Metabolic Syndrome 01

Overview
BMI

Associated conditions 02
Cardiovascular disease
Polycystic ovarian syndrome
Fatty liver
Sleep apnea
Type 2 diabetes

Contributing factors 03
Inflammation
Nutrient deficiencies
Dietary excess
Lack of exercise
Environmental toxin exposure
Stress

Supplements 05
MediBolic®
Super EPA Pro
Meriva 500-SF

Diet 06
Modified Mediterranean Diet
Glycemic index / load
Carb count

Foods to eat & avoid 08
Vegetables
Fruits / juices
Legumes
Grains
Protein
Sweeteners
Fats
Other items to avoid

Activities 11
Importance of exercise
Helpful exercise tips
Tips to reduce stress

Sample meal plan 12

Recipes 13
Shakes
Breakfast
Lunch & dinner
Soups & stews
Salads
Side dishes
Snacks
Desserts

Health journal 27

Final word 28
Metabolic syndrome

Overview

Metabolic syndrome is a constellation of conditions that can result in one or more negative impacts on your heart, blood vessels, and liver, as well as your ability to metabolize sugar and fat.

Also referred to as syndrome X or insulin resistance, it is estimated that 25% of the world’s adult population (and it is believed to be closer to 34% in the United States) has signs and symptoms associated with metabolic syndrome. 1

While metabolic syndrome can seriously impact your health, there are steps that can be taken to reduce or reverse these potential negative health consequences.

In this guide, you will learn about the potential causes of metabolic syndrome, what factors help determine a metabolic syndrome diagnosis, and what nutritional and lifestyle recommendations can help guide you along the path toward good health.

Metabolic syndrome is defined as 3 or more of the following:

- Increased waist circumference (>102 cm/40 inches men and >88 cm/34 inches women)
- Elevated blood pressure (>130/85 mmHg)
- Elevated blood sugar (fasting glucose ≥100 mg/dL)
- High triglycerides (>150 mg/dL)
- Low high-density lipoprotein (HDL) cholesterol (<40 mg/dL in men and <50 mg/dL in women)

Body mass index (BMI)

Your risk for having metabolic syndrome generally increases as you age and when your body mass index (or BMI) increases. A person’s body mass index takes into account height and weight, although it does not take into account body fat percentage. Thus, if you are a person who exercises regularly and you are muscular, your BMI could be higher than your risk for developing metabolic syndrome.

### BMI and metabolic syndrome risk

#### Men

<table>
<thead>
<tr>
<th>BMI</th>
<th>Prevalence</th>
<th>Risk *</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 25</td>
<td>7%</td>
<td>Baseline</td>
</tr>
<tr>
<td>25-29.9</td>
<td>30%</td>
<td>6x</td>
</tr>
<tr>
<td>30+</td>
<td>65%</td>
<td>32x</td>
</tr>
</tbody>
</table>

*Compared to normal weight

#### Women

<table>
<thead>
<tr>
<th>BMI</th>
<th>Prevalence</th>
<th>Risk *</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 25</td>
<td>9%</td>
<td>Baseline</td>
</tr>
<tr>
<td>25-29.9</td>
<td>33%</td>
<td>5.5x</td>
</tr>
<tr>
<td>30+</td>
<td>56%</td>
<td>17x</td>
</tr>
</tbody>
</table>

*Compared to normal weight

### Find your BMI

#### Imperial method

\[
BMI = \frac{Weight \ (lbs) \times 703}{Height \ (in)^2}
\]

#### Metric method

\[
BMI = \frac{Weight \ (kg)}{Height \ (m)^2}
\]

### What does my number mean?

<table>
<thead>
<tr>
<th>Classification</th>
<th>BMI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Underweight</td>
<td>&lt; 18.5</td>
</tr>
<tr>
<td>Normal</td>
<td>18.5-24</td>
</tr>
<tr>
<td>Overweight</td>
<td>24-29.9</td>
</tr>
<tr>
<td>Obese</td>
<td>30-40</td>
</tr>
<tr>
<td>Extremely obese</td>
<td>40+</td>
</tr>
</tbody>
</table>
**Associated conditions**

**Cardiovascular disease**
Individuals with MetS are three times more likely than those without MetS to have a stroke or a heart attack, and twice as likely to die from these events.²

**Fatty liver**
Fatty liver (technically called nonalcoholic fatty liver disease or NAFLD) is the most common liver disease in the Western world and, according to the American Liver Foundation, 25% of Americans have fatty liver. Broken down by age, 30-40% of adults and 5-10% of children probably have fatty liver.⁴ Insulin resistance, obesity, and other aspects of metabolic syndrome are all associated with increased risk for fatty liver.

**Polycystic ovarian syndrome**
Many aspects of metabolic syndrome are also seen in women with PCOS — including insulin resistance, obesity in some cases, and elevated cholesterol. Statistics indicate approximately 30% of women with PCOS have impaired glucose tolerance, while an additional 7.5% have diabetes.³

**Sleep apnea**
Obesity is at the heart of the worldwide increase in sleep apnea, a condition commonly associated with MetS. In addition to obesity being a cause of sleep apnea, sleep apnea seems to contribute to MetS. For example, studies show sleep apnea can increase cortisol levels, which are in turn associated with obesity and insulin resistance.⁵ It also appears that imbalances brought on by sleep apnea contribute to some symptoms seen in MetS. Studies indicate sleep apnea increases cortisol levels, which are in turn associated with obesity and insulin resistance.

**Type 2 diabetes**
The risk of developing type 2 diabetes is five times higher in those with MetS.²
Contributing factors

**Inflammation**

Obesity is known to be associated with low-level inflammation. The inflammation occurs first in the adipocytes, with an increase in tumor necrosis factor-alpha (TNF-α). TNF-α (marker of inflammation) stimulates a more general inflammatory state that can ultimately result in insulin resistance and problems with blood pressure.

**Association between obesity, inflammation, & metabolic**

![Diagram](local_inflammation_in_adipocytes) ➔ ![Diagram](generalized_inflammation) ➔ ![Diagram](insulin_resistance)

Local inflammation in adipocytes (fat cells) caused by TNF-α  ➔ Generalized inflammation  ➔ Insulin resistance; Endothelial dysfunction (inflexible blood vessels)

*Adiponectin increases with weight loss, improves insulin sensitivity, decreases inflammation, and decreases atherogenesis

**Nutrient Deficiencies**

Although it is easy to consider metabolic syndrome attributable to excesses, there are several nutrient deficiencies associated with this condition. The most extensively researched deficiencies are magnesium, vitamin D, and chromium.

**Magnesium – 31% higher rate of MetS in people who are low in magnesium**

Magnesium is one of the most clearly identified nutrient deficiencies in metabolic syndrome. Prior to identifying it as "metabolic syndrome," researchers were examining the combination of insulin resistance, hyperinsulinemia, essential hypertension, ischemic heart disease, and magnesium deficiency (and called it Reaven-Modan syndrome after the researchers). Here’s what the research says:

- Studies clearly show that insulin sensitivity declines in healthy subjects when a state of magnesium deficiency is induced.
- A large 15-year study of young American adults found a 31% increase in MetS in the group of subjects with the lowest magnesium intake.
- A study on hair mineral content found lower magnesium-to-calcium ratios in individuals with insulin resistance.
- Lower intakes and lower blood levels of magnesium are associated with an elevation in inflammatory markers, while higher magnesium intakes and higher blood levels demonstrate a protective effect. As discussed above, these inflammatory markers are associated with MetS.

