



THE FIVE
STEP PLAN
TO PROMOTE

Healing
WITH DIABETES

THE FIVE "R" FRAMEWORK FOR INFLAMMATION

REMOVE, REPLACE, REINOCULATE, REPAIR, REBALANCE

The healing process can be confusing to navigate and disorganized. Below you'll find some relief in this process! These steps are based on a functional medicine approach to healing guided by research and nutritional considerations.

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REMOVE & REPLACE

Carbohydrate & Sugar Guide

Management of carbohydrate and sugar intake is usually the central focus of anyone with Diabetes, pre-diabetics or those making preventative health decisions due to genetic predisposition or with awareness to the continual rise of Diabetes around them. This is also an area of confusion for many people and most people just don't know where to start! This guide will provide some structure to help you make easier dietary switches so you can fight with your fork!

Although carbohydrates are essential to all bodily process, the type of carbohydrate and quality can greatly influence the impact within the body. Refined carbohydrates will raise blood sugar more rapidly than a complex carbohydrate or carbohydrates from fruit or vegetable sources. Contrary to popular belief, even many whole wheat flours, whole grain breads and gluten free products are refined carbohydrates and can contribute to chaotic blood sugar levels. Focus on reducing overall carbohydrate intake and select carbohydrates from starchy vegetables, fruit and sprouted or soaked grains. Also, combining carbohydrates with protein, fiber and fat will support stabilization of blood sugar. A good way

to manage carbohydrate load is to budget carbohydrates for meals to 10-30g for women and 10-45g for men. A serving of carbohydrate is considered to be 15 grams.

In addition to creating a carbohydrate budget, phytonutrient rich fruits and vegetables, protein and fat will also be used to balance glucose levels, improve insulin signaling, reduce systemic inflammation, slow the breakdown of carbohydrates into sugar, reduce the damage from elevated blood sugar levels and promote the optimal utilization of glucose from carbohydrates.

Carbohydrate Budget In Action

GRAINS: *1/3 cup of grains (preferably soaked), 1 slice of bread (preferably sprouted), 3 cups of popcorn.*

LEGUMES: *1/2 cup of beans*

FRUIT: *1 piece of small to medium sized fruit or 1/2 cup*

VEGETABLE: *Varies but 1/2 cup of a starchy vegetable is a serving*

DAIRY: *1 glass (8 ounces) of milk, 1 yogurt cup (unsweetened)*

Remove: *Refined Sugar & Carbohydrates*

A feature of the Diabetic Handbook & Food Plan is the reduction or absence of added sugars. Added sugars contribute a significant portion of calories in many people's diets today (e.g., sugar-sweetened beverages). Eating refined grains and foods with refined sugar has been positively associated with decreased insulin sensitivity which contributes directly to the development of Diabetes. In addition to creating risk for diabetes, several cardiovascular disease risk factors are also elevated with refined sugar and carbohydrate intake, including elevated blood fats (triglycerides), low good cholesterol (HDL-C). Refined sugars are prevalent in sodas, fruit drinks, presweetened tea, coffee drinks, energy or sports drinks, and flavored milks.



Simple switches to Extraordinary Benefits:

RISKY CHOICE: Sodas

SWITCH TO: Kombucha (fermented tea)

IMPACT ON HEALTH: Immune system strengthening, Lowers risk of Diabetes, Gastrointestinal Health (probiotic content), Weight management support.

RISKY CHOICE: Sweetened Coffee Drinks

SWITCH TO: Homemade version, try using coconut milk and dates to sweeten.

IMPACT ON HEALTH: Dates have Beta Glucan which helps promote healthy blood sugar balance. Coconut milk helps balance blood sugar, is anti-microbial, anti-fungal and can help with yeast/bacterial overgrowth.

RISKY CHOICE: Energy/Sports Drinks

SWITCH TO: Coconut water

IMPACT ON HEALTH: Typical sports drinks have very little electrolytes and are loaded with sugar. Coconut water has potassium to help support relaxation and lower blood pressure. (Be cautious with servings, you can also dilute it).

RISKY CHOICE: Pre-sweetened Tea

SWITCH TO: Green tea

IMPACT ON HEALTH: Green tea is a pre-biotic and beneficial for promoting healthy gut flora. Also, it has many benefits for the adrenal glands, weight management and is loaded with antioxidant properties.

RISKY CHOICE: Fruit Drinks

SWITCH TO: Whole fruit or Smoothie

IMPACT ON HEALTH: Fiber and phytonutrients are more intact in whole fruit. Fruit juice is more comparable to soda than fruit due to its impact on blood sugar.

RISKY CHOICE: Sweetened dairy: yogurts, flavored milks ect.

SWITCH TO: Unsweetened yogurt with berries or peaches added in. Top with walnuts, almonds or pecans for the protein/fat to help balance blood sugar levels.

IMPACT ON HEALTH: Many yogurts come sweetened with artificial sugars which can lead to insulin resistance. Choose unsweetened organic yogurt and add low glycemic fruits like peaches or berries. Top with nuts to help balance the meal and add nutrition!

Artificial Sugars

It is essential to refrain from added sweeteners as much as possible when following this food plan. Artificial sugars were once thought to be supportive for those with Diabetes or trying to reduce sugar intake before they were well researched. However, current research actually reveals they cause more problems with blood sugar regulation, lead to weight gain and continued cravings. Since your body's carbohydrate digestion signaling begins in the mouth, the pancreas gets signals about how much insulin to produce from the moment you start eating. Artificial sugars can be 100-7000 times sweeter in taste than actual sugar. This causes a lot of confusion for the pancreas. How it works: Intake of Sugar -> Pancreas secretes insulin based on how sweet the food tastes -> Insulin secreted -> Blood sugar regulation begins -> Artificial sugars cause confusion and promote insulin resistance.

When it comes to satisfying a sweet tooth, one of the best things to do on this plan is to choose food in its whole form. For example, opt for a whole apple instead of apple juice. Juice isn't food in its whole state because most of the fiber is lost in processing. Food processing can completely change a food's overall impact

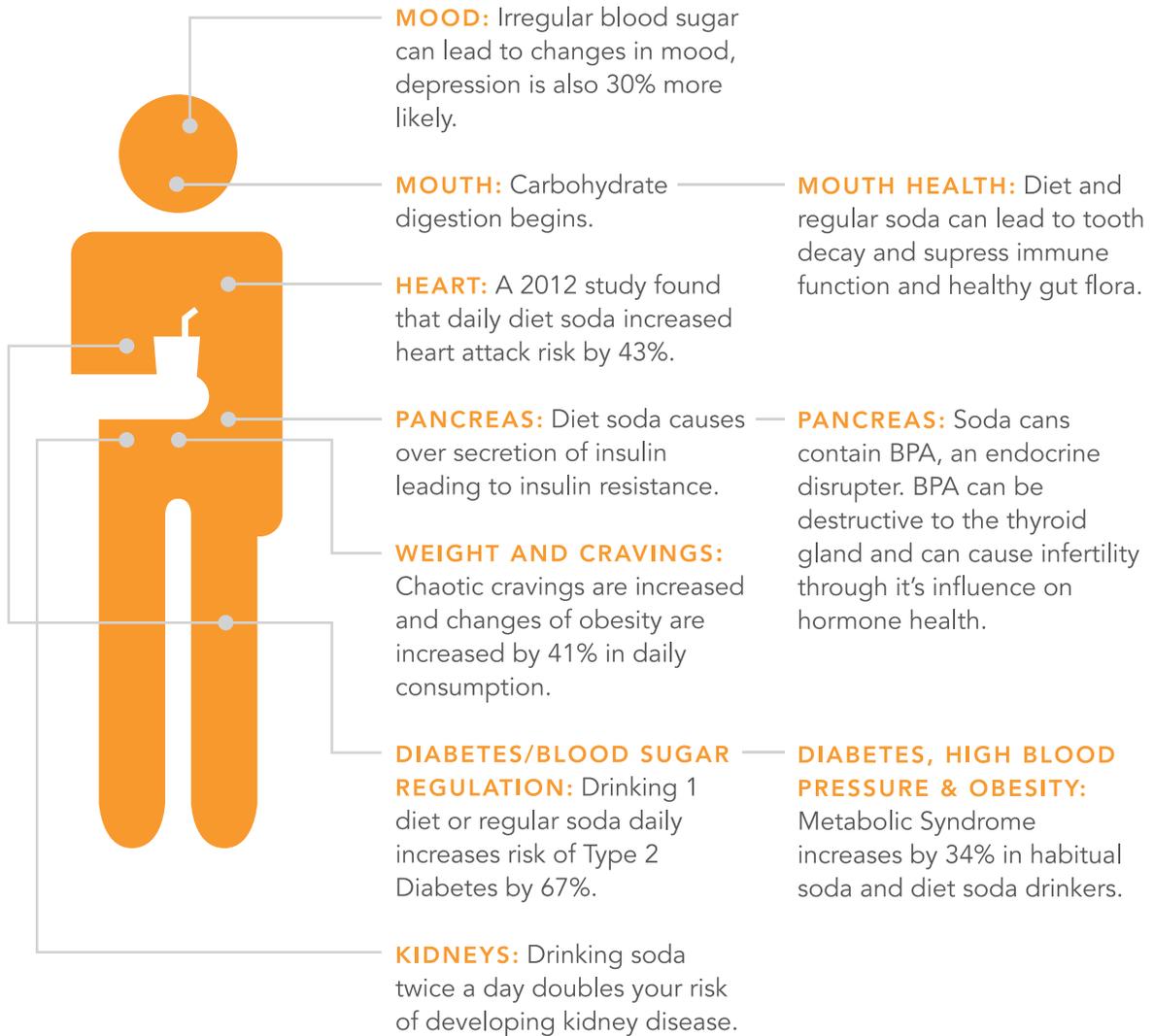
on the body. Fiber, protein and fat help stabilize blood glucose levels. During food processing such as in the creation of juice, most of the fiber is taken out of the juice which can make many juices almost as harmful as soda on blood glucose levels! In cooking, opt for sugars such as brown rice syrup or dates to sweeten dishes. Dates in their whole form also have beta glucan which can be helpful in balancing blood glucose.

