



# YOUR HEALTHIEST WEEK EVER CHALLENGE

*with Katerina Baratta, LAc, MSOM*



# EVERY DAY

## EAT

- Only real food, made from whole ingredients.
- Sitting down (not commuting, not working, not looking at your phone, etc.)
- At least one cup of lightly cooked vegetables with every meal.
  
- Whole grains.
- Only pasture-raised/organic/hormone free meats and meat products.
- Organic vegetables whenever possible.

## IDEAL VEGETABLE OPTIONS (FOR SPRING + EARLY SUMMER):

- Green vegetables
- Baby vegetables
- Microgreens
- Watercress
- Arugula
- Spinach
- Turnips
- Snow peas
- Carrots
- Beets
- Radishes
- Green onion

## OTHER HEALTHY INGREDIENTS TO INCLUDE:

- Brown rice
- Legumes
- Seeds
- Mint
- Lemon balm
- Rosemary
- Thyme
- Chives
- Garlic
- Mustard
- Pepper
- Ginger

## IDEAL SPRING + EARLY SUMMER COOKING METHODS:

- Steams
- Quick boils
- Quick sautés
- Light braising
- Stir-fries
- Spring soups
- Lightly fermented foods

## IF YOU FIND YOURSELF WITH CRAVINGS

Drink a cup of chamomile or peppermint tea with a little honey or eat a healthy snack.

## DON'T EAT or DRINK

- Refined grains, refined sweeteners, or processed food of any kind. (These are often hidden in condiments including ketchup and mustard, pickles, bread/pastas/baked goods, etc. Even “whole grain” breads and pastas often have white flour and sugar mixed in, so be sure to check all ingredients.)
- Dairy (except ghee), heavy, creamy, rich, or greasy foods.
- Stimulants (one small cup of coffee or black tea per day is fine, but no more).
- Hot and spicy foods.
- Overly salty foods.
- Alcohol.

# MORNING ROUTINE

## FIRST THING IN THE MORNING (BEFORE YOU GET OUT OF BED):

- Take 5 deep, cleansing breaths.
- Reflect on 1 thing you feel grateful for.
- Set an attitude intention for the day.
- Put your feet on the floor, feel the substance of your body as you press into your feet to stand up.
- Smile and stretch.

## BEFORE BREAKFAST:

Drink a full glass of a home-made electrolyte drink (find in recipes).

# BEFORE BED

- Turn off all electronics at least 30 minutes before going to bed.
- Reflect on 3 things that went well today, and 2 things you'd like to shift tomorrow.
- Take 10 long, cleansing breaths, focusing on relaxing your body with every exhale.
- Go to bed by 10:30 p.m. or whatever time will give you *at least* 8 hours in bed. (If this is difficult for you, set an alarm 45 minutes before you need to be in bed to remind yourself to start getting ready.)

# OTHER THINGS TO SCHEDULE IN EVERY DAY

## BREATHER BREAKS

Set at least 3 alarms on your phone for breather breaks.

When the alarm goes off, stop what you're doing, sit up straight with your feet flat on the ground, close your eyes, smile, and take 5 long, cleansing breaths.

## 5-20 MINUTE MEDITATION

Every day, sit for a 5-20 minute meditation. Aim for at least 10 minutes, but if you don't have time 5 minutes is great too. Set an alarm so you can fully focus while you meditate.

To meditate, you can either use a guided meditation, or, even better, just sit and focus on the feeling of your breath in your body.

Try to get to a place where you feel your body body feels numb or tingly.

When you notice your mind wander, bring it back to the feeling of your breath in your body.

You can't do this wrong.

Just sit, notice, and bring your attention back to your breath, over and over and over again, until your time is up.

## MOVEMENT + STRETCHING

This is best to do in the morning before breakfast, but you can do it any time.

You can follow along on the video or read through these directions.

1. Moving with your breath, tip your head forward on the exhale, stretching the back of your neck, then as you inhale, tip your head back, stretching your chin up. Do this for 5 long slow breaths.
2. Roll your neck 5 times to the right and 5 times to the left, breathing in as your head tips back, exhaling as your head moves forward.

