

# BEST OF MARK'S KITCHEN

*25 Mouthwatering Recipes Handpicked by the Doctor*



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# ROASTED VEGETABLE LASAGNA WITH CASHEW “RICOTTA CHEESE”

# ROASTED VEGETABLE LASAGNA WITH CASHEW “RICOTTA CHEESE”

Ready in 1 hour and 25 minutes + 24 hour nut soaking time

**SERVES 6**

Who says you can't enjoy comfort food while nourishing your body? Prepare this dish when you want to share a hearty, delicious meal the entire family will love. From my experience, it is best to double the recipe, making two lasagnas and freezing one for later, because this will quickly become a family favorite!

## Ingredients for ricotta “cheese”

2 cups raw cashews

1/4 cup of warm water

2 tablespoon extra-virgin olive oil

4 teaspoons fresh lemon juice

1 teaspoon sea salt

## Ingredients for lasagna

1 small eggplant, very thinly sliced lengthwise

1 zucchini, very thinly sliced lengthwise

1 yellow summer squash, very thinly sliced lengthwise

1 bell pepper (any color), seeded and cut into large squares

1/4 cup extra-virgin olive oil

1 teaspoon sea salt

2 cups Ricotta “cheese”

1 large omega-3 egg, beaten

1/2 teaspoon dried oregano

Pinch of freshly ground black pepper

1 (15-ounce) can crushed tomatoes

Step 1) Make the ricotta cheese: Soak the cashews in a bowl of hot water for at least 1 hour at room temperature or up to 24 hours in the refrigerator.

Step 2) Drain the cashews and place them in a food processor, along with the olive oil, lemon juice, salt and 1/4 cup of water. Process the ingredients until a smooth paste forms; you may need to add a bit more water, depending on how long you soaked the cashews.

Step 3) Preheat the oven to 400°F. In a large bowl, combine the eggplant, zucchini, summer squash and bell pepper with the oil and salt and toss well. Spread the vegetables in a single layer on two baking sheets and roast until they start to brown and caramelize around the edges, 20 to 25 minutes, rotating the sheets half-way through the cooking time.

Step 4) Remove the baking sheets from the oven and set them aside to cool. Lower the oven temperature to 350°F. While the vegetables are cooling, whisk together the “cheese,” egg, oregano and black pepper in a medium bowl. Spread one-fourth of the mixture in the bottom of a 9-inch square glass baking dish, then spoon 1/2 cup of the crushed tomatoes on top. Cover the tomatoes with a layer of one of the types of vegetables. Continue to layer the remaining “cheese,” tomatoes and vegetables until everything is used up, topping off with the tomatoes.

Step 5) Bake the lasagna for 30 minutes. allow it to cool for 5 minutes before serving. Store any leftover “cheese” in an airtight container in the refrigerator for up to 3 days.

## NUTRITIONAL INFO

Analysis Per Serving

Calories: 440 • Fat: 34 g • Saturated Fat: 6 g • Cholesterol: 40 mg  
Fiber: 6 g • Protein: 12 g • Carbohydrates: 28 g • Sodium: 512 mg



# NON-COFFEE VANILLA LATTE

# NON-COFFEE VANILLA LATTE

Ready in 5 minutes

**SERVES 1-2**

This delicious latte, inspired by my friend, Dave Asprey, founder of Bulletproof®, is the perfect warm beverage to enjoy when you've given up coffee or just need a little break from caffeine. It features the amazing MCT oil which I've featured in this week's blog post. Consider MCT oil as a super fuel for your cells, because it boosts fat burning and increases mental clarity.

**2 cups hot filtered water**

**2 tablespoons grass-fed butter or ghee**

**2 tablespoons MCT oil (you can substitute with organic coconut oil – such as Dr. Bronner's - if you don't have MCT oil)**

**1 teaspoon unsweetened vanilla powder**

**½ teaspoon organic cinnamon (optional)**

**and ¼ teaspoon of cardamom OR 1 teaspoon of organic cocoa powder (optional)**

Step 1) Add all ingredients to a blender and process until all ingredients are incorporated.

## **NUTRITIONAL INFO**

Analysis Per Serving (1 cup)

Calories 520, • Fat 54 g • Saturated fat 44 g, • Cholesterol 0 mg  
Fiber 1 g • Protein 1 g • Carbohydrate 2 g • Sodium 0 mg



# RUBY SMOOTHIE

# RUBY SMOOTHIE

Ready in 5 minutes

**SERVES 1**

With nutty almond milk and creamy almond butter, this raspberry smoothie from my new book, *Eat Fat, Get Thin*, will blast off your day with healthy fat, antioxidants, and phytonutrients.

**1 1/4 cups unsweetened almond milk**

**1/2 cup frozen unsweetened raspberries**

**2 tablespoons ground flaxseed**

**2 tablespoons creamy almond butter**

**1 tablespoon chia seeds**

**1 tablespoon pomegranate powder**

**(can substitute 3 strawberries)**

Step 1) Place all the ingredients in a blender and start to blend on low speed, gradually increasing to high speed. Blend until creamy and smooth.

Step 2) Enjoy immediately.

## **NUTRITIONAL INFO**

Analysis Per Serving (2 cups)

Calories 430 • Fat 31g • Saturated fat 2g • Cholesterol 0mg  
Fiber 15g • Protein 13g • Carbohydrates 31g • Sodium 320mg



# BROCCOLI SAUSAGE FRITTATA

# BROCCOLI SAUSAGE FRITTATA

Ready in 35 minutes

**SERVES 4**

With a few veggies and precooked chicken sausage, you can have this satisfying, savory frittata from my new book, *Eat Fat, Get Thin*, on the table in under 45 minutes, perfect for a weekend breakfast or brunch. Serve with diced avocado and fresh berries on the side.

**6 ounces broccoli florets**

**2 precooked, Italian-seasoned, organic, nitrate-free chicken or turkey sausage links**

**1 small leek**

**1 tablespoon clarified unsalted butter or ghee**

**8 large omega-3 eggs**

**1 tablespoon chopped fresh oregano or parsley leaves**

**1/4 teaspoon freshly ground black pepper**

**1 avocado, peeled, pitted and diced**

Step 1) Preheat the oven to 400°F. Fill a 4- to 5-quart pot three-quarters full with water and bring to a boil. Add the broccoli florets and cook 2 minutes. Drain immediately and chop into small pieces. For faster prep time, this can be done ahead.

Step 2) Quarter the sausage links lengthwise and then chop crosswise into small pieces. Cut off the dark green tops and the root end off of the leek and use the white and light green parts. Split the leek lengthwise and thoroughly rinse under cold water to dislodge any sand or dirt. Chop the leek crosswise into thin slices.

Step 3) Melt the clarified butter in a 10-inch well-seasoned cast-iron skillet over medium heat. Add the leeks to the pan and cook until softened, about 2 minutes. Add the sausage pieces and brown for 3 to 4 minutes, stirring with the leeks. Stir in the broccoli and spread the vegetables and sausage into an even layer.

Step 4) In a medium bowl, whisk the eggs together until smooth, and then pour over the vegetables. Spread the eggs evenly over the vegetables with a spatula if needed. Sprinkle evenly with the oregano and pepper.

Step 5) Place the pan in the oven and bake until the frittata is set in the center and the top is a light golden brown, 14 to 16 minutes.

