

Patient Guide

# Metabolic Syndrome



**THORNE**



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# Metabolic syndrome

## Overview

Metabolic syndrome is a constellation of conditions that can result in one or more negative impacts on your heart, blood vessels, and liver, as well as your ability to metabolize sugar and fat.

Also referred to as syndrome X or insulin resistance, it is estimated that 25% of the world's adult population (and it is believed to be closer to 34% in the United States) has signs and symptoms associated with metabolic syndrome.<sup>1</sup>

While metabolic syndrome can seriously impact your health, there are steps that can be taken to reduce or reverse these potential negative health consequences.

In this guide, you will learn about the potential causes of metabolic syndrome, what factors help determine a metabolic syndrome diagnosis, and what nutritional and lifestyle recommendations can help guide you along the path toward good health.

Metabolic syndrome is defined as 3 or more of the following:

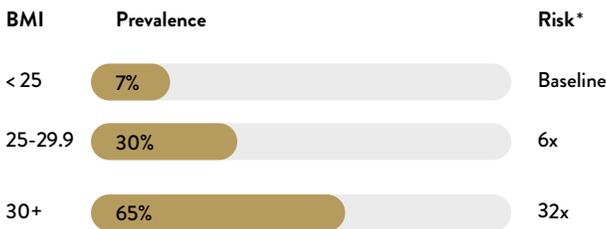
- I Increased waist circumference (>102 cm/40 inches men and >88 cm/34 inches women)
- I Elevated blood pressure (>130/85 mmHg)
- I Elevated blood sugar (fasting glucose  $\geq$ 100 mg/dL)
- I High triglycerides (>150 mg/dL)
- I Low high-density lipoprotein (HDL) cholesterol (<40 mg/dL in men and <50 mg/dL in women)

## Body mass index (BMI)

Your risk for having metabolic syndrome generally increases as you age and when your body mass index (or BMI) increases. A person's body mass index takes into account height and weight, although it does not take into account body fat percentage. Thus, if you are a person who exercises regularly and you are muscular, your BMI could be higher than your risk for developing metabolic syndrome.

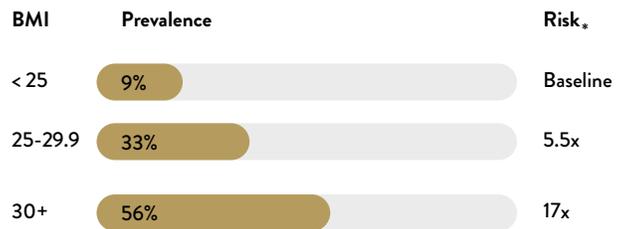
### BMI and metabolic syndrome risk

#### Men



\*Compared to normal weight

#### Women



\*Compared to normal weight

## Find your BMI

### Imperial method

$$\text{BMI} = \frac{\text{Weight (lbs)} \times 703}{\text{Height (in)}^2}$$

### Metric method

$$\text{BMI} = \frac{\text{Weight (kg)}}{\text{Height (m)}^2}$$

## What does my number mean?

BMI	Classification
< 18.5	Underweight
18.5-24	Normal
24-29.9	Overweight
30-40	Obese
40+	Extremely obese

Are you interested in exploring what factors might be affecting your weight? Consider taking the **Thorne Weight Management Test**. Discover how to reach your weight goal. This at-home blood and saliva test provides insights by measuring key biomarkers associated with weight management. Results include a personalized health plan.

## Associated conditions

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### Cardiovascular disease

Individuals with MetS are **three times** more likely than those without MetS to have a stroke or a heart attack, and twice as likely to die from these events.<sup>2</sup>

### Polycystic ovarian syndrome

Many aspects of metabolic syndrome are also seen in women with PCOS — including insulin resistance, obesity in some cases, and elevated cholesterol. Statistics indicate approximately **30% of women** with PCOS have impaired glucose tolerance, while an additional 7.5% have diabetes.<sup>3</sup>

### Fatty liver

Fatty liver (technically called nonalcoholic fatty liver disease or NAFLD) is the most common liver disease in the Western world and, according to the American Liver Foundation, 25% of Americans have fatty liver. Broken down by age, 30-40% of adults and 5-10% of children probably have fatty liver.<sup>4</sup> Insulin resistance, obesity, and other aspects of metabolic syndrome are all associated with increased risk for fatty liver.

### Sleep apnea

Obesity is at the heart of the worldwide increase in sleep apnea, a condition commonly associated with MetS. In addition to obesity being a cause of sleep apnea, sleep apnea seems to contribute to MetS. For example, studies show sleep apnea can **increase cortisol levels**, which are in turn associated with obesity and insulin resistance.<sup>5</sup>

It also appears that imbalances brought on by sleep apnea contribute to some symptoms seen in MetS. Studies indicate sleep apnea increases cortisol levels, which are in turn associated with obesity and insulin resistance.

### Type 2 diabetes

The risk of developing type 2 diabetes is **five times higher** in those with MetS.<sup>2</sup>

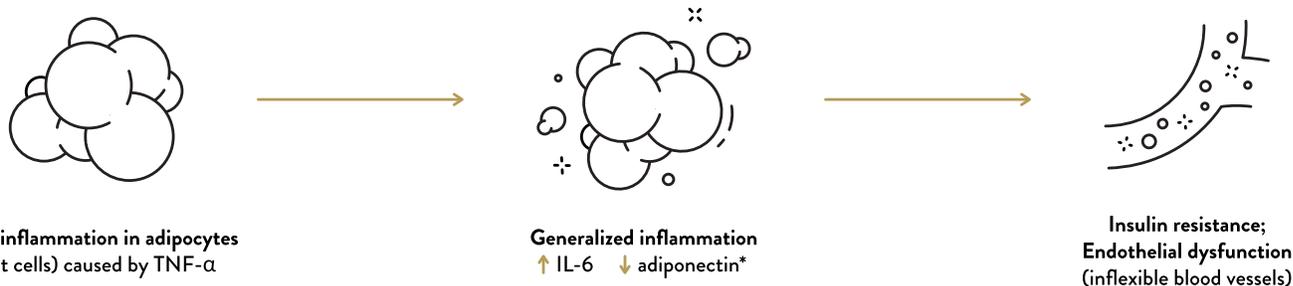


# Contributing factors

## Inflammation

Obesity is known to be associated with low-level inflammation. The inflammation occurs first in the adipocytes, with an increase in tumor necrosis factor-alpha (TNF- $\alpha$ ).<sup>6</sup> TNF- $\alpha$  (marker of inflammation) stimulates a more general inflammatory state that can ultimately result in insulin resistance and problems with blood pressure.

## Association between obesity, inflammation, & metabolic



\*Adiponectin increases with weight loss, improves insulin sensitivity, decreases inflammation, and decreases atherogenesis

## Nutrient deficiencies

Although it is easy to consider metabolic syndrome attributable to excesses, there are several nutrient deficiencies associated with this condition. The most extensively researched deficiencies are magnesium, vitamin D, and chromium.

### Magnesium – 31% higher rate of MetS in people who are low in magnesium

Magnesium is one of the most clearly identified nutrient deficiencies in metabolic syndrome. Prior to identifying it as “metabolic syndrome,” researchers were examining the combination of insulin resistance, hyperinsulinemia, essential hypertension, ischemic heart disease, and magnesium deficiency (and called it Reaven-Modan syndrome after the researchers).<sup>7</sup> Here’s what the research says:

- | Studies clearly show that insulin sensitivity declines in healthy subjects when a state of magnesium deficiency is induced.<sup>8</sup>
- | A large 15-year study of young American adults found a 31% increase in MetS in the group of subjects with the lowest magnesium intake.<sup>9</sup>
- | A study on hair mineral content found lower magnesium-to-calcium ratios in individuals with insulin resistance.<sup>10</sup>
- | Lower intakes and lower blood levels of magnesium are associated with an elevation in inflammatory markers, while higher magnesium intakes and higher blood levels demonstrate a protective effect.<sup>7</sup> As discussed above, these inflammatory markers are associated with MetS.

