

# BOLSTER YOUR IMMUNITY— NOW, *Naturally*

Your Guide  
to Immune  
Health During  
the Winter  
Season  
*and Beyond*



**Clean Eating**

**now**<sup>®</sup>  
Live Happy. Live Healthy. Live NOW.

# WHY NOW?

## INNOVATIONS

With an organic 65:1 *Sambucus nigra* juice concentrate, prebiotic fiber, and vitamin C, our unique ElderMune™ wellness supplement offers the immune system support you are looking for this season.\* The unique process used to create this juice concentrate preserves elderberry's native bioactive polyphenols and anthocyanins, and prebiotic fiber is included to replace the fiber lost during the juicing process. Plus, we've added 200 mg of vitamin C for extra antioxidant power!\*

[nowfoods.com/eldermune](http://nowfoods.com/eldermune)

VEGAN IMMUNE SUPPORT!\*



**now**®  
Live Happy. Live Healthy. Live NOW.



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# Clean Eating

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## **Immunity Basics: Stay Strong, All Winter Long And Beyond**

As we enter the start of winter, it's more important than ever to shore up your resistance—and that starts with a strong, balanced immune system. Made up of a finely tuned network of organs, cells, tissues and proteins, the immune system is the first line of defense against thousands of threats we face every day.

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## BOLSTER YOUR IMMUNITY NOW, NATURALLY

**W**orking quietly and tirelessly, it fights off pathogens, neutralizes harmful substances from the environment and protects against disease-causing changes in the body, without you even noticing.

In general, your immune system works seamlessly and effectively. But factors like poor diet, lack of sleep, excess stress and environmental pollutants diminish natural resistance. Even the normal process of aging impacts immunity, lessening the body's ability to fight off disease. And seasonal factors take their toll: viruses survive better in winter's cold, dry air, and we tend to spend more time indoors and in enclosed spaces, increasing the risk of

infection. Plus dry indoor heat irritates the respiratory system, making us that much more vulnerable. So even the hardest immune system needs support—especially during winter's germiest worst.

The good news: you can bolster your body's immunity, naturally. Start with a nourishing diet and balanced lifestyle that includes stress reduction, regular exercise and adequate sleep. Then include supplemental support to ensure you're getting all the nutrients and other substances necessary to optimize immune response and protect against seasonal challenges. Stay strong all winter long, with this guide to bolstering immune health.



PHOTO BY PROSTOCK-STUDIO/SHUTTERSTOCK.COM

# EATING FOR IMMUNITY:

## Infection protection, on your plate

Protection against winter infection starts with your diet. A variety of vitamins, minerals and other nutrients are essential for optimizing immune function and bolstering resistance to pathogens. For the best defense, fill your plate with these nutrient-dense, immune-enhancing choices:

**Yogurt** is naturally rich in probiotics, beneficial bacteria that protect against viruses and other pathogens and enhance the body's immune response. It's also a good source of selenium, zinc and other nutrients that play a role in immunity; some varieties also contain vitamin D.



**ON YOUR PLATE:**

choose plain or low-sugar brands and look for the "live and active cultures" seal; avoid those that have been pasteurized or heat-treated after culturing, which destroys beneficial bacteria. If you don't eat dairy, kimchi, tempeh, miso, kombucha, water kefir and traditionally fermented sauerkraut are also high in beneficial probiotics.



**Brazil nuts** are one of the best food sources of selenium, a mineral that supports immune health and boosts the body's resistance to infection. Just one Brazil nut contains as much as 90 mcg of selenium—about 165 percent of the daily value—as well as zinc and other nutrients that keep your immune system strong.



**ON YOUR PLATE:**

because Brazil nuts are so high in selenium, don't overdo it; eat them in reasonable amounts to avoid toxicity. If you don't eat nuts, tuna, halibut, sardines, beef, poultry, cottage cheese and brown rice are also high in selenium.



**Apples** are an excellent source of quercetin, an antioxidant that enhances immune cell function, modulates inflammation and protects against viruses. Apples also contain vitamin C and a variety of powerful antioxidants that regulate inflammation and support immune health.



**ON YOUR PLATE:**

because quercetin is concentrated in apple peels (though the flesh is high in vitamin C), choose organic varieties and eat the peels. Older cultivars, or heirloom apples, may be higher in antioxidants than newer cultivars, like Braeburn or Golden Delicious, and the quercetin content tends to be greater earlier in the season. You'll also find quercetin in red onions, blueberries, cranberries, broccoli and green tea.





**Shiitake mushrooms** are rich in polysaccharides, compounds that support immune cell activity, regulate inflammation and boost the body's potential for fighting pathogens. In one study, people who ate shiitakes daily significantly improved their immunity. Shiitakes are also a good source of zinc and other immune-boosting nutrients.



**ON YOUR PLATE:** look for fresh shiitakes with thick, slightly domed caps, and sauté them or add to soups and stews; some studies suggest cooking significantly increases their polysaccharide content. While medicinal mushrooms, like reishi, maitake and turkey tail, have the highest amounts, cremini mushrooms, portabellas and white button mushrooms are also rich in polysaccharides and other immune-supportive compounds.

**Strawberries** are high in vitamin C, a potent antioxidant with antimicrobial and anti-inflammatory properties. Vitamin C modulates inflammation and enhances several aspects of the immune response, and deficiencies have been linked with impaired immune function and increased susceptibility to infections. Strawberries are also rich in anthocyanins and ellagitannins, antioxidants that protect against free radical damage, modulate inflammation and support immune health.



**ON YOUR PLATE:** choose the freshest strawberries possible, for the best vitamin C and antioxidant potential; some studies also suggest organically-grown strawberries have higher antioxidant content, and freeze-drying may also increase antioxidant levels. Red and green peppers, broccoli, tomatoes, kiwi, citrus fruits and Brussels sprouts are also great sources of vitamin C.



**Oysters** are exceptionally high in zinc, a powerful antioxidant that supports the production of infection-fighting white blood cells and can protect against viruses; even mild deficiencies in zinc can increase the risk of infection. Oysters are also rich in additional nutrients that play an important role in immunity, including vitamin B<sub>12</sub>, selenium and vitamin D.



**ON YOUR PLATE:** buy fresh oysters directly from a seafood supplier or fish market, rather than a grocery store, and use them within 24 hours. Or choose canned oysters for extra convenience. While they're exceptionally high in zinc—6 medium oysters contain about 300 percent of the daily value—they're not the only source. If oysters aren't your thing, red meat, poultry, tofu, hemp seeds, chickpeas, yogurt, oatmeal and shiitakes are excellent ways to get zinc.



**Sardines** are loaded with EPA and DHA, omega-3 fats that modulate inflammation and support immune health. They're also rich in B-vitamins as well as vitamin E, vitamin D and other nutrients vital for immunity.



**ON YOUR PLATE:** look for water-packed sardines, and choose bone-in versions for extra calcium, which plays an important role in immune response. Salmon, herring, mackerel and tuna are also loaded with omega-3s. If you don't eat animal products, walnuts, flaxseeds and chia seeds are rich in ALA omega-3 fats, which are converted by the body to EPA and DHA.

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**Sweet potatoes** are rich in beta carotene, an antioxidant that plays a crucial role in immune function. It's converted by the body to vitamin A, which enhances the activity of immune cells and supports overall immune health. Sweet potatoes also contain other carotenoids that directly influence the immune response, as well as vitamin C, B vitamins, fiber and other immune-boosting nutrients.



**ON YOUR PLATE:**

many studies suggest fats promote the absorption of beta-carotene and other nutrients, so serve cooked sweet potatoes with olive oil or other healthy fats to maximize nutrient availability. Other great ways to get beta carotene: carrots, butternut squash, apricots, red bell peppers and dark, leafy greens. You'll find vitamin A in animal products, especially liver, salmon, tuna, goat cheese and cheddar.



