



# EAT FAT GET THIN 21-DAY PLAN

## RECIPE GUIDE & MEAL PLANNER





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# Introduction

Welcome to the Eat Fat, Get Thin 21-Day Plan recipe guide and meal planner.

Every day on the 21-Day Plan you'll enjoy three delicious meals and two optional snacks. Whether you're a novice in the kitchen or a gourmet chef, you'll find lots of recipes in this guide that will satisfy your belly and delight your taste buds.

My goal is not only to help you reset your metabolism and reprogram your genes for weight loss and health, but also to give you the tools necessary to make this your everyday way of life.

To help get you started and keep you motivated, I have provided you with meal plans for each of the three weeks of the program. These plans include recipes that can be found in my latest book - *Eat Fat, Get Thin*. I have also included 16 delicious bonus recipes.

I hope you have fun exploring new tastes, experiencing new foods and trying new cooking techniques.

Bon appétit,

Mark Hyman, MD



# EAT FAT, GET THIN

# Meal Plans

In this section, you will find daily menu ideas featuring a mix of recipes from my book *Eat Fat, Get Thin* and my test kitchen. I realize it's not easy to make the changes called for in this program, so my hope is that these weekly menu ideas motivate you to try something new and stick with it!

Throughout these plans, I've noted whether the recipe is from the book (E) or from the recipe section of this guide (B). We've also included vegan options (V).

# WEEK 1

	Breakfast	Lunch	Dinner
<b>Monday</b>	Cocoa Bliss Smoothie  E V	Chicken Chop Salad with Hearts of Palm and Creamy Herb Dressing  E	Crispy Seared Duck Breast with Blueberry Balsamic Sauce  Side: Asparagus  E
<b>Tuesday</b>	Broccoli Sausage Frittata  E	Quick Chicken Breast with Spanish Romesco Sauce  E	Braised Chicken with Creamy Cashew Gravy  Side: Brussels Sprouts  E
<b>Wednesday</b>	Ginger Spice Smoothie  E V	Basic Salad with Vinaigrette Dressing  E V	Spiced Lamb and Vegetable Shepherd's Pie  Side: Green Beans  E



## Thursday

Quick Herb and  
Avocado Omelet

Poached Chicken  
Breast

Clam Chowder  
Side: Broccoli

E

E

E

## Friday

Kiwi-Lime Smoothie

Bistro Flank Steak  
Salad with Baby  
Green Beans

Sun-Dried Tomato  
and Turkey  
Burgers with  
Avocado Cream

Side: Broccolini

E V

E

E

## Saturday

Triple Green  
Smoothie

Turkey Lettuce  
Wraps with  
Creamy Cashew  
Lime Dressing

Spiced Beef Taco  
Wraps with  
Guacamole

Side: Snap Peas

E V

E

E

## Sunday

Almond Pancakes  
with Berries

Beef and Veggie  
Stuffed Peppers

Lemon-Dill Shrimp  
and Avocado Salad

Side: Zucchini

E V

E

E

## WEEK 2

	Breakfast	Lunch	Dinner
<b>Monday</b>	Ruby Smoothie	Macadamia-Coconut Crusted Fish Fillets	Summer Squash and Chive Soup Side: Asparagus
	E V	E	B V
<b>Tuesday</b>	Sautéed Kale and Peppers with Poached Eggs	California Kale Cobb Salad	Bistro Beef and Vegetable Stew Side: Broccoli
	E	E	B
<b>Wednesday</b>	Amazon Cocoa Berry Smoothie	Spiced Caribbean Tempeh Stew	Turkey Burgers with Peppers and Onions Side: Snow Peas
	E V	E V	B



## Thursday

Green Machine Smoothie

Greek Chicken Thighs with Artichokes and Olives

Vegetable Stir-fry with Ginger-Avocado Sauce

Side: Broccolini

E V

E

B V

## Friday

Mexican-Style Egg and Vegetable Scramble

Roast Chicken, Raspberry, and Walnut Salad

Spiced Beef Taco Wraps with Guacamole

Side: Zucchini

E

E

E

## Saturday

Island Dream Smoothie

Mediterranean Lamb Chop and Spinach Salad with Greek Pesto

Taco Salad

Side: Green Beans

E V

E

B

## Sunday

Chia and Berry Breakfast Pudding

Curried Egg Salad

Beef and Veggie Stuffed Peppers

Side: Brussels Sprouts

E V

E

E

## WEEK 3

	Breakfast	Lunch	Dinner
<b>Monday</b>	Dr. Hyman's Green Breakfast Smoothie	Roasted Salmon with Red Pepper Sauté	Lamb Meatballs with Cashew "Yogurt"  Side: Asparagus
	E V	B	B
<b>Tuesday</b>	Spicy Veggie Scramble	Massaged Kale Salad	Quick Chicken Breast with Spanish Romesco Sauce  Side: Brussels Sprouts
	B	B V	E
<b>Wednesday</b>	Chocolate-Blueberry Smoothie	Turkey Lettuce Wraps with Creamy Cashew Lime Dressing	Baked Fish with Mashed Butternut Squash  Side: Snap Peas
	B V	E	B



## Thursday

Smoked Salmon  
Frittata

Cauliflower  
Tabbouleh

Greek Chicken  
Thighs with  
Artichokes and  
Olives

Side: Green Beans

B

B V

B

## Friday

Blueberry-Walnut  
Pancakes

Basic Salad with  
Vinaigrette  
Dressing

Spiced Lamb and  
Vegetable  
Shepherd's Pie

Side: Zucchini

B

E V

B

## Saturday

Sautéed Veggies  
with Avocado and  
Poached Eggs

Poached Chicken  
Breast

Spiced Caribbean  
Tempeh Stew

Side: Snow Peas

B

E

E V

## Sunday

Grain-Free Dutch  
Baby Pancakes  
with Sautéed  
Dandelion Greens

Blackened Salmon

Veggie Stir-fry with  
Smashed Potatoes

Side: Broccolini

E

B

B V



# EAT FAT, GET THIN

## Shopping Lists

The following shopping lists are meant to summarize the ingredients suggested in the meal plans. Feel free to tailor the lists based on your menu selections.

