

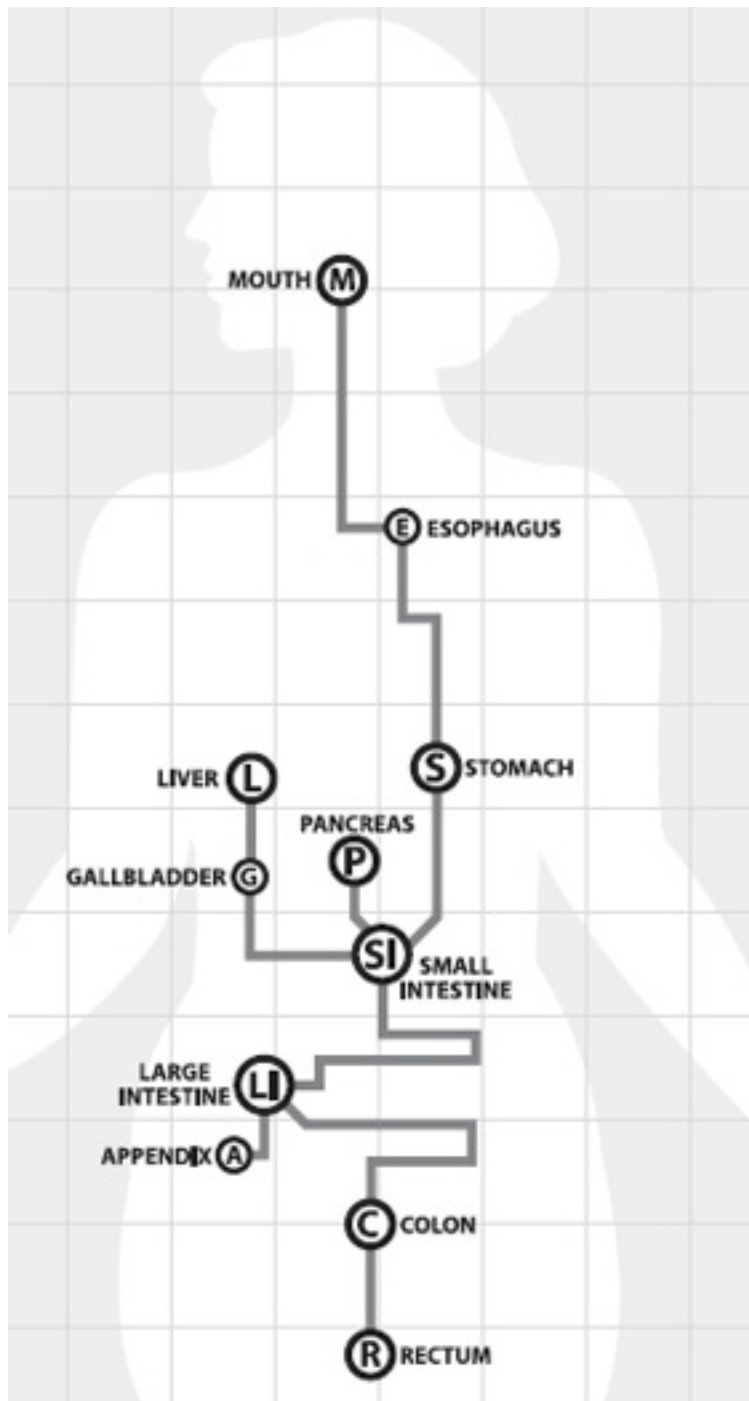
# **THE INSIDE TRACT**

**YOUR GOOD GUT GUIDE TO GREAT  
DIGESTIVE HEALTH**

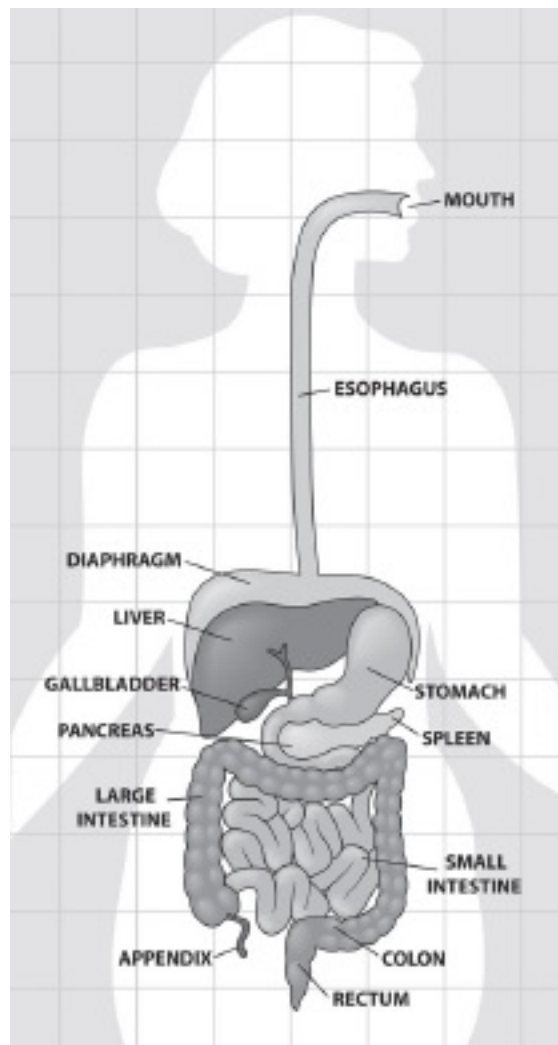
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*Metro station—whole GI system*



*A cross-sectional view of the digestive tract*

<b>Digestive Diseases and Systemic Symptoms and Illnesses</b>	
<b>DISEASE</b>	<b>SYSTEMIC SYMPTOMS AND ILLNESSES</b>
<b>Celiac Disease</b>	<ul style="list-style-type: none"> <li>• Thyroid disease</li> <li>• Neurological diseases</li> <li>• Osteoporosis</li> <li>• Iron-deficiency anemia</li> <li>• Decreased fertility</li> <li>• Low intrauterine weights</li> <li>• Recurrent urinary tract infections</li> <li>• Cardiomyopathy</li> <li>• Autoimmune disorders*</li> <li>• Skin disorders**</li> <li>• Restless leg syndrome</li> </ul>
<b>Gastroesophageal Reflux Disease</b>	<ul style="list-style-type: none"> <li>• Asthma</li> <li>• Hoarseness</li> <li>• Chronic cough</li> <li>• Postnasal drip</li> <li>• Sleep disturbances</li> </ul>
<b>Inflammatory Bowel Disease</b>	<ul style="list-style-type: none"> <li>• Arthritis/joint pain</li> <li>• Fever greater than 100°F</li> <li>• Skin lesions (pyoderma gangrenosum, erythema nodosum)</li> <li>• Eye disorders (uveitis, iritis)</li> <li>• Mouth ulcers (aphthous stomatitis)</li> <li>• Restless leg syndrome</li> </ul>
<b>Irritable Bowel Syndrome</b>	<ul style="list-style-type: none"> <li>• General pelvic pain and urologic disturbances</li> <li>• Interstitial cystitis</li> <li>• Fibromyalgia</li> <li>• Chronic fatigue syndrome</li> <li>• Sleep disturbances</li> <li>• Rosacea</li> <li>• Migraine headaches</li> <li>• Restless leg syndrome</li> </ul>

\* Including primary biliary cirrhosis, autoimmune hepatitis, autoimmune cholangitis, type 1 diabetes mellitus, autoimmune thyroid disorders, Addison's disease, alopecia areata, and vitiligo.

\*\* Including dermatitis herpetiformis, alopecia areata, vitiligo, and psoriasis.


<b>Symptoms and Possible Digestive Causes</b>		
<b>SYMPTOM</b>	<b>DEFINITION</b>	<b>POSSIBLE DIGESTIVE CAUSES</b>
<b>Restless Leg Syndrome</b>	The compelling urge to move the legs at night, often with discomfort; an estimated 10% of the general population suffers from it.	Irritable bowel syndrome (IBS), small intestinal bacterial overgrowth (SIBO), celiac disease (CD)
<b>Fibromyalgia</b>	Complex systemic pain disorder with palpable tender points for more than 3 months in all four quadrants of the body.	IBS, SIBO
<b>Chronic Fatigue Immune Deficiency Syndrome</b>	A condition of prolonged and severe tiredness of unknown etiology that limits your ability to carry out life activities to 50% of capacity and is not relieved by rest.	IBS, SIBO
<b>Rosacea</b>	A common idiopathic disease that presents with transient or persistent facial erythema, telangiectasia, edema, papules, and pustules, usually confined to the central portion of the face.	IBS, SIBO, <i>H. pylori</i> infection
<b>Pyoderma Gangrenosum</b>	A skin condition that causes skin tissue to break down, with large ulcers developing on the lower legs.	Inflammatory bowel disease (IBD)
<b>Erythema Nodosum</b>	An inflammation of the fat cells under the skin (panniculitis). It causes tender nodules that are usually seen on the legs.	IBD
<b>Alopecia Areata</b>	A condition in which hair is lost from some or all areas of the body, though most often from the scalp.	Celiac disease (CD)
<b>Dermatitis Herpetiformis</b>	An intensely itchy skin eruption. It usually shows up in young adults and is more common in men and people originally from some areas of northern Europe.	CD
<b>Vitiligo</b>	A medical condition that causes the skin to lose color.	CD

## Fiber at a Glance


*The fiber content of whole foods varies tremendously, but here's a quick glance at the approximate fiber content per serving.*

FOOD GROUP/SERVING	FIBER (GRAMS)
Fruits, 1 piece, ½ cup	2-4
Vegetables, ½ cup cooked or raw	3-5
Beans, peas, lentils, ½ cup cooked	3-10
Nuts and seeds, 3 tablespoons	2-3
Whole grains, ½ cup cooked	3-8


### The Inside Tract Lifestyle Survey

				
MENTAL/EMOTIONAL	1	2	3	4
STRESS	1	2	3	4
EXERCISE	1	2	3	4
SLEEP	1	2	3	4
SPIRITUALITY	1	2	3	4
RELATIONSHIPS	1	2	3	4

### The Inside Tract Lifestyle Survey

				
MENTAL/EMOTIONAL	5	6	7	8
STRESS	5	6	7	8
EXERCISE	5	6	7	8
SLEEP	5	6	7	8
SPIRITUALITY	5	6	7	8
RELATIONSHIPS	5	6	7	8

### The Inside Tract Lifestyle Survey

		
MENTAL/EMOTIONAL	9	10
STRESS	9	10
EXERCISE	9	10
SLEEP	9	10
SPIRITUALITY	9	10
RELATIONSHIPS	9	10

Total Score: \_\_\_\_\_



## Supplement Chart

*For your convenience, we have included all of the important dosing details regarding supplements and what conditions they can be used for in one chart. Use this as a quick reference as you integrate these important nutraceuticals into your plan.*

SUPPLEMENT	CONDITION(S)	THERAPEUTIC EFFECTS	DOSE(S)
<b>Aloe Vera</b>	IBD	Mucosal healing; Anti-inflammatory	100 ml (3.4 fluid ounces) of aloe gel, 2 times daily
<b>Artichoke Leaf</b>	Dyspepsia, IBS	Promotes bile flow Antinausea/Antiemetic	320-640 mg daily
<b>Boswellia</b>	UC, CD	Anti-inflammatory	350 mg, 3 times daily
<b>Caraway Seed Oil</b>	Dyspepsia, GERD	Anti-spasmodic	1-4 drops daily of essential oil
<b>DGL-Licorice Root</b>	GERD, hepatitis	Gut lining repair	350-1,000 mg 3 times daily
<b>Dandelion root</b>	Chronic liver disease	Improves bile flow; Liver tonic	5 to 10 ml of a 1:5 tincture in 45% alcohol, 3 times daily
<b>Demulcents: Slippery Elm tincture or Marshmallow root capsules</b>	GERD, IBD, IBS	Soothe irritated intestinal lining	2 drops of tincture; 2 capsules, 3 times daily; or 1-2 teaspoons of 1:5 tincture in 25% alcohol, 3 times daily
<b>Digestive Enzymes</b>	IBS	Antimicrobial properties Reverse maldigestion	1 or 2 capsules or tablets with meals
<b>Fiber</b>	IBS-induced constipation	Improves motility	1 tablespoon with water on an empty stomach
<b>Fish Oils (Omega-3 Fatty Acids)</b>	IBD	Anti-inflammatory	4,000- 6,000 mg of EPA/DHA daily
<b>German Chamomile</b>	IBS	Relaxes gut smooth muscle; Calms the mind; Anti-ulcerogenic	1 heaping tablespoon (about 3 g) in hot water as a tea, 3 or 4 times daily, between meals
<b>Ginger</b>	Dyspepsia, gastroparesis	Antiemetic; Improves motility; Anti-inflammatory; Antispasm	1,000—2,000 mg daily
<b>Glutamine</b>	Crohn's disease	Gut lining repair	2,000-3,000 mg daily
<b>Magnesium</b>	IBS-induced constipation Chronic liver disease	Hydroscopic; Promotility; Prevents muscle spasms	500-1,000 mg daily 200-400 mg daily
<b>Melatonin</b>	IBS, GERD	Stress reduction; Sleep aid	3-6 mg daily
<b>Milk Thistle</b>	Hepatitis	Anti-inflammatory	200-400 mg daily

<b>Peppermint Oil</b>	IBS	Antispasmodic; Analgesic	0.2-0.4 ml of enteric-coated peppermint oil, 3 times daily
<b>Prebiotics: Larch arabinogalactans</b>	IBD	Promotes growth of friendly flora; Fosters motility and healing	3,000-5,000 mg daily
<b>Probiotics</b>	IBS and IBD (Crohn's disease, ulcerative colitis)	Regulates the immune system; Restores motility Rebalances flora; Gut repair; Improves barrier function	10-25 billion CFUs daily 250 mg daily of <i><b>S. boulardii</b></i> , 450 billion CFUs of VSL#3 daily; other preparations vary in their peak effective concentrations of live bacteria
<b>Short-Chain Fatty Acid Enemas</b>	Ulcerative colitis	Regulates motility; Gut lining repair	60-100 mL of 80-100 millimoles per liter twice daily for 4 weeks for resistant left-sided ulcerative colitis
<b>Vitamin D</b>	General health, IBD	Immune balancing; Bone health	1,000-2,000 IU per day
<b>Zinc (elemental)</b>	Chronic liver disease	Gut lining repair Antioxidant	15 mg daily
<b>Zinc L-carnosine</b>	IBD		30 mg daily

## Gastrotestinal Patient Symptom Assessment Tool

SYMPTOM	DESCRIPTION	SEVERITY 0-10
<b>Abdominal Cramps or Pain</b>	Discomfort in the abdominal region	
<b>Constipation</b>	Hard, pelletlike, or infrequent stools	
<b>Diarrhea</b>	Loose, watery, or mushy stools—often more than twice a day	
<b>Gas</b>	Flatulence or burping	
<b>Heartburn</b>	Gastroesophageal reflux disease	
<b>Mood</b>	Any negative alteration in mood, including irritability, anger, anxiety, depression, and others	
<b>Impact on Quality of Life</b>	Any effect your digestive symptoms have on your lifestyle	
<b>Dyspepsia</b>	Early sense of fullness/bloating (particularly after meals)	
<b>Queasiness</b>	Nausea/vomiting/suppressed appetite	
<b>Systemic Symptoms:</b> <ul style="list-style-type: none"> <li>• Asthma</li> <li>• Fatigue</li> <li>• Hoarseness</li> <li>• Joint aches</li> <li>• Migraines</li> <li>• Myalgias</li> <li>• Poor Sleep</li> <li>• Restless leg syndrome</li> <li>• Skin lesions/rashes</li> <li>• Tongue/mouth sores</li> <li>• Weight loss</li> </ul>	These are common symptoms associated with digestive imbalance that show up outside the gut. Review these, see if they are a problem for you, then take an average of your overall experiences with any or all of them as a group.	

## Scoring Key

<b>YOUR SCORE</b>	<b>SEVERITY OF DIGESTIVE SYMPTOMS</b>	<b>YOUR TRACK</b>
<b>0-25</b>	Mild	Track 1: The Foundational Food Plan
<b>26-50</b>	Moderate	Track 2: The Exclusion Food Plan
<b>51 and up</b>	Severe	Track 3: The Specific Food Plan (We recommend you seek the help of a qualified physician if you are on Track 3.)

### The Track 1 Foundational Food Guide

FOOD GROUP	FAVOR	FEW	FORGET
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>• All fresh, frozen, or fermented (e.g., sauerkraut) varieties</li> <li>• Sea vegetables (arame, wakame, kombu, etc.)</li> <li>• Starchy vegetables: corn, green peas, parsnips, potatoes, rutabagas, sweet potatoes, winter squash (acorn, buttercup, butternut, delicata, etc.)</li> <li>• 100% juices (fresh preferred)</li> </ul>	—	<ul style="list-style-type: none"> <li>• Those that are breaded, creamed, fried tempura-style, or overcooked</li> </ul>
<b>Fruits</b>	<ul style="list-style-type: none"> <li>• All fresh or frozen</li> </ul>	<ul style="list-style-type: none"> <li>• Dried, unsweetened, sulfite-free (cranberries, currants, dates, figs, prunes, raisins, etc.)</li> <li>• 100% juices</li> <li>• Concentrates (blueberry, Concord grape, cranberry, pomegranate, etc.)</li> <li>• Water-packed canned (BPA-free cans)</li> </ul>	<ul style="list-style-type: none"> <li>• Beverages</li> <li>• Canned in syrups</li> <li>• Jams and jellies, regular and sugar-free or artificially sweetened</li> </ul>
<b>Herbs and Spices</b>	<ul style="list-style-type: none"> <li>• Fresh or dried</li> </ul>	—	<ul style="list-style-type: none"> <li>• Mixes or seasonings with unacceptable food ingredients</li> </ul>

FOOD GROUP	FAVOR	FEW	FORGET
<b>Legumes (plant protein)</b>	<ul style="list-style-type: none"> <li>• Beans, split peas, and lentils</li> <li>• Peanuts</li> <li>• Nonhydrogenated, unsweetened peanut butter</li> <li>• Soy (tofu, edamame, miso, tempeh)</li> </ul>	—	<ul style="list-style-type: none"> <li>• Beans, peas, lentils, peanuts, and soy foods with added sugars and other unacceptable ingredients</li> <li>• Highly processed soy foods or other vegetable protein products (soy hot dogs, soy chips, soy bacon, etc.)</li> <li>• Textured vegetable protein (TVP) and hydrolyzed vegetable protein (HVP) used for vegetarian meat substitutes, veggie burgers, etc.</li> </ul>
<b>Nuts and Seeds</b>	<ul style="list-style-type: none"> <li>• Nuts: almonds, Brazil nuts, cashews, hazelnuts (filberts), macadamias, pecans, pine nuts (pignolias), pistachios, walnuts, etc.</li> <li>• Seeds: chia, flax, pumpkin, sesame, sunflower, etc.</li> <li>• Nonhydrogenated, unsweetened nut and seed butters (almond, tahini, etc.)</li> </ul>	—	<ul style="list-style-type: none"> <li>• Nut and seed butters made with partially hydrogenated oils, peanut oil, or added sugars</li> <li>• Nut and seed products with unacceptable ingredients</li> </ul>

<b>FOOD GROUP</b>	<b>FAVOR</b>	<b>FEW</b>	<b>FORGET</b>
<b>Whole Grains and Whole Grain Products</b>	<ul style="list-style-type: none"> <li>• Amaranth</li> <li>• Barley</li> <li>• Buckwheat</li> <li>• Corn, polenta</li> <li>• Millet</li> <li>• Oats, steel-cut and rolled</li> <li>• Quinoa</li> <li>• Rice (basmati, brown, black, Indian ricegrass, red, wild)</li> <li>• Rye</li> <li>• Sorghum</li> <li>• Teff</li> <li>• Triticale</li> <li>• Whole wheat</li> <li>• 100% whole grain products (bread, cereal, pasta, crackers, etc.) made from the grains above</li> </ul>	—	<ul style="list-style-type: none"> <li>• Refined grain products, such as low-fiber cereals (containing less than 5 g per serving), crackers, semolina pasta, white or wheat breads, and other grain products that do not have 100% whole grain listed as the primary ingredient</li> </ul>
<b>Animal Protein (pasture-raised, organic, wild caught)</b>	<ul style="list-style-type: none"> <li>• Eggs</li> <li>• Fish, wild caught (salmon, cod, halibut, etc.) or sustainably farmed (tilapia, oysters)</li> <li>• Poultry (chicken, turkey, duck without skin)</li> <li>• Shellfish (crab, lobster, shrimp)</li> <li>• Wild game</li> </ul>	<ul style="list-style-type: none"> <li>• Lean cuts of meat (beef, bison, lamb, pork)</li> <li>• Lean sausage, without nitrates (e.g., organic chicken sausage)</li> </ul>	<ul style="list-style-type: none"> <li>• Fatty cuts of meat (beef, pork, lamb)</li> <li>• Poultry with skin</li> <li>• Processed meat and poultry products (hot dogs, deli meats, canned meat products, bacon, ham, pepperoni, etc.)</li> </ul>