**Green tea** is packed with antioxidants, especially epigallocatechin (EGCg), a powerful compound that protects against viruses, enhances immune cell activity and strengthens the immune system. Green tea also contains L-theanine, a compound that enhances immune function.



**ON YOUR PLATE:** choose organic green tea and, for the greatest concentration of beneficial compounds, look for matcha—a powder made from finely-ground young tea leaves. In one study, the catechin content of matcha was as much as 137 times higher than in other types of green tea. EGCg occurs mostly in green tea, but you'll find small amounts, along with other catechins, in black tea, red wine, blackberries, cherries, pears, cherries and purple sweet potatoes.

**Almonds** are an excellent source of vitamin E, an antioxidant that regulates immune cell function and inflammation, enhances the immune response and can reduce the risk of infection. Almonds also contain zinc, selenium and other nutrients that strengthen the immune system.



**ON YOUR PLATE:** choose dry-roasted almonds to avoid added fats and salt. If you buy raw almonds or almond butter, stick to organic varieties; conventional raw almonds often use chemicals in the pasteurizing process. Hazelnuts, almonds and pine nuts are also high in vitamin E; if you don't eat nuts, sunflower seeds, spinach, avocado, wheat germ, Swiss chard, butternut squash and broccoli are great choices.



# SUPPLEMENTAL SUPPORT:

## Nutrients To Help You Thrive

A healthy diet and lifestyle are critical for a potent, balanced immune system. But no matter how finely-tuned your habits are, you may need a little extra help. This winter, reinforce your resistance: bolster immunity and support your body, with these **supplements**.\*



### Vitamin C.

Also known as ascorbic acid, this versatile antioxidant protects cells from free-radical damage and supports the immune system.\* It's available in a wide variety of fruits and vegetables—but for optimal resistance, you may need more than you can find in food. Make sure you're getting the most out of your vitamin C supplement, with a product that includes nutrients to improve absorption and availability. **NOW® AlphaSorb-C** uses threonic acid, a vitamin C metabolite shown to support cellular uptake of vitamin C, as well as alpha lipoic acid—a free-radical scavenger that can help regenerate vitamin C in the body and may also enhance its utilization.\*



### Vitamin D.

This fat-soluble vitamin is critical for healthy immune function, and deficiencies are linked with impaired ability to resist infection.\* The body naturally produces vitamin D when skin's exposed to the sun. But during winter months, when there's less sunlight and you're indoors more, you may need a supplement—especially because vitamin D isn't widely available in foods. Additionally, scientific debate suggests the current recommendations for vitamin D may not be enough. **NOW® Vitamin D-3 High-Potency Softgels** can support immune health during dark winter months, in a highly-absorbable liquid softgel form.\* If you're vegan or avoid animal products, **NOW® Vitamin D-2 Veg Capsules** contain ergocalciferol, a vegetarian form of vitamin D derived from plant sources.

ORANGE SLICE BY TIM URSHUTERSTOCK.COM, WOMAN WITH SUPPLEMENT BY ANTONIO GUILLEM/SHUTTERSTOCK.COM

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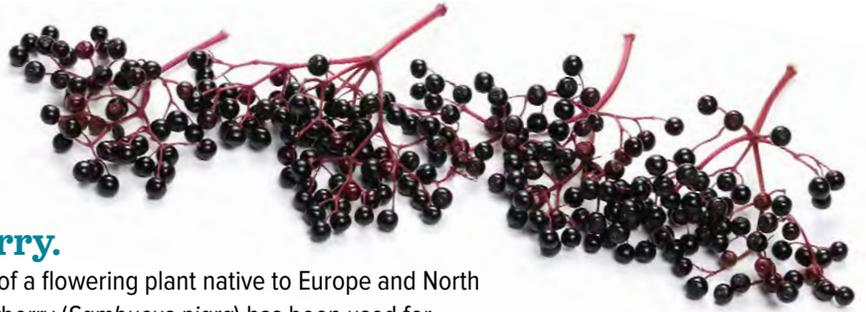
### Quercetin and Bromelain.

Quercetin, a free radical neutralizer naturally found in apples, onions, green tea and other foods, protects against free radical damage, enhances immune system health and can help promote normal respiratory function.\* Bromelain, an enzyme derived from pineapple, has a long history of use in herbal medicine, and is known to support balanced immune function in response to environmental challenges.\* **NOW® Quercetin with Bromelain** combines both, to strengthen seasonal immunity and promote year-round respiratory health.\*



### Indole-3-Carbinol.

Indole-3-carbinol (I3C) is a sulfur-containing compound abundant in cruciferous vegetables like cabbage, broccoli and cauliflower. In the body, I3C is converted to diindolemethane (DIM) as well as other compounds that protect against free radicals and support a healthy immune response.\* If your daily diet doesn't include lots of cruciferous vegetables, an I3C supplement can help. **NOW® Indole-3-Carbinol** is blended with lignans—immune-enhancing phytoestrogens from flaxseeds—to keep your immune system strong during winter's worst.\*



### Elderberry.

From the fruit of a flowering plant native to Europe and North America, elderberry (*Sambucus nigra*) has been used for centuries in traditional herbal medicine to maintain health and well-being.\* The berries are rich in naturally occurring antioxidants that protect against free radicals and enhance and support the immune system.\* **NOW® Elderberry Liquid** is an alcohol-free form of elderberry that's great for kids. **NOW® ElderMune™** capsules are made with a unique process that helps to preserve the bioactive polyphenols and anthocyanins in to elderberry, then blended with Sunfiber®, a prebiotic fiber, to replace the fiber lost during the juicing process.



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### Beta-Glucans.

A type of fiber found in the cell walls of plants, beta-glucans are biologically active compounds that enhance immune cell function and support a healthy immune response.\* Beta-glucans vary in structure, which impacts their biological activity, so the form is important. Beta-1,3/1,6-D-glucan from *Saccharomyces cerevisiae*, commonly known as bakers' yeast, has been shown to maintain and strengthen several aspects of the body's normal immune functions.\* While beta-glucans are found in some foods, it's difficult to get enough from your diet—especially the beta-1,3/1,6-D-glucan form that's most effective for healthy immune function.\* **NOW® Beta-1,3/1,6-D-Glucan** can support your natural defenses this winter.\* For even more protection, **NOW® Beta-Glucan with ImmunEnhancer™** has an immune-supporting polysaccharide extracted from the larch tree plus maitake mushrooms, which may help to promote a healthy immune response.\*



### OralBiotic®.

One role probiotics—beneficial bacteria in the digestive system—are known for is to support a healthy immune system.\* But these protective organisms aren't just in the gut; beneficial bacteria in the mouth defend the oral cavity, the initial point of entry to the body.\* *S. salivarius* is among the most prevalent beneficial bacteria in the mouth and one strain, called BLIS K12®, is especially powerful.\* When taken regularly, BLIS K12® colonizes the mouth and throat and helps maintain the natural defense system of the oral cavity; clinical trials show BLIS K12® can support the maintenance of mouth, ear, nose and throat health in children.\*

**NOW® OralBiotic® Lozenges** blend BLIS K12® with FOS (fructooligosaccharides), a probiotic that nourishes beneficial bacteria.\* And they're sweetened with xylitol.



