



THE INSTITUTE FOR
FUNCTIONAL
MEDICINE®

VERSION 3

Detox *Food Plan*



Weekly Planner and Recipes

Detox Food Plan—A Week of Meals & Snacks

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	<ul style="list-style-type: none"> • Scrambled Eggs with Greens* • Gluten-Free Baking Powder Biscuits* • Melon 	<ul style="list-style-type: none"> • Rainbow Smoothie* 	<ul style="list-style-type: none"> • Poached Eggs over Spinach* • LO Gluten-Free Baking Powder Biscuits* • Berries 	<ul style="list-style-type: none"> • Poached Eggs over Spinach* • LO Gluten-Free Baking Powder Biscuits* • Berries 	<ul style="list-style-type: none"> • Strawberry Mango Smoothie* 	<ul style="list-style-type: none"> • Tofu Scramble* • Fresh Mixed Berries 	<ul style="list-style-type: none"> • Gluten-Free Steel-Cut Oats* • Topped with Coconut Kefir, Flax meal, Pomegranate, Pecans and Berries
Snack	<ul style="list-style-type: none"> • Almonds • Multi-Greens Smoothie* 	<ul style="list-style-type: none"> • LO Lemon Cream with Blackberries and Raspberries* 	<ul style="list-style-type: none"> • Rice Cakes • Sunflower Seed Butter 	<ul style="list-style-type: none"> • Multi-Greens Smoothie* • Pecans 	<ul style="list-style-type: none"> • Celery • Almond Butter 	<ul style="list-style-type: none"> • Hard-Boiled Egg • Balsamic Roasted Beets* 	<ul style="list-style-type: none"> • Fresh Pear • Pumpkin Seeds
Lunch	<ul style="list-style-type: none"> • Beans and Greens Soup* • Asian Salad* 	<ul style="list-style-type: none"> • LO Beans and Greens Soup* • LO Asian Salad* 	<ul style="list-style-type: none"> • LO Stir-Fried Chicken with Ginger Broccoli* • Basic Greens* 	<ul style="list-style-type: none"> • Black Soy Bean and Quinoa Soup* • Spring Mix Salad with Shaved Radishes 	<ul style="list-style-type: none"> • LO Black Soy Bean and Quinoa Soup* • Marinated Vegetables* 	<ul style="list-style-type: none"> • LO Curried Vegetable Stew* • Rice Crackers 	<ul style="list-style-type: none"> • Almond Cocoa Smoothie*
Snack	<ul style="list-style-type: none"> • Lemon Cream with Blackberries and Raspberries* 	<ul style="list-style-type: none"> • Walnuts • Multi-Greens Smoothie* 	<ul style="list-style-type: none"> • Avocado, sliced/ chopped with Cumin, Salt and Pepper, Lemon Juice 	<ul style="list-style-type: none"> • Red Pepper & Jicama Strips • Sweet Potato Hummus* 	<ul style="list-style-type: none"> • Brazil Nuts • Multi-Greens Smoothie* 	<ul style="list-style-type: none"> • Sunflower Seeds • Multi-Greens Smoothie* 	<ul style="list-style-type: none"> • LO Sweet Potato Hummus* • Kohlrabi, Daikon, Radish, and Jicama
Dinner	<ul style="list-style-type: none"> • Salmon with Roasted Cherries* • Cooked Red Quinoa* • Asparagus and Kohlrabi Salad* 	<ul style="list-style-type: none"> • Stir-Fried Chicken with Ginger Broccoli* • Black or Brown Rice • Steamed Artichokes* 	<ul style="list-style-type: none"> • Sirloin Dijon with Sautéed Kale* • Rosemary Roasted Potatoes* • Mixed Greens • Balsamic Mustard Vinaigrette* 	<ul style="list-style-type: none"> • Curried Vegetable Stew* • Mushroom and Pepper Sauté with Arugula* • Fresh Mixed Berries 	<ul style="list-style-type: none"> • Seasoned Turkey Burger* • Sautéed Baby Bok Choy* • Orange Roasted Beet Arugula Salad* 	<ul style="list-style-type: none"> • Fenugreek-Spiced Chicken with Sautéed Red Chard* • Black Rice • Roasted Cauliflower with Pine Nuts* 	<ul style="list-style-type: none"> • Collard-Wrapped Wild Cod* • Kasha, Potatoes, and Mushrooms* • Shaved Brussels Sprouts*

*Recipe included Leftover – LO

Green Tea Emphasis: Aim for 1-2 cups per day, served hot or cold.

Detox Food Plan—A Week of Meals & Snacks

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Therapeutic Food Focus	<ul style="list-style-type: none"> • Olive and sesame oil, bok choy, greens, kale, collards, Swiss chard, parsley, green tea, cabbage, onion, garlic, daikon, kohlrabi, tofu 	<ul style="list-style-type: none"> • Flaxseed, tofu, collards, Swiss chard, parsley, onion, broccoli, garlic, bok choy, daikon, olive oil, sesame oil, scallions, green tea 	<ul style="list-style-type: none"> • Garlic, olive oil, kale, collards, bok choy, flaxseed oil, avocado, broccoli, scallions, mixed greens including arugula 	<ul style="list-style-type: none"> • Green tea, garlic, onion, olive oil, black soybeans, cilantro, radish, cauliflower, bok choy, kale, arugula 	<ul style="list-style-type: none"> • Soy milk, garlic, black soybeans, cilantro, onion, olive oil, orange, artichoke, Swiss chard, green tea, parsley, bok choy, arugula 	<ul style="list-style-type: none"> • Organic tofu, olive oil, onion, garlic, cauliflower, bok choy, onion, green tea, kale, red Swiss chard 	<ul style="list-style-type: none"> • Flax seed, kale, avocado, tahini-sesame seed paste, kohlrabi, daikon, radish, collard, onion, garlic, olive oil, chard, Brussels sprouts

Green Tea Emphasis: Aim for 1-2 cups per day, served hot or cold.

Detox Food Plan—Shopping Guide

Fresh Produce/Vegetables

- ☐ Carrots—4 med
- ☐ Baby Spinach—10 c
- ☐ Arugula—8-10 c
- ☐ Spring Mix—10 oz pkg.
- ☐ Kale—3-4 bunches (10-12 c)
- ☐ Swiss Chard (Red)—1 bunch (3 c)
- ☐ Collards—1 large bunch
- ☐ Baby Bok Choy—2-3 lbs
- ☐ Watercress—small amt. for garnish
- ☐ Micro-greens—small amt. for garnish
- ☐ Red Pepper—4, Orange Pepper—1
- ☐ Jalapeno & Poblano Peppers—2 sm
- ☐ Yellow Onion—5-6 med
- ☐ Red Onion—1 med
- ☐ Green Onion & Scallion—1 bunch each
- ☐ Garlic—5-6 bulbs or 32 oz jar minced
- ☐ Celery—1 bunch
- ☐ Brussels Sprouts—1 lb
- ☐ Broccoli—1 head
- ☐ Bean Sprouts—8-10 oz
- ☐ Chinese Cabbage—1 head
- ☐ Beets—1 large bunch (4-6)
- ☐ Tomatoes—1 med
- ☐ Cilantro, Parsley, Basil, Thyme, Rosemary—1 Bunch (each)
- ☐ Ginger Root—7-8 inches
- ☐ Sweet Potato—4 med
- ☐ New Potatoes, small—2.5 lbs
- ☐ Cauliflower—2 med heads
- ☐ Green Beans, petite—2 c
- ☐ Mushrooms: Reg—16 oz; Portabella—2 med; Crimini—8-12 oz (≈1/2 lb)
- ☐ Asparagus—1 lb, Artichoke—4 whole
- ☐ Jicama & Daikon—2 small (each)
- ☐ Kohlrabi—3 med
- ☐ Radish—1 bunch

