

PERSONALIZED NUTRITION PLAN

Created For: Sample Client

Date: 5/21/25



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TABLE of Contents

01 Welcome to CKmd Lifestyle Nutrition

02 Your Lab Results Explained

03 Your Nutritional Supplement Plan

04 Your Top Whole Food Nutrient Sources

05 Your Foods to Eat & Avoid List

06 Your Nutrient-Focused Recipes



Click a section to navigate quickly

WELCOME TO CKMD LIFESTYLE NUTRITION

My passion lies in helping people reconnect with their bodies through the power of nutrition. I believe in empowering individuals with the knowledge and tools they need to nourish themselves and unlock a more vibrant, energized life.

Your personalized nutrition plan is designed to restore nutrition levels in the body and to address your top nutrition concerns. This truly innovative nutrition plan breaks through all barriers and harnesses the power of food and supplements to unlock the secrets for optimal health.



Dr. Claudine Kubesh, MD

www.CKMDlifestylenutrition.com

HOW TO READ YOUR PERSONALIZED NUTRITION PLAN

Curating change in your life is a powerful step to feeling your best; adopting a new nutrition 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 nutrition plan provides vital information for getting started and healing your body from within. Let's dive into what each section delivers!

Section 1: Your Lab Results Explained

Your Lab Results Explained: This section of your report breaks down what your lab results reveal about your nutrition and overall health. Your lab results give us a clearer picture of how your body is functioning and whether you're getting the right balance of nutrients.

Impact Lab Connections: This section connects the dots between your lab results and the nutrition-related symptoms you are experiencing.

Section 2: Your Nutritional Supplement Plan

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 based on your lab testing and nutrition goals. With the right nutritional supplement support, you'll amplify your results and feel your best.

Section 3: Your Top Whole Food Nutrient Sources

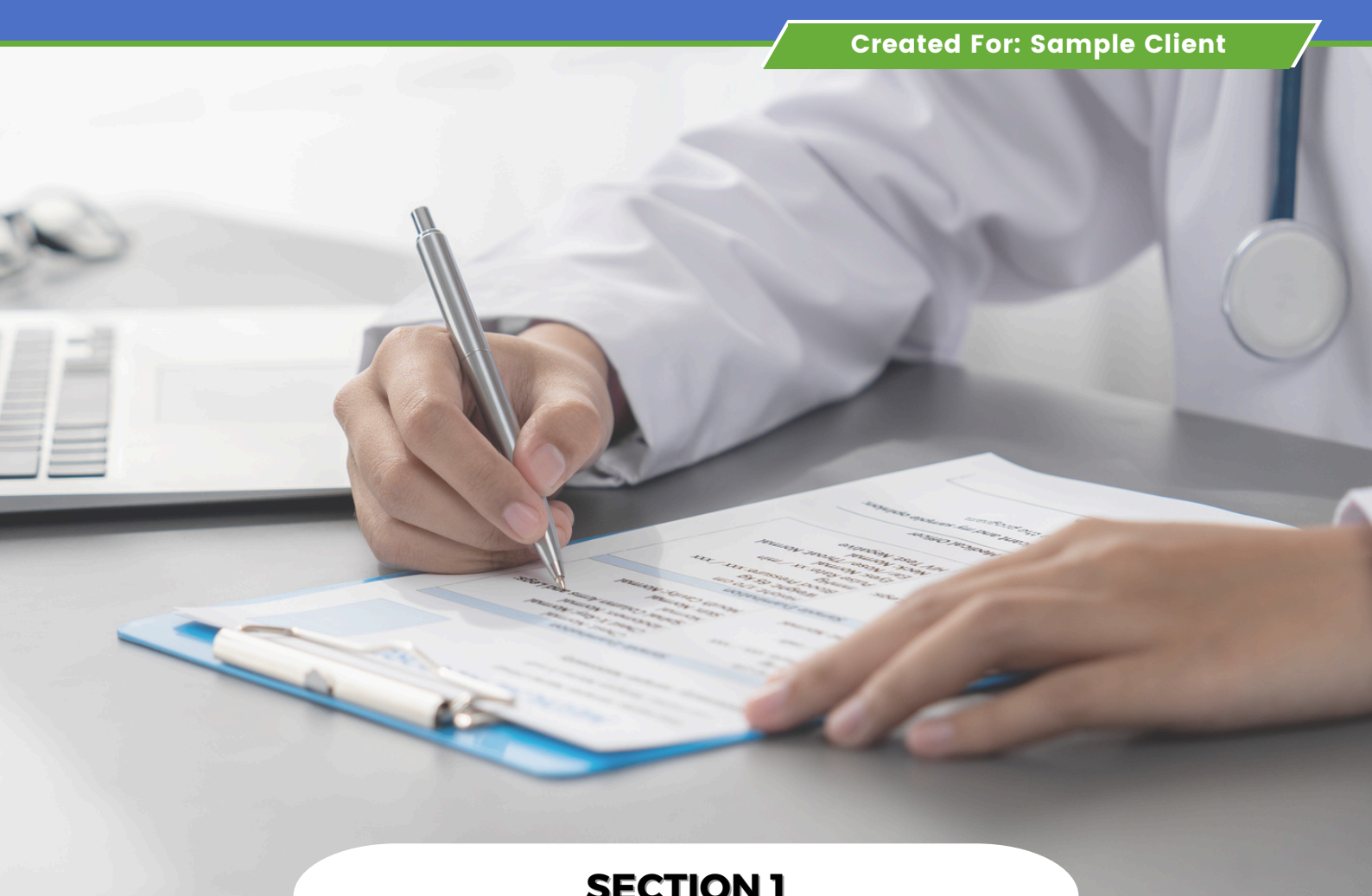
Get to know the essential nutrients that form the foundation of your personalized dietary plan and the whole foods that provide them. From phytonutrients and antioxidants to essential vitamins and minerals, this section breaks down 125 key nutrients your body needs for optimal performance. Explore the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

Section 4: Your 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 5: Your Nutrient-Focused 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 1

YOUR LAB RESULTS EXPLAINED

Lab results can sometimes feel overwhelming, but this section is here to make things clearer. We've focused on the results that are most relevant to your nutritional health and explained what they mean in simple terms, so you can better understand how they relate to your nutrition and well-being.

LAB RESULTS KEY

High Impact Labs: These biomarkers have the biggest impact to your nutrition concerns

Medium Impact Labs: These biomarkers have a medium impact to your nutrition concerns

Low Impact Labs: These biomarkers have the lowest impact to your nutrition concerns

HIGH IMPACT LABS

LABCORP TEST

Biomarker: Insulin

Result: High

Insulin is a hormone produced by the pancreas that helps regulate blood sugar by moving glucose into cells for energy or storage. High insulin levels may indicate insulin resistance and are often linked to diets high in refined carbohydrates. Nutritional imbalances like magnesium deficiency or low intake of chromium and fiber can worsen insulin regulation.

LABCORP TEST

Biomarker: TSH

Result: High

TSH is a hormone produced by the pituitary gland that signals the thyroid to produce thyroid hormones (T3 and T4), which help regulate metabolism, energy levels, temperature, and overall cellular function. A high TSH level usually means the thyroid is underactive (a condition known as hypothyroidism), and the brain is increasing its signal in an attempt to boost thyroid hormone output. This can occur when the thyroid lacks key nutrients needed to function properly. Low iodine intake is one of the most common causes of reduced hormone production. In addition, deficiencies in selenium and iron can impair both hormone synthesis and the conversion of T4 into the active T3 form. These nutrient shortfalls can prevent the thyroid from responding effectively to TSH, causing the body to raise TSH levels further.

LABCORP TEST

Biomarker: LDL Cholesterol

Result: High

LDL cholesterol, often referred to as “bad” cholesterol, carries cholesterol to tissues but can contribute to plaque buildup if oxidized. High LDL can be worsened by diets low in antioxidants, fiber, and omega-3 fatty acids, which are needed to protect LDL particles from oxidation and support healthy lipid metabolism.

LABCORP TEST

Biomarker: Iron

Result: Low

Iron is a mineral essential for oxygen transport and energy production. Low iron is often due to poor dietary intake, blood loss, or impaired absorption. Deficiencies in vitamin C, copper, and stomach acid production can impair iron absorption and lead to anemia or fatigue.

MEDIUM IMPACT LABS

LABCORP TEST

Biomarker: Total Testosterone

Result: Low

Total testosterone measures the overall amount of testosterone circulating in the blood, bound and unbound. Low testosterone levels can be associated with inadequate intake of zinc, magnesium, vitamin D, or healthy fats—all of which are important for supporting testosterone production in both men and women.

LABCORP TEST

Biomarker: Total Cholesterol

Result: High

Total cholesterol measures the overall amount of cholesterol in the blood, which is necessary for hormone production, cell structure, and vitamin D synthesis. High cholesterol may reflect poor fat metabolism and can be influenced by low intake of fiber, antioxidants, and essential fatty acids, particularly omega-3s, which help support healthy lipid balance.