**Vitamin D – associated with a 51% increase in metabolic syndrome**

Vitamin D plays a role in metabolic syndrome. Studies show vitamin D has a role in immune system function, inflammation, pancreatic beta-cell function, and mineral balances that are associated with MetS. What does the research say? A meta-analysis of 28 studies showed that, when compared to higher vitamin D levels, lower vitamin D levels were associated with:

- 55% increase in diabetes
- 33% increase in the risk of cardiovascular disease
- 51% increase in metabolic syndrome

**Chromium – deficiency seen in 80% of Americans**

Chromium is not found in sufficient amounts in food to replenish tissue stores or to support healthy carbohydrate metabolism. Here are some facts:

- 80% of Americans are deficient in this essential mineral nutrient, and diets high in simple sugars can deplete chromium from the body.
- In a study of 123 males (63 with MetS; 60 controls), those with MetS had lower hair chromium concentrations than healthy controls.
Dietary Excess

Sugar-sweetened sodas: not so good
Forty-eight percent of Americans drink an average of one soda daily (28% one soda daily; 20% two or more sodas daily). When examining the effects of sugar-sweetened beverages on MetS parameters, researchers found plasma triglycerides and waist circumference, both aspects of MetS, increased as the number of sugared beverages increased.14

Diet sodas: worse
As awareness of the negative effects of sugar-sweetened sodas has increased, many people who choose diet sodas have the misconception that these beverages provide a healthier choice. Unfortunately, data indicates the opposite to be true. Individuals with an “at least daily” intake of diet soda were shown to have a 36% greater risk of developing metabolic syndrome and a 67% greater risk of developing type 2 diabetes compared to individuals who consumed no diet beverages.15

High-fructose corn syrup (HFCS): the worst
Studies comparing HFCS-sweetened beverages to sugar-sweetened beverages show HFCS-containing beverages increase MetS symptoms at a higher rate than other sugar-containing beverages.16,17 Other research has outlined the potential health outcomes associated with HFCS such as:18

- Weight gain / obesity
- Insulin resistance
- Fatty liver
- Increased triglycerides
- Leptin resistance
- Increased protein glycosylation
- Type 2 diabetes

Other dietary excess
Questionnaires from 3,782 participants found that over a nine-year period, consumption of a Western dietary pattern — high in meat, fried foods, and diet sodas — promoted development of MetS.19

Lack of exercise
Lack of physical activity has long been associated with adverse impacts on metabolic health, including an increase in abdominal fat and a decrease in insulin sensitivity. As a person becomes less active, BMI, waist-hip ratio, waist circumference, and obesity go up.20 Even in adolescents, lack of exercise and low cardiorespiratory fitness are associated with increased risk for MetS.21

Environmental toxin exposure
Increasing evidence over the past decade indicates that chemicals in the environment can contribute to the hormonal imbalances that result in metabolic disruption in society at large. Human epidemiological data and numerous animal studies specifically associate endocrine-disrupting chemicals, such as organochlorine pesticides (like DDT), dioxins (like PCBs), and flame retardants (PBDEs), with metabolic syndrome. Studies also link exposure to the plasticizing agents bisphenol-A (BPA) and phthalates to insulin resistance, obesity, and liver abnormalities. Researchers are concerned that the effects of these chemicals will be amplified because chemical production now exceeds 400 million tons globally.22 BPA has been shown to have significant adverse effects on estrogen signaling, even at small doses.23 This signaling can alter glucose transporter function, cause hyperglycemia, interfere with hypothalamic regulation of weight, result in adiposity, and impair energy expenditure.24

Stress
Stress is a well-known contributing factor to obesity. In a study of 10,308 men and women ages 35-55, workplace stress measured over a 14-year period was positively associated with an increased risk for metabolic syndrome. Employees with chronic work stress were twice as likely to develop MetS than individuals without work stress.25 Stress causes the body to secrete cortisol from the adrenals, which can cause increased cravings for sugary foods and increased blood sugar. All this can cause more fat production, leading to weight gain.

The connection between chronic stress & obesity

Chronic stress ➔ Cortisol ➔ Food cravings / blood sugar ➔ Insulin ➔ Fat production ➔ Obesity
Supplements

Nutritional supplementation is an important factor in helping to reverse the course of metabolic syndrome and improving your metabolism.

**MediBolic®**

2 scoops w/ 12-14 oz. water

The cornerstone of a good program to reverse metabolic syndrome is a powdered nutritional supplement called MediBolic.* MediBolic combines protein and fiber with a complete assortment of vitamins, minerals, nutrients, and botanicals to address various aspects of metabolic syndrome* - all in a delightful vanilla cinnamon flavored product that is gluten-free and dairy-free. MediBolic can be mixed with water or the beverage of your choice. Each serving of MediBolic will provide you with 12 grams of easily digestible fiber. MediBolic provides you with protein, fiber, and a complete assortment of vitamins, minerals, nutrients, and botanicals. MediBolic tastes great when simply mixed with water, or you can make a smoothie using other ingredient combinations to add extra nutrition and flavor.

**Super EPA Pro**

2 gelcaps twice daily

Fish oil (Super EPA Pro) is an essential component of a well-rounded nutritional supplement program for general health.* Fish oil has particular importance in the case of metabolic syndrome because it helps maintain healthy levels of insulin and blood fats (cholesterol and triglycerides) and helps maintain healthy, elastic blood vessels.*

**Meriva 500-SF**

2 capsules twice daily

Meriva 500-SF helps maintain a healthy inflammatory response throughout the body.* Meriva® is the most clinically studied curcumin on the market with 29x greater absorption than ordinary curcumin.*

**Additional recommendations**
Diet

Thorne’s Modified Mediterranean Diet

The largest body of evidence in relation to what is the best diet for metabolic syndrome clearly points toward what is referred to as the “Mediterranean Diet.” Long-term research has conclusively demonstrated that the diet eaten in the regions surrounding the Mediterranean Sea provides protection against a number of diseases and disorders, including the health markers associated with metabolic syndrome.

The Mediterranean Diet consists of large amounts of fruits and vegetables (of a variety of colors), in addition to whole grains, beans, nuts, and seeds. Fish, and to a lesser extent low-fat meat and poultry, are eaten in moderation. Fresh fruit is the typical daily dessert and olive oil is the primary fat source. The Thorne Modified Mediterranean Diet goes a step further to help assure you are not including common allergens, such as gluten, in your diet that can contribute to inflammation and weight gain. The dietary guidelines will also help steer you toward lower carbohydrate foods to help manage healthy blood sugar levels.

Dairy
- Organic eggs
- Yogurt
- Milk
- Other dairy products

Protein
- Fish (wild)
- Seafood
- Poultry
- Meat
- Tofu

Vegetables, fruit, whole grains, beans, nuts, seeds, & healthy oils

The most common food intolerances / allergies
- Peanuts
- Soy
- Eggs
- Dairy
- Corn
- Gluten

Glycemic index / load

The glycemic index (GI) is a way to rank carbohydrates on a scale of 0-100, based on the extent to which the carbohydrates in food increase fasting blood sugar in healthy people. The lower the glycemic index number the lower the food’s impact on blood sugar. The glycemic load is based on the glycemic index but it takes into account the amount of carbohydrates in a specific serving. The recommended value of a foods glycemic index is 55 or less and 10 or less for the glycemic load. Glycemicindex.com allows you to type in a food and receive its glycemic index and glycemic load. Use it as a general guide. Whenever possible, replace highly processed grains, cereals, and sugars with minimally processed whole grain products.

Hydrate

Be active
(at least 20 minutes per day)

Dairy
- Organic eggs
- Yogurt
- Milk
- Other dairy products

Protein
- Fish (wild)
- Seafood
- Poultry
- Meat
- Tofu

Vegetables, fruit, whole grains, beans, nuts, seeds, & healthy oils

The most common food intolerances / allergies
- Peanuts
- Soy
- Eggs
- Dairy
- Corn
- Gluten

Glycemic index / load

Low GI (54 or less)
- Barley
- Sweet potatoes
- Most vegetables
- Yogurt

Medium GI (55-69)
- Rice
- Most fruits
- Pasta
- Oatmeal

High GI (70 or more)
- White bread
- Processed foods
- Soda
- Bagels
Carb count

Carbohydrate-containing foods can increase your blood sugar and triglyceride levels, making it hard to lose weight and stay healthy. Total carb count should not exceed 75 grams daily (50 grams or less if you have diabetes or pre-diabetes). Your health-care practitioner might advise a different guideline based on your specific needs.