And remember – many items can be bought in bulk (spices, nuts, olives, etc.) and will last for the entire program. So, while you'll see things like nutmeg or oregano listed each week, you only need to make sure you have plenty on hand as you spice up your meals!

## EAT FAT, GET THIN 21-DAY PLAN STAPLES LIST

You'll find use for these items throughout the plan, so be sure to have plenty on hand.

- Extra-virgin olive oil
- Extra-virgin coconut oil
- Other healthy oils, such as walnut, sesame, flax, or avocado
- Grass-fed butter or ghee
- Nut butters (raw, if possible), such as almond, cashew, coconut
- Nuts, such as walnuts, almonds, pecans, cashews
- Seeds, like hemp, chia, flax, pumpkin, and sesame
- Tahini (sesame seed paste)
- Canned full-fat coconut milk, unsweetened
- Unsweetened hemp, almond milk, coconut milk
- Canned or jarred Kalamata olives
- Frozen blueberries, raspberries, blackberries, unsweetened acai berry puree
- Almond meal
- Arrowroot
- Apple cider vinegar
- Balsamic, unseasoned rice, red wine, white wine vinegars
- Reduced-sodium, gluten-free tamari
- Reduced-sodium broth (vegetable or chicken)
- Dijon mustard (look for pure mustard without sugar or chemicals)
- Sea salt
- Freshly ground black pepper
- Capers
- Seasonings and dried spices, such as turmeric, cayenne pepper, thyme, rosemary, chili powder, cumin, sage, oregano, onion powder, cinnamon, coriander, cilantro, paprika, and parsley

## WEEK 1 SHOPPING LIST

### Vegetables:

- Cauliflower (2 heads)
- Asparagus (1 bundle)
- Leeks (3 small)
- Shallots (2 small)
- Zucchini (3 small)
- Broccolini (1 bundle)
- Red bell peppers (5)
- Snap peas (½ pound)
- Broccoli (2 heads)
- Avocados (8)
- Green beans (12 ounces)
- Spinach (1 pound)
- Scallions (7)
- Grape tomatoes (½ pint)
- Roma tomatoes (7)
- Celery (10 stalks)
- Kale (1 bunch)
- Red onion (1)
- Yellow onion (4)
- Snap peas (1/2 pound)
- Baby greens (1 pound)
- Butter lettuce (2 heads)
- Red cabbage (1 head)
- Brussels sprouts (2 pounds)

### Fruits:

- Fresh blueberries (2 pints)
- Kiwi (2)
- Limes (8)
- Lemons (4)

### Non-Dairy Milks:

- Cashew Milk (1 32-ounce carton)

### Poultry, Meat, Fish, Eggs:

- Chicken breasts (5 ½ pounds)
- Fresh small clams (4 pounds)
- Omega-3 eggs (1 ½ dozen)
- Italian chicken sausage (2 links)
- Flank steak (1 ½ pounds)

- Ground dark turkey meat (2 ¼ pounds)
- Grass-fed beef (2 ½ pounds)
- Ground lamb (1 pound)
- Duck breasts (4 6-ounce breasts)
- Bay shrimp (1 ¼ pounds)

### Fresh Herbs:

- Parsley (1 bunch)
- Cilantro (1 bunch)
- Ginger (1 3-inch piece)
- Basil (1 bunch)
- Dill (1 bunch)
- Thyme (2 bunches)

### Spices, Dried Herbs, Condiments:

- Garlic (5 heads)
- Nutmeg
- Tarragon
- Red pepper flakes
- Bay leaves
- Saffron (optional)
- Chipotle powder
- Clam broth (16 ounces)
- Organic mayonnaise

### Canned Foods:

- Diced tomatoes (2 cans)
- Hearts of palm (1 can)
- Roasted red bell peppers (8-ounce jar)
- Sun-dried tomatoes (1 8-ounce jar)

### Other:

- Unsweetened cocoa powder
- No-alcohol pure vanilla extract
- Coconut flour
- Baking soda
- Duck fat (1 pound)
- Silken tofu (4 ounces)



## WEEK 2 SHOPPING LIST

### Vegetables:

- Lacinato or Tuscan kale (4 bunches)
- Red or orange bell peppers (10 large)
- Sweet onion (1)
- Asparagus (1 bundle)
- Yellow onion (7)
- Red onion (1)
- Garlic (4 heads)
- Broccoli (2 heads)
- Arugula (16 ounces)
- Baby spinach leaves (16 ounces)
- Cherry tomatoes (1 pint)
- Roma tomatoes (2)
- Scallions (1 bunch)
- Celery (2 bunches)
- Small orange sweet potato (1)
- Shallot (1)
- Broccolini (1 bundle)
- Salad greens - spring mix, arugula, baby kale or romaine (20 ounces)
- Butter or romaine lettuce leaves (1 head)
- Persian cucumbers (4)
- Butternut squash (1 large)
- Summer squash (1 pound)
- Snow peas (1/2 pound)
- Beet (1)
- Brussels sprouts (1 pound)
- Green beans (12 ounces)
- Radishes (2)
- Fennel bulb (1)
- Leek (1)
- Carrots (5)
- Persian cucumbers (5)
- Green or red cabbage (1 large head)
- Zucchini (3)
- Jalapeño pepper (1 optional)

### Fruit:

- Strawberries (1 pint)
- Fresh blueberries (1 pint)
- Avocados (3)
- Limes (9)
- Lemons (3)
- Meyer lemons (4)