LABCORP TEST

Biomarker: Glucose

Result: High

Glucose is the primary sugar found in the blood and is a major energy source for the body's cells. High glucose levels may reflect poor blood sugar control and can be influenced by diets high in carbohydrates and low in fiber, magnesium, chromium, and vitamin D.

LABCORP TEST

Biomarker: ALT

Result: High

ALT is an enzyme primarily found in the liver that helps convert amino acids into energy. A high ALT level usually points to stress or injury in liver cells. Vitamin B6 deficiency may be associated with higher ALT values, as this nutrient is necessary for proper enzyme function in the liver.

LABCORP TEST

Biomarker: AST

Result: High

AST is an enzyme found in the liver, muscles, and other tissues that helps process amino acids and energy. A high AST level may indicate liver cell damage, muscle breakdown, or increased metabolic stress. It may be influenced by low levels of vitamin B6, which supports enzyme function and amino acid metabolism.

LOW IMPACT LABS

LABCORP TEST

Biomarker: Hematocrit

Result: Low

Hematocrit measures the percentage of blood volume made up of red blood cells. A low hematocrit level often points to anemia or reduced oxygen-carrying capacity. It is typically linked to low intake or poor absorption of iron, vitamin B12, folate, or protein—all of which are essential for red blood cell formation. A consistently low hematocrit can reduce endurance, energy, and immune resilience due to decreased oxygen availability throughout the body.

LABCORP TEST

Biomarker: HDL Cholesterol

Result: Low

HDL cholesterol, often called “good” cholesterol, helps remove excess cholesterol from tissues and supports cardiovascular health. Low HDL can result from poor intake of healthy fats, low physical activity, or deficiencies in nutrients like omega-3 fatty acids, magnesium, and B vitamins.

LABCORP TEST

Biomarker: Globulin

Result: Low

Globulin is a group of proteins in the blood that includes antibodies, enzymes, and transport proteins involved in immune defense, inflammation control, and nutrient delivery. A low globulin level may reflect poor protein intake, reduced absorption, or limited production of immune proteins in the liver. It may also point to nutritional deficiencies in zinc, vitamin B6, and essential amino acids—nutrients needed for the body to build and maintain these proteins.

LABCORP TEST

Biomarker: White Blood Cell Count

Result: Low

White blood cells help the body fight infections and support immune function. A low WBC count may reflect suppressed immune function, which can be influenced by poor protein intake, low zinc, vitamin B12, or folate—all of which are important for healthy white blood cell production.

IMPACT LAB CONNECTIONS

The following section outlines which specific biomarkers from your lab results may be linked to the nutrition-related symptoms you're experiencing. By identifying these connections, we can better understand the root causes of your nutrition-related symptoms and tailor your nutrition plan to help improve how you feel day to day.

JOINT, MUSCLE, & HEADACHE PAIN

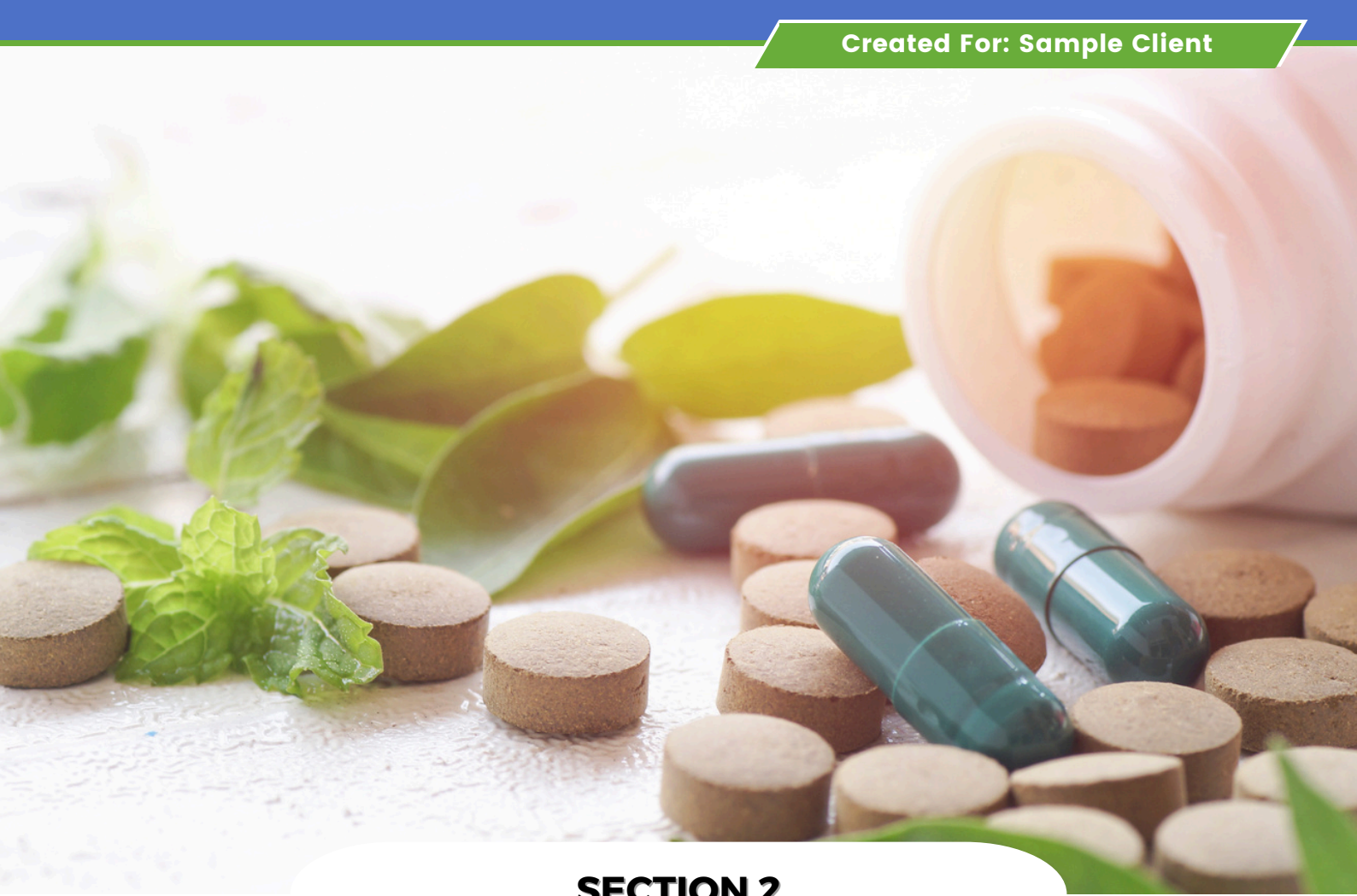
- Low Iron
- High TSH
- High Insulin

BLOATING & CONSTIPATION

- Low Globulin
- High TSH

CHRONIC FATIGUE

- Low Iron
- Low Testosterone
- High TSH
- High Insulin



SECTION 2

YOUR NUTRITIONAL SUPPLEMENT PLAN

Based on your lab results and current nutrition-related symptoms, we've created a personalized nutritional supplement plan designed to support your unique health needs. This plan includes specific vitamins, minerals, and nutrients that may be lacking in your diet or that your body needs in greater amounts to restore balance and improve how you feel.

Each supplement has been carefully selected to support your top nutritional health concerns of:

- Joint, Muscle, & Headache Pain
- Bloating & Constipation
- Chronic Fatigue

YOUR NUTRITIONAL SUPPLEMENT PLAN

SUPPLEMENT	BRAND	DOSAGE
SPM Active	Metagenics	1 Softgel with Breakfast
Synovx Relief	Xymogen	1 Softgel with Breakfast 1 Softgel with Dinner
ThyroMedica Plus	Numedica	2 Capsules with Breakfast
Functional Female	Numedica	1 Capsule with Breakfast 1 Capsule with Dinner
HemePlex Fe	Numedica	1 Capsule 30 Minutes Before Breakfast on an Empty Stomach
Critical Digestion	Enzyme Sciences	1 Capsule with Breakfast 1 Capsule with Dinner

NOTE: You can purchase these supplements online at our Fullscript supplement dispensary with 35% off!

