

# **THE MICROBIOME DIET**

**THE SCIENTIFICALLY PROVEN WAY TO RESTORE YOUR GUT  
HEALTH AND ACHIEVE PERMANENT WEIGHT LOSS**

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## Meal Plans for the Microbiome Diet



### PHASE ONE

*\*Denotes recipes provided*

#### **WEEK 1**

##### **Day 1**

##### **Breakfast**

Sunrise Smoothie\*

##### **Snack**

Jicama and radish slices with sunflower seed butter

##### **Lunch**

Prebiotic Superfood Green Salad with Lemon Vinaigrette\*

##### **Snack**

Raspberries and blueberries with ten almonds

##### **Dinner**

Lemon Chicken Stew\*, 2 tablespoons kimchee

## **Day 2**

### **Breakfast**

Minted Fruit Salad with Brazil Nuts\*

### **Snack**

Celery and parsnip sticks with almond butter

### **Lunch**

Traditional Chicken Soup\*

### **Snack**

Curried Roasted Cauliflower\*

### **Dinner**

Pan-Roasted Salmon\* on Fennel Salad\* with Lemon Vinaigrette,\* watercress, and mixed greens,  
2½ tablespoons fermented beets or your choice of fermented vegetables

### **Day 3**

#### **Breakfast**

Half grapefruit and orange sections with cinnamon and strawberries

#### **Snack**

Cherry tomatoes and Jerusalem artichoke slices with sunflower seed butter

#### **Lunch**

Guacamole Smoothie\*

#### **Snack**

Curried Roasted Cauliflower\* (use leftovers from Day 2)

#### **Dinner**

Beef, Beer, and Onion Stew\*, 3 tablespoons your choice of fermented vegetables

## **Day 4**

### **Breakfast**

Sunrise Smoothie\*

### **Snack**

Tomato, Jerusalem artichoke slices, cucumber, and radish with olive oil and sea salt dips

### **Lunch**

Sauerkraut and Meatball Soup\*

### **Snack**

Oven-Roasted Kale Chips\*

### **Dinner**

Lemon Chicken Stew\* (use leftovers from Day 1), 3½ tablespoons your choice of fermented vegetables



## **Day 5**

### **Breakfast**

Mango Smoothie\*

### **Snack**

Curried Roasted Cauliflower\* (use leftovers from Day 2) and ten cashews

### **Lunch**

Asparagus Salad with Lemon Vinaigrette\*

### **Snack**

Kiwi and berries

### **Dinner**

Beef, Beer, and Onion Stew\* (use leftovers from Day 3), 4 tablespoons your choice of fermented vegetables

## **Day 6**

### **Breakfast**

Nectarine Kiwi Smoothie\*

### **Snack**

Steamed Artichoke with Lemon Mustard Dip\*

### **Lunch**

Chicken Salad with Fennel, Tomato, Olives, Jicama, and Greens\*

### **Snack**

Oven-Roasted Kale Chips\*

### **Dinner**

Meatballs with Roasted Spaghetti Squash and Basil Pesto\*, 4½ tablespoons your choice of fermented vegetables

## **Day 7**

### **Breakfast**

Minted Fruit Salad with Brazil Nuts\*

### **Snack**

Carrot and celery sticks with sunflower seed butter

### **Lunch**

Traditional Chicken Soup\* (use the soup you made and froze on Day 2)

### **Snack**

Spiced Roasted Chickpeas\*

### **Dinner**

Seared Scallops\* with Easy Sautéed Greens\*, 5 tablespoons your choice of fermented vegetables

***WEEK 2***

**Day 8**

**Breakfast**

Half grapefruit with cinnamon and berries and ten walnuts

**Snack**

Oven-Roasted Kale Chips\*

**Lunch**

Gazpacho Smoothie\*

**Snack**

Steamed Artichoke with Lemon Mustard Dip\* (use leftover dip from Day 6)

**Dinner**

Curried Lamb and Lentil Stew\*, mixed green salad, 5½ tablespoons your choice of fermented vegetables

## **Day 9**

### **Breakfast**

Mango Smoothie\*

### **Snack**

Roasted Asparagus with Lemon\* with ten almonds

### **Lunch**

Rich Vegetable Soup\*

### **Snack**

Spiced Roasted Chickpeas\* (use leftover Spiced Roasted Chickpeas from Day 7; to make them crisp, reheat in 350°F oven until hot)

### **Dinner**

Curried Lamb and Lentil Stew\* (use leftovers from Day 8), 6 tablespoons your choice of fermented vegetables

## **Day 10**

### **Breakfast**

Minted Fruit Salad with Brazil Nuts\*

### **Snack**

Guacamole Smoothie\*

### **Lunch**

Rumanian Eggplant Salad\*

### **Snack**

Oven-Roasted Kale Chips\*

### **Dinner**

Beef Stew with Aromatic Vegetables and Red Wine\*, 6 tablespoons your choice of fermented vegetables

## **Day 11**

### **Breakfast**

Sunrise Smoothie\*

### **Snack**

Spiced Roasted Chickpeas\*

### **Lunch**

Chicken Soup with Kale and Jerusalem Artichokes\* (use frozen Chicken Base prepared at the beginning of the diet)

### **Snack**

Roasted Asparagus with Lemon\* and almonds (use leftover roasted asparagus from the Asparagus Salad\* you made on Day 5)

### **Dinner**

Pan-Roasted Cod with Orange Cumin Vinaigrette\* with Easy Sautéed Greens\*, 6 tablespoons your choice of fermented vegetables

## **Day 12**

### **Breakfast**

Orange and grapefruit sections with cinnamon

### **Snack**

Medley of raw vegetables with Basil Pesto\*

### **Lunch**

Sauerkraut and Meatball Soup\* (use the extra serving you froze on Day 4)

### **Snack**

Nuts and berries

### **Dinner**

Braised Apple Chicken\* with mixed green salad, 6 tablespoons your choice of fermented vegetables



## **Day 13**

### **Breakfast**

Citrusy Avocado Compote\*

### **Snack**

Gazpacho Smoothie\*

### **Lunch**

Stuffed Mushrooms\* on Easy Sautéed Greens\* (try broccoli rabe)

### **Snack**

Jerusalem artichoke slices and cherry tomatoes with olive oil and sea salt dips

### **Dinner**

Fish Stew with Romesco\*, mixed green salad, 6 tablespoons your choice of fermented vegetable

## **Day 14**

### **Breakfast**

Nectarine Kiwi Smoothie\*

### **Snack**

Apple slices with almond butter

### **Lunch**

Arugula Salad\*

### **Snack**

Steamed Artichoke with Lemon Mustard Dip\* (use the extra dip from Day 6)

### **Dinner**

Curried Vegetable Stew\*, 6 tablespoons your choice of fermented vegetables

**WEEK 3**

**Day 15**

**Breakfast**

Minted Fruit Salad with Brazil Nuts\*

**Snack**

Spiced Roasted Chickpeas\* (use leftover Spiced Roasted Chickpeas\* from Day 7; to make them crisp, put in 350°F oven until hot)

**Lunch**

Rumanian Eggplant Salad\* (use the leftover Rumanian Eggplant Salad from Day 10)

**Snack**

Guacamole Smoothie\*

**Dinner**

Meatballs with Roasted Spaghetti Squash and Basil Pesto\* (use leftover Meatballs and Roasted Spaghetti Squash from Day 6), 6 tablespoons your choice of fermented vegetables

## **Day 16**

### **Breakfast**

Sunrise Smoothie\*

### **Snack**

Carrot, jicama, and celery sticks with Basil Pesto\* (use the extra Basil Pesto\* from Day 6)

### **Lunch**

Traditional Chicken Soup\* (use the Chicken Stock you made at the beginning of the diet)

### **Snack**

Stuffed Mushrooms\* (use leftover Stuffed Mushrooms from Day 13)

### **Dinner**

Seared Scallops\* with Easy Sautéed Greens\* (try Swiss chard), 6 tablespoons your choice of fermented vegetables

## **Day 17**

### **Breakfast**

Grapefruit and orange sections with cinnamon

### **Snack**

Oven-Roasted Kale Chips\*

### **Lunch**

Green salad with fennel, tomato, asparagus, Jerusalem artichoke, radish with Lemon Vinaigrette\*

### **Snack**

Apple slices with almond butter

### **Dinner**

Curried Lamb and Lentil Stew\* (use leftover frozen Curried Lamb and Lentil Stew\* from Day 9), 6 tablespoons your choice of fermented vegetables

## **Day 18**

### **Breakfast**

Minted Fruit Salad with Brazil Nuts\*

### **Snack**

Cherry tomatoes, jicama, red peppers, and cucumbers with Romesco\* used as a dip (use the extra Romesco\* from Day 13)

### **Lunch**

Rumanian Eggplant Salad\* (use leftover Rumanian Eggplant Salad from Day 10)

### **Snack**

Oven-Roasted Kale Chips\*

### **Dinner**

Pan-Roasted Salmon\* on Fennel Salad\* with Lemon Vinaigrette\*, watercress, and mixed greens, 6 tablespoons your choice of fermented vegetables

## **Day 19**

### **Breakfast**

Nectarine Kiwi Smoothie\*

### **Snack**

Roasted Asparagus with Lemon\* with ten almonds

### **Lunch**

Arugula Salad\*

### **Snack**

Spiced Roasted Chickpeas\*

### **Dinner**

Curried Vegetable Stew\* (use leftover Curried Vegetable Stew from Day 14), 6 tablespoons your choice of fermented vegetables

## **Day 20**

### **Breakfast**

Mango Smoothie\*

### **Snack**

Steamed Artichoke with Lemon Mustard Dip\* (use the extra Lemon Mustard Dip\* from Day 6)

### **Lunch**

Sauerkraut and Meatball Soup\* (use frozen Sauerkraut and Meatball Soup from Day 4)

### **Snack**

Roasted Asparagus with Lemon\* with ten almonds (use leftover Roasted Asparagus from Day 19)

### **Dinner**

Braised Apple Chicken\* (use frozen Braised Apple Chicken from Day 12) with mixed green salad, 6 tablespoons your choice of fermented vegetables



## **Day 21**

### **Breakfast**

Half grapefruit with berries and cinnamon, four Brazil nuts

### **Snack**

Spiced Roasted Chickpeas\* (use leftover Spiced Roasted Chickpeas from Day 19)

### **Lunch**

Chicken Soup with Kale and Jerusalem Artichokes\* (use the frozen Chicken Base you made at the beginning of the diet)

### **Snack**

Apple slices with almond butter

### **Dinner**

Beef Stew with Aromatic Vegetables and Red Wine\* (use leftover Beef Stew you froze on Day 10), 6 tablespoons your choice of fermented vegetables

## **Meal Plans for the Metabolic Boost**



### **PHASE TWO**

*\*Denotes recipes provided*

#### **WEEK 1**

##### **Day 1**

##### **Breakfast**

Minted Fruit Salad with Brazil Nuts\*

##### **Snack**

Jicama and radish slices with almond butter

##### **Lunch**

Gazpacho Smoothie\*

##### **Snack**

Spiced Roasted Chickpeas\* (use leftover Spiced Roasted Chickpeas from Day 21 of Phase 1)

##### **Dinner**

Italian-Accented Chicken Stew,\* Steamed Quinoa,\* and green beans, 6 tablespoons your choice of fermented vegetables

## **Day 2**

### **Breakfast**

Granola with Oats and Flaxseed Crumbles\* with apple and coconut milk

### **Snack**

Tomato, cucumber, jicama, and endive leaves with Romesco\*

### **Lunch**

Chèvre, Beets, and Jicama Salad\*

### **Snack**

Roasted Asparagus with Lemon\* (use leftover Roasted Asparagus from Phase 1, Day 19)

### **Dinner**

Grilled Beef Burger with Grilled Portobello Mushroom Napoleon,\* lettuce and tomato, 6 tablespoons your choice of fermented vegetable

### **Day 3**

#### **Breakfast**

Poached eggs on Avocado and Tomato topped with yogurt and chili oil or hot sauce\*

#### **Snack**

Apple slices with almond butter

#### **Lunch**

Mango Smoothie\*

#### **Snack**

Roasted Sweet Potato Chips\*

#### **Dinner**

Borscht\* with green salad, 6 tablespoons your choice of fermented vegetables

## **Day 4**

### **Breakfast**

Granola with Oats and Flaxseed Crumbles\* with berries and coconut milk

### **Snack**

Vegetable medley—your choice—with pine nuts and Basil Pesto\* (use the extra Basil Pesto\* you made on Phase 1, Day 6)

### **Lunch**

Leek, Onion, and Potato Soup\*

### **Snack**

Roasted Asparagus Spears with Lemon\*

### **Dinner**

Mexican Rice and Beans with Avocado and Mango\*, mixed greens salad, 6 tablespoons your choice of fermented vegetables

## **Day 5**

### **Breakfast**

Two hard-boiled eggs with tomato, radish, and asparagus

### **Snack**

Mango and apple slices with almond butter

### **Lunch**

Kale Salad à la Greque\*

### **Snack**

“Baked” Apple Cider Smoothie\*

### **Dinner**

Italian-Accented Chicken Stew\* (Use leftover Italian-Accented Chicken Stew from Phase 2, Day 1) over Steamed Quinoa\* and green beans, 6 tablespoons your choice of fermented vegetables

## **Day 6**

### **Breakfast**

Quinoa with Chopped Apples and Almonds\*

### **Snack**

Half grapefruit with a dusting of cinnamon

### **Lunch**

Black Bean and Rice Salad\* (use leftover Mexican Rice and Beans from Phase 2, Day 4), served with tomato on greens with Orange Cumin Vinaigrette\*

### **Snack**

Curried Roasted Cauliflower\*

### **Dinner**

Brazilian Fish Stew\*, 6 tablespoons your choice of fermented vegetables

## **Day 7**

### **Breakfast**

Scrambled Eggs with Leeks, Onions, and Tarragon\*

### **Snack**

Mango Smoothie\*

### **Lunch**

Apple Harvest Spinach Salad\*

### **Snack**

Spiced Roasted Chickpeas\* (use the leftover Spiced Roasted Chickpeas from Phase 2, Day 1)

### **Dinner**

Greek-Inspired Beef Stew with Onion, Feta Cheese, and Walnuts\*, 6 tablespoons your choice of fermented vegetables



***WEEK 2***

**Day 8**

**Breakfast**

Blueberry Kale Smoothie\*

**Snack**

Spiced Roasted Chickpeas\* (Use leftover Spiced Roasted Chickpeas from Phase 2, Day 1)

**Lunch**

Classic Greek Salad with Sheep's Milk Feta\*

**Snack**

Vegetable medley with Basil Pesto\*

**Dinner**

Lamb Stew Provencal\*, 6 tablespoons your choice of fermented vegetables

## **Day 9**

### **Breakfast**

Frittata\* with Swiss chard, onion, and potato

### **Snack**

Mango Smoothie\*

### **Lunch**

Chèvre, Beets, and Jicama Salad\*

### **Snack**

Parsnip, zucchini, and jicama sticks with Basil Pesto\* (use the extra Basil Pesto\* you made on Phase 1, Day 6)

### **Dinner**

Fish Stew with Romesco\*, Easy Sautéed Greens\*, Steamed Quinoa\*, 6 tablespoons your choice of fermented vegetables

## **Day 10**

### **Breakfast**

Citrusy Avocado Compote\*

### **Snack**

Escarole Chickpea Soup\* (use the frozen Chicken Stock you made at the beginning of the diet)

### **Lunch**

Frittata\* (Use the leftover Frittata from Phase 2, Day 9) and salad

### **Snack**

Baked apple with cinnamon (see the instructions in the Apple Harvest Spinach Salad\* on page 75.)

### **Dinner**

Chili Con Carne\* with brown rice with mixed green salad, 6 tablespoons your choice of fermented vegetables

## **Day 11**

### **Breakfast**

Granola with Oats and Flaxseed Crumbles\* with fruit and coconut milk

### **Snack**

Jicama and radish slices with almond butter

### **Lunch**

Turkish-Style Cucumber Soup\*

### **Snack**

Roasted Asparagus with Lemon\*

### **Dinner**

Borscht\* (use leftover frozen Borscht from Phase 2, Day 3), with green salad, 6 tablespoons your choice of fermented vegetables

## **Day 12**

### **Breakfast**

Hard-boiled eggs with tomato, cucumber, olives, and radish slices

### **Snack**

Guacamole Smoothie\*

### **Lunch**

Green salad topped with leftover Fish Stew with Romesco\*, Roasted Asparagus\*, jicama, and tomato (use leftover Fish Stew with Romesco from Phase 2, Day 9 and the leftover Roasted Asparagus from Phase 2, Day 11)

### **Snack**

Sauerkraut and Meatball Soup (use the frozen soup you made from Phase 1, Day 4)

### **Dinner**

Chili Con Carne\* with brown rice (Use leftover Chili Con Carne from Phase 2, Day 10), 6 tablespoons your choice of fermented vegetables

## **Day 13**

### **Breakfast**

“Baked” Apple Cider Smoothie\*

### **Snack**

Curried Roasted Cauliflower\*

### **Lunch**

Savory Pear Salad\*

### **Snack**

Turkish-Style Cucumber Soup\* (use leftover refrigerated Cucumber Soup from Phase 2, Day 11)

### **Dinner**

Mussels Steamed in Beer\* with Easy Sautéed Greens\*, 6 tablespoons your choice of fermented vegetables

## **Day 14**

### **Breakfast**

Poached Eggs on Avocado and Tomato\*

### **Snack**

Sliced pear with almond butter

### **Lunch**

Apple Harvest Spinach Salad\*

### **Snack**

Curried Roasted Cauliflower\* (use leftover Curried Roasted Cauliflower from Day 13)

### **Dinner**

Jerk Cornish Game Hen\* with Mango Salsa\*, steamed broccoli with lemon quarter and cooked millet, 6 tablespoons your choice of fermented vegetables

## **Your Pantry List, Shopping Lists, and Time-Saving Strategies**

### **Pantry List for Microbiome Diet, Phases 1 and 2**

Here are pantry staples and equipment you will use throughout Phases 1 and 2. Have these items on hand when you begin the Microbiome Diet. You can buy them ahead of time or when you pick up your first week's groceries. Some of these items can be bought online—see Resources for details.

