



The 30-Day Whole Food Cookbook & Reset Plan

**Whole Fast & Easy Recipe Book for
beginners with 2 Meal Plans & Food
Reaction Diary**

Dr. Zoe Bennett

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Introduction

This book is your trusted companion toward more mindful and nourishing eating. It was created for anyone ready to make a real change—someone looking to break free from food habits that no longer serve them and better understand how food affects how they feel, think, and function.

Inside, you'll find two equally important parts of that journey:

The 30-day reset is based on the principles of a whole-food nutrition approach. This plan focuses on eating real, unprocessed foods while eliminating added sugars, grains, dairy, legumes, and all processed ingredients from your meals. Throughout this book, we'll refer to it as the Whole Diet.

This phase is designed to help you “wipe the slate clean,” reduce inflammation, support digestion, boost energy, and improve your overall health and well-being. You'll find 120 simple and satisfying recipes that fully meet the program's guidelines.

The transition out of the Whole Diet—also known as the reintroduction phase. This is where you slowly and safely return the foods you've eliminated. It's a crucial step that helps you identify which foods work well for your body—and which may trigger discomfort or setbacks. You'll have 90 “transformer recipes” to guide you—familiar meals with just one new ingredient added in, making it easier to observe how your body responds. You'll also get a detailed reintroduction meal plan with 2-3-day gaps between food groups so your body has time to adjust.

You'll begin with a clean slate, build your meals around whole, nourishing ingredients, and gradually learn to tune in to what your body tells you. In addition to the recipes, you'll receive practical advice on keeping a journal to document your experiences, including changes in energy, mood, sleep, and digestion, so you can establish a consistent, customized eating pattern that will continue long after the program. This isn't just another diet manual—it's a flexible, supportive system. With this book, you won't just start your Whole Diet journey with confidence—you'll know exactly how to move forward from it without losing the progress you've made.

Chapter 1. What You Need to Remember About the Whole Diet

If you're holding this book, chances are the Whole Diet is already familiar to you. Maybe you've read about it from its founder, felt inspired by someone else's transformation story, or perhaps you're already stepping into a new way of eating. This book isn't a beginner's manual—it's your companion, your guide to making the next 30 days delicious, doable, and, most importantly, sustainable.

Let's Refresh the Basics!

The Whole Diet isn't about weight loss or starving yourself. It's a reset—a 30-day nutrition experiment that allows your body to heal from inflammation, sugar cravings, and hidden irritants that can affect your digestion, energy, mood, sleep, and more. You'll be cutting out anything that might be causing issues and focusing instead on real, whole, nutrient-dense foods.

Here are the core rules:

- ✗ No added sugar in any form (including honey, syrups, and artificial sweeteners)
- ✗ No grains or gluten (corn, rice, oats, wheat, barley, etc.)
- ✗ No dairy of any kind
- ✗ No legumes (including peanuts, peas, beans, and soy)
- ✗ No alcohol—not even for cooking
- ✗ No “healthified” treats or baked goods (to break old habits and cravings)
- ✗ And no cheat meals. If you break the rules, you must restart the 30 days.

Does it sound strict? It is. But there's a reason behind the structure: by removing the common triggers, you give your body space to reset, reflect, and rebuild a new, healthier relationship with food.

How to Make This Journey Easier?

The most challenging part of the Whole Diet isn't just saying goodbye to sugar or bread. It's the feeling of "What on earth do I eat now?" and "Do I seriously have to cook every single day?"

That's precisely where this book steps in to help.

Inside, you'll find:

- 120 original recipes that fully follow the Whole Diet rules

- A complete 30-day meal plan so you never have to guess what's for dinner

And, best of all, recipes that focus on taste first—so you'll love the food while naturally following the guidelines

We've worked to make this journey feel less like a chore—and more like something you might enjoy.

What Comes Next

One of the biggest questions people have after a strict reset like this is: "NOW WHAT?" How do you return to your regular diet without undoing all your progress? How do you reintroduce foods in a way that works?

A lot of books don't go deep into that. But we do—because we believe what happens AFTER the 30 days is just as important as the 30 days themselves.

That's why the next chapter will guide you through the post-diet phase—where you'll reintroduce foods gradually and thoughtfully while still feeling confident, supported, and in tune with your body.

Chapter 2. How to Safely Return to Everyday Eating

Now that you're familiar with the principles of the Whole Diet and know which foods to avoid, it's time to talk about the next critical stage—reintroduction. This isn't just the "end of the diet," but one of the most essential parts of the entire process. It helps you understand which foods genuinely work for your body — and which don't.

Why Reintroduction Matters

Reintroduction means gradually bringing back the food groups you've eliminated—one at a time—so you can see how each one affects your digestion, energy levels, mood, sleep, and overall well-being.

It's a stage many people worry about. After sticking to a clean, structured plan for weeks, diving headfirst into everything you've been missing is tempting. However, that "free-for-all" approach often leads to bloating, fatigue, sugar cravings, and rapid weight regain.

That's exactly why this book provides a clear, thoughtful roadmap—one that's all about gentle transitions, body awareness, and treating yourself with kindness.

How the Process Works

During the reintroduction phase, you'll be adding back one food group at a time—with 2-3 days between each one. This break is crucial. It gives your body a chance to respond and lets you observe how you actually feel.

Important: You'll only add one new food at a time—and all the rest of your meals should continue to follow the rules of the Whole Diet.

How to test a food: You'll eat it twice in one day — ideally in two separate meals (like breakfast and lunch, or lunch and dinner), but not in the same dish. This gives your body a clearer message and helps you spot subtle reactions.

If everything goes well over the next 2-3 days, you can move on to the next food group.

What each cycle looks like:

Step 1: Reintroduction Day. Add just one food from a specific category—and only that one. All other meals of the day should remain Whole-Diet-compliant.

Step 2: Observation Period (2-3 days). Return to your full Whole Diet meals and pay close attention to how you feel. Use the food journal included in this book to note how your digestion feels, whether your mood shifts,

whether you sleep well, whether your skin changes, and what your energy and cravings are like. If everything feels fine—move on to the next group. If symptoms appear—like bloating, brain fog, fatigue, skin issues, or irritability — it's a sign that food may not work for your body right now. In that case, it's wise to set it aside for a while. You might try it again later in smaller amounts, but not yet.

Remember: everybody is different. Some people tolerate legumes beautifully, while others experience a wave of symptoms after just a few bites of peas or a small handful of edamame.

What Are We Reintroducing?

In this book, we won't be reintroducing sugar, sweeteners, or alcohol—those can come later once you fully understand how to manage reintroduction and listen to your body's cues.

For now, we're focusing on the foods most commonly found in everyday meals—the ones that can nourish you when they're a good fit:

10 types of grains and gluten-free cereals (including quinoa, buckwheat, brown rice, wild rice, bulgur, and more);

10 types of legumes and legume-based products (like lentils, chickpeas, black beans, edamame, tofu, tempeh, etc.);

10 types of fermented dairy products (Greek yogurt, kefir, cottage cheese, hard and soft cheeses, sheep's and goat's milk yogurt, etc.).

For each product, you'll find:

- A clear reintroduction day in the meal plan;
- A recipe where just one new ingredient is added to a familiar Whole Diet dish;
- A food journal section to record your body's reactions.

Our Goal

We want more than to “add foods back.” We want to help you understand your body—what makes you feel strong, clear, and energized, and what might be holding you back.

Reintroduction isn't about returning to old habits. It's about building a new way of eating that is flexible, intuitive, and supportive of long-term health.

And don't worry—you're not doing it alone. With this book, you have a plan, a set of delicious reintroduction recipes, and a supportive journal system that will keep you connected to your body every step.

Chapter 3. Frequently Asked Questions

Even the most detailed plan can raise questions: how to cook, what to do if something goes wrong, and can I feed this to my kids? In this chapter, we've gathered the most common questions — and honest answers—to help you move forward with more confidence and ease.

How many servings are the recipes in this cookbook for?

Just one.

We get it—you're probably the only one in your household or circle diving into this way of eating. Dividing ingredients, recalculating calories, and figuring out what to do with leftovers can be a real hassle. With our recipes, you're cooking just for yourself—no math required.

If someone around you decides to join in (yay!), multiply the ingredients by the number of servings you need and cook for everyone. Simple!

How accurate are the calorie and macro counts?

They're approximate.

Calories and protein, fat, and carb counts are based on standard nutritional databases. But every veggie, every piece of meat, every spoonful of oil is a little different—depending on the variety, the season, how it was grown, and how it's prepared.

Think of the numbers in this book as helpful estimates, not exact science. If you need precise tracking (for health or medical reasons), the best approach is to use a nutrition app and weigh your ingredients.

Can kids eat this way too?

The Whole Diet isn't a restrictive weight-loss plan or a crash diet. It's a way of eating based on actual, nourishing, whole foods. At first glance, nothing here would seem "off-limits" for kids.

Children's bodies are growing and changing constantly—they have unique needs regarding calories, fats, and carbs. So, if you're thinking about applying these principles to your child's diet, please check in with a pediatrician or a registered dietitian first, especially if your child has any digestive issues, is underweight, or has specific health conditions.

What if I break the Whole Diet rules?

First things first: be kind to yourself.

You've already done more than most by simply starting this journey—and sticking to it, even for part of the time. One slip-up doesn't erase your progress. It's not a failure; it's feedback.

That said, if you want to get the full benefit of the program, the official advice is to restart the 30-day cycle. Yes, it's tough. But if you've got the energy—go for it.

And if not? That's okay, too. Just own it. Say to yourself: "This is my choice, my responsibility. The book isn't to blame." Decide how you want to move forward from here.

Where can I buy the food that I need for the Whole Diet?

Honestly? It's simpler than you think.

You won't need anything fancy or complicated to find. The recipes in this book are built on ingredients like vegetables, fruit, meat, fish, eggs, herbs, and cold-pressed oils—things you can find in most supermarkets, local markets, or farm shops. Sometimes, you might need to check the label more carefully or choose a slightly higher-quality product, but you definitely don't need rare or exotic ingredients.

Can I exercise while doing the Whole Diet?

Absolutely—just listen to your body.

In the first 5-7 days, as your body adjusts to this new way of fuelling itself, it's normal to feel a dip in energy or even a bit moody or tired. If you're used to regular workouts, scale them back a little during this time. Hydrate more, and add starchy veggies like sweet potatoes, squash, or carrots to support your energy.

Most people find that their energy bounces back after the adjustment period, and workouts feel better than ever.

Can I do Whole Diet again in the future?

Of course!

Many people repeat the program once a year as a "reset"—especially if their eating habits start to slip. Remember: this isn't meant to be a forever cycle. The goal isn't perfection. It's flexibility, sustainability, and self-awareness.

How much water should I drink during the Whole Diet and the reintroduction phase?

There's no one-size-fits-all answer—it depends on your weight, activity level, the weather, and personal needs.

But here's a good rule of thumb:

Aim for 30-35 ml of water per kilogram of body weight daily.

If you weigh 60 kg, you need about 1.8-2.1 liters of fluids daily. You'll need more on hot days or if you're exercising.

And remember: it's not just about plain water! This includes warm broths, herbal teas, unsweetened coconut water, and soups. What matters most is staying hydrated throughout the day.

Listen to your body: if you often forget to drink, keep a water bottle where you can see it. If you're already thirsty or feeling foggy or headachy—it's probably time to sip.

One last thing: don't force it. If you're not thirsty, there's no need to chug liters. It's all about balance—not chasing numbers.

Now that you've covered the basics and feel informed, empowered, and ready, it's time to roll up your sleeves and start cooking! The following chapters will lead you into the heart of this journey with recipes designed to nourish your body, delight your taste buds, and keep your Whole Diet adventure inspiring and delicious.

Chapter 4. Whole Meal Plan

Day	Breakfast	Lunch	Dinner	Snack
1	Mushrooms with Eggs (p. 11)	Garlic Herb Roasted Chicken Thighs (p. 29)	Stuffed Mushrooms with Cauliflower and Egg (p. 50)	Mini Cucumber Tuna Bites (p. 55)
2	Healthy Quiche (p. 12)	Garlic Butter Shrimp (p. 30)	Ground Beef and Broccoli (p. 41)	Tomato & Avocado Garden Bowl (p. 56)
3	Spiced Beef & Zucchini Bowl (p. 13)	Coconut and Cabbage Stew (p. 34)	Fish and Vegetable Curry (p. 45)	Mini Deviled Egg (p. 55)
4	Quick Breakfast Casserole (p. 12)	Coconut Lime Chicken Stir-Fry (p. 26)	Kale & Roasted Cauliflower (p. 50)	Avocado & Turkey Roll (p. 55)
5	Roasted Pear & Walnut Breakfast Bowl (p. 11)	Scallops with Sautéed Zucchini & Lemon-Herb Drizzle (p. 26)	Beef Chuck Steak (p. 40)	Avocado-Stuffed Egg Halves (p. 56)
6	Salmon and Egg Scramble (p. 13)	Mediterranean Roasted Veggie Bowl (p. 35)	Cabbage and Salmon (p. 45)	Turkey & Avocado Lettuce Bites (p. 56)
7	Pumpkin Almond Mash (p. 14)	Turkey and Sweet Potato Hash (p. 27)	Spiced Spinach & Cauliflower Sauté (p. 51)	Zesty Orange & Pistachio Snack (p. 57)
8	Savory Spiced Turkey Scramble (p. 14)	Seafood Soup (p. 30)	Garlic Chicken (p. 41)	Egg & Olive Bites (p. 57)
9	Garlic Chicken & Spinach Skillet (p. 17)	Zucchini Pancakes (p. 35)	Salmon with Orange (p. 46)	Carrot & Walnut Snack Sticks (p. 57)
10	Savory Shrimp & Egg White Scramble (p. 15)	Turkey Zucchini Meatballs (p. 27)	Stuffed Eggplants (p. 51)	Avocado Nori Bites (p. 58)
11	Egg & Avocado Breakfast Wraps (p. 16)	Mussels with Tomato and Basil (p. 31)	Chicken Gravy with Mushrooms (p. 40)	Celery and Almond Butter Sticks (p. 58)
12	Green Shakshuka (p. 16)	Roasted Cauliflower & Avocado Bowl (p. 36)	Garlic Lemon Tilapia (p. 46)	Carrot-Stuffed Avocado Halves (p. 58)
13	Warm Sweet Potato & Avocado Hash (p. 17)	Rosemary Garlic Lamb Chops (p. 39)	Zucchini Noodles with Avocado Pesto (p. 52)	Spiced Almonds (p. 59)
14	Savory Turkey & Avocado Breakfast Bowl (p. 15)	Garlic Butter Clams (p. 31)	Lamb Chops (p. 42)	Stuffed Mini Bell Peppers with Avocado-Lime Mash (p. 59)
15	Berry Bowl (p. 19)	Savory Zucchini & Sweet Potato Gratin (p. 36)	Garlic Butter Cod with Roasted Vegetables (p. 47)	Cashew Butter Almond Bites (p. 60)
16	Sautéed Carrot-Cabbage Bowl with Cashews (p. 18)	Lamb and Cauliflower Rice Bowl (p. 28)	Vegetable Stew (p. 52)	Savory Spinach Chips (p. 63)
17	Mushroom-Asparagus Frittata (p. 19)	Baked Lemon Garlic Cod (p. 32)	Duck Breast with Garlic Spinach (p. 42)	Radish & Avocado Mini Stacks (p. 63)
18	Sautéed Veggie & Turkey Bowl (p. 18)	Sautéed Sweet Potato with Egg & Olive Mix (p. 37)	Garlic Butter Seared Scallops (p. 47)	Coconut Blueberry Bites (p. 60)
19	Sweet Potato & Egg Hash (p. 20)	Garlic Steak Bites (p. 28)	Spaghetti Squash with Garlic Mushrooms (p. 53)	Berry Coconut Cup (p. 60)
20	Zucchini & Egg Scramble (p. 20)	Salmon in Coconut Gravy (p. 32)	Stewed Pork (p. 43)	Strawberry Pistachio Delight (p. 60)

Day	Breakfast	Lunch	Dinner	Snack
21	Hard-Boiled Egg & Avocado Bowl (p. 21)	Roasted Beet and Carrot Medley (p. 37)	Coconut Curry Scallops (p. 48)	Pecan Cinnamon Energy Balls (p. 61)
22	Black Olive Omelet (p. 21)	Beef and Mushroom Stir-Fry (p. 28)	Carrots & Asparagus with Tahini Drizzle (p. 53)	Fresh Raspberries (p. 61)
23	Crispy Potato & Veggie Skillet (p. 22)	Garlic Butter Baked Tilapia (p. 33)	Tomato Pork Ribs (p. 43)	Almond Butter Strawberry Bites (p. 61)
24	Chard Breakfast Skillet with Egg, Onion, and Tomato (p. 22)	Mushrooms with Rainbow Chard (p. 38)	Spiced Squid & Veggie Stir-Fry (p. 48)	Cucumber Melon Slices (p. 61)
25	Breakfast Stack (p. 23)	Herb-Crusted Pork Tenderloin (p. 29)	Creamy Spinach Coconut Curry (p. 54)	Pineapple Coconut Bliss (p. 62)
26	Butternut Squash Prosciutto Breakfast Hash (p. 23)	Garlic Lemon Seared Snapper (p. 33)	Turkey & Mushroom Skillet (p. 44)	Cashew Vanilla Energy Balls (p. 62)
27	Bacon and Egg (p. 24)	Baked Vegetables (p. 38)	Shrimp Cauliflower Fried Rice (p. 49)	Warm Pear Halves with Crushed Walnuts (p. 59)
28	Broccoli Egg Muffin (p. 24)	Perfect Pork Lion (p. 29)	Roasted Mixed Vegetables (p. 54)	Macadamia Coconut Pudding (p. 62)
29	Wilted Spinach & Mushroom Sauté (p. 25)	Coconut Lime Mahi-Mahi (p. 34)	Turkey and Squash Stew (p. 44)	Cashew Coconut Trail Mix (p. 62)
30	Savory Avocado Egg Bowl (p. 25)	Vegetable Curry (p. 39)	Zucchini Noodles with Crab and Lemon Garlic Sauce (p. 49)	Crunchy Apple-Walnut Boats (p. 63)

Chapter 5. 30 Breakfast Recipes

Breakfast isn't just the first meal of the day—it's your chance to set the tone for everything that follows. Within the Whole Diet framework, a nourishing breakfast plays a key role: it jumpstarts your metabolism, stabilizes blood sugar levels, and gives you steady energy without the crashes.

In this section, you'll find simple, satisfying, and nutrient-rich breakfast recipes that keep you on track while making mornings something to look forward to. Each dish is designed to fuel you without weighing you down—no grains, sugar, or processed shortcuts.

Ready to start your day deliciously? Let's go!

Mushrooms with Eggs



Serving Portion: 1
Prep Period: 8-10 minutes
Cook Period: 15 minutes

Ingredients Required:

1 slice of cooked bacon with drippings, sugar-free and uncured
1 organic egg, beaten
1/8 medium onion, finely diced (about 20 g)
2 wild mushrooms, finely chopped (about 20 g)
1/2 tomato, chopped (about 35 g)
1/2 tsp olive oil for cooking (about 2.5 ml)
salt and black pepper to taste

Procedure:

1. Place onions in a medium non-stick skillet with olive oil.
2. Cook it for 2 minutes.
3. Add salt and black pepper and thoroughly combine.
4. Cook it for approximately 5 minutes after adding the diced tomatoes.
5. Add the bacon and mushrooms and simmer over low heat for approximately 3 minutes.
6. Next, pour the beaten egg and simmer the mixture over low heat for approximately 5 minutes or until the top is set.
7. Serve hot for a tasty breakfast.

Nutritional Information:

~160 Calories; ~10 g Protein; ~13 g Fat; ~4 g Carbs

Reintroduced Food – Freekeh

(See how to prepare and combine freekeh here, page 69)

To include freekeh during the reintroduction phase, prepare it in advance and serve underneath or alongside the mushroom and egg mixture as a warm, chewy grain base that adds body and subtle flavor.

Roasted Pear & Walnut Breakfast Bowl



Serving Portion: 1
Prep Period: 5 minutes
Cook Period: 10 minutes

Ingredients Required:

1 small ripe pear, diced (about 100 g)
2 tbsp chopped walnuts (about 14 g)
1/2 tbsp almond butter, no sugar or additives (about 8 g)
1/2 tbsp coconut oil (about 7 ml)
1/4 tsp ground cinnamon (about 0.5 g)
a pinch of salt

Procedure:

1. Heat coconut oil in a small, non-stick skillet over medium heat.
2. Add diced pear and cook for 3-4 minutes, stirring occasionally.
3. Gently whisk after adding a pinch of salt and cinnamon.
4. Stir in chopped walnuts and cook for 2-3 more minutes until everything is warm and lightly caramelized.
5. Remove from heat and drizzle with almond butter.
6. Transfer to a bowl and serve immediately.

Nutritional Information:

~230 Calories; ~3 g Protein; ~17 g Fat; ~16 g Carbs

Reintroduced Food – Rolled Oats

(See how to prepare and combine rolled oats here, page 70)

To include rolled oats during the reintroduction phase, prepare them in advance and serve as a warm, creamy base underneath the roasted pear and walnut mixture for a heartier and more satisfying breakfast.

Healthy Quiche



Serving Portion: 1
Prep Period: 5 minutes
Cook Period: 20 minutes

Ingredients Required:

½ cup grated red potatoes (about 75 g)
 1 tsp olive oil (about 5 ml)
 1 large egg
 2 tbsp almond milk, unsweetened (about 30 ml)
 1 tbsp onion, chopped (about 10 g)
 3 tbsp spinach, chopped (about 30 g)
 2 tbsp bell peppers, chopped (about 20 g)
 1 tbsp grape tomatoes, quartered (about 15 g)
 1 tbsp mushrooms, chopped (about 10 g)
 salt and black pepper
 pinch of garlic powder
 olive oil spray for greasing

Procedure:

1. Set the oven temperature to 450°F (230°C).
2. Coat oil spray to a small baking dish to grease it.
3. Press the potato with a paper towel to drain off any extra liquid.
4. Press the grated potato onto the baking dish to create a crust after tossing it with olive oil.
5. Bake the crust until the edges begin to brown, about 10 minutes.
6. Whisk the egg and almond milk together while the crust bakes.
7. Now spice it up with the seasonings and chopped vegetables and stir.
8. After baking the crust, pour the egg mixture into it and put it back in the oven for 10 more minutes or until the egg is set.
9. Before serving, let it cool for a few minutes.

Nutritional Information:

~210 Calories; ~10 g Protein; ~12 g Fat; ~15 g Carbs

Reintroduced Food – Israeli Couscous

(See how to prepare and combine Israeli couscous here, page 69)

To include Israeli couscous during the reintroduction phase, prepare it in advance and stir it into the egg and vegetable mixture before pouring it into the pre-baked potato crust. This allows the couscous to bake together with the quiche, adding subtle texture and mild flavor.

Quick Breakfast Casserole



Serving Portion: 1
Prep Period: 12 minutes
Cook Period: 27-29 minutes

Ingredients Required:

3 ounces ground turkey (about 85 g)
 ⅓ small yellow onion, thinly sliced (about 30 g)
 ¼ tsp dried sage (about 0.25 g)
 ¼ tsp Italian seasoning (about 0.25 g)
 ⅛ tsp crushed red pepper flakes (about 0.15 g)
 ¼ cup frozen spinach, thawed and drained (about 30 g)
 ½ clove garlic, minced (about 1.5 g)
 2 large eggs
 2 tbsp unsweetened coconut milk (about 30 ml)
 ½ small sweet potato, pre-cooked and sliced into rounds (about 60 g)
 1 medium green onion, chopped (about 15 g)
 1 tsp olive oil (about 5 ml)
 olive oil spray for greasing
 salt and freshly ground black pepper to taste

Procedure:

1. Turn the oven on to 375°F (190°C).
2. Apply olive oil spray to a small baking dish to grease it.
3. Microwave the sweet potato for 3 minutes, and then cut it into rounds.
4. In a skillet, heat the olive oil over medium-high heat.
5. Cook the onions for 2 minutes until they are tender.
6. Add the ground turkey and cook until it is browned and broken up, about 5 to 6 minutes.
7. Add sage, black pepper, Italian seasoning, red pepper flakes, and salt for seasoning.
8. Add the green onion, garlic, and spinach and stir.
9. After 2 minutes of cooking, turn off the heat.
10. Whisk the eggs and coconut milk together in a bowl.
11. Arrange the sweet potato slices in layers in the baking dish.
12. After adding the turkey, pour the egg mixture over the sweet potato mixture.
13. Bake, uncovered, until the eggs are hard, 15 to 18 minutes.
14. Enjoy it hot!

Nutritional Information:

~310 Calories; ~22 g Protein; ~20 g Fat; ~12 g Carbs

Reintroduced Food – Bulgur

(See how to prepare and combine bulgur here, page 70)

To include bulgur during the reintroduction phase, prepare it in advance and layer it into the baking dish along with the cooked turkey mixture before pouring over the egg mixture and baking. This adds a wholesome, fiber-rich element that blends into the casserole's texture.

Spiced Beef & Zucchini Bowl



Serving Portion: 1
Prep Period: 8 minutes
Cook Period: 7 minutes

Ingredients Required:

3 oz ground beef (about 85 g, at least 85% lean)
 1/3 small zucchini, diced (about 50 g)
 1/6 small red onion, finely chopped (about 20 g)
 1/2 tsp ground cumin (about 1 g)
 1/4 tsp smoked paprika (about 0.5 g)
 1/2 tbsp olive oil (about 7 ml)
 salt and black pepper to taste
 fresh parsley for garnish (optional)

Procedure:

1. Pour olive oil into a non-stick skillet and heat over medium.
2. Toss in the chopped onion and sauté for 2 minutes until translucent.
3. Stir in the diced zucchini and cook for 2 more minutes.
4. Mix ground beef, cumin, smoked paprika, salt, and pepper.
5. Sauté the mixture for about 3 minutes, breaking up the meat, until browned and fully cooked.
6. Transfer to a serving bowl and sprinkle with fresh parsley if desired.
7. Serve hot for a hearty breakfast.