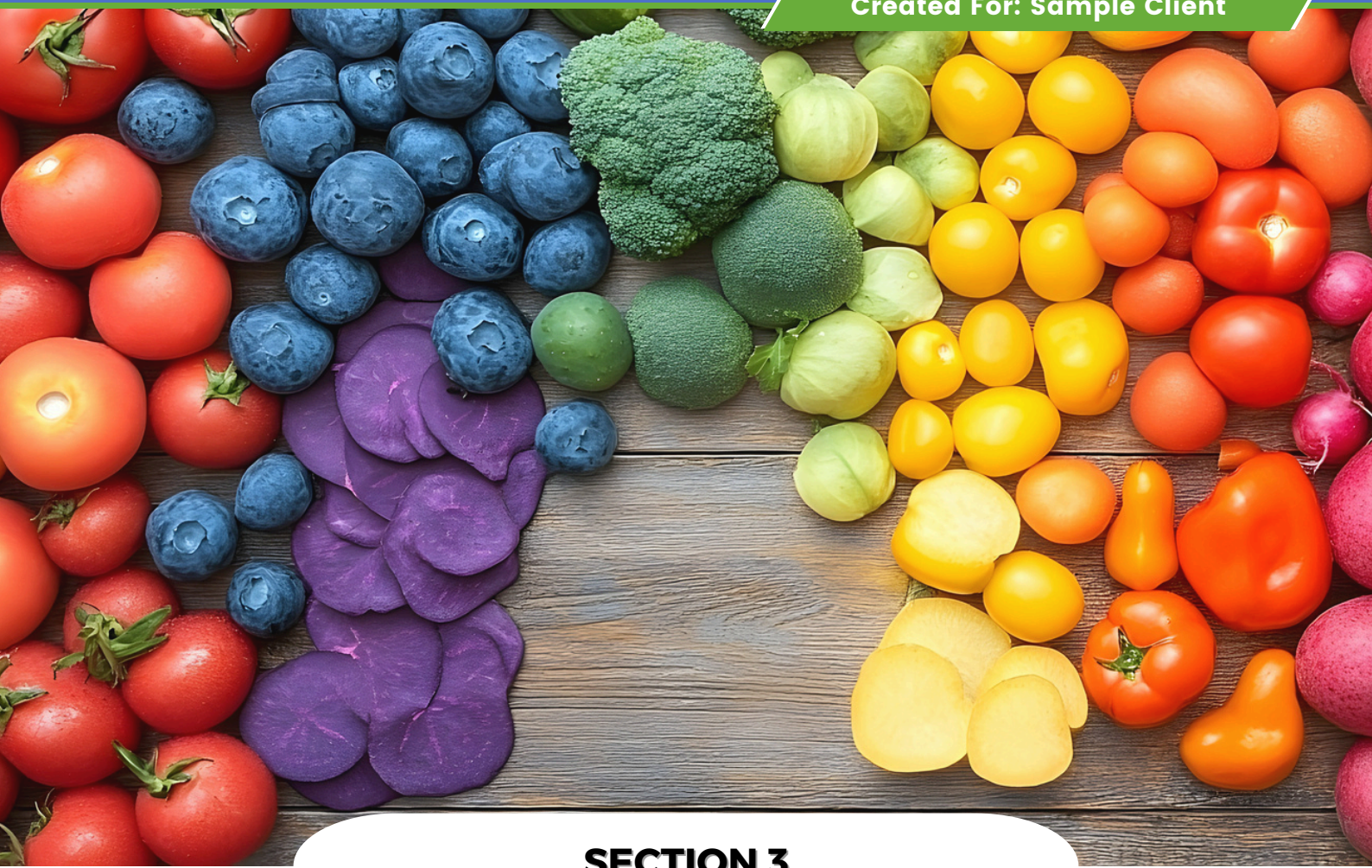


SHOP NOW



CLICK TO GET STARTED





SECTION 3

YOUR TOP WHOLE FOOD NUTRIENT SOURCES

Eating nutrient-dense foods is essential for improving your health and addressing the root causes of your symptoms. These foods provide your body with the highest concentration of vitamins, minerals, antioxidants, and other beneficial compounds, giving you more of what your body needs. In developing your dietary plan, we focused on your top nutritional health concern and infused the nutrients most relevant to this concern.

How do nutrient-dense foods impact my well-being?

- Target your top health concerns with food-based nutrients
- Promote healing through balanced nutrition
- Help correct nutrient insufficiencies with real food
- Enhance cellular repair and regeneration

VITAMINS

NUTRIENTS	BENEFITS	WHOLE FOOD SOURCE
Vitamin A	Reduces Neuropathy & Dry Eye Pain	Carrots, Spinach, Sweet Potatoes, Parsley, Cilantro
Vitamin B1	Reduces Neuropathy Pain	Pork, Salmon, Brown Rice, Garlic, Asparagus
Vitamin B2	Reduces Migraine Headache Pain	Salmon, Tuna, Almonds, Avocado, Broccoli
Vitamin B3	Reduces Arthritis, Migraine, & Neuropathy Pain	Chicken, Salmon, Chia Seeds, Avocado, Tomatoes
Vitamin B5	Reduces Rheumatoid Arthritis Joint & Stiffness Pain	Chicken, Salmon, Eggs, Lentils, Cauliflower
Vitamin B6	Reduces Neuropathy Pain	Salmon, Brown Rice, Sweet Potatoes, Avocado, Banana
Vitamin B12	Reduces Depression	Chicken, Tuna, Salmon, Eggs, Nutritional Yeast
Biotin	Reduces Neuropathy Pain	Salmon, Eggs, Almonds, Sunflower Seeds, Spinach
Folate	Reduces Visceral & Neuropathy Pain	Lentils, Chickpeas, Asparagus, Spinach, Broccoli, Cilantro
Inositol	Reduces Neuropathy Pain	Oats, Almonds, Oranges, Cantaloupe, Prunes
Vitamin C	Reduces Neuropathy & Cancer-Related Pain	Bell Peppers, Brussels Sprouts, Guava, Kiwi, Strawberries

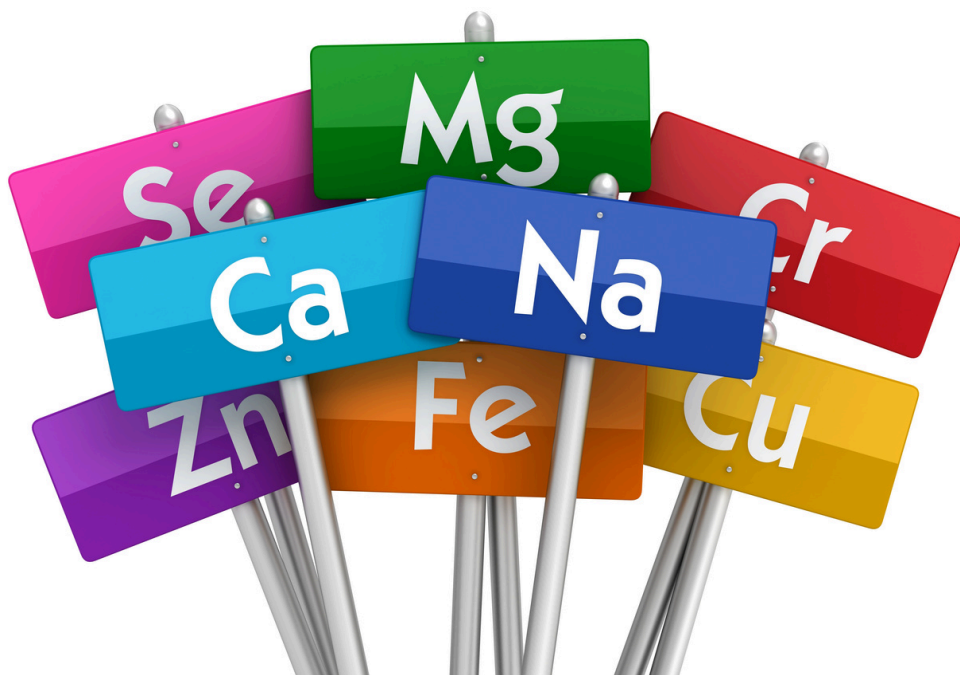
NUTRIENTS	BENEFITS	WHOLE FOOD SOURCE
Vitamin D	Reduces Bone, Joint, Muscle, & Nerve Pain	Salmon, Tuna, Mackerel, Eggs, Crimini Mushrooms
Vitamin E	Reduces Neuropathy & Fibromyalgia Pain	Shrimp, Almonds, Sunflower Seeds, Avocado, Spinach
Vitamin K1	Reduces Menstrual & Arthritis Pain	Kale, Broccoli, Brussels Sprouts, Cabbage, Parsley, Cilantro
Vitamin K2	Reduces Muscle & Restless Leg Pain	Eggs, Soybeans, Spinach, Kale, Kiwi, Paprika



MINERALS

NUTRIENTS	BENEFITS	WHOLE FOOD SOURCE
Boron	Reduces Menstrual & Arthritis Pain	Avocado, Peaches, Pears, Grapes, Apples
Calcium	Reduces Muscle Pain	Chia Seeds, Collard Greens, Spinach, Kale, Olives
Chloride	Reduces Muscle Pain	Chickpeas, Olives, Celery, Tomatoes, Seaweed
Chromium	Minimal Benefit	Turkey, Oats, Potatoes, Broccoli, Green Beans
Copper	Reduces Neuropathy Pain	Salmon, Lobster, Shiitake Mushrooms, Chickpeas, Sesame Seeds
Iodine	Reduces Thyroid-Related Joint & Muscle Pain	Cod, Shrimp, Tuna, Navy Beans, Seaweed
Iron	Reduces Iron Deficiency-Related Joint & Muscle Pain	White Beans, Quinoa, Apricot, Spinach, Asparagus, Parsley
Lithium	Reduces Fibromyalgia & Neuropathy Pain	Hazelnuts, Lentils, Green Cabbage, Tomatoes, Cumin
Magnesium	Reduces Menstrual, Muscle, Headache, & Nerve Pain	Tuna, Brown Rice, Pumpkin Seeds, Almonds, Spinach
Manganese	Reduces Joint & Muscle Pain	Mussels, Brown Rice, Pine Nuts, Chickpeas, Lima Beans
Molybdenum	Reduces Joint Pain	Eggs, Black-Eyed Peas, Lima Beans, Banana

