Note from Dr. Sara

Food is the foundation of health.

I grew up with a mom who was a self-taught cook, who pored over recipes from Julia Child and Bon Appetit, but had a fierce commitment to the nutritional doctrine of Adele Davis. Growing up, my mom explained that the reason my sandwiches for school were made of dark, chewy bread, freshly-ground nut butter, and local honey was that they were good for my body—and I ate them despite how different they looked from the sandwiches my friends brought to school. She made eggs with cottage cheese for breakfast, explaining that they were “brain food,” and were a far better choice than packaged cereal. I even choked down liver for dinner, because of its nutrient density, along with heaps of organic vegetables and lettuces from our backyard garden.

I joined my mother in the kitchen whenever I could. She taught me the sensual pleasures of cooking, and how you can love food and nourish yourself while simultaneously eating healthy meals and not feeling the least bit deprived. Mom gave me a wonderful and enduring gift: I love to cook.

In the spirit of deep nourishment while on The Hormone Reset Diet, I’m thrilled to share our Dr. Sara Hormone Reset Community Cookbook with you. Most of these recipes come from the thousands of people who’ve completed my Hormone Reset Detox online, and the remaining recipes are staples that I make regularly while on the 21-day program.

Back in college, medical school, and when I was first married, I would cook elaborate feasts for my friends. I loved talking about food, planning menus, and hosting dinner parties. Then I had kids and published a few books. I ate out at restaurants more often, and gained weight. While eating out is lovely for many reasons – you don’t have to plan and shop, you have zero clean up, someone else serves you – the sad truth is that restaurant foods are chock full of fattening culprits such as hidden carbs and gluten, industrial seed oils that are constantly
reused, and the serving sizes are larger. Studies show that you eat and drink 35 percent more when you go out to eat. Eating out is on the rise: it’s more than double what it was 30 years ago, and people who eat out more gain more weight. Overall, eating out once per week will add 2 pounds to your weight. Three times per week? Six pounds.

I don’t eat out much any more. I understand that food is **information** for the body, not just calories. Calories are certainly important, but they’re not the only factor to consider. I want you to understand that your food has the power to reset your hormones, and it’s a two way street: food controls your hormones, and your hormones dictate what your body does with food. Healthy food tells your good genes to turn on, and your bad genes to turn off—this is also known as epigenetics. That’s why you’ll find plenty of ingredients in this cookbook that turn on the expression of your good genes: vegetables, wild-caught salmon, yummy salads, anti-inflammatory oils such as coconut and olive, plus delicious medicinal smoothies.

Now my cooking is simpler with more emphasis on the taste of ingredients and organic produce in season. I think of the tenets of *The Hormone Reset Diet* as my touchstone. When I’m not on the program, I have an occasional glass of wine, or even a bowl of gluten-free oatmeal with some raw cream, but I always come back to the seven hormone resets when I need to wipe the slate clean and boost my energy. I hope that you will develop this same conversation with your body, so that you ask before taking a bite of food, “What information is this food providing to my body?”

To your best health,

Dr. Sara
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PART 1:
Shake Recipes
Dr. Sara's Basic Shake

By Sara Gottfried MD

Note from Dr. Sara: You may want to invest in a high-speed blender, such as a Blendtec, Vitamix, or Nutribullet. I started with a Nutribullet, and now take it my suitcase when I travel because it’s the most portable.

SERVES 1

INGREDIENTS

2 scoops Dr. Sara's Shake in vanilla or chocolate
1-2 scoop of Dr. Sara’s Fiber
1 cup unsweetened coconut milk
½ cup chopped greens, such as kale or spinach (stems removed)
1 tablespoon ground flax seeds
optional: 1 tablespoon almond butter

DIRECTIONS

Combine all ingredients in a high-speed blender, and purée until smooth

“Your body is not only yours—your body belongs to your ancestors, your parents, and future generations. We can eat with care, knowing we are the caretakers of our bodies, rather than their owners.”

– Thich Nhat Hanh
Bliss Shake
By Patsy Klein

SERVES 1

INGREDIENTS
2 scoops Dr. Sara’s Shake in vanilla
1-2 scoops of Dr. Sara’s Fiber
2-3 oz. yam, pumpkin or sweet potato
Pinch maca powder
Pinch clove
Pinch nutmeg
Pinch cinnamon
6 oz. coconut water
6 oz. water
Optional:
½ cup spinach or other greens
10 pecans or other nut to your liking

DIRECTIONS
Combine all ingredients in a high-speed blender, and purée until smooth

PRAISE FOR DR. SARA’S HORMONE RESET DETOX
The Detox was amazing and I felt like it gave me back my life. I didn't realize how many of my symptoms and health issues were directly a result of my food choices and that in a month I could change them so drastically. I had no idea that I could sleep so good and feel so good!
– Wendy Roberts
Dr. Sara’s Weight Loss Shake
By Sara Gottfried MD

SERVES 1

INGREDIENTS

2 scoops Dr. Sara’s Shake in vanilla or chocolate
1-2 scoops of Dr. Sara’s Fiber
2 handfuls chopped kale or spinach, stems removed
Handful of ice cubes
Filtered water to desired taste/consistency

DIRECTIONS

Combine all ingredients in a high-speed blender, and purée until smooth
Maca Chia Energy Shake
By Sara Gottfried MD

Note: Maca has been shown to reduce anxiety and depression in perimenopause and menopause, and to raise libido. But go easy on the dosing: too much can cause breast tenderness!