#### **Equipment**

- 1 small bowl
- 1 10-cup bowl
- 1 small saucepan
- 1 medium saucepan with lid
- 1 small ovenproof casserole with lid
- 1 6-inch cast-iron pan
- 1 8-inch skillet
- 1 16-cup stock pot
- 12 x 18-inch sheet pan
- 13 x 18-inch sheet pan
- 1 steamer basket to fit medium saucepan with lid
- assorted containers for refrigerating or freezing
- 12 2-cup freezer containers for soup stock
- 1 flat metal spatula
- 1 heavy-duty blender
- 1 large metal strainer
- 1 set measuring spoons
- 1 set measuring cups
- 1 grapefruit-sectioning spoon or knife
- mandolin with safety guard
- waterproof black marker, for marking leftovers you are refrigerating or freezing



## **Foods**

### **Nut Butters:**

- organic almond butter
- organic sunflower seed butter

### **Nuts (all should be raw, not roasted):**

- almonds
- Brazil nuts
- macadamia nuts
- pine nuts
- walnuts

### **Oils**

- coconut oil
- flaxseed oil
- olive oil
- sunflower oil

### **Spices**

- cinnamon
- cumin
- curry powder
- turmeric

### **Other Items**

- apple cider, organic, nonsweetened, 1 gallon
- beef stock, cans or cartons, organic (optional), 24 cups (package size varies by brand, but 32-ounce boxes are recommended; buy if you are not making your own Beef Base\*.)
- butter or organic ghee, 1 pound
- chicken stock, cans or cartons, organic (optional), 13 cups (package size varies by brand, but 32-ounce boxes are recommended; buy if you are not making your own Chicken Base\*.)
- chickpeas, canned, organic, 9 15-ounce cans
- dijon mustard, 1 10-ounce jar
- fermented vegetables, 6 16-ounce jars (make sure no whey has been used in the fermentation process)
- pea protein powder 1 8-ounce package

- kimchee, 1 16-ounce jar
- Lakanto 1 8-ounce package
- rice flour, 3 ounces
- sauerkraut (made without whey), 2 cups

## **Shopping Lists for Phase 1**

### **Week 1**

#### **Fruits**

- 3 apples
- ½ pint blueberries
- 3 grapefruits
- 5 kiwi fruits
- 3 lemons
- 1 lime
- 2 mangoes
- 1 ripe nectarine or ripe pear
- 6 oranges
- ½ pint raspberries
- 1 pint strawberries

#### **Meats, Fish, and Shellfish**

- 5 pounds beef bones (for Beef Base\*)
- 3 pounds beef stew meat
- 1 6-pound chicken (for Chicken Base\*)
- 1 pound boneless chicken breasts or thighs
- ½ pound chopped meat
- 7 ounces dry U-15 sea scallops

#### **Miscellaneous**

- 1 gallon unsweetened apple cider
- 1 32-ounce carton organic beef broth
- 2 32-ounce cartons organic chicken stock
- 1 12-ounce gluten-free bottle of beer
- 1 17-ounce bottle hot sauce (Frank's) or sriracha
- 8 ounces kalamata olives
- 3 ounces raw pine nuts
- 1 5-ounce can organic tomato paste

#### **Vegetables and Herbs**

- ½ pound asparagus

- 3 avocados
- 1 bunch basil leaves
- 6 carrots
- 1 head cauliflower
- 1 pint cherry tomatoes
- 1 bunch celery
- 3 cucumbers
- 1 bunch fresh dill
- 1 fennel
- 1 large head of garlic
- 1 ginger root (½ pound)
- 12 cups mixed greens
- 1 jicama
- 1 medium bunch kale
- 1 bunch fresh mint
- ½ pound button mushrooms
- 1 3-pound bag yellow onions
- 1 red onion
- 1 bunch parsley
- 4 parsnips
- 1 bunch radish
- 1 small red pepper
- 2 ounces snow peas
- 1 small bunch Swiss chard or escarole
- 1 small butternut squash
- 1 small spaghetti squash
- 4 ripe tomatoes
- 1 bunch watercress

## **Week 2**

### **Fruits**

- 6 large apples
- ½ pint blueberries
- 2 grapefruits
- 2 kiwis
- 2 lemons
- 1 lime
- 1 mango
- 3 ripe nectarines or pears
- 2 oranges

### **Meats, Fish, and Shellfish**

- 1½ pounds chopped beef
- 1 pound chicken, boneless skinless breast or thighs
- 7 to 8 ounces cod
- 1 pound grouper, catfish or cod
- 1 pound lamb stew
- 1 pound mussels

### **Miscellaneous**

- 1 12-ounce bottle gluten-free beer
- 1-pound bag dry lentils
- 1 32-ounce container coconut milk (unsweetened)
- 1 1-pound bag frozen green peas
- 3 ounces raw pine nuts
- 1 bag or can of organic sauerkraut (2 cups)
- 1 28-ounce can organic fire-roasted chopped tomatoes
- 1 750-ml bottle dry white wine

### **Vegetables and Herbs**

- 2 artichokes
- 24 asparagus
- 2 avocados
- 1 bunch arugula
- 1 bunch fresh basil
- 1 head broccoli rabe or escarole

- 1 small green head cabbage
- 3 carrots
- 1 bunch cilantro
- 1 head cauliflower
- 1 medium eggplant
- 1 small fennel bulb
- 8 cups greens
- 2 bunches kale
- 1 leek
- 1 bunch fresh mint
- $\frac{3}{4}$  pound mushrooms
- 7 large button or cremini or small Portobello mushrooms
- 2 medium Portobello mushrooms
- 1 parsnip
- 1 green pepper
- 1 jalapeno pepper
- 1 sweet red pepper
- 1 small butternut squash
- 1 small spaghetti squash
- 1 large bunch spinach
- 1 large turnip
- 2 small turnips

## **Week 3**

### **Fruits**

- 1 apple
- 1 pint blueberries
- 2 grapefruits
- 3 kiwis
- 2 lemons
- 2 mangos
- 1 nectarine
- 2 oranges
- ½ pint strawberries

### **Vegetables and Herbs**

- 1 artichoke
- 18 asparagus
- 1 avocado
- 1 small bunch carrots
- 1 bunch celery
- 1 cucumber
- 2 fennel bulbs
- 6 cups greens, your choice of the following: mesclun greens, which might also be labeled field greens or assorted baby greens; red oak leaf lettuce; red leaf lettuce; arugula; baby spinach; Romaine lettuce; bibb lettuce; Belgian endive; or any lettuces of your choice (except iceberg)
- 1-pound bag Jerusalem artichokes
- 1 jicama
- 1 bunch kale
- 6 button mushrooms
- 1 red pepper
- 6 radishes
- 4 stalks Swiss chard
- 1 tomato
- ½ pint cherry tomatoes
- 1 cup watercress

## **Shopping Lists for Phase 2**

### **Week 1**

#### **Fruits**

- 3 apples
- 1 pint berries, your choice
- 2 grapefruits
- 2 kiwis
- 5 mangos
- 2 oranges

#### **Meat, Fish, and Shellfish**

- ½ pound ground beef
- 3 pounds beef stew
- 1 pound skinless and boneless chicken breast or thighs
- 7 ounces cod

#### **Miscellaneous**

- 1 15-ounce can organic black beans
- 1 15-ounce can organic white beans
- 6 ounces fresh creamy-style chèvre (goat's milk cheese)
- 2 12-ounce cans organic chickpeas (garbanzos)
- 32 ounces coconut milk (unsweetened)
- 6 eggs
- 8 ounces sheep's or goat's milk feta cheese
- 16 ounces flaxseed
- 32 ounces gluten-free oats (Bob's Red Mill)
- 1 quart goat's or sheep's milk kefir
- 24 ounces quinoa
- 1 cup organic brown rice
- 1 cup sunflower seeds
- 2 cups goat's or sheep's milk yogurt
- 1 750-ml bottle red wine

#### **Vegetables and Herbs**

- 12 asparagus



- 3 avocados
- 2 small beets and 8 large beets
- 2 heads cauliflower
- 1 small celeriac (celery root)
- 2 cucumbers
- 1 endive
- 1 small romaine lettuce
- 1 small bibb lettuce
- 1 small head escarole
- 1 large head of garlic
- 6 green beans
- 6 cups salad greens
- 2 jicama
- 1 big bunch kale
- 2 leeks
- 2 Portobello mushrooms,
- 4 inches in diameter
- 7 large white or cremini mushrooms,
- 2 inches in diameter
- 1 red onion
- 3 yellow onions
- 1 jalapeno pepper
- 3 white potatoes
- 4 radishes
- 1 small bunch spinach
- 4 ripe tomatoes or 4 cherry tomatoes and 4 regular tomatoes
- 2 tomatillos
- 2 large sweet potatoes
- 1 bunch cilantro

## **Week 2**

### **Fruits**

- 4 apples
- 2 grapefruits
- 1 kiwi
- 1 lime
- 3 mangos
- 2 oranges
- 2 pears

### **Meats, Fish, and Shellfish**

- 1 pound chopped beef
- 1 Cornish game hen
- 7 ounces grouper, cod, or catfish
- ½ pound lamb stew
- 1 pound Prince Edward Island mussels (about 15)

### **Miscellaneous**

- 1 12-ounce bottle of gluten-free beer
- ¼ pound sheep's or goat's milk blue cheese
- ½ pound sheep's milk feta cheese
- ¼ pound pecorino Romano cheese
- 2 15-ounce cans organic chickpeas
- 1 15-ounce can organic red kidney beans
- 1 15-ounce can organic white beans
- 1 quart goat's or sheep's milk kefir
- 2 cups sheep's or goat milk yogurt
- ½ cup brown rice

### **Vegetables and Herbs**

- 12 asparagus
- 1 avocado
- 1 beet
- 1 small head broccoli
- 2 carrots
- 3 cucumbers
- 2 bunches dill

- 21 bunches escarole
- 10 cups mixed green salad
- 12 green beans
- 1 small bunch kale
- 2 bunches mint
- 3 large mushrooms for stuffing
- 1 parsnip
- 2 potatoes
- 2 ounces snow peas
- 1 small bunch of spinach
- 1 small bunch Swiss chard
- 2 tomatoes
- 1 small zucchini

## **Weekly Work Plans**

Use these work plans to organize your work as you prepare food ahead of time on Sundays and as you put leftovers aside for use during the week. If you can't or don't want to follow these exact plans, try to choose one day a week (a weekend day or evening is great) to make some of the dishes that are more time-consuming. Of course, you can also do some of the preparations in the evening or while some of the frozen dinners are being heated. Making double batches and freezing in smaller portions is a great way to make sure you always have microbiome-supporting meals at the ready, even when you don't have time to cook. For your convenience these time-savers are built right into the meal plans.

One huge time-saver concerns the Beef Base\* (page 96) and Chicken Base\* (page 109): you can make everything you need for both phases on your first day of cooking and freeze it to reheat later. That means you'll be making homemade soups in about half an hour. If you prefer, you can buy organic beef or chicken stock (it's on your shopping list as an option), but I think you'll enjoy the homemade more, and you'll definitely get more nourishment from it.

Carefully seal all prepared foods and mark each container with the name of the recipe and the date. Keep a list of all the frozen and refrigerated foods and mark them off when used.

### **Phase 1**

#### **Week 1**

##### **Sunday Preceding Day 1**

1. Prepare the chicken soup base recipe. Reserve enough for Day 2 lunch and the lemon chicken recipe, and divide the remainder into 1- or 2-cup containers, and freeze for future use.
2. Prepare the lemon chicken.
3. Prepare beef stock for sauerkraut soup. Prepare meatballs for the soup. Freeze half of the meatballs for the Meatballs with Roasted Spaghetti Squash and Basil Pesto entrée. Freeze the stock in 2-cup freezer containers.
4. Roast the spaghetti squash; seed and shred the flesh. Refrigerate.
5. Make the basil pesto.

## **Week 2**

### **Sunday**

1. Make the Curried Lamb and Lentil Stew.
2. Make the Rich Vegetable Soup.
3. Make the Beef Stew with Aromatic Vegetables and Red Wine.
4. Make the Braised Apple Chicken.
5. Char cook the eggplant for Rumanian Eggplant Salad.

### **Week 3**

#### **Sunday**

1. Make chicken bone broth, and freeze in 2-cup containers.
2. Make Borscht, and freeze in 2-cup containers.

## **Phase 2**

### **Week 1**

#### **Sunday and/or Weekday Evening**

1. Make Granola with Oats and Flaxseed Crumbles.
2. Make Italian-Accented Chicken Stew.
3. Cook Mexican Beans and Rice. Refrigerate separately. Make Mango Salsa.
4. Make Leek, Onion, and Potato Soup.

## **Week 2**

### **Sunday and/or Weekday Evening**

1. Make Greek-Inspired Beef Stew.
2. Make Lamb Stew Provencal.
3. Make Chili Con Carne.
4. Make Steamed Quinoa
5. Make jerk rub (see Jerk Cornish Game Hen).



### **Week 3**

#### **Sunday**

1. Make chicken bone broth, and freeze in 2-cup containers.
2. Make Borscht, and freeze in 2-cup containers.

## Recipes

I am excited to share with you the wonderful meal plans and recipes created by wellness chef Carole Clark. Chef Carole worked closely with me to embody the principles of the Microbiome Diet in delicious recipes that will feed your senses, heal your gut, and rebalance your microbiome.

Each recipe notes which phase it is suited for. Most of these recipes can be prepared in half an hour or less. A few require some advance prep time, but either that can be done on Sundays or weekday evenings when you are doing your advance preparation. Carole has created a work plan for each phase of the diet (see Work Plans on page 52) based on you investing a few hours each Sunday to prepare food for the week ahead. It might take somewhat longer the first couple of times you try it, but as you get used to it, you'll be able to complete the "advance prep" more quickly. That way you have at most half an hour—and sometimes far less—to prepare or heat up each meal during the week. As noted, you can make all of the Beef Base\* (page 96) and Chicken Base\* (page 109) for the entire diet the first time you prepare food—just freeze in two-cup containers and then reheat.

I know the latest trend for busy cooks is sautéing, roasting, and other quick methods of preparing food. However, I deeply believe that for healing the gut, soups and stews are far superior. You get more nutrients, the warm liquids are soothing and easily absorbed, and you are generally choosing a healthier means of cooking. So please, invest a few hours each Sunday in your gut health, your microbiome, and your ability to lose weight. Your reward will be delicious, satisfying food; freedom from cravings and outsized appetite; and healthy, permanent weight loss. Plus, in three weeks you can enjoy extra indulgences 10 percent of the time, and at the end of seven weeks you can eat indulgently 30 percent of the time. I hope a few hours of meal prep on Sunday night seems like a fair exchange!

I chose to work with a chef of Carole's caliber because I want you to enjoy every bite you put into your mouth! As you will see in Chapters 7 and 8, savoring the tastes, textures, and aromas of the food you eat will help you switch from the "fight or flight" portion of your nervous system to that part of your anatomy that is dedicated to "rest and digest." Stress-free eating is an important aspect of the Microbiome Diet, and what better way to destress than to sit down to a delicious meal full of rich, satisfying flavors? These recipes are easy to prepare, but because of Carole's creative use of ingredients, you will get maximum pleasure from every meal.

## Breakfasts



### “Baked” Apple Cider Smoothie

You can either bake the apple or use a raw one. Either way, the spices make the whole thing taste like your favorite apple dessert. Even though this is a super healthy way to start your morning—with protein, probiotic kefir, and a vitamin-rich apple—this breakfast smoothie will make you feel as though you’re having dessert.

#### 1 Serving

- 1 small raw apple, peeled, seeded, cored, and chunked, about 1 cup, or 1 large baked apple, peeled, seeded, and cored (See directions for baking an apple in the Apple Harvest Spinach Salad,\* page 75.)
- ¼ cup unsweetened apple cider
- ¼ cup kefir
- 1 small pear, peeled, seeded, cored, and chunked, about ¾ cup
- 2 tablespoons protein powder
- ½ teaspoon cinnamon
- ⅛ teaspoon nutmeg
- ⅛ teaspoon clove
- 3 ice cubes

1. Put all ingredients in a blender and liquefy.



## **Berry, Nectarine, Kiwi, and Orange Minted Fruit Salad with Cinnamon**

This sweet-and-tart fruit salad is a delicious and refreshing way to start the day. For an extra healthy bonus, enjoy the fiber in the kiwi as well as cinnamon, which helps to balance your blood sugar and prevent insulin resistance.

### **1 Serving**

- ½ orange, cut in half through center, not stem end
- 1 ripe nectarine
- ¼ cup berries
- 1 big pinch of ground cinnamon
- 1 tablespoon fresh mint

1. Section orange, squeeze the shells, and reserve the juice.
2. Peel the nectarine and cut it into ½-inch slices. It should be juicy, so save the juice and add it to the orange juice. Add the nectarine slices to the orange sections.
3. Add the berries to the fruit mixture.
4. Add the cinnamon to the mixed juices, pour on top of the fruit, sprinkle with the mint, and serve.



## **Blueberry Kale Smoothie**

Invigorating! The robust flavor of the frozen blueberries masks the taste of the kale, even as this “silent” ingredient delivers valuable vitamins and nutrients. The avocado and almond butter feed your brain and your cells with healthy fats, the kefir is a natural probiotic, and the protein powder fuels your energy for a vigorous start to your day. A great way to get more greens into your diet while enjoying the sweet, tangy taste of blueberries and cider or kefir.

### **1 Serving**

- ½ cup chopped kale, ribs removed
- ½ cup frozen unsweetened organic blueberries
- ¼ avocado
- 1 teaspoon almond butter
- ¾ cup apple cider or kefir
- 5 ice cubes
- 2 tablespoons pea protein powder

1. Place all ingredients in a blender and process until smooth.



## Citrus Berry Salad with Brazil Nuts

This citrusy salad is a great way to get a huge dose of immune-protective vitamin C to start your morning. The kiwi is rich in microbiome-nourishing fiber, and the Brazil nuts add a serving of protein plus a nice portion of gut-healing Omega 3 fats. Quick, easy, delicious, and healthy—an energizing start to your day.

### 1 Serving

- ½ grapefruit, cut in half through the center, not the stem end
- 1 orange
- ½ kiwi fruit
- ¼ cup blueberries or raspberries
- ⅛ cup fresh mint leaves
- 6 Brazil nuts

1. Section the grapefruit with a sectioning spoon or with a knife or regular spoon if you don't have a sectioning spoon. Squeeze the grapefruit shell for residual juice, and save it in a cup.
2. Cut the orange in half through the center, not the stem end, and section it. Squeeze the shells, and add the juice to the grapefruit juice. Add orange sections to the grapefruit sections.
3. Cut the kiwi in half, peel it, and slice it into ¼-inch slices. Add to the grapefruit and orange sections.
4. Add the berries to the fruit, and mix.
5. Add chopped mint leaves to the juices, and pour juice mixture over the fruit.
6. Serve the nuts on the side.



## Citrusy Avocado Compote

Grapefruit and avocado is one of my favorite combinations—if you’ve never tried it, you’re in for a treat! In this case the sharp, citrusy tastes of the orange and the sweetness of the kiwi are an added bonus. Plus you get loads of antioxidants, vitamin C, microbiome-nourishing fiber, and healthy fats for a delicious, healthy way to start the day.

### 1 Serving

- 1 orange, halved through the center, not the stem end
- ½ grapefruit, cut in half through center, not stem end
- ½ kiwi
- ½ avocado (see below for slicing instructions)

1. Section the grapefruit with a sectioning spoon, or, if you don’t have one, with a knife or regular spoon. Squeeze the grapefruit shell for residual juice, and save the juice in a cup.
2. Section the orange, squeeze the shells, and add the juice to the grapefruit juice. Add the orange sections to the grapefruit sections.
3. Cut the kiwi in half through the center, peel it, and slice it into ¼-inch slices. Add to the grapefruit and orange sections.
4. Peel the avocado, and remove half from the pit. Keep the pit attached to the half you are reserving for later use, wrapping it airtight. Slice the avocado, and add it to the fruit sections.
5. Pour the juices over the fruit mixture, and serve.



