

THE Gut-Immune CONNECTION

How Understanding the
Connection Between Food
and Immunity Can Help Us
Regain Our Health

Emeran Mayer, MD
WITH Nell Casey



HARPER WAVE

An Imprint of HarperCollinsPublishers

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

THE GUT-IMMUNE CONNECTION. Copyright © 2021 by Emeran Mayer. All rights reserved. Printed in the United States of America. No part of this book may be used or reproduced in any manner whatsoever without written permission except in the case of brief quotations embodied in critical articles and reviews. For information, address HarperCollins Publishers, 195 Broadway, New York, NY 10007.

HarperCollins books may be purchased for educational, business, or sales promotional use. For information, please email the Special Markets Department at SPsales@harpercollins.com.

FIRST EDITION

Library of Congress Cataloging-in-Publication Data has been applied for.

ISBN 978-0-06-301478-7

21 22 23 24 25 LSC 10 9 8 7 6 5 4 3 2 1

Recipes

Mains*

Wild Rice with Mushrooms

Healthy Food Index	Calories	MACs	Polyphenols	Omega-3 FA/ Total Fats
2.78	427	6.7g	2.477g	0.188

(listed amount per serving)

SERVES 4

1½ cups wild rice
2 tablespoons extra-virgin olive oil
1 medium leek, split lengthwise and
sliced thinly
1 yellow onion, sliced
Salt and pepper to taste
1 teaspoon turmeric

1 teaspoon thyme
2 cups sliced mushrooms (shiitake,
morel, or portobello)
¾ cup walnuts, roasted and crushed
into smaller pieces
2 teaspoons capers (*optional*)

Cook wild rice according to instructions on the package.

In a skillet, heat olive oil on medium heat and sauté leek and onion until tender, about 7–8 minutes.

Add salt, pepper, turmeric, and thyme.

When herbs are fragrant, add the mushrooms to the pan and cook for 4–5 minutes, until soft.

Add walnuts and continue to cook on low heat for another 2–3 minutes.

Stir in the cooked rice, add capers if desired, and continue to cook for another couple of minutes to allow flavors to meld. Remove from heat and serve.

Contributed by Minou Mayer, MA

* Calories, MACs, polyphenols and omega3 are all per serving.

Moroccan Lentil and Chickpea Stew with Candied Walnut and Chia Seed Garnish

Healthy Food Index	Calories	MACs	Polyphenols	Omega-3 FA/ Total Fats
3.04	547	17	0.117	0.19

(listed amount per serving)

SERVES 4–6

2 tablespoons extra-virgin olive oil	7 cups spinach
1 yellow onion, finely diced	³ / ₄ cup sulfite-free dried apricots, diced
4 garlic cloves, minced	28-ounce can diced tomatoes
2 teaspoons cinnamon, ground	4 cups low-sodium vegetable broth, or water
1 tablespoon cumin, ground	1 cup green lentils
¹ / ₂ teaspoon red chili flakes	18-ounce can chickpeas, drained and rinsed
1 teaspoon coriander, ground	Optional garnish: chopped cilantro or other polyphenol-rich herb, like parsley
¹ / ₂ teaspoon cloves, ground	
2 teaspoons dried ginger, ground	
¹ / ₂ teaspoons sea salt	
¹ / ₄ teaspoon black pepper	
5 cups cauliflower, cut into bite-size pieces	

In a large sauce pot heat olive oil over medium heat.

Add onion and garlic and cook for 3–4 minutes, until onion is translucent.

Add cinnamon, cumin, red chili flakes, coriander, cloves, ginger, salt, and pepper, and let cook for 3 minutes. Then add cauliflower, spinach, apricots, diced tomatoes, vegetable broth, and lentils.

Bring to a simmer and cook until the lentils are tender but still firm, about 45 minutes.

Add the chickpeas and cook for 5 more minutes. Ladle the stew into bowls and top with Candied Walnut and Chia Seed Garnish (see next page) and optional cilantro.

Contributed by NeuroTrition Inc.

Candied Walnut and Chia Seed Garnish

Healthy Food Index	Calories	MACs	Polyphenols	Omega-3 FA/ Total Fats
3.26	281	3	0.047	0.24

(listed amount per serving)

SERVES 4-6

1 tablespoon extra-virgin olive oil
1¼ cup raw walnut pieces
½ teaspoon dried ginger, ground
½ teaspoon true cinnamon, ground

1½ tablespoons pure maple syrup
½ tablespoon chia seeds
Pinch of sea salt

Heat olive oil in a medium to large pan over medium heat. Add walnuts, ginger, and cinnamon and stir to coat.

Drizzle the maple syrup on the walnuts, then sprinkle the chia seeds and sea salt on top. Heat on stovetop for 5 minutes, stirring often to prevent burning.

Remove walnuts from the pan and let cool for 5 minutes on a baking sheet or in a glass baking dish. Once cooled, break apart pieces that are stuck together.

Contributed by NeuroTriton Inc.

Seared Sea Bass with Cauliflower “Rice” Pilaf

Healthy Food Index	Calories	MACs	Polyphenols	Omega-3 FA/ Total Fats
1.62	378	5.3	0.08	0.03

(listed amount per serving)

SERVES 4

FOR THE CAULIFLOWER “RICE” PILAF:

1 tablespoon olive oil
 1/4 cup red onion, diced
 2 teaspoons garlic, chopped
 1 teaspoon black nigella seeds or
 cumin seeds
 1/3 cup carrot, diced
 3 cups fresh cauliflower, chopped
 1/3 cup low-sodium vegetable broth
 1/2 cup canned artichoke hearts,
 quartered
 1 cup kale, stems removed, chopped
 into bite-size pieces
 1/4 cup raw almonds, chopped
 1/4 cup fresh coconut, shaved
 2 tablespoons fresh herbs (chives,
 thyme, parsley . . .), chopped
 Sea salt and pepper to taste

FOR THE SAUCE:

1 teaspoon coconut oil
 1 teaspoon each fresh ginger and
 turmeric, finely chopped
 1/4 teaspoon chili flakes
 1/2 cup sliced plums
 1 teaspoon tamari
 1/2 cup unsweetened coconut yogurt
 alternative
 Sea salt and pepper, to season

FOR THE FISH:

4 five-ounce pieces sea bass
 Sea salt and pepper, to season
 2 teaspoons extra-virgin olive oil
 Optional garnish: hemp hearts,
 broccoli sprouts

In a medium saucepan heat oil on medium heat. Add the onions, garlic, and black nigella seeds and sauté for 5 minutes, until fragrant.

Add the carrots and reduce heat to low, then cook for 5 minutes to start softening the carrots.

Add the chopped cauliflower and sauté for 5 minutes, then top with vegetable broth and simmer for 5 minutes until the vegetable broth has reduced and the vegetables are tender. Set aside while preparing the fish and sauce.

To make the sauce, warm the coconut oil in a small pot until melted, add the ginger, turmeric, and chili flakes, and heat until fragrant. Add the sliced plums and tamari, and heat through to allow the plums to release

their juice, about 3–5 minutes.

Stir in the coconut yogurt and season to taste with salt and fresh pepper. Cover and set aside.

Season the fish fillets with salt and pepper, and heat oil in a frying pan until it is shimmering.

Place the fish gently in the pan and cook on medium heat for 8 minutes, then flip the fish and continue to cook for another 8 minutes (or until fish is firm and flakes when touched).

To finish, rewarm the cauliflower rice, and add the artichokes, kale, almonds, and coconut. Heat until the kale is wilted.

Add the fresh herbs, and season to taste with salt and pepper.