### Poultry, Meat, Fish, Eggs:

- Omega-3 eggs (2 to 3 dozen)
- Uncured turkey bacon (1 small package)
- Ground turkey (1 pound)
- Skin-on chicken thighs (about 2 ½ pounds)
- Boneless chicken breasts (2 pounds)
- Grass-fed, double-rib lamb chops (12)
- Top sirloin, trimmed of excess fat to 1½ pounds (2 pounds)
- Grass-fed ground beef (15 percent fat content) (3 ½ pounds)
- Skinless halibut or cod fillets (4 6-ounce fillets)

### Fresh Herbs:

- Italian parsley (1 bunch)
- Ginger (1 5-inch piece)
- Mint leaves (1 bunch)
- Dill (1 bunch)
- Cilantro (1 bunch)
- Chives (1 bunch)
- Oregano (2 bunches)

### Spices, Dried Herbs, Condiments:

- Hot sauce (optional)
- Unsweetened cocoa powder
- Nutmeg
- Granulated garlic
- Curry powder
- Allspice
- Nutritional yeast
- Curry powder
- Chipotle powder (optional)

### Nuts, Seeds, Nut Butters:

- Chia seeds
- Sesame seeds
- Walnuts (1 small bag)
- Raw macadamia nuts (¼ pound)
- Unsweetened shredded coconut (4 ounces)

### Other:

- Green matcha tea
- No-alcohol pure vanilla extract
- Gluten-free soy
- Organic tempeh (2 8-ounce packages)
- Coconut flour
- Water-packed artichokes (2 15-ounce cans)
- Diced tomatoes (no salt added) (3 15-ounce cans)

## WEEK 3 SHOPPING LIST

### Vegetables:

- Spinach (2 ounces)
- Avocados (3)
- Zucchini (4)
- Green beans (1 ½ pound)
- Broccoli (½ pound)
- Sweet bell peppers (2 pounds)
- Leek (1 large)
- Asparagus (1 bundle)
- Cauliflower (4 pounds)
- Arugula (12 ounces)
- Brussels sprouts (1 pound)
- Yellow onions (6)
- Red onions (2)
- Carrot (1)
- Shallot (1)
- Celery (1 bundle)
- Broccolini (1 bundle)
- Snow peas (½ pound)
- Sweet potatoes (1 pound)
- Tomatoes (3)
- Butter lettuce (1 head)
- Scallions (2 bunches)
- Dark leafy greens (1 bunch)
- Kale (1 bunch)
- Cucumbers (3)
- Snap peas (1 pound)
- Cherry tomatoes (2 pints)
- Greek olives (4 ounces)
- Kalamata olives (4 ounces)
- Summer squash (1)
- Dandelion greens (2 bunches)
- Jalapeño peppers (2)

### Fruit:

- Fresh blueberries (2 pints)
- Lemons (5)
- Limes (6)

### Oils:

- Sesame oil (small bottle)

### Poultry, Meat, Fish, Eggs:

- Omega-3 eggs (2 dozen)
- Wild caught fish - striped bass, haddock, cod, etc. (1 pound)
- Wild caught salmon (9 6-ounce fillets)
- Ground dark turkey meat (1 pound)
- Boneless chicken breasts (3 pounds)
- Skin-on chicken thighs (2 ½ pounds)
- Ground lamb (2 pounds)

### Fresh Herbs:

- Parsley (2 bunches)
- Cilantro (3 bunches)
- Chives (1 bunch)
- Basil (1 bunch)
- Mint (1 bunch)
- Oregano (1 bunch)
- Thyme (1 bunch)
- Dill (1 bunch)
- Ginger (1 3-inch piece)

### Spices, Dried Herbs, Condiments:

- Garlic (4 heads)
- Red pepper flakes
- Garlic powder
- Saffron (optional)
- Allspice
- Nutmeg
- Edible flowers (optional)
- Ume plum vinegar
- Roasted red peppers (1 8-ounce jar)
- Artichoke hearts (1 can)
- Diced tomatoes (no salt added) (2 15-ounce cans)

### Nuts, Seeds:

- Chia seeds (¼ cup)
- Pumpkin seeds (½ cup)

### Other:

- Organic sauerkraut
- Green matcha tea
- Unsweetened cocoa powder
- No-alcohol pure vanilla extract
- Bee pollen (optional)
- Baking powder
- Baking soda
- Gluten-free soy sauce
- Organic tempeh (2 8-ounce packages)



# EAT FAT, GET THIN

## Bonus Recipes

This section contains 16 recipes and quick and easy vegetable cooking tips. Have fun experimenting and enjoy!

# Roasted Salmon with Red Pepper Sauté

Serves: 4

Ready in: 50 minutes

Ingredients:

## For the Red Pepper Sauté

- 1 large leek (about 1 pound)
- ¼ cup extra-virgin olive oil
- 1 pound sweet bell peppers, seeded + julienned
- 2 garlic cloves, thinly sliced
- 1 teaspoon sea salt
- 2 teaspoons freshly chopped thyme

## For the Salmon

- 1 bunch fresh dill, divided
- 4 wild salmon fillets (4-6 ounces each)
- 4 teaspoons sea salt
- 1 lemon, thinly sliced
- For the Arugula Salad
- 12 ounces of arugula
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon fresh lemon juice
- Pinch of sea salt

**Step 1:** Preheat the oven to 350°F. Remove the green top and root section from the leek, and then slice the white section in half lengthwise. Rinse well under cold water, shake to drain out the excess liquid, and then cut ¼ inch thick slices. Set aside.

**Step 2:** Heat a large skillet over medium heat. Add the olive oil and then the leeks. Cook for 2 minutes, stirring occasionally, and then add the peppers. Stir in the garlic.

**Step 3:** Continue to cook for an additional 7-8 minutes, allowing the veggies to soften and their flavors to meld together. To finish the veggies, season with the salt and stir in the thyme.