SERVES 1

INGREDIENTS
1 cup unsweetened coconut milk
2 scoops Dr. Sara’s Shake in vanilla
1-2 scoops of Dr. Sara’s Fiber
1 tablespoon maca powder
½ cup loosely packed kale (I keep a stash in my freezer for shakes)
1 tablespoon chia seeds (measure, and then soak in filtered water)
½ teaspoon nutmeg
5 ice cubes

DIRECTIONS
Combine all ingredients in a high-speed blender, and purée until smooth

PRAISE FOR DR. SARA’S HORMONE RESET DETOX
I entered the program because I was fatigued, depressed, and obese. I ate poorly, used caffeine and sugar to boost my energy, or so I thought. The materials provided seemed overwhelming, but I kept remembering Dr. Gottfried’s quote, paraphrasing someone else, that imperfect action trumps perfect inaction. So I began the journey. I thought I’d never get rid of my 4-cup a day tea habit, or my sugar. But I did. I had one shake a day, took the detox supplements, and added fresh vegetables, and lean meats to my meals. No caffeine, no sugar, no grains, none of the 5 p’s. I didn’t think I could give up my pasta and cheese, but I did. I mean I said OK, I’d give it a try, but I honestly didn’t think that I’d lose the “cravings.” But the sweetness of the vegetables I was consuming replaced the sugar cravings. My actions were clearly imperfect, but those imperfect actions created a space of well being. While I experience more peace, more energy, have lost 14 pounds with no difficulty, no cravings, the greatest gift has been that of an increased feeling of "well being." I’d say to anyone who learns about this program that the time spent in preparation and the time spent detoxing will change your life significantly. I believe that the gains made with this journey are ones that are sustainable. The materials are so incredible. Just reading them and absorbing them are like taking a post graduate course in how to care for soul, mind and body.

— Anna Maria Galdieri
Rockin’ Mexican Fiesta Shake
By Marcelle Moran McGovern

SERVES 1

INGREDIENTS

2 scoops vanilla or chocolate protein powder
2 scoops fiber
½ banana, peeled and chopped or
½ cup blueberries
Handful of parsley
1 tablespoon raw almond butter
1 ½ teaspoons raw maca powder
1 teaspoon xylitol
Dash of stevia
Dash cinnamon
Dash cayenne (or more to taste)
Pinch of Himalayan sea salt (or regular sea salt)
Unsweetened coconut, almond, hemp milk or water (to desired taste/consistency)

DIRECTIONS

Combine all ingredients in a high-speed blender, and purée until smooth
Pumpkin Spice Shake
By Karen Migliore

SERVES 1

INGREDIENTS

- 1/3 cup organic puréed pumpkin
- 10 ounces unsweetened almond coconut milk
- 1/2 teaspoon each of cinnamon, allspice, nutmeg
- 1/4 teaspoon cloves
- Tiny peel of fresh ginger

2 scoops Dr. Sara’s Shake in vanilla

1 scoop fiber powder
2 ice cubes
1 tablespoon each of chia seed and ground flaxseed

DIRECTIONS

Place almond coconut milk and pumpkin in bottom of blender.

- Add chia seeds to the top, followed by flax seeds and spices.
- Add vanilla and fiber powders.
- Put 2 ice cubes on top and combine in high-speed blender, and purée until smooth.
South of the Border Smoothie
By Vivian Lauderdale

SERVES 1

INGREDIENTS

1 cup cold water (plus extra half cup in case needed)
½ avocado with seed but skin removed
1 lime, yellow skin removed, but seeds and pith intact
½ to 1 habanero chili with seeds (amount depends on how spicy you like it)
1 bunch cilantro
1 handful Super Greens (chard, tat sol, arugula, spinach or any other green you like)
2 scoops Dr. Sara’s Hormone Balancing Shake
1 cup ice

DIRECTIONS

• Put 1 cup cold water in blender with skinned avocado (including the seed) and blend until the seed is well pulverized.
• With blender running, add the lime, habanero chili, cilantro and super greens.
• If the mixture is too thick to blend properly at any point, add cold water until you get good blending action.
• Add Dr. Sara’s Hormone Balancing Shake and continue to blend another minute or so.
• Add 1 cup ice and blend until the ice is crushed.
Chai Gingerbread Shake

From the Nourishing Kitchen of the Gottfried Institute Staff

SERVES 1

INGREDIENTS

1 cup warm brewed rooibos chai tea (easy to find)
1-2 scoops vanilla protein powder
1 teaspoon cinnamon
½ teaspoons allspice
2 teaspoons ground ginger (or a tablespoon or two of fresh squeezed ginger juice)
½ cup unsweetened almond or coconut milk
2 tablespoons almond or cashew butter
Stevia to taste (optional)

DIRECTIONS

Blend until smooth. Drink before it cools for optimal digestion and to warm up.
Dr. Sara’s Savory Shake

By Sara Gottfried MD

Note: This shake is great when the days are colder and you can’t face another freezing shake! I know how that is, but remember that medicinal shakes set the metabolic tone for the day and reset your hormones, so together, let’s come up with excellent work-arounds!

SERVES 1

INGREDIENTS

1 cup chicken, fish or vegetable stock, or filtered water
1 avocado
1 tablespoon miso
Cooked, warm vegetables
½ cup unsweetened coconut milk
1-2 scoops vanilla protein powder

DIRECTIONS

Blend until smooth. Drink before it cools.
PART 2:

Breakfasts
Dr. Sara’s Eggs with Sautéed Vegetables

SERVES 1

Note from Dr. Sara: Coconut oil is one of the best fats for cooking (along with ghee and red palm oil) because it contains saturated fat that’s good for you, and is not the villain that cardiologists have made it out to be. Coconut oil is rich in medium chain triglyceride (MCT), which are easily absorbed and don’t require bile for assimilation. Extra virgin will have a stronger coconut taste, and expeller pressed, which I use, is more bland. Choose a type that is expeller pressed, if you can!

INGREDIENTS

1 tablespoon coconut oil, pastured ghee, or red palm oil
1 cup thinly sliced kale or other greens
½ cup mixed bell peppers (red, yellow, green orange), chopped
½ cup medium yellow onion, chopped
2 pastured eggs, beaten
Salt and pepper to taste
Hot sauce (optional)

DIRECTIONS

Heat 1 tablespoon oil in a large skillet over medium heat. Add veggies and sauté, stirring occasionally about 5 to 10 minutes. Scrape veggies to side of the pan, and add eggs to other side and allow to set. Once set, combine with veggies and serve hot.
Chia Pudding
Adapted from Café Gratitude

SERVES 2-4

INGREDIENTS

- ½ cup chia seeds
- ½ teaspoon vanilla extract
- Pinch kosher salt
- 1-2 cups unsweetened almond milk, divided
- 1 cup chopped banana, apple or fresh berries
- ¼ cup goji berries, cranberries or raisins
- 1 tablespoon flax seeds, hemp seeds or chopped almonds
- Pinch cinnamon

DIRECTIONS

- In a medium bowl mix chia seeds, vanilla and salt.
- Stir in 1 - 1 ½ cups almond milk, stirring to combine and soak overnight in fridge.
- The next morning add a little more almond milk so it’s the consistency you like. Stir in fresh fruit, dried fruit, seeds or almonds and cinnamon.
- Can be eaten warmed in a saucepan or chilled.

