
The Plant Paradox Quick and Easy

THE 30-DAY PLAN TO LOSE
WEIGHT, FEEL GREAT, AND
LIVE LECTIN-FREE

Steven R. Gundry

This book contains advice and information relating to health care. It should be used to supplement rather than replace the advice of your doctor or another trained health professional. If you know or suspect you have a health problem, it is recommended that you seek your physician's advice before embarking on any medical program or treatment. All efforts have been made to assure the accuracy of the information contained in this book as of the date of publication. This publisher and the author disclaim liability for any medical outcomes that may occur as a result of applying the methods suggested in this book.

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THE USDA FOOD PYRAMID



Source: U.S. Department of Agriculture/U.S. Department of Health and Human Services

THE PLANT PARADOX FOOD PYRAMID

KEY

- Eat a very limited quantity, 1-2 times per week.
- Enjoy in moderation.
- OK to eat a limited quantity per meal.
- Go nuts! Eat as much as you would like!



Grass-fed, pasture-raised meat



Southern European cow's, goat's, sheep, and buffalo milk



Red wine, champagne, dark spirits



Wild-caught seafood



Pastured poultry and omega-3 eggs



In-season fruits



Nuts (not legumes), approved flour alternatives, sorghum, and millet



Resistant starches

Don't eat anything!

Skip one, two, or a whole day's meals.

Intermittent fasting is great for your health.



Approved fats



Leafy greens and cruciferous vegetables

Once our bodies are able to finally get off the roller coaster of exposure to a damaging diet and deadly disruptors, it is amazing how beautifully they can heal themselves. I have seen patients resolve the following health problems:

- Aching joints
- Acid reflux or heartburn
- Acne
- Age spots, skin tags
- Allergies
- Alopecia
- Anemia
- Arthritis
- Asthma
- Autoimmune diseases (including autoimmune thyroid disease, rheumatoid arthritis, type 1 diabetes, multiple sclerosis, Crohn's disease, colitis, and lupus)
- Bone loss (including osteopenia and osteoporosis)
- Brain fog
- Cancer
- Canker sores
- Chronic fatigue syndrome
- Chronic pain syndrome
- Colon polyps
- Cramps, tingling, and numbness
- Dementia
- Dental problems
- Depression
- Diabetes, prediabetes, insulin resistance
- Exhaustion
- Fat in the stool (due to poor digestion)
- Fibromyalgia
- Gastroesophageal reflux disease (GERD), Barrett's esophagus
- Gastrointestinal problems (bloating, pain, gas, constipation, diarrhea)
- Headaches
- Heart disease, coronary artery disease, vascular disease

- Hypertension
- Infertility, irregular menstrual cycles, miscarriage
- Irritability and behavioral changes
- Irritable bowel syndrome (IBS)
- Low counts of immunoglobulin G, immunoglobulin M, and immunoglobulin A
- Low testosterone
- Low white blood cell count
- Lymphomas, leukemias, multiple myeloma
- Male-pattern baldness
- Memory loss
- Migraine headaches
- Nutritional deficiencies due to malabsorption (e.g., low iron levels)
- Parkinson's disease
- Peripheral neuropathy
- Polycystic ovary syndrome (PCOS)
- Skin rashes (including dermatitis herpetiformis, eczema, and psoriasis)
- Slow infant and child growth
- Unexplained bouts of dizziness or ear ringing
- Vitiligo
- Weight loss or weight gain

Foods for Each Phase of the Plant Paradox Program

HERE IS A handy, at-a-glance chart of the foods you should aim to eat in each phase of the program. Remember: Whenever possible, try to select organic and non-GMO varieties.

PHASE 1

- Leafy green vegetables—endive, lettuce, spinach, Swiss chard, and watercress
- Cruciferous vegetables—bok choy, broccoli, brussels sprouts, cabbage, cauliflower, kale, arugula, and mustard greens
- Artichokes
- Asparagus
- Celery
- Fennel
- Radishes
- Fresh herbs like mint, parsley, basil, cilantro, and chives
- Garlic, onions, and leeks
- Kelp, seaweed, and nori
- Wild-caught seafood or pastured poultry, no more than a total of eight ounces a day
- Quorn products (see page 87 for acceptable options)
- Grain-free tempeh
- Hemp tofu
- Avocado, up to one a day
- Olives

- Olive oil, avocado oil, macadamia nut oil, walnut oil, hemp seed oil, flaxseed oil, MCT oil, perilla oil, ghee
- Nuts, up to 1/2 cup per day (see “Yes, Please” food list for specific types)
- Lemon juice
- Vinegar
- Mustard
- Tea (any kind)
- Coffee
- Acceptable sweeteners

PHASE 2

All of the foods listed for Phase 1, plus:

- Small amounts of in-season fruit or green bananas, mangoes, or papayas
- Figs
- Dates
- So-Delicious No Added Sugar Coconut Ice Cream
- Pastured or omega-3 eggs
- Plantains
- Shirataki noodles (sold under the brand name Miracle Noodles)
- Cappello’s Fettuccine
- Palmini Pasta (noodles made from hearts of palm)
- Coconut-, cassava-, and almond-flour tortillas (try Siete and The Real Coconut brands)
- Parsnips

- Turnips
- Jicama
- Celery root
- Jerusalem artichokes (sunchokes)
- Yams and sweet potatoes
- Almond flour
- Cassava flour
- Coconut flour
- Sorghum
- Millet
- Inulin and yacón syrup
- Okra
- Radicchio
- Mushrooms
- Plain goat, sheep, or coconut yogurt
- Limited amounts of casein A2 dairy, including milk, cheese, and yogurt from goats, sheep, water buffalo, and Southern European cows

PHASE 3

All the foods on the Phase 1 and Phase 2 lists, plus:

- Peeled and seeded baby cucumbers, zucchini, and Japanese eggplant*
- Peeled and seeded heirloom tomatoes and peppers*
- Pressure-cooked organic beans and lentils or Eden brand canned beans or lentils*

- Pressure-cooked Indian white basmati rice
- If you have to have bread: True artisan white sourdough bread may be safe, but I doubt it. Use only as a sponge to get olive oil into your mouth. Do not eat if you have an autoimmune disease, celiac disease, gluten sensitivity, diabetes, prediabetes, memory loss, or cancer.

*Gradually reintroduce small amounts of these, one food at a time, to determine how they affect you.

Say “Yes, Please” to These Acceptable Foods

CRUCIFEROUS VEGETABLES

Arugula
Bok choy
Broccoli
Broccoli rabe
Brussels sprouts
Cabbage (green and red)
Cauliflower
Collard greens
Fermented vegetables: raw sauerkraut, kimchi
Kale
Kohlrabi
Napa cabbage
Radicchio
Rhubarb
Swiss chard
Watercress

OTHER VEGETABLES

Artichokes
Asparagus
Bamboo shoots
Beets (raw)
Carrots (raw)
Carrot greens
Celery

Chives
Daikon radish
Fiddlehead ferns
Garlic
Garlic scapes
Ginger
Horseradish
Hearts of palm
Jerusalem artichokes (sunchokes)
Leeks
Lemongrass
Mushrooms
Nopales cactus
Okra
Onions
Parsnip
Radishes
Rutabaga
Scallions
Shallots
Water chestnuts

LEAFY GREENS

Algae
Arugula
Basil
Butter lettuce
Chicory

Cilantro
Dandelion greens
Dill
Endive
Escarole
Fennel
Mesclun (baby greens)
Mint
Mizuna
Mustard greens
Parsley
Perilla
Purslane
Lettuce (red and green leaf)
Romaine
Seaweed
Sea vegetables
Spinach
Tarragon
Watercress

FRUITS THAT ACT LIKE FATS

Avocado (up to a whole one per day)
Olives, all types

OILS

Algae oil (Thrive culinary brand)

Avocado oil

Coconut oil (Phase 3 only)

Cod liver oil (the lemon and orange flavors have no fish taste)

Macadamia oil

Medium-chain triglycerides (MCT oil)

Olive oil, extra virgin

Perilla oil

Red palm oil

Rice bran oil

Sesame oil

Walnut oil

NUTS AND SEEDS

(1/2 cup per day)

Approved nut butters: ideally unsweetened almond butter made with peeled almonds (only a tablespoon per day, please)

Almonds, only blanched or Marcona (the brown peel contains a lectin that bothers many people with autoimmune diseases)

Baruka nuts

Brazil nuts (in limited amounts)

Chestnuts

Coconuts (not coconut water)

Coconut milk (unsweetened dairy substitute)

Coconut milk/cream (unsweetened, full-fat, canned)
Flax seeds
Hazelnuts
Hemp seeds
Hemp protein powder
Macadamia nuts
Pecans
Pili nuts
Pistachios
Pine nuts
Psyllium
Sacha inchi nuts
Sesame seeds
Tahini
Walnuts

RESISTANT STARCHES

(Can be eaten every day in limited quantities, but those with prediabetes or diabetes should limit to once or twice a week)

PROCESSED RESISTANT STARCHES

Bread and bagels made by Barely Bread
Julian Bakery PaleoThin Wraps (made with coconut flour)
and PaleoThin coconut flakes cereal
The Real Coconut coconut- and cassava-flour tortillas
and chips

Siete brand chips (be careful here, as there is a small amount of chia seed in the chips)

Siete brand tortillas (only those made with cassava and coconut flour or almond flour)

WHOLE-FOOD RESISTANT STARCHES

Baobab fruit

Cassava (tapioca)

Celery root (celeriac)

Glucomannan (konjac root)

Green plantains

Green bananas

Green mango

Green papaya

Jicama

Millet

Parsnips

Persimmon

Rutabaga

Sorghum

Sweet potatoes or yams

Taro root

Tiger nuts

Turnips

Yucca

“FOODLES”

(My name for acceptable noodles)

Cappello's fettuccine and other pasta

Kelp noodles

Miracle Noodles and Kantan Pasta

Miracle Rice

Palmina Hearts of Palm Noodles

Pasta Slim

Shirataki noodles

FISH

(Any wild-caught, up to 4 ounces per day)

Alaskan halibut

Alaskan salmon

Anchovies

Calamari/squid

Canned tuna

Clams

Crab

Freshwater bass

Hawaiian fish

Lobster

Mussels

Oysters

Sardines

Scallops
Shrimp
Whitefish

PASTURED POULTRY

(Up to 4 ounces per day)

Chicken (If you can't find pastured chicken, look for Mary's Free-Range Pasture Raised Air Chilled Chicken. It's usually available at Whole Foods and similar stores. It's not lectin-free, but it is a fine substitute in a pinch.)

Chicken eggs, omega-3 or pastured (up to 4 per day)

Duck

Duck eggs

Game birds (pheasant, grouse, dove, quail)

Goose

Ostrich

Quail eggs

Turkey

MEAT

(100 percent grass-fed, up to 4 ounces per day)

Beef

Bison

Boar

Elk

Lamb

Pork (humanely raised, including prosciutto, Iberico, 5J)

Venison

Wild game

PLANT-BASED “MEATS”

Hemp tofu

Hilary’s Root Veggie Burger (hilaryseatwell.com)

Quorn products (only Chik’n Tenders, Ground, Chik’n
Cutlets, Turk’y Roast, Bacon-Style Slices)

Tempeh (grain-free only)

FRUITS

(Limit to one small serving per day and only when that
fruit is in season.)

Apples

Apricots (fresh)

Blueberries

Blackberries

Cherries

Citrus (but no drinking juices)

Dates (fresh)

Figs (fresh)

Grapefruit

Kiwis

Lemons

Limes
Nectarines
Oranges
Passionfruit
Peaches
Pears, crispy only (Anjou, Bosc, Comice)
Plums
Pomegranates
Raspberries
Strawberries

DAIRY PRODUCTS AND REPLACEMENTS

(1 ounce cheese or 4 ounces yogurt per day)

CHEESE

Buffalo mozzarella (Italy)
Cheese from Switzerland
French/Italian cheese
Goat cheese
Organic cream cheese
Parmigiano-Reggiano
Sheep cheese

BUTTER

Buffalo butter (available at Trader Joe's)
French/Italian butter
Ghee

YOGURTS

Coconut yogurt
Goat and sheep kefir (plain)
Goat yogurt (plain)
Sheep yogurt (plain)
Whey protein powder

MILKS

Almond milk, unsweetened
Casein A2 milk (as creamer only)
Goat milk
Hemp milk
Organic heavy cream
Organic sour cream

ENERGY BARS

(Up to one per day)

Adapt bar: coconut and chocolate (adaptyourlife.com)
B-Up bars (made by Yup brand): chocolate mint,
chocolate chip, cookie dough, and sugar cookie only
Quest bars: lemon cream pie, banana nut, strawberry
cheesecake, cinnamon roll, double chocolate chunk,
maple waffle, and mocha chocolate chip only

HERBS, SEASONINGS, AND CONDIMENTS

All herbs and spices, except chili pepper flakes
Avocado mayonnaise

Coconut aminos

Curry paste

Extracts (all)

Fish sauce

Miso

Mustard

Nutritional yeast

Pure vanilla extract

Sea salt (ideally iodized)

Tahini

Vinegars (any without added sugar, but balsamic is fine)

Wasabi

FLOURS

Almond (blanched)

Arrowroot

Cassava

Chestnut

Coconut

Grape seed

Green banana

Hazelnut

Sesame (and seeds)

Sweet potato

Tiger nut

SWEETENERS

Erythritol (Swerve is my favorite because it also contains oligosaccharides)

Honey, only local or manuka (in moderation)

Inulin (chicory root)

Just Like Sugar (made from inulin)

Monk fruit (luo han guo, Nutresse brand is good)

Stevia (SweetLeaf is my favorite)

Xylitol

Yacón (Super Yacon Syrup is available at Walmart, or you can find Sunfood Sweet Yacon Syrup on Amazon)

CHOCOLATE AND FROZEN DESSERTS

Cocoa powder, nonalkalized only

Coconut milk dairy-free frozen desserts (the So Delicious blue label, which contains only 1 gram of sugar)

Dark chocolate, unsweetened, 72 percent or greater (1 ounce per day)

LaLoo's goat milk ice cream

BEVERAGES

Champagne (up to 6 oz per day)

Coffee

Dark spirits (up to 1 ounce per day)

Kombucha (Kevita brand low-sugar only, e.g., coconut, coconut Mojito)

Red wine (up to 6 ounces per day)

Tea (all types)

The “No, Thank You” List of Lectin-Containing Foods

REFINED, STARCHY FOODS

Barley grass

Bread

Cereal

Cookies

Crackers

Pasta

Pastries

Potatoes

Potato chips

Tortillas

Wheat flour

White rice

GRAINS, SPROUTED GRAINS, PSEUDO-GRAINS, AND GRASSES

Barley (cannot pressure-cook)
Buckwheat
Bulgur
Brown rice
Corn and corn products (including popcorn)
Cornstarch
Corn syrup
Einkorn wheat
Kamut
Kasha
Oats (cannot pressure-cook)
Quinoa
Rye (cannot pressure-cook)
Spelt
Wheat
Wheatgrass
White rice (except pressure-cooked basmati rice from
India in Phase 3)
Wild rice

SUGAR

Agave
Coconut sugar
Diet drinks
Granulated sugar, even organic cane sugar

Maltodextrin
NutraSweet (aspartame)
Splenda (sucralose)
Sweet One of Sunett (acesulfame K)
Sweet 'n Low (saccharin)

VEGETABLES

Beans (all types)*
Bean sprouts
Chickpeas* (including hummus)
Edamame
Green beans
Legumes*
Lentils (all types)*
Pea protein
Peas
Sugar snap peas
Soy
Soy protein
Textured vegetable protein (TVP)
Tofu

*Allowable for vegans and vegetarians in Phase 2, but only if properly prepared in a pressure cooker.