**Step 4:** As the veggies cook, prepare the salmon by arranging some of the dill on the bottom of a lightly oiled cast iron pan or Pyrex baking dish. Lay the salmon fillets on top, sprinkle with sea salt, and top with a lemon slice and cover with more dill. Place the fish in the oven and bake for about 8-10 minutes, just until the fish becomes slightly firm.

**Step 5:** In a bowl, mix the arugula with the olive oil, lemon, and salt, and toss well.







# Veggie Stir-Fry with Smashed Potatoes

Serves: 2

Ready in: 30 minutes

Ingredients:

## For the Smashed Potatoes

- 1 pound yams or sweet potato
- 1-inch piece of ginger, peeled
- Juice of one lime
- ¼ cup coconut oil, divided

## For the Stir-Fry

- ½ pound green beans
- ½ pound (1 large crown) broccoli
- 1 medium red onion, thinly sliced
- 1 medium carrot, cut into thin rounds
- 2 cloves garlic, thinly sliced
- 2-3 tablespoons umami plum vinegar, to taste

## For the Garnish

- ¼ cup cilantro leaves
- 4 ounces dry roasted cashews, roughly chopped
- 2 tablespoons toasted sesame oil

**Step 1:** Peel and cut the potatoes into large cubes. Add to a medium sauce pan with 1 cup of water and cover. On medium-high heat, steam the potatoes until they can be easily pierced with a knife, about 5-6 minutes. Remove from the heat and use a potato masher to smash the potatoes until chunky. Grate the ginger into the potatoes and add the lime juice and 2 tablespoons of the coconut oil. Mix well to incorporate. Set aside and keep warm.

**Step 2:** While the potatoes steam, heat 8 cups of salted water in a large pan over medium heat until it comes to a simmer. In batches, blanch the green beans and broccoli just until soft, about 2-3 minutes, and then place into a bowl of ice water to stop the cooking process. Once cooled, drain well, and set aside.

**Step 3:** Heat a large skillet and add the remaining coconut oil. Add the onions and cook for 2-3 minutes before adding the carrot and garlic. Stir to incorporate, and then add the green beans and broccoli. Stir well until all is evenly heated. Add the umami plum vinegar (to taste) and cover to steam for 1 minute.

**Step 4:** To serve, divide the smashed potatoes onto 2 plates and top each serving with the stir fry. Garnish with the cilantro, cashews, and a drizzle of toasted sesame oil.

# Massaged Kale Salad

Serves: 2 as an entrée, 4 as a side

Ready in: 20 minutes

## Ingredients:

- 1 bunch of kale (about 2 handfuls), stems removed, leaves cut into smaller pieces
- 1 cup (about ½ a bunch) flat leaf parsley leaves
- 1 teaspoon sea salt
- 3 tablespoons extra-virgin olive oil
- ¼ cup pumpkin seeds
- ½ cup chopped cucumbers
- 8 cherry tomatoes, cut in half
- ¼ cup chopped pitted Kalamata olives
- ¼ cup sauerkraut (Recommended brands: Rejuvenate Foods or Eden Foods)
- 2-3 edible flowers (Look for calendula, violets or nasturtium in the herb section at your local natural food store)

**Step 1:** Add the kale and parsley to a large mixing bowl. Add the salt and olive oil. Using your hands, mix the greens with the salt and oil, and then massage to soften up the greens. This takes about 2 minutes; you want the greens to appear wilted. Set the greens aside while you prep the remaining ingredients.

**Step 2:** Place the pumpkin seeds in a dry sauté pan over medium heat. As the pan heats up, sauté the seeds until they start to brown and begin to pop. Stir often to prevent burning. Transfer the pumpkin seeds to a sheet pan and set aside to cool to room temperature.

**Step 3:** Prepare the remaining vegetables and the sauerkraut. Then add the vegetables and sauerkraut to the kale mixture and stir to combine.

**Step 4:** Serve and garnish with the edible flowers.

# Summer Squash and Chive Soup

Serves: 2

Ready in: 45-55 minutes

Ingredients:

## For the Soup

- ¼ cup extra-virgin olive oil
- ½ pound onion, thinly sliced
- 1 pound summer squash, cut into medium-sized cubes
- 3 garlic cloves, minced
- 1 and ½ cups chicken or vegetable stock
- 8 ounces full fat coconut milk
- juice of 1 lemon
- 1 tablespoon coconut oil
- 2 teaspoons sea salt
- 3 tablespoons minced chives

## For the Garnish

- 1 beet, julienned
- 1-2 radishes, julienned

**Step 1:** Heat a sauce pot over medium-high heat. Add the olive oil onions and sauté, stirring occasionally until golden brown, about 4-5 minutes.

**Step 2:** Stir in the summer squash and cook for an additional 3-4 minutes. Stir in the garlic, cook until fragrant, and then pour in the chicken stock. Cover and simmer until tender, about 10-12 minutes.

**Step 3:** Pour in the coconut milk, simmer for an additional 5 minutes. Afterwards, pour the soup into a blender and add the lemon juice and coconut oil. Place the top on the blender and blend the mixture on high for 45 seconds until smooth and creamy. Fold in the salt and chives.

**Step 4:** To serve, divide between two bowls and garnish with the julienned veggies.







# Cauliflower Tabbouleh

Serves: 4

Ready in: 30 minutes

Ingredients:

- 2 pounds cauliflower
- 1 cup cucumber, chopped
- 6-8 cherry tomatoes, quartered
- 1 bunch flat leaf parsley
- ¼ cup freshly chopped cilantro
- 1 tablespoon basil, freshly chopped
- 2 garlic cloves, minced
- Zest and juice of 1 lemon
- ¼ cup + 2 tablespoons extra-virgin olive oil
- Sea salt, to taste

**Step 1:** Cut the cauliflower in half, remove the core, then cut into small florets.

**Step 2:** In small batches, process the cauliflower in a food processor until small and uniform in size. Transfer to a large mixing bowl.