To plate, spoon the “rice” pilaf on the plate and top with the sea bass, then spoon sauce onto the fish. If using hemp hearts and broccoli sprouts, add on top of the sauce right before serving.

Contributed by NeuroTritition Inc.

Reinvented Shepherd's Pie

Healthy Food Index	Calories	MACs	Polyphenols	Omega-3 FA/ Total Fats
2.75	341	10	0.088	0.006

(listed amount per serving)

SERVES 4

2 Asian sweet potatoes
 1 tablespoon extra-virgin olive oil
 1 teaspoon fresh ginger, grated
 1 teaspoon garlic, chopped
 1/2 cup red onion (1/2 large onion),
 chopped
 1/2 cup carrot (1 medium carrot), diced
 1 cup butternut squash, diced
 1/2 cup button mushrooms,
 quartered
 1/2 teaspoon Korean chili flakes
 1 tablespoon chickpea miso paste
 1 1/2 teaspoon Korean chili paste
 1 cup low-sodium vegetable broth
 1 cup Napa cabbage, chopped

1 cup Japanese eggplant, diced
 1/2 cup plant-based kimchi, chopped
 into bite-size pieces
 1/2 cup raw walnut pieces
 1 cup cooked lentils
 3 baby bok choy, cut lengthwise into
 quarters (sixths if large)
 1 green onion, cut into 1-inch lengths
 4 teaspoons tamari, divided
 1/2 teaspoon ginger
 1/4 teaspoon sesame oil
 1 teaspoon sesame seeds
 Optional garnish: black sesame
 seeds, hemp hearts, chopped
 chives

Preheat the oven to 350°F, score the sweet potatoes, and roast for 1 hour until soft while making the filling for the shepherd's pie.

Heat oil in a pot on medium heat, and sauté ginger, garlic, and onion until fragrant.

Add and sauté the carrots, squash, and mushrooms for 5 minutes.

Add the chili flakes, miso paste, and chili paste. Cook for 5 minutes to release the flavors.

Add the vegetable broth and simmer for 10 minutes, until the vegetables start to soften.

Add the cabbage and eggplant and continue to cook until softened.

Turn the heat to low and add the kimchi, walnuts, cooked lentils, bok choy, and green onion, simmering for 10 minutes until soft.

Taste and season with 2 teaspoons tamari (or to suit your taste).

Divide between four 10-ounce ovenproof casserole dishes, and set aside while preparing the sweet potatoes.

Pull the skin off the sweet potatoes and mash with a fork, then season with the rest of the tamari and the ginger, sesame oil, and sesame seeds.

Divide the sweet potato mixture evenly onto the stew mixture and place back in the oven to bake for 10 minutes and warm everything through. Garnish with black sesame seeds, hemp hearts, and chives.

Contributed by NeuroTriton Inc.

Pasta Dishes

Pasta con Sarde

Healthy Food Index	Calories	MACs	Polyphenols	Omega-3 FA/ Total Fats
3.72	458	16	0.135	0.06

(listed amount per serving)

SERVES 4

8 ounces edamame spaghetti	2 cups tomatoes, sliced
3 tablespoons extra-virgin olive oil	6 ounces white wine
1 large onion, finely chopped	1/2 cup water
1 fennel bulb, finely chopped	1 tablespoon thyme
1 tablespoon chili pepper	Salt and pepper to taste
1 tablespoon fennel seeds	2 tablespoons chives, finely chopped
8 ounces sardines, boneless and skinless	

Cook pasta according to the instructions, drain, and set aside.

Heat olive oil over medium heat in a large skillet.

Add onions, fennel, chili, and fennel seeds and cook about 5 minutes, until onions have reduced.

Add half of the sardines and stir well.

Add tomatoes into the mixture.

Add wine and 1/2 cup water.

Sprinkle thyme, salt, and pepper, and stir.

Add the rest of the sardines, and simmer on low heat for 7–8 minutes, until most of the liquid has reduced.

Transfer cooked pasta to the pan with the sauce and stir gently to coat. Sprinkle with chives and serve.

Adapted from *Jamie's Italy* by Jamie Oliver

Cauliflower Fettuccine Alfredo with Homemade Cashew Cheese

Healthy Food Index	Calories	MACs	Polyphenols	Omega-3 FA/ Total Fats
2.06	478	10.7	0.03	0.004

(listed amount per serving)

SERVES 4

8 ounces whole-grain (gluten-free,
if desired) fettuccine or linguine
noodles
4 cups steamed cauliflower
1 garlic clove, whole
1 teaspoon onion powder
1/2 teaspoon sea salt
Pepper to taste

1 cup homemade Cashew Cheese
(see next page), or store-bought
1/2 cup plant-based milk
3 tablespoons extra-virgin olive oil
1 cup frozen peas
Optional garnish: fresh parsley, raw
hemp hearts, pepper

Bring a large pot of water to boil and cook pasta as directed on the pack-
age, until al dente.

While the pasta is cooking, make your Alfredo sauce by blending the
cauliflower, garlic, onion powder, sea salt and pepper, Cashew Cheese,
plant-based milk, and 2 tablespoons of the olive oil in a blender. Blend on
high speed until creamy and smooth. Adjust seasoning if needed.

Once the sauce is done, heat 1 tablespoon olive oil over medium heat in a
medium-size saucepan. Add peas and cook for 3–5 minutes until warm.

Add the cauliflower Alfredo sauce to the peas, then toss the noodles in
the sauce and serve immediately.

Garnish with chopped parsley, hemp hearts, and freshly cracked pepper
if desired.

Homemade Cashew Cheese

MAKES 8 OUNCES

1 cup raw unsalted cashews
2 cups boiling water

$\frac{1}{4}$ cup filtered, room-temperature
water
1 probiotic capsule

Put cashews in a glass bowl and fully cover with boiling water. Soak for 2 hours, then drain and rinse.

Transfer cashews to a blender and blend at high speed until smooth, adding approximately 1 tablespoon of room-temperature filtered water at a time to help achieve a smooth consistency.

Break open the probiotic capsule, sprinkle the contents into the blended cashews, and blend one more time to incorporate throughout.

Transfer to a glass bowl, cover with a towel, and place it in the oven with the light on overnight.

Note: This cashew cheese will last for one month stored in an airtight container in the fridge.

Contributed by NeuroTrition Inc.

Pasta del Frutta di Mare

Healthy Food Index	Calories	MACs	Polyphenols	Omega-3 FA/ Total Fats
2.63	354.5	8.7	0.017	0.062

(listed amount per serving)

SERVES 4

8 ounces whole-wheat spaghetti	2 tablespoons capers, rinsed and drained
2 tablespoons extra-virgin olive oil	1 lemon, zested
2 cups leeks (light green and white parts only), chopped	1 can smoked mussels
2 medium bell peppers, cleaned and cut in small slices or squares	3 ounces smoked wild salmon, cut into small pieces (discard juices and skin)
2 cloves garlic, minced	Salt and freshly ground pepper
1½ cups cherry tomatoes, halved	
2 tablespoons chopped herbs, such as cilantro, thyme, and chives	

In a large pan, boil water and cook pasta according to package directions. Drain and put aside.

In a large frying pan over medium heat, heat 2 tablespoons of olive oil.

Add chopped leeks and bell peppers and a pinch of salt and cook 3–4 minutes.

Stir in minced garlic and continue to sauté about 2 minutes on medium heat.

Add tomatoes and herbs and cook until the tomatoes soften, 3–4 minutes.

Stir in capers and lemon zest.

Add cooked pasta to the pan and gently stir to coat.

Add mussels (with juice) and salmon to the pasta.

Continue to cook for another couple of minutes.