Fruit, Fresh

- ☐ Oranges, navel—2
- ☐ Lemons—8
- ☐ Apples—5
- ☐ Blueberries—4 c
- ☐ Blackberries—1 c
- ☐ Raspberries—1 c
- ☐ Yellow Pears—6
- ☐ Cantaloupe—1 c
- ☐ Avocados—2 med

Meat/Fish/Eggs/Plant Proteins

- ☐ Chicken Breast, no bone/skin—1 lb
- ☐ Chicken Thigh, no bone/skin—2½ lb
- ☐ Ground Turkey Breast—1 lb
- ☐ Grass-Fed Sirloin Steak—1½ lbs
- ☐ Wild Cod—1 lb (4 fillets)
- ☐ Wild Salmon—1 lb (4 fillets)
- ☐ Tofu, firm—28 oz, organic, non-GMO
- ☐ Organic Cage-Free Eggs—½ dozen

Dairy/Dairy Alternative

- ☐ Ghee—¼ c
- ☐ Almond Milk, unsweetened—½ gal
- ☐ Hemp Milk, unsweetened—1 c
- ☐ Coconut Yogurt—6-8 oz
- ☐ Coconut Kefir—6-8 oz

Frozen Foods

- ☐ Strawberries—10-12 oz
- ☐ Blueberries—4 oz
- ☐ Mangos—10-12 oz
- ☐ Pomegranate Seeds—4 oz
- ☐ Cherries, pitted—12 oz
- ☐ Baby Peas—10-12 oz

Grains/Legumes

- ☐ Red & Brown Quinoa—1 c each
- ☐ Gluten-free Steel-Cut Oats—2 c
- ☐ Kasha (roasted buckwheat)—1 c
- ☐ Black and Brown Rice—1 c each
- ☐ Brown Rice Flour—1½ c
- ☐ Tapioca Flour—½ c
- ☐ Rice Cake—1, Rice Crackers—1 oz

Miscellaneous

- ☐ Agave—2 T
- ☐ Local Honey—6 oz
- ☐ Maple Syrup—1 t
- ☐ Red Curry Paste—2 T
- ☐ Whey or Vegan Protein Powder, vanilla—3-4 scoops
- ☐ Green Tea bags, prepared—7 c
- ☐ Stevia—2 t
- ☐ Cocoa Powder, unsweetened—1 T
- ☐ Applesauce, unsweetened—1 c
- ☐ Coconut, shredded, unsweetened—4 T
- ☐ Montreal Steak Seasoning—½ T

Canned Goods

- ☐ Organic Vegetable Broth—2, 32 oz
- ☐ Organic Chicken Broth—2, 32 oz
- ☐ Organic Chicken Broth—1, 15 oz
- ☐ Artichoke Hearts, quartered—1, 14 oz
- ☐ Hearts of Palm—1, 14 oz
- ☐ White Cannellini Beans—2, 15 oz
- ☐ Chickpeas—1, 15 oz can
- ☐ Black Soy Beans—3, 15 oz cans
- ☐ Coconut Milk, Lite—1 can
- ☐ Dijon Mustard—small jar
- ☐ Black Olives, pitted—1, 6 oz
- ☐ Tomato Paste, no salt added—1, 6 oz

Condiments/Oils

- ☐ Tamari, Low Sodium (wheat free)—16 oz
- ☐ Olive Oil—16-20 oz
- ☐ Coconut Oil—8-10 oz
- ☐ Grapeseed Oil—6 oz
- ☐ Sesame Oil—2 T
- ☐ Flax Oil—1/3 c
- ☐ Vinegars: Balsamic—6 oz; Rice—1/3 c; White—2 t
- ☐ Mirin—4 oz (¼ c)
- ☐ Coconut Aminos—2 T
- ☐ Tahini—¼ c
- ☐ Dry Sherry—1 T

Spices

- ☐ Garlic Powder
- ☐ Sea Salt
- ☐ Black Pepper
- ☐ Oregano, Thyme, and Basil
- ☐ Red Pepper Flakes, Chili Powder
- ☐ Almond & Vanilla Extracts—1 t each
- ☐ Coriander Seed, Cardamom
- ☐ Fenugreek
- ☐ Tarragon
- ☐ Corn Starch—1 T
- ☐ Bay Leaf—1
- ☐ Cumin, Curry Powder, Cinnamon, Cayenne, Ginger, Rosemary, Nutmeg

Nuts/Seeds

- ☐ Almonds: raw—4 oz, slivered—½ c
- ☐ Almond Butter—small jar
- ☐ Sunflower Seeds, toasted—¼ c
- ☐ Sunflower Seed Butter—small jar
- ☐ Pecans—¼ c
- ☐ Walnuts, chopped—½ c
- ☐ Ground Flax Seed—2 T
- ☐ Chia Seed—½ c
- ☐ Pine Nuts—½ c
- ☐ Pumpkin Seeds—¼ c
- ☐ Brazil Nuts—¼ c (3-4)

Time Saver and Health Tips:

- Roast extra beets for day 5 dinner salad and use 2 the next day for a snack.
- Replace the new potatoes in the Curry Vegetable Stew with celeriac to enhance detoxification.
- Purchase all canned goods, nuts/seeds, condiments, and spice mixtures in low-sodium or no-salt-added forms if available.

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*Asterisks refer to recipes that are in more than one food category.

All recipes are included on the following pages in alphabetical order.

Almond Cocoa Smoothie

Makes 2 servings

Nutrition

(per serving):

Calories: 254

Fat (g): 20

Saturated Fat (g): 3

Cholesterol (mg): 0

Sodium (mg): 263

Carbohydrate (g): 12

Fiber (g): 5

Protein (g): 12

Core Food Plan

(per serving):

Proteins: 1

Nuts & Seeds: 3

Fats & Oils: 1

Fruits: 0.5

- 2 cups unsweetened almond milk
- 1 scoop vegan protein powder*
- 1 small avocado
- 1 tablespoon cocoa powder
- 1 teaspoon almond extract
- ½ cup ice cubes
- Stevia, to taste (optional)
- 1–2 cups loosely packed chopped kale

*Soy-free. Typical varieties include rice, pea, hemp. Should be sweetened with stevia or unsweetened altogether. 1 scoop should be ≈ 17g protein.

Directions:

1. Put all ingredients in a blender in the order listed.
2. Blend all ingredients together in a blender starting on low speed and working up to high speed until smooth.
3. Add more or less ice to desired thickness.

Asian Salad

Makes 10 servings (1 serving $\approx \frac{1}{2}$ – $\frac{3}{4}$ cup)

Nutrition

(per serving):

Calories: 187

Fat (g): 16

Saturated Fat (g): 2

Cholesterol (mg): 0

Sodium (mg): 92

Carbohydrate (g): 10

Fiber (g): 4

Protein (g): 2

Core Food Plan

(per serving):

Nuts & Seeds: 1

Fats & Oils: 2

Non-Starchy Vegetables: 2

- 1 medium head Napa cabbage, end cut off & cut into quarters
- 8 ounces bean sprouts
- 1 small jicama or daikon, peeled & sliced into thin pieces
- 1 bunch green onions, thinly sliced, dark green ends discarded
- 1 large red bell pepper, cut in half & sliced very thin
- 1 stalk celery, sliced very thin
- $\frac{1}{2}$ cup slivered almonds
- 1 bunch cilantro, chopped (set aside several tablespoons for garnish)

Dressing:

- $\frac{2}{3}$ cup grapeseed or olive oil
- $\frac{1}{3}$ cup rice vinegar*
- 1 tablespoon sesame oil
- 3 tablespoons Dijon mustard
- 1 clove garlic, minced
- 3-inch piece fresh ginger
- 1 teaspoon agave syrup
- 2 pinches salt
- 2 pinches black pepper

*Be sure to use unseasoned rice vinegar (no sugar added).

