



FAITH + FOOD + FITNESS + FOCUS + FRIENDS

THE **DANIEL** PLAN

40 DAYS *to a*
HEALTHIER LIFE

MORE THAN
2 MILLION
COPIES SOLD*

#1 NEW YORK TIMES BESTSELLER

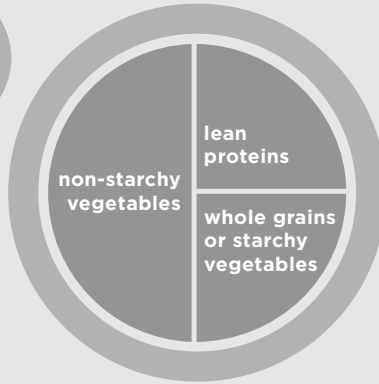
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A PDF COMPANION TO THE AUDIOBOOK



Food

The Daniel Plan Perfect Plate



TOP 10 CHOICES IN EACH FOOD GROUP to Get You Started

NON-STARCHY VEGGIES	PROTEIN	STARCH OR GRAIN	LOW-GLYCEMIC FRUIT
Asparagus	Beans	Beets	Apples
Bell peppers	Beef	Brown or black rice	Blackberries
Broccoli	Chicken	Carrots	Blueberries
Cauliflower	Eggs	Buckwheat	Gogi berries
Collard greens	Halibut	Green peas	Grapefruit
Cucumbers	Lentils	Corn	Plums
Green beans	Nuts	Quinoa	Kiwi
Kale	Salmon	Sweet potatoes	Nectarines
Spinach	Seeds	Turnips	Peaches
Zucchini	Turkey	Winter squash	Raspberries

Snack Items

Stock these items in your pantry; they keep forever:

- Canned wild salmon or sardines
- Flax or seed crackers
- Jerky (bison, grass-fed beef, or turkey)
- Salmon jerky
- Nuts and seeds
- Nut butter packets
- Coconut butter packets
- Whole food or raw food protein bars
- Artichoke hearts
- Roasted red peppers

Prepare a few easy, on-the-go snacks:

- Garbanzo beans with olive oil, lemon, garlic, and salt
- Hard-boiled eggs
- Hummus
- Cut-up carrots, cucumbers, peppers, and celery
- Apples or pears

It is also a good idea to stock a few treats:

- Dark chocolate (70%)
- Dried figs
- Dates

The Varieties of Sugar

Familiar Sugars (not healthy, just real)

Agave	Honey
Barley malt	Juice concentrate
Brown rice syrup	Maple syrup
Brown sugar	Molasses
Coconut sugar	Palm sugar
Evaporated or dehydrated cane juice	Sugar

Hidden Sugars or Toxic Sugars

Dextrose	Glucose
Dextrin	Lactose
Disaccharides	Maltodextrin
Fructose	Maltose
High fructose corn syrup (or any corn sugar or syrup)	Monosaccharides
Hydrogenated starch	Sorghum
	Sucrose
	Xylose

Avoid the Most Common Additives and Chemicals in Food

- ☐ MSG (monosodium glutamate)
- ☐ Artificial sweeteners
- ☐ Soy protein isolate (processed soy extract that causes cancer in animals)
- ☐ Sodium and calcium caseinate (toxic dairy extract)
- ☐ Phosphoric acid (dipotassium phosphate and tricalcium phosphate)
- ☐ Artificial flavors (often containing MSG)
- ☐ Carrageenan (can cause leaky gut and inflammation)
- ☐ Colors and dyes (yellow dye #5 or tartrazine and others)
- ☐ Sulfites (cause allergies and inflammation)
- ☐ Nitrites and nitrates (in processed and deli meats and causes cancer)

KITCHEN MAKEOVER: THINGS TO ADD

CANS OR JARS

- | | |
|---|---|
| ☐ Artichoke hearts | ☐ Roasted red peppers |
| ☐ Beans (black, garbanzo, cannellini, lentils, etc.) | ☐ Sardines |
| ☐ Coconut milk | ☐ Salsas |
| ☐ Curry paste | ☐ Tomatoes, tomato sauce and paste |
| ☐ Herring or mackerel | ☐ Wild salmon |

BAGS

- | | |
|--|---|
| ☐ Bags of different nuts (pecans, walnuts, almonds, cashews, pine nuts, hazelnuts, Brazil nuts) | ☐ beef, turkey, or bison with no nitrates or MSG) |
| ☐ Bags of jerky (organic, grass-fed | ☐ Bags of seeds (pumpkin, sesame, sunflower, flax, chia, hemp) |

BOTTLES

- | | |
|---|---|
| ☐ Balsamic vinegar | ☐ Sesame oil for flavoring (dark or light) |
| ☐ Chicken or vegetable broth (low sodium) | ☐ Wheat-free tamari (soy sauce) |
| ☐ Healthy oils (extra-virgin olive, coconut, grape seed, avocado, and/or sesame) | |

BULK ITEMS

- | | |
|--|---|
| ☐ Beans (lentils, garbanzo, black, cannellini, white beans, adzuki beans) | ☐ Whole grains (brown, black, and red rice; quinoa; buckwheat) |
|--|---|

SPICES

- | | |
|---|---|
| ☐ Bay leaves | ☐ Cumin |
| ☐ Black pepper (whole peppercorns and a grinder) | ☐ Oregano |
| ☐ Cinnamon | ☐ Red chili flakes |
| ☐ Chili peppers | ☐ Rosemary |
| ☐ Chili powder | ☐ Turmeric |
| ☐ Coriander | ☐ Sea salt |

NUT BUTTERS (without added sugars or fat)

- | | |
|---|---|
| ☐ Almond butter | ☐ Macadamia nut butter |
| ☐ Coconut butter | |

SWEETENERS

- | | |
|---|---|
| ☐ Raw honey, pure maple syrup, raw sugar | ☐ Whole plant extract stevia |
|---|---|

CONDIMENTS AND SAUCES

- | | |
|--|--|
| ☐ Fruit spreads (only 100% fruit, no sugar) | ☐ Miso paste |
| ☐ Hot sauce (choose different varieties) | ☐ Natural ketchup (no high fructose corn syrup) |
| ☐ Kimchi (spicy fermented cabbage) | ☐ Sauerkraut |
| ☐ Mustard (coarse or Dijon) | ☐ Tahini (sesame paste) |
| | ☐ Tomato sauce |

Homemade Hummus

Start buying garbanzo beans and tahini. This dynamic duo sets you up for success. Having them on hand equips you to make your own hummus in a snap. In a blender or food processor, mix the following:

- 2 cans of garbanzo beans (buy organic if you can)

- 2 tablespoons tahini

- 6 tablespoons of extra-virgin olive oil

- 2 teaspoons ground cumin

- Juice from one lemon

- 1 teaspoon salt

- Dash or two of ground pepper

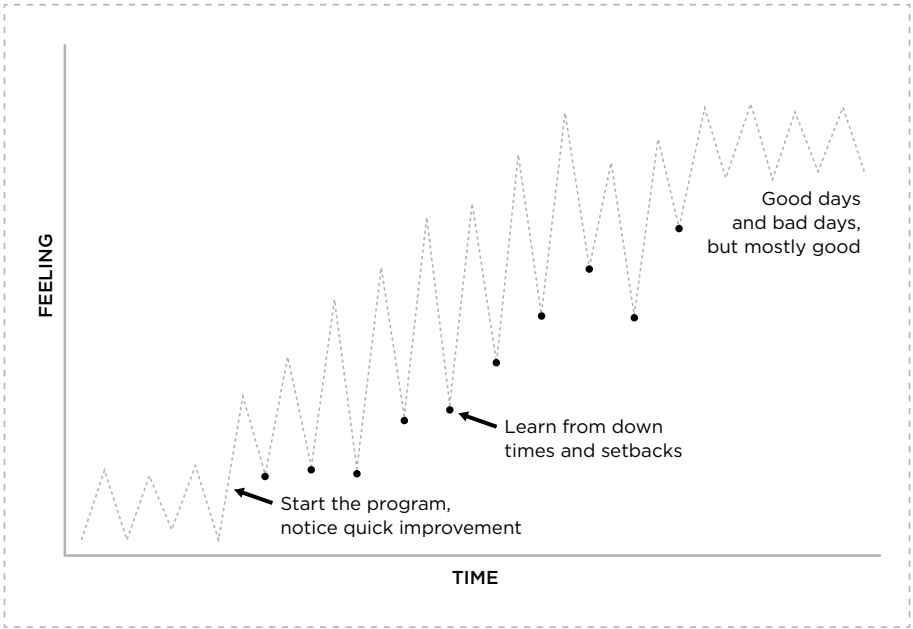
Get the texture you like by adding in a little warm water to blend. Have fun experimenting by adding in fresh minced garlic or your favorite herbs. This will become a mainstay in your kitchen portfolio.



ELIMINATE NEGATIVE THOUGHT PATTERNS

NEGATIVE THOUGHT	TYPE	ELIMINATE IT WITH TRUTH
<i>Every time I get stressed, I eat something.</i>	<i>Overgeneralization</i>	<i>Actually, many times when I am stressed I don't overeat. I will develop ten alternative things to do when stressed so I don't overeat.</i>
<i>I'll never lose weight.</i>	<i>Predicting the future</i>	<i>I've never tried to lose weight. If I change my behavior and adopt The Daniel Plan, I can be successful like many, many others.</i>

CHANGE OCCURS IN STEPS



DANIEL STRONG 40-DAY FITNESS PLAN AT A GLANCE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Aerobic & Stretch	Strength Training	Aerobic & Stretch	Strength Training	Aerobic & Stretch	Strength Training	Rest
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Aerobic & Stretch	Strength Training	Aerobic & Stretch	Strength Training	Aerobic & Stretch	Strength Training	Rest
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Aerobic & Stretch	Strength Training	Aerobic & Stretch	Strength Training	Aerobic & Stretch	Strength Training	Rest
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Aerobic & Stretch	Strength Training	Aerobic & Stretch	Strength Training	Aerobic & Stretch	Strength Training	Rest
DAY 29	DAY 30	DAY 31	DAY 32	DAY 33	DAY 34	DAY 35
Aerobic & Stretch	Strength Training	Aerobic & Stretch	Strength Training	Aerobic & Stretch	Strength Training	Rest
DAY 36	DAY 37	DAY 38	DAY 39	DAY 40		
Aerobic & Stretch	Strength Training	Aerobic & Stretch	Strength Training	Aerobic & Stretch		

3 Days of Aerobic/Stretch
+ 3 Days of Strength Training = 6 Days/Wk

SUGGESTED EXERCISES

LEVEL	AEROBIC EXERCISE OR ACTIVE GAMES	STRETCHING OR LOOSENING	STRENGTH TRAINING
DANIEL STRONG 1	• Walking • Cycling • Stair climbing • Any PLAY from chapter 5	• Neck stretches • Shoulder rolls • Alternating toe touches	• Squats • Desk or modified push-ups • Desk or modified plank • Front lunges
DANIEL STRONG 2	• Walking/Jogging • Running • Rope jumping • Competitive basketball • Fitness classes • Any PLAY from chapter 5	• Standing forward shoulder reach • Lunge and bend • Walking high kick • Elbow to foot lunge	• Overhead squats or dumbbell squat • Military push-ups • Plank, side plank, & reach unders • Front lunges or dumbbell front lunges • Metabolic movements — fast-paced, high-intensity (e.g., power skipping, jump squats, toe touch jacks)
DANIEL STRONG 3	Visit danielplan.com for level 3 exercises.		



DANIEL STRONG

PLAY OF THE DAY

• DAY 1

Perform the following activities (or exchange with other aerobic activities found in chapter 5 or on *danielplan.com*).

LEVEL 1:

Aerobic: Go for a 10-to-20-minute brisk walk.

Stretch: Standing neck stretches; pray or meditate while doing these. Perform this stretch for 10 to 15 seconds to each side at your desk or when at home throughout your day. (See illustration on page 26.)

LEVEL 2:

Aerobic: Go for a 20-to-30-minute power walk, walk/jog, interval training, or jog.

Stretch: Complete

- ☐ Standing forward shoulder reach
- ☐ Lunge and bend
- ☐ Walking high kicks

Perform each stretch or movement (see illustrations on pages 26–27) for 10 to 15 seconds each side (or 5 times for each side of your body) before and/or after your aerobic exercise or throughout your day at work or home. Thank God for the blessing of a body that moves.