NUTS AND SEEDS

Almonds (unpeeled)
Cashews

Chia seeds
Peanuts
Pumpkin seeds
Sunflower seeds

FRUIT

Acceptable fruits are on the “yes” list. The following fruits are especially high in lectins and should be avoided.

Bell peppers
Chili peppers
Cucumbers
Eggplant
Goji berries
Melons (any kind)
Pumpkins
Squash (any kind)
Tomatoes
Tomatillos
Zucchini

NON-SOUTHERN EUROPEAN COW'S MILK PRODUCTS

(These contain casein A₁)

Butter, unless from A₂ cows, sheep, or goats
Cheese
Cottage cheese
Frozen yogurt

Ice cream
Kefir
Milk
Ricotta
Yogurt (including Greek yogurt)

OILS

Canola
Corn
Cottonseed
Grape seed
Partially hydrogenated
Peanut
Safflower
Soy
Sunflower
Vegetable

HERBS AND SEASONINGS

Chili flakes
Ketchup
Mayonnaise
Soy sauce
Steak sauces
Worcestershire sauce

Quick “What Can I Eat Now?” Lists

We all have days when our brains are too exhausted to think of new ideas for what to eat (although if you stay on the plan, your brain fog will soon clear!). Everyone needs some inspiration sometime, especially if you are short on time. Here are a few super quick ideas:

SUPER QUICK SNACKS

- Half an avocado with extra virgin olive oil and salt
- Plain yogurt made from coconut, goat, or sheep milks
- Almond butter on a piece of celery
- Nut Mix
- Hard-boiled egg with avocado mayo
- Crudit  (radishes, jicama, kohlrabi, etc.)
with homemade dressing
- Guacamole wrapped in a romaine leaf
- Oven-crisped prosciutto
- Square of dark chocolate
- Energy bar

SUPER QUICK MEALS

- Scrambled eggs (or a quick omelet with one whole egg and three yolks) cooked in extra virgin olive oil
- Nori wrapped around leftover salmon salad
- Spiralized veggies with a creamy dressing
- Cauliflower rice bowl with saut ed greens, kimchi, and a soft-cooked egg

Baked sweet potato with sea salt and goat butter
Sautéed wild fish over pressure-cooked quinoa
with Basic Pesto
Roasted Brussels sprouts with fish sauce and cayenne
Crisped hemp tofu over steamed broccoli or
veggie hash with a dash of coconut aminos
Curry-paste broth with poached wild shrimp
and wilted greens

Menus for Entertaining and Special Occasions

Just because you're changing your diet doesn't mean that you never want to socialize or celebrate again. Here are a few menu ideas for entertaining while on the Plant Paradox program. Don't be surprised if your friends ask for recipes!

Family-friendly meet-up: Guacamole with plantain chips and crudité, Collard-Wrapped Burritos, Chocolate Coconut Ice Pops

Adult dinner party: Nut Mix, Wild-Caught Shrimp Risotto, green salad with Breakfast Salad Dressing, goat-milk ice cream with shaved dark chocolate

Weeknight get-together: Sage and Mushroom Soup, One-Pan Chicken and Veggies, Spice Cookies

Celebratory dinner: Crispy Artichokes, Braised Beef and Mushrooms, Simple Chocolate Snack Cake with whipped coconut cream

TOP 20 KID-FRIENDLY PLANT PARADOX RECIPES

BREAKFASTS

- Green Egg Muffins
- Almond Joy Muffins
- Smoothies of any kind
- Sorghum porridge with dried fruit
and chopped pecans
- Alternative-flour waffles and pancakes (see Coconut
Macadamia Waffles and Chocolate Chip Mini
Pancakes in *The Plant Paradox Cookbook*, for example)

LUNCHEAS AND DINNERS

- Avocado Cloud Bread—plain or spread with
almond butter, organic cream cheese, etc.
- Collard-Wrapped Burritos
- Sesame Miracle Noodle Salad
- One-Pan Chicken and Veggies
- Miracle Noodle Veggie Bake
- Pressure-Cooked Lentil Chili
- Cauliflower-crust pizza (see *The Plant Paradox
Cookbook* or purchase frozen crusts)
- Sweet-potato spaghetti and meatballs
(see *The Plant Paradox Cookbook*)

SNACKS AND SWEETS:

- Guacamole or Nutty Green Salad Dressing
with raw carrots or other vegetables
- Kale Chips

Coconut- or goat-milk yogurt, sweetened with an approved sweetener and a couple of drops of vanilla

Spice Cookies

Chocolate Coconut Ice Pops

**THE KETO PLANT PARADOX INTENSIVE
CARE PROGRAM “YES, PLEASE”
LIST OF ACCEPTABLE FOODS**

OILS

Algae oil (Thrive culinary brand)
Avocado oil
Coconut oil
Cod liver oil, flavored
Macadamia nut oil
MCT oil
Olive oil
Perilla oil
Red palm oil
Rice bran oil
Sesame oil
Walnut oil

NUTS AND SEEDS (1/2 CUP PER DAY)

Brazil nuts (in limited amounts)
Chestnuts
Coconut (not coconut water)
Coconut cream (unsweetened canned)
Coconut milk (unsweetened dairy substitute)
Flaxseeds
Hazelnuts
Hemp protein powder

Hemp seeds

Macadamia nuts—macadamias are the best nuts in the keto program

Pecans

Pine nuts (in limited amounts)

Pistachios

Psyllium

Sesame seeds

Tahini

Walnuts

FRUITS THAT ACT LIKE FATS

Avocado (up to two or three per day)

Olives, all types

VEGETABLES

CRUCIFEROUS VEGETABLES

Arugula

Bok choy

Broccoli

Brussels sprouts

Cabbage, green and red

Cauliflower

Chinese cabbage

Collard greens

Fermented vegetables (raw sauerkraut, kimchi)

Kale
Napa cabbage
Radicchio
Swiss chard
Watercress

OTHER VEGETABLES

Artichokes
Asparagus
Beets (raw)
Carrots (raw)
Carrot greens
Celery
Chives
Daikon radish
Garlic
Hearts of palm
Jerusalem artichokes (sunchokes)
Leeks
Nopales (prickly pear cacti)
Okra
Onions
Radishes
Scallions

LEAFY GREENS

Algae
Basil
Butter lettuce

Chicory
Cilantro
Dandelion greens
Endive
Escarole
Fennel
Kohlrabi
Lettuce (red and green leaf)
Mesclun (baby greens)
Mint
Mizuna
Mushrooms
Mustard greens
Parsley
Perilla
Purslane
Romaine
Seaweed
Sea vegetables
Spinach

RESISTANT STARCHES

Consume in moderation; use these only as a way to get fat
into your mouth.

PROCESSED RESISTANT STARCHES

Bread and bagels made by Barely Bread
Coconut Café brand of coconut-flour tortillas

Julian Bakery PaleoThin Wraps (made with coconut flour)
and Paleo Coconut Flakes

Cereal

Siete brand tortillas made with cassava and coconut flour
or almond flour

WHOLE-FOOD RESISTANT STARCHES

Baobab fruit

Cassava (tapioca)

Celery root (celeriac)

Glucomannan (konjac root)

Green bananas

Green mango

Green papaya

Green plantains

Jicama

Millet

Parsnips

Persimmon

Rutabaga

Sorghum

Sweet potatoes or yams

Taro root

Tiger nuts

Turnips

Yucca

“FOODLES”

(my name for acceptable noodles)

Cappello's fettuccine and its other pastas

Kelp noodles

Miracle Noodles and kanten pasta

Miracle Rice

Pasta Slim

Shirataki noodles

FISH

(any wild-caught, 2 to 4 ounces per day)

Alaskan halibut

Alaskan salmon (canned, fresh, smoked)

Anchovies

Calamari/squid

Canned tuna

Clams

Crab

Freshwater bass

Hawaiian fish

Lobster

Mussels

Oysters

Sardines

Scallops

Shrimp

Whitefish

PASTURED POULTRY

(2 to 4 ounces a day)

Chicken

Chicken eggs, omega-3 or pastured (up to 4 daily): try making a four-yolk, one-white omelet (In other words, eat the yolks, which are fat, and throw away most of the whites, which are protein.)

Duck

Duck eggs

Game birds (pheasant, grouse, dove, quail)

Goose

Ostrich

Quail eggs

Turkey

MEAT

(grass-fed and grass-finished, 2 to 4 ounces per day)

Beef

Bison

Boar

Elk

Lamb

Pork (humanely raised, including prosciutto, Iberico, 5J)

Venison

Wild game

PLANT-BASED PROTEINS

Hemp tofu

Hilary's veggie burger (hilaryeatwell.com)

Quorn products: only Chik'n Tenders, Grounds, Chik'n
Cutlets, Turk'y Roast, and Bacon Style Slices

Tempeh (grain-free only)

DAIRY PRODUCTS AND REPLACEMENTS

(1 ounce cheese or 4 ounces yogurt per day)

CHEESE

High-fat French/Italian cheeses (such as triple-cream
brie)

High-fat Swiss cheese

Buffalo mozzarella (Italy)

Goat cheese

Goat brie

Sheep cheese (plain)

Organic cream cheese

BUTTER

French/Italian butter

Buffalo butter (available at Trader Joe's)

Ghee

Goat butter

Butter

YOGURT

Goat- and sheep-milk unsweetened kefir

Coconut yogurt

MILK

Organic heavy cream

Organic sour cream

KETO BARS

Adapt Bar (coconut and chocolate)

HERBS, SEASONINGS, AND CONDIMENTS

All herbs and spices, except chili pepper flakes

Avocado mayonnaise

Coconut aminos

Curry paste

Extracts (all)

Fish sauce

Miso

Mustard

Nutritional yeast

Pure vanilla extract

Sea salt (ideally iodized)

Tahini

Vinegars (any without added sugar)

Wasabi

FLOURS

Almond
Arrowroot
Cassava
Chestnut
Coconut
Grape seed
Green banana
Hazelnut
Sesame (and seeds)
Sweet potato
Tiger nut

SWEETENERS

Erythritol (Swerve is my favorite because it also contains oligosaccharides)
Inulin
Just Like Sugar (made from chicory root)
Luo han guo (also called monk fruit; the Nutresse brand is good)
Stevia (SweetLeaf is my favorite)
Xylitol
Yacón

CHOCOLATE AND FROZEN DESSERTS

Dark chocolate, 90 percent or greater (1 ounce per day)

Coconut-Milk Dairy-Free Frozen Dessert (the So

Delicious blue label, which contains only 1 gram of sugar)

ALCOHOLIC BEVERAGES

Red wine (up to 4 ounces per day)

Spirits, all (up to 1/2 ounce per day)

**THE KETO PLANT PARADOX INTENSIVE
CARE PROGRAM'S "NO, THANK YOU" LIST
OF LECTIN-CONTAINING FOODS**

REFINED, STARCHY FOODS

Agave
Bread
Cereal
Cookies
Crackers
Diet drinks
Flours made from grains and pseudo-grains
Maltodextrin
Milk
NutraSweet (aspartame)
Pasta
Pastry
Potatoes
Potato chips
Rice
Splenda (sucralose)
Sweet'n Low (saccharin)
SweetOne or Sunett (acesulfame K)
Sugar
Tortillas (except for the two products from Siete and
Coconut Café listed on the "Yes, Please" list)

VEGETABLES

Beans, all types

Bean sprouts

Chickpeas (also called garbanzo beans, including as hummus)

Edamame

Green beans

Legumes

Lentils, all types

Peas

Sugar snap peas

Soy

Soy protein

Textured vegetable protein (TVP)

Tofu

NUTS AND SEEDS

Cashews

Chia

Peanuts

Pumpkin

Sunflower

FRUITS

Some we call vegetables:

All fruits, including berries

Cucumbers

Bell peppers

Chili peppers

Eggplant

Goji berries

Melons (any kind)

Pumpkins

Squash (any kind)

Tomatoes

Zucchini

NON-SOUTHERN EUROPEAN COW'S MILK PRODUCTS

These contain casein A-1:

Casein protein powders

Cheese

Cottage cheese

Frozen yogurts

Greek yogurt

Ice cream

Kefir

Ricotta

Whey protein powders

Yogurt

**GRAIN- OR SOYBEAN-FED FISH, SHELLFISH,
POULTRY, BEEF, LAMB, AND PORK**

**SPROUTED GRAINS, PSEUDO-
GRAINS, AND GRASSES**

WHOLE GRAINS:

Barley (cannot pressure-cook)

Barley grass

Buckwheat

Bulgur

Brown rice

Corn

Corn products

Cornstarch

Corn syrup

Einkorn wheat

Kamut

Kashi

Oats (cannot pressure-cook)

Popcorn

Quinoa

Rye (cannot pressure-cook)

Spelt

Wheat (pressure-cooking does not remove lectins from
any form of wheat)

White rice

Wild rice

Wheatgrass

OILS

Canola

Corn

Cottonseed

Grape seed

Partially hydrogenated oils

Peanut

Safflower

Soy

Sunflower

Vegetable

WEEK 1 PREP DAY

Here is the prep and cooking you can do today to make Week 1 easier:

- Make 4 Green Ginger Smoothie packs and freeze.
- Make Breakfast Salad Dressing, Nutty Green Salad Dressing, and Taco Salad Dressing.
- Make Sage and Mushroom Soup and split yield between the fridge and freezer.
- Make Guacamole (omit the jalapeno; if you want it spicy, add cayenne or hot sauce to taste).
- Cook 1 batch of Cauliflower Rice.
- Make Nut Mix 3.0.
- Make Vegan Nut-Cheese Sauce.
- If you have extra time (and really want to be ahead of the game!), prep and cook the following as well:
 - Make Green Veggie Hash.
 - Make Kale Chips.
 - Prep Salmon Avocado Bowl—pack for Day 1 lunch.
 - Make Seasonal Fruit Salsa.
 - Chop all veggies and shred greens for Quorn Taco Salad, Nutty Green Salad, and Breakfast Salad.