Here is an extensive list of natural and artificial sweeteners and other sugars listed on food labels you may want to avoid because of their inflammatory nature:

AVOID THESE SWEETENERS

Agave nectar, maltitol, sucralose, mannitol, corn syrup, corn syrup solids, xylitol, sorbitol, fructose, dextrose, erythritol, NutraSweet, Splenda, aspartame, stevia, maltodextrin.

The Body On Soda



Artificial sweeteners are 200 to 600,000 times sweeter than sugar.

Reported side-effects include: Headaches, memory loss, dizziness, convulsions and mood swings

Where they hide: Gum, diet soda, diet foods, yogurts, and more!

Always read the label!

Replace

Grains: Whole grains are essential for people with diabetes or blood sugar regulation issues to eat as they provide an excellent source of fiber and other phytonutrients that assist with cholesterol reduction and blood sugar stability.

What is a whole grain exactly? The marketing of whole grain bread is often very misleading. Before processing, a grain such as wheat has three layers which are the outer shell which is called the bran, the endosperm and the germ. The germ and bran contain the nutrients and fiber of the grain. The endosperm is where most of the high glycemic starchy part of the grain lies. Most of the conventional wheat bread available has been processed to remove both the germ and bran part of the grain leaving only the high glycemic portion. Fibers and harmful additives are then added back which enables them to be labeled as whole grain. These processed grains are highly correlated with insulin resistance, inflammation and high levels of LDL cholesterol which can lead to cardiovascular injury and or diabetes. Sprouted grain bread or grains in their whole state would be a better option for healing.

The two Therapeutic Foods in this category are oats and barley. Oats and barley contain beta-glucan to help with maintaining low cholesterol and blood sugar. Oats, barley and other whole grains are very therapeutic foods for people with cardiovascular disease, metabolic disease and blood glucose regulation. However, grains can also be over-consumed as well so it's important to be mindful of intake especially with processed grains. It may be useful to create a budget for the day for carbohydrates of one to three servings per day depending on sensitivity to grains and activity level. Sometimes it may be appropriate to eliminate grains from the diet short term or long term. Also, if celiac disease or gluten sensitivity is suspected it may be appropriate to refrain from gluten containing products including barley, rye and oats that are not labeled as gluten free. If uncertain, consider testing for celiac and or mediator release testing for sensitivities.

THERAPEUTIC FOODS: *Oats, barley.*

Fiber: Eating whole, unprocessed foods will help with taking in more dietary fiber and consuming less added sugar in the diet. Fiber is also found in plant-based foods like whole grains, nuts, legumes, vegetables, and fruits. It is a form of carbohydrate that the body is unable to digest, giving the sensation of fullness without many calories. In addition, fibers can also act as prebiotics in the gastrointestinal tract which help probiotics (beneficial bacteria) flourish which will help immunity, weight management, inflammation and even neurotransmitters production. Dietary fiber can be classified as either insoluble or soluble. The bran contains mostly insoluble fibers that act by sweeping out toxins and food particles and creating more motility in the colon.

Soluble fiber absorbs water from food which creates a gel like texture to food in the colon and slows digestion. Soluble fiber is found in foods like oat bran, barley, nuts, seeds, beans, peas, fruits and vegetables. Slowed digestion helps to also slow the release of glucose from food into the blood preventing blood sugar spikes or drops. Another added benefit of soluble fiber is that it helps eliminate toxins and cholesterol from the body by trapping them in the gut. It's recommended to consume about twenty to twenty five grams of fiber today or 5g per meal or snack.

THERAPEUTIC FOODS: *Almonds, Walnuts, Lentils, Asparagus, Apples, Berries*

Carbohydrate & Sugar Guide Recap:

Increase complex carbohydrates

Increase high-fiber whole grains: oatmeal, oat bran, barley, brown rice

Fiber: 25g daily or 5g per meal or snack

Avoid refined grains

Avoid artificial sugars and white refined sugars

Emphasize therapeutic foods

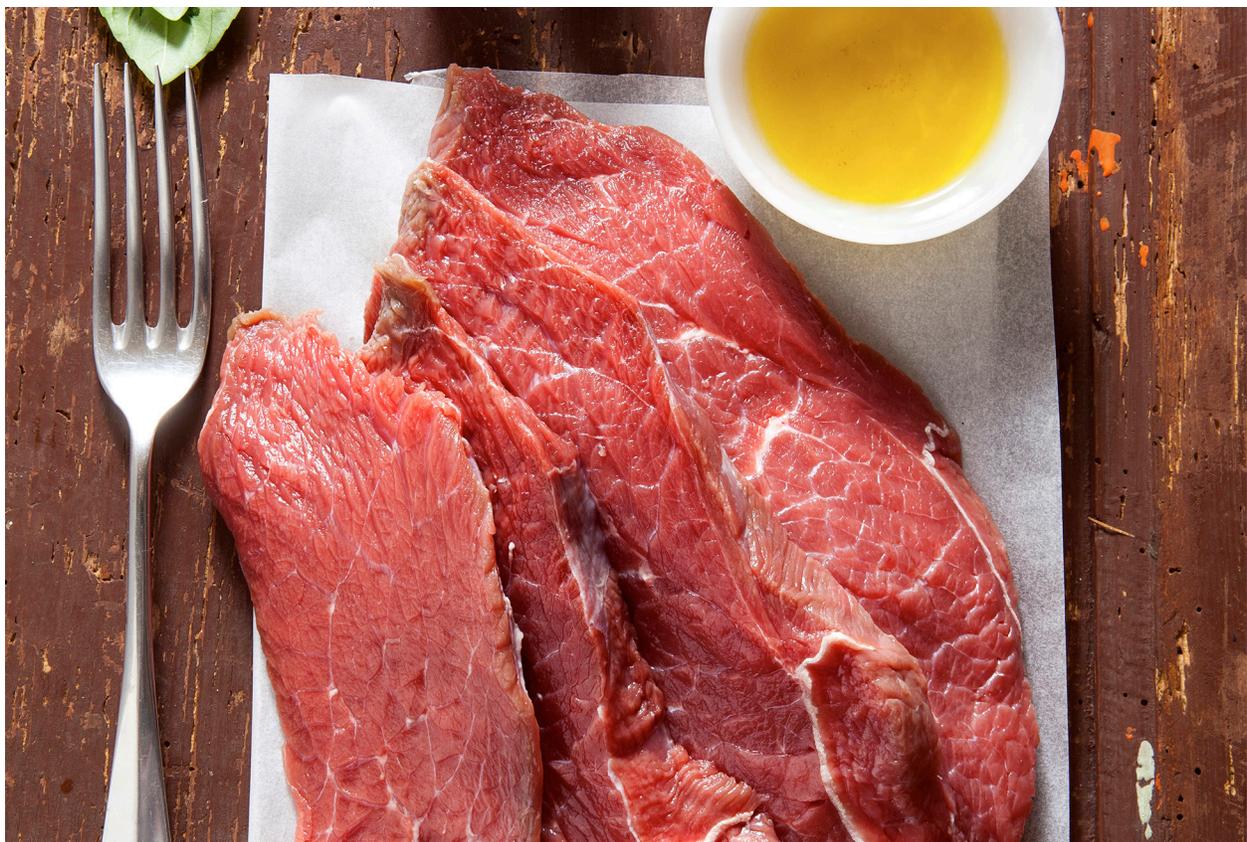
Create a carbohydrate budget for each meal: 10-30g for women and 10-45g for men.