Grains
<table>
<thead>
<tr>
<th>Carbs per 1/2 c. (cooked)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steel-cut oats</td>
</tr>
<tr>
<td>Wild rice</td>
</tr>
<tr>
<td>Buckwheat</td>
</tr>
<tr>
<td>Quinoa</td>
</tr>
<tr>
<td>Millet</td>
</tr>
<tr>
<td>Brown rice</td>
</tr>
<tr>
<td>White rice</td>
</tr>
<tr>
<td>Amaranth</td>
</tr>
<tr>
<td>Teff</td>
</tr>
<tr>
<td>Tapioca</td>
</tr>
</tbody>
</table>

Legumes
<table>
<thead>
<tr>
<th>Carbs per 1/2 c. (cooked)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lima</td>
</tr>
<tr>
<td>White beans</td>
</tr>
<tr>
<td>Mung beans</td>
</tr>
<tr>
<td>Black-eyed peas</td>
</tr>
<tr>
<td>Lentils</td>
</tr>
<tr>
<td>Black beans</td>
</tr>
<tr>
<td>Kidney beans</td>
</tr>
<tr>
<td>Soy beans</td>
</tr>
<tr>
<td>Split peas</td>
</tr>
<tr>
<td>Pinto beans</td>
</tr>
</tbody>
</table>

Starchy Vegetables
<table>
<thead>
<tr>
<th>Carbs per 1/2 c. (cooked)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carrots</td>
</tr>
<tr>
<td>Beets</td>
</tr>
<tr>
<td>Parsnips</td>
</tr>
<tr>
<td>Pumpkin</td>
</tr>
<tr>
<td>Winter squash</td>
</tr>
<tr>
<td>Yellow corn</td>
</tr>
<tr>
<td>Green peas</td>
</tr>
<tr>
<td>Yams</td>
</tr>
<tr>
<td>Sweet potatoes</td>
</tr>
<tr>
<td>White potatoes</td>
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</table>

Fruits
<table>
<thead>
<tr>
<th>Carbs per 1/2 c. (raw)</th>
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</thead>
<tbody>
<tr>
<td>Watermelon</td>
</tr>
<tr>
<td>Strawberries</td>
</tr>
<tr>
<td>Oranges</td>
</tr>
<tr>
<td>Cantaloupe</td>
</tr>
<tr>
<td>Honeydew</td>
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<tr>
<td>Raspberries</td>
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<tr>
<td>Blueberries</td>
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<tr>
<td>Pears</td>
</tr>
<tr>
<td>Bananas</td>
</tr>
<tr>
<td>Grapes</td>
</tr>
</tbody>
</table>

References

17. Stanhope KL, Havel PJ. Endocrine and metabolic effects of consuming beverages sweetened with fructose, glucose, sucrose, or high-fructose corn syrup. Am J Clin Nutr 2008;88:1733S-1737S.
Foods to eat & avoid

These foods are low on the glycemic index, and provide the protein, fiber, vitamins, and minerals needed to sustain your body’s daily demands. Remember to use the Mediterranean Diet food pyramid to help guide your daily intake of these foods.

Vegetables

Fresh – either raw, steamed, grilled, roasted, sautéed in olive oil, juiced

Optimal sources

<table>
<thead>
<tr>
<th>Arugula</th>
<th>Brussels sprouts</th>
<th>Eggplant</th>
<th>Okra</th>
<th>Swiss chard</th>
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</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>Cabbage</td>
<td>Endive</td>
<td>Parsnips</td>
<td>Squash</td>
</tr>
<tr>
<td>Artichokes</td>
<td>Carrots</td>
<td>Escarole</td>
<td>Peas</td>
<td>Taro</td>
</tr>
<tr>
<td>Bean sprouts</td>
<td>Cauliflower</td>
<td>Green beans</td>
<td>Radishes</td>
<td>Tomatoes</td>
</tr>
<tr>
<td>Bell peppers</td>
<td>Celery</td>
<td>Jicama</td>
<td>Rutabaga</td>
<td>Turnips</td>
</tr>
<tr>
<td>Bok choy</td>
<td>Collard greens</td>
<td>Kale</td>
<td>Spinach</td>
<td>Yams</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Cucumbers</td>
<td>Mushrooms</td>
<td>Sweet potatoes*</td>
<td>Zucchini</td>
</tr>
</tbody>
</table>

*Potatoes should be eaten in moderation because they have a high glycemic index

Avoid

Deep fried vegetables
Canned vegetables

Fruits / juices (in moderation)

Fresh, frozen, dried, canned without sugar or other added sweeteners

Optimal sources

<table>
<thead>
<tr>
<th>Apples</th>
<th>Grapes</th>
<th>Papayas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apricots</td>
<td>Lemons</td>
<td>Pears</td>
</tr>
<tr>
<td>Avocados</td>
<td>Limes</td>
<td>Peaches</td>
</tr>
<tr>
<td>Bananas</td>
<td>Kiwis</td>
<td>Plums</td>
</tr>
<tr>
<td>Blackberries</td>
<td>Mangos</td>
<td>Pomegranates</td>
</tr>
<tr>
<td>Blueberries</td>
<td>Melons</td>
<td>Raspberries</td>
</tr>
<tr>
<td>Cherries</td>
<td>Nectarines</td>
<td>Strawberries</td>
</tr>
<tr>
<td>Cranberries</td>
<td>Oranges</td>
<td>Tangerines</td>
</tr>
</tbody>
</table>

Avoid

Fruit canned in sugar
Sweetened fruit juices

Note: Dried fruit and unsweetened fruit juices should be limited due to high natural sugar content.
Protein

Meats and fish should be organic when possible.

Optimal Sources

- Beef*
- Chicken
- Lamb*
- Mackerel

*Occasional

Avoid

- Fried fish
- Fried chicken
- Bacon

Grains

Optimal Sources

- Amaranth
- Buckwheat
- Oats
- Quinoa
- Teff
- Whole grain rice
- Wild rice

Avoid

- Cakes
- Cookies
- Cereals
- Pastries
- Pancakes

Legumes

Optimal Sources

- Adzuki beans
- Red beans
- Black beans
- Navy beans
- Chickpeas
- Lima beans
- Pinto beans
- Mung beans
- Lentils
- Split peas
- Soybeans

Wild game
- Salmon
- Tofu
- Sardines
- Tempeh
- Turkey
- Tempeh

Avoid

- Sausage
- Processed meats
Sweeteners

**Optimal Sources**
- Coconut sugar
- Stevia
- Monk fruit
- Honey

**Avoid**
- High fructose corn syrup
- Sugar
- Artificial sweeteners

Fats

**Optimal Sources**
- Olive oil (source of monosaturated fat)
- Coconut oil
- Nuts & seeds
- Avocados

**Avoid**
- Trans fats (hydrogenated and partially hydrogenated vegetable oil)
- Refined oils (e.g., safflower, corn)

Other items to avoid

- Soft drinks (sodas)
- Diet sodas
- Fruit beverages
Activities

The importance of exercise
Regular exercise is an essential component for helping to reverse the conditions associated with metabolic syndrome. Physical inactivity is associated with undesirable increases in body mass index, waist circumference, and several other risk factors for metabolic syndrome. Exercise can increase lean muscle mass, increase the uptake of sugar from the bloodstream, have a positive effect on blood pressure, reduce stress, and increase levels of "good cholesterol" (HDL-cholesterol). Work closely with your health-care practitioner when starting any new exercise program.

