

# FOOD-AS-MEDICINE

## 2 WEEK MEAL PLAN



Ali Miller  
RD • LD • CDE

Photos By  
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# Ali Miller, RD, LD, CDE

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Author of The Anti-Anxiety Diet, The Anti-Anxiety Diet Cookbook and Naturally Nourished: Food-As-Medicine for Optimal Health cookbook as well as the Reset, Restore, Renew: Real Food Detox program.

Ali Miller is an integrative functional medicine practitioner with a background in naturopathic medicine, she is a Registered Dietitian, Licensed Dietitian, Certified Diabetes Educator, certified weight management specialist, recognized leader, speaker, educator, and advocate in her field.

Ali is a public figure with a weekly segment on Fox 26 Houston along with features on ABC and CBS as a Nutrition Expert. She is a contributor to numerous local and national publications and blogs including The Houston Chronicle, Prevention magazine, The Daily Burn and Eat Clean. Ali has a passion to create public awareness regarding the significant role diet

plays in our overall health. Through corporate outreach and as a public figure, Ali addresses nutrition misconceptions and myths, clarifying the extensive amount of confusing and conflicting information that often saturates the media.

Her Food-As-Medicine philosophy is supported by up-to-date scientific research for a functional approach to healing the body and preventing disease. Ali's message has influenced millions through media, corporate outreach and within the medical community. This was acknowledged in 2015 when Ali received the award of "Top 50 Most Influential Women in Houston" by Houston Woman Magazine. Ali's expertise and fervency combined with her exceptional ability to engage and connect is changing lives and inspiring the masses!



# What is Food As Medicine?

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A therapeutic food is an ingredient that yields health outcomes beyond calories, carbs, protein, and fat. Therapeutic foods can provide beneficial outcomes on digestion by fueling bile flow or enzyme production, balancing gut bacteria, or maintaining healthy motility. Therapeutic foods can provide autoimmune support by healing the gut lining and reducing inflammatory responses in the body, providing micronutrient and antioxidant support to reduce excessive immune response, and reducing inflammatory compounds that drive autoimmune expression. Beyond digestive and autoimmune dysfunction, there are therapeutic foods that can influence every ailment and disease condition from diabetes to cardiovascular disease, hormonal imbalance and beyond!

This meal plan is dedicated to the mission that good health starts with real food and real food starts in your kitchen! The recipes have been carefully selected to feature therapeutic ingredients that can correct micronutrient deficiency, balance blood sugar levels, reduce inflammation, and support optimal metabolism and organ function. I have worked to include a strategic combination of ingredients to sing on the palate while synergistically providing food-as-medicine support for your system. Not only will you learn how to make recipes that will make you come back for more, but you will learn about each recipe's superfood ingredient to empower you in learning how food can heal your body.

I have geared my career as a functional medicine practitioner to use food-as-medicine as the foundation of treatment plans and pride myself on nutritional research and an extensive knowledge base that will expand your horizons beyond "because it's good for you". I feel strongly that if you can understand how these foods work in your body, you will learn to redefine your relationship with food and learn to desire and crave whole, real foods in their most natural form.

# Broccoli Cheddar Frittata

Makes 6 Servings

Nutrition per serving: 241 Calories, 17g Fat, 6g Carbs, 16g Protein

## Ingredients:

- 10 large eggs
- 2 Tbsp milk, low-heat, non-homogenized
- 1 Tbsp butter
- 1 small red onion, cut in half, then thinly sliced (about 1/2 cup chopped)
- 2.5 cups chopped broccoli
- 1/4 tsp salt
- Freshly ground pepper to taste
- 2 ounces extra-sharp cheddar cheese, shredded (1/2 cup)



## Directions:

Preheat the broiler. Combine the eggs and milk in a medium bowl and whisk well. In a medium ovenproof skillet, heat the butter over medium heat. Add the onion and cook, stirring, until it begins to soften, about 3 minutes. Add the broccoli and cook for another 3-4 minutes. Season with salt and pepper. Pour the egg mixture over the vegetables in the skillet, covering them evenly. Do not stir or over agitate or will end up with a scramble instead of a frittata. Reduce the heat to medium-low, cover, and let cook until the egg mixture has set around the edges of the pan, but is still somewhat liquid in the middle, about 8 minutes. There should be tiny bubbles at the surface. Sprinkle with the cheese and place the skillet under the broiler about 2 inches from the heat until the surface is set and golden brown, 1 to 2 minutes. Be careful not to overcook or the frittata will become tough. Cut the into 6 wedges and serve.

Food as Medicine: Eggs are a nutritionally dense food providing choline for brain development, omega-3s for heart health, and a concentration of vitamins, minerals, and antioxidants in a whole food non-processed form. As an animal protein, it is important to consider source and quality as animal products have a biological magnification of toxins and nutrients. Look for pasture-raised eggs or those ranging freely on grasses and grubs. When selecting quality eggs, be sure to consume the yolk as this is where most nutrients are concentrated. Making a frittata is a great way to incorporate vegetables and eggs in a quick reheat throughout the week.



