 hours.

Notes and Serving Suggestions: There are many spice blends on the spice aisle and work well in lieu of fresh herbs. Bragg Organic Sprinkle would be an excellent choice and 1 tablespoon would do the trick. A basic Italian Seasoning would be another good choice. Tony Chachere's has numerous blends that work well.

Lemon Butter Sauce

Makes ½ cup

½ cup of butter or ghee
Juice of one lemon
¼ teaspoon of lemon pepper marinade or pepper
Salt to taste

1. Melt butter in a small skillet on medium low heat.
2. Add lemon juice and seasonings.
3. Remove from heat and serve over vegetables, fish, lamb or chicken.

Notes and Serving Suggestions: Other additions for flavor and flare include 1 Tablespoon of drained capers, or minced fresh herbs such as dill, mint, basil or rosemary.

Easy Hollandaise Sauce

Makes a generous half cup

½ cup mayonnaise
1 tablespoon fresh lemon juice
1 large egg yolk
¼ teaspoon salt
Pinch of ground nutmeg, to taste

1. Place mayonnaise and lemon juice in a small sauce pan.
2. Add egg yolk and salt and stir continually with a whisk over medium heat.
3. When hot, but not boiling, stir in the nutmeg and remove from heat immediately and serve.

Notes and Serving Suggestions: Perfect to put on asparagus or dip artichoke leaves. Great topping for a steak or salmon.

Tomato Topping for Meatloaf, Chicken or Fish

Makes ⅓ cup

6 tablespoons tomato paste
¼ cup fresh lemon juice
⅓ teaspoon dried oregano
⅓ teaspoon dried basil or minced fresh basil to taste
¼ teaspoon onion powder

1. Put all the ingredients in a small bowl, mix well.
2. Works well as a replacement for ketchup also.

Peanut Sauce

Makes about 1 ½ cup

1 cup roasted peanuts
 ½ cup Bragg Liquid Aminos
 ¼ cup xylitol, erythritol or monk fruit
 ½ cup water
 3 cloves minced garlic
 ½ cup sesame oil
 ½ teaspoon ground black pepper

1. Process peanuts in a food processor until finely ground, flour like texture.
2. Add the remaining ingredients and mix until a smooth paste has formed.
3. Can be stored in the refrigerator until ready to use at this point for 5-7 days.
4. When ready to use, gently warm in a pan on the stove.

Notes and Serving Suggestions: Perfect for dipping kabobs. Try shrimp or chicken, onion and bell pepper squares. Or, sauté chicken, pork or beef with veggies and stir in this sauce. Serve with quinoa or cauliflower rice.

Spaghetti Sauce

Makes 3-4 cups

1 onion, finely chopped
 1 can tomato paste, (6 ounce)
 1 can tomato sauce (8 ounce)
 1 large can stewed or roasted and crushed tomatoes (28-ounces)
 ½ green bell pepper, finely chopped
 1 tablespoon grass fed butter or ghee or coconut oil
 ¼ teaspoon garlic powder
 ¼ teaspoon pepper
 ½-1 teaspoon oregano or Italian seasonings

1. Melt butter in a large skillet and brown the onion, green pepper, garlic powder, pepper and oregano on low heat.
2. Add the paste, sauce and tomatoes, simmer for at least 30 minutes.

Notes and Serving Suggestions: Other nice additions include fresh chopped basil leaves, frozen or fresh spinach leaves or additional garlic. While browning vegetables, meat such as bison, venison, grass fed beef or uncured Italian sausage can also be added. Serve over spaghetti squash, Asian Cuisine Black Bean Spaghetti or on a bed of lightly steamed spiralized zucchini or carrot noodles.

Sesame Oil with Lemon Sauce

Makes just over 1 cup

1 cup sesame oil (Spectrum brand recommended)
 4 tablespoons water
 Juice of 3 lemons
 1 clove garlic, crushed
 ½ teaspoon sea salt
 2 tablespoons parsley, chopped

1. Put sesame oil in a large bowl and add cold water. Stir until it begins to thicken.
2. Add the lemon juice, which will thin it again. Stir until smooth.
3. Add the mashed garlic and salt to the mixture. Use parsley as a garnish.

Notes and Serving Suggestions: This is an excellent sauce for shrimp, salmon and other similar fish. It pairs nicely with lamb and steak as well. It is also a very nice toss for Brussels sprouts, eggplant or cauliflower.

Cilantro Jalapeño SauceMakes $\frac{3}{4}$ cup

4 jalapeños, remove stem, halved
2 cups loosely packed cilantro, stems removed
 $\frac{1}{2}$ cup mayonnaise (Hain, Primal Kitchen, Chosen Foods, Spectrum)
2 cloves garlic
Juice of 1 lime
 $\frac{1}{4}$ teaspoon sea salt
 $\frac{1}{2}$ cup olive oil

1. Remove jalapeño seeds for a milder taste, if desired.
2. Place jalapeños cilantro, mayonnaise, garlic, lime juice and salt in the bowl of a food processor and process until blended.
3. With the motor running, slowly add olive oil to the mixture in a slow stream until emulsified.

Suggestions and Notes: Use as a dipping sauce for raw or cooked vegetables and Beanitos™. Or, use as a topping sauce for meats, fish, and poultry.

Cranberry Sauce/RelishMakes 1 $\frac{1}{2}$ cup

12 ounces fresh cranberries
1 cup powdered erythritol (Swerve brand is ideal)
 $\frac{3}{4}$ cup filtered water
1 teaspoon orange zest
 $\frac{1}{2}$ teaspoon vanilla extract

1. Combine the cranberries, water, erythritol and orange zest in a medium saucepan. Bring them to a boil, then reduce heat to a gentle simmer. Simmer for 10-15 minutes until the cranberries pop and a sauce forms.
2. Remove from the heat. Stir in the vanilla extract.
3. Refrigerate. (The powdered form of erythritol prevents crystallization in frig. If serving right away, granular is fine.)

Salad Dressings

Ranch Dip/Dressing (TWIHW Signature Recipe)

Makes 1 cup

1 cup mayonnaise
1 tablespoon Bragg Organic Sprinkle (increase if desired)
1 teaspoon dill weed
Salt to taste.

1. Combine all ingredients together in a bowl or jar.
2. Put in the refrigerator for a couple hours to develop flavors
3. Thin with olive or avocado oil, if desired for a pourable, thin consistency.

Notes and Serving Suggestions: Works well with homemade mayonnaise recipe in the Condiment section. Garlic can be added if desired.



Basil and Garlic Dressing

Makes a 1 ¼ cup

1 cup olive oil
6 stems fresh basil
4 large cloves of garlic, coarsely chopped
¼ cup fresh lemon juice
1 teaspoon each, salt and pepper, to taste

1. Pour olive oil into a 16-ounce jar.
2. Rinse basil leaves, remove from stems and place whole down into the oil.
3. Add the garlic to the oil and put the lid on the jar securely.
4. Set jar on a sunny window sill for 2-7 days (more time, more flavor). Shake the bottle daily.
5. When ready, strain liquid into a measuring cup or another jar, discarding the leaves and garlic bits. Add lemon juice and then salt and pepper to taste.

Raspberry Dressing (TWIHW Signature Recipe)

Makes about 1 cup

½ cup Polaner All Fruit Seedless Raspberry Spread
⅓ cup of water
2 tablespoons fresh lime juice
1 teaspoon dried cilantro or fresh, chopped
Salt and pepper to taste
¼ cup olive oil

1. Combine the fruit spread, water, lime juice, and fresh cilantro together in a blender or whisk until blended.
2. Add oil and blend again.
3. Taste and edit with salt and pepper if desired.

Notes and Serving Suggestions: It is important due to sugar content that portion be limited to 1-2 tablespoons per serving. Lemon juice may be used instead of lime juice. A teaspoon of dried mustard powder adds a nice twist to this recipe as well. Polaner All Fruit can be found in most Jam/Jelly sections of the grocery store or on line.

Avocado & Lemon Herb Dressing

Makes 1 cup

1 medium avocado, peeled, pitted and quartered
½ cup olive oil
½ cup water
¼ cup fresh lemon juice
2 tablespoons fresh basil, chopped
2 tablespoons fresh parsley, chopped
1 tablespoon fresh oregano, chopped
1 tablespoon fresh thyme, chopped
1 teaspoon fresh sage, chopped
1 teaspoon fresh rosemary, chopped
1 teaspoon salt

1. Place avocado in a blender or food processor and blend until creamy.
2. Add remaining ingredients and blend until smooth.
3. Pour into a mason jar and refrigerate until ready to serve.

Notes and Serving Suggestions: Dried herbs work well. Use about half the amount. This makes a delicious béarnaise sauce imitation for steak as well when gently warmed on the stovetop.

Simple Avocado Dressing

Makes about 1 cup

2 ripe avocados, peeled and cored
½ cup olive oil
½ cup lemon juice
2 tablespoons Italian Herb seasoning
1 teaspoon salt

1. Place all the ingredients in the blender and blend until smooth
2. Adjust lemon and spices to taste. It is hard to mess this one up!

Notes and Serving Suggestions: Adding chopped bacon pieces to this one is a nice alternative.

Classic Italian Dressing

2/3 cup olive oil
½ cup fresh lemon juice
½ cup water
2 large garlic cloves, minced
1 tablespoon fresh oregano
1 tablespoon fresh basil
1 tablespoon fresh sage
½ teaspoon salt
¼ teaspoon pepper

1. Combine all ingredients in a small bottle or jar with a tight-fitting lid.
2. Refrigerate several hours and shake well before serving.

Notes and Serving Suggestions: Dried herbs may also be substituted. Also works well as a marinade for vegetables or meats.

Pomegranate, Ginger and Cashew Dressing (TWIHW Signature Recipe)

Makes 1 cup

½ cup Pom brand pomegranate juice
½ cup olive oil
2 tablespoons fresh ginger
1-2 tablespoons xylitol, erythritol or monk fruit
½ cup cashew nuts.

1. Place all the ingredients in a blender and blend until smooth.
2. Refrigerate up to 4 days.

Notes and Serving Suggestions: Because of the sugar in the pomegranate juice, it is important to limit serving size to 2 Tablespoons.
Excellent on cabbage slaw, spinach salad or kale.

Lemon Tarragon Dressing (using lemon essential oil)

Makes 1 cup

1 tablespoon fresh tarragon, or 1 teaspoon dried
1 tablespoon fresh basil, or 1 teaspoon dried
1 cup olive oil
1/8 teaspoon black pepper
1/8 teaspoon red pepper flakes
1-3 drops lemon essential oil (We recommend doTERRA brand)

1. In a glass container, combine all ingredients together, mixing well.
2. Adjust the lemon oil to taste.

Notes and Serving Suggestions: More than just a salad dressing, this mixture works well as a topping for fish, steamed vegetables such as asparagus, grilled tomato or as a dip for steamed artichoke.

Poppy Seed French Dressing

Makes 1 cup

½ cup olive oil
¼ cup fresh lemon juice
1 large clove of garlic, minced
½ teaspoon salt
½ teaspoon fresh basil, chopped or ¼ teaspoon dried
1 teaspoon fresh thyme, chopped or ½ teaspoon dried
1 teaspoon fresh tarragon, chopped or ½ teaspoon dried
½ teaspoon ground paprika
½ cup xylitol, erythritol or monk fruit
¼ cup poppy seeds

1. Combine all ingredients in a blender or food processor, cover and blend.
2. Refrigerate for 1 hour or more before serving.

Creamy Tomato Herb Dressing

Makes 1 cup

½ cup olive oil
1 large tomato
½ cup fresh lemon juice
2 large cloves garlic, crushed
½ teaspoon salt
1 tablespoon fresh thyme or ½ teaspoon crushed dried
1 tablespoon fresh tarragon, chopped or ½ teaspoon dried
4 teaspoons xylitol, erythritol or monk fruit
½ teaspoon ground paprika

1. Place all ingredients in a blender, food processor or jar and blend/shake well.
2. Refrigerate before serving.

Thousand Island Dressing

Makes ½ cup

½ cup mayonnaise
1 tablespoon fresh lemon juice
1 tablespoon tomato sauce
1 teaspoon grated yellow onion or minced dried onion
1 tablespoon fresh basil, finely chopped or 1 generous teaspoon dried
¼ large red bell pepper, finely chopped

1. In a small bowl, combine all the ingredients, mixing well.
2. Chill for 1 hour before serving to allow flavors to blend.

Notes and Serving Suggestions: Bubbies brand does make a dill relish and dill pickle that does not have vinegar in it. If you can find this brand, often carried at specialty retailers in Texas, you may use it in lieu of the red bell pepper or even in addition to it.

Salads

Citrus Arugula Salad (Day 14-28 only)

Makes 4 side salads or 2 large salads

- 1 small pink grapefruit or blood orange, peeled and sliced in rounds
- 1 small navel orange, peeled and sliced in rounds
- 4 cups of arugula (or field greens if preferred)
- ½ red onion, peeled and sliced, separated
- ¼ cup thinly sliced celery
- ¼ cup pumpkin seeds or pine nuts

1. Place greens, onion and celery in a bowl and gently toss with dressing of your choice (see options and suggestions below).
2. Move the greens to salad plates and top salad with citrus dials and nut or seed of your choice.

Notes and Serving Suggestions: Avocado also pairs nicely with this salad. Suggested dressings include *Pomegranate*, *Ginger and Cashew* or *Poppy Seed French Dressing*. Olive oil and lime juice also work very nicely.