NUTRIENTS	BENEFITS	WHOLE FOOD SOURCE
Phosphorus	Reduces Bone & Muscle Pain	Chicken, Tuna, Scallops, Quinoa, Soybeans
Potassium	Reduces Muscle Cramp Pain	Salmon, White Beans, Avocado, Beet Greens, Tomatoes
Selenium	Reduces Muscle Pain	Pork Chops, Tuna, Brazil Nuts, Chia Seeds, Shiitake Mushrooms
Silicon	Reduces Joint Pain	Asparagus, Cauliflower, Tomatoes
Sodium	Reduces Muscle Cramp Pain	Clams, Pickled Cucumber, Sunflower Seeds
Strontium	Reduces Bone Pain	Brazil Nuts, Carrots, Garlic, Red Beets
Vanadium	Minimal Benefit	Lobster, Eggs, Garlic, Black Pepper
Zinc	Reduces Bladder, Joint, Muscle, & Fibromyalgia Pain	Oysters, Chicken, Oatmeal, Lentils, Spinach, Avocado



AMINO ACIDS & METABOLITES

NUTRIENTS	BENEFITS	WHOLE FOOD SOURCE
Alanine	Reduces Muscle Pain	Chicken, Salmon, Avocado, Hemp Seeds, Chia Seeds
Arginine	Reduces Fibromyalgia & Migraine Pain	Turkey, Tuna, Almonds, Chickpeas, Soybeans
Asparagine	Reduces Muscle Stiffness & Spasm Pain	Chicken, Eggs, Shrimp, Soybeans, Asparagus
Aspartic Acid	Reduces Neuropathy Pain	Tuna, White Beans, Sweet Potatoes, Nectarines
Carnosine	Reduces Neuropathy & Muscle Pain	Pork, Chicken, Turkey
Carnitine	Reduces Muscle Cramp Pain	Chicken, Cod, Asparagus
Citrulline	Reduces Muscle Pain	Squash, Pumpkin, Cucumbers, Watermelon
Cysteine	Reduces Neuropathy Pain	Pork, Tuna, Lentils, Sunflower Seeds, Carrots
Glutamic Acid	No Benefit	Chicken, Almonds, Lima Beans, Tomatoes, Beets
Glutamine	Reduces Gut & Muscle Pain	Chicken, Eggs, Beets, Red Cabbage
Glutathione	Reduces Sensation of Pain	Avocado, Asparagus, Spinach, Green Beans, Cucumber

NUTRIENTS	BENEFITS	WHOLE FOOD SOURCE
Glycine	Reduces Sensation of Pain	Chicken, Tuna, Navy Beans, Hemp Seeds, Almonds
Histidine	Reduces Joint Pain	Pork, Tuna, Eggs, Navy Beans, Hemp Seeds, Kale
Isoleucine	Reduces Muscle Pain	Chicken, Tuna, Lentils, Green Peas, Spinach
Leucine	Reduces Muscle Pain	Chicken, Tuna, Eggs, Soybeans, Navy Beans
Lysine	Reduces Sensation of Pain	Chicken, Tuna, Crab, Soybeans, Spinach, Asparagus
Methionine	Reduces Muscle & Nerve Pain	Turkey, Tuna, Quinoa, Brazil Nuts, White Beans
Phenylalanine	Reduces Muscle & Nerve Pain	Pork, Tuna, Pinto Beans, Pumpkin Seeds, Sweet Potatoes
Proline	Reduces Joint & Connective Tissue Pain	Turkey, Soybeans, Black Beans, Almonds, Apricot
Serine	Reduces Neuropathy Pain	Lima Beans, Spirulina, Sweet Potatoes, Collard Greens, Kiwi
Taurine	Reduces Sensation of Pain	Cod, Shrimp, Tuna, Eggs, Seaweed
Threonine	Reduces Sensation of Pain	Beef, Tuna, Eggs, Soybeans, Green Peas
Tryptophan	Reduces Sensation of Pain	Turkey, Salmon, Eggs, Oatmeal, Soybeans

NUTRIENTS	BENEFITS	WHOLE FOOD SOURCE
Tyrosine	Reduces Joint, Muscle, & Eye Pain	Chicken, Salmon, Wild Rice, White Beans, Soybeans
Valine	Reduces Muscle Pain	Tuna, Oatmeal, Pinto Beans, Green Beans



PHYTONUTRIENTS

NUTRIENTS	BENEFITS	WHOLE FOOD SOURCE
a-Carotene	Reduces Neuropathy Pain	Carrots, Pumpkin, Oranges, Tangerines
Allicin	Reduces Gut & Tooth Pain	Garlic
Apigenin	Reduces Arthritis & Neuropathy Pain	Celery, Artichokes, Parsley, Chamomile, Oregano
Astaxanthin	Reduces Arthritis, Neuropathy, & Fibromyalgia Pain	Salmon, Shrimp, Crab, Lobster
B-Carotene	Reduces Neuropathy Pain	Carrots, Kale, Swiss Chard, Grape Leaves, Cantaloupe
Beta-Glucan	Reduces Gut Pain	Shiitake Mushrooms, Nutritional Yeast
Betacyanin	Reduces Sensation of Pain	Amaranth, Red Beets, Swiss Chard
Caffeic Acid	Reduces Arthritis & Neuropathy Pain	Artichokes, Olive Oil, Basil, Oregano, Red Pepper, Rosemary
Capsaicin	Reduces Neuropathy, Fibromyalgia, & Muscle Pain	Chili Peppers, Cayenne Pepper, Red Pepper
Carnosol	Reduces Sensation of Pain	Rosemary, Sage, Basil, Thyme
Carvacrol	Reduces Oral Pain	Oregano, Thyme

NUTRIENTS	BENEFITS	WHOLE FOOD SOURCE
Catechins	Reduces Muscle & Neuropathy Pain	Almonds, Grapes, Blackberries, Tea, Nutmeg, Rosemary, Oregano
Chlorogenic Acid	Reduces Neuropathy Pain	Strawberries, Blueberries, Pineapple, Coffee, Cinnamon
Chlorophyllin	Reduces Dysmenorrhea Pain	Kiwi, Spinach, Kale, Chlorella, Spirulina
Chrysin	Reduces Neuropathy Pain	Honey, Mushrooms, Carrots, Bitter Melon, Mint
Cinnamic Acid	Reduces Chemo-Induced Neuropathy Pain	Cinnamon
Crocin	Reduces Headache Pain	Saffron
Curcumin	Reduces Gut, Joint, Muscle & Nerve Pain	Turmeric
Cyanidin	Reduces Arthritis Pain	Apples, Pears, Cranberries, Blackberries, Cherries
DIM	Reduces Inflammation	Broccoli, Cauliflower, Cabbage, Kale, Brussels Sprouts
Ellagitannins	Reduces Neuropathy Pain	Strawberries, Blueberries, Raspberries, Green Tea, Black Tea
Ferulic Acid	Reduces Neuropathy Pain	Oats, Red Apples, Oranges, Pineapple, Artichoke, Spinach
Fisetin	Reduces Neuropathy Pain	Strawberries, Apples, Kale, Onions, Persimmon

NUTRIENTS	BENEFITS	WHOLE FOOD SOURCE
Gallic Acid	Reduces Sensation of Pain	Mangoes, Strawberries, Rhubarb, Green Tea, Cloves, Allspice
Genistein	Reduces Migraine & Neuropathy Pain	Soybeans, Chickpeas, Lentils, Alfalfa Sprouts
Gingerol	Reduces Gut Pain	Ginger
Hesperidin	Reduces Sensation of Pain	Oranges, Lemon, Lime, Grapefruit
Indole-3-Carbinol	Reduces Menstrual & Arthritis Pain	Broccoli, Cauliflower, Cabbage, Kale, Brussels Sprouts
Inulin	Reduces Neuropathy Pain	Banana, Asparagus, Onion, Leeks, Garlic
Kaempferol	Reduces Neuropathy Pain	Tomatoes, Black Tea, Capers, Cumin, Cardamom, Cloves
Lignans	Reduces Menstrual & Arthritis Pain	Flax Seeds, Sesame Seeds, Asparagus
Limonene	Reduces Heartburn Pain	Cherries, Garlic, Celery, Rosemary, Dill, Basil
Lutein	Reduces Arthritis Pain	Pumpkin, Mangoes, Papayas, Spinach, Romaine Lettuce
Luteolin	Reduce Bone & Neuropathy Pain	Beets, Celery, Thyme, Parsley, Rosemary, Cardamom, Chamomile
Lycopene	Reduces Arthritis, Pelvic, & Neuropathy Pain	Grapefruit, Watermelon, Apricots, Olives, Tomatoes, Carrots