<b>FOOD GROUP</b>	<b>FAVOR</b>	<b>FEW</b>	<b>FORGET</b>
<b>Dairy and Dairy-Free Alternatives (organic)</b>	<ul style="list-style-type: none"> <li>• Cultured dairy products: acidophilus milk, buttermilk, cheese, cottage cheese, kefir, sour cream, yogurt</li> <li>• Dairy-free alternatives: almond (or other nut), coconut, hempseed, oat, rice, and soy beverages, kefirs, yogurts</li> </ul>	<ul style="list-style-type: none"> <li>• Butter</li> <li>• Ghee</li> <li>• Milk (skim, low fat, whole)</li> </ul>	<ul style="list-style-type: none"> <li>• Cream</li> <li>• Frozen yogurt</li> <li>• Half-and-half</li> <li>• Ice cream</li> <li>• Margarine</li> <li>• Milk, condensed</li> <li>• Nondairy creamers</li> <li>• Sherbet</li> <li>• Whipped cream</li> </ul>
<b>Fats and Oils</b>	<ul style="list-style-type: none"> <li>• Extra-virgin olive oil</li> </ul>	<ul style="list-style-type: none"> <li>• Cold expeller-pressed oils: almond, canola, coconut, flaxseed, grape seed, palm, pumpkin, safflower, sesame, sunflower, and walnut</li> </ul>	<ul style="list-style-type: none"> <li>• Cottonseed oil</li> <li>• Lard</li> <li>• Peanut oil</li> <li>• Shortenings</li> </ul>
<b>Condiments/Staples</b>	<ul style="list-style-type: none"> <li>• Arrowroot</li> <li>• Baking powder (aluminum-free)</li> <li>• Baking soda</li> <li>• Chutney</li> <li>• Cocoa powder</li> <li>• 100% pure flavor extracts (almond, orange, maple, etc.)</li> <li>• Horseradish</li> <li>• Ketchup</li> <li>• Mayonnaise</li> <li>• Mustard</li> <li>• Pesto</li> <li>• Sundried tomato paste</li> <li>• Vinegars (apple cider, balsamic, red wine, rice)</li> <li>• Wasabi powder</li> </ul>	<ul style="list-style-type: none"> <li>• High-sodium condiments: miso, soy sauce, tamari, Worcestershire sauce</li> </ul>	<ul style="list-style-type: none"> <li>• Any condiments/staples with unacceptable ingredients</li> </ul>
<b>Beverages</b>	<ul style="list-style-type: none"> <li>• Water</li> <li>• Coconut water</li> <li>• Coffee substitutes: grain beverages (barley, chicory, malted barley, rye)</li> <li>• Decaffeinated tea (black, green, white)</li> <li>• Herbal teas: chamomile, fennel, ginger, lavender, licorice, peppermint, etc.</li> </ul>	<ul style="list-style-type: none"> <li>• Red wine</li> <li>• Regular coffee and tea</li> </ul>	<ul style="list-style-type: none"> <li>• Energy drinks</li> <li>• Fruit beverages and juice drinks/ades</li> <li>• Sodas, regular and diet</li> <li>• Beverages with unacceptable ingredients</li> </ul>

<b>Sweets and Sweeteners</b>	<ul style="list-style-type: none"> <li>• Cocoa nibs</li> <li>• Dark chocolate, 70% or more</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit sweeteners, 100% fruit juice concentrates</li> <li>• Maple syrup, 100% natural</li> <li>• Agave nectar</li> <li>• Blackstrap molasses</li> <li>• Brown rice syrup</li> <li>• Evaporated cane juice</li> <li>• Honey</li> <li>• Stevia</li> </ul>	<ul style="list-style-type: none"> <li>• Candy: regular, sugar-free, sugarless, or artificially sweetened</li> <li>• Desserts made with white sugars, refined flours, solid fats: cakes, cookies, doughnuts, pastries, pies, etc.</li> <li>• Sugar-free, artificially sweetened foods and sugarless gums</li> <li>• All sugar substitutes, artificial sweeteners, and sugar alcohols</li> </ul>
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**Track 1 Spring/Summer Menu Plan**

	<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>
<b>Breakfast</b>	Poached Eggs with Herb Spread (page 37)	Berry Yogurt Parfait (page 38)	Morning Muesli (page 38)
<b>Lunch</b>	Black and Red Salad (page 42)	Shrimp Cashew Salad (Swift & Simple Salads, page 32)	Chickpea Avocado Salad (Swift & Simple Salads, page 32)
<b>Dinner</b>	Turkey Herb Burger (page 43) Gerardo's Gazpacho (page 43) Cabbage Salad (page 44)	Dilled Lemon Mustard Chicken (page 45) Summer Squash (page 45) Arugula salad	Macadamia Nut-Crusted Cod (page 45) Pineapple Black Rice (page 46) Steamed asparagus
<b>Treats</b>	—	Swift Energy Bar (page 55)	—

**Track 1 Spring/Summer Menu Plan**

	<b>DAY 4</b>	<b>DAY 5</b>
<b>Breakfast</b>	Herb Scramble (page 39)	Melon with Minted Yogurt (page 40)
<b>Lunch</b>	Curried Chicken Wrap (Swift & Simple Wraps, page 32)	White Bean Antipasto Salad (Swift & Simple Salads, page 32)
<b>Dinner</b>	Broccoli Rabe and White Beans on Whole Grain Pasta (page 47) Greek Salad (page 47)	Grilled Wild Salmon (page 48) Green Beans with Slivered Almonds (page 49) Mesclun green salad
<b>Treats</b>	—	Fruit Crisp (page 53)

**Track 1 Spring/Summer Menu Plan**

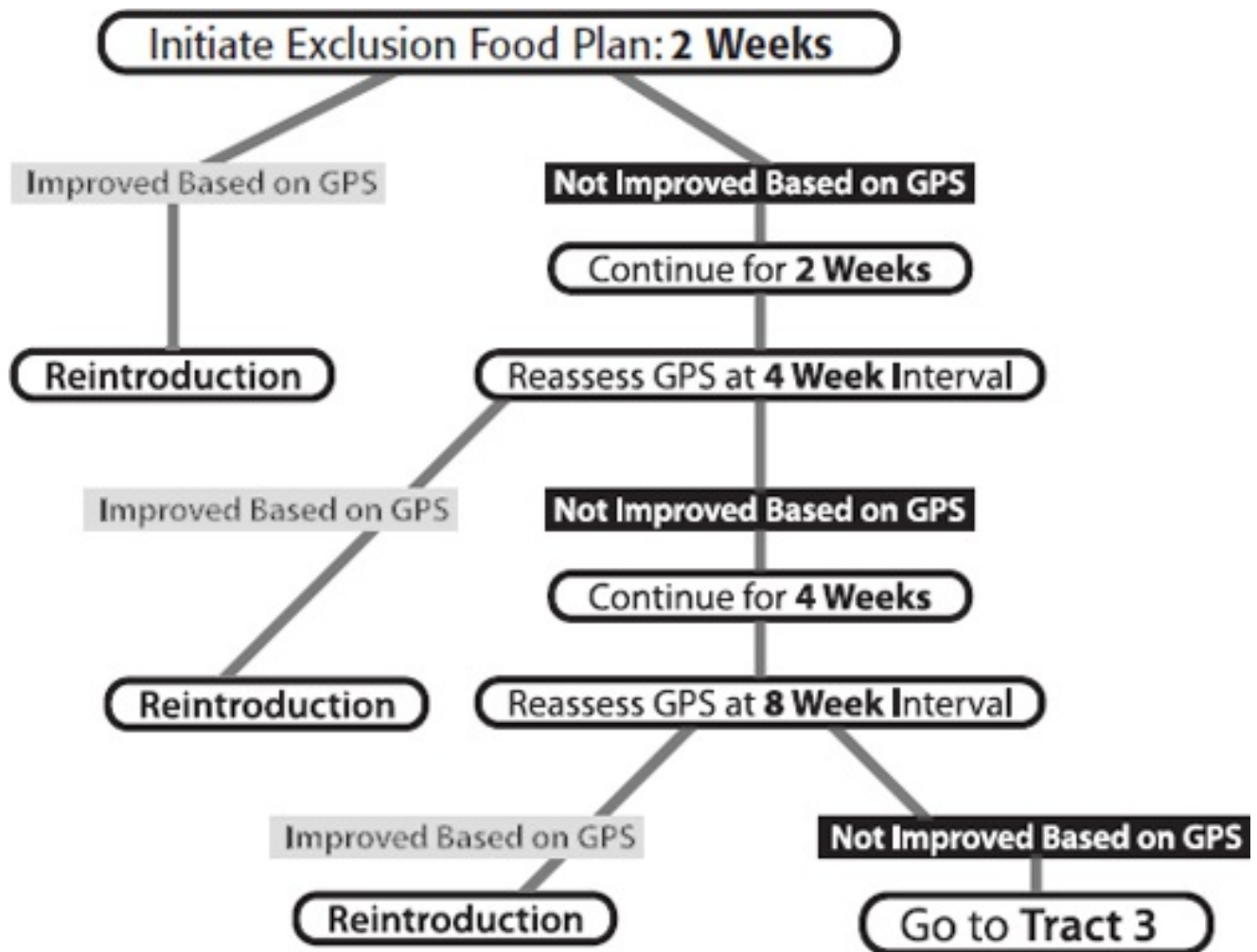
	<b>DAY 6</b>	<b>DAY 7</b>
<b>Breakfast</b>	Layers of Lox (page 40)	Lemon Cottage Cheese Pancakes (page 41)
<b>Lunch</b>	Turkey Avocado Crème Wrap (Swift & Simple Wraps, page 32)	Lentil Spinach Salad (Swift & Simple Salads, page 33)
<b>Dinner</b>	Lamb* or Beef* Vegetable Kabobs (page 49) Minted Brown Rice (page 50) Dandelion greens *Tofu or Tempeh (Veg Option)	Cilantro Cumin Tilapia (page 50) Baked Sweet Potato (page 72) Steamed broccoli
<b>Treats</b>	—	Berry Delicious Slush (page 53)

Track 1 Fall/Winter Menu Plan			
	DAY 1	DAY 2	DAY 3
<b>Breakfast</b>	Walnut Raisin Steel-Cut Oats Power Porridge (Swift & Simple Power Porridges, page 31)	Southwestern Egg Wrap (page 51)	Sunrise Patty (page 51)
<b>Lunch</b>	Luscious Lentil Soup (page 56)	Salmon Barley Bowl (Swift & Simple Bowls, page 33)	Wild Rice Escarole Bowl (Swift & Simple Bowls, page 33)
<b>Dinner</b>	Mediterranean Turkey Meatballs with Whole Grain Pasta and Marinara Sauce (page 58) Sautéed Lacinato kale	Sage Roasted Chicken and Root Vegetables (page 59)	Vegetarian Black Bean Chili (page 60)
<b>Snacks/ treats</b>	Lemon Ginger Cookie (page 54)	—	—

Track 1 Fall/Winter Menu Plan		
	DAY 4	DAY 5
<b>Breakfast</b>	Banana Sunflower Seed Log (page 52)	Almond Apple Amaranth Power Porridge (Swift & Simple Power Porridges, page 31)
<b>Lunch</b>	Soothing Chicken Soup (page 57)	Arugula Bulgur Bowl (Swift & Simple Bowls, page 33)
<b>Dinner</b>	Citrus Salmon (page 61) Black rice Steamed asparagus	Lamb or Beet Vegetable Winter Stew (page 61)
<b>Snacks/ treats</b>	—	—

Track 1 Fall/Winter Menu Plan		
	DAY 6	DAY 7
<b>Breakfast</b>	Herb Scramble (page 39)	Layers of Lox (page 40)
<b>Lunch</b>	Turkey Avocado Crème Wrap (Swift & Simple Wraps, page 32)	Hummus Veggie Wrap (Swift & Simple Wraps, page 32)
<b>Dinner</b>	Herbed White Fish (page 62) Roasted butternut squash Steamed green beans	Thai Shrimp and Vegetable Sauté (page 63) Brown rice Fresh pineapple
<b>Snacks/ treats</b>	Chocolate Cherry Chew (page 55)	—

## Track 2 Exclusion Food Plan Map



## Track 2 Exclusion Food Guide

FOOD GROUP	FAVOR	FEW	FORGET
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>Fresh or frozen, except those on the Forget list</li> </ul>	<ul style="list-style-type: none"> <li>FODMAPs: artichokes (globe and Jerusalem), asparagus, beetroot, broccoli, Brussels sprouts, button mushrooms, cabbage, cauliflower, garlic, leek, okra, onions, radicchio, shallots, snow peas</li> <li>100% vegetable or tomato juice (fresh preferred)</li> </ul>	<ul style="list-style-type: none"> <li>Corn</li> <li>All breaded, creamed, fried, overcooked</li> <li>Tempura-style</li> <li>Any known to aggravate your symptoms</li> </ul>
<b>Fruits</b>	<ul style="list-style-type: none"> <li>Fresh or frozen (unsweetened), except those on the Forget list</li> </ul>	<ul style="list-style-type: none"> <li>FODMAPs: apricots, blackberries, cherries, coconuts, mangoes, nectarines, peaches, plums, prunes, watermelons</li> <li>Canned, water-packed</li> <li>100% juices or concentrates (use for marinades)</li> </ul>	<ul style="list-style-type: none"> <li>Apples, applesauce, apple butter, and apple cider</li> <li>Dried (dates, figs, prunes, etc.)</li> <li>Beverages</li> <li>Canned in syrups</li> <li>Pears, pear nectar, and pear preserves</li> <li>Any known to aggravate symptoms</li> </ul>
<b>Herbs and Spices</b>	<ul style="list-style-type: none"> <li>Fresh or dried</li> </ul>		<ul style="list-style-type: none"> <li>Mixes or seasonings with unacceptable food ingredients</li> </ul>

<b>Legumes (vegetable protein)</b>	—	<ul style="list-style-type: none"> <li>• FODMAPs: baked beans, bean sprouts, black-eyed peas, broad beans (fava beans), garbanzo beans (chickpeas), kidney beans, lentils, navy beans, peas, split peas</li> <li>• Soybeans (edamame, tofu, miso, tempeh)</li> </ul>	<ul style="list-style-type: none"> <li>• Highly processed soy foods or other vegetable protein products (soy hot dogs, soy chips, soy bacon, garbanzo bean chips)</li> <li>• Highly processed vegetable protein alternatives (textured vegetable protein/TVP, hydrolyzed vegetable protein/ HVP, Quorn, seitan)</li> <li>• Peanuts and all peanut products (peanut butter, peanut oil)</li> </ul>
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#### Track 2 Exclusion Food Guide

<b>FOOD GROUP</b>	<b>FAVOR</b>	<b>FEW</b>	<b>FORGET</b>
<b>Nuts and Seeds</b>	—	<ul style="list-style-type: none"> <li>• Nuts: almonds, Brazil nuts, cashews, hazelnuts (filberts), macadamias, pecans, pine nuts (pignolias), pistachios, walnuts</li> <li>• Seeds: chia, flax, pumpkin, sesame, sunflower, etc.</li> <li>• Nonhydrogenated, unsweetened nut and seed butters (almond, tahini, etc.)</li> <li>• Nut and seed beverages, homemade or plain, unsweetened, with no carrageenan/ gums</li> </ul>	<ul style="list-style-type: none"> <li>• Nut and seed butters made with partially hydrogenated or peanut oils</li> <li>• Nut and seed products with unacceptable food ingredients</li> </ul>

<b>Whole Grains</b>	<ul style="list-style-type: none"> <li>• Amaranth</li> <li>• Buckwheat</li> <li>• Millet</li> <li>• Oats, certified gluten-free</li> <li>• Quinoa</li> <li>• Rice (basmati, black, brown, Indian ricegrass, red, wild)</li> <li>• Sorghum</li> <li>• Teff</li> <li>• 100% whole grain gluten-free, yeast-free products made with the grains listed above</li> </ul>	—	<ul style="list-style-type: none"> <li>• Cornmeal, polenta, and corn-containing grain products (cereals, pastas, etc.)</li> <li>• Gluten-containing grains and grain products: barley, kamut, rye, spelt, triticale, wheat</li> <li>• Gluten-free grain products that contain yeast or other unacceptable food ingredients</li> </ul>
<b>Animal Protein (pasture-raised; organic; wild caught)</b>	<ul style="list-style-type: none"> <li>• Fish, wild-caught (salmon, cod, halibut), or sustainably farmed (tilapia)</li> <li>• Lox, wild-caught salmon (nitrate-free and naturally smoked)</li> <li>• Poultry (chicken, duck, turkey) without skin</li> <li>• Wild game</li> </ul>	<ul style="list-style-type: none"> <li>• Lean cuts of meat, (beef, bison, lamb, pork)</li> </ul>	<ul style="list-style-type: none"> <li>• Eggs (whole, yolks, whites, powdered), egg substitutes, and egg-containing food products</li> <li>• Fatty cuts of meat (beef, pork, lamb)</li> <li>• Poultry with skin</li> <li>• Processed or aged fish, meat, and poultry products (hot dogs, deli meats, canned meat products)</li> <li>• Shellfish (crab, lobster, shrimp), mollusks (clams, mussels, oysters), and imitation crab or fish products</li> </ul>

## Track 2 Exclusion Food Guide

FOOD GROUP	FAVOR	FEW	FORGET
<b>Dairy-Free Alternatives</b>	<ul style="list-style-type: none"> <li>Almond, hemp, or rice non-dairy beverages, plain and unsweetened</li> </ul>	<ul style="list-style-type: none"> <li>FODMAPs</li> <li>Coconut: flesh, kefir, milk, water</li> <li>Yogurt, plain soy</li> <li>Kefir, plain, unsweetened</li> </ul>	<ul style="list-style-type: none"> <li>Butter</li> <li>Buttermilk</li> <li>Cheese, all types, including cottage cheese, cream cheese, and cheese curds</li> <li>Cream</li> <li>Custard</li> <li>Ghee</li> <li>Half-and-half</li> <li>Ice cream</li> <li>Margarine</li> <li>Milk (whole, low-fat, skim, evaporated, condensed)</li> <li>Sherbet</li> <li>Sour cream</li> <li>Whey, whey protein powder</li> <li>Whipped cream</li> </ul>
<b>Fats and Oils</b>	<ul style="list-style-type: none"> <li>Extra-virgin olive oil</li> </ul>	<ul style="list-style-type: none"> <li>Cold, expellerpressed oils: almond, canola, flaxseed, grape seed, palm, pumpkin, safflower, sesame, sunflower, and walnut</li> <li>Coconut oil</li> </ul>	<ul style="list-style-type: none"> <li>Peanut oil</li> <li>Cottonseed oil</li> <li>Lard</li> <li>Shortening, all types</li> </ul>
<b>Condiments</b>	<ul style="list-style-type: none"> <li>Arrowroot</li> <li>Baking powder (aluminum-free)</li> <li>Baking soda</li> <li>Cocoa powder</li> <li>100% pure flavor extracts (almond,</li> </ul>	<b>HIGH SODIUM:</b> <ul style="list-style-type: none"> <li>Sea salt</li> <li>Miso, gluten-free</li> <li>Soy sauce, gluten-free</li> <li>Tamari, gluten-free FODMAPs:</li> </ul>	<ul style="list-style-type: none"> <li>Malt vinegar</li> <li>Mayonnaise</li> <li>Pesto</li> <li>Yeast: baker's, brewer's, nutritional, torula</li> <li>Yeast extracts</li> <li>Condiments with</li> </ul>

	orange, maple, etc.) <ul style="list-style-type: none"> <li>• Horseradish</li> <li>• Mustard, organic, and dry mustard powder</li> <li>• Wasabi powder (without artificial coloring)</li> </ul>	<ul style="list-style-type: none"> <li>• Chutney</li> <li>• 100% fruit preserves (no apple or pear)</li> <li>• Ketchup (organic, no high-fructose corn syrup)</li> <li>• Sun-dried tomato paste</li> </ul>	gluten and other unacceptable ingredients
<b>Beverages</b>	<ul style="list-style-type: none"> <li>• Water</li> <li>• Decaffeinated tea (black, green, white)</li> <li>• Herbal teas: chamomille, fennel, ginger, lavender, licorice, peppermint (avoid peppermint if you find it exacerbates GERD)</li> </ul>		<ul style="list-style-type: none"> <li>• Apple cider</li> <li>• Caffeinated beverages (coffee, tea, energy drinks)</li> <li>• Chicory-based coffee substitute beverages</li> <li>• Carbonated beverages</li> <li>• Fruit beverages and juice drinks/ades</li> <li>• Sodas, regular and diet</li> <li>• Beverages with unacceptable food ingredients</li> </ul>
<b>Sweets and Sweeteners</b>	—	<ul style="list-style-type: none"> <li>• Dark chocolate, 70% or more (dairy-free)</li> <li>• Maple syrup, 100% natural</li> <li>• Blackstrap molasses</li> <li>• Brown rice syrup</li> <li>• Stevia</li> </ul> <p>FODMAPs:</p> <ul style="list-style-type: none"> <li>• Agave</li> <li>• Honey</li> <li>• Fruit sweeteners, 100% fruit juice concentrates, except apple and pear</li> </ul>	<ul style="list-style-type: none"> <li>• Artificial sweeteners, all types</li> <li>• Candy, regular and sugar-free</li> <li>• Milk chocolate</li> <li>• Desserts (cakes, cookies, doughnuts, pastries, pies) made with refined flours, gluten-containing flours, and other unacceptable food ingredients</li> <li>• Sugar (white, brown, evaporated cane juice)</li> <li>• Sugar-free foods and gums</li> </ul>