### Colostrum.

This nourishing fluid is produced by mammals as food for the newborn in the few days after birth, before milk production begins. It's abundant in a variety of biologically active proteins, including immunoglobulins, lactoferrin and other factors that support a balanced immune system.\* And studies have shown colostrum may also promote healthy gastrointestinal function and gut bacteria, for added immune support.\* Because you can't get colostrum from your daily diet, **NOW® Colostrum Veg Capsules** can help.\* Or try **NOW® Super Colostrum**, a blend of colostrum, ImmunEnhancer™, and immune-supportive olive leaf and astragalus, to maximize your defenses.\*

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## BOLSTER YOUR IMMUNITY NOW, NATURALLY



### Zinc.

This essential mineral plays a role in the production of immune cells, protects against free radicals and enhances immune system function.\* It's found in a variety of foods, but some people—including vegans, vegetarians, or those with a compromised digestion—may have trouble getting enough. Because bioavailability of zinc is relatively poor, **NOW® Zinc Glycinate** is chelated to improve absorption and bioavailability, in an easy-to-swallow softgel. And **NOW® Elderberry & Zinc Lozenges** combine the immune-supportive potential of both elderberry and zinc, plus vitamin C, echinacea, bee propolis and slippery elm bark for extra protection.\*



### Garlic.

Garlic possesses organosulfur compounds called alliin and allicin, powerful sulfur-bearing phytochemicals that support immune health, act as free radical neutralizers and promote a balanced Immune response.\* **NOW® AlliBiotic CF™** combines potent garlic extracts with other immune-supportive botanicals—including elderberry, olive leaf extract and oregano oil—for additional reinforcement.\* AlliBiotic CF™ also includes ImmunEnhancer™ to encourage healthy intestinal flora, a key component of normal immune function.\*



### Mushrooms and Astragalus.

Medicinal mushrooms like reishi, maitake, turkey tail and lion's mane have been long been respected and scientifically studied for their health-enhancing effects; they're abundant in beta-glucans and other compounds shown to support a normal immune response.\* Astragalus, an adaptogenic herb used for centuries in traditional Chinese herbalism, also supports healthy immunity.\* **NOW® Immune Renew** combines a specialized blend of eight mushrooms optimized for beta-glucans, with a standardized astragalus extract, to deliver the natural nutrient profile found in whole foods and support immune health.\*

# HEALTHY HABITS:

## Six lifestyle factors that impair immunity

Are less-than-ideal routines hampering your body's ability to protect itself? Support your immune system during winter's worst, with these six healthy lifestyle habits.



# 1

**Stress less.** Chronic anxiety, worry and tension dampen immunity and lower your body's ability to fight off infection. Short-term, minor pressures aren't cause for concern—but ongoing stressors, like a demanding job or troubled relationship, lead to low-grade, chronic inflammation, suppress immune response and decrease your resistance. Tame your tension: adjust your lifestyle to minimize stressors, and incorporate relaxing mind-body practices like yoga, meditation or journaling. And try safe, soothing supplements that ease tension and promote calm.



# 2

**Sleep better.** Regular, restful shut-eye is key to immunity, and chronic lack of sleep can increase your susceptibility to infection. Quality is as important as quantity; in one study, people who slept less than seven hours a night were significantly more likely to catch a cold, and those who slept poorly were more than five times more susceptible. If you struggle with sleep, try a gentle, effective herb or supplement to ease your way into sounder slumber.

# 3

**Move more.** Regular, moderate-intensity exercise enhances immunity, improves resistance and may reduce the risk and severity of viral and respiratory infections. Excessive exercise, on the other hand, negatively impacts the immune system and may increase the likelihood of infections, especially those of the respiratory tract. Plus, exercise reduces stress and improves sleep, important for immune health. Keep it balanced: shoot for 30 minutes to an hour a day of moderate-intensity movement like walking, biking, hiking or dancing.



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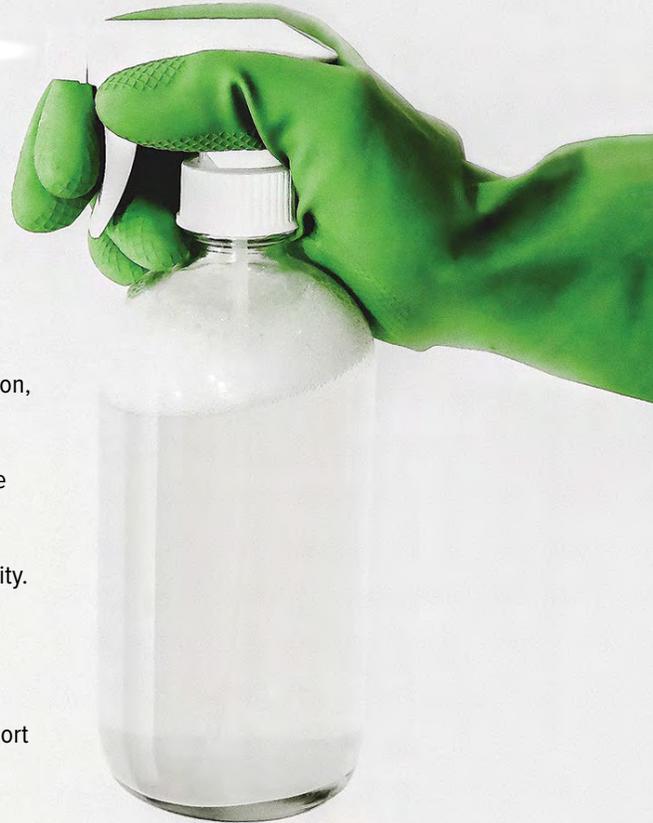


# 4

**Balance weight.** Excess body fat is linked with low-grade, chronic inflammation, and being overweight or obese can impair your body's resistance to pathogens and alter overall immune function. If you're obese, your body's own fat cells can set off a complex series of inflammatory events that interfere with normal immune response. Obesity also alters immune cell function, impacts hormones involved in immunity, and disrupts lymph tissue—a critical component of the immune system. Studies also suggest obesity is an independent risk factor for increased morbidity and mortality after infection with the flu virus. If you're overweight or obese, make healthy weight a priority, with a balanced, whole-foods diet, physical activity and safe supplements that support weight loss.

# 5

**Live clean.** Exposure to environmental pollutants has a profound effect on immune function, and certain toxins—like cigarette smoke, diesel exhaust and other air pollutants—can impair immune response. Phthalates in plastics, household cleaners and personal care products also disrupt immunity. Protect yourself: minimize or eliminate exposure to cigarette smoke, air pollution and other toxins, use natural cleaners and personal care products, and support your body's normal detoxification pathways with supplements.



# 6

**Curb cocktails.** Alcohol disrupts the immune system and impairs the body's ability to fight infection, and studies link excessive alcohol consumption with significant alterations in immune response and increased susceptibility to viral and bacterial infections. Heavy drinking also interferes with defense mechanisms in the gut and respiratory system and hampers the actions of certain immune cells. And excessive alcohol consumption depletes nutrients key to a healthy immune system and lessens quality of sleep, further weakening immunity. If you're a drinker, limit alcohol to one drink per day for women, two for men.



# MIND-BODY IMMUNITY

## Whole-self ways to support your system

For optimal immune function, it's not just what you eat or how you live; more and more research suggests mind-body practices that focus on relaxation and stress-relief are key to a strong, balanced immune response.

The premise of mind-body medicine: mental state influences physical health. While the exact mechanisms are unknown, research suggests practices like meditation impact the brain and central nervous system's influence on immunity. A regular meditation practice can reduce inflammation, regulate stress, support gut-barrier function and improve sleep—critical components of a healthy immune system. Other studies suggest yoga also improves immune function by lowering stress, taming inflammation and regulating chemicals involved in immune response. Tai Chi and Qigong practices have similar effects.