## Frittata

You can definitely enjoy this frittata in the morning, but it also works beautifully for lunch or dinner, especially when served with a salad. You'll find suggested vegetables in this recipe, but feel free to improvise—what are *your* favorites? In this version the onions are a Microbiome Superfood that will nourish your microbiome while healing your gut, and the leafy greens offer you iron and B vitamins for stamina and stress reduction.

### 2 Servings

- 6 organic eggs
- 2 tablespoons cold water
- 1 teaspoon snipped tarragon
- ¼ cup grated “goat” Parmesan, or Pecorino Romano, a sheep’s milk cheese, divided
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 cup sliced onions
- 2 tablespoons olive oil
- 1 small zucchini, cut into 1-inch slices
- ½ pound spinach or Swiss chard
- Salt and pepper to taste

1. Preheat oven to 475°F.
2. Beat the eggs in a small bowl with cold water. Add tarragon, 2 tablespoons cheese, ½ teaspoon each salt and pepper, and combine. Set aside.
3. Sauté the onions over medium heat in an ovenproof nonstick 6-inch skillet in oil until translucent, about 5 minutes. Add zucchini, and sauté until lightly browned, about 7 minutes. Then add spinach, and cook until wilted, about 7 minutes.
4. Spread the vegetables evenly in the skillet. Season with salt and pepper. The pan should be hot. Pour the egg mixture over the vegetables, and cook until the eggs begin to set.
5. Sprinkle on 2 tablespoons cheese. Place the skillet in the hot oven, and bake for 5 minutes until the frittata is firm but not brown.





## **Granola with Oats and Flaxseed Crumbles**

This is a filling, fast, and easy breakfast you can also munch on for a snack. To add a sweet note, eat it like cereal with coconut milk, and to make it even sweeter substitute unsweetened apple cider for the water. The flaxseed, almonds, almond butter, and coconut oil give you lots of healthy fats for cell and brain health, while the cinnamon helps to balance your blood sugar. This recipe makes enough for a few weeks and will keep so long as you store it in an airtight container in the fridge to preserve the flaxseed.

### **7 Half-Cup Servings**

#### **For the Flaxseed Crumbles**

- ½ teaspoon cinnamon
- ¼ teaspoon allspice
- ½ teaspoon vanilla extract
- 1 cup water
- 1½ cups flaxseed
- 1 cup raw sunflower seeds

1. Combine the spices, vanilla, and water. Add the flaxseed, and let it rest for about 6 hours or, if you prefer, overnight. It should have an oily texture.

2. Spread the mixture evenly on a 12 x 18-inch sheet pan.

3. Bake in a preheated 275°F oven for 1 hour, stirring frequently. Remove from the oven, and let cool. When the mixture is still warm, break up any clumps. When cool, mix in sunflower seeds. Reserve.

#### **For the Oats**

- ½ teaspoon allspice
- ½ teaspoon freshly ground nutmeg
- 1 teaspoon cinnamon
- 1 tablespoon vanilla extract
- ½ cup water
- ¼ cup coconut oil
- 2 tablespoons almond butter
- 1 cup sliced raw almonds
- 2 cups gluten-free rolled oats

1. Preheat oven to 300°F.
2. In a saucepan, add the spices and vanilla to the combined water, coconut oil, and almond butter, and cook on low for 2 minutes. Let cool.
3. In a medium bowl, mix the cooled liquid into the oats and nuts.
4. Put the mixture in a 12 x 18-inch sheet pan. Bake at 300°F for 30 minutes, stirring frequently. The mixture should be crispy.
5. Remove from the oven, and let cool.
6. Mix with the flaxseed mixture.



## **Hard-Boiled Eggs with Tomato, Radish, and Asparagus**

This is a lively way to dress up good old-fashioned hard-boiled eggs, not to mention using three Microbiome Superfoods to nourish your microbiome and help heal your gut. By the way, older eggs peel better than fresh ones, and to make a quicker breakfast you can even boil the eggs the day before you make the dish.

### **1 Serving**

- 2 organic eggs
- 4 asparagus, stem end removed
- 3 tomato slices
- 3 radishes, sliced in half

1. Place eggs in a heavy-bottomed saucepan and cover them with cold water. Cover the tops of the eggs with at least 1 inch of water. Bring the water to a full boil, uncovered. When there are very big bubbles, remove the pot from the heat and cover it. Let the pot stand untouched for 15 minutes. Remove the boiled eggs from the water, and transfer them to a bowl of cold water for 10 minutes to stop the cooking process. Peel the egg, and slice into quarters.

2. Place water in a saucepan fitted with a steamer strainer. Fill with water to the bottom of the strainer. Heat to boiling, and turn down the heat to simmer. Place the asparagus in the steamer pan set. Steam for 5 to 10 minutes, depending on the thickness of the asparagus, or until asparagus is tender.

3. Assemble the eggs with the asparagus, tomato slices, and radishes on a plate, and serve.



## Mango Smoothie

The tropical taste of mango and the zing of fresh ginger make a naturally sweet treat that will leave you feeling full, energized, and ready to start your day. Mango will boost your digestion as well as offer a fantastic source of vitamins A, C, and E along with folic acid and calcium. Ginger is good for your digestion and helps fight inflammation. And when you can add kefir in Phase 2, you are including a natural probiotic that will support your microbiome.

Because of the large flat seed inside, peeling and slicing a mango can be challenging, but because you're throwing it all in the blender, you don't have to worry about how it looks. Be prepared for a little mess—and an absolutely delicious taste.

If you've never cooked with fresh ginger before, you're in for a treat. It tastes about as different from powdered ginger as fresh peaches do from canned. Look for the small, brown, knobby root in the produce section. Peel off the thin skin and slice up the yellowish meat inside. Because you're throwing it all in the blender, don't worry about size or shape—just make them small enough to buzz.

### 1 Serving

- 1 cup very ripe mango, peeled, seeded, chunked
- ½ cup cider, or, in Phase 2, kefir
- ¼ cup water
- 1 cup apple, peeled, cored, chunked
- ½ teaspoon chopped fresh ginger (optional)
- 2 tablespoons pea protein powder
- 3 ice cubes

1. Process all ingredients in a blender until smooth.



## Minted Fruit Salad with Brazil Nuts

This refreshing fruit salad is loaded with antioxidants, nutrients that help protect your body from oxidative stress as well as supporting your immune system. Plus the contrast between the sweet mango, the citrusy orange, and the tart berries makes for such a satisfying combination. You also get gut-healing Omega 3 healthy fats from the Brazil nuts.

### 1 Serving

- ½ orange, cut in half through center, not stem end
- ½ ripe mango, sliced (see below for instructions)
- 1 teaspoon lime juice
- ¼ cup berries
- 1 tablespoon chopped fresh mint
- 8 Brazil nuts

1. Cut the orange in half through the center, not the stem end, and section it. Squeeze the shells, and reserve the juice.

2. A mango has a large flat seed in the center. Assume it is about  $\frac{3}{4}$  inch thick. Cut the mango lengthwise along the long axis on one side of this seed. Make light cross-cut slices on the cut half. Be careful not to slice through the skin. Wrap the uncut half airtight, and refrigerate.

3. With your fingers, push the skin side of the mango cheek up, and your cross-cut surface will fan out. With a small knife cut off these chunks. Scrape the remaining flesh and juice into the orange juice.

4. Combine the lime juice with the orange-mango juice mixture. Add the berries and chopped mint.

5. Place in a serving bowl, and serve the Brazil nuts on the side.



## **Nectarine Kiwi Smoothie**

In the summer you can enjoy the sweet, slightly tart taste of fresh nectarine. Off season, substitute a ripe pear. The combination of either fruit with the kiwi will wake up your taste buds with a delicate, intriguing flavor. Both pears and kiwis are Microbiome Superfoods that are natural prebiotics, nourishing your microbiome and also helping your gut to heal.

### **1 Serving**

- 1 large ripe nectarine or pear
- 1 kiwi, peeled
- ½ cup apple cider
- 1 teaspoon almond butter
- 2 tablespoons pea protein powder
- 3 ice cubes
- ½ teaspoon Lakanto or more to taste

1. Put all ingredients in a blender, and liquefy until smooth.



## Poached Eggs on Avocado and Tomato

This elegant dish is actually quite quick and simple to make, and it's one of the healthiest ways I know to enjoy eggs. You get some healthy fats with the avocado, a Microbiome Superfood with the tomato, and some probiotics in the yogurt topping. Plus the combination of tangy yogurt, piquant hot sauce, acid tomato, and creamy avocado is just fabulous with poached eggs.

When you make this dish use only very fresh eggs. Check the date on the container to make sure they are less than a week old.

### 1 Serving

- 1/3 cup sheep's or goat's milk yogurt
- 1/4 teaspoon salt
- 3 thick slices ripe tomato, cut into 1/2-inch chunks
- 1/4 avocado, peeled and sliced into 1/2-inch chunks
- 2 large, very fresh organic eggs, at room temperature
- 2 drops hot sauce or more to taste
- Salt and pepper to taste

1. Mix the yogurt with the salt in a small serving bowl, and top with the tomato and avocado.
2. Crack each egg into a small cup or bowl. If a yolk breaks, discard it.
3. Fill a pan with water. Use a pan that is at least 3 inches deep so there is enough water to cover the eggs. Bring the water to a boil, and then lower the heat to a simmer. If the water is too cool, the egg will separate apart before it cooks; if the water is too hot, you will end up with tough whites and an overcooked yolk.
4. Set a timer for exactly 3 minutes for medium-firm yolks. Adjust the time up or down for runnier or firmer yolks. Cook 2 1/2 to 5 minutes, depending on firmness desired.
5. Remove the eggs from the hot water with a slotted spoon. Lift each poached egg from the water, holding it over the pan briefly to let any water clinging to the egg drain off. Place each well-drained egg on the tomato mixture. Add the hot sauce and salt and pepper to taste.



## Quinoa with Chopped Apple and Almonds

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We usually think of quinoa as savory, not sweet, but when you add the fruit and nuts, you've got a fabulous high-protein alternative to oatmeal. Almonds and flaxseed provide healthy fats for your cells and brain, while cinnamon helps balance your blood sugar. Grated ginger adds kick to the mix, plus some digestive health benefits and anti-inflammatory properties. This cereal will leave you feeling energized and satisfied but not stuffed or bloated.

### 1 Serving

- ½ cup quinoa, rinsed and drained
- 1 cup water
- ⅛ teaspoon freshly grated nutmeg
- ½ cinnamon stick
- 1 teaspoon grated ginger root
- 1 tablespoon flaxseed oil
- ⅓ cup chopped apple
- ¼ cup coconut milk
- Salt to taste

1 tablespoon chopped almonds

1. Stir the quinoa, water, nutmeg, cinnamon, ginger, and oil in a small pot. Heat to a boil. Reduce the heat, and simmer for 10 minutes.
2. Stir in the apple and coconut milk, and simmer for 5 minutes, until liquid is absorbed.
3. Salt to taste. Sprinkle on the nuts, and serve.





## **Scrambled Eggs with Leeks, Onions, and Tarragon**

Who doesn't love the warm, comforting taste of scrambled eggs? And they're even better when they are enlivened with leeks, onions, and tarragon—a wonderful way to add flavor as well as two Microbiome Superfoods. You can make this dish quickly for a hot, filling breakfast that will help you power through your morning—so enjoy!

### **1 Serving**

- 2 fresh organic eggs
- 1 tablespoon cold water
- 1 teaspoon fresh, chopped tarragon, divided
- 1 tablespoon unsalted clarified butter or 1 tablespoon olive oil plus
- 1 tablespoon chopped leeks
- 2 tablespoons chopped onion
- 1 teaspoon clarified butter
- Salt and pepper to taste

1. Break the eggs into a small bowl. Add the cold water, and whisk vigorously. Add ½ teaspoon tarragon.

2. Heat the tablespoon of unsalted clarified butter, and then sauté the leeks in it on medium-low heat for 2 minutes. Add the onion, and cook for 5 minutes until soft and golden.

3. Add the teaspoon of clarified butter, and place on medium heat until the butter bubbles. Pour the eggs into the middle of the pan. Stir slowly with a silicone spatula. As soon as curds (big soft lumps) begin to form, lower the heat to low, and fold the curds over on themselves. As soon as the egg is no longer liquid transfer the scramble onto the serving plate. Salt and pepper to taste.



## Sunrise Smoothie

This fruit combination makes a delicious sweet start to your day. Ginger is a terrific support for your digestion as well as a natural anti-inflammatory. The fruits are loaded with vitamins, and the almond butter gives you a serving of healthy fat to support cell and brain health. And it's loaded with protein powder to boost your energy.

For instructions on how to buy and prepare the ginger, see the recipe for Mango Smoothie, page 68. If fresh strawberries are not in season, buy frozen organic berries and just throw them into the blender without defrosting. If nectarines are out of season, an apple makes a good substitute.

### 1 Serving

- 4 large ripe strawberries
- 1 large orange, squeezed
- 1 ripe nectarine or ½ apple, peeled and pitted
- 3 ice cubes
- ½ cup unsweetened apple cider
- ½ teaspoon peeled, finely chopped fresh ginger root (optional)
- 1 teaspoon almond butter
- 2 tablespoons pea protein powder
- ¼ teaspoon Lakanto (optional)

1. Put all ingredients in blender, and process until smooth.

## Lunches



### Apple Harvest Spinach Salad

This salad is especially delicious in autumn during the apple harvest, when Jerusalem artichokes are the sweetest. Another root vegetable, celeriac, also called celery root, is part of the vegetable mix. Found in the produce section of the market, celeriac is a large, round, knobby root ball with hairy roots growing on it. It has a bright, piquant, clean taste, reminiscent of celery. Peel the thin skin and dice just before using.

When you make this salad you'll probably end up with some extra vinaigrette, which you can store in the fridge for future use.

This recipe is inspired by a lovely salad that's on the menu at Crossroads Food Shop, David Wurth's restaurant in Hillsdale, New York.

### 2 Servings

- 1 apple, cored, with ½ inch of peel removed from the top of the apple
- 4 tablespoons water
- 1 small pinch cinnamon
- 1½ teaspoons Dijon mustard
- ⅓ cup apple cider vinegar
- ⅔ cup olive oil
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 4 cups torn spinach leaves, washed and dried
- ½ cup sliced Jerusalem artichokes
- ½ cup peeled, diced celeriac
- ¼ cup goat's or sheep's milk feta cheese
- Salt and pepper to taste

1. Preheat oven to 400°F.

2. Place the apple in a baking dish with the water. Put a pinch of cinnamon on the top of the apple. Bake for 25 to 30 minutes or until tender, not mushy. Let cool.

3. To make the vinaigrette, put the mustard and vinegar in a food processor, and pulse to blend. Add the oil in a slow, steady stream. Add the salt and pepper.

4. Peel, quarter, and cut the apple into small chunks. Place the spinach in a shallow bowl. Add the apple, Jerusalem artichokes, celeriac, and feta. Toss with 3 tablespoons of the vinaigrette. Add salt and pepper to taste.



## Arugula Salad

This piquant salad wakes up your taste buds with its many contrasts in taste and texture: peppery arugula, sweet mango, smooth avocado, crunchy jicama, and zesty onion. The jicama and onion are Microbiome Superfoods. The avocado feeds your cells and supports your brain with healthy fats, while the arugula loads you up with stamina-building iron and stress-busting B vitamins. The mango is full of digestive enzymes that support the Replace step in the Four Rs (see Chapter 4).

### 2 Servings

#### Citrus Vinaigrette

- 1 tablespoon cider vinegar
- Juice of ½ orange, about 3 tablespoons
- Juice of 1 lime, about 2 tablespoons
- ½ teaspoon Dijon mustard
- 4 tablespoons olive oil
- ¼ teaspoon cumin
- Salt and pepper

#### For the Salad

- 3 cups arugula leaves
- ½ avocado, peeled and sliced
- ½ mango, peeled and cut into slices (for instruction on how to cut the mango, see page 69)
- ¼ cup diced, peeled jicama
- ¼ red onion, thinly sliced
- Salt and pepper to taste
- Chicken slices (optional)

1. For the vinaigrette, whisk the vinegar and juices with the mustard. Slowly add the oil. Add the cumin and salt and pepper.

2. Toss the arugula leaves with half of the vinaigrette.

3. Add the avocado, mango, jicama, and onion to the arugula mix, and salt and pepper to taste. Add the chicken (optional).

4. Drizzle the remaining vinaigrette on top. Serve immediately. If you are taking this salad to work, save this last step for just before you start to eat.



## Asparagus Salad with Lemon Vinaigrette

Asparagus, a Microbiome Superfood, has amazing anti-inflammatory properties and is an excellent prebiotic. In this nutritious salad you get a second Microbiome Superfood, the Jerusalem artichoke, or, if you can't find that vegetable in your produce section, go for the jicama, also a Microbiome Superfood. Both choices have a crisp texture and a sweet, nutty taste. Get your share of healthy fats from the creamy avocado, a delicious way to support cell health and brain function.

### 2 Servings

#### For the Salad

- ½ pound asparagus, stems trimmed
- ½ cup water
- 2 tablespoons olive oil
- ¼ teaspoon salt
- 1 large Jerusalem artichoke or ¼ jicama, peeled and cut into ⅓ inch slices
- ½ ripe avocado, cut into ¼-inch slices
- 2 ounces snow peas, diagonally cut into ⅓-inch pieces
- ¼ pound mixed greens
- 2 teaspoons snipped fresh tarragon

#### Lemon Vinaigrette

- 2 tablespoons fresh lemon juice
- 1 teaspoon finely grated lemon zest
- ¼ teaspoon salt
- ½ teaspoon Dijon mustard
- 3 tablespoons olive oil
- Kosher salt and pepper to taste

1. Place the asparagus in a large sauté pan, add the water, drizzle with oil, and season with salt. Simmer over medium heat. Reduce the heat to low, cover the pan with a lid, and simmer until the asparagus is just knife-tender, about 5 to 6 minutes. Remove the asparagus, and set aside until cool enough to handle.

2. For the vinaigrette, combine the lemon juice and zest in a small, nonreactive bowl (glass, stainless steel, or plastic). Season with salt. Add Dijon mustard and whisk. Slowly add the olive oil. Taste and season with additional salt and pepper or lemon juice as needed.

3. Cut the cooled asparagus into 1-inch pieces and place in a large bowl. Add Jerusalem artichoke, avocado, and snow peas; toss gently with the vinaigrette. Place the vegetables on the mixed greens, sprinkle with the snipped tarragon, and serve.



## **Beet, Rice, and Orange Salad with Orange Vinaigrette**

These earthy beets, crunchy Jerusalem artichokes, and sweet oranges make a lively combination. The Jerusalem artichokes are a Microbiome Superfood, and the vinaigrette supplies you with lots of healthy fats for your brain and cell health.

You'll probably have some leftover vinaigrette after you're done, which is delicious with grilled fish and, of course, other salads.