### Vitamin D – associated with a 51% increase in metabolic syndrome

Vitamin D plays a role in metabolic syndrome. Studies show vitamin D has a role in immune system function, inflammation, pancreatic beta-cell function, and mineral balances that are associated with MetS.<sup>11</sup> What does the research say? A meta-analysis of 28 studies showed that, when compared to higher vitamin D levels, lower vitamin D levels were associated with:

- | 55% increase in diabetes
- | 33% increase in the risk of cardiovascular disease
- | 51% increase in metabolic syndrome<sup>12</sup>

### Chromium – deficiency seen in 80% of Americans

Chromium is not found in sufficient amounts in food to replenish tissue stores or to support healthy carbohydrate metabolism. Here are some facts:

- | 80% of Americans are deficient in this essential mineral nutrient, and diets high in simple sugars can deplete chromium from the body.<sup>13</sup>
- | In a study of 123 males (63 with MetS; 60 controls), those with MetS had lower hair chromium concentrations than healthy controls.<sup>10</sup>

## Dietary excess

### Sugar-sweetened sodas: not so good

Forty-eight percent of Americans drink an average of one soda daily (28% one soda daily; 20% two or more sodas daily). When examining the effects of sugar-sweetened beverages on MetS parameters, researchers found plasma triglycerides and waist circumference, both aspects of MetS, increased as the number of sugared beverages increased.<sup>14</sup>

### Diet sodas: worse

As awareness of the negative effects of sugar-sweetened sodas has increased, many people who choose diet sodas have the misconception that these beverages provide a healthier choice. Unfortunately, data indicates the opposite to be true. Individuals with an "at least daily" intake of diet soda were shown to have a 36% greater risk of developing metabolic syndrome and a 67% greater risk of developing type 2 diabetes compared to individuals who consumed no diet beverages.<sup>15</sup>

### High-fructose corn syrup (HFCS): the worst

Studies comparing HFCS-sweetened beverages to sugar-sweetened beverages show HFCS-containing beverages increase MetS symptoms at a higher rate than other sugar-containing beverages.<sup>16,17</sup> Other research has outlined the potential health outcomes associated with HFCS such as:<sup>18</sup>

- | Weight gain / obesity
- | Fatty liver
- | Leptin resistance
- | Type 2 diabetes
- | Insulin resistance
- | Increased triglycerides
- | Increased protein glycosylation

### Other dietary excess

Questionnaires from 3,782 participants found that over a nine-year period, consumption of a Western dietary pattern — high in meat, fried foods, and diet sodas — promoted development of MetS.<sup>19</sup>

## Lack of exercise

Lack of physical activity has long been associated with adverse impacts on metabolic health, including an increase in abdominal fat and a decrease in insulin sensitivity. As a person becomes less active, BMI, waist-hip ratio, waist circumference, and obesity go up.<sup>20</sup> Even in adolescents, lack of exercise and low cardio-respiratory fitness are associated with increased risk for MetS.<sup>21</sup>

## Environmental toxin exposure

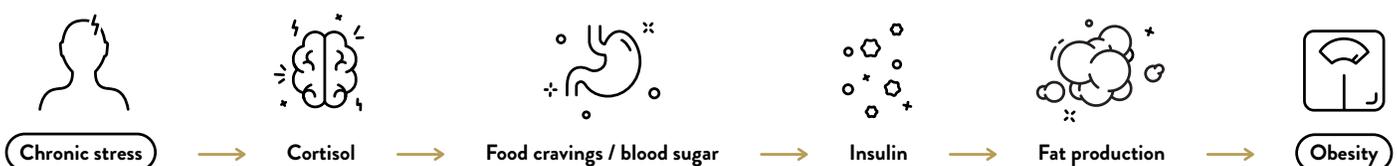
Increasing evidence over the past decade indicates that chemicals in the environment can contribute to the hormonal imbalances that result in metabolic disruption in society at large. Human epidemiological data and numerous animal studies specifically associate endocrine-disrupting chemicals, such as organochlorine pesticides (like DDT), dioxins (like PCBs), and flame retardants (PBDEs), with metabolic syndrome. Studies also link exposure to the plasticizing agents bisphenol-A (BPA) and phthalates to insulin resistance, obesity, and liver abnormalities. Researchers are concerned that the effects of these chemicals will be amplified because chemical production now exceeds 400 million tons globally.<sup>22</sup> BPA has been shown to have significant adverse effects on estrogen signaling, even at small doses.<sup>23</sup> This signaling can alter glucose transporter function, cause hyperglycemia, interfere with hypothalamic regulation of weight, result in adiposity, and impair energy expenditure.<sup>24</sup>

## Stress

Stress is a well-known contributing factor to obesity. In a study of 10,308 men and women ages 35-55, workplace stress measured over a 14-year period was positively associated with an increased risk for metabolic syndrome. Employees with chronic work stress were twice as likely to develop MetS than individuals without work stress.<sup>25</sup>

Stress causes the body to secrete cortisol from the adrenals, which can cause increased cravings for sugary foods and increased blood sugar. All this can cause more fat production, leading to weight gain.

## The connection between chronic stress & obesity



# Supplements

Nutritional supplementation is an important factor in helping to reverse the course of metabolic syndrome and improving your metabolism.

## MediBolic®



The cornerstone of a good program to reverse metabolic syndrome is a powdered nutritional supplement called MediBolic.\* MediBolic combines protein and fiber with a complete assortment of vitamins, minerals, nutrients, and botanicals to address various aspects of metabolic syndrome\* - all in a delightful vanilla cinnamon flavored product that is gluten-free and dairy-free. MediBolic can be mixed with water or the beverage of your choice. Each serving of MediBolic will provide you with 10 grams of easily digestible fiber. MediBolic provides you with protein, fiber, and a complete assortment of vitamins, minerals, nutrients, and botanicals. MediBolic tastes great when simply mixed with water, or you can make a smoothie using other ingredient combinations to add extra nutrition and flavor.

## Super EPA Pro



Fish oil (Super EPA Pro) is an essential component of a well-rounded nutritional supplement program for general health.\* Fish oil has particular importance in the case of metabolic syndrome because it helps maintain healthy levels of insulin and blood fats (cholesterol and triglycerides) and helps maintain healthy, elastic blood vessels.\*

## Meriva 500-SF



Meriva 500-SF helps maintain a healthy inflammatory response throughout the body.\* Meriva® is the most clinically studied curcumin on the market with 29x greater absorption than ordinary curcumin.\*

## Additional recommendations

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# Diet

## Thorne's Modified Mediterranean Diet

The largest body of evidence in relation to what is the best diet for metabolic syndrome clearly points toward what is referred to as the “Mediterranean Diet.” Long-term research has conclusively demonstrated that the diet eaten in the regions surrounding the Mediterranean Sea provides protection against a number of diseases and disorders, including the health markers associated with metabolic syndrome.<sup>26</sup>

The Mediterranean Diet consists of large amounts of fruits and vegetables (of a variety of colors), in addition to whole grains, beans, nuts, and seeds. Fish, and to a lesser extent low-fat meat and poultry, are eaten in moderation. Fresh fruit is the typical daily dessert and olive oil is the primary fat source. The Thorne Modified Mediterranean Diet goes a step further to help assure you are not including common allergens, such as gluten, in your diet that can contribute to inflammation and weight gain. The dietary guidelines will also help steer you toward lower carbohydrate foods to help manage healthy blood sugar levels.

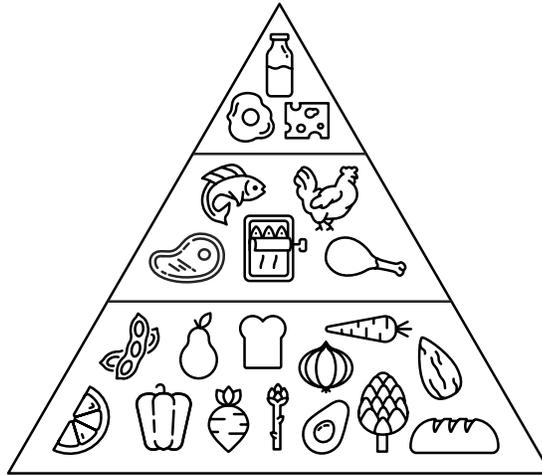
### Dairy

- Organic eggs
- Milk
- Yogurt
- Other dairy products

### Protein

- Fish (wild)
- Meat
- Seafood
- Tofu
- Poultry

Vegetables, fruit, whole grains, beans, nuts, seeds, & healthy oils



### Hydrate



### Be active

(at least 20 minutes per day)



## The most common food intolerances / allergies



Peanuts



Soy



Eggs



Dairy



Corn



Gluten

## Glycemic index / load

The glycemic index (GI) is a way to rank carbohydrates on a scale of 0-100, based on the extent to which the carbohydrates in food increase fasting blood sugar in healthy people. The lower the glycemic index number the lower the food's impact on blood sugar. The glycemic load is based on the glycemic index but it takes into account the amount of carbohydrates in a specific serving. The recommended value of a food's glycemic index is 55 or less and 10 or less for the glycemic load. [Glycemicindex.com](http://Glycemicindex.com) allows you to type in a food and receive its glycemic index and glycemic load. Use it as a general guide. Whenever possible, replace highly processed grains, cereals, and sugars with minimally processed whole grain products.

