

# 7 DAY

## QUICKSTART GUIDE

# Welcome to the Aligned Modern Health 7-day QuickStart Guide!

The Functional Medicine & Clinical Nutrition Team at Aligned Modern Health has put together an exclusive 7-day nutrition guide to help you jumpstart your New Year goals! We are so glad that you have taken the first step towards a happy and healthy 2017.

Our 7-day QuickStart Guide was created to give you a taste (literally) of the general lifestyle that we strive to educate our patients on. This one week, plant focused, kick-start, will provide you with the tools necessary to give your body a simple reset and support the basic principles of self-nourishment. Past the initial week, we encourage you to continue to apply these tools, recipes, and positive habits you have practiced to support living your life to the fullest!

If you find yourself interested in learning more, then from the experts at Aligned Modern Health, schedule a Functional Medicine & Clinical Nutrition appointment for a personalized plan, designed specifically to help you obtain optimal health!

## Let's Get Started!

### 1. Pick a start date:

- o Choose a day to start where you'll have flexibility to focus on clean eating (following your plan!). Make sure you have plenty of time to meal prep. This means grocery shopping and planning each snack and meal along the way so you can complete the program successfully!

### 2. Plan:

- o The key to success is making a game plan! Put together a 7-day meal plan using our meal planner, snacks included!
- o Next, create your shopping list. Bring this list to the grocery store with you and stay focused. Buy what's on the list, skip what's not, piece of cake! **TIP:** Planning a midweek grocery trip to replenish is a great idea to help you stay on track!

### 3. Meal Prep:

- o Look ahead! What can you do in advance? Chop veggies, pre-cook protein for lunches and meals, make dressings and sauces, etc! **TIP:** Freezing a few portions of each meal is a great way to carry out the reset past your 1 week point!

### 4. Execute!

- o Focus on the plan, your wellness, and resetting your health for the next week! **TIP:** Use the buddy system! See if a friend or family member is willing to participate in the reset with you! A teammate for support may help you stay on track when temptations present.



# MEAL PLANNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

BREAKFAST

LUNCH

DINNER

SNACKS

## GROCERY LIST


# THE 4 I I: BALANCING BLOOD SUGARS

The food that we eat is broken down into tiny simple sugars called **glucose** that our body uses for energy. When we go too long without eating, or eat a meal too high in carbohydrates or sugar, we cause our **blood glucose (sugar)** to rise and then fall drastically. Drops in blood sugar impair focus, impact mood, and alter the communication between hormones within your body.

## BLOOD SUGARS AND HORMONES

Maintaining blood sugar balance is important for keeping your hormones in symphony with each other. Stabilizing hormones help to ward off cravings, improve thyroid function, promote satiety, and prevent the development of diabetes and elevated cholesterol.

## HOW DO I BALANCE MY BLOOD SUGAR?

**Eat the PCF<sup>3</sup> way!** By strategically building your meals and snacks we can control spikes in blood sugar. **P**rotein, healthy **F**at, and **F**iber all help to slow down the breakdown of quality **C**arbohydrate. By combining sources of quality **C**arbohydrate with a source of **P**rotein, healthy **F**at, or **F**iber at your meal and snack times, you can help keep your blood sugar in check. **F**luid is important for carrying essential nutrients to the body tissue and removing toxins and waste from the body through urine. Additionally, thirst is easily miscommunicated as hunger. By maintaining adequate hydration with water, fluid intake can encourage weight management and supports satiety at meal times.

## THE 3 T'S: BLOOD SUGAR RECOMMENDATIONS

**Timing:** Eat something within one hour of waking. Throughout the day eat a meal or a snack every 2-3 hours and avoid going longer than 4 hours without a meal or snack. Eating frequently fuels our body's metabolic furnace and prevents excessive hunger at mealtime.