DAY 2

Perform the following activities (or exchange with other strength activities found in chapter 5 or on *danielplan.com*).

LEVEL 1:

Strength: Perform one set of 8–10 repetitions (or as many as you can do):

- ☐ Squats
- ☐ Desk or modified push-ups

(See illustrations on page 28.)

LEVEL 2:

Strength: Perform as many repetitions as you can of each exercise below in 20 seconds. Then rest 10 seconds in between each exercise. Once you have completed all exercises, rest for a full 2 minutes. Complete an additional set for a total of two sets:

- ☐ Overhead squats: 20 seconds/10 seconds rest
- ☐ Run in place: 20 seconds/10 seconds rest
- ☐ Military push-ups: 20 seconds/10 seconds rest
- ☐ Run in place: 20 seconds/10 seconds rest
- ☐ Front lunges (alternating sides): 20 seconds/10 seconds rest
- ☐ Elbow plank: 20 seconds/10 seconds rest
- ☐ Run in place: 20 seconds/rest

(See illustrations on pages 28–29.)

DAY 3

Perform the following activities (or exchange with other activities found in chapter 5 or on *danielplan.com*).

LEVEL 1:

Aerobic: Go for a 10-to-20-minute bike ride or walk.

Stretch:

- ☐ Standing neck stretches
- ☐ Standing shoulder rolls

Complete each movement for 10 seconds to each side (or 5 to 10 times for each shoulder) at your desk or when at home throughout your day. (See illustration on page 26.) Pray or meditate on Scripture during these loosening movements.

LEVEL 2:

Aerobic: Go for a 20-to-30-minute power walk, walk/jog, interval training, or jog.

Stretch:

- ☐ Standing forward shoulder reach
- ☐ Lunge and bend
- ☐ Walking high kicks

Perform each stretch or movement for 10–15 seconds on each side (or 5 to 10 times each side) before or after your aerobic exercise or throughout your day at work or home. (See illustrations on pages 26–27.) Pray or meditate on Scripture during these loosening movements.

DAY 4

Perform the following activities (or exchange with other activities found in chapter 5 or on *danielplan.com*).

LEVEL 1:

Strength: Perform one set of 8–10 repetitions (or as many as you can do):

- ☐ Squats
- ☐ Desk or modified push-ups
- ☐ Desk or modified planks, hold for 10 seconds

(See illustrations on page 28.)

LEVEL 2:

Strength: Perform as many repetitions as you can of each exercise below in 20 seconds. Then rest 10 seconds in between each exercise. Once you have completed all exercises, rest for a full 2 minutes. Complete an additional set for a total of two sets.

- ☐ Overhead squats: 20 seconds/10 seconds rest
- ☐ Power skipping: 20 seconds/10 seconds rest
- ☐ Push-ups: 20 seconds/10 seconds rest
- ☐ Walking lunges: 20 seconds/10 seconds rest
- ☐ Power skipping: 20 seconds/10 seconds rest
- ☐ Elbow plank: 20 seconds/10 seconds rest
- ☐ Power skipping: 20 seconds/rest

(See illustrations on pages 28–30.)

DAY 5

Perform the following activities (or exchange with other activities found in chapter 5 or on *danielplan.com*).

LEVEL 1:

Aerobic: Go for a 10-to-20-minute brisk walk.

Stretch:

- ☐ Standing shoulder rolls
- ☐ Standing alternating toe touches

Complete each movement 5 to 10 times (see illustrations on pages 26–27), and thank God for your health as you hold each stretch.

LEVEL 2:

Aerobic: Go for a 20-to-30-minute power walk, walk/jog, interval training, or jog.

Stretch:

- ☐ Standing forward shoulder reach
- ☐ Lunge and bend
- ☐ Walking high kicks
- ☐ Elbow to foot lunge

Perform each stretch or movement for 10–15 seconds on each side (or 5 to 10 times each side) before or after your aerobic exercise or throughout your day at work or home. (See illustrations on pages 26–27.) Thank God for your health as you hold each stretch.

DAY 6

Perform the following activities (or exchange with other activities found in chapter 5 or on *danielplan.com*).

LEVEL 1:

Strength: Perform one set of 8–10 repetitions (or as many as you can do):

- ☐ Squats
- ☐ Desk or modified push-ups
- ☐ Desk or modified plank, hold for 10–15 seconds

(See illustrations on page 28.)

LEVEL 2:

Strength: Perform as many repetitions as you can of each exercise below in 15 seconds. Then rest 15 seconds in between each exercise. Once you have completed all exercises, rest for a full 2 minutes. Complete an additional set for a total of two sets:

- ☐ Overhead squats: 20 seconds/15 seconds rest
- ☐ Toe touches: 20 seconds/15 seconds rest
- ☐ Push-ups: 20 seconds/15 seconds rest
- ☐ Toe touches: 20 seconds/15 seconds rest
- ☐ Walking lunges: 20 seconds/15 seconds rest
- ☐ Toe touches: 20 seconds/15 seconds rest
- ☐ Side plank: 20 seconds/15 seconds rest
- ☐ Toe touches: 15 seconds/rest

(See illustrations on pages 28–29.)

DAY 7

REST

DAY 8

Perform the following activities (or exchange with other activities found in chapter 5 or on *danielplan.com*).

LEVEL 1:

Aerobic: Go for a 15-to-25-minute power walk.

Stretch:

- ☐ Neck stretches
- ☐ Standing shoulder rolls
- ☐ Standing alternating toe touches

Perform each exercise for 10 seconds (or 5 to 10 times) at your desk or when at home. (See illustrations on pages 26–27.) Concentrate on your breath and the fact that God is the giver of every single breath you take.

LEVEL 2:

Aerobic: Go for a 25-to-35-minute power walk, walk/jog, interval training, or jog.

Stretch:

- ☐ Standing forward shoulder reach
- ☐ Lunge and bend
- ☐ High kicks
- ☐ Elbow to foot lunge

Perform each stretch or movement for 10–15 seconds each side (or 5 to 10 times) before or after your aerobic exercise or throughout your day at work or home. (See illustrations on pages 26–27.) Concentrate on your breath and the fact that God is the giver of every single breath you take.

DAY 9

Perform the following activities (or exchange with other activities found in chapter 5 or on *danielplan.com*).

LEVEL 1:

Strength: Perform two sets of 10–12 repetitions (or as many as you can do):

- ☐ Squats
- ☐ Desk or modified push-ups
- ☐ Lunges
- ☐ Desk plank, hold for 20–30 seconds

(See illustrations on pages 28–29.)

LEVEL 2:

Strength: Perform as many repetitions as you can of each exercise below in 15 seconds. Then rest 15 seconds in between each exercise. Once you have completed all exercises, rest for a full 2 minutes. Complete an additional set for a total of two sets:

- ☐ Overhead squats: 20 seconds/15 seconds rest
- ☐ Iso-explosive jump squats: 20 seconds/15 seconds rest
- ☐ Push-ups: 20 seconds/15 seconds rest
- ☐ Iso-explosive jump squats: 20 seconds/15 seconds rest
- ☐ Walking lunges: 20 seconds/15 seconds rest
- ☐ Iso-explosive jump squats: 20 seconds/15 seconds rest
- ☐ Side plank reach under: 20 seconds/15 seconds rest
- ☐ Iso-explosive jump squats: 20 seconds/rest

(See illustrations on pages 28–30.)

DAY 10

Perform the following activities (or exchange with other activities found in chapter 5 or on *danielplan.com*).

LEVEL 1:

Aerobic: Go for a 15-to-25-minute bike ride or power walk.

Stretch:

- ☐ Neck stretches
- ☐ Standing shoulder rolls
- ☐ Alternating toe touches
- ☐ Standing forward shoulder reach

Perform each exercise for 10 seconds (or 5 to 10 times) at your desk or when at home. (See illustrations on pages 26–27.) Pray or meditate on Scripture while you hold each stretch.

LEVEL 2:

Aerobic: Go for a 25-to-35-minute power walk, walk/jog, interval training, or jog.

Stretch:

- ☐ Standing forward shoulder reach
- ☐ Lunge and bend
- ☐ High kicks
- ☐ Elbow to foot lunge

Perform each movement for 10–15 seconds each side (or 5 to 10 times). (See illustrations on pages 26–27.) Pray or meditate on Scripture while you hold each stretch.

DAYS 11 – 20

LEVEL 1:

Move to Level 2 and perform instructions for Days 1–10.

OR

Strength: Stay at Level 1, and increase the number of repetitions for strength training exercises to 12–15 repetitions. (Also increase your plank exercise to 30 seconds.) If you are up to it, complete two total sets of exercises for Days 11, 13, 16, 18, and 20.

Aerobic: Stay at Level 1 and increase your aerobic exercise to 20–30 minutes. Perform exercises such as power walking or a light walk/jog for Days 12, 15, 17, and 19.

Stretch: Add one additional stretch to your routine for Days 12, 15, 17, and 19.

LEVEL 2:

Move to Level 3 by visiting danielplan.com.

OR

Strength: Stay at Level 2, and increase the duration of each strength exercise to 20 seconds. Perform as many repetitions as you can in 20 seconds. Rest 10 seconds in between each exercise. Complete two to three sets for Days 11, 13, 16, 18, and 20, and rest 1.5 to 2 minutes in between sets.

Aerobic: Stay at Level 2, and increase your aerobic exercise to 30–40 minutes. Perform exercises such as walk/jog, jogging, rope jumping, running, basketball, or interval training for Days 12, 15, 17, and 19.

Stretch: Add one additional stretch to your routine on Days 12, 15, 17, and 19.

DAYS 21 – 30

LEVEL 1:

Move to Level 2 and perform Days 1–10 instructions on Days 21–30.

OR

Strength: Stay at Level 1, and increase the number of repetitions for strength training exercises to 15 repetitions (20–30 seconds for plank exercise) and complete two sets of all exercises for Days 23, 25, 27, and 30.

Aerobic: Stay at Level 1, and increase your aerobic exercise to 25–35 minutes. Perform exercises such as power walking or a walk/jog for Days 22, 24, 26, and 29.

Stretch: Add one additional stretch to your routine for Days 22, 24, 26, and 29.

LEVEL 2:

Move to Level 3 by visiting *danielplan.com*.

OR

Strength: Stay at Level 2, and continue to perform as many repetitions as you can in 20 seconds. Rest 10 seconds in between each exercise. But now complete three to four sets for Days 23, 25, 27, and 30. Also, decrease your rest interval to 1 to 1.5 minutes in between sets.

Aerobic: Stay at Level 2, and increase your aerobic exercise to 35–45 minutes. Perform exercises such as walk/jog, jogging, rope jumping, running, basketball, or interval training for Days 22, 24, 26, and 29.

Stretch: Add one additional stretch to your routine for Days 22, 24, 26, and 29.

DAYS 31 – 40

LEVEL 1:

Move to Level 2, and perform Days 1–10 instructions on Days 31–40.

OR

Strength: Stay at Level 1, and increase the number of repetitions for strength training exercises to 15–20 repetitions (30 seconds for plank exercise) and complete two to three sets of all exercises for Days 32, 34, 37, and 39.

Aerobic: Stay at Level 1, and increase your aerobic exercise to 30–45 minutes. Perform exercises such as power walking or a walk/jog for Days 31, 33, 36, 38, and 40.

Stretch: Add one additional stretch to your routine for Days 31, 33, 36, 38, and 40.

LEVEL 2:

Move to Level 3 by visiting *danielplan.com*.

OR

Strength: Stay at Level 2, and perform as many repetitions as you can in 30 seconds. Rest 10–15 seconds in between each exercise. But now complete four sets for Days 32, 34, 37, and 39. Also, decrease your rest interval to 1 minute in between sets.

Aerobic: Stay at Level 2, and increase your aerobic exercise to 40–50 minutes. Perform exercises such as walk/jog, jogging, rope jumping, running, basketball, or interval training for Days 31, 33, 36, 38, and 40.

Stretch: Add one additional stretch to your routine for Days 31, 33, 36, 38, and 40.