### **1 Serving**

#### **Orange Vinaigrette**

- 1½ teaspoons Dijon mustard
- ¼ cup fresh orange juice
- 2 tablespoons apple cider vinegar
- ¼ cup olive oil
- 1 tablespoon flaxseed oil
- 1 teaspoon chopped orange zest
- 1 teaspoon chopped tarragon
- Salt and pepper to taste

#### **For the Salad**

- 1 medium beet, roasted or boiled, cut into ½-inch dice
- ½ cup cooked wild or brown rice
- 2 Jerusalem artichokes, washed, dried, and diced
- 6 green beans, washed, trimmed, and cut into half-inch pieces
- Salt and pepper to taste
- 1 large orange, washed, dried, peeled, deseeded, and cut into halved sections
- 2 cups mixed greens

1. To make the vinaigrette, whisk the mustard with the orange juice and vinegar. Add the oils, pouring in a slow steady stream. Add the zest, tarragon, and salt and pepper to taste. Set aside.

2. Mix the beet dice with the rice. Add the Jerusalem artichoke and green beans. Moisten with 2 tablespoons of the vinaigrette. Add salt and pepper to taste. Add half of the orange to the rice mixture.

3. Place the greens on a plate. Top with the rice beet mixture, and garnish with the remaining orange sections. Serve the vinaigrette on the side.



## **Black Bean and Rice Salad**

This simple but luscious salad is a great way to use up the Mexican Rice and Beans leftovers from dinner. You get lots of fiber from the black beans and brown rice—fiber that protects your colon, promotes weight loss, and helps lower cholesterol. The tomatoes, jicama, and red pepper are all Microbiome Superfoods that will help nourish your microbiome. And the mango salsa adds a zingy sweet taste that helps bring the whole dish to life.

### **1 Serving**

- ½ cup cooked brown rice
- 3 tablespoons Orange Cumin Vinaigrette (page 129), divided
- ½ cup cooked black beans
- 1 heaping cup mixed greens
- ¼ fresh mango, peeled, pitted, in ¼-inch slices
- ¼ avocado, peeled, pitted, in ¼-inch slices
- 6 cherry tomatoes, halved
- 1 teaspoon cilantro, chopped
- 1½-inch-thick slice of jicama, in ¼-inch dice
- 1 tablespoon diced raw sweet red pepper
- ¼ cup Mango Salsa (page 127)

1. In separate bowls, mix the brown rice with 1 tablespoon vinaigrette, mix the beans with 1 tablespoon vinaigrette, and mix the greens with ½ tablespoon vinaigrette. Lay a bed of greens on a dinner plate. Place the rice and the beans on the greens. Surround the rice and beans with the mango, avocado, and tomatoes. Sprinkle the cilantro, jicama, and red pepper on top.

2. Drizzle the remaining vinaigrette on the salad. Serve with the Mango Salsa on the side.



## Chèvre, Beets, and Jicama Salad

Earthy beets, creamy chèvre, piquant arugula, crunchy jicama, and savory herbs are a perfect combination of taste, texture, and aroma. If you're feeling creative and can find them in your produce section, edible nasturtium flowers add a peppery and colorful garnish.

Jicama is a Microbiome Superfood, and the greens load you up with stamina-building iron and B vitamins, which help you to balance your hormones and cope with stress.

### 2 Servings

- 1 teaspoon each: fresh tarragon, thyme, chive, and parsley, stemmed and snipped
- $\frac{1}{8}$  cup olive oil
- $\frac{1}{2}$  cup creamy chèvre, preferably Rawson Brook Farm's Monterey Chèvre
- 3 cups mixed greens
- 1 cup baby arugula or watercress
- $\frac{1}{4}$  cup peeled, diced jicama
- 3 tablespoons Lemon Vinaigrette (see page 78)
- 2 cooked beets, peeled, quartered, and sliced
- Stems of fresh herbs for garnish
- 2 nasturtium blossoms for garnish (optional)

1. Mix the herbs with the oil. Divide the chèvre into 2 scoops, and pour the herbed oil over them.
2. In a bowl, mix the greens, arugula, and jicama, and toss with the Lemon Vinaigrette.
3. Place the mixture in a shallow bowl, and top with the chèvre scoops.
4. Garnish with the beets and stems of fresh herbs. Top with optional nasturtium blossoms.

## **Chicken Salad with Fennel, Tomato, Olives, Jicama, and Greens**

Looking for a great way to use up leftover chicken? This chicken salad features the Microbiome Superfoods radishes and jicama, which will nourish your microbiome. Enjoy the amazing antioxidant and anti-inflammatory benefits from the fennel and the healthy serving of fiber in the fennel and mixed greens.

### **1 Serving**

- 1 heaping cup mixed greens
- 2 radishes, in ¼-inch slices
- 4 ¼-inch slices fennel
- 2 tablespoons Lemon Vinaigrette (page 78), divided
- 1 cooked chicken breast or meat from 1 leg, sliced
- 6 cherry tomatoes, halved
- 6 olives
- 1 ¼-inch slice jicama, diced
- ¼ avocado, sliced (optional)

1 tablespoon walnuts or almonds (optional)

1. Mix the greens, radishes, and fennel with 1 tablespoon of the vinaigrette.
2. Place the mixture on a dinner plate, and top with the chicken and remaining ingredients.
3. Drizzle with remaining vinaigrette and serve.



## Chicken Soup with Kale and Jerusalem Artichokes

Rich chicken soup is enhanced with Jerusalem artichokes and flavored with garlic to help heal your digestive tract. Kale is a dark green leafy vegetable that boosts your supply of iron, which builds energy through red blood cells, and vitamin B, which you need to modulate stress, support your brain, and balance your hormones. If you have made Chicken Base (page 109) ahead of time and frozen it, putting this soup together goes very quickly.

### 4 Servings

- Juice from  $\frac{1}{2}$  lemon, approximately 1 teaspoon
- 1 cup cold water
- 3 medium Jerusalem artichokes
- 1 tablespoon olive oil
- 1 teaspoon chopped garlic
- 1 pound fresh kale, ribs removed, washed, still wet
- 4 cups Chicken Base (page 109)
- 1 cup chicken pieces (optional)
- Salt and pepper to taste

1. Add lemon juice to the cold water in a medium bowl. Scrub Jerusalem artichokes, and cut into  $\frac{1}{4}$ -inch slices. Let them soak in the lemon water and set aside.

2. Warm olive oil in a sauté pan over very low heat and add the garlic. Don't let the garlic brown—just leave it in the oil for about 2 minutes. Then add the wet kale and simmer gently, until tender, about 8 minutes.

3. Melt the frozen Chicken Base in a saucepan. Drain the Jerusalem artichokes, and add them to the Chicken Base. Simmer for 10 minutes until tender. Add the kale mixture. Add chicken, if desired. Cook for 10 minutes or until the vegetables are tender. Salt and pepper to taste.

### **Classic Greek Salad with Sheep's Milk Feta**

This is a quick and easy way to prepare a classic Greek salad. Enjoy the fresh, tasty ingredients, which include the Microbiome Superfoods tomato, red pepper, and onions. Nourish your microbiome while you refresh your palate and perk up your lunch hour.

#### **1 Serving**

- 2 cups romaine lettuce, torn into 1-inch pieces
- 1 medium tomato, cut into ½-inch chunks
- 8 Greek olives (kalamata)
- ¼ peeled cucumber, cut into ½-inch chunks
- ¼ sweet red pepper, cut into ½-inch chunks
- ¼ green pepper, cut into ½-inch chunks
- 2 thin slices red onion (optional)
- ⅛ teaspoon dried oregano
- 2 tablespoons Lemon Vinaigrette (page 78)
- Salt and pepper to taste
- ⅛ cup crumbled sheep's milk feta cheese
- ¼ lemon

1. In a medium bowl, mix together the lettuce, tomato, olives, cucumber, red and green peppers, and onion, if desired.

2. In a separate bowl, mix the oregano into the vinaigrette, and shake vigorously. Add salt and pepper to taste.

3. Place the vegetable mixture on a dinner plate, and top with feta crumbles.

4. Serve with the vinaigrette and a wedge of lemon.



## **Escarole Chickpea Soup**

The rich bone broth in the chicken base make this a super nutritious and hearty soup, and the escarole adds stamina-building iron and B vitamins that help ward off the effects of stress. Onions, garlic, and tomato add three Microbiome Superfoods, while the chickpeas help women balance their hormones, especially during perimenopause and menopause. Sriracha, by the way, is a kind of Thai hot sauce that can give this fragrant soup an extra kick.

### **3 Servings**

- 1 teaspoon chopped garlic
- 3 tablespoons olive oil
- ½ small onion, peeled and chopped
- 2 cups Chicken Base (see page 109)
- 4 heaping cups chopped escarole
- ½ cup organic chickpeas, drained and rinsed
- ½ cup diced tomatoes
- ½ teaspoon cumin
- 1 teaspoon salt
- ½ cup chopped chicken (optional)
- ½ teaspoon hot sauce or sriracha (optional)

1. Warm the garlic in a medium saucepan over low heat in the oil, then add the onion. Sauté over medium-low heat until the onion is soft, about 5 minutes.

2. Add the stock and bring to a boil. Add the escarole, chickpeas, and tomatoes. Lower the heat to medium, and simmer for 10 minutes.

3. Add the cumin, salt, and chicken and hot sauce, if desired. Salt to taste.

## **Fennel Salad**

If you're looking for a healthy salad that is also filling, you can't do better than fennel. Crunchy and slightly sweet, this Italian vegetable tastes delicious cooked or raw. You'll get lots of digestive and weight-loss benefits from the fiber, as well as lots of potassium, vitamin C, copper, and manganese. These ingredients also support your immune and cardiovascular systems. Come for the health and weight loss—stay for the refreshing taste!

### **1 Serving**

- ½ fennel bulb, stalks removed, thinly sliced crosswise
- 1 tablespoon olive oil
- ½ teaspoon fresh lemon juice
- ½ teaspoon snipped fresh tarragon
- Salt and pepper to taste

1. Toss all ingredients together, and serve.



## **Guacamole Smoothie**

This smoothie is an incredibly rich and creamy pick-me-up. Flaxseed oil adds beneficial Omega 3s, the avocado provides even more healthy fats, the lime juice adds zing, and the pea protein powder gives you a much-needed protein boost to keep you going in the middle of the day. This smoothie is good for a satisfying snack or quick but filling lunch. Olé!

### **1 Serving**

- 1 small ripe avocado, peeled and seeded, about ½ cup
- 2 tablespoons sweet red onion, chopped
- ¼ cup chopped tomato
- ¼ teaspoon ground cumin
- ¼ teaspoon chopped garlic
- ¼ teaspoon chopped jalapeño pepper or ½ teaspoon hot sauce
- 1 teaspoon olive oil
- 1 teaspoon flaxseed oil
- 1 teaspoon fresh lime juice
- 2 tablespoons pea protein powder
- ½ teaspoon salt
- ½ cup water
- 3 ice cubes

1. Blend all ingredients in a food processor until smooth.





## Kale Salad à la Greque

Kale is loaded with iron, which supports your production of energizing red blood cells, and B vitamins, which are great for combating stress, supporting brain function, and balancing your hormones. The olive oil and olives provide healthy fat to feed your cells and support your brain. The optional chickpeas add protein, make the salad more filling, and help women balance their hormones, especially during perimenopause and just after menopause. The optional quinoa adds still more protein and makes the salad even more filling.

### 1 Serving

- 2 cups kale greens, washed and dried, ribs removed, and sliced into thin ribbons
- 1 teaspoon olive oil
- ¼ teaspoon salt
- 2 teaspoons Dijon mustard
- 2 tablespoons fresh lemon juice
- 2 tablespoons cider vinegar
- ⅓ cup olive oil
- ¼ teaspoon lemon zest, finely chopped (be sure to use only the yellow rind, not the white pulp)
- Salt and cracked pepper to taste
- ⅓ cup canned organic chickpeas, drained and rinsed (optional)
- ¼ avocado, sliced (optional)
- 3 thin slices red onion (optional)
- ½ cup cooked quinoa (optional)
- ½ tomato, chopped, or 6 cherry tomatoes
- ⅓ cucumber, seeded and chopped
- ⅓ sweet red pepper, chopped
- 2 tablespoons chopped Jerusalem artichokes or jicama
- 8 kalamata olives
- ¼ cup sheep's milk feta cheese

1. Put the kale in a bowl. Add olive oil and salt. Toss the kale with your hands until it is well coated. Set aside.

2. In a bowl, combine the mustard with the lemon juice and vinegar. Whisk until smooth, and slowly add the olive oil in a slow, steady stream. Add lemon zest, salt, and pepper to taste.

3. Add some of the dressing to the kale. Add the remaining ingredients and toss. Season with salt and pepper to taste.



## Leek, Onion, and Potato Soup

This creamy soup brings the traditional flavors of France to your lunch table while loading you up with two Microbiome Superfoods—leeks and onions. It will keep in the fridge for two or three days, but don't try freezing it—potatoes don't freeze well. Make it with the Chicken or Beef Base you prepared ahead of time (pages 109 and 96). You can substitute canned or boxed organic beef stock if you prefer, but please make the Chicken Base from scratch—you want to load up on all the healing nutrients from that bone broth, which you will never find in a commercial preparation.

### 2 Servings

- 2 large leeks, cleaned and sliced
- 2 cups sliced onions
- 1 tablespoon olive oil
- 2 teaspoons salt
- ½ teaspoon pepper
- 2 tablespoons clarified butter
- 1½ tablespoons gluten-free flour
- 2 cups Chicken Base (see page 109)
- 2 cups Beef Base (see page 96)
- 2 cups peeled, diced potatoes
- 2 teaspoons dried tarragon
- Salt and pepper to taste

1 tablespoon snipped fresh chives or 1 tablespoon snipped fresh tarragon

1. Sauté leeks and onion in olive oil in a 12-inch sauté pan over medium-low heat for 10 minutes. Sprinkle with salt and pepper.
2. Add the clarified butter, and, when melted, stir in the flour. Cook on low for 2 minutes. Stir in the stocks, and whisk for 1 minute.
3. Add the potatoes and dried tarragon. Bring to a simmer, and cook for 40 minutes or until potatoes are tender. Let cool.
4. Puree the soup in a blender or use an immersion blender.
5. Salt and pepper to taste. Garnish with snipped chives.



## Mango Arugula Salad

This sweet, piquant salad will leave you both refreshed and satisfied. The mango is full of vitamins A and C, which help repair your gut walls and support your immune system, jicama and tomato nourish your microbiome, and the avocado loads you up with healthy fats. Find the recipe for Citrus Vinaigrette on page 77. If you're taking this to work, don't add the last of the dressing at home; instead, take it to work with you in a small jar and drizzle it on just before you eat.

### 1 Serving

- 2 cups arugula leaves
- 2 tablespoons Citrus Vinaigrette (page 77)
- ½ small avocado, peeled and sliced
- ½ small mango, peeled and cut into slices
- ¼ red onion, thinly sliced
- Salt and pepper to taste
- Chicken slices (optional)

1. Toss the arugula leaves with half of the vinaigrette.
2. Add the avocado, mango, and onion to the arugula mix, and salt and pepper to taste. Add the chicken if desired.
3. Drizzle the remaining vinaigrette on top. Serve immediately.



## **Prebiotic Superfood Green Salad with Lemon Vinaigrette**

There's nothing like a fresh green salad loaded with vibrant vegetables to leave you feeling refreshed and energized in the middle of the day. This healthy salad is loaded with prebiotics to nourish your microbiome.

### **1 Serving**

- 2 cups mixed-lettuce greens
- $\frac{1}{4}$  fennel bulb, sliced into  $\frac{1}{4}$ -inch slices
- 1 small tomato, cut into  $\frac{1}{4}$ -inch slices
- 1 small Jerusalem artichoke, scrubbed, with hard ends removed, cut into  $\frac{1}{4}$ -inch slices
- 3 radishes, washed, with ends removed, cut into  $\frac{1}{4}$ -inch slices
- Lemon Vinaigrette (page 78)

1. Combine greens, fennel, tomato, Jerusalem Artichoke, and radishes, and toss with Lemon Vinaigrette.



## Rich Vegetable Soup

The French call this type of soup “Soupe a la pistou”: a fragrant vegetable soup garnished with *pistou*, a savory infusion of chopped fresh basil, garlic, and tomato. It’s a wonderful way to load up on vegetables, which will leave you feeling full and satisfied without that overstuffed, bloated feeling you can sometimes get from too much meat or starch. You’re also loading up on Microbiome Superfoods—leeks and carrots in the soup and garlic and tomato in the pistou. If you’re looking for some extra protein, add the chicken pieces. The pistou makes enough for a few servings and will keep well in the fridge or freezer.

### 3 Servings

- 2 tablespoons olive oil
- 1 leek, washed and sliced, green tops discarded
- ¼ bunch kale, washed, ribs removed, rough chopped
- 1 tablespoon chopped garlic
- 1 small turnip, peeled and chopped
- 1 celery stalk, chopped
- 1 carrot, peeled and chopped
- 1 parsnip, peeled and sliced
- 3 cups Chicken Base (page 109)
- 1 zucchini, diced
- ¼ pound mushrooms, stemmed, cleaned, and sliced
- ¼ cup cooked chicken pieces (optional)

### Pistou

- 2 tablespoons minced garlic
- 4 cups basil leaves (about 2 ounces)
- ⅓ cup rough chopped tomatoes or 3 tablespoons organic tomato paste
- ½ teaspoon salt
- ½ teaspoon pepper
- ⅓ cup olive oil
- Salt and pepper

1. In a large, heavy-bottomed pot, gently heat olive oil over medium-low heat, add leek and kale, and cook 5 minutes until golden. Add garlic, and cook for 2 minutes.

2. Add the turnip, celery, carrot, and parsnip, and cook for 5 minutes. Add the Chicken Base, and simmer for 45 minutes or until vegetables are tender.

3. Add the zucchini, mushrooms, and optional chicken, and simmer for 10 minutes until tender.
4. Make the pistou: while the soup is cooking, put the garlic, basil, tomatoes, and salt and pepper in a food processor or blender, and puree until almost smooth. Gradually add the oil. Refrigerate until ready to serve.
5. To serve, stir 3 tablespoons of the pistou into the hot soup. Add salt, pepper, and more pistou to taste.



## **Rumanian Eggplant Salad**

You might be more familiar with eggplant that has been breaded and fried, but in this salad you simply pan-sear it, which brings out its rich, earthy taste, enhanced by the tangy vinegar and lemon. When you choose an eggplant, make sure it is shiny, light, and firm with no soft spots. You can enhance the flavor of the chopped, seasoned eggplant by refrigerating it for a few days. For one serving, simply prepare one-third the amount of each vegetable.

### **3 Servings**

- 1 large, firm eggplant
- 1 tablespoon cider vinegar
- 1 tablespoon salt
- 3 tablespoons olive oil
- 4 cups mixed greens
- 21 cherry tomatoes or 4 small tomatoes, sliced
- 1 bulb fennel, thinly sliced
- 4 small Jerusalem artichokes, thinly sliced or ½ medium jicama, thinly sliced
- 1 medium cucumber, peeled and seeded, sliced
- Salt and pepper to taste
- Lemon Vinaigrette, approximately 4 teaspoons (see page 78)

1. Wrap the firm eggplant in heavy aluminum foil. Heat a cast-iron skillet, and place the eggplant in the skillet. Turn heat up to medium-high, and cook the eggplant, turning every 5 minutes until it is collapsed. Let cool, unwrap, and scoop the soft, well-cooked eggplant from the skin.

