

FIREFIGHTER'S GUIDE TO PERFORMANCE NUTRITION

EXPERIENCE MEANINGFUL IMPROVEMENTS IN
YOUR PHYSICAL AND COGNITIVE PERFORMANCE
WITH SMALL, POWERFUL STEPS





INTRODUCTION

What's the best diet for a firefighter? Depends...

Depends on how busy and what type of calls your station is running, your activity level and type of exercise you do, your health, your gender, your food preferences, and your genes (among several other factors).

In this ebook, we provide some universal recommendations and a few factors to consider. Use this as a guide, and of course, if you're under the guidance of a health care practitioner, please seek their guidance before making any changes to your diet.

Following the simple, yet powerful nutrition suggestions we outline in this eBook can help you:

- Experience more energy
- Improve your current health
- Better manage chronic health conditions
- Reduce injury risk
- Reduce inflammation and pain
- Improve brain power and focus
- Increase physical performance
- Increase libido and sexual performance
- Lose weight or body fat
- Gain muscle and strength

5 STEPS TO BOOST PERFORMANCE

#1: Reduce added sugars

Sugar tastes fantastic, but there's a price you pay for that sweetness. For example, did you know that when you eat large amounts of sugar it actually inhibits your body's natural satiety cues, increases inflammation, and feeds cancer cells (by the way, we all have these)?

#2: Eat more vegetables

Vegetables are loaded with vitamins, minerals, and phytonutrients that protect you from those unwanted diagnoses such as cancer, heart disease, and diabetes, and also increase your energy and performance.

#3: Do an oil change

Certain types of fats actually trigger inflammation, which increase your injury risk and pain from any lingering, chronic injuries.

#4: Choose healthier options

Follow the 80/20 rule - 80% of the time eat as healthy as possible, 20% of the time color outside the lines a bit.

#5: Limit highly processed foods

The highly processed "Frankenfoods" on the market are performance killers. Eat real food.

REDUCE ADDED SUGARS

- **Goal** < 20g/day and < 5g added sugar per serving
- **Avoid/limit:** Donuts, Bagels, Breakfast cereals, fruit smoothies made with high sugar fruits and juice, sweetened yogurts
- **Avoid beverages with sugar**
 - Juice, soda, energy drinks, sweetened coffee drinks
- **Healthier beverage alternatives**
 - Flat water, sparkling water, Spindrift, [Hoplark Water](#), [Revive](#), [Oli Pop](#)
- **Look at sweetener source**
 - Avoid artificial sugars: Aspartame, saccharin, sucralose
 - Careful with sugar alcohols (large amounts cause GI distress): Xylitol, erythritol, sorbitol, maltitol, mannitol, isomalt, and lactitol
- **Limit these natural sugars**
 - Honey, dates, coconut sugar, agave, turbinado sugar
- **Best natural sweeteners (use in moderation)**
 - [Stevia](#), fruit, [monk fruit](#) (without erythritol), maple syrup

REDUCE ADDED SUGARS (CONT.)

- **Lower sugar snack/dessert options**
 - Fruit (lowest sugar are berries and apples; highest sugar are bananas, mango, and dried fruit)
 - High protein options: Berries and cottage cheese or plain yogurt
 - **Thrive Market** shopping list examples: Smart Sweets, Skinny Dipped Dark Chocolate Almonds, UnReal Chocolate Coconut Bars and Dark Chocolate Almond Butter Cups, 85% dark chocolate, Hu Grain Free Cookies, Go Raw Sprouted Cookie Crisps, From The Ground Up Cinnamon Butternut Squash Stalks, Sweet Nothings Spoonable Smoothies, sweet potato chips, plantain chips, OWYN Protein Drink, Aloha Protein Drink
 - **Daily Harvest Bites**
 - **Easy Banana Ice Cream** (page 38)
 - Freeze juice in **popsicles molds**
 - **Amazing Mousse** (page 38)
 - **Tasty Fat Bombs** (page 39)

REDUCE ADDED SUGARS (CONT.)

