

BREATHE IN BREATHE OUT

EVERY BREATH MAKES YOU FEEL CLOSER TO NATURE.
EVERY SIP MAKES NATURE FEEL CLOSER TO YOU.

BEER IN ITS

ORGANIC FORM



ENJOY RESPONSIBLY

© 2019 Anheuser-Busch, Michelob Ultra® Pure Gold, Light Lager, St. Louis, MO
85 calories, 2.5g carbs, 0.5g protein and 0.0g fat, per 12 oz.



FUEL YOUR FITNESS WITH FOOD

36

Recipes
for Better
Workouts

Real food for a healthy, happy life.

Clean Eating

SEPTEMBER/OCTOBER 2019

Hearty, Make-Ahead Salads

(THAT LAST!)

YOUR 7-DAY MIX 'N' MATCH

High-Energy
Meal Plan

DOUBLE-DUTY MEALS

Turn 1 Dinner into 2

FOODS & NUTRIENTS

for Recovery

Eat to Get

**STRONGER,
FASTER, FITTER**

**BOOST YOUR FOCUS, MEMORY & MOOD
WITH THESE 5 SUPPLEMENTS**





Clean, Convenient, Ready-To-Drink PROTEIN

Garden of Life offers convenient, clean, ready-to-drink protein to suit any lifestyle.

Our plant-based Organic Protein Drinks are Certified USDA Organic, Non-GMO Project Verified and provide 21 grams of complete protein along with 5 grams of MCTs. Our Sport Dairy Protein Drinks offer 26 grams of complete protein with no synthetic hormones or antibiotics and are Non-GMO Project Verified and NSF Certified for Sport. Both drinks contain 0 grams of sugar and are available in delicious chocolate and vanilla flavors.



Extraordinary Health Starts With Extraordinary Ingredients



✓ Great Taste

✓ High Protein

✓ 0g Sugar

CHILL | SHAKE | ENJOY

Clean Eating

SEPTEMBER/OCTOBER 2019

FEATURES

32 WHAT TO EAT FOR FITNESS

Eating like an athlete doesn't have to mean bland chicken breast and a side of broccoli. We spoke with fitness and nutrition experts to get the lowdown on the best ways to give your body what it needs to succeed in the gym. **By Rachel Debling, Recipes by Beth Lipton**

46 REMIX MEALS

Leftovers isn't a dirty word when you can turn them into something entirely new and delicious the next day. **By Marianne Wren**

58 MAKE NOW, SALAD LATER

Trust us, these sensational salads are worth every make-ahead minute. When ready, just toss and enjoy the best of the season. **By Beth Lipton**

68 STOP WORKING OUT TO LOSE WEIGHT

While weight loss is one of the biggest draws to exercise, it shouldn't be the only one. Get the skinny on 8 other benefits. **By Karen Asp**

MEAL PLANNING FOR EASY WEEKDAYS

72 BOOST YOUR METABOLISM WITH OUR 1-WEEK MEAL PLAN

Couple your fitness routine with this nutritious plan designed to build and repair muscle while keeping your energy levels high. **By Erin Macdonald and Tiffani Bachus**

58

Make now, enjoy these hearty salads anytime.

82

Fab finds with functionality to make your next workout a breeze.



DENTAL DEFENSE SYSTEM
Spry

The All Day Dental Defense System.



Natural, Effective and Dentist Recommended

Spry Toothpaste, Mouthwash, Mints and Gum are specifically formulated with xylitol to work together for all day protection and a healthier smile.

#sprysmile

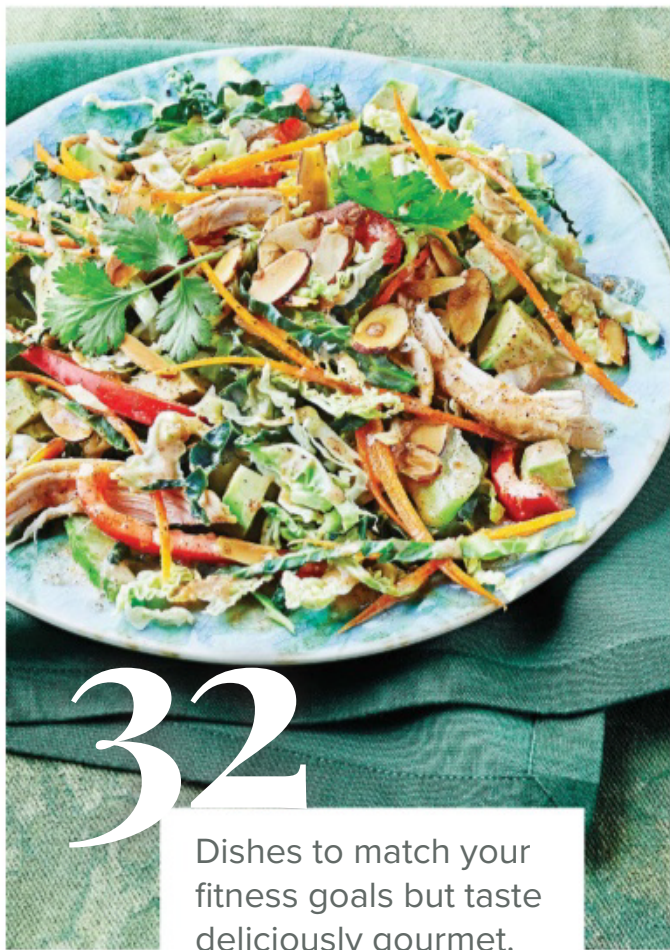
877.599.5327 / sprysmile.com





46

Double-duty meals: Genius recipes that double as two entirely different dinners.



32

Dishes to match your fitness goals but taste deliciously gourmet.

THE REGULARS

CE Online	6
Editor's Letter	9
Letters & Advisory Board	10
Recipe Index.....	12

LIVE BETTER

14 BITS & BITES

The cardiovascular benefits of the sauna, a cookbook to ease anxiety and updates from the health desk.

14 3 WAYS WITH MONK FRUIT SWEETENER

Meet the newest alt-sweetener on the block. This truly delicious and low-glycemic sugar sub is worthy of a spot in your pantry.

28 ASK DR. JONNY

Dr. Jonny Bowden's got the DL on the latest buzzwords making their way through health circles.

80 COMPLEMENTS

These 5 nutrients can help boost memory and focus and may stave off cognitive decline.

88 SWEET TOOTH

Avocado takes a walk on the sweet side as the star ingredient in this rich and creamy twist on a key lime pie.

ON THE COVER

Recipe featured is our "Late-Summer Kale Salad" (p. 62).
Photographer: **Roberto Caruso**
Food Stylist: **Ashley Denton**
Prop Stylist: **The Props**

HEALTH MUST-HAVES

18 FOODIE FAVES

With billions of probiotics in every spoonful, coconut yogurt is one of the biggest gut-health trends of the year for good reason.

20 SUPERMARKET GUIDE

When time is limited, we love these quick and simple brekkie options from Costco.

30 COOKBOOK PREVIEW

Karlene Karst is on a mission to get more families back in the kitchen, and her new cookbook, *This Kitchen Is for Dancing*, is a great place to start.

82 GEAR & GADGETS

Staying active is part of a healthy lifestyle. Sweat in style with this gear!

86 MIND & BODY BOOSTERS

Maximize energy, strength, endurance and fat loss with these 5 performance foods.

P. 58

P. 72

P. 46

P. 86

P. 32

P. 80





This season, when it comes to
your immune health:

“ ”

or trust Ester-C®

The only vitamin C with
24-hour immune support*

Don't take chances.

Do all you can to support your immune health:*

Eat healthy, get your rest—and take Ester-C® every day.* Taken just once a day, Ester-C® capsules, vegetarian tablets and effervescent powder packets absorb into your system and stay there longer than regular vitamin C to deliver 24-hour immune support and potent antioxidant activity.* So now more than ever, trust your immune health to **Ester-C®... Nothing Else Works Like It.***



One daily dose works for 24-hours.* Non-GMO. Gluten Free.
Available at health, natural food and vitamin specialty stores.

 THE VITAMIN SHOPPE®

Ester-C® The Better Vitamin C.®

Ester-C®, Ester-C® and The Better Vitamin C® are registered TMs of The Ester C Company.

*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.

AMERICAN HEALTH®
good health made simple™

AmericanHealthUS.com

©2019 American Health Inc. | 19-AH-1165

DIG INTO MORE *CE* at cleaneating.com



Meet the Instructor: Beth Lipton

Meet Beth Lipton, the instructor behind Clean Eating Academy's hottest fall cooking classes, **Easy, No-Mess 1-Pan Meals** and **High-Protein Meals for Energy & Fat Loss**. Beth is a New York City-based recipe developer, food and wellness writer and resident chef at Middleberg Nutrition, where she teaches one-on-one and group cooking classes.

Although Beth always liked to cook, food wasn't originally a part of the plan. A graduate of University of Southern California's journalism program, Beth worked as a reporter for a local wire service. Dissatisfied with her job, she signed up for a baking class for fun, and it changed her career trajectory. "My teacher asked me if I ever thought about cooking professionally. He suggested looking into culinary school, and that was that," she says.

Beth's nutrition philosophy is simple: "There isn't a right or best way to eat. The important thing is to find what works for you as an individual," she suggests. She also believes food has to be delicious. "It sounds obvious, but I think it gets lost with all the 'shoulds' and 'have-tos' with food. Eating is one of life's great pleasures, and healthy food is an act of self-care." Check out Beth's new courses at aimhealthy.com.

GET MORE CLEAN EATING

Did you know you can get the best of *Clean Eating* delivered straight to your inbox each week? Sign up to receive our top recipes, important health news and exclusive expert tips at cleaneating.com/newsletter.



Good Health Starts in the Gut

In our digital guide, *Gut Happy: How to Create a Healthy Gut*, resident dietitians Erin Macdonald and Tiffani Bachus take an in-depth look at how important gut health is to overall well-being. Learn how to improve your gut through food, exercise, lifestyle changes and more! We've also included a meal plan and shopping list. Download your free copy at cleaneating.com/gutguide.



Squash Season Is Here

The sweetest sign that fall has arrived is the abundance of squash! We've pulled together some of our best recipes for amplifying its rich, nutty flavor. Plus, as an added bonus, learn how to prepare and cook one of our favorites, spaghetti squash. cleaneating.com/autumn-squash

Follow us on:



[Facebook.com/cleaneatingmag](https://www.facebook.com/cleaneatingmag)



[Twitter.com/cleaneatingmag](https://twitter.com/cleaneatingmag)



[Pinterest.com/cleaneatingmag](https://www.pinterest.com/cleaneatingmag)



[Instagram.com/cleaneatingmag](https://www.instagram.com/cleaneatingmag)



[YouTube.com/cleaneatingmag](https://www.youtube.com/cleaneatingmag)



LOSE WEIGHT, FEEL GREAT

BREAK THROUGH YOUR WEIGHT LOSS PLATEAU

BY AMBER RIOS

Being a health and nutrition correspondent means that companies frequently send me their products, and ask for my stamp of approval. Most of the time I dive into research, give the product a try, and send the company honest feedback about what they'll need to change before I'll recommend it. Plus my hectic job and my determination to stay fit means I'm always hunting for a quick and nutritious way to fill up on nutrients my body needs. So I can confidently say, "I've tried it all".

Last Tuesday work was especially hectic, but I'd booked with my \$200 an hour personal trainer, Tony, a triathlon winning, organic-to-the-bone fitness guy with a ten mile long track record of whipping the "who's who" into shape in record time, so I had to go. He noticed that my set count was down and playfully asked, "Feeling a little tired today?", as he handed me a bottle from his gym bag.

After one sip I figured that there was no way this could be healthy because the creamy chocolate flavor was just too delicious. Still, he'd never risk his reputation.

With more than a healthy dose of scepticism I decided to investigate this shake he'd called INVIGOR8.

Turns out, it's a full meal replacement shake, which stunned me because virtually every other shake I'd researched had tasted chalky, clumpy and packed with hidden "no-no's" like cheap protein, tons of artificial ingredients, not to mention harmful synthetic dyes, additives, sugars, preservatives, and hormones. And even though INVIGOR8's full meal replacement shake cost more than many of the shakes I've tried, it was about half the price of my favorite salad, and the nutrition profile looked second to none.

Wanting to know more, I reached out to a few of the people who were talking about

it on trustworthy fitness forums. By the next morning three people got back to me saying,

"As a trainer I love Invigor8. It's definitely helped me to have more all-day energy, plus build the kind of lean sculpted muscle that burns more fat."

"Yes, I'll recommend it, it tastes great, and I really like how it keeps me feeling full for hours."

"I'm a marathon runner and a friend recommended it to me. Drinking it has become a part of my regular training routine, because my time has improved, my energy is up, and I'm thinking more clearly than ever before."

I decided to take my investigation one step further by researching the development of INVIGOR8. I was pleasantly surprised to find out that the company went to great lengths to keep INVIGOR8 free of harmful ingredients.

The makers of INVIGOR8 were determined to make the first **100% natural, non-GMO** nutritional shake & green superfood. The result is a meal replacement shake that contains **100% grass-fed whey** that has a superior nutrient profile to the grain-fed whey found in most shakes, **metabolism boosting raw coconut oil, hormone free colostrum** to promote a **healthy immune system, Omega 3, 6, 9-rich chia and flaxseeds**, superfood greens like **kale, spinach, broccoli, alfalfa, and chlorella**, and clinically tested **cognitive enhancers for improved mood and brain function**. The company even went a step further by including a balance of **pre and probiotics** for optimal **digestive health, uptake, and regularity and digestive enzymes** so your body **absorbs the high-caliber nutrition** you get from INVIGOR8.

As a whole-foods nutritionist with a thriving practice I understand the importance of filling my body with the best Mother Nature has to offer. I have always been reluctant to try new products because I was never sure of the impact they would have on my energy, and weight. INVIGOR8 is different, not only because it's delicious, but because it helps me to maintain the energy I need to run my busy practice, while helping me to stay fit and toned. Considering all of the shakes I've tried, I can honestly say that the results I've experienced from INVIGOR8 are nothing short of amazing.

A company spokesperson confirmed an exclusive offer for Clean Eating readers: if you order this month, you'll receive \$10 off your first order by using promo code **"CLEAN"** at checkout. You can order INVIGOR8 today at www.Invigor8.com or by calling 1-800-958-3392.



Clean Eating

ISSUE 88 • PRINTED IN THE USA

GROUP PRESIDENT Jonathan Dorn
GENERAL MANAGER Sharon Houghton
EDITORIAL DIRECTOR Alicia Tyler
CREATIVE DIRECTOR Stacy Jarvis-Paine

Production

AD COORDINATOR Cossette Roberts
PREPRESS MANAGER Joy Kelley

Marketing & Web

MARKETING DESIGNER Judith Nesnadny
CONSUMER MARKETING DIRECTOR Collin Stewart
EMAIL MARKETING MANAGER Rebecca Schmidt

Consumer Marketing

CIRCULATION DIRECTOR Jenny Desjean
SINGLE COPY SALES MANAGER NPS

Editorial Office

171 East Liberty St., Suite 249,
Toronto, ON M6K 3P6

Business Office

5720 Flatiron Parkway, Boulder, CO 80301
303.253.6300; fax: 303.443.9757

Distribution

Clean Eating (ISSN 1913-7532, USPS 003-610) is published six times per year with combined issues in Jan/Feb, Jul/Aug, Sep/Oct and Nov/Dec for six issues (Jan/Feb, Mar/Apr, May/Jun, Jul/Aug, Sep/Oct, Nov/Dec) by Cruz Bay Publishing, Inc., an Active Interest Media company. Advertising and business offices at 5720 Flatiron Pkwy, Boulder, CO 80301. The known office of publication is 5720 Flatiron Pkwy, Boulder, CO 80301. Periodicals postage paid at Boulder, CO, and at additional mailing offices.

POSTMASTER: Send address changes to Clean Eating, P.O. Box 37274, Boone, IA 50037-0274. Subscription rates in the United States are one year \$24.97. Canada: \$34.97. Foreign: \$54.97 (US funds only). The publisher and editors will not be responsible for unsolicited material. Manuscripts and photographs must be accompanied by a stamped, self-addressed return envelope. To remove your name from promotion lists, write to the address above. Canadian GST #8256424911. *Please note: All readers are advised to consult their physician before beginning or adding a new fitness regimen or changing their diet. Clean Eating does not accept any responsibility for injury sustained as a result of following the advice or suggestions contained within the content of this magazine.*

© 2019 by Active Interest Media, Inc. All rights reserved. No part of this magazine may be reproduced in any manner without written permission from the publisher.* *Vitamins, Herbs, Minerals, Supplements*

Head Office

SUBSCRIPTION CUSTOMER SERVICE:
1.800.728.2729

Advertising Sales

SALES DIRECTOR
Rob Hudson | 303.253.6324
WEST COAST FOOD SALES DIRECTOR
Anne Hassett | 415.404.2860
anne@hassettmedia.net
EAST COAST FOOD SALES DIRECTOR
Joann Martin | 917.577.0191
joannmartin@aimmedia.com
EAST COAST SALES DIRECTOR-VHMS*
Bernadette Higgins | 561.362.3955
bhiggins@aimmedia.com
MOUNTAIN AND WEST COAST
SALES DIRECTOR-VHMS*
Cindy Schofield | 310.456.5997
cydschofield@gmail.com



ACTIVE INTEREST MEDIA

CHIEF EXECUTIVE OFFICER & PRESIDENT
Andrew W. Clurman
CHIEF FINANCIAL OFFICER & CHIEF OPERATING
OFFICER Michael Henry
VICE PRESIDENT OF AUDIENCE DEVELOPMENT
Tom Masterson
VICE PRESIDENT, PRODUCTION AND
MANUFACTURING Barb Van Sickle
VICE PRESIDENT OF PEOPLE & PLACES
JoAnn Thomas
AIM BOARD CHAIR Efrem Zimbalist III



Audit Bureau of Circulations

Editorial

EXECUTIVE EDITOR Andrea Gourgy
ASSOCIATE EDITOR & FACT CHECKER
Alexandra Emanuelli
COPY EDITOR Angie Mattison
ONLINE EDITOR Maureen Farrar
NUTRITION CONSULTANT Antonina Smith
CONTRIBUTING CULINARY NUTRITIONIST Beth Lipton

Art

SENIOR GRAPHIC DESIGNER (MAT LEAVE)
Alaina Greenberg
GRAPHIC DESIGNER (INTERIM) Judy Yen
CONTRIBUTING DESIGNERS
Brian Britt, Bianca DiPietro, Erin Lutz
SENIOR ELECTRONIC IMAGE SPECIALIST Allan Ruhnke
GRAPHIC DESIGNER (INTERN) Patricia Bader

Recipe Creators

Tiffani Bachus, Karlene Karst, Beth Lipton,
Erin Macdonald, Lisa Turner, Marianne Wren

Contributors

Karen Asp, Jonny Bowden, Rachel Debling,
Rejeanne De Jong, Ivy Manning, Lisa Turner

Photographers

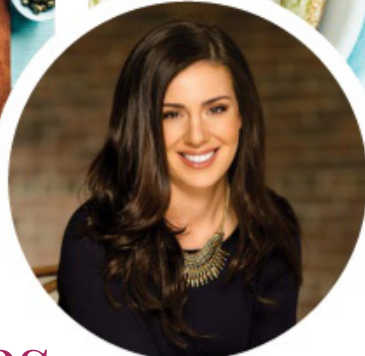
Ashley Capp, Roberto Caruso, Olimpia Davies,
Rachel Korinek, Vincenzo Pistritto, Suech & Beck,
Karolina Wiercigroch

Food Stylists

Ashley Denton, Nancy Midwicki

Prop Stylists

The Props



One for all you fit foodies

A recent reader survey revealed that an impressive 70% of you guys are training – and I use the word “training” because that’s exactly what you’re doing (i.e., you’re not doing light stretching in the park and taking the stairs for exercise – not that there’s anything wrong with that). You are pretty avid athletes doing high-intensity interval training (HIIT), group exercise classes, strength training and yoga an average of four times a week, and in many cases, more.

When I found out how active y’all are, it made me realize that even though most of you know that CE recipes are a perfect fit for movement – they are rich in protein and healthy fat, infused with complex carbs, made with pure, real ingredients and filled with antioxidants and functional foods to protect and repair – you might also appreciate a little more direct and in-depth sports-nutrition speak. And thus, our first “Fuel Your Fitness with Food” issue was born.

As a fitness devotee myself (I’m a huge fan of my 6:30 am HIIT group classes), I was particularly excited for the content in this issue. From reasons far beyond the scale why regular training is so imperative to your health in “Stop Working Out to Lose Weight” on page 68 to targeted nutrition by goal – whether you’re after power, endurance, muscle gain, energy, repair or better sleep – on page 32, this issue is stuffed with guidance to make the most of your workouts with the fuel you consume. Peppered throughout the issue, you’ll find supplement advice for muscle recovery and repair and ingredients to avoid in popular sports products, and on page 72, we have a 7-day meal plan designed specifically for boosting energy and metabolism.

You all know the old saying that a six-pack is made in the kitchen, and I’ll admit, I remember the days when I’d search longingly for those abs to appear in the mirror after my workouts. But these days, I’m much more concerned with beating my own average, lifting heavier over time, watching my cardiovascular endurance improve, feeling my energy soar, recovering faster, sleeping better, having pain-free joints and enjoying the mental clarity and positive vibes my workout regimen provides. And guess what? A huge part of that is made in the kitchen, too.

Best of all, the recipes in this issue aren’t just straight-up fuel, they also happen to be crazy delicious.

I really hope they hit the spot and help you up your game, whatever it is!

Alicia

Alicia Tyler
Editorial Director

Follow: @lishtyler

Write me: ATyler@aimmedia.com

What Is Clean Eating?

The soul of clean eating is consuming food the way nature delivered it, or as close to it as possible. It is not a diet; it’s a lifestyle approach to food and its preparation. It’s about eating real food, for a healthy, happy life.

Eat when hungry, stop when full. Find out what macro values reflect your health goals and strive to eat within them. Experiment with various ways of eating, and when you find a diet your body responds well to — be it a clean take on high fat/low carb, Paleo or flexitarian — stick with it.

Choose organic whenever possible.

If your budget limits you, make meat, eggs, dairy and the Dirty Dozen (ewg.org/foodnews) your organic priorities.

Drink at least 2 liters of water a day, preferably from a reusable canteen, not plastic; we’re friends of the environment here! Limit your alcohol intake to one glass of antioxidant-rich red wine a day.

Get label savvy. Clean foods contain short ingredient lists. Any product with a long ingredient list is human-made and not considered clean.

Avoid processed and refined foods such as white flour, sugar, bread and pasta. Enjoy complex carbs such as whole grains instead.

Know thy enemies. Steer clear of trans fats, fried foods or foods high in sugar. Avoid preservatives, color additives and toxic binders, stabilizers, emulsifiers and fat replacers.

Consume healthy fats (essential fatty acids, or EFAs) every day.

Learn about portion sizes and work toward eating within them.

Reduce your carbon footprint. Eat produce that is seasonal and local. It is less taxing on your wallet and the environment.

Shop with a conscience. Consume humanely raised, local meats and ocean-friendly seafood. Visit seachoice.org for a printable pamphlet.

Practice mindful eating. Never rush through a meal. Food tastes best when savored. Enjoy every bite.

Take it to go. Pack a cooler for work or outings so you always have clean eats on the go.

Clean Eating
cleaneating.com

Q/ I'm trying to cut back on sugar. Are there any easy tricks?

A/ Most health experts will tell you that the best way to break up with sugar is to just quit it (and its sweet relatives) cold turkey. The problem with this is it sets up feelings of deprivation, which often lead to diving headfirst into a giant bag of something brightly colored and sticky sweet. We recommend adding things to your meals (rather than cutting out) to help tame the sugar beast: First, choose something sour, like pickles or some turkey slices with mustard. Second, eat more fat and protein, which will help manage blood sugar levels and keep sugar cravings from arising. Third, include more “sweet” spices in your cooking, like cinnamon, nutmeg and vanilla extract. These flavorings help trick your brain into thinking you’re having something sweet without any sugar actually being consumed.

