

# THE ENERGY PARADOX

WHAT TO DO WHEN YOUR  
GET-UP-AND-GO HAS  
GOT UP AND GONE

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WITH AMELY GREEVEN

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## CHAPTER 7

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# THE ENERGY PARADOX EATING PROGRAM

### **Mono Your Way into the Day**

The six-week Energy Paradox Program is incremental, so each week will break down like this: Monday through Friday you will delay your break-fast by one hour and you will try to finish your last meal by 7 p.m. In other words, if you have break-fast at 7 a.m. on Monday, you'll have break-fast at 8 a.m. on Tuesday, 9 a.m. on Wednesday, and so on, finishing eating by 7 p.m. every day. Then, each successive week will restart the same pattern, delaying your first meal of the week by another hour. By week 6, you will have arrived at your goal of starting break-fast at noon and limiting your total eating window to seven hours (12 p.m. to 7 p.m.). And remember, your break-fast will be your choice of a mono meal—protein, carb, and after two weeks, fat if you want.

Come the weekend, you may be more flexible, within reason; have breakfast when you like, and create your plate as you like, still following the Dos and Don'ts and eating the approved foods. The idea isn't to binge on donuts, but simply to allow yourself the flexibility to enjoy weekend meals with family and friends if you choose.

It looks like this:

WEEK	Monday Breakfast	Tuesday Breakfast	Wednesday Breakfast	Thursday Breakfast	Friday Breakfast
1	7 A.M.	8 A.M.	9 A.M.	10 A.M.	11 A.M.
2	8 A.M.	9 A.M.	10 A.M.	11 A.M.	12 P.M.
3	9 A.M.	10 A.M.	11 A.M.	12 P.M.	12 P.M.
4	10 A.M.	11 A.M.	12 P.M.	12 P.M.	12 P.M.
5	11 A.M.	11 A.M.	12 P.M.	12 P.M.	12 P.M.
6	12 P.M.	12 P.M.	12 P.M.	12 P.M.	12 P.M.

## The Energy Paradox Program Food Lists

Okay, dear reader, here it is: the lists you've been waiting for. The following "yes" and "no" lists make up the backbone of the Energy Paradox Program. These lists of foods should be considered complementary to the Do and Don'ts rules you read earlier, and are great resources for quick and easy reference. As always, you can find this information online as well at [www.DrGundry.com](http://www.DrGundry.com), where you can access a downloadable PDF.

## Energy-Boosting Foods

### Cruciferous Vegetables

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arugula	collards
bok choy	kale
broccoli	kimchi
Brussels sprouts	kohlrabi
cabbage (green and red)	napa cabbage
cauliflower	radicchio

sauerkraut (raw)  
Swiss chard

watercress

## Other Vegetables

---

artichokes

horseradish

asparagus

Jerusalem artichokes (sunchokes)

bamboo shoots

leeks

beets (raw)

lemongrass

carrot greens

mushrooms

carrots (raw)

nopales (cactus; available online)

celery

okra

chicory

onions

chives

parsnips

daikon radish

puntarella

fiddlehead ferns

radishes

garlic

rutabaga

garlic scapes

scallions

ginger

shallots

hearts of palm

water chestnuts

## Leafy Greens

---

algae

mizuna

basil

mustard greens

butter lettuce

parsley

cilantro

perilla

dandelion greens

purslane

endive

red and green leaf lettuces

escarole

romaine lettuce

fennel

sea vegetables

mesclun (baby greens)

seaweed

mint

spinach

## Fruits That Act like Fats

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Avocado (up to a whole one per day)

Olives, all types

## Oils

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algae oil (Thrive culinary brand)

MCT oil

avocado oil

olive oil (extra virgin)

black seed oil

perilla oil

canola oil (non-GMO, organic only!)

pistachio oil

coconut oil

red palm oil

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

rice bran oil

sesame oil (plain and toasted)

macadamia oil

walnut oil

## Nuts and Seeds (1/2 cup per day)

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almonds (only blanched or Marcona)

nut butters (if almond butter, preferably made with peeled almonds, as almond skins contain lectins)

Barùkas nuts

Brazil nuts (in limited amounts, about 3 a day for selenium)

pecans

chestnuts

pili nuts

coconut (not coconut water)

pine nuts

coconut milk (unsweetened dairy substitute)

pistachios

coconut milk/cream (unsweetened, full-fat, canned)

psyllium seeds

Sacha Inchi seeds

flaxseeds

sesame seeds

hazelnuts

tahini (sesame paste)

hemp protein powder

walnuts

hemp seeds

macadamia nuts

Milkadamia creamer (unsweetened)

## Energy Bars (limit to one per day, please)

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Adapt Bars: Coconut and Chocolate	Quest Bars: Lemon Cream Pie, Banana Nut, Strawberry Cheesecake, Cinnamon Roll, Double Chocolate Chunk, Maple Waffle, Mocha Chocolate Chip, Peppermint Bark, Chocolate Sprinkled Doughnut, Cinnamon Roll
B-Up (made by Yup): Chocolate Mint, Chocolate Chip Cookie Dough, Sugar Cookie	
GundryMD Bars	
Keto Bars: Almond Butter Brownie, Salted Caramel, Lemon Poppyseed, Chocolate Chip Cookie Dough	Rowdy Bars: Keto Chocolatey Cookie Dough
MariGold Bars: ChocoNut, Pure Joy, Espresso, Ginger Coconut	Stoka: Vanilla Almond and Coco Almond
Primal Kitchen Bars: Almond Spice and Coconut Lime	

## Processed Resistant Starches (can be eaten every day in limited quantities)

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*(Note: people with diabetes or prediabetes should consume only once a week on average)*

Barely Bread's bread and bagels (only those without raisins)	Siete brand chips (be careful here—a couple of my canaries react to the small amount of chia seeds in the chips) and tortillas (only those made with cassava and coconut flour or almond flour)
Cappello's fettucine and other pasta	
California Country Gal Sandwich Bread	Simple Mills Almond Flour Crackers
Egg Thins by Crepini	sorghum pasta
Julian Bakery Paleo Wraps (made with coconut flour), Paleo Thin Bread Almond Bread, Sandwich Bread, Coconut Bread	SRSLY sourdough non-lectin bread and rice-free sourdough rolls
Mikey's Original and Toasted Onion English Muffins	Terra Cassava, Taro, and Plantain Chips
Positively Plantain tortillas	Thrive Market Organic Coconut Flakes
Real Coconut Coconut and Cassava Flour Tortillas and Chips	Trader Joe's Jicama Wraps
	Trader Joe's Plantain Chips

## **Resistant Starches (in moderation)**

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*(Note: people with diabetes and prediabetes should initially limit these foods)*

baobab fruit	parsnips
cassava (tapioca)	persimmon
celery root (celeriac)	rutabaga
glucomannan (konjac root)	sorghum
green bananas	sweet potatoes or yams
green mango	taro root
green papaya	tiger nuts
green plantains	turnips
jicama	yucca
millet	

## **“Foodles” (acceptable “noodles”)**

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Cassava pastas	Miracle Noodles
Edison Grainery sorghum pasta	Miracle Rice
GundryMD’s Pasta	Natural Heaven Hearts of Palm Spaghetti and Lasagna
Jovial cassava pastas	
Kanten Pasta	Palmini Hearts of Palm Noodles
kelp noodles	shirataki noodles
konjac noodles	Slim Pasta
millet pasta (Bgreen Food brand, all types except angel hair pasta)	Sweet Potato Pasta elbow macaroni Trader Joe’s Cauliflower Gnocchi

## **Seafood (any wild-caught, 4 ounces per day)**

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Alaskan salmon	freshwater bass
anchovies	halibut
calamari/squid	Hawaiian fish, including mahi-mahi, ono, and opah
clams	
cod	lobster
crab	mussels

oysters	shrimp (wild only)
sardines	tuna (canned)
scallops	whitefish

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### **Pastured Poultry (4 ounces per day)**

chicken	goose
duck	ostrich
game birds (pheasant, grouse, dove, quail)	pastured or omega-3 eggs (up to 4 daily)
	turkey

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### **Meat (100 percent grass-fed and grass-finished, 4 ounces per day)**

beef	pork (humanely raised, including prosciutto, Iberico ham, 5J ham), Canadian bacon, ham
bison	
boar	venison
elk	wild game
grass-fed jerky (low-sugar versions)	
lamb	

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### **Plant-Based Proteins and “Meats”**

hemp tofu	Quorn products: only Meatless Pieces, Meatless Grounds, Meatless Steak-Style Strips, Meatless Fillets, Meatless Roast (avoid all others, as they contain lectins/gluten)
Hilary’s Root Veggie Burger	
Kelp Jerky	
pressure-cooked lentils and other legumes (canned, such as Eden or Jovial brand) or dried, soaked†, then pressure cooked (use an Instant Pot)	

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† Soaking and pressure cooking instructions for lentils and legumes are easily found online.