For whole-self immune support, look for an online yoga, Tai Chi or Qigong class, especially one that focuses on slow, deep breathing and relaxation. And add a simple morning (or evening) meditation practice to your daily routine. Try this: in a comfortable seated position, close your eyes and consciously relax any areas of tension in your body. Start with long, slow inhales and exhales through your nose. Or try a technique called the 4-7-8 breath to ease stress and promote relaxation: inhale gently through the nose for 4 seconds; hold the breath for 7 seconds, then exhale forcefully through the mouth for 8 seconds. Set a timer so you don't have to watch the clock; start with five minutes, gradually increasing the time by a minute every few days until you can sit for 20 minutes (or longer).

# IMMUNE- BOOSTING MEALS: 13

recipes to  
improve  
your  
resistance

Bolster your  
resistance, in the  
most delicious  
ways, with these easy,  
immune-boosting  
recipes for everyone.

**BRAZIL  
NUT BREAD**  
with Honey  
Butter  
*Recipe page 26*



## Roasted Salmon Teriyaki

with Broccoli

**P** **Q** **GF**

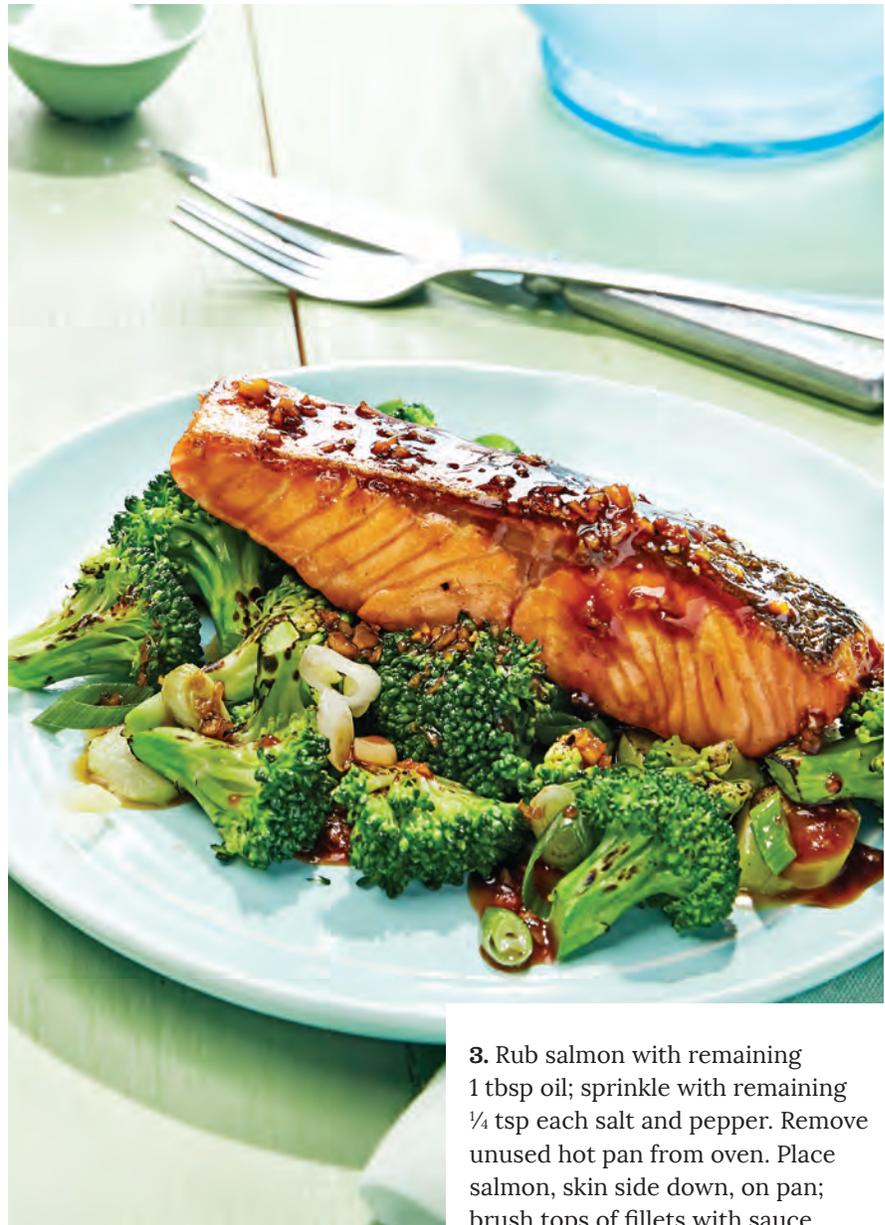
SERVES **4**.

HANDS-ON TIME: **15 MINUTES**.

TOTAL TIME: **30 MINUTES**.

- 1 large** head broccoli (about 1¼ lb), cut into small florets, stems peeled and sliced
- 2** green onions, sliced, white/light green and dark green parts divided
- 3 tbsp** avocado oil, divided
- ½ tsp** sea salt, divided
- ½ tsp** ground black pepper, divided
- 2 cloves** garlic, minced
- 2 tsp** minced fresh ginger
- ⅓ cup** coconut aminos
- 1 tbsp** fresh orange juice
- 1½ tsp** raw honey
- ½ tsp** arrowroot
- 4 4-oz** skin-on wild salmon fillets, patted dry

**1.** Preheat oven to 400°F; place 2 baking sheets in oven as it heats. Meanwhile, in a large bowl, toss together broccoli florets and stems, white and light green parts of onions, 1 tbsp oil, ¼ tsp salt and ⅛ tsp pepper. Remove one of the hot pans from oven and spread broccoli mixture on top. Return to oven and roast, stirring once, for 10 minutes.



**2.** Meanwhile, in a small, unheated skillet, combine 1 tbsp oil, garlic and ginger; warm on medium-low. When mixture begins to sizzle, cook for 30 seconds, then immediately whisk in coconut aminos, orange juice and honey. Whisk arrowroot with 2 tsp water until smooth; whisk into sauce. Bring to a boil, reduce heat to low and cook, whisking, until thickened, about 1 minute. Season with ⅛ tsp pepper. Transfer to 2 small bowls.

**3.** Rub salmon with remaining 1 tbsp oil; sprinkle with remaining ¼ tsp each salt and pepper. Remove unused hot pan from oven. Place salmon, skin side down, on pan; brush tops of fillets with sauce from one of the bowls, discarding remaining sauce from that bowl. Roast until salmon flakes easily with a fork and broccoli is tender and lightly browned, 10 to 12 minutes. Divide broccoli mixture among 4 plates; arrange salmon over top and sprinkle with reserved dark green parts of onions. Serve with remaining sauce on the side.

**PER SERVING** (¼ of recipe): Calories: 277, Total Fat: 14 g, Sat. Fat: 2 g, Monounsaturated Fat: 8 g, Polyunsaturated Fat: 3 g, Carbs: 12 g, Fiber: 3 g, Sugars: 7 g, Protein: 25 g, Sodium: 596 mg, Cholesterol: 53 mg

## Coconut Matcha Latte

**P** **Q** **V** **GF**

SERVES **4**.

HANDS-ON TIME: **15 MINUTES**.

TOTAL TIME: **15 MINUTES**.

