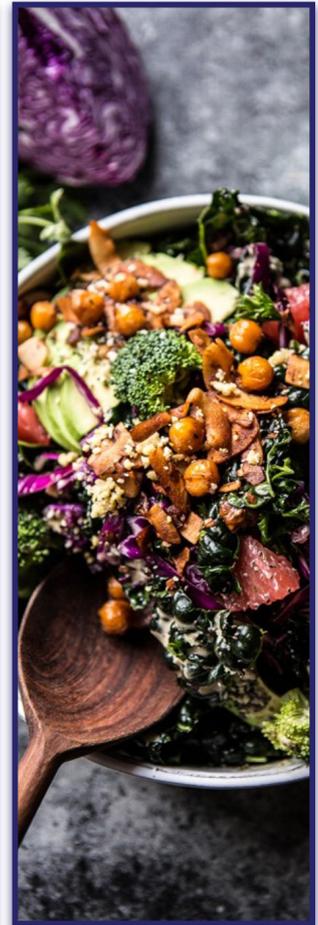


CLEAN EATING

HEALTHY & DELICIOUS FOOD FOR A BETTER YOU!

*30 RECIPES TO HELP YOU LOSE INCHES,
GAIN ENERGY AND BALANCE YOUR BLOOD SUGAR*



DR. DAVID FRIEDMAN
#1 NATIONAL BESTSELLING AUTHOR

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**PART
I
INTRODUCTION**

There are so many diets on the market: from calorie counting, paleo, Mediterranean, South Beach, to the Atkins diet. Figuring out the healthiest way to eat can be quite complicated. The sad reality is that 95% of those who lose weight from dieting will put the weight back on in less than a year.¹ If you've tried one of the many hundreds of weight-loss plans or followed a fad diet, you know this to be true. The majority of you lost the most weight in the first thirty days, continued to lose weight in month two, and only lost a minimal amount of weight after day ninety. By the fourth month, you had reached a plateau and became frustrated, which made you walk away from the diet you were on that "was" effective. So here you are back to square one, surrounded by a multibillion-dollar weight loss industry that just isn't working.

The word "diet" comes from the Greek root word "diaita", which means "way of living". The reason so many diet programs fail is because they have lost touch with the true meaning of the word. In my book Food Sanity, I share tried and tested tips on good eating and healthy living. This book is a culmination of 28 years of clinical experience, over a thousand peer reviewed unbiased studies, and personal interviews with hundreds of renowned doctors, scientists, bestselling authors and Pulitzer Prize winners. I also explore cultures around the world that live to be healthy beyond a hundred, and I share their secrets to longevity. After you read Food Sanity, you'll have a common sense meets common science roadmap that finally answers the question: What the heck are we supposed to eat?!





For most of my adult life, I have followed a “flexitarian diet”. Flexitarian is a marriage of two words: flexible and vegetarian. I eat an 80 percent whole-food, plant-based diet with the remaining 20 percent consisting of wild caught fish, organic chicken and eggs. In Food Sanity, I share why I personally don’t consume dairy, beef or pork. If you follow a paleo diet, which advocates “eating like a caveman”, you’re consuming a lot of red meat. This may come as a surprise to you, but forensic evidence shows us that our caveman ancestors actually ate primarily a plant-based diet. Only when fruits, veggies and grain were sparse did they partake in animal foods. ^{2 3 4}

Cavemen are portrayed as big, strong savage hunters able to stab and kill mammoth-size animals and carry their dead carcasses over their shoulders. That may be how the cartoons and movies portray them, but it is far from the truth. Cavemen were actually short and stocky. In fact, they were not much taller than 5 feet.⁵ In 2010, the analysis of twenty-six specimens showed the average weight for male cavemen was 171 pounds.⁶ Not exactly the image of a ravaging hunter who was strong enough to battle and kill a lion, tiger and bear, oh my! Our closest living relatives are the chimpanzees. In fact, there is only about a 1.6 percent difference between chimpanzee DNA and ours.⁷ The chimpanzee diet is primarily plant-based.⁸ They will eat insects, eggs and baby animals only if they are left with absolutely no other choice. This begs the question: If scientists have proven beyond a shadow of a doubt that humans are so closely related to chimps, why aren’t health and diet experts telling us to eat like them?



CHAPTER

I

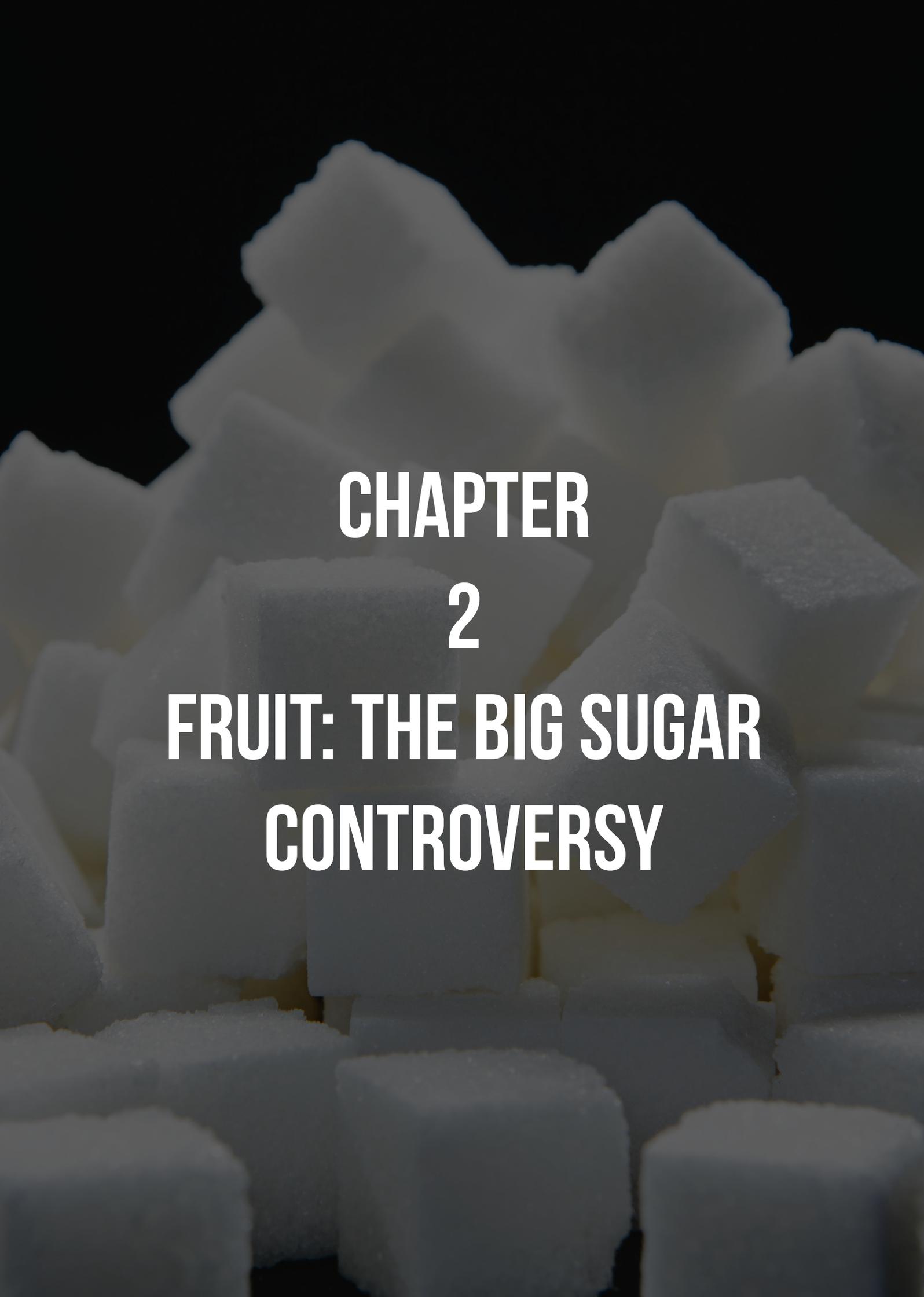
**DON'T COUNT CALORIES,
MAKE YOUR CALORIES
COUNT**

None of the recipes in this eBook will list how many calories each meal contains. Calorie counting diets simply do not work. They end up putting your body into a “famine” mode that causes you to gain back your original weight and sometimes even more. This is why calorie-counting diets are often referred to as “yo-yo diets”.

By definition, a calorie is the amount of heat required to raise the temperature of one kilogram of water through one degree Celsius. A calorie is heat! If heat caused weight gain, everyone living at the southern hemisphere would be obese. But actually they’re leaner.⁹ Everything containing energy contains calories, not that you would want to eat it. One example is coal, which has 7,004,684,512 calories awaiting release through combustion.



The biggest calorie-counting organization in the world is called Weight Watchers. They’ve been having people count calories for more than fifty years! In 2011, David Kirshaw, CEO of Weight Watchers, said in a *Time* magazine interview, “Calorie counting has become unhelpful. When we have a 100-calorie apple in one hand and a 100-calorie pack of cookies in the other, to view them as being ‘the same’ makes no sense.”¹⁰ For Weight Watchers to make a statement like that really puts into perspective the lack of success calorie counting has when it comes to losing weight and keeping it off. Calorie counting diets simply do not work! It also means having to become a mathematician, and that takes the enjoyment out of eating. If you eat the right wholesome foods, you don’t have to count calories.



CHAPTER

2

**FRUIT: THE BIG SUGAR
CONTROVERSY**



Fruit gets a bad rap because it contains sugar (aka fructose). There are many health advocates who recommend totally eliminating fruit from the diet. They believe that fruit creates a sugar overload that can lead to obesity, heart disease and type 2 diabetes.