## **Fruits (limit to one small serving on weekends and only when that fruit is in season)**

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*(Best options are pomegranate and passion fruit seeds, followed by raspberries, blackberries, strawberries, then blueberries)*

apples	nectarines
apricots	passion fruit
blackberries	peaches
blueberries	plums
cherries	pomegranates
citrus (no juices)	raspberries
crispy pears (Anjou, Bosc, Comice)	strawberries
kiwis	

## **Dairy Products and Replacements (limit to 1 ounce cheese or 4 ounces yogurt per day)**

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A2 casein milk	Kite Hill Cream Cheese Alternative
buffalo butter (available at Trader Joe's)	Kite Hill (plant-based) yogurts
buffalo mozzarella (Italian)	Kite Hill ricotta (almond-based)
cheeses from Switzerland	Lava (plant-based) yogurt
coconut yogurt (plain)	organic cream cheese
French/Italian butter	organic heavy cream
French/Italian cheese	organic sour cream
ghee (grass-fed)	Parmigiano-Reggiano
goat's and sheep's milk kefir (plain)	sheep's milk cheese
goat's milk cheese	sheep's milk yogurt (plain)
goat's milk creamer	whey protein powder (grass-fed cow, goat, sheep)
goat's milk yogurt (plain)	

## **Herbs, Seasonings, and Condiments**

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avocado mayonnaise	herbs and spices (all except chile flakes)
coconut aminos	
fish sauce (no sugar added)	miso

mustard	vanilla extract (pure)
nutritional yeast	vinegars (any without added sugar)
sea salt (ideally iodized)	wasabi
tahini	

## Flours

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almond (blanched)	green banana
arrowroot	hazelnut
cassava	millet
chestnut	sesame (and seeds)
coconut	sorghum flour
coffee fruit	sweet potato
grape seed	tiger nut

## Sweeteners

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allulose (look for non-GMO)	monkfruit; also known as <i>luo han guo</i> (Lakanto brand is good)
erythritol (Swerve is my favorite, as it also contains oligosaccharides)	stevia (SweetLeaf is my favorite)
inulin (Just Like Sugar is a great brand)	xylitol
local honey and/or manuka honey (very limited!)	yacón (Sunfood Sweet Yacon Syrup is available on Amazon)

## Chocolate and Frozen Desserts

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coconut milk dairy-free frozen desserts (the So Delicious blue label, which contains only 1 gram of sugar)	Killer Creamery Ice Cream: Chilla in Vanilla, Caramels Back, No Judge Mint
dark chocolate, unsweetened, 72% or greater (1 ounce per day)	Mammoth Creameries: Vanilla Bean
Enlightened Ice Cream	nonalkalized cocoa powder
Keto Ice Cream: Chocolate, Mint Chip, Sea Salt Caramel	Rebel Creamery Ice Cream: Butter Pecan, Raspberry, Salted Caramel, Strawberry, and Vanilla
	Simple Truth Ice Cream: Butter Pecan and Chocolate Chip

## **Beverages**

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Champagne (6 ounces per day)	Pellegrino or Panna water
coffee	red wine (6 ounces per day)
dark spirits (1 ounce per day)	tea (all types)
hydrogen water	
KeVita brand low-sugar kombucha (such as coconut and coconut Mojito)	

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

### **Refined, Starchy Foods**

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bread	potato chips
cereal	potatoes
cookies	rice
crackers	tortillas
pasta	wheat flour
pastries	

### **Grains, Sprouted Grains, Pseudo-Grains, and Grasses**

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barley (cannot pressure cook)	oats (cannot pressure cook)
barley grass	popcorn
brown rice	quinoa
buckwheat	rye (cannot pressure cook)
bulgur	spelt
corn	wheat
corn products	wheat (cannot pressure cook; pressure cooking does not remove lectins from any form of wheat)
corn syrup	
einkorn	
kamut	wheatgrass
kasha	

white rice (except pressure-cooked white basmati rice from India†)	wild rice
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### **Sugar and Sweeteners**

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agave	NutraSweet (aspartame)
coconut sugar	Splenda (sucralose)
diet drinks	Sweet One from Sunett (acesulfame-K)
granulated sugar (even organic cane sugar)	Sweet'n Low (saccharin)
maltodextrin	

### **Vegetables**

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beans* (all, including sprouts)	peas
chickpeas* (including as hummus)	soy
edamame	soy protein
green beans	sugar snap peas
legumes*	textured vegetable protein (TVP)
lentils* (all)	tofu
pea protein	

*\*Allowable only if they are properly prepared in a pressure cooker.*

### **Nuts and Seeds**

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almonds with peels	peanuts
cashews	pumpkin seeds
chia seeds	sunflower seeds

### **Fruits (some called vegetables)**

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bell peppers	chiles
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† The Indian variety of white basmati rice is high-resistant starch; the American variety not.

cucumbers	squash (any kind)
eggplant	tomatillos
goji berries	tomatoes
melons (any kind)	zucchini
pumpkin	

### **Milk Products That Contain A1 Casein**

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butter (even grass-fed), unless from A2 cows, sheep, or goats	ice cream
	kefir
cheese	milk
cottage cheese	ricotta
frozen yogurt	yogurt (including Greek yogurt)

### **Oils**

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canola (most is GMO)	peanut
corn	safflower
cottonseed	soy
grape-seed	sunflower
partially hydrogenated oils	vegetable

### **Herbs and Seasonings**

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ketchup	soy sauce
mayonnaise (except avocado mayonnaise)	steak sauce
	Worcestershire sauce
red chile flakes	

So there you have it: an eating program that heals your gut, nourishes your gut buddies, and ensures your mitochondria get what they need to maximize energy production. Now it's time to turn to the other choices you make every day that impact your get-up-and-go. It's time to take a hard look at your overall lifestyle and identify—and eliminate—the hidden sources of energy drain.

## CHAPTER 9

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# ENERGY PARADOX RECIPES

Well, you've made it to the end, and I'll bet you're darn hungry by now. Luckily for you, I have a fresh batch of recipes to help you put the Energy Paradox Program into practice. These were developed with your mitochondria and your microbiome in mind. Remember, you are eating for them, not you, and that means plenty of prebiotic-, probiotic-, and postbiotic-producing foods that will keep them satisfied so they can help give you the energy you deserve. You'll notice a lot of shellfish, mollusk, and bivalve recipes, which will load you up with phospholipids, those backbones of your mitochondrial membranes. Hey, you're even going to try a shrimp cake for breakfast!

If you're a longtime Paradox devotee, keep in mind that all the recipes in my other books are Energy Paradox-compliant; just don't forget about the C<sup>2</sup> (chrono consumption) part of the energy equation, and modify any recipe that will serve as the first meal of the day so that it fits the description of a mono meal. To help you get started, I've put together a sample five-day meal plan to help you envision what your first week on the Energy Paradox Program might look like.

# Sample Meal Plan

## Day 1

### Break-fast

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A bowl of millet cereal with unsweetened almond milk

### Lunch

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Mushroom Soup 2.0

### Dinner

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Kate's Thanksgiving Salad

## Day 2

### Break-fast

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Fonio (millet), sorghum, or millet "oatmeal" made with unsweetened almond milk

### Lunch

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Kale, Broccoli, and Millet Burger with Creamy Avocado Sauce

### Dinner

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Lectin-Free Fried Oysters and "Banh Mi" Bowl

## Day 3

### Break-fast

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4 egg whites, scrambled (feel free to add herbs of choice)

### Lunch

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Ground "Beef" Tacos

### Dinner

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Spanish-Style Shellfish Stew

## Day 4

### **Break-fast**

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Hemp Green Protein Smoothie

### **Lunch**

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Almost-Classic Clam Chowder

### **Dinner**

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Mushroom and Shellfish Coconut Curry

## Day 5

### **Break-fast**

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Cauliflower Waffles (use the mono meal version)

### **Lunch**

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Instant Pot Lentil, Kale, Leek, and Mushroom Soup

### **Dinner**

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Cauliflower Risotto with Scallops)

## **Snacks and Dessert**

1/2 avocado with Miso-Sesame Dressing

Small piece of in-season fruit

Mushroom Hot Chocolate

Dark Chocolate Cauliflower Brownies

Nuts

## The Recipes

### Break-fast

#### Lectin-free Cardamom Hazelnut Granola with Orange Zest

*I've had quite a few patients struggle to give up their breakfast staple: yogurt with granola. So instead of forcing them to quit, I came up with a lectin-free, sugar-free alternative that's fantastic over unsweetened coconut yogurt. You can even sprinkle this granola over in-season fruit for a fruit crumble! Just keep in mind that this is not a mono meal, so please enjoy this after you've completed the first six weeks of the program.*

*Serves 8 to 10*

2 cups roughly chopped hazelnuts	1 teaspoon ground cardamom
1 cup flaked unsweetened coconut	1/4 teaspoon ground cinnamon
1/4 cup ground flaxseeds	1/2 teaspoon salt
1/4 cup sesame seeds	1/4 cup monkfruit sweetener
1/2 cup compliant butter or coconut oil	1/4 cup powdered Swerve sweetener
Zest of 2 oranges	1/2 teaspoon vanilla extract

Preheat the oven to 300°F. Line a baking sheet with parchment or a silicone mat. Set aside.

In a large bowl, toss together the hazelnuts, coconut, flaxseeds, and sesame seeds. Set aside.

In a small saucepan, melt the butter. Add the orange zest, cardamom, cinnamon, salt, monkfruit, and Swerve and cook over low heat, stirring frequently, until the sweeteners are mostly dissolved. Remove from heat, then stir in the vanilla.

Pour the butter mixture over the nut mixture and stir until well combined.

Transfer the mixture to the prepared baking sheet and spread into a thin, even layer. Bake for 20 to 30 minutes, until golden brown and very fragrant, then remove from oven and let cool.

Break into bite-sized pieces, then store for 10 days at room temperature or 3 months in the freezer.

## Sweet or Savory Cauliflower Waffles

*Waffles made from cauliflower? It may sound unusual, but cauliflower makes a great base for just about any traditional carb-centric recipe, and now I've found a way to incorporate this gut-boosting cruciferous vegetable into waffles! Make sure to grease your waffle iron well, and handle these waffles with care—they tend to be a little fragile.*

Serves 2

### Waffle base:

3 cups cauliflower rice, finely pulsed in food processor	3 large omega-3 eggs
3 tablespoons almond flour	Avocado oil spray
2 tablespoons coconut flour	Fresh herbs or in-season fruit, for serving (optional)

### For savory waffles, stir in:

1/4 cup Parmesan cheese	3 tablespoons minced fresh chives
1 teaspoon paprika	1 tablespoon minced fresh rosemary
1/2 teaspoon granulated garlic	

### For sweet waffles, stir in:

2 tablespoons almond flour	1 teaspoon ground cinnamon
2 tablespoons coconut flour	Zest of 1 orange
1 1/2 teaspoons tapioca starch	
2 tablespoons monkfruit or powdered Swerve sweetener	

In a large bowl, stir together the cauliflower rice, almond flour, coconut flour, and eggs from the base recipe.

Add the ingredients from either the sweet or savory variation (you must use one or the other) and stir to combine well.

Coat a waffle iron with avocado oil spray and heat over the medium heat setting. When the indicator light is on, spray again with the oil.

Pour 1 cup of the cauliflower mixture into the waffle iron, close, and cook for 5 to 7 minutes until deep golden brown.

Carefully remove the waffle, repeat with the remaining batter, and serve plain, with fresh herbs, or in-season fruit of choice.

