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Clean Eating

JULY/AUGUST 2019

45 Super
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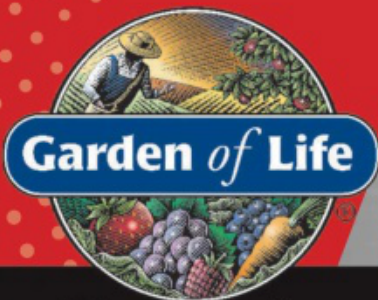
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Clean Eating

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Chorizo tacos ready before your family can ask, "What's for dinner?"



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Dine al fresco every night with these easy summer meals. Prep them all ahead on Sunday, then simply finish off the pre-chopped, pre-portioned, pre-marinated recipes on the grill throughout the week. **By Beth Lipton**

MEAL PLANNING FOR EASY WEEKDAYS

74 YOUR 20-INGREDIENT, SUMMER-FRESH MEAL PLAN

Spend less time in the kitchen and more time enjoying summer! With a super-simple shopping list and some make-ahead prep, this meal plan will get you through the week in a breeze. **By Jesse Lane Lee**



— **FLAX**
(omega-3)

— **SESAME**
(omega-6)

— **SUNFLOWER**
(omega-6)

— **COCONUT**
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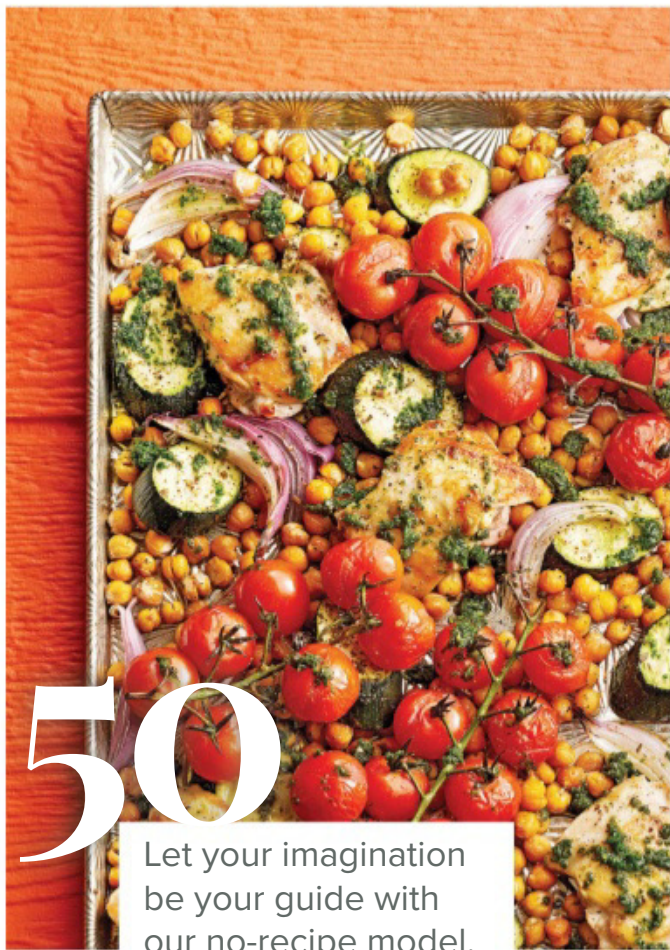


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Photographer: **Roberto Caruso**
Background Image: **Darren Kemper**
Food Stylist: **Ashley Denton**
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Ready, Set, Grill!

Fire up the grill because we're sharing some of our favorite recipes for summer barbecues and cookouts.
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THE SUMMER'S BEST BERRY RECIPES

From familiar classics like strawberries and raspberries to intriguing varieties like gooseberries, summer berries are ripe for the picking. We've got everything you need to know about selecting and cooking with the season's best.
cleaneating.com/best-berries



MOCKTAIL FAVES

Alcohol-free doesn't mean boring. There's no mocking these faux-cocktail faves – these drinks are fun, refreshing and full of flavor.
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weight loss



EAT, DRINK & STILL SHRINK

Morning Protein Shake Can Help You Lose Weight

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 "**CLEAN10**" at checkout. You can order INVIGOR8 today at www.DrinkInvigor8.com or by calling 1-800-958-3392.

Clean Eating

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

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
CONTRIBUTING EDITOR Rachel Debling

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) Shaelyn Miller

Recipe Creators

Jesse Lane Lee, Beth Lipton, Ivy Manning,
Lisa Turner, Abigail Wolfe

Contributors

Jonny Bowden, Rachel Debling, Rejeanne De Jong,
Jensine Eckwall, Kate Geagan, Ivy Manning,
Lisa Turner

Photographers

Roberto Caruso, Olimpia Davies, Rachel Korinek,
Olive & Mango, Vincenzo Pistritto, Suech & Beck,
Ronald Tsang, Karolina Wiercigroch

Food Stylists

Ashley Denton, Michael Elliot, Nancy Midwicki

Prop Stylists

The Props

Production

AD COORDINATOR Cossette Roberts
PREPRESS MANAGER Joy Kelley

Marketing & Web

MARKETING DIRECTOR Laureen O'Brien
MARKETING DESIGNER Judith Nesnadny
CONSUMER MARKETING DIRECTOR Collin Stewart
SENIOR NEW MEDIA MARKETING MANAGER
Rachel Van Buskirk
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

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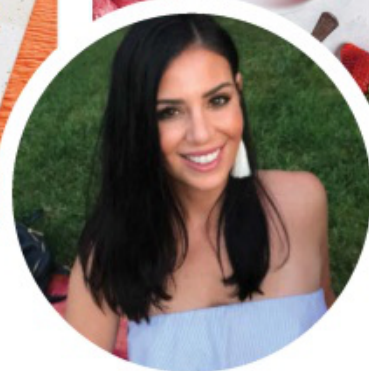
Advertising Sales

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



CHIEF EXECUTIVE OFFICER & PRESIDENT
Andrew W. Clurman
CHIEF FINANCIAL OFFICER & CHIEF OPERATING OFFICER Michael Henry
CHIEF INNOVATION OFFICER Jonathan Dorn
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Welcome to Easy Street

I'm forever on a mission to figure out what will help you cook more, eat better and love every bite. And the best way to do that is to find out what's stopping you from doing just that. Over the years, we've learned that mile-long, hard-to-track-down ingredient lists and lengthy recipes with complicated steps are nonstarters, meals that take more than 30 minutes are less likely to be made and recipes you can't prep ahead don't always fit into your plans. In other words, you need cooking to be straightforward, streamlined and simple. You (obviously) enjoy cooking (you're reading an editor's letter in a food magazine, after all), but you prefer it to be fast, light on ingredients and make-ahead whenever possible.

This issue checks all of those boxes and more. We've taken our usual pragmatic approach to clean eating and cranked the ease-factor dial to the max. And that's exactly how cooking should be this time of year: fast and fresh so you can enjoy more chill time frolicking outdoors (if you didn't just picture yourself in a sundress twirling through a field of sunflowers, you need this issue more than you know).

In this iteration of our annual Easy Issue, every recipe is just 10 ingredients or less. We've got express summer meals that can be whipped up in 15, 20 and 30 minutes on page 38, a Cook Sunday for the Week guide – the grill edition – on page 64, and a totally fresh concept for us, no-recipe cooking on page 50. What's that? you might ask. Sure, it may seem a little unorthodox for a food brand to steer you away from the trusty recipe, but what we've come to learn is that while recipes will always have their place, there's much to be said about truly mastering a few key formulas for popular dishes so that you can improvise better in the kitchen and, every now and again, simply open up your fridge and whip together an expertly balanced meal using whatever odds and ends you have on hand. Just imagine having the cooking chops to fly solo without a recipe for a day, and what's even better than impressing your spouse, family member or hot date is totally blowing your own mind with an off-the-cuff recipe that's delicious enough to serve to guests. In fact, our creative team put the formulas to the test, and the feedback was that they were surprised by how simple and forgiving they were, that they were able to master both pasta builders (despite being total novices in the kitchen), and that cooking isn't really that complicated once you establish a few simple building-block techniques. OK, guys, it's your turn to get in the kitchen!

Take it easy!

Alicia

Alicia Tyler
Editorial Director

Follow: @lishtyler

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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/ Are air fryers worth the hype?

A/ Air “fryer” is not the best name for this product as it only uses a small quantity (around 1 to 2 tsp) of oil and does much the same work as a convection or even a powerful toaster oven, creating a crisp, “fried” exterior on foods by circulating hot air. Vegetable chips and breaded items like chicken nuggets and fish sticks work especially well in this tool, but if you own a toaster oven, you can expect a similar level of crispness. Bacon, on the other hand, doesn’t crisp like you’d expect, and stuffed items, like pizza pockets, had all the filling shift to one side in the cooking process. Air fryers vary in price from the economical (starting around \$80) to the more costly (upwards of \$400), and they also take up quite a bit of counter or cabinet space. We recommend skipping the air fryer since ovens are more versatile.

— CLEAN EATING EDITORS

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Greater Eggs-pectations

@NORA_WILDTHINGWELLNESS

I made @cleaneatingmag's Spanakopita Egg Casserole and it was so yummy. It was featured in the March/April issue as an energizing breakfast, but I made it for dinner with a simple mixed salad on the side. My kids loved it too!

Flavorful Fish

@JUSTACOUNTRYCOUPLE

Basil Cashew Salmon with Asparagus Tomato Sauté over buttered cauliflower rice.



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Meet Our Experts

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.

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)

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* and more.

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.

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.

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.

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.



*"Take also unto thee Wheat
Lentils and Millet and
in one vessel and*



*and Barley and Beans and
Spelt and put them
make bread of it..."
— Ezekiel 4:9*

EZEKIEL 4:9

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salads & veg



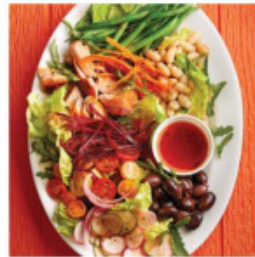
Q V GF

Two-Potato Salad
with Salsa Verde
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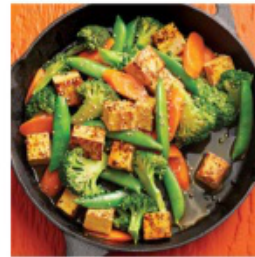
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Q GF

French Chop
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& Sweet 'n' Spicy
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Q V

5-Spice Tofu,
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Pea Stir Fry with
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Q V GF

Grilled Watermelon
& Halloumi Salad
P. 72

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.*

sauces, salsas & dressings



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Q

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Q V

Basic Béchamel
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P F V GF

Basic Marinara
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F Q V GF

Fresh Herb Sauce
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tacos & bowls



Q V GF

Quickles
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Q V GF

Classic Salad
Dressing
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Q

Master Stir-Fry
Sauce
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Q V GF

Brain-Boosting
Falafel Bowl with
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Q GF

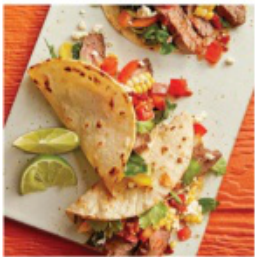
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with Creamy Slaw
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Q

Indonesian
Chicken Bowls with
Sweet Potato Rice &
Creamy Curry Sauce
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fish & seafood



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Chile-Rubbed Flank Steak Tacos with Chard, Bell Peppers & Chipotle Salsa
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Lobster Tails with Street Corn Purée
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Roasted Salmon Teriyaki with Broccoli
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Scallops with Cilantro Lime Butter
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Parmesan Fusilli with Shrimp & Peas
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Garlic & Lemon Red Snapper with Homemade Aioli
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chicken



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Miso Ginger Chicken with Bok Choy Stir-Fry
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Spaghetti Marinara with Kale
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Middle Eastern Chicken Thighs with Crispy Chickpeas
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Pizza-Stuffed Chicken
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Grilled Chicken Wings with Mixed Bell Peppers & Blue Cheese Dip
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beef & lamb



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Vietnamese Banh Mi-Style Steak with Pickled Vegetables
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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 **BAJA-MED GRILLING**

California might have you thinking of big waves and fish tacos, but this cuisine is serving up so much more.

BY ABIGAIL WOLFE, PHOTOGRAPHY BY OLIMPIA DAVIES

Lobster Tails
with Street
Corn Purée

What Exactly Is Baja-Med Cuisine?

Combining local ingredients from the Baja region – spanning from San Diego to Tijuana – with European techniques, Baja-Med mashes up two distinctly delicious cuisines with surprising outcomes. The trend first emerged on the restaurant scene among noteworthy establishments such as Javier Plascencia's Misión 19 in Mexico and Rick Bayless's Leña Brava in Chicago. These chefs put an emphasis on fresh fare, highlighting ingredients such as tomatillos, jalapeños, chiles, pitayas, plantains and seafood available off the Californian coast. This evolving cuisine is putting its signature spin on dishes like tacos, tortillas and salads.



Grilled Plantain Sundaes

with Coconut Milk Dulce de Leche

Two-Potato Salad

with Salsa Verde

Two-Potato Salad with Salsa Verde

Q V GF

SERVES 4.

- 3** green onions, trimmed
- 3 large** tomatillos, cut crosswise
- 1** jalapeño chile pepper, seeded and quartered
- 4 cloves** garlic, unpeeled
- 3 tbsp** olive oil, divided
- ¾ tsp** each sea salt and black pepper, divided
- ½ cup** loosely packed fresh cilantro
- 12 oz** fingerling potatoes, halved lengthwise (or quartered, if large)
- 1 large** sweet potato, cut into ½-inch-thick wedges
- 8 oz** thin asparagus, trimmed

THE OTHER TOMATO

Vibrant green with a thin, papery wrapping known as the husk, tomatillos have a slightly acidic and vegetal flavor compared to the more commonly available red type. Remove the husk and rinse the fruit before eating as there is a slight stickiness to the outer fruit. Unique to this varietal is the phytochemical ixocarpalactone-A, which is both antibacterial and cancer preventive.

1. Preheat grill to medium. In a large bowl, combine green onions, tomatillos, jalapeño, garlic, 1 tbsp oil and ¼ tsp each salt and pepper. Toss to coat. In a grill basket, grill vegetables for 5 to 6 minutes, turning halfway. Set aside to rest for 10 minutes. Peel garlic.

2. Make salsa verde: To a food processor, add grilled vegetables, cilantro, 1 tbsp oil and ¼ tsp each salt and pepper. Pulse to finely chop, scraping sides of bowl halfway. Transfer to a bowl and set aside.

3. Grill potatoes and asparagus: In a large bowl, toss fingerlings, sweet potatoes, asparagus, remaining 1 tbsp oil and ¼ tsp each salt and pepper. With grill still on medium heat, grill, covered, until marked and tender, turning halfway, about 6 minutes for asparagus and 12 minutes for potatoes. Transfer asparagus to a cutting board; add potatoes to a large mixing bowl.

4. Slice asparagus into 1-inch pieces. To bowl with potatoes, add salsa verde and grilled asparagus. Toss to coat.

PER SERVING (¼ of recipe): Calories: 215, Total Fat: 11 g, Sat. Fat: 2 g, Monounsaturated Fat: 8 g, Polyunsaturated Fat: 1 g, Carbs: 28 g, Fiber: 6 g, Sugars: 5 g, Protein: 4 g, Sodium: 381 mg, Cholesterol: 0 mg

Lobster Tails with Street Corn Purée

Q GF

SERVES 4.

- 2 large** ears corn, husked
- ½ tsp** grape seed oil
- ⅛ tsp** sea salt
- 1–2** fresh arbol chiles, seeded
- 1 lime** zested and juiced
- 2 oz** queso fresco, grated + additional for garnish (optional)
- 2 tbsp** organic unsalted butter, melted, divided
- 4** lobster tails (4 oz each), in shell and split lengthwise
- 2 tbsp** chopped fresh chives

1. Grill vegetables: Preheat grill to medium. Brush corn with oil and sprinkle with salt. Place on grill and cook uncovered, turning occasionally, until charred in spots and kernels are softened, 12 to 15 minutes. Place chile on grill in final minute. On a cutting board, remove kernels from cobs with a sharp knife. In a small bowl, reserve ½ cup kernels. To a blender, add remaining kernels, chile, lime zest and juice, queso fresco and 1 tbsp butter. Purée until smooth.

2. Grill lobster: Increase heat on grill to medium-high. Brush cut sides of lobster tails with remaining 1 tbsp butter. Grill flesh side down, covered, for 2 minutes, or until flesh is opaque. Set aside to cool. Remove lobster tails from shells by pulling meat away with a fork.

3. Divide corn purée among 4 plates. Arrange 2 lobster tail halves onto each plate. Divide reserved corn kernels, chives and additional queso (if using) among plates.

PER SERVING (¼ of recipe): Calories: 278, Total Fat: 12 g, Sat. Fat: 6 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 2 g, Carbs: 16 g, Fiber: 2 g, Sugars: 5 g, Protein: 28 g, Sodium: 1,125 mg, Cholesterol: 202 mg

PIQUANT PEPPER

Red when ripe, chiles de arbol are small, slim and sold dried as well as fresh. These peppers have a bright, acidic heat similar to that of a Thai bird's eye chile (making them a good substitute). Eating these may boost your metabolism, as capsaicin, the chemical in chile peppers that produces the heat, encourages the body to enter thermogenesis, burning more calories over a 24-hour period.

Grilled Plantain Sundaes

with Coconut Milk
Dulce de Leche

Q V GF

SERVES 4.

- ⅓ cup coconut sugar
- 1 13.5-oz BPA-free can full-fat coconut milk
- ¼ tsp sea salt
- 4 tsp melted organic unsalted butter, divided
- ¼ tsp ground cinnamon
- 2 ripe plantains, halved lengthwise (peel on)*
- vanilla ice cream, as desired

Optional toppings: Toasted nuts, coconut flakes or dried cherries

1. Make sauce: In a small saucepan on high, whisk together coconut sugar, coconut milk and salt. Bring to a boil then reduce to a simmer on low for 25 minutes, whisking occasionally, until dark and thick. Set aside.