Directions:

1. Whisk all dressing ingredients together and set aside. This can be made up to several days ahead of time and stored in the refrigerator.
2. Prepare the salad: **a.** Slice each quarter of cabbage very thin and place into a large serving bowl. **b.** Add bean sprouts, jicama or daikon, green onion, pepper and celery and mix well to combine.
3. Add half the cilantro and half the dressing and toss well. Allow to sit for a few minutes to blend.
4. Just prior to serving toss in almonds and garnish with remaining cilantro.

Tips: Add more dressing as needed, being careful not to make it too wet. The salad will become wetter as it sits; wait until serving before adding more if needed. Refrigerate if not serving immediately.

Asparagus and Kohlrabi Salad

Makes 6 servings (1 serving $\approx 1\frac{2}{3}$ cup arugula and $\frac{2}{3}$ cup asparagus mixture)

Nutrition

(per serving):

Calories: 70

Fat (g): 5

Saturated Fat (g): 1

Cholesterol (mg): 0

Sodium (mg): 37

Carbohydrate (g): 7

Fiber (g): 3

Protein (g): 2

Core Food Plan

(per serving):

Fats & Oils: 1

Non-Starchy Vegetables: 1

- 1 pound asparagus, ends discarded
- 2 medium Kohlrabi, peeled
- 2 tablespoons olive oil, divided
- $\frac{1}{4}$ pound arugula (or use $\frac{1}{2}$ pound watercress)
- 2 teaspoons balsamic vinegar
- 1 pinch salt
- 1 pinch black pepper

Directions:

1. Cut asparagus stalks into $\frac{1}{4}$ -inch diagonal slices, separating tips. Prepare kohlrabi by slicing in $\frac{1}{2}$ -inch strips.
2. In a wok or large sauté pan, stir-fry asparagus stalks and kohlrabi in 1 tablespoon olive oil over medium heat until slightly browned. Add asparagus tips and continue to stir-fry for another 4–5 minutes. Remove from heat and toss with salt and pepper.
3. Pile arugula (or watercress) in a salad bowl and toss with remaining 1 tablespoon olive oil. Top with asparagus and kohlrabi, and drizzle with balsamic vinegar. Serve immediately.

Balsamic Mustard Vinaigrette

Makes 10 servings (1 serving ≈ 2 tablespoons)

Nutrition

(per serving):

Calories: 135

Fat (g): 15

Saturated Fat (g): 2

Cholesterol (mg): 0

Sodium (mg): 18

Carbohydrate (g): 1

Fiber (g): 0

Protein (g): 0

Core Food Plan

(per serving):

Fats & Oils: 3

- ¼ cup balsamic vinegar
- ¼ cup water
- 1 teaspoon Dijon mustard
- Herbs to taste*
- 1 pinch sea salt
- 1 pinch black pepper
- 1 clove garlic, minced
- ⅓ cup cold-pressed, extra-virgin olive oil
- ⅓ cup flaxseed oil (or use all olive oil)

*Use dried rosemary, oregano, basil, parsley, tarragon, or any herb of choice.

Directions:

1. Measure all ingredients, except oils, into a jar with a tight-fitting lid. Shake vigorously or use a whisk. When well-combined, add oils and shake again. Store in refrigerator.
2. Mixture will harden while refrigerated. Remove, and allow to soften 5–10 minutes before using.
3. Use this dressing for any salad or any veggie you wish. You may double the recipe to keep some at your work place for a quick salad dressing. Remember to store in refrigerator.

Tips: Yields 1¼ cup dressing (20 tablespoons)

Balsamic Roasted Beets

Makes 2 servings

Nutrition

(per serving):

Calories: 77

Fat (g): 0

Saturated Fat (g): 0

Cholesterol (mg): 0

Sodium (mg): 264

Carbohydrate (g): 18

Fiber (g): 3

Protein (g): 3

Core Food Plan

(per serving):

Starchy Vegetables: 1

- 1 bunch trimmed beets (about 4 beets)
- 1 tablespoon balsamic vinegar
- 2 pinches sea salt
- 2 pinches black pepper

Directions:

1. Preheat oven to 400° F.
2. Gently scrub beets, and pat dry. Wrap in foil, and roast until tender (about 1 hour). Let cool, then peel and dice.
3. Place beets in a medium bowl, toss with balsamic vinegar, sea salt and pepper, and serve.

Tips: A great idea is to cook up more beets than you need and then save in the fridge for use later in the week (salads, snacks, side dishes, etc.).

Basic Greens

Makes 6 servings (1 serving \approx ½ cup)

Nutrition

(per serving):

Calories: 56

Fat (g): 3

Saturated Fat (g): 0

Cholesterol (mg): 0

Sodium (mg): 35

Carbohydrate (g): 7

Fiber (g): 1

Protein (g): 2

Core Food Plan

(per serving):

Fats & Oils: 0.5

Non-Starchy Vegetables: 1.5

- 1 large bunch of kale, collards, or bok choy, washed
- 2–3 cloves garlic, minced or cut into slivers
- 1 tablespoon olive or coconut oil
- ½ cup veggie or chicken broth

Directions:

1. Cut out the tough center stem from the kale or collards; chop or slice into small pieces. Bok choy has no tough center so just chop into small pieces.
2. Sauté garlic in olive or coconut oil for about 30 seconds over medium heat. Add chopped greens and sauté for about 3–4 minutes.
3. Bok choy needs no further cooking. For kale or collards, add broth, cover and simmer over low heat for about 10 minutes.

Variation: For seasoned greens, add small amounts of any of the following alone or in combination: dry chipotle pepper, balsamic vinegar, ground cumin or curry powder.

Beans and Greens Soup

Makes 8 servings (1 serving \approx 1½ cups)

Nutrition

(per serving):

Calories: 246

Fat (g): 7

Saturated Fat (g): 1

Cholesterol (mg): 0

Sodium (mg): 229

Carbohydrate (g): 34

Fiber (g): 11

Protein (g): 14

Core Food Plan

(per serving):

Legumes: 1.5

Fats & Oils: 1.5

Non-Starchy Vegetables: 2

- 4 cups sliced yellow onions (approximately 3 onions)
- ¼ cup extra virgin olive oil
- 3 garlic cloves, minced
- 2 (15 ounces) cans white cannellini beans, drained & rinsed
- 1 large branch fresh rosemary (6–7 inches)
- 2 quarts low sodium chicken stock or broth
- 1 bay leaf
- 6 cups chopped greens such as escarole, spinach, bok choy or kale
- ½ teaspoon sea salt
- ½ teaspoon black pepper

Directions:

1. In a large stockpot over low to medium heat, sauté the onions with the olive oil until the onions are translucent, about 5–10 minutes.
2. Add the garlic and cook over low heat for 2 more minutes.
3. Add the drained white beans, rosemary, chicken stock, and bay leaf. Cover, bring to a boil, and simmer for 30–40 minutes, until the beans are very soft.
4. Remove the rosemary branch and the bay leaf. In small batches, purée in a food processor, or leave soup in pot and use hand blender to purée.
5. Return soup to the pot to reheat. Add greens and cook until they are wilted. If you are using escarole or kale, they will need a few minutes longer than more tender greens. Season with salt and pepper.

Black Soy Bean & Quinoa Soup

Makes 8 servings (1 serving \approx 1½–2 cups)

Nutrition

(per serving):

Calories: 274

Fat (g): 12

Saturated Fat (g): 2

Cholesterol (mg): 0

Sodium (mg): 379

Carbohydrate (g): 28

Fiber (g): 12

Protein (g): 17

Core Food Plan

(per serving):

Proteins: 1

Legumes: 0.5

Fats & Oils: 1.5

Non-Starchy Vegetables: 1

Grains: 1

- 1 large onion, chopped
- 2 tablespoons olive oil
- 4 cloves garlic, minced
- 2 poblano peppers, seeded & chopped
- 2 jalapeño peppers, seeded & chopped
- 6 cups water or vegetarian broth
- 3 cans (16 ounces) black soy beans, drained
- 2 teaspoons ground cumin
- 1 bunch cilantro, including stems
- 1 teaspoon sea salt
- 2 cups cooked quinoa or brown rice

Directions:

1. Sauté onion in olive oil until soft. Add garlic and sauté briefly. Add poblano and jalapeño peppers, and continue to sauté about 5 more minutes.
2. Add remaining ingredients, except for quinoa or rice, and simmer, covered for 20 minutes. Add cooked quinoa or rice and simmer another 5 minutes. Adjust seasonings and cool.
3. In small batches, purée ½ of the soup in the food processor and return to soup pot. Mix well, and reheat before serving.