# Prosciutto Egg Cups

Makes 6 Servings, 2 egg cups each

Nutrition per serving: 210 Calories, 14g Fat, 0g Carbohydrates, 20g Protein

## Ingredients:

- 12 thin slices prosciutto
- 12 pasture-raised eggs
- 2 Tablespoons chives, chopped



## Directions:

Preheat the oven to 350 degrees. Line 12 muffin tins with one slice each of prosciutto, making sure it is covering the entire surface. This will replace your muffin liner and requires no greasing of the tin! Carefully crack one egg into each tin. Bake for about 15-20 minutes, until yolks are set to your liking. A little runny is our pick! Remove from the oven and sprinkle with the chives.

Food as Medicine: Eggs are a nutritionally dense food, providing about 7 grams of protein each, as well as choline for brain development and omega-3's for heart health. Eggs are also high in sulfur, which supports detoxification as well as cysteine and Vitamin D. Choose pasture raised eggs and always eat the yolk—this is where the nutrients are most concentrated!

# Cauliflower Avocado Toast

Makes 2 servings

Nutrition per serving: 308 Calories, 24g Fat, 9g Carbs, 15g Protein

## Ingredients:

- 2 cups riced cauliflower
- 3 pasture raised eggs
- 1/2 tsp garlic powder
- generous pinch sea salt and black pepper
- 1 Tbsp ghee
- 1/2 avocado, mashed and mixed with squeeze lemon juice
- 2 slices bacon, cooked and drained on paper towels
- Sprouts for garnish
- Black and white sesame seeds for garnish



## Directions:

Place the riced cauliflower in a medium bowl. Add one egg along with garlic powder, salt and pepper. Mix thoroughly to combine. Heat the ghee in a cast iron skillet over medium heat and scoop the cauliflower into heated oil in two portions. Flatten like a pancake (about 1/4 inch thick). Allow to cook about 3-4 minutes on one side or until golden, then flip and cook the other side. Once golden and cooked through, remove from the skillet. In the same pan, fry the remaining eggs. Spread mashed avocado on cauliflower toast, top with 1 slice bacon and a fried egg. Garnish with fresh sprouts and sesame seeds.

Food as Medicine: Avocados are higher in potassium than bananas. They also offer a great source of vitamin E, K, B6, and folate. They have a healthy fatty acid profile that has demonstrated through research to protect against prostate and breast cancer as well as heart disease. This avocado toast recipe has all the flavor and portability of regular avocado toast with a low-carb twist and is topped with bacon and a fried egg for a protein-packed and satiating breakfast!



**Get tons more high fat low carb recipes in Eat Fat Get Skinny, our 50+ recipe Ketosis Friendly Ebook!**

# Can You Really Eat Fat and Get Skinny?!

## 12 Week Virtual Ketosis Weight Loss Program

Low-carb diets have gained popularity over the past 40 years and research supports the sustainability of the results compared to calorie restricted or low fat plans. Beyond weight loss, a very low carbohydrate diet can play a beneficial role in brain health, gut bacterial reset, and hormonal balance. A diet rich in healthy fats and void of refined carbohydrates can reduce addictive tendencies and support healthy brain chemistry for mood and cognition. However, not every low carb diet is a healthy one providing ample antioxidants, vitamins, minerals, and therapeutic foods. In this program you will be educated on the foundations of a balanced ketogenic diet using food-as-medicine!



This interactive program will support you in achieving a ketogenic state, while providing you with tools to monitor success, and supplemental recommendations to accelerate results. You will experience the benefits of ketosis and how to use it as a tool to create optimal health outcomes!

### Benefits of Ketosis Include:

- Accelerated weight loss
- Fat Loss and improved body composition
- Treatment and prevention of insulin resistance
- Balanced blood sugar
- Improved cholesterol and triglycerides
- Improved overall cardiovascular function
- Balanced hormones
- Improved cognitive function
- Balanced gut bacteria
- Increased energy
- Decreased sugar cravings

**Includes 6 Live Webinars, Supportive Handouts and Worksheets, Customizable Ketosis, access to a Private Facebook Group as well as Eat Fat Get Skinny and Ketogenic Kickstart Ebooks!**

**Eat Fat Get Skinny!  
50+ Ketosis-friendly recipes to jumpstart your weight loss success**

**Ketogenic Kickstart  
A Whole Food protocol to sustainable metabolic change**

[Click to learn more about my Virtual Food-As-Medicine Ketosis Program](#)



# Cherry Vanilla Nirvana Smoothie

Makes 1 serving

Nutrition facts serving: 298 Calories, 20g Fat, 17g Carbohydrates, 27g Protein

## Ingredients:

½ cup frozen cherries  
1/3 cup coconut milk, full fat canned  
(look for free of guar gum and in a BPA-free can)  
1 cup almond milk, unsweetened  
1 tsp vanilla extract  
1 scoop Naturally Nourished Grassfed Whey Protein



## Directions:

Blend first four ingredients, cherries through vanilla, in the blender until incorporated. Whip in the whey protein at the end and blend briefly until combined.