Step 6) Remove the frittata from the oven when fully cooked and cut into 4 wedges. Divide the wedges onto 4 plates, top each serving with a quarter of the avocado and serve immediately or at room temperature. Leftovers should be covered and refrigerated for up to 2 days. Reheat in a warm oven or enjoy at room temperature.

## **NUTRITIONAL INFO**

Analysis Per Serving

Calories 340 • Fat 25 g • Saturated Fat 7 g • Cholesterol 495 mg  
Fiber 5 g • Protein 24 g • Carbohydrate 13 g • Sodium 570 mg



# QUICK CAULIFLOWER COCONUT STEW

# QUICK CAULIFLOWER COCONUT STEW

Ready in 35 minutes

**SERVES 4**

This delicious stew is perfect for vegetarians or meat eaters. And it's full of healthy fats! Comforting and warm, it's one the whole family can enjoy for dinner. Add in some chicken or tofu for extra protein. If you're enjoying a bit of grains, this pairs nicely with wild rice.

**2 tablespoons coconut oil**

**1 teaspoon cumin seeds**

**1 medium onion, finely chopped**

**3 ripe tomatoes, finely chopped**

**1 medium head cauliflower, stemmed**

**and cut into bite-size florets**

**1 jalapeno, stemmed, seeded, chopped**

**1 cup chopped kale**

**2 teaspoons ginger paste**

**1 tablespoon cumin powder**

**1 tablespoon coriander powder**

**1 teaspoon turmeric powder**

**1 can full-fat, unsweetened coconut milk**

**1 teaspoon sea salt**

**2 tablespoons chopped cilantro**

Step 1) In a medium stock pot, heat the coconut oil for 30 seconds on medium heat.

Step 2) Add the cumin seeds and stir until they start to sputter. Then add the onions and cook for another minute, and then, add the tomatoes, stir and cook for a few more minutes until the tomatoes soften.

Step 3) Add the rest of the ingredients and stir together. Cover the pan and simmer for about 15 minutes, stirring every 5 minutes to keep from burning.

Step 4) Ladle the soup into 4 serving bowls and enjoy! Leftover stew can be stored in air-tight container and saved for lunch the next day.

## **NUTRITIONAL INFO**

Analysis Per Serving

Calories 204 • Fat 24 g • Saturated fat 20 g • Cholesterol 0 mg  
Fiber 6 g • Protein 6 g • Carbohydrate 18 g • Sodium 588 mg



# COCOA ALMOND SMOOTHIE

# COCOA-ALMOND SMOOTHIE

Ready in 5 minutes

**SERVES 1**

Dessert for breakfast? Yes, please! This creamy cocoa smoothie from my 10-Day Detox program has the perfect combo of fats + protein to energize your morning, and it tastes great.

**2 or 3 large ice cubes**

**1 1/4 cups unsweetened almond milk**

**2 tablespoons unsalted almond butter**

**1 tablespoon chia seeds**

**2 teaspoons unsweetened cocoa powder**

**1 tablespoon coconut oil**

Step 1) Combine all of the ingredients in a blender and blend on high speed until smooth, 1 to 2 minutes. If the smoothie is too thick, add a little water and blend again until it reaches the desired consistency.

Step 2) Pour into your favorite glass and enjoy!

## **NUTRITIONAL INFO**

Analysis Per Serving

Calories: 430 • Fat 39 g • Saturated Fat 14 g • Cholesterol 0 mg  
Fiber 9 g • Protein 10 g • Carbohydrates 14 g • Sodium: 300 mg



# CORIANDER ROASTED CARROTS

# CORIANDER ROASTED CARROTS

Ready in 45 minutes

**SERVES 4 AS A SIDE**

This week, I'm featuring a beautiful side dish from my friend, Chef Frank Giglio. I love all of Frank's recipes because they are simple and delicious. This side dish is so easy to make and pairs well with just about any of your favorite proteins. Enjoy!

**2 pounds assorted carrots**

**2 tablespoons melted ghee**

**2 tablespoons crushed coriander seed**

**Pinch of sea salt**

Step 1) Preheat the oven to 325°F.

Step 2) Give the carrots a wash; peel them if you'd like.

Step 3) Use a pastry brush to coat the carrots with the ghee, coriander seeds, and sea salt. Lay the carrots in a single layer out on a baking sheet.

Step 4) Roast in the oven, and turn carrots every 15-20 minutes. Total roast time should be about 40 minutes or until the carrots can be easily pierced with a knife.

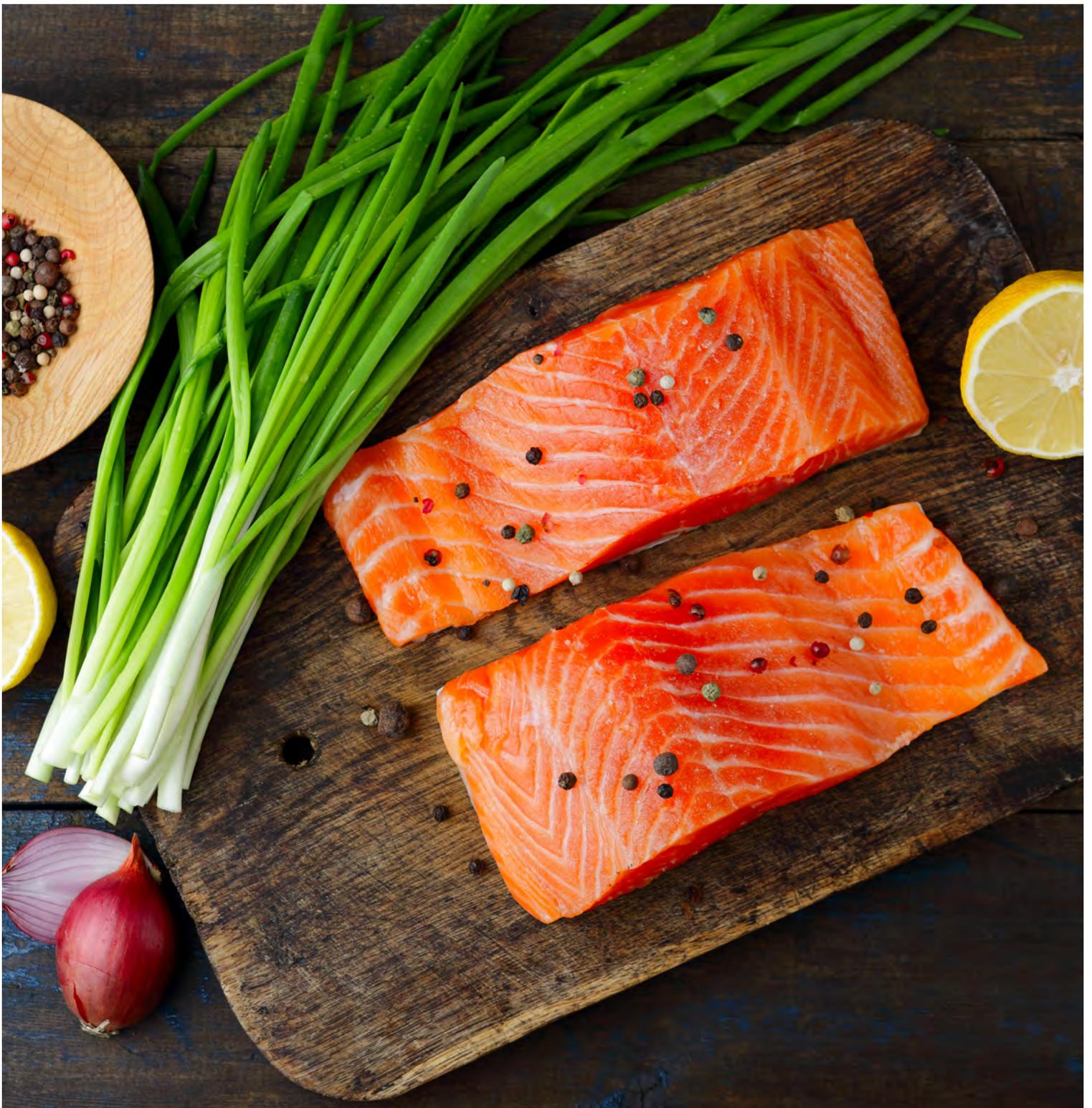
Step 5) Remove from the oven and serve.