- **Lower sugar, healthier breakfasts**

- Chia seed pudding (3 Tbsp chia seeds, 1 cup milk or milk alternative, 1/2 tsp vanilla extract, 1 tbsp cocoa powder, 1 tsp monk fruit). Combine in mason jar and shake well – place in fridge overnight)
- Eat dinner for breakfast (leftovers)
- If you do oatmeal – add nuts and seeds/nut butters, ground flax, chia seeds/shaved coconut, steel cut or oat groats better option, avoid added sweeteners/dried fruit (fresh or frozen berries a better option, apples, oranges; monk fruit, stevia better options), add cinnamon
- Liven up plain yogurt - Add nuts, seeds, fresh fruit, cinnamon, [lower sugar granola](#)
- Eggs, add veggies, avocado
- [Daily Harvest Forager Bowls](#) and [Smoothies](#)
- [Lower sugar smoothies](#) (pages 14-16)

Complete our FREE 2-Week Sugar Challenge course and experience awesome! [Sign up here](#)

EAT MORE VEGGIES

- **Work up to eating 8-10 servings daily**
 - Increase consumption slowly (if you only eat the occasional vegetable now, aim to eat 1-2 servings daily)
- **Start with ones you like and know how to cook**
 - Add a new one every few weeks
 - See our recipes for some delicious veggie ideas
- **Use veggies powders to add more vegetables and herbs**
 - Add to smoothies, soups, salad dressings, dips, meats, etc.
 - A fantastic source is [Dr. Cowan's Garden](#)
- **Use more fresh herbs and spices in cooking**
 - Examples: Basil, thyme, oregano, turmeric, onion, garlic, rosemary, sage, cumin
- **If you eat sweets, eat some veggies first**
 - This can help to reduce wanting to overeat sweets and slow blood sugar spikes

DO AN OIL CHANGE

- **Choose healthy oils**
 - Best for health: Olive, avocado, **algae**
 - For higher heat cooking (over medium on stovetop or over 350 degrees in oven): Ghee, coconut, lard, butter
- **Avoid unhealthy, pro-inflammatory oils**
 - Corn, vegetable, sunflower, safflower, grapeseed, canola
- **Eliminate trans fats (hydrogenated and partially hydrogenated fats)**
 - Look on the ingredient list for "partially hydrogenated" or "hydrogenated". Food manufacturers only have to list trans fats on the label if it has <0.5 g. The recommended amount daily is 0 g.
- **Fat sources to eat in moderation**
 - Nuts and seeds (2 handfuls daily) - favorites are macadamia nuts, cashews, pecans, walnuts, pumpkin seeds, almonds
 - Coconut oil (use for high heat cooking)
 - Ghee (use for high heat cooking)
 - Lard and duck fat (use for high heat cooking)

CHOOSE HEALTHIER OPTIONS

- Lower sugar options for sweets (see page 5) and recipes
- Choose pastas made with whole grains, legumes, or vegetables
- Try baked potato, sweet potato, rutabaga, or parsnip fries vs deep fried fries
- Try Vegetable or whole grain pizza crusts
- Replace bread with lettuce wraps, [coconut](#), or [vegetable wraps](#)
- Look for healthier versions of frozen treats
 - Ice cream: maple syrup or [banana sweetened](#) better options, but still limit portions
- Limit portion sizes of less healthy options
- Fill most of your plate with healthier options and add a small serving of a less healthy option

LIMIT HIGHLY PROCESSED FOODS

- **When eating something packaged or processed:**
 - Look for foods with **5 Ingredients or less** (not counting herbs and spices)
 - **Make sure all the ingredients are actual foods**, not preservatives, additives, or colors
- **Eat mostly fresh foods including**
 - Fruits
 - Vegetables
 - Meats
 - Eggs
 - Poultry
 - Fish
 - Whole grains
 - Legumes and beans
 - Herbs
 - Nuts and seeds
- **Healthiest processed foods**
 - Oils (see page 8 for healthy oils)
 - Canned fish (healthiest - sardines, mackerel)
 - Fermented foods (pickles, plain yogurt, sauerkraut, cheese, kefir)
 - Low sugar, no sugar beverages
 - Frozen veggies and fruits