## Track 2 Spring/Summer Menu Plan

	DAY 1	DAY 2	DAY 3
<b>Breakfast</b>	Blueberry Mint Smoothie (Swift & Simple Smoothies, page 29)	Scrambled Tofu with Spinach and Olive Tapenade (page 64)	Raspberry Quinoa Power Porridge (Swift & Simple Power Porridges, page 31)
<b>Lunch</b>	Black and Red Salad (page 42)	Wild Salmon and Bok Choy Salad (Swift & Simple Salads, page 33)	Lentil Spinach Salad (Swift & Simple Salads, page 33)
<b>Dinner</b>	Turkey Herb Burger (page 43) Parslied Red Potatoes (page 65) Spinach salad	Dilled Lemon Mustard Chicken Breast (page 45) Summer Squash (page 45) Arugula salad	Macadamia Nut-Crusted Cod (page 45) Pineapple Black Rice (page 46) Red leaf lettuce salad
<b>SNACKS/TREATS</b>	—	Lemon Ginger Cookie (page 54)	

	DAY 4	DAY 5
<b>Breakfast</b>	Strawberry Kiwi Smoothie (Swift & Simple Smoothies, page 29)	Cinnamon Blueberry Steel-Cut Oats Power Porridge (Swift & Simple Power Porridges, page 31)
<b>Lunch</b>	Curried Chicken Wrap (Swift & Simple Wraps, page 32)	White Bean Antipasto Salad (Swift & Simple Salads, page 32)
<b>DINNER</b>	Mediterranean Turkey Meatballs with Gluten-Free Pasta and Marinara Sauce (page 58) Romaine lettuce salad	Grilled Wild Salmon (page 48) Green Beans with Slivered Almonds (page 49) Mesclun green salad
<b>SNACKS/TREATS</b>	—	—

	DAY 6	DAY 7
<b>Breakfast</b>	Raspberry Cucumber Smoothie (Swift & Simple Smoothies, page 29)	Layers of Lox (page 40)
<b>Lunch</b>	Turkey Avocado Crème Wrap (Swift & Simple Wraps, page 32)	Tofu Veggie Wrap (Swift & Simple Wraps, page 32)
<b>DINNER</b>	Lamb* or Beef* Vegetable Kabobs (page 49) Minted Brown Rice (page 50) *Tofu or Tempeh (Veg Option)	Cilantro Cumin Tilapia (page 50) Baked Sweet Potato (page 72) Rainbow swiss chard
<b>SNACKS/TREATS</b>	—	—

**Track 2 Fall/Winter Menu Plan**

	<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>
<b>BREAKFAST</b>	Banana Buckwheat Power Porridge (Swift & Simple Power Porridges, page 31)	Autumn Spiced Soy Yogurt Parfait (page 66)	Morning Millet Power Porridge with Pink Grapefruit (Swift & Simple Power Porridges, page 31)
<b>LUNCH</b>	Luscious Lentil Soup (page 56)	Salmon Quinoa Bowl (Swift & Simple Bowls, page 34)	Tofu Veggie Wrap (Swift & Simple Wraps, page 32)
<b>DINNER</b>	Mediterranean Turkey Meatballs with Gluten-Free Pasta and Marinara sauce (page 58) Sautéed Lacinato kale	Sage Roasted Chicken and Root Vegetables (page 59)	White Bean Minestrone Soup (page 66)
<b>SNACKS/TREATS</b>	—	—	—

	<b>DAY 4</b>	<b>DAY 5</b>
<b>Breakfast</b>	Berry Almond Smoothie (Swift & Simple Smoothies, page 29)	Strawberry Amaranth Power Porridge (Swift & Simple Power Porridges, page 31)
<b>Lunch</b>	Soothing Chicken Soup (page 57)	Adzuki Millet Bowl (Swift & Simple Bowls, page 34)
<b>DINNER</b>	Citrus Salmon (page 61) Black rice Steamed asparagus	Lamb or Beef Vegetable Winter Stew (page 61)
<b>SNACKS/TREATS</b>	—	—

	<b>DAY 6</b>	<b>DAY 7</b>
<b>Breakfast</b>	Pumpkin Orange Smoothie (Swift & Simple Smoothies, page 29)	Layers of Lox (page 40) Clementine wedges
<b>Lunch</b>	Turkey Avocado Crème Wrap (Swift & Simple Wraps, page 32)	Hummus Veggie Wrap (Swift & Simple Wraps, page 32)
<b>DINNER</b>	Herbed White Fish (page 62) Roasted butternut squash Steamed green beans	Thai Chicken* Sauté (page 67) *Tofu
<b>SNACKS/TREATS</b>	—	—

<b>Track 3 Specific Food Guide</b>	
<b>FOOD GROUP</b>	<b>SPECIFIC FOODS</b>
<b>vegetables</b>	<ul style="list-style-type: none"> <li>• Fresh or frozen: beetroot, bok choy, butternut squash, carrots, celeriac (celery root), collard greens, cucumbers, green beans, kale, parsley, parsnips, potatoes (Yukon gold), shiitake mushrooms, spinach, sweet potatoes, Swiss chard, turnips, yellow squash, zucchini</li> <li>• Sea vegetable: kombu</li> <li>• Dried: shredded burdock root</li> <li>• Canned: organic pumpkin</li> </ul> <p><i>Note: Steam vegetables to retain nutrients and drizzle them with some extra-virgin olive oil. Slow cookers and pressure cookers can also be helpful; soups can be frozen for later use.</i></p>
<b>Fruits</b>	<ul style="list-style-type: none"> <li>• Bananas</li> <li>• Avocados</li> <li>• Citrus: lemons, orange zest</li> </ul> <p><i>Note: Use ripe, not under- or overripe fruit. Use freshly squeezed lemon juice on your vegetables as tolerated.</i></p>
<b>Herbs and Spices</b>	<ul style="list-style-type: none"> <li>• Fresh and/or dried bay leaf, burdock root, curry powder, ginger, mint, nutmeg</li> </ul> <p><i>Note: Avoid any herb or spice that you feel you do not tolerate.</i></p>
<b>Animal Protein</b>	<ul style="list-style-type: none"> <li>• Wild cold-water fish: cod, sablefish or black cod, salmon, Pacific sardines, skipjack tuna</li> <li>• Organic turkey and chicken, without skin</li> </ul> <p><i>Note: Use simple preparation methods, such as baking or roasting poultry and steaming, poaching, or baking fish.</i></p>
<b>Oils</b>	<ul style="list-style-type: none"> <li>• Extra-virgin olive oil</li> </ul>
<b>condiments</b>	<ul style="list-style-type: none"> <li>• Sea salt (optional)</li> <li>• Maple syrup, 100% natural (optional)</li> </ul>
<b>Nutritional Extras</b>	<ul style="list-style-type: none"> <li>• Balanced omega oil (such as a 3-6-9 liquid blend)</li> <li>• Brown rice protein powder, organic fruit and vegetable powder</li> </ul>
<b>Beverages</b>	<ul style="list-style-type: none"> <li>• Water</li> <li>• Decaffeinated green tea</li> <li>• Herbal teas</li> <li>• Inside Tract Vegetable Broth (see page 69)</li> </ul>

Track 3 Menu Plan			
	DAY 1	DAY 2	DAY 3
<b>Breakfast</b>	Inside Tract Smoothie* (page 69)	Inside Tract Smoothie (page 69)	Inside Tract Smoothie (page 69)
<b>Lunch</b>	Herbed Wild Cod (page 62) Steamed spinach Inside Tract Vegetable Broth (page 69)	Creamy Greens Soup (page 70) Baked chicken	Canned skipjack tuna Baked Sweet Potato (page 72) Inside Tract Vegetable Broth (page 69)
<b>Dinner</b>	Turkey Herb Burger (page 43) Steamed yellow squash	Baked fish Steamed bok choy	Roasted turkey breast Steamed spinach
<b>Snacks</b>	Inside Tract Smoothie (page 69) Cucumber Avocado Mint Soup (page 72)	Inside Tract Smoothie (page 69)	Inside Tract Smoothie (page 69)

	DAY 4	DAY 5
<b>Breakfast</b>	Inside Tract Smoothie (page 69)	Inside Tract Smoothie (page 69)
<b>Lunch</b>	Carrot Squash Soup (page 71) Canned Pacific sardines	Baked chicken Steamed bok choy Inside Tract Vegetable Broth (page 69)
<b>Dinner</b>	Baked chicken Steamed Swiss chard	Herbed Wild Cod (page 62) Steamed zucchini squash
<b>Snacks</b>	Inside Tract Smoothie (page 69)	Inside Tract Smoothie (page 69) Cucumber Avocado Mint Soup (page 72)

	DAY 6	DAY 7
<b>Breakfast</b>	Inside Tract Smoothie (page 69)	Inside Tract Smoothie (page 69)
<b>Lunch</b>	Pumpkin Bisque (page 71) Turkey Burger Steamed spinach	Canned Pacific sardines Steamed yellow squash Inside Tract Vegetable Broth (page 69)
<b>Dinner</b>	Grilled wild salmon Steamed green beans	Baked chicken Steamed collard greens
<b>Snacks</b>	Inside Tract Smoothie (page 69)	Inside Tract Smoothie (page 69)

All of the recipes are in the recipes section beginning on page 36. Refer to the individual recipes for explicit instructions on how to make all of the meals listed.

# Swift & Simple Food Charts

Swift & Simple Smoothies (Serves 1)			
NAME/SEASON	TRACK	LIQUID	FRUIT/VEGGIES
<b>Berry Almond</b> Spring/Summer	Track 1	Almond beverage, ½ cup + plain yogurt, 1 cup	Mixed berries, 1½ cups
<b>Tropical</b> Spring/Summer	Track 1	Coconut milk, ½ cup + plain yogurt, 1 cup	Banana, ½ frozen Mango, 1 cup
<b>Autumn Spice</b> Fall/Winter	Track 1	Rice beverage, ½ cup + plain yogurt, 1 cup	Apple, 1 cup Pumpkin puree, ½ cup
<b>Pear Ginger</b> Fall/Winter	Track 1	Water, ½ cup + plain yogurt, 1 cup	Pear, 1 cup
<b>Chocolate Dream</b> Anytime	Track 1	Hazelnut beverage, ½ cup + plain yogurt, 1 cup	Banana, ½ frozen
<b>Blueberry Mint</b> Spring/Summer	Track 2	Water, 1 cup	Blueberries, ½ -1 cup Watercress, ½ cup chopped
<b>Strawberry Kiwi</b> Spring/Summer	Track 2	Almond beverage, unsweetened, 1 cup	Strawberries and kiwi, ½ -1 cup Spinach, raw, 1 cup chopped
<b>Raspberry Cucumber</b> Spring/Summer	Track 2	Soy beverage, plain, unsweetened, 1 cup	Raspberries, ½ -1 cup Cucumber, 1 whole
<b>Berry Almond</b> Fall/Winter	Track 2	Water, 1 cup	Mixed berries, ½ -1 cup Sweet potato, ½ cup cooked
<b>Pumpkin Orange</b> Fall/Winter	Track 2	Hempseed beverage, unsweetened, 1 cup	Orange slices, ½ -1 cup

Swift & Simple Smoothies (Serves 1)			
NAME/SEASON	Nuts/Seeds	Spice (to taste)	Nutri-Boosts (optional)
<b>Berry Almond</b> Spring/Summer	Almond butter, 1 Tbsp.	Cinnamon	Whey protein powder, 1 scoop
<b>Tropical</b> Spring/Summer	Macadamia nut butter, 1 Tbsp.	Nutmeg	Tofu, silken, 4 ounces
<b>Autumn Spice</b> Fall/Winter	Walnuts, 2 Tbsp.	Allspice	Hempseed protein, 1 scoop
<b>Pear Ginger</b> Fall/Winter	Tahini, 1 Tbsp.	Ginger	Avocado, ¼ cup
<b>Chocolate Dream</b> Anytime	Dates, 2 Tbsp. chopped Peanut butter, 1 Tbsp.	Cocoa powder, 1 tsp.	Coconut, raw or shredded, 1 Tbsp.
<b>Blueberry Mint</b> Spring/Summer	Cashew nut butter, 1 Tbsp.	Mint, 8 leaves finely chopped	Brown rice protein powder, 1 scoop
<b>Strawberry Kiwi</b> Spring/Summer	Flaxseed, ground, 1 Tbsp.	Allspice or nutmeg	Hempseed protein powder, 1 scoop

<b>Raspberry Cucumber</b> Spring/Summer	Pecan nut butter, 1 Tbsp.	Cinnamon	Yogurt, soy 1 cup (omit ½ cup liquid)
<b>Berry Almond</b> Fall/Winter	Almond butter, 1 Tbsp.	Ginger	Brown rice protein powder, 1 scoop
<b>Pumpkin Orange</b> Fall/Winter	Pumpkin puree, ½ cup Walnut butter, 1 Tbsp.	Cloves	Fruit and veggie powder, 1 scoop

## SWIFT & SIMPLE NOTES

- **Sweet tastings:** If your taste buds are thirsting for more sweet, you can increase the spices or add a splash of a pure organic flavor extract (for example, vanilla, maple, or peppermint), 100 percent fruit juice (for example, pomegranate, acai, or mango), or 100 percent maple syrup. But remember, you're trying to take your taste buds on a sweet retreat, so use as little as possible of these sweet additions.
- **Liquid:** Feel free to add more liquid or ice depending on how thick or thin you like the consistency of your smoothie.
- **Freezing bananas:** Peel and halve those ripe bananas you have hanging around. Wrap them in waxed paper and store in the freezer for a naturally sweet addition to any smoothie!
- **Fruit and veggie powders:** The green/red/blue concoctions of fruit and veggie extracts can be added to your smoothies as a nutri-boost, but they are no substitute for the whole food package you obtain by using Mother Nature's fresh or frozen picks.
- **Homemade nut and seed milks:** Try making your own fresh nut and seed milks (page 36). However, if you do decide to purchase nondairy beverages, be sure to choose plain, unsweetened ones, and be aware that many nondairy beverages have added gums that might be good for some inside tracts and not so great for others.
- **Experiment:** Feel free to create your personal favorite smoothies using the categories of Liquid, Fruit/Veggies, Nuts/Seeds, Spice, and Nutri-Boosts and estimated portions as your guide, to ensure a beverage that provides a perfect balance of flavor and nutrition.

### Swift & Simple Power Porridges

NAME/SEASON	GRAIN	TRACK	LIQUID (water or Inside Tract Vegetable Broth recipe)
<b>Walnut Raisin Steel-cut Oats</b> Fall/Winter	Steel-cut oats, 1 cup	Track 1	3 cups
<b>Almond Apple Amaranth</b> Fall/Winter	Amaranth, 1 cup	Track 1	3 cups
<b>Banana pecan Buckwheat</b> Anytime	Buckwheat groats, 1 cup	Track 1	2-2½ cups
<b>Apricot Teff</b> Anytime	Teff, 1 cup	Track 1	2½ -3 cups
<b>raspberry Quinoa</b> Spring/Summer	Quinoa, 1 cup dry	Track 2	2 cups
<b>cinnamon Blueberry Steel-cut Oats</b> Spring/Summer	Steel-cut oats, gluten-free, 1 cup dry	Track 2	3 cups
<b>Banana Buckwheat</b> Fall/Winter	Buckwheat, 1 cup dry	Track 2	2 cups
<b>Morning Millet</b> Fall/Winter	Millet, 1 cup dry	Track 2	3 cups
<b>Strawberry Amaranth</b> Fall/Winter	Amaranth, 1 cup dry	Track 2	3 cups

NAME/SEASON	COOKING TIME	NUTS/SEEDS	FRUIT	SPICE/HERB (1/8 tsp. or to taste)
<b>walnut Raisin Steel-cut Oats</b> Fall/Winter	30 minutes	Walnuts, 1-2 Tbsp.	Raisins, 2 Tbsp.	Pumpkin pie spice
<b>Almond Apple Amaranth</b> Fall/Winter	20-25 minutes	Almonds, 1-2 Tbsp.	Apple, ½	Allspice
<b>Banana pecan Buckwheat</b> Anytime	15-20 minutes	Pecans, 1-2 Tbsp.	Banana, ½ small	Ginger
<b>Apricot Teff</b> Anytime	10-20 minutes	Cashews, 1 - 2 Tbsp.	Apricots, 1 small	Garam masala
<b>raspberry Quinoa</b> Spring/Summer	10-15 minutes	N/A	Raspberries, ½ cup	Cloves
<b>cinnamon Blueberry Steel-cut Oats</b> Spring/Summer	30 minutes	N/A	Blueberries, ½ cup	Cinnamon
<b>Banana Buckwheat</b> Fall/Winter	15 minutes	N/A	Banana, ½ small	Ginger
<b>Morning Millet</b> Fall/Winter	20-30 minutes	N/A	Pink grapefruit (on the side)	Cinnamon
<b>Strawberry Amaranth</b> Fall/Winter	20-25 minutes	N/A	Strawberries, ½ cup	Allspice

<b>Swift &amp; Simple Wraps</b>		
<b>NAME/SEASON</b>	<b>TRACK</b>	<b>PROTEIN</b>
<b>Curried Chicken</b> Spring/Summer Spring Summer	Track 1 Track 2	Grilled chicken, 3 ounces
<b>Turkey Avocado Creme</b> Spring/Summer; Fall/Winter Spring/Summer; Fall/Winter	Track 1 Track 2	Roast turkey breast, 3 ounces
<b>Hummus Veggie</b> Fall/Winter Fall/Winter	Track 1 Track 2	Hummus, 1/3 cup
<b>Wild Salmon Cucumber Dill</b> Spring/Summer	Tracks 1, 2	Wild salmon, 4 ounces
<b>Tofu Veggie</b> Spring/Summer	Tracks 1, 2	Tofu, baked, 4 ounces

<b>FRUIT/VEGETABLE/HERB (1-INCH THICKNESS IN WRAP)</b>	<b>SALAD DRESSING (1 TBSP.)</b>	<b>WRAP (ONE 6-INCH OR TWO 3- INCH WRAPS)</b>
Red leaf lettuce, Cilantro	Curried Avocado Crème	Whole or sprouted grain tortilla Brown rice tortilla
Basil leaves, Sunflower sprouts	Curried Avocado Crème	Whole or sprouted grain tortilla Brown rice tortilla
Arugula, Tomato	Cilantro Cumin	Whole or sprouted grain tortilla Brown rice wrap
Spinach, Cucumber	Dilled Lemon Mustard	Brown rice tortilla, Boston lettuce, or savoy cabbage leaves
Arugula, Red pepper, Grated carrots	Lime Miso	Brown rice tortilla, Boston lettuce, or savoy cabbage leaves

## SWIFT & SIMPLE NOTES

- **Dressings:** Refer to the “Swift & Simple Dressings Chart,” page 34, for dressing for each of these.
- **Keep it local:** Vary veggies and fruits with season/availability at local markets.

