

# THE MEDITERRANEAN NUTRIENT REPLETION DIET

For Optimal Heart Health



# WELCOME

I welcome you to start the Mediterranean Nutrient Repletion Diet for Optimal Heart Health. This dietary nutrition plan is designed to restore nutrient levels in the body by following a mediterranean 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 heart health.



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# 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 Mediterranean Nutrient Repletion Diet**

Discover how the Mediterranean 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 Mediterranean Nutrient Repletion 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 Mediterranean Nutrient Repletion 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: Nutritional Supplements

While food is the cornerstone of long-lasting health, nutritional supplements can help fill in the gaps to ensure your body gets everything it needs along the way. This section provides tailored recommendations for supplements that complement the Mediterranean Nutrient Repletion Diet. You'll gain the knowledge on which professional-grade supplements to take, when to take them, and how they work alongside your diet to enhance overall wellness. With the right nutritional supplement support, you'll amplify your results and feel your best.

## Section 5: 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 and fridge with nourishing, nutrient-dense ingredients and foods.

## Section 6: Mediterranean 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 7: Nutrition Worksheets

Eating nutrient-dense foods can have a profound impact on your overall wellness goals. Track your progress in the provided nutrition worksheets so you can visualize your health journey.

# THE MEDITERRANEAN NUTRIENT REPLETION DIET: A SIMPLE, DELICIOUS WAY TO SUPPORT YOUR HEART HEALTH

If you're looking for a way to support your heart health without feeling like you're on a restrictive "diet," the Mediterranean Nutrient Repletion Diet might be exactly what you need. Picture this: instead of stressing over restrictive meal plans, 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 Mediterranean Nutrient Repletion Diet?

The Mediterranean Nutrient Repletion Diet is inspired by the traditional eating habits of countries bordering the Mediterranean Sea, like Greece, Italy, and Spain. It's built around whole, unprocessed foods—think fresh vegetables, fruits, whole grains, lean proteins, and healthy fats like olive oil and nuts.

To support your heart health, this diet stands out because of its focus on high-fiber foods and healthy fats. Fiber-rich options like legumes, vegetables, whole grains, and healthy fats (yes, including olive oil!) reduce inflammation and keep you feeling satisfied between meals. It emphasizes the importance of eating a variety of nutrient-dense foods, which is key for heart health.

And carbs? They're not the villains here. The Mediterranean Nutrient Repletion Diet encourages nutrient-dense, complex carbs like farro, quinoa, and whole-grain bread—so you can still enjoy them without feeling guilty. The key is incorporating those carbs into tasty, nutrient-dense meals.

## Why Nutrient-Dense Foods Matter

When you're starting a diet focused on heart health, it's not just about cutting out food groups. It's about focusing on foods that are rich in fiber, vitamins, and minerals, and other essential nutrients. Your body needs the right fuel to work its magic!

Foods rich in magnesium, antioxidants, and omega-3 fatty acids (all staples of the Mediterranean diet) play a huge role in supporting heart health and reducing inflammation. These nutrients also contribute to overall wellness. Eating nutrient-dense meals doesn't have to be boring either. Imagine a plate of roasted eggplant, zucchini, and peppers drizzled with olive oil and sprinkled with fresh basil. Or grilled salmon with a lemon glaze and a side of whole-grain bread with olive oil dipping sauce. It's satisfying, it's delicious, and it's good for you.

## 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 Mediterranean 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 Mediterranean Nutrient Repletion Diet

Incorporating intermittent fasting into your Mediterranean 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
<b>MEATS &amp; POULTRY</b>			
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	
<b>SEAFOOD</b>			
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		
<b>DAIRY</b>			
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
Yogurt-Unsweetened	x		

	EAT	LIMIT	AVOID
<b>BEVERAGES</b>			
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	
<b>GLUTEN-FREE GRAINS</b>			
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
<b>VEGETABLES</b>			
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
<b>SUGARS &amp; SWEETENERS</b>			
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	
Sucrose (White Sugar)			x
Xylitol			x
<b>OILS &amp; FATS</b>			
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 HEART HEALTH





# NUTRIENT REPLETION FOR OPTIMAL HEART HEALTH

Focusing on nutrient-dense foods that nourish your body is the most powerful step in achieving stable heart health. Uncontrolled cardiovascular health can lead to artery plaque, inflammation, and heart disease.

The Mediterranean 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 heart health.

## **What are the benefits of nutrient repletion for optimal heart health?**

- Improved cholesterol levels
- Improved triglyceride levels
- Improved blood pressure
- Improved heart function
- Less cardiovascular inflammation

## **How do targeted nutrients impact heart health?**

- Reduces artery plaque
- Decreases blood fats
- Relaxes blood vessel walls
- Reduces inflammation
- Reduces homocysteine

# VITAMINS

NUTRIENTS	BENEFITS	MEDITERRANEAN DIET APPROVED FOOD SOURCES
Vitamin A	Reduces Cholesterol	Chicken, Carrots, Spinach, Sweet Potatoes, Parsley, Cilantro
Vitamin B1	Reduces Blood Pressure	Pork, Salmon, Brown Rice, Garlic, Asparagus
Vitamin B2	Reduces Blood Pressure & Homocysteine	Salmon, Tuna, Almonds, Avocado, Broccoli
Vitamin B3	Reduces Cholesterol	Chicken, Salmon, Chia Seeds, Avocado, Tomatoes
Vitamin B5	Reduces LDL Cholesterol	Chicken, Salmon, Eggs, Lentils, Cauliflower
Vitamin B6	Reduces Homocysteine	Salmon, Brown Rice, Sweet Potatoes, Avocado, Banana
Vitamin B12	Reduces Homocysteine	Beef, Tuna, Salmon, Eggs, Mozzarella Cheese
Biotin	Improves Blood Vessel Relaxation	Salmon, Eggs, Almonds, Sunflower Seeds, Spinach
Folate	Reduces Homocysteine	Lentils, Chickpeas, Asparagus, Spinach, Broccoli, Cilantro
Inositol	Improves Heart Oxygenation	Oats, Almonds, Oranges, Cantaloupe, Prunes
Vitamin C	Provides Artery Protection	Bell Peppers, Brussels Sprouts, Guava, Kiwi, Strawberries