INDIVIDUAL NEEDS

If you're at a busy station running several calls

- Your brain, nervous system, and muscles will need fuel to perform at your best
- Your brain and nervous system's preferred fuel is glucose (if you're in ketosis or on a very low carb diet your brain will also use ketones)
 - You may need to eat every 3-4 hours for optimal cognitive function
- **Keep a cooler in the vehicle** (eat cold or heat up at a local gas station or other)
- **Healthy road snacks and meals**
 - Bars: Epic Bars, Hungry Budha Bars, Chomps Grass-fed Beef/Venison Sticks, Rx Bar, Skout Bars, Aloha Bars, Primal Kitchen Collagen Bars
 - Travel friendly foods and snacks: Sardines, mackerel, avocados, olives, nuts and seeds, Flackers, Plantain chips
- **Quick grocery store picks**
 - Pre-made salads, avocado, turkey meat, sardines and mackerel, wraps, hard-boiled egg, fresh fruit, plain yogurt, cottage cheese, chopped veggies

Want personalized help? [Sign up](#) for a private nutrition session with our dietitian!

INDIVIDUAL NEEDS

If you're trying to lose weight

- **Use smaller plates and bowls to reduce portion sizes**
- **Fill half your plate with veggies**
- **Serve your plate at the counter/stove**
 - Put leftovers away before sitting down to eat
- **Chew each bite until the food is a liquid, put your fork down between bites**
 - It takes your body about 20 minutes to recognize that you've eaten
- **Make it a point with your crew and family to include vegetables at dinner**
 - Crowd out some of your other foods like breads, pastas, and rice with vegetables
- **Reduce refined carbohydrates**
 - Choose quinoa, semolina, buckwheat, oat groats, barley, amaranth
 - Swap rice for cauliflower rice or wild rice
 - Pastas made from quinoa (higher in protein, fiber, nutrients) or veggie and legume-based pastas
- **Stay well hydrated**
 - Helps with appetite, energy, and detoxification
- **If you're at a busy station, reduce calories on your off days**

A NOTE ON MEAL TIMING

- **Best time to eat sweets and refined carbs**
 - Your body can utilize sugar best after a high intensity workout (weight training or HIIT) and after highly focused skill training (your brain uses lots of glucose)
- **Eating before bed**
 - Aim to eat your last meal at least 2 hours before bed
 - Eating a large, heavy meal before bed negatively impact sleep quality
 - If you need to eat something in the evening, eat something light such as a lower sugar smoothie (pages 14-16)
- **Allow 3-4 hours between meals for full digestion, especially if you have any heartburn or bloating.**
 - Eat more frequently if this is the only way you can get enough calories.
- **Consider an overnight fast**
 - Allow 12-16 hours between your last meal and breakfast
 - Mini fasts can improve blood sugars and help with weight loss
 - Avoid this technique if you're on tour, especially at a busy station

RECIPES - BREAKFAST

Blueberry Vanilla Smoothie

Ingredients

1/3 cup blueberries

1 can [coconut milk](#)

1/2 tsp vanilla extract

1/4 avocado

3-5 drops liquid stevia (optional) or 1 tsp maple syrup

1 Tbsp [greens powder](#) (use FIW20 for 20% off)

Instructions

Blend together on high and enjoy. Makes 1-2 servings.

For additional protein add 1-2 scoops of protein powder such as [BUBS Collagen Powder](#).

RECIPES - BREAKFAST (CONT.)

Pumpkin Smoothie

Ingredients

1/4 cup canned pumpkin or 1 Tbsp Winter

Squash Powder

1 can coconut milk

1/2 tsp vanilla extract

1 tsp ground Ceylon cinnamon

1/4 avocado

3-5 drops liquid stevia (optional) or 1 tsp maple syrup

1 Tbsp greens powder (use FIW20 for 20% off)

Instructions

Blend together on high and enjoy. Makes 1-2 servings.