<b>Swift &amp; Simple Salads</b>		
<b>NAME/SEASON</b>	<b>TRACK</b>	<b>GREENS AND OTHER VEGGIES/HERBS</b>
<b>Shrimp Cashew</b> Spring/Summer	Track 1	Bok choy, chopped 2 cups; Carrots, Thai basil
<b>Chickpea Avocado</b> Spring/Summer	Track 1	Red leaf lettuce, 2 cups; Celery, Tomato
<b>White Bean Antipasto</b> Spring/Summer	Tracks 1, 2	Romaine lettuce, 2 cups; Artichoke hearts, canned; Roasted red peppers; Green beans, steamed



<b>Lentil Spinach</b> Spring/Summer	Tracks 1, 2	Spinach, 2 cups; Tomato
<b>Sardine Arugula</b> Anytime	Tracks 1, 2	Arugula, 2 cups; Kalamata olives, Oregano
<b>Sunflower Mesclun</b> Anytime	Track 1	Mesclun greens, 2 cups; Cucumber
<b>Wild Salmon and Bok Choy Salad</b> Spring/Summer	Track 2	Bok choy, 1 cup; Carrots, Thai basil
<b>Lentil Spinach Salad</b> Spring/Summer	Track 2	Spinach, 1 cup Tomato

PROTEIN	NUTS/SEEDS (2-3 TBSP.)	SALAD DRESSING (1 TBSP.)
Shrimp, 3-5 large	Cashews	Lime Miso
Chickpeas, ½ cup	Avocado (healthy fat)	Cilantro Cumin
White beans, ½ cup	Almonds	Herbal Essence
Lentils, ½ cup cooked	Walnuts	Dilled Lemon Mustard
Sardines, 4 ounces	Pumpkin seeds	Dilled Lemon Mustard
Goat or sheep cheese, 2 ounces	Sunflower seeds	Herbal Essence
Wild salmon, 4 ounces	Cashews	Lime Miso
Lentils, ½ cup cooked	Walnuts	Dilled Lemon Mustard

## SWIFT & SIMPLE NOTES

- **Dressings:** Refer to the “Swift & Simple Dressings Chart,” page 34, for dressing for each of these.
- **Keep it local:** Vary veggies and fruits with season/availability at local markets.

<b>Swift &amp; Simple Basics Bowls</b> <i>(Makes 2 servings—one for now and one for later!)</i>				
NAME/SEASON	TRACK	GRAIN (½ CUP DRY)	LIQUID	COOKING TIME
<b>Salmon Barley</b> Fall/Winter	Track 1	Barley, unpearled, ½ cup	Water, 1½ cups	1 hour 15 minutes
<b>Wild Rice Escarole</b> Fall/Winter	Track 1	Wild rice, ½ cup	Water, ½ cup	50-60 minutes
<b>Arugula Bulgur</b> Fall/Winter	Track 1	Whole wheat bulgur, ½ cup	Water, 1 cup	15 minutes
<b>Black Bean Quinoa</b> Fall/Winter	Track 1	Red quinoa, ½ cup	Water, 1 cup	15 minutes
<b>Basmati Rice and Edamame</b> Fall/Winter	Track 1	Brown basmati rice, ½ cup	Water, ½ cup	35-40 minutes

<b>Salmon Quinoa</b> Fall/Winter	Track 2	Quinoa, ½ cup	Water, 1 cup	15 minutes
<b>Adzuki Millet</b> Fall/Winter	Track 2	Millet, ½ cup	Water, ½ cup	20 minutes
<b>Edamame Black Rice</b> Fall/Winter	Track 2	Black rice, ½ cup	Water, 1 cup	30 minutes

<b>PROTEIN</b>	<b>GREENS + OTHER VEGGIES (3 CUPS)</b>	<b>HERB/SPICE OR DRESSING (1/8 TSP. OR TO TASTE)</b>
Wild salmon, 8 ounces, canned or leftover	Collard greens, Cauliflower, Garlic and onions	Bay leaf
Seeds: pumpkin, sunflower, 1/2 cup	Escarole, Red pepper, Garlic and onions	Basil
Adzuki beans, 1 cup	Arugula, Carrots, Garlic and onions	Garam masala
Black beans, one 15-ounce can	Parsley, Tomato, Garlic and scallions	Cilantro Cumin Dressing
Edamame, 1 cup	Spinach, Shiitake mushrooms, Garlic and onions	Lime Miso Dressing
Wild salmon, 8 ounces, canned or leftover	Kale, Shiitake mushrooms	Curry powder
Adzuki beans, 1 cup + Kombu (kelp), 5-inch strip	Swiss chard, Carrots	Garam masala
Edamame, 1 cup	Bok choy, Celery	Ginger and red-pepper flakes

## SWIFT & SIMPLE NOTES

- **Dressings:** Refer to the “Swift & Simple Dressings Chart,” page 34, for dressing for each of these.
- **Keep it local:** Vary veggies and fruits with season/availability at local markets.
- **Herbs:** Vary herbs and spices according to your taste preferences and tolerance. (If you do not tolerate a particular spice, omit it and substitute one you tolerate; if you prefer rosemary to oregano, use rosemary!)
- **Use medicinal ingredients:** Kombu (kelp) strips, bay leaf, fennel, and epazote (a wild herb) may help decrease gaseous factors in beans, so experiment with these flavorful and medicinal ingredients.

<b>Swift &amp; Simple Dressings</b> <i>These dressings can be used in Track 1 &amp; Track 2.</i>		
<b>DRESSING NAME</b>	<b>LIQUID</b>	<b>OIL</b>
<b>Cilantro Cumin</b>	¼ cup freshly squeezed lime juice, 2 Tbsp. water	½ cup extra-virgin olive oil

<b>Curried Avocado Creme</b>	¼ cup freshly squeezed lime juice, ¼ cup water	1 Tbsp. extra-virgin olive oil
<b>Dilled Lemon Mustard</b>	¼ cup freshly squeezed lemon juice, ¼ cup water	½ cup extra-virgin olive oil
<b>Herbal Essence</b>	¼ cup freshly squeezed lemon juice, ¼ cup water	½ cup extra-virgin olive oil
<b>Lime Miso</b>	2 Tbsp. miso, ¼ cup freshly squeezed lime juice, 2 Tbsp. sesame tahini, ¼ cup water	¼ cup grape seed oil

HERB	SPICE	NOTES
2 Tbsp. fresh cilantro, chopped, or 2 tsp. dried cilantro	1 tsp. grated orange peel, organic ¼ tsp. ground cumin; Sea salt and freshly ground pepper, optional to taste	Whisk all ingredients in a small bowl until well blended.
1 avocado, peeled and chopped	½ tsp. curry powder; Sea salt and freshly ground pepper, optional to taste	Puree in a food processor or blender until smooth.
2 Tbsp. fresh dill, finely chopped, or 2 tsp. dried dill	2 tsp. mustard powder; Sea salt and freshly ground pepper, optional to taste	Whisk until well blended.
2 Tbsp. fresh parsley, finely chopped, or 2 tsp. dried parsley	½ tsp. ground turmeric; Sea salt and freshly ground pepper, optional to taste	Combine in a food processor or blender.
1 Tbsp. fresh ginger, minced, or 1 tsp. dried ginger powder	Freshly ground pepper, optional to taste	Whisk until well blended.

## SWIFT & SIMPLE NOTES

- **Tip:** ¼ cup freshly squeezed lemon or lime juice = approximately 1 lemon or lime
- **Prepare in advance:** Make a batch of these dressings and store in airtight glass jars to use on salads, wraps, entrees, basics bowls, etc.
- **Oil:** You can decrease the oil and substitute Inside Tract Vegetable Broth or water if you are more sensitive to fat-based ingredients.

## Track 1 Meals

### Track 1 Spring/Summer—Breakfast

#### Homemade Nut or Seed Milk

*-Leslie Cerier, author of **Gluten-Free Recipes for the Conscious Cook***

##### TRACKS 1 & 2

Leslie and I teach whole-food, gluten-free workshops at Kripalu Center for Yoga and Health. It's fun to dabble in making your own nut or seed milks. You will have a nondairy beverage that is free of gums and ingredients like carrageenan that might be bothersome to your gut!

**PREP TIME:** 20 MINUTES | **SOAK TIME:** OVERNIGHT | **COOK TIME:** NONE | **MAKES:** 4 CUPS

- 1 cup raw almonds (with skins)
- 4 cups filtered water

Combine the almonds and 1½ cups of water (not from the 4 cups filtered water) and soak for at least 12 hours or overnight. Drain the almonds, discarding their soaking water, then rinse and drain well.

Put the almonds and the filtered water in a blender. Blend until smooth, or until the water looks like milk.

Pour the mixture through a fine-mesh sieve, pressing the almond meal with the back of a spoon to get every last drop of almond milk. (You can also strain the milk using a cheesecloth or a nut milk bag; be sure to squeeze to get every last drop of milk.) Discard the almond meal.

Store in an airtight container in the refrigerator for up to 5 days.

PER CUP OF NUTS OR SEEDS (VOLUME PRIOR TO SOAKING)	WATER (CUPS)
Almonds	4
Brazil nuts	2½
Cashews	3½
Coconut, unsweetened, shredded	2
Hazelnuts	2½
Hempseeds	3
Sesame seeds	6
Sunflower seeds	6

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Note: For a thicker, creamier milk, you can use less liquid. You can also add 100% organic flavor extracts, maple syrup, molasses, or honey for a touch of sweetness.

## **Poached Eggs with Herb Spread**

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### **TRACK 1 SPRING/SUMMER**

Egg yolks are one of the best sources of the essential nutrient choline, important for the neurological system. Partnering them with this green herb spread makes a powerful anti-inflammatory wake-up call.

**PREPTIME:**5 MINUTES | **COOK TIME:**5 MINUTES | **MAKES:**1-2 SERVINGS

2 eggs  
2 slices whole grain toast  
Herb Spread (page 37), to taste

Heat water in a shallow saucepan until almost boiling. Crack the eggs in a small cup, one at a time, and add gently to the water. Turn off the heat, cover, and let sit for 4 minutes. Using a slotted spoon, lift the eggs out of the water. Place on the toast and drizzle with Herb Spread.

## **Herb Spread**

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### **TRACK 1, TRACK 2, & TRACK 3**

**PREP TIME:**5 MINUTES | **COOK TIME:** NONE | **MAKES:** ½ CUP

¼ cup fresh herbs, loosely packed (dill, parsley, basil, tarragon, or cilantro), chopped  
¼ cup extra-virgin olive oil  
2 tablespoons freshly squeezed lemon juice  
½ teaspoon ground turmeric

Place all of the ingredients in a blender or small food processor and process until well blended. If not using immediately, transfer to an airtight container and refrigerate for up to 3 days.

## **Berry Yogurt parfait**

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### **TRACK 1 SPRING/SUMMER**

Seeds are a delicious and nutritious addition to this berry yogurt parfait. Flaxseed, chia seeds, and hempseeds provide essential fatty acids. Pumpkin seeds pack in zinc, and sunflower seeds offer a hefty dose of antioxidant vitamin E.

**PREP TIME:** 5 MINUTES | **COOK TIME:** NONE | **MAKES:** 2 SERVINGS

1 cup fresh or frozen berries (blueberries, blackberries, cherries, raspberries)

1 cup plain yogurt (cow, goat, or sheep milk)

¼ cup chopped nuts (almonds, walnuts, pecans)

2 teaspoons ground seeds (chia, flax, hemp, pumpkin, or sunflower)

Crush the berries slightly with the side of a spoon to release the juices.

In two 8-ounce glasses, layer the ingredients beginning with the berries: ¼ cup berries, ¼ cup yogurt, 1 tablespoon nuts, and ½ teaspoon seeds. Repeat the layers.

## **Morning Muesli**

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### **TRACK 1 SPRING/SUMMER**

The addition of one apple in your Morning Muesli packs your breakfast with dietary fiber, vitamin C, and antioxidants including flavonoids and phenols. Try quinoa flakes along with certified gluten-free oats for a Track 2 Morning Muesli that is gluten-free.

**PREP TIME:** 5 MINUTES | **SOAK TIME:** OVERNIGHT | **COOK TIME:** NONE | **MAKES:** 8 ½ - CUP) SERVINGS

- 2 cups rolled oats
- 3 tablespoons seeds (sunflower or pumpkin)
- 3 tablespoons nuts, chopped (walnuts or pecans)
- 3 tablespoons dried fruit (raisins, currants, blueberries, or cranberries)
- 1 apple, grated or finely chopped
- 3 cups homemade almond or other nut/seed beverage (page 36)

Combine the oats, seeds, nuts, dried fruit, and apple in a large bowl. Heat the almond beverage on low heat until it comes to a gentle boil. Pour over the dry mixture, mixing lightly. Cover and refrigerate overnight. Serve cold or heated, if desired.

## Herb Scramble

—*Caroline Nation, chef and founder of [MyFoodMyHealth.com](http://MyFoodMyHealth.com)*

### TRACK 1 SPRING/SUMMER

This is a high-protein kickoff to the day and can be enjoyed with your favorite herbs. The scramble is also delicious with chives, dill, basil, or cilantro. Blanching the herbs for 1 minute keeps them bright green.

**PREP TIME:**10 MINUTES | **COOK TIME:**5 MINUTES | **MAKES:**2 SERVINGS

- ¼ cup parsley or mixture of fresh herbs, finely chopped and minced
- 4 eggs
- Pinch of sea salt
- Freshly ground black pepper
- 1½ teaspoons extra-virgin olive oil

Bring a medium pot of water to a boil over high heat. Add the parsley or herb mixture and cook for 1 minute, then drain and rinse under cold water.

Whisk the eggs in a medium bowl. Add the parsley, sea salt, and several grinds of pepper and whisk to combine.

Warm the oil in a cast-iron skillet over medium heat. Pour in the eggs and stir gently and constantly, for 2 to 3 minutes, or until the eggs form large curds and are cooked to your preference. Serve immediately.

Bring a medium pot of water to a boil over high heat. Add the parsley or herb mixture and cook for 1 minute, then drain and rinse under cold water.

Whisk the eggs in a medium bowl. Add the parsley, sea salt, and several grinds of pepper and whisk to combine.

Warm the oil in a cast-iron skillet over medium heat. Pour in the eggs and stir gently and constantly, for 2 to 3 minutes, or until the eggs form large curds and are cooked to your preference. Serve immediately.

## **Melon with Minted Yogurt**

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### **TRACK 1 SPRING/SUMMER**

Cantaloupe and honeydew melon are sources of vitamin C, vitamin A, and beta-carotene. The addition of antispasmodic mint leaves creates a GI-calming breakfast loaded with antioxidants and phytonutrients.

**PREP TIME:**5 MINUTES | **COOK TIME:**NONE | **MAKES:**2 SERVINGS

2 cups plain yogurt (cow, goat, or sheep milk)

1/4 cup fresh mint leaves, chopped

2 teaspoons honey

1/2 honeydew or cantaloupe melon, seeded and cut into chunks

Mix the yogurt, mint, and honey. Pour over the melon chunks and enjoy.

## **Layers of Lox**

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### **TRACK 1 SPRING/SUMMER & TRACK 2**

Just a drizzle of the dressing to the omega-3-rich wild salmon adds phytonutrients including phenolic acids from the dill and antioxidants including vitamin C, carotenoids, flavonoids, and phenols from the lemon.

**PREP TIME:**5 MINUTES | **COOK TIME:**NONE | **MAKES:**2 SERVINGS



4 ounces wild caught lox, nitrate free and naturally smoked  
1 small English cucumber, thinly sliced  
1 tomato, thinly sliced  
2 tablespoons Dilled Lemon Mustard Dressing (page 35)

Place the salmon, cucumber, and tomato in stacks and drizzle with the dressing.

## Lemon Cottage Cheese Pancakes

—*Myra Kornfeld, chef at MyFoodMyHealth.com*

### TRACK 1 SPRING/SUMMER

Alkalinizing lemons are digestive aids, and the pectin in the citrus peel enhances the body's natural detoxification process. When choosing a lemon, look for a fresh lemon with a full, bright yellow color.

**PREP TIME:** 10 MINUTES | **COOK TIME:** 12-15 MINUTES |  
**MAKES:** 9-10 PANCAKES

1 cup whole wheat pastry flour  
½ teaspoon baking powder  
¼ teaspoon baking soda  
¼ teaspoon sea salt  
½ cup 2% cottage cheese, small curd  
1 egg  
Grated zest of 1 lemon  
2 tablespoons freshly squeezed lemon juice  
1 tablespoon melted butter  
½ cup water

In a medium bowl, whisk together the flour, baking powder, baking soda, and salt.

In another bowl, whisk together the cottage cheese, egg, lemon zest, lemon juice, butter, and water. Stir into the dry ingredients and mix well.

Preheat a cast-iron griddle and lightly grease with butter or oil. Ladle 1/3 cup of the batter onto the griddle and cook until the top bubbles. Flip and cook until golden and cooked throughout. Continue with the remaining batter.

Serve hot with fresh fruit and/or a drizzle of 100% maple syrup.

## Track 1 Spring/Summer—Lunch

### Black and Red Salad

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#### TRACK 1 SPRING/SUMMER & TRACK 2 (OMIT SHALLOTS)

Quinoa is a quintessential gluten-free grain source of dietary fiber, manganese, magnesium, and lignans and offers a protein and calcium boost.

**PREP TIME:**15 MINUTES | **COOK TIME:**25 MINUTES | **MAKES:**6 (½ -CUP) SERVINGS

- ½ cup red quinoa
- 1 15-ounce can black beans, drained and rinsed
- 2 plum tomatoes, diced
- ½ small bunch parsley, coarsely chopped
- ¼ cup kalamata olives, diced
- 2 scallions, white and green parts, thinly sliced
- 2 cloves garlic, finely chopped
- 1 medium cucumber, peeled, seeded, and diced
- ¼ cup Cilantro Cumin Dressing (page 34)

Rinse the quinoa well in cool water and drain in a fine-mesh strainer. Place the quinoa in a small pot with 2 cups water. Bring to a boil, stir to combine, turn down the heat, and cover with a tight-fitting lid. Simmer for 15 minutes, or until the water is absorbed and the quinoa is cooked. Do not disturb the steam holes that form as the quinoa cooks. Remove from the heat and let sit an additional 10 minutes. Transfer the quinoa to a large bowl and toss gently. Cover and chill in the refrigerator while preparing the remaining ingredients.

Combine the beans, tomatoes, parsley, olives, scallions, garlic, and cucumber with the dressing. Add to the quinoa and mix thoroughly. Serve.

## Track 1 Spring/Summer—Dinner

### Turkey Herb Burger

**TRACK 1 SPRING/SUMMER, TRACK 2, & TRACK 3 (SPICES AS TOLERATED)**

In these burgers, lean turkey is mixed with herbs that offer healing properties, including chives that stimulate digestion. For a quick meal, the burgers can be frozen and reheated, or try one at breakfast for a morning protein lift along with a splash of one of the dressings or salsa.

**PREP TIME:**10 MINUTES | **COOK TIME:**12 MINUTES | **MAKES:**4 SERVINGS

- 1 pound ground turkey, 93% lean
- ¼ cup fresh basil, finely chopped
- ¼ cup fresh mint, finely chopped
- ¼ cup fresh chives, finely chopped
- 1 teaspoon dried sage
- Sea salt
- Freshly ground black pepper

In a large bowl, combine the turkey, basil, mint, chives, and sage. Add salt and pepper to taste. Mix gently and form into 4 patties. Heat a cast-iron skillet or grill pan brushed with oil. Brown the burgers for 6 minutes on each side, or until cooked through.

### Gerardo's Gazpacho

**TRACK 1 SPRING/SUMMER**

The apple cider vinegar and mint in this recipe perk up the flavor and stimulate digestion. And gazpacho consumption may cool down inflammation.

**PREP TIME:**30 MINUTES | **CHILL TIME:**2 HOURS | **COOK TIME:**NONE | **MAKES:**8 (1 CUP) SERVINGS

- 1½ pounds tomatoes (5 medium), chopped
- 1 medium English cucumber, seeded and diced
- ¼ cup diced red onion
- 1 yellow bell pepper, diced
- 1 tablespoon freshly squeezed lime juice
- 3 cups low-sodium vegetable or tomato juice
- ¼ cup apple cider vinegar
- 2 tablespoons fresh mint, finely chopped
- 2 tablespoons fresh parsley, finely chopped

Combine the tomatoes, cucumber, onion, and pepper in a large bowl. Add the lime juice, vegetable or tomato juice, vinegar, mint, and parsley. Mix well and chill at least 2 hours before serving. The longer gazpacho sits, the more the flavors develop.

## Cabbage Salad

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### TRACK 1 SPRING/SUMMER

Red and green cabbage partner with other antioxidant- and polyphenol-rich ingredients in this raw salad with a caraway crunch for digestive harmony.

**PREP TIME:** 15 MINUTES | **COOK TIME:** NONE | **MAKES:** 6 (½ -CUP) SERVINGS

- 1 cup shredded Chinese (Napa) or green cabbage
- 1 cup shredded red cabbage
- 2 large carrots, shredded
- 1/3 cup scallion greens, thinly sliced
- 1 green apple, chopped
- 1 tablespoon caraway seeds
- ¼ cup Lime Miso Dressing (page 35)

In a large bowl, combine the cabbages, carrots, scallions, apple, and caraway seeds. Pour the dressing over the slaw and toss well.

## Dilled Lemon Mustard Chicken Breasts

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### TRACK 1 SPRING/SUMMER & TRACK 2

Dill and lemon combine to offer a fresh and digestive-soothing marinade for a quick summer dinner.

