





PLANT-BASED and PLANT PARADOX MENU - WITH VARIOUS OPTIONS PER DAY

OPTIONS	BREAKFAST	RECIPES	CALORIES	PICTURES
OPTION 1 - SMOOTHIE #1	<p>Kiwi Spinach Smoothie</p> <p>Source: Dinners Dishes and Desserts</p> <p>https://dinners-dishesand-desserts.com/kiwi-spinach-smoothie/</p>	<p>Serving Size 1</p> <p>INGREDIENTS</p> <p>2 kiwi peeled and halved 1/2 banana 1 cup baby spinach 1/2 cup vanilla yogurt (coconut or sheep yogurt) 2 tablespoon ground flax seed, (optional) 1/2 cup apple juice 10-12 ice cubes</p> <p>INSTRUCTIONS</p> <p>1. Place all the ingredients into a blender. 2. Blend until smooth</p>	218 cal/serving	
OPTION 2 - SMOOTHIE #2	<p>Dark Chocolate Smoothie</p> <p>Source: YouTube video: Ancient Nutrition https://www.youtube.com/watch?v=9nU9n-wljGCs</p>	<p>INGREDIENTS</p> <p>1 1/2 cups almond milk (90 cal) 1 teaspoon cocoa powder (10 cal) 1 1/2 teaspoons coconut oil (60 cal) 3 pitted dates (70 cal) 1 scoop of protein chocolate flavour (e.g. organic plant-based hemp powder). 4 to 6 ice cubes Mix</p>	350 cal/serving	


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OPTION 3 - YOGURT Recipe to make your own yogurt below	Coconut Yogurt Source: YouTube: Dr Gundry's video https://www.youtube.com/watch?v=ri-w5SxlfhZQ	1/4 cup blueberries (20 cal) <i>(or any other berries: e.g. raspberries (16 cal), strawberries (12 cal) or blackberries (15 cal)) or you can add 1 tablespoon pomegranate powder</i> 1 cup coconut yogurt <i>(e.g. Yoso Brand or Silk is what I usually take) (130 x 2 calories = 260 cal)</i> 1/4 tsp vanilla extract (3 cal) 2 crushed toasted walnuts (50 cal) You can add stevia if too tangy...	333 cal	


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<p>OPTION 4</p> <p>YOGURT</p> <p>How to make coconut milk yogurt</p> <p>Easy, vegan, and gluten-free coconut yogurt with just 2 ingredients and 1 bowl!</p> <p>Thick, rich, tangy, creamy, and perfect for snacking!</p>	<p>Coconut Milk Yogurt</p> <p>Source: Minimalist Baker</p> <p>https://minimalistbaker.com/easy-2-ingredient-coconut-yogurt/#wprm-recipe-container-34676</p>	<p>How to make coconut milk yogurt.</p> <p>Servings (6 servings of 1/4-cup servings) Does it keep? 7 Days</p> <p>2 INGREDIENTS ONLY 1 14-ounce can full fat coconut milk* (Aroy-D Coconut Milk) 2 capsules vegan-friendly probiotic* (they need to be capsules, not pills, which have to be crushed, see below for recommendations // capsules can be easily opened and emptied)</p> <p>ADD-INS <i>optional</i> Maple syrup, stevia, or agave nectar for sweetening Vanilla extract or vanilla bean powder <u>Fruit or Fruit Compote</u></p> <p>INSTRUCTIONS</p> <ul style="list-style-type: none"> It's important to select a coconut milk that's creamy and smooth (not grainy or clumpy) to ensure that the yogurt is creamy and smooth. Our favorite brands are: Savoy Coconut Cream, Aroy-D Coconut Milk, and Whole Foods 365 full fat (BPA-free). Native Forest Full Fat (BPA-free) isn't as creamy, but it still makes tasty yogurt. We would not recommend Trader Joe's (BPA-free), which was recently reformulated and is now chunky/grainy. Shake your coconut milk well. Then open and pour into a clean, sterilized, dry glass jar or bowl. You can easily sterilize clean jars by rinsing thoroughly with boiling water and letting dry completely. Just let them cool back down to room temperature before adding ingredients. For jars, I like this one from Weck. Sometimes the coconut milk is separated, so after adding it to the jar, I stir with a whisk to get it completely smooth. 	<p>120 cal / per serving: 1/4-cup or 4 tablespoon.</p>	


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OPTION 4 YOGURT (Cont'd)	Coconut Milk Yo- gurt (Cont'd) Source: Minimalist Baker	(Con'td) <ul style="list-style-type: none"> Empty your probiotic capsules (see brand recommendations below) into the yogurt and (important:) use a wooden or plastic spoon to stir, not metal, as a metal spoon can react negatively with the probiotics. Stir until creamy and smooth, pushing the probiotic up against the side with your spoon to evenly disperse. Cover the mixture with cheesecloth (or a very thin, clean dish towel - something that lets air in but keeps bugs out) and secure with a rubber band. Let the yogurt activate for at least 24 hours and up to 48 hours (sometimes longer - 48 hours is my sweet spot for thickness and tang) in a warm place. The longer it rests, the tangier the yogurt will become. In warmer climates and summer it's easy to make yogurt if your house is warm (75 degrees F / 23 C and above). But in cooler climates or seasons, place the yogurt in the oven with the light on (do not turn on the oven), where it <i>should</i> have the right amount of heat to activate. That's it! Once the yogurt has reached the right amount of tanginess and thickness for your liking (be sure to sample with a wooden spoon), cover securely with a lid and refrigerate until cold. Refrigerating will also thicken the yogurt even more, almost to a Greek yogurt consistency (depending on the brand of coconut milk you used)! For even thicker yogurt, line a fine mesh strainer with two layers of cheesecloth and set over a mixing bowl. Pour in the yogurt, then loosely cover with a lid or plastic wrap and let rest in the refrigerator overnight or for 12+ hours. It should thicken up quite a bit more. 	120 cal / per serving: 1/4-cup or 4 tablespoon.	


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OPTION 3 B) YOGURT (Cont'd)	Coconut Milk Yo- gurt (Cont'd)	<ul style="list-style-type: none"> You have coconut yogurt (!!), which can be enjoyed plain as I prefer it, with fruit, or even with Fruit Compote. You can also add a bit of sweetener or flavor at this point, such as maple syrup and/or vanilla extract. Store covered in the refrigerator for several days (mine kept for 7 days). You'll know it's gone bad when the smell is off-putting or there is mold. <p>Notes</p> <ul style="list-style-type: none"> My go-to probiotic is Renew Life Ultimate Flora 50 billion. However, the company does not confirm whether or not it is vegan. So a good vegan option is Jarrow Probiotic 10 billion, which I tested with the yogurt and it worked well! Keep in mind, one bottle of probiotics can not only be used to make dozens of batches of yogurt, but can also be taken orally for good digestive health! Nutrition information is a rough estimate calculated without add-ins or sweeteners, using full fat coconut milk. Method heavily adapted from the amazing Laura Miller! Recipe updated 7/24/17 after another round of testing and troubleshooting! Recipe makes 1 1/2 cups yogurt. 	120 cal / per serving: 1/4-cup or 4 tablespoon.	


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OPTION 4 YOGURT (Cont'd)	Coconut Milk Yo- gurt (Cont'd) Source: Minimalist Baker	(Con'td) Nutrition (1 of 6 servings) Serving: 1 quarter-cup servings Calories: 120 Carbohydrates: 2 g Protein: 1 g Fat: 12 g Saturated Fat: 10 g Trans Fat: 0 g Cholesterol: 0 mg Sodium: 25 mg Sugar: 1 g	120 cal / per serving: 1/4-cup or 4 tablespoon.	


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OPTIONS	BREAKFAST	RECIPES	CALORIES	PICTURES
OPTION 5 - OMELETTE	Mushroom Spinach Omelette (Paleo and Gluten Free) Source: That Girl Cooks Healthy https://thatgirl-cookshealthy.com/spinach-mushroom-omelette/	For 2 servings INGREDIENTS 3-4 large eggs free range if possible 1 cup of mushrooms vertically sliced 1/4 tsp of garam masala (it's a blend of ground Indian spices) 1/2 tsp of black pepper 2 tsp of chives 1 cup of spinach tightly packed 1 small onion sliced 1/8 tsp of himalayan pink salt olive oil for frying INSTRUCTIONS <ul style="list-style-type: none"> • Whisk the eggs, garam masala, black pepper, salt, chives together then set aside. • Heat through a medium sized frying pan with olive oil, on medium heat. • Sautee the onions for 1-2 minutes, then add the mushrooms and cook until lightly golden. • Carefully fold in the spinach and stir until the spinach begins to wilt then scrap out the entire content into a small bowl and set aside. • Under low-medium heat, add a small amount of olive oil and pour the egg mixture into the frying pan. • Cook/set the omelette by using an egg spatula to lift the side of the omelette and tilt so the egg runs over the sides. • On one half of the omelette layer with the mushrooms, spinach and onions. • Cover the omelette with a plate/lid to allow the steam from the pan to cook it through for 2 minutes. • Fold over the other half of the omelette onto the vegetables. • Use an egg lifter to remove the omelette and serve accordingly. 	306 cal per serving	


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OPTIONS	BREAKFAST	RECIPES	CALORIES	PICTURES
OPTION 5 - OMELETTE (Cont'd)	Mushroom Spinach Omelette (Cont'd)	(Con'td) Notes <ul style="list-style-type: none"> • This omelette is free from gluten and paleo friendly, as well as being vegetarian. • Whisk the eggs together. Whisking helps to really incorporate the whites and the yolks. There should be no white or yellow strands and the mixture should be light yellow that's a little frothy. • Be sure to add the oil to the pan before adding the egg mixture. If you don't the eggs can stick and you won't be able to remove it from the pan in one piece. • Cook the omelette on a low-medium heat. If the pan is too hot the underneath will burn. • I used a 24cm frying/skillet you use a larger pan then increase the eggs inclusion by 1-2 eggs 	306 cal per serving	


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OPTION 6 - OEUF	Oeuf et Asperge Source: Ambra Torelli Little bites of Beauty https://www.littlebitesofbeauty.com/healthy-asparagus-omelette-gluten-free/	Serving: 2 INGREDIENTS (669 cal) 1 bunch of Asparagus (40 cal) 4 free range Eggs (70 cal/egg x 4 = 280) 2 tbsp full fat Coconut Milk (35/cal in 1 tbsp x2= 70 cal) 4 thin slices of Prosciutto di Parma (Optional - see notes below) (2 slices/80 cal x 2 = 160 cal) 1 tbsp Extra Virgin Olive Oil (119 cal) 1/4 tsp Himalayan Salt (or flavored salt, I used a mix of Herb and Balsamic Vinegar flavored salts) 2 sprigs of Fresh Thyme 1 tsp Balsamic Glaze INSTRUCIONS 1. Wash the asparagus, grease a non stick pan with olive oil and, when it starts to sizzle, arrange the asparagus on the bottom of the pan like you see in the photos. Cover the pan with a lid and let cook on medium heat for a 3 to 4 minutes. 2. In the meantime, crack the eggs in a small bowl, add in the coconut milk and a pinch of salt and beat them with a whisker until they foam a little. 3. Pour the egg mixture over the asparagus, put the lid back on and finely chop the prosciutto on a cutting board until you have crumbs of it. 4. Sprinkle the prosciutto bits over your healthy asparagus omelette and cook for 4 more minutes, always with the lid on. 5. Top your omelette with some fresh thyme, a pinch of flavored salt and a drizzle of Balsamic glaze, cut it in half and serve over a bed of baby spinach seasoned with extra virgin olive oil and salt.	334 cal	


