

Eating for Your Good Genes Phase I Shopping List

- Organic Fruits:** Apples, avocados, blackberries, blueberries, cherries, coconuts, lemons, nectarines, peaches, pears, plums, pomegranates, raspberries
- Organic Vegetables:** Artichokes, arugula, asparagus, bok choy, broccoli, brussels sprouts, cabbage, cauliflower, celery, chard, collard greens, cucumbers, fennel, kale, leeks, lettuce, rhubarb, spinach, squash, watercress
- Healing Roots:** Beets, carrots, celeriac, jicama, onions, parsnips, turnips, radishes, rutabagas, shallots, sweet potatoes, yams
- Healing Proteins:** Organic, lean meats, such as beef, lamb, and buffalo; organic poultry: turkey, chicken, game hen, pheasant; wild-caught fish: salmon or trout; hypoallergenic rice protein powder or medical food
- Healing Fats:** Coconut oil, ghee, olive oil, avocado, GLA—borage oil, EPA/DHA—omega-3 complex
- Dairy Substitutes:** Coconut milk, coconut yogurt or kefir
- Healing Herbs:** Basil, bay leaves, chamomile, chives, cilantro, dill, lavender, lemongrass, lemon balm, marjoram, mint, oregano leaves, parsley, peppermint, rosemary, saffron, sage, spearmint, tarragon, thyme
- Spices & Sweeteners:** Cinnamon, cloves, garlic, ginger, onion powder, saffron, sea salt, shallots, stevia, turmeric, a small amount of organic honey*
- Pantry Items:** Organic apple-cider vinegar, coconut flour, coconut flakes, olives, canned salmon
- Fermented Foods:** Coconut kefir and yogurt, fermented vegetables, kimchi (without nightshades), kombucha, sauerkraut
- Drinks:** Drink water: at least 64 oz. of pure, filtered water each day, organic green tea, organic, diluted, unsweetened cranberry juice, organic herbal tea, Teeccino coffee substitute, Dandy Blend

* This phase does not include added sugar, but a small amount of organic honey is acceptable in teas and salad dressings, as long as you are sure you don't react to it. Please keep it to no more than 1 teaspoon per day.

Foods To Avoid: Phase 1

Protein:	Pork, canned meats, uncooked meats, cured or processed meats (i.e. cold cuts, sausage, hot dogs), sushi, shellfish and crustaceans, eggs* *If you know you don't react to eggs, you may have them on Phase I.
Dairy:	All animal milk, including cow, goat, and sheep, cheese, yogurt and kefir, cottage cheese, butter, ice cream
Grains:	Amaranth, barley, buckwheat, bulgur, corn, farro, kamut, millet, oats, quinoa (not technically a grain, but excluded in phase I), rice, rye, sorghum, spelt, teff, wheat, all grains and products made from grains must be eliminated during this stage; the exception is organic brown rice if you know you don't react to it. So must all refined white flour products, such as macaroni and cheese, cookies, cakes, pizza dough, pasta, tortillas, pancake/waffle mixes, and cookies, as well as the carbs in the ingredients of many "low-carb" products.
Nuts and Seeds:	Walnuts, almonds, brazil nuts, coffee, cocoa, hazelnuts, pecans, macadamias, anise, hemp, canola, caraway, chia, Coriander, cumin, fennel seeds, fenugreek, mustard, nutmeg, poppy, pumpkin, sesame, sunflower
Grasses:	Wheatgrass, barley grass, oat grass, alfalfa
Fruits:	Tropical fruit, oranges and orange juice, grapefruit, strawberries, grapes, melons
Beans and Legumes:	Adzuki beans, black beans, black-eyed peas, chickpeas, fava beans, lentils, lima beans, peanuts, kidney beans, soybeans
Nightshades:	Cayenne, chili peppers, eggplant, goji berries, ground cherries, habaneros, jalapenos, paprika, poblanos, potato—all forms (especially chips), sweet peppers (green, red, yellow peppers), tobacco, tomatoes, tomatillos
Sweeteners:	Sugar in all forms—brown, white, or in the raw, honey*, sugar alcohols—xylitol, artificial sweeteners, Equal®, Splenda®, Sweet'N Low®, fructose, glucose, sucrose, high-fructose corn syrup, maple syrup, evaporated cane juice, agave *A small amount of organic honey is acceptable in teas and salad dressings, as long as you are sure you don't react to it. Please keep it to no more than 1 teaspoon per day.
Condiments & Dressings:	Regular table salt, soy sauces, distilled vinegars, ketchup, mayonnaise, conventionally pickled (not fermented) foods, bottled salad dressings, ketchup, relish, mayonnaise, BBQ sauce, teriyaki If it comes in a bottle and contains salt, sugar, thickening agents, or any other potentially compromising additives, avoid it.
Drinks:	Alcohol, caffeinated drinks—coffee, energy drinks, concentrated fruit juices, soft drinks
Fats:	Butter and butter substitutes, margarine, canola oil, processed oils, excess dietary fats, especially trans-fats ANYTHING YOU ALREADY KNOW THAT YOU REACT TO! All over-the-counter drugs (allergy medications, Tylenol, Advil, etc.) unless prescribed by your doctor, performance bars, drinks, gels, and protein shakes.