2. Grill plantains: Preheat grill to medium. In a small bowl, combine 2 tsp butter and cinnamon. Brush cut side of plantains with butter mixture. Place plantains on grill and grill about 4 minutes per side.

3. Place 2 plantain halves on each plate and brush with remaining 2 tsp butter. Top with a scoop of ice cream, or as desired, and drizzle with a desired amount of dulce de leche. Garnish with optional toppings.

***NOTE:** When ripe, plantains are yellow with brown spots, perfect for desserts, whereas green, unripe plantains are better suited for savory dishes.

PER SERVING (¼ of recipe): Calories: 584, Total Fat: 33 g, Sat. Fat: 26 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 1 g, Carbs: 67 g, Fiber: 3 g, Sugars: 47 g, Protein: 6 g, Sodium: 235 mg, Cholesterol: 42 mg

TROPICAL TUBER

Don't be fooled by this banana look-alike: Plantains are starchy and must be cooked before consumption, but they're also a good source of potassium. Most Americans don't consume enough of this mineral, which has been shown to aid in managing high blood pressure. One cup contains 27% of your recommended daily value.



ASK THE GASTROENTEROLOGIST



Marvin Singh, MD, is an integrative gastroenterologist practicing in San Diego, California. Using cutting-edge tests and personally designed protocols based on patients' genetics, microbiome and lifestyle, he is one of the few in his field to combine traditional medicine with complementary therapies. Here, he offers advice for increasing good gut bacteria and keeping the bad at bay.

Q/ How can I achieve a balanced microbiome?

A/ There are several categories of foods that are harmful to the gut microbiome, so try to limit or eliminate them from your diet. For example, noncaloric sweeteners can alter the microbiome. Fast foods often contain additives, such as food dyes, colorings and emulsifiers that can suppress the helpful *Lactobacilli* and anti-inflammatory butyrate-producing bacteria.

Maintaining a healthy lifestyle and keeping good habits are also key to protecting the microbiome. Stress can affect the composition as well as the functioning of the gut bacteria. Poor sleep hygiene

can lead to metabolic dysfunction and thus increase the risk for obesity. Staying active and getting regular exercise can induce increased microbial diversity as well.

It might surprise you to learn that living in a neighborhood with good social cohesion and sense of trust and safety increases the diversity of beneficial bacteria. *Lactobacillus reuteri* has been shown to increase blood levels of oxytocin, also known as the love hormone, which can increase metabolism and improve mental health. One of the most important things you can do to ensure a healthy and strong gut microbiome is to eat a well-balanced diet with plenty of colorful vegetables and fruits while focusing on healthy sources of protein and fat.

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Cauli-Creations

Rice was just the beginning. Try these 5 products that let your fave cruciferous veggie shine in new ways, proving that the cauli craze is far from over.

BY ALEXANDRA EMANUELLI,
ILLUSTRATIONS BY REJEANNE DE JONG



1 / THE CRUST

We've seen our share of veggie crusts, but Ethan's Cauliflower wowed us with its crisp, light texture and slight fattiness. With a simple ingredient list of cauliflower, eggs and mozzarella, it's the crust of our dreams. **\$11, ethanscauliflower.com**

2 / THE MAC

Bite-size morsels of cauliflower coated in a creamy cashew sauce makes CauliMac + Cheese an ideal gluten-free and vegan alt. Microwave the individual portion for an easy meal. **\$6, arkfoods.com**

3 / THE INSTA-SENSATION

Made by traditional Italian producers, Trader Joe's Cauliflower Gnocchi is a tender bite containing 75% cauliflower. We like pan-sautéing the frozen dumplings to caramelize the exterior while keeping the interior light and fluffy. **\$3, traderjoes.com**

4 / RICE 2.0

Cauli-rice is elevated with cheese, cream, garlic and thyme to create a rich and hearty side in Alexia Cauliflower Risotto with Parmesan Cheese and Sea Salt. Heat on the stove top or in the microwave for a meal in minutes. **\$4, alexiafoods.com**

5 / THE SLICE

Thin, crisp rounds of cauliflower and mozzarella make Outer Aisle Plantpower Sandwich Thins a savory dupe for sliced bread. Bake in the oven for a low-carb stand-in for a burger bun, tortilla shell or toast. **\$7, outeraislegourmet.com**

DOZE AWAY DISCOMFORT

A single night of poor sleep can amplify the sensation of pain the following day, according to a new report published in *The Journal of Neuroscience*. Researchers kept young adults awake overnight and observed increased activity in the somatosensory cortex (the part of the brain that processes all sensory input) and reduced activity in the striatum and insula cortex (responsible for cognition and decision-making) the following day. Participants engaged in a thermal sensory test, which consisted of randomly ordered stimuli ranging from painfully hot to warm. The tired youths had a lower pain threshold, classifying warm stimuli as painful more often compared to their well-rested cohort. **USE IT:** Ensure you get enough good-quality rest by cutting down on light in your room by investing in blackout blinds or an eye mask.

Cancer Combatant

Colon cancer is one of the most common cancers diagnosed in the United States, according to the National Cancer Institute, with more than 50,000 deaths caused by the disease in 2018. A recent study led by researchers at the Penn State College of Medicine has found 10 new compounds in cannabinoids that can inhibit and further prevent the growth of this type of cancer. Of the 100 unique compounds in cannabinoids, THC and CBD are the most commonly referred to when speaking about cannabinoids, yet these single chemicals proved to be ineffective or much less powerful at preventing tumor growth compared with the 10 newly isolated compounds. “Now that we’ve identified the compounds that we think have this activity, we can take these compounds and start trying to alter them to make them more potent against cancer cells,” says Kent Vrana, chair of the Department of Pharmacology and researcher on this study. “And then eventually, we can explore the potential for using these compounds to develop drugs for treating cancer.”



TWO RESOURCES FOR YOUR GLUTEN-FREE LIFESTYLE

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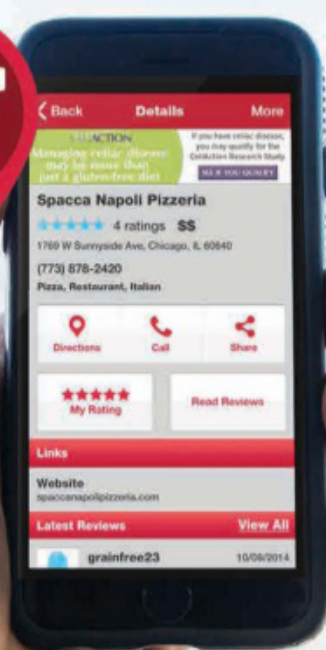
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The Food File

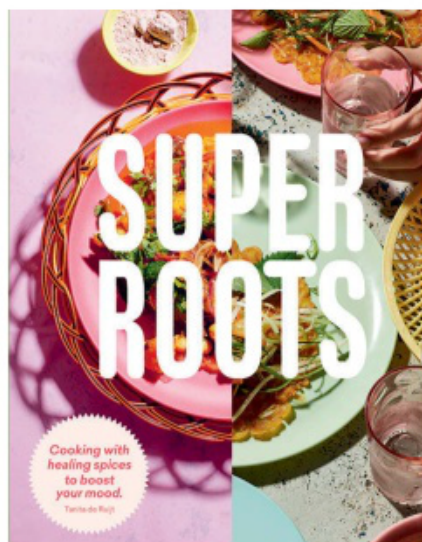
A drool-worthy TV series, an app to help prevent food waste and the latest health craze to cross the beauty aisle.

BY ALEXANDRA EMANUELLI



FRIDGE FRIEND

The average American family throws out more than \$1,500 in food waste every year. To tackle the problem, the Ad Council, a nonprofit organization that is the largest producer of public service advertising, has recently launched a free online tool called Meal Prep Mate. Compatible with most browsers and mobile devices, this calculator lets users input the number of people, days and meals they are prepping for and then provides proper portions for purchase. Ideas for how to use scraps and “remix meals” are a fun addition, as even the best-intentioned preppers can get bored with their perfectly portioned meals midweek. **savethefood.com**



HEALING MEALS

If food be thy medicine, then look no further than *Super Roots: Cooking with Healing Spices to Boost Your Mood* by Tanita de Ruji. In place of the breakfast, lunch and dinner chapters, the table of contents is sectioned into a list of common ailments from hangovers to bloat. The corresponding chapters provide recipes as the cures. Dishes are inspired by traditional Indonesian staples such as nasi goreng (fried rice with pickled veggies) and gado-gado (vegetables in a peanut sauce). **\$23, Hardie Grant Books**

ON THE ROAD

Look out for the newest culinary travelogue released on Netflix, *Street Food*. Focusing on more than fried meats and suspect sanitary practices, this nine-episode series shows the intricate dishes and tells the stories of the chefs serving fast, roadside fare. Weaving in the personal tales of the cooks' struggles sets this show apart and will have you rooting for your favorite characters. We admired the story of Jay Fai, a tenacious woman whose reimagined dry Tom Yum (a hot and sour soup) has brought her acclaim worldwide.



PROBIOTIC GLOW



Boosting your gut microflora with supps and sips is only the beginning. Probiotic-powered skin-care products soothe inflammation, strengthen the surface of the dermis and reduce acne. Similarly to how probiotics work in the stomach, these balms balance and benefit by increasing the good bacteria

on the skin and block harmful microbes by acting as a shield. Look for products with a variety of strains. We love the Kefir Moisture Repair Pressed Serum. **\$65, tula.com**

HOLY GUACAMOLE

Oprah recently remarked on *The Daily Show with Trevor Noah* that avocados are so expensive to buy, she purchased an avocado orchard to satisfy her gusto for guac. While the price of this favored fruit has been rising over the past few years, we're confident the billionaire media mogul can easily afford a few. Consider taking a page from Lady O's book as growing this pricey produce is quite simple, even if it is more of a long-game project. Suspend the unbroken pit in a glass jar and submerge the bottom third in water. Place in direct sunlight. Once the sprout grows to 6 inches in height, move to a pot with rich soil either indoors or outdoors. Avocado trees do best in warm climates (60°F to 85°F). Wait five to 13 years for fruit!

Best of Thrive Market

Don't let your inner hangry monster get you. Stuff these sweet and savory snacks in your desk drawer or bag for emergency snack attacks.

BY ALEXANDRA EMANUELLI,
PHOTOGRAPHY BY VINCENZO PISTRITTO

1. GRAIN-FREE GOODNESS

Paleonola Grain Free Granola Apple Pie is packed with a variety of nuts and seeds including almonds, pecans, pumpkin and sunflower seeds and lightly sweetened with honey. Ideal for a supercharged breakfast or a fueling handful on-the-go. **\$9**

2. PUFF DADDY

Boasting cassava and pea flour for a gluten-free protein punch, Jackson's Honest Grain Free Puffs Crunchy Sweet Potato is a light bite. **\$4**

3. MIGHTY MEAT

Air dried for 14 days using a traditional South African technique, Spicy Biltong Beef Snack has satisfying chew and a kick from cayenne and chile powder. **\$8**

4. 'SHROOM BLOOM

A natural source of protein, Pan's Mushroom Jerky Zesty Thai is an ideal vegetarian nibble, made from dried and seasoned shiitakes coated in a blend of spices including coriander, cayenne and paprika. **\$9**

5. SWEET SWAP

Each morsel of Hu Cashew Butter + Raspberry Jelly Dark Chocolate has a delightfully runny center with the nut butter and jelly melding into one for a sweet update on a classic. **\$7**



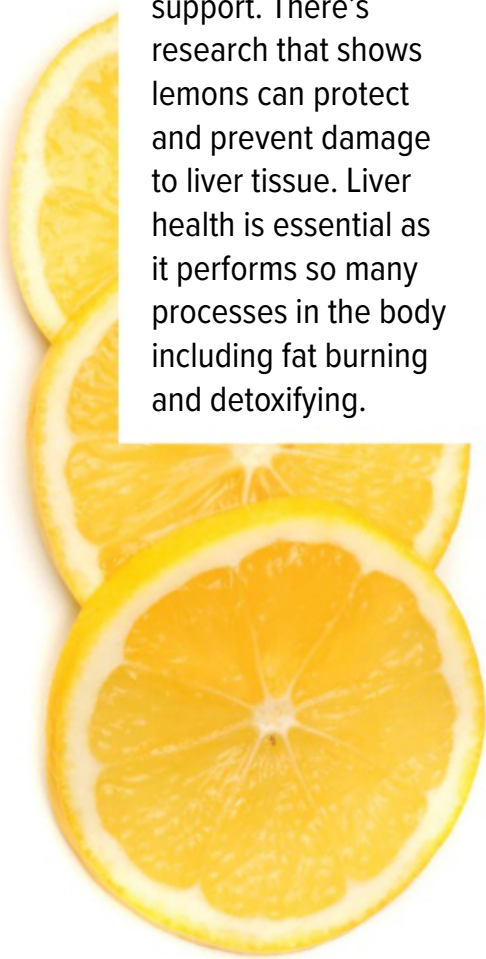
1. Meditate.

Put your phone in airplane mode before you go to bed. In the morning, this forces you to pause and feel your body before you do anything mental, like check your emails. I have a two-year-old son and I meditate before he gets up. I am lucky that I live near the beach, so my meditation is a walk on the sand before I begin writing and creating. It grounds me, energizes me and connects me with nature, after which I feel the most creative.



2. Drink hot water with lemon.

This provides hydration, vitamin C and liver support. There's research that shows lemons can protect and prevent damage to liver tissue. Liver health is essential as it performs so many processes in the body including fat burning and detoxifying.



5 Things I Do in a Day to Stay Grounded

Kimberly Snyder is the founder of Solluna, a wellness brand, as well as a multi *New York Times* best-selling author and certified nutritionist. Snyder shares her top daily habits for keeping calm and composed, including a surprising supp that she swears by.

3. Take two soil-based (SBO) probiotics. While our ancestors used to eat some of the dirt every time they pulled a carrot out of the ground, we don't. That soil contained strains of healthy microbes and nutrients that we have since killed through modern conventional farming. After a decade of researching probiotics, my wellness brand, Solluna, developed a formula that replicates what would have been found in nature and contains a pre-, pro- and a postbiotic to ensure colonization. These probiotics support mood, energy and skin and help the absorption of nutrients.



5. Brew a sleep elixir one hour before bed.

I use a base of unsweetened almond or hemp milk, both of which have a good amount of tryptophan, an amino acid that helps make you sleepy. I like to add ginger, turmeric and cinnamon, which are all good for metabolism. I make this drink hot, which forces me to slow down and sip instead of rushing. I like to treat that hour before bed as a sacred practice by getting off the computer, doing another meditation or doing another grounding practice to prepare for sleep.



4. Make a fiber-rich breakfast.

My recipe for a glowing green smoothie contains dark leafy greens, whole fruits and water, so it's filling but not heavy. This smoothie keeps blood sugars normal and provides tons of antioxidants and phytonutrients. Get the recipe at [cleaneating.com/GGS](https://www.cleaneating.com/GGS).

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How Sweet It Isn't

For a self-proclaimed sweets junkie, would our contributing editor's moratorium on sugar spark a new, healthier way of living – or send her running back to the refinery faster than you can say “glucose-fructose”?

BY RACHEL DEBLING, ILLUSTRATION BY JENSINE ECKWALL



“You know there’s sugar in alcohol.” My boyfriend’s non-question, delivered without prompt over an early-afternoon diner “breakfast,” dripped with irony as thick as the Nutella pouring over the edges of our massive shared pancake.

In his attempt to lighten the mood leading up to my self-sanctioned sugar fast, he had inadvertently shed light on the hypocrisy of this endeavor. From the outside, I come across as a fairly healthy person – I write for fitness and health publications and teach exercise classes at my local gym, for instance. But those who know me best also know the only thing I love more than wine is candy (unless wine happens to be closer to my reach). Having recently adopted a comfortable “que sera sera” attitude toward my body and how I treat it – a great place to be, mentally – I had to admit it had been years since I last tried to curtail the amount of sugar in my life. Since then, I had filled my days with pliable gummies, generous glasses of Merlot and coffees as sweet (and sometimes as expensive) as dessert.

I knew an excess of sugar in the diet can lead to weight gain, high blood sugar and even heart disease. I knew that it is estimated the average American eats over 150 pounds of sugar each year, with around 60 of those pounds coming from added sugars. I was even aware of the short-term effects of too much sugar, namely stomach aches and regret, because I felt

them almost every day. And the by-products of such excess are not just internal: Some dermatologists warn too much dietary sugar can speed up the aging of your skin, and research has shown that foods high on the glycemic index, like refined sugar, can spur acne in some sufferers – two things my late-thirties skin did not need but experienced nonetheless.

With all these things in mind, I finished my last sugar-laden meal and fastened in for what at the time I believed was going to be one of the most insurmountable challenges I had faced in recent memory: 15 long days without the white stuff.

Give yourself a break

Let's get one thing straight: I wasn't planning on removing all sources of sugar from my plate. I, as do many reputable nutritionists and doctors who can claim a much higher level of expertise on the subject, recognize the value of foods rich in natural sugars, fruit being a prime example.

My parameters for this sugar fast were as follows:

- No packaged foods with added sugars
- No adding honey, maple syrup or any other sweeteners to recipes or meals
- No artificial sweeteners
- No alcohol

As an active spin instructor, and since weight loss wasn't one of my goals for this experiment, I didn't want to go too hard on the low-carb angle, so I instead decided to keep the focus on whole-food sources with less-processed swaps of some staples, like Ezekiel bread for standard English muffins. In the very least, I rationalized, my palate would be opened up again to the wonders of natural sugars – and perhaps my love affair with ketchup would run its due course.

