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THE

# Plant Paradox

THE HIDDEN DANGERS IN  
“HEALTHY” FOODS THAT CAUSE  
DISEASE AND WEIGHT GAIN

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Steven R. Gundry, MD  
with Olivia Bell Buehl

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.

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## Patterns Causing Problems

**ANOTHER IMPORTANT LESSON** I've learned from my patients is that your immune system reacts to lectins to a greater or lesser degree depending on who you are—meaning your family history and genetics—and, more important, whether those lectins are getting past your previously intact intestinal barrier. It seems simple, right? Not so. In the next chapter, we'll look more closely at our current health crisis and specifically the rising tide of obesity and related diseases. Most important, we'll look at how to reverse it. Because as it turns out, the ability of lectins to mimic other proteins and confuse the body's messaging plays a major role in many, many conditions. By using the forthcoming principles and my updated dietary program, I have seen patients resolve the following health problems:

- Aching joints
- Acid reflux or heartburn
- Acne
- Age spots, skin tags
- Allergies
- Alopecia
- Anemia
- Arthritis
- Asthma
- Autoimmune diseases (including autoimmune thyroid disease, rheumatoid arthritis, type 1 diabetes, multiple sclerosis, Crohn's, colitis, and lupus)
- Bone loss (including osteopenia and osteoporosis)
- Brain fog
- Cancer

- Canker sores
- Chronic fatigue syndrome
- Chronic pain syndrome
- Colon polyps
- Cramps, tingling, and numbness
- Decline in dental health
- Dementia
- Depression
- Diabetes, prediabetes, insulin resistance
- Exhaustion
- Fat in the stool (due to poor digestion)
- Fibromyalgia
- Gastroesophageal reflux disease (GERD), Barrett's esophagus
- Gastrointestinal problems (bloating, pain, gas, constipation, diarrhea)
- Headaches
- Heart disease, coronary artery disease, vascular disease
- Hypertension
- Infertility, irregular menstrual cycle, miscarriage
- Irritability and behavioral changes
- Irritable bowel syndrome (IBS)
- Low counts of immunoglobulin G, immunoglobulin M, and immunoglobulin A
- Low testosterone
- Low white blood cell count
- Lymphomas, leukemias, multiple myeloma
- Male-pattern baldness
- Memory loss
- Migraine headaches
- Nutritional deficiencies due to malabsorption—e.g., low iron levels

- Parkinson's disease
- Peripheral neuropathy
- Polycystic ovary syndrome (PCOS)
- Skin rashes (including dermatitis herpetiformis, eczema, and psoriasis)
- Slow infant and child growth
- Unexplained bouts of dizziness or ear ringing
- Vitiligo
- Weight loss or weight gain

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## Forbidden Trojan Horses

I call the deadly disruptors “Trojan horses” because the enemy is hidden inside, just as problematic lectins lurk sneakily in many foods. Equally important to the dietary changes you will make in the Plant Paradox Program is the removal of products that are Trojan horses. In addition to eliminating broad-spectrum antibiotics (with your physician’s permission, of course), you want to omit the sources of other deadly disruptors and replace them with neutral substitutes. Consult the lists below.

- **PAIN-RELIEVER ENEMIES:** Generic ibuprofen or Advil, Aleve, Naprosyn, Celebrex, Mobic, and other NSAIDs.
  - **Friendly Substitutes:** Boswellia or white willow bark.
- **ACID-REDUCER ENEMIES:** Zantac, Prilosec (omeprazole), Protonix, Nexium, and Imeprazole.
  - **Friendly Substitutes:** Rolaids are a low-sugar source of calcium carbonate. Also chew DGL wafers.
- **SLEEP-AID ENEMIES:** Ambien, Restoril, Lunesta, and Xanax.
  - **Friendly substitutes:** My favorite combination of sleep aids is in Schiff Melatonin Ultra, or buy time-release melatonin and take 3 to 6 mg before bed.

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## Artificial Sweetener Trojan Horses

- **THE ENEMY:** All artificial sweeteners, specifically saccharin (Sweet'n Low, Sweet Twin, and Necta Sweet), aspartame (Equal and NutraSweet), acesulfame K (also in Equal and NutraSweet), sucralose (Splenda), and neotame. Also steer clear of soft drinks or sports drinks, any health or protein bar that contains any of these sweeteners, as well as any form of sugar, including corn, agave syrup, or pure cane sugar. Ditto for any processed foods with such sweeteners.
  - **Friendly Substitutes:** Stevia (SweetLeaf, which contains inulin), Just Like Sugar (made from chicory root), the sugar alcohols xylitol or erythritol (Swerve), yacón syrup, and inulin. Use all in moderation, particularly sugar alcohols, which can create gassiness and diarrhea.
- **SPOILER ALERT:** Any sweet taste, even from stevia, stimulates an insulin response that makes you want more, as discussed above.

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## DISRUPTOR 5: Endocrine Disruptors

Also called hormone disruptors, these low-dose estrogenlike agents are a diverse group, encompassing chemicals found in most plastics, scented cosmetics, preservatives, and sunscreens, and other products as diverse as cash register receipts, along with dichlorodiphenyldichloroethylene (DDE), which is a metabolite of dichlorodiphenyltrichloroethane (aka DDT), the insecticide lindane, and polychlorinated biphenyls (PCBs).<sup>15</sup> All regularly play havoc with our hormones. According to the Endocrine Society's second statement on endocrine disruptors, exposure to these powerful agents has been found to affect individuals and test animals

(as well as their descendants) in multiple ways, some of which may not show up for years.<sup>16</sup> Problems include:

- Obesity, diabetes, and other metabolic diseases
- Both female and male reproductive issues
- Women's hormone-sensitive cancers
- Prostate problems
- Thyroid problems
- Impaired development of the brain and neuroendocrine systems



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## Endocrine Disruptor Trojan Horses

These powerful disruptors are in countless products. The following are just the tip of the iceberg.

- **ENEMIES:** Any food that uses BHT as a stabilizing agent, particularly commercial baked goods. Hint: It is likely that BHT has been added if the food comes in a wrapper or has the words “whole grain.” (Don’t forget that any cracker, bread, cookie, or “crunchy” bar probably also contains transglutaminase.) Food manufacturers are not required to list this chemical on the packaging.
  - **Friendly Substitute:** Homemade baked goods using approved flour substitutes (see page 201).
- **ENEMIES:** Teflon, the brand name for polytetrafluoroethylene (PTFE), and similar products used on nonstick cookware, as well as on stain-resistant fabrics and carpeting. Perfluorooctanoic octanoic acid (PFOA) is also used in some nonstick cookware.
  - **Friendly Substitute:** Use conventional cookware or those with a ceramic coating that are certified to contain no PTFE or PFOA made by T-fal, Amoré, Culina, and other manufacturers.
- **ENEMIES:** Containers made of BPA plastic.
  - **Friendly Substitutes:** Buy products (and store leftovers) in glass or stainless steel containers, which are nonreactive. Purchase canned foods only in BPA-free cans. Some bottled water is sold in non-BPA plastic, but it is debatable that these plastics are any safer. Just when you thought it was safe to get back in the water—pun intended—it turns out that BPS causes the same if not more problems as BPA.<sup>35</sup> Purchase a stainless steel or glass water bottle (one with a protective wrapper) and use your own tap or filtered water instead.

- **ENEMIES:** Plastic wrap and plastic bags.
  - **Friendly Substitutes:** Old-fashioned wax paper works, or reusable cloth sandwich bags (sold on Etsy).
- **ENEMIES:** Store and bank receipts printed with thermal paper, which may or may not contain BPA.
  - **Friendly Substitutes:** Have your bank receipt emailed to you. If you need the receipt from a store in case you have to return something, ask the salesperson to put it in the bag. When you get home, use kitchen tongs to remove it. Wash your hands after touching receipts. Photograph receipts with your smart phone and then get rid of them. Encourage vendors you use often to switch to BPA-free paper such as that made by Appleton.
- **ENEMIES:** Sunscreens with parabens, such as methylparaben. Avoid all sunscreens unless the active ingredient is titanium oxide. Also avoid scented products.
  - **Friendly Substitutes:** Check the Environmental Working Group (EWG) website for its Guide to Sunscreens, which includes some products without parabens: [www.ewg.org/sunscreen/](http://www.ewg.org/sunscreen/).
- **ENEMIES:** Makeup with parabens.
  - **Friendly Substitutes:** The EWG also has a database of more than 62,000 cosmetic products without parabens: [www.ewg.org/skindeep/](http://www.ewg.org/skindeep/).
- **ENEMIES:** Deodorants and antiperspirants that contain parabens or aluminum.
  - **Friendly Substitutes:** Again, EWG has analyzed and rated deodorants and antiperspirants as part of its cosmetics database: [www.ewg.org/skindeep/browse/antiperspirant;deodorant](http://www.ewg.org/skindeep/browse/antiperspirant;deodorant). Acceptable brands include Be Green, Purely Great, and Penny Lane Organics.

- **ENEMIES:** Hand sanitizers with triclosan and all antibacterial soaps. Aside from all their health risks, there is no need to use such products. Soap and hot water are all you need.
- **ENEMIES:** Toothpastes with triclosan and its cousin triclocarban. Triclosan is also in certain mouthwashes and antibacterial toothbrushes. For a long list of other personal care products with this chemical, see <http://drbenkim.com/articles/triclosan-products.htm>. Pass them all by. You also want to avoid toothpaste that contains sodium lauryl sulfate (SLS).
- **Friendly Substitutes:** Jason, Face Natural, Desert Essence (Natural Tea Tree Oil or Neem flavor), and Trader Joe's Antiplaque No Fluoride All Natural (Peppermint or Fennel) toothpastes contain neither triclosan nor SLS. Ditto for my new favorite (despite its unappealing name): The Dirt's Natural Organic Fluoride Free Toothpaste with MCT Coconut Oil.
- Tom's of Maine products contain no triclosan, and its Botanically Bright line offers two SLS-free products.



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## Glyphosate and GMO Trojan Horses

- **ENEMY:** Roundup and similar products.
    - **Friendly Substitute:** Mix a gallon of white vinegar with a cup of salt and a tablespoon of liquid dishwashing soap; spray that mixture on weeds. There are a number of variations on this recipe, including lemon juice instead of white vinegar and Epsom salts instead of salt.
  - **ENEMY:** GMO foods.
    - **Friendly Substitute:** Organic foods.
-

You want to stay away from all products with these labels. Here are the real meanings of these coded messages:

<b>Coded Message</b>	<b>Translation</b>
<b>"All vegetarian feed"</b>	Contains grains, pseudo-grains, and/or soy, all likely GMO. Often found on poultry products.
<b>"Free-range"</b>	According to a 2007 federal law, chickens labeled free-range (or cage-free) can be crammed inside a warehouse and fed corn and soy-beans as long as a door to a small patch of grass is left open for at least 5 minutes a day. Of course, under crowded conditions, most chickens never see the light of day.
<b>"Gluten-free"</b>	More sugar and lectins than the gluten-containing product it replaced.
<b>"All natural"</b>	So are hurricanes, tornadoes, earthquakes, and arsenic! This is a meaningless term, as neither the FDA nor the USDA has defined it.
<b>"No cholesterol"</b>	The fats that replace cholesterol are actually full of bad omega-6 fats.
<b>"No trans fats"</b>	Again, there are mostly bad omega-6 fats in this product.
<b>"Partially hydrogenated"</b>	There are <i>really</i> bad omega-6 fats in here.
<b>"No artificial ingredients"</b>	There is nothing "artificial" in rat droppings, either! At best, this is meaningless.

<b>"Heart healthy"</b>	Big Food and Big Pharma want you to eat this! And by the way, one product certified as "heart healthy" by the FDA is Froot Loops! However, avocado, salmon, and nuts don't pass muster by the FDA. Go figure.
<b>"All organic ingredients"</b>	Buyer, beware. Arsenic is organic and it is legal to feed it to so-called organic chickens. It is a major antibiotic and endocrine disruptor. GMO crops, if raised organically, can be also labeled "organic."

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## Blue Light Trojan Horses

- **ENEMY:** Constant exposure to blue spectrum light.
  - **Friendly Substitutes:**
    - Download an app ([justgetflux.com](http://justgetflux.com)) to change the blue light emitted from any device's screen to an amber tint when the sun sets, by simply typing in your zip code. Utilize the yellow screen option on your iPhone or Android. The new iOS has an easy-to-use "Night-Shift" function.
    - When the sun goes down and you use your cell phone or other electronic devices, wear amber-tinted, blue light-blocking glasses, which are made by Uvex, Solar Shield, Pixel, and many other companies. A wraparound style blocks blue light coming from the side as well as that from directly in front of you.
    - Replace the bulbs in your bedroom (if not all rooms) with blue-blocking bulbs. I particularly like the Good Night Biological LED Lamp made by Lighting Science ([www.lsgc.com](http://www.lsgc.com)), which was originally developed for NASA astronauts.

## An Overview of the Plant Paradox Program

**THE REVOLUTIONARY APPROACH** of the Plant Paradox Program will help you achieve both optimal health and the ability to manage your weight by feeding you and your good gut bugs what you both need. We'll get into the specifics of the three phases that constitute the Plant Paradox Program in the following three chapters. Meanwhile, here are the basics:

- **PHASE 1:** This three-day cleanse begins the process of repairing your gut, fortifying the good microbes, and banishing most of the bad microbes. At the end of the three days, your gut organisms will have changed, and therefore, your gut has changed. But you must move directly from Phase 1 to Phase 2 to prevent the almost immediate return of the bad guys.
- **PHASE 2:** Here is where the Plant Paradox Program really kicks in. All I ask is that you give me two weeks, and in return I'll give you back your life. After two weeks, you will feel and see the change—it is that powerful. And after six weeks, you'll have engrained these new eating habits. During this time, I'm going to ask you to eliminate or reduce certain foods and eat more of others. Here's an overview:
  - Initially, you'll eliminate major lectins (grains and legumes, including corn and soybeans, which also contain estrogenlike substances), GMO foods, crops treated with Roundup, and many saturated fats. This includes whole-grain products, which hypersensitize the immune system. But fear not, vegetarians and vegans, I have a solution for you below.
  - Eliminate all sugars and artificial sweeteners.
  - Minimize intake of most omega-6 fats, which prompt the



body's attack mode, encouraging fat storage and hunger.

- Eliminate industrial farm-raised poultry (including so-called free-range poultry) and livestock (along with their dairy products) and all farm-raised fish, which are fed antibiotics, corn, and beans full of omega-6s and laced with Roundup.
- You may have a small serving of nuts, guacamole, or simply half a Hass avocado as a snack.<sup>11</sup> You will find that over time, if you are eating the right foods, you no longer feel the need for snacks. The wrong foods, on the other hand, simply make you hungrier.
- Avoid using all endocrine-disrupting products.
- Instead, you'll consume the following:
  - All leafy greens and certain vegetables, and a substantial amount of tubers and other foods that contain resistant starch. Initially, you will give fruit the boot. Later, you can reintroduce it only in its real season, and only as "candy."
  - Consume more omega-3 fats, particularly those found in fish oil, perilla oil, flaxseed oil, and other approved oils, such as avocado, walnut, olive, or macadamia nut, as well as medium-chain triglycerides (MCTs), all of which allow speedy repair of the gut barrier.
  - Consume no more than 8 ounces of animal protein a day (remember, fish and shellfish are animals), primarily as wild-caught fish and shellfish, which are high in omega-3 fatty acids and have no artery-destroying Neu5Gc, as well as eggs from pastured or omega-3-fed chickens.
  - Only 4 ounces of your daily protein should come from grass-fed or pasture-raised meat, which have more omega-3 and fewer omega-6 oils than animals fed

grains and soy, but still do contain lots of Neu5Gc.

- Consume dairy products only from certain breeds of cows or from sheep, goats, and water buffalo, which make casein A-2. However, in general, with the exception of ghee, limit all dairy products, owing to the presence of Neu5Gc.
- **PHASE 3** (optional): Reduce intake of all animal protein, including fish, to a total of 2 to 4 ounces a day and fast intermittently.
- The Keto Plant Paradox Intensive Care Program, introduced in chapter 10, is designed for those of you with diabetes, cancer, or kidney failure, or who have been diagnosed with neurologic diseases such as dementia, Parkinson's, Alzheimer's, or ALS. If that describes you, do the Three-Day Kick-Start Cleanse, then go directly to chapter 10 and dive in. I'll provide instructions to determine when, if ever, you may segue to Phase 2.