PRAISE FOR DR. SARA’S HORMONE RESET DETOX

I think this Detox was exactly what I needed. Even though I probably wasn’t the typical detoxer in that I had already eliminated many items from my diet over the years, I really needed to reset my sugar and carb cravings. I admit I didn't have the perfect detox, but when I did fall down, it was very easy to get back up and continue on. I attribute that to the shakes and the limited food choices. I knew exactly what I had to do. My weight loss has been slow, 4 lbs, but I did lose a few inches which I'm thrilled about. The most notable change is that I’m sleeping MUCH better. I still wake up to go to the bathroom but get back to sleep very easily. I feel more rested and I'm dreaming again. To that end I haven't reintroduced my coffee and wine on a regular basis. I don't need it, especially if it interferes with my sleep. Also, I still haven't had that first piece of non-compliant candy, first chip or first french fry. I haven't really wanted to either. The real test will be the upcoming holidays. I'm ready for a challenge though! Thanks Dr. Sara!

— Julie Staehely
Easy Raw Chocolate Chia Pancakes
By Marlies Venier

SERVES 4

INGREDIENTS
- 1 cup chia seeds
- ½ cup walnuts or macadamia nuts, finely ground
- ½ cup of goji berries
- ½ cup raw cocoa powder
- 1 teaspoon maca powder
- 1 teaspoon cinnamon
- 2 cups water

DIRECTIONS
- Mix all the dry ingredients in a large bowl.
- Add water and blend with a fork.
- Form rounds using an ice cream scoop. Put on a baking tray and put in oven set at lowest setting overnight, or use a dehydrator set at 115 for seven hours.

“When I write of hunger, I am really writing about love and the hunger for it, and warmth and the love of it and it is all one.”

— M. F. K. Fisher
Nutty Seedy Granola
From the Nourishing Kitchen of the Gottfried Institute Staff

INGREDIENTS
1 cup raw walnuts
1 ½ cups raw almonds
1 cup raw or sprouted pumpkin seeds (pepitas)
½ cup sesame seed / flax seed combo
1 cup unsweetened shredded coconut
Optional: 1 egg, lightly beaten (helps hold all the ingredients together and makes it crispier.)
1 teaspoon cinnamon
2 tablespoons water
3 tablespoons coconut oil
1 teaspoon vanilla extract
½ teaspoon ground cinnamon
½ teaspoon kosher salt

DIRECTIONS
• Preheat the oven to 300° F and line a baking sheet with parchment paper.
• Add the first three ingredients to a blender or food processor. Pulse a few times to finely chop the nuts. (Don’t grind them into a fine meal).
• In a large mixing bowl, whisk together the egg white with the water until bubbly and slightly foamy.
• Add the vanilla extract, cinnamon and salt to the egg white/water mixture and whisk together well.
• Pour the chopped nut mixture into the mixing bowl, along with the shredded coconut. Stir well to make sure mixture is coated.
• Spread the granola evenly on the parchment-lined baking sheet and bake for 40 minutes or until golden-brown and crispy, stirring twice.
• Remove granola from the oven and allow it to sit for 10 minutes. Use a spatula to get under the granola and release the large clusters.
• Once cool, store the granola in a sealable glass jar.
• Serve over coconut yogurt, with fruit, or add dried fruit to put in kids’ snacks.
Green, Eggs, and Yam
From the Nourishing Kitchen of the Gottfried Institute Staff in honor of Dr. Seuss!

INGREDIENTS
1 tablespoon coconut oil, pastured ghee, or red palm oil
2 hard boiled eggs
2 cups kale
1 cup steamed broccoli from last night’s dinner
½ sweet potato or yam

DIRECTIONS
• Heat oil, and sauté kale.
• Add leftover broccoli, and yam or sweet potato.
• Cook until warmed through.
• Top with chopped hardboiled eggs
Eggs and Kraut
From the Nourishing Kitchen of the Gottfried Institute Staff

INGREDIENTS

- 2 pastured eggs
- 2 handfuls spinach
- 1 tablespoons coconut or olive oil
- ¼ - ½ cup sauerkraut
- Salt and pepper

DIRECTIONS

- Add coconut oil to a pan over medium heat.
- In a bowl, beat eggs with a fork.
- Add spinach to hot oil; fry until wilted.
- Pour eggs into pan and ‘scramble’ into spinach.
- Cook until done.
- Top with sauerkraut and serve.
PART 3:

Appetizers
Surf Sol Sister
Garlic Ranch Dip
By Robin Nielsen, NC

MAKES 1½ CUPS

INGREDIENTS

- Juice of 1 lemon
- 1 cup almonds (soaked overnight in purified water, then rinsed)
- 1 cup Vegenaise (grapeseed oil variety)
- 1 teaspoon ghee or olive oil
- 2 cloves garlic, chopped
- 1 tablespoon kelp granules

DIRECTIONS

- Place lemon juice in food processor. Add all ingredients and blend until smooth.

Note: To make a salad dressing, use only ¼ cup almonds.
Spicy Raw Kale Chips
By Sherri Samelak

SERVES 4

INGREDIENTS

1 1/3 cup raw sunflower seeds
2 bunches of curly kale
3 tablespoons lemon juice
3 tablespoons organic miso
3 tablespoons nutritional yeast
1 teaspoon paprika
½ teaspoon cayenne pepper
½ teaspoon sea salt

DIRECTIONS

• Soak sunflower seeds in 2/3 cup water for 2 hours.
• Remove stems from kale and tear leaves into 2-inch pieces.
• Put remaining ingredients (including soaking liquid from seeds) into food processor or blender and blend until a thick paste forms.
• Coat kale pieces with paste and arrange on trays in dehydrator and process for 6-8 hrs.
• Or place on baking sheets and cook on lowest temperature in oven for about an hour or until dried and crispy.