Aerobic Activities/Active Games:

1. Walking
2. Stair Climbing
3. Cycling
4. Walk/Jog
5. Running
6. Rope Jumping
7. Basketball/Competitive Sports
8. Fitness Classes
9. Interval Training

Additional Aerobic Activities and Active Games can be found at *danielplan.com*



DANIEL STRONG

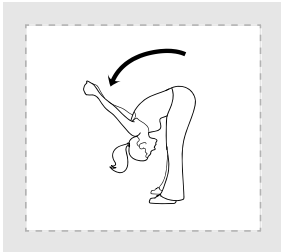
FITNESS ILLUSTRATIONS

STRETCHING-LOOSENING EXERCISES

Neck stretch chin to chest: Slowly begin to lower your neck down by lowering your chin down to your chest and hold for 10 – 15 seconds.

Neck stretch ear to shoulder: Lower your right ear toward your right shoulder. Hold. Lower your left ear toward your left shoulder. Hold.

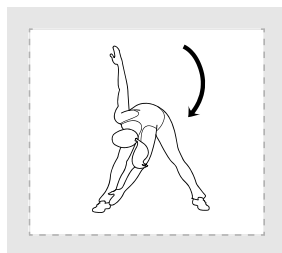
Neck Rotation: Slowly turn your head to the right. Your chin will be close to your right shoulder. Hold. Slowly turn your head to the left. Your chin will be close to your left shoulder. Hold.



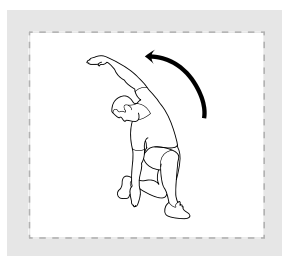
Standing forward shoulder reach: Reach your arms behind your back and interlace your fingers. Lift your shoulders up toward your ears, and lift your hands away from your back. Slowly bend forward at the waist, keeping your back flat, not rounded. Continue bending forward, and lift your hands over your head as far forward as comfortable. At a full stretch, you will feel tension in your hamstrings and in your shoulders.

Shoulder rolls: Stand with your arms hanging straight down. Shrug both shoulders forward and up. Roll the shoulders back and down. Make big circles while keeping the head straight.

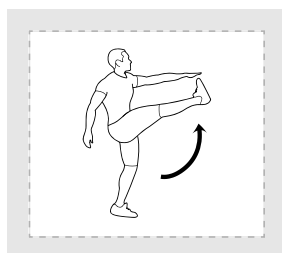
Alternating toe touches: Stand with your feet spread as far apart as comfortably possible. Then lean forward toward one leg and try to reach your foot or until you feel a comfortable stretch in your lower back and hamstrings. Now try to touch the other foot with the opposite arm.



Lunge and bend: Stand tall with your arms hanging at your sides. Step forward with your right leg, and lower your body until your right knee is bent at about 90 degrees. As you lunge, reach over your head with your left arm and bend your torso to your right.



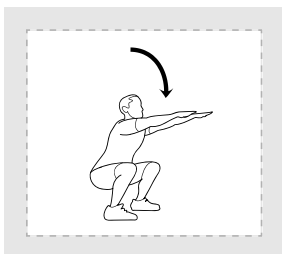
Walking high kick: Stand tall with arms hanging at your sides. Keeping your knee straight, kick your right leg up and reach with your left arm out to meet it as you simultaneously take a step forward. (Imagine that you're a British soldier. As soon as your right foot touches the floor, repeat the movement with your left foot and right arm.)



Elbow to foot lunge: Brace your core and lunge forward with your right leg. As you lunge, lean forward at your hips and place your left hand on the floor so it's even with your right foot. Place your right elbow next to the instep of your right foot (or as close as you can), and hold. Next, rotate your torso up and toward the right, reaching as high as you comfortably can with your right hand. Repeat with your left leg and left arm.



STRENGTH TRAINING EXERCISES



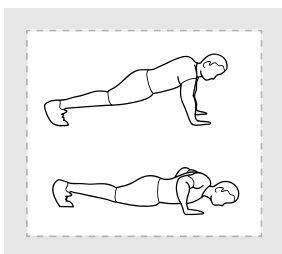
Squats or overhead squat: Stand with your feet spread shoulder-width apart. Hold your arms straight out in front of your body at shoulder level.

Your lower back should be naturally arched. Brace your core and hold it that way.

Lower your body as far as you can by pushing your hips back and bending your knees, as if you are sitting down. Pause, then slowly push yourself back to the starting position.

Tips: Keep your weight on your heels, not your toes, for the entire movement. Your knees should stay over the centers of your feet as you squat. Your torso should stay as upright as possible. Don't let your lower back round.

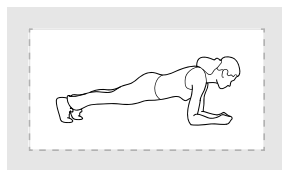
For an overhead squat, hold your arms over your head throughout the movement and repetitions.



Push-ups: Position yourself with your hands slightly wider than your shoulders. Your body should form a straight line from your ankles to your head. Brace your abdominals — as if you were about to be punched in the gut — and maintain that contraction for the duration of this exercise. This helps keep your body rigid and doubles as core training. Lower your body until your chest nearly touches the floor. Tuck your elbows as you lower your body so that your upper arms form a 45-degree angle with your body in the bottom of the movement. Pause at the bottom and then push yourself back up.

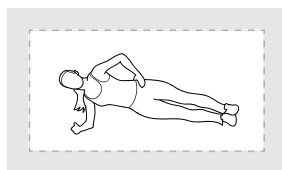
For a modified push-up, instead of performing the exercise with your legs straight, bend your knees and cross your ankles behind you. Your body should form a straight line from your head to your knees.

Plank: Start to get into a push-up position, but bend your elbows and rest your weight on your forearms instead of on your hands. Your elbows should be directly under your shoulders. Your body should form a straight line from your shoulders to your ankles. Brace your core by contracting your abs. Squeeze your glutes. Hold the position.



Desk or modified: Perform the plank motion using a push-up position or on elbows, but use a desk to lean on. Or, instead of being on your toes, place both knees on the ground.

Side plank: Lie on your left side with your knees straight. Prop up your upper body on your left elbow and forearm. Position your elbow under your shoulder. Brace your core by contracting your abs forcefully as if you were about to be punched in the gut. Raise your hips until your body forms a straight line from your ankles to your shoulders. Your head should stay in line with your body. Hold this position for the prescribed amount of time while breathing deeply.



Side plank with reach under: Lift your body into a side plank, and start with your right arm raised straight above you so that it's perpendicular to the floor. Reach under and behind your torso with your right hand, then lift your arm back up to the starting position.

Lunges: Stand with your arms by your sides, cross your arms in front of your chest, or place your hands on your hips or behind your ears. Step forward with your right leg and slowly lower your body until your front knee is bent as close to 90 degrees as possible. Pause, then push yourself to the starting position as quickly as you can. Alternate legs after each repetition.



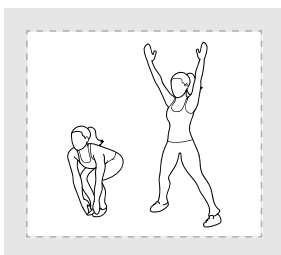
Walking lunges: Instead of returning to your starting position, bring your back foot forward and move into a lunge on that leg.

METABOLIC MOVEMENTS

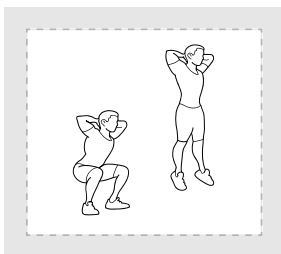
These create fast-paced, high-intensity aerobic exercises.

Power skipping: Raise the right knee up toward the hip while reaching your left arm overhead. Land on the ball of your left foot, and then alternate the skipping motion with the opposite arm and leg.

Stair sprints: Run up a set of stairs as fast as you possibly can.



Toe touch jacks: Stand with your feet together, arms by your sides. Bend your knees and squat down, reaching your fingertips down to your feet (and if you can, touch your toes). Quickly jump up and open arms and legs, landing in a traditional jumping jack position.



Iso-explosive squat jumps: Place your fingers on the back of your head and pull your elbows back so that they're in line with your body. With your feet spread shoulder-width apart, push your hips back, bend your knees, and lower until your upper thighs are parallel to the floor. Your torso should stay as upright as possible. Don't let your lower back round. Keep your weight on your heels, not your toes. Your knees should stay over the centers of your feet during your squat.

Push off the ground so you jump up in the air. Land softly and return to the starting position.

40-Day Meal Plans

EAT FOR HEALTH

Chapter 10

40-DAY CORE MEAL PLAN

Meals that require a recipe are in **bold**; you will find the recipes on pages 46–73.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST	Strawberry coco choco shake	Breakfast muffin: 1 scrambled egg, 2 slices baked nitrate-free turkey bacon or avocado on whole grain or sprouted grain English muffin	Blueberry, spinach, & flax smoothie	1 c. rolled or steel cut oatmeal with ½ c. almond milk & ½ c. mixed strawberries and bananas	Breakfast wrap: 1 scrambled egg with ¼ avocado, sliced tomato, basil wrapped in whole grain tortilla
SNACK	½ c. artichoke hummus with mixed veggie sticks (celery, carrots, cucumber, jicama)	Small apple plus 25 raw almonds	1 no-bake power bite	2 tbsp. crunchy chickpeas with 1 oz. hard cheese	Small pear or apple with 1 tablespoon almond butter
LUNCH	½ c. quinoa with steamed broccoli, carrots, cauliflower, & antioxidant dressing	Low-sodium, nitrate-free turkey breast wrap with tomato, lettuce, 2 tbsp. artichoke hummus	Veggie lentil & chicken sausage soup	Citrus salmon skewers with supergreens watermelon salad	Citrus chicken as a wrap with 2 tbsp. artichoke hummus , romaine & ¼ avocado
SNACK	2 tbsp. crunchy chickpeas with 1 mozzarella cheese stick	1 piece low-glycemic fruit plus 25 raw almonds	Baba ganoush dip with mixed veggie sticks (celery, carrots, cucumber, jicama)	1 no-bake power bite	Strawberry coco choco shake
DINNER	Open-faced ground beef or turkey burger on ½ whole grain English muffin or bun with spinach, tomato, & 1 tbsp. avocado	Citrus chicken skewers with brown rice & supergreens watermelon salad	Citrus salmon filet with grilled/baked asparagus and quinoa	Grilled Mediterranean lamb kofta and mixed greens salad	Veggie lentil & chicken sausage soup with side of quinoa or brown rice
HEALTHY TREAT	1 piece of fruit chopped and sprinkled with cinnamon	Dark chocolate avocado mousse cup	Grapefruit and pomegranate salad with coconut	Chocolate and walnut dipped frozen banana pops	Chopped fruit salad

40-DAY CORE MEAL PLAN cont.

Meals that require a recipe are in **bold**; you will find the recipes on pages 46 – 73.