## THE SAY “YES PLEASE” LIST OF ACCEPTABLE FOODS

### Oils

Algae oil (Thrive culinary brand)  
Olive oil  
Coconut oil  
Macadamia oil  
MCT oil  
Avocado oil  
Perilla oil  
Walnut oil  
Red palm oil  
Rice bran oil  
Sesame oil  
Flavored cod liver oil

### Sweeteners

Stevia (SweetLeaf is my favorite)  
Just Like Sugar (made from chicory root [inulin])  
Inulin  
Yacón  
Monk fruit  
Luo han guo (the Nutresse brand is good)  
Erythritol (Swerve is my favorite as it also contains oligosaccharides)  
Xylitol

### Nuts and Seeds

(½ cup/day)  
Macadamia nuts  
Walnuts  
Pistachios  
Pecans  
Coconut (not coconut water)  
Coconut milk (unsweetened dairy substitute)  
Coconut milk/cream (unsweetened, full-fat canned)

Hazelnuts  
Chestnuts  
Brazil nuts (in limited amounts)  
Pine nuts (in limited amounts)  
Flaxseeds  
Hemp seeds  
Hemp protein powder  
Psyllium

### Olives

All

### Dark Chocolate

72% or greater (1 oz./day)

### Vinegars

All (without added sugar)

### Herbs and Seasonings

All except chili pepper flakes  
Miso

### Energy Bars

Quest bars: Lemon Cream Pie, Banana Nut, Strawberry Cheesecake, Cinnamon Roll, and Double Chocolate Chunk only  
B-Up bars (sometimes found as Yup bars): Chocolate Mint, Chocolate Chip Cookie Dough, and Sugar Cookie only  
Human Food Bar (humanfoodbar.com)  
Adapt Bar: Coconut and Chocolate (adaptyourlife.com)

### Flours

Coconut  
Almond  
Hazelnut  
Sesame (and seeds)  
Chestnut  
Cassava  
Green banana  
Sweet potato  
Tiger nut  
Grape seed  
Arrowroot

### Ice Cream

Coconut Milk Dairy-Free Frozen Dessert (the So Delicious blue label, which contains only 1 gram of sugar)  
LaLoo's goat's milk ice cream

“Foodles” (my name for acceptable noodles)

Cappello's fettuccine and other pastas  
Pasta Slim  
Shirataki noodles  
Kelp noodles  
Miracle Noodles and kanten pasta  
Miracle Rice  
Korean sweet potato noodles

**Dairy Products** (1 oz. cheese or 4 oz. yogurt/day)

Real Parmesan (Parmigiano-Reggiano)  
French/Italian butter  
Buffalo butter (available at Trader Joe's)  
Ghee  
Goat yogurt (plain)

Goat milk as creamer  
Goat cheese  
Butter  
Goat and sheep kefir  
Sheep cheese and yogurt (plain)  
Coconut yogurt  
French/Italian cheese  
Switzerland cheese  
Buffalo mozzarella (Italy)  
Whey protein powder  
Casein A-2 milk (as creamer only)  
Organic heavy cream  
Organic sour cream  
Organic cream cheese

**Wine** (6 oz./day)  
Red

**Spirits** (1 oz./day)

**Fish** (any wild-caught—4 oz./day)  
Whitefish  
Freshwater bass  
Alaskan halibut  
Canned tuna  
Alaskan salmon  
Hawaiian fish  
Shrimp  
Crab  
Lobster  
Scallops  
Calamari/squid  
Clams  
Oysters  
Mussels  
Sardines  
Anchovies

**Fruits** (limit all but avocado)  
Avocados  
Blueberries  
Raspberries  
Blackberries  
Strawberries

Cherries  
Crispy pears (Anjou, Bosc, Comice)  
Pomegranates  
Kiwis  
Apples  
Citrus (no juices)  
Nectarines  
Peaches  
Plums  
Apricots  
Figs  
Dates

### **Vegetables**

*Cruciferous Vegetables*  
Broccoli  
Brussels sprouts  
Cauliflower  
Bok choy  
Napa cabbage  
Chinese cabbage  
Swiss chard  
Arugula  
Watercress  
Collards  
Kohlrabi  
Kale  
Green and red cabbage  
Radicchio  
Raw sauerkraut  
Kimchi

*Other Vegetables*  
Nopales cactus  
Celery  
Onions  
Leeks  
Chives  
Scallions  
Chicory  
Carrots (raw)  
Carrot greens  
Artichokes  
Beets (raw)  
Radishes  
Daikon radish

Jerusalem artichokes/  
sunchokes  
Hearts of palm  
Cilantro  
Okra  
Asparagus  
Garlic  
Mushrooms

*Leafy Greens*  
Romaine  
Red and green leaf lettuce  
Mesclun (baby greens)  
Spinach  
Endive  
Dandelion greens  
Butter lettuce  
Fennel  
Escarole  
Mustard greens  
Mizuna  
Parsley  
Basil  
Mint  
Purslane  
Perilla  
Algae  
Seaweed  
Sea vegetables

### **Resistant Starches**

Tortillas (Siete brand—only those made with cassava and coconut flour or almond flour)  
Bread and bagels made by Barely Bread  
Julian Bakery Paleo Wraps (made with coconut flour) and Paleo Coconut Flakes Cereal

*(In Moderation)*  
Green plantains  
Green bananas  
Baobab fruit  
Cassava (tapioca)

Sweet potatoes or yams  
Rutabaga  
Parsnips  
Yucca  
Celery root (celeriac)  
Glucomannan (konjac  
root)  
Persimmon  
Jicama  
Taro root  
Turnips  
Tiger nuts  
Green mango  
Millet  
Sorghum  
Green papaya

**Pastured Poultry** (not  
free-range—4 oz./day)

Chicken  
Turkey  
Ostrich  
Pastured or omega-3  
eggs (up to 4 daily)  
Duck  
Goose  
Pheasant  
Grouse  
Dove  
Quail

**Meat** (grass-fed and  
grass-finished—4 oz./  
day)

Bison  
Wild game  
Venison  
Boar  
Elk  
Pork (humanely raised)  
Lamb  
Beef  
Prosciutto

**Plant-Based “Meats”**

Quorn: Chik’n Tenders,  
Grounds, Chik’n  
Cutlets, Turk’y Roast,  
Bacon-Style Slices  
Hemp tofu  
Hilary’s Root  
Veggie Burger  
([hilaryseatwell.com](http://hilaryseatwell.com))  
Tempeh (grain-free  
only)

## THE JUST SAY “NO” LIST OF LECTIN-CONTAINING FOODS

### Refined, Starchy Foods

Pasta  
Rice  
Potatoes  
Potato chips  
Milk  
Bread  
Tortillas  
Pastry  
Flour  
Crackers  
Cookies  
Cereal  
Sugar  
Agave  
Sweet One or Sunett (Acesulfame K)  
Splenda (Sucralose)  
NutraSweet (Aspartame)  
Sweet'n Low (Saccharin)  
Diet drinks  
Maltodextrin

### Vegetables

Peas  
Sugar snap peas  
Legumes\*  
Green beans  
Chickpeas\* (including as hummus)  
Soy  
Tofu  
Edamame  
Soy protein  
Textured vegetable protein (TVP)  
Pea protein  
All beans, including sprouts  
All lentils\*  
\*Vegans and vegetarians can have these legumes in Phase 2, but only if they are properly prepared in a pressure cooker.

### Nuts and Seeds

Pumpkin  
Sunflower  
Chia  
Peanuts  
Cashews

### Fruits (some called vegetables)

Cucumbers  
Zucchini  
Pumpkins  
Squashes (any kind)  
Melons (any kind)  
Eggplant  
Tomatoes  
Bell peppers  
Chili peppers  
Goji berries

### Non-Southern European Cow's Milk Products

(these contain casein A-1)  
Yogurt (including Greek yogurt)  
Ice cream  
Frozen yogurt  
Cheese  
Ricotta  
Cottage cheese

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

Wheat (pressure cooking does not remove lectins from any form of wheat)  
Einkorn wheat  
Kamut  
Oats (cannot pressure cook)  
Quinoa  
Rye (cannot pressure cook)

Bulgur  
White rice  
Brown rice  
Wild rice  
Barley (cannot pressure cook)  
Buckwheat  
Kashi  
Spelt  
Corn  
Corn products  
Cornstarch  
Corn syrup  
Popcorn  
Wheatgrass  
Barley grass

### Oils

Soy  
Grape seed  
Corn  
Peanut  
Cottonseed  
Safflower  
Sunflower  
“Partially hydrogenated”  
Vegetable  
Canola

## THE KETO PLANT PARADOX INTENSIVE CARE PROGRAM LIST OF ACCEPTABLE FOODS

### Oils

Algae oil (Thrive  
culinary brand)  
Olive oil  
Coconut oil  
Macadamia oil  
MCT oil  
Avocado oil  
Perilla oil  
Walnut oil  
Red palm oil  
Rice bran oil  
Sesame oil  
Flavored cod liver oil

### Sweeteners

Stevia (SweetLeaf is my  
favorite)  
Just Like Sugar (made  
from chicory root  
[inulin])  
Inulin  
Yacón  
Monk fruit  
Luo han guo (the  
Nutresse brand is  
good)  
Erythritol (Swerve  
is my favorite as  
it also contains  
oligosaccharides)  
Xylitol

### Nuts and Seeds

(½ cup/day)  
Macadamia nuts  
Walnuts  
Pistachios  
Pecans  
Coconut (not coconut  
water)  
Coconut milk  
(unsweetened dairy  
substitute)

Coconut cream  
(unsweetened canned)  
Hazelnuts  
Chestnuts  
Flaxseeds  
Hemp seeds  
Hemp protein powder  
Psyllium  
Pine nuts (in limited  
amounts)  
Brazil nuts (in limited  
amounts)

### Olives

All

### Dark Chocolate

90% or greater (1 oz./  
day)

### Vinegars

All (without added  
sugar)

### Herbs and Seasonings

All except chili pepper  
flakes  
Miso

### “Fat Bomb Keto” Bars

Adapt Bar: Coconut and  
Chocolate

### Flours

Coconut  
Almond  
Hazelnut  
Sesame (and seeds)  
Chestnut  
Cassava  
Green banana  
Sweet potato  
Tiger nut  
Grape seed  
Arrowroot

### Ice Cream

Coconut  
Milk Dairy-Free Frozen  
Dessert (the So  
Delicious blue label,  
which contains only 1  
gram of sugar)

“Foodles” (my name  
for acceptable noodles)

Capello’s fettuccine and  
its other pastas  
Pasta Slim  
Shirataki noodles  
Kelp noodles  
Miracle Noodles and  
kanten pasta  
Miracle Rice

**Dairy Products** (1 oz.  
cheese or 4 oz. yogurt/  
day)

French/Italian butter  
Buffalo butter (available  
at Trader Joe’s)  
Ghee  
Goat butter  
Goat cheese  
Butter  
Ghee  
Goat Brie  
Goat and sheep kefir  
Sheep cheese (plain)  
Coconut yogurt  
High-fat French/Italian  
cheeses such as  
triple-cream Brie)  
High-fat Switzerland  
cheese  
Buffalo mozzarella  
(Italy)  
Organic heavy cream  
Organic sour cream  
Organic cream cheese

**Wine** (6 oz./day)

Red

**Spirits** (½ oz./day)**Fish** (any wild-caught—2 to 4 oz./day)

Whitefish

Freshwater bass

Alaskan halibut

Canned tuna

Alaskan salmon  
(canned, fresh,  
smoked)

Hawaiian fish

Shrimp

Crab

Lobster

Scallops

Calamari/squid

Clams

Oysters

Mussels

Sardines

Anchovies

**Fruit**

Avocado

**Vegetables***Cruciferous Vegetables*

Broccoli

Brussels sprouts

Cauliflower

Bok choy

Napa cabbage

Chinese cabbage

Swiss chard

Arugula

Watercress

Collards

Kale

Green and red cabbage

Radicchio

Raw sauerkraut

Kimchi

*Other Vegetables*

Nopales cactus

Celery

Onions

Leeks

Chives

Scallions

Chicory

Carrots (raw)

Carrot greens

Artichokes

Beets (raw)

Radishes

Daikon radish

Jerusalem artichokes/  
sunchokes

Hearts of palm

Cilantro

Okra

Asparagus

Garlic

*Leafy Greens*

Romaine

Red and green leaf  
lettuce

Kohlrabi

Mesclun (baby greens)

Spinach

Endive

Dandelion greens

Butter lettuce

Fennel

Escarole

Mustard greens

Mizuna

Parsley

Basil

Mint

Purslane

Perilla

Algae

Seaweed

Sea vegetables

Mushrooms

**Resistant Starches** (in moderation)

Siete brand tortillas

made with cassava  
and coconut flour or  
almond flourBread and bagels made  
by Barely Bread

Julian Bakery Paleo

Wraps (made with  
coconut flour) and  
Paleo Coconut Flakes  
Cereal

Green plantains

Green bananas

Baobab fruit

Cassava (tapioca)

Sweet potatoes or yams

Rutabaga

Parsnips

Yucca

Celery root (celeriac)

Glucomannan (konjac  
root)

Persimmon

Jicama

Taro root

Turnips

Tiger nuts

Green mango

Millet

Sorghum

Green papaya

**Pastured Poultry** (not free-range—2 to 4 oz./day)

Chicken

Turkey

Ostrich

Pastured or omega-3  
eggs (up to 4 yolks  
daily but only 1 white)

Duck

Goose

Pheasant

Dove

Grouse

Quail



**Meat (grass-fed—2 to 4 oz./day)**

Bison  
Wild game  
Venison  
Boar  
Elk  
Pork (humanely raised)  
Lamb  
Beef  
Prosciutto

**Plant-Based “Meats”**

Quorn: Chik’n Tenders,  
Grounds, Chik’n  
Cutlets, Turk’y Roast,  
and Bacon Style Slices  
Hemp tofu  
Hilary’s Veggie Burger  
([hilaryeatwell.com](http://hilaryeatwell.com))  
Tempeh (grain-free  
only)

## THE KETO PLANT PARADOX INTENSIVE CARE PROGRAM'S JUST SAY "NO" LIST OF LECTIN-CONTAINING FOODS

### **Refined, Starchy Foods**

Pasta  
Rice  
Potatoes  
Potato chips  
Milk  
Bread  
Tortillas (except for the two Siete products above)  
Pastry  
Flours made from grains and pseudo-grains  
Cookies  
Crackers  
Cereal  
Sugar  
Agave  
Splenda (sucralose)  
SweetOne or Sunett (acesulfame K)  
NutraSweet (aspartame)  
Splenda (sucralose)  
Sweet'n Low (saccharin)  
Diet drinks  
Maltodextrin

### **Vegetables**

Peas  
Sugar snap peas  
Legumes  
Green beans  
Chickpeas (including as hummus)  
Soy  
Tofu  
Edamame  
Soy protein  
Textured vegetable protein (TVP)  
All beans, including sprouts  
All lentils

### **Nuts and Seeds**

Pumpkin  
Sunflower  
Chia  
Peanuts  
Cashews

### **Fruits (some we call vegetables)**

All fruits, including berries  
Cucumbers  
Zucchini  
Pumpkins  
Squashes (any kind)  
Melons (any kind)  
Eggplant  
Tomatoes  
Bell peppers  
Chili peppers  
Goji berries

### **Non-Southern European Cow's Milk Products (these contain casein A-1)**

Yogurt  
Greek yogurt  
Ice cream  
Frozen yogurts  
Cheese  
Ricotta  
Cottage cheese  
Kefir  
Casein protein powders

### **Grain-or Soybean-Fed Fish, Shellfish, Poultry, Beef, Lamb, and Pork**

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

#### *Whole Grains*

Wheat (pressure cooking does not remove lectins from any form of wheat)  
Einkorn wheat  
Kamut  
Oats (cannot pressure cook)  
Quinoa  
Rye (cannot pressure cook)  
Bulgur  
Brown rice  
White rice  
Wild rice  
Barley (cannot pressure cook)  
Buckwheat  
Kashi  
Spelt  
Corn  
Corn products  
Cornstarch  
Corn syrup  
Popcorn  
Wheatgrass  
Barley grass

#### **Oils**

Soy  
Grape seed  
Corn  
Peanut  
Cottonseed  
Safflower  
Sunflower  
"Partially hydrogenated"  
Vegetable  
Canola

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PART III

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# Meal Plans and Recipes

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# Sample Meal Plans

## Sample Meal Plans for Phase 1: The Three-Day Kick-Start Cleanse

RECIPES FOR ALL these meals appear on pages 315–324. An asterisk (\*) indicates that the recipe contains chicken or salmon, and that there are vegan and/or vegetarian variations. Recipes set in bold can be found in the recipe section.

### DAY 1

---

<b>BREAKFAST</b>	<b>Green Smoothie</b>
<b>SNACK</b>	<b>Romaine Lettuce Boats Filled with Guacamole</b>
<b>LUNCH</b>	<b>Arugula Salad with Chicken and Lemon Vinaigrette*</b>
<b>SNACK</b>	<b>Romaine Lettuce Boats Filled with Guacamole</b>
<b>DINNER</b>	<b>Cabbage-Kale Sauté with Salmon and Avocado*</b>

### DAY 2

---

<b>BREAKFAST</b>	<b>Green Smoothie</b>
<b>SNACK</b>	<b>Romaine Lettuce Boats Filled with Guacamole</b>
<b>LUNCH</b>	<b>Romaine Salad with Avocado and Cilantro-Pesto Chicken*</b>
<b>SNACK</b>	<b>Romaine Lettuce Boats Filled with Guacamole</b>
<b>DINNER</b>	<b>Lemony Brussels Sprouts, Kale, and Onions with Cabbage “Steak”</b>

### DAY 3

---

<b>BREAKFAST</b>	<b>Green Smoothie</b>
<b>SNACK</b>	<b>Romaine Lettuce Boats Filled with Guacamole</b>
<b>LUNCH</b>	<b>Chicken-Arugula-Avocado Seaweed Wrap with Cilantro Dipping Sauce*</b>

<b>SNACK</b>	<b>Romaine Lettuce Boats Filled with Guacamole</b>
<b>DINNER</b>	<b>Roasted Broccoli with Cauliflower “Rice” and Sautéed Onions</b>

Vegetarian modification: Replace animal protein with approved Quorn products (see page 308).