Nutritional Information:

~250 Calories; ~20 g Protein; ~18 g Fat; ~3 g Carbs

Salmon and Egg Scramble



Serving Portion: 1
Prep Period: 5 minutes
Cook Period: 10 minutes

Ingredients Required:

1 tsp coconut oil (about 5 ml)
 1 organic egg
 1 tbsp water (about 15 ml)
 1.5 oz smoked salmon, sliced into small pieces (about 42 g)
 1/2 avocado, sliced (about 60 g)
 1/3 green onion, chopped (about 10 g)
 salt and black pepper, to taste

Procedure:

1. Heat the coconut oil in a non-stick skillet over medium heat.
2. While stirring, add the green onions and sauté for 2 minutes.
3. Beat the egg and water in a small bowl and then transfer to the skillet.
4. To scramble the egg, keep stirring.
5. To taste, add salt and black pepper.
6. Place slices of smoked salmon on top of the almost-set egg and let it firm up.
7. Spoon it onto a platter and garnish with avocado slices.
8. Have fun!

Nutritional Information:

~280 Calories; ~18 g Protein; ~20 g Fat; ~4 g Carbs

Reintroduced Food – Millet

(See how to prepare and combine millet here, page 70)

To include millet during the reintroduction phase, prepare it in advance and serve as a warm base under the spiced beef and zucchini mixture to add a satisfying, slightly nutty texture.

Reintroduced Food – Quinoa

(See how to prepare and combine quinoa here, page 70)

To include quinoa during the reintroduction phase, prepare quinoa in advance and serve it as a warm base on the plate before spooning the scrambled egg and salmon mixture over it. This adds a protein-rich, nutty layer that pairs well with creamy avocado and savory salmon.

Pumpkin Almond Mash



Serving Portion: 1
Prep Period: 10 minutes
Cook Period: 10 minutes

Ingredients Required:

½ cup pumpkin, cooked and puréed (about 120 g)
 1 large egg
 ½ tsp cinnamon (about 0.5 g)
 1 ¼ tsp coconut oil (about 6 ml)
 1 tbsp almonds, sliced or chopped (about 8 g)
 pinch of sea salt

Procedure:

1. In a small skillet, heat the coconut oil over medium heat.
2. In a bowl, whisk the egg and stir in the pumpkin purée, cinnamon, and salt.
3. Pour the mixture into the skillet and cook, stirring occasionally, until thickened, about 5 minutes.
4. Sprinkle sliced almonds on top and cook for another 2-3 minutes, allowing the almonds to toast slightly.
5. Before serving, take off the heat and allow it to cool somewhat.

Nutritional Information:

~210 Calories; ~6 g Protein; ~16 g Fat; ~9 g Carbs

Savory Spiced Turkey Scramble



Serving Portion: 1
Prep Period: 5 minutes
Cook Period: 7 minutes

Ingredients Required:

1 organic egg, beaten
 2 ounces ground turkey (about 56 g)
 ½ tbsp coconut oil (about 7 ml)
 ¼ cup coconut milk, unsweetened (about 60 ml)
 2 tbsp almond flour (about 14 g)
 1 tbsp coconut flour (about 7 g)
 ⅛ tsp cinnamon (about 0.25 g)
 ⅛ tsp ground ginger (about 0.25 g)
 pinch of salt

Procedure:

1. In a non-stick skillet, heat the coconut oil.
2. Add the ground turkey and cook for 3-4 minutes.
3. Reduce heat to medium-low
4. In a bowl, beat the egg, coconut milk, and dry ingredients until combined.
5. Pour the mixture into the skillet and cook for 5 minutes.
6. Turn off the heat and let cool slightly before serving.

Nutritional Information:

~270 Calories; ~22 g Protein; ~25 g Fat; ~10 g Carbs

Reintroduced Food – Buckwheat

See how to prepare and combine buckwheat here, page 71)

To include buckwheat during the reintroduction phase, prepare buckwheat in advance and stir it into the pumpkin mixture during cooking, or serve it as a warm base beneath the mash for added texture and a nutty, earthy flavor.

Reintroduced Food – Barley

(See how to prepare and combine barley here, page 71)

To include barley during the reintroduction phase, prepare it in advance and either stir it into the skillet during the final minutes of cooking or spoon it into the bowl as a warm grain base beneath the turkey scramble.

Savory Turkey & Avocado Breakfast Bowl



Serving Portion: 1
Prep Period: 5 minutes
Cook Period: 10 minutes

Ingredients Required:

2.6 oz ground turkey (about 75 g)
 ½ tsp Italian seasoning (0.5 g)
 ½ tsp garlic powder (1.5 g)
 ¼ cup fresh spinach, chopped (20 g)
 ½ ripe avocado, sliced (about 60 g)
 1 large egg
 ½ tbsp olive oil (about 7 ml)
 salt & black pepper, to taste

Procedure:

1. Heat olive oil in a skillet over medium heat.
2. Add ground meat, Italian seasoning, garlic powder, salt, and black pepper.
3. Cook for 5-7 minutes, stirring and breaking the meat apart with a spatula, until it's browned and fully cooked.
4. Stir in spinach and cook for about 1 minute, just until wilted.
5. Transfer the mixture to a serving bowl and top with sliced avocado.
6. Fill a small saucepan with about 2 inches of water and gently simmer.
7. Crack the egg into a small bowl.
8. Stir the water to create a whirlpool, and gently slide the egg into the center.
9. Poach for 3-4 minutes until the white is set but the yolk is soft.
10. Remove with a slotted spoon and place on top of the bowl.
11. Serve warm and enjoy!

Nutritional Information:

~375 Calories; ~25 g Protein; ~29 g Fat; ~10 g Carbs

Savory Shrimp & Egg White Scramble



Serving Portion: 1
Prep Period: 5 minutes
Cook Period: 5 minutes

Ingredients Required:

4 egg whites (about 132 g)
 2 oz shrimp, chopped (about 56 g)
 ½ tsp olive oil (about 2.5 ml)
 ¼ cup diced bell pepper (about 37 g)
 2 tbsp chopped spinach (about 10 g)
 pinch of salt and black pepper

Procedure:

1. Heat olive oil in a non-stick skillet over medium heat.
2. Add shrimp and cook for 2 minutes until pink and opaque.
3. Add bell pepper and spinach, sautéing for another minute.
4. Pour in egg whites, stirring occasionally, until cooked through, about 2-3 minutes.
5. Serve warm, seasoned with salt and black pepper.

Nutritional Information:

~158 Calories; ~28 g Protein; ~3 g Fat; ~2 g Carbs

Reintroduced Food – Wild Rice

(See preparation and serving suggestions on page 71)

During reintroduction, you can add wild rice to this bowl as a warm, earthy base before layering on the meat, greens, avocado, and poached egg. It brings a satisfying texture and a nutty twist to your morning meal.

Reintroduced Food – Brown Rice

(See how to prepare and combine brown rice here, page 71)

To include brown rice during the reintroduction phase, prepare brown rice in advance and serve it as a warm base in the bowl before topping it with the shrimp and egg white scramble. This adds hearty texture and makes the dish more filling.

Egg & Avocado Breakfast Wraps



Serving Portion: 1
Prep Period: 5 minutes
Cook Period: 5 minutes

Ingredients Required:

2 eggs
 2 large romaine or butter lettuce leaves
 ½ avocado, sliced (about 60 g)
 ¼ tsp chili flakes (about 0.5 g)

Procedure:

1. In a pan over medium heat, scramble the eggs.
2. Arrange the avocado slices and eggs on the lettuce leaves.
3. Before serving, wrap and sprinkle with chili flakes.

Nutritional Information:

~250 Calories; ~15 g Protein; ~18 g Fat; ~8 g Carbs

Green Shakshuka



Serving Portion: 1
Prep Period: 5 minutes
Cook Period: 7-10 minutes

Ingredients Required:

¾ tsp olive oil (about 4 ml)
 ⅓ medium onion, diced (about 30 g)
 ⅔ garlic clove, finely chopped (about 2 g)
 1.5 oz Brussels sprouts, shaved or finely sliced (about 42 g)
 ⅓ zucchini, grated (about 30 g)
 ⅛ tsp cumin (about 0.25 g)
 ½ cup packed baby spinach (about 15 g)
 1 large egg
 1 tbsp fresh cilantro, chopped (about 2 g)
 ⅓ avocado, sliced for garnish (about 20 g)
 Salt and black pepper, to taste

Procedure:

1. Heat the olive oil in a small skillet over medium heat.
2. Cook the chopped onion for 2 minutes or until it becomes soft and transparent.
3. Heat the garlic for 30 seconds or until it becomes aromatic.
4. Stirring often, cook the Brussels sprouts for 3-4 minutes.
5. Cook it for a further minute after adding the grated zucchini.
6. Reduce the heat and add the baby spinach, stirring until it wilts.
7. Crack the egg into the mixture after making it a little well.
8. Add cumin, black pepper, and salt for seasoning.
9. To get the required level of doneness, cook the egg on low heat while covered.
10. Serve with slices of avocado and garnish with fresh cilantro.

Nutritional Information:

~180 Calories; ~10 g Protein; ~12 g Fat; ~10 g Carbs

Reintroduced Food – Chickpeas

(See how to prepare and combine chickpeas here, page 72)

To include chickpeas during the reintroduction phase, prepare them in advance and mash them lightly with a fork. Add a spoonful of mashed chickpeas into each lettuce wrap together with the egg and avocado before folding.

Reintroduced Food – Kidney Beans

(See how to prepare and combine kidney beans here, page 72)

To include kidney beans during the reintroduction phase, prepare them in advance and stir them into the vegetable mixture just before adding the egg. This allows the beans to warm through and blend with the spices for a hearty, balanced texture.

Warm Sweet Potato & Avocado Hash



Serving Portion: 1
Prep Period: 8 minutes
Cook Period: 7 minutes

Ingredients Required:

½ small sweet potato, peeled and diced (about 80 g)
 ¼ red bell pepper, chopped (about 30 g)
 ½ small red onion, finely chopped (about 20 g)
 ½ avocado, cubed (about 60 g)
 ½ tbsp olive oil (about 7 ml)
 ¼ tsp ground cumin (about 0.5 g)
 salt and black pepper to taste
 fresh cilantro for garnish (optional)

Procedure:

1. Heat olive oil in a non-stick skillet over medium heat.
2. Add diced sweet potato and cook for 4-5 minutes, stirring occasionally, until tender.
3. Add red bell pepper and onion, stir, and cook for 2 more minutes.
4. Season with cumin, salt, and pepper.
5. Remove from heat, gently fold in cubed avocado.
6. Transfer to a bowl and garnish with fresh cilantro if desired.
7. Serve warm for a colorful and satisfying breakfast.

Nutritional Information:

~280 Calories; ~4 g Protein; ~19 g Fat; ~23 g Carbs

Garlic Chicken & Spinach Skillet



Serving Portion: 1
Prep Period: 7 minutes
Cook Period: 15 minutes

Ingredients Required:

3 oz raw chicken breast, diced (about 80 g)
 1 cup baby spinach (about 30 g)
 ¼ zucchini, diced (about 40 g)
 1 small garlic clove, minced (about 3 g)
 ½ tbsp olive oil (about 7 ml)
 ¼ tsp dried thyme (about 0.2 g)
 salt and black pepper, to taste

Procedure:

1. In a skillet, heat the olive oil over medium heat.
2. Add diced raw chicken breast and cook for 5-6 minutes, stirring occasionally, until the chicken is fully cooked and no longer pink inside.
3. Cook the minced garlic for an additional 30 seconds until it becomes aromatic.
4. Stir in diced zucchini and cook for 3 minutes until slightly tender.
5. Add dried thyme, then toss in baby spinach.
6. Season with salt and black pepper, and cook for 2-3 minutes, until the spinach is wilted and everything is heated.
7. Transfer to a plate and serve hot.

Nutritional Information:

~240 Calories; ~26 g Protein; ~13 g Fat; ~4 g Carbs

Reintroduced Food – Black Beans

(See how to prepare and combine black beans here, page 72)

To include black beans during the reintroduction phase, prepare them in advance and stir gently into the skillet at the very end of cooking, together with the avocado, allowing them to warm through without breaking apart.

Reintroduced Food – White Beans

(See how to prepare and combine white beans here, page 72)

To include white beans during the reintroduction phase, prepare them in advance and stir them into the skillet along with the diced chicken, allowing them to warm through and absorb flavor as the dish finishes cooking.

Sautéed Veggie & Turkey Bowl



Serving Portion: 1
Prep Period: 6 minutes
Cook Period: 9 minutes

Ingredients Required:

2.5 oz ground turkey (at least 93% lean) (about 70 g)
 ¼ red bell pepper, chopped (about 30 g)
 ¼ zucchini, chopped (about 40 g)
 ⅓ small red onion, finely chopped (about 20 g)
 ½ avocado, diced (about 60 g)
 ½ tbsp olive oil (about 7 ml)
 ¼ tsp ground coriander (about 0.5 g)
 salt and black pepper to taste

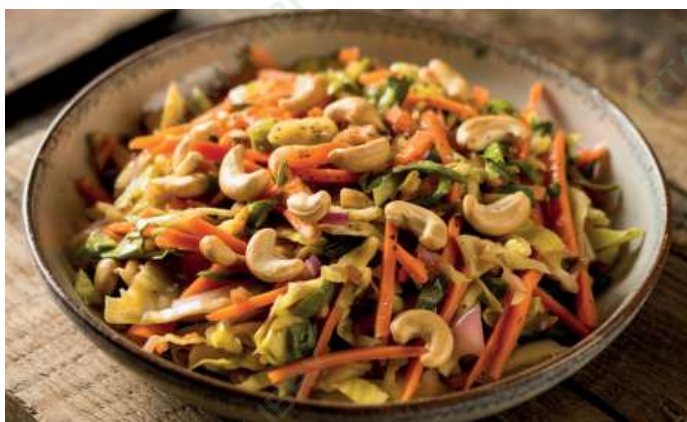
Procedure:

1. Heat olive oil in a skillet over medium heat.
2. Add red onion and bell pepper, and cook for 2 minutes.
3. Stir in chopped zucchini and sauté for 2 more minutes.
4. Add ground turkey, coriander, salt, and pepper.
5. Cook for 4-5 minutes, stirring to break up the meat, until fully cooked.
6. Remove from heat and gently mix in diced avocado.
7. Serve warm in a bowl for a balanced breakfast.

Nutritional Information:

~290 Calories; ~23 g Protein; ~20 g Fat; ~6 g Carbs

Sautéed Carrot-Cabbage Bowl with Cashews



Serving Portion: 1
Prep Period: 7 minutes
Cook Period: 8 minutes

Ingredients Required:

½ cup shredded green cabbage (about 40 g)
 ½ medium carrot, julienned (about 40 g)
 ⅓ small red onion, sliced (about 20 g)
 1 tbsp raw cashews, roughly chopped (about 8 g)
 ½ tbsp coconut oil (about 7 ml)
 ¼ tsp ground ginger (about 0.5 g)
 salt and black pepper to taste
 fresh lime juice to finish (optional)

Procedure:

1. Heat coconut oil in a non-stick skillet over medium heat.
2. Add red onion and cook for 2 minutes until slightly softened.
3. Add cabbage and carrot, stir, and cook for 3-4 minutes.
4. Sprinkle with ground ginger, salt, and pepper.
5. Stir in chopped cashews and cook for another 2 minutes.
6. Remove from heat and drizzle with lime juice if using.
7. Serve warm as a bright and crunchy breakfast.

Nutritional Information:

~190 Calories; ~3 g Protein; ~15 g Fat; ~12 g Carbs

Reintroduced Food – Lentils

(See how to prepare and combine lentils here, page 73)

To include lentils during the reintroduction phase, prepare lentils and stir them into the skillet along with the ground turkey and spices, allowing them to warm through and absorb flavor before serving.

Reintroduced Food – Unsweetened Peanut Butter

(See how to prepare and combine unsweetened peanut butter here, page 73)

To include peanut butter during the reintroduction phase, drizzle it over the finished bowl in place of or alongside the cashews for a rich, earthy contrast.

Mushroom-Asparagus Frittata



Serving Portion: 1
Prep Period: 5 minutes
Cook Period: 7-10 minutes

Ingredients Required:

2 large eggs
 1 tbsp red onion, thinly sliced (about 10 g)
 ¼ clove garlic, minced (about 0.75 g)
 ½ cup thinly sliced white button, cremini, or baby bella mushrooms (about 35 g)
 2-3 asparagus spears, cut into 1½-inch pieces (about 40 g)
 ¼ tsp fresh thyme leaves (about 0.25 g)
 1 tsp olive oil (about 5 ml)
 salt and black pepper, to taste

Procedure:

1. Heat the oven to 400°F (200°C).
2. The next step is to sauté vegetables.
3. In a small ovenproof skillet, heat the olive oil over medium heat.
4. Sauté the onions until they become transparent, about 2 minutes.
5. Cook the garlic and mushrooms for 3 minutes until soft.
6. Add asparagus and thyme and cook it for 2 minutes. Sprinkle salt and pepper.
7. Whisk eggs in a bowl. Cover the vegetables evenly.
8. Transfer to oven.
9. The skillet mixture should be firm in the center and lightly golden on top after 8 minutes.
10. Serve hot and enjoy!

Nutritional Information:

~200 Calories; ~14 g Protein; ~12 g Fat; ~6 g Carbs

Reintroduced Food – Edamame

(See how to prepare and combine edamame here, page 73)

To include edamame during the reintroduction phase, prepare shelled edamame in advance and stir it into the sautéed vegetables at the end of cooking, just before adding the whisked eggs and transferring the skillet to the oven.

Berry Bowl



Serving Portion: 1
Prep Period: 5 minutes
Cook Period: 0 minutes

Ingredients Required:

½ cup mixed berries (about 75 g)
 2 tbsp shredded unsweetened coconut (about 12 g)
 1 tbsp chopped almonds (about 8 g)
 ½ tsp cinnamon (about 1 g)

Procedure:

1. Mix all ingredients in a bowl.
2. Serve and enjoy!

Nutritional Information:

~180 Calories; ~3 g Protein; ~10 g Fat; ~20 g Carbs

Reintroduced Food – Tofu

(See how to prepare and combine tofu here, page 73)

To include tofu during the reintroduction phase, prepare firm tofu by cubing and lightly pan-searing or baking it, then add it to the berry bowl for extra protein before serving.

Sweet Potato & Egg Hash



Serving Portion: 1
Prep Period: 10 minutes
Cook Period: 15 minutes

Ingredients Required:

1 tsp coconut oil (about 5 ml)
 ½ small sweet potato, diced (about 60 g)
 ½ bell pepper, diced (about 40 g)
 ¼ small onion, chopped (about 25 g)
 ½ tsp smoked paprika (about 1 g)
 1 large egg
 1 tbsp fresh parsley, chopped (optional) (about 4 g)
 salt & black pepper, to taste

Procedure:

1. Warm the coconut oil in a skillet on medium.
2. Stir in potatoes and cook sweet potato for 5 minutes.
3. Add onion, bell pepper, smoked paprika, salt, and pepper.
4. Continue cooking for 5 minutes to tender the vegetables.
5. Put veggies aside and crack an egg into the skillet.
6. Cook it until firm or until desired doneness.
7. Add fresh parsley and serve hot.

Nutritional Information:

~250 Calories; ~10 g Protein; ~12 g Fat; ~18 g Carbs

Zucchini & Egg Scramble



Serving Portion: 1
Prep Period: 5 minutes
Cook Period: 10 minutes

Ingredients Required:

½ small zucchini, diced (about 60 g)
 1 green onion, chopped (about 15 g)
 2 eggs, whisked
 ¼ tsp turmeric (optional) (about 0.5 g)
 1 tsp olive oil (about 5 ml)
 salt & black pepper, to taste

Procedure:

1. Heat olive oil in a skillet on medium.
2. Add zucchini and green onion and simmer for 3-4 minutes to soften.
3. Add beaten eggs, salt, pepper, and turmeric.
4. Scramble until the eggs are done.
5. Serve now!

Nutritional Information:

~210 Calories; ~14 g Protein; ~14 g Fat; ~5 g Carbs

Reintroduced Food – Tempeh

(See how to prepare and combine tempeh here, page 74)

To include tempeh during the reintroduction phase, prepare tempeh by slicing and lightly browning it in a separate pan or in the same skillet. Add it to the vegetables during the final minutes of cooking, just before serving.

Reintroduced Food – Green Peas

(See how to prepare and combine green peas here, page 74)

To include green peas during the reintroduction phase, prepare them in advance and stir them into the pan along with the zucchini and green onion to warm through before adding the eggs.

Hard-Boiled Egg & Avocado Bowl



Serving Portion: 1
Prep Period: 5 minutes
Cook Period: 0 minutes

Ingredients Required:

2 hard-boiled eggs, quartered
 ½ large avocado, chopped (about 75 g)
 1 heaping tbsp red onion, finely chopped (about 12 g)
 1 heaping tbsp red bell pepper, finely chopped (about 12 g)
 drizzle of white balsamic vinegar (about 5 ml), no added sugar
 drizzle of extra virgin olive oil (about 5 ml)
 flaky sea salt, to taste
 fresh cracked black pepper, to taste
 crushed red pepper, to taste

Procedure:

1. Mix eggs, avocado, red onion, and bell pepper in a bowl.
2. Dress with olive oil and white balsamic vinegar.
3. Add sea salt, black pepper, and crushed red pepper.
4. Serve and enjoy!

Nutritional Information:

~320 Calories; ~15 g Protein; ~26 g Fat; ~8 g Carbs

Black Olive Omelet



Serving Portion: 1
Prep Period: 7 minutes
Cook Period: 7-10 minutes

Ingredients Required:

¼ cup black olives, chopped (about 30 g)
 2 organic eggs, beaten
 ½ cup green onion, chopped (about 50 g)
 ½ tsp olive oil (about 2.5 ml)
 pinch of salt
 pinch of black pepper

Procedure:

1. Stir in the black olives and cook for another 2 minutes in the olive oil—season with salt and black pepper.
2. After adding the beaten eggs, simmer for two to three minutes without stirring.
3. Flip or fold the omelet and continue cooking until the eggs are fully set.
4. Serve warm and savor!

Nutritional Information:

~220 Calories; ~10 g Protein; ~18 g Fat; ~5 g Carbs.

Reintroduced Food – Greek Yogurt

(See how to prepare and combine Greek yogurt here, page 74)

To include Greek yogurt during the reintroduction phase, serve a spoonful on the side of the bowl or as a creamy topping after dressing the main ingredients.

Reintroduced Food – Kefir

(See how to prepare and combine kefir here, page 74)

To include kefir during the reintroduction phase, serve a small glass of plain, unsweetened kefir on the side of the finished omelet as a refreshing accompaniment.

Crispy Potato & Veggie Skillet



Serving Portion: 1
Prep Period: 7 minutes
Cook Period: 10–12 minutes

Ingredients Required:

½ medium white potato, cut into thin sticks (about 80 g)
 ¼ small zucchini, cut into thin slices (about 40 g)
 ⅓ small onion, thinly sliced (about 20 g)
 ½ tbsp olive oil (about 7 ml)
 ¼ tsp dried oregano (about 0.2 g)
 salt and black pepper to taste
 fresh parsley for garnish (optional)

Procedure:

1. Heat olive oil in a non-stick skillet over medium heat.
2. Add sliced onion and cook for about 2 minutes, until translucent.
3. Add the potato sticks and cook for 5-6 minutes, stirring occasionally, until they begin to soften and crisp up.
4. Stir in zucchini slices, oregano, salt, and pepper.
5. Continue cooking for another 3-4 minutes, allowing the vegetables to become golden and slightly crispy.
6. Transfer to a plate, garnish with fresh parsley if desired, and serve warm.

Nutritional Information:

~180 Calories; ~3 g Protein; ~10 g Fat; ~18 g Carbs

Chard Breakfast Skillet with Egg, Onion, and Tomato



Serving Portion: 1
Prep Period: 5 minutes
Cook Period: 10 minutes

Ingredients Required:

1 large egg
 ⅓ cup cherry tomatoes, quartered (about 50 g)
 1 tsp red wine vinegar (about 5 ml)
 ½ bunch Swiss chard or rainbow chard (about 90 g)
 ½ cup yellow onion, chopped (about 50 g)
 1 tbsp extra-virgin olive oil (about 15 ml)
 1 clove garlic, minced (about 3 g)
 pinch of sea salt
 pinch of freshly ground black pepper

Procedure:

1. In a small bowl, toss cherry tomatoes with red wine vinegar.
2. Take the chard leaves off the stalks.
3. Chop leaves, wash in a dish of cold water, and drain in a strainer.
4. Rinse, dry, then thinly slice the stems.
5. In a small skillet, set on medium, warm olive oil.
6. Sauté chard stems and onion until softened, about five minutes.
7. Lower the heat, add garlic, and sauté for 30 seconds.
8. Add pepper, salt, and chard leaves.
9. Cook until the leaves wilt, then raise the heat to high and stir with tongs.
10. Make a slight indentation in the chard mix with the back of a spoon.
11. Into the nest, break the egg.
12. Cover the skillet, lower the heat slightly, then cook for 4 minutes until the yolk is medium-set.
13. Add the cherry tomato mixture to the skillet; then serve right away.

Nutritional Information:

~260 Calories; ~9 g Protein; ~20 g Fat; ~12 g Carbs.

Reintroduced Food – Cottage Cheese

(See how to prepare and combine cottage cheese here, page 75)

To include cottage cheese during the reintroduction phase, serve it as a topping or on the side of the potato and veggie skillet.

Reintroduced Food – Mozzarella

(See how to prepare and combine mozzarella here, page 75)

To include mozzarella during the reintroduction phase, sprinkle the shredded cheese over the skillet immediately after cooking, allowing it to soften and slightly melt from the residual heat before serving.

Breakfast Stack



Serving Portion: 1
Prep Period: 5 minutes
Cook Period: 10 minutes

Ingredients Required:

2.6 oz ground beef (at least 85% lean) (about 75 g)
 1 large egg
 1/3 avocado, mashed (about 50 g)
 pinch of salt
 pinch of freshly ground black pepper
 chopped chives for garnish (about 1 g)
 hot sauce, if desired (Whole30-compliant)

Procedure:

1. Form a small patty from the ground beef. Season lightly with salt and pepper.
2. Heat a skillet over medium heat. Cook the patty on each side for 3-4 minutes or until cooked. Set aside.
3. While the patty cooks, mash the avocado with salt and pepper.
4. Fry the egg in the same skillet using an egg ring or mason jar lid for a neat shape. Cook until the whites are set, about 3 minutes.
5. To assemble the stack, place the cooked patty on a plate, top with mashed avocado, and add the egg.
6. Garnish with chopped chives and a dash of hot sauce if desired. Serve warm and enjoy!

