

I'M SO effing HUNGRY

Why We Crave What We Crave—
and What to Do About It

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HARVEST

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Some names and identifying details have been changed.

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CCK Public Enemy No. 1: Emulsifiers

When you do your laundry, you dump some detergent into your washing machine along with your dirty clothes. The detergent usually contains emulsifiers to help get rid of stains. By causing a chemical reaction, emulsifiers coat the stain and work to lift it off the fabric.

Food manufacturers put emulsifiers in food, too, particularly prepackaged and processed foods, to make them smoother, creamier, and shelf stable. Think about the last time you made a homemade oil and vinegar salad dressing. It probably began to separate before you put it on the table. Compare that to a store-bought creamy Italian dressing that stays perfectly blended for months. The difference is that emulsifiers in the store-bought dressing prevent its ingredients from separating.

But here's the big problem: When those emulsifiers reach your gut, they strip away its mucosal lining, causing the neurons that innervate the intestines to retreat farther into the gut. Although you are ingesting food, the CCK signals that occur when your body recognizes you are eating and shut down your feeling of hunger never get deployed. Consequently, you want to eat far more of these processed foods than you should because you don't start to feel full. Plus, when emulsifiers adhere to the protective layer of your gut, they cause damage that creates ongoing, low-grade inflammation and changes the protective bacteria in the gut that help manage weight and blood sugar.

All of this creates what we call increased intestinal permeability (aka in lay media as leaky gut), a condition that influences not only digestion but our overall health. With this increased gut permeability, your intestines start to become looser and more porous than usual, and they let food particles seep into your bloodstream. Because your immune system constantly guards the intestinal wall, it sees these particles as intruders and attacks them. Among the many problems with

this increased intestinal permeability is that this condition triggers food sensitivities, intolerances, and allergies.

One important remedy to repair the gut is to avoid food processed with emulsifiers—store-bought convenience foods such as mayonnaise, margarine, salad dressings, nut butters, canned frostings, cookies, crackers, creamy sauces, breads, and baked goods. Look around your pantry and read ingredient labels to avoid eating food that contain emulsifiers. Some of the most common are:

- Ammonium salt of phosphorylated glyceride
- Calcium carbonate
- Carboxymethylcellulose
- Carrageenan
- Casein
- Cellulose gum
- CSL (calcium stearoyl lactylate)
- Glycerol monolaurate
- Guar gum
- Gum arabic
- Lecithin (from soy, sunflower, and egg)
- Locust bean gum
- Methylcellulose
- Mono- and diglycerides
- PEG (polyethylene glycol)
- PG ester (PGME)
- Polyglycerols
- Polysorbate 80
- PPG (polypropylene glycol)
- Sodium potassium tartrate
- Sodium stearoyl lactylate
- Sorbitan ester (SOE)
- Whey protein
- Xanthan gum

Above all, minimize the amount of processed foods in your diet. It is virtually impossible to cut out all emulsifiers, because they have infiltrated our foods—even supplements and medications. I eat emulsifiers, but I try to limit them just as I limit processed foods.

Overall, populate your diet with whole, unprocessed foods as much as possible. They are healing to your gut. They help the gut make adhesive proteins that seal the gaps in the intestinal lining, keeping harmful microbes out of the bloodstream, and promoting anti-inflammatory molecules that calibrate your immune system.

I eat a lot of fermented foods as part of my dietary regimen, too—kimchi, sauerkraut, yogurt, kefir, and others, because they help promote gut health (more on this in Chapter 3). The meal plans and nutritional guidelines in this book will help you with all of these nutritional recommendations.

Enjoy Prebiotics

The food you feed your friendly gut bugs is as important as the bugs themselves in getting them to grow and colonize. One of the best foods for gut microbes is a type of fiber known as prebiotics. Think of prebiotics as fast food for gut microbes. They feed and encourage the growth of good bacteria. As for hunger and cravings, they help our satiety hormones spring into action.

To increase your intake of prebiotics, you should eat more cellulose fibers, found in the tough parts of vegetables and fruit (think of broccoli stalks, the bottoms of asparagus, kale stems, and orange pulp).

The following foods are also rich in prebiotics:

- Beans and legumes
- Dark chocolate
- Fibrous parts of fruits and vegetables
- Garlic
- Ginger
- Jerusalem artichokes
- Leeks (green and white parts)
- Onions
- Plantains
- Potatoes, yams, sweet potatoes, and other root vegetables

Hunger Hack: High-Water Foods

Feeling hungry too much of the time? In addition to high-fiber foods, protein, and healthy fats (all known to boost satiety), include foods high in water. They help fill your stomach too.

Here's my A-list of nutrient-dense foods that are 90 percent water or more—and will help increase satiety:

Fruits

- Cantaloupe
- Cranberries
- Grapefruit
- Orange
- Peach
- Pineapple
- Raspberries
- Watermelon

Vegetables

- Celery
- Cucumber
- Green cabbage
- Lettuce
- Radishes
- Tomato
- Zucchini

Other Foods

- Broths
- Clear soups

Try to prioritize your food choices around nutrient-packed, high-fiber, high-water-content foods, and you'll effortlessly get your hunger under control—without having to try to rely on willpower—and protect your precious health in the process.

1. Glucosinolates

Glucosinolates are good-for-you constituents of plant foods, primarily cruciferous vegetables. These are veggies like broccoli, cabbage, Brussels sprouts, and kale, all very popular vegetables both for their health benefits as well as their versatility in recipes.

Because these vegetables are so fiber- and nutrient-loaded, they tend to be more satisfying than high-carb foods. Plus, they can reduce overeating in the short and long term to support weight loss. They also offer amazing perks when it comes to guarding against serious illnesses, including cancer.

So if these are the sort of veggies you turn your nose up at, be careful! You might be missing out on some seriously important nutrition.

When you eat these veggies, their glucosinolates are broken down by microbes into compounds called metabolites. Metabolites halt inflammation, accelerate your metabolism, and set in motion enzymatic reactions to guard your cells from damage (you'll recall from Chapter 3 that metabolites also mimic hunger or satiety hormones). Glucosinolates also work like natural antibiotics to help ward off bacterial, viral, and fungal infections in the body.

The most common glucosinolate-containing vegetables found on grocery store shelves are:

- Arugula
- Bok choy
- Broccoli
- Broccoflower
- Broccolini
- Brussels sprouts
- Cabbage
- Cauliflower
- Collard greens
- Horseradish
- Kale
- Mustard greens

Radishes
Rutabaga
Turnip
Watercress

2. Polyphenols

I was raised in a culture that emphasized Ayurvedic medicine, one of the world's oldest holistic (whole-body) healing systems. Part of it focuses on nutrition and special healing diets. Many of the foods commonly used in the Ayurvedic diet tradition are rich in polyphenols, beneficial organic compounds found in various foods, particularly fruits and vegetables.

Dozens of polyphenol compounds exist naturally in foods, and each of them has a unique impact on human health. When I was growing up, for example, high-polyphenol foods like cloves were used to heal digestive problems, protect the brain, and enhance metabolism. Other foods rich in polyphenols and used in Ayurveda medicine include berries, pomegranates, leafy greens, nuts, and many different kinds of herbs.

Most of us know about antioxidants and how important they are for clearing our bloodstream and neural pathways of toxins we accumulate during the day. Polyphenols are a subset of antioxidants, and they have an array of effects on the body when included in your diet. Some polyphenols keep your skin looking healthy, while others help to promote good gut health, giving your immune system a boost.

Polyphenols are key for controlling hunger, appetite, and cravings.

For one thing, they support the growth of good bacteria, while combating bad bacteria. This builds gut diversity, which helps normalize hunger and appetite. Additionally, polyphenols promote the secretion of satiety hormones by cells in the gut.

Polyphenols can also reduce and control your blood sugar levels—which helps with hunger and cravings. They also assist in churning out insulin, the hormone that signals your body to use glucose efficiently. This beneficial action can help prevent insulin

resistance—that dreaded condition in which your body doesn't respond properly to the hormone.

If you want to change your diet and start eating more nutritiously, increasing your intake of polyphenols is an excellent way to start. Foods high in polyphenols include:

- Avocados
- Berries, all types
- Broccoli
- Cherries
- Chili peppers
- Citrus fruits
- Coffee
- Flaxseeds
- Dark chocolate
- Garlic
- Legumes
- Mangoes
- Nuts, all varieties
- Olives
- Onions
- Oregano, as well as many other herbs and spices (choose organic if you can in order to avoid pesticide residue)
- Pumpkin
- Spinach
- Tea, all types especially green tea

3. Appetite-Suppressing Amino Acids

We've talked about how eating protein at meals can fill you up faster than eating simple carbs like bread and pasta. One of the main reasons for this benefit is the amino acids found in proteins. Maybe you've read about amino acids in a fitness magazine, seen them in the supplement aisle of your pharmacy, or heard about them in an ad.

But what exactly do they do?

In simple terms, amino acids are the building blocks of protein, and they support many of your body's most vital functions, ranging from digesting food to building muscle to helping the body burn fat.

They are also natural appetite suppressants. In fact, a 2009 review published in *The American Journal of Clinical Nutrition* reported that protein and amino acids are more powerful than carbohydrates and fat in promoting short-term satiety in animals and humans. Ingesting amino acids will impart the sensation of feeling full and help you stop overeating.

Certain amino acids satisfy hunger more quickly than others, say reports published in *Nutrients* and other journals. A closer look at these amino acids and their food sources follows.

Arginine and lysine. According to researchers at the University of Warwick in England, foods that are high in arginine and lysine can powerfully control your appetite. Their 2017 study found that brain cells called tanycytes are involved in appetite control. After exposing tanycytes from the brain tissue of mice to these two amino acids, the researchers discovered that these cells released satiety signals to the brain within just thirty seconds! The finding suggests that eating more of the amino acids lysine and arginine can flick off your hunger switch. This study was published in the journal *Molecular Metabolism*.

Animal and plant sources of foods high in these aminos include:

- Almonds
- Apricots
- Avocadoes
- Beef
- Chicken
- Lentils
- Plums
- Pork

Phenylalanine. Of all amino acids, this one appears to be the most potent appetite suppressant. It reduces appetite by controlling the

release of cholecystokinin, a hormone of the intestines that sends fullness signals to the brain after eating. It also causes the digestion process to perform at a slower pace; this also creates a natural decrease in your appetite.

Foods high in phenylalanine include:

- Beans
- Beef
- Chicken
- Fish
- Milk
- Nuts
- Seeds
- Sweet potatoes
- Tofu
- Whole grains

Tyrosine. Tyrosine works as an appetite suppressant but on a mild level, because it also triggers cholecystokinin production. What's more, tyrosine stimulates the production of certain hormones that are involved in accelerating the metabolism and fat burning. Tyrosine is also the main building block of dopamine, which plays a role in hunger and cravings (see "Dopamine-Support Foods" on page 84). A lack of tyrosine can result in emotional overeating and depression.