Season as desired and enjoy.

Contributed by Minou Mayer, MA

Spaghetti al Funghi

Healthy Food Index	Calories	MACs	Polyphenols	Omega-3 FA/ Total Fats
2.18	268	5.9	0.07	0.013

(listed amount per serving)

SERVES 4

1 medium spaghetti squash (seeded)
 2 tablespoons extra-virgin olive oil
 1 medium yellow onion, sliced
 1 small leek, thinly sliced (white and light green parts only)
 1 tablespoon ginger
 1/2 teaspoon cloves
 1 teaspoon lemon pepper seasoning

1 teaspoon chili pepper (*optional*)
 1 1/2 cups mushrooms, sliced
 1 1/2 cups fresh tomatoes, sliced
 2 cups broccoli florets, chopped into small pieces
 1/2 cup toasted pumpkin seeds
 Salt and pepper to taste

Cut the spaghetti squash in half, remove the seeds, and wrap each half in a paper towel.

Place the two halves in the microwave and cook for about 8 minutes.

When done, leave in the microwave for 5 minutes to cool before removing.

While the spaghetti squash is cooking in the microwave:

In a pan, heat olive oil on medium heat and add the onion and leek.

Sauté until the onion is translucent, about 5–7 minutes.

Add spices (ginger, cloves, lemon pepper, chili pepper) until fragrant.

Add mushrooms and sauté until tender, about 3 minutes.

Stir in tomatoes and broccoli and cook on medium-low heat 5–6 minutes, until broccoli is tender.

Using a fork, add the spaghetti squash to the vegetable mixture and gently toss together.

Add salt and pepper to taste.

Sprinkle toasted pumpkin seeds on top and serve.

Contributed by Minou Mayer, MA

Walnut Dukkah-Crusted Salmon with Lemony Kale

Healthy Food Index	Calories	MACs	Polyphenols	Omega-3 FA/ Total Fats
3.5	264	2.8	0.04	0.32

(listed amount per serving)

SERVES 4

1/4 cup raw walnut pieces

1/2 teaspoon each pepper and sea salt

2 teaspoons cumin seeds

1 teaspoon fennel seeds

1/4 teaspoon coriander powder

3 tablespoons sesame seeds

4 six-ounce wild salmon fillets

Preheat the oven to 350°F and line a baking sheet with parchment paper.

To make the dukkah, add all ingredients except the salmon to a food processor or blender. Pulse until walnut pieces are small and crumbly.

Heat a small or medium-size frying pan over medium heat. Toast the dukkah for 3–5 minutes or until fragrantly nutty. Remove from frying pan and transfer to a heat-safe dish if not using immediately.

Place salmon skin side down on the prepared baking sheet. Evenly distribute the walnut dukkah on top of the salmon fillets, gently pressing it onto the flesh of the salmon so it sticks.

Bake for 15–20 minutes or until the fish flakes easily when pulled with a fork.

Serve with Lemony Kale (see next page).

Lemony Kale

SERVES 4

2 tablespoons extra-virgin olive oil	1/4 teaspoon black pepper
4–5 garlic cloves, minced	1/4 teaspoon sea salt
2 large bunches kale, woody stems removed, roughly chopped	2 tablespoons lemon juice

In a large frying pan or large sauce pot, heat oil over medium heat. Add the garlic and sauté for 1 minute.

Add kale, pepper, sea salt, and lemon juice and sauté until kale is wilted and bright green, about 3–4 minutes. Adjust seasoning with salt, pepper, and additional lemon juice if desired. Serve immediately.

Contributed by NeuroTriton Inc.

Burrito Bowl with Yogurt Cilantro Dressing

Healthy Food Index	Calories	MACs	Polyphenols	Omega-3 FA/ Total Fats
3.02	500	16.4	0.167	0.03

(listed amount per serving)

SERVES 4

FOR THE BURRITO BOWL:

1 cup brown rice
 2 tablespoons avocado oil
 1 white onion, diced small
 4 garlic cloves, minced
 1 tablespoon cumin powder
 1/4–1/2 teaspoon chili flakes
 28-ounce can diced tomatoes
 1 cup organic frozen corn
 2 cups cooked black beans
 Juice of 1 lime
 1 teaspoon sea salt
 Pepper to taste
 4 cups bitter greens, such as arugula,
 spinach, or massaged kale

FOR THE YOGURT CILANTRO DRESSING:

7 ounces coconut yogurt
 1/2 bunch cilantro or parsley
 Pinch of sea salt
 Fresh jalapeño (*optional*)

FOR GARNISH:

1 jalapeño, sliced thin
 2 avocados, sliced

Cook brown rice as directed on the package (usually takes 35 minutes).

In a large frying pan, heat avocado oil over medium heat. Add onion and cook for 5 minutes, then add garlic, cumin, and chili flakes. Cook for 3 minutes.

Add canned tomatoes, corn, black beans, lime juice, salt, and pepper. Cook until most of the tomato juice has evaporated (5–10 minutes).

While the bean mixture is cooking, make the Yogurt Cilantro Dressing:

Mix the coconut yogurt, cilantro, and a pinch of salt (as well as jalapeño if using) in a blender and blend on high speed until smooth.

To serve, portion rice in a bowl with bean-and-corn medley along with fresh bitter greens, garnish with sliced avocado and jalapeño, and drizzle with the dressing.

Developed by NeuroTriton Inc.

Spinach and Cheese Frittata

Healthy Food Index	Calories	MACs	Polyphenols	Omega-3 FA/ Total Fats
1.6	310	4.3	0.03	0.03

(listed amount per serving)

SERVES 4

3 tablespoons extra-virgin olive oil
 1 leek, white and pale green parts
 only, halved lengthwise, rinsed,
 and thinly sliced crosswise
 1 medium onion, thinly sliced
 2 cups tomatoes, sliced
³/₄ teaspoon sea salt
 Freshly ground pepper
¹/₂ teaspoon turmeric
 1 tablespoon grated fresh ginger

2 cups lightly packed baby spinach,
 coarsely chopped
 4 large eggs, beaten
 3 ounces goat cheese

FOR GARNISH:

1 avocado, sliced thinly
¹/₄ cup cut fresh dill
 3 teaspoons chopped chives
 Zest of ¹/₂ lemon

In a 10-inch skillet, heat the oil over medium heat.

Add the leek and onion and sauté until soft and translucent, about 5 minutes.

Stir in tomatoes, salt, pepper, turmeric, and ginger, and cook another 4 minutes.

Add the spinach and stir until the leaves are wilted.

Add the egg mixture, and after about a minute, turn heat to medium-low.

Add the goat cheese to the frittata and let it cook until the eggs have set, about 5–6 minutes.

Transfer frittata to a plate and top with sliced avocados, dill, chives, and lemon zest.

Contributed by Minou Mayer, MA

Breaded Chicken with Vegetables

Healthy Food Index	Calories	MACs	Polyphenols	Omega-3 FA/ Total Fats
1.80	299	5	0.012	0.039

(listed amount per serving)

SERVES 4

2 tablespoons extra-virgin olive oil	4 garlic cloves, minced
Salt and pepper	3 cups broccoli florets
$\frac{1}{2}$ teaspoon cloves	3 cups cauliflower florets
$\frac{3}{4}$ cup bread crumbs	$\frac{1}{2}$ cup chicken broth or water
4 organic, free-range chicken cutlets (thin chicken breast)	2 teaspoons dry oregano
1 onion, sliced	2 teaspoons fresh thyme
2 shallots, sliced	Juice of 1 lemon
	Fresh chopped cilantro for garnish

Heat olive oil in a skillet on medium-high heat. Make sure the oil is hot before frying chicken.