Vegan modification: Replace animal protein with grain-free tempeh, hemp tofu, or ¾-inch-thick cauliflower slice seared over high heat in avocado oil until golden brown on both sides.

## Sample Meal Plans for Phase 2: Repair and Restore

**THIS PHASE LASTS** for a minimum of six weeks. You can alternate these two weekly meal plans or create your own meal plan, following the guidelines in chapter 8.

Recipes appear on pages 315–363.

- Recipes marked with an asterisk (\*) contain chicken, fish, shellfish, or eggs.
- Consume no more than 4 ounces of animal protein per meal.
- Vegetarians and vegans can refer to the vegetarian and vegan versions of recipes.
- For other dishes, vegans can substitute grain-free tempeh, hemp tofu, VeganEggs, pressure-cooked legumes, or cauliflower “steaks” for animal protein. Vegetarians can also substitute acceptable Quorn products (see page 308).



## WEEK 1

### DAY 1

---

- BREAKFAST** **Green Smoothie**
- SNACK** ¼ cup raw nuts
- LUNCH** Pastured chicken breast and cabbage slaw wrapped in lettuce leaves with sliced avocado\*
- SNACK** **Romaine Lettuce Boats Filled with Guacamole**
- DINNER** **Spinach Pizza with a Cauliflower Crust**; mixed green salad with avocado vinaigrette dressing

### DAY 2:

---

- BREAKFAST** **Paradox Smoothie**
- SNACK** ¼ cup raw nuts
- LUNCH** Small can of salmon mashed with ½ avocado and splash of balsamic vinegar, wrapped in lettuce leaves\*
- SNACK** **Romaine Lettuce Boats Filled with Guacamole**
- DINNER** **Cassava Flour Waffles with a Collagen Kick\***; grilled or stir-fried broccoli with perilla or avocado oil and 1 teaspoon sesame oil

### DAY 3

---

- BREAKFAST** **“Green” Egg-Sausage Muffin\***
- SNACK** ¼ cup raw nuts
- LUNCH** Two hard-boiled pastured eggs topped with **Basil Pesto\*** (page 342); salad of your choice with vinaigrette
- SNACK** **Romaine Lettuce Boats Filled with Guacamole**
- DINNER** Grilled Alaska salmon\*; **Roast Parmesan-Scented Cauliflower Mash**; asparagus salad topped with sesame seeds and dressed with sesame oil and vinegar

### DAY 4

---

- BREAKFAST** **Cinnamon-Flaxseed Muffin in a Mug\***
- SNACK** ¼ cup raw nuts

**LUNCH**            **“Raw” Mushroom Soup**; salad of your choice with vinaigrette

**SNACK**            **Romaine Lettuce Boats Filled with Guacamole**

**DINNER**        **Sorghum Salad with Radicchio** topped with 3 or 4 grilled wild-caught shrimp or 4 oz. crabmeat\*

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#### **DAY 5**

**BREAKFAST**    **Green Smoothie**

**SNACK**            ¼ cup raw nuts

**LUNCH**            Miracle Noodles or other konjac noodles tossed with olive oil, salt, and pepper; Boston lettuce salad with vinaigrette

**SNACK**            **Romaine Lettuce Boats Filled with Guacamole**

**DINNER**        **Baked Okra Lectin-Blocking Chips**; grilled pastured chicken breast\*; spinach and red onion salad with vinaigrette dressing

---

#### **DAY 6**

**BREAKFAST**    **Perfect Plantain Pancakes\***

**SNACK**            ¼ cup raw nuts

**LUNCH**            **Tops and Bottoms Celery Soup**; salad of your choice with vinaigrette

**SNACK**            **Romaine Lettuce Boats Filled with Guacamole**

**DINNER**        **Grilled Portabella-Pesto Mini “Pizzas”**; salad of your choice with vinaigrette; steamed artichoke

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#### **DAY 7**

**BREAKFAST**    **Coconut-Almond Flour Muffin in a Mug\***

**SNACK**            ¼ cup raw nuts

**LUNCH**            **Chicken-Arugula-Avocado Seaweed Wrap with Cilantro Dipping Sauce\***

**SNACK**            **Romaine Lettuce Boats Filled with Guacamole**

**DINNER**        **Veggie Curry with Sweet Potato “Noodles”**; Cauliflower “Rice”; salad of your choice with vinaigrette

## WEEK 2

### DAY 1

---

<b>BREAKFAST</b>	<b>Green Smoothie</b>
<b>SNACK</b>	¼ cup raw nuts
<b>LUNCH</b>	Grilled pastured chicken breast*; <b>Shaved Kohlrabi with Crispy Pear and Nuts</b>
<b>SNACK</b>	<b>Romaine Lettuce Boats Filled with Guacamole</b>
<b>DINNER</b>	Grilled Alaska salmon*; <b>Baked “Fried” Artichoke Hearts</b> ; cabbage and carrot slaw with sesame oil and cider vinegar dressing

### DAY 2

---

<b>BREAKFAST</b>	<b>Paradox Smoothie</b>
<b>SNACK</b>	¼ cup raw nuts
<b>LUNCH</b>	Canned sardines in olive oil mashed with ½ avocado and splash of balsamic vinegar, and wrapped in lettuce leaves*
<b>SNACK</b>	<b>Romaine Lettuce Boats Filled with Guacamole</b>
<b>DINNER</b>	<b>Nutty, Juicy Shroom Burgers, Protein Style</b> ; grilled or stir-fried asparagus with perilla or avocado oil and 1 teaspoon sesame oil

### DAY 3

---

<b>BREAKFAST</b>	<b>Cranberry-Orange Muffin*</b> ; 2 scrambled pastured eggs with sliced avocado
<b>SNACK</b>	¼ cup raw nuts
<b>LUNCH</b>	<b>3 Thoroughly Modern Millet Cakes*</b> ; salad of your choice with vinaigrette
<b>SNACK</b>	<b>Romaine Lettuce Boats Filled with Guacamole</b>
<b>DINNER</b>	Grilled Alaska salmon*; <b>Roast Parmesan-Scented Cauliflower Mash</b> ; endive and arugula salad topped with sesame seeds and dressed with vinaigrette



#### **DAY 4**

---

- BREAKFAST** Cinnamon-Flaxseed Muffin in a Mug\*
- SNACK** ¼ cup raw nuts
- LUNCH** Arugula Salad with Chicken and Lemon Vinaigrette\*
- SNACK** Romaine Lettuce Boats Filled with Guacamole
- DINNER** Sorghum Salad with Radicchio, topped with Alaska salmon\*

#### **DAY 5**

---

- BREAKFAST** Green Smoothie
- SNACK** ¼ cup raw nuts
- LUNCH** Tops and Bottoms Celery Soup; salad of your choice with vinaigrette
- SNACK** Romaine Lettuce Boats Filled with Guacamole
- DINNER** Cabbage-Kale Sauté with Salmon and Avocado\*; Cauliflower “Rice”; spinach and red onion salad with vinaigrette dressing

#### **DAY 6**

---

- BREAKFAST** Cassava Flour Waffles with a Collagen Kick\*
- SNACK** ¼ cup raw nuts
- LUNCH** Romaine Salad with Avocado and Cilantro-Pesto Chicken\*
- SNACK** Romaine Lettuce Boats Filled with Guacamole
- DINNER** Marinated Grilled Cauliflower “Steaks”; watercress, jicama, and radish salad with vinaigrette; steamed artichoke with ghee

#### **DAY 7**

---

- BREAKFAST** Coconut-Almond Flour Muffin in a Mug
- SNACK** ¼ cup raw nuts
- LUNCH** Arugula salad topped with a small can of tuna\* with perilla oil and vinegar dressing
- SNACK** Romaine Lettuce Boats Filled with Guacamole
- DINNER** Veggie Curry with Sweet Potato “Noodles”; Baked Okra Lectin-Blocking Chips

# Sample Meal Plans for the Phase 3 Five-Day Modified Vegan Fast: Reap the Rewards

**REAP THE REWARDS.** For Phase 3, continue to follow the meal plans for Phase 2, but reduce your intake of animal protein to no more than 2 ounces per meal (a total of 4 ounces a day), modifying the recipes if necessary. Also review the Phase 3 program starting on page 229. If you wish, you can test your tolerance for foods that contain lectins by slowly—and one by one—adding small amounts back into your diet, including pressure-cooked legumes, as discussed on pages 233–235. If you choose to do so, you can follow the Five-Day Modified Vegan Fast, which is detailed below, once each month.

You can substitute a ¾-inch-thick cauliflower slice seared on high heat in avocado oil until golden brown on both sides for the hemp tofu or grain-free tempeh in any meal.

## DAY 1

---

<b>BREAKFAST</b>	<b>Green Smoothie</b>
<b>SNACK</b>	<b>Romaine Lettuce Boats Filled with Guacamole</b>
<b>LUNCH</b>	Vegan version of <b>Arugula Salad with Chicken and Lemon Vinaigrette</b> , using hemp tofu
<b>SNACK</b>	<b>Romaine Lettuce Boats Filled with Guacamole</b>
<b>DINNER</b>	Vegan version of <b>Cabbage-Kale Sauté with Salmon and Avocado</b> , using grain-free tempeh

## DAY 2

---

<b>BREAKFAST</b>	<b>Green Smoothie</b>
<b>SNACK</b>	<b>Romaine Lettuce Boats Filled with Guacamole</b>
<b>LUNCH</b>	Vegan version of <b>Romaine Salad with Avocado and Cilantro-Pesto Chicken</b> , using grain-free tempeh

**SNACK** Romaine Lettuce Boats Filled with Guacamole  
**DINNER** Lemony Brussels Sprouts, Kale, and Onions with Cabbage “Steak”

### **DAY 3**

---

**BREAKFAST** Green Smoothie  
**SNACK** Romaine Lettuce Boats Filled with Guacamole  
**LUNCH** Vegan version of Chicken–Arugula–Avocado Seaweed Wrap with Cilantro Dipping Sauce, using hemp tofu  
**SNACK** Romaine Lettuce Boats Filled with Guacamole  
**DINNER** Roasted Broccoli with Cauliflower “Rice” and Sautéed Onions

### **DAY 4**

---

**BREAKFAST** Green Smoothie  
**SNACK** Romaine Lettuce Boats Filled with Guacamole  
**LUNCH** Vegan version of Romaine Salad with Avocado and Cilantro–Pesto Chicken, using hemp tofu for the chicken  
**SNACK** Romaine Lettuce Boats Filled with Guacamole  
**DINNER** Lemony Brussels Sprouts, Kale, and Onions with Cabbage “Steak”

### **DAY 5**

---

**BREAKFAST** Green Smoothie  
**SNACK** Romaine Lettuce Boats Filled with Guacamole  
**LUNCH** Vegan version of Chicken–Arugula–Avocado Seaweed Wrap with Cilantro Dipping Sauce, using grain-free tempeh  
**SNACK** Romaine Lettuce Boats Filled with Guacamole  
**DINNER** Roasted Broccoli with Cauliflower “Rice” and Sautéed Onion



# Sample Meal Plans for the Keto Plant Paradox Intensive Care Program

REPEAT THESE MEAL plans every week, adding your own variations as long as you stay within the guidelines provided on pages 261–267. Modify the Phase 2 recipes to limit your intake of fish or other animal protein to a maximum of 4 ounces per day. Unless otherwise noted, dress all salads with “keto vinaigrette,” which is a one-to-one mix of olive or perilla oil and MCT oil, plus the amount of vinegar you prefer.

Variations for vegetarians and vegans are provided in parentheses. Phase 2 recipes can be found on pages 315–363.

## DAY 1

---

<b>BREAKFAST</b>	<b>Green Smoothie</b> with 1 tablespoon added MCT oil
<b>SNACK</b>	¼ cup macadamia nuts or <b>Romaine Lettuce Boats Filled with Guacamole</b>
<b>LUNCH</b>	Quorn Chik’n Cutlets and cabbage slaw wrapped in lettuce with 2 tablespoons avocado mayonnaise and sliced avocado. Drink 1 tablespoon MCT oil. (Vegan alternative to Chik’n: <b>Marinated Grilled Cauliflower “Steaks”</b> )
<b>SNACK</b>	1 packet single-serving coconut oil or 1 tablespoon MCT oil
<b>DINNER</b>	<b>Spinach Pizza with a Cauliflower Crust</b> smothered with olive oil and MCT oil. (Vegan alternative: <b>Marinated Grilled Cauliflower “Steaks”</b> ); mixed green salad topped with avocado and “keto vinaigrette”

## DAY 2

---

- BREAKFAST** **Coconut-Almond Flour Muffin in a Mug** (vegan version), served in a bowl with ½ cup heavy cream (full-fat canned coconut cream or coconut milk) and eaten with a spoon
- SNACK** ¼ cup macadamia nuts or **Romaine Lettuce Boats Filled with Guacamole**
- LUNCH** Canned tuna or sardines in olive oil (hemp tofu, grain-free tempeh, or **Marinated Grilled Cauliflower “Steaks”**), mashed with ½ avocado and splash of balsamic vinegar, 1 tablespoon MCT oil, and wrapped in lettuce leaves
- SNACK** 1 packet single-serving coconut oil or 1 tablespoon MCT oil
- DINNER** **Nutty, Juicy Shroom Burgers, Protein Style**, with grilled or stir-fried broccoli and perilla or avocado oil, 1 teaspoon sesame oil, and 1 tablespoon MCT oil

## DAY 3

---

- BREAKFAST** **“Green” Egg-Sausage Muffin** (vegan or vegetarian version), served in a bowl with 1 tablespoon MCT or coconut oil plus 1 tablespoon olive or perilla oil, and eaten with a spoon
- SNACK** ¼ cup macadamia nuts or **Romaine Lettuce Boats Filled with Guacamole**
- LUNCH** **3 Thoroughly Modern Millet Cakes** topped with sliced avocado; salad of your choice with “keto vinaigrette” plus 1 tablespoon MCT oil
- SNACK** 1 packet single-serving coconut oil or 1 tablespoon MCT oil
- DINNER:** Grilled Alaskan salmon (grilled grain-free tempeh or hemp tofu); **Roast Parmesan-Scented Cauliflower Mash** (omit Parmesan cheese); asparagus salad topped with sesame seeds and dressing of sesame oil and vinegar plus 1 tablespoon MCT oil

#### DAY 4

---

- BREAKFAST** **Cinnamon-Flaxseed Muffin in a Mug**, served in a bowl with ½ cup heavy cream (coconut cream or canned coconut milk) and eaten with a spoon
- SNACK** ¼ cup macadamia nuts or **Romaine Lettuce Boats Filled with Guacamole**
- LUNCH** **“Raw” Mushroom Soup**, with 1 tablespoon MCT oil and 2 tablespoons olive or perilla oil added to recipe and more oil drizzled on top to serve; salad of your choice with “keto vinaigrette”
- SNACK** 1 packet single-serving coconut oil or 1 tablespoon MCT oil
- DINNER** **Sorghum Salad with Radicchio** topped with 3 or 4 grilled wild shrimp or 4 oz. crabmeat, picked through, and 1 tablespoon MCT oil. (Replace shrimp with hemp seeds, hemp tofu, tempeh, or **Marinated Grilled Cauliflower “Steaks.”**)

#### DAY 5

---

- BREAKFAST** **Green Smoothie** with 1 tablespoon added MCT oil
- SNACK** ¼ cup macadamia nuts or **Romaine Lettuce Boats Filled with Guacamole**
- LUNCH** Miracle Noodles or other konjac noodles tossed with olive oil and MCT oil, or ½ cup sour cream or ¼ cup cream cheese (or ½ cup coconut cream or canned coconut milk), salt and pepper; Boston lettuce salad with “keto vinaigrette”
- SNACK** 1 packet single-serving coconut oil or 1 tablespoon MCT oil
- DINNER** **Veggie Curry with Sweet Potato “Noodles”**; Cauliflower “Rice,” cooked in coconut cream or canned coconut milk; spinach and red onion salad with “keto vinaigrette”

## DAY 6

---

- BREAKFAST** 2 avocado halves, each filled with 1 egg yolk and 1 tablespoon MCT oil, grilled under broiler until yolk starts to thicken, and eaten with a spoon (fill avocado with coconut cream.)
- SNACK:** ¼ cup macadamia nuts or **Romaine Lettuce Boats Filled with Guacamole**
- LUNCH:** **Tops and Bottoms Celery Soup**, with ½ cup heavy cream (or ½ cup coconut cream) added during cooking; salad of your choice with “keto vinaigrette”
- SNACK** 1 packet single-serving coconut oil or 1 tablespoon MCT oil
- DINNER** **Grilled Portabella-Pesto Mini “Pizzas”** (vegan or vegetarian version); salad of choice with “keto vinaigrette”; steamed artichoke with dipping sauce of unlimited melted ghee with 1 tablespoon MCT oil (use coconut oil or red palm oil as dipping sauce)

## DAY 7

---

- BREAKFAST** 3-yolk omelet (toss the whites) plus 1 whole egg, filled with mushrooms and spinach and cooked in coconut oil and covered with perilla, avocado, or olive oil (vegan or vegetarian version of “**Green” Egg-Sausage Muffin**)
- SNACK** ¼ cup macadamia nuts or **Romaine Lettuce Boats Filled with Guacamole**
- LUNCH** Arugula salad topped with canned tuna, salmon, or sardines (hemp tofu, grain-free tempeh, or **Marinated Grilled Cauliflower “Steaks”**) and “keto vinaigrette”
- SNACK** 1 packet single-serving coconut oil or 1 tablespoon MCT oil
- DINNER** Miracle Noodles or other konjac noodles tossed with Kirkland Pesto Sauce (or vegan pesto), plus additional 1 tablespoon MCT oil

# The Plant Paradox Program Recipes

In this recipe section, I've provided thirty-six easy-to-prepare dishes. Irina Skoeries of Catalyst Cuisine developed the recipes for the Three-Day Kick-Start Cleanse, along with the meal plans for this initial phase, for which I owe her a debt of gratitude. The recipes for all three phases will guide you in selecting the kinds of foods that will help you achieve your goals, whether you want to lose or regain weight, or eliminate or alleviate one or more of a long list of health problems. All the recipes are also suitable for the Plant Paradox Intensive Care program, sometimes with small modifications. Please also regard the recipes as inspiration to devise your own meals suitable for the Plant Paradox Program. You can continue to use the Phase 1 recipes as you move through the program. The same applies to the Phase 2 recipes, which are also suitable for Phase 3 although you will want to reduce the amount of fish or other animal protein to 2 ounces per serving. Many of the recipes contain no animal protein. For those that do, I have provided vegetarian and vegan versions. One recipe contains pressure-cooked beans, making it suitable only for Phase 3. However, if you are a vegetarian or vegan, you can eat beans, as long as they are pressure cooked, in Phase 2, and I have provided suitable variations of this recipe for you.