— ERIN MACDONALD AND TIFFANI BACHUS

Mailbox

Be social! Get in touch with us.

Share your meals, thoughts, praise – and even hell raise! – by tagging **#CLEANEATINGMAG** in your social posts or taking fingers to the ol’ keyboard to send an electronic message to **CEeditorial@aimmedia.com**.



Insta Love ♥

Better than Takeout

@RUNR5AZ

Miso Ginger Chicken with Bok Choy Stir-Fry from the July/August issue of @cleaneatingmag #eatyourveggies

Freestyle Cooking

I wanted to reach out and say how much I loved the July/August issue. What I enjoyed most was the “No Recipe” feature. While I appreciate your recipes, I also enjoy throwing dishes together with whatever I have on hand. I’d love to see more issues in the future with this type of section. Keep up the great job and the tantalizing recipes! I look forward to my upcoming issues.

— LISA LABELLE, MASSACHUSETTS



DON'T FORGET TO FOLLOW US!

Get bonus recipes and more inspiring clean-eating content on social media.



Meet Our Experts

erin macdonald RDN

tiffani bachus RDN

Clean Eating Academy instructors, co-owners of the U Rock Girl nutrition and training program (**URockGirl.com**), registered dietitians and nutrition, fitness and wellness experts.

marianne wren BA, CC

As both a recipe developer and food stylist, Wren has worked with print and advertising clients. She completed her culinary training at Dubrulle French Culinary School and The Culinary Institute of America.

heather bainbridge

BSc, MA, EdM, RD, CDN

Certified dietitian-nutritionist and registered dietitian who specializes in counseling clients to achieve a healthier weight and improve conditions including type 2 diabetes and heart disease.

jonny bowden PhD, CNS

Board-certified nutrition specialist, motivational speaker, author and expert in the areas of weight loss and health.

beth lipton

Beth Lipton is a Brooklyn-based recipe developer and freelance food and cookbook author. She’s a graduate of the Natural Gourmet Institute’s health-supportive culinary school. Her recipes and writing have appeared in *Paleo* magazine, foodnetwork.com, *Travel + Leisure*, epicurious.com and more.

pamela salzman BA, MBA

Clean Eating’s Contributing Culinary Nutritionist, Clean Eating Academy instructor, natural foods cooking instructor and holistic health counselor. Her blog, **pamelasalzman.com**, offers healthful recipes and time-saving tips.

jill silverman hough

Recipe developer, culinary instructor and author of the *100 Perfect Pairings* series and co-author of *Finger Lickin’ Chicken* (Amazon Digital Services, 2018).

james smith MBA

Clean Eating Academy instructor and Tourism and Hospitality chair at Fanshawe College with more than 25 years of experience. He completed his culinary training at George Brown College.



HAPPY & HEALTHY KIDS WITH **NOW**®

NOW® supplements are made without artificial flavors or colors!

Start the school year off right with all the supplies needed for health and happiness! When it comes to immune support, seasonal wellness, oral health, and overall well-being, NOW supplements are formulated specifically for kids without artificial flavors or colors.* They taste great and are made with the finest ingredients – and of course meet all of NOW's high-quality standards for safety, efficacy, and purity.



nowfoods.com/backtoschool



*This statement has not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Your *CE* Recipe Guide

Supercharge fall with make-ahead salads, hearty mains and divine desserts, all designed to keep you on track with your fitness goals.

salads & bowls



Q GF
Asian
Chicken Salad
P. 38



V GF
Quinoa & Roasted
Vegetable Salad
with Yogurt Sauce
P. 41



Q GF
Almond Ginger
Noodle Salad
P. 55

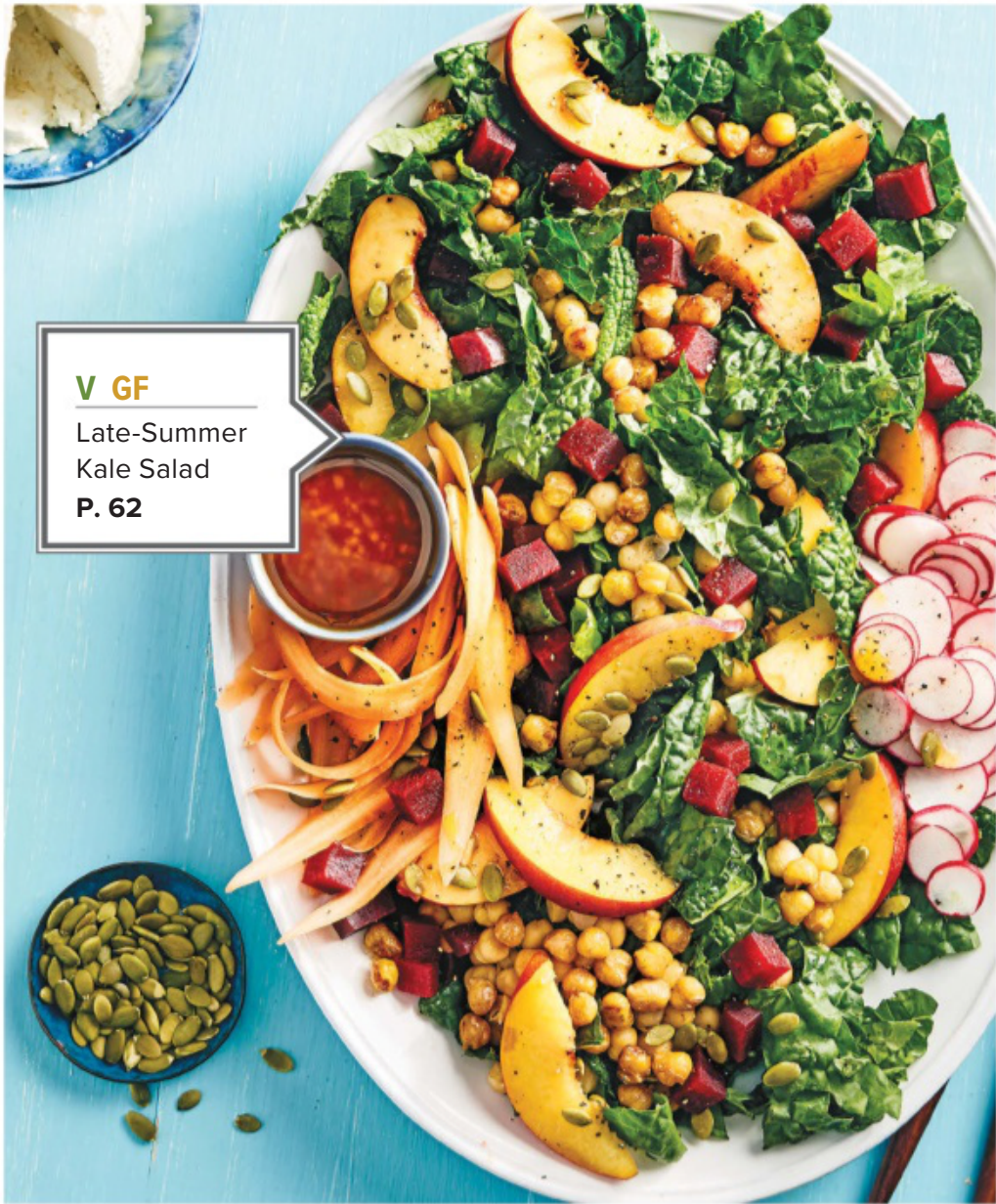


GF
Grilled Corn
Quinoa Bowl
P. 57



Farro, Radicchio
& Fennel Salad
with Grilled Chicken
P. 61

P Paleo
F Freezable
Q Quick *under 45 minutes*
V Vegetarian *may contain eggs and dairy*
GF Gluten-free
GFA Gluten-free adaptable *Recipe contains soy sauce, miso, Worcestershire sauce and/or tamari. All of these ingredients are available in gluten-free and regular varieties.*



V GF
Late-Summer
Kale Salad
P. 62



Smoked Salmon
"Bagel" Salad
with Lemon Chive
Buttermilk Dressing
P. 65



GF
Brussels Sprouts
Salad with
Roasted Vegetables
& Chicken
P. 66

beef & bison



F Q
Mexican Chile
Beef & Farfalle
Bake
P. 26



GF
Sheet-Pan
Steak Fajitas
P. 42



F GF
Chipotle
Bison Chili
P. 77

vegetarian



V GF

Spinach Feta
Pie with Sweet
Potato Crust
P. 45



Q V

Black Bean
Burgers with
Smoky Garlic Mayo
P. 54



Q V GF

Cauliflower
Crust Pizza with
Tomatoes & Zucchini
P. 56



V GF

Nacho-Style
Twice-Baked
Sweet
Potatoes
P. 54

fish & seafood



Q GF

Shrimp Salad
Rolls with Thai
Dipping Sauce
P. 16



P Q GF

Lemon Salmon
Patties with
Sauce Verte
P. 37



P GF

Seared Tuna
with Roasted
Tomatoes & Olives
P. 56



Q GF

Sesame Tuna
& Mango Salad
P. 72



Instant Pot Pulled
BBQ Chicken
with Coleslaw
P. 16



GF

Sheet-Pan Dijon-
Glazed Chicken
& Roasted
Vegetables
P. 55

breakfasts, snacks & treats



Q GF

Chicken
Enchiladas with
Salsa Verde
P. 57



P GF

Pistachio-Crusted
Chicken with
Orange Sauce
P. 75



F V GF

Pineapple Upside-
Down Cake
P. 17



P F V GF

Chocolate
Iced Vanilla
Spiced Donuts
P. 31



Q GF

Protein Pancakes
P. 76



Q F GF

Post-Workout
Chocolate Mint
Energy Balls
P. 77



P V GF

Cappuccino
Chia Pudding
P. 34

bevvies



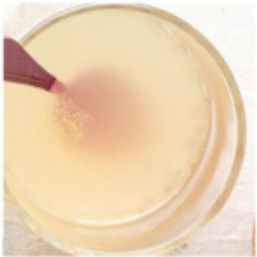
F V GF

No-Bake Avocado
Lime Pie
P. 88



Q GF

Pre-Workout
Cordyceps
Charge-Up
P. 77



P Q V GF

Homemade
Electrolyte Drink
P. 77

nutritional values The nutritional values used throughout *Clean Eating* are calculated with the use of The Food Processor SQL (Esha Research) and are provided by food manufacturers or found in the USDA National Nutrient Database.

bits & bites

3 WAYS WITH MONK FRUIT SWEETENER

Meet the newest alt-sweetener on the block. This truly delicious and low-glycemic sugar sub is worthy of a spot in your pantry and oh-so-easy to add to recipes.

PHOTOGRAPHY BY OLIMPIA DAVIES

Mix in Some Monk Fruit

Since monk fruit is 100 to 200 times sweeter than table sugar, a small amount will suffice in cooking or baking. Some products are sweetened only with monk fruit, while others combine it with other sweeteners such as cane sugar, erythritol and dextrose. Read product labels carefully as erythritol can cause digestion troubles in some individuals. In the following recipes, we used between $\frac{1}{4}$ to $\frac{3}{4}$ tsp in both sweet and savory dishes to bring balance and richness. We like to pair this product with bold flavors like smoked paprika or the sumptuous caramel of the dates.

Shrimp Salad Rolls
with Thai Dipping Sauce

Pineapple
Upside-Down Cake



What the Heck is Monk Fruit?

A small, round fruit native to Southeast Asia, monk fruit is known by many names, including Buddha fruit and *luo han guo*. It is extremely perishable and therefore typically sold dried or distilled in the form of a sweetener in North America and Europe, where it is not grown. Boasting zero calories and having a low-glycemic index, the sweetener – made by crushing the flesh of the fruit and extracting it into a powder or a liquid – is making waves in the health and wellness world. While only recently a phenom in the West, monk fruit has been used for centuries in traditional Chinese herbalism. Monk fruit is a wonderful sweetener for adding to coffee, tea, smoothies and even mains and desserts thanks to its well-rounded flavor profile.

Instant Pot Pulled
BBQ Chicken
with Coleslaw

Instant Pot Pulled BBQ Chicken with Coleslaw

SERVES 4.

- 1½ lb** skinless, boneless chicken thighs
- ½ cup** sliced yellow onion
- ¾ cup** unsalted tomato paste
- 2 tbsp** apple cider vinegar
- 1 tbsp** Worcestershire sauce
- 2 tsp** smoked paprika
- 1 tsp** garlic powder
- ½ tsp** monk fruit sweetener (**TRY:** NOW Real Food Organic Liquid Monk Fruit)
- ½ tsp** sea salt
- ¼ tsp** ground cayenne powder
- 4** whole-wheat buns

SLAW

- 1 14-oz** bag shredded coleslaw mix
- ⅓ cup** avocado oil mayonnaise
- 2 tbsp** chopped fresh cilantro
- 2 tbsp** fresh lime juice

1. Cook chicken: In the Instant Pot, place chicken, 1 cup water and onion. Lock lid and set release valve to “sealing.” Adjust to high pressure and cook for 30 minutes. When cooking is done, let pressure release for 10 minutes (don’t move the vent). Carefully set release valve to venting. When metal pin in lid falls and all pressure is released, unlock lid. Transfer chicken and onion to a large bowl with a slotted spoon.

2. Prepare sauce: In a small saucepan on low, whisk ½ cup water, tomato paste, vinegar, Worcestershire, paprika, garlic powder, monk fruit sweetener, salt and cayenne until smooth. Simmer for 12 minutes, whisking occasionally, until thick and glossy. Toss chicken to coat with sauce.

3. In a large bowl, mix all coleslaw ingredients together. Fill each bun with pulled chicken and coleslaw.

PER SERVING (¼ of recipe): Calories: 587, Total Fat: 29 g, Sat. Fat: 6 g, Monounsaturated Fat: 16 g, Polyunsaturated Fat: 6 g, Carbs: 40 g, Fiber: 8 g, Sugars: 13 g, Protein: 35 g, Sodium: 730 mg, Cholesterol: 134 mg

TIP: To prepare on the stove top, place chicken, 1 cup water and onion in a saucepan on medium-low. Simmer 45 to 50 minutes, until chicken can be shredded with 2 forks.

Shrimp Salad Rolls

with Thai Dipping Sauce **Q** **GF**

SERVES 4 TO 6.

SAUCE

- 1** red bell pepper, chopped
- 2 tbsp** apple cider vinegar
- 1 tbsp** peeled and minced ginger
- 1 tbsp** fish sauce
- 2 tsp** sesame oil
- 2 cloves** garlic, peeled
- 1 tsp** red pepper flakes
- ¼ tsp** monk fruit sweetener (**TRY:** NOW Real Food Organic Liquid Monk Fruit)
- 2 tbsp** fresh lime juice
- 2 tsp** arrowroot starch

ROLLS

- 12** rice paper wrappers
- 1 lb** medium frozen cooked shrimp, thawed, tails removed and sliced in half
- ½ cup** each fresh cilantro and mint leaves
- 1 head** butter lettuce
- 1** carrot, cut into matchsticks
- ½** English cucumber, cut into matchsticks

1. Prepare sauce: To a small saucepan, add bell pepper, vinegar, ginger, fish sauce, sesame oil, garlic, pepper flakes, monk fruit and 1 cup water. Bring to a simmer on low for 10 minutes. Remove from heat. Using an immersion blender, blend sauce until smooth. In a separate bowl, whisk together lime juice and arrowroot. Whisk the arrowroot-lime mixture into sauce and bring to a simmer for 1 minute. Set aside to cool.

2. Assemble rolls: Fill a shallow bowl with warm water. Soak 1 rice paper wrapper in water until softened and pliable, about 30 seconds. Spread wrappers on a clean tea towel. Along the bottom third of the wrapper, place about 4 shrimp halves. Top with cilantro and mint leaves. Top with 1 lettuce leaf and a few pieces each of carrot and cucumber. Fold sides over and tightly roll up. Place on tray, seam side down; cover with damp towel. Repeat with remaining ingredients to make 12 rolls. Cut each roll diagonally in half. Serve with dipping sauce.

PER SERVING (¼ of recipe): Calories: 318, Total Fat: 4 g, Sat. Fat: 1 g, Monounsaturated Fat: 1 g, Polyunsaturated Fat: 2 g, Carbs: 40 g, Fiber: 4 g, Sugars: 3 g, Protein: 32 g, Sodium: 575 mg, Cholesterol: 214 mg

Pineapple Upside-Down Cake

F V GF

SERVES 8.

CARAMEL

- 15** Medjool dates, pitted
- ¼ cup** organic, unsalted butter
- 1 tsp** pure vanilla extract
- ¼ tsp** monk fruit sweetener (**TRY:** NOW Real Food Organic Liquid Monk Fruit)

CAKE

- ½ cup** organic, unsalted butter, room temperature + additional for greasing pan
- 1 15-oz can** unsweetened sliced pineapple or 1 whole fresh pineapple, peeled, cored and sliced
- 2 cups** blanched almond flour
- ½ cup** coconut flour
- ¼ cup** arrowroot
- 2 tsp** baking powder
- 1 tsp** each ground cinnamon and ginger
- ¼ tsp** ground allspice
- 2 large** eggs
- ¾ cup** whole milk
- 1 tsp** pure vanilla extract
- ½ tsp** monk fruit sweetener (**TRY:** NOW Real Food Organic Liquid Monk Fruit)

1. Make caramel: In a small bowl, soak dates in ½ cup hot water for 5 minutes. In a blender, place dates and water and purée until smooth. In a small saucepan on high, cook butter until melted, bubbly and brown, 3 to 4 minutes. Remove from heat and whisk in date purée. Cook on medium until fully incorporated, stirring occasionally. Stir in vanilla and monk fruit sweetener.

2. Prepare cake: Preheat oven to 350°F and grease an 8-inch springform cake pan. Line pan with parchment then grease parchment with extra butter. Arrange slices of pineapple on bottom of prepared pan. Pour caramel over pineapple.

3. In a large bowl, whisk together almond flour, coconut flour, arrowroot, baking powder, cinnamon, ginger and allspice. In the bowl of a stand mixer, beat remaining ½ cup butter on high until light and fluffy, 2 minutes. Beat 1 egg into the butter at a time, 1 minute each. Add flour mixture to butter mixture and mix until combined. Add milk, vanilla and monk fruit sweetener and mix until combined. Spread batter evenly over pineapple. Bake for 40 minutes, or until a cake tester comes out clean. Invert cake onto a serving plate immediately to prevent the caramel from sticking.

PER SERVING (⅛ of recipe): Calories: 531, Total Fat: 36 g, Sat. Fat: 14 g, Monounsaturated Fat: 15 g, Polyunsaturated Fat: 4 g, Carbs: 49 g, Fiber: 9 g, Sugars: 33 g, Protein: 10 g, Sodium: 189 mg, Cholesterol: 96 mg



Loco for Coco

With billions of probiotics in every serving, coconut yogurt is one of the biggest health trends of the year for good reason. Enjoy a bowl of this gut-friendly, dairy-free treat with one of these top picks.

BY ALEXANDRA EMANUELLI, ILLUSTRATIONS BY REJEANNE DE JONG



Rejeanne De Jong

GRAPHIC DESIGNER AND ILLUSTRATOR, TORONTO, CANADA

Rejeanne De Jong loves working in traditional mediums like acrylic ink and feels like this is a way to communicate a natural, more personal touch to products. When she's not illustrating for *Clean Eating*, De Jong makes it her mission to sample all of Toronto's delicious foods.

1 / THE COMBO

Forager Project Organic, Dairy-Free Coconut Cashewgurt has an extra protein punch from the cashew milk, making this fueling and healthful. **\$2**, foragerproject.com

2 / THE WILD CARD

Sprouted pili nuts produce a rich and buttery mouthfeel in Lava Plant-Based Yogurt. Prebiotic-rich plantains add an extra gut-supporting boost, acting as food for the healthy bacteria. **\$3**, lovvelavva.com

3 / THE QUADRUPLE THREAT

A combination of four strains of bacterial culture creates a whipped texture in Coconut Collaborative Mango & Passionfruit Coconut Yogurt. Sweetened with fruit purée, it makes a good breakfast or nutritious dessert. **\$3**, coconutcollaborative.com

4 / THE CULT FOLLOWING

Produced in small batches, The Coconut Cult Coconuts N' Cream is an ultra-creamy and vibrant yogurt made from a blend of coconut water, coconut cream and 16 strains of probiotics. **\$25**, thecoconutcult.com

5 / THE LIVING SPOONFUL

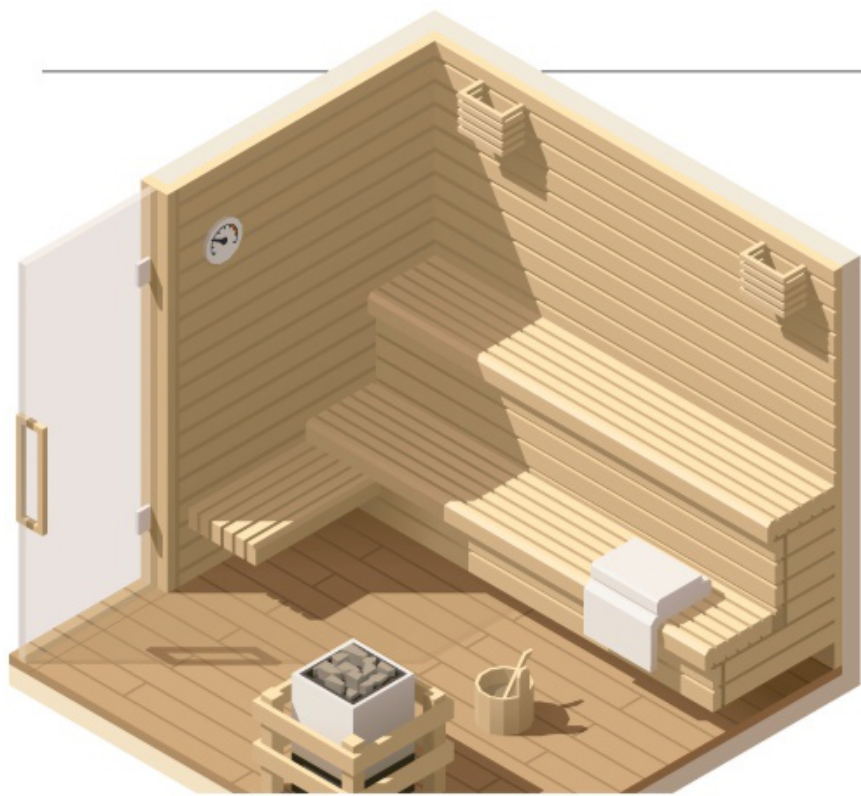
Effervescent and tangy, GT's Living Foods CocoYO Pure is made from the meat of raw, young coconuts and coconut water and is packed with billions of live probiotics formed during the fermentation process. **\$6**, gtslivingfoods.com



Prime Pick

Who hasn't made the mistake of overindulging after a workout?

New research from the University of Nebraska-Lincoln reports that choosing your post-exercise snack *before* getting your reps in could make the difference. Researchers followed two groups – one that was asked to decide on a snack before exercising and one that chose after. In the first group, 74% of participants made the judicious choice of an apple, while only 55% of those in the second group went healthy, the rest choosing a brownie. Researchers say making the decision in advance increases the odds of eating nutritiously by 20%.



SAUNA BY TELES2/SHUTTERSTOCK.COM, APPLES BY BOZENA FULAWKA/SHUTTERSTOCK.COM

SURPRISING EFFECTS OF SAUNA

Are you overlooking your yoga studio or gym's sauna as another self-care step that you don't have time for? A recent study published in *Complementary Therapies in Medicine* has found that blood pressure and heart rate increase in the sauna at the same rate as they do during moderate, short exercise. Sports scientists at Martin Luther University Halle-Wittenberg measured the blood pressure and heart rate of 19 volunteers before, during and after a 25-minute sauna session. The following day, participants had the same metrics measured during a short exercise session on a bicycle. "Comparing the two conditions, the participants' blood pressure and heart rate reached the same levels during the sauna session as they did ... during the exercise test," explains Sascha Ketelhut, PhD, lead author on the study. While spending time in the sauna is an exertion, it won't contribute to long-term weight loss: Any drop in pounds is due to loss of water, which is why hydration is key. **ADD IT TO YOUR DAY:** Many gyms and sports clubs feature saunas. Enjoy the cardiovascular benefits of a workout while keeping it low impact by using the sauna.