3. Bend your knees and put your fingertips on your thighs. Keeping your knees bent, inhale as you look up and arch your back, sticking your tailbone up. Exhale and curve your spine, tucking your chin and tailbone. Do this for 5 breaths.
4. Roll your shoulders forward 5 times and back 5 times, inhaling as you roll up, exhaling as you release down.
5. Swing your arms quickly in big circles, forward 10 times and backwards 10 times, bouncing your knees to gain momentum.
6. Turn side to side 20 times, pivoting on your opposite toe as you swing your arms with flat fists in one direction, then the other, tapping on your lower back with the leading hand and pectoral region/shoulder socket with the other (watch the video before you try to do this so you really understand what to do).
7. Put your hands on your hips and start with small circles, increasing the circumference as you circle in one direction 10 times, then switch directions and circle in the other direction 10 times as you decrease circumference.
8. Standing on your left leg, bend your right knee up and make 5 big circles out with your hip, followed by 5 big circles in. Make big circles with your arms as well to help you stay balanced. Repeat on the other side.
9. Standing on your left leg, put your hands on your hips and bend your right knee up as you rotate your calf and foot 10 times in one direction, then 10 times in the other. Repeat on the other side.
10. Standing on your left foot, put your hands on your hips and rotate your right ankle 10 times in one direction, then 10 times in the other. Repeat on the other side.
11. Jump up and down for a few breaths, shaking out your arms, elbows, wrists, and hands, then shaking into your legs, and finally shaking out any remaining tension in your body.
12. Find stillness, close your eyes, bring your feet together, hands on your belly, and feel the vibration in your body.

## DO LEAST 2 OF THE FOLLOWING AT SOME POINT THIS WEEK

- Go for a hike in the woods
- Call an old friend
- Plan a personal 1-day retreat
- Put together a care package for someone you love
- Schedule a massage
- Schedule an acupuncture appointment
- Go to the beach
- Go to a vigorous yoga class
- Go for a jog
- Take a dance class
- Go rock-climbing
- Start a creative project
- Go to a concert
- Go for a bike ride
- Plan a weekend get-away

## OPTIONAL SUPPORTIVE HERBS

### ASHWAGANDHA

If you feel stressed on a daily basis, ashwagandha can help your body process stress-hormones better so you don't burn out. Take 2 dropperfulls of tincture 2-3x/day with meals.

### PASSIONFLOWER

Passionflower is a very safe and soothing herb, especially good if you deal with insomnia. Take 3 drops of tincture up to 5x/day to keep you relaxed throughout the day, and 1-2 dropperfulls before bed if you have insomnia.

### MINT

As a tea or used externally as an essential oil, all mints are invigorating and stress-relieving. Enjoy a 1-3 cups of mint tea throughout the day and in the evening, and dab some diluted drops of essential oil on your wrists for a pick-me-up. My favorites are peppermint, spearmint, and lemon balm.

### DANDELION

Dandelion is an excellent bitter that helps boost digestive power and process out toxins. Take 1-2 dropperfulls of dandelion root tincture before meals, or add the leaves and flowers to meals.

# RECIPES

## STAPLES

These are things that you're going to want to have on hand as you head into the week.

I would prepare these on Sunday. It's also a good idea to prep 1-2 cups of cooked whole grain per person per day, and any other ingredients you'd like to have ready for the week ahead.

You can prepare 2-3 different kinds of grain to keep things interesting.

Brown, red, and wild rice, amaranth, quinoa, barley, kamut, and farro are all excellent options. Prepare grain in broth for extra flavor and nutrients.

## HOMEMADE ELECTROLYTE DRINK

Drink this every morning before breakfast to kick-start your digestion.

### Ingredients

1 tbsp juice

1/2 tsp sweetener

A large pinch of sea Salt

12 oz Filtered Warm Water (optional: + coconut water and/or sparkling water)

### Juice options

Orange juice

Lemon juice

Lime juice

Grapefruit juice

Pomegranate juice

Apple cider vinegar

### Sweetener options

Honey

Maple Syrup

Coconut Sugar

### Extras

Parsley

Cilantro

Celery

Beet

Berries

To make a homemade electrolyte drink, begin by dissolving sweetener in a small amount of hot water, stir in sea salt, then add juice and top off with room temperature water so you can drink it right away. And be careful when you're adding salt if you use sparkling water, it'll bubble up so go slow!