Add about $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon ground pepper, and cloves to the bread crumbs and mix well.

Pat each chicken cutlet into the bread crumbs mix and fry in the skillet about 2 minutes on each side until they have a nice golden color.

Remove chicken from skillet and place on a plate.

In a skillet, add a little olive oil on medium heat.

Sauté onion and shallots for about 3–4 minutes.

Add garlic into the skillet and sauté for a minute.

Add broccoli and cauliflower florets and chicken broth or water.

Sprinkle with salt and pepper.

Place chicken cutlets onto the vegetable mix.

Add oregano and thyme to the lemon juice and pour over the chicken.

Cook 5–7 minutes, until the chicken temperature is about 160°F.

Add cilantro for garnish.

Contributed by Minou Mayer, MA

Cauliflower Chickpea Couscous

Healthy Food Index	Calories	MACs	Polyphenols	Omega-3 FA/ Total Fats
1.95	487	10.5	0.06	0.02

(listed amount per serving)

SERVES 4

3 tablespoons extra-virgin olive oil	2 teaspoons cinnamon powder (or a pinch or two of your favorite hot red pepper flakes)
1 medium yellow onion, finely chopped	2 cups fresh tomato slices (or mild salsa)
1 each yellow and orange bell pepper, seeded, stemmed, and cut into medium squares	1/2 cup water or broth
3 cups cauliflower florets	1 can organic chickpeas
1/2 teaspoon each cumin powder, turmeric powder, and dried thyme	3 tablespoons lemon juice
1 tablespoon fresh ground ginger	1/2 cup cilantro or parsley
	1 1/2 cups uncooked couscous
	Salt and pepper

Heat 2 tablespoons oil in a large pot over medium heat.

Add onion and stir occasionally until the onion is golden and soft, about 5 minutes.

Add peppers, cauliflower, spices, and fresh tomatoes, and sauté about 3 minutes.

Add 1/2 cup water or broth.

Cook over medium heat for about 7–8 minutes.

Add chickpeas, with liquid.

Lower heat and simmer about 5 minutes more until cauliflower is tender but still slightly crisp.

Add lemon juice and most of cilantro or parsley (keeping the rest for garnish).

While the chickpea mixture is simmering:

Put couscous in a medium heatproof bowl.

Stir in 1 tablespoon oil, 1/2 teaspoon kosher salt, and several grinds of black pepper.

Gradually stir in $1\frac{1}{2}$ cups boiling water.

Cover and let it sit 8–10 minutes.

Fluff with a fork.

Spoon couscous into bowls, top with the vegetables, and garnish with cilantro/parsley.

Contributed by Minou Mayer, MA

Saag Paneer

Healthy Food Index	Calories	MACs	Polyphenols	Omega-3 FA/ Total Fats
1.04	550	3.3	0.1	0.05

(listed amount per serving)

SERVES 4

1 pound spinach, chopped	1 teaspoon fresh ginger, minced
2 teaspoons dried fenugreek	2 teaspoons cumin
4 tablespoons ghee (if not available, use EVOO)	2 teaspoons garam masala
12 ounces paneer, cut into 1/2-inch cubes	1/2 teaspoon turmeric
1 yellow onion, chopped	1/4 teaspoon cayenne pepper
2 cloves garlic, minced	1/4 teaspoon sea salt
	1 1/2 cups coconut milk

Add the spinach and fenugreek to boiling water and cook 2–3 minutes.

Drain well, squeezing out as much liquid as possible before chopping the spinach finely.

Add the ghee to a pan and fry the paneer cubes until lightly browned, then remove from pan.

Add the onion, garlic, and ginger to the ghee and cook, stirring, on medium heat until wilted and translucent.

Add spinach, cumin, garam masala, turmeric, cayenne pepper, sea salt, and coconut milk (or cream), along with the browned paneer.

Cook uncovered 10–15 minutes or until the coconut milk/cream has cooked down, resulting in a thick green spinach sauce.

Contributed by Arpana Gupta, PhD

Super Bowls

Power Bowl

Healthy Food Index	Calories	MACs	Polyphenols	Omega-3 FA/ Total Fats
3.8	199	5.43	0.39	0.31

(listed amount per serving)

SERVES 1

2 tablespoons steel-cut oats
1 teaspoon flaxseed
1 teaspoon unsalted roasted
sunflower seeds
1 teaspoon chia seeds
1 teaspoon raw hempseed

1 teaspoon pumpkin seeds
1/4 cup unfiltered apple juice
1/2 cup nondairy milk
2 ounces seasonal berries
(blueberries, strawberries,
raspberries, blackberries)

In a medium-size bowl, mix the oats and seeds. Pour in unfiltered apple juice and nondairy milk and stir. Top with berries and enjoy.

Contributed by Minou Mayer, MA

Tropical Bowl

Healthy Food Index	Calories	MACs	Polyphenols	Omega-3 FA/ Total Fats
3.34	300.8	6.9	1.28	0.42

(listed amount per serving)

SERVES 1

- | | |
|--|---|
| 1 teaspoon açai berry powder | 1/2 cup unsweetened nondairy milk or unsweetened fermented milk |
| 1 teaspoon dried goji berries | |
| 1 teaspoon fresh or dried Inka berries (Peruvian groundcherry) | 1/4 cup unfiltered, unsweetened apple juice |
| 1 fresh date, cut into small pieces | 1 fresh fig, sliced |
| 1 teaspoon chia seeds | 1 slice fresh pineapple, cut into small pieces |
| 1 teaspoon cacao powder | 1 slice fresh mango, cut into small pieces |
| 1 teaspoon raw hempseed | |

In a medium-size bowl, add the first seven ingredients. Pour in nondairy milk and unfiltered apple juice and stir. Top with fruit and enjoy.

Contributed by Minou Mayer, MA

Fiber Bowl

Healthy Food Index	Calories	MACs	Polyphenols	Omega-3 FA/ Total Fats
4.0	330.75	9.13	0.75	0.47

(listed amount per serving)

SERVES 1

1 piece canned jackfruit, cut into small pieces
 1 tablespoon chia seeds
 1 tablespoon ancient grain flakes (I use Nature's Path Heritage Flakes)
 1 tablespoon oat bran

1 tablespoon raw hempseed
 1/2 cup kefir or unsweetened nondairy fermented yogurt
 1/4 cup unfiltered, unsweetened apple juice
 1/2 apple, cut into small pieces
 2 prunes, cut into small pieces

In a medium-size bowl, stir together jackfruit with chia, grain flakes, oat bran, and hempseed. Add kefir or yogurt and unfiltered apple juice and stir. Top with fruit and enjoy.

Contributed by Minou Mayer, MA

Polyphenol Bowl

Healthy Food Index	Calories	MACs	Polyphenols	Omega-3 FA/ Total Fats
3.9	208.9	5.79	0.32	0.28

(listed amount per serving)

SERVES 1

1 teaspoon dried goji berries
 1 teaspoon chia seeds
 1 teaspoon roasted pumpkin seeds
 1 teaspoon roasted sunflower seeds
 1 tablespoon nuts (hazelnuts, pecans, or walnuts)
 1 tablespoon oat bran
 1 teaspoon cacao powder
 1 teaspoon maqui powder *(optional)*

1 teaspoon camu camu powder *(optional)*
 1/2 cup hemp milk or unsweetened nondairy yogurt
 1/4 cup unfiltered, unsweetened apple juice
 1 tablespoon seasonal fruit (organic blueberries, strawberries, raspberries, blackberries, plums, pomegranates, Inka berries)

In a medium-size bowl, add the first nine ingredients. Pour in nondairy milk or yogurt and unfiltered apple juice and stir. Top with fruit and enjoy.

