

THE BLOOD PRESSURE SOLUTION

7-Day Meal Plan 21 Recipes That Lower Blood Pressure



With careful attention to the amounts of potassium, sodium, omega-3, and omega-6 fatty acids, you'll be preparing meals that will help you lower your blood pressure, naturally. All recipes are made with 'real foods'—fruits, veggies, meats, and seasonings, which come from nature.

Dr. Marlene Merritt, DOM, MS Nutrition

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Primal Health, LP
710 Century Parkway
Allen, TX 75013

Printed in the United States of America
First Printing, 2015
Second Printing, 2017

7-Day Meal Plan Intro

We typically think of the “fast food” category as the worst of all food choices when it comes to maintaining a healthy diet. But you might be surprised to know that most of the processed grocery store foods that you prepare at home can be just as bad, or worse!

Not only are most prepackaged foods lacking in many of the essential nutrients, but they are also a significant source of sodium—condiments and soft drinks included. Check the labels, and you’ll find out just how many products contain an excessive amount of sodium—particularly when it’s listed as one of the primary ingredients. Remember, just because it says it’s “healthy and natural” on the front of the label, that doesn’t mean it’s true.

The best way to monitor the amount of sodium and other essential vitamins and minerals needed for a healthy diet is to *put yourself in control* of your ingredients. Remember the old saying, “If you want something done right, you have to do it yourself?” Well it truly applies to managing your diet. You’re in charge of everything you eat and drink, so it’s up to you to make good choices. Your health depends on it.

But making smart choices about the foods you eat isn’t as difficult, boring, or time-consuming as you might think. You really can enjoy having healthy meals at home and at almost any restaurant. You just need to know what to look for. So we’ve put together this 7-Day Meal Plan to get you started.

Every easy-to-follow recipe includes a combination of ingredients designed to help reduce your blood pressure, *naturally*. These recipes are also easy to adapt

to your taste, so feel free to get personal when preparing your meals. By making a few adjustments, you can completely change the flavor and texture of any recipe.

Choosing substitutions from the “99 Foods List” makes swapping things around a quick and easy process because all of the ingredients are safe, healthy, and most importantly, delicious options.

And don’t be afraid try something new. For instance, maybe eating spinach isn’t among the finest of your childhood memories. Give it another try. The same food prepared in a different way, combined with other ingredients, or even using a different variety of any fruit or vegetable may turn out to be an enjoyable new experience! The options are endless. So have fun with these recipes!

7-Day Meal Plan

	Breakfast	Lunch	Dinner
Monday	Bacon & Egg Make-Ahead Mini's	Turkey And Broccoli Lettuce Wrap With Citrus Sauce	Asian Spiced Pork Tenderloin Sweet Roasted Asparagus
Tuesday	Mushroom & Swiss Spinach Frittata	Roasted Rosemary Lemon Chicken Steamed Brussels Sprouts with Tangy Lemon Vinaigrette	Tropical Baked Salmon With Sesame and Ginger Zesty Green Beans
Wednesday	Tootie-Fruity Breakfast Smoothie	Pistachio, Peach and Avocado Chicken Salad	Grilled Beef & Veggie Kabobs Super Healthy Vinaigrette Dressing Simple Salad
Thursday	Ham And Sweet Potato Hash	Curried Carrot Soup With Ginger	Creole Style Broiled Cod Oh Baby! Roasted Beet Salad With Oranges
Friday	Tex-Mex Omelet Sweet & Spicy Veggie Salsa	Zesty Spinach Salad With Strawberries And Avocado	Grilled Tuna With Summer Citrus Salad Grilled Artichokes With Lemon
Saturday	Green Eggs & Bacon Scrambler	Super Veggie Chicken Soup	Herb Roasted Turkey Breast No-Potato Mashed Potatoes
Sunday	Crustless Sausage & Mushroom Quiche Country Style Paleo Breakfast Sausage	Blazing Chicken Salad With Roasted Vegetables	Grilled Alaskan Salmon With Garlic And Lemon Portobellos Tapenade



BACON & EGG MAKE-AHEAD MINI'S

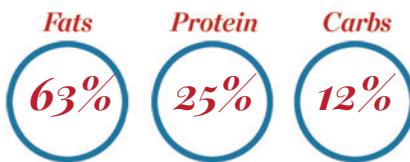
MONDAY – BREAKFAST

Serves	Prep time	Cook time
12	10 minutes	8 minutes

INGREDIENTS

- 3 large eggs
- 1 ounce almond milk (~2 tbsp), plain
- $\frac{1}{3}$ cup cheddar cheese shredded
- $\frac{3}{4}$ tablespoon unsalted butter
- 3 pieces turkey bacon (reduced sodium)
- 2 shallots; chopped
- 2 small zucchini; grated
- $\frac{1}{4}$ cup fresh spinach leaves, thinly sliced
- $\frac{1}{2}$ teaspoon black pepper
- 1 teaspoon sea salt
- $\frac{1}{3}$ ounce brown flaxseeds, ground

Stats (g)	Recipe	Serving
Total Carb	18.3	3.05
Total Fat	43.9	7.32
Total Protein	40	6.67
Total Calories	628.3	104.72



DIRECTIONS

Preheat oven to 425 F. Using a 24 cup mini-muffin pan, grease or add paper liners to each cup, and set aside.

Cut bacon into $\frac{1}{2}$ -inch pieces, cook to desired crispness, and set aside on a paper towel.

In a small saucepan, melt butter over medium heat. Add sliced shallots, spinach, and grated zucchini, and sauté until soft, ~5 minutes. Remove from heat.

In medium sized bowl, combine eggs, milk, cheese, salt, and pepper. Add the bacon pieces, zucchini, shallots, and spinach, and mix well.

Next, spoon about a tablespoon of the mixture into each mini-muffin cup, and bake ~8-10 minutes, or until centers are set. Remove from oven and let cool.

Can be served immediately, or may be placed in a covered container and stored in the refrigerator, and reheated in the microwave.

Serving Size = 2 mini-muffins

NOTE: Our Sweet and Spicy Veggie Salsa makes a tasty topping for these magical little muffins! (Recipe included in the Friday meal plan.)

TIP: An easy method for getting thinly sliced spinach is to make a stack (put the leaves on top of each other), and then tightly roll it up. Using a sharp knife, carefully slice the spinach into thin ribbons. (Chiffonade is the fancy word for this technique.)



TURKEY AND BROCCOLI LETTUCE WRAP WITH CITRUS SAUCE

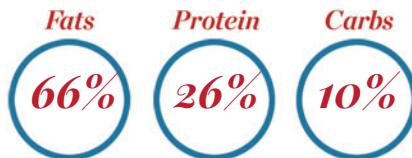
MONDAY – LUNCH

Serves	Prep time	Cook time
6	10 minutes	10 minutes

INGREDIENTS

- 1 pound ground turkey
- 12 green leaf lettuce leaves
- 2 ½ cups broccoli florets
- ½ cup red bell peppers sliced
- 1 small green onion, chopped
- 1 tablespoon onions, finely chopped
- ½ clove garlic, minced
- 1 tablespoon unsalted butter
- 3 ounces orange juice (½ cup; unsweetened)
- 2 teaspoons spicy Dijon mustard
- ½ tablespoon almond flour; divided
- 1 teaspoon reduced sodium soy sauce
- 1 tablespoon coconut oil; organic, unrefined

Stats (g)	Recipe	Serving
Total Carb	36.5	6.08
Total Fat	102.7	17.12
Total Protein	91.1	15.18
Total Calories	1434.7	239.12



DIRECTIONS

In a medium saucepan, cook broccoli and red bell pepper in a small amount of boiling, lightly salted water about 8 minutes or until broccoli is crisp-tender; drain. Cover and keep warm. Put ground turkey in a bowl, add 1 teaspoon of the almond flour and mix until incorporated. Heat skillet over medium heat, and add coconut oil to the hot pan.

Add the chopped green onion, and cook ~1 minute until softened.

Next, add the turkey mixture and soy sauce to the skillet. Use a spatula or wooden spoon to break up the turkey into crumbles, while cooking on high heat ~5-7 minutes, or until the turkey is done. Add the broccoli mixture, and remove from heat. Cover and keep warm.

For the sauce, melt butter in small saucepan over medium heat. Add finely chopped onion and garlic, and sauté until onion is softened. Stir in remaining teaspoon of almond flour. Add orange juice and spicy mustard. Cook and stir until mixture is thickened and bubbly, then continue cooking an additional 2 minutes more. Pour the sauce over the turkey and vegetable mixture, stirring gently to incorporate. Scoop the mixture into each lettuce leaf and serve.

TIP: To make ahead, store the prepared mixture in the refrigerator in a covered container. Store lettuce in a separate container, keeping it dry. Fill lettuce with mixture just before serving.