Red & Green Cole Slaw

Serves 8

- 1 small head of green cabbage
- 1 small head of red cabbage
- 2 large carrots
- 3 green onions
- ½ cup or mayonnaise
- ¼ cup xylitol, erythritol or monk fruit
- 2 teaspoons caraway seeds if desired

1. Shred both heads of cabbage and carrots with a shredder or food processor.
2. Thinly slice the green onions.
3. Combine the cabbage, carrots and green onions in a large bowl and toss with sweetener, mayonnaise and caraway seeds.
4. Refrigerate for several hours to allow flavor to develop and sweetener to dissolve.
5. Toss again and serve.

Notes and Serving Suggestions: During the second two weeks, 2 medium apples can be julienned or chopped into this salad for a nice summery touch. Chopped cilantro or parsley are flavorful additions. In lieu of the mayonnaise and sweetener, you could also use any of the other salad dressings in this cookbook as an alternative.

Beet Salad

Serves 2-3

- 3 large beets, cooked, peeled and diced
- ½ medium red onion, minced
- 2 tablespoons fresh, chopped parsley and/or cilantro
- 1 tablespoon goat feta, if desired
- Juice of 1 lime
- 1 tablespoon olive oil
- Salt and pepper to taste

1. Boil or steam beets until soft and tender. Cool slightly and peel. Then dice into bite sized pieces and place in a bowl.
2. Add remaining ingredients and gently toss.

Tommy's Slaw

Serves 6

2 cups thinly sliced red onion (1 medium onion)
4 cups thinly sliced cabbage (1 large head or 2 very small heads)
½ cup chopped cilantro
1 cup julienne carrots
½ cup fresh lime juice (juice of 3-4 limes)
Zest of one lime
2 tablespoons of xylitol, erythritol or monk fruit
½ teaspoon salt
½ teaspoon ground ginger
¼ cup olive oil
Fresh cracked pepper to taste

1. Clean and chop the onion, carrots and cabbage and place in a large bowl with the chopped cilantro.
2. Add the remaining ingredients except the cracked pepper.
3. Massage the salad using your hands until well blended and to bring out flavor and juices.
4. Refrigerate until ready to serve. Top with cracked pepper.

Hearts of Palm Salad

Serves 4

3 tablespoons water
2 tablespoons lime juice
1 ½ tablespoons olive oil
¼ teaspoon sea salt
¼ teaspoon fresh ground black pepper
3 tablespoons sliced scallions
2 tablespoons fresh cilantro, chopped
1 can or jar of hearts of palm, drained and sliced ½ inch thick (14-ounces)
1 medium avocado, peeled and diced
2 small fresh tomatoes or 20 cherry tomatoes, chopped

1. In a serving bowl, combine the water, lime juice, olive oil, salt and pepper. Stir in the chopped scallions and cilantro.
2. Add in the hearts of palm, tomato and avocado. Gently toss and serve.

Notes and Serving Suggestions: This salad looks beautiful inside a butter lettuce leaf for presentation purposes. It could also be served over a hollowed out half of avocado instead of chopping the avocado into the mix. For those with tomato allergies, raw asparagus tips or shaved red cabbage would make colorful and tasty alternatives.

Great Chicken Salad on a Budget*(day 14-28 only)*

Serves 3

1 large can HEB All-Natural Chicken (10-ounce)
1 celery stalk, chopped
2 scallions, thinly sliced
1 tablespoon chopped pecans or walnuts
1 small, medium apple, chopped
3 tablespoons mayonnaise

1. Combine all ingredients in a bowl and toss well.
2. Refrigerate up to 4-5 days.

Tomato Onion Salad

Serves 2

2 large tomatoes
 1 small bunch fresh cilantro
 1 medium red onion
 1 English Cucumber, partially peeled and thinly sliced
 Juice of 1 lime
 2-3 tablespoons olive oil
 Salt and pepper to taste

1. Wash and dice the tomato into bite sized pieces. Put in a medium bowl.
2. Wash the cilantro, dry with a paper towel. Using scissors, cut/mince the cilantro into the bowl.
3. Peel the onion, quarter and then halve quarters to produce square bites of onion and add to the bowl.
4. Wash the English cucumber. Run a peeler the length of the cucumber, leaving thin strips of green peel on it. Then slice the cucumber very thinly and add to the bowl.
5. Toss the ingredients with lime, salt, pepper and olive oil.

Notes and Serving Suggestions: Cherry tomatoes cut in half are an easy shortcut. Goat Feta cheese is a nice addition as well.

Asparagus, Hazelnut and Mint Salad

Serves 4-6

1 pound fresh asparagus
 1 ½ cups quinoa
 3 cups chicken or beef broth
 ½ cup toasted hazelnuts
 ½ cup scallions, thinly sliced
 ¼ cup packed fresh mint leaves, sliced
 ¼ teaspoon salt
 ¼ teaspoon pepper

1. Place broth in a saucepan and bring to a gentle boil. Add quinoa and reduce to a simmer and cook until quinoa is fluffy, and the liquid is absorbed. Place quinoa in a large salad bowl, fluff and allow to cool.
2. Clean the asparagus, cutting off dry ends and cutting the tips and spears into 1 inch pieces. Steam the asparagus for 2-4 minutes until it is tender but still crisp. Avoid overcooking. Add to the quinoa.
3. Dice scallions and chop mint leaves and add to the salad bowl.
4. Put the hazelnuts in a skillet on the stove top and roast until fragrant, being sure not to burn them. The hazelnuts can be slightly chopped prior, if desired.

Notes and Serving Suggestions: Dressing suggestions in this book include Classic Italian, Pomegranate, Ginger and Cashew Dressing or Basil and Garlic Dressing.

Green Bean Salad

Serves 6

1 pound fresh green beans, trimmed
 2 eggs, hard boiled and peeled
 8-10 Kalamata or black olives, chopped
 1 clove garlic, crushed
 1 small, bell pepper, finely chopped
 Zest of 1 lemon
 6 tablespoons olive oil

1. Steam green beans over water or broth until tender but not limp. Drain and rinse under cold water.
2. In a large bowl, combine all ingredients and the beans, tossing until coated. Refrigerate and serve chilled.

Yummy Quinoa Salad

Serves 2 large or 4 side

1 cup quinoa seed
 2 cups broth or water
 ½ cup dices sugar snap peas
 ½ cup diced cucumber
 ½ cup cherry tomatoes, halved
 2 tablespoons thinly sliced scallions
 1 tablespoon fresh or dried dill
 ¼ cup mayonnaise
 salt and pepper to taste

1. Bring broth or water to a boil in a sauce pan. Reduce heat and add quinoa seeds, simmering for about 12-15 minutes until the broth is absorbed and the quinoa is fluffy. Place in a large bowl and allow to cool.
2. Dice vegetables and add to quinoa.
3. Mix in mayonnaise, salt and pepper.
4. Store 5-7 days in the refrigerator packed in individual serving containers.

Notes and Serving Suggestions: Central Market Red and White Quinoa, in the rice section at HEB, is a pre-cooked and a simple short cut. Other fresh vegetables that work well include bell pepper, zucchini, celery, carrot, English peas, arugula and spinach. Nuts are also a nice addition, especially pine nuts, pecans or cashews.

Quinoa and Feta Salad

Serves 2 large or 4 side

(Because the grape sugar is minimized by serving them with fat, fiber and protein, you may use this recipe throughout the 28 day detox, however be sure to follow the recipe portion recommendations and avoid snacking on the grapes while you prepare the dish!)

1 cup quinoa seed
 2 cups broth or water
 ½ cup cashews or pine nuts
 2 tablespoons chopped fresh basil
 2 tablespoons chopped fresh cilantro
 2 stalks of celery, finely chopped
 ½ cup seedless grapes, halved or diced
 ½ cup crumbled goat feta cheese
 2 tablespoons olive oil
 1 lime, juiced
 Salt and pepper to taste

1. Bring broth or water to a boil in a saucepan. Reduce heat and add quinoa seeds, simmering for 12-15 minutes until the broth is absorbed and the quinoa is fluffy. Place in a large bowl and allow to cool.
2. Dice herbs, celery and grapes and add to quinoa.
3. Put cashews or pine nuts into a small sauté pan and heat over the stovetop until nuts are golden and fragrant. Take care not to burn them. Cool and add to the salad.
4. Add lime juice, olive oil, salt and pepper, then toss the salad with two forks until well coated.

Notes and Serving Suggestions: Central Market Red and White Quinoa, in the rice section at HEB, is a pre-cooked and a simple short cut. Flavors develop well if the salad is left to stand for about 30-60 minutes before serving or refrigerating. Pairs nicely with grilled chicken or flank steak but is also a nice meatless meal.

Quinoa Ole

Serves 2 large or 4 side

1 cup quinoa seed
 2 cups broth or water
 ½ cup goat feta cheese
 1 cup dices tomato
 ½ cup canned black beans, rinsed and drained
 ¼ cup chopped red or white onion
 ½-1 jalapeno, seeds and stem removed, finely chopped, if desired
 2 tablespoons fresh cilantro
 Juice of 1 lime
 2 tablespoons olive oil
 Salt and pepper to taste

1. Bring broth or water to a boil in a saucepan. Reduce heat and add quinoa seeds, simmering for 12-15 minutes until the broth is absorbed and the quinoa is fluffy. Place in a large bowl and allow to cool.
2. Add all remaining ingredients and toss with two forks.

Notes and Serving Suggestions: Central Market Red and White Quinoa, in the rice section at HEB, is a pre-cooked and a simple short cut. Use the taco seasoning recipe in this cookbook with ground turkey, beef or bison and add to the salad, for a complete meal.

Mediterranean Quinoa Salad

Serves 2 large or 4 side

1 cup quinoa seed
 2 cups broth or water
 ½ cup goat feta cheese
 ½ cup sliced Kalamata olives
 2 green scallions, thinly sliced
 1 celery stalk, diced small
 ¼ cup pine nuts
 Juice of 1 lime
 2 tablespoons olive oil
 Salt and pepper, to taste

1. Bring broth or water to a boil in a saucepan. Reduce heat and add quinoa seeds, simmering for 12-15 minutes until the broth is absorbed and the quinoa is fluffy. Place in a large bowl and allow to cool.
2. Add all remaining ingredients and toss with two forks.

Notes and Serving Suggestions: Central Market Red and White Quinoa, in the rice section at HEB, is a pre-cooked and a simple short cut. Flavors develop well if the salad is left to stand for about 30-60 minutes before serving or refrigerating. Grilled shrimp pairs nicely with this dish.

Greek Cucumber & Arugula Salad*From IowaGirlEast.com*

Serves 4-6 as a side

Salad Ingredients

2 medium cucumbers or 1 English cucumber, thinly sliced or spiralized
 2 cups chopped tomatoes
 2 cups baby arugula
 ½ red onion, cut in half then into thin slices
 ½ cup pitted Kalamata olives, halved
 ⅓ cup goat feta cheese
 ⅓ cup chopped fresh parsley

Dressing Ingredients

¼ cup olive oil
3 tablespoons fresh lemon juice
½ teaspoon dried oregano
½ teaspoon xylitol, erythritol, monk fruit or 4-5 drops of liquid stevia
1 garlic clove, pressed or minced
Salt and pepper to taste

1. Combine all salad ingredients in a large bowl.
2. In a mason jar, combine all of the dressing ingredients, whisking or shaking to combine. Pour over salad, toss well and serve.

Curried Shrimp Salad

Serves 4

1 pound of cooked wild shrimp, tails removed
½ cup frozen green peas, defrosted
¼ cup chopped green onion and/or celery
½ cup mayonnaise
Juice of 1 lemon
1-3 teaspoons curry powder, to taste
Salt and pepper to taste
1 large, ripe avocado
1 bag, pre-washed greens such as arugula or field greens

1. Place the shrimp in a colander and rinse well in cold water. Squeeze the juice from half the lemon on the shrimp. Dice shrimp if desired.
2. In a bowl, combine shrimp, green peas, green onion, celery, mayonnaise, curry powder, salt and pepper.
3. Divide the greens evenly between four plates.
4. Spoon out shrimp salad onto bed of greens, dividing evenly.
5. Peel and dice the avocado and garnish each plate with it. If desired, dribble olive oil on the greens as well.

Notes and Serving Suggestions: Pre-cooked, frozen, wild baby shrimp can be purchased in the freezer sections of most fish markets and easily defrosted by rinsing under cool water in a colander in just a few minutes. Curried flavor can be enhanced if placed in the refrigerator for several hours or overnight.

Shrimp or Chicken Louis

Serves 4

½ pound of cooked shrimp or chicken
2 large eggs, hard boiled and peeled
1 tablespoon fresh parsley, chopped
2 tablespoons fresh basil, chopped
1 medium cucumber, peeled and diced
3 green onions, finely chopped
2 celery stalks, chopped
4 large butter lettuce leaves, or Romaine or Red Leaf Lettuce
8 fresh asparagus spears, lightly steamed
¼-½ cup mayonnaise

1. Combine all ingredients, except lettuce leaves and asparagus, in a bowl and toss with mayonnaise until well blended.
2. Put the lettuce leaves on four plates.
3. Spoon salad onto the lettuce leaves, garnish with whole, steamed asparagus spears and serve.

Notes and Serving Suggestions: If preferred, ½ tablespoon dried parsley and basil can be used.