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OPTIONS	BREAKFAST	RECIPES	CALORIES	PICTURES
OPTION 6 - OEUF (Cont'd)	Oeuf et Asperge (Cont'd)	<p>Notes: Prosciutto is an Italian dry-cured ham that is usually thinly sliced and served uncooked; this style is called <i>prosciutto crudo</i> in Italian (or simply <i>crudo</i>) and is distinguished from cooked ham.</p> <p>Despite thousands of years of curing, Prosciutto di Parma has always been 100% natural, containing no additives, preservatives or hormones. Aged twice as long as many other prosciuttos, Prosciutto di Parma creates a depth of flavor. There's no prosciutto with the same delicate, savory-sweet taste and buttery texture.</p>	334 cal	


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OPTIONS	BREAKFAST	RECIPES	CALORIES	PICTURES
OPTION 7 - MILLET	Millet Porridge Source: Erin Alderson https://naturallyella.com/creamy-millet-porridge/	Serving: 2 bowls Cook Time: 20 minutes INGREDIENTS strawberries 2 cups quartered strawberries (56 cal x 2 = 112 cal) 2 teaspoons maple syrup (18 cal x 2 = 36 cal) 1/8 teaspoon ground cardamom MILLET INGREDIENTS 2 teaspoons unsalted butter (32cal x 2 = 64 cal) 1 cup uncooked millet (286 cal) 2 cups of almond milk (30 cal) 1 cup water 1/8 teaspoon salt Hemp seeds (19 cal per teaspoon), for topping Maple syrup (1 teaspoon 18 cal), for topping INSTRUCTIONS 1. Preheat oven to 375° F. Toss strawberries with maple syrup and cardamom. Roast for 15-20 minutes or until strawberries are soft and juicy. 2. In a coffee grinder or blender, pulse millet. Millet should be roughly half grain, half flour consistency. 3. Heat a small skillet or pan over medium-low heat. Add the butter and melt. Stir in the millet and lightly toast for 3-4 minutes. 4. Add the milk and water. Bring to a boil, reduce to a simmer, cover, and cook for 15-20 minutes. Stir the porridge occasionally to check consistency. Millet should be porridge consistency and grain pieces should be soft. If grains are not soft, add a bit more milk and continue to cook until grains are tender. 5. Serve with roasted strawberries, a bit of heavy cream or milk, and a sprinkle of hemp seeds.	282 cal per serving	


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OPTIONS	BREAKFAST	RECIPES	CALORIES	PICTURES
OPTION 7 - MILLET (Cont'd)	Millet Porridge (Cont'd)	<p>(Con'td)</p> <p>Tips & Tricks: Swap the milk/water for whatever your favorite alternative milk is or use all milk for a creamier consistency.</p> <p>Nutrition: see the information. Calories 514 /2 servings = 257 cal/per serving; Fibre: 14.3; Protein 13.5</p> <p>INSTRUCTIONS</p> <ol style="list-style-type: none"> 1. Preheat oven to 375° F. Toss strawberries with maple syrup and cardamom. Roast for 15-20 minutes or until strawberries are soft and juicy. 2. In a coffee grinder or blender, pulse millet. Millet should be roughly half grain, half flour consistency. 3. Heat a small skillet or pan over medium-low heat. Add the butter and melt. Stir in the millet and lightly toast for 3-4 minutes. 4. Add the milk and water. Bring to a boil, reduce to a simmer, cover, and cook for 15-20 minutes. Stir the porridge occasionally to check consistency. Millet should be porridge consistency and grain pieces should be soft. If grains are not soft, add a bit more milk and continue to cook until grains are tender. 5. Serve with roasted strawberries, a bit of heavy cream or milk, and a sprinkle of hemp seeds (19 cal for 1 teaspoon). <p>Tips & Tricks: Swap the milk/water for whatever your favorite alternative milk is or use all milk for a creamier consistency.</p> <p>Stock up: get the pantry ingredients you will need: strawberries, millet, hemp seeds</p>	282 cal per serving	


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OPTION 8 - BREAD #1	<p>Coconut and Almond Bread</p> <p>Source: AZ Life Cooking: https://www.youtube.com/watch?v=QSAx-wOLAGfU</p> <p>Barely Bread is a Good bread option if you wish to buy your bread:</p> <p>https://www.barelybread.com/</p>	<p>How to make your own bread</p> <p>DRY INGREDIENTS 2 cups almond flour 2/3 cup coconut flour 3 tablespoons psyllium husk powder 1 tablespoon baking powder 1 rounded teaspoon sea salt</p> <p>WET INGREDIENTS 1 cup egg whites 1/2 cup applesauce 3/4 cup water 3 tablespoons apple cider vinegar</p> <p>INSTRUCTIONS Preheat oven 400 degrees. Whisk together the dry ingredients. In a separate bowl whisk the wet ingredients until frothy add the wet ingredients to the dry ingredients and knead/squeeze with your hands for about 1 minute. Let dough rest for about 2-5 minutes then shape into a loaf and place in a 7 3/4 x 3 3/4 x 2 3/4 inch pan (or similar size). Bake at 400 degrees for 1 hour and 15-20 minutes. Cool in pan 5-10 minutes. Allow to cool completely before cutting.</p> <p>NOTE: To ensure bread raises like it should, don't pack too much flour into your measuring cups. When baking gluten free recipes, spoon in the cup and level it with the back of a knife to get a better measurement. The bread should turn out better. Advice from a retired baker.</p>	167 CAL per serving (1 slice)	


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OPTIONS	BREAKFAST	RECIPES	CALORIES	PICTURES
OPTION 8 - (CONT'D)	Bread (Cont'd)	<p>(Con'td)</p> <p>Dr. Steven Gundry reinforces what many people have been hearing for a while now: That sensitivity to gluten is real, even in people who don't have celiac. Gundry says that people should avoid it to reduce their risk of inflammation that might lead to weight gain.</p> <p>Dr. Gundry is a crusader against lectins – a plant-based protein, which can cause damage to your stomach and intestines – of which gluten is just one variety. He says that if you must eat bread, it should be Barely Bread.</p> <p>The name really says it all: It contains almond flour, almond butter, and coconut oil – and absolutely no grains, soy or yeast.</p> <p>Last week, a study revealed that many gluten-free products are actually more likely to lead to obesity than say, their whole wheat, counterparts because they contain more saturated fat and less protein than foods that do contain gluten. The biggest offenders were gluten-free flours, biscuits, breads, and pastas.</p> <p>To be fair, Barely Bread does contain 3 grams of protein per slice – the same as a slice of whole wheat bread – meaning that if you are trying to avoid gluten, this bread substitute does have comparable nutritional value.</p> <p>Still, if you're skeptical of Dr. Gundry's recommendation, you might be in the right: Earlier this month, the British Medical Journal revealed that people who don't have celiac that eat a gluten-free diet aren't actually reducing their risk of heart disease at all. In fact, cutting out whole grains altogether could put them at greater risk for heart problems. Barely Bread is inarguably good for you, so there's no harm in trying it out. Just remember to consult your own doctor before you decide to stop eating grains altogether.</p>	167 CAL per serving (1 slice)	


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OPTIONS	BREAKFAST	RECIPES	CALORIES	PICTURES
OPTION 9 - MILLET CAKES	<p>Thoroughly Modern Millet Cakes</p> <p>SOURCE: Big Oven https://www.bigoven.com/recipe/pp-thoroughly-modern-millet-cakes/1995536</p> <p>HUMANFOOD-BAR https://humanfoodbar.com/plant-paradox-recipes/?fbclid=IwAR3AYKLHdxBxGiwPQd-PbCoiWUa6nX-IZQyWoi-WSYA2vZ6Rk-UOn0zXfL-lqqqs</p>	<p>Serves 4 Cook time: 10 minutes</p> <p>INGREDIENTS 1/2 cup millet (207 cal) 2 cups vegetable stock or water 3/4 teaspoon sea salt, preferably iodized (or Diamond Crystal Kosher salt) 1/4 cup chopped red onion 1/4 cup chopped carrots 1/4 cup chopped basil 1 cup chopped mushrooms 1 clove garlic, chopped 1/2 teaspoon Italian seasoning 2 tablespoons extra-virgin olive oil or perilla oil 1 pastured egg (or omega-3), beaten 1 tablespoon coconut flour</p>	261 calories per serving	


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OPTIONS	BREAKFAST	RECIPES	CALORIES	PICTURES
OPTION 9 - MILLET CAKES (CONT'D)	Thoroughly Modern Millet Cakes (CONT'D)	<p>(Con'td)</p> <p>INSTRUCTIONS</p> <p>In a large dry saucepan, toast the millet over medium heat for about 5 minutes, stirring or shaking frequently, until golden brown and fragrant. Do not burn. Slowly add the vegetable stock and salt, being careful not to get burned from the rising steam. Stir and bring to boil. Lower the heat to simmer, cover the pan, and cook for about 15 minutes, until all the water is absorbed.</p> <p>Remove from the heat and let stand covered for 10 minutes, then fluff with a fork. Meanwhile, place the onion, carrots, basil, mushrooms, garlic, and Italian seasoning in a food processor fitted with the S-blade and pulse into fine pieces.</p> <p>Place 1 tablespoon of the oil in a large skillet over medium heat, add the vegetable mixture, and sauté for 3 to 4, minutes, until tender. Transfer to a large bowl. Wipe the skillet clean with a paper towel. Add the millet, beaten egg, and coconut flour to the mixing bowl. Stir to combine and thicken.</p> <p>With greased hands, form the mixture into 2-inch balls, and then press down with the palm of your hand to form into 12 patties. Add the remaining 1 tablespoon oil to the skillet. Add the patties and sauté over medium heat for 5 minutes per side. Drain on a paper-towel-covered plate before serving.</p> <p>VEGAN VERSION: Replace the egg with 1 VeganEgg.</p>	261 calories per serving	


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		<p>(Con'td)</p> <p>The author of this recipe mentioned that he was one of the world's experts on the dietary treatment of the ApoE4 gene, which 30 percent of all people carry. It is unfortunately named the Alzheimer's gene. Nigerians have the highest proportion of this gene in their population, but they have a very low incidence of dementia, a fact often attributed to their mostly plant-based diet. Their grain of choice is millet which is free of lectins.</p> <p>I have spent the last fifteen years formulating user-friendly vegetarian recipes for the large population with the ApoE4 gene, so here is a great way to consume millet three patties with a salad make a complete meal.</p>	261 calories per serving	