## Naturally Nourished Grass-fed Whey Protein

A proprietary non-denatured native whey protein concentrate high in the antioxidant glutathione and immune supporting compounds

[Click to learn more](#)

Food as Medicine: This recipe is seems too good to be true having the appeal and flavor profile of a dessert with the nutrient analysis of a balanced smoothie! Cherries are rich in anthocyanocides, which contributes their dark pigmentation while providing anti-inflammatory benefits for joint pain and offering the unique ability to lower uric acid levels working to prevent and treat gout.



# Simple Dressed Avocado

Makes 2 servings

Nutrition Information: Calories 124, Total Fat 12 g, Total Carbs 4g, Protein 1 g

## Ingredients:

2-3 tsp jalapeno, chopped  
1 Tbsp red onion, chopped  
black pepper to taste  
generous pinch of mineral salt  
1 Tbsp lime juice  
2 tsp avocado or olive oil  
1/4 cup heirloom tomatoes chopped  
1 Tbsp cilantro chopped  
1/2 avocado  
2 Tbsp pumpkin seeds



## Directions:

Combine jalapeño, onion, salt and lime in a small bowl. Slowly pour in oil, whisking to emulsify. Fold in tomatoes and cilantro. Spoon on top of a 1/2 pitted avocado. Top with pumpkin seeds. For a quick snack, serve as is and eat with a spoon. If looking to tackle hunger, volumize this dish by adding sprouts or leafy greens of choice.

Food as Medicine: A fun take on Tex-Mex flavor profiles provides support for metabolism and detox. The avocado contributes B vitamins and fatty acids that aid to manage stress response and reduce excess cortisol stress hormone, while the spice and zing of onions aid to boost metabolism and detoxification. This is a great snack to curb cravings and aid in managing mood.

Ready for a Reset?  
Check out our 10 Day Real Food Detox Program!

# Do YOU need a Detox?!

## 10 Day Real Food Detox Virtual Class

Join detox and integrative medicine specialist Ali Miller, RD, LD, CDE for a 10-day Detox to restore balance in your body and put you on the path to optimal health! A safe, nutritionally-based, medically supported detoxification program can help rid the body of harmful toxins and restore balance.



Excess toxins and waste in the body lead to damage and sluggish function of many vital organs which in turn can create a myriad of symptoms including:

- **Depression, anxiety, brain fog, memory issues, irritability**
- **Fibromyalgia, lack of energy, chronic fatigue**
- **Rashes, eczema, itching or tingling**
- **Joint pain, headaches, muscle-aches**
- **Food sensitivity, gastrointestinal distress, diarrhea, constipation**
- **Weight gain, sluggishness, blood sugar irregularities or crashes**

This virtual class is delivered in 75 minutes jam-packed with interactive videos, cooking demonstrations, recipe packet, and Reset, Restore, Renew 10-day detox protocol and nutritional supplement recommendations.

### Some of the benefits associated with successful detox include:

- **Slowing Down the Aging Process**
  - **Improved Energy**
  - **Mood Stability**
  - **Weight Loss**
- **Reduced Joint and Muscle Pain**
- **Improved Sleep, Skin, and Digestion**
  - **Prevent Chronic Disease**
  - **Improved Quality of Life**

**Get Started with Detox**

# Smoked Salmon Roll Ups

Makes 2 servings

Nutrition Information: 143 Calories, 8g Fat, 0g Carbohydrate, 16g Protein

## Ingredients:

- 4 oz smoked salmon
- 2 oz cream cheese
- 1 Tbsp fresh basil or parsley, chopped

## Directions:

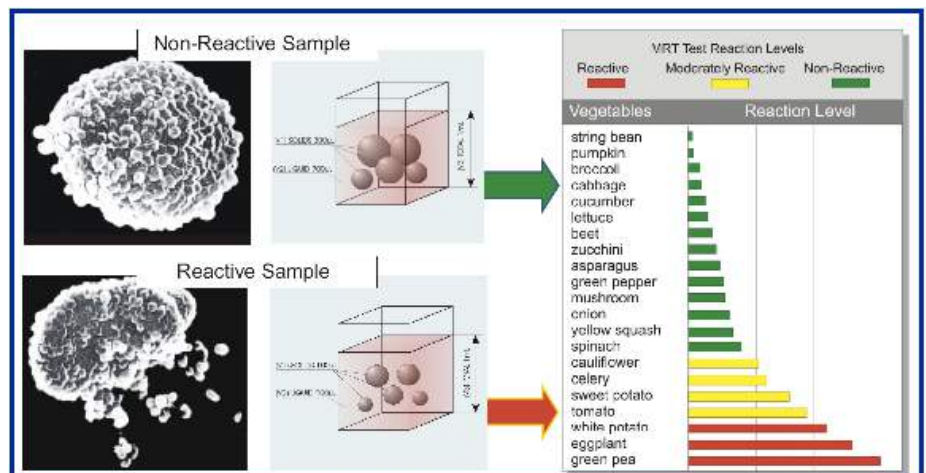
Peel apart salmon pieces and lay flat. Spread each piece with about a teaspoon of cream cheese. Roll up and sprinkle with fresh herbs.