Foods rich in tyrosine include:

- Banana
- Beans and lentils
- Cheese
- Eggs
- Fish
- Pork
- Poultry
- Prunes
- Seeds
- Spirulina

Tryptophan. This amino acid suppresses the appetite both indirectly and directly. Directly—by elevating the level of your serotonin. Serotonin, in turn, sends a signal to your hypothalamus initiating the sense of being full, decreasing your appetite. Tryptophan functions indirectly like phenylalanine by sending a signal to the intestines to release cholecystokinin to the blood, making you feel full.

Tryptophan-rich foods include:

- Beans
- Beef
- Eggs
- Milk
- Nuts
- Oatmeal
- Pork
- Poultry
- Seeds
- Tofu

Leucine. This amino acid is beneficial in maintaining lean muscle mass. It also triggers your sense of being full. The effects of this amino acid on weight loss are very powerful. In a study published in *Diabetes, Metabolic Syndrome, and Obesity: Targets and Therapy*, participants lost twice as much weight when taking a leucine supplement, along with vitamin B6, compared to those who took a placebo.

Foods high in leucine include:

- Beef
- Cottage cheese
- Eggs
- Lentils
- Hemp seeds
- Navy beans
- Oatmeal
- Peanuts

Pork
Pumpkin seeds
Sesame seeds
Spirulina
Tuna

4. Dopamine-Support Foods

Intertwined with hunger and satiety hormones are neurotransmitters, including dopamine. Remember, dopamine stimulates the reward and pleasure centers in the brain, which can impact both mood and food intake. Dopamine is often called the motivator molecule because it is responsible for sending signals to your brain to drive behavior.

While it is true that foods both high in sugar and fat (junk food) spike dopamine levels, there's a rebound effect. Those same foods can bump up your appetite, lead to overeating, and possibly cause weight gain over the long haul.

So are there foods that can boost dopamine, but without that rebound effect? Yes—protein!

This fact first came to light in a 2014 issue of *Nutrition Journal*, in which researchers compared the satiety effects from high-protein breakfasts (containing 35 grams of high-quality animal protein) versus normal-protein breakfasts (13 grams) or breakfast skipping in overweight and obese teenage girls. The high-protein breakfast worked best at curbing postmeal cravings and boosting dopamine levels.

This study was the first to show that dopamine surges after you eat protein. As I noted above, protein contains amino acids, several of which are the building blocks of dopamine. Thus, eating more protein is a healthier way to increase dopamine production.

So, what exactly should you eat if you want to raise your dopamine levels? Among the best choices are foods that are rich in tyrosine, the amino acid building block of dopamine. Think chicken, fish, and lean beef. For animal proteins, choose organic, grass-fed, hormone-free, and antibiotic-free, and, for fish, wild-caught as much as possible.

Generally, I think our society eats too much animal protein. I

advise that my patients adhere to a plant-based diet for 90 percent of the time. Plant foods that give a big dopamine boost include nuts and seeds, especially raw almonds, pumpkin seeds, walnuts, and chia and hemp seeds.

Foods rich in sulfur compounds also help release dopamine. So, add some collards, Brussels sprouts, cabbage, cauliflower, kale, onions, garlic, and scallions into your diet.

Folate foods are also hailed as foods that aid dopamine production. So, you'll certainly want to get a healthy handful of leafy greens, broccoli, cauliflower, chickpeas, black beans, papaya, and lentils into your meals.

Dark chocolate is also a healthy snack for anyone looking for foods that boost dopamine levels. Not only will this mood-boosting superfood increase dopamine levels but it'll also help boost serotonin as well.

Grab a handful of blueberries and strawberries the next time you need some motivation. These delicious berries are rich in antioxidants that have been shown to protect major parts of the brain that control dopamine production.

5. Omega-3 Fatty Acids

These awesome fats should be in your diet routinely because they are part of every cell in your body. They also help strengthen your immune system, support the health of your lungs and blood vessels, and help manufacture hormones.

As we've seen, appetite is regulated by complex neural and hormonal mechanisms that try to maintain homeostasis (aka keep things the same) in the body. Now, growing research has underscored how powerfully these fats support that regulatory system by boosting satiety. In a study published in *Appetite*, obese and overweight individuals felt full sooner during meals containing omega-3 fats than later.

A study reported in the *European Journal of Clinical Nutrition* sheds light on this. It turns out that omega-3 fats boost leptin levels in obese subjects. Leptin is the I'm-full hormone. The same study noted

that these powerful fats increase levels of adiponectin, a hormone assigned the jobs of regulating glucose levels and breaking down fat into fatty acids to be used as fuel.

Omega-3 fatty acids suppress appetite in another way—by stimulating the release of the gut and satiety hormone cholecystokinin.

What does all this mean? Omega-3 fats are potent, natural appetite tamers!

Foods high in omega-3 fatty acids include:

Algae oil (this is one of the best sources of vegan omega-3 DHA and my preferred omega-3 fat)

Eggs fortified with omega-3s

Fish (especially anchovies, herring, lake trout, salmon, and sardines). Fish can contain an excessive amount of mercury, pesticide residues, and other toxins, depending on their source. Make sure you choose wild caught and organic as much as possible.

Nuts and seeds (flaxseeds, walnuts, nut butters, and chia seeds)

Other plant sources such as spirulina, spinach, red lentils, navy beans

Plant oils (flaxseed oil and canola oil). Cold-pressed oils are preferred.

6. All Forms of Fiber

I hope you're not getting tired of hearing about fiber (I'll be brief here!), but it is ultra-important for hunger regulation and satiety. It's best to eat the following forms of fiber every day.

Soluble fiber dissolves in water and turns into a gel-like substance during digestion, which helps slow down the process and make you feel full. The best sources of soluble fiber are:

Apples

Avocado

Black beans

Broccoli

Sweet potatoes

Insoluble fiber does not break down in the digestive system but works to help move food through the stomach and intestines. It's like a vacuum for your digestive system. The best sources are:

Bran
Cauliflower
Green beans
Nuts
Whole grains

Prebiotic fiber encourages the growth of good bacteria (probiotics) in your gut—which ultimately helps dampen cravings for sugar and keeps your hunger in check.

The top sources are:

Asparagus
*Banana
Chicory root
*Garlic
Jerusalem artichoke
*Leek
*Onion
Virtually any vegetable
*Wheat

Note that I placed an asterisk next to five prebiotic foods. I'm singling them out for honorable mention because they contain natural compounds called inulin-type fructans, a special type of prebiotic fiber that confers health benefits through alterations in the microbiome. In a 2019 study published in *The American Journal of Clinical Nutrition*, volunteers who increased these fibers in their diets experienced greater satiety and fewer urges to eat sweet, salty, and fatty foods, and actually craved inulin-rich vegetables. Just more reasons to eat prebiotic fiber!

Add in Fermented Foods

Fermented foods are definitely a healthy food choice for you, as we talked about earlier. They contain probiotic compounds that provide protection to the digestive system. A Stanford study confirmed this amazing fact, too, noting that a diet rich in fermented foods creates a diverse microbiome and reduces chronic inflammation. This study is an early example of how one simple change in your diet can alter your microbiome for the better. It was published in the journal *Cell*.

Yogurt—one of the giants among fermented foods—has been well studied for its effect on satiety. A 2015 report in *Nutrition Reviews* noted that drinking milk and eating yogurt increases the circulating concentration of two important appetite-suppressing hormones: glucagon-like peptide-1 (GLP-1) and peptide YY (PPY).

Produced in the gut, GLP-1 helps regulate your appetite, especially after eating. Because GLP-1 reduces hunger after a meal, if your body releases less of this hormone, you may overeat.

Be careful with diets, too. Dieting has been linked to a decrease in GLP-1. When levels of this hormone fall, your appetite may increase, and you might regain any lost pounds. This situation is yet another reason why traditional diets don't work well.

PPY is another hormone that regulates hunger and sidetracks the desire to eat. For anyone who struggles with excessive hunger, it can be very beneficial to trigger these hormones naturally. Pass the yogurt, please!

I've always tried to include yogurt and fermented foods in my diet, based on what we know about the health benefits of probiotics. Plus, these foods have merits: sauerkraut and kimchi are made from vegetables, which are super good for you, and yogurt is an excellent source of protein. I enjoy eating them; they're easy to find and include in my diet.

It's time for you to get serious and eat fermented foods on a regular basis. Here's a list of the most common fermented foods that you can add to your diet.

Cheeses

Cottage cheese

Kefir

Kimchi

Kombucha, low sugar (fermented tea)

Miso

Olives

Pickles

Sauerkraut

Tempeh

Yogurt

Assess Your Sleep

How's your sleep quality? Here's an assessment to help you find out. Take it now, then after a month of practicing my sleep skills, retake it to gauge any improvements in your sleep.

To test: Read the following statements and answer yes or no to each.

1. It takes me 30 or more minutes to fall asleep at bedtime.

Yes or No

2. I rarely remember my dreams.

Yes or No

3. I wake up in the morning still feeling tired and not very rested.

Yes or No

4. I feel hungry more often, especially for junk food.

Yes or No

5. I wake up earlier in the morning than I would like to.

Yes or No

6. I sometimes feel sleepy and tired throughout the day.

Yes or No

7. I frequently wake up one or more times during the night.

Yes or No

8. I often lie awake at night and my mind races with worry and other thoughts.

Yes or No

9. My eyes are puffy or red, or I have dark circles or bags under them in the morning.

Yes or No

10. My emotions are all over the map—anger, impulsivity, anxiety, sadness, and so forth.

Yes or No

To score: If you answered yes to three or more of these statements, then likely you aren't getting enough sleep or good-quality sleep. Start practicing the suggestions in this step.

What Is the Best Workout for You?

When it comes to exercise, some people are dopamine-wired; others need a serotonin or GABA boost. Take this brief quiz to see how you're wired—and what type of exercise might be best fit for your brain and body in order to help you with hunger and cravings. Circle the response that describes you.

1. I'm extremely motivated.
Yes
No
2. I need more motivation.
Yes
No
3. I enjoy competition with others.
Yes
No
4. I need to relax and chill out more.
Yes
No
5. I love to set goals and accomplish them.
Yes
No
6. I often feel burned out by stress.
Yes
No
7. I like to play games and sports.
Yes
No
8. My body feels tense a lot of the time.
Yes
No
9. I love adventure.
Yes
No

10. I prefer mostly solitary activities.

Yes

No

Scoring

Look over your answers.

If you circled yes for most of the odd-numbered statements, you are dopamine-wired, which means you'll benefit most from challenging activities with clear and measurable outcomes, such as team sports, track events, skiing, and group fitness classes. These activities are best suited to anyone who is generally exteroceptive, or responds well to stimuli from the environment outside the body.