### Low GI (54 or less)

- | Barley
- | Sweet potatoes
- | Most vegetables
- | Yogurt

### Medium GI (55-69)

- | Rice
- | Most fruits
- | Pasta
- | Oatmeal

### High GI (70 or more)

- | White bread
- | Processed foods
- | Soda
- | Bagels

## Carb count

Carbohydrate-containing foods can increase your blood sugar and triglyceride levels, making it hard to lose weight and stay healthy. Total carb count should not exceed 75 grams daily (50 grams or less if you have diabetes or pre-diabetes). Your health-care practitioner might advise a different guideline based on your specific needs.

<u>Grains</u>		<u>Legumes</u>		<u>Starchy Vegetables</u>		<u>Fruits</u>	
Carbs per 1/2 c. (cooked)		Carbs per 1/2 c. (cooked)		Carbs per 1/2 c. (cooked)		Carbs per 1/2 c. (raw)	
Steel-cut oats	14 g	Lima beans	18 g	Carrots	6 g	Watermelon	6 g
Wild rice	17 g	White beans	20 g	Beets	7 g	Strawberries	6 g
Buckwheat	18 g	Mung beans	20 g	Parsnips	10 g	Oranges	8 g
Quinoa	20 g	Black-eyed peas	20 g	Pumpkin	10 g	Cantaloupe	8 g
Millet	20 g	Lentils	20 g	Winter squash	10 g	Honeydew	8 g
Brown rice	21 g	Black beans	20 g	Yellow corn	15 g	Raspberries	8 g
White rice	22 g	Kidney beans	20 g	Green peas	15 g	Blueberries	10 g
Amaranth	23 g	Soy beans	20 g	Yams	20 g	Pears	14 g
Teff	25 g	Split peas	21 g	Sweet potatoes	20 g	Bananas	15 g
Tapioca	67 g	Pinto beans	22 g	White potatoes	30 g	Grapes	15 g

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# Foods to eat & avoid

These foods are low on the glycemic index, and provide the protein, fiber, vitamins, and minerals needed to sustain your body's daily demands. Remember to use the Mediterranean Diet food pyramid to help guide your daily intake of these foods.

## Vegetables

Fresh – either raw, steamed, grilled, roasted, sautéed in olive oil, juiced

### Optimal sources

Arugula	Brussels sprouts	Eggplant	Okra	Swiss chard
Asparagus	Cabbage	Endive	Parsnips	Squash
Artichokes	Carrots	Escarole	Peas	Taro
Bean sprouts	Cauliflower	Green beans	Radishes	Tomatoes
Bell peppers	Celery	Jicama	Rutabaga	Turnips
Bok choy	Collard greens	Kale	Spinach	Yams
Broccoli	Cucumbers	Mushrooms	Sweet potatoes <sup>+</sup>	Zucchini

<sup>+</sup>Potatoes should be eaten in moderation because they have a high glycemic index

### Avoid

- Deep fried vegetables
- Canned vegetables

## Fruits / juices (in moderation)

Fresh, frozen, dried, canned without sugar or other added sweeteners

### Optimal sources

Apples	Grapes	Papayas
Apricots	Lemons	Pears
Avocados	Limes	Peaches
Bananas	Kiwis	Plums
Blackberries	Mangos	Pomegranates
Blueberries	Melons	Raspberries
Cherries	Nectarines	Strawberries
Cranberries	Oranges	Tangerines

### Avoid

- Fruit canned in sugar
- Sweetened fruit juices

**Note:** Dried fruit and unsweetened fruit juices should be limited due to high natural sugar content.



## Legumes

### Optimal Sources

Adzuki beans	Navy beans	Pinto beans	Split peas
Red beans	Chickpeas	Mung beans	Soybeans
Black beans	Lima beans	Lentils	



## Grains

### Optimal Sources

Amaranth	Millet	Quinoa	Whole grain rice
Buckwheat	Oats	Teff	Wild rice

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### Avoid

Cakes	Cereals	Pastries
Cookies	Pancakes	



## Protein

Meats and fish should be organic when possible.

### Optimal Sources

Beef*	Pork*	Wild game
Chicken	Salmon	Tofu
Lamb*	Sardines	Tempeh
Mackerel	Turkey	

\*Occasional

.....

### Avoid

Fried fish	Sausage
Fried chicken	Processed meats
Bacon	



## Sweeteners

### Optimal Sources

Coconut sugar

Stevia

Monk fruit

Honey

.....

### Avoid

High fructose corn syrup

Sugar

Artificial sweeteners

## Fats

### Optimal Sources

Olive oil (source of monosaturated fat)

Coconut oil

Nuts & seeds

Avocados

.....

### Avoid

Trans fats (hydrogenated and partially hydrogenated vegetable oil)

Refined oils (e.g., safflower, corn)

## Other items to avoid

Soft drinks (sodas)

Diet sodas

Fruit beverages



# Activities

## The importance of exercise

Regular exercise is an essential component for helping to reverse the conditions associated with metabolic syndrome. Physical inactivity is associated with undesirable increases in body mass index, waist circumference, and several other risk factors for metabolic syndrome. Exercise can increase lean muscle mass, increase the uptake of sugar from the bloodstream, have a positive effect on blood pressure, reduce stress, and increase levels of “good cholesterol” (HDL-cholesterol). Work closely with your health-care practitioner when starting any new exercise program.

## Helpful exercise tips

- | Whatever you choose for exercise, **start gradually** and increase your intensity and duration little by little.
- | When given a choice between walking up two flights of stairs or taking the elevator, **choose the stairs**.
- | When going to the grocery store, **park further** from the entrance than you normally do.
- | Place an exercise step, treadmill, or elliptical machine in front of the television and work out **while you watch your favorite TV show**. You can also use this venue to do abdominal and other floor exercises.
- | Find a walking buddy so you can **encourage each other**.
- | Particularly in winter, regularly go to a local shopping mall **just to walk**.
- | Find a variety of exercises you enjoy doing and **switch them up**.
- | **Enroll** in an exercise class that meets regularly (dance, yoga, Zumba, etc.)
- | If you have a job that requires sitting for long periods, **stand up, stretch, and walk** around every hour or so.
- | Use half of your **lunch break** for a short 15-30 minute walk, or do squats and abdominal exercises in your office when you can't get outside.

## Tips to reduce stress

### Breathe deeply

When you are driving, working at your desk, or watching television, take deep, abdomen-filling breaths. The more often you practice deep breathing, the more likely it will become your normal way of breathing.

### Think happy thoughts

Doing something as simple as thinking thoughts of gratitude has been shown to reduce stress hormones and slow down and regulate heart rhythms.

### Take up yoga

Enroll in a yoga class or get a yoga DVD and practice at home. Yoga decreases the production of cortisol and increases a brain chemical called GABA (gamma-aminobutyric acid). GABA acts as a brake during times of runaway stress. You can also consider Thorne's nutritional supplement product PharamGABA®.

### Exercise

Regular exercise is one of the best stress-reducing activities you can do. If you have time to exercise before work, it will make your entire work day more peaceful.



# Sample meal plan

Starting the week with a menu plan can make organizing ingredients and preparing food easier.