Sweet Potato Salad with Mustard Vinaigrette Dressing

Serves 4

2 large sweet potatoes, peeled and cubed
1 tablespoon butter or coconut oil, melted
¼ cup celery, diced small
¼ cup pecans, chopped
¼ cup green onions, chopped
1 tablespoon lemon juice
1 clove garlic, minced
½ teaspoon mustard powder
⅛ teaspoon dried parsley
⅛ teaspoon dried thyme
⅛ teaspoon ground pepper
4 tablespoons olive oil
Salt and pepper to taste

1. Preheat oven to 400°F. Toss cubed sweet potatoes in a bowl with melted butter or coconut oil. Line a baking sheet with parchment paper. Spread sweet potato cubes out on the baking sheet and bake until tender, but not mushy. About 25-35 minutes.
2. Meanwhile, chop celery, pecans, and green onions, then put in a large bowl. Potato salad can be served warm or cold, so add sweet potatoes while still warm or after they are cooled, as desired.
3. In a smaller bowl, combine the lemon juice, garlic, mustard powder, parsley, thyme, ground pepper and olive oil and whisk until well blended.
4. Pour about ¼-1/2 of the dressing over the potato salad, and gently toss with a spatula until all ingredients are coated. The remainder of the dressing can be stored in the refrigerator for 2 weeks in a glass jar if not used.

Broth, Soups, Chili and Stews

Basic Bone Broth

From *Gut and Psychology Syndrome* by Dr. Natasha Campbell-McBride MD
(One of the most healing foods in the world.)

Bones and joints, giblets, skin and meat, from any one of these:

- Whole Chicken with the skin
- Beef Shanks, 2-3 pounds
- Frozen bag of stock bones and fat
- Fish bones, fins, skins, heads (simmer for only 1.5 hours for fish stock)

Filtered water to cover bones, meat, joints in a stockpot or crockpot

Ground pepper to taste

1 tablespoon salt

Juice of one lemon

1. Place bones and meat or chicken in a large stock pot or crockpot. Add ground black pepper and salt.
2. Cover bones and meat with filtered water. Heat on high until boiling then reduce heat, cover and simmer for 3-4 hours.
This yields what is called meat stock, very soothing and rich in amino acids.
3. For the ultimate in healing nutrition, prepare bone broth by removing the meat from the pot, and returning all of the bones, skin, joints, and fat, back into the stock. Then add the juice of one lemon and cook on low for another 12-24 hours. Bone broth will usually be gelatinous when cooled and very rich in minerals. The lemon juice serves as the acid that pulls the minerals and deep nutrients out of the bones.
4. Using a slotted spoon, remove bones and large debris from the broth. Next, strain through a fine wire strainer or cheese cloth (recommended).
5. Store in the refrigerator for 5-7 days or freeze. Fat will rise to the top and solidify. Some of it can be used for cooking, however it is beneficial in the broth, so don't remove all of it.

Notes and Serving Suggestions: Both meat stock and bone broth are very healing and healthy. The bones, joints and marrow offer a rich blend of nutrition including amino acids, minerals and vitamins in a very bio-available form and are healing to the gut and building of the immune system. Both can be used plain or as a base for soup, sauce or stew. Chicken stock is the gentlest. Add vegetables and meat for a variety of delicious soups. Breakfast idea: warm chicken stock almost to a boil, and then drop one egg beaten into the soup for egg drop soup. Microwaving will destroy nutritional value of your stock or bone broth! Only re-heat on the stovetop or in a crockpot.

Tex Mex Chili

Serves 6-8

1 ½ pounds grass fed or all natural beef or bison

2 cans Mexican Fiesta Rotel brand tomatoes (10-ounce)

1 bell pepper, chopped

1 or 2 cans kidney or black beans, drained and rinsed (15-ounce)

1 medium onion, chopped

1 tablespoon chili powder

1 clove garlic, minced

1 can diced tomatoes (14-ounce)

1. Brown the meat, bell pepper, onion and garlic together in a stock pot or deep skillet
2. Add the remaining ingredients and bring to a boil.
3. Reduce heat and simmer for 30 minutes.

Notes and Serving Suggestions: Freezes well. Serve with Beanitos™. Top with avocado and/or goat cheddar cheese.



Simple Chicken Soup

Serves 4

1 pound bone-in chicken pieces (thighs, drumsticks, breasts, wings)
1 medium onion, coarsely chopped
2 large carrots, peeled and thinly sliced
1 large celery stalk, thinly sliced
1 garlic clove, minced
Salt and pepper to taste

1. Place chicken pieces in a large stock pot and cover with filtered water.
2. Bring to a boil then reduce heat and cook until meat is cooked through.
3. Remove the pieces from the broth onto a platter or baking sheet and allow to cool.
4. Add the onion, carrot, celery and garlic to the stock and continue simmering until vegetables are tender.
5. While the vegetables simmer, pick the chicken from the bones and return the pulled meat to the stock.
6. Add salt and pepper to taste and serve.

Notes and Serving Suggestions: If purchasing organic or pasture raised chicken, a great way to add healthy fat is leaving the skin on while the chicken cooks. Other seasonings that are delightful include lemongrass, dill, parsley and/or Italian seasonings.

Crockpot Meat and Veggie Dinner

Serves 6-8

2 pounds of beef, pork or chicken, cut into 1 inch cubes
1 package frozen green beans (10-ounce)
1 cup frozen peas
2 large carrots, peeled and sliced
1 cup of celery, diced
1 green, red, yellow or orange bell pepper, diced
1 cup of onion, fresh or frozen, diced
2 tablespoons sea salt
1 can tomato paste (6-ounce)
12 cups chicken broth

1. Combine all ingredients in a large crockpot.
2. Set on low for 6-8 hours. Serve.

Notes and Serving Suggestions: Freezes well. Fresh or frozen kale or spinach are good last minute additions, five minutes before serving. Cubed sweet potato instead of carrots works well. Additional spices for flavor include pepper, curry or a bay leaf or two.

Mulligan Stew

Serves 5-6

1 pound beef tips, cut into small pieces
1 can tomato sauce (8-ounce)
2 onions, peeled and quartered
3 carrots, peeled and sliced
2 cups beef broth or water
1 teaspoon sea salt

1. In a skillet, brown beef in fat over medium heat.
2. Add salt, tomato sauce and broth/water and cover, cooking until meat is tender.
3. Add carrots and onions and cook covered for 30 minutes.
4. If stew is thin, remove lid and allow liquid to reduce until thickened. Can also be thickened using arrowroot, coconut flour or garbanzo bean flour.

Taco Soup (An all-time favorite!)*Offered by N. Rouse*

Serves 6

1 pound grass fed or all natural ground beef
1 to 2 tablespoons of grass fed butter or ghee
1 can diced tomatoes (14.5-ounce)
1 can tomato sauce (8-ounce)
1 ½ teaspoons chili powder
1 teaspoon oregano
½ teaspoon sea salt
1 ½ cups water or beef broth
1 can black or pinto beans, drained and rinsed (16-ounce)
¼ teaspoon pepper
½ teaspoon cumin
1 garlic clove, minced
½ onion, diced
Cayenne pepper to taste
1 large, ripe avocado, peeled and cubed

1. In a stock pot, brown the beef with onion, garlic and butter. Drain and return to the pan.
2. Add spices, tomatoes, tomato sauce and broth and then simmer for 20 minutes. Add beans, cook for ten more minutes and serve with avocado.

Notes and Serving Suggestions: Crush Beanito chips into the soup in place of corn tortillas. Freezes well.

Grandma's Chili

Serves 5-6

1 tablespoon coconut oil or bacon fat (from uncured bacon)
1 pound grass fed or all natural ground beef or bison
1 can diced tomatoes with juice (14.5-ounce)
1 can tomato paste (6-ounce)
1 onion, chopped
1 green bell pepper, chopped
1 can red kidney beans, drained and rinsed (16-ounce)
1 tablespoon chili powder, or to taste
1 teaspoon ground cumin
3 cloves garlic, minced
1 tablespoon sea salt
Water or beef broth to thin, as needed

1. Heat oil in a stock pot and brown the meat, onion, bell pepper and garlic.
2. Add remaining ingredients, bring to a boil and reduce to a simmer.
3. Simmer for 30 minutes to an 1 hour, stirring occasionally.

White Chicken Chili

Serves 4

1 tablespoon butter, ghee or coconut oil
 1 pound, skinless chicken, light or dark
 1 large onion, chopped
 2 cloves garlic, minced
 5 ½ cups chicken stock
 3 cans cannellini or white kidney beans, rinsed and drained (15-ounce)
 2 cans chopped green chilies (4-ounce)
 1 tablespoon dried oregano
 1 teaspoon ground cumin
 ½ teaspoon cayenne pepper, or to taste
 1 teaspoon sea salt, or to taste
 ¼ cup chopped fresh cilantro
 1 medium avocado, peeled and diced

1. Using a sharp knife, cut chicken into 1 inch bite sized pieces. In a large, deep pot or Dutch oven, sauté the chicken in fat with the chopped onion and minced garlic until just done.
2. Add the chicken stock, beans, green chilies, oregano, cumin, cayenne pepper and salt. Simmer for 30-45 minutes to allow flavors to blend and develop.
3. Divide the chopped cilantro and avocado between four bowls. Ladle the chili over the top and serve.

Notes and Serving Suggestions: Eden brand beans are pre-soaked, and pressure cooked, as well as in BPA free cans. They are an optimal choice. Beanitos™ can serve as tortilla chips to serve in or with this dish.

Black Bean Soup

Serves 6

1 pound dry black beans
 8 cups vegetable, beef or chicken stock
 1 onion with two cloves poked into it
 2 bay leaves
 1 large onion, chopped
 1 yellow or green bell pepper, chopped
 2 carrots, peeled and grated
 2 cloves garlic, minced
 1 cup celery, chopped including leaves
 1-2 tablespoons bacon fat, butter or ghee
 2 tablespoons cilantro
 1 teaspoon oregano
 1 teaspoon of lemon juice
 1 tablespoon chopped parsley
 2 tablespoons marjoram
 1 tablespoon xylitol, erythritol or monk fruit
 Bragg Liquid Aminos to taste

1. Sort and rinse black beans. Put in a large stock pot covered with filtered water and soak overnight.
2. Drain the beans and add broth, the whole onion with cloves and 2 bay leaves.
3. Bring to a boil, reduce heat and simmer for 2 ½ hours until beans are tender.
4. Remove the onion with cloves and bay leaves.
5. In a skillet, sauté in fat the chopped onion, pepper, celery, carrots and garlic, until tender.
6. Add the vegetable mixture and seasonings to the beans and simmer for one more hour until everything is tender and flavorful.

Meatball Chowder

Serves 5-6

1 pound all natural or grass fed beef
¼ pound all natural ground pork
6 cups of fresh tomatoes, peeled and diced
2 cups of carrots, thinly sliced
1 cup of celery, chopped finely
6 cups of beef broth
1 tablespoon parsley, chopped
½ teaspoon thyme
½ teaspoon basil
¼ teaspoon garlic powder
2 teaspoons sea salt
¼ teaspoon ground pepper

1. Combine raw beef and pork together and form 2 inch diameter meatballs.
2. In a soup pot, melt butter or ghee and brown the meatballs on all sides.
3. Add all other ingredients, cover and cook for 1 hour until vegetables are tender and meatballs are cooked through.

Cauliflower Beef Soup

Serves 4

1 pound, ground beef or bison
1 head cauliflower - roughly chopped
1 red onion, diced
½ head of cabbage, chopped
2-3 garlic buds, chopped or minced
1 tablespoon chili powder
1 ½ teaspoon ground cumin
¼ teaspoon red pepper flakes
½ teaspoon pepper
1 tablespoon dried parsley or ¼ cup fresh
½ teaspoon paprika
1 tablespoon sea salt

1. Lightly brown meat in melted fat over medium heat in a soup pot.
2. Add remaining ingredients and cover with filtered water by about 1 inch.
3. Bring to a boil, partially cover, reduce to a simmer and cook until ingredients are tender but not mushy.

Cabbage Soup - *(Well known as a great detoxifier and has deep nutritional value)*

12 large green scallions, diced
2 green peppers, diced
1 or 2 cans diced or crushed tomato (14.5-ounce)
1 bunch of celery, diced
1 head of cabbage, chopped
1 cup carrot, diced
1 cup green beans, diced
Water, vegetable or chicken broth, beef broth to cover
Salt, Pepper, Parsley, Italian Seasonings to taste

1. Combine all ingredients in a stockpot, cover with liquid combination of choice and bring to a boil.
2. Boil for 10 minutes, reduce to simmer and continue cooking until vegetables are tender.
3. Leftovers may be refrigerated for up to 7 days or freeze. Makes 5-10 servings depending on portion.

Vegetables and Sides

Basic Spaghetti Squash

Servings depend on size of squash.

1 spaghetti squash

1. Preheat oven to 350°F.
2. Wash squash and poke 1-2 holes in the squash to vent.
3. Place squash on the oven rack and determine duration based on size of the squash.
 - 10-12 inches in diameter, small, serves 2, cook for 25-35 minutes
 - 13-15 inches in diameter, medium, serves 4, cook for 45 minutes
 - 16-18 inches in diameter, large, serves 6, cook for 50 minutes to 1 hour
 - 19 inches or more, extra-large, serves 10, cook for 1 hour and 15 minutes
4. Remove the squash from the oven and place on a tray or large plate. Cut the squash length-wise from stem to stem.
5. Using scissors, cut out the hairy mass with seeds in it.
6. Using a dinner fork, scrape the inside of the squash, removing the noodle tendrils into a bowl.
7. Serve or move into buttered baking dishes to reheat for another meal.



Notes and Serving Suggestions: For larger squash that will need to cook longer, it may be best to reduce cooking temperature to 325°F. The longer squash is cooked the softer it becomes. The less it is cooked the crunchier or crispier it is. Wonderful buttered or with goat pecorino Romano cheese. Also excellent with pine nuts, herbs, spices and/or butter. A replacement for pasta under marinara sauce and meat.