If you answered yes to most of the even-numbered statements, your best choices are serotonin- and GABA-producing exercises, such as yoga, tai chi, and any noncompetitive outdoor activity or other practice in which performance is not evaluated. These are examples of interoceptive activities, in which you tend to sense the internal workings of your body, such as breath regulation, flexibility, digestion, and so forth.

Incredibly Filling Meals: Reset Your Hunger and Cravings in Two Weeks

WEEK 1

Day 1

Breakfast: High-Fiber Vegan Banana Pancakes with Blueberry Sauce (see page 172)
Lunch: Black Bean and Sweet Potato Hash (see page 182)
Snack: Yogurt Ranch Veggie Dip with raw veggies (see page 193)
Dinner: Date-Olive Chicken/Tofu with Sautéed Kale (see page 179)

Day 2

Breakfast: Spicy Indian Eggs (see page 173)
Lunch: Leftover Date-Olive Chicken with Sautéed Kale (see page 179)
Snack: Leftover Yogurt Ranch Veggie Dip with raw veggies (see page 193)
Dinner: Leftover Black Bean and Sweet Potato Hash (see page 182)

Day 3

Breakfast: Sweet Cherry-Almond Butter Smoothie (see page 198)
Lunch: Kimchi (see page 192) with Leek, Cabbage, and Sweet Potato Soup (see page 194)
Snack: Coconut Kefir with a handful of walnuts (see page 196)
Dinner: Stir-Fry with Tofu, Broccoli, Snow Peas, and Bean Sprouts (see page 183)

Day 4

Breakfast: Chai Latte Oatmeal Bowl (see page 175)

Lunch: Leftover Stir-Fry with Tofu, Broccoli, Snow Peas, and Bean Sprouts (see page 183)

Snack: Cup of leftover Leek, Cabbage, and Sweet Potato Soup (see page 194)

Dinner: Spiced Moroccan Lentils (see page 189)

Day 5

Breakfast: Chickpea Omelet with Spinach and Goat Cheese (see page 176)

Lunch: Crispy Air-Fried Tofu Lettuce Wraps (see page 184)

Snack: Coconut Kefir with a handful of walnuts (see page 196)

Dinner: Leftover Spiced Moroccan Lentils (see page 189)

Day 6

Breakfast: Turmeric Egg White Scramble with Kale, Chickpeas, Sweet Potatoes, and Yogurt (see page 177)

Lunch: Creamy Broccoli-Cheese Soup (see page 195)

Snack: Iced Oat Milk Chai (see page 197)

Dinner: Roasted Tempeh and Broccoli with Peanut Sauce (see page 188)

Day 7

Breakfast: Mixed Berry Compote with Yogurt (see page 178)

Lunch: Leftover Creamy Broccoli-Cheese Soup (see page 195)

Snack: Peppermint-Mocha Sipper with a handful of walnuts (see page 198)

Dinner: Crispy Berbere-Roasted Tofu and Vegetables (see page 185)

WEEK 2

Day 1

Breakfast: Healthiest Yogurt Parfait (see page 178)

Lunch: Leftover Crispy Berbere-Roasted Tofu and Vegetables
(see page 185)

Snack: Dark Chocolate–Dipped Fruit (see page 200)

Dinner: Pan-Seared Salmon with Lemon-Garlic Butter
(see page 191) (this will include the Brussels sprouts
side dish)

Day 2

Breakfast: Vanilla Chai Protein Shake (see page 197)

Lunch: Lebanese Chopped Kale Salad with Air-Fried Falafel
(see page 181)

Snack: Yogurt Ranch Veggie Dip (see page 193)

Dinner: Garlicky Baby Bok Choy and Shiitake Mushroom
Stir-Fry with Shrimp (see page 191)

Day 3

Breakfast: High-Protein Oat Pudding with Cardamom and
Plums (see page 174)

Lunch: Black Bean and Sweet Potato Hash (see page 182)

Snack: Kombucha (see page 199) with Dark Chocolate–
Peppermint Coins with Cacao Nibs (see page 201)

Dinner: Leek, Cabbage, and Sweet Potato Soup with Beef
(see page 196)

Day 4

Breakfast: Spicy Indian Eggs (see page 173)

Lunch: Leftover Leek, Cabbage, and Sweet Potato Soup with
Beef (see page 196)

Snack: Sweet Cherry–Almond Butter Smoothie (see page 198)
Dinner: Pan-Seared Salmon with Lemon-Garlic Butter
(see page 191) with Kimchi (see page 192)

Day 5

Breakfast: High-Fiber Vegan Banana Pancakes with Blueberry
Sauce (see page 172)
Lunch: Crispy Air-Fried Tofu Lettuce Wraps (see page 184)
Snack: Dark Chocolate–Peppermint Coins with Cacao Nibs
(see page 201) with Kombucha (see page 199)
Dinner: Date-Olive Chicken with Sautéed Kale (see page 179)

Day 6

Breakfast: Pumpkin Spice Chia Seed Pudding (see page 203)
Lunch: Crispy Berbere-Roasted Tofu and Vegetables
(see page 185)
Snack: Fudgy Black Bean Brownies (see page 202)
Dinner: Curried Tofu Scramble with Spinach and Tomatoes
(see page 186)

Day 7

Breakfast: Green Tea Yogurt Bowl with Berries and Chocolate
(see page 203)
Lunch: Leftover Curried Tofu Scramble with Spinach and
Tomatoes (see page 186)
Snack: Leftover Fudgy Black Bean Brownies (see page 202)
Dinner: Spiced Moroccan Lentils (see page 189)

After reading over the meal plans and the corresponding recipes, check the contents of your kitchen and pantry to see what ingredients you already have and which you'll need to shop for. Purchasing groceries ahead of time will let you prep and cook in advance for additional convenience.

The shopping lists that follow include all of the ingredients found in the recipes in Chapter 11. Where quantities are specified, they are only general guidelines. You may require more or less of certain foods, depending on how many people you're cooking for and which recipes you'll be using.

STAPLES TO HAVE ON HAND

BAKING NEEDS

- Baking powder
- Chickpea flour
- Cornstarch or arrowroot powder
- Nutritional yeast
- Unsweetened cocoa powder
- White whole wheat flour or gluten-free all-purpose flour

SPICES AND FLAVORINGS

- Aleppo pepper (optional)
- Allspice, ground
- Berber seasoning (Ethiopian spice blend)
- Black pepper, freshly ground
- Cardamom, ground
- Cayenne
- Chili powder
- Cinnamon
- Cloves, ground
- Coriander, ground
- Cumin, ground
- Curry powder
- Dill, dried
- Garam masala
- Garlic powder
- Ginger, ground
- Gochugaru (Korean red chili powder)
- Hibiscus petals, dried

Lavender flowers, dried
Onion flakes, dried
Onion powder
Parsley flakes, dried
Peppermint oil
Pumpkin pie spice
Pure vanilla extract
Red pepper flakes
Sea salt
Sea salt, flaked variety
Smoked paprika
Thyme, dried
Turmeric, ground

CONDIMENTS

Apple cider vinegar
Fish sauce or vegan fish sauce
Red wine vinegar
Low-sodium soy sauce or tamari
Sriracha

FATS AND OILS

Almond butter
Butter
Coconut oil
Extra-virgin olive oil
Ghee
Mayonnaise
Peanut butter, natural, creamy
Sesame oil
Vegan butter
Walnut oil

SWEETENERS

Agave syrup
Brown sugar, small amount

Granulated sugar
Liquid stevia
Maple syrup

WEEK 1 SHOPPING LIST

FRUIT

Avocado, 1
Banana, 1
Blueberries, fresh or frozen
Dark sweet cherries, frozen
Lemons, 2
Limes, 3
Orange juice, 3 tablespoons
Strawberries, frozen
Raspberries, frozen

VEGETABLES AND FRESH HERBS

Baby spinach, 5 ounces
Bean sprouts, 1 cup
Bibb lettuce leaves, 16 leaves from 1 head
Broccoli, 3 small heads plus broccoli florets, enough for 1½ cups
Cabbage, 10½ cups shredded or pre-shredded cabbage, 14- to 16-ounce bag
Carrots, 4
Cauliflower florets, 2 cups
Chives, small package
Cilantro, 1 small bunch
Crushed tomatoes, 15-ounce can
Daikon radish, 1
Garlic cloves, 8
Ginger root, 1
Jalapeño pepper, 1
Kale, curly leaf, ½ bunch
Kale, 1 bunch

Leeks, 3 medium
Napa cabbage, 1 medium head
Parsley, 1 bunch
Plum tomato, 1
Red bell pepper, 1
Red onions, 3 small
Rosemary, several sprigs
Russet potato, 1
Scallions, 5
Serrano chili pepper, 2
Shallot, 1
Snow peas, 1 cup
Sweet potatoes, 3 medium, 1 small
Yellow onions, 1 medium, 1 small

PROTEINS

Black beans, 1 15-ounce can
Boneless, skinless chicken breasts, 2
Chickpeas, 1 15-ounce can
Eggs, 4
Liquid egg whites, $\frac{1}{2}$ cup, or whites from 4 eggs, or vegan eggs
Salmon, 4 fillets
Tempeh, 8 ounces
Tofu, 3 14-ounce blocks, extra-firm
Unsweetened plant-based vanilla protein powder, 1 32-ounce
canister, such as Orgain Organic Plant-Based Protein Powder
Whole brown or green lentils, 1 cup

BREAD AND GRAINS

Old-fashioned rolled oats
Whole-grain naan

NUTS AND SEEDS

Chia seeds
Flaxseeds, ground
Sesame seeds
Walnuts

DAIRY AND NON-DAIRY FOODS

Buttermilk powder
Coconut, full fat, 2 13.5-ounce cans
Greek yogurt or plant-based yogurt, 2 cups
Oat milk, 1¾ cups
Plant-based milk, any type, unsweetened, 1¼ cups
Sharp cheddar cheese, 4 ounces, grated
Soft goat cheese, 4 ounces; feta cheese crumbles, 4 ounces; or
vegan cheese of choice, 4 ounces

MISCELLANEOUS

AmyMD Chai Latte Powder or any chai spice blend (see the
recipe on page 175)
Capers
Chicken broth, 4 cups
Dates, pitted
Espresso or strong-brewed coffee
Kalamata olives, pitted, ¼ cup
Kefir starter

WEEK 2 SHOPPING LIST

FRUIT

Apple, dried, 8 pieces
Apricots, dried, 8
Avocado, 1
Banana, 2
Blackberries, fresh
Blueberries, fresh
Blueberries, 1 cup frozen
Dark sweet cherries, frozen
Lemons, 3
Lime, 1
Orange, 1
Plum, 1 small
Prunes, 8

