

RENEW FOOD PLAN

Comprehensive Guide



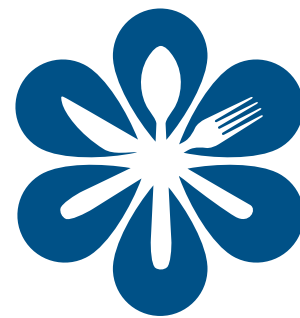


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What is the “ReNew Food Plan”?

The ReNew Food Plan prescribed by a Functional Medicine practitioner is a therapeutic, short-term approach followed for a specific amount of time, often used as a first step in:

- **Ridding the body of the most common foods that cause inflammation**
- **Identifying food allergies, sensitivities, intolerances, and triggers**
- **Eliminating foods with potentially addictive and harmful components**
- **Providing nutritional support for the body’s detoxification systems**

The following questions may help to determine if the ReNew Food Plan is right for an individual:

- Do you routinely consume and crave fast food, packaged foods, and processed foods with sugar or flour?
- Do you consume fish or shellfish regularly? If so, what kind and where does it come from?
- Do you regularly eat fruits and vegetables that are nonorganic?
- Do you eat fewer than five servings of fresh fruits or vegetables per day?
- Do you consume lots of animal products every day (e.g., meat, milk, cheese, and eggs)?

If a person answers “yes” to one or more of the questions above, he or she may have an addiction to sugar or processed foods, may be exposed to a high level of potential food triggers or allergens, or may have a high total body burden of toxins. The ReNew Food Plan focuses on removing processed foods with sugar, grains, and dairy—the main sources of most food allergies and intolerances (also referred to as food sensitivities)—as well as artificial sweeteners and processed chemicals. As a result of eliminating these foods and chemicals from the diet, the body will be better able to repair tissues and eliminate toxins.

A Functional Medicine practitioner may also suggest a gut restoration or healing program for patients who present with intestinal permeability (leaky gut). In this stage of healing, an assessment of digestive function may identify sources of gut bacteria or pathogens that create imbalances within the gut microbiome.



What is the “ReNew Food Plan”?

One of the most important aspects of the ReNew Food Plan is the emphasis on consistent intake of foods that help optimize function of the primary organs of elimination and reduce stimulation of the immune system. The gut needs to work efficiently to provide one to two well-formed bowel movements daily. Without proper movement of the bowels, fewer toxins are excreted from the body. Some of these excreted toxins are processed by the liver and are released through the bile. Adequate daily dietary fiber intake (at least 35 grams daily) from colorful, phytonutrient-rich, non-starchy vegetables also aids in elimination of endotoxins in the stool. Some converted toxins are also eliminated through urine, which is why proper hydration is essential for optimal detoxification.

The ReNew Food Plan is designed to support not just the gut, but also the liver, the hub of detoxification processes. When neglected through lack of nutrients or overburdened by an increased toxic load, the liver’s capacity to detoxify becomes compromised. By implementing this food plan, an individual will decrease toxin intake and experience better digestive function, improved immune function, and enhanced liver detoxification.

Some individuals may need to follow this plan (or a variation of it) long term. A Functional Medicine practitioner can personalize the plan, advising individuals on how to add certain foods back into the diet while maintaining exclusion of others.

Why ReNew?

The ReNew Food Plan is a nutritional pathway to health for those who have autoimmune, gastrointestinal, neurological, and other chronic health conditions. This plan is designed as a “whole systems reboot” to set an individual on a renewed path to wellness. It helps support healing by removing common food triggers that are contributing to metabolic dysfunction while providing the essential nutrients that are needed for health and vitality. The ReNew Food Plan is a way of eating that reduces intake of all sweeteners and processed foods, lowers inflammation, and improves the body’s ability to eliminate harmful substances. It places a strong emphasis on eating clean foods for life and avoiding those foods that impair the body’s ability to function properly.

The path to health and wellness is not a sprint, but rather a journey. This Comprehensive Guide supports an individual’s journey in following the ReNew Food Plan by providing tips on how to get started, what to eat, what to watch for, and how to provide the body with the right nutrients for improved utilization, elimination, and detoxification.



- **Supports Sugar Detoxification:** The term detoxification has been commonly used to refer to the process of withdrawing or “detoxifying” from recreational or prescription drugs, or from alcohol use. More recently, the meaning has expanded to include withdrawal or detoxification from unhealthy or addictive foods.

When used in the context of functional medicine, the term “detox” refers to the physiological process of rendering chemicals, compounds, hormones, and toxicants less harmful, allowing the body to achieve optimal health. This is often referred to as “metabolic detoxification”. The organs involved in detoxification work together efficiently to reduce the total body burden of toxins through elimination by the liver, kidneys, large intestine, lymphatic system, lungs, and sweat glands.

On the ReNew Food Plan, detoxification is supported by eliminating sugar, dairy, gluten, grains, alcohol, caffeine, and other processed foods that may contain heavy metals, genetically modified organisms (GMOs), and artificial sweeteners, as well as foods that are high in pro-inflammatory saturated animal fats. By removing these components from the diet, thereby reducing environmental exposure to chemicals, the body is better able to convert toxins stored in fat cells into chemical compounds that are easier to eliminate via the urine or stool.

Most people are unaware of the addictive nature of sugar-containing foods. Sugar-laden foods can prompt overeating and weight gain, and they increase our risk of developing chronic conditions like diabetes and heart disease. How did we become sugar addicts? Part of the blame lies with the food industry for using intense sweeteners in most of the processed convenience foods that many people consume daily. Highly-sweetened foods activate the ‘feel good’ receptors in the brain, much like addictive drugs. Constantly eating these foods raises blood sugar, which perpetuates the vicious cycle of food cravings. In fact, recent research has shown that sugar is eight times as addictive as cocaine! Other research has indicated that calories derived from sugar are more easily converted into belly fat compared with the calories from protein, fat, or non-starchy carbohydrates such as leafy greens.

It is important to understand why it is so essential to remove sugars (including artificial sweeteners) and processed chemicals from our bodies. One of those reasons is that prolonged consumption of these sugars and chemicals can alter brain chemistry. When we eat sugar-containing processed foods often, we get a rush of dopamine—a neurotransmitter associated with desire and pleasure. A constant barrage of dopamine dulls the dopamine receptors, which leads to an increased need for more and more of the addictive sugar to generate the same amount of pleasure over time. This increased need is called tolerance, and it explains why an occasional drinker might feel significant effects from a single alcoholic beverage, while a heavy drinker or an alcoholic may need several beverages to feel the same effect. Increased sugar tolerance has also been associated with an increased risk of depression, another major health concern.

Evidence also shows a clear association between excessive sugar consumption and risk of obesity, type 2 diabetes, cancer, and heart disease, as well as many other chronic diseases. In addition to these diseases, one could have ‘cardiometabolic syndrome’—a metabolic dysfunction with a constellation of symptoms including abdominal obesity, elevated cholesterol & triglycerides, high blood pressure, high blood sugar, low-grade systemic inflammation, and an increased tendency to form blood clots.



While the dangers of consuming sugar and artificial sweeteners in excess are clear, removing them from the diet can be challenging because of their biologically addictive nature. The most effective way to put an end to sugar cravings is to replace all of the sugar and processed foods in the diet with nutrient-dense, whole foods that come from the ground or an animal. The ReNew Food Plan is designed to help reprogram an individual's biology and end the vicious cycle of processed food addiction.

Examples of refined sugars, natural sweeteners, and artificial sweeteners—all of which are excluded on the ReNew Food Plan—are listed in the table below.

Table 1. Refined Sugars, Natural Sweeteners, and Artificial Sweeteners

Refined Sugars	Natural Sweeteners	Artificial Sweeteners
Agave, agave nectar	Dates	Acesulfame
Cane juice, cane sugar	Honey	Advantame
Caramel	Maple syrup	Aspartame
Dextrose	Sorghum syrup	Dulcin
Fructose	Stevia	Equal
Glucose	Sucanat	Erythritol
Invert sugar	Yacon syrup	Glucin
Juice		Neotame
Lactose		Nutrasweet
Maltose		Nutrinova
Molasses		Saccharin
Sucrose		Splenda
Sugar (brown, coconut, date, granulated, raw, turbinado, white, etc.)		Sucralose
Syrup (brown rice, cane, corn, flavored, etc.)		Sweet'N Low
		Sweetmyx
		Truvia
		Twinsweet
		Xylitol

Features of ReNew Food Plan

The ReNew Food Plan will help detoxify the body from sugar and enhance overall health by:

- **Decreasing sugar cravings**
- **Providing nutritional support for the facilitation of toxin processing and excretion**
- **Resetting compromised metabolism**
- **Decreasing chronic pain and fatigue levels**
- **Enhancing weight loss**
- **Improving cognitive function and mood**
- **Creating more effective and satisfying sleep cycles**
- **Improving one's sense of wellbeing**



- **Eliminates Processed Foods:** The industrial revolution made food more accessible, more affordable, and in some cases, more nutritious with the fortification of certain foods. As a result, the incidence of malnourishment and macronutrient deficiencies plummeted.

During the industrial revolution, the food industry's goal was to make food affordable and accessible. However, now the goal seems to be to create products that influence consumers' taste buds and keep people coming back for more. Heat-and-eat boxed meals, microwavable frozen meals, drive-thru meals, as well as snack foods like chips, cakes, and donuts, are inexpensive and convenient, often taking little to no time to prepare. For many busy individuals and families, these products have become the primary sources of food—even in places where fresh foods are widely available—because of the minimal effort involved in preparing them. Further, health claims in packaging have created confusion for consumers. While convenient, these foods are generally made from low-quality ingredients that offer little to no nutritional value. Sugars are often added as a preservative to extend shelf life. Even foods that are not generally thought to be sweet—like pre-made sausages or pasta sauce—often contain added sugar. This sets the stage for sugar addiction, because many people don't realize they are consuming the sugar hidden in these processed foods.

For our purposes, processed foods are defined as packaged foods with more than five ingredients—including common allergens, additives, preservatives, chemicals, dyes, thickeners, and flavorings like MSG, salt, sugar, and fat. These processed foods are made from combinations of unprocessed, minimally processed, and processed food ingredients and are designed with convenience, rather than nutrition, in mind. Often, these foods are portable and can be eaten anywhere, requiring little to no preparation. Processed foods are often high in trans (partially hydrogenated) fats. These fats oxidize in the body, causing cellular damage. Antioxidants found in fresh fruits and vegetables can block or reverse the process of oxidation, but without these foods in the diet, oxidized fats can lead to inflammation and nutrient deficiencies.

Features of ReNew Food Plan

Most processed foods—even those advertised as fortified with vitamins and nutrients—offer limited nutritional value when compared with whole, fresh foods. In the United States, some food manufacturers use fortification as a selling point for processed foods of questionable nutritional value—including candy, snacks, and sweetened breakfast cereals. Research suggests that the synthetic forms of vitamins added to processed foods do not offer the same nutritional benefits as vitamins that occur naturally in food.

Examples of common processed foods—all of which are excluded on the ReNew Food Plan—are listed in the table below.

Table 2. Common Processed Foods

Food Category	Examples of Processed Foods
Grains and grain-based products	Breads, bagels, cakes, cereal, cereal bars, cookies, crackers, granola bars, muffins, pastas, pies, pizza, pretzels, rice and flavored rice mixes, tortillas
Dairy products	Cheese (any), ice cream, sour cream, yogurt
Vegetable-based products	Chips (potato, corn, tortilla, etc.), margarine
Meat products	Canned meats, cured meats, salted meats, and smoked meats (e.g., bacon, canned tuna, hot dogs, and sausages)
Vegetarian and vegan meat replacement products	Seitan, textured vegetable protein (TVP), veggie burgers
Boxed and canned meals	Canned chili, canned soups, frozen meals (diet and regular), shelf-stable dinner kits
Snacks	Candy, candy bars, dips, fruit-flavored gummy snacks, sweetened trail mix
Beverages	Bottled teas, fruit-flavored water, fruit juice blends, soft drinks, sports drinks
Store-bought condiments	BBQ sauce, chili sauce, chutney, duck sauce, jams, jellies, ketchup, liquid smoke, marinades (shelf-stable), marmalade, mayonnaise, mustard (flavored), pasta sauces, preserves, relish, salad dressings, salsa, sauces (especially pre-made, shelf-stable), steak sauce, syrups, tartar sauce
Herbs, spices, and other	Bouillon cubes, flavored seasoning packets, gravy mixes, spice blends

When it comes to processed foods, a couple of good rules of thumb to follow are found in Michael Pollan's books *In Defense of Food: An Eater's Manifesto* and *Food Rules: An Eater's Manual*:

- **Don't eat anything that is incapable of rotting.**
- **If it came from a plant, eat it; if it was made in a plant, don't.**

Features of ReNew Food Plan

In the ReNew Food Plan, processed foods do not include minimally processed or preserved foods like canned or frozen vegetables, or sauces and soups made with only one or two ingredients. These foods retain most of their nutritional value, and their ingredients are recognizable, containing minimal to no added preservatives or flavorings. Examples of these foods are frozen green beans, canned tomatoes, and fermented foods like sauerkraut. While whole, fresh, organic foods are optimal, cost and access may make it difficult to obtain fresh produce all the time.

- **Dairy-, Grain-, and Gluten-Free:** Because of their frequent association with adverse food reactions, dairy products are omitted from the ReNew Food Plan. Some of the trouble with dairy is due to the presence of lactose, a milk sugar. The lactose present in fresh milk and in many other commercially available dairy products can cause painful gas, bloating, and digestive upset, especially for those who lack adequate lactase, the enzyme needed to properly digest lactose. It is estimated that somewhere between 25% and 90% of the world's population is lactase-deficient.

Fermented dairy products like yogurt and sour cream are largely free of lactose, but these products contain casein, a milk protein that can also cause adverse reactions. There are different types of casein (A1 and A2 beta casein) in milk, depending on the type of cow (e.g., Holstein, Jersey, or Guernsey), and this too may impact tolerance. Some people who cannot tolerate A1 beta casein have no problem with A2 beta casein. However, researchers are continuing to investigate the role these casein proteins play in allergies, intolerances, and leaky gut. Until science clarifies the debate surrounding the different types of casein, the ReNew Food Plan eliminates all dairy products.

Gluten is a sticky, water-soluble family of proteins found in a few key grains (barley, rye, and wheat) and associated grain products (breads, cereals, crackers, pastas, etc.), all of which are omitted from the ReNew Food Plan. Gluten is also commonly found in various sauces, dressings, seasonings, and many other foods. Toxic proteins in gluten called gliadins can break down the microvilli (finger-like protrusions of intestinal cells) in the small intestine. This deterioration causes leaky gut, which can cause (and also be caused by) food allergies, sensitivities, or intolerances, as well as other digestive disturbances or autoimmune conditions. Some people respond well after gluten is removed from the diet, even in the absence of the usual gastrointestinal symptoms associated with gluten intolerance. A growing body of evidence links gluten exposure to neurological symptoms including depression, fatigue, migraines, and brain fog, which may seem to be unrelated to food intake. However, given that many neurotransmitters are produced in the gut, the link between overall gut health and brain health is undeniable.



Features of ReNew Food Plan

For many people, going gluten-free is not enough, especially with a growing number of gluten-free convenience foods now readily available. These foods—muffins, brownies, cake mixes, etc.—are often filled with substitutes and additives like corn, potato starch, and gums that can be just as damaging to the body, especially when they are a regular part of the diet. Additionally, gluten-free grains like rice, corn, and oats have proteins similar to gliadin, and these proteins can cause problems in gastrointestinal tracts that are already damaged or inflamed. For this reason, removing all grains from the diet, regardless of gluten content, is an essential step in the ReNew pathway to restoring health.

Many people don't associate grains with symptoms of food intolerance because of the frequency with which these foods are eaten. Repeated exposure to a trigger food can result in a chronic inflammatory response, which may be undetectable until the offending food is removed from the diet completely (usually for a few weeks) and later reintroduced. An acute or immediate reaction after reintroduction is a signal that the food causes an immune response in the body and thus should be eliminated from the diet for a longer period of time.

Examples of dairy products and grains removed from this plan are shown in the table below. Note that all products containing these foods as ingredients are also excluded from the plan.

Table 3. Dairy Products and Grains to Exclude

Dairy Products	Grains (gluten-containing)	Grains (gluten-free)
Butter	Barley	Amaranth
Cheese (all)	Bulgar	Arrowroot
Heavy cream	Oats*	Buckwheat
Half and half	Rye	Cassava
Ice cream	Seitan	Millet
Kefir	Triticale	Oats*
Milk	Wheat (farro, kamut, spelt, and all other varieties)	Quinoa
Sour cream		Rice
Yogurt		Sorghum
		Tapioca
		Wild rice

*Oats, even those that are labeled as gluten-free, are often processed in the same facility as gluten-containing grains and can become contaminated with gluten during processing. Additionally, even certified gluten-free oats that are never exposed to gluten can cause symptoms in some patients with celiac disease and gluten intolerance, as the protein structure found in oats is similar to that of gliadin. For this reason, patients should follow their practitioner's advice when reintroducing oats back into their diets.



- **Reduces Inflammation:** A growing body of scientific research suggests a connection between modern foods, inflammation, and autoimmune illnesses. Diseases that are epidemic in contemporary Western countries are rare or nonexistent in hunter-gatherer and less Westernized societies. These diseases are linked to foods and food products made popular during the industrial era—including dairy products, refined cereals, refined vegetable oils, and fatty meats from animals prevented from grazing. In fact, modern food processing techniques and the resulting products have fundamentally altered critical nutritional characteristics of the human diet: glycemic load, fatty acid composition, macronutrient composition, micronutrient density, acid-base balance, sodium-potassium ratio, and fiber content.

Many foods and chemicals can cause inflammation in the gut, and once the intestines are inflamed, absorption of nutrients is compromised. The intestinal lining becomes porous, which allows large particles of undigested food to pass through the intestinal wall into the bloodstream. This intestinal permeability can lead to a host of problems, such as fatigue, depression, more food intolerances, irritable bowel syndrome, autoimmune diseases, asthma, and many other conditions.



Over time, inflammation subsides with the elimination of certain foods—like gluten-containing grains, sweeteners, and dairy products—and the gut is able to heal, which means the immune system can begin to work properly again. This leads to an improved immune response to airborne contaminants and allergens, industrial contaminants, viruses, parasites, and bacteria—which means that individuals will be less affected by these toxins and infections, making them sick less often.

Another important point is that the intestinal lining is made of cells that replace themselves approximately every two to four days. This means that, in the span of a single week, every cell in the intestinal lining is digested or sloughed off and a new cell grows to take its place. Removing foods that cause inflammation from the diet makes this newly formed gut tissue stronger and healthier. Thus, it is important not only to remove potentially harmful foods from the diet, but also to supply the body with healthy, anti-inflammatory whole foods—especially those containing healthy fats, fiber, and an array of phytonutrients.

- **Identifies and Reduces Food Triggers:** Symptoms that have failed to respond to conventional medical therapy may resolve when a person follows the ReNew Food Plan. This plan can help patients identify any foods that may be connected to health concerns. Many people with food sensitivities don't realize how bad they feel, or that particular foods are the culprit, until the foods that trigger a reaction are removed from the diet. Food reactions are frequently overlooked as a contributor to chronic health issues. Some reactions are considered to be food **allergies**, meaning they cause severe symptoms immediately after a trigger food is eaten. Some reactions may be delayed by hours or even days; this type of adverse food reaction is referred to as a food sensitivity. Food **sensitivities** are usually the result of an imbalance in the gastrointestinal system that affects the immune system. Food **intolerances** are reactions to certain food chemicals (e.g., lactose, MSG, histamines, etc.) that occur when a person is lacking an enzyme or nutrient, resulting in an inability to properly metabolize certain foods.