For additional protein add 1-2 scoops of protein powder such as BUBS Collagen Powder.

RECIPES - BREAKFAST (CONT.)

Orange Coconut Smoothie

Ingredients

1 can coconut milk

1 large egg yolk

1/2 tsp orange extract

1/4 avocado

3-5 drops liquid stevia (optional) or 1 tsp maple syrup

1 Tbsp greens powder (use FIW20 for 20% off)

Instructions

Blend together on high and enjoy. Makes 1-2 servings.

For additional protein add 1-2 scoops of protein powder such as **BUBS Collagen Powder**.

RECIPES - BREAKFAST (CONT.)

Kale and Cauliflower Omelet

Ingredients

5 large eggs
1/4 cup sea salt
1/4 tsp black pepper
2 tsp avocado oil
2 cups finely chopped cauliflower florets
1 cup finely chopped kale, stems removed
2 cloves minced garlic
1/4 cup goat feta cheese (optional)

Instructions

In a large bowl, whisk together eggs, salt, and pepper. Set aside. In a large skillet, heat oil over medium heat. Add cauliflower and cook, stirring frequently. After 5 min add kale and cook for another 5 min. Add garlic and cook, stirring, for 30 seconds. Pour egg mixture over cauliflower and kale. Cook, lifting edges to allow uncooked eggs to run underneath (4- 5 minutes). Flip omelet and sprinkle with cheese. Cook for another 1-2 minutes or until underneath of omelet is lightly browned. Fold in half and slide onto a plate. Cut into 2-4 pieces. Makes 2-4 servings.

RECIPES - BREAKFAST (CONT.)

Sausage Patties

Ingredients

1 lb ground turkey, beef, bison or pork
1/2 tsp fine sea salt
1/2 tsp chopped fresh thyme
1/2 tsp chopped fresh oregano
1/4 tsp ground turmeric
1/4 tsp ground pepper
1/2 tsp ghee

Instructions

In a large bowl, mix meat, salt, thyme, oregano, turmeric, and pepper until thoroughly mixed. Form into four 1/2 inch thick patties. In a large skillet, melt ghee over a medium heat and add patties. Cook until lightly browned on each side (5-7 minutes per side) and no longer pink in the middle.

RECIPES - BREAKFAST

(CONT.)

Protein Pancakes

Ingredients

4 large eggs
1/4 cup virgin coconut oil or ghee
1 tsp vanilla extract
10 drops liquid stevia
1/4 cup almond flour
1/4 cup coconut flour
2 Tbsp Grass-fed collagen peptide powder (such as [BUBS Collagen Powder](#))
1 tsp baking soda
1 tsp Ceylon cinnamon
1/4 tsp fine sea salt

Instructions

In a large bowl whisk together eggs, melted ghee or coconut oil, vanilla, and stevia. In another bowl combine flours, protein powder, baking soda, cinnamon, and salt. Combine wet ingredients with dry ingredients until well mixed. Preheat a large skillet over medium heat and grease with ghee. Drop in batter by 1/4 cup at once and cook until the edges are slightly dry. Turn pancakes over and cook until the bottoms are golden brown. Re-grease griddle between batches.

RECIPES - BREAKFAST (CONT.)

Homemade Yogurt

Ingredients

1 quart organic cow's or goat's milk

4 broad spectrum probiotic capsules (such as [Klaire Labs There-Biotic Complete Capsules or Powder](#),

you can also purchase the powder form and use 1/4 tsp - register and use code 38D to purchase)

Instructions

In a saucepan, bring milk to a boil over medium heat. Boil for 10-15 seconds. Turn off heat, pour into a large glass bowl, and allow to cool to room temperature. Once cooled, skim off layer on top and discard. Pour 1/2 cup cooled milk into a large wide mouth 64-ounce glass mason jar. Empty probiotic powder from capsules (discard capsules) and gently mix with a metal spoon until powder is well mixed. Add the remainder of the milk and stir for 20-30 seconds. Loosely cover the top of the jar with aluminum foil allowing room for air flow. Place in a cooler with a lightbulb turned on or inside your oven with the light turned on and incubate undisturbed for 24 hours. You can also use a yogurt maker and distribute milk evenly into smaller jars. Store, tightly sealed, in the refrigerator for up to 1 month.

