

THE INFLAMMATION RECOVERY NUTRIENT REPLETION DIET

For Optimal Mood & Brain Health



WELCOME

I welcome you to start the Inflammation Recovery Nutrient Repletion Diet for Optimal Mood & Brain Health. This dietary nutrition plan is designed to restore nutrient levels in the body by following an anti-inflammatory style of eating. This truly innovative nutrition plan breaks through all dietary barriers and harnesses the power of food to unlock the secrets for optimal mood and brain health.



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BEFORE YOU BEGIN...

I designed the Inflammation Recovery Nutrient Repletion Dietary Plan to empower you with the tools, knowledge, and mindset needed to take control of your health through food and nutrition.

Watch the video below to take the first step to optimizing your health!

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Always seek the advice of a physician or other qualified healthcare provider with any questions you may have regarding a medical condition or treatment and before undertaking a new healthcare regimen, and never disregard professional medical advice or delay in seeking it because of something you have read in this dietary nutrition plan. Consult a physician before starting any diet, supplement, or exercise program.

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THE INFLAMMATION RECOVERY NUTRIENT REPLETION DIET: GETTING STARTED

Curating change in your life is a powerful step to feeling your best; adopting a new dietary plan can be a transformative part of that journey. Our goal is to ease the transition and give you the materials you need to get started stress-free. Each section of your dietary nutrition plan provides vital information for getting started and healing your body from within. Let's dive into what each section delivers!

Section 1: About The Inflammation Recovery Nutrient Repletion Diet

Discover how the Inflammation Recovery Nutrient Repletion Diet goes beyond traditional eating habits to provide a powerful framework for enhancing your health and well-being. Managing your health isn't just about cutting food groups or following a fad diet; it's about fueling your body with the right kinds of nutrients for sustainable health! In this section, you'll lay the groundwork for understanding what the Inflammation Recovery Diet is.

Section 2: Foods To Eat & Avoid List

Understanding what to eat and avoid is crucial for maintaining a nutrient-rich diet. Our comprehensive list highlights the foods that fuel your body; at the same time, it identifies foods that can undermine your progress and flare your symptoms. The foods to eat and avoid list allows you to make informed choices, empowering you to embrace a diet that supports your health and fits seamlessly into your lifestyle.

Section 3: Nutrients & Food Sources

Get to know the essential nutrients that form the foundation of the Inflammation Recovery Diet and the whole foods that provide them. From phytonutrients and antioxidants to essential vitamins and minerals, this section breaks down 125 key nutrients your body needs for optimal performance. Explore the best natural food sources of these nutrients and learn how each nutrient affects your health. With this knowledge, you'll feel confident building a nutrient repletion diet that nourishes your body and supports your health goals.

Section 4: Food Swap Brand Guide

Making healthier choices doesn't always mean sacrificing taste or convenience. In this section, we've curated a list of better-for-you food brand swaps. If you're looking to learn how to trade processed, nutrient-poor foods for nutrient-dense options, this guide makes the process simple. Discover trusted brands that align with your health goals and make it easier than ever to stock your pantry with nourishing, nutrient-dense ingredients and foods.

Section 5: Inflammation Recovery Nutrient-Dense Recipes

Transform your kitchen into a hub of vibrant flavors and healthy eating with our curated collection of 30 nutrient-dense recipes. Packed with nutrient-dense ingredients, these recipes are designed to help you meet your health goals without sacrificing taste or enjoyment. Each recipe is easy to follow and crafted to support a balanced, delicious approach to optimal health.

Section 6: Mood & Brain Health Advanced Lab Testing

Tired of guessing what's wrong? Advanced lab testing shows you exactly where your body is out of balance — so you can stop managing symptoms and start fixing the root cause. Getting started with advanced lab testing takes things a step further by offering a more comprehensive view of what's really happening in your body.

Section 7: The Lab Testing & Supplement Connection

This section explores how using lab results to guide your supplement choices leads to more targeted, effective support tailored to your body's specific needs. By aligning your supplement routine with real data, you can support your health more effectively, avoid unnecessary supplements, and make choices that drive meaningful, lasting results.

Section 8: Mood & Brain Health Personalized Food & Supplement Program

Generalized health advice often falls short when you're dealing with complex or persistent symptoms. This section presents a personalized approach grounded in advanced lab testing, offering a clear path forward based on objective data—not assumptions. With a comprehensive understanding of your health, CKMD Lifestyle Nutrition crafts a tailored nutrition plan to address the specific imbalances affecting your health. The result is a focused, effective strategy designed to support long-term wellness.

THE INFLAMMATION RECOVERY NUTRIENT REPLETION DIET: A SIMPLE, DELICIOUS WAY TO SUPPORT YOUR MOOD & BRAIN HEALTH

Ever feel like your mood has a mind of its own? One day, you're upbeat and energized; the next, you're stuck in a slump for no obvious reason. Here's the thing—your mood isn't just about external factors. It's deeply influenced by what's happening inside your body, especially in your brain.

If you're looking for a new way to support your mood, the Inflammation Recovery Nutrient Repletion Diet might be exactly what you need. Picture this: instead of stressing over organizing meal plans and building grocery lists, you're filling your plate with vibrant, nutrient-packed foods that actually taste good—and make you feel even better. It's not a fad or a passing trend—it's a sustainable lifestyle rooted in balance, flavor, and nutrient-dense foods. Let's talk about what makes this diet so effective and how you can get started without feeling overwhelmed.

What IS the Inflammation Recovery Nutrient Repletion Diet?

The Inflammation Recovery Nutrient Repletion Diet is all about eating foods that reduce inflammation while limiting foods that stir it up. Think colorful veggies, high-quality proteins, and healthy fats. Foods like refined carbs, gluten, sugary snacks, processed seed oils, dairy, and red meat can inflame the body and cause blood sugar spikes.

Inflammation isn't all bad—it's your body's way of protecting itself when you're hurt or sick. But when inflammation sticks around for too long, it becomes chronic, silently wreaking havoc on your health. This can show up as anything from joint pain to digestive issues, fatigue, or even more serious conditions like anxiety and depression.

The Inflammation Recovery Nutrient Repletion Diet is ideal for those seeking a more stable mood, as it emphasizes sustainable, satisfying meals that work with your body—not against it. While the modern diet has brought us convenience, it's also left many of us struggling with reactive moods, mental exhaustion, and chronic fatigue.

Why Nutrient-Dense Foods Matter

The Inflammation Recovery Nutrient Repletion Diet is about eating the *right* foods. If you completely cut out a food group without understanding how to replace those nutrients in your diet, your body won't be able to manage basic processes. The result? Feeling even more sluggish.

These foods don't just fill you up—they nourish your body in a way that supports optimal health. Fiber, for instance, slows the absorption of sugar. Healthy fats? They keep you satisfied longer. And let's not forget protein—it's like the body's steady hand, preventing sudden spikes and crashes.

It's not just about avoiding food groups; it's about choosing foods that fuel your body efficiently. With the Inflammation Recovery Nutrient Repletion Diet, you're nourishing your body in a way that supports mood regulation naturally.

For instance, omega-3 fatty acids, found in foods like flaxseeds and walnuts, help support brain health and reduce inflammation. Then there's magnesium, a mineral in leafy greens and almonds, which has been shown to help reduce anxiety and promote relaxation. Tryptophan is an amino acid in foods like bananas and oats that your body uses to produce serotonin (a.k.a. the "feel-good" hormone).

Your brain is like a complex machine—it needs high-quality fuel to function well. The nutrients in your food impact everything from neurotransmitter production to inflammation levels, both of which play a big role in how you feel.

How We Make It Easy

We're here to help simplify the process of getting started. Whether you're new to the diet or just looking for fresh ideas, our curated food lists, recipes, and shopping guides are designed to make it easy. No guesswork, no stress—just real, wholesome food that supports your health and fits your life.

Plus, we believe that healthy eating should feel like a joy, not a chore. That's why our resources focus on meals you'll actually want to eat.

The Inflammation Recovery Nutrient Repletion Diet is more than a way of eating—it's a lifestyle that prioritizes fresh, flavorful food and mindful choices. It's about enjoying every meal while nourishing your body in the best way possible.

Optional: Unlocking the Benefits of Intermittent Fasting

Intermittent fasting (IF) is an eating pattern that cycles between periods of eating and fasting. It's not a strict diet that limits what you eat, but rather when you eat. The idea is to give your digestive system a rest and allow your body to focus on other important processes, like cellular repair. If you're looking for a way to enhance your nutrient repletion dietary results, intermittent fasting could be the boost you need!

How to Integrate Intermittent Fasting into Your Inflammation Recovery Nutrient Repletion Diet

Incorporating intermittent fasting into your Inflammation Recovery Nutrient Repletion Diet requires no changes to what you eat, only when you eat.

- 1 **Choose a Time Period:** There are many different time periods, but a few popular ones are the 12/12, 16/8, and 18/6 options. You will know which option is right for you. Only some people can work up to the 18/6 time period option. If after 3-4 weeks you are still feeling sluggish, consider adjusting your routine
 - 12/12 Period: Fast for 12 hours and eat within a 12-hour window each day.
 - 16/8 Period: Fast for 16 hours and eat within an 8-hour window each day.
 - 18/6 Period: Fast for 18 hours and eat within a 6-hour window each day.
- 2 **Listen to Your Body:** Pay attention to how you feel. If you're excessively dizzy, lightheaded, nauseous, weak, or painfully hungry, adjust your fasting schedule or eat a small, nutrient-dense snack. It's worth noting that you might feel sluggish the first few days as your body transitions to metabolic switching and burning more fat for energy. We recommend initially starting on the 12/12 time period and gradually increasing to the next time period option if you feel comfortable with it.
- 3 **Less Is Not More:** Intermittent fasting typically does NOT restrict your caloric intake. In fact, it's vital to intake various nutrient-dense foods during eating windows to fuel your body properly.
- 4 **Hydration & Electrolytes:** Drink plenty of water and electrolytes throughout the day, especially during fasting periods.