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ASIAN SPICED PORK TENDERLOIN

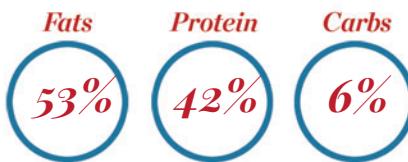
MONDAY – DINNER

Serves	Prep time	Cook time
4	10 minutes	15 minutes

INGREDIENTS

- 14 ounces pork tenderloin
- 2 tablespoons sesame seeds
- 2 teaspoons minced garlic
- $\frac{1}{2}$ teaspoon red pepper flakes
- $\frac{1}{8}$ teaspoon celery seeds
- 2 tablespoons shallots; finely chopped
- $\frac{1}{4}$ teaspoon ground cumin
- $\frac{1}{8}$ teaspoon ground cinnamon
- $\frac{1}{8}$ teaspoon ground ginger
- 1½ tablespoons organic, unrefined coconut oil
- $\frac{1}{2}$ ounce slivered almonds

Stats (g)	Recipe	Serving
Total Carb	13	3.25
Total Fat	50.6	12.65
Total Protein	90.4	22.6
Total Calories	869	217.25



DIRECTIONS

Preheat the oven to 400 F. Lightly coat a baking dish with coconut oil cooking spray. In a heavy frying pan, add the sesame seeds and almonds in a single layer.

Toast over low heat, stirring constantly, (~1-2 minutes), until light golden brown. Remove from the pan, and set aside to cool.

Next, melt 1 tablespoon of the coconut oil in the pan over medium-low heat. Increase the heat to medium-high, and sauté the shallots, ginger, and garlic until tender. Remove from heat, stir in the lemon zest, and set aside to cool.

In a small bowl, combine the dry seasonings, toasted sesame seeds, and almonds. Stir to mix evenly. Combine with the garlic, shallots, and ginger, and mix well.

Place the pork tenderloin in the prepared baking dish. Evenly coat both sides of each of the pork pieces with the seasoning mixture. Place in the oven and bake until a meat thermometer reaches 145 degrees (medium) or 160 degrees (well-done). Let rest for 3 minutes before serving.



Stats (g)	Recipe	Serving
Total Carb	24.8	6.2
Total Fat	47.3	11.825
Total Protein	13.6	3.4
Total Calories	579.3	144.825



SWEET ROASTED ASPARAGUS

MONDAY – DINNER

Serves	Prep time	Cook time
4	10 minutes	20 minutes

INGREDIENTS

- 24 asparagus spears; peeled and trimmed
- 3 tablespoons coconut oil; organic, unrefined
- 1 tablespoon apple cider vinegar; organic, unfiltered
- 1 tablespoon sesame seeds, toasted
- $\frac{1}{2}$ teaspoon sea salt
- $\frac{1}{2}$ teaspoon ground black pepper

DIRECTIONS

Preheat oven to 400 degrees F. On a large baking sheet, place prepared asparagus spears in a single layer.

In a small bowl, combine 3 tablespoons oil and 1 tablespoon of vinegar. Drizzle mixture over asparagus and turn to coat. Season with salt and black pepper.

Place in preheated oven and roast ~18-20 minutes, turning occasionally. When done, the asparagus should be lightly browned and just tender.

Transfer asparagus to a platter. Sprinkle with toasted sesame seeds, and serve.

SIDE DISH



MUSHROOM & SWISS SPINACH FRITTATA

TUESDAY – BREAKFAST

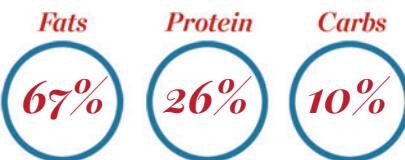


Serves	Prep time	Cook time
6	10 minutes	15 minutes

INGREDIENTS

- 6 egg whites free range; organic
- 4 whole eggs free range; organic
- $\frac{1}{2}$ cup Swiss cheese, grated
- 1½ tablespoons butter; organic, unsalted
- 3 tablespoons sour cream; full fat
- 10 ounces fresh spinach
- 2½ cups sliced, fresh mushrooms
- 1 tablespoon onion flakes
- $\frac{1}{2}$ teaspoon dried thyme
- 2½ sprigs fresh dill, chopped
- $\frac{1}{8}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon ground black pepper
- 1 teaspoon sea salt
- 2 tablespoons extra virgin olive oil

Stats (g)	Recipe	Serving
Total Carb	28.7	4.78
Total Fat	87.8	14.63
Total Protein	76.6	12.77
Total Calories	1211.4	201.9



DIRECTIONS

Preheat oven to 350 F. Heat the olive oil in a 10- or 12-inch non-stick, ovenproof skillet. Add butter, sliced mushrooms, garlic powder, and onion flakes, and sauté ~ 5 minutes. Once mushrooms are tender, remove from heat.

In a separate saucepan, place spinach and 1 tablespoon of water. Cover and cook just until wilted. Drain spinach, and set aside in colander to cool. Squeeze out any liquid, then chop the spinach.

In a large bowl, beat together eggs, egg whites, sour cream, dill, thyme, salt, and pepper. Stir in the sour cream, spinach and mushroom mixture, and add cheese.

Evenly coat the non-stick, ovenproof skillet with olive oil, and return to stove over medium heat. Once hot, add the egg mixture, and place the skillet in the oven, uncovered.

Check frittata in 10 minutes, and then, at 5-minute intervals, until the center is slightly firm. Be careful not to overcook.

Once frittata is done, flip it over onto a plate, cut into 6 slices, and serve immediately.



ROASTED ROSEMARY LEMON CHICKEN

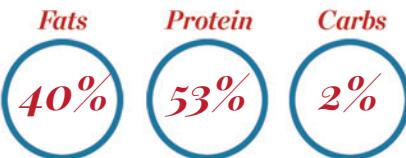
TUESDAY – LUNCH

Serves	Prep time	Cook time
2	120 minutes	15 minutes

INGREDIENTS

- 8 ounces chicken; white or dark meat with skin, (free range, organic)
- 1 lemon (juice only; reserve zest)
- 2 tablespoons fresh rosemary chopped
- 2 cloves garlic minced
- 1 tablespoon dried parsley
- 1 tablespoon extra virgin olive oil
- 1 tablespoon coconut oil; organic, refined
- 1 tablespoon unsalted butter

Stats (g)	Recipe	Serving
Total Carb	7.5	3.75
Total Fat	58.9	29.45
Total Protein	177.1	88.55
Total Calories	1268.5	634.25



DIRECTIONS

Reserve ~1 teaspoon each of the garlic and parsley, and 1 tablespoon of the rosemary for later use.

Combine coconut oil, garlic, rosemary, and parsley in a small bowl or dish. Coat the chicken in the oil mixture on both sides, then cover, and marinate in the refrigerator for ~2 hrs.

Once marinated, drizzle a sauté pan or skillet with olive oil, just to coat the bottom, and place over medium heat. Add chicken, searing each side for ~4 minutes, or until cooked (no longer pink). If you prefer, you can also roast the chicken in the oven (rather than the skillet) on 375 F for ~5 minutes, until juices run clear.

Remove chicken from the pan, and set aside. Drain most of the drippings from the pan, leaving just a little to use for the sauce. Next, add the reserved garlic, parsley, and rosemary to the drippings, and sauté ~10-15 seconds, until garlic softens and herbs are fragrant.

Then add the juice of one lemon, diluted with ~2 tablespoons water, and bring to a boil. Stir the mixture just enough to deglaze the pan, add the butter, salt, and pepper. Stir until the butter is just about melted, then place chicken back in the pan, flipping it over to fully coat each side.

The chicken can be served “as is” with a side item, or it can be sliced into bite size pieces and added to a salad, as well.



STEAMED BRUSSELS SPROUTS WITH TANGY LEMON VINAIGRETTE

TUESDAY – LUNCH

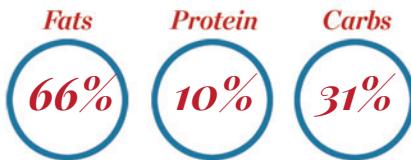


Serves	Prep time	Cook time
4	5 minutes	10 minutes

INGREDIENTS

- 3 cups brussels sprouts; trimmed, cut into quarters
- 1 tablespoon minced shallot
- 1 tablespoon lemon zest, freshly grated
- 2 tablespoons lemon juice, freshly squeezed
- 2 tablespoons extra virgin olive oil
- 2 teaspoons spicy, dijon mustard
- $\frac{1}{4}$ teaspoon ground black pepper
- $\frac{1}{2}$ teaspoon sea salt

Stats (g)	Recipe	Serving
Total Carb	29.4	7.35
Total Fat	27.8	6.95
Total Protein	9.5	2.375
Total Calories	405.8	101.45



DIRECTIONS

Trim Brussels sprouts, and slice into quarters.

In a large saucepan, add ~1 inch of water. Place Brussels sprouts in a steamer basket, and steam them over boiling water for ~7-8 minutes, until desired tenderness.