RECIPES - BREAKFAST (CONT.)

Plantain Fritters

Ingredients

12 ripe plantains, peeled (the skin should be covered with black spots or completely black)

1/2 tsp ground Ceylon cinnamon

2 tbsp coconut oil

Instructions

Place plantains in a bowl and mash with a fork (leave some chunks). Add the cinnamon and mix.

Heat 1 tbsp coconut oil in a skillet over medium heat.

Drop heaping spoonfuls of plantain batter into the pan and flatten with the back of a spoon until fritters are 2-3 inches in diameter. Cook for 10-12 minutes or until golden brown on the bottom. Add additional coconut oil if the fritters absorb it all. Flip and cook for an additional 7-8 minutes on the opposite side. Makes 8 servings.

RECIPES -

LUNCH/DINNER

Easy Instant Pot Chicken and Bone Broth

Ingredients

4 pound whole, organic, free-range chicken
1 onion
5 garlic cloves, peeled and whole
1/2 cup oregano
1/2 cup rosemary
1 tbsp thyme
2 tbsp sage
2 tbsp apple cider vinegar
1 tbsp turmeric

Instructions (chicken)

Place onion, garlic and herbs into an [Instant Pot](#). Place chicken breast side down on top of the herbs. Add 3 cups of filtered water. Secure the lid into the “sealed” position. Hit the meat/stew button and set timer for 20 minutes (or 5 minutes per pound of chicken). When the timer beeps, allow the chicken to “rest” and the pressure to naturally release for 15-20 minutes. Remove chicken from the Instant Pot and place on a plate to cool. Once cooled, debone.

RECIPES - LUNCH/DINNER (CONT.)

Easy Instant Pot Chicken and Bone Broth

Instructions (broth)

Place bones back into the Instant pot with remaining herbs. Add apple cider vinegar and turmeric to bones, onion, garlic, and herbs. Add 6 cups of filtered water. Secure the lid in the the “sealed” position and hit the “broth” button. Set timer for 120 minutes. You can store in 64-ounce mason jars and/or freeze in ice trays for easy use. Broth will stay fresh in fridge for up to 3 days.

RECIPES - LUNCH/DINNER (CONT.)

30-Minute Ginger Salmon

Ingredients

1 lb wild salmon (you can also use halibut, trout, cod or other fish)
1/2 lemon, juiced or 1/2 tsp lemon juice
1 tbsp minced ginger
3 cloves garlic, minced
1 tsp Annie's Naturals Organic Dijon Mustard (or other dijon mustard without added sugar)
3 tbsp coconut aminos or tamari
1 tbsp avocado oil
1/4 tsp salt

Instructions

Preheat oven to 400 degrees F. Mix lemon, ginger, garlic, mustard, coconut aminos, and avocado oil in a small bowl. Pat salmon dry and sprinkle salt over fish. In a cast iron skillet or fry pan heat oil over medium heat. Place salmon skin side down on the hot skillet and cook for 4 minutes. Remove salmon from heat and spoon the glaze over the salmon. Place skillet in the oven on the bottom rack and cook for another 4 minutes. Makes 3-4 servings.

RECIPES - LUNCH/DINNER (CONT.)