## **NUTRITIONAL INFO**

Analysis Per Serving

Calories: 11.8 • Fat: 29 g • Saturated Fat: 3 g • Cholesterol: 5 mg

Fiber: 7 g • Protein: 2 g • Carbohydrates: 22 g • Sodium: 301 mg



# SALMON SALAD WRAPS

# SALMON SALAD WRAPS

Ready in 25 minutes

**SERVES 4**

When you trade a less nutritious food for a higher-quality food without losing the personality of the dish, I call it a “swap.” In this recipe, swap that blood sugar–spiking tortilla for crisp butter lettuce to enjoy a low-glycemic meal that satisfies both your taste buds and your waistline.

**1 teaspoon sea salt, divided**

**Juice of 1 lemon**

**2 (8-ounce) boneless, skinless wild salmon fillets**

**1 large yellow bell pepper, seeded and finely chopped**

**2 tablespoons finely chopped red onion**

**1 tablespoon finely chopped jalapeño**

**1 tablespoon rinsed capers, finely chopped**

**3 tablespoons fresh lime juice**

**1 tablespoon extra-virgin olive oil**

**2 tablespoons finely chopped fresh cilantro**

**12 butter lettuce leaves**

**2 avocados, pitted, peeled, and sliced**

Step 1) In a large skillet, bring 6 cups of water and 1/2 teaspoon salt to a boil over high heat. Add the lemon juice. Gently slide the salmon fillets into the boiling water. Reduce the heat to a low simmer and poach until the salmon is cooked through and opaque, about 5 minutes. Remove from the water and set aside to cool to room temperature, 5 to 10 minutes. When cooled, flake into small pieces.

Step 2) Meanwhile, in a large bowl, combine the bell pepper, onion, jalapeño, capers, lime juice, oil, and remaining 1/2 teaspoon salt and mix well. Let the salad stand while the salmon cooks and cools, then gently fold the flaked salmon and cilantro into the salad.

Step 3) Divide the lettuce leaves among four serving plates. Then divide the salmon mixture into 12 portions and spoon a portion onto each leaf. Top the salmon mixture with the sliced avocado, fold the lettuce around the salmon and avocado to form a wrap, and then serve seam-side down.

## **NUTRITIONAL INFO**

Analysis Per Serving (3 wraps)

Calories: 370 • Fat: 26 g • Saturated Fat: 4 g • Cholesterol: 60 mg  
Fiber: 8 g • Protein: 25 g • Carbohydrates: 14 g • Sodium: 550 mg



# TOMATO-BASIL SOUP WITH SHRIMP

# TOMATO-BASIL SOUP WITH SHRIMP

Ready in 40 minutes

**SERVES 4**

One of my favorite culinary tricks for making creamy, comforting soups without dairy is substituting cashews for heavy cream or butter in recipes. Cashews are mild in flavor and lend a creaminess that you can't get from other nuts. They also happen to be quite hypoallergenic, which is helpful for those with tree nut allergies.

<b>1 cup raw cashews</b>	<b>1 (28-ounce) can tomato puree</b>
<b>2 tablespoons extra-virgin olive oil</b>	<b>1 1/2 cups low-sodium chicken stock</b>
<b>1 yellow onion, diced</b>	<b>1/4 cup unsweetened almond milk</b>
<b>4 garlic cloves, sliced</b>	<b>1/2 teaspoon sea salt</b>
<b>1 celery rib, diced</b>	<b>1/4 cup tightly packed fresh basil leaves,</b>
<b>1 bay leaf</b>	<b>plus extra chopped basil for garnish</b>
<b>1 tablespoon tomato paste</b>	<b>freshly ground black pepper</b>
	<b>20 large cooked, peeled shrimp</b>

Step 1) Place the cashews in a small, heatproof bowl and cover with 2 cups of boiling water. Cover the bowl and allow the cashews to sit for 15 minutes, then drain and reserve the nuts.

Step 2) While the cashews are soaking, heat the olive oil in a medium saucepan over medium heat. Add the onion, garlic, celery and bay leaf to the pan and cook, stirring occasionally, until the vegetables are soft and beginning to brown, about 10 minutes.

Step 3) Stir in the tomato paste and cook for 2 more minutes. Add the tomato puree, chicken stock, almond milk, cashews and salt. Bring to a simmer, then reduce the heat to medium-low and cook for 15 minutes.

Step 4) Remove the bay leaf and transfer the hot soup to a blender, and very carefully puree the soup starting on low speed, making sure to vent the lid (see note). Once the soup is pureed, add the basil and give it a quick final pulse in the blender.

Step 5) Divide the shrimp among four soup bowls and ladle the soup into each bowl. Sprinkle a pinch of black pepper over each bowl of soup, garnish with chopped basil, and serve.

Note: Always be very careful when pureeing hot liquids in a blender. The heat from the liquid can cause the pressure in the blender to build up under the lid, and when the blender is turned on, the top can blow off and your hot soup will go everywhere. Keep the lid vented by removing the small window insert from the middle of the blender lid; hold a towel over the open window to prevent splattering. Always start on the lowest speed possible.

## **NUTRITIONAL INFO**

Analysis Per Serving

Calories: 360 • Fat: 21 g • Saturated Fat: 3.5 g • Cholesterol: 55 mg  
Fiber: 6 g • Protein: 16 g • Carbohydrates: 32 g • Sodium: 490 mg



# BAKED FISH WITH STEAMED BUTTERNUT SQUASH

# BAKED FISH WITH STEAMED BUTTERNUT SQUASH

Ready in 40 minutes

**SERVES 2**

Wild fatty fish plus butternut squash? Yes, please! On top of being an incredibly delicious recipe, this baked fish with steamed butternut squash is so good for you. Butternut squash is rich in fiber, antioxidants, and phytonutrients. Combined with wild fatty fish filled with Omega-3's, this dish makes the perfect autumn meal.

## **FOR THE FISH:**

**2 tbsp extra-virgin olive oil**  
**1 pound wild caught fish (striped bass, hake, haddock, cod, etc.)**  
**2 teaspoons freshly chopped thyme**  
**1 teaspoon sea salt**  
**1/4 teaspoon freshly ground black pepper**  
**2 teaspoons paprika**

## **FOR THE SQUASH:**

**2 tbsp extra-virgin coconut oil**  
**1 onion, thinly sliced**  
**2 cups carrots peeled and cut into 1-inch pieces**  
**3 cups butternut squash, peeled, seeded, and cut into 1-inch cubes**  
**1 tbsp coconut butter**  
**1 teaspoon apple cider vinegar**

Step 1) Preheat oven to 350°F. Generously coat the fish with the olive oil. Combine the thyme, salt, pepper, and paprika, and then rub generously over the fish. Place the fish in a single layer in a baking dish. Place dish on middle rack in the oven; and bake until cooked through, about 8-10 minutes.