A serving of carbohydrate is considered to be 15 grams.

PROTEIN GUIDE

Protein Introduction

Protein stabilizes blood sugar and should be included in every meal and snack. In fact, unless there are medical restrictions on dietary protein intake (such as late stage kidney disease), protein should provide about one-third of the daily calories. In a 2000 calorie diet this would equate to approximately 600-700 calories from protein or around 150 grams daily. Yet in the average person's diet, protein comprises only about one-fifth of the total calories. Choose a variety of proteins to support proper vitamin and mineral balance and the immune system. Organic chicken, pork, wild caught fish, eggs, grass fed beef, nuts and yogurts are all excellent sources of protein.



Remove & Replace

Choose oily fish high in anti-inflammatory fats and low in mercury. Examples of great fish sources would be salmon, sardines, and trout. If tuna is desired, opt for skipjack tuna which has much lower levels of mercury than traditional tuna. Although, be aware some manufacturers add soybean oil and other additives to canned tuna which can be inflammatory. Look for varieties without additives to get the most benefits. Organic chicken, pork and grass fed beef are also great options for increasing protein intake. Beef, seafood and poultry contain zinc which is very important for supporting the immune system and for repair of body tissues. Zinc is also important for breaking down carbohydrate for energy use. Zinc is better absorbed in animal foods than plant foods since compounds called phytates in plants can hinder absorption. Zinc is also important for the formation of insulin in the pancreas's beta cells which helps regulate blood sugar regulation. Zinc and a variety of other nutrients are often low in people with diabetes. Typically protein intake is also low in people with trouble regulating blood glucose or those with diabetes so increasing protein intake can help boost zinc levels and control blood glucose levels. In addition, excessively high blood sugar levels can cause oxidation in the body and zinc acts as an antioxidant through restoring and repairing tissue throughout the body. Beef also contains heme-iron which is highly bioavailable



and absorbed much better than non-heme (plant sources). Iron helps in the oxygenation of body tissues. Unless iron-deficiency anemia is present, it is best to get iron from food sources rather than supplementation to avoid overconsumption of iron. Overconsumption of iron can be a risk factor for those with diabetes, but if eaten in moderation from food sources it is safe. Organic free range eggs are also a great source of anti-inflammatory omega-3 fats and despite their bad reputation, organic eggs can actually be helpful at lowering cholesterol. Dairy foods can also be used as good protein sources. Yogurt's and kefir provide beneficial bacteria to support the body in a variety of ways. In fact, some strains of bacteria have qualities that support immune system health, improve digestion, reduce inflammation, reduce LDL cholesterol and help support healthy levels of neurotransmitters for improved mood. However, it's important to choose quality with dairy products. Organic yogurt should be chosen over non-organic varieties.

Conventional non-organic varieties usually contain some anti-biotics which could negate the effects of the beneficial bacteria contained in yogurt. Choose a yogurt without added sugar, food coloring or artificial sugars. Some yogurts have dangerously high sugar content which can be harmful especially if blood sugar regulation is already an issue. Artificial sugars such as aspartame can also be hidden under names such as 'sucralose' which looks a lot like sucrose (white sugar) on a label. Because artificial sugars can be very harmful to blood sugar regulation, it's important to be aware of this as you read the labels. In addition, whey protein can be beneficial in the diet, however avoiding added sugars and heated products is key. Non-denatured, grass fed whey is best but

often very difficult to find in stores. Avoid whey isolates since they are more difficult for the body to break down and also have less of the positive benefits such as the antioxidant glutathione which is found in non-heat treated whey.

Legumes and nuts are also great sources of protein. Lentils, hazelnuts, walnuts and peanuts are also great sources of L-arginine which has been found to significantly improve insulin sensitivity and normalize blood glucose levels. Legumes are also a source of carbohydrate so it's important to keep that in mind with consumption and consider them as a portion of your daily carbohydrate budget. However, the fiber in legumes allows them to have less of an impact of blood sugar levels which can be beneficial.

THERAPEUTIC FOODS (DAIRY): *Yogurt, kefir.*

THERAPEUTIC FOODS (PROTEIN): *Organic chicken, wild caught fish and omega-3 rich fish and free range organic eggs, Fermented soy-based foods such as miso/tempeh*, and grass fed beef*.*

**Although excessive soy intake can be inflammatory, moderate intake can be helpful. Opt for fermented versions of soy products and avoid soy protein isolates.*

**There are vast differences between organic grass fed beef and conventional beef. Grass fed options provide more omega-3's and consequently are more anti-inflammatory. As with all protein sources, eat in moderation and variety.*

Zinc is often low in people with Diabetes or struggling to regulate blood glucose. It is also crucial to the repair of tissue caused by elevated blood glucose. Choose zinc from animal sources such as seafood, beef and poultry for optimal absorption since compounds in plants called phytates can hinder absorption.

- Important for the formation of insulin
- Important for blood sugar regulation
- Immune system support
- Acts as an antioxidant
- Important for tissue repair

Vitamin D is found in salmon, cod liver oil and dairy sources. Vitamin D is also very often low in people with Diabetes or struggling to regulate blood glucose. Research also now shows that Vitamin D deficiency is more closely linked blood sugar dysregulation than obesity!

- Helps regulate the expression of genes that help fight infection
- Important for reducing hypertension and increasing cardiovascular protection
- Immune system support
- Helps with melatonin production which is known for its help with sleep but can also be used as an antioxidant and for the treatment of GERD.
- Important for tissue repair
- Inducing nitric oxide which helps protect your skin against UV damage
- Synchronizing the body's natural circadian rhythms which helps with sleep and reducing inflammation

Protein Therapeutic Guide Recap:

Soy (fermented) in moderation: tempeh, miso

Grass fed, undenatured whey (30 grams daily)

Legumes (vegetable protein)- ½ cup – 1 cup daily

Cold water fish: sardines, herring, haddock, salmon, or trout- 1-2 times per week

Foods high in L-arginine: lentils, hazelnuts, walnuts, peanuts

Mixed nuts (no oil, unsalted or use self-roasting recipe in the last section)- 1 serving

FATS & OILS GUIDE

Fats and oils should contribute no more than about one-third of total caloric intake, with less coming from saturated fats. It is advised to refrain from eating trans-fats and foods cooked in oil that is heated past its smoke point, which are typically found in highly-processed snack foods like potato chips and baked goods. In addition, it's important to keep in mind an oil's smoke point when cooking or sautéing. Each type of oil has a unique smoke point number. The smoke point assigned to the oils reveals the temperature at which the smoke point begins to smoke or denature which causes toxic and carcinogenic compounds to form. The smoke isn't always the best indicator of smoke point so it's important to cook the oil below its smoke point. For more on smoke point, use the chart under the provided in this section. Also it's important to keep oils in dark glass containers and throw them out if they smell rancid.

Remove:

Oils to avoid: Eating too much saturated fat (e.g., animal fat, lard) and omega-6 fat (e.g., corn oil, canola oil, soybean oil) can have inflammatory effects on the body. These effects can be offset by adding "anti-inflammatory" fats to the diet. The anti-inflammatory fats are typically high in omega-3 fats compared with omega-6 fats, and

include foods like fish, leafy greens, nuts, certain oils, and seeds. In addition, when choosing meat and poultry it's important to look for grass fed and organic options since these options have a much less inflammatory effect on the body. For those with specific health concerns such as high blood fats (triglycerides), supplementation with fish oil, an excellent source of omega-3 fats, may be recommended to help bring blood fats into normal ranges.