If you decide to add extras, it's a good idea to either juice them first (if you have a juicer) or blend your drink with an immersion blender or in a Vitamix. If you'd like, you can also use the extras instead of juice.

## VEGGIE BROTH

Veggie broth is an great way to add extra nutrients into your grains and soups, or you can just sip on it throughout the day.

You can follow this recipe or just throw all your veggie scraps in a pot, cover them in water, bring to a boil and then let it simmer for 20 minutes-2 hours.

It's a great way to use any remaining ingredients you might have lying around from the past week, or make use of things like onion and garlic skins which you'd otherwise toss.

### Ingredients

1 whole onion, coarsely chopped  
3 carrots with greens if you have them, coarsely chopped  
5 celery sticks with tops, coarsely chopped  
A handful of mushrooms, coarsely chopped  
1/2 bunch of parsley, coarsely chopped  
5 cloves of garlic with skins, coarsely chopped  
2 tbsp or 1 large bunch of fresh thyme  
1 tbsp peppercorns  
2 tsp grey sea salt

### Instructions

Cover ingredients with water, bring to a boil, then turn down and simmer for 20 minutes-2 hours. Alternatively you can cook your broth in a pressure cooker, following the directions for soup.

Strain into a bowl and ladle or pour broth in mason jars. Broth will keep for 1 week in the refrigerator or 1 month in the freezer.

## HERB GHEE

Used in most Indian cooking, ghee is a great cooking fat for medium and low-heat cooking.

And because it's clarified, ghee only contains trace amounts of lactose. This makes ghee less inflammatory than other dairy products and most people with lactose intolerance have no problems digesting ghee.



Adding herbs to ghee makes it even healthier, helping your body digest and detoxify.

### Ingredients

8 oz yellow pasture butter  
3 tbsp fresh herbs

### Herbal options to play with (choose 2-5 for best results):

Parsley, finely chopped  
Cilantro, finely chopped  
Fresh thyme, finely chopped  
Fresh chives, finely chopped  
Green onions, finely chopped  
Fresh oregano, finely chopped  
Fresh rosemary, finely chopped  
Fresh basil, finely chopped  
Fennel seeds, freshly ground  
Coriander seeds, freshly ground  
Lavender, freshly ground  
Garlic, minced

### Instructions

In a small pan or pot, melt butter over low heat.

Remove white bits by straining butter through a cheesecloth and then return the clarified butter to the pan or pot and add herbs.

Allow it to infuse over low heat for about 10-20 more minutes, making sure it doesn't brown or burn.

Pour into a small glass container or mason jar and store in the refrigerator. You can either strain out the herbs for a milder flavor, or keep them in (I like to keep them in).

Herb ghee can last up to 3 weeks or more in the refrigerator, but if you're like my family you'll use it up within a week!

## 5-DAY KRAUT

Sauerkraut is an easy and tasty way to boost the health of your micro-biome, which is tied into the health of your GI tract, hormones, and therefore pretty much every part of your physiology. If you don't want to make it you can also buy it at the store, there are many tasty options!

This recipe is a light fermentation, only 5 days, because light fermentation is ideal for late-spring and early summer health. But you can also let the kraut ferment for 2 weeks or longer before moving it to the refrigerator. Taste it along the way to see what you like.

### Ingredients

1 medium head of cabbage, finely chopped or shredded  
2 tbsp sea salt

### Optional herbal additions (about 1-3 tablespoons, depending on preference):

Dill, finely chopped  
Fennel, finely chopped  
Green onion, finely chopped  
Caraway seeds  
Garlic, minced  
Ginger, minced

### Instructions

Add about 1/2 cup of cabbage to a large mason jar and pound it with a wooden spoon until it starts to get juicy, add a sprinkle of sea salt and herbs if you're using them, another 1/2 cup of cabbage, and repeat.

When the jar is filled the cabbage should be fully submerged in the water that was released by your pounding.

Seal the jar and store on a shelf for 5 days (or more), then store in the refrigerator.

## SNACK OPTIONS

For most people, 2-3 meals and 1 snack should do the trick every day. If you ever feel hungry shortly after a meal you probably didn't include enough fat. Try drizzling olive oil on your food, or adding more nuts and seeds.