**PREP TIME:** 1 HOUR TO MARINATE | **COOK TIME:** 10 MINUTES | **MAKES:** 4 SERVINGS

2/3 cup Dilled Lemon Mustard Dressing (page 35)  
4 chicken breasts, boneless and skinless

Marinate the chicken breasts in the dressing. Cover and refrigerate for 1 hour.

Preheat an outdoor grill or grill pan. Grill the chicken for 4 to 5 minutes per side, depending on the thickness, or until the chicken is cooked through and the juices run clear.

## Summer Squash

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### TRACK 1 SPRING/SUMMER & TRACK 2

Both zucchini and yellow summer squash offer manganese, vitamin C, the antioxidant lutein, and dietary fiber to your day. Try finding fresh, local sources of these vegetables.

**PREP TIME:** 5 MINUTES | **COOK TIME:** 6 MINUTES | **MAKES:** 2 SERVINGS

2 zucchini  
1 yellow summer squash  
1/3 cup Dilled Lemon Mustard Dressing (page 35)

Cut the zucchini and squash lengthwise to 1/4 " thickness. Drizzle with the dressing. Grill for 3 minutes per side.

## Macadamia Nut-Crusted Cod

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## TRACK 1 SPRING/SUMMER & TRACK 2

Macadamia nuts contain antioxidants, vitamin E, and oleic acid. Although very high in fat, when eaten in moderation they promote heart health, protect cell membranes from free radical damage, and stimulate the liver.

**PREP TIME:**15 MINUTES | **COOK TIME:**20 MINUTES | **MAKES:**4 SERVINGS

- 1/3 cup macadamia nuts
- 2 teaspoons shredded coconut, unsweetened
- 1 tablespoon parsley, minced
- 1 tablespoon freshly squeezed lime juice
- 1 teaspoon Chinese five-spice seasoning powder
- 1 pound wild cod, cut into 4-ounce portions

Preheat the oven to 350°F. Brush an ovenproof dish with a small amount of olive oil. Place the macadamia nuts in a food processor and grind until coarse. Add the coconut, parsley, lime juice, and spice blend. Pulse until blended. Brush the cod with a small amount of olive oil using a pastry brush. Press the nut mixture onto the top surface of the cod to adhere. Transfer to the prepared dish. Bake for 20 minutes, or until the fish flakes.

## Pineapple Black Rice

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### TRACK 1 SPRING/SUMMER & TRACK 2

Bromelain in the pineapple stimulates digestion and provides a beautiful color combination with the high-antioxidant, high-flavor black rice.

**PREP TIME:**3 MINUTES | **COOK TIME:**30 MINUTES | **MAKES:**4 SERVINGS

- 1 cup black rice
- 1 3/4 cups water
- 1 cup diced fresh pineapple

Combine the rice and water and bring to a boil. Cover and reduce the heat to a simmer for 30 minutes. Remove from the heat and fluff with a fork. Add the pineapple and serve.

## **Broccoli Rabe and White Beans on Whole Grain Pasta**

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### **TRACK 1 SPRING/SUMMER**

Broccoli rabe contains vitamin K, vitamin C, vitamin A, and dietary fiber, and is rich in antioxidants. This bitter brassica promotes heart health, intestinal health, and improves natural detoxification.

**PREP TIME:**10 MINUTES | **COOK TIME:**10 MINUTES | **MAKES:**4 SERVINGS

- 1 pound whole grain pasta
- 1 pound broccoli rabe, cleaned and chopped
- 2 tablespoons olive oil
- 2 cloves garlic, thinly sliced 1 medium shallot, thinly sliced
- 1 can (15 ounces) white beans, drained
- 1/8 teaspoon red-pepper flakes

Cook the pasta according to package directions. While the pasta is cooking, steam the broccoli rabe for 2 to 3 minutes, or until tender. Plunge the broccoli rabe into an ice water bath to stop the cooking and retain the bright green color. Drain after a few minutes.

Add the oil, garlic, and shallot to a medium pan and cook over medium heat until golden brown. Add the beans, broccoli rabe, and pepper flakes. Toss gently to mix. Remove from the heat and pour over the cooked pasta.

## **Greek Salad**

### **TRACK 1 SPRING/SUMMER & TRACK 2 (OMIT FETA CHEESE)**

Basil and oregano team up to infuse flavor and medicinal benefits to this traditional Greek salad, also rich in lycopenes from the tomatoes.

**PREP TIME:**10 MINUTES | **COOK TIME:**NONE | **MAKES:**2 SERVINGS

- 2 medium cucumbers, diced
- 3 ripe tomatoes, diced
- ¼ cup basil, thinly sliced
- ¼ cup oregano, finely chopped
- 2 tablespoons halved kalamata olives
- 2 tablespoons feta cheese
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon red wine vinegar
- Freshly ground black pepper

Add the cucumbers, tomatoes, basil, oregano, olives, and feta to a salad bowl. Mix together the oil and vinegar, then toss with the salad. Add pepper to taste.

## Grilled Wild Salmon

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Ginger and citrus impart flavor to, and enhance the anti-inflammatory index of, this quick and easy wild salmon. You can also enjoy any extra for your breakfast the next morning.

### TRACK 1 SPRING/SUMMER & TRACK 2

**PREP TIME:**30 MINUTES TO MARINATE | **COOK TIME:**8-10 MINUTES | **MAKES:**4 SERVINGS

- ¼ cup fresh orange juice
- ¼ cup tamari, gluten-free
- 1 tablespoon organic Dijon mustard
- 3 teaspoons fresh ginger, peeled and grated, or 1 teaspoon dried
- 4 (6-ounce) wild salmon fillets

Whisk together the orange juice, tamari, Dijon mustard, and ginger. Set aside one-third of the marinade. Add the remaining marinade to the salmon, cover, and refrigerator for at least 30 minutes.

Prepare an outdoor grill or grill pan. Grill the salmon fillets for 4 to 5 minutes per side, depending on the thickness, or until the fish is cooked through and flaky. Drizzle the remaining marinade over the cooked salmon to serve.



## Green Beans with Slivered Almonds

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### TRACK 1 SPRING/SUMMER & TRACK 2

Green beans up your intake of beta-carotene, vitamin C, and dietary fiber. The crunchy almonds add healthy monounsaturated fats.

**PREP TIME:** 8 MINUTES | **COOK TIME:** 5-8 MINUTES | **MAKES:** 4 SERVINGS

- 1 pound green beans
- ¼ cup slivered almonds

Fill the bottom of a steamer pot with 2" of water. Steam the green beans for 5 minutes, or until al dente. Sprinkle with the almonds.

## Lamb or Beef Vegetable Kebabs

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### TRACK 1 SPRING/SUMMER

These delicious oregano-scented kebabs can easily be made with 1 pound of extra-firm tofu or tempeh for a vegetarian twist.

**PREP TIME:** 10 MINUTES + 1 HOUR TO MARINATE | **COOK TIME:** 15 MINUTES | **MAKES:** 4 SERVINGS

- ½ cup freshly squeezed lemon juice
- 2 tablespoons dried oregano
- ¼ cup extra-virgin olive oil
- 1 pound lean lamb or beef, trimmed of fat and cut into 1" cubes
- 16 cherry tomatoes
- 1 large green bell pepper, cut into 1" pieces
- 1 large red bell pepper, cut into 1" pieces
- 1 large onion, cut into 1" pieces

In a small bowl, combine the lemon juice, oregano, and oil. Set aside ¼ cup, cover, and refrigerate. Pour the remaining marinade over the lamb or beef cubes and marinate for at least 1 hour, or overnight. Preheat a grill. Drain the marinade. Using metal or soaked wooden skewers, alternately thread the meat cubes and the vegetables. Grill the kebabs, uncovered, over medium heat for 3 minutes per side.

Baste with the reserved marinade. Grill for 8 to 10 minutes longer, or until the meat is done, turning and basting frequently.

Serve with Minted Brown Rice (below) and steamed dandelion greens.

## Minted Brown Rice

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### TRACK 1 SPRING/SUMMER & TRACK 2

Fresh mint enhances the cooling and calming properties of this gluten-free pantry staple.

**PREP TIME:** 5 MINUTES | **COOK TIME:** 30 MINUTES | **MAKES:** 6 SERVINGS

- 2 cups basmati brown rice
- 4 cups water
- ¼ cup fresh mint, chopped

Rinse the rice in a mesh colander. Place the rice in a medium saucepan. Add the water and cook, covered, over medium heat for 25 to 30 minutes, or until the rice is cooked. Add the mint and toss gently.

## Cilantro Cumin Tilapia

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### TRACK 1 SPRING/SUMMER & TRACK 2

Cilantro, featured in the dressing, is a cooling and detoxifying herb. When purchasing these leaves of the coriander plant, choose a bunch that looks very fresh and has a pleasant aroma.

**PREP TIME:** 5 MINUTES + 1 HOUR TO MARINATE | **COOK TIME:** 15 MINUTES | **MAKES:** 4 SERVINGS

- 4 (6-ounce) tilapia fillets
- ¾ cup Cilantro Cumin Dressing (page 34)

Preheat the oven at 350°F. Place the fish in a baking dish and pour two-thirds of the dressing over the fish. Cover and refrigerate for 1

hour.

Bake for 12 to 15 minutes, or until flaky and moist on the inside. Remove the fish from the baking dish, discard the liquid, and use the remaining one-third of the dressing as a drizzle over each serving.

## Track 1 Fall/Winter—Breakfast

### Southwestern Egg Wrap

#### TRACK 1 FALL/WINTER

Going green in the morning ensures your day will begin with vitamins, minerals, and phytonutrients to provide your body with antioxidant protection and promote health.

**PREP TIME:**10 MINUTES | **COOK TIME:**10 MINUTES | **MAKES:**2 SERVINGS

4 eggs

2 sprouted corn tortillas

¼ cup prepared salsa

¼ cup greens of your choice (spinach, watercress, arugula, parsley)

Place the eggs in a saucepan and cover with cold water. Bring to a boil, turn off the heat, and let sit for 10 minutes. Rinse the eggs in cold water, then peel and slice. Lay the tortillas flat and layer with the sliced eggs, salsa, and greens. Roll to enclose.

### Sunrise Patty

#### TRACK 1 FALL/WINTER

Sweet potato and oats are combined with the zip of curry, sweet red bell peppers, and parsley to stimulate digestion and healing. These patties can be made ahead and frozen for later use.

**PREP TIME:** 15 MINUTES | **FREEZE TIME:** 15 MINUTES | **COOK TIME:** 10 MINUTES + TIME TO BAKE SWEET POTATO (50-60 MINUTES) | **MAKES:** 4 SERVINGS

- 1 large sweet potato, baked
- 2/3 cup rolled oats
- 1 egg
- 2 tablespoons fresh parsley, finely chopped
- 2 tablespoons red bell pepper, finely chopped
- 1 teaspoon curry powder
- ¼ cup sunflower seeds
- 2 teaspoons olive oil

Peel the baked sweet potato and mash with a fork until small chunks remain. Add the oats, egg, parsley, pepper, and curry and combine. Stir in the seeds. Shape the dough into 4 patties and place in the freezer for 15 minutes. Add the oil to a large skillet and heat over medium heat. Cook each patty for 2 to 3 minutes on each side, or until cooked through.

## **Banana Sunflower Seed Log**

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### **TRACK 1 FALL/WINTER**

Sunflower seed butter is a tasty, nutrient-dense addition to the fruit log that provides protein, B vitamins, vitamin E, and a load of magnificent minerals including magnesium, calcium, potassium, and selenium.

**PREP TIME:** 3 MINUTES | **COOK TIME:** NONE | **MAKES:** 2 SERVINGS

- 2 small bananas
- 2 tablespoons natural sunflower seed butter
- 1 tablespoon coconut flakes

Peel and slice the bananas lengthwise. Spread with the butter and sprinkle with the coconut.

## **Track 1 Desserts/Treats**

### **Homemade Coconut Milk**

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## TRACK 1

Make your own coconut milk without gums or carrageenan. Place in an airtight jar and store in the refrigerator for up to 5 days.

**PREP TIME:** 1 MINUTE | **COOK TIME:** NONE | **MAKES:** 1 CUP

1 tablespoon creamed coconut (I used Let's Do Organic Creamed Coconut)

1 cup hot water

Add the creamed coconut and water to a blender and process until smooth.

## Berry Delicious Slush

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### TRACK 1

This berry slush infused with mint or lavender leaves is a nutritious, sweet, and soothing warm-weather treat for any time of the day.

**PREP TIME:** 5 MINUTES | **COOK TIME:** NONE | **MAKES:** 4 SERVINGS

1 cup Homemade Coconut Milk

1 cup fresh or frozen berries (raspberries, strawberries, or blueberries)

2 frozen bananas

2 tablespoons 100% frozen juice concentrate

2 teaspoons dried mint or lavender leaves

Place all the ingredients in a blender and process until smooth. Serve immediately or freeze for later enjoyment.

## Fruit Crisp

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### TRACK 1

You can use gluten-free oats in this recipe for a delicious crisp that is a traditional fall/winter favorite. It makes a yummy breakfast, too!

**PREP TIME:** 15 MINUTES | **COOK TIME:** 45 MINUTES | **MAKES:** 12 SERVINGS

- 7 apples, unpeeled, cored, and sliced
- 4 teaspoons freshly squeezed lemon juice
- 2½ teaspoons pumpkin pie spice
- ¾ cup maple syrup
- 1½ cups rolled oats
- 6 tablespoons brown rice flour
- 6 tablespoons organic butter, softened

Preheat oven to 375°F. Place the apples in a 9" x 13" x 2" glass baking dish. Sprinkle the lemon juice and 1 teaspoon of the pumpkin pie spice over the apples. In a medium bowl, add the maple syrup, oats, flour, butter, and the remaining 14 teaspoons pumpkin pie spice. Stir until well blended. Spoon the mixture evenly over the apples. Bake for 45 minutes. Serve warm or cold.

## Lemon Ginger Cookie

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### TRACKS 1 & 2

Make a batch of these lemon ginger gems that use delicious almond meal instead of flour as a base.

**PREP TIME:** 5 MINUTES | **COOK TIME:** 8-10 MINUTES | **MAKES:** 2 DOZEN

- 2½ cups almond meal/flour
- 1 teaspoon baking soda
- 2 tablespoons ground ginger
- ¼ cup grape seed oil
- ½ cup maple syrup
- 1 tablespoon lemon zest

Preheat the oven to 350°F. In a large bowl, combine the almond meal, baking soda, and ginger. In a medium bowl, combine the oil, syrup, and zest. Add to the dry ingredients and mix until well blended. Scoop 1 tablespoon of the dough onto a parchment-lined baking sheet. Bake for 8 to 10 minutes, or until the tops start to crack.

# Swift Energy Bar

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## TRACK 1

Commercial energy bars abound, but it's far more fun and economical to create your own. You can vary the types of nuts, seeds, and dried fruit to include your favorites, so don't be afraid to make some substitutions.

**PREP TIME:** 10 MINUTES | **CHILL TIME:** 30 MINUTES | **COOK TIME:** 3 MINUTES | **MAKES:** 16 BARS

- 1 cup Crunchy Flax cereal
- ¼ cup chia seeds, ground
- ½ cup pumpkin seeds
- ½ cup sunflower seeds
- ½ cup chopped pecans
- ½ cup slivered or chopped almonds
- ½ cup dried fruit (no added sugar)
- ½ cup water
- 1 cup cashew nut butter
- ½ cup maple syrup

In a large bowl, combine the cereal, seeds, nuts, and dried fruit. Set aside. In a 3-quart saucepan, combine ¼ cup of the water, the nut butter, and maple syrup. Cook over medium heat, stirring constantly, until well blended. Add the remaining ¼ cup water and keep stirring to maintain consistency, as the mixture has a tendency to thicken quickly. Remove from the heat and immediately stir in the dry ingredients until mixed. Press the dough into an 8" x 8" baking dish. Store in the refrigerator for at least 30 minutes. Cut into 16 bars.

# Chocolate Cherry Chews

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## TRACK 1

The combination of prunes, cocoa powder, and tart cherry juice packs some antioxidant, anti-inflammatory potential in these sweet gems that are also stimulating to the bowel.

**PREP TIME:** 5 MINUTES | **CHILL TIME:** 30 MINUTES | **COOK TIME:** NONE | **MAKES:** 12 CHEWS

- ¼ cup tart cherry juice
- 1 tablespoon cocoa powder
- ½ cup prunes, pitted
- ½ cup dates, pitted
- ½ cup almond meal
- 1 teaspoon orange zest

In a small saucepan over medium heat, add the cherry juice. Stir in the cocoa powder and whisk until smooth.

Place the prunes and dates in a food processor and pulse for 30 seconds, or until a thick puree consistency. Add the almond meal, zest, and cocoa cherry juice to the puree and pulse to combine. Transfer the mixture to a bowl and place in the freezer for 30 minutes. Remove from the freezer, and roll into twelve 1" balls. Coat with additional almond meal, if desired.

## Track 1 Fall/Winter—Lunch

### Luscious Lentil Soup

#### TRACK 1 FALL/WINTER & TRACK 2

Lentils offer folate, iron, zinc, and selenium and pack in a hefty dose of dietary fiber. They're complemented by quinoa, vegetables, and the aromatic and anti-inflammatory spice, garam masala.

**PREP TIME:** 15 MINUTES | **COOK TIME:** 40 MINUTES | **MAKES:** 8 (12-OUNCE) SERVINGS

- 8 cups Inside Tract Vegetable Broth (page 69), or commercial low-sodium, gluten-free vegetable broth
- 3 large carrots, washed and sliced
- 2 ribs celery, diced
- ¼ fennel bulb, chopped
- 3 cloves garlic, minced
- 2 teaspoons garam masala



1½ cups red lentils, rinsed  
1/3 cup quinoa  
2 tablespoons tomato paste  
1 bay leaf

Add all the ingredients to a 6- to 8-quart pot and bring to a boil. Cook for 5 minutes, stirring occasionally. Reduce the heat to low, cover, and cook over low heat for 30 minutes, or until the lentils and quinoa are tender. Discard the bay leaf and serve.

## **Soothing Chicken Soup**

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### **TRACK 1 FALL/WINTER & TRACK 2**

The bay leaves in this soothing soup add not only flavor but also medicinal properties from anti-inflammatory and antioxidant compounds. The dried leaves have traditionally been used to relax digestive organs.

**PREP TIME:** 20 MINUTES | **CHILL TIME:** OVERNIGHT | **COOK TIME:** 2½ -3 HOURS | **MAKES:** 12 (12-OUNCE) SERVINGS

1 (3-4-pound whole chicken, cleaned, with giblets and liver removed  
4 quarts cold water  
3 ribs celery with leaves, chopped  
3 large carrots, sliced  
½ fennel bulb, chopped  
1 medium sweet potato, peeled and diced  
3 cups escarole, chopped  
2 bay leaves  
2 teaspoons turmeric  
¼ cup fresh parsley, chopped, or 1 tablespoon dried  
¼ cup fresh dill, chopped, or 1 tablespoon dried  
¼ cup fresh tarragon, chopped, or 1 tablespoon dried  
Sea salt  
Freshly ground black pepper

Place the chicken into a large pot and cover with the water. Bring to a gentle boil and skim off any scum that rises to the top. Turn down the heat and add the vegetables, bay leaves, and herbs. Season to taste with salt and pepper. Simmer on low for at least 2 hours, or until the chicken is tender. When simmering, the surface of the liquid should tremble slightly.

Remove the chicken from the broth, debone it, and return it to the pot. Continue to simmer for at least 30 minutes longer. Chill the soup overnight. Remove the solidified fat layer with a spoon and discard. Remove the bay leaves. To serve, reheat the soup and enjoy.

## **Track 1 Fall/Winter—Dinner**

### **Mediterranean Turkey Meatballs with Whole Grain Pasta and Marinara Sauce**

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#### **TRACK 1 FALL/WINTER & TRACK 2 (WITH GLUTEN-FREE PASTA)**

Warming oregano has traditionally been used to treat gastrointestinal disorders. The relative of basil has antimicrobial and antibacterial properties, while the flaxseed gel makes for a naturally delicious egg substitute.

**PREP TIME:** 15 MINUTES | **COOK TIME:** 35 MINUTES | **MAKES:** 6 SERVINGS

- 1 tablespoon flaxseed, ground
- ¼ cup water
- 1 pound ground turkey, 94% lean
- ¼ cup fresh basil, chopped, or 1 tablespoon dried
- 3 teaspoons fresh oregano, finely chopped, or 1 teaspoon dried
- 1 teaspoon crushed rosemary
- Pinch of sea salt
- 1 pound whole grain pasta
- 1½–2 cups prepared marinara sauce

Preheat the oven to 350°F. In a large bowl, mix the flaxseed with water and whisk until slightly thickened into a gel. Add the

turkey, herbs, and salt. Gently combine and form into 1" meatballs. Place on a lightly oiled baking sheet. Bake for 35 minutes, or until no longer pink.

