



Functional Brain Performance Center

Natural, long term solution to optimize brain function

LENS Neurofeedback

Gut–Brain Axis Function

Neuro-Health Life Plan

Integrative Neuro-Health Lifestyle treatment plan to optimize cognitive performance and support brain growth and development.

Functional Neurology

The Functional Brain Performance Center utilizes an integrative approach of diagnostic testing, gut-brain axis optimization, functional medicine protocols, Neuro-Health Life Plan, Nootropic Nutritional Supplements, and LENS Neurofeedback to re-balance underlying physiological system imbalances to optimize brain function and alleviate cognitive and behavioral symptoms.

Neuro-Health Life Plan Index

Section 1: Neuro-Health Diet (pg. 1-14)

- Real food diet that provides the essential nutrients (vitamins/minerals/amin acids) and healthy fats for optimal brain development and performance.
- Establish a healthy probiotic bacteria environment to strengthen the gut-brain axis connection.
- Eliminate neuro-toxic and neuro-stimulating additives, preservatives, dyes/colors, and artificial sweeteners found in processed foods

Section 2: Neuro-Health Superfoods and Recipes (pg. 15-77)

Section 3: Nootropic Nutritional Supplements (pg. 78-80)

- Natural based supplements that support brain function and development to improve mood and cognitive function.

Section 4: Brain-Body Training Routine (pg.81-89)

- Brain-Body training activities stimulate the production of BDNF, neurogenesis (growth of new brain cells), neuron growth, and dendrite connections.
- Fun and exciting 10minute Brain-Body raining routines with weekly program schedule.

Section 5: Cognitive Enhancement Activities and Resources (pg. 90-100)

- Mental stimulation and brain training activities can significantly improve brain function and cognitive abilities like focus, memory, concentration, and problem-solving skills.

Section 6: Electromagnetic Radiation Prevention Strategies (pg. 101-104)

Section 7: Neuro- Health Journal





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NEURO-HEALTH DIET



NUTRITION PROGRAM

- 1) Eat 5 to 6 small meals daily to stabilize blood sugar and insulin levels.
- 2) Eat first meal within 30 to 45 minutes of waking
- 3) Consume meals every 3 hours to maintain stable blood sugar / insulin levels, optimize digestion of nutrients, and elevate energy levels.
- 4) Try to consume 4 to 6 servings of vegetables / 1 to 2 servings of fruit daily.
- 5) Fluid requirement: Drink a minimum of 3 to 4 quarts (96-128oz.) of water, herbal tea, and coffee daily.
- 6) Eat clean, real foods. Limit processed foods, artificial sweeteners, and preservatives.
- 7) Avoid and limit eating out.



PROTEINS (3 to 6 servings daily)

20 Grams per serving (80 calories)

- 1 scoop protein powder w/ 8 oz. water (whey, pea, or hemp)
- 3 ½ oz. Chicken breast or Turkey breast
- 3 whole eggs or 2 whole eggs & 2 egg whites
- 3 ½ oz. Round / Flank steak
- 3 ½ oz. Sirloin steak
- 3 ½ oz. Beef tenderloin / Filet Mignon
- 3 ½ oz. Pork tenderloin
- 3 ½ oz. Sardines, Anchovies, Herring
- 3 ½ oz. Salmon, Halibut, Mackerel (limit 1 to 2 x weekly)
- 3 ½ oz. Wild game (Venison, Elk, etc)
- 3 ½ oz. Fresh fish (Sole, Pollack, Tilapia, Whitefish, etc.)
- 4 oz. Tuna (2/3 can)
- 6 oz. Crab
- 6 oz. Shrimp
- 6 oz. Lobster
- 6 oz. Scallops
- 6 oz. Clams/mussels



*Try to consume organic, local grass fed, or free range meats/fish to limit exposure to additives, antibiotics, and hormones.

ADDITIONAL PROTEIN SOURCES

- | | |
|--|---|
| · 1 egg | 6 grams |
| · 1 egg white | 3 grams |
| · 2 Tbsp. natural peanut/almond/
or any nut butters | 5 to 10 grams |
| · 1 oz. nuts | 5 to 10 grams (English walnuts, Brazil nuts, Almonds, etc.) |
| · 1 oz. sunflower/pumpkin/
Hemp/ and chia seeds | 5 to 10 grams |

CARBOHYDRATES (1 to 3 servings daily)

Low Glycemic / Complex Carbohydrates 30 Grams per serving (120 calories)

Rice & Grains (1/2 cup to 2/3 cup cooked)

- Rice (all types: White/brown/wild rice, etc)
- Quinoa
- Amaranth
- Buckwheat / buckwheat flour
- Millet
- Oats
- Salba
- Sorghum
- Teff

Breads and noodles: 2 slices or 2/3 cup cooked

- Sprout/lentil bread (ex: Ezekial bread)
- Brown rice pasta
- Quinoa pasta
- Shirataki yam noodles



Other Carbs:

- 4 oz. Yam/Sweet potato/Red potato
- 1/2 to 2/3 cup oatmeal (cooked)
- 4 Tbsp. cream of rice (dry)
- 1 1/2 cups applesauce (unsweetened) * add cinnamon if desired
- 1/4 cup Hummus
- 1/2 cup of beans and lentils (cooked)

Fruits

- Apple, orange, grapefruit, plum, pomegranate, peach, pear, lemon, kiwi
 - Serving size: 1 medium size
- Cherries, blackberries, blueberries, raspberries, strawberries, and prunes
 - Serving size: 1/2 cup

VEGETABLES (4 to 6 servings daily)

Alfalfa sprouts
Artichokes
Arugula
Asparagus
Avocado
Bean Sprouts
Beets
Bell Peppers
Bok Choy
Broccoli
Brussel Sprouts
Cabbage
Carrots (limit 1 serving)
Cauliflower
Celery
Chard
Collard greens
Cucumber
Edamame
Eggplant
Endive
Fennel
Garlic
Green beans
Hot Peppers
Jicama
Kale
Leeks
Lettuce (all types)
Mushrooms (all types)
Napa Cabbage
Okra
Olives (5-6 day)
Onions
Peas
Radishes
Rapinni
Snow Peas
Spinach
Spring Onion
Squash (all types)
Tomato
Watercress
Zucchini

Serving Size = ½ to 1 cup

CONDIMENT GUIDE

FREE CONDIMENTS

Avocado
Balsamic vinegar / Rice wine vinegar/ apple vinegar
All fresh / dried herbs and spices (Pepper, garlic, chives, etc.)
Horseradish / Wasabi/ Ginger
Fresh lemon/lime juice
Fresh Salsa and chopped vegetables
Salt (Himalayan Pink or Celtic Sea)
Stevia or Truvia
Extra Virgin Olive oil, Flaxseed oil, Virgin Coconut oil, MCT oil
Organic Stocks
Hummus
Grass-fed Butter, Ghee
Coconut butter, coconut milk, coconut cream
Coconut Aminos (tastes like soy sauce)
Mustard

MODERATE USE CONDIMENTS

(USE VERY SPARINGLY)

Fat-free / Low-fat miracle whip
Low-sodium soy sauce
Canola Oil
Fat-free / Low-fat dressings
Salts (seasoning, garlic, onion, etc)
Ketchup
BBQ Sauces
Steak sauces

CONDIMENTS TO AVOID

Margarine
Mayonnaise
Vegetable shortening / Lard
Less healthy oils
Regular salad dressings

Neuro-Health Diet Meal Outline and Example

1 to 3 daily servings of carbohydrates

43 to 5 daily servings of protein

4 to 6 daily servings of vegetables

Upon waking: Drink juice of half a fresh lemon in warm water which has a positive effect on digestive and liver enzyme. Daily meditation and deep breathing / Relaxation techniques.

Meal 1: 1 serving carbohydrates / 1 serving protein/ 16 oz. water /tea

Meal 2: ½ serving protein / 1 vegetable / 12 oz. water

Meal 3: 1 serving carbohydrates (optional) / 1 serving protein / 1 vegetable / 12 oz. water

Meal 4: ½ serving protein / 1 vegetable / 12 oz. water

Meal 5: 1 serving carbohydrates (optional) / 1 serving protein / 2 vegetable / 12 oz. water

Meal 6: 1 serving protein (optional)

Meal 1:

½ cup oatmeal with ground flax/chia seeds and fresh berries

1 egg/3 egg whites

Warm lemon water

Meal 2:

1 Tbsp. peanut butter on celery slices

Water / tea

Meal 3:

3 ½ oz. chicken breast

1 chopped medium apple and ½ avocado

2 servings of vegetables

Water / tea

Meal 4:

1 oz. English Walnuts

1 to 2 serving of vegetables

Meal 5:

3 ½ oz. baked Salmon

Spinach salad with veggies

Water / Tea

Meal 6: (optional)

1 to 2 hard boiled eggs

Food Products to avoid

1. Gluten: Wheat, barley, kamut, rye, bulgur, and spelt. (Enriched, bleached, or refined wheat flour)
2. Simple sugars and corn syrups: Brown sugar, dextrose, corn sweetener, fructose, high fructose corn syrup, glucose, corn syrup, honey, invert sugar, maltose, lactose, malt syrup, molasses, evaporated cane sugar, raw sugar, and sucrose.
3. Trans Fats: also known as partially hydrogenated oils or shortening.
4. Hydrolyzed vegetable protein: Textured vegetable protein, Soy protein
5. Yeast extract
6. Artificial sweeteners FDA Approved
 - Aspartame: NutraSweet and Equal
 - Saccharin: Sweet'N Low
 - Sucralose: Splenda
 - Acesulfame K: Acesulfame potassium
 - Neotame: Newest artificial sweetener by NutraSweet
7. Artificial Food Dyes, preservatives, and additives

Food Additives to Avoid

While FDA generally recognizes most additives on this list as 'safe,' there are growing concerns about the safety of many common food additives, if consumed in large quantities.

1. **Sodium nitrate:** Added to processed meats to stop bacterial growth. Linked to cancer in humans. (Worst Offender)
2. **Sulfites:** Used to keep prepared foods fresh. Can cause breathing difficulties in those sensitive to the ingredient.
3. **Azodicarbonamide:** Used in bagels and buns. Can cause asthma.
4. **Potassium bromate:** Added to breads to increase volume. Linked to cancer in humans.
5. **Propyl gallate:** Added to fat-containing products. Linked to cancer in humans
6. **BHA/BHT:** A fat preservative, used in foods to extend shelf life. Linked to cancerous tumor growth.
7. **Propylene glycol:** Better known as antifreeze. Thickens dairy products and salad dressing. Deemed 'generally' safe by FDA.
8. **Butane:** Put in chicken nuggets to keep them tasting fresh. A known carcinogen.
9. **Monosodium glutamate (MSG):** Flavor enhancer that can cause headaches. Linked in animal studies to nerve damage, heart problems and seizures.
10. **Disodium inosinate:** In snack foods. Contains MSG.
11. **Disodium guanylate:** Also used in snack foods, and contains MSG.
12. **Enriched flour:** Used in many snack foods. A refined starch that is made from toxic ingredients.
13. **Recombinant Bovine Growth Hormone (rBGH):** Genetically-engineered version of natural growth hormone in cows. Boosts milk production in cows. Contains high levels of IGF-1, which is thought to cause various types of cancer.
14. **Refined vegetable oil:** Includes soybean oil, corn oil, safflower oil, canola oil, and peanut oil. High in omega-6 fats, which are thought to cause heart disease and cancer.
15. **Sodium benzoate:** Used as a preservative in salad dressing and carbonated beverages. A known carcinogen and may cause damage to our DNA.
16. **Brominated vegetable oil:** Keeps flavor oils in soft drinks suspended. Bromate is a poison and can cause organ damage and birth defects. Not required to be listed on food labels.
17. **Propyl gallate:** Found in meats, popcorn, soup mixes and frozen dinners. Shown to cause cancer in rats. Banned in some countries. Deemed safe by FDA.
18. **Olestra:** Fat-like substance that is unabsorbed by the body. Used in place of natural fats in some snack foods. Can cause digestive and heart problems.
19. **Carrageenan:** Stabilizer and thickening agent used in many prepared foods. Can cause ulcers and cancer.
20. **Polysorbate 60:** A thickener that is used in baked goods. Can cause cancer in laboratory animals.

21. **Carnauba wax:** Used in chewing gums and to glaze certain foods. Can cause cancer and tumors.
22. **Magnesium sulphate:** Used in tofu, and can cause cancer in laboratory animals.
23. **Chlorine dioxide:** Used in bleaching flour. Can cause tumors and hyperactivity in children.
24. **Paraben:** Used to stop mold and yeast from forming in foods. Can disrupt hormones in the body, and could be linked to breast cancer.
25. **Sodium carboxymethyl cellulose:** Used as a thickener in salad dressings. Could cause cancer in high quantities.
26. **Aluminum:** A preservative in some packaged foods that can cause cancer.

Artificial Sweeteners to Avoid

Artificial sweeteners are regulated by the FDA, just as food additives are, but this does not apply to products generally recognized as safe.

27. **Saccharin:** Carcinogen found to cause bladder cancer in rats. (Worst Offender)
28. **Aspartame:** An excitotoxin that's thought to be a carcinogen. Can cause dizziness, headaches, blurred vision, and stomach problems.
29. **High fructose corn syrup:** Sweetener made from corn starch. Made from genetically-modified corn. Causes obesity, diabetes, heart problems, arthritis, and insulin resistance.
30. **Acesulfame potassium:** Used with other artificial sweeteners in diet sodas and ice cream. Linked to lung and breast tumors in rats.
31. **Sucralose:** Splenda. Can cause swelling of liver and kidneys and a shrinkage of the thymus gland.
32. **Agave nectar:** Sweetener derived from a cactus. Contains high levels of fructose, which causes insulin resistance, liver disease and inflammation of body tissues.
33. **Bleached starch:** Can be used in many dairy products. Thought to be related to asthma and skin irritations.
34. **Tert butylhydroquinone:** Used to preserve fish products. Could cause stomach tumors at high doses.

Artificial Food Colorings to Avoid

Food colorings are used to give foods a more attractive appearance, but some experts believe they cause serious health problems, including asthma and hyperactivity in children.

35. **Red #40:** Found in many foods to alter color. All modern food dyes are derived from petroleum. A carcinogen that is linked to cancer in some studies. Also can cause hyperactivity in children. Banned in some European countries. (Worst Offender)
36. **Blue #1:** Used in bakery products, candy and soft drinks. Can damage chromosomes and lead to cancer.
37. **Blue #2:** Used in candy and pet food beverages. Can cause brain tumors
38. **Citrus red #1:** Sprayed on oranges to make them look ripe. Can damage chromosomes and lead to cancer.
39. **Citrus red #2:** Used to color oranges. Can cause cancer if you eat the peel.
40. **Green #3:** Used in candy and beverages. May cause bladder tumors.
41. **Yellow #5:** Used in desserts, candy and baked goods. Thought to cause kidney tumors, according to some studies.
42. **Yellow #6:** A carcinogen used in sausage, beverages and baked goods. Thought to cause kidney tumors, according to some studies.
43. **Red #2:** A food coloring that may cause both asthma and cancer.
44. **Red #3:** A carcinogen. that is added to cherry pie filling, ice cream and baked goods. May cause nerve damage and thyroid cancer.
45. **Caramel coloring:** In soft drinks, sauces, pastries and breads. When made with ammonia, it can cause cancer in mice. Food companies not required to disclose if this ingredient is made with ammonia.
46. **Brown HT:** Used in many packaged foods. Can cause hyperactivity in children, asthma and cancer.
47. **Orange B:** A food dye that is used in hot dog and sausage casings. High doses are bad for the liver and bile duct.
48. **Bixin:** Food coloring that can cause hyperactivity in children and asthma.
49. **Norbixin:** Food coloring that can cause hyperactivity in children and asthma.
50. **Annatto:** Food coloring that can cause hyperactivity in children and asthma.

MEAL PLANNER:

Meal 1: Breakfast

1. _____
2. _____
3. _____
4. _____

Meal 2: Snack

1. _____
2. _____
3. _____
4. _____

Meal 3: Lunch

1. _____
2. _____
3. _____
4. _____

Meal 4: Snack

1. _____
2. _____
3. _____
4. _____

Meal 5: Dinner

1. _____
2. _____
3. _____
4. _____

Meal 6: Snack

1. _____
2. _____
3. _____
4. _____

Beverages

1. _____
2. _____
3. _____
4. _____

SHOPPING LIST

Fruits / Carbohydrates	STORE	AMT	COST

Protein	STORE	AMT	COST

Vegetables	STORE	AMT	COST

Condiments/Seasonings	STORE	AMT	COST

Weekly Meal Planner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							

Weekly Meal Planner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							

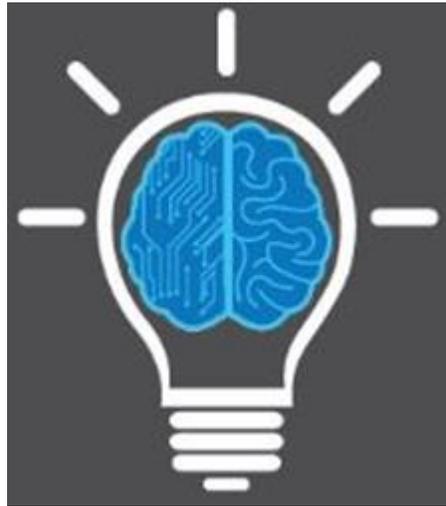
Weekly Meal Planner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							

Weekly Meal Planner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
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Lunch							
Snack							
Dinner							
Snack							

NEURO-HEALTH DIET SUPERFOODS & RECIPES



Superfoods for Brain Health

- Blueberries
- Blackberries
- Salmon, Halibut, Tuna
- Olive Oil
- Nuts & Seeds
- Walnuts
- Eggs
- Avocado
- Oats
- Beans
- Pomegranate
- Tomatoes
- Potatoes
- Beets
- Red Wine
- Mussels
- Turmeric
- Sage
- Rosemary
- Garlic
- Fresh Tea
- Coffee
- Dark Chocolate
- Green Leafy Vegetables



Superfoods for Brain Health

- **Blueberries & Blackberries:** highest level of flavonoids, a type of antioxidant.
- **Salmon, Halibut, Tuna:** contain Omega-3 fatty acids (limit to 1x weekly).
- **Anchovies, Sardines, Herring:** contain Omega-3 fatty acids.
- **Cold-pressed Extra Virgin Olive Oil:** contains Vitamins E and K which both help protect the brain from mental decline and helps maintains memory.
- **Nuts:** contain Omega-3 fatty acids, antioxidants, and Vitamin E (preferably in their shell).
 - **Walnuts:** contain a special combination of antioxidants and a key Omega-3 called DHA, which helps improve both cognition and mood.
 - **Brazil Nuts:** contain selenium, a powerful antioxidant.
 - **Raw Almonds:** contain natural Vitamin E.
 - **Pecans:** rich in Vitamin E and antioxidants, specifically flavonoids.
- **Seeds:** contain Omega-3 fatty acids, antioxidants, and Vitamin E.
 - **Ground flax seeds:** high in Omega-3s.
 - **Ground Chia seeds:** packed with Omega-3s and antioxidants.
 - **Pumpkin seeds:** contain antioxidants. They're also a good source of magnesium, iron, zinc and copper. Zinc is crucial for nerve signaling. Magnesium is important for learning and memory. Copper helps control nerve signals. Low iron can cause brain fog and lower brain function.
- **Eggs:** contain B vitamins (B-6, B-12, and Folic Acid).
- **Avocado:** contains monounsaturated fat. This healthy fat encourages healthy blood flow while reducing the risk of stroke.
- **Beets:** contain nitrates, which keep blood flow levels healthy in the brain.
- **Oats:** whole grains are a good source of Vitamin E.
- **Beans:** contain B vitamins.
- **Pomegranate:** high in antioxidants.
- **Fresh tea:** contain powerful antioxidants.
- **Coffee:** contains antioxidants and caffeine which helps with alertness and focus (use whole beans from a local roaster).
- **Dark chocolate (at least 70% cacao):** contains antioxidants and caffeine which helps with alertness and focus.
- **Green leafy vegetables (spinach, arugula, kale):** contains a variety of nutrients and antioxidants.
- **Tomatoes:** contain brain-protecting nutrients called carotenoids (lycopene and beta-carotene). These molecules safeguard fat in the body and your brain is mostly made of fat. Carotenoids are also good antioxidants.
- **Potatoes (red or sweet):** contain B6 vitamins that help create useful neurotransmitters (serotonin, dopamine and norepinephrine).
- **Red wine:** contains resveratrol. Resveratrol has various health benefits including preventing dementia and raising levels of Omega-3 fatty acids.
- **Mussels:** filled with a key Omega-3 called DHA and vitamin B-12, which help preserve your memory as you age.

- **Turmeric:** contains Curcumin, an antioxidant. It also increases Brain Derived Neurotropic Factor.
- **Sage & Rosemary:** herbs are high in antioxidants and anti-inflammatory properties.
- **Garlic:** high in antioxidants and anti-inflammatory properties.
- **Ginger:** full of antioxidants and bioactive ingredients that help with memory and neurotransmitter support (serotonin and dopamine).
- **Broccoli:** Contains Sulforaphane, a special compound with antioxidant and anti-inflammatory properties. It also contains Vitamin K which helps protect the brain from mental decline and helps maintain memory.