When you do want a snack, here are some healthy options:

- Dried fruit (make sure there is no sugar added)
- Whole fruit
- Nuts and seeds, especially if they've been sprouted
- Nut butter
- Avocado with sea salt and black pepper
- Celery and carrot sticks
- Vollkornbrot (a.k.a. Bavarian bread)

## HOMEMADE GRANOLA

*This granola recipe makes enough to fill almost 4 quart-sized mason jars, and it's a great snack because unlike store-bought granolas it has very little sweetener and is primarily composed of nuts and seeds.*

*For an extra healthy boost, allow the ingredients that are marked with stars to soak for 8-48 hours, straining, rinsing, and re-soaking them every 12 hours. If you soak them, increase the bake time by 10-30 minutes, stirring and checking regularly for readiness.*

### Ingredients

- 1 cups rolled oats\*
- 1 cup buckwheat grouts\*
- 1/2 cup teff
- 1/2 cup chia seeds\*
- 1 cup pinenuts
- 1 cup sesame seeds
- 1 cup sunflower seeds\*
- 2 cups hazelnuts, crushed\*
- 1 tbsp bee pollan
- 1 tsp sea salt
- 2 tsp coriander seeds, toasted and ground
- 1 tsp cinnamon powder
- 12 dates, pitted and finely chopped
- 1/2 cup honey
- 1/4 cup maple syrup
- 5 tbsp coconut oil
- 1 tbsp vanilla extract

### Instructions

Preheat oven to 300°F and line 2 cookie sheets with parchment paper. Combine all the dry ingredients in a large bowl.

In a small pot over medium heat, combine dates, honey, maple syrup, coconut oil, and vanilla extract and let it warm up for 2 minutes. Pour over the dry ingredients, stir well, and spread evenly over the cookie sheets.

Bake for 20-30 minutes or until the ingredients start to brown. Check on ingredients every 5-10 minutes, stir regularly, and switch tray position halfway through.

## BREAKFAST

### INVIGORATING BREAKFAST SCRAMBLE

#### Ingredients (per person)

1 tsp ghee or avocado oil  
2 green onions, finely chopped  
2 leaves of kale, finely chopped  
2 eggs  
Sea salt and black pepper to taste

#### Instructions

Heat ghee or oil over medium heat, add green onions and fry for about 2 minutes, then add kale leaves and fry for another 5 minutes or until they start to wilt.

Crack eggs on top, letting the whites become opaque, then crack the yolk and stir until fully cooked but not dry (about another 3 minutes).

### AVOCADO VOLLKORNBROT

This recipe is great for breakfast or a snack any time of day.

Vollkornbrot is some of the only bread that is made entirely of whole grain flour, nuts, and seeds. Gluten-free options are usually also easy to find if you have a gluten sensitivity.

Vollkornbrot is usually on the top shelf of the bread section, but if you can't find it just ask for help at the supermarket and they'll point you in the right direction.

#### Ingredients

2 slices of vollkornbrot  
1/2 ripe avocado  
Sea salt and pepper to taste

### Optional additions

Ghee or olive oil

Microgreens

Fried egg

Sunflower seeds, pan toasted

Sautéd dark leafy greens or radicchio

Chopped olives

### Instructions

Toast the vollkornbrot in a dry pan over medium-high heat. Top with just avocado to if you want to keep things simple, or try some of these combos:

*Ghee + Avocado + Microgreens*

*Avocado + Olive oil + Fried egg*

*Avocado + Pan-toasted sunflower seeds*

*Avocado + Sautéd radicchio + Chopped olives*

## BERRY BUCKWHEAT PORRIDGE

Makes about 4 servings

### Ingredients

1 cup buckwheat grouts, soaked overnight, strained in the morning

2 1/2 cups of hemp, almond, coconut, or cashew milk

1 tsp ginger powder

1 tsp cinnamon powder

1 tsp vanilla extract

5 dates, finely chopped

3 tbsp walnut halves

1-2 tbsp ghee or coconut oil

1 cup of fresh berries

### Instructions

Dry roast the buckwheat grouts for about 3 minutes in a small pot, then add all of the milk, ginger, cinnamon, vanilla extract, and dates. Bring to a simmer, cover pot, and continue simmering until most of the liquid has been absorbed (about 10 minutes).