Eating for Your Good Genes Phase I Recipes

Broiled Salmon with Avocado & Lemon Salsa - serves 4

4 salmon filets, weighing about 4 – 6 oz each

Olive oil + lemon

Salt & pepper

Line a sheet pan with aluminum foil. Heat broiler & position rack 6 inches beneath the flame.

Wash & dry fish. Place salmon, skin side down, on foil, & drizzle with oil. Season with salt & pepper & a squeeze of lemon. Place under broiler & broil until fish is opaque throughout, about 6 - 8 minutes.

Rotate pan halfway through baking time. Serve with the salsa, & a salad and/or a seasonal vegetable side dish, such as pan-grilled asparagus, alongside.

Avocado Lemon Salsa:

Grated zest (outer rind) of 1 large lemon

Juice of the large lemon

1 shallot, minced

Salt & pepper

3 TB olive oil

1 TB finely sliced chives

Combine the zest & lemon juice with the shallot & a few pinches of salt. Allow to sit for 10 -15 minutes.

Whisk in the oil, season with pepper, & stir in the chives & avocado. Taste & adjust salt & pepper as needed, & add more lemon juice or oil as needed

Seared Flank Steak with Salsa Verde and Pan-Grilled Asparagus - Serves 4

1¼ pounds - 1½ pounds flank steak

Olive oil

Salt & pepper

Season the steak generously with salt. Cover & allow to rest at room temperature for an hour. (If desired, tenderize the steak with a meat tenderizer first.)

Heat a cast-iron pan over medium-high heat. Pat the steak dry, & rub it with a little olive oil before placing in the hot pan. Cook until well-browned, about 3-5 minutes per side, for medium-rare. Remove to a warm plate & allow to rest for at least 5 -10 minutes. Season with freshly ground pepper & slice thinly, against the grain, with a very sharp knife. Serve with Salsa Verde, Asparagus (or other seasonal vegetable side dish), & a simple green salad.

Salsa Verde:

1 shallot, minced

1/3 cup chopped flat-leaf parsley

2 TB chopped mixed herbs (such as dill, tarragon, basil)

1 clove garlic, minced

1½ TB capers, rinsed & finely chopped

Grated zest of 1 lemon

1 TB lemon juice, or more to taste

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¼ tsp salt, or to taste
Freshly ground pepper
¼ cup extra-virgin olive oil

Stir everything together. Taste, & add more lemon juice, salt & pepper as needed.

Pan-Grilled Asparagus:

2 pounds asparagus
Olive Oil
Salt
Lemon

Slice or snap off the tough ends of the asparagus. Toss with olive oil to coat, season with salt.

Heat a ridged cast-iron grill pan over high heat. When the pan is very hot, add the asparagus & cook for 3 – 5 minutes, until the stalks start to color. Flip them over with tongs & cook for another 3 – 5 minutes. If the spears are thin, they will cook faster. Remove to a warmed platter, season with freshly ground pepper, & more salt if needed, & serve with wedges of lemon alongside.

Buffalo Burgers with Caramelized Onions, Arugula, & Sweet Potato Fries – serves 4

1 lb ground buffalo
¼ tsp - ½ tsp salt
Freshly ground pepper
½ tsp chopped fresh rosemary
1 TB olive oil
Handful of baby arugula (or tender butter head lettuce leaves)

Season buffalo with the ¼ tsp – ½ tsp salt, plus a little pepper. Form into four ½-thick patties. Heat about 1 TB of olive oil in a cast-iron skillet over medium-high heat. Sprinkle the patties with a bit of salt. Cook the burgers for about 3 - 4 minutes per side for medium-rare (135° – 155° on an instant-read thermometer) or a bit longer for well-done (160°). Let rest about 5 minutes, before serving with caramelized onions & arugula. Serve the sweet potato fries alongside.