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## Mono Meal Break-Fasts

Here are a few of my favorite ways to break the fast the mono meal way. Remember, whether you're eating protein, carbs, or (after week 2) fat for your first meal, you're easing your mitochondria into their workday so that they can produce energy for you as efficiently as possible.

### Protein

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#### Chicken Sausage Patties

*Serves 2*

Olive oil spray

1 shallot, minced

1 teaspoon poultry seasoning

1/4 teaspoon sweet paprika

1/2 teaspoon iodized sea salt

8 ounces ground pasture-raised chicken

Coat a large skillet with olive oil spray, then heat the skillet over medium heat.

Add the shallot, poultry seasoning, and paprika and mix until the mixture is fragrant and the shallot is tender. Transfer the mixture to a bowl and allow it to cool to room temperature. Wipe the pan clean and set aside (you'll use it again). Add the salt and chicken to the shallot mixture and mix to incorporate the seasonings into the chicken.

Shape mixture into 4 thin patties (like fast food-style burger patties) and set aside.

Spray the skillet with oil again and heat over medium-high heat. Add the patties to the pan and cook for 4 to 5 minutes per side (7 to 10 minutes if using dark meat), until an instant-read thermometer inserted into the center of each patty reaches 160°F. Remove from the pan and serve.

## **Shrimp Cakes**

*Serves 2 generously*

14 ounces raw wild-caught shrimp, shells removed, finely chopped

2 ribs celery, diced

1/2 yellow onion, diced (save 1 teaspoon for the sauce)

2 cloves garlic, crushed

1 teaspoon Old Bay Seasoning

Zest of 1 lemon

2 tablespoons cassava flour, plus more if needed

1/4 cup omega-3 egg whites (2 eggs)

1/4 cup blanched almond flour

Avocado oil spray

In a large bowl, combine shrimp, celery, onion, garlic, Old Bay, lemon zest, cassava flour, and egg whites. The mixture should easily form cakes between your hands—if it falls apart, add more cassava, 1 teaspoon at a time, until it comes together.

Place the almond flour into a shallow bowl. Form the shrimp mixture into 4 equal-sized cakes, dip them into the almond flour, and gently pat to coat. Place on a plate and refrigerate for 15 to 20 minutes.

Coat a large skillet with avocado oil spray, then heat over medium-high heat. Cook the shrimp cakes until browned on the bottom, 3 to 4 minutes. Gently flip and cook for an additional 3 to 4 minutes to brown the other side. Reduce the heat to low and continue to cook until a sharp knife inserted into the center of a cake comes out hot, 1 to 2 minutes more.

## Carbs

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### Millet and Strawberry Porridge

*Serves 4 to 6*

1½ cups uncooked millet

2 cups water

1 cup light unsweetened canned coconut milk

½ cup unsweetened, shredded coconut

¼ cup monkfruit sweetener (optional)

1 teaspoon ground cinnamon

¼ teaspoon ground allspice

½ teaspoon iodized sea salt

1 cup chopped organic strawberries (frozen are okay)

Zest of 1 lemon

Select the Sauté setting on your Instant Pot and let it heat up for a few minutes. Add the millet and toast, stirring frequently, until it smells nutty, about 5 to 6 minutes.

Add the water, coconut milk, shredded coconut, monkfruit, if using, cinnamon, allspice, salt, strawberries, and lemon zest and stir to combine. Lock the lid into place, select high pressure, and set the cook time to 10 minutes.

Select Cancel and allow the pressure to release manually. Open the lid, stir, and serve.

## **Cauliflower Waffles, Mono Style**

*Serves 2*

3 cups cauliflower rice, finely pulsed in food processor  
5 tablespoons almond flour  
1/4 cup coconut flour  
1 1/2 teaspoons tapioca starch  
2 tablespoons monkfruit sweetener  
1 teaspoon ground cinnamon  
Zest of 1 orange  
6 egg whites (or 3 flax eggs)  
Avocado oil spray  
1/2 cup fresh berries, for serving

In a large bowl, stir together cauliflower rice, almond flour, coconut flour, tapioca starch, monkfruit, cinnamon, and orange zest.

If using egg whites, in a small bowl, whip them until frothy. Combine the egg whites (or flax eggs) with the dry mixture and stir until a cohesive batter has formed. Let rest for 5 to 10 minutes for the coconut flour to hydrate.

Coat a waffle iron with avocado oil spray and heat over the medium heat setting. When the indicator light is on, spray again with the oil.

Pour 1 cup of the cauliflower mixture into the waffle iron (more for jumbo waffle irons), close, and cook for 5 to 7 minutes until golden brown.

Carefully remove the waffle, repeat with the remaining batter, and serve with berries on top.

## **Hemp Green Protein Smoothie**

*Serves 1*

1 cup chopped romaine lettuce  
1/2 cup baby spinach  
1/4 cup hemp hearts

- 1 mint sprig with stem
- 1/4 cup freshly squeezed lemon juice
- 3 to 6 drops stevia extract or 1 teaspoon allulose sweetener
- 1/4 cup ice cubes, plus more as needed
- 1 cup water

Combine all the ingredients in a high-powered blender and blend on high speed until smooth and fluffy, adding more ice cubes if you like.

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## Entrées

### Kate's Thanksgiving Salad

*People used to look at me funny when I suggested serving a salad at Thanksgiving—right until I served them this salad. It's one of those restaurant-style dishes that has so many “treats” hidden in it that every bite feels special and exciting.*

*Serves 4 generously*

- |  |   |
|--|---|
| 1 large sweet potato, peeled and cut into small cubes          | 1 bulb fennel, thinly sliced                |
| 2 cups sliced mushrooms (cremini or white button)              | Zest of 1 orange                            |
| 1/4 cup olive oil, divided                                     | Zest and juice of 1 lemon                   |
| 3 tablespoons minced fresh sage, divided                       | 2 shallots, minced                          |
| 1 teaspoon iodized sea salt, plus more to taste                | 1 teaspoon ground black pepper              |
| 2 cups shredded Brussels sprouts (from about 6 ounces sprouts) | 2 teaspoons Dijon mustard                   |
| 1 bunch of kale, stems removed, thinly sliced                  | 3 tablespoons red wine vinegar              |
| 2 cups broccoli slaw   | 1/2 cup shredded Parmesan cheese (optional) |
|  | 1 cup toasted hazelnuts                     |
|  | 1/4 cup toasted sesame seeds                |
|  | 1 cup pomegranate arils (when in season)    |

Preheat the oven to 400°F.

In a large bowl, toss the sweet potato and mushrooms with 2 tablespoons of the oil. Add 1 tablespoon of the sage and a pinch of the salt.

Transfer the sweet potato mixture to a baking sheet and roast until the sweet potatoes are tender, 10 to 15 minutes. Remove from the oven and let cool to room temperature.

In a small saucepan, heat the remaining 2 tablespoons oil with the remaining 2 tablespoons sage over low heat. As soon as the sage smells fragrant, about 2 minutes, remove from the heat.

Meanwhile, toss the Brussels sprouts, kale, broccoli slaw, and fennel with the remaining salt. Rub the greens lightly between your hands to work in the salt. Let rest for 5 to 10 minutes.

Meanwhile, stir together the orange zest, lemon zest and juice, and shallots in a bowl. Add the black pepper, mustard, and vinegar to the shallot mixture and stir until the mustard is dissolved. Add the sage-infused oil and stir vigorously until dressing is emulsified.

Toss the dressing with the greens mixture, then add the sweet potatoes and mushrooms. Gently toss to combine, then top with the cheese, if using, hazelnuts, sesame seeds, and pomegranate arils and serve.

## Mushroom Broth

*With so many varieties of premade stock and broth available, it's easy to run to the store and buy whatever's on sale—but a lot of those broths are incredibly high in sodium and made with lectin-rich ingredients. Once you make this delicious mushroom broth, you'll fall in love—and never want to use anything else!*

*Makes about 2 quarts*

1/4 cup avocado oil	1 pound fresh mushrooms (button, portobello, cremini, oyster, or a mix), diced
4 shallots, roughly chopped	
10 cloves garlic, roughly chopped	
2 tablespoons fresh thyme leaves	1/4 cup red or white miso
Zest and juice of 1 lemon	1/4 cup coconut aminos

8 ounces dried mushrooms (shiitake, trumpet, lobster, porcini, or a mix) 1 tablespoon monkfruit sweetener  
8 cups water  
1 cup dry white wine\*

*\*If you prefer not to use wine, add another cup of water to the mix instead.*

In a large soup pot, heat the oil over medium-high heat.

Add the shallots, garlic, thyme, lemon zest and juice, and fresh mushrooms and cook, stirring frequently, until the mushrooms are well browned and fragrant. Add the miso, reduce the heat to medium-low, and cook, stirring frequently, until the miso mixture is well incorporated with the mushrooms. Add the coconut aminos, dried mushrooms, wine, and sweetener, then mix to combine.

Add the water, cover, and bring to a simmer. Lower the heat and simmer for 30 to 40 minutes, until the mushrooms are very tender and the broth has a well-developed mushroom taste.

Strain and use immediately, or cool, transfer to an airtight container, and refrigerate for up to 2 weeks or freeze for up to 3 months.

## Garlicky Swiss Chard “Noodle” Soup

*Garlic lovers, this is for you. The combination of sweet, nutty roasted garlic and sautéed garlic in this comforting soup is absolutely delicious. Pureed cauliflower creates a creamy base that pairs beautifully with the chard “noodles” for a hearty, satisfying wintery soup you’ll want to keep on the menu all year long.*

Serves 4

40 cloves garlic, peeled	1 teaspoon ground black pepper
1/4 cup extra virgin olive oil, divided	6 cups Mushroom Broth
1 medium yellow onion, minced	1 cup unsweetened canned coconut cream
2 ribs celery, minced	1/4 cup grated Parmesan cheese (optional)
2 cups cauliflower florets	2 cups thinly sliced Swiss chard leaves
1 teaspoon fresh thyme leaves	
1 teaspoon iodized sea salt, plus more to taste	

Preheat the oven to 350°F.

Place 30 cloves of the garlic in a small baking dish and drizzle with 2 tablespoons of the oil. Cover with foil and roast for about 20 minutes, until the garlic turns a light golden brown.