Add ghee (or coconut oil), walnuts, and fresh berries. Serve warm.

## SOUPS

Soups are great for breakfast, lunch, and dinner. Serve with a grain or grain salad and you're golden.

### SPRING VEGGIE MISO SOUP

Makes about 4 servings

#### Ingredients

1 tbsp avocado oil

1 bunch green onion, finely chopped

1 1/2 cups turnips (or baby turnips), chopped into 1/2 inch cubes

1/2 cup daikon radish, chopped into 1/2 inch cubes

1 cup carrots, roughly chopped

1 cup kale, finely chopped

1 package sprouted firm tofu (should be refrigerated), chopped into 1/2 inch cubes

2 tbsp dried wakame seaweed, soaked

8 cups plus 1/2 cup veggie broth and/or water

2 tbsp white miso

#### Instructions

Coat the bottom of a soup pot with avocado oil over medium-high heat, add green onion and fry for about 3 minutes, stirring frequently.

Add turnips, daikon, carrots, and kale, and fry until they start to soften and brown, about 10 minutes.

Add tofu, wakame, and broth. Bring to a boil, then turn off heat. In a small mixing bowl or measuring cup, mix miso paste with remaining 1/2 cup of broth until even, then stir into soup.

Serve warm with whole grain or grain salad.

## CARROT GINGER SOUP

Makes about 6 servings

1 tbsp cooking oil (avocado oil, olive oil, or ghee work best with this recipe)  
1 sweet onion, finely chopped  
2 bunches of carrots, roughly chopped  
2 inches of fresh ginger root, roughly chopped  
5 cloves of garlic, roughly chopped  
5 cups of broth and/or water  
Sea salt and black pepper to taste

Heat a soup pot over medium-high heat (if using avocado oil, otherwise keep the heat at medium so the oil doesn't burn). Add onion and sauté until it starts to brown, about 10 minutes.

Add carrots, ginger, and garlic, and cook for another 5 minutes or so, stirring regularly. Then add broth, bring to boil and turn down to a rapid simmer. Let soup cook for another 15 minutes or until carrots are soft.

Use an immersion blender to puree soup until smooth. Serve warm with whole grain or grain salad.

This soup can also be made in a pressure-cooker, just sauté the veggies the same way, add the liquid, and turn on pressure cooker to the soup setting.

## SPRING GREEN SOUP

Makes about 6 servings

### Ingredients

2 tbsp olive oil  
1 bunch green onions, roughly chopped  
1/2 bunch celery, roughly chopped  
1 cucumber, roughly chopped  
5 packed cups baby spinach leaves  
4 packed cup of fresh dill, cilantro, and/or parsley, roughly chopped  
1 tbsp fresh thyme  
1 tbsp fresh rosemary  
1 tbsp fresh chives, finely chopped



3 cups of broth and/or water  
1/2 lemon, juiced  
Sea salt and black pepper to taste

Heat a soup pot over medium heat and add green onions and celery. Sauté for about 5 minutes, then add the remaining herbs and veggies and sauté for another 5 minutes.

Add broth or water, bring to a boil then turn off heat.

Add lemon juice, salt and pepper, and puree with an immersion blender until smooth.

Serve warm with grain, salad, fish, and/or meat.

## MAIN COURSES

### GRAIN SALAD

Makes about 4 servings

Grain salads can stand alone as a simple meal, or they can accompany soups and proteins.

My favorite thing about grain salads is that the formula to make them is so easy, but you can make them different every time.

Here's the breakdown per serving:

2 cups Whole Grain  
+ 1/4 cup Onion  
+ 2 cups Veggies  
+ 1/2 cup Nuts or Seeds  
+ 1/2 cup Fresh Herbs  
+ Vinaigrette

- Grain should be fully cooked but not mushy.
- Onions should be finely chopped and sautéed in avocado or olive oil over medium heat for about 10 minutes.
- It's a good idea to quickly sauté most of the other veggies too (except cucumber) to make digestion easier, but don't go overboard. Since it's springtime they should still have a little crunch.
- Nuts and seeds can be raw, but they taste better if you toast them in a dry pan over medium-high heat until they begin to brown.