FOODS TO EAT & AVOID LIST



	EAT	LIMIT	AVOID
MEATS & POULTRY			
Beef		x	
Bison		x	
Bologna			x
Chicken	x		
Chicken Liver	x		
Chorizo			x
Deer/Venison		x	
Duck		x	
Eggs-Chicken	x		
Eggs-Duck	x		
Eggs-Quail	x		
Elk		x	
Goat		x	
Ham			x
Lamb		x	
Pepperoni			x
Pork		x	
Pork Bacon			x
Pork Sausage			x
Prosciutto			x
Salami			x
Turkey	x		
Turkey Bacon			x
Turkey Sausage			x
Veal		x	
SEAFOOD			
Anchovies	x		
Bass	x		
Catfish		x	
Caviar		x	

	EAT	LIMIT	AVOID
Clams		x	
Cod	x		
Crawfish		x	
Eel		x	
Flounder	x		
Grouper	x		
Haddock	x		
Halibut	x		
Herring	x		
King Crab		x	
Lobster		x	
Mackerel	x		
Mahi Mahi	x		
Monkfish	x		
Mussels		x	
Octopus		x	
Oyster		x	
Perch	x		
Pike	x		
Salmon	x		
Sardines	x		
Scallops		x	
Sea Bass	x		
Shark		x	
Shrimp		x	
Snapper	x		
Snow Crab		x	
Softshell Crab		x	
Squid		x	
Swordfish		x	
Tilapia	x		
Trout	x		

	EAT	LIMIT	AVOID
Tuna, Canned	x		
Tuna, Fresh	x		
Whitefish	x		
Yellowtail	x		
DAIRY			
Butter-Grass-Fed			x
Buttermilk			x
Camembert			x
Cheddar Cheese			x
Cottage Cheese			x
Cream Cheese			x
Evaporated Milk			x
Feta			x
Goat Cheese			x
Gorgonzola			x
Greek Yogurt			x
Gruyere			x
Half & Half			x
Heavy Whipping Cream			x
Kefir			x
Mozzarella			x
Parmesan			x
Provolone Cheese			x
Ricotta			x
Romano Cheese			x
Sheep Cheese			x
Sour Cream			x
Swiss Cheese			x
Whey Protein Isolate			x

	EAT	LIMIT	AVOID
BEVERAGES			
Almond Milk	x		
Black Tea	x		
Cashew Milk	x		
Chai Tea	x		
Chamomile Tea	x		
Coconut Milk	x		
Coffee		x	
Cow's Milk			x
Ginger Tea	x		
Goat's Milk			x
Green Tea	x		
Hemp Milk	x		
Hibiscus Tea	x		
Kombucha	x		
Macadamia Milk	x		
Matcha	x		
Mushroom Coffee	x		
Oat Milk		x	
Oolong Tea	x		
Pea Milk	x		
Rice Milk		x	
Rooibos Tea	x		
Sheep's Milk			x
Soy Milk	x		
White Tea	x		
Yerba Mate		x	
GLUTEN-FREE GRAINS			
Amaranth		x	
Arborio Rice		x	
Basmati Rice		x	

	EAT	LIMIT	AVOID
Black Rice		x	
Brown Rice		x	
Buckwheat		x	
Corn		x	
Jasmine Rice		x	
Millet		x	
Muesli		x	
Oats		x	
Quinoa		x	
Sorghum		x	
Teff		x	
White Rice		x	
Wild Rice		x	

GLUTEN-CONTAINING GRAINS

Barley			x
Bulgur			x
Einkorn Whole Wheat			x
Farro/Emmer			x
Kamut			x
Rye			x
Semolina			x
Spelt			x
Whole Wheat			x

FLOURS & STARCHES

Almond Flour	x		
Almond Meal	x		
Arrowroot Starch	x		
Buckwheat Flour		x	
Cassava Flour	x		
Chickpea Flour/Besan	x		
Coconut Flour	x		

	EAT	LIMIT	AVOID
Cornmeal		x	
Cornstarch		x	
Oat Flour		x	
Potato Starch	x		
Rice Flour		x	
Soy Flour	x		
Tapioca Starch	x		
Whole Wheat Flour			x

LEGUMES

Bean Sprouts	x		
Black Beans	x		
Black-Eyed Peas	x		
Chickpeas/Garbanzo Beans	x		
Chili Beans	x		
Fava Beans	x		
Great Northern Beans	x		
Green Peas	x		
Kidney Beans	x		
Lentils	x		
Lima Beans	x		
Mung Beans	x		
Navy Beans	x		
Peanuts		x	
Pinto Beans	x		
Soybeans	x		
Split Peas	x		

NUTS

Almonds	x		
Brazil Nuts	x		
Cashews	x		
Chestnuts	x		

	EAT	LIMIT	AVOID
Hazelnuts	x		
Macadamia Nuts	x		
Pecans	x		
Pili Nuts	x		
Pine Nuts	x		
Pistachios	x		
Tiger Nuts	x		
Walnuts	x		

SEEDS

Cacao	x		
Chia Seeds	x		
Flax Seeds	x		
Hemp Seeds	x		
Poppy Seeds	x		
Pumpkin Seeds	x		
Sesame Seeds	x		
Sunflower Seeds	x		

FRUITS

Acai	x		
Apples	x		
Apricot		x	
Avocado	x		
Banana	x		
Blackberry	x		
Blackcurrant	x		
Blueberry	x		
Boysenberry	x		
Cantaloupe	x		
Cherry	x		
Coconut	x		
Cranberry	x		
Currant	x		

	EAT	LIMIT	AVOID
Date		x	
Dragon Fruit	x		
Elderberry	x		
Fig	x		
Goji Berry	x		
Grapefruit	x		
Grapes	x		
Guava	x		
Honeydew Melon	x		
Jackfruit	x		
Kiwi	x		
Kumquat	x		
Lemon	x		
Lime	x		
Lychee	x		
Mandarin Orange	x		
Mango		x	
Nectarine	x		
Orange	x		
Papaya		x	
Passionfruit	x		
Peach	x		
Pear	x		
Persimmon	x		
Pineapple		x	
Plantain	x		
Plum	x		
Pomegranate	x		
Raisin		x	
Raspberry	x		
Strawberry	x		
Tangerine	x		
Watermelon		x	

	EAT	LIMIT	AVOID
VEGETABLES			
Artichoke	x		
Arugula	x		
Asparagus	x		
Banana Peppers	x		
Beets	x		
Bell Peppers	x		
Black Olives	x		
Bok Choy	x		
Broccoli	x		
Broccolini	x		
Brussels Sprouts	x		
Butternut Squash	x		
Cabbage	x		
Carrots	x		
Cauliflower	x		
Celery	x		
Chard	x		
Collard Greens	x		
Cucumber	x		
Dandelion Greens	x		
Delicata Squash	x		
Edamame	x		
Eggplant	x		
Endive	x		
French Beans	x		
Garlic	x		
Gold Potatoes	x		
Green Beans	x		
Green Olives	x		
Green Onions	x		
Habanero Peppers	x		

	EAT	LIMIT	AVOID
Horseradish	x		
Iceberg Lettuce	x		
Jalapenos	x		
Jicama	x		
Kale	x		
Kelp	x		
Leeks	x		
Lemongrass	x		
Mushrooms-Button	x		
Mushrooms-Cremeni	x		
Mushrooms-Maitake	x		
Mushrooms-Porcini	x		
Mushrooms-Portobello	x		
Mushrooms-Shiitake	x		
Mustard Greens	x		
New Potatoes	x		
Okra	x		
Onions	x		
Parsnip	x		
Poblano Peppers	x		
Pumpkin	x		
Radish	x		
Rhubarb	x		
Romaine Lettuce	x		
Rutabaga	x		
Sauerkraut	x		
Serrano Peppers	x		
Shallots	x		
Snow Peas	x		
Spinach	x		
Sugar Snap Peas	x		
Sweet Potatoes	x		
Tomatillo	x		

	EAT	LIMIT	AVOID
Tomato	x		
Turnip	x		
Wasabi	x		
Water Chestnut	x		
Watercress	x		
Whole Wheatgrass	x		
White Potatoes	x		
Winter Squash	x		
Yam	x		
Yellow Squash	x		
Zucchini	x		

SPICES & SEASONINGS

Allspice	x		
Anise	x		
Black Pepper	x		
Cardamom	x		
Carob Powder	x		
Cayenne Pepper	x		
Celery Salt	x		
Celery Seed	x		
Chili Powder	x		
Cinnamon	x		
Cloves	x		
Cocoa Nibs	x		
Cocoa Powder	x		
Coriander	x		
Crushed Red Pepper	x		
Cumin	x		
Curry Powder	x		
Dill Seed	x		
Fenugreek Seeds	x		
Garam Masala	x		

	EAT	LIMIT	AVOID
Garlic Powder	x		
Garlic Salt	x		
Ginger	x		
Mustard Powder	x		
Mustard Seeds	x		
Nutmeg	x		
Onion Powder	x		
Paprika	x		
Saffron	x		
Sumac	x		
Turmeric	x		
Vanilla	x		
Wasabi Powder	x		
White Pepper	x		
Zaatar Spice	x		

HERBS

Basil	x		
Bay Leaves	x		
Chives	x		
Cilantro	x		
Dill	x		
Fennel	x		
Fenugreek	x		
Lemongrass	x		
Marjoram	x		
Mint	x		
Oregano	x		
Parsley	x		
Rosemary	x		
Sage	x		
Tarragon	x		
Thyme	x		