NUTRIENTS	BENEFITS	MEDITERRANEAN DIET APPROVED FOOD SOURCES
Vitamin D	Improves Overall Heart Health	Salmon, Tuna, Mackerel, Eggs, Crimini Mushrooms
Vitamin E	Reduces Angina Risk	Shrimp, Almonds, Sunflower Seeds, Avocado, Spinach
Vitamin K1	Prevents Arterial Hardening	Kale, Broccoli, Brussels Sprouts, Cabbage, Parsley, Cilantro
Vitamin K2	Reduces Arterial Stiffness	Eggs, Gouda Cheese, Soybean, Kiwi, Paprika



# MINERALS

NUTRIENTS	BENEFITS	MEDITERRANEAN DIET APPROVED FOOD SOURCES
Boron	Improves Cardiac Contractility	Avocado, Peaches, Pears, Grapes, Apples
Calcium	Regulates Blood Clotting	Parmesan Cheese, Soybeans, Spinach, Olives, Figs
Chloride	Improves Fluid Balance Regulation	Chickpeas, Olives, Celery, Tomatoes, Seaweed
Chromium	Reduces LDL & Increases HDL Cholesterol	Turkey, Oats, Potatoes, Broccoli, Green Beans
Copper	Reduces Heart Attack Risk	Oysters, Lobster, Salmon, Shiitake Mushrooms, Chickpeas
Iodine	Reduces Cholesterol	Cod, Shrimp, Tuna, Navy Beans, Seaweed
Iron	Decreases Heartbeat Irregularity	Beef, Oysters, Quinoa, Apricot, Spinach
Lithium	No Benefit	Hazelnuts, Lentils, Green Cabbage, Tomatoes, Cumin
Magnesium	Reduce Cholesterol & Blood Pressure	Tuna, Brown Rice, Pumpkin Seeds, Almonds, Spinach
Manganese	Minimal Benefit	Mussels, Wheat Germ, Brown Rice, Pine Nuts, Chickpeas
Molybdenum	Helps Eliminate Sulfites	Beef, Eggs, Black-Eyed Peas, Lima Beans, Banana



NUTRIENTS	BENEFITS	MEDITERRANEAN DIET APPROVED FOOD SOURCES
Phosphorus	Minimal Benefit	Chicken, Tuna, Scallops, Quinoa, Soybeans
Potassium	Reduces Blood Pressure	Salmon, White Beans, Avocado, Beet Greens, Tomatoes
Selenium	Provides Antioxidant Heart Protection	Pork Chops, Tuna, Shrimp, Whole Wheat, Brazil Nuts
Silicon	Supports Artery Health	Wheatgrass, Asparagus, Swiss Chard, Cauliflower, Tomatoes
Sodium	Minimal Benefit	Clams, Parmesan Cheese, Pickled Cucumber, Sunflower Seeds
Strontium	Reduces Cardiovascular Risk	Wheat Bran, Brazil Nuts, Carrots, Garlic, Red Beets
Vanadium	Reduces Blood Pressure	Lobster, Eggs, Whole Wheat, Garlic, Black Pepper
Zinc	Reduces Cholesterol & Blood Pressure	Oysters, Beef, Chicken, Oatmeal, Lentils



## AMINO ACIDS & METABOLITES

NUTRIENTS	BENEFITS	MEDITERRANEAN DIET APPROVED FOOD SOURCES
Alanine	Improves Carnosine Synthesis	Chicken, Salmon, Avocado, Hemp Seeds, Chia Seeds
Arginine	Reduces Blood Pressure	Turkey, Tuna, Almonds, Chickpeas, Soybeans
Asparagine	Deficiency Linked to Cardiovascular Risk	Chicken, Eggs, Shrimp, Soybeans, Asparagus
Aspartic Acid	Minimal Benefit	Beef, Tuna, White Beans, Sweet Potatoes, Nectarines
Carnosine	Reduces Blood Pressure	Beef, Pork, Chicken, Turkey
Carnitine	Improves Heart Energy Production	Beef, Chicken, Cod, Whole Wheat, Asparagus
Citrulline	Increases Nitric Oxide & Blood Flow	Squash, Pumpkin, Cucumbers, Watermelon
Cysteine	Reduces Blood Pressure	Pork, Tuna, Lentils, Sunflower Seeds, Carrots
Glutamic Acid	Minimal Benefit	Chicken, Goat Cheese, Almonds, Tomatoes, Beets
Glutamine	Improves Blood Flow	Chicken, Eggs, Beets, Red Cabbage, Bone Broth
Glutathione	Provides Antioxidant Heart Protection	Avocado, Asparagus, Spinach, Green Beans, Cucumber

NUTRIENTS	BENEFITS	MEDITERRANEAN DIET APPROVED FOOD SOURCES
Glycine	Improves Blood Flow	Chicken, Tuna, Navy Beans, Hemp Seeds, Almonds
Histidine	Protects Against Oxidative Heart Stress	Pork, Tuna, Eggs, Whole Wheat, Navy Beans
Isoleucine	Minimal Benefit	Chicken, Tuna, Lentils, Green Peas, Spinach
Leucine	Provides Cardiac Protection	Chicken, Tuna, Eggs, Soybeans, Navy Beans
Lysine	Reduces Blood Pressure	Chicken, Tuna, Crab, Ricotta Cheese, Soybeans
Methionine	No Benefit	Turkey, Tuna, Quinoa, Brazil Nuts, White Beans
Phenylalanine	No Benefit	Pork, Tuna, Pinto Beans, Pumpkin Seeds, Sweet Potatoes
Proline	Improves Cardiac Remodeling	Turkey, Soybeans, Black Beans, Almonds, Apricot
Serine	Provides Heart Health Protection	Lamb, Lima Beans, Spirulina, Sweet Potatoes, Kiwi
Taurine	Reduces Cholesterol & Blood Pressure	Cod, Shrimp, Tuna, Eggs, Seaweed
Threonine	Reduces Cholesterol	Beef, Tuna, Eggs, Soybeans, Green Peas
Tryptophan	Reduces Cardiovascular Inflammation	Turkey, Salmon, Eggs, Oatmeal, Soybeans



NUTRIENTS	BENEFITS	MEDITERRANEAN DIET APPROVED FOOD SOURCES
Tyrosine	Minimal Benefit	Chicken, Salmon, Wild Rice, White Beans, Soybeans
Valine	Minimal Benefit	Beef, Tuna, Oatmeal, Pinto Beans, Green Beans