Note: Raw cashews may substituted for sunflower seeds
Oven Baked Sweet Potato Fries

From the Nourishing Kitchen of the Gottfried Institute Staff

INGREDIENTS

2 large sweet potatoes
1 tablespoon organic coconut oil
1/4 teaspoon sea salt or trace mineral salt
Pinch of cayenne pepper

DIRECTIONS

• Preheat oven to 425° F.
• Toss sweet potato wedges with coconut oil, sea salt, and spice.
• Spread the wedges out on a rimmed baking sheet. Bake until browned and tender, turning once (about 20 minutes total).
My Favorite Guacamole
By Lisa Caldwell

SERVES 4

INGREDIENTS

3 ripe avocados, mashed
½ small sweet onion, minced
1 tablespoon miso paste
¾ teaspoon cumin
½ teaspoon coriander
¼ teaspoon umeboshi plum vinegar
salt to taste
juice of ½ lime or lemon (optional)
sprinkle of cayenne (optional)

DIRECTIONS

• Mix miso with half of the mashed avocados, until well incorporated.
• Add remaining ingredients except lime juice and cayenne. Do not over mix.
• Squeeze in juice of ½ lime and fold into avocado mixture.
• Sprinkle cayenne on top, if desired.
Zucchini Hummus
By Mari Carmen Pizarro

SERVES 4

INGREDIENTS

2 zucchinis, peeled and chopped
¼ cup tahini paste
3-tablespoon fresh lemon juice
½ tablespoon apple cider vinegar
2 tablespoon extra virgin olive oil
2 garlic cloves
1 tablespoon za’atar (or dried oregano, basil, thyme and sesame seeds)
Salt and pepper to taste

DIRECTIONS

• Combine all ingredients and purée in a food processor.
Party Salsa
By Michele Kratochvil

SERVES 4

INGREDIENTS
1 cup tomatoes, diced
¼ cup each yellow, red and green peppers, diced
¼ cup celery, diced
1/8 cup onion, diced
1/8 cup cilantro, chopped
Juice of ½ lime
1 clove garlic, minced
Dash of sea salt to taste
Dash of cayenne powder to taste (optional)

DIRECTIONS
• Combine all ingredients.
• Let chill for 1 hour or more to mix flavors.

PRAISE FOR DR. SARA’S HORMONE RESET DETOX
I was skeptical at first. I’ve never been a part of any Detox. I’m a career banker. Breaking down everything into numbers, measurements, exact medical terminology intrigued me and kept me with the program. I can’t say enough for the daily tasks within the Detox site and the forum. The Detox cheat sheet was wonderful and something I could keep close at hand. Keep up the good work, Dr Sara. Enjoy you here and on Health Bridge. You’ve truly changed my life. At 53, I needed to feel better and now I do.
 — Teresa Meley
Stuffed Mushrooms

By Penny Hopp

SERVES 4

INGREDIENTS

- 4 Portobello mushrooms
- 2 tablespoons coconut oil (divided)
- 1 cup packed baby spinach
- 2 cloves garlic
- ¼ cup pecans
- 5 tablespoons nutritional yeast
- 2 tablespoons fresh lemon juice
- 1 ripe avocado
- Sea salt and black pepper to taste
- Pinch of cayenne pepper (optional)

DIRECTIONS

- Preheat oven to 450° F.
- Wipe mushrooms with a damp paper towel and remove the stem. Brush the top of the mushroom with 1 tablespoon of the coconut oil and place cap side down on a parchment lined baking sheet. Sprinkle with some sea salt.
- Bake for 8 minutes and then pour the liquid out of the caps and put back onto the baking sheet.
- For the filling, put everything else in the food processor except the avocado. Blend until smooth.
- Peel and pit the avocado and mash it up with a fork leaving some chunks. Stir together the filling and the chunky avocado, then taste and add sea salt and black pepper and pinch of cayenne pepper if desired.
- Spoon the filling into the mushrooms and warm in the oven for 5 minutes.
PART 4:

Soups
Simple Sweet ‘n Creamy Soup
By Andrea Santana

SERVES 4-6

INGREDIENTS

1 large sweet potato, peeled and cubed
1 yellow or white onion, diced
2 stalks celery, diced
1 cup sprouted adzuki beans
1 8-oz. brick organic sprouted tofu, cut into bite-sized cubes
4-6 cups organic chicken or vegetable stock
Savory herbs to taste — try rosemary, thyme, marjoram, or parsley
Fermented shoyu to taste
Baby greens to garnish

DIRECTIONS

• Place sweet potato, onion, celery, adzuki beans and stock in a large stock pot, using enough stock to cover.
• Bring to a boil, reduce heat, cover and simmer on low until adzuki beans are cooked, about 25 minutes.
• Add tofu and herbs during the last few minutes of cooking.
• Allow soup to cool slightly and process in a blender, working in batches, until smooth and creamy.
• Add shoyu and garnish with greens.
Detox Comfort Stew
By Ann Franciskovich

SERVES 4

INGREDIENTS

- 2 tablespoons olive oil
- 1 small red onion, diced
- 2 shallots, diced
- ½ apple, peeled and diced
- 1 sweet potato, peeled and diced (about 3 cups)
- 2 cups cauliflower, separated into florets
- 1 quart chicken or vegetable stock
- 1 cup baby spinach
- 1 cup baby kale
- Juice of 1 lemon (or more to taste)
- Sea salt to taste

DIRECTIONS

• Using a heavy-bottom stock pot, heat olive oil over medium high heat. Sauté the red onion, shallots and apple until they just start to brown, about 5-8 minutes.
• Add the sweet potato and cauliflower and stir for a minute or two.
• Add the stock and bring to a boil. Reduce heat, cover and simmer until the cauliflower and sweet potato are soft, about 15-20 minutes.
• Add the spinach and kale and stir until they are wilted.
• Purée all the ingredients using an immersion blender. If you prefer very smooth soup, transfer to a blender to purée, working in batches.
• Add sea salt and lemon juice to taste.