I cannot stress enough the importance of eating a wide variety of vegetables, as well as those raised organically. Eat the vegetables and the few fruits on the Say "Yes Please" list in season. Feel free to substitute acceptable fresh ingredients depending upon what's



available at your store or farmers' market, and don't hesitate to use organic frozen in place of fresh nonorganic ingredients.

## How to Evolve Your Shopping Style

**MOST OF THE** ingredients in these recipes can be found in a well-stocked supermarket. However, some recipes may call for ingredients that may be new to you, such as cassava flour and millet—or you may not know where to find them. These products are usually found in a natural foods store. When such foods are not available locally, you can order them from Amazon, Vitacost, Thrive Market, and other online retailers. Some ingredients, such as natural (nonalkalized) cocoa powder or baking powder that does not contain aluminum, differ in important ways from those you may be currently using. Once you try some of these ingredients and realize how they increase your options and ability to follow the Plant Paradox Program, I think you will find them as essential as I do.

Valuable information on some of my favorites follows.

**ALMOND BUTTER:** Look for organic, unsweetened products made from raw and preferably non-GMO almonds. Avoid any products that contain partially hydrogenated oils (trans fats).

**ALMOND FLOUR:** Made of finely ground almonds, it is available in natural foods stores and online. Almond meal is less finely ground. Ideally, you want a product that uses non-GMO almonds.

**ALMOND MILK:** Use only unsweetened, organic unflavored products. Don't be fooled by terms like "lite" and "low-fat." Again, opt for a product that uses non-GMO almonds.

**ARROWROOT FLOUR:** Also called arrowroot starch, this flour made from the root of the arrowroot herb is free of gluten and other lectins and can be mixed with other "flours" in baked goods,

waffles, and pancakes, as well as used for thickening sauces in lieu of cornstarch.

**AVOCADO:** My preference is for Hass avocados, which are dark green or black and have a pebbly skin. Several other acceptable varieties include the large, bright green Florida avocados with a smooth skin.

**AVOCADO MAYONNAISE:** Instead of traditional olive oil (or the various unacceptable oils usually used in prepared mayo), the basis of this condiment is avocado oil. Primal Kitchen makes a great avocado mayonnaise.

**AVOCADO OIL:** Full of monounsaturated fats, tasteless, and with one of the highest smoke points, avocado oil is an excellent all-purpose oil. Look for oil made from Hass avocados (see above). Costco and most supermarkets offer it.

**BAKING POWDER, ALUMINUM-FREE:** Conventional baking powder is basically a combination of sodium aluminum phosphate or sodium aluminum sulfate and baking soda. The acid and soda combine to create carbon dioxide gas, which makes baked goods rise. You do not want aluminum in your body! Bob's Red Mill and Rumford are two widely available aluminum-free brands.

**BASMATI RICE:** Acceptable in small amounts in Phase 3, white basmati rice from India (not Texas) has the lowest lectin content and most resistant starch of any rice.

**BLACK PEPPER:** Cracked black pepper has a more robust flavor than the more finely ground black pepper. You'll find it already cracked in the spice section of your supermarket; or you can simply crack whole peppercorns by mashing them with the side of a chef's knife. Jimmy Schmidt, a James Beard Award-winning chef, prefers Tellicherry peppercorns, which can be found at Costco, as well as many other stores.

**CASSAVA FLOUR:** Although they come from the same root (manioc or yuca), cassava flour is not the same thing as tapioca flour.

Cassava flour is the key to fluffy nongluten baking, and I have tried all the brands of it out there. Amazon sells Moon Rabbit, Otto's Naturals, and others if you cannot find it in your super-market.

**CAYENNE PEPPER:** Like all bell and chili peppers, the peel and seeds of cayenne peppers contain lectins. However, the spice is ground only after both are removed, so its lectin content is limited. The same goes for *Capsicum annuum*, used to make paprika.

**CHOCOLATE:** You want to use an unsweetened product that is at least 72% cacao for making the occasional dessert. Trader Joe's, Lindt, Valrona, and many others make dark chocolate that is 85–90% cacao. Dagoba and Lily's make excellent chocolate chips and World Market offers a great 99% cacao baking chocolate that actually has a bit of sweet taste.

**COCOA POWDER:** Not to be confused with cocoa powder mix, which is sweetened. Use only natural (aka nonalkalized) products, which contain none of the potassium bromate or potassium carbonate used to neutralize the bitter polyphenols in the beans. Do not use Dutch process (alkalized) cocoa powder. Without the polyphenols, cocoa has little health benefit. My favorite brands are Dagoba and Scharffen Berger.

**COCONUT CREAM:** Don't confuse this with the beverage that comes in a cardboard package. Coconut cream is sometimes called coconut milk, but it is thicker than the beverage and comes in a can. Avoid any products with added sugar, such as Cocoloco, or that are labeled low fat, and ensure that the can is not lined with the deadly disruptor BPA. Trader Joe's makes a great thick coconut cream.

**COCONUT FLOUR:** You'll find this baking ingredient at most well-stocked supermarkets, natural foods stores, and online. It is much denser than grain flours, meaning it absorbs more liquid; therefore, it's best to follow a recipe closely until you become fa-

miliar with this flour's properties. Bob's Red Mill, Nutiva, and Let's Do all offer organic coconut flour.

**COCONUT MILK:** This nondairy beverage is increasingly available in both the refrigerated section of the supermarket and in a Tetra Pak that can be stored at room temperature until it is opened. It has the consistency more of whole milk than almond or hemp milk. Avoid any products with added sugar or flavors.

**COCONUT OIL:** Excellent for sautéing, coconut oil will be liquid in warm weather, and solid below about 70°F. To liquefy, place the jar in hot water for a few minutes or in a microwave oven for a few seconds. This oil is increasingly available in supermarkets, specialty markets, and of course online. Look for extra-virgin organic coconut oil from manufacturers such as Kirkland Viva Labs, Carrington Farms, and Nature's Way, among many others.

**ERYTHRITOL:** See Swerve.

**FLAXSEED MEAL:** Like flaxseed oil, this is a good source of omega-3 fats. But if you buy ground flaxseed, it should be cold-milled, meaning no heat was involved in the processing. (The reason is that heat can make the oils go rancid.) You can grind whole flaxseed yourself in a coffee mill or spice mill. In either case, once ground, keep it in the freezer or refrigerator to avoid rancidity.

**GHEE:** Clarified butter, or ghee, has been essential to Indian cuisine for centuries. Long before refrigeration became the norm, clarifying butter removed the milk solids (protein), making it shelf stable. This also means ghee contains no casein A-1, because it is 100 percent fat with no protein content. Nonetheless, do look for brands such as Pure or Pure Indian Foods, both from grass-fed cows, which have a better omega-3 profile than conventionally raised animals.

**GOAT DAIRY PRODUCTS:** Goat milk in liquid and powdered form (Meyenberg is one brand) is readily available at most supermarkets, as is soft goat cheese (also known as chèvre). Trader

Joe's and natural food markets offer goat yogurt, while goat butter is available at stores that carry more specialty products, such as Whole Foods.

**HEMP MILK:** Like coconut milk, hemp milk is an alternative to cow's milk and can be used in smoothies and baked goods. Pacific Natural and Living Harvest brands are both widely available. Hemp is a cousin of marijuana, but no, you will not get high from drinking it. Be sure to purchase the kind without sweeteners or added flavors.

**HEMP PROTEIN POWDER:** Great for smoothies, this powder contains all the essential amino acids, is high in heart-healthy omega-3s, and has all the benefits of whey protein powder without the downsides (many whey powders contain sugar or artificial sweeteners). Vegans who wish to avoid whey products can use hemp protein.

**HEMP TOFU:** Sometimes called hefu, this fermented product is made the same way that tofu is but with hemp seeds rather than soybeans. The result is somewhat denser and more textured than soy tofu. Living Harvest Tempt hemp tofu, which is non-GMO, is available at Whole Foods.

**HONEY:** In Phase 3 only, you can have a maximum of a teaspoon a day of local raw honey, or Manuka honey (from bees that feed on the nectar from the flowers of the manuka tree native to New Zealand and Australia). But remember, honey is not "natural sugar"—it is sugar. Period. Likewise, using ½ cup of honey or maple syrup in a dessert doesn't make it Paleo. It simply makes it full of sugar!

**INULIN:** See Just Like Sugar.

**JUST LIKE SUGAR:** This natural sweetener is made from chicory root or agave (not to be confused with agave, the sweetener), which contains the polysaccharide inulin that your gut bugs love but you cannot metabolize. It can be found in natural foods

stores and online; it's also sold as Viv Agave Organic Blue Agave Inulin at Whole Foods.

**MARINE COLLAGEN:** Although made from fish, this collagen has no fishy taste or, in fact, any taste at all—repeat, it has no taste. Amazon sells the Vital Proteins version of this product.

**MILLET:** Millet has no hull, meaning—paradoxically—that it is a lectin-free grain. You can find it in most well-stocked supermarkets, from Bob's Red Mill and other manufacturers.

**MIRACLE RICE:** Made from the konjac root—the main ingredient is glucomannan—Miracle Rice is a good stand-in for rice. (The same manufacturer devised Miracle Noodles about a decade earlier.) You will find Miracle Rice in the refrigerated section near the tofu, but this product doesn't require refrigeration, unlike other konjac root products.

**MOZZARELLA:** Use only those products made from goat or water buffalo milk. It comes in baseball-sized balls packed in water. Buffalo mozzarella is easily found in most supermarkets or Italian grocery stores. You may have to order goat cheese mozzarella from Amazon or another online source.

**NORI:** The fish and rice in sushi are often wrapped in nori, seaweed that has been roasted, rolled, and flattened to the thickness of a piece of paper. Although it is a staple of Japanese cuisine, nori makes a great wrap (or cone) for my recipes, as well as for scrambled eggs or tuna salad and other sandwich fillings. You will find it in any supermarket, but to get an organic product, you may need to go to Whole Foods or shop online.

**NUTRITIONAL YEAST:** Not to be confused with the yeast that allows bread to rise, nutritional yeast is a great source of B vitamins and can lend a meat, egg, or cheese taste to vegan or vegetarian recipes. You'll find it in flake or powder form in natural foods stores and online.

**OLIVE OIL:** Use only extra-virgin olive oil (EVOO), preferably cold

pressed (the same as first pressed) for cooking and dressing salads and other vegetables.

**PAPRIKA:** See cayenne pepper.

**PARMIGIANO-REGGIANO:** This aged, hard grating cheese is made from cow's milk collected only during the spring and fall grass-growing season. Use only a product imported from Italy, where the cows also do not have the casein A-1 mutation. Parmigiano-Reggiano is sometimes called the king of cheeses. Do not mistake generic Parmesan cheese for the real McCoy.

**PECORINO-ROMANO:** This readily available grating cheese from Tuscany is made from sheep's milk, making it acceptable on the Plant Paradox Program.

**PERILLA OIL:** Made from the seeds of the perilla plant, this is the most common oil used in most Asian countries, and it has the highest content of alpha linolenic acid, a form of omega-3 fat associated with protecting heart health, of any oil. Look for it in Asian markets, natural foods stores, and Whole Foods, as well as online.

**QUORN PRODUCTS:** These foods are made from a mushroom "root," which Quorn calls mycoprotein, and which has the texture and mild flavor of chicken or turkey. Use only approved versions on the Say "Yes Please" list. Offerings include patties, cutlets, and grounds. Certain products contain a small amount of egg white, making them unsuitable for vegans. Products in the vegan line contain a little potato and gluten, so they are unacceptable. Also avoid any breaded items. You'll find Quorn products in the vegetarian frozen foods section of any supermarket.

**SEA SALT:** Unlike standard table salt, which is mined and processed, sea salt is simply harvested from evaporated seawater. However, most table salt has added iodine, a nutrient essential for proper thyroid function. To get the best of both worlds, opt for iodized sea salt. Hain and Morton products are available in

supermarkets, and you can find numerous offerings from different parts of the world in natural foods stores and online.

**SORGHUM:** One of only two grains without a hull, sorghum contains no lectins. It was the original staple grain in India until rice supplanted it. Bob's Red Mill sorghum can be found in any well-stocked supermarket. Sorghum can be used as a breakfast cereal, side dish, or salad, or it can be popped exactly like popcorn. You can find it online prepopped as Mini Pops.

**STEVIA:** Unlike artificial no-calorie sweeteners, stevia is a natural product. This herb, which is about three hundred times sweeter than sugar, comes in powdered form or as drops. Unlike other powdered brands, SweetLeaf contains no maltodextrin or other fillers, and the first ingredient in the powdered form is actually your gut buddies' friend inulin.

**SWERVE:** This natural sweetener is made from erythritol (which is also found in asparagus and certain other plant foods, as well as in fermented foods) and oligosaccharides (see inulin, above), which your gut buddies love. Erythritol is also less likely than other sugar alcohols to cause gastric upset. Unlike some sugar substitutes, Swerve is ideal for baking. Find it in bags and packets at Stop & Shop, Giant, Whole Foods, and natural foods stores.

**TEMPEH:** Tempeh is fermented soybeans formed into high-protein blocks. It's available refrigerated or frozen in natural foods stores and most supermarkets. Buy only tempeh made without grains.

**VANILLA EXTRACT:** Don't be fooled by little brown bottles filled with imitation vanilla extract, which are flavored with a concoction from a chemistry lab instead of vanilla beans. Look carefully at the label for the word "pure," because brands such as McCormick sell both the real deal and the imitation kind. Preferably you want the organic version.

**VEGANEGG:** Although this product mimics the taste and binding



power of eggs for recipes, it's made from algal flour and algal protein, nutritional yeast, and other plant sources. It is lectin-free, dairy-free, non-GMO, and suitable for vegans. Still in limited distribution, it is available from Thrive Market, Amazon, and other online sources. For more information, visit [www.followyourheart.com](http://www.followyourheart.com).

**WHEY PROTEIN POWDER:** A by-product of cheese making, whey protein powder comes in plain or flavored versions. Read the labels carefully. Many whey powders are loaded with sugars or artificial sweeteners. Whey protein also elevates insulinlike growth factor (IGF), which explains why bodybuilders use it to build muscle. However, IGF stimulates cancer and ages you, so please be careful with your consumption.

**YOGURT:** Use only unsweetened, unflavored, organic yogurt made from goat or sheep milk. My preference, however, is “yogurt” made from fermented coconut milk or hemp milk.

## Tools for Success

**IF YOU HAVE** some good pots and frying pans, sharp knives, and a vegetable peeler, you already have most of what you need in your kitchen to get cooking the healthy Plant Paradox way. A grill pan or grill, or a George Foreman-type indoor griller, is also invaluable. Other appliances, such as a blender, are essential, and there are other tools that can save you time and effort.

Here is the checklist of the tools you'll need.