WHAT WE DO MAKES A DIFFERENCE.

Five years ago, the entry of PlusCBD™ Oil products gave birth to an entirely new category that never existed before. We felt great responsibility to create comfort around hemp CBD products and funded the scientific, legal, and social metamorphosis that has transpired before our eyes. Creating change around hemp in the minds of millions wasn't an easy task but, collectively, we did it.

PLUS
+CBDoil™
HEMP-DERIVED CBD OIL



THE #1 SELLING HEMP CBD PRODUCTS*

SOLD IN HEALTH FOOD STORES NATIONWIDE
PLUSCBDOIL.COM | (855) PLUS-CBD (758-7223)

*SPINS SCAN DATA
A CV SCIENCES BRAND

The Best of Costco

When time is limited, we love these quick and simple options for brekkie.

BY ALEXANDRA EMANUELLI,
PHOTOGRAPHY BY VINCENZO PISTRITTO

1. ONE SMART APPLE

Simply sliced and baked, Bare Organic Fuji & Reds Apple Chips make for a crunchy and craveable snack. **\$10, baresnacks.com**

2. BUBBLY BUCH

Black and green tea contain powerful polyphenol compounds as well as a caffeine boost in Health-Ade Pink Lady Apple Kombucha. Sweetened naturally with organic cold-pressed apple juice and fermented for four weeks, this beverage with gut-healing properties hits the spot any time of day. **\$4, health-ade.com**

3. MASTER MIX

Carb-conscious consumers, rejoice! Birch Benders Keto Pancake & Waffle Mix has five grams net per serving. A combination of almond and tiger nut flours means that this dish is protein-packed as well as delicious. **\$8, birchbenders.com**

4. DELUXE DAIRY

Icelandic Provisions Vanilla Bean Krími Sýr uses heirloom Nordic cultures to create an ultra-dense and creamy yogurt. **\$2, icelandicprovisions.com**

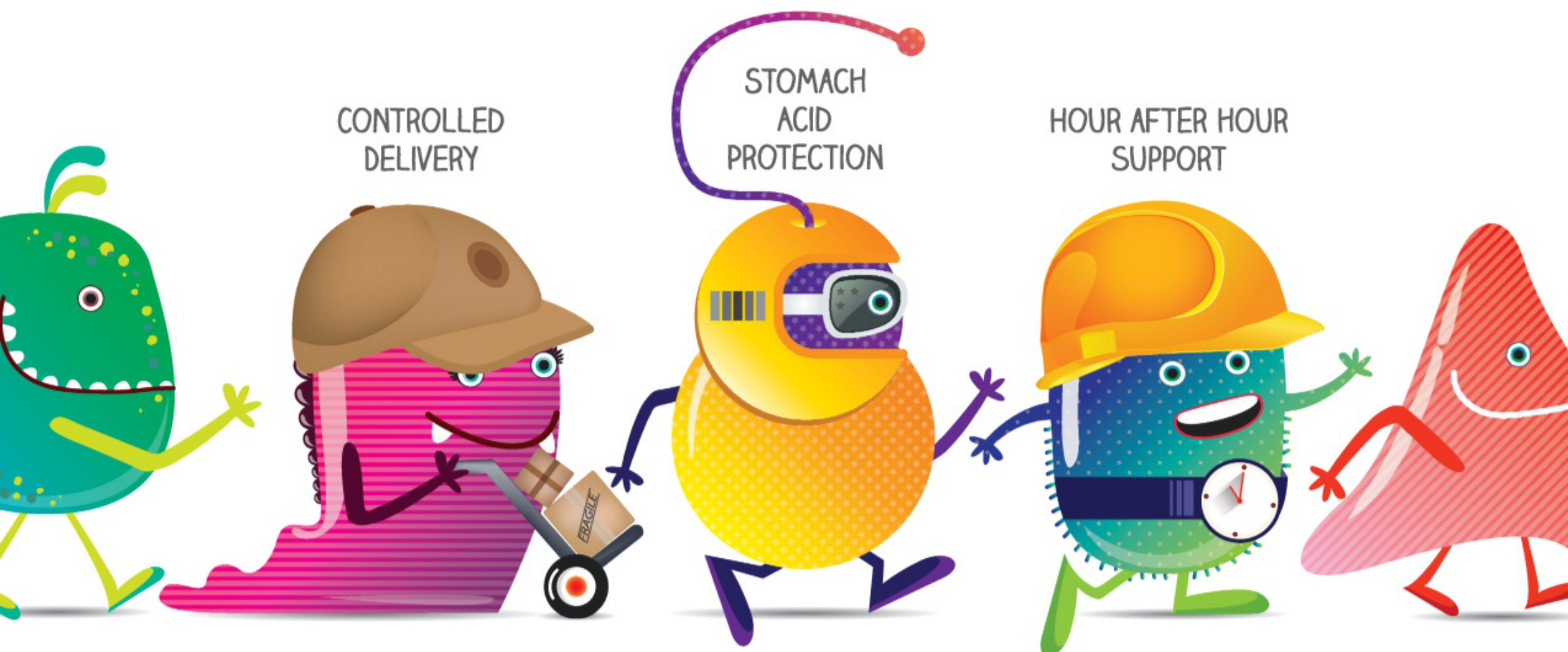
5. NOSTALGIC NOSH

A cashew and almond butter center is coated in a sweet-crunchy combo of organic cranberries, dates and figs to form Made In Nature Nutter & Jelly Figgy Pops. **\$5, madeinnature.com**



With just one tablet and 12 billion friendly probiotic organisms[^]
working hour after hour...*

IT'S ALL IN A DAY'S WORK.



Probiotic CD™
all you need to help keep your digestive tract... on track!*



Once-daily Probiotic CD™ works differently than other probiotics. Not only does it protect friendly probiotic cultures from harmful stomach acid... but, with its unique **BIO-tract®** controlled-delivery technology, Probiotic CD™ continuously releases active probiotics hour after hour through your digestive system... where you need them most! That means your digestive health is consistently supported with 12 billion bioactive organisms[^] from 10 vegetarian cultures.* Now that's one hard-working probiotic! That's **PROBIOTIC CD™**.

NON-GMO, VEGETARIAN, GLUTEN AND PRESERVATIVE-FREE.

AVAILABLE AT HEALTH, NATURAL FOOD AND VITAMIN SPECIALTY STORES.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

BIO-tract® is a registered trademark of Nutraceutix in the United States (reg. in the name of TNT Gamble, Inc).
U.S. Pat Nos 8,007,777 and 8,540,980.

[^]At time of manufacture.

AMERICAN HEALTH™
good health made simple™

©2019 American Health, Inc. | 19-AH-1171

Nutrition News

A cookbook designed to ease anxiety, a new set of guidelines to help prevent food waste and an Eastern tradition making big waves in the West.

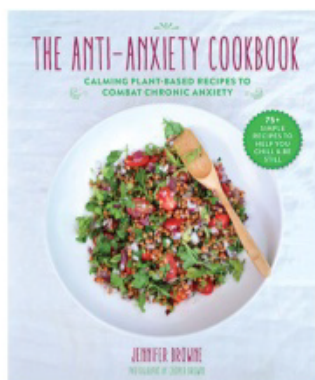
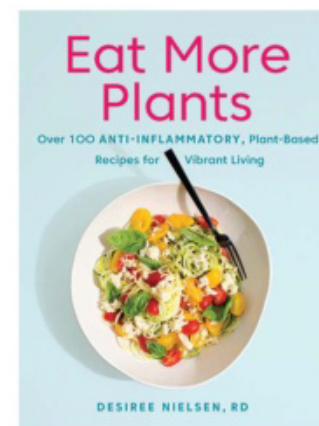


VEDA IN VOGUE

Ayurveda has been popping up in snacks, supps, skin care and more in the past year. This traditional Eastern medicine is one of the earliest practices to recognize the connection between the mind and the body. This is achieved by balancing the five elements, water, fire, earth, air and ether, through foods, meditations and other wellness practices (such as dry brushing and tongue scraping). Whether you believe in the concept or not, we love seeing a more holistic approach in products. **TRY:** The balanced blend of blood sugar–stabilizing spices in OJAS STUDIO Vata-inspired Cardamom, Cinnamon and Walnut Bites to help curb the hangries. We’re looking forward to more grounding goodies in the future. **\$11, ojasstudio.com**

VIRTUOUS VEGGIES

Desiree Nielson, RD, brings bold, bright flavors and inspired ideas to her cookbook, *Eat More Plants: Over 100 Anti-Inflammatory, Plant-Based Recipes for Vibrant Living*. Nielson makes the plant-focused dishes feel fresh by featuring a variety of cuisines. Recipes are designed to combat the harmful effects of chronic stress and free radicals. Some faves include Socca Pizza with Zucchini, Olives and Basil, Mujadara Neat-Balls in Spiced Tomato Sauce and Pistachio and Cardamom Doughnuts with Rosewater Glaze. The book also includes a 21-day meal plan, a chapter on how to transition to a fully plant-based diet (including the tools and staple ingredients) and tips on incorporating medicinal plants into your diet. **\$26, [Penguin Canada](http://PenguinCanada.com)**

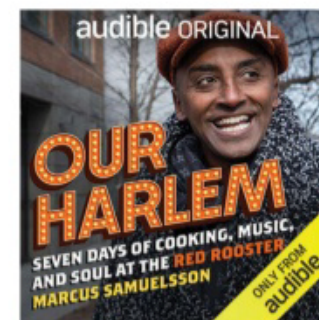


STRESS-FREE SUPPER

One in four Americans suffers from an anxiety disorder or depression, according to a survey completed by the National Institute of Mental Health. *The Anti-Anxiety Cookbook* aims to help alleviate some of that suffering by sharing ideas on how to remove nutritional stressors like meat, processed foods, artificial sweeteners, caffeine and alcohol. Author Jennifer Browne has created recipes centered around ingredients that are good sources of magnesium, zinc and B vitamins, all of which help promote calm and have been shown to lessen nervousness and tension. **\$25, [Skyhorse Publishing](http://SkyhorsePublishing.com)**

SOUL FOOD

Take a walking tour of one of New York’s most savory neighborhoods with its adopted son, Marcus Samuelsson, in *Our Harlem: Seven Days of Cooking, Music and Soul at the Red Rooster*. Samuelsson cooks with notable Harlemites, exploring and explaining the development of some of the area’s defining dishes (like collard greens and cornbread). The audio download comes with a PDF of recipes from *The Red Rooster Cookbook*. **\$30, audible.com**



EXPIRY DATE DECODE

If you’ve been confused by the terms “Best Before” and “Sell By” on food packaging, you’re not alone. A 2007 survey by the FDA indicated that less than half of consumers were able to distinguish the difference between these terms. With more than 133 billion pounds of food wasted each year, and an estimated 20% of that due to confusion over date labeling, the FDA has recently come up with a solution. “Best if Used By” indicates that after a specific date, the product may not taste or perform as expected but is still safe to eat, while “Use By” applies to perishable products that should be consumed by the date on the package, after which it should be discarded. Look for these new labels on products on supermarket shelves now. 🗑️

Colgate® Essentials with Charcoal

Removes Stains & Impurities
for a Whiter Smile and
Fresher Breath



©2019 Colgate-Palmolive Company



Meet the Weeknight Wizard

Clean Eating's culinary nutritionist is unlocking the secrets to easier and more nutritious weeknights with her upcoming online courses, Easy, No-Mess 1-Pan Meals and High-Protein Meals for Energy & Fat Loss.

What if we told you that all you needed was a sheet pan, a skillet and a Dutch oven to make weeknight cooking a breeze? Enter Beth Lipton, a New York-based chef, food and wellness writer and *Clean Eating's* very own culinary nutritionist. Lipton's mission is to help people eat healthier by actually enjoying the experience of cooking – and just as importantly, without finishing off with a sink full of dishes. In her first upcoming course, Easy, No-Mess 1-Pan Meals, she walks you through kitchen tools, culinary techniques and scrumptious recipes to help you whip your weeknight dinners into shape.

As a health-focused chef and writer, Lipton is also the perfect person to teach High-Protein Meals for Energy & Fat Loss. In this second course, she'll cover everything you need to know to do high-protein right. She'll get in the kitchen with you and cook up creative protein-packed meals (forget bland chicken and canned tuna!) to rev up your energy and help with fat loss. We sat down with her to get more insight into her philosophy and what we can expect from her upcoming courses.

Do you have a food philosophy that you live by?

To me, food always has to be delicious. It may sound obvious, but I think it's a point that often gets lost with all the competing advice out there. We have all kinds of judgments and "shoulds" around food – but ultimately, eating should be about enjoyment, nourishment, sharing, pleasure and fun.

What can students expect to learn in Easy, No-Mess 1-Pan Meals?

In this class, I'll share lots of super-practical and useful information about Dutch ovens, skillets and sheet pans, including ways to use them you might not have thought of. Students will learn some fantastic, crowd-pleasing recipes and tips on how to throw together a one-pan meal, even without a recipe.

Why are one-pan meals so important for a busy cook?

Once you've made a meal and enjoyed it, the last thing you want to deal with is a sink full of dishes. A one-pan meal means streamlined cleanup, so you can get on with your life.

What is your top trick for no-fuss cooking?

To me, a big part of healthy cooking involves not being stressed before, during and after cooking. One thing I always do is what chefs call *mise en place*, which means getting everything ready before you begin. So before you start cooking, wash, dry and chop your vegetables, get your spices and measuring spoons out and have your protein patted dry and seasoned. That way, when it's time to cook, you have everything at your fingertips, ready to go.

Let's talk about your second course, High-Protein Meals for Energy & Fat Loss. Who should be eating more protein?

It isn't just a question of more, as much as making sure you're getting what you need. Are you hungry soon after meals? Are you working out but not building muscle? Do you get colds a lot? All of these can be signs that you need more protein. Figuring out what you need and then getting it throughout the day can help you feel and look your best, and who doesn't want that?

What's your best tip for adding more protein into your meals?

Fill your plate with a variety of foods – you'll get some protein in your salad, some in your roasted cauliflower or broccoli, some in the herbs and spices that give everything that punch of flavor. You'll get more in the almond butter sauce you dip your chicken or shrimp into, along with the chicken or shrimp itself. The more variety, the more protein – and, as a bonus, you'll get more nutrients overall.



Beth's upcoming courses are brimming with practical information and video cooking demos to help make your weeknights simpler and more nutritious.

For more information
or to sign up, go to
aimhealthyu.com



Our Daily Wines

CERTIFIED USDA ORGANIC
FOR 30 YEARS



WHEN IT COMES TO ORGANIC WINE
WE'RE CRUSHING IT



Our vineyards
and grapes are
farmed using only
organic materials



The yeast used to
ferment our wines is
processed without
preservatives



Our facility is
certified USDA
organic



As a result of our
thorough processes,
our wines contain no
detectable sulfites

SPECIAL OFFER

\$10 FLAT RATE SHIPPING ON 1 CASE

\$20 FLAT RATE SHIPPING ON 6 BOTTLES

ORDER ONLINE NOW AT OURDAILYWINES.COM

USE CODE **CLEANEATING**

Must be 21 or older only. Offer expires 12/31/2019. © 2019 OUR DAILY RED, SONOMA, CA.

Check out this sample recipe from Beth's upcoming course,
High-Protein Meals for Energy & Fat Loss.

Mexican Chile Beef & Farfalle Bake

F Q

SERVES 8.

HANDS-ON TIME: 25 MINUTES.

TOTAL TIME: 45 MINUTES.

- 1 lb lean ground beef
- ½ large white onion, chopped
- ¾ tsp sea salt, divided
- ½ tsp ground black pepper
- 3 cups boxed, jarred or BPA-free-canned unsalted diced tomatoes
- 1 15-oz BPA-free can unsalted black beans, drained and rinsed
- 2 jalapeño chile peppers, seeded and chopped
- 2 tsp chile powder
- ½ tsp garlic powder
- 12 oz whole-grain farfalle
- 2 cups grated cheddar cheese
- ½ avocado, peeled, pitted and chopped
- ⅓ cup packed fresh cilantro, roughly chopped
- 1 lime, cut into wedges, optional

1. Preheat oven to 375°F. Mist a 13 x 9-inch baking dish with cooking spray. Set aside.

2. Mist a large skillet with cooking spray and heat on medium-high. Add beef, onion, ½ tsp salt and black pepper and cook, breaking up beef with a spoon, until no longer pink, 7 to 8 minutes. Stir in tomatoes, beans, jalapeños, chile powder, garlic powder and remaining ¼ tsp salt. Bring to a simmer and cook, stirring occasionally, until heated through, about 3 minutes.

3. Meanwhile, in a large pot, cook pasta al dente according to package directions. Drain; return to pot. Stir in beef mixture.

4. Spread half of beef-pasta mixture into baking dish and sprinkle with half of cheese. Top with remaining beef-pasta mixture and cheese, spreading evenly. Bake until cheese is melted and sauce is bubbling, 12 to 14 minutes. Let stand for 10 minutes. Garnish servings with avocado and cilantro. Serve with lime wedges (if using).

PER SERVING (1½ cups): Calories: 435, Total Fat: 16 g, Sat. Fat: 8 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 1 g, Carbs: 46 g, Fiber: 8 g, Sugars: 5 g, Protein: 29 g, Sodium: 452 mg, Cholesterol: 65 mg

Clean Eating **ACADEMY**

For more information
or to sign up, go to
aimhealthyu.com



20% OFF
your entire purchase
Enter **CLEAN20**
www.shoppri.com

Energize Your Routine

Get Real! MANUKA HONEY

- Lower glycemic index than other sugars and contains *Prebiotic* properties
- Slow release of glucose makes Manuka great before, during and after workouts
- Packed with flavor, rich in texture, and is naturally *Organic* and *Non-GMO*
- PRI was the first to bring *Real* Manuka Honey to the U.S. 30 years ago
- Independent labs find PRI Manuka *Exceeds* strict New Zealand standards*

*Results and Certifications available upon request



Pacific Resources International
The Essence of New Zealand

805-684-0624 • www.shoppri.com
info@pri-nz.com • #shoppri • @shoppri





ask dr. jonny

Q: I'm hearing a lot about "dirty" vs "clean" keto. What gives?

As you probably know, ketogenic diets are about getting your body into a state called nutritional ketosis, where your body is producing measurable amounts of ketones, a great source of fuel for the muscles and brain. This is accomplished by eating minimal amounts of carbs and front-loading the diet with healthy fats, a strategy designed to keep blood sugar from rising too high and too frequently.

So far, so good.

Thing is, gasoline probably doesn't raise blood sugar at all, but that doesn't mean you'd want to drink it. You can front-load a keto diet with junk fats (like trans fats and vegetable oils) and with processed deli meats like salami, and you'll probably still get into ketosis. But you certainly won't be eating healthy.

And that is what's meant by "dirty keto." Dirty keto is about getting into ketosis without caring how you get there. Obviously, I don't recommend that. Meanwhile, "clean keto" is exactly what it sounds like – a mashup of clean eating and the ketogenic diet that's also eminently doable. A clean keto diet is heavy on plants, fish, olive oil, nuts and seeds and other whole foods.

Buzz-Term Update: Dirty Keto & Autophagy

Dr. Jonny Bowden's got the DL on the latest buzzwords making their way through health circles.

Q: Everyone is talking about autophagy – what is it?

Autophagy refers to a kind of cellular cleanup in which old, broken down or dysfunctional cells are removed and recycled and the process of cellular repair is initiated. It's a kind of evolutionarily determined self-preservation mechanism on the part of the cells, the cellular equivalent of a reboot button on your computer. The word *autophagy* combines *auto-* ("self") with *-phagy* ("eating") and can be thought of as a kind of cellular cannibalism that your body performs to get rid of the bad stuff and strengthen the good.

Autophagy is believed to play a big role in longevity and optimal health. A great way to "turn on" autophagy is with a keto diet and/or with intermittent fasting. Why?

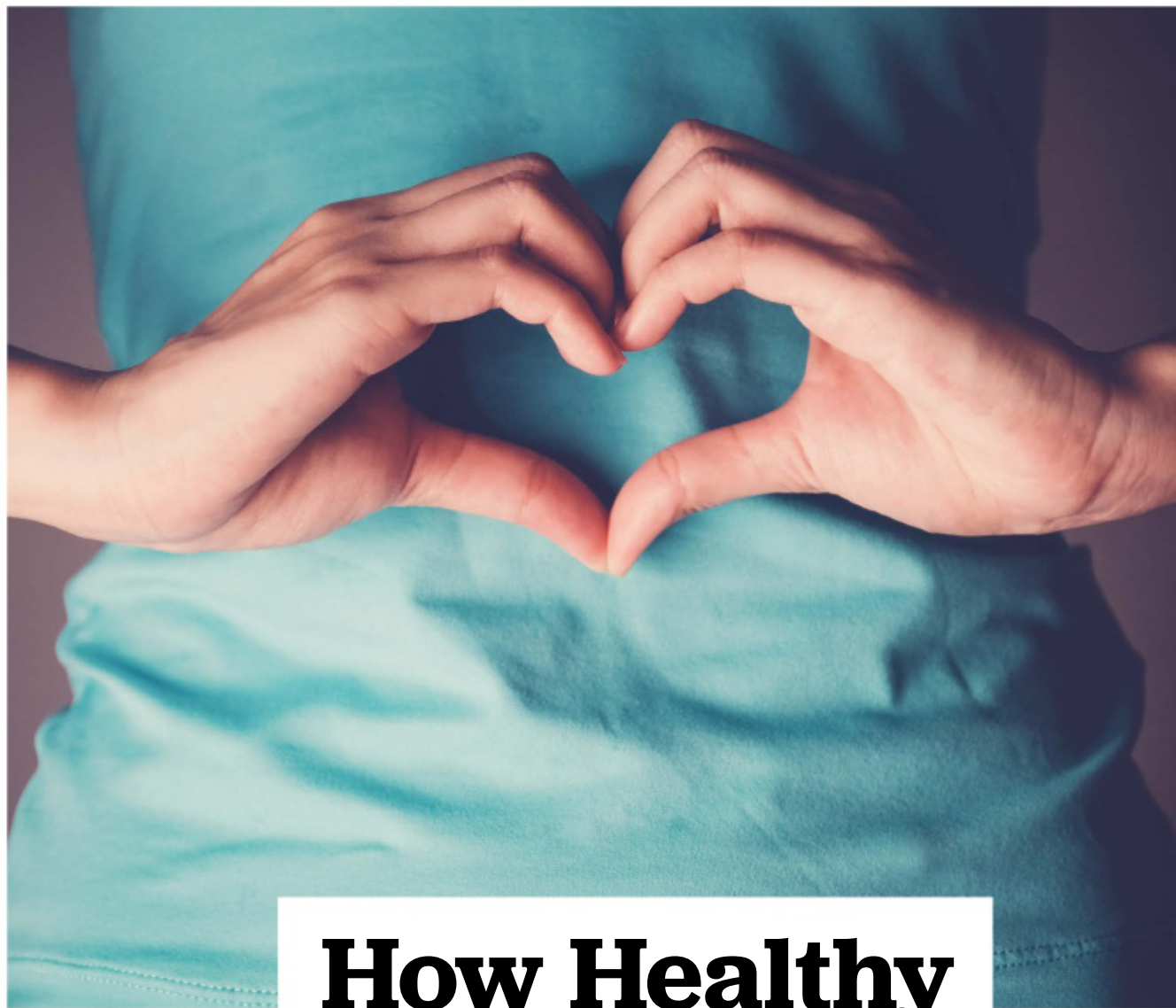
Autophagy is also an adaptive response to starvation; the cleanup process starts when you stop eating. That's why intermittent fasting is so good for turning it on. For reasons not clearly understood, the keto diet accomplishes the same thing. And don't hit the panic button on the word *starvation*. There's a reason why intermittent fasting is intermittent – your fasting window is just temporary (but highly effective).