Expect the unexpected

I've weaned myself off sugar before, but I've never quit with a hard stop like this, so when diving into these unfamiliar waters, I wanted to know what I was getting myself into. I reached out to Diane Sanfilippo, the author of *The 21-Day Sugar Detox* (Victory Belt Publishing, 2013) and *Keto Quick Start* (Victory Belt Publishing, 2019), to ask what I could expect over the coming weeks. I had read that sugar withdrawal is a real condition, with side effects ranging from migraines to muscle pain and fatigue, all the way down to nausea and diarrhea. Truthfully, I was mildly anxious as to what symptoms my body would display over the first few days; I pictured myself sweaty and thrashing about at the dinner table like a mid-exorcism Linda Blair.

THE FIX: It turns out no-sugar hangovers are a real thing. “Yes, it's true that sometimes you can feel worse before you feel better when you cut sugar,” Sanfilippo admitted. “This typically kicks in around days three through seven and subsides for most people by day 10.”

Though she noted fatigue, thirst and an enhanced appetite can occur during the initial stages of a sugar fast, I was pleasantly surprised to find that nothing of the sort transpired – perhaps some differences in my restroom performance and frequency, but I chalked that up to the copious amounts of fiber-rich fruit I was reaching for in lieu of the candy bowl.

In fact, the short-term benefits that Sanfilippo mentioned were what I felt most acutely: My sleep was deeper and more restful, I found myself reaching for snacks less frequently and my boyfriend even quipped that I seemed happier, a comment I decided to take as the compliment I suspect it was intended to be. With the first few days behind me, I pressed on.

Get a move on meal timing

Sporadically timed meals were my forte up until this challenge. Some days I would have breakfast and a large dinner, on others I would consume nothing but coffee until 2 in the afternoon, and sometimes I would graze constantly throughout the day.



Top to bottom: Debling's homemade pizza crust; noshing on spaghetti squash with a no-sugar pasta sauce.

Sneaky sugar

Sugar by any other name tastes just as sweet. “A few key things to look out for [on ingredients lists] are words ending in -ose or -in, as in dextrose and maltodextrin,” cautioned Sanfilippo. Here are some of the more-common aliases the white stuff goes by.

Coconut sugar or coconut nectar

Cane sugar or cane juice

Agave nectar

Corn, glucose, date or malt syrup

Molasses

Fruit juice concentrate

Turbinado

THE FIX: With my body trying to adjust to an altered palate, I figured my best plan of attack would be to even out the spread of my daily food intake to improve satiety – and Sanfilippo agreed. “I highly recommend starting your day with a protein-rich breakfast, preferably one that also includes healthy fats,” she suggested, since eating more protein and fats early in the day can help regulate blood sugar and prevent cravings for sweets in the afternoon and evening. Hard-boiled eggs and peanut butter, oats and unsweetened protein-powder bars with a black coffee – which surprisingly took only one day for me to get used to – opened most of my days on this journey.

Prep, prep & more prep

I planned for my first day of the fast to land on what many would consider one of the worst: Easter Sunday, during which time I would face two large meals and copious amounts of chocolate, cakes and candies at every turn. My rationale was that if I could survive an onslaught of this magnitude, I could survive anything.

THE FIX: The day before the launch of the experiment, I used my beloved Instant Pot, already well-put through its paces since I received it at Christmas, to whip up some hard-boiled eggs. I also created a batch of *Clean Eating's* No-Pressure Butter Chicken and an easy, sugar-free salsa chicken dish – enough to get me through a week's worth of work lunches. For snacks, I kept dried seaweed on hand and some dried-fruit-and-nut mixes to nosh on. All these steps encouraged me to keep on track, day in and day out.

Find substitutes for your faves

Packaged pizzas and most bottled sauces were strictly forbidden on this fast – even the frozen cauliflower crusts sold at my local natural-food store listed sugar as an ingredient! I discovered other surprising hiding places for sweeteners too: dill kale chips, flavored canned tuna, premade pie crusts and every single veggie dog I could find all had sugar listed on the package.

THE FIX: Luckily, I found a no-sugar-added canned pizza sauce and took it as the perfect opportunity to tackle something I had wanted to try for some time: whipping up a low-carb crust from scratch. A package of frozen riced cauliflower, a half-cup of Parmesan cheese, one egg and some spices later (plus 35 minutes at 450 degrees) and I had the perfect base for a satisfying, no-sugar dinner – even my veggie-hating significant other caved to the crust's awesome, cheesy power.

After 15 days of staying the course, I marked the finish line of my no-sugar experiment simply, selecting a salad with a sweet dressing and a glass of red, which, much to my surprise, took me a few tries to finish. Stripping my diet of added sugars taught me many things. One, that with enough planning, I can stick to anything I put my mind to, and two, that even the most healthy among us can improve. The most important takeaway for me, however, was that I can enjoy life just as much, if not more so, if I am conscientious about what I am putting into my body – and that when I do decide to pour myself a glass of vino, I should (and can) savor it as it is meant to be.

TOOLS OF THE TRADE

These items made it that much easier to withstand the ever-present allure of added sugars.

LACROIX SPARKLING WATERS

I used to think sparkling, no-sugar, vaguely French drinks were for celebrities in Getty Images; little did I know that well-hydrated gal-on-the-go would one day be me. (And I love it!)



INSTANT POT

Did you know you can make perfect hard-boiled eggs painlessly in this multipurpose wonder? Well, now you know.



SUNNY FRUIT ORGANIC FIGS

Sadly, I only discovered these 120-calorie packs of dried figs on day 11 of the challenge – they could have saved me from a lot of unsatisfied sweets cravings.



FITBIT

Tracking my steps kept me motivated – every time I'd feel a hankering for the sweet stuff, I'd take a walk to go get some tea. ☕



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Your Questions Answered

Ketotarian and the OMAD diet are two terms with a ton of buzz, but what do they mean?

BY JONNY BOWDEN

Q: What is the OMAD (one meal a day) diet? Isn't this the exact opposite of everything we were taught about eating healthily?

The one-meal-a-day plan is an extreme version of intermittent fasting, used to improve overall health (like control levels of blood glucose and lower levels of diseases in studies with mice) or for weight loss. You fast for 23 hours and eat all your calories in the remaining hour. It's pretty crazy, but not quite as crazy as you might think if you grew up (as I did) on the advice, "must eat every two hours."

In the 80s and 90s, we told people to graze constantly throughout the day "to keep your blood sugar up." But that was because most of our overweight clients had sugar-burning metabolisms (though we didn't call it that back then). Sugar was their body's preferred fuel.



They weren't good at burning fat, which is why they couldn't lose weight. That's why the goal these days is to become fat (or keto) adapted.

When you have a flexible (aka a fat-adapted or fat-burning) metabolism, you don't need a constant influx of calories and sugar. You can access your body fat for energy just fine. You're not nearly as hungry because your blood sugar isn't always up and down. And you can definitely go longer between meals.

Which brings us to intermittent fasting (IF), or the practice of deliberately not eating for periods ranging from 16 to 18 hours or so. There are a lot of reasons to try IF, reasons covered in depth in this magazine on numerous occasions.

But does decreasing the eating window to a very extreme one hour get you where you want to go any faster? That's anybody's guess since it's never really been tested.

I wouldn't recommend it because there are just too many possibilities of it going south. You'd have to be pretty in tune nutritionally to make sure that one meal was nutrient dense enough for your needs. If you had a thyroid disorder, hypoglycemia or any other condition influenced by diet, it could be a problem. My guess is that you do not have to go to the extreme of fasting 23 hours a day to get the benefits of intermittent fasting. It may even be counterproductive.

Q: What's "ketotarian"?

Ketotarian is a really interesting program that allows eaters to combine either vegan, vegetarian or pescatarian diets with keto.

It's the brainchild of a functional medicine practitioner named Will Cole, who is also the co-host (with Jimmy Moore) of the popular podcast Keto Talk. Cole is a strong advocate of the ketogenic diet and speaks glowingly of the benefits he's seen using it with patients – lowering insulin resistance, reducing inflammation, and, of course, lowering body fat.

He also noticed problems with the way people were doing keto and with some of the misconceptions they had about the diet. He'd often see people eating keto avoid vegetables because of mistaken ideas about carb content. On the other hand, he'd see people avoiding the keto diet because they thought it would require them to eat lots of animal-protein products. He'd also noticed that a lot of people were

"doing keto" but with junk foods like bunless cheeseburgers, loads of bacon and more.

So Cole, who is not stridently against red meat or animal foods in general, created keto for those of his patients who wanted to access the wonderful benefits of a high-fat keto diet (including becoming fat adapted) but did not want to eat meat.

Cole himself was a strict vegan for many years. He writes that he was eating healthily but not feeling healthy. He strategically added in a few animal foods, like eggs (with the yolks!), fish and organic ghee and felt better almost immediately. Not surprisingly, the program he ultimately devised – ketotarian – is one of the most flexible plans I've ever seen.

Ketotarian allows people who, for whatever reason, prefer not to eat meat to get the benefits of a keto diet without eating junk food. It's a fair and balanced view of the keto diet and an excellent choice for those who want to combine several types of eating styles. 



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



Meet the Minis

Whether you're short on space or just a minimalist, we've got the tools for you. We tested out a range of compact culinary appliances to fit your aesthetic, without compromising on performance.

BY ANDREA GOURGY, PHOTOGRAPHY BY VINCENZO PISTRITTO

LOW

HIGH

THE FOOD PROCESSOR

Hamilton Beach Stack and Press 3 Cup Chopper

Easily prep onions and garlic in this chopper that's perfect for smaller jobs that aren't worth hauling out your large processor for. Unlike other models that have a twist-on lid, this one simply slides over top without fuss. **\$20, hamiltonbeach.com**



KitchenAid 3.5 Cup Food Chopper

With settings to both chop and pulse, this model has a few more bells and whistles, including a basin in the lid to drizzle in liquids – hello pestos! It's available in an array of colors, but we're obsessed with this bright yellow one. **\$50, kitchenaid.com**

THE COFFEE MAKER

Open Kitchen by Williams Sonoma K-Cup Coffee Maker

With an ultra-small footprint, this single-serve machine brews your cup of joe in less than a minute. It works with K-Cup pods or ground coffee – we prefer the latter as it's more eco-friendly. **\$80, williams-sonoma.com**



Breville The Bambino Plus

Although it's one of the smallest espresso makers we could find, this model has a large water tank – 64 ounces – so it can brew several cups before refilling. The steam wand heats and froths your milk for the ultimate cappuccino. **\$500, breville.com**

THE SKILLET

GreenPan 5" Mini Round Egg Pan

Make perfectly shaped fried eggs and omelettes in this ceramic-coated, nonstick pan. It's free of PFOA, used in the production of Teflon pans, which can have damaging environmental effects. **\$13, greenpan.us**



Staub Cast Iron 4.75" Mini Frying Pan

It doesn't get any cuter than this mini frying pan! With all the benefits of cast iron – it's durable, oven-safe and builds up nonstick abilities over time – this pan is pre-seasoned so you can avoid the extra step. **\$93, zwilling.com**

THE WAFFLE MAKER

Cuisinart Vertical Waffle Maker

This waffle maker makes a regular-sized Belgian waffle, but its space-saving abilities come from the fact that it stands upright. It includes a measuring cup for precise filling, and in case you're wondering, it's designed to prevent batter from seeping out the sides. **\$60, cuisinart.com**



All-Clad Waffle Maker

Although not exactly a mini, we felt this model was compact enough to save you space on your counter top, making one circular classic waffle per batch. Choose your preferred level of browning from seven adjustable settings – it beeps when ready so they're never overdone. **\$130, surlatable.com**

THE FROTHER

PRODUKT Milk-Frother

If you're tight on space, a milk-frothing machine is out of the question – but a handheld frother does the job and fits neatly in your drawer. This model froths a serving of milk in under 20 seconds, and you can pick it up for less than the price of a cup of coffee. **\$3, ikea.com**



Aerolatte Handheld Milk Frother

Unleash your inner barista with this powerful frother that whips up extra-foamy milk. Unlike larger appliances, handheld frothers run on batteries, so ensure you have an extra set on hand for when they run out. **\$20, williams-sonoma.com**

Did You Know?

These 3 simple tips can have a major effect on your brain health.

EAT TURMERIC

Indian or Chinese takeout tonight? Go for the former, or better yet, make it yourself. Curcumin, an active component of turmeric (a pungent herb used in curry), has been shown to reduce inflammation in nerve cells, leading scientists to suggest in the *Annals of Indian Academy of Neurology* that it may lead to “a promising treatment for Alzheimer’s disease.” Another study, in *Stem Cell Research & Therapy*, shows that turmeric can support regeneration in neurologic disorders. **TRY THIS:** Toss air-popped popcorn with curry powder, and add the spice to soups, stews and even scrambled eggs.

DRINK TEA

Your daily cup of tea does more than provide a caffeine boost. Results from a long-term study with over 950 subjects showed that regular tea consumption could lower the risk of cognitive decline by 50%, and subjects genetically at risk for Alzheimer’s disease may have up to an 86% reduced risk. According to the lead researcher, bioactive compounds found in tea leaves such as catechins and L-theanine are what give tea its cognitive-boosting benefits. These compounds have anti-inflammatory and antioxidant properties that may help protect the brain.

FOCUS ON GUT HEALTH

The gut-brain relationship is receiving a lot of attention these days. Your intestines are brimming with bacteria, which play a role in a range of bodily functions. Maintaining healthy gut bacteria may help lower inflammation and limit the activity of free radicals, reactive molecules that can damage cells. Both inflammation and cellular decay are thought to be factors in brain dysfunction. By eating to promote a healthy gut, you can protect your brain from degeneration. So, what does gut-friendly, brain-beneficial eating look like? Let us show you in our new online course.



Check out this recipe from Trudy's upcoming course!

Brain-Boosting Falafel Bowl

with Lemon Tahini Dressing

Q V GF

SERVES 4 TO 6. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 45 MINUTES.

*PLUS SOAKING TIME.

FALAFEL

- 4 cloves** garlic
- 1 small** red onion, cut into chunks
- 1½ cups** dried chickpeas, soaked overnight in the refrigerator, drained
- ½ cup** each fresh flat-leaf parsley and cilantro
- 3 tbsp** olive oil
- ½ tsp** each ground cumin and Za'atar (**TIP:** If you can't find this Middle Eastern spice mix, you can use ¼ tsp each dried thyme and oregano.)
- ¼ tsp** each ground coriander and ground cayenne pepper
- 1½ tsp** sea salt
- 6 cups** romaine lettuce or salad greens
- ¼ head** red cabbage, thinly sliced
- 1** cucumber, thinly sliced
- 1 pint** cherry tomatoes, halved

DRESSING

- ½ cup** tahini
- ½ cup** fresh lemon juice
- 1 tbsp** olive oil
- sea salt, to taste

- 1.** Preheat oven to 375°F and line a baking sheet with parchment paper.
- 2.** Prepare falafel: Place garlic in a food processor and pulse to chop. Add onion and pulse to chop. Add soaked chickpeas, parsley, cilantro, oil, cumin, Za'atar, coriander, cayenne and salt. Process until smooth, stopping to scrape down sides of bowl as needed.
- 3.** Take 2 to 3 tbsp of mixture, roll it into a ball and then pat it flat; place on prepared baking sheet. Repeat with remaining mixture. Bake for about 25 minutes, flipping halfway through, until golden.



Meet Trudy Stone, brain-health expert, certified culinary nutritionist and Clean Eating Academy's **Feed a Healthy Brain** instructor. In her new 6-week online course, she'll teach you everything there is to know about cooking for and nourishing a sharp, resilient brain.

4. Meanwhile, make dressing: In a small bowl, combine tahini, lemon juice, oil and ¼ cup water, or as needed, adding water a bit at a time to get desired consistency. Season with salt.

5. To a large bowl or platter, add lettuce. Top with falafel patties, cabbage, cucumber and tomatoes. Drizzle dressing over top or serve alongside.

Sign up to learn more about this popular new course at cleaneating.com/healthybrain

Clean Eating **ACADEMY**





How to Choose a *Water-Friendly Diet*

Freshwater is the bloodstream of the planet, and agriculture is the world's thirstiest consumer. Here's why water conservation matters now more than ever and how to build a water-friendly routine on your journey to a healthier you.

BY KATE GEAGAN

Drinking plenty of water is perhaps the first fundamental you learn about when deciding to pursue a healthier lifestyle. Pretty much every eating plan urges you to replenish with plenty of it (up to 60% of your body is water) so that you can optimize your biology and make weight loss easier. As a dietitian, I, too, have been doling out this advice for decades.

But if water is an essential molecule for your body, think of freshwater as the bloodstream of the food system: Globally, 70% of all freshwater withdrawn is used for agriculture. And our Western eating style soaks up more water than any other – putting particularly high pressure on this resource.

If you grew up like I did with unlimited access to water, this can feel like a faraway topic. However, it turns out your water footprint extends far beyond your city or even the country you live in. Even though you may be using only a few liters each day, far more than that lies hidden in your food and beverages. A 2018 study by the European Commission found that 3,000 liters of water is required to produce one day's worth of food for a single British citizen.

Why does the size of your water footprint matter? Water scarcity already affects every continent, according to the World Health Organization, and by 2025, half of the world's population will be living in water-stressed areas. Reducing your impact now is key.

PLANT PHOTO BY RACHENART/SHUTTERSTOCK.COM

Are You Choosing the Thirstiest Foods?

I've seen how amazing it can feel for a person when they finally discover an eating style that works for them. But if you've pushed out beans, vegetables, fruits and whole grains in the name of following a certain eating plan, odds are your diet is even thirstier and uses more water as a result.

One way to instantly shrink your water footprint is simple: Eat less meat and more plants. A lot more, in fact.