**1 13.5-oz** BPA-free can full-fat coconut milk

**1¼ cups** water

**2 tsp** matcha powder

**1 tsp** pure vanilla powder

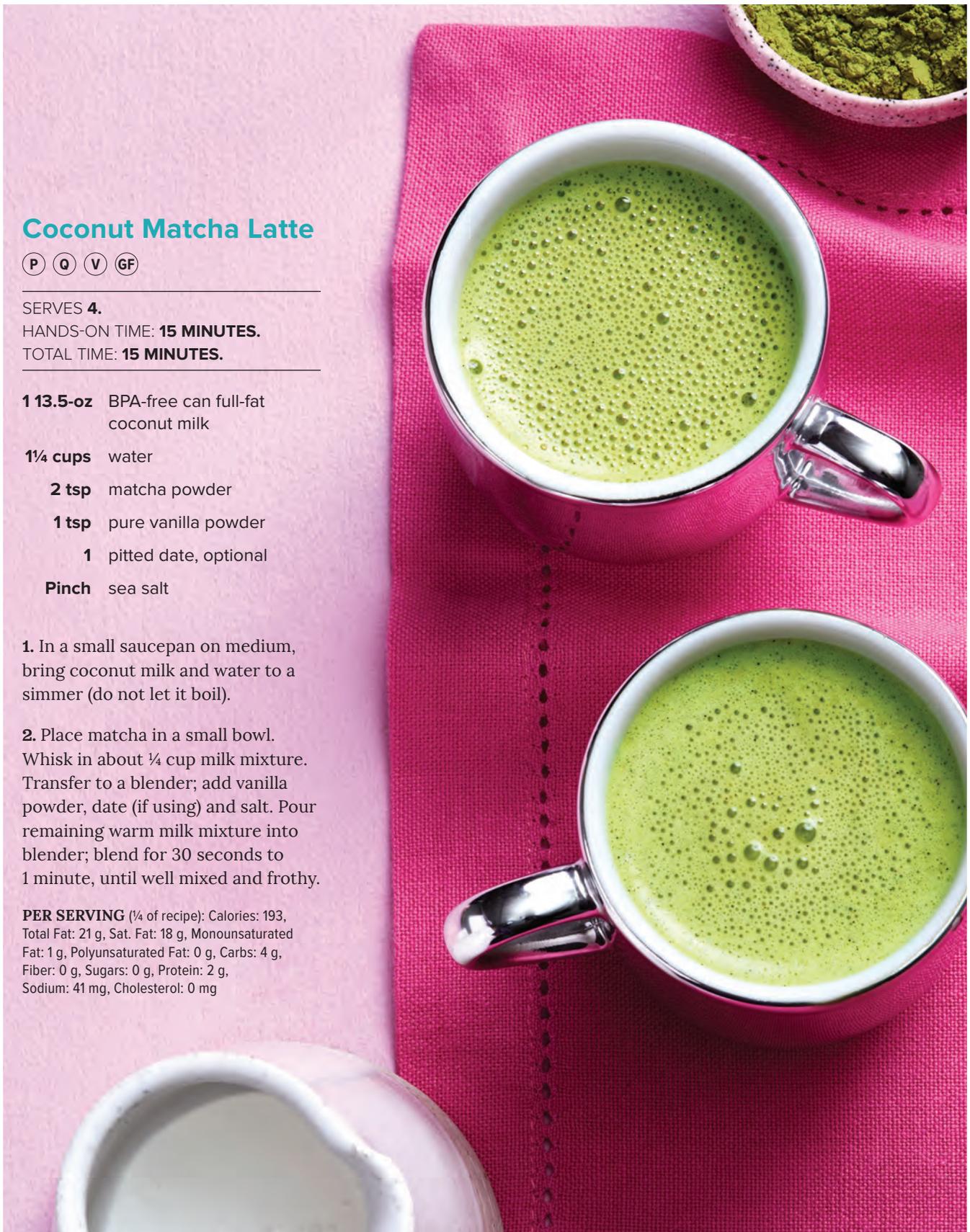
**1** pitted date, optional

**Pinch** sea salt

**1.** In a small saucepan on medium, bring coconut milk and water to a simmer (do not let it boil).

**2.** Place matcha in a small bowl. Whisk in about ¼ cup milk mixture. Transfer to a blender; add vanilla powder, date (if using) and salt. Pour remaining warm milk mixture into blender; blend for 30 seconds to 1 minute, until well mixed and frothy.

**PER SERVING** (¼ of recipe): Calories: 193, Total Fat: 21 g, Sat. Fat: 18 g, Monounsaturated Fat: 1 g, Polyunsaturated Fat: 0 g, Carbs: 4 g, Fiber: 0 g, Sugars: 0 g, Protein: 2 g, Sodium: 41 mg, Cholesterol: 0 mg





## Sweet Potato Chickpea Hash

Q V GF

SERVES 2. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 40 MINUTES.

- 1½ large** sweet potatoes, diced
- 2 cups** canned chickpeas, drained
- ½ small** yellow onion, diced
- 1** red bell pepper, diced
- 2 cloves** garlic, minced
- 2 tbsp** coconut oil, melted
- ½ tsp** each ground cinnamon, sea salt and ground black pepper
- Pinch** chili powder blend
- 2 cups** loosely packed baby spinach, divided

**1.** Preheat oven to 425°F. Line a baking sheet with parchment paper.

**2.** In a large bowl, combine sweet potato, chickpeas, onion, bell pepper, garlic, oil, cinnamon, salt, pepper and chili powder until well mixed. Spread mixture in an even layer on baking sheet. Bake until sweet potatoes are tender, 20 minutes.

**3.** Separate mixture into 2 portions and store in the refrigerator. When ready to eat, add 1 cup spinach to 1 portion of the hash and toss together on baking sheet or skillet. Reheat in the oven or on the stove top until just heated through.

**PER SERVING** (½ of recipe): Calories: 464, Total Fat: 18 g, Sat. Fat: 12 g, Carbs: 64 g, Fiber: 16 g, Sugars: 16 g, Protein: 15 g, Sodium: 868 mg, Cholesterol: 0 mg

## Quinoa Crunch Yogurt Parfaits

P F Q V GF W<sub>30</sub> GF<sub>A</sub>

SERVES **6**. HANDS-ON TIME: **20 MINUTES**.

TOTAL TIME: **1 HOUR, 5 MINUTES\***

\*PLUS COOLING TIME.



- ½ cup** dry quinoa
- ½ cup** rolled oats
- ¼ cup** unsweetened shredded coconut
- 2 tbsp** black or white chia seeds
- ½ tsp** ground ginger
- ½ tsp** ground cinnamon
- ¼ cup** unsweetened applesauce
- 1** egg white
- Olive oil cooking spray
- 3 cups** plain yogurt
- 3 tsp** pure maple syrup, or to taste
- 3 cups** blueberries

### EQUIPMENT:

- 6** 12-oz glass jars with lids

**1.** Preheat oven to 300°F and line a 9 x 13-inch rimmed baking sheet with parchment paper.

**2.** In a large bowl, combine quinoa, oats, coconut, chia, ginger and cinnamon. Stir to combine. Mix in applesauce. In a small bowl, beat egg white with a fork until foamy. Stir into quinoa mixture. Spread mixture on sheet in an even layer. Mist with cooking spray. Bake for 45 to 50 minutes, stirring every 10 minutes, until browned and almost crisp. Remove from oven and set aside to cool in tray, about 20 minutes (it will crisp up further upon cooling).

**3.** Spoon ½ cup yogurt into each jar. Drizzle ½ tsp maple syrup over yogurt in each jar. Top each with ½ cup blueberries and ½ cup quinoa crunch. Screw on lids and refrigerate for up to 4 days.

**NUTRIENTS PER SERVING** (1 jar): Calories: 252, Total Fat: 9 g, Sat. Fat: 5 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 2 g, Carbs: 36 g, Fiber: 5 g, Sugars: 17 g, Protein: 9 g, Sodium: 69 mg, Cholesterol: 16 mg



## Shiitake “BLT” Sandwich

**P F Q V GF W30 GF A**

SERVES 2.