## FATTY ACIDS & OTHER NUTRIENTS

NUTRIENTS	BENEFITS	MEDITERRANEAN DIET APPROVED FOOD SOURCES
Alpha Lipoic Acid	Reduces LDL Cholesterol & Triglycerides	Beef, Carrots, Beets, Tomatoes, Brussels Sprouts
Choline	Minimal Benefit	Salmon, Shrimp, Eggs, Broccoli, Green Peas
CoQ10	Reduces Cholesterol & Blood Pressure	Beef, Pork, Sardines, Olive Oil, Sesame Seeds
MCT Oil	Improves HDL Cholesterol	Coconut Oil, Coconut, Walnuts, Chia Seeds, Flax Seeds
Omega 3	Improves Overall Heart Health	Salmon, Tuna, Flax Seeds, Chia Seeds, Walnuts
Omega 6	Minimal Benefit	Walnuts, Pumpkin Seeds, Sunflower Seeds, Hemp Seeds
Omega 9	Reduces LDL & Improves HDL Cholesterol	Olive Oil, Avocado Oil, Almonds, Cashews, Avocados



# PHYTONUTRIENTS

NUTRIENTS	BENEFITS	MEDITERRANEAN DIET APPROVED FOOD SOURCES
a-Carotene	Improves Heart Rate Variability	Carrots, Pumpkin, Oranges, Tangerines
Allicin	Reduces Cholesterol & Blood Pressure	Garlic
Apigenin	Provides Cardiovascular Protection	Celery, Artichokes, Parsley, Chamomile, Oregano
Astaxanthin	Reduces LDL & Improves HDL Cholesterol	Salmon, Shrimp, Crab, Lobster
B-Carotene	Reduces Heart Disease Risk	Carrots, Kale, Swiss Chard, Grape Leaves, Cantaloupe
Beta-Glucan	Reduces Cholesterol & Blood Pressure	Whole Wheat, Shiitake Mushrooms, Nutritional Yeast
Betacyanin	Reduces Blood Pressure & Inflammation	Amaranth, Red Beets, Swiss Chard
Caffeic Acid	Reduces Blood Pressure & Fibrosis	Artichokes, Olive Oil, Basil, Oregano, Red Pepper, Rosemary
Capsaicin	Reduces Arterial Plaque Buildup	Chili Peppers, Cayenne Pepper, Red Pepper
Carnosol	Reduces Heart Muscle Inflammation	Rosemary, Sage, Basil, Thyme
Carvacrol	Reduces Cholesterol & Blood Pressure	Oregano, Thyme

NUTRIENTS	BENEFITS	MEDITERRANEAN DIET APPROVED FOOD SOURCES
Catechins	Reduces Blood Pressure & Blood Clotting	Almonds, Grapes, Blackberries, Tea, Nutmeg, Rosemary, Oregano
Chlorogenic Acid	Reduces Blood Pressure & Blood Clotting	Strawberries, Blueberries, Pineapple, Coffee, Cinnamon
Chlorophyllin	Minimal Benefit	Kiwi, Spinach, Kale, Chlorella, Spirulina
Chrysin	Reduces Blood Vessel Inflammation	Honey, Mushrooms, Carrots, Bitter Melon, Mint
Cinnamic Acid	Reduces Cholesterol & Blood Pressure	Cinnamon
Crocin	Reduces Heart Muscle Inflammation	Saffron
Curcumin	Reduces Cardiovascular Inflammation	Turmeric
Cyanidin	Reduces Blood Pressure & Blood Clotting	Apples, Pears, Cranberries, Blackberries, Cherries
DIM	Reduces Lipoprotein Oxidation	Broccoli, Cauliflower, Cabbage, Kale, Brussels Sprouts
Ellagitannins	Reduces Blood Pressure & Inflammation	Strawberries, Blueberries, Raspberries, Green Tea, Black Tea
Ferulic Acid	Reduces Blood Pressure & Inflammation	Oats, Red Apples, Oranges, Pineapple, Artichoke, Spinach
Fisetin	Reduces Atherosclerosis	Strawberries, Apples, Kale, Onions, Persimmon

NUTRIENTS	BENEFITS	MEDITERRANEAN DIET APPROVED FOOD SOURCES
Gallic Acid	Reduces Cardiac Hypertrophy & Fibrosis	Mangoes, Strawberries, Rhubarb, Green Tea, Cloves, Allspice
Genistein	Reduces Cholesterol & Blood Pressure	Soybeans, Chickpeas, Lentils, Alfalfa Sprouts
Gingerol	Reduces Inflammation & Blood Clotting	Ginger
Hesperidin	Reduces Blood Pressure & Inflammation	Oranges, Lemon, Lime, Grapefruit
Indole-3-Carbinol	Reduces Blood Pressure & Inflammation	Broccoli, Cauliflower, Cabbage, Kale, Brussels Sprouts
Inulin	Reduces Cholesterol & Plaque Formation	Whole Wheat, Banana, Asparagus, Onion, Leeks, Garlic
Kaempferol	Improves Cardiac Function	Tomatoes, Black Tea, Capers, Cumin, Cardamom, Cloves
Lignans	Reduces Cardiovascular Risk	Whole Wheat, Barley, Flax Seeds, Sesame Seeds, Asparagus
Limonene	Reduces Cholesterol & Triglycerides	Cherries, Garlic, Celery, Rosemary, Dill, Basil
Lutein	Reduces Blood Pressure & Inflammation	Pumpkin, Mangoes, Papayas, Spinach, Romaine Lettuce
Luteolin	Reduces Blood Pressure & Inflammation	Beets, Celery, Thyme, Parsley, Rosemary, Cardamom, Chamomile
Lycopene	Reduces Cholesterol & Blood Pressure	Grapefruit, Watermelon, Apricots, Olives, Tomatoes, Carrots

NUTRIENTS	BENEFITS	MEDITERRANEAN DIET APPROVED FOOD SOURCES
Malic Acid	Provides Cardiovascular Protection	Apples, Apple Cider Vinegar
Matairesinol	Reduces Cardiovascular Risk	Flax Seeds, Sesame Seeds, Strawberries, Broccoli
Menthol	Minimal Benefit	Peppermint, Spearmint, Mint
Myricetin	Reduces Cardiovascular Inflammation	Cranberries, Goji Berries, Fennel, Parsley, Carob
Oleanolic Acid	Reduces Blood Pressure & Inflammation	Garlic, Cloves
Oleuropein	Reduces Cardiovascular Inflammation	Olive Oil
Pectins	Reduces Cholesterol	Green Peas, Carrots, Tomatoes, Potatoes, Apple Skin
Phytic Acid	Reduces Cardiovascular Calcification	Whole Wheat, Almonds, Cashews, Pecans, Soybean
Phytosterols	Reduces Cholesterol	Wheat Germ, Flax Seeds, Almonds, Walnuts, Olive Oil
Piperine	Reduces Blood Pressure & Fibrosis	Black Pepper
Proanthocyanidins	Reduces Cholesterol & Blood Clotting	Almonds, Grapes, Blackberries, Green Tea, Cocoa
Pterostilbene	Reduces Blood Pressure & Inflammation	Almonds, Blueberries, Grapes