Nutritional Information:

~350 Calories; ~20 g Protein; ~27 g Fat; ~5 g Carbs

Butternut Squash Prosciutto Breakfast Hash



Serving Portion: 1
Prep Period: 5 minutes
Cook Period: 12-15 minutes

Ingredients Required:

1 strip prosciutto, sugar free, chopped (about 15 g)
 1/3 cup butternut squash, cubed and roasted (about 50 g)
 2/3 cup spinach (about 20 g)
 1 egg
 salt and pepper, to taste
 1 tsp olive oil (about 5 ml)

Procedure:

1. Add olive oil to a little skillet set over medium heat.
2. Add the chopped prosciutto and sauté till crispy and fat is released.
3. Stir the roasted butternut squash and spinach.
4. Cook until squash is warmed and spinach is wilted, 2 minutes.
5. Break it into a separate bowl before gently dumping the egg into the slight well created in the hash.
6. Reduce the heat to medium-low and simmer until the egg whites solidify.
7. After 8 minutes, cover the skillet.
8. Once ready, serve.

Nutritional Information:

~250 Calories; ~15 g Protein; ~18 g Fat; ~8 g Carbs

Reintroduced Food – Feta

(See how to prepare and combine feta here, page 75)

To include feta during the reintroduction phase, sprinkle crumbled feta on top of the egg just before serving or serve on the side as a creamy, salty contrast.

Reintroduced Food – Hard Cheese (Cheddar/Parmesan)

(See how to prepare and combine hard cheese here, page 75)

To include hard cheese during the reintroduction phase, sprinkle the shredded cheddar or parmesan over the finished hash just before serving, allowing it to gently melt into the warm ingredients.

Bacon and Egg



Serving Portion: 1
Prep Period: 5 minutes
Cook Period: 6-10 minutes

Ingredients Required:

2 bacon strips, sugar free (about 30 g)
 2 large eggs
 ½ tsp garlic powder (about 0.25 g)
 1 tbsp olive oil (about 15 ml)
 salt and black pepper, to taste

Procedure:

1. In a frying pan set on medium heat, warm olive oil.
2. Add bacon; heat until crispy; then, take off the pan.
3. After cracking the eggs into the pan, fry to the right doneness.
4. Present the eggs with bacon; sprinkle with black pepper, salt, and garlic powder.

Nutritional Information:

~400 Calories; ~25 g Protein; ~35 g Fat; ~1 g Carbs.

Broccoli Egg Muffin



Serving Portion: 1
Prep Period: 4 minutes
Cook Period: 15 minutes

Ingredients Required:

2 large organic eggs
 ½ cup broccoli florets, chopped (about 30 g)
 1 green onion, chopped (about 15 g)
 1 tbsp coconut milk, unsweetened (about 15 ml)
 salt and black pepper, to taste
 olive oil spray for greasing

Procedure:

1. Preheat the oven to 390°F (200°C).
2. Grease the silicone muffin cup with oil spray.
3. Beat the eggs in a basin and season with salt and black pepper.
4. Add green onion, broccoli florets, and coconut milk. Beat thoroughly.
5. Pour into the greased muffin cup.
6. Bake for 15 minutes or till the egg sets.
7. Take it out of the oven, let it cool, and serve.

Nutritional Information:

~180 Calories; ~11 g Protein; ~10 g Fat; ~4 g Carbs.

Reintroduced Food – Ricotta

(See how to prepare and combine ricotta here, page 76)

To include ricotta during the reintroduction phase, serve it on the side as a creamy accompaniment to the bacon and eggs, or spoon a dollop directly onto the plate before serving.

Reintroduced Food – Goat's/Sheep's Milk Yogurt

(See how to prepare and combine goat's/sheep's milk yogurt here, page 76)

To include goat's or sheep's milk yogurt during the reintroduction phase, serve it on the side in a small dish as a cool, tangy accompaniment to the warm egg muffin.

Wilted Spinach & Mushroom Sauté



Serving Portion: 1
Prep Period: 7 minutes
Cook Period: 10 minutes

Ingredients Required:

1 cup baby spinach (about 30 g)
 3-4 cremini mushrooms, sliced (about 50 g)
 ½ small shallot or red onion, finely chopped (about 15 g)
 1 large egg, whisked (about 50 g)
 1 tbsp olive oil or ghee (about 14 ml)
 1 tbsp chopped walnuts (about 8 g)
 ¼ tsp dried thyme (about 0.2 g)
 salt and black pepper to taste

Procedure:

1. Heat olive oil or ghee in a skillet over medium heat.
2. Add chopped shallot and cook for 1-2 minutes until fragrant.
3. Add sliced mushrooms and sauté for 4-5 minutes until golden and tender.
4. Stir in baby spinach, thyme, salt, and pepper.
5. Push vegetables to one side and pour whisked egg into the space. Scramble gently.
6. Mix the egg with the vegetables and cook for 1 more minute.
7. Transfer to a plate, top with chopped walnuts, and serve warm.

Nutritional Information:

~300 Calories; ~11 g Protein; ~23 g Fat; ~8 g Carbs

Savory Avocado Egg Bowl



Serving Portion: 1
Prep Period: 5 minutes
Cook Period: 5 minutes

Ingredients Required:

2 eggs
 1 tsp olive oil (about 5 ml)
 ½ avocado, mashed (about 50 g)
 ¼ cup cherry tomatoes, diced (about 40 g)
 1 tbsp green onion, chopped (about 5 g)
 pinch of salt and black pepper

Procedure:

1. Heat olive oil in a skillet over medium heat.
2. Crack in the eggs and cook to your desired doneness.
3. While eggs cook, mash the avocado in a bowl and season with salt and black pepper.
4. Top the mashed avocado with diced cherry tomatoes and green onion.
5. Place the cooked eggs on top, sprinkle with extra seasoning if desired, and serve!

Nutritional Information:

~290 Calories; ~14 g Protein; ~24 g Fat; ~8 g Carbs.

Reintroduced Food – Goat Cheese (Chèvre)

(See how to prepare and combine goat cheese here, page 76)

To include goat cheese during the reintroduction phase, crumble it over the warm spinach and mushroom sauté before serving.

Reintroduced Food – Butter

(See how to prepare and combine butter here, page 76)

To include butter during the reintroduction phase, melt it and drizzle over the eggs just before serving, or serve it on the side to enhance the richness of the dish.

Chapter 6. 30 Lunch Recipes

Lunch is more than just a midday break. It's a chance to nourish your body, refuel your energy, and make choices that support your well-being.

In this chapter, you'll find lunch recipes that follow the principles of the Whole Diet—simple, nutrient-dense, and, most importantly, genuinely delicious.

Cook with joy, eat mindfully, and let every lunch satisfy and support your goals.

Scallops with Sautéed Zucchini & Lemon-Herb Drizzle



Serving Portion: 1
Prep Period: 10 minutes
Cook Period: 10 minutes

Ingredients Required:

5 sea scallops (about 140 g)
1 tsp olive oil (about 5 ml)
½ small zucchini, thinly sliced (about 60 g)
½ tsp lemon zest (about 1 g)
1 tsp lemon juice (about 5 ml)
½ tsp dried thyme (about 0.5 g)
salt and black pepper, to taste

Procedure:

1. Warm up some olive oil in a skillet on medium heat.
2. Place the scallops in the skillet and sear them for 2-3 minutes on each side until they turn a lovely golden and opaque color. Remove and set aside.
3. In the same skillet, add zucchini slices, a pinch of salt and pepper, and sauté for 3-4 minutes until just tender.
4. Return scallops to the skillet, drizzle with lemon juice and zest, and sprinkle with dried thyme.
5. Gently heat for another 1-2 minutes, then serve immediately.

Nutritional Information:

~210 Calories; ~22 g Protein; ~11 g Fat; ~4 g Carbs

Coconut Lime Chicken Stir-Fry



Serving Portion: 1
Prep Period: 10 minutes
Cook Period: 15 minutes

Ingredients Required:

1 chicken breast, cubed (5 oz)
1 tbsp coconut oil (about 15 ml)
½ cup bell peppers, sliced (about 75 g)
¼ cup red onion, sliced (about 40 g)
1 garlic clove, minced
¼ cup coconut milk, unsweetened (about 60 ml)
1 tsp lime juice (about 5 ml)
salt and black pepper, to taste

Procedure:

1. Gently heat coconut oil in a skillet over medium heat.
2. Add chicken and brown for 5 minutes.
3. Add onion, garlic, and bell peppers.
4. Sauté it for another 5 minutes.
5. Add coconut milk and lime juice, mix, and cook for 3 minutes.
6. Serve warm.

Nutritional Information:

~350 Calories; ~38 g Protein; ~18 g Fat; ~9 g Carbs

Reintroduced Food – Chickpeas

(See how to prepare and combine chickpeas here, page 72)

To include chickpeas during the reintroduction phase, serve a small portion of seasoned warm chickpeas on the side or toss them with the sautéed zucchini for a delicious Mediterranean-inspired bowl.

Reintroduced Food – Quinoa

(See how to prepare and combine quinoa here, page 70)

To include quinoa during the reintroduction phase, cook it as directed and either stir it into the chicken stir-fry for added texture or serve it on the side to soak up the coconut-lime sauce.

Turkey and Sweet Potato Hash



Serving Portion: 1
Prep Period: 10 minutes
Cook Period: 15 minutes

Ingredients Required:

½ cup ground turkey (about 113 g)
½ small sweet potato, diced (about 60 g)
1 tbsp olive oil (about 15 ml)
¼ tsp garlic powder (about 0.8 g)
¼ tsp paprika (about 0.5 g)
salt and black pepper, to taste

Procedure:

1. Heat olive oil in a medium pan.
2. Cook turkey until browned.
3. Mix in sweet potatoes and spices. Cook for 10 minutes until soft.
4. Serve.

Nutritional Information:

~290 Calories; ~26 g Protein; ~13 g Fat; ~14 g Carbs

Turkey Zucchini Meatballs



Serving Portion: 1
Prep Period: 10 minutes
Cook Period: 20 minutes

Ingredients Required:

½ cup ground turkey (about 113 g)
¼ cup zucchini, grated (about 30 g)
1 garlic clove, minced
½ tsp dried oregano (about 0.5 g)
½ tsp dried basil (about 0.5 g)
salt and black pepper, to taste

Procedure:

1. Oven temperature: 375°F (190°C).
2. Mix everything in a bowl, and then roll it into small meatballs.
3. Put them on a baking sheet and bake for 20 minutes.
4. Warm up and serve.

Nutritional Information:

~220 Calories; ~27 g Protein; ~9 g Fat; ~3 g Carbs

Reintroduced Food – Barley

(See how to prepare and combine barley here, page 71)

To include barley during the reintroduction phase, cook it as directed and either stir it into the turkey and sweet potato hash for a hearty, grain-enhanced texture or serve it alongside as a warm, chewy complement.

Reintroduced Food – Buckwheat

(See how to prepare and combine buckwheat here, page 71)

To include buckwheat during the reintroduction phase, prepare it as directed and either fold it into the meatballs after baking for added heartiness or serve it on the side as a nutty, wholesome base.

Lamb and Cauliflower Rice Bowl



Serving Portion: 1
Prep Period: 10 minutes
Cook Period: 20 minutes

Ingredients Required:

½ cup ground lamb (about 113 g)
 ½ cup cauliflower rice (about 60 g)
 ¼ cup bell pepper, diced (about 37 g)
 1 garlic clove, minced
 salt and black pepper, to taste

Procedure:

1. Cook the lamb in a pan over medium heat.
2. Garlic, bell peppers, and cauliflower rice should be added afterward.
3. After 10 minutes of cooking, season it with black pepper to taste.
4. Serve hot.

Nutritional Information:

~320 Calories; ~27 g Protein; ~22 g Fat; ~6 g Carbs

Reintroduced Food – Bulgur

(See how to prepare and combine bulgur here, page 70)

To include bulgur during the reintroduction phase, prepare it as directed and either stir it into the lamb and cauliflower rice bowl for a hearty grain blend or serve it on the side to complement the savory flavors.



Reintroduced Food – Israeli Couscous

(See how to prepare and combine Israeli couscous here, page 69)

To include Israeli couscous during the reintroduction phase, prepare it as directed and either mix it into the beef and mushroom stir-fry for a tender, chewy base or serve it on the side to soak up the umami-rich coconut aminos sauce.

Garlic Steak Bites



Serving Portion: 1
Prep Period: 10 minutes
Cook Period: 10 minutes

Ingredients Required:

4 oz steak, cut into small pieces (about 113 g)
 1 tsp olive oil (about 5 ml)
 1 garlic clove, minced
 salt and black pepper, to taste

Procedure:

1. Heat some olive oil in a pan (medium-high heat).
2. Put in the steak bites and cook on each side for 4 minutes.
3. Now, add the garlic and cook for 30 seconds.
4. Serve.

Nutritional Information:

~290 Calories; ~30 g Protein; ~19 g Fat; ~1 g Carbs

Reintroduced Food – Freekeh

(See how to prepare and combine freekeh here, page 69)

To include freekeh during the reintroduction phase, cook it as directed and either fold it into the steak bites for added chew and whole-grain flavor or serve it on the side to absorb the garlicky steak juices.

Beef and Mushroom Stir-Fry

Ingredients Required:

½ cup ground beef (about 113 g)
 ½ cup mushrooms, sliced (about 35 g)
 1 garlic clove, minced
 1 tbsp coconut aminos (about 15 ml)
 salt and black pepper, to taste

Serving Portion:

1
Prep Period: 10 minutes
Cook Period: 15 minutes

Procedure:

1. In a pan over medium heat, let's cook the ground beef.
2. Place garlic and mushrooms in the pan.
3. Cook for 5 minutes.
4. Add the coconut aminos and season to your liking.
5. Serve.

Nutritional Information:

~270 Calories; ~25 g Protein; ~17 g Fat; ~5 g Carbs

Herb-Crusted Pork Tenderloin



Serving Portion: 1
Prep Period: 10 minutes
Cook Period: 25 minutes

Ingredients Required:

4 oz pork tenderloin (about 113 g)
 1 tsp olive oil (about 5 ml)
 ½ tsp dried thyme (about 0.5 g)
 ½ tsp dried oregano (about 0.5 g)
 salt and black pepper, to taste

Procedure:

1. Oven temperature: 400°F (200°C).
2. Put the thyme, oregano, salt, and black pepper on the pork and rub it with olive oil.
3. Roast for 25 minutes or until the meat hits 145°F (60°C) on the inside.
4. Take a five-minute cooling time for steak before serving.

Nutritional Information:

~180 Calories; ~24 g Protein; ~8 g Fat; ~1 g Carbs

Reintroduced Food – Millet

(See how to prepare and combine millet here, page 70)

To include millet during the reintroduction phase, cook it as directed and either stir it into the herb-crusted pork tenderloin after slicing or serve it on the side to soak up the savory herb juices from the meat.

Perfect Pork Lion



Serving Portion: 1
Prep Period: 10 minutes
Cook Period: 15 minutes

Ingredients Required:

4 oz pork loin, sliced (about 113 g)
 ½ apple, sliced (about 75 g)
 1 tsp coconut oil (about 5 ml)
 ¼ tsp cinnamon (about 0.65 g)
 salt and black pepper, to taste

Procedure:

1. In a pan, warm up the coconut oil over medium-low heat.
2. Put in the pork pieces and cook on each side for 4 minutes.
3. After you add the apple slices and cinnamon, cook for 5 more minutes.
4. Once ready, serve.

Nutritional Information:

~270 Calories; ~28 g Protein; ~10 g Fat; ~11 g Carbs

Reintroduced Food – Rolled Oats

(See how to prepare and combine rolled oats here, page 70)

To include rolled oats during the reintroduction phase, prepare them as directed and serve alongside the pork loin and sautéed apples to create a warm, comforting plate with a touch of natural sweetness and hearty texture.

Garlic Herb Roasted Chicken Thighs

Ingredients Required:

1 bone-in, skin-on chicken thigh, 6 oz
 1 tsp olive oil (about 5 ml)
 1 garlic clove, minced
 ½ tsp dried thyme (about 0.5 g)
 ½ tsp dried rosemary (about 0.5 g)
 salt and black pepper, to taste

Serving Portion:

Prep Period: 10 minutes

Cook Period: 25 minutes

Procedure:

1. Oven temperature: 400°F (200°C).
2. Rub olive oil, garlic, thyme, rosemary, salt, and black pepper on chicken thighs.
3. Roast on a baking sheet for 25 minutes until 165°F (75°C).
4. Serve after 5 minutes of rest.

Nutritional Information:

~250 Calories; ~22 g Protein; ~18 g Fat; ~1 g Carbs



Reintroduced Food – Brown Rice

(See how to prepare and combine brown rice here, page 71)

To include brown rice during the reintroduction phase, prepare it as directed and serve it alongside the roasted chicken to soak up the flavorful juices and herbs.

Garlic Butter Shrimp



Serving Portion: 1
Prep Period: 5 minutes
Cook Period: 10 minutes

Ingredients Required:

6 large shrimp, peeled and deveined (about 85 g)
 1 tsp olive oil (about 5 ml)
 1 tsp ghee (about 5 ml)
 2 garlic cloves, minced
 ½ tsp paprika (about 0.5 g)
 1 tsp fresh lemon juice (about 5 ml)
 1 tbsp fresh parsley, chopped (about 3.8 g)
 1 tbsp chopped almonds or cashews (about 8 g) – optional garnish
 salt and black pepper, to taste

Procedure:

1. Put the ghee and olive oil in a pan over medium heat.
2. Stir in the garlic and let it heat until you can smell that wonderful aroma, which should take about 30 seconds.
3. Add in the black pepper, salt, and shrimp. Cook each side for 3 minutes.
4. Drizzle some lemon juice and fresh parsley on top.
5. Sprinkle with chopped nuts before serving, if using.
6. Serve once it's done.

Nutritional Information:

~240 Calories; ~21 g Protein; ~15 g Fat; ~3 g Carbs

Seafood Soup



Serving Portion: 1
Prep Period: 5 minutes
Cook Period: 35 minutes

Ingredients Required:

1 tsp coconut oil (about 5 ml)
 ¼ white onion, diced (about 37 g)
 ¾ carrot, peeled and diced (about 45 g)
 ½ garlic clove, minced
 ¼ tsp dried thyme (about 0.25 g)
 ¼ tsp dried parsley (about 0.125 g)
 3 oz mushrooms, sliced and chopped (about 85 g)
 3 cups seafood broth (about 710 ml)
 2.5 oz coconut milk (about 74 ml)
 ½ cup shrimp, cooked and shredded (about 85 g)
 2 tbsp frozen snow peas (about 18 g)
 salt and black pepper, to taste

Procedure:

1. Warm up the coconut oil in a skillet over medium heat.
2. Combine carrots, onion, garlic, salt, and black pepper.
3. Sauté for 10 minutes.
4. Continue cooking for 5 minutes.
5. Pour in seafood broth, followed by crustaceans and snow peas.
6. Allow to simmer for 10 minutes.
7. Add coconut milk and continue to cook for an additional 10 minutes.
8. Savor it while still hot.

Nutritional Information:

~220 Calories; ~20 g Protein; ~12 g Fat; ~10 g Carbs

Reintroduced Food – Edamame

(See how to prepare and combine edamame here, page 73)

To include edamame during the reintroduction phase, steam and lightly salt the shelled beans, then stir them into the garlic butter shrimp just before serving or serve them on the side for a protein-rich, slightly nutty complement that balances the garlic and lemon flavors.

Reintroduced Food – White Beans

(See how to prepare and combine white beans here, page 72)

To include white beans during the reintroduction phase, warm them as directed and stir them directly into the seafood soup during the final simmer to enhance the texture and provide an extra boost of creaminess and plant-based protein.

Mussels with Tomato and Basil



Serving Portion: 1
Prep Period: 10 minutes
Cook Period: 15 minutes

Ingredients Required:

½ pound mussels, scrubbed and de-bearded (about 227 g)
 1 tsp olive oil (about 5 ml)
 ½ small shallot, minced (about 10 g)
 ½ garlic clove, minced
 ½ cup diced tomatoes (about 75 g)
 ¼ cup chicken or seafood broth (about 60 ml)
 1 tbsp fresh basil, chopped (about 2.5 g)
 ½ tbsp balsamic vinegar (about 7.5 ml)
 salt and black pepper, to taste

Procedure:

1. In a pan, warm up the olive oil over medium heat.
2. Sauté shallot and garlic for 1-2 minutes until they are aromatic.
3. Stir in broth, salt, black pepper, and diced tomatoes.
4. Allow the mixture to simmer for 4 minutes.
5. Cover the mussels and steam them for 5-7 minutes until they open.
6. Discard any mussels that have not yet been opened and remove them from the flame.
7. Before serving, incorporate basil and balsamic vinegar.

Nutritional Information:

~220 Calories; ~18 g Protein; ~10 g Fat; ~9 g Carbs.

Garlic Butter Clams



Serving Portion: 1
Prep Period: 10 minutes
Cook Period: 10 minutes

Ingredients Required:

½ pound clams, scrubbed (about 225 g)
 1 tsp olive oil (about 5 ml)
 1 garlic clove, minced (about 3 g)
 ¼ tsp red pepper flakes (optional) (about 0.25 g)
 ¼ cup chicken or seafood broth (about 60 ml)
 1 tbsp fresh parsley, chopped (about 3 g)
 ½ tbsp lemon juice (about 7.5 ml)
 salt and black pepper, to taste

Procedure:

1. Place a pan on medium heat and add the olive oil.
2. After you add the garlic and red pepper flakes, cook for 30 seconds.
3. Put in the clams and the broth. Put the lid on and steam for 5 to 7 minutes or until the clams open.
4. Remove from heat and throw away any clams that aren't open.
5. Now mix in the lemon juice, salt, and black pepper.
6. Serve.

Nutritional Information:

~180 Calories; ~23 g Protein; ~8 g Fat; ~7 g Carbs.

Reintroduced Food – Lentils

(See how to prepare and combine lentils here, page 73)

To include lentils during the reintroduction phase, warm them as directed and gently mix them into the tomato-basil sauce before adding the mussels, or serve them on the side to absorb the savory broth and enhance the dish with earthy depth.

Reintroduced Food – Black Beans

(See how to prepare and combine black beans here, page 72)

To include black beans during the reintroduction phase, warm them as directed and either fold them into the garlic butter sauce just before serving or serve them on the side to complement the briny clams with a hearty, earthy contrast.

Baked Lemon Garlic Cod



Serving Portion: 1
Prep Period: 7 minutes
Cook Period: 15 minutes

Ingredients Required:

1 cod fillet (4 oz | about 115 g)
 1 tsp olive oil (about 5 ml)
 1 tsp ghee or additional olive oil (about 5 ml)
 1 tsp lemon juice (about 5 ml)
 1 garlic clove, minced (about 3 g)
 ½ tsp dried thyme (about 0.5 g)
 1 tbsp chopped almonds or pine nuts (about 8 g)
 salt and black pepper, to taste

Procedure:

1. Oven temperature: 375°F (190°C).
2. Line a baking dish with parchment paper.
3. Place the cod fillet in the dish and drizzle with lemon juice, olive oil, and ghee.
4. Rub the fish with garlic, thyme, salt, and black pepper.
5. Sprinkle with chopped nuts for a toasted finish.
6. The fish should be cooked through and flaky after 12 to 15 minutes in the oven.
7. Serve warm.

Nutritional Information:

~230 Calories; ~27 g Protein; ~14 g Fat; ~2 g Carbs

Salmon in Coconut Gravy



Serving Portion: 1
Prep Period: 12 minutes
Cook Period: 15 minutes

Ingredients Required:

½ pound wild-caught salmon (about 225 g)
 ½ tsp coconut oil (about 2.5 ml)
 1 mint leaf, diced (about 1 g)
 ½ garlic clove, minced (about 1.5 g)
 ¼ lemon, zest (about 1 g)
 ¼ cup coconut milk (about 60 ml)
 ½ tsp basil, chopped (about 1 g)
 sea salt and black pepper, to taste

Procedure:

1. Warm the oven up to 350°F (175°C).
2. Put aluminum foil on the bottom of a baking sheet.
3. Set the salmon on the baking sheet.
4. Season it with salt and black pepper, then drizzle it with half coconut oil.
5. Rub well for fine coating.
6. Pop it in the oven for 10 minutes, then take it out and set it away.
7. Heat the rest of the coconut oil in a pan and sauté the garlic until it smells good.
8. Add the basil, mint, and coconut milk.
9. After 4 minutes, add the lemon zest.
10. Place the fish that has been baked into the pan.
11. Cover it and cook for 5 minutes.
12. Serve once ready.

Nutritional Information:

~310 Calories; ~35 g Protein; ~18 g Fat; ~2 g Carbs.

Reintroduced Food – Tofu

(See how to prepare and combine tofu here, page 73)

To include tofu during the reintroduction phase, pan-fry it until lightly golden and either fold it into the dish with the baked cod and nuts for a contrast in texture, or serve it on the side to complement the lemon-garlic flavors with its mild, creamy bite.

Reintroduced Food – Tempeh

(See how to prepare and combine tempeh here, page 74)

To include tempeh during the reintroduction phase, sauté it until lightly browned and either stir it into the coconut gravy just before adding the salmon, or serve it on the side to soak up the rich, herb-infused sauce and add a nutty, protein-packed bite.

Garlic Butter Baked Tilapia



Serving Portion: 1
Prep Period: 10 minutes
Cook Period: 15 minutes

Ingredients Required:

1 tilapia fillet (about 6 ounces | 170 g)
1 lemon, juiced (about 30 ml)
1 tbsp olive oil (about 15 ml)
½ tsp fresh garlic, minced (about 1.5 g)
½ tsp parsley, minced (about 2 g)
salt and black pepper, to taste

Procedure:

1. Oven temperature: 400°F (200°C).
2. Put parchment paper on the bottom of a baking sheet.
3. Add salt, pepper, lemon juice, olive oil, and chopped garlic in a small bowl.
4. Put the fillet on the baking sheet and pour the garlic-lemon sauce uniformly.
5. Put the fish in the oven for 15 minutes or until it is flaky when you use a fork.
6. Add parsley on top and serve hot.

Nutritional Information:

~220 Calories; ~32 g Protein; ~9 g Fat; ~3 g Carbs.