For the vinaigrette, whisk together the oil, shallots, lemon zest, lemon juice, mustard, salt, and pepper.

Add the steamed sprouts to the dressing; toss gently to coat, and serve.

SIDE DISH

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TROPICAL BAKED SALMON WITH SESAME AND GINGER

TUESDAY – DINNER

Serves	Prep time	Cook time
2	60 minutes	20 minutes

INGREDIENTS

- 2 (4 oz) wild caught salmon fillets
- 2 garlic cloves, minced
- 1 cup fresh pineapple (or mango, papaya, or any combination of tropical fruit), diced
- $\frac{1}{2}$ cup pineapple juice canned, unsweetened
- $\frac{1}{4}$ teaspoon coconut oil; organic, unrefined
- 2 tablespoons sesame seeds, toasted
- $\frac{1}{4}$ tablespoon low-sodium soy sauce
- $\frac{1}{4}$ teaspoon ground ginger
- $\frac{1}{8}$ teaspoon red pepper flakes
- $\frac{1}{8}$ teaspoon sea salt
- $\frac{1}{8}$ teaspoon ground black pepper

Stats (g)	Recipe	Serving
Total Carb	44.8	22.4
Total Fat	35	17.5
Total Protein	50.3	25.15
Total Calories	695.4	347.7



DIRECTIONS

In a small bowl, add the pineapple juice, garlic, soy sauce, ginger, and red pepper. Whisk mixture evenly.

Arrange the salmon fillets in a small baking dish. Pour the pineapple juice mixture over the top, cover with plastic wrap. Put in the refrigerator to marinate for ~1 hour, periodically turning the fillets, as needed.

Preheat the oven to 375 F. Lightly coat 2 squares of aluminum foil with coconut oil cooking spray. Place the marinated salmon fillets on the aluminum foil or parchment paper, then drizzle each with $\frac{1}{8}$ teaspoon coconut oil. Sprinkle with black pepper. An additional dash of red pepper flakes can be added for extra heat, if desired. Top each with $\frac{1}{2}$ cup diced fruit.

Make a foil packet by wrapping the foil (or parchment paper) around the salmon, and folding the edges down to seal. Bake ~10 minutes per side. The fish should be opaque throughout when tested with the tip of a knife. Transfer the salmon to warmed individual plates and serve immediately.

Cooking Options:

This dish is also perfect for grilling. Follow the same directions to prepare. Once the fish is wrapped in the foil packet*, put on heated grill and cook until firm and opaque (~10 minutes per side). (*Do not use parchment paper on the grill).



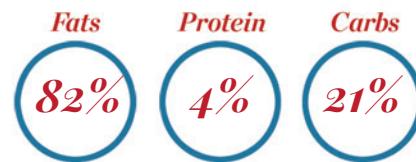
ZESTY GREEN BEANS

TUESDAY – DINNER

Serves	Prep time	Cook time
6	5 minutes	10 minutes

INGREDIENTS

- 1 pound green beans (snap beans) stems removed
- 2 tablespoons refined coconut oil or butter
- 1 red bell pepper seeded and julienned
- $\frac{1}{2}$ teaspoon red pepper flakes (or $\frac{1}{8}$ teaspoon cayenne pepper)
- 1 clove garlic, finely chopped
- 1 teaspoon mustard oil (optional)
- $\frac{1}{4}$ teaspoon freshly ground black pepper



DIRECTIONS

Cut the beans diagonally into ~2-inch pieces. Fill a large saucepan ~3/4 full of water, and bring to boil. Add the beans, and cook ~1-3 minutes.

Once they are tender-crisp and bright green, quickly drain the beans, rinse in cold water to stop the cooking, then drain again and set aside.

In a large frying pan, heat the coconut oil or butter over the medium heat. Add the julienned bell pepper and sauté for ~1 minute, then add the beans and sauté for another minute longer.

Add the chili flakes and garlic and stir for 1 minute, until beans are tender. Drizzle with the mustard oil and season with pepper.

Serve immediately.

SIDE DISH

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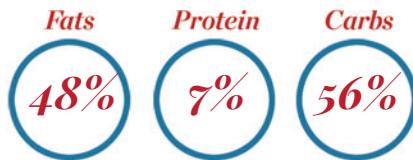
TOOTIE-FRUITY BREAKFAST SMOOTHIE

WEDNESDAY — BREAKFAST

Serves	Prep time	Cook time
1	5 minutes	0 minutes

INGREDIENTS

- 1 cup green tea brewed
- $\frac{1}{2}$ banana medium sized
- 1 cup spinach washed
- $\frac{1}{4}$ cup raspberries
- $\frac{1}{4}$ cup blueberries
- $\frac{1}{2}$ small, ripe avocado; peeled, seed removed



DIRECTIONS

Wash all fruits and vegetables, remove stems and peel, accordingly.

Brew green tea, allowing it to steep no longer than 3 minutes (to avoid bitterness).

Combine all ingredients in a blender, blend until smooth, and serve immediately.

*Almond or coconut milk can be used in place of the green tea and other combinations of different fruits and vegetables can be used if desired.



PISTACHIO, PEACH, AND AVOCADO CHICKEN SALAD

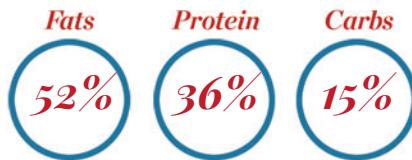
WEDNESDAY – LUNCH

Serves	Prep time	Cook time
6	15 minutes	0 minutes

INGREDIENTS

- 4 large stalks celery, trimmed and cut in half clockwise
- 2 tablespoons apple cider vinegar
- 1½ tablespoons spicy or Dijon mustard
- 2 teaspoons extra virgin olive oil
- 1 pinch of sea salt
- ½ cup avocado diced
- ¼ cup unsalted, dry roasted pistachios (optional)
- 1 pinch of freshly ground pepper, to taste
- 6 large leaves of butter head, romaine, or other leafy green lettuce
- 1 small peach, diced
- ¼ lime, segmented
- 4 ounces roasted chicken; white or dark meat cooked, chopped/shredded

Stats (g)	Recipe	Serving
Total Carb	53.4	8.9
Total Fat	84.2	14.03
Total Protein	130.7	21.78
Total Calories	1494.2	249.03



DIRECTIONS

Soak the celery in a bowl of ice water for ~15 minutes. Drain and pat dry with a paper towel, then cut into ½-inch pieces.

In a large bowl, whisk together the vinegar, mustard, oil, and salt until blended. Add diced peaches, and then gently stir to coat. Add the celery, lime segments, the avocados, and pistachios; gently stir to combine (to avoid mashing the avocado). Season with pepper, to taste.

Put about 1 cup salad mixture on top of each of the lettuce leaves. Can be served at room temperature or chilled, according to preference.



GRILLED BEEF & VEGGIE KABOBS

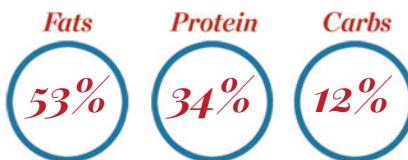
WEDNESDAY – DINNER

Serves	Prep time	Cook time
2	30 minutes	10 – 15 minutes

INGREDIENTS

- 4 ounces lean red meat, such as top sirloin or beef tenderloin; choice, premium cuts
- 1 tablespoon extra virgin olive oil
- 1 tablespoon water
- 1 tablespoon apple cider vinegar
- 1 tablespoon garlic minced
- 1 tablespoon onion powder
- $\frac{1}{2}$ teaspoon paprika
- 1 teaspoon red pepper flakes
- 1 green bell pepper, cut into 4 pieces
- 4 cherry tomatoes
- 1 small onion; peeled, cut into 4 wedges

Stats (g)	Recipe	Serving
Total Carb	9.7	4.85
Total Fat	18.6	9.3
Total Protein	26.8	13.4
Total Calories	313.4	156.7



DIRECTIONS

Cut the meat into 4 equal portions, and place in a small glass bowl. *In a separate bowl, combine oil, water, vinegar, minced garlic, onion powder, paprika, and red pepper flakes, mix together to make a dressing, then pour mixture over the top of the meat. Cover with plastic wrap, and put in the refrigerator for at least 20 minutes to marinate, turning as needed.

Preheat grill or a broiler. Coat the grill rack or broiler pan with cooking spray to prevent kabobs from sticking to the surface, (safely away from the heat source). Position the cooking rack or broiler pan ~ 4-6 inches from the direct heat source.

Gently thread each skewer through the center of 2 cubes of meat, 2 green pepper slices, 2 cherry tomatoes and 2 onion wedges, (alternating as you prefer). Place the kebabs on the grill rack or broiler pan, cooking for ~5-10 minutes, turning each as needed, to desired wellness. Serve immediately.