**Step 3:** Add the cucumbers, tomatoes, and chopped herbs to the cauliflower and stir to combine.

**Step 4:** Toss in the garlic, lemon and olive oil, stir to combine, and then season to taste with sea salt.

# Spicy Veggie Scramble

Serves: 2

Ready in: 20 minutes

Ingredients:

- 2 tablespoons coconut oil
- 1 small red onion, thinly sliced
- 1 jalapeño pepper, cut into thin rounds, seeds removed
- 6 large Omega-3 eggs, lightly beaten
- ¼ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 1 medium tomato, roughly chopped
- 2 tablespoons cilantro, roughly chopped

**Step 1:** In a large cast-iron skillet, heat the oil over medium heat. Add the onion and pepper and cook until soft, about 4-5 minutes.

**Step 2:** Add the eggs, salt, and pepper to the skillet, and cook, stirring until soft curds form, about 3 minutes.

**Step 3:** Remove the skillet from the heat and divide egg scramble among two plates. Top with the tomatoes and cilantro.

# Sautéed Veggies with Avocado and Poached Eggs

Serves: 1

Ready in: 25 minutes

Ingredients:

- 3 tablespoons extra-virgin olive oil
- 1 medium summer squash, sliced into ¼-inch-thick half moons
- 2 garlic cloves, chopped
- 4 cups of kale (about 1 bunch), de-stemmed and thinly sliced
- 2 tablespoons apple cider vinegar
- 1 Omega-3 egg
- 1 avocado

**Step 1:** Heat a large skillet over medium-high heat. Add the olive oil and once hot, add the squash and sauté for 3 minutes, stirring occasionally, until soft and slightly translucent. Stir in the garlic, cook until fragrant and then add the kale and 2 tablespoons of water. Cover and let steam for 2 minutes before using tongs to toss the vegetables in the pan.

**Step 2:** While the vegetables cook, heat 8 cups of water until simmering. Add the apple cider vinegar. Crack the egg into a small bowl then gently add it to the water. Cook until the whites solidify but the yolks are still soft and runny, about 3-4 minutes.

**Step 3:** To serve, place the vegetables in the center of a plate and top with the poached egg. Cut the avocado in half and then slice one half into quarters.







# Chocolate-Blueberry Smoothie

Serves: 1

Ready in: Less than 5 minutes

Ingredients:

- 2 tablespoons cashew butter
- 12 ounces cold water
- ½ cup frozen blueberries
- ¼ avocado
- 2 tablespoons unsweetened cocoa powder
- ½ teaspoon no-alcohol vanilla extract or powder
- Optional: bee pollen for garnish

**Step 1 (and you're done!):** Place all of the ingredients into a blender and blend on high for 45-60 seconds, or until desired consistency. Pour into a glass and enjoy!







# Blackened Salmon

Serves: 4

Ready in: 35 minutes

Ingredients:

## For Dr. Hyman's Special Seasoning Mix

- 1 tablespoon smoked paprika
- ½ tablespoon sea salt
- ½ tablespoon freshly ground black pepper
- 1 tablespoon garlic powder
- ½ tablespoon onion powder
- 1 teaspoon cayenne pepper (or more, depending on preference for spice)
- 1 teaspoon cumin
- 1 teaspoon turmeric
- 2 teaspoons dried oregano
- 2 teaspoons dried thyme

## For the Salmon

- 1 ½ tablespoons extra-virgin olive oil, divided
- 16 ounces boneless, skin-on wild salmon fillets, cut into 4 evenly sized fillets
- 1 avocado, quartered and sliced

**Step 1:** Preheat oven to 350°F.

**Step 2:** In a small mixing bowl combine spices to make Dr. Hyman's Special Seasoning Mix. Reserve half of the seasoning and place the remaining seasoning in a glass jar. Leftover spice mix can be stored in a cool, dark place for up to 6 months.

**Step 3:** Combine the seasoning mix with 1/2 tablespoon of oil and stir to make a paste. Brush the flesh side of each fillet with the seasoning paste to coat evenly. If you have leftover paste, then brush the skin side of each fillet for enhanced flavor. You can add a bit more oil if your paste is too thick.

**Step 4:** In a large oven-safe skillet, heat the remaining oil on medium-high heat. When the oil is hot, place the salmon in the skillet flesh side down. You should hear a nice sizzle. Sear the fish for 2-3 minutes, without moving it. Turn the heat down to medium heat, flip the fish, and sear for another 2 minutes.

**Step 5:** Transfer the skillet to the oven and cook until fish is flaky and opaque (about 5 more minutes or until an internal temperature reaches 145° F).

**Step 6:** Remove from oven, let rest, and cool for about 5 minutes. Garnish with sliced avocado, and serve immediately with a side of greens.

# Smoked Salmon Frittata

Serves: 4

Ready in: 45 minutes

## Ingredients:

- 8 large Omega-3 eggs
- 4 ounces full-fat coconut milk
- 2 teaspoons sea salt
- ½ teaspoon freshly ground black pepper
- 2 tablespoons coconut oil
- 1 medium onion, roughly chopped
- 2 garlic cloves, minced
- 4 ounces smoked salmon, cut into ¼-inch pieces
- 2 tablespoons thinly sliced chives

**Step 1:** Preheat oven to 325°F.

**Step 2:** Vigorously whisk together the eggs, coconut milk, salt, pepper and set aside.

**Step 3:** Heat the oil in a 9-10 inch heavy bottomed skillet. Add the onion and sauté for 2–3 minutes or until softened; add the garlic, cook an additional minute. Stir in the salmon and chives, and then pour the egg mixture into the pan. Transfer the pan to the oven.