	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
BREAKFAST	Supercharged bulgur wheat breakfast bowl	Breakfast muffin: 1 scrambled egg, 2 slices baked nitrate-free turkey bacon or avocado on whole grain or sprouted grain English muffin	2 hardboiled eggs with mixed fruit cup	Mango coconut power smoothie	2 hardboiled eggs with mixed fruit cup
SNACK	Berry protein shake	2 tbsp. nuts and 1 oz. hard cheese	Creamy carrot dip with whole grain chips or veggies	2 tbsp. dark chocolate trail mix	Gluten-free tortilla chips with ½ c. confetti salsa
LUNCH	Baked Broccoli fritatta with mixed greens & antioxidant dressing	Shrimp curry with snap peas and water chestnuts	Crockpot beef and veggie stew	Grilled fish or chicken with ½ c. quinoa & ½ c. confetti salsa	Crunchy Mediterranean salad with grilled shrimp
SNACK	Creamy carrot dip with whole grain chips or veggies	Dark chocolate trail mix	Small banana with 1 tbsp. nut butter	Blueberry, spinach, & flax smoothie	1 c. steamed edamame with soy sauce or tamari
DINNER	Crockpot beef and veggie stew	2 fish tacos with fresh pineapple salsa	Thai-inspired stir fry with coconut rice	Savory oven-fried chicken with cauliflower mash and baked/grilled asparagus	Ground turkey/beef and broccoli pasta
HEALTHY TREAT	1 serving light pumpkin pie squares	Greek yogurt with no-sugar-added muesli	Frozen real fruit popicles (puree your favorite fruit and freeze)	1 serving light pumpkin pie squares	Frozen coconut berry dessert

ADDITIONAL BREAKFAST OPTIONS

Mediterranean breakfast: 2 scrambled eggs with ½ c. fresh spinach, 1 tbsp. feta cheese, and 3 chopped kalamata olives	Slice of whole grain toast with 1 tbsp. nut butter and 1 tsp. raw honey with 1 c. fresh melon	½ c. quinoa with unsweetened coconut milk and 1 tbsp. dried currants
2 scrambled eggs with a corn tortilla, slice of avocado, and 2 tbsp. salsa	1 whole grain waffle with 1 tbsp. pure maple syrup and 1 turkey sausage	1 c. plain Greek yogurt with low-sugar granola and blueberries

ADDITIONAL LUNCH OPTIONS

Chicken primavera bowl	½ c. brown rice, steamed broccoli and carrots, and diced chicken breast	Open-faced ground bison/ buffalo burger with sliced tomato, spinach, and avocado
1 c. carrot and avocado soup and a mixed green salad	Mixed green and veggie salad with canned fish and ½ c. mixed fruit	Herbed fish salad with mixed greens

ADDITIONAL DINNER OPTIONS

Ground turkey stuffed bell peppers	Greek baked cod	Cucumber, olive, tomato, and red onion salad topped with grilled shrimp, lemon, and olive oil
Whole grain spaghetti alla lucca	Whole roasted chicken with Brussels sprouts and carrots	Stir-fry eggplant and zucchini with sesame oil and soy sauce, serve over brown rice

ADDITIONAL SNACK OPTIONS

Crunchberry yogurt parfait	Roasted sweet potato fries	½ whole grain English muffin with 2 tbsp. cottage cheese and sliced fresh peaches
1 c. whole grain chips with hummus or salsa	1 c. sliced melon and berries	Whole grain tortilla filled with 3 oz. sliced turkey breast, sprouts, tomato, 1 tbsp. Dijon mustard, and 3 avocado slices

SHOPPING LIST

for the 40-Day Core Meal Plan

Get stocked for success! You can add or modify as needed.

Important notes:

1. Compare your shopping list to what's already in your pantry before you go shopping.
2. If the specific size of an item is not listed, you can buy the smallest version. Wherever possible, we indicate how much you will use every five days so you don't end up buying more than you need.
3. Suggested quantities are based on the recipe serving sizes. Entrees generally serve 4; snacks generally serve 1 – 2.
4. * Marks items you will use in Days 1 – 5 and need to repurchase for Days 6 – 10; † indicates a perishable ingredient that is required only for Days 6 – 10.
5. Should you choose to skim the recipes and meals first and swap the items in the plan, you will need to adjust your shopping list accordingly.

FRESH PRODUCE

- | | |
|--|--|
| ☐ 4 apples* | ☐ 1 large container strawberries |
| ☐ 2 avocados* | ☐ 4 medium tomatoes† |
| ☐ 4 bananas* | ☐ Small watermelon or other melon |
| ☐ 1 large container blueberries | ☐ 1 package arugula |
| ☐ 4 lemons* | ☐ 1 bunch asparagus* |
| ☐ 2 limes* | ☐ 2 bags (8–9 oz.) of fresh baby spinach, or one small bunch* |
| ☐ 2 peaches† | ☐ 2 red bell peppers* |
| ☐ 1 pineapple† | ☐ 1 head broccoli* |
| ☐ 1 orange | ☐ 2 heads purple or green cabbage† |
| ☐ 1 pink grapefruit | ☐ 1 bag carrots* |
| ☐ 1 pomegranate | |

* Marks items you will use in Days 1–5 and need to repurchase for Days 6–10

† Indicates an ingredient that is required only for Days 6–10

- | | |
|--|--|
| ☐ 1 head cauliflower† | ☐ 2 medium onions |
| ☐ 1 bag celery* | ☐ 2 red onions† |
| ☐ 1 bunch cilantro† | ☐ 1 bunch parsley* |
| ☐ 2 cucumbers† | ☐ 2 medium red-skinned or purple potatoes or 1 turnip |
| ☐ 1 eggplant | ☐ 1 head romaine lettuce* |
| ☐ 1 bulb garlic* | ☐ 1 pound snap peas† |
| ☐ 1 jalapeno† | ☐ 1 small bag snow peas or green beans |
| ☐ 1 jicama | ☐ 4–6 zucchini† |
| ☐ 2 packages or heads of kale | |

BAKERY/BREADS

- | | |
|---|---|
| ☐ 1 package taco-sized sprouted or whole grain tortillas | ☐ 1 package sprouted whole grain muffins |
| ☐ 1 package corn tortillas | |

MEAT/FISH

- | | |
|--|--|
| ☐ 2 pounds chicken breasts or cutlets | ☐ 1 pound sliced turkey breast, nitrate-free |
| ☐ 12 chicken legs† | ☐ 3/4 pound halibut or hearty white fish† |
| ☐ 6 chicken sausages | ☐ 2 pounds wild shrimp† |
| ☐ 3–4 pounds chuck roast | ☐ 2 pounds wild salmon* |
| ☐ 1 pound lean ground turkey or beef* | ☐ 2 cans/packages low-mercury tuna or wild salmon |

EGGS & DAIRY

- | | |
|---|---|
| ☐ 1 dozen cage-free or organic eggs* | ☐ 1 small package fresh parmesan cheese† |
| ☐ 1 small package feta cheese | |
| ☐ 1 large container nonfat plain Greek yogurt* | ☐ 1 package hard, unprocessed cheese |

* Marks items you will use in Days 1–5 and need to repurchase for Days 6–10

† Indicates an ingredient that is required only for Days 6–10

PASTAS, GRAINS, LEGUMES

- ☐ 1 package brown (preferably jasmine) or black rice
- ☐ 1 package bulgur wheat
- ☐ 1 pound gluten-free pasta (e.g., brown rice pasta)
- ☐ 1 pound lentils
- ☐ 1 container old-fashioned rolled or steel cut oats
- ☐ 1 package quinoa

FREEZER SECTION

- ☐ 1 package mixed frozen berries
- ☐ 1 package frozen corn
- ☐ 1 package frozen edamame
- ☐ 1 package frozen mango
- ☐ 1 package frozen strawberries

CANNED FOODS

- ☐ 1 jar unsweetened applesauce
- ☐ 1 can artichokes in water
- ☐ 2 15-oz. cans low-sodium beef broth
- ☐ 1 15-oz. can cannellini, great northern, or black beans
- ☐ 3 cans garbanzo beans/chickpeas
- ☐ 2 qts. low-sodium chicken or vegetable broth
- ☐ 1 jar kalamata or black olives
- ☐ 1 can pumpkin
- ☐ 2 containers fresh salsa or your favorite recipe
- ☐ 1 can chopped tomatoes
- ☐ 1 15-oz. can organic tomato sauce
- ☐ 1 can water chestnuts

CONDIMENTS/SAUCES

- ☐ 1 bottle unfiltered apple cider vinegar
- ☐ 1 bottle balsamic or red wine vinegar
- ☐ 1 container coconut oil or grape seed oil
- ☐ 1 bottle Dijon mustard
- ☐ 1 bottle extra-virgin olive oil (or cooking spray)
- ☐ 1 jar raw honey
- ☐ 1 small bottle low-sodium soy sauce or tamari
- ☐ 1 small bottle sesame oil
- ☐ 1 small bottle sesame tahini paste

- ☐ 1 small bag stevia or approved natural sweetener

- ☐ 1 can tomato paste
- ☐ 1 jar organic or vegan mayonnaise

NUTS/SEEDS

- ☐ 1 box unsweetened coconut milk or almond milk*
- ☐ 1 box unsweetened almond milk
- ☐ 1 jar almond or other nut butter
- ☐ 1 bag almond meal/flour
- ☐ 1 bag raw almonds
- ☐ 1 bag slivered almonds

- ☐ 1 package chia seeds
- ☐ 1 bag unsweetened shredded coconut
- ☐ 1 package ground flax meal
- ☐ 1 bag unsalted sunflower seeds
- ☐ 1 bag raw walnuts

MISCELLANEOUS

- ☐ Dried blueberries
- ☐ 1 container chocolate flavor plant-based protein powder optional
- ☐ 70% cocoa chocolate chips/bar
- ☐ Cornstarch

- ☐ Raisins
- ☐ 1 package organic tempeh (usually in the refrigerator section)
- ☐ 1 container quality plant-based protein powder

SPICES/HERBS

- ☐ Black pepper
- ☐ Cayenne pepper
- ☐ Chili powder
- ☐ Cumin
- ☐ Curry powder
- ☐ Dill
- ☐ Dry mustard

- ☐ Dried oregano
- ☐ Garlic powder
- ☐ Kosher or sea salt
- ☐ Onion powder
- ☐ Pumpkin pie spice
- ☐ Vanilla extract

* Marks items you will use in Days 1–5 and need to repurchase for Days 6–10



THE DANIEL PLAN DETOX

THE TOXICITY AND SYMPTOM SCREENING QUESTIONNAIRE

This questionnaire identifies symptoms that help to identify the underlying causes of illness and helps you track your progress over time. Rate each of the following symptoms based on your health over the past 30 days. If you are filling out this questionnaire after the first two days of detox, record your symptoms for the last 48 hours ONLY.

POINT SCALE

- 0 = Never or almost never have the symptom
- 1 = Occasionally have it, effect is not severe
- 2 = Occasionally have it, effect is severe
- 3 = Frequently have it, effect is not severe
- 4 = Frequently have it, effect is severe

DIGESTIVE TRACT

- ___ Nausea or vomiting
- ___ Diarrhea
- ___ Constipation
- ___ Bloating feeling
- ___ Belching, or passing gas
- ___ Heartburn
- ___ Intestinal/stomach pain

TOTAL _____

EARS

- ___ Itchy ears
- ___ Earaches, ear infections
- ___ Drainage from ear
- ___ Ringing in ears, hearing loss

TOTAL _____

EMOTIONS

- ___ Mood swings
- ___ Anxiety, fear, or nervousness
- ___ Anger, irritability, or aggressiveness
- ___ Depression

TOTAL _____

JOINTS/MUSCLES

- ___ Pain or aches in joints
- ___ Arthritis
- ___ Stiffness or limitation of movement
- ___ Pain or aching in muscles
- ___ Feeling of weakness or tiredness

TOTAL _____

ENERGY/ACTIVITY

- ___ Fatigue, sluggishness
- ___ Apathy, lethargy
- ___ Hyperactivity
- ___ Restlessness

TOTAL _____

LUNGS

- ___ Chest congestion
- ___ Asthma, bronchitis
- ___ Shortness of breath
- ___ Difficult breathing

TOTAL _____

EYES

- ___ Watery or itchy eyes
- ___ Swollen, reddened, or sticky eyelids
- ___ Bags or dark circles under eyes
- ___ Blurred or tunnel vision (does not include near- or far-sightedness)

TOTAL _____

MIND

- ___ Poor memory
- ___ Confusion, poor comprehension
- ___ Poor concentration
- ___ Poor physical coordination
- ___ Difficulty in making decisions
- ___ Stuttering or stammering
- ___ Slurred speech
- ___ Learning disabilities

TOTAL _____

HEAD

- ___ Headaches
- ___ Faintness
- ___ Dizziness
- ___ Insomnia

TOTAL _____

MOUTH/THROAT

- ___ Chronic coughing
- ___ Gagging, frequent need to clear throat
- ___ Sore throat, hoarseness, loss of voice
- ___ Swollen or discolored tongue, gum, lips
- ___ Canker sores

TOTAL _____

HEART

- ___ Irregular or skipped heartbeat
- ___ Rapid or pounding heartbeat
- ___ Chest pain

TOTAL _____

NOSE

- ___ Stuffy nose
- ___ Sinus problems
- ___ Hay fever
- ___ Sneezing attacks
- ___ Excessive mucus formation

TOTAL _____

WEIGHT

- ___ Binge eating/drinking
- ___ Craving certain foods
- ___ Excessive weight
- ___ Compulsive eating
- ___ Water retention
- ___ Underweight

TOTAL _____

SKIN

- ___ Acne
- ___ Hives, rashes, or dry skin
- ___ Hair loss
- ___ Flushing or hot flushes
- ___ Excessive sweating