Food as Medicine: The Standard American Diet (SAD) is predominately made up of carbohydrates and devoid of healthy fats, nourishing proteins and disease fighting non starchy veggies. A diet high in carbohydrates (like the SAD) causes our body to become efficient at burning carbohydrates for fuel but unfortunately inefficient at burning FAT for fuel. A diet higher in fat and lower in carbohydrates can actually cause the body to become more efficient at burning fat. Though it sounds counterintuitive; increasing fat intake can actually help you lose fat.

**Want to know what foods drive inflammation in YOUR individual body?**

**The MRT test is successfully used to develop a customized elimination diet to address: Migraines, ADHD, IBS, Leaky Gut, Autoimmune conditions, Skin conditions, Fibromyalgia, Inflammatory conditions, difficulty with weight loss, and other inflammatory concerns!**



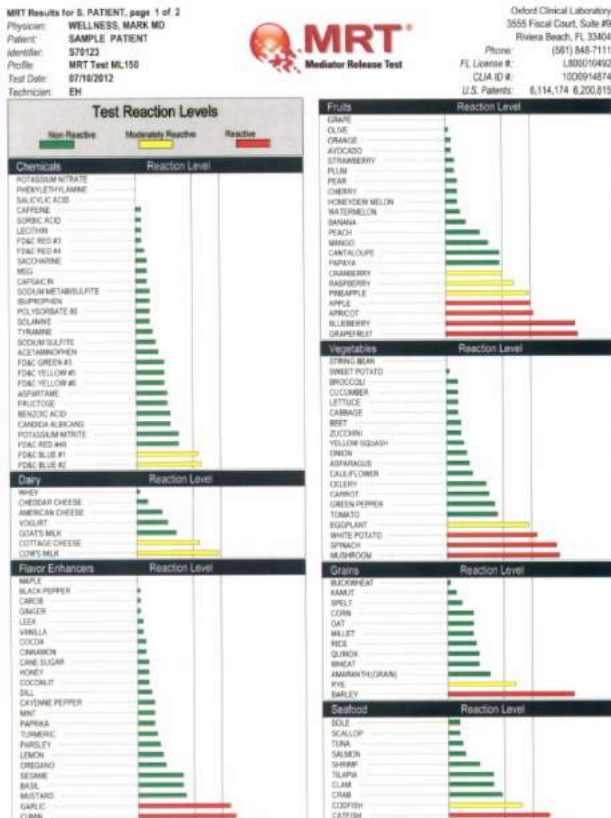


# MRT Inflammatory Food Panel

## ARE THE FOODS YOU ARE EATING EVERY DAY DRIVING INFLAMMATION IN YOUR BODY?

I often say that one person's superfood can be someone else's kryptonite. Beyond the Top 5 Pro-inflammatory foods (wheat/gluten, corn, soy, industrialized oils and sugar/HFCS), it is possible that even the healthy foods you are eating every day do not work for your individual body and are triggering an inflammatory response!

When our immune system is triggered by a food, it responds with inflammation, which can be seen as gas, bloating, pain, irregular bowels, migraines, fatigue, and mood disorders. At Naturally Nourished we use a personalized elimination diet called the MRT (Mediator Release Test) focusing on repairing your gut and resetting your immune system, allowing for reintroduction of foods that were once reactive...ultimately leading to food freedom!



**Food sensitivities can be implicated in these symptoms and conditions:**

- ADD/ADHD**
- Autoimmune conditions**
- Irritable bowel syndrome (IBS)**
- Inflammatory bowel disease (IBD)**
- Migraine headaches**
- Fibromyalgia**
- Chronic depression**
- Stubborn weight loss**
- Acid reflux**
- Chronic fatigue**
- Skin eruptions**
- Brain fog**
- GI cramping and bloating**
- ...and many chronic health problems**

[Click to find out more about the MRT Test](#)

# Parmesan Crisps

Makes 4 Servings; 1 oz each

Nutrition per serving: Calories 135, Total Fat 8g, Carbs 1 g, Protein 11g

## Ingredients:

- 4 oz Parmesan\*, shredded thinly
- Choose your flavor enhancer(s):
- Option 1: 2 tsp red pepper flakes
  - Option 2: 1/2 tsp garlic powder, 1/2 tsp dill, 1/4 tsp onion powder, 1 tsp black pepper
  - Option 3: 1 tsp finely chopped rosemary and 1/4 tsp pepper



## Directions:

Preheat oven to 300°F. Mix shredded Parmesan with your choice of flavor enhancer. Using a tablespoon, scoop 1 Tbsp then mound on a silicone pad or greased parchment paper-lined cookie sheet. Scoop mounds into three, 4-column rows and flatten each mound with the back of a spoon. Ensure Parmesan formations are not touching. Bake on middle rack for 5-7 minutes until golden brown. Store air tight.

\*Note: Shred your Parmesan yourself with a microplane or shredder to avoid anti-caking additives in pre-shredded, store bought cheeses.