Slow Cooker Herby Chicken Wraps

Ingredients

- 4 bone-in skinless chicken breasts
- 2 tsp fresh rosemary (or a few sprigs on the branch)
- 1 tsp fresh oregano
- 1 tsp fresh thyme
- 1 tsp fresh sage
- 1/2 tsp sea salt
- 2 cups chicken bone broth (if store bought buy organic, reduced sodium)
- 4 large collard green leaves
- 1 cup water
- 1 tbsp olive oil

Instructions

Place rosemary, oregano, thyme, and sage in slow cooker (minimum 6 quart cooker). Place chicken on top of herbs. Pour broth into slow cooker. Cover and cook on low for 8 hours or on high for 4 hours (or until chicken is falling off the bones). Place collard green leaves in a large skillet and pour in water.

RECIPES - LUNCH/DINNER (CONT.)

Slow Cooker Herby Chicken Wraps

Instructions (Cont.)

Cover and cook over medium heat for 10 minutes (or until collard green leaves are flexible and tender). Drain and place cooked leaves on paper towels to absorb water. Debone chicken and place meat in a bowl. Place each collard green leaf on a plate and drizzle with olive oil. Spread with the back of a spoon or your finger. Place deboned chicken in the center of each leaf and wrap leaf around chicken. This recipe is great with the addition of avocado, hot sauce, mustard, sprouts, or any other sandwich toppings you enjoy. Makes 4 servings.

RECIPES - LUNCH/DINNER (CONT.)

Tropical Black Bean Burgers

Ingredients

1/4 cup fresh cilantro leaves

1/4 cup coconut flour

3 tbsp flax seeds

2 tsp ground cumin

1/4 tsp cayenne pepper

1/3 cup coconut milk (such as Native Forest Simple Unsweetened Coconut Milk or for low-fat option, Natural Value Pure Lite Coconut Milk)

1 tbsp macadamia nut oil

1 cup dried black beans (or 2 cans organic black beans, drained and rinsed)

Instructions

Combine cilantro, coconut flour, flax seeds, cumin, cayenne, coconut milk, and 1/2 of the black beans. Pulse until smooth with some chunks. In a medium bowl, combine bean mixture with the additional beans and stir together. Form into four 3/4-inch thick patties.

RECIPES - LUNCH/DINNER (CONT.)

Tropical Black Bean Burgers

Instructions (Cont.)

In a large skillet, add macadamia oil and heat over low heat. Add patties and increase heat to medium. Cook patties for 3-5 minutes on each side (or until lightly browned and crispy on the outside and warm on the inside). Makes 4 servings. This recipe is great with the addition of avocado, hot sauce, mustard, sprouts or any other sandwich toppings you enjoy. I love wrapping mine in [NUCO Coconut Wraps](#) (Thrive Market also sells these and also has their own version, which are delicious).

RECIPES - LUNCH/DINNER (CONT.)

Date and Bison Burgers

Ingredients

1 lb ground bison (or ground beef, lamb or pork)
4 dried dates, chopped into small pieces
1 tsp fresh oregano
1 tsp ground cumin
1 tsp ground turmeric
1/2 tsp ground black pepper
1/2 tsp sea salt

Instructions

Preheat the oven to 425°F and place a cooling rack into a cookie sheet. This allows the air to circulate under the patties, and lets them cook more evenly. In a medium bowl, combine meat, dates, oregano, cumin, turmeric, pepper and salt. Mix well. Form into four 3/4 inch thick patties. Place the patties onto the cooling rack and bake for about 15 minutes. You can use a meat thermometer to check for doneness. I like to cook my burgers to about 160°F for medium. The burgers will continue to cook a little when you take them out of the oven.

RECIPES - LUNCH/DINNER (CONT.)

Date and Bison Burgers

Instructions (Cont.)

If you want your burgers to be well done, you may need to cook them for a bit more than 15 minutes. Makes 4 servings.

This recipe is great with the addition of avocado, hot sauce, mustard, sprouts or any other sandwich toppings you enjoy.

I love wrapping mine in [NUCO Coconut Wraps](#) (Thrive Market also sells these and also has their own version, which are delicious) in a collard green leaf or wrapped in lettuce leaves.