NUTRIENTS	BENEFITS	WHOLE FOOD SOURCE
Malic Acid	Reduces Fibromyalgia Muscle Pain	Apples, Apple Cider Vinegar
Matairesinol	Minimal Benefit	Flax Seeds, Sesame Seeds, Strawberries, Broccoli
Menthol	Reduces Menstrual, Joint, & Muscle Pain	Peppermint, Spearmint, Mint
Myricetin	Reduces Neuropathy Pain	Cranberries, Goji Berries, Fennel, Parsley, Carob
Oleanolic Acid	Reduces Neuropathy Pain	Garlic, Cloves
Oleuropein	Reduces Joint & Neuropathy Pain	Olive Oil
Pectins	Reduces Joint & Neuropathy Pain	Green Peas, Carrots, Tomatoes, Potatoes, Apple Skin
Phytic Acid	Minimal Benefit	Almonds, Cashews, Pecans, Soybean
Phytosterols	Reduces Gut, Pelvic, & Prostate Pain	Flax Seeds, Almonds, Walnuts, Olive Oil
Piperine	Reduces Sensation of Pain	Black Pepper
Proanthocyanidins	Reduces Neuropathy Pain	Almonds, Grapes, Blackberries, Green Tea, Cocoa
Pterostilbene	Reduces Arthritis & Neuropathy Pain	Almonds, Blueberries, Grapes

NUTRIENTS	BENEFITS	WHOLE FOOD SOURCE
Quercetin	Reduces Bladder, Joint, Muscle, Migraine, & Neuropathy Pain	Apples, Cranberries, Onion, Green Tea, Black Tea, Cardamom
Resveratrol	Reduces Pelvic & Arthritis Pain	Grapes, Blueberries, Raspberries
Rutin	Reduces Arthritis Pain	Lemon, Limes, Olives, Asparagus, Tomatoes, Parsley
Salicylic Acid	Reduces Sensation of Pain	Cumin, Curry, Dill, Oregano, Paprika, Thyme, Rosemary
Saponins	Reduces Neuropathy Pain	Oats, Quinoa, Chickpeas, Kidney Beans, Spinach, Garlic, Onion
Silymarin	Reduces Chemo-Induced Neuropathy Pain	Artichokes
Sulforaphane	Reduces Joint & Muscle Pain	Broccoli, Cauliflower, Cabbage, Kale, Brussels Sprouts
Tannic Acid	Reduces Sensation of Pain	Chickpeas, Almonds, Pomegranate, Blackberries, Raspberries
Thymol	Reduces Sensation of Pain	Basil, Oregano, Cloves, Thyme
Ursolic Acid	Reduces Neuropathy Pain	Cranberries, Prunes, Basil, Oregano, Lavender, Peppermint
Vanillic Acid	Reduces Sensation of Pain	Vanilla Beans, Cloves
Zeaxanthin	Reduces Fibromyalgia Pain	Kale, Spinach, Swiss Chard, Collards, Mustard Greens



SECTION 4

YOUR FOODS TO EAT & AVOID LIST

We've carefully selected nutrient-dense foods to include in your diet, which will help support your specific nutritional health goals and address any imbalances. At the same time, we've identified foods to avoid that may be contributing to symptoms or hindering your progress. This personalized list helps simplify your decision-making, ensuring you're fueling your body with the right foods while eliminating those that may be holding you back.

FOODS TO EAT & AVOID KEY

EAT: Eat these foods to enhance your nutrient intake and support optimal health

LIMIT: Limit these foods to 1-3x/week for 90 days

AVOID: Avoid these foods completely when possible for 90 days

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

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

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

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

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

GLUTEN-CONTAINING GRAINS

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

FLOURS & STARCHES

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

	EAT	LIMIT	AVOID
Cornmeal		X	
Cornstarch		X	
Oat Flour		X	
Potato Starch	X		
Rice Flour		X	
Soy Flour	X		
Tapioca Starch	X		
Whole Wheat Flour			X
LEGUMES			
Bean Sprouts	X		
Black Beans	X		
Black-Eyed Peas	X		
Chickpeas/Garbanzo Beans	X		
Chili Beans	X		
Fava Beans	X		
Great Northern Beans	X		
Green Peas	X		
Kidney Beans	X		
Lentils	X		
Lima Beans	X		
Mung Beans	X		
Navy Beans	X		
Peanuts		X	
Pinto Beans	X		
Soybeans	X		
Split Peas	X		
NUTS			
Almonds	X		
Brazil Nuts	X		
Cashews	X		
Chestnuts	X		

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

SEEDS

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

FRUITS

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

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

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

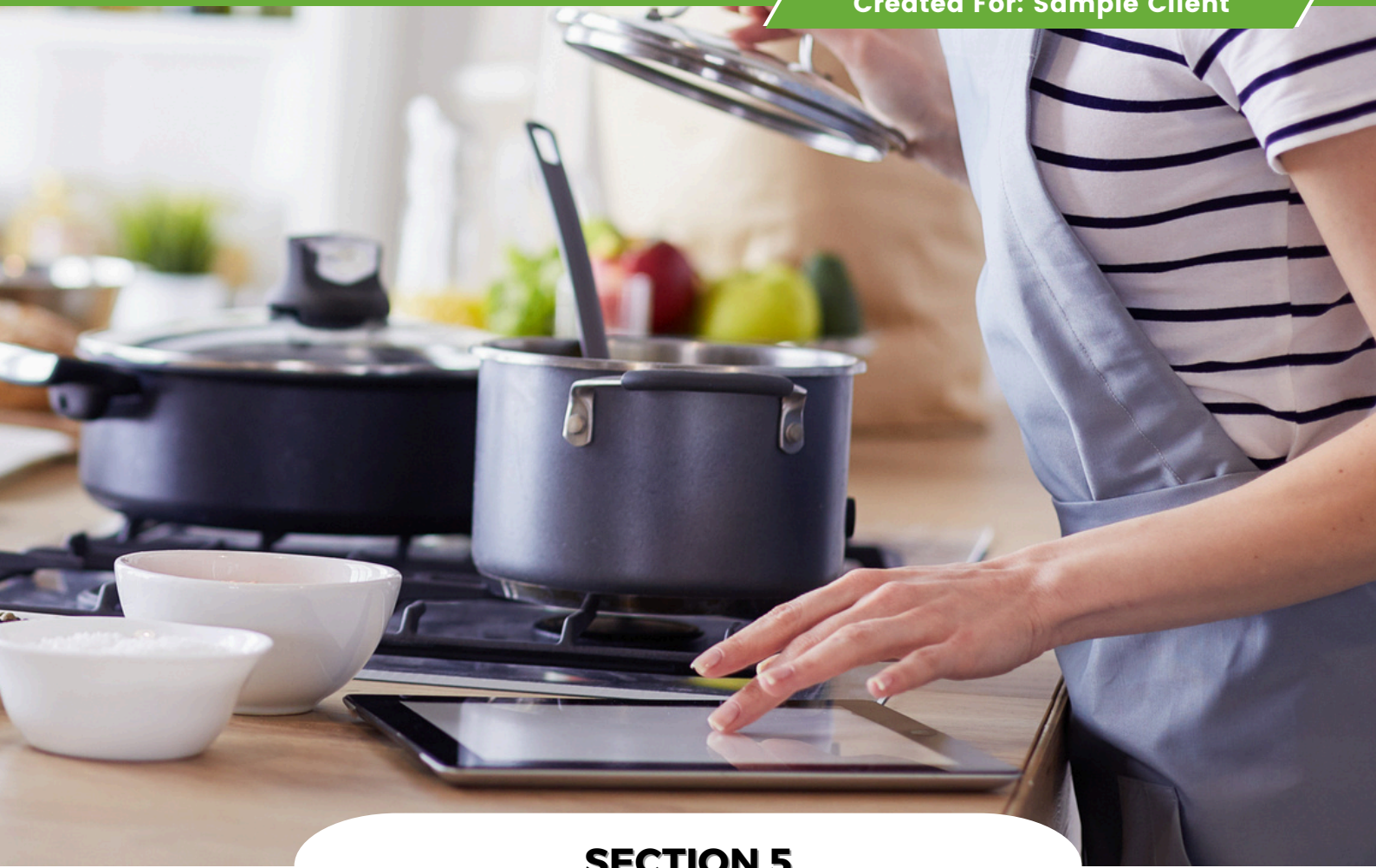
	EAT	LIMIT	AVOID
Horseradish	X		
Iceberg Lettuce	X		
Jalapenos	X		
Jicama	X		
Kale	X		
Kelp	X		
Leeks	X		
Lemongrass	X		
Mushrooms-Button	X		
Mushrooms-Cremeni	X		
Mushrooms-Maitake	X		
Mushrooms-Porcini	X		
Mushrooms-Portobello	X		
Mushrooms-Shiitake	X		
Mustard Greens	X		
New Potatoes	X		
Okra	X		
Onions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