Collard-Wrapped Wild Cod

Makes 4 servings

Nutrition

(per serving):

Calories: 165

Fat (g): 8

Saturated Fat (g): 6

Cholesterol (mg): 49

Sodium (mg): 232

Carbohydrate (g): 2

Fiber (g): 1

Protein (g): 21

Core Food Plan

(per serving):

Proteins: 3

- 1 pound wild-caught cod fillets (4 fillets, 4 ounces each)
- 2 tablespoons coconut aminos
- 1 quart water
- 4 collard leaves
- Black pepper, to taste
- 2 tablespoons coconut oil
- 4 lemon wedges

Directions:

1. Preheat oven to 375° F.
2. In a baking dish, gently toss fish fillets with the coconut aminos, until the fish is covered with the sauce. Set aside.
3. Boil water in a small saucepan. One at a time, blanch the collard leaves for just a few seconds. Remove leaves, and lay flat on a cutting board. Cut off the tough ends of the collard greens, and place one fish fillet in the center of each collard green. Season the fish with cracked black pepper, and top each fillet with ½ tablespoon of coconut oil. Wrap the fish firmly in the collard leaves, and place seam side down in a shallow baking dish.
4. Bake uncovered for 20 minutes. Serve with a lemon wedge.

Tips: Other fish can be used in place of cod.

Cooked Red Quinoa

Makes 8 servings (1 serving ≈ ½ cup)

Nutrition

(per serving):

Calories: 85

Fat (g): 1

Saturated Fat (g): 0

Cholesterol (mg): 0

Sodium (mg): 17

Carbohydrate (g): 16

Fiber (g): 3

Protein (g): 3

Core Food Plan

(per serving):

Grains: 1

- 2 cups water
- 1 pinch sea salt
- 1 cup red quinoa, rinsed & drained

Directions:

1. Bring water to a boil in a medium heavy saucepan.
2. Add sea salt and quinoa. Cover, and bring to a boil. Reduce heat to low, and simmer for 12 to 15 minutes.
3. Remove from heat, and let sit, covered, for 5 more minutes before serving.

Tips: Garnish with chopped fresh chives or basil, if desired.

Curried Vegetable Stew

Makes 6 servings (1 serving \approx 1¼ cups)

Nutrition

(per serving):

Calories: 297

Fat (g): 10

Saturated Fat (g): 5

Cholesterol (mg): 1

Sodium (mg): 413

Carbohydrate (g): 48

Fiber (g): 10

Protein (g): 9

Core Food Plan

(per serving):

Fats & Oils: 2

Non-Starchy Vegetables: 2

Starchy Vegetables: 2

- 2 medium-large onions, diced
- 1½ tablespoons coconut or olive oil
- 3 garlic cloves, minced
- 6 small new potatoes, unpeeled, washed and diced
- 4 medium carrots, scrubbed & sliced
- 2 cups water
- 1 small head cauliflower, broken into bite-sized pieces
- 1 bunch baby bok choy, chopped
- 2 cups fresh green beans, cut into 1-inch pieces
(or one 10 ounces package frozen cut green beans, thawed)
- 2–3 teaspoons grated fresh ginger
- 1–2 teaspoons curry powder
- 3 teaspoons ground turmeric
- 1 can (15-ounces) lite coconut milk
- 1–2 tablespoons red curry paste, for those who prefer a zippier taste
- 1½ cups frozen baby peas, thawed
- ½ teaspoon sea salt

Directions:

1. Sauté onion in oil for 3–4 minutes over medium heat in a large, heavy soup pot.
2. Add garlic and sauté another minute.
3. Now add potatoes, carrots, and 2 cups water. Bring to a simmer and cover. Cook for about 10 minutes. Potatoes will not be fully cooked yet.
4. Add the cauliflower, bok choy, green beans, ginger, and spices. Cover and continue simmering gently for about 10–15 minutes, until veggies are tender. Mash some of the potatoes against the side of the pot to thicken the soup.
5. Now stir in the coconut milk and the curry paste, if using, being sure that the paste is well mixed in.
6. Allow to simmer (on low heat) for 5–10 minutes and then turn off heat and let sit to blend flavors until ready to serve. Just before serving, stir in defrosted frozen baby peas (at about room temperature), adding some sea salt to taste if needed.

Tip: Potatoes may be replaced with celeriac to enhance detoxification or both may be omitted from recipe to decrease the carbohydrate content or glycemic load of this recipe.

Fenugreek-Spiced Chicken with Sautéed Red Chard

Makes 8 servings (1 serving ≈ ¾ cup chicken and sauce mixture and ¾–1 cup sautéed chard)

Nutrition

(per serving):

Calories: 349

Fat (g): 21

Saturated Fat (g): 13

Cholesterol (mg): 151

Sodium (mg): 788

Carbohydrate (g): 10

Fiber (g): 3

Protein (g): 31

Core Food Plan

(per serving):

Proteins: 4

Fats & Oils: 2

Non-Starchy Vegetables: 2

- 3 tablespoons coconut oil, divided
- 1 small red onion, diced
- 2 garlic cloves, minced
- ½ teaspoon cardamom powder
- ½ teaspoon coriander powder
- 1 teaspoon fenugreek powder
- 1 teaspoon chili powder
- 1 teaspoon sea salt
- 1 can (6 ounces) tomato paste
- ½ cup canned coconut milk
- 2½ pounds boneless, skinless chicken thighs, cut into bite-sized pieces
- 2 pounds red chard, diced, with tough stems removed
- ¼ cup grass-fed ghee or butter (optional)

Directions:

1. In a large skillet or medium stock pot, heat 1 tablespoon coconut oil over medium heat. Add the diced onion, and sauté until translucent. While onion is cooking, measure the spices into a small bowl (cardamom, coriander, fenugreek, chili powder, and salt).
2. Once onions are translucent, turn the heat down to low. Add the spices, and stir well to make a paste.
3. Add the tomato paste and stir, forming a thick mixture.
4. Turn the heat back up to medium, and add the coconut milk. Stir frequently to blend into a thick sauce.
5. Bring the sauce to a simmer, and add the chicken. Stir well, and turn the heat down to medium-low. Cover, and cook for approximately 15 minutes, stirring frequently, until the chicken is done all the way through.
6. While the chicken is simmering, cook the chard in two batches. Using a large skillet, melt 1 tablespoon coconut oil, and sauté half of chard (1 pound) for 4–5 minutes, or until tender. Remove cooked chard to another dish, and repeat process with another 1 tablespoon coconut oil and remaining 1 pound of chard.
7. After the chicken is cooked, add the ghee or butter, and mix into the sauce until melted. Serve the chicken over the sautéed red chard.

Tips: Save time by having the butcher cut the chicken into bite-sized pieces for you.

Gluten-Free Baking Powder Biscuits

Makes 12 servings (1 serving = 1 biscuit)

Nutrition

(per serving):

Calories: 143

Fat (g): 4

Saturated Fat (g): 3

Cholesterol (mg): 0

Sodium (mg): 187

Carbohydrate (g): 26

Fiber (g): 1

Protein (g): 1

Core Food Plan

(per serving):

Grains: 2

- 1½ cup brown rice flour
- ½ cup tapioca flour
- 4 teaspoons baking powder
- ⅛ teaspoon salt
- 3 tablespoons coconut oil
- 1 cup unsweetened applesauce

Directions:

1. Preheat oven to 425° F.
2. In a medium-large mixing bowl, stir together dry ingredients (brown rice flour, tapioca flour, baking powder, and salt).
3. Sprinkle oil on top, and mix well with a pastry blender or fork, until consistency is crumbly.
4. Mix in applesauce, and stir until blended.
5. Drop 12 equal spoonfuls onto an ungreased cookie sheet. With spoon, lightly shape into biscuit.
6. Bake 15–18 minutes until slightly browned.