In my opinion, that's taking things way too far. Fruit is an important part of the diet. Yes, it is true that fruit contains sugar, but so do vegetables. One cup of sweet potatoes contains 6 grams of sugar, yet it's the perfect food option for diabetics. One stalk of broccoli contains 2.6 grams of sugar. The reason eating sweet potatoes and broccoli won't spike your blood sugar is because they contain a lot of fiber, which buffers out the sugar content. When deciding which fruit to eat, it's important to look at the glycemic index (GI). A glycemic index measures how the fruit you eat will affect your blood sugar levels. The best way to keep your blood sugar in balance is to eat fruits that have a higher fiber content and a lower GI.



Instead of reaching for grapes and bananas, opt for fruits high in fiber that have a lower GI, like apples and blueberries. Even though these fruits are still high in sugar (blueberries have a whopping 15 grams of sugar per cup!), because of their fiber content, the natural fruit sugar is released slowly into the body and won't cause any unhealthy sugar spikes. In spite of their high sugar content, blueberries can actually help normalize blood sugar levels and reduce your risk of diabetes by 23 percent.¹¹

What about the most commonly eaten fruit in the world, the apple? How can this fruit, which is loaded with sugar, be attached to the claim, "An apple a day keeps the doctor away"? Because an apple is chock-full of antioxidants, vitamins and minerals and contains lots of fiber. This fiber, called pectin, buffers out the apple's fructose and keeps you from having an insulin spike. People who eat five or more apples per week are less likely to develop diabetes than those who don't eat apples.¹² However, you should never peel apples because most of that sugar buffering fiber comes from the skin.

Glycemic Eating Guide for Fruits

Eat all the green light fruits you want, limit your yellow light fruits and consider the red light fruits as an occasional candy treat.



| Green Light (low glycemic fruits) | Yellow Light (medium glycemic fruits) | Red Light (high glycemic fruits) |
|--|---|--|
| Apples, Tangerines, Pears, Blueberries, Grapefruit, Oranges, Strawberries, Raspberries, Blackberries, Cherries, Peaches, Plums, Cranberries, Elderberries, Gooseberries, Boysenberries | Mangos, Kiwis, Grapes, Figs, Pineapples, Papaya, Apricots, Cantaloupes, Honeydew Melon, Pomegranates, Bananas | Watermelon, Pineapples, Dates, Raisins, Candied Fruits |



CHAPTER

3

WHITE LOSS DIET



While there are many diets that have come and gone, for almost three decades I've recommended the same eating plan for my patients. It has helped thousands of people balance their blood sugar, increase their energy level, and lose unwanted pounds. You too can achieve this by simply living by the mantra, "If it's white, keep it out of sight!"

When I say white, I'm referring to foods that are white in color and have been processed and refined like milk, flour, rice, pasta, bread, crackers, cereal, and anything sweetened with table sugar or high-fructose corn syrup. There are a few natural exceptions to this rule: cauliflower, garlic, mushrooms, parsnips, onions, potatoes, bananas, coconut, turnips, white fish, and white poultry meat. All the other white foods contain a high concentration of simple carbohydrates that will make your blood sugar spike and then drop, causing you to overeat and gain weight.

Think of white foods as the "bad carbs", loaded with public enemy number one: sugar! The average person consumes 150 to 170 pounds of refined sugar every year!¹³ That is a lot of sugar—especially when you compare it to how much we

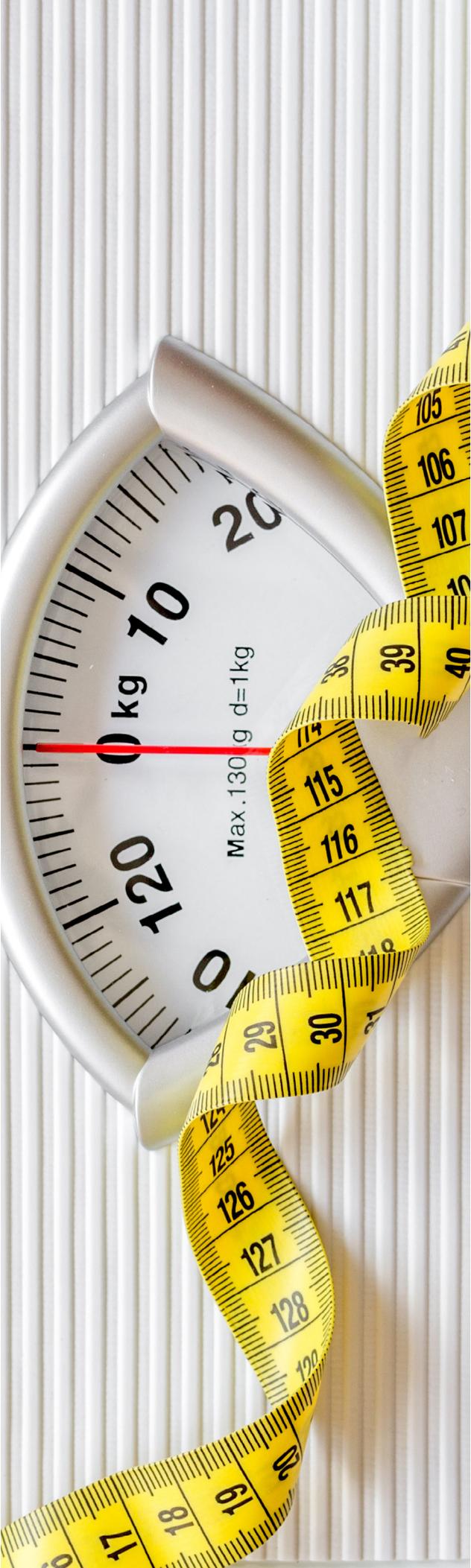
consumed in the past. Fewer than one hundred years ago, the average intake of sugar was only about 4 pounds per person per year. That's a 4,000 percent increase in sugar consumption today.

Sugar is a major cause of our obesity epidemic. If you are not one to add table sugar to your food or beverages, you may still be consuming too much sugar. This sweetener can be hidden in foods like canned or jarred tomato sauce (15 grams of sugar per half-cup serving), granola bars (12 grams of sugar), Greek yogurt (17 to 33 grams of sugar per 8-ounce serving), and Vitamin Water (one 20-ounce bottle has about 32 grams of added sugar)! Also, stay clear of processed grains like pasta because even though you won't see a lot of white "sugar" listed on the label, it increases your blood sugar and triggers a release of insulin.

Less-processed "good carbs" are more satisfying to the cells of your body and are therefore more filling than refined carbs. The bad white foods make portion control very difficult because they do not satiate well. The more you eat, the more you gain. By eating more whole grains like brown rice, oats, barley, rye, and quinoa, you are getting a great source of fiber, which creates a slower absorption rate and keeps you feeling full longer. For people suffering from celiac disease or a gluten sensitivity, the whole grain of choice is buckwheat. You can use buckwheat in place of wheat flour to make pancakes and pasta.

White Foods to Avoid

- white bread
- corn and corn chips
- pasta, unless it's whole grain
- popcorn
- white rice
- sugar and products containing sugar
- white flour, and products made with it such as cookies, crackers, cake, pretzels, doughnuts, bagels, and muffins
- sugar-sweetened soft drinks
- sugar-cured meats (e.g., cured ham)
- potatoes and potato chips
- salt



In *Food Sanity*, I share two other important factors necessary to achieving your ideal weight: Getting proper sleep and avoiding obesogens. A lot of research has been conducted on how a lack of sleep can contribute to obesity. Sleep deprivation affects the hormones that control our appetite and metabolism. Two such hormones are called grehlin, which tells you to eat, and leptin, which tells the body it's full and time to stop eating. A lack of sleep increases grehlin (making you hungry) and decreases leptin (making you keep eating).^{14 15} In Chapter 10 of *Food Sanity*, I share why Americans are so sleep deprived, and I offer some easy tips on how you can snooze to lose some of those unwanted pounds. But please don't tell people that my book put you to sleep.

Obesogens are chemicals, either natural or man-made, that take control of your metabolic systems, causing weight gain. They come from compounds found in certain plastics; in pesticides and fungicides; in soy and sweeteners; and in the hormones that are injected into our livestock. These obesogens increase appetite and disrupt normal development and lipid metabolism, all of which can lead to obesity.¹⁶ In *Food Sanity* I reveal how to recognize these chemicals and what you can do to avoid them.

The third thing required to successful weight loss is figuring out what to eat and what you should be avoiding. The good news is you do not have to compromise great tasting food. By simply avoiding white foods, you can still enjoy some of your favorite meals and recipes. Just modify some of your eating habits and you can achieve your desired weight, balance your blood sugar, lower your blood pressure, look and feel your very best.

A close-up photograph of two hands. The left hand is holding several ripe, red strawberries with green leaves. The right hand is holding a slice of chocolate cake with white frosting and a cherry on top. The background is a plain, light-colored surface.

CHAPTER
4
SIMPLE FOOD SWAPS

The one word that describes the reason why so many people don't achieve their ideal weight is ROUTINE. We are creatures of habit and tend to gravitate toward what we are used to. As motivational guru Zig Ziglar said, "If you do what you always did, you'll get what you always got." A needed change does a body good. The saying goes, "Twenty-one days makes a habit," which means if you devote three weeks to making a positive change, it becomes a lifestyle. I promise, it's not that difficult. It just takes doing some simple swaps.