## Day 1

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<b>Breakfast</b>	MediBolic® coconut cashew banana smoothie
<b>Lunch</b>	Italian white bean soup+ (1 cup) Mixed greens (1 cup) with oil / vinegar dressing (2 tbsp)
<b>Dinner</b>	Poached salmon with spring onions and white wine+ Quinoa tabouli+ (1/2 cup) Roasted veggies
<b>Snack</b>	Spicy unsalted roasted nuts (pecans, almonds, pistachios, pumpkin seeds, cashews; toss in bowl with spices of choice, spread one layer on olive oil-greased baking sheet; roast at 325° for 15-20 minutes, stirring once; eat 1/4 cup)

## Day 2

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<b>Breakfast</b>	Zucchini almond pancakes+ MediBolic mixed in water
<b>Lunch</b>	Quinoa salmon burger+ Carrot sticks (1/2 cup)
<b>Dinner</b>	Moroccan roasted chicken+ Mixed greens (1 cup) with oil/vinegar dressing (1-2 tbsp) Herb & olive oil hummus+ (1/2 cup) with cucumber slices (1 cup)
<b>Dessert</b>	Berry parfait with orange cashew cream+

## Day 3

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<b>Breakfast</b>	MediBolic Greek honey yogurt smoothie+
<b>Lunch</b>	Lettuce wraps – (large lettuce leaf spread with guacamole, shredded carrots, sprouts, and shredded organic chicken breast) Curried lima bean soup+
<b>Dinner</b>	Adzuki bean and yam hash (1 cup)+ Greek salad with chick peas (1 cup with 2 tbsp dressing)+
<b>Dessert</b>	Chocolate sunbutter cookie+

+Recipe included in Recipe section



## Shake recipes

Although you can take MediBolic any time of day, starting with a MediBolic shake is a great way to jump-start your day. The following recipes have been chosen as being extra tasty. If you split a daily serving in half during the day (i.e., take one scoop twice daily), then cut in half each of the recipes below. These smoothie recipes work best when blended in a high-speed blender.

### Greek honey yogurt

#### Ingredients

- 2 scoops MediBolic
- 12-14 oz Spring water
- 2 tbsp Greek honey yogurt (or a non-dairy yogurt substitute)

### Latte and a cinnamon roll

#### Ingredients

- 2 scoops MediBolic
- 12-14 oz organic non-fat milk (or nut milk of choice)
- 1 shot espresso
- 1-2 ice cubes

For extra thickness, 1/2 banana can be added

### Pumpkin

#### Ingredients

- 2 scoops MediBolic
- 12-14 oz Coconut milk (another type of milk can be substituted)
- 3-4 tbsp Canned organic pumpkin

For extra richness, two tbsp of yogurt can be added (plain, vanilla, or honey yogurt, or a non-dairy "yogurt" such as yogurt made from coconut milk can be substituted).

For additional spice, a dash of pumpkin pie spice can be added.





## Coconut cashew banana

### Ingredients

- 2 scoops MediBolic
- 8-10 Finely ground cashews
- 12-14 oz Coconut milk
- 1 tbsp Coconut milk yogurt
- 1/2 Banana

## Almond cinnamon roll

### Ingredients

- 2 scoops MediBolic
- 12-14 oz Almond milk
- 1/8 tsp Almond extract

For extra richness, one tbsp of plain, honey, or vanilla yogurt, or one-half of a banana, or several almonds ground to a powder can be added.

## Nutty vanilla

### Ingredients

- 2 scoops MediBolic
- 1/4 cup Cashews blended with 4 oz. of water until creamy
- 12-14 oz Water
- 1/8 tsp Organic vanilla powder or vanilla extract
- 1 tbsp Chia seeds

For a strawberry twist, add 1/2 cup organic strawberries

## Apple pie

### Ingredients

- 2 scoops MediBolic
- 4 oz Unsweetened organic applesauce
- 12-14 oz Water or milk of choice

For an extra cold shake, freeze single serving containers of applesauce.

## Pecan coconut

### Ingredients

- 2 scoops MediBolic
- 1 tbsp Finely ground pecans
- 12-14 oz Coconut milk
- 2 Ice cubes



These recipes were selected from the book, *Nourishing Meals: Healthy, Gluten-free Recipes for the Whole Family*, by Alissa Sergersten and Tom Malterre, MSN, CN. Not only are these recipes helpful for avoiding gluten, but they generally focus on ingredients with a low carbohydrate content and follow the Mediterranean Diet.

## Breakfast recipes

### Zucchini almond pancakes

Serves 3-4

Make these savory, grain-free, protein-packed pancakes on a summer morning before you head out for the day. Combined with a MediBolic® smoothie they create an energizing breakfast! They store well in the refrigerator, but if you prefer a smaller batch, halve the recipe. Top each pancake with a dollop of sour cream (or sour cream alternative) and chopped parsley or scallions. One serving is 3 pancakes.

#### Ingredients

- 4 large Organic eggs
- 3 cups Grated zucchini
- 1 cup Almond flour
- 1/2 cup Minced onion
- 1 tsp Herbamare® or sea salt
- Etc Freshly ground black pepper  
Olive oil for cooking

#### Directions

Mix all ingredients **except the oil** together in a medium-sized bowl. Batter will thin a little as it sits.

Heat a 10-inch stainless steel or cast iron skillet over **medium-low** heat. Heat your pan long enough before adding the oil and batter, otherwise the pancakes will stick.

**Add** about 1 tbsp olive oil to pan. **Drop** batter by the 1/4-cup into the hot skillet. Cook for a few minutes on each side.

**Repeat** with remaining batter, adding a little oil or butter to the skillet before cooking each pancake.

**Kitchen tip:** A well-seasoned cast iron skillet keeps pancakes from sticking to the pan.



### Raw breakfast tacos

Serves: 4-6

This is a good recipe for a busy morning. If you make the filling the night before, all you need to do in the morning is slice an avocado and mango and put everything into a lettuce leaf. Romaine lettuce or napa cabbage work well for the "taco shell" but any variety of lettuce will work. Add the whole chili pepper, seeds and all, if you like it really hot.

#### Ingredients

- 1 cup Raw almonds, soaked for 8-10 hours
- 3-4 Brazil nuts, soaked for 8-10 hours
- 3 Green onions, ends trimmed
- 1 Hot pepper (serrano or jalapeño, seeded)
- 1 small Lime, juiced
- 1/2 tsp Sea salt or Herbamare®
- 1 handful Fresh cilantro

#### Garnishes

- Lettuce leaves
- Sliced avocado
- Sliced mango
- Lime wedges

#### Directions

**To soak the nuts**, place them in a bowl and cover with an inch of filtered water. Leave them on the counter to **soak overnight** or for the day, about 8-10 hours. When they are done, drain and rinse.

Place the soaked nuts into a food processor fitted with the "s" blade and **add the remaining filling** ingredients. Pulse/process until the nuts and vegetables are ground to the desired consistency. Taste and add salt if necessary.

**To assemble the tacos**, place a few dollops of the filling into a lettuce leaf and top with avocado and mango slices.

**Serve** with lime wedges.



# Nutty granola

Yield: 4-5 cups

This grain-free granola is packed with protein and healthy fats. With just a smidgen of sweetener to help hold it together and boost flavors you can enjoy this treat for breakfast sprinkled over your favorite dairy or dairy-free yogurt. Top it off with fresh berries or diced bananas for a balanced breakfast or snack.

## Ingredients

- 1 cup raw almonds
- 2 tsp cinnamon
- 1 cup raw pecans
- 1/4 tsp nutmeg
- 1 cup raw walnuts
- 1/4 tsp sea salt
- 1/2 cup raw sunflower seeds
- 1/4 cup maple syrup
- 1/2 cup raw pumpkin seeds
- 1/2-1 cup dried cranberries or raisins
- 2-3 tbsp whole chia seeds
- 1/4 cup coconut oil, melted

## Directions

Preheat oven to **300 degrees**. Line a large baking dish, rimmed cookie sheet, or jelly roll pan with parchment paper.

**Place** the almonds, pecans, and walnuts into a food processor fitted with the “s” blade and **process** until you have a chunky, coarse meal.

**Pour** into a medium-sized mixing bowl. Add the sunflower seeds, pumpkin seeds, chia seeds, cinnamon, nutmeg, and sea salt. **Stir together** to evenly distribute the spices and salt.

Add the syrup and **mix together** using a large spoon. Spread on the parchment-lined cookie sheet and bake for **35-40 minutes**.