Contributed by Minou Mayer, MA

Chia Oat Bowl with Fruit

Healthy Food Index	Calories	MACs	Polyphenols	Omega-3 FA/ Total Fats
5.15	414	13.9	0.694	0.26

(listed amount per serving)

SERVES 1

2 tablespoons chia seeds	$\frac{1}{4}$ cup walnuts, chopped
2 tablespoons steel-cut oats	$\frac{1}{2}$ teaspoon cinnamon
1 teaspoon vanilla extract	1 tablespoon cacao (<i>optional</i>)
1 cup nondairy milk	
$\frac{1}{2}$ cup of your favorite fruit (apples, bananas, peaches), chopped into small pieces	

In a blender, mix chia seeds, oats, vanilla, and plant-based milk.

Pour mixture into a bowl, cover, and refrigerate for a few hours or overnight.

Top with fruit, walnuts, cinnamon, and cacao (if desired) and enjoy.

Contributed by Minou Mayer, MA

Seed Parfait

Healthy Food Index	Calories	MACs	Polyphenols	Omega-3 FA/ Total Fats
3.98	542	18.8	0.591	0.15

(listed amount per serving)

SERVES 1

1 cup unsweetened plant-based
yogurt

1 tablespoon chia seeds

1 tablespoon flaxseed

1/2 cup toasted oats

2 tablespoons crushed toasted
almonds

1/2 cup blueberries

1/2 teaspoon cacao

1/2 teaspoon cinnamon

In a medium-size bowl, mix yogurt with chia seeds and flaxseed.

Add toasted oats and almonds.

Add blueberries and top it off with cacao and cinnamon.

Contributed by Minou Mayer, MA

Smoothies

Pomegranate Chocolate Smoothie

Healthy Food Index	Calories	MACs	Polyphenols	Omega-3 FA/ Total Fats
3.8	292	12.1	0.61	0.09

(listed amount per serving)

SERVES 2

8 ounces unsweetened almond milk
4 ounces pomegranate juice
6 ounces organic baby spinach
1 ripe banana, frozen
2–3 dates to taste

3 tablespoons cacao powder
2 cups frozen blueberries
1 tablespoon ground flaxseed
(*optional*)

Place all ingredients in a high-power blender and process until smooth.

Contributed by Chef AJ

Mango Ginger Tango

Healthy Food Index	Calories	MACs	Polyphenols	Omega-3 FA/ Total Fats
1.4	370	6	0.256	0.4

(listed amount per serving)

SERVES 1-2

- 1 cup frozen mango cubes

1 1/2 cups unfiltered organic apple juice
- 1 banana

1/2 tablespoon ground ginger

1 teaspoon ground cinnamon

In a blender combine all ingredients until smooth.

Contributed by Minou Mayer, MA

Green Machine

Healthy Food Index	Calories	MACs	Polyphenols	Omega-3 FA/ Total Fats
3.4	255	7.75	0.01	0.06

(listed amount per serving)

SERVES 1-2

1 cup flax milk or hemp milk
 1/2 cup frozen spinach
 1/2 avocado
 1/2 cup cilantro

1 teaspoon ground ginger
 1/2 teaspoon ground cloves
 1/2 teaspoon ground black pepper
 Mint leaves (*optional*)

In a blender combine all ingredients and blend until smooth.

Contributed by Minou Mayer, MA

Berry Fantasy

Healthy Food Index	Calories	MACs	Polyphenols	Omega-3 FA/ Total Fats
4.0	264	11.3	0.49	0.09

(listed amount per serving)

SERVES 2

1 banana	1/2 cup nondairy yogurt
1 cup frozen strawberries	2 1/2 cups flax milk or hemp milk
1 cup frozen blueberries	1 teaspoon ground cinnamon
1 cup frozen raspberries	

In a blender combine all ingredients and blend until smooth. If the mixture is too thick, you can add more milk and blend.

Contributed by Minou Mayer, MA

Salads

Ancient Grain Salad

Healthy Food Index	Calories	MACs	Polyphenols	Omega-3 FA/ Total Fats
2.9	306	10.3	0.048	0.013

(listed amount per serving)

SERVES 2

$\frac{1}{2}$ cup whole-grain red bulgur

$\frac{1}{2}$ cup boiling water

1 cup canned garbanzo beans

$\frac{1}{2}$ cup scallions, sliced thinly

1 cup tomatoes, cut into small pieces

2 tablespoons lemon juice

Salt and pepper

1 teaspoon Italian seasoning

$\frac{1}{4}$ cup parsley, chopped finely

Combine bulgur and boiling water and soak for about an hour.

Drain well and squeeze out any excess water.

In a large bowl, add garbanzo beans to the bulgur.

Add scallions, tomatoes, lemon juice, salt, pepper, spices, and parsley to the mixture and mix well.

Contributed by Minou Mayer, MA

Braised Red Cabbage

Healthy Food Index	Calories	MACs	Polyphenols	Omega-3 FA/ Total Fats
3.1	210	7	0.176	0.02

(listed amount per serving)

SERVES 4

2 tablespoons extra-virgin olive oil	1/2 cup water or chicken broth
1 large yellow onion, finely sliced	1/2 cup red wine
2–3 tart apples, such as Granny Smith, cored and peeled and sliced	Salt and pepper
1 large red cabbage, cored, quartered, and thinly sliced	1/2 teaspoon cloves
	1 teaspoon thyme

In a pot add olive oil over medium heat.

Add onion and sauté for a few minutes until tender.

Add apples and continue to sauté for another couple of minutes

Add cabbage and water (or chicken broth) and bring to a boil over medium heat.

Add red wine and season with salt, pepper, cloves, and thyme.

Stir, reduce heat to medium-low, and cover.

Cook and stir often until cabbage is tender, 30–40 minutes.

Contributed by Minou Mayer, MA

Spinach and Broccoli Salad with Sauerkraut Dressing

Healthy Food Index	Calories	MACs	Polyphenols	Omega-3 FA/ Total Fats
3.6	399	13	0.456	0.04

(listed amount per serving)

SERVES 2

FOR THE SALAD:

2 cups baby spinach
 1/2 cup cherry tomatoes, cut in half
 1 avocado, peeled and cut into small
 slices or squares
 2 tablespoons feta cheese
 1/2 cup shelled edamame
 Handful of chopped cilantro
 2 cups steamed broccoli florets

FOR THE DRESSING:

2 tablespoons extra-virgin olive oil
 2 tablespoons soy sauce
 1/2 cup sauerkraut with juice
 Fresh ground pepper

Add all salad ingredients to a large bowl.

In a small bowl, whisk together all dressing ingredients.

Pour dressing over salad and toss to coat. Serve immediately.

Contributed by Minou Mayer, MA

Garlicky Kale Caesar Salad with Flaxseed Croutons

Healthy Food Index	Calories	MACs	Polyphenols	Omega-3 FA/ Total Fats
2.0	428	5.85	0.21	0.08

(listed amount per serving)

MAKES 4–6 SERVINGS

FOR THE SALAD:

2 big bunches of kale, stems removed,
chopped into bite-size pieces
3 tablespoons cold-pressed
flaxseed oil
1/4 teaspoon sea salt

1 teaspoon anchovy paste

1 teaspoon capers

1 teaspoon caper brine

1/4 teaspoon black pepper

1/4 cup lemon juice, divided in halves

2 free-range egg yolks

1/2 teaspoon sea salt

FOR THE DRESSING:

4 garlic cloves, minced
(approximately 1 tablespoon)

1 teaspoon mustard powder

1/4 cup extra-virgin olive oil

1/3 cup avocado oil

Place all dressing ingredients, except the olive and avocado oils and half the lemon juice, into a food processor. Process on low-medium until a paste forms (approximately 30–60 seconds).