Step 2) In a large pot, melt the coconut oil, then sauté the onion just until soft, about 2-3 minutes. Add the carrots and squash plus ½ cup water. Steam the squash and carrots until tender. Place the steamed vegetables in a food processor and pulse to break down, then add the coconut butter and apple cider vinegar. Then puree until the consistency of mashed potatoes.

Step 3) Serve the fish over a good sized portion of the squash puree.

## **NUTRITIONAL INFO**

Analysis Per Serving

Calories 638 • Total Fat 26g • Protein 60g • Fiber 14g • Sugar 4g • Sodium 258mg



# ROASTED BROCCOLI WITH TOMATILLO SALSA

# ROASTED BROCCOLI WITH TOMATILLO SALSA

Ready in 1 hour

**SERVES 2 CUPS OF SALSA**

Sugar free dips and salsas are hard to come by, but we've got you covered with this beautiful tomatillo salsa served with roasted broccoli. It's nice and spicy (you can adjust the heat) and perfect to serve with additional veggies or gluten free crackers. Plus tomatillos are a good source of fiber, vitamins and minerals such as niacin, potassium and vitamin C!

## **FOR THE SALSA**

**1/2 white onion**

**1 pound tomatillos**

**2 cloves of garlic**

**1-2 jalapeno peppers**

**1 pound tomatillos**

**1/2 cup roughly chopped cilantro**

**2 tablespoons extra-virgin olive oil**

**a squeeze of lime juice**

**1 teaspoon sea salt**

## **FOR THE BROCCOLI**

**1.5 pounds broccoli**

**2-3 tablespoons extra-virgin olive oil**

Step 1) To make the salsa: Preheat the oven to 400°F. Chop the onion into large pieces, then place the peppers, tomatillos, onion, and garlic in a heavy bottomed pan. Drizzle with the oil, and place in the oven.

Step 2) Roast for 30 minutes, or until the tomatillos turn brown, soften and even burst.

Step 3) Remove the pan from the oven, allow to cool slightly, then transfer ingredients to a food processor and blend until desired consistency. Pour contents into a bowl, stir in the cilantro, and season with the salt and lime juice. Place in the fridge to cool for at least 30 minutes.

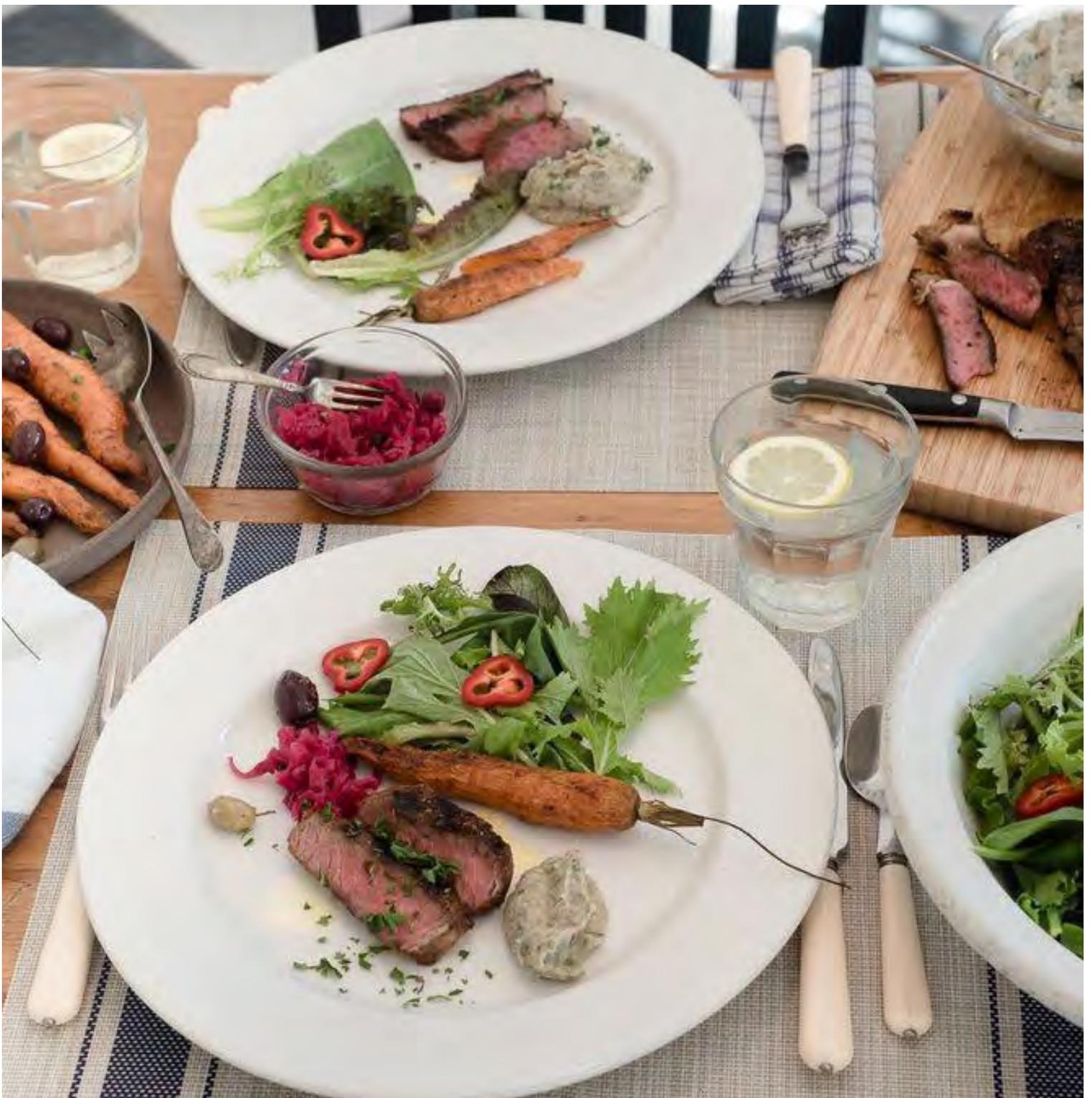
Step 4) Now roast the Broccoli. Lower the oven to 375°F. Cut the broccoli into florets then place in a bowl. Add a few tablespoons of olive oil and toss. Place on a baking dish, put the dish in the oven and roast until brown, about 10-12 minutes.

Step 5) Serve the roasted broccoli alongside the salsa.

## **NUTRITIONAL INFO**

Analysis Per Serving (about 3 tbsp)

Calories 85 • Total fat 6g • Protein 2g • Fiber 3g • Sugar 2g • Sodium 70mg



# GRILLED BEEF WITH BABA GHANOUSH & ROASTED CARROTS

# GRILLED BEEF WITH BABA GHANOUSH & ROASTED CARROTS

Ready in 1 hour

**SERVES 2**

Looking for a hearty meal to serve to guests or even just for dinner tonight? This grilled beef with baba ghanoush and roasted carrots dish is the perfect evening meal, and you can always switch it up by adding more roasted veggies like yams and zucchini. It's filled with healthy protein, and it tastes delicious.