**Type:** Choose whole, minimally processed foods as the bulk of the diet.

<b>PROTEIN</b>	<b>High-quality proteins of any kind are the best choice, including lean, grass-fed, organic, non-GMO sources.</b>
<b>QUALITY CARBOHYDRATE</b>	<b>Choose non-starchy vegetables, vegetables, legumes, beans, fruit and whole grains, or those with an intact bran outer coat (ie. brown rice, amaranth, buckwheat, quinoa, etc.)</b>
<b>HEALTHY FAT</b>	<b>Choose minimally refined, cold-pressed, organic, non-GMO fats and liquid oils whenever possible, as these will be the best quality.</b>
<b>FIBER</b>	<b>Fiber is found in many different macronutrient groups! The best sources of fiber are fresh fruits and vegetables (not dried), beans and legumes, and grains that are minimally processed.</b>
<b>FLUID</b>	<b>Choose water as your primary fluid source. Filtered water should be chosen when possible to avoid contaminants commonly found in tap water such as toxins, metals, and endocrine disrupting chemicals.</b>

**Total amount:** When eating on the go, use your hand as a tool for portion size. A palm size is approximately a serving of protein, a fist is approximately a serving of fruit, starch, or grain, a thumb size of olive oil is about 100 calories, and a post-it note is about 1/4 cup or 1 serving of nuts or seeds.

*Note: refer to portion size guide*

# PCF<sup>3</sup> MADE EASY

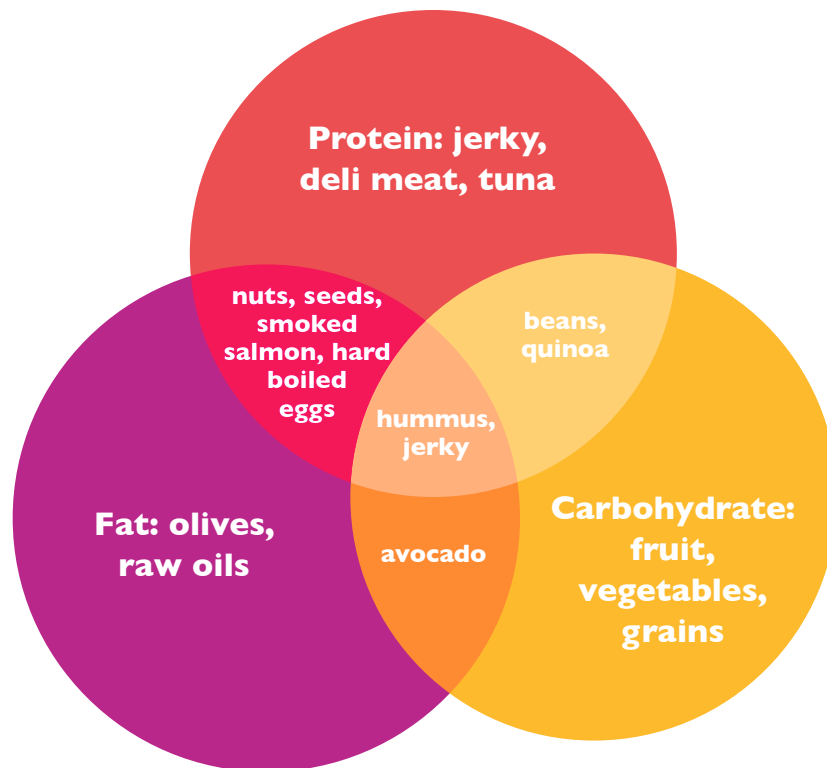
PROTEIN	QUALITY CARBOHYDRATE	HEALTHY FAT	FIBER	FLUID
Provide the basic building blocks (amino acids) that are essential for building tissue and repair processes all over our body	Provides the body with an efficient source of energy while controlling spikes and dips in blood sugar. Quality varieties are high in vitamins and minerals and are minimally refined	Necessary for the absorption of vitamins ADEK, healthy fat helps control blood sugar spikes and promote satiety	Fiber is not a macronutrient, but is found in many of the foods we eat	You should drink at least half your body weight in oz. of water daily
<b>Animal Based</b> <b>**Meat, Fish, and Eggs</b> Beef Halibut Herring Mackerel Salmon Sardines Tuna Wild game Buffalo Elk Eggs (chicken, duck) Lamb Chicken (skinless) Cornish hen Turkey Bone Broth  <b>Plant Based</b> <b>**Beans/Legumes</b> Adzuki Black Black-eyed peas Cannellini Kidney bean Lentils Mungo Mung Navy bean White bean Pinto bean  <b>**Protein Powder</b> Hemp Pea Rice	<b>**Beans/Legumes</b> <b>**Gluten-free Grains</b> Amaranth Buckwheat Millet Quinoa Pasta  <b>**Grains</b> Barley Bulgar Farro Kamut Einkorn Pasta  <b>**Starchy Vegetables</b> Carrots Celeriac root Beets Green Peas Parsnips Plantain Pumpkin Sweet potatoes Taro Winter squash (butternut, acorn, spaghetti, delicata) Yams Yucca Rutabaga  <b>*Fruit</b> Blueberries Blackberries Strawberries Raspberries Pomegranate Seeds  <b>*Non-Starchy Vegetables</b>	<b>**Nuts</b> Almonds Brazil nuts Cashews Hazelnuts Pecans Pistachios Walnut All nut butters  <b>**Seeds</b> Chia Flaxseed Hemp Pumpkin Sesame Sunflower All seed butters  <b>**Plant Based</b> Avocado Coconut oil milk, butter (mana), and flaked (unsweetened) Olives  <b>**Fats/Oils</b> Avocado oil Coconut oil Flaxseed oil Ghee Olive oil Walnut oil	<b>**Quality Carbohydrate</b> <b>**Nuts and Seeds</b> <b>**Non-Starchy Vegetables</b> Artichoke Arugula Asparagus Bok choy Broccoli Brussels sprouts Cabbage Cauliflower Celery Chard/Swiss chard Cucumbers Eggplant Fennel Greens (beet, collard, dandelion, kale, mustard, turnip) Lettuces (microgreens, endive, radicchio) Mushrooms Peppers, all Radicchio Radishes Sea vegetables Snap peas/snow peas Sprouts, all Summer squash (yellow, zucchini) Tomato Turnips  Fermented Vegetables Salsa  <b>**Herbs /aromatics</b> Parsley, basil, cilantro, thyme etc. Garlic Onion, scallion, shallot, chive	Filtered water  Green, white, and herbal teas Kombucha  <b>Use PCF<sup>3</sup> to help you build better meals and snacks!</b>  <b>GOALS</b> <b>At meals, try to choose one item from each category.</b>  <b>At snacks, pair any Quality Carbohydrate with either a Protein or Healthy Fat!</b>