TOTAL _____

OTHER

- ___ Frequent illness
- ___ Frequent or urgent urination
- ___ Genital itch or discharge

TOTAL _____

GRAND TOTAL _____

KEY TO QUESTIONNAIRE

1. Add individual scores and total each group.
2. Add each group score for a grand total.

Optimal	is less than 10
Mild toxicity	10–50
Moderate toxicity	50–100
Severe toxicity	over 100

THE DANIEL PLAN DETOX

Meals that require a recipe are in **bold**; you will find the recipes on pages 46–73.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST	Dr. Hyman's whole food protein shake	Avocado & veggie 2-egg omelet	1 cup cooked quinoa with ½ c. unsweetened almond milk and cinnamon	Chia coconut brown rice breakfast bowl	Quinoa breakfast bake
SNACK	Mixed veggie sticks (celery, carrots, cucumber, jicama) and ½ c. artichoke hummus	½ c. mixed berries plus 25 cinnamon-toasted almonds	Blueberry, spinach, & flax smoothie	2 tbsp. crunchy chickpeas with hardboiled egg	Veggie mocktail
LUNCH	½ c. quinoa with steamed broccoli and carrots and antioxidant salad dressing	3 turkey roll ups (2 slices low-sodium, nitrate free turkey breast, romaine lettuce, & ½ c. artichoke hummus)	Dr. Hyman's black bean soup	Dr. Hyman's sun-dried tomato turkey burgers	Dr. Hyman's raw kale salad
SNACK	Veggie mocktail	2 tbsp. crunchy chickpeas with hardboiled egg	1 c. steamed organic edamame in the shell	½ c. mixed berries plus 25 cinnamon-toasted almonds	Mixed veggie sticks (celery, carrots, cucumber, jicama) and 2 tbsp. artichoke hummus
DINNER	Thai-inspired stir fry with coconut rice	Crockpot beef and veggie stew	Dr. Hyman's Grilled Salmon with cilantro mint chutney with lemon and olive oil quinoa	Dr. Hyman's walnut pesto chicken with white beans, chopped peppers, and balsamic vinegar	Shrimp curry with snap peas and water chestnuts

THE DANIEL PLAN DETOX cont.

Meals that require a recipe are in **bold**; you will find the recipes on pages 46–73.

	DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
BREAKFAST	2-egg scramble with spinach, avocado, & tomato	Dr. Hyman's whole food protein shake	Quinoa breakfast bake	Blueberry, spinach, & flax smoothie	2 hardboiled eggs with 2 slices nitrate-free turkey and ¼ of avocado
SNACK	Blueberry, spinach, & flax smoothie	Creamy carrot dip with steamed veggies	1 c. steamed organic edamame with soy sauce or tamari	Garlicky white bean dip with broccoli and carrots	½ cup mixed berries with 25 cinnamon-toasted almonds
LUNCH	Dr. Hyman's black bean soup	Dr. Hyman's raw kale salad	3 turkey roll ups (2 slices low-sodium, nitrate-free turkey breast, romaine lettuce, & ½ c. artichoke hummus)	Herbed fish salad with mixed greens	Baked broccoli frittata with mixed greens and antioxidant salad dressing
SNACK	Garlicky white bean dip with broccoli and cauliflower	4 tbsp. crunchy chickpeas	Dr. Hyman's whole food protein shake	2 hardboiled eggs with salt, pepper, chili powder or garlic powder	Creamy carrot dip with steamed veggies
DINNER	Thai-inspired stir fry with coconut rice	Grilled fish with spicy raw slaw	Grilled Mediterranean lamb kofta with cauliflower mash	Chicken primavera bowl and steamed green beans	Greek baked cod with roasted asparagus and lemon and olive oil quinoa

SHOPPING LIST

for the Daniel Plan Detox

FRESH PRODUCE

- | | |
|---|--|
| ☐ 1 banana* | ☐ 1 small ginger root |
| ☐ 1 large container fresh or frozen blueberries* | ☐ 2 cups fresh green beans† |
| ☐ 4 lemons* | ☐ 1 jicama |
| ☐ 1 lime* | ☐ 1 package or head of kale |
| ☐ 1 bunch asparagus | ☐ 1 bunch fresh mint |
| ☐ 2 avocados* | ☐ 1 medium onion |
| ☐ 1 bunch fresh basil* | ☐ 1 red onion* |
| ☐ 2 red bell peppers* | ☐ 1 bunch parsley |
| ☐ 1 small beet | ☐ 2 medium purple or sweet potatoes or 1 turnip |
| ☐ 1 head broccoli* | ☐ 1 head romaine lettuce* |
| ☐ 1 head purple or green cabbage† | ☐ 2 bags (8–9 oz.) of fresh baby spinach, or one small bunch* |
| ☐ 1 bag carrots* | ☐ 1 pound snap peas |
| ☐ 1 head cauliflower† | ☐ 1 cup snow peas or green beans* |
| ☐ 1 bag celery | ☐ 1 package grape or cherry tomatoes† |
| ☐ 1 bunch cilantro | ☐ 1 zucchini |
| ☐ 2 cucumbers | |
| ☐ 1 bulb garlic* | |

MEAT/FISH

- | | |
|--|--|
| ☐ 1 pound chicken breasts or cutlets* | ☐ ½ pound sliced turkey breast, nitrate-free* |
| ☐ 1 pound lean ground turkey or beef | ☐ 1 pound hearty white fish† |
| ☐ 3–4 pounds chuck roast | ☐ 1 to 1¼ pounds wild salmon |
| ☐ 1 pound ground lamb† | ☐ 1½ pounds wild shrimp |

* Marks items you will use in Days 1–5 and need to repurchase for Days 6–10

† Indicates an ingredient that is required only for Days 6–10

EGGS

- ☐ 1 dozen cage-free or organic eggs*

PASTAS, GRAINS, LEGUMES

- ☐ 1 package quinoa ☐ 1 package jasmine brown rice or black rice

FREEZER SECTION

- ☐ 1 package mixed frozen berries ☐ 1 package frozen organic edamame

CANS/JARS

- | | |
|--|---|
| ☐ 1 can artichokes in water | ☐ 1 jar kalamata or black olives |
| ☐ 2 15-ounce cans low-sodium beef broth | ☐ 1 jar/package sun-dried tomatoes |
| ☐ 2 15-ounce cans black beans | ☐ 1 small can tomato paste |
| ☐ 1 15-ounce can white beans† | ☐ 1 can/box low-sodium vegetable broth |
| ☐ 2 cans garbanzo beans/chickpeas | ☐ 1 can water chestnuts |

CONDIMENTS/SAUCES

- | | |
|--|---|
| ☐ 1 bottle unfiltered apple cider vinegar | ☐ 1 bottle extra-virgin olive oil (or cooking spray) |
| ☐ 1 bottle balsamic vinegar | ☐ 1 small bottle rice vinegar |
| ☐ 1 container coconut oil or grape seed oil | ☐ 1 small bottle sesame tahini paste |
| ☐ 1 bottle Dijon mustard | ☐ 1 small bottle gluten-free soy sauce or tamari |

* Marks items you will use in Days 1–5 and need to repurchase for Days 6–10

† Indicates an ingredient that is required only for Days 6–10

NUTS/SEEDS

- | | |
|---|---|
| ☐ 1 package ground flax meal/seeds | ☐ 1 box unsweetened coconut milk* |
| ☐ 1 box unsweetened almond milk | ☐ 1 bag unsweetened shredded coconut |
| ☐ 1 bag raw almonds | ☐ 1 package hemp seeds |
| ☐ 1 jar almond or other nut butter | ☐ 1 small package pine nuts |
| ☐ 1 package chia seeds | ☐ 1 small package pumpkin seeds |
| ☐ 1 small package Brazil nuts | ☐ 1 bag raw walnuts |

MISCELLANEOUS

- | | |
|-------------------------------------|---|
| ☐ Cornstarch | ☐ 1 container quality protein powder |
| ☐ Currants | ☐ 1 package organic tempeh*
(usually in the refrigerator section) |

SPICES/HERBS

- | | |
|---|---|
| ☐ Bay leaves | ☐ Dry mustard |
| ☐ Black pepper | ☐ Garlic powder |
| ☐ Cayenne pepper | ☐ Kosher or sea salt |
| ☐ Cinnamon | ☐ Onion powder |
| ☐ Chili powder | ☐ Paprika |
| ☐ Cumin | ☐ Vanilla extract |
| ☐ Dried oregano | |

* Marks items you will use in Days 1–5 and need to repurchase for Days 6–10



THE DANIEL PLAN

RECIPES

D INDICATES DETOX-COMPATIBLE RECIPES

ANTIOXIDANT SALAD DRESSING **D**

- ¼ cup raw unfiltered apple cider vinegar
- 2 tablespoons extra-virgin olive, grape seed, or coconut oil
- 1 clove garlic, crushed
- 2 tablespoons lemon juice, plus 1 teaspoon grated zest
- 1 teaspoon ground flax seed
- 1 teaspoon dry mustard
- ½ teaspoon oregano
- Ground black pepper and salt to taste

BRISKLY WHISK TOGETHER vinegar and oil until mixed well (or you can put them in a closed container and shake vigorously). Add remaining ingredients, and whisk (or shake) together until well incorporated. You can vary this dressing to suit your taste by adding other herbs and spices such as basil, tarragon, rosemary, and dill.

Serves 3–4

ARTICHOKE HUMMUS **D**

- 1 (15-ounce) can chickpeas/garbanzo beans
- 1 cup artichoke hearts, drained and chopped
- 2 cloves fresh garlic, crushed
- 2 tablespoons lemon juice
- 1 tablespoon olive oil
- 1 tablespoon water
- 1 tablespoon sesame tahini
- Ground black pepper and salt to taste

COMBINE ALL INGREDIENTS in a food processor and pulse until smooth. Transfer to a bowl. Chill and serve with mixed veggie sticks such as celery, jicama, and carrots. *Serves 8 (1/3 cup each)*

BABA GANOUSH DIP

- 1 large eggplant
- 1/4 cup tahini, plus more as needed
- 3 garlic cloves, minced
- 1/4 cup fresh lemon juice, plus more as needed
- 1 pinch ground cumin
- 1 pinch salt
- 1 tablespoon chopped fresh flat-leaf parsley

PREHEAT OVEN TO 375°. Prick the eggplant with a fork in several places and place on a baking sheet. Bake until very soft, about 20 to 30 minutes. Remove from the oven, let cool slightly. Peel off and discard the skin. Place the eggplant flesh in a bowl. Using a fork, mash the eggplant well. Add the tahini, garlic, lemon juice, and cumin, and mix well. Season with salt, then taste and add more tahini and/or lemon juice, if needed. Transfer the mixture to a serving bowl. Sprinkle parsley over the top. Serve at room temperature. *Serves 4 (1/4 cup each)*

BAKED BROCCOLI FRITTATA

- 6 large eggs
- 1 medium red onion, diced fine
- 1 clove garlic, crushed
- 1 tablespoon fresh parsley, chopped
- 2 cups broccoli, chopped
- Dash of salt
- 1/4 teaspoon ground black pepper
- 1 teaspoon extra-virgin olive oil
- 3 tablespoons Parmesan cheese (omit for detox)

PREHEAT OVEN TO 350°. Heat olive oil in a wide non-stick frying pan over medium heat. Add onion and cook, stirring often, until onion begins to soften (about 3 minutes). Stir in garlic, parsley, and broccoli. Continue cooking, stirring often, until broccoli is bright green (about 3 minutes). Season with salt and pepper. In a large bowl, beat eggs well. Stir in broccoli mixture. Grease shallow 2-quart baking dish. Pour the broccoli mixture into the dish. Sprinkle evenly with Parmesan cheese. Bake uncovered 25 to 30 minutes, until frittata is firm in center when touched. *Serves 3*

BERRY PROTEIN SHAKE

- ½ cup mixed frozen berries
- 1 cup unsweetened coconut milk
- 1 scoop unsweetened protein powder
- 1 tablespoon almond butter
- ¼ cup plain Greek yogurt
- ½ cup crushed ice

COMBINE FIRST FIVE INGREDIENTS in a blender. Add ice. Blend until smooth. *Serves 1*

BLUEBERRY, SPINACH, AND FLAX SMOOTHIE

- 2 cups unsweetened almond or coconut milk
- 2 tablespoons ground flax seeds
- 1 scoop unsweetened protein powder
- 1 cup spinach
- ½ cup fresh or frozen blueberries
- ½ cup crushed ice

PROCESS FIRST FIVE INGREDIENTS in a blender. Add ice and process until smooth. *Serves 2*

CARROT AND AVOCADO SOUP

2 teaspoons grape seed oil
 ½ red onion, finely chopped
 2–3 large carrots, steamed and chopped
 1 small avocado, halved and pit removed
 1 teaspoon fresh ginger, minced
 1¾ cup vegetable broth
 14 ounces unsweetened coconut milk
 2 teaspoons cornstarch
 Salt

IN A MEDIUM SAUCEPAN, sauté onion until translucent. In a blender, combine onion, carrots, avocado, ginger, broth, and coconut milk. Process until smooth and creamy. Add to saucepan, and mix in cornstarch. Heat for about 5 minutes. Serve at warm or room temperature.