## FOR THE CARROTS:

1 bunch of evenly sized carrots (about 6)

1 teaspoon sea salt

2 tablespoons extra-virgin olive oil

## FOR THE BABA GHANOUSH:

2 cloves of garlic

3 medium sized eggplants

1/4 cup of tahini

2 tablespoons extra-virgin olive oil

1 teaspoon sea salt

1/4 cup chopped parsley

2 teaspoons chopped thyme

## For the Beef:

2 tablespoons coriander seeds

1 teaspoon paprika

Zest of 1 lemon

2 teaspoons sea salt

8-12 ounces beef rib eye (grass fed)

## FOR THE GARNISH:

Mixed olives

Fermented vegetables (such as sauerkraut)

Step 1) Preheat the oven to 375°F. Arrange the carrots on a baking dish, drizzle with sea salt and olive oil, mix to coat evenly. Place in the oven and roast until they can be pierced with a knife, about 30-40 minutes depending on the size.

Step 2) Place the eggplant on a separate baking dish. Drizzle with the oil and rub to coat evenly. Use a knife to pierce the eggplant all over which will keep the skin from expanding once it is in the oven. Bake for 30-45 minutes or until the eggplant is soft and deflated. Remove from the oven and let cool completely. Once cool enough to handle, peel away the skin and remove any clumps of seeds from the interior. Set aside the remaining pulp.

Step 3) To make the Baba Ganoush, place the garlic in a food processor and pulse to mince. Add the eggplant and process until smooth. Use a spatula to scrape down the sides and then add in the salt, herbs, lemon, and tahini. Process again to incorporate fully to form a smooth puree. Transfer the puree into a glass container and set in the fridge until ready to serve.

Step 4) To cook the beef, first toast the coriander seeds in a dry pan over medium heat. Shake the pan often to prevent burning. Once the seeds become aromatic, transfer to a mortar and pestle or spice grinder and grind fully. Add the ground coriander to a small bowl and mix in the paprika, salt, and lemon zest.

Step 5) Heat a grill pan on medium-high heat or preheat the grill. Coat the steak on both sides with the spice mixture. Place the steak in the pan and cook on one side for 3-4 minutes, then flip, and cook an additional 2-3 minutes. Remove the steak from the heat and set aside to rest for a few minutes before slicing into strips.

Step 6) Divide the steak between two plates and serve with a few carrots, a big scoop of the Baba Ghanoush, olives, and a side of fermented vegetables.

## NUTRITIONAL INFO

Analysis Per Serving

Calories 842 • Total Fat 57 g • Protein 32 g • Fiber 23 g • Sugar 9 g • Sodium 496 mg



# SPICED PEAR SMOOTHIE

# SPICED PEAR SMOOTHIE

Ready in Prep time 10 minutes + overnight soaking time

**SERVES 2**

This Spiced Pear Smoothie is the perfect fall beverage without all of the sugar and processed ingredients in typical pumpkin spiced drinks. This smoothie also includes one of my favorite milk alternatives, Brazil nut milk. Brazil nuts contain healthy fats and selenium, a trace mineral essential to immune and thyroid function. Healthy and delicious!

## **FOR THE BRAZIL NUT MILK**

**1 cup Brazil nuts**

**5 cups water**

## **FOR THE SMOOTHIE**

**2 cups chopped pears (freeze before blending)**

**1 teaspoon of alcohol-free vanilla extract**

**1 rounded tablespoon pumpkin pie spice mix**

**\*For a sweeter option, add 1-2 dates.**

Step 1) First make the Brazil nut milk by soaking the Brazil nuts in 2 cups of water overnight or for a minimum of 8 hours. Drain the water, rinse the nuts well.

Step 2) Place the Brazil nuts in a blender and add 3 cups of fresh water. Blend for 45 seconds and then strain the liquid through a fine mesh strainer. Place in the fridge to cool.

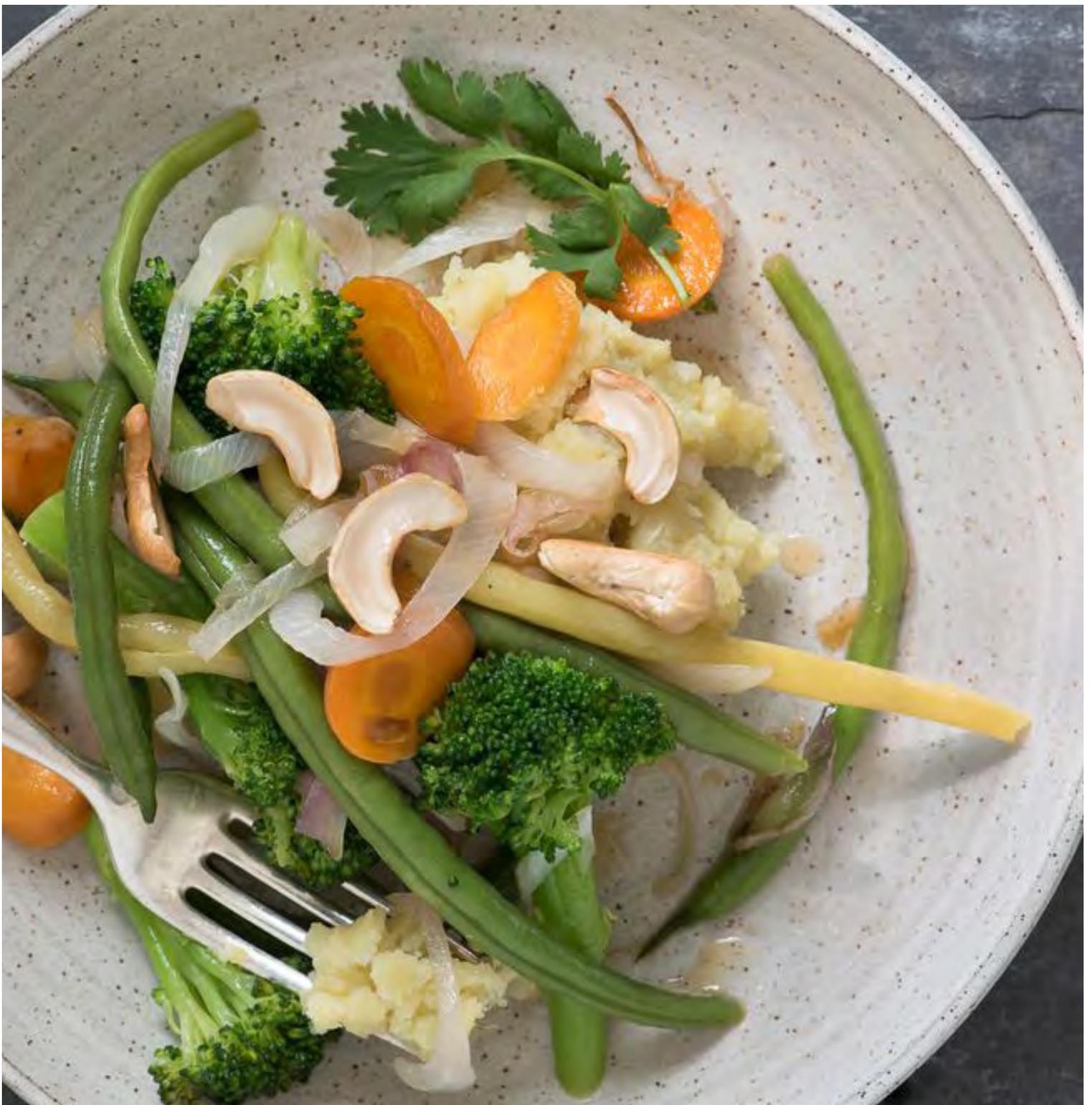
Step 3) In a blender, combine the milk, chilled pears, vanilla, spice mix, and dates (if using). Blend on high speed for 45 seconds, until smooth and creamy.