Remove from oven and **stir in** the dried cranberries or raisins. Let cool completely on the cookie sheet then transfer to a glass jar for storage.

**Nutrition Tip:** Soaking nuts and seeds overnight and then dehydrating them until crisp not only makes them more digestible, but also allows their nutrients to become more bioavailable. You can do this before using them in the granola recipe above.



## Lunch & dinner recipes

### Poached salmon with spring onions & white wine

Serves: 4-6

#### Ingredients

2 lbs	Wild salmon fillet
2	Spring onions
3-4 sprigs	Fresh thyme
3 tbsp	Extra virgin olive oil
1/2 cup	White wine
Etc	Herbamare Freshly ground black pepper

#### Directions

Rinse the fish fillet and pat dry. Place into pan **skin-side** down.

**Trim** the ends off the onions and cut in half lengthwise; run under cool water to remove any dirt or sand.

Place the onions and fresh thyme on top of the salmon. **Drizzle** with olive oil.

Add the white wine to the pan and then **season the fillet** with Herbamare and freshly ground black pepper.

**Cover and poach** over medium/medium-low heat for 10-12 minutes. Serve immediately.

**Kitchen Tip:** A stainless steel fish-poaching pan creates a gorgeous presentation. You could also use a 10-inch skillet, although you would need to cut the fish fillet in half to make it fit correctly. Coho salmon is best for poached salmon recipes because it is thin and cooks evenly in the poaching liquid.

### Quinoa salmon burgers

Yield: 6 burgers

These burgers go nicely with a raw green salad and homemade parsnip fries. It is easier to remove the bones if you use wild king salmon instead of sockeye salmon. Use your hands or tweezers to pull the bones out. If you don't want to bother removing the skin, have it done when you purchase the fish. Once you have the patties formed you can refrigerate them in between pieces of waxed paper for a few days or freeze them the same way.

#### Ingredients

3-4	Green onions, ends trimmed
1 large	Handful fresh cilantro
1-2 tsp	Lemon zest (optional)
1 tsp	Herbamare®
1-1.5 lbs	Wild salmon, skinned and deboned
1 cup	Cooked quinoa
Etc	Freshly ground black pepper Olive oil or coconut oil for cooking

#### Directions

Place the green onions, cilantro, lemon zest, Herbamare, and black pepper into a food processor fitted with the "s" blade and **process** until it is finely minced.

Add the salmon and quinoa and process again until desired consistency. **Form** into patties and place onto a plate.

Heat a large skillet over medium to **medium-high heat** and add a tablespoon of oil and place a few patties in the skillet (3 at a time in a 10-inch skillet). If the pan is hot it should only take 2-3 minutes per side to cook. If the pan is not quite heated it will take about 5 minutes per side and they may stick a little.

**Remove** patties from skillet and set onto a plate. They will continue to cook when off the stove so do not overcook them.

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**Variation:** Try fresh dill and parsley in place of the cilantro. You could also add 1/2 teaspoon of chipotle chili powder and use lime zest in place of the lemon zest.





## Balsamic roasted chicken with figs & sweet onions

Serves: 6-8

### Ingredients

<b>1 whole</b>	Organic chicken (about 3.5-4 lbs)
<b>1/4 cup</b>	Extra virgin olive oil
<b>1/4 cup</b>	Balsamic vinegar
<b>1 large</b>	Sweet onion, chopped
<b>1 tbsp</b>	Maple syrup
<b>8-10</b>	Fresh figs
<b>Etc</b>	Herbamare Freshly ground black pepper Fresh rosemary sprigs

### Directions

Preheat oven to 450 degrees. **Rinse** chicken under cold running water and place it in a 9 x 13-inch baking dish or other roasting pan. Generously **sprinkle** with Herbamare and freshly ground black pepper.

Put the **chopped onion** inside the cavity of the chicken and on the bottom of the pan. Place the figs around the chicken.

**Whisk together** the balsamic vinegar, olive oil, and maple syrup in a small bowl and pour over the chicken. Place a few rosemary sprigs on and around the chicken.

Add 1/2 cup of water to the bottom of the pan and **roast** the chicken for about 20 minutes to seal in the juices.

**Reduce heat** to 325 degrees and continue to cook until juices run clear, about another 1.5 hours.

Remove the chicken from the pan and place on a platter. **Wait 10 minutes** before carving to let the juices return to the meat.

Place the cooked figs and sweet onions on the platter with the sliced chicken. **Drizzle** pan juices over chicken and serve.

## Moroccan roasted chicken

Serves: 6-8

This is an easy meal that can be ready for the oven in 10 minutes. Serve it over cooked millet with a salad, sautéed kale, or steamed green beans.

### Ingredients

<b>3-4</b>	Split organic chicken breasts
<b>1 tsp</b>	Ground coriander
<b>1 tsp</b>	Ground cardamom
<b>1 small</b>	Red onion, cut into large chunks
<b>1 tsp</b>	Ground black pepper
<b>1</b>	Lemon, cut into wedges
<b>1/2 tsp</b>	Turmeric
<b>1/2-1 cup</b>	Dried apricots
<b>Pinch</b>	Cayenne pepper
<b>1 tsp</b>	Herbamare or sea salt
<b>2-3 tbsp</b>	Organic butter or coconut oil
<b>1 tsp</b>	Ground cumin
<b>Garnish</b>	Chopped parsley or cilantro

### Directions

Preheat the oven to 425 degrees. Rinse the chicken breasts and place them into a casserole dish or 9 x 13-inch pan in a single layer.

Place the onion chunks, lemon wedges, and dried apricots around the chicken.

In a small bowl, mix together the salt and spices. Sprinkle spice mixture over the chicken. Dot with butter or coconut oil.

Roast for 30 to 40 minutes, depending on the size of the breasts, or until the juices run clear.

Slice chicken from the bone and serve it with the apricots, red onions, and juices at the bottom of the roasting dish.

Garnish with chopped parsley or cilantro.

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**Slow-Cooked Variation:** If you have more time, you can slow-cook the chicken in the oven to create more flavorful, tender chicken, which is also more digestible. Heat oven to 325 degrees and cook for 60-75 minutes or until juices run clear.

**Nutrition Tip:** Purchase organic, sulfite-free apricots. Sulfite is a preservative that reduces discoloration and oxidation. Organic apricots are a dark brownish-orange color because they don't have any sulfites added. The FDA estimates that 1 out of 100 individuals has a reaction to sulfites. A sensitivity to sulfites can lead to difficulty with breathing, hives, excessive sneezing, or throat swelling. This may be exacerbated by a deficiency in molybdenum, a mineral commonly found in legumes. Sulfites listed on a food label could appear as sulfur dioxide, sodium sulfite, sodium bisulfite, potassium bisulfite, sodium metabisulfite, or potassium metabisulfite.

# Soup & stew recipes



## Curried lima bean soup

Serves: 10

Baby lima beans are often called butter beans because of their soft buttery texture. They can be found in bulk at your local food co-op or health food store. Be sure to soak them in warm water for at least 12 hours, preferably 24 hours, to aid in digestibility. Feel free to add any vegetables to the soup in place of the yams and peas, such as carrots, potatoes, kale, or zucchini.

### Ingredients

- 3 cups Dry baby lima beans, soaked for 12-24 hours
- 2 tbsp Coconut oil
- 1 large Onion, chopped
- 1 tbsp Curry powder
- 1 tsp Ground cumin
- 1 tsp Ground coriander
- 12 cups Water
- 2 medium Yams, peeled and cut into cubes
- 2-3 cups Fresh or frozen peas
- 2-3 tsp Herbamare® or sea salt
  
- Etc Freshly ground black pepper, to taste
- Chopped cilantro

### Directions

Sort through the beans and remove discolored, shriveled, or moldy ones. **Rinse** the beans and add them to a large bowl; cover with a few inches of warm water.

Leave the bowl on the counter and let the beans **soak for 12-24 hours**. Drain and rinse using a large colander and then set aside.

Heat an 8-quart stockpot over **medium** heat. Add the oil, then add onions; **sauté** for 5-10 minutes or until softened and beginning to change color. Add the spices; sauté a minute more.

Add the soaked beans and water, cover, **bring to a boil** then reduce heat to low and simmer for **45-60 minutes** or until the beans are tender and cooked through.