Note: This template is a guide and not all foods that fit within each category are listed

# STRATEGIC SNACKING

## COMPOSITION:

1. Choose snacks between 150-250 calories
2. Choose **balanced** snacks that incorporate a source of **Protein** or Healthy **Fat** to promote steady blood sugars throughout the day (think PCF3!)
  - **Protein**: 5-15g at each snack, 10-20g post exercise!
  - **Quality Carbohydrate**: choose from vegetables, fruits, and minimally processed whole grains (ie. oats, brown rice, quinoa)
  - **Healthy Fat**: choose from nuts, seeds, avocado, olives
  - **Fiber**: at least 2-3 g



**Foods that overlap with P, C, or F are great foods for snacking because they have the natural ability to regulate blood sugar**

## TIMING:

1. Eat a meal or snack every 2-3 hours, avoid going more than 4 hours without a meal or snack!  
Ex. Breakfast: 8:00 AM, Snack: 11:30 AM, Lunch: 1:00 PM, Snack: 3:30 PM, Dinner: 6:00 PM, Snack (optional) 8:00 PM  
*Note: If you don't normally eat dinner until late, you may need to plug in two strategic snacks following your lunch.*
2. Eat a recovery snack within 1 hour following exercise – post exercise fuel should have 10-20g protein and a source of whole food carbohydrate.

## TYPE:

### On-the-go

Tip: Place non-perishable snack items (ie. Tuna packs, oatmeal packs, nuts, seeds, nut butters) in locations where you need a snack most! This may be the console of your car, desk drawer in your office, purse or briefcase, or gym/golf bag!