Basic Spaghetti Squash II

Servings depend on size of squash

1 spaghetti squash

1. Preheat the oven to 350°F.
2. Cut the spaghetti squash in half lengthwise. Using a spoon, scoop out and discard seeds. Scissors also work well to get it out.
3. Place the two halves of the squash in an oven-safe dish face down. Pyrex works well.
4. Fill the dish halfway with water and place it in the oven. Bake for forty minutes to an hour or until the squash is easily pulled from the sides of the skin with a fork.
5. Cooking Option Two: Do not add the water; simply microwave the squash and cook on high for 8-10 minutes.

Slow Cooker Sweet Potatoes

Serves 4-6

4-6 small to medium sweet potatoes, washed

1. Wash the sweet potatoes.
2. Place them in the slow cooker. It is fine to stack them on top of each other.
3. Cover and cook 2 small sweet potatoes on low for 3-4 hours, rotating the potatoes once halfway through the cooking time. This will prevent the potatoes on the bottom from splitting open. Larger and more potatoes will take 4-8 hours.

Mashed Sweet Potato

Serves 12

4-5 pounds sweet potatoes

½ cup of butter

1 can full fat organic, coconut cream (if desired)

3 tablespoons of xylitol, erythritol or monk fruit

2 teaspoons cinnamon

1. Peel and quarter the sweet potatoes.
2. Bring a pot of filtered water to a boil and add the sweet potatoes. Gently boil for 20-25 minutes until tender.
3. Remove from heat, drain water and add remaining ingredients to the hot potatoes. If adding the coconut cream, open the can, drain off the thick, liquid water, retaining the white coconut cream. Add that to the recipe. Then mash or beat with a mixer until smooth.
4. If desired, place in a buttered casserole dish, top with chopped pecans and reheat later at 350°F for 20-30 minutes, then serve.

Stir Fry Vegetables

Serves 2

¾ cup filtered water

1 cup beef or chicken broth

½ cup French style green beans, fresh or frozen

½ cup onions, chopped

½ cup celery, chopped

½ cup bean sprouts

1 tablespoon arrowroot powder

Salt and pepper to taste

1. In a 10 inch skillet, bring the water and broth to a boil.
2. Add onion and celery and cook over medium heat until tender.
3. Add bean sprouts and green beans and continue cooking until tender, about 5 minutes.
4. Add arrowroot and stir until juices slightly thicken and are smooth. Add salt and pepper to taste, before serving.

Riced Cauliflower with Walnuts

Serves 8

1 tablespoon butter

1 large onion, peeled and chopped

2 cups cauliflower rice (see Notes below)

1 cup coarsely chopped walnuts

Salt and pepper to taste

1. In a skillet, sauté the onion in butter until translucent.
2. Stir in the cauliflower and cook until tender like rice.
3. Add walnuts, salt and pepper, stirring briefly and serve.

Notes and Serving Suggestions: Cauliflower rice can be found in bags in the produce section or in the freezer case made by Green Giant. It can also easily be made by putting cleaned cauliflower flowers into a food processor shredding wheel or pulsed with the blade until rice sized. Have fun with this recipe as it can be edited in every kind of way. Use frozen Seasoning Blend or Mirepoix vegetables, add frozen sweet peas or carrots, or strips of fresh bell pepper. Mix with canned, roasted tomato or salsa for Spanish rice. Anything you would do with rice, you can do with cauliflower rice.

Grilled Summer Veggies

Serves 4

3 small to medium zucchini
 1 medium sweet Vidalia onion
 8 asparagus spears
 2 medium tomatoes
 2 tablespoons ghee

1. Heat the grill!
2. Wash the vegetables, peel onion, cut off ends of zucchini and trim asparagus. Remove green top on tomato.
3. Slice zucchini lengthwise into $\frac{1}{4}$ in strips. Slice the Vidalia onion into $\frac{1}{4}$ inch large dials, carefully keeping them together, and slice the tomato in half.
4. Place all the vegetables on a large tray to take to the grill. Using a kitchen brush, brush them with ghee (clarified butter) and add any desired spices such as Italian Seasonings, Bragg Organic Sprinkle, or a Tony Chachere's seasoning.
5. Place all veggies on the grill except tomatoes. Allow to cook for 3 minutes until char strip appears. The turn over the veggies and cook for another 3-4 minutes on the other side. The lid can be lowered if desired. During the last minute of cooking add the tomato halves and allow them to wilt, which will take just about 1-2 minutes.
6. Serve immediately. If you allow the veggies to sit after cooking they will continue to cook so remove earlier if you want them crisper.

Chinese Vegetables

Serves 4

1 pound of fresh veggies of your choice (green beans, carrots, cauliflower, broccoli, Brussels Sprouts)
 3 tablespoons coconut oil
 $\frac{1}{4}$ cup of chicken or beef broth
 $\frac{1}{2}$ teaspoon of xylitol, erythritol or monk fruit

1. Wash and chop, cut or slice vegetables into similar sized pieces.
2. Heat coconut oil in a large skillet medium heat.
3. Add the vegetables and toss to coat. Cover the skillet
4. Allow to cook 8-10 minutes until tender. Shake pan or stir veggies once or twice while cooking.

Asparagus Sauté

Serves 4

1 pound fresh asparagus, cut into 2 inch pieces
 2 tablespoons of pork lard, duck fat or bacon fat
 $\frac{1}{2}$ to 1 tablespoon fresh gingerroot, grated (to taste)
 2 large cloves garlic, minced
 1 tablespoon sesame seeds
 $\frac{1}{4}$ teaspoon onion powder
 $\frac{1}{2}$ teaspoon sea salt

1. Wash, trim and cut asparagus. Steam over boiling water for 4-5 minutes, making sure not to overcook. Keep somewhat firm.
2. Melt fat in a skillet then add remaining ingredients including the asparagus. Sauté on medium heat for 2-3 more minutes, stirring until asparagus is tender but not limp and flavors are blended.

Sweet Potato Pancakes

Makes 4-5 large pancakes

3 eggs
 2 teaspoons coconut flour
 1 ½ teaspoons cinnamon
 ¼ teaspoon ground ginger
 ¼ teaspoon sea salt
 2 cups shredded sweet potatoes
 Coconut oil for pan frying

1. In a medium sized mixing bowl, beat the eggs with the coconut flour, cinnamon, ground ginger and sea salt.
2. Mix in the shredded sweet potato until well combined. (Leaving on the skin adds to the crispy nature of the cakes)
3. In a large skillet over medium low heat, melt about 1/8 inch of coconut oil.
4. Spoon the mixture into the skillet in cakes that are 4-6 inches in diameter and cook for 2-3 minutes per side until they hold together and brown slightly, flipping once as you would a pancake.

Notes and Serving Suggestions – The cinnamon and ginger can be replaced with ¼ teaspoon of rosemary for a savory flavor. The sweet potatoes can be shredded nicely using the shredding disc on a food processor or by hand. Use these as the bun replacement for a bison or beef burger.

Cozy “Mac” Quinoa and Cheese

Serves 4

1 cup quinoa
 2 cups vegetable or chicken broth
 ½ cup goat cheddar, feta or sheep Pecorino Romano cheese
 2 tablespoons fresh basil, chopped, if desired
 Salt and pepper, to taste

1. Prepare quinoa as instructed on package, using vegetables or chicken broth in lieu of water.
2. When done, fluff, drain off any remaining water and add the cheese while the quinoa is still hot.
3. Stir until melted and blended. Add desired spices or herbs and salt and pepper to taste.

Notes and Serving Suggestions: This can be a reasonable substitution for macaroni and cheese. Using the Goat Cheddar Cheese and the spice, Turmeric (1-2 teaspoons) and selecting the lightest colored quinoa seed, can result in the yellow color of traditional macaroni and cheese but filled with deep nutrition.

Butternut Squash & Carrot Puree

Serves 5

1 package of pre-cut, peeled and chopped butternut squash, fresh or frozen
 1 package of baby carrots (6-ounce)
 2 cups of vegetable or chicken broth, if desired
 2 tablespoons butter, ghee or duck fat
 2 teaspoons of dried orange peel or fresh zest
 2 teaspoons cinnamon or allspice
 1 teaspoon sea salt

1. Place the butternut squash and the baby carrots in a steamer basket and steam until tender over filtered water or broth, if desired.
2. Carefully, move the cooked vegetables into a food processor; add remaining ingredients and process until smooth. At this point it can be served or placed in a buttered casserole dish and refrigerated or frozen. Thaw completely before re-heating and serving.

Roasted Squash Medley

Serves 2-4

2 medium zucchini
2 medium yellow squash
Fresh tarragon, thyme, and rosemary finely chopped
1 tablespoon coconut oil

1. Preheat oven to 375°F. Wash squash and trim off ends. Cut into bite sized dials about ¾ to 1 inch thick.
2. Place squash in a plastic storage bag with herbs and coconut oil. Seal the bag and gently toss until coated.
3. Empty the squash into a glass baking dish or casserole and put in pre-heated oven for 20-30 minutes, until tender.

Okra with Tomato Sauce

Serves 4

1 pound fresh okra
2-3 tablespoons pork lard or butter
2 cloves of garlic, chopped
1 medium onion, peeled and chopped
1 can tomato sauce (8-ounce)
2 tablespoons cumin
Salt and pepper to taste

1. In a medium sized pan, heat the fat and add chopped onions and garlic, sautéing until translucent and fragrant.
2. Add the okra, tomato sauce, cumin, salt and pepper. Bring to a boil then reduce to simmer and cook for 45 minutes.

Sautéed Spinach and Toasted Garlic

Serves 2-3

1 pound fresh baby spinach
6 garlic cloves peeled and mashed
3 tablespoons coconut oil, pork lard or butter
½ cup pine nuts, toasted
Juice of one lemon

1. Place pine nuts in a shallow frying pan over medium heat. Toss gently until golden brown. Remove from heat.
2. In a large skillet, on medium high heat, melt fat and add garlic, sautéing until the garlic is golden brown.
3. Add spinach to the skillet. It will seem very full but continue to toss gently as the spinach wilts down into the skillet.
4. Once the spinach is wilted, reduce heat and add the lemon juice.
5. Remove from heat, toss in pine nuts and serve.

Notes and Serving Suggestions: The start to finish cooking time on this is under 3 minutes! Remember to watch for just wilting, not overcooking the spinach. Kale, swiss chard, and mustard greens would also work well as a replacement for the spinach.

Sautéed Kale, Onion and Bacon

Serves 4

3-4 pieces of bacon, chopped
1 small onion, chopped
10 ounces kale, washed

1. In a large skillet, chop the bacon into bite-sized pieces and sauté it with the onion over medium heat until the onions are translucent.
2. Add the kale and sauté until the kale is soft and tender and the bacon is getting crisp. Time will vary depending on the kind of kale used. Baby kale will soften very quickly and wilt. Larger kale leaves will take 5-10 minutes to soften.

Ratatouille Supreme*Offered by Caris E*

Serves 8-10

½ cup coconut oil, sesame oil or butter
 4 cups peeled eggplant
 4 cups zucchini
 ½ cup green pepper, cut into squares
 ¼ cup sweet red pepper, cut into squares
 ½ cup chopped onion
 2 tablespoons garlic, chopped
 ½ cup chicken stock
 4 fresh tomatoes, peeled and quartered
 1 pinch thyme
 1 bay leaf
 1 teaspoon sweet basil
 1 pinch dried, minced rosemary
 1 tablespoon salt
 1 teaspoon white pepper
 ½ cup pitted small black olives
 2 tablespoons chopped parsley

1. In an oven safe Dutch oven, heat oil on the stovetop and sauté the eggplant and zucchini for 8 minutes.
2. Add the peppers and onion and simmer uncovered for another 6 minutes. Add garlic and simmer 2 minutes.
3. Add remaining ingredients, except parsley, and stir and cover.
4. Simmer on low for another 20 minutes until eggplant is tender OR move Dutch oven to a preheated 350°F oven. Allow to cook for 20 more minutes or until eggplant is tender.

Grilled Romaine

Serves 4

2 heads of Romaine lettuce, trimmed and cut lengthwise into quarters
 2 tablespoons ghee or butter, melted
 ½ cup Pecorino Romano sheep cheese, shredded or grated
 1 bottle of Cookwell & Company Lemon Olive Vinaigrette
 OR

Prepare Dressing with:

1 clove of garlic, peeled and minced
 6 anchovy fillets, rinsed and minced
 2 teaspoons mayonnaise
 1 teaspoon mustard powder
 ½ cup olive oil
 Juice of one lemon
 Sea salt and black pepper to taste

1. Heat grill to medium temperature – (you can hold your hand 5 inches above the coals for 5-7 seconds).
2. If making the dressing, place minced garlic into a bowl and add the minced anchovies. Using a whisk, mix and mash these ingredients together until they form a paste. Add the mayonnaise and mustard powder and whisk. Add the olive oil and whisk, finally add the lemon juice. Season with salt and pepper and set aside.
3. Using a pastry brush or a small spoon, paint the lettuce with the melted ghee. Place it over the coals on the grill for 15-20 seconds on each side until they are lightly golden then move to a cooler perimeter side of the grill. Using the pastry brush or small spoon again, apply the salad dressing making sure to get dressing between the leaves. Top with the sheep cheese and lower the lid on the grill for another 1 or 2 minutes to melt the cheese and allow lettuce to further soften. Remove and serve.