NUTRIENTS	BENEFITS	MEDITERRANEAN DIET APPROVED FOOD SOURCES
Quercetin	Reduces Cholesterol & Blood Pressure	Apples, Cranberries, Onion, Green Tea, Black Tea, Cardamom
Resveratrol	Reduces Cholesterol & Blood Clotting	Grapes, Blueberries, Raspberries
Rutin	Improves Blood Vessel Elasticity	Lemon, Limes, Olives, Asparagus, Tomatoes, Parsley
Salicylic Acid	Reduces Blood Clotting	Cumin, Curry, Dill, Oregano, Paprika, Thyme, Rosemary
Saponins	Reduces LDL Cholesterol	Oats, Quinoa, Chickpeas, Kidney Beans, Spinach, Garlic, Onion
Silymarin	Reduces Cholesterol	Artichokes
Sulforaphane	Reduces Cholesterol & Blood Pressure	Broccoli, Cauliflower, Cabbage, Kale, Brussels Sprouts
Tannic Acid	Provides Cardiovascular Protection	Chickpeas, Almonds, Pomegranate, Blackberries, Raspberries
Thymol	Reduces Cardiovascular Inflammation	Basil, Oregano, Cloves, Thyme
Ursolic Acid	Reduces Cardiovascular Inflammation	Cranberries, Prunes, Basil, Oregano, Lavender, Peppermint
Vanillic Acid	Improves Heart Muscle Energy	Vanilla Beans, Cloves
Zeaxanthin	Reduces Carotid Atherosclerosis	Kale, Spinach, Swiss Chard, Collards, Mustard Greens



# HEART HEALTH SUPPORT NUTRITIONAL SUPPLEMENTS





SUPPLEMENT	BRAND	DOSAGE
Multi w/o Iron	Select Formulations	AM Packet - 2 capsules
D3 5000	Select Formulations	AM Packet - 1 softgel
Omega Oil Mono 650	Select Formulations	AM Packet - 1 softgel
Bergamot w/ Amla	Select Formulations	AM Packet - 1 tablet
Garlic Ultra	Select Formulations	AM Packet - 1 capsule
Fiber Lean	Select Formulations	AM Packet - 1 capsule PM Packet - 1 capsule
Magnesium Chelate	Select Formulations	PM Packet - 2 capsules
Cholesterol Care	Select Formulations	PM Packet - 2 capsules



**Our daily supplement packets make taking your supplements easier than ever. You will receive 30 daily AM & PM supplement packets - no more organizing multiple supplement bottles each day.**

**\*Disclaimer:** These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. Talk to your physician before starting any nutritional supplement protocols.

# 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	Late July
Annie's	Lesser Evil
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
Kettle Brand	Zack's Mighty
Kibo Foods	

**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	Sunnies
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	Siggi's
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	Taylors 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	



# MEDITERRANEAN NUTRIENT-DENSE RECIPES



## AVOCADO HERB TOAST

### Ingredients:

- 1 slice whole-grain bread, toasted
- 1/2 avocado, mashed
- 1 tsp olive oil
- 1 tbsp chopped parsley
- 1 tbsp chopped dill
- 1 tbsp chopped basil
- 1/2 tsp lemon juice
- 1 pinch sumac (optional)

### Instructions:

1. Spread mashed avocado onto the toast.
2. Drizzle with olive oil and lemon juice
3. Top with parsley, dill, basil, and a sprinkle of sumac. Serve immediately.

## ROASTED SPICED NUTS

### Ingredients:

- 1 cup mixed nuts (almonds, walnuts, and pistachios)
- 1 tbsp olive oil
- 1 tsp ground cumin
- 1/2 tsp smoked paprika
- 1/4 tsp ground cinnamon
- 1/4 tsp turmeric
- 1 tbsp fresh rosemary, chopped
- 1 tbsp fresh thyme, chopped
- 1/4 tsp sea salt

### Instructions:

1. Preheat oven to 350°F (175°C).
2. Toss nuts with olive oil, cumin, paprika, cinnamon, turmeric, rosemary, thyme, and salt.
3. Spread nuts in a single layer on a baking sheet.
4. Roast for 10–12 minutes, stirring halfway through. Let cool before serving.



## OLIVE TAPENADE WITH CUCUMBER SLICES

### Ingredients:

- 1/2 cup Kalamata olives (pitted)
- 1 tbsp capers
- 1 tbsp olive oil
- 1 small clove garlic
- 1 tsp lemon juice
- 1 tsp fresh rosemary, finely chopped
- 1 tsp fresh thyme, finely chopped
- 1/4 tsp red chili flakes
- 1 cucumber, sliced into rounds

### Instructions:

1. Blend olives, capers, olive oil, garlic, lemon juice, rosemary, thyme, and chili flakes in a food processor until smooth.
2. Spoon the tapenade onto cucumber slices.
3. Serve immediately or refrigerate until ready to eat.

## TROPICAL ANTI-INFLAMMATORY SMOOTHIE

### Ingredients:

- 1 cup unsweetened coconut water
- 1/2 cup frozen pineapple
- 1/4 cup frozen mango
- 1/4 cup plain Greek yogurt
- 1 tbsp fresh cilantro leaves
- 1 tsp fresh grated ginger
- 1/4 tsp ground cinnamon

### Instructions:

1. Add all ingredients to a blender.
2. Blend until smooth.
3. Serve immediately.

## BERRY POWER SMOOTHIE

### Ingredients:

- 1 cup unsweetened coconut water
- 1/2 cup frozen mixed berries (blueberries, raspberries, strawberries)
- 1/2 small zucchini (peeled and chopped)
- 1 tbsp chia seeds
- 1 tsp coconut aminos
- 1/2 tsp vanilla extract
- 1/4 tsp ground cardamom
- 1/4 tsp ground turmeric

### Instructions:

1. Add all ingredients to a blender.
2. Blend until smooth and creamy.
3. Serve chilled.

## CITRUS SPINACH SMOOTHIE WITH MINT

### Ingredients:

- 1 cup water or unsweetened coconut water
- 1 orange, peeled and segmented
- 1/2 cup fresh spinach
- 1 tbsp chia seeds
- 1 tbsp fresh mint leaves
- 1/4 tsp turmeric
- Juice of 1/2 lime

### Instructions:

1. Add all ingredients to a blender.
2. Blend until smooth and creamy.
3. Serve chilled.



## VEGGIE OMELETTE

### Ingredients:

- 2 large eggs (or 1 egg + 2 egg whites)
- 1/4 cup chopped spinach
- 1/4 cup diced tomatoes
- 1 tbsp chopped parsley
- 1 tbsp chopped dill
- 1 tbsp chopped chives
- 1 tbsp olive oil
- 1/4 tsp smoked paprika
- 1/4 tsp ground cumin

### Instructions:

1. Whisk eggs with smoked paprika and cumin.
2. Heat olive oil in a non-stick skillet over medium heat.
3. Add spinach, tomatoes, parsley, dill, and chives. Sauté for 1–2 minutes.
4. Pour eggs over the vegetables. Cook until set, folding in half.
5. Serve immediately, garnished with extra herbs.