Garlic Lemon Seared Snapper



Serving Portion: 1
Prep Period: 10 minutes
Cook Period: 12 minutes

Ingredients Required:

1 (5 oz) snapper fillet (about 140 g)
1 tsp olive oil (about 5 ml)
½ tsp garlic, minced (about 1.5 g)
½ lemon, juiced (about 15 ml)
½ tsp fresh thyme, chopped (about 1 g)
salt and black pepper, to taste
1 tbsp fresh parsley, chopped (for garnish) (about 3 g)

Procedure:

1. Warm up the olive oil in a pan over medium-high heat.
2. Put the snapper piece in the pan, season it with salt and black pepper, and then pat it dry.
3. It should be cooked on each side for four to 5 minutes until it turns crispy and flaky.
4. Add the garlic, lemon juice, and thyme in the last minute of cooking. Put the sauce on top of the fish.
5. Remove from the heat, sprinkle with the parsley, and serve hot.

Nutritional Information:

~210 Calories; ~35 g Protein; ~8 g Fat; ~2 g Carbs.

Reintroduced Food – Kidney Beans

(See how to prepare and combine kidney beans here, page 72)

To include kidney beans during the reintroduction phase, warm them as directed and serve them alongside the baked tilapia to absorb the lemon-garlic sauce, adding earthy richness and extra plant-based protein to the dish.

Reintroduced Food – Green Peas

(See how to prepare and combine green peas here, page 74)

To include green peas during the reintroduction phase, warm them as directed and serve on the side of the garlic lemon seared snapper to complement the bright citrus and herb flavors with a touch of natural sweetness and soft texture.

Coconut Lime Mahi-Mahi



Serving Portion: 1
Prep Period: 15 minutes
Cook Period: 10-15 minutes

Ingredients Required:

1 (6 oz) mahi-mahi fillet (about 170 g)
 ½ tsp coconut oil (about 2.5 ml)
 ¼ cup coconut milk (about 60 ml)
 ½ tsp lime zest (about 1 g)
 ½ lime, juiced (about 15 ml)
 ½ tsp garlic, minced (about 1.5 g)
 ½ tsp fresh cilantro, chopped (about 1 g)
 salt and black pepper, to taste

Procedure:

1. In a pan, warm up the coconut oil over medium-low heat.
2. Add salt and black pepper to the mahi-mahi, and then sear for 4 minutes on each side until brown.
3. Take it out of the pan.
4. In the same pan, add the coconut milk, lime zest, and lime juice.
5. Cook it for 3 minutes.
6. Put the fish back in the pan, cover it with the sauce, and cook for 2 minutes.
7. Add fresh cilantro on top and serve.

Nutritional Information:

~240 Calories; ~40 g Protein; ~10 g Fat; ~3 g Carbs.

Coconut and Cabbage Stew



Serving Portion: 1
Prep Period: 10 minutes
Cook Period: 15-20 minutes

Ingredients Required:

2 tbsp olive oil (about 30 ml)
 1 small red onion, halved and sliced (about 70 g)
 salt and black pepper, to taste
 2 garlic cloves, diced (about 6 g)
 1 cup carrot, peeled and sliced (about 130 g)
 2 tbsp lemon juice (about 30 ml)
 ½ cup unsweetened coconut milk (about 120 ml)
 ½ red chili, sliced (about 5 g)
 2 tsp mustard seeds (about 10 g)
 1 tbsp curry powder (about 6 g)
 ¼ tsp turmeric powder (about 0.75 g)
 1 ½ cups cabbage, shredded (about 150 g)
 ½ cup water (about 120 ml)

Procedure:

1. Warm up some olive oil in a big pot or deep skillet over medium heat.
2. Add the sliced red onion and cook for 3 minutes, stirring occasionally, until softened.
3. Stir in the garlic, red chili, mustard seeds, curry powder, turmeric, salt, and black pepper.
4. Cook it for 1 minute until fragrant.
5. Add the cabbage and carrots, stirring well to coat with the spices.
6. Pour in the water and lemon juice.
7. Cover and let simmer for 10 minutes, stirring occasionally.
8. Reduce heat to low and stir in the coconut milk.
9. Simmer uncovered for another 10 minutes, until the vegetables are tender and the stew thickens slightly.
10. Serve warm and enjoy!

Nutritional Information:

~220 Calories; ~3 g Protein; ~14 g Fat; ~20 g Carbs.

Reintroduced Food – Unsweetened Peanut Butter

(See how to prepare and combine peanuts here, page 73)

To include peanut butter during the reintroduction phase, serve a spoonful on the side as a nutty accent or swirl it lightly into the coconut lime sauce for a subtle Thai-inspired twist that enriches the mahi-mahi with depth and creaminess.

Reintroduced Food – Greek Yogurt

(See how to prepare and combine Greek yogurt here, page 74)

To include Greek yogurt during the reintroduction phase, spoon it on top of the coconut and cabbage stew just before serving or offer it on the side for a tangy, creamy contrast that balances the warmth of the spices and richness of the coconut milk.

Mediterranean Roasted Veggie Bowl



Serving Portion: 1
Prep Period: 10 minutes
Cook Period: 20 minutes

Ingredients Required:

½ medium zucchini, chopped (about 75 g)
 ½ red bell pepper, chopped (about 50 g)
 ½ small red onion, sliced (about 30 g)
 ¼ cup cherry tomatoes, halved (about 40 g)
 1 tbsp extra virgin olive oil (about 15 ml)
 ½ tsp dried oregano (about 0.5 g)
 salt & black pepper, to taste
 ¼ avocado, cubed (about 30 g)
 fresh parsley for garnish (optional)

Procedure:

1. Preheat oven to 400°F (200°C).
2. Place zucchini, bell pepper, onion, and cherry tomatoes on a baking tray.
3. Drizzle with olive oil and sprinkle with oregano, salt, and pepper. Toss to coat evenly.
4. Roast for 20 minutes, giving it a flip halfway through for even cooking!
5. Transfer to a bowl. Top with cubed avocado and parsley.
6. Serve warm.

Nutritional Information:

~305 Calories; ~4 g Protein; ~24 g Fat; ~18 g Carbs

Zucchini Pancakes



Serving Portion: 1
Prep Period: 5 minutes
Cook Period: 20 minutes

Ingredients Required:

2 zucchinis, shredded (about 400 g)
 1 green onion, chopped (about 15 g)
 3 organic eggs, whisked
 salt and pepper, to taste
 2 tbsp olive oil (about 30 ml)
 ¼ cup potatoes, grated (about 30 g)

Procedure:

1. Wash the zucchini, then grate it with a cheese grater.
2. Squeeze the extra juice from the zucchini into the bowl.
3. In the bowl, crack eggs, then sprinkle black pepper and salt.
4. Add next grated and drained potatoes and onions.
5. Mix thoroughly; save for cooking.
6. Heat oil in a skillet now; next, place a few tbsp of this mixture on a skillet.
7. Press to form the shape of a pancake.
8. Cook it on a low flame from both sides until golden brown.
9. Cover the skillet with a lid for a few minutes.
10. When finished, serve and savor.

Nutritional Information:

~400 Calories; ~22 g Protein; ~38 g Fat; ~18 g Carbs.

Reintroduced Food – Feta

(See how to prepare and combine feta here, page 75)

To include feta during the reintroduction phase, sprinkle the crumbled feta over the warm roasted veggie bowl just before serving. The residual heat will gently soften the cheese, adding a salty, creamy finish that complements the roasted vegetables and creamy avocado.

Reintroduced Food – Ricotta

(See how to prepare and combine ricotta here, page 76)

To include ricotta during the reintroduction phase, spoon it into a small bowl and either dollop it on top of the zucchini pancakes for a creamy, savory finish or serve it on the side to complement the crisp texture with a smooth contrast.

Roasted Cauliflower & Avocado Bowl



Serving Portion: 1
Prep Period: 5 minutes
Cook Period: 25 minutes

Ingredients Required:

¼ head cauliflower, broken into bite-sized pieces (about 150 g)
 1 tbsp olive oil (about 15 ml)
 ½ ripe avocado, diced (about 60 g)
 ⅛ tsp garlic powder (about 0.25 g)
 ⅛ tsp dried parsley (about 0.25 g)
 ⅛ tsp onion powder (about 0.25 g)
 ⅛ tsp dried oregano (about 0.25 g)
 salt and black pepper, to taste

Procedure:

1. Preheat oven to 400°F (200°C).
2. In a bowl, gently toss the cauliflower florets with some olive oil, oregano, onion powder, parsley, garlic powder, salt, and pepper.
3. Spread on a baking sheet in a single layer.
4. Roast for 25 minutes, flipping once halfway through, until golden brown and slightly crisp.
5. Transfer to a bowl and gently fold in diced avocado.
6. Serve warm and enjoy!

Nutritional Information:

~300 Calories; ~5 g Protein; ~25 g Fat; ~13 g Carbs

Savory Zucchini & Sweet Potato Gratin



Serving Portion: 1
Prep Period: 10 minutes
Cook Period: 25 minutes

Ingredients Required:

½ small sweet potato, thinly sliced (about 85 g)
 ½ medium zucchini, thinly sliced (about 80 g)
 ¼ red onion, thinly sliced (about 30 g)
 1 tbsp extra virgin olive oil (about 15 ml)
 1 clove garlic, minced (about 3 g)
 1 tbsp chopped fresh parsley (about 2 g)
 salt and black pepper, to taste

Procedure:

1. Preheat the oven to 400°F (200°C).
2. Toss sweet potato, zucchini, and onion with salt, black pepper, garlic, and olive oil in a bowl.
3. Arrange the mixture in a small, greased baking dish.
4. Cover with foil and bake for 15 minutes.
5. Remove the top and continue baking for ten more minutes or until golden and soft.
6. Sprinkle with parsley and serve warm.

Nutritional Information:

~290 Calories; ~5 g Protein; ~19 g Fat; ~25 g Carbs

Reintroduced Food – Mozzarella

(See how to prepare and combine mozzarella here, page 75)

To include mozzarella during the reintroduction phase, sprinkle the shredded cheese over the warm roasted cauliflower and avocado bowl just before serving. Let it soften slightly from the heat for a rich, melty texture that complements the dish's creaminess and roasted depth.

Reintroduced Food – Hard Cheese (Cheddar/Parmesan)

(See how to prepare and combine hard cheese here, page 75)

To include hard cheese during the reintroduction phase, sprinkle it over the gratin during the final minutes of baking to let it melt and create a rich, savory topping.

Sautéed Sweet Potato with Egg & Olive Mix



Serving Portion: 1
Prep Period: 10 minutes
Cook Period: 30 minutes

Ingredients Required:

1 large sweet potato, peeled and cut into cubes (about 200 g)
 2 tbsp black olives, chopped (about 20 g)
 2 tbsp green onion, chopped (about 20 g)
 ½ tbsp olive oil (about 7.5 ml)
 1 egg, boiled and chopped
 salt and black pepper, to taste

Procedure:

1. Heat water in a pot until it boils. Cook the sweet potato cubes for 15 to 20 minutes or until soft.
2. While the sweet potato is cooking, boil the egg (about 9 minutes), then peel and chop it.
3. Once the sweet potato is tender, drain it and transfer it to a skillet with heated olive oil.
4. Lightly sauté the sweet potato for 3-4 minutes until lightly golden.
5. Add chopped egg, black olives, green onion, salt, and pepper. Toss gently to combine and heat through for 1-2 minutes.
6. Serve warm.

Nutritional Information:

~345 Calories; ~10 g Protein; ~15 g Fat; ~45 g Carbs

Roasted Beet and Carrot Medley



Serving Portion: 1
Prep Period: 10 minutes
Cook Period: 30 minutes

Ingredients Required:

1 small beet, peeled and diced (about 100 g)
 1 medium carrot, peeled and diced (about 80 g)
 1 tbsp olive oil (about 15 ml)
 1 tbsp chopped walnuts or pecans (about 7 g)
 ½ garlic clove, minced (about 1.5 g)
 ½ tsp dried thyme (about 0.5 g)
 salt and black pepper, to taste

Procedure:

1. Preheat the oven to 400°F (200°C).
2. Toss the diced beet and sliced carrot with olive oil, garlic, thyme, salt, and black pepper in a bowl.
3. Spread the vegetables evenly on a baking sheet and roast for 25-30 minutes, stirring once halfway through, until tender and slightly caramelized.
4. Before serving, top with chopped pecans or walnuts.
5. Serve warm.

Nutritional Information:

~230 Calories; ~3 g Protein; ~15 g Fat; ~19 g Carbs

Reintroduced Food – Cottage Cheese

(See how to prepare and combine cottage cheese here, page 75)

To include cottage cheese during the reintroduction phase, spoon it into a small bowl and serve on the side or dollop over the sweet potato for added creaminess and a cool, tangy balance to the warm savory filling.

Reintroduced Food – Goat Cheese (Chèvre)

(See how to prepare and combine goat cheese here, page 76)

To include goat cheese during the reintroduction phase, crumble it over the warm roasted beet and carrot medley just before serving to add a creamy, tangy contrast that pairs beautifully with the sweetness of the vegetables and the crunch of the nuts.

Mushrooms with Rainbow Chard



Serving Portion: 1
Prep Period: 5 minutes
Cook Period: 10-15 minutes

Ingredients Required:

1½ tsp coconut oil (about 7.5 ml)
 1 cup rainbow chard, stems and leaves finely chopped (about 40 g)
 ½ cup shiitake mushrooms, sliced (about 40 g)
 1 garlic clove, minced (about 3 g)
 ½ tsp fresh thyme, chopped (about 1 g)
 2 tbsp water (about 30 ml)
 1 tbsp sliced almonds (6 g)
 1 tbsp pumpkin seeds or chopped walnuts (about 8 g)
 salt and black pepper, to taste

Procedure:

1. Heat coconut oil in a skillet over medium-high heat.
2. Add chard stems and mushrooms, sauté for 3-4 minutes, stirring.
3. Add garlic, thyme, and a pinch of salt. Cook for 30 seconds.
4. Add chard leaves and increase heat to high. Sauté for 3 minutes until wilted.
5. Season with salt and pepper. Add water, reduce heat to low, cover, and simmer for 3-4 minutes.
6. Top with almonds and pumpkin seeds or walnuts before serving.

Nutritional Information:

~210 Calories; ~6 g Protein; ~16 g Fat; ~10 g Carbs

Baked Vegetables



Serving Portion: 1
Prep Period: 15 minutes
Cook Period: 30 minutes

Ingredients Required:

1½ tsp coconut oil (about 7 g)
 2 large tomatoes, chopped (about 350 g)
 ½ small eggplant, sliced thinly lengthwise (about 90 g)
 ½ zucchini, sliced thinly lengthwise (about 60 g)
 1 garlic clove, minced (about 3 g)
 ¼ cup fresh basil (about 10 g)
 ½ cup water (about 120 ml)
 1 tbsp pine nuts or chopped walnuts (about 8 g)
 salt and black pepper, to taste

Procedure:

1. Preheat oven to 375°F (190°C).
2. Grease the baking dish and line it with parchment paper.
3. Place eggplant and zucchini slices in a bowl, salt them, sit for 15 minutes, then rinse.
4. Heat coconut oil in a pan on medium heat. Brown the vegetables in batches, about 3 minutes per side.
5. Combine tomatoes, basil, garlic, salt, black pepper, and water in a blender and blend until smooth.
6. Layer sauce and vegetables alternately in the baking dish.
7. Bake, covered with foil, for 20 minutes.
8. Take off the foil, sprinkle with pine nuts or walnuts, and bake for 10 minutes until the vegetables are tender and the sauce bubbles.
9. Serve warm.

Nutritional Information:

~210 Calories; ~4 g Protein; ~12 g Fat; ~22 g Carbs

Reintroduced Food – Goat's/Sheep's Milk Yogurt

(See how to prepare and combine goat's or sheep's milk yogurt here, page 76)

To include yogurt during the reintroduction phase, spoon it into a small dish and serve on the side of the warm chard and mushroom sauté for a cool, tangy contrast that balances the earthy greens and nutty topping.

Reintroduced Food – Butter

(See how to prepare and combine butter here, page 76)

To include butter during the reintroduction phase, melt it and drizzle over the hot baked vegetables just before serving to enhance the roasted flavors with creamy richness and a smooth finish.

Vegetable Curry



Serving Portion: 1
Prep Period: 5 minutes
Cook Period: 22 minutes

Ingredients Required:

1 tsp coconut oil (about 4.5 g)
 1 cup broccoli florets (about 90 g)
 ½ cup diced sweet potato (about 65 g)
 ¼ cup coconut milk (about 60 ml)
 ½ tsp curry powder (about 1 g)
 1 tsp fresh lemon juice (about 5 ml)
 salt and black pepper, to taste
 Pinch of Italian seasoning (about 0.25 g)

Procedure:

1. Preheat oven to 425°F (220°C) and grease a baking sheet.
2. Toss broccoli and diced sweet potato with coconut oil, curry powder, salt, black pepper, and Italian seasoning until well coated.
3. Spread the mixture on the baking sheet and roast for 20-22 minutes until crispy.
4. Drizzle with coconut milk and lemon juice before serving.

Nutritional Information:

~180 Calories; ~4 g Protein; ~12 g Fat; ~18 g Carbs.

Rosemary Garlic Lamb Chops



Serving Portion: 1
Prep Period: 10 minutes
Cook Period: 10-15 minutes

Ingredients Required:

1 lamb chop, 4-5 oz
 1 tsp olive oil (about 5 ml)
 1 garlic clove, minced
 ½ tsp dried rosemary (about 0.5 g)
 salt and black pepper, to taste

Procedure:

1. Spice a lamb chop with garlic, rosemary, salt, and black pepper.
2. Rub it in with olive oil.
3. Set the pan on medium-high heat and brown the meat for 5 minutes on each side.
4. Allow to sit for five minutes before serving.

Nutritional Information:

~300 Calories; ~25 g Protein; ~22 g Fat; ~1 g Carbs

Reintroduced Food – Kefir

(See how to prepare and combine kefir here, page 74)

To include kefir during the reintroduction phase, pour it into a small serving glass and enjoy it chilled alongside the warm vegetable curry for a refreshing, tangy balance to the roasted spices and creamy coconut finish.

Reintroduced Food – Wild Rice

(See how to prepare and combine wild rice here, page 71)

To include wild rice during the reintroduction phase, cook it as directed and serve it alongside the rosemary garlic lamb chop to soak up the flavorful pan juices and add an earthy, nutty texture to the meal.

Chapter 7. 30 Dinner Recipes

Dinner isn't just the end of the day—it's a chance to thank your body for everything it's done, nourish it with real, wholesome food, and gently ease into rest and recovery.

In this chapter, you'll find dinner recipes that follow the principles of the Whole Diet: made with clean, satisfying ingredients that won't leave you feeling heavy or sluggish.

Cook with joy, eat with gratitude—and let every evening meal be a delicious and nourishing close to your day.

Beef Chuck Steak



Serving Portion: 1
Prep Period: 5 minutes
Cook Period: 10 minutes

Ingredients Required:

1 beef chuck steak, sliced (6 ounces | 170 g)
¼ tsp dried rosemary (about 0.25 g)
½ tsp dried oregano (about 0.5 g)
3 garlic cloves, chopped
red chili flakes, to taste
2 tbsp olive oil (about 30 ml)

Procedure:

1. Oven temperature: 375°F (190°C).
2. Combine rosemary, oregano, garlic, and red chili flakes in a small bowl.
3. Rub the steak with olive oil, then coat with the spice mixture.
4. Place the steak on a baking tray lined with aluminum foil.
5. Bake for 10 minutes, flipping the steak every 5 minutes for even cooking.
6. Remove from the oven, slice, and serve immediately.

Nutritional Information:

~450 Calories; ~42 g Protein; ~30 g Fat; ~2 g Carbs.

Reintroduced Food – Wild Rice

See how to prepare and combine wild rice here, page 71)

To include wild rice during the reintroduction phase, cook it as directed and serve it alongside the beef chuck steak to soak up the aromatic juices and complement the bold, herb-spiced flavors with a nutty, chewy base.

Chicken Gravy with Mushrooms



Serving Portion: 1
Prep Period: 10 minutes
Cook Period: 20-25 minutes

Ingredients Required:

1 ½ tbsp olive oil (about 22.5 ml)
1 chicken breast, cut into pieces (6 ounces | 170 g)
⅓ cup mushrooms, chopped (about 25 g)
2 tbsp chicken broth (about 30 ml)
2 tbsp coconut milk, sugar free (about 30 ml)
¼ tsp oregano (about 0.25 g)
salt and black pepper, to taste

Procedure:

1. In a large skillet, heat the olive oil over medium heat.
2. Include the chicken pieces and cook for 5 minutes per side until golden brown.
3. Add mushrooms to the skillet and cook for another 5 minutes over medium-low heat.
4. Pour in the chicken broth, cover with a lid, and let simmer for 10 minutes.
5. Once the chicken is tender, stir in oregano, salt, coconut milk, and black pepper.
6. Let the sauce thicken slightly, then remove from heat.
7. Serve hot.

Nutritional Information:

~400 Calories; ~40 g Protein; ~24 g Fat; ~4 g Carbs.

Reintroduced Food – Barley

(See how to prepare and combine barley here, page 71)

To include barley during the reintroduction phase, cook it as directed and serve it alongside the chicken mushroom gravy to absorb the rich, savory sauce and add a hearty, wholesome grain texture to the dish.

Ground Beef and Broccoli



Serving Portion: 1
Prep Period: 5 minutes
Cook Period: 10 minutes

Ingredients Required:

6 oz ground beef (about 170 g)
 ¼ large head of broccoli, cut into florets (about 90 g)
 1 tsp avocado oil (about 5 ml)
 1 clove garlic, minced
 ¾ tbsp coconut aminos (about 11 ml)
 ¼ tsp sesame oil (about 1.25 ml)
 ¼ tsp fish sauce (about 1.25 ml)
 ¼ tsp apple cider vinegar (about 1.25 ml)
 For the sauce on top:
 ½ tbsp avocado oil (about 7.5 ml)
 2 tbsp mashed avocado (about 30 g)
 Juice of ¼ lime (about 5 ml)
 pinch of chili powder
 pinch of salt

Procedure:

1. In a small bowl, stir together the coconut aminos, sesame oil, garlic, fish sauce, and vinegar. Set aside.
2. Heat avocado oil in a skillet over medium warmth. Cook the ground beef for five to six minutes until thoroughly browned. Remove from the pan.
3. Add the broccoli to the same pan and cook for 3-4 minutes until tender.
4. Return the beef to the pan and pour the prepared sauce over it. Stir everything together and heat for another minute. Remove from heat.
5. In a separate small bowl, mash avocado with oil, lime juice, chili powder, and a pinch of salt.
6. Serve the beef and broccoli in a bowl and top with a spoonful of the avocado-chili sauce.

Nutritional Information:

500 Calories; ~33 g Protein; ~39 g Fat; ~9 g Carbs.

Reintroduced Food – Brown Rice

(See how to prepare and combine brown rice here, page 71)

To include brown rice during the reintroduction phase, cook it as directed and serve it on the side or stir it into the beef and broccoli just before serving to absorb the savory sauce and balance the richness of the avocado chili topping with hearty texture.

Garlic Chicken



Serving Portion: 1
Prep Period: 10 minutes
Cook Period: 25 minutes

Ingredients Required:

½ cup lemon juice (about 120 ml)
 2 tbsp garlic, minced (about 30 g)
 8 oz skinless chicken (bone-in or boneless) (about 227 g)
 2 tbsp olive oil (about 30 ml)
 salt and black pepper, to taste
 oil spray for greasing

Procedure:

1. Oven temperature: 375°F (190°C).
2. Mix lemon juice, minced garlic, salt, and black pepper in a medium bowl.
3. Add chicken and rub well with the mixture.
4. Marinate for 10-15 minutes or longer in the refrigerator.
5. Lightly grease a baking tray with oil spray.
6. Place the marinated chicken on the tray and rub it with olive oil.
7. Bake for 25 minutes or until golden brown and cooked through.
8. Remove from the oven, cover with aluminum foil, and let it rest for 10 minutes.
9. Serve.

Nutritional Information:

~620 Calories; ~42 g Protein; ~35 g Fat; ~12 g Carbs.

Reintroduced Food – Quinoa

(See how to prepare and combine quinoa here, page 70)

To include quinoa during the reintroduction phase, cook it as directed and serve it alongside the garlic chicken to soak up the lemony juices and balance the bold garlic flavor with a light, nutty grain base.

Lamb Chops



Serving Portion: 1
Prep Period: 5 minutes
Cook Period: 25 minutes

Ingredients Required:

1 bone-in lamb chop (about 4 ounces | 113 g)
 ½ large onion, chopped (about 75 g)
 ½ cored apple, sliced (about 50 g)
 ¾ tbsp coconut oil (about 11 ml), plus more as needed
 oil spray for greasing
 salt and black pepper, to taste

Procedure:

1. Rub the lamb chop on all sides with salt and black pepper.
2. In a skillet, heat the coconut oil over medium-high heat. Add the lamb chop and sear until golden brown on both sides.
3. Remove and set aside.
4. In the same skillet, add more coconut oil if needed and sauté onions until translucent.
5. Add apple slices and cook for 5 minutes, stirring occasionally.
6. Preheat the oven to 375°F (190°C).
7. Lightly grease a baking sheet with oil spray.
8. Place the seared lamb chop on the baking sheet and top with the onion-apple mixture.
9. Bake for 10-15 minutes or until the lamb chop reaches desired doneness.
10. Serve hot and enjoy.

Nutritional Information:

~450 Calories; ~23 g Protein; ~30 g Fat; ~10 g Carbs.

Reintroduced Food – Bulgur

(See how to prepare and combine bulgur here, page 70)

To include bulgur during the reintroduction phase, prepare it as directed and serve it alongside the lamb chop with onion and apple for a warm, nutty grain that complements the sweet-savory topping and balances the richness of the meat.

Duck Breast with Garlic Spinach



Serving Portion: 1
Prep Period: 5 minutes
Cook Period: 15-20 minutes

Ingredients Required:

1 duck breast, skin on (6 ounces | 170 g)
 ½ tbsp balsamic vinegar, sugar free (Whole30-compliant) (about 7.5 ml)
 ½ tbsp coconut aminos (about 7.5 ml)
 ½ tbsp olive oil (about 7.5 ml)
 1 garlic clove, minced
 1 cup spinach (about 30 g)
 Salt and black pepper, to taste

Procedure:

1. Pat the duck breast dry and season both sides with salt and black pepper.
2. Place the duck breast skin-side down in a cold, dry skillet.
3. Turn heat to medium and cook for 8 minutes until the fat renders and skin is crispy.
4. Cook the duck breast again (4-6 minutes) after flipping it, depending on preferred doneness. Remove from skillet and let rest.
5. In the same skillet, discard excess fat, leaving about ½ tbsp. Add balsamic vinegar and coconut aminos, stirring for 1 minute to create a glaze. Set aside.
6. Heat olive oil in a separate pan and sauté garlic for 30 seconds. Add spinach and cook until wilted.
7. Slice the duck breast and serve with garlic spinach, drizzling the glaze over the top.