***TIP:** For easy cleanup, rather than using a small glass bowl, add meat and dressing mixture to a large, zip top plastic storage bag. Place in refrigerator to marinate for 20 minutes, turning the bag periodically.

TIP: Any leftovers would be a great addition to a leafy green salad, as well.

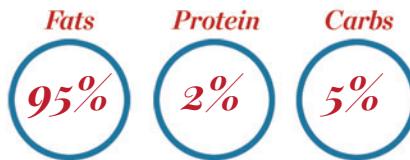


SUPER-HEALTHY VINAIGRETTE DRESSING

WEDNESDAY – DINNER



Stats (g)	Recipe	Serving
Total Carb	20.6	2.575
Total Fat	172.5	21.56
Total Protein	6.4	0.8
Total Calories	1660.5	207.56



DIRECTIONS

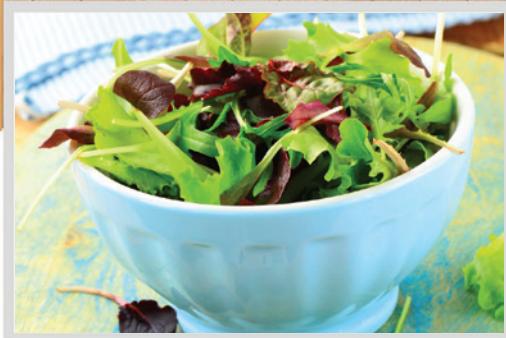
In a glass bowl, whisk together the vinegar, salt, and pepper until salt is dissolved. Slowly incorporate the oil into the mixture, whisking constantly, until ingredients are combined*.

Drizzle vinaigrette over salad and toss to coat. Serve immediately.

*See more homemade vinaigrette tips on page 97

SIDE DISH

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SIMPLE SALAD

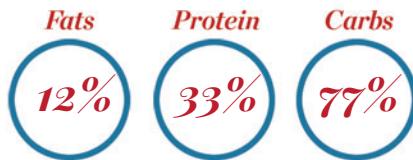
WEDNESDAY – DINNER

Serves	Prep time	Cook time
2	5 minutes	0 minutes

INGREDIENTS

- 1 cup fresh spinach
- 1 cup baby arugula
- 1 cup romaine lettuce
- $\frac{1}{2}$ cup red cabbage, shredded

Stats (g)	Recipe	Serving
Total Carb	5.9	2.95
Total Fat	0.4	0.2
Total Protein	2.5	1.25
Total Calories	37.2	18.6



DIRECTIONS

Wash, dry, and tear greens. Combine in a salad bowl.

*Toss with vinaigrette dressing to serve.

NOTE: There are many other types of healthy greens you can use to create your own healthy combination. Here are just a few others to try; bibb lettuce, collard greens, leaf lettuce, beet greens, and watercress.

*See recipe for Super-Healthy Vinaigrette Dressing.

SIDE DISH

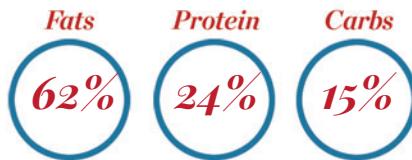


HAM AND SWEET POTATO HASH

THURSDAY — BREAKFAST



Stats (g)	Recipe	Serving
Total Carb	30.7	15.35
Total Fat	56.2	28.1
Total Protein	49.3	24.65
Total Calories	825.8	412.9



INGREDIENTS

- 1 large sweet potato, washed and cut into small chunks (skin on)
- 2 ounces boneless, fully cooked ham steak
- 2 dried apricots, finely chopped
- ½ tablespoon freshly ground flaxseeds
- ½ teaspoon ground cumin
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon cayenne
- 3 tablespoons coconut oil (or coconut oil spray)

DIRECTIONS

Preheat oven to 400 F. Combine chopped apricots, flaxseeds, seasonings, and potato chunks in a large bowl.

Drizzle or spray with coconut oil, evenly coating all pieces. Arrange sweet potato chunks in a single layer on a non-stick baking sheet.

Bake for ~15 minutes, then turn and cook an additional 10-15 minutes, or until tender.

In the meantime, place the ham steaks in a large, lightly oiled skillet, and heat until steaks are brown and heated through. Remove from heat, and cut into bite-sized pieces, reserving any drippings.

Combine the potatoes and ham in the skillet, cook together with the ham drippings for ~1-2 minutes. Top with a fried egg (optional). Serve immediately.



CURRIED CARROT SOUP WITH GINGER

THURSDAY – LUNCH

Serves	Prep time	Cook time
6	5 minutes	15 minutes

INGREDIENTS

- 3 tablespoons butter or coconut oil
- 1 teaspoon mustard seeds
- $\frac{1}{4}$ yellow onion, chopped
- 1 pound carrots, peeled and cut into $\frac{1}{2}$ -inch pieces
- 3 teaspoons fresh ginger root, peeled and chopped
- 1 red chili pepper, chopped and seeded (optional)
- 1 teaspoon curry powder
- 8 cups chicken (or vegetable) stock; organic, low sodium
- 1 tablespoon fresh lime juice
- $\frac{1}{4}$ teaspoon sea salt
- $\frac{1}{4}$ cup chopped fresh parsley (optional)
- $\frac{1}{2}$ avocado, sliced thin (optional)
- grated zest of 1 lime
- 2 cups plain Greek yogurt

DIRECTIONS

Heat half of the butter or coconut oil in a large saucepan over medium heat. Add the mustard seeds, let cook ~1 minute, just until the seeds start to pop, and then add the onion. Then sauté the mixture for ~3-4 minutes, or until the onions are soft and translucent. Add the carrots, ginger, red chilis, and curry powder, and continue to sauté ~3 minutes, or until fragrant.

Add 4 cups of the stock, then raise the heat to high, bringing it to a boil, then reduce heat to medium-low. Let the soup simmer, uncovered, until the carrots are tender, ~6 minutes.

Add the yogurt to the mixture and stir to incorporate. Using a blender or food processor, puree the soup in small batches until it reaches a smooth consistency, then return to the saucepan. Or, even easier, use a stick immersion blender and blend it right in the pot. Stir in the remaining 4 cups stock and reheat gently on medium high heat.

Just before serving, stir in the chopped parsley and lime juice. Season with salt, and garnish each serving with sliced avocado and lime zest, if desired.



CREOLE STYLE BROILED COD

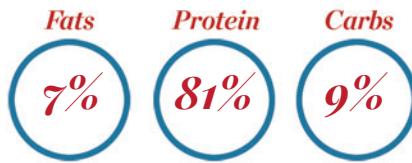
THURSDAY – DINNER

Serves	Prep time	Cook time
2	5 minutes	10 minutes

INGREDIENTS

- 2 white cod fillets, 4-oz each (can also use red snapper, swordfish, or halibut)
- 1 tablespoon lemon juice
- 1 teaspoon minced garlic
- 1 teaspoon shallots, finely chopped
- $\frac{1}{4}$ teaspoon cayenne powder or red pepper flakes, to taste
- $\frac{1}{4}$ teaspoon chili powder, to taste
- $\frac{1}{4}$ teaspoon onion powder, to taste
- $\frac{1}{4}$ teaspoon ground black pepper, to taste
- $\frac{1}{8}$ teaspoon sea salt

Stats (g)	Recipe	Serving
Total Carb	4.7	2.35
Total Fat	1.6	0.8
Total Protein	41.1	20.55
Total Calories	197.6	98.8



DIRECTIONS

Preheat broiler, positioning the rack ~4-6 inches from the heat source.

Place the fillets on a broiling pan, which has been lightly coated with coconut oil cooking spray.

Combine dry seasonings in a small bowl.

Sprinkle the fillets with lemon juice, garlic, shallots, and seasoning mixture. Broil ~8-10 minutes, until the fish is opaque throughout when tested with a tip of a knife.

Serve immediately.

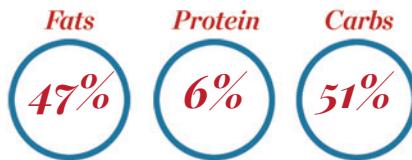


OH BABY! ROASTED BEET SALAD WITH ORANGES

THURSDAY – DINNER



Stats (g)	Recipe	Serving
Total Carb	67.7	11.28
Total Fat	28.1	4.68
Total Protein	8.5	1.416
Total Calories	557.7	92.95



DIRECTIONS

Preheat oven to 400 F. Rinse beets and beet greens, and drain. Cut off the greens from the top, and set aside to dry.

Drizzle a bit of the oil onto your hands and rub beets to lightly coat them. Wrap them in aluminum foil, and bake for ~45 minutes.

In the meantime, combine ~1 tablespoon of oil, with the balsamic vinegar, spicy mustard, salt, and pepper in a small bowl, mix well.

Peel and trim the tops and bottoms of the rutabagas and carrots, and slice or chop them into smaller pieces. Place vegetables on a baking sheet, and drizzle with the balsamic mixture, and gently toss them so that they are evenly coated. Roast them in the oven (400 F) for ~10 minutes, then take them out, flip the vegetables over, and then continue roasting. Repeat this process at 5-minute intervals, until they are tender and caramelized.