Add yams, peas, salt, and black pepper; **simmer uncovered** for another 20 minutes or until vegetables are tender. Taste and adjust salt and seasonings if necessary.

**Garnish** each bowl with chopped cilantro. Leftovers can be frozen.

## Italian white bean soup

Serves: 12

### Ingredients

- 2-3 tbsp Extra virgin olive oil
- 12 cups Chicken stock
- 1 large Onion, chopped
- 4 cups Diced tomatoes
- 3-4 cloves Garlic, crushed
- 3-4 tbsp Tomato paste
- 1 tsp Paprika
- 6 cups Cooked navy beans
- 1 tsp Ground black pepper
- 2-3 cups Thinly sliced kale
- 2 tbsp Italian seasoning
- 1/2-1 cup Chopped parsley
- 4-5 Carrots, diced
- 3 tsp Herbamare or sea salt
- 3-4 stalks Celery, chopped
- 1/2 lb Green beans, cut into 2-inch pieces

### Directions

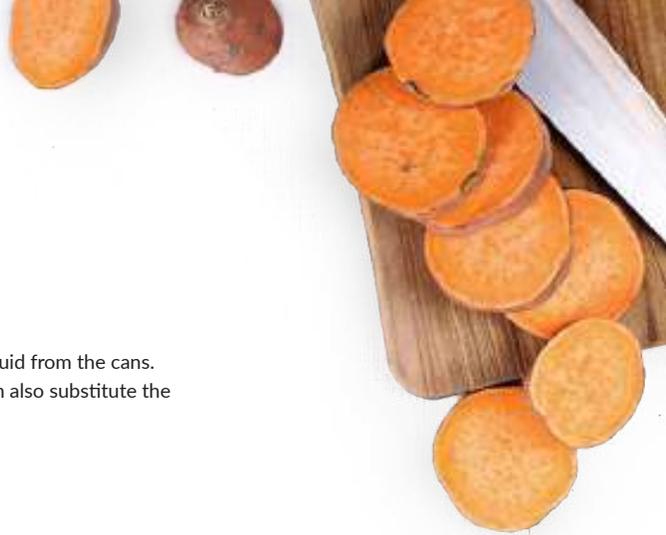
Heat an 8-quart pot over medium heat and add olive oil, then add onion; **sauté** for 8-10 minutes or until soft and beginning to change color.

**Add** garlic, spices, and herbs; sauté one minute more. Then add carrots, celery, and green beans; sauté for 2 minutes.

Then add stock, tomatoes, and tomato paste, and **cover and simmer** for 20-25 minutes or until the vegetables are tender.

**Stir in** cooked beans, kale, and parsley; simmer 5 minutes more. Add salt; taste and adjust salt and seasonings if necessary. Store leftovers in the refrigerator for up to a week.





## Chipotle black bean & yam stew

Serves: 6-8

When using canned black beans it will take about four cans. Be sure to save the bean cooking liquid from the cans. Bean cooking liquid rather than water works better in this recipe to create a thicker stew. You can also substitute the yams in this recipe with a small butternut squash that has been peeled and diced.

### Ingredients

- 2 **tblsp** Extra virgin olive oil
- 6 **cups** Cooked black beans
- 1 **medium** Yellow onion, chopped
- 4 **cups** Bean cooking liquid or water
- 2 **tsp** Ground cumin
- 1 **medium** Red bell pepper, diced
- 1/2 **tsp** Dried oregano
- 1 Lime, juiced (2-3 **tblsp**)
- 1/2-1 **tsp** Chipotle chili powder
- 4 Cloves garlic, crushed
- 2-3 **tsp** Herbamare or sea salt
- 2 **medium** Yams, peeled & diced (~4 cups)

### Directions

Heat a 6- or 8-quart pot over **medium heat**.

Add the oil, then add onions; **sauté** for 5-7 minutes. Then add the spices, Herbamare, yams, and garlic, and sauté a few minutes more.

Add the black beans and bean cooking liquid; simmer uncovered for 10-15 minutes or until yams are **barely tender** but not yet cooked (timing will depend on the size of the diced yams).

**Add** diced peppers and simmer for 10 minutes more.

**Taste and adjust** salt and spices if necessary. Remove from heat and **stir in** lime juice.

**Nutrition Tip:** More and more research points to the importance of consuming foods that make your intestinal bacterium happy. Researchers in Mexico have found that black beans do a great job at this. Black beans contain a higher quantity of fiber that is not digestible by our enzymes, but are digested by organisms in our intestines. These undigested black bean portions feed certain beneficial bacteria and allow them to produce a substance called butyric acid, which is one of the preferred sources of energy for the cells lining the colon, allowing them to function properly and remain healthy.

## Slow cooker chicken stew

Serves: 4-6

Using a slow cooker the flavors come together beautifully and the chicken is very tender. Serve this stew over cooked long-grain brown rice with a salad of romaine lettuce on the side.

### Ingredients

- 1 **cup** Diced shallots
- 3 **stalks** Celery, diced
- 4 Carrots, peeled and diced
- 1.5 **lbs** Boneless chicken breast, cut into chunks
- 14 **oz** Canned crushed fire-roasted tomatoes
- 1 **cup** Water
- 1/3 **cup** Dry white wine
- 1/4 **cup** Extra virgin olive oil
- 1 **tblsp** Italian seasoning
- 1-2 **tsp** Herbamare or sea salt
- Etc** Freshly ground black pepper

### Directions

Add all ingredients to a slow cooker and cook on high for 4-5 hours or on low for 6-8 hours.

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**Oven Variation:** Place all ingredients in a covered casserole dish and bake for 2.5 hours at 300 degrees.



# Salads

## Blanched kale & salmon salad and green apple dressing

Serves: 4

Blanching kale begins to break down its tough fibers while still keeping its nutrient levels intact. Also, blanching for a minute or less will turn the kale a beautiful bright green color that is very attractive in a salad.

### Ingredients

- 2 bunches Curly kale, chopped
- 1 cup Cooked salmon
- 1/2 cup Sunflower seeds, toasted
- 1 Pomegranate, arils removed

### Green apple dressing

- 1 medium Granny Smith apple
- 1/2 cup Water
- 1/3 cup Extra virgin olive oil
- 1-2 cloves Garlic
- 1-inch Piece of fresh ginger, peeled
- Etc Herbamare or sea salt to taste

### Directions

- Fill an 8-quart stockpot with filtered water about 3/4-full and bring to a rapid boil.
- Quickly add the kale, pushing it down with a large spoon. **Blanch** for 60 seconds or until bright green and tender.
- Pour kale and boiling water through a colander and immediately **run icy cold water** over the kale to stop it from cooking.
- Gently squeeze the water from the kale. Place desired amount of kale onto each plate, **top with** cooked salmon, pomegranate arils, and toasted sunflower seeds.
- To make the dressing**, place ingredients into a blender and blend 60 seconds or until smooth and creamy. Taste, add more salt if needed, and blend again.
- Drizzle dressing** over each salad.
- Store leftover dressing in a sealed glass jar in the refrigerator for up to a week. Store remaining kale in the refrigerator in a sealed glass container.

## Greek salad with chickpeas

Serves: 6

### Ingredients

- 1 head Romaine lettuce, rinsed and spun dry
- 2 cups Cherry tomatoes, cut into halves
- 2 cups Cooked chickpeas, rinsed and drained
- 1 cup Pitted kalamata olives, sliced
- 1/2 small Red onion, diced
- 1 large Cucumber, sliced
- Etc Fresh mint leaves (optional)  
Crumbled feta cheese (optional)

### Greek Dressing

- 1/2 cup Extra virgin olive oil
- 6 tbsp Squeezed lemon juice
- 1-2 cloves Garlic
- 2 tbsp Fresh oregano leaves
- 1/2 tsp Sea salt
- 1/2 tsp Freshly ground black pepper

### Directions

- Chop the romaine lettuce, place it in a large salad bowl, and **top** with the remaining salad ingredients. **Add** fresh mint leaves and feta cheese.
- Place** dressing ingredients into a blender and blend until smooth. Pour the dressing over the salad and **toss together**. Store extra salad in the refrigerator for up to two days. Dressing will last about 10 days in the refrigerator.

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**Variation:** To make this dressing citrus-free, replace the lemon juice with organic red or white wine vinegar.