OILS NOT SUITABLE FOR COOKING

Oil	Smoke point
Safflower oil	225/510
Sesame seed oil*	450
Canola oil	400
Sunflower oil*	225/440
Vegetable shortening	330
Corn oil	445
Soybean oil	495
Walnut oil *	400
Grapeseed oil*	420
Hemp oil*	330
Soya Bean oil	450

**Oils starred are health promoting oils, but are best used drizzled over food. All others listed tend to be on the inflammatory side and should be limited.*

Replace:

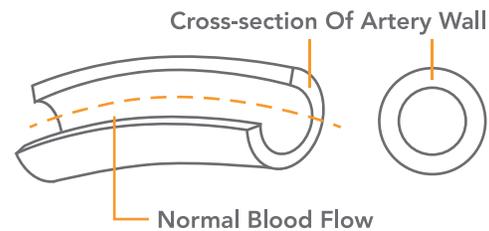
Balanced Quality Fats: Dietary fats have had a bad reputation when it comes to heart disease. In the past decades, the popularity of fat-free foods grew exponentially. Unfortunately, what replaced much of the fat in processed products was the more harmful refined carbohydrates and sugar. This turned out to be a terrible mistake, since added sugar increases blood fats (triglycerides) more than dietary fat does!

How it works: Excessive intake of refined carbohydrates increases blood sugar, inflammation in the body and even increases (very low density lipoprotein). Inflammation in the body can cause vascular tissue such as the veins and arteries to become sticky. Normally cholesterol floating through the veins in healthy tissue flows right through. However, in inflamed tissue that has become 'sticky' can cause particles moving through blood vessels to injure the vessels leading to vascular injury. Once there is a vascular injury, cholesterol can stick much easier.

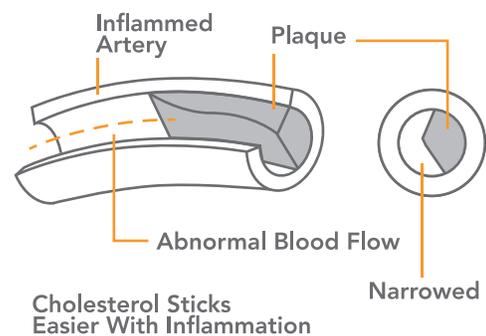
Much of the research on the health benefits of dietary fats has found that what replaces dietary fat matters a great deal. For example, when saturated fat is replaced with refined carbohydrates, cardiovascular outcomes are not good. Instead, replacing saturated fats with unsaturated (liquid fats) can lead to an overall improvement in cardiovascular health. Al-

though saturated fats have long been referred to as "unhealthy fats," especially when it comes to CVD, not all saturated fats are equal with respect to their effects on the body. Select saturated fats like butter and coconut oil have been included on this food plan as they are acceptable in small amounts.

NORMAL ARTERY



NARROWING ARTERY



INFLAMMATORY DIETS:

High refined carbohydrates
Low antioxidants
Low in healthy fats

Nuts & Seeds:

Nuts and seeds provide a variety of options to choose from when a snack is needed throughout the day. They can also be sprinkled on top of salads, cereals, or vegetables. Try for at least 1 to 2 servings of nuts on a daily basis. Aim for a mixed blend of raw and unsalted nuts that are not roasted in oil. Raw nuts will have more nutrients and minerals since they have not been lost in the cooking process as with roasted nuts. Tahini (sesame seed butter) can be drizzled over vegetables; almond butter, cashew nut butter or pecan butter can be spread on to fruits of vegetables such as celery, apple or pear. Incorporate some of the Therapeutic Foods from the nuts and seeds category every day.

OILS SUITABLE FOR HIGH-HEAT COOKING

Oil	Smoke point
Coconut oil	350/450
Palm kernel oil	450
Butter/ghee	300/480
Cocoa butter	370
Tallow/suet (beef fat)	400
Palm oil	455
Lard/bacon fat (pork fat)	375

OILS SUITABLE FOR VERY-LOW HEAT COOKING

Oil	Smoke point
Avocado oil	520
Macadamia nut oil	410
Olive oil	375
Peanut oil	320/450
Rice bran oil	415
Mustard oil	489
Tea seed oil	485

Although there has been a lot of confusion and misinformation about dietary fats in the past, current research reveals that the fat quality is key in determining its effects on the body. The message for someone with Diabetes, blood sugar regulation issues or cardio metabolic issues is simple: Emphasize high-quality oils for inflammation reduction and blood sugar regulation in meals and snacks. Fats in the diet and minimize those that are associated with disease.

THERAPEUTIC FOODS (HEALING FATS): *Flaxseed, unsalted mixed nuts and seeds (walnuts, pecans, almonds, Brazil nuts, hazelnuts, chia seeds, sesame seeds, pumpkin seeds), Avocado, olives (black or green), and extra-virgin olive oil, coconut oil, coconut milk.*

Factors to take into account when choosing oils

There are basically two factors to take into account when choosing an oil: The makeup of the oil and the smoke point (or temperature) of the oil

Makeup of the oil: Some oils that have more poly-unsaturated fatty acid components (PUFAs) are less stable more susceptible to oxidative damage. Oxidative damage to the oil makes them more harmful in our bodies and more inflammatory in cooking.

Smoke Point: Smoke point is the temperature at which the triglycerides start to decompose in the presence of air. Smoke is the visual sign of decomposition. The smoke point/temperature increases with the refining process of an oil. Denatured oils cooked past their smoke point release free radicals and a substance called acrolein, the chemical that gives burnt foods their acrid flavor and aroma.



VEGETABLE FRUIT & PHYTONUTRIENT GUIDE

Vegetables and fruits contain many valuable nutrients, vitamins, minerals, fiber and plant compounds that are crucial to healing oxidative damage in the body, reducing inflammation and stabilizing blood glucose levels. It is important to still consider creating a carbohydrate budget for starchy vegetables and high glycemic fruits as they still can impact blood glucose levels. In addition, although juicing is considered a healthy approach to consumption of vegetables and fruits, it is very important to be aware that when fruits and vegetables are juiced they lose a lot of the blood sugar stabilizing qualities (such as fiber) and can actually do more harm than good if blood sugar stabilization is an issue. In fact for the purposes of this menu and handbook I would suggest choosing a whole fruit or vegetable rather than juice to ensure optimal blood sugar regulation.

Non-Starchy Vegetables:

This category of foods provides medicinal compounds that can stabilize blood sugar levels and support vascular and heart function. Aim for 8 to 12 servings per day of non-starchy vegetables and consume a variety of different types of vegetables. Avoid overconsumption

of one vegetable and make sure to include a lot of different colors of vegetables in the diet to make the most of getting adequate plant compounds. A serving is ½ cup of cooked vegetable or 1 cup of raw, leafy greens. The leafy green vegetables in this category are Therapeutic Foods because they help correct cardio metabolic disease. Many of these foods found in this plan have been shown to help lower blood pressure by relaxing blood vessels, reducing inflammation, and protecting blood vessels by lessening oxidative stress. If making a juice from vegetables, use a blender instead of a juicer that keeps the fiber rather than just squeezing out the sugary juice. Add water or another liquid if desired..

THERAPEUTIC FOODS: *All greens such as beet greens, collard, kale, mustard, turnip, chard/Swiss chard, and spinach, plus garlic, onions, and tomatoes.*

Starchy Vegetables:

Depending a variety of factors and caloric needs, consumption of starchy vegetables should be limited to 1 serving per day as they tend to impact blood sugar. High-GI vegetables like white potatoes should be limited as these foods can cause a spike in blood sugar. Beets are rich in phytonutrients that are heart healthy, thus they are considered a Therapeutic Food.

THERAPEUTIC FOODS: *Beets.*

Fruits:

Since fruits are a carbohydrate source, it is recommended to budget only 2 servings per day recommended. It's important to put the focus on fruits that are lower in glycemic index and higher in fiber and have a lower impact on the blood sugar levels in the body. The Therapeutic Foods in this category contain important phytonutrients that open blood vessels and help with blood sugar control, so it is recommended that either be one of the two choices of fruit each day. It's always better to couple fruit with a little bit of protein or fat to offset a rise in blood sugar.

THERAPEUTIC FOODS: *Blueberries,*

Condition-Specific Phytonutrients:

Plant foods contain thousands of compounds that affect body function. While 5,000 to 10,000 of these compounds have been identified, it has been suggested that many more remain unknown. The average person eats only a small amount of such phytonutrients every day: less than a teaspoon, which is a tiny amount compared with the many grams of protein, carbohydrate, and fat typically eaten, yet even this has dramatic effects in the body. Several of them, such as the bitter compounds in arugula and other green leafy vegetables, the resveratrol in grapes and red wine, and the astringent compounds in green tea appear to work favorably on pathways within the cell to create cardio metabolic balance. Certain phytonutrients can intervene to help with blood sugar regulation, lower LDL-cholesterol, and even help to get blood pressure back into a healthier range.

What are Phytonutrients?

