



# Fast *Like a* Girl

A Woman's Guide to Using the Healing Power of Fasting  
to Burn Fat, Boost Energy, and Balance Hormones

AUDIOBOOK SUPPLEMENTAL MATERIAL

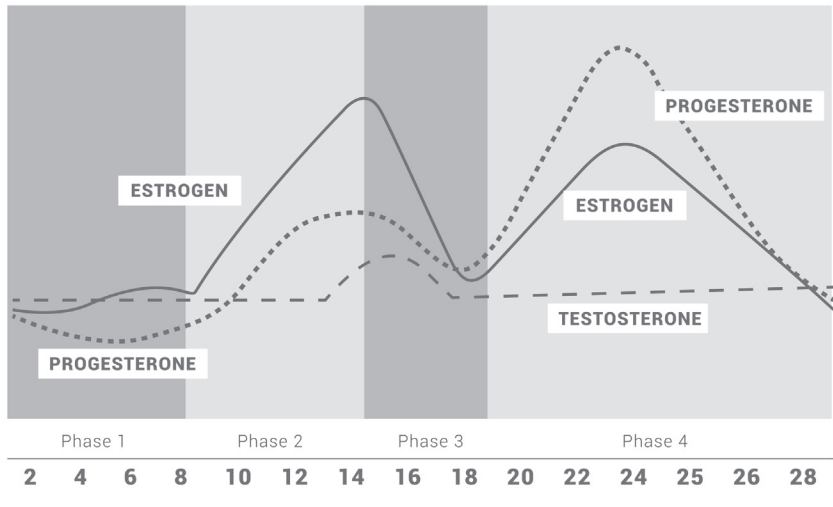
DR. MINDY PELZ

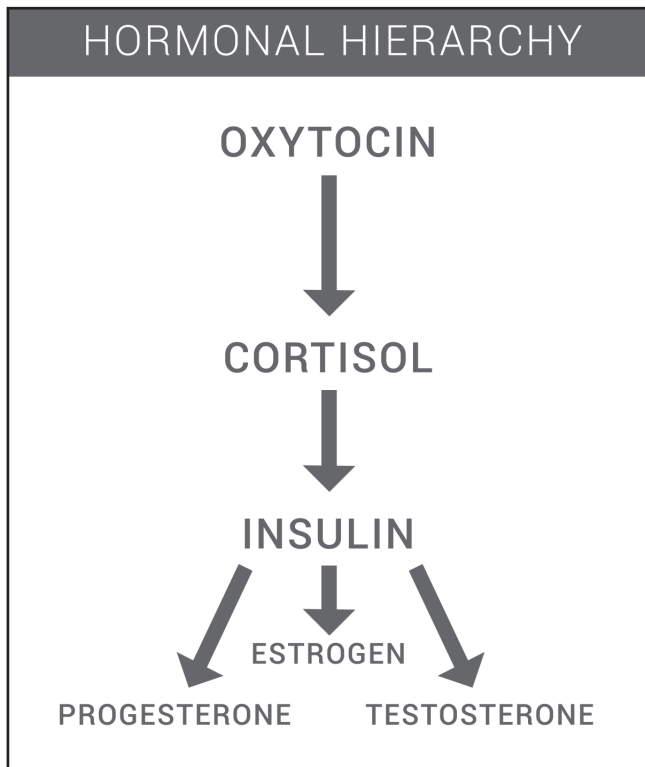


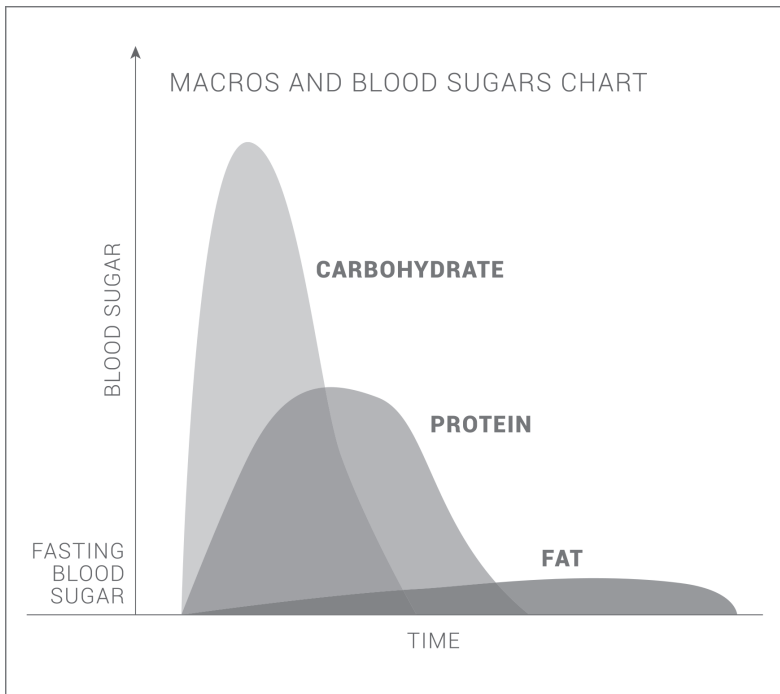
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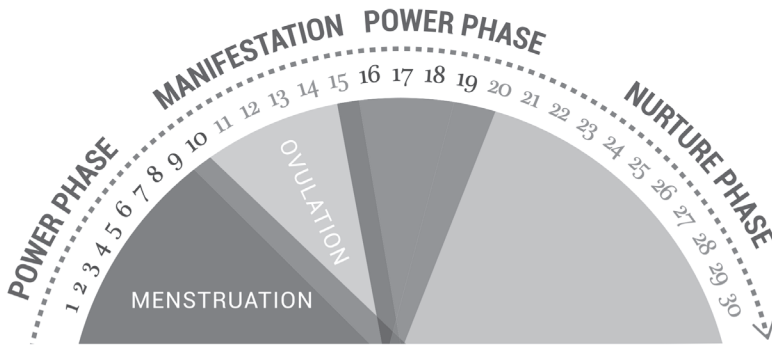
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MENSTRUAL CYCLE





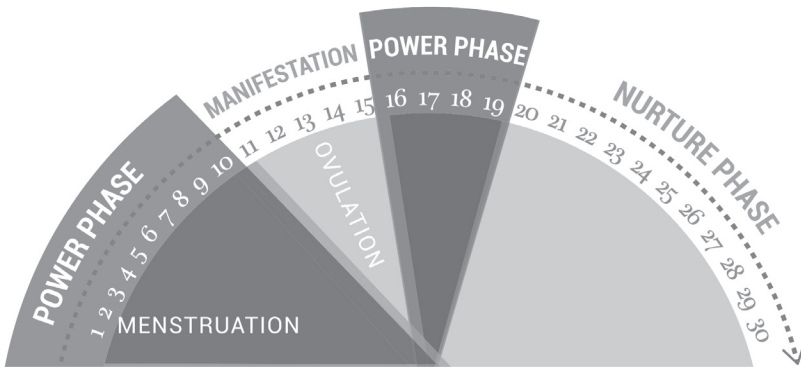




### THE POWER OF FASTING AND YOUR CYCLE

DAY 1-10	DAY 11-15	DAY 16-19	DAY 20-BLEED
<b>POWER PHASE</b> (MENSTRUATION)*	<b>MANIFESTATION</b> (OVULATION)*	<b>POWER PHASE</b>	<b>NURTURE PHASE</b>
<b>FASTING:</b> 13-72 HOURS	<b>FASTING:</b> 13-15 HOURS	<b>FASTING:</b> 13-72 HOURS	<b>NO FASTING</b>
<b>FOOD:</b> KETOBIOTIC	<b>FOOD:</b> HORMONE FEASTING	<b>FOOD:</b> KETOBIOTIC	<b>FOOD:</b> HORMONE FEASTING

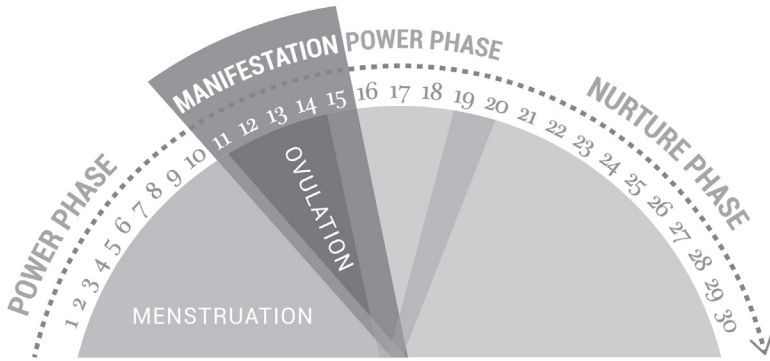
## FASTING CYCLE



### THE POWER OF FASTING AND YOUR CYCLE

DAY 1-10	DAY 11-15	DAY 16-19	DAY 20-BLEED
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FASTING: 13-72 HOURS	FASTING: 13-15 HOURS	FASTING: 13-72 HOURS	NO FASTING
FOOD: KETOBIOTIC	FOOD: HORMONE FEASTING	FOOD: KETOBIOTIC	FOOD: HORMONE FEASTING

# POWER PHASE



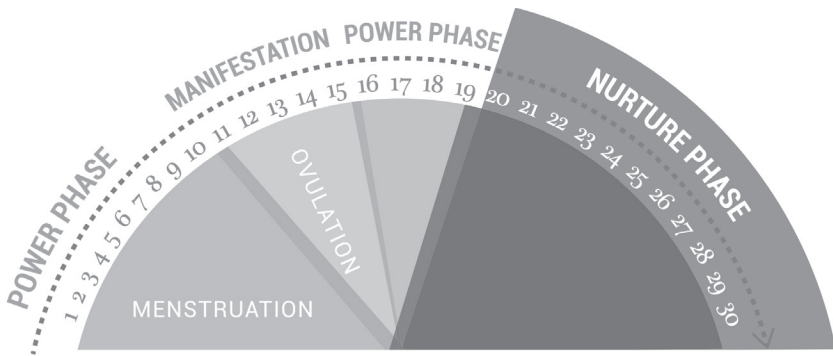
## THE POWER OF FASTING AND YOUR CYCLE

DAY 1-10	DAY 11-15	DAY 16-19	DAY 20-BLEED
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# MANIFESTATION

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### THE POWER OF FASTING AND YOUR CYCLE

DAY 1-10	DAY 11-15	DAY 16-19	DAY 20-BLEED
POWER PHASE (MENSTRUATION)*	MANIFESTATION (OVULATION)*	POWER PHASE	NURTURE PHASE
FASTING: 13-72 HOURS	FASTING: 13-15 HOURS	FASTING: 13-72 HOURS	NO FASTING
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## NURTURE PHASE

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# KETOBIOTIC RECIPES

Please note: Recipes with a (V)  
indicate a vegetarian selection.

## LOADED HUMMUS BOWL (V)

*Makes 4 servings (1½ cups per serving)*

### Ingredients

#### *Hummus*

4 garlic cloves, divided  
1 large lemon, juiced  
One 14.5-ounce can chickpeas, drained and rinsed  
½ teaspoon baking soda  
⅓ cup tahini  
Sea salt

#### *Tempeh and greens*

2 tablespoons olive oil  
12 ounces tempeh, crumbled  
1 teaspoon sea salt  
1 teaspoon freshly ground black pepper  
1 teaspoon cumin  
½ teaspoon coriander  
½ teaspoon cayenne pepper  
4 cups spinach or baby kale

#### *Toppings*

½ cup pitted Castelvetrano olives, chopped  
½ red onion, diced  
1 cup cherry tomatoes, halved  
¼ cup roasted pumpkin seeds  
Extra-virgin olive oil  
Sumac, cumin, or paprika

## Instructions

Crush 2 of the garlic cloves with the flat side of your knife. Place them in a small bowl and cover them with the lemon juice. Set aside so the raw garlic can begin to mellow out in the acidic juice while you cook the chickpeas.

Combine the chickpeas, ½ teaspoon baking soda, and the remaining 2 garlic cloves in a large saucepan. Cover with water and bring to a boil over high heat. Once the mixture begins to boil, turn the heat down to medium and continue to boil gently for 25 to 30 minutes, or until the chickpeas are so tender that their skins are starting to fall off.

Strain the cooked chickpeas and garlic and transfer to a food processor. Add in the garlic with the lemon juice and tahini. Blend until smooth, and then slowly stream some filtered water into the food processor while it's running, adding just enough to help turn the texture from slightly grainy to a perfect velvety consistency. (This shouldn't take more than a couple of tablespoons.) Add the sea salt to taste, then set aside and prepare the tempeh and greens.

Heat the olive oil in a large skillet over medium-high heat. Add the crumbled tempeh and the next 5 ingredients. Stir and cook for a few minutes until the tempeh begins to turn golden and crisp at the edges, then add in the greens. Cook for another 1 to 2 minutes, just until the greens are slightly wilted.

Divide the hummus among 4 bowls, using the back of a spoon to create an even, wavy layer. Divide the tempeh and greens equally among the bowls, then top each serving with the olives, onions, tomatoes, and pumpkin seeds. Finish each bowl with a slight drizzle of olive oil and a dusting of sumac.

## Nutritional Information

*Per serving*

Total Fat 31g

Net Carbohydrate 24g

Protein 28g

## SHAVED BRUSSELS SPROUT SALAD WITH CHICKEN AND GINGER MISO DRESSING

*Makes 4 servings (1½ cups per serving)*

### Ingredients

#### *Chicken*

2 boneless, skinless chicken breasts, halved  
1 teaspoon sea salt  
1 teaspoon freshly ground black pepper  
1 teaspoon garlic powder  
½ teaspoon onion powder  
2 tablespoons avocado oil

#### *Salad*

4 cups brussels sprouts, trimmed and shaved  
4 scallions, roots trimmed, sliced thin  
¼ cup slivered almonds  
2 tablespoons whole flaxseeds  
2 tablespoons toasted sesame seeds

#### *Dressing*

¼ cup avocado oil  
1 tablespoon toasted sesame oil  
3 tablespoons rice vinegar  
3 tablespoons coconut aminos  
1 tablespoon freshly grated ginger  
2 teaspoons white miso paste  
1 garlic clove, grated

### Instructions

Season all sides of the chicken with salt, pepper, garlic powder, and onion powder. Heat the avocado oil in a large skillet over medium-high heat. Add the chicken to the heated oil and cook for 5 to 6

minutes per side, or until golden and cooked through. Remove from the heat and set aside.

Toss together all the ingredients for the salad in a large bowl.

Place all the ingredients for the dressing in a medium bowl and whisk until fully combined.

Cut the chicken into bite-size pieces and add to the bowl of brussels sprout salad. Add the dressing, toss, and serve.

### **Nutritional Information**

*Per serving*

Total Fat 15g

Net Carbohydrate 8g

Protein 28g

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## **SHAKSHUKA WITH PICKLED ONIONS AND AVOCADO**

*Makes 4 servings (about 1½ cups per serving)*

### **Ingredients**

2 tablespoons olive oil

1 yellow onion, peeled and diced

4 garlic cloves, minced

1 red bell pepper, seeded and diced

3 tablespoons tomato paste

2 tablespoons harissa

1 teaspoon sea salt

1 teaspoon freshly ground black pepper

1 teaspoon cumin

½ teaspoon paprika

One 28-ounce can crushed tomatoes

2 cups baby kale

8 eggs

1 large avocado, pitted, scooped out of the skin, and sliced

1 cup pickled red onion

¼ cup chopped cilantro

## Instructions

Place the olive oil in a large skillet over medium-high heat. Add the onion and cook for about 2 minutes, or until it starts to become translucent, then add in the garlic and bell pepper. Cook for another 2 minutes, then stir in the tomato paste, harissa, salt, pepper, cumin, and paprika. Stir and cook until the mixture becomes fragrant.

Stir in the crushed tomatoes, and if the sauce starts to boil or sputter, turn the heat down to a lower setting. Let the mixture simmer for 20 minutes (it will thicken slightly).

Add in the kale and cook until it wilts. Gently add in the eggs, one at a time, keeping the yolks intact. Cover the pan and cook for another 5 to 6 minutes, or until the eggs are set and the yolks are cooked to your preferred doneness.

Serve the shakshuka topped with the avocado, pickled onion, and cilantro.