Helpful exercise tips
- Whatever you choose for exercise, start gradually and increase your intensity and duration little by little.
- When given a choice between walking up two flights of stairs or taking the elevator, choose the stairs.
- When going to the grocery store, park further from the entrance than you normally do.
- Place an exercise step, treadmill, or elliptical machine in front of the television and work out while you watch your favorite TV show. You can also use this venue to do abdominal and other floor exercises.
- Find a walking buddy so you can encourage each other.
- Particularly in winter, regularly go to a local shopping mall just to walk.
- Find a variety of exercises you enjoy doing and switch them up.
- Enroll in an exercise class that meets regularly (dance, yoga, Zumba, etc.).
- If you have a job that requires sitting for long periods, stand up, stretch, and walk around every hour or so.
- Use half of your lunch break for a short 15-30 minute walk, or do squats and abdominal exercises in your office when you can't get outside.

Tips to reduce stress

Breathe deeply
When you are driving, working at your desk, or watching television, take deep, abdomen-filling breaths. The more often you practice deep breathing, the more likely it will become your normal way of breathing.

Think happy thoughts
Doing something as simple as thinking thoughts of gratitude has been shown to reduce stress hormones and slow down and regulate heart rhythms.

Take up yoga
Enroll in a yoga class or get a yoga DVD and practice at home. Yoga decreases the production of cortisol and increases a brain chemical called GABA (gamma-aminobutyric acid). GABA acts as a brake during times of runaway stress. You can also consider Thorne’s nutritional supplement product PharamGABA®.

Exercise
Regular exercise is one of the best stress-reducing activities you can do. If you have time to exercise before work, it will make your entire work day more peaceful.
### Sample meal plan

Starting the week with a menu plan can make organizing ingredients and preparing food easier.

#### Day 1

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>MediBolic® coconut cashew banana smoothie</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lunch</td>
<td>Italian white bean soup* (1 cup)</td>
</tr>
<tr>
<td></td>
<td>Mixed greens (1 cup) with oil / vinegar dressing (2 tbsp)</td>
</tr>
<tr>
<td>Dinner</td>
<td>Poached salmon with spring onions and white wine*</td>
</tr>
<tr>
<td></td>
<td>Quinoa tabouli* (1/2 cup)</td>
</tr>
<tr>
<td></td>
<td>Roasted veggies</td>
</tr>
<tr>
<td>Snack</td>
<td>Spicy unsalted roasted nuts (pecans, almonds, pistachios, pumpkin seeds, cashews; toss in bowl with spices of choice, spread one layer on olive oil-greased baking sheet; roast at 325˚ for 15-20 minutes, stirring once; eat 1/4 cup)</td>
</tr>
</tbody>
</table>

#### Day 2

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Zucchini almond pancakes*</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>MediBolic mixed in water</td>
</tr>
<tr>
<td>Lunch</td>
<td>Quinoa salmon burger*</td>
</tr>
<tr>
<td></td>
<td>Carrot sticks (1/2 cup)</td>
</tr>
<tr>
<td>Dinner</td>
<td>Moroccan roasted chicken*</td>
</tr>
<tr>
<td></td>
<td>Mixed greens (1 cup) with oil/vinegar dressing (1-2 tbsp)</td>
</tr>
<tr>
<td></td>
<td>Herb &amp; olive oil hummus* (1/2 cup) with cucumber slices (1 cup)</td>
</tr>
<tr>
<td>Dessert</td>
<td>Berry parfait with orange cashew cream*</td>
</tr>
</tbody>
</table>

#### Day 3

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>MediBolic Greek honey yogurt smoothie*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lunch</td>
<td>Lettuce wraps – (large lettuce leaf spread with guacamole, shredded carrots, sprouts, and shredded organic chicken breast)</td>
</tr>
<tr>
<td></td>
<td>Curried lima bean soup*</td>
</tr>
<tr>
<td>Dinner</td>
<td>Adzuki bean and yam hash (1 cup)*</td>
</tr>
<tr>
<td></td>
<td>Greek salad with chick peas (1 cup with 2 tbsp dressing)*</td>
</tr>
<tr>
<td>Dessert</td>
<td>Chocolate sunbutter cookie*</td>
</tr>
</tbody>
</table>

*Recipe included in Recipe section
Shake recipes

Although you can take MediBolic any time of day, starting with a MediBolic shake is a great way to jump-start your day. The following recipes have been chosen as being extra tasty. If you split a daily serving in half during the day (i.e., take one scoop twice daily), then cut in half each of the recipes below. These smoothie recipes work best when blended in a high-speed blender.

Pumpkin

Ingredients

2 scoops  MediBolic
12-14 oz  Coconut milk (another type of milk can be substituted)
2 tbsp    Canned organic pumpkin

For extra richness, two tbsp of yogurt can be added (plain, vanilla, or honey yogurt, or a non-dairy "yogurt" such as yogurt made from coconut milk can be substituted).

For additional spice, a dash of pumpkin pie spice can be added.

Greek honey yogurt

Ingredients

2 scoops  MediBolic
12-14 oz  Spring water
2 tbsp    Greek honey yogurt (or a non-dairy yogurt substitute)

Latte and a cinnamon roll

Ingredients

2 scoops  MediBolic
12-14 oz  organic non-fat milk (or nut milk of choice)
1 shot    espresso
1-2 ice cubes

For extra thickness, 1/2 banana can be added
Apple pie

Ingredients

2 scoops  MediBolic
4 oz  Unsweetened organic applesauce
12-14 oz  Water or milk of choice

For an extra cold shake, freeze single serving containers of applesauce.

Coconut cashew banana

Ingredients

2 scoops  MediBolic
8-10  Finely ground cashews
12-14 oz  Coconut milk
1 tbsp  Coconut milk yogurt
1/2  Banana

For extra richness, one tbsp of plain, honey, or vanilla yogurt, or one-half of a banana, or several almonds ground to a powder can be added.

Almond cinnamon roll

Ingredients

2 scoops  MediBolic
12-14 oz  Almond milk
1/8 tsp  Almond extract

For extra richness, one tbsp of plain, honey, or vanilla yogurt, or one-half of a banana, or several almonds ground to a powder can be added.

Nutty vanilla

Ingredients

2 scoops  MediBolic
1/4 cup  Cashews blended with 4 oz. of water until creamy
12-14 oz  Water
1/8 tsp  Organic vanilla powder or vanilla extract
1 tbsp  Chia seeds

For a strawberry twist, add 1/2 cup organic strawberries.

Pecan coconut

Ingredients

2 scoops  MediBolic
1 tbsp  Finely ground pecans
12-14 oz  Coconut milk
2  Ice cubes
Breakfast recipes

Zucchini almond pancakes
Serves 3-4

Make these savory, grain-free, protein-packed pancakes on a summer morning before you head out for the day. Combined with a MediBolic® smoothie they create an energizing breakfast! They store well in the refrigerator, but if you prefer a smaller batch, halve the recipe. Top each pancake with a dollop of sour cream (or sour cream alternative) and chopped parsley or scallions. One serving is 3 pancakes.

Ingredients

4 large Organic eggs
3 cups Grated zucchini
1 cup Almond flour
1/2 cup Minced onion
1 tsp Herbamare® or sea salt
Etc Freshly ground black pepper

Olive oil for cooking

Directions

Mix all ingredients except the oil together in a medium-sized bowl. Batter will thin a little as it sits.

Heat a 10-inch stainless steel or cast iron skillet over medium-low heat. Heat your pan long enough before adding the oil and batter, otherwise the pancakes will stick.

Add about 1 tbsp olive oil to pan. Drop batter by the 1/4-cup into the hot skillet. Cook for a few minutes on each side.

Repeat with remaining batter, adding a little oil or butter to the skillet before cooking each pancake.

Kitchen tip: A well-seasoned cast iron skillet keeps pancakes from sticking to the pan.