Meanwhile, roughly chop the remaining 10 cloves of garlic.

Heat the remaining 2 tablespoons oil in a large soup pot over medium-high heat. Add the onion, celery, cauliflower, chopped garlic, thyme, salt, and pepper. Cook, stirring frequently, until the onion is wilted and mixture is fragrant, about 5 to 7 minutes.

Add the mushroom broth and bring to a simmer. Reduce the heat to low, cover, and simmer for 15 to 20 minutes, until the cauliflower is very tender.

Remove the pot from the heat and stir in the roasted garlic, coconut cream, and cheese, if using. Using an immersion blender, or working in batches in a standing blender, blend until smooth and creamy. Return the pot to the stovetop and turn the heat to low. Add the chard and stir until wilted.

Taste, adjust the seasoning or liquid as needed (depending on whether you like a thinner or thicker soup), and serve.

## Mushroom Soup 2.0

*I've had a variation on mushroom soup in almost all of my cookbooks—because I just can't get enough of it! If you want a more classic "cream of mushroom" you can skip the relish, but believe me, you'll be missing out. The relish can be made up to two days in advance.*

Serves 8

### For the soup:

1 large head cauliflower, outer leaves removed, coarsely chopped	1 teaspoon fresh rosemary leaves
	Zest of 1 lemon
1/4 cup extra virgin olive oil, divided	4 shallots, roughly chopped
2 pounds mushrooms, finely diced	2 cloves garlic, minced
1 teaspoon fresh thyme leaves	2 ribs celery, diced

1½ teaspoons iodized sea salt	2 tablespoons tahini (sesame paste)
½ teaspoon ground black pepper	6 cups Mushroom Broth
½ teaspoon onion powder	1 cup unsweetened canned coconut cream
1 teaspoon Dijon mustard	
1 tablespoon white miso paste	

**For the relish:**

1 cup sliced white button or cremini mushrooms	¼ cup minced fresh flat leaf or Italian parsley
Zest of 1 orange	1 clove garlic, minced
Zest and juice of 1 lemon	¼ cup olive oil
½ teaspoon iodized sea salt	

Preheat the oven to 400°F.

In a large bowl, toss the cauliflower with 2 tablespoons of the oil.

Transfer the cauliflower to a baking sheet and roast for 15 to 20 minutes, until nutty and golden brown.

Meanwhile, heat the remaining 2 tablespoons oil in a large soup pot over medium heat. Add the mushrooms, thyme, rosemary, and lemon zest and cook, stirring frequently, until the mushrooms are browned at the edges and mixture is fragrant, 5 to 7 minutes.

Add the shallots, garlic, celery, salt, pepper, and onion powder and cook until the celery and shallots are tender, 2 to 3 minutes. Add the mustard, miso, and tahini and stir until well incorporated. Add the mushroom broth, bring to a simmer, then reduce the heat to low, cover, and simmer for 10 to 15 minutes, until mushrooms are tender.

While the soup is simmering, make the relish: Simply toss all ingredients in a large bowl and let sit at room temperature for 15 minutes to allow flavors to meld (or refrigerate for up to 2 days).

Transfer the roasted cauliflower to the soup mixture and blend (either in a standing blender or using an immersion blender) until smooth. Stir in the coconut cream and cook uncovered over medium-low heat until you've reached your desired consistency. Taste and adjust the seasonings to your liking. Serve the soup topped with the mushroom relish.

## Instant Pot Lentil, Kale, Leek, and Mushroom Soup

*This hearty vegan soup is zesty, fresh-tasting, and super-filling. It's even better the next day, after the flavors have had time to meld, but I suggest adding the mint and parsley right before serving to preserve their flavor. For some added decadence, top with a dollop of coconut cream.*

Serves 6 to 8

1/4 cup extra virgin olive oil	Zest of 1 orange
1 large leek, cleaned and thinly sliced	2 tablespoons tomato paste (optional)
2 shallots, minced	2 tablespoons tahini (sesame paste)
3 cloves garlic, minced	1 cup dried red lentils
2 cups roughly chopped cremini or portobello mushrooms	8 cups Mushroom Broth or vegetable broth
1 teaspoon dried oregano	4 cups thinly sliced kale
1 teaspoon iodized sea salt	1/4 cup fresh mint leaves, roughly chopped
1/2 teaspoon ground cumin	1/4 cup fresh flat leaf or Italian parsley leaves, roughly chopped
1/2 teaspoon ground cardamom	
Zest of 1 lemon	

Select the Sauté setting on your Instant Pot and let it heat up for a few minutes. Add the oil, leek, shallots, garlic, and mushrooms and cook, stirring frequently, until the mushrooms are tender, 3 to 5 minutes. Add the oregano, salt, cumin, and cardamom and cook until fragrant, 1 to 3 minutes. Add the lemon and orange zest and cook for an additional 1 minute, then stir in the tomato paste, if using, and tahini. Add the lentils and broth to the pot and stir well. Lock the lid into place, select high pressure, and set the cook time to 12 minutes.

Select Cancel and allow the pressure to release naturally for 10 minutes. Manually release the remaining pressure from the pot, then open the lid and add the kale. Reseal the pot and cook on high pressure for 2 minutes, then allow the pressure to release naturally for 5 minutes. Manually release the remaining pressure from the pot. Open the lid, stir in the mint and parsley, and serve.

## Almost-Classic Clam Chowder

*I absolutely love a good, hearty clam chowder, but most are made with potatoes, milk, and other ingredients that are pretty unhealthy. Luckily, you can still have an ultra-creamy, ultra-flavorful soup without the lectins.*

*Serves 6 to 8*

20 ounces canned clams	1 cup bottled clam juice
1/4 cup avocado oil	1 teaspoon fish sauce
1 onion, finely minced	4 cups vegetable or chicken broth
2 ribs celery, finely minced	2 cups full-fat unsweetened canned coconut milk
1 cup finely diced celery root (celeriac)	1 bay leaf
3 cups cauliflower florets	1 sprig thyme
1 teaspoon ground black pepper	Zest of 1 lemon
1/2 teaspoon iodized sea salt, plus more to taste	Minced fresh flat leaf parsley and chives, to garnish

Drain the clams, reserving the liquid, and roughly chop them. Refrigerate until ready to use.

In a large soup pot, heat the oil over medium heat. Add the onion, celery, celery root, and cauliflower and cook, stirring occasionally, until the onion is tender and the vegetables are beginning to soften, 5 to 6 minutes. Add the pepper and salt and cook for 1 minute more. Add the clam juice, reserved clam liquid, fish sauce, broth, and coconut milk to the pot and bring to a simmer. Add the bay leaf, thyme, and lemon zest. Reduce the heat to low and simmer for 20 to 30 minutes, until the mixture is fragrant and the cauliflower is extremely tender.

Remove from the heat and remove the bay leaf and thyme. Using an immersion blender or in a standing blender, carefully blend the soup halfway, until the broth is creamy but with some chunks remaining. Add the clams and stir to combine. Cook over low heat until the clams are warmed through. Serve the soup topped with minced herbs.

## Cauliflower Risotto with Scallops

*This dish is inspired by one of my favorite food memories—eating a rich, bright, lemony risotto in Italy with my absolute favorite person, my wife, Penny. I'm proud of how we captured the creaminess and texture of a classic risotto with cauliflower rice—and rounded out the dish with buttery scallops and asparagus for a filling, fresh-tasting meal.*

Serves 4

1/4 cup avocado oil, divided	1/2 cup coconut cream
2 medium leeks, rinsed and thinly sliced	Zest and juice of 2 lemons, divided
1/4 cup minced shallots	1/4 cup nutritional yeast or Parmesan cheese
Iodized sea salt	1/4 cup minced fresh flat leaf parsley
1 (1-pound) package cauliflower rice	1 pound wild-caught scallops, patted dry
3 tablespoons arrowroot starch	8 ounces roughly chopped asparagus
2 cups Mushroom Broth	

Heat 2 tablespoons of the oil in a large saucepan over medium-high heat. Add the leeks and shallots and a small pinch of salt and cook until the leeks and shallots are translucent, 4 to 5 minutes. Add the cauliflower rice and cook for about 5 minutes, until cauliflower rice is tender and excess liquid has evaporated from pan, then add the arrowroot and stir for about 1 minute. Add the mushroom broth and bring to a boil; it should start to thicken fairly quickly (2 to 3 minutes).

Once the risotto is boiling and thickened, add the coconut cream and reduce the heat to maintain a bare simmer. Add half of the lemon zest and juice, the nutritional yeast (or cheese), and parsley and stir well. Set aside.

Wipe off the pan and fully dry, then heat the remaining oil over medium-high heat.

Pat the scallops dry with a paper towel, then season them with a pinch of salt. Transfer the scallops to the pan and sear until golden brown, 2 to 3 minutes per side. Remove from the pan and set aside.

Add the asparagus and remaining lemon zest and juice to the pan. Reduce heat to low and cook for 1 to 2 minutes, until the asparagus is vibrant green. Remove from the heat.

Serve the risotto topped with the scallops, asparagus, and any extra parsley.

## Mushroom and Shellfish Coconut Curry

*When I used to eat takeout more often, one of my go-tos was Thai food—I absolutely love a spicy red coconut curry. I suggest serving this flavorful curry over steamed cauliflower rice for a filling, satisfying meal. And if you're a vegetarian, skip the shellfish and swap in chopped hearts of palm—just add them to the pot with the kale.*

Serves 8

1 tablespoon sesame oil (toasted or plain)	2 (14-ounce) cans unsweetened full-fat coconut milk
3 leeks, cleaned and finely chopped	1/2 cup Mushroom Broth
2 cloves garlic, pressed or minced	6 ounces wild-caught shrimp, peeled
1 tablespoon minced fresh ginger	1 1/2 cups packed thinly sliced kale
2 cups sliced brown mushrooms	5 to 6 drops liquid stevia
2 tablespoons Thai red curry paste	1 tablespoon fish sauce or coconut aminos
1 tablespoon tahini (sesame paste)	Juice of 1 lime
8 ounces mussels in the shell, beards removed	1 small handful of fresh basil or cilantro leaves, chopped
8 ounces clams in the shell (littleneck or cherrystone)	Cauliflower rice, for serving (optional)

Heat the oil in a large soup pot over medium-high heat. Add the leeks and cook until tender and translucent, 3 to 5 minutes. Add the garlic and ginger and cook until translucent, about 2 to 3 minutes. Add the mushrooms and cook until tender, 4 to 6 minutes. Add the curry paste and tahini and stir until well incorporated. Cook for 1 to 2 minutes, until very fragrant. Add the mussels, clams, coconut milk, and mushroom broth and give it a stir. Cover and cook for 6 to 10 minutes, until the shells have opened.