Will Cole, IFMCP, DC, author of *Ketotarian*, puts it this way: "Keeping autophagy at a healthy, active level is another way to keep your inflammation levels balanced and prevent accelerated aging and disease." 🧠



JONNY BOWDEN, PhD, CNS Board-certified nutrition specialist, motivational speaker, author and expert in the areas of weight loss and health.

LEAD KETO PHOTO BY CIVIL/SHUTTERSTOCK.COM



How Healthy Is Your Gut?

Take this quiz to find out just how healthy your gut is. Don't fret: If it needs a little love, we've got just the guide to make it right. Best of all, it's free!

1. How many times have you been on antibiotics in the past year?

- a. Once
- b. Twice
- c. More than 3 times

2. How often do you crave sugar?

- a. Once or twice a week
- b. Daily
- c. Almost all day long

3. How often do you have trouble falling asleep?

- a. I sleep like a baby
- b. 2 to 4 times a month
- c. Nightly

4. How often do you suffer from headaches?

- a. Almost never
- b. Once a week
- c. A few times a month

5. How often do you suffer from gas or bloating or feel uncomfortable after a normal-sized meal?

- a. A couple of times a month
- b. A few days of the week
- c. After every meal

6. How frequently do you have a bowel movement?

- a. 2 to 3 times a day
- b. Once a day
- c. 3 to 4 times a week

7. How often do you suffer from heartburn or indigestion (it feels like food is coming back up)?

- a. Almost never
- b. 4 to 5 times a month
- c. Daily

8. How often do you have loose stools or diarrhea?

- a. Almost never
- b. 1 to 2 times a month
- c. 1 to 2 times a week

9. How often do you get sick?

- a. 1 to 2 times a year
- b. 5 to 7 times a year
- c. I feel like I'm sick every month

10. How often do you struggle with stress, anxiety or bad moods?

- a. I can handle anything – the glass is always half-full
- b. Maybe once a week I stress out or feel blue
- c. Every single day – I have a hard time feeling positive

11. How would you describe your energy level?

- a. Smooth and steady
- b. I need a nap mid-morning or mid-afternoon
- c. I wake up tired and am dragging all day long

12. Do you suffer from skin issues such as rashes or skin sensitivity?

- a. Nope, my skin looks awesome!
- b. Maybe a few times a year
- c. Yes, quite frequently

Let's see how you did.

Flip to page 83 for your results!

Where Healthy Family Fare Meets Fun



Take a peek inside Karlene Karst's breakout new cookbook, *This Kitchen Is for Dancing*, for family meal solutions that are creative, inspired and most of all, fun.

Due to busy days and activity-packed evenings, preparing meals ahead of time has become a mainstay in the lives of many families, including my own. Between swimming lessons, soccer and gymnastics, it's hard to carve out time to cook. What a treat it is to come home to a delicious, nourishing meal that takes just minutes to get on the table! It's possible, with some pre-planning and meal prep.

The art of planning meals and preparing food a few days a week

is a skill, and like all acquired skills, it takes practice. Shopping, cooking, chopping, baking and properly storing and reheating meals so they taste exceptional takes preparation. Even professional cooks and chefs tell me they struggle with this very thing – preparing meals that go from refrigerator or freezer to the dining table in minutes.

Over the years, I've gathered many tips and tricks to help this process run smoothly and efficiently. In my new book, *This Kitchen Is for Dancing*, I hope to arm you with

easy-to-follow suggestions and encouraging reassurance that, you too, can master the art of pre-planning and meal prepping.

First, let me share with you one of the most common mistakes I see first-timers make: picking overly complicated recipes. While that Crispy Chicken with Tangy Sweet Sauce and Candied Walnuts may look and sound oh-so delish, the many steps involved in putting it together are sure to slow you down, trip you up and squash your confidence. Instead, when starting, select simplified recipes with just a few necessary steps to ensure your family's first meal-prep experiences are enjoyable and stress-free.

Here are a few reasons why smart meal prep is a lifesaver for busy families:

You'll save money. It may sound like common sense, but you'd be surprised at how preparing your meals ahead of time will save you money. Instead of spending 10 to 15 dollars on lunch, you'll spend a fraction, and then you can put the savings towards a much-needed family vacation.

You'll save time. Investing a few hours on the weekend will save you heaps of time throughout the week. You'll find that your week runs smoother and you're more prepared. Even your brain gets a break because you don't have to make decisions on the fly. It also means more time during the week for fun with your family – and what's more important than that?

You'll waste less. With your meals planned out, you'll know what you're making and exactly how much you need, so you'll only buy the ingredients you require.



Sure, I could leave you with a weeknight recipe that you'd fit into your meal plan, but as you can probably tell, I'm also big on fun. After my book launch, these donuts practically went viral on social media thanks to other food bloggers posting all about them. For 100+ other healthy family recipes, pick up a copy of my new book, *This Kitchen Is for Dancing*, on Amazon.com!

Chocolate Iced Vanilla Spiced Donuts P F V GF

SERVES **9**. HANDS-ON TIME: **20 MINUTES**. TOTAL TIME: **45 MINUTES**.*

*PLUS COOLING TIME.

Move over cupcakes, healthy donuts are the new sweet treat in town. You won't believe how delicious and healthy these baked donuts are. Made with coconut flour and coconut sugar and iced with a creamy chocolate cashew frosting, these will be a crowd pleaser at kids' birthday parties and dinner parties. You'll definitely want to double or triple your batch!

- ¼ cup** avocado oil or melted coconut oil + additional for greasing
- ½ cup** coconut flour
- ½ cup** coconut sugar
- 2 tsp** ground cinnamon
- 1 tsp** ground cardamom
- 1 tsp** cream of tartar
- ½ tsp** baking soda
- ¼ tsp** each ground nutmeg and sea salt
- 6** eggs, lightly beaten
- 2½ tsp** vanilla extract, divided
- 1 cup** raw cashews, soaked in water at least 4 hours and drained
- ¼ cup** maple syrup
- ⅓ cup** almond milk or other milk of choice
- 2 tbsp** raw cacao powder
- ½ cup** toasted coconut ribbons, optional

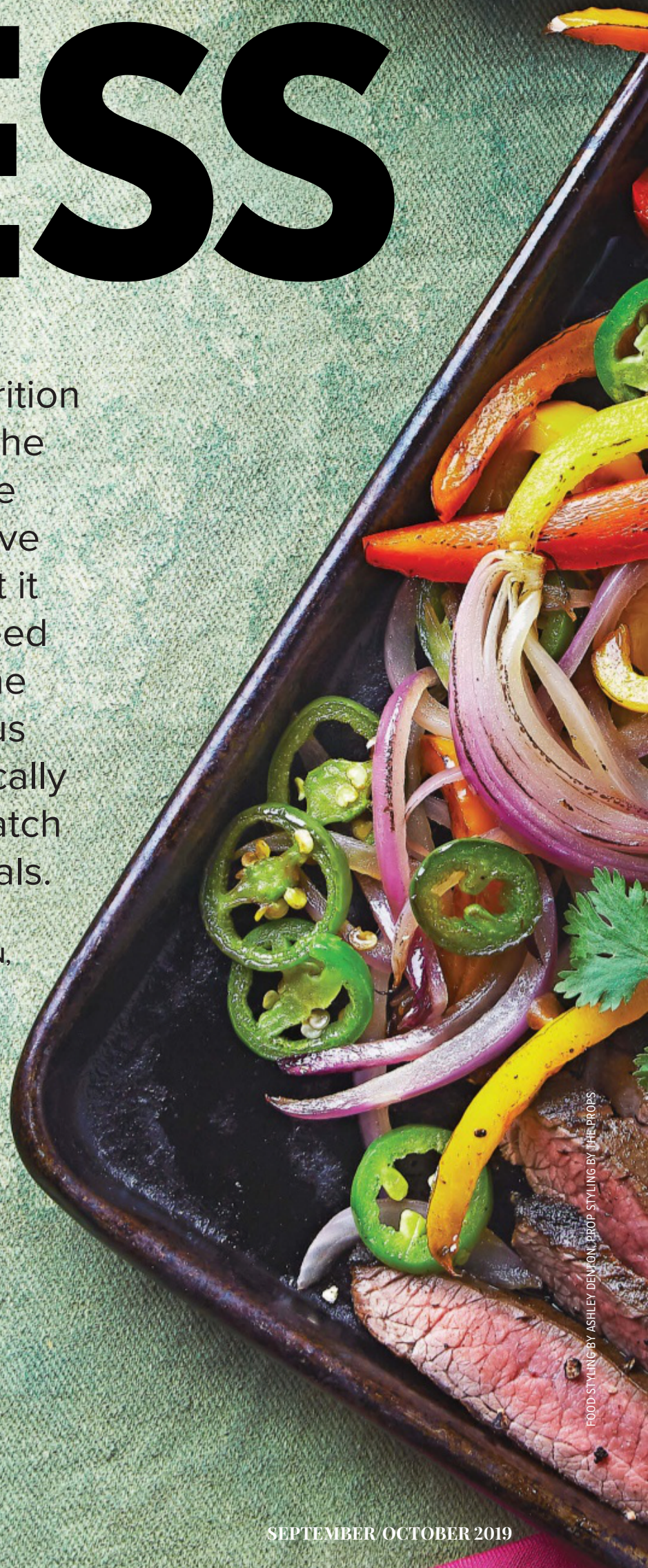
- 1.** Preheat oven to 350°F. Grease donut pan well with oil. (**NOTE:** Donut pans vary in size, so the yield may vary slightly.)
- 2.** Into a large bowl, sift coconut flour. Whisk in coconut sugar, cinnamon, cardamom, cream of tartar, baking soda, nutmeg and salt.
- 3.** Make a well in the center of the dry ingredients and add eggs, oil and 2 tsp vanilla. Using a wooden spoon, stir batter together until well combined.
- 4.** Spoon into prepared donut pan and bake until a wooden toothpick inserted in a donut comes out clean, 15 to 18 minutes. Let donuts cool in pan for 10 minutes, then turn out onto a wire rack to cool completely at room temperature.
- 5.** Meanwhile, make icing: In a blender, combine drained cashews with remaining ½ tsp vanilla, maple syrup, almond milk and cacao powder until smooth. Once donuts have cooled completely, spread with icing and garnish with a sprinkling of toasted coconut ribbons (if using). These donuts are best served within a couple of hours of assembling. 🍴



Fuel Your **FITNESS**

We spoke with fitness and nutrition experts to get the lowdown on the best ways to give your body what it needs to succeed in the gym in the form of delicious recipes specifically designed to match your fitness goals.

BY RACHEL DEBLING,
RECIPES BY BETH LIPTON,
PHOTOGRAPHY BY
ASHLEY CAPP



A top-down view of a sheet pan filled with ingredients for fajitas. On the right, several large, round, golden-brown tortillas are stacked. On the left, a pile of sliced vegetables includes red and yellow bell peppers, green jalapeños, and onions. In the foreground, long, thin strips of cooked steak are arranged. Fresh cilantro leaves are scattered throughout. A small white bowl with a white sauce and brown powder sits at the top left, and a white bowl with red sauce is at the bottom right.

SHEET-PAN STEAK FAJITAS

(SEE RECIPE, P. 42)



WHAT TO EAT...

Before You Train

These days, the most frequent question you'll hear on the gym floor is not, "How much can you bench?" but rather "To fast ... or not to fast?" That is the question. And the answer is, well, a bit complicated.

The research is split on whether or not intermittent fasting is best for performance training. If your goal is to lose weight, working out first thing in the morning on an empty stomach may be helpful. A 2018 review of 46 studies found that eating before training can boost your endurance while working out; it also found that exercising while in a fasted state causes the release of more free fatty acids into your bloodstream, indicating improved fat burning.

Harley Pasternak, MS, nutrition expert and celebrity trainer, agrees that obsessing about pre-workout nutrition isn't necessary for your average gym-goer. "You do not need a pre-workout meal unless you're training for a sport or for performance," he says. "Focus on three meals and two snacks a day, and then decide where to put your exercise program in your day, not the other way around." For those who choose to eat before working up a sweat, eat one to two hours ahead of your workout to ensure you have enough time to digest.

Another popular performance booster is caffeine. Some organizations, such as the National Collegiate Athletic Association, even recommend caffeine limits for athletes. "Caffeine does seem to be a very well-established ergogenic aid (think stamina increasing), but on an individual level people need to experiment and see what works for them in terms of [when and how much to consume]," says Krista Scott-Dixon, PhD, director of curriculum at Precision Nutrition, a web-based nutrition coaching and certification community.

To test if fasting and/or caffeine improve your performance, try eating a mini meal, such as our easy chia pudding, one hour before your workout. Then, the next time you hit the gym, don't eat anything beforehand. Keep a record of what you experience, says Scott-Dixon, taking note of anything else that may affect your results, such as your overall stress level or the type of exercise you're doing, for example.



CAPPUCCINO CHIA PUDDING P V GF

SERVES 4.

HANDS-ON TIME: **10 MINUTES.**

TOTAL TIME: **4 HOURS, 10 MINUTES.**

- ¾ cup** brewed coffee (preferably cold-brew)
- ¾ cup** plain unsweetened nondairy milk, or regular milk
- 3–4 tbsp** pure maple syrup
- 2 tbsp** coconut oil, melted
- 1½ tsp** ground cinnamon (**TRY:** Simply Organic Ceylon Cinnamon)
- 1 tsp** pure vanilla extract
- Pinch** sea salt
- ½ cup** chia seeds
- coconut cream or cinnamon for garnish

1. In a blender, place coffee, milk, maple syrup, coconut oil, cinnamon, vanilla and salt; blend until smooth. In a bowl, place chia seeds; pour coffee mixture over and stir well.

2. Divide mixture among 4 small cups or jars. Cover and refrigerate at least 4 hours, or overnight. Pudding will keep in the refrigerator up to 3 days. If desired, garnish puddings with a dollop of coconut cream or sprinkle of cinnamon before serving.

PER SERVING (¼ of recipe):

Calories: 242, Total Fat: 15 g, Sat. Fat: 7 g, Monounsaturated Fat: 1 g, Polyunsaturated Fat: 5 g, Carbs: 24 g, Fiber: 7 g, Sugars: 13 g, Protein: 5 g, Sodium: 55 mg, Cholesterol: 5 mg



FOOD THAT MOVES YOU



COOKED
IN AVOCADO OIL

10g
PROTEIN

1 cup
VEGETABLES

9g
FIBER



**PERFORMANCE
KITCHEN™** by **LÜVO**

Great-Tasting, Energizing Meals

Our Mediterranean diet-inspired meals are calibrated for performance. Every bowl has a balance of protein, fiber, vegetables, and controlled sodium and sugar.

Enjoy a variety of globally-inspired flavors, ready to heat and eat in minutes.

Find us in the freezer aisle

luvofoods.com





WHAT TO EAT...

After You Train

Thanks to a few highly publicized studies in the 1990s, the lasting belief until recently was that you must – repeat, *must* – eat within a 30-minute window after your workout in order to reap the benefits of what is called the “anabolic window.” This was supposedly the period of time when your body’s tissues are most “hungry” for the nutrients that help with repair and recovery, namely protein and simple carbohydrates.

That myth has all but been busted, says Scott-Dixon. “The window doesn’t snap shut as quickly as we assumed,” she says. If you’re eating within relatively steady intervals throughout the day, your body should have enough amino acids and glucose ready to help rebuild the muscle tissues that are broken down during exercise.

Of course, if gaining muscle is one of your goals, it won’t hurt to eat a protein-rich snack – like these Lemon Salmon Patties – following your workout, though it doesn’t have to be within 30 minutes of the completion of your gym session.

Pasternak also points out one largely overlooked post-training aspect: hydration. Drinking water or an electrolyte beverage pre-workout plus an additional two to three liters of water throughout the day will keep you well hydrated, he says.

LEMON SALMON PATTIES

with Sauce Verte

P Q GF

SERVES 6. HANDS-ON TIME: 45 MINUTES. TOTAL TIME: 45 MINUTES.

PATTIES

- 2 tbsp** avocado oil, divided + additional for cooking
- 1 lb** wild salmon fillet, skin removed*
- 1¼ tsp** sea salt, divided
- ½ tsp** ground black pepper, divided
- 2** shallots, minced
- 2 stalks** celery, minced
- 2 cloves** garlic, minced
- ¾ cup** almond flour
- 2 tbsp** arrowroot powder
- 1 large** egg
- 1 tbsp** lemon zest + 2 tbsp fresh lemon juice

SAUCE

- ¼ cup** extra-virgin olive oil
- 1** shallot, minced
- 1 tbsp** fresh lemon juice
- 2 tbsp** capers
- 2** oil-packed anchovy fillets
- ¼ cup** fresh flat-leaf parsley leaves
- 1 tbsp** Dijon mustard
- ground black pepper, to taste

1. Preheat oven to 425°F; line a baking dish with parchment. Rub 1 tbsp avocado oil over salmon and season with ¼ tsp each salt and pepper. Place salmon on baking sheet. Roast until cooked through, 12 to 14 minutes. Set aside to cool. Reduce oven temperature to 200°F.

2. In a small skillet on medium, heat 1 tbsp avocado oil. Add 2 minced shallots, celery, garlic and ¼ tsp salt. Sauté until celery is tender and veggies are fragrant, about 5 minutes; transfer to a large bowl.

3. Meanwhile, make sauce: In a small skillet, combine olive oil and 1 minced shallot; place over low heat and cook until shallot sizzles. Sauté 1 minute, then transfer to a food processor. Add 1 tbsp lemon juice, caper, anchovies, parsley and Dijon. Season with pepper; set aside.

4. Flake salmon into bowl with shallot mixture. Add almond flour, arrowroot, egg, lemon zest and juice, remaining ¾ tsp salt and remaining ¼ tsp pepper. Stir well, mashing with a fork. Scoop ¼ cup mixture; form into a 2½-inch round patty. Repeat to make 12 patties total.

5. In a large nonstick skillet on medium, heat ¼ inch avocado oil. Working in batches, cook patties until golden and cooked through, 2 to 3 minutes per side. Place a wire rack over baking sheet. After cooking, transfer patties to rack; keep warm in oven while you cook remaining patties. Serve with sauce.

*Don’t toss that salmon skin! Cut it into strips, rub with avocado oil, season with salt and pepper and roast at 450°F until crisp and starting to brown, about 10 minutes. Use it instead of bacon in a BLT, chop it into “croutons” for salad or just crunch on it as a snack.

PER SERVING (2 patties with sauce): Calories: 403, Total Fat: 32 g, Sat. Fat: 4 g, Monounsaturated Fat: 21 g, Polyunsaturated Fat: 5 g, Carbs: 10 g, Fiber: 3 g, Sugars: 2 g, Protein: 20 g, Sodium: 639 mg, Cholesterol: 67 mg

WHAT TO EAT...



To Lose Weight

Following a low-carb, high-protein diet is a scientifically proven way to lose weight and keep it off. But what if you're also working out? Do you then need more carbs on your plate?

The short answer is no, you don't. You can stick to the same weight-loss eating plan whether you're working out or not. The basics: Eat an increased amount of protein, cut back on carbohydrate-rich foods and eat a moderate amount of healthy fats. Some athletes even swear their reduced-carb diet (think keto or Paleo) actually delivers an energy boost. Though, as our experts point out, the boost is usually the result of a long-term training regimen that causes the body to favor burning fatty acids (from fat) instead of glucose (from carbohydrate).

Your low-carb diet may also help you burn more calories in the gym. A randomized trial, published in a 2018 edition of *The BMJ*, found that participants who followed a low-carb diet (carbs made up 20% of their total calorie intake) burned more calories when exercising than participants who ate higher-carb diets. And levels of ghrelin, also known as the "hunger hormone," dropped dramatically in study participants who followed the low-carb protocol.

Fitness goals aside, eating both healthy fats and proteins helps you feel more satisfied from meals, making it easier for you to avoid hunger-related snacking and overeating. That's not the only bonus. As Pasternak points out, "Some studies have shown that [eating more] essential fatty acids, such as omega 3-s and omega-6s, can actually contribute to [faster] fat metabolism." This fresh salad, for example, boasts healthy fats from oils, nuts and avocado, as well as protein from the chicken.

ASIAN CHICKEN SALAD

Q GF

SERVES 6. HANDS-ON TIME: 40 MINUTES. TOTAL TIME: 40 MINUTES.

DRESSING

- 1/4 cup avocado oil
- 3 cloves garlic, minced
- 2 tbsp minced fresh ginger
- 2 green onions, white and light green parts, sliced
- 1/4 cup fresh lime juice
- 1/3 cup smooth almond butter
- 3 tbsp coconut aminos
- 1 tbsp toasted sesame oil
- 1 tsp sea salt
- 1/2 tsp ground black pepper

- 1 avocado, peeled, pitted and diced
- 3 tbsp sliced unsalted almonds, toasted
- 3 tbsp chopped fresh cilantro
- sriracha, optional

1. Prepare dressing: In a small skillet, combine oil, garlic, ginger and onions; place over low heat and cook until mixture sizzles. Sauté 30 seconds, then transfer to a small food processor. Add remaining dressing ingredients plus 1 to 2 tbsp water; process until smooth.

2. In a large bowl, combine cabbage, carrots, bell pepper, celery and chicken. Add 1/2 cup dressing; toss to coat. If desired, add more dressing and toss again. Divide among plates; top with avocado, almonds and cilantro. Serve sriracha on the side.

PER SERVING (1/4 of recipe):
Calories: 439, Total Fat: 39 g, Sat. Fat: 6 g, Monounsaturated Fat: 21 g, Polyunsaturated Fat: 8 g, Carbs: 18 g, Fiber: 6 g, Sugars: 6 g, Protein: 21 g, Sodium: 874 mg, Cholesterol: 55 mg

SALAD

- 5 cups shredded napa cabbage
- 2 carrots, shredded
- 1 red bell pepper, cut into thin strips
- 2 stalks celery, sliced
- 1 rotisserie chicken, meat removed and shredded





SEIZURE STOPPER

Love it or hate it, cilantro has a strong association in the taste buds of many, and new research has shown it to be a potentially powerful medicinal aid. A study published in *FASEB Journal* demonstrates that dodecanal, a compound in the herb long used in folk medicine as an anticonvulsant, can reduce seizure activity.



TUMMY TAMER

Unlike many grains, quinoa, which is a seed, contains anti-inflammatory agents including phenolic acids, polysaccharides and vitamin E. These compounds are thought to help improve the gut microbiome and increase beneficial gut bacteria.



WHAT TO EAT...

For Endurance

You've heard of "carb loading," a practice many endurance athletes employ before participating in long-distance events. This means packing in plates of pasta, rice, cereals and other sources of carbohydrate in the days leading up to the big race to fuel up for the long haul. But if you're not a marathoner, it's unlikely you'll need to take on such an intense plan. In fact, if you're only hitting the gym for an hour a few times a week, you'll want nutrition that will give you a boost but also keep you light on your toes and feeling good in your gut.

A bit of carbohydrate goes a long way, say our experts. "Most people do better with some amount of carbohydrate in their diet, especially before and after [exercise]," Scott-Dixon says. And, as with protein, a consistent, moderate intake of carbs throughout the day should be enough to keep you going through spin class. Again, some athletes – and, keep in mind, these are high-level, balls-to-the-wall types of athletes – perform better, endurance-wise, when they eat fewer carbs.

If you're looking to fuel up for a long run or intense workout day, eating a high-fiber recipe, such as this quinoa-based salad, a few hours before you go (giving yourself time to digest it) will provide a comfortable, consistent stream of energy.

QUINOA & ROASTED VEGETABLE SALAD

with Yogurt Sauce



SERVES **6**. HANDS-ON TIME: **45 MINUTES**. TOTAL TIME: **55 MINUTES**.