- ■ ■ 1 oz raw nuts (about 1/4 cup!)
- ■ ■ 1/4 C. homemade granola or muesli
  - ■ 1 package *Eden 1oz Pocket Snacks* – Pumpkin seeds or pistachios
  - ■ 1 *Manitoba Harvest Hemp Heart bar, RXBAR, or Epic Bar*
  - ■ 1 *Tanka bar* + 2 TBSP nuts
  - ■ 1 squeeze pack *Artisana* nut butter or coconut butter
- ■ ■ 1 squeeze pack of *Justin's or Barney Butter* nut butter + 1 piece of fruit
  - ■ 1 *GT's Kombucha* + 1 package of *Oloves Olives*
  - ■ 1 package *Natural Sea Wild Caught Tuna* + 1 package of *Oloves Olives*
- ■ ■ 1/2 C. *The Good Bean* roasted chickpeas
  - ■ 1 *Santa Cruz Organic* apple sauce pack + 12 walnut halves
- ■ ■ 2 TBSP *Natures Path Q'ia* + 1 TBSP raw almonds
- ■ ■ 1/4 C. *Bob's Red Mill* gluten free oats + 2 TBSP sunflower seeds + cinnamon or cardamom

#### KEY:

- Protein
- Carbohydrate
- Healthy Fat
- Fiber

### Prepared Snacks

- ■ 2 hard-boiled eggs
- ■ 2 oz. smoked salmon + capers + 1/2 avocado
- ■ 1 small piece of fruit or 1/2 C. berries with 1 TBSP raw nut butter
- ■ ■ Cucumber slices and sardine spread
  - ■ 1/4 C. guacamole + 1/2 C. non-starchy vegetables
  - 1/2 avocado with citrus juice or salsa OR sprinkled with *Gomasio* or nutritional yeast
  - 15 olives + 1 C. raw vegetables
- ■ ■ Crudites and anchovy dipping sauces
- ■ ■ 1/2 C. black beans + 1 TBSP salsa + 1/4 avocado
  - ■ 1/4 C. hummus + 1 C. non-starchy vegetables
  - 1/2 C. roasted beets + lemon juice + 1 tsp. olive oil + 1 tsp. sunflower seeds
- ■ ■ 1/4 C. *GO RAW* sprouted nut or seed mix
  - 1/3 C. *Hope Foods* Lentil hummus + 1/2 C. cucumber + red pepper slices
- ■ ■ 1 oz. jerky + 2 TBSP nuts
  - ■ 1 hard-boiled egg + 1/2 avocado
- ■ ■ 1 C. bone broth + 1 C. chopped vegetables

### Craving something sweet? Opt for a satisfying and strategic snack!

- ■ ■ 1/4 C. prunes + 8 walnuts halves
- ■ 1/2 frozen banana + 1 TBSP sunflower seed butter + cinnamon
  - 1/2 oz. organic dark chocolate >80% (*Alter Eco, Green & Black's, Theo*)
- ■ **Avocado pudding:** 1/4 avocado + 1/2 banana + 2 tsp. cacao powder + 1/2 date
- ■ **Chia seed pudding:** 2 TBSP chia seeds + 1/2 C. unsweetened vanilla non-dairy milk + fresh fruit
- ■ 2 dates + 1/4 C. cashews
- ■ **Banana walnut smoothie:** 1 C. non-dairy milk + 1/2 frozen banana + 2 TBSP walnuts
- ■ 2 homemade energy bites (recipe on AMH blog)
- ■ **Cashew pudding:** 2 TBSP soaked cashews + 1/2 TBSP coconut + lemon zest + vanilla extract (blended)
- ■ 1/4 C. raspberries + 1 TBSP hazelnuts + 1 TBSP cacao nibs
- ■ 1 *Larabar* (cashew cookie, brownie, coconut cream)
- ■ 2 *Hail Merry* Macaroons
- ■ Gelatin gummies
- ■ 1/2 roasted sweet potato with 2 tsp. nut butter + cacao nibs + nutmeg

## Recipes: Breakfast

### Ginger Sweet Potato Muffins (from Mediterranean Paleo Cooking)

(makes 12 muffins, 12 servings)



- 1/3 cup coconut flour
- 1/2 tsp. baking soda
- 2 tsp. ground cinnamon
- 1 tsp. ground nutmeg
- 1 tsp ground ginger
- 1/2 cup sweet potato puree (1 medium sweet potato)
- 1/2 cup melted coconut oil
- 6 large eggs
- 1 tsp. vanilla extract
- 3 Tbsp. honey

#### Directions:

1. Preheat oven to 350 F. Line 12 muffin cups with paper liners.
2. Sift the coconut flour and baking soda into a large mixing bowl. Add the cinnamon, nutmeg, and ginger and stir the our mixture together until well combined.
3. In another bowl, combine the sweet potato puree, coconut oil, eggs, vanilla extract and honey.
4. Slowly add the dry mix to the wet and whisk until a smooth batter forms.
5. Divide the batter evenly among the muffin cups, filling them 1/2 full.
6. Bake for 15-20 minutes, until a toothpick inserted in the center of a muffin comes out clean.
7. Leave the muffins in the pan to cool for 10 minutes before serving.