Sugar: Sweet Poison



Sugar has such a sweet sound. We call each other names like "sugar," "sweetie," "honey," and "sugar pie." Some of our fondest memories involve celebrating or consoling with sweets: milk and cookies for comfort when we're depressed, cake and ice cream to celebrate birthdays, bundt cakes to congratulate a wedding party, and fancy candies and treats for the holidays. Sugar gets us through thick and thin (actually, not so thin!) Eating too much sugar has been linked to inflammation in the body that can lead to obesity, diabetes, autoimmune disease and even cancer! We live in a sugar-obsessed society, but there are some wonderful natural sugar alternatives to keep your sweet tooth happy and your health in balance. Here are a few sweet swaps:

Coconut Sugar

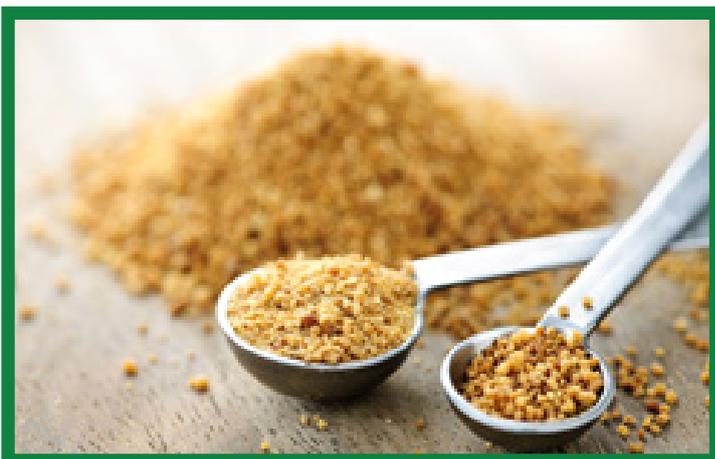
Coconut sugar is a great alternative to processed white sugar. It's chock-full of vitamins and minerals and has a low glycemic index, so it won't spike blood sugar levels. Coconut sugar contains inulin, a naturally occurring and indigestible carbohydrate. Inulin is considered a prebiotic because it's fermented in the intestines and becomes food for beneficial bacteria. Research shows fermentable carbs such as inulin may improve insulin sensitivity and have beneficial metabolic effects in people at risk for diabetes. ¹⁷



Coconut sugar can be used as a one-to-one replacement for white or brown sugar. Its rich texture and natural sweetness make it great for baking.

Monk Fruit

Monk fruit, also known as lo han guo, has been used for centuries in Eastern medicine as a cold remedy and digestive aid, and now it's become a popular sweetener for foods and beverages. The fruit extract is 200 times sweeter than sugar and contains zero calories per serving—meaning a very small amount provides a lot of sweetness. Monk fruit sweetener can be found online or at your local grocery store.



This sweetener is a wonderful substitute for sugar in recipes for sauces, dressings and beverages. When it comes to baked goods, I recommend substituting monk fruit extract for half the sugar called for in a recipe.

Date Paste

If you love caramel, then you will love date paste. It's packed with nutrition like fiber, iron and potassium, just to name a few. Date paste makes a great alternative to refined sugars and can be drizzled over desserts, added to smoothies, sauces, marinades, salad dressings and even spread on apple slices. The possibilities are endless!



Date paste is an easy sugar alternative you can make at home in a blender using 3/4 water, 1/2 teaspoon of vanilla extract and about one cup of warm, pitted dates. Date paste can be sweeter than sugar, so you'll have to reduce the amount you add, as well as reducing the liquid in baking.

Stevia

With no calories, no carbohydrates and a zero glycemic index, stevia provides the sweetness your baked goods need. Not all stevia is created equal. Some leave a bitter aftertaste. My two favorite brands are Select Pure Stevia Powder and Trader Joe's Pure Organic Stevia. Both options offer a delicious sweet flavor with no bitter aftertaste.

Stevia is much sweeter than sugar, so a little goes a long way. Also, the amount of stevia you add depends on the form of stevia you have. The raw leaves of the stevia plant are approximately 40 times sweeter than sugar, and the powdered sweetener is up to 300 times sweeter. So just a tiny bit of stevia will suffice for most of your recipes. Stevia is available in many forms. The most popular is white extract powder, but you can also buy dried stevia leaves, stevia liquid extract, or as small pellets to sweeten your coffee with.



Honey

Honey has amazing health benefits, including anti-microbial, heart-healthy and anti-inflammatory effects. Honey also contains antioxidants which are thought to protect against many forms of disease. Honey's depth of flavor is determined by the source of the nectar it was made from. Linden honey is delicate and woody, buckwheat honey is strong and spicy, and eucalyptus honey has a subtle menthol flavor. Honey can raise your blood sugar so use sparingly.



Honey can be particularly tasty in smoothies, teas, baked goods, sauces, marinades and salad dressings, but it can be sweeter than sugar, so you'll have to reduce the amount you add as well as reducing the liquid in baking.

Xylitol

Xylitol is made from the birch tree and is just as sweet as sugar. This sugar alcohol is a low calorie, low glycemic option which has been shown to help promote healthy teeth and prevent cavities.¹⁸ Be careful not to overdo it in recipes because too much xylitol can have a laxative effect.



Because it comes in granulated form, xylitol is easy to use in place of sugar in beverages, on fruit, cereal, and in cooking and baking—as long as the recipe doesn't require the sugar to break down into liquid form because xylitol doesn't caramelize.



Cow's Milk: Does a Body Bad!

In *Food Sanity*, I share in great detail why I consider dairy to be one of the major causes of weight gain and disease. One example is casein, the predominant protein found in cow's milk. Humans aren't designed to break down this large amount of protein, and when we drink it, our body sees this protein as being harmful and produces antibodies to attack it.¹⁹ Numerous studies, including data from the World Health Organization (WHO), have linked consumption of casein with increased risk of heart disease, high cholesterol, diabetes, and neurological/behavior disorders.²⁰ If you're a milk lover, have no fear; there are healthier swaps to turn to:

Almond Milk

Since almonds are a great plant-based dietary source of calcium, they make an ideal healthy milk alternative. Almonds are also high in other essential minerals such as iron and magnesium, which work with other nutrients in the body to help them function optimally. Almond milk has a pleasant, nutty flavor and creamy texture that's similar to regular milk. For this reason, it is a popular choice for vegans and those who are allergic or intolerant to dairy.



Coconut Milk

Coconut milk contains healthy medium chain fatty acids, which are used by the body as energy rather than storing it as fat. Coconut milk also provides the body with needed protein, vitamins and minerals. Research suggests coconut milk reduces appetite and decreases calorie intake compared to other fats.^{21 22} If you enjoy the thick and rich creamy texture of dairy, you'll love using coconut as a milk alternative.



Hemp Milk

Hemp milk is a great alternative to dairy, and is extremely rich in plant-based protein, and omega 3 essential fatty acids. One concern that people have about organic hemp milk is that it might contain some of the chemical THC (tetrahydrocannabinol), which is found in marijuana. Rest assured, this ingredient is not present or associated with hemp milk (i.e. it won't get you high). While unsweetened hemp milk doesn't contain any added sugar, avoid the chocolate and vanilla versions because they can contain a lot of added sugar.

Cashew Milk

Cashew milk has become another popular alternative to cow's milk because of its versatile, creamy texture. Cashews are also a popular plant alternative to use in recipes for vegan cheeses and other mock-dairy recipes.

Cashews are a good source of healthy fats and plant-based protein, and are high in the minerals magnesium and potassium, which are needed for good cardiovascular health.



Salt: The Bitter Truth!



The human body is made up of 70% salt water! We need salt to survive. However, there's a big problem in American, and it's called "too much of a good thing." The average American consumes more than 3,400 mg of sodium daily.²³ The ideal limit is no more than 1,500 mg per day for most adults.²⁴ Only about 10 percent of the sodium in our diet is from salt that we add at the table; the other 80% comes from processed foods and hidden in things like salad dressings, ketchup, soups, even sparkling mineral water contains sodium. To give you a couple examples of just how much hidden salt we consume: one cup of canned chicken noodle soup can have up to 940 mg of sodium; one slice of pizza can have up to 780 mg of sodium; and just one sandwich, after you consider the bread, cured meats, cheese and condiments, can have a whopping 1,600 mg of sodium!

The table salt found in most homes, restaurants, and processed foods is void of any nutritional value and is stripped of its beneficial trace minerals. Controlling your sodium intake can have a huge impact on your health and well-being. While I prefer the salt alternatives listed below, if you want to enhance your food with a little salt, reach for pink Himalayan salt. The crystals are pink because they are unprocessed and contain over 84 minerals and trace elements, including calcium, magnesium, potassium, copper and iron. Table salt is very heavily processed, eliminating its minerals, which is why it's white. Commercial table salt is typically 97.5 percent to

99.9 percent sodium chloride. Meanwhile, a high-quality unrefined salt like Himalayan salt is only 87 percent sodium chloride.²⁵ A little goes a long way. Himalayan salt is very flavorful, so use it sparingly.

Distracting your palate with chopped fresh or dried herbs and spices can help ease the transition to lower-salt cooking by waking up other flavors. Get creative with seasoning blends, found in any spice aisle; just make sure they're labeled "salt-free". There are some great flavor enhancing salt swaps to turn to:

Basil

- **Taste:** Sweet and peppery
- **Preparation:** Fresh basil retains more flavor and aroma than dried. Basil plants usually grow well on windowsills. As you pick the leaves, more will grow.
- **Uses:** Perfect for pesto, marinades, dressings, sauces, sandwiches, soups and salads. Basil is traditionally used in Mediterranean cooking, in tomato-based pasta sauces and pizzas. Use lemon, Thai and holy basil in South Asian and Thai dishes.



Cardamom

- **Taste:** A warm, aromatic spice
- **Preparation:** Add whole cardamom pods to your dishes or use the seeds inside, either whole or ground.
- **Uses:** Commonly added to Asian spice mixes and curry pastes. Cardamom also works well in baked goods and sweet breads, with cloves and cinnamon, for a taste of Scandinavia.



Chives



- **Taste:** Onion-like but less powerful
- **Preparation:** Using a clean pair of scissors, snip the stems into food. Add to hot dishes at the last minute, as heat destroys its flavor.
- **Uses:** Great in salads, mashed potato, casseroles, baked potatoes, salads, fish and poultry.

Coriander

- **Taste:** Coriander leaves have a distinct earthy and lemony flavor, while coriander seeds have a warm, spicy, citrus flavor when crushed.
- **Preparation:** Use coriander leaves raw or add to foods at the end of cooking. Coriander seeds are commonly used in Indian dishes. Fry them in a dry pan and add them whole or crushed.
- **Uses:** Add coriander leaves to salads, soups, salsas, curries, fish and chicken dishes. You can also combine it with lime and chilli in stir fries.