- 5** carrots, sliced ¼ inch thick diagonally
- 1** fennel bulb, trimmed, cut into thin wedges
- 2 tbsp** avocado oil, divided
- 1 tsp** each sea salt and ground black pepper, divided
- 1 lb** beets, trimmed, peeled, cut into ½-inch cubes
- 3 cloves** garlic, unpeeled
- 5 sprigs** fresh thyme, divided
- ¾ cup** quinoa, rinsed
- 1½ cups** low-sodium vegetable or chicken broth
- ½ cup** full-fat plain yogurt
- 1 tsp** grated lemon zest + 1 tbsp fresh lemon juice
- 2 tbsp** chopped roasted, salted pistachios
- 2 tbsp** chopped fresh flat-leaf parsley

1. Preheat oven to 425°F; place 2 large baking sheets in oven as it preheats. In a large bowl, combine carrots, fennel, 1 tbsp oil and ½ tsp each salt and pepper; toss to coat.

In a separate bowl, place beets, garlic, 2 tsp oil and ¼ tsp each salt and pepper; toss to coat.

2. Remove one hot baking sheet from oven. Spread carrot-fennel mixture on sheet in a single layer and tuck 3 thyme springs among vegetables; return to oven and remove other hot baking sheet. Spread beets and

garlic on baking sheet and tuck 2 thyme springs among vegetables. Return baking sheet to oven and roast vegetables, rotating sheets and stirring once or twice, until tender, 35 to 40 minutes. Remove baking sheets from oven and set aside to cool.

3. Meanwhile, in a small saucepan on medium-high, heat remaining 1 tsp oil. Add quinoa and ⅛ tsp each salt and pepper. Cook and stir until quinoa is lightly toasted, about 2 minutes. Add broth and bring to a boil, then reduce heat to low, cover and cook 15 minutes without stirring. Tilt pan; if water remains, cover and cook quinoa 3 minutes more. Remove from heat and let stand, covered, for 5 minutes. Transfer quinoa to a large bowl and let cool slightly. Add carrot-fennel mixture and toss.

4. When garlic cloves are cool enough to handle, squeeze garlic out of peels into a small bowl; mash with a fork. Stir in yogurt, lemon zest and lemon juice, remaining ⅛ tsp salt and ⅛ tsp pepper.

5. Spread 2 tbsp yogurt sauce on each of 4 plates. Divide quinoa mixture among plates; top with beets, pistachios and parsley.

PER SERVING (¼ of recipe): Calories: 314, Total Fat: 12 g, Sat. Fat: 2 g, Monounsaturated Fat: 7 g, Polyunsaturated Fat: 3 g, Carbs: 44 g, Fiber: 9 g, Sugars: 14 g, Protein: 9 g, Sodium: 705 mg, Cholesterol: 4 mg



WHAT TO EAT...

To Gain Muscle

Though a post-workout meal may not be necessary for the average person, those looking to gain muscle mass will profit from adding high-quality, lean protein to their diet.

Don't get too hung up on when to eat protein throughout the day, says Jason Ewoldt, RD, LDN, a registered dietitian at Mayo Clinic. Rather, it's your total daily protein intake that really counts. He says most experts and institutions suggest that you eat 1.4 to 2 grams of protein per kilogram of body weight to build

muscle. For a 160-pound woman, for example, that means roughly 100 to 145 grams of protein per day.

But don't automatically reach for your shaker bottle to meet your protein needs. Though protein powders deliver rapidly absorbed protein, whole-food sources come with a host of other benefits, including vitamins and minerals that help with the repair and growth of muscle tissues. "With protein, I tell people to get it from as many sources as possible," Scott-Dixon says.



SHEET-PAN STEAK FAJITAS

GF

SERVES 4. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 55 MINUTES.*

*PLUS MARINATING TIME.

FAJITAS

- ¼ cup avocado oil
- 2 tbsp coconut aminos
- 1 tbsp fresh lime juice
- 1 tsp each ground cumin, garlic powder and sea salt
- ½ tsp chipotle chile powder
- ¼ tsp ground black pepper
- 1 lb skirt steak, patted dry
- 1 red onion, sliced into ¼-inch strips
- 3 bell peppers (any color), sliced into ½-inch strips
- 1 small jalapeño chile pepper, seeded and sliced crosswise
- 8 grain-free or corn tortillas (TRY: Siete Family Foods Cassava & Chia Tortillas)

CREMA

- ½ cup full-fat sour cream
 - ½ tsp chipotle chile powder
 - ½ tsp lime zest + 2 tbsp fresh lime juice
 - ¼ tsp coconut aminos
 - ⅛ tsp sea salt
1. Prepare fajitas: In a glass baking dish, whisk together oil, coconut aminos, lime juice, cumin, garlic powder, salt, chile powder and pepper. Transfer half of mixture to a bowl; set aside. Add steak to dish, turning to coat. Cover and refrigerate 1 hour, or up to 4 hours.
2. Meanwhile, prepare crema: In a bowl, whisk together all crema ingredients; cover and refrigerate until ready to serve.

3. To bowl with reserved oil mixture, add onion, bell pepper and jalapeño; toss to coat.
4. Arrange one oven rack in upper third and another rack in lower third of oven. Preheat broiler to high. Place a large baking sheet on upper rack. When hot, remove steak from marinade and place on sheet, discarding marinade. Broil 4 minutes, flip, and broil 3 to 5 minutes more, to desired doneness. Transfer to a plate and tent with foil; rest 10 minutes. Wipe sheet and return to oven.
5. Wrap tortillas in foil. Place on lower oven rack to warm. Spread vegetable strips on hot baking sheet; broil 5 to 7 minutes, stirring once, until softened. Slice steak into strips. Divide steak and vegetables among plates; serve with tortillas and crema.

PER SERVING (2 fajitas): Calories: 434, Total Fat: 20 g, Sat. Fat: 8 g, Monounsaturated Fat: 9 g, Polyunsaturated Fat: 2 g, Carbs: 37 g, Fiber: 7 g, Sugars: 7 g, Protein: 27 g, Sodium: 586 mg, Cholesterol: 82 mg




**Simply
Organic®**

our bark
..... HAS
real bite



Our Northern Vietnamese growers only harvest cinnamon from the base of trees matured 20+ years. This bark yields a high 4% oil content that delivers intense, sweet flavor.



visit us for more info
SIMPLYORGANIC.COM

MANUFACTURER'S COUPON

EXPIRES 1/31/2020

30357

SAVE \$1.00

off any 2 Simply Organic®
Spices, Extracts or Grinders



S020CE

Consumer must pay all applicable taxes. Limit one coupon per purchase. Coupons not properly redeemed will be voided. Void if copied, sold, exchanged or transferred. NO DOUBLING. Retailer: Frontier Co-op will reimburse you the face value of this coupon plus \$6 handling, provided you and your customer have complied with the terms of this offer. Any other use constitutes fraud. Cash value: 1/100¢. Send coupons to: Frontier Co-op 1541, NCH Marketing Services, P.O. Box 680801, El Paso, TX 79688-0801

0089836-030357



5 89836 00033 5



WHAT TO EAT...

For Power

What exactly do we mean by power? Well, a simple, unofficial definition of power is “speed plus resistance.” Eating certain carbohydrates, it turns out, will help when you want to do training that incorporates explosive movements, since glucose (the breakdown component of carbohydrate) is the fuel your muscles and organs prefer when operating at high intensities. Since power moves are quick and intense, your body will need some fast-release carbohydrate to help you muscle through, though not as much as you might for endurance training.

To stay agile, focus on carb sources that won't weigh you down. For example, choose carbohydrate foods with fiber instead of those with added sugars. “Sweet potatoes are a voluminous food that help fill you up with a good quantity of fiber and micronutrients without overloading on calories,” says Pasternak. Scott-Dixon agrees, noting that any type of tuber (sweet potatoes, taro, yams, turnips or parsnips, for example) will provide your body what it needs in a power situation. “Any of these choices will replenish glycogen (the storage form of glucose), give you energy and help in recovery,” she says.





SPINACH-FETA PIE

with Sweet Potato Crust



SERVES 6. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 1 HOUR, 15 MINUTES.

- 12 oz** sweet potatoes (1 large or 2 small), peeled and thinly sliced
- 2 tbsp** avocado oil
- 1** yellow onion, diced
- ¾ tsp** sea salt, divided
- 2 cloves** garlic, minced
- 5 cups** loosely packed baby spinach
- ¼ tsp** ground black pepper, divided
- 4 large** eggs
- ½ cup** full-fat ricotta cheese
- 1½ tsp** dried dill (or use about 1½ tbsp chopped fresh dill and garnish with dill fronds)
- 4 oz** crumbled full-fat feta cheese

1. Preheat oven to 400°F. Mist a 9-inch pie plate with cooking spray. Place a layer of sweet potato slices over bottom and up sides of pie plate. Mist sweet potatoes with cooking spray and add remaining sweet potato slices, filling in any gaps; mist again with cooking spray. Bake until sweet potatoes are tender, 13 to 15 minutes. Reduce oven temperature to 350°F.

2. In a large skillet on medium, heat oil. Add onion and ⅛ tsp salt; sauté until tender, 5 minutes. Add garlic; sauté 1 minute, until fragrant. Add spinach, one large handful at a time, cooking and stirring until it wilts before adding more. Season with ⅛ tsp each salt and pepper. Continue to cook until all spinach has wilted and liquid has cooked off, about 3 minutes. Spread mixture evenly over sweet potato slices in pie plate.

3. In a large bowl, whisk together eggs, ricotta, dill, remaining ½ tsp salt and remaining ⅛ tsp pepper. Pour over spinach mixture. Sprinkle feta over top. Bake until eggs have set, about 25 minutes. (**NOTE:** Check after 25 minutes by cutting a small slit into center with a paring knife. If eggs are still runny, continue baking until cooked through, checking every 2 minutes.) Let pie cool 5 minutes before cutting into wedges.

PER SERVING (¼ of recipe):
 Calories: 225, Fat: 15 g, Sat. Fat: 6 g,
 Monounsaturated Fat: 6 g, Polyunsaturated
 Fat: 2 g, Carbs: 12 g, Fiber: 2 g, Sugars: 4 g,
 Protein: 11 g, Sodium: 510 mg,
 Cholesterol: 151 mg



WHAT TO EAT...

Before Bed

An oft-touted piece of weight-loss advice is to stop eating at least an hour before you go to sleep, otherwise the food will be immediately stored as fat. As with most aspects of the human body, however, it's not that simple.

"I think the biggest misconception is that when you eat before bed, you are not using those calories, so those calories turn to fat," Ewoldt explains, adding that when it comes to fitness training there actually may be a benefit to having a snack or small meal before you hit the hay. Fasted early-morning exercisers, meaning those who don't eat breakfast before hitting the gym, can experiment with adding a small pre-bedtime meal to ensure they have some energy available for their dawn workout.

If you choose to eat at this time with the purpose of fueling up for a morning sesh, reach for fiber- and protein-rich foods to quell late-night digestion grumbles. Scott-Dixon recommends eating foods with casein, a protein found in milk and dairy products, for those times when you want to quash hunger for long periods of time, as you would before bed; some cottage cheese with berries or yogurt topped with nuts would fit the bill. 🍌

Remix Meals

RECIPES BY MARIANNE WREN, PHOTOGRAPHY BY ASHLEY CAPP



NIGHT 1

Black Bean
Burgers
with Smoky
Garlic Mayo

(SEE RECIPE, P. 54)



NIGHT 2

Nacho-Style
Twice-Baked
Sweet Potatoes

(SEE RECIPE, P. 54)

Leftovers isn't a dirty word when you can turn them into something entirely new and delicious the next day. With these easy recipes, you make a little extra on night one, giving you a head start on a fresh hit on night two.



NIGHT 1

Sheet-Pan Dijon-
Glazed Chicken &
Roasted Vegetables

(SEE RECIPE, P. 55)





NIGHT 2

Almond Ginger
Noodle Salad

(SEE RECIPE, P. 55)

NIGHT 1

Seared Tuna
with Roasted
Tomatoes & Olives

(SEE RECIPE, P. 56)



NIGHT 2

Cauliflower-Crust Pizza
with Tomatoes
& Zucchini

(SEE RECIPE, P. 56)



NIGHT 1

Grilled Corn Quinoa Bowl

(SEE RECIPE, P. 57)



NIGHT 2

Chicken
Enchiladas
with Salsa Verde

(SEE RECIPE, P. 57)



NIGHT 1

NIGHT 2



Black Bean Burgers with Smoky Garlic Mayo Q V

SERVES 4.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 30 MINUTES.

The garlicky mayo on these burgers is so good, you may need to make a triple batch for all your sandwich needs. And the patties are a tasty meatless option you don't have to fire up the grill for.

- 2 15-oz** BPA-free cans black beans, drained and rinsed (**TRY:** Eden Organic Black Beans No Salt Added)
- ¼ cup** roughly chopped red onion
- 1 large** egg
- 3 cloves** garlic, finely chopped, divided
- 3 tbsp** ground flaxseeds
- 1½ tsp** smoked paprika, divided
- ¾ tsp** each sea salt and ground black pepper
- 4** whole-grain buns, halved
- ¼ cup** olive oil mayonnaise
- toppings (sliced tomato, red onion, avocado, lettuce), as desired

1. Preheat oven to 350°F. Line a rimmed baking sheet with parchment; set aside.

2. To a food processor, add beans, onion, egg, 2 cloves garlic, flaxseeds, 1 tsp paprika, salt and pepper. Pulse until well combined, 10 to 12 pulses.

3. Form into 6 patties and arrange on prepared sheet. Bake, flipping once halfway, 20 to 25 minutes. Transfer 2 patties to an airtight container for Nacho-Style Twice-Baked Sweet Potatoes (right); refrigerate up to 3 days.

4. Meanwhile, toast buns. In a small bowl, combine mayonnaise, remaining 1 clove garlic and ½ tsp paprika; spread on cut sides of buns. Sandwich remaining patties and optional toppings in buns.

PER SERVING (1 burger): Calories: 429, Total Fat: 16 g, Sat. Fat: 2 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 8 g, Carbs: 56 g, Fiber: 14 g, Sugars: 1 g, Protein: 19 g, Sodium: 515 mg, Cholesterol: 36 mg

Nacho-Style Twice-Baked Sweet Potatoes V GF

SERVES 4.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 1 HOUR, 10 MINUTES.

There's something so good about a cheesy stuffed potato. Here, we've used sweet potatoes for a nutrient boost. Serve with lime wedges for squeezing over top.

- 4** sweet potatoes, cut in half lengthwise
- 2 tsp** olive oil
- ½ tsp** sea salt and ground black pepper, divided
- ⅓ cup** full-fat sour cream

1 lime, juiced

leftover black bean patties (from **Black Bean Burgers with Smoky Garlic Mayo**, left), broken into bite-size pieces

1½ cups shredded Monterey Jack cheese, divided

2 green onions, sliced

1 large plum tomato, seeded and diced

pickled or fresh jalapeño chile pepper, thinly sliced, to taste

1. Preheat oven to 375°F. Line a baking sheet with parchment. Brush cut sides of potatoes with oil; sprinkle with ¼ tsp each salt and pepper. Arrange potatoes, cut sides down, on sheet. Bake until tender, 45 to 55 minutes.

2. Meanwhile, in a medium bowl, combine sour cream, lime juice and remaining ¼ tsp each salt and pepper. Cover and refrigerate until serving.

3. Set potatoes aside until cool enough to handle. Using a spoon, scoop potato flesh into a medium bowl, leaving a ¼-inch-thick layer inside skins. Return shells to pan. Add bean patty pieces, 1 cup cheese and onions to bowl; stir to combine.

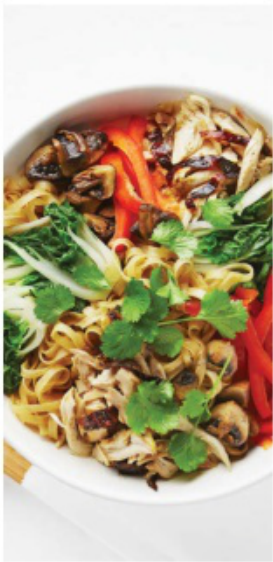
4. Spoon bean mixture back into potato shells. Bake until filling is hot in center, about 10 minutes. Sprinkle with remaining ½ cup cheese, tomato and jalapeño. Bake until cheese is melted, 2 minutes more. Serve with sour cream mixture.

PER SERVING (2 stuffed potato halves): Calories: 393, Total Fat: 20 g, Sat. Fat: 10 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 2 g, Carbs: 36 g, Fiber: 9 g, Sugars: 9 g, Protein: 18 g, Sodium: 696 mg, Cholesterol: 63 mg

NIGHT 1



NIGHT 2



Sheet-Pan Dijon-Glazed Chicken & Roasted Vegetables

GF

SERVES 4.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 50 MINUTES.

Covered with a tangy glaze, these chicken thighs stay juicy as they roast. And with just two pans to wash, you get a break on the dishes.

- 12 bone-in, skin-on chicken thighs (about 4½ lb)
- ½ tsp each sea salt and ground black pepper, divided
- ¼ cup balsamic vinegar, divided
- 2 tbsp grainy Dijon mustard
- 2 cloves garlic, minced
- 2 tsp raw honey
- 1 lb French green beans, trimmed
- 2 red or yellow bell peppers, cut into 1-inch chunks
- 1 tbsp olive oil, divided
- 1 lb cremini mushrooms, halved or quartered if large

1. Position racks in top and bottom thirds of oven; preheat to 375°F. Line 2 large baking sheets with parchment paper; set aside.

2. On 1 prepared sheet, arrange chicken, skin side up. Sprinkle with ¼ tsp each salt and pepper. In a small bowl, stir together 1 tbsp vinegar, mustard, garlic and honey; brush 2 tbsp over chicken. Place extra mustard mixture in a small saucepan; add remaining 3 tbsp vinegar. Simmer for 3 minutes, until slightly reduced.

3. In a large bowl, toss together green beans, bell peppers, ½ tbsp oil and ⅛ tsp each salt and pepper. Arrange on one side of second prepared baking sheet. In a bowl, toss mushrooms with remaining ½ tbsp oil and ⅛ tsp salt and pepper; arrange on opposite side of sheet.

4. Bake chicken on lower rack and vegetables on upper rack until chicken is no longer pink inside and reaches 165°F when tested with a thermometer, and vegetables are tender, 30 to 40 minutes.

5. Remove sheets from oven and set aside 4 chicken thighs and 1 cup mushrooms for Almond Ginger Noodle Salad (right). Let cool to room temperature, then refrigerate in an airtight container up to 2 days.

6. Toss remaining vegetables and mushrooms together. Divide remaining chicken and vegetables among plates. Drizzle with sauce.

PER SERVING (2 chicken thighs and 1 cup vegetable mixture): Calories: 538, Total Fat: 22 g, Sat. Fat: 6 g, Monounsaturated Fat: 10 g, Polyunsaturated Fat: 4 g, Carbs: 19 g, Fiber: 4 g, Sugars: 12 g, Protein: 62 g, Sodium: 637 mg, Cholesterol: 309 mg

Almond Ginger Noodle Salad

Q GF

SERVES 4.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 20 MINUTES.

Using chicken and veg from the Sheet-Pan Dijon-Glazed Chicken (left) gives you a head start on this salad. Garnish with cilantro.

- 4 oz pad Thai brown rice noodles
- ½ cup almond butter
- ¼ cup coconut aminos
- 3 tbsp rice vinegar
- 1 tbsp peeled and minced ginger
- 1 tbsp sesame oil
- leftover chicken and mushrooms (from Sheet Pan Dijon-Glazed Chicken & Roasted Vegetables, left)
- 2 red bell peppers, thinly sliced
- 2 cups baby bok choy, sliced

1. Place noodles in a large heat-proof bowl; cover with boiling water. Let stand until tender, 2 to 3 minutes. Drain and rinse under cold water. Drain well. Set aside.

2. In a small bowl, whisk together almond butter, coconut aminos, vinegar, ginger and oil. Set aside.

3. Remove chicken bones. In a large bowl, shred meat (keep or discard skin, as desired). Add noodles, mushrooms, peppers and bok choy. Toss with dressing.

PER SERVING (¼ of recipe): Calories: 599, Total Fat: 32 g, Sat. Fat: 5 g, Monounsaturated Fat: 16 g, Polyunsaturated Fat: 8 g, Carbs: 40 g, Fiber: 7 g, Sugars: 11 g, Protein: 40 g, Sodium: 483 mg, Cholesterol 154 mg

NIGHT 1



Seared Tuna with Roasted Tomatoes & Olives

P GF

SERVES 4.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 50 MINUTES.

Heirloom cherry tomatoes come in so many pretty colors and shapes, like red grape, yellow pear and stripy round varieties. Choose whichever ones you like, because they're all delicious with this tender tuna.

- 6 cups heirloom cherry tomatoes (about 2 lb)
- 6 cloves garlic, peeled
- 2 tbsp olive oil, divided
- ½ tsp each sea salt and ground black pepper, divided
- 3 zucchini, halved lengthwise then cut into ½-inch-thick slices
- ¾ cup pitted and halved Kalamata olives
- 4 6-oz ahi or yellowfin tuna steaks, about 1 inch thick
- ¼ cup torn fresh basil

NIGHT 2



1. Position racks in top and bottom thirds of oven; preheat to 375°F. On a large parchment-lined baking sheet, toss tomatoes, garlic and ½ tbsp oil. Sprinkle with ⅛ tsp each salt and pepper. On a second large parchment-lined baking sheet, add zucchini and toss with 1 tbsp oil and ⅛ tsp each salt and pepper. Roast sheets on top and bottom racks, switching and rotating halfway through, 25 to 30 minutes, until garlic is softened and tomatoes begin to split and break down and zucchini is golden.

2. Set zucchini aside; cover to keep warm. Sprinkle olives over tomato mixture; bake for 5 minutes more. Using a fork, mash tomatoes with garlic. Cover to keep warm.

3. Meanwhile, heat a cast-iron grill pan on medium-high. Brush tuna on both sides with remaining ½ tbsp oil and sprinkle with remaining ¼ tsp each salt and pepper. Sear tuna, flipping once, until browned on both sides and cooked to desired doneness in center; 3 to 4 minutes total for rare or 4 to 5 minutes total for medium-rare. Slice tuna.

4. Set aside about one-third of zucchini for Cauliflower-Crust Pizza with Tomatoes & Zucchini (right). Place ¼ cup tomato mixture on each of 4 plates. Divide remaining zucchini among plates. Top with tuna and sprinkle with basil. Set aside remaining tomato mixture for Cauliflower-Crust Pizza with Tomatoes & Zucchini (right). Refrigerate in an airtight container for up to 2 days.

PER SERVING (6 oz tuna and ¼ cup tomato mixture): Calories: 291, Total Fat: 10 g, Sat. Fat: 2 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 1 g, Carbs: 7 g, Fiber: 2 g, Sugars: 3 g, Protein: 43 g, Sodium: 454 mg, Cholesterol: 67 mg

Cauliflower-Crust Pizza

with Tomatoes & Zucchini Q V GF

SERVES 4.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 40 MINUTES.

Find cauliflower crusts in the freezer section of your grocery store, but read the instructions as some brands require pre-baking.

2 9-inch frozen cauliflower pizza crusts (**TRY:** Califlour Foods Original Italian Crust)

leftover tomato mixture and zucchini (from **Seared Tuna with Roasted Tomatoes & Olives**, left), divided

½ cup full-fat ricotta cheese

½ cup crumbled full-fat feta cheese

2 tsp extra-virgin olive oil

¼ cup torn fresh basil leaves

2 tbsp chopped fresh oregano leaves

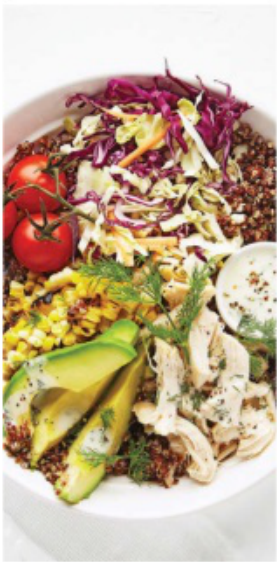
1. Arrange oven racks in top and bottom thirds of oven; preheat to 425°F. Line 2 large baking sheets with parchment. Arrange crusts on sheets. If crusts require pre-baking, bake according to directions.