Just pick the ingredients you want from the following chart, add vinaigrette, and enjoy. You really can't go wrong!

Whole Grains	Veggies (pick 1-3)	Nuts and Seeds (pick 1)	Fresh Herbs (pick 1-3)
Barley	Beets, diced (if sautéed) or shredded (if raw)	Sunflower seeds	Mint, coarsely chopped
Farro	Carrots, diced (if sautéed) or shredded (if raw)	Cashews	Parsley, finely chopped
Spelt	Radishes, thinly sliced	Almonds, chopped	Cilantro, finely chopped
Quinoa	Celery, chopped or slivered	Walnuts, chopped	Dill, finely chopped
Wild Rice	Brussels sprouts, finely chopped	Pumpkin seeds	Basil, finely chopped
Red Rice	Cucumbers, diced	Pistachios	Thyme
Brown Rice	Kale, finely chopped	Sesame seeds	Microgreens/Sprouts
	Green beans, roughly chopped		
	Snow peas, roughly chopped		
	Turnips, diced		
	Broccoli raab, roughly chopped		

**Stumped? Try these combos:**

- *Barley + caramelized sweet onion + raw shredded beets + raw shredded carrots + toasted cashews + mint*
- *Wild rice + sautéed green onion + sautéed green beans + sautéed turnips + toasted sesame seeds + thyme + micro-greens*
- *Farro + sautéed red onion + sautéed celery + crushed and toasted almonds + cilantro*

## SIMPLE VINAIGRETTE

### Ingredients

1 tbsp citrus juice or vinegar (lemon, lime, apple cider vinegar, or red wine vinegar work best)

1/4 cup oil (olive, sesame, pumpkin, and/or toasted sesame oil work best)

Sea salt and black pepper to taste

## TOFU VEGGIE STIR-FRY

Makes about 4 servings

### Ingredients

1 tbsp avocado oil

3 green onions, finely chopped

6 cups of veggies, coarsely chopped

1 packet firm sprouted tofu (should be from the refrigerator section at the store), cut into 1/2 inch cubes

3-5 cloves of garlic, minced

1 inch of ginger root, minced

2 tbsp tamari sauce

2 limes, juiced

2 tbsp sesame oil

1/2 tbsp toasted sesame oil

1/2 cup sesame seeds, toasted in a dry pan

1 cup of micro-greens

Sea salt and black pepper to taste

### Veggie options

Broccolini or broccoli

Carrots

Turnips

Daikon radish

Shiitake mushrooms

Bell peppers

Sweet peas

Green beans

Dark leafy greens

### Instructions

Heat up a large saucepan or wok over medium-high heat and add avocado oil and green onions.

Sauté for about 3 minutes, stirring regularly, then add the harder veggies (like carrots, turnips, radish, etc.) and mushrooms first.

Sauté for another 5 minutes or so, then add the softer veggies and sauté for another 5 minutes.

Finally, add the tofu, garlic, ginger, and tamari and sauté for another 3 minutes, stirring regularly.

Meanwhile, toast sesame seeds in a dry pan over medium-high heat until they start to brown, then add them to the mix.

Serve with a whole grain, drizzle with sesame oils, and top off with lime juice and micro-greens.

## SIDES

### BEET SLAW WITH PISTACHIOS AND SPROUTED MUNG BEANS

Makes about 4 servings

#### Sprouted Mung Beans: Prep ~3 days in advance

Soak 1/2 cup fresh dried mung beans in 2 cups of water for 6 hours or overnight.

Drain water and rinse beans, then place them in a colander over a bowl and cover with a very wet towel.

Leave them in a warm place and let them sit for another 24 hours, then rinse and drain the sprouts again, rinse and remoisten the towel, cover, and repeat the process until the sprouts have ~1/4 inch tails. They should be ready in about 3 days.

If you're not ready to eat them right away you can keep them in a mason jar in the refrigerator for a few days.