Dill

- **Taste:** Dill has a strong taste, often compared to fennel, star anise and celery.
- **Preparation:** Use fresh rather than dried if possible—use the leaves only and discard the stem.
- **Uses:** Popular in Russian, Eastern European, Greek and Scandinavian cooking, dill is a welcome addition to omelets, seafood, potato salad and cucumber dishes. Try adding dill to beans and brown rice.



Cumin



- **Taste:** Earthy and smoky.
- **Preparation:** Fresh cumin seeds, dry roasted and then ground, provide a richer flavor than cumin powder.
- **Uses:** After black pepper, cumin is the most-used spice worldwide. It is flavorsome without too much spiciness. Cumin goes with practically any dish but particularly with chicken, bison, beans and rice. Combine with oregano and chilli for a Mexican twist, or with cardamom, coriander and turmeric for a taste of India.

Ginger

- **Taste:** Peppery, lemony and slightly sweet, with a sharp aroma.
- **Preparation:** Buy ground or fresh (as a ginger root, which can then be chopped or grated).



- **Uses:** Ginger enhances sweet and savory dishes. Fresh ginger can be grated into stir-fries and curries during cooking, or sprinkled over meat before baking or barbecuing. It can also be used in salad dressings or added to rice. Ground ginger works well with stewed fruits.

Oregano

- **Taste:** Oregano has a warm, aromatic, slightly bitter taste and a potent aroma.
- **Preparation:** Fresh oregano leaves can be chopped into foods or added whole.

- **Uses:** Popular in Greek and Mediterranean cooking. Use it to marinate poultry and seafood before grilling, in egg dishes, breads, casseroles and salads. It's also great in spaghetti sauce and tomato salsas. Marjoram is a good oregano substitute, but tastes milder.



Parsley

- **Taste:** Has a mildly bitter, grassy flavor that does not overwhelm the other ingredients.



- **Preparation:** Flat-leaf parsley is favored by chefs; it withstands heat well and is very flavorsome. Curly parsley is used for decorative garnishing.

- **Uses:** Goes with fish, chicken, vegetables, potato dishes, omelets, stuffing, marinades, dressings, sauces and soups.

Flour Power

Flours are produced by crushing grains into fine powders. And those powders form the basis not just for breads and buns, but for a huge variety of processed foods from cereals, crackers and pizza dough to cookies, cakes and ice cream cones.



Many experts put refined white flour as the single most harmful influence in the American diet today. While the whole-kernel grains used to make flour do contain an array of vitamins, minerals,

phytonutrients and fiber, when these kernels are pulverized into flour, even whole-grain flour, what's left behind is a starchy powder that wreaks havoc on the body. Have no fear, there are a few awesome flour swaps the rescue:

Almond Flour

Almond flour is my favorite in terms of taste, nutrition, and ease-of-use. It's made with almonds that have been blanched and then finely ground to a light, floury texture. You can also use almond flour instead of breadcrumbs, and it does great with dense baked goods like brownies.



Coconut Flour

Coconut flour is a delicious alternative to wheat and grain. It's chock-full of vitamins and minerals and is a low glycemic food, which means it won't spike blood sugar levels.



Coconut flour has a mild scent and flavor, which makes it suitable for flour-based recipes that don't have other strongly-flavored ingredients such as cocoa powder or spices. It is also quite light and airy, making it especially suitable for baked goods like muffins, pancakes and cakes. Coconut flour sucks up much more moisture than almond flour, so it's best to use it with wetter ingredients to prevent them from getting crumbly and dry.

Quinoa Flour

While you can buy quinoa flour at the store, you can also make this flour easily at home on your own. Take raw quinoa seeds and finely grind them in a high-powered blender or spice grinder until they have a flour-like texture. Quinoa flour is high in protein ($\frac{1}{4}$ cup serving contains about four grams of protein) and can be used in muffins, pancakes, and breads. If you are avoiding gluten, this is a great choice.



Chickpea Flour

Made from dried garbanzo beans that are finely ground, chickpea flour is rich in total and soluble fiber as well as in resistant starch, all of which contribute to its low glycemic index. The fiber in chickpeas also makes them a heavyweight in terms of helping with digestion, preventing constipation and even aiding in weight loss since they fill you up. It's great for adding texture to crepes, pancakes, breads, or dumplings.



Brown Rice Flour

Brown rice is known for its deep, rich flavor and heartier texture compared to white rice. Flour made from brown rice has a texture similar to white flour so it does well with baked goods. Brown rice is richly nutritious and naturally gluten-free. The primary difference between brown and white rice is the husk; during milling, removing the husk produces white rice. However, the husk of brown rice is left intact, making it a much healthier selection when considering fiber, vitamins and nutrients such as calcium and zinc.



Buckwheat Flour

While many people think that buckwheat is a cereal grain, it is actually a fruit seed that is related to rhubarb and sorrel, making it a suitable substitute for grains for



people who are sensitive to wheat or other grains that contain protein glutens. It's packed with nutrients, readily available, easy to work with and has a nice nutty flavor. You can use buckwheat flour to make gluten-free breads, cakes and crackers.

Coffee Flour

Coffee flour is made from coffee fruit, which surrounds the bean. It's high in antioxidants and fiber. Coffee flour doesn't actually taste like coffee, but it does impart distinctly flavorful ingredients with notes of floral, citrus and roasted fruit. It's also gluten-free, high in fiber, a good source of potassium, iron and antioxidants. From breads, pie crust, cookies, to muffins and brownies, it's great for making decadent desserts.



A chef in a white uniform and blue hat is smiling while cooking. He is holding a small white bowl and pouring its contents into a stainless steel pot. The foreground is filled with fresh vegetables, including tomatoes, bell peppers, and lettuce. The background is a plain, light-colored wall.

**PART
II
30 RECIPES FOR A
BETTER YOU!**

Healthy eating doesn't mean not being able to enjoy the foods you love. Doing some simple food swaps won't compromise the flavor. If you follow the road map I've laid out for you in *Food Sanity* and partake in meal plans, like the ones in this eBook, you can be healthy, reach your ideal weight and live life to its fullest.





**CHAPTER
5
BREAKFAST**



Vegan Waffles

These vegan waffles are just as delicious as those ice cream parlor waffles back in the day. You can serve them with vegan whipped cream or cashew ice cream, organic maple syrup, fresh fruit or whatever you fancy.

Prep time: 10 mins | Cooking time: 30 mins | Serves: 8

Ingredients

- 4 tablespoons water
- 1/2 cup almond flour
- 1/2 cup rolled oats
- 1 1/2 teaspoons honey
- Pinch of pink Himalayan salt
- 3/4 cups cashew milk
- 1 tablespoon flax seed meal
- 1 tablespoons coconut oil
- 2 teaspoons baking powder
- 1 teaspoon pure vanilla extract



Directions

1. Preheat a waffle iron.
2. In a bowl, add water and flax seed meal and mix.
3. In a blender, add oats and blend until thick and smooth. Add flax seed mixture, almond flour, cashew milk, coconut oil, baking powder, honey, vanilla extract, and a pinch of Himalayan salt. Blend again until batter is mixed. Add 1/2 cup batter into preheated waffle iron. Cook the waffles until golden and crisp.

Strawberry Oatmeal Breakfast Smoothie

A rich and creamy smoothie recipe with a deep pink color, perfect for mornings on the go.

Prep time: 5 mins | Cooking time: 5 mins | Serves: 4

Ingredients

- 1/2 teaspoon pure vanilla extract
- 1 cup almond milk
- 1/2 cup rolled oats



- 1 banana (chunks)
- 2 cups of frozen strawberries
- 1 1/2 teaspoons coconut sugar

Directions

1. In a blender, add almond milk, bananas, oats, frozen strawberries, pure vanilla extract and coconut sugar.
2. Pour into a glass and serve immediately.

Healthy Crepes

Enjoy the scrumptious and tantalizing vegan crepes without eggs! Add some organic maple syrup for additional flavoring to the dish.

Prep time: 5 mins | Cooking time: 20 mins | Serves 4-6

Ingredients

- 1 tablespoon monk fruit powder (or stevia)
- 1/2 cup water
- 1/4 teaspoon Himalayan salt
- 1/4 cup melted coconut oil
- 2 tablespoons organic maple syrup
- 1/2 cup almond milk
- 1 cup almond flour



Directions

1. In a large mixing bowl, blend together water, almond milk, monk fruit powder, 1/4 cup coconut oil, Himalayan salt and almond flour. Cover the mixture and let it chill for about 2 hours.
2. Grease a skillet with coconut oil. Heat the skillet until hot. Pour batter into the skillet. Allow both sides to cook until golden brown. Bon Appétit!

Poached Egg in an Avocado

Craving something fancy for breakfast? Poached egg in an avocado is a great option. If the egg is poached perfectly, this easy dish will be a morning favorite.

Prep time: 5 mins | Cooking time: 5 mins | Serves: 4

Ingredients

- 2 avocado
- 4 organic eggs
- Himalayan salt and freshly ground black pepper

Directions

1. The first step is to poach your egg. To do that, bring 3-6 inches of water to a simmer in a saucepan.
2. Crack the eggs into the simmering water one by one. Cook for around 4-5 minutes.
3. While your eggs are poaching, slice both avocados in half and get rid of the pit. Use a spoon to scoop out a shallow hole in each half.
4. Once your eggs are poached, remove them from the water and place one in each avocado half. Sprinkle Himalayan salt and pepper on top and enjoy.



Pine Nut and Date Oatmeal

This delicious and healthy oatmeal recipe will become a morning favorite. It's a filling breakfast and takes only a few minutes to put together.