Step 4) Serve immediately.

## **NUTRITIONAL INFO**

Analysis Per Serving

Calories 396 • Total fat 31 g • Fiber 10 g • Protein 11 g • Sodium 11 mg



# VEGGIE STIR-FRY WITH SMASHED POTATOES

# VEGGIE STIR-FRY WITH SMASHED POTATOES

Ready in 30 minutes

**SERVES 2**

Craving some comfort food? We've got you covered. This dish is deliciously comforting, guilt-free, and perfect for vegetarians and meat eaters! Enjoy for lunch or dinner, or serve with eggs for breakfast. Yummy!

## **FOR THE SMASHED POTATOES:**

**1 pound yams or sweet potato**

**1-inch piece ginger, peeled**

**Juice of 1 lime**

**¼ cup coconut oil**

## **GARNISH:**

**¼ cup cilantro leaves**

**4 ounces dry roasted cashews, roughly chopped**

**2 tablespoons toasted sesame oil**

**½ pound green beans**

**½ pound (1 large crown) broccoli**

**1 medium sized carrot, cut into thin rounds**

**1 medium sized red onion, sliced thin**

**2 cloves garlic, thinly sliced**

**2-3 tablespoons ume plum vinegar**

Step 1) Peel and cut the yam/sweet potatoes into large chunks. Add to a small sauce pan with 1 cup of water and cover. On medium-high heat, steam the potatoes until they can be easily pierced with a knife. Remove from the heat then use a potato masher to smash the potatoes until chunky. Grate the ginger into the potatoes and add the juice of 1 lime and 2 tablespoons of coconut oil. Stir well to incorporate. Set aside and keep warm.

Step 2) While the potatoes steam, heat 8 cups of salted water in a large pan over medium heat until it comes to a simmer. In batches, blanch the green beans and broccoli just until soft, about 2-3 minutes, and then place into a bowl of ice water to stop the cooking process. Once cooled, drain well, and set aside.

Step 3) Heat a large skillet and add the remaining coconut oil. Cook the onions for 2 to 3 minutes before adding the carrot and garlic. Stir to incorporate, and then add the green beans and broccoli. Stir well until all is evenly heated. Add the ume plum vinegar (to taste) and cover to steam for 1 minute.

Step 4) To serve, divide the smashed potatoes onto 2 plates and top each serving with the stir fry. Garnish with the cilantro, cashews, and a drizzle of toasted sesame oil.

## **NUTRITIONAL INFO**

**Analysis Per Serving**

Calories 678 • Total fat 54 g • Fiber 8 g • Protein 14 g • Sodium 4,780 mg

Note: For low sodium option, omit the vinegar



# MASSAGED KALE SALAD

# MASSAGED KALE SALAD

Ready in 40 minutes

**SERVES 2 AS AN ENTREE, 4 AS A SIDE**

There is nothing like a great massaged kale salad. When your body is craving greens, this is one of the best kinds of salads to make. Filled with beautiful colors and plenty of phytonutrients, this is the perfect salad to go with any meal or have on its own.

**1 bunch of kale, stems removed, leaves cut into smaller pieces (about 2 handfuls)**

**1 cup flat leaf parsley leaves (about ½ a bunch)**

**¼ cup pumpkin seeds**

**½ cup chopped cucumbers**

**8 cherry tomatoes, cut in half**

**¼ cup chopped pitted kalamata olives**

**¼ cup sauerkraut (recommended brands: Rejuvenate Foods or Eden Foods)**

**3 tablespoons extra-virgin olive oil**

**1 teaspoon sea salt**

**2-3 edible flowers (look for calendula, violets or nasturtium in the herb section at your local natural food store)**

Step 1) Add kale and parsley to a large mixing bowl. Add the salt and olive oil. Using your hands, mix the greens with the salt and oil, and then massage to soften up the greens. This takes about 2 minutes; you want the greens to appear wilted. Set the greens aside while you prep the remaining ingredients.

Step 2) Place the pumpkin seeds in a dry sauté pan over medium heat. As the pan heats up, saute the seeds until they start to brown and begin to pop. Stir often to prevent burning. Transfer the pumpkin seeds to a sheet pan and set aside to cool to room temperature. Then prepare the remaining vegetables and the sauerkraut.

Step 3) Once the greens have wilted, add the vegetables and sauerkraut to the bowl and stir to combine.

Step 4) Serve and garnish with the edible flowers.

## NUTRITIONAL INFO

Analysis Per Serving

Calories 458 • Total fat 34 g • Fiber 14 g • Protein 12 g • Sodium 782 mg



# ROASTED GARLIC AND TAHINI SPREAD

# ROASTED GARLIC AND TAHINI SPREAD

Ready in 30 minutes

**SERVES 12 AS A SNACK**

Sometimes you just need a good snack in between meals or a small plate to serve to guests. When people think of snacks, they usually think of chips, popcorn, cookies and other processed foods. Snacking doesn't have to be unhealthy; in fact, it shouldn't be. This roasted garlic and tahini spread is the perfect snack to serve with crudite or flax crackers, and it's approved for all of my programs.

**2 garlic cloves**

**1 shallot**

**1/2 cup extra-virgin olive oil**

**1 1/2 cups tahini**

**1 tablespoon freshly chopped rosemary**

**2 tablespoons freshly chopped thyme**

**1/2 cup freshly chopped parsley**

**2 teaspoons sea salt**

**2 tablespoons apple cider vinegar**

Step 1) Peel all the garlic and then slice thin. Repeat with the shallot.

Step 2) Place the olive oil, garlic and shallots in a medium sauté pan and heat on low heat for 5-6 minutes to infuse the oil. Remove from the heat, stir in the rosemary and thyme and set aside to cool.

Step 3) In a medium mixing bowl, add the tahini, the remaining ingredients and the garlic + oil mixture. Stir to combine. Serve with sliced vegetables or flax crackers. Best served at room temperature. Store leftovers in an airtight container for up to a week.

## **NUTRITIONAL INFO**

Analysis Per Serving (about 2 tablespoons)

Calories 250 • Total fat 17.2 g • Fiber 7.7 g • Protein 6.4 g • Sodium 55 mg



# SAUTEED VEGGIES WITH AVOCADO & POACHED EGG

# SAUTEED VEGGIES WITH AVOCADO & POACHED EGG

Ready in 25 minutes

**SERVES 1**

Easiest way to upgrade a plate of greens? Put an egg on top! This tasty and comforting dish is filled with healthy fats and tons of nutrients. Serve for breakfast, lunch or dinner. Bon Appétit!

**3 tablespoons extra-virgin olive oil**

**1 medium summer squash, sliced into ¼ inch thick half moons**

**2 garlic cloves, chopped**

**4 cups of kale (about 1 bunch), de-stemmed and thinly sliced**

**1 pastured egg**

**2 tablespoons of apple cider vinegar**

**1/2 ripe avocado**

Step 1) Heat a large skillet over medium-high heat. Add the olive oil and once hot, sauté the squash for 3 minutes, stirring occasionally, until soft and slightly translucent. Stir in the garlic, cook until fragrant and then add the kale and 2 tablespoons of water. Cover and let steam for 2 minutes before using tongs to toss the vegetables in the pan.