## Nutritional Information

*Per serving*

Total Fat 42g

Net Carbohydrate 27g

Protein 25g

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## KIMCHI SALAD WITH CRISPY CHICKPEAS (V)

*Makes 4 servings (2 cups per serving)*

## Ingredients

*Chickpeas*

2 tablespoons olive oil

One 14.5-ounce can chickpeas, drained and rinsed

½ teaspoon sea salt

½ teaspoon garlic powder

½ teaspoon onion powder

½ teaspoon turmeric

½ teaspoon cumin

*Dressing*

¼ cup avocado oil  
3 tablespoons rice vinegar  
3 tablespoons coconut aminos  
1 garlic clove, grated  
Sea salt  
Freshly ground black pepper

*Salad*

1 cup kimchi, drained and chopped  
1 head of romaine lettuce, trimmed and chopped  
2 cups baby spinach  
8 radishes, trimmed and thinly sliced  
2 tablespoons hemp seeds  
2 tablespoons sesame seeds

**Instructions**

Heat the olive oil in a large skillet over medium-high heat. Add the chickpeas to the skillet.

Combine the salt, garlic powder, onion powder, turmeric, and cumin in a small bowl. Sprinkle the spice mixture over the chickpeas. Stir to distribute the spices evenly and cook until the chickpeas start to become golden and crispy along the edges. Remove from the heat and set aside.

Combine the avocado oil, vinegar, coconut aminos, and garlic in a small bowl. Whisk together and season the dressing with salt and pepper to taste.

Toss the salad components together in a large bowl. Scatter the crispy chickpeas on top of the salad, drizzle with the dressing, then toss and serve.

## Nutritional Information

*Per serving*

Total Fat 47g

Cholesterol 0mg

Net Carbohydrate 20g

Protein 27g

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## ALMOND CHICKEN TENDERS AND SAUERKRAUT SLAW

*Makes 4 servings (3 chicken tenders over ½ cup sauerkraut per serving)*

### Ingredients

*Slaw*

2 cups sauerkraut, drained

2 celery stalks, thinly sliced

1 large Granny Smith apple, cored, halved, and thinly sliced

¼ cup apple cider vinegar

¼ cup roasted pumpkin seeds, hemp seeds, or flaxseeds

2 tablespoons avocado oil

*Chicken*

½ cup almond meal

3 tablespoons nutritional yeast

1½ teaspoons sea salt

1 teaspoon freshly ground black pepper

1 teaspoon paprika

1 teaspoon garlic powder

½ teaspoon onion powder

1 egg

½ cup unsweetened almond milk

1 pound chicken tenderloins

2 tablespoons avocado oil

## Instructions

Preheat the oven to 400°F.

Line a baking sheet with parchment paper and set aside.

Combine all the ingredients for the slaw in a large bowl and toss to combine. Season with salt to taste, if desired, then cover and place in the refrigerator while you make the tenders.

Combine the almond meal, yeast, salt, pepper, paprika, garlic powder, and onion powder in a large shallow bowl or pie plate.

Whisk together the egg and almond milk in a separate wide-brimmed bowl.

Set up a dredging station. Start by dipping both sides of a chicken tender into the egg mixture, then gently press and roll the chicken in the almond meal coating. Place the chicken on the prepared baking sheet once it's fully coated. Repeat until all the tenders are coated. Gently brush the oil over the top of the tenderloins. Place in the oven and bake for 35 to 40 minutes.

Serve the chicken tenders with a helping of the slaw.

## Nutritional Information

*Per serving*

Total Fat 35g

Cholesterol 148mg

Net Carbohydrate 13g

Protein 49g

## **GARLIC-GINGER TEMPEH AND BROCCOLI OVER QUINOA (V)**

*Makes 4 servings (about 2 cups per serving)*

### **Ingredients**

6 garlic cloves, minced  
2 tablespoons freshly grated ginger  
2 tablespoons toasted sesame oil  
½ cup coconut aminos  
1 large lemon, juiced and zested  
2 tablespoons avocado oil  
12 ounces tempeh, cut into thin strips or crumbled  
2 cups broccoli florets  
Sea salt  
Freshly ground pepper  
1 cup quinoa, prepared according to the package instructions  
1½ cups kimchi

### **Instructions**

Combine the first 5 ingredients in a medium bowl. Whisk together and set aside.

Heat the oil in a large skillet over medium-high heat. Add the tempeh, cooking until the edges begin to turn golden brown, then add the broccoli. Season with salt and pepper to taste and cook for about 4 minutes. Reduce heat to medium and pour in the garlic-ginger mixture.

Cook until the sauce thickens and the broccoli is fork tender. Serve over the prepared quinoa with a side of kimchi.

### **Nutritional Information**

*Per serving*

Total Fat 31g

Cholesterol 0mg

Net Carbohydrate 35g

Protein 40g

## **KIMCHI STEW WITH TOFU (V)**

*Makes 4 servings (about 1½ cups per serving)*

### **Ingredients**

2 tablespoons avocado oil  
1 yellow onion, diced  
6 garlic cloves, minced  
3 cups kimchi, chopped  
2 tablespoons chili paste  
5 cups vegetable broth  
1 15 ounce can cannellini or navy beans, drained and rinsed  
Sea salt  
Freshly ground black pepper  
12 ounces extra-firm tofu, cubed  
4 scallions, thinly sliced  
¼ cup cilantro, chopped  
Toasted sesame oil

### **Instructions**

Heat the avocado oil in a large pot over medium-high heat. Add the onion and garlic and cook for 2 to 3 minutes, or until the onion starts to become translucent.

Add in the kimchi and chili paste. Stir and cook for 1 minute, then pour in the broth, add the beans, and season with salt and pepper to taste. Once the mixture begins to boil, reduce the heat to medium-low, then cover and simmer for 20 minutes.

Add the tofu to the pot, cover, and cook for another 15 minutes. If the stew is boiling before you add the tofu, turn down the heat to a simmer.

Serve the stew with the scallions, cilantro, and a drizzle of toasted sesame oil on top.

## Nutritional Information

*Per serving*

Total Fat 22g

Net Carbohydrate 20g

Protein 41g

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## PROSCIUTTO, SPINACH, AND ASPARAGUS FRITTATA

*Makes 8 servings (1 slice per serving)*

### Ingredients

8 eggs

½ cup unsweetened almond milk

⅓ cup nutritional yeast

1 teaspoon sea salt

1 teaspoon freshly ground black pepper

2 tablespoons ghee

1 large shallot, finely diced

3 garlic cloves, minced

4 ounces prosciutto, chopped

1 pound asparagus, woody ends removed, cut into 2- to 3-inch pieces

3 cups spinach

### Instructions

Preheat the oven to 350°F.

Heat a large cast-iron pan (or other oven-safe pan) over medium-high heat.

Combine the eggs, almond milk, yeast, salt, and pepper in a medium bowl. Whisk thoroughly and set aside.

Add in the ghee once the pan becomes hot.

Wait for the ghee to melt, then add in the shallot and garlic. Cook for 1 to 2 minutes, or until the shallot starts to become translucent, then add in the prosciutto. Cook for another 3 to 4 minutes. Add the asparagus once the prosciutto starts to become golden and crispy.

Cook until the asparagus becomes bright green, then add in the spinach and cook for a couple of minutes, or until the spinach wilts.

Pour the egg mixture over the sautéed vegetables. Cook for 3 to 4 minutes, or just until the bottom of the frittata begins to set. Transfer the frittata to the oven and bake for 15 minutes, or until the eggs are cooked through at the center.

Cut the frittata like a pie and serve.

### **Nutritional Information**

*Per serving*

Total Fat 20g

Net Carbohydrate 8g

Protein 33g

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## **BRATS WITH SAUTÉED APPLES AND ONIONS (SERVE WITH SAUERKRAUT)**

*Makes 4 servings (1½ cups per serving)*

### **Ingredients**

2 tablespoons olive oil

1 pound brats, cut into medallions

1 large onion, halved and thinly sliced

2 Granny Smith apples, cored, peeled, and thinly sliced

¼ cup apple cider vinegar

¼ cup seeds such as flax, pumpkin, hemp, or a combo of all 3

1 teaspoon smoked paprika

Sea salt

Freshly ground black pepper

1½ cups sauerkraut

### **Instructions**

Heat the olive oil in a large skillet over medium-high heat. Add the brats, stirring to sear evenly, and cook for about 2 minutes. Add in the onion.

Continue cooking for 5 to 6 minutes, or until the onion becomes soft and translucent (close to caramelized). Add in the apples, vinegar, seeds, and paprika and season with salt and pepper to taste.

Cook for another few minutes, or until the apples are tender and the liquid has reduced by more than half.

Serve with a scoop of sauerkraut.

### **Nutritional Information**

*Per serving*

Total Fat 55g

Net Carbohydrate 20g

Protein 26g

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## **COCONUT AND KALE LENTIL SOUP (V)**

*Makes 4 servings (1½ cups per serving)*

### **Ingredients**

1 cup unsweetened shredded coconut

2 tablespoons avocado oil

1 yellow onion, diced

6 garlic cloves, minced

2 tablespoons freshly grated ginger

2 tablespoons red curry paste

1 cup red split lentils

5 cups vegetable broth

1 teaspoon salt

1 teaspoon freshly ground black pepper

One 14.5-ounce can full-fat coconut milk

4 cups kale, stems removed, chopped

¼ cup seeds of your choosing (pumpkin, flax, hemp)

## Instructions

Heat a large pot over medium-high heat. Once the pot is hot, add the shredded coconut. Dry toast the coconut in the pot, stirring continuously, until it starts to turn a light golden brown. Immediately transfer the toasted coconut to a medium bowl and set aside.

Return the pot to the stove and add the avocado oil. Add the onion and cook for 2 to 3 minutes, or until it just starts to become translucent, then add in the garlic and ginger. Stir and cook for less than a minute, then add in the red curry paste. Continue to stir over the heat until the mixture becomes fragrant.

Add in the lentils, broth, salt, pepper, and the reserved toasted coconut. Once the mixture boils, reduce the heat to medium-low, cover, and simmer for 25 to 30 minutes, or until the lentils are tender and cooked through.

Stir in the coconut milk and kale a few minutes before serving. Keep the soup over the heat until the kale wilts. Season the soup with more salt and pepper to taste and serve with a sprinkle of seeds on top.

## Nutritional Information

*Per serving*

Total Fat 40g

Net Carbohydrate 24g

Protein 21g

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## PULLED PORK IN BONE BROTH

*Makes 12 servings (1 cup per serving)*

## Ingredients

1 teaspoon salt (or to taste)

½ teaspoon pepper (or to taste)

6 pounds pork shoulder

8 cups Basic Beef Bone Broth (see page 266)

Juice of 2 lemons

2 tablespoons ground cumin

3 to 4 bay leaves

2 tablespoons ground herbes de Provence  
½ teaspoon cayenne pepper  
¼ cup chopped cilantro  
1 medium organic yellow onion, cored  
1 teaspoon arrowroot powder

## Instructions

Braising can be done in 4 ways. Here are the fastest to slowest methods: pressure cooker (1 hour), stovetop (3 to 4 hours), oven (4 to 8 hours), or slow cooker (also 4 to 8 hours). The slow cooker method is the least time intensive; it should hold 6-plus quarts (that's what these directions are for).

Sprinkle salt and pepper over the entire pork shoulder. Heat a large frying or sauté pan on medium-high heat. Place the meat in the pan and sear each side to a light golden brown. This is an important step because you're doing 2 things that are going to make your final dish delicious: sealing in moisture and creating flavor. All the crusty bits are full of flavor that will transfer to your braising liquid.

Boil the Basic Beef Bone Broth and lemon juice with the spices before putting the mixture into the slow cooker.

Put the liquids, meat, and onion into the slow cooker and cook on low for 8 hours. Note that the liquid should just cover the meat.

When you're finished cooking, you can set aside some of the Basic Beef Bone Broth to mix in with the shredded meat, but first you'll want to thicken it a little bit with some arrowroot powder. This is done by mixing a little hot liquid with a teaspoon of arrowroot powder at a time, thoroughly blending, then adding it back to your reserved liquid for sauce.

Remove the meat from the slow cooker and shred, using 2 forks, and add the thickened sauce.

## Nutritional Information

*Per serving*

Total Fat 3g

Net Carbohydrate 1g

Protein 25g

## **BACON-AVO-EGG (BACON, AVOCADO, EGG)**

*Makes 4 servings (1 avocado per serving)*

### **Ingredients**

4 large avocados  
1 teaspoon salt  
¼ cup raw apple cider vinegar  
4 large free-range chicken or duck eggs  
16 slices hormone-free bacon

### **Instructions**

Halve the avocados and discard the seeds. Scoop a small amount of avocado out of the center to make room for the poached egg that will go inside. Carefully peel off the avocado skin. Set aside.

Fill a saucepan with 3 to 4 inches of water. Add ½ teaspoon of salt and the apple cider vinegar and bring to a boil. Poach eggs for 5 minutes.

Carefully place 1 poached egg into one half of an avocado and close it inside by covering with the other half. Wrap each avocado with approximately 4 slices of bacon.

Set a curved pan over high heat. Sear the bacon on the outside of the avocado, rotating it slowly until it's crispy and golden brown all around. Leaning the avocado along the edge of a curved pan is a great way to sear the curved areas. Once the bacon starts to cook and get crisp, it will create a shell and hold the avocado together and the egg inside.

Serve immediately.

### *Tips and tricks:*

The acid in the water from the vinegar is what helps keep the egg together while poaching. The trick to searing the bacon-wrapped avocado is high heat: It has to be hot and fast; otherwise, the texture of the soft avocado underneath will be compromised. Serve this delicious dish over a salad of mixed greens, sliced heirloom tomatoes, freshly chopped parsley, and crumbled feta cheese.

## Nutritional Information

*Per serving*

Total Fat 59g

Net Carbohydrate 9g

Protein 117g

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## ROASTED LEG OF LAMB

*Makes 20 servings (4 ounces per serving)*

### Ingredients

5 pounds boneless leg of lamb

8 fresh rosemary sprigs

Zest and juice of 2 lemons

1 tablespoon minced garlic

¼ cup avocado oil

2 teaspoons salt

1 teaspoon ground pepper

Two 10-gallon clear plastic garbage bags

### Instructions

Place all the ingredients into 2 (for extra strength) 10-gallon clear plastic garbage bags. Take extra care when adding the rosemary sprigs to make sure they don't puncture the plastic. Get all the air out of the bags and tie a knot at the top; this makes sure that the entire leg of lamb gets marinated.

Place the lamb in a bowl or on a dish (just in case it leaks) and set in the fridge to marinate for 4 hours or up to 2 days.

Cook the lamb on the grill over medium heat for 45 minutes, or until cooked through. Or start it on the grill to get color and then finish it in the oven set at 375°F for 45 minutes or until done.

## Nutritional Information

*Per serving*

Total Fat 17g

Net Carbohydrate 0g

Protein 21g

## THE BEST ROASTED CHICKEN

*Makes 4 servings (4 ounces per serving)*

### Ingredients

1 whole chicken  
3 lemons, sliced  
5 fresh rosemary sprigs  
1 teaspoon sea salt  
½ teaspoon ground pepper  
Dash of paprika

### Instructions

Preheat the oven to 375°F.

Prepare a roasting pan by covering it with parchment paper and tucking the edges between the drip pan.

Butterfly your chicken by removing the spine. You can do this either with sturdy kitchen shears or with a knife. By removing the spine, you can flatten the chicken out on the roasting pan so that it cooks more evenly and in less time, all the while staying moist on the inside and crispy on the outside.

Create a bed of lemon slices and rosemary sprigs in the bottom of the parchment-lined roasting pan.

Place the chicken on top of the lemons and rosemary. Sprinkle with the salt, pepper, and paprika.

Roast the chicken for 45 to 55 minutes, or until the juices run clear.

### Nutritional Information

*Per serving*

Total Fat 6g

Net Carbohydrate 0g

Protein 25g

## KETOBIOTIC WAFFLES

*Makes 16 waffles (2 waffles per serving)*

### Ingredients

3 cups blanched almond flour  
¼ cup shredded coconut, unsweetened  
1 teaspoon baking powder  
¼ teaspoon sea salt  
½ teaspoon ground cinnamon  
⅔ cup coconut milk  
¼ cup maple syrup  
2 teaspoons vanilla extract  
5 free-range eggs, yolks and whites separated  
⅓ cup grass-fed butter, softened

For chocolate waffles, add ¼ cup raw cacao powder.

### Instructions

Turn on your waffle iron to the desired setting.

Combine all the dry ingredients in a medium bowl and stir until evenly mixed.