Phytonutrients (also referred to as phytochemicals) are compounds found in plants that serve various functions in plants, helping to protect the plant's vitality. For example, some phytonutrients protect the plant from UV radiation. Phytonutrients also benefit the human body with consumption. Phytonutrients have many health-promoting properties including antioxidant, anti-inflammatory, and liver-health-promoting activities.

Phytonutrient Benefits & Where to find them

Phytonutrients that assist in blood sugar regulation:

- 4-hydroxyisoleucine: Fennel
- Charantin: Melon
- Cinnamaldehyde: Cinnamon
- Isoflavones: Soy
- Beta-glucan: Oats, Barley, Dates

Phytonutrients that assist in the reduction of LDL-cholesterol oxidation:

- Lycopene (Carotenoid): Tomatoes, Grapefruit, Watermelon
- Polyphenols (Hydroxytyrosol): Extra-virgin olive oil, Green tea, Dark chocolate (Raw Cacao is best), Pomegranate

Phytonutrients that assist in the reduction of blood pressure:

- Quercetin: Onions
 - DIM/I3C (sulfur compounds): Garlic, Broccoli, Brussel Sprouts, Onion
 - Beta-glucan: Oats, Dates, Barley
-

Fun fact: Many of the phytonutrients listed have many other uses as well. Quercetin for example can be used for its anti-inflammatory uses and for use with outdoor allergies.

Vegetables, Fruit & Phytonutrient Guide Recap:

Blueberries

Seaweed (example-Kombu), 3 to 4 grams per day

Garlic, 1-4 fresh cloves/day

Mushrooms, ½ cup shitake

Celery, 4 stalks/day

Foods high in lycopene: tomatoes, guava, watermelon, apricots, pink grapefruit, papaya

Pomegranate juice

Fats and Oils: Olive, flaxseed, and sesame oil



REINOCULATE & REPAIR

Reinoculate: Balance & Restore Gut Flora

Cultured & Fermented Food Benefits:

Important nutrients- Fermented foods can be great sources of essential nutrients such as vitamin K2, which help prevent arterial plaque buildup and promotes heart health. Fermented food is also high in a variety of B vitamins.

Optimizing your immune system: An estimated 70 percent of the immune system is actually located in your gastrointestinal tract. Probiotics aid in the production of antibodies to pathogens and also play a protective role in the mucosal lining maintenance. Reducing inflammation, outdoor allergies and optimal health starts with creating healthy flora balance.

Detoxification: Beneficial bacteria in these foods are highly potent detoxifiers, capable of drawing out a wide range of toxins and heavy metals.

Neurotransmitter Balance: Your gastrointestinal tract is called your second brain as it is where most of the neurotransmitter serotonin is produced. Your gastrointestinal tract is known to have more of an influence on overall mood than your brain!

Get Strain Specific:

Some research suggests that the quality of the bacteria in the gut plays a role in inflammation, blood glucose regulation ability, body composition, and even cholesterol levels in the blood. In fact, there are certain strains of bacteria that have specific actions within the body.

Where to find them:

Kefir
Yogurt
Kim Chi
Tempeh
Kombucha (fermented tea)
Miso
Sauerkraut
Raw unheated vinegar

Where to find them in this book:

Overnight oats

What if dairy has been eliminated? Not to worry, there are plenty of flora promoting products that do not have dairy! There are even yogurts with a coconut base. Look for other fermented foods, learn to ferment your own foods or even choose to use a supplement in combination with a probiotic food regimen or alone.

Repair: Restorative Approaches using Food

Food-As-Medicine Diabetes: All the foods on this plan are acceptable unless there is a known food allergy or known sensitivity to any of the foods. The therapeutic foods listed below have many restorative medicinal attributes for the prevention and treatment of CVD, metabolic syndrome, and type two diabetes.

Avocado: Did you know avocados are considered fruits? An avocado is the perfect fruit for cardiovascular and blood sugar health as it contains a good amount of fiber, healthy monosaturated fats and potassium healthy monounsaturated fat, and potassium.

One research study found that adding an avocado on a hamburger actually cut down on the inflammatory effects of the burger alone!

Extra-Virgin Olive Oil/Green And Black Olives:

A common staple in many Mediterranean diets that is known for its ability to improve vascular health and flexibility and reducing inflammation. Extra virgin olive oils have many studies backing up their benefits over other forms of olive oil

Ground Flaxseed: Flaxseeds are one of the richest plant sources of anti-inflammatory omega-3 fats that are also an excellent source of

fiber and the best known food source of lignans which are phytonutrients that are antioxidant, provide fiber, and contain phytoestrogen. Flaxseeds can help with both the prevention of CVD and insulin resistance. About one ounce a day can lower blood pressure, lower blood sugar and reduce belly fat. Consistent intake of one ounce a day can also reduce the incidence of metabolic syndrome by 20% after twelve weeks.

How to buy flaxseed:

Flaxseeds are small and must be broken down into a meal to get the most benefit of their consumption. However, flax meal loses much of its nutrition when it is stored long term due to oxidation. To get the most benefit out of flaxseeds, buy them whole and ground them just before consumption.

Fish: Fish is heart protective and can reduce blood pressure. Also, many fish such as salmon (especially canned salmon with softened bones) contain vitamin D which can have protective effects on blood sugar regulation.

1 to 2 servings each week of heart healthy fish reduces a person's risk of coronary death by 36%.

Greens (beet, collard, dandelion, kale, mustard, turnip, parsley, Swiss chard, lettuce, micro greens, and spinach): Green leafy vegetables have so many wonderful benefits. They are the best source of blood pressure lowering potassium and a myriad of other vitamins and minerals. Nitrates are converted to nitric oxide in the body which has been shown to open up blood vessels, lowering blood pressure and promoting overall health. In fact, consuming just one serving of a high nitrate food can make a huge impact on overall health.

Onions: Onions are a great source of quercetin and are anti-inflammatory and anti-microbial in nature. Onions also contain DIM and I3C which are sulfur-containing compounds, which enable the body to excrete toxins more effectively and help to recycle excess estrogen. Onions have been found to help to reduce both blood clotting and levels of cholesterol and blood fats (triglycerides).

Blueberries: Blueberries one of the higher antioxidant containing foods with a phytochemical named anthocyanin to keep blood vessels open and even lower heart attack risk.

Intakes of the phytochemicals in blueberries were shown to reduce heart attack risk and control blood sugar in diabetics.

Cocoa: Raw Cacao and dark chocolates have many wonderful benefits and are known to have some of the highest antioxidant contents. In its raw unrefined form, cacao is high in potassium and magnesium which can actually



help to lower blood pressure! Magnesium is often depleted with stress, which long term can lead to hypertension, muscle cramping and a variety of other issues. Magnesium is also important in the regulation of glucose and insulin. Cacao and almonds can both help increase levels of magnesium.

Green Tea: Drinking green tea has been shown to be beneficial for reducing blood pressure, blood fats (triglycerides, cholesterol, and LDL-cholesterol), lowering blood sugar and even acts as a pre-biotic helping promote healthy gut flora. In general, about 1-3 cups daily are recommended for plant compounds.

A note on water: Water intake hasn't been mentioned much in this book. However, water is crucial to maintaining normal body functions and restoring health! A good water goal is to drink about half one's body weight in ounces. However, altitude and activity level may increase the demands for water. Drink less water with a meal and more in between meals.

REBALANCE

Making the choice to heal and take care of your body requires some consistency in daily choices. Nutrition is a crucial part of maintaining healthy blood glucose, blood pressure and overall health. However, sleep and mental health are also crucial in restoring optimal health and promoting the body's natural healing mechanisms.

Restorative Sleep

Consider getting on a sleep schedule that will allow your body to heal better. Sleep deprivation can lead to inflammation throughout the body and long term sleep deprivation can increase your chances for a stroke and heart attack. It can also lead to chaotic cravings and erratic blood sugar levels during the day. Consider limiting media before sleep and using amber lights (that do not reflect blue light) to promote circadian rhythm after dark.



Exercise

Brisk walks, body weight exercise, running, playing with your pet, dancing can all count as exercise! Do what is enjoyable for you. Try to get moving for at least 20-30 minutes of continuous movement. Enjoy the process and get outdoors if you can. Being outside and in nature has its own restorative and renewing effects on our bodies. If you can't commit to a full 20-30 minutes daily, try for fifteen minutes of brisk walking, walking stairs or even doing house chores throughout the house with a little more effort and intensity.