Food as Medicine: Cholesterol as medicine? Yes! Cholesterol is present in every cell membrane, helping to keep nutrients in the cell to be used by its mitochondria “energy factories” to provide fuel for the body and prevent undesired toxins from getting into the cells! Cholesterol also works as a steroid hormone building block, aiding in the production of serotonin, vitamin D, testosterone, coenzyme Q10, and other vital compounds. Cholesterol also has antioxidant properties that can protect the body from free radicals. We are learning more about the role of dietary fat and are starting to remove the blinders from the cholesterol myths that have long been misleading and may have led to harm. The removal of eggs from the breakfast table and replacement with sugary cereal has contributed to less satiety while accelerating the cardiovascular, diabetic, and obesity epidemic in our country! Heart disease is caused by inflammation, not dietary cholesterol. Cholesterol does play a role in plaque formation but only after an injury has occurred in the lining of the vessel. In this way, blaming cholesterol for heart disease is similar to blaming a firefighter for the cause of a fire!

# Garden Greek Yogurt Dip

Makes 4 Servings

Nutrition per serving: 125 Calories, 5g Fat, 10g Carbohydrates, 11g Protein

## Ingredients:

2 cups full fat grassfed Greek yogurt  
3 Tablespoons fresh parsley, chopped  
2 Tablespoons fresh dill, chopped  
2 tablespoons chives, chopped  
1 clove garlic, finely minced  
1 Tablespoon lemon juice  
¼ teaspoon garlic powder  
¼ teaspoon onion powder  
pinch sea salt  
pinch black pepper



## Directions:

In a medium bowl, combine all of the ingredients. Mix well, folding the herbs into the yogurt until combined. Season to taste. Serve with vegetable crudites.

Food as Medicine: Greek Yogurt makes this dip feel like a rich, creamy treat, while adding beneficial probiotics to your snack! Over 80% of our immune system is regulated by the gut, so incorporating probiotic food sources into your daily plan is a great way to ensure the bacteria in your body is working to protect and regulate vs. wreak havoc. Studies have shown eating foods rich in probiotics can lead to an improved immune response by increasing the body's white blood cell count. Greek Yogurt is also a protein powerhouse, with at least 15g in a 6oz serving! Pair this dip with a plethora of fresh, crunchy vegetables to get the most volume with the least amount of calories. This concept of volumetrics can help you feel satiated with an abundance of foods, while keeping your intake in check! A great idea for your next social gathering—your friends will thank you for it!

**Do you struggle with bloating or intolerance of probiotic foods and supplements? It could be a bacterial imbalance!**

**Learn About Our Beat the Bloat Cleanse**





# Crunchy Spiced Chickpeas

Makes 4 Servings

Nutrition per serving: 235 Calories, 6g Fat, 32g Carbohydrates, 14g Protein

## Ingredients:

- 1-15 oz can garbanzo beans, rinsed. We prefer the Eden brand, which have been soaked with kombu for improved digestibility and mineral content
- 1 Tablespoon olive oil
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1 teaspoon turmeric
- pinch cayenne
- pinch sea salt



## Directions:

Preheat the oven to 400 degrees. After rinsing the chickpeas, allow to dry thoroughly on paper towels. Toss in a bowl along with the olive oil, cumin, paprika, cayenne and sea salt. Mix until the chickpeas are thoroughly coated and season to taste. Spread out on a sheet pan and bake for 25-30 minutes, until crunchy and hard but not burnt. These taste best when they are first made, and good luck keeping them around much longer than that!

Food as Medicine: These crunchy spiced chickpeas make a great alternative to chips and are an excellent finger food or salad topper. Chickpeas, otherwise known as garbanzo beans, are an excellent source of soluble fiber, which helps to lower cholesterol in the blood, making them a heart healthy food! Although primarily a carbohydrate, they are a good source of protein as well, and the combination of protein and fiber increases satiety while stabilizing blood sugar. Chickpeas also contain high levels of choline and selenium, which reduce inflammation in the body and encourage reduction of fat storage, as well as aid in thyroid function, supporting a healthy weight.

## Naturally Nourished Super Turmeric

Super Turmeric is a highly bioavailable form of turmeric that supports liver detox, reduces inflammation, and protects healthy cells from damage

[Click here to learn more](#)



# Simple Caprese Stack Up

Makes 4 Servings

Nutrition per serving: Calories 204, Fat 18g, Carbs 3g, Protein 7g

## Ingredients:

- 2 large heirloom tomatoes
- 4 oz fresh mozzarella cheese
- 3 Tbsp fresh basil, cut into thin ribbons
- drizzle balsamic vinegar and olive oil
- pinch sea salt



## Directions:

Slice the tomatoes into 1/4-inch thick slices. Do the same with the mozzarella. Stack 3 slices of tomato with two slices of mozzarella in between. Drizzle with balsamic vinegar and olive oil and sprinkle with the sea salt. Top with the basil.

Food as Medicine: This simple salad comes together in a matter of minutes and is an instant classic. Tomatoes contain high levels of potassium and chromium, which can help to stabilize blood sugar and ward off sugar cravings. Ideally we like to consume tomatoes prepared a variety of ways, both raw and cooked, for the best balance of nutrients. Choose grass-fed mozzarella, which contains K2 to decalcify arteries and decrease the risk of both cardiovascular disease risk and osteoporosis! Basil packs a nice antioxidant punch and is also an aphrodisiac. Serve alongside 4-6 ounces protein of your choice for a balanced meal.

Want more cutting edge Food-As-Medicine information for free? Check out our Naturally Nourished Podcast!