Features of ReNew Food Plan

Removing the specific foods that cause adverse food reactions will allow the gut to heal, while simultaneously supporting detoxification pathways. Common food triggers are minimized or eliminated on the ReNew Food Plan, while nutrient-dense foods are included to support detoxification and gut health. As a person follows the ReNew Food Plan, it will become clearer which trigger foods should be avoided and for how long.

After completion of the ReNew Food Plan, a practitioner may suggest a personalized food reintroduction process for some patients. The goal is to expand the variety of healthy foods available to an individual for daily intake, not to maintain a long-term restrictive diet. Reintroduction involves adding back one food at a time and observing whether that food is associated with symptoms. Foods that continue to provoke symptoms (physical, mental, and emotional) are avoided until they no longer cause symptoms. Once the gut is healed, many foods that initially caused sensitivities may be reintroduced into a meal plan without symptoms. In the later stage of food reintroduction, the goal is to diversify the diet for optimal gut health. Eating the same handful of foods day after day does not provide the body with an array of phytonutrients, which is important for overall health and is especially important for those who have gut permeability issues.

- **Reduces Cravings and Food Addictions:** The ReNew Food Plan is not about feeling deprived! The nutrient-dense foods that make up the plan were all chosen for their ability to balance blood sugar and hormone levels, which in turn will reduce cravings for highly processed foods.

In addition to eating three balanced meals that contain lean protein, healthy fats, and low-glycemic carbohydrates, individuals may include up to two snacks per day to maintain blood sugar levels, if necessary. At least 10–12 servings of non-starchy vegetables should be consumed to help boost and support detox pathways. Healthy fats like organic ghee (clarified butter) from grass-fed cows, cold-pressed extra virgin olive oil, coconut butter, and coconut oil help balance blood sugar, which in turn reduces sugar cravings and promotes feelings of satiety.



Those whose previous diets were high in sugar, alcohol, or caffeine may face the greatest challenges when beginning the ReNew Food Plan. Some negative symptoms can occur, usually only in the first 3 to 4 days, and may include the following:

- Headaches, especially migraines
- Brain fog
- Flu-like symptoms
- Irritability
- Difficulty sleeping

After the initial detox period, patients following the ReNew food plan usually experience improved cognition and mood, decreased pain and fatigue levels, improved sleep quality, and favorable changes in body weight.



Tips for alleviating negative symptoms related to sugar detoxification and processed food addiction include:

- Staying well-hydrated
 - Taking a detox bath with Epsom salts and lavender oil
 - Practicing relaxation techniques such as mindful breathing or meditation
 - Spending time in a sauna or floatation therapy tank
- **Phytonutrients to Heal the Gut:** The ReNew Food Plan contains a broad variety of colorful vegetables and fruits. These plant-based foods provide a complex array of essential nutrients, called phytonutrients and antioxidants, that promote healing and detoxification in the gut, liver, and kidney. These plant-based antioxidants provide protection against free radicals that often form during detoxification. Plant foods help alkalinize the body, improving excretion of toxins by the kidneys. Phytonutrients also play an active role in improving the stress response and reducing inflammation.

Fresh fruits, while high in colorful phytonutrients, are higher in natural sugar, so only specific types and amounts are included in the ReNew Food Plan. In general, our taste buds are more responsive to sweet foods, which often results in eating more fruits than vegetables. The focus of this food plan is on incorporating more vegetables than fruits in the diet in order to avoid excessive intake of natural sugars.

- **Encourages Healthy Elimination of Toxins:** While there is great emphasis in this food plan on reducing the intake of toxins of all kinds, the elimination of accumulated toxins present in the body is equally important. Several metabolic pathways in the body are responsible for converting toxins into chemical compounds, allowing toxin elimination primarily through urine, stool, and sweat. Many different nutrients are required to fuel the process of detoxification. A shortage or deficiency of any one of them could result in an increased toxic load or toxic burden. Lowering the body's toxic burden by eating clean, whole foods will assist the liver in converting toxins stored in the body's fat cells into intermediate metabolites that can then be excreted through the urine and stool. Intake of high-fiber foods with adequate hydration is essential to ensure elimination of these transformed toxins.

A person's toxic burden is a result of three main factors:

- **Genetics:** predisposition for effective production of detoxification enzymes needed to process toxic compounds or substrates is unique and depends on familial influence.
- **Toxins:** exposure can occur through both internal and external sources.
- **Diet:** a diet rich in detoxification nutrients and phytonutrients will promote the body's ability to eliminate toxic substances.



Features of ReNew Food Plan

Sources of toxins that can increase the body burden include materials used in new construction, carpet chemicals, paint, household cleaners, synthetic materials used in dental products, and personal care products applied to face, skin, and hair. Air pollutants from industrial exposures, primary or second-hand smoke exposure, and auto exhaust are additional sources of toxins.

Sex hormones like estrogen or testosterone can also act as toxins because they go through the same biotransformation pathways before they can be excreted from the body. When estrogen metabolism is disrupted, for instance, it can result in high or low levels of certain hormone metabolites. Detoxification is necessary for individuals with imbalanced sex hormones. Premenstrual and peri-menopausal symptoms, as well as estrogen-responsive cancers like breast and prostate cancer, may be related to the body's inability to adequately metabolize these hormones into forms that can be utilized or excreted. There are ways to encourage proper estrogen metabolism, which are described in the table below.

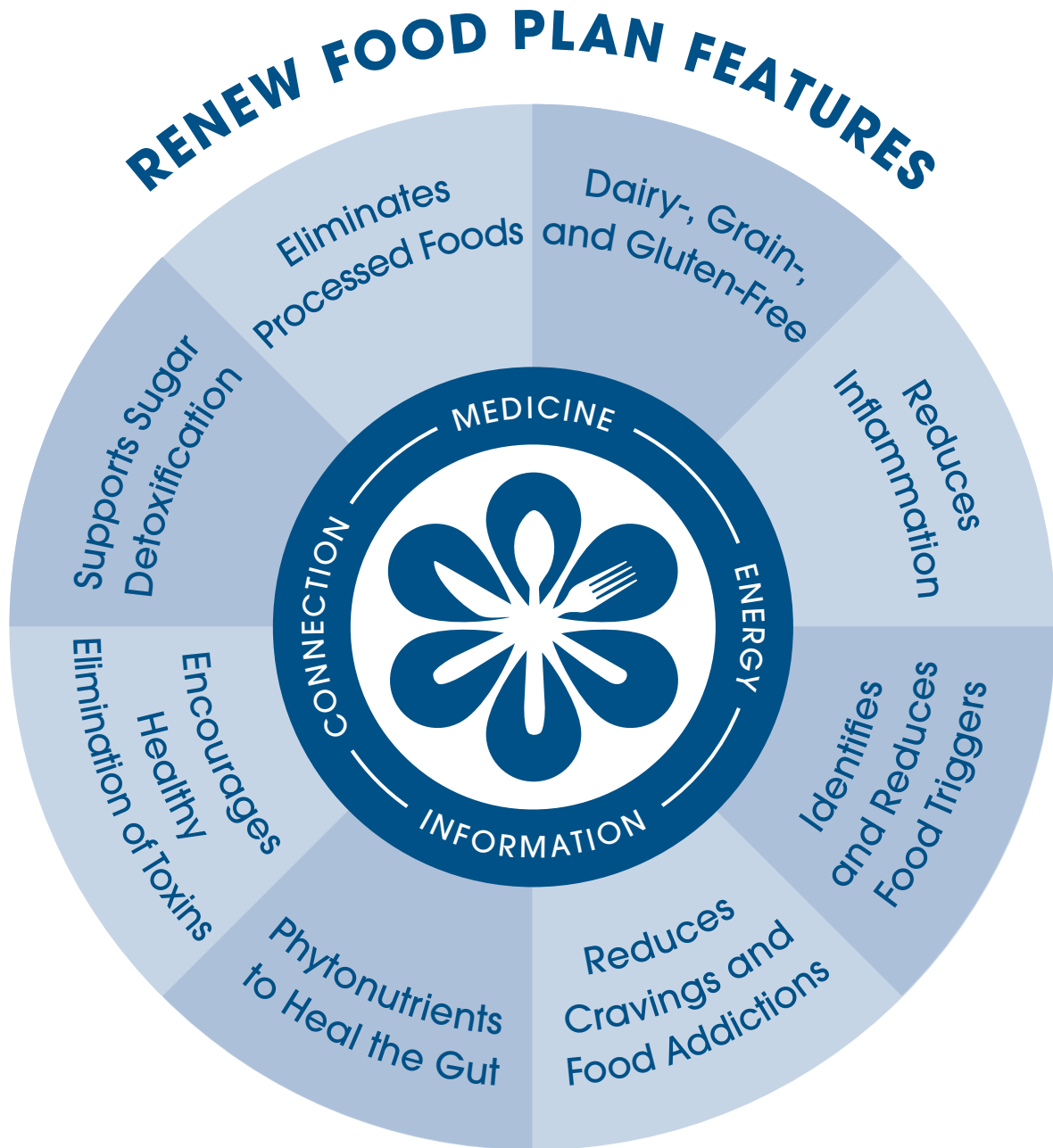
Table 4. Dietary Recommendations for Estrogen Metabolism

Step	Dietary Recommendations
Reduce estrogen production	Help decrease the conversion of testosterone to estrogen by eating phytonutrients, especially those found in flax seeds, green and herbal teas, licorice root, miso, pomegranate, soybeans, tempeh, and tofu.
Enhance phase I detoxification	Increase consumption of cruciferous vegetables (arugula, broccoli, Brussels sprouts, cabbage, cauliflower, etc.), soy foods (miso, soybeans, tempeh, tofu, etc.), and omega-3 rich foods (anchovies, chia seeds, cod, flax seeds, herring, pecans, salmon, sardines, spinach, walnuts).
Protect against phase I metabolites	Increase levels of antioxidants by eating colorful, nutrient-dense plant foods (see IFM's Phytonutrient Spectrum Comprehensive Guide).
Promote methylation	Eat foods rich in folic acid (almonds, asparagus, bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, chicken giblets, egg yolks, kale, liver, soybeans, spinach); eat foods rich in vitamin B12 (beef, chicken, eggs, haddock, liver, rainbow trout, salmon); eat foods rich in vitamin B6 (beef, chicken, salmon, spinach, sunflower seeds, turkey); and eat foods rich in methionine (almonds, beef, Brazil nuts, chicken, eggs, egg whites, sesame seeds, soy protein).
Encourage excretion and elimination in the stool	To stimulate bile, increase intake of artichoke leaf, bitter greens, celery, daikon radish, dandelion, dark leafy greens, garlic, horseradish, lemons, limes, and watercress. To enhance bowel movements, get at least 35 grams of fiber per day from food and include fermented foods or probiotics to prevent reabsorption of estrogen into the blood from the intestine.
Reduce availability to tissues	Phytoestrogens bind to estrogen receptors in the body, which keeps excess estrogen from exerting its effect. Increase intake of phytoestrogen-rich foods such as soybeans and soy products like miso and tempeh. Phytoestrogens are also found in anise, carrots, fennel, fenugreek, flax seeds, ginseng, hops, kudzu, licorice root, mint, mung beans, pomegranates, and sesame seeds.

Some general strategies to reduce toxic burden:

- Choose lean meats over fatty animal foods, as pesticides are concentrated in fat.
- Buy organic, grass-fed, pasture-raised animal products (e.g., meats and eggs).
- Peel off the skin or remove the outer layer of leaves of some produce (e.g., lettuce, cabbage).
- Remove surface pesticide residues, waxes, fungicides, and fertilizers by soaking the food in a mild solution of additive-free soap (pure castile soap or biodegradable cleanser).
- Cut away any damaged or bruised areas before preparing or eating food.
- Wash produce before peeling it so dirt and contaminants aren't transferred from the knife onto the fruit or vegetable.
- Check the Environmental Working Group's website for recent versions of the "Dirty Dozen" (foods that are high in pesticide residues) and the "Clean 15" (foods that are typically low in pesticide residues). You can download the free app "Dirty Dozen" on your smartphone to use as a quick reference.
- Do not buy foods that contain preservatives such as BHT, BHA, benzoate, and sulfites; food colorings such as FD&C yellow #5, #6, etc.; or artificial sweeteners such as sucralose and aspartame.
- Limit consumption of canned foods (e.g., meat, fish, high-acid foods) and avoid drinking from plastic containers of water. These containers may have toxins like bisphenol-A and other plasticizers that have been shown to disrupt endocrine gland function.
- Use non-toxic pans, skillets, and pots that aren't worn or scuffed to minimize any release of problematic compounds while cooking.
- Ensure that drinking and cooking water is filtered. Consider putting a filter on the shower head.





Touring Through the ReNew Food Plan

The ReNew Food Plan incorporates whole foods to support, modulate, or induce natural body processes related to optimal detoxification and elimination, while avoiding foods that could potentially trigger inflammation. The ReNew food list is divided into general categories representing protein, fat, and carbohydrate content. This list also highlights foods high in histamines and nightshades, which may be problematic for people with certain health conditions, particularly autoimmune diseases.

More complete explanations of all foods on the plan are provided below. Please note that Functional Medicine practitioners may add alternate suggestions personalized to an individual's specific medical needs, including a calorie target or guidance on how much food to consume.

ReNew Food Plan

<p>PROTEINS Proteins</p> <p><i>Servings/day</i> _____</p> <p>Lean, free-range, grass-fed, organically grown animal protein; non-GMO, organic plant protein; and wild-caught, low-mercury fish preferred.</p> <p>Animal Protein:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Egg* <i>1</i> <input type="checkbox"/> Fish: Anchovies* cod, flounder/sole, herring* halibut, salmon, sardines* tuna, etc. <i>1-2 oz</i> <input type="checkbox"/> Meat: Beef, buffalo, elk, lamb, venison, wild, etc. <i>1 oz</i> <input type="checkbox"/> Poultry (skinless): Chicken, Cornish hen, duck, pheasant, turkey, etc. <i>1 oz</i> <input type="checkbox"/> Plant Protein: <input type="checkbox"/> Black soybeans* <i>1/4 c</i> <input type="checkbox"/> Edamame* <i>1/4 c</i> <input type="checkbox"/> Hemp tofu <i>1 1/2 oz</i> <i>1 serving as listed = 20-75 calories, 5-7 g protein, 3-5 g fat, 4-6 g carbs.</i> <i>Average protein serving is 3-4 oz (size of palm of hand).</i> 	<p>DAIRY ALTERNATIVES Proteins/Carbs</p> <p><i>Servings/day</i> _____</p> <p>Unsweetened, organic preferred</p> <ul style="list-style-type: none"> <input type="checkbox"/> Yogurt: Coconut (plain)* <i>4-6 oz</i> <input type="checkbox"/> Nut/seed milk: Almond, cashew,* coconut, flaxseed, hazelnut, hemp <i>8 oz</i> <i>1 serving = 25-60 calories, 1-9 g protein, 1-4 g carbs (nutritional values vary)</i> NO DAIRY ALLOWED <p>NUTS & SEEDS Proteins/Fats</p> <p><i>Servings/day</i> _____</p> <p>Unsweetened, unsalted, organic preferred</p> <ul style="list-style-type: none"> <input type="checkbox"/> Almonds <i>6</i> <input type="checkbox"/> Brazil nut <i>2</i> <input type="checkbox"/> Cashews* <i>6</i> <input type="checkbox"/> Chia seeds <i>1 T</i> <input type="checkbox"/> Coconut (dried) <i>1 T</i> <input type="checkbox"/> Coconut wraps <input type="checkbox"/> Pecan halves <i>4</i> <input type="checkbox"/> Pine nuts <i>1 T</i> <input type="checkbox"/> Flaxseed (ground) <i>2 T</i> <input type="checkbox"/> Hemp seeds <i>5</i> <input type="checkbox"/> Macadamias <i>2-3</i> <input type="checkbox"/> Walnuts halves* <i>4</i> <input type="checkbox"/> Nut and seed butters: Almond, cashew* macadamia, pecan, sunflower, tahini, walnut <i>1/2 T</i> <input type="checkbox"/> Pistachios <i>16</i> <input type="checkbox"/> Pumpkin seeds <i>1 T</i> <input type="checkbox"/> Sesame seeds <i>1 T</i> <input type="checkbox"/> Sunflower seeds* <i>1 T</i> <input type="checkbox"/> Macadamias <i>2-3</i> <input type="checkbox"/> Walnut halves* <i>4</i> 	<p>FATS & OILS Fats</p> <p><i>Servings/day</i> _____</p> <p>Minimally refined, cold pressed, organic, non-GMO preferred</p> <ul style="list-style-type: none"> <input type="checkbox"/> Avocado* <i>2 T</i> or <i>1/2 whole</i> <input type="checkbox"/> Coconut butter (raw) <i>1 T</i> <input type="checkbox"/> Coconut milk, regular (BPA- free canned or boxed) <i>1 1/2 T</i> <input type="checkbox"/> Olive* Black, green, kalamata* <input type="checkbox"/> Pesto (olive oil) <i>1 T</i> <input type="checkbox"/> Oil, salad: Almond, avocado, flaxseed, hempseed, olive oil (extra virgin), sesame, walnut <i>1 T</i> <input type="checkbox"/> Olive* Black, green, kalamata* <input type="checkbox"/> Pesto (olive oil) <i>1 T</i> <input type="checkbox"/> Ghee/clarified butter (grass-fed) <i>1 T</i> <input type="checkbox"/> Oil, cooking: Avocado, coconut, ghee/clarified butter, olive (extra virgin), sesame <i>1 T</i> <i>1 serving = 45 calories, 5 g fat</i> 	<p>VEGETABLES Carbs</p> <p><i>Servings/day</i> _____</p> <p>Non-starchy</p> <ul style="list-style-type: none"> <input type="checkbox"/> Asparagus <input type="checkbox"/> Broccoli <input type="checkbox"/> Broccoli sprouts <input type="checkbox"/> Brussels sprouts <input type="checkbox"/> Cabbage <input type="checkbox"/> Cauliflower <input type="checkbox"/> Horseradish <input type="checkbox"/> Kohlrabi <input type="checkbox"/> Radishes <input type="checkbox"/> Rutabaga <input type="checkbox"/> Turnip <input type="checkbox"/> Watercress <p>Starchy</p> <ul style="list-style-type: none"> <input type="checkbox"/> Arrowroot <input type="checkbox"/> Cassava <input type="checkbox"/> Coconut flour <input type="checkbox"/> Coconut oil <input type="checkbox"/> Coconut sugar <input type="checkbox"/> Tapioca <input type="checkbox"/> Yucca <p>Leafy Greens</p> <ul style="list-style-type: none"> <input type="checkbox"/> Bok choy <input type="checkbox"/> Chard/Swiss chard <input type="checkbox"/> Chervil <input type="checkbox"/> Cilantro <input type="checkbox"/> Endive <input type="checkbox"/> Escarole <input type="checkbox"/> Green: Beet, collard, dandelion, kale, mustard, turnip, etc. <input type="checkbox"/> Microgreens <input type="checkbox"/> Parsley <input type="checkbox"/> Radicchio <input type="checkbox"/> Spinach <input type="checkbox"/> Swiss chard <input type="checkbox"/> Turnip <input type="checkbox"/> Watercress <p>Other Non-Starchy Vegetables</p> <ul style="list-style-type: none"> <input type="checkbox"/> Bean sprouts <input type="checkbox"/> Bamboo shoots <input type="checkbox"/> Beet (not canned) <input type="checkbox"/> Carrots <input type="checkbox"/> Cucumbers <input type="checkbox"/> Eggplant* <input type="checkbox"/> Fennel <input type="checkbox"/> Green bean <input type="checkbox"/> Jerusalem artichoke <input type="checkbox"/> Lettuce, all <input type="checkbox"/> Mushrooms* <input type="checkbox"/> Okra <input type="checkbox"/> Peppers, all* <input type="checkbox"/> Sals* <input type="checkbox"/> Sauerkraut* <input type="checkbox"/> Sea vegetables <input type="checkbox"/> Shiitake mushrooms <input type="checkbox"/> Snap peas/snow peas <input type="checkbox"/> Spinach* <input type="checkbox"/> Squash: Delicata, pumpkin* spaghetti, yellow, zucchini, etc. <input type="checkbox"/> Tomatoes* <input type="checkbox"/> Turnip <input type="checkbox"/> Watercress <p>Herbs & Spices</p> <ul style="list-style-type: none"> <input type="checkbox"/> Basil <input type="checkbox"/> Bay leaf <input type="checkbox"/> Black pepper <input type="checkbox"/> Cayenne pepper* <input type="checkbox"/> Oregano <input type="checkbox"/> Parsley <input type="checkbox"/> Paprika* <input type="checkbox"/> Cloves* <input type="checkbox"/> Cacao powder* <input type="checkbox"/> Coriander seed <input type="checkbox"/> Cumin <input type="checkbox"/> Curry powder* <input type="checkbox"/> Dill <input type="checkbox"/> Fenugreek <input type="checkbox"/> Garlic powder
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KEY
* High Histamine * Nightshades * Fermented Foods

Notes: Nutritional amounts are based on average values for the variety of foods within each food category. Dietary prescription is subject to the discretion of the health practitioner.