2. Place the eggplant flesh in a food processor, and process for 15 seconds. Add the vinegar and salt, and pulse, adding the oil in slow stream. As soon as the oil is incorporated, stop processing so the eggplant is not pureed.

3. Place the eggplant on the greens, and surround with the tomato, fennel, Jerusalem artichokes, and cucumber. Salt and pepper to taste. Drizzle vinaigrette on the sliced vegetables.



## **Sauerkraut and Meatball Soup**

This hearty entrée soup for lunch or dinner was inspired by Eastern European–style stuffed cabbage. It’s warm and filling, and because it contains sauerkraut, a fermented food, it is also a natural probiotic. Plus it contains several Microbiome Superfoods—onions, garlic, carrots, and the Microbiome Superspice, cinnamon.

Save five of the meatballs to serve with Roasted Spaghetti Squash (page 125). Buy the sauerkraut in the fermented foods section of the market. The beef stock takes 5 hours to cook, but you can make it ahead of time or just substitute canned or boxed organic beef stock. The soup freezes very well.

### **6 Servings, Plus 4 Cups Stock to Be Frozen**

#### **Beef Base**

- 3 pounds beef shin bone
- 2 marrow bones
- 1 pound beef chuck, cut in thirds
- 3 quarts water
- 1 unpeeled onion, studded with 6 cloves
- 1 carrot washed and trimmed, cut into  $\frac{3}{4}$ -inch pieces
- 3 sprigs parsley
- 3 peppercorns

#### **For the Meatballs**

- $\frac{1}{2}$  cup chopped onion
- $1\frac{1}{2}$  pounds ground beef
- 1 small egg
- $\frac{1}{2}$  teaspoon freshly ground nutmeg
- 1 tablespoon kosher salt
- $\frac{1}{2}$  teaspoon freshly ground pepper

#### **For the Soup**

- 2 tablespoons olive oil
- 2 onions, sliced
- 2 carrots, peeled and sliced
- 2 parsnips, peeled and sliced
- 5 cups Beef Base



- 1 28-ounce can organic chopped tomatoes
- ¼ cup cider vinegar
- 10 whole cloves
- 1 teaspoon cinnamon
- 1 teaspoon ground nutmeg
- 1 teaspoon ground allspice
- 3 teaspoons sugar substitute: Lakanta
- 2 cups sauerkraut, drained

### **To Make the Beef Base**

1. In a large pot, cook the beef and marrow bones in boiling water for five minutes. Drain, discarding the water.
2. Place the bones back into the pot, and add the beef chuck and 3 quarts of water. Bring to a boil, and then reduce the heat. Skim off the fat and foam until it stops forming, about 15 minutes.
3. Add the onion, carrot, parsley, peppercorns, and salt. Simmer 3 hours.
4. Strain the liquid and taste for seasoning. If the flavor is not concentrated enough, continue cooking over medium heat until the desired taste is achieved. If you like, add more salt to taste. This will yield almost 3 quarts of stock. Strain the stock and refrigerate so the fat solidifies and can be easily removed. When chilled, skim the fat off the top, and discard. Use 5 cups of the stock for the recipe, and freeze the remainder.

### **For the Meatballs and Soup**

1. Preheat oven to 375°F. Lightly oil a 12 x 18-inch sheet pan.
2. For the meatballs, sauté the chopped onion until it is golden, and set aside.
3. For the soup, in oil, lightly sauté the sliced onion, carrots, and parsnips over medium heat for 10 minutes, until vegetables are tender. Remove from pan, and set aside.
4. To make the meatballs, combine the ground beef, sautéed onion, egg, nutmeg, salt, and pepper in a medium bowl. Form into 1½-inch-size meatballs, and place on an oiled baking sheet. Place in a preheated 375°F oven for 30 minutes. Let cool and set aside.
5. While the meatballs are cooking, heat the stock over medium flame. Add the vegetable mixture, and simmer about 10 minutes.
6. Add the tomatoes, vinegar, cloves, cinnamon, nutmeg, allspice, and Lakanta. Stir and cook for 10 minutes. Add the sauerkraut, cook for 5 minutes, and taste for seasoning.

7. Before serving, add the meatballs, and cook over medium heat for 5 minutes. Salt and pepper to taste.



## **Savory Pear Salad**

This was a favorite at Chef Carole's restaurant, Charleston. Pears, walnuts, and blue cheese are a luscious combination. The walnuts and vinaigrette provide healthy fats for your cells and brain, and the mixed greens are rich in energizing iron and stress-busting B vitamins.

### **2 Servings**

- 1 large or 2 small ripe pears
- 4 cups mixed greens
- $\frac{1}{3}$  cup crumbled sheep's or goat's milk blue cheese
- $\frac{1}{4}$  cup broken walnut halves
- 3 tablespoons Citrus Vinaigrette (page 77)
- Salt and pepper to taste
- 5 slices cooked cold chicken breast

1. Halve, quarter and slice the pears. Set six slices aside for garnish.
2. Arrange the greens in a shallow bowl. Add the pear, cheese, and walnuts. Toss with the vinaigrette. Add salt and pepper to taste.
3. Mound the greens and garnish with the set aside pear slices, sliced chicken, and any additional walnuts.



## Turkish-Style Cucumber Soup

This cold soup makes a refreshing lunch or snack. The live cultures in the yogurt give your microbiome a major boost, while the protein supports your energy. Cool and tangy, the aromatic flavors of mint and dill make the soup extra flavorful, and the garnishes of tomato and Jerusalem artichoke give you two helpings of Microbiome Superfoods. If you want to make the soup more filling, throw in the optional quinoa. Anything left over will keep for a few days in the fridge.

### 2 Servings

- 1 large cucumber, peeled and seeded
- 1½ cups goat's or sheep's milk yogurt
- 1½ teaspoons minced garlic
- 1 tablespoon cold water
- ½ teaspoon salt
- ½ teaspoon pepper
- 1 teaspoon white vinegar
- 1 tablespoon olive oil
- ¼ cup and 1 tablespoon chopped fresh mint
- ¼ cup and one tablespoon chopped fresh dill
- ½ cup cooked quinoa (optional)

### For Garnish

- 2 tablespoons chopped fresh tomato
- 2 tablespoons diced Jerusalem artichoke or jicama
- Fresh dill
- Fresh mint

1. Dice ¼ cup of the cucumber for garnish and set aside. Grate the remainder.
2. Combine the yogurt, garlic, water, salt, pepper, vinegar, olive oil, and ¼ cup of each herb in a medium-large bowl. Add the quinoa if desired.
3. Add the shredded cucumber. Refrigerate for 3 hours or more.
4. When ready to serve, taste for seasoning and add more salt and pepper. Garnish with the chopped tomato, Jerusalem artichoke, dill, and mint.

## Dinners



### Basil Pesto

This delicious Italian dish is a wonderful way to enjoy the green taste of fresh basil, enlivened with the zingy flavors of lemon and garlic. Pesto is traditionally served on pasta, so it will go beautifully with our Microbiome Diet recipe for “spaghetti squash.” I’ve had you make some extra; refrigerate it in an airtight container, and you can continue to use the leftovers as a vegetable dip. Make sure you find fresh basil—the recipe definitely will not work with dried.

#### 1 Cup

- 2 heaping cups fresh basil leaves
- 2 garlic cloves, peeled and sliced
- $\frac{1}{3}$  cup pine nuts
- $\frac{1}{2}$  cup olive oil
- $\frac{1}{4}$  cup sunflower oil
- 1 tablespoon freshly squeezed lemon juice
- 1 teaspoon salt

1. Place all the ingredients in a food processor, and process until smooth.
2. Refrigerate remaining pesto for future use.

## Beef, Beer, and Onion Stew

This Belgian-style beef stew, *Carbonnades a la Flammande*, is rich, hearty, and satisfying. The beer—gluten-free and Belgian style—gives a rich, hearty taste to the meat, while the onions add a touch of sweetness.

This recipe can be made ahead of time and then refrigerated for four days. It also freezes well. Reheat the defrosted stew in a preheated 350°F oven.

### 3 Servings

- 1½ pounds stewing beef, cut in 1-inch pieces
- 1 tablespoon rice flour
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 tablespoon olive oil
- 4 cups sliced onions
- 2 garlic cloves, minced
- 1 teaspoon salt
- ½ teaspoon pepper
- 1½ cups gluten-free beer, divided
- ½ cup strong organic Beef Base (see page 96)
- 3 tablespoons Lakanto, a sugar substitute, divided
- 1 teaspoon dried thyme
- 2 tablespoons cider vinegar
- Salt and pepper to taste

1. Preheat oven to 350°F.

2. Dry the beef with paper towels. On a 9-inch plate, mix together the beef, rice flour, salt, and pepper until the beef is well coated. Reserve leftover rice flour mixture.

3. Heat the oil in a 9- or 10-inch fireproof Dutch oven casserole; add the meat. Over medium-high heat brown the meat on all sides, which takes approximately 5 minutes. Remove the meat. Add the onions to the pot and cook, stirring continually for 5 minutes. Add salt, pepper, garlic and 1 teaspoon of the leftover rice flour mixture.

4. After about 5 minutes, the onion mixture should be light brown. Then add ½ cup of the beer, and scrape up the browned bits on the bottom of the pot. Add the beef, and stir in the remaining beer, Beef Base, 1 tablespoon Lakanto, and thyme.

5. Bring to a simmer, and then reduce the heat to low. Cover the casserole, and cook at 350°F for about 2 hours; testing the beef for tenderness—cook until the meat is fork tender. Add the

vinegar and 2 remaining tablespoons Lakanto, and cook for 3 minutes longer. Taste for seasoning, adding salt and pepper and more thyme to taste.



## Beef Stew with Aromatic Vegetables and Red Wine

Here's another hearty stew, this time with a French influence. The aromatic vegetables add a delicate flavor to the mix, while the red wine brings out all the flavor of the beef. You also get plenty of onions and carrots in this dish, two Microbiome Superfoods.

This stew can be cooked in advanced and kept refrigerated for up to four days. Or you can freeze it and keep it for weeks. To reheat, bring to room temperature and then cook for approximately ten minutes on low heat.

### 2 Servings

- $\frac{3}{4}$  cup chopped onions
- $\frac{1}{3}$  cup chopped carrots
- 1 large garlic clove, minced
- $\frac{1}{3}$  cup chopped parsnips
- 1 tablespoon coconut oil
- 1 tablespoon rice flour
- 1 teaspoon salt
- $\frac{1}{2}$  teaspoon pepper
- $\frac{1}{2}$  teaspoon grated nutmeg
- 1 pound stew beef, cut into 2-inch pieces
- 1 cup Beef or Chicken Base (see pages 96 and 109, respectively), divided
- $\frac{1}{2}$  teaspoon thyme
- 1 spray rosemary
- 1 teaspoon tarragon
- 1 cup red wine
- 1 onion, peeled and sliced
- 2 tablespoons clarified butter or olive oil, divided
- $\frac{1}{3}$  pound mushrooms, sliced
- Chopped parsley for garnish

1. Preheat oven to 300°F.

2. In a large ovenproof, lidded pot, sauté the chopped onion, carrot, garlic, and parsnips in the coconut oil over medium-low heat for 8 minutes until vegetables are tender. Remove from the pan and set aside.

3. In a medium bowl, combine the rice flour, salt, pepper, nutmeg, and beef. The beef should be well coated with flour mixture.



4. Add more oil to the pot if necessary, and transfer the meat to the pot, sautéing over medium-high heat until the meat is browned, about 8 minutes. Remove the meat, and add ½ cup of the Beef Base to the pot to scrape up the browned bits.
5. Transfer the vegetable mixture and the meat back to the pot. Add the thyme, rosemary, tarragon, red wine, and remaining stock. Bring to a boil, lower the heat, and place in oven, cooking at 300°F for about 2 hours; after 1½ hours check for tenderness.
6. While the stew is cooking, sauté the sliced onions in 1 tablespoon of the butter. Remove from pan. Sauté the mushrooms in remaining butter. Add mushrooms to onions and set aside.
7. Add the onion and mushroom mixture to the stew ½ hour before serving.
8. Add salt and pepper for taste. Garnish with chopped parsley.



## Borscht

Ah, Mother Russia! This robust lunch or dinner entrée soup will charm you with its sweet and sour flavors while leaving you feeling full and satisfied from its rich, meaty broth. Add in some white beans to make the dish even more filling.

To make this dish you'll need the Beef Base you prepared ahead of time, or you can just use canned or boxed organic beef stock. (But the homemade will taste better!) Enjoy the flavors while knowing you are loading up on Microbiome Superfoods: onion, carrot, tomato, and garlic.

### 6 To 8 Servings

- 6 medium beets, scrubbed
- 2 medium onions, chopped
- 4 carrots, peeled and grated
- 3 tablespoons olive oil
- 2 pounds boneless stew beef, cut into 1-inch cubes
- 3 tablespoons organic tomato paste
- 6 to 8 cups Beef Base (see page 96), divided
- 12 whole garlic cloves
- 6 peppercorns
- 2 tablespoons Lakanto
- 1 tablespoon cider vinegar
- ½ head cabbage, shredded
- 1 tablespoon chopped fresh dill
- 4 teaspoons salt
- 1 teaspoon pepper

1. In a large saucepan, boil the beets for about 45 minutes, until they can be pierced with a butter knife. Remove from heat, and allow to cool, saving the beet water. Slip the skins off the beets, and discard. Cut the beets into match sticks.

2. In a medium pan over medium heat, sauté onions and carrots in the oil, about 5 minutes. Add the beef, and cook until brown, about 10 minutes. Add the tomato paste and a cup of the stock. Set aside.

3. Combine the remaining stock, 1 to 2 cups beet water, beef mixture, garlic, peppercorns, and beets in a large pot. Add the Lakanto and vinegar. Cook 20 minutes over low heat. Add the cabbage, and cook until the cabbage is tender, about 10 minutes. Add dill, as well as more Lakanto, salt, and pepper to taste. The soup should have a sweet and sour flavor.



## **Braised Apple Chicken**

This supper can easily be made ahead and either refrigerated or frozen. The sweetness of the apples and cider make the chicken taste sweet as well, while the coconut oil adds a serving of healthy fat. The apples are full of fiber that nourishes your microbiome.

When you are shopping for this dinner choose apples that are firm and not bruised.

### **2 Servings**

- 2 skinless, boneless chicken breasts or thighs
- Salt and pepper to taste
- 2 tablespoons coconut oil, divided
- 1 cup unsweetened apple cider, divided
- 2 cups peeled, sliced onions
- 2 cups peeled, cored, seeded, and sliced apples
- 1 tablespoon dried tarragon
- ½ teaspoon dried thyme
- ½ teaspoon salt
- ¼ teaspoon pepper

1. Preheat oven to 375°F.

2. Sprinkle chicken with salt and pepper. In a small sauté pan, sauté the chicken in 1 tablespoon coconut oil on medium-low heat until lightly browned. Remove from pan, and deglaze pan with ¼ cup of the apple cider, scraping all the browned bits into the cider. Pour this deglazing cider over the chicken, and set aside. Clean the pan.

3. Sauté onions in remaining coconut oil over low heat for 5 minutes, until softened. Add the apples, and cook for 5 minutes.

4. Add the chicken, deglazing liquid, tarragon, thyme, and the remaining cider. Season with salt and pepper.

5. Transfer to a small ovenproof baking pan, cover with a lid or foil, and bake at 375°F for 20 minutes. Turn chicken over, and bake uncovered for an additional 10 minutes or until the chicken is no longer pink and the juices are clear.

6. Add salt and pepper to taste if desired.



## Brazilian Fish Stew

Maybe you don't have time to fly down to Carnival in Rio this year, but you definitely do have time to make this quick and easy Brazilian-flavored coconut-creamy stew. Delicious with any firm-fleshed fish, the stew works with cod, grouper, catfish, and similar choices. Just make sure you go low mercury.

For added digestive healing—and creamy sweetness—enjoy the coconut milk. Garlic, onion, and tomato will help heal your intestinal tract while nourishing your microbiome.

### 2 Servings

- 1 pound cod, or any firm fish
- 2 tablespoons lime juice
- 1 garlic clove, finely chopped
- ½ teaspoon salt
- ¼ teaspoon pepper
- ½ cup chopped onion
- 1 teaspoon paprika
- ½ cup diced red pepper
- 1 tablespoon coconut oil
- ⅓ cup diced tomato
- ½ cup coconut milk
- ½ teaspoon hot sauce, or more to taste
- ½ cup chopped cilantro, divided

1. Place the fish in a small bowl, and cover with the lime juice, garlic, salt, and pepper. Marinate for 15 minutes.

2. Sauté the onion, paprika, and red pepper in the coconut oil on medium-low for 5 minutes until soft. Add the tomato and marinated fish, and cook until the fish begins to turn opaque, about 5 minutes.

3. Add the coconut milk, hot sauce, and half of the cilantro. Simmer until the fish is fully opaque and begins to flake, about 10 to 15 minutes. Taste for seasoning. Add more lime juice, hot sauce, and salt to taste.

4. Add the remaining cilantro and serve.



## Chicken Base

How healthy can you get—not just the chicken, but the bones as well, which are liquefied and strained into the soup. This “bone broth” heals and seals the gut wall and is loaded with minerals. The broth requires many hours for simmering, but once you’ve made it, you can divide it into 2-cup containers and freeze enough portions to last you a few weeks. Use it as your base for the traditional chicken soup as well as for the vegetable soups and sauces.

### 10 Cups

- 1 5- to 6-pound chicken, cut up, rinsed, and dried
- 2 garlic cloves, finely chopped
- 3 tablespoons salt, or more to taste
- 16 cups cold water
- 2 large onions, quartered, unpeeled
- 1 large carrot, cut into 4 pieces, unpeeled
- 5 stems each of parsley and dill, tied in a bunch
- ½ teaspoon pepper

1. Rub the chicken parts with the garlic and salt; cover and refrigerate 1 hour.
2. Put the water, onions, carrot, and all the chicken parts, except the breasts, into a stockpot. Bring to a boil, and add the breasts and the bunch of parsley and dill. Cover the pot, reduce heat, and simmer for 40 minutes, until tender.
3. Remove the breasts. Skim off fat; discard. Remove the skin and chicken from the breast bones; discard skin. Put the bones back into the pot, and continue cooking for 2 hours. Cut up the chicken into bite-size pieces, and refrigerate or freeze for another use.
4. When tender, remove the remaining chicken from the pot, and continue cooking the bones and stock 30 minutes. Remove the chicken meat from the legs and back. Return the bones to the stock pot, and continue cooking on low heat for 3 hours. Refrigerate or freeze the chicken meat for another use.
5. Remove and discard the vegetables and herbs from the pot. Put the bones and 1 cup of the broth in a blender, and process until liquefied and smooth. Strain the liquid, discard any solids, and strain the liquefied bones back into the stock. Add the pepper, and taste to see if you want to add more salt. There will be about 10 cups of soup base.
6. Refrigerate what you will need for making a soup, and freeze the remainder.



## Chili Con Carne

This is a quick and easy chili that freezes well. Or you can store it in an airtight container and keep it in the fridge for up to three days. Onions, garlic, and tomato give you plenty of Microbiome Superfoods to make this dish both superfast *and* super healthy.