Caramelized Onions:

3 yellow onions, thinly sliced crosswise to about ¼ inch thick
1 TB olive oil
Salt & pepper

Heat the oil in a wide stainless steel or cast-iron skillet over medium heat. Add the onions & cook for about 5 to 10 minutes, stirring occasionally. Add a few pinches of salt, reduce heat to medium-low & continue to cook, stirring occasionally, until onions are golden & caramelized, about 45 minutes to an hour. You may need to reduce heat to low to prevent them from burning. Season with freshly ground black pepper.

Sweet Potato Fries:

2 large sweet potatoes, scrubbed & cut into large baton or French fry shape, about ½ inch wide
Olive oil
Salt & pepper

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Preheat oven to 425°. Toss the sweet potatoes with enough oil to coat, about 2 TB. Season with salt & spread them out on 1 - 2 sheet pans, making sure they have ample space. Bake for 25 – 30 minutes, turning once or twice, until browned & tender. Remove from oven & season with pepper, plus more salt if needed.

Roasted Chicken with Roasted Root Vegetables (Carrots, Rutabaga, Parsnips, Sweet potatoes, Onions) + Green Salad

One roasting chicken, weighing about 3 – 4 pounds

1 lemon, halved, & 1 half thinly sliced

Olive oil

1 tsp salt + ½ tsp black pepper

3 - 4 cloves garlic

Small bunch of parsley + a few sprigs of rosemary & thyme

2 large onions, quartered, then each quarter cut in half again

1 pound root vegetables such as carrots, rutabaga, & parsnips, peeled & cut into 1 inch pieces (cut out the tough inner core of the parsnip)

1 ¼ pounds sweet potatoes, scrubbed & cut into 1 inch pieces

Preheat oven to 400°. Wash & dry the chicken. Carefully loosen the skin over the breasts & legs with your hand. Slide a slice of lemon under the skin above each of the legs, & 1 –2 slices under the skin above each breast. Rub the chicken with olive oil, then the 1 tsp salt & the ½ tsp pepper. Season the cavity with a bit of salt & pepper, then stuff the cavity with the herbs, garlic, & lemon half. Truss the chicken, & place in a large (12 inch) cast-iron skillet, or a roasting pan. Toss the vegetables with olive oil to coat, season with salt & pepper. Arrange the vegetables around the chicken, drizzle some olive oil over the chicken, & bake in the oven for about 1 ½ hours or until a thermometer inserted in breast or thigh registers 160°, & the juices run clear. Transfer chicken to carving board & let rest for 10 minutes or so. Carve & serve with the roasted veggies & pan juices. Serve with a simple green salad, if desired.

Be sure to save the carcass to make a simple chicken stock with.

Herb Poached Chicken Breasts with Salsa Verde, + Sautéed Zucchini with Garlic & Herbs + Avocado Salad - serves 4

3 - 4 boneless, skinless chicken breast halves

Herbs for flavoring: parsley branches, thyme, tarragon, etc.

1 clove of garlic, smashed or sliced

Bay leaf

6 - 8 peppercorns

¾ tsp – 1 tsp salt

Place the chicken in a pot large enough to accommodate them in a single layer – it's fine if they overlap a little. Add the herbs & aromatics, then cover with cold water by about an inch. Bring to a simmer over medium-high heat; as soon as it starts to simmer, reduce heat to medium low, cover, & continue to gently cook until opaque throughout, & thickest part of breast registers at 165° on an instant-read thermometer, 10 – 15 minutes, depending on the size of the breasts.

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Remove from poaching liquid & slice each breast. Serve them with the Salsa Verde & Sautéed Zucchini & Squash alongside.. Strain the poaching liquid, & use as a stock for a soup.

Salsa Verde:

1 shallot, minced
1/3 cup chopped flat-leaf parsley
2 TB chopped mixed herbs (such as dill, tarragon, basil)
1 clove garlic, minced
1 ½ TB capers, rinsed & finely chopped
Grated zest of 1 lemon
1 TB lemon juice, or more to taste
¼ tsp salt, or to taste
Freshly ground pepper
¼ cup extra-virgin olive oil

Stir everything together. Taste, & add more lemon juice, salt & pepper as needed.

Sautéed Zucchini with Garlic & Herbs:

2 ½ TB olive oil
1 small onion, or several small shallots, thinly sliced
1 – 2 cloves garlic, thinly sliced
1 ¼ pounds mixed zucchini & summer squash, thinly sliced
Salt & pepper
Lemon
3 – 4 TB chopped mixed herbs (dill, basil, parsley, mint, marjoram, cilantro, etc.)