2. Spoon tomato mixture then ricotta over crusts. Arrange zucchini over top; sprinkle with feta. Drizzle with oil. Bake until cheese is bubbly, switching and rotating trays halfway. Sprinkle with basil and oregano.

PER SERVING (½ of one pizza): Calories: 359, Total Fat: 26 g, Sat. Fat: 11 g, Monounsaturated Fat: 11 g, Polyunsaturated Fat: 2 g, Carbs: 14 g, Fiber: 4 g, Sugars: 5 g, Protein: 20 g, Sodium: 792 mg, Cholesterol 70 mg

NIGHT 1

NIGHT 2



Grilled Corn Quinoa Bowl

GF

SERVES 4.

HANDS-ON TIME: 30 MINUTES.

TOTAL TIME: 55 MINUTES.

Chicken, veggies, quinoa and a zingy buttermilk dressing are perfectly matched in this meal in a bowl.

- 1½ lb** boneless, skinless chicken breasts
- 1 cup** red quinoa, rinsed
- 4 ears** corn, husked
- ¾ cup** whole-milk buttermilk
- ¼ cup** chopped fresh dill, divided
- 3 tbsp** fresh lemon juice
- 1 tbsp** Dijon mustard
- ¼ tsp** each sea salt and ground black pepper
- 2 cups** coleslaw cabbage mix
- 2 cups** cherry tomatoes
- 1** avocado, pitted, peeled and sliced

1. Bring a large saucepan of water to a simmer. Add chicken and cook until no longer pink inside, 10 to 15 minutes. Transfer chicken to a plate and let cool. Using 2 forks, shred chicken; set aside 1½ cups in a large airtight container.

2. Meanwhile, in a small saucepan, cook quinoa according to package directions. Spread cooked quinoa over a baking sheet and let cool. Spoon 1 cup into the same airtight container as chicken and set aside.

3. Heat a grill pan on medium-high. Grill corn, turning often, until lightly charred, about 10 minutes. Transfer to a cutting board; let cool. Using a sharp knife, remove kernels from cobs (about 1½ cups). Discard cobs. Spoon ¾ cup kernels into same container as chicken and quinoa and set aside for Chicken Enchiladas (right). Refrigerate up to 2 days.

4. In a small bowl, whisk together buttermilk, 2 tbsp dill, lemon juice, mustard, salt and pepper.

5. Divide remaining quinoa among bowls. Top with coleslaw mix, tomatoes, remaining corn and chicken and avocado. Drizzle with buttermilk dressing. Top with remaining 2 tbsp dill.

PER SERVING (¼ of recipe): Calories: 430, Total Fat: 15 g, Sat. Fat: 3 g, Monounsaturated Fat: 7 g, Polyunsaturated Fat: 3 g, Carbs: 42 g, Fiber: 9 g, Sugars: 10 g, Protein: 36 g, Sodium: 343 mg, Cholesterol: 76 mg

Chicken Enchiladas with Salsa Verde

Q GF

SERVES 4.

HANDS-ON TIME: 25 MINUTES.

TOTAL TIME: 40 MINUTES.

Instead of a red sauce, these enchiladas are topped with brighter, tangier salsa verde. It's usually mild, so if you enjoy a bit of heat, serve it with hot sauce. Garnish with cilantro for a pop of herbaceous flavor.

- 12 6-inch** corn tortillas
- 1 tbsp** olive oil

- ½ small** white onion, finely chopped
- leftover chicken, quinoa and corn mixture (from **Grilled Corn Quinoa Bowl**, left)
- 2½ cups** prepared salsa verde, divided
- 1 cup** BPA-free canned black beans, drained and rinsed
- ½ tsp** smoked paprika
- ¼ tsp** each sea salt and ground black pepper
- ½ cup** shredded Monterey Jack cheese
- full-fat sour cream, optional

1. Preheat oven to 350°F. In a large skillet, warm tortillas, 1 at a time, 20 to 30 seconds per side, stacking warm tortillas on a sheet of foil. Wrap and keep warm in oven.

2. In a large skillet on medium-low, heat oil. Add onion and cook, stirring often, until softened, 4 to 7 minutes. Add chicken mixture, ½ cup salsa, beans, paprika, salt and pepper; cook, stirring occasionally, until heated through. Remove from heat. Remove tortillas from oven.

3. Spread ¼ cup of remaining salsa in a 13 x 9-inch baking dish. Place ¼ cup chicken mixture on each tortilla and roll up. Arrange, seam side down, in baking dish. Pour remaining 1¾ cups salsa over top and sprinkle with cheese. Bake until enchiladas are hot in center and cheese is melted, 15 to 20 minutes. Dollop with sour cream, if using.

PER SERVING (3 enchiladas): Calories: 576, Total Fat: 17 g, Sat. Fat: 4 g, Monounsaturated Fat: 7 g, Polyunsaturated Fat: 2 g, Carbs: 75 g, Fiber: 11 g, Sugars: 16 g, Protein: 31 g, Sodium: 1,472 mg, Cholesterol: 53 mg

Make Now, **SALAD LATER**

Trust us, these sensational salads are worth every make-ahead minute. When ready, just toss and enjoy the best of late summer.

RECIPES BY BETH LIPTON, PHOTOGRAPHY BY SUECH & BECK



FOOD STYLING BY NANCY MIDWICK, PROP STYLING BY THE PROPS





BETTER BONES

Looking to reduce fractures? Radicchio is a good source of vitamin K, which is important for bone health and has been shown to improve bone density. A single serving contains more than 100% of your recommended daily value of the vitamin. In a meta-study, supplementation of vitamin K improved bone mineral density in post-menopausal women and significantly reduced rates of fractures.

Farro, Radicchio & Fennel Salad with Grilled Chicken

SERVES 6. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 1 HOUR, 10 MINUTES.

Sweet and salty, this salad leaves you satisfied thanks to fiber-rich farro. All the elements can be made in advance and tossed just before serving.

SALAD

- 1 cup** farro, rinsed
- ¼ cup** kosher salt
- 4** boneless, skinless chicken breasts (about 1 lb)
- ¼ cup** avocado oil, divided
- 1 large** fennel bulb, trimmed and sliced lengthwise into ½-inch pieces (reserve fronds)
- 2 heads** radicchio, each cut into 6 wedges (**NOTE:** Keep core intact.)
- ¾ tsp** sea salt, divided
- ½ tsp** ground black pepper, divided
- 12** dates, pitted and chopped
- ¼ cup** shelled, roasted and salted pistachios, chopped
- 3 oz** Manchego cheese, shredded

DRESSING

- 2 tsp** lemon zest + ¼ cup fresh lemon juice
- 1½ tsp** raw honey
- ½ tsp** Dijon mustard
- ⅓ cup** extra-virgin olive oil
- ¼ tsp** sea salt
- ⅛ tsp** ground black pepper

1. To a saucepan, add farro and 3 cups water. Cover; bring to a boil. Reduce to medium-low; simmer until tender, 30 to 40 minutes. Let stand, covered, for 5 minutes. Drain, cool; transfer to a bowl.

2. Meanwhile, in a large bowl dissolve kosher salt in 1 cup hot water. Stir in 3 cups cold water. Add chicken; cover and refrigerate for 15 minutes. Preheat grill to medium-high.

3. Meanwhile, prepare dressing: In a small bowl, whisk lemon zest and juice, honey and mustard until combined. Slowly whisk in olive oil, sea salt and pepper.

4. Remove chicken from brine; discard brine. Pat chicken dry and brush with 2 tbsp avocado oil. Grill for 4 to 5 minutes per side, or until cooked through. Transfer to a cutting board, tent with foil and rest for 5 minutes.

5. Meanwhile, brush fennel and radicchio with remaining 2 tbsp avocado oil; season with ½ tsp sea salt and ¼ tsp pepper. Grill fennel, turning occasionally, 5 minutes. Add radicchio to grill; cook until vegetables are lightly charred, 3 to 5 minutes. (**TIP:** Use a grilling tray.)

6. Roughly chop fennel and radicchio. Add to a medium bowl along with dates and pistachios. Chop chicken and add to bowl.

7. To farro, add 2 tbsp dressing and toss. Add chicken mixture and 2 to 3 tbsp dressing; toss gently. Season with remaining ¼ tsp each sea salt and pepper, if desired. Top with cheese and fennel fronds.

PER SERVING (⅙ of recipe): Calories: 561, Total Fat: 32 g, Sat. Fat: 7 g, Monounsaturated Fat: 19 g, Polyunsaturated Fat: 5 g, Carbs: 43 g, Fiber: 7 g, Sugars: 13 g, Protein: 28 g, Sodium: 640 mg, Cholesterol: 64 mg

MAKE AHEAD: Make salad through Step 6 up to 4 days ahead and refrigerate components separately. Complete Step 7 right before serving, tossing with dressing and adding cheese.



Late-Summer Kale Salad

V GF

SERVES 6. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 1 HOUR, 40 MINUTES.

Beautiful beets and crispy chickpeas not only elevate this kale salad, they can be made in advance so you can quickly assemble it when ready.

DRESSING

- ¼ cup** avocado oil, divided (**TRY:** Chosen Foods Avocado Oil)
- 1 clove** garlic, minced
- ½ tsp** chipotle chile powder
- 1 tbsp** lime zest + 3 tbsp fresh lime juice
- 1 tbsp** apple cider vinegar
- 1 tsp** raw honey
- ¼ tsp** sea salt
- ⅛ tsp** ground black pepper

SALAD

- 4** red and/or golden beets, peeled and diced
- 2 tbsp** avocado oil, divided
- ¾ tsp** sea salt, divided
- ¼ tsp** ground black pepper
- 1 15-oz** BPA-free can unsalted chickpeas, drained, rinsed and dried
- 1 bunch** Lacinato (or Tuscan kale), tough stems removed and leaves chopped (6 cups)
- 1 tbsp** apple cider vinegar
- 1 large** carrot, sliced or spiralized
 - 2** nectarines, pitted, cut into ¼-inch wedges
 - 4** radishes, sliced
- ¼ cup** roasted, salted pumpkin seeds
- 2 oz** grated ricotta salata, or crumbled full-fat feta or ricotta cheese, optional

1. Prepare dressing: In a small skillet, combine 1 tbsp oil, garlic and chile powder. Cook mixture on low until sizzling for 30 seconds, then transfer to a glass jar. Add 3 tbsp oil along with remaining dressing ingredients. Cover and shake to combine.

2. Prepare salad: Preheat oven to 400°F. Line a baking sheet with parchment. Toss beets with 1 tbsp oil, ¼ tsp salt and pepper. Spread beets over prepared baking sheet and roast until fork-tender, 35 to 40 minutes, stirring once or twice. (**NOTE:** If using both red and gold beets, place on opposite sides of the same tray.) Let cool.

3. Reduce oven temperature to 350°F; line a new baking sheet with parchment. In a bowl, toss chickpeas with remaining 1 tbsp oil and ¼ tsp salt. Spread onto prepared sheet; roast until golden and crisp, 40 to 45 minutes, stirring a few times. Let cool.

4. To a large bowl add kale, vinegar and ⅛ tsp salt; massage until kale is very soft. Add carrot, nectarine, radish and 3 tbsp dressing; toss to coat, adding more dressing if needed. Season with remaining ⅛ tsp salt. Top with beets, chickpeas, seeds and cheese (if using) just before serving.

PER SERVING (⅙ of recipe): Calories: 331, Total Fat: 21 g, Sat. Fat: 4 g, Monounsaturated Fat: 12 g, Polyunsaturated Fat: 4 g, Carbs: 32 g, Fiber: 7 g, Sugars: 11 g, Protein: 10 g, Sodium: 585 mg, Cholesterol: 10 mg

MAKE AHEAD: Make recipe through Step 3 up to 4 days ahead. Store components in the refrigerator until ready to use, and store chickpeas in a jar left slightly open or paper bag at room temperature. Complete Step 4 right before serving. This salad will keep fully dressed in the refrigerator for 1 to 2 days.



NECTARINE KNOCKDOWN

A new study out of Texas AgriLife Research is suggesting that the bioactive compounds in stone fruits, including nectarines, could fight against metabolic syndrome. These include anthocyanins, chlorogenic acids, quercetin derivatives and catechins, which have anti-obesity, anti-inflammatory and antidiabetic properties.







Smoked Salmon “Bagel” Salad

with Lemon Chive Buttermilk Dressing

SERVES **6**. HANDS-ON TIME: **25 MINUTES**. TOTAL TIME: **55 MINUTES**.

All the flavors of your favorite deli bagel – in salad form!
With the dressing, croutons and eggs made in advance,
this satisfying meal is ready in less time than a lunch run.

DRESSING

- ⅓ cup** full-fat sour cream or plain yogurt
- ¼ cup** whole buttermilk
- 2 tsp** lemon zest + 2 tbsp lemon juice
- 2 tbsp** each finely chopped fresh chives and dill
- ¼ tsp** sea salt
- ⅛ tsp** ground black pepper

SALAD

- 1** whole-grain bagel (plain or sesame), cut into 1-inch cubes
- 1 tbsp** olive oil or avocado oil
- ⅛ tsp** sea salt
- 6 large** eggs
 - 2** romaine hearts, leaves torn (about 5 cups)
 - ½** English cucumber, halved lengthwise and chopped
- 2 tbsp** finely chopped red onion, optional
- 2 tbsp** drained capers
- 10 oz** smoked salmon, cut into ½-inch pieces or rolled up
- everything bagel spice mix, optional

1. Prepare dressing: In a bowl whisk together all dressing ingredients.

2. Prepare salad: Preheat oven to 325°F; line a baking sheet with parchment. In a small bowl, toss bagel pieces with oil and salt. On prepared baking sheet, spread bagel pieces in a single layer; bake until golden and crunchy, stirring once or twice, about 20 to 30 minutes. Transfer to a bowl and let cool.

3. Meanwhile, to a saucepan, add eggs; cover with cool water by 1 inch. Bring to a boil then remove from heat; cover and let stand 7 minutes. Drain eggs and let cool.

4. Peel eggs; slice in half. To a large bowl, add lettuce, cucumber and onion (if using). Just before serving, toss with 3 tbsp dressing, adding more as desired. Top salad with croutons, eggs, capers and salmon. Sprinkle with spice mix (if using).

PER SERVING (⅙ of recipe): Calories: 245, Total Fat: 12 g, Sat. Fat: 4 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 2 g, Carbs: 15 g, Fiber: 2 g, Sugars: 4 g, Protein: 19 g, Sodium: 678 mg, Cholesterol: 205 mg

MAKE AHEAD: Make recipe through Step 3. Store dressing, prepared salad components and eggs separately in the refrigerator. Store bagel pieces in an airtight container at room temperature. Complete Step 4 just before serving.

Brussels Sprouts Salad with Roasted Vegetables & Chicken

GF

SERVES 6.

HANDS-ON TIME: **35 MINUTES.**

TOTAL TIME: **1 HOUR.**

This veggie-rich salad with pops of dried cherries can be fully assembled and dressed the night before. Store-bought rotisserie chicken makes it hassle-free, too.

DRESSING

- 6 tbsp** extra-virgin olive oil
(**TIP:** For more potent nutrient benefits and flavor, try a blend of olive and fish oil, such as Carlson Olive Your Heart, Natural.)
- ¼ cup** apple cider vinegar
- 2 tbsp** pure maple syrup
- 2 tbsp** grainy mustard
- ½ tsp** each sea salt and ground black pepper
- ¼ tsp** sriracha, or to taste

SALAD

- 2** sweet potatoes, cut into ½-inch cubes
- 1 small** head cauliflower, cut into small florets
- ¼ cup** extra-virgin olive oil
- ¾ tsp** sea salt
- ¼ tsp** ground black pepper
- 1 2-lb** cooked rotisserie chicken
- 1 lb** Brussels sprouts, trimmed and shredded
- ½ cup** chopped toasted pecans
- ⅓ cup** dried unsweetened cherries, chopped



1. Prepare dressing: In a small bowl, whisk together all dressing ingredients. Cover and set aside.

2. Prepare salad: Preheat oven to 400°F; line 2 baking sheets with parchment. In a large bowl, toss together sweet potatoes, cauliflower, oil, salt and pepper. Spread on prepared baking sheets and roast until tender and caramelized, 35 to 45 minutes, stirring once or twice. Let cool. Meanwhile, remove skin from chicken, pull meat off bones and roughly chop or pull into long pieces.

3. To a large serving bowl, add Brussels sprouts, sweet potatoes and cauliflower.

4. Toss with dressing. Add pecans, cherries and chicken; toss again.

PER SERVING (⅙ of recipe): Calories: 493, Total Fat: 41 g, Sat. Fat: 7 g, Monounsaturated Fat: 26 g, Polyunsaturated Fat: 6 g, Carbs: 27 g, Fiber: 6 g, Sugars: 12 g, Protein: 17 g, Sodium: 828 mg, Cholesterol: 37 mg

MAKE AHEAD: Make recipe through Step 3 up to 4 days ahead; cover and refrigerate components. Complete Step 4 just before serving. The salad will keep fully dressed in the refrigerator for 1 to 2 days.

Olive Oil & Omega-3

Health Benefits To Go

- ✓ Blends Greek extra virgin olive oil & Norwegian fish oil
- ✓ Promotes cardiovascular health & cognitive function*
- ✓ Provides the antioxidant power of polyphenols*



Try all four flavors.



Olive Your Heart® is now available in convenient, single-serving, on-the-go packs. Olive Your Heart® is a nutritional supplement that combines the health benefits of omega-3s and olive oil, and can be taken directly from the packet or drizzled over a salad, used as a healthy bread dip, poured over cooked vegetables, stirred into a pasta dish, or mixed as a finishing sauce. A single packet provides 1,480 mg of omega-3s.

Note: To maintain the health benefits of the omega-3s, Olive Your Heart® should not be heated.



888-234-5656 | www.carlsonlabs.com

Carlson®

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Stop Working Out *to Lose* Weight

While maintaining a healthy weight is one of the biggest draws to exercise, it shouldn't be the only one. Here are just 8 of the benefits of a regular sweat session that have nothing to do with your waistline and everything to do with your health.

BY KAREN ASP



**You'll keep
your body
decades
younger**

If 40 is the new 20, then 75 may be the new 40. In a study from the *Journal of Applied Physiology*, researchers compared a group of lifelong exercisers in their 70s to two groups: non-exercisers in their 70s and a group of young exercisers, roughly in their 20s. The lifelong exercisers had cardiovascular health similar to that of 40- or 45-year-olds as well as a lower risk of early death and higher quality of life. The older exercisers also had muscles with aerobic qualities comparable to the young exercisers, so in other words, full preservation. Bottom line? "Exercise wins," says Scott Trappe, PhD, study co-author from Ball State University in Muncie, Indiana. "If you're exercising, keep it going, and if you haven't started yet, it's never too late."

RUNNING PHOTO BY MASTERFILE ROYALTY FREE

2 | You'll control high blood pressure

One in three American adults has high blood pressure, according to the Centers for Disease Control and Prevention, but if you're taking medications, take heart: Exercise may be just as effective as medications in lowering blood pressure in people who already have high systolic blood pressure, according to a study in the *British Journal of Sports Medicine*. Various modes of exercise appear to reduce systolic blood pressure, the top number in a blood pressure reading. That includes endurance activities like running, playing soccer and doing high-intensity interval training; dynamic resistance training like lifting weight; isometric resistance training like planks; and a combination of endurance and dynamic resistance exercises. But don't take this as permission to quit your meds: You still need to consult your doctor about the best treatment plan, researchers say.



You'll be protected from heart disease

It's no secret that exercise is good for your ticker. In fact, staying fit could cut your risk of heart attack by half, according to a study from the *European Heart Journal*. Although most people associate aerobic exercise with better heart health, don't discount strength training. In a study presented at a meeting of the American College of Cardiology, researchers compared strength training and aerobic activity like walking and biking and found that everything aerobic activity was good for, strength training was better. For instance, while both activities lowered the risk of being overweight, strength training was associated with less diabetes and even helped reduce the risk of hypertension. "Muscle is an organ, and when it contracts, it secretes chemicals that have wide-ranging effects on the body, many of which help the heart," says Maia Smith, PhD, study co-author and statistical epidemiologist at St. George's University in Grenada, West Indies.

4 | Your gut microbiome will get healthier

When you exercise, you're not only making organs like your heart and brain happier, you're also satisfying the bacteria in your gut, called the gut microbiome. Case in point: Overweight women who completed six weeks of endurance training, doing three cycling workouts a week, experienced changes in the composition of their gut microbiome, namely a reduction in potentially inflammatory microbes (proteobacteria) as well as an increase in potentially beneficial microbes (akkermansia). Researchers suggest that with more akkermansia in your gut, you may not only get a boost in metabolism but also lower your diabetes risk.



3 You could shake off depression

When compared with antidepressant medication, aerobic exercise, when performed under the supervision of exercise scientists working in mental health, showed significant antidepressive effects, according to a study from the journal *Depression and Anxiety*. In other words, "when depressed individuals do aerobic exercise, they experience a large improvement in depression compared with their peers who receive antidepressant, psychological therapies or treatment as usual," says Ioannis Morres, PhD, postdoctoral fellow and physical exercise clinician at the University of Thessaly in Trikala, Greece. Credit the physical self-improvement, mental distraction, increased self-efficacy and higher levels of socializing that come with aerobic exercise. To get the same benefits, slot in 45 minutes of moderate-intensity aerobic exercise three times a week, and you'll likely see improvements within four weeks. Even if you don't have major depression, you'll benefit. "A single session of aerobic exercise can significantly improve mood," Morres adds.



6 | You could learn a new motor skill faster

Learning to play the guitar or master the floss dance? It might be wise to schedule a quick bout of exercise after learning that new skill. In one study from McGill University in Montreal, Canada, people who exercised immediately after practicing a tracking skill on a computer had better motor-skill retention after 24 hours (which included a good night's sleep). Researchers note that this could be due to an increase in metabolism, essentially bringing fresh blood to the brain. Bonus? Just 15 minutes of exercise can do the trick.



You could sleep better

Although higher-quality sleep can boost your fitness performance, the opposite is true, too: Exercise can enhance your sleep. In a study in *Advances in Preventive Medicine*, 29 of the 34 studies evaluated concluded that exercise improved either the quality or duration of sleep, especially among middle-aged and older adults. Although aerobic exercise tended to have the strongest positive impact on sleep, even resistance training, yoga and tai chi were shown to improve it. But what if you're stuck exercising close to bedtime? In a study from *Experimental Physiology* with 11 middle-aged men, logging a 30-minute high-intensity workout in the early evening didn't disrupt sleep. Although researchers can't say if women would get the same benefits, they say that as long as exercise isn't hindering your usual sleep, exercise in the evening should be fine. One caveat: Make sure you're not sacrificing sleep by moving your bedtime back just to log a workout. 



Karen Asp

FREELANCE JOURNALIST, FORT WAYNE, INDIANA

Asp notes that everything she does is for her health. She lives by the philosophy, "How will this benefit my future self?" and puts those words into practice by getting regular exercise, prioritizing sleep, eating leafy greens and living clean.

You'll keep diabetes at bay

The American Diabetes Association has long recommended exercise as a preventive strategy against diabetes. But just going to the gym may not cut it. A recent study of 2,000 individuals aged 40 to 75 found that diabetes was less common in people who not only had good cardiorespiratory fitness but also did higher amounts of high-intensity physical activity (more than 22 minutes every week for men and over 30 minutes for women) and spent less time being sedentary during the day (less than 9.3 hours a day for men and 8.1 hours for women). The surprise? "A person who is considered to be fit in our study but has a high sitting time still has increased risk for diabetes and the metabolic syndrome compared to other fit people who sit less," says Jeroen van der Velde, PhD, lead study author from Maastricht University in The Netherlands. One way devout gym-goers can lower their sit time? For every 30 minutes that you sit, take a quick standing or moving break.

Sensationally Sweet.
Surprisingly Zero.



Monk fruit delivers a delicious sweetness without any aftertaste, and the NOW Real Food® family of organic monk fruit sweeteners are all zero calories! Try the new chocolate or vanilla liquids to add a flavor boost to coffee without any calories — and grab some packets for on-the-go sweetening!