Variation: If you don’t like sweet potato, omit and add more cauliflower. You can also roast the cauliflower, onion and apple, tossed with the olive oil, in a 400° oven for 25 minutes, rather than sautéing them, add to the stockpot and proceed with recipe.
Easy Cauliflower Soup
By Amy Patiuk

SERVES 4-6

INGREDIENTS

- 1 tablespoon olive oil
- 1 medium onion, coarsely chopped
- 1 clove garlic, minced
- 1 head cauliflower, cut into florets
- 1 russet potato, cut into 1 inch cubes
- 4 cups organic chicken stock
- 2 tablespoons tahini
- Salt and pepper to taste
- Slivered almonds to garnish

DIRECTIONS

• Heat oil in a large pot over medium heat and sauté the onions and garlic until onions are translucent, about 5 minutes.
• Add cauliflower and potato and continue cooking, about 3 minutes.
• Add chicken stock, bring to a boil, reduce heat and simmer 20-25 minutes until potato is fork-tender.
• Add tahini.
• Using an immersion blender, blend the soup until smooth and velvety or transfer to a blender and purée.
• Season with salt and pepper and garnish with almonds. (For extra flavor, toast the almonds.)
Dr. Sara’s Detox Broth
By Sara Gottfried MD

SERVES 4

INGREDIENTS

- 4 cups bone broth from an organic chicken or filtered water
- 1-2 cups of two to five vegetables, roughly chopped, such as celery or celeriac, green beans, kale, chard with stems, zucchini, cabbage (I prefer purple for the rich color), onion
- 2 tablespoons fresh ginger root, minced
- 1 tablespoon fresh herbs such as parsley or tarragon
- Juice of one meyer lemon
- ½ teaspoon turmeric powder
- Maldon sea salt, to taste

DIRECTIONS

- Using a stock pot, place chopped vegetables and cover with bone broth or filtered water. Add ginger root. Bring to a boil, and then simmer for 40 minutes. When complete, add herbs, lemon juice, and turmeric powder.
- Strain broth and drink as much as you want when hungry throughout the day.
- Vegetables can be added to shakes if not too mushy, or puréed for a heartier soup.
- Will keep in refrigerator for 72 hours.
Kale and Bean Soup
From the Nourishing Kitchen of the Gottfried Institute Staff

INGREDIENTS

2 tablespoons extra-virgin olive oil
1 cup yellow onion, diced
2 large carrots, peeled and sliced
4 large garlic cloves, roughly chopped
1 (32 ounce) box low-sodium vegetable broth
4 cups kale, packed and chopped (any variety)
1 (14.5 ounce) can Italian-style diced tomatoes
2 tablespoons fresh rosemary, chopped
1 (14.5 ounce) can cannellini beans (no salt preferable), drained and rinsed
1 lemon, juiced and zested

DIRECTIONS

• In a large saucepan, heat olive oil over medium heat.
• Add onion and cook 3 minutes.
• Add carrots and cook 3 minutes
• Add garlic and cook 2 minutes longer.
• Add broth, kale, beans, tomatoes, sea salt, and rosemary and cover. Cook 5 minutes or until kale is tender.
• Add lemon zest and juice. Serve hot.
PART 5: Vegetables, Sides, and Main Dishes
Red Lentil Pâté with Tarragon
Adapted from The Vegan Gourmet by Mindy Toomay

SERVES 12 AS AN APPETIZER

INGREDIENTS

1 cup dried red lentils, rinsed and picked through
1 small yellow onion, chopped
2 bay leaves
5 cloves garlic
¼ cup fresh-squeezed lemon juice
3 tablespoons extra virgin olive oil
2 tablespoons dried tarragon
½ teaspoon salt
Several grinds black pepper

DIRECTIONS

• Bring 4 cups of water to boil in a saucepan and add the lentils, onion, and bay leaves.
• Reduce heat to medium-high and cook for about 10 minutes, until tender.
• Drain lentils and remove bay leaves.
• Place garlic in a food processor and pulse to mince.
• Add drained lentil mixture, lemon juice, oil, tarragon, salt, and pepper. Purée until smooth.
• Transfer to serving dish, cover, and refrigerate about an hour before serving.
• Serve with raw, sliced vegetables.
Mexy Fiesta Slaw
By Jessica Fashun

SERVES 2

INGREDIENTS

¼ purple cabbage, thinly sliced
1 medium zucchini, julienned
2 carrots, peeled and sliced thinly
3-4 scallions, light green and white parts, thinly sliced or chopped
1 jalapeño, chopped finely
(or less, to your taste)
¼-½ bunch cilantro, chopped
Juice of 1 small lime
1 tablespoon apple cider vinegar
1 tablespoon extra virgin olive oil or coconut oil
½ teaspoon salt
½ teaspoon Adobo seasoning or cumin

DIRECTIONS

• Place cabbage, zucchini, carrots, scallions, jalapeño pepper and cilantro in a large bowl, tossing to combine.
• In a separate bowl, whisk vinegar, oil, salt and seasoning.
• Pour dressing over vegetables and toss to coat.

Note: for quick prep use a mandolin or food processor to julienne and/or slice everything. You could also add cooked quinoa and black beans for a complete meal.

PRAISE FOR DR. SARA’S HORMONE RESET DETOX

I learned an important thing about my body during this cleanse, and that is, I feel much better and have no cravings with the elimination of gluten and sugar. My belly fat has decreased as well. I have more work to do and more weight to lose, but that’s ok. I feel like I know what to focus on and that is literally a relief.

— Meg Shan
Zucchini with Tomato Sauce
By Dorothy Martin

SERVES 4

INGREDIENTS

6 medium zucchini
1 lb. fresh tomatoes
1 ½ cups sun-dried tomatoes, chopped
½ cup fresh basil leaves, chopped
1 clove garlic, peeled
1 tablespoon lemon juice
¼ cup cold-pressed olive oil
Sea salt to taste

DIRECTIONS

• Peel zucchini into long, thin strips using a spiralizer, mandolin or vegetable peeler.
• Place “noodles” in a bowl, cover with a towel and let sit at room temperature for up to six hours to improve texture.
• To make the sauce, place fresh and sundried tomatoes, basil, garlic and lemon juice in a food processor and pulse until just combined.
• With motor running, drizzle in the olive oil and process to combine.
• Season to taste with sea salt and toss with zucchini “noodles.”

Note: Sometimes I add Yves Ground Round made from veggies for added protein.
Broccoli Delight
By Rae Pellegatti

SERVES 4

INGREDIENTS

- 4 cups steamed broccoli, cut into florets
- 2 avocados, chopped
- 2 cups cherry tomatoes, halved or quartered depending on size
- ½ cup red onion, diced
- 1 tablespoon apple cider vinegar
- 1 tablespoon cumin or curry powder

DIRECTIONS

- Place broccoli, avocado, tomato and onion in a large bowl.
- In a small bowl mix vinegar and cumin.
- Pour dressing over vegetables, tossing to coat.
- Chill for at least 20 minutes before serving.