Raw breakfast tacos
Serves: 4-6

This is a good recipe for a busy morning. If you make the filling the night before, all you need to do in the morning is slice an avocado and mango and put everything into a lettuce leaf. Romaine lettuce or napa cabbage work well for the “taco shell” but any variety of lettuce will work. Add the whole chili pepper, seeds and all, if you like it really hot.

Ingredients

1 cup Raw almonds, soaked for 8-10 hours
3-4 Brazil nuts, soaked for 8-10 hours
3 Green onions, ends trimmed
1 Hot pepper (serrano or jalapeño, seeded)
1 small Lime, juiced
1/2 tsp Sea salt or Herbamare®
1 handful Fresh cilantro

Garnishes

Lettuce leaves
Sliced avocado
Sliced mango
Lime wedges

Directions

To soak the nuts, place them in a bowl and cover with an inch of filtered water. Leave them on the counter to soak overnight or for the day, about 8-10 hours. When they are done, drain and rinse.

Place the soaked nuts into a food processor fitted with the “s” blade and add the remaining filling ingredients. Pulse/process until the nuts and vegetables are ground to the desired consistency. Taste and add salt if necessary.

To assemble the tacos, place a few dollops of the filling into a lettuce leaf and top with avocado and mango slices.

Serve with lime wedges.
**Nutty granola**  
*Yield: 4-5 cups*

This grain-free granola is packed with protein and healthy fats. With just a smidgen of sweetener to help hold it together and boost flavors you can enjoy this treat for breakfast sprinkled over your favorite dairy or dairy-free yogurt. Top it off with fresh berries or diced bananas for a balanced breakfast or snack.

### Ingredients

<table>
<thead>
<tr>
<th>1 cup</th>
<th>raw almonds</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 tsp</td>
<td>cinnamon</td>
</tr>
<tr>
<td>1 cup</td>
<td>raw pecans</td>
</tr>
<tr>
<td>1/4 tsp</td>
<td>nutmeg</td>
</tr>
<tr>
<td>1 cup</td>
<td>raw walnuts</td>
</tr>
<tr>
<td>1/4 tsp</td>
<td>sea salt</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>raw sunflower seeds</td>
</tr>
<tr>
<td>1/4 cup</td>
<td>maple syrup</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>raw pumpkin seeds</td>
</tr>
<tr>
<td>1/2-1 cup</td>
<td>dried cranberries or raisins</td>
</tr>
<tr>
<td>2-3 tbsp</td>
<td>whole chia seeds</td>
</tr>
<tr>
<td>1/4 cup</td>
<td>coconut oil, melted</td>
</tr>
</tbody>
</table>

### Directions

Preheat oven to **300 degrees**. Line a large baking dish, rimmed cookie sheet, or jelly roll pan with parchment paper.

**Place** the almonds, pecans, and walnuts into a food processor fitted with the "s" blade and **process** until you have a chunky, coarse meal.

**Pour** into a medium-sized mixing bowl. Add the sunflower seeds, pumpkin seeds, chia seeds, cinnamon, nutmeg, and sea salt. **Stir together** to evenly distribute the spices and salt.

Add the syrup and **mix together** using a large spoon. Spread on the parchment-lined cookie sheet and bake for **35-40 minutes**.

Remove from oven and **stir in** the dried cranberries or raisins. Let cool completely on the cookie sheet then transfer to a glass jar for storage.

**Nutrition Tip:** Soaking nuts and seeds overnight and then dehydrating them until crisp not only makes them more digestible, but also allows their nutrients to become more bioavailable. You can do this before using them in the granola recipe above.
Lunch & dinner recipes

Poached salmon with spring onions & white wine
Serves: 4-6

Ingredients

2 lbs Wild salmon fillet
2 Spring onions
3-4 sprigs Fresh thyme
3 tbsp Extra virgin olive oil
1/2 cup White wine
Etc Herbamare
Freshly ground black pepper

Directions

Rinse the fish fillet and pat dry. Place into pan skin-side down.

Trim the ends off the onions and cut in half lengthwise; run under cool water to remove any dirt or sand.

Place the onions and fresh thyme on top of the salmon. Drizzle with olive oil.

Add the white wine to the pan and then season the fillet with Herbamare and freshly ground black pepper.

Cover and poach over medium/medium-low heat for 10-12 minutes. Serve immediately.

Kitchen Tip: A stainless steel fish-poaching pan creates a gorgeous presentation. You could also use a 10-inch skillet, although you would need to cut the fish fillet in half to make it fit correctly. Coho salmon is best for poached salmon recipes because it is thin and cooks evenly in the poaching liquid.

Quinoa salmon burgers
Yield: 6 burgers

These burgers go nicely with a raw green salad and homemade parsnip fries. It is easier to remove the bones if you use wild king salmon instead of sockeye salmon. Use your hands or tweezers to pull the bones out. If you don’t want to bother removing the skin, have it done when you purchase the fish. Once you have the patties formed you can refrigerate them in between pieces of waxed paper for a few days or freeze them the same way.

Ingredients

3-4 Green onions, ends trimmed
1 large Handful fresh cilantro
1-2 tsp Lemon zest (optional)
1 tsp Herbamare®
1-1.5 lbs Wild salmon, skinned and deboned
1 cup Cooked quinoa
Etc Freshly ground black pepper
Olive oil or coconut oil for cooking

Directions

Place the green onions, cilantro, lemon zest, Herbamare, and black pepper into a food processor fitted with the ‘s’ blade and process until it is finely minced.

Add the salmon and quinoa and process again until desired consistency. Form into patties and place onto a plate.

Heat a large skillet over medium to medium-high heat and add a tablespoon of oil and place a few patties in the skillet (3 at a time in a 10-inch skillet). If the pan is hot it should only take 2-3 minutes per side to cook. If the pan is not quite heated it will take about 5 minutes per side and they may stick a little.

Remove patties from skillet and set onto a plate. They will continue to cook when off the stove so do not overcook them.

Variation: Try fresh dill and parsley in place of the cilantro. You could also add 1/2 teaspoon of chipotle chili powder and use lime zest in place of the lemon zest.
Balsamic roasted chicken with figs & sweet onions
Serves: 6-8

Ingredients
1 whole  Organic chicken (about 3.5-4 lbs)
1/4 cup  Extra virgin olive oil
1/4 cup  Balsamic vinegar
1 large  Sweet onion, chopped
1 tbsp  Maple syrup
8-10    Fresh figs
Etc    Herbamare
       Freshly ground black pepper
       Fresh rosemary sprigs

Directions
Preheat oven to 450 degrees. Rinse chicken under cold running water and place it in a 9 x 13-inch baking dish or other roasting pan. Generously sprinkle with Herbamare and freshly ground black pepper.

Put the chopped onion inside the cavity of the chicken and on the bottom of the pan. Place the figs around the chicken.

Whisk together the balsamic vinegar, olive oil, and maple syrup in a small bowl and pour over the chicken. Place a few rosemary sprigs on and around the chicken.

Add 1/2 cup of water to the bottom of the pan and roast the chicken for about 20 minutes to seal in the juices.

Reduce heat to 325 degrees and continue to cook until juices run clear, about another 1.5 hours.

Remove the chicken from the pan and place on a platter. Wait 10 minutes before carving to let the juices return to the meat.

Place the cooked figs and sweet onions on the platter with the sliced chicken. Drizzle pan juices over chicken and serve.

Moroccan roasted chicken
Serves: 6-8

This is an easy meal that can be ready for the oven in 10 minutes. Serve it over cooked millet with a salad, sautéed kale, or steamed green beans.