Tips: Serve warm for best flavor, but may be lightly reheated in a microwave.

Gluten-Free Steel-Cut Oats

Makes 4 servings

Nutrition

(per serving):

Calories: 170

Fat (g): 3

Saturated Fat (g): 1

Cholesterol (mg): 0

Sodium (mg): 0

Carbohydrate (g): 29

Fiber (g): 5

Protein (g): 7

Core Food Plan

(per serving):

Grains: 2

- 4 cups water
- 1 cup gluten-free steel-cut oats

Directions:

1. In a medium saucepan, bring water to a boil.
2. Add oats, and stir. Reduce heat to low, and allow to simmer, uncovered.
3. Simmer for 25–30 minutes, stirring occasionally, until oats are of desired texture.

Tips: Note that oats will thicken further after removing from heat. Refrigerate any leftovers. This dish may also be served topped with a spoonful of plain coconut yogurt or soy yogurt. Or stir in additional milk of choice, and some fresh or dried berries. Adding flaxseed milk or ground meal would support detoxification.

Hemp Chia Steel-Cut Oats in a Jar

Makes 4 servings

Nutrition

(per serving):

Calories: 295

Fat (g): 12

Saturated Fat (g): 3

Cholesterol (mg): 0

Sodium (mg): 49

Carbohydrate (g): 39

Fiber (g): 6

Protein (g): 11

Core Food Plan

(per serving):

Nuts & Seeds: 2

Fats & Oils: 0.5

Fruits: 0.5

Grains: 2

- 1 cup steel-cut oats
- 1 cup unsweetened hemp, almond, or coconut milk
- 2 tablespoons chia seeds
- ¼ teaspoon vanilla extract
- ¼ teaspoon ground cinnamon
- 1 pinch nutmeg
- 1 tablespoon raw honey, optional
- 4 mason jars, with lids
- 4 tablespoons shredded coconut, optional
- 4 tablespoons chopped walnuts or pistachios, optional

Directions:

1. In a medium bowl, combine oats, milk, chia seeds, vanilla, cinnamon, nutmeg, and honey (if using), and stir to combine well. Divide evenly between 4 mason jars. Cover and refrigerate overnight.
2. Remove from refrigerator, when ready to eat, or if you prefer, allow to come to room temperature before eating. Add 1 tablespoon each of coconut and nuts per serving.

Tips: This may also be served topped with a spoonful of plain coconut yogurt or soy yogurt. Or stir in additional milk of choice, and some fresh or dried berries. Adding flaxseed milk or ground meal would support detoxification.

Kasha, Potatoes, and Mushrooms

Makes 6 servings (1 serving \approx $\frac{3}{4}$ cup)

Nutrition

(per serving):

Calories: 127

Fat (g): 3

Saturated Fat (g): 1

Cholesterol (mg): 5

Sodium (mg): 339

Carbohydrate (g): 24

Fiber (g): 2

Protein (g): 4

Core Food Plan

(per serving):

Fats & Oils: 0.5

Non-Starchy Vegetables: 1

Grains: 1

- 1 tablespoon extra virgin olive oil
- 1 small onion, chopped fine
- 2 cloves garlic, minced
- 1 teaspoon sea salt
- 1 small red potato or yam, $\frac{1}{4}$ -inch dice
- 6 crimini mushrooms, chopped fine
- 1 cup kasha
- 2 cups boiling water
- $\frac{1}{4}$ teaspoon freshly ground pepper

Directions:

1. In a 3–4 quart heavy pot with a tight-fitting lid, heat the oil over medium heat. Add onions, garlic, and salt, and sauté until the onion is golden and soft. This will take at least 10 minutes. The more caramelized the onions, the better the flavor.
2. Add 2 cups water to a tea kettle, and bring to a boil.
3. While water is heating, add finely chopped potatoes and mushrooms. Sauté 3–4 minutes, covered, until juicy. Add kasha to mixture and stir, coating the kasha.
4. Pour in boiling water, and turn heat to low. Cover pot, and simmer about 15 minutes on low until water is absorbed. Remove lid, and allow kasha to rest for 10 more minutes. Add pepper and stir.

Lemon Cream with Blackberries and Raspberries

Makes 4 servings

Nutrition (per serving):

Calories: 201
Fat (g): 3
Saturated Fat (g): 0
Cholesterol (mg): 0
Sodium (mg): 32
Carbohydrate (g): 43
Fiber (g): 2
Protein (g): 7

Core Food Plan (per serving):

Proteins: 1
Fruits: 2.5

- 1 tablespoon grated lemon zest, divided
- ¼ cup fresh lemon juice
- ½ cup honey
- 1 package (12 ounces) silken tofu, firm or extra-firm, drained
- ½ cup fresh blackberries
- ½ cup fresh raspberries

Directions:

1. Combine 2½ teaspoons of the lemon zest, lemon juice, honey, and tofu in a blender or food processor. Purée ingredients until smooth, scraping down sides of blender with a rubber spatula as necessary.
2. Divide lemon cream evenly among four bowls or serving glasses. Garnish each portion with berries and reserved ½ teaspoon lemon zest.
3. Serve immediately or refrigerate.

Tips: You can make the lemon cream in advance, cover it, and keep it in the refrigerator for three days.

Marinated Vegetables

Makes 12 servings (1 serving \approx ½ cup)

Nutrition

(per serving):

Calories: 95

Fat (g): 4

Saturated Fat (g): 1

Cholesterol (mg): 0

Sodium (mg): 250

Carbohydrate (g): 15

Fiber (g): 3

Protein (g): 3

Core Food Plan

(per serving):

Fats & Oils: 0.5

Non-Starchy Vegetables: 2.5

- ½ cup olive oil
- ¼ cup balsamic vinegar
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 3 cloves garlic, cut into slivers
- ½ teaspoon sea salt
- 1 can (14 ounces) artichoke hearts, canned in water, cut into halves or quarters
- 1 can (14 ounces) hearts of palm, cut into ¼-inch slices
- 1 can (6 ounces) pitted black olives
- ½ pound mushrooms, cleaned and quartered

Directions:

1. In a large bowl, whisk together olive oil, balsamic vinegar, oregano, basil, garlic, and sea salt.
2. Add artichokes, hearts of palm, olives, and mushrooms, and toss well.
3. Cover and place in refrigerator to marinate for 6–8 hours, tossing periodically.

Tips: Leftover marinade can be used as a salad dressing.

Multi-Greens Smoothie

Makes 2 servings

Nutrition

(per serving):

Calories: 115

Fat (g): 1

Saturated Fat (g): 0

Cholesterol (mg): 0

Sodium (mg): 26

Carbohydrate (g): 28

Fiber (g): 5

Protein (g): 2

Core Food Plan

(per serving):

Non-Starchy Vegetables: 0.5

Fruits: 1.5

- 1 cup kale, collards, or Swiss chard, packed tight (large stems removed)
- ½ cup loosely packed parsley leaves
- 1 medium apple, cored
- 1 medium pear, cored
- 1 tablespoon lemon juice
- 1 cup green tea, cold or room temp
- ½ cup water
- ¾ cup ice

Directions:

1. Put all ingredients in a high powered blender, and start on low speed, gradually working up to high speed for 1 minute.

Tips: This is best if served fresh, but it may be stored in the refrigerator to drink later in the day, if desired. Try to use a variety of different greens each time the Multi-Greens Smoothie is prepared if used daily or frequently during a focused detoxification period. If controlling carbohydrates more tightly, cut fruit portions in half.