Mind body Medicine

Our views on ourselves, our environment and our intentions for healing all play a role in the healing process. There is continually more research revealing the mind's ultimate role in determining how well we heal within our wellness path. Promote your body's healing with mind-body tools such as meditation, music therapy, breathing awareness, gratitude exercises, affirmation exercises, visualization techniques, dance and anything else you find useful in your journey.

Mindful Breathing

Shallow breathing may lead to tension, fatigue and can create stress within the body even though we are not in a stressful situation. Changing your breathing can change your mood and biochemical response. Breathing with your diaphragm tends to reduce stress and improve energy. Abdominal breathing, also known as diaphragmatic breathing, is a powerful way to decrease stress by activating relaxation centers in the brain. The abdominal expansion causes negative pressure to pull blood into the chest, improving the venous flow of blood back to the heart.

Find a comfortable place lie down (or sit down if preferred), with your feet slightly apart, one hand on your abdomen near the navel, and the

other hand on your chest (optional).

Gently exhale the air in your lungs through your mouth, then inhale slowly through your nose to the count of 4, pushing out your abdomen slightly and concentrating on your breath. As you breathe in, imagine warm air or white light flowing all over your body. Hold the breath for a count of at least 4. Try not to exceed holding breath for over 7 seconds.

Slowly exhale through your mouth while counting to 8. Gently contract your abdominal muscles to completely release the remaining air in the lungs.

Repeat a total of 5 cycles.

Visualization

Visualization can be a powerful tool. Lie down comfortably on the floor and start by imagining a white light that shines on your forehead. On your own time, visualize the light coming down throughout your body and healing different areas that need attention. Bring your awareness to areas that need attention. Focus on accepting your body as it is and embracing and allowing healing to occur.

4 WEEK MEAL PLAN & RECIPES



Week 1 - Meal Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Chia-Pomegranate Oats + Egg whites	Mint Chocolate Spinach Smoothie	Chia-Pomegranate Oats + Egg whites	Mint Chocolate Spinach Smoothie	Chia-Pomegranate Oats + Egg whites
SNACK	Carrots (5 small) + Hummus	Celery with Almond butter	Olives + Raw Cheese	Celery with Almond butter	Olives + Raw Cheese
LUNCH	Kiwi Chicken + Cilantro Greens	Garlic Salmon with Miso Twist	Mediterranean Chickpea Salad	Spaghetti Squash Casserole	Kiwi Chicken + Cilantro Greens
SNACK	Avocado Strips with cumin, lemon & sea salt/pepper	Olives + Raw Cheese	Avocado Strips with cumin, lemon & sea salt/pepper	Pear with Roasted Nuts	Avocado Strips with cumin, lemon & sea salt/pepper
DINNER	Garlic Salmon with Miso Twist	Mediterranean Chickpea Salad	Kiwi Chicken + Cilantro Greens	Mediterranean Chickpea Salad	Spaghetti Squash Casserole

Week 2 - Meal Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Overnight Oats with Blueberries	Migas + Green Smoothie	Overnight Oats with Blueberries	Migas + Green Smoothie	Overnight Oats with Blueberries
SNACK	Bell Peppers + Hummus	Celery with Almond butter	Cinnamon Cacao Truffles	Celery with Almond butter	Bell Peppers + Hummus
LUNCH	Turkey and Wild Rice Soup	Mediterranean Chickpea Salad	Turkey and Wild Rice Soup	Mediterranean Chickpea Salad	Squash Pizza
SNACK	Cinnamon Cacao Truffles	Olives + Raw Cheese	Pear with Roasted Nuts	Olives + Raw Cheese	Cinnamon Cacao Truffles
DINNER	Pesto Crusted White fish	Turkey and Wild Rice Soup	Pesto Crusted White fish	Cauliflower Pizza	Turkey and Wild Rice Soup

Week 3 - Meal Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Protein Pancakes + Green Smoothie	Eggstraordinary caserole	Protein Pancakes + Green Smoothie	Eggstraordinary caserole	Protein Pancakes + Green Smoothie
SNACK	Strawberries dipped in Avocado Mouse	Olives + Raw Cheese	Pear with Roasted Nuts	Olives + Raw Cheese	Strawberries dipped in Avocado Mouse
LUNCH	Turkey Meatballs with Pesto roasted veggies	Kiwi Chicken + Cilantro Greens	Turkey Meatballs with Pesto roasted veggies	Kiwi Chicken + Cilantro Greens	Butternut squash soup with Chicken
SNACK	Olives + Raw Cheese	Roasted Sweet Potatoes And Zucchini Dipped In Hummus	Strawberries dipped in Avocado Mouse	Pear with Roasted Nuts	Roasted Sweet Potatoes And Zucchini Dipped In Hummus
DINNER	Kiwi Chicken + Cilantro Greens	Butternut squash soup with Chicken	Squash Pizza	Turkey Meatballs with Pesto roasted veggies	Squash Pizza

Week 4 - Meal Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Spinach/ Broccoli and Cheese Frittata	Overnight Oats with Blueberries	Spinach/ Broccoli and Cheese Frittata	Overnight Oats with Blueberries	Spinach/ Broccoli and Cheese Frittata
SNACK	Power Pumpkin Muffins + Green tea	Zucchini And Sweet Potatoes With Hummus	Power Pumpkin Muffins + Green tea	Zucchini And Sweet Potatoes With Hummus	Power Pumpkin Muffins + Green tea
LUNCH	Mediterranean Chickpea Salad	Garlic Salmon with Miso Twist	Mediterranean Chickpea Salad	Kiwi Chicken + Cilantro Greens	Mediterranean Chickpea Salad
SNACK	Almonds with 1 oz. of Dark Chocolate	Cinnamon Cacao Truffles	Almonds with 1 oz. of Dark Chocolate	Cinnamon Cacao Truffles	Almonds with 1 oz. of Dark Chocolate
DINNER	Garlic Salmon with Miso Twist	Grass-fed Sirloin with Cinnamon twist	Kiwi Chicken + Cilantro Greens	Grass-fed Sirloin with Cinnamon twist	Kiwi Chicken + Cilantro Greens



Chia Pomegranate Oatmeal + Eggs

INGREDIENTS:

- 1½ cups water
- ¾ cup rolled oats (old fashioned)
- 1 pinch sea salt
- ½ cup liquid egg whites
- ½ teaspoon cinnamon
- 2 teaspoons chia seeds
- ½ cup pomegranate seeds

DIRECTIONS:

Put water in a small sauce pan, and bring to boil. Add in rolled oats and pinch of salt. Return to boil, and reduce heat to simmer for 5 minutes. Rolled oats should thicken as they cook.

When oats reach desired consistency, add liquid egg whites.

When ready to serve, stir in cinnamon, chia seeds and pomegranate seeds.

Chocolate Mint Green- Smoothie

INGREDIENTS:

- 2 cups unsweetened almond or coconut milk
- 2 scoops chocolate protein powder (un-denatured whey or vegan varieties, like pea, rice, or hemp)
- 1 to 1½ cups ice
- 1 teaspoon peppermint extract (or more, to taste)
- 2 handfuls (about 2-4 cups) baby spinach

DIRECTIONS:

Put almond milk in a blender.

Add protein powder, ice, and peppermint extract.

Add the baby spinach on top and start blender on low speed, and gradually work up to high speed for approximately 1 minute until smooth and well-blended.

Add more or less ice to desired consistency.



Vaquero Migas (Serves 6)

INGREDIENTS:

16 organic yellow corn tortillas
Avocado oil
12 eggs, beaten
½ teaspoon salt
½ teaspoon freshly ground pepper
1 cup grated cheese
¼ cup finely chopped onion
¼ cup finely chopped firm but ripe tomato

DIRECTIONS:

Cut tortilla strips into triangles and add coconut oil and sea salt. Bake Tortillas strips in a light coating of coconut oil and top with sea salt. Cook at 300 until lightly brown. Set aside. Cook eggs in pan the salt and pepper and stir constantly. As the eggs begin to set, add the tortilla chips and continue to stir, scraping the bottom of the pan. When the eggs reach a soft scramble, fold in the cheese, followed by the onion, tomato, and jalapeño. Serve with black beans, fresh spinach and top with cilantro.

Protein Pancakes (serves 6)

INGREDIENTS:

2 eggs
½ cup light ricotta cheese, softened
¼ cup vanilla protein powder, whey or vegan
½ teaspoon baking powder
¼ teaspoon sea salt
½ teaspoon vanilla extract and/or maple extract

DIRECTIONS:

Whisk the eggs and ricotta together until smooth. Add the rest of the ingredients and mix until smooth.

Heat a griddle or skillet, and coat surface with butter or coconut oil. Drop tablespoon size amounts of batter onto the griddle to make small pancakes.