Heat the oil in a skillet that is wide enough to hold the squash in a single layer. Sauté the onion & garlic over medium heat until translucent. Raise the heat to medium-high, add the squash, & season with a few pinches of salt. Sauté until golden & tender. Remove from heat, season with salt & pepper, lemon zest & lemon juice to taste. Transfer to serving bowl & sprinkle with herbs

Avocado, Radish, & Butter Lettuce Salad with Lemon Vinaigrette:

3 TB fresh lemon juice
1 ½ tsp lemon zest
2 shallots, finely diced
1 tsp Dijon mustard
½ tsp salt + freshly ground pepper
½ cup olive oil

Combine everything except the oil in a bowl. Let sit for 10 – 15 minutes. Whisk in oil, season with pepper; add more salt & lemon juice if needed.

1 butter head lettuce, torn into pieces, washed & dried
Handful of arugula, washed & dried
4 crisp radishes, thinly sliced
1 avocado, halved & sliced
Small bunch of chives, sliced, or 2 scallions, sliced

Combine in salad bowl. Add vinaigrette to taste, toss & serve.

Pan Seared Tuna with Avocado, Mixed Greens & Lime Vinaigrette - serves 4

- 4 ahi tuna steaks, about 6 oz each
- 1 TB olive oil
- 8 oz mixed greens, including baby arugula, washed & spun-dried
- 1 avocado, thinly sliced
- 2 scallions, thinly sliced
- 2 TB chopped herbs, optional (cilantro, mint, parsley)

Season the tuna steaks with salt. Heat the olive oil in a cast-iron skillet over medium-high heat. Add the tuna & cook, turning once, until browned on both sides but still rare in the center, about 4 – 8 minutes depending on thickness. Transfer to cutting board & thinly slice. Toss the salad greens & scallions with Lime Vinaigrette to taste, then gently mix in the avocado. Serve with the tuna on top, or alongside, as preferred.

Lime Vinaigrette:

- ¼ cup lime juice
- ¾ tsp lime zest
- 1 tsp salt
- 1 TB finely diced shallots
- ½ cup sunflower oil + ¼ cup olive oil
- ½ tsp black pepper

Combine lime juice, zest, salt & shallots in a bowl. Let stand 15 minutes, then whisk in the olive oil. Season with the black pepper; taste & adjust if necessary.

Roast Beef with Herbs & Garlic + Roasted Onions + Parsnip Puree - serves 6 - 8

- One 4 pound beef top loin roast, fat trimmed to ¼ inch
- 2 TB olive oil, plus extra for browning
- 3 - 4 cloves garlic, minced
- 4 TB chopped fresh rosemary
- 1 TB chopped thyme
- 2 tsp salt + ¾ tsp black pepper
- 4 – 6 red onions, weighing about a pound, halved & drizzled with a bit of olive oil

Preheat oven to 450°. Pat the roast dry with a paper towel. Rub a little oil onto roast; heat large skillet over high heat & brown meat on all sides. Combine the 2 TB oil, garlic, herbs, salt & pepper together in a bowl, then rub into the meat. Place roast fat side up in a shallow roasting pan & place the onions, cut side down, around the meat. Sprinkle the onions with salt. Cook for 15 minutes, then reduce oven temperature to 350°. Cook until thickest part of meat registers 125° -130° for medium-rare, about 25 – 35 minutes. Remove roast to a cutting board, loosely tent with foil, & let rest 15 minutes. Thinly slice against the grain, & serve with Roasted Onions & Parsnip Puree alongside.

Parsnip Puree:

- 1 pound parsnips, peeled & thinly sliced
- 1 pound carrots, peeled & sliced half as thin as the parsnips (or sweet potato, thinly sliced)
- 1 clove garlic

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1 ¼ tsp salt + freshly ground pepper
Ghee
Chives and/or parsley as garnish

Combine in a saucepan. Cover with cold water & bring to a boil. Lower heat & simmer until tender, about 25 minutes. Drain, reserving the cooking liquid, or scoop out the vegetables, & puree, adding cooking liquid as needed. Stir in ghee; taste & season with pepper & more salt, if needed. Garnish with chives and/or minced parsley.