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OPTION 10 - BARS	<p>Carrot Cake Millet Breakfast Bars</p> <p>Source: Power Hungry</p> <p>https://www.powerhungry.com/2018/01/carrot-cake-millet-break-fast-bars-v-gf/</p>	<p>INGREDIENTS</p> <p>3 cups water 1/2 cup uncooked millet 1 cup nondairy milk (or dairy, as desired) 1 and 1/2 cups semi-packed shredded peeled carrots (about 3 medium) 1/3 cup flaxseed meal 1/4 cup raisins, chopped 1 and 1/2 tablespoons coconut sugar 1 and 1/2 teaspoons pumpkin pie spice 1 teaspoon vanilla extract 1/2 teaspoon fine sea salt</p> <p>INSTRUCTIONS</p> <ul style="list-style-type: none"> • In a medium saucepan, bring the water to a boil. Add the millet; reduce heat to low, and simmer, uncovered, for 45 to 50 minutes or until the millet is plumped up and almost all of the water is absorbed. • While millet simmers, line a 9-inch baking pan with foil or parchment. Spray the sides (otherwise the bars will stick to paper/foil). Preheat oven to 375F. • Remove saucepan from heat and stir in the remaining ingredients. Pour and spread into prepared pan. • Bake in the preheated oven for 50 to 60 minutes until golden brown and firm at the center. Transfer to a cooling rack and cool completely. • Remove from pan and cut into 9 squares. Serve cooled, chilled, or rewarm in the microwave for 15 to 45 seconds, as desired. <p>Storage: Store the cooled bars in an airtight container in the refrigerator for up to 1 week or freezer for up to 6 months.</p> <p>NUTRITION INFORMATION: YIELD: 9 SERVING SIZE: 1 bar Amount Per Serving: CALORIES: 94</p>	94 cal per bar	


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OPTIONS	LUNCH	RECIPES	CALORIES	PICTURE
OPTION 1 - SALAD	<p>Arugula salad with Chicken and Lemon Vinaigrette</p> <p>SOURCE: DR. GUNDRY</p> <p>And</p> <p>Humanfoodbar</p> <p>https://humanfood-bar.com/plant-paradox-recipes/?fbclid=IwAR3AYKL-HdxBxGiwPQdPb-CoiWUa6nXIZQy-WoiWSYA2vZ6Rk-UOn0zXfL-lqqs</p>	<p>Serves 1 Total time: 15 minutes</p> <p>CHICKEN INGREDIENTS 1 tablespoon avocado oil 4 ounces boneless, skinless pasture-raised chicken breast, cut into 1/2-inch-thick strips (137 cal) <i>If you can't find pastured chicken, look for Mary's Free-Range Pasture Raised Air Chilled Chicken.</i> 1 tablespoon freshly squeezed lemon juice 1/4 teaspoon sea salt, preferably iodized Zest of 1/2 lemon (optional)</p> <p>DRESSING INGREDIENTS 2 tablespoons extra-virgin olive oil 1 tablespoon freshly squeezed lemon juice Pinch sea salt, preferably iodized</p> <p>SALAD INGREDIENTS 1 1/2 cups arugula Sauteed mushrooms (optional)</p> <p>INSTRUCTIONS MAKE THE CHICKEN. Heat the avocado oil in a small skillet over high heat. Place the chicken strips in the hot pan and sprinkle with the lemon juice and salt. Sauté the chicken strips for about 2 minutes; turn them and sauté for another 2 minutes, until cooked through. Remove from the pan and reserve.</p> <p>MAKE THE DRESSING. Combine the ingredients in a mason jar with a tight-fitting lid. (Double the ingredients if making two batches.) Shake until well combined.</p>	437 cal	


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OPTIONS	LUNCH	RECIPES	CALORIES	PICTURE
OPTION 1 - SALAD (Cont'd)	Arugula salad with Chicken and Lemon Vinaigrette (Cont'd)	<p>(Cont'd)</p> <p>TO SERVE. Toss the arugula in the dressing and top with the chicken, adding the lemon zest, if desired.</p> <p>VEGAN VERSION: Replace the chicken with grain-free tempeh, hemp tofu, or a cauliflower “steak,” a 3/4-inch-thick cauliflower slice seared over high heat in avocado oil until golden brown on both sides.</p> <p>VEGETARIAN VERSION: Same as above or substitute acceptable Quorn products.</p>	437 cal	


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OPTION 2 - SOUP #1	Cabbage soup (8 portion)	<p>INGREDIENTS</p> <p>1 tablespoon of olive oil (119 cal) 2 medium onions (40 cal x 2 = 80 cal) 1/2 a cup of sliced carrots (41 cal) 6 cups of sliced cabbage (18 cal x 6 = 108) 6 cups of chicken (38 cal) or stock (86 cal) or vegetable stock (13 cal) Salt and pepper to taste Cayenne pepper to taste</p> <p>You can add some Magic Noodles Shirataki Tofu Noodles (Magic Noodles is the brand I usually buy) (40 cal for 1 package)</p> <p>You can add some protein: 2 medium sliced chicken breasts (284 cal approx.) or 24 small shrimps (127 cal)</p> <p>What are Shirataki noodles? They are translucent, gelatinous traditional Japanese noodles made from the konjac yam (devil's tongue yam or elephant yam). They are very low in digestible carbohydrates and calories, and have little flavor of their own. Shirataki noodles come in dry and soft "wet" forms in Asian markets and some supermarkets. When purchased wet, they are packaged in liquid. They normally have a shelf life of up to one year. Dry-roasted noodles can be served in soup stock or a sauce.</p> <p>Les vermicelles shirataki sont composées en grande partie d'eau et de glucomannane, une fibre alimentaire soluble dans l'eau, ces pâtes sont très faibles en glucides assimilables et en calories, et sont relativement insipides par elles-mêmes. Avec seulement 15 calories par portion de 113 g, cet aliment est parfois utilisé pour perdre du poids.</p>	<p>758 cal for the whole recipe including chicken</p> <p>94 cal per serving/bowl</p>	



PLANT-BASED and PLANT PARADOX MENU - WITH VARIOUS OPTIONS PER DAY

OPTIONS	LUNCH	RECIPES	CALORIES	PICTURE
OPTION 3 - SOUP #2	<p>Sweet Potato Coconut Soup</p> <p>Source: Spark Recipes</p> <p>https://recipes.sparkpeople.com/recipe-detail.asp?recipe=1911609</p>	<p>Number of Servings: 6</p> <p>INGREDIENTS 5 medium sweet potatoes 1.5 tbsp olive oil 1 medium onion chopped 3 tbsp butter (ghee) 2 cans pure unsweetened coconut milk light Salt and pepper chopped parsley to garnish</p> <p>INSTRUCTIONS Bake sweet potatoes Once baked take out of skins and cube saute onions and garlic in butter till translucent add chicken broth, coconut milk (2 cans) and sweet potatoes. bring to a boil, then simmer for 30 minutes. Puree to texture you'd like.. Garnish with parsley</p> <p>Serving Size: 2 cups</p> <p>Number of Servings: 6</p> <p><i>Recipe submitted by SparkPeople user URSAPLUTO.</i></p>	<p>297 cal per serving</p>	

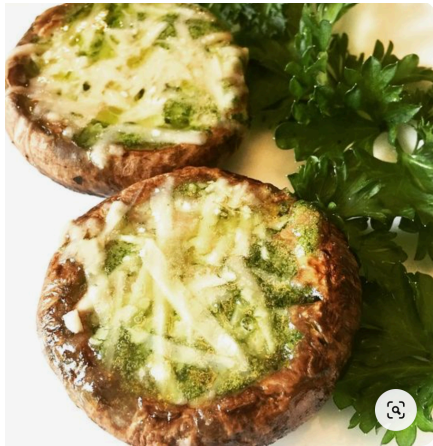
PLANT-BASED and PLANT PARADOX MENU - WITH VARIOUS OPTIONS PER DAY

OPTIONS	LUNCH	RECIPES	CALORIES	PICTURE
OPTION 4 - SOUP #3	Creamy Cauliflower or Broccoli Soup SOURCE: NATURAL FOOD PANTRY https://naturalfood-pantry.ca/blogs/appetizers/creamy-cauliflower-or-broccoli-soup	Creamy Cauliflower or Broccoli Soup Serving: 2 INGREDIENTS (643 cal) 2 tbsp avocado oil (124 cal x 2 = 248 cal) 2 tsp chopped garlic (5 cal x 2 = 10 cal) 2 cups chopped leeks (64 cal) 1/2 tsp salt 1 medium head cauliflower (132 cal) or broccoli (110 cal) or mix of both 1 litre of vegetable soup broth (13 cal/cup x 4 = 52 cal) 1/4 cup blanched almonds, whole or slivered (137 cal) 3 tbsp chives and handful of sprouts to garnish INSTRUCTIONS 1. Heat oil in a soup pot on medium. 2. Add garlic, leeks and salt. Cook until soft. 3. Add cauliflower and/or broccoli. Sautee for 2-3 minutes. 4. Add Soup broth, bring to a boil and then simmer 20 mins until cooked. 5. Let cool slightly. Add almonds. Process in a blender until creamy. 6. Garnish with chives and sprouts	321/serving	

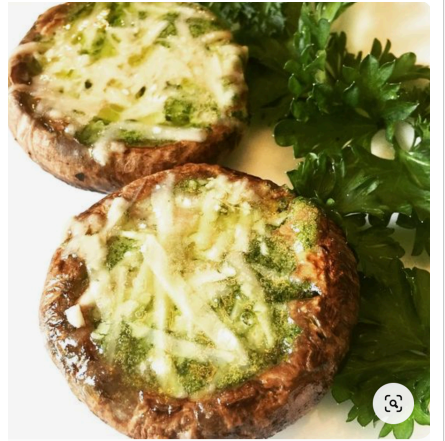
PLANT-BASED and PLANT PARADOX MENU - WITH VARIOUS OPTIONS PER DAY

OPTIONS	LUNCH	RECIPES	CALORIES	PICTURE
OPTION 5 - SALAD #3	Baby kale and arugula salad (4 servings)	INGREDIENTS 2 cups baby kale (45 cal x 2 = 90 cal) and arugula (5 cal x 2 = 10 cal) 1/4 cup artichoke hearts (canned, rinse well) (29 cal) 1/2 cup broccoli slaw (165 cal) 1/2 avocado (130 cal) or 1 once grated Pecorino-Romano cheese (110 cal) 1 hard-boiled egg (77 cal) 1 tablespoon finely chopped toasted hazelnuts (190 cal) <u>Vinaigrette:</u> 2 tablespoon Classic Balsamic Vinaigrette (14 cal x 2 = 28 cal) 1/2 cup extra-virgin olive oil (955 cal) 1/4 cup balsamic vinegar (53 cal) 1/4 cup lemon juice (15 cal) 1 1/2 tsp mustard 1 clove crushed garlic (4.5 cal) 1 tsp minced fresh rosemary	438 cal per serving	
OPTION 6 - BLACK BEAN SALAD #4	Sorghum and Black Bean Salad (4 servings) Use Eden Brand Beans (they are pressure cooked and therefore the lectin is destroyed). Just rinse and they are ready to go!	INGREDIENTS 2 cups bag of sorghum (632 cal per cups x 2 = 1264) 32 ounces (4cups) water 3 cups pressure-cooked garbanzo beans (Eden Brand, drained or homemade) (220 cal per cup x 3 = 660 cal) 4 celery stalks sliced (22 cal) 1 red onion diced (48 cal) 1 cup minced flat leaf parsley (22 cal) 2 cups minced cilantro (4 cal x 2 = 8 cal) Juice of 6 limes (11 cal per squeezed lime x 6 = 66 cal) Zest of 2 limes 1/4 cup extra-virgin olive oil (477 cal) 1/2 teaspoon cayenne pepper Iodized sea salt, to taste	2567 cal for the whole recipe 641 cal per serving/bowl	