Mushroom and Pepper Sauté with Arugula

Makes 4 servings

Nutrition

(per serving):

Calories: 123

Fat (g): 10

Saturated Fat (g): 1

Cholesterol (mg): 0

Sodium (mg): 10

Carbohydrate (g): 7

Fiber (g): 2

Protein (g): 2

Core Food Plan

(per serving):

Fats & Oils: 2

Non-Starchy Vegetables: 1.5

- 3 tablespoons olive oil, divided
- ½ pound crimini mushrooms, cut in half or 2 medium portabellas, thinly sliced
- 1 large or 2 small yellow, red, or orange bell peppers, sliced very thin
- 2 cloves garlic, minced
- 1 tablespoon balsamic vinegar
- 1 tablespoon lemon juice
- ¼ cup fresh basil leaves, chopped (or 1 tablespoon dried)
- 1 pinch sea salt
- 4 cups arugula leaves (or any combination of mixed greens)

Directions:

1. Heat 2 tablespoons olive oil over medium heat in a large skillet.
2. Add mushrooms and bell peppers, and sauté until tender, about 7–10 minutes.
3. Add garlic and sauté for 1 more minute.
4. Stir in the fresh or dried basil (if using), along with a pinch of salt if needed.
5. Divide greens among 4 plates, and drizzle with remaining 1 tablespoon olive oil. Top with warm peppers and mushrooms, and serve immediately.

Orange Roasted Beet Arugula Salad

Makes 4 servings

Nutrition

(per serving):

Calories: 84

Fat (g): 4

Saturated Fat (g): 0

Cholesterol (mg): 0

Sodium (mg): 103

Carbohydrate (g): 12

Fiber (g): 3

Protein (g): 2

Core Food Plan

(per serving):

Fats & Oils: 0.5

Non-Starchy Vegetables: 1

Starchy Vegetables: 0.5

- 2 large beets
- 1 navel orange
- 1 tablespoon olive oil
- 2 teaspoons balsamic vinegar
- 3 tablespoons orange juice
- 1 teaspoon Dijon mustard
- 1 pinch sea salt
- 1 pinch ground black pepper
- 2 bunches arugula, washed well and dried

Directions:

1. Preheat oven to 450° F.
2. Wrap each beet in aluminum foil and place on a baking sheet. Roast for 40–50 minutes. Pierce with the tip of a sharp knife to test for tenderness. Remove from oven; when cool enough to handle, rub off skins. Slice into chunks.
3. While beets are roasting, slice off ends of orange with a sharp knife. Peel and break into segments. Cut each segment into 2–3 pieces. Set aside.
4. Once beets have cooled, whisk together olive oil, balsamic vinegar, orange juice, Dijon mustard, sea salt and black pepper.
5. In a large bowl, add arugula and toss with dressing. Add beets and oranges, and toss again. Serve immediately.

Poached Eggs over Spinach

Makes 1 serving

Nutrition

(per serving):

Calories: 220

Fat (g): 15

Saturated Fat (g): 4

Cholesterol (mg): 424

Sodium (mg): 588

Carbohydrate (g): 7

Fiber (g): 3

Protein (g): 16

Core Food Plan

(per serving):

Proteins: 2

Fats & Oils: 2

Non-Starchy Vegetables: 1

- 1 teaspoon sea salt
- 2 teaspoons white vinegar
- 2 large eggs, very cold
- 1 teaspoon olive oil
- 1 garlic clove, crushed
- 4 cups fresh spinach (about 2 large handfuls)
- 1 pinch sea salt
- 1 pinch black pepper

Directions:

1. On a stovetop, preheat a small skillet or omelet pan on medium heat.
2. At the same time, place a small saucepan over medium heat, and fill with enough water to come 1 inch up the side of the saucepan. Add 1 teaspoon sea salt and 2 teaspoons vinegar to water, and bring to a simmer. While water is heating, crack the eggs, and place in a very small bowl.
3. Once water comes to a simmer, use a spoon to stir the water in one direction until spinning around smoothly. Carefully drop the eggs into the center of the whirlpool (the swirling water helps to keep the eggs from "feathering," or spreading out in the pan). Turn off heat, and cover. Set a timer for 5 minutes and let eggs poach. Leave untouched until the timer goes off.
4. While eggs are cooking, add oil to preheated pan. Add garlic and let lightly brown, stirring as needed. This may only take 30–60 seconds. Add the spinach and stir frequently until it wilts down, about 2–4 minutes. Remove from heat and empty onto a small plate.
5. When timer goes off, remove eggs from water with a slotted spoon and place on top of spinach. Top with pinch each of sea salt and black pepper, and serve immediately.

Rainbow Smoothie

Makes 2 serving

Nutrition

(per serving):

Calories: 151

Fat (g): 6

Saturated Fat (g): 2

Cholesterol (mg): 0

Sodium (mg): 110

Carbohydrate (g): 25

Fiber (g): 4

Protein (g): 4

Core Food Plan

(per serving):

Dairy Alternatives: 0.5

Nuts & Seeds: 0.5

Non-Starchy Vegetables: 0.5

Fruits: 1

- ½ cup cold green tea
- 1 cup unsweetened hemp, coconut, or almond milk
- 2 tablespoons chia seeds, whole or ground
- ¼ teaspoon cinnamon
- ½ teaspoon fresh ginger, minced
- 1 tablespoon fresh lemon juice
- ½ cup frozen blueberries*
- ½ cup frozen strawberries*
- ½ cup frozen mango*
- ¼–½ cup ice to increase thickness, if desired
(especially if using fresh fruit instead of frozen)
- 1 cup packed baby spinach

*No sugar added.

Directions:

1. Add prepared green tea, hemp, coconut, or almond milk to a blender. Then add the rest of the ingredients in the order listed, ending with baby spinach.
2. Blend at very low speed until ingredients are mixed, then gradually increase speed to high, and blend well for 1 minute. Serve immediately.

Tips: If unable to serve immediately, omit chia or other seeds as gelling will occur and it will be less palatable.

Optional: add 1 teaspoon maple syrup or stevia if needed.

Optional: to provide more protein and healthy fats, add 1–2 scoops of vegan protein powder and 1–2 tablespoons nut butter, ground flax seeds, or hemp seeds.

Roasted Cauliflower with Pine Nuts

Makes 6 servings (1 serving \approx 1/2 cup)

Nutrition

(per serving):

Calories: 111

Fat (g): 10

Saturated Fat (g): 2

Cholesterol (mg): 0

Sodium (mg): 84

Carbohydrate (g): 3

Fiber (g): 1

Protein (g): 3

Core Food Plan

(per serving):

Nuts & Seeds: 1

Fats & Oils: 1

Non-Starchy Vegetables: 0.5

- 1 head cauliflower, broken into florets
- 2 cloves of garlic, peeled and minced
- 2 tablespoons extra virgin olive oil
- 1 teaspoon fresh rosemary, finely chopped
- 1/2 cup raw pine nuts
- 1/4 teaspoon sea salt
- 1/4 teaspoon freshly ground pepper

Directions:

1. Preheat oven to 425° F.
2. Place cauliflower florets in a large mixing bowl. Add garlic and stir thoroughly. Pour in olive oil and ensure that all cauliflower pieces are coated with oil. Sprinkle with rosemary, pine nuts, salt, and pepper.
3. Transfer mixture evenly onto baking sheet, being sure that mixture is spread evenly in a single layer.
4. Roast, uncovered, for 20–25 minutes or until the top and edges of cauliflower are lightly brown. You may stir about half way through if they are becoming too brown. Serve immediately.