With the food processor on low speed, very slowly drizzle both oils into the mixture until the oil-and-egg-yolk mixture emulsifies, creating a creamy dressing. Add remaining lemon juice and adjust seasoning with more salt or pepper if necessary.

Next, combine chopped kale, flaxseed oil, and sea salt into a large mixing bowl.

Using clean hands, massage oil and salt into kale until kale begins to become tender.

Combine the marinated kale with desired amount of Caesar dressing. To boost the fiber, polyphenol, and omega-3 content (while also adding some nice crunch), top with Flaxseed Croutons (see next page).

Flaxseed Croutons

1 cup gold or brown flaxseed meal
1/4 cup coconut flour
1 teaspoon baking soda
1/2 teaspoon sea salt
1/4 teaspoon dried thyme
3 free-range eggs

1/2 cup water
4 garlic cloves, minced
(approximately 1 tablespoon)
1/4 cup + 2 tablespoons extra-virgin
olive oil (divided)

Preheat the oven to 350°F and line a baking sheet with parchment paper.

In a medium-size bowl, mix flaxseed meal, coconut flour, baking soda, sea salt, and thyme. In a separate bowl, whisk together eggs, water, garlic, and 1/4 cup of the olive oil.

Combine wet ingredients with dry and mix well. Let mixture sit and thicken for 5 minutes.

Transfer mixture onto prepared baking sheet and spread into a 1/2-inch-thick rectangle shape. There is no need to spread it to cover the entire baking sheet. Bake for 20 minutes or until slightly firm. Let cool before cutting into 1-inch cubes.

Return the oven to 350°F. Place croutons on a baking sheet and drizzle with 2 tablespoons olive oil. Toast for 10–15 minutes, depending on how crunchy you want them.

Developed by NeuroTriton Inc.

Neuro-Niçoise Salad

Healthy Food Index	Calories	MACs	Polyphenols	Omega-3 FA/ Total Fats
2.0	469	4.3	0.260	0.13

(listed amount per serving)

SERVES 4

FOR THE SALAD:

1 medium sweet potato, skin on,
sliced into 1/4-inch to 1/2-inch-
thick rounds
1 tablespoon avocado oil
1/4 teaspoon sea salt
2 cups (about 1/2 pound) green
beans, blanched
1 cup cherry tomatoes, sliced in half
1/2 cup Niçoise olives, pitted and
sliced in half
4 cups arugula
2 cans of sardines, drained
4 free-range eggs, medium- or
hard-boiled, sliced in half

FOR THE DRESSING:

1/2 tablespoon grainy mustard
1 1/2 tablespoons raw apple cider
vinegar
2 tablespoons lemon juice
1 garlic clove, minced
1/4 cup parsley, stems removed,
leaves finely chopped
1/4 teaspoon sea salt
1/4 teaspoon black pepper
1/4 cup extra-virgin olive oil
2 tablespoons cold-pressed
flaxseed oil

Preheat the oven to 350°F and line a baking sheet with parchment paper. In a medium-size bowl, toss together sweet potato, avocado oil, and salt, then transfer to the prepared baking sheet. Bake 15–20 minutes or until the sweet potato is tender when poked with a fork.

While the potato is roasting, make the salad dressing. Add the mustard, vinegar, lemon juice, garlic, parsley, sea salt, and pepper to a medium-size bowl and whisk together. Continue to whisk as you slowly drizzle in olive and flaxseed oils until all the dressing ingredients are combined.

In a large bowl, combine potato, green beans, tomatoes, olives, and arugula, then toss with desired amount of dressing. Divide the salad evenly among 4 bowls, then top each serving with 1/4 of the sardines and 2 halves of a boiled egg. Garnish with black pepper if desired.

Developed by NeuroTriton Inc.

Butter Lettuce, Avocado, and Citrus Salad

Healthy Food Index	Calories	MACs	Polyphenols	Omega-3 FA/ Total Fats
4.0	253	8.92	0.18	0.14

(listed amount per serving)

SERVES 2-3

FOR THE SALAD:

8 ounces crisp butter lettuce, torn
 1 Persian cucumber, sliced thinly
 1 cup tomatoes, sliced
 2 oranges, peeled and cut into small pieces
 2 Fuji apples, cored, sliced, and cut into small pieces

1 avocado, peeled and pitted, cut into squares
 1/2 cup toasted sunflower seeds

FOR THE DRESSING:

1 tablespoon extra-virgin olive oil
 2 tablespoons orange juice
 1 tablespoon soy sauce

Mix lettuce, cucumber, tomatoes, oranges, and apples.

Add avocado pieces and sprinkle with toasted sunflower seeds.

Whisk together the olive oil, orange juice, and soy sauce to make dressing.

Pour dressing over salad, toss to coat, and serve.

Contributed by Minou Mayer, MA

Beet Salad with Goat Cheese

Healthy Food Index	Calories	MACs	Polyphenols	Omega-3 FA/ Total Fats
3.2	278	6.18	0.071	0.17

(listed amount per serving)

SERVES 2

2 medium red or golden beets,
washed and green parts removed
3 cups baby spinach
2 oranges, peeled and segmented
2 teaspoons fresh chives, chopped
2 teaspoons fresh thyme, chopped

1 tablespoon extra-virgin olive oil
1 tablespoon balsamic vinegar
1/2 cup toasted walnuts
1/2 cup crumbled goat cheese
Salt and pepper to taste

Cook beets until tender, about 20 minutes. Peel and slice when cool.

Place spinach in a medium serving bowl. Add oranges and beets.

In a small bowl, whisk together chives, thyme, olive oil, and vinegar.

Pour dressing over salad.

Top with toasted walnuts and goat cheese. Add salt and pepper to taste, and serve.

Contributed by Minou Mayer, MA

Mung Bean Sprout Salad

Healthy Food Index	Calories	MACs	Polyphenols	Omega-3 FA/ Total Fats
5.9	157	9.75	0.53	0.75

(listed amount per serving)

SERVES 4

2 cups sprouted mung beans	$\frac{1}{2}$ teaspoon chaat masala (<i>optional</i>)
1 small or medium onion, finely chopped	1 boiled potato or sweet potato (<i>optional</i>)
1 medium tomato, finely chopped	Rock salt or black salt as desired
1 green chili (<i>optional</i>), finely chopped	1 teaspoon lemon juice, as desired
$\frac{1}{4}$ teaspoon red chili powder	A few coriander leaves and lemon slices for garnish

Wash mung beans thoroughly. Drain and soak in plenty of water for 6 to 8 hours or overnight.

Drain the soaked beans and place in a large bowl, making sure there is some moisture left on them.

Cover the bowl with a lid and keep in a warm place for about 8 to 12 hours (mung beans start sprouting faster in warm weather).

Refrigerate leftover sprouts.

Rinse the sprouted mung beans in water, then steam or boil until completely cooked. Strain.

In a bowl, mix all ingredients except salt and lemon juice.

Season with salt and add a few drops of lemon juice. Garnish with lemon slices and coriander leaves. Serve immediately.