PLANT-BASED and PLANT PARADOX MENU - WITH VARIOUS OPTIONS PER DAY

OPTIONS	LUNCH	RECIPES	CALORIES	PICTURE
OPTION 7 - STUFFED MUSHROOM #2	<p>Stuffed Mushroom</p> <p>Source: Caroline</p> <p>https://carolines-plantbaseddiet.com/plant-based-stuffed-mushrooms/</p> <p>Servings: 4</p>	<p>This recipe was inspired by Caroline but I made a few modifications.</p> <p>INGREDIENTS (589 cal for 4 mushrooms) Olive oil cooking spray (25 cal/spray x 4 = 100 cal) 4 large mushrooms such as Portobello (26 cal x 4 = 104 cal) 2 tablespoons olive oil (119 cal) 1 onion finely chopped (41 cal) stalks of the mushrooms finely chopped (104 cal) Optional: You can add chopped spinach 2 garlic cloves crushed, then finely chopped or (1 tablespoon minced garlic) (4 cal/clove x 2 = 8 cal) 1/2 tsp oregano 15 g fresh parsley finely chopped (5 cal) black pepper and Diamond Crystal Kosher salt to taste 6 chives sliced finely 1/4 cup grated Parmesan (108 cal)</p> <p>INSTRUCTIONS</p> <ul style="list-style-type: none"> Wash the portabello mushrooms, remove the stalks and place on baking tray with two tablespoons of water (or spray the mushroom caps with olive oil cooking spray on both sides). Place the oven rack in the middle of the oven. Bake in the oven at 180 degrees celcius/356F for 10 minutes. While they're baking make the stuffing as follows: Fry the onion in an inch of water for three minutes over medium heat, add more water if it evaporates. You can also add 1 tablespoon of olive oil add stir until onions are golden. Add the garlic and chopped mushroom stalks (Optional: you can add a few fresh chopped spinach) and cook for another two minutes. Add parsley, red pepper, oregano, kosher salt and black pepper. Stir until all the ingredients are mixed together, and hold well without falling apart. You may need to add more water to help the mixture stick together. 	147 cal/mushroom	


PLANT-BASED and PLANT PARADOX MENU - WITH VARIOUS OPTIONS PER DAY

OPTIONS	LUNCH	RECIPES	CALORIES	PICTURE
OPTION 7 - STUFFED MUSHROOM #2 (Cont'd)	Stuffed Mushroom (Cont'd)	(Cont'd) <ul style="list-style-type: none"> • Evenly distribute the mixture among the mushrooms topped with parmesan. • Return the mushrooms to the oven, add more water if it's evaporated to the baking tray and bake for a further 10-15 minutes. You want the mixture to have a nice crunchy top. • Add the chives then serve. • You can serve on a bed of baby gem lettuce with chives and avocado. 		


PLANT-BASED and PLANT PARADOX MENU - WITH VARIOUS OPTIONS PER DAY

OPTIONS	DINNER	RECIPES	CALORIES	PICTURE
OPTION 1 - CABBAGE & VEGGIES	Lemony Brussel Sprouts, Kale and Onions with Cabbage Steak	Use any of the many types of kale. Unless you're using baby kale, remove the stems before chopping. (There is no need to remove the stems or chop baby kale.)	412.5 cal/serving	
	<p>Source: Human-FoodBar</p> <p>https://humanfood-bar.com/plant-paradox-recipes/?fbclid=IwAR3AYKL-HdxBxGiwPQdPb-CoiWUa6nXIZQy-WoiWSYA2vZ6Rk-UOn0zXfL-lqq5</p>	<p>Serves 1</p> <p>INGREDIENTS</p> <p>2 tablespoons avocado oil (124 cal x 2 = 248 cal) or you can use avocado oil spray to help spread the oil around.</p> <p>One 1-inch-thick red cabbage slice (50 cal)</p> <p>1/4 teaspoon plus 1 pinch sea salt, preferably iodized</p> <p>1/2 red onion, thinly sliced (20 cal)</p> <p>1 cup brussels sprouts, thinly sliced (38 cal)</p> <p>1 1/2 cups chopped kale (36 cal/cup + 18 = 54 cal)</p> <p>1 tablespoon freshly squeezed lemon juice (2.5 cal)</p> <p>Extra-virgin olive oil (optional)</p> <p>INSTRUCTIONS</p> <p>Heat a skillet over high heat. When it is hot, add 1 tablespoon of the avocado oil, reduce heat to medium, and sear the cabbage slice until it is golden brown on one side, about 3 minutes. Flip and brown it on the other side. Season with the pinch of salt, move to a plate, and cover to keep warm.</p> <p>Wipe the skillet clean with a paper towel and return to the stove top. Heat 2 tablespoons of the avocado oil in the skillet over medium heat. Add the onion and brussels sprouts. Sauté until tender, about 3 minutes.</p> <p>Add the remaining 1 tablespoon avocado oil, the kale, and lemon juice, and sauté for another 3 minutes, until the kale is wilted. Season with the 1/4 teaspoon salt. To serve, top the cabbage "steak" with the sautéed vegetables. Add a drizzle of olive oil, if desired.</p>		


PLANT-BASED and PLANT PARADOX MENU - WITH VARIOUS OPTIONS PER DAY

OPTIONS	DINNER	RECIPES	CALORIES	PICTURE
OPTION 1 - CABBAGE & VEGGIES (CONT'D)	Lemony Brussel Sprouts, Kale and Onions with Cabbage Steak (Cont'd)	(Con'td) Picture of Cabbage Steak	412.5 cal/serving	


PLANT-BASED and PLANT PARADOX MENU - WITH VARIOUS OPTIONS PER DAY

OPTIONS	DINNER	RECIPES	CALORIES	PICTURE
OPTION 2 - CHICKEN & TABOULEH	<p>Moroccan Spiced Chicken with Millet Tabouleh</p> <p>Source: The Plant Paradox Cookbook</p> <p>Also found at Epicurious https://www.epicurious.com/recipes/food/views/moroccan-spiced-chicken-with-millet-tabbouleh</p> <p>Also found at Meal Planner Pro https://mealplannerpro.com/member-recipes/Moroccan-Spiced-Chicken-with-Millet-Tabbouleh-1065506</p> <p>Also found at Dr. Darlene Thomas https://www.drdarlenethomas.com/2019/06/13/moroccan-spiced-chicken-with-millet-tabbouleh/</p>	<p>This twist on classic tabbouleh paired with grilled seafood, meat, or tempeh is wonderful.</p> <p>For the chicken INGREDIENTS 2 cups coconut yogurt, plain Juice of one lemon Zest of lemon Zest of one orange 1/2 teaspoon cinnamon 1/2 teaspoon cumin 1/2 teaspoon paprika 1/2 teaspoon black pepper 1/2 teaspoon Turmeric 1/2 teaspoon iodized sea salt 4 pasture-raised chicken thighs</p> <p>For the tabbouleh INGREDIENTS 2 cups cooked millet 1/2 cup minced parsley 1/2 cup minced mint 1/4 cup minced dill 1 teaspoon iodized sea salt 1 tablespoon extra virgin all of oil Juice of one lemon 1/4 cup red wine vinegar</p>	584 cal per serving	


PLANT-BASED and PLANT PARADOX MENU - WITH VARIOUS OPTIONS PER DAY

OPTIONS	DINNER	RECIPES	CALORIES	PICTURE
OPTION 2 - CHICKEN & TABOULEH (CONT'D)	Morroccan Spiced Chicken with Millet Tabouleh (Cont'd) Source: Also found @creative inmykitchen - a recipe for Tabbouleh with Millet and Hemp Hearts https://creativeinmykitchen.com/tabbouleh-with-millet-and-hemp-hearts/	(Con'td) INSTRUCTIONS <ol style="list-style-type: none"> 1. Marinate the chicken: in a large Ziploc bag, combine the yogurt, lemon juice, lemon zest, orange zest, and spices. Add the chicken, and marinate for at least one hour. (If using temporary, use the same marinade, but for 30 minutes.) 2. Preheat the oven to 375°F, prepare a broiler pan or a sheet tray with wire rack by spring with oil. Set aside. 3. Make the tabouleh: combine all ingredients in a large bowl, and stir well. Let the flavors meld for at least 20 minutes (which is perfect, since you need that time to cook the chicken). 4. Remove chicken of bread and parentheses or tempeh) for marinade, pat dry with paper towels, and the range on the prepared baking sheet. If your chicken has skin, place it's going down. 5. Bake the chicken for 20 to 25 minutes, then flip and bake for an additional 10 to 15 minutes, skin side up, and tell me it has reached 6. 165°F and skin is crisp. Remove from heat, and left rest five minutes before serving. 7. If using tempeh: bake for 12 to 15 minutes, flipping occasionally, until crispy. Remove from heat and serve immediately. <p>To make it vegetarian, use about a pound of tempeh, cut into thick slices.</p>	584 cal per serving	


PLANT-BASED and PLANT PARADOX MENU - WITH VARIOUS OPTIONS PER DAY

OPTIONS	DINNER	RECIPES	CALORIES	PICTURE
OPTION 3 - CABBAGE, KALE WITH SALMON	Cabbage Kale Sautéed Salmon Avocado Source: Human Foodbar https://humanfoodbar.com/plant-paradox-recipes/?fbclid=IwAR3weTaaf-Q5NrABRBpTHvU-JbePalg9_ku3n-b6T0eBexzelKqkr-JP8EI0Tkk Andi Lewis https://www.copymethat.com/r/3oWLJyB/cabbage-kale-saute-with-salmon-and-avoca/ And https://www.facebook.com/Healthy1Truth/posts/186123475305559/	INGREDIENTS 1/2 <u>avocado</u> diced (130 cal) 3 tablespoons freshly squeezed lemon juice (2.5 cal/tbsp = 7.5 cal)) 4 pinches sea salt, preferably iodized 3 tablespoons avocado oil (124 cal/tbsp = 372 cal) to reduce calories use Avocado oil spray (25 cal/2 sec spray x 4 = 100 cal) 1 1/2 cps finely sliced green cabbage (21 cal/cup = 31 cal) 1/2 medium red onion, thinly sliced (41 cal/onion = 20 cal) 3 ounces wild-caught Alaska salmon (143 cal) INSTRUCTIONS Toss the diced avocado in 1 tablespoon of the lemon juice and season with a pinch of salt. Heat a skillet over medium heat. When it is hot, add 2 tablespoons of the avocado oil and the cabbage and onion. Saute until tender, about 10 minutes. Add 1 tablespoon avocado oil to the skillet raise heat to high and add the remaining 2 tablespoon lemon juice and the salmon. Sear the salmon, flipping after 3 minutes, until cooked through, about 6 minutes total. Season with the remaining pinch salt. To serve, top the sautéed kale, cabbage and onions with and avocado. Vegan Version: Replace the chicken with grain-free tempeh, hemp tofu, or cauliflower “steak” in a ¾ inch-thick cauliflower slice seared over high heat in avocado oil until golden brown on both sides. Vegetarian Version: Same as above or substitute acceptable Quorn product.	431 cal	