## ALMOND BUTTER AND BANANA OATMEAL

### Ingredients:

- 1/2 cup rolled oats
- 1 cup unsweetened almond milk
- 1/2 banana, sliced
- 1 tbsp almond butter
- 1 tsp ground flaxseed
- 1/4 tsp ground cinnamon

### Instructions:

1. Cook oats with almond milk over medium heat, stirring occasionally, for 5 minutes or until creamy
2. Top with banana slices, almond butter, flaxseed, and cinnamon.

## CHICKPEA PANCAKES WITH SMOKED SALMON

### Ingredients:

- 1/2 cup chickpea flour
- 1/4 cup water
- 1 tbsp olive oil
- 1/4 tsp turmeric
- 1/4 tsp dried oregano
- 1/4 tsp sea salt
- 2 oz smoked salmon
- 1/4 avocado (sliced)
- 1 tbsp plain Greek yogurt
- 1 tsp capers
- 1 tsp fresh dill (chopped)
- Lemon wedge for garnish

### Instructions:

1. In a bowl, mix chickpea flour, water, olive oil, turmeric, oregano, and salt until smooth. Let the batter rest for 5 minutes.
2. Heat a non-stick skillet over medium heat and pour the batter to form a pancake. Cook for 2–3 minutes on each side until golden.
3. Top the pancake with smoked salmon, avocado slices, a dollop of Greek yogurt, capers, and fresh dill.
4. Serve warm with a squeeze of fresh lemon juice.

## DARK CHOCOLATE ALMOND DATE BITES

### Ingredients:

- 1/2 cup Medjool dates (pitted)
- 1/4 cup almonds (roasted, unsalted)
- 2 tbsp unsweetened cocoa powder
- 1/4 tsp cinnamon
- 1/4 tsp vanilla extract
- 1 tbsp unsweetened shredded coconut (optional, for rolling)

### Instructions:

1. Blend the dates, almonds, cocoa powder, cinnamon, and vanilla extract in a food processor until the mixture forms a sticky dough.
2. Roll into small balls and coat with shredded coconut, if desired.
3. Refrigerate for 30 minutes before serving.

## POACHED PEARS WITH SPICED SYRUP

### Ingredients:

- 2 ripe pears, peeled and halved
- 2 cups water
- 1/4 cup honey
- 1 cinnamon stick
- 2 whole cloves
- 1 star anise
- 1 tbsp fresh mint, chopped (for garnish)

### Instructions:

1. In a saucepan, combine water, honey, cinnamon stick, cloves, and star anise. Bring to a simmer.
2. Add the pears and simmer for 15–20 minutes, until tender.
3. Remove pears and let the syrup reduce slightly.
4. Serve pears drizzled with the syrup and topped with fresh mint.

## OLIVE OIL AND CITRUS CAKE

### Ingredients:

- 1 1/2 cups almond flour
- 1/4 cup olive oil
- 1/4 cup unsweetened applesauce
- Zest of 1 orange
- Juice of 1 orange
- 1/4 cup maple syrup
- 1 tsp vanilla extract
- 1/4 tsp ground cinnamon
- 1 tsp baking powder

### Instructions:

1. Preheat oven to 350°F (175°C) and grease a small cake pan.
2. In a bowl, mix almond flour, olive oil, applesauce, orange zest, orange juice, honey, vanilla, cinnamon, and baking powder.
3. Pour the batter into the prepared pan and bake for 25–30 minutes, or until a toothpick comes out clean.
4. Cool before serving, garnished with a few orange slices if desired.



## WARM LENTIL SALAD WITH SPINACH AND WALNUTS

### Ingredients:

- 1 cup cooked lentils
- 2 cups fresh spinach
- 2 tbsp chopped walnuts
- 1 tbsp olive oil
- 1 tsp balsamic vinegar
- 1/4 tsp ground coriander
- 1/4 tsp ground cinnamon
- 1 clove garlic (minced)
- 2 tbsp fresh basil, chopped
- 2 tbsp fresh cilantro, chopped

### Instructions:

1. Heat olive oil in a skillet over medium heat.
2. Add garlic and sauté for 1 minute until fragrant.
3. Stir in lentils, coriander, and cinnamon. Cook for 2–3 minutes until heated through.
4. Add spinach and cook until wilted.
5. Remove from heat and drizzle with balsamic vinegar. Top with chopped walnuts, basil, and cilantro before serving.

## HERBED OVEN-ROASTED VEGETABLES

### Ingredients:

- 1 zucchini, sliced
- 1 red bell pepper, chopped
- 1 eggplant, diced
- 1 red onion, cut into wedges
- 2 tbsp olive oil
- 1 tsp dried oregano
- 1 tsp smoked paprika
- 1/4 tsp ground turmeric
- Sea salt and pepper to taste
- 2 tbsp fresh parsley, chopped (for garnish)
- 2 tbsp fresh thyme, chopped (for garnish)

### Instructions:

1. Preheat oven to 425°F (220°C).
2. Toss the vegetables with olive oil, oregano, paprika, turmeric, salt, and pepper.
3. Spread on a baking sheet and roast for 25–30 minutes, stirring halfway through, until tender and slightly caramelized.
4. Once cooked, sprinkle with fresh parsley and thyme before serving.

## GARLIC SAUTÉED GREENS WITH PINE NUTS

### Ingredients:

- 2 cups fresh spinach or kale
- 1 tbsp olive oil
- 1 clove garlic, minced
- 2 tbsp pine nuts
- 1 tbsp fresh parsley, chopped
- Juice of 1/2 lemon

### Instructions:

1. Heat olive oil in a skillet over medium heat. Sauté garlic until fragrant.
2. Add greens and cook until wilted.
3. Stir in pine nuts and parsley, then drizzle with lemon juice. Serve warm.