Prep time: 5 mins | Cooking time: 2-3 mins | Serves: 4

Ingredients

- 8 tablespoons dates (chopped)
- 1 teaspoon ground cinnamon
- Pinch of Himalayan salt
- 4 cups water
- 4 tablespoons roasted pine nuts
- 4 teaspoons honey
- 2 cups old-fashioned rolled oats



Directions

1. Combine 2 cups oats with 4 cups of water and a pinch of salt in a saucepan.
2. Cook for 2-3 minutes on medium heat, stirring constantly.
3. Divide into 4 portions. Add the dates, pine nuts, honey and cinnamon on top and serve.

Healthy Smoothie Bowl

This fruity smoothie bowl is filled with all the best things; blueberries, mango, chopped almonds and shredded coconut.

Prep time: 10 mins | Cooking time: None | Serves: 4

Ingredients

- 2 cups pineapple chunks (frozen)
- 2 bananas (sliced and frozen)
- 2 cups almond milk
- 2 cups mango chunks (frozen)
- Fresh blueberries
- Fresh kiwi slices
- Shredded coconut
- 4 tablespoons chopped almonds



Directions

1. Pulse the mango, banana, pineapple and almond milk together in a blender. The consistency should be thick and smooth. You may stop and stir occasionally while blending. Add more almond milk if needed.
2. Once you have the desired consistency, spoon into 4 bowls.
3. Top off with blueberries, kiwi slices, shredded coconut and chopped almonds.

Berry Breakfast Smoothie

Make this healthy and refreshing smoothie for a quick breakfast that's packed with nutrients and flavors.

Prep time: 5 mins | Total time: 5 mins
| Serves: 2

Ingredients

- 1 cup almond milk
- 1-2 tablespoons chia seeds
- 1 ripe banana, sliced
- 1 cup fruit medley (frozen papaya, strawberry, pineapple, mango)
- 1 tablespoon coconut oil
- 1 teaspoon powdered ginger



Directions

1. In a blender, add almond milk, banana, coconut oil, frozen fruit, chia seeds, and powdered ginger until smooth.
2. Pour into a glass and serve immediately.

A close-up photograph of a person in a white chef's coat pointing at a tablet held by another person. The scene is set at a dining table with a plate of food, including a fried item, red and green vegetables, and a white cup. The background is blurred, showing a kitchen or dining area.

**CHAPTER
6
LUNCH**



Curried Chicken Salad

This curried chicken salad uses organic chicken and is full of textures. Chewy, crunchy and savory, this meal is satisfying to the palate and will be enjoyed by all.

Prep time: 10 mins | Cooking time: 30 mins | Serves: 4

Ingredients

- 2 whole skinless chicken breasts (organic chicken)
- 1 teaspoon lemon juice
- 2 tablespoons extra virgin olive oil
- 1/3 cup raisins
- 2 whole celery (diced)
- 1/2 cup diced avocado
- 1/4 cup silvered almonds
- Salt and pepper to taste
- 1 cup organic chicken stock
- 1 teaspoon curry powder
- 1 whole carrot (peeled and grated)
- 4 large romaine lettuce leaves
- 2 tablespoons cilantro (chopped)

Directions

1. Boil your chicken in the stock for 30 minutes or until it is completely cooked.
2. In a large mixing bowl, add the carrot, raisins, celery, avocados and almonds.
3. Once your chicken has cooked, drain and allow to cool. Once cooled, shred or dice it.
4. In a small mixing bowl, whisk together the curry powder, cilantro, lemon juice and olive oil.
5. Combine the chicken with all the other ingredients and lightly toss.
6. Serve on a bed of lettuce.
7. Season with Himalayan salt and pepper.

Lemon and Dill Chicken

Organic chicken tastes amazing when combined with ingredients like lemon and dill. This Greek inspired sauce adds a burst of flavor. Try it tonight!

Prep time: 10 mins | Cooking time: 20 mins | Serves: 4

Ingredients

- 3 teaspoons extra-virgin olive oil
- 2 teaspoons almond flour
- 4 organic chicken breasts (boneless and skinless)
- 1 cup organic chicken broth
- 1 tablespoon lemon juice
- Salt and freshly ground pepper to taste
- 3 cloves minced garlic
- ¼ cup onion (finely chopped)
- 2 tablespoons chopped fresh dill (divided)



Directions

1. Season your chicken breasts on both sides with a pinch of Himalayan salt and pepper.
2. Place a large heavy skillet over medium-high heat with 1 ½ teaspoons olive oil.
3. Add in the chicken and brown well on both sides. This should take around 3 minutes per side. Transfer to a plate and cover the plate with foil.
4. Reduce the heat to medium and add in the remaining oil. Sauté the onion and garlic for 1 minute while stirring.
5. In a measuring cup, whisk the broth, almond flour, lemon juice and 1 tablespoon dill together. Add this mixture into the pan and cook until it thickens, for around 3 minutes.
6. Add the chicken back to the pan and reduce the heat to low. Allow the mixture to simmer until the chicken is fully cooked; this should take around 4 minutes.
7. Transfer your cooked chicken onto a warmed platter.
8. Season the sauce in the pan with Himalayan salt and pepper and spoon over the chicken.
9. Garnish with fresh dill.
10. Serve with roasted broccoli on the side. Enjoy this culinary perfection.

Kale and Quinoa Salad with Almonds and Dates

This delicious and healthy salad is filled with lots of surprises and a variety of textures. It's a lunch recipe that your family will enjoy.

Prep time: 15 mins | Cooking time: 35 mins | Serves: 4

Ingredients

For the Salad

- 1 small garlic clove (smashed)
- ½ cup whole almonds (roasted and salted)
- 1 large onion (diced)
- ½ cup whole dates
- 1 bunch kale
- 1 tablespoon olive oil
- ½ cup red quinoa



For the Dressing

- 2 teaspoons honey
- 1 orange
- Salt and freshly ground black pepper
- ¼ cup extra-virgin olive oil
- ½ lime (juiced)

Directions

1. Place a saucepan over medium heat and add olive oil. Add the onion and lightly sprinkle with Himalayan salt. Sauté the onion, stirring constantly, until it has caramelized and turned a toasty brown color. Remove from heat and place aside.
2. In a fine mesh strainer, rinse your quinoa. Place a 2-quart saucepan over medium-high heat and add the quinoa in with the garlic. Sauté for around 1 minute and then add 1 cup water and ½ tsp. Himalayan salt. Bring to boil. Cover and turn the heat to low and cook for 15 minutes. Turn the heat off but keep the lid in place for an extra 5 minutes. Remove the lid and fluff with a fork.
3. Wash, trim and chop the kale.
4. Pit your dates and slice them into quarters.
5. Chop your almonds roughly.
6. Make the dressing by whisking the juice of the orange and lime together. Add in the honey and olive oil and whisk together. Once the quinoa has finished cooking, stir in 2 tablespoons of the dressing.
7. Assemble your salad by tossing the kale with the warm quinoa and caramelized onion. Add in half the dressing and taste. Toss more if desired and then add in the dates and almonds.

Cashew Cheese Quesadilla

There's no better "comfort" food than quesadillas. Eat them plain or you can try vegan nacho cheese or mashed avocado. This makes a great plant based, whole food meal option. You can also add some organic chicken to this dish as well. This can be browned in a skillet or on your outdoor grill.

Prep time: 15 mins | Cooking time: 30 mins | Serves: 4



Ingredients

Cashew Cheese

- 1½ cups raw cashews (soaked for at least 2 hours)
- Salt & freshly ground black pepper (to taste)
- 2 ½ tablespoons of nutritional yeast (also known as savory yeast or nooch)
- ¼ cup water
- 3 tablespoons lemon juice
- 1 garlic clove

Quesadillas

- 8 almond flour tortillas (available at most health food stores and Amazon.com)
- ¼ cup parsley (chopped)
- ½ cup black olives (sliced)
- ¾ cup cooked black beans
- ¾ cup tomatoes (diced)
- 1 tablespoons coconut oil
- ¼ cup sweet Vidalia onions
- 1 large avocado (pitted and sliced)

Directions

Cashew Cheese

Add all the ingredients in the food processor and blend until smooth.
Refrigerate the mixture until it is ready to use.

Quesadillas

1. In a medium sized bowl, add black beans, diced tomatoes, olives and parsley. Mix all the ingredients and set it aside.
2. Add a thick layer of cashew cheese to the tortilla. Layer with black bean mixture, then cover with another tortilla and press gently. Repeat the same procedure with remaining tortillas.
3. Heat a skillet with a teaspoon of olive oil. Place quesadilla in skillet and lightly brown on both sides.
4. Place the quesadillas on a plate. Garnish with a couple avocado slices and a lemon wedge.

Snap Peas and Quinoa Salad

A colorful salad with snap peas, mushrooms and fresh lemon flavor. Perfect as a stand-alone meal or as a side dish.

Prep time: 10 mins | Cooking time: 15 mins | Serves: 2

Ingredients

- 2 cups water
- $\frac{1}{3}$ cup white balsamic vinegar
- 1½ cups button mushrooms (cut into quarters or eighths if large)
- 1 tablespoon fresh dill (chopped)
- 1 tablespoon lemon juice
- 1 cup quinoa
- 1 teaspoon lemon zest (freshly grated)
- $\frac{1}{3}$ cup red onion (thinly sliced, cut into 1-inch lengths)
- 1 teaspoon pure maple syrup
- 2 cups fresh snap peas (cut diagonally into thirds)



Directions

1. Using a medium sized saucepan, pour water and bring to boil. Reduce the flame to simmer, cover and let it cook for about 15 minutes. Take a fork and fluff. Set aside and allow to cook.
2. In a medium sized bowl, add peas, mushrooms, dill and onions. Whisk lemon zest, vinegar, oil and maple syrup in a small bowl.
3. Stir the dressing on the quinoa. Add it to the mixture, toss and serve.



Avocado Toast

A healthy and quick recipe, mixed with healthy fats, garlic, tomato wedges, garnished with balsamic glaze drizzle. This is super filling and will keep you going throughout the day.