Flip pancakes when bubbles on the surface of the pancake have broken and stay broken. Cook pancakes on the other side.

Green Goddess Smoothie

INGREDIENTS:

- 1 C baby spinach
- 1 C cucumber chunks
- ½ avocado, halved, pitted, and peeled
- 1 large kiwifruit, peeled and chopped
- ½ C frozen kefir (we used Lifeway) or low-fat vanilla frozen yogurt
- ½ C fresh orange or tangerine juice
- ¼ C mint leaves



The Glowing Green Smoothie

INGREDIENTS:

- 1 ½ cups water
- 1 head organic romaine lettuce, chopped
- 3 to 4 stalks organic celery
- ½ head of a large bunch or ¼ of a small bunch of spinach
- 1 organic apple, cored and chopped
- 1 organic pear, cored and chopped
- Juice of ½ fresh organic lemon
- Optional: 1/3 bunch organic cilantro (stems OK) and 1/3 bunch organic parsley (stems OK)

DIRECTIONS:

Add water and chopped head of romaine to blender. Blend at a low speed until blended.

Add spinach, celery, apple, and pear, and blend at high speed.

Add cilantro and parsley (which help chelate heavy metals from your body).

Finish lemon.

Broccoli, Spinach & Cheese Egg Frittata (Serves 8)

INGREDIENTS:

- 10 large pasture-raised omega-3 eggs
- 2 Tbsp coconut milk, regular organic milk or water
- 1 Tbsp of coconut oil (if dairy free) or grass-fed butter
- 1 small red onion, cut in half, then thinly sliced (about ½ c chopped)
- 2.5 cups chopped broccoli
- 0.5 cup to 1 cup chopped spinach
- ¼ tsp salt
- Freshly ground pepper to taste
- ½ cup raw shredded parmesan cheese (optional)
- *Add mushrooms and bell peppers as an optional add in.

DIRECTIONS:

- Combine the eggs and milk in a medium bowl and whisk well. In a medium ovenproof skillet.
- Heat the coconut oil or butter over medium heat. Add the onion and cook, stirring, until it becomes florescent.
- Add the spinach and broccoli and cook for 3-4 minutes.
- Pour the egg mixture over the vegetables in the skillet.
- Reduce the heat to medium-low, cover, and let cook until the egg mixture has set (8-10 minutes).
- Sprinkle cheese for the last few minutes to melt.



Morning Sprouted Overnight Oats With Antioxidant Loaded Blueberries

INGREDIENTS:

¼ cup – ½ cup of dry rolled oats

1/3 - 2/3 cup of nut milk or dairy milk (you can make your own nut milk or buy in the store)

½ cup organic greek or regular yogurt

½ cup of blueberries

2 tsp of chia seeds or ground flax seeds

Optional: Add local raw honey (1 tsp)

DIRECTIONS:

Place ingredients in jar with lid such as a mason jar and shake to distribute. Place in refrigerator overnight.

FOOD POWER TIP:

Sprouting is one way to make nutrients more bioavailable to the body and make the food easier to digest. You can sprout raw oats, raw nuts and grains for an extra nutrition boost.

FOOD FOR THOUGHT:

Pro-biotics and Pre-biotics... what's the difference? Pre-biotics are the soluble fibers in oats and other foods that enhance probiotic action within the gut. Aside from enhancing probiotics, pre-biotics also play a role in insulin regulation by helping things move faster through the gastrointestinal tract. Probiotics are live microbial food ingredients that play a huge role in our overall health. This extends even beyond gastrointestinal health and can help reduce inflammation throughout the body and strengthen the immune system. Also, did you know healthy gut flora can even help reduce seasonal outdoor allergies? The benefits of a healthy gut are endless!

Eggstraordinary Casserole

INGREDIENTS:

1 tsp Coconut oil

1 large yellow onion, diced

1.5 cups of cut vegetables (spinach, okra or collard) or 2-3 bell peppers for a nice kick

2 tsp chili powder (if spice sensitive, avoid)

¼ tsp paprika

1 tsp red pepper flakes (if spice sensitive, avoid)

12 ounces turkey breakfast sausage

2 cups organic milk (for dairy free, use Almond milk)

8 grass fed eggs

9 egg whites

¾ tsp salt (I prefer pink Himalayan sea salt)

8 Organic sprouted corn tortillas (cut into quarters)

1 cup scallions

4 oz. can of hatch green chilies

1 cup (4 ounces) organic grass fed cheese

DIRECTIONS:

Heat vegetables over medium heat in coconut oil. Add spices if used. Add turkey meat to pan and sauté with cooked vegetables. Cook meat until browned or around 5 minutes, and allow it to cool. Combine milk, eggs and salt/pepper in a large bowl. Whisk. Lightly coat 13x9-inch baking dish with coconut oil. Add green chilies on the bottom of pan. And layer Turkey above chilies. And then layer tortilla strips. Continue layering until completed. Top with cheese mixture and scallions. Pour egg mixture in baking dish. Cover and refrigerate overnight. Bake at 350 for 45-50 minutes

Spaghetti Squash Casserole

INGREDIENTS:

1 spaghetti squash (1½ to 2 pounds)
½ cup water
1 pound ground grass-fed beef
½ cup chopped onion
½ cup of spinach
1 cup chopped red bell pepper
4 garlic cloves, minced
2 cups canned or fresh diced tomatoes
½ tsp oregano
¼ tsp salt
1/8 tsp pepper

DIRECTIONS:

Prep squash: Cut squash in half lengthwise and scoop out seeds. Place with cut side down in a baking dish and add water. Bake covered at 375° for 25 minutes. To check and see if the squash is done, use a fork to see if the skin is penetrable. When penetrable, take the squash out and use a fork to separate into spaghetti like strands.

In a skillet, cook beef, onion, spinach, bell pepper and garlic until meat is browned and then add the remainder of herbs and seasonings. In a baking pan add spaghetti squash and cover with the beef and vegetable mixture. Bake at 350 for 25 minutes sprinkle with cheese and bake for 5 minutes. Top with parsley.





Pesto Crusted White Fish + Vegetables Of Choice

INGREDIENTS:

1 clove garlic, peeled
1 cups packed flat-leaf parsley
1 cup packed basil
2 Tbsp fresh thyme
2 Tbsp fresh tarragon leaves
1 Tbsp fresh sage leaves
1 Tbsp fresh oregano leaves
½ cup grated Parmesan
¾ cup roasted pistachios
Salt and pepper
2/3 cup olive oil

DIRECTIONS:

Preheat oven to 375° F. Add garlic to a food processor or blender and chop. Then add all of the herbs, cheese, pistachios, salt, and pepper to the blender, and blend until finely chopped. Add olive oil. Spread mixture on fish and Bake for 10 minutes per inch of thickness.

Garlic Salmon with Miso Twist (serves 2)

INGREDIENTS:

6 clove garlic, peeled and minced
3 Tablespoons Sesame Oil
Miso mix (1 cup)
Salmon (1 lb)

Chopped: Rainbow chard, 1 carrot, red cabbage

DIRECTIONS:

In a large skillet over low heat, heat sesame oil.

Stir in half of the garlic. Add miso mixture or liquid if desired (can use packets and add water).

Pour half of the mixture (save the other half for the vegetables) over the salmon and cook at 350 until browned.

Sautee carrots and red cabbage in sesame oil. When carrots and cabbage are soft, add in chard and cook for 2-3 minutes

Allow mixture to simmer and add the remainder of the miso and garlic mixture until absorbed.



Turkey and Wild Rice Soup

INGREDIENTS:

- 1 Tbsp extra-virgin olive oil
- 2 cups sliced mushrooms
- 2 cups chopped celery
- 2 cups chopped carrots
- ½ cup chopped shallots
- ¼ tsp sea salt
- ¼ tsp freshly ground pepper
- 6 cups reduced-sodium chicken broth or bone broth
- 1 ½ cup quick-cooking wild rice
- 2 Tbsp kudzu root starch (seaweed thickener) mixed with 6oz broth
- 3 cups cubed turkey (12 ounces)
- 2 Tbsp chopped fresh parsley
- ½ cup greek yogurt (optional)

DIRECTIONS:

Heat mushrooms, celery, carrots and shallots and cook in oil on medium heat, stirring for about 5 minutes. Add broth and bring to a boil. Cover and add rice and reduce heat to a simmer for an additional 5-10 minutes. Add kudzu root starch to thicken, turkey and parsley. Add yogurt if desired.

Pesto Turkey and Balsamic Roasted Vegetables.