Raspberries, ½ cup fresh
Strawberries, fresh

VEGETABLES

Baby bok choy, 1 pound
Baby spinach, 1 5-ounce package
Bibb lettuce leaves, 16, from 1 head
Brussels sprouts, 2 pounds
Cabbage, 10½ cups shredded or pre-shredded cabbage, 14- to 16- ounce bag
Carrots, 6
Cauliflower florets, 4 cups
Cherry or grape tomatoes, ½ cup
Chives
Cilantro, 1 bunch
Crushed tomatoes, 1 15-ounce can
Garlic cloves, 14
Jalapeño pepper, 1
Kale, 1 bunch stems
Leeks, 3 medium
Parsley, 1 bunch
Plum tomato, 1 large
Pumpkin puree, 1 cup
Red bell pepper, 1
Red onions, 6
Rosemary, a few springs
Scallions, 3
Serrano chili pepper, 1
Shallot, 1
Shiitake mushrooms, 4 ounces
Sweet potatoes, 3 medium
Yellow onion, 1 small

PROTEINS

Black beans, 2 15-ounce cans
Boneless, skinless chicken breasts, 2

Eggs, 4
Vegan eggs
Salmon, 8 5- to 6-ounce fillets
Shrimp, medium, 1 pound shelled and deveined
Sirloin, 8 ounces
Tofu, 3 14-ounce blocks, extra firm, plus 1 8-ounce block, extra firm
Unsweetened plant-based vanilla protein powder, 1 32-ounce canister, such as Orgain Organic Plant-Based Protein Powder
Whole brown or green lentils, 1 cup

BREAD AND GRAINS

No-sugar-added granola, ½ cup
Old-fashioned rolled oats, 1 cup
Quick oats, ½ cup
Whole-grain naan

NUTS AND SEEDS

Almonds
Chia seeds
Flaxseeds, ground
Pecans
Pepitas (pumpkin seeds)
Pistachios
Sesame seeds
Walnuts

DAIRY AND NON-DAIRY FOODS

Buttermilk powder
Feta cheese crumbles, ¼ cup
Greek yogurt or plant-based yogurt, 4 cups
Oat milk, 1 cup
Plant-based milk, any type, unsweetened, 5 cups

MISCELLANEOUS

AmyMD Chai Latte Powder or any chai spice blend (see the recipe on page 175)

Cacao nibs
Capers
Chicken or vegetable broth, 2½ cups
Dates, pitted
High-quality matcha powder
Kalamata olives, pitted, ¼ cup
SCOBY (symbiotic culture of bacteria and yeast), 1 (see the
 sourcing note on page 200)
Starter liquid, 1 to 2 cups
Sugar-free dark chocolate chips, 24 ounces, plus ½ cup
Tea bags (green, black, white, or a combination), 6

Delicious Recipes That Keep You Full

NOW IT'S TIME TO GET cooking! The following recipes are a compilation of the most hunger-taming—plus super-delicious—dishes you can find and many are inspired by my cultural heritage. Most are vegan or vegetarian, but feel free to sub in organically raised fish, chicken, or beef where desired.

All the recipes follow my guidelines for taming hunger and crushing cravings, and feature the foods I've highlighted in this book. I've labeled the recipes that are cravings crushers (CC) and hunger tamers (HT) as well as those that are vegan (V) and gluten-free (GF). Each recipe has been designed to work hand in hand with my meal plan.

Enjoy!

BREAKFAST/BRUNCH DISHES

High-Fiber Vegan Banana Pancakes with Blueberry Sauce

V, GF, CC

Makes 2 to 4 servings

FOR THE PANCAKES

- 1 cup white whole wheat flour or gluten-free all-purpose flour
- 2 tablespoons ground flaxseed
- 2 teaspoons baking powder
- ¼ teaspoon sea salt
- ½ teaspoon cinnamon
- 1 large ripe banana, mashed until almost liquefied
- 1 cup oat milk
- ½ teaspoon pure vanilla extract
- 1 tablespoon maple syrup or 6 to 9 drops liquid stevia (optional)
- Vegan butter, for frying

FOR THE BLUEBERRY SAUCE

- 1 cup fresh or frozen blueberries
 - ¼ cup plus 1 tablespoon water
 - ¼ cup pure maple syrup or ½ teaspoon liquid stevia
 - 1 tablespoon fresh lemon juice
 - 1 tablespoon cornstarch or arrowroot powder
 - ¼ teaspoon pure vanilla extract
 - 1½ teaspoons lemon zest
1. For the pancakes: In a medium bowl, whisk together the flour, flaxseed, baking powder, salt, and cinnamon. Make a well in the center.
 2. In a small bowl, whisk together the banana, oat milk, vanilla, and maple syrup (if using). Pour the liquid ingredients into the dry ingredients all at once. Gently stir just until blended. The batter will be a little lumpy—that's okay. Let stand for 10 minutes.
 3. Meanwhile, make the blueberry sauce: In a small saucepan, combine the blueberries, ¼ cup water, maple syrup, and lemon juice. Bring to a low boil, stirring frequently. In a small bowl,

whisk together the cornstarch and 1 tablespoon cold or room temperature water. Slowly add to the blueberries, stirring constantly. Simmer until the sauce coats the back of a spoon, about 5 minutes. Remove from the heat and stir in vanilla and lemon zest. Set aside.

4. To cook the pancakes, melt some butter in a large nonstick skillet over medium heat. When the butter bubbles, scoop ¼-cup spoonfuls of batter into the pan. Cook the pancakes until bubbles appear on the surface and the underside is golden brown. Flip and cook until golden brown on the other side. Repeat with the remaining batter, adding more butter as needed.
5. Serve immediately, topped with warm blueberry sauce.

Spicy Indian Eggs

GF (if naan is not eaten), V (if vegan eggs are used), HT

Makes 2 servings

1 tablespoon ghee, butter, or vegan butter
½ small red onion, finely chopped
1 serrano chili pepper, seeded and finely chopped
1 clove garlic, minced
¼ teaspoon ground cumin
¼ teaspoon garam masala
¼ teaspoon ground turmeric
Sea salt
1 large plum tomato, seeded and finely chopped
4 eggs, beaten, or 4 vegan eggs
¼ cup chopped fresh cilantro, divided
Whole-grain naan, toasted, for serving (optional)

1. Melt the ghee in a medium nonstick skillet over medium-low heat. Add the onion, chili pepper, and garlic. Cook, stirring frequently, until onion is softened, about 5 minutes. Add the cumin, garam masala, turmeric, and salt to taste. Cook, stirring frequently, until the spices are aromatic.
2. Add the tomato and cook, stirring gently, for 1 minute. Add the eggs and reduce heat to low. Cook, stirring occasionally,

until the eggs are cooked through but still glossy, about 5 minutes. Stir in half of the cilantro and remove the skillet from the heat. Allow to stand for 1 minute, stirring once, until the eggs are set.

3. Divide between two plates and sprinkle with the remaining cilantro. Serve with toasted naan, if desired.

High-Protein Oat Pudding with Cardamom and Plums

V, GF, HT

Makes 1 serving

½ cup old-fashioned rolled oats
1 cup unsweetened plant-based milk, divided
¾ cup water
¼ teaspoon ground cardamom, divided
Pinch sea salt
1 scoop unsweetened plant-based vanilla protein powder
1 tablespoon almond butter
2 tablespoons Greek yogurt or plant-based yogurt
2 teaspoons pure maple syrup or 6 drops liquid stevia, divided
1 small ripe plum, pitted and chopped, or ½ cup sliced fresh strawberries

1. In a small saucepan, combine the oats, ¾ cup of the milk, the water, ¼ teaspoon of the cardamom, and salt. Bring to a boil then reduce the heat. Simmer until the oats are tender, about 4 minutes. Transfer the oats to a bowl; allow to cool slightly. Stir in the protein powder, remaining ¼ cup milk, almond butter, yogurt, and 1 teaspoon of the maple syrup (or 3 drops of the stevia). Let cool completely, then cover and chill overnight.
2. To serve, toss the plum, remaining ¼ teaspoon cardamom, and remaining 1 teaspoon maple syrup (or 3 drops stevia) in a small bowl. Let stand 5 minutes.
3. Top the pudding with the fruit and accumulated juices and serve.

Chai Latte Oatmeal Bowl

V, GF, HT

Makes 2 servings

FOR THE OATMEAL

- 2 cups water
- ¼ teaspoon sea salt
- 1 cup old-fashioned rolled oats
- 2 scoops AmyMD Chai Latte Powder (see Note) or chai spice blend (recipe follows)
- 1 teaspoon pure vanilla extract
- ½ cup unsweetened plant-based milk (plain or vanilla)

FOR THE TOPPINGS

- Unsweetened coconut chips, lightly toasted
- Flaxseeds
- Fresh berries, such as strawberries, raspberries, blueberries, and/or blackberries

1. In a small saucepan, bring the water and salt to a boil over medium-high heat. Reduce the heat to a simmer and stir in the oats and Chai Latte Powder. Cook, stirring frequently, until the oats are thick and creamy, about 10 minutes.
2. Remove the saucepan from the heat and stir in the vanilla extract and plant-based milk.
3. Divide the oatmeal between two bowls and top with coconut chips, flaxseeds, and fresh berries.

Note: If you don't have AmyMD Chai Latte Powder on hand, stir in ½ teaspoon of a store-bought chai spice blend and 8 drops liquid stevia with the vanilla extract and plant-based milk. Alternatively, you can make your own chai spice blend by combining:

- ¼ to ½ cup instant tea powder
- 1 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- ½ teaspoon ground cardamom
- ½ teaspoon ground cloves

Chickpea Omelet with Spinach and Goat Cheese

V, GF, HT

Makes 2 servings

1 cup chickpea flour
2 tablespoons nutritional yeast
½ teaspoon baking powder
½ teaspoon smoked paprika
¼ teaspoon garlic powder
¼ teaspoon onion powder
Sea salt
3 tablespoons extra-virgin olive oil
5 ounces baby spinach
Freshly ground black pepper
4 ounces soft goat cheese, crumbled feta, or vegan
cheese of choice

1. In a medium bowl, whisk together the chickpea flour, nutritional yeast, baking powder, smoked paprika, garlic powder, onion powder, and ½ teaspoon salt. Slowly whisk in a scant 1 cup water. Set aside for 10 minutes or up to 1 hour to thicken.
2. While the batter is resting, heat 1 tablespoon of the extra-virgin olive oil in a large nonstick skillet over medium-high heat. Add the spinach and cook, tossing frequently, just until wilted, about 2 minutes. (The spinach should still be bright green.) Carefully drain off the excess liquid. Season to taste with salt and pepper. Set aside.
3. To cook the omelets, heat 1 tablespoon of the olive oil in a medium nonstick skillet over medium-high heat. When the oil is shimmering and almost smoking, swirl the oil around the pan and immediately pour ¾ cup of the chickpea batter into the pan, swirling to coat. Cook undisturbed for 1 minute, until the surface of the omelet looks dry and slides around the pan easily. Cover the surface with half of the spinach and half of the cheese. Cook for 30 seconds, then use a thin spatula to fold the omelet in half. Cook 1 minute more, flipping halfway through,

- until the cheese is melted and omelet is golden. Repeat with the remaining 1 tablespoon of oil, batter, spinach, and cheese.
4. Serve immediately.