Cream the coconut milk, maple syrup, vanilla, egg yolks, and butter in a large bowl.

Beat the egg whites to a soft peak in a separate medium bowl.

Gently fold the egg whites into the egg-yolk mixture in the large bowl.

Gently fold the dry ingredients into the creamed liquid ingredients until fully incorporated.

Using a 2-ounce ladle, position a dollop of batter onto the center of the waffle square. Cook per the waffle iron instructions (approximately 4 minutes). Continue cooking until all the waffle batter is used.

## Nutritional Information

*Per serving*

Total Fat 23g

Net Carbohydrate 3g

Protein 5g

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## CRUSTLESS EVERYTHING QUICHE

*Makes 8 servings (1 slice per serving)*

### Ingredients

1 cup diced onion, sautéed until clear

3 cups (total) of whatever you have in your kitchen, such as:

1 cup frozen organic spinach, thawed, squeezed, finely diced

1 cup diced bacon, cooked

1 cup diced (½-inch cubes) butternut squash

1 cup diced roasted red bell peppers

3 cups (total) of whatever cheese you have, such as:

1½ cups shredded goat cheddar cheese

1½ cups shredded raw Parmesan cheese

8 large free-range eggs, beaten

½ teaspoon salt

½ teaspoon pepper

1 teaspoon of the herb of your choice (mine is herbes de Provence)

### Instructions

Preheat the oven to 350°F.

Lightly grease an 8-inch square baking dish with butter.

Prep your ingredients: Sauté the onion. Thaw, squeeze, and chop the spinach. Cook and chop the bacon. Dice the roasted bell pepper. Grate the cheeses.

Beat the eggs, then add the salt, pepper, and spices.

Mix all the ingredients together in a large bowl.

Pour the mixture into the greased baking dish. Bake for 30 to 40 minutes, or until a toothpick inserted in the center comes out clean.

*Tips and tricks:*

As long as you keep the proportions the same in this recipe, you can experiment with different ingredients. This quiche never gets boring!

### **Nutritional Information**

*Per serving*

Total Fat 20g

Net Carbohydrate 15g

Protein 11g

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## **BREADCRUMB-FREE CRAB CAKES**

*Makes 6 crab cakes (1 crab cake per serving)*

### **Ingredients**

½ head of cauliflower, riced, steamed, and water extracted (1 cup when finished)

5 free-range eggs

3 tablespoons Garlic Avocado Aioli (Store-bought is fine)

¼ cup finely chopped curly parsley

½ teaspoon sea salt

¼ teaspoon ground pepper

½ teaspoon cayenne pepper

½ teaspoon paprika

1 teaspoon fresh dill

6 tablespoons coconut flour

1 pound responsibly sourced crabmeat, cooked

2 tablespoons avocado oil or coconut oil (for searing)

Lemon juice to taste

## Instructions

Rice the cauliflower in a powerful blender or food processor. Steam for 10 minutes. Squeeze out the excess liquid, either with cheesecloth, a kitchen towel, or a nut milk bag. Set aside to cool.

Whisk together the eggs, Garlic Avocado Aioli, and spices in a small bowl.

Gently fold the cold cauliflower with the egg mixture and coconut flour in a medium bowl until evenly mixed. (It's important that the cauliflower is cold so that it won't cook the eggs.) The cauliflower and the coconut flour give the finished crab cakes a nice, crispy outside.

Gently fold in the crabmeat, being careful not to break up the meat too much. (It's nice when the finished crab cakes have large chunks of meat in them.)

Cool the mixture in the fridge for 15 minutes, and preheat the oven to 350°F.

Make the patties, approximately 1 inch thick and 3 inches across.

Pour the oil into a cast-iron (recommended) pan set over medium-high heat. When the pan and oil are hot, add the crab cakes, being careful not to overcrowd the pan (this will cause steaming, not searing). Cook the crab cakes for about 3 minutes to a golden brown, then flip over and cook another 3 minutes.

Transfer the pan-fried crab cakes to a baking sheet and place in the oven to cook through, about 12 to 15 minutes. Squeeze the lemons over the patties to taste.

*Tips and tricks:*

Serve over mixed greens with half an avocado.

## Nutritional Information

*Per serving*

Total Fat 4g

Net Carbohydrate 2g

Protein 10g

## HEALTHY CHICKEN NUGGETS

*Makes 48 chicken nuggets (6 nuggets per serving)*

### Ingredients

8 boneless, skinless free-range hormone-free chicken breasts  
3 cups quinoa flour  
2 teaspoons garlic powder  
2 teaspoons sea salt  
2 teaspoons ground black pepper  
4 eggs, beaten  
1 cup coconut oil

### Instructions

Cut the chicken into nugget-shaped pieces (about 6 nuggets per chicken breast).

Mix the flour, garlic powder, salt, and pepper thoroughly in a shallow dish. Dip the chicken pieces individually into the beaten eggs, then coat each side lightly with the flour mixture. Shake off any excess flour before placing on a plate; continue until all the chicken has been coated.

Liberally coat a large nonreactive skillet or saucepan (cast iron is my favorite) with coconut oil. You want to use enough so that the chicken nuggets don't have dry spots but not so much that they're soggy.

Sauté the nuggets for 4 minutes on each side until golden brown. You may need to pause between batches to quickly clean the pan of any small bits that remain; those tend to burn if not removed, making the conditions less than ideal for the fresh nuggets.

You'll know that your nuggets are done when they're golden brown and no longer pink in the center. This will be about 12 minutes per batch.

### Nutritional Information

*Per serving*

Total Fat 29g

Net Carbohydrate 3g

Protein 48g

## **PURPLE GOLD KRAUT (V)**

*Makes 14 cups (1 cup per serving)*

### **Ingredients**

2 heads of organic red cabbage, shredded  
1/3 cup fresh organic turmeric, finely grated  
1/3 cup fresh organic ginger, finely grated  
2 tablespoons sea salt  
2 tablespoons apple cider vinegar

### *Additional brine*

4 cups purified water  
4 teaspoons sea salt  
4 teaspoons apple cider vinegar

### **Instructions**

Pull 4 to 5 large leaves off of 1 of the heads of cabbage and set aside. Shred the remaining cabbage.

Mix the shredded cabbage, turmeric, ginger, salt, and vinegar in a large bowl. (Use a stainless steel bowl because the turmeric won't stain it bright yellow.) Wearing gloves to keep your hands from getting stained, massage the cabbage mixture with your hands until it breaks down and starts to soften, about 5 to 10 minutes. Let the mixture sit for 20 to 30 minutes to give it time to continue to macerate and release more juices.

Massage the mixture for another 5 to 10 minutes.

Pack the cabbage mixture into two 36-ounce mason jars with a large, long-handled spoon. Pack the mixture in tightly, all the way down to the bottom. You want the mixture to be submerged in brine (the natural juices created through the maceration process). Leave about 1½ inches of space from the top of the jar.

Typically you will need to make additional brine. This is done by combining water with the sea salt and apple cider vinegar. Continue to add brine until the cabbage mixture is submerged.

Roll up the cabbage leaves you set aside and place them in the jar to push the cabbage under the brine. Screw the jar lid on loosely so gas can escape as fermentation takes place. Set on the counter for 5 to 14 days in a cool, shaded place. During fermentation, the sauerkraut will bubble a little and become cloudy. If scum or mold appears at the top or on the whole cabbage leaves, remove and discard; replace with new cabbage leaves to keep the cabbage submerged.

Taste the sauerkraut every day. When you like the flavor, remove the rolled-up cabbage leaves and place the sauerkraut in the refrigerator, which slows down the fermentation process.

*Tips and tricks:*

Wear gloves and clothes that can get stained when making this recipe; the turmeric juice will stain your hands and could permanently stain your clothes. Fruit such as pineapple can accelerate the fermentation process and might take less time to achieve a flavor of your liking. After 5 to 6 days, the sauerkraut is crunchy and deliciously fresh. After about 10 days, the flavor gets a little tarter and the texture is softer. This sauerkraut is the perfect accompaniment for a break-fast dish.

**Nutritional Information**

*Per serving*

Total Fat 0g

Net Carbohydrate 2g

Protein 0g

## YELLOW CAULIFLOWER TORTILLAS

*Makes 12 tortillas (2 tortillas per serving)*

### Ingredients

2 heads of cauliflower, steamed (yields approximately 8 cups chopped cauliflower)

1 cup chopped green onions (approximately 2 bunches)

5 large free-range eggs, beaten

½ teaspoon sea salt

½ teaspoon finely ground black pepper

½ teaspoon ground turmeric

¾ teaspoon xanthan gum

### Instructions

Preheat the oven to 350°F.

Steam the cauliflower heads until tender, about 4 to 5 minutes. Blend the cauliflower and green onions in a food processor or powerful blender until smooth (they will have a slightly green color because of the onions; don't worry, once you add the turmeric, they'll turn yellow). This mixture should make about 32 fluid ounces.

Strain the mixture through cheesecloth or a nut milk bag to get rid of any excess liquid.

Mix together the cauliflower mixture, eggs, salt, pepper, turmeric, and xanthan gum in a medium bowl.

Pour ¼ cup of batter for each tortilla onto a baking sheet lined with parchment paper or a nonstick silicone baking liner.

Bake for 25 minutes on 1 side only.

Let cool before removing from the baking sheet.

### *Tips and tricks:*

These tortillas can be made in advance and stored in the fridge for a few days; make sure you layer them in between parchment paper.

### Nutritional Information

*Per serving*

Total Fat 1g

Net Carbohydrate 22g

Protein 3g

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### FRESH MINT AND PEA SPREAD

*Makes 3 cups (24 servings, 2 tablespoons per serving)*

### Ingredients

3 cups fresh English peas

½ cup almonds, ground to consistency of flour

Zest of 1 lemon

2 cups fresh mint, well packed

3 tablespoons lemon juice

1 shishito pepper

2 ounces goat cheese

½ cup avocado oil

### Instructions

Place all the ingredients into a powerful blender and blend on medium speed until the spread is the desired consistency.

Store in the refrigerator in a glass container. The spread will last in the fridge for 5 to 7 days.

### Nutritional Information

*Per serving*

Total Fat 0g

Net Carbohydrate 8g

Protein 4g

## MEYER LEMON—GINGER SALMON

*Makes 12 servings (4 ounces per serving)*

### Ingredients

1 to 2 tablespoons sesame oil  
1 large wild salmon fillet (2½ to 3 pounds)  
2 tablespoons low-sodium organic miso  
1 tablespoon coconut aminos  
4 tablespoons grated fresh ginger  
½ teaspoon grated fresh turmeric  
2 teaspoons minced garlic  
2 teaspoons raw local honey  
Juice from 2 large Meyer lemons  
Zest from 3 large Meyer lemons

### Instructions

Preheat the oven to 350°F.

Prepare a large baking dish (15 inches is a perfect size) by adding a little sesame oil to the bottom of the pan before you lay in the salmon, skin-side down. (This will prevent the skin from sticking.)

Mix the remaining ingredients together in a small bowl, forming a thick sauce. Pack the sauce on top of the salmon. (The thick, zesty part of the sauce will stay on top and create a crust during the baking process, and the juices will slide to the bottom of the pan, giving flavor and moisture to the rest of the fish.)

Bake for approximately 45 minutes, or until the salmon starts to brown on the top and is cooked through in the thickest part of the fillet.

#### *Tips and tricks:*

If your fillet is too long for your baking dish, you can cut off the small tail end of the salmon and place it in the empty space in the baking dish; it does not have to be cooked in one piece. Watch the thinner areas of the salmon to make sure they don't overcook and get dry; if you need to, you can take these parts out early.

## Nutritional Information

*Per serving*

Total Fat 42g

Net Carbohydrate 1g

Protein 50g

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## BRAISED BEEF COLLAGEN BOOST

*Makes 24 servings (4 ounces per serving)*

### Ingredients

4 to 4½ cups beef bone broth (see recipe for Basic Beef Bone Broth on page 266)

8 pounds organic grass-fed beef

1 tablespoon sea salt for searing

1 tablespoon ground black pepper for searing

1 onion, peeled and cut into 8 wedges

12 ounces tomato paste (buy only brands that come in glass containers)

2 cups carrots (3 to 4 large carrots, cut into 2-inch chunks)

4 celery stalks, cut into 2-inch-long chunks

1 tablespoon ground herbes de Provence

4 to 5 whole garlic cloves

### Instructions

You can braise 4 ways. Here are the fastest to slowest methods: pressure cooker, stovetop, oven, or slow cooker. These directions are for a 6-plus-quart slow cooker.

Start warming up the bone broth in your slow cooker. Sometimes, I boil the bone broth first to help kick-start it.

Prepare to sear your beef by sprinkling salt and pepper on all surfaces. Heat a large frying or sauté pan on medium-high heat and sear each side of the meat until lightly golden brown. This is an important step because you're doing 2 things that are going to make your final dish delicious: sealing in moisture and creating flavor. All the crusty bits are full of flavor that will transfer to your braising liquid.

Place the meat and all the remaining ingredients in the slow cooker. Braise for 4 to 8 hours. (I go the whole 8 hours so that the meat is as tender as possible and ready to eat when I'm finished with my workday.)

*Tips and tricks:*

Use a 6 ½-quart slow cooker in the a.m. Braised meats only get better the longer the flavors meld together, and it's like having a free meal that I didn't have to invest time in. This is why this recipe is made to feed a small army: Eat some, freeze some, give some away!

Before serving, you can choose to take some sauce to serve with your braised beef by transferring 1½ cups of the sauce to a saucepan. In a small glass, mix a small amount of warm liquid with 1 to 2 teaspoons of arrowroot powder; use a small whisk to blend. Then incorporate this mixture into the sauce you've set aside in the saucepan. This premixing technique minimizes clumping.

### **Nutritional Information**

*Per serving*

Total Fat 13g

Net Carbohydrate 0g

Protein 13g

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## **SALMON IN PARCHMENT PAPER**

*Makes 8 servings (2 ounces per serving)*

### **Ingredients**

- 16 ounces asparagus
- 2 yellow bell peppers, thinly sliced
- 1 red onion, thinly sliced
- 4 large tomatoes, diced
- 4 tablespoons capers, drained
- 8 salmon fillets
- 2 lemons, juiced
- ¼ cup avocado oil
- 3 lemons, sliced

1 teaspoon sea salt  
1 teaspoon ground pepper  
½ teaspoon cayenne pepper  
½ cup basil, thinly sliced

## **Instructions**

Preheat the oven to 400°F.

Cut parchment paper into eight 17-inch squares.

Divide asparagus, bell peppers, onion, tomatoes, and capers evenly among the 8 parchment squares. Place 1 salmon fillet on top of each. Drizzle lemon juice and a little avocado oil over each piece of salmon. Top with 1 to 2 lemon slices, salt, pepper, and a dash of cayenne. Bring the parchment paper sides up over the salmon; double-fold the top and sides to seal, making airtight pockets. Place the pockets on a baking sheet.

Bake the salmon for 15 to 20 minutes; your thermometer should register 140°F to 145°F when inserted through the paper and into the fish. Place each packet on a separate plate and cut open. Sprinkle some basil over the top of the fish and serve immediately.

### *Tips and tricks:*

The parchment paper keeps the fish moist, as well as keeping all the flavor in! This dish is a winner with dinner guests, too, because it looks fancy when you serve it in the parchment paper.

## **Nutritional Information**

*Per serving*

Total Fat 8g

Net Carbohydrate 1g

Protein 10g

## YELLOWED CAULIFLOWER (V)

*Makes 8 to 12 servings (1 cup per serving)*

### Ingredients

2 large heads of cauliflower  
1½ teaspoons ground turmeric  
1 teaspoon sea salt  
½ teaspoon pepper  
⅓ cup avocado oil  
1 pair disposable plastic gloves (for prep)

### Instructions

Preheat the oven to 350°F.

Remove the tough core from the cauliflower and break the rest into 3-inch florets.

Mix the turmeric, salt, and pepper in a small bowl and reserve.

Place the cauliflower in a large rectangular baking dish. Drizzle the avocado oil over the cauliflower and toss to coat evenly. (Use the gloves so your hands don't turn bright yellow!) Sprinkle the spices over the cauliflower and continue tossing to coat evenly.

Roast the cauliflower in the oven for 45 minutes, mixing and tossing twice during cooking time to ensure even cooking.

Enjoy the roasted cauliflower with steak, chicken, salmon, shrimp—almost anything!