Serves 4

CAULIFLOWER MASH

1 medium cauliflower, trimmed and diced
 2 tablespoons extra-virgin olive oil
 Salt and ground black pepper

BRING A LARGE POT of water to a boil. Add cauliflower and cook until very tender, about 10 minutes. Reserve ¼ cup of the cooking liquid and then drain well. In a large bowl, mash cauliflower with reserved water with a potato masher or large fork until smooth but with texture. Add oil, and combine well. Season with salt and pepper. Experiment with herbs and spices in this dish, such as rosemary, thyme, or curry powder.

Serves 6

CHIA COCONUT BROWN RICE BREAKFAST BOWL **D**

- 1 cup cooked brown rice
- 2 ounces dry chia seeds
- 2 cups coconut milk
- 2 tablespoons coconut flakes

COMBINE INGREDIENTS in a container, and refrigerate at least 1 hour. Enjoy warm or cold.

Serves 3–4

CHIA COCONUT OATMEAL

- 1 cup steel cut or old-fashioned oats
- 2 ounces dry chia seeds
- 2 cups unsweetened coconut milk
- 1 teaspoon stevia extract
- 2 tablespoons unsweetened coconut flakes

SOAK OATS AND CHIA SEEDS in coconut milk overnight. Before eating, warm oatmeal on a stovetop or cook it for about 5 minutes until desired consistency. Stir in stevia, and top it with coconut flakes or shredded coconut. Enjoy warm or cold. Tip: Soaking oatmeal overnight is an easy way to make and enjoy raw or steel cut oatmeal.

Serves 3

CHICKEN PRIMAVERA BOWL **D**

- 4 teaspoons coconut oil
- ¼ large red onion, chopped
- 1 pound chicken breast, boneless, diced into 1-inch pieces
- 1 medium red bell pepper, chopped
- 1 cup grape tomatoes, halved
- 1 cup carrot, grated
- ½ cup parsley, chopped
- 1 teaspoon ground black pepper
- 2 tablespoons lemon juice

IN A LARGE SAUTÉ PAN, cook onions over medium heat in coconut oil until translucent, about 5 minutes. Add chicken and cook until well done, about 8–10 minutes. Add bell pepper, tomatoes, and carrots and cook for another 5 minutes. Top with parsley, ground pepper, and lemon juice and toss again. Serve hot or cold.

VEGGIE COMBO ALTERNATIVES: red kale, zucchini, and cauliflower; broccoli, yellow squash, and fennel; or broiled Japanese eggplant, cauliflower, and snap peas. *Serves 4*

CHOCOLATE AND WALNUT DIPPED FROZEN BANANA POPS

- 8 ounces of 70% or higher dark chocolate,
broken into pieces or chunks
- 2 bananas, cut in half
- 2 tablespoons crushed walnuts
- 4 wooden skewers or popsicle sticks

MELT CHOCOLATE in a double boiler or microwave. If using a microwave, be careful not to “cook” the chocolate; nuke it for 30 seconds at a time until soft and gooey. Let chocolate sit for about 5 minutes to cool slightly. Place crushed walnuts on a plate. Thread banana onto skewer or popsicle stick. Dip half of banana into melted chocolate and roll carefully into crushed walnuts. Repeat until all banana pieces are dipped. Place dipped bananas onto a tray lined with wax paper, and freeze for at least 4 hours, preferably overnight. *Serves 4*

CINNAMON-TOASTED ALMONDS

- 1 cup raw whole almonds
- 1 teaspoon ground cinnamon
- Extra-virgin olive oil cooking spray

PREHEAT OVEN TO 350°. On a rimmed baking sheet, spread almonds onto a single layer and spray lightly with cooking spray.

Sprinkle sifted cinnamon over almonds and bake for about 8–10 minutes or until fragrant. Enjoy warm. *Serves 4*

CITRUS MARINADE FOR CHICKEN OR SALMON SKEWERS/VEGGIES

- 1 lemon, juiced plus 1 teaspoon zest
- 2 limes, juiced plus 1 teaspoon zest
- 1 tablespoons balsamic vinegar
- 2 teaspoons olive oil
- Ground black pepper and salt
- 2 pounds of chicken, salmon, or veggies, cut into 2-inch pieces

WHISK TOGETHER first five ingredients until well incorporated. Place chicken, salmon, or veggies separately in marinade. Marinate for at least 1 hour, up to overnight for the chicken or veggies, before cooking. Thread chicken, salmon, and veggies onto skewers and grill or bake until thoroughly cooked. This will make enough for one lunch and one dinner for two people. Make one batch with chicken and one with fish for Days 1–5. *Serves 4–5*

CONFETTI SALSA

- 2 whole tomatoes, finely diced
- ½ cup frozen corn, thawed
- 1 jalapeno pepper, seeded and minced
(seeds are very spicy; handle with care)
- ½ medium red onion, minced
- 3 tablespoons fresh cilantro, minced
- 2 limes, juiced, and ¼ teaspoon zest
- Dash of salt

COMBINE tomatoes, fresh corn, red onion, jalapeno, cilantro, lime juice, and a dash of salt in a medium bowl. Chill for at least 1 hour.

Serves 4

CREAMY CARROT DIP **D**

- 1 cup carrots, chopped
- 2 cloves garlic, crushed
- 2 lemons, juiced
- 3 tablespoons extra-virgin olive oil
- Dash of salt
- ¼ teaspoon cayenne pepper

STEAM CARROTS until soft, then puree in a food processor. Add other ingredients, puree until smooth, then serve with baked whole grain chips or cut up broccoli and cauliflower. You may adjust the amount of salt and cayenne to taste. *Serves 4*

CROCKPOT BEEF AND VEGGIE STEW **D**

- 4 pounds chuck roast, cut into 2-inch cubes
- ½ cup cornstarch
- 2 tablespoons grape seed oil
- 1 large red onion, diced
- 4 cups low sodium beef broth
- 1 (6-ounce) can tomato paste
- 2 cups red-skinned or purple potatoes, chopped
(turnip or sweet potato can be substituted)
- 1 cup carrots, chopped
- 1 cup celery, chopped
- 1 bay leaf
- 2 teaspoons ground black pepper
- 1 teaspoon salt

ON A PLATE, spread a thin layer of cornstarch. Roll beef chunks until lightly coated. In a large skillet, heat oil. Brown meat with onions, about 6–8 minutes. Add tomato paste and beef broth and combine until well incorporated.

Transfer mixture to crock pot with vegetables and seasonings. Cover and cook over low heat for about 8 hours or on high for 4 hours. *Serves 4–6*

CRUNCHBERRY YOGURT PARFAIT

- 1 pint blueberries
- 2 teaspoons pure vanilla extract
- 2 tablespoons lemon juice
- 1 cup low-sugar granola
- ½ cup walnuts
- 32 ounces plain Greek yogurt
- 1 teaspoon stevia extract
- 4–6 leaves fresh mint

IN A FOOD PROCESSOR, puree berries until smooth and transfer to a bowl. Add vanilla extract, lemon juice, and stevia to the berry puree. Chill until ready to assemble parfaits. In individual glasses, layer a few spoonfuls of yogurt, a spoonful of berry mixture, then sprinkle with walnuts. Repeat. Top with fresh mint. *Serves 4–6*

CRUNCHY CHICKPEAS

- 4 cups garbanzo beans, drained and rinsed
- 2 teaspoons extra-virgin olive oil
- 1 teaspoon ground cumin
- 1 teaspoon ground chili powder
- ½ teaspoon cayenne pepper

PREHEAT OVEN TO 400°, and arrange a rack in the middle. Place the chickpeas in a large bowl and toss with the remaining ingredients until evenly coated. Spread the chickpeas in an even layer on a rimmed baking sheet and bake until crisp, about 30 to 40 minutes. *Serves 12 (1 ounce each)*

CRUNCHY MEDITERRANEAN SALAD WITH GRILLED SHRIMP

- 1 pound wild caught shrimp, peeled and deveined
- 1 tablespoon grape seed oil
- 2 cups romaine lettuce, shredded

- 2 cups baby spinach
- 1 medium tomato, chopped
- ½ cucumber, chopped
- 4 tablespoons fresh parsley, chopped
- ⅓ large red onion, sliced thinly
- 2 tablespoons feta cheese
- 8 kalamata or black olives
- 2 tablespoons **antioxidant salad dressing** (see recipe, p. 46)
- ½ cup **crunchy chickpeas** (see recipe, p. 54)

BRUSH SHRIMP with grape seed oil. Grill in a hot grill pan for about 2 minutes on each side or until bright pink. Chop lettuce, spinach, and parsley into bite-size pieces. Chop tomato and cucumber. Combine all vegetable ingredients in a bowl. Toss with 2 tablespoons of the salad dressing. Top with grilled shrimp and crunchy chickpeas.

Serves 2

DARK CHOCOLATE AVOCADO MOUSSE CUP

- ⅔ cup of 70% or higher dark chocolate, chopped
- 1 tablespoon coconut oil
- 1 teaspoon stevia extract
- 1 tablespoon brewed coffee
- ½ teaspoon pure vanilla extract
- 1 avocado

TOPPING: ½ cup whole strawberries or toasted almonds (optional)

MELT CHOCOLATE in a double boiler or microwave. If using a microwave, be careful not to “cook” the chocolate; nuke it at 30 seconds at a time until soft and gooey. Add coconut oil, sweetener, coffee, and vanilla extract to melted chocolate, and mix well. Scoop out avocado and blend it into the chocolate mixture. You can use a hand or stick blender to achieve a smooth consistency. Scoop out into 4 equal portions and chill for at least 2 hours. Top with a spoon of toasted almonds or strawberries before serving.