	EAT	LIMIT	AVOID
SUGARS & SWEETENERS			
Agave		x	
Allulose		x	
Beet Sugar		x	
Brown Sugar			x
Coconut Sugar		x	
Date Sugar		x	
Erythritol			x
Honey		x	
Maltitol			x
Mannitol			x
Maple Syrup		x	
Molasses		x	
Monk Fruit Extract	x		
Powdered Sugar			x
Raw Cane Sugar		x	
Sorbitol			x
Stevia	x	x	
Sucrose (White Sugar)			x
Xylitol			x
OILS & FATS			
Almond Oil	x		
Avocado Oil	x		
Beef Tallow		x	
Butter-Grass-Fed			x
Canola Oil		x	
Coconut Oil	x		
Corn Oil		x	
Duck Fat		x	
Flaxseed Oil		x	
Ghee			x

	EAT	LIMIT	AVOID
Grapeseed Oil		x	
Lard, Pork		x	
MCT Oil	x		
Olive Oil	x		
Palm Kernel Oil		x	
Palm Oil		x	
Peanut Oil		x	
Pecan Oil	x		
Rice Bran Oil		x	
Safflower Oil		x	
Sesame Oil		x	
Soybean Oil		x	
Sunflower Oil		x	
Vegetable Oil		x	
Walnut Oil	x		
CONDIMENTS & OTHER			
Almond Extract	x		
Apple Cider Vinegar	x		
Balsamic Vinegar	x		
Brewer's Yeast		x	
Coconut Aminos		x	
Gluten Free Soy Sauce/Tamari		x	
Nutritional Yeast	x		
Red Wine Vinegar	x		
Rice Vinegar		x	
Seaweed	x		
Vanilla Extract	x		
White Wine Vinegar	x		

NUTRIENTS & FOOD SOURCES FOR OPTIMAL MOOD & BRAIN HEALTH



NUTRIENT REPLETION FOR OPTIMAL MOOD & BRAIN HEALTH

Focusing on nutrient-dense foods that nourish your body is the most powerful step in restoring mood balance. Mood swings, irritability, brain fog, anxiety, and depression can all be warning signs of an imbalance in the body.

The Inflammation Recovery Nutrient Repletion Diet focuses on 125 key nutrients, from phytonutrients and antioxidants to essential vitamins and minerals. By incorporating these nutrients and the whole food sources of these nutrients into your dietary plan, you give your body the resources it needs for optimal mood balance.

What are the benefits of nutrient repletion for optimal mood and brain health?

- Less depression
- Less anxiety & stress
- Fewer mood swings
- Less brain fog
- Better cognitive performance

How do targeted nutrients impact mood and brain balance?

- Balances neurotransmitter levels
- Improves serotonin production
- Reduces neuroinflammation
- Improves gut-brain signaling

VITAMINS

NUTRIENTS	BENEFITS	INFLAMMATION RECOVERY APPROVED FOOD SOURCES
Vitamin A	Reduces Depression	Carrots, Spinach, Sweet Potatoes, Parsley, Cilantro
Vitamin B1	Reduces Depression, Anxiety, & Stress	Pork, Salmon, Brown Rice, Garlic, Asparagu
Vitamin B2	Reduces Depression & Increases Energy	Salmon, Tuna, Almonds, Avocado, Broccol
Vitamin B3	Increases Serotonin, Dopamine, & GABA Production	Chicken, Salmon, Chia Seeds, Avocado, Tomatoes
Vitamin B5	Increases Acetylcholine Production	Chicken, Salmon, Eggs, Lentils, Cauliflower
Vitamin B6	Increases Serotonin, Dopamine, & GABA Production	Salmon, Brown Rice, Sweet Potatoes, Avocado, Banana
Vitamin B12	Reduces Depression, Anxiety, & Stress	Chicken, Tuna, Salmon, Eggs, Nutritional Yeast
Biotin	Reduces Depression, Anxiety, & Stress	Salmon, Eggs, Almonds, Sunflower Seeds, Spinach
Folate	Reduces Depression, Anxiety, & Stress	Lentils, Chickpeas, Asparagus, Spinach, Broccoli, Cilantro
Inositol	Reduces Depression, Anger, & Fatigue	Oats, Almonds, Oranges, Cantaloupe, Prunes
Vitamin C	Reduces Depression & Improves Focus	Bell Peppers, Brussels Sprouts, Guava, Kiwi, Strawberries

NUTRIENTS	BENEFITS	INFLAMMATION RECOVERY APPROVED FOOD SOURCES
Vitamin D	Reduces Depression, Anxiety, & ADHD	Salmon, Tuna, Mackerel, Eggs, Crimini Mushrooms
Vitamin E	Reduces Depression, Anxiety, & PMS Irritability	Shrimp, Almonds, Sunflower Seeds, Avocado, Spinach
Vitamin K1	Reduces Depression & Improves Cognitive Performance	Kale, Broccoli, Brussels Sprouts, Cabbage, Parsley, Cilantro
Vitamin K2	Reduces Depression & Improves Cognitive Performance	Eggs, Soybeans, Spinach, Kale, Kiwi, Paprika



MINERALS

NUTRIENTS	BENEFITS	INFLAMMATION RECOVERY APPROVED FOOD SOURCES
Boron	Reduces PMS Anxiety, Irritability, & Aggression	Avocado, Peaches, Pears, Grapes, Apples
Calcium	Increases Serotonin & Melatonin Production	Chia Seeds, Collard Greens, Spinach, Kale, Olives
Chloride	Improves Mood Balance	Chickpeas, Olives, Celery, Tomatoes, Seaweed
Chromium	Reduces Depression	Turkey, Oats, Potatoes, Broccoli, Green Beans
Copper	Reduces Depression & Anxiety	Salmon, Lobster, Shiitake Mushrooms, Chickpeas, Sesame Seeds
Iodine	Reduces Depression, Anxiety, & Irritability	Cod, Shrimp, Tuna, Navy Beans, Seaweed
Iron	Reduces Depression, Anxiety, & Fatigue	White Beans, Quinoa, Apricot, Spinach, Asparagus, Parsley
Lithium	Improves Mood Balance	Hazelnuts, Lentils, Green Cabbage, Tomatoes, Cumin
Magnesium	Reduces Depression, Anxiety, & Stress	Tuna, Brown Rice, Pumpkin Seeds, Almonds, Spinach
Manganese	Reduces Mood Swings	Mussels, Brown Rice, Pine Nuts, Chickpeas, Lima Beans
Molybdenum	Reduces Depression Severity	Eggs, Black-Eyed Peas, Lima Beans, Banana

NUTRIENTS	BENEFITS	INFLAMMATION RECOVERY APPROVED FOOD SOURCES
Phosphorus	Reduces Panic Attacks	Chicken, Tuna, Scallops, Quinoa, Soybeans
Potassium	Reduces Stress & Anxiety	Salmon, White Beans, Avocado, Beet Greens, Tomatoes
Selenium	Reduces Depression	Pork Chops, Tuna, Brazil Nuts, Chia Seeds, Shiitake Mushrooms
Silicon	Improves Cognitive Function	Asparagus, Cauliflower, Tomatoes
Sodium	Minimal Benefit	Clams, Pickled Cucumber, Sunflower Seeds
Strontium	Minimal Benefit	Brazil Nuts, Carrots, Garlic, Red Beets
Vanadium	No Benefit	Lobster, Eggs, Garlic, Black Pepper
Zinc	Reduces Depression, Anxiety, OCD, & PTSD	Oysters, Chicken, Oatmeal, Lentils, Spinach, Avocado



AMINO ACIDS & METABOLITES

NUTRIENTS	BENEFITS	INFLAMMATION RECOVERY APPROVED FOOD SOURCES
Alanine	Increases Neurotrophins	Chicken, Salmon, Avocado, Hemp Seeds, Chia Seeds
Arginine	Reduces Depression & Improves Libido	Turkey, Tuna, Almonds, Chickpeas, Soybeans
Asparagine	Reduces Mood Swings & Irritability	Chicken, Eggs, Shrimp, Soybeans, Asparagus
Aspartic Acid	Minimal Benefit	Tuna, White Beans, Sweet Potatoes, Nectarines
Carnosine	Reduces Depression, Stress, OCD, & PTSD	Pork, Chicken, Turkey
Carnitine	Reduces Depression	Chicken, Cod, Asparagus
Citrulline	Reduces Depression & Improves Libido	Squash, Pumpkin, Cucumbers, Watermelon
Cysteine	Reduces Depression & Schizophrenia	Pork, Tuna, Lentils, Sunflower Seeds, Carrots
Glutamic Acid	Minimal Benefit	Chicken, Almonds, Lima Beans, Tomatoes, Beets
Glutamine	Reduces Depression	Chicken, Eggs, Beets, Red Cabbage
Glutathione	Reduces Depression & Anxiety	Avocado, Asparagus, Spinach, Green Beans, Cucumber

NUTRIENTS	BENEFITS	INFLAMMATION RECOVERY APPROVED FOOD SOURCES
Glycine	Reduces Depression & Improves Cognitive Function	Chicken, Tuna, Navy Beans, Hempt Seeds, Almonds
Histidine	Minimal Benefit	Pork, Tuna, Eggs, Navy Beans, Hemp Seeds, Kale
Isoleucine	Reduces Depression	Chicken, Tuna, Lentils, Green Peas, Spinach
Leucine	Reduces Depression	Chicken, Tuna, Eggs, Soybeans, Navy Beans
Lysine	Reduces Anxiety & Stress	Chicken, Tuna, Crab, Soybeans, Spinach, Asparagus
Methionine	Reduces Depression	Turkey, Tuna, Quinoa, Brazil Nuts, White Beans
Phenylalanine	Increases Dopamine & Improves Mood	Pork, Tuna, Pinto Beans, Pumpkin Seeds, Sweet Potatoes
Proline	Minimal Benefit	Turkey, Soybeans, Black Beans, Almonds, Apricot
Serine	Reduces Depression, Anxiety, & Schizophrenia	Lima Beans, Spirulina, Sweet Potatoes, Collard Greens, Kiwi
Taurine	Reduces Depression, Stress, & Psychosis	Cod, Shrimp, Tuna, Eggs, Seaweed
Threonine	Minimal Benefit	Tuna, Eggs, Soybeans, Hemp Seeds, Green Peas
Tryptophan	Increases Serotonin & Improves Mood	Turkey, Salmon, Eggs, Oatmeal, Soybeans