### Vegetable Frittata or “Muffins”

(serves 2)



- 2 Tbsp. coconut oil
- 3-4 seasonal vegetables such as, squash, zucchini, kale, spinach, broccoli
- 1 medium yellow onion, diced
- 2 garlic cloves
- 6 pasture raised eggs
- 1/2 cup unsweetened coconut milk
- 1/4 cup chopped fresh herbs, such as chives, basil, and/or parsley
- 1-2 tsp. sea salt

#### Directions:

1. Preheat oven to 350F.
  2. Heat a large oven-proof sauté pan (preferably cast iron) over medium-high heat. Melt the coconut oil, then add the vegetables and onion. Cook, stirring occasionally, until soft. Add garlic and continue stirring until the mixture is aromatic. While the vegetables are cooking, in a medium bowl whisk together the eggs, milk, herbs and salt.
- **For Frittata:** Pour egg mixture into the pan with the vegetables, then transfer to the pre-heated oven. Bake for 15-25 minutes. Once the center is firm or set, remove the pan from the oven and serve the frittata warm.
  - **For “Muffins”:** Divide mixture into muffin pan, filling the cups 1/2 full. Bake about 15 minutes, or until the eggs rise and are firm in the center. These are great to-go, and can be eaten hot or cold!



# Recipes: Breakfast

## Chai-Spiced Chia Porridge

(serves 2)



- 1 quart water
- 4 chai tea bags or 1/4 cup loose chai
- 1 cup raw sesame seeds or 6 Tbsp. tahini
- 6 Tbsp. chia seeds
- 4 Medjool dates, pitted and roughly chopped
- 1-2 cups coconut nectar or a few drops of stevia to taste

### Garnish:

- 1/4 cup shredded unsweetened coconut
- 1 cup fresh berries (blue, black or raspberries)

### Directions:

1. Bring the water to a boil with the tea bags or loose leaf chai, then turn off the heat and let the brew steep for 5-10 minutes (the longer it steeps, the stronger the tea will be). Strain or remove tea bags
2. Using a blender, blend the warm chai tea with the sesame seeds or tahini for 45 seconds on a high setting. Then, strain the 'milk' into a 1 quart mason jar.
3. Stir in the chia seeds and chopped dates. Screw the lid on the jar and shake to mix the seeds with the milk.
4. Let the mixture stand for 20 minutes before sweetening to taste with the coconut nectar or stevia and topping with the coconut and fresh berries.

**\*\*Chia porridge will keep up to 5 days in refrigerator for a quick on-the-go breakfast or snack!**

## Blueberry Quinoa Cereal

(serves 2)



- 1 cup quinoa, rinsed well
- 1 cup unsweetened almond milk
- 1 1/4 cup unsweetened coconut milk
- 1 cup fresh blueberries
- coconut yogurt or coconut milk cream, to taste
- Optional: honey or coconut nectar, to taste

### Directions:

1. In a saucepan, combine the quinoa, coconut milk, and blueberries.
2. Bring the mixture to a boil, then lower the heat and simmer for 30 minutes, or until very tender.
3. Serve the cereal with warm coconut yogurt or coconut milk cream and a drizzle of honey or coconut nectar!