While water footprint is complex, the primary reason for such a wide gap between certain foodstuffs is that, calorie for calorie, animal products (in particular, beef and dairy) contain water “embedded” in the crops that must be grown to feed the animals, whereas vegetables, legumes and fruits do not. For example, the average water footprint to produce 1 kilogram of beef is 15,400 liters, while the equivalent quantity of peanuts requires less than 4,000 liters – a 75% decrease. This difference goes a long way in explaining the European Commission study findings that switching to a vegetarian diet could drop Brits' water footprint in half. Pescatarian diets achieve similar benefits, decreasing eaters' water footprint by 33 to 55%.

The recently released 2019 EAT-Lancet report created a guideline for choosing foods that would nourish people within the earth's resources, that, while somewhat controversial, prescribes doubling the amount of beans and nuts we consume and cutting back on red meat and sugar by 50%. While this might not be realistic for all, it's an indication of the direction we should be heading in – to make a concerted effort to eat more plants and less sugar and meat.

It can be overwhelming to think about the big picture, but beyond being mindful about what's on your plate, here are simple, actionable steps you can take right now that make a big difference.

How to use less water:

5 no-fuss ideas to make more water-friendly habits.

1. Compost food scraps. A shocking 40% of all the food we produce is currently tossed. Try not to waste food in the first place, but if you must, throw rotten items, peels or other bits in the compost when possible. This returns the water that's “embedded” in food scraps back into nature's water cycle (as the microorganisms in the compost break down the food organically).



2. Look for the WaterSense Label.

This third-party, independently verified seal must meet the EPA's specifications for water efficiency and performance. It can help you select the most water-friendly faucets, showers, sprinklers and toilets. For more details, check out epa.gov/watersense/watersense-label.

3. BYOB when it comes to beverages. Plastic bottles and their packaging are water guzzlers. The amount of water going into making the bottle, according to the Water Footprint Network, can be up to six to seven times what's inside.



4. Do a “packaging” audit.

Unpackaged is best, of course, but that's not always realistic. From plastics to cardboard, and even packaging made from recycled materials, water is always embedded in the product. Buy in bulk and simplify where you can (for example, green your cleaning supplies by relying on vinegar, baking soda and lemon juice instead of a bevy of cleaning solutions). When you do need packaging, refillable glass is best, according to a 2016 EPA study. Look for refill stations at your favorite stores.

5. Embrace native plants.

Talk with your local garden center or Slow Food chapter to identify which native plants are best suited for your environment. Set timers to water early morning to minimize evaporation and comply with local watering restrictions. 

Kate Geagan, MS, RD, is an award-winning dietitian and internationally recognized leader in sustainable eating and nutrition. She is the author of *Go Green, Get Lean: Trim Your Waistline with the Ultimate Low Carbon Footprint Diet*, and she's regularly appeared on *The Dr. Oz Show* and Katie Couric's show *Katie*.





SUMMER *Express*

Maximize warm-weather chill time with dinners that are on the table in 15, 20 or 30 minutes flat.

RECIPES BY **BETH LIPTON**,
PHOTOGRAPHY BY **SUECH & BECK**

FOOD STYLING BY MICHAEL ELLIOT, PROP STYLING BY THE PROPS

**GRILLED
LAMB CHOPS**

with Minted
Tzatziki & Grilled
Greek Salad
(SEE RECIPE, P. 48)



ROASTED SALMON TERIYAKI

with Broccoli

P Q GF

SERVES 4. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 30 MINUTES.

No need for a bottled sauce – here, you can make a quick, zesty teriyaki using orange juice, ginger and a few pantry staples. The recipe makes enough to coat the fish before roasting with plenty left over for drizzling and dipping at the table. (Tasty tip: Try it on the broccoli!)

- 1 large** head broccoli (about 1¼ lb), cut into small florets, stems peeled and sliced
 - 2** green onions, sliced, white/light green and dark green parts divided
 - 3 tbsp** avocado oil, divided
 - ½ tsp** sea salt, divided
 - ½ tsp** ground black pepper, divided
 - 2 cloves** garlic, minced
 - 2 tsp** minced fresh ginger
 - ⅓ cup** coconut aminos
 - 1 tbsp** fresh orange juice
 - 1½ tsp** raw honey
 - ½ tsp** arrowroot (**TRY:** Bob's Red Mill Arrowroot Starch)
 - 4 4-oz** skin-on wild salmon fillets, patted dry
- 1.** Preheat oven to 400°F; place 2 baking sheets in oven as it heats. Meanwhile, in a large bowl, toss together broccoli florets and stems, white and light green parts of onions, 1 tbsp oil, ¼ tsp salt and ⅛ tsp pepper. Remove one of the hot pans from oven and spread broccoli mixture on top. Return to oven and roast, stirring once, for 10 minutes.
- 2.** Meanwhile, in a small, unheated skillet, combine 1 tbsp oil, garlic and ginger; warm on medium-low. When mixture begins to sizzle, cook for 30 seconds, then immediately whisk in coconut aminos, orange juice and honey. Whisk arrowroot with 2 tsp water until smooth; whisk into sauce. Bring to a boil, reduce heat to low and cook, whisking, until thickened, about 1 minute. Season with ⅛ tsp pepper. Transfer to 2 small bowls.
- 3.** Rub salmon with remaining 1 tbsp oil; sprinkle with remaining ¼ tsp each salt and pepper. Remove unused hot pan from oven. Place salmon, skin side down, on pan; brush tops of fillets with sauce from one of the bowls, discarding remaining sauce from that bowl. Roast until salmon flakes easily with a fork and broccoli is tender and lightly browned, 10 to 12 minutes. Divide broccoli mixture among 4 plates; arrange salmon over top and sprinkle with reserved dark green parts of onions. Serve with remaining sauce on the side.
- PER SERVING** (¼ of recipe): Calories: 277, Total Fat: 14 g, Sat. Fat: 2 g, Monounsaturated Fat: 8 g, Polyunsaturated Fat: 3 g, Carbs: 12 g, Fiber: 3 g, Sugars: 7 g, Protein: 25 g, Sodium: 596 mg, Cholesterol: 53 mg

Alyssa Wodabek And Chris Sue-Chu PHOTOGRAPHERS, TORONTO, CANADA

This dynamic duo were awarded the grand prize at the PDN Taste Photography Awards in 2018 and several Graphis awards in 2019. Their work can be found in Bon Appetit Magazine, SHARP Magazine, The Globe and Mail and on the CBC's Great Canadian Baking Show.



**CRUCIFEROUS CRUSADER:**

Consuming sulfur-rich veggies like broccoli helps the body produce glutathione, a powerful antioxidant that can help reduce inflammation and protect against oxidative damage in the body. It's particularly important for those with autoimmune disorders, who are shown to have a reduced glutathione status.





SCALLOPS

with Cilantro Lime Butter

(SEE RECIPE, P. 45)



HERBACEOUS HIT:

Whether you love it or loathe it, cilantro is packed with both antimicrobial and antibacterial properties. One study found that compounds in the herb were able to kill pathogens such as *Salmonella*, the cause of many food-borne illnesses.



CHORIZO TACOS

with Creamy Slaw

Q GF

SERVES 4.

HANDS-ON TIME: **15 MINUTES.**

TOTAL TIME: **15 MINUTES.**

If you can make the slaw up to a day ahead, do it – it tastes even better when it's had time to relax and the flavors have blended. Simply cover and refrigerate until serving time. Get creative and add additional toppings like sliced radishes, diced avocado or sour cream.

- 8 6-inch** corn tortillas
- 1 tbsp** avocado oil
- ¾ lb** fresh chorizo, casings removed
- 2 cups** coleslaw mix
- 1 large** jalapeño chile pepper, stemmed, seeded and minced
- ¼ cup** chopped fresh cilantro
- 3 tbsp** avocado oil mayonnaise
- 1 tsp** lime zest + 2 tbsp fresh lime juice
- ½ tsp** ground celery seed
- ¼ tsp** sea salt
- ⅛ tsp** ground black pepper

1. Preheat oven to 200°F. Wrap tortillas in foil; place in oven to warm. Meanwhile, in a large skillet on medium, heat oil. Add chorizo and cook, breaking up with a spoon, until no longer pink and starting to crisp, 10 to 11 minutes.

2. Meanwhile, in a medium bowl, combine coleslaw mix, jalapeño, cilantro, mayonnaise, lime zest and juice, celery seed, salt and pepper.

3. Transfer tortillas to a plate; cover with a clean towel. Transfer chorizo to a bowl. Serve tortillas, chorizo and slaw family-style and let everyone build their own tacos.

PER SERVING (2 tacos): Calories: 456, Total Fat: 33 g, Sat. Fat: 9 g, Monounsaturated Fat: 18 g, Polyunsaturated Fat: 4 g, Carbs: 25 g, Fiber: 7 g, Sugars: 4 g, Protein: 14 g, Sodium: 841 mg, Cholesterol: 90 mg

SCALLOPS

with Cilantro Lime Butter

Q GF

SERVES 4.

HANDS-ON TIME: **15 MINUTES.**

TOTAL TIME: **15 MINUTES.**

To keep this dinner lightning-fast, serve it with a quickly sautéed veg like green beans or spinach. Simply cook in the same skillet in any remaining butter.

- 1½ lb** sea scallops, muscles removed (see tip, right)
- 1 tsp** sea salt, divided
- ½ tsp** ground black pepper, divided
- 5 tbsp** organic unsalted butter, softened, divided
- 1 tbsp** avocado oil
- 2 tbsp** finely chopped fresh cilantro
- ¼ tsp** grated lime zest + 2 tsp fresh lime juice
- 1 clove** garlic, minced

1. Using a paper towel, pat scallops completely dry. Sprinkle with ¾ tsp salt and ¼ tsp pepper. Heat a large skillet on medium-high; melt 1 tbsp butter with oil, swirling to coat. Working in batches if necessary, add scallops to pan and cook, undisturbed, until bottoms are golden and crusty, 1½ to 2 minutes.

Flip and cook just until bottoms are golden and crusty, 1½ to 2 minutes more. Transfer to a plate; cover to keep warm.

2. Meanwhile, in a small bowl, mash together remaining 4 tbsp butter, cilantro, lime zest and lime juice. Season with remaining ¼ tsp each salt and pepper.

3. Reduce heat to medium-low. Add garlic to pan; cook, stirring, for 30 seconds. Add cilantro-lime butter, stirring to melt butter and incorporate garlic. Divide scallops among 4 plates; spoon butter mixture over top.

TIP: Scallops have a tough muscle that holds them in their shells. To remove it, use your fingers and simply pull off the small tab of flesh running vertically down the edge.

PER SERVING (¼ of recipe): Calories: 278, Total Fat: 19 g, Sat. Fat: 10 g, Monounsaturated Fat: 7 g, Polyunsaturated Fat: 1 g, Carbs: 6 g, Fiber: 0 g, Sugars: 0 g, Protein: 21 g, Sodium: 756 mg, Cholesterol: 79 mg





EGGPLANT PIZZAS

Q V GF

SERVES **4**.

HANDS-ON TIME: **20 MINUTES**.

TOTAL TIME: **20 MINUTES**.

No grains in this easy, pleasing pizza! You can use whatever color olives you like best or change up the toppings for other favorites. Serve with a green salad or sautéed greens for a well-rounded meal.

- 2** eggplants (each about 1 lb), cut into ¼-inch-thick slices, divided
- ¼ tsp** each sea salt and ground black pepper, divided
- 1 cup** all-natural marinara sauce, divided
- 1 tsp** dried oregano, divided
- 1½ cups** shredded mozzarella cheese (about 6 oz), divided
- 1 6-oz** jar marinated artichoke hearts, drained and finely chopped, divided
- ½ cup** chopped drained jarred roasted red peppers (pat peppers dry before chopping), divided
- ½ cup** finely chopped olives, divided

1. Preheat broiler to high. Mist 2 large baking sheets with cooking spray and arrange half of the eggplant slices on each, without touching. Mist tops of slices with more cooking spray; sprinkle with salt and pepper. Set 1 pan aside. Place remaining pan under broiler and broil, turning once halfway through, until eggplant is golden, about 3 minutes per side. (**TIP:** Watch carefully and rotate pan if some slices are browning too quickly.)

2. Spoon half of the sauce over eggplant slices; sprinkle with half of oregano. Top (in order) with half each of the cheese, artichokes, roasted red peppers and olives. Return pan to oven and broil, rotating baking sheet halfway through, until cheese is melted, about 2 minutes. Move pan to bottom rack of oven to keep warm.

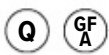
3. Repeat with remaining eggplant slices, sauce, oregano, cheese, artichokes, peppers and olives.

PER SERVING (¼ of recipe): Calories: 292, Total Fat: 17 g, Sat. Fat: 6 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 1 g, Carbs: 25 g, Fiber: 9 g, Sugars: 10 g, Protein: 14 g, Sodium: 858 mg, Cholesterol: 33 mg



MISO GINGER CHICKEN

with Bok Choy Stir-Fry



SERVES 4. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 20 MINUTES.

Using frozen riced cauliflower helps shorten prep time so this nutritious bowl is on the table quickly. If baby bok choy isn't readily available, chop up about 7 cups of regular bok choy. Garnish with sliced red chiles for color and heat.

- 6 cups frozen riced cauliflower (1½ lb) (see tip, below)
- 4½ tbsp avocado oil, divided
- ¾ tsp sea salt, divided
- ¼ tsp + pinch ground black pepper
- 2 tbsp coconut aminos
- 1 tbsp toasted sesame oil
- 2 tsp arrowroot, divided
- 1 tsp white miso paste
- 1 lb boneless, skinless chicken tenders, cut into 1-inch pieces
- 6 heads baby bok choy (about 1¾ lb), trimmed and chopped

- 1 tbsp peeled and minced fresh ginger
- 2 cloves garlic, minced

1. Preheat oven to 400°F. In a large bowl, toss together riced cauliflower, 1½ tbsp avocado oil, ½ tsp salt and ¼ tsp pepper. Spread on 2 large baking sheets and bake, rotating and switching pans and stirring halfway through, until tender, 10 to 12 minutes.
2. Meanwhile, in a small bowl, whisk together coconut aminos, sesame oil, ½ tsp arrowroot and miso. Set aside.

3. In a large skillet on medium-high, heat remaining 3 tbsp avocado oil. In another small bowl, toss chicken with remaining 1½ tsp arrowroot, ¼ tsp salt and pinch pepper. Add chicken to skillet and cook, turning occasionally, until starting to turn golden, 4 to 5 minutes.

4. Stir in bok choy; cook, tossing, until bok choy stem pieces are tender-crisp, 3 to 4 minutes. Add ginger and garlic; cook, tossing, until bok choy has released all of its liquid, chicken is no longer pink inside and mixture is fragrant, 1 to 2 minutes. Pour in miso mixture, reduce heat to medium-low and cook, stirring, until sauce is thickened and chicken is coated, about 1 minute. Divide riced cauliflower among shallow bowls. Top with stir-fry.

PER SERVING (¼ of recipe): Calories: 403, Total Fat: 23 g, Sat. Fat: 3 g, Monounsaturated Fat: 14 g, Polyunsaturated Fat: 5 g, Carbs: 18 g, Fiber: 7 g, Sugars: 9 g, Protein: 33 g, Sodium: 708 mg, Cholesterol: 83 mg

TIP: Look for riced cauliflower in the freezer section at the grocery store – it's a convenient, quick-heating staple to keep on hand. You can also steam or sauté it until tender instead of roasting.



GRILLED LAMB CHOPS

with Minted Tzatziki & Grilled Greek Salad

Q GF

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

Giving the romaine hearts a quick turn on the grill imparts a smoky taste to this Greek salad that's incredibly appealing. The combo of tender lamb and salad is definitely entertaining-ready.

- 8 lamb rib chops
(about 2½ lb total)

¼ cup avocado oil, divided

2 cloves garlic, minced

½ small English cucumber, seeded and chopped finely, patted dry (1 cup)

1 cup plain full-fat Greek yogurt
(**TRY:** Stonyfield Organic Whole Milk Greek Yogurt)

1 tbsp chopped fresh mint

½ tsp raw honey

1 tsp each sea salt and ground black pepper, divided
- 3 romaine hearts, halved lengthwise

1 cup halved cherry tomatoes

3 tbsp chopped Kalamata olives

1. Pat lamb chops dry. Place on a plate and let come to room temperature.

2. Preheat a grill to high. Meanwhile, in a small unheated skillet, combine 1 tbsp oil and garlic; heat on medium-low. When mixture begins to sizzle, cook for 30 seconds then immediately transfer to a medium

- bowl. Let cool slightly. Fold in cucumber, yogurt, mint, honey and ¼ tsp each salt and pepper. Cover and set aside in the refrigerator.
3. Rub lamb with 1 tbsp oil; sprinkle with ½ tsp each salt and pepper. Place on preheated grill and cook until seared on bottom, 3 to 4 minutes. Flip and cook 2 to 3 minutes more, or until nicely browned and cooked to desired doneness.
4. Meanwhile, rub romaine with 1 tbsp oil; sprinkle with remaining ¼ tsp each salt and pepper. When lamb comes off grill, add romaine, cut sides down. Grill, turning often, until grill-marked and leaves loosen, about 3 minutes. Transfer to a cutting board; chop. Transfer to a bowl and toss with tomatoes and olives.
5. Divide lamb among 4 plates. Spoon some of the tzatziki onto each plate, then divide salad among plates. Drizzle salads with remaining 1 tbsp oil and serve with any remaining tzatziki on the side.

PER SERVING (¼ of recipe): Calories: 750, Total Fat: 60 g, Sat. Fat: 20 g, Monounsaturated Fat: 30 g, Polyunsaturated Fat: 5 g, Carbs: 13 g, Fiber: 3 g, Sugars: 9 g, Protein: 41 g, Sodium: 711 mg, Cholesterol: 144 mg



FAT FIGHTER:

Lamb is unique in that it is the richest source of conjugated linoleic acid (CLA), an omega-6 fatty acid found at its highest levels in grass-fed ruminant animals. It has been shown to lower the risk of heart disease and diabetes, and it may help reduce body fat.