WEEK 1 (PHASE 1)

Day 1

- Breakfast: Green Ginger Smoothie
- Lunch: Salmon Avocado Bowl

- Dinner: Quorn Taco Salad (omit lentils)
- Snacks: Nut Mix 3.0, 1/4 avocado with homemade dressing of your choice

Day 2

- Breakfast: Breakfast Salad
- Lunch: Nutty Green Salad
- Dinner: Spinach Cauliflower “Risotto”
- Snacks: Kale Chips with Guacamole (omit jalapeno)

Day 3

- Breakfast: Green Veggie Hash
- Lunch: Sage and Mushroom Soup
- Dinner: Quorn Taco Salad (omit lentils)
- Snacks: Nut Mix 3.0, 1/4 avocado with homemade dressing of your choice

Day 4

- Breakfast: Green Veggie Hash
- Lunch: Nutty Green Salad
- Dinner: Spinach Cauliflower “Risotto”
- Snacks: Kale Chips with Guacamole (omit jalapeno)

Day 5

- Breakfast: Green Ginger Smoothie
- Lunch: Sage and Mushroom Soup
- Dinner: One-Pan Chicken and Veggies (save leftover chicken for Day 6 lunch)

- Snacks: Nut Mix 3.0, 1/4 avocado with homemade dressing of your choice

Day 6

- Breakfast: Breakfast Salad
- Lunch: Chicken Avocado Bowl (make the Salmon Avocado Bowl but replace salmon with leftover chicken from Day 5 dinner)
- Dinner: Sage and Mushroom Soup
- Snacks: Kale Chips with Guacamole (omit jalapeno)

Day 7

- Breakfast: Skip meal or Green Ginger Smoothie
- Lunch: Nutty Green Salad
- Dinner: Spinach Cauliflower “Risotto” (save leftovers for Day 8)
- Snacks: Nut Mix 3.0, 1/4 avocado with homemade dressing of your choice

WEEK 2 PREP DAY

Before you start, check your supply of dressings, smoothie packs, soups, snacks, and condiments. Depending on the number of people in your home participating in the program, you may be all set for now or you may need to make more, especially of the following:

- Breakfast Salad Dressing
- Guacamole (omit the jalapeno; if you want it spicy, add cayenne or hot sauce to taste)
- Seasonal Fruit Salsa

- Sage and Mushroom Soup
- Nut Mix 3.0
- Green Veggie Hash
- Green Ginger Smoothie packs

Here is the prep and cooking you can do today to make Week 2 easier:

- Make Green Egg Muffins
- Make Sesame Noodle Salad
- Make Garlicky Greens Soup
- Make Chocolate Coconut Ice Pops (omit coconut oil)
- Make Crispy Artichokes
- Assemble Miracle Noodle Veggie Bake and refrigerate without baking
- Make Pasture-Raised Chicken Salad (using leftovers from Day 5, or additional chicken)

If you have extra time (and really want to be ahead of the game!), prep or cook the following as well:

- Braised Beef and Mushrooms
- Prep Collard-Wrapped Burrito components and refrigerate separately

WEEK 2 (PHASE 2)

Day 8

- Breakfast: Green Egg Muffins
- Lunch: Pasture-Raised Chicken Salad

- Dinner: Braised Beef and Mushrooms (or tempeh variation) over leftover Day 7 Cauliflower Spinach “Risotto”
- Snacks: Chocolate Coconut Ice Pop, Crispy Artichokes

Day 9

- Breakfast: Breakfast Hash (add two omega-3 or pastured eggs, or up to four yolks only, cooked to your preference)
- Lunch: Cold Sesame Noodle Salad
- Dinner: Miracle Noodle Veggie Bake (save leftovers for day 12 lunch)
- Snacks: Nut Mix 3.0, 1/4 avocado with homemade dressing of your choice

Day 10

- Breakfast: Skip meal or Ginger Greens Smoothie
- Lunch: Sage and Mushroom Soup
- Dinner: Cold Sesame Noodle Salad with a baked sweet potato
- Snacks: Kale Chips with Guacamole

Day 11

- Breakfast: Green Egg Muffins
- Lunch: Collard-Wrapped Burrito
- Dinner: Garlicky Greens Soup with Crispy Artichokes
- Snacks: Chocolate Coconut Ice Pop, Crispy Artichokes

Day 12

- Breakfast: Breakfast Salad (add two omega-3 or pastured eggs, or up to four yolks only, cooked to your preference)
- Lunch: Miracle Noodle Veggie Bake (leftovers from Day 9)

- Dinner: Wild-Caught Shrimp Risotto (or hearts-of-palm variation; save leftovers for Day 14 dinner)
- Snacks: Kale Chips with Guacamole

Day 13

- Breakfast: Green Egg Muffins
- Lunch: Collard-Wrapped Burrito
- Dinner: Garlicky Greens Soup with Crispy Artichokes
- Snacks: Nut Mix 3.0, 1/4 avocado with homemade dressing of your choice

Day 14

- Breakfast: Skip meal or Green Ginger Smoothie
- Lunch: Pasture-Raised Chicken Salad
- Dinner: Wild-Caught Shrimp Risotto Cakes (or hearts-of-palm variation; use leftovers from Day 12)
- Snacks: Chocolate Coconut Ice Pop, Crispy Artichokes

WEEK 3 PREP DAY

Before you start, check your supply of dressings, smoothie packs, soups, snacks, and condiments. Depending on the number of people in your home participating in the program, you may be all set for now or you may need to make more, especially of the following:

- Green Egg Muffins
- Green Veggie Hash
- Green Ginger Smoothie packs

- Guacamole (omit the jalapeno; if you want it spicy, add cayenne or hot sauce to taste)
- Seasonal Fruit Salsa

Here is the prep and cooking you can do today to make Week 3 easier:

- Make Almond Joy Muffins (use avocado oil variation)
- Make Sesame Noodle Salad
- Make Spice Cookies (use butter or almond/macadamia butter variation)
- Make Kale Chips
- Make Crispy Artichokes
- Make Basic Pesto
- Make pickled veggies for Millet Buddha Bowl
- Cook one batch of millet
- Cook one batch of cauliflower rice

If you have extra time (and really want to be ahead of the game!), prep or cook the following as well:

- Prep Salmon Avocado Bowl and pack for Day 15 lunch
- Prep veggies for One-Pan Chicken and Veggies
- Prep sweet potatoes for Millet Buddha Bowl

- Assemble Miracle Noodle Veggie Bake and freeze without baking

WEEK 3 (PHASE 2)

Day 15

- Breakfast: Green Egg Muffins
- Lunch: Skip meal or Salmon Avocado Bowl
- Dinner: One-Pan Chicken and Veggies (save leftover chicken for Day 18 Buddha Bowl)
- Snacks: Spice Cookie (use butter or almond/macadamia butter variation), Crispy Artichokes

Day 16

- Breakfast: Skip meal or Almond Joy Muffin (use avocado oil variation)
- Lunch: Cold Sesame Noodle Salad
- Dinner: Miracle Noodle Veggie Bake (save leftovers for day 20 dinner)
- Snacks: Nut Mix 3.0, 1/4 avocado with homemade dressing of your choice

Day 17

- Breakfast: Baked Avocado Egg Cups with Basic Pesto
- Lunch: Collard-Wrapped Burrito
- Dinner: Sage and Mushroom Soup with side salad
- Snacks: Kale Chips with Guacamole (omit jalapeno)

Day 18

- Breakfast: Skip meal or Green Ginger Smoothie
- Lunch: Millet Buddha Bowl (use leftover chicken from Day 15)
- Dinner: Quorn Taco Salad (or shrimp variation)
- Snacks: Spice Cookie (use butter or almond/macadamia butter variation), Crispy Artichokes

Day 19

- Breakfast: Green Egg Muffins
- Lunch: Skip meal or Cold Sesame Noodle Salad
- Dinner: Wild-caught Shrimp Risotto (or hearts-of-palm variation)
- Snacks: Nut Mix 3.0, 1/4 avocado with homemade dressing of your choice

Day 20

- Breakfast: Baked Avocado Egg Cups with Basic Pesto
- Lunch: Salmon Avocado Bowl
- Dinner: Skip meal or Miracle Noodle Veggie Bake (use leftovers from Day 16)
- Snacks: Kale Chips with Guacamole (omit jalapeno)

Day 21

- Breakfast: Almond Joy Muffins (use avocado-oil variation)
- Lunch: Millet Buddha Bowl
- Dinner: Braised Beef and Mushrooms (or tempeh or Quorn Chik'n Tenders) over cauliflower rice
- Snacks: Spice Cookie (use butter or almond/macadamia butter variation), Crispy Artichokes

WEEK 4 PREP DAY

Before you start, check your supply of dressings, smoothie packs, soups, snacks, and condiments. Depending on the number of people in your home participating in the program, you may be all set for now or you may need to make more, especially of the following:

- Guacamole
- Seasonal Fruit Salsa
- Nut Mix 3.0
- Chocolate Coconut Ice Pops or Spice Cookies
- Green Ginger Smoothie packs
- Breakfast Salad Dressing

Here is the prep and cooking you can do today to make week 4 easier:

- Make dressing for Lentil-Walnut Cakes
- Assemble Miracle Noodle Veggie Bake, and refrigerate without baking
- Make Sesame Miracle Noodle Salad
- Make Simple Chocolate Snack Cake
- Pressure-cook millet
- Pressure-cook lentils
- Make Kale Chips
- Bake sweet potatoes for Days 24 and 30

If you have extra time (and really want to be ahead of the game!), prep or cook the following as well:

- Make Crispy Artichokes
- Make Avocado Cloud Bread and freeze
- Prep veggies for One-Pan Chicken and Veggies

WEEK 4 (PHASE 3)

Day 22

- Breakfast: Skip meal or Green Ginger Smoothie
- Lunch: Sesame Miracle Noodle Salad
- Dinner: One-Pan Chicken and Veggies (save leftover chicken for Day 23 lunch)
- Snacks: Simple Chocolate Cake, Kale Chips and Guacamole

Day 23

- Breakfast: Green Egg Muffins
- Lunch: Skip meal or Pasture-Raised Chicken Salad (use leftovers from Day 22 dinner)
- Dinner: Garlicky Greens Soup with Crispy Artichokes
- Snacks: Chocolate Coconut Ice Pop or Spice Cookie, Nut Mix 3.0

Day 24

- Breakfast: Breakfast Salad (add two omega-3 or pastured eggs or four egg yolks only, cooked to your preference, or pressure-cooked lentils)
- Lunch: Sage and Mushroom Soup
- Dinner: Sweet potato stuffed with Pressure-Cooked Lentil Chili

- Snacks: Chocolate Coconut Ice Pop or Spice Cookie, Nut Mix 3.0

Day 25

- Breakfast: Skip meal or Almond Joy Muffins
- Lunch: Sesame Miracle Noodle Salad
- Dinner: Lentil-Walnut Cakes (save leftovers for Day 26 lunch)
- Snacks: Simple Chocolate Cake, Kale Chips and Guacamole

Day 26

- Breakfast: Skip meal or Green Ginger Smoothie
- Lunch: Lentil-Walnut Cakes (use leftovers from Day 25)
- Dinner: Millet Buddha Bowl
- Snacks: 1/4 avocado with homemade dressing of your choice

Day 27

- Breakfast: Baked Avocado Egg Cups with Basic Pesto
- Lunch: Skip meal or Pressure-Cooked Lentil Chili with Cloud Bread
- Dinner: Cauliflower Spinach “Risotto” (save leftovers for Day 28 lunch)
- Snacks: Chocolate Coconut Ice Pop or Spice Cookie, Nut Mix 3.0

Day 28

- Breakfast: Skip meal or Almond Joy Muffins
- Lunch: Sage and Mushroom Soup with Spinach Risotto Cakes (use leftovers from Day 27 dinner)

- Dinner: Skip meal or Miracle Noodle Veggie Bake
- Snacks: Simple Chocolate Snack Cake, Kale Chips and Guacamole

Day 29

- Breakfast: Green Ginger Smoothie
- Lunch: Skip meal or Garlicky Greens Soup with Crispy Artichokes and Avocado Cloud Bread
- Dinner: Braised Beef and Mushrooms (or tempeh variation) over cauliflower rice
- Snacks: Chocolate Coconut Ice Pop or Spice Cookie

Day 30

- Breakfast: Skip meal or Green Egg Muffins
- Lunch: Millet Buddha Bowl
- Dinner: Sweet potato stuffed with Pressure-Cooked Lentil Chili
- Snacks: Simple Chocolate Snack Cake, Avocado Cloud Bread with Guacamole

Breakfast

Green Ginger Smoothie

With a little kick from the ginger and mint, this smoothie is one of my favorites, very fresh and slightly spicy. Feel free to swap out the romaine for spinach if you like a slightly more bitter “green” flavor.