Variations: Add 4 tablespoons dulse flakes and 2 cups cooked quinoa
Everything But the Kitchen Sink Superfood Salad
By Nicole Anziani

SERVES 4

INGREDIENTS
1 15-oz. can organic adzuki beans, rinsed and drained
2 cups organic heirloom grape tomatoes
4 pickled beets
½ cup cooked quinoa
8 cups organic arugula
½ cup hummus (I prefer jalapeño style)
½ cup spicy kimchi
16 Greek or Spanish olives
1 container Brocco-Sprouts
1 avocado, sliced
Apple cider vinegar to taste
Olive oil to taste

DIRECTIONS
• Set out 4 bowls for each individual salad.
• Evenly divide the adzuki beans, tomatoes, beets and quinoa between the bowls.
• Top each with 2 cups arugula.
• On top of each salad mixture, add 2 tablespoons hummus, 2 tablespoons kimchi, 4 olives, a handful of Brocco-Sprouts and ¼ sliced avocado.
• Drizzle with vinegar and a dash of olive oil

Variation: For added protein include smoked salmon or mackerel.
Probiotic Kelp Bowl
By Meghan Marfise
www.blissfullybalancedlife.com

SERVES 4

INGREDIENTS

- 4 cups of greens of your choice
- 3 to 4 cups of cooked millet (or quinoa)
- 2 avocados, sliced
- 2 cups of kimchi (more if desired)
- 4 hard boiled eggs, sliced
- 4 tomatillos diced (optional)
- ¼ cup tamari
- ½ cup (give or take) hot chili sesame oil
- 2 tablespoons (give or take) sesame seeds (optional)
- 2-3 teaspoons of kelp granules
- 2-3 teaspoons of chia or hemp seeds (optional)
- 2-3 teaspoons of seaweed rice seasoning blend (found at Asian markets; I use Yasai Fumi Furikake)

DIRECTIONS

- Divide greens and millet between 4 plates or bowls.
- Top each with ¼ of the avocado and 1 hard boiled egg.
- Top with kimchi and sprinkle with tomatillos.
- Drizzle tamari and sesame oil over each bowl.
- Mix together sesame seeds, kelp granules, chia or hemp seeds, and seaweed seasoning blend. Sprinkle over salads.
Grilled Veggies with Quinoa

By Vicki Bernstein

SERVES 4

INGREDIENTS

**Quinoa**
- 2 cups quinoa, soaked for 1 hour and rinsed
- 1 ½ tablespoons extra virgin olive oil
- 2 shallots, minced
- 2 garlic cloves, minced
- ½ red bell pepper, seeded and finely diced
- Salt and pepper to taste

**Veggies**
- 1 large tomato, cut in half
- ½ lb. asparagus, trimmed
- 1 medium zucchini, halved lengthwise
- 1 large avocado, halved
- 2 tablespoons extra virgin olive oil
- ¼ teaspoon fresh thyme

**Garnish**
- A bed of fresh mixed greens
- 3/4 cup black, or Kalamata olives
- Toasted walnuts
- 4 large leaves fresh basil, rolled then cut into strips.

**Dressing**
- 3 ½ tablespoons extra virgin olive oil
- 1 ½ tablespoons balsamic vinegar
- 1 ½ tablespoons lemon juice
- Salt and pepper to taste

DIRECTIONS

- Place quinoa in a large saucepan and cover with lightly salted water. Cook for 15 minutes or until dry and fluffy. Remove to a large bowl and cool.
- Heat oil in skillet over medium heat, and sauté the shallots, garlic and red pepper until soft, about 5 minutes. Season with salt and pepper to taste, transfer to the quinoa and mix well.
- Heat grill or grill pan to medium.
- Place the veggies on a baking sheet and brush well with oil. Grill the veggies about 5 -7 minutes. Place the grilled veggies on a cutting board, add thyme and chop vegetables into bite size pieces.
- Place a bed of greens on a large platter, top with the quinoa, place the veggies on the quinoa and add the garnish (olives, toasted walnuts, basil) on the top.
- Whisk the olive oil, vinegar, and lemon together and pour over the salad. Season with salt and fresh black pepper to taste.
Tiny Jewels Salad
From the Nourishing Kitchen of the Gottfried Institute Staff

INGREDIENTS

2 heads broccoli (1 bunch), stems removed
1 head cauliflower, stems removed
2½ cups carrots
½ cup sunflower seeds
½ cup pomegranate seeds (or substitute with red grapes)
½ cup finely chopped fresh parsley and or mint
4-6 tablespoons fresh lemon juice, to taste
Sea salt and pepper to taste
Kelp granules (optional), to taste

DIRECTIONS

• In a food processor (or chop by hand) process the broccoli (no stems) until fine. Add into large bowl.
• Process the cauliflower (no stems) until fine and add into bowl.
• Do the same with the carrots.
• Stir in the sunflower seeds, pomegranate seeds and herbs.
• Add lemon juice and seasonings to taste.

“You are what you eat eats.”
– Michael Pollan, In Defense of Food
Savory Kale Salad
By Bridget Boland

SERVES 4

INGREDIENTS

1 bunch kale, finely chopped into bite sized pieces
1 red pepper, chopped
½ cup toasted pine nuts
½ cup black or Kalamata olives, chopped
2 tablespoons chopped fresh mint
2 tablespoons jalapeño pepper, minced
1 avocado
¼ cup olive oil
Juice of 2 fresh lemons
Salt and pepper to taste

DIRECTIONS

• To prepare dressing: mash avocado in a small bowl. Add olive oil and lemon juice and whisk well. Add salt and pepper.
• Place remaining ingredients in a large salad bowl. Add dressing and mix thoroughly.
Tahini Roasted Whole Cauliflower
By Susan Stein-Lippman

SERVES 4

INGREDIENTS

1 head of cauliflower (leaves removed)
1 cup tahini
Zest and juice of 1 lemon
¼ teaspoon of cumin
½ teaspoon garlic powder
Salt and pepper to taste