NUTRIENTS	BENEFITS	INFLAMMATION RECOVERY APPROVED FOOD SOURCES
Tyrosine	Increases Dopamine & Improves Mood	Chicken, Salmon, Wild Rice, White Beans, Soybeans
Valine	Reduces Depression	Tuna, Oatmeal, Pinto Beans, Green Beans



FATTY ACIDS & OTHER NUTRIENTS

NUTRIENTS	BENEFITS	INFLAMMATION RECOVERY APPROVED FOOD SOURCES
Alpha Lipoic Acid	Improves Mood & Memory	Carrots, Beets, Tomatoes, Brussels Sprouts
Choline	Increases Acetylcholine & Reduces Mood Swings	Salmon, Shrimp, Eggs, Broccoli, Green Peas
CoQ10	Reduces Depression & Fatigue	Pork, Sardines, Olive Oil, Sesame Seeds
MCT Oil	Reduces Anxiety & Improves Mental Clarity	Coconut Oil, Coconut, Walnuts, Chia Seeds, Flax Seeds
Omega 3	Reduces Depression, ADHD, & OCD	Salmon, Tuna, Flax Seeds, Chia Seeds, Walnuts
Omega 6	Minimal Benefit	Walnuts, Pumpkin Seeds, Sunflower Seeds, Hemp Seeds
Omega 9	Reduces Neuroinflammation	Olive Oil, Avocado Oil, Almonds, Cashews, Avocado



PHYTONUTRIENTS

NUTRIENTS	BENEFITS	INFLAMMATION RECOVERY APPROVED FOOD SOURCES
a-Carotene	Reduces Depression & Improves Cognitive Function	Carrots, Pumpkin, Oranges, Tangerines
Allicin	Reduces Depression & Improves Cognitive Function	Garlic
Apigenin	Reduces Depression, Stress, & Anxiety	Celery, Artichokes, Parsley, Chamomile, Oregano
Astaxanthin	Reduces Depression & Improves Memory	Salmon, Shrimp, Crab, Lobster
B-Carotene	Reduces Depression	Carrots, Kale, Swiss Chard, Grape Leaves, Cantaloupe
Beta-Glucan	Reduces Depression, Anxiety, & Fatigue	Shiitake Mushrooms, Nutritional Yeast
Betacyanin	Reduces Depression	Amaranth, Red Beets, Swiss Chard
Caffeic Acid	Reduces Depression & Anxiety	Artichokes, Olive Oil, Basil, Oregano, Red Pepper, Rosemary
Capsaicin	Releases Feel-Good Endorphins	Chili Peppers, Cayenne Pepper, Red Pepper
Carnosol	Reduces Neuroinflammation	Rosemary, Sage, Basil, Thyme
Carvacrol	Reduces Depression & Anxiety	Oregano, Thyme

NUTRIENTS	BENEFITS	INFLAMMATION RECOVERY APPROVED FOOD SOURCES
Catechins	Improves Mental Clarity & Focus	Almonds, Grapes, Blackberries, Tea, Nutmeg, Rosemary, Oregano
Chlorogenic Acid	Improves Mental Clarity & Focus	Strawberries, Blueberries, Pineapple, Cinnamon
Chlorophyllin	Reduce Neuroinflammation	Kiwi, Spinach, Kale, Chlorella, Spirulina
Chrysin	Reduces Depression & Anxiety	Honey, Mushrooms, Carrots, Bitter Melon, Mint
Cinnamic Acid	Reduces Depression	Cinnamon
Crocin	Reduces Depression & Anxiety	Saffron
Curcumin	Improves Mood & Memory	Turmeric
Cyanidin	Reduces Depression	Apples, Pears, Cranberries, Blackberries, Cherries
DIM	Reduces PMS & Menopause Mood Swings	Broccoli, Cauliflower, Cabbage, Kale, Brussels Sprouts
Ellagitannins	Reduces Depression & Anxiety	Strawberries, Blueberries, Raspberries, Green Tea, Black Tea
Ferulic Acid	Reduces Depression	Oats, Red Apples, Oranges, Pineapple, Artichoke, Spinach
Fisetin	Reduces Depression	Strawberries, Apples, Kale, Onions, Persimmon

NUTRIENTS	BENEFITS	INFLAMMATION RECOVERY APPROVED FOOD SOURCES
Gallic Acid	Reduces Depression & Stress	Mangoes, Strawberries, Rhubarb, Green Tea, Cloves, Allspice
Genistein	Reduces Depression & Anxiety	Soybeans, Chickpeas, Lentils, Alfalfa Sprouts
Gingerol	Reduces Depression, Anxiety, & PMS Symptoms	Ginger
Hesperidin	Reduces Depression & Anxiety	Oranges, Lemon, Lime, Grapefruit
Indole-3-Carbinol	Reduces Stress & Improves Hormone Metabolism	Broccoli, Cauliflower, Cabbage, Kale, Brussels Sprouts
Inulin	Reduces Depression, Anxiety, & Stress	Banana, Asparagus, Onion, Leeks, Garlic
Kaempferol	Reduces Depression & Anxiety	Tomatoes, Black Tea, Capers, Cumin, Cardamom, Cloves
Lignans	Reduces Depression, Anxiety, & Stress	Flax Seeds, Sesame Seeds, Asparagus
Limonene	Reduces Depression, Anxiety, & Stress	Cherries, Garlic, Celery, Rosemary, Dill, Basil
Lutein	Reduces Depression & Improves Cognitive Function	Pumpkin, Mangoes, Papayas, Spinach, Romaine Lettuce
Luteolin	Reduces Depression & Anxiety	Beets, Celery, Thyme, Parsley, Rosemary, Cardamom, Chamomile
Lycopene	Reduces Depression & Anxiety	Grapefruit, Watermelon, Apricots, Olives, Tomatoes, Carrots

NUTRIENTS	BENEFITS	INFLAMMATION RECOVERY APPROVED FOOD SOURCES
Malic Acid	Reduces Depression & Stress	Apples, Apple Cider Vinegar
Matairesinol	Reduces Stress	Flax Seeds, Sesame Seeds, Strawberries, Broccoli
Menthol	Reduces Depression & Anxiety	Peppermint, Spearmint, Mint
Myricetin	Reduces Depression & Anxiety	Cranberries, Goji Berries, Fennel, Parsley, Carob
Oleanolic Acid	Reduces Depression	Garlic, Cloves
Oleuropein	Reduces Depression, Anxiety, Stress, & PTSD	Olive Oil
Pectins	Reduces Depression & Anxiety	Green Peas, Carrots, Tomatoes, Potatoes, Apple Skin
Phytic Acid	Minimal Benefit	Almonds, Cashews, Pecans, Soybean
Phytosterols	Reduces Depression, Anxiety, & Stress	Flax Seeds, Almonds, Walnuts, Olive Oil
Piperine	Reduces Depression & Improves Cognitive Function	Black Pepper
Proanthocyanidins	Reduces Depression & Anxiety	Almonds, Grapes, Blackberries, Green Tea, Cocoa
Pterostilbene	Reduces Anxiety & Stress	Almonds, Blueberries, Grapes

NUTRIENTS	BENEFITS	INFLAMMATION RECOVERY APPROVED FOOD SOURCES
Quercetin	Reduces Neuroinflammation	Apples, Cranberries, Onion, Green Tea, Black Tea, Cardamom
Resveratrol	Reduces Depression, Anxiety, & Cognitive Decline	Grapes, Blueberries, Raspberries
Rutin	Reduces Depression & Anxiety	Lemon, Limes, Olives, Asparagus, Tomatoes, Parsley
Salicylic Acid	Minimal Benefit	Cumin, Curry, Dill, Oregano, Paprika, Thyme, Rosemary
Saponins	Reduces Depression & Anxiety	Oats, Quinoa, Chickpeas, Kidney Beans, Spinach, Garlic, Onion
Silymarin	Reduces Depression & Anxiety	Artichokes
Sulforaphane	Reduces Depression & Improves Cognitive Function	Broccoli, Cauliflower, Cabbage, Kale, Brussels Sprouts
Tannic Acid	Reduces Neuroinflammation	Chickpeas, Almonds, Pomegranate, Blackberries, Raspberries
Thymol	Reduces Depression	Basil, Oregano, Cloves, Thyme
Ursolic Acid	Reduces Depression & Anxiety	Cranberries, Prunes, Basil, Oregano, Lavender
Vanillic Acid	Reduces Depression & Anxiety	Vanilla Beans, Cloves
Zeaxanthin	Reduces Depression & Improves Cognitive Function	Kale, Spinach, Swiss Chard, Collards, Mustard Greens

FOOD SWAP BRAND GUIDE



What is the Food Swap Brand Guide?

The Food Swap Brand Guide is your go-to resource for discovering 700+ brands that offer nutrient-dense foods and ingredients; it's designed to help you make healthier choices without sacrificing the foods you love. The brands in this guide prioritize quality ingredients and superior nutrition profiles, making it easier than ever to swap out nutrient-poor foods for nutrient-dense foods. From protein bars to bread, pasta, chips, and more, you'll find options with better-for-you ingredients that don't compromise taste. These brands aren't exclusive to specialty grocery stores either; we chose options that range from Whole Foods and Trader Joe's to Target, Aldi, Walmart, Thrive Market, Amazon, Kroger, and more!

The Food Swap Brand Guide caters to any diet, so you can feel good about the choices you make. As you explore these brands, you'll discover exciting products that transform everyday meals and snacks to fuel your body.

NOTE: We always encourage you to read the nutrition label before purchasing any product to ensure your food allergies and intolerances are addressed.