Once beets and other vegetables are tender, remove them from the oven. Set the beets aside and allow them to cool enough to be handled. Then pull off the outer skin, and cut the beets into slices, and combine them with other roasted vegetables.

In a separate bowl, tear the beet greens into strips. Zest and juice 1 orange. Peel the other orange and cut into thin slices. Add slices to the greens, and then drizzle entire mixture with oil. Season with black pepper and toss to combine.

To serve, arrange equal portions of greens on chilled plates, and top each with the roasted vegetables.

SIDE DISH

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TEX-MEX OMELET

FRIDAY – BREAKFAST

Serves	Prep time	Cook time
1	5 minutes	5 minutes

INGREDIENTS

- 2 eggs
- $\frac{1}{8}$ cup red or green bell pepper diced
- $\frac{1}{8}$ teaspoon red pepper flakes (or a pinch of cayenne pepper (optional))
- $\frac{1}{8}$ cup onions diced
- olive oil cooking spray

Stats (g)	Recipe	Serving
Total Carb	4	4
Total Fat	9.6	9.6
Total Protein	13	13
Total Calories	154.4	154.4



DIRECTIONS

Lightly coat a small skillet or omelet pan with olive oil cooking spray, and place over medium heat.

Gently sauté peppers and onions until slightly tender and fragrant.

Beat eggs, and pour over onion and pepper mixture.

As the eggs begin to set, using a spatula, carefully lift the sides of the omelet, allowing the uncooked egg to slide underneath and set.

Repeat this process until egg is cooked through. Flip the omelet over, and cook for a few seconds to ensure both sides are done.

*Top with salsa, and serve immediately.

*See Sweet & Spicy Veggie Salsa Recipe for additional ingredients and instructions.



SWEET & SPICY VEGGIE SALSA

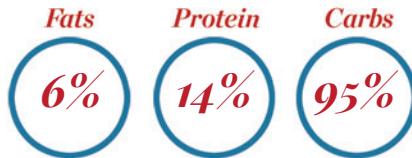
FRIDAY – BREAKFAST

Serves	Prep time	Cook time
16	45 minutes	0 minutes

INGREDIENTS

- 1 cup diced zucchini
- 1 cup chopped red onions
- 1 red bell pepper, seeded and diced
- $\frac{1}{2}$ of 1 papaya or mango, diced
- 2 cups cherry tomatoes, diced
- 2 cloves garlic, minced
- $\frac{1}{2}$ cup fresh cilantro, chopped (optional)
- 1 teaspoon freshly ground black pepper
- juice of 1 lime
- $\frac{1}{2}$ teaspoon sea salt

Stats (g)	Recipe	Serving
Total Carb	50.9	3.18
Total Fat	1.5	0.093
Total Protein	7.7	0.481
Total Calories	247.9	15.49



DIRECTIONS

Wash all fruits and vegetables, and prepare as directed. In a large bowl, combine all ingredients, adding lime juice and seasonings, and gently toss to mix.

Cover and refrigerate for ~30-45 minutes, allowing flavors to blend.

Serve as a dressing, relish or topping, or tasty dip.

SIDE DISH



ZESTY SPINACH SALAD WITH STRAWBERRIES AND AVOCADO

FRIDAY – LUNCH



Stats (g)	Recipe	Serving
Total Carb	32.3	8.075
Total Fat	86.1	21.525
Total Protein	57.2	14.3
Total Calories	1132.9	283.22



DIRECTIONS

For dressing: whisk vinegar, oil, mustard seed, pepper and a dash of salt in a bowl.

For salad: combine spinach, onion, and fruit in a large bowl just before serving. Add the dressing and toss gently to coat.

Top with avocado slices and parmesan.



GRILLED TUNA WITH SUMMER CITRUS SALAD

FRIDAY – DINNER

Serves	Prep time	Cook time
2	5 minutes	10 minutes

INGREDIENTS

- 8 ounces yellow fin tuna steaks
- 4 tablespoons coconut oil
- 4 cups shredded spinach
- 1½ ounces shredded kohlrabi
- ½ cup chopped green (snap) beans, lightly steamed
- ⅓ cup shredded carrot
- 1 teaspoon fresh dill
- 1 tablespoon fresh parsley, minced
- ⅓ cup red bell peppers, chopped
- 1 tablespoon garlic, minced
- 1 teaspoon black pepper
- zest and juice of 1 lemon
- ¼ cup fresh pineapple segments (or unsweetened, packed in water)
- ¼ cup fresh orange segments (or unsweetened, packed in water)

Stats (g)	Recipe	Serving
Total Carb	34.6	17.3
Total Fat	59.6	29.8
Total Protein	61.1	30.55
Total Calories	919.2	459.6



DIRECTIONS

Heat grill (or broiler). Spray a grill or broiler pan with coconut oil cooking spray (safely away from the heat source), placing rack about 3-4 inches from direct heat.

Using 1 tablespoon of coconut oil, lightly coat each side of the fish, and place on the grill or broiler pan. Cook for ~10 minutes, or until fish is opaque and easily flakes with a fork. If using a food thermometer, fish should reach 145 F.

Combine vegetables, and set aside. Combine pineapple and orange segments, and set aside.

Mix together the lemon zest and all remaining herbs and seasonings. Combine with the remaining coconut oil, then toss together with vegetables in a large bowl.

Divide the salad onto two plates. Then top each salad with the fish and combined fruits. Drizzle with lemon juice and serve.



GRILLED ARTICHOKEs WITH LEMON

FRIDAY – DINNER



Stats (g)	Recipe	Serving
Total Carb	57.4	14.35
Total Fat	14.8	3.7
Total Protein	16.8	4.2
Total Calories	430	107.5



DIRECTIONS

To prepare artichokes:

Fill a Dutch oven with water; add the mint and juice of $\frac{1}{2}$ lemon. Trim the top leaves from each artichoke. From the stem end of the artichoke, remove the outer layer(s) of leaves, and snip the rest of the spiky tips from the outer layer of leaves. Trim an inch off the bottom of the stem. Using a vegetable peeler, carefully remove the fibrous outer layer, and then immediately drop each artichoke into the minty lemon water to prevent it from turning brown. When all the artichokes are prepared, cover the pan and bring to a boil. Let cook until the base of the stem can be pierced with a fork, ~12-15 minutes. Once slightly tender, remove each artichoke and place on a cutting board to cool for ~10 minutes.

In the meantime, preheat the grill to medium. Using a sharp knife, slice the artichokes in half lengthwise. Using a spoon, carefully scoop out the artichoke and first few inner layers in the center until reaching the bottom layer. Drizzle each half with oil, and sprinkle with salt and pepper, to taste. Place the artichokes on the grill and cook until tender and lightly charred (~ 5 minutes per side). Remove from heat, and place on a serving platter. Place lemon halves (cut side down) onto the grill for a few seconds, just until slightly charred, and then squeeze remaining half of the lemon over the artichokes. Slice the remaining lemon half for garnish, if desired. Artichokes can be served warm, at room temperature, or chilled.

SIDE DISH



GREEN EGGS & BACON SCRAMBLER

SATURDAY - BREAKFAST

Serves	Prep time	Cook time
2	5 minutes	5 minutes

INGREDIENTS

- $\frac{1}{2}$ avocado
- 1 cup baby spinach
- 4 eggs
- 2 strips bacon (fried or cooked in microwave, to desired crispness)
- $\frac{1}{3}$ cup Swiss cheese, grated
- 1 tablespoon unsalted butter
- 1 teaspoon onion powder
- $\frac{1}{2}$ teaspoon black pepper

Stats (g)	Recipe	Serving
Total Carb	14.8	7.4
Total Fat	62.2	31.1
Total Protein	46.2	23.1
Total Calories	803.8	401.9



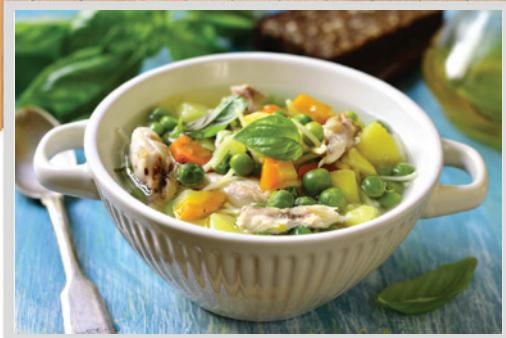
DIRECTIONS

Cut the avocado in half, and remove the pit. Using a knife, score the avocado into small cubes. Using a spoon, scoop the avocado cubes into a bowl, and set aside.

In a separate bowl, add the eggs, cheese, spinach, and seasonings. Crumble the cooked bacon into the mixture, and whisk together until well blended.