# Kale Aphrodisiac Salad

Makes 4 Servings

Nutrition per serving: Calories 303, Total Fat 23g, Carbs 22g, Protein 8g

## Ingredients:

- 1 bunch lacinato kale, stemmed and chiffonade (roll leaves and slice into thin ribbons)
- 1/2 teaspoon sea salt
- 2 Tbsp olive oil
- 2 Tbsp lemon juice
- 2 tsp raw, unfiltered honey
- black pepper, to taste
- 2 watermelon radishes, thinly sliced into half moons
- 1 avocado, cubed
- 1 cup pomegranate seeds
- 1/2 cup walnuts, roasted



## Directions:

Place the chiffonade kale in a bowl and sprinkle with sea salt. Massage the kale until it begins to soften. In a separate bowl, whisk together olive oil, lemon, and honey with black pepper and sea salt to taste. Massage leaves in the dressing mixture. Fold in the radishes and avocado. Top with walnuts and pomegranate seeds. Serve with 3-6 oz protein for a balanced meal.

Food as Medicine: Researchers have identified over 45 different flavonoids in kale; kaempferol and quercetin top the list. These flavonoids combine both antioxidant, anti-inflammatory, and anti-cancer benefits in a way that gives kale a leading dietary role. Kale can provide great benefit in combating chronic inflammation and oxidative stress. In addition, kale is now recognized for its comprehensive support for the body's detoxification system. Raw kale is full of vitamin K, A, C, manganese, fiber, copper, tryptophan, and calcium amongst many other nutrients. Massaging your kale aids in the activation and absorption of the nutrients available while reducing the bitterness and aiding in mechanical break-down. Avocado was referred to as testicle by the Aztecs as they grew in bunches of two on trees. Rich in vitamin A and vitamin E, avocado promotes healthy skin and minerals support testosterone production for healthy sex drive. Pomegranate has been compared to ovaries in structural comparison and honey aids in the balance of estrogen dominance.



# Mustard Chicken Thighs

Makes 4 Servings

Nutrition per serving: Calories 419, Total Fat 27g, Carbs 2g, Protein 42g

## Ingredients:

- 12 bone-in, skin-on chicken thighs
- 2 Tbsp butter, melted
- 2 Tbsp Dijon mustard
- 1/4 tsp sea salt
- 1/4 tsp ground pepper
- 2 Tbsp fresh tarragon
- 1/3 cup white wine
- 1 cup Chicken Bone Broth
- 1/4 cup Greek yogurt
- 1/4 cup fresh parsley leaves, chopped



## Directions:

Preheat the oven to 400°F. Place the chicken thighs skin side up in a cast iron skillet over medium high heat. Combine the melted butter, mustard, sea salt and pepper in a small bowl. Brush the mixture over the chicken thighs. Sprinkle the tarragon over the top of the chicken. Bake 35-40 minutes until a thermometer reads 165°F. Remove the chicken pieces, then place the skillet over medium heat. Deglaze with the wine, scraping any bits from the bottom. Add the bone broth and bring to a simmer to reduce the liquid by half. Once reduced, turn off heat and add the yogurt whisking continuously until a thick sauce is created. Season to taste with salt and pepper. Serve the thighs with a dollop of sauce and garnish with parsley.

Food as Medicine: Dark meat is often overlooked, but contains a wealth of nutrients. Dark meat delivers more iron, zinc, and selenium than white meat and is also abundant in the nutrient taurine, which can significantly lower the risk of cardiovascular disease while also protecting against diabetes and high blood pressure. It is also more satiating than white meat because of its higher calorie and saturated fat content. Bone broth is mineral rich and boosts the immune system, while improving bone and joint health as well as digestive function.

# Buffalo Cauliflower

Makes 6 Servings

Nutrition per serving: 82 Calories, 7g Fat, 5g Carbs, 2g Protein

## Ingredients:

6 cups cauliflower, cut into 1-2 inch pieces  
2 teaspoons garlic powder  
½ teaspoon sea salt  
½ teaspoon black pepper  
2 tablespoons melted ghee  
½ cup hot sauce  
1 tablespoon grassfed butter



## Directions:

Preheat oven to 425 degrees. Put chopped cauliflower in bowl. Mix garlic, sea salt, pepper, and melted ghee together. Coat cauliflower with ghee mixture and place on a baking sheet. Roast in the oven for 20 minutes. Mix melted butter and hot sauce in a small bowl and toss roasted cauliflower with mixture. Once coated, return to the oven for another 8-10 minutes.

Food as Medicine: Avoid trans fats and fried foods by making your own comfort food bites at home! Trans fats have been banned from the food system, as we know they contribute towards cardiovascular disease, diabetes, and even cancer. Although partially hydrogenated oils are banned from being used in products, frying foods in low quality oil can create trans fats in the process of frying. This recipe is a great way to replace your crunchy fried cravings with the familiar flavor of wings paired with the detox supportive nutrients in the cauliflower.

**ARE YOU IN A FOOD RUT?**

Gain structure and balance with  
over 100 easy recipes and our 12  
week meal plan!