**BLENDER:** A high-speed blender such as a Vitamix, Blendtec, or Ninja liquefies smoothie ingredients in seconds, enables you to make soups without needing to use the stove top, and simply speeds laborious tasks such as chopping and combining ingredients. A high-powered mini-blender such as a Magic Bullet or

a Nutribullet can handle many of my recipes as well (see below). A standard blender will handle most jobs, but may take longer or require you to do the job in several steps (and it can't deliver warm soup).

**FOOD PROCESSOR:** Nothing beats a good food processor for chopping, slicing, combining ingredients for baked goods, making pesto, and dozens of other culinary tasks.

**MAGIC BULLET:** Inexpensive and easier to clean than a blender or a food processor, this powerful mini-blender can also handle most of the chopping chores a food processor does. If you use it mostly for single servings of smoothies, and don't do much cooking or cook for groups, this appliance may be the only blender or food processor you need.

**MICROWAVE OVEN:** Even a tiny countertop model will help you get Plant Paradox friendly breakfasts on the table in minutes.

**MINI FOOD PROCESSOR:** For a small investment, this small processor is ideal for chopping garlic, herbs, small portions of nuts, and the like.

**PRESSURE COOKER:** If you are able to reintroduce legumes, rice, and certain other grains in Phase 3, you should definitely consider purchasing a pressure cooker, which destroys their lectins. (See "Not Grandma's Pressure Cooker" on page 181.)

**SALAD SPINNER:** This is an indispensable tool for encouraging you to eat and enjoy more salad greens. Spinning removes as much residual moisture as possible from lettuce and other greens and allows the salad dressing to cling to the greens.

**SPIRALIZER:** When you say good-bye to pasta, this handy device turns carrots, daikon radishes, jicama, and root vegetables into "noodles." Don't bother buying a fancy and expensive electric spiralizer. Instead, a hand-operated spiralizer that costs about \$15 will do the job.



# List of Recipes

## PHASE 1 RECIPES

Green Smoothie

Arugula Salad with Chicken and Lemon Vinaigrette

Romaine Salad with Avocado and Cilantro-Pesto Chicken

Chicken-Arugula-Avocado Seaweed Wrap with Cilantro Dipping  
Sauce

Romaine Lettuce Boats Filled with Guacamole

Lemony Brussels Sprouts, Kale, and Onions with Cabbage “Steak”

Cabbage-Kale Sauté with Salmon and Avocado

Roasted Broccoli with Cauliflower “Rice” and Sautéed Onions

## PHASE 2 RECIPES

### **Breakfast**

Coconut-Almond Flour Muffin in a Mug

Cranberry-Orange Muffins

Cinnamon-Flaxseed Muffin in a Mug

“Green” Egg-Sausage Muffins

Paradox Smoothie

Perfect Plantain Pancakes

### **Snacks and Beverages**

Paradox Crackers

Dr. G.’s New and Improved World-Famous Nut Mix

Get Up and Go Cappuccino

Sparkling Balsamic Vinegar Spritzer

### **Main and Side Dishes**

Tops and Bottoms Celery Soup  
Sorghum Salad with Radicchio  
“Raw” Mushroom Soup  
Spinach Pizza with a Cauliflower Crust  
Grilled Portabella-Pesto Mini “Pizzas”  
Nutty, Juicy Shroom Burgers, Protein Style  
Roast Parmesan-Scented Cauliflower Mash  
Pressure-Cooked Lima Beans, Kale, and Turkey  
Thoroughly Modern Millet Cakes  
Shaved Kohlrabi with Crispy Pear and Nuts  
Baked Okra Lectin-Blocking Chips  
Veggie Curry with Sweet Potato “Noodles”  
Baked “Fried” Artichoke Hearts  
Cassava Flour Waffles with a Collagen Kick  
Marinated Grilled Cauliflower “Steaks”

### **Desserts**

Miracle Rice Pudding Two Ways  
Mint Chocolate Chip–Avocado “Ice Cream”  
Flourless Chocolate–Almond Butter Cake

## **PHASE 1: THREE-DAY KICK-START CLEANSE RECIPES**

USE ORGANIC, LOCAL, sustainably grown ingredients whenever possible. When it comes to oil, turn to organic avocado oil and extra-virgin olive oil. All fish should be wild-caught and all chicken should be pastured. All recipes in this section make a single serving. If you are doing the cleanse with another person, be sure to double all the ingredients. Continue to enjoy these recipes in Phase 2 if you wish.

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## Make the Cleanse Easy

- You will have the same Green Smoothie for breakfast each day, so make three days' worth, divide in three portions, and refrigerate.
- The lunch suggestions are two salads and the seaweed wrap. Rolls travel more easily than salads, so you can have the wrap every day if you wish, perhaps swapping salmon for chicken on one day.
- If you start the cleanse on a Monday, you can make *all* the meals over the preceding weekend, warming each dinner in your microwave on the appropriate evening.
- You can make cauliflower “rice” ahead of time and reheat it before eating as a separate dish (see Roasted Broccoli with Cauliflower “Rice” and Sautéed Onions, page 323). If you are close to a Trader Joe’s or Whole Foods, you’ll find cauliflower rice in the refrigerated vegetable section.
- You’ll use the same lemon vinaigrette on both lunch salads. Double the recipe and store the second portion in a glass jar overnight in the fridge if you wish.
- Costco sells single portions of guacamole (the brand is Wholly Guacamole), which are handy to have around when an avocado refuses to ripen on your schedule!



## PHASE 1 RECIPES

### Green Smoothie

*Add a little more water if the smoothie is too thick. You can make a triple batch and refrigerate for up to three days in a covered glass container.*

#### **Phases 1–3**

*Serves 1*

Total time: 5 minutes

- 1 cup chopped romaine lettuce
- ½ cup baby spinach
- 1 mint sprig, with stem
- ½ avocado
- 4 tablespoons freshly squeezed lemon juice
- 3 to 6 drops stevia extract
- ¼ cup ice cubes
- 1 cup tap or filtered water

Place all the ingredients in a high-powered blender and blend on high until smooth and fluffy, adding more ice cubes if desired.

### Arugula Salad with Chicken and Lemon Vinaigrette

*Note that the same dressing is used for Romaine Salad with Avocado and Cilantro-Pesto Chicken (page 317). You might therefore want to make two batches of dressing, storing the rest in a glass container to use the following day.*

### Phases 1–3

*Serves 1*

Total time: 15 minutes

#### CHICKEN

1 tablespoon avocado oil

4 ounces boneless, skinless pasture-raised chicken breast, cut into  
½ -inch-thick strips

1 tablespoon freshly squeezed lemon juice

¼ teaspoon sea salt, preferably iodized

Zest of ½ lemon (optional)

#### DRESSING

2 tablespoons extra-virgin olive oil

1 tablespoon freshly squeezed lemon juice

Pinch sea salt, preferably iodized

#### SALAD

1½ cups arugula

**MAKE THE CHICKEN.** Heat the avocado oil in a small skillet over high heat. Place the chicken strips in the hot pan and sprinkle with the lemon juice and salt. Sauté the chicken strips for about 2 minutes; turn them and sauté for another 2 minutes, until cooked through. Remove from the pan and reserve.

**MAKE THE DRESSING.** Combine the ingredients in a mason jar with a tight-fitting lid. (Double the ingredients if making two batches.) Shake until well combined.

**TO SERVE.** Toss the arugula in the dressing and top with the chicken, adding the lemon zest, if desired.

**VEGAN VERSION:** Replace the chicken with grain-free tempeh, hemp tofu, or a cauliflower “steak,” a ¾-inch-thick cauli-

flower slice seared over high heat in avocado oil until golden brown on both sides.

**VEGETARIAN VERSION:** Same as above or substitute acceptable Quorn products.

## Romaine Salad with Avocado and Cilantro-Pesto Chicken

*To save time, make the cilantro pesto in advance and store for up to three days in the refrigerator in a covered glass container. You can substitute basil or parsley for the cilantro.*

*This salad uses the same dressing as the preceding salad (page 316), so you may want to make two batches at once.*

### **Phases 1–3**

*Serves 1*

*Total time: 15 minutes*

#### **CHICKEN**

1 tablespoon avocado oil

4 ounces boneless, skinless pasture-raised chicken breast, cut into  
½ -inch-thick strips

1 tablespoon freshly squeezed lemon juice

¼ teaspoon sea salt, preferably iodized

#### **PESTO**

2 cups chopped cilantro

¼ cup extra-virgin olive oil

2 tablespoons freshly squeezed lemon juice

¼ teaspoon sea salt, preferably iodized



## **DRESSING**

½ avocado, diced

2 tablespoons freshly squeezed lemon juice

2 tablespoons extra-virgin olive oil

Pinch sea salt, preferably iodized

Salad

1½ cups chopped romaine lettuce

**MAKE THE CHICKEN.** Heat the avocado oil in a small skillet over high heat. Place the chicken strips in the hot pan and sprinkle with the lemon juice and salt. Sauté the chicken strips for about 2 minutes; turn them and sauté for another 2 minutes, until cooked through. Remove from the pan and reserve.

**MAKE THE PESTO.** Place the ingredients in a high-powered blender. Process on high until very smooth.

**MAKE THE DRESSING.** Toss the avocado in 1 tablespoon of the lemon juice and set aside. Combine the remaining 1 tablespoon lemon juice, the olive oil, and salt in a mason jar with a tight-fitting lid. (Double the ingredients if making two batches.) Shake until well combined.

**TO SERVE.** Toss the romaine in the dressing. Arrange the avocado and chicken over the lettuce and spread the pesto on top.

**VEGAN VERSION:** Replace the chicken with grain-free tempeh, hemp tofu, or a cauliflower “steak,” a ¾-inch-thick cauliflower slice seared over high heat in avocado oil until golden brown on both sides.

**VEGETARIAN VERSION:** Same as above or substitute acceptable Quorn products.

# Chicken-Arugula-Avocado Seaweed Wrap with Cilantro Dipping Sauce

*Nori is a form of seaweed that has been flattened into squares or strips. It makes a great stand-in for flatbread.*

*A bamboo mat, available in the Asian foods section of most supermarkets, can help you roll tight seaweed wraps.*

## Phases 1–3

*Serves 1*

Total time: 15 minutes

### FILLING

1 tablespoon avocado oil

4 ounces boneless, skinless pasture-raised chicken breast, cut into ½-inch-thick strips

2 tablespoons freshly squeezed lemon juice

¼ teaspoon sea salt, preferably iodized, plus additional to taste

½ avocado, diced

1 cup arugula

1 sheet nori (sushi seaweed)

4 green olives, pitted and halved

### CILANTRO DIPPING SAUCE

2 cups chopped cilantro

¼ cup extra-virgin olive oil

2 tablespoons freshly squeezed lemon juice

¼ teaspoon sea salt, preferably iodized

**MAKE THE FILLING.** Heat the avocado oil in a small skillet over high heat. Place the chicken strips in the hot pan and sprinkle with 1 tablespoon of the lemon juice and the salt. Sauté the chicken strips for about 2 minutes; turn them and sauté for another 2 minutes, until cooked through. Remove from the pan and reserve.

Toss the avocado in the remaining tablespoon lemon juice and season with salt.

**MAKE THE DIPPING SAUCE.** Place the ingredients in a high-powered blender. Process on high until very smooth.

**TO SERVE.** Arrange the arugula on the bottom half of the seaweed sheet. Top with the chicken, avocado, and olives. Sprinkle with salt. Carefully roll into a tight wrap, sealing the end with a little water. Cut in half and serve with the cilantro dipping sauce.

**VEGAN VERSION:** Replace the chicken with grain-free tempeh, hemp tofu, or a cauliflower “steak,” a ¾-inch-thick cauliflower slice seared over high heat in avocado oil until golden brown on both sides.

**VEGETARIAN VERSION:** Same as above or substitute acceptable Quorn products.

## Romaine Lettuce Boats Filled with Guacamole

*I recommend you use Hass avocados for your guacamole (and other recipes). Hass have a black or dark green pebbly skin and contain more fat (the heart-healthy monounsaturated kind) than the larger, smooth-skinned Florida avocados, which tend to be more watery.*

### Phases 1–3

*Serves 1*

Total time: 5 minutes

½ avocado

1 tablespoon finely chopped red onion

1 teaspoon finely chopped cilantro

1 tablespoon freshly squeezed lemon juice

Pinch sea salt, preferably iodized

4 romaine lettuce leaves, washed and patted dry

Place the avocado, onion, cilantro, lemon juice, and salt in a bowl. Mash with a fork until smooth.

To serve, scoop an equal amount of the guacamole into each lettuce leaf.

## Lemony Brussels Sprouts, Kale, and Onions with Cabbage “Steak”

*Use any of the many types of kale. Unless you're using baby kale, remove the stems before chopping. (There is no need to remove the stems or chop baby kale.)*

### Phases 1–3

*Serves 1*

Total time: 20 minutes

- 4 tablespoons avocado oil
- One 1-inch-thick red cabbage slice
- ¼ teaspoon plus 1 pinch sea salt, preferably iodized
- ½ red onion, thinly sliced
- 1 cup Brussels sprouts, thinly sliced
- 1½ cups chopped kale
- 1 tablespoon freshly squeezed lemon juice
- Extra-virgin olive oil (optional)

Heat a skillet over high heat. When it is hot, add 1 tablespoon of the avocado oil, reduce heat to medium, and sear the cabbage slice until it is golden brown on one side, about 3 minutes. Flip and brown it on the other side. Season with the pinch of salt, remove to a plate, and cover to keep warm. Wipe the skillet clean with a paper towel and return to the stove top.

Heat 2 tablespoons of the avocado oil in the skillet over medium heat. Add the onion and Brussels sprouts. Sauté until tender, about

3 minutes. Add the remaining 1 tablespoon avocado oil, the kale, and lemon juice, and sauté for another 3 minutes, until the kale is wilted. Season with the ¼ teaspoon salt.

To serve, top the cabbage “steak” with the sautéed vegetables. Add a drizzle of olive oil, if desired.

## Cabbage-Kale Sauté with Salmon and Avocado

*This recipe is very adaptable. Replace the salmon with another wild-caught fish or shellfish, or with pastured chicken. Or use bok choy or Napa cabbage instead of green cabbage.*

### Phases 1-3

*Serves 1*

Total time: 20 minutes

½ avocado, diced

3 tablespoons freshly squeezed lemon juice

4 pinches sea salt, preferably iodized

3 tablespoons avocado oil

1½ cups finely sliced green cabbage

½ red onion, thinly sliced

3 ounces wild-caught Alaska salmon

Toss the diced avocado in 1 tablespoon of the lemon juice and season with a pinch of salt. Set aside.

Heat a skillet over medium heat. When it is hot, add 2 tablespoons of the avocado oil and the cabbage and onion. Sauté until tender, about 10 minutes, stirring occasionally. Season with 2 more pinches of salt. Using a slotted spatula, remove from the skillet and set aside.

Add the remaining 1 tablespoon avocado oil to the skillet, raise

the heat to high, and add the remaining 2 tablespoons lemon juice and the salmon. Sear the salmon, flipping after 3 minutes, until cooked through, about 6 minutes total. Season with the remaining pinch salt.

To serve, top the sautéed cabbage and onions with the salmon and avocado.

**VEGAN VERSION:** Replace the salmon with grain-free tempeh, hemp tofu, or a cauliflower “steak,” a ¾-inch-thick cauliflower slice seared over high heat in avocado oil until golden brown on both sides.

**VEGETARIAN VERSION:** Same as above or substitute acceptable Quorn products.

## Roasted Broccoli with Cauliflower “Rice” and Sautéed Onions

*To make cauliflower “rice,” grate the cauliflower with a cheese grater, using the largest holes, into rice-shaped pieces. You can also pulse it in a food processor, using the S-blade, cutting the cauliflower into chunks first and being careful not to overprocess it. You can also serve the cauliflower “rice” part of this recipe with other main course dishes.*

### Phases 1–3

Serves 1

Total time: 20 minutes

#### CAULIFLOWER “RICE”

½ head medium cauliflower, riced (see headnote)

1 tablespoon avocado oil

1 tablespoon freshly squeezed lemon juice

¼ teaspoon curry powder

1 pinch sea salt, preferably iodized

## **BROCCOLI**

1½ cups cut-up broccoli florets  
1½ tablespoons avocado oil  
1 pinch sea salt, preferably iodized

## **CURRIED ONIONS**

½ tablespoon avocado oil  
½ red onion, thinly sliced  
Pinch sea salt, preferably iodized

Heat the oven to 375°F.

Sauté the cauliflower in a medium skillet with 1 tablespoon of the avocado oil, the lemon juice, curry powder, and a pinch of salt until tender, 3 to 5 minutes. Do not let it get mushy by overcooking. Transfer the cauliflower “rice” to a plate and keep warm. Wipe the skillet clean with a paper towel.

Put the broccoli in a Pyrex dish with 1 tablespoon of the avocado oil. Roast in the oven for 15 minutes, stirring twice, until tender. Season with a pinch of salt.

Reheat the skillet over medium heat. When it is hot, add the remaining ½ tablespoon avocado oil and the sliced onion and sauté until tender, stirring frequently, for about 5 minutes. Season with a pinch of salt.

To serve, place the cauliflower “rice” on a plate and top with the broccoli and sautéed onions.