Carlson Olive Your Heart®

- ✓ Promotes cardiovascular system health*
- ✓ Premium Greek extra virgin olive oil
- ✓ Sustainably-sourced Norwegian marine oil
- ✓ 1,480 mg of omega-3s per serving

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Look Ma, No Recipe!

Never mind the recipe, just get in the kitchen and cook! We've got proven formulas for stir-fries, pastas, sheet-pan meals, tacos, salads and bowls that will expand your culinary prowess and help you improvise more in the kitchen.

BY IVY MANNING,
PHOTOGRAPHY BY ROBERTO CARUSO





PRO TIP: Remember to read through all the directions in this section before you start cooking. Some instructions call for soaking nuts or cooking your protein before jumping in.

Recipes are great when you're trying a new ingredient, learning a fresh cooking method or discovering a type of cuisine, but there are occasions when you might want to free yourself from the page and invent your own culinary masterpiece, or at least dinner. You might be surprised to hear this from us, a recipe-based brand, but there are advantages to improvising in the kitchen – here are a few of them:

IT SAVES TIME AND MONEY. Armed with a well-stocked pantry, you can shop once a week and skip multiple trips to the grocery store. When you cook without a recipe dictating ingredients, you're free to substitute a missing ingredient with something you already have. Using what you have on hand will also help you adhere to a weekly grocery budget.

YOU'LL BE EATING SEASONALLY. When you're not tied to a recipe, you can plan a meal around whatever looks tempting at the farmers' market – and your produce will taste better because it's picked when ripe.

YOU'LL GAIN CULINARY SKILLS. As you build a pantry of fresh herbs, dried spices, different oils and vinegars, you'll learn a lot about how to build flavor. Revelations like how good cumin tastes when paired with lime juice is knowledge that will stay with you for a lifetime.

IT STIMULATES CREATIVITY. When you're creating an entirely new, custom-made meal to suit your tastes and mood, cooking becomes less of a chore and more of an outlet for your creativity (and healthy cravings).

YOU'LL DO FEWER DISHES. Since you're not measuring according to a recipe, you won't use nearly as many measuring cups, spoons and containers. Cooking with a dash of this and a handful of that is less messy.

YOU'LL WASTE LESS FOOD. The average consumer wastes 219 pounds of food annually. Without adhering to a recipe, you can adjust the amount of food you make to exactly what you need, which means you won't be stuck with leftovers that may end up in the compost bin.

We're so convinced this is a key kitchen skill to learn that we've dedicated an entire section to improvising. We've broken it down into types of recipes you should know – salads, bowls, pastas, sheet-pan meals, tacos and stir-fries – with basic how-tos for each dish plus sauce ratios and an example of how to put it all together. Create your own, or use our suggested pairings, but either way, enjoy flexing your creative muscles in the kitchen.

FOOD STYLING BY ASHLEY DENTON, PROP STYLING BY THE PROPS



Customizable Creamy Bowl Dressing

BUILD YOUR OWN bowl

Serves 4.

Estimated
Time:
25 minutes.

When creating your own bowl, choose a flavor theme – Mexican or Japanese, for instance – as a place to start. Try balancing both crunchy and creamy ingredients to add textural interest. Remember to drizzle the sauce on sparingly, as you can always add more as you're eating.

- 1. Place ½ to 1 cup cooked whole grains, noodles, veggie rice or veggie noodles in each of 4 deep bowls.** Try quinoa, farro, bulgur, brown rice, buckwheat soba or shirataki noodles, rice noodles, zucchini or beet “zoodles,” or cauliflower or sweet potato rice. (See sweet potato rice how-to, below.)
- 2. Add 4 oz hot or cold cooked proteins** like shredded rotisserie chicken, grilled chicken breast, grilled steak slices, canned tuna, tofu, tempeh or beans to each bowl.
- 3. Arrange 1½ to 2 cups raw sliced, spiralized or chopped vegetables and/or fruit on top.** Try cucumber, daikon, radishes, sprouts, microgreens, baby kale or salad greens, cherry tomatoes, edamame, carrot, beets, citrus segments or pineapple chunks. Or use roasted, grilled or steamed vegetables such as eggplant, zucchini, butternut squash, asparagus, snap peas, green beans or broccoli.
- 4. Garnish with flavorful toppers that fit the theme** such as avocado, toasted nuts or seeds, nori chips, kimchi, pickled vegetables, Quickles (p. 60), fresh herbs, kale chips, baked tortilla strips, pickled ginger, wasabi peas, green onions or fried eggs.
- 5. Drizzle with Customizable Creamy Bowl Dressing.**
Or try Adaptable Homemade Salsa (p. 54) or Fresh Herb Sauce (p. 58).

TO MAKE SWEET POTATO RICE: Peel 2 sweet potatoes and cut into ¼-inch pieces. Pulse in food processor. In a nonstick pan on medium, heat 1 tbsp olive oil. Add rice and sauté for 2 minutes. Add ½ cup coconut milk, bring to a simmer, cover and set aside to steam for 3 minutes. Drain; season with salt and pepper.

Soak ¾ cup roasted cashews or macadamia nuts in ⅓ cup hot water and let sit 30 minutes. Transfer nuts and water to blender.

+

Add 1½ tbsp lemon or lime juice
+ ½ small garlic clove.

+

Flavor with 1 to 2 tbsp (total) your choice of red curry paste, soy sauce, fish sauce, green onions, ginger, cilantro, basil, miso, Parmesan cheese, nutritional yeast and/or sriracha or other hot sauce. Blend until smooth.

TIP: Make sure to cook your protein and base, and soak your cashews for the sauce before starting the recipe.



PUT IT ALL TOGETHER:

Indonesian Chicken Bowls

with Sweet Potato
Rice & Creamy
Cashew Curry Sauce



sweet potato rice



- + grilled chicken breast strips
- + sprouts/microgreens
- + steamed broccoli and sugar snap peas



+ roasted cashews + cilantro

+ Customizable Creamy Bowl Dressing

flavored with 1 tbsp Thai red curry paste + 2 tsp reduced-sodium soy sauce + 1 tsp ginger



Improvise Better: Memorize the simple ratios for the basic sauces in this section, or keep a note of them on your phone or in a cupboard for quick reference.





Adaptable Homemade Salsa

BUILD YOUR OWN tacos

Serves 4.
Estimated
Time:
30 minutes.

Improvising tacos is pretty straightforward with a few guidelines: Make sure to cut your meat and vegetables into small pieces so they're easier to stuff into tortillas. Use a heavy cast iron pan or grill pan and heat until very hot for a delicious char. Add vegetables to pan in order of density – onions before chard, for instance.

1. **Toss 1 lb protein, cut into strips, with sea salt, ground black pepper and seasonings.** Try chicken breast, pork loin, flank steak, firm white fish, firm tofu, tempeh or peeled and deveined shrimp and seasonings such as garlic or onion powder, chile powder blend (aka chili powder), taco seasoning or fajita seasoning.
2. **Heat a cast iron pan on medium-high and add a splash of oil. Add seasoned protein and sauté until cooked through. Transfer to a plate; cover.**
3. **Return pan to heat, add a splash of oil and 4 to 6 cups sliced vegetables and/or cooked beans and sauté until charred and crisp-tender.** Try bell peppers, onions, corn, zucchini, mushrooms, chard, chopped kale and beans. Return protein to pan and toss to combine.
4. **Stuff filling into tortillas and accessorize with tasty extras** such as grated cheese, crumbled feta, shredded lettuce or cabbage, cilantro, sliced jalapeños, red onion Quickles (p. 60), diced avocado or toasted pepitas.
5. **Top with Adaptable Homemade Salsa.**

To a bowl, add 1½ cups diced vegetables or fruit (tomato, corn, tomatillo, mango, peach, cucumber or melon).

+

Combine with 2 tbsp to ¼ cup finely chopped sweet, red or green onion.

+

Stir in a flavor enhancer (chopped garlic, fresh cilantro, fresh basil, chipotle or jalapeño), to taste.

+

Finish with a squeeze of citrus (lime, lemon, orange or grapefruit juice). Season with sea salt and ground black pepper.



PUT IT ALL TOGETHER:

Chile-Rubbed Flank Steak Tacos

with Chard, Bell Peppers
& Chipotle Salsa



flank steak strips + chile powder
blend (aka chili powder) + oil
+ salt and pepper



+ sweet onion + bell pepper
+ chard + corn kernels



+ corn tortillas + crumbled feta
cheese + cilantro

+ Adaptable Homemade Salsa:

tomatoes + green onion
+ 2 tsp chopped canned chipotle
chiles + lime juice



Improvise Better: Keep it tidy. Periodically go through your pantry, refrigerator and freezer to take stock and organize items so you can see them. You're not likely to use items you can't see.

Choose Your Sauce

BUILD YOUR OWN

pasta

Serves 4.
Estimated
Time:
40 minutes.

Cook pasta like a pro: Reserve ½ cup of the pasta cooking water before draining and use it as needed to thin your sauce. And remember to add your protein at the right time: Meats should be browned first, but delicate seafood added later.

1. Cook 12 oz pasta according to package instructions. Save ½ cup cooking water for thinning sauce.

2. Meanwhile, heat a splash of oil on medium-high. Add 8 oz to 1 lb protein; sauté until cooked through. Transfer to a plate. Try ground beef or turkey; bite-size pieces of chicken breast or thighs, turkey breast or pork tenderloin. (If using seafood, see below.)

3. Return pan to medium-high; add a little more oil and 2 to 3 cups fresh chopped or sliced vegetables; sauté until tender. Try leeks, bell pepper, onions, sliced mushrooms, chard, kale, fennel or asparagus.

4. Return protein to pan. If using seafood, add it here. Try shrimp, chopped clams, scallops, canned salmon or sardines.

5. To pan, add 2 to 3 cups Basic Marinara or Basic Béchamel. Add tender veg or flavor enhancers. Try peas, artichoke hearts, olives, roasted red peppers or capers. Simmer 5 to 10 minutes if using marinara, or if using béchamel, until everything is cooked through. Add reserved pasta water as needed to thin.

7. Add pasta to sauce and toss in tender leaves or fresh herbs and cheese. Try arugula, spinach, basil, parsley, tarragon or dill; and grated Parmesan, Pecorino Romano or goat cheese. Season with sea salt and ground black pepper.

Basic Béchamel

Heat 3 cups whole milk with 1 halved garlic clove and 1 bay leaf. Set aside.



Melt 2 tbsp butter in small saucepan on low. Add 3 tbsp whole-wheat pastry flour (or gluten-free: 1½ tbsp brown rice flour and 1½ tbsp potato starch) and cook for 2 minutes.



Gradually whisk in warmed milk. Cook over low heat, whisking frequently, until thickened, 8 minutes. Discard bay leaf. Season with sea salt and ground black pepper.



Add cayenne, freshly grated nutmeg and/or ½ to 1 cup grated cheese (optional).

Basic Marinara

Sauté 8 chopped garlic cloves in 3 tbsp olive oil on medium for 1 minute.



Add 2 28-oz cans San Marzano tomatoes (chopped with juices), ⅓ cup tomato paste, 1 tbsp dried oregano, ½ tsp red pepper flakes, 1 cup water and sea salt and ground black pepper. Simmer for 40 minutes.



Add ¾ cup torn basil leaves (optional).

TIP: If using the marinara sauce, make it ahead of time. It makes more than you need, but you can store it in the fridge for up to 5 days.



PUT IT ALL TOGETHER:

Spaghetti Marinara

with Kale



whole-wheat spaghetti + oil
+ chicken breast chunks
+ onions + kale

+ Basic Marinara



+ capers + basil
+ Pecorino Romano cheese

PUT IT ALL TOGETHER:

Parmesan Fusilli

with Shrimp & Peas



whole-wheat fusilli + oil + leeks
+ peeled and deveined shrimp

+ Basic Béchamel



+ canned or frozen artichoke
hearts (not marinated) + peas
+ Parmesan cheese

Improvise Better:

Commit to memory portion sizes and yields for staple ingredients. For example, 4 ounces of protein per person; 8 to 12 ounces of dry pasta feeds four people, 1 cup of dry rice makes 3 cups cooked, and so on.





Fresh Herb Sauce

In a blender, combine 1 cup tender herbs/leaves (parsley, arugula, cilantro, watercress or basil).

+

Add 2 tbsp olive oil and 2 tbsp water.

+

Add 2 tbsp citrus juice and 2 tsp zest (or 2 tsp red or or white wine vinegar).

+

Flavor with 1 to 2 tsp your choice of finely grated Parmesan cheese, garlic, dried oregano, rosemary or thyme, fresh chile pepper, red pepper flakes, or ground spices such as cumin or coriander.

+

Blend well and season with sea salt and ground black pepper, to taste.

BUILD YOUR OWN

sheet pan dinner

Serves 4.
Estimated Time:
50 minutes.

Use a sturdy 13 x 18-inch rimmed baking sheet, and preheat your pan while preheating the oven to encourage browning. Remember, don't overcrowd ingredients or the food won't cook evenly; use two pans if necessary.

1. Place a baking sheet in the oven. Preheat to 425°F.
2. Toss 1 lb boneless protein with oil, sea salt, ground black pepper and seasonings. Try chicken thighs or drumsticks (use more if using bone-in thighs or drumsticks), sausage, boneless pork chops or pork tenderloin. Try curry powder, lemon pepper, jerk seasoning, chile powder blend (aka chili powder), steak rub, harissa or Za'atar.
3. Toss 1 to 2 cups dense vegetables and/or cooked chickpeas with oil, sea salt and ground black pepper. Arrange protein and veg on baking sheet in an even layer and bake 15 to 20 minutes. Mix and match any of the following (cut into bite-size pieces, thin wedges or slices): fingerling potatoes, carrots, broccoli, onion, parsnips, sweet potatoes, Brussels sprouts, butternut squash, cauliflower or chickpeas.
4. Toss 1 to 2 cups bite-size chunks or slices of tender vegetables with oil, salt and pepper. Add them to the pan. Try bell peppers, mushrooms, green beans, zucchini, asparagus, broccolini, kale leaves or cherry tomatoes.
5. Bake until all the vegetables and protein are cooked through, 10 to 15 minutes more for boneless poultry, 20 to 25 minutes more for bone-in or larger pieces of meat. Serve drizzled with Fresh Herb Sauce.



PUT IT ALL TOGETHER:

Middle Eastern Chicken Thighs

with Crispy Chickpeas



boneless, skinless chicken thighs
+ oil + salt and pepper
+ Za'atar seasoning



+ red onion + chickpeas
+ oil + salt and pepper



+ zucchini + cherry tomatoes
+ oil + salt and pepper

+ Fresh Herb Sauce

with fresh parsley and cilantro
+ lemon zest and juice
+ 1 clove garlic
+ ½ tsp cumin
+ red pepper flakes (to taste)

Improvise Better: Keep your favorite staples on hand so you have them for impromptu meals. A pantry stocked with often-used ingredients like olive oil, fresh garlic, fresh lemons, favorite vinegars, rice, quinoa and Parmesan cheese will have you set for success.





BUILD YOUR OWN

salad

Serves 4.
Estimated
Time:
30 minutes.

Salads are a great place to unleash your creativity. Focus on in-season vegetables and fruits and mix textures and colors. For an Instagram-worthy presentation, arrange elements separately on your greens.

- 1. Start with 6 to 8 cups of greens.** Try torn lettuce, kale, arugula, watercress or baby spinach.
- 2. Add 2 to 3 cups sliced, shredded, chopped or spiralized raw veg, or chopped roasted veggies.** Try raw: shredded cabbage, spiralized carrot, sliced radish, slivered zucchini or tomato wedges. Try roasted: cauliflower, sweet potato, winter squash or beets.
- 3. Add up to 1 cup seasonal fruit (optional).** Try sliced apples, pears or peaches, berries, citrus segments or chunks of fresh pineapple.
- 4. Add 8 oz to 1 lb cooked protein** like rotisserie chicken, turkey breast, canned salmon or tuna, shrimp, chickpeas, lentils or other canned beans and baked or smoked tofu.
- 5. Add cheese, toasted nuts or seeds, and/or olives.** Try crumbled feta or goat cheese, chopped cheddar or shaved Parmesan; pumpkin or sunflower seeds, almonds, walnuts or pecan halves. Alternate slicing olives or serving whole.
- 6. Add a fun element.** Try Quickles (see below), fermented foods like kimchi or sauerkraut, baked tortilla strips, homemade croutons, popped seeds such as amaranth or sorghum or wasabi peas.
- 7. Drizzle with Classic Salad Dressing.**

Quick Pickles (aka Quickles):

Heat ¼ cup white wine vinegar, 3 tbsp water, 1 tbsp organic evaporated cane juice (aka organic sugar), 1 tsp each sea salt and pickling spice on medium until sugar and salt dissolve. Pour hot mixture over ½ to 1 cup thinly sliced vegetables (cucumbers, radish, red onion, carrot and/or bell peppers) and let stand for 30 minutes, stirring occasionally. Drain and use immediately.

Classic Salad Dressing

To a bowl, add 2 tbsp acid (such as white wine, red wine or apple cider vinegar, or citrus juice).



Whisk in ¼ cup oil (such as olive, avocado or safflower oil).



Season with sea salt and ground black pepper.



Add 1 to 3 tsp (total) of one or more of the following: honey, Dijon or grainy mustard, garlic or shallots, fresh ginger, miso, dark sesame oil, fresh herbs or sriracha or other hot sauce.



Add ½ tsp spice of choice such as ground cumin, chile powder, paprika or coriander (optional).