Antioxidants are important for brain health, as they reduce inflammation and oxidative stress.

Omega-3 Fatty Acids help build membranes around brain cells to improve brain function. Examples are DHA and EPA.

Vitamin E improves cognition and may help reduce risk of Alzheimer’s Disease.

B Vitamins prevent brain shrinkage, delay cognitive decline, are essential for cell energy, and neurotransmitter production.

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Sweet Potato Beet Hash

Total Time: 45 minutes

Serves: 2-4

Ingredients:

- 1 large sweet potato, peeled and cubed
- 1 large beet, peeled and cubed
- 1 Tbsp. coconut oil, melted
- sea salt and black pepper to taste
- 1 slice turkey bacon
- 1 onion, diced
- 4 eggs, cooked to liking

Directions:

1. Preheat oven to 400 °F. Toss the sweet potatoes and beets with coconut oil and season with salt and pepper. Place on a baking sheet and bake for 25-30 minutes.
2. In a skillet over medium heat, add the turkey bacon and cook until bacon is crispy. Add the onions and season with salt. Cook until onions caramelize. Add the sweet potatoes and beets to the pan and stir, cooking for another 5 minutes. Add eggs on top of hash (cooked to liking)

Feed-Your-Brain Breakfast Burrito

Total Time: 15 minutes

Serves: 1

Ingredients:

- 1 tsp. coconut oil
- 1 sprouted grain tortilla/coconut wrap
- 2 large eggs (whites only)
- 1 slice of avocado
- ½ c. salsa
- ¼ c. broccoli florets
- ⅓ c. spinach
- ⅓ c. chopped onion
- ½ Tbsp. garlic

Directions:

1. Melt oil in skillet over medium heat. Add vegetables and sauté until slightly tender, about 2-3 minutes. If using spinach, do not add until the very last minute.
2. Add egg whites. Stir until cooked through. Remove from heat.
3. Warm tortilla in a pan briefly.
4. Pour egg mixture in the center of the tortilla. Use salt and pepper if desired.
5. Add slice of avocado to tortilla. Add salsa as desired.

Crustless Veggie Quiche

Total Time: 1 hour

Serves: 4-6

Ingredients:

- 1 ½ c. sliced yellow squash
- 1 ½ c. sliced zucchini
- 1 large orange bell pepper, chopped
- 2 cloves roasted garlic, chopped
- 1 Tbsp. ground thyme, or fresh chopped
- 3 large eggs
- 3 large egg whites
- ¼ c. low-fat milk
- ¼ tsp. sea salt
- ¼ tsp. freshly ground black pepper
- ½ c. shredded cheddar cheese
- ¼ c. grated parmesan cheese

Directions:

1. Heat a large skillet over medium-high heat. Spray with nonstick spray and add sliced squash, zucchini, chopped pepper, roasted garlic, and thyme. A pinch of salt and pepper, too. Stirring frequently, cook for 6-7 minutes or until veggies are tender. Spoon into a bowl and allow to cool as you prepare the egg mixture.
 2. Preheat oven to 350 °F. Spray a 9-inch pie pan or square pan with non-stick spray. Set aside.
 3. In a large bowl, whisk the eggs, egg whites, milk, salt, and pepper together until thoroughly combined. Arrange veggies into the prepared pan. Top with shredded cheese, then pour the egg mixture on top. Sprinkle with grated parmesan cheese.
 4. Bake for 45 minutes or until filling is set and no longer jiggles. Cool for 10 minutes on a wire rack before slicing and serving. This quiche makes great leftovers! Store tightly covered in the refrigerator for up to 4 days.
-

Sweet Potato, Spinach, and Bacon Quiche

Total Time: 1 hour

Serves: 4

Ingredients:

- 4 sweet potatoes, peeled and sliced (should be thin enough to bend easily)
- 5 eggs, beaten
- 2 c. fresh spinach
- 3 turkey bacon slices, cooked/crumbled
- 1 onion, sliced
- 1 garlic clove, minced
- 2 Tbsp. fresh chives
- 2 Tbsp. olive or MCT oil, divided
- sea salt and ground black pepper

Directions:

1. Preheat oven to 400 °F. Arrange potato slices in a pie dish in a circular pattern to form a “crust” for the quiche. Drizzle sweet potatoes with oil and season to taste. Bake 15-20 minutes.
 2. Meanwhile, drizzle oil in skillet over medium heat and add the garlic and onion. Cook until soft, around 5 minutes. Add in spinach. Sauté until wilted, 2-3 minutes, and set aside to cool down.
 3. When the sweet potatoes are done, lower the oven heat to 375 °F.
 4. In a bowl, combine beaten eggs with the spinach mixture, bacon, and chives. Pour over sweet potato crust, and place in the oven. Bake 30-35 minutes, or until eggs are set; serve warm.
-

Baked Eggs and Spinach

Total Time: 25 minutes

Serves: 4

Ingredients:

- 6 c. firmly packed spinach leaves
- 2 Tbsp. sun-dried tomatoes
- 1 shallot, chopped
- 2 Tbsp. coconut oil
- 4 eggs
- 1 oz. raw cheese
- 1 tsp. Italian seasoning
- sea salt and black pepper to taste

Directions:

1. Preheat oven to 400 °F.
 2. In a skillet, heat coconut oil over medium heat.
 3. Add shallot and cook for about two minutes. Add spinach and cook for another 3-4 minutes, stirring occasionally.
 4. Add sun dried tomatoes and mix well. Distribute spinach/tomato mixture into ramekins.
 5. Crack one egg on top of each ramekin over spinach mixture. Sprinkle Italian seasoning and salt & pepper over each egg.
 6. Place each ramekin on a baking sheet and place in oven to bake for 15-18 minutes. Remove from oven and sprinkle cheese over eggs.
-

Baked Egg in Avocado

Total Time: 15 minutes

Serves: 1

Ingredients:

- 1 avocado
- 2 eggs
- sea salt & pepper
- seasoning, optional

Directions:

1. Cut avocado in half, remove pit. If necessary scoop out some avocado to make room for egg.
 2. Crack eggs into a bowl. Place yolk and some egg white (with a spoon) into the avocado's hole.
 3. Bake in oven on 425 °F for 13-15 minutes.
-

Blueberry Banana Pie Vegan Overnight Oats

Total Time: 8 hours

Serves: 4-6

Ingredients:

- 2 c. rolled oats
- 2 c. non-dairy milk
- ⅓ c. pure maple syrup
- 3 Tbsp. chia seeds
- 1 tsp. ground cinnamon
- 2 small bananas, peeled & chopped
- 1 ½ c. fresh blueberries
- ½ c. chopped walnuts
- pinch of salt
- 1 tsp. vanilla
- Homemade granola sprinkled on top before serving (optional)

Directions:

1. Mix in a casserole dish and place in fridge overnight.
 2. In the morning, give it a stir and enjoy cold with a sprinkle of granola on top.
 3. Keeps in the fridge for 2-3 days.
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Crock Pot Peanut Butter Chocolate Protein Oatmeal

Total Time: 7 hours (5-minute prep)

Serves: 2-3

Ingredients:

- 1 c. steel cut oats
- 1 c. chocolate protein powder (whey or pea)
- 3 ½ c. water
- ¼ tsp. Himalayan pink sea salt
- 1 Tbsp. brown sugar or honey
- 3 Tbsp. unsweetened cocoa powder
- 1-2 Tbsp. creamy peanut butter

Directions:

1. The night before, add the steel cut oats, water, protein shake, salt, and brown sugar/honey to the mini crock pot.
 2. Cook on low for 7-8 hours at the most. Any longer and the oats will be very mushy.
 3. Serve, and drizzle peanut butter over the top. Natural peanut butter is preferred.
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Blueberry Bliss Breakfast Bars (No-Bake, Vegan, Gluten Free, Naturally Sweetened)

Total Time: 1 ¼ hour

Serves: 16 bars

Ingredients:

- 1 ½ c. 100% pure rolled oats (GF)
- ¾ c. whole almonds
- heaping ½ c. dried blueberries
- ½ c. pistachios
- ⅓ c. ground flaxseed
- ⅓ c. walnuts
- ⅓ c. pepitas
- ¼ c. sunflower seeds
- ⅓ c. pure maple syrup or honey
- ¼ c. unsweetened apple sauce
- 1 c. almond butter

Directions:

1. Line an 8" x 8" baking pan with parchment paper such that the paper hangs over the edges.
 2. Combine the first 8 ingredients in a large bowl and mix to combine.
 3. Add maple syrup or honey and apple sauce and mix to combine.
 4. Add almond butter to mixture and mix until combined.
 5. Place batter in prepared pan pressing firmly with palm of hands (or mini-roller if you have one) and distributing as evenly as possible. Allow pan to sit in freezer for approximately 1 hour.
 6. Remove pan from freezer. Lift singular slab from pan by lifting up on paper. Set slab down and gently peel paper away. Slice slab diagonally into 8 long bars and then cut each long bar in half to create a total of 16 bars. I find these bars keep best in a sealed container/bag in the freezer.
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Blueberry Zucchini Muffins

Total Time: 40 minutes

Serves: 12

Ingredients:

- 1 ½ c. whole wheat flour
- ½ tsp. sea salt
- 1 tsp. baking powder
- ¼ tsp. baking soda
- 1 ½ tsp. cinnamon
- zest of 1 lemon
- 20 packets truvia/stevia (or 1 c. sugar)
- 2 eggs
- 2 tsp. vanilla
- ½ c. plain greek yogurt
- 1 ½ c. zucchini, shredded
- 1 ½ c. blueberries

Directions:

1. In a small bowl, stir together the flour, baking powder, baking soda, salt, and cinnamon.
 2. In another small bowl, stir the lemon zest into the truvia/sugar.
 3. In a large bowl, beat together the eggs, greek yogurt, and vanilla until smooth.
 4. Add the truvia/zest mixture and stir until smooth.
 5. Slowly stir in the flour mixture until just incorporated. Fold in the zucchini and blueberries.
 6. Scoop ¼ c. batter each into the wells of a lined muffin tin. Bake at 350 °F for 25-30 minutes, until a toothpick comes out clean. Cool slightly in the pan, then remove to a wire rack to cool.
 7. Store in an airtight container – can be frozen, well wrapped, for up to two months.
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Best Bran Muffin for Kids

Total Time: 25 minutes

Serves: 48 muffins

Ingredients:

- 1 c. water
- 2 c. All-Bran cereal
- ¼ c. butter, unsalted
- ¼ c. applesauce, unsweetened
- 1 c. sugar
- 2 large egg
- 2 c. low-fat buttermilk
- 2 ½ tsp. baking soda
- 1 ½ c. flour, whole wheat
- 1 c. flour, all-purpose
- ½ tsp. sea salt
- 1 c. All-Bran cereal

Directions:

1. Preheat oven to 400 °F.
 2. Boil 1 c. of water.
 3. Mix boiling water and 2 c. All-Bran cereal together in a bowl. Set aside.
 4. Mix together butter, sugar, applesauce and eggs.
 5. Add buttermilk.
 6. Then add baking soda, flours, and salt.
 7. Add the All-Brain and water mixture.
 8. Lastly, add 1 c. of dry All-Bran cereal. Mix until blended.
 9. Grease a mini-muffin or regular muffin tin.
 10. Fill each tin ¾ of the way full of batter.
 11. Bake for 10-12 minutes for mini muffins and 13-15 minutes for regular size muffins.
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Brain Boosting Smoothie

Total Time: 2 minutes

Serves: 1

Ingredients:

- ½ avocado
- ½ banana
- ½ c. blueberries
- 6 walnuts
- 1 scoop vanilla whey protein powder
- ½ c. water

Directions:

1. Add all ingredients to blender and blend until smooth texture is reached.
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Superfoods Smoothie

Total Time: 3 minutes

Servings: 3

Ingredients:

- 1 c. spinach loosely packed (organic)
- 1 frozen banana, slice before freezing
- 1 c. frozen berries, unsweetened
- fresh ginger root (½" slice)
- ½ c. Kefir or Greek yogurt, plain, low-fat
- 1 c. chilled green tea (unsweetened)
- ½ c. pure pomegranate juice
- 1 c. crushed ice

Directions:

- Toss all ingredients in the blender and blend until smooth. The blender will be filled to the top with loads of super foods, so be sure the lid is on securely before blending. It will take a minute or so for all the ingredients to blend completely. For a thinner smoothie, add more green tea.
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Energizing Antioxidant Smoothie

Total Time: 5 minutes

Serves: 1

Ingredients:

- 15-20 grams protein powder (whey or pea)
- 1 c. raw blueberries
- ½ small banana
- ½ c. unsweetened almond milk
- 1 c. chopped raw kale

Directions:

1. Combine all ingredients in blender and blend until smooth.
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Berry Brainy Blizzard Smoothie for Kids

Total Time: 5 minutes

Serves: 2

Ingredients:

- 1 c. frozen blueberries
- 1 c. pomegranate juice
- 2 Tbsp. wheat germ
- ¼ c. almonds
- 1 avocado, pitted and peeled

Directions:

1. Blend in a high-powered blender and serve. Makes about 12oz.
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Blueberry Smoothie

Total Time: 3 minutes

Serves: 2

Ingredients:

- | | |
|------------------------------------|------------------------|
| - 1 ½ c. milk (nut, coconut, hemp) | - 1 Tbsp. Goji berries |
| - 2 oranges, juice only | - 2 Tbsp. chia seeds |
| - 2 bananas | - 1 Tbsp. cocoa nibs |
| - 250g. frozen blueberries | - 2 Tbsp. flax seeds |

Directions:

1. Pour the milk over Goji berries and flax seeds in a blender. Let them soak for a few minutes.
2. Add the rest of ingredients, and blend for 1 minute.
3. Serve immediately.

Chocolate Avocado Strawberry Smoothie

Total Time: 15 minutes

Serves: 2

Ingredients:

- 1 c. frozen strawberries
- 1 ripe avocado, roughly chopped
- 1 Tbsp. cocoa powder
- 1 ½ c. unsweetened almond or coconut milk
- ½ tsp. vanilla
- 1 Tbsp. raw honey, optional
- dark chocolate, grated, optional

Directions:

1. Place all the ingredients in a blender, and pulse until everything is smooth.
 2. Pour mix into 2 large glasses, and sprinkle grated dark chocolate on top.
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Salads & Soups

Beet and Goat Cheese Salad

Total Time: 20 minutes

Serves: 4

Ingredients:

- 4 c. peeled and cubed beets
- 6 c. arugula
- 4 oz. goat chevre
- 1 c. chopped walnuts

Dressing:

- ¼ c. olive or MCT oil
- ½ c. lemon juice
- ⅓ c. coconut kefir
- 1 Tbsp. honey
- sea salt and black pepper to taste

Directions:

1. Boil the beets for 15-20 minutes or until a fork can easily go in them.
 2. In a large serving bowl, add in arugula, goat cheese and walnuts
 3. Add in beets to salad mixture.
 4. Combine all ingredients for the dressing in a separate bowl.
 5. Pour dressing over salad and serve immediately.
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Spinach and Strawberry Salad with Pecans

Total Time: 10 minutes

Serves: 1

Ingredients:

- ½ c. raw sliced strawberries
- ½ Tbsp. balsamic vinegar
- ¾ c. baby spinach
- ⅓ c. chopped pecans
- 1 Tbsp. olive or MCT oil
- 1 dash sea salt
- 1 drop stevia, vanilla flavor optional

Directions:

1. In a small bowl mix balsamic vinegar and sweetener.
 2. Slowly whisk in olive oil. Season with salt. Refrigerate until ready to serve.
 3. Spread spinach on plate, top with strawberries and pecans.
 4. Drizzle with balsamic vinaigrette and serve.
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Peaceful Asian Pear Salad

Total Time: 5 minutes

Serves: 1

Ingredients:

- 2 c. raw arugula
- 1 medium raw Asian pear
- 1 Tbsp. grapeseed oil
- ⅛ tsp. Dijon mustard
- 3 Tbsp. chopped pecans
- ¾ tsp. cider vinegar
- 1 dash sea salt
- 1 dash black pepper
- 1 drop stevia (add to taste)

Directions:

1. In small bowl combine oil, sweetener, mustard and vinegar. Season with salt/pepper. Set aside.
 2. On a large plate arrange arugula and top with pear and pecans.
 3. Drizzle the dressing over the salad when ready to eat.
-

Loaded Spinach Salad

Total Time: 40 minutes

Serves: 4

Ingredients:

Creamy Blue Cheese Dressing:

- ½ c. low-fat mayonnaise
- ½ c. buttermilk or non-fat milk
- ⅓ c. non-fat plain yogurt
- 2 Tbsp. tarragon vinegar/white vinegar
- 1 Tbsp. Dijon mustard
- ½ tsp. sea salt
- ½ tsp. freshly ground pepper
- ¼ c. crumbled blue cheese

Salad:

- 8 large eggs
- 6 c. baby spinach
- 4 Tbsp. Creamy Blue Cheese Dressing
- 1 8-oz can beets, rinsed and sliced
- 1 c. shredded carrots
- 2 Tbsp. chopped pecans, toasted (Tip)

Directions:

1. To prepare dressing: Whisk mayonnaise, buttermilk (or milk), yogurt, vinegar, mustard, salt and pepper in a medium bowl until smooth. Add cheese and stir, mashing with a spoon until the cheese is incorporated.
 2. To prepare salad: Place eggs in a single layer in a saucepan; cover with water. Bring to a simmer over medium-high heat. Reduce heat to low, cover and cook at the lowest simmer for 10 minutes. Pour off the hot water and run cold water over the eggs until they are completely cooled. Peel the eggs; discard 6 of the yolks. Chop the remaining yolks and whites.
 3. Toss spinach and 2 Tbsp. of the dressing in a large bowl. Divide between 2 plates. Top with the chopped eggs, beets, carrots, and pecans. Drizzle with 2 more Tbsp. dressing. (Refrigerate the extra dressing for up to 1 week.)
 4. **Tip:** To toast chopped nuts, cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2-4 minutes.
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Winter Salad with Roasted Beets and Citrus Reduction Dressing

Total Time: 1 hour 30 minutes

Serves: 8

Ingredients:

- 4 medium beets (red and golden)
- cooking spray
- ¾ c. fresh orange juice (about 4 oranges)
- ½ tsp. sugar
- 1 Tbsp. minced shallots
- 2 Tbsp. white wine vinegar
- ¾ tsp. sea salt, divided
- ½ tsp. freshly ground black pepper
- ¼ c. extra-virgin olive or MCT oil
- 4 c. torn Boston lettuce
- 2 c. trimmed watercress
- 2 c. torn radicchio
- ½ c. crumbled goat cheese

Directions:

1. Preheat oven to 400°F.
2. Leave root and 1-inch stem on beets; scrub with a brush. Place beets on a foil-lined pan with cooking spray. Lightly coat beets with cooking spray. Bake at 400 °F for 1 hour and 10 minutes or until tender. Cook beets slightly. Trim off beet roots and stems; rub off skins. Cut beets into ½-inch thick wedges.
3. Bring juice and sugar to a boil in a small saucepan; cook 10 minutes or until reduced to 2 Tbsp. Pour into a medium bowl; cool slightly. Add shallots, vinegar, ½ tsp. salt, and ¼ tsp. pepper, stirring with a whisk. Gradually add oil, stirring constantly with a whisk.
4. Combine lettuce, watercress, and radicchio. Sprinkle lettuce mixture with remaining ¼ tsp salt and ¼ pepper; toss gently to combine. Arrange about 1 c. lettuce mixture on each of 8 salad plates. Divide beets evenly among salads. Drizzle about 1 Tbsp. dressing over each salad; sprinkle each salad with 1 Tbsp. cheese.

Romaine Salad with Balsamic Vinaigrette

Total Time: 11 minutes

Serves: 4

Ingredients:

- 3 Tbsp. balsamic vinegar
 - 2 Tbsp. olive or MCT oil
 - 1 Tbsp. minced shallots
 - 1 Tbsp. chopped fresh parsley
 - 1 tsp. Dijon mustard
 - ½ tsp. sea salt
 - ¼ tsp. freshly ground black pepper
 - 1 garlic clove, crushed
 - 6 c. chopped romaine lettuce
 - ¼ c. dried cherries, chopped
 - 2 Tbsp. crumbled feta cheese
- **Customize this basic salad by using other fruit, such as dried cranberries, apricots, or raisins; or different cheese, like blue or goat.

Directions:

1. Combine first 8 ingredients in a large bowl; stir well with a whisk.
2. Add lettuce, dried cherries, and cheese; toss gently to coat.