RECIPES - VEGGIE SIDES

Roasted Root Vegetables

Ingredients

1 parsnip, cut into 1/8 inch slices
1 cup winter squash (butternut, kabocha, buttercup), cut into 1/2 inch cubes
1 cup purple yams (Japanese yams) cut into 1/2 inch cubes
4 tbsp avocado, algae, or melted coconut oil
Sea salt and freshly ground black pepper to taste

Instructions

Preheat oven to 350 degrees F. In a casserole dish, combine parsnip, winter squash, and purple yams. Mix thoroughly with avocado oil. Bake in the oven for 45 minutes or until all the vegetables are fork-tender. Makes 4 servings.

You really can use any root vegetables that you prefer. Other options include rutabagas, carrots, beets, sweet potatoes, and potatoes. I also like to do this with asparagus, cauliflower, broccoli and Brussel's sprouts.

For added flavors you can add herbs such as rosemary and thyme.

RECIPES - VEGGIE SIDES (CONT.)

Bone Broth Kale

Ingredients

1 large bunch of kale, washed, stems removed and chopped

2 cups bone broth (with a little fat or add 1 tsp of avocado oil)

1/2 tsp sea salt

Pepper to taste

Instructions

Add chopped kale to a large pan with bone broth.

Cover and let simmer on medium for 10 minutes.

Remove the cover and cook until the liquid has been completely absorbed and begins to make a glaze.

Sprinkle with salt and pepper to taste. You can also substitute kale with broccolini or cabbage. Makes 2 servings.

RECIPES - VEGGIE SIDES (CONT.)

Creamy Butternut Squash Soup

Ingredients

1 can light coconut milk
2 cups butternut squash
1 cup bone broth
Sea salt and pepper

Instructions

Boil and strain butternut squash (or can also use roasted butternut squash). Puree all the ingredients in a **Vitamix** or another powerful blender on high. Reheat in a pot on the stove and serve warm. Salt and pepper to taste. Makes 2-4 servings.

RECIPES - VEGGIE SIDES (CONT.)

Garlicky Mashed Rutabagas

Ingredients

2 cups rutabagas, cut into 1 inch cubes
2 tbsp algae oil, olive oil or avocado oil (you can also use butter or ghee if you like)
1/2 tsp sea salt
1 clove of garlic

Instructions

In a large pot of boiling water, boil rutabaga for 10-15 minutes (or until fork-tender). Drain and set aside. In a small fry pan, sauté garlic over medium heat until garlic is lightly browned. In a blender or food processor, combine rutabagas, oil and garlic mixture and salt. Blend on high for 1-2 minutes or until creamy. Makes 2 servings.

RECIPES - VEGGIE SIDES (CONT.)

Baked Acorn Squash

Ingredients

- 1 acorn squash, halved and de-seeded
- 4 tbsp olive oil
- 1 tsp of organic maple syrup)
- 1/4 tsp fine sea salt
- 1/4 tsp ground Ceylon cinnamon (optional)

Instructions

Preheat oven to 350 degrees F. In a large, deep casserole dish or 9 x 13 inch Pyrex dish, add 1/2 inch of water. Place squash halves skin side down in the dish. Add 2 tbsp of olive oil and 5 drops stevia to the inside of each squash. Sprinkle each squash with salt. Cover loosely with tinfoil for 45-60 minutes or until squash is fork-tender. Sprinkle with cinnamon if desired. Makes 2-4 servings.

RECIPES - VEGGIE SIDES (CONT.)

Sweet Potato Fries

Ingredients

2 medium sweet potatoes, cut into fresh fry shape strips

2 tbsp avocado oil or macadamia nut oil

1/2 tsp fine sea salt

Instructions

Preheat oven to 350 degrees F. In a large bowl mix potatoes and oil. Transfer to a cookie sheet lined with parchment paper or 9 x 13 inch Pyrex dish. Cook in oven for 45 minutes or until potatoes are lightly browned. Salt. Makes 2-4 servings.

RECIPES - VEGGIE SIDES (CONT.)