Sweets & Beets

Serves 6

3 medium sweet potatoes, cut into bite sized pieces
 3 medium beets, peeled and cut into bite sized pieces
 3 tablespoons coconut oil or ghee
 1 teaspoon garlic powder
 1 teaspoon sea salt
 1 teaspoon ground black pepper
 1 large sweet onion, peeled and cut into squares

1. Preheat the oven to 400°F.
2. Toss the beet bites in 1 tablespoon of oil and spread in a single layer on a baking sheet and bake for 15 minutes.
3. In the meantime, put the remaining ingredients into a large resealable bag with the sweet potato and onion, seal the bag and toss in the oil mixture until coated.
4. When the beets have complete baking for 15 minutes, add the remaining ingredients from the bag to the baking sheet and continue baking for 45 minutes, stirring at 20 minute intervals, until all vegetables are tender.

Creamy Lemon Zucchini Noodles*From Meghan Bassett, Living Magazine 2017*

Serves 2-3

3 small zucchini or package of spiralized zucchini
 1 cup cherry tomatoes, halved
 1 tablespoon olive oil or melted butter or ghee
 1 ripe avocado
 2 cloves garlic, minced
 2 tablespoons lemon juice
 Salt and pepper, to taste

1. Preheat oven to 400°F.
2. Place cherry tomatoes on a baking sheet and roast for 15 minutes, and then sprinkle with salt. Set aside.
3. Combine in a food processor the avocado, garlic, and lemon juice until smooth. Season with salt and pepper to taste.
4. Use a spiralizer to make the zucchini noodles or purchase zucchini already spiralized.
5. Boil water over high heat. Add zucchini for just 1 minute, then remove and transfer zucchini into a bowl of cold water to stop the cooking.
6. Drain the zucchini and add the tomatoes and sauce. Then toss and serve.

FAST Cabbage Sauté

Serves 4

1 large head green cabbage
 6 slices uncured bacon
 1 apple
 Salt and pepper, to taste

1. Cut raw bacon up into small pieces with scissors into a skillet or Dutch oven on the stove.
2. Wash the cabbage, removing outermost leaves. Then quarter the cabbage, and then halve the quarters.
3. Wash the apple; slice it in quarters, removing the core. Cut into bite sized small chunks or julienne.
4. Over medium heat, cook bacon. When it begins to brown, add the cabbage and apples, tossing into bacon grease.
5. Salt and pepper. Then cover and simmer for 1-2 minutes. Remove the lid and finish cooking until desired tenderness of cabbage and apples meets crispy bacon. Then serve.

Notes and Serving Suggestions: Caraway is a very nice addition to this dish if desired. Perfect addition to pork chops or sausage.

Basic Brussels Sprouts

Serves 4

1 pound fresh Brussels sprouts
 3 tablespoons butter, ghee or bacon fat
 Salt and pepper to taste

1. Wash the Brussels sprouts, trimming the stem, removing damaged leaves. Then cut in half.
2. Roasting Method: Preheat oven to 425°F. Melt butter in the roasting pan while the oven preheats. Place the trimmed and washed Brussels sprouts in the roasting pan and toss sprouts until coated then arrange flat side down. Roast until golden brown and tender. Salt and pepper before serving.
3. Sauté Method: In a large skillet, melt butter on medium high heat. Place the Brussels sprouts in the butter, coating them and then arrange in the pan flat side down. Cover for 4-5 minutes to steam them. Remove the lid and finish sautéing until browned on the flat side and tender to the touch, about 15 minutes. Salt and pepper before serving.

Notes and Serving Suggestions: Brussel sprouts work very well with garlic, orange peel, rosemary, nutmeg, caraway and mustard. Consider tossing cooked Brussel sprouts in a Dijon mustard or balsamic glaze before serving. Bacon pairs well with Brussel Sprouts as does shaved Pecorino Romano sheep cheese.

Roasted Cabbage and Bacon

Serves 4-6

1 large head green cabbage
 6-7 slices uncured bacon
 Salt and pepper, to taste

1. Preheat oven to 400°F.
2. Wash the cabbage, remove the first outer leaves and cut into 4 large wedges or 6 smaller wedges.
3. Place cabbage wedges in a baking dish.
4. Cut bacon slices in half and drape them over the tops of the cabbage wedges, 1-2 strips per wedge. If desired, the bacon could be cut into small pieces with scissors then dropped onto the wedges randomly.
5. Place in the oven and roast until bacon is crisp and cabbage is tender. About 20-25 minutes.

Cauliflower and Bacon Toast

From Fat for Fuel Ketogenic Cookbook, by Dr. Joseph Mercola and Pete Evans

Makes 4 Toasts

¼ - ½ head cauliflower
 1 ½ tablespoons coconut oil
 Sea salt and pepper
 2-3 slices bacon
 2 eggs

1. Preheat the oven to 400°F. Place the cauliflower in a food processing bowl and process into fine crumbs.
2. Melt one tablespoon of coconut oil in a large frying pan over medium heat. Add the cauliflower crumbs and cook for 4 to 6 minutes, until softened.
3. Season with salt and pepper and transfer to a large bowl and allow to cool.
4. Wipe the frying pan clean, add the remaining oil and fry the bacon over medium high heat until light golden, about 3 to 4 minutes. Allow to cool.
5. Crumble the cooled bacon into the cauliflower, add the eggs, and mix to combine.
6. Spoon two tablespoons of the mixture onto a baking tray lined with parchment paper. Gently spread the mixture out to form a patty, approximately 3 inches in diameter. Repeat, allowing ¾ inch between each patty, until all of the mixture is used, and you have 4 patties in total. Bake for 15-20 minutes until golden and crisp.

Notes and Serving Suggestions: These could also be called fritters or crispy pancakes. Top with a fried egg and avocado for a fancy breakfast or brunch.

Summer Vegetables Skewers (Perfect for the grill)

Makes 4 skewers about 10 inches long

3 small to medium zucchini

12 medium to small baby bella mushrooms

1 large sweet or yellow onion, peeled, quartered, and separated

2 large bell pepper, any color, cored and cut into about 2x2 pieces

4 tablespoons of ghee

1 tablespoon of herb seasonings (Bragg Organic Sprinkle, Mrs. Dash, or Italian Seasonings)

4 metal grilling skewers at least 12 inches long

Salt and pepper to taste

1. Wash and cut all vegetables.
2. Open a gallon sized storage bag and put the ghee in the bottom of it. Add the seasonings.
3. Place the cut vegetables in the bag, seal it and gently toss them until the ghee and seasonings are spread around on the vegetables.
4. Alternate skewering the different vegetables until all the vegetables are on the skewers.
5. Place on the grill, rotating from time to time until tender and striped, or roast on a large baking tray in a 425°F oven until onion and bell pepper corners brown and curl.

Notes and Serving Suggestions: Other vegetables that work well are thinly sliced sweet potato, whole cherry tomato, small and halved Brussel sprouts or cubed butternut squash. Vegetables can be left to marinate in the refrigerator for several hours prior to skewering.

Entrees

Beef & Bison

Cauli-Rice Bowls

Serves 3-4

1 pound ground meat (beef, bison, veal, lamb, pork or chicken)
 1 bag, frozen riced cauliflower
 1 bag, frozen peas, cut green beans or chopped spinach
 1 cup, frozen mirepoix (onion and bell pepper blend)
 1 cup, goat or sheep cheese, if desired
 Garlic cloves, minced, as desired
 Salt and pepper to taste
 Herbs and spices of choice

1. In a large skillet with lid, or in a Dutch oven, brown the meat until almost done.
2. Add the vegetables and stir. Put the lid on the pan for 2-4 minutes to steam and cook the vegetables.
3. Stir and then add desired seasonings, salt and pepper. Finish by adding the goat or sheep cheese if desired.



Notes and Serving Suggestions: Resources for flavorful seasoning blends include Bragg Organic Sprinkle, the full line of Mrs. Dash or Tony Chachere's. Bragg Liquid Aminos or Coconut Liquid Aminos can serve as soy sauce. Be creative with vegetables and try different combinations. Canned beans would work well, as would broccoli, bok choy, carrot, artichoke hearts, olives and pine nuts or peanuts depending on flavors desired.

Spicy Meatballs

Serves 4

1 pound ground beef
 ¾ cup certified gluten free rolled oats
 1 egg
 ½ cup green onions, spinach or bell pepper, finely chopped
 ⅓ cup tomato sauce (8-ounce can, reserve ⅓ cup for sauce)
 1 teaspoon salt
 ⅓ teaspoon pepper

Sauce:

2 tablespoons butter, ghee or coconut oil
 ⅓ cup tomato sauce
 1 can tomato paste (5-ounce)
 ½ cup water
 1 ½ teaspoon oregano leaves, crushed or Italian Seasoning
 ¼ teaspoon salt

1. Combine beef, oats, egg, onion, spinach, bell pepper, ⅓ cup of the tomato sauce, salt, and pepper. Form into 16 small meatballs.
2. In a large skillet, brown the meatballs on all sides in butter, ghee or coconut oil.
3. Remove excess oil from the pan and add the remainder of the tomato sauce, tomato paste, water, oregano or Italian Seasoning, salt and pepper to the pan. Stir and blend around meatballs then cover, simmering for about 30 minutes until the meatballs are cooked through.

Notes or Serving Suggestions Serve over spiralized veggies, basic spaghetti squash, or Explore Cuisine Black Bean Pasta.

Spaghetti (squash) and Meat Sauce

Serves 4

1 pound ground beef or bison
 1 onion, chopped or 1 cup, frozen chopped onion
 ½ green bell pepper, finely chopped
 1 large can stewed or diced tomatoes (1lb,13 ounces)
 1 can tomato paste (6-ounce)
 1 can tomato sauce (8-ounce)
 ¼ teaspoon garlic powder
 ¼ teaspoon black pepper
 1 teaspoon chopped oregano or Italian seasoning
 1 cup of finely chopped frozen spinach, if desired
 1 medium spaghetti squash, or pre-spiralized veggie of choice, or Explore Cuisine Black Bean Pasta

1. In a large skillet, brown the meat, onion and bell pepper together until tender and done.
2. Reduce heat and add the remaining ingredients and simmer for 15-30 minutes.
3. Serve over spaghetti squash, spiralized veggies or Explore Cuisine Black Bean pasta.

Notes and Serving Suggestions: Serve over freshly made spaghetti squash (page 47).

Mamas Meatloaf

Serves 6-8

2 pounds ground beef, all natural or grass-fed
 1 clove garlic, minced
 1 can tomato paste (10-ounce)
 ¾ cup certified gluten free rolled oats
 1 egg
 1 ½ teaspoon salt
 1 onion, grated
 ¼ teaspoon pepper
 1 bell pepper, finely chopped
 1 can tomato paste (6-ounce)

1. Combine all ingredients except the tomato paste, into a bowl and mix well.
2. Place in a large loaf pan. Pour the can of tomato paste over the top, spreading evenly.
3. Bake in a 350°F oven until meat pulls away from the sides and juices run clear, about 1 hour to 75 minutes.

Marinated and Stuffed Flank Steak

Serves 6-8

1 ½ pounds flank steak
 ½ pound ground chuck or veal
 2 tablespoons fresh parsley, chopped
 1 medium yellow onion, finely chopped
 1 egg or ¼ cup pine nuts, ground
 ½ teaspoon garlic salt

1. Preheat oven to 350°F.
2. For the stuffing, mix together the ground chuck or veal, and all remaining ingredients.
3. Spread this mixture evenly over the flank steak. Roll the flank steak lengthwise, securing with toothpicks.
4. Bake, basting often, for 45-60 minutes or until desired doneness. Slice and serve.

Phenomenal Steaks*Edited from The 4-hour Chef by Timothy Ferriss*

Serves 2

2 thick, grass-fed steaks (Ribeye, Filet or Sirloin Strip)

Coconut Oil

Sea salt

Pepper

Minced Garlic

Fresh Rosemary stems (if desired)

Grass-fed butter, (if desired)

1. One to two days prior to serving, pat steaks dry with a paper towel. Salt them heavily on both sides. Place in a pan or dish, cover and place in the refrigerator overnight or up to two days to dry-brine them, adding flavor and tenderizing the meat.
2. Two and a half hours prior to cooking, remove the steaks from the refrigerator, rinse them off, pat them dry again and season with salt, black pepper and minced garlic. Allow them to sit on the counter for an hour and a half. Then move the steaks to the freezer for one half hour. This eliminates surface moisture from the meat.
3. Preheat the oven to 200°. Remove the steaks from the freezer and quickly sear them on both sides in a very hot pan. Ghee would be an ideal fat for this step since it does not burn easily.
4. Finally, place the steaks in the oven until a probe thermometer inserted into the middle of the steak reads 135°F. Steaks can be rested on top of fresh rosemary stems in the oven for added flavor. Melt butter over the top of the steaks the last few minutes of cooking.
5. Remove from the oven, carve and if desired, use the rosemary butter sauce to top off the steak slices prior to serving.

Spaghetti Squash Casserole

Serves 4-5

1 to 2 pounds of ground beef or bison

1 can kidney beans, (15-ounce)

1 jar tomato and basil marinara sauce (4 grams or less of sugar per ½ cup serving)

1 medium spaghetti squash

Garlic salt, to taste

Oregano, to taste

Crumbled goat cheese, if desired

1. Sauté meat in a large skillet until juice run clear. Drain off excess fat. Add the jar of marinara sauce and simmer on low.
2. Cut spaghetti squash in half and remove seeds from the middle. Place in a glass dish face down with 1 inch of water and microwave on High for 5 minutes at a time until a fork will stab easily into the skin. This should be about 15-20 minutes total.
3. Using a potholder or dish towel, hold the squash halves and use a fork to scrape out the pasta-like strings into a bowl.
4. At this point, choose to either:
 - a. Add the squash to the meat in the large skillet and finish the dish stovetop.
 - b. Or place the squash and meat with sauce in a baking dish and finish the dish in the oven, preheated to 375°F., an ideal option if you wish to prepare ahead, refrigerate and reheat before serving.
5. Add the rinsed kidney beans to the mixture and season with garlic salt. Top with crumbled goat cheese if desired. Finish heating and serve.