	EAT	LIMIT	AVOID
Tomato	X		
Turnip	X		
Wasabi	X		
Water Chestnut	X		
Watercress	X		
Whole Wheatgrass	X		
White Potatoes	X		
Winter Squash	X		
Yam	X		
Yellow Squash	X		
Zucchini	X		
SPICES & SEASONINGS			
Allspice	X		
Anise	X		
Black Pepper	X		
Cardamom	X		
Carob Powder	X		
Cayenne Pepper	X		
Celery Salt	X		
Celery Seed	X		
Chili Powder	X		
Cinnamon	X		
Cloves	X		
Cocoa Nibs	X		
Cocoa Powder	X		
Coriander	X		
Crushed Red Pepper	X		
Cumin	X		
Curry Powder	X		
Dill Seed	X		
Fenugreek Seeds	X		
Garam Masala	X		

	EAT	LIMIT	AVOID
Garlic Powder	X		
Garlic Salt	X		
Ginger	X		
Mustard Powder	X		
Mustard Seeds	X		
Nutmeg	X		
Onion Powder	X		
Paprika	X		
Saffron	X		
Sumac	X		
Turmeric	X		
Vanilla	X		
Wasabi Powder	X		
White Pepper	X		
Zaatar Spice	X		
HERBS			
Basil	X		
Bay Leaves	X		
Chives	X		
Cilantro	X		
Dill	X		
Fennel	X		
Fenugreek	X		
Lemongrass	X		
Marjoram	X		
Mint	X		
Oregano	X		
Parsley	X		
Rosemary	X		
Sage	X		
Tarragon	X		
Thyme	X		

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

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



SECTION 5

YOUR NUTRIENT-FOCUSED RECIPES

The personalized nutrient-focused recipes we've created for you are designed to make it easy and enjoyable to incorporate the right nutrients into your daily meals. Each recipe is tailored to address your specific health needs and preferences, featuring whole, nutrient-dense ingredients that support your goals. These recipes not only provide delicious meals but also ensure you're getting the right balance of vitamins, minerals, and other key nutrients to help you feel your best. With simple instructions and nutrient-packed ingredients, these recipes are a convenient and effective way to nourish your body.

CINNAMON PECAN BARS

Ingredients:

- 1 cup pecans
- 1/2 cup dates, pitted
- 1/4 cup almond flour
- 1/2 tsp ground cinnamon
- 2 tbsp chia seeds
- 1 tbsp coconut oil, melted
- 1/4 tsp sea salt

Instructions:

1. In a food processor, pulse the pecans and dates until finely chopped and sticky.
2. Add almond flour, cinnamon, chia seeds, coconut oil, and sea salt. Pulse until everything is well combined.
3. Press the mixture into a small baking dish lined with parchment paper.
4. Refrigerate for at least 2 hours to firm up before slicing into bars. Serve chilled.

GARLICKY WHITE BEAN AND LEMON DIP

Ingredients:

- 1 can (15 oz) white beans, drained and rinsed
- 1 tbsp olive oil
- 2 tbsp lemon juice
- 1 garlic clove, minced
- 1/2 tsp dried oregano
- 1/4 tsp ground turmeric
- Sea salt and black pepper, to taste
- 1 tbsp fresh parsley, chopped (for garnish)

Instructions:

1. In a food processor, combine the white beans, olive oil, lemon juice, garlic, oregano, turmeric, salt, and pepper.
2. Blend until smooth and creamy. Add water if needed to adjust the consistency.
3. Garnish with fresh parsley and serve with veggie sticks.

MIXED SEED CRACKERS

Ingredients:

- 1/2 cup sunflower seeds
- 1/2 cup pumpkin seeds
- 1/4 cup flaxseeds
- 1/4 cup chia seeds
- 1/2 cup almond flour
- 1/4 tsp sea salt
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 cup water
- 2 tbsp olive oil

Instructions:

1. Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a food processor, combine sunflower seeds, pumpkin seeds, flaxseeds, chia seeds, almond flour, sea salt, garlic powder, and onion powder. Pulse a few times to combine.
3. Add water and olive oil, and pulse again until the mixture forms a dough.
4. Roll out the dough between two sheets of parchment paper to about 1/8-inch thick.
5. Cut the dough into cracker-sized squares or use cookie cutters for fun shapes.
6. Bake for 15-20 minutes or until golden brown and crispy. Let cool before serving.

PINEAPPLE, SPINACH, AND TURMERIC SMOOTHIE

Ingredients:

- 1/2 cup frozen pineapple
- 1/2 cup spinach (fresh or frozen)
- 1/2 banana
- 1/2 tsp ground turmeric
- 1/2 cup coconut water
- 1 tbsp ground flaxseeds

Instructions:

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

STRAWBERRY, BANANA, AND ALMOND SMOOTHIE

Ingredients:

- 1/2 cup frozen strawberries
- 1/2 banana
- 1 tbsp almond butter
- 1 cup almond milk (or any plant-based milk)
- 1 tbsp hemp seeds
- 1 tsp vanilla extract

Instructions:

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

SPICED APPLE CINNAMON SMOOTHIE

Ingredients:

- 1 apple, cored and chopped
- 1/2 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1/2 cup unsweetened almond milk
- 1 tbsp almond butter
- 1/2 cup rolled oats (gluten-free)

Instructions:

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

SALMON AND AVOCADO BREAKFAST BOWL

Ingredients:

- 1/2 cup cooked quinoa (or brown rice)
- 1/2 avocado, sliced
- 1 small piece of cooked salmon, flaked
- 1 tbsp fresh dill, chopped
- 1 tbsp lemon juice
- Sea salt and black pepper, to taste
- 1 boiled egg

Instructions:

1. In a bowl, layer the cooked quinoa as the base.
2. Top with sliced avocado, flaked salmon, and a boiled egg.
3. Drizzle with lemon juice, sprinkle with fresh dill, and season with salt and pepper.
4. Serve immediately.

PUMPKIN SPICE OATMEAL

Ingredients:

- 1/2 cup rolled oats (gluten-free)
- 1 cup unsweetened almond milk (or any plant-based milk)
- 1/4 cup pumpkin puree
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1 tbsp maple syrup or honey (optional)
- 1 tbsp chia seeds

Instructions:

1. In a pot, bring almond milk to a simmer. Add oats, cinnamon, and nutmeg, and cook over medium heat for 5-7 minutes, stirring occasionally.
2. Stir in the pumpkin puree and cook for an additional 2 minutes until fully combined.
3. Sweeten with maple syrup or honey, if desired, and add chia seeds. Serve warm.

SWEET POTATO AND KALE BREAKFAST HASH

Ingredients:

- 2 small sweet potatoes, peeled and diced
- 1 cup kale, chopped
- 1/2 red onion, diced
- 1 tbsp olive oil
- 1 tsp smoked paprika
- Sea salt and black pepper, to taste
- 2 eggs

Instructions:

1. Heat olive oil in a skillet over medium heat. Add sweet potatoes and cook for 10 minutes until they begin to soften.
2. Add red onion, smoked paprika, salt, and pepper. Cook for an additional 5 minutes, until sweet potatoes are tender and lightly browned.
3. Add kale and cook for another 2-3 minutes until wilted.
4. Fry or poach the eggs and place on top of the hash. Serve warm.

PEACH CRUMBLE

Ingredients:

- 4 ripe peaches, peeled and sliced
- 2 tbsp maple syrup or honey
- 1 tbsp lemon juice
- 1/2 tsp ground cinnamon
- 1/2 cup almond flour
- 1/4 cup rolled oats (gluten-free)
- 1/4 cup chopped almonds
- 2 tbsp coconut oil, melted
- Pinch of sea salt

Instructions:

1. Preheat the oven to 350°F (175°C) and grease a baking dish with coconut oil.
2. In a bowl, toss the sliced peaches with maple syrup (or honey), lemon juice, and cinnamon.
3. In another bowl, combine almond flour, oats, chopped almonds, melted coconut oil, and sea salt to form the crumble topping.
4. Spread the peach mixture in the prepared dish and sprinkle the crumble topping evenly over it.
5. Bake for 25-30 minutes, or until the peaches are bubbly and the topping is golden brown. Serve warm.

RAW RASPBERRY LEMON “CHEESECAKE”

Ingredients:

- 1 1/2 cups raw cashews (soaked for 4-6 hours)
- 1/4 cup coconut oil, melted
- 1/4 cup lemon juice
- 1/4 cup maple syrup or honey
- 1/2 tsp vanilla extract
- 1/2 cup fresh raspberries (for topping)

Crust:

- 1/2 cup almonds
- 1/4 cup shredded coconut
- 1 tbsp coconut oil

Instructions:

1. In a food processor, blend almonds, shredded coconut, and coconut oil until it forms a dough-like texture. Press the mixture into the base of a small cheesecake pan or a muffin tin.
2. In a high-speed blender or food processor, blend soaked cashews, coconut oil, lemon juice, maple syrup (or honey), and vanilla extract until smooth and creamy.
3. Pour the filling over the prepared crust and smooth the top.
4. Top with fresh raspberries and refrigerate for 4-6 hours, or until set. Serve chilled.