Add the butter to a non-stick skillet over medium-high heat, and cook until melted. Add egg mixture, and stir constantly ~1 minute, or until eggs are set.

Remove from heat, and stir in the avocado. Serve immediately.



SUPER VEGGIE CHICKEN SOUP

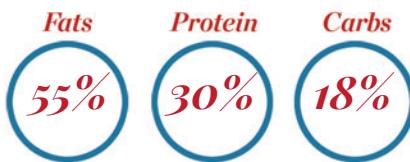
SATURDAY - LUNCH

Serves	Prep time	Cook time
2	5 minutes	10 minutes

INGREDIENTS

- 1 tablespoon butter, divided
- 4 ounces chicken (white or dark meat), cut into bite size chunks
- $\frac{1}{2}$ small zucchini, grated
- 2 tablespoons shallots, finely chopped
- $\frac{1}{4}$ green snap peas; chopped
- 2 cups chicken or vegetable broth; organic, low sodium
- $\frac{1}{4}$ cup baby spinach
- 2 stalks celery; finely diced, leaves included
- 1 carrot chopped or sliced
- 1 tablespoon extra virgin oil

Stats (g)	Recipe	Serving
Total Carb	20.7	10.35
Total Fat	29	14.5
Total Protein	35.3	17.65
Total Calories	485	242.5



DIRECTIONS

Heat oil in a large saucepan or stockpot over medium-high heat. Cut chicken into bite size pieces and add to pan. Cook until browned, ~3 to 4 minutes, stirring occasionally. Cook until browned, ~3 to 4 minutes.

Remove chicken from pan and set aside. Add shallots, peas, celery, carrots, herbs, salt, and pepper to the pan. Sauté ~2 to 3 minutes, stirring frequently, until vegetables are slightly softened. Next, add the grated zucchini and the broth to the pan.

Continue cooking on high heat, stirring occasionally, until boiling, then reduce heat to simmer. Stir in the cooked chicken; continue cooking until chicken is heated through (~2-3 minutes). Top with spinach and serve.

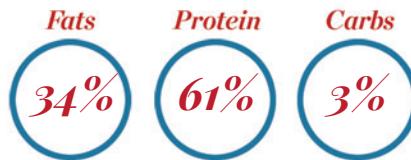


HERB ROASTED TURKEY BREAST

SATURDAY - DINNER



Stats (g)	Recipe	Serving
Total Carb	16	4
Total Fat	92	23
Total Protein	371.4	92.85
Total Calories	2377.6	594.4



Serves	Prep time	Cook time
4	5 minutes	90 minutes

INGREDIENTS

- 4 boneless, skinless turkey breasts (~12 oz total)
- 6 tablespoons extra virgin olive oil
- 3 tablespoons Himalayan sea salt
- 8 medium garlic cloves
- 2 tablespoons fresh rosemary leaves
- 2 tablespoons fennel seeds, lightly crushed
- 1 tablespoon whole black peppercorns, lightly crushed
- 1 teaspoon lemon juice

DIRECTIONS

Preparation:

Rinse turkey breast and pat dry.

In a small bowl, whisk together the oil, lemon juice, herbs, and seasonings, to form a paste.

Rub both sides of the turkey with paste, covering completely.

Cooking Options:

Oven roasted:

Place turkey breast in a shallow roasting pan and cover. Bake at 325 for 1- $\frac{1}{4}$ to 1- $\frac{3}{4}$ hours or until juices run clear and a thermometer reads 170 F, basting with seasoning mixture if needed.

Slow Cooker:

Place turkey breasts in the slow cooker. Cover, and cook on high for 3-4 hours, or cook on low for 5-6 hours. Baste with seasoned liquid, if needed.



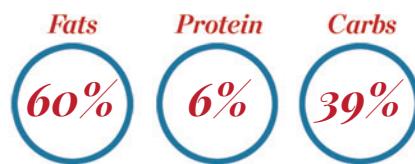
NO-POTATO MASHED POTATOES

SATURDAY - DINNER

Serves	Prep time	Cook time
2	5 minutes	15 minutes

INGREDIENTS

- 2 small rutabagas
- 1 large shallot, peeled and sliced
- 2 cloves garlic, peeled and minced
- 2 tablespoons unsalted butter
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- vegetable or chicken stock, low sodium (optional)
- plain almond milk or sour cream (optional)
- fresh parsley, chopped (optional)



DIRECTIONS

Peel rutabaga and cut into small cubes. Place them in a large pot of boiling water and cook ~10-15 minutes, or until tender.

In the meantime, place olive oil in skillet, and gently sauté sliced shallots and minced garlic until tender and golden brown.

Once rutabagas have reached desired tenderness, drain and place in a large bowl. Mash using a fork, potato masher, or mixer until fluffy.

For a creamier consistency, you can add a little vegetable or chicken stock, a splash of plain almond milk, or a dollop of sour cream. Then add the mixture of shallots, garlic, and olive oil, fold in or whip to desired consistency. Season with salt and fresh black pepper, to taste.

Sprinkle with freshly chopped parsley (optional).

SIDE DISH



CRUSTLESS SAUSAGE & MUSHROOM QUICHE

SUNDAY - BREAKFAST



Stats (g)	Recipe	Serving
Total Carb	12.1	1.512
Total Fat	85.3	10.66
Total Protein	96	12
Total Calories	1200.1	150.01



DIRECTIONS

Preheat oven to 350 F.

Prepare ingredients for sausage according to the recipe, and add to a hot skillet. Using a spatula or wooden spoon, cook the sausage until it begins to crumble, and then add the sliced mushrooms. Continue cooking until sausage is done and the mushrooms soften.

Add sausage mixture to the bottom of a greased quiche pan or pie plate.

Beat eggs and egg whites in a bowl, and then add the cheese. Pour egg mixture over the sausage.

Bake in the oven for ~45-55 minutes, or until the center is solid.

Let stand ~10 minutes, cut into 8 slices, and serve.

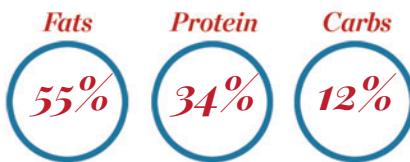


COUNTRY STYLE PALEO BREAKFAST SAUSAGE

SUNDAY - BREAKFAST



Stats (g)	Recipe	Serving
Total Carb	11.3	1.88
Total Fat	22.5	3.75
Total Protein	30.7	5.12
Total Calories	370.5	61.75



DIRECTIONS

Add all ingredients to a large bowl and mix together.

For sausage patties:

Form mixture into 12 patties. Drizzle skillet with oil, cover, and brown the sausage over medium heat ~5 minutes on each side, or until juices run clear.

For ground sausage, prepare mixture as described. Add to heated, oiled skillet. Using a spatula or wooden spoon, break up the sausage until it begins to crumble, and continue cooking until browned, and juices are clear.

SIDE DISH

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BLAZING CHICKEN SALAD WITH ROASTED VEGETABLES

SUNDAY - LUNCH

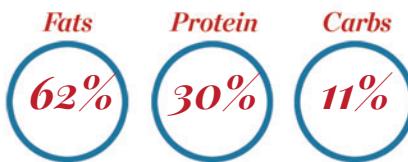


Serves	Prep time	Cook time
6	5 minutes	15 minutes

INGREDIENTS

- 3 chicken breasts
- 4 cups broccoli florets
- ½ red bell pepper, sliced
- 6 tablespoons unsalted butter (or coconut oil)
- 1 clove garlic, minced
- 1 cup fresh mushrooms, sliced
- 1 lemon, freshly squeezed
- ¼ teaspoon chili powder
- ⅛ teaspoon cayenne pepper (or ¼ tsp red pepper flakes)
- ¼ teaspoon ground black pepper

Stats (g)	Recipe	Serving
Total Carb	36.2	6.03
Total Fat	87.8	14.63
Total Protein	95.4	15.9
Total Calories	1316.6	219.43



DIRECTIONS

Place chicken in a skillet or saucpan. Add enough water to cover the chicken, cook over high heat until water begins to simmer. Cover, reduce heat and continue to simmer gently for ~10 - 12 minutes (or until the chicken is cooked through and no longer pink in the middle).

Carefully remove the chicken from the pan and allow it to cool on a cutting board. Chop chicken into bite-size pieces, or shred (using two forks) if you prefer.

Meanwhile, bring a large pot of water to a boil, add broccoli, and gently steam, but still leaving it firm. Quickly rinse in cold water, and drain thoroughly.

Heat 4 tablespoons of the butter or coconut oil in a deep heavy skillet, and sauté broccoli, mushrooms, and red peppers until slightly charred/browned. Transfer vegetable mixture to a plate to cool.

In the same skillet, heat the remaining butter or coconut oil in the pan over medium heat. Combine seasonings and add to skillet. Using a wooden spoon, constantly stir the mixture for ~30-45 seconds, until fragrant.