**Step 4:** Cook for about 30 minutes or until the eggs “set” and are firm to the touch.

**Step 5:** Remove from the oven and serve with a side salad or steamed veggies.

# Blueberry-Walnut Pancakes

Serves: 2-3

Ready in: 20 minutes

## Ingredients:

- 3 large Omega-3 eggs
- ¾ cup almond milk
- ½ tablespoon freshly squeezed lemon juice
- 1 teaspoon vanilla extract
- ½ cup coconut flour
- 1 teaspoon cinnamon
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- pinch of sea salt
- ½ cup arrowroot
- ¼ cup roughly chopped walnuts
- ¼ cup coconut oil, for greasing the skillet
- 1 pint fresh blueberries for garnish

**Step 1:** In a large bowl, whisk the eggs then add the almond milk, lemon juice, and vanilla and then whisk until well blended.

**Step 2:** In a separate bowl, mix together the coconut flour, cinnamon, baking powder, baking soda, salt, and arrowroot. Add the dry ingredients to the wet ingredients, 1/4 cup at a time, while continuously whisking. Once combined, gently fold in the walnuts.

**Step 3:** Grease a large skillet with the oil and place over medium heat. Once the skillet is hot, use a ladle to pour 3-inch pancakes into the skillet. Cook the pancakes until bubbles appear, then flip. The pancakes should cook on each side for 2-3 minutes. Repeat with the rest of the batter.

**Step 4:** Top each pancake with blueberries and serve.







# Vegetable Stir-Fry with Ginger-Avocado Sauce

Serves: 4

Ready in: 45 minutes

Ingredients:

## For the Ginger-Avocado Sauce

- 1 2-inch piece fresh ginger, peeled and sliced
- 2 avocados
- 2 tablespoons lime juice
- 2 pinches sea salt
- ¼ teaspoon freshly ground black pepper

## For the Stir-Fry

- 2 tablespoons coconut oil
- ½ cup thinly sliced cabbage
- 1 medium red onion, thinly sliced
- 2 garlic cloves, minced
- 1 head broccoli, cut into florets (about 4 cups)
- 3-4 ounces arugula
- ¼ cup lightly toasted sesame seeds, for garnish (optional)

**Step 1:** Place the ginger in a food processor, and pulse to mince. Add the remaining sauce ingredients, and blend until smooth. Add up to 1/2 cup water and blend to thin mixture to desired consistency. Store in refrigerator until ready to use.

**Step 2:** Heat the oil in a wok or large skillet over medium heat. Add the cabbage and the onion. Cook for about 3-4 minutes, stirring occasionally until softened and wilted. Add garlic and cook for 1 minute, then add the broccoli and 1/4 cup water. Cover the pan and steam for 3 minutes.

**Step 3:** Divide the arugula onto 4 plates. Top each plate with 1 cup of the stir-fry and a few tablespoons of sauce. Sprinkle each plate with sesame seeds and serve.

# Lamb Meatballs with Cashew “Yogurt”

Serves: 2

Ready In : 30 minutes (plus overnight)

Ingredients:

## For the Cashew “Yogurt”

- 1 cup cashews
- ¾ cup to 1 cup water, divided
- 2 tablespoons lemon juice
- 1 teaspoon sea salt

## For the Meatballs

- 1 pound ground lamb
- ¾ cup parsley, roughly chopped
- ¼ cup mint leaves, roughly chopped
- 2 tablespoons oregano, roughly chopped
- 3 garlic cloves, minced
- ¼ teaspoon crushed red pepper flakes
- 1 tablespoon ground chia seeds
- 1 ½ tablespoons sea salt
- 1 tablespoon extra-virgin olive oil

## For the Salad

- 1 pint cherry tomatoes
- 1 medium cucumber
- pinch of sea salt
- 2 scallions, thinly sliced
- 3-4 tablespoons extra-virgin olive oil
- 2 tablespoons apple cider vinegar

**Step 1:** Prepare the cashew yogurt the evening before you wish to eat this meal. Combine the cashews, half of the water, lemon juice, and sea salt in a blender and blend on high, using more water as needed to achieve a yogurt like consistency. Pour the cashew mixture into a glass jar, cover, and let sit at room temperature for 8-12 hours, then place in the fridge to store until ready to use.

**Step 2:** Preheat the oven to 350°F.

**Step 3:** Prep the meatballs by adding all of the meatball ingredients in a large mixing bowl and using your hands, mix together until well combined. Portion into 12 equally sized balls. Place the meatballs on a baking dish drizzled with a touch of olive oil and bake in the oven for about 10-12 minutes.

**Step 4:** While the meatballs are cooking, prepare the salad. Halve the tomatoes, and peel and slice the cucumber into 1/4-inch-thick rounds. Toss into a mixing bowl with the salt, scallions, olive oil, and vinegar.

**Step 5:** Divide the salad among 2 plates, add 6 meatballs to each plate and drizzle with a good sized scoop of the yogurt.

# Baked Fish with Mashed Butternut Squash

Serves: 2

Ready in: 40 minutes

Ingredients:

## For the Fish

- 2 teaspoons thyme, freshly chopped
- 1 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper
- 2 teaspoons paprika
- 1 pound wild caught fish (striped bass, haddock, cod, etc.)

## For the Squash

- 3 cups butternut squash, peeled, seeded, and cut into 1-inch cubes
- 2 medium carrots, peeled and cut into 1-inch slices
- 2 tablespoons apple cider vinegar
- 1 spring onion, thinly sliced
- 2 tablespoons coconut oil
- 2-3 tablespoons coconut butter
- Sea salt, to taste

**Step 1:** Preheat oven to 350°F.

**Step 2:** Combine the thyme, salt, pepper and paprika. Rub the spice mixture generously over the fish. Place the fish in a baking dish. Place dish on middle rack in the oven; bake until cooked through, about 8-10 minutes.

**Step 3:** Place a steamer basket in a large pot and add water up to the bottom of the steamer basket. Cover the pot and bring water to a boil. When steam escapes the lid, add the squash and carrots and steam until tender. Place the steamed vegetables in a food processor with the remaining ingredients and blend until the mixture becomes the consistency of mashed potatoes.