*Tips and tricks:*

Any leftovers are great served cold on a salad!

### Nutritional Information

*Per serving*

Total Fat 10g

Net Carbohydrate 3g

Protein 4g

## GREEN BEANS WITH CARAMELIZED SHALLOTS

*Makes 10 servings (1 cup per serving)*

### Ingredients

15 shallots  
1 to 2 tablespoons avocado oil  
2 pounds green beans  
1 cup sliced almonds  
2 tablespoons grass-fed butter  
1 teaspoon salt  
½ teaspoon pepper

### Instructions

Prepare the shallots by peeling and slicing thinly. Place the shallots and 1 tablespoon of the avocado oil in a medium frying pan and sauté until the shallots are caramelized and golden brown (this may take 30 minutes—add more oil if necessary). Stir occasionally, but not too often; the shallots need time to cook, and if you stir too often, the caramelization doesn't have time to happen. But at the same time, keep a watchful eye on them so they don't burn. Once caramelized, reserve the shallots in a bowl.

Prepare to blanch the beans. Boil enough water to submerge the beans in an 8-quart stockpot. While the water is heating, trim both ends of the beans. Prepare an ice bath to cool the beans after blanching by adding ice and cold water to a large bowl. Boil the beans in the stockpot for about 3 minutes, then quickly transfer them to the ice bath to stop the cooking process. Once the beans are cool, remove them from the ice bath, drain, and reserve.

Lightly toast the sliced almonds in a frying pan over medium heat. The goal is to get the nuts just slightly brown to release the oils and produce an extra nutty flavor.

Five minutes before you're ready to serve, heat the butter in a large sauté or frying pan over medium-high heat. Add the green beans, salt, and pepper to the butter in the pan. Once the beans are hot, add in the caramelized shallots and sliced almonds. Mix evenly and serve.

*Tips and tricks:*

Blanching the beans for a short period of time and then reserving them until just before you're ready to serve will help you get them to the table hot and perfectly cooked.

**Nutritional Information**

*Per serving*

Total Fat 2g

Net Carbohydrate 7g

Protein 2g

---

**CARDAMOM CARROT FRIES (V)**

*Makes 8 servings (1 cup per serving)*

**Ingredients**

8 cups carrot sticks (start with 6 pounds large organic carrots)

2 tablespoons avocado oil

3 teaspoons ground herbes de Provence

1½ teaspoons chili powder

2 tablespoons cardamom (adjust to taste)

¼ teaspoon cayenne pepper

1½ teaspoons salt

¼ teaspoon pepper

**Instructions**

Preheat the oven to 375°F.

Peel the carrots and start to prepare “fries” by cutting the carrots into even lengths. Then “square off” the carrots, eliminating the round edges. Once you have square columns of carrots, slice them into the thickness of your desired fries. Cut these slices into fries.

Place the carrot fries and the avocado oil in a large bowl and toss to coat evenly. Add the remaining ingredients and toss to incorporate evenly.

Line 2 large baking sheets with parchment paper or nonstick baking liners. Arrange the fries so they're not touching each other. You'll get the best results if each fry has space around it so that all can brown evenly.

Bake for 30 to 45 minutes, checking every 10 minutes or so to make sure they are cooking evenly.

*Tips and tricks:*

To get the traditional fries shape, you'll need to start with a lot of carrots, as eliminating the round parts reduces the number of finished carrots. You can have more fries if you're okay with a nontraditional shape. I like these carrot fries so much that I make four times the herb-salt-and-pepper mixture and store it in a spice jar to save a little time the next time I make these!

### **Nutritional Information**

*Per serving*

Total Fat 14g

Net Carbohydrate 20g

Protein 3g

---

## **SPICY ZUCCHINI APPLE MUFFINS**

*Makes 24 muffins (1 muffin per serving)*

### **Ingredients**

2 cups grated zucchini

2 cups grated green apple

6 Medjool dates

1 cup nut butter

4 eggs

¼ cup coconut oil, melted

3 teaspoons vanilla extract

1 cup almond flour

1 teaspoon baking powder

½ teaspoon baking soda

4 teaspoons ground cinnamon  
1 teaspoon ground ginger  
1 teaspoon freshly ground nutmeg  
 $\frac{3}{4}$  teaspoon allspice  
 $\frac{3}{4}$  teaspoon ground cloves  
 $\frac{1}{2}$  teaspoon salt

## Instructions

Preheat the oven to 350°F.

Grate the zucchini and apple with the peel on. Squeeze out the excess liquid from the zucchini.

Smash the dates, removing the pits, using a mortar and pestle or mince them in a food processor until they resemble a paste.

Blend the nut butter, eggs, and smashed dates in a large bowl. Mix in the zucchini, apple, coconut oil, and vanilla and blend thoroughly.

Place the remaining ingredients in a separate bowl and mix together.

Incorporate the dry mixture into the wet mixture and blend evenly.

Lightly oil a silicone muffin pan or silicone muffin cups. If you don't have silicone, simply put paper liners in the muffin pan. Add about  $\frac{1}{4}$  cup of batter to each cup.

Bake the muffins for 15 to 20 minutes, or until a toothpick comes out clean from the center.

## Nutritional Information

*Per serving*

Total Fat 2g

Net Carbohydrate 20g

Protein 3g

## ALMOND COCONUT BREAD

*Makes 2 loaves (15 slices per loaf, 2 slices per serving)*

### Ingredients

2 cups almond flour  
1½ cups coconut flour  
⅔ cup hemp seeds  
½ cup ground flaxseed  
½ cup whole psyllium husks  
2 tablespoons baking powder  
2 teaspoons ground anise seed (optional, or spice of choice)  
2 teaspoons salt  
12 eggs, room temperature  
1 cup raw cheddar cheese, grated  
⅔ cup coconut oil, melted  
1½ cups raw-milk kefir

### Instructions

Preheat the oven to 350°F.

Combine all the dry ingredients in a large bowl. Stir well to incorporate the seeds evenly.

Beat the eggs in a separate large bowl, then incorporate the other wet ingredients until a smooth batter is formed.

Slowly incorporate the dry ingredients into the wet ingredients. (The coconut oil might clump a bit, but this will work itself out during baking.) Mix thoroughly. Pour the batter into two greased loaf pans lined with parchment paper.

Bake for 45 to 50 minutes, or until a toothpick inserted into the center comes out clean.

Remove from the oven, then remove the loaves from the pans and cool directly on a cooling rack so the crust dries; the bread will get soggy if it cools in the pan.

Let the loaves cool completely before slicing. Slice and toast right away, or slice and store in the freezer.

### **Nutritional Information**

*Per serving*

Total Fat 10g

Net Carbohydrate 31g

Protein 3g

---

### **MINDY'S MAGIC SALAD DRESSING (V)**

*Makes 7 servings (2 ounces per serving)*

### **Ingredients**

¼ cup red wine vinegar

⅔ cup Meyer lemon juice

Zest of Meyer lemons

1 tablespoon raw honey

¾ cup olive oil

1½ teaspoons sea salt

1½ teaspoons ground pepper

¼ teaspoon cayenne pepper

### **Instructions**

Blend all ingredients together.

Store in the refrigerator.

Shake before serving.

*Tips and tricks:*

This salad dressing tastes like summer all year long! Add some finely chopped parsley or basil on top of your salad before dressing it.

### Nutritional Information

*Per serving*

Total Fat 4g

Net Carbohydrate 1g

Protein 0g

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### **KALE CHIPS (V)**

*Makes 6 servings (10 chips per serving)*

### **Ingredients**

½ pound curly kale leaves

2 tablespoons avocado oil

Sea salt, to taste

Add other spices such as cayenne or cinnamon to spice it up if desired

### **Instructions**

Preheat the oven to 425°F.

Remove the tough stems from the kale. Wash and dry the leaves, then tear into bite-size pieces into a large bowl.

Drizzle the avocado oil over the kale and massage it into the leaves.

Spread the kale leaves evenly on a lined baking sheet and put in the oven. At the 5-minute mark, use a spatula to separate any kale leaves that are sticking together.

Continue baking the kale for about 12 minutes, until the leaves are crisp.

Remove from the oven and sprinkle with salt.

### Nutritional Information

*Per serving*

Total Fat 12g

Net Carbohydrate 2g

Protein 1g

**HORMONE  
FEASTING  
RECIPES**

## FLAXSEED-CRUSTED SALMON WITH A ROASTED SQUASH AND BROCCOLI SALAD

*Makes 4 servings (2 ounces salmon with ½ cup salad per serving)*

### Ingredients

#### *Salad*

1 small butternut squash, seeds removed, peeled and cubed  
4 cups broccoli florets  
⅓ cup olive oil, divided  
Sea salt  
Freshly ground pepper  
2 large lemons, juiced and zested  
2 tablespoons champagne or white wine vinegar  
2 teaspoons Dijon mustard  
1 bunch Tuscan kale, washed, stems removed, and chopped  
One 14.5-ounce can cannellini or navy beans, drained and rinsed  
2 medium Gala apples, cored and sliced thin  
1 small shallot, halved and sliced thin  
¼ cup roasted pumpkin seeds

#### *Salmon*

8-ounce skin-on wild-caught salmon fillet, patted dry  
1 teaspoon olive oil  
1 teaspoon Dijon mustard  
1 garlic clove, grated  
2 teaspoons ground flaxseed  
2 thyme sprigs, leaves removed and minced  
½ teaspoon sea salt  
¼ teaspoon freshly ground black pepper

## Instructions

Preheat the oven to 400°F.

Line a large rimmed baking sheet with parchment paper, then spread out the squash and broccoli on top. Drizzle 2 to 3 tablespoons of olive oil over the vegetables. Season with salt and pepper and place in the oven.

Roast for 20 to 25 minutes, or until the vegetables are fork tender. Remove from the oven and set aside to cool.

Line a small rimmed baking sheet with parchment paper and place the salmon on top, skin-side down.

Combine the teaspoon of olive oil, mustard, and garlic in a small bowl. Whisk together, then brush evenly over the top and sides of the salmon fillet.

Combine the flaxseed, thyme, salt, and pepper in a separate small bowl. Gently press the mixture into the mustard-glazed flesh of the fish.

Transfer the fish to the oven and bake for about 10 minutes, or until the fish is cooked through and flakes easily with a fork.

While the salmon cooks, finish assembling the salad.

Combine the lemon juice and zest, vinegar, mustard, and remaining olive oil in a small bowl. Whisk together and add salt and pepper to taste.

Combine the kale, beans, apple, shallot, and pumpkin seeds in a large bowl. Add the slightly cooled roasted vegetables. Drizzle the lemony vinaigrette over the top and toss to combine.

Serve the salmon with a large helping of salad.

## Nutritional Information

*Per serving*

Total Fat 27g

Net Carbohydrate 34g

Protein 54g

## **PUMPKIN CHICKPEA CURRY STEW (V)**

*Makes 4 servings (1 cup per serving)*

### **Ingredients**

2 tablespoons olive oil  
1 large onion, diced  
8 garlic cloves, minced  
1 medium Fresno or jalapeño pepper, seeded and finely chopped  
2 tablespoons freshly grated ginger  
One 14.5-ounce can pumpkin puree  
2 teaspoons ground turmeric  
1½ teaspoons sea salt  
1 teaspoon cumin  
1 teaspoon coriander  
1 teaspoon freshly ground black pepper  
One 28-ounce can crushed tomatoes  
2 to 3 cups vegetable broth  
10 ounces fingerling potatoes, quartered  
One 14.5-ounce can chickpeas, drained and rinsed  
2 cups frozen peas  
One 14.5-ounce can full-fat coconut milk  
4 cups spinach  
1½ cups quinoa, prepared according to the package directions  
¼ cup plain coconut milk yogurt  
1 lime, cut into wedges

### **Instructions**

Heat the olive oil in a large pot over medium heat. Add the onion and cook for 2 to 3 minutes, or until the onion begins to become translucent. Add in the garlic, pepper, and ginger and stir to combine. Cook for another 2 minutes, stirring gently.

Then stir in the pumpkin puree, turmeric, salt, cumin, coriander, and pepper. Cook for 3 to 5 minutes, or until the mixture becomes fragrant. Add in the tomatoes and 2 cups of broth. Stir everything together, getting all the bits off the bottom of the pot, then add

in the potatoes and chickpeas. Stir again, and if the potatoes and beans aren't fully submerged in liquid, slowly add more broth until they're covered.

Bring to a gentle boil, then reduce the heat to low. Cover the pot and simmer for 25 to 30 minutes, or until the potatoes are fork tender.

Once the potatoes are tender, remove the lid and stir in the peas, coconut milk, and spinach. Stir gently over the heat until the spinach wilts. Taste the stew, and add more salt and pepper as needed.

Serve the stew over a scoop of cooked quinoa. Garnish with a dollop of yogurt and a wedge of lime for squeezing on the side.

### Nutritional Information

*Per serving*

Total Fat 16g

Net Carbohydrate 44g

Protein 23g

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## SESAME GINGER—ROASTED CHICKEN AND SWEET POTATO WITH A FENNEL AND PICKLED BEET SALAD

*Makes 4 servings (½ cup chicken on 1½ cups salad per serving)*

### Ingredients

*Chicken and sweet potato*

1 tablespoon toasted sesame oil

2 tablespoons avocado oil

¼ cup coconut aminos

2 tablespoons freshly grated ginger

1 teaspoon fish sauce (optional)

4 garlic cloves, minced

1½ teaspoons sea salt

1 teaspoon freshly ground black pepper

One 8-ounce chicken breast, cubed

1 large sweet potato (or 2 medium), peeled and cubed

1 large onion, cut into 1½-inch-thick wedges

1 tablespoon sesame seeds

*Salad*

¼ cup olive oil  
3 tablespoons apple cider vinegar  
1 small shallot, minced  
Sea salt  
Freshly ground black pepper  
3 cups arugula  
2 cups baby kale  
3 small fennel bulbs, trimmed and sliced thin  
2 cups pickled beet slices, cut into bite-size pieces  
2 cups broccoli slaw mix  
2 small Granny Smith apples, cored and sliced thin  
2 tablespoons slivered almonds

**Instructions**

Preheat the oven to 400°F.

Line a rimmed baking sheet with parchment paper.

In a large bowl, combine the first 8 ingredients for the chicken and whisk together well.

Add the cubed chicken, sweet potato, and onion to the bowl with the sesame-ginger mixture and toss to coat evenly.

Scatter the chicken and vegetables evenly on the sheet pan. Reserve any leftover marinade in the bowl. Place the pan in the oven and roast for 15 minutes. Remove the pan from the oven briefly, brushing the chicken and vegetables with the leftover marinade and sprinkling evenly with sesame seeds. Return the pan to the oven and cook for another 20 to 25 minutes, or until the potatoes are fork tender.

While you wait for the chicken and vegetables to finish cooking, prepare the salad.

Whisk together the olive oil, vinegar, and shallot in a small bowl. Season with salt and pepper to taste.

Combine the remaining ingredients in a large serving bowl. When you're ready to serve, toss the salad with the vinaigrette. Serve the salad alongside the roasted chicken and sweet potatoes.

### Nutritional Information

*Per serving*

Total Fat 22g

Net Carbohydrate 56g

Protein 20g

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## CHIPOTLE BLACK BEAN-STUFFED SWEET POTATOES WITH CILANTRO-LIME CABBAGE SLAW (V)

*Makes 4 servings (1 sweet potato over ¾ cup slaw per serving)*

### Ingredients

*Sweet potatoes*

4 large sweet potatoes, washed and holes poked with fork or knife

2 tablespoons olive oil

1 red onion, diced

4 ounces tempeh, crumbled

6 garlic cloves, minced

1 chipotle pepper in adobo sauce, finely chopped

One 14.5-ounce can diced tomatoes

One 14.5-ounce can black beans, drained and rinsed

1 cup quinoa, rinsed

2 teaspoons sea salt

1 teaspoon freshly ground black pepper

1 teaspoon cumin

1 teaspoon chili powder

½ teaspoon paprika

¼ teaspoon cayenne pepper

### *Slaw*

2 large limes, juiced  
4 tablespoons plain coconut milk yogurt  
1 tablespoon avocado oil  
2 cups shredded cabbage (green or red)  
½ white onion, sliced thin  
1 small bunch cilantro, trimmed and chopped  
1 avocado, pitted and cubed  
Sea salt  
Freshly ground black pepper  
2 tablespoons ground flaxseeds  
2 tablespoons roasted pumpkin seeds

### **Instructions**

Preheat the oven to 425°F.