Step 2) While the vegetables cook, heat 8 cups of water until simmering. Add 2 tablespoons of apple cider vinegar. Crack one egg into a small bowl then gently add it to the water. Cook for 3-4 minutes or until the whites solidify but the yolks are still soft and runny.

Step 3) To serve, place the vegetables in the center of a plate and top with 1 poached egg. Cut the avocado in half and then slice one half into quarters.

## **NUTRITIONAL INFO**

**Analysis Per Serving**

Calories 763 • Total Fat 63 g • Fiber 19 g • Protein 21 g  
Carbohydrates 46 g • Sodium 278 mg



# CAULIFLOWER TABBOULEH

# CAULIFLOWER TABBOULEH

Ready in 30 minutes

**SERVES 4**

We've put a twist on a classic dish and made it grain-free. Cauliflower tabbouleh is great as a side or served on top of a bed of greens. I hope you enjoy this upgraded version of the perfect summertime salad.

**2 lb head of cauliflower**

**1 cup chopped cucumber**

**6-8 cherry tomatoes, quartered**

**1 bunch flat leaf parsley**

**1/4 cup freshly chopped cilantro**

**1 tablespoon freshly chopped basil**

**2 garlic cloves, minced**

**Zest and juice of 1 lemon**

**1/4 cup + 2 tablespoons extra virgin olive oil**

**1.5 teaspoon sea salt**

Step 1) Cut the cauliflower in half, remove the core, then cut into small florets.

Step 2) In small batches, process the cauliflower in a food processor until small and uniform in size. Transfer over to a large mixing bowl, then continue until all the cauliflower is processed.

Step 3) Stir in the cucumbers, tomatoes, and chopped herbs.

Step 4) Toss in the garlic, lemon, and olive, stir to combine, then season to taste with sea salt.

## **NUTRITIONAL INFO**

Analysis Per Serving

Calories 247 • Total Fat 21.5 g • Fiber 6.1 g

Carbohydrates 14.3 g • Sodium 67.3 mg



# CHOCOLATE-BLUEBERRY SMOOTHIE

# CHOCOLATE-BLUEBERRY SMOOTHIE

Ready in 5 minutes

**SERVES 1**

The first recipe, Chocolate-Blueberry Smoothie, is a delicious, guilt-free treat that is perfect for breakfast, dessert or a snack. It's easy enough to whip up with basic ingredients from your kitchen, and you can always add different berries, protein powder or even greens.

**2 Tablespoons Cashew**

**12 ounces cold water**

**1/2 cup frozen blueberries**

**1/4 avocado**

**2 Tablespoons cocoa powder**

**1/2 Teaspoon vanilla extract or powder**

**Optional: bee pollen to garnish**

Step 1) Place all of the ingredients into a blender and blend on high for 45-60 seconds.

Step 2) Pour, serve and enjoy!

## **NUTRITIONAL INFO**

Analysis Per Serving

Calories 250 • Total Fat 17.2 g • Fiber 7.7 g • Protein 6.4 g  
Sugar 8 g • Sodium 55 mg



# CLAM CHOWDER

# CLAM CHOWDER

Ready in 45 minutes

**SERVES 4**

This recipe, from my book *Eat Fat, Get Thin*, takes a traditional chowder and puts a healthy spin on it. Fresh steamed clams make this creamy chowder extra good; however, canned clams work well too. When steaming, you can save time by preparing them up to one day in advance – just be sure to remove the meat from the shells and refrigerate. For a dairy-free version, use olive oil or coconut oil instead of grass-fed butter.

## **INGREDIENTS FOR THE STEAMED CLAMS:**

**2 ½ cups filtered water**

**Juice of 2 lemons**

**2 bay leaves**

**4 large cloves garlic, crushed**

**4 sprigs fresh thyme**

**¼ teaspoon sea salt**

**4 pounds fresh small clams (Manila or Littleneck)**

## **INGREDIENTS FOR THE CHOWDER:**

**2 leeks**

**4 tablespoons unsalted grass-fed butter**

**4 large cloves garlic, finely chopped**

**4 tablespoons coconut flour**

**¼ teaspoon ground black pepper**

**2 teaspoons chopped fresh thyme leaves**

**2 cups clam broth (reserved from steaming process)**

**2 cans (13.5 ounce) full-fat coconut milk**

**1 tablespoon freshly chopped tarragon or parsley leaves**

Step 1) Place the water, lemon juice, bay leaves, garlic, thyme and salt in a large (5- to 6-quart) heavy pot with a tight fitting lid. With the lid on the pot, bring the ingredients to a boil over high heat. When steam is coming out from under the lid, dump all of the clams into the pot and replace the lid. Turn the heat down to medium and allow the clams to steam until they have opened, about 5 minutes. Turn the heat off and drain the clams through a colander into a large bowl. Discard any unopened clams, as well as the thyme, bay leaves and garlic. Be sure to save the clam broth to use in the chowder! Remove the clam meat from the shells and set the meat aside. Discard the shells.

Step 2) To make the chowder, first prepare the leeks. Chop off the dark green leaves and the root end of the leeks. Slice in half lengthwise and run under cold water to dislodge any sand or dirt. Pat dry. Lay the leeks flat on a cutting board and chop crosswise into thin slices. You should have about 2 cups.

Step 3) Trim the celery ribs, slice them lengthwise into thinner lengths, then chop crosswise. You should have about 2) cups.

Step 4) Melt the butter in a large (5-quart) heavy pot over medium to medium-low heat. Add the leeks and celery and cook slowly until soft, about 5 minutes, stirring occasionally. Add the garlic and cook 1 more minute. Sprinkle in the coconut flour and stir, mixing the vegetables and the flour until the mixture has thickened, about 2 minutes. Stir in the pepper and thyme leaves. Add the clam broth and stir, cooking with the vegetables until the soup is thick and saucy, about 3 to 4 minutes. Add the coco

Step 5) Ladle into 4 soup bowls and serve hot. Serve with a tossed green salad with avocado, tomato and cucumber with your favorite healthy, full-fat, homemade dressing. Cool and refrigerate leftovers in a glass container with a tight fitting lid for up to 2 days.

## **NUTRITIONAL INFO**

Analysis Per Serving (about 1 1/2 cups chowder)

Calories 580 • Fat 42 g • Saturated fat 35 g • Cholesterol 75 mg  
Fiber 4 g • Protein 25 g • Carbohydrate 18 g • Sodium 580 mg



# GINGER SPICE SMOOTHIE

# GINGER SPICE SMOOTHIE

Ready in 5 minutes

**SERVES 1**

This creamy, low-carb smoothie is a great way to start your day and get it into fat-burning mode. An additional benefit is that ginger is great for digestion.

**1 1/2 cups almond or cashew milk**

**2 tablespoons raw almond butter**

**2 teaspoons grated ginger**

**1/4 teaspoon grated nutmeg**

**1 handful baby spinach or greens of choice**

Step 1) Place all the ingredients in a blender and blend until smooth and creamy.

Step 2) Serve immediately.

## **NUTRITIONAL INFO**

Analysis Per Serving

Calories 400 • Fat 31g • Saturated fat 4g • Cholesterol 0 mg  
Fiber 7g • Protein 13g • Carbohydrate 19g • Sodium 30 mg



# COCOA BLISS SMOOTHIE

# COCOA BLISS SMOOTHIE

Ready in 5 minutes

**SERVES 1**

Chocolate lovers, rejoice! This smoothie from my new book, *Eat Fat, Get Thin* is power packed with creamy, healthy fat. Cacao not only adds great flavor, but is a good source of antioxidants, vitamins, and minerals.