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ReNew Food Plan

<p>VEGETABLES Carbs</p> <p><i>Servings/day</i> _____</p> <p>Non-starchy</p> <ul style="list-style-type: none"> <input type="checkbox"/> Asparagus <input type="checkbox"/> Broccoli <input type="checkbox"/> Broccoli sprouts <input type="checkbox"/> Brussels sprouts <input type="checkbox"/> Cabbage <input type="checkbox"/> Cauliflower <input type="checkbox"/> Horseradish <input type="checkbox"/> Kohlrabi <input type="checkbox"/> Radishes <input type="checkbox"/> Rutabaga <input type="checkbox"/> Turnip <input type="checkbox"/> Watercress <p>Starchy</p> <ul style="list-style-type: none"> <input type="checkbox"/> Arrowroot <input type="checkbox"/> Cassava <input type="checkbox"/> Coconut flour <input type="checkbox"/> Coconut oil <input type="checkbox"/> Coconut sugar <input type="checkbox"/> Tapioca <input type="checkbox"/> Yucca <p>Leafy Greens</p> <ul style="list-style-type: none"> <input type="checkbox"/> Bok choy <input type="checkbox"/> Chard/Swiss chard <input type="checkbox"/> Chervil <input type="checkbox"/> Cilantro <input type="checkbox"/> Endive <input type="checkbox"/> Escarole <input type="checkbox"/> Green: Beet, collard, dandelion, kale, mustard, turnip, etc. <input type="checkbox"/> Microgreens <input type="checkbox"/> Parsley <input type="checkbox"/> Radicchio <input type="checkbox"/> Spinach <input type="checkbox"/> Swiss chard <input type="checkbox"/> Turnip <input type="checkbox"/> Watercress <p>Other Non-Starchy Vegetables</p> <ul style="list-style-type: none"> <input type="checkbox"/> Bean sprouts <input type="checkbox"/> Bamboo shoots <input type="checkbox"/> Beet (not canned) <input type="checkbox"/> Carrots <input type="checkbox"/> Cucumbers <input type="checkbox"/> Eggplant* <input type="checkbox"/> Fennel <input type="checkbox"/> Green bean <input type="checkbox"/> Jerusalem artichoke <input type="checkbox"/> Lettuce, all <input type="checkbox"/> Mushrooms* <input type="checkbox"/> Okra <input type="checkbox"/> Peppers, all* <input type="checkbox"/> Sals* <input type="checkbox"/> Sauerkraut* <input type="checkbox"/> Sea vegetables <input type="checkbox"/> Shiitake mushrooms <input type="checkbox"/> Snap peas/snow peas <input type="checkbox"/> Spinach* <input type="checkbox"/> Squash: Delicata, pumpkin* spaghetti, yellow, zucchini, etc. <input type="checkbox"/> Tomatoes* <input type="checkbox"/> Turnip <input type="checkbox"/> Watercress <p>Herbs & Spices</p> <ul style="list-style-type: none"> <input type="checkbox"/> Basil <input type="checkbox"/> Bay leaf <input type="checkbox"/> Black pepper <input type="checkbox"/> Cayenne pepper* <input type="checkbox"/> Oregano <input type="checkbox"/> Parsley <input type="checkbox"/> Paprika* <input type="checkbox"/> Cloves* <input type="checkbox"/> Cacao powder* <input type="checkbox"/> Coriander seed <input type="checkbox"/> Cumin <input type="checkbox"/> Curry powder* <input type="checkbox"/> Dill <input type="checkbox"/> Fenugreek <input type="checkbox"/> Garlic powder 	<p>FRUITS Carbs</p> <p><i>Servings/day</i> _____</p> <p>Unsweetened, no sugar added</p> <ul style="list-style-type: none"> <input type="checkbox"/> Blackberries* <i>1/4 c</i> <input type="checkbox"/> Blueberries* <i>1/4 c</i> <input type="checkbox"/> Cherrries* <i>1/2 c</i> <input type="checkbox"/> Cranberries* <i>1/4 c</i> <input type="checkbox"/> Kiwi <i>1 med</i> <input type="checkbox"/> Pomegranate seeds <i>1/4 c</i> <input type="checkbox"/> Raspberries* <i>1 c</i> <input type="checkbox"/> Strawberries* <i>1 1/2 c</i> <p>NO OTHER FRUITS ALLOWED</p>	<p>BEVERAGES</p> <p><i>Servings/day</i> _____</p> <p>Unsweetened, no sugar added</p> <ul style="list-style-type: none"> <input type="checkbox"/> Broth (organic): Bone* meat* <input type="checkbox"/> Coconut water (fresh, raw, cold pressed)* <input type="checkbox"/> Filtered water <input type="checkbox"/> Seltzer water <input type="checkbox"/> Tea* Green, herbal vegetable <input type="checkbox"/> Vegetable juice (fresh, raw, cold pressed)* <p>NO COFFEE, ALCOHOL, CAFFEINE, SODA</p>	<p>CONDIMENTS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Coconut amino* <i>1</i> <input type="checkbox"/> Lemon/lime juice (fresh)* <input type="checkbox"/> Miso* <i>1</i> <input type="checkbox"/> Mustard* Dijon, stone ground <input type="checkbox"/> Tamari* <i>1</i> <input type="checkbox"/> Vinegars* Apple cider, balsamic, white, etc. <p style="font-size: 0.7em;"> Use sparingly, suggest 1 T or less per serving. NO SUGARS, NATURAL SWEETENERS, OR ARTIFICIAL SWEETENERS, INCLUDING BUT IS NOT LIMITED TO ASPARTAME, SLENDA, STEVIA, AND SUGAR ALCOHOLS. </p>
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KEY
* High Histamine * Nightshades * Fermented Foods

NO STARCHY VEGETABLES (root vegetables)
 Organic, non-GMO fruits, vegetables, herbs and spices preferred

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In order to achieve the therapeutic effects of the ReNew Food Plan, it is important to know which foods to remove and which foods are okay to eat. The table below provides a summary.

Table 5. Summary of Foods Allowed and Avoided on the ReNew Food Plan

Foods to Eat	Foods to Remove
<ul style="list-style-type: none"> ■ Dairy alternatives ■ Eggs ■ Fish ■ Fruits (only those specifically listed) ■ Healthy fats ■ Lean meats ■ Non-starchy vegetables ■ Nuts ■ Seeds ■ Soy and soy products (only those specifically listed) 	<ul style="list-style-type: none"> ■ Alcohol ■ Chocolate (except cocoa powder) ■ Coffee ■ Dairy ■ Grains (all) ■ Most legumes ■ Processed foods ■ Processed meats ■ Shellfish and tuna ■ Soy and soy products (except those specifically listed) ■ Starchy Vegetables ■ Sugars and sweeteners ■ Tea (except green and herbal teas)

Protein

Protein is an essential cornerstone of optimal nutrition. It performs multiple functions in the body, such as helping to stabilize blood sugar levels, which in turn keeps hunger and cravings minimized. Additionally, the human body cannot effectively detoxify without amino acids—building blocks of protein—that bind the transformed toxins in the liver and help the body excrete them. Thus, it is extremely important to include some protein in every meal or snack.



The ReNew Food Plan offers different sources of animal and plant proteins from which to choose. As with the other food categories, quality is of utmost importance. High-quality proteins include lean, pasture-raised, grass-fed, organic, and non-GMO sources.

Vegetarians may choose from eggs, black soybeans, edamame, miso, natto, tofu, tempeh, mung bean pasta, hemp tofu, spirulina, and certain protein powders (egg, hemp, pea, and pumpkin seed). Omnivores may include any of the plant protein options in addition to animal proteins such as fish, poultry, and lean red meat. Shellfish and tuna are omitted from the ReNew Food Plan, as they are often contaminated with high levels of toxic metals like mercury. Wild-caught, sustainable fish choices are preferred, as some farmed fish may contain hormones and harmful chemicals.

Dairy Alternatives

As discussed previously, dairy is not included in the ReNew Food Plans, as many people are intolerant of it and it is often a culprit in gastrointestinal symptoms related to leaky gut. Additionally, the risk of toxin and hormone contamination is high with many commercially available dairy products. There are several dairy alternatives available in this food plan, mostly in the form of milks made from nuts. Dairy substitutes like coconut (boxed variety), almond, flaxseed, or hazelnut milk often contain added sweeteners or gums, so it is important to read food labels before purchasing. Unsweetened coconut kefir is included in the food plan because of its prebiotic and probiotic potential, which may help improve gut health and aid in toxin removal.



Nuts & Seeds

There are a variety of nuts and seeds included in the ReNew Food Plan. They can be added to meals for a nutrient and flavor boost—perhaps sprinkled on top of salads or vegetable dishes—and make a great snack choice. Eating a handful of nuts each day has been shown to reduce the risk of chronic disease. It is recommended that at least 1 to 2 servings of nuts be eaten every day. Raw, unsalted nuts instead of nuts roasted in oil are preferred. Flaxseeds and hemp seeds can be ground and stirred into smoothies or sprinkled on salads. Additionally, nut butters like almond butter, cashew butter, and tahini (sesame seed butter) can be used as condiments, spread on fruit, or drizzled over vegetables.



Note that nuts can often be the source of food allergies, so a Functional Medicine practitioner may recommend a personalized variation of this food plan that excludes nuts if allergies or sensitivities are known or suspected.

Fats & Oils

A large selection of fats and oils can be used for salad dressings and cooking while following the ReNew Food Plan. Approved choices are minimally refined, cold-pressed, organic, non-GMO fats and liquid oils low in omega-6 fatty acids and high in omega-3 fatty acids. Consuming these high-quality fats on a daily basis is recommended for reducing inflammatory pathways, stabilizing blood sugar levels, and minimizing sugar cravings. A Functional Medicine practitioner may provide specific amounts to meet an individual's nutritional needs.

Extra-virgin olive oil is associated with healthy blood lipid levels and decreased inflammation because it provides monounsaturated fatty acids (MUFAs) in addition to polyphenols. Research suggests that consuming extra-virgin olive oil that is minimally processed and higher in polyphenols provides the greatest health benefits by increasing HDL (healthy) cholesterol and decreasing oxidative damage. The health benefits of olive oil are also found in whole olives, which are also included in this category.

Coconut-based fats, particularly coconut oil, are rich in medium-chain fatty acids (MCFAs) that are easily absorbed and help restore gut health. These medium-chain fats are absorbed directly into the lining of the small intestine and sent straight to the liver for energy production, or are converted into ketone bodies, an especially important source of energy for the brain. Research suggests that MCFAs increase HDL (beneficial cholesterol), reduce LDL (bad cholesterol), and reduce obesity. These fats have antioxidant and antimicrobial properties that help support the immune system. They also offer antifungal, antibacterial, and antiviral benefits. Because MCFAs are extremely easy for the body to burn for calories, there is less potential for them to be stored as fat. Canned coconut milk is included in the 'fats and oils' category because it is predominantly a source of fat, unlike boxed coconut milk, which is primarily a source of protein and carbohydrate. Most metal cans are lined with a toxic material, bisphenol A (BPA), so look for BPA-free cans if consuming canned coconut milk, or purchase the boxed version.

Another high-quality fat included in the ReNew Food Plan is avocado oil. Unlike many other plant-based oils that are pressed from the plants' seeds, avocado oil is pressed from the fruit itself. In addition to being a good source of high-quality, healthy fats, avocados and their oils are nutrient-dense and antioxidant-rich. One half of an average avocado contains more potassium than a banana, in addition to other important nutrients like magnesium, folate, choline, and glutathione.



Ghee, or clarified butter, is also included in this category. While ghee is technically a dairy product, all milk proteins are removed in the process of making it. Ghee is primarily composed of short-chain fatty acids (SCFAs), which are easily digested by the body, and is thought to stimulate the secretion of stomach acids to help with digestion. It also has a high concentration of butyric acid, which contains antiviral properties and helps break down food for energy. The butter used for making ghee should come from grass-fed cows and be certified as organic.



Sesame oil is included in the ReNew Food Plan for its medicinal role in liver function, as it assists in the healthy processing of fats and reduces inflammation. Other fats included in this category include almond oil, flaxseed oil, hempseed oil, and walnut oil.

Fats and liquid oils can be damaged by heat, light, and oxygen. Liquid oils should be stored in tightly-sealed, tinted glass (not plastic) containers and kept in a cool, dark area. They should not be kept near the stove and should be discarded if they smell rancid.

Non-Starchy Vegetables

Ideally, including 10-12 servings of non-starchy vegetables per day is recommended, as these vegetables provide fiber for detoxification, elimination, and satiety. A serving is $\frac{1}{2}$ cup of a cooked vegetable or 1 cup of raw leafy greens.

Non-starchy vegetables in the ReNew Food Plan are divided into five categories: Brassicales (cruciferous vegetables), Detoxifying Leafy Greens, Thiols, Vegetables for Liver & Kidney Support, and Other Non-Starchy Vegetables. The vegetables in these categories fortify the function of the gut (through dietary fiber and bitter properties), liver (by supplying important compounds that favorably direct metabolism), and kidneys (through enhanced urine flow and alkalization). Foods from each of these categories should be eaten every day to provide as much phytonutrient diversity as possible. Green leafy vegetables are especially important; however, the bottom line is to eat a variety of vegetables of different colors every day.



Table 6. Vegetables for Detoxification

Category	Benefits	Examples
Brassicales (cruciferous vegetables)	A source of healthy compounds to metabolize hormones in a balanced way	Arugula, broccoflower, broccoli, broccoli sprouts, Brussels sprouts, cabbage, cauliflower, horseradish, radishes
Detoxifying Leafy Greens	Anti-inflammatory, bitter, therapeutic greens	Bok choy, chard/Swiss chard, chervil, cilantro, endive, escarole, greens (beet, collard, dandelion, kale, mustard, turnip), microgreens, parsley, radicchio
Thiols	Provide nutrients like sulfur that aid in liver detoxification processes	Chives, daikon radishes, garlic, leeks, onions, scallions, shallots
Vegetables for Liver & Kidney Support	Help the liver produce bile, help the kidneys excrete toxins more efficiently through the urine	Artichokes, asparagus, celery, sprouts (all)
Other non-starchy vegetables	Sources of fiber, foundational nutrition, and phytonutrients	Bamboo shoots, bean sprouts, beets, carrots, cucumbers, eggplant, fennel, green beans, jicama, lettuce, mushrooms, okra, peppers, sea vegetables, snap peas, spinach, squash (delicata, pumpkin, spaghetti, yellow, zucchini), tomato, turnip, watercress

The following list provides many creative suggestions for ways to incorporate more vegetables into the diet.

- Add a handful or two of greens (fresh or frozen) to a morning smoothie.
- Stir-fry leftover broccoli with other vegetables for a morning meal.
- Toss leftover vegetables into broth to make a hearty soup.
- Spiral-cut zucchini and top these “noodles” with a vegetable-rich pasta sauce.
- Pulse cauliflower in the food processor, steam it, and use it in place of rice.
- Finely chop mixed vegetables and incorporate them into a meatloaf.
- Puree vegetables with healthy oils and nuts to make flavorful sauces for proteins.

Routinely integrating a small salad plus including at least two cooked vegetables with dinner can help a person meet his or her vegetable serving quota each day. Eating seasonally is also highly desirable, as produce is more nutritious, fresh, and abundant during the season in which it is grown.

When using cold-pressed juices or freshly made vegetable juices, check food labels for added sugars and be sure that the ingredients meet the food plan guidelines. Do not store fresh juices too long, as they will oxidize and change color, a sign that their nutrient levels are less than when originally extracted.

Fruits

Phytonutrient-rich fruits offer antioxidant protection and provide targeted nutrients for detoxification. In general, fruit may be helpful when the desire for something sweet arises, which is important to address when undergoing a sugar detox. Pair fruit with a small amount of protein to offset potential blood sugar spikes.

While many fruits are beneficial for a variety of conditions, the only ones included on this plan are those lower in natural sugar: blackberries, blueberries, cherries, cranberry, kiwi, pomegranate seeds, raspberries, and strawberries. Pomegranate seeds are recommended because they support detoxification pathways. Fruit can be fresh or frozen, but patients should avoid consuming dried fruit due to the high sugar content.



Herbs and Spices

Many herbs and spices are included in the ReNew Food Plan, and some of these offer specific health benefits. Salt and pepper are the most widely used seasoning agents in the United States, and both have medicinal properties. Sea salt (including Himalayan salt) helps regulate blood volume, blood pressure, muscle contractions, nerve transmissions, and heart functions. In addition to being a source of sodium, Himalayan salt occurs naturally and is not chemically processed or refined. It also contains iron, magnesium, phosphorus, calcium, potassium, and chloride. Salt's common culinary counterpart, black pepper, aids in digestion by stimulating the taste buds in a way that increases stomach acid secretions. It also has demonstrated antioxidant and antibacterial properties. The active compound in black pepper (piperine) has been shown to increase the absorption of certain nutrients and to support and enhance the liver's detoxification process.