Summer Squash Bacon

Ingredients

2 large summer squashes, sliced into thin strips

1/2 tsp salt

4 tbsp avocado oil, algae, or macadamia nut oil

Instructions

Preheat oven to 350 degrees F. Arrange squash slices onto a cookie sheet lined with parchment paper or 9 x 13 inch Pyrex dish in a single layer. Drizzle with oil and rub oil into both sides. Cook in oven for 45 minutes or until. Squash is crispy and light brown. Salt. Makes 2 servings.

DESSERTS

Easy Banana Ice Cream

Ingredients

2 peeled, frozen bananas

1/2 cup walnuts

Pinch sea salt

1/4 tsp vanilla extract

Instructions

Combine all ingredients in a powerful mixer such as **Vitamix**. Blend on high until creamy. Serve immediately. Makes 2 servings.

Amazing Mousse

Ingredients

2 large, ripe avocado (peeled and pitted)

1/3 can chilled coconut cream

2 Tbsp cocoa powder

Pinch sea salt

1/4 tsp vanilla extract

1 tsp maple syrup

Instructions

Combine all ingredients in a powerful mixer such as **Vitamix**. Blend on high until creamy. Serve immediately or refrigerate up to 1 week. Makes 4 servings.

DESSERTS

Tasty Fat Bombs

Ingredients

1 cup coconut oil

1/2 cup cocoa powder

1/2 tsp vanilla extract

Pinch of sea salt

5 drops liquid stevia or 1 tsp maple syrup

1/4 cup creamy peanut butter or almond butter

Instructions

Combine coconut oil, cocoa powder, salt, peanut butter/almond butter, and stevia/maple syrup in a small saucepan. Heat on low until coconut oil is fully melted. Remove from heat and immediately add vanilla extract and stir. Pour into [silicone ice cube trays](#) and freeze for up to 6 months. Pop out and enjoy.

ADDITIONAL RESOURCES

Books

- **Mediterranean Paleo Cooking** by Caitlin Weeks and Nabil Boumrar
- **The Whole30: The 30-Day Guide to Total Health and Food Freedom** by Melissa Hartwig Urban
- **Whole30 Fast & Easy** by Melissa Hartwig Urban
- **Whole30 Slow Cooker** by Melissa Hartwig Urban
- **The Defined Dish** by Alex Snodgrass

Websites

- [Whole30](#) supports the Whole30 cooking program and offers help with meal plans, recipes, and program guidelines.
- [Oldways](#) A nonprofit organization that offers guidance on how to follow a heart healthy Mediterranean diet.
- [Balanced Bites](#) supports healthy nutrition choices by offering recipes, meal plans, meal delivery, and much more.
- [Wellness Mama](#) offers a blog containing information on recipes, healthy meal planning, and much more.

RESOURCES (CONT.)

Websites

- [Nomnom Paleo](#) is a fun recipe hub for real, whole, nutrient-dense foods like plants, meat, seafood.
- [The Paleo Mom](#) is the award-winning website with detailed articles distilling the science behind how diet and lifestyle impact health, family-friendly recipes, and tons of practical tips, making it a veritable toolkit to make lasting, positive change toward better health.
- [Dr Mark Hyman](#) is leading a health revolution – one revolved around using food as medicine to support longevity, energy, mental clarity, happiness, and so much more.

Time Saving Meal Ideas

- Batch cooking on off days – freeze several meals for later
- Instantpot/slow cooker
 - Stews, cook whole chicken, soups, turkey breast or thigh, roasts, chili
 - Awesome, easy [Recipes](#)
- Cut up and wash veggies after buying and have them prepped for salads, steaming, sautéing – store in a large Ziplock or container
- Pre-chopped veggies (more expensive)

RESOURCES (CONT.)

Home delivery sources

- [Methodology](#)
- [Pangea Nutrition](#)
- [Thrive Market](#)
- [Paleta](#)
- [Daily Harvest](#)
- [Modify Health](#)
- [Hungry Root](#)