**Step 4:** Divide the fish and squash onto 2 plates and serve.



# Turkey Burgers with Peppers and Onions

Serves: 4

Ready in: 35 minutes

Ingredients:

## For the Burgers

- 1 pound ground turkey
- ¼ cup minced onion
- ¼ cup minced celery
- 2 tablespoons curry powder
- 1 large Omega-3 egg
- 1 tablespoon coconut flour
- 2-3 teaspoons sea salt

## For the Vegetables

- 2 tablespoons coconut oil
- 1 large onion, thinly sliced
- 2 bell peppers, thinly sliced
- sea salt, to taste
- 2 tablespoons chopped parsley
- 2 scallions, thinly sliced
- ½ teaspoon freshly ground black pepper

**Step 1:** Add all the ingredients for the burgers into a large mixing bowl and mix thoroughly. Form 4 patties and cook on a grill or in a skillet until cooked through, about 4-5 minutes per side.

**Step 2:** Heat a separate large skillet over medium-high heat and add the coconut oil. Add the onion and peppers, and sauté until softened, stirring as needed to prevent burning. Season with sea salt and then add in the herbs and black pepper.

**Step 3:** Serve each burger topped with the veggies and a side salad.

# Taco Salad

Serves: 4

Ready in: 40 minutes

Ingredients:

## For the Taco Meat

- 2 tablespoons coconut oil
- 1 pound grass-fed ground beef
- Juice of ½ lime
- 2 teaspoons ground cumin
- 1 teaspoon ground coriander seed
- ¼ teaspoon chipotle powder
- 1 teaspoon dried oregano
- sea salt, to taste

## For the Salad

- 2 ounces mixed baby greens
- ¼ cup shredded red cabbage
- 2 carrots, shredded
- 1 cucumber, sliced

## For the Avocado Dressing

- 1 avocado
- 2 tablespoons extra-virgin olive oil
- ¼ cup cilantro leaves
- Juice of 1 lime
- 1 teaspoon sea salt
- 1 garlic clove
- ¼ teaspoon cayenne pepper
- ¼ cup water
- Sea salt, to taste

**Step 1:** Heat the coconut oil in a large skillet on medium-high heat. When hot, add the ground beef and sauté for 2 minutes, stirring often. Add the remaining ingredients and stir to combine. Continue sautéing until the beef mixture is thoroughly cooked about 5-10 minutes.

**Step 2:** Mix all of the salad ingredients in a large bowl and divide onto four plates. Top with the beef mixture.

**Step 3:** Add dressing ingredients to a blender and blend until smooth and creamy; then drizzle over the taco salad.

# QUICK & EASY

## VEGETABLE COOKING TIPS

Here are a few simple techniques that will help you get quick, basic vegetables on the table in just minutes. These are to be added as sides to your lunch and dinner meals. To add more fat to vegetables, add a drizzle of olive oil, coconut oil, or sesame oil. Chopped nuts or seeds are a great way to add healthy fat and a nice crunch, too. For more flavor and eye-appeal, add chopped fresh herbs and a sprinkle of sea salt, freshly ground black pepper or a specialty salt like sea salt with truffle.

### Asparagus

Purchase 1 bundle, usually a pound, for 4 servings.

**To roast:** Preheat the oven to 450°F. Line a rimmed baking sheet with foil. Snap the tough ends off the asparagus. Arrange in a flat layer on the baking sheet and drizzle with olive oil, salt, pepper and granulated garlic. Roast for 3 to 5 minutes, depending on the thickness of the spears, just until tender but still a little crisp.

**To broil:** Preheat the broiler to high and place top rack one level down. Prepare the spears as above. Broil spears turning once or twice, until crisp tender when pierced with the tip of a sharp knife.

**To blanch:** Trim the spears to fit into a pot or chop into 1- to 2-inch pieces on the diagonal. Fill a pot 3/4 full with filtered water and bring to a boil. Add 1 to 2 teaspoons sea salt. Add asparagus and cook for about 2 minutes. Timing will depend on the thickness of the spears. Cook until just crisp tender. Drain and serve immediately. You can also shock the asparagus to stop the cooking process for use at a later time. Do this by placing them in a bowl of ice water until cold, then drain, dry and refrigerate for up to 2 days. These make a great addition to salads or a stir-fry.

**To grill:** Prepare the spears as for roasting but place the spears directly on a hot grill grate or grill pan. Grill the spears, turning occasionally until crisp tender, just a few minutes.

**To steam:** Snap tough ends off of the spears and chop into pieces on the diagonal. Place a steamer basket in a pot and fill with water just to the bottom of the steamer. Place a lid on the pot. Over high heat bring to a boil. When steam is coming out from under the lid, add the asparagus pieces, cover and steam until crisp tender, about 2 minutes. Test with the tip of a sharp knife.

## Broccoli

Purchase 12 to 16 ounces of bagged florets or two heads and trim off florets for 4 servings.

**To blanch:** Fill a large (4 to 5 quart) pot with filtered water and bring to a boil, then add 2 teaspoons sea salt. Drop the broccoli into the water and cook for 2-3 minutes. Immediately remove from the pot, drain and serve.

**To steam:** Place a steamer basket in a pot and fill with water just to the bottom of the basket. Place a lid on the pot. Heat water over high heat until steam comes out from under the lid. Remove the lid and place the broccoli in the steamer basket. Cover and steam until crisp tender, about 2-3 minutes. Test with the tip of a sharp knife.

**Try it raw:** Broccoli is also good eaten raw or dipped in a flavored mayonnaise.

## Broccolini

Purchase 2 bundles for 4 servings.

**To blanch:** Add water to a large (4 to 5 quart) pot and bring to a boil, add 2 teaspoons sea salt. Drop broccolini into salted water and cook for 2-3 minutes. Immediately remove from the pot, drain and serve.