Line a baking sheet with parchment paper or foil and place the prepared sweet potatoes on top. Bake for about 50 minutes, or until the potatoes are fork tender at the thickest part.

After the sweet potatoes go in the oven, prepare the slaw.

Combine the lime juice, yogurt, and oil in a small bowl. Whisk until combined and set aside.

Combine the cabbage, onion, cilantro, and avocado in a medium or large bowl. Drizzle the lime-coconut mixture over the top and toss to combine. Add salt and pepper to taste, and toss again. Cover the bowl with plastic wrap and place in the refrigerator so the flavors can meld while you finish cooking.

Heat 2 tablespoons of olive oil in a large skillet over medium-high heat. Add in the onion and cook until it starts to become translucent, about 2 to 3 minutes.

Add in the crumbled tempeh and cook until it begins to turn golden. Once the tempeh starts to brown, stir in the minced garlic and cook for another minute, then add in the remaining ingredients (chipotle pepper through cayenne pepper).

Add in 1½ cups of water to give the quinoa enough liquid to cook. Once the mixture begins to boil gently, turn the heat down to medium-low, stirring every so often. Cover and cook for 15 to 20 minutes, or until the sweet potatoes are ready to come out of the oven and the quinoa is beginning to open and curl. If the quinoa-bean mixture begins to boil before the potatoes are done, reduce the heat to its lowest setting to keep the simmer gentle. Taste and adjust the salt and pepper as needed.

Once the sweet potatoes are ready, cut them through the center to release steam, being careful not to cut through the skin on the bottom. Gently pinch the sides to fluff the centers.

Retrieve the slaw from the refrigerator and toss in the flaxseeds and pumpkin seeds.

Serve the potatoes with a generous scoop of both the quinoa-bean mixture and the cilantro cabbage slaw on top.

### **Nutritional Information**

*Per serving*

Total Fat 18g

Net Carbohydrate 43g

Protein 24g

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## **SHRIMP SCAMPI AND A WARM BACON BALSAMIC SQUASH AND DANDELION SALAD**

*Makes 4 servings (½ cup scampi with ½ cup each of spaghetti and acorn squash per serving)*

### **Ingredients**

*Squash*

1 large spaghetti squash, halved lengthwise and seeds removed

Olive or avocado oil

1 large acorn squash, halved lengthwise and seeds removed

Sea salt

Freshly ground black pepper

*Shrimp*

2 tablespoons ghee  
8 ounces wild-caught peeled and deveined shrimp  
6 minced garlic cloves  
1 teaspoon sea salt  
1 teaspoon freshly ground black pepper  
½ teaspoon red pepper flakes  
2 lemons, juiced and zested  
1 cup chicken broth  
6 cups spinach  
1 small bunch parsley, trimmed and chopped

*Salad*

¼ cup extra-virgin olive oil  
3 tablespoons balsamic vinegar  
1 tablespoon pure maple syrup  
Sea salt  
Freshly ground black pepper  
2 thick-cut bacon slices, chopped  
1 medium shallot, finely diced  
4 cups dandelion greens or other bitter green (arugula, kale, radicchio)  
1 cup bulgur or quinoa, cooked according to the package directions  
¼ cup pomegranate seeds  
2 tablespoons roasted sunflower or pumpkin seeds

**Instructions**

Preheat the oven to 400°F.

Line a large baking sheet with parchment paper.

Lightly grease the flesh of the spaghetti squash with oil, season lightly with salt and pepper, then place on the baking sheet, flesh-side down. Use a fork or a knife to poke a few holes in the top of each half. Place in the oven for 10 minutes.

While the spaghetti squash starts to cook, finish prepping the acorn squash. If you don't like the texture of the skin, peel it now; otherwise just leave it be. Cut each half into ½-inch slices and, as you did with the spaghetti squash, lightly grease all sides of each slice with oil and season lightly with salt and pepper.

After the spaghetti squash gets its 10-minute head start, pull it out of the oven and add the acorn squash to the baking sheet. Return the sheet with both squashes to the oven.

After another 10 to 15 minutes, flip the slices of acorn squash with a spatula, then continue cooking for another 10 to 15 minutes, until both squashes are tender. Once done, remove from the oven, flip the spaghetti squash right side-up so it can release more steam, and set aside.

Begin cooking the shrimp (either while you wait for squash to finish or after it's resting; either works).

Heat the ghee in a large skillet over medium-high heat. Once the ghee is melted, add the shrimp and garlic and season with the salt, pepper, and red pepper flakes. Cook, stirring occasionally, until the shrimp becomes pink and opaque.

Add the lemon juice and zest along with the broth. As soon as the liquids begin to boil, reduce the heat to low. Simmer until the liquids have reduced by half, then stir in the spinach.

After the spinach shrinks and wilts, turn off the heat and gently scoop the cooked flesh from the spaghetti squash into the mixture. The squash's flesh should come apart like pseudo-noodles. Toss the mixture together. Taste and adjust the salt as needed.

Now finish the salad.

Whisk together the oil, vinegar, and maple syrup in a small bowl. Season with salt and pepper to taste and set aside.

Heat a large skillet over medium-high heat. Add the chopped bacon to the pan, stirring occasionally to help each piece cook equally. Once most of the fat is rendered and the bacon is beginning to crisp at the edges, add in the shallot. Cook for another 1 to 2 minutes, or until the shallot becomes translucent.

Turn off the heat and toss in the dandelion greens. Once the greens are just barely wilted, transfer the contents of the skillet to a large bowl. Add in the prepared bulgur, roasted acorn squash, pomegranate seeds, and sunflower seeds. Toss together and then dress with the balsamic vinaigrette.

Serve the scampi with chopped parsley on top and a generous serving of the salad on the side.

### Nutritional Information

*Per serving*

Total Fat 25g

Net Carbohydrate 33g

Protein 47g

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## GHEE-BASTED PORK CHOPS, SAUTÉED FENNEL, AND LEEKS WITH KALE AND ROASTED POTATOES

*Makes 4 servings (1 pork chop and ½ cup vegetables per serving)*

### Ingredients

*Potatoes*

- 1 pound fingerling (or baby) potatoes, washed and halved
- 2 medium turnips, washed and cubed (about the same size as the halved potatoes)
- 3 tablespoons ghee, melted
- 2 garlic cloves, grated
- 2 rosemary sprigs, leaves removed and minced
- 1½ teaspoons sea salt
- 1 teaspoon freshly ground black pepper

*Fennel, leeks, and kale*

3 tablespoons avocado oil  
2 leeks, washed, roots and dark green tops trimmed, white and pale green parts sliced  
1 lemon, sliced thin with seeds removed  
3 large fennel bulbs, trimmed and sliced thin  
1 teaspoon sea salt  
1 teaspoon freshly ground black pepper  
½ to 1 teaspoon red pepper flakes (½ teaspoon for milder spice, 1 teaspoon if you like more heat)  
4 cups kale  
1 14.5-ounce can cannellini or navy beans, drained and rinsed

*Pork chop*

4 thick-cut bone-in pork chops (8 to 10 ounces), patted dry  
Sea salt  
Freshly ground black pepper  
2 fresh thyme sprigs, leaves removed and minced  
1 tablespoon ghee, divided  
¾ cup chicken broth

**Instructions**

Preheat the oven to 400°F.

Line a rimmed baking sheet with parchment paper.

Toss together the potatoes and turnips in a large bowl with the ghee, garlic, rosemary, salt, and pepper. Once everything is evenly saturated and seasoned, scatter the potato and turnip mixture evenly onto the prepared baking sheet. Place in the oven and cook for 25 to 30 minutes, or until the vegetables are fork tender.

While the potatoes are roasting, prepare the remaining veggies.

Heat the avocado oil in a large skillet over medium-high heat. Add the leeks and cook for 3 to 4 minutes, or until they start to become tender. Add in the lemon slices and continue cooking for another couple of minutes. Once the leeks are translucent and the lemons are starting to brown at the edges, add in the fennel and season with salt, pepper, and red pepper flakes.

Cook until the fennel starts to shrink and become tender, then add in the kale and beans. Continue cooking for another 3 to 4 minutes, or until the kale wilts and the beans are heated through. Taste, add more salt, if needed, and remove from the heat.

Heat a second skillet over medium-high heat. While the skillet warms, season the pork chops with salt, pepper, and the minced thyme.

Once the skillet is hot, add half of the ghee. After it melts, add in the pork chops. Sear for 5 minutes without touching the pork, then flip them over and sear for another 5 minutes.

After the second side of the pork is done searing, add the remaining ghee to the skillet. Using tongs and a spoon or heat-resistant basting brush, flip the pork chops and glaze with the ghee and cooking juices in the pan. Continue to flip and baste the pork for about 5 minutes, then remove from the skillet and set aside to rest for at least 10 minutes.

Pour the chicken broth into the hot skillet to deglaze it while using a whisk to pull up all the fond (tidbits left from the pork) on the bottom. Once the broth begins to boil, reduce the heat to medium-low and gently boil until the liquid reduces by more than half. Taste the reduction and add more salt if needed.

Slice the pork chops and serve with a big scoop of potatoes, sautéed veggies, and a spoonful of reduction sauce over the top.

### **Nutritional Information**

*Per serving*

Total Fat 17g

Net Carbohydrate 55g

Protein 26g

## CHICKPEA PANCAKES WITH SAUTÉED BEANS AND GREENS WITH A LEMON TAHINI DRESSING (V)

*Makes 4 servings (2 pancakes per serving)*

### Ingredients

#### *Pancakes*

4 cups chickpea flour (besan)  
½ cup nutritional yeast  
2 teaspoons sea salt  
1 teaspoon freshly ground black pepper  
1 teaspoon ground turmeric  
1 teaspoon cumin  
½ teaspoon coriander  
½ teaspoon cayenne pepper  
2½ cups water  
Avocado oil

#### *Tahini dressing*

½ cup tahini  
1 large lemon, juiced and zested  
1 garlic clove, grated  
Sea salt  
Freshly ground black pepper

#### *Beans and greens*

3 tablespoons avocado oil, divided  
One 14.5-ounce can chickpeas, drained and rinsed  
½ teaspoon sea salt  
½ teaspoon freshly ground black pepper  
½ teaspoon paprika  
½ teaspoon cumin  
¼ teaspoon crushed red pepper flakes  
3 garlic cloves, grated  
6 cups chopped kale

### *Toppings*

- 1 cup pickled red onion
- 2 tablespoons toasted sesame seeds
- 2 tablespoons roasted pumpkin seeds
- 2 tablespoons whole flaxseeds

### **Instructions**

Combine all the ingredients for the pancakes, except for the oil, in a large bowl. Whisk together until the batter is smooth and no lumps remain, then set aside.

Combine all the ingredients for the tahini dressing in a small bowl. Once combined, slowly drizzle in some water while whisking until the dressing reaches your preferred consistency (you can make it as thick or as thin as you like). Season with salt and pepper to taste and set aside.

Heat 1½ tablespoons of the avocado oil in a large skillet over medium-high heat. Add in the chickpeas, salt, black pepper, paprika, cumin, and red pepper. Cook, stirring occasionally, until the beans begin to turn golden and crispy, then transfer them from the pan and set aside.

Place the remaining 1½ tablespoons of avocado oil in the skillet you used for the beans and return to medium-high heat. Add the garlic and kale and season lightly with salt and pepper. Cook until the kale is wilted, then remove from the heat and set aside.

Heat a small or medium nonstick skillet over medium heat. Add just enough oil to grease the bottom of the pan (less than 1 tablespoon).

Give the resting batter a quick whisk and then scoop out enough batter to nearly coat the bottom of the pan (about ½ cup). Cook the pancake until bubbles begin to appear, 1 to 2 minutes, then gently flip with a spatula and cook for another 2 minutes, or until cooked through and slightly golden. Remove the pancake from the skillet and set aside. Repeat this process until all the batter is used.

Serve the pancakes with the kale and crispy chickpeas on top, drizzle with the tahini dressing, and garnish with pickled onion, sesame seeds, pumpkin seeds, and flaxseeds.

### **Nutritional Information**

*Per serving*

Total Fat 24.5g

Net Carbohydrate 69g

Protein 33g

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## **WHITE BEAN AND KALE SOUP (V)**

*Makes 4 servings (1½ cups per serving)*

### **Ingredients**

2 tablespoons avocado oil

1 large onion, diced

4 garlic cloves, minced

2 celery stalks, chopped

2 medium carrots, peeled and chopped

2 fresh thyme sprigs, leaves removed and minced

3 fresh oregano sprigs, leaves removed and minced

1½ teaspoons sea salt

1 teaspoon freshly ground black pepper

1 teaspoon crushed red pepper flakes

5 cups vegetable broth

Two 14.5-ounce cans cannellini or navy beans, drained and rinsed

6 cups chopped kale

1 large lemon, cut into wedges

### **Instructions**

Heat the oil in a large pot over medium-high heat. Add the onion and cook for about 2 minutes, or until it starts to become translucent. Add in the next 8 ingredients (garlic through red pepper flakes).

Cook, stirring occasionally, for another 3 minutes, then pour in the broth and beans. Stir together and cook over medium-high heat until the mixture begins to boil.

Reduce the heat to low, taste and add more salt as needed, then cover and simmer for 20 to 25 minutes to allow the flavors to penetrate the beans.

Add the kale to the soup during the last 5 minutes of cooking, stirring well to combine.

Serve the soup with a wedge of lemon to squeeze over the top.

### **Nutritional Information**

*Per serving*

Total Fat 10g

Net Carbohydrate 48g

Protein 25g

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## **HERBY STEAKS WITH MASHED POTATOES AND ROASTED VEGGIE MEDLEY**

*Makes 4 servings (2 ounces of steak and ½ cup vegetables per serving)*

### **Ingredients**

*Steak*

10-ounce bone-in ribeye steak

Sea salt

2 teaspoons avocado oil

Freshly ground black pepper

1 tablespoon ghee

1 garlic clove, smashed

1 fresh thyme sprig

1 fresh oregano sprig

*Roasted veggies*

¼ cup avocado oil  
4 cups broccoli florets  
4 cups cauliflower florets  
4 cups brussels sprouts, trimmed and halved  
1½ teaspoons sea salt  
1 teaspoon garlic powder  
1 teaspoon freshly ground black pepper

*Mashed potatoes*

1 pound Yukon Gold potatoes, peeled and cubed  
Sea salt  
3 tablespoons ghee  
½ teaspoon ground white pepper (optional)  
Freshly ground black pepper

**Instructions**

Preheat the oven to 400°F.

Line a large baking sheet with parchment paper.

Remove the steak from the refrigerator and season all sides with some salt. Set it aside to rest and come to room temperature.

Combine all the ingredients for the roasted vegetables in a large bowl. Toss together until evenly seasoned and saturated with oil. Transfer to the prepared baking sheet and bake in the oven for 25 to 30 minutes, or until the vegetables are fork tender.

Place the potatoes in a large pot and cover with water. Season the water with salt until it tastes like the sea. Bring to a boil over high heat and cook until the potatoes are fork tender, then remove from stovetop and drain.

Return the strained potatoes to the warm pot they cooked in. Add the ghee, the white pepper, if using, and the black pepper to taste. Mash to desired consistency. The potatoes should be thoroughly seasoned from cooking in the seasoned water, but taste them to be sure and add more salt if needed.

Once the potatoes are done and the roasted vegetables are nearly finished, it's time to cook the steak.

Heat the oil in a medium cast-iron skillet over high heat and finish seasoning the resting steak with some pepper.

Once the skillet is hot and the oil is shimmering, add the steak. Sear the meat without moving it until a nice crust begins to form on the bottom, about 4 to 5 minutes. Turn the steak over and add the ghee, garlic, and herbs.

Using a spoon or heat-resistant basting brush, continuously baste the steak with the garlic-herb ghee while it finishes cooking, another 4 to 5 minutes for medium-rare, or until it reaches your preferred doneness.

Once the steak is done, remove from over the heat and allow it to rest for 10 minutes, then slice and serve with any juices left on the cutting board, along with a generous helping of potatoes and roasted vegetables.