Add minced garlic, and slowly pour in lemon juice (carefully, to avoid splattering), then remove the pan from the heat. Continue to stir ingredients, scraping up any roasted bits left in the pan. In a large bowl, combine the shredded chicken, and vegetable mixture.

Drizzle with the warm dressing, toss gently to coat and serve.

This versatile dish can be served as is, over a bed of green lettuce, or rolled in individual lettuce leaves and served as a healthy wrap.



GRILLED ALASKAN SALMON WITH GARLIC AND LEMON

SUNDAY - DINNER

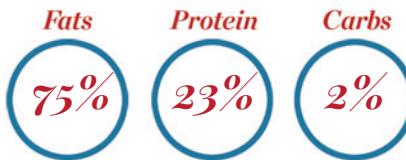


Serves	Prep time	Cook time
4	5 minutes	10 minutes

INGREDIENTS

- 4 tablespoons chopped, fresh basil
- 1 tablespoon chopped, fresh parsley
- 1 tablespoon garlic, minced
- 2 tablespoons lemon juice
- 4 salmon fillets (wild Alaskan Coho), each 5 ounces
- 1 teaspoon cracked black pepper, to taste
- 4 black or green olives, chopped
- 4 thin slices lemon
- 6 tablespoons extra virgin olive oil

Stats (g)	Recipe	Serving
Total Carb	8.9	2.225
Total Fat	131.9	32.975
Total Protein	91.3	22.825
Total Calories	1587.9	396.975



DIRECTIONS

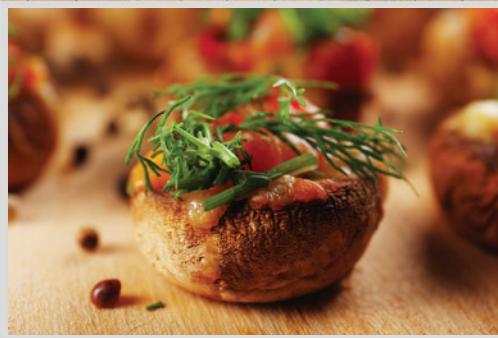
Preheat grill or broiler pan. Lightly brush each fillet with ~1 tablespoon of olive oil, and sprinkle with fresh cracked black pepper.

Next, combine remaining oil, basil, parsley, lemon juice, and minced garlic in a small bowl, and use a spoon to evenly distribute the mixture over each fillet. Slice lemon and set aside.

Once the grill has reached high heat, spray the grill rack or broiler pan with coconut or olive oil spray to prevent the fish from sticking. Gently place each fillet, herb side down, and grill over high heat for ~3-4 minutes (or until the edges turn white).

Reduce the heat and remove the fish from the grill, gently turning it over onto a piece of aluminum foil, and allow it to continue cooking until the fillet is opaque in color, ~4 more minutes.

Remove from heat, garnish with olives and lemon slices, if you prefer.



PORTOBELLOS TAPENADE

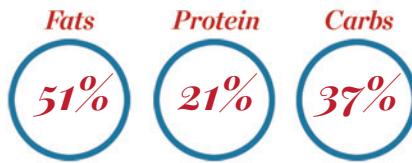
SUNDAY - DINNER

Serves	Prep time	Cook time
4	5 minutes	5 minutes

INGREDIENTS

- 1 cup chopped tomatoes
- $\frac{1}{4}$ cup chopped Kalamata olives
- 1 teaspoon garlic, minced
- 1 egg, beaten
- 2 teaspoons extra virgin olive oil
- $\frac{1}{2}$ teaspoon finely chopped fresh rosemary
- $\frac{1}{8}$ teaspoon freshly ground pepper
- $\frac{1}{8}$ teaspoon ground ginger
- 4 portobello mushroom caps, 5 inches wide
- 2 tablespoons lemon juice
- 2 teaspoons balsamic vinegar

Stats (g)	Recipe	Serving
Total Carb	26.5	6.625
Total Fat	16.3	4.075
Total Protein	15.4	3.85
Total Calories	314.3	78.575



DIRECTIONS

Finely chop tomatoes, olives and rosemary, and minced garlic. Combine egg (beaten), 1 teaspoon olive oil, tomatoes, olives, garlic, rosemary, pepper and ginger in a small bowl.

Preheat grill to medium. Discard mushroom stems. Remove brown gills from the undersides of the caps using a spoon; discard gills. Mix the remaining 1-teaspoon oil, lemon juice and balsamic vinegar in a small bowl. Brush the mixture over both sides of the caps. Spray a grill rack.

Place the caps on the rack, stem sides down, cover and grill until soft, about 5 minutes per side. Remove from the grill, and fill the caps with the tomato mixture. Return to the grill, cover, and cook about 3 minutes more, until heated through. Serve.

SIDE DISH

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7-Day Meal Plan Grocery Shopping List

By far, the most common question we get is this one:

“OK...so what do I eat?”

The good news is that The Blood Pressure Solution allows you to eat a wide variety of high quality foods that will not only help you lower your blood pressure naturally, but will also help you feel full and satisfied, and create abundant energy and lasting health.

This list is organized into the following sections:

Produce
Pantry
Fridge



Just a note on food...

As you've been learning, what we eat (and don't eat!) can have a profound impact on our health. We put together these meals and shopping lists to make it easier for you to start eating healthy food that tastes great. If you haven't already, be sure to read the How to Read A Food Label Bonus Report (pgs. 107-132), so that you're prepared when you go to the store. Now a few things to always keep in mind when you go grocery shopping:

1. Try to buy foods with as few ingredients on the label as possible and stay away from chemicals or preservatives!
2. If it's possible, try to buy the best quality ingredients you can afford. For example, it costs a little bit more to buy eggs that are organic and farm grown, but they will give you more nutrients than regular eggs. If you can afford to buy grass-fed beef over conventional beef, by all means do so, as nutrient composition is far better.
3. While olive oil is definitely healthy, there is quite a bit of evidence that much of what we get in the stores isn't pure olive oil, but is adulterated and watered down with things like vegetable oil or soy oil. Those oils are actually damaging to your body and increase cardiovascular disease. Use the link below to find out which olive oils are actually PURE olive oil:

<http://www.truthinoliveoil.com/great-oil/how-to-buy-great-olive-oil/>

4. If you stick to the outside aisles of the supermarket, you will have a better chance of avoiding processed foods and things with too many ingredients.
5. Finally, one thing I tell my patients all the time: you are not the only person trying to do this. So if you need new ideas for snacks, or want to bake something without sugar, or want some good drink ideas, look on the Internet, because someone, somewhere has figured this out already!

FRESH HERB AND PRODUCE	AMOUNT	UNIT
Asparagus	24	spears
Avocado	3	
Baby arugula	1	cup
Baby beets w/greens	2	bunches
Baby carrots	1	cup
Baby spinach	15	cup
Banana	1	
Blueberries	0.25	cup
Broccoli florets	6.5	cup
Brussels sprouts (small, young)	3	cup
Butter head/romaine lettuce	1	head
Carrots	~1	lb
Celery stalks	6	stalks
Cherry tomatoes	4 whole + 2 cups, sliced	
Fresh basil	4	tbsp
Fresh cilantro	0.5	cup
Fresh dill	3	sprigs
Fresh ginger root	3	tsp
Fresh mushrooms	4	cup
Fresh or dried parsley	4	tbsp
Fresh or dried rosemary	5	tbsp
Green beans (snap beans)	2	lb
Green onions	1	