**\*\*Cereal will keep up to 5 days in refrigerator for a quick on-the-go breakfast or snack!**

## Recipes: Salads & Sides

### Roasted Sweet Potato and Spinach Salad (from Clean)

(serves 4)



- 3 lbs. sweet potatoes, peeled and chopped into 1/2-inch cubes
- 3 Tbsp. extra virgin olive oil
- 2 tsp. coriander seeds
- 1 tsp. fennel seeds
- 3/4 tsp. ground cinnamon
- 1 1/2 tsp. sea salt, plus more for final seasoning
- 1/2 lb. fresh spinach, roughly chopped
- 1 cup raw or toasted walnuts
- 1/2 cup dried cranberries, goji berries, or dried cherries
- Optional, if tolerated: goat or feta cheese to taste

#### Directions:

1. In a large bowl, toss the chopped sweet potatoes with the olive oil, coriander seeds, fennel seeds, cinnamon, and 1 1/2 tsp of the salt, coating the chunks evenly.
2. Spread the potatoes in a baking dish and roast them until they are fork-tender, 25-30 minutes.
3. In a large serving bowl, toss the warm sweet potatoes with the chopped nuts, using the heat of the sweet potatoes to lightly wilt the spinach.
4. Once the potatoes cool, stir in the walnuts and dried fruit along with a sprinkle of salt and goat or feta cheese, if you are using it.

### Turmeric Roasted Cauliflower

(side dish, about 2 servings)



- 1 tsp. coriander seeds
- 1/2 tsp. white peppercorns
- \*\*You will need a spice grinder for peppercorns and seeds!
- 1/4 cup olive oil
- 1 Tbsp. minced garlic
- 2 tsp. ground turmeric
- 1 head of cauliflower, cored and broken into small florets
- sea salt
- 1 medium shallot, sliced and separated into rings
- 4 kumquats, seeded and chopped
- 1/4 cup chopped cilantro

#### Directions:

1. Preheat oven to 400 °F.
2. In a small skillet, toast coriander seeds and peppercorns over medium-high heat until fragrant.
3. Once the seeds cool, grind to a powder in a spice grinder.
4. Put in a small bowl, stir in olive oil, garlic, turmeric.
5. On a large baking sheet, drizzle the cauliflower with olive oil and toss to coat.
6. Season with salt and roast for 25 minutes until tender.
7. Put cauliflower in a serving bowl, add shallot rings, kumquats, and cilantro and toss well. Serve.

## Recipes: Salads & Sides

### Quinoa Salad with Roasted Vegetables

(serves 1-2)



- 1 cup quinoa
- 2 cups water
- 2 small zucchinis, chopped
- 1 medium carrot, chopped
- 1 small red onion, chopped
- enough oil to lightly cover vegetables
- sea salt, to taste
- 2 small yellow squash, chopped
- juice of 1 lemon

#### Directions:

1. In a large bowl, toss the chopped sweet potatoes with the olive oil, coriander seeds, fennel seeds, cinnamon, and 1 1/2 tsp of the salt, coating the chunks evenly.
2. Spread the potatoes in a baking dish and roast them until they are fork-tender, 25-30 minutes.
3. In a large serving bowl, toss the warm sweet potatoes with the chopped nuts, using the heat of the sweet potatoes to lightly wilt the spinach.
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## Recipes: Salads & Sides

### Quinoa, Sweet Potato and Spinach

(4 servings)



- 1 cup quinoa
- 2 cups low sodium chicken broth
- 1/2 sweet potato or yam, cut into 1 inch cubes
- 1/2 Vidalia onion, chopped
- 2 garlic cloves, minced
- 1 bag of spinach

#### Directions:

1. Add quinoa, chicken broth, sweet potatoes, onions, and garlic cloves to a pot and bring to a boil.
2. Reduce heat to a simmer for 15-20 minutes, checking every 5 minutes to stir. Add extra liquid (water or broth) as necessary.
3. When done, stir in spinach and enjoy!

### Coconut, Quinoa and Butternut Squash

(4 servings)



- 1 cup quinoa
- 2 cups water
- 1 1/2 cups butternut squash or sweet potato, cut into 1 inch cubes
- 1/2 Vidalia onion, chopped
- 1/4 cup of coconut flakes
- Cinnamon to taste

#### Directions:

1. Add quinoa, water, butternut squash and onions to a pot and bring to a boil.
2. Reduce heat and simmer for 15-20 minutes, checking every minutes to stir and adding extra water as necessary.
3. When done, stir in coconut flakes and cinnamon to taste and enjoy!