#### Ingredients

1/4 cup pistachios, lightly toasted in a dry pan over medium heat

5 cups of coarsely shredded golden and/or purple beets

1 cup sprouted mung beans, micro-greens, or arugula

1/4 cup of fresh mint leaves, coarsely chopped

1/4 cup flat-leaf Italian parsley, finely chopped

1 garlic cloves, minced

1 lemon, juiced

1/4 cup olive oil

Sea salt and black pepper to taste

#### Instructions

Combine all ingredients in a salad bowl, mix well, and enjoy with a whole grain, meat, and/or soup.

## WATER SAUTÉD CARROTS WITH DATES AND CHILI FLAKES

*Inspired by a recipe in Joshua McFadden's incredible book, Six Seasons*

Makes about 4 servings

### Ingredients

3 tbsp olive oil or ghee  
1 bunch (or 1 lb) of carrots, quartered lengthwise then cut into 2 inch chunks  
1/2 tsp dried chili flakes  
4 Medjool dates, pitted and finely chopped  
2 tsp apple cider vinegar  
1/2 cup Italian parsley, finely chopped  
Salt and pepper to taste

### Instructions

Heat up a large skillet over medium-high heat and add olive oil (or ghee), 1/4 cup of water, chili flakes, carrots, and a pinch of salt. Bring to a boil then turn down to medium and let carrots cook for another 5 minutes, stirring regularly.

Strain carrots and place in a bowl. Add remaining ingredients and drizzle generously with olive oil. Toss and serve warm.

## WARM ASPARAGUS SALAD WITH OLIVES AND RADICCHIO

Makes about 4 servings

### Ingredients

3 tbsp avocado oil  
1 bunch asparagus, ends removed, chopped into 3 inch chunks  
1 head of radicchio, core removed, roughly shredded  
1/2 cup olives (Kalamata and Castelvetrano olives are my favorite go-tos), pitted and halved  
Balsamic vinegar  
Olive oil  
Salt and pepper to taste

### Instructions

Heat a large oven-proof skillet over medium-high heat, add avocado oil and asparagus. Cook for about 3 minutes, stirring regularly, then add radicchio and cook for another 3 minutes.

Turn off heat, add olives, a splash of balsamic, and a glug of olive oil. Mix until evenly coated, then place pan in the oven under low broiler for about 1 more minute.



Season with salt and pepper and serve warm.

## HERBED CHICKEN, FISH, or TOFU

If you eat meat, chicken and fish (especially white fish) are the best options for spring and early summer because they're lighter than other meats.

Fry them up in a pan or on a griddle over medium heat with some avocado oil, lemon juice, sea salt, black pepper, and freshly chopped herbs.

For chicken I like to use boneless skinless organic chicken thighs because they have the most nutrients and always come out tender.

For fish I like to use whatever wild-caught fish looks freshest at the store. Salmon is great to have at least once a week because of its rich essential fatty acid content, but white fish is the best choice for spring because it's not as warming.

Finally, tofu is great to have once or twice a week because it's so rich in calcium.

The sprouted firm tofu from the refrigerator section is the easiest for your body to absorb nutrients from, and some studies indicate that it might also be less likely to negatively impact your hormones than other more processed soy products like soy milk.

Add lemon, salt, pepper and any dried or powdered herbs at the beginning of your cooking, and throw the fresh herbs on toward the end.

### Here are some herb combos you might want to try:

Paprika + smoked paprika + onion powder

Fresh minced garlic + fresh thyme + fresh oregano

Fresh parsley + fresh rosemary

Turmeric powder + fresh garlic + fresh chives

## MANGO + AVOCADO SALAD

Makes about 4 servings

### Ingredients

1 large mango or 2-3 small mangoes, peeled, pit removed, and diced into 1 inch chunks

2 large firm-ripe avocados, halved, pitted, and diced into 1 inch chunks

1 cup fresh cilantro, coarsely chopped

3 green onions, minced

1 garlic clove, minced

3 limes, juiced  
3 tbsp olive oil  
Sea salt and black pepper to taste

### Instructions

Combine all ingredients in a bowl, mix well, and enjoy!