Rosemary Roasted Potatoes

Makes 8 servings (1 serving \approx 1/2-3/4 cup)

Nutrition

(per serving):

Calories: 136

Fat (g): 5

Saturated Fat (g): 1

Cholesterol (mg): 0

Sodium (mg): 66

Carbohydrate (g): 21

Fiber (g): 2

Protein (g): 2

Core Food Plan

(per serving):

Fats & Oils: 0.5

Starchy Vegetables: 1.5

- 3 tablespoons olive oil
- 3–4 tablespoons chopped fresh rosemary
- 1/2 teaspoon garlic powder
- 1/4 teaspoon sea salt
- 1/4 teaspoon black pepper
- 2 pounds new potatoes, cut in half or fourths (red skin, purple, Yukon Gold, fingerling)

Directions:

1. Preheat oven to 425° F.
2. Stir together oil, rosemary, garlic powder, sea salt and pepper in large bowl. Add potatoes and toss well until coated.
3. Spread evenly in 15 x 10-inch baking pan. Bake uncovered, for 30–35 minutes, stirring occasionally until potatoes are fork-tender and golden brown.

Salmon with Roasted Cherries

Makes 4 servings

Nutrition

(per serving):

Calories: 185

Fat (g): 4

Saturated Fat (g): 1

Cholesterol (mg): 59

Sodium (mg): 77

Carbohydrate (g): 13

Fiber (g): 1

Protein (g): 23

Core Food Plan

(per serving):

Proteins: 3

Fruits: 1

- $\frac{3}{4}$ pound cherries, pitted & halved (about 3 cups)
- 3 tablespoons fresh lemon juice, divided
- 1 tablespoon agave nectar or honey
- 2 teaspoons chopped fresh thyme
- 1 pound salmon (4 fillets)

Directions:

1. Prepare the cherries by pitting and halving. Place in medium to large bowl. Toss with 1 tablespoon lemon juice, agave, and fresh thyme.
2. Arrange salmon skin-side down on a large foil-lined baking sheet.
3. Spread cherry mixture over salmon. Broil salmon until just cooked through, and cherries are caramelized, 5–7 minutes.
4. Transfer to plates, drizzle with remaining 2 tablespoons lemon juice.

Sautéed Baby Bok Choy

Makes 4 servings

Nutrition

(per serving):

Calories: 45

Fat (g): 0

Saturated Fat (g): 0

Cholesterol (mg): 0

Sodium (mg): 283

Carbohydrate (g): 10

Fiber (g): 1

Protein (g): 2

Core Food Plan

(per serving):

Non-Starchy Vegetables: 2

- ½ cup mirin
- 1 tablespoon low-sodium tamari
- 4 heads baby bok choy (1¼ pounds total), halved lengthwise

Directions:

1. Add mirin and tamari to skillet, and bring to a boil over medium-high heat.
2. Add bok choy. Cover and cook until tender when pierced with the tip of a paring knife, 3–5 minutes; discard liquid.

Tips: Mirin is an essential condiment used in Japanese cuisine. It is a kind of rice wine similar to sake, but with a lower alcohol content and higher sugar content. The sugar is a complex carbohydrate formed naturally via the fermentation process, and therefore, it is not refined sugar. The alcohol content is decreased further when the liquid is heated.

Scrambled Eggs with Greens

Makes 1 servings

Nutrition

(per serving):

Calories: 207

Fat (g): 15

Saturated Fat (g): 4

Cholesterol (mg): 431

Sodium (mg): 258

Carbohydrate (g): 5

Fiber (g): 1

Protein (g): 14

Core Food Plan

(per serving):

Proteins: 2

Fats & Oils: 2

Non-Starchy Vegetables: 1

- 2 large eggs
- 1 teaspoon olive or coconut oil, divided
- 1 pinch sea salt
- 1 pinch black pepper
- ¼ teaspoon dried basil or oregano (or 1 tablespoon if using fresh herbs)
- ½–¾ cup finely chopped kale or baby bok choy
- Watercress or micro-greens, for garnish

Directions:

1. Heat a small skillet or frying pan over medium heat.
2. Beat eggs, salt, pepper, and basil or oregano in a small bowl.
3. To frying pan, add ½ teaspoon oil and kale or bok choy, sautéing until greens have wilted, about 2–3 minutes. Turn onto a plate.
4. Add remaining ½ teaspoon oil to frying pan, and return to heat. Add eggs and let set for a moment; then stir while cooking for about 1 minute.
5. Return cooked greens to pan. Stir together eggs and greens until cooked to your liking.
6. Serve immediately, garnished with micro-greens or watercress.

Seasoned Turkey Burger

Makes 4 servings (1 serving ≈ 4 ounces precooked ground turkey)

Nutrition

(per serving):

Calories: 211

Fat (g): 12

Saturated Fat (g): 3

Cholesterol (mg): 143

Sodium (mg): 387

Carbohydrate (g): 2

Fiber (g): 0

Protein (g): 22

Core Food Plan

(per serving):

Proteins: 3

Fats & Oils: 0.5

Non-Starchy Vegetables: 0.5

- 1 pound ground turkey breast
- ½ tablespoon low-sodium tamari
- ½ tablespoon Montreal steak seasoning, 25% less sodium
- ½ cup minced onion (fresh)
- 1 egg
- ½ tablespoon olive oil

Directions:

1. Preheat a large skillet over medium-high heat.
2. In a large bowl, add turkey, tamari, steak seasoning, minced onion, and egg. Mix ingredients together, and form into four patties.
3. Add olive oil to pan and spread to coat pan. Add patties to pan and cook, flipping once during cooking.

Tips: May substitute coconut aminos in place of the low-sodium tamari if avoiding soy. A lower sodium version of Montreal steak seasoning is recommended and contains the following: coarse salt, spices (including black pepper and red pepper), garlic, sunflower oil, natural flavor, and extractives of paprika. Individual spices may be added rather than using this commercially prepared steak seasoning.

Shaved Brussels Sprouts

Makes 4 servings

Nutrition

(per serving):

Calories: 64

Fat (g): 1

Saturated Fat (g): 0

Cholesterol (mg): 0

Sodium (mg): 144

Carbohydrate (g): 11

Fiber (g): 4

Protein (g): 4

Core Food Plan

(per serving):

Non-Starchy Vegetables: 2

- 1 teaspoon olive oil
- ¼ cup onion, thinly sliced
- 6 cloves fresh garlic, thinly sliced
- 1 pound Brussels sprouts, thinly sliced (see tip)
- ¼ teaspoon sea salt
- ¼ teaspoon ground black pepper

Directions:

1. Preheat a large cast-iron skillet over medium high heat. The cast iron really works well to get the sprouts nice and crispy.
2. Sauté the onion in the oil for about 3 minutes or until just starting to brown.
3. Add the garlic and sauté for another 30–45 seconds.
4. Add the Brussels sprouts, salt and pepper, and sauté for about 7 minutes or until browned and crisped. Serve.

Tips: To “shave” Brussels sprouts, there is no need to break out a straight edged razor. Trim the nub on the bottom of the sprout and slice the sprout in half. Then just slice the sprouts into thin-as-you-can lengthwise strips. It might take more time, but it’s a great way to enjoy these healthy vegetables and well worth the effort.

Refrigerate any leftovers.

Sirloin Dijon with Sautéed Kale

Makes 6 servings (1 serving ≈ 4 ounces sirloin and ½ cup kale)

Nutrition

(per serving):

Calories: 298

Fat (g): 21

Saturated Fat (g): 10

Cholesterol (mg): 71

Sodium (mg): 209

Carbohydrate (g): 6

Fiber (g): 1

Protein (g): 23

Core Food Plan

(per serving):

Proteins: 3

Fats & Oils: 2.5

Non-Starchy Vegetables: 1

- ¼ teaspoon sea salt
- ¼ teaspoon black pepper
- 1½ pounds sirloin, thinly sliced
- ½ cup low-sodium chicken broth
- ½ tablespoon dried thyme
- 1½ tablespoons Dijon mustard
- 2 tablespoons coconut oil
- 3 garlic cloves, minced
- 4 cups kale, diced, tough stems removed

Directions:

1. Heat a large skillet over medium heat. Sprinkle salt and pepper over the sirloin.
2. While pan is heating, whisk together in a small bowl the chicken broth, thyme, and mustard.
3. Add the coconut oil to the pan, and sauté the sirloin until lightly browned. Add the garlic and sauté 30–60 seconds.
4. Add the mustard mixture to the pan and stir. Bring to a simmer.
5. Add the kale and cook, stirring often until the kale is tender. Serve immediately.