Spring Vegetable and Herb Salad

Total Time: 20 minutes

Serves: 6

Ingredients:

- 1 c. radishes, halved lengthwise
- 1 c. (1-inch) pieces asparagus
- 1 (8 oz.) pkg. sugar snap peas, trimmed
- 1 ½ Tbsp. unsalted butter
- 1 tsp. grated lemon rind
- ½ tsp. sea salt, divided
- ½ tsp. black pepper, divided
- 2 c. loosely packed baby arugula
- 2 c. loosely packed fresh parsley
- 1 c. torn fresh mint
- 1 Tbsp. extra-virgin olive or MCT oil
- 5 tsp. fresh lemon juice, divided

Directions:

1. Bring a large saucepan filled with water to a boil over medium-high heat. Add radishes, asparagus, and snap peas; cook 3 minutes or until crisp-tender. Drain. Plunge radish mixture into a bowl filled with ice water; let stand 2 minutes. Drain.
 2. Heat a small saucepan over medium. Add butter to pan; cook 2 minutes or until lightly browned and fragrant. Remove pan from heat; stir in rind, ¼ tsp. salt, and ¼ tsp. pepper.
 3. Combine arugula, parsley, and mint in a large bowl. Add remaining ¼ tsp. salt, remaining ¼ tsp. pepper, oil, and 1 Tbsp. juice; toss. Arrange arugula mixture on a platter; top with radish mixture. Drizzle with butter mixture and remaining 2 tsp. juice. Serve immediately.
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Chicken and Cabbage Salad with Almond Butter Dressing

Total Time: 20 minutes

Serves: 4

Ingredients:

- 2 c. pre-cooked chicken, shredded
- 4 c. Napa cabbage, shredded
- 2 carrots, julienned
- 1 cucumber, sliced
- 1 red pepper, sliced
- 2 green onions, sliced

For almond butter dressing-

Directions:

- ½ c. almond butter
 - 1 garlic clove, minced
 - ½ Tbsp. fresh ginger, minced
 - ½ tsp. red pepper flakes
 - 2 Tbsp. white wine vinegar
 - juice of one lime
 - 2 Tbsp. coconut aminos
 - 1 Tbsp. raw honey, optional
 - 2 Tbsp. extra-virgin olive or MCT oil
 - sea salt and ground black pepper
1. Combine the ingredients for the dressing in a bowl. Stir until well combined and season to taste.
 2. Combine all the ingredients for the salad in a salad bowl and toss gently.
 3. Drizzle the dressing on top, give another gentle toss, and serve.
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Healthy Veggie Chili

Total Time: 20 minutes

Serves: 4

Ingredients:

- ½ Tbsp. coconut oil
- 1 c. black beans
- 1 c. chopped celery
- 1 c. low-sodium vegetable broth
- ½ tsp. whole cumin seed
- ½ Tbsp. dried ground oregano
- ½ c. raw chopped onions
- ½ jalapeno pepper
- 1 tsp. sea salt
- 3 clove garlic
- ½ tsp. chili powder
- 2 c. tomatoes
- 2 c. eggplant
- 2 c. red bell pepper
- 1 c. kidney beans
- 2 c. zucchini
- 2 Tbsp. diced green chilies

Directions:

1. Heat a teaspoon of oil in a large skillet over medium heat for about 1 minute. Add bell pepper and celery, sauté for about 2 minutes.
 2. Add garlic, jalapeno, chili powder, chilis, oregano, cumin seed, salt and tomatoes. Add broth.
 3. Add beans. Stir thoroughly and heat through on low-medium, about 5 minutes. Serve hot.
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Beef and Winter Vegetable Soup

Total Time: 1 hour

Serves: 4

Ingredients:

- 2 lbs. boneless beef chuck roast, cut into 1-inch pieces
- ½ c. onion, chopped
- 1 small rutabaga, cut into cubes
- 2 sweet potatoes, cut into cubes
- 2 carrots, cut into chunks
- 2 parsnips, cut into chunks
- 2 c. riced cauliflower
- 2 cloves garlic, minced
- 6 c. low-sodium beef stock
- ½ tsp. dried thyme
- 1 Tbsp. fresh parsley, minced
- 1 Tbsp. olive or MCT oil
- sea salt or ground black pepper

Directions:

1. Drizzle oil in a large saucepan placed over a medium-high heat. Brown the beef on each side, and set aside.
 2. Add the onion and garlic and cook until fragrant, about 5 minutes. Add about ½ of the stock to deglaze the bottom of the pan. Add all the vegetables to the saucepan and cook, stirring frequently, until the vegetables are soft (about 10 minutes).
 3. Return the beef to the saucepan, add the remaining stock, and cover.
 4. Let everything simmer over a medium-low heat for 40-45 minutes, or until the meat is cooked through. Adjust the seasoning, sprinkle with the fresh parsley, and serve.
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Slow Cooker Butternut Squash and Apple Soup

Total Time: 6 hours

Serves: 4

Ingredients:

- 1 butternut squash, peeled and diced
- 1 sweet potato, peeled and diced
- 1 apple, cored and diced
- 1 onion, diced
- 4 garlic cloves, minced
- 1 sprig fresh sage
- ½ tsp. chili powder
- ¼ tsp. ground cinnamon
- ¼ tsp. ground nutmeg
- 2 c. low-sodium veggie/chicken stock
- ½ c. canned coconut milk
- sea salt and ground black pepper

Directions:

1. Place all the ingredients in a slow cooker, except the coconut milk.
 2. Stir everything and cook on high for 3-4 hours, or on low for 6-8 hours.
 3. Remove the sage leaves, and pulse the butternut mixture using an immersion blender. Puree until smooth.
 4. Add in the coconut milk and pulse until well blended.
 5. Cook on high for another 20 minutes, season to taste and serve.
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Creamy Chicken and Vegetable Soup

Total Time: 1 hour

Serves: 4

Ingredients:

- 4 c. cooked chicken, shredded
- 1 onion, chopped
- 4 carrots, sliced
- 1 sweet potato, diced
- 4 c. low-sodium chicken stock
- ¼ c. coconut milk
- 2 garlic cloves, minced
- 2 Tbsp. fresh chives, minced
- 2 Tbsp. ghee
- sea salt and ground black pepper

Directions:

1. Heat the ghee in a large saucepan over medium-high heat.
 2. Add the garlic and onion and cook until soft, 2-3 minutes. Place the carrots and sweet potato in the saucepan and cook for another 2-3 minutes.
 3. Pour in the chicken stock and bring to a boil.
 4. Lower the heat to a simmer, and let simmer for 15-20 minutes, or until the vegetables are soft.
 5. Add the chicken and cook until warm. Stir in the coconut milk, and season to taste.
 6. Serve the soup with fresh chives sprinkled on top.
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Spiralized Sweet Potato & Sausage Soup

Total Time: 30 minutes

Serves: 6-8

Ingredients:

- 1 lb. Italian ground pork sausage
- 1 Tbsp. olive or MCT oil
- 1 tsp. thyme, dried
- ½ tsp. oregano, dried
- ½ yellow onion, chopped
- 3 carrots, chopped
- 3 cloves garlic, minced
- 6 cups low-sodium chicken broth
- 2 15-oz. cans crushed tomatoes, Italian
- 1 sweet potato, spiralized or julienned
- 4 large handfuls spinach
- 1 cup half and half

Directions:

1. Cook sausage in a skillet and set aside on a paper towel-lined plate.
2. In a large pot on medium-high heat, add oil, then spices and onion. Sauté until onions begin to go translucent. Add carrots and garlic and sauté for another 2-3 minutes.
3. Add chicken broth, diced tomatoes, and cooked sausage to the pot and bring to a boil. Simmer for 5 minutes, then add spiralized sweet potatoes. Cook for 3 more minutes, or until all vegetables are softened to liking. Add spinach, and once wilted add half and half. Bring the soup up to a boil just to make sure everything is heated through and then remove from the heat.
4. Serve garnished with parmesan, parsley, and lemon wedges that can be squeezed into the soup for extra tang.

Crockpot Beef and Broccoli

Total Time: 6-8 hours

Serves: 2

Ingredients:

- 1 lb. thin beef ribeye, sliced into strips
- ¼ c. coconut aminos
- 2 Tbsp. white wine
- 2 Tbsp. apple cider vinegar
- 2 tsp. coconut oil
- 2 cloves smashed and chopped garlic
- ½ tsp. red pepper flakes
- 1 head of broccoli, broken into pieces
- 1 Tbsp. sesame seeds

Directions:

1. Add the liquid to the crockpot. Add garlic and stir in spices. Toss meat in crockpot to coat.
 2. Cook on low for 6-8 hours.
 3. Add broccoli about an hour before serving.
 4. Sprinkle sesame seeds over top and serve.
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Asian Beef with Mushrooms & Snow Peas

Total Time: 40 minutes

Serves: 4

Ingredients:

Homemade Asian Sauce-

- ½ c. tamari (or low-sodium soy sauce)
- 5 Tbsp. brown sugar
- 6 garlic cloves, minced
- ½ tsp. ginger
- 2 tsp. rice vinegar

Beef-

- 10 oz. snow peas
- 4 Tbsp. olive or MCT oil
- 10 oz. mushrooms, sliced thinly
- 1 lb. beef, thinly sliced (any steak)
- 2 c. cooked rice

Directions:

1. Combine all the sauce ingredients in a bowl – whisk to combine. Set aside.
 2. Bring water in a medium pan to boil. Add snow peas, boil them for 5 minutes, drain. Set aside.
 3. Heat a large skillet until hot, add 2 Tbsp. oil. Immediately add thinly sliced mushrooms – cook high heat, turning occasionally, until they brown nicely. Salt lightly midway. Place in bowl.
 4. To the same skillet, on high heat, add 2 Tbsp. of oil. Immediately add thinly sliced meat. Cook meat on one side until in browns nicely. Turn over all meat slices to the opposite side, and cook more, on high heat, until all slices brown nicely.
 5. Add the snow peas and cooked mushrooms, then the sauce. On high heat – stir everything to combine, for about 1 minute. Turn off heat. Cover the skillet with a lid.
 6. Serve over rice.
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Apple-Cinnamon Pork Loin

Total Time: 6 hours (prep 15 minutes)

Serves: 4

Ingredients:

- 2 lbs. boneless pork loin roast
- 1 Tbsp. olive or MCT oil
- 3 medium apples, peeled and sliced
- ¼ c. raw honey, optional
- 1 red onion, halved and sliced
- 1 Tbsp. ground cinnamon
- 1 c. low-sodium chicken stock
- Sea salt and ground black pepper

Directions:

1. Season the pork to taste with sea salt and freshly ground black pepper.
 2. Drizzle oil in a large skillet place over a high heat and brown the roast on all sides.
 3. Using a sharp knife, cut 3-inch deep slits into the pork. Insert the apple slices into each pork slit. Place half of the remaining apples in the bottom of a slow cooker.
 4. Place the roast over the apples. Drizzle the honey on top of the roast, then add the onion and remaining apples. Add chicken stock and sprinkle everything with cinnamon.
 5. Cover and cook on low for 6-8 hours.
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Apple and Vegetable Stir-Fry

Total Time: 30 minutes

Serves: 4

Ingredients:

- 1 head broccoli, cut into florets
- 1 c. onion, sliced
- 1 c. carrot, julienned
- 1 c. celery, sliced
- 1-2 apples, sliced
- 1 Tbsp. olive or MCT oil
- For orange ginger sauce-
- ½ c. fresh orange juice
- 2 Tbsp. coconut aminos
- 2 Tbsp. white wine vinegar
- 1 Tbsp. fish sauce
- 1 Tbsp. orange zest
- 2 garlic cloves, minced
- 1 thumb size piece of ginger, minced

Directions:

1. Combine all the ingredients for the sauce in a large bowl.
 2. Heat a skillet over medium-high heat and drizzle with oil. Add the broccoli and carrot and cook until tender but still somewhat crunchy, about 5 minutes.
 3. Add the onion and celery and cook for another 5 minutes.
 4. Drizzle the sauce over the mixture, and cook for 2-3 minutes.
 5. Add the apple, stir everything, cook for another 2-3 minutes and serve.
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Quinoa and Vegetable Stuffed Peppers

Total Time: 1 hour 10 minutes

Serves: 6

Ingredients:

- 1 c. quinoa
- 2 c. low-sodium chicken or veggie stock
- 6 bell peppers, mixed colors, seeded and halved
- 3 Tbsp. extra-virgin olive oil
- salt and freshly ground black pepper
- 4 cloves garlic, thinly sliced
- 1 small firm eggplant, trimmed of half the skin, chopped
- 1 medium zucchini, seeded & chopped
- 1 red onion, chopped
- 1 fresh chili pepper, thinly sliced, or 1 tsp. dried crushed pepper
- ½ c. fresh parsley leaves, chopped
- ¼ c. fresh mint leaves, chopped
- 2 plum tomatoes, chopped
- 1 c. crumbled feta or ricotta cheese

Directions:

1. Preheat the oven to 450 °F. Bring the quinoa and stock to a boil. Cover and simmer until the liquid is absorbed, 12-15 minutes. Then fluff with a fork. You will have 4 cups of cooked grain.
2. Drizzle the bell pepper halves with oil and season both sides with salt and pepper. Roast cut-side down until the skins begin to char and peppers are tender, 20 minutes. Remove from the oven and cool to room temp, then arrange in a baking dish cut-side up.
3. Meanwhile, heat 3 Tbsp. oil on the stove over medium-high heat. Add the garlic, eggplant, zucchini, onions and chilis, and season with salt and pepper. Cook partially covered to tender, 10-12 minutes. Add the herbs and tomatoes, and combine with the quinoa.
4. Fill the pepper halves with the quinoa and vegetable stuffing and drizzle with oil. To serve, roast in a 375 °F oven until the peppers are hot. Serve the pepper halves topped cheese crumbles.

Creamy Chicken and Bacon Pasta

Total Time: 1 hour

Serves: 2

Ingredients:

- 1 spaghetti squash, halved lengthwise and seeded
- 1 lb. chicken breast, boneless / skinless
- 2 c. broccoli florets, cooked
- 6 turkey bacon strips, cooked
- 1 onion, minced
- 3 cloves garlic, minced
- 1 ½ c. coconut milk
- 1 Tbsp. olive or MCT oil
- Sea salt and ground black pepper

Directions:

1. Preheat oven to 400 °F. Lightly oil the squash with oil and season to taste with salt and pepper. Place squash, cut side down, on a baking sheet and bake for 40 minutes, or until the flesh is soft.
2. Heat some oil over medium-high heat in a large skillet. Season chicken to taste. Cook chicken breast for 6-7 minutes on each side, until browned. Let the chicken rest, and cut into thin slices.
3. Remove the squash from the oven and set aside until cool enough and place it in a bowl. Add minced garlic and onion to the skillet and cook until soft. Add coconut milk, bring to boil, and lower heat. Add the squash, bacon, broccoli, and chicken to the sauce. Stir well to combine, and cook until warmed through.
4. Season with salt and pepper to taste and serve.

Best Vegan Gluten-Free Mac 'N Cheese

Total Time: 1 hour

Serves: 4

Ingredients:

- 1 head roasted garlic
- 10-12 oz. gluten free penne
- 4 Tbsp. olive or MCT oil
- 4 cloves garlic, minced
- 4 ½ Tbsp. arrowroot starch
- 2 c. unsweetened plain almond milk
- sea salt and pepper to taste
- 5 Tbsp. nutritional yeast
- ½ c. vegan parmesan cheese

Directions:

1. To roast garlic, preheat oven to 400 °F and cut off the very top of a head of garlic. Drizzle the top with a bit of oil, a sprinkle of salt and loosely wrap in foil. Place directly on oven rack and roast for 45 minutes – 1 hour, depending on size of garlic. You'll know it's done when the garlic is very fragrant and the bulb is golden brown. Remove from oven, slightly unwrap, and let cool.
 2. At the 40-minute mark, bring roughly 10 cups water to a boil in a large pot and salt generously. Once boiling, add pasta and stir to prevent noodles from sticking. Cook according to package instructions (usually 8-10 minutes). Once fully cooked, drain and set aside.
 3. In the meantime, begin preparing sauce. Heat a large, oven-safe skillet over medium heat. Once hot, add oil and minced fresh garlic. Stir and cook for 1-2 minutes, or until light golden brown. Immediately add arrowroot starch and whisk – cook for 1 minute.
 4. Slowly add almond milk while whisking, then cook for 2 minutes over medium heat, stirring frequently. The sauce will likely look a little clumpy – that's okay.
 5. Transfer mixture to a blender, along with the roasted garlic. To extract garlic, simply push up from the base and the softened cloves should come right out.
 6. Next add ¼ tsp. each salt and pepper, nutritional yeast, and vegan parmesan cheese and blend on high until creamy and smooth, scraping down the sides as needed. Taste and adjust seasonings as needed.
 7. Return sauce back to skillet from earlier and cook over low heat until warmed and slightly thickened – about 2-3 minutes – whisking occasionally. As it warms back up, it will thicken and get super cheesy. For a thicker sauce, leave it as is. To thin slightly, add almond milk 1 Tbsp. at a time until desired consistency is achieved. Turn off heat if it starts bubbling too aggressively.
 8. Add cooked, drained pasta to the sauce and toss to coat. Then top with 1 more Tbsp. vegan parmesan cheese.
 9. Optional: Heat oven to high broil and position a rack at the top of the oven. Broil pasta on high for 1-2 minutes, or until golden brown. Watch closely.
 10. Serve immediately. Left overs keep covered in the refrigerator for up to 3 days, though best when fresh. Reheat in the microwave or on the stovetop – add extra almond milk if dry.
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Homemade Fresh Summer Rolls with Easy Peanut Dipping Sauce

Total Time: 45 minutes

Serves: 10 rolls

Ingredients:

Easy Peanut Dipping Sauce-

- ¼ c. creamy natural peanut butter
- 1 Tbsp. hoisin sauce
- 2 tsp. coconut aminos
- 1 clove garlic, mashed
- 1 tsp. sriracha or chili garlic sauce
- 1-2 Tbsp. warm water
- optional garnish: crushed peanuts, crushed red pepper

Summer Rolls-

- 10 spring roll rice paper wrappers
- 1 large carrot, peeled and julienned
- 1 large cucumber, julienned
- ½ large red pepper, julienned
- ⅓ c. chopped purple cabbage
- 1 oz. cooked rice noodles
- 1 avocado, sliced
- handful fresh cilantro
- 5 large green lettuce leaves
- 20 medium cooked shrimp, peeled and sliced half length-wise
- Sesame seeds for garnish, optional

Directions:

1. First, make sure every single ingredient in the summer rolls is prepared/chopped/cooked before you start assembling.
 2. Prepare the dipping sauce: You can whisk everything together in a bowl or use a food processor. Add ingredients to a medium bowl (except water and optional garnish) and whisk until smooth. Add 1-2 Tbsp. of warm water or until you reach desired thinness. Pour into a serving bowl/ramekin and top with garnish. Set aside.
 3. Prepare the rice paper wrappers: Pour warm water into a large bowl or 9-inch square or round baking pan. Working with one at a time, dip the rice paper wrapper into the warm water for 15-20 seconds. You want the wrapper to be soft, yet still slightly firm and pliable. Immediately remove from the water and place flat onto a work surface such as a large plastic or ceramic cutting board. Pat the wrapper slightly dry.
 4. Fill the rolls: Place a few sticks of carrot, cucumber, red pepper, and a sprinkle of cabbage on top of the bottom ⅓ of the rice paper. Then, a small amount of noodles, a slice or two of avocado and a bit of cilantro. Lay ½ of a lettuce leaf on top and 4 slices of shrimp on top. Remember, do not overstuff the roll. Start small then add more, as needed, as you roll each one.
 5. Roll them: Roll everything up tightly. To do so, gently pull up the bottom of the roll and roll over the filling. Then, roll and use your hands to tuck the filling in as you go. You can fold in the sides of the rice paper roll if you wish.
 6. After rolling each, place on a serving plate. Cut in half, sprinkle with sesame seeds, and serve with peanut sauce.
 7. Make ahead tip/storing: Wrap rolls individually in plastic wrap and layer in a Tupperware between sheets of parchment paper. Store up to 2-3 days. Cover sauce and store in the refrigerator for a couple days.
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Brain Fit Fajitas

Total Time: 45 minutes

Serves: 4

Ingredients:

- 1 tsp. whole cumin seed
- ½ tsp. paprika
- 4 dashes black pepper
- ½ raw eggplant, peeled- cut into strips
- 3 Tbsp. coconut oil
- 1 tsp. chili powder
- 4 dashes sea salt
- 3 cloves diced, raw garlic
- 1 medium zucchini, cut into strips
- 1 medium red pepper, cut into strips
- ½ c. raw cilantro leaves
- 1 c. shredded green leaf lettuce
- 1 avocado
- 1 medium tomato, diced
- 1 sprouted grain tortilla/coconut wrap
- 1 small raw onion, diced
- 1 raw lime, squeeze for juice
- 1 jalapeno pepper cut into strips
- 14oz can red, ripe whole tomatoes
- ½ tsp. red or cayenne pepper
- 1 medium summer squash cut in strips

Directions:

1. Preheat oven to 400 °F. Lightly oil two cookie sheets.
2. In a small bowl mix together oil (melted), cumin, paprika, chili powder, salt, pepper, and garlic.
3. Place eggplant, zucchini, squash, bell pepper and onion on cookie sheets and lightly brush w/oil mixture. Place in oven and roast for 20-25 minutes or until eggplant is tender. Be sure to turn vegetables at least once. Meanwhile heat the tortillas by wrapping it in foil and placing it in warm oven for 5-8 minutes. Do not overheat or it will crack and fall apart.
4. To make salsa, prepare food processor. Place onion and garlic in food processor and pulse several times until onion has a coarsely chopped, but not over processed appearance. Add cilantro, jalapeno, lime juice, tomatoes, and hot cayenne pepper. Process until salsa is desired consistency. Add salt and pepper to taste.
5. Arrange vegetable separately on a serving platter and serve hot. Place avocado, tomatoes, and cabbage on a serving tray. Serve warm vegetables, cold vegetables and salsa together.