Florentine-Stuffed Tomatoes

Serves 4-6

½ pound ground beef or bison
 1 medium onion, minced
 1 clove garlic, minced
 2 tablespoons butter, ghee or beef tallow
 6 large tomatoes
 1 package, frozen, chopped spinach, thawed and drained (10 ounce)
 6-8 large, fresh basil leaves, minced

1. Preheat oven to 400°F.
2. Brown meat in a skillet with 1 tablespoon fat, garlic and onion, sautéing until garlic and onions are tender and meat is free of red or pink. Set aside.
3. Wash tomatoes and cut the tops off. Remove the pulp with a knife and spoon being careful not to puncture the outer skin. Put the pulp into separate skillet and break up with a spatula.
4. Add the drained spinach to the tomato mixture along with the basil and remaining tablespoon of fat. Sauté until heated well then combine with the browned meat.
5. Place the tomato cups on a greased baking dish and fill with the stuffing. Bake for 15-20 minutes and serve.

Notes and Serving Suggestions: For added flavor, rather than stuffing tomatoes, the mixture can be stuffed into bell pepper halves. Using only 3 tomatoes, simply peel and chop to add to meat mixture. Cut out the stem of the bell pepper (any color), cut in half and clean out the center. Use these halves as the receptacle for the meat/spinach mixture.

Greek Shish-kebab

Serves 6

1 ½ pound round steak, cut into 1 inch cubes
 1 carrot, finely chopped
 1 celery stalk, finely chopped
 ½ teaspoon each, oregano, basil, garlic powder, parsley, thyme and nutmeg
 ½ teaspoon each, salt and pepper
 3 tablespoons lemon juice
 2 tablespoons melted ghee or olive oil
 2 medium zucchini
 1 pint of cherry tomatoes
 2 bell pepper, any colors
 1 onion, peeled, quartered and separated

1. In a one gallon storage bag, place the cubed meat, carrot, celery, spices, salt and pepper, lemon juice and oil. Seal the bag well, shake and allow to marinate for 30 minutes up to 8 hours.
2. Cut zucchini into consistent sized dials. Wash the tomatoes. Wash and core the bell pepper and cut into one inch pieces. Peel the onion and quarter, then pull quartered pieces apart.
3. On 12 inch skewers, alternate placing meat and vegetables onto skewers.
4. Cook under broiler or on the grill, until done.

Notes and Serving Suggestions: It works very well to include the cut up vegetables in the bag to marinate if desired or create a separate bag to marinate vegetables away from the raw meat. Keep refrigerated while marinating.

Fiery Jalapeno Buffalo Burgers

Makes 4 burgers

- 1 jalapeno pepper
- 1 teaspoon smoked paprika
- 1 teaspoon onion powder
- Sea Salt and Black Pepper to taste
- 1 pound ground bison or lamb

1. Place the jalapeno pepper over an open flame or on a grill until the skin is blackened all over. Remove from the heat and peel the skin off the pepper under cool running water. Then chop the pepper, only including the white ribs and the seeds if you like an extra spicy burger.
2. In a large mixing bowl, combine the meat, roasted pepper, and spices until well-integrated.
3. Form into four, 4 ounce, patties and place on the grill for 4-5 minutes on each side until they are done to your liking.

Notes and Serving Suggestions: Consider using the Sweet Potato Pancakes on page 50 as the bun for these burgers or a lettuce wrap. Add a strip of bacon over the top for some added flavor.

Lamb

Curried Mint Lamb Patties (Fragrance and flavor to die for!)

Makes 6-8 patties

- 1 pound All Natural Lamb
- 1 small sweet potato, washed, peeled and shredded
- ¼ cup pine nuts, ground
- 2 teaspoons curry
- 1 teaspoon salt
- 2 tablespoons chopped fresh parsley
- 2-3 tablespoons chopped fresh mint
- 1 tablespoon butter, ghee or bacon drippings

1. Combine all ingredients in a bowl and mix well.
2. Form patties
3. In a medium skillet using medium heat, melt fat and cook the patties until golden brown on the outside and cooked through.

Suggestions and Notes: Excellent served hot or cold and great for lunchboxes too.

**Mediterranean Lamb Roast (Easy Slow Cooker)***From Practical Paleo by Diane Sanfilippo, BS, NC*

Serves 8-10

- 4 pounds lamb roast (or beef or pork)
- 2 onions, cut into quarters
- 4 large carrots, chopped into 1 inch pieces
- 6-8 cloves garlic, smashed
- ¼ cup Kalamata olives, cut in half
- ¼ brine/liquid from olives
- 1 can whole peeled plum or fire roasted tomatoes (32-ounce)

1. Place all ingredients in a slow-cooker and cook on low for a minimum of 6 hours or overnight. Serve & enjoy.

Broiled Lamb Chops with Basil Green Beans

Serves 3-4

1 ½ to 2 pounds lamb chops (4-6 chops)
 1 teaspoon garlic powder
 Salt and pepper, to taste
 6-8 mint leaves, finely chopped
 1 cup unsweetened applesauce
 1 pound green beans, trimmed
 2 red bell peppers, washed, cored and julienned
 2 tablespoons butter, ghee or coconut oil
 2 cloves garlic, minced
 1 teaspoon onion powder
 ¼ teaspoon dried basil

1. Season lamb chops with garlic powder, salt and pepper. Place them in a baking pan with a little water and broil about four inches from the heat. Watch carefully to avoid over cooking. About 5 minutes total.
2. While lamb chops are broiling, place the applesauce and mint in a small sauce pan and heat on low.
3. In a frying pan, melt fat and sauté green beans, bell pepper, garlic and basil, until tender.
4. Divide lamb chops, green beans and applesauce evenly and serve.

Chicken

Grilled Lemon-Rosemary Chicken

Serves 4

4 chicken breasts or large thighs, with skin
 5 tablespoons butter or ghee, melted
 ½ teaspoon salt
 2 tablespoons shallots, chopped
 ½ cup lemon juice
 2 tablespoons fresh rosemary, chopped (or 1 tablespoon- dried)
 ½ teaspoon ground pepper

1. In a small bowl, combine all ingredients except the chicken. Place in a gallon sized plastic food storage or freezer bag and add chicken pieces.
2. Seal the bag, pressing the air out and massage the bag until marinade is distributed over the chicken pieces.
3. Place the bag in the refrigerator for 2 or more hours.
4. Prepare the outdoor grill and position the grilling racks 4-5 inches over the source of heat.
5. Remove the chicken pieces from the bag and place them on the grill, skin side down first. Place the marinade into a grilling pan and keep warm to the side. Using a silicone brush, brush the pieces several times with the marinade while the chicken is cooking.
6. Grill, turning frequently for about 25-40 minutes, basting often, until juices run clear.



Krispy Chicken Fried Meatballs (Think KFC flavors)*From Well Fed Weeknights*

Makes 24 meatballs (1 ounce each)

Meatballs:

1 ½ pound ground chicken

1 teaspoon salt

½ teaspoon ground black pepper

2 tablespoons ghee, butter or coconut oil

Coating:

½ cup tapioca starch/flour

½ teaspoon salt

½ teaspoon smoked paprika

¼ teaspoon ground black pepper

¼ teaspoon rubbed sage

¼ teaspoon granulated garlic powder

¼ teaspoon granulated onion powder

⅓ teaspoon dried marjoram

⅓ teaspoon ground cayenne pepper

⅓ teaspoon ground cloves

1. Preheat the oven to 425°F. Line a rimmed baking sheet with parchment paper.
2. Place the ground chicken in a large mixing bowl and add the salt and pepper. Mix well.
3. In a smaller bowl or shallow pie plate, mix the coating ingredients together and combine with a fork.
4. Moisten hands with cold water and form the meatballs into 1 tablespoon sized balls. Roll each ball in the seasoned tapioca starch and set the balls on the rimmed baking sheet until ready to fry.
5. In a large skillet, heat 1 tablespoon of ghee, butter or coconut oil until melted. Place half of the meatballs in the skillet in a single layer and turn heat up to medium high. Brown the balls on all sides for a total of 4-5 minutes. Transfer the balls back to the baking sheet. Add the additional ghee, butter or coconut oil and repeat the same process, browning the other half of the meatballs.
6. Place the meatballs in the pre-heated oven and cook for an additional 10 minutes.

Notes and Serving Suggestions: Consider making enough coating spices for several recipes and keeping them on hand. The tapioca starch is what will create the crispy outer coating. These make a great leftover for lunchboxes and snacks on the go.

Coconut Fried Chicken*From Cooking with Coconut Flour by Bruce Fife, N.D.*

Serves 4

1 whole chicken, cut up, with skin

1/3 cup coconut flour

1 teaspoon paprika

¼ teaspoon pepper

1 teaspoon sea salt

Coconut oil for frying

1. Heat coconut oil in a skillet using enough to fill the bottom of the skillet ¼ inch deep. Heat it until a drop of water sizzles when dropped in.
2. Combine flour, paprika, pepper and salt in a paper or plastic bag.
3. Add several pieces of chicken at a time and shake until coated.
4. Place coated chicken in hot coconut oil and brown on each side then turn with tongs. When lightly browned on each side reduce heat and cover tightly for about 20 minutes.
5. Remove the lid and continue cooking another 10 minutes

Chicken Stir Fry

Serves 4

2 boneless, skinless, chicken breasts
2 tablespoons coconut oil
1 medium green bell pepper, cored and cut into strips
1 medium red or yellow bell pepper, cored and cut into strips
1 small onion, peeled and thinly sliced
1 cup celery, diced
1 can water chestnuts, sliced (8-ounce)
½ cup water
2 cloves garlic, peeled and chopped
½ teaspoon ground ginger
Salt & pepper to taste
1 tablespoon arrowroot powder
¼ cup chicken broth
1 can bean sprouts (8-ounce) or a handful of fresh bean sprouts

1. Cut chicken into thin strips. In a large skillet, melt the oil and cook the chicken strips until just turned white.
2. Add vegetables, water chestnuts, water, garlic, ginger, salt and pepper. Cover and cook on medium low for 5 minutes.
3. Meanwhile, blend the arrowroot with the chicken broth. Stir into the meat and vegetables.
4. Finally, add the bean sprouts and cook for about 2 more minutes until thickened.

Chicken or Turkey Cacciatore

Serves 4

4 skinless chicken breasts or 1 large turkey breast
1 can tomato sauce (8-ounce)
Fresh or dried basil
½ cup onion, chopped (fresh or frozen)
1 medium green bell pepper, cored and chopped (if desired)
Garlic powder to taste
1 teaspoon Italian Seasoning

1. Preheat oven to 375°F.
2. Arrange chicken pieces in a greased baking dish, skin side up.
3. Combine the tomato sauce, fresh or dried basil, onion, garlic powder and Italian seasoning together in a small bowl.
4. Pour over the top of the chicken pieces, coating them well.
5. Bake in the oven until juices run clear, about 15-25 minutes depending on size and thickness of chicken pieces.

Baked Greek Chicken

Serves 4

1 jar of marinara sauce (4 grams or less of sugar per ½ cup serving)
1 can artichoke hearts, drained and quartered
2 tablespoons of capers, drained well
2-3 cloves of fresh garlic, crushed
4 tablespoons of goat feta
4 skinless chicken breasts

1. Arrange chicken breasts in a medium baking dish.
2. Arrange the artichoke hearts, capers and shredded garlic over and around the chicken pieces.
3. Pour ½ cup of marinara over each piece of chicken.
4. Sprinkle 1 tablespoon of goat feta over the top of each chicken breast.
5. Bake at 350°F in the middle of the oven 30-40 minutes until juices run clear, marinara is bubbly.

Chicken or Beef Satay with Peanut Sauce*Offered by Bernadette H.*

Serves 4

1 pound chicken or beef, cubed

3 tablespoons coconut oil

1 clove garlic, minced

½ teaspoon ground ginger

Peanut Sauce:

1 cup dry roasted peanuts

½ cup Bragg Liquid Aminos

¼ cup xylitol, erythritol or monk fruit

1/3 cup water

3 cloves garlic, minced

½ cup coconut oil

½ teaspoon ground black pepper

1. In a large skillet, melt oil with ginger and garlic. Add chicken or beef and sauté until browned on all sides.
2. In a food processor grind peanuts until finely ground. Add the remaining ingredients and process until smooth.
3. Warm peanut sauce on the stove top if desired or use at room temperature to serve with the cooked meat.

Chicken Thighs with Artichoke Hearts and Almonds

Serves 4-6

8 chicken thighs (with or without skin)

1 teaspoon garlic powder

1 jar marinated artichoke hearts (8-ounce)

½ cup slivered almonds

1 tablespoon dried or fresh rosemary

1 cup chicken broth

2 tablespoons arrowroot powder (if desired to thicken)

1. Preheat oven to 350°F. Place the chicken in a greased 8 X 8 baking dish. Arrange artichokes around chicken.
2. In a sauce pan, combine the remaining artichoke marinade with chicken broth, garlic powder, salt, rosemary and arrowroot powder. Slowly bring mixture to a boil over the stove top until thickened.
3. Pour over the top of the chicken and top with almond slivers.
4. Bake uncovered for 30 minutes, then cover and bake an additional 10-20 minutes until chicken juices run clear.