Makes 4 smoothie packs

INGREDIENTS

- 4 cups chopped romaine lettuce
- 1 cup mint leaves
- 2 avocados
- 2 Tbsp minced fresh ginger

To finish each smoothie:

- 1 cup unsweetened coconut milk or filtered tap water (not coconut water!)
- Juice of 1/4 lemon
- 5–6 drops vanilla liquid stevia

INSTRUCTIONS

1. Assemble each smoothie pack: Place 1 cup of chopped romaine, 1/4 cup of mint leaves, 1/2 avocado, and 1/2 Tbsp minced ginger into 4 BPA-free freezer bags or 4 glass jars. Freeze packs until needed (can be frozen for up to 3 months).
2. To make each smoothie: Empty contents of 1 smoothie pack into your blender carafe. Add coconut milk or filtered tap water, lemon juice, and liquid stevia.
3. Blend until smooth; if needed, add more water until sip-pable. Serve immediately.

Almond Joy Muffins

These higher-protein muffins are inspired by the classic flavors of an Almond Joy candy bar: coconut (used in *four* forms—coconut flour, coconut milk, coconut oil, and shredded coconut), almond (both flour and slivered), and chocolate. But these don't have all that sugar, so you can enjoy them guilt free. If you are in Phase 2, use avocado oil instead of coconut oil.

Makes 12 muffins

INGREDIENTS

- 1 cup almond meal
- 1/2 cup coconut flour
- 1/2 cup unsweetened shredded coconut
- 6 Tbsp erythritol
- 1 tsp baking soda
- 3 omega-3 or pastured eggs (or vegan egg substitute, see notes)
- 1/3 cup unsweetened coconut milk
- 4 Tbsp melted coconut oil or avocado oil (see headnote)
- 1 tsp vanilla extract
- 1 tsp almond extract
- 1/2 cup chopped bittersweet chocolate (at least 72% cacao)
- 1/2 cup slivered blanched (skinless) almonds

INSTRUCTIONS

1. Preheat oven to 375°F. Line a 12-cup muffin tin with papers and set aside.
2. In a large bowl, combine almond meal, coconut flour, coconut, erythritol, and baking soda. Whisk, and set aside.

3. In a separate bowl, combine eggs, coconut milk, coconut or avocado oil, and the vanilla and almond extracts.
4. Add wet ingredients to dry and fold until just combined.
5. Add chocolate and fold to combine.
6. Transfer batter to prepared muffin tin, then sprinkle the tops with the slivered almonds.
7. Bake 20–25 minutes, or until a toothpick inserted into the center of each muffin comes out clean.
8. Serve or store according to instructions.

Meal Prep Note: To store the muffins, keep in an airtight container on the counter for 3–4 days. You can also freeze them for up to 3 months. To thaw, leave at room temperature overnight, microwave for 15 seconds, or heat in a 300°F oven until warm, about 10 minutes.

Vegan Notes: Use a Gundry-approved egg replacer such as a flaxseed egg or Bob's Red Mill Egg Substitute, Namaste Raw Foods Egg Replacer, or Orgran Vegan Easy Egg in place of the eggs.

Green Egg Muffins

These super flavorful, bright-green muffins are a satisfying way to eat your veggies—even if you're not a big “vegetables for breakfast” person. You can make them with any greens you love, or even cruciferous vegetables, like broccoli. Try them drizzled with a little olive oil or with the dressing from the Breakfast Salad.

Makes 12 muffins

INGREDIENTS

- 10 omega-3 or pastured eggs
- 1 1/2 Tbsp extra virgin olive oil
- 1 yellow onion, minced
- 2 cups shredded kale, stems removed*
- 2 cups baby spinach
- 1 tsp sea salt
- 1/2 tsp black pepper
- 1/2 tsp nutmeg
- 1 cup unsweetened coconut milk
- 1/2 cup shredded Parmigiano-Reggiano cheese or 1/2 cup nutritional yeast

*Save stems for the Green Veggie Hash

INSTRUCTIONS

1. Preheat oven to 375°F. Line a 12-cup muffin tin with papers and set aside.
2. In a large bowl, whisk the eggs until smooth. Set aside.
3. In a large sauté pan, heat olive oil over medium heat.
4. Add onions, and cook, stirring frequently, until tender, about 2–3 minutes.

5. Add kale and spinach, along with salt, pepper, and nutmeg, and cook until greens are wilted.
6. Transfer greens mixture to a high-speed blender, add the coconut milk, and blend until smooth.
7. Blend in the eggs and the cheese, then pour the mixture into the muffin tins, filling each tin $\frac{2}{3}$ full.
8. Bake until set, about 15–20 minutes.
9. Serve immediately or store according to instructions.

Meal Prep Notes: These can be made ahead in large batches. Store in an airtight container for up to 5 days in the refrigerator or up to 3 months in the freezer. To reheat, either microwave, covered, until warm, about 1–2 minutes, or heat in a pan with a little water.

Vegan Notes: To make a vegan version, skip the eggs and cheese, and fold the blended greens mixture into 3 cups of sautéed cauliflower rice or pressure-cooked lentils (lentils in Phase 2 are fine if you're vegan). Mix in 3 eggs' worth of egg-replacer and the nutritional yeast, and bake 20 minutes, until set.

Baked Avocado Cups with Pesto

Yes, you can cook avocados—and you end up with a grab-and-go breakfast you can eat with a spoon. They are good both hot or room temperature. If you're not a pesto fan, just skip it, and serve drizzled with a little extra dressing.

Makes 4 avocado cups

INGREDIENTS

- 2 avocados
- 4 slices prosciutto (optional)
- 4 omega-3 or pastured eggs, medium size if possible
- 1/4 cup basil pesto, store-bought or homemade
- Zest of 1 lemon
- Pesto or dressing of your choice, for serving

INSTRUCTIONS

1. Preheat oven to 400°F. Set aside a muffin tin or 4 ramekins to hold avocados upright. (You can also make collars out of foil and place on a baking sheet, if you prefer.)
2. Cut avocados in half, remove pits, and carefully scoop out extra avocado flesh, as needed, to make a “bowl” (or indentation) large enough for one egg.*
3. If using prosciutto, carefully line the avocado “bowls” with prosciutto.
4. Arrange avocados in the muffin tin or ramekins, and carefully crack an egg into each one.
5. Spoon 1 Tbsp of pesto (or other dressing) on top of each egg, and sprinkle with lemon zest.
6. Bake 10–15 minutes, until egg is cooked to your liking.
7. Serve plain or drizzled with your favorite dressing.

*Save the extra avocado for guacamole or to garnish your favorite salad.
A little extra avocado is ALWAYS a good thing!

Meal Prep Notes: This dish is great room temperature or warm, so feel free to make it up to 3 days ahead, and keep in the fridge. It does not freeze well.

Vegan Notes: Leave out the eggs and prosciutto. If you'd like a little more protein, fold some tahini into the pesto (it's delicious!). Or, if you're on Phase 3, try filling the bowls with pressure-cooked lentils.

Breakfast Salad

Salad for breakfast is a great way to get a nutritious and hearty start to the day, and don't worry—this isn't just lettuce! A mix of broccoli slaw, leftover veggie hash, avocado, and mint get tossed with the mixed greens of your choice for something super satisfying.

Makes 1 salad

INGREDIENTS

- 2 Tbsp Breakfast Salad Dressing
- 1/2 cup Green Veggie Hash—room temperature or chilled
- 1/2 cup raw broccoli slaw
- 1/2 avocado, diced
- 1/4 cup mint leaves, roughly chopped
- 2 cups mixed greens*

*Spring mix or “power mix” from the grocery store is great, or you can assemble your own green mix with a combination of 1 part spinach, 1 part chopped lettuce, 1 part arugula, and 1 part kale.

INSTRUCTIONS

1. In a large bowl, toss together the dressing, hash, broccoli slaw, and avocado.
2. Combine mint leaves and mixed greens.
3. Scoop hash mixture over the greens mixture and serve.

Phase 2–3 Notes: Try this salad with some smoked wild-caught salmon, a little prosciutto, a couple of hard-cooked omega-3 or pastured eggs, or even some pressure-cooked quinoa for an interesting twist.

Green Veggie Hash

This substantial and delicious mix of green veggies and onions is seasoned with savory breakfast spices and roasted until browned and caramelized. Great on its own, with an egg on top (in Phase 2 or 3), or as a component for all sorts of other recipes, I recommend making at least one batch a week to satisfy your cravings. Plus, this recipe is a great way to use up stems from your favorite leafy greens, so you save a bit of money and have less food waste, too.

Makes 6 servings

INGREDIENTS

- 1/4 cup avocado oil
- 1/4 cup fresh minced rosemary
- 1 1/2 tsp sea salt
- 3/4 tsp cumin
- 3/4 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp black pepper
- 1/4 tsp paprika
- 4 cups diced broccoli
- 3 cups quartered brussels sprouts
- 2 cups asparagus, trimmed and chopped into bite-size pieces
- 1 cup stems from your favorite greens, diced*
- 1 large onion, diced

*Such as chard, kale, and collard greens. The Garlicky Greens Soup and the Taco Salad are recipes that use just the greens' leaves, so are good contenders for extra stems.

INSTRUCTIONS

1. Preheat oven to 400°F.
2. In a large bowl, combine the avocado oil, rosemary, sea salt, cumin, garlic and onion powders, black pepper, and paprika.
3. Add broccoli, brussels sprouts, asparagus, stems, and onion to the bowl of seasoning and toss until well combined.
4. Spread veggie mixture onto 2 sheet trays. Bake 10–15 minutes, until veggies begin to get tender.
5. Swap the placement of the trays, so the veggies on the bottom rack end up on top, and the veggies on the top rack end up on the bottom.
6. Bake an additional 5–10 minutes, until edges of vegetables are golden brown and vegetables are very tender.
7. Serve immediately, or let cool to room temperature before storing.

Phase 2 or 3 Notes: Go ahead and serve a couple of omega-3 or pastured eggs with your hash, cooked your favorite way. You can also cook with olive oil instead of avocado oil, if you'd like.

Vegan Notes: If you want something a little heartier, add 1/2 avocado or 1/4 cup toasted walnuts to your hash.

Meal Prep Notes: It's easy to make a big batch of this hash. Portion it into 1 1/2 cup portions (or 1/2 cup portions for breakfast salad), and either refrigerate or freeze each portion in a pint-size jar. They keep in the fridge for up to 5 days, and the freezer for up to 3 months. When you're ready to reheat, simply sauté with a little avocado oil, or microwave until hot, if you're short on time.

Lunch

Nutty Green Salad

This herbaceous salad, creamy with avocado, crunchy with broccoli slaw and seasoned nuts, makes for a delicious lunch where every bite is different from the last. Though you may have been told never to make a salad ahead of time, this one makes a great to-go meal—just be sure to read the notes below for directions on how to layer in a jar. Your coworkers will be jealous!

Makes 1 salad

INGREDIENTS

- 1/2 cup broccoli slaw
- 1/2 avocado, diced*
- 1/4 cup fresh minced herbs (any mixture of mint, basil, thyme, tarragon, dill, or parsley—whatever you've got left over)
- 1/4 cup Nut Mix 3.0
- 2–3 Tbsp Nutty Green Salad Dressing.
- 2 cups mixed greens

*If making this ahead, toss your avocado in a little lemon juice to keep it nice and green.

INSTRUCTIONS

1. In a large bowl, toss together slaw, avocado, herbs, nuts, and salad dressing.
2. Arrange greens in a bowl, top with slaw mixture, and serve.

Meal Prep Notes: If you want to make this ahead of time, I suggest assembling it in a jar—start by putting the dressing on the bottom, followed by the nuts, avocado (tossed in a little lemon), broccoli slaw, herbs, and greens. When it's time to eat, simply invert the jar into a bowl or plate.

Phase 2-3 Notes: Try this salad topped with wild-caught salmon, hard-boiled omega-3 or pastured eggs, or a little prosciutto for something special. It's also delicious with my Risotto Cakes and my Lentil-Walnut Cakes.

Pasture-Raised Chicken Salad

I've always loved classic chicken salad—and honestly, I find chicken salad over greens to be one of the most satisfying lunches. This version has all the flavors of traditional chicken salad, plus an addictive crunch from the jicama. Bonus: It's a great way to use up leftover chicken.

Makes 4 generous servings

INGREDIENTS

- 1 1/2 cups chopped, cooked pasture-raised chicken (light or dark meat is OK)
- 1 yellow onion, minced
- 3–4 ribs celery, minced
- 1 cup diced and peeled jicama
- 1 Tbsp minced dill
- 1 Tbsp minced parsley
- 2 ripe avocados
- 2 Tbsp avocado oil
- Juice of 1 lemon
- 1 Tbsp rice wine vinegar
- 1 Tbsp dijon mustard
- 1 tsp sea salt

INSTRUCTIONS

1. In a large bowl, toss together the chicken, onion, celery, jicama, dill, and parsley.
2. In a food processor or high-speed blender, add the avocados, oil, lemon juice, vinegar, mustard, and sea salt. Blend until very smooth, drizzling in a little water or additional oil as needed.

3. Fold dressing into the chicken mixture until well combined. Taste and add additional salt or lemon juice as needed. Serve over salad greens or with Avocado Cloud Bread (page 241).

Meal Prep Notes: Store in the fridge 3–4 days—this recipe does not freeze well.

Vegan Notes: Instead of using chicken, make this with chopped hearts of palm or shredded jackfruit.

Sage and Mushroom Soup

Thanksgiving-inspired flavors like sage and thyme make for a comforting, hearty soup that's creamy and rich without being heavy. For a lighter soup, try it without the coconut milk—instead just double the broth or water.

Makes 6 generous servings

INGREDIENTS

- 3 Tbsp avocado oil, divided
- 1 large head cauliflower, outer leaves removed, coarsely chopped*
- 2 pounds mushrooms, trimmed and finely diced
- 1 onion, diced
- 2 celery ribs, diced
- 2 cloves garlic, minced
- 1 Tbsp fresh minced sage
- 1 tsp fresh thyme
- Zest of one lemon
- 1 1/2 tsp iodized sea salt
- 1/2 tsp black pepper
- 1/2 tsp onion powder
- 1/2 tsp dried mustard powder
- 3 cups unsweetened coconut milk
- 3 cups water or homemade chicken or vegetable broth
- Coconut aminos, optional (to taste)

*Or 4 cups precut cauliflower florets, if you're in a pinch for time!