Chicken Lettuce Wraps

Total Time: 20 minutes

Serves: 4

Ingredients:

- 1 Tbsp. olive or MCT oil
- 1 lb. ground chicken
- 2 cloves garlic, minced
- 1 onion, diced
- ¼ c. hoisin sauce
- 2 Tbsp. low-sodium soy sauce
- 1 Tbsp. rice wine vinegar
- 1 Tbsp. freshly grated ginger
- 1 Tbsp. sriracha, optional
- 1 (8 oz.) can whole water chestnuts, drained and diced
- 2 green onions, thinly sliced
- Sea salt and freshly ground black pepper, to taste
- 1 head butter lettuce

Directions:

1. Heat oil in a saucepan over medium-high heat. Add ground chicken and cook until browned, about 3-5 minutes, making sure to crumble the chicken as it cooks; drain excess fat.
 2. Stir in garlic, onion, hoisin sauce, soy sauce, rice wine vinegar, ginger and sriracha until onions have become translucent, about 1-2 minutes. Stir in chestnuts and green onions until tender, about 1-2 minutes; season with salt and pepper, to taste.
 3. To serve, spoon several Tbsp. of the chicken mixture into the center of a lettuce leaf, taco-style.
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Meal Prep Pesto Chicken Pita Pockets

Total Time: 35 minutes

Serves: 4

Ingredients:

- | | |
|---|------------------------------|
| <u>Chicken:</u> | bell pepper |
| - 2 large chicken breasts | zucchini |
| - 1 Tbsp. olive or MCT oil | - 1 Tbsp. olive or MCT oil |
| - sea salt and pepper | - sea salt and pepper |
| <u>Veggies:</u> | <u>Other:</u> |
| - 6 c. mixed vegetables, cut into chunks: | - ⅓ c. pesto |
| red onion | - 4 whole-wheat pita pockets |

Directions:

1. Heat oven to 425 °F.
 2. Toss chicken breast with olive oil and salt & pepper and arrange on a baking pan.
 3. Toss the veggies with olive oil and salt & pepper, and arrange on a second baking pan.
 4. Roast for 10 minutes, flip everything and return to the oven.
 5. Cook the veggies for 10-15 more minutes (20-25 min total), until cooked to your liking.
 6. Cook chicken for another 15 minutes (25 min total), and allow to rest for at least 10 minutes before slicing into strips.
 7. Place the chicken slices and vegetables in a large bowl with the pesto, stir to coat.
 8. Divide amongst 4 storage containers, with pita separate. Don't cut the pita in half until just prior to serving. Open the pocket and spoon in the filling.
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Spicy Chicken Sweet Potato Meal Prep Magic Bowls

Total Time: 1 hour

Serves: 8

Ingredients:

- 2 lbs. boneless skinless chicken breasts, cut into small pieces
- 3 Tbsp. spicy seasoning mix
- 3 Tbsp. olive or MCT oil
- 3 sweet potatoes, peeled and diced
- 5-6 cups broccoli florets
- sea salt and freshly cracked pepper
- avocado / hummus / lemon juice / chives / olive oil for serving

Directions:

1. Preheat the oven to 425 °F. Toss the chicken pieces with the spices and a quick stream of oil. Stir to combine; store in the fridge for about 30 minutes while you prep other ingredients.
 2. Arrange the vegetables on their own sheet pans (preferably ones with edges to catch drips, etc.). Drizzle with oil and sprinkle with salt. Arrange the chicken on a separate sheet pan.
 3. Bake all ingredients for 12-15 minutes. Remove the broccoli and chicken. Stir sweet potatoes and roast another 15 minutes or so.
 4. Divide servings out into containers and be happy you have meal starters ready for the week!
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Honey Blueberry Barbecue Wings

Total Time: 45 minutes

Serves: 3 lbs. wings

Ingredients:

- 3-4 lbs. chicken wings, tips removed and cut in two pieces
- sea salt and pepper to season
- 1 c. Blueberry BBQ Sauce
- ½ c. raw honey
- 1 ½ tsp. hot sauce, sriracha recommended

Directions:

1. Mix together the BBQ sauce, honey and hot sauce and set aside
 2. Season the chicken wings with salt and pepper, then grill them on medium heat until the skins are browned and they are almost cooked.
 3. At that point, turn the heat down to about medium low and begin to brush on the honey barbeque glaze, continuously turning the wings and building layers of sticky sweet sauce. I usually coat them at least 3 times with the sauce while they are on the grill.
 4. Serve immediately off the grill.
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Oven Fried Chicken Wings with Honey Molasses Barbecue Sauce

Total Time: 1 hour 20 minutes

Serves: 3 lbs. wings

Ingredients:

- 3 lbs. chicken wings
 - 2 eggs
 - 4 Tbsp. low-fat milk
 - For the dredge:
 - 2 c. flour
 - 1 tsp. freshly grated nutmeg
 - ½ tsp. cayenne pepper
 - 2 tsp. sea salt
 - 1 tsp. freshly ground black pepper
 - 1 Tbsp. dry oregano
 - 1 tsp. dry thyme
 - 1 Tbsp. powdered ginger
 - 1 tsp. garlic powder
 - 1 ½ tsp. sea salt
- For the Honey Molasses BBQ Sauce:
 - 2 cloves finely minced garlic
 - 1 ¾ c. plain tomato sauce
 - 4 Tbsp. apple cider vinegar
 - ⅓ c. fancy molasses
 - ½ c. honey
 - 1 tsp. ground ginger
 - 1 tsp. chipotle powder
 - 1 Tbsp. ground fennel seed
 - 1 tsp. freshly ground black pepper
 - 1 Tbsp. ground dry oregano
 - ½ tsp. sea salt

Directions:

1. Wash chicken wings and pat dry with paper towels. Trip the tips off and cut wings into 2 pieces.
2. Whisk together the eggs and milk and set aside.
3. Blend together all of the ingredients included in the dredge mixture. To make sure they are well blended you can use a food processor if you like.
4. Dip each wing into the flour dredge, then in the egg wash and back into the flour dredge again. Press each wing firmly into the flour dredge to get good content then gently shake off excess.
5. Place on a lightly oiled baking sheet and lightly drizzle or spray the tops with a little more canola oil. Don't crowd the pan. Leave a little space between each wing.
6. Bake at 375 °F for about 45-60 minutes, depending on the size of the wings. Flip the wing pieces at half way through the cooking time. Serve with Honey Molasses Barbecue Sauce.

To prepare the BBQ sauce:

- Simply add all of the ingredients to a small saucepan and simmer over medium low heat. Stir the sauce occasionally and simmer for 20-30 minutes or until the sauce thickens to a consistency similar to ketchup.
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Black Pepper and Walnut Crusted Chicken Breasts

Total Time: 1 hour

Serves: 4

Ingredients:

- 1 ½ c. low-fat buttermilk
- sea salt to taste
- ¾ c. raw walnut pieces
- 1 c. whole wheat bread crumbs
- 2 tsp. black pepper
- ½ tsp. paprika
- 1.5 – 2 lbs. skinless chicken breasts

Directions:

1. In a large bowl add chicken breasts, sprinkle with salt to taste, and pour in buttermilk. Make sure all pieces are coated, cover, and place in the refrigerator to marinate about 2 hours.
2. Preheat oven to 400 °F.
3. Using a food processor, add walnuts, bread crumbs, black pepper, salt to taste, and paprika. Pulse until well combined and a crumb consistency.
4. Line cookie sheet with parchment paper. Remove chicken from buttermilk, one piece at a time, allowing excess buttermilk to drip off and dredge in walnut mixture. Making sure to coat each side by lightly pressing to ensure crumbs stick to the chicken.
5. Place chicken on parchment paper after coating with crumbs. Lightly mist both sides of chicken with olive oil spray. Bake 40-45 minutes until juices run clear when pierced with a fork.

12-Minute Chicken and Broccoli

Total Time: 12 minutes

Serves: 2-4 servings

Ingredients:

Stir-Fry-

- 2 Tbsp. olive oil, divided
- 2 boneless, skinless chicken breasts, cut into bite-sized pieces
- sea salt and pepper
- sauce (see below)
- 1 bunch broccoli, chopped
- 1 tsp. toasted sesame oil
- ½ c. thinly sliced green onion
- 1 tsp. toasted sesame seeds

Sauce-

- ¾ c. water
- ½ c. reduced-sodium soy sauce
- 3 Tbsp. rice vinegar
- 2 Tbsp. cornstarch
- 2 Tbsp. honey
- 2 cloves garlic, peeled and minced
- 1 tsp. ground ginger

Directions:

1. Heat oil in a large sauté pan over medium-high heat. Add chicken and season with a pinch of salt and pepper. Cook 5 minutes, stirring occasionally, until chicken is browned and mostly cooked.
2. While the chicken is cooking, whisk sauce ingredients together in a small bowl until combined.
3. Once the chicken is browned, add drizzle of oil and broccoli, and stir to combine. Continue cooking for an additional 3 minutes, until the broccoli is bright green. Stir in the sauce, and cook for an additional 1 minute until the sauce has thickened. Remove from heat and stir in the sesame oil until combined. Serve warm, garnish with green onions and toasted sesame seeds.

Skinny Orange Chicken

Total Time: 25 minutes

Serves: 4

Ingredients:

- 4 skinless, boneless chicken breasts, cut into bite-sized pieces
- 1 Tbsp. coconut oil
- ¼ c. low-sodium chicken stock
- 3 Tbsp. raw honey
- 2 cloves garlic, minced
- 1 Tbsp. orange zest
- ¼ c. fresh orange juice
- 3 Tbsp. coconut aminos
- 1 ½ tsp. sriracha sauce
- ¼ tsp. ground ginger
- 1 pinch red pepper flakes
- 1 tsp. sesame seeds, optional

Directions:

1. Melt coconut oil in medium skillet over medium heat. Add in chicken pieces and cook until cooked through and browned, about 8-10 minutes. Remove from skillet and set aside.
2. While chicken is cooking, stir together chicken stock, honey, garlic, orange zest, orange juice, coconut aminos, sriracha sauce, ginger, and red pepper flakes. Pour into heated skillet once chicken has been removed and reduce to low heat. Cook, stirring often, until sauce has been reduced and coats the back of a wooden spoon. Remove from heat and pour over chicken.
3. To serve, spoon chicken over a bed of broccoli if desired, and then spoon on additional sauce. Top with sesame seeds, optional.

Paleo Sweet & Sour Chicken

Total Time: 30 minutes

Serves: 4

Ingredients:

- 1 lb. boneless skinless chicken breasts, cut into 1-inch chunks
- ½ c. arrow root starch
- 1 large egg beaten
- ¼ c. coconut oil
- ½ c. coconut sugar
- ¼ c. apple cider vinegar
- 2 Tbsp. coconut aminos
- ¼ c. ketchup
- ¼ c. low-sodium chicken stock
- 1 red pepper cut into chunks
- 1 c. pineapple chunks
- 3 spring onion stalks

Directions:

1. First prepare the sauce by adding the coconut sugar, vinegar, coconut aminos, chicken stock and ketchup to medium sauce pan. Stir and bring to a boil. Reduce to low heat and leave until later.
2. Add chicken pieces and beaten egg to a large ziplock bag. Seal and shake to coat chicken. Then add the arrow root starch to the bag, shaking again to lightly coat all the chicken pieces.
3. Drizzle a large pan or skillet with oil. Add the coated chicken. Fry over medium heat, a couple of minutes on each side until the coating begins to crisp. Add pepper and pineapple chunks. Continue to sauté over medium heat until chicken is browned and cooked through.
4. Add the sauce to chicken and peppers. Cover and reduce to a simmer and allow the juices to soak into the chicken for a few minutes. Top with sliced green onions. Serve over rice and enjoy!

Cilantro and Lime Chicken

Total Time: 2 hours 45 minutes

Serves: 4

Ingredients:

- 2 lbs. boneless, skinless chicken thighs
- 4 Tbsp. olive or MCT oil
- 4 garlic cloves, minced
- 4 Tbsp. fresh cilantro, finely chopped
- 2 Tbsp. lime juice
- 1 tsp. red chili flakes
- 1 tsp. cumin
- lime wedges, for garnishing
- fresh cilantro, for garnishing
- sea salt and ground black pepper

Directions:

1. In a bowl, whisk together the oil, garlic, cilantro, lime juice, red chili flakes, cumin, and season with salt and pepper to taste.
 2. Add the chicken to the cilantro sauce, and let marinate in refrigerator, covered, for 1-2 hours.
 3. Preheat oven to 375 °F.
 4. Heat some oil in a skillet and brown the chicken on both sides for 2-3 minutes.
 5. Transfer the skillet to the oven and bake for 15-20 minutes, or until chicken is cooked through.
 6. Garnish the chicken with fresh cilantro and serve with lime wedges.
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Italian-Style Chicken

Total Time: 30 minutes

Serves: 1

Ingredients:

- 1 skinless chicken breast
- 1 ½ medium whole red tomatoes
- 2 cups spinach
- 1 ½ cloves garlic
- ½ Tbsp. crumbled bay leaf
- ½ Tbsp. coconut oil
- ¼ c. chopped onions
- ¾ tsp. cilantro leaf
- ½ Tbsp. raw lemon juice
- 1 dash sea salt
- 1 dash black pepper
- 2oz. organic, low-sodium veg. broth

Directions:

1. Heat oil in non-stick pan. Add chicken and onion. Cook until chicken is done. Set aside.
 2. In a second non-stick sauté pan, heat oil. Stir in tomatoes, bay leaf, broth, garlic, oregano, cilantro and salt & pepper and sauté for 1-2 minutes. Then, add spinach to mixture and sauté until it begins to wilt (about 1 minute). Sprinkle lemon juice on top.
 3. Place vegetable mixture on serving plate and top with chicken.
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Salmon with Spinach

Total Time: 30 minutes

Serves: 1

Ingredients:

- 5oz raw salmon
- 1 Tbsp. chopped, raw shallots
- ½ tsp. dried tarragon leaves
- 2 fluid oz. wine, cooking (optional)
- 1 c. spinach
- 1 dash sea salt and black pepper
- 1 medium apple
- 1 Tbsp. coconut oil

Directions:

1. Salt and pepper the salmon filet.
 2. Heat oil in a skillet over medium heat. Cook the salmon about 4-5 minutes per side. Remove from pan and keep warm.
 3. Heat oil to skillet. Sauté half of the shallots for about a minute. Stir in the tarragon.
 4. Add half the spinach leaves and cook until wilted, stirring. Add the rest of the spinach and continue to cook. Season with salt & pepper to taste.
 5. Plate the spinach and top with a salmon filet.
 6. Sauté the remaining shallots, add white wine (optional), and reduce. Pour mixture over the salmon and spinach.
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Salmon Cakes

Total Time: 40 minutes

Serves: 4

Ingredients:

- 12 oz. cooked salmon, flaked
- 2 large sweet potatoes
- 3 green onions, minced
- 1 Tbsp. fresh dill, minced
- 1 Tbsp. Dijon mustard
- 1 tsp. lemon zest
- 1 egg, beaten
- lemon wedges, optional
- 2 Tbsp. coconut oil
- sea salt, to taste
- freshly ground black pepper, to taste

Directions:

1. Place the potatoes into a medium saucepan and add cold water to cover by at least an inch.
 2. Bring water to a boil over high heat. Reduce the heat, cover, and let simmer for 15-20 minutes.
 3. Drain the water and place the potatoes into a large bowl. Mash with a fork and let cool.
 4. Stir in the salmon, green onions, dill, mustard, lemon zest, egg, sea salt, and black pepper.
 5. Mix everything until well combined.
 6. Form the salmon mixture into equal-sized patties.
 7. Melt the coconut oil in skillet over medium-high heat, and cook patties for 4-5 minutes per side.
 8. Serve the salmon cakes with lemon wedges.
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Hawaiian Blackened Tuna with Mango Salsa

Total Time: 1.5 hour

Serves: 2

Ingredients:

- 2 - 4oz. fresh, raw yellowfin tuna
- 1 head raw endive
- 1 Tbsp. dried marjoram
- ½ tsp. garlic powder
- 1 tsp. paprika
- 1 Tbsp. raw lime juice
- 1 raw mango
- 1 Tbsp. chopped raw chives
- 2 dash black pepper
- ½ raw jalapeno pepper
- ½ medium red bell pepper
- 2 Tbsp. grapeseed oil
- 2 Tbsp. raw cilantro leaves
- ½ tsp. chili powder
- 2 dash sea salt
- 1 Tbsp. raw chopped shallots

Directions:

1. Mix grapeseed oil, lime juice, marjoram, cilantro, mustard powder, chili powder, garlic powder, paprika and salt in a small bowl and set aside.
2. Brush each tuna steak with herb mix, patting into fish with fingers. Cover & refrigerate for 1 hr.
3. For mango salsa, mix grapeseed oil, lime juice and cilantro in a medium bowl.
4. Stir in mango, bell peppers, shallots, chives and jalapeno. Season with salt and pepper. Set aside.
5. Heat skillet over medium heat. You should not need extra oil for cooking because the fish was marinated in oil. Place tuna steaks in pan and sear, about 1-2 minutes per side depending on how cooked you prefer them. Don't overcook, it should be pink on the inside. Transfer tuna to a cutting board and slice against the grain.
6. Arrange the endive leaves on a platter and top with mango salsa. Place sliced tuna on the side.

Garlic Shrimp with Zucchini Noodles

Total Time: 30 minutes

Serves: 2

Ingredients:

- 1 lb. shrimp, shelled, and deveined
- 2 medium zucchini, sliced into noodles
- 4 garlic cloves, minced
- ¼ c. white wine, optional
- 2 Tbsp. fresh lemon juice
- 2 Tbsp. fresh chives, minced
- 2 Tbsp. olive or MCT oil
- sea salt and ground black pepper

Directions:

1. Heat some oil in a skillet over medium heat.
2. Add the garlic and cook for 2-3 minutes. Add the shrimp. Cook until pink and cooked through, 2-4 minutes, and remove from the pan.
3. Pour the wine and lemon juice and scrape up the bottom of the pan. Bring to a boil and let simmer until significantly reduced.
4. Add the zucchini and cook for another 3-4 minutes.
5. Return the shrimp to the pan, season to taste, and give everything a nice stir. Serve, sprinkled with fresh chives.

Whole Wheat Pizza Crust

Total Time: 2 hour 45 minutes

Serves: 1 pizza

Ingredients:

- 1 tsp. sugar
- 1 ½ c. warm water
- 1 Tbsp. active dry yeast
- 1 Tbsp. olive or MCT oil
- 1 tsp. sea salt
- 2 c. whole wheat flour
- 1 ½ c. all-purpose flour

Directions:

1. In a large bowl, dissolve sugar in warm water. Sprinkle yeast over top, let stand for 10 minutes.
2. Stir the oil and salt into the yeast mixture, then mix in the whole wheat flour and 1 cup of the all-purpose flour until dough start to come together. Tip dough out onto surface floured with the remaining all-purpose flour, and knead until all of the flour has been absorbed, and the ball of dough becomes smooth, about 10 minutes. Place dough in an oiled bowl, and turn to coat the surface. Cover loosely with towel. Let stand in a warm place until doubled in size, about 1 hour.
3. When the dough is doubled, tip the dough out onto a lightly floured surface, and divide into 2 pieces for 2 thin crust, or leave whole to make one thick crust. Form into a tight ball. Let rise for about 45 minutes, until doubled.
4. Preheat the oven to 425 °F. Roll a ball of dough with a rolling pin until it will not stretch any further. Then, drape it over both of your fists, and gently pull the edges outward, while rotating the crust. When the circle has reached the desired size, place on a well-oiled pizza pan. Top pizza with your favorite toppings, such as sauce cheese, meats, or vegetables.
5. Bake for 16-20 minutes (depending on thickness) in the preheated oven, until the crust is crisp and golden at the edges, and cheese is melted on the top.

Cauliflower Pizza Crust

Total Time: 1 hour

Serves: 4

Ingredients:

- 1 head cauliflower, stalk removed
- 2 eggs, lightly beaten
- ¼ c. almond flour
- 1 tsp. dried oregano
- 1 tsp. dried basil
- ½ tsp. garlic powder
- sea salt and ground black pepper

Directions:

1. Preheat oven to 400 °F. Place the cauliflower in a food processor and pulse until finely shredded. Steam shredded cauliflower for 4 minutes. Drain, let cool, and strain excess water with towel.
2. In a bowl, combine the cauliflower, eggs, oregano, dried basil, garlic powder, almond flour, and season with salt and pepper to taste. Mix everything thoroughly.
3. Transfer to a pizza pan or baking sheet and shape into a pizza crust shape.
4. Bake in the preheated oven for 15-18 minutes.
5. Spread pizza sauce on top of the crust. Add all your desired toppings and bake for another 8-10 minutes, or until toppings are nicely cooked.