Other herbs and spices selected for the ReNew Food Plan can reduce pain and inflammation, particularly in the context of gastrointestinal upset. These include cayenne pepper, chili powder, cilantro, ginger, nutmeg, and paprika. Turmeric is also known for its anti-inflammatory and analgesic properties, in addition to its cancer-fighting and liver-detoxifying characteristics, especially in combination with piperine. Digestive health is further enhanced by several others, including cinnamon, cumin, and dill. In addition to supporting digestion, cinnamon has also been shown to lower blood sugar. Other herbs and spices selected for detoxification and for their overall antioxidant and antimicrobial effects include cloves, oregano, rosemary, and thyme.



Beverages

Hydration helps rid the body of toxins, builds resilience to stress, enhances metabolism, and promotes satiety. It is important to drink plenty of clean, filtered water throughout the day. Individual recommendations for fluid intake will depend upon a number of factors including body weight.

To determine an individual's hydration needs, measure body weight in pounds and divide in half. The resulting figure is the number of ounces of water to consume each day. For example, an individual who weighs 128 pounds should consume at least 64 ounces (or eight 8-ounce cups) of water each day ($128 \div 2 = 64$).

In addition to filtered water, broths (vegetable, bone), meat stocks, and other decaffeinated beverages like fresh, raw, cold-pressed vegetable juices are also good choices.

Decaffeinated green teas and herbal teas are also recommended on the ReNew Food Plan. Specific teas or herbs to incorporate, along with their health benefits, are listed below.



Table 7. Benefits of Medicinal and Herbal Teas

Tea	Benefits
Ginseng	Reduces pain and inflammation; enhances the immune system; balances the nervous system (stimulates or sedates, whichever is needed); increases the brain's use of amino acids (important when the body is under stress)
Licorice root	Reduces pain and inflammation; enhances immune support; supports adrenal health (important for stress management and detoxification); soothes bowels <i>Can raise blood pressure, so use with caution.</i>
Echinacea	Enhances immune support; reduces inflammation
Valerian root	Balancing (both calming and stimulating, depending on the body's needs); repairs oxidative stress
Chamomile	Calming; repairs oxidative stress; soothes bowels
Peppermint	Reduces inflammation; relaxes the nervous constriction of digestive muscles <i>May aggravate reflux, so use with caution.</i>

All alcohol, caffeinated beverages, and sweetened beverages are excluded from the ReNew Food Plan, as they tend to dehydrate the body, raise blood sugar levels, and contribute to chronic inflammation.

Condiments

Most condiments available on store shelves are not permitted on the ReNew Food Plan, as they contain added sweeteners and preservatives. However, homemade versions of many condiments—including mayonnaise, ketchup, and barbeque sauce—can be easily made with only a few approved ingredients.

Store-bought mustards (Dijon, stone-ground, etc.) made without added sugars are permitted, as are certain vinegars (raw apple cider vinegar, balsamic vinegar, and white vinegar). Also permitted are coconut aminos, cocoa powder (100% raw), fresh lemon and lime juice, miso, and tamari.

Preparing for the ReNew Food Plan

First, review all of the information and materials listed under the Resources and Tools for Success section.

To best prepare for the ReNew Food Plan, an individual should:

- Do any lab work recommended by the healthcare practitioner.
- Order any supplements recommended by the healthcare practitioner.
- Clean out the pantry and refrigerator to rid it of any food not on the plan.
- Start planning, shopping, and trying new foods and recipes. Be adventurous, as this is a new journey to health!
- Start batch-cooking so components of meals are readily available when preparing meals for work or home. An example of this would be roasting a whole chicken on a Sunday and using the leftovers for several meals during the week.
- Begin following the ReNew Food Plan.
- Record and track food intake, lifestyle factors, and notes in the nutrition and lifestyle journal provided.
- Practice daily relaxation techniques—breathing, meditation, mindfulness, etc.—as stress reduction promotes healing and produces a calming effect.
- Create a support network to foster relationships that can help ensure personal success.

Just remember that the healing process can take time. Critical factors for optimal results include:

- Having patience through the process
- Staying relaxed and mindful
- Meditating
- Fostering healthy relationships
- Recognizing joy



Frequently Asked Questions

Are organically grown foods really that important to buy? They are expensive.

Minimizing exposure to pesticides, insecticides, herbicides, and GMOs is the main reason to buy organically grown food, especially when it comes to animal-based foods. They may be more expensive; however, the negative impact of consuming these toxins is a great price to bear when it comes to health. Buying foods in season and buying from local farmers can help keep food costs down. Using the annual “Dirty Dozen” and “Clean 15” lists from the Environmental Working Group (www.ewg.org) can help guide purchase decisions. There is a free app for smartphones that allows an individual to access the current “Dirty Dozen” list while grocery shopping.

What is BPA and should I be concerned?

Bisphenol A (BPA) is often found in the plastic or resin linings of metal food and drink cans. BPA is a chemical that leaches out from the can lining and into the food. BPA is associated with a high risk of breast cancer, prostate cancer, and infertility, all which are on the rise in the U.S. population. To date, there are no government safety standards limiting the amount of BPA in canned food.

Studies show that BPA can alter the behavior of over 200 genes that are responsible for the growth and repair of almost every organ and tissue in the body. BPA has also been associated with an increased risk of developing diabetes.

Which sweeteners can be eaten on the ReNew Food Plan?

It is important to avoid all sweeteners on the ReNew Food Plan. Added sugars stress the body systems and create more inflammation, making it more difficult for the body to effectively clear toxins. Sugar is addictive, but it will take only a few days eating on this plan to reduce your cravings for sugar and other highly sweetened foods. If craving something sweet, choose one of the allowed fruits and pair it with a protein or fat, as both can help increase satiety. The fruit selections included have natural sweetness that will taste even sweeter when your taste buds are no longer assaulted by the intense sweetness of sugar.



What type of food packaging is best?

Food packaging is an essential aspect to consider in a sugar detox program. Nowadays, many foods are packaged in cans, cellophane, foil, boxes, cardboard, metal, and plastic, all of which can impart chemicals to what we eat and drink. Aim for whole foods with minimal packaging or in higher-quality materials (e.g., BPA-free containers and cans, glass bottles and jars, waxed cardboard). Special attention should be placed on keeping plastic water bottles out of the heat.

Is there a certain way to cook cruciferous vegetables to maximize their impact on detoxification?

Raw cruciferous vegetables can be difficult for some people to digest. Additionally, active goitrogens (thyroid-inhibiting substances) are found in raw cruciferous vegetables, but are inactivated by cooking, so people with low thyroid hormone levels should cook these vegetables. Also, the enzyme myrosinase, which converts broccoli compounds to anticancer substances, is typically destroyed with about 10 minutes of cooking. Lightly steaming cruciferous vegetables, like broccoli, for about 90 seconds (to the point it becomes bright green) is best for digestion and for liberating active compounds in the broccoli, yet will avoid destroying beneficial compounds.

How much fish should be eaten per week?

The Environmental Protection Agency makes the following recommendations regarding fish consumption:

- Do not eat shark, swordfish, king mackerel, or tilefish because they contain high levels of mercury.
- Eat 12 ounces (two or three average meals) a week of a variety of fish that are low in mercury. Some of these fish are listed in the ReNew Food Plan, but a more detailed list can be provided by a practitioner.
- Five commonly eaten fish that are low in mercury are sardines, anchovies, salmon, pollock, and catfish.
- Check local advisories about the safety of fish caught by family and friends in local lakes, rivers, and coastal areas.



Are there any other foods I should avoid?

In addition to the major allergens, there are compounds in certain vegetables and fruits that may cause food intolerances in certain individuals. These compounds include histamines, oxalates, salicylates, and nightshades. Practitioners may choose to have their patients avoid foods that contain these compounds if there is reason to think that these foods are causing symptoms. Nightshades and foods high in histamine are highlighted on the food list to help individuals for whom these foods are a concern. If symptoms are observed when eating foods from these categories, patients should notify their practitioner.

Histamines

Histamine is a key mediator in inflammation. It occurs naturally in many foods and is also produced by the body during times of stress and allergy. Histamine is made and stored in mast cells and is released during allergen exposure, causing dilation of blood vessels, increased mucus production, and broncho-constriction. The release of histamine results in symptoms such as itching, sneezing, asthma, headache, and rash. Additionally, certain foods and food additives prompt the release of histamine from mast cells.

In general, foods to avoid on a low-histamine diet include bananas, chocolate, strawberries, tomatoes, egg whites, pork, sauerkraut, cheeses,



Frequently Asked Questions

fermented soy products, sausage, spinach, ketchup, eggplant, alcoholic beverages, smoked meats, vinegars, and canned fish, coffee and tea, leftover meats along with certain food additives and preservatives such as tartrazine and other food colors, benzoates, BHA, and BHT. You will note that few of these foods are part of the ReNew Food Plan.

The histamine content in foods varies markedly according to storage and maturation; protein foods that may normally be low in histamine will have increasing amounts of histamine as they age (e.g., leftover beef) or ripen (a green tomato vs. a ripe tomato). Leftover foods, especially those containing protein, should be frozen immediately. It is generally advisable to eat only food that has been freshly prepared.

Oxalates

Oxalates are naturally occurring molecules found in plants and in the human body. Because the body cannot process oxalates, they are usually eliminated through the stool and urine. However, certain health conditions (like predisposition to kidney stones) may require oxalates to be limited or avoided. The leaves of oxalate-containing plant typically contain higher oxalate levels than the roots, stems, and stalks. High oxalate-containing foods include: blackberries, blueberries, raspberries, strawberries, currants, kiwifruit, Concord (purple) grapes, figs, tangerines, plums, spinach, Swiss chard, beet greens, collards, okra, parsley, leeks, quinoa, celery, green beans, rutabagas, summer squash, almonds, cashews, peanuts, soybeans, tofu, soy products, wheat bran, wheat germ, cocoa, chocolate, and black tea.



Salicylates

Salicylates are derivatives of salicylic acid that occur naturally in plants and serve as a natural immune hormone and preservative. Salicylates can cause health problems in anyone when consumed in large doses, and must be avoided by those who are salicylate intolerant. The bark, leaves, roots, and seeds of certain plants store salicylates, preventing them from rotting and protecting them against harmful insects, bacteria, and fungi. Many common foods, such as citrus fruits, berries, certain vegetables, herbs, spices, tea, and flavor additives contain salicylates. Chemically related to aspirin, salicylates may also be created synthetically and can be found in many drugs other than aspirin: analgesics, muscle relaxants, cough mixtures, antacids, cold and flu medications, and acne lotions. Certain perfumes, pesticides, and preservatives also contain salicylates. People with nasal polyps and asthma may have a particular susceptibility to salicylate-containing foods.



Nightshades

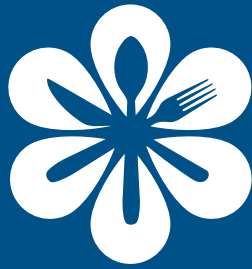
Nightshades are a botanical family of plants known as Solanaceae. This family has more than 2,000 plant species, most of which are inedible or poisonous. The edible plants can cause adverse food reactions in individuals with certain autoimmune diseases and are especially troublesome for people who are sensitive to lectin, saponin, or capsaicin. Common edible nightshades include the following and their varieties: ashwagandha, bell peppers, cape gooseberries, eggplant, garden huckleberries, goji berries, hot peppers (e.g., chili, jalapeno, habanero, and scotch bonnet, as well as chili-based spices like cayenne, chili powder, crushed red pepper, and paprika), naranjillas, pepinos, pimentos, potatoes (except sweet potatoes), tomatillos, and tomatoes.



The ReNew Food Plan is intended to be a short-term approach that enables the body to more efficiently process toxins. It works best when personalized for the patient by the healthcare practitioner. To make the transition seamless, there are a number of other tools to help in the process.

The following handouts are available from Functional Medicine practitioners to assist patients in implementing the IFM ReNew Food Plan, which was developed in collaboration with the Center for Functional Medicine at the Cleveland Clinic:

- ReNew Food Plan – Bibliography
- ReNew Food Plan – Food List
- ReNew Food Plan – Weekly Planner and Recipes
- Diet, Nutrition, and Lifestyle Journal – 7 day
- Phytonutrient Spectrum – Comprehensive Guide





ReNew Food Plan

PROTEINS

Proteins

Servings/day _____

Lean, free-range, grass-fed, organically grown animal protein; non-GMO, organic plant protein; and wild-caught, low-mercury fish preferred.

Animal Protein:

- Egg ●-1
- Fish: Anchovies, cod, flounder/sole, herring, halibut, salmon, sardines, trout, etc.-1 oz
- Meat: Beef, buffalo, elk, lamb, venison, ostrich, etc.-1 oz
- Poultry (skinless): Chicken, Cornish hen, duck, pheasant, turkey, etc.-1 oz
- Mung bean/Edamame pasta ●-½ oz
- Natto ●▲-1 oz
- Spirulina-2 T
- Tofu (firm/extra firm) ●-1½-2 oz
- Tofu (soft/silken) ●-3 oz
- Tempeh ●▲-1 oz

Protein Powder:

- Check label for # grams/scoop (1 protein serving = 7g protein)
- Bovine collagen, egg, hemp, pea

Plant Protein:

- Black soybeans ●-¼ c
 - Edamame ●-¼ c
 - Hemp tofu-1½ oz
- 1 serving as listed = 35-75 calories, 5-7 g protein, 3-5 g fat, 0-4 g carbs
Average protein serving is 3-4 oz (size of palm of hand).

DAIRY ALTERNATIVES Proteins/Carbs

Servings/day _____

Unsweetened, organic preferred

- Yogurt: Coconut (plain) ●▲-4-6 oz
 - Kefir: Coconut (plain) ●▲-4-6 oz
 - Nut/seed milk: Almond, cashew, coconut, flaxseed, hazelnut, hemp-8 oz
- 1 serving = 25-90 calories, 1-9 g protein, 1-4 g carbs (nutritional values vary)

NO DAIRY ALLOWED

NUTS & SEEDS Proteins/Fats

Servings/day _____

Unsweetened, unsalted, organic preferred

- Almonds-6
- Brazil nuts-2
- Cashews ●-6
- Chia seeds-1 T
- Coconut (dried)-3 T
- Coconut wraps (raw, vegan)-1 wrap
- Flaxseed (ground)-2 T
- Hazelnuts-5
- Hemp seeds-1
- Macadamias-2-3
- Nut and seed butters: Almond, cashew, macadamia, pecan, sunflower, tahini, walnut ●-½ T
- Pecan halves-4
- Pine nuts-1 T
- Pistachios-16
- Pumpkin seeds-1 T
- Sesame seeds-1 T
- Sunflower seeds ●-1 T
- Walnut halves ●-4

1 serving = 45 calories, 5 g fat

FATS & OILS

Fats

Servings/day _____

Minimally refined, cold pressed, organic, non-GMO preferred

- Avocado ●-2 T or ⅛ whole
 - Coconut butter (raw)-1 t
 - Coconut milk, regular (BPA-free canned or boxed)-1½ T
 - Ghee/clarified butter (grass-fed)-1 t
 - Oils, cooking: Avocado, coconut, ghee/clarified butter, olive (extra virgin), sesame-1 t
 - Oils, salad: Almond, avocado, flaxseed, hempseed, olive oil (extra virgin), sesame, walnut-1 t
 - Olives: ● Black, green, kalamata-8
 - Pesto (olive oil)-1 t
- 1 serving = 45 calories, 5 g fat

KEY

● High Histamine ■ Nightshades ▲ Fermented Foods

Notes: Nutritional amounts are based on average values for the variety of foods within each food category.

Dietary prescription is subject to the discretion of the health practitioner.

NO LEGUMES (Except those specifically listed) and NO GRAINS (Bread, pasta, cereal, oats, etc.)

VEGETABLES Non-starchy

Carbs

Servings/day _____

Brassicales

(i.e. Cruciferous)

- Arugula
- Broccoli
- Broccoli sprouts
- Brussels sprouts
- Cabbage
- Cauliflower
- Horseradish
- Kohlrabi
- Radishes

Detoxifying Leafy Greens

- Bok choy
- Chard/Swiss chard
- Chervil
- Cilantro
- Endive
- Escarole
- Greens: Beet, collard, dandelion, kale, mustard, turnip, etc.
- Microgreens
- Parsley
- Radicchio

Thiols

- Chives
- Daikon radishes
- Garlic
- Leeks
- Onion
- Scallions
- Shallots

Liver & Kidney Support

- Artichokes
- Asparagus
- Celery
- Sprouts, all

Other Non-Starchy Vegetables

- Bamboo shoots
- Bean sprouts
- Beets (not canned)
- Carrots
- Cucumbers
- Eggplant ●■
- Fennel
- Green beans
- Jicama
- Kimchi ●▲
- Lettuce, all
- Mushrooms ●
- Okra
- Peppers, all ■
- Salsa ●■
- Sauerkraut ●▲
- Sea vegetables
- Shirataki noodles
- Snap peas/snow peas
- Spinach ●
- Squash: Delicata, pumpkin, spaghetti, yellow, zucchini, etc.
- Tomato ●■
- Turnip
- Watercress

1 serving = ½ c, 1 c raw greens = 25 calories, 5 g carbs

NO STARCHY VEGETABLES (root vegetables)

Organic, non-GMO fruits, vegetables, herbs and spices preferred

FRUITS

Carbs

Servings/day _____

Unsweetened, no sugar added

- Blackberries—¾ c
- Blueberries—¾ c
- Cherries ●—12
- Cranberries ●—¾ c
- Kiwi—1 med
- Pomegranate seeds—½ c
- Raspberries ●—1 c
- Strawberries ●—1¼ c

1 serving = 60 calories, 15 g carbs

NO OTHER FRUITS ALLOWED**HERBS & SPICES**

- Basil
- Bay leaf
- Black pepper
- Cayenne pepper ●■
- Chili powder ●■
- Cilantro
- Cinnamon ●
- Cloves ●
- Cacao powder ● (100% raw)
- Coriander seed
- Cumin
- Curry powder ●■
- Dill
- Fenugreek
- Garlic powder
- Ginger
- Himalayan salt
- Nutmeg ●
- Onion powder
- Oregano
- Parsley
- Paprika ●■
- Pumpkin spice
- Red curry paste ■
- Rosemary
- Sage
- Sea salt
- Thyme
- Turmeric
- Vanilla bean (whole)

BEVERAGES**Unsweetened, no sugar added**

- Broth (organic): Bone, ● meat, ● vegetable
- Coconut water kefir ●▲
- Filtered water
- Seltzer water
- Tea (decaffeinated): ● Green, herbal
- Vegetable juice (fresh, raw, cold pressed)

NO COFFEE, ALCOHOL, CAFFEINE, SODA**CONDIMENTS**

- Coconut aminos ●▲
- Lemon/lime juice (fresh) ●
- Miso ●▲
- Mustard: ● Dijon, stone ground
- Tamari ●▲
- Vinegars: ●▲ Apple cider, balsamic, white, etc.

Use sparingly, suggest 1 T or less per serving.