INSTRUCTIONS

1. In a large soup pot, heat the oil over medium-high heat. Add cauliflower, mushrooms, onion, and celery.

2. Cook, stirring frequently, until mushrooms are fragrant and cauliflower is cooked through.
3. Add garlic, sage, thyme, and lemon zest, and cook, stirring frequently, until very fragrant, about 2 to 3 minutes.
4. Add salt, pepper, and onion and mustard powders, and continue to stir 1–2 minutes, to gently toast spices.
5. Reduce heat to low and add coconut milk and water or broth.
6. Cover and let simmer 20–30 minutes, then remove from heat.
7. Puree using an immersion blender or a high-speed blender.
8. Taste and add salt or coconut aminos, if needed.
9. Serve immediately, or store according to instructions.

Meal Prep Notes: To store, let soup cool to room temperature then transfer to pint-size jars or other BPA-free freezer containers. Store for a week in the refrigerator, or up to 3 months in the freezer. To reheat, microwave or transfer to a pot and cook over low heat, covered, until hot.

Salmon Avocado Bowl

This flavorful “rice” bowl is the perfect option if you want a lunch that really satisfies. It’s a bit similar to the burrito bowls you’ll find at popular Mexican restaurants, but it’s significantly better for your health!

Makes 1 bowl

INGREDIENTS

- 1 tsp avocado oil
- 1 3-oz piece wild-caught salmon
- 1 tsp Seafood Spice Rub
- 1 cup sautéed Cauliflower Rice
- 1 cup Green Veggie Hash
- 1/4 avocado
- 1 Tbsp minced cilantro or parsley
- Juice of 1 lime
- 2 Tbsp Nutty Green Salad Dressing

INSTRUCTIONS

1. Preheat the broiler on high. Brush a small pan with half the oil.
2. Brush the remaining oil on the salmon, and sprinkle with the seafood spice rub.
3. Place salmon skin-side down on the prepared pan and broil 5–7 minutes.
4. While salmon is cooking, heat up the Cauliflower Rice and Green Veggie Hash in a pan or microwave, or leave it at room temperature (also delicious!).
5. Put the Cauliflower Rice in a bowl and add the hash and avocado on top. When salmon is done, add it to the bowl.
6. Top with cilantro, lime juice, and the dressing.

Meal Prep Notes: To make this ahead, cook the components separately, and assemble them when you're ready to eat. Everything can be prepared up to 4 days ahead of time and stored in the refrigerator.

Vegan Notes: Instead of salmon, replace with 3 ounces of jackfruit; broil only 3–5 minutes and proceed with the rest as written.

Sesame Miracle Noodle Salad

Inspired by the cold sesame noodles found at many Chinese take-out restaurants, this salad is best served cool. My version is a mix of miracle noodles, cruciferous veggies, fresh herbs, and a gingery, creamy tahini-based dressing to excite your taste buds.

Makes 4 servings

INGREDIENTS

3 packets Miracle Noodle fettuccine, prepared the Gundry way and cooled
1/2 head purple cabbage, thinly shredded
1 cup broccoli slaw
1 yellow onion, thinly sliced
1/4 cup coconut aminos
2 Tbsp rice wine vinegar
2 Tbsp sesame oil
2 Tbsp tahini
3 cloves garlic, minced
Juice of 1 lemon
1 tsp monkfruit sweetener or Swerve
1/4 cup finely minced mint

- 2 finely minced green onions
- 2 Tbsp finely minced fresh ginger
- 1/4 cup sesame seeds, for garnish

INSTRUCTIONS

1. In a large bowl, toss together the prepared miracle noodles, cabbage, broccoli slaw, and onion. Set aside.
2. In a pint jar, shake together coconut aminos, rice vinegar, sesame oil, tahini, garlic, lemon juice, and sweetener, until you've made a smooth dressing.
3. Stir mint, green onions, and ginger into the dressing, then pour over the noodle mixture and toss.
4. Chill if you like, and serve garnished with sesame seeds.

Meal Prep Notes: This can be made ahead and stored in the refrigerator for up to a week. The ginger and garlic flavors will intensify, so if you're not a fan of those flavors, feel free to leave them out of the dressing until the day you're serving the salad.

Collard-Wrapped Burritos (or Bowls)

Here in SoCal, we LOVE our Mexican food, but the rice, beans, and tortillas can leave you feeling pretty weighed down, and leave your gut in bad shape too. These burritos—or bowls, if you want to keep things really easy—feature creamy guacamole, flavorful spiced “meat,” and even tangy fruit salsa, but no lectins are needed.

Makes 2 burritos or bowls

INGREDIENTS

- 4 large collard greens leaves*
- 1 bag Quorn Grounds or 2 cups shredded jackfruit
- 1 Tbsp extra virgin olive oil
- 1/2 tsp cumin
- 1/2 tsp paprika
- 1/2 tsp black pepper
- 1/2 tsp sea salt
- 1/2 cup cooked Cauliflower Rice
- 1/4 cup Seasonal Fruit Salsa
- 1/4 cup Guacamole
- 1/4 cup coconut or goats yogurt

*Use remaining collards for Garlicky Greens Soup and trimmed stems for Green Veggie Hash

INSTRUCTIONS

1. *For a bowl:* Slice collard greens thinly and sauté along with Quorn in step 2. *For a burrito:* Carefully trim collard greens so the stems are no longer than the leaves. With a vegetable peeler, carefully shave down the thick ribs until thin. Bring a pan filled with water to a simmer.

Carefully add leaves one at a time and simmer each for 1–2 minutes, until tender, then set aside; repeat with remaining leaves.

2. In a large sauté pan, heat oil over medium-high heat. Add Quorn or jackfruit, and sprinkle with cumin, paprika, pepper, and salt. Cook 3–5 minutes, until tender, then set aside. If making a burrito bowl, also sauté the collards in here.
3. If you like, heat the Cauliflower Rice in a pan or microwave.
4. *Assemble a bowl:* For each serving, place half of the cauliflower rice in the bottom of a bowl and add half of the Quorn or jackfruit mixture on top of it. Top each with fruit salsa, guacamole, and yogurt and serve.
5. *Assemble a burrito:* For each serving, lay out 2 collard leaves end to end, overlapping a bit. Carefully spread leaves with half of the cauliflower rice and half of the Quorn or jackfruit. Sprinkle half the salsa and guacamole over mixture, and drizzle on half the yogurt. Roll up carefully, folding in ends first, then rolling crosswise; repeat with second set of collards. Serve immediately.

Meal Prep Notes: The components of this dish keep well separately so it's easy to prepare in advance and assemble when you're ready to eat. For bowls, I suggest keeping the salsa, guacamole, and yogurt separate from the main bowl, so you can keep the bowl hot and the toppings fresh. Also, note that the seasoned Quorn mixture called for here is also used for the Quorn Taco Salad (page 202), so consider doubling up and storing half for later use.

Millet Buddha Bowl

Plant-based Buddha bowls are very trendy right now—but use grains as a base. Luckily, millet is a lectin-free option that works just as well. This flavorful bowl is tasty hot or cold, making it a perfect grab-and-go option.

Makes 1 bowl

INGREDIENTS

- 1 Tbsp extra virgin olive oil
- 1 shallot, minced
- 1/2 cup minced sweet potato
- 1 tsp fresh sage
- 1/2 tsp sea salt
- 1 cup finely sliced kale
- 1 cup cooked millet
- 1/2 cup cooked wild-caught shrimp, jackfruit,
or Quorn Grounds*
- 1/4 cup pickled red onion**
- 2–3 spears pickled asparagus**
- 1/4 avocado
- 1/4 cup minced fresh herbs (I like a mix of cilantro,
mint, basil, and green onion)
- 1 Tbsp sesame seeds
- 1 tsp tahini
- Juice of 1 lemon

*If you've got any leftover meat, shrimp, or Quorn Grounds, this is a great way to use them up—this recipe also works with chicken or beef.

****** If buying pre-pickled veggies, check that there's no added sugar. If you'd prefer to quick pickle your own veggies, that's an option too—there are tons of tutorials online.

INSTRUCTIONS

1. Heat oil in a small sauté pan over medium-high heat.
2. Add shallot, sweet potato, sage, and sea salt, and sauté until tender.
3. Remove from pan with a slotted spoon, and add kale. Quickly sauté until wilted.
4. Warm the millet if you prefer, and place in the bottom of a bowl. Arrange the potato and kale on top.
5. Add protein of your choice, as well as pickled veggies and avocado.
6. Sprinkle with fresh herbs and sesame seeds.
7. Whisk together the tahini and lemon juice and drizzle over the top of the bowl before serving.

Meal Prep Notes: Steps 1–3 can be done up to a week ahead of time, and the millet and protein can be prepared in advance as well. The entire dish can be served warm or room temperature.

Keto Notes: Swap out the millet for cooked cauliflower rice.

Dinner

Quorn Taco Salad

Another Mexican-inspired favorite, this salad combines all the elements of classic nachos—including an amazingly oozy vegan cheese sauce—but it's served over lettuce instead of chips. The tangy cilantro-lime dressing brings it all together.

Makes 2 servings

INGREDIENTS

- 1 Tbsp extra virgin olive oil
- 1 bag Quorn Grounds or 2 cups shredded jackfruit
- 1/2 tsp cumin
- 1/2 tsp paprika
- 1/2 tsp black pepper
- 1/2 tsp sea salt
- 4 cups mixed salad greens
- 1/4 cup Taco Salad Dressing
- 1 cup Pressure-Cooked Lentils (Phase 3 only except for vegans, who may have lentils in Phase 2)
- 1/4 cup Seasonal Fruit Salsa (Phases 2 and 3 only, leave out for Phase 1)
- 1/4 cup Guacamole
- 1/4 cup Nut Cheese

INSTRUCTIONS

1. In a large sauté pan, heat oil over medium-high heat. Add Quorn or jackfruit, as well as cumin, paprika, pepper, and salt.
2. Cook, stirring occasionally, until hot and cooked through, about 5–10 minutes.

3. Meanwhile, toss together the greens and the dressing in a serving bowl.
4. Top the greens with the Quorn taco grounds, lentils, salsa, guacamole, and nut cheese and serve.

Meal Prep Notes: If you're packing this salad to go, layer the dressing at the bottom of a large jar, followed by lentils, Quorn, salsa, guacamole, and cheese. Top with greens. When it comes time to serve, simply invert into a bowl, and enjoy.

Garlicky Greens Soup

This hearty, garlic-rich soup packs a very nutritious punch. It's a convenient way to use up whatever greens are lingering in your fridge, whether it's chard, spinach, collards, mustard greens, or even brussels sprouts. This soup is nourishing, comforting, and seriously easy to make—great for a busy weeknight! Feel free to serve it as is, or puree for a silkier consistency.

Makes 6 servings

INGREDIENTS

- 3 Tbsp extra virgin olive oil
- 1 medium onion, finely diced
- 2 stalks celery, minced
- 10 cloves garlic, minced
- Zest of 1 lemon
- 1 tsp garlic powder
- 1 tsp paprika

1 tsp sea salt, plus more to taste
1 tsp black pepper
1/2 tsp mustard powder
4 cups shredded bitter greens, stems
 removed and saved for another use*
6 cups chicken or vegetable stock
Juice of 1 lemon
Freshly grated Parmigiano-Reggiano cheese or
 nutritional yeast for serving
*Save the stems and use for Green Veggie Hash.

INSTRUCTIONS

1. Heat the olive oil over medium heat in a large soup pot. Add the onion, celery, and garlic and sauté until onions and celery are very tender.
2. Add lemon zest, garlic powder, paprika, sea salt, pepper, and mustard powder and sauté an additional minute.
3. Add greens and cook until wilted, about 5–7 minutes.
4. Add broth and lemon juice and let simmer 15–20 minutes.
5. If you'd like a smooth soup, puree with a stick immersion blender or a high-speed blender. If you prefer chunky soups, leave it as is—it's your choice.
6. Serve garnished with grated Parmigiano-Reggiano or nutritional yeast.

Meal Prep Notes: This is a great make-and-freeze recipe. It keeps well in the fridge for 5–7 days, and freezes for up to 6 months. I suggest freezing in individual-size containers for faster thawing and convenience. Reheat in a microwave or saucepan.

Pressure-Cooked Lentil Chili (Phase 3)

Is it even possible to make chili—a combination of lentils, tomatoes, and peppers—with no lectins? Yes, and it's easy! Peel and seed your peppers and tomatoes, and cook the whole thing in a pressure cooker—and the lectins are basically eliminated. It's delicious on its own or paired with cloud bread or even served atop a baked sweet potato.

Makes 6 servings

INGREDIENTS

- 1/4 cup olive oil
- 1 large onion, chopped
- 3 ribs celery, minced
- 1 red bell pepper, peeled, seeded, and chopped
- 1 poblano pepper, peeled, seeded, and chopped
- 1 jalapeño pepper, peeled, seeded, and diced
- 5 cloves garlic, minced
- 3 cups dried lentils*
- 6 large tomatoes, peeled, seeded, and minced**
- 5 cups water or vegetable broth
- 3 Tbsp chili powder
- 1 Tbsp ground cumin
- 1/2 tsp ground cinnamon
- 1/4 tsp ground cloves
- 1 tsp iodized sea salt, plus more to taste
- 1 tsp black pepper
- 1/2 cup shredded goat's milk cheddar, to serve, optional
- 1 cup minced cilantro, to serve, optional

*I prefer black or red lentils for this; rinse and sort through for stones before using

**Or 1 (28-ounce) can diced tomatoes from Italy (make sure they are peeled and deseeded)

INSTRUCTIONS

1. In a large pot or in a pressure cooker on sauté setting, heat the olive oil over medium-high heat.
2. Sauté the onions, celery, peppers, and garlic until very fragrant, about 5–7 minutes; transfer to pressure cooker if needed.
3. Add lentils, tomatoes, broth, spices, salt and pepper, and stir well to combine.
4. Cook on high pressure for about 10 minutes, according to the instructions on your pressure cooker.
5. Let pressure cooker de-pressurize, then remove from heat, stir, and serve, garnishing with cheddar or cilantro if desired.