PUT IT ALL TOGETHER:

French Chop Saladwith Salmon &
Sweet 'n' Spicy Dressing

torn butter lettuce and arugula
+ halved cherry tomatoes
+ blanched green beans
+ grated raw beets and carrots
+ radish + red onion



+ cooked wild salmon
+ canned cannellini beans



+ olives
+ cucumber Quickles

+ Classic Salad Dressing

with red wine vinegar
+ olive oil + 2 tsp honey
+ 1 tsp sriracha + ½ tsp paprika

COVER
RECIPE

Improvise Better: Get ahead and portion and freeze raw proteins, cooked grains and sauces. Use blue painter's tape (it comes off easily) to label your containers with the contents and the date. It's easy to forget what you have stashed in the freezer and hard to tell what's what after a few weeks in deep freeze.



Serves 4.

**Estimated
Time:**
25 minutes.

BUILD YOUR OWN

stir-fry

Once you get the basics of creating a stir-fry, it'll be a cinch: Heat your skillet or wok until very hot; let your protein brown for a minute before stirring to prevent sticking; and cut your vegetables in equal-size pieces so they cook evenly. Have all your ingredients ready to go before you start cooking because you'll need to move fast once your pan heats up.

1. Heat a splash of oil on medium-high in a wok or skillet. Add 1 tbsp finely chopped aromatics and cook until fragrant, about 45 seconds. Try garlic, ginger, shallots, white part of green onion and/or lemongrass.
2. Season 12 oz to 1 lb protein with sea salt and ground black pepper. Stir-fry until barely cooked through, 1 to 3 minutes; transfer to a plate. Try strips of chicken, beef, pork, cubed tofu or shrimp.
3. Return pan to medium-high heat. Add a little oil and 2 cups hard vegetables cut into bite-size pieces. Cook until crisp-tender. Try broccoli florets, cauliflower, thinly sliced carrots, sliced bell peppers, celery, radishes and/or daikon.
4. Add 1 to 1½ cups soft vegetables. Cook until crisp-tender or just wilted, 1 to 2 minutes more. Try snap peas, asparagus, mushrooms, cabbage, bean sprouts, kale or spinach.
5. Return protein to wok along with Master Stir-Fry Sauce. Cook until sauce is bubbly and protein is cooked through, 1 minute. Sprinkle with sesame seeds, sliced almonds or chopped cashews (optional).

Master Stir-Fry Sauce

In a bowl, combine 1½ tsp potato starch or arrowroot with ¼ cup low-sodium broth or orange juice.

+

Whisk in 1 tbsp rice wine or dry sherry, 2 tbsp reduced-sodium soy sauce, 1 tsp dark sesame oil and 1 to 2 tsp sweetener, such as organic evaporated cane juice (organic sugar), raw honey or pure maple syrup.

+

Add 1 to 2 tsp flavor options such as ginger, sriracha or other hot sauce, fresh basil or cilantro, fish sauce or hoisin sauce.

+

Add ½ tsp spice (Chinese five-spice powder or red pepper flakes). Whisk until smooth.



PUT IT ALL TOGETHER:

5-Spice Tofu, Broccoli & Snap Pea Stir-Fry

with Orange Ginger Sauce



avocado oil
+ garlic and ginger
+ extra-firm tofu



+ broccoli and carrots
+ snap peas
+ sesame seeds

+ Master Stir-Fry Sauce

with orange juice
+ ½ tsp Chinese five-spice powder



Improvise Better: Write a menu plan and shopping list for the week, keeping in mind what you already have on hand. You don't have to follow the plan exactly, but it helps to have the ideas written down and the ingredients available so you can throw together meals easily, even on busy nights. [ce](#)

Prep Once, **GRILL ALL WEEK**

Dine al fresco every night with these easy summer meals. Prep them ahead on Sunday, then simply finish off the pre-chopped, pre-portioned, pre-marinated recipes on the grill throughout the week. Check out our guide on page 66 for a game plan to maximize your Sunday prep.

RECIPES BY **BETH LIPTON**, PHOTOGRAPHY BY **OLIMPIA DAVIES**

FRIDAY
Grilled
Watermelon
& Halloumi
Salad
(P. 72)



WEDNESDAY
Vietnamese
Banh Mi-Style
Steak
(P. 70)

THURSDAY
Grilled
Chicken
Wings
(P. 71)

MONDAY
Garlic
& Lemon
Red Snapper
(p. 67)

TUESDAY
Pizza-
Stuffed
Chicken
(P. 68)

MONDAY

Garlic & Lemon Red Snapper

with Homemade Aioli

P Q GF

SERVES 4. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 30 MINUTES.

Impress your family with this lemon- and garlic-stuffed whole fish on the grill that's surprisingly easy to put together. Make the aioli on your Sunday prep day so you can simply assemble and grill the fish right before eating.

¼ cup extra-virgin olive oil, divided

3 cloves garlic, divided
(**NOTE:** Mince 1 clove and slice 2.)

½ cup avocado oil mayonnaise

2 lemons, divided
(**NOTE:** Zest and juice 1 lemon to yield 1 tsp zest and 1 tbsp lemon juice; cut remaining lemon into 6 thin slices.)

¾ tsp each sea salt and ground black pepper, divided

2 2-lb whole red snappers, cleaned, scaled and patted dry

then transfer to a small bowl to cool. When cooled, stir in mayonnaise, lemon zest and juice. Season with ¼ tsp each salt and pepper. Cover and refrigerate for up to 3 days.

THE DAY OF

2. Preheat grill to medium-high. Brush fish inside and out with 3 tbsp oil. Season inside and out with remaining ½ tsp each salt and pepper. Stuff cavities with lemon slices and sliced garlic.

3. Grease grill (or a grill basket) and grill fish for about 6 to 8 minutes, until skin releases from grates. Carefully turn and grill until cooked through and underside releases, 6 to 8 minutes longer. Serve with aioli on the side.

PREP AHEAD

1. Make aioli: In a small, unheated skillet, combine 1 tbsp oil and minced garlic. Turn heat on low and let cook until it sizzles. Sizzle for 30 seconds,

PER SERVING (¼ of recipe): Calories: 486, Total Fat: 29 g, Sat. Fat: 4 g, Monounsaturated Fat: 19 g, Polyunsaturated Fat: 5 g, Carbs: 2 g, Fiber: 0 g, Sugars: 0 g, Protein: 51 g, Sodium: 761 mg, Cholesterol: 121 mg

TUESDAY

Pizza-Stuffed Chicken

Q GF

SERVES 4. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 40 MINUTES.

All your favorite pizza flavors – marinara, cheese and pepperoni – stuffed into a chicken breast for lots of flavor with fewer carbs. Stuff the chicken on your Sunday prep day and then simply grill it when you are ready to eat. Toss some extra veg on the grill to make it a complete meal.

- 4 6-oz boneless, skinless chicken breasts, patted dry
- 1¼ cups marinara sauce, divided
- 3 oz mozzarella cheese, shredded
- 12 slices uncured pepperoni
- 2 tsp dried basil (**TRY:** Simply Organic Basil)
- 1 tbsp dried oregano, divided
- 1 tbsp avocado oil
- ¾ tsp sea salt
- ¼ tsp ground black pepper

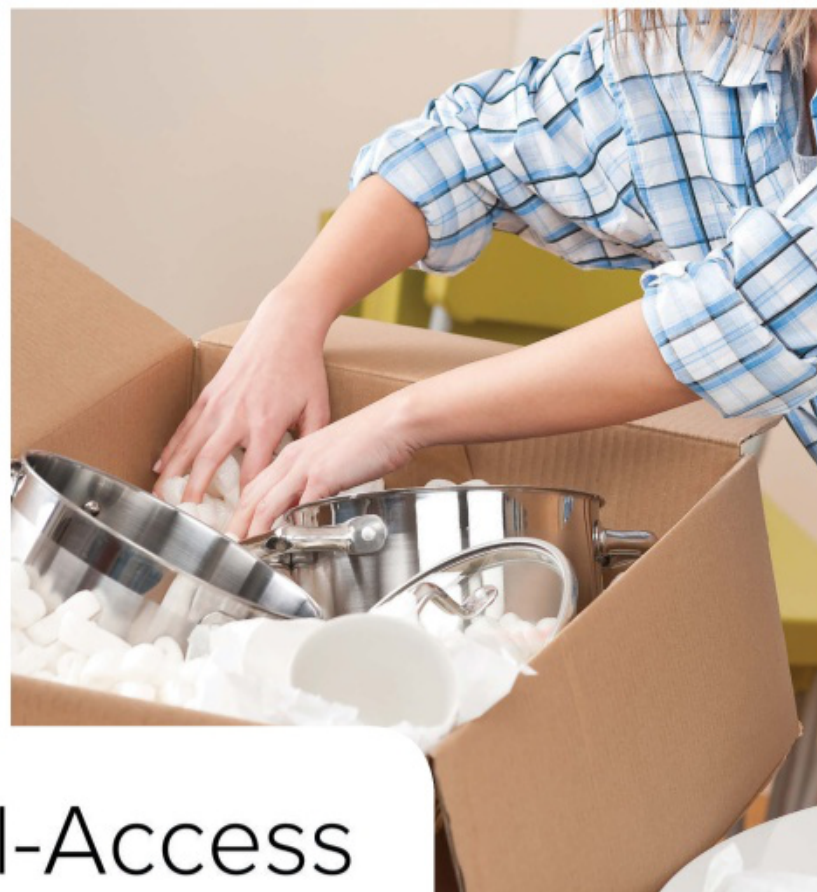
PREP AHEAD

1. Cut each breast through the middle to form a 2- to 3-inch pocket, taking care not to cut all the way through. Spread 1 tbsp sauce on inside of each pocket. Divide mozzarella, pepperoni, basil and ½ tbsp oregano among pockets. Close pocket and use a toothpick to secure. Cover and refrigerate for up to 2 days.

THE DAY OF

2. When ready to cook, preheat grill to medium-high. Pat chicken dry. Brush chicken with oil; season all over with salt, pepper and remaining ½ tbsp oregano.
3. Place remaining 1 cup marinara sauce in a small pan; warm over medium-low heat. Grill chicken until cheese has melted and chicken is cooked through (a thermometer inserted into thickest part of a breast should read 165°F), 4 to 6 minutes per side. Transfer chicken to a cutting board; tent with foil and let rest for 5 minutes. Serve chicken with warmed marinara on the side.
- PER SERVING** (1 stuffed breast): Calories: 342, Total Fat: 15 g, Sat. Fat: 5 g, Monounsaturated Fat: 7 g, Polyunsaturated Fat: 2 g, Carbs: 8 g, Fiber: 2 g, Sugars: 4 g, Protein: 42 g, Sodium: 871 mg, Cholesterol: 117 mg





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Clean Eating



CITRUS SOURCE:

Limes are 8% citric acid and thus one of the best sources of the component in food form. Citric acid has been demonstrated to help prevent kidney stones from forming by raising the level of citrate in the urine and thus inhibiting the binding of calcium and other compounds to create stones.

WEDNESDAY

Vietnamese Banh Mi-Style Steak

with Pickled Vegetables

P GF

SERVES 4. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 55 MINUTES.

This marinated steak uses bold flavors such as ginger and fish sauce. Make the marinade in advance, but only add the steak the same day. The pickled carrots and cucumbers are a great make-ahead side. You can also serve this dish with brown rice.

MARINADE

- 3 tbsp coconut aminos (**TRY:** Coconut Secret Coconut Aminos)
- 3 tbsp fresh lime juice
- 2 tbsp avocado oil
- 2 tbsp fish sauce
- 2 tsp raw honey
- 1 tsp peeled and minced fresh ginger
- 1 clove garlic, minced
- ¼ tsp sea salt
- 1 lb sirloin steak, about 1¼ to 1½ inches thick, trimmed

PICKLES

- 6 tbsp fresh lime juice
- 2 tsp raw honey
- 2 tsp peeled and minced fresh ginger
- ¼ tsp sea salt
- ½ English cucumber, halved lengthwise, sliced (1¼ cups)
- 1 carrot, cut into matchsticks or ribbons (¾ cup)

PREP AHEAD

1. Make marinade: In a bowl, whisk all ingredients; cover and refrigerate (without steak).
2. Make pickles: Whisk together lime juice and honey. Whisk in ginger and salt. Add cucumber and carrot. Cover and refrigerate for at least 4 hours, or for up to 5 days (shake occasionally).

THE DAY OF

3. Pat steak dry and place in a bowl. Pour marinade over and turn to coat; let stand for 15 to 30 minutes. Preheat grill to high; grease grill. Add steak and cook to desired doneness, 4 to 6 minutes per side for medium rare. Meanwhile, pour marinade into a skillet; bring to a boil on medium heat. Reduce heat to a simmer and cook, stirring occasionally, until slightly reduced, about 3 minutes. Transfer steak to a cutting board, tent with foil; let rest for 5 minutes.
4. Slice steak against the grain. Divide among plates and spoon a small amount of sauce on top (you will have sauce left over). Serve with pickles.

PER SERVING (¼ of recipe):

Calories: 271, Total Fat: 14 g, Sat. Fat: 4 g, Monounsaturated Fat: 7 g, Polyunsaturated Fat: 1 g, Carbs: 11 g, Fiber: 1 g, Sugars: 7 g, Protein: 26 g, Sodium: 907 mg, Cholesterol: 74 mg



THURSDAY

Grilled Chicken Wings

with Mixed Bell Peppers & Blue Cheese Dip

GF

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

*PLUS MARINATING TIME.

Making these buttermilk wings on the grill gives them a smoky flavor that you just can't get when you bake or fry them. We pair them with spiced baby bell peppers for a complete meal. We suggest buying frozen wings, thawing them in the fridge on Tuesday then marinating them on Wednesday.

- 2 cups** buttermilk, shaken, divided
- 1 tbsp** raw honey
- 2¼ tsp** each garlic powder and smoked paprika, divided
- 2 tsp** sea salt, divided
- ½ + ⅛ tsp** ground black pepper, divided
- 3 lb** frozen split chicken wings (about 24), thawed and patted dry
- ¼ cup** avocado oil mayonnaise
- 3 oz** blue cheese, crumbled

- 12 oz** mixed baby bell peppers
- 1 tbsp** avocado oil

PREP AHEAD

1. Make marinade: In a large bowl or glass container, whisk together 1¾ cups buttermilk, honey, 2 tsp each garlic powder and paprika, 1½ tsp salt and ½ tsp pepper. Cover and refrigerate.

2. Make dip: In a small bowl, whisk remaining ¼ cup buttermilk, mayonnaise and blue cheese. Cover and refrigerate.

3. Prepare spice mix: In a small bowl, combine remaining ½ tsp salt, ¼ tsp each garlic powder and paprika, and ⅛ tsp pepper; set aside at room temperature.

4. At least 8 hours before grilling, or up to 1 day ahead, add thawed wings to marinade; cover and refrigerate.

THE DAY OF

5. Preheat grill to medium; grease grill. Drain wings, discarding marinade. Grill, turning often, 25 to 30 minutes, removing smaller ones if they start to get too brown. Cover to keep warm. Meanwhile, toss bell peppers with oil and spice mixture. Grill, turning, until tender and charred in spots, 3 to 5 minutes (work in batches if needed and remove peppers as they're ready).

6. Serve wings and peppers with reserved blue cheese dip.

PER SERVING (¼ of recipe): Calories: 609, Total Fat: 44 g, Sat. Fat: 14 g, Monounsaturated Fat: 21 g, Polyunsaturated Fat: 7 g, Carbs: 8 g, Fiber: 2 g, Sugars: 4 g, Protein: 44 g, Sodium: 750 mg, Cholesterol: 247 mg



FRIDAY

Grilled Watermelon & Halloumi Salad

Q V GF

SERVES 4. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 40 MINUTES.

Meatless Monday has a nice ring to it, but meatless Fridays make a lot more sense to us – use up all your perishable proteins early on in the week and then eat vegetarian to finish up the produce you have left. Halloumi is a semi-hard cheese that stands up to heat without melting, making it the perfect meatless protein to make on the grill. Make the vinaigrette on Sunday, and prep the salad the day of.

VINAIGRETTE

- 2 tbsp** white wine vinegar
- 1 tsp** raw honey
- ½ tsp** ancho chile powder
- ¼ cup** extra-virgin olive oil
- ¼ tsp** ground black pepper
- ⅛ tsp** sea salt

SALAD

- 8 oz** halloumi, cut into ½-inch slabs
- 8** wedges seedless watermelon (½ inch thick)
- 1 tbsp** extra-virgin olive oil
- ⅛ tsp** each sea salt and ground black pepper
- 5 oz** baby lettuces, torn (about 5 cups)
- 1 lb** heirloom cherry tomatoes, halved
- ½** English cucumber (6 oz), halved lengthwise, sliced (1¼ cups)
- 2 tbsp** chopped fresh mint



GOURD GUARD:

Containing some of the highest levels of lycopene in fresh produce, a single serving of watermelon has 20 milligrams of the antioxidant. Lycopene is important for a host of reasons, but you might find it especially useful in the summer as it can help protect your skin against damaging UV rays.

PREP AHEAD

1. Make vinaigrette: Whisk together vinegar, honey and chile powder. Slowly whisk in oil. Season with pepper and salt. Cover and refrigerate for 5 to 7 days.

THE DAY OF

2. Preheat grill to medium-high; grease grill. Remove dressing from fridge. Pat halloumi dry. Grill until grill marks show, 3 to 5 minutes per side. Pat watermelon dry. Brush with oil, sprinkle with salt and pepper. Grill until grill marks show, 2 to 3 minutes per side. Cut halloumi into ½-inch cubes.

3. Whisk dressing to re-emulsify. In a bowl, combine lettuce, tomatoes and cucumber; toss with 3 tbsp dressing. Divide among plates, top with halloumi, watermelon and mint. Serve additional dressing on the side.