PLANT-BASED and PLANT PARADOX MENU - WITH VARIOUS OPTIONS PER DAY

OPTIONS	DINNER	RECIPES	CALORIES	PICTURE
OPTION 4 A) - RICED CAU- LIFLOWER	Roasted Broccoli with Rice cauliflower and Sautéed Onions	<p>Serves 1</p> <p>INGREDIENTS</p> <p>1/2 head medium cauliflower riced (25 cal/cup - i.e. 12 cal) 1 tablespoon avocado oil (124 cal) 1 tablespoon freshly squeezed lemon juice (2.5 cal) 1/4 teaspoon curry powder 1 pinch sea salt, preferably iodized</p> <p>Broccoli 1 1/2 cups cut-up broccoli florets (55 cal/cup - i.e 82 cal) 1 1/2 tablespoons avocado oil (124 cal/tbsp - i.e 186 cal) 1 pinch sea salt, preferably iodized</p> <p>Curried onions 1/2 tablespoon avocado oil (62 cal) 1/2 red onion, thinly sliced (20 cal) Pin sea salt.</p> <p>INSTRUCTIONS</p> <p>Heat the oven to 375 degree F Saute the cauliflower in a medium skillet with 1 tablespoon of the avocado oil, the lemon juice, curry powder, and a pinch of salt until tender, 3 to 5 minutes. Do not let it get mushy by overcooking. Transfer the cauliflower rice to a plate and keep warm. Wipe the skillet clean with a paper towel.</p> <p>Put the broccoli in a Pyrex dish with 1 tablespoon of the avocado oil. Roast in the oven for 15 minutes, stirring twice, until tender. Season with a pinch of salt. Reheat the skillet over medium heat. When it is hot, add the remaining 1/2 tablespoon avocado oil and the sliced onion and sauté until tender, stirring frequently, for about 5 minutes. Season with a pinch of salt.</p> <p>To serve, place the cauliflower rice on a plate and top with the broc-</p>	488.5 cal/serving	
	<p>Source: HumanFoodBar</p> <p>https://humanfood-bar.com/plant-paradox-recipes/?fbclid=IwAR3AYKL-HdxBxGiwPQdPb-CoiWUa6nXIZQy-WoiWSYA2vZ6Rk-UOn0zXfL-lqqS</p>			


PLANT-BASED and PLANT PARADOX MENU - WITH VARIOUS OPTIONS PER DAY

OPTIONS	DINNER	RECIPES	CALORIES	PICTURE
OPTION 4 B) - RICED CAU- LIFLOWER (CONT'D)	Roasted Broccoli with Rice cauliflower and Sautéed Onions (Cont'd)	(Con'td) Optional: You can add some beef to your dinner. Eat only grass-fed, pasture-raised beef. See the Chipotle Flank Steak Recipe below.		


PLANT-BASED and PLANT PARADOX MENU - WITH VARIOUS OPTIONS PER DAY

OPTIONS	DINNER	RECIPES	CALORIES	PICTURE
OPTION 4 C) STEAK	<p>Chipotle Flank Steak Recipe</p> <p>Source: Dr. Gundry</p> <p>https://gundrymd.com/chipotle-flank-steak-recipe/?fbclid=IwAR0sm8q-ZxsP3JhhGF_Zl-Hvfk0FeHS5alfv-F4HRvn0mM-mFt-IYNDZIEiA-dM</p>	<p>Serves: 4</p> <p>INGREDIENTS (1190 cal)</p> <p>3 Tablespoons extra-virgin olive oil (119 cal/tbsp = 357 cal) To cut calories you could use extra-virgin olive oil cooking spray (119 cal). 3 Tablespoons lime juice (2.5 cal/tbsp = 7.5 cal) Zest of one lime 1 Tablespoon Dijon mustard (5 cal) 1 garlic clove, minced 1 teaspoon ground cumin 1 tablespoon sauce from canned chipotles en adobo OR 1 table-spoon pure chile powder 1 cup plain goat's milk yogurt (170 cal) 1 grass-fed flank steak (about 1 ¼ pounds) (703 cal/1 lb + 186 cal/1/4 pound - i.e 889 cal) Sea salt to taste</p> <p>INSTRUCTIONS</p> <ol style="list-style-type: none"> 1. Combine all ingredients except the steak and sea salt in a re-sealable zip-top plastic bag. Seal bag and shake to mix well. 2. Add steak and press air out of the bag, making sure the meat is well coated in marinade. Let marinate AT LEAST one hour, or as long as 8. 3. Preheat a grill or skillet over high heat. 4. Remove steak from marinade, pat dry, and sprinkle with salt. 5. Grill to desired doneness — medium rare is about 4 minutes per side — and let rest for 5 minutes before serving. 6. Slice steak against the grain into thin, diagonal slices. Serve 4 oz of meat per person. <p>And there's your steak! Now, the best thing about this particular recipe is its versatility. Since you're making a larger piece to start, you're sure to have plenty of leftovers... and since this recipe tastes good hot OR cold, it's as nice on a salad as it is hot.</p>	297.5 cal/serv- ing of 4 oz	


PLANT-BASED and PLANT PARADOX MENU - WITH VARIOUS OPTIONS PER DAY

OPTIONS	DINNER	RECIPES	CALORIES	PICTURE
OPTION 4 C) STEAK (CONT'D)	Chipotle Flank Steak Recipe (Cont'd)	<p>(Con'td)</p> <p>Notes: As many of you know, Dr. Gundry only eats beef a few times a year. Lean beef can be a wonderful source of protein when eaten in extreme moderation and when you stick to his two simple rules...</p> <p><u>Rule #1: Eat only the correct serving size.</u></p> <p>A serving of meat – whether it's beef, lamb or fish – should be no more than 4 oz—about the size of the palm of your hand.</p> <p><u>Rule #2: Eat only grass-fed, pasture-raised beef.</u></p> <p>“Big Agriculture” started feeding livestock with grains to save money and increase production, but we’re the ones paying the price with our health.</p> <p><i>Here's why this change has been so harmful...</i></p> <p>Grass-fed beef has a natural, balanced ratio of omega-6 fats to omega-3 fats – the ratio is about 3:1, which is perfect. But when your ratio is any higher than 4:1, you start getting serious health problems: heart disease, hypertension, arthritis, and more.</p> <p>And the fact is, modern, grain-fed beef can have a ratio of 20:1 or even higher! Grain-fed beef is deficient in healthy omega-3s but it's loaded with omega-6s, which are extremely unhealthy at these high levels.</p> <p>And you are what you eat. Meaning, if you eat grain-fed beef (even if the label says 'organic or free-range), you're eating loads of toxic, gut-destroying lectins.</p>	297.5 cal/serving of 4 oz	


PLANT-BASED and PLANT PARADOX MENU - WITH VARIOUS OPTIONS PER DAY

OPTIONS	DINNER	RECIPES	CALORIES	PICTURE
OPTION 4 C) STEAK (CONT'D)	Chipotle Flank Steak Recipe (Cont'd)	<p>Let's face it... grass-fed beef is far healthier, it's leaner, and it tastes better. I tell my patients to switch to grass-fed beef exclusively, because their health is worth the extra expense.</p> <p>However, it is more expensive than grain-fed beef, and that's where Dr. Gundry's recipe today for Chipotle Flank Steak comes in handy. Flank steak is as tasty and tender as a ribeye or strip steak, but often a third of the price – or even less. And by adding one tenderizing ingredient to the marinade — goat's milk yogurt — you'll end up with the most succulent flank steak you've ever eaten.</p> <p>[Note: If you're not a big fan of beef, you should STILL save this recipe. The marinade is great on pasture-raised chicken, wild salmon, and grilled veggies, too.]</p>	297.5 cal/serving of 4 oz	


PLANT-BASED and PLANT PARADOX MENU - WITH VARIOUS OPTIONS PER DAY

OPTIONS	DINNER	RECIPES	CALORIES	PICTURE
OPTION 5 - PIZZA	Spinach pizza with cauliflower crust Source: Human-FoodBar https://humanfood-bar.com/plant-paradox-recipes/?fbclid=IwAR3AYKL-HdxBxGiwPQdPb-CoiWUa6nXIZQy-WoiWSYA2vZ6Rk-UOn0zXfL-lqq	<p>Serving: 2 (i.e. 2 slices each)</p> <p>CRUST Extra-virgin olive oil for greasing the pan (1 tsp = 4/2 sec spray - 119 cal) 1 small head cauliflower, cut into small florets (25 cal) 1 pastured or omega-3 egg, lightly beaten (86 cal) 1/2 cup shredded buffalo or goat mozzarella (171 cal) 1/2 teaspoon sea salt, preferably iodized 1/2 teaspoon cracked black pepper 1/2 teaspoon dried oregano</p> <p>TOPPING 3/4 cup shredded buffalo or goat mozzarella 1/2 cup cooked and drained spinach Chopped vegetables of your choice (optional) 1/4 cup grated Pecorino-Romano cheese Pinch sea salt, preferably iodized</p> <p>Rice the cauliflower. You will have approximately 3 cups. Transfer to a microwave-safe dish and microwave on high for 8 minutes, until cooked. Allow to cool, stirring occasionally. Place a rack in the middle of the oven. Heat the oven to 450 degree F. Grease a 10-inch oven-proof frying pan with olive oil.</p> <p>Place the cooled riced cauliflower in a dishtowel, and twist and squeeze to remove all the moisture. Transfer to a mixing bowl. Add the egg, mozzarella, salt, pepper, and oregano. Mix well.</p> <p>Press the mixture evenly in the frying pan over medium heat on the stove top, drip the cauliflower crust for a few minutes. Transfer to the oven and bake for 15 minutes, until golden. Let cool for 5 minutes and add the topping.</p> <p>Scatter the mozzarella evenly over the pizza base and spread the spinach. Add any additional vegetables. Sprinkle with the Pecorino</p>	401 cal/pizza 100 cal /slice	


PLANT-BASED and PLANT PARADOX MENU - WITH VARIOUS OPTIONS PER DAY

OPTIONS	DINNER	RECIPES	CALORIES	PICTURE
OPTION 6 - CHICKEN AND TABBOULEH	Moroccan spiced chicken with Tabbouleh	<p>MOROCCAN SPICED CHICKEN MARINATE FOR 30 MINUTES</p> <p>Preheat the oven to 375 degrees F. Remove chicken from marinade, pat dry with paper towels and cook on baking sheet for 20 to 25 minutes. Flip and cook for an additional 10-15 minutes or until meat has reached 160 degrees F.</p> <p>MARINADE</p> <p>2 cups coconut yogurt plain Juice of 1 lemon Zest of 1 lemon Zest of 1 orange 1/2 teaspoon cinnamon 1/2 tsp cumin 1/2 tsp paprika 1/2 tsp black pepper 1/2 tsp tumeric 1/2 tsp iodized sea salt 4 pasture-raised chicken thighs</p> <p>FOR THE TABBOULEH</p> <p>2 cups cooked millet 1/2 cup minced parsley 1/2 cup minced mint 1/2 cup minced dill 1 tsp iodized sea salt 1 tbsp extra-virgin olive oil Juice of 1 lemon 1/4 cup red wine vinegar (Let flavours meld 20 minutes)</p>	584 cal per serving	