Meal Prep Notes: Like all chili, this dish is even better the next day. I suggest refrigerating or freezing it in glass jars—it keeps for a week in the fridge, or up to 3 months in the freezer.

Spinach Cauliflower Risotto

This rice-less risotto gets a punch of vivid color from plenty of fresh-cooked spinach, and is still classically rich and creamy made with cauliflower and coconut cream. Be sure not to leave out the lemon zest and cheese or nutritional yeast—they give it an extra pop of flavor.

Makes 6 servings

INGREDIENTS

- 1/4 cup avocado oil
- 4 shallots, minced
- 3 cloves garlic, minced
- 3 cups baby spinach
- 2 (16-oz packages) cauliflower rice
- 2 cups homemade or store-bought veggie broth, chicken broth, or water
- 1 (13.5 ounce) can coconut cream
- 1/4 cup nutritional yeast or grated Parmigiano-Reggiano cheese
- Zest of 1 lemon
- Juice of 1 lemon
- Salt and pepper, to taste

INSTRUCTIONS

1. In a large soup pot, combine avocado oil, shallots, and garlic over medium high heat.
2. Cook, stirring frequently, until shallots are tender, then add spinach.
3. When spinach is wilted, add cauliflower rice and cook, stirring frequently, until liquid evaporates completely.

4. Add broth, coconut cream, nutritional yeast or cheese, lemon zest, and lemon juice and cook, stirring frequently, until risotto is thick and creamy.
5. Taste, add salt and pepper as needed, and serve.

Meal Prep Notes: Refrigerate risotto for up to 1 week, or freeze for up to 3 months. I suggest freezing in pre-portioned servings, to make it easy to thaw quickly when you're hungry.

Spinach Risotto Cakes (Phases 2 and 3)

These addictive little cakes make for great appetizers or snacks when you're entertaining. And they are the absolute best way to use up leftover risotto.

Makes 2 servings

INGREDIENTS

- 1 cup cold leftover Spinach Cauliflower Risotto
- 1 egg (or egg-substitute equivalent of 1 egg)
- 1/4 cup cassava flour, plus more as needed
- 1 cup hazelnut, walnut, or blanched almond flour
- 1/4 cup avocado oil

INSTRUCTIONS

1. In a large bowl, mix risotto, egg, and cassava flour until well combined.
2. Form 2-Tbsp-size balls, and flatten them into hockey-puck-shaped cakes. (You should be able to easily form balls with the mixture, if not, add more cassava flour as needed.)
3. Coat the top and bottom of each cake in nut flour, and chill for at least 15 minutes.
4. Meanwhile, heat avocado oil in a skillet over medium-high heat. Add risotto cakes and cook until crispy, about 4–5 minutes on each side. Serve over salad.

Wild-Caught Shrimp Risotto

Another killer risotto, this is one inspired by a classic pairing—seafood and asparagus. Instead of coconut cream, I use coconut milk here, but please be sure to buy the full-fat version. Infusing it with the shrimp shells adds an extra boost of seafood flavor—you only need a few minutes to get the full benefit.

Makes 6 servings

INGREDIENTS

- 1 lb wild-caught shrimp, shells removed and reserved
- 1 (13.5 ounce) can unsweetened, full-fat coconut milk
- 1/4 cup extra virgin olive oil
- 4 shallots, minced
- 3 cloves garlic, minced
- 1/4 cup fresh parsley
- 1/2 tsp sea salt
- 1/2 tsp paprika
- Zest of 2 lemons
- 2 cups asparagus pieces, thick ends
trimmed, cut into bite-size pieces
- 2 (16-oz) packages cauliflower rice
- 2 cups white wine, water, homemade veggie
broth, or a combination
- 1/4 cup nutritional yeast or grated
Parmigiano-Reggiano cheese
- Juice of 1 lemon
- Salt and pepper, to taste

INSTRUCTIONS

1. In a saucepan, combine shrimp shells and coconut milk, and bring to a simmer. Cook, covered, while you prep the rest of the risotto.
2. In a large soup pot, combine olive oil, shallots, and garlic over medium-high heat. Cook, stirring frequently, until shallots are tender.
3. Add shrimp, parsley, salt, paprika, and half of the lemon zest.
4. When shrimp begin to appear opaque, add asparagus, and cook 2–3 minutes.
5. Add cauliflower rice and continue to cook, stirring frequently, until liquid evaporates completely. Meanwhile, strain the shrimp shells from the coconut milk, reserving the coconut milk and discarding the shells.
6. Add the shrimp-infused coconut milk, wine (or water or broth), nutritional yeast or cheese, lemon juice, and the remaining lemon zest and cook, stirring frequently, until risotto is thick and creamy, about 5 to 8 minutes.
7. Taste, add salt and pepper as needed, and serve.

Meal Prep Notes: Refrigerate risotto for up to 1 week, or freeze for up to 3 months. I suggest freezing in pre-portioned servings, to make it easy to thaw quickly.

Shrimp Risotto Cakes (Phase 2+):

The best thing that ever happened to leftover risotto!

Makes 2 servings

INGREDIENTS

- 1 cup cold leftover Wild-Caught Shrimp Risotto
- 1 egg (or egg-substitute equivalent of 1 egg)
- 1/4 cup cassava flour, plus more as needed
- 1 cup hazelnut, walnut, or blanched almond flour
- 1/4 cup avocado oil

INSTRUCTIONS

1. In a large bowl, mix risotto, egg, and cassava flour until well combined.
2. Form 2-Tbsp-size balls, and flatten them into hockey-puck-shaped cakes. (You should be able to easily form balls with the mixture, if not, add more cassava flour as needed.)
3. Coat the top and bottom of each cake in nut flour, and chill at least 15 minutes.
4. Meanwhile, heat avocado oil in a skillet over medium-high heat. Add risotto cakes and cook until crispy, about 4–5 minutes on each side. Serve over salad.

Miracle Noodle Veggie Bake

With made-ahead vegan cheese sauce, all sorts of veggies, and the protein of your choice, this is a real crowd pleaser and great potluck item. In fact, I suggest making two of these at a time—it freezes well, so you can rest assured you’ve always got “just the thing” when you don’t know what to serve for dinner.

If you’ve got leftover veggies from the One-Pan Chicken and Veggies or Green Veggie Hash, feel free to use 3 cups of those instead of sautéing new vegetables as directed below.

Makes 8 servings

INGREDIENTS

- 1 Tbsp extra virgin olive oil
- 1 large yellow onion, chopped
- 1 bunch asparagus, trimmed and cut into bite-size pieces**
- 2 cups quartered brussels sprouts
- 3 cups baby spinach or shredded kale with stems removed
- 4 cloves garlic, minced
- 1 Tbsp fresh thyme
- 1 Tbsp fresh minced sage
- 1 tsp sea salt
- 1/2 tsp black pepper
- 1/2 tsp smoked paprika
- 4 packets Miracle Noodle fettuccine or ziti, prepared the Gundry way*
- 1 cup Vegan Nut-Cheese Sauce

1 1/2 cups cooked wild-caught seafood, pasture-raised
meat of choice, or Quorn crumbles (optional)**

1/2 cup almond or hazelnut meal

1/2 cup nutritional yeast

*If using fettuccine, cut the noodles into bite-size pieces with kitchen shears before assembling the dish.

**This is a great dish for using up fridge leftovers.

INSTRUCTIONS

1. Preheat oven to 375°F. Spray a 9-by-13-inch casserole dish with olive oil spray and set aside.
2. Heat a large sauté pan over medium-high heat.
3. Add olive oil, onion, asparagus, and brussels sprouts, and cook, stirring frequently, until onion is tender and brussels sprouts begin to brown on the edges, about 6–8 minutes.
4. Add greens, garlic, thyme, sage, salt, pepper, and smoked paprika, and continue to cook until garlic is very fragrant and greens are wilted.
5. Transfer cooked veggies to a strainer to drain off excess liquid.
6. Meanwhile, combine prepared noodles and cheese sauce in a bowl. Fold in strained veggies, then transfer to prepared casserole dish.
7. Sprinkle the top of the noodle mixture with almond meal and nutritional yeast, then bake for 35 minutes, until the top is golden brown and the noodles are hot.
8. Serve or let cool and store according to instructions.

Meal Prep Notes: Store leftovers in the refrigerator, for up to a week or freeze for up to 3 months. I like storing mine in glass canning jars, which can actually go in the oven (uncovered, of course).

To reheat, pop back in a 350°F oven and bake for 15–20 minutes or microwave (please note you'll lose the crispy top if you reheat in the microwave).

Lentil-Walnut Cakes

Heavily influenced by the flavors of my favorite vegetable samosas, these lentil-walnut cakes have subtle curry spicing and plenty of mushrooms for meatiness. This is a great use of pre-pressure-cooked lentils from your fridge or Eden Brand canned lentils, which have been pressure-cooked. Think seriously about doubling the recipe and freezing half (see notes).

Makes 4 cakes

INGREDIENTS

- 1 Tbsp extra virgin olive oil
- 1/2 red onion, coarsely chopped
- 1 clove garlic
- 1/2 cup fresh shiitake or crimini mushrooms, finely chopped (button mushrooms will work fine, too)
- 1/4 cup fresh parsley leaves, minced
- 1/4 cup fresh mint leaves, minced
- Zest and juice of 1 lemon
- 3/4 tsp ground cumin
- 1/2 tsp curry powder

1/2 tsp black pepper
1 tsp sea salt
1/2 cup chopped walnuts
2 cups pressure-cooked lentils (or use
Eden brand canned lentils)
1 omega-3 egg or vegan egg substitute
1 Tbsp ground flaxseed
1/4–1/2 cup cassava flour
Nutty Green Salad, to serve

INSTRUCTIONS

1. Preheat oven to 350°F. Line a sheet tray with parchment, and set aside.
2. Heat olive oil in a sauté pan over medium heat. Add onion, garlic, and mushrooms and cook, stirring frequently, until mushrooms are caramelized and garlic is fragrant.
3. Add parsley, mint, lemon juice, and lemon zest, and continue to cook until liquid evaporates.
4. Add spices, salt, and walnuts, and cook until walnuts smell toasty and spices are fragrant. Let cool to room temperature.
5. Transfer cooled mixture to a food processor fitted with an S blade. Add lentils and pulse until well combined. Add egg and flaxseed, and pulse to combine.
6. Remove to a bowl. Add 2 Tbsp of cassava flour, and let mixture rest 5 minutes, to absorb liquid. With your fingers, test to see if the mixture forms a cohesive ball. Add cassava flour bit by bit until mixture holds its shape when molded.
7. Form the mixture into 4 large patties, and space evenly on prepared sheet tray.

8. Bake for 15–20 minutes, then carefully flip, and bake for an additional 10.
9. Serve over Nutty Green Salad, if you like.

Meal Prep Notes: These patties freeze beautifully before cooking—simply make them through step 8, then freeze them on a sheet tray. When frozen solid, stack them in a freezer-proof container to save space. Then, when cooking them, bake right from frozen—just give them a little extra time in the oven.

One-Pan Chicken and Veggies

This one-pan dish has all the flavors of classic roast chicken and veggies, but it comes together much more quickly—plus, you'll only dirty one dish in the cooking process. I love making this with plenty of fresh rosemary, but thyme and parsley also work in a pinch.

Makes 4 servings

INGREDIENTS

- 1 whole pasture-raised chicken, or 4–6 pasture-raised bone-in, skin-on chicken thighs
- 1 1/2 tsp sea salt, divided
- 1/4 cup avocado oil
- 1/4 cup fresh rosemary
- 4 cloves garlic, minced
- 2 cups broccoli florets
- 1 cup cauliflower florets

1 cup asparagus cut into bite-size pieces

8–10 shallots, peeled and quartered

1 lemon, thinly sliced

INSTRUCTIONS

1. Preheat oven to 425°F.
2. Sprinkle chicken with 1/2 tsp sea salt.
3. In a large bowl, combine avocado oil, rosemary, garlic, and the remaining salt.
4. Add broccoli, cauliflower, asparagus, shallots, and lemon, and toss to combine.
5. Transfer veggie mix to a sheet tray and spread to a single layer.
6. Place chicken on top and bake 30–35 minutes, until a thermometer inserted into the chicken comes out at 165°F. Serve immediately.

Meal Prep Notes: This dish is good hot or room temperature.

Leftover veggies are also great tossed with lettuce for a quick and easy salad and leftover chicken makes excellent chicken salad.

Vegan Notes: Make the veggie mix without the chicken. After 15 minutes of cooking, top with 2 sliced avocados or 1 pound tempeh, grilled or sautéed, and sliced (if on Phase 2 or 3). Let cook an additional 10 minutes, before serving.

Braised Beef and Mushrooms

Think of this one as a cross between French boeuf bourguignon, and classic pot roast. It's tender, hearty, delicious, and actually gets more flavorful the next day (perfect for leftovers). Serve this fancier dish over cooked millet or cauliflower rice, or, for a fancier occasion, spinach risotto.

Makes 4 servings

INGREDIENTS

- 1/2 pound grass-fed sirloin, cubed
- 1 Tbsp cassava flour
- 1/4 cup extra virgin olive oil
- 1 large onion, diced
- 2 ribs celery, minced
- 3 cloves garlic, minced
- 8 ounces mushrooms, trimmed and sliced
- 1 Tbsp fresh thyme leaves
- 1 Tbsp fresh rosemary, minced
- 1 Tbsp seafood spice rub
- 1 tsp sea salt
- Zest of 1 lemon
- 1/2 cup red wine*
- 3/4 cup beef or vegetable broth
- 1 tablespoon red wine vinegar
- 4 cups Spinach Risotto, Basic Cooked Millet, or Cauliflower Rice, for serving

INSTRUCTIONS

1. In a bowl, toss the sirloin with cassava flour until evenly coated.

2. Heat olive oil in a large soup pot over medium heat. Add sirloin and sear on all sides until golden brown.
3. Add onion, celery, garlic, and mushrooms, and cook, stirring regularly until vegetables are tender and garlic is very fragrant, about 4–6 minutes.
4. Add thyme, rosemary, the spice rub, sea salt, and lemon zest, and sauté an additional minute until rosemary softens, and the herbs smell very strong and delicious.
5. Deglaze the pot with wine, broth, and vinegar, making sure to scrape the bottom of the pan to incorporate all the brown bits.
6. Reduce heat to low and simmer 25 to 45 minutes, until sauce is thickened, and beef is very tender. If sauce begins to evaporate too much, add water a little at a time.
7. Serve over spinach risotto, cooked millet, and cauliflower rice.