# SAMPLE MEALPLAN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Scramble	Porridge	Porridge	Scramble	Avo Toast	Avo Toast	Scramble
<b>Lunch</b>	Grain Salad (Barley + caramelized sweet onion + raw shredded beets + raw shredded carrots + toasted cashews + mint)	Leftover Chicken + Spring Green Soup + Brown Basmati Rice	Leftover Fish + Grain Salad	Leftover Tofu Veggie Stir-Fry+ Quinoa	Leftover Soup + Slaw + Brown Jasmine Rice	Leftover Herbed Tofu + Warm Asparagus Salad + Bhutanese Red Rice	Leftover Grain Salad + Chicken + Sautéd Carrots
<b>Dinner</b>	Chicken + Spring Green Soup + Brown Basmati Rice	Grain Salad ( <i>Wild rice + sautéd green onion + sautéd green beans + sautéd turnips + toasted sesame seeds + thyme + micro-greens</i> ) + Herbed Fish	Tofu Veggie Stir-Fry ( <i>Broccoli+ Daikon+ Shiitake</i> ) + Quinoa	Carrot-Ginger Soup + Beet Slaw + Brown Jasmine Rice	Herbed Tofu + Warm Asparagus Salad + Bhutanese Red Rice	Grain Salad ( <i>Farro + sautéd red onion + sautéd celery + crushed and toasted almonds + cilantro</i> ) + Herbed Chicken + Sautéd Carrots	Miso Soup + Spelt + Mango Avocado Salad

# SHOPPING LIST

*For 2 people*

- Bavarian bread or Vollkornbrot
- Nut butter (ingredients should only contain nuts and salt, no other oils, added sugar, etc.)
- Honey
- Maple syrup
- Coconut water
- Pomegranate juice (optional)
  
- Peppermint tea
- Chamomile tea
  
- 1-2 dozen Eggs
- Pasture Butter
- Miso paste
- 1/4 cup olives (Kalamata and/or Castelvetrano)
  
- 2 packs of firm sprouted tofu
- Dried wakame seaweed
  
- Chicken (Enough for 8 servings or 2 packs of 8 boneless skinless chicken thighs)
- Fish (Enough for 4 servings)
  
- Olive oil
- Avocado oil (best for medium to high-heat cooking, you can find it for a lot less \$\$ at Costco)
- Coconut oil
- Apple cider vinegar
- Balsamic vinegar
- Tamari
- Sesame oil
- Toasted sesame oil
  
- Buckwheat grouts
- Barley
- Brown basmati rice
- Wild rice
- Quinoa
- Brown jasmine rice
- Bhutanese red rice
- Farro
- Spelt
- Rolled oats
- Teff
  
- Hemp, almond, coconut, or cashew milk
  
- Ginger powder
- Cinnamon powder
- Coriander seed
- Dried chili flakes
- Vanilla extract
- Bee Pollen
- Turmeric powder (optional)
- Paprika (optional)
- Smoked paprika (optional)
- Onion powder (optional)
- Fennel seed (optional)
- Lavender (optional)
- Sea salt (either gray or pink)
- Black pepper
  
- Walnut pieces
- Hazelnuts
- Pinenuts
- Cashew pieces

- Sunflower seeds
- Sesame seeds
- Pistachios
- Chia seeds
- Dried mung beans
- 8-20 Madjool dates
- Other dried sugar-free fruit to snack on
  
- 2 cups of fresh berries
- 1 large mango
- Other fresh fruit to snack on
- Juice of choice for electrolyte drink
  
- 1 bunch dark leafy greens to add to breakfast (kale, chard, collards, etc.)
- 5 -8 cups baby spinach
- 3 bunches of green onions
- 3-5 bunches of carrots (extra if you want to make broth)
- 3 cups of green beans
- 1 bunch broccolini
- 3 large Turnips
- 1 daikon
- 5-7 large beets
- 1 bunch asparagus
- 1-2 handfuls of shiitake mushrooms (extra if you're making broth)
  
- 1 head radicchio
- 1-2 bunches celery (extra if you want to make broth)
- 1 cucumber
  
- 6 limes
- 6 lemons
- 4 large unripe avocados (assuming you're following the meal-plan and will be having the avocados toward the end of the week)
  
- 1 red onion
- 1-2 sweet onions (extra if making broth)
- 2 heads of garlic
- Fresh thyme
- Fresh rosemary
- Fresh oregano
- Fresh mint leaves
- Fresh chives
- Fresh basil
- 2 bunches Italian parsley
- 2 bunches cilantro
- 1 bunch dill
- Fresh ginger root