Add the shrimp (or hearts of palm), kale, stevia, and fish sauce (or coconut aminos), cover, and cook for an additional 4 to 6 minutes, until the shrimp are cooked through and the kale is wilted. Uncover and simmer for 3 to 4 minutes, until thickened slightly. Add the lime juice and basil or cilantro and serve over cauliflower rice, if desired.

## Spanish-Style Shellfish Stew

*This delicious stew is inspired by zarzuela, the classic dish from the Catalan region of Spain. In my opinion, the saffron really makes the dish (and a little goes a long way), but if you can't find it, or if it's out of budget, I suggest adding a small pinch of turmeric for color.*

Serves 4 to 6

1 pound medium shrimp with shells	6 cloves garlic, minced
1/2 cup dry white wine	1 tablespoon minced fresh rosemary
Large pinch of saffron	1 tablespoon fresh thyme leaves
1/4 cup extra virgin olive oil	1/2 cup peeled, seeded tomato puree, such as Pomi (optional)
1/4 cup diced prosciutto (optional)	5 cups fish stock, Mushroom Broth, or vegetable stock
1 large onion, diced	1 pound Manila clams, cleaned
1 rib celery, diced	1 pound mussels, cleaned and debearded
1 white sweet potato, peeled and diced	3 bay leaves
2 cups cauliflower florets	1/4 cup almond meal
1/2 teaspoon ground black pepper	Juice of 1 lemon
1/2 teaspoon smoked paprika	1/4 cup minced fresh flat leaf parsley
1/2 teaspoon iodized sea salt, plus more to taste	

Peel the shrimp and place the shells in a small saucepan. Refrigerate the shrimp until ready to use.

Pour the wine over the shrimp shells and add the saffron to the pan. Bring to a simmer over low heat, cover, and simmer for 15 to 20 minutes, until the saffron has bloomed and the shrimp shell flavor has been extracted. Set aside.

Meanwhile, heat the oil in a large soup pot over medium heat. If using prosciutto, add to the pan and cook for 3 to 4 minutes, stirring frequently, until the fat has rendered and the meat has crisped. With a slotted spoon, remove the meat from the oil and reserve for later.

Add the onion and celery to the soup pot and cook, stirring frequently, until the onion is translucent, 2 to 3 minutes. Add the sweet potato, cauliflower, pepper, paprika, salt, garlic, rosemary, and thyme and cook, stirring frequently, until very fragrant, 2 to 3 minutes. Add bay leaves, and the tomatoes, if using, and cook for an additional 2 to 3 minutes. Add the broth to the pan, reduce the heat to low, and cook covered for 10 to 20 minutes, until the cauliflower and sweet potato are very tender.

Using a wire strainer, strain the wine mixture into the pot, discarding the shells, bay leaves, and saffron threads. Add the shrimp, clams, mussels, and almond meal and simmer for 7 to 10 minutes, until the shrimp is pink and cooked through and the shellfish has opened. Add the lemon juice and parsley and the reserved prosciutto, if using, and stir. Serve immediately.

## Shockingly Healthy Broccoli Casserole

*I grew up in the Midwest—land of the casserole. And if I'm being honest, a cheesy, crunchy-topped casserole is one of my favorite guilty pleasures. So I went ahead and converted the classic Midwest broccoli-cheddar casserole into something that's actually good for your body (and still pretty indulgent!).*

Serves 6

Olive oil spray	1/2 cup Mushroom Broth
2 cups macadamia nuts, soaked overnight in water to cover	Juice of 1/2 lemon
8 cups broccoli florets	1/4 cup nutritional yeast
1/4 cup olive oil, divided	1 teaspoon Dijon mustard
1 onion, minced	1 teaspoon onion powder
1 cup finely minced mushrooms	1/2 teaspoon ground black pepper
1 (14-ounce) can full-fat unsweetened coconut milk	1 1/2 teaspoons iodized sea salt, divided
	1 1/2 teaspoons avocado oil

1 cup crushed sweet potato or  
cassava chips

1 teaspoon finely minced fresh  
rosemary

1/2 cup finely chopped walnuts

Preheat the oven to 425°F. Spray a 9 x 13-inch casserole dish with oil (or brush with olive oil) and set aside.

Strain the macadamia nuts and set aside.

In a large bowl, toss the broccoli with 2 tablespoons of the olive oil. Spread the broccoli on an unlined baking sheet and roast until tender and beginning to brown around the edges, 10 to 20 minutes.

Reduce the oven temperature to 350°F and remove the broccoli from the oven.

While the broccoli is roasting, heat the remaining 2 tablespoons of olive oil in a large sauté pan over medium-high heat. Add the onion and mushrooms and cook until the onion is tender and the mushrooms are golden brown.

Remove the onion mixture from the heat and toss with broccoli mixture. Transfer to the prepared baking dish. Wipe pan clean with a dry towel, and set aside.

Make the “cheese” sauce: In a food processor fitted with an “S” blade, pulse the strained macadamia nuts until finely ground. Add the coconut milk, mushroom broth, and lemon juice and process until smooth and creamy, 2 to 3 minutes. Add the nutritional yeast, mustard, onion powder, pepper, and half of the salt, and process until smooth and creamy (thin out with water or broth as needed until you reach a nacho cheese sauce consistency). Pour the “cheese” mixture over the broccoli, and toss to combine well. Set aside.

In the sauté pan, heat the avocado oil over medium heat. Add the chips, walnuts, rosemary, and the rest of the salt, and cook, stirring frequently, until the nuts are toasty and the rosemary is fragrant.

Top casserole with the nut mixture, transfer to the oven, and bake until bubbling, 25 to 30 minutes. Serve immediately.

## Broccoli-Kale Pesto

*One of the best ways to use leftover green vegetables is to whiz them into a pesto. I love the sweetness that broccoli adds to this sauce, and I find that it balances very well with slightly bitter kale and buttery sesame seeds. You can use this pesto in any number of ways. Try tossing it with Miracle Noodles or sweet potato noodles or serving it as a dip with raw vegetables.*

*Makes about 1½ cups*

1/2 cup lightly steamed broccoli florets, cooled	1 small clove garlic, peeled
1/2 cup thinly sliced lacinato kale leaves	1/4 cup toasted sesame seeds (or 2 tablespoons tahini)
1/4 cup loosely packed fresh basil leaves	1/4 cup Parmesan cheese or nutritional yeast
1/4 cup loosely packed fresh flat leaf parsley leaves	1/2 cup extra virgin olive oil
	lodized sea salt

In a food processor fitted with an “S” blade, pulse together the broccoli, kale, basil, parsley, and garlic until well combined. Add the sesame seeds (or tahini) and cheese (or nutritional yeast) and continue to pulse until just combined and the mixture is still a little chunky. With the food processor running, stream the oil into the broccoli mixture until combined. Taste and add salt as needed.

## Kale, Broccoli, and Millet Burger with Creamy Avocado Sauce

*I’m always on a mission to make the perfect veggie burger, and if you’ve tried the ones in my other cookbooks, you know: I’ve created some delicious ones. But the beautiful thing about veggie burgers is that they are endlessly adaptable. This broccoli-and-kale version will be a hit with all of you cruciferous vegetable lovers!*

Note: Omit the sauce and this becomes a great break-fast mono meal.

*Makes 4 patties*

**For the sauce:**

2 ripe avocados, cut in half, pitted, flesh scooped out	1/4 cup chopped fresh parsley
Juice of 1 lemon	1/2 teaspoon iodized sea salt
1 clove garlic, peeled	1 shallot, minced
1/4 cup chopped fresh dill	2 tablespoons capers

**For the patties:**

1 tablespoon avocado oil, plus more for cooking	1/2 teaspoon paprika
2 shallots, minced	1/2 teaspoon garlic powder
1 rib celery, minced	1 teaspoon Dijon mustard
1 tablespoon minced fresh rosemary	1 tablespoon tahini (sesame paste)
1 cup roughly chopped kale leaves	1 cup cooked millet (a little overcooked is fine—leftovers work great for this)
1 1/2 cups steamed broccoli, cooled	
1/4 cup chopped fresh flat leaf parsley	1/2 cup millet flour, plus more as needed
1/2 teaspoon iodized sea salt	

First, make the sauce: In a food processor fitted with an “S” blade, combine the avocado, lemon juice, garlic, dill, parsley, and salt and process until smooth and creamy. Add water, a teaspoon at a time, to achieve a spreadable consistency if it doesn’t come together on its own.

Fold in the shallot and capers. Cover and refrigerate until ready to use.

Preheat the oven to 375°F. Brush a baking sheet with oil or line it with parchment paper. Set aside.

Next, make the burger patties: Heat the oil in a large sauté pan over medium heat. Add the shallots, celery, and rosemary and cook until fragrant, 1 to 2 minutes. Add the kale and continue to cook until the kale is wilted and tender, 3 to 5 minutes.

Add the steamed broccoli to the pan, then add the parsley, salt, paprika, and garlic powder. Cook, stirring frequently, until fragrant and well combined, 1 to 2 minutes.

Transfer veggie mixture to a food processor fitted with an “S” blade and pulse until no large chunks remain (rice consistency or a little smaller). Add the mustard and tahini and pulse until just combined.

Transfer the mixture to a large bowl and add the millet. Fold it in until

it comes together.

Add the flour, half at a time, until a bit of the mixture squeezed in your hand forms a cohesive ball that's easy to shape (you'll likely need most of the flour).

Measure ½-cup portions of veggie mixture and shape it into patties. Place them on the prepared baking sheet and brush the tops of the burgers with oil. Bake for 12 to 15 minutes, until the tops are beginning to brown. Carefully flip the burgers and bake for an additional 10 minutes, until golden brown and crisp at edges.

Serve with avocado sauce, in a lettuce wrap, or as is.