Nutritional Information:

~450 Calories; ~35 g Protein; ~30 g Fat; ~4 g Carbs.

Reintroduced Food – Freekeh

(See how to prepare and combine freekeh here, page 69)

To include freekeh during the reintroduction phase, cook it as directed and serve it alongside the sliced duck breast and garlic spinach to absorb the savory glaze and provide a nutty, satisfying grain base that complements the richness of the dish.

Stewed Pork



Serving Portion: 1
Prep Period: 10 minutes
Cook Period: 30 minutes

Ingredients Required:

2 oz pork loin, boneless and shredded (about 57 g)
 1 large tomato, chopped (about 182 g)
 1/8 small green onion, sliced (about 2 g)
 1/8 garlic clove, minced
 1/8 tsp thyme leaves (about 0.1 g)
 1/8 jalapeño chili, chopped (about 4 g)
 2/3 tbsp olive oil (about 10 ml)
 salt and black pepper, to taste

Procedure:

1. In a Dutch oven, heat the olive oil over medium heat.
2. Sauté green onions, then add tomatoes, garlic, thyme, jalapeño, salt, and pepper.
3. Cook it for 5 minutes until softened.
4. Add shredded pork and stir to coat.
5. Cover and cook on high for 20-25 minutes until pork is tender.
6. Serve hot and enjoy!

Nutritional Information:

~230 Calories; ~24 g Protein; ~14 g Fat; ~5 g Carbs.

Tomato Pork Ribs



Serving Portion: 1
Prep Period: 15 minutes
Cook Period: 30 minutes

Ingredients Required:

1 pound pork ribs (about 454 g)
 1 1/2 Roma tomatoes, chopped (about 200 g)
 2/3 red bell pepper, chopped (about 67 g)
 1 1/8 small onions, roughly chopped (about 100 g)
 1 1/8 cloves garlic, minced
 1/8 tsp cumin (about 0.3 g)
 1 tbsp olive oil (about 15 ml)
 2 sprigs fresh rosemary
 1/8 small bundle of fresh thyme, stems removed (about 2 g)
 salt and black pepper, to taste

Procedure:

1. Blend the tomatoes, bell peppers, onions, garlic, cumin, black pepper, salt, thyme, rosemary, and olive oil into a smooth paste.
2. Rub the ribs generously with the paste and marinate for 10-15 minutes.
3. Preheat the oven to 420°F (215°C).
4. Turn the ribs halfway through the 30-minute baking period to ensure consistent cooking. Place them on a baking sheet.
5. Serve hot and enjoy!

Nutritional Information:

~500 Calories; ~45 g Protein; ~35 g Fat; ~10 g Carbs.

Reintroduced Food – Israeli Couscous

(See how to prepare and combine Israeli couscous here, page 69)

To include Israeli couscous during the reintroduction phase, cook it as directed and serve it alongside the stewed pork to soak up the rich tomato-chili sauce and add a tender, slightly chewy texture that complements the savory, spiced meat.

Reintroduced Food – Millet

(See how to prepare and combine millet here, page 70)

To include millet during the reintroduction phase, cook it as directed and serve it alongside the tomato pork ribs to absorb the bold, herb-infused marinade and provide a light, nutty contrast to the rich, roasted meat.

Turkey & Mushroom Skillet



Serving Portion: 1
Prep Period: 10 minutes
Cook Period: 20-25 minutes

Ingredients Required:

5 oz ground turkey (about 142 g)
 ½ tbsp olive oil (about 7.5 ml)
 ¼ cup mushrooms, sliced (about 18 g)
 ¼ small onion, diced (about 20 g)
 1 garlic clove, minced
 ½ tsp paprika (about 1 g)
 ½ tsp dried oregano (about 0.5 g)
 ¼ cup coconut milk (about 60 ml)
 salt and black pepper, to taste

Procedure:

1. In a skillet, heat the olive oil over medium heat.
2. Add onions and garlic, and sauté for 2 minutes.
3. Add ground turkey and season with salt, black pepper, paprika, and oregano.
4. Cook it for 8-10 minutes, stirring occasionally.
5. Cook for a further five minutes after adding the mushrooms.
6. Pour in coconut milk, stir well, and simmer until the sauce thickens, 3 to 5 minutes.
7. Serve hot and enjoy!

Nutritional Information:

~320 Calories; ~35 g Protein; ~18 g Fat; ~5 g Carbs.

Turkey and Squash Stew



Serving Portion: 1
Prep Period: 10 minutes
Cook Period: 30 minutes

Ingredients Required:

6 oz ground turkey (about 170 g)
 ½ cup tomatoes, chopped (about 90 g)
 ¼ cup acorn squash, peeled and diced (about 34 g)
 ¼ cup onions, chopped (about 40 g)
 2 tbsp green bell peppers, chopped (about 18 g)
 ¼ tsp garlic, minced (about 0.25 g)
 ½ tbsp olive oil (about 7.5 ml)
 salt and black pepper, to taste

Procedure:

1. In a pot, heat the olive oil over medium heat. Add the onions, garlic, and bell peppers. Sauté for 2 minutes.
2. Add ground turkey, season with salt and black pepper, and cook for 5-7 minutes until browned.
3. Stir in tomatoes and acorn squash. Bring to a simmer.
4. Cook, covered, stirring occasionally, until the squash is soft, about 20 minutes.
5. Serve hot and enjoy!

Nutritional Information:

~315 Calories; ~38 g Protein; ~17 g Fat; ~14 g Carbs.

Reintroduced Food – Buckwheat

(See how to prepare and combine buckwheat here, page 71)

To include buckwheat during the reintroduction phase, cook it as directed and serve it alongside the turkey and mushroom skillet or stir it in just before serving to soak up the creamy coconut sauce and add a nutty, hearty grain texture to the dish.

Reintroduced Food – Rolled Oats

(See how to prepare and combine rolled oats here, page 70)

To include rolled oats during the reintroduction phase, cook them as directed and serve them on the side or gently mix them into the turkey and squash stew for added creaminess and a subtle grainy texture that complements the tender vegetables and savory broth.

Fish and Vegetable Curry



Serving Portion: 1
Prep Period: 4 minutes
Cook Period: 6-10 minutes

Ingredients Required:

8 oz white fish fillet, cut crosswise into ½-inch slices (about 227 g)
 ½ cup coconut milk (about 120 ml)
 ½ tsp red curry paste, sugar free (about 2.5 g)
 ¼ small red cabbage, sliced (about 50 g)
 1 tbsp cilantro, chopped (about 4 g)
 salt and black pepper, to taste

Procedure:

1. Pour the coconut milk into a large saucepan and heat it to a simmer over medium heat.
2. Add the red curry paste and continue to simmer for 2 minutes.
3. Add the cabbage and cook until the mixture thickens slightly.
4. Add the fish, cover with a lid, and cook for 5 minutes or until the fish is cooked.
5. Season it with salt and black pepper to taste.
6. Garnish with cilantro and serve.

Nutritional Information:

~375 Calories; ~40 g Protein; ~22 g Fat; ~9 g Carbs.

Cabbage and Salmon



Serving Portion: 1
Prep Period: 1-2 minutes
Cook Period: 0 minutes

Ingredients Required:

1 cabbage leaf
 8 oz smoked salmon (about 227 g)
 ¼ large red onion, minced (about 30 g)
 ½ avocado, sliced (about 68 g)
 salt and black pepper, to taste
 Olive oil for drizzling (about 1 tsp | 5 ml)

Procedure:

1. Place the cabbage leaf on a serving plate.
2. Layer with smoked salmon slices, minced red onion, and avocado slices.
3. Season with salt and black pepper and drizzle with olive oil.
4. Serve immediately.

Nutritional Information:

~390 Calories; ~42 g Protein; ~24 g Fat; ~8 g Carbs.

Reintroduced Food – Chickpeas

(See how to prepare and combine chickpeas here, page 72)

To include chickpeas during the reintroduction phase, warm them as directed and stir them into the fish and vegetable curry just before serving or serve them on the side to add heartiness and a mildly nutty flavor that pairs well with the creamy coconut and curry sauce.

Reintroduced Food – Black Beans

(See how to prepare and combine black beans here, page 72)

To include black beans during the reintroduction phase, warm them as directed and serve them alongside the cabbage and smoked salmon wrap to add earthy flavor and extra fiber, balancing the rich avocado and savory fish with a satisfying plant-based element.

Salmon with Orange



Serving Portion: 1
Prep Period: 4 minutes
Cook Period: 25 minutes

Ingredients Required:

½ tsp olive oil (about 2.5 ml)
8 oz salmon fillet (about 227 g)
½ cup spinach, washed and stems removed (about 5 g)
½ clove garlic, roughly chopped
½ blood orange, peeled and halved
½ fennel bulb, trimmed and white part sliced (about 50 g)
½ large red onion, peeled and cut (about 75 g)
salt and black pepper, to taste

Procedure:

1. Oven temperature: 375°F (190°C).
2. Cut the salmon into a single serving portion and season with salt and black pepper.
3. Place the salmon on a baking tray, cover it with aluminum foil, and bake for 10 minutes.
4. In the meantime, warm up some olive oil in a skillet over medium heat.
5. Add onions and spinach, and cook for 2 minutes.
6. Add garlic and fennel, and cook for 8 minutes.
7. Stir in the blood orange halves and cook for another 3-5 minutes.
8. Once the salmon is cooked, plate it and top with the cooked vegetables and orange mixture.

Nutritional Information:

~425 Calories; ~45 g Protein; ~19 g Fat; ~18 g Carbs.

Garlic Lemon Tilapia



Serving Portion: 1
Prep Period: 5 minutes
Cook Period: 5-10 minutes

Ingredients Required:

1 tilapia fillet (about 6 ounces | 170 g)
1 tbsp olive oil (about 15 ml)
1 clove garlic, minced
½ tbsp fresh lemon juice (about 7.5 ml)
½ tsp lemon zest (about 1 g)
salt and black pepper, to taste
¼ tsp paprika (about 0.5 g)
1 tbsp fresh parsley, chopped (about 4 g)

Procedure:

1. In a pan, heat the olive oil over medium heat.
2. Include garlic and sauté for about 30 seconds until fragrant.
3. Place tilapia fillet in the pan and cook for 2-3 minutes on one side.
4. Flip the fish, drizzle with lemon juice, and season with salt, black pepper, paprika, and lemon zest.
5. Cook for another 2 minutes or until the fish flakes easily with a fork.
6. Garnish with fresh parsley and serve hot.

Nutritional Information:

~225 Calories; ~35 g Protein; ~10 g Fat; ~2 g Carbs.

Reintroduced Food – White Beans

(See how to prepare and combine white beans here, page 72)

To include white beans during the reintroduction phase, warm them as directed and serve them alongside the salmon and citrus-vegetable medley to add a creamy, earthy contrast that complements the sweetness of the blood orange and balances the richness of the fish.

Reintroduced Food – Lentils

(See how to prepare and combine lentils here, page 73)

To include lentils during the reintroduction phase, warm them as directed and serve them alongside the garlic lemon tilapia to provide a hearty, earthy base that pairs well with the bright citrus and savory garlic flavors of the fish.

Garlic Butter Cod with Roasted Vegetables



Serving Portion: 1
Prep Period: 5 minutes
Cook Period: 20-25 minutes

Ingredients Required:

1 cod fillet (about 6 ounces | 170 g)
 1 tbsp olive oil (about 15 ml)
 1 clove garlic, minced
 ½ tsp dried thyme (about 0.5 g)
 ½ tsp smoked paprika (about 0.5 g)
 ½ cup zucchini, chopped (about 75 g)
 ½ cup bell pepper, sliced (about 50 g)
 ½ tbsp olive oil (about 7.5 ml)
 salt and black pepper, to taste

Procedure:

1. Preheat oven to 400°F (200°C).
2. Toss zucchini and bell pepper with olive oil, salt, and black pepper. Spread on a baking sheet and roast for 10 minutes.
3. Meanwhile, heat olive oil in a skillet over medium heat.
4. Add garlic and sauté for 30 seconds, then place cod in the skillet.
5. Season with thyme, smoked paprika, salt, and black pepper. Cook for 5 minutes per side or until the fish flakes easily.
6. Serve the cod with the roasted vegetables.

Nutritional Information:

~310 Calories; ~38 g Protein; ~15 g Fat; ~8 g Carbs.

Garlic Butter Seared Scallops



Serving Portion: 1
Prep Period: 5 minutes
Cook Period: 5 minutes

Ingredients Required:

7 large scallops (about 196 g)
 1 tbsp olive oil (about 15 ml)
 1 clove garlic, minced
 ½ tbsp fresh lemon juice (about 7.5 ml)
 1 tbsp fresh parsley, chopped (about 2 g)
 salt and black pepper, to taste

Procedure:

1. Pat the scallops dry with a paper towel and season with salt and black pepper.
2. In a skillet, heat the olive oil over medium-high heat.
3. Include scallops and sear for 2 minutes per side until golden brown.
4. Add garlic and lemon juice to the skillet and cook for another 30 seconds.
5. Remove from heat, garnish with fresh parsley, and serve immediately.

Nutritional Information:

~250 Calories; ~30 g Protein; ~12 g Fat; ~3 g Carbs

Reintroduced Food – Edamame

(See how to prepare and combine edamame here, page 73)

To include edamame during the reintroduction phase, warm it as directed and serve it alongside the garlic butter cod and roasted vegetables or toss it into the roasted mix for a boost of plant-based protein and a slightly nutty bite that pairs well with the savory fish and herbs.

Reintroduced Food – Tofu

(See how to prepare and combine tofu here, page 73)

To include tofu during the reintroduction phase, sauté it as directed and gently mix it into the pan with the garlic butter and lemon sauce after searing the scallops, or serve it on the side for a soft, mild addition that complements the delicate flavor of the scallops.

Coconut Curry Scallops



Serving Portion: 1
Prep Period: 5 minutes
Cook Period: 10 minutes

Ingredients Required:

1 tbsp olive oil (about 15 ml)
 6 large scallops (about 168 g)
 ¼ cup coconut milk (about 60 ml)
 ½ clove garlic, minced
 ¼ tsp turmeric (about 0.5 g)
 ¼ tsp ground ginger (about 0.5 g)
 salt and black pepper, to taste
 1 tbsp fresh cilantro, chopped (about 2 g)
 chili pepper (to taste)

Procedure:

1. In a skillet, heat the olive oil over medium-high heat.
2. Sear the scallops for 2 minutes per side until golden brown.
3. Remove from skillet and set aside.
4. Lower heat to medium and add garlic, turmeric, and ginger.
5. Cook it for 30 seconds.
6. Simmer for two minutes after adding the coconut milk.
7. Return scallops to the skillet and cook for another 2 minutes, spooning sauce over them.
8. Garnish with fresh cilantro (chili pepper to taste) and serve.

Nutritional Information:

~240 Calories; ~26 g Protein; ~13 g Fat; ~5 g Carbs.

Spiced Squid & Veggie Stir-Fry



Serving Portion: 1
Prep Period: 10 minutes
Cook Period: 8 minutes

Ingredients Required:

5 oz cleaned squid rings (about 140 g)
 ½ cup red bell pepper, sliced (about 50 g)
 ½ cup zucchini, sliced into thin strips (about 50 g)
 1 tbsp olive oil (about 15 ml)
 ¼ tsp smoked paprika (about 0.5 g)
 ¼ tsp ground cumin (about 0.5 g)
 pinch of chili flakes (optional)
 1 tsp fresh lemon juice (about 5 ml)
 salt and black pepper, to taste
 fresh cilantro for garnish (optional)

Procedure:

1. In a skillet, heat the olive oil over medium-high heat.
2. Add bell pepper and zucchini, and stir-fry for 2-3 minutes until slightly tender.
3. Add squid rings, paprika, cumin, chili flakes, salt, and black pepper.
4. Stir-fry for 3-4 minutes until squid is opaque and cooked through (do not overcook).
5. Squeeze in fresh lemon juice, stir briefly, and remove from heat.
6. If preferred, top with fresh cilantro after transferring to a platter.
7. Serve warm.

Nutritional Information:

~240 Calories; ~26 g Protein; ~13 g Fat; ~6 g Carbs

Reintroduced Food – Tempeh

(See how to prepare and combine tempeh here, page 74)

To include tempeh during the reintroduction phase, sauté it until lightly browned and serve it with the coconut curry scallops to complement the warm spices and creamy sauce with a nutty, hearty texture that adds plant-based protein to the dish.

Reintroduced Food – Unsweetened Peanut Butter

(See how to prepare and combine peanuts here, page 73)

To include peanut butter during the reintroduction phase, serve it in a small bowl on the side as a nutty dipping sauce for the squid, or drizzle a small amount over the stir-fry for a bold and creamy contrast to the smoky spices.

Shrimp Cauliflower Fried Rice



Serving Portion: 1
Prep Period: 6-7 minutes
Cook Period: 25 minutes

Ingredients Required:

¼ yellow onion, chopped (about 30 g)
 ½ cup shrimp (about 62 g)
 ½ head cauliflower, grated (about 250 g)
 1 organic egg
 ½ clove garlic, minced
 1 tbsp olive oil (about 15 ml)
 salt and black pepper, to taste

Procedure:

1. Wash the cauliflower florets, pat them dry, and process in a food processor until they resemble rice.
2. Heat olive oil in a skillet over medium heat. Sauté onions and garlic until fragrant.
3. Add the cauliflower rice, cover the skillet, and cook until tender.
4. Stir in the shrimp and cook it for 6 minutes, until fully cooked.
5. Whisk the egg in a bowl, then pour it into the skillet. Stir and cook until the egg is firm and well incorporated.
6. Season with salt and black pepper to taste.
7. Serve hot.

Nutritional Information:

~320 Calories; ~24 g Protein; ~20 g Fat; ~16 g Carbs.

Zucchini Noodles with Crab and Lemon Garlic Sauce



Serving Portion: 1
Prep Period: 10 minutes
Cook Period: 5 minutes

Ingredients Required:

1 tbsp olive oil (about 15 ml)
 ½ clove garlic, minced
 ½ cup lump crab meat (about 62 g)
 1 small zucchini, spiralized (about 118 g)
 ½ tbsp fresh lemon juice (about 7.5 ml)
 ½ tsp lemon zest (about 1 g)
 1 tbsp fresh basil, chopped (about 2 g)
 1 tbsp chopped walnuts or pine nuts (about 8 g)
 1 tsp ghee (optional, about 5 ml)
 salt and black pepper, to taste

Procedure:

1. In a skillet, heat the olive oil over medium heat.
2. Add garlic and sauté for 30 seconds until fragrant.
3. Stir in crab meat, lemon juice, lemon zest, salt, black pepper, and ghee (if using). Cook for 2 minutes.
4. Add zucchini noodles and toss to coat. Cook for 2 minutes until just tender.
5. Add some chopped nuts and some fresh basil as garnish.
6. Serve immediately.

Nutritional Information:

~250 Calories; ~17 g Protein; ~17 g Fat; ~8 g Carbs

Reintroduced Food – Kidney Beans

(See how to prepare and combine kidney beans here, page 72)

To include kidney beans during the reintroduction phase, warm them as directed and stir them into the shrimp cauliflower fried rice during the final minutes of cooking or serve them on the side to add a hearty texture and earthy flavor that complements the light, savory mix of shrimp and vegetables.

Reintroduced Food – Green Peas

(See how to prepare and combine green peas here, page 74)

To include green peas during the reintroduction phase, warm them as directed and stir them into the zucchini noodles for a pop of sweetness and extra fiber, or serve them on the side as a light, tender complement to the bright lemon and buttery crab flavors.

Stuffed Mushrooms with Cauliflower and Egg



Serving Portion: 1
Prep Period: 7 minutes
Cook Period: 20-25 minutes

Ingredients Required:

½ cup cauliflower, grated (50 g)
 1 cup cremini mushrooms, stems removed (6-7 medium | 70 g)
 1 tsp olive oil (5 ml)
 3 mint leaves, finely chopped
 ¼ tsp salt (0.5 g)
 ½ hard-boiled egg, chopped
 1 tsp chopped walnuts or pumpkin seeds (about 3 g)
 salt and black pepper, to taste

Procedure:

1. Preheat oven to 300°F (150°C).
2. Sauté cauliflower in olive oil for 2-3 minutes.
3. Mix cauliflower with chopped mint, salt, pepper, chopped egg, and nuts/seeds.
4. Stuff mushroom caps with the mixture.
5. Bake for 20-25 minutes until tender and golden.
6. Serve warm.

Nutritional Information:

~260 Calories; ~10 g Protein; ~18 g Fat; ~8 g Carbs

Kale & Roasted Cauliflower



Serving Portion: 1
Prep Period: 5 minutes
Cook Period: 20-25 minutes

Ingredients Required:

½ cup cauliflower, cut into small florets (about 57 g)
 ½ small sweet potato, diced (about 43 g)
 ¼ cup kale, chopped (about 17 g)
 ½ bell pepper, chopped (about 37 g)
 ½ small onion, chopped (about 30 g)
 1 tbsp coconut oil (about 15 ml)
 ¼ tsp ground cumin (about 0.5 g)
 ⅛ tsp ground coriander (about 0.25 g)
 ½ tbsp fresh lemon juice (about 7.5 ml)
 ½ ripe avocado, sliced (about 68 g)
 ½ tbsp water (about 7.5 ml)
 sea salt and black pepper, to taste

Procedure:

1. Preheat oven to 400°F (200°C).
2. Toss cauliflower and sweet potato with ½ tbsp coconut oil, salt, and pepper. Spread on a baking sheet and roast for 15 minutes.
3. Meanwhile, heat a pan over medium heat with the remaining ½ tbsp coconut oil.
4. Add bell pepper, onion, and kale.
5. Sauté for 5 minutes until tender.
6. Add water, cumin, and coriander to the pan with the roasted sweet potato and cauliflower. Mix thoroughly.
7. After adding fresh lemon juice, boil the meal for two minutes.
8. Serve warm with sliced avocado on top.

Nutritional Information:

~Calories: 310; ~Protein: 5 g; ~Fat: 24 g; ~Carbs: 22 g

Reintroduced Food – Greek Yogurt

(See how to prepare and combine Greek yogurt here, page 74)

To include Greek yogurt during the reintroduction phase, serve a spoonful on the side for a tangy, cooling contrast that lifts the savory mushroom filling.

Reintroduced Food – Kefir

(See how to prepare and combine kefir here, page 74)

To include kefir during the reintroduction phase, pour it into a small glass and enjoy it chilled alongside your kale and roasted cauliflower dish. The tangy flavor of the kefir provides a refreshing contrast to the warm, spiced vegetables and creamy avocado.

Spiced Spinach & Cauliflower Sauté



Serving Portion: 1
Prep Period: 7 minutes
Cook Period: 15 minutes

Ingredients Required:

1½ tbsp olive oil (about 22 ml)
 ½ small onion, diced (about 40 g)
 1 clove garlic, minced (about 3 g)
 1½ cups raw cauliflower florets, chopped (about 150 g)
 2 cups fresh spinach, roughly chopped (about 60 g)
 ¼ tsp ground cumin (about 0.5 g)
 ¼ tsp curry powder (about 0.5 g)
 ¼ tsp ground turmeric (about 0.5 g)
 3 tbsp water (about 45 ml)
 salt and black pepper, to taste

Procedure:

1. In a large non-stick skillet, heat the olive oil over medium heat.
2. Add diced onion and sauté for 2–3 minutes until softened.
3. Stir in minced garlic and cook for 30 seconds until fragrant.
4. Add chopped cauliflower, cumin, curry powder, turmeric, salt, and pepper. Stir to combine.
5. Pour in the water, cover with a lid, and let the cauliflower steam for 6–7 minutes, stirring occasionally.
6. Uncover, add the chopped spinach, and sauté uncovered for another 3–4 minutes until wilted and well combined.
7. Adjust seasoning if needed, transfer to a plate, and serve warm.

Nutritional Information:

~270 Calories; ~5 g Protein; ~22 g Fat; ~14 g Carbs

Stuffed Eggplant



Serving Portion: 1
Prep Period: 10 minutes
Cook Period: 20 minutes

Ingredients Required:

1 small eggplant (about 180 g)
 1 cup cauliflower rice or finely chopped mushrooms (about 107 g)
 ½ green onion, chopped (about 5 g)
 ¼ tsp cumin (about 0.5 g)
 1 tsp lemon juice (about 5 ml)
 ½ small tomato, chopped (about 30 g)
 1 tbsp olive oil (about 15 ml)
 salt, to taste

Procedure:

1. Preheat oven to 375°F (190°C).
2. Cut the eggplant in half lengthwise and carefully scoop out the center, leaving a 1 cm border. Chop the scooped-out flesh and set aside.
3. In a pan, heat the olive oil over medium heat.
4. Include green onion and cook until soft. Stir in chopped tomato, eggplant flesh, cumin, lemon juice, and salt. Cook for 3–4 minutes until tomatoes soften and eggplant becomes tender.
5. Add cauliflower rice (or mushrooms). Mix well, cover, and cook for another 7–8 minutes, allowing flavors to blend.
6. Stuff the eggplant halves with the mixture. Place on a baking tray.
7. Bake for 20 minutes or until the eggplants are soft and lightly browned.
8. Serve warm and enjoy!

Nutritional Information:

~290 Calories; ~6 g Protein; ~18 g Fat; ~20 g Carbs

Reintroduced Food – Cottage Cheese

(See how to prepare and combine cottage cheese here, page 75)

To include cottage cheese during the reintroduction phase, serve it on the side in a small bowl or spoon a few tablespoons directly over the warm vegetables for a rich, creamy contrast that balances the earthy spices.

Reintroduced Food – Mozzarella

(See how to prepare and combine mozzarella here, page 75)

To include mozzarella during the reintroduction phase, sprinkle shredded mozzarella over the stuffed eggplants right after baking or return to the oven for 1–2 minutes to gently melt the cheese. It adds a creamy richness and balances the warmth of the spices and the tenderness of the vegetables.

Zucchini Noodles with Avocado Pesto



Serving Portion: 1
Prep Period: 10 minutes
Cook Period: 3-5 minutes

Ingredients Required:

1 medium zucchini, spiralized (about 196 g)
 ½ avocado (about 68 g)
 ½ tbsp olive oil (about 7.5 ml)
 ½ tbsp lemon juice (about 7.5 ml)
 1 garlic clove, minced
 ¼ cup fresh basil (about 6 g)
 salt and black pepper, to taste

Procedure:

1. Blend avocado, olive oil, lemon juice, garlic, and basil until smooth.
2. Heat a skillet over medium heat, add zucchini noodles, and cook for 2-3 minutes.
3. Remove from heat and toss with avocado pesto.
4. Season it with salt and black pepper. Serve immediately.

