

THE PLANT PARADOX

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

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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 SAY "YES PLEASE" LIST OF ACCEPTABLE FOODS, *CONTINUED*

(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)
 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)

THE JUST SAY "NO" LIST OF LECTIN-CONTAINING FOODS, *CONTINUED*

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 flour
Bread 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)

**THE KETO PLANT PARADOX INTENSIVE CARE PROGRAM
LIST OF ACCEPTABLE FOODS, *CONTINUED***

Persimmon	Pastured or omega-3	Elk
Jicama	eggs (up to 4 yolks	Pork (humanely raised)
Taro root	daily but only 1 white)	Lamb
Turnips	Duck	Beef
Tiger nuts	Goose	Prosciutto
Green mango	Pheasant	
Millet	Dove	Plant-Based “Meats”
Sorghum	Grouse	Quorn: Chik’n Tenders,
Green papaya	Quail	Grounds, Chik’n
		Cutlets, Turk’y Roast,
		and Bacon Style Slices
Pastured Poultry (not	Meat (grass-fed—2 to	Hemp tofu
free-range—2 to 4 oz./	4 oz./day)	Hilary’s Veggie Burger
day)	Bison	(hilaryeatwell.com)
Chicken	Wild game	Tempeh (grain-free
Turkey	Venison	only)
Ostrich	Boar	

**THE KETO PLANT PARADOX INTENSIVE CARE PROGRAM’S
JUST SAY “NO” LIST OF LECTIN-CONTAINING FOODS**

Refined, Starchy Foods	NutraSweet (aspartame)	Nuts and Seeds
Pasta	Splenda (sucralose)	Pumpkin
Rice	Sweet’n Low (saccharin)	Sunflower
Potatoes	Diet drinks	Chia
Potato chips	Maltodextrin	Peanuts
Milk		Cashews
Bread	Vegetables	
Tortillas (except for the	Peas	Fruits (some we call
two Siete products	Sugar snap peas	vegetables)
above)	Legumes	All fruits, including
Pastry	Green beans	berries
Flours made from	Chickpeas (including as	Cucumbers
grains and pseudo-	hummus)	Zucchini
grains	Soy	Pumpkins
Cookies	Tofu	Squashes (any kind)
Crackers	Edamame	Melons (any kind)
Cereal	Soy protein	Eggplant
Sugar	Textured vegetable	Tomatoes
Agave	protein (TVP)	Bell peppers
Splenda (sucralose)	All beans, including	Chili peppers
SweetOne or Sunett	sprouts	Goji berries
(acesulfame K)	All lentils	

**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

PART III

Meal Plans and Recipes

Sample Meal Plans

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

RECIPES FOR ALL these meals appear on pages 39–48. 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

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

DAY 2

BREAKFAST	Green Smoothie
SNACK	Romaine Lettuce Boats Filled with Guacamole
LUNCH	Romaine Salad with Avocado and Cilantro-Pesto Chicken*
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	Chicken-Arugula-Avocado Seaweed Wrap with Cilantro Dipping Sauce*

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

Vegetarian modification: Replace animal protein with approved Quorn products (see page 32).

Vegan modification: Replace animal protein with grainfree 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 39–87.

- 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 32).



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 66); 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*

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

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

BREAKFAST	Green Smoothie
SNACK	1/4 cup raw nuts
LUNCH	Grilled pastured chicken breast*; Shaved Kohlrabi with Crispy Pear and Nuts
SNACK	Romaine Lettuce Boats Filled with Guacamole
DINNER	Grilled Alaska salmon*; Baked “Fried” Artichoke Hearts ; cabbage and carrot slaw with sesame oil and cider vinegar dressing

DAY 2

BREAKFAST	Paradox Smoothie
SNACK	1/4 cup raw nuts
LUNCH	Canned sardines in olive oil mashed with 1/2 avocado and splash of balsamic vinegar, and wrapped in lettuce leaves*
SNACK	Romaine Lettuce Boats Filled with Guacamole
DINNER	Nutty, Juicy Shroom Burgers, Protein Style ; grilled or stir-fried asparagus with perilla or avocado oil and 1 teaspoon sesame oil

DAY 3

BREAKFAST	Cranberry-Orange Muffin* ; 2 scrambled pastured eggs with sliced avocado
SNACK	1/4 cup raw nuts
LUNCH	3 Thoroughly Modern Millet Cakes* ; salad of your choice with vinaigrette
SNACK	Romaine Lettuce Boats Filled with Guacamole
DINNER	Grilled Alaska salmon*; Roast Parmesan-Scented Cauliflower Mash ; endive and arugula salad topped with sesame seeds and dressed with vinaigrette

DAY 4

BREAKFAST	Cinnamon-Flaxseed Muffin in a Mug*
SNACK	$\frac{1}{4}$ 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	$\frac{1}{4}$ 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	$\frac{1}{4}$ 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	$\frac{1}{4}$ 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 found in chapter 9. 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. 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

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

DAY 2

BREAKFAST	Green Smoothie
SNACK	Romaine Lettuce Boats Filled with Guacamole
LUNCH	Vegan version of Romaine Salad with Avocado and Cilantro-Pesto Chicken , 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 here on pages 8–11, and in chapter 10 of the audiobook. 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 39–87.

DAY 1

BREAKFAST	Green Smoothie with 1 tablespoon added MCT oil
SNACK	¼ cup macadamia nuts or Romaine Lettuce Boats Filled with Guacamole
LUNCH	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: Marinated Grilled Cauliflower “Steaks”)
SNACK	1 packet single-serving coconut oil or 1 tablespoon MCT oil
DINNER	Spinach Pizza with a Cauliflower Crust smothered with olive oil and MCT oil. (Vegan alternative: Marinated Grilled Cauliflower “Steaks”); 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 supermarket.

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.

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" in chapter 6.)

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.

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 47). 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 spring, 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 41). 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 40), 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 $\frac{1}{4}$ 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

$\frac{1}{2}$ avocado, diced

3 tablespoons freshly squeezed lemon juice

4 pinches sea salt, preferably iodized

3 tablespoons avocado oil

$1\frac{1}{2}$ cups finely sliced green cabbage

$\frac{1}{2}$ 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.

Diestel 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 Diestel 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 62–63).

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 tablespoon 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.

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, 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 ½ 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 ½ 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, 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 ½ 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.