Serves 4

DARK CHOCOLATE TRAIL MIX

- ½ cup raw unsalted almonds
- ½ cup raw unsalted walnuts
- ½ cup unsalted sunflower seeds
- 2 ounces dark chocolate chips (70% cocoa or more)
- 1 cup raisins
- 1 cup dried blueberries

COMBINE ALL INGREDIENTS. Store in an airtight container or bag. *Serves 7 (2 ounces each)*

DR. HYMAN'S BLACK BEAN SOUP

- 1 tablespoon extra-virgin olive oil
- 1 tablespoon garlic
- 1 small onion, diced
- 1 tablespoon cumin
- 2 (15-ounce) cans black beans
- 2 cups water or vegetable stock
- 1 bay leaf
- 1½ tablespoons wheat-free tamari
- 1 tablespoon lemon juice
- Chopped fresh cilantro for garnish

HEAT THE OLIVE OIL over medium heat in a soup pot. Add the garlic and onions, and cook until the onions are translucent. Add the cumin, and sauté a few more minutes. Add the canned beans, including their liquid, water or stock, and bay leaf. Bring to a boil, reduce heat, and simmer for 10–15 minutes. Add the tamari and lemon juice and simmer 1 minute more. *Serves 5–7*

Source: *The Blood Sugar Solution* by Dr. Mark Hyman

DR. HYMAN'S GRILLED SALMON WITH CILANTRO MINT CHUTNEY

1½ pounds wild salmon
1 tablespoon extra-virgin olive oil
Pinch of salt
Pinch of black pepper

CHUTNEY:

1 small bunch cilantro, including stems, rinsed
2 tablespoons fresh mint leaves, chopped
3 tablespoons extra-virgin olive oil
1½ tablespoons garlic, minced
Pinch of salt
1 tablespoon fresh lemon or lime juice
Pinch of chili pepper flakes (optional)

SEASON THE SALMON with the olive oil, salt, and pepper. Set aside for 10 minutes. Combine all the chutney ingredients in a blender. Blend until smooth and fragrant. Set aside. Heat a griddle, grill, or grill pan on medium-high heat. Place the fish on the grill, skin side down. Allow the salmon to cook until the skin is charred and the fish is almost cooked through. This will take about 15 minutes, depending on the thickness of the salmon. Turn the salmon over and grill a few more minutes, until the fish is fully cooked. Remove from heat, and lay skin side up on a platter. Pull the skin off the salmon, and flip back to serve. Spread chutney on top of the salmon. Serve with wedges of lemon or lime. **Serves 4**

Source: *The Blood Sugar Solution* by Dr. Mark Hyman

DR. HYMAN'S RAW KALE SALAD

1 large bunch kale, stemmed and finely chopped
Zest and juice of 1 large lemon
¼ cup extra-virgin olive oil
1 garlic clove, minced

- ⅓ teaspoon salt
- ¼ cup toasted pine nuts
- ¼ cup currants
- ½ cup chopped pitted kalamata olives

PLACE THE KALE in a large salad bowl, and add the lemon zest and juice, olive oil, garlic, and salt. Massage the mixture with your hands for 1–2 minutes to soften the kale. Add the remaining ingredients and toss to combine. Allow the salad to rest and soften for about 15 minutes before serving. Kale salad is best if eaten the same day, but can be stored overnight in the refrigerator. **Serves 4**

Source: *The Blood Sugar Solution Cookbook* by Dr. Mark Hyman

DR. HYMAN'S SUN-DRIED TOMATO TURKEY BURGERS

- 3 tablespoons sun-dried tomatoes
- 1 teaspoon extra-virgin olive oil
- 1 pound organic ground turkey meat
- 1 tablespoon balsamic vinegar
- 2–3 tablespoons fresh basil, chopped
- 1 tablespoon garlic, minced
- 1½ teaspoons Dijon mustard
- Pinch of salt
- Pinch of black pepper

COVER THE SUN-DRIED TOMATOES in warm water and soak until soft. This will take about 10 minutes, depending on how soft your tomatoes are to start with. Drain and chop tomatoes into small pieces. Combine with the remaining ingredients and form into 4 patties. Grill, pan-sear, or bake in the oven at 375° until done, about 8 minutes. Serve over a large salad. **Serves 4**

Source: *The Blood Sugar Solution* by Dr. Mark Hyman

DR. HYMAN'S WALNUT PESTO CHICKEN **D**

- 1 pound skinless boneless chicken
- Pinch of salt
- 1 tablespoon grape seed or extra-virgin olive oil
- 2 tablespoons extra-virgin olive oil
- ¼ cup raw walnuts
- 2 cups fresh basil leaves
- 2 garlic cloves
- Pinch of salt (additional)

SLICE THE CHICKEN into thin strips. Toss with salt. Heat 1 tablespoon of grape seed or olive oil in sauté pan or griddle over medium-high heat. Cook the chicken on each side until cooked through. Set aside on a paper towel to cool. Grind the walnuts in a food processor until fine. Rinse basil leaves and pat dry. Add the basil, garlic, and salt to the processor. With the processor running, drizzle in 2 tablespoons of olive oil until desired consistency is reached. Toss with the chicken strips. (Unused pesto can be kept in the fridge for up to a week.) Serve with veggies, brown rice, or quinoa, or use as a spread.

Serves 4

Source: *The Blood Sugar Solution* by Dr. Mark Hyman

DR. HYMAN'S WHOLE FOOD PROTEIN SHAKE **D**

- 1 cup frozen blueberries
- 2 tablespoons almond butter
- 2 tablespoons pumpkin seeds
- 2 tablespoons chia seeds
- 2 tablespoons hemp seeds
- 4 walnuts
- 3 Brazil nuts
- 1 large banana
- 1 tablespoon extra-virgin coconut oil
- ½ cup unsweetened almond milk
- 1 cup water

COMBINE ALL OF THE INGREDIENTS in a blender. Blend on high speed until smooth, about 2 minutes. If the shake is too thick, add more water until you reach a thick but drinkable consistency. Serve chilled. **Serves 3**

Source: *The Blood Sugar Solution* by Dr. Mark Hyman

FISH TACOS WITH FRESH PINEAPPLE SALSA

PINEAPPLE SALSA:

1 cup fresh pineapple, diced (if fresh is unavailable, use canned pineapple and drain juice)
 3 tablespoons fresh cilantro, chopped
 ¼ large red onion, diced fine
 ½ teaspoon black pepper
 1 fresh lime

COMBINE SALSA INGREDIENTS in a bowl, and refrigerate at least 1 hour.

FISH TACOS:

¾ pound wild-caught halibut or hearty white fish
 1 teaspoon extra-virgin olive oil
 6 organic corn tortillas
 1 cup purple or green cabbage, shredded
 1 cup white or black beans (rinse beans before using)
 3 tablespoons plain Greek yogurt or sour cream
 1 fresh lime, wedged into 6 pieces

BRUSH HALIBUT WITH OLIVE OIL and grill on a hot grill or grill pan until well-cooked, about 8 minutes on each side. Warm corn tortillas for 5–10 minutes in an oven preheated at 350° or on a skillet over medium heat until tortilla is pliable. Layer grilled halibut, beans, pineapple salsa, and cabbage over warm tortilla. Top taco with a tablespoon of sour cream or Greek yogurt, and serve with a wedge of fresh lime to squeeze over top.

Serves 3 (2 tacos each)

FROZEN COCONUT BERRY DESSERT

- 1 cup mixed frozen berries
- 1 cup unsweetened coconut milk
- 1 scoop vanilla protein powder
- 1 tablespoon ground flax seeds

COMBINE ALL INGREDIENTS in a blender. Transfer to a freezer-proof container, and freeze. Scoop and enjoy as a frozen dessert.

Serves 2

GARLICKY WHITE BEAN DIP **D**

- 1 (15-ounce) can cannellini or great northern white beans, rinsed and drained
- 1 tablespoon extra-virgin olive oil
- 2 tablespoons water
- 4 small garlic cloves, crushed
- Juice of 1 lemon
- 1 teaspoon paprika

IN A FOOD PROCESSOR, pulse beans with olive oil and water until smooth. Add crushed garlic, lemon juice, and paprika and pulse until creamy texture is achieved. Serve with your favorite raw vegetables.

Serves 6 (2 ounces each)

GLUTEN-FREE TORTILLA CHIPS

- 6 organic corn tortillas
- Olive oil cooking spray
- Salt
- 2 teaspoons ground cumin

PREHEAT OVEN TO 375°. Cut corn tortillas in six triangles. Spray cooking spray onto a baking sheet. Arrange tortilla chips on baking sheet in a single layer. Spray chips with olive oil. Bake for 15 minutes or until tortillas are golden and crisp. Sprinkle cumin on chips.

Serves 3

GRAPEFRUIT AND POMEGRANATE SALAD WITH COCONUT

- 1 medium pink grapefruit
- ½ cup pomegranate seeds
- Juice of 1 orange
- 1 tablespoon shredded unsweetened coconut

PEEL GRAPEFRUIT and cut it into bite sizes. Remove pomegranate seeds from pomegranate. (You can also buy pomegranate seeds ready to use.) In a mixing bowl combine grapefruit, pomegranate, and coconut. Add the juice of one orange. Mix well. Serve cold.

Serves 2

GREEK BAKED COD

- 1 pound cod or firm white fish
- 2 cloves garlic, crushed
- ½ cup red onion, finely chopped
- 10 kalamata olives, pitted
- 1 teaspoon extra-virgin olive oil
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 tablespoon fresh oregano (or 1 teaspoon dried)
- Juice of 1 lemon

CHOP ONION, GARLIC, OREGANO, AND OLIVES. In a small bowl, add olive oil, lemon juice, salt, and pepper to chopped veggies. You can use a food processor to chop and combine all marinated ingredients. In a large bowl or large plastic bag, add fish and marinate for 30 minutes to 1 hour. When time to cook, preheat the oven to 350°. Place the fish in a greased ovenproof pan/dish. Bake for 20 to 30 minutes until the fish flakes easily.

Serves 3

GREEK YOGURT WITH NO-SUGAR-ADDED MUESLI

YOGURT

6 ounces Greek yogurt

1 teaspoon raw honey

MUESLI

2 tablespoons rolled oats

1 teaspoon raisins

2 tablespoons dried blueberries

1 tablespoon slivered almonds

COMBINE ALL MUESLI INGREDIENTS. In a dessert glass, layer yogurt, raw honey, then muesli mix. *Serves 1*

GRILLED FISH WITH SPICY RAW SLAW

1 pound wild caught halibut or hearty white fish

1 teaspoon extra-virgin olive oil

Dash of salt and ground pepper

2 cups purple or green cabbage, shredded

1 cup carrots, shredded

2 tablespoons organic smooth almond or other nut butter

2 teaspoons rice wine vinegar

½ teaspoon cayenne pepper

Juice of 1 lime

BRUSH HALIBUT WITH OLIVE OIL, sprinkle with salt and pepper. Grill on a hot grill or grill pan until flaky, about 8 minutes on each side. In a separate bowl, combine nut butter, rice wine vinegar, cayenne, and lime juice. Toss with cabbage and carrots. Serve fish on top of spicy slaw. *Serves 3*

GRILLED MEDITERRANEAN LAMB KOFTA

- 3 cloves garlic, crushed
- 2 tablespoons onion, grated
- ¼ cup fresh parsley, chopped
- 1 teaspoon salt
- 2 teaspoons ground black pepper
- 1 teaspoon allspice
- 1 teaspoon paprika
- 1 tablespoon ground coriander
- 1 pound ground lamb
- Wooden or metal skewers

PREHEAT GRILL TO MEDIUM HEAT. (You can also forgo the skewers and shape lamb into sausages and cook over medium heat in a sauté pan.) In a large bowl, combine crushed garlic, spices, and seasonings and, working with hands, incorporate into ground lamb until well blended.

Form seasoned lamb mixture into a sausage-like shape around skewers. If using wooden skewers, make sure to soak the skewers in water for at least 30 minutes before placing on grill. Cook kofta skewers on the preheated grill, turning occasionally, for about 7–8 minutes or until desired doneness.

Serves 3–4

GROUND TURKEY AND BROCCOLI PASTA

- ¾ pound ground turkey
- 2 cups gluten-free pasta
- 1 head of broccoli
- ½ cup chopped onion
- 2 medium tomatoes, diced
- 1 teaspoon yellow mustard
- 1 tablespoon low-sodium soy sauce
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 teaspoon extra-virgin olive oil

IN A LARGE SAUCEPAN, bring 8–10 cups of water to a boil. Add pasta and cook for 10 minutes or just until pasta is cooked through.

Preheat a large skillet. Drizzle olive oil. Add ground turkey, and cook until golden brown.

Add chopped onions to turkey. Cook for 5 minutes until onions are translucent. Add chopped tomatoes, broccoli, mustard, soy sauce, salt, and pepper. Cook until broccoli is tender, but not mushy, and the ingredients have created a light sauce on the bottom of pan.

In a large bowl, combine pasta with turkey sauce. Serve at warm or room temperature.

Serves 3

GROUND TURKEY STUFFED BELL PEPPERS **D**

3 large red bell peppers

$\frac{3}{4}$ pound lean ground turkey

$\frac{1}{2}$ cup chopped onions

$\frac{1}{2}$ cup chopped parsley

2 tomatoes, diced

1 teaspoon extra-virgin olive oil

Pinch of salt

1 teaspoon ground black pepper

PREHEAT THE OVEN TO 375°. Cut bell peppers in half lengthwise. Chop onion, tomatoes, and parsley. Heat olive oil in a nonstick skillet over medium high heat. Add turkey and cook until golden brown.

Add onions, salt, and pepper to turkey. Cook until onion is translucent. Add diced tomatoes. Cook until tomatoes are soft and incorporated into dish. Add parsley. Stuff bell pepper halves with turkey mixture. Place stuffed peppers in a shallow nonstick pan lined with foil. Cook for 30 minutes until pepper is tender.