How to Use the Food Swap Brand Guide

If you're new to branching outside of nutrient-poor commercial food brands, it's normal to feel overwhelmed. Grocery stores and online services are spilling with new brands and products to explore. That's why we made this guide! Finding foods that you enjoy and fuel your body should be easy.

Let's start with an example. What if chocolatey cookies are your downfall? They're something you can't see yourself living without forever. We get it - everyone has certain foods they aren't willing to go without. Enhancing your health shouldn't mean restricting all of the things you enjoy.

To find a more nutrient-dense cookie option, locate the "Cookies" section in your Food Swap Brand Guide. Here, you will find a list of brands that offer better-for-you cookie options!

Now that you've located the "Cookies" section of the Food Swap Brand Guide, what next? You're left with a list of brands, but how do you find the right brand and product for you? This is where the process can be fun! We suggest reading reviews on the product—try looking for pictures on their website as well! Many reviewers will be open about the texture, taste, and quality of the product.

SNACKS & SIDES

Bars

88 Acres	KIND
365 by Whole Foods	Larabar
Aloha	Once Upon a Farm
Annie's	Paleovalley
Bearded Brothers	Pamela's
BelliWelli	Papa Steve's
Blake's Seed Based	Rise Bars
Bob's Red Mill	RX Bar
Bobo's	Sans Bars
Cerebelly	Simple Mills
Dave's Killer Bread	Skout Organic
Deliciously Ella	Taos Bakes
Elemental Superfood	That's It
EPIC	Thunderbird Bars
Fody Foods	Tosi
Go Macro	Trubar
Good & Gather	Unreal
IQ Bar	Urban Remedy
Jones Bar	Yes Bar
Kate's Real Food	Wild Zora

Cereal

365 by Whole Foods	Lovebird
Amara	Magic Spoon
Annie's	Nature's Path
Bob's Red Mill	Nuco
Cataline Crunch	Olyra Foods
Else Nutrition	One Degree Organic Foods
Good & Gather	Purely Elizabeth
Heavenly Hunks	Seven Sundays
Holle	Simple Mills
Living Intentions	Three Wishes

Cereal

Thrive Market	Wildway
Trader Joe's	Wild Zora
Wella	

Chips & Crunchies

365 by Whole Foods	Kettle Brand
Annie's	Kibo Foods
Artisan Tropic	Popchips
Bare Snacks	Siete Foods
Biena	Simple Truth
Boulder Canyon	Simply 7
From the Ground Up	Terra Chips
Good & Gather	The Good Crisp Company
Hippeas	Thrive Market
Jackson's	Trader Joe's
Late July	Zack's Mighty
Lesser Evil	

Chocolate

Alter Eco	Navitas Organics
Choc Zero	Thea Chocolate
Endangered Species Chocolate	Thrive Market
Enjoy Life	Trader Joe's
Hu	Unreal
JoJo's	

Cookies

34 Degrass	Good Bites
365 by Whole Foods	Heavenly Hunks
Annie's	Jack's Paleo Kitchen
Bakeology	Jovial
BelliWelli	Karma Nuts
Cappello's	King Arther Baking Company
Eat G.A.N.G.S.T.E.R	Made Good
Emmy's Organics	Mavericks

Cookies

Miss Jones Baking	Simple Mills
Ona	Simple Truth
Olyra	The Greater Goods
Ott's Naturals	Toto Foods
Partake Foods	Urban Remedy

Crackers

34 Degrees	From the Ground UP
Absolutely!	Good & Gather
Annie's	Hippie Snacks
Artisan Tropic	Jovial
Better with Buckwheat	Julian Bakery
Casabi Crackers	Must Love
Craize	Patagonia
Crunchmaster	Mary's Gone Crackers
Every Body Eat	Simple Mills
Fair & Square	Sunnie
Fit Joy	The Greater Goods
Foods Alive	The Humble Seed
Flackers	

Dips

365 by Whole Foods	Mt. Vikos
Brami	Primal Kitchen
Cocojune	Primal Palate
Good & Gather	Thrive Market
Kite Hill	Trader Joe's

Fruits & Veggies

365 by Whole Foods	Blue Stripes
Amara	Brad's Plant Based
Anthony's	Calbee Harvest Snacks
Bare	Fresh Bellies
Barnana	Frooze Balls
Biena	GimMe

Fruits & Veggies

Good & Gather	Poshi
Hippie Snacks	Rind
Iwon	Sambazon
Made in Nature	Serenity Kids
Mavuno Harvest	Simple Truth
Natierra	Soley
Nora	Thrive Market
Once Upon a Farm	Trader Joe's
Patience	

Granola

365 by Whole Foods	Paleo Tiger
Alter Eco	Paleonola
Go Raw	Purely Elizabeth
Good & Gather	Seven Sundays
KIND	Three Wishes
Lark Ellen Farm	Thrive Market
Lil Bucks	Trader Joe's
Nature's Path	Wildway
Natureul	

Legumes & Lentils

Biena	Kibo Foods
Brami	Lebby Snacks
Callbee Harvest Snaps	Lentiful
Crunchsters	Thrive Market
Enjoy Life	Trader Joe's
Hippeas	

Meat Snacks & Jerky

Chomps	Paleovalley
Country Archer	The New Primal
EPIC	Thrive Market
Grazly	Think Jerky
Mission Meats	Wild Zora

Nuts & Seeds

88 Acres	Karma Nuts
365 by Whole Foods	Lake Ellen Farm
Anthony's	Lebby Snacks
Artisana Organics	Mama Chia
Aurora Natural	Manitoba Harvest
Back to Nature	Mission MightyMe
Barney Butter	Navitas Organics
Bhu Foods	Nuttzo
Blake's Seed Based	Paleo Tiger
Bob's Red Mill	Philosopher Foods
Chia Smash	Perfect Balance Trail Mix
Chinook Seedery	Rind Remix
Chosen Foods	Rind Snacks
Country House	Sahale Snacks
Daily Crunch	Santa Cruz Organic
Dastony Organic Butter	Simple Mills
Deliciously Ella	Simple Truth
Elavi	SkinnyDipped
Fix & Fogg	Soom
Go Raw	South 40 Snacks
Good & Gather	SunButter
GoodSam	Thrive Market
Grandy Organics	Trader Joe's
Justin's	Wonderful Pistachios

Soups

365 by Whole Foods	Power Provisions
Amy's Kitchen	Proper Good
Health Valley	Sprague
Imagine Foods	Trader Joe's
Kettle & Fire	True Primal
Kevin's Natural Foods	Wild Zora
Pacific Foods	

Spreads & Jams

Artisana Organics	Natureul
Chia Smash	Nutiva
Chosen Foods	Oat Haus
Crofters	PickerFresh
Daiya	Primal Kitchen
Divina	Roots
Eden Foods	Simple Truth
Justin's	Soom
Kitchen & Love	Thrive Market
Miyoko's Creamery	Trader Joe's
Mt. Vikos	Violife



GLUTEN-FREE GRAINS

Baking Mixes

365 by Whole Foods	Legit Bread Company
Birch Benders	Miss Jones
Bob's Red Mill	Otto's Naturals
Eat G.A.N.G.S.T.E.R	Pamela's Products
GoNanas	Simple Mills
Julie's Real	Thrive Market
King Arthur Baking Company	Trader Joe's
Kodiak	Truly AIP
Lakanto	

Bread & Bread Mixes

Against the Grain	Julian's Bakery
Banza	King Arthur Baking Company
Base Culture	Legit Bread Company
Bob's Red Mill	Schar
Canyon Gluten Free Bakehouse	Silver Hills Bakery
Cappello's	Simple Mills
Carbonaut	Sunflour
Casabi Artisan Flatbread	Pacha
Cook's Gluten Free	Paleolicious
Dave's Killer Bread	Truly AIP
Food for Life	

Flour Alternatives

365 by Whole Foods	Hearthy Foods
Anthony's	King Arthur Baking Company
Arrowhead Mills	Navitas Organics
Beth Blends	Otto's Natural
Blue Diamond Almonds	Simple Truth
Bob's Red Mill	Thrive Market
Carrington Farms	Tiger Nuts USA

Pasta Noodle Alternatives

365 by Whole Foods	liveGfree
Ancient Harvest	Manini's
Andean Dream	Miracle Noodle
Banza	Natural Heaven
Barilla	Shinny Pasta
Big Green Organic Food	Solely
Bionaturae	Simple Truth
Cappello's	Thrive Market
Good & Gather	Tolerant
Heaven & Earth	Trader Joe's
Jovial	VeggieCraft Farms

Tortilla Wraps & Taco Shells

365 by Whole Foods	Nuco
Against the Grain	Siete Foods
Egglife	Thrive Market
NewGem	Wrawp



DAIRY ALTERNATIVES**Non-Dairy Butter**

Melt Organic	WayFare
Miyoki's Creamery	Wildbrine
Violife	

Non-Dairy Cheese

Daiya	Miyoko's Creamery
Follow Your Heart	Trader Joe's
Kite Hill	Violife

Non-Dairy Coffee Creamer

Califia Farms	Ripple
Elmhurst	Silk
Laird Superfoods	So Delicious
Nutpods	Trader Joe's

Non-Dairy Ice Cream & Popsicles

DeeBee's Organics	Jolly Llama
Dream Pops	Oatly
GoodPop	So Delicious

Non-Dairy Milk

365 by Whole Foods	Milkadamia
Blue Diamond	Oatly
Califia Farms	Orgain
Chobani	Pacific Foods
Elmhurst	Ripple
Good & Gather	Silk
Good Karma	Thrive Market
Kiki Milk	Trader Joe's

Non-Dairy Yogurt

365 by Whole Foods	Once Upon a Farm
Chobani	Oui by Yoplait
Cocojune	Siggis
Forager	Silk
Kite Hill	So Delicious
Lavva	

