42-Day Meal Plan Guide
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Undoctored Inner Circle 42-Day Meal Plan
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Introduction

The Undoctored Inner Circle 42-Day Meal Plan Guide is designed to serve as an additional resource for planning meals on the Undoctored Diet. It can be used on its own or in conjunction with the Meal Planning Tool and Recipe Library found on the InnerCircle.Undoctor.com website.

Several of the suggested and alternate menu items are generic and can be prepared without recipes. However, many of the recipes included in this guide are listed in the Recipes section at the end of the guide and/or are available to Full-Access Members on the Undoctored Inner Circle site with the advantage of providing nutrition data. Where provided, click the red recipe links to view the recipe online or the blue “Document Link” in parenthesis to jump to a recipe included at the end of the guide.

The First 10 Days

Simplicity is the key during these first 10 days to make it easier while you are suffering the energy and mood impairment of the detoxification/withdrawal process.

Start with dishes that you are familiar with and already include in your diet, though perhaps modified with healthier ingredients. This way, preparation is simplified and you won’t even need a recipe. Having three scrambled eggs and bacon for breakfast is perfectly fine—no recipe needed, but consistent with this lifestyle and easy to prepare. You can, of course, dive further into the recipes and draw from some of the more interesting choices, but do so only if the detox/withdrawal is not slowing you down.

While you will find simple breakfast dishes specified below that are typically considered part of breakfast, don’t hesitate to introduce lunch or dinner foods into your morning meal, such as a salad, leftover steak or hamburger, or a baked dish. Much of the typical American breakfast ritual was invented by the processed food industry, trapping you into the habit of consuming grains and sugars. The farther you get away from such practices, the healthier you will become. Conversely, if you feel like having an omelet or scrambled eggs for dinner, go right ahead.

Rather than follow conventional advice such as “Breakfast is the most important meal of the day,” we listen to our bodies: If you are hungry for breakfast, eat breakfast; if you are not hungry for breakfast, don’t eat breakfast, then eat later when you perceive the softer form of hunger we experience in the grain-free world. We find this to be a more rational and effective approach.

We introduce Prebiotic Shakes on day 3 for breakfast that are very filling and can serve as a meal replacement. If you remain hungry after the shake, go ahead and have something more, such as some eggs or full-fat yogurt with berries. If you don’t use the shakes on any day, be sure to obtain prebiotic fibers from other sources, such as small servings of legumes, sliced jicama dipped into guacamole, hummus, inulin or FOS powders added to other foods, or other root vegetables (while not exceeding our 15 gram net carb rule per meal).

Once you are beyond the initial 10 days and finished with the fatigue, nausea, headaches, and low moods of the detox/withdrawal, then you can graduate to the more varied dishes of the menu plan.
Day 1

**Breakfast**
Eggs with Meat, any style, fried, scrambled, poached, omelet, hard- or soft-boiled. If fried or scrambled, be sure to use oils (coconut, olive, lard, tallow, saved bacon grease) generously. Bacon, Canadian bacon, or sausage (all meats uncured and without grain ingredients)

**Lunch**
Triple Berry Quick Muffin ([Document Link](#)) with butter

**Dinner**
Parmesan-breaded Pork Chops With Balsamic Roasted Vegetables,

Day 2

**Breakfast**
Spinach, Mushroom, and Cheese Omelet
Bacon, Canadian bacon, or sausage (all meats uncured and without grain ingredients)

**Lunch**
A la Carte Item #1 (Nuts, Cheese, & Berries)
1/2 cup raw walnuts, pecans, or almonds
4 ounces full-fat cheese—your choice of variety (e.g., cheddar, Monterey Jack, Colby, etc.)
1/4 cup blueberries, strawberries, or blackberries

**Dinner**
Chicken Nuggets (can be made with dark instead of breast meat for greater fat content) with Red Curry Hummus Dressing ([Document Link](#)) as sauce
A la Carte Item #9 (Green Salad) with olive oil and vinegar

Day 3

**Breakfast**
Piña Colada Prebiotic Shake ([Document Link](#))

**Lunch**
1 large avocado, pitted, with salsa
(you can use a serving or two of this recipe Avocado Stuffed with Spicy Salsa)
A la Carte Item #5 (Nuts) Handful raw almonds, walnuts, or pecans

**Dinner**
Italian Meatloaf
A la Carte Item #6 (Side Vegetable) Steamed broccoli, asparagus, or other green vegetable

Day 4

**Breakfast**
Blueberry, Carrot, and Greens Prebiotic Shake ([Document Link](#))
Lunch
*Tuna Salad* with sliced fresh tomatoes or leftover meatloaf from previous night’s dinner
*A la Carte Item #7 (Berries)* 1/4 cup berries