**KETO
FRIENDLY**

nowrealfood.com



BOOST YOUR *Metabolism* WITH OUR 1-WEEK MEAL PLAN

Couple your fitness routine with this nutritious plan designed to build and repair muscle while keeping your energy level high.

BY ERIN MACDONALD, RDN, AND TIFFANI BACHUS, RDN,
PHOTOGRAPHY BY RACHEL KORINEK

Muscles aren't just important for bodybuilders – they also perform numerous vital functions in the body. But, like the saying goes, use it or lose it! If you're not consistently activating your muscles, you'll experience a decline in muscle mass. What you may not know is that a decline in muscle mass equals a decline in health.

Having toned muscles helps you look good in your T-shirt or bathing suit, but it's what your muscles are doing on the inside of your body that is most beneficial. Activated muscles – muscles at work during exercise and other movements – have many health advantages. They improve balance, strengthen bones, reduce insulin resistance, reduce body fat (which helps diminish inflammation) and improve metabolism. Activated muscles can even improve your cognitive function by stimulating the release of brain-derived neurotrophic factor (BDNF), which may help prevent dementia and Alzheimer's.

There are three things you need to maintain or improve muscle

strength. The first is weight resistance. You must place a load of stress (free weights, resistance bands or your own body mass) on your muscles that is greater than what your muscles are used to supporting. This load creates tiny tears in your muscle fibers, which signal your body to repair and grow your muscles. Rest is also key. After you stress your muscles, you need to give them 48 to 72 hours to rest and recover. If you overwork the same muscle groups without giving them rest, you not only slow their ability to repair and grow, but you could also severely damage them. Last but crucially important is proper nutrition. You need to eat adequate calories and amino acids (from protein) to provide your body with the building blocks it needs to repair and grow muscles. This one-week meal plan focuses on exactly that, with delicious meals and snacks in the right proportions to fuel your fitness routine, support your muscle repair and growth and keep you feeling satiated.

Sesame Tuna & Mango Salad



SERVES 2.
HANDS-ON TIME: **25 MINUTES.**
TOTAL TIME: **25 MINUTES.**

Tuna is an excellent source of both muscle-building protein and inflammation-fighting omega-3 fats.

DRESSING

- ½ lime, juiced
- 2 tbsp coconut aminos or reduced-sodium tamari
- 2 tbsp rice vinegar
- 1 tbsp tahini
- ¼ tsp toasted sesame oil
- Pinch ground black pepper

SALAD

- 3 cups butter lettuce, torn into pieces
- 1 mango, peeled and cubed
- 10 grape tomatoes, halved

- 2 cups** sliced cucumber
- 1** avocado, peeled, pitted and cubed
- 1** green onion, sliced thinly

TUNA

- 1 tbsp** each black and white sesame seeds
- 1½ tsp** garlic powder
- 2** 4- to 5-oz sashimi-grade ahi tuna steaks
- 1 tbsp** avocado oil

1. In a jar with a tight-fitting lid, place all dressing ingredients. Shake until combined. In a bowl, toss salad ingredients together. Set both aside.

2. On a plate, combine sesame seeds and garlic powder. Press both sides of each tuna steak into the mixture. Heat oil in a large nonstick skillet on medium-high. Sear tuna to desired doneness, turning once, 2 to 3 minutes total for rare or 3 to 4 minutes total for medium-rare.

3. Divide salad among plates; drizzle lightly with dressing. Slice tuna, arrange over salad and drizzle with additional dressing. (**TIP:** If using our Meal Plan, store components separately in the fridge. Dress right before eating.)

PER SERVING (½ of recipe): Calories: 638, Fat: 33 g, Sat. Fat: 5 g, Carbs: 54 g, Fiber: 14 g, Sugars: 31 g, Protein: 41 g, Sodium: 428 mg, Cholesterol: 50 mg



MAGNIFICENT MANGO

Containing a unique antioxidant called mangiferin, this ultra-sweet tropical fruit has been shown to inhibit colon-tumor genesis in rats. It has also been found to be helpful in the prevention of Parkinson's and other neurodegenerative diseases as it can protect neuroblastoma cells.





MONDAY	TUESDAY	WEDNESDAY
BREAKFAST: 1 serving Protein Pancakes (p. 76; save leftovers); top with ½ apple, sliced, 1 tbsp walnuts and ¼ tsp cinnamon cooked in 1½ tsp coconut oil LUNCH: <i>Mediterranean Power Bowl:</i> Combine 3 cups baby spring greens, 1 cup cooked quinoa, ½ cucumber, chopped, ½ cup olives, ½ cup pomegranate arils, ⅓ cup chopped sun-dried tomatoes, ½ cup feta and 2 tbsp chia seeds. Whisk 2 tbsp almond oil with 1 tsp lemon zest, 2 tbsp lemon juice, ½ tsp fresh cilantro, ¼ tsp pepper and pinch of salt. (Dress and eat ½; save leftovers separately.) SNACK: 6 mini peppers with ¼ cup hummus DINNER: <i>Shrimp Lettuce Tacos:</i> Sauté 8 oz shrimp in 1 tbsp avocado oil for 2 minutes; season with ¼ tsp each cumin, chile powder and garlic powder then flip and cook 2 minutes more. Squeeze juice of 1 lime over shrimp. Spread 2 tbsp hummus in 2 large butter lettuce leaves; fill with ½ of the cooked shrimp (set aside ½ for leftovers), ½ mango, chopped, and chopped cilantro.	BREAKFAST: 1 serving Protein Pancakes (leftovers, p. 76); top with ½ apple, sliced, 1 tbsp walnuts and ¼ tsp cinnamon cooked in 1½ tsp coconut oil LUNCH: <i>Shrimp Lettuce Tacos:</i> Spread 2 tbsp hummus in 2 large butter lettuce leaves; fill with ½ of the cooked shrimp (leftovers, heated), ½ mango, chopped, and chopped cilantro SNACK: ½ cup cottage cheese mixed with ½ cup blueberries and 1 tbsp nut butter; top with 1 tbsp ground flaxseed DINNER: 1 serving Chipotle Bison Chili (p. 77, save leftovers)	BREAKFAST: <i>Sweet Potato Hash:</i> Sauté 1 sweet potato, peeled and grated, in 1 tbsp melted ghee. Cook until slightly golden; set aside. In same skillet, heat 4 cups baby spring greens until wilted, 2 minutes; season with salt and pepper. Cook 2 eggs in 1½ tsp melted ghee. Serve eggs over ½ cooked sweet potato and greens (set aside ½ for leftovers). Top with ½ avocado, diced. LUNCH: 1 serving Mediterranean Power Bowl (leftovers) SNACK: 1 serving Protein Pancakes (leftovers, p. 76); top with ½ apple, sliced, 1 tbsp walnuts and ¼ tsp cinnamon cooked in 1½ tsp coconut oil DINNER: 1 serving Chipotle Bison Chili (leftovers, p. 77)
NUTRIENTS: Calories: 1,371, Fat: 68 g, Sat. Fat: 19 g, Carbs: 137 g, Fiber: 28 g, Sugars: 54 g, Protein: 67 g, Sodium: 1,701 mg, Cholesterol: 314 mg	NUTRIENTS: Calories: 1,362, Fat: 63 g, Sat. Fat: 19 g, Carbs: 120 g, Fiber: 24 g, Sugars: 57 g, Protein: 93 g, Sodium: 1,650 mg, Cholesterol: 358 mg	NUTRIENTS: Calories: 1,695, Fat: 97 g, Sat. Fat: 31 g, Carbs: 135 g, Fiber: 29 g, Sugars: 44 g, Protein: 82 g, Sodium: 2,048 mg, Cholesterol: 650 mg

THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST: 1 serving Protein Pancakes (leftovers, p. 76); top with ½ apple, sliced, 1 tbsp walnuts and ¼ tsp cinnamon cooked in 1½ tsp coconut oil LUNCH: 1 serving Chipotle Bison Chili (leftovers, p. 77) SNACK: 6 mini peppers with ¼ cup hummus DINNER: 1 serving Pistachio-Crusted Chicken with Orange Sauce (p. 75; save leftovers)	BREAKFAST: <i>Sweet Potato Hash:</i> Cook 2 eggs in 1½ tsp melted ghee. Serve eggs over cooked sweet potato and greens (leftovers). Top with ½ avocado, diced. LUNCH: 1 serving Pistachio-Crusted Chicken with Orange Sauce (leftovers, p. 75) SNACK: ½ cup cottage cheese mixed with ½ cup blueberries and 1 tbsp nut butter; top with 1 tbsp ground flaxseed DINNER: 1 serving Chipotle Bison Chili (leftovers, p. 77)	BREAKFAST: <i>Loaded Oatmeal:</i> Heat ⅔ cup milk, ⅓ cup oats, 1 tbsp ground flaxseed, 1 tbsp chia seeds and ¼ tsp cinnamon until oats are softened. Top with ½ cup pomegranate arils, 2 tbsp walnuts and 1 tsp honey. LUNCH: 1 serving Sesame Tuna & Mango Salad (p. 72; save leftovers) SNACK: 6 mini peppers with ¼ cup hummus DINNER: 1 serving Pistachio-Crusted Chicken with Orange Sauce (leftovers, p. 75)	BREAKFAST: <i>Veggie Omelette:</i> Sauté 2 cups baby spring greens, 5 mushrooms, chopped, and 1 green onion, chopped, in 1 tbsp avocado oil until soft. Whisk 3 eggs and pour over vegetables. Heat until eggs start to set, 2 minutes; flip over and cook 2 minutes more. ½ cup blueberries LUNCH: 1 serving Sesame Tuna & Mango Salad (leftovers, p. 72) SNACK: ½ cup cottage cheese mixed with ½ cup blueberries and 1 tbsp nut butter; top with 1 tbsp ground flaxseed DINNER: 1 serving Pistachio-Crusted Chicken with Orange Sauce (leftovers, p. 75)
NUTRIENTS: Calories: 1,511, Fat: 83 g, Sat. Fat: 21 g, Carbs: 123 g, Fiber: 29 g, Sugars: 43 g, Protein: 89 g, Sodium: 1,753 mg, Cholesterol: 330 mg	NUTRIENTS: Calories: 1,701, Fat: 105 g, Sat. Fat: 24 g, Carbs: 106 g, Fiber: 27 g, Sugars: 35 g, Protein: 106 g, Sodium: 1,966 mg, Cholesterol: 658 mg	NUTRIENTS: Calories: 1,741, Fat: 94 g, Sat. Fat: 12 g, Carbs: 154 g, Fiber: 43 g, Sugars: 64 g, Protein: 92 g, Sodium: 1,128 mg, Cholesterol: 192 mg	NUTRIENTS: Calories: 1,838, Fat: 118 g, Sat. Fat: 21 g, Carbs: 101 g, Fiber: 26 g, Sugars: 49 g, Protein: 117 g, Sodium: 1,464 mg, Cholesterol: 841 mg

WHAT IS AVAXHOME?

AVAXHOME-

the biggest Internet portal,
providing you various content:
brand new books, trending movies,
fresh magazines, hot games,
recent software, latest music releases.

Unlimited satisfaction one low price

Cheap constant access to piping hot media

Protect your downloadings from Big brother

Safer, than torrent-trackers

18 years of seamless operation and our users' satisfaction

All languages

Brand new content

One site



AVXLIVE • ICU

AvaxHome - Your End Place

We have everything for all of your needs. Just open <https://avxlive.icu>



Pistachio-Crusted Chicken with Orange Sauce

P **GF**

SERVES 4.

HANDS-ON TIME: 25 MINUTES.

TOTAL TIME: 50 MINUTES.

Chicken thighs contain more energy-supporting iron than chicken breasts, and they're juicier and more flavorful. Here they work perfectly with sweet-savory pistachios and a rich citrus sauce.

SAUCE

- 1 large** orange, zested and juiced
- 1/3 cup** tahini
- 2 tbsp** fresh lemon juice
- 1 tbsp** avocado oil
- 1/2 tsp** ground turmeric
- Pinch** sea salt

CHICKEN

- 1 1/2 cups** shelled raw pistachios
- 2 tsp** ground cumin
- 1 tsp** chile powder
- 1/4 tsp** + pinch sea salt, divided
- 1/2 tsp** ground black pepper, divided
- 1 large** egg
- 4 5-oz** boneless, skinless chicken thighs, pounded to thin cutlets
- 1 head** broccoli, cut into florets
- 2 cloves** garlic, minced
- 1 tbsp** avocado oil

1. Preheat oven to 350°F. Line a baking sheet with foil and place a wire rack over foil. Line a second baking sheet with foil and coat with nonstick spray.

2. In a blender or food processor, place sauce ingredients and blend until smooth; set aside.

3. In a food processor, place pistachios, cumin, chile powder and 1/4 tsp each salt and pepper; pulse until pistachios are finely chopped, then spread on a plate. In a shallow bowl, whisk egg.

4. Dip each chicken thigh first into egg and then into pistachio mixture, pressing to coat both sides; place on prepared rack over first baking sheet. Repeat with remaining chicken.

5. In a large bowl, toss broccoli with garlic and oil; season with remaining 1/4 tsp pepper and pinch salt. Spread broccoli on second baking sheet. Place both baking sheets in oven and roast 25 minutes. Serve chicken and broccoli with orange sauce. (**TIP:** If using our Meal Plan, store components separately. Heat chicken and bring sauce to room temperature before eating.)

PER SERVING (1 chicken cutlet, 1 cup broccoli, 2 tbsp sauce): Calories: 704, Fat: 50 g, Sat. Fat: 8 g, Carbs: 25 g, Fiber: 8 g, Sugar: 7 g, Protein: 46 g, Sodium: 369 mg, Cholesterol: 201 mg

4 INGREDIENTS TO AVOID BEFORE YOUR NEXT WORKOUT

You may be reaching for a pre-workout bar or drink that's been marketed as something that will help you feel more energized so you can achieve your fitness and health goals. However, there's a lot lurking in many of these products that may have you reconsidering your choice of fuel.

1 / INULIN: Also known as chicory root, inulin is a prebiotic fiber that manufacturers are using in a variety of products such as yogurt, bars and protein drinks to boost fiber content. However, like any fiber, prebiotics can cause gas, bloating and abdominal pain if consumed too quickly or in large quantity. Also, if you struggle with digestive issues, like irritable bowel syndrome (IBS) or small intestinal bacterial overgrowth (SIBO), inulin may cause more digestive distress – not what you need right before a workout.

2 / ACESULFAME-K: This artificial sweetener is used in products such as protein powder, bars and baked goods as it is heat stable and helps cut down on sugar and carbohydrate intake. Although the US FDA has deemed it safe to use, there are many studies that question its safety. Possible adverse health effects of acesulfame-K include interference in appetite regulation, disruption in metabolic processes and impact on blood sugar control and insulin production. Consumption of acesulfame-K-containing foods or beverages can cause nausea, which would interfere with your ability to sustain exercise.

3 / DRIED FRUIT: Significantly higher in sugar than fresh fruit, dried fruit can cause a spike in blood sugar level, especially if not eaten with adequate protein or fat. Dried fruit can also cause gas, bloating and abdominal pain as the intestinal bacteria feast on the sugar and fiber found in fruit, leaving you with digestive distress before or during your workout.

4 / FRUIT JUICE: Many people turn to juice before a workout because liquids digest more quickly and are less likely to leave you with digestive fullness. Unfortunately, juice is high in sugar and calories while lacking in fiber, which can cause blood sugar spikes followed by a crash while you exercise.

WEIGHTS OR CARDIO: WHAT'S BEST FOR YOUR BODY?

You may have been told that the path to better health and weight loss is cardio: Pound the pavement or treadmill and move fast enough to get into your “target heart-rate zone” for at least 30 minutes. Sound familiar? While activities like fast walking, running, cycling and rowing will improve your cardiovascular function, they actually don't have much of an impact on your metabolic health, which is defined as having ideal levels of blood sugar, triglycerides, lipids and blood pressure. Yes, these activities do burn calories while you're performing them. But to turn your body into a 24/7 calorie-burning furnace, you need to have more metabolically active tissue (aka muscles!). The best strategy is to incorporate weight resistance every time you exercise, and continue with some cardio for the heart-health benefits.

Q GF

PROTEIN PANCAKES

In a blender, combine 2 eggs, $\frac{3}{4}$ cup oats, $\frac{1}{2}$ cup cottage cheese, $\frac{1}{4}$ cup milk, 2 scoops collagen peptides, 2 tsp honey and 1 tsp baking powder; blend until smooth. Cook 2 tbsp batter per pancake in a nonstick pan or griddle misted with cooking spray until golden on both sides. Makes 16 pancakes (4 servings).

Post-
Workout
Chocolate
Mint Energy
Balls

Snacks to Keep You Fueled

What, when and how much you should eat before exercise depends on the time of day you work out and whether you perform better on an empty stomach or not – everyone is different. If you exercise early in the morning, you may need a little glucose (such as half of a banana or our Pre-Workout Cordyceps Charge-Up below), or you may not need anything at all. And if you eat a nutritious lunch and afternoon snack, it's likely that you'll have plenty of fuel for an afternoon or evening workout.

BEFORE

This smoothie is designed to promote energy using cordyceps, a natural energy booster that can enhance athletic performance by increasing your body's supply of adenosine triphosphate (ATP), one of its primary sources of energy during exercise.

Pre-Workout Cordyceps Charge-Up: In a blender, combine 1 cup milk, ½ frozen banana, 1 tbsp nut butter, 2 scoops collagen peptides and 1 tsp cordyceps powder (**TRY:** Host Defense Cordyceps Powder) with ½ to 1 cup ice.

DURING

Skip the colorful sports drinks and stick to water. However, if you'll be working out for more than an hour and sweating a lot, then it will be beneficial to consume electrolytes in your drink. Seek out pink Himalayan sea salt, which contains more than 84 minerals and trace elements, including calcium, magnesium, iron and potassium.

Homemade Electrolyte Drink:

In a water bottle, combine 2 cups cold filtered water (or 1 cup water and 1 cup unsweetened coconut water), juice of 1 lemon, juice of ½ orange and ¼ tsp pink sea salt; shake until salt dissolves.

AFTER

Muscle recovery begins after your workout is over, so try to consume a combination of protein and carbohydrate within 90 minutes (don't get too hung up on the timing, though; it's more about overall daily protein intake). These energy balls are a scrumptious option that provides the nutrition you'll need while on the go.

Post-Workout Chocolate Mint

Energy Balls: To a food processor, pulse together 12 pitted Medjool dates, 3 tbsp collagen peptides, 2 tbsp nut butter, 1 tsp pure mint extract, ½ cup cacao powder and pinch salt until mixture is crumbly. Add 1 tbsp milk. Roll into 1-tbsp balls and place on a plate; chill 1 hour. Store covered in the fridge. Makes 16 balls (4 per serving).

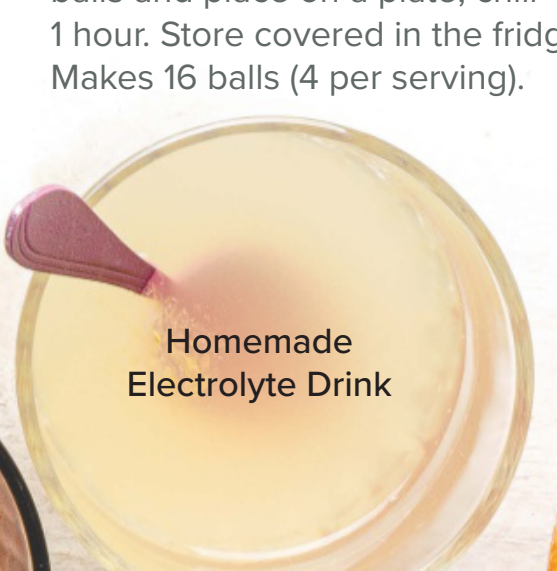
F GF

CHIPOTLE BISON CHILI

In a large pot or Dutch oven, heat 2 tbsp avocado oil. Add 1 yellow onion, chopped, and 2 cups cubed butternut squash; cook 5 minutes. Add 2 cloves garlic, minced, and 1 lb ground bison; cook 5 minutes, breaking up bison with a spoon. Add ½ of a canned chipotle chile, chopped, and 1 tbsp adobo sauce (from can), 2 15-oz cans fire-roasted diced tomatoes, 1 tsp each ground cumin, chile powder and smoked paprika, ½ tsp black pepper and ¼ tsp salt; heat on low for 45 minutes. Stir in 1 15-oz can black beans, rinsed and drained; cook 15 minutes more. Remove from heat and stir in zest and juice of 1 orange. (Makes 4 servings.)



Pre-Workout
Cordyceps Charge-Up



Homemade
Electrolyte Drink

Supplement Right

Targeted supplements can help relieve the physical stress of inflammation as well as the stress load to your system that can result from a workout.

ASHWAGANDA (*Withania somnifera*): This root can help energize the body when it needs it during the day and calm overactive nerves for a restful sleep at night. Ashwaganda is also used to support athletic performance, endurance and exercise recovery.

MAGNESIUM: Ensuring adequate magnesium intake can help with muscle cramping and pain and promote relaxation and a better sleep. Magnesium glycinate is one of the best-absorbed forms and is good for neuromuscular health. Magnesium malate is important in the production of energy and can help with muscle pain. Soaking in magnesium sulfate (Epsom salts) or using topical magnesium chloride helps with muscle soreness.

TURMERIC: The primary phytochemical in turmeric, curcumin, has been shown to reduce inflammatory markers (muscle soreness is a result of inflammation). For optimal absorption, combine it with black pepper and a healthy fat (like coconut oil).

TART CHERRY: Tart cherry juice may help with recovery of muscle function after strenuous exercise and reduce inflammation and pain by increasing total antioxidant capacity. The recommendation is consuming 10 ounces as part of a post-workout meal.



SHOPPING LIST

PROTEINS & DAIRY

- 10 large eggs
- 1 pint milk (dairy or unsweetened nondairy)
- 1 lb ground bison
- 4 5-oz boneless, skinless chicken thighs
- 8 oz shrimp, peeled and deveined
- 2 (4- to 5-oz) sashimi-grade ahi tuna steaks
- 16 oz cottage cheese
- 3 oz crumbled feta

VEGGIES & FRUITS

- 2 apples
- 2 large oranges
- 2 lemons
- 2 limes
- 2 mangos
- 1 pint blueberries
- 1 cup pomegranate arils
- 7 oz baby spring greens
- 1 large head butter lettuce
- 1 cucumber
- 1 head broccoli
- 1 bag mini sweet peppers
- 1 yellow onion
- 1 bunch fresh cilantro
- 2 green onions
- 5 cremini mushrooms
- 1 small butternut squash (or 2 cups cubed)
- 1 head garlic
- 1 sweet potato
- 2 avocados
- 1 small carton grape tomatoes

WHOLE GRAINS

- 1 pkg quinoa
- 1 carton old-fashioned rolled oats

NUTS, SEEDS & OILS

- 2 oz walnut pieces
- 6½ oz shelled raw pistachios
- 1 jar coconut oil
- 1 bottle avocado oil
- 1 bottle toasted sesame oil
- 1 jar ghee
- 2 oz unsalted natural nut butter (such as peanut, almond or cashew)
- 1 jar tahini
- 1 pkg ground flaxseed
- 1 pkg chia seeds
- 1 bottle almond oil

EXTRAS

- 1 carton hummus
- 2 (15-oz) cans diced fire-roasted tomatoes
- 1 (15-oz) can black beans
- 1 jar black olives
- 1 jar oil-packed sun-dried tomatoes
- 1 can chipotle chile peppers in adobo sauce
- 1 carton collagen peptides (**TRY:** Vital Proteins Collagen Peptides)

PANTRY STAPLES

- 1 jar raw honey
- 1 bottle ground cinnamon
- 1 bottle ground cumin
- 1 bottle chile powder
- 1 bottle garlic powder
- 1 bottle smoked paprika
- 1 bottle ground turmeric
- 1 bottle sea salt
- 1 bottle black pepper
- 1 bottle rice vinegar
- 1 bottle coconut aminos or tamari
- 1 carton black sesame seeds
- 1 carton white sesame seeds
- 1 carton baking powder

Shopping list doesn't include ingredients for optional snacks on page 77. Add them to your list if you would like to make them.