### 3 Servings

- 1 medium yellow onion, chopped, about 1 scant cup
- 2 tablespoons olive oil
- 1 pound lean ground beef
- 1 teaspoon chopped jalapeño
- 2 garlic cloves, minced
- ½ teaspoon ground oregano
- 1 tablespoon chili powder
- 1 tablespoon cumin
- 1 tablespoon paprika
- 1 teaspoon salt
- ½ teaspoon cayenne pepper (optional)
- 1½ cups organic fire-roasted canned diced tomatoes
- ½ cup water
- 1 15-ounce can of organic kidney beans, drained and rinsed
- Salt and pepper to taste

1. Sauté onion in the oil, cooking for 3 to 4 minutes. Add ground beef, and cook, stirring until beef is no longer pink. With a wooden spoon break up the beef as it cooks.

2. Add the jalapeño, garlic, and spices. Stir and cook for 2 minutes. Stir in the diced tomatoes, water, and kidney beans. Bring to a boil. Lower heat, and simmer for 35 minutes. Add additional salt and pepper to taste.



## Curried Lamb and Lentil Stew

Lentils are such a healthy food! They load you up with protein, support your digestion, and leave you feeling full and satisfied. Full of fiber, they are one of your microbiome's favorite foods too.

This quick and easy stew also contains the Microbiome Superspice turmeric, which is a terrific anti-inflammatory that promotes digestive health and supports a healthy brain. The coconut milk provides you with some healthy fat and a sweet, creamy flavor that compliments the taste of the lamb.

### 2 Servings

- ½ boneless stew lamb, cut into 1-inch pieces
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 tablespoon olive oil
- ½ heaping cup chopped onions
- ½ cup chopped carrots
- 2 teaspoons chopped garlic
- 1 tablespoon finely chopped fresh ginger
- ¼ teaspoon turmeric
- ¼ teaspoon cumin
- 1 tablespoon curry powder
- 1 teaspoon kosher salt
- ¾ cup diced tomatoes
- ½ cup dried lentils
- 1 large carrot, cut into coins
- ¼ cup coconut milk
- ¼ cup water

1. Sprinkle lamb with salt and pepper.

2. Heat oil in a heavy pan over medium-high heat, and sauté lamb until brown, about 7 to 8 minutes. Add onions, carrots, garlic, and ginger. Mix and sauté on low heat for 3 to 4 minutes. Add turmeric, cumin, curry, and salt, and stir. Add tomatoes, lentils, carrots, coconut milk, and water. Bring to boil, lower heat, and cook until lamb and lentils are tender, about 45 minutes.



## Curried Vegetable Stew

This sumptuous vegetarian dinner is packed with nutrient-rich vegetables as well as chickpeas, which help women balance their hormones, and coconut milk, which adds healthy fats that support your cell and brain health.

The creamy curry sauce really sets off all the different textures of the fresh vegetables. The chickpeas and the optional butternut squash make this a very satisfying meal that will leave you feeling full and nourished but not stuffed. This stew will keep for up to a week or so in the fridge, so once it's made you can enjoy it for several days.

### 3 Servings

- 1 cup sliced carrots
- 2 cups cauliflower florets
- 1 large onion, sliced
- 2 tablespoons clarified butter or olive oil
- 1 tablespoon minced garlic
- 1 teaspoon finely chopped jalapeño pepper
- 1 tablespoon chopped fresh ginger
- ½ teaspoon turmeric
- 2 tablespoons curry powder
- ½ small cabbage, sliced
- 1 cup diced butternut squash (optional)
- ½ cup green peas
- 1½ cups coconut milk
- ½ cup organic chickpeas
- Salt and pepper to taste
- ¼ cup chopped cilantro

1. In a medium pot, boil 3 cups of water. Place the carrots and cauliflower in a strainer basket in the boiling water for 5 minutes, then remove from the heat.

2. Sauté the onion in clarified butter until softened, about 5 minutes. Add the garlic, jalapeño, ginger, turmeric, and curry. Stir to combine, and cook on low heat for 3 minutes. Add the cabbage, squash, peas, carrots, and cauliflower, and cook gently for 2 minutes, stirring to combine well.

3. Add the coconut milk and chickpeas, and cook for about 20 minutes, until the cauliflower is tender. Add more coconut milk if necessary to make sure the stew is saucy.



4. Taste for seasoning, and add salt, pepper, and more jalapeño to taste. To serve, sprinkle with the chopped cilantro.



## Easy Sautéed Greens

Looking for a quick, easy, and tasty way to get more greens into your diet? Leafy green vegetables are terrific for your health—full of energizing iron, stress-busting B vitamins, and many other valuable nutrients that help heal your gut and support your metabolism.

In this recipe you quickly sauté your greens, wilting them in garlic-scented oil to produce a light, savory vegetable. This recipe can be used with most leafy greens—escarole, spinach, or broccoli rabe. If you happen to find some dandelion greens in the market, you can use this recipe for them as well; just make sure you boil them for 10 minutes before sautéing them. Dandelion greens are a natural prebiotic that also provides you with many other nutrients.

### 1 Serving

- ½ bunch of escarole, spinach, or broccoli rabe
- 1 tablespoon olive oil
- ½ teaspoon minced garlic
- Salt and pepper

1. Wash the greens, and leave them wet.

2. In a sauté pan, warm olive oil over low heat. Add the greens and garlic; cook over low heat until the greens wilt or until the broccoli rabe florets are tender when pierced with a fork, about 12 minutes. Add salt and pepper to taste.



## **Fish Stew with Romesco**

Bring the flavors of Spain into your kitchen with this riff on a classic Catalan fish stew. The almond garlic infusion is called “romesco,” adding a depth of flavor that will leave you feeling satisfied.

This stew can be made with any firm-fleshed white fish—just pick one that is low in mercury, such as catfish, cod, or grouper. The fish and almonds are full of Omega 3 fats, which promote cell and brain health.

For your convenience the romesco recipe yields a cup of sauce, which you can store in the fridge for future use, either to make another stew or as a delicious dip for vegetables.

### **2 Servings**

#### **Romesco**

- 1 large tomato
- 1 cup slivered almonds
- ½ cup plus 1 tablespoon olive oil, divided
- 1 teaspoon jalapeño, or more to taste
- 2 garlic cloves, chopped
- ½ yellow pepper
- 2 scallions, trimmed and chopped
- 1 teaspoon cider vinegar
- ½ teaspoon salt

1. Preheat oven to 350°F.
2. Place the tomato and the almonds on a baking pan, and bake for 10 minutes, until the almonds start to color. Watch them closely so they don't burn.
3. Add ¼ cup of the oil to a small sauté pan, and sauté the jalapeño over medium heat, about 5 minutes. When the jalapeño is soft, add the garlic. Cook for 2 minutes. Do not allow the garlic to brown. Remove from heat.
4. Put into a food processor the yellow pepper, scallion, and jalapeño mixture.
5. Remove the skin from the tomato, and then add the tomato, vinegar, and almonds to the processor.

6. Process for 1 minute, and slowly add the remaining olive oil. Scrape down the sides of the bowl; add salt, and puree just until smooth.

7. Add more salt to taste, if desired. The sauce can be refrigerated for several days. Serve at room temperature.

### **For the Fish Stew**

- ¾ cup chopped onion
- 1 small fennel bulb, sliced
- 2 tablespoons olive oil
- 1 garlic clove, minced
- ½ cup chopped tomatoes
- 1 cup dry white wine
- ½ cup bottled clam juice or Chicken Base (see page 109)
- 1 pound boneless catfish, cod, or grouper cut into 2-inch chunks
- Salt and pepper to taste

1. In a sauté pan or small saucepan, sauté the onion and fennel in the olive oil over medium-low heat until tender, for about 8 minutes. Add the garlic and the tomatoes, and cook for 10 minutes. Add the wine and clam juice, and top with the fish; simmer for 8 to 10 minutes until the fish is opaque and cooked.

2. Transfer the fish to serving bowls, and whisk 3 tablespoons Romesco into the soup.

3. Add salt and pepper to taste. Pour the soup over the fish, and serve.

4. Put a dish of Romesco on the table in case you or your dinner companions want more.



## **Greek-Inspired Beef Stew with Onions, Feta Cheese, and Walnuts**

This dish was so popular in Chef Carole's restaurant, Charleston, that it inspired the offering of a weekly stew. Not only is it delicious; it's also loaded with Microbiome Superfoods: onions, garlic, and tomatoes plus the Microbiome Superspice, cinnamon. The walnuts add an interesting crunch as well as provide some Omega 3 healthy fats to support cell and brain health.

You can make this stew ahead of time and refrigerate it. It also freezes very well.

### **Serves 6**

- 1½ pounds lean beef, cut into 1½-inch cubes
- 1 tablespoon olive oil
- Salt and pepper to taste
- 2 medium onions, peeled and sliced
- 1 large garlic clove, minced
- ¼ cup red wine
- 1 tablespoon red wine vinegar
- 2 cups organic diced tomatoes
- ½ teaspoon ground cinnamon or 1 small cinnamon stick
- ½ teaspoon freshly ground nutmeg
- 9 whole cloves
- ¼ teaspoon ground cumin
- ½ cup crumbled sheep's milk feta cheese
- ½ cup walnuts

1. Lightly brown the beef in the olive oil over medium-high heat for 7 to 8 minutes. Add salt and pepper to taste.

2. Cover with the onions, and cook until they begin to soften, about 5 minutes. Add the red wine, wine vinegar, tomatoes, cinnamon, nutmeg, cloves, and cumin. Cover and simmer for 2 hours until the meat is tender. To serve, add the feta cheese and walnuts.

3. Add salt, pepper, and additional feta to taste.

## **Grilled Beef Burger and Portobello Mushroom Napoleon**

You won't miss the hamburger bun at all with this creative combination of burger and Portobello. When buying beef, choose the 80 percent to 20 percent meat-to-fat ratio, as that will provide the juiciest, most tasty burger. The meat should be red, not gray, and preferably freshly ground. Ask your butcher to grind some chuck for you.

When buying the mushrooms, select them from the loose bin. Choose two with firm caps and dry gills. If the gills are black and moist, reject them!

If you don't have a grill, the burgers can be cooked in a black cast-iron pan. Just remember to turn on the exhaust fan!

### **1 Serving**

- 8 ounces ground beef
- ¼ teaspoon of salt, divided
- ¼ teaspoon pepper, divided
- 2 Portobello mushrooms, 4 inches in diameter
- 3 teaspoons olive oil, divided (if using cast-iron skillet)
- 2 medium slices red onion (optional)
- 1 heaping cup assorted greens
- 1 Jerusalem artichoke, scrubbed and thinly sliced
- 3 thin slices fennel
- 1 ripe tomato, sliced into 6 to 7 rounds
- 2 tablespoons Lemon Vinaigrette (see page 78)
- Salt and pepper to taste
- 3 leaves bibb lettuce
- ¼ avocado, peeled and sliced (optional)

1. In a small bowl, mix the beef with ⅛ teaspoon each of the salt and pepper. With a minimum of handling, form into a 1-inch thick, 4-inch wide patty.

2. Heat the grill to medium high.

3. Remove the stems from the mushrooms, and clean the caps with a dry paper towel or mushroom brush. Brush the mushrooms on both sides with 1 teaspoon of the olive oil, and season with ⅛ teaspoon each of the salt and pepper.

4. Place the mushrooms on the grill, and cook for about 4 to 5 minutes on each side. If you don't have a grill, put a teaspoon of oil in a black cast-iron pan, and cook the mushrooms for about 4 to 5 minutes on each side. The mushrooms will be firm, cooked through, and shrunk in size. Remove and set aside.

5. If using the onions, while the mushrooms are cooking, add the onion to the grill or pan, and cook for 2 minutes until softened. Remove and set aside.
6. Turn up the grill temperature to high heat. If using a cast-iron pan, turn on the exhaust fan, put 1 teaspoon olive oil in the pan, and set heat to medium-high. Cook the burger for 3 to 5 minutes on one side, and then turn for another 3 to 5 minutes on the other side. Do not flatten the burger while cooking, and resist flipping it. When the burger is firm and has a nice crust, remove from the grill to rest.
7. Combine the greens, Jerusalem artichoke, fennel, and all but 3 slices of tomato with the vinaigrette. Salt and pepper to taste.
8. Place one mushroom cap on a plate, and layer with the burger, bibb lettuce, tomato slices, optional avocado, onion, and top with the second mushroom cap. Serve the Burger Napoleon with the salad on the side.



## Italian-Accented Chicken Stew

Bring a taste of Italy into your kitchen with this variation on the classic Italian chicken stew, Chicken Cacciatore. Garlic, tomatoes, and onions give you plenty of Microbiome Superfoods, which might be why those ingredients show up so often in traditional Italian cooking.

Ideally you would make this stew on Sunday night and eat it over the next three days, because as the stew sits, the flavors are enhanced. You can also make it ahead of time and freeze it.

### 2 Servings

- Salt and pepper
- 1 pound boneless chicken breast or thighs
- 5 tablespoons olive oil, divided
- $\frac{1}{3}$  cup roughly chopped onion
- 1 large garlic clove, minced
- 2 tablespoons finely chopped green pepper
- 1 teaspoon orange zest
- 1 tablespoon cider vinegar
- $\frac{1}{3}$  cup chicken broth
- $\frac{1}{3}$  cup white vermouth or wine
- 1 fennel bulb, trimmed and sliced
- $\frac{1}{3}$  cup diced tomatoes or 1 tablespoon tomato paste
- 2 teaspoons chopped fresh rosemary, divided
- 2 teaspoons chopped fresh thyme, divided
- 6 mushrooms, sliced
- Salt and pepper

1. Preheat oven to 350°F.

2. Generously salt and pepper the chicken. Brown the chicken in a sauté pan in 3 tablespoons oil over medium-high heat for 10 minutes. Transfer chicken to a baking pan.

3. Add to the sauté pan 2 tablespoons oil along with the onion, garlic, green pepper, and zest, and sauté for 2 minutes. Add the vinegar, broth, vermouth, fennel, tomato, and 1 teaspoon each of the rosemary and thyme, and cook for 3 minutes. Pour the mixture over the chicken, cover the baking pan with foil, place in the oven, and cook at 350°F for 20 minutes.

4. In a medium pan, sauté the mushrooms over medium-low heat for 5 minutes, and sprinkle with the remaining rosemary and thyme. Add the mushroom mixture to the chicken, and cook 10 minutes longer, until the chicken is tender. Add salt and pepper to taste.





## **Jerk Cornish Game Hen**

“Jerk” is a Jamaican seasoning mixture that can be used for poultry, fish, and even to make a yogurt-based dip for vegetables. Usually fiery hot, this version is milder. It features two Microbiome Super-spices: turmeric, which fights inflammation and promotes digestive and brain health, and cinnamon, which helps to balance your blood sugar. You can also nourish your microbiome with onion and garlic while enjoying ginger’s anti-inflammatory properties and its support for your digestive health.

### **1 Serving**

#### **For the Jerk Mixture**

- 1 teaspoon chili powder
- ½ cup coarsely chopped onion
- 3 garlic cloves, coarsely chopped
- 1 tablespoon finely chopped fresh ginger
- 2 teaspoons ground allspice
- 1 teaspoon chopped thyme
- ½ teaspoon grated nutmeg
- ¼ teaspoon ground cinnamon
- ⅛ teaspoon ground clove
- ¼ teaspoon ground turmeric
- ¾ cup chopped fresh parsley
- 2 tablespoons olive oil
- ¼ cup fresh squeezed lime or lemon juice
- 2 tablespoons salt, or more to taste
- 1 teaspoon ground pepper
- 3 tablespoons water

#### **For the Game Hen**

- 1 Cornish game hen (1¼ to 1½ pounds)
- ½ tablespoon clarified butter

1. Combine all ingredients for the jerk mixture in a food processor and puree until smooth. Add more water if the paste is not pourable.

2. Preheat oven to 400°F.

3. Rub 1 tablespoon of the jerk seasoning in the cavity of the hen. Loosen the skin of the breast and legs of the hen, and spread 2 tablespoons of the seasoning on the flesh. Put the bird in a small roasting pan, and spread more seasoning on the skin. Top with the clarified butter.

4. Roast for 30 minutes or until the bird is golden brown and the juices run clear when the thigh is pierced with a fork. Let the hen “rest” for 3 minutes, and then serve. This dish is lovely with Mango Salsa (page 127).



## Lamb Stew Provencal

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Few combinations work better than a tangy orange, a crisp red wine, and the earthy meat of lamb. Herbs add fragrance and the Provencal aromas of southern France, while garlic, carrots, onions, and tomato help to heal your gut and nourish your microbiome. The chickpeas help women balance their hormones, especially during perimenopause and just after menopause.

You can make this stew in advance and keep it in the fridge for 3 or 4 days, or freeze it for several weeks. Serve with quinoa or brown rice.

### 2 Servings

- ½ pound lamb, cut into 1-inch pieces
- Salt and pepper
- 2 tablespoons olive oil
- ½ cup chopped onion
- ½ teaspoon chopped garlic
- ½ cup chopped carrots
- 1 cup cooked chickpeas
- ¾ cup diced tomatoes
- ½ cup red wine
- 1 cup Chicken or Beef Base (see pages 109 and 96)
- 1 teaspoon ground cumin
- ½ teaspoon dried tarragon
- ½ teaspoon dried thyme
- ½ teaspoon dried rosemary
- 1 teaspoon chopped orange zest
- 1 carrot, cut into ¼-inch rounds
- Salt and pepper to taste
- 1 orange, peeled and sectioned

1. Sprinkle the lamb with salt and pepper. Sauté it in the oil in a small fireproof casserole over medium-high heat until browned, about 7 minutes. Add the onions and the remaining ingredients except for the salt, pepper, and the orange sections.

2. Bring the mixture to a boil, then lower the heat, and simmer on a low flame, covered, for an hour or until the lamb is tender but not falling apart. Add salt and pepper to taste. Garnish with orange sections.



## Lemon Chicken Stew

This piquant stew will really fill you up while incorporating three of our Microbiome Superfoods: onions, leeks, and garlic. Lemon and chicken is a wonderful flavor combination—something about the tangy lemon makes the chicken seem almost sweet.

You can cook this stew in advance and refrigerate it for up to 4 days or keep it frozen for several weeks. Reheat the defrosted stew in a 350°F oven until hot.

### 2 Servings

- 1 pound chicken boneless, skinless breast or thighs
- 2 tablespoons olive oil, divided
- $\frac{1}{3}$  cup chopped onion or leek
- 1 large carrot, peeled and cut into coins
- 1 parsnip, peeled and cut into coins
- 1 teaspoon freshly grated lemon zest
- 1 garlic clove, minced
- $\frac{1}{3}$  cup fresh squeezed lemon juice
- $\frac{1}{3}$  cup Chicken Base (page 109)
- 1 teaspoon chopped fresh rosemary
- 1 teaspoon chopped fresh thyme
- Salt and pepper to taste
- 2 rosemary sprays (optional)

1. Preheat oven to 350°F.

2. In a sauté pan, lightly brown the chicken breasts in 1 tablespoon oil on medium-high heat for 10 minutes. Transfer the chicken to a baking pan.