Herb Roasted Chicken

Serves 4

1 whole chicken

4 tablespoons of butter or ghee

Fresh chopped or dried rosemary, thyme, tarragon, & sage

Cracked pepper or lemon pepper

2 cloves garlic, peeled and chopped

2-3 shallots or a small onion, cubed

1 lemon, washed and cut into 3-5 dials

1. Preheat oven to 350°F. Rinse chicken and pat dry with paper towels. Place in a roasting pan, on a rack if available.
2. Place the garlic, lemon and shallots or onions inside the cavity of the chicken.
3. Melt butter. Prepare herbs. While butter cools slightly, add the fresh herbs and pepper to the melted butter.
4. Using washed hands or a silicone brush, coat the chicken with the herbed butter. Then salt the chicken lightly.
5. Cover the chicken with a lid or foil and bake for 45 minutes. Baste with drippings every 15 minutes.
6. Remove the foil and finish baking until skin becomes browned.

Pork & Veal

Cabbage Rolls

Serves 3-4

6-8 large cabbage leaves, Napa works best
 ½ pound ground pork or beef
 1 cup cooked quinoa or cauliflower rice
 1 to 2 tablespoons coconut oil
 1 cup, green onion, chopped
 ½ cup fresh parsley, chopped
 ½ tablespoon garlic, minced
 ⅛ teaspoon cayenne pepper
 Salt to taste
 2 cups tomato juice
 2 large eggs, beaten

1. Preheat oven to 325°F. In a large pot, bring water to a boil (enough to cover cabbage leaves in the next step).
2. Put the cabbage in the boiling water until they are soft, about 3-5 minutes. They could also be steamed in a steamer basket.
3. In a large skillet, melt coconut oil over medium heat. Add the onion and parsley and sauté until a little juice has accumulated. Then add the garlic and continue cooking until onions are tender.
4. Add the meat to the vegetables and brown. Then stir in the cooked quinoa or cooked cauliflower rice. Add cayenne pepper and stir.
5. Remove from heat and put in a large mixing bowl. Allow it to cool slightly. Then add the beaten egg and combine well.
6. Lay out a cabbage leaf on a tray or plate and fill it with about 2 heaping tablespoons of the mixture. Pull in the right side, then the left side, roll up around the mixture and then proceed to roll the length of the cabbage leaf. If needed, secure with a toothpick.
7. Place cabbage rolls in a baking dish, sized to fit them close together. Then pour the tomato juice over the cabbage rolls and cover them tightly with a lid or foil. Bake 30-45 minutes.



Vietnamese Sweet Pork with Onions

Serves 2

8 ounces pork, cubed
 2 large onions, peeled, diced
 1 tablespoon coconut oil
 4 garlic cloves, minced
 ½ cup beef broth
 Salt & pepper to taste

1. In a large skillet, melt coconut oil. Add meat and onions. Cook over medium heat until meat is brown, and onions have caramelized.
2. Add beef broth, lemon juice, garlic, salt and pepper. Bring to a boil, then reduce heat and simmer for 30-45 minutes.

Sweet & Sour Pork

Serves 4

1 pound pork, diced into 1 inch cubes
1 large red bell pepper, cored and cut into small, thin strips
1 can diced water chestnuts
1 yellow onion, peeled and cut into square pieces
½ cup almond flour
½ cup garbanzo bean flour
Salt and pepper, to taste

Sauce:

1 can unsweetened tomato sauce (8-ounce)
1 can tomato paste (6-ounce)
1 tablespoon coconut oil
1 teaspoon chopped oregano
1 teaspoon garlic powder
1 teaspoon onion powder
1 cup xylitol, erythritol or monk fruit

1. First, prepare the sauce by placing all ingredients in a medium sauce pan.
2. Heat on the stovetop until bubbly, then lower heat, cover and simmer for 20 minutes.
3. While the sauce is simmering, combine the almond flour, garbanzo bean flour, salt and pepper together in a glass baking dish or pie dish.
4. Toss the diced meat in the flour mixture and let sit.
5. Sauté the bell pepper, onion and water chestnuts in butter, ghee or duck fat until tender. Remove from pan into a warm dish to hold.
6. Add additional butter, ghee or duck fat to the pan and brown the meat pieces until cooked through and tender.

Notes and Serving Suggestions: Serve meat and vegetables on a plate and drizzle sweet and sour sauce over the top. Serve with quinoa or cauliflower rice. Chicken may be used alternatively to the pork.

Herbed Pork and Bean Stew

Serves 4

1 pound ground pork
1 can kidney beans, rinsed and drained
2 cups green beans, diagonally cut
1 cup onion, chopped
4 garlic cloves, minced
1 tablespoon lemon juice
1 tablespoon Bragg Liquid Aminos
1 cup chicken broth
1/8 teaspoon dried basil
½ teaspoon dried marjoram
2 tablespoons arrowroot powder
Butter or coconut oil

1. In a large skillet heat butter or coconut oil and add the ground pork. Cook until almost all the pink is gone. Reduce heat.
2. Add both beans and onions, garlic cloves, lemon juice, aminos, basil and marjoram and continue cooking.
3. In a measuring cup, combine the chicken broth with arrowroot powder and stir until blended.
4. Add this mixture to the meat and veggies and stir. Cook until veggies are tender and serve.

Pork Meatballs with Tomato-Tarragon Sauce

Serves 4

Meatballs:

12 ounces ground pork
 1 cup, lentils, cooked
 1 cup, onion, diced
 ¼ teaspoon chili powder
 ⅛ teaspoon black pepper
 ⅛ teaspoon basil
 ⅛ teaspoon tarragon
 ⅛ teaspoon marjoram
 2 tablespoons butter

Sauce:

1 cup tomato sauce
 ½ cup beef broth
 2 teaspoons lemon juice
 ⅛ teaspoon tarragon
 ⅛ teaspoon marjoram
 ⅛ teaspoon black pepper

1. Preheat the oven to 375°F. Put butter in a baking dish and melt the butter in the preheating oven.
2. In a large mixing bowl, combine pork, lentils, onion, chili powder, basil, tarragon, pepper and marjoram for the meatballs, blending well. Form into 16 one-inch meatballs.
3. Remove the heated pan with melted butter. Place the meatballs in the pan, rolling around a bit in the butter or use a silicone brush to coat the meatballs. Return them to the oven to cook for 15 minutes or until juices run clear.
4. Meanwhile in a medium sauce pan, combine the remaining ingredients for the sauce and simmer for 5 minutes until heated through.
5. Remove the meatballs from the oven and add them to the tomato sauce and serve.

Veal with Italian Vegetables

Serves 4

¾ cup butter
 3 cups eggplant cut into ½ inch cubes
 3 cups zucchini, cut in ½ inch dials
 1 large onion, peeled, halved and sliced
 2 cups tomato, diced into ½ inch cubes
 4 cloves garlic, minced
 2 tablespoons Italian seasonings
 ½ cup tomato sauce (6-ounce)
 1 pound veal scaloppini (pounded flat veal steaks)
 ⅛ teaspoon dried rosemary, minced
 ⅛ teaspoon onion powder
 ⅛ teaspoon basil
 Salt and pepper, to taste

1. Heat two tablespoons of butter in a sauté pan. Add the eggplant, zucchini, tomatoes and onion. As they begin to simmer, add the minced garlic, and Italian seasoning, cooking until tender. Then add the tomato sauce and continue to cook on low.
2. In another pan, add a tablespoon of butter. Sprinkle veal scaloppini slices with dried rosemary, onion powder, basil and salt and pepper. Then brown the scaloppini in the pan on both sides just until the juices run clear. Divide veal and vegetables and serve.

Stuffed Pork Chops with Cashew & Vegetables Sauce

Serves 2-3 (depending on size of pork chops)

Pork Chops:

2 thick cut, boneless pork chops

Coconut oil

½ cup snow peas, chopped

½ cup onion, chopped

¼ teaspoon Bragg Liquid Aminos

⅛ teaspoon black pepper

⅛ teaspoon marjoram

Cashew & Vegetable Sauce:

3 cups chicken broth

2 cups celery, chopped

1 ½ cups broccoli, chopped

1 ½ cups cauliflower, chopped

2 cups red bell pepper, cored and diced

⅛ teaspoon basil

⅛ teaspoon cinnamon

⅛ teaspoon nutmeg

½ cup cashews, chopped

Salt to taste

1 tablespoon arrowroot powder

1. Preheat oven to 375°F.
2. In a medium skillet, sauté snow peas, onion, Bragg Liquid Aminos, black pepper and marjoram until translucent and tender. Set aside to cool, for stuffing.
3. Begin to slice through the thick pork chop as if you were making two thinner pork chops from one but stop three quarters of the way through. Repeat the same with the second pork chop.
4. Spoon stuffing into the opening of the thick pork chop and reseal it with toothpicks. Place both stuffed pork chops in a baking dish, cover with foil or a lid and bake for 25-35 minutes in the oven.
5. In the meantime, combine chicken broth, celery, broccoli, cauliflower, bell pepper, basil, cinnamon and nutmeg in a large pot. Bring to a boil and cook until vegetables are tender.
6. Reduce heat and add cashews. Simmer for 5 minutes. Add salt to taste.
7. Combine arrowroot powder with an equal amount of water to form a smooth paste and add it to the vegetable mixture, stirring until a sauce forms.
8. Serve pork chop with vegetables on top or on the side.

Sweet & Sour Pork Cabbage

Serves 4

1 pork tenderloin (about 1 pound of meat)

2 cups celery, chopped

1 large head green cabbage, shredded

½ cup lemon juice

1 cup chick peas, chopped (a.k.a. garbanzo beans)

½ cup water

1 cup bamboo shoots

1 cup water chestnuts (canned and sliced, drained)

1. Cut the pork tenderloin into ½ inch cubes. Salt and pepper them.
2. In a skillet, melt coconut oil and brown the pork, then remove it to a plate and set aside.
3. In the same skillet, add cabbage, chickpeas, water chestnuts, celery, bamboo shoots, lemon juice and if necessary, more coconut oil. Sauté the vegetables for 10-15 minutes until almost tender.
4. Add water and cooked pork to the mixture, cover and simmer for 5-10 minutes.

Seafood

Red Snapper en Papillot (Cooked in a parchment bag)

Serves 4

4 fish filets, (red snapper, trout, flounder, sole or salmon)
 1 zucchini (or 12 asparagus spears)
 1 small sweet onion, peeled and sliced
 1 lemon, washed and sliced, seeds removed
 Fresh herbs – rosemary, thyme and/or parsley sprigs)
 4 tablespoons butter
 Salt & pepper to taste



1. Preheat oven to 400°F. Wash the zucchini, trim ends and cut into 2 inch julienne strips, or wash the asparagus and cut off tough end tips.
2. Peel and slice the onion into rounds. Wash and slice the lemon into rounds.
3. Rinse and dry the fish fillets with a paper towel. Salt and pepper them.
4. Place the parchment bags on a baking sheet. Insert a fillet into each parchment bag.
5. Top each filet with julienne zucchini or 3 asparagus pieces, one round of onion and one round of lemon. Top with sprigs of fresh herbs and 1 tablespoon of butter.
6. Fold edges of parchment paper ¼ inch at a time, several times to seal the bag and hold in steam.
7. Bake for 12-15 minutes. Serve in parchment paper leaving the bag sealed until at the table. Open parchment bags and enjoy the aroma and flavor.

Notes and Serving Suggestions: Parchment bags are available in most grocery stores on the food storage aisle next to parchment paper rolls.

Curried Halibut

From <http://recipes.mercol.com/curried-halibut-and-vegetables-recipe.aspx>

Serves 4

4 six-ounce wild Alaskan halibut steaks
 ½ cup almond meal
 1 teaspoon salt
 1 pinch cayenne pepper
 1 tablespoon curry powder
 3 tablespoons coconut oil

1. Mix the almond meal with the salt, cayenne and curry on a plate.
2. Flip the fish in the mix, coating both sides
3. Heat the coconut oil on medium heat in a frying pan. Add the fish in the pan and cook on each side for about 5 minutes. Be sure not to overcook, as halibut is a lean fish and can dry out quickly.

Notes and Serving Suggestions: Pair with mixed vegetable combo of curried cauliflower, broccoli or green beans. Consider a pistachio crust as an alternative by grinding 1 cup of roasted, shelled pistachios with 1 teaspoon of dried oregano, ½ teaspoon each of thyme, garlic powder and sea salt. Dredge the fish in this mixture before frying. Top with orange and grapefruit segments.

Salmon Cakes

Makes 4 patties

1 can wild Alaskan salmon (5-ounce)
1 egg
1 small onion, peeled and diced small
½ cup oat flour or garbanzo bean flour
Garlic salt or sea salt and pepper to taste
1 tablespoon of ghee, butter or coconut oil

1. Mix all the ingredients together in a bowl.
2. Form 4 patties
3. Heat a skillet over medium heat and cook the patties about 6-7 minutes on each side or until brown and heated through.

Salmon Cakes (Egg Free)

Makes 2 large patties

½ pound raw salmon, skinned removed and diced into small cubes
1 tablespoon flax meal
3 tablespoons water
⅓ cup ground walnuts
½ cup chopped fresh parsley
1 teaspoon dill weed
¼ teaspoon sea salt
1 pinch of cayenne pepper, if desired

Sauce:

3 tablespoons grass-fed butter or ghee
1 teaspoon capers, drained well
1 tablespoon lemon juice
Sea salt, to taste

1. Soak the flax meal or chia seed in the water for 5 minutes until liquid becomes thick.
2. Combine the salmon, flax or chia mix, ground walnuts, parsley, dill weed, sea salt and cayenne together in a bowl and refrigerate for 1 hour or more.
3. Form into two patties.
4. Preheat oven to broil. Place salmon patties on a lightly greased baking dish and broil for 5-7 minutes on each side.
5. Meanwhile, melt the butter or ghee, adding the capers, lemon juice and sea salt to taste.
6. Place salmon patties on a plate, top with sauce and serve.