Turmeric Egg White Scramble with Kale, Chickpeas, Sweet Potatoes, and Yogurt

V, GF, HT

Makes 2 servings

1 small sweet potato, peeled and cut into small cubes
2 tablespoons extra-virgin olive oil, divided
Sea salt and freshly ground black pepper
½ bunch curly-leaf kale, stemmed and torn into large pieces
⅔ cup canned chickpeas, drained and rinsed
½ cup liquid egg whites or vegan eggs
¼ teaspoon ground turmeric
½ cup plain Greek yogurt or plant-based yogurt
Aleppo pepper (optional)
Lime wedges, for serving

1. Preheat the oven to 425°F. In a medium bowl, toss the sweet potato with 2 teaspoons of the olive oil and season to taste with salt and pepper. Spread out on half of a large, rimmed baking pan and roast for 20 minutes.
2. After the sweet potatoes have been roasting for 20 minutes, place the kale in a medium bowl and drizzle with 2 teaspoons of the olive oil. Massage gently for 30 seconds to tenderize. Add the chickpeas to the bowl, season to taste with salt and pepper, and toss to combine. Spread the kale and chickpeas on the other half of the baking pan and roast until the kale is lightly browned around the edges and crisp tender, about 5 minutes, and the sweet potatoes are tender and starting to brown and caramelize.
3. Meanwhile, in a medium bowl, whisk the egg whites with the turmeric and add salt and pepper to taste. Lightly season the yogurt with salt. Heat the remaining 2 teaspoons of olive oil in a medium nonstick skillet over medium heat. Add the egg whites

- and cook until desired consistency. Add the kale, chickpeas, and sweet potatoes to the skillet and toss to combine.
4. To serve, divide the yogurt between two plates. Top with the egg mixture. Sprinkle with Aleppo pepper, if using, and serve with lime wedges.

Mixed Berry Compote with Yogurt

V (if plant-based yogurt is used), GF, HT

Makes about 2½ cups of compote

- 3 cups frozen fruit (strawberries, raspberries, dark sweet cherries, or a combination)
 - 3 tablespoons orange juice
 - ½ teaspoon grated fresh ginger (or ¼ teaspoon ground)
 - 1 teaspoon chia seeds
 - ¾ cup plain Greek yogurt or plant-based yogurt, to serve
1. In a small saucepan, bring the fruit, orange juice, and ginger to a boil over medium heat. Reduce the heat and use a wooden spoon to gently mash the fruit.
 2. Cook over medium-low for 8 to 10 minutes, stirring occasionally, until the fruit has slightly thickened. Remove from the heat and stir in the chia seeds.
 3. Transfer the fruit to a clean jar or container and allow to cool completely. Store in the refrigerator for up to 1 week or freeze in ice cube molds and store frozen for up to 1 month.
 4. To serve, spoon the Greek yogurt into a bowl. Swirl in ½ cup of the compote.

Healthiest Yogurt Parfait

V (if plant-based yogurt is used), GF, HT

Makes 2 servings

- ½ cup no-sugar-added granola
- ¼ cup sliced almonds, toasted
- 1½ cups plain Greek yogurt or plant-based yogurt

2 tablespoons pure maple syrup or $\frac{1}{4}$ teaspoon liquid
stevia, divided
 $\frac{1}{2}$ teaspoon pure vanilla extract
2 tablespoons ground flaxseed
 $\frac{1}{2}$ cup sliced strawberries
 $\frac{1}{2}$ cup blueberries
 $\frac{1}{2}$ cup raspberries
1 teaspoon orange zest

1. In a small bowl, stir together the granola and almonds.
2. In another small bowl, stir together the yogurt, 1 tablespoon of the maple syrup (or $\frac{1}{8}$ teaspoon liquid stevia), vanilla extract, and flaxseed.
3. In a third small bowl, stir together the strawberries, blueberries, and raspberries. Drizzle with the remaining 1 tablespoon of maple syrup (or $\frac{1}{8}$ teaspoon liquid stevia), and sprinkle with the orange zest. Toss to combine and let stand for 5 to 10 minutes.
4. Into each of two glasses, scoop $\frac{1}{3}$ cup of the yogurt. Top the yogurt with some of the fruit, then some granola-nut mixture followed by more yogurt, layering until the glasses are almost full and ending with fruit and granola. Serve immediately.

ENTREES

Date-Olive Chicken/Tofu with Sautéed Kale

GF, HT

Makes 2 servings

FOR THE CHICKEN/TOFU

2 boneless, skinless chicken breasts or 1 8-ounce package
tempeh, cut in 2 pieces
Sea salt and freshly ground black pepper
1 tablespoon extra-virgin olive oil
 $\frac{1}{2}$ cup pitted dates, halved
 $\frac{1}{4}$ cup pitted Kalamata olives, drained

1 shallot, thinly sliced
¼ cup chicken broth
1 tablespoon red wine vinegar
1 tablespoon capers, drained
1 sprig fresh rosemary

FOR THE KALE

1 tablespoon extra-virgin olive oil
1 clove garlic, thinly sliced
1 bunch kale, stems removed and leaves chopped
¼ cup chicken broth
Sea salt and freshly ground black pepper
Chopped fresh parsley (optional)

1. For the chicken: Preheat the oven to 375°F. Season the chicken to taste with salt and pepper. In a medium oven-proof skillet, heat the olive oil over medium-high heat. Add the chicken and cook until browned, turning once, about 5 minutes.
2. Remove the skillet from the heat. Add the dates, olives, shallots, broth, vinegar, capers, and rosemary to the skillet with the chicken, stirring around the chicken to combine.
3. Transfer the skillet to the oven and roast, uncovered, until the internal temperature of the chicken is 165°F and the chicken is no longer pink, 15 to 18 minutes.
4. Meanwhile, for the kale: In a large skillet, heat the olive oil over medium heat. Add the garlic and cook, stirring, until fragrant, about 30 seconds. Add the kale and broth and stir to combine. Cover and cook until the kale is wilted, about 5 minutes. Uncover and cook, stirring frequently, until all the liquid has evaporated, 2 to 3 minutes. Season to taste with salt and pepper.
5. Divide the kale between two plates. Arrange the chicken, dates, and olives on top of the kale. Drizzle all with the pan juices. Sprinkle with parsley, if using.

Lebanese Chopped Kale Salad with Air-Fried Falafel

V, GF, HT

Makes 4 servings

FOR THE TAHINI DRESSING

- ½ cup tahini
- ⅔ to ¾ cup water
- 3 tablespoons fresh lemon juice
- 1 clove garlic, minced
- 1 tablespoon extra-virgin olive oil
- Sea salt and freshly ground black pepper

FOR THE SALAD

- 12 pieces frozen gluten-free falafel
 - 1 small bunch curly-leaf kale, stems removed, chopped
 - Extra-virgin olive oil
 - 1 large ripe tomato, diced
 - 2 Persian cucumbers (also called mini cucumbers), diced
 - ½ large green pepper, chopped
 - 5 radishes, trimmed and diced
 - 2 scallions, chopped
 - ¼ cup chopped fresh parsley
 - ½ cup Kalamata olives
 - ¼ cup crumbled feta cheese or vegan feta cheese (optional)
1. For the dressing: In a small jar with a lid, combine the tahini, ⅔ cup of the water, lemon juice, garlic, olive oil, and salt and pepper to taste. Shake until well blended, adding more water to achieve desired consistency. Set aside.
 2. For the salad: Preheat the air fryer to 375°F for 5 minutes. Layer the falafel in the air fryer basket and cook until crisp and golden brown, about 8 minutes, turning once. (Oven method: Bake at 400°F for 8 to 9 minutes, turning once.)
 3. While the falafel is cooking, place the kale in a large bowl. Drizzle with a little olive oil. Massage for 2 to 3 minutes or until tender. Add the tomato, cucumbers, green pepper, radishes, scallions, and parsley. Toss to combine. Drizzle with the desired amount of dressing and toss again.

4. To serve, divide the salad among 4 plates. Sprinkle with olives and feta cheese, if using. Top each salad with 3 pieces of falafel. Drizzle with additional dressing. Serve immediately.

Black Bean and Sweet Potato Hash

V, GF, CC

Makes 4 servings

1 tablespoon extra-virgin olive oil
1 small red onion, chopped
1 medium sweet potato, peeled and cut into ½-inch dice
2 cloves garlic, minced
1 jalapeño chili pepper, seeded and minced
2 teaspoons ground cumin
2 teaspoons chili powder
¾ cup chicken broth or water
1 15-ounce can black beans, rinsed and drained
2 tablespoons chopped fresh cilantro
Sea salt and freshly ground black pepper
1 avocado, peeled, pitted, and diced
Lime wedges

1. In a large skillet, heat the olive oil over medium-high heat. Add the onion and cook, stirring frequently, until lightly browned in spots, about 3 to 4 minutes. Add the sweet potato and cook, stirring frequently, until it starts to brown in spots, about 5 to 7 minutes.
2. Stir in the garlic, jalapeño, cumin, and chili powder. Cook, stirring frequently, until fragrant, about 30 seconds. Add the chicken broth and cook, scraping up any browned bits, until the liquid is evaporated, 3 to 5 minutes.
3. Stir in the black beans and cook until heated through. Stir in the cilantro and season to taste with salt and pepper. Top with the diced avocado and serve with lime wedges.