Nutritional Information:

~200 Calories; ~3 g Protein; ~17 g Fat; ~11 g Carbs.

Vegetable Stew



Serving Portion: 1
Prep Period: 10 minutes
Cook Period: 22-25 minutes

Ingredients Required:

¼ cup zucchini, chopped (about 30 g)
 ¼ cup cauliflower, chopped (about 25 g)
 ¼ cup mushrooms, sliced (about 18 g)
 ¼ cup celery, chopped (about 25 g)
 ¼ cup onion, diced (about 40 g)
 1 garlic clove, minced
 1 cup vegetable broth (Whole30-compliant) (about 240 ml)
 ½ tsp thyme (about 0.5 g)
 ½ tsp rosemary (about 0.5 g)
 1 tbsp olive oil (about 15 ml)
 ¼ tbsp avocado, sliced
 salt and black pepper, to taste

Procedure:

1. In a pot, heat the olive oil over medium heat. Sauté the garlic and onions for two minutes.
2. Stir in celery and mushrooms, and cook for 5 minutes.
3. Add zucchini, cauliflower, vegetable broth, thyme, and rosemary.
4. Bring to a boil.
5. For fifteen minutes or until vegetables are tender, simmer over low heat with a lid on.
6. Season it with salt and black pepper.
7. Serve hot. Layer avocado slices on top.

Nutritional Information:

~200 Calories; ~4 g Protein; ~16 g Fat; ~10 g Carbs.

Reintroduced Food – Feta

(See how to prepare and combine feta here, page 75)

To include feta during the reintroduction phase, sprinkle it over the zucchini noodles just before serving. Its tangy, salty flavor pairs beautifully with the creamy avocado pesto and adds a satisfying contrast to the light, fresh vegetable base.

Reintroduced Food – Hard Cheese (Cheddar/Parmesan)

(See how to prepare and combine hard cheese here, page 75)

To include hard cheese during the reintroduction phase, sprinkle shredded cheddar or Parmesan over the hot vegetable stew just before serving. The cheese melts gently into the broth, adding richness, umami depth, and a savory finish that complements the tender vegetables and herbs.

Spaghetti Squash with Garlic Mushrooms



Serving Portion: 1
Prep Period: 10 minutes
Cook Period: 12-15 minutes

Ingredients Required:

1 cup spaghetti squash (about 155 g)
 ½ cup mushrooms, sliced (about 35 g)
 ½ tbsp olive oil (about 7.5 ml)
 1 garlic clove, minced
 ½ tbsp coconut aminos (about 7.5 ml)
 salt and black pepper, to taste

Procedure:

1. Heat olive oil in a skillet over medium heat.
2. Add garlic and mushrooms, and sauté for 5 minutes.
3. Stir in coconut aminos and cook for 2 more minutes.
4. Toss with cooked spaghetti squash and season with salt and black pepper.
5. Add the spaghetti squash strands and sauté for 5-7 minutes, stirring occasionally, until heated through and slightly golden.
6. Serve warm.

Nutritional Information:

~160 Calories; ~3 g Protein; ~8 g Fat; ~18 g Carbs.

Carrots & Asparagus with Tahini Drizzle



Serving Portion: 1
Prep Period: 5 minutes
Cook Period: 18-20 minutes

Ingredients Required:

1 cup carrots, cut into sticks (about 122 g)
 1 cup asparagus, trimmed (about 134 g)
 1 tbsp olive oil (about 15 ml)
 ½ tsp garlic powder (about 1.5 g)
 1 tbsp plain tahini (about 16 g)
 salt and black pepper, to taste

Procedure:

1. Preheat oven to 400°F (200°C).
2. Toss carrots and asparagus with olive oil, garlic powder, salt, and black pepper.
3. Spread on a baking sheet and roast for 18-20 minutes, flipping halfway.
4. Drizzle with tahini just before serving.

Nutritional Information:

~260 Calories; ~5 g Protein; ~18 g Fat; ~18 g Carbs

Reintroduced Food – Ricotta

(See how to prepare and combine ricotta here, page 76)

To include ricotta during the reintroduction phase, spoon it generously over the warm spaghetti squash with garlic mushrooms. The creamy texture and mild flavor of the ricotta complement the umami mushrooms and tender squash, adding richness and balance to the dish.

Reintroduced Food – Goat's/Sheep's Milk Yogurt

(See how to prepare and combine goat's/sheep's milk yogurt here, page 76)

To include goat's or sheep's milk yogurt during the reintroduction phase, serve it chilled on the side or spoon a dollop directly over the roasted vegetables. The creamy, tangy yogurt adds balance and a refreshing contrast to the warm, earthy tahini-roasted vegetables.

Creamy Spinach Coconut Curry



Serving Portion: 1
Prep Period: 10 minutes
Cook Period: 15 minutes

Ingredients Required:

1½ cups fresh spinach, chopped (about 45 g)
 ¼ cup onion, diced (about 40 g)
 1 garlic clove, minced
 ½ cup coconut milk (Whole30-compliant) (about 120 ml)
 ¼ cup vegetable broth (about 60 ml)
 ½ tsp turmeric (about 1 g)
 ½ tsp cumin (about 1 g)
 ¼ tsp paprika (about 0.5 g)
 ½ tbsp coconut oil (about 7.5 ml)
 salt and black pepper, to taste
 fresh cilantro for garnish

Procedure:

1. Heat coconut oil in a pan over medium heat.
2. Add onions and garlic, and sauté for 2 minutes.
3. Stir in turmeric, cumin, and paprika.
4. Cook for 1 minute until fragrant.
5. Cook the spinach for around three minutes until it wilts.
6. Stir thoroughly after adding the vegetable broth and coconut milk.
7. Simmer for 5-7 minutes until thick and creamy.
8. Season it with salt and black pepper.
9. Garnish with fresh cilantro and serve hot.

Nutritional Information:

~180 Calories; ~3 g Protein; ~14 g Fat; ~10 g Carbs.

Reintroduced Food – Goat Cheese (Chèvre)

(See how to prepare and combine goat cheese here, page 76)

To include goat cheese during the reintroduction phase, crumble it over the warm creamy spinach coconut curry just before serving. The tangy richness of the chèvre melts slightly into the warm sauce, adding a luxurious contrast to the spiced coconut base and leafy greens.

Roasted Mixed Vegetables



Serving Portion: 1
Prep Period: 10 minutes
Cook Period: 30 minutes

Ingredients Required:

½ cup celery, chopped (about 50 g)
 ¼ cup sweet potato, diced (Japanese variety preferred) (about 34 g)
 ½ cup carrots, peeled and chopped (about 61 g)
 ¼ cup brussels sprouts, quartered (about 22 g)
 ½ cup broccoli, roughly chopped (about 44 g)
 ¼ cup onion, roughly chopped (about 40 g)
 1 tbsp olive oil (about 15 ml)
 ½ tsp salt-free Italian seasoning (about 0.5 g)
 ¼ tsp Himalayan pink salt (optional) (about 1.5 g)

Procedure:

1. Preheat oven to 425°F (220°C).
2. Chop all vegetables and place them directly on a rimmed baking sheet.
3. Pour some olive oil over it and toss until it coats everything.
4. Sprinkle with Italian seasoning and Himalayan salt, then toss again to distribute spices evenly.
5. Roast for 15 minutes, then stir the vegetables. Roast for another 15 minutes and stir.
6. Serve hot.

Nutritional Information:

~245 Calories; ~3 g Protein; ~16 g Fat; ~25 g Carbs.

Reintroduced Food – Butter

(See how to prepare and combine butter here, page 76)

To include butter during the reintroduction phase, melt it and drizzle over the freshly roasted vegetables just before serving. The butter adds a layer of richness and depth, enhancing the natural sweetness and roasted flavor of the mixed vegetables while complementing the Italian seasoning.

Chapter 8. 30 Snack Recipes

Even on the most balanced eating plan, there are moments when you need a little something between meals. And that's completely okay! The key is choosing foods that support your goals—not derail them.

In this chapter, you'll find snack ideas that are quick to make, easy to grab on the go, and fully aligned with the Whole Diet principles. Nourishing, simple, and always made with care.

Mini Cucumber Tuna Bites



Serving Portion: 1
Prep Period: 5-7 minutes
Cook Period: 0 minutes

Ingredients Required:

½ small cucumber, sliced into thick rounds (about 75 g)
2 tbsp canned tuna in water, drained (about 28 g)
2 tsp mashed avocado (about 14 g)
½ tsp olive oil (about 2.5 ml)
½ tsp lemon juice (about 2.5 ml)
salt and black pepper, to taste
fresh parsley for garnish (optional)

Procedure:

1. In a small bowl, combine tuna, mashed avocado, olive oil, lemon juice, salt, and pepper.
2. Mix until smooth and creamy.
3. Top each cucumber slice with ½ tsp of the tuna-avocado mixture.
4. Garnish with a parsley leaf if desired.
5. Serve chilled as a refreshing, high-protein snack.

Nutritional Information:

~170 Calories; ~11 g Protein; ~12 g Fat; ~5 g Carbs



Serving Portion: 1
Prep Period: 5-7 minutes
Cook Period: 0 minutes

Mini Deviled Egg



Serving Portion: 1
Prep Period: 10 minutes
Cook Period: 0 minutes

Ingredients Required:

1 large hard-boiled egg, peeled
2 tsp avocado oil (about 10 ml)
½ tsp Whole30-compliant mustard (about 2.5 g)
1½ tsp minced dill pickle (about 5-6 g)
sea salt and black pepper, to taste
fresh dill for garnish (optional)

Procedure:

1. Halve the boiled egg lengthwise.
2. Scoop the yolk into a small bowl and set aside the egg whites.
3. Mash the yolk with avocado oil, mustard, and minced pickle until smooth.
4. To taste, add salt and black pepper.
5. Return the mixture to the egg white halves using a spoon.
6. Serve after adding a fresh dill sprig as a garnish.

Nutritional Information:

~155 Calories; ~6 g Protein; ~14 g Fat; ~1 g Carbs

Avocado & Turkey Roll

Ingredients Required:

2 slices compliant deli turkey (about 50 g)
2 tbsp mashed avocado (about 30 g)
2-3 cucumber strips or baby spinach leaves
½ tsp lemon juice
salt and black pepper, to taste

Procedure:

1. Lay turkey slices flat on a plate.
2. Spread each slice with mashed avocado.
3. Place cucumber strips or spinach in the center.
4. Sprinkle with lemon juice, salt, and pepper.
5. Roll tightly into wraps and slice in half for easy serving.

Nutritional Information:

~190 Calories; ~14 g Protein; ~13 g Fat; ~4 g Carbs

Tomato & Avocado Garden Bowl



Serving Portion: 1
Prep Period: 5 minutes
Cook Period: 0 minutes

Ingredients Required:

½ small ripe avocado, diced (about 30 g)
 2 tbsp black olives, chopped (15 g)
 ½ cup lettuce leaves, chopped (about 10 g)
 ¼ medium tomato, diced (about 30 g)
 1 tbsp sunflower seeds or chopped walnuts (about 7 g)

Dressing Ingredients Required:

1 tsp olive oil (about 5 ml)
 ½ tsp apple cider vinegar (about 2.5 ml)
 ½ tsp ground mustard (about 1 g)
 ⅓ lemon, juice only (about 1 tbsp | 15 ml)
 salt and black pepper, to taste

Procedure:

1. Whisk together olive oil, apple cider vinegar, ground mustard, lemon juice, salt, and pepper in a small bowl.
2. Combine chopped lettuce, diced avocado, tomato, black olives, and seeds or nuts in a separate bowl.
3. Drizzle the dressing over the salad.
4. Gently toss and serve fresh.

Nutritional Information:

~165 Calories; ~3 g Protein; ~15 g Fat; ~8 g Carbs

Avocado-Stuffed Egg Halves



Serving Portion: 1
Prep Period: 5 minutes
Cook Period: 8 minutes (for egg)

Ingredients Required:

1 hard-boiled egg
 1 tbsp mashed avocado (about 15 g)
 a few drops of lemon juice
 salt and black pepper, to taste
 optional: pinch of paprika or chopped parsley

Procedure:

1. Place the egg in a small saucepan and cover with cold water by about 1 inch.
2. Bring to a moderate boil over medium heat. After boiling, lower the heat a little and cook for eight minutes.
3. Transfer the egg to a bowl of cold water and sit for 1-2 minutes.
4. After the egg has boiled, cut it in half and take out the yolk.
5. Mix the yolk with mashed avocado, lemon juice, salt, and pepper.
6. Fill the egg whites with the avocado-yolk mixture.
7. Garnish with paprika or parsley if desired.

Nutritional Information:

~150 Calories; ~7 g Protein; ~12 g Fat; ~2 g Carbs

Turkey & Avocado Lettuce Bites



Serving Portion: 1
Prep Period: 5-7 minutes
Cook Period: None

Ingredients Required:

2 slices compliant deli turkey (about 50 g)
 ¼ ripe avocado, mashed (about 34 g)
 2 romaine or butter lettuce leaves
 1 tsp lemon juice (about 5 ml)
 salt and black pepper, to taste
 optional: pinch of garlic powder or fresh herbs

Procedure:

1. Lay the lettuce leaves flat and place one slice of turkey on each.
2. Over the turkey, spread mashed avocado.
3. Drizzle with lemon juice; spice with salt and pepper.
4. Add herbs or a bit of garlic powder if desired.
5. Enjoy immediately!

Nutritional Information:

~200 Calories; ~14 g Protein; ~14 g Fat; ~4 g Carbs

Zesty Orange & Pistachio Snack



Serving Portion: 1
Prep Period: 3 minutes
Cook Period: 0 minutes

Ingredients Required:

1 small orange, peeled and segmented
1 tsp raw pistachios (about 5 g)
pinch of cinnamon (optional)

Procedure:

1. Peel the orange and cut it up into sections.
2. Slice each segment in half.
3. Arrange the pieces on a small plate.
4. Add whole pistachios on top.
5. Sprinkle with cinnamon if desired.
6. Serve right away and enjoy the refreshing, crunchy combination!

Nutritional Information:

~90 Calories; ~1 g Protein; ~3 g Fat; ~15 g Carbs

Egg & Olive Bites



Serving Portion: 1
Prep Period: 5 minutes
Cook Period: 8 minutes (for egg)

Ingredients Required:

1 large egg
4-5 pitted green or black olives, chopped
½ tsp olive oil (about 2.5 ml)
pinch of dried oregano
salt and black pepper, to taste

Procedure:

1. Place the egg in a small saucepan and cover with cold water by about 1 inch.
2. Over medium heat, gently boil. Once boiling, somewhat lower the heat and simmer for 8 minutes.
3. Transfer the egg to a bowl of cold water and sit for 1-2 minutes. Peel and slice in half.
4. Mix the chopped olives, olive oil, oregano, salt, and black pepper in a small bowl.
5. Spoon the olive mixture over the egg halves.
6. Serve immediately for a salty, protein-packed bite.

Nutritional Information:

~150 Calories; ~7 g Protein; ~12 g Fat; ~2 g Carbs



Serving Portion: 1
Prep Period: 7-8 minutes
Cook Period: None

Carrot & Walnut Snack Sticks

Ingredients Required:

1 medium carrot, peeled and cut into sticks (about 80 g)
1 tbsp raw walnuts, roughly chopped (about 7 g)
1 tsp olive oil (about 5 ml)
pinch of ground cumin (optional, about 0.3 g)
pinch of sea salt

Procedure:

1. In a small bowl, toss carrot sticks with olive oil, cumin (if using), and sea salt.
2. Sprinkle chopped walnuts over the top.
3. Let sit for 2-3 minutes to allow the flavors to absorb.
4. Serve immediately for a crunchy, savory-sweet combo.

Nutritional Information:

~150 Calories; ~2 g Protein; ~11 g Fat; ~9 g Carbs

Avocado Nori Bites



Serving Portion: 1
Prep Period: 7-8 minutes
Cook Period: None

Ingredients Required:

½ ripe avocado, sliced (about 68 g)
 1 nori sheet (cut into 4 small rectangles)
 ¼ cucumber, julienned (about 30 g)
 1 tsp lime juice (about 5 ml)
 pinch of sesame seeds (optional)
 salt & pepper, to taste

Procedure:

1. Gently toss avocado slices with lime juice, salt, and pepper in a small bowl.
2. Lay out nori rectangles on a plate or board.
3. Place a few cucumber sticks and an avocado slice on one end of each piece of nori.
4. Roll up gently into mini wraps. If desired, sprinkle with sesame seeds for texture.
5. Serve immediately while the nori is still crisp!

Nutritional Information:

~180 Calories; ~2 g Protein; ~15 g Fat; ~9 g Carbs

Celery and Almond Butter Sticks



Serving Portion: 1
Prep Period: 2 minutes
Cook Period: 0 minutes

Ingredients Required:

2 celery stalks, cut into smaller pieces (about 1.8 oz | 50 g)
 1 tbsp almond butter (about 0.5 oz | 15 g)
 pinch of sea salt

Procedure:

1. Cut celery stalks into smaller pieces.
2. Spread almond butter onto each celery stick.
3. Sprinkle with a pinch of sea salt.
4. Enjoy!

Nutritional Information:

~110 Calories; ~3 g Protein; ~10 g Fat; ~4 g Carbs.



Serving Portion: 1
Prep Period: 5 minutes
Cook Period: None

Carrot-Stuffed Avocado Halves

Ingredients Required:

½ ripe avocado (about 68 g), halved and pit removed
 ¼ cup raw carrot, grated (about 25 g)
 ½ tsp olive oil (about 2.5 ml)
 ¼ tsp lemon juice (about 1.2 ml)
 pinch of ground cumin (optional)
 salt and black pepper, to taste

Procedure:

1. In a small bowl, toss the grated carrot with olive oil, lemon juice, cumin (if using), salt, and pepper.
2. Spoon the seasoned carrot into the center of each avocado half.
3. Serve immediately and enjoy this creamy, crunchy snack!

Nutritional Information:

~165 Calories; ~2 g Protein; ~15 g Fat; ~8 g Carbs

Spiced Almonds



Serving Portion: 1
Prep Period: 2 minutes
Cook Period: 10 minutes

Ingredients Required:
 ¼ cup raw almonds (about 28 g)
 ½ tsp olive oil
 ¼ tsp sea salt
 ¼ tsp smoked paprika

Procedure:

1. Preheat oven to 350°F (175°C).
2. Toss almonds with olive oil, sea salt, and smoked paprika.
3. Place on a baking pan, stir halfway through, and roast for 10 minutes.
4. Let's cool down and enjoy!

Nutritional Information:

~185 Calories; ~6 g Protein; ~16 g Fat; ~6.5 g Carbs.

Warm Pear Halves with Crushed Walnuts



Serving Portion: 1
Prep Period: 5 minutes
Cook Period: 10 minutes

Ingredients Required:
 1 small ripe pear, halved and cored (about 140 g)
 1 tsp chopped walnuts (about 3 g)
 ½ tsp olive oil (about 2.5 ml)
 pinch of cinnamon (optional)

Procedure:

1. Oven temperature: 375°F (190°C).
2. Cut the pear in half lengthwise and carefully scoop out the core.
3. Lightly apply olive oil to each half's cut side.
4. Place the cut side of the pear halves on a baking sheet lined with parchment paper.
5. Sprinkle the centers with chopped walnuts and a pinch of cinnamon if desired.
6. Roast for about 10 minutes until the pear is tender and slightly caramelized.
7. Let cool slightly and enjoy warm.

Nutritional Information:

~135 Calories; ~1 g Protein; ~6.5 g Fat; ~19 g Carbs



Serving Portion: 1
Prep Period: 7 minutes
Cook Period: 0 minutes

Stuffed Mini Bell Peppers with Avocado-Lime Mash

Ingredients Required:

2-3 mini bell peppers, halved and seeds removed (about 80 g)
 ½ ripe avocado (about 70 g)
 1 tsp lime juice (about 5 ml)
 pinch of chili flakes (optional)
 salt and black pepper to taste
 fresh chopped cilantro for garnish

Procedure:

1. Mash avocado with lime juice, salt, pepper, and chili flakes in a small bowl.
2. Spoon the avocado mash into the mini bell pepper halves.
3. Garnish with fresh cilantro, and enjoy immediately.

Nutritional Information:

~180 Calories; ~2 g Protein; ~15 g Fat; ~9 g Carbs

Cashew Butter Almond Bites



Serving Portion: 1
Prep Period: 2 minutes
Cook Period: 0 minutes

Ingredients Required:
 ½ oz almonds, sliced (14 g)
 1 tbsp cashew butter (about 15 g)
 pinch of sea salt

Procedure:
 1. In a small bowl, toss the cashew butter and sliced almonds.
 2. Mix well until the almonds are evenly coated.
 3. Sprinkle with a pinch of sea salt, and enjoy immediately!

Nutritional Information:
 ~170 Calories; ~5 g Protein; ~15 g Fat; ~7 g Carbs.

Coconut Blueberry Bites



Serving Portion: 1
Prep Period: 2 minutes
Cook Period: 0 minutes

Ingredients Required:
 ¼ cup blueberries (about 35 g)
 1 tsp unsweetened shredded coconut (about 3 g)

Procedure:
 1. Place blueberries in a bowl.
 2. Sprinkle shredded coconut on top.
 3. Serve fresh, and enjoy!

Nutritional Information:
 ~40 Calories; ~0.5 g Protein; ~1.5 g Fat; ~7 g Carbs.

Berry Coconut Cup



Serving Portion: 1
Prep Period: 2 minutes
Cook Period: 0 minutes

Ingredients Required:
 ⅓ cup mixed berries (strawberries, blueberries, raspberries) (about 43 g)
 1 tbsp d coconut, unsweetened shredded (5 g)
 1 tbsp chopped almonds (8 g)

Procedure:
 1. Mix all the mixed berries in a serving cup.
 2. Top it with shredded coconut and chopped almonds.
 3. Serve.

Nutritional Information:
 ~105 Calories; ~2 g Protein; ~8 g Fat; ~7 g Carbs.

Strawberry Pistachio Delight



Serving Portion: 1
Prep Period: 3 minutes
Cook Period: 0 minutes

Ingredients Required:
 3-4 strawberries, sliced (about 40 g)
 1 tsp shelled pistachios, finely chopped (about 4 g)

Procedure:
 1. Arrange the strawberry slices on a small plate.
 2. Over the top, evenly scatter the chopped pistachios.
 3. Present right away and appreciate the nutty and sweet combo!

Nutritional Information:
 ~90 Calories; ~1.5 g Protein; ~6 g Fat; ~6 g Carbs

Pecan Cinnamon Energy Balls



Serving Portion: 1 (makes about two small balls)

Prep Period: 5 minutes

Cook Period: 10 minutes

Ingredients Required:

- 1 tbsp pecan butter (about 15 g)
- 1 tbsp finely ground pecans (about 5 g)
- $\frac{1}{2}$ tsp cinnamon
- $\frac{1}{2}$ tsp coconut oil, melted

Procedure:

1. In a bowl, till smooth, mix all the components.
2. Roll into small balls.
3. Chill in the fridge for 10 minutes before serving.

Nutritional Information:

~155 Calories; ~2 g Protein; ~15 g Fat; ~3 g Carbs.

Fresh Raspberries



Serving Portion: 1

Prep Period: 1 minute

Cook Period: 0 minutes

Ingredients Required:

- $\frac{1}{4}$ cup raspberries, fresh (about 1.2 oz | 35 g)

Procedure:

1. Rinse the raspberries, place them in a small bowl—and enjoy their natural sweetness and freshness.

Nutritional Information:

~15 Calories; ~0.3 g Protein; ~0 g Fat; ~3.5 g Carbs.

Almond Butter Strawberry Bites



Serving Portion: 1

Prep Period: 2 minutes

Cook Period: 0 minutes

Ingredients Required:

- 4 strawberries, sliced (about 53 g)
- $\frac{1}{2}$ tsp almond butter (about 2 g)

Procedure:

1. On every strawberry slice, thinly cover with almond butter.
2. Serve fresh, and enjoy!

Nutritional Information:

~30 Calories; ~0.6 g Protein; ~2 g Fat; ~4.5 g Carbs.

Cucumber Melon Slices



Serving Portion: 1

Prep Period: 3 minutes

Cook Period: 0 minutes

Ingredients Required:

- 4 cucumber slices (about 26 g)
- 4 small cubes cantaloupe (about 37 g)

Procedure:

1. Layer cucumber slices with cantaloupe cubes.
2. Serve fresh, and enjoy!

Nutritional Information:

~44 Calories; ~0.6 g Protein; ~0 g Fat; ~4 g Carbs.

Pineapple Coconut Bliss



Serving Portion: 1
Prep Period: 3 minutes
Cook Period: 0 minutes

Ingredients Required:

¼ cup pineapple, diced (about 1.2 oz | 35 g)
1 tsp unsweetened shredded coconut (about 0.1 oz | 3 g)

Procedure:

1. Mix pineapple pieces with shredded coconut.
2. Serve fresh, and enjoy!

Nutritional Information:

~25 Calories; ~0.5 g Protein; ~0.5 g Fat; ~6 g Carbs.

Cashew Vanilla Energy Balls



Serving Portion: 1
Prep Period: 5 minutes
Cook Period: 10 minutes

Ingredients Required:

1 tbsp cashew butter (about 15 g)
½ tsp vanilla powder, no added sugar
1 tbsp finely ground almonds (about 5 g)
½ tsp coconut oil, melted

Procedure:

1. Mix all ingredients in a bowl until a dough forms.
2. Roll into small balls.
3. Chill for 10 minutes if desired, then enjoy!

Nutritional Information:

~147 Calories; ~3 g Protein; ~13 g Fat; ~4 g Carbs.

Macadamia Coconut Pudding



Serving Portion: 1
Prep Period: 5 minutes
Cook Period: 10 minutes

Ingredients Required:

¼ cup macadamia nuts, soaked (about 28 g)
¼ cup unsweetened coconut milk (about 60 ml)
½ tsp vanilla extract, no added sugar or gluten

Procedure:

1. Blend all ingredients required until creamy.
2. Transfer to a bowl.
3. Chill for 10 minutes before eating.
4. Enjoy!

Nutritional Information:

~224 Calories; ~2 g Protein; ~22 g Fat; ~4 g Carbs.