## Side dishes

### Adzuki bean & yam hash

Serves: 4-6

#### Ingredients

2 <b>tblsp</b>	Extra virgin olive oil	<b>Etc</b>	Chopped cilantro
1 <b>small</b>	Onion, diced		Herbamare & black pepper
2 <b>small</b>	Yams, peeled & diced		Crushed red chili flakes
1 <b>tsp</b>	Ground cumin		
2 <b>cups</b>	Cooked adzuki beans		
4	Collard Greens, chopped		

#### Directions

Heat a 12-inch skillet over **medium heat**. Add olive oil, onion, and a few dashes of salt. **Sauté** until softened, then add yams, cumin, and chili flakes; sauté for a few minutes uncovered.

**Cover** the pan and cook for 15-20 minutes, stirring occasionally, until yams are tender. Watch carefully so the yams don't burn.

**Add** adzuki beans and collard greens. **Sauté** until collards are tender. Add Herbamare and pepper to taste.

Top with cilantro and **serve**.

### Quinoa tabouli

Serves: 6-8

#### Ingredients

6 <b>cups</b>	Cooked quinoa	<b>Dressing</b>	1/2 <b>cup</b> Fresh lemon juice
1 <b>large</b>	Cucumber, diced (~3 cups)		1/3 <b>cup</b> Extra virgin olive oil
2 <b>cups</b>	Fresh tomatoes, diced		2 <b>cloves</b> Garlic, crushed
1/2 <b>cup</b>	Fresh mint, finely chopped		1 <b>tsp</b> Herbamare
1/2 <b>cup</b>	Parsley, finely chopped		

#### Directions

Place **cooled** quinoa into a large bowl. **Add** diced cucumber, tomatoes, fresh mint, and parsley.

In a small bowl **whisk** the ingredients for the dressing. Pour dressing over quinoa and vegetables. **Toss** together and serve.

**Store** leftovers in the refrigerator for up to five days.

### Coconut-lime cauliflower "rice"

Serves: 4-6

Using cauliflower is a great grain-free option to rice. By grinding it up in the food processor you get the look and consistency of white rice but with more nutrients and cancer-fighting compounds such as sulforaphane. Serve this "rice" dish with baked fish or roasted chicken and a green salad.

#### Ingredients

1 <b>medium</b>	Head cauliflower	<b>Garnishes</b>	Sliced green onions
2 <b>cloves</b>	Garlic, crushed		Chopped cilantro
1 <b>cup</b>	Coconut milk		Lime zest
1-2 <b>tsp</b>	Grated ginger		
1/2 <b>cup</b>	Water or chicken stock		
1/2-1 <b>tsp</b>	Crushed red chili flakes		
1-2 <b>tblsp</b>	Freshly squeezed lime juice		
1/2 <b>tsp</b>	Herbamare® or sea salt		

#### Directions

Break or cut the cauliflower into **small pieces** and place into a food processor fitted with the "s" blade and pulse until it is **coarsely ground**. Over-processing will turn the cauliflower to mush.

In a large skillet or wide pot, **heat** the coconut milk, water or stock, lime juice, garlic, ginger, chili flakes, and salt over **medium heat**.

When the mixture is simmering **add** the ground cauliflower. Stir together and **simmer uncovered** for 10-15 minutes, stirring every few minutes, or until the cauliflower is cooked to your liking.

**Garnish** with green onions, chopped cilantro, and lime zest.

# Snacks

## Herb & olive oil hummus

Yield: 4 cups

Hummus is a traditional Middle Eastern dish made from garbanzo beans, also called chickpeas, and tahini. Use it as a dip for raw vegetables.

### Ingredients

3 cups	Cooked garbanzo beans, or 2 cans drained	2-3 cloves	Garlic, crushed
1 tsp	Ground cumin	1-2 tbsp	Fresh marjoram leaves
1/4 cup	Bean cooking liquid or water	1 tsp	Ground cumin
1/2 cup	Sesame tahini	1-2 tsp	Sea salt or Herbamare
1/2 cup	Squeezed lemon juice	Small	Handful fresh parsley
1/4 cup	Extra virgin olive oil	2-3 tbsp	Fresh oregano leaves

### Directions

Place all ingredients **except** for the fresh herbs into a food processor fitted with the “s” blade and process until smooth and **creamy**. You will want to taste the hummus to see if it needs more lemon, tahini, garlic, or salt.

Add more water if needed for a thinner consistency and process again. **Add** the fresh herbs and pulse until combined, but not completely pureed.

Place the hummus into small serving dishes and **sprinkle** with extra chopped herbs and a drizzle of extra virgin olive oil if desired. Store in a covered glass container in the refrigerator for up to a week.

**Nutrition Tip:** The Mediterranean Diet has protective effects on our hearts. Some researchers attribute this to the beneficial phenolic compounds found in the fruits, vegetables, and the high-quality olive oil used in the Mediterranean Diet. One study found that when people used olive oil exclusively in food preparation, the likelihood of coronary heart disease reduced by 47%. When saturated fat was replaced with olive oil, total cholesterol dropped 13.4% and LDL-cholesterol dropped 18%.

## Grain-free chicken nuggets

Serves: 4-6

Using low-glycemic almond flour, organic chicken breasts, and heat-stable coconut oil makes these nuggets nutritious.

### Ingredients

2 large	Organic chicken breasts (~1.5 lbs)
2-3 tsp	Poultry seasoning
1 tsp	Herbamare® or sea salt
4 tbsp	Arrowroot powder
4 tbsp	Water
1.5 cups	Almond flour
6 tbsp	Coconut oil

### Directions

Set out two **shallow, wide** bowls.

In one bowl **mix together** the poultry seasoning, Herbamare, arrowroot powder, and water. In the other bowl **add** the almond flour.

Rinse the chicken breasts and cut them into **small chunks**, making sure to keep the size of each piece relatively even. Place the chicken breast chunks into the arrowroot slurry and **mix** them around to coat evenly, then **toss** a few at a time into the almond flour. The almond flour will feel moist. You can press some of it into each nugget to help coat them.

Heat a deep 12-inch skillet over **medium heat** and **add** 3 tbsp of coconut oil. When the oil has heated for 30-60 seconds, place half of the chicken nuggets into the pan and cook for about **three minutes** on each side.

Add the **remaining** coconut oil to the pan and cook the rest of the nuggets.

## Toasted sunflower seeds with coconut aminos

Yield: 1 cup

Coconut aminos can be used to replace tamari in any recipe. They are a great soy-free soy sauce! This recipe is so easy it only takes five minutes to prepare. They are also delicious sprinkled on a green salad.

### Ingredients

1 cup Raw sunflower seeds  
1 tbsp Coconut aminos  
Pinch Sea salt

### Directions

Heat a large, 11-inch skillet over **medium heat** for a few minutes or until the pan is hot.  
Add the sunflower seeds; use a spatula to keep them moving in the pan. **Toast** them for 1 1/2-2 minutes.  
Turn off heat and **add** coconut aminos and sea salt. Immediately stir the mixture to **coat the seeds** evenly.  
Let **cool** on a plate then transfer to a glass jar for storage.

**Nutrition Tip:** Sunflower seeds are a good source of magnesium. Magnesium is nature's nerve calmer. It helps to relax tight muscles and maintain normal blood pressure. One-quarter cup of sunflower seeds provides 115 mg of magnesium.



# Dessert

## Chocolate sunbutter cookies

Yield: 12-15 cookies

These cookies provide great nutrition and high fiber in every bite! Sunbutter is made from ground roasted sunflower seeds. It is a great high-protein alternative to nut butters. Serve these grain-free, vegan cookies with a glass of raw almond milk or a green smoothie for a healthy afternoon treat.

### Wet ingredients

- 1 cup Organic Sunbutter
- 1/3 cup Coconut nectar
- 1 tbsp Ground chia seeds
- 3 tbsp Water
- 1 tsp Vanilla

### Dry ingredients

- 1/4 cup Cocoa powder
- 1/2 tsp Baking soda
- 1/4 tsp Sea salt
- 1/2 cup Mini chocolate chips (optional)

### Directions

Preheat oven to 350 F. Lightly grease a cookie sheet with coconut oil.

In a medium-sized mixing bowl, using an electric mixer, beat together the wet ingredients until light and fluffy.