MEAT & MEAT ALTERNATIVES

Bacon

365 by Whole Foods	North Country Smokehouse
Applegate Organics	Pederson Natural Farms
EPIC	Trader Joe's
Good & Gather	True Story
Nature's Rancher	Wellshire Farms
Niman Ranch	

Deli Meats

365 by Whole Foods	Niman Ranch
Applegate Organics	North Country Smokehouse
Diestel Family Ranch	Trader Joe's
Garrett Valley Farms	True Story
Good & Gather	

Packaged Seafood

365 by Whole Foods	Trader Joe's
Freshe	Wild Planet
Safe Catch	Whole Catch
Thrive Market	

Ready-Made Meals

365 by Whole Foods	Red's
Amy's Organics	Saffron Road
Daily Harvest	Tattooed Chef
Deep Indian Kitchen	Trader Joe's
Evol	Wicked Kitchen
Kevin's Natural Foods	Wild Zora
Purple Carrot	

Non-Meat Alternatives

365 by Whole Foods	Thrive Market
Amy's Organics	Trader Joe's
Daily Harvest	Wicked Kitchen
Nasoya	Wildwood Organic
Purple Carrot	

SAUCES, DRESSINGS, & PANTRY**Broth**

365 by Whole Foods	Kettle & Fire
Bare Bones	Pacific Foods
Bonafide	PlantStrong
Brite Start	Power Provisions
EPIC	Simple Truth
FOND	The Honest Kitchen
Good & Gather	Thrive Market
Imagine Foods	Trader Joe's

Condiments

365 by Whole Foods	Primal Kitchen
Bragg	Simple Truth
Chosen Foods	Sir Kensington's
Coconut Secret	Thrive Market
Good & Gather	Trader Joe's
KC Natural	True Made Foods
Mike's Hot Honey	

Cooking Oils & Fats

365 by Whole Foods	Good & Gather
California Olive Ranch	Napa Valley
Chosen Foods	Nutiva
EPIC	Primal Kitchen
Fatworks Foods	Simple Truth
Fody Foods	Thrive Market
Fourth & Heart	Trader Joe's

Salad Dressings & Marinades

365 by Whole Foods	KC Natural
Bragg	Primal Kitchen
Drench	SideDish
Fody Foods	Thrive Market
Follow Your Health	Trader Joe's
Good & Gather	

Sauces

365 by Whole Foods	Primal Kitchen
A Dozen Cousins	Rao's Homemade
Bachan's	Saffron Road
Carbone	Sauce Ventures
Daiya	Siete Foods
Fody Foods	The New Primal
Good & Gather	Thrive Market
KC Natural	Tia Lupita
Kevin's Natural Foods	Trader Joe's
Maya Kaimal	True Made Foods

Seasonings & Pantry

365 by Whole Foods	Simply Organic
Bragg	The New Primal
Good & Gather	The Spice Hunter
Kinder's	Thrive Market
Primal Palate	Trader Joe's
Siete Foods	

Sugars & Sweeteners

365 by Whole Foods	RxSugar
Anthony's	Sweetleaf
Big Tree Farms	Thrive Market
Lakanto	Trader Joe's



DRINKS**Coffee**

365 by Whole Foods	Pop & Bottle
Alex's Low-Acid Organic Coffee	Purity Coffee
Califia Farms	Trader Joe's
Four Sigmatic	VitaCup
Java Planet	Volcanica

Coffee Alternatives

Anthony's	RYZE Mushroom Coffee
Clevr Blends	Teeccino
Four Sigmatic	VitaCup
Om Mushroom	

Electrolytes

Ath Lytes	Nuun
Cure Hydration	Trace Minerals
Goodonya	Ultima Replenisher
LMNT	Wellmade

Non-Alcoholic Beverages

Athletic Brewing Co.	Hoptonic
Ghia	Odyssey Elixir
Gruvi	Surely

Seltzer, Soda, & Health Drinks

365 by Whole Foods	Jiant
Agua Bucha	Juneshine
Aura Bora	OCA
Boochcraft	Olipop
CLEAN Cause	Pop & Bottle
Culture Pop Soda	Poppi
Flying Embers	Reed's
GoodPop	Riot Energy
Good & Gather	Ruby
GIT's Synergy Kombucha	Sambazon
Hop WTR	Sanzo
Humm Kombucha	Simple Truth

Seltzer, Soda, & Health Drinks

Sun Sip Soda	Waterloo Sparkling Water
Swoon	WildWonder
Thrive Market	Zevia
Trader Joe's	

Tea

365 by Whole Foods	Taika
AutoimmuniTea	Taylor's of Harrogate
Celestial Seasonings	Teeccino
Four Sigmatic	The Republic of Tea
Got Matcha	Thrive Market
Mighty Leaf	Trader Joe's
Navitas Organics	Traditional Medicinals
Numi Tea	Yogi Tea
Organic India	Zevia
Rishi Tea	



INFLAMMATION RECOVERY NUTRIENT-DENSE RECIPES



SPICY ROASTED ALMONDS

Ingredients:

- 1 cup raw almonds
- 1 tbsp olive oil
- 1/2 tsp chili powder
- 1/2 tsp smoked paprika
- 1/4 tsp garlic powder
- 1/4 tsp ground cumin
- Sea salt to taste

Instructions:

1. Preheat the oven to 350°F (175°C). Spread almonds on a baking sheet.
2. Drizzle with olive oil and sprinkle with chili powder, smoked paprika, garlic powder, cumin, and salt.
3. Toss to coat the almonds evenly and roast for 15-20 minutes, stirring once halfway through.
4. Allow to cool before serving.

SPINACH AND ARTICHOKE DIP

Ingredients:

- 1 cup cooked spinach, squeezed dry
- 1 can (14 oz) artichoke hearts, drained and chopped
- 1/4 cup cashews (soaked for 2 hours)
- 1/4 cup nutritional yeast
- 2 tbsp lemon juice
- 1/4 cup olive oil
- 2 garlic cloves
- 1/2 tsp onion powder
- Sea salt and pepper to taste

Instructions:

1. In a blender or food processor, combine spinach, artichokes, cashews, nutritional yeast, lemon juice, olive oil, garlic, onion powder, salt, and pepper.
2. Blend until smooth and creamy, adding a little water if needed.
3. Serve warm with gluten-free crackers or fresh vegetable sticks.

BAKED PARSNIP AND SWEET POTATO CHIPS

Ingredients:

- 1 large parsnip, peeled and thinly sliced
- 1 large sweet potato, peeled and thinly sliced
- 1 tbsp olive oil
- 1/2 tsp paprika
- Sea salt and pepper to taste

Instructions:

1. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. Toss parsnip and sweet potato slices with olive oil, paprika, salt, and pepper.
3. Arrange slices in a single layer on the baking sheet.
4. Bake for 20-25 minutes, flipping halfway through, until crispy and golden. Let cool and serve.

STRAWBERRY COCONUT SMOOTHIE

Ingredients:

- 1 cup frozen strawberries
- 1/2 cup coconut yogurt (dairy-free)
- 1/4 cup unsweetened shredded coconut
- 1/2 banana
- 1 cup almond milk (or any plant-based milk)
- 1 tbsp maple syrup or honey (optional)

Instructions:

1. Add all ingredients to a blender.
2. Blend until smooth.
3. Pour into a glass and enjoy.

GREEN APPLE KALE SMOOTHIE

Ingredients:

- 1 green apple, cored and chopped
- 1 cup kale, packed
- 1/2 cucumber, peeled and chopped
- 1/2 cup frozen pineapple
- 1 cup water or coconut water
- 1/2 tsp lemon juice

Instructions:

1. Add all ingredients to a blender.
2. Blend until smooth.
3. Pour into a glass and enjoy.

AVOCADO AND CACAO SMOOTHIE

Ingredients:

- 1/2 ripe avocado
- 1 tbsp raw cacao powder
- 1/2 banana
- 1 cup almond milk (or any plant-based milk)
- 1 tbsp honey
- 1/2 tsp vanilla extract
- Ice cubes (optional)

Instructions:

1. Add all ingredients to a blender.
2. Blend until smooth.
3. Pour into a glass and enjoy.

BAKED BANANA OATS WITH WALNUTS

Ingredients:

- 2 ripe bananas, mashed
- 1 cup rolled oats (gluten-free)
- 2 cups almond milk (or any plant-based milk)
- 1/4 cup walnuts, chopped
- 1 tbsp maple syrup or honey
- 1/2 tsp cinnamon
- 1 tsp vanilla extract
- 1/2 tsp baking powder

Instructions:

1. Preheat the oven to 350°F (175°C) and grease a baking dish.
2. In a bowl, combine mashed bananas, oats, almond milk, walnuts, maple syrup, cinnamon, vanilla extract, and baking powder. Stir well.
3. Pour the mixture into the greased baking dish and bake for 25-30 minutes, until golden on top. Serve warm.

CHICKEN SAUSAGE AND SPINACH SCRAMBLE

Ingredients:

- 2 chicken sausages, sliced
- 3 eggs, whisked
- 1 cup spinach, chopped
- 1 tbsp olive oil
- 1/4 cup red onion, diced
- 1/2 tsp garlic powder
- Sea salt and pepper to taste

Instructions:

1. Heat olive oil in a skillet over medium heat. Add chicken sausage and cook for 4-5 minutes until browned.
2. Add red onion and garlic powder, cooking for another 2-3 minutes until the onion softens.
3. Stir in chopped spinach and cook for 1-2 minutes until wilted.
4. Pour in whisked eggs and cook, stirring occasionally, until scrambled and cooked through.
5. Season with salt and pepper and serve warm.