# Recipes: Salads & Sauce

## Lentil Salad



- 1 cup of lentils – red, green, or mixture
- 1/2 of your onion of choice, diced
- 4 cloves of garlic
- 1 15oz can of diced tomatoes (Tip: pre-seasoned diced tomatoes are a great option – Italian, adobe, chipotle)
- 4 cups of your greens of choice – spinach, kale, collard greens
- 

### Directions:

1. Combine lentils, 2 cups of water, onions, and garlic in a medium pot.
2. Bring to a boil and then reduce heat to a simmer. Stir in diced tomatoes and cook for approximately 10 minutes. Stir greens into lentil, and enjoy!

## Cashew Cheese



- 2 cups raw cashews soaked in filtered water for 2 – 4 hours (soaking is optional)
- 1/4 cup – 1/2 cup filtered water as needed for desired consistency
- 1/4 cup freshly squeezed lemon juice
- 1/2 cup nutritional yeast
- 4 cloves fresh garlic minced
- 1 tsp. sea salt
- 1 tsp. granulated garlic (optional)
- 1 Tbsp, freshly chopped leaf parsley (optional)

### Directions:

1. Place the cashews, nutritional yeast, 1/2 of the water, 1/2 of the lemon juice, garlic and sea salt in the food processor and pulse until roughly blended.
2. Gradually add in more lemon juice, garlic and salt to taste. I have listed granulated garlic as optional. I find this is a nice touch if you like a garlicky cheese.
3. Transfer the cheese to a bowl, and stir through the parsley if using.  
The more water you add, the creamier and thinner the cheese will become. Add less water for a thicker, more rustic cheese

## Best Dip/Sauce/Salad Dressing Ever (from Clean)



- 1/2 cup raw almonds
- 2 garlic cloves
- 3 tbs nutritional yeast
- 1/2 tsp. ground cumin
- 1/2 tsp. chili powder
- 1/4 tsp. ground coriander seed
- 1/4 tsp paprika
- 1/2 tsp sea or himalayan salt
- 3/4 cup plus 2 Tbsp. water
- 1/2 cup plus 2 Tbsp. avocado oil
- 1/4 cup plus 2 Tbsp. fresh lemon juice
- 2 tsp Bragg liquid aminos or tamari

### Directions:

1. Slowly blend all ingredients together for 1 minute. Turn the speed up to high and continue blending for 1-2 additional minutes until the mixture is smooth and creamy.
2. Store the dressing in the refrigerator. It may separate, but you can stir it up to make it good as new.



## Cajun Baked Salmon



- 1 (6-8oz) salmon filet/person, preferably wild
- Cajun rub (great options are available at Whole Foods)
- Coconut oil

### Directions:

1. Preheat oven to 350
2. Rub coconut oil onto baking sheet or dish. Apply approximately 1 Tbsp. of cajun rub to salmon filets and place on baking sheet/dish.
3. Bake for 12-15 minutes, until the fish flakes when tested with a fork or knife.

## Baked Arctic Char



- 1 (6-8oz) arctic char fillet/person (Fortunately, arctic char is always wild and never farm raised!) **\*Tip:** ask the guys at the fish counter to de-bone arctic char for you. It will save you time and frustration.
- 1-2 garlic cloves per filet
- Salt & pepper
- Coconut oil

### Directions:

1. Preheat oven to 400 (bake).
2. Rub coconut oil onto baking sheet or dish.
3. Crush 1-2 cloves of garlic per filet and spread evenly over top. Salt & pepper filet and bake for approx. 12 minutes, until the fish flakes when tested with a fork or knife.

## Simple Cod with Colors



- Cod – 6-8 oz per person
- Cherry tomatoes – 8 per person, halved
- Sweet Vidalia onion – 1/3 per person, thinly sliced
- Broccoli – 1/4 cup
- Vegetable broth

### Directions:

1. Preheat oven to 400.
2. Lightly grease baking pan with coconut oil. Add enough vegetable broth to fill 1/4 inch from the bottom of the dish.
3. Place cod filets at on dish and sprinkle with salt and pepper and add cherry tomatoes and onions on top of cod. Bake for 12-18 minutes, enjoy!