NO SUGARS, NATURAL SWEETENERS, OR ARTIFICIAL SWEETENERS, INCLUDING (BUT IS NOT LIMITED TO) ASPARTAME, SLENDA, STEVIA, AND SUGAR ALCOHOLS.**KEY**

● High Histamine ■ Nightshades ▲ Fermented Foods



RENEW FOOD PLAN

Weekly Planner and Recipes





RENEW FOOD PLAN – A WEEK OF MEALS & SNACKS

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Breakfast	<ul style="list-style-type: none"> ■ CranBlueberry Kale Smoothie* ■ Green Tea 	<ul style="list-style-type: none"> ■ Southwestern Egg Muffins* ■ Green Tea 	<ul style="list-style-type: none"> ■ Nut Porridge* ■ Blueberries ■ Green Tea 	<ul style="list-style-type: none"> ■ Poached Organic Eggs ■ Sautéed Spinach, LO Broccoli, Garlic and Onion 	<ul style="list-style-type: none"> ■ Raspberry Chia Seed Pudding* ■ Green Tea 	<ul style="list-style-type: none"> ■ Mediterranean Egg & Vegetable Scramble* ■ Berries ■ Green Tea 	<ul style="list-style-type: none"> ■ Almond Cacao Smoothie* ■ Peppermint Green Tea
Snack	<ul style="list-style-type: none"> ■ Hard Boiled Egg ■ Kiwi ■ Carrots 	<ul style="list-style-type: none"> ■ Unsweetened Coconut Yogurt ■ Cherries ■ Chia Seeds ■ Coconut flakes 	<ul style="list-style-type: none"> ■ Pumpkin Seeds ■ Balsamic Roasted Beets* 	<ul style="list-style-type: none"> ■ Sunflower Seeds ■ Strawberries* ■ Green Tea 	<ul style="list-style-type: none"> ■ Hard Boiled Egg ■ Pomegranate Seeds 	<ul style="list-style-type: none"> ■ LO Raspberry Chia Seed Pudding* 	<ul style="list-style-type: none"> ■ Pumpkin and Sunflower Seed Mixture ■ Raspberries
Lunch	<ul style="list-style-type: none"> ■ Zucchini Noodles with Pesto and Organic Tempeh* 	<ul style="list-style-type: none"> ■ Curried Broccoli Soup* ■ LO Herbed Turkey Burger* 	<ul style="list-style-type: none"> ■ LO Ginger Basil Vegetable Stir-Fry with Mung Bean & Edamame Pasta* 	<ul style="list-style-type: none"> ■ LO Halibut* over ■ Lemon Avocado Salad* 	<ul style="list-style-type: none"> ■ Caesar Salad* with LO Coconut Lime Roasted Chicken* 	<ul style="list-style-type: none"> ■ Vegetable Shirataki Noodle Stir-Fry* 	<ul style="list-style-type: none"> ■ Green Chicken and Vegetable Soup* ■ Crispy Brussels Sprout Chips*
Snack	<ul style="list-style-type: none"> ■ Roasted Rosemary Almonds* ■ Blackberries 	<ul style="list-style-type: none"> ■ Avocado (sliced/ chopped) with Cumin, Salt, Pepper, and Lemon Juice 	<ul style="list-style-type: none"> ■ Celery, Jicama, and Carrot Sticks ■ Guacamole* 	<ul style="list-style-type: none"> ■ Cinnamon Coconut Yogurt ■ Blueberries ■ Walnuts 	<ul style="list-style-type: none"> ■ Jicama, Celery and Cucumbers ■ Beet Edamame Hummus* 	<ul style="list-style-type: none"> ■ Chewy Crunchy Road Mix* 	<ul style="list-style-type: none"> ■ Sliced Zucchini ■ Nut Cheese*
Dinner	<ul style="list-style-type: none"> ■ Herbed Turkey Burger* wrapped in 1-2 Collard Greens ■ Lemon Cashew Kale Salad* ■ Baked Jicama Fries* 	<ul style="list-style-type: none"> ■ Ginger Basil Vegetable Stir-Fry with Mung Bean & Edamame Pasta* ■ Cauliflower Rice* 	<ul style="list-style-type: none"> ■ Halibut and Broccoli* ■ Roasted Beets & Greens* ■ Fruity Spinach Salad* 	<ul style="list-style-type: none"> ■ Coconut Lime Roasted Chicken* ■ Sautéed Swiss Chard* ■ Roasted Radishes* ■ Sliced Avocado 	<ul style="list-style-type: none"> ■ Asian Beef Lettuce Wraps* ■ Shaved Brussels Sprouts with Leeks and Pomegranate* ■ Sliced Kiwi 	<ul style="list-style-type: none"> ■ Baked Salmon with Dill* ■ Garlic Mashed Cauliflower* ■ Steamed Spinach with Fresh Lemon* 	<ul style="list-style-type: none"> ■ Inside-Out Bison Burger* ■ Romaine Lettuce ■ Baked Zesty Carrot Fries* ■ Fresh Berries with Coconut Raspberry Cream*

*Recipe included Leftover – LO



RENEW FOOD PLAN – SHOPPING GUIDE

Note: This shopping list represents the amount of food needed for the recipes as listed, which equals 2 servings for breakfasts and 4 servings for most of the lunches and dinners. If cooking for one, make adjustments to the recipes and this shopping list accordingly.

Fresh Produce Vegetables

- Arugula—4 c
- Bamboo shoots—4 oz
- Basil leaves—2 ½ c
- Beets—2 bunches (3-4 beets each)
- Bok Choy, baby—2 c
- Broccoli—1 large head
- Brussels sprouts—4 lbs
- Cabbage—1 sm head (2 c sliced)
- Carrots—16 oz
- Carrots, matchsticks—3 ½ c
- Cauliflower—2 heads
- Celery—1 bunch
- Chives—2 T
- Cilantro—2 bunches
- Collard greens—4 leaves
- Cucumber—1 med
- Dill—4 t
- Garlic—3-4 bulbs
- Ginger—4 T
- Jicama—2 med
- Kale—1-2 bunches (4 c)
- Leeks—4 whole
- Lettuce: Romaine hearts—4 med; Butter—1 head
- Mushrooms: Reg—½ c; Shiitake—¼ lb
- Onions: Yellow—8 med; Red—2 med
- Peppers*: Red—1 med, Serrano*—3-4 med, Jalapeno*—1 small**
- Radish—3-4 bunches
- Scallions—1 bunch
- Shallots—3 med
- Spinach, baby—20-24 oz
- Swiss chard—1 med bunch
- Tomatoes*—1-2 med**
- Zucchini—9 med

Meat/Fish/Eggs/Plant Proteins

- Anchovies—2 fillets
- Beef (grass-fed)—1 lb
- Bison (grass-fed)—1 lb
- Chicken breasts—12 oz
- Chicken—1 whole med
- Eggs, cage-free—2 doz
- Halibut—1 lb
- Salmon, wild—1 ½ lb
- Tempeh—8 oz
- Turkey, ground—1 lb

Dairy/Dairy Alternative

- Almond milk, unsweetened—1 c
- Coconut yogurt, unsweetened—8 oz
- Flax milk, unsweetened—1 c

Frozen Foods

- Blueberries—1 ½ c
- Broccoli florets—3 c
- Cranberries—½ c
- Edamame, non-GMO—8 oz
- Green beans, petite—8 oz
- Pomegranate seeds—½ c
- Raspberries—10 oz

Fruit, Fresh

- Avocado—4 med
- Blackberries—1 c
- Blueberries—4 c
- Cherries—1 ½ c
- Kiwi—5 med
- Lemon—5 med
- Lime—4 med
- Raspberries—3 c
- Strawberries—3 c

Canned/Boxed Goods (BPA-free)

- Black soybeans—15 oz
- Bone broth—1 qt (4 c)
- Chicken broth—2 qt + 1 C
- Coconut milk, full fat—15 oz (2)

Condiments/Oils

- Apple cider vinegar—2 T
- Balsamic vinegar—4 T
- Coconut aminos—7 T
- Coconut oil, unrefined—9 T
- Dijon mustard—3 T
- Flax Seed oil—1 T
- Olive oil, extra virgin—14 oz
- Ghee, grass-fed—8 T
- Sesame oil—2 T

Miscellaneous

- Green tea (decaf)
- Mung bean & edamame pasta—7 oz
- Olives, kalamata—¼ c
- Peppermint tea
- Protein powder (bovine collagen, egg, hemp, or pea)—3-4 scoops
- Shirataki noodles—16 oz

*Do not purchase if avoiding nightshades.

Also, if avoiding nightshades, be sure that any stocks/broths purchased are not prepared with nightshade foods. Note that the ReNew recipe file has a recipe for Nightshade-Free Curry powder. Refer to that recipe for ingredients to purchase if avoiding nightshades.

Choose organic, grass-fed, and pasture-raised foods whenever possible.

Herbs/Spices

- Basil
- Black pepper
- Chili powder***
- Cinnamon
- Cacao, 100% raw powder
- Cumin
- Curry powder***
- Cayenne pepper***
- Garlic powder
- Oregano
- Red pepper flakes***
- Rosemary
- Sea Salt
- Turmeric
- Vanilla

Nuts/Seeds

- Almonds, raw, whole—3 c
- Almond meal—¼ c
- Almond butter—½ T
- Cashews, raw—½ c + 2 T
- Chia seed—¾ c
- Walnuts—½ c
- Pecans—½ c
- Pumpkin seeds—½ c
- Coconut flakes, unsweetened—¼ c
- Flax seeds—2 T
- Hemp seeds—2 T
- Pine nuts—⅓ c
- Poppy seeds—½ T
- Pumpkin seeds—¾ c
- Sesame seeds—3 T
- Sunflower seeds—⅓ c
- Tahini paste—4 T
- Walnuts, raw—1 ¼ c





Fats & Oils:

- 6 Asian Beef Lettuce Wraps*
- 14 Caesar Salad*
- 17 Coconut Butter Bread*
- 19 Coconut Milk
- 21 Crispy Brussels Sprout Chips*
- 22 Curried Broccoli Soup*
- 23 Dairy-Free Pesto*
- 24 Fresh Berries with Coconut Raspberry Cream*
- 26 Garlic Mashed Cauliflower*
- 27 Ginger Basil Vegetable Stir-Fry with Mung Bean & Edamame Pasta*
- 28 Granola*
- 30 Guacamole
- 34 Lemon Avocado Salad*
- 36 Mediterranean Egg & Vegetable Scramble*
- 44 Sautéed Swiss Chard*
- 46 Southwestern Egg Muffins*
- 48 Steamed Spinach with Fresh Lemon*

Nuts & Seeds:

- 5 Almond Cacao Smoothie*
- 11 Beet Edamame Hummus
- 16 Chewy Crunchy Road Mix
- 17 Coconut Butter Bread*
- 23 Dairy-Free Pesto*
- 25 Fruity Spinach Salad*
- 28 Granola*
- 35 Lemon Cashew Kale Salad*
- 38 Nut Cheese
- 39 Nut Porridge
- 40 Raspberry Chia Seed Pudding*
- 43 Roasted Rosemary Almonds

Proteins:

- 5 Almond Cacao Smoothie*
- 6 Asian Beef Lettuce Wraps*
- 8 Baked Salmon with Dill
- 18 Coconut Lime Roasted Chicken
- 29 Green Chicken & Vegetable Soup*
- 31 Halibut and Broccoli
- 32 Herbed Turkey Burgers
- 33 Inside-Out Bison Burgers
- 36 Mediterranean Egg & Vegetable Scramble*
- 46 Southwestern Egg Muffins*
- 47 Spiced Turkey & Zucchini Meatballs
- 49 Turkey Sausage Patties
- 51 Zucchini Noodles with Pesto and Organic Tempeh*

Non-starchy Vegetables:

- 5 Almond Cacao Smoothie*
- 6 Asian Beef Lettuce Wraps*

- 7 Baked Jicama Fries
- 9 Baked Zesty Carrot Fries
- 10 Balsamic Roasted Beets
- 14 Caesar Salad*
- 15 Cauliflower Rice
- 20 CranBlueberry Kale Smoothie*
- 21 Crispy Brussels Sprout Chips*
- 22 Curried Broccoli Soup*
- 23 Dairy-Free Pesto*
- 25 Fruity Spinach Salad*
- 26 Garlic Mashed Cauliflower*
- 27 Ginger Basil Vegetable Stir-Fry with Mung Bean & Edamame Pasta*
- 29 Green Chicken & Vegetable Soup*
- 34 Lemon Avocado Salad*
- 35 Lemon Cashew Kale Salad*
- 41 Roasted Beets & Greens
- 42 Roasted Radishes
- 44 Sautéed Swiss Chard*
- 45 Shaved Brussels Sprouts with Leeks & Pomegranate
- 46 Southwestern Egg Muffins*
- 48 Steamed Spinach with Fresh Lemon*
- 50 Vegetable Shirataki Noodle Stir-Fry
- 51 Zucchini Noodles with Pesto & Organic Tempeh*

Dairy/Dairy Alternatives:

- 5 Almond Cacao Smoothie*
- 20 CranBlueberry Kale Smoothie*

Legumes:

- 27 Ginger Basil Vegetable Stir-Fry with Mung Bean & Edamame Pasta*
- 51 Zucchini Noodles with Pesto & Organic Tempeh*

Fruit:

- 20 CranBlueberry Kale Smoothie*
- 24 Fresh Berries with Coconut Raspberry Cream*
- 40 Raspberry Chia Seed Pudding*

Miscellaneous:

- 12 Bone Broth (Beef)
- 13 Bone Broth (Chicken)
- 37 Nightshade-Free Curry Powder

*Asterisks refer to recipes that are in more than one food category.

All recipes are included on the following pages in alphabetical order.

Recipes are marked as Vegan **VE**, Vegetarian **V**, Lacto-vegetarian **VL**, Ovo-vegetarian **VO**, Ovo-lacto-vegetarian **VOL** or Pescatarian **P** where appropriate



Almond Cacao Smoothie VE VO *(depending on the type of protein powder used)*

Makes 1 serving

- 1 cup unsweetened almond milk
- 1 scoop protein powder*
- ½ tablespoons cacao powder (100% raw)
- ½ teaspoon almond extract
- 1–2 cups kale, chopped and loosely packed
- ½ small avocado
- ¼ cup ice cubes

Directions

1. Put all ingredients in a blender in the order listed.
2. Blend, starting on low speed and working up to high speed, until smooth.

Tips: Discuss protein powders with your healthcare provider. Suggested varieties can include quality sources of bovine collagen, pea, egg white, or hemp proteins. Use frozen berries instead of ice to make smoothie cold and of desired thickness. (Frozen berries are not included in the nutritional analysis.)

Nutrition (per serving):

Calories: 253
Fat (g): 20
Sat. Fat (g): 3
Chol (mg): 0
Sodium (mg): 386
Carb (g): 27
Fiber (g): 8
Protein (g): 25

ReNew Food Plan (per serving):

Proteins: 2
Nns Veg: 2
Fats & Oils: 2
Dairy Alternative: 1



Asian Beef Lettuce Wraps **V** **VE** (if beef is omitted)

Makes 4 servings (1 serving ≈ 3 lettuce wraps)

- 1 tablespoon gluten-free tamari or coconut aminos
- ¼ cup apple cider vinegar
- 2 tablespoon fresh lime juice
- ¼ teaspoon sea salt
- 16 ounces grass-fed beef (organic preferred)
- 1 teaspoon sesame oil
- ½ cup finely chopped onion
- 3 cloves garlic, minced
- 1 tablespoon peeled and minced fresh ginger
- 1½ cup carrots, cut into matchsticks
- 1½ cup daikon or regular radish, cut into matchsticks
- 2 cups thinly sliced cabbage
- 15-ounce can organic black soybeans, drained and rinsed
- 12 romaine, butter, or Boston lettuce leaves
- 2 tablespoon chopped roasted and unsalted cashews
- ¼ cup thinly sliced scallions

Directions

1. Mix tamari (or coconut aminos), vinegar, lime juice, and sea salt. Set aside.
2. Heat oil in a large skillet over medium heat. Add beef, and sauté until no longer pink, about 5 minutes. Drain and set aside.
3. Brush the pan with sesame oil. Add onion, garlic, and ginger. Sauté until onions are tender, about 2 minutes.
4. Add the carrots, radish and cabbage, and sauté until tender, about 2–3 minutes.
5. Add the soy beans and the liquid mixture. Add the beef back to the pan. Simmer for about 3 minutes, stirring occasionally.
6. Fill each lettuce leaf with equal amounts of the beef and vegetable mixture, and top with the chopped cashews and scallions.

Tips: If avoiding soy, the soy beans can be omitted. If vegetarian, the beef can be omitted. Nutritional analysis includes the beef and soy beans. All canned goods should be from BPA-free cans.

Nutrition (per serving)

Calories: 415
Fat (g): 23
Sat. Fat (g): 7
Chol (mg): 71
Sodium (mg): 343
Carb (g): 22
Fiber (g): 10
Protein (g): 34

ReNew Food Plan (per serving):

Proteins: 3.5
Fats & Oils: 2.5
ns Veg: 2
Legumes: 0.5
Nuts & Seeds: 0.5



Baked Jicama Fries VE

Makes 4 servings

- 1 medium jicama
- ½ teaspoon turmeric
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper
- 1½ teaspoon unrefined organic coconut oil, melted

Directions

1. Preheat oven to 400° F and line baking sheet with parchment paper.
2. Scrub, rinse, and peel the jicama. Slice into French fry-sized pieces and gently pat dry (they can remain slightly damp). Place on the lined baking sheet.
3. In a small bowl, mix together the turmeric, sea salt, and black pepper. Set aside.
4. Drizzle the melted coconut oil over the jicama. Gently toss to coat. Sprinkle the spice mixture over the jicama and gently toss again until the jicama is evenly coated. Spread out the jicama in a single layer on the baking sheet.
5. Bake for 40 minutes (or until it reaches the desired texture). Halfway through cooking time, flip jicama fries to brown evenly.

Nutrition (per serving):

Calories: 79
Fat (g): 2
Sat. Fat (g): 2
Chol (mg): 0
Sodium (mg): 124
Carb (g): 15
Fiber (g): 8
Protein (g): 1

ReNew Food Plan (per serving):

ns Veg: 2.5
Fats & Oils: 0.5



Baked Salmon with Dill P

Makes 4 servings (1 serving ≈ 1 fillet)

- 4 wild salmon fillets (5 ounces each)
- 4 teaspoons extra-virgin olive oil
- 4 teaspoons chopped fresh dill
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper

Directions

1. Preheat oven to 375° F.
2. Line a cookie sheet with parchment paper, or oil a baking pan. Place salmon on the sheet or pan.
3. Mix together olive oil, dill, salt, and pepper. Brush over salmon.
4. Bake salmon for 12–15 minutes.

Nutrition (per serving)

Calories: 205
Fat (g): 9
Sat. Fat (g): 1
Chol (mg): 74
Sodium (mg): 228
Carb (g): 0
Fiber (g): 0
Protein (g): 28

ReNew Food Plan (per serving):

Proteins: 4



Baked Zesty Carrot Fries VE

Makes 4 servings

- 5 large carrots
- 1 teaspoon extra-virgin olive oil
- ¼ teaspoon chili powder*
- 1 pinch cinnamon
- ⅛ teaspoon sea salt

Directions

1. Preheat oven to 400° F.
2. Peel carrots and slice into chips or French fry-sized pieces. Place carrots on a cookie sheet and drizzle with the olive oil. Sprinkle chili powder and cinnamon evenly over the carrots, then toss to coat.
3. Bake for 20–25 minutes or until carrots are at desired tenderness.

Tip: A mandolin-type vegetable slicer works well for slicing carrots.

*Omit chili powder if avoiding nightshades.