### **Nutritional Information**

*Per serving*

Total Fat 29g

Net Carbohydrate 27g

Protein 48g

## SEED-CRUSTED CAULIFLOWER STEAKS WITH ARUGULA CHIMICHURRI–DRESSED BEANS AND SWEET POTATO FRIES (V)

*Makes 4 servings (1 slice cauliflower and ½ cup beans and ½ cup fries per serving)*

### Ingredients

#### *Chimichurri and beans*

2 garlic cloves, smashed  
1 small shallot, peeled and roughly chopped  
½ teaspoon crushed red pepper flakes  
3 cups arugula  
1 cup parsley  
½ cup olive oil  
⅓ cup red wine vinegar  
Sea salt  
Freshly ground black pepper  
One 14.5-ounce can chickpeas, drained (\*reserve bean liquid in cans) and rinsed

#### *Fries*

1 pound sweet potatoes, peeled and cut into relatively uniform ¼-inch-thick matchsticks  
2 tablespoons avocado oil  
2 teaspoons pure maple syrup  
1 teaspoon cornstarch  
1 teaspoon sea salt  
1 teaspoon paprika  
¼ teaspoon cayenne pepper  
Freshly ground black pepper

#### *Cauliflower*

⅓ cup nutritional yeast  
¼ cup hemp seeds  
¼ cup pumpkin seeds  
¼ cup ground flaxseed  
1 tablespoon chia seeds

2 teaspoons sea salt (use only 1 teaspoon if any of the seeds are pre-salted)  
1 teaspoon freshly ground black pepper  
1 teaspoon garlic powder  
1 teaspoon onion powder  
\*reserved canned chickpea liquid (aquafaba)  
1 large head of cauliflower (or 2 medium), leaves removed, stem trimmed, and cut into 4 “steaks” about 1½ inches thick  
2 tablespoons avocado oil

## Instructions

Preheat the oven to 425°F.

Line 2 rimmed baking sheets with parchment paper.

First, prepare the chimichurri beans.

Combine the first 5 ingredients in a food processor and pulse until the garlic and shallots are minced and the greens are finely chopped. Add in the olive oil and vinegar, pulsing a few more times until the sauce comes together. Season with salt and pepper to taste.

Combine the chickpeas and chimichurri sauce in a large bowl and toss until the beans are fully saturated, then set aside so the flavors can meld while you finish the rest of the meal. The beans can stay at room temperature or go in the refrigerator if you’d prefer them chilled.

Now prepare the fries.

Combine the sweet potatoes with the oil and syrup in a large bowl and toss together until all the potatoes are fully saturated. Combine the cornstarch, salt, paprika, cayenne, and black pepper in a small bowl. Sprinkle the cornstarch mixture on top of the potatoes. Toss again to distribute evenly; rub the cornstarch into the fries if you see any noticeable streaks of white.

Spread the fries in an even layer on 1 of the prepared baking sheets and place in the oven. Bake for 10 to 15 minutes, then use a spatula to flip the fries over and bake for another 10 to 15 minutes, or until the fries begin to get crispy and golden along the edges.

While the fries bake, prepare the cauliflower.

Combine the first 9 ingredients in a clean food processor and pulse until the seeds form a thick, sandy texture. Transfer the mixture to a small baking sheet (or pie plate) and spread out in an even layer.

Place the reserved aquafaba (chickpea liquids) in a large shallow bowl (or pie plate) and create a small assembly line on your counter. First the bowl with aquafaba, then the seed mixture, and then the second parchment-lined baking sheet.

Now to dredge the cauliflower. Gently take a cauliflower steak and lay it in the aquafaba. Turn it over in the liquid, making sure all the sides are evenly saturated. Transfer the steak to the seed mixture, turning and lightly pressing with your hands to get all the sides covered, then place it on the baking sheet. Repeat this process until all steaks are done.

Gently brush oil over the steaks and place them in the oven. Cook for 15 minutes, then use a spatula to flip them over and cook for another 10 to 15 minutes, or until the cauliflower is tender and the crust is becoming golden brown.

If the fries have lost most of their heat, feel free to pop them in the oven to warm up during the last couple of minutes of the cauliflower cooking time.

Serve the cauliflower steaks with a scoop of the chimichurri chickpeas on top and a helping of sweet potato fries.

### **Nutritional Information**

*Per serving*

Total Fat 40g

Net Carbohydrate 64g

Protein 24g

## QUINOA TABOULI

*Makes 6 cups (12 servings, ½ cup per serving)*

### Ingredients

½ cup quinoa  
3 tablespoons lemon juice  
2 tablespoons apple cider vinegar  
1 tablespoon olive oil  
½ teaspoon sea salt  
½ teaspoon ground pepper  
1 teaspoon ground herbes de Provence  
1 cup spinach, chopped  
1 cup cherry tomatoes, quartered  
1 cup crumbled feta cheese  
1 cup red bell pepper, diced

### Instructions

Cook the quinoa per the instructions on the package. Fluff and set aside to cool in a large bowl.

While the quinoa is cooking is a perfect time to make the salad dressing with the lemon juice, apple cider vinegar, olive oil, sea salt, pepper, and herbs. Blend evenly and set aside.

Prepare the other ingredients for the salad: Chop the spinach, cut the tomatoes, crumble the feta, and dice the bell peppers.

Once the quinoa has cooled, fluff it again with a fork. Add all the other ingredients, mix to incorporate, and then gently mix in the salad dressing.

Serve at room temperature or refrigerate for a few hours or overnight.

### *Tips and tricks:*

Make sure not to skip the step of rinsing the quinoa before cooking it; this keeps the grains separate and prevents clumps. This recipe tastes even better the next day, so if you're planning a gathering and need to prepare a few things in advance, this salad is a great candidate!

### Nutritional Information

*Per serving*

Total Fat 8g

Net Carbohydrate 5g

Protein 2g

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## BLACK AND ORANGE RICE

*Makes 7 cups (14 servings, ½ cup per serving)*

### Ingredients

2 cups black rice or wild rice blend

1¾ cups bone broth

4 tablespoons butter

1 cup scallions, thinly sliced (white and light green sections only)

1 cup sliced raw almonds

Zest from 2 medium oranges

6 tablespoons freshly squeezed orange juice

1 teaspoon finely ground pepper

Sea salt to taste

### Instructions

Cook the wild rice according to instructions on the package. (This is typically with 2 cups of liquid for every 1 cup of rice, along with the butter, for approximately 45 minutes on simmer after you bring the mixture to a fast boil.) Check on the rice occasionally to make sure the broth is being absorbed evenly.

While the rice is cooking, prepare and measure the other ingredients (zest, juice, sliced scallions, and almonds) and set aside.

When the rice is ready, mix in all the other ingredients and serve.

### Nutritional Information

*Per serving*

Total Fat 4g

Net Carbohydrate 30g

Protein 8g

## **SWEET POTATO HASH BROWNS**

*Makes 3 cups (12 servings, ¼ cup per serving)*

### **Ingredients**

3 cups shredded sweet potato  
1 tablespoon salt (adjust to taste)  
1 tablespoon pepper (adjust to taste)  
1 teaspoon nutmeg  
1 teaspoon allspice  
Grass-fed butter

### **Instructions**

Shred the sweet potato with a grater or food processor. (To save time, you can shred the sweet potato in advance; it saves nicely for a few days in the fridge.)

Mix the salt, pepper, nutmeg, and allspice in a medium bowl until evenly combined.

Melt the butter in a frying pan over medium heat. Place several ¼-cup circular mounds of shredded sweet potato in the pan. Cook 4 to 5 minutes on each side, until done. The goal is tender on the inside, slightly crispy on the outside.

### **Nutritional Information**

*Per serving*

Total Fat 7g

Net Carbohydrate 26g

Protein 3g

## ROASTED BUTTERNUT SQUASH SOUP

*Makes 6 servings (1 cup per serving)*

### Ingredients

4 cups butternut squash, cubed and roasted  
½ onion, quartered and roasted  
½ cup chestnuts, peeled and split in half  
2 garlic cloves, smashed  
3 tablespoons hazelnut oil  
2½ cups bone broth  
1 tablespoon raw apple cider vinegar  
¼ teaspoon ground ginger  
¼ teaspoon ground herbes de Provence  
⅛ teaspoon cinnamon  
¼ teaspoon salt  
⅛ teaspoon pepper  
Dash cayenne pepper

### *Optional garnish*

1 tablespoon crème fraîche added to the top of each serving  
1 tablespoon fresh thyme, finely minced and sprinkled on each serving

### Instructions

Preheat the oven to 350°F.

Seed, peel, and cube the butternut squash and place it in a roasting pan or glass baking dish. Cut the onion half into four wedges and add it to the butternut squash. Stir in the chestnut halves and smashed garlic cloves. Toss the mixture with hazelnut oil and mix in apple cider vinegar, ginger, herbes de Provence, cinnamon, black pepper, and cayenne pepper. Roast for 45 minutes, or until the vegetables are tender and slightly brown.

While the vegetables are roasting, measure out other ingredients.

When the vegetables are ready, let them cool slightly so they're a little easier to handle.

Once the vegetables are cool, transfer them to a food processor or powerful blender. Add the bone broth ½ cup at a time and blend. Continue adding bone broth until the soup is the desired consistency.

Transfer the soup to a large saucepan and bring to a boil. Serve with optional garnishes as desired.

*Tips and tricks:*

Don't use a roasting pan or baking dish that is too large; keep the vegetables close together so they cook evenly and the smaller pieces don't overcook or burn. Be careful when blending hot foods in a blender or food processor; open lids slowly to avoid an explosion.

**Nutritional Information**

*Per serving*

Total Fat 5g

Net Carbohydrate 13g

Protein 2g

## CACAO QUINOA CAKE

*Makes 8 servings (1 slice per serving, 8 slices per cake)*

### Ingredients

$\frac{2}{3}$  cup quinoa  
 $\frac{1}{3}$  cup almond milk  
 $1\frac{1}{3}$  cups apple sauce  
 $\frac{3}{4}$  cup coconut oil  
2 teaspoons vanilla extract  
 $\frac{1}{4}$  cup honey  
2 eggs  
 $\frac{1}{3}$  cup coconut sugar  
1 cup raw cacao powder  
 $1\frac{1}{2}$  teaspoons baking powder  
 $\frac{1}{2}$  teaspoon baking soda  
 $\frac{1}{2}$  teaspoon sea salt

### Instructions

Cook the quinoa per the package instructions. (Typically, the instructions are to rinse the quinoa grains, boil the grains with  $1\frac{1}{3}$  cups water, reduce the heat, simmer for 10 minutes, let stand for 10 minutes, and let cool for 15 minutes.)

While the quinoa is cooking, measure all other ingredients and prepare an 8-inch square glass baking pan with coconut oil and oiled parchment paper at the bottom. Set aside.

Once the quinoa is cool enough to handle, preheat the oven to 350°F.

In a food processor, or powerful blender, pulse to blend in 3 stages: First, combine the almond milk, apple sauce, coconut oil, vanilla extract, and honey. Then add the cooked quinoa, eggs, and coconut sugar. Finally, pulse in the cacao powder, baking powder, baking soda, and salt.

Transfer to the baking dish and bake for 1 hour and 25 minutes, or until a toothpick inserted in the center of the cake comes out clean.

*Tips and tricks:*

This is the moistest gluten-free cake you will ever eat! The final product makes you think there's pudding in the cake. Don't pulse the batter too much; the quinoa in the final baked cake adds to its unique, slightly crunchy texture and helps the cake remain moist.

**Nutritional Information**

*Per serving*

Total Fat 1g

Net Carbohydrate 25g

Protein 3g

**BREAK  
YOUR FAST  
RECIPES**

## **AVOCADO BLUEBERRY SMOOTHIE (V)**

*Makes 4 servings (12 ounces per serving)*

### **Ingredients**

4 cups unsweetened almond milk  
2 avocados, pitted and scooped out of skin  
4 cups baby spinach  
2 cups frozen blueberries  
1 cup frozen banana  
¼ cup flaxseed

### **Instructions**

Combine all the ingredients in a large blender. Blend until totally smooth and then serve.

*Tips and tricks:*

If your blender is too small to accommodate all 4 servings, simply make the smoothies in 2 batches.

### **Nutritional Information**

*Per serving*

Total Fat 32g

Net Carbohydrate 20g

Protein 9g

## CHOCOLATEY CHIA FAT BOMBS (V)

*Makes 4 servings (2 fat bombs per serving)*

### Ingredients

⅔ cup almonds  
¼ cup almond butter  
1 tablespoon coconut oil  
1 pitted date  
1 teaspoon pure vanilla extract  
¼ cup unsweetened shredded coconut  
2 tablespoons pumpkin seeds  
2 tablespoons chia seeds  
1 tablespoon cocoa powder  
2 teaspoons cacao nibs  
½ teaspoon sea salt

### Instructions

Combine all the ingredients in a food processor. Pulse until all the nuts and seeds have mostly broken down and the ingredients begin to come together. Then leave the processor on until the mixture becomes almost smooth, releasing the natural oils and sticking together easily.

Form 8 balls with the fat bomb mixture. Transfer the fat bombs to the refrigerator to firm up for at least 30 minutes before eating.

Store in an airtight container or ziplock bag in the refrigerator (or freezer for more long-term preservation).

### Nutritional Information

*Per serving*

Total Fat 29g

Net Carbohydrate 7g

Protein 8.1g

## **AVOCADO AND SMOKED SALMON WITH PPP “EVERYTHING BAGEL” SEASONING**

*Makes 4 servings (½ an avocado and 3 ounces of salmon per serving)*

### **Ingredients**

2 large avocados, pitted and scooped out of skin  
12 ounces wild-caught smoked salmon  
1 small lemon, cut into 4 wedges  
4 tablespoons PPP “Everything Bagel” Seasoning (recipe below)

### **Instructions**

Divide the avocado and salmon among 4 plates (½ an avocado and 3 ounces of salmon per plate). Squeeze a wedge of lemon over each serving of avocado and then sprinkle a tablespoon of the seasoning blend over both the avocado and the salmon and serve.

## **PPP “Everything Bagel” Seasoning**

*Makes approximately ½ cup*

### **Ingredients**

2 tablespoons toasted sesame seeds  
1 tablespoon dried minced garlic  
1 tablespoon dried minced onion  
1 tablespoon flaxseeds  
1 tablespoon hemp seeds  
2 teaspoons chia seeds  
2 teaspoons flaky sea salt (1 teaspoon if using regular fine-ground sea salt)

### **Instructions**

Combine all the ingredients and keep stored in a small airtight container in your pantry.

Give the blend a quick shake or stir before using to help evenly distribute all the delicious components.

### **Nutritional Information**

*Per serving*

Total Fat 0g

Total Carbohydrate 1g

Protein 0g

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## **FRIED EGGS WITH KIMCHI**

*Makes 4 servings (2 eggs per serving)*

### **Ingredients**

3 tablespoons avocado oil

8 eggs

Sea salt

2 cups kimchi, chopped

Sriracha (optional)

### **Instructions**

Heat the oil in a large nonstick skillet over medium heat. Once the oil starts to shimmer, crack each egg into the pan. Season the eggs lightly with salt.

When you see the egg whites beginning to set, evenly add the kimchi to the pan, trying to avoid scooping it over the yolks so they don't break.

Cook until the egg whites are fully set around the kimchi and the yolks are cooked to your preferred doneness, about 3 to 4 minutes for a runny yolk. Garnish with sriracha if you like.

### **Nutritional Information**

*Per serving*

Total Fat 10g

Net Carbohydrate 3g

Protein 11g

## MIXED-NUT COCONUT FAT BOMBS (V)

*Makes 4 servings (2 fat bombs per serving)*

### Ingredients

- 1/3 cup pecans
- 1/3 cup hazelnuts
- 1/4 cup almond butter
- 1 tablespoon coconut oil
- 1 pitted date
- 1 teaspoon pure vanilla extract
- 1 tablespoon flaxseeds
- 1 tablespoon hemp seeds
- 1 tablespoon chia seeds
- 1/2 teaspoon cinnamon
- 1/2 teaspoon cardamom
- 1/2 teaspoon salt
- 1/2 cup unsweetened shredded coconut

### Instructions

Combine all the ingredients, except for the shredded coconut, in a food processor. Pulse until all the nuts and seeds have mostly broken down and the ingredients begin to come together. Then leave the processor on until the mixture becomes almost smooth, releasing the natural oils and sticking together easily.

Scatter the shredded coconut in an even layer on a large plate. Form 8 balls with the fat bomb mixture. Roll each ball in the shredded coconut and then transfer them to the refrigerator to firm up for at least 30 minutes before eating.

Store in an airtight container or ziplock bag in the refrigerator (or freezer for more long-term preservation).