## TURKEY AND ZUCCHINI MEATBALLS IN TOMATO SAUCE

### Ingredients:

- 1 lb ground turkey
- 1 small zucchini, grated
- 1 egg
- 1 tbsp almond flour
- 1 tbsp fresh oregano, chopped
- 1 tbsp fresh parsley, chopped
- 1/2 tsp smoked paprika
- 1 cup low-sodium tomato sauce
- 1 tbsp olive oil

### Instructions:

1. Preheat oven to 375°F (190°C).
2. Combine turkey, zucchini, egg, almond flour, oregano, parsley, and paprika. Form into small meatballs.
3. Heat olive oil in a skillet over medium heat and sear meatballs until browned. Transfer to a baking dish, cover with tomato sauce, and bake for 15–20 minutes.

## BAKED COD WITH HERB AND GARLIC CRUST

### Ingredients:

- 2 cod fillets (6 oz each)
- 2 tbsp almond flour
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh basil, chopped
- 1 clove garlic, minced
- 1 tbsp olive oil
- Juice of 1/2 lemon

### Instructions:

1. Preheat oven to 375°F (190°C).
2. Mix almond flour, parsley, basil, garlic, and olive oil to create a paste. Spread it over the cod fillets.
3. Bake for 12–15 minutes, until the fish flakes easily. Drizzle with lemon juice before serving.

## QUINOA AND LENTIL STUFFED BELL PEPPERS

### Ingredients:

- 4 large bell peppers (any color)
- 1 cup cooked quinoa
- 1/2 cup cooked lentils
- 1/4 cup chopped cherry tomatoes
- 1/4 cup diced cucumber
- 2 tbsp chopped parsley
- 2 tbsp chopped mint
- 1 tbsp olive oil
- 1 tsp ground cumin
- 1/4 tsp smoked paprika
- 1/4 tsp turmeric
- 2 tbsp crumbled feta cheese (optional)

### Instructions:

1. Preheat oven to 375°F (190°C).
2. Cut the tops off the bell peppers and remove the seeds.
3. In a bowl, mix quinoa, lentils, tomatoes, cucumber, parsley, mint, olive oil, cumin, paprika, and turmeric.
4. Stuff the mixture into the bell peppers and place them in a baking dish.
5. Cover with foil and bake for 25–30 minutes, until the peppers are tender.
6. Top with feta cheese if desired before serving.



## HERBED SALMON WITH ROASTED ASPARAGUS

### Ingredients:

- 2 salmon fillets (6 oz each)
- 1 tbsp olive oil
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh dill, chopped
- 1 tbsp fresh basil, chopped
- 1 clove garlic, minced
- Zest of 1 lemon
- 1 bunch asparagus, trimmed

### Instructions:

1. Preheat oven to 375°F (190°C).
2. Mix parsley, dill, basil, garlic, and lemon zest with 1/2 tbsp olive oil. Spread this mixture over the salmon fillets.
3. Toss asparagus with the remaining olive oil and arrange on a baking sheet with the salmon.
4. Roast for 12–15 minutes, until the salmon is cooked through and the asparagus is tender.

## GRILLED SHRIMP WITH VEGETABLE COUSCOUS

### Ingredients:

- 1 lb large shrimp, peeled and deveined
- 1 tbsp olive oil
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh cilantro, chopped
- 1 tsp smoked paprika
- Juice of 1 lemon
- 1 cup whole-grain couscous
- 1/2 cup diced zucchini
- 1/2 cup diced red bell pepper

### Instructions:

1. Marinate shrimp with olive oil, parsley, cilantro, paprika, and lemon juice for 15 minutes.
2. Grill shrimp over medium heat for 2–3 minutes per side, until pink and opaque.
3. Prepare couscous according to package instructions, then toss with zucchini, bell pepper, and a drizzle of olive oil.
4. Serve shrimp over the vegetable couscous.

## EGGPLANT AND CHICKPEA CASSEROLE

### Ingredients:

- 1 large eggplant, diced
- 1 tbsp olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 cup cooked chickpeas
- 1/2 cup tomato sauce
- 1 tsp ground cumin
- 1/2 tsp smoked paprika
- 1 tbsp fresh basil, chopped
- 1 tbsp fresh parsley, chopped

### Instructions:

1. Preheat oven to 375°F (190°C).
2. Heat olive oil in a skillet and sauté eggplant, onion, and garlic until softened.
3. Add chickpeas, tomato sauce, cumin, and paprika. Simmer for 5 minutes.
4. Transfer mixture to a baking dish and bake for 20 minutes. Garnish with basil and parsley before serving.

## TURKEY AND ZUCCHINI PATTIES WITH TZATZIKI

### Ingredients:

- 1 lb ground turkey (lean)
- 1 small zucchini, grated and squeezed to remove excess water
- 1 clove garlic, minced
- 1 tbsp fresh mint, chopped
- 1 tbsp fresh dill, chopped
- 1/2 tsp ground cumin
- 1 tbsp olive oil (for cooking)

### Tzatziki Sauce:

- 1/2 cup plain Greek yogurt
- 1/4 cup grated cucumber
- 1 tsp fresh dill, chopped
- 1/2 tsp garlic, minced
- 1 tsp lemon juice

### Instructions:

1. In a bowl, combine turkey, zucchini, garlic, mint, dill, and cumin. Mix well and form into small patties.
2. Heat olive oil in a skillet over medium heat and cook patties for 4–5 minutes per side until golden and cooked through.
3. To make tzatziki, mix yogurt, cucumber, dill, garlic, and lemon juice in a small bowl.
4. Serve patties with tzatziki sauce on the side.

## CHICKEN AND CAULIFLOWER RICE PILAF

### Ingredients:

- 2 chicken breasts, diced
- 2 cups cauliflower rice
- 1 tbsp olive oil
- 1/4 cup diced onion
- 1 clove garlic, minced
- 1/4 cup chopped parsley
- 1/4 cup chopped dill
- 1/2 tsp ground cumin
- 1/4 tsp turmeric
- Juice of 1/2 lemon

### Instructions:

1. Heat olive oil in a skillet over medium heat. Cook chicken until golden and fully cooked. Remove and set aside.
2. In the same skillet, sauté onion and garlic until fragrant.
3. Add cauliflower rice, cumin, and turmeric. Cook for 3–4 minutes.
4. Stir in parsley, dill, lemon juice, and chicken. Serve warm.