Nutrition (per serving)

Calories: 49
Fat (g): 1
Sat. Fat (g): 0
Chol (mg): 0
Sodium (mg): 92
Carb (g): 9
Fiber (g): 3
Protein (g): 1

ReNew Food Plan (per serving):

ns Veg: 2



Balsamic Roasted Beets VE

Makes 4 servings

- 1 bunch trimmed beets (about 3–4 beets)
- 1 tablespoon balsamic vinegar
- 2 pinches sea salt
- 2 pinches black pepper

Directions

1. Preheat oven to 400° F.
2. Gently scrub beets and pat dry. Wrap in foil and roast in the oven until tender (about 1 hour). Let cool, then peel and dice.
3. Place beets in a medium bowl, toss with balsamic vinegar, sea salt, and pepper. Serve immediately.

Tip: Roast more beets than you need and save leftovers in the fridge for use later in the week (in salads or as snacks, side dishes, etc.)

Nutrition (per serving):

Calories: 38.5
Fat (g): 0
Sat. Fat (g): 0
Chol (mg): 0
Sodium (mg): 132
Carb (g): 9
Fiber (g): 1.5
Protein (g): 1.5

ReNew Food Plan (per serving):

nsVeg: 1.5



Beet Edamame Hummus VE

Makes 4 servings

- 1 medium to large roasted beet
- 8 ounces frozen organic, non-GMO edamame, shelled and steamed
- 2 tablespoons tahini
- 2 tablespoons fresh lemon juice
- 1½ tablespoons extra-virgin olive oil
- 1 large garlic clove
- ½ teaspoon sea salt

Directions

1. Preheat oven to 400° F.
2. Scrub the beet with a vegetable brush under running water. Cut off the top and bottom.
3. Wrap the beet in foil and roast until tender (about 1 hour).
4. Let cool, then peel.
5. Place all ingredients in a blender or food processor. Purée until smooth.

Tip: Use leftover roasted beets to shorten the preparation process.

Nutrition (per serving)

Calories: 181
Fat (g): 12
Sat. Fat (g): 2
Chol (mg): 0
Sodium (mg): 266
Carb (g): 10
Fiber (g): 3
Protein (g): 8

ReNew Food Plan (per serving):

Nuts & Seeds: 2
Protein: 1
ns Veg: 0.5
Fats & Oils: 0.5



Bone Broth (Beef)

Makes about 1 quart

- 3 pounds organic beef marrow and knuckle bones
- 1–3 pounds organic meaty ribs or oxtail
- 1 gallon distilled or filtered water
- ¼ cup apple cider vinegar
- 1–2 onions, coarsely chopped
- 3 carrots, coarsely chopped
- 3 celery stalks, coarsely chopped
- Few sprigs fresh thyme
- 1 teaspoon dried peppercorns, crushed
- ½ to 1 tablespoon salt (optional)
- 1 bunch parsley

Directions

1. Preheat oven to 350° F.
2. Place the marrow and knuckle bones in a large stockpot and cover with water. Let stand at room temperature for 1 hour.
3. Meanwhile, place ribs or oxtail in a roasting pan or casserole dish. Roast in the oven until well-browned. Add to the pot of water, along with vinegar and vegetables.
4. Add water to cover if needed. The water should not come higher than within 1 inch of the rim of the pot.
5. Bring to a boil and then reduce heat to a simmer. Add the thyme and peppercorns.
6. Simmer for at least 12 hours and up to 72 hours. About 5 minutes before finishing, add the parsley & let it wilt. Remove stock from heat, strain into large bowl, and let cool in the refrigerator. Remove fat that rises to the top.

Note: A nutritional analysis is not provided for this recipe, as it could not be calculated with accuracy. However, bone broth is well known for its gut healing properties because of the gelatin/collagen content. It is also a rich source of electrolytes. The parsley adds valuable potassium.



Bone Broth (Chicken)

Makes about 1 quart

- 3–4 organic chicken quarters (or leftover chicken bones from a roasted or rotisserie chicken)
- 1 gallon distilled or filtered water
- 1–2 onions
- 3–4 carrots
- 3–4 celery stalks
- 1 zucchini (optional)
- ¼ cup unrefined, organic coconut oil
- 2–3 garlic cloves
- 1 inch grated ginger (or 2 teaspoons ground dried ginger)
- ½ to 1 tablespoon salt (optional)
- 1 tablespoon apple cider vinegar
- 1 bunch parsley

Directions

1. Add all ingredients except the parsley to a large stockpot.
2. Bring to a boil, then gradually reduce heat to low. Allow to simmer for minimum of 12 hours and up to 24 hours.
3. About 5 minutes before finishing, add the parsley to the broth & let it wilt. Strain into large bowl and store in fridge. Remove fat that rises to the top.

Note: A nutritional analysis is not provided for this recipe, as it could not be calculated with accuracy. However, bone broth is well known for its gut healing properties because of the gelatin/collagen content. It is also a rich source of electrolytes. The parsley adds valuable potassium.



Caesar Salad P

Makes 4 servings

Salad:

- 24 romaine lettuce leaves (approximately 3 romaine hearts)

Dressing:

- 2 cloves garlic, finely minced
- 1½ teaspoon Dijon mustard
- 2 tablespoons tahini
- Juice from half a lemon (approximately 1½ tablespoons)
- 2 tablespoons apple cider vinegar
- 2 tablespoons extra-virgin olive oil
- 2 anchovies
- 1 pinch sea salt
- 1 pinch black pepper

Directions

1. Prepare dressing by placing all dressing ingredients in a blender and processing until smooth (about 1 minute, or until desired consistency is reached).
2. Wash, dry, and tear the lettuce into bite-size pieces with your hands. Place in a large salad bowl.
3. Add dressing and toss to coat. Season with extra black pepper if desired.

Tip: If not already consuming a protein with this salad, bake or grill 1 pound of chicken, cut into bite-sized pieces, and toss in with the salad. (Added chicken is not included in the nutritional analysis.)

Nutrition (per serving)

Calories: 123
Fat (g): 11
Sat. Fat (g): 2
Chol (mg): 2
Sodium (mg): 140
Carb (g): 5
Fiber (g): 2
Protein (g): 3

ReNew Food Plan (per serving):

Fats & Oils: 1.5
Nuts & Seeds: 1
ns Veg: 1



Cauliflower Rice VE

Makes 4 servings

- 1 head cauliflower
- 2 tablespoon extra-virgin olive oil or unrefined, organic coconut oil
- 1 small yellow onion, finely chopped
- 1 pinch sea salt

Optional Ingredients:

- 1 tablespoon lime juice (juice of ½ lime)
- 1 pinch cumin
- 1 tablespoon chopped fresh cilantro

Directions

1. Cut the cauliflower in half. Place a box grater over a large bowl and grate each cauliflower half using the biggest holes of the grater, holding the cauliflower by its stem as you grate. Alternatively, you can coarsely chop the core and the florets and pulse them together in a food processor until they are reduced to the size of couscous or rice grains. Be careful not to over-process.
2. Heat the oil in a medium nonstick pan over medium-high heat until shimmering. Add the onion and cook until softened, 2 to 3 minutes.
3. Put the cauliflower “rice” in the pan and stir to combine. Cook, stirring frequently, until the cauliflower is slightly crispy on the outside but tender on the inside, 5 to 8 minutes.
4. To enhance the flavor, add the salt, lime juice, cumin, and/or cilantro and serve.

Nutrition (per serving)

Calories: 102
Fat (g): 7
Sat. Fat (g): 1
Chol (mg): 0
Sodium (mg): 73
Carb (g): 9
Fiber (g): 4
Protein (g): 3

ReNew Food Plan (per serving):

ns Veg: 2.5
Fats & Oils: 1



Chewy Crunchy Road Mix VE

Makes 4 servings

- ½ cup chopped walnuts
- ¼ cup pumpkin seeds
- 6 tablespoons coconut, dried flakes (unsweetened)

Directions

1. Mix all ingredients together. Divide recipe into four servings and store in small containers to take with you for an on-the-go snack.
2. Freeze or refrigerate to preserve freshness if not planning to use right away.

Tip: May use different nuts and seeds as desired.

Nutrition (per serving)

Calories: 150
Fat (g): 13
Sat. Fat (g): 4
Chol (mg): 0
Sodium (mg): 3
Carb (g): 6
Fiber (g): 2
Protein (g): 5

ReNew Food Plan (per serving):

Nuts & Seeds: 2.5
Fats & Oils: 1



Coconut Butter Bread VO

Makes 10 servings (1 serving ≈ 1 slice, if loaf is cut into 10 slices))

- 1 cup raw, organic coconut butter
- 5 eggs at room temperature
- ¼ cup unrefined, organic coconut oil
- ½ teaspoon sea salt
- ¾ teaspoon baking soda

Directions

1. Preheat oven to 300° F. Grease a 5 x 9 inch loaf pan with coconut oil.
2. Place the jar of coconut butter into a pan of simmering water to soften it (about 10–20 minutes). Stir the coconut butter until smooth.
3. Put the coconut butter and remaining ingredients into a medium-sized bowl, then mix with a hand-held blender. Blend until the consistency is like cake batter and free of lumps.
4. Pour the batter into the loaf pan and bake for about 40–50 minutes. Allow it to cool on the counter for 10 minutes, and then place in the refrigerator to finish cooling. Slice to serve.

Nutrition (per 1 square):

Calories: 252
Fat (g): 25
Sat. Fat (g): 20
Chol (mg): 106
Sodium (mg): 231
Carb (g): 7
Fiber (g): 4
Protein (g): 5

ReNew Food Plan (per serving):

Nuts & Seeds: 3
Fats & Oils: 1.5
Proteins: 1



Coconut Lime Roasted Chicken

Makes 5 servings (1 serving ≈ 2 drumsticks OR 1 thigh OR ½ breast)

- 1 whole organic chicken, small to medium (2½ to 3 pounds)
- 1 kaffir lime (regular lime okay)
- 3 tablespoons unrefined, organic coconut oil
- 3 cloves garlic, finely chopped
- 1 teaspoon sea salt
- 1 teaspoon black pepper
- 1 small sweet onion, peeled and quartered
- 3 tablespoons dried coconut flakes (unsweetened)

Directions

1. Preheat oven to 475° F. Set oven rack on the lowest or middle level.
2. Remove organ meats and neck from the cavity space of chicken (if you wish, store in the refrigerator for use in another recipe). Rinse chicken well and pat dry with paper towel.
3. Remove the peel (or zest) from the lime using a zester or grater. Chop the remaining lime into four pieces and set aside.
4. Combine the zest in a small bowl with coconut oil, garlic, salt, and pepper.
5. Using your hands, carefully spread coconut oil mixture underneath the skin of the chicken, over the breasts and thighs. To loosen skin, separate skin at the cavity end of the bird, and slowly work your fingers up under skin towards the neck to avoid tearing.
6. Place any remaining oil into the cavity of the bird, along with the quartered lime and onion.
7. Place bird breast-up in a small roasting pan or cast iron frying pan. Sprinkle with shredded coconut.
8. Bake at 475° F for 15–20 minutes until skin is golden brown.
9. Reduce heat to 400° F and cook for another 45 minutes to 1 hour. Allow chicken to cool for 5 minutes before carving.

Tip: Save the wings and bones (carcass) to make bone broth! If you don't plan to make broth within a few days, store the carcass in the freezer.

Nutrition (per thigh):

Calories: 291
Fat (g): 23
Sat. Fat (g): 12
Chol (mg): 79
Sodium (mg): 449
Carb (g): 4
Fiber (g): 1
Protein (g): 16

ReNew Food Plan (per serving):

Protein: 2
Fats & Oils: 4

Nutrition (per 2 drumsticks):

Calories: 293
Fat (g): 20
Sat. Fat (g): 11
Chol (mg): 100
Sodium (mg): 481
Carb (g): 4
Fiber (g): 1
Protein (g): 24

ReNew Food Plan (per serving):

Protein: 3.5
Fats & Oils: 2

Nutrition (per ½ breast):

Calories: 342
Fat (g): 22
Sat. Fat (g): 12
Chol (mg): 93
Sodium (mg): 469
Carb (g): 4
Fiber (g): 1
Protein (g): 30

ReNew Food Plan (per serving):

Protein: 4
Fats & Oils: 2.5



Coconut Milk VE

Makes 1½ cups (equivalent to one 13.5-ounce can)

- 2 cup organic coconut flakes (unsweetened)
- 2¾ cup water

Directions

1. In a saucepan over high heat, combine the coconut flakes and water. Bring to a full boil. Once water has reached a full boil, remove from heat, cover, and let sit for 1 hour.
2. After 1 hour, pour the contents of the saucepan into a blender and blend on high for 2 to 5 minutes.
3. Suspend a sieve or mesh strainer over a large mixing bowl and line the strainer with cheesecloth. Pour the blended coconut mixture into the lined strainer and let drain.
4. Gather the edges of the cheesecloth together and squeeze the pulp, draining out the remaining milk into the bowl.
5. Transfer the milk to a glass jar and store in the refrigerator or freezer.

Tips: The coconut milk will naturally separate after sitting in the fridge, so shake or blend well before using. Gently heating the milk will also help the coconut milk solids liquefy again. For a lighter milk alternative, combine 1.5 tablespoons coconut milk with about ¾ cup (6 ounces) of water and blend in a blender until smooth.

Nutrition (per 1.5 tbsp):

Calories: 45
Fat (g): 5
Sat. Fat (g): 4
Chol (mg): 0
Sodium (mg): 3
Carb (g): 0.5
Fiber (g): 0
Protein (g): 0.5

ReNew Food Plan (per serving):

Fats & Oils: 1



CranBlueberry Kale Smoothie VE VO *(depending on the type of protein powder used)*

Makes 1 serving

- 1 cup unsweetened flax milk
- 1–2 scoops protein powder
- 1 teaspoon raw organic coconut butter
- ½ tablespoon almond butter
- 2 cup kale, roughly chopped
- 1 cup organic berries (suggestion: ½ cup fresh or frozen cranberries + ½ cup fresh or frozen blueberries)

Directions

1. Put ingredients in a blender in the order listed.
2. Blend on very low speed to start, gradually working up to high speed until well-blended.
3. Serve immediately for best results.

Tips: Discuss protein powders and recommended quantity with your healthcare provider. Suggested varieties include quality sources of bovine collagen, pea, egg white, and hemp proteins. Use frozen berries or consider adding ice to make smoothie cold and of desired thickness.

Nutrition (per serving):

Calories: 291
Fat (g): 12
Sat. Fat (g): 4
Chol (mg): 0
Sodium (mg): 255
Carb (g): 29
Fiber (g): 7
Protein (g): 21

ReNew Food Plan (per serving):

ns Veg: 2
Nuts & Seeds: 1
Protein: 1
Dairy Alternative: 1
Fruit: 1



Crispy Brussels Sprout Chips **V** **VE** *(depending on the type of cooking fat used)*

Makes 4 servings

- 2 pounds Brussels sprouts, washed & dried
- 2 tablespoons organic ghee or unrefined, organic coconut oil, melted
- ¼ teaspoon sea salt
- ¼ teaspoon pepper
- Lemon zest (optional)

Directions

1. Preheat oven to 300° F.
2. Cut the bottom tip off each Brussels sprout. Trim any damaged outer leaves from the sprouts, then separate all of the remaining leaves.
3. Place the sprout leaves in a large bowl. Mix together with the melted ghee or coconut oil, salt, pepper, and lemon zest.
4. Divide the sprouts between two large baking trays. Spread evenly in a single layer for best results.
5. Bake for 8–10 minutes or until sprouts are crispy and brown around the edges.
6. Let cool and serve. May be kept in an airtight container for a few days.

Tip: If using ghee, select a brand made with organic butter from grass-fed cows.

Nutrition (per serving):

Calories: 148
Fat (g): 7
Sat. Fat (g): 4
Chol (mg): 17
Sodium (mg): 171
Carb (g): 18
Fiber (g): 8
Protein (g): 7

Core Food Plan (per serving):

ns Veg: 3.5
Fats & Oils: 1.5



Curried Broccoli Soup V VE *(depending on the type of cooking fat and stock used)*

Makes 6 servings (1 serving ≈ approximately 1 cup or 8 ounces)

- 2 tablespoons organic ghee or unrefined, organic coconut oil
- 4 leeks, white and light-green ends only, cleaned, trimmed, and thinly sliced
- 1 large yellow onion, roughly chopped
- 3 medium shallots, roughly chopped
- 1½ pounds broccoli, trimmed and cut into uniform-sized pieces
- 4 cups organic bone broth or stock of choice
- 1 tablespoon curry powder*
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- 1 cup full-fat coconut milk

Nutrition (per serving):

Calories: 193
Fat (g): 13
Sat. Fat (g): 10
Chol (mg): 12
Sodium (mg): 242
Carb (g): 17
Fiber (g): 4
Protein (g): 6

ReNew Food Plan (per serving):

ns Veg: 3
Fats & Oils: 2.5

Directions

1. In a large stockpot, melt the ghee or coconut oil over medium heat.
2. Add the leeks, onion, and shallots, and sauté until softened, 5 to 10 minutes. Toss in the chopped broccoli and add the broth. Top off with some water if the vegetables aren't fully submerged. Bring the soup to a boil over high heat, and then lower the heat to a simmer. Continue cooking for 20 minutes or until the vegetables are soft.
3. Add the curry powder and season with salt and pepper to taste. Turn off the burner and cool the soup slightly. Use an immersion blender to puree the ingredients together, or put divided portions into a blender and puree until smooth.
4. Return soup to pan, add the coconut milk, and stir to incorporate. Turn the heat up to medium high to bring the soup back to a boil before serving.

Tips: If using canned coconut milk, make sure the can is BPA-free. If using ghee, select a brand made with organic butter from grass-fed cows.

*Use *nightshade-free* curry powder if avoiding nightshades (see recipe on page 37).



Dairy-Free Pesto VE

Makes 1 cup (approximately 8 servings; 1 serving ≈ 2 tablespoons)

- ½ cup pine nuts
- 1½ cup packed basil leaves
- 3 cloves garlic
- 1½ teaspoons fresh lemon juice
- ½ teaspoons sea salt
- ½ cup extra-virgin olive oil

Directions

1. Lightly toast the pine nuts in a skillet over low heat for 5 minutes. Shake the pan from time to time to make sure the pine nuts don't burn.
2. Place all of the remaining ingredients except the oil in a small food processor. Pulse a few times to chop the contents.
3. With blender or food processor on low speed, slowly drizzle in the olive oil until a paste has formed. Continue blending for 15 seconds until the sauce has a smooth and creamy texture.

Tips: If not using right away, pour into ice cube trays, cover with a thin layer of olive oil, and freeze. Once frozen, remove from trays and keep in glass containers in the freezer for later use.

Nutrition (per serving):

Calories: 115
Fat (g): 12
Sat. Fat (g): 2
Chol (mg): 0
Sodium (mg): 118
Carb (g): 1
Fiber (g): 0
Protein (g): 2

ReNew Food Plan (per serving):

Fats & Oils: 1
Nuts and Seeds: 1
ns Veg: 1



Fresh Berries with Coconut Raspberry Cream VE

Makes 4 servings

- ⅔ cup full-fat coconut milk
- 1½ cup frozen organic raspberries (do not defrost)
- 1 teaspoon vanilla
- 2 cups fresh organic blueberries or blackberries, washed, rinsed, and dried

Garnish:

- 2 mint leaves per serving (optional)

Directions

1. Place coconut milk and frozen raspberries in a blender. Blend on high until smooth.
2. Add vanilla and blend again for several seconds.
3. Divide fresh berries among four dishes and top with coconut cream.
4. Garnish with mint leaves, if desired.