Cashew Coconut Trail Mix



Serving Portion: 1
Prep Period: 5 minutes
Cook Period: 0 minutes

Ingredients Required:

2 tbsp raw cashews (about 28 g)
1 tbsp unsweetened shredded coconut (about 0.3 g)
¼ tsp vanilla extract (optional)
⅛ tsp sea salt (about 1 g)

Procedure:

1. Mix cashews, shredded coconut, and sea salt in a bowl.
2. Enjoy as it is.

Nutritional Information:

~160 Calories; ~5 g Protein; ~13 g Fat; ~7 g Carbs.

Crunchy Apple-Walnut Boats



Serving Portion: 1
Prep Period: 7-8 minutes
Cook Period: None

Ingredients Required:

½ small apple, sliced into thin wedges (about 50 g)
 1 tsp Whole30-compliant almond butter (about 5 g) 1
 tbsp raw walnuts, chopped (about 7 g)
 pinch of cinnamon (optional)

Procedure:

1. Spread a small amount of almond butter on each apple wedge.
2. Sprinkle chopped walnuts over the top.
3. If preferred, sprinkle with a bit of cinnamon.
4. Arrange on a small plate and enjoy immediately!

Nutritional Information:

~170 Calories; ~3 g Protein; ~13 g Fat; ~11 g Carbs

Radish & Avocado Mini Stacks



Serving Portion: 1
Prep Period: 5 minutes
Cook Period: 0 minutes

Ingredients Required:

3 large radishes, sliced into rounds (about 60 g)
 ¼ ripe avocado, mashed (about 34 g)
 ½ tsp lemon juice (about 2.5 ml)
 pinch of sea salt
 pinch of ground cumin (optional)
 fresh parsley or cilantro, finely chopped (about 1 g)

Procedure:

1. Mash the avocado with lemon juice, sea salt, and cumin in a small bowl.
2. Spread a small amount of the avocado mixture onto each radish slice.
3. Sprinkle with chopped herbs.
4. Serve immediately for a fresh, crunchy, creamy snack.

Nutritional Information:

~145 Calories; ~2 g Protein; ~13 g Fat; ~6 g Carbs



Serving Portion: 1
Prep Period: 5 minutes
Cook Period: 10 minutes

Savory Spinach Chips

Ingredients Required:

1 cup spinach leaves, stems removed (28 g)
 1 tsp olive oil (5 g)
 ¼ tsp sea salt (1 g)
 ¼ tsp garlic powder (0.5 g)

Procedure:

1. Oven temperature: 300°F (150°C).
2. Mix the spinach leaves well with olive oil, sea salt, and garlic powder in a large bowl.
3. Arrange the spinach on a baking sheet in a single layer.
4. Bake it for 8-10 minutes, checking frequently.
5. Take it out of the oven, cool a little, and serve.
6. Enjoy.

Nutritional Information:

~55 Calories; ~2 g Protein; ~4.5 g Fat; ~3 g Carbs.

Chapter 9. 90 Day Post-Diet Plan

Day	Breakfast	Lunch	Dinner	Snack
1	Savory Shrimp & Egg White Scramble (p. 15) + Brown Rice (p. 71)	Scallops with Sautéed Zucchini & Lemon-Herb Drizzle (p. 26)	Ground Beef and Broccoli (p. 41) + Brown Rice (p. 71)	Mini Cucumber Tuna Bites (p. 55)
2	Savory Avocado Egg Bowl (p. 25)	Garlic Herb Roasted Chicken Thighs (p. 29)	Fish and Vegetable Curry (p. 45)	Tomato & Avocado Garden Bowl (p. 56)
3	Wilted Spinach & Mushroom Sauté (p. 25)	Coconut and Cabbage Stew (p. 34)	Duck Breast with Garlic Spinach (p. 42)	Mini Deviled Egg (p. 55)
4	Green Shakshuka (p. 16) + Kidney Beans (p. 72)	Garlic Butter Baked Tilapia (p. 33) + Kidney Beans (p. 72)	Spiced Spinach & Cauliflower Sauté (p. 51)	Avocado & Turkey Roll (p. 55)
5	Broccoli Egg Muffin (p. 24)	Beef and Mushroom Stir-Fry (p. 28)	Shrimp Cauliflower Fried Rice (p. 49)	Avocado-Stuffed Egg Halves (p. 56)
6	Bacon and Egg (p. 24)	Vegetable Curry (p. 39)	Lamb Chops (p. 42)	Turkey & Avocado Lettuce Bites (p. 56)
7	Hard-Boiled Egg & Avocado Bowl (p. 21) + Greek Yogurt (p. 74)	Garlic Butter Clams (p. 31)	Stuffed Mushrooms with Cauliflower and Egg (p. 50) + Greek Yogurt (p. 74)	Zesty Orange & Pistachio Snack (p. 57)
8	Butternut Squash Prosciutto Breakfast Hash (p. 23)	Herb-Crusted Pork Tenderloin (p. 29)	Garlic Lemon Tilapia (p. 46)	Egg & Olive Bites (p. 57)
9	Breakfast Stack (p. 23)	Sautéed Sweet Potato with Egg & Olive Mix (p. 37)	Tomato Pork Ribs (p. 43)	Carrot & Walnut Snack Sticks (p. 57)
10	Mushrooms with Eggs (p. 11) + Freekeh (p. 69)	Garlic Steak Bites (p. 28) + Freekeh (p. 69)	Stuffed Eggplants (p. 51)	Avocado Nori Bites (p. 58)
11	Chard Breakfast Skillet with Egg, Onion, and Tomato (p. 22)	Seafood Soup (p. 30)	Turkey and Squash Stew (p. 44)	Celery and Almond Butter Sticks (p. 58)
12	Crispy Potato & Veggie Skillet (p. 22)	Roasted Cauliflower & Avocado Bowl (p. 36)	Garlic Butter Seared Scallops (p. 47)	Carrot-Stuffed Avocado Halves (p. 58)
13	Garlic Chicken & Spinach Skillet (p. 17) + White Beans (p. 72)	Perfect Pork Lion (p. 29)	Salmon with Orange (p. 46) + White Beans (p. 72)	Spiced Almonds (p. 59)
14	Black Olive Omelet (p. 21)	Mussels with Tomato and Basil (p. 31)	Zucchini Noodles with Avocado Pesto (p. 52)	Stuffed Mini Bell Peppers with Avocado-Lime Mash (p. 59)
15	Berry Bowl (p. 19)	Coconut Lime Chicken Stir-Fry (p. 26)	Spiced Squid & Veggie Stir-Fry (p. 48)	Cashew Butter Almond Bites (p. 60)
16	Butternut Squash Prosciutto Breakfast Hash (p. 23) + Hard Cheese (Cheddar/Parmesan) (p. 75)	Savory Zucchini & Sweet Potato Gratin (p. 36) + Hard Cheese (Cheddar/Parmesan) (p. 75)	Garlic Chicken (p. 41)	Savory Spinach Chips (p. 63)
17	Zucchini & Egg Scramble (p. 20)	Coconut Lime Mahi-Mahi (p. 34)	Vegetable Stew (p. 52)	Radish & Avocado Mini Stacks (p. 63)

Day	Breakfast	Lunch	Dinner	Snack
18	Sweet Potato & Egg Hash (p. 20)	Turkey Zucchini Meatballs (p. 27)	Garlic Butter Cod with Roasted Vegetables (p. 47)	Coconut Blueberry Bites (p. 60)
19	Healthy Quiche (p. 12) + Israeli Couscous (p. 69)	Mediterranean Roasted Veggie Bowl (p. 35)	Stewed Pork (p. 43) + Israeli Couscous (p. 69)	Berry Coconut Cup (p. 60)
20	Hard-Boiled Egg & Avocado Bowl (p. 21)	Baked Lemon Garlic Cod (p. 32)	Spaghetti Squash with Garlic Mushrooms (p. 53)	Strawberry Pistachio Delight (p. 60)
21	Mushroom-Asparagus Frittata (p. 19)	Turkey and Sweet Potato Hash (p. 27)	Zucchini Noodles with Crab and Lemon Garlic Sauce (p. 49)	Pecan Cinnamon Energy Balls (p. 61)
22	Egg & Avocado Breakfast Wraps (p. 16) + Chickpeas (p. 72)	Scallops with Sautéed Zucchini & Lemon-Herb Drizzle (p. 26) + Chickpeas (p. 72)	Turkey & Mushroom Skillet (p. 44)	Fresh Raspberries (p. 61)
23	Sautéed Carrot-Cabbage Bowl with Cashews (p. 18)	Savory Zucchini & Sweet Potato Gratin (p. 36)	Garlic Butter Seared Scallops (p. 47)	Almond Butter Strawberry Bites (p. 61)
24	Sautéed Veggie & Turkey Bowl (p. 18)	Rosemary Garlic Lamb Chops (p. 39)	Carrots & Asparagus with Tahini Drizzle (p. 53)	Cucumber Melon Slices (p. 61)
25	Black Olive Omelet (p. 21) + Kefir (p. 74)	Garlic Butter Shrimp (p. 30)	Kale & Roasted Cauliflower (p. 50) + Kefir (p. 74)	Pineapple Coconut Bliss (p. 62)
26	Garlic Chicken & Spinach Skillet (p. 17)	Zucchini Pancakes (p. 35)	Chicken Gravy with Mushrooms (p. 40)	Cashew Vanilla Energy Balls (p. 62)
27	Sautéed Carrot-Cabbage Bowl with Cashews (p. 18)	Scallops with Sautéed Zucchini & Lemon-Herb Drizzle (p. 26)	Creamy Spinach Coconut Curry (p. 54)	Warm Pear Halves with Crushed Walnuts (p. 59)
28	Quick Breakfast Casserole (p. 12) + Bulgur (p. 70)	Lamb and Cauliflower Rice Bowl (p. 28) + Bulgur (p. 70)	Coconut Curry Scallops (p. 48)	Macadamia Coconut Pudding (p. 62)
29	Green Shakshuka (p. 16)	Mushrooms with Rainbow Chard (p. 38)	Beef Chuck Steak (p. 40)	Cashew Coconut Trail Mix (p. 62)
30	Egg & Avocado Breakfast Wraps (p. 16)	Salmon in Coconut Gravy (p. 32)	Roasted Mixed Vegetables (p. 54)	Crunchy Apple-Walnut Boats (p. 63)
31	Warm Sweet Potato & Avocado Hash (p. 17) + Black Beans (p. 72)	Garlic Herb Roasted Chicken Thighs (p. 29)	Cabbage and Salmon (p. 45) + Black Beans (p. 72)	Mini Cucumber Tuna Bites (p. 55)
32	Savory Turkey & Avocado Breakfast Bowl (p. 15)	Coconut and Cabbage Stew (p. 34)	Ground Beef and Broccoli (p. 41)	Tomato & Avocado Garden Bowl (p. 56)
33	Pumpkin Almond Mash (p. 14)	Garlic Butter Baked Tilapia (p. 33)	Spiced Spinach & Cauliflower Sauté (p. 51)	Mini Deviled Egg (p. 55)
34	Chard Breakfast Skillet with Egg, Onion, and Tomato (p. 22) + Mozzarella (p. 75)	Roasted Cauliflower & Avocado Bowl (p. 36) + Mozzarella (p. 75)	Fish and Vegetable Curry (p. 45)	Avocado & Turkey Roll (p. 55)
35	Salmon and Egg Scramble (p. 13)	Beef and Mushroom Stir-Fry (p. 28)	Stuffed Mushrooms with Cauliflower and Egg (p. 50)	Avocado-Stuffed Egg Halves (p. 56)
36	Roasted Pear & Walnut Breakfast Bowl (p. 11)	Vegetable Curry (p. 39)	Garlic Lemon Tilapia (p. 46)	Turkey & Avocado Lettuce Bites (p. 56)

Day	Breakfast	Lunch	Dinner	Snack
37	Spiced Beef & Zucchini Bowl (p. 13) + Millet (p. 70)	Garlic Butter Clams (p. 31)	Tomato Pork Ribs (p. 43) + Millet (p. 70)	Zesty Orange & Pistachio Snack (p. 57)
38	Pumpkin Almond Mash (p. 14)	Herb-Crusted Pork Tenderloin (p. 29)	Zucchini Noodles with Avocado Pesto (p. 52)	Egg & Olive Bites (p. 57)
39	Quick Breakfast Casserole (p. 12)	Sautéed Sweet Potato with Egg & Olive Mix (p. 37)	Shrimp Cauliflower Fried Rice (p. 49)	Carrot & Walnut Snack Sticks (p. 57)
40	Sautéed Veggie & Turkey Bowl (p. 18) + Lentils (p. 73)	Mussels with Tomato and Basil (p. 31) + Lentils (p. 73)	Stuffed Eggplants (p. 51)	Avocado Nori Bites (p. 58)
41	Savory Spiced Turkey Scramble (p. 14)	Garlic Steak Bites (p. 28)	Salmon with Orange (p. 46)	Celery and Almond Butter Sticks (p. 58)
42	Healthy Quiche (p. 12)	Roasted Cauliflower & Avocado Bowl (p. 36)	Duck Breast with Garlic Spinach (p. 42)	Carrot-Stuffed Avocado Halves (p. 58)
43	Crispy Potato & Veggie Skillet (p. 22) + Cottage Cheese (p. 75)	Seafood Soup (p. 30)	Spiced Spinach & Cauliflower Sauté (p. 51) + Cottage Cheese (p. 75)	Spiced Almonds (p. 59)
44	Mushrooms with Eggs (p. 11)	Roasted Beet and Carrot Medley (p. 37)	Zucchini Noodles with Crab and Lemon Garlic Sauce (p. 49)	Stuffed Mini Bell Peppers with Avocado-Lime Mash (p. 59)
45	Savory Shrimp & Egg White Scramble (p. 15)	Coconut Lime Mahi-Mahi (p. 34)	Lamb Chops (p. 42)	Cashew Butter Almond Bites (p. 60)
46	Roasted Pear & Walnut Breakfast Bowl (p. 11) + Rolled Oats (p. 70)	Perfect Pork Lion (p. 29) + Rolled Oats (p. 70)	Creamy Spinach Coconut Curry (p. 54)	Savory Spinach Chips (p. 63)
47	Warm Sweet Potato & Avocado Hash (p. 17)	Savory Zucchini & Sweet Potato Gratin (p. 36)	Garlic Butter Cod with Roasted Vegetables (p. 47)	Radish & Avocado Mini Stacks (p. 63)
48	Mushroom-Asparagus Frittata (p. 19)	Baked Lemon Garlic Cod (p. 32)	Stewed Pork (p. 43)	Coconut Blueberry Bites (p. 60)
49	Sautéed Carrot-Cabbage Bowl with Cashews (p. 18) + Unsweetened Peanut Butter (p. 73)	Coconut Lime Chicken Stir-Fry (p. 26)	Spiced Squid & Veggie Stir-Fry (p. 48) + Unsweetened Peanut Butter (p. 73)	Berry Coconut Cup (p. 60)
50	Berry Bowl (p. 19)	Garlic Lemon Seared Snapper (p. 33)	Turkey and Squash Stew (p. 44)	Strawberry Pistachio Delight (p. 60)
51	Sweet Potato & Egg Hash (p. 20)	Rosemary Garlic Lamb Chops (p. 42)	Spaghetti Squash with Garlic Mushrooms (p. 53)	Pecan Cinnamon Energy Balls (p. 61)
52	Savory Avocado Egg Bowl (p. 25) + Butter (p. 73)	Baked Vegetables (p. 38) + Butter (p. 73)	Chicken Gravy with Mushrooms (p. 40)	Fresh Raspberries (p. 61)
53	Breakfast Stack (p. 23)	Salmon in Coconut Gravy (p. 32)	Carrots & Asparagus with Tahini Drizzle (p. 53)	Almond Butter Strawberry Bites (p. 61)
54	Butternut Squash Prosciutto Breakfast Hash (p. 23)	Turkey and Sweet Potato Hash (p. 27)	Coconut Curry Scallops (p. 48)	Cucumber Melon Slices (p. 61)
55	Salmon and Egg Scramble (p. 13) + Quinoa (p. 70)	Mediterranean Roasted Veggie Bowl (p. 35)	Garlic Chicken (p. 41) + Quinoa (p. 70)	Pineapple Coconut Bliss (p. 62)
56	Bacon and Egg (p. 24)	Lamb and Cauliflower Rice Bowl (p. 28)	Vegetable Stew (p. 52)	Cashew Vanilla Energy Balls (p. 62)

Day	Breakfast	Lunch	Dinner	Snack
57	Broccoli Egg Muffin (p. 24)	Savory Zucchini & Sweet Potato Gratin (p. 36)	Cabbage and Salmon (p. 45)	Warm Pear Halves with Crushed Walnuts (p. 59)
58	Mushroom-Asparagus Frittata (p. 19) + Edamame (p. 73)	Garlic Butter Shrimp (p. 30) + Edamame (p. 73)	Kale & Roasted Cauliflower (p. 50)	Macadamia Coconut Pudding (p. 62)
59	Wilted Spinach & Mushroom Sauté (p. 25)	Roasted Beet and Carrot Medley (p. 37)	Garlic Butter Seared Scallops (p. 47)	Cashew Coconut Trail Mix (p. 62)
60	Savory Avocado Egg Bowl (p. 25)	Salmon in Coconut Gravy (p. 32)	Turkey & Mushroom Skillet (p. 44)	Crunchy Apple-Walnut Boats (p. 63)
61	Breakfast Stack (p. 23) + Feta (p. 75)	Garlic Herb Roasted Chicken Thighs (p. 29)	Zucchini Noodles with Avocado Pesto (p. 52) + Feta (p. 75)	Mini Cucumber Tuna Bites (p. 55)
62	Spiced Beef & Zucchini Bowl (p. 13)	Vegetable Curry (p. 39)	Spiced Squid & Veggie Stir-Fry (p. 48)	Tomato & Avocado Garden Bowl (p. 56)
63	Roasted Pear & Walnut Breakfast Bowl (p. 11)	Scallops with Sautéed Zucchini & Lemon-Herb Drizzle (p. 26)	Beef Chuck Steak (p. 40)	Mini Deviled Egg (p. 55)
64	Pumpkin Almond Mash (p. 14) + Buckwheat (p. 71)	Turkey Zucchini Meatballs (p. 27) + Buckwheat (p. 71)	Creamy Spinach Coconut Curry (p. 54)	Avocado & Turkey Roll (p. 55)
65	Salmon and Egg Scramble (p. 13)	Coconut and Cabbage Stew (p. 34)	Turkey and Squash Stew (p. 44)	Avocado-Stuffed Egg Halves (p. 56)
66	Spiced Beef & Zucchini Bowl (p. 13)	Garlic Butter Baked Tilapia (p. 33)	Kale & Roasted Cauliflower (p. 50)	Turkey & Avocado Lettuce Bites (p. 56)
67	Berry Bowl (p. 19) + Tofu (p. 73)	Herb-Crusted Pork Tenderloin (p. 29)	Garlic Butter Seared Scallops (p. 47) + Tofu (p. 73)	Zesty Orange & Pistachio Snack (p. 57)
68	Crispy Potato & Veggie Skillet (p. 22)	Garlic Lemon Seared Snapper (p. 33)	Tomato Pork Ribs (p. 43)	Egg & Olive Bites (p. 57)
69	Savory Turkey & Avocado Breakfast Bowl (p. 15)	Garlic Steak Bites (p. 28)	Roasted Mixed Vegetables (p. 54)	Carrot & Walnut Snack Sticks (p. 57)
70	Bacon and Egg (p. 24) + Ricotta (p. 76)	Zucchini Pancakes (p. 35) + Ricotta (p. 76)	Ground Beef and Broccoli (p. 41)	Avocado Nori Bites (p. 58)
71	Savory Shrimp & Egg White Scramble (p. 15)	Seafood Soup (p. 30)	Stuffed Eggplants (p. 51)	Celery and Almond Butter Sticks (p. 58)
72	Mushrooms with Eggs (p. 11)	Turkey and Sweet Potato Hash (p. 27)	Fish and Vegetable Curry (p. 45)	Carrot-Stuffed Avocado Halves (p. 58)
73	Savory Spiced Turkey Scramble (p. 14) + Barley (p. 71)	Sautéed Sweet Potato with Egg & Olive Mix (p. 37)	Chicken Gravy with Mushrooms (p. 40) + Barley (p. 71)	Spiced Almonds (p. 59)
74	Egg & Avocado Breakfast Wraps (p. 16)	Beef and Mushroom Stir-Fry (p. 28)	Spaghetti Squash with Garlic Mushrooms (p. 53)	Stuffed Mini Bell Peppers with Avocado-Lime Mash (p. 59)
75	Green Shakshuka (p. 16)	Roasted Cauliflower & Avocado Bowl (p. 36)	Duck Breast with Garlic Spinach (p. 42)	Cashew Butter Almond Bites (p. 60)
76	Sweet Potato & Egg Hash (p. 20) + Tempeh (p. 74)	Salmon in Coconut Gravy (p. 32) + Tempeh (p. 74)	Vegetable Stew (p. 52)	Savory Spinach Chips (p. 63)
77	Hard-Boiled Egg & Avocado Bowl (p. 21)	Baked Vegetables (p. 38)	Garlic Lemon Tilapia (p. 46)	Radish & Avocado Mini Stacks (p. 63)

Day	Breakfast	Lunch	Dinner	Snack
78	Black Olive Omelet (p. 21)	Scallops with Sautéed Zucchini & Lemon-Herb Drizzle (p. 26)	Stewed Pork (p. 43)	Coconut Blueberry Bites (p. 60)
79	Broccoli Egg Muffin (p. 24) + Goat's/Sheep's Milk Yogurt (p. 76)	Perfect Pork Lion (p. 29)	Carrots & Asparagus with Tahini Drizzle (p. 53) + Goat's/Sheep's Milk Yogurt (p. 76)	Berry Coconut Cup (p. 60)
80	Healthy Quiche (p. 12)	Mushrooms with Rainbow Chard (p. 38)	Garlic Butter Cod with Roasted Vegetables (p. 47)	Strawberry Pistachio Delight (p. 60)
81	Quick Breakfast Casserole (p. 12)	Garlic Butter Clams (p. 31)	Garlic Chicken (p. 41)	Pecan Cinnamon Energy Balls (p. 61)
82	Savory Turkey & Avocado Breakfast Bowl (p. 15) + Wild Rice (p. 71)	Rosemary Garlic Lamb Chops (p. 39) + Wild Rice (p. 71)	Shrimp Cauliflower Fried Rice (p. 49)	Fresh Raspberries (p. 61)
83	Warm Sweet Potato & Avocado Hash (p. 17)	Mediterranean Roasted Veggie Bowl (p. 35)	Lamb Chops (p. 42)	Almond Butter Strawberry Bites (p. 61)
84	Garlic Chicken & Spinach Skillet (p. 17)	Mussels with Tomato and Basil (p. 31)	Stuffed Mushrooms with Cauliflower and Egg (p. 50)	Cucumber Melon Slices (p. 61)
85	Zucchini & Egg Scramble (p. 20) + Green Peas (p. 74)	Coconut Lime Chicken Stir-Fry (p. 26)	Zucchini Noodles with Crab and Lemon Garlic Sauce (p. 49) + Green Peas (p. 74)	Pineapple Coconut Bliss (p. 62)
86	Savory Spiced Turkey Scramble (p. 14)	Coconut Lime Mahi-Mahi (p. 34)	Spiced Spinach & Cauliflower Sauté (p. 51)	Cashew Vanilla Energy Balls (p. 62)
87	Chard Breakfast Skillet with Egg, Onion, and Tomato (p. 22)	Lamb and Cauliflower Rice Bowl (p. 28)	Salmon with Orange (p. 46)	Warm Pear Halves with Crushed Walnuts (p. 59)
88	Wilted Spinach & Mushroom Sauté (p. 25) + Goat Cheese (Chèvre) (p. 76)	Roasted Beet and Carrot Medley p. 37) + Goat Cheese (Chèvre) (p. 76)	Turkey & Mushroom Skillet (p. 44)	Macadamia Coconut Pudding (p. 62)
89	Sautéed Veggie & Turkey Bowl (p. 18)	Garlic Butter Shrimp (p. 30)	Roasted Mixed Vegetables (p. 54)	Cashew Coconut Trail Mix (p. 62)
90	Salmon and Egg Scramble (p. 13)	Turkey Zucchini Meatballs (p. 27)	Cabbage and Salmon (p. 45)	Crunchy Apple-Walnut Boats (p. 63)

Chapter 10. Food Reintroduction with Food Reaction Diary

After completing the primary phase of the program, the next essential step begins—reintroduction. During this stage, you gradually bring back previously eliminated foods one at a time to identify how each affects your body and overall well-being.

It's crucial to reintroduce only one food at a time and carefully observe your body's reactions over the following two days. All physical sensations, emotional changes, and general impressions should be recorded in your Food Reaction Diary to help you decide which foods genuinely work for you — and which do not.

In this chapter, you will find:

- universal recipes and preparation methods for reintroduction foods;
- guidance on how to incorporate them into meals from the primary phase;
- a Food Reaction Diary where you can note the reintroduction date, document your reactions, and mark whether the food suits your body after two days.

A detailed explanation of which reactions indicate positive tolerance and which suggest a negative response or sensitivity can be found at the beginning of this book. Be sure to refer back to those guidelines when filling out your diary.



Serving Portion: 1
Prep Period: 1 min
Cook Period: 20 min

Ingredients Required:

¼ cup Israeli couscous (about 30 g)
½ cup water (about 120 ml)

Date of Reintroduction: _____

Physical or Emotional Reactions (within 48 hours):

Final Decision (Does it suit you?): ☐ Yes ☐ No

Note:

This basic preparation method is used throughout various reintroduction meals. Specific instructions for how to incorporate freekeh into each recipe can be found on the pages indicated for breakfast (page 11), lunch (page 28), and dinner (page 42).

Procedure:

1. Rinse the freekeh thoroughly under cold water.
2. Combine with water in a small saucepan.
3. Bring to a boil over medium heat.
4. Reduce heat to low, cover, and simmer for about 20 minutes until the grains are tender and the water is fully absorbed.
5. Fluff with a fork and let rest for a minute before using.