## **Almond and Herb—Baked Mussels**

*These mussels are perfect for your next dinner party—they're a great one-handed appetizer, they're easy to make, and they feel fancy. I prefer to use fresh mussels, but I've also made these with frozen ones from Costco.*

*Serves 2 to 4 as a main, 4 to 6 as a side/appetizer*

Avocado or olive oil spray	¾ cup finely chopped blanched almonds
2 pounds mussels, well-scrubbed, beards removed	¼ cup minced fresh flat leaf or curly parsley
1 cup water	¼ cup Parmesan cheese or nutritional yeast
1 tablespoon extra virgin olive oil	½ teaspoon paprika
6 cloves garlic, minced	
1 tablespoon finely minced fresh rosemary	

Preheat the oven to 400°F. Spray a baking sheet with oil and set aside.

Place the mussels in a large skillet with a tight-fitting lid and add the water.

Cover and steam over medium heat, shaking the pan occasionally, until the mussels open—as long as 15 minutes, or as little as 5 minutes. As the mussels open, remove them from the pot and transfer them to a clean

plate. Discard any mussels that haven't opened (it happens).

While the mussels cool, heat the oil in a medium sauté pan over medium heat. Add the garlic and rosemary and cook, stirring frequently, until the garlic is nicely toasted, about 2 to 3 minutes. Add the almonds and continue to cook until the almonds are toasty and browned, about 1 to 2 minutes. Remove from the heat and let cool.

While almond mixture is cooling, remove the top shells from each mussel and arrange each mussel open-side up on the prepared baking sheet. If you have trouble keeping them upright, try using foil to hold them in place (or spread the whole sheet with a layer of salt and nestle the shells in the salt).

Fold the parsley, cheese (or nutritional yeast), and paprika into the almond mixture. Carefully spoon the "crumb" mixture into each mussel, covering the meat completely.

Spray the mussels with oil and bake for 10 minutes, or until very golden brown. Remove from the oven and serve.

## Lectin-Free Fried Oysters and "Banh Mi" Bowl

*There's nothing like a crispy fried oyster—especially when served with an herbal, tangy, banh mi-inspired salad. Unfortunately, there's not a great vegan alternative to the oysters, though you can prepare artichoke hearts in a similar manner and they're pretty delicious—just use a flax egg rather than the real thing (and substitute coconut aminos for the fish sauce in your "bahn mi").*

Serves 2 to 4

### For the oysters:

- |  |                          |
|--|--------------------------|
| 12 fresh-shucked oysters (about 8 ounces)    | 1 large omega-3 egg      |
| 1/2 cup tapioca flour, divided               | 1 teaspoon Dijon mustard |
| 1/4 cup almond flour                         | Avocado oil, for frying  |
| 1/4 cup Parmesan cheese or nutritional yeast | Iodized sea salt         |
| 1 tablespoon Old Bay Seasoning               |                          |

**For the “banh mi” bowl:**

Juice of 1 lime	1/2 avocado
2 tablespoons fish sauce	1/4 cup roughly chopped fresh mint leaves
1 teaspoon monkfruit sweetener	1/4 cup roughly chopped fresh basil leaves
1 clove garlic, minced	Fried oysters (see above)
1 carrot, thinly sliced	Your favorite hot sauce and/or freshly squeezed lime juice
1 shallot, thinly sliced	
2 cups salad greens	

To make the oysters: Place the oysters in a strainer to strain out extra liquid.

In a bowl, toss together 1/4 cup of the tapioca flour, the almond flour, cheese (or nutritional yeast), and Old Bay until well combined.

In a separate bowl, whip together the egg and mustard until well combined and frothy.

Dip the drained oysters into the remaining 1/4 cup tapioca flour, then into the egg mixture, then into the tapioca-almond mixture. Set on a wire rack or paper towel.

Fill a large pan with about 1 inch of oil and heat over medium-high heat until the oil begins to pop. Gently transfer the oysters into the pan and cook for 1 to 2 minutes per side, until the oysters are golden brown. Transfer to a paper towel to cool. Sprinkle with salt right before serving.

To make the “banh mi” bowl:

In a bowl, combine the lime juice, fish sauce, monkfruit, and garlic, stirring until the monkfruit dissolves. Add the carrot and shallot and let marinate for 15 to 20 minutes, until they pickle slightly.

When the veggies are pickled, toss the veggies and the marinade together with the salad greens. Top with the avocado, chopped herbs, and fried oysters. Drizzle with hot sauce and/or a squeeze of lime before serving.

**Ground “Beef” Tacos**

*A vegan taco that doesn't rely on processed fake meat? Not only is it possible, but it's totally delicious. And thanks to the mix of hearty walnuts and mushrooms,*

*it's incredibly filling too. I suggest serving these tacos in lettuce leaves, but if you want to indulge, check out Siete cassava tortillas.*

Serves 4

**For the “meat”:**

1 cup chopped walnuts	1 1/2 teaspoons chili powder
2 pounds mushrooms (cremini, portobello, or white button)	1 teaspoon dried oregano
1/4 cup olive oil	1 1/2 teaspoons fish sauce or coconut aminos
1 red onion, minced	1 tablespoon tahini (sesame paste)
2 cloves garlic, minced	iodized sea salt
1 tablespoon ground cumin	

**For the slaw:**

1/4 cup red wine vinegar	2 cups finely shredded cabbage
2 tablespoons monkfruit sweetener	1 tablespoon Dijon mustard
1/2 teaspoon iodized sea salt	2 tablespoons tahini (sesame paste)
2 carrots, finely shredded	2 tablespoons avocado mayonnaise
1 red onion, thinly sliced	

**For the salsa:**

2 ripe avocados, cut in half, pit removed, flesh scooped out	1 clove garlic, crushed
Juice of 2 limes	1 shallot, finely chopped
Juice of 1 lemon	1/2 teaspoon iodized sea salt
1/4 cup fresh flat leaf parsley or cilantro leaves, finely minced	

**To serve:**

12 butter lettuce leaves	1/4 cup unsweetened canned coconut cream (optional)
1/4 cup shredded goat cheddar (optional)	

To make the “meat”: Pulse the walnuts and mushrooms in a food processor (or chop very finely with a knife) until they're broken into small crumbly bits (like ground beef crumbles).

Heat the oil in a large sauté pan over medium heat. Add the onion and garlic and cook, stirring frequently, until the onion is translucent and the garlic is fragrant, 2 to 3 minutes.

Add the walnut mixture, then add the cumin, chili powder, and oregano and continue to cook until the mixture is very fragrant, the spices are well combined, and the mushrooms are tender, 6 to 10 minutes.

Add the fish sauce (or coconut aminos) and tahini and cook until well combined. Taste and add salt as needed. Cover, set aside, and prepare the additional elements for the dish (this “meat” is best slightly warmer than room temperature).

To make the slaw: Combine the vinegar, monkfruit, and salt in a small saucepan and heat until the sweetener and salt have dissolved and the vinegar is hot. Add the carrot and onion, turn off the heat, and cover. Set aside for 5 to 10 minutes to allow veggies to pickle slightly and the vinegar mixture to cool.

Remove the vegetables from the vinegar, reserving the vinegar. Toss pickled vegetables with the cabbage.

Whisk the mustard, tahini, and mayonnaise into the vinegar mixture to make a dressing. Pour the dressing over the slaw and toss to combine.

To make the salsa: In a food processor, combine the avocados, lime juice, and lemon juice and process until creamy and smooth. Add the parsley (or cilantro), garlic, shallot, and salt and pulse a couple times, until just combined but still chunky. Add water, as needed, to reach a thick but pourable salsa consistency. Chill until ready to serve (you’ll only need half of the salsa for this recipe).

To assemble the tacos: Spoon the “meat” mixture into each lettuce leaf and top with the slaw and a drizzle of salsa. Add the cheese and coconut cream, if using. Feel free to invite everyone at the table to fix their tacos as they like.

## Sweets and Snacks

### Mushroom Hot Chocolate

*Mushrooms in your cocoa?! I know, it sounds strange, but it's so good! This hot drink is a wonderful dessert alternative, delicious mixed in with coffee, or, if you use coconut milk, you can chill it for a rich chocolate pudding. What a great way to get your melatonin and polyamines!*

Serves 2

2 tablespoons mushroom powder (chaga, reishi, cordyceps, or make your own*)	1 scant pinch of iodized sea salt
1/4 teaspoon ground cinnamon	1 ounce bittersweet chocolate (72% cacao or higher), diced
1 star anise pod (optional)	1 1/2 cups unsweetened coconut milk, almond milk, or hazelnut milk

*\*To make your own mushroom powder, place dried, dehydrated mushrooms in a blender, food processor, or spice grinder and pulse until finely powdered. Shiitake, porcini, trumpet, and oyster mushrooms are widely available and work well for this recipe.*

In a small saucepan, whisk together the mushroom powder, cinnamon, star anise, if using, and salt. Add the chocolate and milk to the pan and cook over low heat, whisking constantly so the chocolate doesn't burn, 3 to 5 minutes.

When the mixture is hot and the chocolate is melted, strain through a fine-mesh strainer into the mug of your choice and enjoy.

### Basil Seed Pudding

*Chia seed pudding has been a food trend for a few years now, but, unfortunately, chia seeds are terrible for your gut. Enter the humble basil seed! Yep, the same one you use in your herb garden. Look for them in well-stocked Asian markets or online, where you may find them labeled as sabja, tukmaria, or falooda. I've included two different basil seed puddings, both of which are mono meals after week 2.*

## *Coconut Lime Pudding*

*Serves 4*

2 cups full-fat, unsweetened canned coconut milk	1/2 teaspoon vanilla extract
2 tablespoons monkfruit sweetener	1/4 teaspoon coconut extract
Zest of 1 lime	1/4 cup basil seeds
	1/4 cup toasted coconut flakes

In a large saucepan, heat the coconut milk with the monkfruit over medium heat, stirring occasionally, until the monkfruit is dissolved. Reduce the heat to low, add the lime zest, stir, and cook until fragrant. Remove the mixture from the heat and add vanilla and coconut extracts and basil seeds. Stir the mixture, then let stand for 5 minutes for the seeds to absorb the liquid.