## PHASE 2 RECIPES

# Breakfast

## Coconut-Almond Flour Muffin in a Mug

*This tasty breakfast muffin takes just minutes to prepare. Double the recipe to make two muffins, and reheat the second muffin the following day to save even more time.*

*You can play with the basic recipe by adding 1 teaspoon cocoa powder, lemon or orange zest, mint leaves, or any other herb or berry to change the flavor and add polyphenols or flavonoids.*

*If you don't have a microwave, pour the batter in a frying pan and serve it up as a pancake.*

### Phases 2-3

*Serves 1*

*Prep time: 3 minutes*

*Cook time: 1–2 minutes*

- 1 tablespoon extra-virgin coconut oil, melted
- 1 tablespoon extra-virgin olive oil or macadamia nut oil
- 1 tablespoon coconut flour
- 1 tablespoon almond flour
- ½ teaspoon aluminum-free baking powder
- Pinch sea salt, preferably iodized
- 1 packet stevia, or 2 teaspoons Just Like Sugar
- 1 tablespoon water
- 1 large pastured or omega-3 egg, lightly beaten

Place the ingredients in an 8- to 12-ounce microwave-safe mug, mixing well with a fork or spatula. Be sure to scrape the bottom and sides. Let it sit for a few seconds.



Microwave on high for 1 minute plus 25 to 30 seconds.

Using a pot holder, remove the mug from the microwave and invert, shaking out the muffin. Let cool for a couple of minutes before eating.

**VEGAN VERSION:** Replace the egg with a VeganEgg.

## Cranberry-Orange Muffins

*Both good sources of vitamin C, cranberries and oranges have a natural affinity. Most dried cranberries are sweetened with sugar or corn syrup, which you want to avoid at all costs. You can find freeze-dried unsweetened cranberries at Trader Joe's or Whole Foods, or online at Amazon.*

*To make orange zest, use a microplane or the finest side of a four-sided grater, being careful to avoid the bitter white pith beneath the skin.*

### **Phases 2-3**

*Serves 6*

Prep time: 10 minutes

Cook time: 20 minutes

- ¼ cup coconut flour
- ¼ teaspoon sea salt, preferably iodized
- ¼ teaspoon baking soda
- ¼ cup extra-virgin coconut oil, melted
- ¼ cup Just Like Sugar or xylitol
- 3 large pastured or omega-3 eggs
- 1 tablespoon orange zest
- ½ cup dried, unsweetened cranberries

Heat the oven to 350°F. Line a standard 6-cup muffin tin with paper liners.

Place the coconut flour, salt, and baking soda in a food processor fitted with an S-blade. Add the coconut oil, Just Like Sugar, eggs, and orange zest. Pulse until blended. Remove the processor blade and stir in the cranberries by hand.

Scoop the batter into the muffin tins, filling to just beneath the rim. Bake for 20 minutes. Let cool on a rack for 15 minutes before serving.

**VEGAN VERSION:** Replace the eggs with 3 VeganEggs.

## Cinnamon-Flaxseed Muffin in a Mug

*Grind fresh flaxseeds in a coffee grinder or store ground flaxseed in the refrigerator.*

*Fresh flaxseeds have a nutty taste, but they are not the best-tasting ingredient in the world, which explains the generous amount of cinnamon in this recipe. If the taste is actually unpleasant, it means the flaxseed has turned rancid and should be discarded.*

### **Phases 2-3**

Serves 1

Prep time: 3 minutes

Cook time: 1 minute

- ¼ cup ground flaxseed
- 1 teaspoon cinnamon
- 1 large pastured or omega-3 egg
- 1 tablespoon extra-virgin coconut oil, melted
- 1 teaspoon aluminum-free baking powder
- 1 packet stevia

Place all the ingredients in an 8- to 12-ounce microwave-safe mug, and mix well with a fork or spatula. Be sure to scrape the bottom and sides. Let it sit for a few seconds.

Microwave on high for 1 minute. Check and cook for another 5 to 15 seconds if the muffin appears still wet in the center.

Using a pot holder, remove the mug from the microwave and invert, shaking out the muffin. Let cool for a couple of minutes before eating.

**VEGAN VERSION:** Replace the egg with a VeganEgg.

## “Green” Egg-Sausage Muffins

*I know how challenging breakfast can be when you begin the Plant Paradox Program, but this recipe is so easy, tasty, and portable that you just have to try it!*

*I like to put paper liners in the muffin pans, but they are not essential.*

*Diessel Farms Turkey Italian Sausage or Turkey Chorizo, made from pastured turkey, is available at Whole Foods or other fine markets.*

*Keep leftovers in a covered glass casserole in the fridge or wrapped in wax paper in the freezer. You can reheat frozen muffins in the microwave, on high for 1 minute or until warm/hot to the touch. Or simply carry one to work and it will defrost by lunchtime. Peel off the liner and enjoy!*

### **Phases 2-3**

*Makes 12 muffins*

Prep time: 15 minutes

Cook time: 35 minutes

1 pound Diessel Farms Turkey Italian Sausage or Turkey Chorizo

One 10-ounce bag chopped organic frozen spinach (or chopped kale)

5 pastured or omega-3 eggs

2 tablespoons extra-virgin olive oil or perilla oil

2 cloves garlic, peeled, or 1 teaspoon garlic powder

- 2 tablespoons Italian seasoning
- 2 tablespoons dried minced onion
- ½ teaspoon sea salt, preferably iodized
- ½ teaspoon cracked black pepper

Heat the oven to 350°F. Line a standard-size 12-cup muffin tin with paper liners.

Crumble the sausage or chorizo and put in a non-Teflon frying pan. Cook over medium-high heat, stirring frequently, until browned, about 8 to 10 minutes. Set aside.

With a sharp knife, poke small holes in the bag of spinach, put in a microwavable bowl, and place in the microwave on high for 3 minutes.

Cut a tiny edge off the corner of the bag, and squeeze as much water out of the bag as possible.

Place the drained spinach, eggs, olive oil, garlic, Italian seasoning, onion, salt, and pepper in a high-speed blender and pulse/blend for about 1 minute, or until thoroughly mixed. Transfer to a large bowl and stir in the sausage until well mixed.

Fill the muffin tins to just beneath the rim. Bake for 30 to 35 minutes, until the tops start to brown. Remove from the oven and let cool before removing individual muffins from the liner.

**VEGETARIAN VERSION:** Substitute Quorn Grounds for the sausage.

There is no need to fry them. Instead, briefly defrost and add to the spinach-egg mixture with 1 teaspoon fennel seeds.

**VEGAN VERSION:** Replace the eggs with 5 VeganEggs; substitute 1 block of tempeh, coarsely chopped, for the sausage, adding 1 teaspoon fennel seeds.

## Paradox Smoothie

*Margo Montelongo posted this recipe on my online discussion page, using several of my products, plus a green banana, which is a resistant starch. Thanks, Margo.*

### Phases 2–3

*Serves 1*

Total time: 2 minutes

- 1 scoop GundryMD Vital Reds, or 1 tablespoon pomegranate powder
- 1 scoop GundryMD PrebioThrive, or 2 tablespoons ground flaxseed
- 1 scoop GundryMD Primal Plants (apple flavor), or 1 scoop modified citrus pectin
- ½ green banana, sliced
- 1 tablespoon extra-virgin coconut oil
- 1 teaspoon Just Like Sugar
- ½ cup sugar-free coconut milk
- 1½ cups tap or filtered water
- 3 or 4 ice cubes

Place the Vital Reds, PrebioThrive, and Primal Plants powders in a high-powered blender. Add the green banana, coconut oil, Just Like Sugar, coconut milk, water, and ice cubes, and blend on high until smooth and fluffy.

## Perfect Plantain Pancakes

*A close relative of the much sweeter banana, plantains are a good source of resistant starch, which your gut bugs thrive on.*

*Vanilla enhances the flavors of the other ingredients. Read the la-*

*bel carefully on vanilla extract—some products use artificial flavoring, which you should avoid at all costs. I prefer to use organic vanilla extract, which is pricier than conventional products, but because you use very little in each recipe, it goes a long way.*

**Phases 2-3**

*Serves 4; makes about 8 pancakes*

Prep time: 10 minutes

Cook time: 20 minutes

- 2 large green plantains, peeled and cut in pieces
- 4 large pastured or omega-3 eggs
- 2 teaspoons pure vanilla extract
- 4 to 5 tablespoons extra-virgin coconut oil, divided
- ¼ cup Just Like Sugar
- ⅛ teaspoon sea salt, preferably iodized
- ½ teaspoon baking soda

Place the plantain pieces in a blender or food processor and purée—you should have about 2 cups. Add the eggs and blend to form a smooth batter. Add the vanilla extract, 3 tablespoons of melted coconut oil, Just Like Sugar, the salt, and baking soda. Process on high for 2 to 3 minutes, until smooth.

Heat 1 tablespoon coconut oil in a pan or griddle over medium heat. When the oil shimmers, fill a ½ cup measure with batter and pour into the pan. Repeat for two to three more pancakes.

Cook 4 to 5 minutes, until the top looks fairly dry and has little bubbles. Flip and cook 1½ to 2 minutes more. Repeat with remaining batter, adding more oil as needed.

**VEGAN VERSION:** Replace the eggs with 4 VeganEggs.



# Snacks

## Paradox Crackers

*When you need a little crunch in your life, these crispy wafers fit the bill. Use them as dippers with guacamole or as an accompaniment to scrambled eggs, soup, or a salad, or simply with a small piece of acceptable cheese. You can also experiment with different herbs, if you wish.*

### Phases 2–3

*Serves 4; makes 16–20 crackers*

Prep time: 15 minutes

Cook time: 20 minutes

2 large pastured or omega-3 eggs

1 teaspoon tap or filtered water

1 cup almond flour

½ cup coconut flour

½ teaspoon sea salt, preferably iodized

1 teaspoon Italian seasoning (optional)

Heat the oven to 350°F.

Whisk the eggs and water together in a small bowl.

In a medium bowl, mix the almond flour, coconut flour, and salt, adding the Italian seasoning, if desired. Add the egg mixture to the flour mixture and blend well with a spoon or spatula, eliminating any lumps.

Form into small balls about the size of a large marble, place on a cookie sheet, press flat with the back of a fork, and bake for about 20 minutes, until crisp.

Let cool on a baking rack before serving.



# Dr. G.'s New and Improved World-Famous Nut Mix

*Every patient who visits our office to give blood or see me is rewarded with ¼ cup of my nut mix to munch on. Based on copious data that nuts protect your heart, brain, and overall health, this mix has been a part of my program since its inception. We now know that the resistant starches in nuts are just what your gut buddies have been asking for! This is why they have the remarkable ability to make you feel full and satisfied for hours.*

*My recipe originally contained peanuts and pumpkin seeds, but after seeing the effects of their lectins in a number of my patients, we modified the original mix about ten years ago to make it Plant Paradox friendly.*

*Nuts are good for you, but only in moderation. Put them in snack bags in ¼ cup servings, or ladle them out with a ¼ cup measure.*

## **Phases 2–3**

*Makes 10 cups (40 servings)*

*Prep time: 5 minutes*

- 1 pound raw shelled walnuts in halves and pieces
- 1 pound raw shelled pistachios or salted and dry-roasted pistachios
- 1 pound raw shelled macadamia nuts\* or salted and dry-roasted macadamias

Put the nuts in a large bowl and stir with your hands or a spoon to mix well. Bag in individual servings and store in the refrigerator.

\*If raw macadamia nuts are in halves, they are most likely rancid. Use roasted ones instead.





# Beverages

## Get Up and Go Cappuccino

*Get your caffeine fix with this delicious treat.*

### **Phases 2–3**

*Serves 1*

Total time: 1 minute

1 cup hot coffee

1 tablespoon MCT oil

1 tablespoon French or Italian butter, goat butter, or ghee

1 packet stevia (optional)

Place the ingredients in a blender or Magic Bullet and blend for about 30 seconds. Pour into a mug and serve.

## Sparkling Balsamic Vinegar Spritzer

*Diet Coke, Diet Pepsi, Diet Dr. Pepper, Diet Root Beer, or diet whatever kills your gut buddies, but my surefire replacement is the color of your old cola and is similarly fizzy. The balsamic vinegar contains resveratrol, one of the most powerful polyphenol compounds, which does wonders for you—and the inner you.*

*Napa Valley Naturals Grand Reserve is my favorite balsamic vinegar, for its thick consistency and very smooth depth of flavor.*

*Once you've tried this spritzer, you'll never go back to cola! San Pellegrino is my sparkling water of choice. Unlike most carbonated waters, it has a balanced pH. San Pellegrino also contains the highest sulfur content of any leading brand.*

**Phases 2–3**

*Serves 1*

Total time: 1 minute

8 to 10 ounces San Pellegrino or other high-pH sparkling water,  
chilled

1 to 2 tablespoons balsamic vinegar de Modena

Combine the sparkling water and balsamic in a glass, stir, and enjoy this life-giving drink!

## Main and Side Dishes

### Tops and Bottoms Celery Soup

*Celery root, aka celeriac, is a strong contender for the world's ugliest vegetable, but it makes up for its looks in taste. Plus tubers and roots of any kind make your gut buddies jump for joy. My challenge is to get you to eat these foods.*

*Everyone enjoys a hearty soup, but unfortunately, most creamy soups rely on cream, flour, and potatoes as thickening agents. Here's my take on Food & Wine's spotlight on chef Julianne Jones's recipe for Celeriac Soup. Note that it's suitable for vegans.*

*To prepare the celeriac, slice off the rough knobby portions with a knife or vegetable peeler.*

**Phases 2–3**

*Serves 4*

Prep time: 25 minutes

Cook time: 35 minutes

3 tablespoons extra-virgin olive oil, or avocado or perilla oil, plus more for garnish (optional)  
One 1-pound celery root, peeled and cut into 1-inch cubes  
2 celery stalks with leaves, cut into 1-inch pieces  
¼ cup minced dried onion, or ½ red onion, chopped  
1 tablespoon chopped fresh rosemary leaves, or 1 teaspoon dried rosemary  
¼ teaspoon sea salt, preferably iodized  
½ teaspoon cracked black pepper  
3 cups organic vegetable broth  
½ lemon  
3 tablespoons chopped flat-leaf parsley, for garnish

In a large Dutch oven or heavy saucepan, heat the 3 tablespoons of olive oil over medium heat. Add the chopped celery root, celery, onion, rosemary, salt, and pepper, and cook for about 5 minutes, until the celery root and celery start to soften and brown a bit.

Add the broth and lemon, and bring to a boil. Reduce the heat, cover, and simmer for 30 minutes. Stir occasionally and check to see when the celery root is tender. Once it is, remove from heat and discard the lemon half.

Transfer about half of the mixture to a high-speed blender and blend on the purée or soup setting until smooth and creamy. Repeat with the rest of the mixture and then reheat the whole batch in the Dutch oven for about 5 minutes.

To serve, pour into serving bowls and garnish with parsley. Drizzle 1 tablespoon olive oil over each bowl, if desired.



# Sorghum Salad with Radicchio

*Sorghum is used to make molasses, but the fact that it's a resistant starch is not well known. Unlike all other grains except millet, sorghum has no hull, meaning no lectins. What it does have is a cornucopia of polyphenols and anticancer properties. And it tastes great to boot!*

*Cook sorghum when you have an hour or so to spare, and freeze or refrigerate portions for later use. It never, ever goes mushy. Combine it with one of the greatest sources of inulin, radicchio (it is sometimes called Italian red lettuce, but it is really part of the chicory family), and some nuts, and you and your bugs will be ready for anything!*

*Perilla, macadamia, or avocado oil can be substituted for the olive oil.*

## **Phases 2-3**

*Serves 4*

*Cook time: 2 hours for sorghum*

*Prep time: 15 minutes for salad*

### **BASIC SORGHUM**

1 cup sorghum

3 cups vegetable broth or water, plus more if necessary

1 tablespoon extra-virgin olive oil

1 teaspoon sea salt, preferably iodized

### **DRESSING**

3 tablespoons balsamic vinegar or other vinegar

4 tablespoons extra-virgin olive oil

3 tablespoons capers, rinsed

1 teaspoon coriander powder or seeds

1 clove garlic, peeled

## SALAD

½ cup chopped walnuts or pecans

1 head radicchio, torn or chopped into bite-size pieces

½ cup chopped flat-leaf parsley

**MAKE THE SORGHUM.** Pick through the sorghum, rinse, and discard any debris.

Put the broth or water and oil in a medium saucepan, and bring to a boil. Stir in the sorghum and return to a boil. Reduce the heat to a simmer, cover, and cook for 1 to 2 hours, stirring every 15 minutes and adding broth or water as needed to keep it from drying out or sticking to the pan. To test for doneness, stir with a fork: the sorghum is done when it is light and fluffy.

You can make the recipe ahead of time up to this point. Refrigerate or freeze the cooked sorghum, and then thaw and let it come to room temperature when you want to use it. Alternatively, finish the dish immediately if you plan to serve while the sorghum is warm.

**MAKE THE DRESSING.** Using a Magic Bullet blender or a mini food processor fitted with an S-blade, combine the vinegar, olive oil, capers, coriander, and garlic and process until smooth.