Braised Baby Artichokes

About 1¼ pounds baby artichokes
Lemon, zested & juiced
1 small onion, diced
2 garlic cloves, minced
1 bay leaf
2 sprigs of thyme
½ tsp salt, or more to taste
½ cup chicken or veggie stock
Salt & pepper
Chopped parsley as garnish

Fill a bowl with water & add the lemon juice. Trim the artichokes by slicing off a little from each end. Snap off any tough outer leaves to reveal the pale tender inner leaves. If any are on the larger size, cut in half, & scrape out the choke (if there is one). Transfer them to the lemon-water as they are trimmed. Heat olive oil in a wide skillet. Add the onion, sauté briefly, then add the garlic, bay leaf & thyme. Add the artichokes, salt & stock. Cover, & simmer until tender, 15 – 25 minutes, until easily pierced with a pairing knife. Season to taste and enjoy!

Salad with Salmon, Asparagus, Avocado, Radish & Lemon vinaigrette

Add broiled salmon & blanched asparagus to the Avocado, Radish & Butter Lettuce with Lemon Vinaigrette Salad above!

Sides/Snacks

Salt & Vinegar Kale Chips

1 large bunch curly kale, stems removed, torn into large pieces
1 ½ TB olive oil
1 ½ TB – 2 TB apple cider vinegar
¾ tsp salt, or to taste

Preheat oven to 350°. Wash & thoroughly dry the kale. Toss the kale with the oil in a large bowl, massaging the leaves to thoroughly coat them. Add the vinegar, & briefly massage again. Sprinkle with

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salt, & toss. To ensure even crispness, bake in batches so as not to overcrowd them: spread half of the kale onto 2 baking sheets, making sure that leaves don't touch. Bake the kale for 16 – 20 minutes, rotating halfway through baking time, until crisp. Check & remove crispy leaves, & allow the others to continue baking until done, if necessary. Cool for 10 minutes on pans before serving. Repeat with the remaining kale. Store any left-overs in an airtight container at room temperature.

Rhutabaga Fries

Rutabagas

Olive oil

Salt & pepper

A few pinches fresh minced herbs

Preheat oven to 400°. Peel the rutabagas, then cut into batons or French fries. Toss with enough olive oil to evenly coat the fries, then season with salt to taste. Spread in a single layer onto a sheet pan, & bake for about 30 – 40 minutes, turning occasionally. Taste for salt, & season with freshly ground pepper, & some minced fresh herbs if desired.

Sweet Potatoes with Coconut Butter

Dried, shredded, unsweetened coconut

Salt to taste

Process the coconut in a food processor until thick paste forms, scraping down sides of bowl as needed. Add salt to taste, or not. Store in glass jar in the refrigerator.

2 sweet potatoes, baked until tender

Salt & pepper, to taste

Coconut butter, for serving

Serve the sweet potatoes hot, split down the middle, with coconut butter, salt & pepper to taste.

Brussels Sprouts with Bacon and Apple

1 pound Brussels sprouts, trimmed, halved lengthwise

3 slices thick-cut bacon, cut into ½ inch pieces

1 onion, chopped

1 tart apple, cored & chopped

A few pinches of chopped fresh thyme

Salt & pepper to taste

Splash of apple-cider vinegar, to taste

Boil the sprouts in salted water until tender, but not mushy, about 6 minutes. Drain. Sauté the bacon until crisp, then add the onion & sauté over medium-low heat until translucent. Add apple & thyme & cook a few minutes more, before adding the sprouts back in. Cook until everything is tender. Season with salt & pepper, & apple cider vinegar to taste.

Sautéed Greens with Garlic & Anchovies

1 ¼ pound or so of greens, such as chard, kale, turnip & beet greens, escarole, mustard, etc.,
2 – 3 TB olive oil
Half an onion, thinly sliced
2 -3 cloves garlic, sliced
4 – 5 anchovies
Lemon

Wash the greens, removing any tough stems. If using chard, chop some of the stems & set aside. Roughly chop the greens, or cut into ribbons. Heat the oil in a wide skillet. Add the onion & any chopped chard stems & sauté for a few minutes. Add the garlic & anchovies, & sauté for about a minute, mashing the anchovies into the mixture. Add enough greens to fill the pan, turn them with tongs, & continue to add more greens once the first batch has wilted down a bit. Add little bits of water to the pan as needed, & cook until wilted & tender. Squeeze the lemon over the greens, season with pepper, & more salt to taste.

Roasted Broccoli with Lemon

2 heads of broccoli
Olive oil
Salt & pepper
Lemon

Heat oven to 425°. Wash broccoli, then cut the heads into florets. Thickly peel the stalks with a paring knife, revealing the tender heart of the stalk. Cut these into batons. Toss the broccoli with enough oil to coat. Season with salt, & spread onto a baking sheet. Bake for about 18 - 20 minutes, or until tender with slightly browned edges. Season with pepper, & more salt to taste. Squeeze a little lemon juice over, toss & serve immediately.