# Spaghetti Squash Casserole

Makes 8 Servings

Nutrition per serving: 278 Calories, 8g Fat, 10g Carbs, 36g Protein

## Ingredients:

- 1 large spaghetti squash (1.5-2 pounds)
- 1/2 cup water
- 1.5 pounds ground beef
- 1/2 cup chopped onion
- 2 cups chopped red bell pepper, divided
- 3 garlic cloves, minced
- 2 cups canned diced tomatoes
- 1/2 tsp dried oregano
- 1/4 tsp salt
- 1/4 tsp pepper
- 1 cup (4 oz) shredded mozzarella
- 1 cup (4 oz) shredded Parmesan
- 3 Tbsp fresh flat leaf parsley leaves, chopped



## Directions:

Cut squash in half lengthwise; scoop out seeds with spoon. Place with cut side down in a baking dish; add water filling about 1-inch of the dish. Cover pan in foil and bake at 375°F for 30 minutes or until it is easily pierced with a fork. When cool enough to handle, use a fork to scoop squash out in strands. In a skillet, cook beef until meat is browned. Drain off excess meat juices. Then add onion, 1 cup red bell pepper, and garlic; saute until softened. Add canned tomatoes, oregano, salt, and pepper to pan. Cook and stir for 3-5 minutes or until liquid is reduced. Fold in spaghetti squash to coat with meat sauce mixture. Transfer to an un-greased 9x12-inch baking dish. Top with remaining chopped bell pepper. Bake covered, at 350°F for 25 minutes. Sprinkle with the Parmesan cheese and bake an additional 10 minutes, uncovered. Remove from oven, sprinkle with freshly chopped parsley; let stand a few minutes.

Food as Medicine: Volumetrics is the focus on eating foods that are high in nutrients and volume but low in calories. These foods yield satisfaction while promoting weight loss. Cup for cup, swap- ping out pasta for spaghetti squash saves over 180 calories, and provides less than 1/3 of the carbo- hydrates. Using non-starchy vegetables, such as spaghetti squash is a great approach in applying volumetrics for optimal health outcomes!



# Chicken Piccata

Makes 4 Servings

Nutrition per serving: Calories 374, Total Fat 20g, Carbs 3g, Protein 41g

## Ingredients:

- 4 boneless, skinless chicken breasts (about 5-6 oz each)
- 2 eggs
- 1/2 tsp sea salt, separated
- 1/2 cup almond flour
- 1/4 tsp black pepper
- 2 Tbsp ghee
- 1 clove garlic, minced
- 1/3 cup white wine
- 1/3 cup Chicken Bone Broth
- 2 Tbsp capers, drained
- juice of 1 lemon
- 2 Tbsp fresh flat leaf parsley, chopped



## Directions:

Lay the chicken breasts between two sheets of parchment paper and pound with a cast iron skillet until flattened, about 1/4-inch thick. Beat the eggs with a pinch of sea salt in a shallow bowl. Combine the almond flour, remaining sea salt and black pepper in a separate bowl. Dip each chicken breast in the egg mixture, then coat each side with the almond flour mixture. Melt the ghee in a large cast iron skillet over medium heat. Add the chicken and cook for about 4-5 minutes per side, until it reaches an internal temperature of 165°F. Once cooked, transfer to a plate. Add the garlic and capers to the skillet with chicken juices and browned bits and heat. Deglaze the pan with the wine and the broth, then add the lemon juice. Bring to a boil, then cook over medium heat until reduced by about half. Season to taste with salt and pepper. Add the chicken to the sauce and allow to heat through. About 2-3 minutes. Sprinkle with parsley and serve with the remaining pan sauce drizzled over a side of blanched green beans.

This quick and easy chicken piccata is breaded with almond flour, which is high in monounsaturated fats and Vitamin E, making it heart healthy and anti-inflammatory. The use of ghee helps to build a delicious, rich sauce that is also high in anti-inflammatory, anti-tumorigenic and heart disease-preventing CLAs. Ghee is clarified butter, which is able to tolerate higher heat treatments as the milk solids have been removed. Along with the glutamine-rich bone broth, ghee can help to repair the gut lining and contains a compound called butyric acid that nourishes the cells of the intestines.

# Asparagus and Prosciutto Salad with Seared Scallops

Makes 6 Servings

Nutrition per serving: Calories 303, Total Fat 23g, Carbs 22g, Protein 8g

## Ingredients:

- 2 pounds asparagus, ends removed and chopped into thirds
- 4 Tbsp butter or ghee, separated
- 4 oz prosciutto
- 1/4 cup lemon juice, from 2-3 lemons
- 1/2 cup toasted pine nuts
- 1/4 tsp sea salt, divided
- 1/4 tsp black pepper, divided
- zest of 2 lemons
- 12-15 large wild-caught scallops, patted dry



## Directions:

Bring a pot to boil with water, toss in asparagus spears for about 3 minutes until bright green and tender. Drain immediately in sink and run under cold water. In a saute pan under medium heat, melt 2 Tbsp butter and saute asparagus pieces with prosciutto for about 3-4 minutes, stirring occasionally until starting to brown. Then remove from heat and place asparagus and prosciutto in bowl to toss with lemon juice, pine nuts, 1/4 tsp salt, 1/4 tsp pepper, and lemon zest. Set aside and allow flavors to combine when preparing scallops. Heat a cast-iron pan or clean, stainless steel pan, then add remaining ghee to melt across surface. Once heated, place dry scallops sprinkled with remaining salt and pepper in single layer in pan. Allow to sit undisturbed for 3-5 minutes watching the side of the scallop to see a change in color from translucent to mildly opaque. Flip each scallop once to create a nice caramelized sear on each side, heat an additional 3 minutes. Serve asparagus salad on plates and top with 2-3 large seared scallops. Garnish with additional zest if desired. Note: Scallops can get rubbery if overcooked, allowed to sit too long, or reheated. I recommend cooking these in batches per meal for optimal results.