**1 cup almond or cashew milk**

**1/2 cup full-fat coconut milk**

**1 tablespoon raw cacao powder**

**1 teaspoon no-alcohol pure vanilla**

**1 tablespoon coconut butter**

Step 1) Place all the ingredients in a blender and blend until smooth and creamy. d enjoy! Left-over stew can be stored in air-tight container and saved for lunch the next day.

## **NUTRITIONAL INFO**

Analysis Per Serving (1 1/2 cups)

Calories 420 • Fat 33 g • Saturated fat 18 g • Cholesterol 0 mg  
Fiber 9 g • Protein 10 g • Carbohydrate 17 g • Sodium 40 mg



# SUNRISE NORI WRAPS WITH SPICY TAHINI DRIZZLE

# SUNRISE NORI WRAPS WITH SPICY TAHINI DRIZZLE

Ready in 15 minutes

**SERVES 4**

These Sunrise Nori wraps are filled with phytonutrients, and they're perfect for both vegetarians and meat eaters. The tahini dressing is truly addictive—you're going to want to dress everything in it—and the cabbage provides a nice crunch. Use leftover tahini drizzle as a dressing for salads or as a dip for crudité's.

## **SPICY TAHINI DRIZZLE:**

**2 tablespoons freshly squeezed lemon juice**

**1 tablespoon raw tahini**

**2 Medjool dates, pitted**

**1 garlic clove, minced**

**¼ teaspoon crushed red pepper flakes**

**Water, as needed to thin the sauce**

## **SUNRISE NORI WRAPS**

**4 nori seaweed sheets**

**¼ small head red cabbage, very thinly sliced**

**1 large carrot, peeled and julienned**

**1 small yellow summer squash, julienned**

**1 small cucumber, julienned**

**1 large ripe avocado, pitted, peeled and sliced**

Step 1) Make the tahini: Combine all of the ingredients except the water in a blender. Blend, adding water 1 teaspoon at a time, until the mixture becomes a thin sauce.

Step 2) Place the nori sheets on a flat surface. Divide the remaining ingredients evenly among the sheets. Top each pile of vegetables with a tablespoon of the Spicy Tahini Drizzle, and then roll up the nori sheets into a tube shape.

## **NUTRITIONAL INFO**

**Analysis Per Serving**

Calories 164 • Fat 9 g • Cholesterol 0 mg • Fiber 7 g • Protein 4 g  
Carbohydrate 20 g • Sodium 40 mg • Sugar 10 g



# **SPICY VEGGIE SCRAMBLE**

# SPICY VEGGIE SCRAMBLE

Ready in 20 minutes

**SERVES 2**

This is truly breakfast made easy and delicious. Eggs are the best way to start your day because they're filled with protein and healthy fat; the perfect combo for your brain. You can also switch up this meal easily by adding whatever veggies you have in your fridge.

**2 tablespoons coconut oil**

**1 small red onion, thinly sliced**

**1 jalapeño or fresh chili of choice, cut  
into thin rounds, seeds removed**

**6 large omega 3 eggs, lightly beaten**

**1/4 teaspoon sea salt**

**1/2 teaspoon freshly ground black pepper**

**1 medium tomato, roughly chopped**

**2 tablespoons roughly chopped cilantro**

Step 1) In a large skillet, heat the oil over medium heat. Add the onion and pepper and cook until soft (4-5 minutes).

Step 2) Stir in the eggs, salt and pepper, and cook, stirring often, until soft curds form (about 3 minutes).

Step 3) Remove the skillet from the heat and divide among 2 plates. Top with chopped tomato and cilantro.

## **NUTRITIONAL INFO**

Analysis Per Serving

Calories 374 • Total Fat 29g • Protein 20g • Fiber 1.5g • Sugar 8g  
Sodium 219mg • Carbohydrates 7.5g



# STEAMED SALMON FILLETS WITH LEMON AIOLI

# STEAMED SALMON FILLETS WITH LEMON AIOLI

Ready in 30 minutes

**SERVES 4**

This recipe features one of my favorite fats: wild fatty fish, specifically salmon. Salmon is filled with omega 3 fatty acids, the happy fat. Omega 3's make your brain work better, your skin soft and clear, help improve metabolism, and the list goes on! I've also included the recipe for homemade mayonnaise from my book. You'll definitely want to keep this one on hand. It's delicious and can be used in so many different recipes.

## **FOR THE MAYONNAISE:**

(yield 3/4 cup, 12 servings - can be stored in an air-tight container in the fridge for 4 days)

**2 large omega-3 egg, yolks only**

**1 tablespoon fresh lemon juice**

**1 tablespoon white wine or champagne vinegar**

**1/4 teaspoon Dijon mustard**

**Pinch sea salt**

**Pinch white pepper**

**3/4 cup avocado oil or extra-virgin olive oil**

## **FOR THE STEAMING BROTH:**

**4 cups filtered water**

**1 bay leaf**

**2 cloves garlic, crushed**

**3 fresh thyme sprigs**

**1 carrot, roughly chopped**

**1 rib celery, roughly chopped**

**1/2 small onion, roughly chopped**

**1 large lemon, quartered**

## **FOR THE LEMON AIOLI:**

**1/2 cup organic mayonnaise (see above)**

**Juice and zest of 1 lemon**

**1 clove garlic, finely chopped or grated**

**Pinch of sea salt**

**Pinch of white pepper**

## **FOR THE SALMON:**

**4 (6-ounce) skinless salmon fillets**

**1/4 teaspoon salt**

**1/4 teaspoon ground black pepper**

Step 1) To make the mayonnaise: In a blender, whisk the yolks, lemon juice, vinegar, mustard, salt and pepper together in a small bowl until smooth. Place the mixture in the blender and blend on low for a few seconds. Very, very slowly, begin to add the oil, a few drops at a time. When the mayonnaise thickens, continue to add the oil in a very slow, steady stream until all of the oil is incorporated. Add more salt, pepper or lemon juice, as needed for your taste.

Step 2) In a wide 5- to 6-quart pot, combine all the broth ingredients, squeezing the lemon quarters into the water and adding the lemon rinds to the pot. Place a steamer rack, either metal or nonstick silicone, in the pot. The broth level should just meet or be below the level of the steamer rack. Bring just to a boil. Turn the heat down to low, place a lid on the pot, and simmer the broth for 15 minutes to blend the flavors.

Step 3) While the broth is simmering, combine all the aioli ingredients in a small bowl and stir until smooth. Set aside to serve with the salmon.

Step 4) Sprinkle the salmon fillets with the salt and pepper. Place the salmon fillets in a single layer on the steamer rack and replace the lid. Steam the salmon for 5 to 6 minutes or until the salmon reaches an internal temperature of 145°F when tested with a digital thermometer. The fillets will be a light pink-orange color.

Step 5) Serve the salmon warm or cool with 2 tablespoons of the lemon aioli per serving. You can make ahead and chill the salmon or store leftovers in the refrigerator in a glass container with a tight-fitting lid. It's best enjoyed within 2 days.

## **NUTRITIONAL INFO**

Analysis Per Serving (about 6 ounces salmon, 2 tablespoons aioli)

Calories 450 • Fat 31 g • Saturated fat 5 g • Cholesterol 125 mg • Fiber 0 g • Protein 38 g • Carbohydrate 2 g • Sodium 310 mg