PER SERVING (¼ of recipe): Calories: 438, Total Fat: 31 g, Sat. Fat: 12 g, Monounsaturated Fat: 17 g, Polyunsaturated Fat: 2 g, Carbs: 30 g, Fiber: 4 g, Sugars: 25 g, Protein: 17 g,

GROCERY LIST

NUTS, SEEDS & OILS

- 1 bottle avocado oil
- 1 bottle extra-virgin olive oil

DAIRY & PROTEIN

- 16 oz buttermilk
- 3 lb frozen split chicken wings (about 24)
- 3 oz blue cheese, crumbled
- 2 2-lb whole red snappers
- 4 6-oz boneless, skinless chicken breasts
- 3 oz mozzarella
- 1 oz uncured pepperoni
- 1 lb grass-fed sirloin
- 8 oz halloumi

FRUITS & VEGETABLES

- 12 oz mixed baby bell peppers
- ½ head garlic
- 2 lemons
- 3 lime
- 11-inch piece fresh ginger
- 1 English cucumber
- 1 carrot
- 8 ½-inch-thick wedges seedless watermelon
- 5 oz baby lettuces
- 1 lb heirloom cherry tomatoes
- 1 bunch fresh mint

PANTRY STAPLES

- 1 jar raw honey
- 1 bottle sea salt
- 1 jar garlic powder
- 1 jar smoked paprika
- 1 bottle ground black pepper
- 1 jar dried basil
- 1 bottle dried oregano
- 1 bottle white wine vinegar
- 1 jar ancho chile powder

EXTRAS

- 1 jar avocado oil mayonnaise
- 1 12-oz jar marinara sauce
- 1 bottle coconut aminos
- 1 bottle fish sauce

Your 20-Ingredient *Summer Fresh* Meal Plan

Spend less time in the kitchen and more time enjoying summer! With a super-simple shopping list and some make-ahead prep, this meal plan will get you through the week in a breeze.

BY JESSE LANE LEE, PHOTOGRAPHY BY RACHEL KORINEK

Jerk Chicken *with Corn Salsa*

GF

SERVES 4. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 35 MINUTES.*

*PLUS 4 HOURS MARINATING TIME.

This spiced chicken brings the heat, while refreshing corn salsa made with sweet tomatoes and creamy avocados lends balance and crunch.

CHICKEN

- 4 cloves garlic
- 2 tbsp each ground allspice and cayenne pepper
- ½ cup diced yellow onion
- ¼ cup fresh lemon juice
- 1 tsp ground black pepper
- ¾ tsp sea salt
- 4 5-oz boneless, skinless chicken breasts

SALSA

- 3 ears corn, husked
- 3 vine tomatoes, diced
- 2 avocados, peeled, pitted and diced

- ¼ cup fresh lemon juice
- ¼ cup extra-virgin olive oil
- 1 clove garlic, minced
- ¼ tsp sea salt

1. Marinate chicken: In a small food processor, place 4 cloves garlic, allspice, cayenne, onion, lemon juice, pepper and salt; process until blended into a paste. Spoon mixture into a sealable container, add the chicken breasts and turn to coat. Cover and refrigerate for 4 hours, or overnight.

2. Preheat a greased grill to medium-high. Add chicken to grill, discarding any remaining marinade. Grill 15 minutes, turning halfway, until juices run clear and internal temperature is 165°F. Add corn to grill, turning, until kernels are slightly charred, 10 minutes. Cut corn kernels off cob and place in a medium bowl.

3. To bowl with corn, add remaining salsa ingredients and toss to combine. Serve chicken with salsa.

PER SERVING (1 chicken breast and ¼ of salsa): Calories: 548, Fat: 34 g, Sat. Fat: 5 g, Carbs: 33 g, Fiber: 11 g, Sugars: 9 g, Protein: 35 g, Sodium: 455 mg, Cholesterol: 78 mg



Peach Crisp

Q V GF

SERVES 4. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 45 MINUTES.

Featuring fresh peaches and an oat and nut topping, this peach crisp makes for a wholesome breakfast or afternoon treat. To save on ingredients in the plan, we use whole almonds and grind them into flour, but if you already have almond flour on hand, you can use it instead (use a roughly equivalent amount).

FILLING

- ¼ cup** whole almonds
- 2 tbsp** chia seeds
- 4 cups** sliced fresh peaches
- 2 tbsp** pure maple syrup
- 1 tbsp** fresh lemon juice

TOPPING

- ½ cup** whole almonds
- 1 cup** old-fashioned rolled oats
- ¼ cup** coconut oil, softened or partially melted
- ¼ cup** pure maple syrup
- ½ tsp** ground allspice

1. Grease 4 10- to 12-oz ramekins. Prepare filling: Using a high-speed blender or a clean coffee or spice grinder, grind ¼ cup almonds to a flour-like consistency; place in a bowl. Grind chia seeds in the same way and add to bowl. To same bowl, add peaches; toss to coat. Add maple syrup and lemon juice and stir until evenly coated. Divide peach mixture among ramekins. Cover and refrigerate.

2. Grind ½ cup whole almonds to a flour-like consistency; place in a bowl and stir in remaining topping ingredients. Transfer to an airtight container until ready to bake.

3. Preheat oven to 350°F. Divide topping among ramekins. Place ramekins on a baking sheet and bake 30 minutes. (Alternatively, if using throughout the week in our Meal Plan, assemble and bake one at a time so they are always fresh.)

PER SERVING (1 ramekin):
Calories: 532, Fat: 32 g, Sat. Fat: 14 g,
Carbs: 57 g, Fiber: 10 g, Sugars: 32 g,
Protein: 11 g, Sodium: 5 mg, Cholesterol: 0 mg



FIBER FIGHTER:

Peaches contain equal parts soluble and insoluble fiber, which are essential for good digestion. Soluble fiber feeds the good bacteria in the gut, helping them increase and allowing for better digestion, while insoluble fiber aids in the movement of waste through the gastrointestinal tract.

ALMOND BUTTER

Blend 1 cup almonds with 1 tsp melted coconut oil and $\frac{1}{8}$ tsp salt to desired texture; refrigerate. (Makes $\frac{1}{2}$ cup.)

ALMOND MILK

Soak 1 cup almonds in water for 1 hour or overnight; rinse and drain. In a high-speed blender, blend soaked almonds and 3 cups water for 1 minute; strain through a nut-milk bag or cheesecloth. Refrigerate. (Makes 3 cups.)



ALMOND BUTTER HUMMUS

In a food processor, mince 1 clove garlic. Add 1 cup drained canned chickpeas, 2 tbsp each lemon juice and Almond Butter (see recipe, above), 1 tbsp each EVOO and water, 1 tsp cumin and $\frac{1}{8}$ tsp each salt and pepper; blend until smooth. Refrigerate. (Makes $1\frac{1}{2}$ cups.)



MONDAY	TUESDAY	WEDNESDAY
BREAKFAST: 1 serving Peach Crisp (p. 76; save leftovers) ¼ cup Greek yogurt SNACK: ¼ cup almonds LUNCH: <i>Quinoa Bowl:</i> Cook 1 cup dry quinoa. Combine 2 cups chopped baby spinach, 1 cup diced cucumber, 2 tomatoes, diced, ½ cup chopped almonds and 2 tbsp chia seeds. In a food processor, blend ⅓ cup each water, nutritional yeast, lemon juice and EVOO, 2 tbsp Almond Butter (p. 77), 1 clove garlic and ½ tsp salt. Place one-quarter of cooked quinoa in a bowl; top with one-quarter of each veggies and sauce. Makes 4 servings (eat 1, save leftovers). Store leftover components separately. SNACK: <i>Lemon Chia Pudding:</i> Combine 2 cups Almond Milk (p. 77), ½ cup chia seeds, ¼ cup lemon juice and 1 tbsp maple syrup. Refrigerate at least 2 hours or overnight. Makes 3 servings (eat 1, save leftovers). DINNER: 1 serving Jerk Chicken with Corn Salsa (p. 74; save leftovers)	BREAKFAST: 1 serving Peach Crisp (p. 76; save leftovers) SNACK: <i>Guacamole:</i> Mash 1 avocado, 1 clove garlic, minced, 2 tbsp lemon juice and ¼ tsp salt. Makes 2 servings (eat 1, save leftovers). Serve with 1 oz seed crackers. LUNCH: <i>Blueberry Spinach Salad</i> (p. 79) SNACK: 1 serving Lemon Chia Pudding (leftovers) DINNER: 1 serving Jerk Chicken with Corn Salsa (p. 74; save leftovers)	BREAKFAST: 1 serving Lemon Chia Pudding (leftovers) with ¼ cup chopped almonds SNACK: 1 serving Guacamole (leftovers) with 1 oz seed crackers LUNCH: 1 serving Jerk Chicken with Corn Salsa (p. 74; save leftovers) SNACK: 1 peach DINNER: 1 serving Quinoa Bowl (leftovers) NOTE: Before bed, prep Blueberry Overnight Oats for the morning.
NUTRIENTS: Calories: 2,064, Fat: 131 g, Sat. Fat: 28 g, Carbs: 162 g, Fiber: 46 g, Sugars: 56 g, Protein: 82 g, Sodium: 774 mg, Cholesterol: 87 mg	NUTRIENTS: Calories: 1,969, Fat: 130 g, Sat. Fat: 28 g, Carbs: 161 g, Fiber: 46 g, Sugars: 60 g, Protein: 61 g, Sodium: 1,018 mg, Cholesterol: 78 mg	NUTRIENTS: Calories: 1,762, Fat: 110, Sat. Fat: 14 g, Carbs: 145 g, Fiber: 47 g, Sugars: 34 g, Protein: 70 g, Sodium: 1,184 mg, Cholesterol: 78 mg



THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST: <i>Blueberry Overnight Oats:</i> In a jar, combine 1 cup Greek yogurt, 1 cup oats, 1 cup Almond Milk (leftovers) and ¼ cup chia seeds. Refrigerate at least 2 hours or overnight. Makes 3 servings (eat 1, save leftovers). Top serving with ½ cup blueberries and ⅓ cup chopped almonds. SNACK: ½ cup Almond Butter Hummus (p. 77; save leftovers) with 1½ cups sliced cucumber LUNCH: <i>Blueberry Spinach Salad</i> (p. 79) SNACK: 1 serving Peach Crisp (leftovers) DINNER: 1 serving Quinoa Bowl (leftovers)	BREAKFAST: 1 serving Peach Crisp (p. 76; save leftovers) ¼ cup Greek yogurt SNACK: <i>Guacamole:</i> Mash 1 avocado, 1 clove garlic, minced, 2 tbsp lemon juice and ¼ tsp salt. Makes 2 servings (eat 1, save leftovers). Serve with 1 oz seed crackers. LUNCH: 1 serving Quinoa Bowl (leftovers) SNACK: 2 stalks celery with ¼ cup Almond Butter (leftovers) DINNER: 1 serving Jerk Chicken with Corn Salsa (leftovers, p. 74)	BREAKFAST: 1 serving Blueberry Overnight Oats (leftovers). Top with ½ cup blueberries and ⅓ cup chopped almonds. SNACK: ½ cup Almond Butter Hummus (leftovers) with 1½ cups sliced cucumber LUNCH: <i>Blueberry Spinach Salad</i> (p. 79) SNACK: 1 serving Guacamole (leftovers) with 1 oz seed crackers DINNER: <i>Baked Lemon Chicken:</i> In a container, combine ½ tbsp lemon zest, 3 tbsp lemon juice, 1 tbsp EVOO, 2 cloves garlic, minced, 2 tsp dried rosemary and ½ tsp each salt and pepper. Add 2 chicken breasts, cover and refrigerate 4 hours or overnight. Transfer chicken and marinade to a baking dish. Bake at 425°F for 20 minutes, or grill. Makes 2 servings (eat 1, save leftovers). <i>Corn on the Cob:</i> Place 2 ears corn, shucked, in a large pot of boiling water, cover and return to a boil. Once boiling, turn off heat and let corn sit, covered, 5 minutes. Serve corn with 1 tbsp EVOO and ½ tsp each salt and pepper.	BREAKFAST: 1 serving Blueberry Overnight Oats (leftovers) SNACK: ½ cup Almond Butter Hummus (leftovers) with 1½ cups sliced cucumber LUNCH: 1 serving Baked Lemon Chicken (leftovers) <i>Corn on the Cob:</i> Place 2 ears corn, shucked, in a large pot of boiling water, cover and return to a boil. Once boiling, turn off heat and let corn sit, covered, 5 minutes. Serve corn with 1 tbsp EVOO and ½ tsp each salt and pepper. SNACK: ½ cup almonds 1 peach DINNER: <i>Blueberry Spinach Salad</i> (p. 79)
NUTRIENTS: Calories: 2,163, Fat: 139 g, Sat. Fat: 28 g, Carbs: 186 g, Fiber: 47 g, Sugars: 66 g, Protein: 64 g, Sodium: 639 mg, Cholesterol: 11 mg	NUTRIENTS: Calories: 2,429, Fat: 161 g, Sat. Fat: 32 g, Carbs: 184 g, Fiber: 52 g, Sugars: 54 g, Protein: 90 g, Sodium: 1,384 mg, Cholesterol: 87 mg	NUTRIENTS: Calories: 1,956, Fat: 121 g, Sat. Fat: 17 g, Carbs: 160 g, Fiber: 41 g, Sugars: 44 g, Protein: 79 g, Sodium: 2,328 mg, Cholesterol: 115 mg	NUTRIENTS: Calories: 2,122, Fat: 137 g, Sat. Fat: 17 g, Carbs: 159 g, Fiber: 42 g, Sugars: 58 g, Protein: 91 g, Sodium: 1,891 mg, Cholesterol: 115 mg

EVOO = extra virgin olive oil

SHOPPING LIST

1. 12 oz full fat Greek yogurt
2. 6 5-oz boneless, skinless chicken breasts
3. 4 avocados
4. 1 pint blueberries
5. 10 lemons
6. 6 peaches
7. 11 oz fresh baby spinach
8. 2 large English cucumbers
9. 1 head celery
10. 1 large head garlic
11. 1 small yellow onion
12. 7 ears corn
13. 5 vine tomatoes
14. 1 carton old-fashioned rolled oats
15. 1 bag quinoa
16. 1 box seed crackers
(**TRY:** Mary's Gone Crackers)
17. 1 bag nutritional yeast
18. 1¾ lb whole raw almonds
19. 1 bag chia seeds
20. 1 15-oz can chickpeas

PANTRY STAPLES

- 1 bottle pure maple syrup
- 1 jar extra-virgin coconut oil
- 1 bottle extra-virgin olive oil (**TRY:** California Olive Ranch Destination Series Everyday Extra Virgin Olive Oil)
- 1 bottle ground allspice
- 1 bottle cayenne pepper
- 1 bottle ground cumin
- 1 bottle sea salt
- 1 bottle black pepper
- 1 bottle dried rosemary

BLUEBERRY SPINACH SALAD

Combine 2 cups spinach, ¼ cup chopped celery, ¼ cup blueberries and 2 tbsp chopped almonds. Dress with 2 tbsp EVOO whisked with 1½ tbsp lemon juice and ½ tbsp maple syrup. ©



The Omega Divide

Think all omegas-3s are the same? We're breaking down the differences between fish- and plant-based oils, helping you select the right one for your needs.

BY ANDREA GOURGY

Being mindful of your omega-3 intake may be one of the simplest, most effective things you can do for your health. After all, it's a potent anti-inflammatory that can positively impact arthritis, cardiovascular conditions, neurodegenerative disorders and even traumatic brain injuries.

"Omega-3s are the most scientifically researched supplement you can take," explains William Sears, MD, author of *The Omega-3 Effect* (Little Brown and Company, 2012). "There are over 22,000 medical journal articles on the health benefits of omega-3s."

A component of your cell membranes, these fatty acids are often referred to as essential because the body can't make them on its own, and you need to get them from food or supplements. They're found in a number of sources, both plant and marine, but they aren't all processed the same way in the body. Here, we highlight some of the key differences plus our top product picks for each type.

Plant versus fish oils

Alpha-linolenic acid (ALA) - sometimes referred to as a shorter-chain fatty acid because it has 18 carbons in its chain - comes from plant sources like flax, walnuts and chia seeds. Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) - both considered long-chain fatty acids with 20 and 22 carbons in their chains

respectively - come from marine sources such as fish, krill and algae.

Dr. Sears refers to them as the "short" and the "tall" guys. "The brain only uses the tall guys, the 20- to 22-carbon atoms," he says. "EPA and DHA are the top omega-3s in the brain. The only place those are found is in the sea."

So what happens when you eat ALA sources like flax oil? Your body sends

the oil to the liver, where it has to tack on additional carbon atoms so it can be converted to the longer-chain fatty acids EPA and DHA and then used as such. The only caveat is that some people are better at converting than others. Women tend to be better converters than men, for example, but it varies from person to person.

The only plant-based source of DHA is algae, a sea plant such as chlorella or spirulina. In fact, algae is the original source of omega-3s, as fish and krill get their omega-3s from eating phytoplankton that contains it.

How much to take

Dr. Sears suggests a simple way to remember the dosage: 1 gram of DHA a day for general health. Alternatively, you can look at the combined EPA and DHA (simply add up those two numbers) to get to 1 gram. For inflammatory conditions, Dr. Sears says you may need to take more, as much as 3 grams, but he suggests working with your health-care practitioner in such cases. If you're taking plant oils such as flax oil that contain ALAs, you might consider getting your levels tested to see if you're converting enough.

Can you get enough from food without supplementing? You can, according to Dr. Sears. Wild Alaskan salmon, or small fatty fish such as anchovies or sardines, are all rich in omega-3s, though he prefers salmon because it's rich in other nutrients such as selenium, choline and vitamin D. He recommends this rule of thumb, which works for any age: "If you don't eat a minimum of two fistfuls of wild Alaskan salmon per week, then you should take a supplement."

Are You Getting Enough?

A simple finger-prick test will give you the answer.