**TO SERVE.** Mix the prepared sorghum, nuts, radicchio, and parsley in a large bowl. Add the dressing and toss to combine. Serve on dinner plates.

## “Raw” Mushroom Soup

*When my wife and I want comfort food, our thoughts turn to a hearty mushroom soup—but instead of waiting for several hours, we want it right away! We love raw food, but sometimes it just needs to be warmed up. After years of raw eating, we have come up with a medley of mushroom soups—this one is the easiest and our best yet. All you need is a food*

*processor or a high-powered blender, and you'll have a warm or hot soup in minutes. Plus, it's vegan-friendly.*

*With a side salad, this soup makes a full meal. Choose your favorite mushroom—button, cremini, morels, chanterelles, shiitake, or portabella—or mix them up. Your gut buddies adore all mushrooms!*

*Truffle oil is optional, but I highly recommend it.*

### **Phases 2-3**

*Serves 2*

*Prep time: 20 minutes*

2 large handfuls of mushrooms with stems, approximately 2 ½ cups

1 cup water

½ cup raw walnuts (preferred), or ¼ cup almond butter or ¼ cup  
hemp seed hearts

1 tablespoon dried minced onion, or 3 tablespoons chopped red onion

½ teaspoon sea salt, preferably iodized, or Himalayan salt

¼ teaspoon cracked black pepper

2 sprigs fresh thyme leaves, or ½ teaspoon dried thyme

1 tablespoon truffle oil (optional)

Chop ½ cup of the mushrooms and set aside.

Place the remaining 2 cups mushrooms, the water, walnuts, onions, salt, pepper, and thyme in a food processor fitted with the S-blade or in a high-speed blender. Pulse for 30 seconds, and then blend for 2 minutes. Check for temperature—it should be warm but not hot. If you prefer, blend on high for another minute or longer, until it gets hotter.

Pour or spoon the soup into two bowls. It should be thick and gravylike. Top with the chopped mushrooms, drizzle with the truffle oil, if desired, and serve.



## Spinach Pizza with a Cauliflower Crust

*Riced cauliflower makes up the crust in this delicious pizza. To rice cauliflower, chop it evenly but do not completely pulverize it. You can grate the cauliflower with a cheese grater, using the largest holes, into rice-shaped pieces. Or pulse it in a food processor, using the S-blade and being careful not to overprocess it. If you use a food processor, cut the cauliflower into chunks first. You'll need to extract as much water from the cooked riced cauliflower as possible. (It may yield as much as 1 cup liquid.) Unless the cauliflower is completely dry, the pizza "dough" will be mushy.*

*Goat milk mozzarella is available from Amazon and other online sources.*

*Feel free to add some other lectin-free vegetables but don't overload the pizza crust with more veggies than it can support.*

### Phases 2–3

*Serves 2*

*Prep time: 30 minutes*

*Cook time: 35 minutes*

#### CRUST

Extra-virgin olive oil for greasing the pan  
 1 small head cauliflower, cut into small florets  
 1 pastured or omega-3 egg, lightly beaten  
 ½ cup shredded buffalo or goat mozzarella  
 ½ teaspoon sea salt, preferably iodized  
 ½ teaspoon cracked black pepper  
 ½ teaspoon dried oregano

#### TOPPING

¾ cup shredded buffalo or goat mozzarella  
 ½ cup cooked and drained spinach

Chopped vegetables of your choice (optional)  
¼ cup grated Pecorino-Romano cheese  
Pinch sea salt, preferably iodized

Rice the cauliflower. You will have approximately 3 cups. Transfer to a microwave-safe dish and microwave on high for 8 minutes, until cooked. Allow to cool, stirring occasionally.

Place a rack in the middle of the oven. Heat the oven to 450°F. Grease a 10-inch ovenproof frying pan with olive oil.

Place the cooled riced cauliflower in a dishtowel, and twist and squeeze to remove all the moisture. Transfer to a mixing bowl. Add the egg, mozzarella, salt, pepper, and oregano. Mix well. Press the mixture evenly in the frying pan.

Over medium heat on the stove top, crisp the cauliflower crust for a few minutes. Transfer to the oven and bake for 15 minutes, until golden. Let cool for 5 minutes, and add the topping. Scatter the mozzarella evenly over the pizza base and spread the spinach over this. Add any additional vegetables. Sprinkle with the Pecorino-Romano cheese and add a pinch of salt. Bake for an additional 10 minutes, until the cheese has melted.

**VEGAN VERSION:** Replace the egg with 1 VeganEgg and use Kite Hill Ricotta “cheese” in lieu of the cheeses.





## Grilled Portabella-Pesto Mini “Pizzas”

*Probably the first thought that went through your head when you realized you were omitting wheat flour, tomatoes, and cow milk cheese was “I can’t live without pizza!” In fact, you can live better without it, but I feel your pain. Here is a replacement that I cooked up over my wife Penny’s initial objections, but it is now her favorite way to have pizza.*

*While you make your own pesto here, honestly, the one that comes closest to the true pesto of Liguria (a section of Italy where Penny and I have hiked extensively) is Kirkland’s refrigerated pesto, sold at Costco, which uses only Ligurian basil. So feel free to substitute that.*

*Save or freeze the portabella mushroom stems for “Raw” Mushroom Soup (pages 338–339).*

### **Phases 2–3**

*Serves 2*

*Prep time: 30 minutes (only 5 minutes if using store-bought pesto)*

*Cook time: 20 minutes*

### **BASIL PESTO**

1 cup packed fresh basil leaves

¼ cup extra-virgin olive oil

¼ cup pine nuts or walnuts

Two 1-inch cubes Parmigiano-Reggiano

### **MINI “PIZZAS”**

2 large portabella mushroom, stems removed

Extra-virgin coconut or olive oil

2 slices Italian prosciutto

1 ball buffalo mozzarella, cut into ¼- to ½-inch-thick slices

Sea salt, preferably iodized, to taste

Cracked black pepper, to taste

**MAKE THE PESTO.** In a mini food processor, pulse the basil, olive oil, pine nuts, and cheese until well blended.

**MAKE THE “PIZZAS.”** Set one burner of a gas grill to high or place a grill pan on the stove with burner set to medium-high heat with the exhaust fan on.

Rub the cap side of the mushrooms with oil, place on the grill or grill pan, cap side up, and grill for about 5 minutes, until the caps begin to brown slightly. Flip over and grill, gill side up, for another 5 minutes. Remove the mushrooms from the grill or burner. Leave the heat on.

Spoon 3 tablespoons of pesto onto the gill side of one mushroom, add 1 slice prosciutto, arranging it to fit neatly in the gill cup, and then top with half the mozzarella slices. Repeat with the other mushroom.

If cooking on a grill, return the mushrooms to the grill, close the hood, and grill until the cheese begins to melt, about 5 minutes. If cooking indoors, return the grill pan to the stove top for about 5 minutes; alternatively, cover the grill pan with a glass casserole cover to “steam” for 5 minutes.

**TO SERVE.** Season to taste with salt and pepper.

**VEGETARIAN VERSION:** Omit the prosciutto.

**VEGAN VERSION:** In making the pesto, substitute 1 tablespoon nutritional yeast for the Parmigiano-Reggiano. In making the “pizzas,” replace the mozzarella with Kite Hill Ricotta “cheese.” Top the grilled mushrooms with this pesto, then spoon scoops of the ricotta over pesto and follow final grilling directions above.



## Nutty, Juicy Shroom Burgers, Protein Style

*You have probably heard about the new veggie burger that bleeds “blood.” Sounds good until you read the list of ingredients, which read like a who’s who of lectins.*

*My wife and I make raw taco “meat” with walnuts and mushrooms, so I decided to do a “bloody burger” using my taco recipe and adding red beets for the crimson hue. Pick a beet about the size of a baseball. Use any kind of mushroom, but portabella or cremini have a meatier texture. Lettuce leaves stand in for “buns” (here in California, we call a burger served this way “protein style”). Then enjoy your meaty, red-tinged burger minus the meat.*

*For you die-hard carnivores, I’ve added a real meat version.*

### Phases 2–3

*Serves 4*

*Prep time: 25 minutes*

*Cook time: 10 minutes*

- 2 cups walnuts, halves and pieces
- 2 cups chopped mushrooms
- 1 cup chopped red beet
- 2 cloves garlic, peeled, or ¼ teaspoon garlic powder
- ½ cup chopped red onion, or 2 tablespoons dried minced onions
- 1 teaspoon paprika, preferably Hungarian
- 1 tablespoon dried parsley
- Sea salt, preferably iodized
- Cracked black pepper
- ½ cup finely chopped fresh basil or sage
- 2 tablespoons cassava or tapioca flour
- 3 tablespoons extra-virgin olive oil or avocado oil for frying, plus additional to shape the patties

- 8 romaine leaves or butter lettuce leaves
- Avocado mayonnaise (optional)
- 1 Hass avocado, peeled, pit removed, and sliced

Put the walnuts, mushrooms, beet, garlic,  $\frac{1}{4}$  cup of the onion, paprika, dried parsley,  $\frac{1}{4}$  teaspoon salt, and  $\frac{1}{4}$  teaspoon pepper in a food processor fitted with the S-blade. Pulse and blend until blended but still chunky.

Transfer this mixture to a mixing bowl and stir in the basil, the remaining  $\frac{1}{4}$  cup onion, and the flour. Grease your hands with olive oil and knead the mixture to fully combine ingredients. On a sheet of wax paper, form into four patties, each about 4 inches in diameter and 1 inch thick. Use a coffee mug or lowball glass to shape the patties, if you wish.

Heat a large skillet over medium-high heat. Pour in 3 tablespoons of olive or avocado oil. Add the patties, cooking 4 to 5 minutes per side, until nicely browned.

To serve, place each patty on a lettuce leaf, add a dollop of avocado mayo, if desired, add salt and pepper to taste, top with slices of avocado, and cover with a second lettuce leaf.

**MEAT VERSION:** Add  $\frac{1}{2}$  pound of grass-fed ground beef or pastured chicken or turkey to the mixing bowl before forming into patties.



## Roast Parmesan-Scented Cauliflower Mash

*My best friend Jimmy Schmidt, the James Beard Award–winning chef at Morgan’s in the Desert at the La Quinta Resort and Club, invented this recipe, which I have modified ever so slightly for the Plant Paradox Program.*

*This dish is a great accompaniment to salmon or another fish.*

### **Phases 2–3**

*Serves 4*

Prep Time: 10 minutes

Cook Time: 60 minutes

1 large head cauliflower, cored and cut into florets

¼ cup extra-virgin olive oil

Sea salt, preferably iodized

Cracked black pepper

2 tablespoons unsalted French or Italian butter, goat butter, or ghee  
(optional)

1 cup finely grated Parmigiano-Reggiano cheese

Heat the oven to 400°F.

Place the cauliflower florets in a large bowl, add the olive oil, and toss to coat well, seasoning generously with sea salt and black pepper.

Lay a large sheet of aluminum foil, shiny side up, on the countertop. Fold in half and then reopen the foil. Transfer the cauliflower to the center of one half of the foil. Fold over the other half and crimp the edges to seal the packet. Place on a cookie sheet and position on the middle rack of the oven.

Cook until very tender and slightly browned, about 1 hour. Remove from the oven, open the pouch carefully—do not let any juices flow out—and cool for about 10 minutes.

Transfer the cauliflower and its liquid to a food processor. Add the butter, if desired, and the Parmesan. Purée until smooth and thickened. Season with salt and pepper to taste. Serve immediately.

## Pressure-Cooked Lima Beans, Kale, and Turkey

*I am a frequent visitor to the tiny villages of Tuscany. In every town, beans cooked in deep glass flasks are a popular side dish, and one I cannot resist. I usually paid dearly later in the day when the “attack of the lectins” began, as did my wife, trapped in the car with me moaning. However, with the arrival of my pressure cooker, I can now have my beans and eat them, too—plus my gut buddies get the benefits of beans.*

*I modified this terrific recipe from one by the queen of pressure cooking, Lorna Sass, to make it even easier.*

*Vegans and vegetarians can try the variations given below in Phase 2, but omnivores should hold off until Phase 3.*

### **Phase 3\***

Serves 4–6

Prep time: 30 minutes

Cook time: 25 minutes

- 1 bunch Tuscan, black, or other kale
- 1 medium red or yellow onion, chopped
- 2 cloves garlic, minced, or ½ teaspoon garlic powder
- 2 tablespoons extra-virgin olive oil or avocado oil
- 4 cups vegetable stock
- 3 cups water
- 1 pound dried large lima beans, rinsed and picked through
- 2 teaspoons Italian seasoning
- 1 small pastured bone-in turkey thigh, about ¾ pound

2 tablespoons grainy mustard  
2 teaspoons powdered sage  
Sea salt, preferably iodized  
Cracked black pepper  
4 to 6 tablespoons extra-virgin olive oil or truffle oil, for drizzling

Slice the leaves off the stems of the kale. Chop the stems and chop the leaves into larger pieces. Set aside.

If your pressure cooker has a sauté feature, sauté the onions and the garlic in the oil for about 5 minutes. Alternatively, sauté them in a non-Teflon frying pan or wok over medium heat.

Transfer the garlic and onions to the pressure cooker. Add the vegetable stock and water. Add the beans, Italian seasoning, and turkey thigh. Cook at high pressure for 14 minutes, then allow the pressure to come down naturally. Remove the turkey, and stir in the kale leaves, mustard, sage, and salt and pepper to taste.

Shred the turkey and return to the pot. Stir until well blended, and ladle into serving bowls. Drizzle each serving with a table-spoon of olive oil or truffle oil.

**VEGETARIAN VERSION:** Replace the turkey with ½ package thawed Quorn Grounds.

**VEGAN VERSION:** Replace the turkey with 1 block grain-free tempeh, crumbled.

\*Vegans and vegetarians can consume pressure-cooked legumes in Phase 2.



## Thoroughly Modern Millet Cakes

*I am one of the world's experts on the dietary treatment of the ApoE4 gene, which 30 percent of all people carry. It is unfortunately named the Alzheimer's gene, because of its strong association with that disease. Nigerians have the highest proportion of this gene in their population, but they have a very low incidence of dementia, a fact often attributed to their mostly plant-based diet. Their grain of choice is millet, sometimes called birdseed, which is free of lectins.*

*I have spent the last fifteen years formulating user-friendly vegaquarian recipes for the large population with the ApoE4 gene, and I wanted to share some of that with you—so here is a great way to consume millet without having to raid your bird feeder!*

*With a salad, three patties make a complete meal.*

### **Phases 2–3**

*Serves 4*

*Prep time: 45 minutes*

*Cook time: 10 minutes*

- ½ cup millet*
- 2 cups vegetable stock or water*
- ¾ teaspoon sea salt, preferably iodized*
- ¼ cup chopped red onion*
- ¼ cup chopped carrots*
- ¼ cup chopped basil*
- 1 cup chopped mushrooms*
- 1 clove garlic, chopped*
- ½ teaspoon Italian seasoning*
- 2 tablespoons extra-virgin olive oil or perilla oil*
- 1 pastured or omega-3 egg, beaten*
- 1 tablespoon coconut flour*



In a large dry saucepan, toast the millet over medium heat for about 5 minutes, stirring or shaking frequently, until golden brown and fragrant. Do not burn. Slowly add the vegetable stock and salt, being careful not to get burned from the rising steam. Stir and bring to boil. Lower the heat to simmer, cover the pan, and cook for about 15 minutes, until all the water is absorbed. Remove from the heat and let stand covered for 10 minutes, then fluff with a fork.

Meanwhile, place the onion, carrots, basil, mushrooms, garlic, and Italian seasoning in a food processor fitted with the S-blade and pulse into fine pieces.

Place 1 tablespoon of the oil in a large skillet over medium heat, add the vegetable mixture, and sauté for 3 to 4 minutes, until tender. Transfer to a large bowl. Wipe the skillet clean with a paper towel. Add the millet, beaten egg, and coconut flour to the mixing bowl. Stir to combine and thicken.

With greased hands, form the mixture into 2-inch balls, and then press down with the palm of your hand to form into 12 patties.

Add the remaining 1 tablespoon oil to the skillet. Add the patties and sauté over medium heat for 5 minutes per side. Drain on a paper-towel-covered plate before serving.

**VEGAN VERSION:** Replace the egg with 1 VeganEgg.



# Shaved Kohlrabi with Crispy Pear and Nuts

*Kohlrabi is a member of the cruciferous vegetable family that no one seems to know what to do with. Fear not—one taste of this easy-to-make salad and you'll be hooked!*

*To grate the kohlrabi and pear, use the side of a box grater with the largest holes or the grating blade of a food processor.*

## **Phases 2–3**

*Serves 4*

*Prep time: 30 minutes*

½ cup blanched hazelnuts, walnuts, macadamia nuts, or pistachios

2 medium kohlrabi, peeled and grated

1 crisp pear (Comice, Bosc, or Anjou), cored and grated

½ teaspoon finely grated lemon zest

1 tablespoon fresh lemon juice

1 tablespoon white balsamic vinegar

Kosher salt

½ cup torn fresh mint leaves, plus additional for serving

1 tablespoon extra-virgin olive oil

2 ounces Pecorino de Fossa or Parmigiano-Reggiano cheese, shaved

Heat the oven to 350°F.