Nutritional Information (per 30 g dry):

~100–110 Calories; ~4 g Protein; ~1 g Fat; ~21 g Carbs



Serving Portion: 1
Prep Period: 5 min
Cook Period: 8-10 min

Ingredients Required:

¼ cup Israeli couscous (about 30 g)
½ cup water (about 120 ml)

Date of Reintroduction: _____

Physical or Emotional Reactions (within 48 hours):

Final Decision (Does it suit you?): ☐ Yes ☐ No

Note:

This is the base preparation for Israeli couscous used in reintroduction meals. Instructions for when and how to incorporate it vary by meal type and can be found on the specific pages for breakfast (page 12), lunch (page 28), and dinner (page 43).

Procedure:

1. Lightly toast the couscous in a dry skillet over medium heat for about 1 minute, stirring constantly.
2. Add water and bring to a gentle boil.
3. Reduce heat and simmer uncovered for 8-10 minutes, or until the couscous is tender and the water is absorbed.
4. Fluff with a fork and let sit for a minute before using.

Nutritional Information (per 30 g dry):

~110 Calories; ~3 g Protein; ~0.5 g Fat; ~22 g Carbs



Serving Portion: 1
Prep Period: 1 min
Cook Period: 10 min

Ingredients Required:
3 tbsp bulgur (about 30 g)
1/3 cup boiling water (about 80 ml)

Date of Reintroduction: _____
Physical or Emotional Reactions (within 48 hours): _____

Final Decision (Does it suit you?): ☐ Yes ☐ No

Note:

This is the basic method for preparing bulgur used across breakfast, lunch, and dinner recipes during the reintroduction phase. For specific serving ideas and pairing instructions, refer to the corresponding recipe pages: breakfast (page 12), lunch (page 28), and dinner (page 42).

Procedure:

1. Place the bulgur in a heatproof bowl.
2. Pour boiling water over it, cover, and let stand for about 10 minutes until the grains are tender.
3. Fluff with a fork and drain excess water if needed.

Nutritional Information (per 30 g dry):

~90-100 Calories; ~3 g Protein; ~0.5 g Fat; ~20 g Carbs



Serving Portion: 1
Prep Period: 1 min
Cook Period: 15 min

Ingredients Required:
3 tbsp millet (about 30 g)
1/2 cup water (about 120 ml)

Date of Reintroduction: _____
Physical or Emotional Reactions (within 48 hours): _____

Final Decision (Does it suit you?): ☐ Yes ☐ No

Note:

This base preparation of millet is used throughout reintroduction meals. To see how it is incorporated into each specific breakfast (page 13), lunch (page 29), or dinner (page 43) recipe, refer to the respective pages listed above.

Procedure:

1. Rinse the millet thoroughly under cold running water.
2. Place in a small saucepan with water and bring to a boil.
3. Lower the heat, cover, and simmer until the grains are soft and the water has been absorbed, about 15 minutes.
4. Fluff with a fork before serving.

Nutritional Information (per 30 g dry):

~110 Calories; ~3 g Protein; ~1 g Fat; ~23 g Carbs



Serving Portion: 1
Prep Period: 1 min
Cook Period: 5 min

Ingredients Required:
1/4 cup rolled oats (about 30 g)
1/2 cup water (about 120 ml)

Date of Reintroduction: _____
Physical or Emotional Reactions (within 48 hours): _____

Final Decision (Does it suit you?): ☐ Yes ☐ No

Note:

This is the base preparation for rolled oats used in reintroduction meals. Detailed instructions for how to combine or serve the oats are provided in each individual breakfast (page 11), lunch (page 29), or dinner (page 44) recipe where oats are included.

Procedure:

1. Bring the water to a gentle boil in a small saucepan.
2. Stir in the rolled oats, reduce heat to low, and simmer for about 5 minutes, stirring occasionally, until the oats are tender and creamy.
3. Remove from heat and let sit briefly before serving.

Nutritional Information (per 30 g dry):

~100-110 Calories; ~3 g Protein; ~2 g Fat; ~20 g Carbs



Serving Portion: 1
Prep Period: 1 min
Cook Period: 15 min

Ingredients Required:
3 tbsp dry quinoa (about 30 g)
1/3-1/2 cup water (about 80-120 ml)

Date of Reintroduction: _____
Physical or Emotional Reactions (within 48 hours): _____

Final Decision (Does it suit you?): ☐ Yes ☐ No

Note:

This base preparation is used for quinoa in reintroduction recipes across all meals. Specific instructions for combining or layering it with main dishes are provided within each individual breakfast (page 13), lunch (page 26), or dinner (page 41) recipe.

Procedure:

1. Use a fine-mesh sieve to rinse the quinoa thoroughly under cold water.
2. Combine the rinsed quinoa with water in a small saucepan.
3. Bring to a boil over medium heat.
4. Lower the heat, cover, and simmer until the quinoa is soft and the water has been absorbed about 15 minutes.
5. Fluff with a fork before serving.

Nutritional Information (per 30 g dry):

~110-120 Calories; ~4 g Protein; ~1.5-2 g Fat; ~19-20 g Carbs

Serving Portion: 1
Prep Period: 1 min
Cook Period: 10 min

Ingredients Required:
3 tbsp buckwheat groats (about 30 g)
½ cup water (about 120 ml)

Date of Reintroduction: _____
Physical or Emotional Reactions (within 48 hours): _____

Final Decision (Does it suit you?): ☐ Yes ☐ No

Note:

This basic preparation is used in a variety of reintroduction meals. For detailed instructions on how to incorporate buckwheat into specific breakfast (page 14), lunch (page 27), or dinner (page 44) recipes, refer to the respective pages listed above.

Procedure:

1. Rinse the buckwheat thoroughly under cold water.
2. In a small saucepan, combine the buckwheat with water.
3. Bring to a boil, then reduce heat and simmer uncovered for about 10 minutes or until the grains are tender and the water is absorbed.
4. Fluff with a fork and let rest briefly before serving.

Nutritional Information (per 30 g dry):
~110 Calories; ~4 g Protein; ~1.5 g Fat; ~22 g Carbs



Serving Portion: 1
Prep Period: 1 min
Cook Period: 25 min

Ingredients Required:
3 tbsp pearl barley (about 30 g)
½ cup water (about 120 ml)

Date of Reintroduction: _____
Physical or Emotional Reactions (within 48 hours): _____

Final Decision (Does it suit you?): ☐ Yes ☐ No

Note:

This is the standard preparation method for barley used throughout reintroduction meals. For specific instructions on how to add it to breakfast (page 14), lunch (page 27), or dinner (page 40) recipes, refer to the designated pages listed above.

Procedure:

1. Rinse the barley thoroughly under cool water.
2. Combine the barley and water in a small saucepan.
3. Bring to a boil, lower the heat, cover, and simmer until the grains are soft and just beginning to chew, about 25 minutes.
4. Drain excess water if needed and fluff with a fork before using.

Nutritional Information (per 30 g dry):
~120 Calories; ~3 g Protein; ~1 g Fat; ~25 g Carbs



Serving Portion: 1
Prep Period: 1 min
Cook Period: 25 min

Ingredients Required:
3 tbsp dry wild rice (about 30 g)
½ cup water (about 120 ml)

Date of Reintroduction: _____
Physical or Emotional Reactions (within 48 hours): _____

Final Decision (Does it suit you?): ☐ Yes ☐ No

Note:

This is the base preparation for rolled oats used in reintroduction meals. Detailed instructions for how to combine or serve the oats are provided in each individual breakfast (page 15), lunch (page 39), or dinner (page 40) recipe where oats are included.

Procedure:

1. Rinse the wild rice thoroughly under cool water.
2. Combine rice and water in a small saucepan.
3. Bring to a boil, then reduce heat to low, cover, and simmer for about 25 minutes until tender and the water is absorbed.
4. Fluff with a fork before serving.

Nutritional Information (per 30 g dry):
~120–130 Calories; ~3 g Protein; ~1 g Fat; ~25 g Carbs



Serving Portion: 1
Prep Period: 1 min
Cook Period: 25 min

Ingredients Required:
3 tbsp dry brown rice (about 30 g)
½ cup water (about 120 ml)

Date of Reintroduction: _____
Physical or Emotional Reactions (within 48 hours): _____

Final Decision (Does it suit you?): ☐ Yes ☐ No

Note:

This preparation method is used for brown rice in reintroduction recipes for breakfast (page 15), lunch (page 29), and dinner (page 41). Specific instructions for combining it with each dish can be found on the corresponding recipe pages.

Procedure:

1. Rinse the brown rice thoroughly under cool water.
2. Put the rice and water in a small pot.
3. Bring to a boil over medium heat.
4. Reduce heat to low, cover, and simmer for about 25 minutes until tender and the water is absorbed.
5. Fluff with a fork before serving.

Nutritional Information (per 30 g dry):
~110–120 Calories; ~2–3 g Protein; ~1 g Fat; ~23–25 g Carbs



Serving Portion: 1
Prep Period: 2 minutes
Cook Period: 5 minutes

Ingredients Required:
¼ cup cooked chickpeas (about 30 g)
1 tsp olive oil (about 5 ml)

Date of Reintroduction: _____
Physical or Emotional Reactions (within 48 hours): _____

Final Decision (Does it suit you?): ☐ Yes ☐ No

Note:
This base preparation of chickpeas is used across various reintroduction meals. Specific instructions for incorporating chickpeas into breakfast (page 16), lunch (page 26), or dinner (page 45) recipes are provided on the relevant pages listed above.

Procedure:
1. Heat olive oil in a small skillet over medium heat.
2. Add the cooked chickpeas and warm gently for about 5 minutes, stirring occasionally, until heated.
3. Optionally, mash lightly for a creamier texture.

Nutritional Information (per 30 g cooked):
~50 Calories; ~2.5 g Protein; ~1.5 g Fat; ~8 g Carbs



Serving Portion: 1
Prep Period: 2 minutes
Cook Period: 5 minutes

Ingredients Required:
¼ cup cooked kidney beans (about 30 g)
1 tsp olive oil (about 5 ml)

Date of Reintroduction: _____
Physical or Emotional Reactions (within 48 hours): _____

Final Decision (Does it suit you?): ☐ Yes ☐ No

Note:
This preparation is used for incorporating kidney beans into a variety of reintroduction meals. For details on how they are served or combined in breakfast (page 16), lunch (page 33), or dinner (page 49) recipes, see the corresponding pages listed above.

Procedure:
1. In a small skillet, heat the olive oil over medium heat.
2. Add the cooked kidney beans and warm gently for about 5 minutes, stirring occasionally, until heated.
3. Use whole or lightly mashed, depending on the dish.

Nutritional Information (per 30 g cooked):
~50–55 Calories; ~3 g Protein; ~0.5 g Fat; ~9 g Carbs



Serving Portion: 1
Prep Period: 2 minutes
Cook Period: 5 minutes

Ingredients Required:
¼ cup cooked black beans (about 30 g)
1 tsp olive oil (about 5 ml)

Date of Reintroduction: _____
Physical or Emotional Reactions (within 48 hours): _____

Final Decision (Does it suit you?): ☐ Yes ☐ No

Note:
This preparation of black beans is used across various reintroduction meals. Refer to the specific recipe pages listed above to learn how black beans are incorporated into each breakfast (page 17), lunch (page 31), or dinner (page 45) dish.

Procedure:
1. Warm the olive oil in a small skillet over medium heat.
2. Add the black beans and cook gently for about 5 minutes, stirring occasionally, until heated.
3. Serve whole or lightly mashed, depending on the recipe.

Nutritional Information (per 30 g cooked):
~55 Calories; ~3 g Protein; ~0.5 g Fat; ~10 g Carbs



Serving Portion: 1
Prep Period: 2 minutes
Cook Period: 5 minutes

Ingredients Required:
¼ cup cooked white beans (Cannellini or Navy; about 30 g)
1 tsp olive oil (about 5 ml)

Date of Reintroduction: _____
Physical or Emotional Reactions (within 48 hours): _____

Final Decision (Does it suit you?): ☐ Yes ☐ No

Note:
This is a base preparation for white beans used across reintroduction meals. For details on how they are incorporated into specific breakfast (page 17), lunch (page 30), or dinner (page 46) recipes, refer to the appropriate pages listed above.

Procedure:
1. Heat the olive oil in a small skillet over medium heat.
2. Add the cooked white beans and warm gently for about 5 minutes, stirring occasionally, until heated.
3. Use whole or slightly mashed, depending on the texture desired in the dish.

Nutritional Information (per 30 g cooked):
~50–55 Calories; ~3 g Protein; ~0.5 g Fat; ~9 g Carbs

Serving Portion: 1
Prep Period: 2 minutes
Cook Period: 5 minutes

Ingredients Required:
¼ cup cooked lentils (about 30 g)
1 tsp olive oil (about 5 ml)

Date of Reintroduction: _____
Physical or Emotional Reactions (within 48 hours): _____

Final Decision (Does it suit you?): ☐ Yes ☐ No

Note:
This lentil preparation is used in various reintroduction meals. For details on how to add lentils to specific breakfast (page 18), lunch (page 31), or dinner (page 46) dishes, refer to the appropriate pages listed above.

Procedure:
1. Heat olive oil in a small skillet over medium heat.
2. Add the lentils and cook gently for about 5 minutes, stirring occasionally, until warm and tender.
3. Serve whole or lightly mashed, depending on the texture desired in the dish.

Nutritional Information (per 30 g cooked):
~55 Calories; ~4 g Protein; ~0.5 g Fat; ~10 g Carbs



Serving Portion: 1
Prep Period: 0 minutes
Cook Period: 0 minutes

Ingredients Required:
1 tbsp unsweetened peanut butter (about 16 g)

Date of Reintroduction: _____
Physical or Emotional Reactions (within 48 hours): _____

Final Decision (Does it suit you?): ☐ Yes ☐ No

Note:
This ingredient is used in a variety of reintroduction meals. For specific instructions on how to combine or present it in breakfast (page 18), lunch (page 34), or dinner (page 48) dishes, refer to the designated pages listed above.

Procedure:
1. Spoon the peanut butter into a small serving dish.
2. Serve it on the side or drizzle over your dish, depending on the recipe context.

Nutritional Information (per tbsp.):
~90 Calories; ~4 g Protein; ~8 g Fat; ~3 g Carbs



Serving Portion: 1
Prep Period: 2 minutes
Cook Period: 3 minutes

Ingredients Required:
¼ cup shelled edamame (about 30 g)
1 tsp olive oil (about 5 ml)

Date of Reintroduction: _____
Physical or Emotional Reactions (within 48 hours): _____

Final Decision (Does it suit you?): ☐ Yes ☐ No

Note:
This preparation of edamame is used in reintroduction meals across all times of day. Specific pairing and serving instructions are provided in the corresponding breakfast (page 19), lunch (page 30), or dinner (page 47) recipes.

Procedure:
1. Heat the olive oil in a small skillet over medium heat.
2. Add the shelled edamame and sauté for about 3 minutes, stirring occasionally, until warmed through and lightly crisped.
3. Serve whole or fold into dishes, depending on the recipe.

Nutritional Information (per 30 g cooked):
~55 Calories; ~5 g Protein; ~2 g Fat; ~4 g Carbs



Serving Portion: 1
Prep Period: 2 minutes
Cook Period: 5 minutes

Ingredients Required:
30 g firm tofu, cut into small cubes
½ tsp olive oil (about 2.5 ml)

Date of Reintroduction: _____
Physical or Emotional Reactions (within 48 hours): _____

Final Decision (Does it suit you?): ☐ Yes ☐ No

Note:
This preparation method is used for adding tofu to meals during the reintroduction phase. Refer to specific breakfast (page 19), lunch (page 32), or dinner (page 47) recipe pages to see how tofu is incorporated into each dish.

Procedure:
1. In a small skillet, heat the olive oil over medium heat.
2. Add tofu cubes and sauté gently for about 5 minutes, turning occasionally, until lightly golden and warmed through.
3. Depending on the recipe, serve on the side or fold into your dish.

Nutritional Information (per 30 g):
~45–50 Calories; ~5 g Protein; ~2 g Fat; ~1–2 g Carbs



Serving Portion: 1
Prep Period: 2 minutes
Cook Period: 5 minutes

Ingredients Required:
3 tbsp tempeh, cut into small cubes (about 30 g)
½ tsp olive oil (about 2 ml)

Date of Reintroduction: _____
Physical or Emotional Reactions (within 48 hours): _____

Final Decision (Does it suit you?): ☐ Yes ☐ No

Note:

This preparation is used for tempeh in reintroduction recipes across all meals. For specific instructions on how it is incorporated into breakfast (page 20), lunch (page 32), or dinner (page 48), refer to the relevant recipe pages listed above.

Procedure:

1. Heat olive oil in a small skillet over medium heat.
2. Add the tempeh cubes and sauté for about 5 minutes, stirring occasionally, until lightly browned and aromatic.
3. Stir into your dish or serve on the side, depending on the recipe.

Nutritional Information (per 30 g):
~65 Calories; ~4–6 g Protein; ~3–4 g Fat; ~3–4 g Carbs



Serving Portion: 1
Prep Period: 1 minute
Cook Period: 3 minutes

Ingredients Required:
¼ cup green peas (about 30 g)
1 tsp olive oil (2–3 ml)

Date of Reintroduction: _____
Physical or Emotional Reactions (within 48 hours): _____

Final Decision (Does it suit you?): ☐ Yes ☐ No

Note:

This base preparation is used to add green peas to a variety of reintroduction recipes. For specific pairing or serving suggestions, see the corresponding breakfast (page 20), lunch (page 33), or dinner (page 49) recipe pages listed above.

Procedure:

1. In a small skillet, heat the olive oil over medium heat.
2. Add green peas and cook for about 3 minutes, stirring occasionally, until heated through and slightly tender.
3. Use whole or lightly mashed, depending on the dish.

Nutritional Information (per 30 g cooked):
~50 Calories; ~3 g Protein; ~0.5 g Fat; ~8 g Carbs



Serving Portion: 1
Prep Period: 1 minute
Cook Period: 0 minutes

Ingredients Required:
¼ cup Greek yogurt (about 60 g)

Date of Reintroduction: _____
Physical or Emotional Reactions (within 48 hours): _____

Final Decision (Does it suit you?): ☐ Yes ☐ No

Note:

This basic presentation of Greek yogurt is used in various reintroduction meals. Instructions for how to pair or serve it are detailed in each individual breakfast (page 21), lunch (page 34), or dinner (page 50) recipe referenced above.

Procedure:

1. Spoon the Greek yogurt into a small serving bowl.
2. Serve on the side or add a dollop to the main dish as a creamy, tangy topping.

Nutritional Information (per 60 g):
~80 Calories; ~6 g Protein; ~2 g Fat; ~4 g Carbs



Serving Portion: 1
Prep Period: 1 minute
Cook Period: 0 minutes

Ingredients Required:
¼ cup unsweetened kefir (about 60 ml)

Date of Reintroduction: _____
Physical or Emotional Reactions (within 48 hours): _____

Final Decision (Does it suit you?): ☐ Yes ☐ No

Note:

This basic preparation is used across a range of reintroduction meals. Refer to the corresponding breakfast (page 21), lunch (page 39), or dinner (page 50) recipe pages to see how kefir is best incorporated.

Procedure:

1. Pour the kefir into a small serving glass.
2. Serve chilled alongside the dish, or use it as a light, tangy topping if appropriate for the recipe.

Nutritional Information (per 60 ml):
~70 Calories; ~4 g Protein; ~2 g Fat; ~6 g Carbs

Serving Portion: 1
Prep Period: 1 minute
Cook Period: 0 minutes

Ingredients Required:
¼ cup cottage cheese (about 60 g)

Date of Reintroduction: _____
Physical or Emotional Reactions (within 48 hours): _____

Final Decision (Does it suit you?): ☐ Yes ☐ No

Note:

This simple preparation is used across reintroduction recipes. For specific pairing instructions in breakfast (page 22), lunch (page 37), or dinner (page 51) dishes, refer to the appropriate pages listed above.

Procedure:

1. Spoon the cottage cheese into a small serving bowl.
2. Serve on the side or add as a topping to complement the main dish with a creamy texture and mild flavor.

Nutritional Information (per 60 g):
~80 Calories; ~8 g Protein; ~2 g Fat; ~4 g Carbs



Serving Portion: 1
Prep Period: 1 minute
Cook Period: 0 minutes

Ingredients Required:
1 oz shredded mozzarella (about 28 g)

Date of Reintroduction: _____
Physical or Emotional Reactions (within 48 hours): _____

Final Decision (Does it suit you?): ☐ Yes ☐ No

Note:

This preparation is used for adding mozzarella to a variety of reintroduction meals. For specific uses in breakfast (page 22), lunch (page 36), or dinner (page 51) recipes, refer to the respective pages listed above.

Procedure:

1. Sprinkle the mozzarella over the warm dish immediately after cooking so it softens and begins to melt.
2. Alternatively, serve on the side if preferred for texture or presentation.

Nutritional Information (per 28 g):
~70 Calories; ~5 g Protein; ~4.5 g Fat; ~1 g Carbs



Serving Portion: 1
Prep Period: 1 minute
Cook Period: 0 minutes

Ingredients Required:
1 oz crumbled feta (about 28 g)

Date of Reintroduction: _____
Physical or Emotional Reactions (within 48 hours): _____

Final Decision (Does it suit you?): ☐ Yes ☐ No

Note:

This preparation is used for adding feta to meals during the reintroduction phase. See the referenced breakfast (page 23), lunch (page 35), or dinner (page 52) pages to learn how it is best incorporated.

Procedure:

1. Crumble the feta into a small bowl.
2. Sprinkle over the finished dish for a salty, tangy touch, or serve on the side as an optional topping.

Nutritional Information (per 28 g):
~75 Calories; ~4 g Protein; ~6 g Fat; ~1 g Carbs



Serving Portion: 1
Prep Period: 1 minute
Cook Period: 0 minutes

Ingredients Required:
1 oz shredded hard cheese (e.g., Cheddar or Parmesan; about 28 g)

Date of Reintroduction: _____
Physical or Emotional Reactions (within 48 hours): _____

Final Decision (Does it suit you?): ☐ Yes ☐ No

Note:

This preparation is suitable for a variety of reintroduction meals. Refer to the designated recipe pages to see how hard cheese is used with breakfast (page 23), lunch (page 36), or dinner (page 52).

Procedure:

1. Sprinkle the cheese over the warm dish before serving to allow it to melt slightly.
2. Alternatively, serve on the side for a firmer texture and customizable taste.

Nutritional Information (per 28 g):
~110 Calories; ~7 g Protein; ~9 g Fat; ~1 g Carbs



Serving Portion: 1
Prep Period: 1 minute
Cook Period: 0 minutes

Ingredients Required:
¼ cup ricotta (about 60 g)

Date of Reintroduction: _____
Physical or Emotional Reactions (within 48 hours): _____

Final Decision (Does it suit you?): ☐ Yes ☐ No

Note:

This preparation is used for incorporating ricotta into various reintroduction recipes. Check the referenced pages for breakfast (page 24), lunch (page 35), or dinner (page 53) to see how it is best combined.

Procedure:

1. Spoon the ricotta into a small serving bowl.
2. Serve on the side or add as a creamy topping to enhance the texture and richness of the dish.

Nutritional Information (per 60 g):
~100 Calories; ~7 g Protein; ~7 g Fat; ~4 g Carbs



Serving Portion: 1
Prep Period: 1 minute
Cook Period: 0 minutes

Ingredients Required:
¼ cup goat's or sheep's milk yogurt (about 60 g)

Date of Reintroduction: _____
Physical or Emotional Reactions (within 48 hours): _____

Final Decision (Does it suit you?): ☐ Yes ☐ No

Note:

This preparation is used across multiple reintroduction meals. Refer to the specific recipe pages for breakfast (page 24), lunch (page 38), or dinner (page 53) to see how it is best paired.

Procedure:

1. Place the yogurt in a small serving bowl.
2. Serve it on the side or spoon over the dish as a cool, tangy accent, depending on the recipe's presentation.

Nutritional Information (per 60 g):
~80 Calories; ~5 g Protein; ~3 g Fat; ~4 g Carbs



Serving Portion: 1
Prep Period: 1 minute
Cook Period: 0 minutes

Ingredients Required:
1 oz goat cheese (about 28 g)

Date of Reintroduction: _____
Physical or Emotional Reactions (within 48 hours): _____

Final Decision (Does it suit you?): ☐ Yes ☐ No

Note:

This base preparation is used across reintroduction recipes. Specific instructions for combining goat cheese are described in each individual breakfast (page 25), lunch (page 37), or dinner (page 54) dish.

Procedure:

1. Crumble the goat cheese into a small bowl.
2. Sprinkle it over the finished dish just before serving to enhance it with a tangy, creamy finish, or, depending on the recipe, serve it on the side.

Nutritional Information (per 28 g):
~80 Calories; ~5 g Protein; ~6 g Fat; ~1 g Carbs



Serving Portion: 1
Prep Period: 1 minute
Cook Period: 0 minutes

Ingredients Required:
1 tsp unsalted butter (about 5 ml)

Date of Reintroduction: _____
Physical or Emotional Reactions (within 48 hours): _____

Final Decision (Does it suit you?): ☐ Yes ☐ No

Note:

Butter can be included in a variety of reintroduction recipes. For specific usage details, see the breakfast (page 25), lunch (page 38), or dinner (page 54) pages referenced above.

Procedure:

1. Place the butter in a small dish or serve directly on the side of the plate.
2. Use as a flavorful accompaniment or melt over the dish for added richness, depending on the recipe.

Nutritional Information (per 5 ml):
~35–40 Calories; ~0 g Protein; ~4 g Fat; ~0 g Carbs

Conclusion

If you're holding this book and reading these final words—you're already a hero. Truly. You didn't just start the journey toward better health; you reached the finish line. You chose to care for yourself, to be honest with your body, and to listen to your inner voice. And this journey wasn't just about food—it was about self-love.

The path isn't always easy. Saying goodbye to old habits, changing your daily rhythm, and learning to notice how your body responds takes strength, commitment, and trust. But you did it. And that deserves genuine praise.

I hope this book becomes more than just a recipe collection—I hope it becomes your compass through change, that the meals become your favorites, and that the structure becomes your support.

If you've felt that this system worked for you, made your life easier, inspired you, supported you—or added more joy to your meals—I encourage you to share your experience with others who might still be on the fence. Let them know which recipe became your favorite. Your voice might be the reason someone finds the courage to begin their journey—one that's just as real, human, and kind.

You're also warmly invited to **the author page** so you don't miss any upcoming projects. I continue to create books rooted in purpose, care, and a love for people. New recipes, ideas, and next steps are just around the corner.

Together, we're building a new way of eating—a lifestyle where food becomes joy, nourishment, and a source of strength from within.

With love and belief in you,

Dr. Zoe Bennett

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