Meanwhile, cook the pasta according to the package directions. Serve the meatballs over the pasta and top with the marinara sauce.

## **Sage Roasted Chicken and Root Vegetables**

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### **TRACK 1 FALL/WINTER & TRACK 2**

The extremely nutritious sweet potato combines with other root vegetables and is a delightful complement to this sage-and-lemon-scented roasted chicken.

**PREP TIME:** 20 MINUTES | **COOK TIME:** 2½ –3 HOURS | **MAKES:** 8 SERVINGS

- 2 lemons, thinly sliced
- 6 fresh sage leaves
- 1 (6-pound) chicken
- 4 teaspoons olive oil
- 1 teaspoon freshly ground black pepper
- 1½ cups 1" chunks parsnips, washed and trimmed
- 1½ cups 1" chunks carrots, washed and trimmed
- 1 cup 1" chunks turnips, washed and trimmed
- 2 medium sweet potatoes, washed, trimmed, and cut into 1" chunks

Preheat the oven to 325°F. Place 6 lemon slices and the sage leaves under the skin of the chicken. Put the remaining lemon slices in the cavity. Tie the legs together with twine and tuck the wings under. Brush 2 teaspoons of the oil over the chicken and sprinkle with the pepper. Place the chicken in a roasting pan. Roast in the lower third of the oven for 1½ to 2 hours.

Toss the parsnips, carrots, turnips, and potatoes with the remaining 2 teaspoons oil. Brush a baking sheet with olive oil and place the vegetables in a single layer. Roast with the chicken, stirring occasionally, for 45 minutes, or until the vegetables are tender and the internal temperature of the chicken reaches 180°F on a meat thermometer.

Remove the chicken and vegetables from the oven. Carefully remove the skin from the chicken. Discard the lemons from the cavity. Slice the chicken and serve with the vegetables.

## **Vegetarian Black Bean Chili**

### **TRACK 1 FALL/WINTER**

The many spices in this black bean chili, infused with cocoa and cinnamon, combine to create warmth and offer digestion-stimulating properties.

**PREP TIME:**15 MINUTES | **COOK TIME:**30 MINUTES | **MAKES:**4 SERVINGS

- 2 tablespoons olive oil
- ½ onion, chopped
- 1 2/3 cups coarsely chopped red bell peppers (about 2 medium)
- 2–3 cloves garlic, chopped
- 2 tablespoons chili powder
- 2 teaspoons cinnamon
- 2 teaspoons unsweetened cocoa powder
- 1½ teaspoons ground cumin
- ½ teaspoon cayenne pepper
- 2 cans (15 ounces each) black beans, drained
- 1 can (16 ounces) tomato sauce
- 1 medium avocado, chopped
- 1 cup cilantro, chopped

Heat the oil in a large pot over medium-high heat. Add the onion, bell peppers, and garlic and cook for 10 minutes, or until the vegetables soften. Mix in the chili powder, cinnamon, cocoa powder, cumin, and cayenne. Stir and cook for 2 minutes. Mix in the beans and tomato sauce. Bring the chili to a boil, stirring occasionally. Reduce the heat to medium-low and simmer, stirring occasionally, for 15 minutes, or until the flavors blend and the chili thickens.

Ladle the chili into bowls. Top with chopped cilantro and avocado.

# Citrus Salmon

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## TRACK 1 FALL/WINTER

The trio of citrus juices and the herbs marinating this heart-healthy wild salmon provide a healing tonic for the digestive system.

**PREP TIME: 10 MINUTES + 1 HOUR TO MARINATE | COOK TIME: 30 MINUTES | MAKES: 4 SERVINGS**

- ¼ cup orange juice
- ¼ cup freshly squeezed lemon juice
- ¼ cup freshly squeezed lime juice
- 1 tablespoon fresh ginger, peeled and chopped
- 1 tablespoon fresh mint, chopped
- 1 tablespoon fresh basil, chopped
- 4 (6-ounce) wild salmon fillets, center-cut pieces

In a food processor or blender, combine the juices, ginger, mint, and basil. Puree until smooth. Set aside ¼ cup of the marinade. Arrange the salmon in a shallow baking dish and pour the remaining marinade on top. Cover and chill in the refrigerator for 1 hour.

Preheat the oven to 350°F. Discard the marinade from the baking dish and bake the salmon for 25 to 30 minutes, or until cooked through. Pour the reserved marinade over the salmon and serve.

# Lamb or Beef Vegetable Winter Stew

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**TRACK 1 FALL/WINTER & TRACK 2 (OMIT RED WINE AND INCREASE VEGETABLE BROTH TO 2 CUPS)**

Soothing fennel improves circulation and accelerates the digestion of fatty foods. It contains antimicrobial oils, similar to antibacterial garlic, which is known for its detoxifying effects and digestive healing attributes.

**PREP TIME: 20 MINUTES | COOK TIME: 2 HOURS | MAKES: 4 SERVINGS**

- 1½ pounds boneless lean lamb or beef stew meat, cut into 1" cubes

½ teaspoon freshly ground black pepper  
1 tablespoon olive oil  
1 cup 1" chunks onions  
1 cup 1" chunks fennel  
1 cup 1" chunks carrots  
1 medium sweet potato, cut into 1" chunks  
2 cloves garlic, chopped  
1 tablespoon curry powder  
1 cup red wine  
1 cup vegetable broth  
1 can (14½ ounces) diced tomatoes

Season the meat with pepper. In a Dutch oven, heat the oil over medium heat and brown the meat on all sides. Transfer to a dish and set aside. Add the onions, fennel, carrots, potato, garlic and curry powder to the Dutch oven. Cook for 10 minutes. Add the wine, broth, and tomatoes with juice. Bring to a boil, then lower the heat to a simmer. Stir in the meat and simmer for 1½ hours, stirring occasionally.

## **Herbed White Fish**

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### **TRACK 1 FALL/WINTER, TRACK 2, & TRACK 3**

Parsley, lemon, and warming spices impart rich flavor and added nutrition to the protein-and-mineral-packed white fish.

**PREP TIME:** 15 MINUTES | **COOK TIME:** 20 MINUTES | **MAKES:** 4 SERVINGS

¼ cup Inside Tract Vegetable Broth (page 69), or commercial low-sodium, gluten-free vegetable broth  
2 tablespoons freshly squeezed lemon juice  
2 tablespoons fresh parsley, chopped  
1 teaspoon organic seafood seasoning (optional Track 3)  
Sea salt  
Freshly ground black pepper  
4 (6-ounce) white fish fillets (wild cod or sole)

Preheat the oven to 350°F. Add the broth, lemon juice, parsley, and seafood seasoning in a small mixing bowl and blend. Add salt and pepper to taste. Place the fish in a baking dish and pour the mixture over the fish. Cover and bake for 18 to 20 minutes, or until the fish flakes. Serve, pouring the seasoning mixture over the fish.

## Thai Shrimp and Vegetable Sauté

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### TRACK 1 FALL/WINTER

Broccoli, queen of the brassicas, adds protective phytonutrients that aid in liver detoxification. But be sure to cook until just al dente, as overcooking depletes these valuable compounds.

**PREP TIME:** 20 MINUTES | **COOK TIME:** 40 MINUTES | **MAKES:** 4 SERVINGS

- 1 cup brown rice
- 1 pound large shrimp, peeled and deveined
- 2 tablespoons freshly squeezed lime juice
- Sea salt
- Freshly ground black pepper
- 2 tablespoons coconut oil
- 1 bunch broccoli, florets and stems cut into ½ " pieces
- 1 medium yellow bell pepper, seeded and cut into 1" pieces
- 2 cups cherry tomatoes, halved
- 1 cup shiitake mushrooms, sliced
- 1 teaspoon red-pepper flakes
- ½ cup Lime Miso Dressing (page 35)

Cook the rice according to package directions.

Meanwhile, rub the shrimp with the lime juice, salt, and black pepper. Heat 1 tablespoon of the oil over medium heat in a stainless steel skillet. Add the broccoli, bell pepper, tomatoes, and mushrooms and cook until just al dente. Remove the vegetables. Add the remaining 1 tablespoon oil to the skillet and add the shrimp. Cook for 2 to 3 minutes, turn the shrimp over, and cook until pink. Return the vegetables to the skillet and toss in the pepper flakes and dressing until blended. Serve with the rice.

## Track 2 Meals

### Track 2 Spring/Summer—Breakfast

#### Scrambled Tofu with Spinach and Olive Tapenade

—*Myra Kornfeld, chef at MyFoodMyHealth.com*

##### TRACK 1 & TRACK 2 SPRING/SUMMER

Cooling tofu contains protein, omega-3 fatty acids, and isoflavones, and is enlivened with the anti-inflammatory spice turmeric and olive tapenade.

**PREP TIME:** 10 MINUTES | **COOK TIME:** 15 MINUTES | **MAKES:** 4 SERVINGS

- 1 pound fresh spinach
- 2 tablespoons extra-virgin olive oil
- 1 red bell pepper, diced
- 1 can (14½ ounces) diced tomatoes
- 2 scallions, cut into 1" pieces
- 1 pound soft or firm tofu, rinsed, patted dry, and loosely crumbled
- ¼ teaspoon turmeric
- Sea salt
- Freshly ground black pepper
- 2 tablespoons prepared olive tapenade

Remove the stems from the spinach and wash thoroughly. Wilt the spinach in a medium skillet over medium heat, stirring frequently or tossing with tongs to push the uncooked leaves to the bottom of the pot. You don't have to add water to the pot, because the water clinging to the leaves from washing is enough to cook them. Cook until the leaves have wilted and shrunk and are bright green. Remove the spinach to a strainer and press to squeeze out the extra water. Chop roughly.

Wipe out the skillet, add the oil, and heat over medium heat. Add the bell pepper and cook for 5 minutes, or until softened. Add the tomatoes and scallions and cook for 3 or 4 minutes, or until the tomatoes have reduced and thickened a bit. Add the tofu and turmeric



and a sprinkling of salt and pepper. Cook for 5 minutes to let the tofu absorb the juices. Break up any chunks with a wooden spoon. Stir in the olive tapenade, then stir in the spinach to heat through. Serve immediately.

## Track 2 Spring/Summer—Dinner

### Parslied Red Potatoes

TRACK 1, TRACK 2 SPRING/SUMMER, & TRACK 3

Parsley, an antioxidant-rich member of the carrot family, contains carotenoids, vitamin K, vitamin C, and iron to stimulate the bowel and reduce inflammation.

**PREP TIME:** 10 MINUTES | **COOK TIME:** 10 MINUTES | **MAKES:** 4 SERVINGS

- 1¼ pounds red potatoes, cut into quarters
- 1½ tablespoons fresh parsley, minced
- 1 teaspoon lemon zest
- 1 teaspoon olive oil

Place the potatoes in a large saucepan and cover with water. Bring to a boil, reduce the heat, and cook for 7 to 10 minutes, or until tender. Drain.

While the potatoes are cooking, mix together the parsley, lemon zest, and oil. Drizzle over the warm potatoes.

Serve with spinach salad.

***Sardine Arugula Salad:*** See Track 2 Swift & Simple Salads chart (page 33), and as a side salad, omit the protein.

***Sunflower Mesclun Salad:*** See Track 2 Swift & Simple Salads chart (page 33), and as a side salad, omit the protein.

## Track 2 Fall/Winter—Breakfast.

# Autumn Spiced Soy Yogurt Parfait

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## TRACK 1 & TRACK 2 FALL/WINTER

Spice up your morning with this grab 'n' go high-protein, flavorful breakfast.

**PREP TIME:** 5 MINUTES | **COOK TIME:** NONE | **MAKES:** 2 SERVINGS

- 1 teaspoon organic pumpkin pie spice
- 1 cup plain yogurt (soy)
- ½ cup gluten-free muesli or granola
- 1 cup frozen mixed berries

Add the pumpkin pie spice to the yogurt and stir until blended. In two 8-ounce glasses, layer the ingredients beginning with the granola: 1 tablespoon granola, ¼ cup yogurt, and ¼ cup berries. Repeat the layers.

## Track 2 Fall/Winter—Dinner

### White Bean Minestrone Soup

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## TRACK 1 & TRACK 2 FALL/WINTER

Basil, a member of the mint family, is known for its digestive healing characteristics. It not only stimulates digestion but also can help relieve flatulence, stomach cramps, nausea, and constipation.

**PREP TIME:** 20 MINUTES | **COOK TIME:** 40 MINUTES | **MAKES:** 6 (1½ -CUP) SERVINGS

- 6 cups Inside Tract Vegetable Broth (page 69), or commercial low-sodium, gluten-free vegetable broth
- 2 carrots, peeled and cut into ½ "-thick rounds
- 2 ribs celery, cut into ½ " pieces
- 1 cup baby portobello mushrooms, quartered
- 3 small zucchini, halved lengthwise, cut into ½ " pieces
- 1 can (15 ounces) cannellini beans, drained

1 can (14½ ounces) chopped tomatoes  
1 teaspoon dried basil  
1 teaspoon crushed dried rosemary  
Sea salt to taste  
Freshly ground black pepper to taste  
2 cups chopped escarole  
Fresh basil

Add all the ingredients except the escarole to a 6- to 8-quart pot. Increase the heat to high and bring the soup to a boil. Reduce the heat to medium-low, partially cover the pot and simmer for 30 minutes. Stir in the escarole and simmer 5 minutes longer. Sprinkle with fresh basil and ladle the warm soup into 6 bowls.

## Thai Chicken Sauté

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### TRACK 1 & TRACK 2 FALL/WINTER

Fermented miso is health promoting and contains beneficial bacteria to aid digestion.

**PREP TIME:** 20 MINUTES | **COOK TIME:** 40 MINUTES | **MAKES:** 4 SERVINGS

1 cup brown rice  
2 tablespoons coconut oil  
1 bunch broccoli, florets and stems cut into ½ " pieces  
1 medium yellow bell pepper, seeded and cut into 1" pieces  
2 cups cherry tomatoes, halved  
1 cup shiitake mushrooms, sliced  
2 boneless chicken breasts, cut into 1" pieces  
1 teaspoon red-pepper flakes  
½ cup Lime Miso Dressing (page 35)

Cook the brown rice according to package directions.

Heat 1 tablespoon of the oil over medium heat in a stainless steel skillet. Add the broccoli, bell pepper, tomatoes, and mushrooms and cook until al dente. Remove the vegetables and add the remaining 1 tablespoon oil to the skillet. Add the chicken and cook for 3 minutes.

Turn the chicken over and cook for 3 minutes longer, or until done. Return the vegetables to the skillet and toss in the pepper flakes and dressing until well blended. Serve with the rice.

## Track 3 Meals and Recommended Snacks

### Inside Tract Smoothie

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The folate-packed spinach and prebiotic banana stimulate good gut bacteria growth and activity in this soothing, nutrient-dense smoothie. Feel free to add spices and herbs such as ginger, mint, cinnamon, and a splash of maple syrup if your taste buds desire.

**PREP TIME:** 5 MINUTES | **COOK TIME:** 2 MINUTES | **MAKES:** 1 SERVING

- 8 ounces chilled water
- ½ small banana, frozen
- 1 cup steamed spinach leaves (around 2 cups raw)
- 1 scoop organic brown rice protein powder
- 1 scoop organic vegetable and fruit powder
- 2 teaspoons balanced 3-6-9 liquid oil
- Spices and herbs such as ginger, mint, and cinnamon, as tolerated (optional)
- Splash of 100% maple syrup, as little as possible (optional)

Mix all the ingredients in a high-speed blender and process until smooth. Serve immediately.

### Inside Tract Vegetable Broth

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Celeriac contains antioxidants, and when combined with other healing vegetables—like shiitake mushrooms, purifying burdock root, and kombu—this cleansing broth becomes a warm and satisfying beverage that can also be incorporated in soups, stews, dressings, and marinades.

**PREP TIME:** 30 MINUTES | **COOK TIME:** 2-3 HOURS | **MAKES:** 6-7 QUARTS (24-28 CUPS)

- 4 carrots, unpeeled, cut into thirds
- 1 small celeriac (celery root), quartered
- 10 whole shiitake mushrooms, trimmed
- 4 parsnips, with skins on, cut into thirds

- 1 turnip, cut into thirds
- 2 medium beets, trimmed and cut in half
- 2 sweet potatoes with skins on, cut into thirds
- ½ bunch fresh flat-leaf parsley
- 1 (8") strip of kombu
- 2 bay leaves
- 1 tablespoon shredded burdock root
- 1 piece (1") fresh ginger, sliced

Rinse the vegetables well, including the kombu. In a 10-quart or larger pot, combine all the ingredients. Fill the pot to 2" below the rim with water, cover, and bring to a boil. Remove the lid, decrease the heat to low, and simmer for at least 2 hours. As the stock simmers, some of the water will evaporate. Add more water if the vegetables begin to peek out. Strain the stock using a large coarse-mesh strainer (remember to use a heat-resistant container underneath). Save the vegetables for another use (puree and freeze in ice cube trays to add to sauces or other soups) or serve with the broth.

Cool to room temperature before refrigerating or freezing.

## **Creamy Greens Soup**

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Dark greens are emerald jewels rich in B vitamins, vitamin C, magnesium, and iron, while curry powder—the combination of coriander, cumin, fenugreek, and turmeric—contributes anti-inflammatory digestive benefits.

**PREP TIME:** 10 MINUTES | **COOK TIME:** 40 MINUTES | **MAKES:** 10 CUPS

- 4 cups chopped dark greens (spinach, bok choy, lacinato kale)
- 2 cups peeled and diced sweet potato or Yukon gold potatoes
- 8 cups Inside Tract Vegetable Broth (page 69), or commercial low-sodium, gluten-free vegetable broth
- 1 teaspoon curry powder
- Pinch of sea salt (optional)

In a 6- to 8-quart pot, add all the ingredients and cook, stirring

occasionally, over medium-high heat until the mixture comes to a slight boil. Reduce the heat to medium low and simmer uncovered for 30 minutes. In a blender, process the soup in batches until all the soup is smooth.

## **Carrot Squash Soup**

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Warming ginger is known to improve circulation and digestion, and calm a queasy stomach. Zest from an organic orange peel adds bioflavonoids and pectin.

**PREP TIME:** 15 MINUTES | **COOK TIME:** 40 MINUTES | **MAKES:** 10 CUPS

- 6 large carrots, washed and sliced
- 4 cups peeled and diced butternut squash
- 8 cups Inside Tract Vegetable Broth (page 69, or commercial low-sodium, gluten-free vegetable broth)
- 2 teaspoons ground ginger
- 2 teaspoons orange zest, very finely grated
- Pinch of sea salt (optional)

In a 6- to 8-quart pot, add all the ingredients and cook, stirring occasionally, over medium-high heat until the mixture comes to a slight boil. Reduce the heat to medium low and simmer uncovered for 30 minutes. In a blender, puree the soup in batches until all the soup is smooth. Serve.

## **Pumpkin Bisque**

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The sweet winter squash, pumpkin, contains beta-carotene, vitamin C, potassium, and dietary fiber. Nutmeg, a known carminative, may reduce flatulence and bloating.

**PREP TIME:** 5 MINUTES | **COOK TIME:** 30 MINUTES | **MAKES:** 8½ CUPS

- 3½ cups pumpkin (29-ounce can organic)
- 5 cups Inside Tract Vegetable Broth (page 69), or commercial low-sodium, gluten-free vegetable broth
- 1 teaspoon nutmeg
- Pinch of sea salt (optional)

In a 6- to 8-quart pot, add all the ingredients and cook, stirring occasionally, over medium-high heat until the mixture comes to a slight boil. Reduce the heat to medium low and simmer for 20 minutes. Serve.

## Cucumber Avocado Mint Soup

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Naturally hydrating, the cooling mint and cucumber contain vitamin C, potassium, and dietary fiber. Select organic varieties to avoid wax-coated cucumbers and to enjoy the benefits of the mineral-containing skin. Avocado is a rich source of folate and monounsaturated fat in this soothing soup.

**PREP TIME:** 15 MINUTES | **COOK TIME:** NONE | **MAKES:** 2 CUPS

- 1 cucumber, seeded and quartered
- 1 avocado, peeled and quartered
- 2 tablespoons fresh mint leaves
- 1 tablespoon freshly squeezed lemon juice
- 1 cup Inside Tract Vegetable Broth (page 69), or commercial low-sodium, gluten-free vegetable broth

Place all the ingredients in a blender and puree until smooth. Serve.