Quick Margherita Pizza

Total Time: 30 minutes

Serves: 4

Ingredients:

- 1 can refrigerated pizza crust dough
- cooking spray
- 1 tsp. extra-virgin olive oil, divided
- 1 garlic clove, halved
- 5 plum tomatoes, thinly sliced
- 1 c. shredded fresh mozzarella cheese
- 1 tsp. balsamic vinegar
- ½ c. thinly sliced fresh basil
- ⅛ tsp. sea salt
- ⅛ tsp. black pepper

Directions:

1. Preheat oven to 400 °F.
 2. Unroll crust dough onto a baking sheet coated with cooking spray; pat into a 13 x 11 -inch rectangle. Bake at 400 °F for 8 minutes. Remove crust from oven, and brush with ½ tsp. oil. Rub crust with cut sides of garlic.
 3. Arrange tomato slices on crust, leaving a ½ -inch border; sprinkle evenly with cheese. Bake at 400 °F for 12 minutes or until cheese melts and crust is golden.
 4. Combine ½ tsp. oil and vinegar, stirring with a whisk. Sprinkle pizza evenly with sliced basil, salt, and pepper. Drizzle the vinegar mixture evenly over the pizza. Cut pizza into 8 pieces.
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Mushroom and Arugula Pizza

Total Time: 30 minutes

Serves: 4

Ingredients:

- 1 Tbsp. olive or MCT oil
- 1 shallot, thinly sliced
- 2 c. sliced fresh cremini mushrooms
- 1 ½ c. fresh Portobello mushrooms
- 2 tsp. minced garlic
- ¼ tsp. sea salt, divided
- 12 oz. fresh whole-wheat pizza dough
- ⅓ c. goat cheese, crumbled
- ¾ c. part-skim mozzarella, shredded
- 1 c. packed arugula
- 1 tsp. fresh lemon juice
- 1 tsp. truffle oil (optional)

Directions:

1. Place a pizza stone or baking sheet in oven. Preheat oven to 500 °F. (Do not remove pizza stone while oven preheats.)
 2. Heat oil in a large nonstick skillet over medium. Add shallot and cook, stirring occasionally until soft, 1-2 minutes. Add mushrooms and garlic; cook, stirring often, until liquid has almost evaporated, 5-6 minutes. Remove from heat. Sprinkle with ⅛ tsp. salt and set aside.
 3. Roll dough into a 13-inch circle on a large pieces of parchment paper; pierce well with a fork. Sprinkle goat cheese over dough; spread mushroom mixture over cheese. Top with mozzarella.
 4. Place dough (on paper) on preheated stone; bake at 500 °F for 13-14 minutes.
 5. Toss arugula with lemon juice. Top pizza with arugula mixture; drizzle with truffle oil. If desired, sprinkle with remaining ⅛ tsp. salt. Cut into 8 slices.
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Tomato-Ricotta Pizza

Total Time: 35 minutes

Serves: 4

Ingredients:

- 2 c. halved cherry tomatoes
- 1 Tbsp. olive or MCT oil
- 12 oz. fresh whole-wheat pizza dough
- ¾ c. part-skim ricotta cheese
- 2 Tbsp. refrigerated pesto
- 2 Tbsp. 1% low-fat milk
- 1 garlic clove, grated
- 2 oz. feta cheese, crumbled (½ c.)
- ¼ c. torn fresh basil

Directions:

1. Place a pizza stone or baking sheet in oven. Preheat oven to 500 °F.
 2. Combine tomatoes and oil on a foil-lined baking sheet. Bake for 7 minutes.
 3. Roll dough into a 13-inch circle on parchment paper; pierce with a fork. Place dough (on paper) on preheated stone. Bake at 500 °F for 4 minutes. Combine ricotta, pesto, milk, and garlic; spread over dough, leaving a ½-inch border. Sprinkle with feta. Bake at 500 °F for 10 minutes.
 4. Top with tomatoes. Bake at 500 °F for 4 minutes. Top with basil. Cut into 8 slices.
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Veggie Pizza with Cheesy Cauliflower Crust

Total Time: 60 minutes

Serves: 2

Ingredients:

- 1 cauliflower head, roughly chopped (about 3 lbs.)
- 2 tsp. olive oil, divided
- ½ c. pre-sliced cremini mushrooms
- ½ c. sliced red bell pepper
- ½ c. thinly sliced fresh basil, divided
- ¼ tsp. ground black pepper, divided
- ⅛ tsp. sea salt
- 3 garlic cloves, minced
- ⅔ c. shredded mozzarella, divided
- 2 large egg whites
- ½ oz. grated parmesan cheese
- ½ c. thinly sliced seeded tomatoes
- ⅔ c. fresh baby spinach

Directions:

1. Preheat oven to 375 °F.
2. Place half of cauliflower in a food processor; pulse 10-15 times or until finely chopped (like rice). Transfer cauliflower to a baking sheet lined with parchment paper. Repeat procedure with remaining cauliflower. Coat cauliflower with cooking spray. Bake at 375 °F for 25 minutes, stirring once. Cool. Increase oven temp to 450 °F.
3. Heat a large skillet over medium-high heat. Add 1 tsp. oil to pan; swirl to coat. Add mushrooms and bell pepper; sauté 5 minutes or until tender. Set aside.
4. Place cauliflower in a clean kitchen towel. Squeeze until very dry. Combine cauliflower, remaining oil, basil, black pepper, salt, garlic, mozzarella cheese, egg whites, and parmesan cheese in a bowl. Press cauliflower mixture into 2 (8-inch) circles on a baking sheet lined with parchment paper. Coat crusts with cooking spray.
5. Bake crusts at 450 °F for 22 minutes or until browned. Remove pan from oven; top crusts evenly with mushroom mixture, tomatoes, spinach, remaining ¼ c. basil, remaining ⅛ tsp. black pepper, and remaining mozzarella cheese. Bake an additional 7 minutes or until cheese melts.

Sweet Potato Rosemary Fries

Total Time: 35 minutes

Serves: 6

Ingredients:

- 4 sweet potatoes, peeled and cut into thin fries
- ¼ stick grass-fed butter, melted
- 4 Tbsp. coconut oil, warmed slightly so it's clear
- 1 Tbsp. fresh rosemary, chopped
- 1 tsp. black pepper
- 1 tsp. sea salt or pink Himalayan salt

Directions:

1. Preheat the oven to 450 °F.
 2. Place the fries in a bowl and drizzle them with the butter, coconut oil, rosemary, salt and pepper. Mix until they are lightly coated.
 3. Place on a baking sheet and back for 45 minutes.
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Sweet Potato and Rutabaga Mash

Total Time: 30 minutes

Serves: 4

Ingredients:

- 3 sweet potatoes, peeled and cubed
- 1 rutabaga, peeled and chopped
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 2 Tbsp. olive or MCT oil
- 1 tsp. paprika
- 2 Tbsp. fresh parsley, minced
- sea salt and ground black pepper

Directions:

1. Fill a large saucepan with water and bring to a boil.
 2. Carefully add the rutabaga and cook 5-6 minutes.
 3. Add the sweet potato and cook for another 10-15 minutes, until both vegetables are able to be pierced with a knife.
 4. Drain the water from the saucepan, and add the oil.
 5. Mash the potato and rutabaga with a potato masher or hand mixer.
 6. Sprinkle with garlic powder, onion powder, salt and pepper to taste.
 7. Give everything a good stir, and serve with fresh parsley on top.
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Oven-Baked Zucchini Tots

Total Time: 45 minutes

Serves: 4

Ingredients:

- 2 zucchini, shredded
- 2 carrots, peeled and shredded
- ¼ c. almond or coconut flour
- 2 eggs, beaten
- 2 garlic cloves, minced
- ½ tsp. dried basil
- ½ tsp. dried oregano
- ¼ tsp. onion powder
- 1 Tbsp. fresh parsley, minced
- sea salt and ground black pepper

Directions:

1. Preheat oven to 400 °F.
2. Squeeze moisture from shredded zucchini and carrots using a clean cloth towel or paper towel.
3. Place the zucchini and carrots in a bowl, then add the remaining ingredients and season to taste.
4. Toss until well combined and form tots with your hands. Place the tots on a greased baking pan or parchment-lined pan. Place in the oven and bake 30 minutes turning once after 15 minutes.

Avocado Egg Rolls

Total Time: 20 minutes

Serves: 8 egg rolls

Ingredients:

- 1 c. olive or MCT oil
- 3 avocados, halved, peeled and seeded
- 1 roma tomato, diced
- ¼ c. diced red onion
- 2 Tbsp. chopped fresh cilantro leaves
- juice of 1 lime
- sea salt & ground black pepper, to taste
- 8 egg roll wrappers

For the cilantro dipping sauce:

- ¾ c. fresh cilantro, loosely packed
- ⅓ c. low-fat sour cream
- 1 jalapeno, seeded, optional
- 2 Tbsp. low-fat mayonnaise
- 1 clove garlic
- juice of 1 lime
- sea salt & ground black pepper, to taste

Directions:

1. To make the cilantro dipping sauce, combine cilantro, sour cream, jalapeno, mayonnaise, garlic and lime juice in the bowl of a food processor; season with salt and pepper to taste. Set aside.
2. Heat oil in a large skillet or Dutch oven over medium-high heat.
3. In a medium bowl, gently mash avocados using a potato masher. Add tomato, red onion, lime juice, salt and pepper, to taste, and gently toss to combine.
4. Working one at a time, place avocado mixture in the center of each wrapper. Bring the bottom edge of the wrapper tightly over the filling, folding in the sides. Continue rolling until the top of the wrapper is reached. Using your finger, rub the edges of the wrapper with water, pressing to seal. Repeat with remaining wrappers and avocado mixture.
5. Working in batches, add egg rolls to the Dutch oven and fry until evenly golden brown and crispy, about 2-3 minutes. Transfer to a paper-towel-lined plate. Serve immediately with cilantro dipping sauce.

Cauliflower Fried Rice

Total Time: 30 minutes

Serves: 3-4

Ingredients:

- 1 large head of cauliflower chopped
- 1 clove garlic, minced
- ½ shallot, minced
- ½ c. frozen peas and carrots, thawed
- ½ c. frozen corn, thawed
- 2 Tbsp. sesame oil
- 2 Tbsp. low-sodium soy sauce

Directions:

1. Preheat oven to 375 °F.
 2. Chop the cauliflower into small florets and put them into a food processor.
 3. Pulse until it's small and looks like rice.
 4. You may need to scrape the sides of the food processor once.
 5. In a bowl combine the cauliflower rice, sesame oil, garlic, shallots.
 6. Spread the cauliflower on a large baking sheet and roast for 8 minutes. Spread again and roast for another 8 minutes.
 7. Add the veggies to the cauliflower rice and stir. Roast for an extra couple of minutes.
 8. Pour the soy sauce and stir. You can add 2 scrambled eggs, shrimp or chicken to this as well.
**If you prefer, this can be easily made in a skillet. Just sauté the cauliflower rice with the onions and garlic until soft. Then add the rest of the ingredients.
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Maple Glazed Rosemary Carrots

Total Time: 25 minutes

Serves: 4-6

Ingredients:

- 3 c. peeled and sliced carrots
- 2 Tbsp. coconut oil
- 2 Tbsp. pure maple syrup
- 1 ½ Tbsp. fresh rosemary, chopped
- ½ tsp. sea salt
- ½ tsp. black pepper

Directions:

1. Cook carrots in a skillet with just enough water to cover them.
 2. Bring it to a boil over medium heat and simmer until the water has evaporated and the carrots are soft, about 20 minutes.
 3. Stir in the coconut oil, maple syrup, rosemary, salt and pepper and cook for another 5-10 minutes over low heat.
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Brown Sugar-Glazed Beets

Total Time: 15 minutes

Serves: 3

Ingredients:

- 3 Tbsp. dark brown sugar
- 2 Tbsp. orange juice
- 1 Tbsp. unsalted butter
- ¼ tsp. sea salt
- ¼ tsp. freshly ground pepper
- 3 c. steamed cubed beets, ½ to 1-inch cubes (see Tip)

Directions:

1. Combine brown sugar, orange juice, butter, salt and pepper in a large nonstick skillet. Cook over medium heat until the sugar and butter are melted and starting to bubble. Stir in beets and cook until most of the liquid has evaporated and the beets are coated with glaze, 6-8 minutes. Serve hot or warm.

Tip: How to Prep & Steam Beets

- Trim greens (if any) and root end; peel the skin with a vegetable peeler. Cut beets into ½ to 1-inch-thick cubes, wedges, or slices.
- To steam on the stovetop: Place in a steamer basket over 1 inch of boiling water in a large pot. Cover and steam over high heat until tender, 10-15 minutes.
- To steam in the microwave: Place in a glass baking dish, add 2 Tbsp. water, cover tightly and microwave on High until tender, 8-10 minutes. Let stand, covered, for 5 minutes.

Spinach with Garlic Vinaigrette

Total Time: 6 minutes

Serves: 4

Ingredients:

- 1 ½ Tbsp. extra-virgin olive or MCT oil
- 1 Tbsp. white wine vinegar
- ½ tsp. Dijon mustard
- ¼ tsp. freshly ground black pepper
- ¼ tsp. sea salt
- 2 garlic cloves, minced
- 6 c. baby spinach leaves
- ¼ c. vertically sliced red onion

Directions:

1. Combine the first 6 ingredients in a large bowl, stirring well with a whisk. Add 6 cups spinach and red onion; toss to coat.
2. Wilted Spinach Variation: Increase garlic to 3 thinly sliced cloves. Heat vinaigrette in a large skillet over medium-high heat. Add onion and garlic; sauté 2 minutes. Gradually add 1 (9 oz.) package fresh spinach; toss until wilted.

Roasted Garlic Brussel Sprouts

Total Time: 30 minutes

Servings: 4

Ingredients:

- 2 Tbsp. olive oil or MCT oil
- 2 garlic cloves, chopped
- ½ tsp. cumin seeds
- ½ tsp. sea salt
- 1 Tbsp. brown sugar
- ½ lemon, squeezed (juice only)
- pinch of red pepper flakes
- 1 ¼ lbs. halved brussel sprouts
- torn cilantro to toss

Directions:

1. Heat oil in a small skillet over medium heat.
 2. Add chopped garlic, cumin seeds, and sea salt. Cook 2 minutes
 3. Stir in brown sugar, lemon juice, and a pinch of red pepper flakes.
 4. Toss with brussel sprouts on a baking sheet.
 5. Roast at 450 °F until tender. 18-24 minutes.
 6. Toss with torn cilantro to finish.
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Brussel Sprouts Salad with Warm Bacon Vinaigrette

Total Time: 20 minutes

Serves: 8

Ingredients:

- ¾ lb. brussel sprouts
- 6 slices applewood-smoked bacon
- ½ c. white wine vinegar
- 1 ½ Tbsp. pure maple syrup
- 2 tsp. Dijon mustard
- ½ tsp. sea salt
- ¼ tsp. freshly ground black pepper
- 6 c. chopped romaine lettuce
- ¼ c. coarsely chopped pecans, toasted.

Directions:

1. With food processor on, drop brussel sprouts through the food chute of food processor fitted with the slicer attachment. Transfer brussel sprouts to a bowl.
 2. Heat a large non-stick skillet over medium-high heat. Add bacon to pan; cook 5 minutes or until crisp, turning occasionally. Remove bacon from pan, reserving 2 Tbsp. drippings in pan; set bacon aside.
 3. Reduce heat to medium-low; add vinegar and next 4 ingredients (through pepper), stirring well to combine.
 4. Add brussel sprouts; cook 1 minute, stirring to coat.
 5. Cover and cook 2 minutes. Combine brussel sprout mixture and lettuce in a large bowl; toss until well combined.
 6. Sprinkle evenly with bacon and pecans. Serve immediately.
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Curried Cauliflower Salad with Yogurt

Total Time: 50 minutes

Serves: 6

Ingredients:

- ¼ c. olive or MCT oil, divided
- ½ tsp. sea salt, divided
- 1 head cauliflower, cut into florets (about 6 c.)
- 1 tsp. Madras curry powder
- 2 tsp. unseasoned rice vinegar
- 1 c. plain low-fat yogurt (not Greek)
- ¼ c. unsalted pistachios, chopped
- ¼ c. golden raisins
- ¼ c. loosely packed cilantro leaves

Directions:

1. Preheat oven to 425 °F.
 2. Combine 2 Tbsp. oil, ¼ tsp. salt, and cauliflower in a large bowl; toss to coat. Spread cauliflower mixture in a single layer on a rimmed baking sheet. Bake at 425 °F for 30 minutes or until browned and tender, stirring occasionally.
 3. Heat remaining 2 Tbsp. oil in a skillet over medium. Add curry powder; cook 1 minute, stirring frequently. Remove pan from heat; let stand 10 minutes. Stir in vinegar.
 4. Spoon about 3 Tbsp. yogurt onto each of 6 small plates; spread into an even layer with the back of a spoon. Top yogurt evenly with cauliflower; sprinkle with pistachios, raisins, and cilantro. Drizzle curry mixture evenly over salads; sprinkle with remaining ¼ tsp. salt.
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Tomato, Cucumber, and Fennel Salad

Total Time: 10 minutes

Serves: 4

Ingredients:

- 1 ½ Tbsp. lemon juice
- 1 Tbsp. olive or MCT oil
- ¼ tsp. sea salt
- ¼ tsp. pepper
- 2 c. sliced cucumber
- ½ c. cherry tomato wedges
- ¼ c. sliced fennel bulb

Directions:

1. Combine lemon juice, oil, salt, and pepper in a small bowl.
 2. Combine cucumber, tomato, and fennel in a bowl.
 3. Pour dressing over vegetables; toss.
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Beet, Lemon, and Walnut Salad

Total Time: 1 hour 10 minutes

Serves: 6

Ingredients:

- 1 Tbsp. sugar
- 2 large lemons, peeled and sectioned
- 4 large beets, roasted and peeled
- ½ c. loosely packed flat-leaf parsley
- ¼ c. coarsely chopped walnuts, toasted
- ½ c. goat cheese, crumbled
- 2 Tbsp. walnut, olive, or MCT oil
- ¾ tsp. flaky sea salt
- ¼ tsp. freshly ground black pepper

Directions:

1. Combine sugar and lemon segments in a small bowl; let stand at room temperature 1 hour. Remove lemon segments from bowl with a slotted spoon (reserve lemon juice mixture for another use).
 2. Thinly slice beets crosswise into ¼-inch thick rounds. Arrange beet slices, lemon segments, and parsley on a large platter. Sprinkle with walnuts and goat cheese. Drizzle with oil. Sprinkle with salt and pepper.
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Lemony Cucumber Salad

Total Time: 22 minutes

Serves: 8

Ingredients:

- 1 c. thinly sliced radishes
- ½ c. finely chopped orange bell pepper
- ¼ c. chopped fresh flat-leaf parsley
- 2 English cucumbers, thinly sliced (about 6 c.)
- 1 tsp. finely grated lemon rind
- 2 Tbsp. fresh lemon juice
- 1 Tbsp. extra-virgin olive oil
- 1 ½ tsp. white wine vinegar
- ½ tsp. sea salt
- ¼ tsp. freshly ground black pepper

Directions:

1. Combine first 4 ingredients in a large bowl.
 2. Combine lemon rind and remaining ingredients in a small bowl, stirring with a whisk. Pour over cucumber mixture; toss well to coat.
 3. Serve at room temperature or chilled.
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Strawberry Broccoli Salad

Total Time: 15 minutes

Serves: 4

Ingredients:

- 4 c. fresh broccoli florets
- 2 c. strawberries, sliced
- ¼ c. almonds, sliced
- ¼ c. red onion, diced
- ½ c. low-fat mayonnaise
- 2 Tbsp. lemon juice
- 1 Tbsp. raw honey, optional
- 1 Tbsp. poppy seeds, optional

Directions:

1. In a bowl, combine the mayonnaise, lemon juice, honey, and poppy seeds and mix well.
 2. In another bowl, combine the broccoli, strawberries, red onion, and sliced almonds.
 3. Pour the dressing over the salad and toss gently.
 4. Refrigerate and serve cold.
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Jalapeno-Lime Slaw

Total Time: 1 hour 10 minutes

Serves: 8

Ingredients:

- ½ c. fresh lime juice
- 1 tsp. sugar
- ¾ tsp. sea salt
- ¼ tsp. freshly ground black pepper
- 3 Tbsp. olive or MCT oil
- ½ c. thin & vertically sliced red onion
- ½ c. coarsely chopped fresh cilantro
- 1 (16 oz.) pack cabbage+carrot coleslaw
- 4 jalapeno peppers, halved crosswise

Directions:

1. Combine first 4 ingredients in a large bowl, stirring with a whisk.
 2. Gradually add oil, stirring constantly with a whisk.
 3. Add onion, cilantro, and coleslaw.
 4. Thinly slice 1 jalapeno half crosswise (keeping seeds), and remove seeds from remaining jalapeno halves. Cut the remaining halves into thin crosswise slices. Add the jalapenos to onion mixture, and toss well to coat.
 5. Cover and chill at least 1 hour.
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Steamed Vegetables

Total Time: 35 minutes

Serves: 2

Ingredients:

- Almost any vegetable can be steamed, including asparagus, spinach, summer squash, zucchini, peas, broccoli, sweet corn, string beans, brussel sprouts, cauliflower, cabbage, beetroot, onions, potatoes, turnips, turnip greens, mustard greens and sweet potatoes.