COCONUT MILK FUDGESICLES

Ingredients:

- 1 can (14 oz) full-fat coconut milk (unsweetened)
- 2 tbsp cocoa powder (unsweetened)
- 1-2 tbsp honey
- 1/2 tsp vanilla extract
- Pinch of sea salt

Instructions:

1. In a small saucepan, heat the coconut milk over medium heat. Stir in the cocoa powder, honey, vanilla extract, and sea salt until smooth.
2. Pour the mixture into popsicle molds and insert sticks.
3. Freeze for at least 4 hours, or until fully set.
4. Run warm water over the outside of the molds to release the fudgesicles, then serve.

ROASTED CARROTS WITH TURMERIC AND TAHINI

Ingredients:

- 4 medium carrots, peeled and cut into sticks
- 1 tbsp olive oil
- 1/2 tsp ground turmeric
- 1/4 tsp smoked paprika
- Sea salt and black pepper, to taste
- 2 tbsp tahini
- 1 tbsp lemon juice
- Fresh parsley, chopped (for garnish)

Instructions:

1. Preheat the oven to 400°F (200°C). Toss the carrot sticks with olive oil, turmeric, smoked paprika, salt, and pepper.
2. Spread the carrots in a single layer on a baking sheet and roast for 20-25 minutes, flipping halfway through, until tender and golden.
3. In a small bowl, whisk together tahini and lemon juice until smooth. Add a bit of water to thin if needed.
4. Drizzle the tahini sauce over the roasted carrots and garnish with fresh parsley. Serve warm.

GARLIC MASHED CAULIFLOWER

Ingredients:

- 1 head cauliflower, cut into florets
- 3 garlic cloves, minced
- 2 tbsp olive oil
- 1/4 cup vegetable broth
- Sea salt and black pepper, to taste
- Fresh chives, chopped (for garnish)

Instructions:

1. Steam the cauliflower florets until tender, about 8-10 minutes.
2. In a skillet, heat olive oil over medium heat and sauté the garlic for 1-2 minutes until fragrant.
3. Transfer the cauliflower and garlic to a blender or food processor, adding vegetable broth, salt, and pepper.
4. Blend until smooth and creamy.
5. Garnish with fresh chives and serve.

AVOCADO AND TOMATO SALAD WITH CILANTRO LIME DRESSING

Ingredients:

- 2 ripe avocados, diced
- 1 cup cherry tomatoes, halved
- 1/4 cup red onion, finely chopped
- 1/4 cup fresh cilantro, chopped
- 2 tbsp olive oil
- 1 tbsp lime juice
- 1 tsp ground cumin
- Sea salt and black pepper, to taste

Instructions:

1. In a bowl, combine diced avocado, halved tomatoes, and chopped onion.
2. In a small bowl, whisk together olive oil, lime juice, cumin, salt, and pepper to make the dressing.
3. Drizzle the dressing over the avocado and tomato mixture, and toss gently to combine.
4. Garnish with fresh cilantro and serve immediately.

DUCK BREAST WITH ORANGE AND THYME SAUCE

Ingredients:

- 2 duck breasts, skin on (or chicken breast if preferred)
- 1 tbsp olive oil
- 1/2 cup orange juice
- Zest of 1 orange
- 1/4 cup chicken broth
- 1 tbsp fresh thyme, chopped
- Sea salt and black pepper, to taste

Instructions:

1. Score the skin of the duck breasts with a sharp knife. Season with salt and pepper.
2. Heat olive oil in a skillet over medium-high heat. Add the duck breasts, skin-side down, and cook for 6-7 minutes, until the skin is crispy and golden.
3. Flip the duck breasts and cook for an additional 4-5 minutes, until desired doneness.
4. Remove the duck from the skillet and set aside to rest.
5. In the same skillet, add orange juice, orange zest, chicken broth, and thyme. Simmer for 3-4 minutes, until the sauce reduces slightly.
6. Slice the duck breasts and drizzle with the orange-thyme sauce. Serve with a side of sautéed greens or mashed sweet potatoes.

SHRIMP AND AVOCADO RICE PAPER ROLLS WITH LIME DIP

Ingredients:

- 1 lb shrimp, peeled and deveined
- 1 tbsp olive oil
- 1 cucumber, julienned
- 1 avocado, sliced
- 1/4 cup fresh cilantro, chopped
- 8 rice paper wrappers (gluten-free)
- 1 lime, cut into wedges
- 1 tbsp coconut aminos
- Sea salt and black pepper, to taste

Instructions:

1. Heat olive oil in a skillet over medium-high heat. Cook the shrimp for 2-3 minutes per side until pink and fully cooked. Season with salt and pepper.
2. Fill a shallow dish with warm water and dip one rice paper wrapper at a time, holding it for a few seconds until soft.
3. Lay the rice paper on a flat surface and fill with shrimp, cucumber, avocado, and cilantro. Roll the paper tightly to form the rice paper rolls.
4. To make the dipping sauce, combine lime juice and coconut aminos in a small bowl.
5. Serve the rice paper rolls with the lime dip.

CRISPY BAKED CHICKEN TENDERS WITH AVOCADO RANCH DIP

Ingredients:

- 4 boneless, skinless chicken breasts, cut into tenders
- 1/2 cup almond flour
- 1/4 cup ground flaxseed
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/2 tsp smoked paprika
- 1/4 tsp sea salt
- 1/4 tsp black pepper
- 1 egg
- 1 tbsp olive oil (for baking)

Avocado Ranch Dip:

- 1 ripe avocado
- 2 tbsp fresh parsley, chopped
- 1 tbsp fresh dill, chopped
- 1 tbsp lemon juice
- 1/4 cup unsweetened almond milk
- Sea salt and black pepper, to taste

Instructions:

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper and lightly grease with olive oil.
2. In a shallow bowl, combine almond flour, flaxseed, garlic powder, onion powder, paprika, salt, and pepper.
3. Dip each chicken tender into the egg, then coat in the almond flour mixture, pressing gently to adhere.
4. Place the coated tenders on the prepared baking sheet and bake for 20-25 minutes, flipping halfway through, until crispy and golden.
5. For the avocado ranch dip, blend avocado, parsley, dill, lemon juice, almond milk, salt, and pepper in a food processor until smooth.
6. Serve the crispy chicken tenders with the avocado ranch dip on the side.

BAKED CHICKEN THIGHS WITH SWEET POTATO FRIES

Ingredients:

- 4 bone-in, skin-on chicken thighs
- 2 tbsp olive oil
- 1 tsp paprika
- 1/2 tsp ground turmeric
- 1/2 tsp garlic powder
- Sea salt and black pepper, to taste
- 2 medium sweet potatoes, peeled and cut into fries
- 1 tbsp olive oil (for sweet potatoes)
- 1/2 tsp smoked paprika (for sweet potatoes)

Instructions:

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. In a small bowl, mix olive oil, paprika, turmeric, garlic powder, salt, and pepper. Rub the chicken thighs with the spice mixture.
3. Toss the sweet potato fries with olive oil, smoked paprika, salt, and pepper. Arrange the chicken thighs and sweet potatoes on the baking sheet.
4. Roast for 30-35 minutes, until the chicken is cooked through and crispy, and the sweet potatoes are tender.
5. Serve the crispy chicken thighs with sweet potato fries.

TURKEY MEATLOAF WITH ZUCCHINI NOODLES

Ingredients:

- 1 lb ground turkey
- 1/4 cup almond flour
- 1/4 cup ground flaxseed
- 1 egg
- 1/4 cup onion, finely chopped
- 2 garlic cloves, minced
- 1 tsp dried oregano
- 1/2 tsp ground turmeric
- 1/2 tsp smoked paprika
- Sea salt and black pepper, to taste
- 2 medium zucchinis, spiralized into noodles
- 1 tbsp olive oil (for sautéing)

Instructions:

1. Preheat the oven to 350°F (175°C). In a large bowl, combine ground turkey, almond flour, flaxseed, egg, onion, garlic, oregano, turmeric, paprika, salt, and pepper. Mix until well combined.
2. Transfer the turkey mixture into a loaf pan and bake for 30-40 minutes, until the meatloaf is cooked through.
3. While the meatloaf is baking, heat olive oil in a skillet over medium heat. Add zucchini noodles and sauté for 3-4 minutes until tender but still slightly firm.
4. Serve slices of turkey meatloaf on top of zucchini noodles.

CHICKEN AND ROASTED BUTTERNUT SQUASH SALAD

Ingredients:

- 4 boneless, skinless chicken breasts
- 2 cups butternut squash, cubed
- 2 tbsp olive oil
- 1 tsp ground cinnamon
- 1 tsp ground turmeric
- Sea salt and black pepper, to taste
- 4 cups mixed greens (e.g., arugula, spinach)
- 1/4 cup pomegranate seeds
- 2 tbsp balsamic vinaigrette

Instructions:

1. Preheat the oven to 400°F (200°C). Toss the cubed butternut squash with olive oil, cinnamon, turmeric, salt, and pepper. Roast for 20-25 minutes, until tender.
2. While the squash roasts, season the chicken breasts with salt, pepper, and olive oil. Grill or pan-sear the chicken for 6-7 minutes per side until fully cooked.
3. Slice the chicken and place on top of a bed of mixed greens. Add the roasted butternut squash and pomegranate seeds.
4. Drizzle with balsamic vinaigrette and serve immediately.