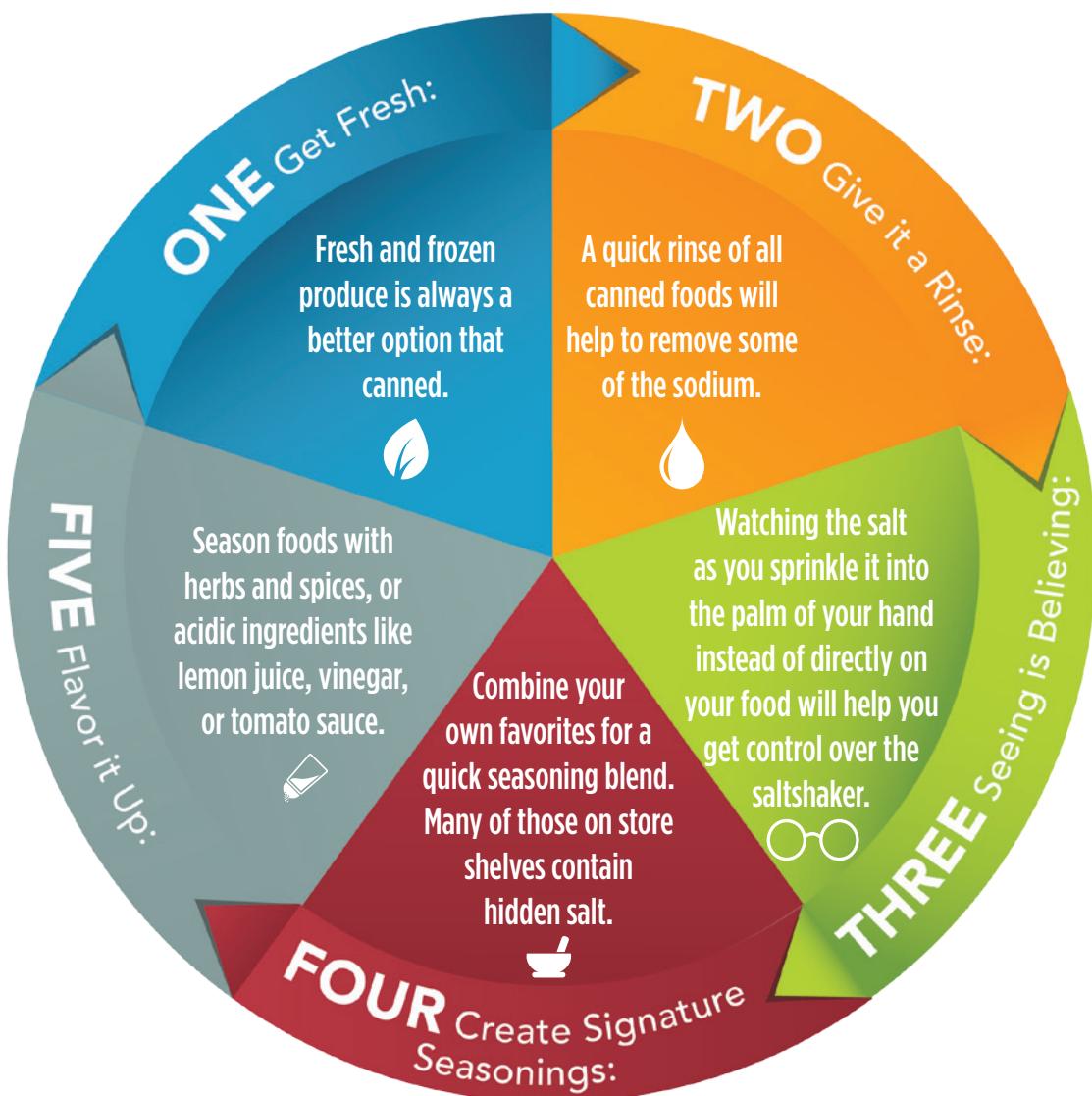
FRESH HERB AND PRODUCE	AMOUNT	UNIT
Jerusalem artichokes	4	
Kohlrabi	1.5	ounce
Lemon	6	
Lime	4	
Mango or papaya	1	
Onions (red, white, yellow)	3	cup
Orange	3	
Papaya		
Peach	1	
Pineapple or grapefruit	1.25	cup
Portobello mushroom caps	4	
Purple onion	1	
Raspberries	0.25	cup
Red cabbage	0.5	cup
Red chili peppers	1	
Red or green bell pepper	5	
Rutabagas	3	
Shallots	9	tbsp
Strawberries	0.25	cup
Sweet potatoes	1	
Tomatoes	1	cup
Whole Garlic Pod	4	head
Zucchini	4	

PANTRY	AMOUNT	UNIT
Arrowroot or almond flour	1	tbsp
Balsamic vinegar	3	tbsp
Cayenne pepper	0.125	tsp
Celery seeds	0.25	tsp
Chicken or vegetable broth or stock (reduced-sodium)	10	cup
Chili powder	0.5	tsp
Coconut oil (unrefined)	1.25	cup
Coconut oil spray	(no amount needed)	
Curry powder	1	tsp
Dijon-style/spicy mustard	0.5	cup
Dried apricots	2	
Dried spearmint	1	tsp
Dried thyme	0.5	tsp
Dry mustard (powder)	1	tsp
Extra virgin olive oil	1.5	cup
Fennel seeds	2	tbsp
Garlic powder	1.5	tsp
Green olives	4	
Green tea (fresh brewed)	1	cup
Ground cinnamon	0.125	tsp
Ground cloves	1	pinch
Ground cumin	0.75	tsp

PANTRY	AMOUNT	UNIT
Ground ginger	0.5	tsp
Kalamata olives	0.25	cup
Low sodium soy sauce	1.25	tsp
Mustard oil (optional)	1	tsp
Mustard seeds	1.5	tsp
Olive oil cooking spray		
Onion powder	2	tbsp
Paprika	0.5	tsp
Pear, raspberry or apple cider vinegar	0.5	cup
Pineapple juice; canned, unsweetened	0.5	cup
Pistachios (dry roasted, no salt)	0.25	cup
Red pepper flakes (optional)	3	tsp
Sage	1	tsp
Sesame seeds	5	tbsp
Slivered almonds	0.5	ounce
Walnut Oil/Flaxseed Oil	0.75	cup
Whole black peppercorns	1	tbsp
Whole Flaxseed	2	ounce

REFRIGERATOR ITEMS	AMOUNT	UNIT
Almond milk (plain)	2	tbsp
Bacon; pork, low-sodium	2	strips
Boneless, skinless chicken breast	2.5	lb
Butter, unsalted	1	cup
Cheddar or Swiss cheese	2	cup
Cod fillets	2	
Eggs (organic or farm gown)	28	
Ground pork loin (lean)	0.5	lb
Ground turkey	2.25	lb
Ham steak	2	ounce
Lean red meat (top sirloin or beef tenderloin; choice, premium cuts)	4	ounce
Lemon juice	6	tbsp
Orange juice, unsweetened	3	ounce
Parmesan cheese	2	tbsp
Plain Greek Yogurt	2	cup
Pork loin	1	lb
Salmon fillets (wild Alaskan Coho)	1.75	lb
Sour cream; full fat	3	tbsp
Tuna steaks (Yellow fin)	0.5	lb
Turkey bacon	3	piece

5 Easy Ways to Reduce Excess Sodium in Your Diet



Quick Tips and Healthy Hints

Preparation & Storage

- **Marinating Made Simple:** For easy cleanup, rather than using a small glass bowl, add meat and dressing mixture to a large, zip top plastic storage bag. Place in refrigerator to marinate for 20 minutes, turning the bag periodically.
- **Quick & Easy Snack:** After buying fruits and vegetables, prep them (wash, peel, cut, if necessary), and pre-package into reusable containers. (Be sure to check your serving sizes).
- **Quick & Easy Prep:** To save time in the kitchen, precook and/or prep some of your ingredients. Chop cooked meats, veggies, and other ingredients needed for weekly meals; divide each ingredient into proper portions per meal and store in fridge or freezer-safe container or re-sealable bag until it's time to cook. (This works well with chopped onions. Chop your onion, freeze, and they're ready to go!).
- **Avocado Tips and Tricks:**

To ripen avocado: simply place in a brown paper bag.

To dice avocado: Place the avocado on a cutting board. Carefully slice through the avocado lengthwise, using a sharp knife, until you feel the knife hit the pit. Keeping the knife steady, rotate the avocado to make a cut all around the pit. Twist the two halves apart. To remove the pit, quickly strike the pit with your knife, using enough force to prevent the knife from slipping. Then twist the knife to pull out the pit. Using the tip of your knife, score avocado flesh, making small rows of squares. Then use a spoon to gently scoop out the diced avocado.

- **Go NUTS!**

DIY Toasting: Chop pistachios (or other types of nuts), heat them in a small, dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, (~2-4 minutes).

Topping-to-Go: Give your greens a boost of nutty flavor and some added crunch. If making your salad ahead of time, reserve the nuts in a separate container, and sprinkle over salad when ready to serve.

- **Lemon Tips:** To get the most juice from your lemon, roll it on a hard surface using gentle pressure before slicing. Want to keep those seeds from falling into your juice? Just hold your hand over a small container, and with your fingers slightly separated, squeeze the lemon into your palm. As an added bonus, the lemon juice can help remove any lingering garlic smell from your fingers!

Special Recipes

Homemade Vinaigrettes 101:

- Add your own special flavor by using different combinations of your favorite herbs and spices (such as oregano, cayenne pepper, basil, garlic, ginger, or mint), oils (such as olive, flaxseed, avocado, walnut, or coconut oil), and acidic ingredients (such as fresh lemon or orange juice, raspberry vinegar, mustard, or tomato sauce).
- The general rule of thumb is 1 part vinegar (acidic ingredient) to 3 parts oil.
- Mix the seasonings and acidic ingredients in a bowl to allow the flavors to blend and the salt to dissolve a bit, and then slowly drizzle the oil into the mixture while whisking vigorously to incorporate the ingredients.

Leftover Lesson: Leftovers can make mealtime quick and easy. But they don't have to be a repeat of the same meal. For example, doctor up last

night's chicken and veggies by adding a few new ingredients, such as a little broth and your favorite seasonings, and create a tasty soup! And almost any leftovers would be a great addition to a leafy green salad, as well.