Directions:

1. Prepare vegetables in the normal way and spread them in a single layer in the steamer basket, so they cook evenly.
 2. Put the steamer basket over the pan once the water is at a rolling boil.
 3. The ideal height above the water is 2.5 cm, but as long as the steamer basket is not actually touching the water, the distance isn't crucial.
 4. Cooking time for steaming vegetables is approximately the same as for boiling.
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Rainbow Roasted Vegetables

Total Time: 45 minutes

Serves: 6

Ingredients:

- 2 red bell peppers, cut in slices
- 2 long carrots, cut in pieces
- 2 medium parsnips, cut in pieces
- 1 head broccoli, chopped
- 3 red beets, scrubbed and wedged
- 6 to 8 sprigs fresh thyme
- ¼ c. extra-virgin olive oil
- sea salt and ground black pepper
- balsamic glaze**see recipe below

Directions:

1. Preheat the oven to 425 °F and place a rack in the center of the oven.
2. Arrange the peppers, carrots, parsnips, broccoli and beets in rows to create a rainbow of colors on a large baking sheet. Scatter the thyme sprigs over the vegetables and drizzle with the oil. Season with salt and pepper. Roast until the vegetables are tender and cooked through, about 30 minutes.

3. Drizzle the balsamic glaze over the vegetable and serve.

Balsamic Glaze

- In a small saucepan, combine ½ c. balsamic vinegar and 1 Tbsp. sugar and bring to a boil over high heat. Reduce the heat to a simmer and cook until syrupy and reduced to ¼ c., 8-10 minutes.
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Oven-Roasted Root Vegetables

Total Time: 1 hour 5 minutes

Serves: 4

Ingredients:

- 1 large butternut squash, halved, seeded and peeled
- 3 large sweet potatoes, scrubbed
- 1 bunch beets, scrubbed and trimmed
- 1 medium red onion
- 2 large parsnips
- 1 head garlic, cloves separated
- 2 Tbsp. extra-virgin olive oil or MCT oil
- 1 ½ tsp. sea salt
- freshly ground black pepper

Directions:

1. Place 2 baking sheets in the oven and preheat to 425 °F.
 2. Cut all the vegetables into 1 ½ inch pieces. Cut the onions through the base core to keep some of the layers in chunky pieces. Toss all the vegetables with garlic, oil and salt in large bowl. Season generously with pepper.
 3. Carefully remove the heated baking sheets from the oven, brush or drizzle with oil. Divide the vegetables evenly between the 2 pans, spreading them out to assure they don't steam while roasting. Roast the vegetables until tender and golden brown, stirring occasionally, about 45 minutes to 1 hour.
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Ants on a Log

Total Time: 5 minutes

Serves: 2-4

Ingredients:

- 1 bunch celery, chopped
- 4 Tbsp. sprouted cashew butter
- 1-2 Tbsp. raisins

Directions:

1. Cut celery into 4-inch lengths.
 2. Spread cashew butter in celery.
 3. Place raisins on cashew butter.
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Avocado Egg Salad

Total Time: 10 minutes

Serves: 2

Ingredients:

- 4 hard-boiled eggs
- 1 large avocado, cubed
- 2 Tbsp. low-fat mayonnaise
- 1 tsp. curry powder
- pinch of sea salt and pepper

Directions:

1. Combine all ingredients in a large bowl and mash together with a fork.
 2. Adjust the salt/pepper/mayo to taste.
 3. Spread on whole-wheat bread, tortilla, lettuce wrap, or vegetables and enjoy.
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Avocado Boats

Total Time: 5 minutes

Serves: 1

Ingredients:

- One whole avocado
- 1 Tbsp. salsa
- 1 tsp. light sour cream
- ½ tsp. lemon juice

Directions:

1. Slice avocado lengthwise.
 2. Scoop out flesh.
 3. Put all ingredients into food processor.
 4. Return flesh to scooped out avocado.
 5. Enjoy plain or as a dip with vegetables, chips, or crackers.
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Oven Baked Zucchini Chips

Total Time: 40 minutes

Serves: 4

Ingredients:

- 1 large zucchini, cut into $\frac{1}{8}$ " – $\frac{1}{4}$ " slices
- $\frac{1}{3}$ c. whole grain breadcrumbs
- $\frac{1}{4}$ c. finely grated parmesan cheese
- $\frac{1}{4}$ tsp. black pepper
- sea salt to taste
- $\frac{1}{8}$ tsp. garlic powder
- $\frac{1}{8}$ tsp. cayenne pepper
- 3 Tbsp. low-fat milk

Directions:

1. Preheat oven to 425 °F.
2. Combine in a small mixing bowl, breadcrumbs, parmesan cheese, black pepper, salt, garlic powder, and cayenne pepper. Dip zucchini slices into milk then bread crumbs to coat both sides. Note: It may be necessary to press crumbs onto zucchini slices to ensure the crumbs stick.
3. Arrange zucchini on a non-stick cookie sheet and lightly mist with a non-stick cooking spray.
4. If using a rack, place rack on a cookie sheet. Bake 15 minutes, turn over and continue baking until golden, approximately 10-15 minutes (being careful not to burn). Allow to cool to room temperature before storing in an airtight container.
TIP: Zucchini chips will continue to get crispier while cooling. For gluten-free chips, use gluten-free crumbs.

Hummus with Parsley

Total Time: 10 minutes

Serves: 1

Ingredients:

- $\frac{1}{2}$ Tbsp. lemon juice
- $\frac{1}{8}$ tsp. olive oil
- 2 $\frac{2}{3}$ Tbsp. parsley
- $\frac{1}{8}$ tsp. ground oregano, dried
- $\frac{1}{8}$ clove garlic
- $\frac{1}{3}$ medium scallions (green onion)
- 2 $\frac{2}{3}$ Tbsp. water
- $\frac{1}{2}$ c. canned chickpeas (garbanzo beans)

Directions:

1. In a food processor, puree together chickpeas, lemon juice, water and olive oil.
2. Stir in chopped fresh parsley, chopped green onions and oregano.
3. Stir in garlic.
- Serve as an appetizer or snack with raw veggies or use in a low carb wrap with cherry tomatoes and avocado slivers.

Blueberry Almond Chia Squares

Total Time: 45 minutes

Serves: 12

Ingredients:

- 2 c. regular rolled oats
- 1 ¼ c. oat flour
- 1 tsp. cinnamon
- ½ tsp. sea salt
- 2 Tbsp. chia seeds (or ground flax seed)
- ½ c. Sucanat (or brown sugar)
- 1 Tbsp. nut butter
- ¼ c. brown rice syrup
- 2 tsp. vanilla extract
- 1 tsp. almond extract
- 1 c. fresh blueberries
- ½ c. chopped almonds

Directions:

1. Preheat oven to 350 °F. Line an 8" x 8" pan with two pieces of parchment paper.
 2. In a large bowl, whisk together the dry ingredients (rolled oats, oat flour, cinnamon, chia, salt, and Sucanat). In another small bowl, whisk together the wet ingredients (nut butter, applesauce, brown rice syrup, extracts). Add wet to dry and stir well until thoroughly combined.
 3. Fold in the blueberries and almonds and pour into pan. Spread batter with wet hands and press firmly so it packs together. This will help them stick together.
 4. Bake for about 30 minutes at 350 °F. Allow to cool completely before cutting.
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Blueberry Sunflower Energy Bites

Total Time: 15 minutes

Serves: 13-15 pieces

Ingredients:

- ¼ c. raw cashews
- 6 Medjool dates, pitted
- ¾ c. dried blueberries
- ⅓ c. sunflower seed butter
- ½ tsp. spirulina powder
- ½ tsp. cinnamon
- pinch sea salt
- sesame seeds, for coating

Directions:

1. Place cashews in food processor, pulse to a small crumb.
 2. Add dates and blueberries, pulse to combine.
 3. Add sunflower butter, spirulina powder, cinnamon and salt, combine.
 4. Roll into 1-inch balls, coat in sesame seeds.
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Blueberry Lemon Larabar

Total Time: 2 ½ hours

Serves: 18 squares

Ingredients:

- 1 ½ c. nuts (recommend using 1 ¼ c. walnuts and ¼ c. sunflower seeds)
- 1 ½ c. dates
- ½ c. dried blueberries
- 1 tsp. lemon zest

Directions:

1. If you don't have dried blueberries, you can dehydrate 2 c. fresh or frozen berries in the oven. Set the temperature to 175 °F and bake for 3-4 hours. The final product should be chewy.
 2. Combine all the ingredients in a food processor. Mix together until a paste forms, but don't process the mixture for so long that you can't see little specs of each ingredients.
 3. Line a 9"x 5" loaf pan with wax paper. Press the mixture evenly into the pan.
 4. Refrigerate for at least 2 hours.
 5. Cut into 18 squares and store in an airtight container in the refrigerator.
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Banana Chocolate Muffin Bites

Total Time: 30 minutes

Serves: 8

Ingredients:

- 3 bananas, ripe
- 1 c. almond butter
- ½ c. cocoa powder
- 1 egg, beaten
- 2 tsp. vanilla extract
- 2 Tbsp. raw honey, optional
- Mini muffin pan

Directions:

1. Preheat the oven to 375 °F.
 2. In a bowl, combine all the ingredients together until well combined.
 3. Fill each muffin tin with the banana-chocolate mixture.
 4. Bake in the preheated oven for 25-30 minutes.
 5. Let the muffins cool for 5-8 minutes before removing from pan.
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Protein Oat Bars

Total Time: 35 minutes

Serves: 8

Ingredients:

- 1 ½ c. raw oats
- ½ c. chopped pecans (or other nuts)
- 1 scoop protein powder (whey, pea)
- 1 tsp. cinnamon
- 1 tsp. sea salt
- 1 cup milk (skim, almond, etc.)
- 1 egg
- 1 ripe banana
- 1 tsp. vanilla extract

Directions:

1. Preheat oven to 350 °F.
 2. Mix oats, pecans, protein powder, cinnamon, and salt together in a large mixing bowl.
 3. Mix milk, egg, banana, and vanilla together in a separate bowl. Use a fork to mash the banana and whisk the egg until both are incorporated.
 4. Add the wet ingredients to the dry and mix well.
 5. Pour into 9 x 9 baking dish and bake for 25 minutes.
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Condiments & Seasonings

Blueberry Vanilla Chia Seed Jam

Total Time: 25 minutes

Serves: 1 jar

Ingredients:

- 3 c. fresh blueberries
- 3-4 Tbsp. pure maple syrup, to taste
- 2 Tbsp. chia seeds
- ½ tsp. pure vanilla extract

Directions:

1. In a medium-sized non-stick pot, bring the blueberries and 3 Tbsp. of maple syrup to a low boil. Stir frequently and reduce heat to low-medium to simmer for about 5 minutes. Lightly mash the blueberries with a potato masher or fork, leaving some for texture.
 2. Stir in the chia seeds until thoroughly combined and cook the mixture down, over low-medium heat, until it thickens to your desired consistency, or about 15 minutes. Stir frequently so it doesn't stick to the pot.
 3. Once the jam is thick, remove from heat and stir in the vanilla extract. Add more maple syrup to taste if desired. Enjoy on toast, English muffins, oatmeal, vegan overnight oats, oat bars, tarts, cookies, banana soft serve, smoothies, and more. The jam should keep for at least a week, or longer, in an air-tight container in the fridge.
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Blueberry Lime Salsa

Total Time: 10 minutes

Serves: makes about 1 ½ cups

Ingredients:

- 1 c. fresh blueberries
- 5 medium strawberries
- ¼ red onion
- 1 tsp. lime zest
- juice of two limes
- ½ c. fresh cilantro leaves
- ½ avocado, chopped
- sea salt and pepper to taste

Directions:

1. Combine blueberries, strawberries, onion, lime zest, juice and cilantro in a food processor or blender and pulse. The consistency is up to you but I like to leave mine a bit chunky, so I only pulse it about 5-6 times.
 2. Taste and season with salt and pepper if desired.
 3. Scrape salsa into a bowl and fold in chopped avocado.
 4. Serve with pita or corn chips, or on top of fish or chicken.
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Homemade Ketchup

Total Time: 15 minutes

Serves: 1 ½ c.

Ingredients:

- 1 can (6 oz.) tomato paste
- 2 Tbsp. vinegar or lemon juice
- ¼ tsp. dry mustard
- ⅓ c. water
- ¼ tsp. cinnamon
- ¼ tsp. sea salt
- 1 pinch ground cloves
- 1 pinch ground allspice
- ⅛ tsp. cayenne pepper, optional

Directions:

1. Simply combine all the ingredients in a bowl and whisk well to combine.
 2. Refrigerate overnight to let the flavors develop and enjoy.
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Best Avocado Mayonnaise

Total Time: 10 minutes

Serves: 1 ½ cup

Ingredients:

- 3 egg yolks
- 1 ripe avocado
- ½ tsp. sea salt
- ¼ tsp. black pepper
- pinch of cayenne pepper
- 1 tsp. dry mustard
- 1 tsp. Dijon mustard
- ¼ tsp. paprika
- 1 Tbsp. fresh lemon juice
- 1 tsp. white wine or tarragon vinegar
- ⅔ c. peanut oil or MCT oil
- ⅓ c. olive oil **see below

Directions:

1. Crack eggs and separate the yolks from the whites. Put egg yolks in a food processor or blender.
2. Wash, peel and slice the avocado into large chunks, and add to the yolks in the blender with the vinegar, lemon juice, mustard and seasonings.
3. Blend or pulse for one second only. Measure carefully one fluid cup of olive/peanut oil mixture and pour slowly through the top of the blender or food processor while machine is running.
4. When completed, turn machine off, and adjust seasonings to your taste. May be kept in the refrigerator for 7 days.

**You may use any combination of olive or peanut oil. MCT oil is the best option.

Outstanding Homemade BBQ Sauce

Total Time: 30 minutes

Serves: 2 cups

Ingredients:

- 1 cup organic ketchup
- 2 Tbsp. worcestershire sauce
- 2 Tbsp. apple cider vinegar
- 2 Tbsp. brown sugar packed
- 2 Tbsp. pure maple syrup
- 2 garlic cloves, finely chopped
- ½ tsp. freshly ground black pepper
- 1 tsp. smoked sweet paprika

Directions:

1. Mix all ingredients together and bring to a boil.
 2. Simmer for 20 minutes until thickened.
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Homemade Soy Sauce

Total Time: 10 minutes

Serves: 2 cups

Ingredients:

- 1 ½ c. boiling water
- 4 Tbsp. low-sodium beef bouillon
- 4 Tbsp. apple cider vinegar
- 1 Tbsp. dark molasses
- 1 tsp. sesame seed oil
- pinch of black pepper

Directions:

1. Whisk all ingredients together until dissolved.
 2. Pour into a bottle with a tightly sealed top.
 3. May be refrigerated indefinitely.
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Homemade Teriyaki Sauce

Total Time: 10 minutes

Serves: 1 cup

Ingredients:

- ½ c. soy sauce (homemade if possible)
- ½ c. mirin** (sweet rice wine)
- 2 Tbsp. white sugar

Directions:

1. Place ingredients in a saucepan and simmer for 5 minutes.
 2. Cool and store in an airtight container in the refrigerator.
- **You may substitute sake instead of mirin. You will find mirin in the Asian cooking aisle.
-

Healthy Ranch Dressing Seasoning Mix

Total Time: 5 minutes

Serves: ½ c. powder

Ingredients:

- ¼ c. dried parsley leaf
- 1 Tbsp. dill weed
- 1 Tbsp. garlic powder
- 1 Tbsp. onion powder
- ½ tsp. basil leaf (optional)
- ½ tsp. ground black pepper

Directions:

1. Mix all ingredients together in jar or food processor.
 2. Store in an airtight container.
 3. For Ranch Dressing: Mix 1 Tbsp. of this mix with ½ c. plain Greek yogurt and ¼ c. coconut milk.
-

Homemade Fajita Seasoning

Total Time: 5 minutes

Serves: ¾ c. powder

Ingredients:

- ¼ c. chili powder
- 2 Tbsp. sea salt
- 2 Tbsp. ground paprika
- 1 Tbsp. onion powder
- 2 tsp. garlic powder
- 1 tsp. cayenne powder, optional
- 2 Tbsp. cumin powder

Directions:

1. Add all spices to a bowl or jar and mix well. Store in airtight container.
 2. Use about 1 tsp. per chicken breast or steak when making fajitas.
-

Homemade Chili Seasoning

Total Time: 5 minutes

Serves: 1 ½ c. powder

Ingredients:

- ½ c. chili powder
- ¼ c. garlic powder
- ¼ c. cumin
- 3 Tbsp. onion powder
- 2 Tbsp. oregano
- 2 Tbsp. paprika
- 1 Tbsp. thyme, optional

Directions:

1. Mix all ingredients and store in a glass jar.
-

Homemade Taco Seasoning

Total Time: 5 minutes

Serves: 1

Ingredients:

- 2 tsp. hot chili powder
- 1 ½ tsp. paprika
- 1 tsp. onion powder
- ½ tsp. sea salt
- ½ tsp. garlic powder
- ½ tsp. ground cumin
- ½ tsp. oregano
- ¼ tsp. freshly ground black pepper
- 1 pinch cayenne pepper, optional
- 1 pinch red pepper flakes, optional

Directions:

- Mix ingredients in a bowl.
-

Frozen Strawberry Squares

Total Time: 40 minutes

Serves: 12

Ingredients:

- 1 c. almond flour
- ¼ c. brown sugar
- ¼ c. chopped almonds (or other nuts)
- ½ c. melted butter, unsalted
- 2 egg whites
- ½ c. coconut sugar
- 10 oz. whipping cream
- 2 Tbsp. fresh lemon juice
- 2 c. sliced fresh crushed strawberries

Directions:

1. Preheat oven to 325 °F.
 2. Combine flour brown sugar, almonds and melted butter and spread in 8x8" pan. Bake at 325 °F for 20 minutes. Stir a couple of times. Cool.
 3. Once cooled, evenly press ⅓ of the mixture in the 8x8" pan to create crust.
 4. Beat egg whites and granulated sugar until stiff.
 5. Beat whipping cream until soft peaks form.
 6. Gently combine, beaten egg whites, whipped cream, lemon juice, and crushed strawberries. Spread mixture over crust.
 7. Sprinkle remaining crust/crumb mixture on top.
 8. Freeze for 3-6 hours.
 9. Cut in squares to serve. Garnish with additional strawberries if desired.
-

Avocado Gelato

Total Time: 2.5 hours

Serves: 1

Ingredients:

- 2 Tbsp. chocolate protein powder
- ½ c. unsweetened almond milk
- 2 Tbsp. unsweetened cocoa powder
- ¼ c. avocado (cut in cubes)
- 1 Tbsp. unsweetened coconut flakes
- 1 drop stevia, chocolate flavor
- 1 tsp. coconut butter

Directions:

1. In a blender, mix all the ingredients except coconut flakes. Blend until creamy and smooth. Mixture should be very thick!
 2. Smooth entire contents into a cake pan or drop in tablespoon-sized balls (like cookies, but a little thinner) onto a cookie sheet. Note that it is easier to spread the mixture into a cake pan, but it is a little more challenging to cut it after it has been frozen. Dropping onto a cookie sheet can be a little messy, but it is easier to grab and eat after freezing.
 3. Sprinkle coconut over the top.
 4. Place cake pan or cookie sheet in the freezer for at least 2 hours until frozen.
-

Chocolate Covered Strawberry Mousse

Total Time: 1.5 hours

Serves: 1

Ingredients:

- 4oz. firm, silken tofu
- ¼ c. unsweetened almond milk
- 1 Tbsp. carob powder
- 1 Tbsp. almond butter with salt
- ¼ c. sliced strawberries
- 1 drop stevia, vanilla flavor optional
- 1 Tbsp. whipped non-dairy cream

Directions:

1. Place sliced strawberries in the bottom of a dessert dish or in an individual dessert bowl.
 2. Put tofu, almond milk, carob powder, almond butter and stevia into a blender. Blend until smooth and creamy.
 3. Pour mousse on top of strawberry slices. Chill for at least one hour.
 4. Top dessert with a small amount of non-dairy whipped cream. Place one strawberry on top.
-

Chocolate Covered Berries

Total Time: 10 minutes

Serves: 2-4

Ingredients:

- 2 dark chocolate bars, minimum 72% cacao
- 2 Tbsp. toasted flax seeds
- 2 c. fresh blueberries, rinsed and dried

Directions:

1. Melt chocolate in a metal bowl set over a pan of simmering water. Stir frequently until melted and smooth. Stir in Flax Seeds if not using Beyond Organic Chocolate.
 2. Remove from the heat.
 3. Line a baking sheet with waxed paper.
 4. Add blueberries to the chocolate, and stir gently to coat. Spoon small clumps of blueberries onto the waxed paper. Refrigerate until firm, about 10 minutes. Store in a cool place in an airtight container. These will last about 2 days.
-

Banana Raisin Cookies

Total Time: 30 minutes

Serves: 4

Ingredients:

- 3 ripe bananas
- ¼ c. applesauce
- 3 c. almond meal
- ½ c. coconut flour
- ¼ c. coconut flakes
- ¼ c. coconut milk
- ½ c. raisins
- 1 tsp. vanilla
- 1 tsp. cinnamon

Directions:

1. Preheat oven to 350 °F.
 2. In a large bowl, mash the bananas until you get a puree. Then add the remaining ingredients and combine until smooth.
 3. On a parchment-covered cooking sheet, drop large spoonfuls of the cookie mixture.
 4. Place the cookie sheet in the oven and bake 25-30 minutes or until golden. Serve warm.
-

Flourless Brownies

Total Time: 45 minutes

Serves: 4

Ingredients:

- 2 c. shredded zucchini
- 1 c. almond butter
- 1 ½ c. dark chocolate chips
- 1 egg
- ⅓ c. raw honey
- ¼ c. applesauce
- 2 tsp. vanilla extract
- 3 Tbsp. cocoa powder
- 1 tsp. baking powder

Directions:

1. Preheat oven to 350 °F.
 2. In a food processor, combine all the ingredients and process.
 3. Pour the brownie mixture into a parchment paper lined pan.
 4. Place in the oven and bake for 45 minutes.
 5. Wait until the brownies are cool before cutting and removing from the pan.
-

Soothing Ginger-Lemon Tea

Total Time: 5 minutes

Serves: 5

Ingredients:

- 6 cups water
- 8 2½ x 1-inch strips lemon peel
- 2-inch piece peeled ginger, thinly sliced
- 3 green tea bags
- lemon slices (optional)

Directions:

1. In a large saucepan bring the water, lemon strips, and ginger to boiling; reduce heat. Simmer 10 minutes. Using a slotted spoon, remove lemon and ginger.
2. Place tea bags in a teapot and immediately add simmering lemon-infused water. Cover and let steep 1-3 minutes. Remove tea bag, squeezing gently.
3. Serve immediately in heatproof glass mugs or cups. If desired, sweeten to taste with Stevia or Truvia and serve with lemon slices.