**To steam:** Place a steamer basket in a pot and fill with water just to the bottom of the steamer. Place a lid on the pot. Over high heat bring to where steam is coming out of the lid. Place the broccolini in the pot, cover and steam until crisp tender, about 2-3 minutes. Test with the tip of a sharp paring knife.

## Brussels Sprouts

Purchase 1 to 1 ½ pounds for 4 servings. Prep the sprouts by trimming a little from the base of each sprout and peel off any damaged leaves. If the sprouts are very small, you can steam cook them whole until tender all of the way through.

**To roast:** Preheat the oven to 400°F. Line a rimmed baking sheet with parchment paper. Cut larger sprouts in half and place in a medium bowl. Toss with olive oil, salt, pepper and granulated garlic, to taste. Pour the sprouts onto the baking sheet and spread them into a single layer. Place the baking sheet into the oven and roast until browned and tender, about 20 minutes, depending on your oven.

**To boil:** Small sprouts can be dropped into boiling water and cooked until tender when pierced with the tip of a sharp knife, about 5 minutes. Then toss with extra-virgin olive oil and sprinkle with nuts and herbs, if desired.

**To sauté:** Cut the sprouts in half lengthwise. Heat 1 tablespoon of extra-virgin olive oil in a large (12-inch) sauté pan and place the sprouts cut side down. Cook over medium to medium-low heat until they are browned on the cut side. Add about 1/2 to 3/4 cup of chicken broth, vegetable broth or water to the pan, and cover. Cook the sprouts over medium-low heat until they are tender when pierced with the tip of a sharp knife.

**To steam:** Place a steamer basket in a pot and fill with water just to the bottom of the steamer. Place a lid on the pot. Over high heat bring to where steam is coming out from under the lid. Place the Brussels

sprouts in the pot, cover and steam until crisp tender, about 5 minutes depending on their size. Test them early with the tip of a sharp paring knife so you do not overcook.

## Green Beans

Purchase 12 to 16 ounces for 4 servings.

**To boil:** Add water to a large (4 to 5 quart) pot and bring to a boil, then add 2 teaspoons sea salt. Drop the beans into the salted water and cook for 5 minutes. Immediately remove from the pot, drain and serve.

**To blanch:** Green beans can be cooked ahead, shocked in ice water to stop the cooking process, drained and refrigerated for 2 days for use at a later time. When ready to use, simply reheat by heating olive oil in a large sauté pan over medium heat. Add a little thinly sliced shallot and sauté for about 2 minutes then add the green beans. Heat through until hot.

## Snow Peas

Purchase 8 to 12 ounces for 4 servings. Prep the snow peas by snapping off the top tip, then pulling down the side to remove the tough string.

**To sauté:** Over medium heat, melt coconut oil or unsalted butter in a sauté pan until hot. Add the snow peas and cook until crisp-tender, about 2 minutes. Add finely chopped garlic and cook another 30 seconds, stirring. Finely chopped ginger is good, too. Finish with chopped almonds or sesame seeds.

**To blanch:** Add water to a large (4 to 5 quart) pot and bring to a boil over medium-high heat, and then add 2 teaspoons sea salt. Drop the peas into the salted water and cook for 1-3 minutes. Immediately remove from the pot, drain and serve. You can also drop them into an ice bath to stop the cooking process, then drain, and chill. Chop and add to salads or to other cooked vegetables, such as thinly sliced sautéed red bell peppers, to create a mixed vegetable dish.

**To steam:** Place a steamer basket in a pot and fill with water just to the bottom of the basket. Place a lid on the pot. Over high heat bring to where steam is coming out from under the lid. Remove the lid and place the snow peas in the pot, cover and steam until crisp tender, about 2 minutes. Test with the tip of a sharp knife.

**Try them raw:** Snow peas can also be eaten raw with a dip, sauce or flavored mayonnaise.

## Sugar Snap Peas

Purchase 1 pound for 4 servings. As with the snap peas, snap off the top of the pea and pull down the side to remove the tough string.

**To sauté:** Heat 2 teaspoons olive, avocado or coconut oil or unsalted butter in a large (12-inch) sauté pan or skillet until hot. Add the snap peas and cook for 3-4 minutes or until crisp-tender. When almost done, add chopped garlic and thinly sliced shallot, then cook another minute. For added tenderness, add 2 tablespoons of water to the pan, top with a lid and quickly steam to finish them.

**To steam:** Place a steamer basket in a pot and fill with water just to the bottom of the basket. Place a lid on the pot. Over high heat bring to where steam is coming out from under the lid. Place the snap peas in the pot, cover and steam until crisp tender, about 3 to 4 minutes. Test for doneness by removing a pea, allowing it to cool a few seconds and then biting into it. Toss with oil or butter and fresh herbs.

## Zucchini

Purchase approximately 1 ½ pounds for 4 servings.

**To grill:** Trim off both ends and then cut the zucchini in half lengthwise. Lay the halves flat and chop crosswise into small pieces. Toss with extra-virgin olive oil, salt, pepper and granulated garlic. Cook in a hot grill basket over high heat for 3-5 minutes until zucchini starts to brown at the edges and the zucchini are tender.

You can also cut the zucchini into 1-inch thick rounds, toss with extra-virgin olive oil, salt and pepper, and then place on a skewer and place on a hot grill. Grill on both sides until browned and crisp tender. The zucchini will cook fairly quickly; timing will depend on size of zucchini.

**To sauté:** Trim off both ends and then cut the zucchini in half lengthwise. Lay halves flat and chop crosswise into small pieces. Heat 1 tablespoon of oil of choice in a large sauté pan. When hot (but not smoking), add the zucchini and cook, stirring until crisp tender. When almost done, add finely chopped garlic and cook another minute. Finish with fresh herbs.

**Try it raw:** Cut the zucchini into rounds or long sticks and dip into flavored mayonnaise, a favorite dip or one of the sauces found in *Eat Fat, Get Thin* - like my No-Cheese sauce or almond sauce.