PLANT-BASED and PLANT PARADOX MENU - WITH VARIOUS OPTIONS PER DAY

OPTIONS	DINNER	RECIPES	CALORIES	PICTURE
OPTION 7 - PAD THAI	Pad Thai Gluten Free, Keto and Paleo Source: Gnom-Gnom website https://www.gnom-gnom.com/keto-chicken-satay-noodle-bowl/	INGREDIENTS 1 package <u>shirataki fettuccini noodles</u> * (e.g. Miracle Noodle Brand are my favorite) 1 1/2 tablespoons fish sauce 1 1/2 tablespoons coconut aminos 2 tablespoons xylitol or organic erythritol (this sugar substitute) 1/4 teaspoon <u>blackstrap molasses</u> optional** (<i>Blackstrap, Unsulfured, Organic, 15 oz. Brand: Plantation Molasses</i>) 1/8-1/4 teaspoon cayenne pepper or red pepper flakes to taste 2-3 tablespoons fresh lime juice to taste*** 1-2 tablespoons coconut oil for cooking 2 cloves garlic minced or ran through a press 200 g fresh shrimp or chicken 2 eggs (pasteurized with Omega 3 - if possible) lightly beaten 30 g bean sprouts TO SERVE: 3 green onions finely sliced 1/2 cup fresh cilantro leaves torn 35 g unsalted almonds lightly toasted & roughly chopped lime wedges What is Organic Erythritol?: Erythritol is a sugar alcohol naturally present in some fruits and fermented foods such as grapes, pears, wine, cheese, and mushrooms. Enjoy the sweeter things in life with our Organic Erythritol! Just as sweet as sugar, this Keto friendly sweetener contains zero calories and can be used as a 1:1 swap for table sugar. With a low glycemic index, this sugar swap makes a great choice for diabetics (or anyone watching their sugar intake) because it will not cause a spike in blood sugar. Use it in baked goods, coffee and even a morning bowl of oats! What is Xylitol? Xylitol is used as a food additive and sugar substitute. Xylitol is naturally occurring in small amounts in plums, strawberries, cauliflower, and pumpkin: humans and animals make trace	265 KCAL	


PLANT-BASED and PLANT PARADOX MENU - WITH VARIOUS OPTIONS PER DAY

OPTIONS	DINNER	RECIPES	CALORIES	PICTURE
OPTION 8 NACHOS	<p>Superbowl nachos, the Gundry way</p> <p>Dr Gundry's Lectin Free Nachos Recipe</p> <p>Source: YouTube video: https://www.youtube.com/watch?v=g7LhYJfnmZ8</p> <p>Source: For Dr. Gundry's Guacamole https://www.youtube.com/watch?v=KGQooOJp6jw</p>	<p>Servings: 4</p> <p>INGREDIENTS (1108 cal) 2 cups thin sliced jicama (the chips) (46 cal) ¼ cup olive oil (477 cal) 1 bag quorn crumbles (300 cal) 1 teaspoon chili powder 1 teaspoon sea salt ½ teaspoon cumin ½ cup Dr. Gundry's guacamole (150) ¼ cup sliced olives (35 cal) ¼ cup cilantro ¼ cup shredded goats milk cheddar (100 cal)</p> <p>Dr. Gundry's Guacamole (306 cal) 4 medium ripe HAAS Avocados - mash avocados (250 cal) Add 1/4 cup freshly squeezed lime juice (15 cal) 1/4 cup cilantro, finely chopped 1 minced red onion (41 cal) 1/8 tsp cracked black pepper 1/4 tsp cumin 1/2 tsp iodized salt 1 tbs Hot sauce (mix all ingredients and serve)</p> <p>INSTRUCTIONS Arrange the jicama in your serving dish, as the chips. Set aside. In a large saute pan over medium heat, heat the olive oil. Add quorn crumbles, along with chili powder, sea salt, and cumin, and cook, stirring occasionally, until hot. Transfer to jicama chips, along with guacamole, olives, cilantro, and cheddar. Serve for the big game!</p>	277 cal/serving	<p>Picture #1</p> 


PLANT-BASED and PLANT PARADOX MENU - WITH VARIOUS OPTIONS PER DAY

OPTIONS	DINNER	RECIPES	CALORIES	PICTURE
OPTION 8 - NACHOS (CONT'D)	Superbowl nachos, the Gundry way	Continued with Picture #2	277 cal/serving	Picture #2
	(Cont'd)			
OPTION 9 - NACHOS (CONT'D)	Superbowl nachos, the Gundry way	Continued with Picture #3	277 cal/serving	Picture #3
	(Cont'd)			


PLANT-BASED and PLANT PARADOX MENU - WITH VARIOUS OPTIONS PER DAY

OPTIONS	DINNER	RECIPES	CALORIES	PICTURE
OPTION 9 - LAMB	<p>Côtelettes d'agneau aux herbes salées</p> <p>Source: savourer.ca https://savourer.ca/recette/cotelettes-agneau-herbes-salees/</p>	<p>Préparation 15 MIN Cuisson 9 MIN Portions 6 (une portion = 2 côtelettes/personnes) Un carrés d'agneau = 16 côtelettes</p> <p>Avec ses 5 ingrédients et son court temps de préparation, cette recette vous prouvera que l'agneau a aussi bien sa place un soir de semaine que lors des grandes occasions!</p> <p>INGRÉDIENTS Carrés d'agneau 1 kg (2 lb) 16 côtelettes, voir NOTES Chapelure panko 125 ml (½ tasse), voir NOTES Ras-el-hanout 30 ml (2 c. à soupe) Herbes salées 30 ml (2 c. à soupe), voir NOTES Yogourt nature de chèvre 60 ml (¼ tasse)</p> <p>ÉTAPES DE PRÉPARATION</p> <ol style="list-style-type: none"> 1. Préchauffer le four à gril (<i>broil</i>). Placer la grille au centre du four. Tapisser une plaque de cuisson de papier d'aluminium. 2. À l'aide d'un couteau, retirer le gras visible des carrés d'agneau, puis trancher entre chaque os pour obtenir des côtelettes. 3. Dans un bol moyen, mélanger le panko (peut-être remplacé par de la chapelure maison maison à base de farine de coco et farine d'amande), le ras-el-hanout (épices) et les herbes salées. 4. À l'aide d'une cuillère, répartir le yogourt sur un côté de chaque côtelette. 	<p>168 cal/ côtelettes</p> <p>336 cal/une portion inclus 2 côtelettes</p>	


PLANT-BASED and PLANT PARADOX MENU - WITH VARIOUS OPTIONS PER DAY

OPTIONS	DINNER	RECIPES	CALORIES	PICTURE
OPTION 9 - LAMB (CONT'D)		<p>5. Tremper chaque côtelette, côté yogourt, dans la chapelure en prenant soin de bien enrober les côtés. Déposer sur la plaque de cuisson, la croûte vers le haut.</p> <p>6. Cuire sous le gril de 7 à 9 minutes selon l'épaisseur des côtelettes et jusqu'à ce qu'elles soient bien dorées. Servir avec une salade.</p> <p>Se conserve 5 jours au réfrigérateur et ne se congèle pas.</p>	168 cal/ côtelettes	


PLANT-BASED and PLANT PARADOX MENU - WITH VARIOUS OPTIONS PER DAY

OPTIONS	DINNER	RECIPES	CALORIES	PICTURE
OPTION 9 - LAMB (CONT'D)	Côtelettes d'agneau aux herbes salées (Cont'd)	<p>(Cont'd)</p> <p>NOTES</p> <p>Il est possible de trouver des carrés d'agneau déjà coupés en côtelettes pour environ le même prix. Si vous désirez cuisiner un bouillon, assurez-vous d'acheter des côtelettes avec les os complets.</p> <p>Pour une version antigaspillage de la chapelure panko, vous pouvez la préparer vous-même! (You can make your own breadcrumbs with "Barely Bread" brand, which is an approved bread for this program. See recipe on how to make breadcrumbs below in this menu (using Barely Bread loafs or from your own homemade bread (see bread recipe in this menu).</p> <p>Originaires du Bas-du-Fleuve, les herbes salées contiennent traditionnellement du céleri, de l'oignon, des carottes, du panais, du poireau et un mélange de fines herbes. Vous les trouverez dans la section des fruits et légumes de la plupart des épiceries. Vous pouvez aussi cuisiner votre propre version des herbes salées à partir des légumes, verdure et fines herbes que vous avez à la maison.</p> <p>Le raz-el-hanout (ou ras-el-hanout) est un mélange d'épices originaire du Maroc. Le raz-el-hanout est traditionnellement composé d'une vingtaine d'épices. ... Si les mélanges varient, certaines épices sont incontournables : la cannelle, le gingembre, la coriandre, la cardamome, la muscade, le poivre noir et du curcuma.</p> <p>VALEURS NUTRITIVES</p> <p>Calories 336 Protéines 19 g Lipides 26 g Glucides 5 g Fibres 1 g Sodium 564 mg</p>	168 cal/ côtelettes	

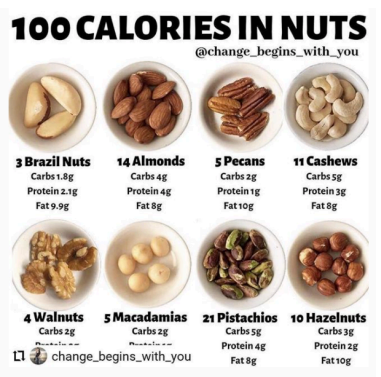
PLANT-BASED and PLANT PARADOX MENU - WITH VARIOUS OPTIONS PER DAY

OPTIONS	DINNER	RECIPES	CALORIES	PICTURE
OPTION 10 - BREAD CRUMBS	<p>Bread Crumbs -</p> <p>Source: Jessica Gavin</p> <p>https://www.jessica-gavin.com/how-to-make-bread-crumbs/#wprm-recipe-container-42449</p> <p>Prep Time 20 mins Cook Time 15 mins</p> <p>Servings 2 cups-servings</p>	<p>Homemade Bread Crumbs Learn how to make bread crumbs from scratch. Use them as a crunchy topping , coating, or mix-in for dishes like breaded chicken, casseroles, or meatballs. Homemade bread crumbs are a breeze to make! Any type of bread can be used, and even a mixture would give an interesting taste. Use this recipe as a guide then experiment with fun combinations!</p> <p>How to make bread crumbs</p> <p>Grind down bread in the food processor Spread in a single layer on a baking sheet. Bake at 300°F (149°C) for 10 minutes. Stir and bake until lightly toasted and dry. Completely cool down on the baking sheet.</p> <p>What type of bread do you use for bread crumbs? Depending on the taste and nutritional composition you desire, bread crumbs can be made with any kind of bread.</p> <p>INGREDIENTS 4 ounces bread, (4 cups cubed) cut into 1-inch cubes</p> <p>INSTRUCTIONS</p> <ul style="list-style-type: none"> • Set the oven rack to the center position. Preheat to 300°F (149°C). • Add cubed bread into a food processor. Process on high speed for 30 seconds for coarse bread crumbs, or 1 minute for fine bread crumbs. • Transfer to a large sheet pan or two small pans. Spread evenly in a single layer in the pan. • Bake for 5 minutes, stir and then bake another 5 minutes. The bread crumbs should be lightly browned and feel dry to the touch. 	<p>153 cal / serving</p>	