Add the dry ingredients. Beat together until thickened and combined then mix in the chocolate chips.

Roll equal-sized balls of dough in your hands making 12-15 balls. Press dough ball down using the tongs of a fork into a crisscross pattern.

Bake for approximately 12-15 minutes. Cool on a wire rack. Cookies will be fragile and crumbly when hot but will firm up when completely cooled.

## Berry parfait with orange cashew cream

Serves: 4-6

This is a favorite recipe to make during the summer months when berries are in abundance. Serve it for breakfast, a healthy snack, or dessert. Use any berries that are fresh and available, especially blueberries, strawberries, blackberries, and raspberries.

### Ingredients

- 1 cup Raw cashews, soaked for 3 hours
- 1/2 cup Freshly squeezed orange juice
- 2 Dates, pitted
- 1/2 tsp Orange zest
- Pinch Sea salt
- Dash Maple syrup (optional)
- 4 cups Fresh organic berries
- Etc Hemp seeds

### Directions

**To make the cashew cream**, drain and rinse the cashews, place them into a blender along with the orange juice, dates, orange zest, and salt.

Blend on high until smooth and **creamy**. You might need to turn off the blender, scrape down the sides, and blend again a few times. Taste and add a dash of maple syrup for a sweeter cream and blend again if needed.

Set out 4-6 parfait cups or clear juice glasses. Add a **layer** of berries to the bottom of each cup or glass, then a thin layer of the cashew cream, then another layer of berries, then a final layer of cashew cream.

**Sprinkle** the top layer with hemp seeds.

**Nutrition Tip:** Making your own orange juice from fresh oranges is much more nutritious than buying it store-bought. Pasteurization will kill harmful bacteria to prolong shelf life, but it will also destroy live enzymes and vitamins. Fresh orange juice contains all of the enzymes, vitamin C, and antioxidants present in the orange, which makes the juice far more digestible and easier to assimilate.



## Raw berry tart with coconut pastry cream

Serves: 4-6

This is a favorite recipe to make during the summer months when berries are in abundance. Serve it for breakfast, a healthy snack, or dessert. Use any berries that are fresh and available, especially blueberries, strawberries, blackberries, and raspberries.

### Crust

2 cups	Raw almonds or pecans
1 cup	Pitted medjool dates (~10)
1 tbsp	Coconut oil
Pinch	Sea salt

### Pastry Cream

1 cup	Raw cashews
1/4 cup	Water
1/4 cup	Freshly squeezed orange juice
3 tbsp	Coconut nectar or honey
3/4 cup	Softened coconut butter
1 tsp	Pure vanilla extract
1 tsp	Organic almond flavoring

### Garnishes

Berries of choice

### Directions

**To make the crust**, place the nuts into a food processor fitted with the "s" blade and process until finely ground.

Add the dates, coconut oil, and sea salt. **Process** again until the dates are ground and evenly incorporated into the nuts. It should stick together, if not, add another tablespoon of coconut oil.

Pour the **crust mixture** into a 9 or 10-inch lightly oiled tart pan and **evenly press** into the bottom and up the sides.

**To make the filling**, place the cashews, water, orange juice, coconut nectar into a high-powered blender. Blend until smooth and **ultra creamy**, stopping and starting the blender if necessary. Your coconut butter should be soft enough to add if you are living in a hot climate; if not, place the amount called for into a small pan and warm on the lowest heat.

**Add** the softened coconut butter to the blender along with the vanilla and almond flavoring. **Blend** until smooth. Pour into the crust and spread evenly.

**Arrange berries** over filling into your own unique design.

Chill, uncovered, **until ready to serve**. When ready to serve, push the bottom of the pan up through the rim and place onto a platter to serve.

**Kitchen Tip:** Coconut butter is made from both the oil and the meat of the coconut. Sometimes it is labeled with different names such as coconut mana or coconut cream concentrate, but it is all the same thing.

# Health journal

## Exercise

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity							
Duration							

## Psyche

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mood							
Appetite							
Stress level							
Sleep duration							
Sleep quality							
Injury / illness							

## Food

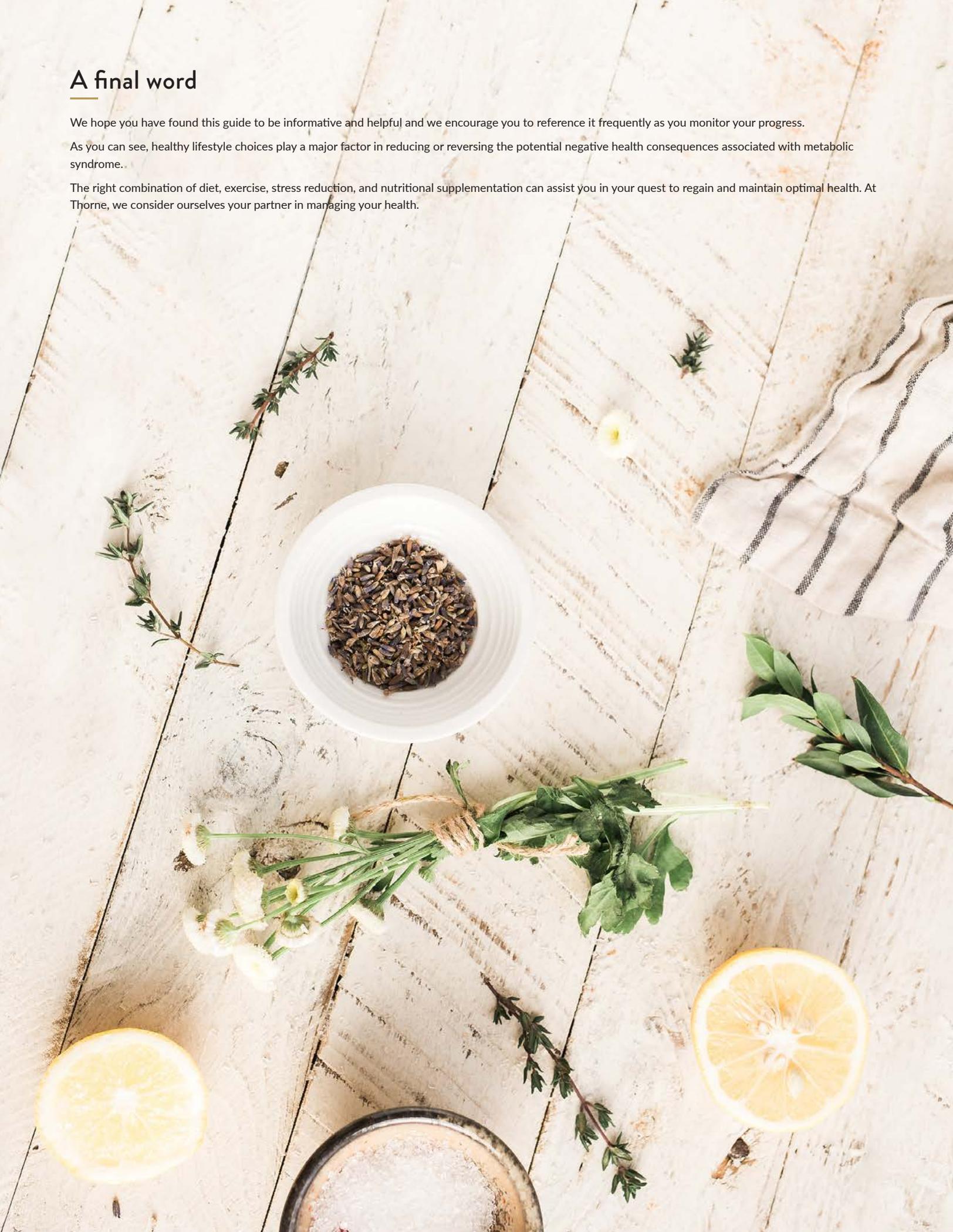
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Snack							
Supplements							

## A final word

We hope you have found this guide to be informative and helpful and we encourage you to reference it frequently as you monitor your progress.

As you can see, healthy lifestyle choices play a major factor in reducing or reversing the potential negative health consequences associated with metabolic syndrome.

The right combination of diet, exercise, stress reduction, and nutritional supplementation can assist you in your quest to regain and maintain optimal health. At Thorne, we consider ourselves your partner in managing your health.





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