DIRECTIONS

• Preheat oven to 400°F.
• Wash cauliflower and trim off all leaves, and cut bottom level.
• In a small bowl, mix tahini, lemon zest and juice, cumin, garlic powder, salt and pepper to taste.
• Line a baking sheet with parchment paper or foil. Drizzle olive oil or grapeseed oil on the pan so the cauliflower will not stick.
• Massage tahini mixture over the cauliflower. Any unused marinade can be used as salad dressing or dip later.
• Roast in oven for 40 minutes or until just fork tender.
Snip Snip Salad
By Sandhan

SERVES 4

INGREDIENTS

1 lb of leafy green vegetables (rocket, spinach, kale, lettuce, beetroot tops, mustard greens)
Herbs (cilantro, parsley and a couple of leaves of mint)
Mixed sprouts (mustard cress or sunflower sprouts)
A few edible flowers (chives, nasturtiums and calendula marigolds)
A few nasturtium leaves, chopped, for extra bite.
1 small lebanese cucumber, sliced
1 carrot, grated
1 avocado, mashed
Sprinkle of Dukkha (toasted ground sesame and cumin) (optional)
Macadamia Oil
Tahini
Lemon Juice
Himalayan salt to taste

DIRECTIONS

• Simply take the pound of leafy green vegetables and herbs of your choice and a pair of scissors and snip them into a salad bowl. Keep snipping until you have considerably reduced the volume but not so much that you can't identify the individual ingredients.

• Add the cucumber, carrot and avocado.

• Serve with a dressing of your choice but I used macadamia oil, tahini and lemon juice with a touch of Himalayan salt.

• Green beans, asparagus or cabbage can be added.

Variation: For added protein include cold Peri Peri chicken or a couple of hard boiled eggs.
PART 6:
Fish, Seafood, and Poultry
Roasted Tomatillo Salmon with Kabocha-Kale Salad
By Melanie Smith

SERVES 4

INGREDIENTS

Kabocha-Kale Salad:
1 kabocha squash, thinly sliced
2 tablespoons of olive oil
3 cloves of garlic, minced
1 bunch of kale, stemmed and leaves chopped
¼ cup pumpkin seeds
2 tablespoons balsamic vinegar

Salmon:
4 four-oz. filets of wild sockeye salmon
1 tablespoon olive oil
1 lemon, cut into 4 thin slices
1 teaspoon cumin powder
¾ teaspoon cayenne powder

Salsa:
10 tomatillos, husked removed, rinsed and quartered
1 avocado, peeled and chopped
1 small jalapeño, seeded and chopped
½ bunch of cilantro, chopped
2 cloves of garlic, quartered
Celtic sea salt, to taste

DIRECTIONS

• Preheat oven to 350°.
• Place a steamer basket in a medium saucepan with water and bring to a boil.
• Place kabocha in steamer basket, cover and steam until tender, about 15-20 minutes. Set aside.
• Meanwhile place salmon on a baking sheet or in ceramic baking dish.
• Brush the salmon filets with olive oil and top each with lemon slices, a pinch of cumin and a pinch of cayenne.
• Bake until opaque in center, about 12 minutes
• While salmon bakes and squash steams make tomatillo salsa: place tomatillos, avocado, jalapeño, cilantro and garlic in a food processor or blender and pulse to combine. Add sea salt to taste. Set aside.
• Heat olive oil in a skillet over medium heat. Add garlic and cook 1-2 minutes until just beginning to brown. Add kale and sauté, tossing often until just wilted, about 5 minutes.
• Place salmon on plate and top with tomatillo salsa.
• Serve alongside kabocha squash, layered in a pinwheel, topped with kale and sprinkled with pumpkin seeds and vinegar.
Dr. Sara’s Spicy Tuna Bowl with Vegetables
By Sara Gottfried MD

SERVES 4

INGREDIENTS
2 cups chopped cabbage (mixture of purple and Napa is best)
1 cup diced red bell pepper
1 tablespoon lemon or lime juice
¼ cup chopped cilantro
Cilantro to taste
16 to 20 ounces sushi-grade ahi tuna
3 tablespoons sesame seeds
2 avocados, quartered
2 carrots and/or Jerusalem artichokes, sliced or julienned, or other vegetable

Optional:
To make the curtado spicier, add 1 tablespoon diced jalapeño and/or a few drops of chili oil

Cook enough quinoa to make 2 cups, and add to the bottom of each bowl

DIRECTIONS
• Make curtado by tossing ingredients together in a bowl.
• Coat edge of tuna in sesame seeds
• Slide tuna into small squares, approximately 1 by 2 inches in size.
• Sear tuna lightly in a hot pan with spray coconut oil
• Assemble each bowl: Start with vegetables at the bottom (julienned carrots and/or Jerusalem artichokes), add tuna to one side, add avocado to the other side, and top with curtado

Note: Quinoa is a seed, not a grain! If you’re trying to lose weight, limit to ½ cup per day or less to keep net carbs between 25 and 49 grams per day.

“For entertaining, I cut the ahi smaller, about 1 by 1 inch, and put it on top of a flax or vegetable cracker with a small spoonful of curtado. Find my favorite brands include Flackers and Lydia’s dehydrated vegetable crackers, or sliced carrots, jicama, or other vegetables. If you have mercury toxicity, substitute sashimi-grade salmon. It’s perfect for a cocktail party.”
— Dr. Sara
Heavenly Quinoa
By Trish Ricardi

SERVES 4

INGREDIENTS

1 cup uncooked quinoa
2 cups water or organic broth
Pinch of sea salt
4 pieces of smoked wild salmon
¼ cup extra-virgin olive oil
2 tablespoons balsamic vinegar, red wine vinegar or apple cider vinegar
1 teaspoon organic grade B maple syrup (optional)
1 teaspoon spicy brown mustard
½ teaspoon smoked paprika
½ teaspoon turmeric
½ teaspoon ground chipotle
½ red bell pepper chopped
¼ medium red onion, thinly sliced
¼ cup sliced mushrooms
¼ cup broccoli
¼ cup chopped kale and spinach
¼ cup arugula
Avocado slices
Cilantro or parsley to taste

DIRECTIONS

• Combine the quinoa, water or broth and salt in a medium saucepan. Bring the water to a boil; when water begins to boil, reduce the heat to low and cover the pan. Simmer, covered for 15 minutes (all the water may not be absorbed). Remove from heat and let stand for 5 minutes covered, or until the remaining water is absorbed. Remove the lid and gently fluff the quinoa. Set aside to cool.