Stir well again, then transfer to 4 individual serving dishes and let set for at least 3 to 4 hours in the fridge. Top the pudding with coconut flakes before serving.

## *Chocolate Hazelnut Pudding*

*Serves 4*

1/2 cup toasted hazelnuts, divided	1/2 teaspoon vanilla extract
2 cups full-fat, unsweetened canned coconut milk	1 scant pinch of iodized sea salt
2 ounces bittersweet chocolate (at least 72% cacao), diced	1/4 cup basil seeds

In a food processor or blender, process 1/4 cup of the hazelnuts until a creamy hazelnut butter forms. Chop the remaining 1/4 cup hazelnuts and set aside.

In a large saucepan, heat the coconut milk and chocolate over low heat, stirring occasionally, until the chocolate is dissolved. Remove the mixture from the heat and add the vanilla and salt. Add the basil seeds, stir, then let stand for 5 minutes for the seeds to absorb the liquid.

Stir well again, then transfer to 4 individual serving dishes and let set

for at least 3 to 4 hours in the fridge. Top the pudding with reserved chopped hazelnuts before serving.

## Raw Veggies with Miso-Sesame Dressing

*This is my go-to dressing for any salad, and it also makes for a great dip for fresh veggies when you're craving a savory, umami-rich snack (you can add a little more miso paste to get a thicker consistency for dipping). The sweet-tangy taste is addictive!*

Makes 1/2 cup

1/4 cup toasted sesame oil	1 tablespoon coconut aminos
2 tablespoons white miso paste	1 teaspoon grated fresh ginger (optional)
Juice of 1 lime	
2 tablespoons rice wine vinegar	

In a large bowl, whisk the oil and miso paste until smooth and creamy. Add the lime juice, vinegar, and coconut aminos and continue to whisk until well combined. Fold in the ginger, if using, then serve with fresh vegetables such as broccoli, cauliflower, endive, asparagus, and celery. The dressing can be stored in the fridge for up to 1 week. Whisk again before serving.

## Dark Chocolate Cauliflower Brownies

*This is one of those sneaky recipes that's great if you want to get your kids to eat their veggies. But even if you're an adult and you know perfectly well that there's cauliflower in these brownies, chances are, you won't be able to stop eating them!*

Serves 12

1 cup cauliflower rice	4 ounces 90% cacao chocolate, cut into chunks
1/2 cup full-fat unsweetened canned coconut milk	1/3 cup coconut oil

2 tablespoons organic cream cheese, Italian mascarpone, or unsweetened coconut cream	1/4 teaspoon iodized sea salt
2/3 cup monkfruit sweetener	3/4 teaspoon baking powder
2 omega-3 eggs or flax eggs	1/4 cup non-Dutched (natural) cocoa powder
2 cups almond flour	1/2 cup chocolate chips (72% cacao or higher)

Preheat the oven to 350°F. Line an 8-inch square baking pan with parchment paper and set aside.

In a blender or a food processor fitted with an “S” blade, process the cauliflower rice and coconut milk until smooth and creamy; set aside.

Over a double boiler, or in a microwave in 10-second bursts, melt the chocolate together with the coconut oil, stirring frequently to prevent burning. When the chocolate is fully melted, remove from the heat and fold in the cauliflower mixture.

In a stand mixer, or using a large bowl and a whisk, beat together the cream cheese (or alternative) and monkfruit until fluffy and well combined. Add the eggs, one at a time, whipping to combine fully. Fold the cauliflower mixture into the egg mixture, whisking to combine.

In a separate bowl, whisk together the almond flour, salt, baking powder, and cocoa powder.

Add the dry ingredients to the wet ingredients and fold until well combined but not overmixed. Fold in the chocolate chips, then transfer to the prepared baking pan. Bake for 25 to 35 minutes, until a toothpick inserted into the center of the mix comes out with only a few crumbs stuck to it. Let cool completely (and preferably refrigerate) before slicing.

## THE ENERGY PARADOX SUPPLEMENT LIST

Earlier in the book I warned about the overreliance on supplements to rid us of sluggishness, brain fog, and all-around fatigue. Some people, so desperate to feel better, will practically hand over their life savings to get their hands on the latest “wonder” supplements, that in the end probably won’t help them. But I am in no way against supplements altogether, not by a long shot. I believe they can do a lot of good when they are used to *supplement* an underlying healthy diet and lifestyle that promotes energy.

The good news is that by following the program in this book, you will build a healthy foundation that allows a few simple supplements to do further work in helping lessen inflammation, maintaining a healthy microbiome, and maximizing ATP production. While I’ve included supplement recommendations in all of my Paradox books, the list that follows includes my essentials for boosting energy.

### **Magnesium**

Many people are magnesium deficient, yet magnesium is critical to so many functions in the body—including strengthening met-

abolic health, improving sleep, and blocking the effects of EMFs. Magnesium can also help ease muscle cramps, which may occur as you begin the Energy Paradox Program. When you shift over to burning fat as a fuel, you will have used up glycogen in your muscles. Since glycogen is stored with water, magnesium, and potassium, when it is removed, out goes the magnesium and potassium with it!

Magnesium helps to bolster metabolic flexibility by helping insulin to get sugar out of your bloodstream and into your muscle cells, where it belongs, which in turn will help in reversing insulin resistance. I recommend potassium magnesium aspartate combinations, but if taking separately, I suggest 299 to 300 mg of magnesium and 99 mg of potassium twice a day. If magnesium gives you diarrhea, use an Epsom salt foot soak or bath or rub magnesium oil spray on your legs or belly.

## **Glycine**

Glycine is an important amino acid supplement that can help protect us against the gut-harming effects of glyphosate (the dangerous ingredient in Roundup and other herbicides) and also has some antiaging properties.<sup>1</sup> Additionally, glycine helps to promote a better night's sleep; studies show that glycine ingestion before bedtime has been shown to significantly improve subjective sleep quality in individuals with insomniac tendencies, by causing a drop in body temperature. One study showed that rats who were given glycine experienced a significant decrease in core body temperature, which might help explain why it promotes better sleep. I recommend taking 1000 mg before bed as a sleep aid and/or 2000 mg a day as an antiaging anti-glyphosate aid.

## Phospholipids

These complex fats are lipid molecules that compose much of our cellular and mitochondrial membranes. A recent study found that phospholipid supplementation may reduce fatigue in humans by as much as 40 percent(!).<sup>2</sup> These important phospholipids can be obtained in the diet from bivalves and shellfish or supplemented with krill oil. Look for a brand with the highest concentration of phospholipids per capsule. Choline, phosphatidylcholine, and phosphatidylserine are other phospholipids available in supplement form, in a dose of 500 to 1000 mg per day.

## Vitamin K<sub>2</sub>

An essential cofactor in mitochondria function, this vitamin is sadly missing from our modern diet. You can find it in grass-fed milk products, including butter and cheeses, but I recommend limiting dairy products and instead taking a K<sub>2</sub> supplement. A daily dosage of 100 mcg of both MK-4 and MK-7 varieties of vitamin K<sub>2</sub> should suffice.

## Coenzyme Q10 (CoQ10), or Ubiquinol, or PQQ

These are all supplementary forms of an important coenzyme in the mitochondrial electron transport chain, which are essential for making energy! In general, 100 to 300 mg of CoQ10, 100 mg of ubiquinol, or 20 mg of PQQ is a good dose for mitochondrial support. If you are taking a statin drug, you are likely depleted in this coenzyme and need a higher dose; I recommend increasing levels of CoQ10 to 300 mg in this case.

## **Chlorella and Activated Charcoal**

As was shown in the Biosphere 2 experiment, rapid weight loss (approximately a pound a week) releases heavy metals that cannot be properly detoxified by the liver and are instead excreted in bile and reabsorbed in our intestines, creating a vicious cycle; hence they must be bound up in our intestines to prevent reabsorption. In my clinics, I have achieved dramatic reductions in heavy metals like mercury, lead, and cadmium by using a combination of cracked cell chlorella (a great source of iodine as well) and activated charcoal, both of which help bind the toxic stuff for safe excretion. These are in my Untox formula, but can be found in most health food stores or online. Suggested doses are 500 to 3000 mg chlorella and 50 to 100 mg activated charcoal daily. A word of caution: I suggest limiting charcoal use to two months; take while you are on a fast and up to a month afterward. You do not want to stay on it too long, as it is such a good binding agent that it may start binding to the good stuff (vitamins and minerals) and ushering them out too.

## **Acetyl-L-Carnitine or L-Carnitine**

Carnitine is essential for “carrying” free fatty acids into the mitochondrial energy production pipeline called *beta oxidation*; I have used this compound for years to treat both cognitive impairment and congestive heart failure patients. It is available in prescription form (as the drug Carnitor), but is also easily obtained as an over-the-counter supplement. I use acetyl-L-carnitine as part of my formula appropriately called Energy Renew for this ability. If purchasing, buy acetyl-L-carnitine 250 to 500 mg and take twice a day.

## **The Energy B Vitamins (Methyl B<sub>12</sub>, Methyl Folate, and Vitamin B<sub>6</sub>)**

Since more than half the population carries one or more of the MTHFR mutations that prevent a complex action that otherwise makes several forms of vitamin B active in your body, I recommend supplementing daily with the active forms of B vitamins, methyl B<sub>12</sub> (1000 to 5000 mcg, under the tongue), methyl folate (1000 mcg), as well as vitamin B<sub>6</sub> in its active form, P-5-P (50 to 100 mg). Methyl B<sub>12</sub> is widely available—you can even find it at Costco. The complete range of the B vitamins are also contained in my powders, like Vital Reds, Primal Plants, and Power Blues.

## **Liver Protectors**

A great number of my first-time patients suffer from fatty liver disease, or NASH or NAFLD, usually caused by a combination of mitochondrial overload, high fructose/sugar consumption, and leaky gut. If you have elevated liver enzymes, that is a sign that a literal war is being waged in your liver. I recommend the polyphenol milk thistle and a component of orange peel called d-limonene at a dose of about 1000 mg a day for both. They are remarkably effective at reducing hepatic inflammation but are not an excuse for you to continue your previous eating behavior!