Stir-Fry with Tofu, Broccoli, Snow Peas, and Bean Sprouts

V, GF, HT, CC

Makes 4 servings

- 1 14-ounce block extra-firm tofu
- ¼ cup low-sodium soy sauce or tamari
- 3 tablespoons rice wine vinegar
- 3 tablespoons sesame oil, divided, plus more if needed
- 2 cloves garlic, minced
- 2 teaspoons grated fresh ginger
- 1 teaspoon maple syrup or 2 drops liquid stevia
- Pinch of red pepper flakes (optional)
- 1 tablespoon cornstarch or arrowroot powder
- 1½ cups broccoli florets
- 1 cup snow peas, trimmed and strings removed
- 1 cup fresh bean sprouts
- 2 scallions, trimmed and sliced

1. Line a plate with two layers of paper towels. Place the tofu on the paper towels. Top with two additional layers of paper towels. Set a heavy skillet on top of the tofu and let stand for 15 minutes to press and drain off excess liquid. Cut the tofu into ½-inch cubes. Set aside.
2. In a small bowl, whisk together the soy sauce, rice wine vinegar, 1 tablespoon of the sesame oil, garlic, ginger, maple syrup, and red pepper flakes, if using. Remove half of the sauce (about ¼ cup) and drizzle it over the tofu, tossing to coat. Let stand 15 minutes. Whisk the cornstarch into the remaining sauce and set aside.
3. In a nonstick wok or large skillet, heat the remaining 2 tablespoons sesame oil over medium-high heat. Add the marinated tofu and cook, stirring occasionally, until golden brown. Remove from the pan.
4. Add more oil to the pan, if necessary. Add the broccoli and cook, stirring frequently, for 2 to 3 minutes. Add the snow peas and cook, stirring frequently, for 1 to 2 minutes. Add the bean sprouts and cook, stirring frequently, for 1 to 2 minutes. Return

- the tofu to the pan along with the reserved sauce. Cook and stir until bubbling and slightly thickened, 1 to 2 minutes.
5. Divide the stir-fry among 4 plates. Sprinkle with the scallions and serve.

Crispy Air-Fried Tofu Lettuce Wraps

V, GF, CC

Makes 4 servings (2 wraps each)

FOR THE TOFU

- 1 14-ounce block extra-firm tofu
- 2 tablespoons low-sodium soy sauce
- 2 tablespoons sesame oil
- 1 clove garlic, minced

FOR THE SLAW

- 1 tablespoon rice vinegar
- 2 teaspoons low-sodium soy sauce
- 1 teaspoon pure maple syrup or 3 to 4 drops liquid stevia
- 1 teaspoon sesame oil
- 2 teaspoons grated fresh ginger
- 2½ cups shredded cabbage (red, green, or a mix)
- ½ cup shredded carrot
- ½ red bell pepper, very thinly sliced
- 1 scallion, thinly sliced
- 2 tablespoons chopped fresh cilantro

FOR SERVING

- ½ cup good-quality mayonnaise
 - ½ to 1 teaspoon sriracha
 - 16 Bibb lettuce leaves
 - 1 teaspoon sesame seeds, toasted
1. For the tofu: Line a plate with two layers of paper towels. Place the tofu on the paper towels. Top with two additional layers of paper towels. Set a heavy skillet on top of the tofu and let stand for 15 minutes to press and drain off excess liquid. Cut the tofu into 16 rectangular blocks.

2. Place the tofu in a large bowl. In a small bowl, whisk together the soy sauce, sesame oil, and garlic. Drizzle the marinade over the tofu and toss gently to coat. Let marinate for 15 minutes.
3. Preheat the air fryer to 375°F for 5 minutes. Arrange the tofu in the air fryer basket in a single layer. Cook for 10 to 15 minutes, turning halfway through the cooking time, until the tofu is browned and crispy. (Oven method: Bake at 400°F for 12 to 15 minutes, turning once.)
4. Meanwhile, for the slaw: In a small bowl, whisk together the vinegar, soy sauce, maple syrup, sesame oil, and ginger. In a large bowl, combine the cabbage, carrot, bell pepper, scallion, and cilantro. Drizzle the dressing over the vegetables and toss to combine.
5. To serve: In a small bowl, stir together the mayonnaise and sriracha. Make 8 stacks of 2 lettuce leaves per stack. Top each with 2 pieces of tofu and some slaw. Drizzle with the sriracha mayonnaise. Sprinkle with the sesame seeds and serve.

Crispy Berbere-Roasted Tofu and Vegetables

V, GF, CC

Makes 4 servings

FOR THE TOFU AND VEGETABLES

- 1 14-ounce block extra-firm tofu
- 2 tablespoons ghee, butter, or vegan butter
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon berbere seasoning (Ethiopian spice blend)
- 2 carrots, peeled and cut diagonally into ½-inch-thick slices
- 2 cups cauliflower florets
- Sea salt and freshly ground black pepper

FOR THE PICKLED RED ONIONS

- 2 small red onions, peeled, halved, and thinly sliced
- ½ cup apple cider vinegar
- 1 teaspoon maple syrup or 3 to 4 drops liquid stevia

Pinch cayenne

½ teaspoon ground coriander

½ teaspoon sea salt

1. For the tofu and vegetables: Preheat the oven to 400°F. Line a plate with two layers of paper towels. Place the tofu on the paper towels. Top with two additional layers of paper towels. Set a heavy skillet on top of the tofu and let stand for 15 minutes to press and drain off excess liquid. Cut the tofu into ¾-inch cubes. Place the tofu in a medium bowl and set aside.
2. In a small bowl, combine the melted butter, olive oil, and berbere seasoning. Stir well to combine. Place the carrots and cauliflower in a medium bowl. Drizzle about half of the berbere mixture over the tofu and the remaining half over the vegetables. Season both to taste with salt and pepper and toss each well to coat.
3. Arrange the tofu in a single layer on one side of a large rimmed baking sheet. Arrange the vegetables in a single layer on the other side of the pan. Roast until the tofu is golden brown and crispy and the vegetables are caramelized and beginning to brown, about 25 to 30 minutes, stirring once.
4. Meanwhile, for the pickled red onions: Place the onion in a small shallow heatproof bowl. In a small saucepan, combine the vinegar, maple syrup, cayenne, coriander, and salt. Bring to a boil. Pour over the onions, making sure they're completely submerged. Let stand 20 minutes. Drain the onions, reserving the brine for drizzling, if desired.
5. Divide the tofu and vegetables among 4 plates. Top the vegetables with the pickled onions and drizzle with some brine, if desired.

Curried Tofu Scramble with Spinach and Tomatoes

V, GF, CC

Makes 2 servings

8 ounces extra-firm tofu

1 tablespoon ghee, butter, or vegan butter

2 tablespoons finely chopped red onion

½ cup cherry or grape tomatoes, halved
1 clove garlic, minced
1 5-ounce package baby spinach
½ to ¾ teaspoon curry powder
Sea salt and freshly ground black pepper
Whole-grain bread or naan, toasted (optional)

1. Line a plate with two layers of paper towels. Place the tofu on the paper towels. Top with two additional layers of paper towels. Set a heavy skillet on top of the tofu and let stand for 15 minutes to press and drain off excess liquid. Crumble the tofu and set aside.
2. In a medium nonstick skillet, heat the ghee over medium heat. Add the red onion and cook, stirring occasionally, for 2 to 3 minutes. Add the tomatoes and garlic and cook, stirring frequently, for an additional 2 to 3 minutes.
3. Reduce the heat to medium-low and add the spinach, tofu, and curry powder. Stir well to combine. Cover and cook for 4 to 5 minutes, stirring occasionally.
4. Season to taste with salt and pepper.
5. Serve with toasted bread or naan, if desired.

Roasted Tempeh and Broccoli with Peanut Sauce

V, GF, HT

Makes 2 servings

FOR THE TEMPEH

2 tablespoons low-sodium soy sauce or tamari
1½ teaspoons pure maple syrup or 8 drops liquid stevia
1 tablespoon sesame oil
1 clove garlic, minced
¼ teaspoon red pepper flakes
1 8-ounce package tempeh, cut into cubes or triangles

PEANUT SAUCE

1 1-inch piece fresh ginger, peeled
1 small clove garlic

½ cup natural creamy peanut butter
2 tablespoons low-sodium soy sauce or tamari
1 tablespoon fresh lime juice
1 teaspoon brown sugar or 5 drops liquid stevia
¼ to ½ teaspoon red pepper flakes

FOR THE BROCCOLI

1 small head broccoli, cut into florets
1 tablespoon sesame oil
Sea salt
Sesame seeds

1. For the tempeh: Preheat the oven to 425°F. Line two rimmed baking sheets with parchment paper or aluminum foil.
2. In a medium bowl, whisk together the soy sauce, maple syrup, sesame oil, garlic, and red pepper flakes. Add the tempeh and toss to coat. Marinate at room temperature for 20 minutes, stirring every 5 minutes.
3. Meanwhile, for the peanut sauce: With the motor running, drop the ginger and garlic into a blender and blend until finely chopped. Add the peanut butter, soy sauce, lime juice, brown sugar, red pepper flakes, and ⅓ cup water and blend, adding more water 1 tablespoon at a time if needed, until smooth and of pourable consistency. Set aside.
4. For the broccoli: In a large bowl, toss the broccoli florets with the sesame oil and salt to taste. Spread the broccoli florets on one of the prepared baking pans. Spread the marinated tempeh on the other prepared pan. Roast both the tempeh and broccoli for about 20 minutes, stirring each pan once. Remove the tempeh pan from the oven. Toss the tempeh with 2 tablespoons of the peanut sauce and return the tempeh pan to the oven. Roast the tempeh and the broccoli for another 5 minutes, or until the tempeh is browned and crisp and the broccoli is crisp-tender and lightly browned in spots.
5. Divide the tempeh and the broccoli between 2 plates. Drizzle with the remaining peanut sauce and sprinkle with sesame seeds.

Spiced Moroccan Lentils

V, GF, HT

Makes 4 servings

FOR THE RAS AL HANOUT SPICE MIX

- ½ teaspoon ground cumin
- ½ teaspoon ground ginger
- 1 teaspoon sea salt
- ½ freshly ground black pepper
- ¼ teaspoon ground cinnamon
- ¼ to ½ teaspoon cayenne
- ¼ teaspoon ground allspice
- ⅛ teaspoon ground cloves

FOR THE LENTILS

- ¼ cup extra-virgin olive oil
- ½ teaspoon whole cumin seeds
- ½ teaspoon whole coriander seeds
- 1 small yellow onion, diced
- 4 cloves garlic, minced
- 1 cup crushed tomatoes
- 2 to 2½ cups water
- 1 cup whole brown or green lentils, rinsed
- Finely grated zest of 1 lemon
- 2 tablespoons fresh lemon juice, plus more to taste
- ¼ cup minced freshly parsley
- ¼ cup minced fresh cilantro

FOR SERVING

- Hot cooked whole-grain couscous
- Greek yogurt or plant-based yogurt

1. For the spice mix: In small bowl, stir together the cumin, ginger, salt, pepper, cinnamon, cayenne, allspice, and ground cloves. Set aside.
2. For the lentils: In a large saucepan, heat the olive oil over medium-high heat. When shimmering, add the cumin and coriander seeds. Allow to sizzle for 10 to 15 seconds or until

- fragrant. Add the onion and cook, stirring frequently, until the onion is translucent and turning golden in spots. Add the garlic and cook until fragrant, about 15 seconds.
3. Add the spice mix to the pan and stir to coat everything in the oil and spices. Stir in the tomatoes and turn the heat to medium-low. Let simmer for 3 to 5 minutes until oil begins to pool on the surface. (This is called blooming the spices, which brings out their flavor.)
 4. Add the water, starting with 2 cups, and the lentils. Bring to a boil. Reduce the heat to low, cover, and simmer until the lentils are tender but not mushy, about 30 to 40 minutes, stirring occasionally. Stir in the lemon zest. If the lentils look dry, add additional water.
 5. When the lentils are the desired consistency, stir in the 2 tablespoons of lemon juice, parsley, and cilantro, adding more lemon juice, if desired.
 6. To serve, ladle the lentils over hot cooked couscous and top with yogurt.