The optimal dosage of omega-3s can vary from person to person – depending on diet, the type of supplement you choose and your level of absorption. The most accurate way to know if you're getting enough is to get tested. Some companies offer a home test kit, such as the Vital Omega-3/6 HUFA test from Vital Choice, which measures your omega-3 index (the amount of EPA and DHA in your red blood cell membranes), as well as other measures, like your omega-6/omega-3 ratio. According to Dr. Sears, if your score on the omega-3 index is lower than 8%, then you need to adjust your diet or supplement regimen to get more for optimal health and disease prevention. This can be particularly helpful for plant-based eaters taking flax oil, he says, as you'll be able to see if you're converting enough to the EPA and DHA forms. **\$100, vitalchoice.com**

KRILL Dr. Mercola

Antarctic Krill Oil

Preliminary research, although limited, is showing that the oil from krill, a crustacean that feeds on phytoplankton, may actually be more bioavailable than the oils from fish. Krill also contains astaxanthin, an antioxidant that helps prevent the delicate oils from oxidizing (and in larger quantities may also help protect vision health). When choosing krill oil, ensure the product is certified by a third party, such as the Marine Stewardship Council (MSC).

\$30, shopmercola.com



PLANT-BASED

iWi Algae-Based

Omega-3 EPA + DHA

This company grows the Northern Atlantic algae strain *Nannochloropsis* sustainably in open ponds in the southwest United States. Typically, algae contains DHA, but this company is unique in that it has varieties that contain both EPA and DHA, and the company combines them in specific ratios depending on the product.

iWi's algae strains also contain protein, chlorophyll, carotenoids and other antioxidants.

\$30, iwilife.com



PLANT-BASED

Udo's Oil DHA 3•6•9 Blend

This plant-based blend of flax, sunflower, sesame and evening primrose oil was specifically designed in a 2:1 ratio of omega-3s to omega-6s by researcher Udo Erasmus, PhD. Flax oil contains ALA, a precursor to anti-inflammatory EPA and brain-supportive DHA, although the conversion rate varies from person to person. "The general consensus from existing research is that about 5 to 10% of ALA can be converted to EPA and 2 to 5% to DHA," explains Robert Dadd, product information

supervisor at Flora Health. "These percentages sound small, but if you consider just 15 milliliters of Udo's Oil has 6 grams of ALA, it can still potentially be a significant amount of EPA/DHA produced." ALA has a number of other benefits – it's anti-inflammatory and it supports gut health by helping to protect the delicate intestinal lining. This blend also contains a boost of DHA from algae oil, which is particularly helpful for men since they tend to be poorer converters of ALA to DHA. The oils are all organic, unrefined and tested for pesticides, heavy metals and fatty-acid content. **\$38, florahealth.com**



FISH



Nordic Naturals

Ultimate Omega 2x

This potent fish oil blend from a combination of small fish (anchovies and sardines) provides about 1 gram per softgel of combined EPA and DHA – the minimum daily dosage Dr. Sears recommends for general health. As with most fish oil blends, this product is naturally higher in the fatty acid EPA, which is often used for inflammatory conditions such as arthritis, and it can also play a role in preventing both Alzheimer's and depression, according to a 2018 study in the *Journal of Lipid Research*. **\$50, nordicnaturals.com**



FISH



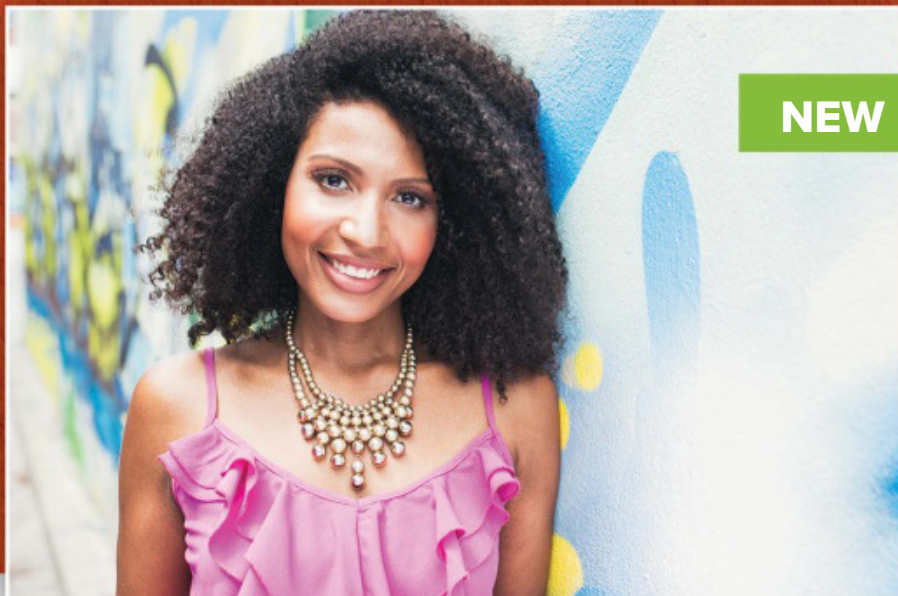
Carlson Cod Liver Oil Gems, Super 1,000 mg

Cod liver oil tends to be naturally higher in DHA than other fish oils. Remember that DHA supports neurological function, so it's not surprising that cod liver oil tends to be used for overall brain-health support and brain development in children. It also contains vitamin A, a boon for vision health, as well as vitamin D to support immunity. This product received five stars on the International Fish Oil Standards Program (IFOS) product database, a third-party rating system that measures product quality through parameters such as fatty-acid content, heavy metals and oxidation. **\$33, carlsonlabs.com**



Feed a Healthy Brain

with certified culinary nutritionist Trudy Stone



The Gut-Health Fix

with chef and cookbook author Seamus Mullen



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[**cleaneating.com/cea**](https://cleaneating.com/cea)



A Whole-Life Guide to Lasting Weight Loss

with resident dietitians
Erin Macdonald and Tiffani Bachus



Batch Cooking 101: Cook Once, Eat Clean All Week

with holistic health counselor and
cooking instructor Pamela Salzman

Freshmarket

A SELECTION OF PROMOTIONS & EVENTS FROM OUR PARTNERS



LOMA LINDA FOODS

Loma Linda offers a delicious line of shelf-stable, plant protein-based meals which are also non-GMO and gluten free. Providing quick, heat-and-eat convenience, Loma Linda foods can be prepared in 60 seconds, and deliver a true pantry staple that's sustainable and affordable.

atlanticnaturalfoods.com/loma-linda/

FLORA'S APPLE CIDER VINEGAR WELLNESS SHOTS

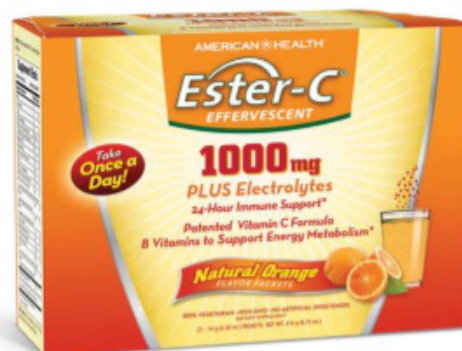
Flora's Apple Cider Vinegar Wellness Shots take the health benefits of apple cider vinegar to the next level. Available in four different blends—Ginger & Lemon, Turmeric & Cinnamon, Red Beet, and Elderberry—these unique wellness shots pair apple cider vinegar with digestive, antioxidant, and detoxifying herbs. Organic + Non-GMO.

florahealth.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

PLUSCBD OIL™ HEMP SOFTGELS – TOTAL PLANT COMPLEX

PlusCBD Oil™ Total Plant Complex Hemp Softgels are infused with whole plant hemp extract, packed with phytocannabinoids and naturally occurring plant nutrients, delivering 10mg of CBD per softgel. These softgels are easy to take while on the run, making it a great choice to optimize all lifestyles.

pluscbdoil.com



PRIMAL KITCHEN ORGANIC UNSWEETENED KETCHUP

Primal Kitchen Organic Unsweetened Ketchup is infused with USDA organic ingredients and packed with the wholesome, all-American taste this iconic condiment is famous for, without the added sugar (not even dates, maple syrup or honey).

primalkitchen.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

Refresh Yourself

Tools for a better bevv, from the bar cart to the lemonade stand.

BY ALEXANDRA EMANUELLI



SQUEEZE WITH EASE

A powerful addition to your kitchen tool drawer, the Chef'n FreshForce Citrus Juicer presses more juice without strain or mess. **\$28, chefn.com**

GRATER GOOD

Add zip to your tipples with the OXO Good Grips Zester. A stainless steel surface creates a smooth grate for ingredients such as peels and spices. **\$10, oxo.com**



FROSTY FRIEND

Keep drinks chilled with the Rabbit Freezable Beer Glasses. Pop the cups in the freezer for 4 hours before using for brisk bevies. **\$35, rabbitwine.com**



INTENSE INFUSION

Steep and serve in Pampered Chef's Cold Brew Pitcher. The carafe holds 5 cups with an interchangeable metal to plastic insert to make coffees, teas or infused water. **\$60, pamperedchef.com**



TECHNICOLOR TASTE

These rustproof and dishwasher-safe 5-Piece Stainless Steel Rainbow Drinking Straw and Brush Set are the ideal way to sip hot and cold drinks. **\$10, bedbathandbeyond.com**





BOTTLE HERO

A versatile tool for dinner party to campfire, the IXON Lock Blade Pocket Knife opens beer, uncorks wine and has a sharp steel knife. A safe lock keeps the blade stowed and secured until you need it. **\$50, us.peugeot-saveurs.com**



BIG FIZZ

Add instant carbonation to any beverage with the Mesh Soda Siphon. The seltzer maker uses recyclable CO₂ cartridges and has a BPA-free plastic interior. **\$100, williams-sonoma.com**



ICE ICE BABY

The Tovolo Sphere Ice Molds form large, slow-melting orbs of ice, making them ideal for cocktails or adding flair to drinks. Pour water or other liquids into the silicone and tightly seal with the cap to make a perfect shape every time. **\$11, tovolo.com**



editors' pick

GORGEOUS JUG

Say no to single-use plastics with the Frank Green Stainless Steel Reusable Bottle. A vacuum-insulated, double-walled layer keeps hot drinks piping hot and cold drinks icy for up to 10 hours. **\$40, us.frankgreen.com**

CHIC STEEP

Thoughtfully designed, the Tea Forté ICON Au Gold Infuser has a conveniently removable base to easily add and remove loose teas. The pyramid shape permits tea leaves to fully unfurl and water to flow freely for an optimal infusion. **\$30, teaforte.com**



Prevent UTIs with These 6 Foods

There aren't many infections as irritating as a recurring UTI. Significantly reduce your chances of having to deal with another one with these 6 powerful inhibitors.

BY LISA TURNER



Get the recipe cleaneating.com/orange-chicken-bowl

Urinary tract infections (UTIs) are painful, disruptive and all too common: More than half of adult women have had a UTI, and many have several recurrences every year. It happens when bacteria travel into the urethra, the duct through which urine passes; women are more susceptible because the urethra is shorter than in men, but guys can get them too. Left untreated, UTIs can have serious complications, including recurrent infections, urethral narrowing and kidney damage. While UTIs may not be completely avoidable, dietary choices can reduce your risk. Focus on anti-inflammatory, antibacterial and immune-boosting meals, drink plenty of water and try these six foods to ward off bacteria and protect your insides.



Cranberry juice may help prevent UTIs by keeping bacteria from adhering to the lining of the urinary tract. Though research is mixed, many studies show cranberry juice can decrease the recurrence of UTIs. A recent meta-analysis of seven clinical trials in healthy women found cranberry reduced the risk of developing a UTI by 26%. Because most cranberry juice drinks are loaded with sugar, stick to cranberry concentrates and mix them with water, or use the whole fruit. **Try this:** Sweeten cranberry juice concentrate with a little honey or stevia then mix with cherry juice, sparkling water and a squeeze of lime; chop whole cranberries in a food processor then combine with minced red onion, mango cubes, cilantro and a squeeze of lime for a zesty salsa.



Broccoli is high in vitamin C, which helps make the urine more acidic and hampers the growth of bacteria that cause UTIs. In one study of pregnant women, those who took vitamin C had a significantly lower risk of developing a UTI. And vitamin C boosts immune function overall, helping the body's resistance to infection. Other foods high in vitamin C: bell peppers, leafy greens, strawberries, Brussels sprouts and oranges. **Try this:** Grate broccoli stems and combine with shredded carrots and red cabbage, thinly sliced scallions and a dressing of yogurt, honey and apple cider vinegar; toss broccoli florets with olive oil, garlic and Kalamata olives and roast.



Cinnamon has long been used for its antibacterial properties; it's rich in compounds that reduce inflammation and hamper the growth of bacteria and other pathogens. Some studies show cinnamon compounds prevent the colonization

of *E. coli*, the bacteria that's responsible for most UTIs, in the bladder and urethra, and because it's an anti-inflammatory, it may also ease some of the discomfort associated with UTIs. **Try this:** Combine cinnamon sticks, sliced ginger, cardamom pods and vanilla bean in a pot of water, simmer for 10 minutes and strain for caffeine-free chai; mix ground cinnamon into raw honey and coconut oil and use instead of butter on pancakes or toast.



Papaya, like broccoli, is loaded with vitamin C to support immune function and increase the acidity of urine, hampering bacterial growth. It's also rich in carotenoids like beta-carotene and lycopene, antioxidants with powerful immune-boosting properties. Some studies show carotenoids from papaya are three times more bioavailable than carotenoids from carrots or tomatoes. Sweet potatoes, mangos and leafy greens are also high in carotenoids. **Try this:** Combine chopped papaya with pineapple, coconut and mint for an easy tropical salad; cook papayas in coconut milk with onions, garlic and curry powder, purée into a creamy soup and top with chopped basil.



Kefir, a beverage made from fermented milk, is rich in probiotics, beneficial bacteria that may help prevent UTIs by keeping harmful bacteria from growing in the vagina, where they can migrate to the urinary tract and cause infections. Studies suggest probiotics help protect against UTIs and prevent their recurrence; they've also been shown to reduce inflammation and support the immune system's ability to fight infection. Other good sources of probiotics: yogurt, sauerkraut and kimchi. **Try this:** Purée kefir, papaya, cardamom and honey in a blender for a traditional lassi; combine kefir, quick oats, chia seeds, vanilla and cinnamon and let stand until thick for easy, no-cook oats.



Garlic is high in allicin and other compounds that have antibacterial and antimicrobial activities and enhance immune function. It has been shown to protect against a variety of bacteria, including *E. coli*, and studies suggest it can be an effective treatment for recurring UTIs. In one study, garlic extract had more antibacterial activity against UTI pathogens than commonly used drugs. Because allicin is easily damaged by heat, raw garlic is the most effective. **Try this:** Press whole garlic cloves in a garlic press, add to olive oil and drizzle over cooked vegetables; finely mince garlic and whisk with minced ginger, miso paste, rice vinegar and sesame oil for an easy Asian dressing.

SUPPLEMENTS TO BEAT UTIs

D-MANNOSE, a sugar that occurs naturally in many fruits and vegetables, may help prevent UTIs. A number of studies have shown that D-mannose can inhibit the adhesion of bacteria to cells in the urinary tract, binding to them and then allowing them to be eliminated via urination. A randomized, placebo-controlled clinical trial has shown that 2 grams per day of D-mannose was superior to a placebo and as effective as the antibiotic nitrofurantoin in preventing UTIs. In another study, D-mannose reduced UTI symptoms in women with an active infection and was more effective than antibiotics for preventing infections.

CRANBERRY SUPPLEMENTS, made from powdered cranberry juice, contain proanthocyanidins (PACs), antioxidants that have been shown to inhibit adherence of *E. coli*, the bacteria most commonly linked to UTIs, to cells lining the urinary tract. Several reviews have found cranberry products significantly reduced the incidence of UTIs after 12 months compared with a placebo in women with recurrent infections, and some studies show cranberry can decrease recurrences by 30 to 40% in premenopausal women with recurrent UTIs. And while some studies show prophylactic antibiotics are slightly more effective than cranberry capsules, they also found antibiotics had more adverse effects, including the risk of antimicrobial resistance and infection from *C. difficile* or fungi. While dosages varied, most studies used 500 milligrams cranberry fruit powder per day.

PROBIOTICS, beneficial bacteria that prevent the overgrowth of pathogens, may protect against UTIs. Studies suggest certain *Lactobacilli* strains interfere with the adherence, growth and colonization of pathogenic bacteria and restore healthy bacteria in the urogenital tract. In one study, women who used a vaginal suppository containing *Lactobacillus* strains had significantly fewer UTIs. Researchers believe oral probiotics also hold promise, since they don't lead to antibiotic resistance or overgrowth of pathogenic bacteria. 

Berries & Cream

No need for an ice-cream maker to create this luscious dessert. We do it all in the food processor with just a handful of ingredients that you likely already have on hand.

Strawberry Coconut Ice Cream

P F Q V GF

SERVES 4.

HANDS-ON TIME: **15 MINUTES.**

TOTAL TIME: **15 MINUTES.**

- 1 10-oz** bag frozen strawberries
- 1** banana, sliced and frozen
- 2 tsp** pure vanilla extract
- Pinch** sea salt
- ¾ cup** canned heavy coconut cream, stirred (**TRY:** Let's Do Organic Heavy Coconut Cream)
- 2 tbsp** raw honey or pure maple syrup, optional

To a food processor, add strawberries, banana, vanilla and salt. Pulse to chop and mix. Add coconut cream and honey (if using) and process until smooth, stopping to scrape down sides of bowl and break up chunks as needed. Serve immediately. Alternatively, place in a container, cover and freeze; let stand at room temperature for a few minutes before serving.

PER SERVING (½ cup): Calories: 342, Total Fat: 27 g, Sat. Fat: 24 g, Monounsaturated Fat: 1.5 g, Polyunsaturated Fat: 1.5 g, Carbs: 24 g, Fiber: 10 g, Sugars: 10 g, Protein: 4 g, Sodium: 45 mg, Cholesterol: 0 mg 

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