Tip: Remove lemon peel with a vegetable peeler. If necessary, use a sharp knife to scrape off any white pith that remains on the peel, as this can cause bitterness.

Orange-Earl Grey Iced Tea

Total Time: 10 minutes

Serves: 8

Ingredients:

- ¼ c. loose Early Grey tea, or 12 Earl Grey tea bags
- Peel of 1 orange
- 4 cups boiling water
- ¾ c. orange juice
- ¼ c. Stevia or Truvia
- 4 cups cold water
- sliced oranges for garnish, optional

Directions:

1. Steep loose tea (or tea bags) and orange peel in boiling water for 3-5 minutes.
 2. Strain the tea and pour into a large pitcher. Stir in orange juice and sugar until the sugar is dissolved. Add cold water. Refrigerate until chilled, about 2 hours. Serve over ice with orange wedges, if desired. Refrigerate for up to 1 week.
-

Pineapple-Mint Ginger Water

Total Time: 4 hours (10-minute prep)

Serves: 2 quarts

Ingredients:

- 4 cups thinly sliced pineapple
- 5 sprigs mint
- 8 round slices ginger
- 2 quarts water

Directions:

1. Place ingredients in a pitcher. For still infused water, add 2 quarts of water. For sparkling water, add 1 quart of seltzer during prep and a second quart just before serving.
 2. Refrigerate 2-4 hours to allow the ingredients in infuse. Stir well and strain, discarding the solids.
 3. For serving, add plenty of ice. The infused water will keep refrigerated for up to 2 days.
-

Tomato-Basil Water

Total Time: 4 hours (10-minute prep)

Serves: 2 quarts

Ingredients:

- 1 diced beefsteak tomato
- 3 sprigs fresh basil
- 2 quarts water

Directions:

1. Place ingredients in a pitcher. For still infused water, add 2 quarts of water. For sparkling water, add 1 quart of seltzer during prep and a second quart just before serving.
 2. Refrigerate 2-4 hours to allow the ingredients in infuse. Stir well and strain, discarding the solids.
 3. For serving, add plenty of ice. The infused water will keep refrigerated for up to 2 days.
-

Strawberry-Cucumber Water

Total Time: 4 hours (10-minute prep)

Serves: 2 quarts

Ingredients:

- 8 oz. stemmed and thinly sliced strawberries
- ½ thinly sliced cucumber
- 2 quarts water

Directions:

1. Place ingredients in a pitcher. For still infused water, add 2 quarts of water. For sparkling water, add 1 quart of seltzer during prep and a second quart just before serving.
 2. Refrigerate 2-4 hours to allow the ingredients in infuse. Stir well and strain, discarding the solids.
 3. For serving, add plenty of ice. The infused water will keep refrigerated for up to 2 days.
-

Cucumber-Mint Water

Total Time: 4 hours (10-minute prep)

Serves: 2 quarts

Ingredients:

- 1 thinly sliced cucumber
- 3 sprigs fresh mint
- 2 quarts water

Directions:

1. Place ingredients in a pitcher. For still infused water, add 2 quarts of water. For sparkling water, add 1 quart of seltzer during prep and a second quart just before serving.
 2. Refrigerate 2-4 hours to allow the ingredients in infuse. Stir well and strain, discarding the solids.
 3. For serving, add plenty of ice. The infused water will keep refrigerated for up to 2 days.
-

Detox Drink

Total Time: 2 minutes

Serves: 1

Ingredients:

- 4 oz. coconut water
- 4 oz. filtered water
- 2 Tbsp. fresh squeezed lemon juice
- 2 Tbsp. apple cider vinegar
- 1 tsp. Stevia or Truvia
- ½ tsp. cinnamon
- dash of cayenne pepper

Directions:

1. Mix and drink.
-

Lemonade/Limeade

Total Time: 5

Serves: 8

Ingredients:

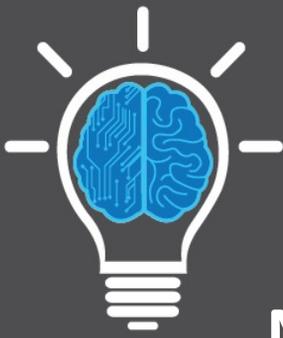
- 5 cups water
- 1 c. fresh lemon juice
- 24 packets (½ c.) Truvia or Stevia
- Ice cubes for serving
- Optional: fresh mint sprigs, raspberries, or lemon slices for garnish

Directions:

1. Stir water, lemon juice and sweetener in a large pitcher until completely dissolved.
 2. Serve over ice, garnish with mint (or berries) and lemon is desired.
- Note: For limeade, substitute 1 c. fresh lime juice for lemon juice.
-

Nootropic Nutritional Supplements





Functional Brain Performance Center

Natural, long term solution to optimize brain function

Nootropic Supplements

Nootropics: Drugs, supplements, and other substances that may improve cognitive function, particularly executive functions, memory, creativity, or motivation, in healthy individuals.

Overall Brain Support Nootropics (Recommended)



Mitocore Provides essential vitamins, minerals, antioxidants, and amino acids to support and fuel healthy brain and mitochondrial function.

Dosing: Week 1: 1 capsule at breakfast / 1 capsule at lunch
Week 2: 2 capsules at breakfast / 1 capsule at lunch
Week 3+: 2 capsules at breakfast / 2 capsules at lunch



Fish Oil / Omega 3 Fatty Acids

Provides essential omega 3 EPA and DHA fatty acids for brain function and development.

Dosing: 2 to 3 capsules breakfast / 2 to 3 capsules before bed



Therbiotic Complete Probiotic

Provides 12 essential bacterial strains of Lactobacillus (7), Bifidobacterium (4), and Streptococcus (1) to support balanced gut bacteria for gastrointestinal, immune, and brain health.

Dosing: 1 to 2 capsules before bed on empty stomach



Neuromag (Magnesium Threonate)

Mg Threonate is the only form of Magnesium to cross the blood brain barrier and is essential for brain function and production of all neurotransmitters.

Dosing: 3 capsules / 30 minutes before bed

Cognitive / Neurotransmitter Support Nootropics



CogniAid: Herbal formula designed to support healthy cognition, mood, and memory. Supports Acetylcholine levels and healthy neuron and nerve impulse transmission.

Dosing: 2 capsules daily (1 capsule at breakfast / 1 capsule at lunch)



DopaBoost: Support the body's natural production of dopamine.

Dopamine supports attention, leaning, motivation, balance, and mood regulation.

Dosing: 2 capsules daily with breakfast.



Brain Vitale: Optimizes brain function for healthy cognitive function,

balanced mood, and improved memory. Brain supportive nutrients that support Acetylcholine production and decrease Cortisol hormone levels.

Dosing: 2 capsules daily with breakfast



L-Theanine: Free-form amino acid that crosses the blood brain barrier and mimics the neurotransmitter GABA. Promotes feelings of calm and relaxation.

Dosing: Capsules: 1 to 2 capsules (100mg each) as needed. Has calming effect for 4 to 6 hours / 20 to 30 minutes to notice effect.

Dosing: Liquid: 1 to 2 droppers (100mg each) as needed. Has calming effect for 4 to 6 hours / 10 minutes to notice effect. (Faster acting)



CBD Oil

CANNAB-FS 300: Full spectrum phytocannabinoids used to treat anxiety, sleep disorders, seizure/tic disorders, and chronic pain.

Dosing: 10 mg per serving: 1 to 2 servings daily.

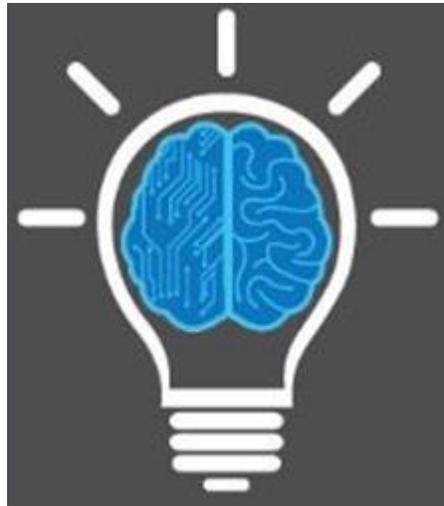


CANNAB-FS 450: Full spectrum phytocannabinoids used to treat anxiety, sleep disorders, seizure/tic disorders, and chronic pain.

Dosing: 15 mg per serving: 1 to 2 servings daily.



BRAIN-BODY TRAINING ROUTINE



Brain /Body Workouts

Workout 1: Yoga / stretching

- Lotus
- Downward Facing Dog
- Upward Facing Dog
- Child Pose
- Bridge

Workout 2: Yoga / Stretch

- Tree Pose
- Side Plank
- Mountain
- Triangle
- Bridge Pose

Workout 3: Core

- Bridges
- Full range Sit-Ups
- V-Twists
- Bird Dogs
- Planks

Workout 4: Core

- Prone Back Extensions
- Ab Rocking
- Crunches
- Reverse Crunches
- Planks

Workout 5: Strength

- Pushups (modified)
- Bench Dips
- High Knees
- Squats

Workout 6: Strength / Movement

- Jump Squats
- Mountain Climbers
- Plank Pushups
- Planks

Workout 7: Strength / Movement

- Pushups
- Dips
- Jumping Jacks
- X-squats



Functional Brain Performance Center

Natural, long term solution to optimize brain function

LENS Neurofeedback

Gut-Brain Axis Function

EXERCISE GUIDELINES

- Perform all exercises in a controlled manner. Concentrate on good form.
- Workouts should take around 10 minutes to complete.
- Perform cardio activities after Brain/Body Workouts.
- If unable to complete the recommended sets and repetitions, then adjust accordingly to your capabilities.
- Consult your physician before beginning any exercise routine.

Workout 1 & 2: Yoga/Stretch

- Start with first pose and hold for recommended time. Then proceed to next pose.
- Perform 2 workout cycles.

Workouts 3-7: Core, Strength, and Movement

- Start with first exercise for recommended repetitions. Then proceed to next exercise.
- Rest between 15 to 20 seconds between exercises.
- Perform 2 to 4 workout cycles.

Cardiovascular Activities

- Any activity that sustains elevated heart rate for more than 10 minutes is acceptable.

Brain / Body Weekly Workout Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WK1	Workout 1 (4 x 30 sec)	Workout 3 (2 cycles)	Cardio	Workout 4 (2 cycles)	Workout 2 (3 x 30 sec)	Cardio	Cardio
WK2	Workout 1 (3 x 45 sec)	Workout 3 (2 cycles)	Cardio	Workout 5 (2 cycles)	Workout 2 (3 x 30 sec)	Cardio	Cardio
WK3	Workout 1 (3 x 45 sec)	Workout 4 (2 cycles)	Cardio	Workout 7 (2 cycles)	Workout 2 (3 x 45 sec)	Cardio	Cardio
WK4	Workout 3 (2 cycles)	Workout 6 (2 cycles)	Cardio	Workout 4 (2 cycles)	Workout 7 (2 cycles)	Cardio	Cardio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WK5	Workout 1 (2 x 1 min)	Workout 5 (3 cycles)	Workout 3 (3 cycles)	Workout 6 (3 cycles)	Workout 2 (2 x 1 min)	Cardio	Cardio
WK6	Workout 1 (2 x 1 min)	Workout 7 (3 cycles)	Workout 4 (3 cycles)	Workout 5 (3 cycles)	Workout 2 (2 x 1 min)	Cardio	Cardio
WK7	Workout 1 (2 x 1 min)	Workout 3 (3 cycles)	Workout 6 (3 cycles)	Workout 4 (3 cycles)	Workout 2 (2 x 1 min)	Cardio	Cardio
WK8	Workout 1 (2 x 1 min)	Workout 7 (3 cycles)	Workout 6 (3 cycles)	Workout 5 (3 cycles)	Workout 2 (2 x 1 min)	Cardio	Cardio

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WK9	Workout 1 (2 x 1 min)	Workout 3 (4 cycles)	Cardio	Workout 4 (4 cycles)	Workout 2 (2 x 1 min)	Cardio	Cardio
WK10	Workout 1 (2 x 1 min)	Workout 5 (4 cycles)	Workout 4 (4 cycles)	Workout 7 (4 cycles)	Workout 2 (2 x 1 min)	Cardio	Cardio
WK11	Workout 1 (2 x 1 min)	Workout 6 (4 cycles)	Workout 3 (4 cycles)	Workout 7 (4 cycles)	Workout 2 (2 x 1 min)	Cardio	Cardio
WK12	Workout 1 (2 x 1 min)	Workout 5 (4 cycles)	Workout 6 (4 cycles)	Workout 7 (4 cycles)	Workout 2 (2 x 1 min)	Cardio	Cardio

Workout 1 Yoga / Stretch



Lotus Pose



Downward Dog



Upward Dog



Child Pose



Bridge Pose

Workout 2 Yoga / Stretch



Tree Pose



Side Plank



Mountain



Triangle Pose



Bridge Pose 84

Workout 3: Core

BRIDGES

- Keeping head on floor, lift hips upwards and hold on top for 1 sec. Repeat.
- Perform 20 repetitions



FULL RANGE SIT-UPS

- Start with back flat on floor, curl up until chest comes to knees, then lower to floor.
- Perform 20 repetitions



V-TWISTS

- Keep feet on floor with arms out straight. Lean back and hold body at 45 degree angle.
- Rotate side to side.
- Perform 30 repetitions (each side counts as 1)



BIRD DOGS

- Start on all 4's with back flat.
- Keep back in a flat position while extending opposite arm / leg.
- Lower and alternate on opposite side.
- Perform 20 reps (10 each side)



PLANKS

- Position body on toes and elbows and hold in straight body position.
- Concentrate on holding abdominals in tight during motion.
- Hold position for 20 seconds.



Workout 4: Core

PRONE BACK EXTENSIONS

- Lay face down on floor with hands to sides.
- Keep neck straight and raise chest/shoulders up of mat and tighten lower back. Lower slowly.
- Perform 15 repetitions



AB ROCKING

- Start with arms and legs out straight and elevated.
- Tighten lower back and hold body in U position.
- Use momentum to start rocking stable body up and down.
- Perform 20 rocking motions



CRUNCHES

- With knees bent and feet on floor, raise shoulders up off mat to contracted ab position.
- Lower down until you just stop feeling ab contractions. Stay in that range.
- Perform 20 repetitions



REVERSE CRUNCHES

- Keep head down on mat.
- Pull knees inward and roll hips off of mat. Return to start position.
- Perform 20 repetitions



PLANKS

- Position body on toes and elbows and hold in straight body position.
- Concentrate on holding abdominals in tight during motion.
- Hold position for 20 seconds.



Workout 5: Strength

PUSHUPS (Modified or Regular)

- Keep hands even with shoulders.
- Lower body down until 90 degree angle at elbow. Push up to start position.
- Perform 15 repetitions



BENCH DIPS

- Position hands on bench just outside of hips.
- Bend elbows to lower body, keeping body close to bench.
- Press up, concentrating on triceps doing the work.
- Perform 15 repetitions



HIGH KNEES

- Concentrate on keeping good posture through movement with shoulders back and maintaining concave arch in lower back.
- Pull knee straight up towards chest and swing up opposite arm. Alternate to other side.
- Perform in a fast, rhythmic pace.
- Perform 50 repetitions. Each knee up counts as 1 repetition.



SQUATS

- Maintain good posture with arms out in front of body for balance.
- Squat hips down, staying back on heels. Raise up to start position.
- Perform 20 repetitions



Workout 6: Strength/Movement

JUMP SQUATS

- Lower body down into squat position, staying back on heels.
- Swing arms up and explode upwards jumping as high as possible.
- When feet hit ground, go right back down into squat position to ease stress on knees.
- Perform 15 repetitions



MOUNTAIN CLIMBERS

- Keeping arms straight, step forward with one foot, keeping opposite leg straight.
- Step forward with opposite leg and repeat alternating sides.
- Perform in a fast, rhythmic pace
- Perform 40 repetitions. Each step counts as 1.



PLANK PUSHUPS

- Start in plank position.
- Keeping body stable, bring one hand out to side into pushup position, then other side and press up.
- Repeat motion back into plank position.
- Perform in a fast, rhythmic pace.
- Perform 15 repetitions.



PLANKS

- Position body on toes and elbows and hold in straight body position.
- Concentrate on holding abdominals in tight during motion.
- Hold position for 20 seconds.



Workout 7: Strength/Movement

PUSHUPS (Modified or Regular)

- Keep hands even with shoulders.
- Lower body down until 90 degree angle at elbow. Push up to start position.
- Perform 15 repetitions



BENCH DIPS

- Position hands on bench just outside of hips.
- Bend elbows to lower body, keeping body close to bench.
- Press up, concentrating on triceps doing the work.
- Perform 15 repetitions



JUMPING JACKS

- Start with arms to sides and feet together.
- Jump up and bring legs out wide and arms overhead.
- Jump back to start position.
- Perform 40 repetitions.



SPLIT SQUAT JUMPS

- Start in bottom position with 90 degree angle at knees.
- Jump up and alternate foot positioning front to back. Repeat.
- Perform in a fast, rhythmic pace.
- Perform 20 repetitions.