Tips: To save time, ask a butcher to thinly slice the sirloin for you. If you slice it yourself, put it in the freezer for an hour before it needs to be sliced, as frozen steak is much easier to slice thin.

Steamed Artichokes

Makes 6 servings (1 serving ≈ 4 ounces sirloin and ½ cup kale)

Nutrition

(per serving):

Calories: 64

Fat (g): 0.5

Saturated Fat (g): 0

Cholesterol (mg): 0

Sodium (mg): 72

Carbohydrate (g): 14

Fiber (g): 10

Protein (g): 3.5

Core Food Plan

(per serving):

Non-Starchy Vegetables: 3

- 1 artichoke per person

Directions:

1. Slice about ¾ inch off the tip of the artichoke. Pull off any smaller leaves at the base and on the stem. Cut off stem, leaving ½ inch. Rinse artichokes in cold water.
2. Put 2 inches of water into a large pot, and insert a steaming basket. Add artichokes and cover. Bring to a boil and reduce heat to simmer. Cook for 25–35 minutes or until the outer leaves can easily be pulled off.

Tips: Artichokes may be eaten cold or hot. They are often served either with a healthy mayonnaise (such as Vegenaïse) or melted butter. If you use mayonnaise, try adding a little bit of balsamic vinegar and mixed in.

To eat, pull off outer petals, one at a time. Dip wide fleshy end in melted butter or sauce. Place in mouth, dip side down, and pull through teeth to remove soft, pulpy, delicious portion of the petal. Discard remaining petal. Continue until all of the petals are removed.

With a knife or spoon, scrape out, and discard the inedible fuzzy part (called the “choke”) covering the artichoke heart. The remaining bottom of the artichoke is the heart. Cut into pieces and dip into sauce to eat.

Stir-Fried Chicken with Ginger Broccoli

Makes 4 servings

Nutrition

(per serving):

Calories: 282

Fat (g): 13

Saturated Fat (g): 2

Cholesterol (mg): 66

Sodium (mg): 674

Carbohydrate (g): 11

Fiber (g): 3

Protein (g): 30

Core Food Plan

(per serving):

Proteins: 4

Non-Starchy Vegetables: 2

- 1 pound chicken breast, cut into bite-sized pieces
- 4 tablespoons low-sodium tamari, divided
- 3 tablespoons olive oil, divided
- 1 bunch scallions, thinly sliced
- 2 teaspoons peeled and minced fresh ginger
- 2 minced garlic cloves
- 1 tablespoon arrowroot or cornstarch
- 1 tablespoon dry sherry
- ½ teaspoon cayenne or ¼ teaspoon hot-pepper flakes
- 2 cups broccoli florets
- 2 cups sliced mushrooms
- 1 red bell pepper cut into thin strips
- ¼ cup water
- 1 teaspoon sesame oil
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper

Directions:

1. Toss chicken with 2 tablespoons tamari sauce, and set aside for 5–10 minutes. In a wok or large skillet, heat 1 tablespoon oil over medium heat and add scallions, ginger, and garlic. Stir-fry for 30 seconds.
2. Drain chicken and add to wok, stir-frying for 2 more minutes.
3. Using a fork or small whisk, mix remaining 2 tablespoons tamari with arrowroot or cornstarch, sherry, and cayenne in a small bowl. Set aside.
4. Add another 1 tablespoon oil in wok over medium to high heat, and add broccoli, mushrooms, and bell pepper, and stir-fry for 2 minutes. Add ¼ cup water, and bring to a boil. Cover wok and reduce heat to low, simmering about 5 minutes until vegetables are slightly tender.
5. Stir reserved tamari mixture into wok and cook over medium heat until thickened and thoroughly heated; do not overcook chicken and vegetables. Add sesame oil, salt, and pepper to taste and adjust seasonings if you desire a spicier dish.
6. Serve immediately or make ahead and refrigerate until ready to serve. Reheat carefully; flavors are enhanced when the dish sits overnight.

Strawberry Mango Smoothie

Makes 2 servings

Nutrition

(per serving):

Calories: 305

Fat (g): 8

Saturated Fat (g): 2

Cholesterol (mg): 0

Sodium (mg): 351

Carbohydrate (g): 40

Fiber (g): 6

Protein (g): 22

Core Food Plan

(per serving):

Proteins: 2.5

Nuts & Seeds: 0.5

Non-Starchy Vegetables: 1

Fruits: 2

- 2 cups unsweetened almond, flax, hemp, or coconut milk
- 1 cup frozen strawberries (no sugar added)
- 1 cup frozen mangoes (no sugar added)
- 2 scoops vanilla vegan protein powder*
- 2 tablespoons chia seeds
- 2 cups spinach leaves

*Soy-free. Typical varieties include rice, pea, hemp. Should be sweetened with stevia or unsweetened altogether. 1 scoop should be \approx 17g protein.

Directions:

1. Add all ingredients to blender and blend until smooth.

Tips: Use organic non-GMO soy milk for smoothie, if desired and if tolerated, in order to enhance detoxification.

Sweet Potato Hummus

Makes 8 servings (1 serving \approx $\frac{1}{3}$ cup)

Nutrition

(per serving):

Calories: 180

Fat (g): 10

Saturated Fat (g): 1

Cholesterol (mg): 0

Sodium (mg): 415

Carbohydrate (g): 19

Fiber (g): 3

Protein (g): 5

Core Food Plan

(per serving):

Legumes: 0.5

Nuts & Seeds: 1

Fats & Oils: 1

Starchy Vegetables: 0.5

- 1 large sweet potato (12–14 ounces), cooked and mashed
- 1 can (15 ounces) chick peas, drained, rinsed
- $\frac{1}{4}$ cup tahini
- $\frac{1}{4}$ cup fresh lemon juice
- 3 tablespoons extra-virgin olive oil
- 1 small clove garlic, halved
- $1\frac{1}{2}$ teaspoons fine sea salt
- 1 teaspoon ground cumin
- $\frac{1}{2}$ teaspoon cinnamon (optional)

Directions:

1. Combine all ingredients in a food processor, and purée until smooth.

Tips: Serve with vegetables or seed crackers.

Tofu Scramble

Makes 4 servings

Nutrition

(per serving):

Calories: 239

Fat (g): 16

Saturated Fat (g): 2

Cholesterol (mg): 0

Sodium (mg): 318

Carbohydrate (g): 17

Fiber (g): 3

Protein (g): 11

Core Food Plan

(per serving):

Proteins: 1

Fats & Oils: 2

Non-Starchy Vegetables: 2

Starchy Vegetables: 0.5

- 11 pound regular tofu, drained and crumbled
- 2 tablespoons low-sodium tamari
- 3 tablespoons olive oil
- ½ cup onion, chopped
- 1 medium sweet potato or new potato, diced
- ½ cup fresh crimini mushrooms, sliced
- ½ cup red or yellow bell pepper, chopped
- 1 clove garlic, minced
- ½ teaspoon thyme
- ¼–½ teaspoon red pepper flakes
- ½ teaspoon chervil or coriander
- 1 tomato, cut in wedges for garnish

Directions:

1. In a small bowl, stir tofu with tamari, and set aside.
2. Heat oil in large skillet over medium heat. Sauté onions and potatoes about 5 minutes until onions are translucent and potatoes are golden-brown.
3. Add mushrooms, bell pepper, garlic, and spices, and cook 3–5 minutes longer, until peppers and mushrooms are soft. Remove from heat, transferring vegetables to a bowl.
4. Return skillet to low heat and sauté tofu until dry, about 3 minutes. Add vegetables to tofu, scramble well, and cook until vegetables are heated through.
5. Serve immediately, garnished with wedges of tomato.



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