PLANT-BASED and PLANT PARADOX MENU - WITH VARIOUS OPTIONS PER DAY

OPTIONS	DINNER	RECIPES	CALORIES	PICTURE
OPTION 10 - BREAD CRUMBS (CONT'D)	<p>Bread Crumbs</p> <p>(Cont'd)</p> <p>Source: Jessica Gavin</p> <p>https://www.jessica-gavin.com/how-to-make-bread-crumbs/#wprm-recipe-container-42449</p>	<ul style="list-style-type: none"> • Allow bread crumbs to cool on the sheet pan for 10 to 15 minutes. • Transfer to an airtight container to store. • For even finer bread crumbs, add to the food processor and pulse until the desired size is reached. <p>Equipment</p> <ul style="list-style-type: none"> • Food Processor <p>Notes</p> <ul style="list-style-type: none"> • Recipe Yield: 2 cups of bread crumbs. • Italian bread crumbs: Combine 1 cup baked and cooled bread crumbs with 1/2 teaspoon kosher salt, 1/8 teaspoon garlic powder, 1/8 teaspoon onion powder, and 1/2 teaspoon Italian seasoning. <p>Amount Per Serving Calories 15</p>	153 cal / serving	



PLANT-BASED and PLANT PARADOX MENU - WITH VARIOUS OPTIONS PER DAY

OPTIONS	SNACKS	RECIPES	CALORIES	PICTURE
OPTION 1 - NUTS	1/4 raw nuts SOURCE: https://www.openfit.com/calories-in-nuts https://www.popsugar.com/fitness/Calories-Nuts-9436487	14 Almonds 5-6 Macadamias nuts 8 Walnuts 10 Pecans 25 Pistachios 10 Hazelnuts 3 Brazil nut 10 Hazelnuts, dry-roasted 77 Pine nuts	100	
OPTION 2 - CHOCOLAT	Dark chocolat	72% or greater		


PLANT-BASED and PLANT PARADOX MENU - WITH VARIOUS OPTIONS PER DAY

OPTIONS	SNACKS	RECIPES	CALORIES	PICTURE
OPTION 3 - LETTUCE BOATS	Romaine Lettuce Boats and Guacamole Source: The Plant Paradox - Dr. Gundry - Romaine Salad with Avocado an Cilantro-Pesto Chicken And Dr. Diane Brain Health https://www.dr-diane.com/romaine-lettuce-boats-with-guacamole-filling/ And Human FoodBar https://humanfood-bar.com/plant-paradox-recipes/?fbclid=IwAR3AYKL-HdxBxGiwPQdPb-CoiWUa6nXIZQy-WoiWSYA2vZ6Rk-UOn0zXfL-lqqS	<u>Guacamole</u> INGREDIENTS 1/2 avocado 1 tablespoon finely chopped red onion 1 teaspoon finely chopped cilantro 1 tablespoon freshly squeezed lemon juice Pinch sea salt, preferably iodized 4 to 6 romaine lettuce leaves, washed and patted dry INSTRUCTIONS To make the guacamole, place the avocado, onion, cilantro, lemon juice and salt in a bowl. Mash with a fork until smooth. To serve, scoop an equal amount of the guacamole into each lettuce leaf.	160 cal 6 calories per lettuce leaf + 284 calories for 1 medium chicken breast - if you wish to add this protein to your meal.	


PLANT-BASED and PLANT PARADOX MENU - WITH VARIOUS OPTIONS PER DAY

OPTIONS	SNACKS	RECIPES	CALORIES	PICTURE
OPTION 4 - SHRIMPS	Shrimps	3 large shrimps (56 cal) or 4 medium shrimps (56 cal) 2 tablespoon cocktail sauce shrimp (35 cal)	91 cal	
OPTION 5 - CRACKERS & CHEESE #1	Goat cheese with crackers Source: Dr. Gundry Cracker recipe https://www.youtube.com/watch?v=JMaJI7hmzGU https://paleoglutenfree.com/recipes/sweet-potato-pumpkin-crackers/	1 tablespoon of goat cheese (65 calories) 4 celery stalks (22 cal) Serving: 22 biscuits Sweet Patato Pumpkin Crackers Recipe INGREDIENTS 1/2 cup canned pumpkin puree 1/2 cup sweet potato puree 3/4 cup cassava flour 10 tablespoons tapioca starch 1/4 cup coconut oil 2 tablespoons coconut sugar 2 tablespoons golden flax seeds 1 tablespoon chia seeds 1 teaspoon salt 1 teaspoon ground cinnamon 1 teaspoon ground ginger 1/2 teaspoon nutmeg Topping (49 cal) 2 tablespoons coconut sugar 1 tablespoon cinnamon	410 cal/serving 18 cal/biscuit	


PLANT-BASED and PLANT PARADOX MENU - WITH VARIOUS OPTIONS PER DAY

OPTIONS	SNACKS	RECIPES	CALORIES	PICTURE
OPTION 5 - CRACKERS & CHEESE #1 (Cont'd)	Goat cheese with crackers (Cont'd)	(Cont'd) INSTRUCTIONS <ol style="list-style-type: none"> 1. Preheat oven to 275F. Line a 9" by 13" baking tray with parchment paper. 2. Combine ingredients for crackers in a food processor until smooth. 3. Press cracker dough out flat on the parchment paper (you can use a rolling pin or your hands for this). Make crackers 1/16" thick. 4. In a small bowl whisk together the cinnamon and coconut sugar for the topping (optional). Sprinkle the topping over the cracker dough and spread out into an even layer. Cut dough into 1-1 1/2" squares. 5. Bake on 275 for 20 mins. Then move oven temp to 350F and bake for 8-10 mins, then remove any crackers that are dark golden brown (these will be the ones around the edge that have finished cooking first). Return rest of crackers to the oven and bake for another 5 minutes until golden. 	410 cal/serving 18 cal/biscuit	


PLANT-BASED and PLANT PARADOX MENU - WITH VARIOUS OPTIONS PER DAY

OPTIONS	SNACKS	RECIPES	CALORIES	PICTURE
OPTION 6 - MUFFINS	<p>Homemade Carrot Cake Muffins</p> <p>Source:</p> <p>Dr. Gundry https://gundrymd.-com/lectin-free-carrot-cake-recipe/</p> <p>And</p> <p>HumanFoodBar https://humanfood-bar.com/plant-paradox-recipes/?fbclid=IwAR3AYKL-HdxBxGiwPQdPb-CoiWUa6nXIZQy-WoiWSYA2vZ6Rk-UOn0zXfL-lqqS</p>	<p>Makes: 12 Muffins</p> <p>You can make a big batch of these muffins and freeze half of them— that way, you’ve got a perfect breakfast or snack on hand anytime. Just defrost in the microwave for 30 seconds and enjoy!</p> <p>INGREDIENTS</p> <p>1 1/4 cups blanched almond flour (648 cal + 162 cal = 810 cal) 2 tablespoons coconut flour (38 cal x 2 = 76 cal) 1/2 teaspoon baking soda 1/8 teaspoon salt 1 1/2 teaspoons ground cinnamon (4 cal) 1/2 teaspoon ground ginger (3 cal) 1/4 teaspoon ground nutmeg (3 cal) Two omega-3 or pastor and eggs or VeganEggs (80 cal x 2 = 160 cal) 1/3 cup MCT oil (620) or avocado oil (642 cal) 2/3 cup unsweetened coconut milk (523 cal) 1/3 cup Swerve (erythritol) (14 cal) 2 teaspoons vanilla (24 cal) Two large carrots, grated (30 cal x 2 = 60 cal) 1/4 chopped walnuts (191 cal)</p>	207 per serving	


PLANT-BASED and PLANT PARADOX MENU - WITH VARIOUS OPTIONS PER DAY

OPTIONS	SNACKS	RECIPES	CALORIES	PICTURE
OPTION 6 - MUFFIN (CONT'D)	Homemade Carrot Cake Muffins (Cont'd) Source: Dr. Gundry	INSTRUCTIONS <ol style="list-style-type: none"> 1. Preheat the oven to 350°F. Prepare the muffin tin with cupcake liners and set aside. 2. In a large bowl, whisk together the almond flour, coconut flour, baking soda, salt, cinnamon, ginger, and nutmeg. 3. In a small bowl, combine the eggs, oil, coconut milk, Swerve, and vanilla. 4. Whisk what ingredients into dry, then add the grated carrots and walnuts. 5. Fold to combine. 6. Portion into the muffin tin, dividing every mixture evenly among 12 cups. 7. Bake for 12 to 18 minutes, or until a toothpick inserted into the center of The muffins comes out clean. Allow my friends to cool slightly before serving. When stored in an airtight container, muffins will stay fresh five days in the refrigerator or three months in the freezer. 	207 per serving	


PLANT-BASED and PLANT PARADOX MENU - WITH VARIOUS OPTIONS PER DAY

OPTIONS	SNACKS	RECIPES	CALORIES	PICTURE
OPTION 7 - BISCUITS	<p>Cauliflower biscuits</p> <p>(4 ingredients, vegan, grain-free, oil-free)</p> <p>Source: https://www.power-hungry.com/2020/02/cauliflower-biscuits-4-ingredients-vegan-grain-free-oil-free/print/17331/ </p>	<p>INGREDIENTS</p> <p>600 g cauliflower pieces (about 5 and 1/2 cups roughly chopped cauliflower)</p> <p>3/4 cup (84 g) blanched <u>almond flour</u></p> <p>1/3 cup (40 g) <u>chickpea flour</u> replaced by coconut flour</p> <p>1 and 1/2 teaspoons <u>baking powder</u></p> <p><i>Optional:</i> 1/2 teaspoon <u>fine sea salt</u></p> <p>2 tablespoons (30 mL) water</p> <p><i>Optional:</i> fresh chopped herbs or seeds for sprinkling</p> <p>INSTRUCTIONS</p> <ol style="list-style-type: none"> 1. Preheat oven to 400F (200 C). 2. In a <u>food processor</u>, process the cauliflower (in batches, as needed), until very fine. Transfer to a large bowl. 3. Add the remaining ingredients to bowl and stir until completely combined. If the dough feels too dry, add a small amount more water until it comes together into a dough. 4. Using a large scoop or 1/3-cup measure, scoop 12 equal mounds of dough onto the prepared sheet, spacing about 2 inches apart. Using fingertips, flatten and shape into round biscuit shapes, about 2.5 inches (6.4 cm) in diameter, 5. If desired, sprinkle tops of biscuits with seeds or herbs. 6. Bake in the preheated oven for 30 to 35 minutes until browned at edges and tops appear dry. Remove from oven and let cool on sheet for 10 minutes before transferring biscuits to a <u>cooling rack</u> (the biscuits will continue to firm as they cool). Serve warm or cool completely. 	63 cal/per biscuit	