## **Berberine and Quercetin**

Berberine, found in plants like bayberry and Oregon grape root (not to be confused with grape seed extract), and quercetin, found in foods such as onions, the pith of citrus fruits, and apples, are both compounds that have been shown to (among other things)

activate a major driver of mitochondrial repair and mitogenesis called AMPK. The recommended dose of both is 500 mg twice a day. (By the way, for you allergy sufferers, quercetin is one of the best natural and non-sedating antihistamines available.)

## **Ketone Salts**

Premade ketones are a great way to step up your game in ketone production. These can be swallowed in the form of salts or esters. To be quite frank, the esters taste pretty terrible, and I do not use or recommend them. On the other hand, ketone salts are readily available as powders or capsules and, early in the program, provide a usable boost in available ketones when you are not able to make them yourself because of elevated insulin levels. Consider a dose of about 10,000 mg mixed ketone salts (BHB) in the morning when starting the program. Think of it as a kick-start to having ketones circulating in your system until your body is able to produce your own.

## **The Energy Paradox G8**

If you've read my previous books, you're already familiar with what I call the "G7s," which are the nutrients I strongly recommend incorporating into every diet—either through food or supplements—to support gut health, promote longevity, prevent disease, and enhance overall well-being. For the Energy Paradox Program, I've added one more essential nutrient to help boost overall energy production, so this list is now the "G8"! Without further ado, here are the eight supplements I want you to think about the next time you're filling your shopping cart at the grocery or health food store:

## 1. Vitamin D<sub>3</sub>

Most patients who visit me are deficient in vitamin D, and all of my autoimmune, exhausted, and metabolically inflexible patients have low vitamin D levels. In fact, low vitamin D levels correlate strongly to metabolic syndrome as well as a susceptibility to COVID-19 and other viruses.<sup>3</sup> I recommend that everyone aim for a vitamin D level of 100–150 ng/ml (now considered “normal” by many labs including Quest and Cleveland HeartLab). While regular exposure to sunlight is one easy (and free) way to increase vitamin D production in the body, and foods such as mushrooms are abundant in this vitamin, both are insufficient to get you to the levels that are needed, in my opinion. When it comes to supplementation, I recommend a bare minimum of 5000 IUs (125 mcg) of vitamin D<sub>3</sub>, but for my patients with leaky gut (and that’s most of them), we start at 10,000 IUs (250 mcg).<sup>4</sup> I have yet to see vitamin D toxicity, even at levels of greater than 200 ng/ml, as confirmed by others as well.

## 2. Polyphenols

I’m constantly lecturing and publishing scientific papers about polyphenols—micronutrients found in certain plants—because they’re incredible natural energy boosters and they provide so many other healing benefits. Polyphenols are great for heart health too: My own research has found that they improve blood vessel function and lower the markers for cardiovascular disease. They’ve also been shown to help balance healthy cholesterol levels. In addition, polyphenols feed the good bacteria in your gut, helping your body process more energy from food, and they enhance mitochondrial function by protecting against reactive oxygen species (ROS) generation during energy production.

Dark blue or purple fruits—like pomegranate, mulberries, Aro-nia berries, and dragon fruit—are very dense with polyphenols.

They're also found in many other food sources, including extra virgin olive oil, celery seed extract, turmeric, walnuts, capers, hazelnuts, coffee beans, ginger, tea, red wine, dark chocolate, endive, kale, and fennel seed.

### **3. Green Plant Phytochemicals**

While your cravings for greens will increase exponentially on the Energy Paradox Program, I recommend taking phytochemicals in addition, as they tend to suppress your appetite for the unhealthy foods like simple sugars and fats.

There are many great blend powders on the market, but buyer beware: I have not been able to find a greens blend without wheat grass, barley grass, or oat grass as an ingredient (all gluten-containing lectins)—and the lectins in grains and grasses are the last things you need to swallow. I have my own green formula called Primal Plants that combines spinach extract with eleven other greens, particularly diindolylmethane (DIM), an immune-stimulating compound found in broccoli but in only small amounts, and modified citrus pectin and fructooligosaccharides (FOSs), the latter being an appetite suppressant and good for your gut buddies.

You could also take spinach extract, which is available in 500-mg capsules; I recommend you take two per day. DIM is available in capsule form; take 100 mg a day. I am also a big fan of modified citrus pectin, as it helps the body get rid of oxidative stress. It comes as a powder or in 600-mg capsules. Take two to three capsules or one scoop per day.

### **4. Prebiotics**

You have read a lot about prebiotics in Part I, but it is worthwhile to give you specific recommendations if you want to ensure you are getting enough into your body. Inulin is readily available as a

supplement or sweetener, while ground flaxseeds and/or psyllium powder are also easy to source. Start with a teaspoon a day and work up to about a tablespoon or more. I make my own PrebioThrive with multiple different prebiotic fibers—it is a convenient way to get several prebiotics at once.

## **5. Lectin Blockers**

I admit, it's hard to stay away from lectins all the time. Luckily for you, a number of helpful compounds can help absorb them. Lectin Shield, one of my products, has nine proven ingredients to absorb or block them altogether from your gut wall. Before a lectin-containing meal, I suggest taking two capsules. You could also take glucosamine and methylsulfonylmethane (MSM) and/or hyaluronic acid or a combo of all in tablet form. Products such as Osteo Bi-Flex and Move Free are available at Costco and other larger retailers.

## **6. Sugar Defenses**

As you well know, sugar is everywhere, not only as table sugar, but also as high-fructose corn syrup and simple carbohydrates in your prepackaged foods and even in your favorite fruits. And this onslaught causes major issues for your energy-making mitochondria, who simply can't process all of that sugar at once. High sugar intake also interferes with insulin regulation, promoting insulin resistance and other metabolic problems, such as diabetes.

The most important thing you can do to protect yourself from sugar is to avoid eating it in the first place. But in addition to adjusting your diet, there are supplements that can help regulate your glucose, which will in turn lessen the traffic jam in your mitochondria. Look for a supplement that contains chromium, zinc, selenium, cinnamon bark extract, turmeric extract, berberine, and black pepper extract. (The latter enhances the absorbability

of turmeric—anytime you consume turmeric, make sure you also consume black pepper!) Curcumin, the active ingredient in turmeric, is an antioxidant as well as an anti-inflammatory that also improves cognitive function. Costco sells a good chromium and cinnamon supplement called CinSulin. Take two capsules a day.

## **7. Long-Chain Omega-3s**

Most people are profoundly deficient in the omega-3 fatty acids eicosapentaenoic acid (EPA) and, more important, docosahexaenoic acid (DHA) and docosapentaenoic acid (DPA). This is a problem because your brain is made up of approximately 60 percent fat, half of which is DHA. Studies show that people with the highest levels of omega-3 fats in their blood have a better memory and a bigger brain and better cognition than people with the lowest levels. You may also remember that fish oil helps repair your gut wall and keeps those nasty LPSs from leaking out into the rest of your body, where they generate energy-draining inflammation.

The only people in my practice who have sufficient levels of these brain-boosting fats without taking supplements are those who eat sardines or herring on a daily basis. Unless you're of Portuguese, Southern Italian, or Norwegian descent, you probably don't fit this profile, and you should supplement. I recommend choosing a fish oil that is molecularly distilled—there are several good national brands, like Nature's Bounty, OmegaVia, Carlson Elite Gems, or Carlson cod liver oil at a dose of a tablespoon a day. If you are vegan, select an algae-derived DHA, EPA, and DPA capsule like my Advanced Plant Omegas. Either way, aim to take 1000 mg of DHA per day, as it is the most important of the omega-3s, and, if you like, 1000 mg of EPA. At the time of this writing, there are reams of new research being published about the benefits of DPA, so stayed tuned for much more about this “forgotten” omega-3 fat.

## 8. Mitochondrial Boosters

Chrono consumption and exposure to red light are really the best ways to rev up your mitochondria, but for geeks like me, I also like to suggest a number of compounds to ensure you're doing the most you can for your ATP production. These include: N-acetyl L-cysteine (NAC), 500 mg; gynostemma extract, 450 mg; shilajit, 300 mg; reduced or L-glutathione, 150 mg; pau d'arco, 50 mg; and nicotinamide adenine dinucleotide, reduced (NADH), 10 mg.

When it comes to supplementing with NADH, there are several compounds available; one is nicotinamide riboside, patented and marketed as TRU Niagen. A recent human study suggested that a dose of 1000 mg a day raises the NAD<sup>+</sup> level (an important precursor for ATP production in the mitochondria) in mononuclear cells. Not yet clinically available at a reasonable price (but certainly available) is nicotinamide mononucleotide at a similar dose, which my friend and fellow longevity researcher David Sinclair of Harvard Medical School and MIT has shown to be more efficacious than nicotinamide riboside in mouse trials. If cost is a concern, niacinamide, 500 to 1000 mg a day, is far more affordable and may, in fact, have the same effect.

## APPENDIX: LAB TESTS

When trying to assess your energy levels, the following are tests your health care provider can order. Your provider may be reluctant to order them because they simply don't know what they mean, but be persistent; they should know how important these are in measuring their patients' health. If your provider can't help or refuses to help, look for a restorative or functional medicine practitioner, many of whom can be found in your area by visiting [www.ifm.org](http://www.ifm.org), the Institute for Functional Medicine.

I have not added values or markers to look for, because laboratories often use wildly different ranges and standards of test results.

Fasting Insulin and Insulin Resistance Score (sometimes called HOMA-IR)

Vitamin D level

Homocysteine

Fasting Glucose

HbA<sub>1c</sub>

Hs-CRP

Myeloperoxidase

TNF-alpha (if available)

Fibrinogen

Triglyceride/HDL ratio (HDL should be higher than triglycerides; if your triglycerides are above 80, you are overeating sugars and starches, including fruits)

Uric acid

Liver Function tests including GGT

Magnesium

Vitamin B<sub>12</sub>

Serum folate

Calcium, serum

Zinc, serum

Selenium, serum

AM Cortisol

TSH (Thyroid-Stimulating Hormone)

Free T3

Free T4

Reverse T3

If taking thyroid hormones, order anti-TPO (Thyropoxidase) and Antithyroglobulin levels as well, looking for markers of Hashimoto's autoimmune thyroiditis

Cystatin C (the "high-tech" way of measuring kidney function)

eGFR based on Cystatin C

NT-proBNP (a measurement of heart function)