Ingredients
3-4    Split organic chicken breasts
1 tsp  Ground coriander
1 tsp  Ground cardamom
1 small Red onion, cut into large chunks
1 tsp  Ground black pepper
1      Lemon, cut into wedges
1/2 tsp Turmeric
1/2-1 cup Dried apricots
Pinch  Cayenne pepper
1 tsp  Herbamare or sea salt
2-3 tbsp Organic butter or coconut oil
1 tsp  Ground cumin

Garnish  Chopped parsley or cilantro

Directions
Preheat the oven to 425 degrees. Rinse the chicken breasts and place them into a casserole dish or 9 x 13-inch pan in a single layer.

Place the onion chunks, lemon wedges, and dried apricots around the chicken.

In a small bowl, mix together the salt and spices. Sprinkle spice mixture over the chicken. Dot with butter or coconut oil.

Roast for 30 to 40 minutes, depending on the size of the breasts, or until the juices run clear.

Slice chicken from the bone and serve it with the apricots, red onions, and juices at the bottom of the roasting dish.

Garnish with chopped parsley or cilantro.

Slow-Cooked Variation: If you have more time, you can slow-cook the chicken in the oven to create more flavorful, tender chicken, which is also more digestible. Heat oven to 325 degrees and cook for 60-75 minutes or until juices run clear.

Nutrition Tip: Purchase organic, sulfite-free apricots. Sulfite is a preservative that reduces discoloration and oxidation. Organic apricots are a dark brownish-orange color because they don't have any sulfites added. The FDA estimates that 1 out of 100 individuals has a reaction to sulfites. A sensitivity to sulfites can lead to difficulty with breathing, hives, excessive sneezing, or throat swelling. This may be exacerbated by a deficiency in molybdenum, a mineral commonly found in legumes. Sulfites listed on a food label could appear as sulfur dioxide, sodium sulfite, sodium bisulfite, potassium bisulfite, sodium metabisulfite, or potassium metabisulfite.
Soup & stew recipes

Curried lima bean soup
Serves: 10

Baby lima beans are often called butter beans because of their soft buttery texture. They can be found in bulk at your local food co-op or health food store. Be sure to soak them in warm water for at least 12 hours, preferably 24 hours, to aid in digestibility. Feel free to add any vegetables to the soup in place of the yams and peas, such as carrots, potatoes, kale, or zucchini.

Ingredients

- 3 cups Dry baby lima beans, soaked for 12-24 hours
- 2 tbsp Coconut oil
- 1 large Onion, chopped
- 1 tbsp Curry powder
- 1 tsp Ground cumin
- 1 tsp Ground coriander
- 12 cups Water
- 2 medium Yams, peeled and cut into cubes
- 2-3 cups Fresh or frozen peas
- 2-3 tsp Herbamare® or sea salt
- Etc Freshly ground black pepper, to taste
  Chopped cilantro

Directions

Sort through the beans and remove discolored, shriveled, or moldy ones. Rinse the beans and add them to a large bowl; cover with a few inches of warm water. Leave the bowl on the counter and let the beans soak for 12-24 hours. Drain and rinse using a large colander and then set aside.

Heat an 8-quart stockpot over medium heat. Add the oil, then add onions; sauté for 5-10 minutes or until softened and beginning to change color. Add the spices; sauté a minute more.

Add the soaked beans and water, cover, bring to a boil then reduce heat to low and simmer for 45-60 minutes or until the beans are tender and cooked through. Add yams, peas, salt, and black pepper; simmer uncovered for another 20 minutes or until vegetables are tender. Taste and adjust salt and seasonings if necessary.

Garnish each bowl with chopped cilantro. Leftovers can be frozen.

Italian white bean soup
Serves: 12

Ingredients

- 2-3 tbsp Extra virgin olive oil
- 12 cups Chicken stock
- 1 large Onion, chopped
- 4 cups Diced tomatoes
- 3-4 cloves Garlic, crushed
- 3-4 tbsp Tomato paste
- 1 tsp Paprika
- 6 cups Cooked navy beans
- 1 tsp Ground black pepper
- 2-3 cups Thinly sliced kale
- 2 tbsp Italian seasoning
- 1/2-1 cup Chopped parsley
- 4-5 Carrots, diced
- 3 tsp Herbamare or sea salt
- 3-4 stalks Celery, chopped
- 1/2 lb Green beans, cut into 2-inch pieces

Directions

Heat an 8-quart pot over medium heat and add olive oil, then add onion; sauté for 8-10 minutes or until soft and beginning to change color. Add garlic, spices, and herbs; sauté one minute more. Then add carrots, celery, and green beans; sauté for 2 minutes.

Then add stock, tomatoes, and tomato paste, and cover and simmer for 20-25 minutes or until the vegetables are tender.

Stir in cooked beans, kale, and parsley; simmer 5 minutes more. Add salt; taste and adjust salt and seasonings if necessary. Store leftovers in the refrigerator for up to a week.
Chipotle black bean & yam stew

Serves: 6-8

When using canned black beans it will take about four cans. Be sure to save the bean cooking liquid from the cans. Bean cooking liquid rather than water works better in this recipe to create a thicker stew. You can also substitute the yams in this recipe with a small butternut squash that has been peeled and diced.

**Ingredients**

<table>
<thead>
<tr>
<th>Amount</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 tbsp</td>
<td>Extra virgin olive oil</td>
</tr>
<tr>
<td>6 cups</td>
<td>Cooked black beans</td>
</tr>
<tr>
<td>1 medium</td>
<td>Yellow onion, chopped</td>
</tr>
<tr>
<td>4 cups</td>
<td>Bean cooking liquid or water</td>
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<tr>
<td>2 tsp</td>
<td>Ground cumin</td>
</tr>
<tr>
<td>1 medium</td>
<td>Red bell pepper, diced</td>
</tr>
<tr>
<td>1/2 tsp</td>
<td>Dried oregano</td>
</tr>
<tr>
<td>1 Lime</td>
<td>Lime, juiced (2-3 tbsp)</td>
</tr>
<tr>
<td>1/2-1 tsp</td>
<td>Chipotle chili powder</td>
</tr>
<tr>
<td>4</td>
<td>Cloves garlic, crushed</td>
</tr>
<tr>
<td>2-3 tsp</td>
<td>Herbamare or sea salt</td>
</tr>
<tr>
<td>2 medium</td>
<td>Yams, peeled &amp; diced (~4 cups)</td>
</tr>
</tbody>
</table>

**Directions**

Heat a 6- or 8-quart pot over medium heat.

Add the oil, then add onions; sauté for 5-7 minutes. Then add the spices, Herbamare, yams, and garlic, and sauté a few minutes more.

Add the black beans and bean cooking liquid; simmer uncovered for 10-15 minutes or until yams are barely tender but not yet cooked (timing will depend on the size of the diced yams).

Add diced peppers and simmer for 10 minutes more.

Taste and adjust salt and spices if necessary. Remove from heat and stir in lime juice.

**Nutrition Tip:** More and more research points to the importance of consuming foods that make your intestinal bacterium happy. Researchers in Mexico have found that black beans do a great job at this. Black beans contain a higher quantity of fiber that is not digestible by our enzymes, but are digested by organisms in our intestines. These undigested black bean portions feed certain beneficial bacteria and allow them to produce a substance called butyric acid, which is one of the preferred sources of energy for the cells lining the colon, allowing them to function properly and remain healthy.

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Slow cooker chicken stew

Serves: 4-6

Using a slow cooker the flavors come together beautifully and the chicken is very tender. Serve this stew over cooked long-grain brown rice with a salad of romaine lettuce on the side.