3. Add remaining oil and onion until soft, about 3 minutes. Add the carrot and parsnip to the sauté pan, and cook for 5 minutes over medium-high heat until lightly browned. Add the lemon zest, garlic, lemon juice, Chicken Base, chopped rosemary, and thyme, and cook for 5 minutes.

4. Pour the mixture over the chicken, and cover the baking pan with foil. Bake for 30 minutes until tender. Add salt and pepper to taste. Garnish with rosemary sprays, if desired.

The stew can be cooked up to 3 days in advance and can be frozen. Reheat in a 350°F oven until hot.



## **Meatballs with Roasted Spaghetti Squash and Basil Pesto**

Now you can enjoy spaghetti and meatballs, Microbiome Diet–style! The long, stringy noodle-like flesh of the squash makes a delicious gluten-free spaghetti that is loaded with nutrients to satisfy your taste buds while supporting your health. It also contains three Microbiome Superfoods—garlic, onions, and tomato.

To save you some cooking time, this recipe uses the extra frozen meatballs from the Sauerkraut and Meatball Soup on page 96. You can also cook the squash ahead of time, seed it, and shred it into “spaghetti.” Then just reheat it when you’re ready to make the dish.

### **2 Servings**

- 1 small spaghetti squash, pierced with the point of a knife in several places
- ½ onion, roughly chopped
- 2 tablespoons olive oil
- 1 garlic clove, minced
- ½ teaspoon oregano or marjoram
- ½ cup chopped roasted tomatoes
- ½ teaspoon salt
- ¼ teaspoon pepper
- 10 meatballs (see page 96)
- 3 tablespoons Basil Pesto (see page 101)

1. Preheat oven to 375°F. When heated, place the squash on a foil-lined sheet pan in the oven, and roast for 1 hour until soft. Let cool.
2. While the squash is roasting, sauté the onion in the olive oil over medium heat until soft, about 5 minutes. Add garlic and oregano. Lower the heat, and cook for 3 minutes; then add the tomatoes, salt, and pepper. Cook mixture for 5 minutes, then add the meatballs, and stew on low heat for 15 minutes. Cover and set aside.
3. When the squash is cool, remove the stem end, and cut in half lengthwise. Remove the seeds, and, with a fork, shred the squash into “spaghetti.”
4. When ready to serve, mix the pesto into the squash in a saucepan, and heat for 6 minutes over medium heat.
5. Heat the meat balls and tomato sauce, heap it onto the spaghetti squash, and serve.



## Mexican Beans and Rice with Avocado and Mango

This exotic, tropically styled vegetarian stew is a wonderful study in contrasts: sweet mango and the fresh avocado setting off the warm, earthy rice and beans.

The recipe is for 6 servings because I think you will want to share it with guests—and you also get a lot of leftovers! Use the extra rice and beans in a salad with tomato and avocado. Or serve a smaller portion of the stew and salsa as a side dish with dinner entrées. The salsa will last for a week in an airtight container. Stored in its own airtight container, the stew will last two or three days.

Mango is loaded with digestive enzymes (see Chapter 4 for why that's important), and the avocado gives you healthy fats to support cell and brain health. The optional tomatillo is a small, green, tomato-like fruit often used in Mexican cooking. You can find it in either the produce section or the Latin foods section of your grocery store. It will add a little acid and texture to the salsa, which contrasts nicely with the sweet, smooth flesh of the mango.

### 6 Servings

#### For the Beans

- 1 cup dried black beans
- ½ cup chopped onion
- 1 tablespoon ground cumin
- 1 garlic clove, chopped
- 1 tablespoon salt

1. Follow the recipe on the package if you want to presoak the beans. To cook the beans that day, put the beans in a pot and cover the beans with at least 3 inches of water. Place on high heat, bring to a boil, and immediately lower the heat to simmer. Simmer the beans for 10 minutes. Turn off the heat, and let the beans sit for 60 minutes.

2. Drain the liquid from the beans. Put in a clean pot and cover with 2 inches cold water. Put the heat on high, and bring to a boil. Add the onions, cumin, and garlic. Lower the heat to a simmer, and cook for 1 hour. Taste to see whether the beans are tender. Cooking time will vary depending on the age of the beans and the amount of absorbed water. Stir in salt.

#### For the Rice

- ½ cup chopped onion

- 1 tablespoon sunflower oil
- 1 tablespoon coconut oil
- 2½ cups brown rice
- 1 13.5-ounce can organic coconut milk
- 1½ cups water
- Salt and pepper to taste

1. Sauté the onion in the oils, and, when soft, add the rice. On low heat stir the rice until it becomes opaque. Add the coconut milk and water. At least 2 inches of liquid should cover the rice. Cover with a tight-fitting lid, and cook on low heat for about 30 minutes. Taste for tenderness. Salt and pepper to taste.

### **Mango Salsa**

- 1 large ripe mango
- ¼ cup chopped onion
- 1 small jalapeño pepper, seeded and rough chopped
- 1 small garlic clove, rough chopped
- ¼ cup chopped fresh mint
- ¼ cup chopped cilantro
- 3 tomatillos, grilled or charred in a cast-iron pan (optional)
- 1 tablespoon fresh lime juice
- Salt and pepper to taste

1. Combine all ingredients except for the salt and pepper in a blender, and pulse until almost smooth. Salt and pepper to taste.

### **The Toppings**

- 1 ripe mango, cubed
- ½ cup diced jicama
- 1 ripe avocado, cubed
- ¼ cup chopped fresh cilantro

1. To serve, place beans on the rice, and top with the mango, jicama, avocado, and cilantro. Serve with the mango salsa and bowls of extra mango, avocado, jicama, and cilantro to pass around the table.



## Mussels Steamed in Beer

This dish is best made with Prince Edward Island mussels. Choose mussels that are closed so you know they are fresh. The serving size is for one because cooked mussels do not reheat well, but of course, you can multiply as needed for your dinner companions. This dish is best served with a warm, crusty, gluten-free bread that you can dip into the delicious beer broth, plus a simple green salad with Lemon Vinaigrette (page 78) or Citrus Vinaigrette (page 77).

### Serves 1

- 1 pound mussels in shells
- 1 tablespoon olive oil
- 4 full sprigs of thyme
- 2 garlic cloves, minced
- 1 large shallot, chopped
- ½ teaspoon Dijon mustard
- Salt and pepper
- 1 tablespoon chopped fresh tarragon
- ½ cup gluten-free beer

1. Rinse mussels under cold running water. Tap to close any mussels that are a little bit open. Discard any mussels that are broken, are wide open, or remain open after you tap them. Wash the shells, and “debeard” them by pulling off hairy clumps with your fingers.

2. Heat olive oil over medium heat in a soup pot with a tight-fitting lid. Add thyme, garlic, shallots, mustard, and a pinch of salt and pepper. Heat until shallots and garlic are softened, about 3 minutes. Add the tarragon, pour in beer, and bring to a simmer for about another 3 minutes. Add mussels, and cover the pot. Steam the mussels until they open, which usually takes 5 to 10 minutes. Discard any mussels that have not opened.





## **Pan-Roasted Cod with Orange Cumin Vinaigrette**

Pan roasting is a simple, fast method for cooking many different types of fish. It's easy to get the hang of this approach, which allows you to have a nourishing dinner on the table within a few minutes. This particular recipe relies on cod, a mild, white, firm fish whose flavor is enhanced by a tangy, sweet orange cumin vinaigrette. Make some extra vinaigrette, and save it for a delicious salad dressing.

This dish goes great with Easy Sautéed Greens (page 114). The side dish brings in the Microbiome Superfood, garlic, as well as provide you with stress-reducing and brain-supporting B vitamins from the green leafy vegetables. Olive oil and flaxseed oil in the vinaigrette add healthy fats to promote cell and brain health.

### **1 Serving**

- 7 ounces cod filet
- Salt and pepper
- 2 teaspoons clarified butter or 1 teaspoon olive oil and 1 teaspoon butter

1. Heat the oven to 425°F.
2. Salt and pepper the fish.
3. Heat on high heat a heavy-bottomed skillet or a cast-iron pan that is a little larger than the fish portion. When the pan is hot, add the butter. Add the fish top side down. Cook on high until the edges turn brown and the sides of the fish start to turn opaque, about 2 or 3 minutes. Do not turn the fish.
4. Put the pan in the oven, and cook at 425°F for about 6 to 8 minutes until the fish flesh is completely opaque and there is a crust on the bottom.
5. Turn the fish onto a plate by inserting the spatula under the end side of the filet. Serve with the vinaigrette (below) and Easy Sautéed Greens.

### **Orange Cumin Vinaigrette**

- 1½ teaspoons Dijon mustard
- ¼ cup freshly squeezed orange juice
- ⅛ cup cider vinegar
- ⅓ cup olive oil
- 1 tablespoon flaxseed oil

- 1 teaspoon chopped orange zest
- 1 teaspoon cumin
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  pepper

1. Whisk the mustard with the orange juice and vinegar. Add the oils, pouring in a slow stream. Add the zest, cumin, salt, and pepper.

2. Refrigerate the remainder for future use.



## **Pan-Roasted Salmon**

Wild-caught salmon has a high content of desirable Omega 3 fatty acids. Omega 3 molecules provide anti-inflammatory benefits as well as help to heal your gut walls, thereby improving your digestion and supporting your microbiome.

Please don't purchase farm-raised salmon. Find wild caught—it's far cleaner and way more nutritious.

I've had you pan-roast the salmon because it's a quick way to cook fish that produces enhanced flavor. Enjoy!

### **1 Serving**

- Salt and pepper
- 7 ounces salmon filet or any thick fish
- 2 teaspoons clarified butter or 1 teaspoon olive oil and 1 teaspoon butter
- Lemon wedge
- 1 teaspoon melted butter with a sprinkling of tarragon (optional)

1. Heat the oven to 450°F. Place on high heat a heavy-bottomed ovenproof skillet or cast-iron pan that is a little larger than the fish portion.

2. Salt and pepper the fish.

3. When the pan is hot add the butter. Place the fish in flesh side down. Cook on high heat until the edges brown and an opacity starts to creep up the side of the fish, about 3 minutes. Do not turn the fish.

4. Put the pan in the oven. Cook for about 7 minutes, or until the fish flesh is opaque, firm, and there is a nice crust on the bottom. Then turn the fish onto a plate by inserting the spatula under the end side of the filet.

5. Serve with lemon wedge and tarragon butter, if desired.

## Steamed Quinoa

Quinoa looks like a grain, but the part you eat is actually the seeds. Protein-rich, filling, and full of antioxidants, quinoa is a great addition to any meal when you want a healthy choice to satisfy your craving for carbs. Quinoa is considered an anti-inflammatory food that also has significant antioxidant properties, but you won't be thinking about the health benefits when you're focused on the delicious taste. This buttery treat makes a great accompaniment to any meat or fish.

### 1 Serving

- 1 teaspoon clarified butter or ghee
- ¼ cup rinsed and drained quinoa
- ½ cup water or Chicken Base
- 1 teaspoon chopped parsley
- ½ teaspoon chopped thyme (optional)
- ⅛ teaspoon salt
- Salt and pepper to taste

1. Melt butter in a small saucepan over medium-low heat. Add the quinoa, and toast, stirring, for about 2 minutes. Add the water, and cook over low heat for about 8 minutes, until tender. Add the parsley, thyme, and salt. Add pepper and additional salt to taste.



## **Traditional Chicken Soup**

This protein-rich and healing chicken soup is based on a traditional “Grandma’s Friday-night chicken soup” and makes a satisfying lunch or snack. Its warmth is good for your digestive tract, and the bones in the chicken soup base are full of key nutrients. Add extra vegetables if you like or, in Phase 2, add in some brown rice to make a filling and substantial dinner. Either way, the carrots, garlic, and onions in this soup and in the base are Microbiome Superfoods.

### **2 Servings**

- 2 cups Chicken Base (see page 109)
- 1 small carrot, peeled and sliced
- 1 parsnip, peeled and sliced
- ½ cup cut-up cooked chicken, or more
- ¼ cup snipped, rinsed dill
- 2 tablespoons fresh chopped parsley
- Salt and pepper

1. Heat Chicken Base on low heat in a 6- or 7-inch saucepan for 5 minutes. Add carrot and parsnip, and cook over medium heat for 8 to 10 minutes, until tender. Add the cooked chicken. When the chicken is hot, after about 4 minutes, add the dill and parsley. Salt and pepper to taste.

2. Leftover soup may be frozen.



## Seared Scallops

Quick, easy, and delicious! This is the perfect meal to make when you want something that tastes fabulous and takes just a few minutes to cook. Be sure to buy “dry” scallops as opposed to “wet” ones. Wet scallops are treated with phosphates, a preservative that absorbs water. You can identify them because they are snow white. Dry scallops are natural and don’t shrink when cooked—look for their natural cream color. You can ask your fishmonger to be extra sure. You might notice that large scallops are labeled “U10,” a designation that means there are less than ten scallops to a pound.

### 2 Servings

- ½ pound large dry sea scallops, preferably U10s
- Salt and pepper
- 1 teaspoon olive oil
- 2 teaspoons clarified butter, divided
- 1 teaspoon lemon juice
- 1 teaspoon chopped parsley
- 1 teaspoon chopped chive
- 1 teaspoon chopped tarragon

1. Wash and dry the scallops. Sprinkle with salt and pepper.
2. Heat olive oil and 1 teaspoon butter in a heavy pan over high heat until almost smoking. Sear the scallops 1½ to 2 minutes on each side until a golden crust forms. Remove from heat.
3. Quickly melt remaining 1 teaspoon butter in the pan, add the lemon juice; cook for 1 minute over medium heat, then add the parsley, chive, and tarragon.
4. Pour the hot herb butter over the scallops, and serve immediately.

## SNACKS



### Curried Roasted Cauliflower

This recipe is an addictive snack that can be eaten solo, added to a salad, or used as the side vegetable to a dinner entrée. The recipe includes turmeric, a ground spice that in India and Asia is used to promote health and has a history of medicinal uses in many cultures. And no wonder: this Microbiome Superspice helps heal inflammation, support your immune system, and promote brain and immune function. Onions and garlic add two more Microbiome Superfoods to the healthy mix.

This is a snack that will leave you feeling refreshed and satisfied, with no sugar rush or salt overload. Give it a try and see for yourself. (And if you need help buying or cooking with the fresh ginger, see the Mango Smoothie recipe on page 68 for instructions.)

#### 4 Servings

- 1 teaspoon minced garlic
- 2 tablespoons coconut oil
- 1 tablespoon olive oil
- 2 tablespoons chopped onion
- 2 tablespoons chopped fresh ginger root
- 1 cup coconut milk
- 1 large head cauliflower, trimmed and broken in to bite-size florets
- 1 tablespoon curry powder
- ¼ teaspoon turmeric
- ¼ teaspoon ground cumin
- ¼ teaspoon ground cardamom
- ¼ teaspoon mustard seeds (optional)

1. Preheat the oven to 400°F. Line a 13 x 18-inch sheet pan with parchment paper.

2. Warm the garlic in the oils in a medium saucepan over low heat, and add the onion and ginger. Sauté over low heat until the onion is soft, about 7 minutes. Add the coconut milk, and gently simmer for 5 minutes. Add the cauliflower, curry, turmeric, cumin, cardamom, and mustard seeds, if desired, and cook for 15 minutes, frequently ladling the coconut liquid over the cauliflower. The liquid will reduce substantially.

3. Transfer the cauliflower to the parchment-lined pan, and spoon the coconut milk mixture over the florets. Bake for 30 minutes until golden. Serve warm or at room temperature.



## **Gazpacho Smoothie**

This afternoon tonic is a liquefied version of the popular cold Spanish soup. It is spicy, tangy, refreshing, and loaded with prebiotics from the chopped tomato and garlic. Olive oil and flaxseed oil give you some healthy fats, which are crucial for cell and, especially, brain health, while the protein powder gives you that midday energy boost to keep you functioning at optimal levels. Poured into a thermos, this smoothie is an easily portable snack or lunch. Shake vigorously before drinking.

### **1 Serving**

- ½ cup chopped tomato
- ½ cup chopped cucumber
- 2 heaping tablespoons chopped green pepper
- 1 teaspoon fresh lemon juice
- ½ cup water
- 2 tablespoons pea protein powder
- ¼ cup avocado
- ½ teaspoon ground cumin
- 1 tablespoon vinegar
- 1 teaspoon olive oil
- 1 teaspoon flaxseed oil
- ½ teaspoon minced garlic
- 1 teaspoon salt
- ½ teaspoon jalapeño pepper, finely chopped, or ½ teaspoon hot sauce
- 3 ice cubes

1. Place all ingredients in a blender, and process until smooth.



## Oven-Roasted Kale Chips

This addictive snack is also a super healthy treat—a great way to load up on kale, which is one of the world’s healthiest foods. Kale is rich in fiber, which is terrific for weight loss, and contains significant amounts of vitamins A, C, B6, and K as well as manganese and copper, providing you with antioxidant and anti-inflammatory protection and protection against cancer.

- ½ bunch kale leaves
- 1 tablespoon olive oil
- Salt to taste

1. Preheat oven to 350°F. Line a large sheet pan with parchment paper.
2. Wash and thoroughly dry the leaves; wet leaves will make soggy chips. Remove the ribs from the kale leaves, and discard. Rip the kale into 1-inch pieces.
3. Rub the oil into the kale pieces; the leaves should be shiny but not oily. Sprinkle on salt.
4. Place the kale on parchment paper, and bake at 350°F for 10 minutes, or until crispy. Add more salt to taste, if desired.



## **Roasted Asparagus with Lemon**

Asparagus helps improve digestive health, fights inflammation, and nourishes your microbiome, making it a natural prebiotic. But don't just choose asparagus for its health benefits—eat it because it tastes so good! Roasting this green vegetable enhances the flavor and makes it crunchy, while a splash of lemon makes it tangy. This recipe makes a nice big portion, so you can take some to work for a late-afternoon snack, dress some with Lemon Vinaigrette (page 78) for a flavorful salad, and reheat some to serve hot as a quick and easy side vegetable.

### **4 Servings**

- 24 large asparagus spears (about 2 pounds), with the hard round ends cut off
- 3 tablespoons olive oil
- Kosher salt or coarse sea salt
- 2 tablespoons freshly squeezed lemon juice
- Lemon slices

1. Preheat oven to 400°F. Oil a 13 x 18-inch sheet pan.
2. Place asparagus on an oiled sheet pan, and brush with oil. Sprinkle with salt.
3. Roast for 10 minutes, or until tender when pierced with a fork.
4. Sprinkle with lemon juice, and garnish with lemon slices. Serve either hot or cold.



## **Roasted Sweet Potato Chips**

You don't have to miss potato chips on the Microbiome Diet—you can satisfy your cravings with this crispy roasted savory-sweet snack. Use either sweet potatoes or yams, both of which are rich in antioxidants, dietary fiber, vitamins, and nutrients.

Slice the potatoes with a sharp knife, or invest \$10 in a mandolin, a cutting device with different types of blades. Get one with a safety guard at your grocery store, at a housewares store, or online. They're great for all sorts of cutting and slicing; they save time and leave your veggies looking restaurant-beautiful.