## Snacks

### Baked Sweet potato

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**TRACK 1, TRACK 2, & TRACK 3**

**PREP TIME:** 2 MINUTES | **COOK TIME:** 40 MINUTES | **MAKES:** 1 SERVING

- 1 medium sweet potato
- Pinch of your favorite spice

Preheat the oven to 375°F. Wrap the sweet potato in aluminum foil and bake for 40 to 50 minutes (test for doneness by pricking a fork in the middle). Season with your favorite spice such as cardamom, curry powder, or cinnamon.



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Note: Cut the sweet potato in ¼ " slices and wrap in foil for a quicker cooking time of around 25 minutes.

## Raw Beet and Walnut Salad

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—from [www.kripalu.org](http://www.kripalu.org)

TRACK 1 & TRACK 2

PREPTIME:10 MINUTES | COOK TIME:NONE | MAKES:4 SERVINGS

### ***For the Dressing:***

- ¼ cup extra-virgin olive oil
- 2 tablespoons freshly squeezed lemon juice
- 1 tablespoon chopped fresh dill
- Pinch of sea salt

### ***For the Salad:***

- 4 cups grated beets
- ½ cup chopped raw walnuts
- ¼ cup chopped fresh parsley

Whisk together the dressing ingredients in a large mixing bowl. Add the beets, walnuts, and parsley to the dressing and toss together. Serve immediately or refrigerate.

## Sunflower Hummus

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TRACK 1 & TRACK 2

PREP TIME: 10 MINUTES | COOK TIME: NONE | MAKES: 1¼ CUPS

- 1 can (15 ounces) organic chickpeas, well-drained
- ¼ cup sunflower seed butter
- 1 clove garlic, finely chopped
- ½ cup freshly squeezed lemon juice
- 1 tablespoon extra-virgin olive oil

2 tablespoons water  
Pinch of sea salt  
Freshly ground black pepper (optional)

In a food processor, add the chickpeas, sunflower seed butter, garlic, lemon juice, oil, and water. Puree until thick and creamy. Adjust consistency with additional lemon juice, if desired, and season with salt and pepper, if desired, to taste. Serve on raw vegetables (baby carrots, jicama, red bell pepper, celery, Daikon radish).

## Bean Flour Crepes

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### TRACK 1 & TRACK 2

**PREP TIME:** 5 MINUTES | **COOK TIME:** 20 MINUTES | **MAKES:** 7-8 CREPES

1 cup bean flour (chickpea or black bean)  
½ teaspoon favorite spice (cumin, curry powder, rosemary, sage, thyme, turmeric), see note  
1 cup water  
Extra-virgin olive oil

In a medium bowl, mix together the flour, spice, and water. Oil a small, heavy skillet and heat over medium-high heat. Drop ¼ cup of the batter into the hot skillet and immediately rotate it to spread the batter evenly and make a thin round. Cook until the crepe begins to brown on the bottom. Carefully turn it over and cook the other side. Repeat until all the batter is used up, re-oiling the pan between each crepe.

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Note: Add your favorite finely chopped herbs in the batter while cooking. These wraps can be used at any meal and filled with vegetables, tofu, organic poultry, or fish, and can also be used as a thin, gluten-free pizza crust.

## Antipasto

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### TRACK 1 & TRACK 2

**PREP TIME:** 5 MINUTES | **COOK TIME:** NONE | **MAKES:** 1 SERVING

6-8 black or green olives  
½ cup roasted red bell peppers, drained  
2 artichoke hearts, drained  
4 hearts of palm, drained

Arrange the vegetables on a plate and serve.

## **Yogurt parfait**

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**TRACK 1 & TRACK 2 (USE SOY YOGURT)**

**PREP TIME:** 5 MINUTES | **COOK TIME:** NONE | **MAKES:** 1 SERVING

8 ounces plain yogurt  
1 cup favorite fruit, fresh or frozen  
2 teaspoons coconut flakes  
¼ cup oats or granola, gluten-free  
1 tablespoon nuts or seeds

Layer the ingredients in a small bowl or parfait glass and enjoy.

## **Erica's Sweet and Sour Comfort**

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**TRACK 1**

**PREP TIME:** 10 MINUTES | **COOK TIME:** 10 MINUTES | **MAKES:** 1 SERVING

2 organic chicken sausages  
½ cup sauerkraut  
½ cup unsweetened organic applesauce  
¼ teaspoon caraway seeds

In a small skillet over medium-high heat, cook the sausages until browned. Combine the sauerkraut, applesauce, and seeds. Place on top of the cooked sausages.

## RECOMMENDED SNACKS

### Crackers

Foods Alive: [www.foodsalive.com](http://www.foodsalive.com)

Mary's Gone Crackers: [www.marysgonecrackers.com](http://www.marysgonecrackers.com)

### Bars

Organic Food Bar: [www.organicfoodbar.com](http://www.organicfoodbar.com)

Larabar: [www.larabar.com](http://www.larabar.com)

Pure Organic: [https://www.pureorganic.com/en\\_US/home.html](https://www.pureorganic.com/en_US/home.html)

Rawma Bar: [www.gopalshealthfoods.com](http://www.gopalshealthfoods.com)

Kind Healthy Snacks: [www.kindsnacks.com](http://www.kindsnacks.com)

### **Fresh fruit with a handful of nuts or seeds or a dollop of nut or seed butters**

Rotate for variety: almond butter; hazelnut butter; walnut butter; pumpkin seed butter; cashew butter; macadamia nut butter; sunflower seed butter

### **Natural Nut and Seed Butters**

Artisana: [www.premierorganics.org](http://www.premierorganics.org)

MaraNatha: [www.maranathafoods.com](http://www.maranathafoods.com)

Arrowhead Mills: [www.arrowheadmills.com](http://www.arrowheadmills.com)

Omega Nutrition: [www.omeganutrition.com](http://www.omeganutrition.com)

# Shopping Lists

## Track 1 Spring/Summer Shopping List

NONPERISHABLES		PERISHABLES	
WHOLE GRAINS	PANTRY PICKS	FRUITS	PROTEINS
<input type="checkbox"/> Almond meal/flour <input type="checkbox"/> Brown rice tortillas <input type="checkbox"/> Buckwheat <input type="checkbox"/> Quinoa, red <input type="checkbox"/> Rice, black <input type="checkbox"/> Rice, brown basmati <input type="checkbox"/> Rolled oats <input type="checkbox"/> Teff <input type="checkbox"/> Whole grain bread <input type="checkbox"/> Whole grain pasta <input type="checkbox"/> Whole or sprouted grain tortillas <input type="checkbox"/> Whole wheat pastry flour	<input type="checkbox"/> Apple cider vinegar <input type="checkbox"/> Artichoke hearts, canned <input type="checkbox"/> Baking powder <input type="checkbox"/> Baking soda <input type="checkbox"/> Cocoa powder <input type="checkbox"/> Coconut, shredded <input type="checkbox"/> Creamed coconut <input type="checkbox"/> Diced tomatoes, canned <input type="checkbox"/> Dijon mustard, organic <input type="checkbox"/> Extra-virgin olive oil <input type="checkbox"/> Grape seed oil <input type="checkbox"/> Honey <input type="checkbox"/> Kalamata olives <input type="checkbox"/> Miso <input type="checkbox"/> Olive tapenade <input type="checkbox"/> Red wine vinegar <input type="checkbox"/> Tamari, gluten-free <input type="checkbox"/> Vegetable or tomato juice, low sodium <input type="checkbox"/> 100% maple syrup, organic	<input type="checkbox"/> Apples (green and red) <input type="checkbox"/> Avocados <input type="checkbox"/> Bananas <input type="checkbox"/> Frozen juice concentrate <input type="checkbox"/> Honeydew or cantaloupe melon <input type="checkbox"/> Lemons <input type="checkbox"/> Limes <input type="checkbox"/> Mangoes <input type="checkbox"/> Mixed berries <input type="checkbox"/> Oranges <input type="checkbox"/> Pears <input type="checkbox"/> Pineapple <input type="checkbox"/> Tart cherry juice	<input type="checkbox"/> Chicken, breasts <input type="checkbox"/> Cod, wild <input type="checkbox"/> Eggs, organic, free-range <input type="checkbox"/> Lamb or beef, lean, cubed <input type="checkbox"/> Lox, wild, nitrate-free <input type="checkbox"/> Salmon, wild, canned <input type="checkbox"/> Salmon, wild, filets <input type="checkbox"/> Sardines, canned <input type="checkbox"/> Shrimp, large <input type="checkbox"/> Tilapia, filets <input type="checkbox"/> Tofu <input type="checkbox"/> Turkey, breasts <input type="checkbox"/> Turkey, ground, 94% lean
BEANS		VEGETABLES	FRESH HERBS
<input type="checkbox"/> Black beans, canned <input type="checkbox"/> Chickpeas, canned <input type="checkbox"/> Lentils, red <input type="checkbox"/> White cannellini beans, canned		<input type="checkbox"/> Arugula <input type="checkbox"/> Beets <input type="checkbox"/> Bok choy <input type="checkbox"/> Broccoli rabe	<input type="checkbox"/> Basil <input type="checkbox"/> Chives <input type="checkbox"/> Cilantro <input type="checkbox"/> Dill <input type="checkbox"/> Ginger

NUTS	DRIED HERBS & SPICES	VEGETABLES (cont.)	FRESH HERBS (cont.)
<input type="checkbox"/> Almonds <input type="checkbox"/> Cashews <input type="checkbox"/> Macadamia nuts <input type="checkbox"/> Pecans <input type="checkbox"/> Walnuts	<input type="checkbox"/> Caraway seeds <input type="checkbox"/> Chinese five-spice powder <input type="checkbox"/> Cinnamon <input type="checkbox"/> Cumin <input type="checkbox"/> Curry powder <input type="checkbox"/> Dry mustard powder <input type="checkbox"/> Garam masala <input type="checkbox"/> Ginger <input type="checkbox"/> Ground pepper, black <input type="checkbox"/> Nutmeg <input type="checkbox"/> Oregano <input type="checkbox"/> Red-pepper flakes <input type="checkbox"/> Sage <input type="checkbox"/> Sea salt <input type="checkbox"/> Turmeric	<input type="checkbox"/> Carrots <input type="checkbox"/> Celery <input type="checkbox"/> Chinese or Napa green cabbage <input type="checkbox"/> Cucumber, English <input type="checkbox"/> Garlic <input type="checkbox"/> Green beans <input type="checkbox"/> Green bell peppers <input type="checkbox"/> Mesclun greens <input type="checkbox"/> Red bell peppers <input type="checkbox"/> Red cabbage <input type="checkbox"/> Red leaf lettuce <input type="checkbox"/> Red onions <input type="checkbox"/> Red potatoes <input type="checkbox"/> Romaine lettuce <input type="checkbox"/> Scallions <input type="checkbox"/> Shallots <input type="checkbox"/> Spinach <input type="checkbox"/> Sunflower sprouts <input type="checkbox"/> Sweet potatoes <input type="checkbox"/> Tomatoes, cherry <input type="checkbox"/> Tomatoes, plum <input type="checkbox"/> Yellow bell peppers <input type="checkbox"/> Yellow summer squash <input type="checkbox"/> Zucchini	<input type="checkbox"/> Mint <input type="checkbox"/> Oregano <input type="checkbox"/> Parsley <input type="checkbox"/> Thai basil
SEEDS			DAIRY/ DAIRY SUBSTITUTES
<input type="checkbox"/> Chia seeds, ground <input type="checkbox"/> Crunchy flax cereal <input type="checkbox"/> Pumpkin seeds <input type="checkbox"/> Sunflower seeds			<input type="checkbox"/> Almond beverage, unsweetened <input type="checkbox"/> Butter <input type="checkbox"/> Coconut milk <input type="checkbox"/> Feta cheese <input type="checkbox"/> Goat or sheep cheese <input type="checkbox"/> Hazelnut beverage <input type="checkbox"/> Yogurt, plain <input type="checkbox"/> 2% cottage cheese, small curd
NATURAL BUTTERS			
<input type="checkbox"/> Almond butter <input type="checkbox"/> Cashew nut butter <input type="checkbox"/> Macadamia nut butter <input type="checkbox"/> Tahini			
DRIED FRUITS			
<input type="checkbox"/> Apricots <input type="checkbox"/> Dates <input type="checkbox"/> Prunes <input type="checkbox"/> Raisins			
OTHER			
<input type="checkbox"/> Whey protein powder			



## Track 1 Fall/Winter Shopping List

NONPERISHABLES		PERISHABLES	
WHOLE GRAINS	DRIED FRUITS	FRUITS	PROTEINS
<input type="checkbox"/> Almond meal/flour <input type="checkbox"/> Amaranth <input type="checkbox"/> Barley <input type="checkbox"/> Brown rice flour <input type="checkbox"/> Buckwheat <input type="checkbox"/> Muesli or granola <input type="checkbox"/> Quinoa, red <input type="checkbox"/> Rice, brown basmati <input type="checkbox"/> Rice, wild <input type="checkbox"/> Rolled oats <input type="checkbox"/> Sprouted corn tortillas <input type="checkbox"/> Steel-cut oats <input type="checkbox"/> Teff <input type="checkbox"/> Whole grain pasta <input type="checkbox"/> Whole or sprouted grain tortilla <input type="checkbox"/> Whole wheat bulgur	<input type="checkbox"/> Apricots <input type="checkbox"/> Dates <input type="checkbox"/> Prunes <input type="checkbox"/> Raisins  <b>PANTRY PICKS</b> <input type="checkbox"/> Baking soda <input type="checkbox"/> Cocoa powder <input type="checkbox"/> Coconut, shredded <input type="checkbox"/> Coconut oil <input type="checkbox"/> Creamed coconut <input type="checkbox"/> Diced tomatoes, canned <input type="checkbox"/> Extra-virgin olive oil <input type="checkbox"/> Grape seed oil <input type="checkbox"/> Kalamata olives <input type="checkbox"/> Marinara or tomato sauce <input type="checkbox"/> Pumpkin puree, canned, organic <input type="checkbox"/> Red wine <input type="checkbox"/> Salsa	<input type="checkbox"/> Apples <input type="checkbox"/> Avocados <input type="checkbox"/> Bananas <input type="checkbox"/> Frozen juice concentrate <input type="checkbox"/> Lemons <input type="checkbox"/> Limes <input type="checkbox"/> Mixed berries, fresh or frozen <input type="checkbox"/> Oranges <input type="checkbox"/> Pears <input type="checkbox"/> Tart cherry juice  <b>VEGETABLES</b> <input type="checkbox"/> Arugula <input type="checkbox"/> Baby portobello mushrooms <input type="checkbox"/> Beets <input type="checkbox"/> Broccoli <input type="checkbox"/> Carrots <input type="checkbox"/> Cauliflower	<input type="checkbox"/> Chicken, breasts <input type="checkbox"/> Chicken, whole <input type="checkbox"/> Cod, wild or sole; fillets <input type="checkbox"/> Edamame <input type="checkbox"/> Eggs, organic, free-range <input type="checkbox"/> Hummus <input type="checkbox"/> Lamb or beef, lean <input type="checkbox"/> Salmon, wild, canned <input type="checkbox"/> Salmon, wild, filets <input type="checkbox"/> Sardines, canned <input type="checkbox"/> Shrimp, large <input type="checkbox"/> Turkey, breasts <input type="checkbox"/> Turkey, ground, 94% lean  <b>FRESH HERBS</b> <input type="checkbox"/> Basil <input type="checkbox"/> Cilantro <input type="checkbox"/> Dill <input type="checkbox"/> Ginger <input type="checkbox"/> Mint

BEANS (cont.)	PANTRY PICKS (cont.)	VEGETABLES (cont.)	FRESH HERBS (cont.)
<input type="checkbox"/> Black beans, canned <input type="checkbox"/> Cannellini beans, canned <input type="checkbox"/> Chickpeas, canned <input type="checkbox"/> Lentils, red  <b>NUTS</b> <input type="checkbox"/> Almonds <input type="checkbox"/> Cashews <input type="checkbox"/> Pecans <input type="checkbox"/> Walnuts  <b>SEEDS</b> <input type="checkbox"/> Chia seeds, ground <input type="checkbox"/> Crunchy flax cereal <input type="checkbox"/> Flaxseed, ground <input type="checkbox"/> Pumpkin seeds <input type="checkbox"/> Sunflower seeds  <b>NATURAL BUTTERS</b> <input type="checkbox"/> Cashew nut butter <input type="checkbox"/> Peanut butter <input type="checkbox"/> Sunflower seed butter <input type="checkbox"/> Tahini  <b>OTHER</b> <input type="checkbox"/> Hempseed protein powder	<input type="checkbox"/> Tomato paste <input type="checkbox"/> Vegetable broth, low-sodium, gluten-free <input type="checkbox"/> 100% maple syrup, organic  <b>DRIED HERBS &amp; SPICES</b> <input type="checkbox"/> Allspice <input type="checkbox"/> Basil <input type="checkbox"/> Bay leaf <input type="checkbox"/> Cayenne pepper <input type="checkbox"/> Chili powder <input type="checkbox"/> Cinnamon <input type="checkbox"/> Cloves <input type="checkbox"/> Cumin <input type="checkbox"/> Curry powder <input type="checkbox"/> Dry mustard powder <input type="checkbox"/> Garam masala <input type="checkbox"/> Ginger <input type="checkbox"/> Ground pepper, black <input type="checkbox"/> Pumpkin pie spice <input type="checkbox"/> Red-pepper flakes <input type="checkbox"/> Rosemary <input type="checkbox"/> Sea salt <input type="checkbox"/> Turmeric	<input type="checkbox"/> Celery <input type="checkbox"/> Collard greens <input type="checkbox"/> Cucumbers <input type="checkbox"/> Escarole <input type="checkbox"/> Fennel bulb <input type="checkbox"/> Garlic <input type="checkbox"/> Mesclun greens <input type="checkbox"/> Onions <input type="checkbox"/> Parsnips <input type="checkbox"/> Red bell peppers <input type="checkbox"/> Red potatoes <input type="checkbox"/> Scallions <input type="checkbox"/> Shiitake mushrooms <input type="checkbox"/> Spinach <input type="checkbox"/> Sunflower sprouts <input type="checkbox"/> Sweet potatoes <input type="checkbox"/> Swiss chard <input type="checkbox"/> Tomatoes <input type="checkbox"/> Tomatoes, cherry <input type="checkbox"/> Turnips <input type="checkbox"/> Yellow bell peppers <input type="checkbox"/> Zucchini	<input type="checkbox"/> Oregano <input type="checkbox"/> Parsley <input type="checkbox"/> Sage <input type="checkbox"/> Tarragon  <b>DAIRY/ DAIRY SUBSTITUTES</b> <input type="checkbox"/> Butter <input type="checkbox"/> Goat or sheep cheese <input type="checkbox"/> Hazelnut beverage <input type="checkbox"/> Rice beverage <input type="checkbox"/> Yogurt, plain

## Track 2 Spring/Summer Shopping List

NONPERISHABLES		PERISHABLES	
<b>WHOLE GRAINS</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Almond meal/flour</li> <li><input type="checkbox"/> Brown rice tortillas</li> <li><input type="checkbox"/> Pasta, gluten-free</li> <li><input type="checkbox"/> Quinoa</li> <li><input type="checkbox"/> Quinoa, red</li> <li><input type="checkbox"/> Rice, black</li> <li><input type="checkbox"/> Rice, brown basmati</li> <li><input type="checkbox"/> Steel-cut oats, gluten-free</li> </ul>	<b>PANTRY PICKS</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Artichoke hearts, canned</li> <li><input type="checkbox"/> Baking soda</li> <li><input type="checkbox"/> Coconut, shredded</li> <li><input type="checkbox"/> Diced tomatoes, canned</li> <li><input type="checkbox"/> Dijon mustard, organic</li> <li><input type="checkbox"/> Extra-virgin olive oil</li> <li><input type="checkbox"/> Grape seed oil</li> <li><input type="checkbox"/> Kalamata olives</li> <li><input type="checkbox"/> Marinara or tomato sauce</li> <li><input type="checkbox"/> Miso</li> <li><input type="checkbox"/> Olive tapenade</li> <li><input type="checkbox"/> Red wine vinegar</li> <li><input type="checkbox"/> Tamari, gluten-free</li> <li><input type="checkbox"/> Tomato paste</li> <li><input type="checkbox"/> Vegetable broth, low sodium, gluten-free</li> <li><input type="checkbox"/> 100% maple syrup, organic</li> </ul>	<b>FRUITS</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Avocados</li> <li><input type="checkbox"/> Blueberries</li> <li><input type="checkbox"/> Kiwifruit</li> <li><input type="checkbox"/> Lemons</li> <li><input type="checkbox"/> Limes</li> <li><input type="checkbox"/> Oranges</li> <li><input type="checkbox"/> Pineapple</li> <li><input type="checkbox"/> Raspberries</li> <li><input type="checkbox"/> Strawberries</li> </ul>	<b>PROTEINS</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Chicken, breasts</li> <li><input type="checkbox"/> Chicken, whole</li> <li><input type="checkbox"/> Cod, wild, fillets</li> <li><input type="checkbox"/> Lox or smoked salmon, wild, nitrate free</li> <li><input type="checkbox"/> Salmon, wild, canned</li> <li><input type="checkbox"/> Salmon, wild, fillets</li> <li><input type="checkbox"/> Sardines, canned</li> <li><input type="checkbox"/> Tilapia, fillets</li> <li><input type="checkbox"/> Tofu</li> <li><input type="checkbox"/> Turkey, breasts</li> <li><input type="checkbox"/> Turkey, ground, 94% lean</li> </ul>
<b>BEANS</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Black beans, canned</li> <li><input type="checkbox"/> Chickpeas, canned</li> <li><input type="checkbox"/> Lentils, red</li> <li><input type="checkbox"/> White beans</li> </ul>		<b>VEGETABLES</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Arugula</li> <li><input type="checkbox"/> Beets</li> <li><input type="checkbox"/> Bok choy</li> <li><input type="checkbox"/> Boston lettuce or Savoy cabbage</li> <li><input type="checkbox"/> Carrots</li> <li><input type="checkbox"/> Celery</li> <li><input type="checkbox"/> Cucumber, English</li> <li><input type="checkbox"/> Escarole</li> </ul>	<b>FRESH HERBS</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Basil</li> <li><input type="checkbox"/> Chives</li> <li><input type="checkbox"/> Cilantro</li> <li><input type="checkbox"/> Dill</li> <li><input type="checkbox"/> Ginger</li> <li><input type="checkbox"/> Mint</li> </ul>
<b>NUTS</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Almonds</li> <li><input type="checkbox"/> Cashews</li> <li><input type="checkbox"/> Macadamia nuts</li> <li><input type="checkbox"/> Walnuts</li> </ul>			