SWEET AND SAVORY TURKEY CHILI

Ingredients:

- 1 lb ground turkey
- 1 tbsp olive oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 bell pepper, chopped
- 1 zucchini, chopped
- 1 can (14.5 oz) diced tomatoes
- 1 can (15 oz) black beans, drained and rinsed
- 1 tbsp chili powder
- 1 tsp ground cumin
- 1/4 tsp cinnamon
- 1/2 tsp smoked paprika
- 1 tbsp honey
- 1/2 cup water or chicken broth
- Sea salt and black pepper, to taste

Instructions:

1. Heat olive oil in a large pot over medium heat. Add the ground turkey and cook until browned. Remove and set aside.
2. In the same pot, add onion, garlic, bell pepper, and zucchini. Sauté for 5-6 minutes until softened.
3. Add diced tomatoes, black beans, chili powder, cumin, cinnamon, smoked paprika, honey, and water. Stir well and bring to a simmer.
4. Return the turkey to the pot and cook for 15-20 minutes, allowing the flavors to meld together.
5. Adjust seasoning with salt and pepper. Serve warm.

LOBSTER AND SHRIMP LINGUINE

Ingredients:

- 1/2 lb shrimp, peeled and deveined
- 1/2 lb lobster tail, shelled and chopped
- 8 oz gluten-free chickpea pasta
- 3 tbsp olive oil
- 2 garlic cloves, minced
- 1/4 cup white wine (optional)
- 1/2 cup cherry tomatoes, halved
- 1/4 cup fresh parsley, chopped
- 1 tbsp fresh lemon juice
- Sea salt and black pepper, to taste

Instructions:

1. Cook the chickpea pasta according to package instructions. Drain and set aside.
2. In a large skillet, heat olive oil over medium-high heat. Add garlic and sauté for 1-2 minutes until fragrant.
3. Add the shrimp and lobster tail, cooking for 3-4 minutes until pink and cooked through. Remove from the skillet and set aside.
4. In the same skillet, add white wine and simmer for 1-2 minutes, allowing the sauce to reduce.
5. Stir in cherry tomatoes and fresh parsley, cooking for 2-3 minutes until the tomatoes soften.
6. Toss the cooked pasta with the seafood mixture, adding lemon juice, salt, and pepper to taste. Serve immediately.

PAN-SEARED SALMON WITH MANGO AND AVOCADO SALSA

Ingredients:

- 4 salmon fillets
- 1 tbsp olive oil
- Sea salt and black pepper, to taste
- 1 avocado, diced
- 1 mango, diced
- 1/4 red onion, finely chopped
- 1/4 cup fresh cilantro, chopped
- Juice of 1 lime

Instructions:

1. Season the salmon fillets with salt and pepper. Heat olive oil in a skillet over medium-high heat. Sear the salmon for 3-4 minutes per side, until golden and cooked through.
2. While the salmon cooks, combine diced avocado, mango, red onion, cilantro, and lime juice in a bowl. Mix gently to combine.
3. Serve the seared salmon topped with the mango and avocado salsa.

SAFFRON SHRIMP AND CAULIFLOWER RICE PAELLA

Ingredients:

- 1 lb shrimp, peeled and deveined
- 2 tbsp olive oil
- 1 small onion, diced
- 1 red bell pepper, chopped
- 2 garlic cloves, minced
- 1/2 tsp saffron threads
- 1 1/2 cups cauliflower rice
- 1/2 cup vegetable broth
- 1/2 cup peas (optional)
- Sea salt and black pepper, to taste
- 1 tbsp fresh parsley, chopped (for garnish)

Instructions:

1. In a small bowl, soak saffron threads in 2 tbsp warm water for 10 minutes.
2. Heat olive oil in a large skillet over medium heat. Add the onion, bell pepper, and garlic, and sauté for 3-4 minutes until softened.
3. Stir in the cauliflower rice, vegetable broth, saffron water (with the saffron threads), peas (if using), salt, and pepper. Cook for 5-7 minutes, until the cauliflower rice is tender and the flavors meld together.
4. Add the shrimp to the skillet and cook for 3-4 minutes until the shrimp turns pink and is fully cooked.
5. Garnish with fresh parsley and serve.

SPICY TUNA SALAD LETTUCE WRAPS

Ingredients:

- 2 cans (5 oz each) tuna in water, drained
- 1/4 cup avocado, mashed
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1/2 tsp chili powder
- 1/4 tsp cayenne pepper (optional, for heat)
- Sea salt and black pepper, to taste
- 8 large lettuce leaves (such as romaine or butter lettuce)
- 1/4 cup chopped green onions (optional)
- 1/4 cup fresh cilantro, chopped

Instructions:

1. In a bowl, combine the tuna, mashed avocado, olive oil, lemon juice, chili powder, cayenne, salt, and pepper. Mix until well combined.
2. Spoon the spicy tuna mixture onto the lettuce leaves.
3. Top with chopped green onions and cilantro.

CHICKEN STUFFED PEPPERS

Ingredients:

- 4 boneless, skinless chicken breasts
- 1 tbsp olive oil
- 1/2 onion, chopped
- 1 can (14 oz) diced tomatoes
- 1/2 tsp ground cumin
- 1/2 tsp chili powder
- 4 large poblano peppers, roasted and peeled
- 1/2 cup fresh cilantro, chopped
- 1 tbsp lime juice
- Sea salt and black pepper, to taste

Instructions:

1. Preheat the oven to 375°F (190°C). Heat olive oil in a skillet over medium heat. Cook the chicken breasts for 6-7 minutes per side until browned and cooked through. Shred the chicken.
2. In the same skillet, sauté the onion for 3-4 minutes until softened. Stir in the diced tomatoes, cumin, chili powder, salt, and pepper. Let it simmer for 5 minutes.
3. Stir the shredded chicken, cilantro, and lime juice into the tomato mixture.
4. Cut a slit down the side of each poblano pepper and remove the seeds. Stuff the peppers with the chicken mixture and place them on a baking sheet.
5. Bake for 15-20 minutes, until the peppers are tender. Serve hot.

HERBED GRILLED CHICKEN WITH CAULIFLOWER AND CARROT MASH

Ingredients:

- 4 boneless, skinless chicken breasts
- 1 tbsp olive oil
- 1 tbsp fresh rosemary, chopped
- 1 tbsp fresh thyme, chopped
- 1 tbsp garlic powder
- Sea salt and black pepper, to taste
- 2 medium carrots, peeled and chopped
- 1/2 head cauliflower, chopped
- 1 tbsp olive oil (for mash)
- 1/4 cup fresh parsley, chopped (for garnish)

Instructions:

1. Preheat the grill to medium-high heat. Season chicken breasts with olive oil, rosemary, thyme, garlic powder, salt, and pepper.
2. Grill the chicken for 6-7 minutes per side, until fully cooked.
3. Meanwhile, steam the carrots and cauliflower for 10-12 minutes until tender. Mash together with olive oil, salt, and pepper until smooth.
4. Serve the grilled chicken over the cauliflower-carrot mash and garnish with fresh parsley.

ITALIAN TURKEY SAUSAGE WITH ROASTED VEGETABLES

Ingredients:

- 1 lb ground turkey
- 1 tbsp olive oil
- 2 garlic cloves, minced
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh basil, chopped
- 1/2 tsp fennel seeds (optional for flavor)
- 1/4 tsp smoked paprika
- Sea salt and black pepper, to taste
- 2 cups broccoli florets
- 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped
- 1 tbsp olive oil (for roasting vegetables)

Instructions:

1. Preheat the oven to 400°F (200°C). In a bowl, combine the ground turkey, olive oil, garlic, parsley, basil, fennel seeds (if using), smoked paprika, salt, and pepper. Mix well and form the mixture into small sausages or patties.
2. Heat a skillet over medium-high heat. Add the turkey sausages and cook for 5-7 minutes per side, until browned and cooked through.
3. While the sausages cook, arrange the broccoli and bell peppers on a baking sheet. Drizzle with olive oil, salt, and pepper, and roast in the oven for 20-25 minutes, or until tender.
4. Serve the turkey sausages with the roasted vegetables.

LEMON GARLIC SHRIMP WITH ZUCCHINI AND CHERRY TOMATO SAUTÉ

Ingredients:

- 1 lb shrimp, peeled and deveined
- 2 tbsp olive oil
- 3 garlic cloves, minced
- 1/2 tsp red pepper flakes
- 1 zucchini, chopped
- 1 cup cherry tomatoes, halved
- 1 tbsp fresh lemon juice
- 1 tbsp fresh basil, chopped
- Sea salt and black pepper, to taste

Instructions:

1. Heat olive oil in a large skillet over medium heat. Add garlic and red pepper flakes, sautéing for 1 minute until fragrant.
2. Add shrimp to the skillet and cook for 2-3 minutes per side until pink and cooked through. Remove the shrimp from the skillet and set aside.
3. In the same skillet, add zucchini and cherry tomatoes. Cook for 5-6 minutes, until the vegetables are tender.
4. Return the shrimp to the skillet, add lemon juice, basil, salt, and pepper. Toss to combine. Serve immediately.

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