### Nutritional Information

*Per serving*

Total Fat 32g

Net Carbohydrate 6g

Protein 6g

## BURGER PATTY WITH GUACAMOLE

*Makes 4 servings (1 burger per serving)*

### Ingredients

#### *Burgers*

- 1 pound ground beef
- 2 tablespoons avocado oil, divided
- 1 tablespoon coconut aminos
- 1 egg, lightly beaten
- ¼ cup almond meal
- 1 small onion, finely chopped
- 3 garlic cloves, grated
- 1 teaspoon sea salt
- 1 teaspoon freshly ground black pepper

#### *Guacamole*

- ½ small red onion, roughly chopped
- 1 small jalapeño, seeded and roughly chopped
- 1 medium heirloom or vine-ripened tomato, roughly chopped
- ½ cup cilantro
- 2 avocados, pitted and scooped out of skins
- 1 lime, cut into wedges
- Sea salt

### Instructions

Combine all the ingredients for the burgers in a large bowl (just reserve 1 of the tablespoons of oil).

Using clean hands, combine all the ingredients for the burgers thoroughly, then set aside for the flavors to meld while you prepare the guacamole.

Place the onion, jalapeño, tomato, and cilantro in a food processor and pulse until the mixture is roughly diced. Transfer the mixture to a large bowl with the avocado.

Mash the avocado and onion mixture using a fork until it reaches your preferred consistency—chunky, smooth, or somewhere in between.

Stir in the juice from a couple of lime wedges, season with salt to taste, then set aside and cook the burgers.

Heat the reserved tablespoon of oil in a large cast-iron skillet over medium-high heat. While the cast iron heats, form 4 patties. Once the oil begins to shimmer, place the burgers in the skillet. Cook for 4 to 5 minutes per side, or until cooked to your preferred doneness.

Serve the burgers with a generous scoop of guacamole on top and a wedge of lime.

### **Nutritional Information**

*Per serving*

Total Fat 26g

Net Carbohydrate 7g

Protein 39g

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## **VANILLA BEAN CHIA PUDDING WITH BERRIES AND CHOCOLATE (V)**

*Makes 4 servings (½ cup per serving)*

### **Ingredients**

2 cups full-fat coconut milk

2 teaspoons vanilla bean paste or extract

¼ cup chia seeds

Pinch of salt

### *Toppings*

2 cups fresh berries of your choice

4 ounces vegan 70 percent dark chocolate

### **Instructions**

Combine all the ingredients for the chia pudding in a medium mixing bowl. Transfer the mixture to a container with a fitted lid

and place in the refrigerator. For the first 30 minutes, stir the pudding every 10 minutes so the seeds distribute evenly while it sets up.

Allow the pudding to gel in the refrigerator for at least 2 hours or overnight.

Serve the pudding topped with the berries of your choice. For the finishing touch, grate the dark chocolate over each serving.

### **Nutritional Information**

*Per serving*

Total Fat 12g

Net Carbohydrate 14g

Protein 4g

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## **TUNA SALAD—STUFFED AVOCADO**

*Makes 4 servings (1 avocado half per serving)*

### **Ingredients**

Two 4-ounce cans tuna packed in oil

¼ cup keto-approved mayonnaise

1 lemon, juiced and zested

1 medium shallot, finely chopped

2 tablespoons freshly chopped dill

Sea salt

Freshly ground black pepper

2 large avocados, pitted and halved with skin left on

2 cups fermented vegetables of your choosing, such as dill pickles, kimchi, or curtido, etc.

### **Instructions**

Combine the first 5 ingredients in a medium mixing bowl. Use a fork to flake the tuna and fully incorporate it with the other ingredients. Season with salt and pepper to taste.

Divide the tuna salad evenly among the 4 open-face avocado halves. Serve each stuffed avocado with ½ cup of fermented veggies on the side.

### **Nutritional Information**

*Per serving*

Total Fat 23g

Net Carbohydrate 3g

Protein 6g

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## **STRAWBERRY MINT KEFIR SMOOTHIE (V)**

*Makes 4 servings (12 ounces per serving)*

### **Ingredients**

4 cups raw kefir

2 cups frozen strawberries

1 cup frozen banana

8 to 10 fresh mint leaves

2 tablespoons hemp seeds

2 tablespoons chia seeds

### **Instructions**

Combine all the ingredients in a large blender. Blend until totally smooth and serve.

If your blender is too small to accommodate all 4 servings, simply make the smoothies in 2 batches.

### **Nutritional Information**

*Per serving*

Total Fat 6g

Net Carbohydrate 24g

Protein 12g

## **GARLICKY CIDER SPINACH WITH JAMMY EGGS**

*Makes 4 servings (1 cup per serving)*

### **Ingredients**

8 eggs  
2 tablespoons ghee  
6 garlic cloves, minced  
8 cups spinach  
2 tablespoons apple cider vinegar  
Sea salt  
Freshly ground black pepper

### **Instructions**

Bring a large pot of water to a rolling boil over high heat, then reduce the heat to medium so the water simmers down to a gentle boil.

Gently lower the eggs into the water using a slotted spoon and cook for 7 to 7½ minutes. While the eggs are in the pot, fill a large bowl with ice and cold water.

Immediately transfer the cooked eggs to the ice bath to prevent further cooking while you prepare the spinach.

Heat the ghee in a large skillet over medium-high heat. Once the oil begins to shimmer, add the garlic and cook for 30 seconds, then add the spinach and vinegar. Cook and stir until the spinach is fully wilted and the moisture released from the leaves reduces by half. Turn off the heat and season the spinach with salt and pepper to taste.

Peel the eggs, cut them in half, and season them lightly with a pinch of salt.

Divide the spinach among 4 bowls and top each with 2 eggs (4 halves).

### **Nutritional Information**

*Per serving*

Total Fat 15g

Net Carbohydrate 3g

Protein 13g

## **SPICED COCONUT CURRY HUMMUS (V)**

*Makes 3½ cups (28 servings, 2 tablespoons per serving)*

### **Ingredients**

6 cups chickpeas, drained  
2 garlic cloves  
2 tablespoons coconut manna  
2 tablespoons tahini  
¼ cup lime juice  
4 tablespoons water  
1 teaspoon garlic powder  
8 teaspoons yellow curry powder  
½ teaspoon ground turmeric  
4 teaspoons honey  
⅓ cup olive oil  
Sea salt and pepper to taste  
2 tablespoons shredded coconut, unsweetened  
½ cup jalapeño, finely diced

### **Instructions**

Combine everything except the shredded coconut and jalapeño in a powerful blender. If the mixture is too thick, add more water and/or olive oil.

Once the desired consistency is achieved, spoon in the shredded coconut and diced jalapeño.

*Tips and tricks:*

This hummus is sweet and spicy, with a big kick. It serves well as a dip with seeded crackers and raw vegetables such as jicama, bell pepper, and carrots.

### **Nutritional Information**

*Per serving*

Total Fat 3g

Net Carbohydrate 3g

Protein 1g

## COCONUT CACAO CHIA PUDDING (V)

*Makes approximately 4½ cups (13 servings, ½ cup per serving)*

### Ingredients

3 cups coconut milk  
¾ cup chia seeds  
½ cup raw cacao powder  
1 teaspoon vanilla extract  
½ teaspoon sea salt  
1 teaspoon ground cinnamon (optional)  
½ cup maple syrup (optional)

### Instructions

Combine all the ingredients, including the cinnamon and maple syrup, if using, in a large mixing bowl and blend vigorously.

Chill in the fridge between 3 hours and overnight. The goal is for the mixture to have a pudding-like consistency and to be chilled through.

Leftovers keep covered in the fridge for 2 to 3 days, though this pudding is best when it's fresh.

Serve chilled.

*Serving suggestion:*

Top with coconut yogurt, raw almonds, raspberries, blueberries, shaved coconut flakes, and finely sliced mint leaves.

### Nutritional Information

*Per serving*

Total Fat 9g

Net Carbohydrate 6g

Protein 3g

## **PUMPKIN SPICE SPREAD (V)**

*Makes 2½ cups (20 servings, 2 tablespoons per serving)*

### **Ingredients**

1 cup raw pumpkin seeds  
1 cup almond flour  
¾ cup pumpkin puree  
½ cup pumpkin oil (use less for a thicker consistency)  
1 tablespoon lemon juice  
2 teaspoons cinnamon  
1 teaspoon cardamom  
2 tablespoons plus 1 teaspoon honey  
½ teaspoon cloves  
Freshly ground nutmeg  
1 cup grated green apple

### **Instructions**

Place the pumpkin seeds in a powerful blender and pulse until they are finely ground.

Add in the remaining ingredients and blend to your desired consistency.

Transfer the spread to a glass storage container; it will keep in the fridge for 5 to 7 days.

#### *Tips and tricks:*

If the spread is too thick, add a small amount of almond milk. If the spread is too thin, add more almond flour.

### **Nutritional Information**

*Per serving*

Total Fat 25g

Net Carbohydrate 3g

Protein 2g

## **BASIC BEEF BONE BROTH**

*Makes 6 to 8 cups (approximately 1 cup per serving)*

### **Ingredients**

2 pounds grass-fed beef bones  
2 tubers of organic turmeric, cut into large pieces  
3 organic garlic cloves, peeled  
1 medium onion, cut into large cubes  
2 tablespoons apple cider vinegar

### **Instructions**

Wash the bones and place them in the bottom of a slow cooker.

Add the turmeric pieces, whole garlic cloves, and onions to the bones.

Add enough water to fill to the top of the slow cooker, then add in the apple cider vinegar.

Set on medium heat for the first hour. Periodically watch for any foam that might appear at the beginning of cooking. Scrape this foam off as you see it form.

After 1 hour, turn down the heat to low and let the broth cook for 48 hours before you drink it.

*Tips and tricks:*

The quality of the bones is one of the most important aspects of this wonderful broth. If you use chicken, making this broth takes bones from 2 to 3 chickens. Chicken feet are also great to use, as they create a more healing, gelatinous soup.

### **Nutritional Information**

*Per serving*

Total Fat 14g

Net Carbohydrate 0g

Protein 18g

# Appendix A

## Glossary of Most-Used Fasting Terms

In this book, there may be lots of terms that are new to you. At first these terms can be confusing, but as you learn to fast like a girl, you will see that fasters worldwide refer to these terms often, so it's good to familiarize yourself with them.

**Apoptosis:** The death of cells that occurs as a normal and controlled part of an organism's growth or development.

**Autophagy:** Autophagy is the natural, regulated mechanism of the cell that removes unnecessary or dysfunctional components. It allows the orderly degradation and recycling of cellular components. Triggered by a decline in the influx of nutrients into a cell, this self-repair process often begins when your cells sense a decline in nutrients. This can happen after 17 hours of fasting and will peak at 72 hours of fasting.

**Blood sugar:** The amount of glucose that is readily circulating in your blood. Healthy blood sugar should be between 70 and 90 mg/dL (milligrams per deciliter) when in a fasted state.

**Breaking a fast:** A common term used to refer to a food or drink that raises your blood sugar, thus turning off the healing switches and pulling you out of a fast.

**Eating window:** The time period in your 24-hour day when you are eating. Typically, your eating window is marked by an increase in blood sugar.

**Fasting window:** The time period in your 24-hour day when you are not eating. Any food or drink that raises your blood sugar will pull you out of your fasted window. Most fasted windows are greater than 13 hours.

**Fat-adapted:** An energy system that your body taps into in the absence of food, specifically carbohydrates. Ketones are a signal that the body is now operating from a fat-adapted place.

**Fat burner:** An energy system that burns fuel from your fat.

**Insulin resistance:** A state in which a person's body has a lowered level response to insulin, impairing the ability for glucose to enter the cells.

**Intermittent fasting:** Going without food for 13 to 15 hours.

**Ketones:** The signal that your liver is now burning energy from fat, not sugar. Healthy ketone range typically is .5–6.0 mmol/L (millimoles per liter).

**Ketosis:** A process that happens when your body doesn't have enough carbohydrates to burn for energy. Instead, it burns fat and makes ketones, which it can use for fuel.

**Metabolic flexibility:** A term used to indicate your ability to easily switch back and forth from sugar burner to fat burner.

**Metabolic switching:** The body's ability to switch back and forth between the sugar-burning and fat-burning energy systems.

**Mitochondria:** Surrounded by a bilipid membrane, this is the part inside your cells that provides you with energy, called ATP, and produces glutathione for detoxification.

**mTOR:** A cellular signaling pathway that gets triggered when amino acids and insulin levels within the cell increase. Usually this happens from an influx of protein. Once stimulated, the mTOR pathway will promote cellular growth.

**OMAD:** A common term used among fasters to indicate they are eating only one meal a day.

**Protein synthesis:** A natural process that your body is dependent upon to perform daily functions, create enzymes, and build structural support. Essential amino acids from your diet are needed in order for this process to occur.

**Stored sugar:** The amount of glucose that is stored in tissues like the liver, fat, brain, and eyes. There is no real measurement of stored sugar.

**Sugar burner:** An energy system that burns fuel from the foods you eat.

**Water fasting:** A fast that involves drinking only water. Most water fasts are three days or longer.

# Appendix B

## Food Lists

Intentionally eating foods that support your hormonal health can be tricky at first. As a culture, we have been conditioned to choose our foods based on what our taste buds like. To help keep you focused on nourishing your body with the best foods possible, I have broken down the following list into foods that support your hormones, microbiome, and liver, as well as those that help you build muscle.

A few things to keep in mind as you read through this list. First, this is a starting point to help you understand which foods you can lean in to to support different aspects of your health. As you learn more about customizing a fasting lifestyle that's unique to you, you may find new foods that fall into one of these categories that I didn't list. That's okay. The list is meant to get you in the ballpark. Second, you will see that some foods overlap into multiple categories—that just means these are hormonal superpower foods. Cruciferous vegetables like brussels sprouts and broccoli are great for estrogen, progesterone, and gut and liver health. Feel free to eat these vegetables all month long. Third, because pesticides are a known endocrine disruptor that can wreak hormonal havoc on you, try to get these foods organic, non-GMO, and antibiotic-free whenever possible.

Lastly, I want to point out that each list of food plays a part in the two food plans I mapped out for you in the 30-Day Fasting Reset. Along with each list, I note which plan those foods fall into. To remind you of the macros of each of those food plans, I have outlined them below.

Have fun experimenting with all of these delicious foods. Be sure to also try out the recipes included in this book that bring many of these foods to life. Happy hormone fueling!

## KETOBIOTIC FOOD PLAN

- 50 grams net carbohydrates
- 75 grams protein
- >60 percent of your food coming from good fat

## HORMONE FEASTING FOOD PLAN

- 100–150 grams net carbohydrates
- 50 grams protein
- Healthy fats as desired

## ESTROGEN-BUILDING FOODS

These foods work well for ketobiotic days. You will want to put your food focus on these foods during your two power phases (days 1–10 and 16–19 of your cycle).

### *Seeds and Nuts*

- Brazil nuts
- Almonds
- Cashews
- Roasted salted peanuts
- Pine nuts
- Pumpkin seeds
- Sunflower seeds
- Walnuts
- Sesame seeds

### *Legumes*

- Peas
- Chickpeas
- Soybeans
- Lima beans
- Carob
- Kidney beans

- Mung beans
- Pinto beans
- Black-eyed peas
- Lentils

### *Fruits and Vegetables*

- Cabbage
- Spinach
- Sprouts
- Onions
- Garlic
- Zucchini
- Broccoli
- Cauliflower
- Strawberries
- Blueberries
- Cranberries

## **PROGESTERONE-BUILDING FOODS**

These foods are perfect for the hormone feasting food plan. You want to put your food focus on these foods during the manifestation and nurture phases (days 11–15 and 20–30 respectively). If weight loss is your focus, be sure to keep closer to 100 grams of net carbohydrates on these days.

### *Root Vegetables*

- White potatoes
- Red potatoes
- Sweet potatoes
- Yams
- Beets
- Turnips
- Fennel
- Pumpkin
- Butternut squash
- Acorn squash
- Honeynut squash
- Spaghetti squash

### *Cruciferous Vegetables*

- Brussels sprouts
- Cauliflower
- Broccoli

### *Tropical Fruits*

- Bananas
- Mangoes
- Papaya

### *Citrus Fruits*

- Oranges
- Grapefruit
- Lemons
- Limes

### *Seeds*

- Sunflower
- Flax
- Sesame

### *Legumes*

- Chickpeas
- Kidney beans
- Black beans

The three Ps—probiotic, prebiotic, and polyphenol foods—and bitter foods are great throughout your cycle, but they're especially important during your manifestation phase (days 11–15 of your cycle).