INGREDIENTS:

- 2 lb ground white 95% lean turkey
- ¾ cup finely chopped onion
- 4 cloves garlic, minced
- 1 egg
- ½ cup grated Parmigiano-Reggiano
- ½ cup chopped fresh flat parsley
- ¼ cup chopped fresh basil
- 2 Tbsp chopped fresh oregano
- 2 Tbsp milk
- 2 tsp sea salt

DIRECTIONS:

Preheat oven to 375 degrees F. Place ground turkey, onion, garlic, egg, parmesan, parsley, basil, oregano, milk, salt, and black pepper in a bowl. Mix until evenly blended, then form meatballs. Drizzle the oil over the meatballs. Bake about 30 minutes. Add a side of squash, zucchini or eggplant drizzled with balsamic vinegar.



Squash Pizza (makes one 30cm pizza)

INGREDIENTS:

Crust Ingredients

- 3 Cups Mashed Butternut Squash (1 large squash)
- 1 Cup Almond Flour (You can purchase or make your own with raw almonds in a blender)
- ¾ Cup Garbanzo Flour
- ¼ tsp Sea Salt
- 1/8 tsp Black Pepper
- 2 Tbsp. plus 1 Tbsp. Ground flax
- 1 tsp Dried Oregano

Toppings:

You can add your meats of choice here, any cheeses ect.

Green Pizza Sauce (recipe below)

A handful of pitted Kalamata olives

1 Cup cherry tomatoes (chopped)

A couple of handfuls arugula, herbs, or baby beet greens

* Or pizza sauce and toppings of choice

Green Pesto Pizza Sauce Recipe:

¼ Cup Cashews (You can use pureed cashews as a base for a lot of different recipes)

½ Cup packed basil

1 Cup packed spinach

½ Lemon, juiced

Sea Salt and Pepper to taste

8 Tbsp. Olive oil

DIRECTIONS:

Pre-heat oven for 325 degrees. Make pesto sauce in a blender and set aside. Make crust and set aside. Add sauce and toppings to crust and bake until golden brown or to desired consistency.



Butternut Squash Soup + Chicken

INGREDIENTS:

1 (2-3 pound) butternut squash, peeled and seeded
2 tablespoons of olive oil
1 medium onion, chopped
1 cup of celery
6 cups of chicken stock (I recommend homemade)
Nutmeg
Salt and black pepper
Shredded Chicken

DIRECTIONS:

Cut squash into one inch chunks. In a large pot, combine oil, celery and onions to sauté. When onions are translucent (about 8 minutes), add squash and stock. Bring to a simmer and cook until squash is tender (about 15-20 minutes). Remove squash chunks and place in a blender to puree. Return pureed squash to pot. Add seasonings and serve. Top or serve with shredded chicken.

Kiwi Chicken

INGREDIENTS:

1½ tablespoons olive oil, divided
1 pound boneless skinless chicken breast, sliced into thin strips
1 cup thinly sliced carrots
1 cup thinly sliced celery, sliced diagonally
1 teaspoon finely chopped lime basil (regular basil can be substituted)
1 cup low-sodium chicken broth
1 tablespoon Arrowroot Powder
¼ teaspoon sea salt
¼ teaspoon pepper
3 fully ripe kiwi fruit, peeled and thinly sliced
½ teaspoon grated lemon peel

DIRECTIONS:

To a large skillet, add 1 tablespoon of the oil and heat over medium heat. Add chicken, and sauté until browned and cooked through (about 8-10 minutes). Remove from skillet and set aside.

Add remaining oil to the skillet, and sauté carrots and celery until crisp, but tender. Return chicken to skillet.

In small bowl, combine basil, chicken broth, Arrowroot Powder, sea salt, and pepper, and add to the chicken mixture in the skillet. Continue to cook over medium-low heat, and stir until thickened.

Finish by gently stirring kiwi fruit and lemon into mixture.



Mediterranean Chickpea Salad

INGREDIENTS:

1-2 Heirloom tomatoes chopped
1/8 cup Kalamata Olives (make sure to pit and slice olives prior)
Juice of 1 lemon
2 Tbsp red wine vinegar
2 Tbsp olive oil
Fresh chopped oregano, basil, parsley (or 2 of 3 is fine) 2 Tbsp
Turmeric ground or fresh and chopped

DIRECTIONS:

Mix chickpeas, tomatoes, and olives toss in juice of 1/2 lemon. Mix lemon juice, red wine vinegar, olive oil, and fresh mixed herbs. Pour over chickpea mixture. Toss with fresh chopped parsley. Add choice of lean proteins such as turkey, chicken, tuna or egg.

*Add bell peppers for a unique flavor profile.

Grass fed Sirloin with Cinnamon Twist and Walnut Broccoli

INGREDIENTS:

1 tsp grass-fed butter (or coconut oil if dairy free)
2 lbs grass-fed sirloin meat (3 6 oz filets)
1½ tsp cinnamon
Sea salt to taste
Black pepper to taste
Broccoli
Walnut Oil

DIRECTIONS:

In a cast iron skillet, heat 1 teaspoon of grass-fed butter on medium-high heat. Meanwhile, season steaks with salt and black pepper to taste on each side. Sprinkle each steak with ½ tsp cinnamon (split on two sides). Sear steaks 3-4 minutes then flip. Sear on other side for another 3-4 minutes. Finish in oven at 350 for 6-8 minutes, based on inch of thickness. Let rest for 10 minutes. Heat fresh or frozen broccoli until cooked. Add walnut oil and sea salt and serve with the sirloin.



Cinnamon Cacao Nut Truffles

INGREDIENTS:

- ¼ c. walnuts
- ¼ c. ground chia seeds
- ½ c. pitted dates
- 1/3 c. raw cacao powder
- 1/2 Tablespoon Cinnamon or quantify to taste profile preference (can substitute with cinnamon essential oil, dose depends on how potent the oil is and taste preference)
- 1/8 c. pure maple syrup
- ½ c. pure almond butter (no sugar or oil added)
- ½ tsp. vanilla extract
- ¼ tsp. sea salt
- ½ cup whole almonds
- 2 c. shredded unsweetened coconut

DIRECTIONS:

Place the walnuts and ground chia seeds in a food processor and process until coarsely ground. Add the dates, and pulse until combined with the nuts. Add the cacao powder, syrups, almond butter, vanilla and salt. Process until the mixture is thick and smooth. Add the almonds, and pulse a few times until combined- you want the almonds to still remain in crunchy chunks. Form the balls with a scoop and then roll them between your hands to form a ball. Roll the balls in the coconut. Place in a sealed container in the freezer until hardened.

FOOD POWERED TIP:

Dates are a good source of fiber, an excellent source of easily digested carbohydrates. Dates are among the most alkaline of foods, and contain a special type of soluble fiber called beta-D-glucan which has been shown to decrease the body's absorption of cholesterol and balance blood sugar.

FOOD FOR THOUGHT:

What's the difference between cocoa and cacao? Cocoa is much more refined and processed and because of the steps taken in its processing, it doesn't have the same nutrition value as raw cacao. Raw cacao is has potassium and is loaded with phytonutrients, antioxidants and minerals.



Avocado Mousse

INGREDIENTS:

1 ripe avocado
½-1 Tablespoon grade B maple syrup
¼ cup good quality unsweetened cocoa powder
½ teaspoon vanilla extract
Small pinch of salt
2 tablespoons almond, soy or regular milk
1 cup washed raspberries (optional)

DIRECTIONS:

Cut the avocado in half and remove the pit. Using a spoon, scoop out the flesh and put into a small blender or food processor. Add the grade b maple, cocoa powder, vanilla, salt and milk. Blend until very smooth. Taste and adjust for desired sweetness.

Pour mixture into a bowl and chill until ready to serve. Top with fresh raspberries.

Roasted Herb Nuts

INGREDIENTS:

2 cups (about 1 pound) mixed unsalted shelled nuts: Almonds, Walnuts, Pecans and Brazil nuts make a great flavor profile. However, you can also add nut like hazelnuts and pistachios.

2 tablespoons of coconut oil

Herb mix: Rosemary and Basil to taste preference

Salt and freshly ground black pepper

DIRECTIONS:

Heat the oven to 250°F. Toss the nuts in a bowl with the coconut oil and some salt and pepper. Put on a baking sheet and roast, shaking occasionally, until lightly browned, about 10 minutes. Cool before serving; they will crisp as they cool.



THE FIVE STEP PLAN TO PROMOTE

Healing
WITH DIABETES



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Written By Wellness By Design

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