Meal Prep Notes: This dish is better the next day—or even the day after that—which makes it great for entertaining. Store it in the fridge for 3–5 days, or portion and freeze for up to 3 months.

Vegan Notes: Try replacing the beef in this recipe with grain-free tempeh, and cooking the same way—or just double the mushrooms.

Sauces, Condiments, and Sides

Basic Classic Guacamole

This classic guacamole recipe is lectin-free because I left out the tomatoes, but it is super flavorful from the smoky cumin, fresh onions and garlic, and bright lime and cilantro. It's not just addictive—it's actually healthy.

Makes 4 to 6 servings

INGREDIENTS

- 2 ripe avocados, cut in half, pits removed
- 1 jalapeno, peeled, seeded, and minced, or a shake of a hot sauce like Tabasco (optional)
- 1 clove garlic, crushed
- 1/2 red onion, minced
- 1/4 cup cilantro or parsley, minced (your choice; I am one of those people for whom cilantro tastes like soap)
- 1 tsp ground cumin
- 1 tsp black pepper
- 1 tsp sea salt
- Juice of 2 limes (about 2 Tbsp)

INSTRUCTIONS

1. Spoon avocado into a large bowl and crush with a potato masher.
2. Add remaining ingredients and fold to combine well.
3. Taste, adjust seasoning as needed, and serve.

Meal Prep Notes: Guacamole will last in the fridge for 3 to 5 days. When you store in the fridge, keep it in a narrow, airtight container and cover the exposed surface with a thin layer of olive or avocado oil to stave off browning.

Basic Pesto

There are a million ways to make classic pesto, but this is my favorite—especially because it's easy to make vegan when you want.

Makes about 2 cups

INGREDIENTS

- 1/2 cup toasted pine nuts (or toasted walnuts or blanched almonds)
- 3 cloves garlic
- 1 tsp sea salt
- 3 cups fresh basil leaves, loosely packed
- 1/2 cup grated Parmigiano-Reggiano cheese or 1/4 cup nutritional yeast
- 3/4 cup top-quality extra virgin olive oil

INSTRUCTIONS

1. In a high-speed blender, or a food processor fitted with an S blade, pulse together the nuts, garlic, and sea salt until powdery.
2. Add the basil and the cheese or nutritional yeast, and pulse to combine, scraping occasionally.
3. With motor running, drizzle in olive oil.
4. When combined, use immediately, or store according to instructions.

Meal Prep Notes: Pesto keeps for up to a week in your fridge, cover the surface with a thin film of olive oil to prevent browning. You can also freeze up to 3 months—I suggest transferring it into silicone ice trays then placing frozen cubes in a BPA-safe freezer bag.

Vegan Nut-Cheese Sauce

This salty, rich “cheese” sauce is great for people who don’t eat dairy—or people who just want a healthier alternative to cheese. The raw nuts do need to be soaked ahead of time, but it’s worth it—they blend up to a positively creamy consistency. If you like a smoky flavor, try swapping the sweet paprika for smoked, and adding a little ground cumin.

Makes about 2 cups

INGREDIENTS

- 2 cups raw macadamia nuts, soaked 4–10 hours in water
- Zest of 1 lemon
- Juice of 1 lemon
- 1/4 cup nutritional yeast
- 1 tsp sweet paprika
- 1 tsp garlic powder
- 1 tsp ground black pepper
- 1 tsp onion powder
- 1 teaspoon coconut aminos or sea salt

INSTRUCTIONS

1. Thoroughly drain the soaked macadamia nuts, discarding the soaking water.

2. Place the nuts, lemon zest and juice, nutritional yeast, spices, and coconut aminos or salt in a high-speed blender or food processor fitted with an S blade.
3. Pulse until gritty and well-combined, then process another 1–2 minutes until smooth. You may need to add water a tablespoon at a time to reach a “nacho cheese sauce” consistency.
4. When the mixture is creamy and smooth, taste, and adjust seasoning as needed.
5. Use immediately or store according to instructions.

Meal Prep Notes: Store in an airtight container in the refrigerator for up to 1 week.

Seasonal Fruit Salsa

One dish I really missed while eating lectin-free was classic pico de gallo. My favorite and easy alternative is this: a seasonal fruit salsa that mixes natural sweetness with a little jalapeno heat. Just be sure to choose from only whatever high-polyphenol fruit is in season—like apples, berries, or peaches. Or make it with jicama all year round.

Makes 2 cups

INGREDIENTS

- 3/4 cup diced seasonal fruit* or jicama
- 1/4 cup minced cilantro
- 1 diced avocado

1 red onion, minced
1 jalapeno, peeled, seeded, and minced, or a
shake of a hot sauce like Tabasco (optional)
2 cloves garlic, minced
1 tsp sea salt
1/4 cup extra virgin olive oil
1 Tbsp red wine vinegar
Juice of 2 limes

*Try apples or crispy pears in the late fall, early winter, citrus in the winter, berries in the spring, and stone fruits like peaches and plums in the summer. The possibilities are endless!

INSTRUCTIONS

1. In a large bowl, toss together the fruit or jicama, cilantro, avocado, onion, jalapeno, garlic, and salt. Let rest for 5 minutes to draw out moisture.
2. Meanwhile, whisk together olive oil, vinegar, and lime juice. Toss with fruit mixture.
3. Serve immediately or refrigerate.

Meal Prep Notes: You can refrigerate this salsa for 3–5 days but note it *does not* freeze well. If you've got leftovers, try it over a piece of grilled wild-caught salmon, pasture-raised chicken, or on top of a salad. I also call for it in the Taco Salad and the burritos. Or just dip some plantain or taro root chips in it!

Lentil-Walnut Cakes Dressing

This rich, creamy dressing is inspired by some of the classic flavors of the Middle East—herbs, lemon, and tahini, with a sweet balsamic twist. It's great drizzled on just about any simple green salad, or try it over cooked millet and sautéed greens for a quick, simple, satisfying dinner. It also makes a great dipping sauce for roasted veggies.

Makes 1 cup

INGREDIENTS

1/2 cup extra virgin olive oil
1/4 cup tahini
1/4 cup balsamic vinegar
1/4 cup minced dill, mint, or a combination of the two
1 clove garlic, crushed or minced
1 tsp sea salt
Juice of 1 lemon
Zest of 1 lemon

INSTRUCTIONS

1. Place all ingredients in a jar and shake vigorously to combine.
2. Use immediately or stash in your refrigerator until needed.

Meal Prep Notes: This dressing keeps in the fridge for up to 2 weeks.

Nutty Green Salad Dressing

Walnut oil fancies up this dressing, which is balanced with sweet balsamic and spicy Dijon mustard. A little tahini adds a smooth, velvety texture and nutty richness. I like to drizzle a little over half an avocado or a hard-boiled egg for a quick and delicious snack.

Makes 1 cup

INGREDIENTS

- 1/2 cup walnut oil
- 1/4 cup red-wine vinegar
- 1/4 cup balsamic vinegar
- 1 Tbsp tahini
- 1 tsp Dijon mustard
- 1 tsp sea salt
- 1/4 tsp paprika

INSTRUCTIONS

1. Place all ingredients in a jar and shake vigorously to combine.
2. Use immediately or stash in your refrigerator until needed.

Meal Prep Notes: This dressing keeps in the fridge for up to 2 weeks.

Keto Notes: Double the olive oil and halve the vinegars.

Taco Salad Dressing

This dressing features tons of fresh cilantro, green onions, and lime juice for added zing. If you're one of those people who can't do cilantro (it's genetic!), try parsley instead. This dressing is especially delicious over quick-roasted or sautéed vegetables. Or try as a marinade for fish or meat.

Makes 1 cup

INGREDIENTS

- 1/2 cup extra virgin olive oil
- 1/4 cup red wine vinegar
- Juice of 1 lime
- Zest of 1 lime
- 1 clove garlic, crushed or minced
- 1/4 cup minced cilantro
- 1/4 cup minced green onions
- 1 tsp Dijon mustard
- 1 tsp sea salt
- 1/4 tsp paprika
- 1/2 tsp cumin

INSTRUCTIONS

1. Place all ingredients in a jar and shake vigorously to combine, or, better yet, blend in a small blender like a Magic Bullet.
2. Use immediately or stash in your refrigerator until needed.

Meal Prep Notes: This dressing keeps in the fridge for up to 2 weeks.

Breakfast Salad Dressing

This zesty, citrus-centered dressing includes optional orange or grapefruit zest and smoky cumin for an extra punch.

Makes 1 cup

INGREDIENTS

- 1/2 cup walnut oil
- 1/4 cup red-wine vinegar
- Juice of 1 lemon
- Zest of 1 lemon
- Zest of 1 orange or grapefruit (optional)*
- 1 tsp Dijon mustard
- 1 tsp sea salt
- 1/4 tsp cumin

*Optional, but adds something special, so if you've got an orange or grapefruit left in your fridge from your pre-Plant Paradox days, this is a great way to use it.

INSTRUCTIONS

1. Place all ingredients in a jar and shake vigorously to combine.
2. Use immediately or stash in your refrigerator until needed.

Meal Prep Notes: This dressing keeps in the fridge for up to 2 weeks.

Precooked Miracle Noodles

Miracle noodles and other shirataki noodles have a bit of a fishy smell when taken out of the package, and some find it really off-putting. But push through—by following these instructions, you get rid of the fishiness *fast* and your noodles are ready to be added to any pasta recipe in the book.

INGREDIENTS

1 Tbsp iodized sea salt

Miracle Noodles or shirataki noodles
(as many packs as you need)

INSTRUCTIONS:

1. Bring a large pot of water to a boil and add salt.
2. Remove your noodles from the package and rinse under cold running water for 2 minutes (only 1 minute in California, to save water!).
3. Transfer noodles to boiling water and cook 2–3 minutes. Drain.
4. Transfer the noodles to a dry pan and cook over medium-low heat, stirring to thoroughly dry out the noodles; they will squeak as you move them around.
5. Add prepared noodles to any Miracle Noodle recipe as directed.

Basic Cauliflower Rice

You can steam or microwave cauliflower rice, but sautéing it with onion doesn't take much longer, and is the best way to get a side dish that's versatile and flavorful.

Makes 2 cups

INGREDIENTS

- 1/4 cup extra virgin olive oil or avocado oil
- 1 yellow onion, minced
- 1 (12-oz) bag cauliflower rice or cauliflower “pearls”*
- 1/2 tsp sea salt

*You can find this fresh or frozen or make it yourself by pulsing 3–4 cups of cauliflower florets in a food processor until pieces are the size of a grain of rice.

INSTRUCTIONS

1. Heat oil over medium-high heat in a large sauté pan, and add onion.
2. Cook, stirring occasionally, until onion is tender.
3. Add cauliflower rice and salt and continue to cook for 5–7 minutes, until tender. Serve.

Meal Prep Notes: You can do this 3–5 days ahead of time and store in the refrigerator or freezer. To reheat, microwave or heat in a sauté pan with a little olive oil, and you're good to go.

Basic Cooked Millet

Cooking millet isn't too different from cooking rice, but by toasting it first, you guarantee yourself an extra-delicious, slightly nutty-tasting side dish. A scoop of this makes a nice, hearty base for my Braised Beef and Mushrooms or Pressure-Cooked Lentil Chili.

Makes 3 to 4 cups

INGREDIENTS

- 1 1/2 cups millet
- 3 cups broth or water
- 1/4 tsp sea salt

INSTRUCTIONS

1. Add millet to the bottom of a large, dry pot, and heat on medium, tossing occasionally to toast.
2. When millet smells golden brown and nutty, add broth or water and salt to the pan.
3. Bring liquid to a boil, then reduce heat until the water is barely simmering.
4. Let simmer for 15 minutes, then remove from heat.
5. Let millet stand, covered, for about 10 minutes to absorb additional liquid, then fluff with a fork before serving.

Meal Prep Notes: You can store in refrigerator for 3–5 days or freeze up to 3 months. It's always handy to have in the freezer, since it reheats so quickly. To reheat cooked millet, just warm it in the microwave with a bit of water.

Pressure-Cooked Beans and Lentils

The pressure cooker is such an easy way to destroy the lectins in beans and lentils—it's a fun thing to experiment with in Phase 3. This basic recipe is a fantastic, simple, satisfying treat. Feel free to get creative with the seasoning once you're comfortable with pressure-cooking. I suggest adding in fresh herbs, garlic, or citrus zest.

Makes 6 servings

INGREDIENTS

- 1/4 cup extra virgin olive oil
- 1 large yellow onion, diced
- 1/2 tsp ground cumin
- 1/2 tsp garlic powder
- 1/2 teaspoon paprika
- 1/2 tsp sea salt
- 6 cups water, broth, or chicken stock
- 2 cups dried beans or lentils, rinsed
and picked through

INSTRUCTIONS (STOVE TOP PRESSURE COOKER)

1. In a 6-quart or larger pressure cooker, heat the oil over medium-high heat on the stove.
2. When oil is hot, add the onion, cumin, garlic powder, paprika, and salt and cook, stirring frequently until onions are tender.
3. Add the water or broth and beans or lentils, and lock lid in place.
4. Over high heat, bring to high pressure. Reduce the heat just enough to maintain high pressure and cook for 30 minutes for beans, 20 minutes for lentils.

5. Once time is up, allow the pressure to come down naturally, about 15 minutes. Remove the lid, tilting it away from you to allow the steam to escape.

INSTRUCTIONS (ELECTRIC PRESSURE COOKER, LIKE INSTANT POT)

1. In a 6-quart or larger pressure cooker, heat the oil on the sauté setting.
2. When oil is hot, add the onion, cumin, garlic powder, paprika, and salt and cook, stirring frequently until onions are tender.
3. Add the water and beans or lentils, and lock lid in place.
4. Cook on high pressure for 30 minutes for beans or 20 minutes for lentils.
5. Release the pressure according to the manufacturer of your pressure cooker.