### Suggested sides with fish entrees:

**\*Steamed sweet potatoes** (1/2 SP per person)

sprinkled with cinnamon

**\*Sautéed spinach or kale** with onions (red or yellow), shiitake mushrooms , garlic, salt & pepper

**\*Butternut squash** lightly brushed with olive oil, sprinkled with cinnamon and baked at 350 ~45 minutes

**\*Brussel sprouts**, halved and lightly brushed with olive oil, sprinkled with salt and pepper and baked at 400F for ~30-45min.

# Recipes: Lunch & Dinner

## Gluten-Free Pasta with Anti-Oxidants!



- Tolerant brand GF bean pasta – black bean, lentil, or a combo; can find this at Whole Foods
- 4 chicken breasts chopped into one inch pieces (ask the people at the meat counter to do this for you)
- 1 jar of Whole Foods brand classic marinara sauce
- 1 cup of broccoli
- 1/2 chopped onion
- 1/2 orange pepper cut into strips
- 3 cloves of garlic chopped
- 1-2 cups of vegetable broth

### Directions:

1. Cook pasta as instructed on the package and drain.
2. In a wok or skillet, poach chicken in vegetable broth for 5 minutes. Add vegetables and continue poaching until chicken is cooked completely, approximately 5 additional minutes, adding additional vegetable broth as needed.
3. Add cooked pasta and marinara sauce and stir all ingredients together. When warm, serve and enjoy!

## Vegilicious Bison Burgers



\*\*Use ingredients as a guide, adjust for your personal preferences!

- Ground bison (1/2 lb per burger)
- Shiitake mushrooms (1/burger)
- Cherry tomatoes (2/burger)
- Red onion (1/4 per 2 burgers)
- Yellow pepper (1/4 per 2 burgers)
- Orange pepper (1/4 per 2 burgers)
- Spinach or kale
- Jalapeño pepper (about 1 full pepper for 4 burgers)
- Kalamata olives (1-2/ burger)
- Garlic (I love garlic & use one clove crushed or chopped per burger)
- Fresh basil, oregano, thyme
- Gluten free tamari soy sauce

### Directions:

1. Chop veggies, garlic, spices, etc.
2. Put everything in bowl, pour soy sauce on top, mix it all together with bison meat.
3. Form burgers, and cook to desired doneness!

## Lentil, Kale & Sausage Soup



- 3 pieces of organic chicken sausage, sliced into 1/4 " thick pieces
- 3 garlic cloves, minced
- 1 onion, chopped
- 3/4 cup lentils
- 1/2 sweet potato, cut into 1" cubes
- 1 jalapeño, diced (or more if you'd like!)
- 1 (32 oz) carton of chicken broth
- 1 (15 oz) can of Italian or chipotle seasoned diced tomatoes
- 1/2 bunch of kale, center ribs discarded, cut into ribbons

### Directions:

1. In a 3-quart heavy saucepan brown sausage over moderate heat and transfer with a slotted spoon to paper towels to drain. If there is more than 1 teaspoon fat in pan pour off excess; if there is less, add enough oil to measure 1 teaspoon fat.
2. Cook garlic, stirring, until golden. Add onion and cook, stirring, until softened.
3. Add lentils, chicken broth, tomato, sweet potato, jalapeño and sausage and simmer, covered, 30 minutes. Add kale and simmer, uncovered, until tender, 5 to 7 minutes. Enjoy!

## QuickStart Tips

### ☆ **Check your inbox!**

- Each week, we'll be sending you motivation, handy tips, education and more!

### ☆ **Stay on track!**

- Our teams are experts! Schedule a complimentary consultation with one of our medical providers to learn how we can support you better and help you meet your goals!
- Interact with us on Facebook, Instagram and through our newsletter. This will help you connect and feel a sense of community as you work to support a new lifestyle.

### ☆ **Join us!**

- We will be hosting complimentary meditation and fitness classes to help educate about mindfulness and the importance of staying active! Details regarding date, time and location will be sent via newsletter and posted on social media! Don't miss out on these opportunities to help you stay motivated!

### ☆ **Want more?**

- Recommit to your resolutions in March with the Aligned Modern Health Detox. Our detox will be hosted by the Functional Medicine & Clinical Nutrition Doctors and Registered Dietitian's. This will be a much more detailed version of our QuickStart guide with additional recipes, education, meet-ups and lifestyle tips. Stay in touch through your clinic and newsletter for more information.