### **1 To 2 Servings**

- 1 large sweet potato
- 1 tablespoon olive oil
- Salt to taste

1. Preheat oven to 300°F.

2. Scrub the sweet potato. Slice in thin, uniform slices.

3. In a bowl, toss the slices with the oil, and sprinkle with salt. Place on a single layer on cookie sheets, and bake for 1 hour, flipping every 15 minutes for even baking. When the slices begin to darken, watch carefully so they don't turn brown. The slices are ready when they are golden brown and crispy. The centers will be less crisp than the edges.

4. Salt to taste, and serve immediately. Leftovers, if there are any, will keep for 1 day. To reheat, crisp in the oven.



## Spiced Roasted Chickpeas

This addictive snack from Trinidad will last for days. Chickpeas, also called garbanzo beans, boost intestinal health and, as a fiber-rich food, provide a feeling of fullness. They also help women with hormonal balance, especially during perimenopause and right after menopause. The spice mixture includes turmeric, a Microbiome Superspice used in Indian and Asian cuisine with a history of medicinal benefits. Modern science tells us turmeric is a terrific anti-inflammatory that will boost your immune system and help heal your gut.

### About 3 Servings

- 1 teaspoon cumin
- ¼ teaspoon cayenne pepper
- 1 teaspoon curry powder
- ¼ teaspoon turmeric
- 1 teaspoon allspice
- ½ teaspoon cinnamon
- ¼ teaspoon fresh ground nutmeg
- ⅛ teaspoon ground cloves
- 1 teaspoon ground coriander
- ½ teaspoon chili powder, or more to taste
- 2 16-ounce cans organic chickpeas
- 1½ tablespoons olive oil
- 2 teaspoons kosher salt
- Salt and pepper to taste

1. Preheat oven to 375°F.
2. Combine all spices (cumin through chili powder). Any remaining mixture can be stored and used as a rub for meat and poultry.
3. Drain the chickpeas, and rinse.
4. In a bowl, combine the chickpeas with the oil. Add 2 tablespoons of the spice mixture with the salt.
5. Spread the peas in one layer on a cookie sheet or shallow roasting pan. Place in oven, and bake until golden and crisp, about 30 to 40 minutes. Let cool to room temperature. Add more salt and pepper to taste if desired. Serve.

6. The spiced chickpeas can be stored in an airtight container. If they become soggy, rebake until crisp.



## **Steamed Artichoke with Lemon Mustard Dip**

Steamed artichoke is an unusual snack that can be made ahead of time. It takes a long time to eat, so it's great if you're feeling hungry because by the time you're done eating, you're full! Steamed artichokes also make a great side dish with a lunch salad.

There are lots of great health benefits associated with artichokes. They are powerful antioxidants that contain lots of nutrients as well as dietary fiber, which feeds your microbiome while making you feel full.

To eat the steamed artichoke, pull off a single leaf, dip it in the butter-lemon-mustard mixture, and slide the inside surface of the leaf over your bottom teeth to remove the flesh. Then throw the leaf away and pluck another. When you come to the fuzzy inner part—the choke, which covers the heart—just scrape it out with a spoon and throw it away. Then cut the heart and stem into bite-size pieces, dip each one into the sauce, and enjoy! I like to think of the delicious heart as the prize you get for working your way through the artichoke. Mmmm!

By the way, I'm having you make two artichokes and lots of extra dip so you can refrigerate both and reuse them the next time you make artichokes on your meal plans.

### **2 Servings (2 Artichokes)**

- 2 medium artichokes
- 1 cup or more water
- ½ teaspoon lemon juice

#### **For the Artichoke**

1. with scissors, cut off the thorns of the artichokes, leaving about an inch of stem. Place the artichokes in a steamer basket in a pot, and add water and lemon juice until it reaches the bottom of the steamer. Put a lid on the pot, and bring to a boil. Lower the heat to medium, and steam for approximately 40 minutes. To test for doneness, pierce the stem with a sharp knife. Let cool.

#### **For the Dip (6 servings)**

- 6 tablespoons freshly squeezed lemon juice
- 3 teaspoons finely chopped lemon zest
- 1½ teaspoons Dijon mustard
- 1 teaspoon sea salt
- 9 tablespoons olive oil

- 3 teaspoons flaxseed oil
- Salt and pepper to taste

1. Place all the dip ingredients in a small nonreactive bowl, and whisk. Add salt and pepper to taste.
2. Serve as a dip with a cooled artichoke. Refrigerate the leftover dip for future use.



## **Stuffed Mushrooms**

Two stuffed mushrooms make a satisfying hot snack. Or serve four stuffed mushrooms with Easy Sautéed Greens (page 114) for lunch. This recipe makes enough for one snack serving and one lunch entrée (with the Sautéed Greens). The garlic nourishes your microbiome, while the kale loads you up with iron and vitamin B to help you power through stress, promote brain function, and balance your hormones. In Phase 2 some sheep's milk or goat's milk cheese grated on top adds another texture and a salty kick.

### **1 Lunch-Size Serving**

#### **Plus 1 Snack-Size Serving**

- 2 tablespoons olive oil, divided
- ½ cup finely chopped onions
- 7 large white button or cremini mushrooms
- 2 cups kale, spines removed, rolled and thinly sliced
- 1 teaspoon minced garlic
- ½ teaspoon cumin
- ½ teaspoon salt
- ¼ teaspoon ground red pepper
- Salt and pepper to taste
- 2 tablespoons grated sheep's milk cheese, optional in Phase 2

1. Preheat oven to 375°F.
2. Add 1 tablespoon oil to a medium sauté pan, and sauté the onions over medium-low heat, about 5 minutes, until tender.
3. Cut the stems off 6 mushrooms. Chop the last mushroom, and add to the onions; sauté for 2 minutes. Add the kale, garlic, cumin, salt, and red pepper, and cook on low heat until the mixture is soft, about 6 minutes. Add more salt and pepper to taste. Remove from heat.
4. Lightly brush the stemmed mushrooms with 1 tablespoon olive oil and stuff the mushrooms with the onion mixture. Place on a baking sheet, and bake for about 25 minutes, until the mushrooms are tender and the filling is heated through and golden. In Phase 2, top with grated sheep's milk cheese, if desired.





## **Vegetables with Turkish Garlic Yogurt Dip**

Yogurt with garlic and salt is a classic Turkish combination that brings out the flavor of vegetables. In this version garlic, onion, radish, and jicama give you the benefits of three Microbiome Superfoods.

You can make lots of extra dip, which refrigerates well for future use. Then experiment with different combinations of vegetables. Serving the dip over grilled eggplant is one delicious choice. Mixing it with sliced cucumbers for a cucumber salad is another. Whichever way you go, you are getting protein, probiotics, and a tart and tangy snack, the strong flavors of which leave you feeling satisfied both “stomach-wise” and “mouth-wise.”

### **2 Servings**

- 1 teaspoon minced garlic
- ½ teaspoon sunflower oil or olive oil
- ½ teaspoon salt
- 1½ cups goat’s or sheep’s milk yogurt
- Salt and pepper
- 1 tablespoon finely chopped fresh mint
- ½ cucumber, peeled, seeded, and cut into sticks
- 4 radishes, trimmed and halved
- 4 cherry tomatoes
- ¼ jicama, cut into sticks
- 6 endive leaves

1. In a small pan over low heat, warm the garlic in oil for about 2 minutes. Do not allow to brown. Drain the garlic into a small bowl, and mix with the salt. Add the yogurt, mixing well. Add salt and pepper to taste.

2. Put in a dipping bowl and sprinkle with fresh mint. Serve with raw vegetables.

## Metric Conversions

- The recipes in this book have not been tested with metric measurements, so some variations might occur.
- Remember that the weight of dry ingredients varies according to the volume or density factor: 1 cup of flour weighs far less than 1 cup of sugar, and 1 tablespoon doesn't necessarily hold 3 teaspoons.

### General Formulas for Metric Conversion

<i>Ounces to grams</i>	$\Rightarrow \text{ounces} \times 28.35 = \text{grams}$
<i>Grams to ounces</i>	$\Rightarrow \text{grams} \times 0.035 = \text{ounces}$
<i>Pounds to grams</i>	$\Rightarrow \text{pounds} \times 453.5 = \text{grams}$
<i>Pounds to kilograms</i>	$\Rightarrow \text{pounds} \times 0.45 = \text{kilograms}$
<i>Cups to liters</i>	$\Rightarrow \text{cups} \times 0.24 = \text{liters}$
<i>Fahrenheit to Celsius</i>	$\Rightarrow (^\circ\text{F} - 32) \times 5 \div 9 = ^\circ\text{C}$
<i>Celsius to Fahrenheit</i>	$\Rightarrow (^\circ\text{C} \times 9) \div 5 + 32 = ^\circ\text{F}$

### Linear Measurements

$\frac{1}{2}$  inch =  $1\frac{1}{2}$  cm

1 inch =  $2\frac{1}{2}$  cm

6 inches = 15 cm

8 inches = 20 cm

10 inches = 25 cm

12 inches = 30 cm

20 inches = 50 cm

### Volume (Dry) Measurements

$\frac{1}{4}$  teaspoon = 1 milliliter

$\frac{1}{2}$  teaspoon = 2 milliliters

$\frac{3}{4}$  teaspoon = 4 milliliters

1 teaspoon = 5 milliliters

1 tablespoon = 15 milliliters

$\frac{1}{4}$  cup = 59 milliliters

$\frac{1}{3}$  cup = 79 milliliters

$\frac{1}{2}$  cup = 118 milliliters

$\frac{2}{3}$  cup = 158 milliliters

$\frac{3}{4}$  cup = 177 milliliters

1 cup = 225 milliliters

4 cups or 1 quart = 1 liter

$\frac{1}{2}$  gallon = 2 liters

1 gallon = 4 liters

### **Volume (Liquid) Measurements**

1 teaspoon =  $\frac{1}{8}$  fluid ounce = 5 milliliters

1 tablespoon =  $\frac{1}{2}$  fluid ounce = 15 milliliters

2 tablespoons = 1 fluid ounce = 30 milliliters

$\frac{1}{4}$  cup = 2 fluid ounces = 60 milliliters

$\frac{1}{3}$  cup =  $2\frac{2}{3}$  fluid ounces = 79 milliliters

$\frac{1}{2}$  cup = 4 fluid ounces = 118 milliliters

1 cup or  $\frac{1}{2}$  pint = 8 fluid ounces = 250 milliliters

2 cups or 1 pint = 16 fluid ounces = 500 milliliters

4 cups or 1 quart = 32 fluid ounces = 1,000 milliliters

1 gallon = 4 liters

### **Oven Temperature Equivalents, Fahrenheit (F) and Celsius (C)**

100°F = 38°C

200°F = 95°C

$$250^{\circ}\text{F} = 120^{\circ}\text{C}$$

$$300^{\circ}\text{F} = 150^{\circ}\text{C}$$

$$350^{\circ}\text{F} = 180^{\circ}\text{C}$$

$$400^{\circ}\text{F} = 205^{\circ}\text{C}$$

$$450^{\circ}\text{F} = 230^{\circ}\text{C}$$

### **Weight (Mass) Measurements**

$$1 \text{ ounce} = 30 \text{ grams}$$

$$2 \text{ ounces} = 55 \text{ grams}$$

$$3 \text{ ounces} = 85 \text{ grams}$$

$$4 \text{ ounces} = \frac{1}{4} \text{ pound} = 125 \text{ grams}$$

$$8 \text{ ounces} = \frac{1}{2} \text{ pound} = 240 \text{ grams}$$

$$12 \text{ ounces} = \frac{3}{4} \text{ pound} = 375 \text{ grams}$$

$$16 \text{ ounces} = 1 \text{ pound} = 454 \text{ grams}$$

## Resources

### Betaine

Now, [www.nowfoods.com](http://www.nowfoods.com). Their Betaine HCl is a very reliable source of hydrochloric acid.

Standard Process, [www.standardprocess.com](http://www.standardprocess.com). Their product, Zypan, is a powerful combination of hydrochloric acid and digestive enzymes.

Thorne, [www.thorne.com](http://www.thorne.com). Their Betaine HCl is a good source of hydrochloric acid for replacing stomach acid.

### Enzymes

Integrative Therapeutics, [www.integrativetherapeutics.com](http://www.integrativetherapeutics.com). Their product, Similase, soothes the gut and replaces needed enzymes.

Now, [www.nowfoods.com](http://www.nowfoods.com). They make a very good product called Super Enzymes, which contain all the enzymes you need.

Microbiome Diet, [www.raphaelkellman.com](http://www.raphaelkellman.com). My own brand of digestive enzymes, Replace, contains a very broad spectrum of powerful enzymes.

Orthomolecular, [www.orthomolecular.com](http://www.orthomolecular.com). Their product, Digestzymes, contains a good, broad spectrum of digestive enzymes.

### Fermented Foods

Bubbies, [www.bubbies.com](http://www.bubbies.com). Sauerkraut, kosher dill relish.

Bao Fermented Food and Drink, [www.baofoodanddrink.com](http://www.baofoodanddrink.com). Fermented and probiotic foods.

Immunotrion, [www.immunotrion.com](http://www.immunotrion.com). Organic cultured vegetables of many types.

Pickle Planet, [www.pickleplanet.com](http://www.pickleplanet.com). Lacto-fermented foods.

Sunja's, [www.sunjaskimchi.com](http://www.sunjaskimchi.com). Kimchee of all types, from mild to spicy.

Wild Brine, [www.wildbrine.com](http://www.wildbrine.com). All types of fermented foods.

Wise Choice Market, [www.wisechoicemarket.com](http://www.wisechoicemarket.com). Fermented foods.

### Gluten-Free Foods

Against the Grain Gourmet, [www.againstthegraingourmet.com](http://www.againstthegraingourmet.com)

Bob's Red Mill, [www.bobsredmill.com](http://www.bobsredmill.com)

Gluten Freeda Foods, [www.glutenfreedafoods.com](http://www.glutenfreedafoods.com)

Glutino, [www.glutino.com](http://www.glutino.com)

Udi's Gluten-Free, [www.udisglutenfree.com](http://www.udisglutenfree.com)

### **Grass-Fed Organic Meat, Poultry, and Eggs**

Applegate Farms, [www.applegatefarms.com](http://www.applegatefarms.com)

Organic Valley, [www.organicvalley.com](http://www.organicvalley.com)

Grow and Behold, [www.growandbehold.com](http://www.growandbehold.com). For kosher as well as organic, free-range, and humanely treated animals.

Horizon Organic, [www.horizonorganic.com](http://www.horizonorganic.com)

Pete and Gerry's Organic Eggs, [www.peteandgerrys.com](http://www.peteandgerrys.com)

Stonyfield Farm, [www.stonyfield.com](http://www.stonyfield.com)

### **Gut-Healing Products**

Designs for Health, [www.designsforhealth.com](http://www.designsforhealth.com). Their product, GI Revive, is a powerful gut-healing compound that contains glutamine and gamma-oryzanol, which stimulates tissue repair, supports the synthesis of growth hormone, and may reduce body fat. I use this product frequently.

Metagenics, [www.metagenics.com](http://www.metagenics.com). Their product, Glutagenics, contains a high dose of glutamine, which helps heal gut walls.

Microbiome Diet, [www.raphaelkellman.com](http://www.raphaelkellman.com). My own product, Repair, includes a wide range of nutrients to help heal the gut wall.

OrthoMolecular, [www.orthomolecular.com](http://www.orthomolecular.com). Their product, Inflammacore, contains glutamine and other healing compounds to repair the gut wall.

### **Organic Healthy Foods**

EarthBound Farms, [www.earthboundfarms.com](http://www.earthboundfarms.com)

Diamond Organics, [www.diamondorganics.com](http://www.diamondorganics.com)

Green for Good, [www.greenforgood.com](http://www.greenforgood.com)

Organics, [www.organics.com](http://www.organics.com)

Organic Planet, [www.orgfood.com](http://www.orgfood.com)

Shop Natural, [www.shopnatural.com](http://www.shopnatural.com)

Small Planet Foods, [www.cfarm.com](http://www.cfarm.com)

### **Prebiotics**

Ecological Formulas, [www.ecologicalformulas.com](http://www.ecologicalformulas.com). Their product, Cal-Mag Butyrate, is the one I prescribe to my patients.

Jarrow, [www.jarrow.com](http://www.jarrow.com). A source of inulin with FOS (fructooligosaccharides) for extra prebiotic support.

Klaire Labs, [www.klairelabs.com](http://www.klairelabs.com). Their product, Biotagen, is a powerful combination of inulin and arabinogalactans that I often recommend to my own patients.

Now, [www.nowfoods.com](http://www.nowfoods.com)

Prebiotin, [www.prebiotin.com](http://www.prebiotin.com)

Standard Process, [www.standardprocess.com](http://www.standardprocess.com)

Xymogen, [www.xymogen.com](http://www.xymogen.com). Their product, ProBioMax Plus DF, is a powerful combination of arabinogalactans and probiotics that I often recommend to my own patients.

### **Probiotics**

Organic3.com, [www.organic3.com](http://www.organic3.com). A good source for *Lactobacillus gasseri*, which has been shown in studies to help with weight loss, as well as other probiotics. This company sells a probiotic powder that includes this vital bacteria.

Orthomolecular, [www.orthomolecular.com](http://www.orthomolecular.com). An excellent source for probiotics.

Microbiome Diet, [www.raphaelkellman.com](http://www.raphaelkellman.com). My own personal line of probiotics.

Supersmart.Com, [www.supersmart.com](http://www.supersmart.com). A good source for *Lactobacillus gasseri*, which has been shown in studies to help with weight loss, as well as other probiotics. This company sells *Lactobacillus gasseri* as a separate capsule that you can take with your other probiotics.

Xymogen, [www.xymogen.com](http://www.xymogen.com). An excellent source for probiotics.

### **Products to Remove Unhealthy Bacteria**

Designs for Health, [www.designsforhealth.com](http://www.designsforhealth.com). Their product, GI Microbe-X, is a powerful combination of herbs that will help balance your gut bacteria.

Metagenics, [www.metagenics.com](http://www.metagenics.com). Their product, Candibactin AR, will help eliminate unhealthy bacteria from your intestinal tract.

Microbiome Diet, [www.raphaelkellman.com](http://www.raphaelkellman.com). My product, Remove, can be used as part of the Four Rs process. It contains a number of herbs that have a wide variety of antibacterial effects.

### **Protein Powder**

Designs for Health, [www.designsforhealth.com](http://www.designsforhealth.com). This company's Pea Protein is a very reliable source of healthy protein.

Orthomolecular, [www.orthomolecular.com](http://www.orthomolecular.com). Core Restore is a protein powder I frequently recommend to my patients. It contains a potato-derived protein that seems to inhibit appetite.

### **Swedish Bitters**

Standard Process, [www.standardprocess.com](http://www.standardprocess.com). Their product, Digest, contains milk thistle, for liver support; dandelion root, a prebiotic; gentian; tangerine; and Swedish Bitters to stimulate the production of stomach acid.

### **Weight Loss Supplements**

Douglas Labs, [www.douglaslabs.com](http://www.douglaslabs.com). Many of my patients have had good results with their product Metabolic Lean.

Life Extension, [www.lifeextension.com](http://www.lifeextension.com). I often prescribe their Antiadipocyte Formula to my patients.

Xango, [www.xango.com](http://www.xango.com). Their Favao is an effective product.