SIDE DISHES, SOUPS, AND SALADS

Brussels Sprouts Stir-Fry with Walnuts and Lemon

V, GF, HT

Makes 4 servings

2 tablespoons extra-virgin olive oil
1 pound Brussels sprouts, trimmed and thinly sliced
½ lemon
2 teaspoons walnut oil or sesame oil
Sea salt and freshly ground black pepper
⅓ cup coarsely chopped walnuts, toasted

1. In a large skillet, heat the olive oil over medium-high heat. Add the Brussels sprouts and cook, stirring frequently, until wilted and crisp-tender, about 5 to 6 minutes. (They should still be bright green.)

2. Remove from the heat. Finely grate the lemon over the sprouts, then squeeze the juice over. Drizzle with the walnut oil and season to taste with salt and pepper. Toss to combine. Scatter the walnuts over the sprouts and serve.

Variation: Pan-Seared Salmon with Lemon-Garlic Butter. To turn the Brussels Sprouts Stir-Fry with Walnuts and Lemon into a main dish, prepare that recipe through the first step. While the sprouts are cooking, pat dry 4 5- to 6-ounce salmon fillets. Season to taste with salt and pepper. Heat 1 tablespoon extra-virgin olive oil in a large nonstick skillet over medium-high heat. Place the fillets flesh side down in the pan, pressing lightly. Sear, undisturbed, for 3 to 4 minutes, until crispy and golden. Turn and sear the skin side for 2 minutes. Add 2 tablespoons butter; 2 cloves minced garlic; 3 tablespoons chopped fresh parsley; and 3 tablespoons fresh lemon juice + $\frac{1}{2}$ lemon, sliced, to the pan, stirring around fish. Cook the salmon an additional 1 to 2 minutes, or until desired doneness. (The butter may start to brown slightly—that's okay.) Reserve the garlic butter from the pan. Divide the Brussels sprouts stir-fry among 4 plates. Sprinkle with the walnuts. Top the stir-fry with a salmon fillet. Drizzle each with lemon-garlic butter and sprinkle with about a tablespoon of chopped fresh parsley.

Garlicky Baby Bok Choy and Shiitake Mushroom Stir-Fry

V, GF, HT

Makes 4 servings

- 1 tablespoon sesame oil
- 2 cloves garlic, thinly sliced
- 2 teaspoons grated fresh ginger
- 2 scallions, sliced, white and green parts separated
- 4 ounces shiitake mushrooms, stems removed, caps sliced
- 1 pound baby bok choy, rinsed, ends trimmed, sliced crosswise into $\frac{3}{4}$ -inch pieces
- 1 tablespoon low-sodium soy sauce or tamari

1. In a wok or large skillet, heat the sesame oil over medium-high heat. Add the garlic, ginger, and scallion whites and cook, stirring constantly, until fragrant, about 30 seconds. Add the mushrooms and cook and stir until just starting to wilt, about 1 to 2 minutes. Add the bok choy, soy sauce, and 2 tablespoons water and cover. Stir to combine. Cover and cook for 1 minute. Uncover and toss, then cover and cook until the bok choy is crisp-tender, about 2 to 3 more minutes.
2. Sprinkle with the scallion greens. Serve immediately.

Variation: Garlicky Baby Bok Choy and Shiitake Mushroom Stir-Fry with Shrimp: To turn Garlicky Baby Bok Choy and Shiitake Mushroom Stir-Fry into a main dish, increase the sesame oil to 2 tablespoons and add an additional 1 teaspoon soy sauce. Add 1 pound shelled and deveined medium shrimp or plant-based shrimp to the pan with the mushrooms.

Kimchi

GF, V, HT

Makes 4 cups

- 1 medium head napa cabbage
- 3 tablespoons plus 4 teaspoons sea salt
- ½ cup coarsely shredded daikon radish
- ½ cup coarsely shredded carrot
- ¼ cup chopped scallions
- 2 tablespoons fish sauce or vegan fish sauce
- 1 to 2 tablespoons gochugaru (Korean red chili powder)
- 1 tablespoon grated fresh ginger
- 2 cloves garlic, minced
- 1 teaspoon granulated sugar or 2 to 4 drops liquid stevia
- 1 quart water

1. Remove any wilted outer leaves from the cabbage. Core and cut the cabbage into 2-inch pieces. Measure 12 cups cabbage into a large bowl. Toss with the 3 tablespoons salt and place in a large colander set over the large bowl. Let stand 2 to 3 hours or until wilted.

2. In another large bowl combine the daikon, carrot, scallions, fish sauce, gochugaru, ginger, garlic, and sugar. Rinse the cabbage and drain well. Add the cabbage to daikon mixture and toss to combine. Let stand 10 minutes.
3. Transfer the cabbage mixture to a large ceramic crock, glass container, or plastic food container. Place a clean plate that just fits inside the container onto the mixture and press it down. Let the container stand at room temperature 2 to 24 hours or chill 5 to 24 hours, tossing the cabbage and pressing down on the plate every hour until enough liquid is released to cover the cabbage by at least 1 inch. (If necessary, add brine made in a ratio of 1 cup water to 1 teaspoon sea salt to cover.)
4. Place a large resealable plastic bag filled with the quart water plus the 4 teaspoons sea salt over the plate to weight it down. Cover the container with a clean kitchen towel or loose-fitting lid. To ferment, let the container stand out of direct sunlight at room temperature for 2 to 3 days or chill for 3 to 6 days. The kimchi is ready when it's bubbling.
5. Transfer the kimchi to clean jars or airtight containers. Store in the refrigerator for up to 3 weeks.

Note: Be sure your hands and all of your utensils are very clean to avoid introducing bad bacteria to the fermentation process.

Yogurt Ranch Veggie Dip

V (if plant-based yogurt is used), GF, HT

Makes about 1 cup

- 1 cup Greek yogurt or plant-based yogurt
- 4 teaspoons dried parsley flakes
- ½ teaspoon dried dill
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon dried onion flakes
- ¼ teaspoon coarsely ground black pepper
- ½ teaspoon sea salt
- 1 tablespoon buttermilk powder (optional)

1. In a small bowl, stir together the yogurt, parsley, dill, garlic powder, onion powder, onion flakes, black pepper, sea salt, and buttermilk powder. Cover and chill for 1 hour to allow the flavors to blend. Keeps in the refrigerator for up to one week.

Leek, Cabbage, and Sweet Potato Soup

V, GF, HT

Makes 4 servings

3 tablespoons extra-virgin olive oil
3 tablespoons butter or vegan butter
3 medium leeks, white and light green parts, thinly sliced
(see Note)
8 cups shredded cabbage
2 cloves garlic, finely chopped
2 medium sweet potatoes, peeled and diced
2 cups chicken or vegetable broth
Sea salt
2 sprigs fresh thyme or ½ teaspoon dried thyme
Freshly ground black pepper
Chopped fresh chives (optional)

1. In a large saucepan, heat the olive oil and butter over medium-high heat. Add the leeks and cook until soft and golden on the edges, about 5 to 7 minutes. Add the cabbage and garlic and cook, stirring occasionally, until the cabbage begins to caramelize, about 10 minutes.
2. Stir in the sweet potatoes, broth, 4 cups water, salt to taste, and thyme. Bring to a simmer and cook, partially covered, until the potatoes are very tender, about 45 minutes. Add more water, if necessary, to reach the desired consistency. Season with black pepper to taste.
3. Remove the thyme sprigs and ladle the soup into 4 bowls. Sprinkle with fresh chives, if using.

Note: Leeks can contain a lot of sand and grit. The best way to clean them is to cut in half horizontally, thinly slice, and then swish the slices in a few changes of cool water. Spin them dry in a salad

spinner if you have one—or simply drain and pat dry with paper towels. You don't want to sauté wet leeks—they'll get soggy instead of caramelizing nicely.

Variation: Leek, Cabbage, and Sweet Potato Soup with Beef: To make a heartier version of the Leek, Cabbage, and Sweet Potato Soup, prepare that recipe as instructed. Then brush an 8-ounce sirloin with extra-virgin olive oil and season to taste with sea salt, freshly ground black pepper, and smoked paprika. Broil to medium-rare (15 to 17 minutes for a 1-inch-thick steak, 25 to 27 minutes for a 1½-inch-thick steak), turning once. Let stand for 5 to 7 minutes, then thinly slice the beef and stir into the soup.

Creamy Broccoli-Cheese Soup

GF, HT

Makes 2 to 3 servings

2 tablespoons butter or vegan butter
1 medium yellow onion, chopped
3 cloves garlic, smashed and peeled
¼ teaspoon red pepper flakes (optional)
Sea salt and freshly ground black pepper
1 pound fresh broccoli (1 large or 2 small heads)
1 medium russet potato, peeled and cut into 1- to 2-inch chunks
3 cups chicken broth or water
3 to 4 ounces grated sharp cheddar cheese or vegan cheddar cheese
Sour cream, Greek yogurt, or vegan sour cream
Thinly sliced chives or scallions

1. In a large saucepan, melt the butter over medium-low heat. Add the onion, garlic, red pepper flakes, if using, ⅛ teaspoon salt, and black pepper to taste. Cook, stirring occasionally, until the onions start to turn golden, about 6 to 8 minutes.
2. Meanwhile, cut the broccoli florets from the stalks and set aside. Trim the bottoms of the broccoli stalks. Use a vegetable peeler to remove the tough outer skin from the stalks. Slice the stalks into 1-inch-thick pieces. Set aside.

3. Add the broccoli stalks and potato to the pan. Add the chicken broth and ½ teaspoon salt. Bring to a boil, then reduce the heat to low and cover. Cook until the broccoli stalks and potato chunks are tender, about 20 minutes. Meanwhile, chop the reserved broccoli florets into smaller pieces.
4. Add half of the florets to the pan and cook until just bright green, about 3 to 5 minutes. Remove the pan from the heat and let cool slightly. Working in batches, carefully blend some of the soup in a blender until smooth, returning each batch to the pan as you work. (Alternatively, use an immersion blender.)
5. Return the pan to medium heat and add the remaining florets. Cover and cook just until the florets are bright green and crisp-tender, about 4 to 6 minutes. Add the cheese and stir until melted. Taste and adjust the seasonings, if desired.
6. To serve, ladle the soup into bowls. Swirl in a spoonful of sour cream and sprinkle with sliced chives or scallions.