## SHRIMP AND ARTICHOKE SKILLET WITH LEMON AND CAPERS

### Ingredients:

- 1 lb shrimp, peeled and deveined
- 1 cup artichoke hearts (canned or fresh, drained)
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 2 tbsp fresh parsley, chopped
- 1 tbsp capers
- Juice of 1 lemon
- 1/4 tsp red chili flakes (optional)

### Instructions:

1. Heat olive oil in a skillet over medium heat. Cook garlic until fragrant.
2. Add shrimp and cook for 2–3 minutes per side, until pink and opaque.  
Remove shrimp and set aside.
3. Add artichoke hearts, capers, lemon juice, and chili flakes to the skillet.  
Stir to combine.
4. Return shrimp to the skillet, toss with parsley, and serve.



## PAN-SEARED SEA BASS WITH FENNEL AND ORANGE SALAD

### Ingredients:

- 2 sea bass fillets (6 oz each)
- 1 tbsp olive oil
- 1 fennel bulb, thinly sliced
- 1 orange, peeled and segmented
- 1 tbsp fresh mint, chopped
- 1 tbsp fresh parsley, chopped
- Juice of 1/2 lemon

### Instructions:

1. Heat olive oil in a skillet over medium heat. Sear sea bass fillets for 3–4 minutes per side, until golden and cooked through.
2. In a bowl, toss fennel, orange segments, mint, parsley, and lemon juice.
3. Serve the sea bass with the fennel-orange salad on the side.

## GREEK TURKEY MEATLOAF

### Ingredients:

- 1 lb ground turkey
- 1/4 cup almond flour
- 1 egg
- 1/4 cup diced red onion
- 2 cloves garlic, minced
- 1/4 cup chopped parsley
- 1 tbsp fresh dill, chopped
- 1 tbsp fresh oregano, chopped
- Juice and zest of 1/2 lemon
- 1/4 tsp ground cumin
- 1 tbsp olive oil

### Instructions:

1. Preheat oven to 375°F (190°C).
2. In a bowl, combine all ingredients until well mixed.
3. Shape into a loaf and place in a greased baking dish or loaf pan.
4. Bake for 35–40 minutes, until fully cooked. Serve with a side of roasted vegetables or salad.

## ROASTED CHICKEN THIGHS WITH GARLIC AND ROSEMARY

### Ingredients:

- 4 bone-in, skin-on chicken thighs
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 2 tbsp fresh rosemary, chopped
- Juice of 1/2 lemon
- 1/4 tsp smoked paprika
- Sea salt and pepper to taste

### Instructions:

1. Preheat oven to 400°F (200°C).
2. Rub chicken thighs with olive oil, garlic, rosemary, lemon juice, paprika, salt, and pepper.
3. Arrange on a baking sheet and roast for 25–30 minutes, until the skin is crispy and the meat is fully cooked.
4. Serve with a side of sautéed greens or roasted vegetables.

## CHICKEN SOUVLAKI BOWLS

### Ingredients:

- 2 chicken breasts, diced
- 1 tbsp olive oil
- 1 tbsp fresh oregano, chopped
- 1 tbsp fresh parsley, chopped
- 2 cloves garlic, minced
- Juice of 1/2 lemon
- 1 cup cooked farro or brown rice
- 1/4 cup diced cucumber
- 1/4 cup diced tomatoes
- 1 tbsp plain Greek yogurt

### Instructions:

1. Marinate chicken with olive oil, oregano, parsley, garlic, and lemon juice for 20 minutes.
2. Sauté or grill chicken over medium-high heat until fully cooked.
3. In a bowl, layer farro, chicken, cucumber, tomatoes, and a dollop of Greek yogurt. Serve immediately.

## GARLIC HERB GRILLED SCALLOPS WITH SPINACH SALAD

### Ingredients:

- 1 lb scallops
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 2 tbsp fresh parsley, chopped
- 1 tbsp fresh thyme, chopped
- Juice of 1/2 lemon
- 2 cups fresh spinach
- 1/4 cup cherry tomatoes, halved
- 1 tbsp olive oil (for salad)

### Instructions:

1. Pat scallops dry and season with a pinch of salt.
2. Heat olive oil in a skillet over medium heat. Sear scallops for 2 minutes per side until golden brown. Remove and set aside.
3. In the same skillet, sauté garlic, parsley, thyme, and lemon juice for 1 minute to make a sauce. Drizzle over scallops.
4. Toss spinach and cherry tomatoes with olive oil for a simple salad. Serve alongside scallops.

## SEAFOOD STEW

### Ingredients:

- 1 tbsp olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1/2 cup diced tomatoes
- 2 cups low-sodium fish or vegetable broth
- 1/2 lb white fish (e.g., cod or haddock), cut into chunks
- 1/2 lb shrimp, peeled and deveined
- 1/4 tsp smoked paprika
- 1/4 tsp turmeric
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh cilantro, chopped

### Instructions:

1. Heat olive oil in a pot over medium heat. Sauté onion and garlic until softened.
2. Add tomatoes, broth, paprika, and turmeric. Bring to a simmer.
3. Add fish and shrimp, cooking for 5–7 minutes, until fully cooked.
4. Stir in parsley and cilantro before serving.



# NUTRITION WORKSHEETS



## NUTRITION GOALS

START DATE:	DURATION:	END DATE:
START WEIGHT:	GOAL WEIGHT:	FINAL WEIGHT:
START BMI:	GOAL BMI:	FINAL BMI:

## MOTIVATION

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## GOALS

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## WEIGHT TRACKER

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## WEEKLY FOOD TRACKER

WEEK OF: 

	BREAKFAST	LUNCH	DINNER	SNACKS	HYDRATION	NOTES
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						

## WEEKLY FOOD TRACKER

WEEK OF: 

	BREAKFAST	LUNCH	DINNER	SNACKS	HYDRATION	NOTES
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						

## WEEKLY FOOD TRACKER

WEEK OF: 

	BREAKFAST	LUNCH	DINNER	SNACKS	HYDRATION	NOTES
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						



## WEEKLY FOOD TRACKER

WEEK OF: 

	BREAKFAST	LUNCH	DINNER	SNACKS	HYDRATION	NOTES
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						

# FASTING TRACKER

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## CALORIES TRACKER

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## SUPPLEMENT TRACKER

**WEEK OF:**

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## SYMPTOM TRACKER

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## TRIGGER TRACKER

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# BLOOD SUGAR TRACKER

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## BLOOD PRESSURE TRACKER

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## SLEEP TRACKER

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24	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<div><div></div><div></div><div></div><div></div><div></div></div>
25	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<div><div></div><div></div><div></div><div></div><div></div></div>
26	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<div><div></div><div></div><div></div><div></div><div></div></div>
27	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<div><div></div><div></div><div></div><div></div><div></div></div>
28	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>									