• In a bowl, whisk together the olive oil, vinegar, mustard, maple syrup, turmeric, smoked paprika and chipotle. Set aside.

• In a large bowl, toss the cooked quinoa and all vegetables. Toss with the dressing and top with the smoked salmon.

• Serve at room temperature or chilled.

Variation: You can substitute salmon for tempeh or organic chicken or fish.

PRAISE FOR DR. SARA’S HORMONE RESET DETOX

Dr Sara’s Detox is well laid out and has helped me in so many ways. I had never done a detox, wasn’t too excited to get rid of my coffee and wine… But wow, I have learned so much and feel good. The bonus is happier joints and losing 20 pounds. Yup, 20!

— Renee Lyttle
Rosemary Grilled Chicken and Lemons with Middle Eastern Quinoa Salad

By Pamela Morgan

SERVES 4

INGREDIENTS

Chicken:
4 lemons, 2 juiced, 2 halved
2 tablespoons olive oil
1 tablespoon fresh rosemary leaves
1 clove garlic, minced
1 teaspoon smoked paprika
2 bone-in, skin-on chicken breasts
Salt and pepper to taste
Olive oil, for grill

Quinoa Salad:
3 cups chicken or vegetable stock (or water)
2 cups quinoa
1 bunch kale, stemmed and leaves finely chopped
1 teaspoon coarsely ground cumin
1 teaspoon coarsely ground coriander
¼ cup olive oil
1 clove garlic, minced
2 tablespoons apple cider vinegar
1 tablespoon Dijon mustard (optional)
1 pomegranate, seeded
Zest and juice from 1 orange
Salt and pepper, to taste

DIRECTIONS

• In a small bowl mix juice from 2 lemons, olive oil, rosemary, garlic and paprika.
• Place chicken in large bowl or baking dish and pour marinade over. Season with salt and pepper and let marinate for at least 30 minutes, ideally overnight.
• Preheat oven to 400°.
• Heat grill pan over high heat and oil lightly. Add chicken breasts, skin side down, and lemon halves, cut side down. Cook until dark grill marks are achieved. Flip chicken and grill on opposite side until charred. Transfer to oven until cooked to 165°, about 15-20 minutes. Serve chicken with grilled lemons for squeezing.
• Meanwhile bring stock to a simmer in a medium sauce pot. Add quinoa and cook 7-8 minutes, covered. Add kale to pot and cover. Cook until quinoa is done and kale is wilted, 7-8 more minutes. Set aside.
• In the meantime, toast cumin and coriander in a small sauté pan over medium heat until fragrant. Add olive oil and garlic, and cook until garlic softens, about 3 minutes. Remove from heat and whisk in apple cider vinegar and mustard, if desired.
• Toss together quinoa, kale, pomegranate seeds, orange juice, and orange zest. Drizzle warm vinaigrette over mixture and season to taste with salt and pepper.
• Serve alongside chicken.
Chicken Curry in a Hurry
From the Nourishing Kitchen of the Gottfried Institute Staff

INGREDIENTS

1 lb of boneless chicken thighs
1 can of coconut milk (BPA free can)
1 cup chicken broth or filtered water with some sea salt
3 tablespoons curry paste
1 onion
4 heads bok choy
½ head cabbage
2 handfuls spinach

DIRECTIONS

• Pour coconut milk and broth into a crock-pot.
• Add curry paste.
• Stir until dissolved.
• Cut chicken thighs into one-inch cubes and add them to the pot.
• Chop all vegetables into bite-sized pieces and add them to pot.
• Cover and cook on low for 4 hours.
• Garnish with fresh cilantro, a squeeze of fresh lemon or a tablespoon of grated fresh ginger for even more of a kick.
Asian Chicken Salad
with Ginger Sesame Dressing

By Sarah Rusby

SERVES 4

INGREDIENTS

3 free-range chicken breasts, poached and shredded
½ head of green or napa cabbage, sliced
2 organic carrots, shredded
2 organic red bell peppers, sliced thinly
1 cup cilantro leaves, chopped
3 green onions, finely sliced
2 stalks organic celery, finely sliced
1 ¼ cup sliced almonds, toasted
3 tablespoons tamari wheat-free soy sauce
1 ¼ cup toasted sesame oil
1 ¼ cup macadamia or avocado oil
3 tablespoons white vinegar, or lime juice
1 shallot
3” piece of ginger, peeled and sliced

DIRECTIONS

• Toss all salad ingredients together.
• Put all dressing ingredients into a food processor or blender and process.
White Bean Chicken Chili

By Peggy Meyer

SERVES 4

INGREDIENTS

2 boneless skinless chicken breasts, cubed
¼ teaspoon garlic salt
¼ teaspoon black pepper
1 tablespoon olive oil
1 medium onion, chopped
2 garlic cloves, minced
½ green pepper, diced
½ orange pepper, diced
4 ounces mushrooms, diced
1 jalapeño pepper, seeded and chopped
1 teaspoon dried oregano
½ teaspoon ground cumin
1 can (15 oz.) white beans, rinsed and drained (divided)
3–4 cups chicken broth (divided)
¾ cup celery, diced
1 ½ cups of carrots, diced
1 cup kale, chopped
1 avocado, sliced

DIRECTIONS

• Sprinkle chicken with salt and pepper. In a large skillet over medium heat, brown chicken in oil.
• Stir in the onion, garlic, peppers, mushrooms and jalapeño; cook 2 minutes longer.
• Sprinkle with oregano and cumin; cook 1 minute longer or until chicken is browned and vegetables are tender. Transfer to a 3-qt. slow cooker.
• In a small bowl, mash 1 cup of beans; add ½ cup of chicken broth and stir until blended.
• Add to the slow cooker with the remaining beans, broth, carrots, celery and kale.
• Cover and cook on low for 3 to 3 ½ hours or until chicken is tender.
• Stir before serving. Garnish with sliced avocado

“It’s time to reset your hormones with your fork.”
— Sara Gottfried MD, New York Times bestselling author of The Hormone Cure and The Hormone Reset Diet