Contributed by Arpana Gupta, PhD

Avocado Hummus Dip

Healthy Food Index	Calories	MACs	Polyphenols	Omega-3 FA/ Total Fats
2.6	150	4	0.08	0.008

(listed amount per serving)

SERVES 4

4 cloves garlic	1 tablespoon fresh ground ginger
1 teaspoon chili flakes	1½ avocados, peeled and pitted
½ teaspoon cumin powder	1 tablespoon extra-virgin olive oil
½ cup canned garbanzo beans, drained	Salt and freshly ground pepper
2 tablespoons lemon juice	½ teaspoon paprika for garnish
½ teaspoon turmeric powder	1 teaspoon chopped parsley for garnish

Blend garlic, chili flakes, cumin, garbanzo beans, lemon juice, turmeric, and ginger in a food processor.

Add avocado and blend another 20 seconds.

Put mixture into a bowl, add olive oil, salt, and pepper, and mix. Garnish with paprika and parsley.

Contributed by Minou Mayer, MA

Kale and Lentil Salad

Healthy Food Index	Calories	MACs	Polyphenols	Omega-3 FA/ Total Fats
3.3	307	7.8	0.027	0.1

(listed amount per serving)

SERVES 2

FOR THE SALAD:

$\frac{3}{4}$ cup green lentils
1 large head of Tuscan kale, stems removed and discarded, leaves finely chopped
1 cup cherry tomatoes, cut into halves
1 avocado, cut into small slices or squares
Handful of chopped cilantro

$\frac{1}{2}$ cup chopped walnuts, lightly toasted

Salt and freshly ground pepper

FOR THE DRESSING:

2 tablespoons extra-virgin olive oil
1 tablespoon fresh lemon juice
 $\frac{1}{2}$ cup sauerkraut
1 teaspoon cumin powder
 $\frac{1}{2}$ teaspoon fresh ground pepper

Add lentils to a large pot of salted boiling water and cook 20–25 minutes, until tender. Drain and let cool.

Add kale, tomatoes, lentils, avocado, and cilantro to a large bowl.

In a small bowl, whisk together all dressing ingredients.

Pour dressing over salad and top with toasted walnuts and salt and pepper to taste.

Contributed by Minou Mayer, MA

Sautéed Vegetables with Mustard Vinaigrette

Healthy Food Index	Calories	MACs	Polyphenols	Omega-3 FA/ Total Fats
3.0	282	8.2	0.07	0.03

(listed amount per serving)

SERVES 4

3 tablespoons extra-virgin olive oil
 1 red onion, cut in half, then into
 1-inch slices
 2 cups carrots, peeled and sliced
 diagonally
 1/2 tablespoon fresh ground ginger
 4 cloves garlic, peeled and sliced
 1 cup zucchini, sliced or cut into
 1-inch squares
 2 cups different-colored bell pepper,
 cut into 1-inch squares
 2 cups broccoli florets

2 cups cauliflower florets
 Salt and pepper to taste
 1 cup fresh cherry tomatoes, cut in
 half
 1 cup chickpeas, drained

FOR THE DRESSING:

Handful of chopped parsley
 2 tablespoons mustard
 1 tablespoon extra-virgin olive oil
 2 tablespoons wine vinegar
 1 teaspoon thyme

Put all dressing ingredients in a jar and shake well.

In a large frying pan, heat the 3 tablespoons of olive oil on medium heat.

Sauté onion and carrots for about 3 minutes.

Add ginger, garlic, zucchini, bell pepper, broccoli, and cauliflower to the pan.

Sprinkle salt and pepper.

Cover and cook 3–4 minutes, until tender.

Stir and add 1/4 cup water to the pan and cook for a couple more minutes.

Make sure you don't overcook the vegetables, as you want them crisp.

Let vegetables cool to room temperature and place in a large bowl.

Add tomatoes and chickpeas.

Pour dressing over the mixture, toss, and serve.

Contributed by Minou Mayer, MA

Sandwiches

Avocado Egg Toast

Healthy Food Index	Calories	MACs	Polyphenols	Omega-3 FA/ Total Fats
1.4	331	4.8	0.153	0.005

(listed amount per serving)

SERVES 2

1 tablespoon extra-virgin olive oil
1/2 teaspoon turmeric
2 eggs
Salt and pepper

2 slices wheat sourdough bread
1/2 ripe avocado
1 small red onion, thinly sliced
1/2 tomato, thinly sliced

Heat oil in a frying pan on medium-low heat.

Add turmeric to the oil and let it sizzle for a second.

Crack the eggs into the pan and season with salt and pepper.

Cover and cook the eggs, however you like them, about 3–4 minutes.

Toast slices of bread and mash avocado on them.

Arrange the onion and tomato slices on bread and top with an egg.

Contributed by Minou Mayer, MA

Spanish Mackerel Salad Sandwiches

Healthy Food Index	Calories	MACs	Polyphenols	Omega-3 FA/ Total Fats
1.2	450	5.15	0.028	0.1

(listed amount per serving)

SERVES 2

2 tins roasted Atlantic garlic mackerel fillets (such as Patagonia Provisions), drained and separated into fat flakes
 1 celery stalk, diced small
 1 small shallot or 1/4 red onion, diced small
 About 1/3 cup roughly chopped flat-leaf parsley leaves
 1 tablespoon lemon juice

1 teaspoon lemon zest
 1 teaspoon Dijon mustard
 Salt and pepper

FOR THE SANDWICHES:
 Slices of Muenster or Swiss cheese (optional)
 4 slices whole-wheat bread
 6–8 dill pickle chips, drained and patted dry (optional)

In a medium bowl, gently mix mackerel salad ingredients together.

Heat a nonstick pan over medium heat.

Assemble sandwiches: Lay a cheese slice on a slice of bread. Add 3–4 pickle chips, half of the mackerel salad, and another cheese slice; top with bread. Repeat for the second sandwich.

Place sandwiches in pan.

Cook until golden brown and cheese is melted, about 5 minutes per side.

Variations:

- Add a dash of curry powder, dukkah, harissa, or any other savory spice mix.
- Stir in chopped fresh herbs.
- If you don't want added calories and animal fat, you may skip the cheese.

Modified from Patagonia Provisions, Inc.

Veggie Burger

Healthy Food Index	Calories	MACs	Polyphenols	Omega-3 FA/ Total Fats
2.2	413	11	0.001	0.003

(listed amount per serving)

SERVES 4

5.8-ounce pouch Patagonia Provisions black-bean soup	1/4 cup green onions, sliced
1 cup bread crumbs	1 egg, beaten
1/2 cup pepitas (pumpkin seeds), chopped fine or pulsed in food processor	1 teaspoon lemon juice

Cook the black bean soup with half the amount of water (1 cup) and cool. You should have a very thick bean paste.

In a medium mixing bowl, combine remaining ingredients and mix thoroughly with cooled bean mixture.

Divide mixture into four patties and cook on stovetop or grill.

Stovetop:

To a hot frying pan, add 2 tablespoons of oil and sear patties until crispy and heated throughout.

Grill:

Place patties in a single layer on a lined tray or plate and freeze until firm, 20–30 minutes. Preheat the grill and wipe clean grates with an oiled cloth. Grill each patty 5–7 minutes on each side.

Top with avocado, sprouts, and your favorite condiments.

Adapted from Patagonia Provisions, Inc.

Desserts

B-RAW-nie

Healthy Food Index	Calories	MACs	Polyphenols	Omega-3 FA/ Total Fats
3.3	340	7	0.16	0.27

(listed amount per serving)

SERVES 8

2 cups walnuts

1/2 cup cocoa powder

2 cups pitted dates

1 tablespoon alcohol-free vanilla
extract

In a food processor fitted with the S blade, process walnuts to a powder.
Do not overprocess to a nut butter.

Add cocoa and process again.

Add dates and process until a ball forms.

Add vanilla and briefly process again.

Transfer the batter to a silicone brownie mold or an 8" × 8" square pan
and press in evenly.