COCONUT CHIA SEED PANCAKES WITH BLUEBERRY COMPOTE

Ingredients:

- 2 tbsp chia seeds
- 1/4 cup coconut flour
- 2 eggs
- 1/2 cup almond milk (or any plant-based milk)
- 1 tsp vanilla extract
- 1/2 tsp baking powder
- 1/4 tsp sea salt
- 1 tbsp coconut oil (for cooking)

Blueberry Compote:

- 1 cup fresh or frozen blueberries
- 1 tbsp maple syrup or honey
- 1 tsp lemon juice

Instructions:

1. In a small bowl, combine chia seeds with almond milk and let sit for 5-10 minutes to form a gel-like consistency.
2. In a separate bowl, whisk together coconut flour, eggs, vanilla, baking powder, and salt. Add the chia mixture and stir to combine.
3. Heat coconut oil in a non-stick skillet over medium heat. Pour the pancake batter onto the skillet, making small pancakes. Cook for 2-3 minutes per side.
4. For the compote, heat blueberries, maple syrup, and lemon juice in a saucepan over medium heat. Simmer for 5-7 minutes until the blueberries break down into a thick sauce.
5. Serve the pancakes with the blueberry compote drizzled on top.

BAKED APPLE CINNAMON DONUTS

Ingredients:

- 1 1/2 cups almond flour
- 1 tsp cinnamon
- 1/2 tsp baking soda
- 1/4 tsp ground nutmeg
- 1/4 cup applesauce
- 2 eggs
- 1/4 cup maple syrup or honey
- 1 tsp vanilla extract
- 1/4 cup coconut oil, melted

Instructions:

1. Preheat the oven to 350°F (175°C) and grease a donut pan with coconut oil.
2. In a bowl, mix almond flour, cinnamon, baking soda, and nutmeg.
3. In a separate bowl, whisk applesauce, eggs, maple syrup, vanilla, and melted coconut oil.
4. Stir the wet ingredients into the dry ingredients until combined.
5. Spoon the batter into the donut pan and bake for 12-15 minutes until a toothpick comes out clean.
6. Allow to cool slightly before removing from the pan and serving.

FROZEN YOGURT BARK WITH BERRIES AND ALMONDS

Ingredients:

- 1 cup dairy-free coconut yogurt
- 1/4 cup unsweetened shredded coconut
- 1/4 cup fresh strawberries, chopped
- 1/4 cup fresh blueberries
- 1/4 cup sliced almonds
- 1 tbsp honey or maple syrup (optional)

Instructions:

1. Line a baking sheet with parchment paper.
2. Spread dairy-free yogurt evenly over the sheet, creating a thin layer.
3. Top with shredded coconut, chopped strawberries, blueberries, sliced almonds, and drizzle with honey or maple syrup.
4. Freeze for 2-3 hours until firm, then break into pieces and serve.

ALMOND FLOUR CHOCOLATE CHIP COOKIES

Ingredients:

- 2 cups almond flour
- 1/2 cup coconut sugar
- 1/4 cup coconut oil, melted
- 1 egg
- 1/2 tsp vanilla extract
- 1/2 tsp baking soda
- 1/4 tsp sea salt
- 1/2 cup dairy-free chocolate chips

Instructions:

1. Preheat the oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. In a bowl, mix almond flour, coconut sugar, baking soda, and sea salt.
3. Add melted coconut oil, egg, and vanilla extract. Stir until a dough forms.
4. Fold in chocolate chips.
5. Scoop tablespoon-sized balls of dough onto the baking sheet and flatten them slightly.
6. Bake for 10-12 minutes, until the edges are golden. Let cool before serving.

GARLIC HERB SPAGHETTI SQUASH

Ingredients:

- 1 medium spaghetti squash
- 2 tbsp olive oil
- 3 garlic cloves, minced
- 1 tbsp fresh parsley, chopped
- Sea salt and pepper to taste

Instructions:

1. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. Cut spaghetti squash in half and remove seeds. Drizzle with olive oil, salt, and pepper.
3. Roast for 35-40 minutes, cut side down, until tender.
4. Scrape out the strands with a fork and sauté with garlic in a pan over medium heat for 2-3 minutes until fragrant.
5. Garnish with fresh parsley and serve warm.

GREEN BEAN AND CHERRY TOMATO SALAD WITH MUSTARD VINAIGRETTE

Ingredients:

- 2 cups green beans, trimmed and blanched
- 1 cup cherry tomatoes, halved
- 1/4 cup red onion, thinly sliced
- 2 tbsp fresh basil, chopped

Mustard Vinaigrette:

- 2 tbsp Dijon mustard
- 2 tbsp apple cider vinegar
- 1 tbsp olive oil
- 1 tsp honey
- Sea salt and pepper to taste

Instructions:

1. In a bowl, combine blanched green beans, cherry tomatoes, red onion, and basil.
2. In a small bowl, whisk together Dijon mustard, apple cider vinegar, olive oil, honey, salt, and pepper to make the vinaigrette.
3. Pour the vinaigrette over the salad and toss to combine. Serve immediately.

ROASTED ACORN SQUASH WITH MAPLE BALSAMIC GLAZE

Ingredients:

- 2 medium acorn squashes, halved and seeded
- 2 tbsp olive oil
- 1 tbsp maple syrup
- 1 tbsp balsamic vinegar
- 1/4 tsp ground cinnamon
- 1/4 tsp nutmeg
- Sea salt and pepper to taste

Instructions:

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. Drizzle acorn squash halves with olive oil, cinnamon, nutmeg, salt, and pepper.
3. Roast for 30-35 minutes, until tender and caramelized.
4. In a small saucepan, combine maple syrup and balsamic vinegar, simmering for 5 minutes until slightly thickened.
5. Drizzle the glaze over the roasted squash and serve warm.

VIETNAMESE PHO WITH CHICKEN

Ingredients:

- 1 lb chicken breast, thinly sliced
- 5 cups chicken broth
- 1 onion, sliced
- 2 cloves garlic, minced
- 1-inch piece of ginger, sliced
- 1 cinnamon stick
- 2 whole star anise
- 2 tbsp coconut aminos
- 1/2 tsp ground turmeric
- 8 oz rice noodles
- 1/2 cup fresh cilantro, chopped
- 1 lime, cut into wedges
- 1/4 cup sliced jalapeños (optional)
- 1/2 cup bean sprouts (optional)

Instructions:

1. In a large pot, combine chicken broth, onion, garlic, ginger, cinnamon stick, star anise, coconut aminos, and turmeric. Bring to a boil, then reduce to a simmer for 20 minutes to allow the flavors to meld.
2. Strain the broth to remove the solids, then return the liquid to the pot.
3. Cook rice noodles according to package instructions, then divide into bowls.
4. Add sliced chicken to the broth and cook for 3-4 minutes until the chicken is fully cooked.
5. Pour the broth and chicken over the noodles. Garnish with cilantro, lime wedges, jalapeños, and bean sprouts.

CREAMY SALMON AND VEGETABLE CHOWDER

Ingredients:

- 1 lb salmon, skin removed and diced
- 4 cups chicken broth
- 1 cup unsweetened coconut milk
- 1 cup diced sweet potatoes
- 1 cup diced zucchini
- 1/2 cup diced celery
- 1 small onion, diced
- 1 clove garlic, minced
- 1 tbsp olive oil
- 1 tsp ground turmeric
- Sea salt and pepper to taste

Instructions:

1. Heat olive oil in a pot over medium heat. Sauté onion, garlic, sweet potatoes, zucchini, and celery until softened.
2. Add chicken broth, turmeric, salt, and pepper. Simmer for 10 minutes.
3. Stir in coconut milk and salmon. Cook for 5-7 minutes until salmon is cooked through. Serve warm.

SHRIMP AND AVOCADO SALAD WITH CILANTRO LIME DRESSING

Ingredients:

- 1 lb shrimp, peeled and deveined
- 4 cups mixed greens (arugula, spinach, etc.)
- 1 ripe avocado, sliced
- 1/2 red onion, thinly sliced
- 1/2 cup cherry tomatoes, halved
- 1 tbsp olive oil
- Sea salt and pepper to taste

Cilantro Lime Dressing:

- 1/4 cup fresh cilantro, chopped
- Juice of 1 lime
- 2 tbsp olive oil
- 1 tbsp apple cider vinegar
- 1 tsp honey (optional)
- Sea salt and pepper to taste

Instructions:

1. Heat olive oil in a skillet over medium heat. Add shrimp and cook for 2-3 minutes per side until pink and cooked through. Season with salt and pepper.
2. In a bowl, whisk together cilantro, lime juice, olive oil, apple cider vinegar, honey (if using), salt, and pepper for the dressing.
3. In a large bowl, combine mixed greens, avocado, red onion, and cherry tomatoes.
4. Top with cooked shrimp and drizzle with cilantro lime dressing.
5. Serve immediately.

MISO-GLAZED SALMON WITH ASPARAGUS

Ingredients:

- 4 salmon fillets
- 2 tbsp miso paste (white or red)
- 1 tbsp maple syrup
- 1 tbsp rice vinegar
- 1 tbsp sesame oil
- 1 bunch asparagus, trimmed
- 1 tbsp olive oil
- Sea salt and pepper to taste
- Sesame seeds and fresh cilantro for garnish

Instructions:

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. In a small bowl, whisk together miso paste, maple syrup, rice vinegar, and sesame oil to make the glaze.
3. Place salmon fillets on the baking sheet and brush with the miso glaze.
4. Toss asparagus with olive oil, salt, and pepper, and arrange it around the salmon on the baking sheet.
5. Bake for 12-15 minutes, until the salmon is cooked through and flakes easily with a fork.
6. Garnish with sesame seeds and fresh cilantro before serving.

CHICKEN AND SPINACH SOUP

Ingredients:

- 1 lb cooked chicken breast, shredded
- 4 cups chicken broth
- 1 cup unsweetened coconut milk
- 2 cups fresh spinach
- 1 cup diced zucchini
- 1/2 cup diced celery
- 1 small onion, diced
- 1 clove garlic, minced
- 1 tbsp olive oil
- 1/2 tsp ground turmeric
- Sea salt and pepper to taste

Instructions:

1. Heat olive oil in a pot over medium heat. Sauté onion, garlic, celery, and zucchini until softened.
2. Add chicken broth, turmeric, salt, and pepper. Simmer for 10 minutes.
3. Stir in shredded chicken, coconut milk, and spinach. Simmer for another 5 minutes. Serve hot.