PLANT-BASED and PLANT PARADOX MENU - WITH VARIOUS OPTIONS PER DAY

OPTIONS	SNACKS	RECIPES	CALORIES	PICTURE
OPTION 8 - PUDDING	<p>Chocolate Avocado Pudding</p> <p>Serves: 6</p> <p>Source: Instagram Nutritiontwins</p> <p>https://nutritiontwins.com/chocolate-avocado-pudding/</p>	<p>INGREDIENTS</p> <p>1/4 cup semi-sweet chocolate chips 1/4 cup cacao powder (or cocoa powder) 1/4 cup unsweetened almond milk 1 ripe avocado 1 teaspoon vanilla extract</p> <p>INSTRUCTIONS</p> <ol style="list-style-type: none"> 1. Directions 2. Slice and peel the avocado and put into fruit processor or blender. 3. Melt the chocolate chips in the microwave with a microwave safe bowl in 15 second intervals, adding splashes of water as needed to keep the consistency smooth 4. In the blender, add the melted chocolate chips, cacao powder, half of the almond milk and vanilla extract to the avocado. 5. Blend ingredients together until smooth, adding in more almond milk if needed. 6. Pour the creamy rich mousse evenly into 6 mini muffin tins for you and your friends to enjoy now, or store in fridge for a cold but sweet treat later! Feel free to add some sliced strawberries or almonds on top! 	87 calories for 1 serving	 <p>Chocolate Avocado Pudding</p> <p>Ingredients</p> <ul style="list-style-type: none"> • ¼ cup semi-sweet chocolate chips • ¼ cup cacao powder (or cocoa powder) • ¼ cup unsweetened almond milk • 1 ripe avocado • 1 tsp. vanilla extract <p><i>The Nutrition Twins</i></p>


PLANT-BASED and PLANT PARADOX MENU - WITH VARIOUS OPTIONS PER DAY

OPTIONS	SNACKS	RECIPES	CALORIES	PICTURE
OPTION 9 - COOKIES	<p>Low Carb Gingersnap Cookies</p> <p>Source:</p> <p>Gayle's Low Carb Recipe Ideas - Dr Gundry https://www.lowcarbrecipeideas.com/low-carb-gingersnap-cookies-dr-gundrys/</p> <p>https://www.youtube.com/watch?v=TIJV2j4R7bA</p>	<p>Servings: 24</p> <p>INGREDIENTS</p> <p>¼ cup unsalted grass-fed French or Italian butter (or coconut oil), melted (I used salted butter)</p> <p>1 cup erythritol</p> <p>1 large egg</p> <p>1 teaspoon vanilla extract</p> <p>2 cups almond flour</p> <p>¼ teaspoon salt (I used 1/8 teaspoon salt)</p> <p>1 teaspoon baking soda</p> <p>2 teaspoons ground ginger</p> <p>1 teaspoon fresh minced ginger</p> <p>¼ teaspoon ground nutmeg</p> <p>¼ teaspoon ground cloves</p> <p>¼ teaspoon ground cinnamon</p> <p>¼ teaspoon ground allspice</p> <p>INSTRUCTIONS</p> <p>Preheat oven 350 degrees.</p> <p>Add flour, salt, baking soda, dry ginger , nutmeg, cinnamon, cloves, and allspice in a large bowl. Set aside.</p> <p>In another bowl mix the melted butter, erythritol, egg, and vanilla extract.</p> <p>Add your wet ingredients to your dry ingredients, and mix until they're all well combined. (I wore a glove and mixed the ingredients well)</p> <p>Using silicone mat or line your tray with parchment paper. Then, spoon out little tablespoon-sized cookie balls onto the tray.</p> <p>Place it in the oven and bake for about 12-15 minutes.</p> <p>Let them cool on a cooling rack</p> <p>Place cookies in a sealed container and store in the fridge.</p>	75 calories per serving	


PLANT-BASED and PLANT PARADOX MENU - WITH VARIOUS OPTIONS PER DAY

OPTIONS	SNACKS	RECIPES	CALORIES	PICTURE
OPTION 10 - ENERGY BITES	Date Energy Balls Servings 24 Source: Megan Gilmore https://detoxinista.com/date-energy-balls-vegan-paleo/	INGREDIENTS 2 cups walnuts, or other nut/seed of choice 1 cup shredded unsweetened coconut 2 cups soft Medjool dates, pitted 1/2 teaspoon sea salt 1 teaspoon vanilla extract INSTRUCTIONS <ul style="list-style-type: none"> In a large food processor fitted with an "S" blade, process the walnuts and coconut until crumbly. Add in the dates, vanilla and sea salt and process again until a sticky, uniform batter is formed. (You can add a tablespoon of coconut oil, only if needed to help the mixture come together.) You don't want to over process, or the batter will become oily, so process until crumbly, but sticky when pressed between your fingers. Scoop the dough by heaping tablespoons, then roll between your hands to form balls. Arrange them on a baking sheet lined with parchment paper, then place in the fridge or freezer to set for at least 30 minutes before serving. Store the balls in a sealed container in the fridge for up to a week, or in the freezer for an even longer shelf life. (I prefer them frozen, myself!) NOTES For a gourmet-looking truffle, you could also roll them in shredded coconut or cocoa powder before chilling. NUTRITION <i>Calories: 123kcal Carbohydrates: 11g Protein: 1g Fat: 8g Saturated Fat: 2g Sodium: 50mg Potassium: 149mg Fiber: 2g Sugar: 8g Vitamin A: 20IU Vitamin C: 0.2mg Calcium: 18mg Iron: 0.5mg</i> Per ball: Calories: 123, Fat: 8g, Carbohydrates: 11g, Fiber: 2g, Protein: 1g	123 cal /per ball	



PLANT-BASED and PLANT PARADOX MENU - WITH VARIOUS OPTIONS PER DAY

OPTIONS	WATER	RECIPES	CALORIES	PICTURE
OPTION 1 - DETOX WATER	<p>Apple Cinnamon Detox Water</p> <p>Source: Healthy Food</p> <p>https://best-foodrecipes2018.blogspot.com/#</p>	<p>5 Servings</p> <p>INGREDIENTS 1 apple thinly sliced (cut away the seeds) 1 cinnamon stick (no powdered cinnamon)</p> <p>INSTRUCTIONS Drop ingredients in the bottom of a pitcher Cover with ice about 1/2 way then fill to top with water</p> <p>Place in fridge for 1 hour before serving You can refill the container 2-3 times before it begins to lose flavour.</p>	1 kcal	


PLANT-BASED and PLANT PARADOX MENU - WITH VARIOUS OPTIONS PER DAY

OPTIONS	WATER	RECIPES	CALORIES	PICTURE
OPTION 2 - DETOX WATER	Slim Down Detox Water Source: Healthy Food https://best-foodrecipes2018.blogspot.com/#	5 Servings INGREDIENTS 1/2 gallon purified water 1/2 lemon sliced 1/2 lime sliced 1/2 grapefruit sliced 1 cup cucumber sliced INSTRUCTIONS Drop ingredients in the bottom of a pitcher Cover with ice about 1/2 way through then fill to top with water. Place in the fridge for 1 hour before serving You can refill the container 2-3 times before it begins to lose flavour.	1 kcal	
OPTION 3 - DETOX WATER	Blueberry and Orange Detox Water Source: Healthy Food https://best-foodrecipes2018.blogspot.com/#	5 Servings INGREDIENTS 2 mandarin oranges cut into wedges Handful of blueberries INSTRUCTIONS Drop ingredients in the bottom of a pitcher Cover with ice about 1/2 way through then fill to top with water. Place in the fridge for 1 hour before serving You can refill the container 2-3 times before it begins to lose flavour.	2 Kcal	

PLANT-BASED and PLANT PARADOX MENU - WITH VARIOUS OPTIONS PER DAY

OPTIONS	WATER	RECIPES	CALORIES	PICTURE
OPTION 4 - DETOX WATER	Watermelon and Strawberry Mint Detox Water Source: Healthy Food https://best-foodrecipes2018.blogspot.com/#	5 Servings INGREDIENTS 4 cups watermelon in 2 inch cubes lightly mashed 1/2 pint strawberries sliced in half 6 sprigs mint lightly crushed INSTRUCTIONS Drop ingredients in the bottom of a pitcher Cover with ice about 1/2 way through then fill to top with water. Place in the fridge for 1 hour before serving You can refill the container 2-3 times before it begins to lose flavour.	3 kcal	
OPTION 5 - DETOX WATER	Metabolism Boosting Mango Ginger Water Source: Healthy Food https://best-foodrecipes2018.blogspot.com/#	5 Servings INGREDIENTS 1 inch Ginger Root peeled and sliced 1 cup Fresh or Frozen Mango INSTRUCTIONS Drop ingredients in the bottom of a pitcher Cover with ice about 1/2 way through then fill to top with water. Place in the fridge for 1 hour before serving You can refill the container 2-3 times before it begins to lose flavour.	2 kcal	

PLANT-BASED and PLANT PARADOX MENU - WITH VARIOUS OPTIONS PER DAY

OPTIONS	WATER	RECIPES	CALORIES	PICTURE
OPTION 6 - DETOX WATER	<p>Apple Cider Vinegar Detox Soda</p> <p>Source: Yuriel Kaim</p> <p>https://yurielkaim.com/recipe/apple-cider-vinegar-drink/</p>	<p>1 Servings</p> <p>Trying to detox from a soda habit? Mix up this refreshing all-natural bubbly and sip your way to soda free.</p> <p>INGREDIENTS</p> <p>1 1/2 tbsp apple cider vinegar 16 oz sparkling mineral water 1 lemon (juiced) Stevia (to taste) Ice</p> <p>INSTRUCTIONS</p> <p>Mix all ingredients together over ice. Add just a drop or two of stevia if desired - just enough to slightly sweeten the drink..</p> <p>For the first 2 weeks, enjoy this drink 2-3 times daily. After that, enjoy it once daily. Preferably drinking it 20 minutes before eating.</p> <p>Place in the fridge for 1 hour before serving You can refill the container 2-3 times before it begins to lose flavour.</p>	2 kcal	

PLANT-BASED and PLANT PARADOX MENU - WITH VARIOUS OPTIONS PER DAY

OPTIONS	WATER	RECIPES	CALORIES	PICTURE
OPTION 7 - DETOX WATER	Lemon Water and Cayenne Pepper Detox Drink	<p>5 Servings</p> <p>INGREDIENTS 2 tbsp organic lemon or lime juice 2 tbsp organic maple syrup 1/10 tsp cayenne pepper 10 oz purified water</p> <p>INSTRUCTIONS Drop ingredients in the bottom of a pitcher Cover with ice about 1/2 way through then fill to top with water.</p> <p>Place in the fridge for 1 hour before serving You can refill the container 2-3 times before it begins to lose flavour.</p> <p>Good hot or cold</p>	105 Kcal	