Cover and freeze until firm, about 2–3 hours, then slice into squares.

Contributed by Chef AJ

Cacao Yogurt with Mixed Berries

Healthy Food Index	Calories	MACs	Polyphenols	Omega-3 FA/ Total Fats
4.13	160	6.2	0.44	0.14

(listed amount per serving)

SERVES 1

**1/2 cup plain plant-based yogurt
alternative**
1 tablespoon cacao

**1 cup seasonal berries, cut into bite-
size pieces if necessary**

Mix cacao and yogurt in a small bowl and stir until smooth.

Top with fruit and enjoy.

Contributed by Minou Mayer, MA

Pressure-Cooker Blueberry-Millet Pudding

Healthy Food Index	Calories	MACs	Polyphenols	Omega-3 FA/ Total Fats
1.2	256	3.12	0.49	0.13

(listed amount per serving)

SERVES 4–6

FOR THE PUDDING:

1 cup millet
3 cups unsweetened nondairy milk
1 teaspoon cinnamon
 $\frac{1}{2}$ teaspoon cardamom
1 teaspoon vanilla powder
(*optional*)

FOR THE FRUIT TOPPING:

2 tablespoons date paste
2 cups unsweetened pomegranate
juice
4 tablespoons cornstarch dissolved
in 4 tablespoons water
1 cup wild blueberries

Place all pudding ingredients in an Instant Pot electric pressure cooker and cook on high for 10 minutes. Release pressure after 10 minutes. This can be enjoyed warm or cold. Millet thickens as it cools.

In a medium saucepan dissolve date paste into the pomegranate juice and reduce to $\frac{1}{2}$ cup of liquid. Slowly stir in cornstarch until mixture thickens, then gently stir in blueberries. Remove from heat.

Distribute pudding mixture evenly into 4–6 tall glasses or parfait dishes. Evenly distribute the fruit topping on each of the parfaits. You can do 2 layers and alternate if you wish.

Chill for a few hours until set.

Contributed by Chef AJ

World's Healthiest (and Easiest) Pecan Pie

Healthy Food Index	Calories	MACs	Polyphenols	Omega-3 FA/ Total Fats
2.4	366	7.3	1.83	0.015

(listed amount per serving)

MAKES 10-12 SERVINGS

FOR THE CRUST:

2 cups raw unsalted pecans

2 cups pitted dates

1 teaspoon vanilla powder (*optional but good*)

16 ounces pitted dates soaked in 16 ounces water until soft

1 teaspoon vanilla powder (*optional but good*)

12 ounces raw, unsalted pecans (about 3 cups), finely ground to a powder

FOR THE FILLING:

First, make the crust:

Place pecans in a dry food processor fitted with the S blade and process to a flourlike consistency. Do not overprocess, or you will get nut butter.

Add dates and process until a ball forms. You may need to add more dates.

Once the crust is at the proper consistency, add the vanilla and pulse briefly.

Using a piece of parchment paper, press the crust evenly into a 9-inch springform pan.

Then, make the filling:

Place dates, soaking liquid, and vanilla into a large food processor fitted with the S blade and puree until smooth.

Add the finely ground pecans and process again until creamy.

Assemble the pie:

Remove parchment from crust and pour in filling, spreading evenly.

Decorate the top of the pie with pecan halves.

Freeze the pie overnight or until firm.

Contributed by Chef AJ

Meal Plans

Here is a guideline for a day's menu. If you plan to follow a time-restricted eating schedule, I recommend two meals a day, lunch and dinner, with healthy snacks in between, within the eight-hour eating period. However, you can also use these recipes in a traditional breakfast, lunch, and dinner meal plan.

- Breakfast: bowl or smoothie
- Brunch/lunch: bowl, sandwich, or salad
- Dinner: simple main (complex mains for weekends only)
- High-fiber/polyphenol snacks with no added sugar in between
 - * apples, nuts
 - * high-fiber, no-added-sugar bars
 - * Navitas Organics snacks
- Drinks
 - * black, unsweetened coffee or tea in the morning
 - * kombucha
 - * green or black tea in the afternoon/evening
 - * yerba maté tea
 - * unsweetened probiotic drinks or shots
 - * water
 - * glass of red wine in the evening

Nutritional Values for Gut-Healthy Food

High-Fiber Foods

Ingredient (100g)	Fiber (g/100g)
chia seeds	33.3
cacao	22.5
flaxseeds	19.3
lentils	17.5
oat bran	16.1
flaxseed meal	13.3
wheat germ	12
edamame	8.8
whole-wheat pasta	8
pecans	7.5
black beans	4.3
wild rice	4
chickpeas	2.6
beets	2.6

Source: https://www.nal.usda.gov/sites/www.nal.usda.gov/files/total_dietary_fiber.pdf

High-Polyphenol Foods

Ingredient	Total Phenolic Content (mg/100g)
chia seeds	2941.2 (including linolenic polyunsaturated fatty acids)
flaxseed	956.9 (including linolenic polyunsaturated fatty acids and secoisolariciresinol diglucoside)
flaxseed oil	900 (including ferulic acid 4-O-glucoside)
coffee	895 (chlorogenic acid)
unpasteurized sauerkraut	825 (including pinoresinol and kaempferol)
blueberries	310 (including 5-caffeoylquinic acid)
cacao powder	225 (flavanols)
red wine	220 (including resveratrol and tannin)
plum slices	185 (including 3-caffeoylquinic acid)
black beans	174 (including delphinidin 3-O-glucoside)
green tea	105 (L-theanine)
oyster mushrooms	67 (including ergothioneine)
extra-virgin olive oil	50 (luteolin and oleocanthal)

Source: <http://phenol-explorer.eu/>

High Omega-3 Fatty Acid–Containing Foods

Ingredient (100g)	Omega-3 FA (mg/100g)
flaxseed	22,800
chia seeds	18,100
walnuts	9,200
hempseed	8,700
flaxseed oil	8,200
mackerel	5,100
sardines	4,000
wild salmon	2,300
soybeans	1,400
pecans	860
tofu	582

Source: <https://fdc.nal.usda.gov/>

RECIPE RESOURCES

Contributors

The majority of the recipes in this book were contributed by Orsha Magyar and her Neurochefs from the company NeuroTriton and by my wife, Minou Mayer, MA.

NeuroTriton develops recipes based on nutrition for optimal brain health. You can find out more about this innovative organization at www.neurotrition.ca.

A few recipes were adapted from Patagonia Provisions, Inc. (www.patagoniaprovisions.com).

Dessert recipes were developed by Chef AJ (www.chefajwebsite.com).

Some pasta dishes were adapted from one of my favorite cookbooks, *Jamie's Italy*, by Jamie Oliver (New York: Hyperion, 2006).

Ingredients

Even though alternative sources are available, based on quality, sustainable production, and health benefits I recommend sourcing ingredients from the following brands:

- Extra-virgin olive oil: Le Corti Dei Farfensi, <https://lecortideifarfensiusa.com/collections/olive-oil>

- Canned mussels, smoked salmon, canned mackerel, and organic black-bean soup, seeds, and bars: Patagonia Provisions, www.patagoniaprovisions.com
- Canned sardines: wild Portuguese sardines, www.vitalchoice.com
- Fiber bars: NuGo Nutrition, www.nugofiber.com
- Hemp milk and raw hempseed: Manitoba Harvest, www.manitoba-harvest.com
- Goji berries, Inka berries, maqui, camu camu, and açai powder: Navitas Organics, www.navitasorganics.com
- Ancient grain flakes: Nature's Path Heritage flakes, www.natures-path.com