Tips: The coconut can be blended with any unsweetened frozen fruit as desired and if allowed on your personalized food plan. If using canned coconut milk, make sure the can is BPA-free.

Nutrition (per serving):

Calories: 137
Fat (g): 9
Sat. Fat (g): 7
Chol (mg): 0
Sodium (mg): 7
Carb (g): 16
Fiber (g): 6
Protein (g): 2

ReNew Food Plan (per serving):

Fats & Oils: 1.5
Fruit: 1



Fruity Spinach Salad VE

Makes 4 servings

- 1 pint fresh organic strawberries (approximately 2 cups sliced)
- 8 ounces fresh organic baby spinach, washed, dried, torn to pieces, with stems removed

Dressing:

- 1 tablespoon sesame seeds
- ½ tablespoon poppy seeds
- 1 scallion, chopped
- 1 tablespoon flax seed oil
- 2 tablespoons balsamic vinegar
- 1 tablespoon extra-virgin olive oil

Garnish:

- ¼ cup chopped raw walnuts

Directions

1. Put prepared spinach in a large salad bowl. Cut berries into slices and arrange over spinach.
2. Combine dressing ingredients in blender or food processor, except for olive oil, and process until smooth. With blender or food processor on low speed, slowly drizzle in the olive oil until well blended.
3. Pour over salad and toss, or serve on the side.
4. Garnish with chopped walnuts as desired.

Tip: Try raspberries in place of strawberries, or sliced almonds in place of walnuts.

Nutrition (per serving):

Calories: 165
Fat (g): 13
Sat. Fat (g): 1
Chol (mg): 0
Sodium (mg): 47
Carb (g): 10
Fiber (g): 4
Protein (g): 5

ReNew Food Plan (per serving):

Nuts & Seeds: 1.5
Fats & Oils: 1
ns Veg: 0.5
Fruits: 0.5



Garlic Mashed Cauliflower VE

Makes 4 servings

- 1 medium head cauliflower
- 2 tablespoons unrefined, organic coconut oil
- 3 tablespoons full-fat coconut milk
- ¼ teaspoon sea salt
- 1 clove fresh garlic (or 1 teaspoon garlic powder)
- ¼ teaspoon black pepper

Directions

1. Cut cauliflower into 4 to 6 pieces. Steam until cooked but not overdone.
2. Place in food processor and add remaining ingredients, including any herbs of your choice, and blend until the consistency of mashed potatoes. Serve immediately.

Tips: If you are missing mashed potatoes, mashed cauliflower is a good substitute. This recipe can also be made using an immersion blender (or handheld stick blender) by combining all ingredients in a medium or large saucepan and mashing on low speed. If using canned coconut milk, make sure the can is BPA-free.

Nutrition (per serving):

Calories: 117
Fat (g): 9
Sat. Fat (g): 8
Chol (mg): 0
Sodium (mg): 162
Carb (g): 8
Fiber (g): 4
Protein (g): 3

ReNew Food Plan (per serving):

Fats & Oils: 2
ns Veg: 1



Ginger Basil Vegetable Stir Fry with Mung Bean & Edamame Pasta VE

Makes 4 servings

- 8 cup water
- 7.05-ounce (200 gram) package of mung bean & edamame pasta
- 4 tablespoons fresh lime juice, plus the zest of half a lime
- 1 tablespoon toasted sesame oil
- 2 tablespoons apple cider vinegar
- 3 tablespoons coconut aminos
- 1 tablespoon unrefined, organic coconut oil
- 2 cup carrots, cut into matchsticks
- 1 cup (8 ounces) petite green beans, fresh or frozen
- 2 cup baby bok choy, chopped
- 2 tablespoons peeled and chopped fresh ginger
- 3 cloves garlic, minced
- 6 scallions, both dark and light green parts, cut into 1-inch pieces
- ½ cup packed fresh basil, chopped
- ¼ cup chopped raw cashews

Nutrition (per serving):

Calories: 388
Fat (g): 16
Sat. Fat (g): 5
Chol (mg): 0
Sodium (mg): 321
Carb (g): 37
Fiber (g): 13
Protein (g): 27

ReNew Food Plan (per serving):

Fats & Oils: 2
ns Veg: 2
Legumes: 2
Proteins: 1
Nuts & Seeds: 0.5

Directions

1. Fill a large saucepan with water and bring to boil. Add the pasta and return to a boil. Cover pan and reduce heat to simmer for 7-8 minutes or until pasta is al dente. Drain pasta in a fine mesh colander and rinse with cold water. Set aside.
2. Meanwhile, in a small bowl, whisk together lime juice & zest, sesame oil, vinegar, and coconut aminos. Set aside.
3. Melt 1 tablespoon coconut oil in a large skillet over medium-high heat. Add carrots, green beans, baby bok choy, ginger, garlic, and scallions. Sauté until vegetables are tender, about 2-4 minutes. Add the lime juice mixture to the vegetables and sauté for about 30 more seconds. Add the cooked pasta and toss with tongs until combined. Add chopped basil and cashews, and toss again until well combined and heated through (about 1 minute).

Tip: Consider using kelp powder to add more flavor and enhance iodine content, if desired.



Granola VE

Makes 8 servings (1 serving ≈ ½ cup)

- ½ cup cashews, soaked for 8 hours
- ½ cup pecans, soaked for 8 hours
- ½ cup sunflower seeds, soaked for 8 hours
- ½ cup pumpkin seeds, soaked for 8 hours
- 1 cup blueberries, fresh or frozen
- 2 tablespoons ground cinnamon
- 1 teaspoon vanilla extract
- ½ teaspoon nutmeg
- ½ teaspoon sea salt
- ½ cup organic dried coconut flakes (unsweetened)
- ¼ cup unrefined, organic coconut oil

Nutrition (per serving)

Calories: 306
Fat (g): 27
Sat. Fat (g): 11
Chol (mg): 0
Sodium (mg): 124
Carb (g): 14
Fiber (g): 5
Protein (g): 7

ReNew Food Plan (per serving):

Nuts & Seeds: 3
Fats & Oils: 3
Fruit: 0.5

Directions

1. Drain and rinse cashews, pecans, sunflower and pumpkin seeds after soaking. Place on a towel and lightly pat dry.
2. Puree blueberries in a food processor until smooth.
3. Add nuts, seeds, blueberry puree, and remaining ingredients to the food processor. Pulse to form a chunky paste.
4. Prepare a food dehydrator with nonstick drying sheet or parchment paper. Spread mixture evenly on drying racks.
5. Dehydrate for 12–24 hours at 145° F, stirring once or twice.
6. Break up the granola and store in an airtight container in the fridge.

Tip: If you do not have a dehydrator, you can use the oven. Spread the mixture on a cookie sheet and bake at the lowest oven setting for 12–24 hours. Watch closely to avoid burning.



Green Chicken & Vegetable Soup

Makes 4 servings

- 1 medium onion
- whole carrots
- 3 stalks celery
- 4–6 cloves garlic
- 1 tablespoon extra-virgin olive oil
- 1 bunch cilantro, stems removed
- 3–4 serrano peppers with the seeds and pulp removed*
- 6–8 cup organic chicken broth
- 1–2 teaspoons cumin
- 2–3 teaspoons dried oregano
- ¼ teaspoons pepper
- 12 ounces organic chicken, cooked and shredded
- 2–3 cups chopped zucchini (about 3–4 small)

Nutrition (per serving)

Calories: 280
Fat (g): 9
Sat. Fat (g): 2
Chol (mg): 81
Sodium (mg): 321
Carb (g): 19
Fiber (g): 5
Protein (g): 31

ReNew Food Plan (per serving):

Protein: 3
ns Veg: 3
Fats & Oils: 1

Directions

1. Chop onions, carrots, and celery into large chunks. Place in food processor, along with half the garlic, and pulse until finely chopped.
2. Heat oil in a large soup pot or Dutch oven over medium heat and add the vegetables. Sauté for 8–10 minutes or until tender.
3. While veggies are cooking, blend the remaining garlic with the cilantro, serrano peppers, and 2 cups of the broth in a blender. Set aside.
4. Once veggies are tender, season with cumin, oregano, and black pepper. Sauté on medium to low heat for 2–4 minutes to develop the flavor.
5. Add the shredded chicken, zucchini, remaining chicken broth, and the cilantro mixture to the pot.
6. Bring to a boil, then reduce to a simmer for 10 more minutes or until zucchini is tender.

Tip: To save time, use a store-bought organic rotisserie chicken.

*Omit serrano pepper if avoiding nightshades.



Guacamole VE

Makes 4 servings

- 2 medium cloves garlic, minced (about 2 teaspoons)
- 3 scallions or 1 small red onion, minced (about ¼ cup)
- ¼ jalapeño, minced*
- 2 medium ripe avocados, peeled and diced
- 1 tablespoon fresh lime juice (juice of half a lime)
- 2 tablespoons chopped fresh cilantro
- 1 pinch of sea salt

Directions

1. In a medium-sized bowl, combine the garlic, scallions, and jalapeños.
2. Add avocado and mash using the back of a fork.
3. Stir in lime juice.
4. Finish with cilantro and sea salt. Combine well with a fork to desired consistency.

*Omit jalapeño pepper if avoiding nightshades.

Nutrition (per serving)

Calories: 169
Fat (g): 15
Sat. Fat (g): 2
Chol (mg): 0
Sodium (mg): 46
Carb (g): 9
Fiber (g): 3
Protein (g): 2

ReNew Food Plan (per serving):

Fats & Oils: 3
ns Veg: 1



Halibut and Broccoli P

Makes 4 servings

- 3 cup small broccoli florets (fresh or frozen)
- ¼ cup finely ground almonds
- 2 teaspoons minced fresh tarragon or basil (or 1 teaspoon dried)
- 1 pound halibut filets (cut into 4 fillets), rinsed and patted dry
- 1 tablespoon extra-virgin olive oil or unrefined, organic coconut oil
- ½ cup organic chicken broth
- ⅓ cup lemon juice
- ¼ teaspoon sea salt
- ¼ teaspoon ground black pepper

Directions

1. Steam broccoli until slightly tender, but not soft.
2. While broccoli is cooking, prepare the fish. In a pie plate, mix together ground almonds and herbs. Coat each halibut fillet with the almond-herb mixture.
3. Heat oil in a large skillet over medium heat. Cook halibut fillets for about 4 minutes on each side. Transfer to a serving dish and cover loosely to keep warm.
4. Add chicken broth or fish stock to skillet. Use a wooden spoon to scrape up any bits that may still be stuck to the pan. Add the cooked broccoli, lemon juice, sea salt, and black pepper. Toss gently to combine.
5. Remove cover from warm halibut fillets and spoon broccoli and sauce on top.

Tip: If desired, serve garnished with fresh or dried herbs.

Nutrition (per serving)

Calories: 228
Fat (g): 10
Sat. Fat (g): 1
Chol (mg): 36
Sodium (mg): 207
Carb (g): 7
Fiber (g): 3
Protein (g): 28

ReNew Food Plan (per serving):

Proteins: 3
Nuts & Seeds: 1
ns Veg: 1



Herbed Turkey Burgers

Makes 4 servings (1 servings ≈ 1 burger patty)

- 1¼ pounds lean ground turkey
- 2 tablespoons fresh parsley, finely chopped
- 2 tablespoons fresh chives, finely chopped
- 4 teaspoons extra-virgin olive oil
- 2–3 cloves garlic, minced
- 1 egg
- 1½ tablespoons coarse or whole-grain Dijon mustard
- 4 large leaves raw lettuce or collard greens

Directions

1. Place the turkey, parsley, chives, olive oil, garlic, and egg into a medium-sized bowl. Mix gently with your hands until thoroughly combined. (Be sure to wash your hands first, or wear disposable gloves.)
2. Divide the turkey mixture into four equal portions. Roll into balls and flatten into burger patties. Patties can be refrigerated for a few hours or overnight, or grilled right away.
3. Cook burgers on an outdoor grill. Place patties on the grill and cook until the underside feels firm, about 7–9 minutes. Flip burgers, cover with a lid, and cook until burgers are firm and reach an internal temperature of 160°–165° F. Do not overcook or press on burgers while they are cooking as this can press all the juice out and result in dry burgers.
4. Spread lettuce leaves or collard greens with Dijon mustard.

Tips: Burgers can also be cooked indoors using a cast iron skillet or grill pan. Heat the pan over medium-high heat and add a little oil. When hot, grill each burger patty for about 3–4 minutes on each side, or until desired doneness is reached. If desired, top burgers with onions, tomatoes, lettuce, and spinach. (Note: Toppings not included in nutritional analysis).

Nutrition (per serving)

Calories: 270
Fat (g): 16
Sat. Fat (g): 4
Chol (mg): 145
Sodium (mg): 197
Carb (g): 1
Fiber (g): 0
Protein (g): 31

Core Food Plan (per serving):

Proteins: 4
Fats & Oils: 1



Inside-Out Bison Burgers

Makes 4 servings (1 serving ≈ 1 patty)

- 1 tablespoon extra-virgin olive oil
- ½ cup diced red onion
- ½ cup diced mushrooms
- 1 tablespoon balsamic vinegar
- 2 cups spinach
- 1 small tomato, diced and drained, or 1 tablespoon tomato paste*
- 1 tablespoon Dijon mustard
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper
- 16 ounces grass-fed ground bison
- 8 outer leaves of romaine lettuce

Nutrition (per serving):

Calories: 222
Fat (g): 12
Sat. Fat (g): 4
Chol (mg): 62
Sodium (mg): 261
Carb (g): 5
Fiber (g): 2
Protein (g): 25

ReNew Food Plan (per serving):

Proteins: 3
ns Veg: 1
Fats & Oils: 0.5

Directions

1. Heat oil in a skillet over medium-high heat. Add onion and cook for 4 minutes. Reduce heat to medium.
2. Stir in diced mushrooms and balsamic vinegar and cook for 5 minutes, stirring occasionally.
3. Add spinach and tomatoes and cook for another minute. Stir in mustard and turn off heat. Season with salt and pepper.
4. Drain off excess liquid before placing spinach mixture in the refrigerator to cool for 15 minutes.
5. Form bison into four equally-sized balls. With your fingers or a spoon, make a well in the center of each ball. Stuff about 2 tablespoons of the cooled spinach mixture inside each ball. Seal the top and flatten to form a patty.
6. Grill or broil your burgers:
 - To grill: Heat a grill pan using a little oil. When hot, grill each patty for about 2–3 minutes on each side or when desired doneness is reached.
 - To broil: Set oven broiler to high. Place patties on a foil-lined baking sheet on top oven rack. Broil for about 3 minutes, flip patties over, and broil for about another 2 to 3 minutes or until burgers reach desired doneness.
7. Let the burgers rest for a couple of minutes.
8. To serve, place burger between two romaine leaves

*Omit tomato and tomato paste if avoiding nightshades.



Lemon Avocado Salad VE

Makes 2 servings

- 4 cup arugula and mixed spring greens
- 1 green onion, chopped
- ¼ avocado
- 2 tablespoons balsamic vinegar
- 2 teaspoons fresh lemon juice
- 1 pinch sea salt
- 1 pinch black pepper
- 2 tablespoons extra-virgin olive oil

Directions

1. Place greens and green onion in a medium bowl.
2. For the creamy avocado vinaigrette: in a small food processor, combine the avocado, vinegar, lemon juice, salt, and pepper. Blend until mixture is smooth and creamy. With processor running on low, drizzle olive oil through the opening until just combined.
3. Toss the vinaigrette with the greens and serve.

Nutrition (per serving):

Calories: 176
Fat (g): 18
Sat. Fat (g): 2
Chol (mg): 0
Sodium (mg): 74
Carb (g): 5
Fiber (g): 1
Protein (g): 2

ReNew Food Plan (per serving):

Fats & Oils: 3.5
ns Veg: 1



Lemon Cashew Kale Salad VE

Makes 2 servings

- 1 tablespoon extra virgin olive oil
- 1 tablespoon lemon juice
- 1 pinch freshly ground black pepper
- 3–4 cups fresh kale, chopped ribbon style
- ½ teaspoon sea salt
- ¼ cup raw cashews, finely chopped

Directions

1. In a small bowl, whisk together olive oil, lemon juice, and black pepper. Set aside.
2. Place kale in a large bowl. Massage it by hand with sea salt for two minutes until the kale is soft and dark green. (You may want to set a timer, as it is necessary to tenderize the kale for this long.) It will shrink quite a bit.
3. Add the olive oil mixture and the chopped cashews to the kale. Toss until the kale is evenly coated. Serve immediately.

Tip: Leftovers will keep well in the refrigerator for a day or two.

Nutrition (per serving):

Calories: 214
Fat (g): 15
Sat. Fat (g): 3
Chol (mg): 0
Sodium (mg): 523
Carb (g): 17
Fiber (g): 3
Protein (g): 7

ReNew Food Plan (per serving):

ns Veg: 2
Nuts & Seeds: 2
Fats & Oils: 1.5



Mediterranean Egg and Vegetable Scramble VO

Makes 4 servings

- 8 organic eggs
- 1 tablespoon extra-virgin olive oil
- ½ cup onion, diced
- 2 cloves of garlic, minced
- 1 cup greens of choice (spinach, kale, watercress, chard, etc.), chopped
- ¼ cup tomatoes, diced*
- ¼ cup kalamata olives, diced
- ½ teaspoon dried basil
- 1 dash cayenne pepper*
- 1 pinch black pepper
- 1 avocado, sliced into 8 segments

Nutrition (per serving):

Calories: 314
Fat (g): 25
Sat. Fat (g): 5
Chol (mg): 424
Sodium (mg): 386
Carb (g): 9
Fiber (g): 2
Protein (g): 14

ReNew Food Plan (per serving):

Fats & Oils: 3.5
Proteins: 2
ns Veg: 2

Directions

1. Whisk eggs in a bowl. Set aside to bring to room temperature.
2. Heat oil in a skillet over medium-high heat and sauté onion and garlic for 2 minutes, or until softened. Reduce heat to medium low.
3. Add greens, tomatoes, olives, and seasonings. Cook for another 2–4 minutes, stirring frequently until greens are tender.
4. Add eggs to the mixture and scramble until done but not dry.
5. Divide eggs evenly onto four plates. Season with sea salt and pepper to taste.
6. Top each egg mixture with two slices of avocado each.

*Omit tomatoes and cayenne pepper if avoiding nightshades.



Nightshade-Free Curry Powder VE

Makes about 5 tablespoons (1 serving = 1 teaspoon)

- 4 teaspoons ground turmeric
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 2 teaspoons dried cilantro
- 2 teaspoons ground ginger
- 1 teaspoon mustard powder
- 1 teaspoon ground cardamom
- ½ teaspoon black pepper
- ½ teaspoon ground cinnamon
- ½ teaspoon of any of the following:
 - fenugreek, curry leaf, clove, anise, mace, star anise, caraway, nutmeg, garlic powder

Nutrition (per serving):

Calories: 6
Fat (g): 0
Sat. Fat (g): 0
Chol (mg): 0
Sodium (mg): 1
Carb (g): 1
Fiber (g): 2
Protein (g): 0

Directions

1. Mix all ingredients together thoroughly.
2. Store in airtight container at room temperature.



Nut Cheese VE

Makes 2 cups (1 serving ≈ ¼ cup)

- 1 cup raw almonds, raw cashews, or raw macadamia nuts
- ½ teaspoon sea salt, plus a pinch for soaking
- 3 tablespoons water
- 2 tablespoons extra-virgin olive oil
- 4 teaspoons lemon juice

Directions

1. Place the nuts in a large bowl. Fill bowl with filtered water and a pinch of salt. Cover and soak. If using almonds, soak for 24 hours. If using cashews or macadamia nuts, soak for 6 hours or longer.
2. Drain the nuts in a colander and rinse thoroughly until the water runs clear.
3. Place the nuts in a food processor or high-speed blender with the remaining ingredients.
4. Process until smooth and creamy. The mixture should have a ricotta cheese-like texture.