- 6 oz** thinly sliced shiitake mushroom caps
- 2 tbsp** avocado oil
- 1 tbsp** coconut aminos
- ¼ tsp** smoked paprika
- ½ tsp** sea salt
- 4 slices** sourdough bread, lightly toasted if desired
- 4** Bibb lettuce leaves
- 4 slices** beefsteak or Roma tomato
- ½ small** avocado, thinly sliced

### MAYONNAISE

- 2 large** egg yolks
- 1 tsp** fresh lemon juice
- 1 tsp** apple cider vinegar
- ½ tsp** Dijon mustard
- ½ tsp** raw honey
- ¼ tsp** smoked paprika
- 1 tsp** turkey tail mushroom powder, optional
- ¼ tsp** sea salt, plus additional if desired
- ½ cup** safflower oil

**1.** Preheat oven to 375°F. Meanwhile, line a large baking sheet with parchment paper. Prepare shiitake bacon: Toss shiitake caps with avocado oil, coconut aminos, ¼ tsp paprika and ½ tsp salt. Spread in a single layer on baking sheet and bake until golden and beginning to crisp, 25 to 30 minutes, stirring once or twice during baking time. (Bacon will crisp up further as it cools.)

**2.** Prepare mayonnaise: In a medium bowl, whisk together egg yolks, lemon juice, vinegar, mustard, honey, ¼ tsp paprika, mushroom powder (if using) and ¼ tsp salt until well combined. Gradually drizzle in oil in a fine stream, whisking constantly to make sure mixture is emulsifying. When mixture is emulsified, season with additional salt, if desired. **(NOTE:** You can also process all ingredients in a food processor until emulsified, 5 to 10 minutes, stopping to scrape down sides of bowl several times.)

**3.** Place 1 slice of bread on each of 2 plates. Spread about 1 tbsp mayo on each bread slice. Top each evenly with lettuce, tomato and avocado. Press shiitake bacon on top. Top each slice with another piece of bread.

**PER SERVING** (1 sandwich): Calories: 516, Total Fat: 34 g, Sat. Fat: 4 g, Monounsaturated Fat: 17 g, Polyunsaturated Fat: 11 g, Carbs: 45 g, Fiber: 7.5 g, Sugars: 4 g, Protein: 10 g, Sodium: 897 mg, Cholesterol: 37 mg



## Apple, Frisée & Radicchio Salad

with Lemon Kefir Dressing

P F Q V GF W30 GF A

SERVES 4. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 25 MINUTES.

- |   |  |  |
|---|--|--|
| <p><b>1 large</b> shallot, diced small</p> <p><b>3 tbsp</b> fresh lemon juice</p> <p><b>2 tbsp</b> roasted walnut oil or extra-virgin olive oil</p> <p><b>2 tbsp</b> grape seed oil</p> <p><b>5 tbsp</b> whole-milk kefir</p> <p><b>10 oz</b> frisée (2 small heads), cored and leaves cut into 1-inch pieces</p> <p><b>4 oz</b> radicchio (½ small head), halved lengthwise and cut into ⅓-inch slices</p> <p><b>7 small</b> radishes (preferably the French variety, if available), quartered</p> | <p><b>2</b> Persian cucumbers, sliced in half lengthwise and cut diagonally (¼-inch thickness)</p> <p><b>2</b> apples (Fuji, Pink Lady or Honeycrisp), cored and sliced into ⅛-inch slices</p> <p><b>¾ cup</b> roughly chopped fresh flat-leaf parsley</p> <p><b>⅓ cup</b> fresh mint leaves, roughly chopped</p> <p><b>½ cup</b> toasted unsalted walnuts, roughly chopped</p> <p>Kosher salt (or sea salt) and ground black pepper, to taste</p> | <p><b>1.</b> In a small container with a tight-fitting lid, combine shallot, lemon juice, walnut and grape seed oil, close lid tightly; shake well. Add kefir and shake again.</p> <p><b>2.</b> In a large bowl, combine frisée, radicchio, radishes, cucumbers, apples, parsley, mint and walnuts. Pour dressing over top and toss. Season with salt and pepper.</p> <p><b>PER SERVING</b> (¼ of recipe): Calories: 302, Total Fat: 23 g, Sat. Fat: 3 g, Monounsaturated, Fat: 4 g, Polyunsaturated Fat: 15 g, Carbs: 24 g, Fiber: 7 g, Sugars: 13 g, Protein: 5 g, Sodium: 115 mg, Cholesterol: 2 mg</p> |
|---|--|--|

## Sweet Potato Puttanesca

with Chicken & Swiss Chard

P F Q V GF W 36 GF A

SERVES 4. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 30 MINUTES.



- 3 large** sweet potatoes, peeled
- 2½ tsp** olive oil
- 1** clove garlic, minced
- 1½ lb** boneless, skinless chicken breasts, thinly sliced
- 2 15-oz** BPA-free cans unsalted diced tomatoes
- ¼ cup** sliced pitted black olives
- 2 tbsp** capers, drained
- Pinch** each sea salt, ground black pepper, chile powder, ground cayenne pepper and paprika
- 1 bunch** Swiss chard, stems removed and chopped (about 3 cups)
- 2 tbsp** slivered unsalted almonds, toasted
- 1½ tbsp** finely chopped fresh basil leaves

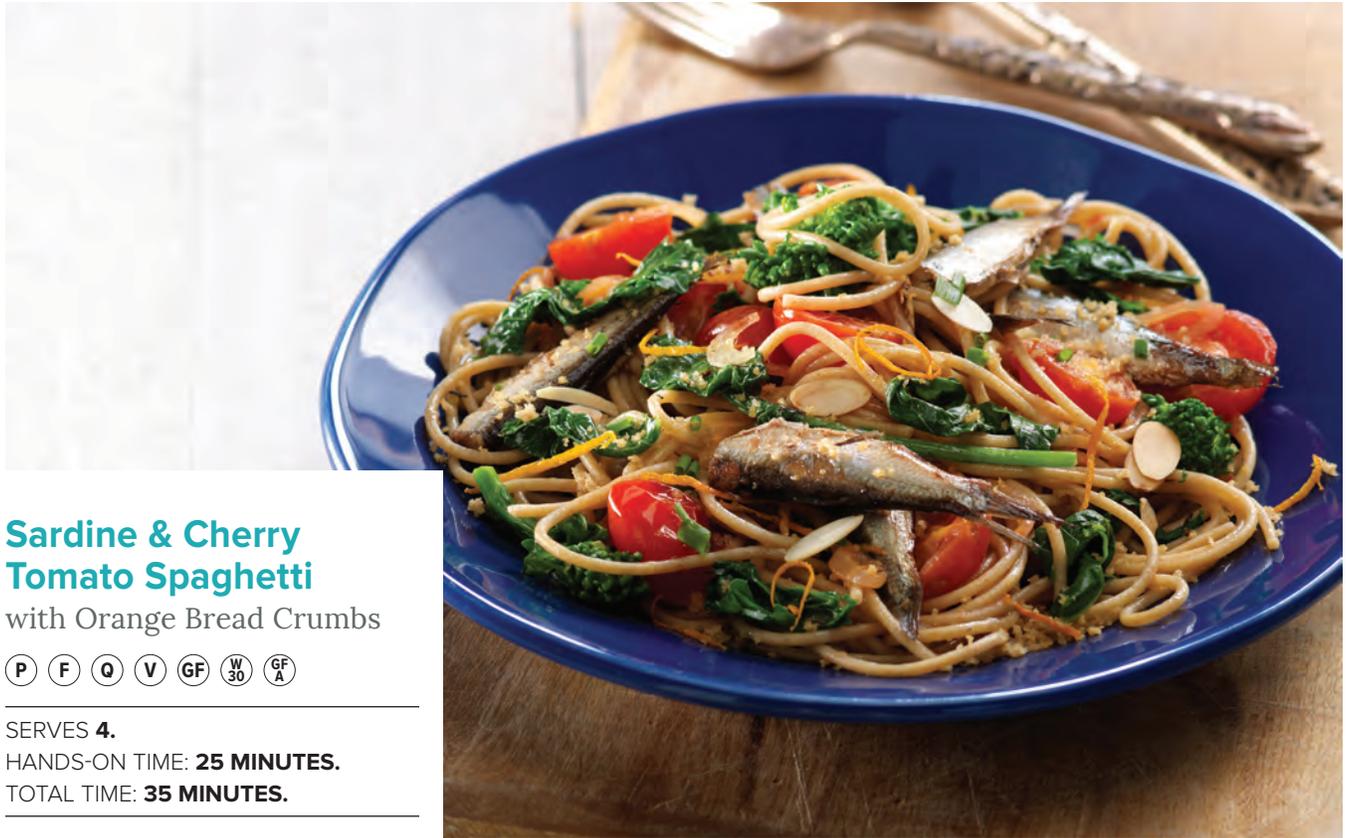
**1.** Slice ends off sweet potatoes.