**Ingredients**

<table>
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<tr>
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<tbody>
<tr>
<td>1 cup</td>
<td>Diced shallots</td>
</tr>
<tr>
<td>3 stalks</td>
<td>Celery, diced</td>
</tr>
<tr>
<td>4</td>
<td>Carrots, peeled and diced</td>
</tr>
<tr>
<td>1.5 lbs</td>
<td>Boneless chicken breast, cut into chunks</td>
</tr>
<tr>
<td>14 oz</td>
<td>Canned crushed fire-roasted tomatoes</td>
</tr>
<tr>
<td>1 cup</td>
<td>Water</td>
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</table>

<table>
<thead>
<tr>
<th>Amount</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/3 cup</td>
<td>Dry white wine</td>
</tr>
<tr>
<td>1/4 cup</td>
<td>Extra virgin olive oil</td>
</tr>
<tr>
<td>1 tbsp</td>
<td>Italian seasoning</td>
</tr>
<tr>
<td>1-2 tsp</td>
<td>Herbamare or sea salt</td>
</tr>
</tbody>
</table>

Etc | Freshly ground black pepper

**Directions**

Add all ingredients to a slow cooker and cook on high for 4-5 hours or on low for 6-8 hours.

**Oven Variation:** Place all ingredients in a covered casserole dish and bake for 2.5 hours at 300 degrees.
Salads

Blanched kale & salmon salad and green apple dressing
Serves: 4

Blanching kale begins to break down its tough fibers while still keeping its nutrient levels intact. Also, blanching for a minute or less will turn the kale a beautiful bright green color that is very attractive in a salad.

**Ingredients**

2 bunches Curly kale, chopped
1 cup Cooked salmon
1/2 cup Sunflower seeds, toasted
1 Pomegranate, arils removed

**Green apple dressing**

1 medium Granny Smith apple
1/2 cup Water
1/3 cup Extra virgin olive oil
1-2 cloves Garlic
1-inch Piece of fresh ginger, peeled

Etc Herbamare or sea salt to taste

**Directions**

Fill an 8-quart stockpot with filtered water about 3/4-full and bring to a rapid boil. Quickly add the kale, pushing it down with a large spoon. **Blanch** for 60 seconds or until bright green and tender. Pour kale and boiling water through a colander and immediately **run icy cold water** over the kale to stop it from cooking. Gently squeeze the water from the kale. Place desired amount of kale onto each plate, top with cooked salmon, pomegranate arils, and toasted sunflower seeds. To make the dressing, place ingredients into a blender and blend 60 seconds or until smooth and creamy. Taste, add more salt if needed, and blend again. Drizzle dressing over each salad. Store leftover dressing in a sealed glass jar in the refrigerator for up to a week. Store remaining kale in the refrigerator in a sealed glass container.

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Greek salad with chickpeas
Serves: 6

**Ingredients**

1 head Romaine lettuce, rinsed and spun dry
2 cups Cherry tomatoes, cut into halves
2 cups Cooked chickpeas, rinsed and drained
1 cup Pitted kalamata olives, sliced
1/2 small Red onion, diced
1 large Cucumber, sliced

Etc Fresh mint leaves (optional)
Crumbled feta cheese (optional)

**Greek Dressing**

1/2 cup Extra virgin olive oil
6 tbsp Squeezed lemon juice
1-2 cloves Garlic
2 tbsp Fresh oregano leaves
1/2 tsp Sea salt
1/2 tsp Freshly ground black pepper

**Directions**

Chop the romaine lettuce, place it in a large salad bowl, and top with the remaining salad ingredients. Add fresh mint leaves and feta cheese. Place dressing ingredients into a blender and blend until smooth. Pour the dressing over the salad and toss together. Store extra salad in the refrigerator for up to two days. Dressing will last about 10 days in the refrigerator.

**Variation:** To make this dressing citrus-free, replace the lemon juice with organic red or white wine vinegar.
Side dishes

**Quinoa tabouli**  
_Serves: 6-8_

**Ingredients**  
- 6 cups Cooked quinoa
- 1 large Cucumber, diced (~3 cups)
- 2 cups Fresh tomatoes, diced
- 1/2 cup Fresh mint, finely chopped
- 1/2 cup Parsley, finely chopped

**Directions**  
Place cooled quinoa into a large bowl. Add diced cucumber, tomatoes, fresh mint, and parsley. Fresh lemon juice

**Dressing**  
- 1/2 cup Extra virgin olive oil
- 1/3 cup Fresh lemon juice
- 2 cloves Garlic, crushed
- 1 tsp Herbamare® or black pepper

In a bowl whisk the ingredients for the dressing. Pour dressing over quinoa and vegetables. Toss together and serve.

**Coconut-lime cauliflower “rice”**  
_Serves: 4-6_

Using cauliflower is a great grain-free option to rice. By grinding it up in the food processor you get the look and consistency of white rice but with more nutrients and cancer-fighting compounds such as sulforaphane. Serve this “rice” dish with baked fish or roasted chicken and a green salad.

**Ingredients**  
- 1 medium Head cauliflower
- 2 cloves Garlic, crushed
- 1 cup Coconut milk
- 1-2 tsp Grated ginger
- 1/2 cup Water or chicken stock
- 1/2-1 tsp Crushed red chili flakes
- 1-2 tbsp Freshly squeezed lime juice
- 1/2 tsp Herbamare® or sea salt

**Garnishes**  
- Sliced green onions
- Chopped cilantro
- Lime zest

**Directions**  
Break or cut the cauliflower into small pieces and place into a food processor fitted with the "s" blade and pulse until it is coarsely ground. Over-processing will turn the cauliflower to mush.

In a large skillet or wide pot, heat the coconut milk, water or stock, lime juice, garlic, ginger, chili flakes, and salt over medium heat.

When the mixture is simmering add the ground cauliflower. Stir together and simmer uncovered for 10-15 minutes, stirring every few minutes, or until the cauliflower is cooked to your liking.

Garnish with green onions, chopped cilantro, and lime zest.
Snacks

Herb & olive oil hummus

Yield: 4 cups

Hummus is a traditional Middle Eastern dish made from garbanzo beans, also called chickpeas, and tahini. Use it as a dip for raw vegetables.

Ingredients

- 3 cups Cooked garbanzo beans, or 2 cans drained
- 1 tsp Ground cumin
- 1/4 cup Bean cooking liquid or water
- 1/2 cup Sesame tahini
- 1/2 cup Squeezed lemon juice
- 1/4 cup Extra virgin olive oil
- 2-3 cloves Garlic, crushed
- 1-2 tbsp Fresh marjoram leaves
- 1 tsp Ground cumin
- 1-2 tsp Sea salt or Herbamare
- Small Handful fresh parsley
- 2-3 tbsp Fresh oregano leaves

Directions

Place all ingredients except for the fresh herbs into a food processor fitted with the "s" blade and process until smooth and creamy. You will want to taste the hummus to see if it needs more lemon, tahini, garlic, or salt.

Add more water if needed for a thinner consistency and process again. Add the fresh herbs and pulse until combined, but not completely pureed.

Place the hummus into small serving dishes and sprinkle with extra chopped herbs and a drizzle of extra virgin olive oil if desired. Store in a covered glass container in the refrigerator for up to a week.

Nutrition Tip: The Mediterranean Diet has protective effects on our hearts. Some researchers attribute this to the beneficial phenolic compounds found in the fruits, vegetables, and the high-quality olive oil used in the Mediterranean Diet. One study found that when people used olive oil exclusively in food preparation, the likelihood of coronary heart disease reduced by 47%. When saturated fat was replaced with olive oil, total cholesterol dropped 13.4% and LDL-cholesterol dropped 18%.

Grain-free chicken nuggets

Serves: 4-6

Using low-glycemic almond flour, organic chicken breasts, and heat-stable coconut oil makes these nuggets nutritious.

Ingredients

- 2 large Organic chicken breasts (~1.5 lbs)
- 2-3 tsp Poultry seasoning
- 1 tsp Herbamare® or sea salt
- 4 tbsp Arrowroot powder
- 4 tbsp Water
- 1.5 cups Almond flour
- 6 tbsp Coconut oil

Directions

Set out two shallow, wide bowls.

In one bowl mix together the poultry seasoning, Herbamare, arrowroot powder, and water. In the other bowl add the almond flour.