CRISPY BAKED COD WITH LEMON AND CAPERS

Ingredients:

- 4 cod fillets
- 1/4 cup almond flour
- 1/4 cup coconut flour
- 2 tbsp olive oil
- Zest and juice of 1 lemon
- 2 tbsp capers, drained
- 1 tbsp fresh parsley, chopped
- Sea salt and pepper to taste

Instructions:

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. Mix almond flour and coconut flour in a shallow dish. Coat each cod fillet in the mixture, pressing lightly to adhere.
3. Place fillets on the baking sheet and drizzle with olive oil, lemon zest, salt, and pepper.
4. Bake for 15-18 minutes, until the fish is flaky and golden brown.
5. Garnish with lemon juice, capers, and fresh parsley before serving.

COCONUT CURRY SHRIMP

Ingredients:

- 1 lb shrimp, peeled and deveined
- 1 can (13.5 oz) coconut milk
- 1 cup broccoli florets
- 1 cup diced bell peppers
- 1/2 cup snap peas
- 1 tbsp olive oil
- 1 tbsp curry powder
- 1 tsp ground turmeric
- 1 clove garlic, minced
- Juice of 1/2 lime
- Sea salt and pepper to taste

Instructions:

1. Heat olive oil in a skillet over medium heat. Add garlic and sauté for 1 minute.
2. Stir in curry powder, turmeric, and coconut milk. Simmer for 2-3 minutes.
3. Add broccoli, bell peppers, and snap peas. Cook for 5-7 minutes until vegetables are tender.
4. Stir in shrimp and cook for 3-4 minutes until pink and cooked through. Squeeze lime juice over the curry and serve with cauliflower rice or quinoa.

GRILLED TUNA STEAKS WITH AVOCADO SALSA

Ingredients:

- 4 tuna steaks
- 2 tbsp olive oil
- 1 tbsp lemon juice
- Sea salt and pepper to taste

Avocado Salsa:

- 1 avocado, diced
- 1/4 cup red onion, finely chopped
- 1/2 cup cherry tomatoes, diced
- 1 tbsp cilantro, chopped
- Juice of 1 lime
- Sea salt and pepper to taste

Instructions:

1. Preheat the grill or pan to medium-high heat. Brush tuna steaks with olive oil and season with lemon juice, salt, and pepper.
2. Grill tuna steaks for 2-4 minutes per side, depending on thickness and desired doneness.
3. In a bowl, combine diced avocado, red onion, cherry tomatoes, cilantro, lime juice, salt, and pepper to make the salsa.
4. Serve the grilled tuna steaks topped with avocado salsa.

CHICKEN POT PIE CASSEROLE

Ingredients:

- 1 lb cooked chicken breast, shredded
- 1 cup diced carrots
- 1 cup diced celery
- 1/2 cup peas
- 1 cup unsweetened coconut milk
- 1/4 cup almond flour
- 1 tbsp olive oil
- 1 tsp dried thyme
- Sea salt and pepper to taste

Crust:

- 1 cup almond flour
- 2 tbsp coconut oil, chilled
- 1 egg
- Pinch of sea salt

Instructions:

1. Preheat the oven to 375°F (190°C). Heat olive oil in a skillet and sauté carrots, celery, and peas until softened.
2. Add shredded chicken, coconut milk, almond flour, thyme, salt, and pepper. Simmer for 5 minutes.
3. In a bowl, mix crust ingredients until dough forms. Roll out between two sheets of parchment paper.
4. Pour chicken mixture into a greased casserole dish. Place crust on top and bake for 20-25 minutes until golden. Serve warm.

LOADED BAKED SWEET POTATOES WITH TURKEY CHILI

Ingredients:

- 4 medium sweet potatoes
- 1 lb ground turkey
- 1 cup diced tomatoes
- 1/2 cup black beans
- 1/2 cup diced bell peppers
- 1 tbsp olive oil
- 1 tsp chili powder
- 1/2 tsp ground cumin
- 1/2 tsp smoked paprika
- Sea salt and pepper to taste

Instructions:

1. Preheat the oven to 400°F (200°C). Pierce sweet potatoes with a fork and bake for 45-50 minutes until tender.
2. Heat olive oil in a skillet. Cook ground turkey until browned. Add chili powder, cumin, smoked paprika, salt, and pepper. Stir in tomatoes, black beans, and bell peppers. Simmer for 10 minutes.
3. Slice sweet potatoes lengthwise and fluff the insides with a fork. Top with turkey chili and serve.

BAKED COD WITH TOMATO AND OLIVE TAPENADE

Ingredients:

- 4 cod fillets
- 1 tbsp olive oil
- 1/2 tsp paprika
- Sea salt and pepper to taste

Tapenade:

- 1/4 cup kalamata olives, chopped
- 1/4 cup cherry tomatoes, chopped
- 1 tbsp capers, chopped
- 1 tbsp fresh parsley, chopped
- 1 tbsp olive oil
- 1 tbsp lemon juice

Instructions:

1. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. Season cod fillets with olive oil, paprika, salt, and pepper, then place on the baking sheet.
3. Bake for 15-18 minutes, until the fish flakes easily with a fork.
4. While the cod bakes, combine olives, cherry tomatoes, capers, parsley, olive oil, and lemon juice in a small bowl to make the tapenade.
5. Once the cod is done, serve it topped with the fresh tapenade.

CHICKEN AND AVOCADO SALAD WITH LIME DRESSING

Ingredients:

- 2 chicken breasts, cooked and shredded
- 1 ripe avocado, diced
- 2 cups mixed greens (e.g., spinach, arugula)
- 1/4 cup cherry tomatoes, halved
- 1/4 red onion, thinly sliced
- 1 tbsp olive oil
- Juice of 1 lime
- 1 tsp honey
- Sea salt and pepper to taste

Instructions:

1. In a bowl, combine chicken, avocado, mixed greens, tomatoes, and red onion.
2. In a small bowl, whisk together olive oil, lime juice, honey, salt, and pepper.
3. Drizzle the dressing over the salad and toss gently to combine. Serve immediately.

TURKEY MEATBALLS WITH ZUCCHINI NOODLES

Ingredients:

- 1 lb ground turkey
- 1/4 cup almond flour
- 1 egg
- 1/4 cup fresh parsley, chopped
- 1/4 cup onion, finely chopped
- 1 tsp garlic powder
- Sea salt and pepper to taste

Zucchini Noodles:

- 2 medium zucchinis, spiralized
- 1 tbsp olive oil
- 1 garlic clove, minced
- 1/2 cup marinara sauce

Instructions:

1. Preheat the oven to 375°F (190°C). In a large bowl, combine ground turkey, almond flour, egg, parsley, onion, garlic powder, salt, and pepper. Mix until well combined.
2. Form the mixture into meatballs and place on a baking sheet lined with parchment paper.
3. Bake for 20-25 minutes, until golden and cooked through.
4. In a skillet, heat olive oil over medium heat. Add minced garlic and cook for 1 minute, then add zucchini noodles and sauté for 2-3 minutes until tender.
5. Top zucchini noodles with marinara sauce and turkey meatballs. Serve immediately.

SPAGHETTI SQUASH WITH TURKEY BOLOGNESE

Ingredients:

- 1 small spaghetti squash, roasted and shredded
- 1 lb ground turkey
- 1 can (15 oz) crushed tomatoes
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 1 tsp dried oregano
- 1/2 tsp dried basil
- Sea salt and pepper to taste

Instructions:

1. Preheat the oven to 375°F (190°C). Cut the spaghetti squash in half, remove the seeds, and roast with olive oil and salt for 40 minutes, until tender. Shred with a fork.
2. Heat olive oil in a skillet over medium heat. Sauté onion and garlic until softened, then add ground turkey. Cook until browned.
3. Stir in crushed tomatoes, oregano, basil, salt, and pepper. Simmer for 10-15 minutes to thicken the sauce.
4. Serve the turkey bolognese over the shredded spaghetti squash.

GRILLED SHRIMP TACOS WITH CABBAGE SLAW

Ingredients:

- 1 lb shrimp, peeled and deveined
- 1 tbsp olive oil
- 1 tsp chili powder
- 1/2 tsp cumin
- 1/4 tsp smoked paprika
- 1 tbsp lime juice
- Sea salt and pepper to taste
- 8 small almond flour tortillas
- 2 cups shredded cabbage

Cabbage Slaw:

- 1 tbsp apple cider vinegar
- 1 tbsp olive oil
- 1 tsp honey
- Sea salt and pepper to taste
- 1/4 cup fresh cilantro, chopped

Instructions:

1. Preheat the grill or pan to medium-high heat.
2. In a bowl, toss shrimp with olive oil, chili powder, cumin, paprika, lime juice, salt, and pepper.
3. Grill shrimp for 2-3 minutes per side, until pink and cooked through.
4. In a separate bowl, whisk together apple cider vinegar, olive oil, honey, salt, and pepper for the slaw dressing.
5. Toss shredded cabbage with the slaw dressing and fresh cilantro.
6. Warm tortillas on the grill for 1-2 minutes, then assemble tacos by adding grilled shrimp and slaw to each tortilla.
7. Serve immediately.

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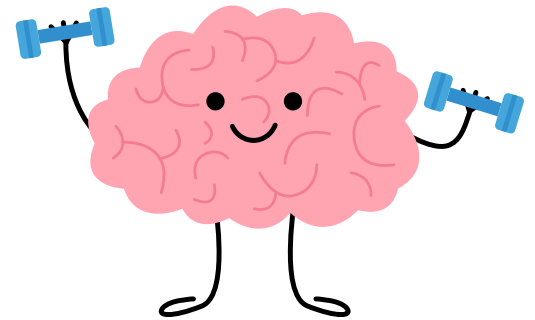


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