Premium Quality
Mushroom Mycelium Powders

LION'S MANE

Mental Clarity & Focus*

USDA Organic

Vegan

Freeze-dried for optimized nutrition*

Grown in USA

Mix into your favorite food or beverage!

HOST DEFENSE[®]
Mushrooms[™]

Available in 7 different powders.
Find your mushroom at your local
health food store and online at
HostDefense.com.



* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



Smarter Supplements

Cognitive impairment, including memory loss and confusion, affects one in nine Americans aged 45 and older, and mood disorders impact more than 20% of the population. In fact, a recent study estimates that Alzheimer's disease and related dementias will double by 2060. The good news: you can protect against cognitive decline, enhance focus and improve mood with these 5 powerful supplements. BY LISA TURNER

Nootropic Potential

Want to boost brain power? Try nootropics, a class of supplements linked with memory, focus and alertness. *Bacopa monnieri*, a traditional Ayurvedic herb, has been shown to enhance memory, increase recall and improve cognitive function, as well as reduce depression and improve mood. Other studies suggest that bacopa may also protect against age-related neurodegeneration and cognitive decline. *Ginkgo biloba*, an herb used in Chinese medicine, enhances blood flow to the brain and may improve focus, thinking skills and some aspects of memory, while protecting against age-related cognitive decline and memory loss. **TRY:** Gaia Herbs Agile Mind. \$42, gaiaherbs.com



a reduction in brain size, one sign of brain aging, and some studies suggest DHA supplementation in people with mild cognitive impairment (MCI) can significantly improve cognitive function and slow the progression of brain atrophy. In one study of people with age-related cognitive decline, those who took DHA showed improved learning and memory function. In another study, people with the highest DHA levels had a 47% lower risk of all types of dementia. **TRY:** Nordic Naturals DHA Xtra. \$32, nordicnaturals.com

Microbiome Balance

Supplementing with probiotics may improve mood and enhance brain health. The gut is involved in the production of neurotransmitters, and microbiota appear to communicate with the brain, influencing anxiety, mood and cognition. Gut bacteria also protect against inflammation, linked with depression, anxiety and other mood disorders. And a meta-analysis found probiotics were associated with a significant reduction in depression, in both healthy people and those with major depressive disorder.

TRY: Garden of Life Dr. Formulated Probiotics Mood+. \$47, gardenoflife.com

Brain Fat

Fish oil contains two types of omega-3 fats: EPA and DHA. Of these, DHA may be especially important in protecting the brain from cognitive decline. Low levels of DHA have been linked with

B-Proactive

B vitamins, especially vitamin B₆, vitamin B₁₂ and folate, are key in brain health and can protect against Alzheimer's disease and age-related cognitive decline. Inadequate B-vitamin status can lead to elevated levels of homocysteine, a recognized risk factor for cognitive impairment, Alzheimer's disease and other dementias. Research shows vitamin B supplements slow the rate of brain atrophy in specific regions linked with Alzheimer's and cognitive decline and can improve memory and cognitive performance in older adults with elevated homocysteine levels. Low levels of B₁₂ have also been linked with poor memory, impaired cognition as well as higher levels of neuroinflammatory compounds that are thought to play a role in Alzheimer's disease.

TRY: Solgar B-Complex "100." \$12.50 for 50 tablets, solgar.com

Functional Fungi

As you age, neurons are lost and the brain's ability to grow and form new connections declines, impacting cognition and mental function. Lion's mane, a medicinal mushroom used in cooking and in traditional Chinese medicine, may protect against this loss. Studies suggest lion's mane may increase nerve growth factor (NGF), a protein that's critical for neuron growth, maintenance and survival. It also contains hericenones and erinacines, compounds that have been shown to stimulate the growth of brain cells and have neuroprotective and cognitive-enhancing effects. **TRY:** Host Defense Lion's Mane. \$32, hostdefense.com



TWO RESOURCES FOR YOUR GLUTEN-FREE LIFESTYLE

Nourished: The Gluten Free, Allergy & Specialty Diet Festival

Sample hundreds of new products, get coupons, attend demos & take home a goodie bag! All festival products are gluten-free, but many are also allergen-friendly, paleo, keto & plant-based.



\$5 OFF

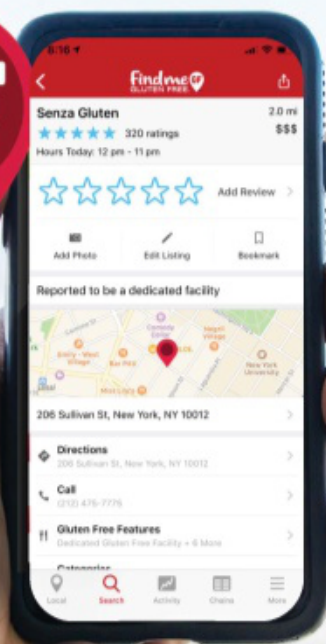
IF YOU **SHOW** THIS AD
AT THE DOOR!

JOIN US IN 2019!

Dallas, TX Sep. 7 & 8
Seattle, WA Sep. 21 & 22

Secaucus, NJ Oct. 5 & 6
San Mateo, CA . . . Nov 16 & 17

Find
me
GLUTEN FREE.



“Find Me Gluten Free” App

Find gluten-free friendly businesses wherever you are! Search for restaurants, access menus, and read user reviews. Download the free app in the App Store or Google Play.

NourishedFestival.com

Nourished
Festival

Find me
GLUTEN FREE.

FindMeGlutenFree.com

Fab Fitness Finds

Staying active is part of a healthy lifestyle. Sweat in style with this gear!

BY ALEXANDRA EMANUELLI



BOTTLE WITH BENNIES

Engineered from recyclable material, FLPSDE contains a 20-oz double-walled, vacuum-insulated compartment to keep bevies hot or cold and a 7-oz chamber for snacks or personal items. **\$35, flpsde.com**

SQUEAKY CLEAN

Way of Will Yoga Set contains deodorant, face and mat sprays to keep you and your equipment fresh and clean. Peppermint, tea tree and lavender oils act as antimicrobial agents. **\$39, wayofwill.com**



RAD RUNNERS

Run, jump or head out to lunch in Adidas Originals NMD_R1. The mesh and neoprene exterior make for a comfortable fit, while midsole cushioning provides an energetic return on every stride. **\$130, adidas.com**



BOLD BURN

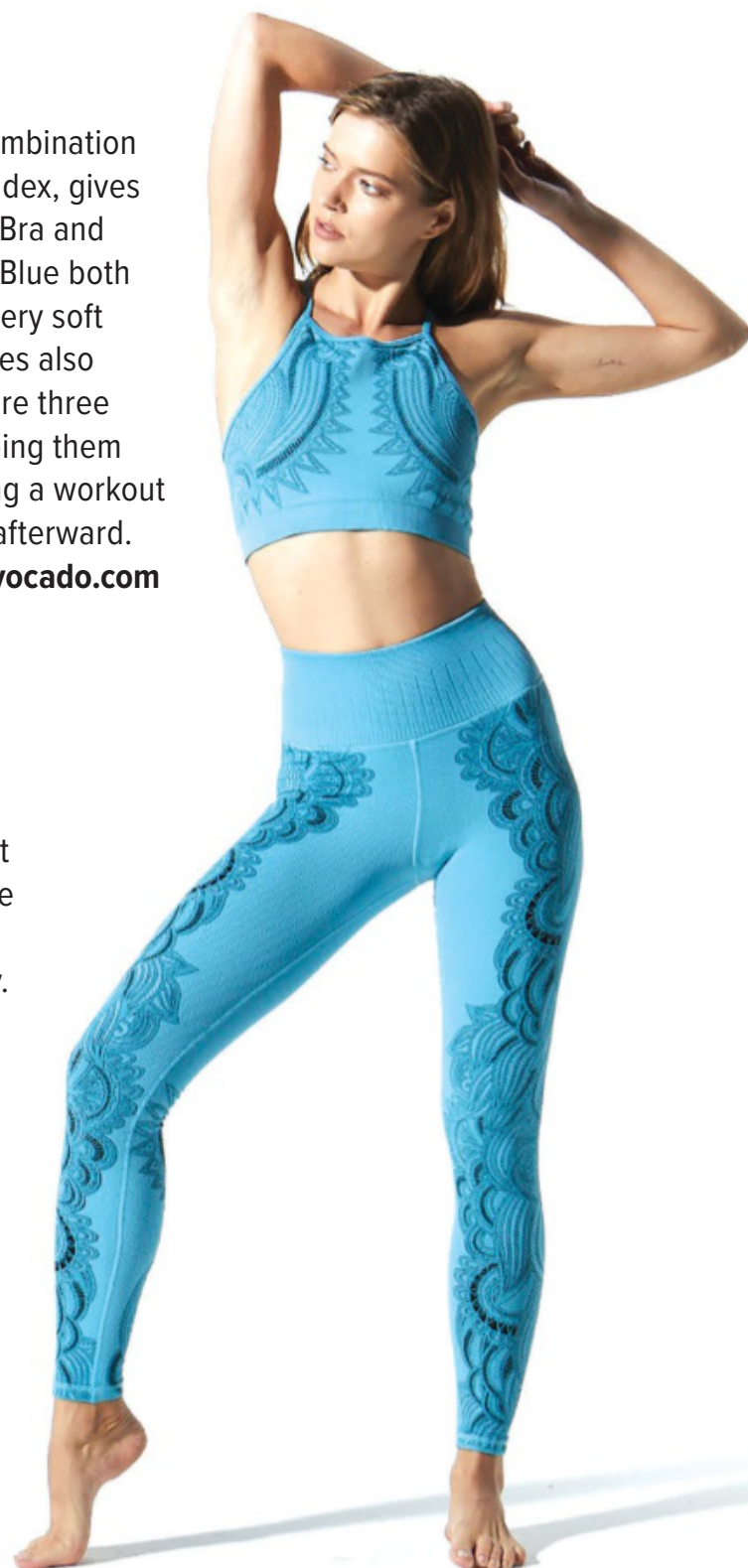
Engineered using dense material to remain small yet heavy, Egg Weights fit in the palm of your hand to easily add intensity to any activity. **\$25, eggweights.com**

FLEX FREELY

Sensil fabric, a combination of nylon and spandex, gives Avocado Deja Vu Bra and Leggings in Maui Blue both stretch and a buttery soft texture. The clothes also wick away moisture three times faster, keeping them comfortable during a workout and then brunch afterward. **\$65, \$95, shopavocado.com**

SUPERIOR STRETCH

Massage your whole body with the Lululemon Double Roller. The grooves of the exterior roller are deeper-set, ideal for legs and arms, while the interior roller provides a next-level tension-reliever for your back. **\$58, lululemon.com**





editors' pick

TERRIFIC TOTE

Fit gym clothes, shoes, a laptop and more in the Dagne Dover Landon Carryall. This duffel is a chic and functional way to travel throughout your day.

\$155, dagnedover.com



SUSTAINABLE SURFACE

Go deep into your poses with the Form Onyx Rectangular yoga mat. Made of 100% recycled rubber, this nontoxic surface is PVC-, silicone- and glue-free, making it fully biodegradable.

\$76, theform.co.uk



SOOTHING SOAK

Ease muscle aches with Pursoma's Après Savasana. A combination of wild Atlantic kelp, French grey sea salt and essential oils such as ho wood and Himalayan cedarwood work together to alleviate tension and replenish electrolytes.

\$18, pursomalife.com



FUELED WITH FAT

With 500 million active cultures per serving, Superfat Macadamia MCT + Probiotic provides a gut health boost along with 31 grams of plant-based fat. Flavored with cinnamon and sea salt, this nut butter blend can be added to smoothies, spread on fruit and veg or simply eaten on its own.

\$4, superfat.com



LIMITLESS LISTENING

Great for travel, training or simply unwinding, the SleepPhones Effortless earphones have flat, removable speakers that are embedded into a moisture-wicking and machine-washable headband. The device is Bluetooth compatible and has a 10-hour battery.

\$150, sleepphones.com

Quiz Results From Page 29

If you answered mostly As: Your gut seems to be in good health. Of course, it could always be a little bit better. Make sure you're eating plenty of fiber and staying well-hydrated to keep your good gut bugs happy and things moving along. Make sure to download our free e-book, *Gut Happy: How to Create a Healthy Gut*, and incorporate some of our tricks and tips for a better gut.

If you answered mostly Bs: It sounds like you're experiencing occasional digestive irregularities or issues associated with an imbalanced microbiome. You might benefit from prebiotics and probiotics, as well as targeted vitamins, minerals and phytochemicals, which nourish the good gut bugs as well as help with neurotransmitter production for mood balance, stress management and better sleep. Download our e-book, *Gut Happy: How to Create a Healthy Gut*, and learn more about foods that can help and hurt your gut microbiome.

If you answered mostly Cs: You could be suffering from an imbalance in your gut microbiome and quite possibly a breakdown in the structural integrity of your gut lining. You might want to start adding nutrients into your diet as well as a supplementation routine that will help with your gut lining. For more detailed information on how to nourish a healthy gut, including specific nutrients that will encourage a healthier microbiome, download the e-book, *Gut Happy: How to Create a Healthy Gut*.

Get the e-book: cleaneating.com/gutguide



CE All-Access

HEALTHY MEAL PLANNING SOLVED



REGISTER NOW AND SAVE

Learn more at

cleaneating.com/allaccess

Clean Eating

BECOME A MEMBER AND GET EXCLUSIVE BENEFITS:

- **Clean Eating Meals app** featuring 100+ meal plans, full recipe library, customizable meal plans, shopping-list builder and online grocery ordering
- 100+ clean meal plans for every dietary need on **cleaneating.com**
- CE AllAccess **video tutorial library**
- **1-year print and digital subscription to the magazine**
- Monthly gear & appliance **giveaways**
- **Webinars** with *Clean Eating* experts
- Member newsletter with **new meal plans every month!**

Freshmarket

A SELECTION OF PROMOTIONS & EVENTS FROM OUR PARTNERS

OMEGA-3S HAVE NEVER TASTED SO GOOD™



Carlson Olive Your Heart® blends Greek extra virgin olive oil with Norwegian fish oil. Each serving provides 1,480 mg of omega-3s, including EPA and DHA, which support cardiovascular health and optimal wellness. Enjoy Olive Your Heart® drizzled over a salad or mixed into your favorite dressing recipe.

CarlsonLabs.com

PLUSCBD™ OIL ROLL-ON

Infused with concentrated cannabidiol (CBD) from agricultural hemp plant parts, warming camphor and cooling menthol, PlusCBD™ Oil Roll-On is available in 200mg CBD and Extra Strength 500mg CBD formulations. Fast-absorbing and easy to apply, it works as hard as you do.

pluscbdoil.com



VEGAN PROTEIN TOPPERS

Protein Toppers add 15 to 17 grams of vegan certified plant protein to any meal, anytime, anywhere. They are ready to eat right out of the pouch; or can be added to a salad, soup, yogurt or any other meal. Non-GMO and naturally gluten-free.



ProteinToppers.com

FIJI FIRE HOT SAUCE

Clean eating doesn't get any better than adding the heat of Fiji Fire hot sauce to your favorite dish. Naturally clean ingredients combined with the famous hand harvested Fiji Bongo Chilis and wild Viti Levu Turmeric. Produced exclusively in Fiji by a family owned business.

shoppri.com

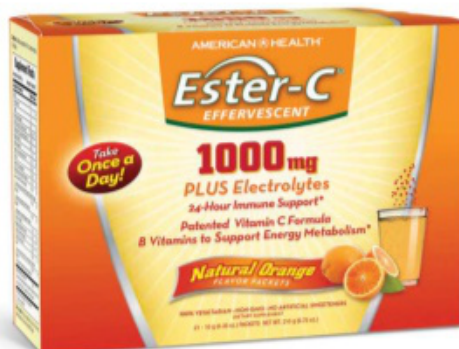


ESTER-C® 1000 MG EFFERVESCENT IN NATURAL ORANGE FLAVOR

Get more out of your Vitamin-C effervescent, with delicious, Natural Orange Flavor Ester-C® Powder Packets. One packet daily delivers 24-hour immune support of

Ester-C® Vitamin C plus B vitamins to support energy metabolism and vital electrolytes for hydration.* 100% Vegan/Vegetarian. Non-GMO. Gluten-Free. No Artificial Sweeteners.

americanhealthus.com



XLEAR NASAL SPRAY

Xlear is America's #1 selling natural nasal spray with xylitol for a reason. Xlear effectively alleviates congestion and cleanses the sinuses for healthier breathing.

xlear.com



*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.



Get the recipe
cleaneating.com/beetlatkes

Fuel Your Active Life with Food

Maximize energy, strength, endurance and fat loss with these 5 performance foods.

BY LISA TURNER

Avid exerciser or weekend warrior? Focus on foods that fuel your body, repair damage, reduce inflammation, improve strength and build muscle. Turn your frame into a lean, mean, moving machine with these super fitness foods.



Beets are high in naturally occurring nitrates, which are converted by the body to nitric oxide, a compound that dilates blood vessels, improves blood flow and enhances athletic performance. In one study, athletes who drank beet juice showed a 38% increase in blood flow to muscles, especially fast-twitch muscles, which impact bursts of speed and strength. In another study, runners who ate cooked beets ran 5% faster. And in a review of 23 studies, researchers concluded that drinking beet juice can improve cardiorespiratory endurance (the ability of the circulatory and respiratory systems to supply fuel during sustained physical activity and to eliminate compounds that lead to fatigue) as well as enhance exercise efficiency, improve performance and increase time to exhaustion.

Recipe tips:

- Wrap whole beets in foil and roast until tender.
- Add cooked and cooled beets to a smoothie with bananas, blueberries and Greek yogurt.



Sweet potatoes are high in carbs, critical for energy before high-intensity exercise. Unlike other sources of carbohydrates, such as pasta or bagels, sweet potatoes are grain-free, gluten-free and rich in potassium, an electrolyte that's depleted during high-intensity exercise. Low potassium levels impact muscle contractions, energy and endurance, so it's important to replenish them with natural sources. Sweet potatoes are also high in beta-carotene, a powerful antioxidant that reduces inflammation. Drizzle sweet potatoes with olive oil to add more anti-inflammatory compounds that help reduce pain and swelling.

Recipe tips:

- Mash cooked sweet potatoes with almond milk, cinnamon, chopped almonds and raisins for a grain-free breakfast bowl.
- Make "lasagna" with sweet potatoes thinly sliced lengthwise in place of noodles.



Hummus is loaded with resistant starch, a slow-burning carbohydrate that minimizes and controls spikes in blood glucose and insulin before exercise. Resistant starches also provide fuel for beneficial bacteria and improve gut microbiota, which play an important role in the production, storage and expenditure of energy. Hummus is high in protein and iron, critical to optimal athletic performance via its role in energy metabolism and transport of oxygen to muscles. And studies show that legumes help you feel full longer, promoting fat loss and lean muscle mass.

Recipe tips:

- Spread hummus on whole-wheat tortillas and layer with avocado, spinach, sliced onions and salsa for an on-the-go breakfast wrap.
- Layer hummus, sliced olives, red onions, yellow peppers and goat cheese on pizza crust and bake until bubbly.



Almond butter is a great post-workout snack that's rich in protein and other important nutrients for athletes. Almonds are high in magnesium, critical for proper function of muscles and nerves; vitamin E to prevent exercise-induced oxidative damage; and other nutrients that help the body use oxygen more effectively. In one study, athletes who ate whole almonds before training improved their cycling distance and endurance and had higher blood levels of antioxidants.

Recipe tips:

- Whisk almond butter with sesame oil, rice vinegar and minced ginger for a creamy Asian vinaigrette.
- Make hummus with white beans, almond butter, olive oil, lemon juice and minced garlic.



Pomegranates are loaded with antioxidants, including ellagitannins shown to reduce exercise-induced inflammation. In one study, athletes who took an ellagitannin-rich pomegranate extract had less muscle soreness and significantly higher strength recovery after resistance training. In another study, subjects who drank pomegranate juice for 15 days noted reduced muscle soreness and weakness in their elbow flexors after resistance training compared to a placebo. It's even better if you combine pomegranate juice with apple juice and/or green tea – the quercetin in apples and epigallocatechin 3-gallate (EGCG) in green tea have been shown to reduce inflammation in cyclists.

Recipe tips:

- Toss pomegranate seeds with sliced kiwi, tangerine segments, minced basil and lime juice.
- Mix concentrated pomegranate juice and pomegranate seeds with coconut milk and freeze in an ice-cream maker.

Sports Supplements to Build Muscle, Boost Strength & Speed Recovery

CREATINE is one of the best-researched supplements in sports nutrition. This compound, made up of the amino acids L-arginine, L-methionine and glycine, is naturally produced in the body and is also found in meat, fish and eggs. In studies, it's been shown to build muscle, improve strength, enhance endurance and speed muscle recovery.

BETA-ALANINE, a nonessential amino acid, is combined in the body with the amino acid L-histidine to form carnosine. Carnosine is then stored in the muscles and helps the body buffer the effects of acidic compounds that accumulate during intense training, which ultimately leads to fatigue. Studies show beta-alanine improves performance and endurance and delays fatigue during high-intensity training. In one study, beta-alanine supplementation improved running times and reduced lactate in runners doing a 10K. In another study, beta-alanine improved performance in recreational club runners. A few studies also suggest that beta-alanine may enhance muscle growth.

TURMERIC contains curcumin, a powerful anti-inflammatory that can offset inflammatory compounds produced during high-intensity exercise. A number of studies show curcumin helps reduce inflammation, relieve sore muscles, ease joint pain and enhance recovery after training. In one study, curcumin helped improve recovery, reduce muscle damage and improve soreness after exercising. In another study, curcumin was as effective as ibuprofen in relieving joint pain and stiffness in knee osteoarthritis. ☺

No-Bake Avocado Lime Pie

Avocado takes a walk on the sweet side as the star ingredient in this rich and creamy twist on a key lime pie.

(F) (V) (GF)

SERVES **8**. HANDS-ON TIME: **30 MINUTES**.

TOTAL TIME: **30 MINUTES**.*

*PLUS CHILLING TIME.

CRUST

- 3 tbsp** coconut oil, divided
- 1¼ cups** raw unsalted cashews
- 1 cup** flaked unsweetened coconut
- ¼ cup** pitted Medjool dates
- 1 tsp** pure vanilla extract

FILLING & TOPPING

- 1¼ cups** mashed avocado (2 large avocados)
- 8 oz** full-fat cream cheese
- ⅓ cup + 1 tbsp** raw honey, divided
- ½ tbsp** lime zest + 3 tbsp fresh lime juice (**TIP:** Save additional lime zest for garnish.)
- 1 cup** whipping cream (35%), divided
- 2 tbsp** toasted coconut chips, optional

1. Prepare crust: Grease an 8-inch pie plate with 1 tbsp oil. To a food processor, add remaining 2 tbsp oil and remaining crust ingredients; process until mixture comes together in a ball. Transfer mixture to pie plate and press along the bottom and up the sides to form an even crust. Refrigerate until firm, 15 minutes.

2. Meanwhile, prepare filling: In a food processor, process avocado, cream cheese, ⅓ cup honey, lime zest and juice until smooth. Set aside. In a large bowl, with an electric hand mixer on high, whip ½ cup cream until stiff peaks form, 5 to 6 minutes. Gently fold whipped cream into avocado mixture until well combined. Pour into pie plate. Chill for 3 hours, or overnight.

3. Before serving, whip remaining ½ cup cream with remaining 1 tbsp honey until soft peaks form. Dollop over pie. Sprinkle with additional lime zest and coconut chips (if using).

PER SERVING (⅛ of pie): Calories: 567, Total Fat: 48 g, Sat. Fat: 26 g, Monounsaturated Fat: 15 g, Polyunsaturated Fat: 3 g, Carbs: 33 g, Fiber: 6 g, Sugars: 21 g, Protein: 8 g, Sodium: 108 mg, Cholesterol: 63 mg 



Joy

IN THE PALM
OF YOUR HAND

Softsoap[®]
brand

©2019 Colgate-Palmolive Company