Rinse the chicken breasts and cut them into small chunks, making sure to keep the size of each piece relatively even. Place the chicken breast chunks into the arrowroot slurry and mix them around to coat evenly, then toss a few at a time into the almond flour. The almond flour will feel moist. You can press some of it into each nugget to help coat them.

Heat a deep 12-inch skillet over medium heat and add 3 tbsp of coconut oil. When the oil has heated for 30-60 seconds, place half of the chicken nuggets into the pan and cook for about three minutes on each side.

Add the remaining coconut oil to the pan and cook the rest of the nuggets.
**Toasted sunflower seeds with coconut aminos**

*Yield: 1 cup*

Coconut aminos can be used to replace tamari in any recipe. They are a great soy-free soy sauce! This recipe is so easy it only takes five minutes to prepare. They are also delicious sprinkled on a green salad.

**Ingredients**

| 1 cup          | Raw sunflower seeds |
| 1 tbsp         | Coconut aminos      |
| Pinch          | Sea salt            |

**Directions**

Heat a large, 11-inch skillet over medium heat for a few minutes or until the pan is hot.

Add the sunflower seeds; use a spatula to keep them moving in the pan. Toast them for 1 1/2-2 minutes.

Turn off heat and add coconut aminos and sea salt. Immediately stir the mixture to coat the seeds evenly.

Let cool on a plate then transfer to a glass jar for storage.

**Nutrition Tip:** Sunflower seeds are a good source of magnesium. Magnesium is nature’s nerve calmer. It helps to relax tight muscles and maintain normal blood pressure. One-quarter cup of sunflower seeds provides 115 mg of magnesium.
Dessert

**Chocolate sunbutter cookies**
*Yield: 12-15 cookies*

These cookies provide great nutrition and high fiber in every bite! Sunbutter is made from ground roasted sunflower seeds. It is a great high-protein alternative to nut butters. Serve these grain-free, vegan cookies with a glass of raw almond milk or a green smoothie for a healthy afternoon treat.

**Ingredients**

<table>
<thead>
<tr>
<th>Wet ingredients</th>
<th>1 cup</th>
<th>Organic Sunbutter</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/3 cup</td>
<td></td>
<td>Coconut nectar</td>
</tr>
<tr>
<td>1 tbsp</td>
<td></td>
<td>Ground chia seeds</td>
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<tr>
<td>3 tbsp</td>
<td></td>
<td>Water</td>
</tr>
<tr>
<td>1 tsp</td>
<td></td>
<td>Vanilla</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Dry ingredients</th>
<th>1/4 cup</th>
<th>Cocoa powder</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 tsp</td>
<td>Baking soda</td>
<td></td>
</tr>
<tr>
<td>1/4 tsp</td>
<td>Sea salt</td>
<td></td>
</tr>
<tr>
<td>1/2 cup</td>
<td>Mini chocolate chips (optional)</td>
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</table>

**Directions**

Preheat oven to 350 F. Lightly grease a cookie sheet with coconut oil.

In a medium-sized mixing bowl, using an electric mixer, beat together the wet ingredients until light and fluffy.

Add the dry ingredients. Beat together until thickened and combined then mix in the chocolate chips.

Roll equal-sized balls of dough in your hands making 12-15 balls. Press dough ball down using the tongs of a fork into a crisscross pattern.

Bake for approximately 12-15 minutes. Cool on a wire rack. Cookies will be fragile and crumbly when hot but will firm up when completely cooled.

---

**Berry parfait with orange cashew cream**
*Serves: 4-6*

This is a favorite recipe to make during the summer months when berries are in abundance. Serve it for breakfast, a healthy snack, or dessert. Use any berries that are fresh and available, especially blueberries, strawberries, blackberries, and raspberries.

**Ingredients**

<table>
<thead>
<tr>
<th>1 cup</th>
<th>Raw cashews, soaked for 3 hours</th>
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</thead>
<tbody>
<tr>
<td>1/2 cup</td>
<td>Freshly squeezed orange juice</td>
</tr>
<tr>
<td>2</td>
<td>Dates, pitted</td>
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<tr>
<td>1/2 tsp</td>
<td>Orange zest</td>
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<tr>
<td>Pinch</td>
<td>Sea salt</td>
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<tr>
<td>Dash</td>
<td>Maple syrup (optional)</td>
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<tr>
<td>4 cups</td>
<td>Fresh organic berries</td>
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<tr>
<td>Etc</td>
<td>Hemp seeds</td>
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</table>

**Directions**

To make the cashew cream, drain and rinse the cashews, place them into a blender along with the orange juice, dates, orange zest, and salt.

Blend on high until smooth and creamy. You might need to turn off the blender, scrape down the sides, and blend again a few times. Taste and add a dash of maple syrup for a sweeter cream and blend again if needed.

Set out 4-6 parfait cups or clear juice glasses. Add a layer of berries to the bottom of each cup or glass, then a thin layer of the cashew cream, then another layer of berries, then a final layer of cashew cream.

Sprinkle the top layer with hemp seeds.

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**Nutrition Tip:** Making your own orange juice from fresh oranges is much more nutritious than buying it store-bought. Pasteurization will kill harmful bacteria to prolong shelf life, but it will also destroy live enzymes and vitamins. Fresh orange juice contains all of the enzymes, vitamin C, and antioxidants present in the orange, which makes the juice far more digestible and easier to assimilate.
Raw berry tart with coconut pastry cream

Serves: 4-6

This is a favorite recipe to make during the summer months when berries are in abundance. Serve it for breakfast, a healthy snack, or dessert. Use any berries that are fresh and available, especially blueberries, strawberries, blackberries, and raspberries.

Crust

| 2 cups | Raw almonds or pecans |
| 1 cup | Pitted medjool dates (~10) |
| 1 tbsp | Coconut oil |
| Pinch | Sea salt |

Pastry Cream

| 1 cup | Raw cashews |
| 1/4 cup | Water |
| 1/4 cup | Freshly squeezed orange juice |
| 3 tbsp | Coconut nectar or honey |
| 3/4 cup | Softened coconut butter |
| 1 tsp | Pure vanilla extract |
| 1 tsp | Organic almond flavoring |

Garnishes

Berries of choice

Directions

To make the crust, place the nuts into a food processor fitted with the "s" blade and process until finely ground.

Add the dates, coconut oil, and sea salt. Process again until the dates are ground and evenly incorporated into the nuts. It should stick together, if not, add another tablespoon of coconut oil.

Pour the crust mixture into a 9 or 10-inch lightly oiled tart pan and evenly press into the bottom and up the sides.

To make the filling, place the cashews, water, orange juice, coconut nectar into a high-powered blender. Blend until smooth and ultra creamy, stopping and starting the blender if necessary. Your coconut butter should be soft enough to add if you are living in a hot climate; if not, place the amount called for into a small pan and warm on the lowest heat.

Add the softened coconut butter to the blender along with the vanilla and almond flavoring. Blend until smooth. Pour into the crust and spread evenly.

Arrange berries over filling into your own unique design.

Chill, uncovered, until ready to serve. When ready to serve, push the bottom of the pan up through the rim and place onto a platter to serve.

Kitchen Tip: Coconut butter is made from both the oil and the meat of the coconut. Sometimes it is labeled with different names such as coconut mana or coconut cream concentrate, but it is all the same thing.
## Health journal

### Exercise

<table>
<thead>
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<th>Thursday</th>
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### Psyche

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### Food

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A final word

We hope you have found this guide to be informative and helpful and we encourage you to reference it frequently as you monitor your progress.

As you can see, healthy lifestyle choices play a major factor in reducing or reversing the potential negative health consequences associated with metabolic syndrome.

The right combination of diet, exercise, stress reduction, and nutritional supplementation can assist you in your quest to regain and maintain optimal health. At Thorne, we consider ourselves your partner in managing your health.