Prep time: 10 mins | Total time: 5 mins | Serves: 4

Ingredients

- 1 clove garlic (halved and peeled)
- 1 ripe avocado (peeled, pitted and halved)
- 1 large tomato (cut in wedges)
- Pink Himalayan sea salt
- 4 slices whole wheat or whole grain bread
- ½ cup of crumbled goat cheese
- Freshly ground black pepper
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons fresh parsley (chopped)
- 1/2 lemon (juiced)
- ½ teaspoon of balsamic glaze

Directions

1. Use a fork to mash the avocado in a shallow bowl until it's chunky.
2. Mix parsley, olive oil, lemon juice, Himalayan salt, and pepper.
3. Toast the bread.
4. Rub the cut side of the garlic lightly on one side of each slice and then discard the garlic.
5. Spread avocado mixture on each piece of toast.
6. Place tomato wedges and goat cheese crumbles on top.
7. Drizzle with the balsamic glaze before serving.

Tomato and Egg Garden Stack

This delicious and easy to make dish combines an array of flavors and textures for the palate and offers a refreshing and healthy option for lunch.

Prep time: 5 mins | Cooking time: 10 mins | Serves: 1



Ingredients

- 1 large ripe tomato
- 2 organic eggs
- 2 asparagus stalks
- Fresh spinach leaves
- Sprinkle of garlic powder
- Sprinkle of oregano
- Sprinkle of basil
- 1 tablespoon balsamic vinaigrette
- 1 tablespoon extra virgin olive oil.

Directions

1. Cut one ripe organic tomato into thick slices. Sprinkle oregano and basil on slices and let sit.
2. Pour extra virgin olive oil into a pan and use medium heat to grill two eggs. Add garlic powder and heat for 5 minutes or until fully cooked.
3. Steam or stir fry 2 asparagus stalks on high heat for 5 minutes, using extra virgin olive oil.
4. After eggs are fully cooked, start assembling the sandwich.
5. Sprinkle balsamic vinaigrette as desired.
6. Place on a bed of spinach leaves and serve.



Sweet Potato-Almond Bisque

This delicious vegetarian based bisque is a great winter soup to make on the weekend and eat throughout the week. The cilantro and parsley add a bright freshness to the soup; a crumble of almonds on top brings it all together.

Prep time: 5 mins | Cooking time: 15 mins | Serves: 4

Ingredients

- 1 large clove garlic (minced)
- Fresh cilantro leaves and parsley (chopped, for garnish)
- 1 15-ounce can vegetable broth
- 1 tablespoon coconut oil

- 1 teaspoon ground allspice
- ½ cup smooth organic almond butter
- 1 small yellow onion (chopped)
- 3 cups reduced-sodium tomato-vegetable juice
- Freshly ground pepper to taste
- 2 teaspoons fresh ginger (minced)
- 1 4-ounce can green chilies (diced, preferably hot, drained)
- 2 large sweet potatoes (10-12 ounces each)

Directions

1. Using a fork, prick sweet potatoes. Cook on high for approximately 10 minutes in the microwave. Put them aside to cool down.
2. In a large saucepan, while the potatoes are microwaving, heat the olive oil over medium high. Add onion, stir and cook for about a few minutes.
3. Add garlic and cook for another minute with constant stirring. Now add green chilies, tomato juice, allspice, ginger and pepper. Reduce heat to low.
4. Peel the sweet potatoes and cut into small slices.
5. Add half the pieces to the pot and the rest in the food processor along with almond butter and broth. Blend until smooth.
6. Garnish with cilantro and parsley and serve.



**CHAPTER
7
DINNER**

Vegetarian Paella with Chickpeas

This healthy and delicious recipe is a must-try. It not only looks appealing to the eye, but tastes just as divine.

Prep time: 5 mins | Cooking time: 1 hour |
Serves: 4

Ingredients

- 2 tbsp. tomato paste
- Himalayan salt and pepper to taste
- 4 garlic cloves (thinly sliced)
- 6 cups vegetable broth
- ¼ cup peas (fresh or frozen)
- 1 yellow bell pepper (sliced)
- 1 red bell pepper (sliced)
- 1 cup cooked chickpeas
- 1 cup short-grain brown rice
- 1 cup green beans (trimmed and halved)
- 1 tbsp. olive oil
- ¼ cup chopped parsley (for garnish)
- ½ tbsp. hot paprika
- Pinch of saffron (around 7 strands)
- ¾ cup crushed tomatoes (fresh or canned)
- 1 large yellow onion (diced)
- 3 artichoke hearts (sliced, can be fresh, frozen or canned)



Directions

1. Bring 3 cups of water and a pinch of Himalayan salt to a boil. Add in the rice and cook for around 20 minutes or until the rice starts to soften. Drain and place aside.
2. In a small bowl, combine the saffron threads with 3 tbsp. warm water and place aside.
3. Bring the vegetable broth to a simmer and then reduce the heat until broth is needed.
4. Meanwhile, in a large cast iron skillet, heat the olive oil. Sauté the onions until soft. Add the garlic and peppers and cook until soft, for about 7 minutes. Next, mix in the tomato paste, saffron threads (along with the water), hot paprika and crushed tomatoes. Season with a little Himalayan salt and pepper. Allow this mixture to cook for a few minutes.
5. Fold together the artichoke slices, green beans and chickpeas. Then, add in the par-boiled rice that you drained earlier. Pour the simmering broth over the rice. Bring to a boil and allow to simmer for 20 minutes or until the rice is completely cooked. Just a few minutes before the rice is cooked, scatter the peas on top.
6. Garnish with parsley.



Salmon with Red Pepper Pesto

Salmon and red pepper pesto is a combination that you don't want to miss. The sauce is a nice change compared to the typical lemon and butter sauces.

Prep time: 5 mins | Cooking time: 10 mins | Serves: 4

Ingredients

- Extra virgin olive oil
- 1 clove garlic
- $\frac{3}{4}$ teaspoon Himalayan salt (divided)
- 4 fresh or frozen wild caught salmon fillets
- $\frac{1}{3}$ cup roasted red bell peppers (chopped, bottled, rinsed and drained)
- 7 whole blanched almonds
- 1 tablespoon tomato paste

Directions

1. Place a grill pan over medium-high heat. Sprinkle Himalayan salt evenly among the fish fillets.
2. Coat the grill pan with olive oil and arrange the fish.
3. Cook for 5 minutes on each side or until the fish is properly cooked. You can test with a fork; if the fish flakes easily, it is cooked.
4. While your fish is cooking, go ahead and combine all the remaining ingredients together in a food processor and blend until smooth.
5. Serve pesto over the fish and enjoy.

Sweet Potato Salad with Creamy Cashew Dressing

Sweet potato salad is ridiculously delicious, healthy and easy to make! Enjoy with creamy cashew dressing for a satisfying and fulfilling lunch.

Prep time: 15 mins | Cooking time: 30 mins | Serves: 2



Ingredients

Dressing

- ¼ cup olive oil
- 1 cup cashews (soaked for at least 3 hours)
- 1 garlic clove (peeled)
- ½ teaspoon Himalayan salt
- 1 tablespoon lemon juice
- ½ tablespoon honey
- ¼ cup water (or more as needed)

Salad

- 2 cups salad greens of choice (mixed greens)
- Large handful dehydrated plantain chips (crushed)
- 1 sweet potato (large, peeled and chopped into large chunks)
- ¼ cup slivered almonds
- ½ teaspoon Himalayan salt
- ¼ teaspoon black pepper (freshly ground)
- ½ tablespoon chia seeds
- ½ tablespoon oil for high heat (avocado, grapeseed)
- 1 teaspoon poppy seeds

Directions

Dressing

1. Drain and rinse the cashews. Place them in a food processor. Add garlic, lemon juice, salt, oil, water, and honey.
2. Process all the dressing ingredients together until creamy. Scrape the remains from the sides and add water as required.

Salad

3. Pre-heat the oven to 375F.
4. Spread a baking sheet on a tray. Add chunks of sweet potato on the sheet, drizzle some oil over it and sprinkle salt and pepper on top. Mix all the ingredients well. Let it bake for about 30 minutes or until the sweet potato is fully cooked.
5. In a medium sized bowl, add salad greens. Top with sweet potato, chia seeds, silvered almonds, poppy seeds, crushed plantain chips and drizzle with creamy cashew dressing. Serve right away and enjoy!

Almond Chicken Soup with Ginger, Sweet Potato and Collards

The combination of sweet potato and almond butter is something you won't be able to forget. This soup is perfect for those chilly nights when you want something warm and tasty for dinner.

Prep time: 15 mins | Cooking time: 30 mins | Serves: 4



Ingredients

- 2 tbsp. fresh ginger (minced)
- w½ cup smooth almond butter
- 4 cups organic chicken stock
- 1 large sweet potato (should be 2 cups, peeled and diced)

- Himalayan salt and freshly ground black pepper
- 1 garlic clove (minced)
- ½ yellow onion (diced)
- 1 cup collard leaves (coarsely chopped)
- 8 ounces organic chicken breasts (boneless, skinless, 1-inch pieces)

Directions

1. In a stockpot, combine the onion, garlic, stock and sweet potato together and bring to a boil. Once it starts boiling, reduce the heat and add the chicken. Cover and allow to simmer for 20 minutes.
2. Whisk together ½ cup of the soup mixture you just made with the almond butter in a small bowl and form a thick paste.
3. Add the ginger and collard leaves to the soup and bring to a boil. Then, reduce the heat and allow to simmer for 5 minutes while covered. Next, add in the almond butter paste and season with salt and pepper.
4. Pour the soup into bowls and serve.



Mexican Casserole

This recipe makes a great option for entertaining. This hearty meal is perfect to serve for dinner to family and friends.