Food as Medicine: Asparagus is very high in the amino acid, Asparagine. Asparagine is synthesized from aspartate and glutamine and can be readily converted into aspartate for cellular functions including energy production. It is also a component of the urea cycle, helping to remove excess ammonia to prevent toxic overload. Asparagine can help prevent fatigue, hypothyroidism, and weight gain. Did you ever notice a certain smell to your urine after the consumption of asparagus? This is due to the fact that during digestion of Asparagus, the vegetable's sulfurous amino acids break down into smelly chemical components. And because those components are "volatile," meaning airborne, the odor wafts upward as the urine leaves the body and can be detected as soon as 15 minutes after you eat this spring delicacy.

# Pesto Turkey Meatballs

Makes 8 Servings

Nutrition per serving: Calories 400, Total Fat 21g, Carbs 10g, Protein 42g

## Ingredients:

- 1.5 lbs ground white 95% lean turkey
- 1/2 lb ground dark 85% lean turkey
- 3/4 cup finely chopped onion
- 4 cloves garlic, minced
- 1 egg
- 1/2 cup grated Parmesan cheese
- 1/2 cup fresh flat leaf parsley, chopped
- 1/4 cup fresh basil, chopped
- 2 Tbsp fresh oregano, chopped
- 2 Tbsp milk
- 2 tsp sea salt
- 1 tsp ground black pepper
- 1 lb fresh mozzarella, cut into 1-inch cubes
- 2 Tbsp olive oil
- 1 jar homemade or non-processed marinara (such as Eden or Jovial brands, no added oils, no added sugar)



## Directions:

Preheat oven to 375 °F. Place ground turkey, onion, garlic, egg, cheese, parsley, basil, oregano, milk, salt, and black pepper in a bowl. Mix until evenly blended with hands, then form into 1.5-inch meatballs. Make a hole in each meatball with your finger and place a cheese cube in the hole. Seal the meatball around the cheese and place on a nonstick baking sheet. Drizzle the oil over the meatballs. Bake until the meatballs are no longer pink in the center, about 25 minutes. Remove pan from oven and heat the marinara sauce in a saucepan over low heat. Bring to a simmer, and place the baked meatballs in the marinara sauce for about 3-5 minutes to combine flavors. Serve with roasted vegetables or with spaghetti squash. Garnish with fresh basil.

Food as Medicine: During times of increased stress, our bodies use higher levels of neurotransmitters, such as serotonin. When serotonin is depleted, we can feel depressed, anxious, and our sleep can be interrupted. Turkey is very high in tryptophan, which improves serotonin production, sleep regulation and the prevention of anxiety & depression! This is why we all sleep better after eating turkey on Thanksgiving!



# Balsamic Roasted Veggies

Makes 6 Servings

Nutrition per serving: Calories 80, Total Fat 5g, Carbs 8g, Protein 2g

## Ingredients:

- 2 red bell peppers, seeded and cut into 2" chunks
- 1 red onion, quartered and separated into pieces
- 2 zucchini, cut into 2" chunks
- 2 yellow squash, cut into 2" chunks
- 1 Tbsp fresh thyme, chopped
- 2 Tbsp fresh oregano, chopped
- 2 Tbsp olive oil
- 2 Tbsp balsamic vinegar
- ½ tsp sea salt
- freshly ground black pepper to taste



## Directions:

Preheat oven to 375 degrees F. In a large bowl, combine the red bell peppers, onion, zucchini, and squash. In a small bowl, whisk together thyme, oregano, olive oil, vinegar, salt, and pepper. Toss herbed balsamic mixture with vegetables until they are coated. Spread evenly on a large roasting pan or in cast-iron skillet. Roast in oven, stirring halfway through, for about 30 minutes or until vegetables are cooked through and browned.

Food as Medicine: Using fresh herbs is a great way to boost your intake of antioxidants and create a sophisticated flavor profile. Swapping out dried herbs for fresh herbs is a 1:3 ratio, when replacing 1 tsp of dried herbs, use 3 tsp or 1 Tbsp fresh.

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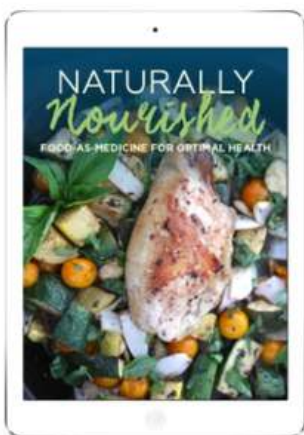
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