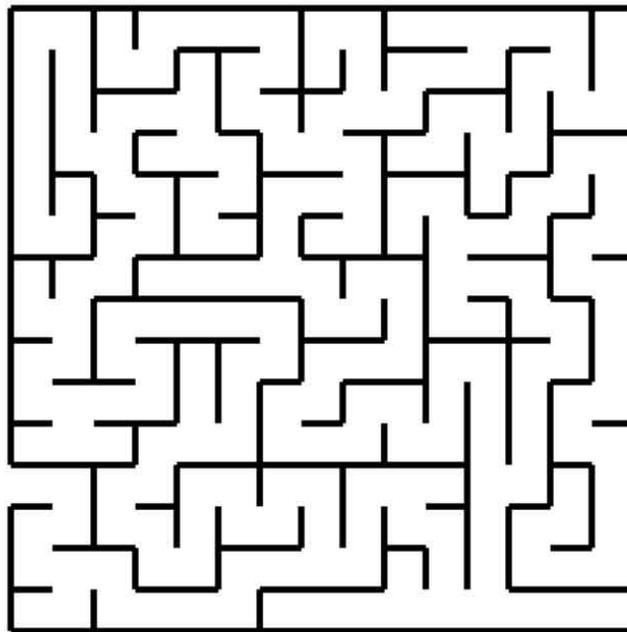
COGNITIVE ENHANCEMENT ACTIVITIES AND RESOURCES



Sudoku

5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9

Mazes



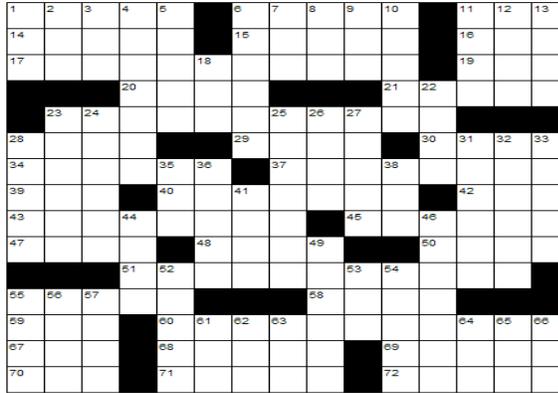
Crossword Puzzles

#1 - NOPE! KEEP LOOKING!

by David Levinson Wilk

ACROSS

1. Unexpected hangups
6. Exposes
11. Candy from a dispenser
14. Cupid's projectile
15. Movado competitor
16. Fruity drink
17. Highly sought-after item for many city dwellers
19. Even score
20. Pay to play
21. Result of cremation
23. Nope! Keep looking!
28. Gulp for air
29. Chimney buildup
30. National Endowment for the _____
34. Charges
37. Neighbors of Venezuelans
39. Singer DiFranco
40. Nope! Keep looking!
42. Fido or Fluffy
43. Vice President James _____ Quayle
45. Letter-shaped fasteners
47. One of Chekhov's "Three Sisters"
48. Relative of "aaah"
50. Spanish house
51. Nope! Keep looking!
55. MTV airing
58. In the public eye
59. _____ Canals
60. It may not be highly sought after, but it's a solution
67. Stop for the night



© 2005, ACPT

- | | | |
|-----------------------------|---|--|
| 68. DVD player option | 23. Pertaining to the animal life of a region | 46. Supreme Court justice who appeared in the 1987 documentary "Gap-Toothed Women" |
| 69. Unleashed | 24. In sports it has a top and a bottom | 49. Hurry |
| 70. Illiterates' signatures | 25. Event that a boxer might win | 52. Zing |
| 71. Safe spot | 26. Give a drubbing | 53. "So's _____ old man!" |
| 72. Mex. misses | 27. "Here's looking _____" | 54. Enthusiasms |
| | 28. Madrid museum | 55. Fair-sized auto engine |
| | 31. Map out again | 56. Actress Skye |
| | 32. Fly over Africa? | 57. Puts on |
| | 33. _____ good example (does admirably) | 61. Stop before the majors, perhaps |
| | 35. Blood letters | 62. Isuzu Rodeo, e.g. |
| | 36. Author Scott | 63. NNW's opposite |
| | 38. N.Y.P.D. alert | 64. Drunkard |
| | 41. Old Greek portico | 65. "This _____ bust!" |
| | 44. Kismet | 66. Your: Fr. |

DOWN

1. Drain
2. Gun owners' org.
3. The "A" in E.T.A.: Abbr.
4. Fun racers
5. Hogs
6. Finishes one over par
7. Mornings, briefly
8. Weightlifting unit
9. Kind of trip
10. He's so tempting
11. Route
12. Actress McClurg
13. Marks of Zorro
18. Utmost
22. "South Park" boy

Math Puzzles



Can You Solve This?

Use your math skills to find the value of each icon and the '?'



$$21 = \text{guy} + \text{guy} + \text{ship}$$

$$\text{anchor} + \text{map} + \text{anchor} = 13$$

$$6 = \text{map} + \text{map}$$

$$\text{anchor} + \text{ship} = 9$$

$$14 = \text{guy} + \text{ship}$$

$$\text{ship} + \text{guy} + \text{map} + \text{ship} = ?$$

You can download more free math puzzles at www.mashupmath.com

Online or Cell Phone Apps for Cognitive Enhancement

Left vs Right: A Brain Training Game

Description: Exercise your grey matter every day with Left vs Right. Games are designed to test awareness, adaptability, reflex, reasoning, precision, and patience. Left vs. Right includes 29 total games that test and train your brain in one or more of 6 categories.

Website: www.lvrbrain.com

Lumosity – Brain Training

Description: Used by over 85 million people worldwide. Lumosity offers a comprehensive brain training program with 25+ brain games. Start challenging your memory, attention, and more.

Website: www.lumosity.com

Elevate – Brain Training

Description: Elevate is a brain training program designed to improve focus, speaking abilities, processing speed, memory, and math.

Website: www.elevateapp.com

Khan Academy: You Can Learn Anything

Description: Khan Academy allows you to learn almost anything for free

Website: www.khanacademy.org

Fit Brains Trainer

Description: Fit Brain Trainer has been ranked the #1 education app in over 90 countries. The only comprehensive brain trainer that can stimulate your IQ and EQ (cognitive & emotional intelligence). Fit Brains Trainer is an award-winning personalized brain games app that challenges you to perform at your best. The free brain fitness system has 60+ fun games, 500+ workout sessions, and in-depth performance reports. Discover an easy and quick way to stimulate your mind.

Website: <https://five.agency/projects/brain-trainer/>

Peak – Brain Training

Description: Reach peak performance with over 40 unique games, each one developed by neuroscientists and game experts to challenge your cognitive skills and push you further. Use Coach, the personal trainer for your brain, to find the right workout for you at the right time. Choose from Coach's best recommendations to push your skills to the max. Or take contextual workouts like Coffee Break if you're short on time. Coach will help you track your progress using in-depth insights and keep you going when you need it most.

Website: www.peak.net

CogniFit Brain Fitness

Description: Play different brain games to challenge your mind and train your cognitive skills like you never did before.

Website: www.cognifit.com

Math Brain Booster – Drills and Mind Teasers

Description: With this app you'll improve attention, reaction, and velocity of mind. Just run and solve simple tasks with time limit.

Website: <https://edshelf.com/tool/math-brain-booster/>

Mind Games – Brain Training Games

Description: Mind Games is a great collection of games based in part on principles derived from cognitive tasks to help you practice different mental skills. This app includes a handful of free games. Additionally, there are a number of trial games included that can be played 3 times. All games include your score history and a graph of your progress. Using some principles of standardized testing, your scores are also converted to a standardized scale so that you can see where you need work and excel.

Website: www.mindgames.mindware.mobi

Brain HQ: Brain Exercises, Brain Training, Brain Health

Description: Think faster, focus better, and remember more with BrainHQ – Improve your brain health with clinically proven brain training exercises

Website: www.brainhq.com

Eidetic – Learn & Remember Anything

Description: Eidetic uses a technique called spaced repetition to help you memorize anything from important phone numbers to interesting words or facts. It works differently from typical brain training apps by using items that have meaning and context.

Website: www.eideticapp.com

Online or Cell Phone Apps for Relaxation/Mindfulness/Stress Management

Personal Zen

Description: Personal Zen is a scientifically-validated app for reducing stress and anxiety. Based on 20 years of brain training and anxiety-reduction research, it effectively boosts stress resilience and decreases anxiety when used only a few minutes a day, a few days a week.

Personal Zen is clinically proven to reduce stress by just playing a fun game. Built by a team of leading neuroscientist and mobile developers, playing Personal Zen actually retrains your brain to lower stress and anxiety. Just like exercising for physical health, we can exercise our brain for better mental health and wellness.

Website: www.personalzen.com

Buddhify – Modern Mindfulness for Busy Lives

Description: Practical, playful, and beautifully-designed, Buddhify increases your wellbeing by teaching you mindfulness-based meditation on the go. Buddhify gives you a simple, but effective way to bring more mindfulness and calm to your day.

Website: www.buddhify.com

HelloMind: Hypnotherapy and Relaxation Meditation

Description: Unhealthy habits and unhelpful thought patterns sometimes hold us back in life and prevent us from enjoying things to the fullest. The good news is these negative patters can be broken or eliminated. HelloMind helps you battle issues like stress, bad sleep, weight gain, and low self-esteem. Choose a treatment, then relax and listen to the sessions with your headphones. HelloMind helps you take back control; the app can improve your motivation and enjoyment of life.

Website: www.hellomind.com

Happify – Activities & Games for Stress & Anxiety

Description: How you feel matters. Whether you're feeling stressed, anxious, depressed, or you're dealing with constant negative thoughts, Happify brings you effective tools and programs to take control of your emotional wellbeing. Proven techniques are developed by leading scientists and experts who've been studying evidence-based interventions in the fields of positive psychology, mindfulness, and cognitive behavioral therapy for decades. 86% of people who use Happify regularly report feeling better about their lives in 2 months!

Website: www.happify.com

MindShift

Description: MindShift is an app designed to help teens and adults cope with anxiety. It can help you change how you think about anxiety. Rather than trying to avoid anxiety, you can make an important shift and face it.

MindShift will help you learn how to relax, develop more helpful ways of thinking, and identify active steps that will help you take charge of your anxiety. This app includes strategies to deal with everyday anxiety, as well as specific tools to tackle: Sleep, riding out intense emotions, perfectionism, social anxiety, performance anxiety, worry, panic, and conflict.

Website: <https://anxietycanada.com/resources/mindshift-cbt/>

SuperBetter

Description: Proven results in just 10 minutes a day. SuperBetter increases resilience- the ability to stay strong, motivated, and optimistic even in the face of difficult obstacles. Playing SuperBetter makes you more capable of getting through any tough situation – and more likely to achieve the goals that matter most to you.

Website: www.superbetter.com

Stop, Breath & Think: Meditation and Mindfulness

Description: Stop, Breathe & Think is an award-winning mindfulness and meditation app that is simple, fun, and easy to use. Check in to how you are thinking and feeling, and get recommended guided meditations, yoga, and acupuncture videos tuned to your emotions.

Website: www.stopbreathethink.org

Positive Activity Jackpot

Description: PAJ uses a behavioral therapy called pleasant event scheduling (PES), which is used to overcome depression and build resilience. This app features augmented reality technology to help users find nearby enjoyable activities and makes activity suggestions with local options and the ability to invite friends. If you cannot make up your mind which fun thing to do, “pull the lever” and let the app’s jackpot function make the choice for you. While this app does not require clinical training to use, it should not be used as a substitute for treatment by a therapist.

Website: <https://positive-activity-jackpot.soft112.com/>

Swipes – To Do & Task List. Plan & Achieve Goals.

Description: Swipes help you automatically collect all your tasks in one place, organize them according to your personal priorities and then work on a single task at a time to achieve better focus. The task management tool, which is fully-integrated with Gmail and Evernote, is used by high achieving individuals and companies in more than 140 countries around the world.

Based on gestures and smart integrations, Swipes lets you plan your day, focusing on what’s really important. It utilizes the best of technology and design to naturally guide you to improve your habits and workflow, so you get a success experience of completing your tasks for the day rather than storing plans into lists. The tool stands on the shoulders of a powerful productivity concepts called the Swipes Way – Collect, Organize, Take Action.

Website: www.swipesapp.com

Sanvello - Stress & Anxiety

Description: Stress, anxiety, and depression can get in the way of you living your life. Pacifica gives you psychologist-designed tools to address them based on Cognitive Behavioral Therapy, mindfulness meditation, relaxation, and mood/health tracking.

Stress, anxiety, and depression are caused by an ongoing cycle of negative thoughts. Thoughts cause physical feelings and emotions which cause actions. Pacifica helps break this cycle using tools that target each of its components. Day-by-day, you'll learn to manage stress, anxiety and depression at your own pace. We’re not about quick-fixes or false promises. We are about real progress, a day at a time.

Website: www.sanvello.com

Self-help Anxiety Management

Description: SAM is a friendly app that offers a range of self-help methods for people who are serious about learning to manage their anxiety.

SAM has been developed by a university team of psychologists, computer scientists and student users. Established methods of self-help have been combined with high standards of usability to provide an engaging, flexible, and practical resource.

Website: www.sam-app.org.uk/

Calm - Meditate, Sleep, Relax

Description: Calm is the #1 app for mindfulness and meditation to bring more clarity, joy and peace to your daily life. Start your journey to a calmer mind with the app that's trusted by millions and featured in the New York Times. Calm is the perfect meditation app for beginners, but also includes hundreds of programs for intermediate and advanced meditators and gurus.

Guided meditation sessions are available in lengths of 3, 5, 10, 15, 20 or 25 minutes so you can choose the perfect length to fit with your schedule.

Website: www.calm.com

Headspace – Meditation

Description: Using proven meditation and mindfulness techniques we'll show you how to train your mind for a healthier, happier, more enjoyable life.

Starting with our free Take10 program, we'll teach you the basics of meditation in just 10 minutes a day. If you enjoy Take10 and want to learn more, then you can choose to continue and get access to hundreds of hours of original meditations, including guided and unguided, ranging from 2 to 60 minutes.

Website: www.headspace.com

7 Cups: Anxiety & Stress Chat

Description: Feeling worried, sad, stressed or lonely? Need to talk to someone? Download 7 Cups now for FREE anonymous emotional support & counseling from trained active listeners. Easy to use text chat. Real listeners available for you 24/7 & that's not all:

- Chat 1-1 with a listener any time
- Calm yourself with 300 free mindfulness exercises
- Boost your mood with simple activities
- Learn & grow from short videos
- Feel supported in chat rooms & community forums
- Access online message therapy with licensed therapists

Website: www.7cups.com



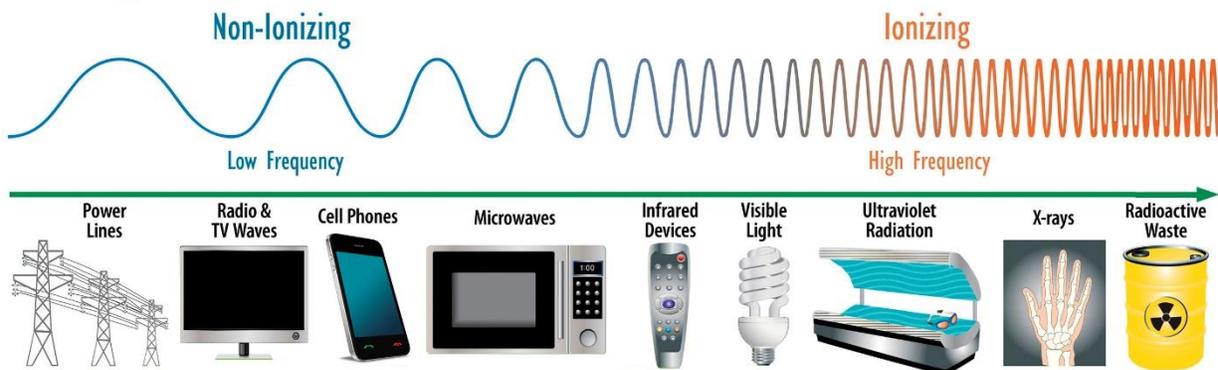
Functional Brain Performance Center

Natural, long term solution to optimize brain function

What is Electromagnetic Radiation (EMR)?

Electromagnetic radiation (EMR) is a kind of radiation including visible light, radio waves, gamma rays, and X-rays, in which electric and magnetic fields vary simultaneously. EMR is radiation that has both electric and magnetic fields that travels in waves and varies in strength from low energy to high energy. Low-level radiation has previously been viewed as harmless to humans, whereas high-level radiation has the potential for cellular and DNA damage. Current research is now showing that low-level has a much higher potential for causing cellular and DNA damage than previously thought.

Electromagnetic Spectrum



Current Increase in EMR Toxicity

Due to the recent popularity of wireless devices, there has been an increasing amount of research on the health effects caused by EMR from cell phones and wireless devices. Some research focuses on the link between EMR exposure and changes in the immune system, cognitive function, sleep, blood pressure, fertility, and behavioral effects. Other research has studied the connection between wireless device exposure and cancer. The reason for all this research is that even when not in use, wireless devices are constantly emitting electromagnetic

radiation as they attempt to connect to cell towers or Wi-Fi routers. This constant emission has a direct influence on our brain wave function and neurological networks and can cause health issues if we aren't careful. Due to the apparent dangers wireless devices emit, we encourage everyone to practice safe cell phone and wireless device usage.

Tips to Limit Your Electromagnetic Radiation Exposure

Cell phones and other wireless devices emit EMR at all times, continually checking in to the nearest cell tower or Wi-Fi router, regardless of if you are using it or not. The fine print on many devices recognizes this possible danger and indicates the distance your body should be from the device.

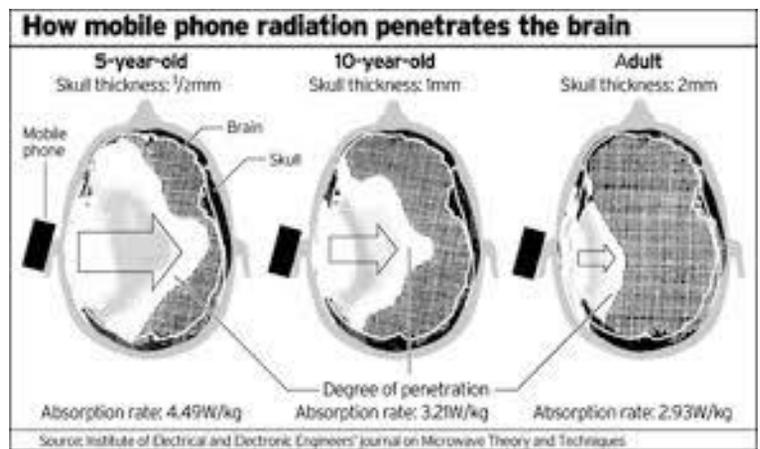
Electromagnetic radiation is all around us and seemingly impossible to avoid altogether. So, how can we keep ourselves safe if it is considered unsafe? Here are some helpful tips to try to reduce your EMR exposure:

- 1. Increase the distance from sources of EMR.**
 - a. The strength of radiation decreases the further away from the device you are using – even increasing your distance by inches makes a difference.
 - b. Talk on your cell phone through speaker phone or a wired earpiece so your head is not touching the cell phone. Avoid storing your cell phone in your pocket or belt holster. Avoid sitting with your laptop on your lap.
 - c. Move the Wi-Fi router away from rooms that your family spends a lot of time in.
- 2. Keep the bedroom clear of as much EMR as possible.**
 - a. Charge cell phone away from bedroom.
 - b. DO NOT sleep with cell phone under pillow.
 - c. Consider turning off/unplugging Wi-Fi and other devices while not in use, like at night when asleep.
- 3. Power off wireless devices while driving.**
 - a. If you are moving in a car, the phone has to work even harder to check in to the local cell tower.
- 4. When giving a child a technology device like a cell phone/tablet/laptop, turn it to Airplane mode, turn Bluetooth off, and turn Wi-Fi off.**
 - a. Because the popularity of cell phones and tablets have been and will be around for most of their lives, try to limit EMR exposure around children as much as possible.
- 5. Eat a healthy diet, drink plenty of water, practice relaxation techniques, and exercise so your body can still fight amidst the dangers from EMR.**

Numerous health conditions are being linked to cell phone exposure

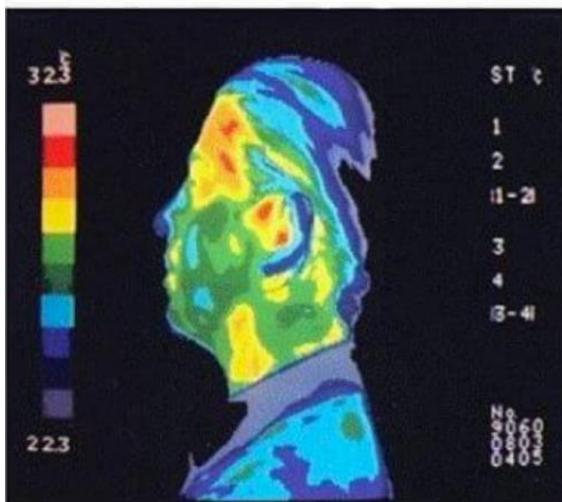


Limit child exposure to mobile phone usage

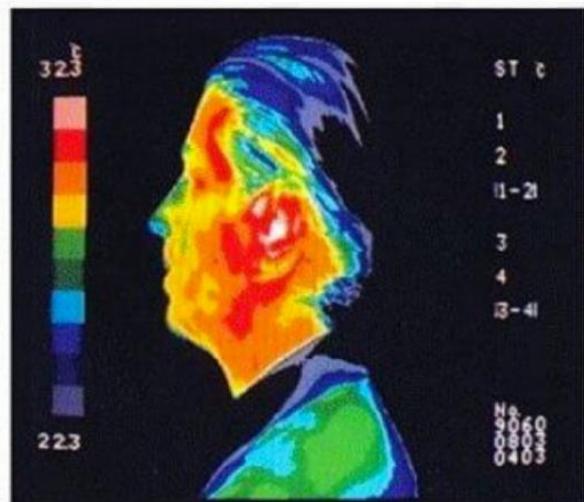


Thermal Effects

Heat Generated on the face by 15 minute of cell phone use due to their electromagnetic radiation



BEFORE USING A MOBILE PHONE



USING MOBILE PHONE FOR 15 MINUTES



10

Cell phone

SAFETY

tips



Journaling for the Week of:

Date: _____

Diet/Nutrition/Suppl.	Toxin Exposure
Food Choices: <input type="checkbox"/> Y <input type="checkbox"/> N	Processed Food/Beverages: <input type="checkbox"/> Y <input type="checkbox"/> N
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Stress Levels: (1-10) _____	Cardio: <input type="checkbox"/> Y <input type="checkbox"/> N
Deep Breathing: <input type="checkbox"/> Y <input type="checkbox"/> N	Strength Training: <input type="checkbox"/> Y <input type="checkbox"/> N
Sleep: _____ hrs.	Brain Activity Training: <input type="checkbox"/> Y <input type="checkbox"/> N

Journal: _____

Journaling for the Week of:

Date: _____

Diet/Nutrition/Suppl.	Toxin Exposure
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