Prep time: 5 mins | Cooking time: 35 mins | Serves: 4

Ingredients

- 1 dozen organic eggs
- 1 avocado (sliced)
- 1 cup tomatoes (diced)
- 1 teaspoon onion powder
- 1 teaspoon chili powder
- ½ cup almond milk

- 1 teaspoon cumin
- 2 tablespoons cilantro (chopped)
- 1 yellow bell pepper (diced)
- ½ cup salsa
- 1 cup kale (diced)
- 2 tablespoons green onion (diced)
- 1 cup low-sodium black beans (drained and rinsed)

Directions

1. Preheat oven to 350 degrees.
2. Grease a baking dish with olive oil. Add the tomato, bell peppers, beans and kale.
3. In a large bowl, whisk together the eggs and milk. Add in the spices and salsa.
4. Pour the egg mixture in the baking dish with the veggies.
5. Cook for 25-35 minutes or until the eggs are completely cooked through.
6. Top with green onion, avocado and cilantro.

Wheat Berry-Black Bean Chili

A hearty mix of wheat berries, onion, peppers and beans with a combination of chipotle pepper for a little extra spice.

Prep time: 25 mins | Cooking time: 1 hour | Serves: 4

Ingredients

- 2 tablespoons extra-virgin olive oil
- ½ cup fresh cilantro (chopped)
- 2 cups vegetable broth
- 2 cups cooked wheat berries
- 1-2 canned chipotle peppers in adobo sauce (minced)
- 1 large yellow bell pepper (chopped)



- Juice of 1 lime
- 5 cloves garlic (minced)
- 1 avocado (diced)
- 1 large yellow onion (chopped)
- 1 teaspoon dried oregano
- 2 teaspoons chili powder
- 2 15-ounce cans black beans (rinsed)
- ½ teaspoon freshly ground pepper
- 1½ teaspoons ground cumin
- ½ teaspoon pink Himalayan salt
- 2 teaspoons date paste (refer to sugar alternative section above)
- 2 14-ounce cans of diced tomatoes (no-salt added)

Directions

1. Heat olive oil in a Dutch oven over medium-heat. Add in onion, garlic, bell pepper, cumin, chili powder, oregano, salt and pepper. Let it cook with occasional stirring for about 5 mins. Add tomatoes, beans, broth, date paste and chipotle to taste. Bring it to boil over high heat. Reduce heat to simmer, cover with a lid and cook for about 25 minutes.
2. Stir in wheat berries and let simmer for 5 mins. Remove from the heat and pour in lime juice. Garnish with avocado and cilantro.

Veggie Tahini Chickpea Warm Salad

The combo of lentils, pine nuts, and tahini creates a protein packed dish, while fresh green beans, kale and zucchini offers an array of antioxidants and minerals.

Prep time: 10 mins | Cooking time: 10 mins | Serves: 4

Ingredients

- 1 yellow pepper (thinly sliced)
- 2 oz of dried lentils
- 2 tablespoon olive oil
- 8 oz green beans (halved)
- 4 oz tahini
- 4 oz kale (shredded)
- 1 lemon (zest and juice)
- 1 garlic clove (crushed)
- 1 zucchini (sliced)
- 1 red onion (sliced)



Directions

1. Rinse and soak lentils in cold water overnight.
2. Drain lentils and cook with fresh water until tender.
3. In a glass measuring cup, mix the tahini with juice and zest of the lemon. Pour 2 oz of cold water to make the liquid dressing. Season according to taste and set aside.

4. In a large frying pan, pour oil and heat over a medium-high heat.
5. Add the red onion, salt, and sauté for about 2 mins.
6. Add the garlic, pepper, green beans and zucchini and sauté for about 5 mins while stirring.
7. Add kale, lentils and the tahini dressing on top. Keep the pan on the flame for a few mins. Stir everything together until the kale is wilted and it's all coated with the dressing

Roasted Salmon with Pesto Vegetables

This roasted salmon recipe is great for those weeknights when you want to put together something quick, easy and delicious.

Prep time: 10 mins | Cooking time: 10 mins | Serves: 3 (depending on size of the salmon)



Ingredients

- 2 salmon fillets, fresh or defrosted
- 1 small (or half a large) zucchini, sliced
- 1 small (or half a large) squash, sliced
- 1 large tomato, sliced
- ¼ cup pesto (jarred or homemade)
- Extra virgin olive oil
- 1 cup cooked quinoa (prepared according to package directions)
- Himalayan salt & pepper to taste
- 2 tablespoons olive oil

Directions

1. Heat the oven to 425F.
2. In a baking dish, spread a little olive oil in the pan.
3. Place salmon fillets on a baking pan.
4. Put 1 tablespoon pesto on top of each piece of salmon. Spread it around so it's evenly covered.
5. Throw sliced zucchini, squash, and tomato on top of salmon/pesto.
6. Cover the pan.
7. Cook for about 18 minutes; check for doneness.
8. Serve on top of quinoa—about 1/2 cup quinoa per person.

A glass of strawberry yogurt with fresh strawberries and a strawberry on top. The glass is filled with white yogurt and topped with a thick layer of strawberry sauce and fresh strawberries. The background is a soft-focus image of more strawberries.

CHAPTER
8
DESSERTS



Banana Bread with Chocolate Chips

Use your overripe bananas for this comfort food recipe. It's delicious, contains no refined sugar and is gluten-free.

Prep time: 10 mins | Cooking time: 70 mins | Serves: 4

Ingredients

- 6 ripe bananas (mashed)
- 1/3 cup dark chocolate chips
- 1/2 teaspoon baking soda
- 1 teaspoon vanilla extract
- 1/2 teaspoon Himalayan salt
- 2 1/2 cups brown rice flour

- 2 eggs (beaten)
- ¼ cup melted coconut oil
- ½ teaspoon cinnamon
- ¼ cup organic maple syrup (to taste)
- 1 ½ teaspoons baking powder

Directions

1. Preheat your oven to 350F.
2. Line a loaf pan with parchment paper (You can opt to grease the pan with coconut oil instead).
3. Combine the baking powder, baking soda, salt, brown rice flour and cinnamon together in a large bowl.
4. Mash the bananas with a fork in a separate bowl. Add the maple syrup, eggs, vanilla extract and oil into the bowl.
5. Combine the wet and dry ingredients together. Be careful to stir out the big chunks of banana that might be present.
6. Fold in the chocolate chips.
7. Pour the bread batter into the loaf pan and sprinkle some more chocolate chips on top.
8. Bake for an hour or until completely cooked and golden brown.

Chocolate and Salted Date Caramel Pie

This is a great summer dessert that doesn't require any baking. This insanely delicious frozen pie with an almond coconut crust is a perfect treat for all those vegans out there.

Prep time: 40 mins | Cooking time: none | Serves: 4

Ingredients

Crust

- 1/8 tablespoon salt
- 2 tablespoons hemp seeds
- 2 tablespoons maple syrup
- 1/2 cup + 2 tbsp. almonds
- 8 soft dates
- 1.5 tablespoon cocoa powder
- 1 tablespoon almond milk (or more if needed)
- 2 tablespoons chia seeds
- 3/4 cup coconut flakes (small)
- 1/5 teaspoon vanilla extract



Chocolate Mousse Layer:

- 2 tablespoons coconut oil
- ½ cup full fat coconut milk
- ¼ cup organic maple syrup
- 2 tablespoons almond butter
- 1 bar of 70% dark chocolate (3 oz.)
- 2 teaspoons vanilla extract

Salted Caramel Layer

- 2 tablespoons coconut oil
- ¼ teaspoon Himalayan salt
- 1 cup soft dates (soaked in hot water for around 15 minutes)
- ½ cup almond milk
- 2 tablespoons almond butter

Directions

1. To make the salted caramel layer, soak the dates in hot water for 15 minutes while you work on the crust and topping.
2. For the crust, process the almonds in a blender or food processor. Add the Himalayan salt, cocoa, coconut flakes, chia seeds, hemp seeds, dates, ¼ cup coconut flakes and pulse until everything is well combined. Next, add in the remaining coconut flakes, almond milk, maple syrup, vanilla and process until dough-like consistency. Add more maple syrup or almond milk if needed. Line a 9 x 5 inch or smaller rectangle pan with parchment paper. Press the dough into the pan.

3. For the salted caramel, puree all the ingredients, including the dates you soaked earlier. You might need to blend a few times to ensure that the dates are well blended. Taste and adjust the sweetness and saltiness of the caramel. Spread the mixture onto the crust.
4. For the chocolate mousse, heat the coconut milk and add it to a bowl. Put the chocolate in with the hot milk and whisk until it's melted. Quickly whisk in the rest of the ingredients so that you have an aerated mixture. Pour this on top of the caramel and tap the pan so that it spreads evenly.
5. Freeze for a few hours or until set. Slice and serve,

Almond Butter Mousse Strawberry Parfaits

Almond butter is thickened up to form a mousse-like consistency and then layered with strawberries.

Prep time: 10 mins | Cooking time: 15 mins | Serves: 4

Ingredients

Almond Butter Mousse

- ½ teaspoon vanilla
- 2 cups almond milk or coconut milk
- Pinch of cinnamon
- ¼ teaspoon Himalayan salt
- 3-4 tablespoons maple syrup
- ¾ cup almond butter



Parfait

- Chocolate syrup (for garnish)
- Ripe strawberries (sliced)
- ¼ cup vegan graham crackers or other vegan biscuits (crushed)

Directions

1. For the almond butter mousse, blend all the ingredients together. Place a saucepan over medium heat and pour in the blended mixture.
2. Bring the mixture to a gentle boil, stirring occasionally. This should take around 8-10 minutes. Taste along the way to adjust the sweetness. Take it off the heat and allow it to reach room temperature. As the mixture cools, it will thicken up.
3. Make the parfait by adding a layer of crushed crackers or cookies at the bottom. Next, add a layer of strawberries and then the almond butter mousse on top. You can add as many layers as you want in this order.
4. Drizzle the chocolate syrup on top and enjoy.



Key Lime Pie

This dairy free mouth-watering dessert is creamy and filled with refreshing flavor.