Baked Italian Trout

Serves 2

2 trout filets
1 lemon, peeled and thinly sliced
Black olives
½ yellow onion, peeled and thinly sliced
⅓ teaspoon cayenne pepper
1 can Italian stewed tomatoes, or two fresh Roma tomatoes, sliced thin (14-ounce)
Salt & pepper, to taste

1. Place filets in a small greased baking dish. Season the filets with cayenne, salt and pepper.
2. Cover the filets with lemon, onion, tomatoes and olives.
3. Bake at 350°F. for about 7-10 minutes, until toppings are hot and fish is cooked through.

Marinated Fish Kabobs

Serves 4

1 ½ pounds Alaskan Halibut or Salmon, cut into bite sized cubes

Marinade for Fish, Chicken or Beef, prepared from page 28

1 medium red bell pepper, washed, cored and cut into squares

1 medium onion, peeled, cut into squares

1. Pour marinade in a large dish. Add fish, bell pepper and onion and cover in the refrigerator for 2 or more hours.
2. Alternate fish and vegetables on 4 large skewers.
3. Broil on grill or in the oven until fish is flaky and veggies are browning.

Shrimp Curry

Serves 2-3

16-20 fresh medium shrimp, peeled and deveined

½ cup onion, finely chopped

2 tablespoons garbanzo bean flour or arrowroot

1 cup chicken or vegetable broth

1 to 3 teaspoons curry powder, to taste

1 teaspoon salt

¼ teaspoon pepper

1 to 2 tablespoons coconut oil

1. Melt coconut oil or butter in a frying pan and sauté onions until translucent.
2. In a measuring cup, blend garbanzo bean flour or arrowroot with broth, curry, salt and pepper, mixing well.
3. Add the broth to the frying pan slowly, stirring constantly. Bring to a boil, then reduce heat and simmer gently for about 5 minutes.
4. Add the shrimp and continue cooking until shrimp is pink and cooked through.

Notes and Serving Suggestions: Serve with quinoa or cauliflower rice. Consider pairing with the Stir Fry Vegetables (page 48) or Chinese Vegetables (page 49).

Shrimp Almandine

Serves 2-3

1 pound, raw shrimp, peeled and deveined

2 tablespoons coconut oil, ghee or butter

½ cup slivered almonds

1 medium bell pepper, thinly sliced (any color)

2 cups chicken or vegetables broth

1 package frozen peas, thawed (10-ounce)

1 teaspoon garlic powder

1 tablespoon fresh dill, chopped or 1 teaspoon, dried

1 tablespoon fresh basil, chopped or 1 teaspoon, dried

1 tablespoon fresh oregano, chopped or 1 teaspoon, dried

½ teaspoon salt

1. Heat oil in a skillet and sauté slivered almonds until lightly browning.
2. Add bell pepper, broth and peas, stir and bring to a boil. Reduce heat.
3. Add shrimp, seasonings and herbs. Simmer until peas are cooked, shrimp is pink, and vegetables are tender.

Simple Shrimp Gambretti

Serves 2-3

1 pound fresh shrimp, peeled and de-veined

2 tablespoons coconut oil or ghee

2 teaspoons Italian seasonings

3 cups of fresh, baby spinach

2-3 tablespoons olive oil

¼ cup lemon juice

½ cup pine nuts

1. Bring spinach leaves to room temperature and spread evenly on 3 plates.
2. Place pine nuts in a dry skillet and heat over medium heat, watching carefully until nuts begin to brown and become fragrant. Remove from heat and set aside.
3. Toss raw shrimp in the Italian seasonings.
4. Melt oil in a frying pan and sauté the shrimp until pink and firm.
5. Position the shrimp on the plated spinach, top with pine nuts. Dress with olive oil and lemon juice.

Notes and Serving Suggestions: Top with shaved Pecorino Romano sheep cheese for an extra boost of flavor.

Shrimp with Fresh Tomato*Offered by Diaa*

Serves 3-4

1 pound large shrimp, peeled and deveined

3 tablespoons coconut oil, butter or ghee

1 large onion, peeled and diced

3 cloves garlic, crushed

1 large tomato, peeled if desired, and sliced into wedges or diced

1 can tomato sauce (8-ounce)

¼ cup cilantro, washed and chopped

1 tablespoon cumin

Salt & pepper, to taste

1. Heat the oil over medium heat in a large skillet. Add the onion and garlic and sauté until fragrant and translucent.
2. Add the shrimp and fresh tomato and continue cooking for another 3-4 minutes.
3. Add the canned tomato sauce, salt, pepper, cumin and cilantro and simmer for another 8-10 minutes.

Notes and Serving Suggestions: This dish would work well with scallops also.

Desserts

Fruit-Pecan Crisp (allowable during day 14-28)

Offered by Kathy S.

5 cups cubed apples or peaches
 ½ cup xylitol, erythritol, monk fruit
 ½ cup gluten free old-fashioned oats
 ¼ cup butter, melted
 ¼ cup gluten free oat flour
 ¼-½ cup chopped pecans
 1 teaspoon cinnamon

1. Preheat the oven to 350°F. Grease a 9 x 9 glass baking dish with butter.
2. In a large bowl, combine all ingredients together, tossing to coat fruit.
3. Pour ingredients into the baking dish and bake 30-40 minutes, or until fruit is desired tenderness.



Peanut Butter Surprise

16 servings

1 16-ounce jar Laura Scudder's peanut butter
 1 cup gluten free, old fashioned oats
 ½-¾ cup xylitol, erythritol or monk fruit
 2 tablespoons unsweetened cocoa, if desired
 ½ cup chopped walnuts or pecans, if desired

1. Combine all ingredients in a food processor.
2. Use a spatula to move the PB Surprise into a container. Store at room temperature.
3. Grab a spoonful as needed for a snack or dessert.

Nutty Chocolate Coconut Cookies (egg free)

15-18 Cookies

½ cup raw walnuts, chopped
 ½ cup unsweetened 64% or higher cacao chips
 ½ cup xylitol, erythritol or monk fruit
 1 cup unsweetened shredded coconut
 Dash of salt
 ½ cup almond butter
 3 tablespoons coconut oil
 ¼ to ½ cup coconut flour

1. Preheat oven to 350° F. Combine well in a large bowl the walnuts, cacao chips, sweetener, and shredded coconut.
2. Stir in the almond butter and coconut oil.
3. Mix in the coconut flour. Start with ¼ cup and increase to correct consistency – not too wet or too dry.
4. Form the dough into one-inch balls, slightly flatten each one.
5. Place them on a baking sheet lined with parchment paper.
6. Bake for 14-16 minutes until the tops are golden brown.

Pumpkin Chocolate Chip Cookies

Makes 12 Cookies

½ cup almond butter (unsweetened)
 ¼ cup pumpkin puree
 ¼ cup xylitol, erythritol, or monk fruit
 ¼ teaspoon ginger powder
 ¼ teaspoon nutmeg
 ¼ teaspoon cardamom powder
 ¼ teaspoon ground cloves
 1 teaspoon cinnamon
 ¼ teaspoon stevia powder
 ½ teaspoon baking powder
 1 tablespoon coconut flour
 2 tablespoons Lily's Dark Chocolate or Enjoy Life Dark Chocolate Chips
 1 egg

1. Preheat the oven to 350°F.
2. Combine all the ingredients in a bowl mix using hand mixer.
3. Line a baking tray with parchment paper.
4. Using an ice cream scoop, make 12 scoops and place them on the baking tray. Use a fork to flatten the dough a bit to form a cookie instead of the lump.
5. Bake for 25 minutes. Remove from oven, cool for 10 minutes and enjoy warm or room temperature.

Notes and Suggestions: Each cookie is 88 calories, 7.5 grams of fat, 4.74 grams of carbohydrate, 2.83 grams of fiber, 1 gram of sugar and 3.74 grams of protein.

Chocolatey Walnut Brownies

Makes 9 Brownies

8 ounces of bittersweet, 85% cacao, chopped
 ¼ cup grass-fed butter
 2 teaspoons instant espresso powder
 ½ teaspoon liquid stevia
 4 eggs
 ¼ cup canned, organic, expeller pressed full fat coconut milk
 2 teaspoons vanilla extract
 ½ cup chopped walnuts
 2 tablespoons coconut flour
 ¼ cup ground flaxseeds

1. Preheat the oven to 350° F. Grease a 9 x 9 baking dish with butter.
2. In a large glass bowl, combine the chocolate and the butter. Microwave bowl on high power for 1 minute, stirring once halfway through. If not completely melted, continue microwaving in 20 second increments, until melted. (If you have a double boiler, this would be best done using that!)
3. Stir in the espresso powder until completely blended.
4. Add the eggs, one at a time, blending well after each egg.
5. Stir in the coconut milk, stevia and vanilla.
6. Stir in the walnuts, coconut flour and flaxseeds until well blended.
7. Pour the batter into the buttered baking dish and bake for 25 minutes or until a wooden toothpick comes out of the center clean.

Peanut Butter Fudge (egg free)*Offered by Linda P*

1 cup xylitol, erythritol or monk fruit
¼ cup unsweetened cocoa powder
½ cup peanut butter
¼ cup coconut milk creamer
¼ cup butter
2 teaspoons vanilla

1. Place sweetener, cocoa powder, coconut creamer and butter in a sauce pan.
2. Cook over medium heat until mixture comes to a boil, evenly across the pan. Continue to boil for about 2 minutes. Mixture should be at the soft ball stage.
3. Remove from the heat, add peanut butter and stir well.
4. Add vanilla and stir for two minutes.
5. Pour out onto parchment lined pan and allow to set up overnight. It is set up when the fudge loses its shine and takes on a matte finish.

Notes and Suggestions: Do NOT double the recipe because it won't set up.

Berry Freeze Sorbet

6 servings

16 ounce bag frozen berries (mixed works well)
1 cup coconut milk creamer or canned coconut milk
¾ cup xylitol, erythritol or monk fruit

1. Combine all ingredients in a powerful blender and blend until smooth.
2. Place the blender jar in the refrigerator for several hours, allowing the sweetener to dissolve well.
3. Return the blender jar to the base and blend one more time.
4. Move to a freezer safe container, seal tightly and freeze.

Nutty Pie Crust

Makes one 9 inch bottom pie crust

1 ½ cups ground nuts (pecans, walnuts, almonds, and/or macadamia nuts)
⅓ cup ground golden flaxseeds
6 tablespoons butter, melted and cooled

1. In a large bowl, stir together the nuts, flaxseeds, butter until well blended.
2. Press into a 9" pie plate.
3. To pre-bake, preheat the oven to 350°F. Cover the pie crust with foil. Bake for 15 minutes. Remove the foil, turn the pie plate, and bake for another 10 minutes, or until the crust is golden and no longer moist to the touch.

Notes and Suggestions: Use with pecan or pumpkin pie filling on page 76. The crust works well using a variety of nuts or just one.

Peanut Butter Cups*Offered by Melissa Humphries*

Makes 9-12 bite sized treats

½ cup Laura Scudder's All Natural Smooth Peanut Butter
½ cup Coconut Oil
½ cup xylitol, erythritol or monk fruit
¼ cup cocoa powder

1. Mix all ingredients in a bowl.
2. Place in mini muffin tin and store in freezer. Remove individually as desired.

Almond Pie Crust

Makes one 9 inch pie crust bottom

2/3 cup coconut oil

1 teaspoon sea salt

¼ cup water

2-2 ¼ cups almond flour

1. Mix all ingredients together and then roll out on to parchment paper with a small amount of the almond flour to prevent sticking.
2. Press it into the pie plate and crimp the edges.
3. If pie filling recipe calls for pre-baking the shell, then bake at 400°F for 6-8 minutes.

Pumpkin Pie Filling

Fills one 9" pie crust (See above options)

1 can pumpkin puree (15-ounce)

¾ cup full fat, canned, organic, coconut milk

6 tablespoons xylitol, erythritol or monk fruit or Lakanto Maple Flavored Syrup

2 teaspoons pure vanilla extract

1 tablespoon pumpkin pie spice

1 teaspoon cinnamon

Pinch of salt

2 large eggs, room temperature

1 egg yolk, room temperature

1. Preheat the oven to 375°F.
2. In a bowl, place all of the ingredients except the eggs and stir until just blended.
3. Whisk in the eggs, one at a time and then the egg yolk. Don't overmix.
4. Pour the filling into the crust and spread it around to the edges.
5. Cover the pie with foil and bake for 55-65 minutes or until center is nearly set, just slightly jiggly.
6. Allow to cool completely at room temperature to avoid excessive cracking. Once cooled, serve, or, cover and store in the refrigerator for up to 2 days prior to serving.

Pecan Pie Filling

Fills one 9" pie crust

1 ½ cups xylitol, erythritol or monk fruit

½ teaspoon sea salt

½ cup melted butter, unsalted

1 teaspoon vanilla extract

3 eggs, slightly beaten

1 cup crushed pecans

1 cup pecan halves

1. Preheat the oven to 350°F. Combine the sweetener, salt, melted butter and vanilla and mix well.
2. Add the slightly beaten eggs to the mixture and blend.
3. Fold in the crushed pecans.
4. Pour into a 9" pie crust and use the pecan halves to decorate the top of the pie with a design or pattern of your making.
5. Bake for 45-55 minutes.

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