Seafood Spice Rub

I call this a “seafood” spice rub since I started making it for salmon and shrimp, but turns out it’s good on just about everything. It quickly became my go-to seasoning for chicken, grass-fed pork, shellfish, and even veggies. This versatile blend is also good on kale chips, eggs, or sprinkled on soup.

Makes 1/2 cup

INGREDIENTS

- 2 Tbsp sea salt
- 2 Tbsp paprika
- 1 Tbsp cumin
- 1 Tbsp garlic powder
- 2 tsp black pepper
- 1 1/2 tsp onion powder
- 1 tsp curry powder
- 1/2 tsp cinnamon
- 1/2 tsp cloves

INSTRUCTIONS

1. Place all ingredients into a jar and shake to combine.
2. Store at room temperature in airtight jar and use as needed—shake before use.

Meal Prep Notes: Keeps at room temperature for up to 6 months.

Snacks

Crispy Artichokes

Not only are these a great salad topper, but these crunchy, salty treats are also a really good snack, especially if you've got a craving for potato chips or french fries. Try serving to friends with a glass of wine before dinner.

Makes 4 servings

INGREDIENTS

- 1/4 cup extra virgin olive oil
- 2 cups frozen and thawed artichoke hearts, quartered (rinsed canned ones are fine, too)
- 1/4 cup cassava flour
- 1 tsp sea salt
- 1 tsp freshly ground pepper

INSTRUCTIONS

1. Preheat oven to 400°F. Brush a sheet tray with some of the olive oil.
2. If using frozen artichokes, make sure they are thoroughly thawed. Dry artichokes in a salad spinner, then pat dry between layers of paper towels.
3. Mix together cassava flour, salt, and pepper in a shallow dish or bowl. When artichokes are completely dry, toss in the flour mixture until evenly coated.
4. Spread onto prepared sheet tray and drizzle with remaining oil.
5. Bake for 25–30 minutes, until golden brown and crispy.

6. Serve immediately, or store and reheat according to instructions.

Meal Prep Notes: While these are most delicious when fresh, any leftovers can be stored in the freezer for up to 2 months. When you want to use them, just spray the frozen artichokes with a bit of oil and pop them onto a sheet tray, and bake at 400°F for 10–15 minutes.

Kale Chips

This heavily spiced kale chip recipe is great for people who crave crunchy, salty foods, and are having trouble saying goodbye to chips. Try dipping these kale chips in guacamole, pesto, or your favorite dressing for the full “chips and dip” experience.

Makes 4 servings

INGREDIENTS

- 1 large bunch curly kale (purple or green are OK)
- 2 Tbsp avocado oil
- 1 tsp Seafood Spice Rub
- 1 tsp nutritional yeast (optional)

INSTRUCTIONS

1. Preheat oven to 275°F.
2. Rinse kale and pat dry. Remove thick stems* and tear the leaf into 2–3-inch pieces.
3. Pat dry a second time (just in case) or use a salad spinner, then toss in a bowl with the oil.
4. Sprinkle on seasonings and toss again, until leaves are evenly coated.
5. Spread kale in a single layer (which may require 2 to 3 baking sheets); do not overcrowd the pans.
6. Bake 15 minutes, then lightly toss to ensure all sides of the kale gets baked.
7. Bake an additional 10–15 minutes, until golden brown around the edges.
8. Leave the chips to cool—they should crisp up even more as they cool.

*Save stems for the Green Veggie Hash.

Meal Prep Notes: These chips will keep 2–3 days at room temperature in an airtight container—just let them cool completely before storing. If they get a little soggy, re-crisp them in the oven.

Nut Mix 3.0

My nut mix has been a hit in all of my books, and if you find yourself hungry, it's an ideal grab-and-go snack. It's flavorful, satisfying, and filling, plus the mix of herbs, garlic, and salt give it the evocative taste of junk food, while boosting your health. I make sure to always have some around because it's just that handy as a snack.

Makes 12 to 15 servings

INGREDIENTS

- 2 cups raw walnuts
- 1 cup raw pecans
- 1/2 cup raw macadamia nuts
- 1/2 cup raw pine nuts
- 2 Tbsp walnut oil
- 4 cloves garlic, minced
- 2 Tbsp minced fresh rosemary
- 1 Tbsp minced fresh sage
- 1 tsp fresh thyme
- 1 tsp iodized sea salt

INSTRUCTIONS

1. Combine nuts in a large heatproof bowl and set aside.

2. Heat oil in a small sauté pan over medium heat. Add garlic, rosemary, sage, and thyme, and cook until very fragrant, 2–3 minutes.
3. Remove from heat, and pour oil mixture over nut mix immediately, along with sea salt.
4. Toss to combine, and let cool to room temperature before serving.

Meal Prep Notes: This mix keeps beautifully in the fridge for up to 2 weeks. You can also freeze it for up to 6 months.

Avocado Cloud Bread

I love everything bagels, but as we all know, they're lectin bombs. This cloud "bread" is not only the perfect bagel substitute, complete with the seasoning on top, but it's also great if you want a little something to dip in your chili or to eat with your salad. You can even use it to make sandwiches!

Makes 12 buns

INGREDIENTS

- 4 omega-3 or pastured eggs, separated
- 1/4 tsp cream of tartar
- 1/2 ripe avocado, mashed
- 1/8 tsp salt
- 1 tsp everything-bagel seasoning,
poppy seeds, or sesame seeds

INSTRUCTIONS

1. Preheat oven to 300°F. Line a baking sheet with parchment or a silicon mat, and set aside.
2. In a large stand mixer or a bowl with a hand mixer, whip together egg whites and cream of tartar until stiff peaks form, about 3–4 minutes.
3. In a separate bowl, whip together egg yolks, avocado, and salt until smooth. You should be able to do this in a bowl with a whisk or with a hand mixer.
4. Whisk 1/4 of the egg-white mixture into the avocado mixture to lighten it. Then, carefully fold the remaining egg whites into the avocado mixture until smooth.
5. Spoon quarter-cup dollops of the mixture onto your prepared baking sheet, about 1 1/2 inches apart. Sprinkle

with the topping of your choice and bake until golden and firm, about 30 minutes. Serve immediately or store according to instructions.

Meal Prep Notes: These keep in the fridge for 1–2 days, and in the freezer in a BPA-free freezer bag for up to 2 weeks. To thaw, just heat them gently in a 300-degree oven (or toaster oven) until warm.

Vegan Notes: To make this vegan, use aquafaba—the liquid found in a can of cooked chickpeas—instead of eggs. Make sure to use only Eden brand, which pressure-cooks their beans, so they are lectin-free. You'll need about 1/2 cup of aquafaba, so approximately 1 can's worth. Use that 1/2 cup instead of egg whites in Step 2—they'll whip just the same. Then, instead of using egg yolks in Step 3, whip 3 tablespoons of avocado oil in with your avocado. Proceed with the rest of the recipe as written.

Chocolate Coconut Ice Pops

I'll be honest: ice cream has always been one of my favorite indulgences—but it takes a while to make. These ice pops, however, come together in minutes (not counting freezer time) and are like a vacation for your taste buds, thanks to the tropical coconut flavor. If you are on Phase 2, just omit the coconut oil.

Makes 6–8 pops

INGREDIENTS

- 2 cans full-fat coconut milk
- 1/2 cup unsweetened shredded coconut
- 10–12 drops liquid Stevia
- 1/2 cup chopped bittersweet chocolate (at least 70 percent cacao or higher to be keto-compliant)
- 1 Tbsp coconut oil (optional)

INSTRUCTIONS

1. Stir together the coconut milk, shredded coconut, and Stevia in a large saucepan over low heat.
2. Add 3/4 of the chocolate to the pan, and continue to stir until chocolate is melted. Remove from heat and let cool to room temperature.
3. Taste, add more sweetener if needed, then carefully pour mixture into BPA-free popsicle molds.*
4. Freeze until frozen solid, at least 3 hours.
5. Before serving, melt together the remaining chocolate and the coconut oil in a microwave or small saucepan over low heat and set aside.
6. Unmold pops and drizzle with chocolate mixture.

*No popsicle molds? Use paper Dixie cups and food-safe craft sticks—simply cover each cup with foil, poke a hole into it, and set the stick into the hole to keep it upright and in place.

Simple Chocolate Snack Cake

How can a slice of moist, decadent, chocolate cake get any better? Make it a chocolate cake you can enjoy totally guilt free. And that's what makes this chocolate snack cake so amazing. Eat it plain, or drizzle it with a little coconut cream if you need something really over the top.

Makes 1 8-inch round cake

INGREDIENTS

- 1/4 cup extra virgin olive oil, plus
more for greasing pan
- 1 cup blanched almond flour
- 2/3 cup erythritol or Swerve
- 1/4 cup unsweetened natural cocoa powder
- 1 tsp aluminum-free baking powder
- 1/2 tsp iodized sea salt
- 3 Omega-3 or pastured eggs or egg replacer equivalent
- 1/3 cup unsweetened coconut cream
- 2 Tbsp bittersweet chocolate (at least 70% cacao)
- 1 tsp vanilla extract

INSTRUCTIONS

1. Preheat oven to 350°F. Grease an 8" cake tin with olive oil and set aside.

2. In a large bowl, whisk together almond flour, erythritol, cocoa powder, baking powder, and sea salt.
3. In another bowl or a large measuring cup, combine the eggs (or egg replacement) and coconut cream.
4. In the microwave or over a double boiler, melt together the chocolate, oil, and vanilla, stirring frequently. When smooth, let cool a minute, then add to the coconut cream mixture.
5. Gradually add wet ingredients to dry, whisking until you've made a smooth batter. Keep whisking 2–3 minutes, until mixture becomes a little fluffy.
6. Pour into prepared cake pan, and bake for 25–35 minutes, or until a knife inserted into the center comes out clean.
7. Let cool to room temperature before unmolding and serving.

Meal Prep Notes: This cake keeps covered on the counter for up to a week—though I doubt it'll last that long!

Spice Cookies

I've always thought spice cookies—with the warm heady flavors of cinnamon, cloves, and nutmeg—tasted a little like Christmas. And let's face it, we all need an unexpected holiday from time to time. I always keep this cookie dough in my freezer. That way, I can bake up what I need *exactly* when I'm craving it. If you are in Phase 2, use butter or almond/macadamia butter, not coconut oil.

Makes 12 cookies

INGREDIENTS

- 1 cup toasted walnuts
- 1/2 tsp nutmeg
- 1/2 tsp cinnamon
- 1/8 tsp cloves
- 1/2 cup erythritol or monkfruit sweetener
- 1/4 cup coconut flour
- 1/4 cup room-temperature grass-fed butter,
cut into chunks, or coconut oil (phase 3 only;
see Vegan Note below)
- 1/2 tsp almond extract
- 1/2 tsp vanilla extract
- 1/4 tsp sea salt

INSTRUCTIONS

1. Preheat oven to 325°F. Line 2 baking sheets with parchment paper, and set aside.
2. In a food processor fitted with an S blade, pulse together the walnuts, nutmeg, cinnamon, and cloves, until finely ground. Add the erythritol and coconut flour, and pulse again until fully combined.

3. Add the butter or oil to the food processor, along with extracts and sea salt. Pulse until a soft dough is formed.
4. Roll the dough into 12 equal balls. To bake, flatten 6 balls onto each cookie sheet, in 3 rows of 2.
5. Bake 12–15 minutes, then let cool for *at least* 20 minutes, or the cookies will fall apart. Let cool slightly, then transfer to a wire rack.
6. Eat or store in an airtight container at room temperature for 2–3 days.

Meal Prep Notes: While these cookies, when baked, keep for only 2–3 days, the raw dough keeps in the freezer for months. All you need to do is roll the dough into balls, flatten slightly on a cookie sheet, and freeze until solid. Then transfer to an airtight container until needed. You can bake from frozen, just add a couple of extra minutes in the oven as necessary. That way, you've got a fresh cookie (or completely edible raw cookie dough) on hand whenever you need it!

Vegan Notes: If you are in Phase 2, replace the butter/coconut oil with almond or macadamia butter.

PHASE 1 RECIPES

BREAKFAST

- Breakfast Salad
- Green Ginger Smoothies
- Green Veggie Hash

LUNCH

- Nutty Green Salad
- Sage and Mushroom Soup
- Salmon Avocado Bowl

DINNER

- One-Pan Chicken and Veggies
- Spinach Cauliflower “Risotto”
- Quorn Taco Salad

DESSERTS/ SNACKS

- Kale Chips
- Nut Mix 3.0

SAUCES, CONDIMENTS, AND SIDES

- Basic Pesto
- Basic Sautéed Cauliflower Rice
- Breakfast Salad Dressing
- Guacamole (make without jalapenos until Phase 3)
- Lentil-Walnut Cakes Dressing
- Nutty Greens Salad Dressing
- Seafood Spice Rub
- Taco Salad Dressing
- Vegan Nut-Cheese Sauce

PHASE 2 AND 3 RECIPES (PLUS ALL OF PHASE 1 RECIPES):

- Almond Joy Muffins (use avocado oil variation if in Phase 2)
- Baked Avocado Egg Cups with Basic Pesto
- Green Egg Muffins

- Sesame Miracle Noodle Salad
- Collard-Wrapped Burritos
- Millet Buddha Bowl
- Pasture-Raised Chicken Salad

- Braised Beef and Mushrooms
- Garlicky Greens Soup
- Lentil-Walnut Cakes (Phase 3 only)
- Miracle Noodle Veggie Bake
- Pressure-Cooked Lentil Chili (Phase 3 only)
- Wild-Caught Shrimp Risotto

- Chocolate Coconut Ice Pops (for Phase 2, omit coconut oil)
- Simple Chocolate Cake
- Spice Cookies (for Phase 2, use butter or almond/macadamia butter variation)
- Avocado Cloud Bread
- Crispy Artichokes

- Basic Cooked Millet
- Precooked Miracle Noodles
- Pressure-Cooked Beans/Lentils (Phase 2 if you are vegetarian/vegan, Phase 3 otherwise)
- Seasonal Fruit Salsa