Prep time: 15 mins | Cooking time: None | Serves: 4

Ingredients

Crust

- 2 oz walnuts
- 1 tablespoon cacao powder
- Zest of ½ lime
- 4 oz pitted dates (soaked for 4-6 hours if they are too dry)
- ½ teaspoon Himalayan salt
- 2 tablespoons coconut

Filling

- ½ cup lime juice
- ½ cup cashew nuts (soaked for 4-6 hours)
- ¼ cup honey
- 1 ripe avocado
- ½ cup coconut oil (melted)
- ¼ ripe mango

Directions

1. Add all the ingredients for the crust in a food processor. Transfer this mixture into a loose-based tart tin. Use your palms to press the crust evenly into the base and sides of the tin.
2. For the filling, blend all the ingredients in a high-speed blender until smooth and creamy.
3. Pour filling into the tin with the crust and shake the tin to make sure it's spread out evenly.
4. Place in the refrigerator to chill and set for 3 hours and then serve.



Lemon Pudding

This lush dessert tastes just like a lemon meringue pie without the crust.

Prep time: 20 mins | Cooking time: 40 mins | Serves: 12

Ingredients

- 4 eggs, separated
- 5 tablespoons lemon juice
- 1 teaspoon lemon zest
- 1 oz coconut oil
- 1 ½ teaspoons stevia
- 4 tablespoons plain flour
- 1/2 teaspoon salt
- 1 ½ cups cashew milk

Directions

1. Beat together egg yolks, lemon juice, lemon zest and coconut oil until thick. Combine sugar, flour and Himalayan salt; add alternately with cashew milk to the yolk mixture, beating well after each addition.
2. Beat egg whites until stiff. Gently fold egg whites into milk mixture. Pour into 8" x 8" baking dish.
3. Place a pan of hot water in the oven and set the baking dish into the pan. Bake at 350 degrees for 45 minutes or until lightly golden brown.

Banana Mango Sorbet

This banana mango sorbet is incredibly delicious and easy to make, with just two ingredients and no ice cream machine required.

Prep time: 5 mins
| Cooking time: 40 mins | Serves: 2



Ingredients

- 1 large frozen mango
- 1 ripe banana
- 1 drop vanilla extract (optional)
- 1 teaspoon ground cinnamon (optional)

Directions

1. Freeze fresh mangos or buy frozen.
2. Peel and cut your banana into smaller pieces by hand and place it into the blender, add a few drops of vanilla extract.
3. Add the frozen mango and cinnamon and blend all together. Give it a few minutes of blending, depending on how powerful your appliance is.
4. Quickly stir and give it another quick blend to make sure all chunks have been blended. And voila!

Baked Apples

This baked apples recipe with cinnamon makes a great side dish or dessert for a delicious and naturally sweet ending to a perfect meal.

Prep time: 30 mins | Cooking time: 1 hour | Serves: 6



Ingredients

- 6 apples - peeled, cored and sliced
- ½ cup coconut sugar
- 3 tablespoons almond flour
- 1/2 teaspoon ground cinnamon
- 1 teaspoon coconut oil
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 4 oz raisins
- 2 chopped walnuts
- ½ cup of almond milk

Directions:

1. Preheat oven to 350 degrees. Grease a 2 liter casserole dish with coconut oil.
2. Place apples in a large bowl. In a small bowl, mix together sugar, flour, cinnamon, nutmeg and cloves.
3. Stir mixture into apples and combine thoroughly. Add raisins and walnuts. Spoon into prepared dish. Pour almond milk evenly over apple mixture.
4. Bake in preheated oven for 45 to 60 minutes or until soft and bubbly. Allow to cool slightly before serving.

A close-up photograph of a hand holding a silver pen, poised to write on a document. The hand is positioned over a black keyboard, which is slightly out of focus. The background is a soft, light blue-grey. The text 'ABOUT THE AUTHOR' is overlaid in the center in a bold, white, sans-serif font.

**ABOUT
THE
AUTHOR**



Dr. David Friedman is a #1 National Bestselling author, Clinical Nutritionist, Doctor of Naturopathy, and Chiropractic Neurologist. He received a post-doctorate certification from Harvard Medical School, is a Board Certified Alternative Medical Practitioner (AMP), Board Certified in Integrative Medicine (BCIM) and a registered Naturopathic Diplomate (RND). He's a former teacher of neurology and author of the college textbook, "Understanding the Nervous System." Dr. Friedman is a contributing writer for many leading health and fitness magazines. He's been a guest on over a hundred syndicated radio and television shows and his bestselling CD, America's Unbalanced Diet, has sold over

a million copies, helping to raise awareness about the unhealthy foods people are consuming.

The Hollywood Reporter called Dr. Friedman the "Chiropractor to the Stars," as his list of patients have included top celebrities like: John Travolta, Jenny McCarthy, Jamie Lee Curtis, Val Kilmer, and Paul Newman, to name a few. As the Health Expert for Lifetime Television's syndicated morning show, millions of people have enjoyed his weekly, cutting edge features. Viewer's favorites include: Artificial sweeteners cause obesity; milk causes brittle bones and how some vitamins may actually contribute to disease. Dr. Friedman also hosts the nationally syndicated program To Your Good Health Radio (www.ToYourGoodHealthRadio.com), which has changed the face of talk radio by incorporating entertainment, shock value and solutions to everyday health and wellness issues. The show is heard coast-to-coast every week on AM/FM and internet radio platforms including: iHeart Radio, TuneInRadio, SketcherRadio, SlackerRadio, RadioMD, and PublicRadioFan. Podcasts (many have gone viral!) are also available on iTunes. Each show features interviews from world-renowned doctors, celebrities, sports figures, and New York Times bestselling authors who all share one common goal – finding a healthy lifestyle in the unhealthiest developed country in the world.....the good ole U.S.A.

Dr. Friedman's holistic health clinic has been honored in the National Who's Who Directory for Distinguished Businesses since 2002 and his memberships include:

- Naturopathic Medical Association
- American Dietetic Association
- American Association of Drugless Practitioners
- American Holistic Health Association
- Foundation for Chiropractic Education and Research
- American Chiropractic Council on Neurology.

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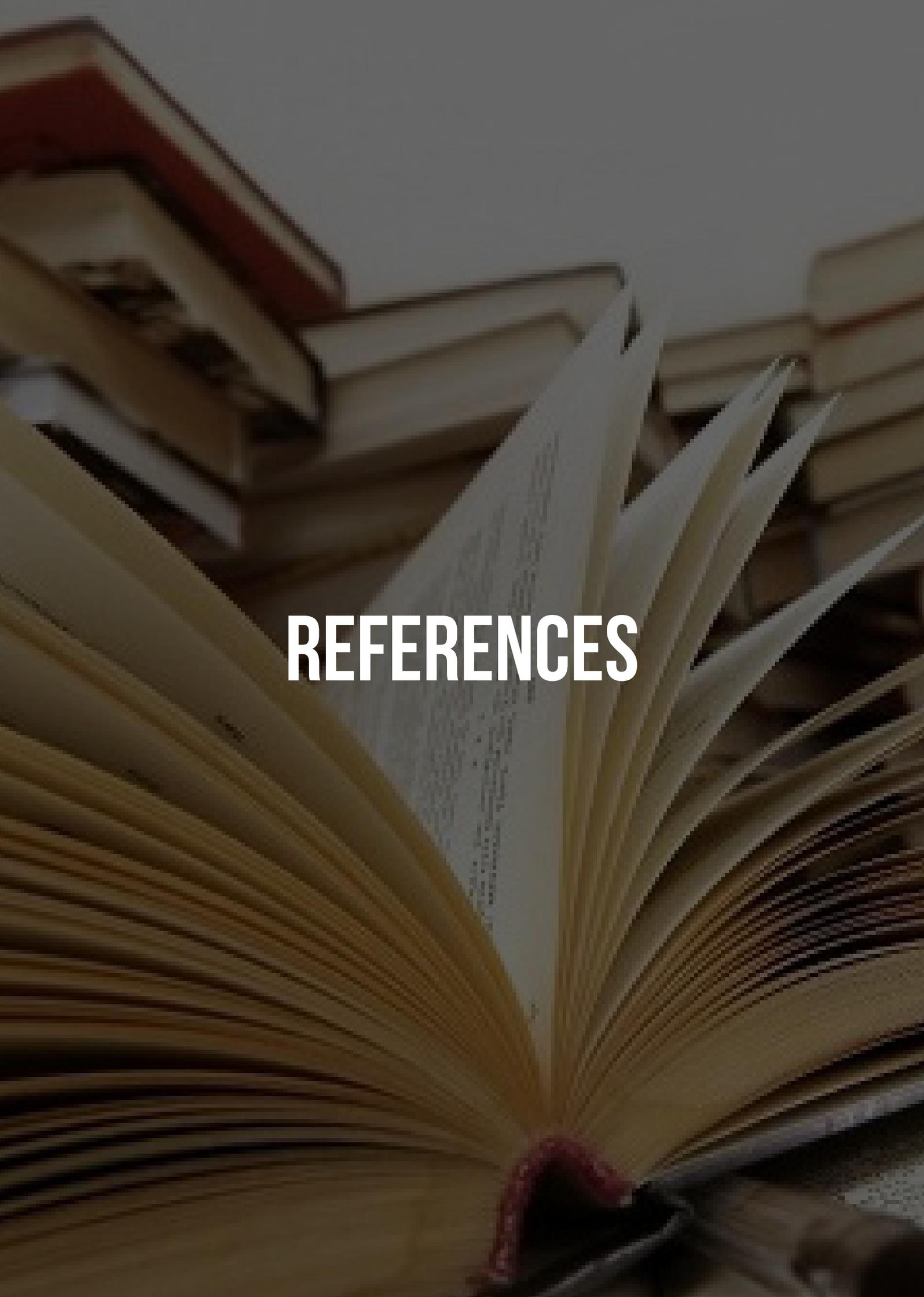
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The image features a stack of several books. In the foreground, one book is open, showing its pages which are slightly aged and yellowed. The text 'REFERENCES' is overlaid in the center of the image in a bold, white, sans-serif font. The background is a soft, out-of-focus grey, making the books stand out.

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