On a baking sheet, toast the nuts for 10 to 12 minutes, tossing occasionally, until golden brown. Cool and coarsely chop.

Meanwhile, toss the kohlrabi, pear, lemon zest, lemon juice, and vinegar in a bowl. Season with kosher salt. Add the ½ cup mint leaves and toss to combine.

Put the toasted nuts in a small bowl and toss with the olive oil to coat. Season with more salt, if desired.

To serve, divide the salad among four plates and top with seasoned nuts, cheese, and more mint.

## Baked Okra Lectin-Blocking Chips

*Most people know okra as that slimy vegetable that's found in gumbo or stewed with tomatoes. But you probably don't know that the slimy stuff is actually one of the most effective trappers of lectins ever discovered. It is so powerful that it is a major ingredient in my GundryMD Lectin Shield, part of my supplement line.*

*This recipe is another great way to get the benefits of okra without the slime. I modified it from a wonderful one at [www.eatingbirdfood.com](http://www.eatingbirdfood.com).*

*If you are using frozen okra, defrost it first. These chips are absolutely addictive, so you may want to double the recipe! Although I often prepare this as a side dish, it almost never makes it to the table.*

### **Phases 2-3**

*Serves 4*

*Prep time: 15 minutes*

*Cook time: 25-30 minutes*

1 pound fresh or whole frozen okra, rinsed and patted dry  
1 to 2 tablespoons extra-virgin olive oil  
2 teaspoons fresh thyme, or ½ teaspoon dried thyme leaves  
½ teaspoon dried crushed or ground rosemary  
¼ teaspoon garlic powder  
¼ teaspoon sea salt, preferably iodized  
Cracked black pepper  
Pinch cayenne pepper (optional)

Heat the oven to 450°F.

Cut off the stem ends of the okra and then cut in half lengthwise. Place in a large bowl. Add the olive oil, thyme, rosemary, garlic powder, and salt. Add black pepper and optional cayenne pepper powder to taste and stir to coat the okra.

Place the okra on a baking sheet in a single layer. Roast in the

oven for 15 minutes, then shake the pan or, using a spatula, stir the okra. Roast another 10 to 15 minutes, until the okra is lightly browned and tender. Serve hot.

## Veggie Curry with Sweet Potato “Noodles”

*I’m a huge fan of curry as a way to consume turmeric, but since most curries are served over rice, that’s a nonstarter—at least until you are in Phase 3. Spiralized sweet potatoes to the rescue! Spiralizers can transform firm tubers, roots, or even broccoli stems into noodles. Don’t have a spiralizer? Just use a vegetable peeler to make “noodles.”*

*This is my variation on a recipe from [www.foodfaithfitness.com](http://www.foodfaithfitness.com), Taylor Kiser’s site. I’ve eliminated the nasty nightshades and kicked up the curry, making it Plant Paradox-friendly and vegan-friendly.*

### Phases 2–3

Serves 2

Prep time: 10 minutes

Cook time: 25 minutes

#### CURRY

½ tablespoon extra-virgin coconut oil

1 large carrot, spiralized or julienned

1 cup broccoli, cut into bite-size pieces

⅓ cup chopped onion, or 2 tablespoons dried minced onion

1 teaspoon minced fresh ginger, or ½ teaspoon dried ginger

1 tablespoon yellow curry powder

One 13.5-ounce BPA-free can full-fat coconut milk or coconut cream

Pinch sea salt, preferably iodized

#### SWEET POTATO “NOODLES”

½ tablespoon coconut oil

1 large sweet potato, peeled and spiralized with the 3-mm blade

Pinch salt

4 tablespoons chopped cilantro or flat-leaf parsley, for garnish

**MAKE THE CURRY.** Heat the coconut oil on medium-high heat. Add the carrot and cook about 3 minutes, until it just begins to soften. Turn the heat down to medium, add the broccoli, onion, and ginger, and cook until they begin to soften and brown, about 5 minutes. Add the yellow curry powder and cook 1 minute. Then add the coconut milk and salt, stirring to mix well.

Raise the heat to medium-high again and bring to a boil. Turn the heat down to medium-low and simmer for 15 minutes, stirring occasionally, until the sauce begins to thicken.

**MAKE THE NOODLES.** While the sauce is cooking, heat the coconut oil in a skillet over medium heat. Add the spiralized sweet potato noodles, and cook, stirring often, until they just begin to wilt, about 10 minutes. Season with salt.

**TO SERVE.** Divide the noodles between two plates and top with the curry. Or combine before serving. Sprinkle with the cilantro and serve.

## Baked “Fried” Artichoke Hearts

*Artichokes are an amazing source of inulin to feed your gut buddies, but steaming and then tediously pulling off each leaf to scrape out a meager amount of meat with your teeth is a pain in the neck. Inspired by Jimmy Schmidt, of Morgan’s in the Desert at the La Quinta Resort and Club, I’ve simplified his dish and omitted the deep-frying for a baked version.*

### Phases 2–3

*Serves 2*

Prep time: 20 minutes

Cook time: 25 minutes

4 tablespoons extra-virgin olive oil (or perilla oil)

Juice of ½ lemon, or 2 tablespoons bottled lemon juice

1/8 teaspoon cayenne pepper powder  
10 frozen artichoke hearts, defrosted and patted dry with paper towels  
1/4 cup almond, coconut, or cassava flour  
1/4 teaspoon sea salt, preferably iodized, plus additional for serving  
1/4 teaspoon cracked black pepper  
Lemon wedges

Heat the oven to 400°F.

Place 3 tablespoons of the olive oil, the lemon juice, and cayenne pepper in a mixing bowl and whisk until blended. Add the artichoke hearts to the bowl and stir until well coated.

Coat a rimmed baking sheet with the remaining 1 tablespoon olive oil. Place the flour, the 1/4 teaspoon salt, and the pepper in a 1 quart resealable plastic bag. Using tongs or your hands, add the artichokes to the bag and shake to lightly cover. (Alternatively, mix the flour, the 1/4 teaspoon salt, and the pepper in a glass casserole with a tight-fitting lid. Add the artichokes and, holding the top firmly, shake to cover.)

Place the artichoke hearts on the baking sheet and bake for 20 to 25 minutes, turning the artichokes or shaking the pan two or three times, until the artichokes are golden brown and crispy.

Remove to a serving dish, sprinkle with more salt, if desired, and serve with lemon wedges.



## Cassava Flour Waffles with a Collagen Kick

*If you want to eat like a Kitavan Islander, you've got to use cassava flour. You may equate it with tapioca flour, because they come from the same root, but cassava flour is the key to fluffy, nongluten baking. (Trust me, I've tried them all.)*

*I've modified this great recipe by blogger Heather Resler, after meeting with my good friends at Vital Proteins to get some help for vegaquarians like me (and hopefully you). Have it for breakfast, lunch, or dinner.*

*The folks at Vital Proteins have come up with marine collagen from wild salmon that just blows me away! It has no fishy taste or any taste—repeat, none. Have it for breakfast, lunch, or dinner. The marine collagen adds fish protein.*

*If necessary, melt the coconut oil in the microwave on high for 30 seconds or set into a bowl of hot water until melted.*

### **Phases 2–3**

*Serves 4; makes 4 to 8 waffles, depending on the size and shape of the waffle iron*

*Prep time: 5 minutes*

*Cook time: 15 minutes*

4 pastured or omega-3 eggs

¼ cup Vital Proteins marine collagen (optional)

½ cup cassava flour

¼ cup extra-virgin coconut oil

1 tablespoon local honey or Manuka honey, or 3 tablespoons Just Like Sugar

½ teaspoon baking soda

¼ teaspoon salt

Just Like Sugar, for dusting waffles (optional)

One 12-oz. package Trader Joe's frozen wild blueberries (optional)

Heat a waffle iron.

Place the eggs, marine collagen, if desired, cassava flour, coconut oil, honey, baking soda, and salt in a high-powered blender or regular blender and mix on high for 45 seconds or until well blended and slightly foamy. If you don't have a blender, whisk the eggs, coconut oil, marine collagen, and honey until well blended, and then whisk or stir in the cassava flour, baking soda, and salt.

Using a ¼ cup measure, ladle batter into the waffle iron and cook, following the manufacturer's instructions. Check periodically, since they cook quickly.

If serving as a dessert (phase 3 only), you may want to sprinkle a light coating of Just like Sugar and add ¼ cup wild blueberries on top of each waffle. But always remember, it is best to retreat from sweet!

**VEGAN VERSION:** Replace the eggs with 4 VeganEggs and omit the collagen.

**VEGETARIAN VERSION:** Omit the collagen.

## Marinated Grilled Cauliflower “Steaks”

*A few years ago, my wife and I sat down for lunch at Da Silvano's in Manhattan, one of our favorite Italian restaurants. My friend Silvano Marchetto is the owner, and that afternoon he walked over to our table with a glint in his eye, placing a plate, two forks, and a bottle of his own Tuscan olive oil in front of us. “Try this,” he said. The rest is history. Cauliflower “steak” is now a permanent fixture on the Da Silvano's menu—and in our house. I've adapted his brilliant idea for you here.*

*Substitute avocado, perilla oil, or macadamia nut oil for the olive oil, if you wish.*



### Phases 2–3

*Serves 4*

Prep time: 15 minutes

Cook time: 10–15 minutes

½ cup extra-virgin olive oil, plus additional for serving

2 teaspoons minced onion

½ teaspoon garlic powder

2 teaspoons Italian seasoning

¼ teaspoon cayenne pepper

Sea salt, preferably iodized

Cracked black pepper

Juice of 1 lemon

2 heads cauliflower

Place the ½ cup olive oil, the onion, garlic powder, Italian seasoning, and cayenne pepper in a medium bowl. Add salt and black pepper to taste and the lemon juice. Whisk to combine. Transfer to a shallow pan.

Using a large chef's knife, cut off the cauliflower stems flush with the head. Place the stem ends down on a cutting board. Slice each cauliflower in half. Then cut into slices ½ to 1 inch thick (steaks).

Turn on the exhaust fan if cooking indoors. Heat the grill to medium, or place a grill pan over medium-high heat on the stove top.

Using tongs, dip the cauliflower steaks in the marinade. Place on the grill or grill pan and cook 5 to 8 minutes per side, until browned on the outside and tender inside. Transfer to a serving platter. Adjust the seasonings and serve with more olive oil.



# Desserts

## Miracle Rice Pudding Two Ways

*Saying good-bye to the sugars and lectins in grains is never easy on your taste buds, particularly if your mother made a great rice pudding. But your gut and the rest of your body will thank you for changing. The folks at Miracle Noodles, whose products I featured in my first book as “foodles,” have developed Miracle Rice, which makes a good stand-in for rice and is widely available. Miracle Rice is made from the konjac root, whose main ingredient is glucomannan, an amazing resistant starch that your gut buddies adore. On the few occasions when you decide to have dessert, how about having something that feeds the good guys, and not the gang members? You even get to pick between the chocolate and vanilla versions.*

### Phases 2–3

*Serves 4*

Prep time: 30 minutes

Cook time: 20 minutes

2 bags of Miracle Rice

4 to 5 tablespoons arrowroot powder

3½ cups canned unsweetened, full-fat coconut milk or coconut cream

1 teaspoon ghee or French or Italian butter, plus additional for oiling the pan

1 cup Just Like Sugar, or ½ cup Swerve

1 tablespoon pure vanilla extract

¼ cup (nonalkalized) cocoa powder

1 pastured or omega-3 egg, whisked

Heat the oven to 350°F.

Drain the Miracle Rice in a colander and rinse under running water for about a minute. Set aside to drain further.

Put 4 tablespoons of the arrowroot powder and  $\frac{1}{2}$  cup of the coconut milk or cream in a small bowl, and stir to dissolve. Add more arrowroot if necessary.

In a medium saucepan, place the ghee or butter and the remaining 3 cups coconut milk. Cook over medium heat, stirring frequently. As the milk heats, slowly and one at a time, stirring to break up any lumps (particularly in the cocoa powder), add the Just Like Sugar, vanilla extract, cocoa powder, egg, and finally the drained Miracle Rice.

Add about 1 tablespoon of the dissolved arrowroot mixture to the “rice,” stirring to incorporate. Repeat 1 tablespoon at a time until you achieve the desired thickness. Add a bit more coconut milk if it seems too thick.

Lightly grease an 8-by-8-inch Pyrex baking dish or 8-inch bowl with butter or ghee. Pour the pudding into the dish and bake for 15 to 20 minutes, until the top is golden brown. Remove from the oven and cool a bit before serving, or refrigerate and serve cold.

**VARIATION: VANILLA RICE PUDDING:** Omit the cocoa powder and add 1 teaspoon cinnamon and  $\frac{1}{2}$  teaspoon nutmeg.

**VEGAN VERSION:** Replace the ghee or butter with 1 teaspoon coconut oil. Omit the egg or substitute 1 VeganEgg.



## Mint Chocolate Chip—Avocado “Ice Cream”

*Okay, I admit it. I love ice cream and there’s not a lot out there that passes the Plant Paradox Program test, except the So Delicious brand’s Coconut Milk blue label. Let’s bring the plants to ice cream and sweeten it with the best gut buddy food there is, inulin. What a paradox!*

*Here’s my fabulous version of a recipe on [www.alldayIdreamaboutfood.com](http://www.alldayIdreamaboutfood.com), a blog by “Carolyn.” I made some adaptations to get even more plant goodness into you. This delectable dessert will satisfy your cravings for ice cream and chocolate without derailing your new way of eating.*

*Be sure that the coconut milk can is not lined with the deadly disruptor BPA. Trader Joe’s makes a great thick coconut cream.*

### **Phases 2–3**

Serves 6

Prep time: 20 minutes

Chill time: 2 hours

One 15-ounce can coconut milk or coconut cream

$\frac{3}{4}$  cup Just Like Sugar, or  $\frac{1}{3}$  cup Swerve

1 teaspoon instant coffee powder or finely ground espresso beans

2 tablespoons (nonalkalized) unsweetened cocoa powder

3 ounces (about one bar) 85% to 90% sugar-free dark chocolate, chopped

1 teaspoon pure vanilla extract

2 Hass avocados, peeled and pits removed.

3 tablespoons chopped fresh mint, or 10 drops SweetLeaf Mint Stevia drops, or to taste

$\frac{1}{2}$  cup 72% or more sugar-free extra-dark chocolate chips, or  $\frac{1}{2}$  cup chopped 100% percent cocoa baking chocolate

Put the coconut milk, sweetener, coffee powder, and cocoa powder in a medium saucepan. Whisk over medium heat, until the sweetener has dissolved and the mixture is blended.

Turn off the heat. Add the chopped chocolate and stir until melted.

Place the chocolate mixture in a food processor fitted with the S-blade or a blender. Add the vanilla extract, avocados, and mint, and blend until smooth. Pour into a bowl, cover, and refrigerate for 2 hours, until cool.

Stir in the chocolate chips until well dispersed. Spoon or pour into an ice cream maker (see Note) and churn until thick and set. It will be the consistency of soft-serve ice cream.

Serve immediately. You can also freeze to a firmer consistency and serve later: transfer to a metal or glass container and cover with wax paper secured with a rubber band.

**VEGAN VERSION:** Omit the egg and substitute one VeganEgg.

**NOTE:** If you don't have an ice cream maker, put the ice cream mixture into a metal loaf pan or a glass or ceramic casserole pan and place in the freezer. Stir every 1/2 hour to break up ice crystals and keep stirring until desired consistency is reached.

## Flourless Chocolate–Almond Butter Cake

*Make your own personal mini cake that boasts a symphony of flavors when you need a special treat. Because cream is 100 percent fat, the breed of cow does not matter as it does with milk (it is the protein portion of the milk that is impacted by the casein A-1 mutation in most cows).*

### Phases 2–3

*Serves 1*

Prep time: 10 minutes

Cook time: 1 minute

2 tablespoons (nonalkalized) unsweetened cocoa powder

2 tablespoons Just Like Sugar, Swerve, or xylitol

¼ teaspoon aluminum-free baking powder

1 large pastured or omega-3 egg

1 tablespoon heavy cow cream

½ teaspoon pure vanilla extract

1 teaspoon salted French or Italian butter, goat butter, or ghee

1 tablespoon organic smooth or crunchy almond butter

Put the cocoa powder, sweetener, and baking powder in a small mixing bowl. Using a fork, whisk to combine and mash up any clumps of baking powder.

Put the egg, heavy cream, and vanilla extract in another small bowl, and whisk to combine.

Pour the wet ingredients into the dry ingredients and mix until all ingredients are well incorporated.

Grease the bottom and sides of a 4½-inch-diameter ramekin with the butter. Pour in the batter.

Microwave on high for 1 minute 20 seconds and remove. Soften the almond butter in the microwave oven, drizzle over the top of the cake, and serve.

**VEGAN VERSION:** Replace the cow cream with 1 tablespoon coconut milk or coconut cream. Replace the butter with 1 teaspoon coconut oil. Replace the egg with 1 VeganEgg.