Working one at a time, secure sweet potato in a spiral slicer and turn the crank to create noodles.

**2.** In a large skillet on medium, heat oil. Add garlic and cook for 30 seconds. Add chicken and sauté until cooked through, about 7 minutes. Transfer chicken to a plate. To skillet, add tomatoes, olives, capers, salt, black pepper, chile powder, cayenne and paprika. Cook for 5 to 7 minutes more or until heated through. Add sweet potato noodles and Swiss chard; stirring to combine. Cook until sweet potato noodles are tender and chard is wilted, about 5 to 7 minutes more. Return chicken to skillet and heat through.

**3.** Divide mixture among plates. Garnish with almonds and basil.

**NUTRIENTS PER SERVING** (1 CUP): Calories: 423, Total Fat: 10 g, Sat. Fat: 2 g, Monounsaturated, Fat: 5 g, Polyunsaturated Fat: 2 g, Carbs: 38 g, Fiber: 6.5 g, Sugars: 15 g, Protein: 43 g, Sodium: 408 mg, Cholesterol: 124 mg



## Sardine & Cherry Tomato Spaghetti

with Orange Bread Crumbs



SERVES 4.

HANDS-ON TIME: **25 MINUTES.**

TOTAL TIME: **35 MINUTES.**

- 1 tbsp** plus 1 tsp olive oil, divided
- 1/3 cup** whole-wheat panko bread crumbs
- 1 tsp** dried thyme, divided
- 1/8 tsp** plus 1/2 tsp sea salt, divided
- Zest and juice of 1 large navel orange, divided
- 2 large** shallots, thinly sliced
- 2 cups** cherry tomatoes, halved
- 1/2 tsp** red pepper flakes or fresh ground black pepper
- 1 lb** rapini, thick stems discarded and leaves chopped
- 8 oz** whole-grain spaghetti
- 4** 4-oz BPA-free cans or pouches sardines in water, drained
- 1/4 cup** sliced unsalted almonds, toasted
- 3 tbsp** chopped chives

**1.** In a large skillet on medium, heat 1 tsp oil. Add panko, 1/2 tsp thyme and 1/8 tsp salt and cook, stirring often, until panko is golden brown, 4 to 5 minutes. Transfer to a small bowl and add orange zest; stir to combine and set aside.

**2.** In same skillet on medium, heat remaining 1 tbsp oil. Add shallots and cook, stirring frequently, until soft and translucent, 3 to 4 minutes. Increase heat to medium high; add tomatoes, pepper flakes, remaining 1/2 tsp thyme and remaining 1/2 tsp salt and cook, stirring occasionally, until tomatoes are soft and juicy, 5 to 6 minutes. Stir in orange juice and remove from heat.

**3.** Bring a large pot of water to a boil on high. Reduce heat to medium-high, add rapini, cover and cook until tender, about 4 minutes. Using a wire mesh strainer, slotted spoon or tongs, remove rapini from pot and

transfer to a strainer to drain excess water. In same pot of boiling water, raise heat to high and add spaghetti. Cook spaghetti al dente according to package directions.

**4.** About 1 minute before spaghetti is done, ladle 1/2 cup cooking water into a heat-proof glass and set aside. Drain spaghetti and return to empty pot. Add drained rapini, tomato mixture, sardines and 1/4 cup reserved cooking water. Place pot on low and stir gently until ingredients are combined and heated through, 1 to 2 minutes. Add additional cooking water to moisten as needed. Divide spaghetti among serving bowls and top with panko mixture, almonds and chives.

**NUTRIENTS PER SERVING** (2 cups):  
Calories: 530, Total Fat: 20 g, Sat. Fat: 4.5 g, Monounsaturated Fat: 10 g, Polyunsaturated Fat: 4 g, Carbs: 60 g, Fiber: 11 g, Sugars: 8 g, Protein: 33 g, Sodium: 395 mg, Cholesterol: 95 mg



## Lightened-Up Oysters Rockefeller

P F Q V GF W<sub>30</sub> GF<sub>A</sub>

MAKES **12 OYSTERS**.  
HANDS-ON TIME: **30 MINUTES**.  
TOTAL TIME: **45 MINUTES**.

- Rock salt, optional
- 12** fresh oysters, shucked, bottom shells and juices reserved
- 3** tightly packed cups fresh spinach, trimmed
- 1** tightly packed cup fresh Italian parsley
- 2 tbsp** organic unsalted butter
- 1 cup** finely chopped fennel bulb, plus fronds for garnish
- ½ cup** sliced scallions, light green and white parts only
- ½ cup** skim milk
- 1 tbsp** capers
- 1 tbsp** fresh lemon juice
- ¼ tsp** hot sauce
- ¾ cup** grated Parmesan cheese
- Lemon wedges, for garnish

**1.** Arrange oven rack in highest position. Preheat oven to 450°F. Spread a layer of rock salt, if desired, or crumpled foil across the bottom of a large, rimmed baking sheet. Arrange oyster bottom shells on sheet and return oyster meat to each.

**2.** Bring a medium pot of water to a boil. Add spinach and parsley and cook for 30 seconds. Drain. When cool enough to handle, squeeze spinach and parsley with several layers of paper towel to remove excess water. Transfer to a cutting board and finely mince.

**3.** In a large nonstick skillet, melt butter on medium-high. Add fennel and scallions and sauté, stirring

occasionally, until very tender, 6 to 8 minutes. Add spinach and parsley, milk, capers, lemon juice, hot sauce and reserved oyster juice. Cook until slightly reduced and heated through, about 3 minutes.

**4.** Spoon spinach mixture and a small amount of accompanying juices into oyster shells, dividing evenly. Top with cheese and bake on upper rack until cheese melts and browns, 12 to 15 minutes.

**5.** If desired, serve oysters on a plate lined with rock salt, and garnish with fennel fronds. Serve with lemon.

**NUTRIENTS PER SERVING (1 OYSTER):**  
Calories: 64, Total Fat: 4 g, Sat. Fat: 2 g,  
Carbs: 3 g, Fiber: 0.5 g, Sugars: 1 g,  
Protein: 5 g, Sodium: 194 mg,  
Cholesterol: 18 mg



## Roasted Apples & Brussels Sprouts

with Shiitake Bacon



SERVES **6**.

HANDS-ON TIME: **25 MINUTES**.

TOTAL TIME: **45 MINUTES**.

