

A Philosophy for Eating

- Eat lots of lean protein from animal sources
- Eat TONS of non-starchy vegetables
- Eat some fruit
- Eat some nuts and seeds
- Use moderate amounts of healthy oils (olive oil, walnut oil, coconut oil, flaxseed oil) in cooking and food preparation
- Avoid all grains/cereals and limit starchy vegetables
- Avoid all legumes (including soybeans and peanuts)
- Avoid all dairy (except plain yogurt, probiotics are good!)
- Avoid all processed foods
- Limit natural sweeteners (honey, maple syrup, etc) – enjoy on rare/special occasions
- Drink plenty of water
- Limit caffeine and alcohol



General Tips:

- Cook protein in large quantities so you have leftovers (great for breakfast and lunch).
- If you don't already have one, invest in a slow-cooker; they are easy, low maintenance, and the meat stays very tender.
- Only buy enough produce for 3 days, otherwise it will likely go bad.
- Go to the grocery store and/or farmer's market more than once a week – buy all items as fresh as possible.
- Plan ahead, plan ahead, plan ahead! Make yourself a priority.
- Same thing with spending a little more on food – think of it an investment in your health.
- Cook outside the box – try new recipes, new vegetables, new herbs and spices – it can be very fun (it is all a matter of perspective).
- Take a fish oil supplement – at least 1 gram of EPA/DHA a day (don't go too high – it may increase risk for bleeding).
- Olive oil should not be cooked at higher than “medium” (or 325 degrees), unless it's not extra virgin. Walnut oil can be cooked at “medium high” heat (or 400 degrees) – read labels on oils, most will let you know the appropriate ceiling of cooking heat.
- A bit of olive oil, garlic and chopped onions will liven up any basic meat or vegetable dish.

Some Meal/Snack Examples:

Breakfast Ideas:

- Vegetable egg scramble topped with avocado and salsa
- Green smoothie* and nuts
- Leftovers! (i.e. Pulled pork with sautéed onions and peppers)

Minimal Cooking/Preparation Lunch and Dinner Ideas:

- Deli turkey and avocado rolls with sliced red peppers
- Spinach salad with chopped egg, bacon pieces, sliced mushrooms, sliced red onion and balsamic dressing
- Canned tuna mixed with mustard and chopped tomato over mixed greens, topped with chopped walnuts

Cooked Lunch and Dinner Ideas:

- Grilled cajun chicken with roasted vegetables*
- Baked lemon dill salmon with grilled asparagus marinated in olive oil, balsamic vinegar, and garlic
- Meatballs with sautéed broccoli in walnut oil
- Grilled steak with kale salad*
- Coconut curry chicken with vegetables*



Snack Ideas:

- Hard boiled egg and an apple
- A smaller portion of dinner or lunch (leftovers!)
- Blueberries and sliced almonds

* See recipes on next page.

Recipes

Green Smoothie

You can use any fruit and any leafy greens you'd like. Below is an example of a combination I enjoy. The easiest way to gauge how much to put in the blender is to follow the 40/60 guideline: 40% greens to 60% fruit. As long as your blender looks about 40% full of greens and 60% full of fruit, your smoothie will taste like the fruit, not the greens. Very simple and quick to make!

1 banana, in chunks
1 cup pineapple, chopped
1/2 cup frozen berries
2-3 large leaves of kale, chopped with stems removed
Water (amount depends on desired consistency, around 2 cups)

Combine all ingredients in blender and blend. Makes 2 servings.

Roasted Vegetables

My favorite cooking style for most vegetables is to roast them. This dressing is quite tasty and will compliment a wide variety of meat, poultry, or fish dishes.

2 large onions (1 yellow, 1 purple), cut into wedges
3-4 bell peppers (at least two different colors is nice), cut into 1-inch chunks
2 medium zucchini, cut on the diagonal into 1/2 -inch slices
2 yellow squash, cut into wedges

Dressing:

4 teaspoons olive oil
1/4 cup lemon juice
6 garlic cloves, minced or pressed
3 tablespoons minced fresh rosemary (or 2 to 3 teaspoons dried and ground)
1 tablespoon minced fresh oregano (or 1 teaspoon dried)
1 teaspoon sea salt

Preheat oven to 425 degrees. Place all vegetables in a large bowl. Whisk together dressing ingredients in a small bowl. Toss vegetables well with dressing. Place vegetables in single layers on two large unoled baking trays and bake, stirring every 15 minutes, until all the vegetables are tender, about 45 minutes. Serves about 4.

Recipe modified from *Moosewood Restaurant Low Fat Favorites* by The Moosewood Collective (Clarkson Potter, 1996).

Kale Salad

A friend from Crossfit Seattle actually first introduced me to this amazing salad. The key to raw kale salads is slice the kale very thin, massage thoroughly (until it starts to soften) and allow the kale 20 minutes to soften further before eating. Besides the grapefruit listed in this recipe, I have enjoyed this salad with Fuji apples or Satsumas. A sprinkling of raw walnut pieces can be a nice addition to this salad, if so desired.

1 bunch kale (any variety; I prefer dino)
1 tablespoon extra virgin olive oil
1-2 teaspoons balsamic vinegar
Juice of 1 fresh lime (or 2 tablespoons lime juice)
1 grapefruit

Rinse kale and slice lengthwise to remove stem. Stack leaves and roll. Slice into thin ribbons and place in large mixing bowl. Add olive oil and massage with your hand(s). Once softened, add the balsamic, lime juice and toss. Peel, section and remove seeds of grapefruit. Chop sections into bite-sized pieces and add to kale. Toss and allow to sit for 20 minutes. Makes about 4 servings.

Recipe modified from *elana's pantry* website at www.elanaspantry.com

Coconut Curry Chicken with Vegetables

Anytime I can make a meal in one dish, I am thrilled. This dish is flavorful and the heat can be modified according to personal preference. It is especially nice during the colder months of the year. The idea for this recipe also came through a friend from Crossfit Seattle.

1 tablespoon olive oil
1 tablespoon chili powder
1-2 tablespoons curry powder
2-3 teaspoons cayenne pepper (I like the extra bit of 'kick' from cayenne)
2 pounds boneless, skinless chicken, cubed
1 cup broth
1 small cabbage, chopped
2-3 medium zucchini, sliced in ½ -inch thick pieces
1 small head of cauliflower, florets cut into bite-sized pieces
1 medium onion, chopped
2 cans coconut milk (28 ounces)

Mix olive oil and spices to create paste. Coat chicken cubes with paste. Place in slow-cooker with broth and cook on high for 2 hours. Then add vegetables and coconut milk and cook on low for 3 additional hours. Enjoy! Makes about 5-6 servings.