<b>SEEDS</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Flaxseeds, ground</li> <li><input type="checkbox"/> Pumpkin seeds</li> <li><input type="checkbox"/> Sunflower seeds</li> </ul>	<b>DRIED HERBS &amp; SPICES</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Allspice</li> <li><input type="checkbox"/> Bay leaf</li> <li><input type="checkbox"/> Chinese five-spice powder</li> <li><input type="checkbox"/> Cinnamon</li> <li><input type="checkbox"/> Cloves</li> <li><input type="checkbox"/> Cumin</li> <li><input type="checkbox"/> Curry powder</li> <li><input type="checkbox"/> Dry mustard powder</li> <li><input type="checkbox"/> Garam masala</li> <li><input type="checkbox"/> Ginger</li> <li><input type="checkbox"/> Ground pepper, black</li> <li><input type="checkbox"/> Nutmeg</li> <li><input type="checkbox"/> Rosemary</li> <li><input type="checkbox"/> Sage</li> <li><input type="checkbox"/> Sea salt</li> <li><input type="checkbox"/> Turmeric</li> </ul>	<b>VEGETABLES (cont.)</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Fennel bulb</li> <li><input type="checkbox"/> Garlic</li> <li><input type="checkbox"/> Green beans</li> <li><input type="checkbox"/> Parsnips</li> <li><input type="checkbox"/> Red bell peppers</li> <li><input type="checkbox"/> Red leaf lettuce</li> <li><input type="checkbox"/> Red potatoes</li> <li><input type="checkbox"/> Romaine lettuce</li> <li><input type="checkbox"/> Scallions</li> <li><input type="checkbox"/> Spinach</li> <li><input type="checkbox"/> Sunflower sprouts</li> <li><input type="checkbox"/> Sweet potatoes</li> <li><input type="checkbox"/> Tomatoes, plum</li> <li><input type="checkbox"/> Turnips</li> <li><input type="checkbox"/> Watercress</li> <li><input type="checkbox"/> Yellow summer squash</li> <li><input type="checkbox"/> Zucchini</li> </ul>	<b>FRESH HERBS (cont.)</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Oregano</li> <li><input type="checkbox"/> Parsley</li> <li><input type="checkbox"/> Tarragon</li> <li><input type="checkbox"/> Thai basil</li> </ul>
<b>NATURAL BUTTERS</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Cashew nut butter</li> <li><input type="checkbox"/> Pecan nut butter</li> <li><input type="checkbox"/> Tahini</li> </ul>			<b>DAIRY/ DAIRY SUBSTITUTES</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Almond beverage, unsweetened</li> <li><input type="checkbox"/> Soy beverage, plain unsweetened</li> <li><input type="checkbox"/> Yogurt, soy</li> </ul>
<b>OTHER</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Brown rice protein powder, organic</li> <li><input type="checkbox"/> Hempseed protein powder</li> </ul>			

## Track 2 Fall/Winter Shopping List

NONPERISHABLES		PERISHABLES	
<b>WHOLE GRAINS</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Almond meal/flour</li> <li><input type="checkbox"/> Amaranth</li> <li><input type="checkbox"/> Brown rice tortillas</li> <li><input type="checkbox"/> Buckwheat</li> <li><input type="checkbox"/> Millet</li> <li><input type="checkbox"/> Muesli or granola, gluten-free</li> <li><input type="checkbox"/> Pasta, gluten-free</li> <li><input type="checkbox"/> Quinoa</li> <li><input type="checkbox"/> Quinoa, red</li> <li><input type="checkbox"/> Rice, black</li> <li><input type="checkbox"/> Rice, brown basmati</li> </ul> <b>BEANS</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Adzuki beans</li> <li><input type="checkbox"/> Black beans, canned</li> <li><input type="checkbox"/> Cannellini beans, canned</li> <li><input type="checkbox"/> Chickpeas, canned</li> <li><input type="checkbox"/> Lentils, red</li> </ul>	<b>PANTRY PICKS</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Baking soda</li> <li><input type="checkbox"/> Coconut, shredded</li> <li><input type="checkbox"/> Coconut oil</li> <li><input type="checkbox"/> Diced tomatoes, canned</li> <li><input type="checkbox"/> Dijon mustard, organic</li> <li><input type="checkbox"/> Extra-virgin olive oil</li> <li><input type="checkbox"/> Grape seed oil</li> <li><input type="checkbox"/> Kalamata olives</li> <li><input type="checkbox"/> Kombu strips</li> <li><input type="checkbox"/> Marinara or tomato sauce</li> <li><input type="checkbox"/> Pumpkin puree, canned, organic</li> <li><input type="checkbox"/> Red wine vinegar</li> <li><input type="checkbox"/> Tamari, gluten-free</li> <li><input type="checkbox"/> Tomato paste</li> <li><input type="checkbox"/> Vegetable broth, low sodium, gluten-free</li> <li><input type="checkbox"/> 100% maple syrup, organic</li> </ul>	<b>FRUITS</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Avocados</li> <li><input type="checkbox"/> Bananas</li> <li><input type="checkbox"/> Lemons</li> <li><input type="checkbox"/> Limes</li> <li><input type="checkbox"/> Mixed berries</li> <li><input type="checkbox"/> Oranges</li> <li><input type="checkbox"/> Pineapple</li> <li><input type="checkbox"/> Pink grapefruit</li> <li><input type="checkbox"/> Strawberries</li> </ul> <b>VEGETABLES</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Arugula</li> <li><input type="checkbox"/> Baby portobello mushrooms</li> <li><input type="checkbox"/> Beets</li> <li><input type="checkbox"/> Bok choy</li> <li><input type="checkbox"/> Broccoli</li> <li><input type="checkbox"/> Carrots</li> <li><input type="checkbox"/> Celery</li> <li><input type="checkbox"/> Cucumber, English</li> </ul>	<b>PROTEINS</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Chicken, breasts</li> <li><input type="checkbox"/> Chicken, whole</li> <li><input type="checkbox"/> Cod, wild, fillets</li> <li><input type="checkbox"/> Edamame</li> <li><input type="checkbox"/> Hummus</li> <li><input type="checkbox"/> Lamb or beef, lean</li> <li><input type="checkbox"/> Lox or smoked salmon, wild, nitrate free</li> <li><input type="checkbox"/> Salmon, wild, canned</li> <li><input type="checkbox"/> Salmon, wild, fillets</li> <li><input type="checkbox"/> Sardines, canned</li> <li><input type="checkbox"/> Tilapia, fillets</li> <li><input type="checkbox"/> Turkey, breasts</li> <li><input type="checkbox"/> Turkey, ground, 94% lean</li> </ul> <b>FRESH HERBS</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Basil</li> <li><input type="checkbox"/> Chives</li> <li><input type="checkbox"/> Cilantro</li> <li><input type="checkbox"/> Dill</li> </ul>

<b>NUTS</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Almonds</li> <li><input type="checkbox"/> Macadamia nuts</li> </ul> <b>SEEDS</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Flaxseeds, ground</li> <li><input type="checkbox"/> Pumpkin seeds</li> <li><input type="checkbox"/> Sunflower seeds</li> </ul> <b>NATURAL BUTTERS</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Almond butter</li> <li><input type="checkbox"/> Walnut butter</li> </ul> <b>OTHER</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Brown rice protein powder, organic</li> <li><input type="checkbox"/> Vegetable and fruit powder, organic</li> </ul>	<b>DRIED HERBS &amp; SPICES</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Allspice</li> <li><input type="checkbox"/> Basil</li> <li><input type="checkbox"/> Bay leaf</li> <li><input type="checkbox"/> Chinese five-spice powder</li> <li><input type="checkbox"/> Cinnamon</li> <li><input type="checkbox"/> Cloves</li> <li><input type="checkbox"/> Cumin</li> <li><input type="checkbox"/> Curry powder</li> <li><input type="checkbox"/> Dry mustard powder</li> <li><input type="checkbox"/> Garam masala</li> <li><input type="checkbox"/> Ginger</li> <li><input type="checkbox"/> Ground pepper, black</li> <li><input type="checkbox"/> Pumpkin pie spice</li> <li><input type="checkbox"/> Red-pepper flakes</li> <li><input type="checkbox"/> Rosemary</li> <li><input type="checkbox"/> Sage</li> <li><input type="checkbox"/> Sea salt</li> <li><input type="checkbox"/> Turmeric</li> </ul>	<b>VEGETABLES (cont.)</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Escarole</li> <li><input type="checkbox"/> Fennel bulb</li> <li><input type="checkbox"/> Garlic</li> <li><input type="checkbox"/> Green beans</li> <li><input type="checkbox"/> Kale</li> <li><input type="checkbox"/> Onions</li> <li><input type="checkbox"/> Parsnips</li> <li><input type="checkbox"/> Scallions</li> <li><input type="checkbox"/> Shiitake mushrooms</li> <li><input type="checkbox"/> Sunflower sprouts</li> <li><input type="checkbox"/> Sweet potatoes</li> <li><input type="checkbox"/> Swiss chard</li> <li><input type="checkbox"/> Tomatoes, cherry</li> <li><input type="checkbox"/> Tomatoes, plum</li> <li><input type="checkbox"/> Turnips</li> <li><input type="checkbox"/> Yellow bell peppers</li> <li><input type="checkbox"/> Yellow summer squash</li> <li><input type="checkbox"/> Zucchini</li> </ul>	<b>FRESH HERBS (cont.)</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Ginger</li> <li><input type="checkbox"/> Mint</li> <li><input type="checkbox"/> Oregano</li> <li><input type="checkbox"/> Parsley</li> <li><input type="checkbox"/> Tarragon</li> </ul> <b>DAIRY/ DAIRY SUBSTITUTES</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Hempseed beverage, unsweetened</li> <li><input type="checkbox"/> Yogurt, soy</li> </ul>
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### Track 3 Shopping List

NONPERISHABLES	PERISHABLES	
<p><b>PANTRY PICKS</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Extra-virgin olive oil</li> <li><input type="checkbox"/> Kombu strips</li> <li><input type="checkbox"/> Pumpkin puree, organic, canned</li> <li><input type="checkbox"/> Vegetable broth, low sodium, gluten-free</li> <li><input type="checkbox"/> 100% maple syrup, organic</li> </ul> <p><b>DRIED HERBS &amp; SPICES</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Bay leaf</li> <li><input type="checkbox"/> Cinnamon</li> <li><input type="checkbox"/> Curry powder</li> <li><input type="checkbox"/> Dry mustard powder</li> <li><input type="checkbox"/> Ginger</li> <li><input type="checkbox"/> Ground pepper, black</li> <li><input type="checkbox"/> Nutmeg</li> <li><input type="checkbox"/> Sage</li> <li><input type="checkbox"/> Sea salt</li> <li><input type="checkbox"/> Turmeric</li> </ul> <p><b>OTHER</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Balanced 3-6-9 liquid oil</li> </ul>	<p><b>FRUITS</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Avocados</li> <li><input type="checkbox"/> Bananas</li> <li><input type="checkbox"/> Lemons</li> <li><input type="checkbox"/> Oranges</li> </ul> <p><b>VEGETABLES</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Bok choy</li> <li><input type="checkbox"/> Carrots</li> <li><input type="checkbox"/> Celeriac (celery root)</li> <li><input type="checkbox"/> Collard greens</li> <li><input type="checkbox"/> Cucumber, English</li> <li><input type="checkbox"/> Green beans</li> <li><input type="checkbox"/> Kale</li> <li><input type="checkbox"/> Parsnip</li> <li><input type="checkbox"/> Red potatoes</li> <li><input type="checkbox"/> Shiitake mushrooms</li> <li><input type="checkbox"/> Spinach</li> <li><input type="checkbox"/> Sweet potatoes</li> <li><input type="checkbox"/> Swiss chard</li> <li><input type="checkbox"/> Turnips</li> </ul>	<p><b>PROTEINS</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Chicken, breasts</li> <li><input type="checkbox"/> Cod, wild, or sole; fillets</li> <li><input type="checkbox"/> Salmon, wild, canned</li> <li><input type="checkbox"/> Salmon, wild, fillets</li> <li><input type="checkbox"/> Sardines, canned</li> <li><input type="checkbox"/> Skipjack tuna, canned</li> <li><input type="checkbox"/> Turkey, breast</li> <li><input type="checkbox"/> Turkey, ground, 94% lean</li> </ul> <p><b>FRESH HERBS</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Basil</li> <li><input type="checkbox"/> Burdock root</li> <li><input type="checkbox"/> Chives</li> <li><input type="checkbox"/> Cilantro</li> <li><input type="checkbox"/> Dill</li> <li><input type="checkbox"/> Ginger</li> <li><input type="checkbox"/> Mint</li> <li><input type="checkbox"/> Parsley</li> </ul>
<p><b>OTHER (cont.)</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Brown rice protein powder, organic</li> <li><input type="checkbox"/> Vegetable and fruit powder, organic</li> </ul>	<p><b>VEGETABLES (cont.)</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Yellow summer squash</li> <li><input type="checkbox"/> Zucchini</li> </ul>	

# Resources

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## Cooking

MyFoodMyHealth  
[www.myfoodmyhealth.com](http://www.myfoodmyhealth.com) [inactive]

My Foundation Diet  
[www.myfoundationdiet.com](http://www.myfoundationdiet.com) [inactive]

The World's Healthiest Foods  
[www.whfoods.com](http://www.whfoods.com)

## Environmental

Eat Well Guide  
[www.eatwellguide.org](http://www.eatwellguide.org)

Environmental Defense Fund  
[www.edf.org/page.cfm?tagID=17694](http://www.edf.org/page.cfm?tagID=17694) (*safe seafood list*)

Environmental Working Group  
[www.ewg.org](http://www.ewg.org) and <https://www.ewg.org/foodnews/>

Local Harvest: Community Supported Agriculture  
[www.localharvest.org/csa](http://www.localharvest.org/csa)

Monterey Bay Aquarium  
[www.montereybayaquarium.org/cr/cr\\_seafoodwatch/sfw\\_recommendations](http://www.montereybayaquarium.org/cr/cr_seafoodwatch/sfw_recommendations)  
[inactive] (*safe seafood list*)

The Organic Center  
[www.organic-center.org](http://www.organic-center.org)

Rodale Institute: Farm Locator  
[www.rodaleinstitute.org/farm\\_locator](http://www.rodaleinstitute.org/farm_locator) [inactive]

## **Favorite Food Brands**

Bob's Red Mill

[www.bobsredmill.com](http://www.bobsredmill.com) (*whole grains and gluten-free grains*)

Hodgson Mill

[www.hodgsonmill.com](http://www.hodgsonmill.com) (*whole grains and gluten-free grains*)

Edward & Sons

<https://store.edwardandsons.com/> (*variety of products*)

Ducktrap River of Maine

[www.ducktrap.com](http://www.ducktrap.com) (*naturally smoked, nitrate-free lox*)

Vital Choice Wild Seafood and Organics

[www.vitalchoice.com](http://www.vitalchoice.com) (*wild cold-water fish and seafood*)

Running Food

[www.runningfood.com](http://www.runningfood.com) [inactive] (*chia seed products*)

Enjoy Life Foods

[www.perkysnaturalfoods.com](http://www.perkysnaturalfoods.com) [inactive] (*low-allergy and gluten-free products*)

Frontier Natural Products Co-op

[www.frontiercoop.com](http://www.frontiercoop.com) (*organic spices and seasonings*)

Food for Life

[www.foodforlife.com](http://www.foodforlife.com) (*gluten-free breads and wraps*)

The Gluten-Free Mall

[www.glutenfreemall.com](http://www.glutenfreemall.com) (*variety of gluten-free products*)

Glutenfree.com

[www.glutenfree.com](http://www.glutenfree.com) [inactive] (*variety of gluten-free products*)

Eden Organic

[www.edenfoods.com](http://www.edenfoods.com) (*beans, soups, and sauces*)

Lotus Foods

[www.lotusfoods.com](http://www.lotusfoods.com) (*rice varieties and stainless steel rice cooker*)

South River Miso  
[www.southernrivermiso.com](http://www.southernrivermiso.com) (*misos*)

Pulmuone Wildwood Organics  
[www.pulmuonewildwood.com](http://www.pulmuonewildwood.com) [inactive] (*organic soy foods*)

Maine Coast Sea Vegetables  
[www.seaveg.com](http://www.seaveg.com) (*seaweed products*)

MaraNatha  
[www.maranathafoods.com](http://www.maranathafoods.com) (*natural nut and seed butters*)

Organic Sunshine Burgers  
[www.sunshineburger.com](http://www.sunshineburger.com) (*gluten-free veggie burgers*)

## **Food Allergy and Gluten Sensitivity**

Celiac.com  
[www.celiac.com](http://www.celiac.com)

Gluten-Free Certification Organization  
[www.gfco.org](http://www.gfco.org)

Corn Allergens  
[www.cornallergens.com](http://www.cornallergens.com) [inactive]

Celiac Disease Foundation  
[www.celiac.org](http://www.celiac.org)

The Food Allergy and Anaphylaxis Network  
[www.foodallergy.org](http://www.foodallergy.org)

Gluten Intolerance Group of North America  
<https://www.gluten.org/>

The Gluten Syndrome

[www.theglutensyndrome.net](http://www.theglutensyndrome.net)

National Foundation for Celiac Awareness  
[www.celiaccentral.org](http://www.celiaccentral.org)

## **Gastrointestinal Disease**

American College of Gastroenterology  
[www.acg.gi.org](http://www.acg.gi.org)

American Dietetic Association  
[www.eatright.org](http://www.eatright.org)

American Gastroenterological Association  
[www.gastro.org](http://www.gastro.org)

American Liver Foundation  
[www.liverfoundation.org](http://www.liverfoundation.org)

International Foundation for Functional Gastrointestinal Disorders  
[www.iffgd.org](http://www.iffgd.org)

American Academy of Allergy, Asthma and Immunology  
[www.aaaai.org](http://www.aaaai.org)

Crohn's and Colitis Foundation of America  
[www.ccfa.org](http://www.ccfa.org)

National Eczema Association  
[www.nationaleczema.org](http://www.nationaleczema.org)

National Digestive Diseases Information Clearinghouse  
[www.digestive.niddk.nih.gov](http://www.digestive.niddk.nih.gov)

National Center for Complementary and Alternative Medicine  
<http://nccam.nih.gov>

## **Integrative and Functional Medicine Practitioners**

Dietitians in Integrative and Functional Medicine  
[www.integrativeRD.org](http://www.integrativeRD.org)

The Institute for Functional Medicine  
[www.functionalmedicine.org](http://www.functionalmedicine.org)

Continuum Center for Health and Healing  
[www.healthandhealing.org](http://www.healthandhealing.org) [inactive]

University of Arizona Center for Integrative Medicine  
[www.integrativemedicine.arizona.edu](http://www.integrativemedicine.arizona.edu)

## **Supplements**

Extensive line of professional formulations that support digestive wellness  
[www.docmullin.com](http://www.docmullin.com)  
[www.MnMvites.com](http://www.MnMvites.com) [inactive]  
<http://www.kathieswift.com/>