- 2 lb** Brussels sprouts, trimmed and halved (or quartered if large)
- 2 large** Gala apples, cut into  $\frac{3}{4}$ -inch pieces
- 2 tbsp** grape seed oil, divided
- 2 tsp** winter savory (or 1 tsp thyme + 1 tsp rosemary)
- $\frac{1}{4}$  tsp** sea salt, divided
- $\frac{1}{4}$  tsp** ground black pepper
- 1 cup** unsweetened apple cider
- 1 lb** shiitake mushrooms, stemmed and thinly sliced
- 1 tbsp** pure maple syrup
- 1 tbsp** reduced-sodium tamari
- 1 tsp** smoked paprika
- 2 tbsp** almond meal/flour

**1.** Preheat oven to 400°F. In a large bowl, add Brussels sprouts and apples. Drizzle with 1 tbsp oil and sprinkle with savory,  $\frac{1}{8}$  tsp salt and pepper; toss. Transfer mixture to a 13 x 9-inch baking dish and bake for 15 minutes, until sprouts are just beginning to brown.

**2.** To baking dish, add apple cider. Reduce heat to 375°F, and continue baking until Brussels sprouts are tender when pierced with a fork, 15 to 20 minutes more.

**3.** Meanwhile, prepare Shiitake Bacon: In a medium skillet on medium-high, heat remaining 1 tbsp oil. Add mushrooms and sauté until golden brown, 8 to 10 minutes. Add maple syrup, tamari and paprika and sauté for another 2 minutes. Remove pan from heat and set aside.

**4.** In a small bowl, combine almond meal and remaining  $\frac{1}{8}$  tsp salt. Remove Brussels sprouts from oven, top with Shiitake Bacon and sprinkle with almond mixture.

**PER SERVING** (1 cup): Calories: 205, Total Fat: 7 g, Sat. Fat: 1 g, Monounsaturated Fat: 1.5 g, Polyunsaturated Fat: 4 g, Carbs: 34 g, Fiber: 9 g, Sugars: 18 g, Protein: 7 g, Sodium: 242 mg, Cholesterol: 0 mg

## Brazil Nut Bread

with Honey Butter



SERVES 10.

HANDS-ON TIME: 25 MINUTES.

TOTAL TIME: 1 HOUR.

- Organic unsalted butter,  
for greasing
- 6 tbsp** white whole-wheat flour  
+ additional for dusting
- 1 tbsp** orange zest
- 2 tsp** unsweetened cocoa  
powder
- ½ tsp** each ground cinnamon  
and baking powder
- ⅛ tsp** kosher salt or sea salt
- 3 large** eggs
- 1 cup** finely chopped pitted  
Medjool dates
- 1 cup** raw unsalted Brazil nuts,  
roughly chopped
- 2 tbsp** whole milk

### HONEY BUTTER

- ½ stick** organic unsalted butter  
(¼ cup), softened
- 2 tbsp** raw honey (preferably  
orange blossom)

**1.** Preheat oven to 325°F. Butter a 9-inch cake pan or pie plate, then dust with flour (tap out excess). Or butter then line bottom with a circle of parchment paper.

**2.** In a medium bowl, combine flour, zest, cocoa, cinnamon, baking powder and salt.



**3.** Add eggs, dates, nuts and milk and mix well. (**TIP:** It'll be thick and chunky, so you'll need to use some elbow grease.) Pour into pan, leveling off with the back of a spoon. Place pan on a baking sheet and bake for 40 to 45 minutes, until top is light to golden brown and center springs back when pressed.

**4.** Meanwhile, prepare butter: In a small bowl, combine butter and honey. Serve with bread. Bread can be served warm or at room temperature.

**PER SERVING** (¼ of bread and butter):  
Calories: 227, Total Fat: 16 g, Sat. Fat: 6 g,  
Monounsaturated Fat: 5 g, Polyunsaturated  
Fat: 4 g, Carbs: 20 g, Fiber: 3 g, Sugars: 14 g,  
Protein: 5 g, Sodium: 76 mg, Cholesterol: 69 mg

## Strawberry Coconut Ice Cream

P F Q V GF

SERVES 4.

HANDS-ON TIME: **15 MINUTES.**

TOTAL TIME: **15 MINUTES.**

- 1 10-oz** bag frozen strawberries
- 1** banana, sliced and frozen
- 2 tsp** pure vanilla extract
- Pinch** sea salt
- ¾ cup** canned heavy coconut cream, stirred
- 2 tbsp** raw honey or pure maple syrup, optional

To a food processor, add strawberries, banana, vanilla and salt. Pulse to chop and mix. Add coconut cream and honey (if using) and process until smooth, stopping to scrape down sides of bowl and break up chunks as needed. Serve immediately. Alternatively, place in a container, cover and freeze; let stand at room temperature for a few minutes before serving.

**PER SERVING** (½ cup): Calories: 342, Total Fat: 27 g, Sat. Fat: 24 g, Monounsaturated Fat: 1.5 g, Polyunsaturated Fat: 1.5 g, Carbs: 24 g, Fiber: 10 g, Sugars: 10 g, Protein: 4 g, Sodium: 45 mg, Cholesterol: 0 mg



## Flourless Almond Cookies



SERVINGS **20.**

HANDS-ON TIME: **10 MINUTES.**

TOTAL TIME: **50 MINUTES.**

- 1 cup** organic evaporated cane juice
- 2 cups** almond flour/meal
- 1 tsp** vanilla
- 1/4 tsp** pure almond extract
- 2** egg whites
- 1/2 tsp** ground cinnamon
- 1/2 cup** finely chopped almonds

**1.** Preheat oven to 350°F. In a medium mixing bowl, combine all ingredients except chopped almonds; stir with a fork until dough holds together.

**2.** With damp hands, form roughly 1 1/2 -inch balls and roll in chopped almonds lightly to cover. Transfer to a parchment-lined baking sheet, flatten slightly with fingertips and bake for 15 to 20 minutes, until golden brown.

**SERVING SIZE:** (1 cookie) Calories: 120, Carbohydrate Content: 12 g, Cholesterol Content: 0 mg, Fat Content: 7 g, Fiber Content: 2 g, Protein Content: 3 g, Saturated Fat Content: 0.5 g, Sodium Content: 11 mg, Sugar Content: 9 g, Monounsaturated Fat Content: 0 g, Polyunsaturated Fat Content: 0 g



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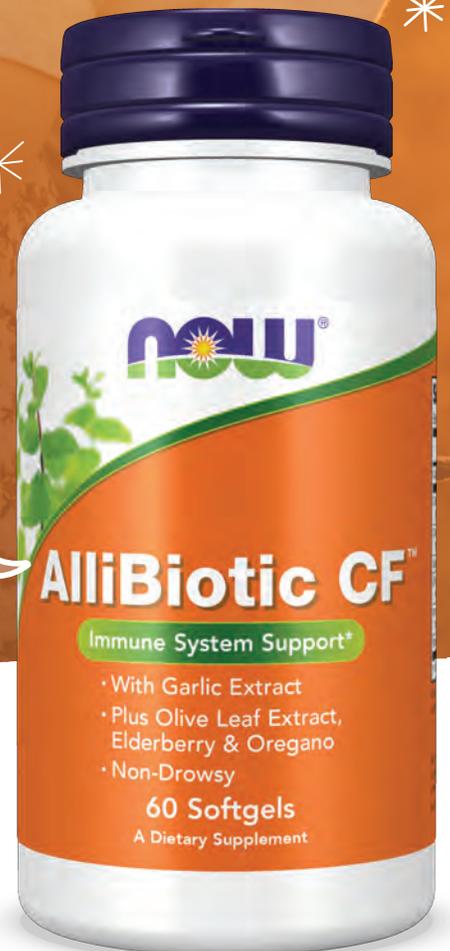
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