Tip: Mixture stores well in the refrigerator for up to 5 days.

Note: Nutrition analysis is provided for almonds.

Nutrition (per serving):

Calories: 137
Fat (g): 13
Sat. Fat (g): 1
Chol (mg): 0
Sodium (mg): 120
Carb (g): 4
Fiber (g): 1
Protein (g): 4

ReNew Food Plan (per serving):

Nuts & Seeds: 2.5
Fats & Oils: 0.5



Nut Porridge VE

Makes 2 servings

- 2 tablespoons dried coconut flakes (unsweetened)
- 2 tablespoons pumpkin seeds
- 2 tablespoons ground flax seeds
- 2 tablespoons chia seeds
- ¼ cup raw walnuts
- ½ teaspoon ground cinnamon
- ⅛ teaspoon sea salt
- 1 cup boiling water

Directions

1. Combine all dry ingredients in a high-speed blender and blend until finely ground.
2. Pour boiling water into blender, cover with lid, and blend. Start on low setting and gradually move to high. Blend until porridge is smooth.
3. Transfer porridge to a bowl and garnish with organic berries.

Tips: Walnuts can be replaced with a different nut of choice. Consider soaking the nuts and seeds for 8–12 hours or overnight (be sure to drain and rinse well) to improve digestibility. Make sure nuts and seeds are dry before blending in blender. If desired, top the porridge with organic berries. (Note: Berries are not included in the nutritional analysis).

Nutrition (per serving):

Calories: 265
Fat (g): 20
Sat. Fat (g): 5
Chol (mg): 0
Sodium (mg): 133
Carb (g): 16
Fiber (g): 5
Protein (g): 9

ReNew Food Plan (per serving):

Nuts & Seeds: 6



Raspberry Chia Seed Pudding VE

Makes 4 servings

- 2 cups organic raspberries, divided
- ¾ cup full-fat coconut milk
- ¼ teaspoon sea salt
- ½ teaspoon real vanilla extract
- ½ teaspoon cinnamon
- ½ cup chia seeds
- ½ cup dried coconut flakes (unsweetened)
- 2 tablespoons hemp seeds
- ¼ cup raw walnuts, finely chopped

Directions

1. In a blender, purée 1 cup of raspberries with coconut milk until smooth.
2. Place salt, vanilla, cinnamon and chia seeds in a bowl. Pour the raspberry mixture into the bowl and stir to combine. Seal in an airtight container in the refrigerator for 12 hours or overnight. This mixture will become thicker and pudding-like.
3. When ready, give mixture a stir. Divide into four small bowls and top with coconut, hemp seeds, walnuts, and remaining berries.

Tips: Using different types of berries and nuts can enhance the variety and nutritional density of this recipe. One serving of this recipe makes a great breakfast or mid-day snack.

Nutrition (per serving):

Calories: 350
Fat (g): 28
Sat. Fat (g): 11
Chol (mg): 0
Sodium (mg): 125
Carb (g): 22
Fiber (g): 12
Protein (g): 9

ReNew Food Plan (per serving):

Nuts & Seeds: 4.5
Fats & Oils: 2.5
Fruits: 0.5



Roasted Beets & Greens VE

Makes 4 servings

- 1–2 bunches trimmed beets (about 4–8 medium beets)
- 1½ tablespoons extra-virgin olive oil
- 1 lemon, juiced (approx. 3 tablespoons juice)
- 2 teaspoons coconut aminos
- 1 clove garlic, minced
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper
- 4 cups baby spinach or spring mix, divided
- 1 cup fresh parsley
- ¼ large red onion, sliced

Directions

1. Preheat oven to 400° F.
2. Rinse and dry beets, then wrap each one in foil.
3. Roast until tender (about 1 hour). Let cool, then peel and dice.
4. Whisk together olive oil, lemon juice, coconut aminos, garlic, sea salt, and pepper. Toss with beets.
5. For each serving, toss ½ cup dressed beets with 1 cup spinach or spring mix and ¼ cup parsley. Top with red onion slices.

Nutrition (per serving):

Calories: 113
Fat (g): 5
Sat. Fat (g): 1
Chol (mg): 0
Sodium (mg): 286
Carb (g): 15
Fiber (g): 3
Protein (g): 3

ReNew Food Plan (per serving):

ns Veg: 3
Fats & Oils: 1



Roasted Radishes V VE VL *(depending on the type of cooking fat used)*

Makes 4 servings

- 4 cups radishes (about 3 bunches), trimmed and quartered
- 2 tablespoons ghee or unrefined coconut oil, melted
- ½ teaspoon salt

Directions

1. Preheat the oven to 375° F. Line a rimmed baking sheet with parchment paper or silicone liner for easier cleanup.
2. In a small bowl, toss the radishes with the melted ghee.
3. Spread in a single layer on the prepared baking sheet and sprinkle with the salt.
4. Roast for 20 to 25 minutes, until the radishes are fork-tender and start to turn golden brown.

Tips: Roasted radishes have a texture that is similar to potatoes. Daikon radishes can be used in place of regular radishes to enhance nutritional density and support detoxification. If using ghee, select a brand made with organic butter from grass-fed cows.

Nutrition (per serving):

Calories: 84
Fat (g): 7
Sat. Fat (g): 4
Chol (mg): 17
Sodium (mg): 266
Carb (g): 4
Fiber (g): 2
Protein (g): 1

ReNew Food Plan (per serving):

Fats & Oils: 1.5
ns Veg: 1



Roasted Rosemary Almonds **V** **VE** **VL** (depending on the type of cooking fat used)

Makes 16 servings (1 serving ≈ 2 tbsp.)

- 1 tablespoon ghee or unrefined coconut oil
- 2 cups raw whole almonds
- 2 tablespoons dried rosemary
- 2 teaspoons sea salt
- ¼ teaspoon black pepper

Directions

1. Melt the ghee or coconut oil in a large skillet over medium-low heat.
2. Add in the almonds and stir until well coated. Add the rosemary, salt, and pepper.
3. Toast the almonds in the skillet for about 8 to 12 minutes. Stir often to avoid burning. Transfer the nuts to a plate and cool to room temperature.

Tip: If using ghee, select a brand made with organic butter from grass-fed cows.

Nutrition (per serving):

Calories: 112
Fat (g): 10
Sat. Fat (g): 1
Chol (mg): 2
Sodium (mg): 236
Carb (g): 4
Fiber (g): 2
Protein (g): 4

ReNew Food Plan (per serving):

Nuts & Seeds: 2.5



Sautéed Swiss Chard VL VE *(depending on the type of cooking fat used)*

Makes 4 servings

- 1 pound Swiss chard (about 1 large bunch), well rinsed
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon ghee or unrefined coconut oil
- 1 medium onion, sliced thin in rings cut in half
- 1 clove garlic, finely chopped
- ¼ teaspoon black pepper

Directions

1. Cut stems and center ribs from chard, discarding any tough portions, then cut stems and ribs crosswise into 2-inch pieces. Stack chard leaves and roll up lengthwise into tight cylinders. Cut cylinders crosswise to make 1-inch-wide strips.
2. Heat olive oil and ghee or coconut oil in a large heavy pot over medium heat until foam subsides, then cook onions and garlic, stirring occasionally, until onions begin to soften, about 8 minutes.
3. Add chard stems, ribs, and pepper to the pot. Cover and cook, stirring occasionally, until stems are just tender, about 10 minutes.
4. Add chard leaves in batches, stirring each until wilted before adding next batch. Cover and cook stirring occasionally until tender, 4 to 6 minutes. Transfer with the sautéed stems and ribs to a bowl and serve.

Tips: Chard can be washed, dried, and cut two days ahead and chilled in sealed bags lined with dampened paper towels. Chard can be cooked four hours ahead and reheated over low heat on stove or in a microwave oven. If using ghee, select a brand made with organic butter from grass-fed cows.

Nutrition (per serving):

Calories: 93
Fat (g): 7
Sat. Fat (g): 3
Chol (mg): 9
Sodium (mg): 244
Carb (g): 7
Fiber (g): 2
Protein (g): 2

ReNew Food Plan (per serving):

Fats & Oils: 1.5
ns Veg: 1



Shaved Brussels Sprouts with Leeks & Pomegranate V VE

(depending on the type of cooking fat and stock used)

Makes 6 servings (1 serving ≈ ¾ to 1 cup)

- 2 pounds Brussels sprouts
- 1 tablespoon ghee or extra-virgin olive oil
- 1 leek, sliced, white part only
- 2 cloves garlic, minced
- ¾ cup bone broth or stock of choice
- ¾ teaspoon sea salt
- ½ teaspoon black pepper
- ¼ cup pomegranate seeds

Directions

1. Shred the Brussels sprouts using the grater attachment on a food processor or a mandolin.
2. Melt ghee or olive oil in a large saucepan or stockpot over medium-high heat.
3. Place the Brussels sprouts, leek, and garlic in the saucepan. Sauté for 5 minutes.
4. Add the broth, salt, and pepper. Cover and steam for 5 minutes, until the Brussels sprouts are bright green and tender, and most of the broth is cooked down.
5. Garnish with pomegranate seeds and serve warm.

Tip: If using ghee, select a brand made with organic butter from grass-fed cows.

Nutrition (per serving):

Calories: 97
Fat (g): 3
Sat. Fat (g): 1
Chol (mg): 6
Sodium (mg): 281
Carb (g): 16
Fiber (g): 6
Protein (g): 5

ReNew Food Plan (per serving):

ns Veg: 3
Fats & Oils: 0.5



Southwestern Egg Muffins VO

Makes 4 servings (1 serving ≈ 3 muffins)

- 10 organic eggs
- 1 tablespoon extra-virgin olive oil
- 1 onion, finely diced
- 4 cloves garlic, minced
- 1 red bell pepper, diced*
- 1 cup spinach, chopped
- ½ teaspoon cumin
- ½ teaspoon turmeric
- ½ teaspoon chili powder or chipotle powder*
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper
- ½ jalapeño, minced*
- ¼ cup cilantro, minced
- Unrefined, organic coconut oil for greasing muffin tins

Directions

1. Preheat oven to 350° F.
2. Whisk eggs in bowl and set aside until they are room temperature.
3. Heat oil in a skillet over medium-high heat and sauté onion for 5 minutes, or until softened. Reduce heat to medium low.
4. Add garlic and stir to combine. Add peppers (if using), spinach, and seasonings. Cook for 3 minutes, stirring frequently.
5. Remove the skillet from heat. When mixture has cooled slightly, stir in cilantro. Then add to the eggs in the bowl and stir to combine.
6. Rub a little coconut oil in a 12-count muffin tin or line with muffin liners. Divide the egg mixture between the 12 muffin tins and bake egg muffins for 20 minutes or until a knife inserted in the center comes out clean.
7. Let cool slightly before removing and serving. May be frozen and reheated.

Tip: These muffins make an excellent on-the-go breakfast or quick snack that is full of lean protein, healthy fat, and lots of vegetables.

*Omit bell pepper, chili or chipotle powder, and jalapeño if avoiding nightshades.

Nutrition (per serving):

Calories: 248
Fat (g): 16
Sat. Fat (g): 4
Chol (mg): 530
Sodium (mg): 308
Carb (g): 8
Fiber (g): 2
Protein (g): 17

ReNew Food Plan (per serving):

Fats & Oils: 1
Proteins: 2
ns Veg: 2



Spiced Turkey and Zucchini Meatballs

Makes 4 servings (1 serving = 3 meatballs)

- 1 pound ground turkey
- 1 small zucchini, grated
- 2 tablespoons shallots, minced
- 1 garlic clove, minced
- 1 large organic egg, beaten
- 1 teaspoon dried oregano
- ¾ teaspoon sea salt
- ½ teaspoon aleppo pepper or ¼ teaspoon crushed red pepper flakes*
- ½ teaspoon fennel seeds, minced or crushed
- ½ teaspoon dried sage
- 2 tablespoons avocado oil
- Fresh basil or chives, chopped (for garnish)

Nutrition (per serving):

Calories: 215
Fat (g): 11
Sat. Fat (g): 2
Chol (mg): 144
Sodium (mg): 512
Carb (g): 3
Fiber (g): 1
Protein (g): 27

ReNew Food Plan (per serving):

Proteins: 3.5
ns Veg: 0.5

Directions

1. Preheat the oven to 400° F.
2. In a large bowl, combine all of the ingredients except the avocado oil and basil. Mix well. Using wet hands, form the mixture into 12 balls.
3. Using a large oven-safe sauté pan or cast iron skillet, heat the avocado oil over medium-high heat.
4. Place the meatballs in the hot pan, leaving space between them. Use a large spoon to turn the meatballs gently and cook until brown (about 30 seconds per side).
5. Once meatballs are thoroughly browned, remove the sauté pan from the stovetop and place in the preheated oven. Bake until the meatballs feel firm to the touch (about 8 to 10 minutes).
6. Garnish with basil and serve.

Tip: Depending on the size of your sauté pan, you may need to cook the meatballs in batches. Overcrowding the pan will keep the meatballs from browning well.

*Omit the aleppo pepper and red pepper flakes if avoiding nightshades.



Steamed Spinach with Fresh Lemon VE

Makes 2 servings

- 9 ounces baby or trimmed regular spinach
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon fresh lemon juice, plus lemon wedges for garnish
- 1/8 teaspoon sea salt

Directions

1. Fill a medium saucepan with about 1-2 inches of water and fit with a steamer insert. Bring to a boil, add spinach, and reduce to a simmer. Cover and steam until spinach has wilted, about 2 minutes.
2. Transfer spinach to a glass serving bowl. Toss with oil, lemon juice, and salt. Garnish with lemon wedges. Serve immediately.

Nutrition (per serving):

Calories: 90
Fat (g): 7
Sat. Fat (g): 1
Chol (mg): 0
Sodium (mg): 218
Carb (g): 5
Fiber (g): 3
Protein (g): 4

ReNew Food Plan (per serving):

Fats & Oils: 1.5
ns Veg: 1



Turkey Sausage Patties

Makes 4 servings (1 serving = 2 patties)

- 1 pound lean ground turkey
- 2½ teaspoons fennel seeds
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 teaspoon sweet paprika*
- ½ teaspoon crushed red pepper flakes*
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- 1 tablespoon avocado oil

Directions

1. In a bowl, combine the ground turkey and all of the dry ingredients.
2. Using your hands or a large spoon or fork, mix ingredients thoroughly, making sure the spices are well mixed into the ground turkey.
3. Form the meat into 8 equal-size patties.
4. Heat the oil in a large nonstick skillet over medium-high heat.
5. Sauté the patties until brown on both sides, and until the internal temperature reaches 165° F (about 8 to 10 minutes).

*Omit the paprika and red pepper flakes if avoiding nightshades.

Nutrition (per serving):

Calories: 201
Fat (g): 12
Sat. Fat (g): 2
Chol (mg): 73
Sodium (mg): 318
Carb (g): 2
Fiber (g): 1
Protein (g): 24

ReNew Food Plan (per serving):

Proteins: 3.5
ns Veg: 0.5



Vegetable Shirataki Noodle Stir-Fry VE

Makes 4 servings

- 3 tablespoons toasted sesame oil, divided
- 1 medium onion, thinly sliced and halved
- 2–3 garlic cloves, minced
- ¼ pound fresh shiitake mushrooms, stems discarded, caps sliced
- 2–3 tablespoons coconut aminos
- ½ pound fresh or frozen broccoli, cut into small florets
- 4 ounces bamboo shoots, sliced
- 1 tablespoon fresh ginger, grated
- 2 teaspoons sesame seeds
- ½ teaspoon red pepper flakes*
- 1 quart water
- 16 ounces shirataki noodles

Nutrition (per serving):

Calories: 243
Fat (g): 12
Sat. Fat (g): 2
Chol (mg): 0
Sodium (mg): 248
Carb (g): 34
Fiber (g): 6
Protein (g): 6

ReNew Food Plan (per serving):

ns Veg: 5
Fats & Oils: 2.5

Directions

1. In a large skillet or wok, heat 2 tablespoons of the sesame oil over medium heat. Add the onions, garlic, shiitake mushrooms, and coconut aminos. Cook until onions are tender. (If the pan becomes too dry, add some water.)
2. Add the remaining sesame oil to the skillet, then add the broccoli, bamboo shoots, ginger, sesame seeds, and pepper flakes. Stir until the broccoli is crisp-tender, about 4 to 5 minutes.
3. While the vegetables are cooking, bring the water to a boil in a large saucepan. Rinse the shirataki noodles in a colander under cold running water for about 15 seconds and drain. Add the noodles to the boiling water and cook for 3 minutes. Drain the noodles and put back in the dry saucepan over low heat, stirring until the noodles are dry.
4. Add noodles to the vegetables. Toss over medium-high heat until well-blended and heated through.

Tip: Shirataki noodles are a soluble source of plant fiber that helps with appetite control and blood sugar stability.

*Omit red pepper flakes if avoiding nightshades.



Zucchini Noodles with Pesto and Organic Tempeh V VE VL

(depending on the type of cooking fat used)

Makes 2 servings

- 2 cups zucchini, spiral cut or julienned into noodles
- ½ teaspoon sea salt
- 2 teaspoons ghee or unrefined coconut oil
- 1 medium to large sweet onion, diced
- 8 ounces organic tempeh, diced
- 2 tablespoons dairy-free pesto (recipe on page 23)

Directions

1. Place the zucchini in a strainer over a larger bowl or in the sink. Sprinkle with sea salt and toss to coat. Allow the zucchini to sit for 15–20 minutes to allow excess liquid to drain.
2. Wrap zucchini in a few paper towels and squeeze gently to remove any remaining moisture. Wrap again in fresh paper towels and set aside.
3. In a large skillet, melt ghee or coconut oil. Add onion and sauté over medium heat until translucent. Add tempeh and sauté for 3–5 more minutes.
4. Add the zucchini noodles to the skillet and cook for 3–4 minutes, stirring occasionally, until the zucchini noodles are tender.
5. Add pesto to the skillet. Toss to coat noodles and serve immediately.

Tips: If you don't own a spiralizer, you can find zucchini already prepared as "zoodles" in some grocery stores. Alternatively, zucchini can be sliced or julienne cut. If using ghee, select a brand made with organic butter from grass-fed cows.

Nutrition (per serving):

Calories: 419
Fat (g): 25
Sat. Fat (g): 6
Chol (mg): 12
Sodium (mg): 132
Carb (g): 29
Fiber (g): 2
Protein (g): 26

ReNew Food Plan (per serving):

Fats & Oils: 3
ns Veg: 3
Proteins: 2
Nuts & Seeds: 1
Legumes: 0.5



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