## PERIOD TRACKER

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
1												
2												
3												
4												
5												
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**Notes**

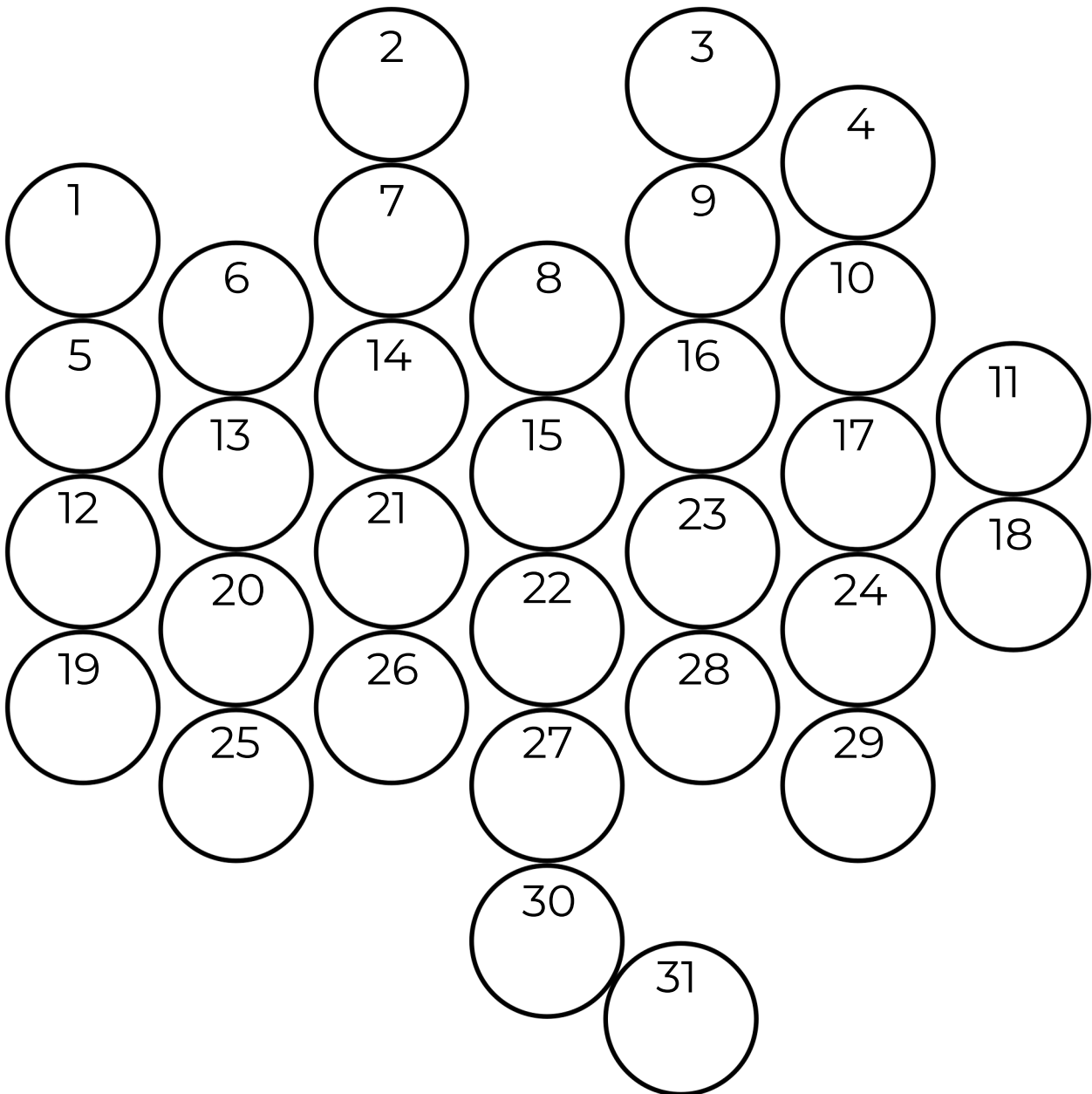
**Period Key**


**Cycle Length**

Jan		Jul	
Feb		Aug	
Mar		Sep	
Apr		Oct	
May		Nov	
Jun		Dec	

# MOOD TRACKER

Month:



Happy



Sad



Angry



Excited



Anxious



## FOOD SWAP PLANNER

## Avoid Food Brands/Products

[illegible]

## Eat Food Brands/Products

[illegible]

# WEEKLY MEAL PLANNER

Monday	B
	L
	D
Tuesday	B
	L
	D
Wednesday	B
	L
	D
Thursday	B
	L
	D
Friday	B
	L
	D
Saturday	B
	L
	D
Sunday	B
	L
	D

## SHOPPING LIST

[illegible]

## NOTES

[illegible]

B - Breakfast

L - Lunch

D - Dinner

# GROCERY LIST PLANNER

## PRODUCE

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## MEAT

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## DAIRY

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## BEVERAGES

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## BAKERY

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## PANTRY/OTHER

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## RECIPE CREATOR

**TITLE:**

## INGREDIENTS

## PREPARATIONS

[illegible]

# KITCHEN CONVERSION CHART

## DRY MEASUREMENTS

CUP	TBSP	TSP	FL OZ	ML
1	16	48	8	237
3/4	12	36	6	177
2/3	10 2/3	32	5	158
1/2	8	24	4	118
1/3	5 1/3	16	3	79
1/4	4	12	2	59
1/6	2 2/3	8	1 1/3	40
1/8	2	6	1	30
1/16	1	3	1/2	15

## LIQUID MEASUREMENTS

GAL	QT	PT	CUP	FL OZ
1	4	8	16	128
1/2	2	4	8	64
1/4	1	2	4	32
1/8	1/2	1	2	16
1/16	1/4	1/2	1	8
1/32	1/8	1/4	1/2	4
1/64	1/16	1/8	1/4	2

## WEIGHT MEASUREMENTS

OUNCES	GRAMS	OUNCES	GRAMS
1	28	6	170
2	57	7	198
3	85	8	227
4	113	9	255
5	142	10	284

## OVEN TEMPERATURES

°F	225	250	275	300	325	350	375	400	425	450	475	500
°C	110	120	140	150	170	180	190	200	220	230	240	260

## NOTES

This image shows a single page of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.



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