## **PROBIOTIC-RICH FOODS**

- Sauerkraut
- Kimchi
- Pickles
- Yogurt
- Kefir

## **POLYPHENOL FOODS**

- Broccoli
- Shallots
- Brussels sprouts
- Parsley
- Artichoke hearts
- Olives
- Red wine
- Dark chocolate

## **PREBIOTIC FOODS**

- Chicory root
- Dandelion root
- Konjac root
- Burdock root
- Onions
- Jerusalem artichokes
- Garlic
- Leeks
- Asparagus
- Red kidney beans
- Chickpeas
- Split peas
- Cashews
- Pistachios
- Hummus

## **BITTER FOODS THAT SUPPORT LIVER HEALTH**

- Arugula
- Coffee
- Dill
- Dandelion greens
- Jerusalem artichokes
- Brussels sprouts
- Eggplant
- Saffron
- Kale
- Sesame seeds
- Turmeric
- Ginger
- Citrus such as lemons, limes, and grapefruit
- Peppermint
- Green tea

## **GOOD, HEALTHY FATS**

Good fats are important throughout your menstrual cycle, so feel free to eat these all month long. You will find good fats especially helpful on ketobiotic days as hunger can creep in because of the lower carbohydrate count. Remember, good fats kill hunger, so seek out these yummy fats when your brain wants more food.

- Olive oil
- Avocado oil
- Coconut oil
- MCT oil
- Sesame oil
- Flaxseed oil
- Black cumin oil
- Coriander oil
- Avocados
- Olives
- Coconut
- Raw nut butters

- Grass-fed dairy
- Grass-fed butter

## MUSCLE-BUILDING FOODS

Integrating these proteins into your diet all month long will help you build muscle. Remember that as you age, your amino acid nutrient sensors in your muscles become less efficient. If you want to build more muscle, then make sure you are getting at least 25 grams of protein at one meal to trigger those sensors.

- Quinoa
- Eggs
- Turkey
- Chicken
- Cottage cheese
- Mushrooms
- Fish
- Shellfish
- Red meat such as lamb and beef
- Pork
- Chia seeds
- Tofu

# Appendix C

## Fasting Protocols to Help Specific Conditions

Over the years, my patients have used many fasting lifestyle variations with great success. Below are my tried-and-true fasting protocols. If you are struggling with any of the health concerns listed, I highly recommend you do the 30-Day Fasting Reset first to get the foundational experience of what it is like to fast like a girl. After that you can move on to the protocols I outline. Regardless of the protocol you choose, it's best to involve your doctor in this fasting journey with you.

### **INFERTILITY**

There are many reasons a woman can be infertile. In fact, in today's world one out of every eight women will become infertile. That statistic alone is daunting and should give you insight into the root cause of infertility. Women are all living in the same modern world, engaging in similar habits (such as eating all day; eating processed, quick, grab-and-go foods that are full of toxins; not paying attention to our sleep or stress; moving less than we were designed to; and ignoring our hormonal lenses). This is leading so many women to one condition: insulin resistance.

In order for your sex hormones to function normally, you need to be sensitive to insulin. As long as you are in a state of insulin resistance, your sex hormones will struggle. I know I keep saying this over and over again, but this is such a key point I want you to get. I watch women spend thousands of dollars on IVF treatment without taking the first free step—fixing their lifestyle. Nothing will fix insulin resistance like a fasting lifestyle.

This fasting protocol was built out of necessity. Several of my patients were struggling with fertility issues, so I wanted to create

a fasting lifestyle that would help balance insulin and amplify sex hormones. I knew that a couple of months of varying their fasts and food would help. This fasting variation worked so well for infertility that it has now become my go-to for women looking for lifestyle solutions to their fertility hurdles.

### *2-month fasting protocol for infertility*

#### **Month 1**

- Days 1–3: 15 hours intermittent fasting (ketobiotic)
- Days 4–10: 17 hours autophagy fasting (ketobiotic)
- Days 11–15: 13 hours intermittent fasting (hormone feasting)
- Days 16–19: 13 hours intermittent fasting (ketobiotic)
- Day 20–bleed (through day 28): no fasting (hormone feasting)

#### **Month 2**

- Days 1–5: 17 hours autophagy fasting (ketobiotic)
- Day 6: 24 hours gut-reset fast (ketobiotic)
- Days 7–10: 17 hours autophagy fasting (ketobiotic)
- Days 11–15: 13 hours intermittent fasting (hormone feasting)
- Day 16–bleed: no fasting (hormone feasting)

## **AUTOIMMUNE CONDITIONS: RHEUMATOID ARTHRITIS, LUPUS, HASHIMOTO'S, PCOS**

When it comes to an autoimmune condition, I want you to think of two aspects of your health: your gut and your toxic load. These two are at the core of why you are not feeling well. The exciting part is that we can help both of these imbalances with a fasting lifestyle. Knowing that toxins and gut imbalances are at the root of all autoimmune conditions, there are two fasts that will help you tremendously: gut reset (24 hours) and autophagy (17 hours). This doesn't mean you do these fasts all month long, but you will definitely want to cycle them into your monthly fasting regime. Here is an example of a monthlong fasting protocol that can help with autoimmune conditions. If the longer fasts feel like a stretch for

you, be sure you do the 30-Day Fasting Reset for a couple of months before you go to this advanced autoimmune protocol.

### ***Fasting protocol for autoimmunity***

- Days 1–5: 17 hours autophagy fasting (ketobiotic)
- Days 6–7: 24 hours gut-reset fast (ketobiotic)
- Days 8–10: 17 hours autophagy fast (ketobiotic)
- Days 11–15: 15 hours intermittent fasting (hormone feasting)
- Days 16–17: 24 hours gut-reset fast (ketobiotic)
- Days 18–19: 17 hours autophagy fasting (ketobiotic)
- Day 20–bleed: 13 hours intermittent fasting (hormone feasting)

## **THYROID CONDITIONS**

When you look at building a fasting lifestyle that will help your thyroid problems, you have to take into consideration all the organs that need to be healthy in order for your thyroid to function properly. When it comes to our endocrine glands, like the thyroid, there is a team of organs that assist in the production, metabolism, and utilization of the hormones needed to allow that gland to do its job. For the thyroid, the brain, liver, and gut need to be working properly.

When I say, “brain,” you say, “autophagy.” With all thyroid conditions, you want to use the autophagy tool as much as possible. As you know, autophagy fasting is best done in your power phases. When supporting the liver, you want to incorporate hormone feasting foods with plenty of cruciferous and bitter greens.

### ***Fasting protocol for thyroid conditions***

- Days 1–5: 15 hours intermittent fasting (ketobiotic)
- Days 6–8: 17 hours autophagy fasting (ketobiotic)
- Days 9–10: 24 hours gut-reset fast (ketobiotic)
- Days 11–15: 15 hours intermittent fasting (hormone feasting foods)
- Days 16–19: 17 hours autophagy fasting (ketobiotic)
- Day 20–bleed: 13 hours intermittent fasting (hormone feasting)

## CHRONIC FATIGUE

Like many of the conditions I have mentioned here, there can be multiple causes, but the three most common causes of chronic fatigue are depleted cellular mitochondria, adrenal exhaustion, and Epstein-Barr virus. My chronic fatigue was because of the latter. Knowing the root cause of your chronic fatigue can be extremely helpful, but if you are unsure of its origin, no worries, going through the protocol I give below will help.

Your mitochondria are the part of your cells that give you energy. They become depleted for a variety of reasons, but the main ones are too many toxins, eating the wrong oils, and consuming a highly refined carbohydrate diet. Sound familiar? Yep, that's the standard American diet. If you are chronically fatigued and need to eat all day long, there is a good chance that you have depleted mitochondria, and the good news is that your mitochondria heal with ketones, so the protocol I take you through below will help greatly.

If you know you are adrenal exhausted, I encourage you to look below at the protocol for adrenal fatigue. Lastly, if you have been tested for Epstein-Barr virus and know that you have high amounts, the key fasting principle to know here is that one way to stop viral replication is to have your cells operating from your fat-burning energy pathways the majority of the time. When you're doing the longer fasts, a diet low in carbohydrates will be best. You will see that I have lots of low-carb living in this protocol.

### *Fasting protocols for chronic fatigue*

- Days 1–3: 13 hours intermittent fasting (ketobiotic)
- Days 4–6: 15 hours intermittent fasting (ketobiotic)
- Day 7: 17 hours autophagy fasting (ketobiotic)
- Days 8–9: 15 hours intermittent fasting (ketobiotic)
- Days 10–15: 13 hours intermittent fasting (hormone feasting foods)
- Days 16–19: 15 hours intermittent fasting (ketobiotic)
- Day 20–bleed: no fasting (hormone feasting)

## TYPE 2 DIABETES

The first thing I want to emphasize if you are a diabetic who is building a fasting lifestyle is to be sure that you include your doctor in this conversation. I have a great YouTube video called “Why Your Doctor Should Be Recommending Intermittent Fasting” that links to one of the largest meta-analyses done on fasting, published in *The New England Journal of Medicine*. We want your doctor on your fasting team so that you can thrive with your health.

As you most likely know, the root cause of type 2 diabetes is insulin resistance, which makes building a fasting lifestyle quite simple. Although metabolic switching is always the goal, you’ll want to spend more time as a fat burner. This means that monitoring your blood sugar and insulin levels is key. You will also notice that I did not include a hormone-building day in the fasting protocol. The reason is that you want to keep away from the higher-carbohydrate feast days. As your blood sugar stabilizes, you can switch out the protein-load day for a hormone-building day, but be sure you are getting great blood sugar readings for several months in a row before you do that. Again, involving your doctor in this conversation is critical.

### *Fasting protocol for type 2 diabetes*

- Days 1–5: 13 hours intermittent fasting (ketobiotic)
- Days 6–10: 15 hours intermittent fasting (ketobiotic)
- Days 11–15: 13 hours intermittent fasting (hormone feasting)
- Day 16: 17 hours autophagy fasting (ketobiotic)
- Days 17–19: 13 hours intermittent fasting (ketobiotic)
- Day 20–bleed: no fasting (hormone feasting)

## BRAIN HEALTH: MEMORY LOSS, DEPRESSION, ANXIETY

When you get gaps in memory, whether or not you are predisposed to Alzheimer’s, lose words, have trouble focusing, or chunks of your memory are starting to slip away, a fasting lifestyle

can help. If you haven't heard that Alzheimer's is diabetes of the brain, then I want to bring this to your attention. The reason it's so important is insulin resistance is at the root of so many of the conditions plaguing humans today. This is why, first and foremost, we all have to learn how to manage insulin better, and fasting does that for us.

The other side of the memory issue involves toxins, heavy metals specifically. Heavy metals will block receptor sites on the ends of neurons, slowing the transmission of information across your brain neurons, leaving you with gaps of information. Heavy metals are all over our environment. They are in our soils, air, water, foods, beauty products, cleaning products, and even in the fish we eat. When I look at the epidemic of Alzheimer's cases we have and hear stories of people in their 50s and 60s getting Alzheimer's, I become more and more convinced that a fasting lifestyle would help dramatically.

Knowing that toxins and mismanaged blood sugar and insulin are at the root of so many memory problems, we can now lean in to our fasting principles. Once again, with mismanaged insulin I want to make sure you stay in fat-burning mode as much as possible while using the principles of autophagy to clean up the dysfunctional neurons in your brain. Also keep in mind that ketones are healing to the brain, so you want to make lots of those to accelerate the healing that needs to happen to get your brain back on track.

If you are experiencing mood disorders like depression or anxiety, be assured that as ketones go up, so do neurotransmitters like GABA, serotonin, and dopamine. Often the longer you fast, the more ketones your body will make. You will see I included a long, 48-hour dopamine fast in this protocol. Also keep in mind that minerals are key for mood disorders like depression, so increasing your mineral supplementation is pivotal.

Here's what a good protocol for brain health would look like.

### ***Fasting protocol for memory loss***

Days 1–5: 17 hours autophagy fasting

Days 6–7: 48 hours dopamine fasting

Days 8–10: 15 hours intermittent fasting

Days 11–15: 13 hours intermittent fasting  
Days 16–19: 17 hours autophagy fasting  
Day 20–bleed: 13 hours intermittent fasting

## ADRENAL FATIGUE

If you are adrenal fatigued, I want you to remember to slow your way into fasting. I am making some modifications to the timing around the fasts for this protocol, so pay close attention to the hours I put next to each fast. The other key to building a fasting lifestyle for those who are adrenal fatigued is making sure you increase your good fat. You will want to stabilize your blood sugar to make fasting easier. The worst thing someone with adrenal fatigue could do when they fast is eat a high-carbohydrate, low-fat diet; this will make fasting incredibly hard, if not impossible.

The other key is that you are going to slowly back your way into fasting. The protocol I am giving you below might need to be done over a six-month time period, easing your body into a fat-burning state. Remember, for you we want surges of hormetic stress, but not too much stress. This is why I have to step you out of some of the food and fasting styles I mentioned in prior chapters, so pay close attention to the special adaptations you need to make.

### *Fasting protocol for adrenal fatigue*

Days 1–10: 10 hours intermittent fasting (pre-reset)  
Days 11–15: no fasting (hormone feasting)  
Days 16–19: 13 hours intermittent fasting (pre-reset)  
Days 20–28: no fasting (hormone feasting foods)

## IMMUNE SYSTEM

If you are needing a serious immune system reset, then you are going to want to lean in to a three-day water fast. This is the best fast for an overhaul of your immune system. I can't emphasize enough that if you do choose to go on a three-day water fast, then you want

to take two precautions. The first is be sure you have a blood sugar and ketone reader. You need to know your numbers to make sure you are staying within safe guidelines. The second is to do your three-day water fast during one of your power phases. If you are questioning if you have low progesterone, then I would choose the first power phase window in order to not risk lowering progesterone any further.

The other fast I like for our immune systems is autophagy fasting. This fast helps to make your cells more efficient. One key element of that efficiency is that they can kill pathogens within the cell, including viruses, bacteria, and fungi. If you are catching colds more often than usual, worried about pandemic viruses, or just want to prevent the common cold, then be sure to put more autophagy fasting into your monthly cycle.

### *Fasting protocol for immune system reset*

Days 1–5: 17 hours autophagy fasting (ketobiotic)

Days 6–9: 72 hours three-day water fast

Day 10: break water fast with four-step process

Days 11–15: 17 hours autophagy fasting (ketobiotic)

Days 16–18: 24 hours gut-reset fast (ketobiotic)

Day 19–bleed: 15 hours intermittent fasting (hormone feasting)

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# About the Author



**Dr. Mindy H. Pelz, DC**, is a best-selling author, keynote speaker, and nutrition and functional health expert who has spent over two decades helping thousands of people successfully reclaim their health. She is a recognized leader in the alternative health field and a pioneer in the fasting movement, teaching the principles of a fasting lifestyle, diet variation, detox, hormones, and more. Her popular YouTube channel, where she regularly updates followers on the latest science-backed tools and techniques to help them reset their health, has had more than 24 million lifetime views. She is the host of one of the leading science podcasts, *The Resetter Podcast*, and the author of three best-selling books, *The Menopause Reset*, *The Reset Factor*, and *The Reset Factor Kitchen*. Dr. Mindy has appeared on national shows like *Extra TV* and *The Doctors*, and has been featured in *Muscle & Fitness*, *Well + Good*, *SheKnows*, *Healthline*, and more.

To learn more about Dr. Mindy and her work, visit [drmindypelz.com](http://drmindypelz.com).

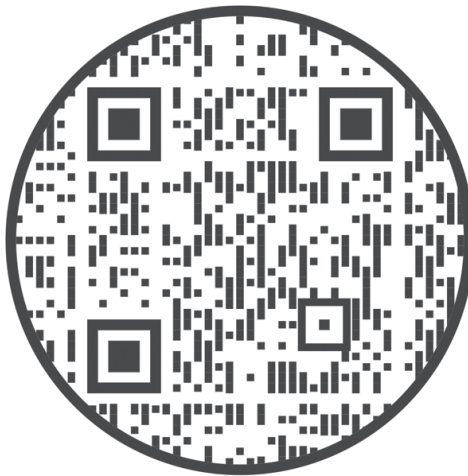
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