BEVERAGES

Coconut Kefir

V, GF, HT

Makes about 1 quart

2 13.5-ounce cans full-fat coconut milk

1 5-gram packet kefir starter

1. Pour each can of coconut milk into a 16-ounce glass jar. Add half of the kefir starter packet to each jar. Stir well with a nonmetal spoon or wooden chopsticks.
2. Place a square of parchment paper over each jar and cover with the lid. Shake gently. Set the jars in a warm place, such as the top of the refrigerator, and let ferment for 24 to 48 hours.
3. Store in the refrigerator for up to 3 weeks.

Iced Oat Milk Chai

V, GF, HT

Makes 1 serving

- 1 cup oat milk
- 1 scoop AmyMD Chai Latte Powder or any chai spice blend
- 2 to 4 drops liquid stevia
- ½ cup ice, plus more for serving
- Ground cinnamon, for dusting

1. In a cocktail shaker, combine the oat milk, Chai Latte Powder, stevia, and ice. Vigorously shake until thoroughly cold and the latte powder is dissolved, 10 to 15 seconds.
2. Strain into a tall ice-filled glass. Dust with cinnamon and serve immediately.

Vanilla Chai Protein Shake

V, GF, CC

Makes 1 serving

- 1 cup unsweetened plant-based milk
- 1 scoop AmyMD Chai Latte Powder, or any chai spice blend
- 1 scoop unsweetened plant-based vanilla protein powder
- ½ frozen banana, cut into chunks
- ½ cup ice

In a blender, combine the plant-based milk, Chai Latte Powder, protein powder, banana, and ice. Blend on high until desired consistency, 1 to 2 minutes. (If the shake is too thick, add a little more plant-based milk or water.)

Peppermint-Mocha Sipper

V, GF, CC

Makes 1 serving

$\frac{3}{4}$ cup oat milk

1 tablespoon unsweetened cocoa powder, plus more for dusting

12 to 18 drops liquid stevia

$\frac{3}{4}$ cup espresso or strong-brewed coffee

1 drop peppermint oil

$\frac{1}{4}$ teaspoon pure vanilla extract

1. In a small saucepan, whisk together the oat milk, 1 tablespoon cocoa powder, and stevia. Add the coffee, peppermint oil, and vanilla. Heat, stirring frequently, until steaming and bubbles begin to form around the edges of the pan.
2. Pour into a mug and dust with cocoa powder. Serve immediately.

Sweet Cherry–Almond Butter Smoothie

V, GF, HT

Makes 1 smoothie

$\frac{3}{4}$ cup plant-based milk

$\frac{3}{4}$ cup frozen dark sweet cherries

$\frac{1}{2}$ cup plain Greek yogurt or plant-based yogurt

1 tablespoon almond butter

1 scoop unsweetened plant-based vanilla protein powder

$\frac{1}{2}$ cup ice

1. In a blender, combine the plant-based milk, cherries, yogurt, almond butter, protein powder, and ice. Blend until smooth.

Kombucha

V, GF, HT

Makes 8 (16-ounce) bottles

- 16 cups purified water
- 6 tea bags (green, black, white, or a combination)
- 1 cup granulated sugar
- 1 to 2 cups starter liquid (see Notes)
- 1 SCOBY (see Notes)
- Optional flavorings

1. In a medium saucepan, bring 4 cups of the water to boiling. Remove from the heat and add the tea bags. Steep 15 minutes, then remove the tea bags and discard. Stir in the sugar until dissolved.
2. Meanwhile, add the remaining 12 cups water to a wide-mouth 1-gallon glass container. Add the sweetened tea to the container. Check the temperature of the mixture—it should be no warmer than about 100°F. Add the starter liquid and stir to combine. Add the SCOBY.
3. Cover the container with a paper towel, paper napkin, or tightly woven cloth and secure with a rubber band. Place in a warm (75°F to 80°F) ventilated area out of direct sunlight. Let stand for 7 days. (The mother SCOBY may rise to the top, sink, or float sideways, and a new baby SCOBY will form on top.)
4. To taste the brew, slide a straw under the SCOBYs. When the kombucha is the right balance of sweet and sour for your taste, decant it. If not, re-cover and continue fermenting, tasting every 2 days.
5. To decant, use clean hands to transfer the SCOBYs to a tall glass container along with 1 to 2 cups of the kombucha (this will serve as the starter liquid for the next batch). If you're making another batch immediately, cover the container with a paper towel or tightly woven cloth and set aside. If not, cover with a lid and refrigerate for up to 1 month.
6. For flavored kombucha, add the desired flavoring to each of 8 16-ounce bottles. Ladle the kombucha into the bottles through

a funnel, filling nearly to the top. Secure the lids and place out of direct sunlight for 1 to 3 days, burping the bottles daily to release carbonation and prevent explosions.

7. Place the bottles in the refrigerator and chill for at least 4 hours. Strain the flavorings from the kombucha before drinking.

OPTIONAL FLAVORINGS

Raspberry-hibiscus: Add 1 tablespoon gently mashed raspberries and ½ teaspoon dried hibiscus petals.

Lavender: Add 1 teaspoon dried lavender flowers.

Turmeric-ginger: Add 1½ teaspoons grated fresh turmeric root and 2 teaspoons grated fresh ginger.

NOTES

- Do not use herbal teas.
- You can purchase a SCOBY (symbiotic culture of bacteria and yeast) online or at most whole-foods markets.
- The starter liquid can be the liquid that comes with a purchased SCOBY or purchased plain kombucha.
- Finished kombucha will keep in the refrigerator for up to 3 weeks.

TREATS

Dark Chocolate–Dipped Fruit

V, GF, CC

Makes 24 pieces

8 ounces sugar-free dark chocolate chips or sugar-free vegan chocolate chips

8 dried apricots

8 pieces dried apple

8 dried plums (prunes)

Sea salt, flaked variety

Pistachios, almonds, and/or walnuts, toasted and finely chopped (see Note)

1. Line a large rimmed baking sheet with parchment paper.
2. In a medium microwave-safe bowl, microwave the chocolate chips at 50% power in 30-second intervals, stirring after each interval, until smooth. Set aside to cool slightly, about 5 minutes.
3. Dip the apricots, apples, and plums in the chocolate and place on the prepared baking sheet. Sprinkle with flaky salt or chopped nuts immediately.
4. When all of the fruit is coated and sprinkled, place the baking sheet in the refrigerator to allow the chocolate to set.
5. Store in the refrigerator in a tightly sealed container for up to one week. For the best taste and texture, allow to come to room temperature before serving.

Note: You can use all of one kind of nut—or none at all—but pistachios pair particularly well with apricots, walnuts with apples, and almonds with dried plums. You can also make just one or two kinds of fruits—whatever you prefer.

Dark Chocolate–Peppermint Coins with Cacao Nibs

V, GF, CC

Makes about 40 pieces

8 ounces sugar-free dark chocolate chips or sugar-free vegan chocolate chips
2 drops peppermint oil
½ cup cacao nibs

1. Line a large rimmed baking sheet with parchment paper.
2. In a medium microwave-safe bowl, microwave the chocolate chips at 50% power in 30-second intervals, stirring after each interval, until smooth.
3. Drop tablespoon-size spoonfuls of the chocolate at least 2 inches apart on the prepared pan. Bang the pan on the counter once or twice to spread the chocolate into thin pools about 2 inches wide.

4. Immediately, while the chocolate is still liquid, sprinkle each with a generous $\frac{1}{2}$ teaspoon cacao nibs. Place the baking sheet in the refrigerator to allow the chocolate to set.
5. Store in the refrigerator in a tightly sealed container for up to one week. For the best taste and texture, allow to come to room temperature before serving.

Fudgy Black Bean Brownies

V, GF, HT, CC

Makes 9 brownies

1 15-ounce can black beans, drained and rinsed
2 tablespoons unsweetened cocoa powder
 $\frac{1}{2}$ cup quick oats
 $\frac{1}{4}$ teaspoon sea salt
 $\frac{1}{2}$ cup maple pure maple syrup or 1 teaspoon liquid stevia
 $\frac{1}{4}$ cup coconut oil, plus more for greasing the pan
2 teaspoons pure vanilla extract
1 teaspoon instant espresso powder
 $\frac{1}{2}$ cup sugar-free dark chocolate chips or sugar-free vegan chocolate chips

1. Preheat the oven to 350°F. Grease an 8x8-inch baking pan with some coconut oil.
2. In a food processor, combine the beans, cocoa powder, oats, salt, maple syrup, $\frac{1}{4}$ cup coconut oil, vanilla extract, and espresso powder. Blend until completely smooth. Stir in the chocolate chips.
3. Pour the batter into the prepared pan. Bake 15 to 18 minutes, or until the surface looks mostly dry but is still a little glossy.
4. Cool in the pan on a wire rack for at least 10 minutes before cutting. (If the brownies still look a little bit undercooked, chill in the refrigerator overnight before cutting.)

Pumpkin Spice Chia Seed Pudding

V, GF, CC

Makes 4 servings

- 2¼ cups unsweetened plant-based milk
- 1 cup pumpkin puree
- 2 tablespoons pure maple syrup or ¼ teaspoon liquid stevia
- ½ teaspoon pure vanilla extract
- 5 tablespoons chia seeds
- 2 teaspoons pumpkin pie spice
- Pinch sea salt
- ¼ cup pecans
- 2 tablespoons pepita seeds

1. In a medium bowl, whisk together the plant-based milk, pumpkin puree, maple syrup, vanilla extract, and chia seeds. Add the pumpkin pie spice and salt and whisk to combine. Cover and refrigerate until thick and pudding-like, about 2 to 3 hours.
2. To serve, spoon the pudding into 4 bowls or dishes. Top with the pecans and pepita seeds.

Note: The pudding can be made in advance and stored in an airtight container in the refrigerator for up to 4 days.

Green Tea Yogurt Bowl with Berries and Chocolate

GF, V (if plant-based yogurt is used), HT, CC

Makes 1 serving

- ¾ cup plain Greek yogurt or plant-based yogurt
- 1 scoop unsweetened plant-based vanilla protein powder
- 1 teaspoon high-quality matcha powder
- ½ to ¾ teaspoon agave or 3 to 5 drops liquid stevia
- Fresh berries, such as raspberries, blueberries, or blackberries
- 1 tablespoon sugar-free dark chocolate chips

In a small bowl, whisk together the yogurt, protein powder, matcha powder, and agave until smooth. Top with fresh berries and the chocolate chips. Serve immediately.

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