Serves 3

HERBED FISH SALAD **D**

- 8 ounces canned/package fish, such as salmon or low-mercury tuna
- 2 tablespoons fresh dill
- Juice of 1 lemon
- 1 teaspoon garlic powder
- 1 tablespoon organic or vegan mayonnaise
- Pinch of salt and pepper
- 2 celery stalks, finely diced

COMBINE INGREDIENTS IN A BOWL, and serve chilled. *Serves 2*

LIGHT PUMPKIN PIE SQUARES

CRUST

- 1½ cups almond meal/flour
- 3 tablespoons coconut oil (room temperature)
- 1 tablespoon cinnamon
- ½ cup rolled oats

HEAT OVEN TO 350°. In a medium bowl, mix ingredients until a well-combined consistency is created. Grease a 9-by-9 nonstick pan. Press crust mixture into pan. Bake for 10–12 minutes or until the crust becomes light brown. Remove from oven.

FILLING

- 18 ounces extra-firm organic tofu
- 2 cups canned (or cooked) pumpkin
- 1 cup Greek yogurt
- 2 teaspoons stevia extract
- 1 teaspoon pure vanilla extract
- 2 teaspoons pumpkin pie spice

PREHEAT OVEN TO 350°. Drain tofu. Place in a food processor, and process until smooth. Add remaining filling ingredients. Pro-

cess until well blended. Pour onto crust, and bake for about an hour or until a toothpick comes out clean. Remove from oven and cool completely. Then chill until firm. Cut into squares and dust with cinnamon.

Serves 9

MANGO COCONUT POWER SMOOTHIE

- 1 cup frozen or fresh mango
- 1 cup unsweetened coconut milk
- 1 cup water
- 1 scoop protein powder, unsweetened
- 1 scoop ice

COMBINE INGREDIENTS IN A BLENDER. Add ice and blend until smooth. Serve cold.

Serves 1

NO-BAKE POWER BITES

- 1 cup rolled oats
- ½ cup unsweetened shredded coconut plus ⅓ cup for topping
- 1 scoop chocolate protein powder
- 2 tablespoons natural almond or other nut butter
- ½ cup ground flax meal
- ½ cup dark chocolate chips (70% or more cocoa powder)
- 1 teaspoon stevia extract
- ¾ cup unsweetened coconut milk
- 1 teaspoon pure vanilla extract

IN A SMALL BOWL, mix all ingredients thoroughly. Chill in the refrigerator for an hour. Roll into 2-inch balls, then roll in shredded coconut. Set balls on wax paper in an airtight container in the refrigerator or freezer.

Allow to rest at room temperature for 5 minutes before eating.

Serves 20–25 (1 ball each)

QUINOA BREAKFAST BAKE **D**

- 1½ cups red or white quinoa, rinsed
- 2 eggs
- ½ cup unsweetened coconut or almond milk
- 1 teaspoon vanilla extract
- 1 tablespoon cinnamon
- 2 tablespoons almond butter
- 1 teaspoon stevia extract

TO COOK QUINOA: Bring 3 cups of water to a boil. Add ½ teaspoon of salt and 1½ cups of quinoa. Simmer for about 20 minutes, or until quinoa is cooked and water is completely absorbed. Cool quinoa. Preheat the oven to 375°, and place the quinoa in a large mixing bowl. Grease an 8-by-8-inch baking pan. In a small bowl, whisk together eggs, coconut milk, vanilla extract, and cinnamon until thoroughly combined. Add stevia and whisk. Add egg mixture to cooked and cooled quinoa. Stir with a large spoon to combine. Pour into the baking dish and spread it around to ensure that it's even. Bake for 20 to 25 minutes until set and golden. Cool completely and cut into squares. Serve with a dollop of nut butter.

Serves 6

SAVORY OVEN-FRIED CHICKEN

- 12 natural chicken legs
- 2 cups buttermilk (omit for detox recipe)
- 1 tablespoon Dijon mustard
(increase to 6 tablespoons for detox recipe)
- 1½ cups ground flax seeds
- 1 teaspoon cayenne pepper
- 1 teaspoon dried oregano
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 2 tablespoons ground black pepper
- Salt

IN A MEDIUM BOWL, mix buttermilk and mustard, immerse chicken pieces in buttermilk, and soak for at least 30 minutes or up to 8 hours. Combine flax meal with herbs and spices on a flat plate. Remove chicken pieces from buttermilk, and shake off excess liquid. Roll chicken pieces in flax meal crumb mixture until thoroughly coated. Place chicken in a lightly sprayed baking pan or on a baking sheet. Bake at 400° for about 40 minutes, covered with foil to keep moist. Remove cover for final 10–15 minutes until crust is golden brown. Internal temperature of chicken should be at least 165°.

DETOX ALTERNATIVE: Omit buttermilk; instead, brush chicken with Dijon mustard, then roll in the flax meal crumb mixture.

Serves 6

SHRIMP CURRY WITH SNAP PEAS AND WATER CHESTNUTS

- 2 tablespoons coconut oil
- 2 tablespoons curry powder
- 2 pounds wild caught shrimp, peeled and deveined
- 1 pound sugar snap peas, trimmed
- ½ cup water chestnuts
- 1 cup unsweetened coconut milk
- Juice of 2 limes
- Dash of sea salt
- 2 teaspoons cornstarch

IN A LARGE SKILLET OR WOK, heat coconut oil over medium heat. Add curry powder and cook until fragrant, about 1 minute. Add shrimp and sugar snap peas, and cook about 2 minutes. Add water chestnuts, coconut milk, lime juice, and salt. Whisk cornstarch in until fully dissolved and sauce thickens slightly, about 5 minutes. Serve with cooked brown rice or quinoa.

Serves 4

STRAWBERRY COCO CHOCO SHAKE

- 1 cup frozen strawberries
- 1 cup unsweetened coconut milk
- 1 scoop chocolate protein powder
- 1 tablespoon ground flax seed
- 1 scoop ice

COMBINE INGREDIENTS IN A BLENDER. Add ice and blend until smooth. Serve cold.

Serves 1

SUPERCHARGED BULGUR WHEAT BREAKFAST BOWL

- 1 cup whole grain bulgur wheat
- 2 cups water
- 1 cup unsweetened coconut milk
- ½ cup unsweetened applesauce
- ½ cup unsweetened coconut flakes
- ½ cup slivered almonds

BRING WATER TO A BOIL. Add bulgur wheat, and simmer for about 20 minutes. Transfer to a medium bowl. Add coconut milk and applesauce. Mix with a spoon. Top with coconut and almonds. Serve hot or at room temperature for breakfast or chilled in a champagne glass.

Serves 4

SUPER GREENS WATERMELON SALAD

- 2 cups arugula
- 2 cups kale, chopped
- 2 cups spinach
- 1 cup watermelon, diced (or grapefruit)
- 1 tablespoon toasted unsalted sunflower seeds
- Antioxidant salad dressing** (see recipe, p. 46)

CHOP KALE TO BITE-SIZE PIECES. (Tip: Stack kale leaves into a pile. Roll the leaves together. Run a sharp knife through roll of kale to create thin to medium strips). Chop watermelon into cubes. Mix arugula, spinach, and kale together. Add watermelon cubes to salad. Drizzle with 2 tablespoons of homemade salad dressing. Top with toasted sunflower seeds. *Serves 2*

THAI-INSPIRED STIR FRY WITH COCONUT RICE

STIR FRY

12 ounces organic tempeh
 1 small onion, chopped
 3 cloves garlic, crushed
 1 cup carrots, diced
 1 cup red pepper, diced
 1 cup snow peas, diced
 1 cup zucchini, diced
 1 teaspoon extra-virgin olive oil
 2 tablespoons low sodium soy sauce
 1 teaspoon black pepper

RICE

1 cup brown jasmine rice or black rice
 1 cup unsweetened coconut milk
 1 cup water

DICE ALL VEGETABLES INTO BITE-SIZE PIECES. Cut tempeh into 1-inch-long rectangles. Heat olive oil in a skillet over medium heat. Add tempeh, and cook until golden brown. Add vegetables and soy sauce. Stir fry until vegetables are tender, about 5 minutes. To cook rice, bring coconut milk and water to a boil in a medium saucepan. Add rice and reduce heat to low. Cook until all liquid is absorbed, about 25 minutes. *Serves 3*

VEGGIE, LENTIL, AND CHICKEN SAUSAGE SOUP **D**

- 1 pound lentils, raw
- 4 links chicken sausage
- 1 tablespoon olive oil
- 1 cup onion, chopped
- ½ cup carrot, chopped
- ½ cup celery, chopped
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- ¼ teaspoon cayenne pepper
- ½ teaspoon ground cumin
- 1 cup canned tomatoes, no salt added
- 2 quarts organic low-sodium chicken broth

HEAT OLIVE OIL IN A LARGE SOUP POT over medium heat. Add onion, carrot, celery, and salt and sweat until the onions are translucent, approximately 5 minutes. Add the lentils, tomatoes, broth, peppers, and cumin. Stir to combine. Increase the heat to high and bring just to a boil. Reduce the heat to low, cover and cook at a low simmer until the lentils are tender, approximately 35 to 40 minutes. Using a sharp knife make a cut on one end of the sausage links. Remove sausage meat from link casing by squeezing meat through the cut on the link. Heat olive oil in a large pan over medium heat. Add sausage meat and cook until golden brown, breaking up the meat as you cook it. Drain any excess fat. Add to finished lentil soup and serve hot. **Serves 6**

VEGGIE MOCKTAIL **D**

- 2 cup fresh spinach
- ½ small uncooked beet
- 5 celery stalks, ends trimmed
- ½ lemon, peeled
- ½- to 1-inch piece ginger root, peeled
- 2 cloves fresh garlic

IN A JUICER, push through spinach, beet, celery, lemon, ginger, and garlic. Stir the juice and pour into a glass. Serve at room temperature or chilled, as desired.

Serves 1

WHOLE GRAIN SPAGHETTI ALLA LUCCA

- 1 tablespoon grape seed oil
- ½ cup chopped onion
- 3 garlic cloves, crushed
- 1 pound lean chicken sausage, casings removed
- 2½ cups tomato puree
- 1 red bell pepper, chopped
- 4 leaves fresh basil, chopped
- Sea salt and freshly ground black pepper to taste
- 1 can cannellini or white beans, drained and rinsed
- ½ cup grated Parmesan cheese (omit for vegan option)
- 1 pound whole grain spaghetti (or gluten-free pasta, quinoa, or brown rice)

COAT A LARGE SKILLET with oil and place over medium-low heat. Add the onion and crushed garlic, cook and stir until translucent, about 5 minutes. Add the sausage. Cook and stir for 5 to 10 minutes until the meat is no longer pink. Place a separate pot over medium-low heat; add the tomato puree, bell pepper, basil, and black pepper. Season with a dash of sea salt. Add the beans. Cover and gently simmer for about 15 minutes. In a large pot, bring salted water to a boil. Add the pasta, give it a stir, and cook until al dente (firm, not mushy). Drain and set aside. In a large bowl, combine the meat mixture and tomato puree mixture. Toss with pasta until uniform. Top with freshly grated Parmesan and serve.

Serves 4

Metric Conversion Chart

The following measurements are approximate metric weight and volume equivalents for common measurements provided in this book. If converting to metric, use the volume amount when the U.S. measurement is given by volume (teaspoon, tablespoon, cup) and use the weight equivalent when the U.S. measurement is given by weight (ounce, pound).

U.S. MEASUREMENT	METRIC EQUIVALENT
¼ cup	60 milliliters
⅓ cup	80 milliliters
½ cup	120 milliliters
1 cup	8 fluid ounces or 236 milliliters
2 cups	460 milliliters
1 tablespoon	.5 fluid ounce or 14.8 milliliters
1 teaspoon	4.9 milliliters
1 ounce	28.35 grams
1 pound	453.59 grams
¼ inch	.6 centimeters
1 inch	2.5 centimeters

For metric equivalents, use the following general formulas:

- Ounces to grams—multiply ounces by 28.35
- Pounds to grams—multiply pounds by 453.5
- Pounds to kilograms—multiply pounds by .45
- Cups to liters—multiply cups by .24
- Fahrenheit to centigrade—subtract 32 from Fahrenheit temperature, multiply by 5, then divide by 9