Dinner
Stir-fry with chicken/beef/pork/shrimp and sliced peppers, bamboo shoots, mushrooms, pea pods or green beans; tamari or gluten-free soy sauce.
Try this recipe *Spicy Chicken Stir-Fry*

Day 5

**Breakfast**
*Peanut Butter Cup Prebiotic Shake* ([Document Link](#))

**Lunch**
*A la Carte Item #2 (Pickle Wrap)*. Sliced roast beef wrapped around dill pickles with horseradish mayonnaise

**Dinner**
*A la Carte Item #4 (Burger)* Ground beef/pork sautéed with sliced onions, mushrooms
*A la Carte Item #3 (Chocolate)* 4 squares 85% cocoa or greater chocolate

Day 6

**Breakfast**
*Coconut Chocolate Quick Muffin* ([Document Link](#)) with butter

**Lunch**
*A la Carte Item #8 (Veggies)* Carrots, raw celery jicama, or peppers dipped in *Hummus* (with added olive oil) or guacamole
*A la Carte Item #5 (Nuts)* Handful raw almonds, walnuts, or pecans

**Dinner**
*Beef Stew* ([Document Link](#)) (slow-cooker recipe)
*Chocolate Mousse* ([Document Link](#))

Day 7

**Breakfast**
*Eggs with Meat* Eggs, any style: fried, scrambled, poached, omelet, hard- or soft-boiled. If fried or scrambled, be sure to use oils (coconut, olive, lard, tallow, saved bacon grease) generously. Bacon, Canadian bacon, or sausage (all meats uncured and without grain ingredients)

**Lunch**
*Wasabi Deviled Eggs*
*A la Carte Item #10 (Avocado)*
Day 8

Breakfast
Piña Colada Prebiotic Shake (Document Link)

Lunch
Mediterranean “Pasta” Salad (Document Link) leftovers from previous night

Dinner
Baked or Grilled Salmon (Document Link), cod, or other fish or baked chicken with basil pesto and sliced mushrooms
Chocolate-coated Green Banana Bites (Document Link)

Day 9

Breakfast
Grainless Granola (Document Link) with coconut, almond, hemp milk, or Homemade Full-Fat Yogurt with sliced strawberries

Lunch
Simple & Delicious Chicken Salad
A la Carte Item #8 (Veggies) Carrots, raw celery jicama, or peppers dipped in Hummus (with added olive oil) or guacamole

Dinner
Kale and Sausage Soup (Document Link)

Day 10

Breakfast
Peanut Butter Cup Prebiotic Shake (Document Link)

Lunch
Grainless Granola (Document Link) in full-fat unflavored yogurt or Homemade High-Fat Yogurt (Document Link)
A la Carte Item #7 (Berries) 1/4 cup berries or other fruit to not exceed our 15-gram net carb cutoff

Dinner
Parmesan-breaded Pork Chops With Balsamic Roasted Vegetables (Document Link) (preferably bone-in pork chops)
A la Carte Item #9 (Green Salad) with Creamy Tomato Cilantro Dressing (Document Link)
The Next 32 Days

The majority of people engaging in this lifestyle should feel pretty darned good after completing the initial unpleasant, often tumultuous, 10 days. You should therefore be ready to explore some of the new recipes in this Undoctored lifestyle, including those that seem indulgent—like cookies or pizza—that now become health foods that should raise no concerns about weight gain or health impairment (aside from the dairy issue).

If you are among the minority whose detox/withdrawal symptoms continue longer than 10 days, it is perfectly fine to continue the simplified program of the initial 10 days. Join in with the more elaborate menu plan when you start feeling stronger and more energetic, which should not be too far off.

Three meals per day are specified, but this does not mean that you need to adhere to a three-meal-per-day schedule. Eat if you wish, do not eat if you are not hungry. Also, only some desserts are specified, but feel free to add the dessert recipes included whenever the impulse hits. All dessert recipes are compliant with this lifestyle and can even be used to replace other breakfast, lunch, or dinner foods, since all unhealthy ingredients have been removed and replaced with healthy alternatives.

Sample Menus

Below are 14 days of additional daily meal suggestions that can be introduced on any day of your 42-Day Meal Plan. Inner Circle Members can use these menus to modify or extend the “pre-built” 42-Day Meal Plan available using the Inner Circle Meal Planning Tool.

Sample Day 11

Breakfast
Piña Colada Prebiotic Shake (Document Link)

Lunch
Chicken Salad or Salmon Salad with Asian Shiitake Ginger Dressing (Document Link)

Dinner
Roasted Red Pepper Chicken Alfredo (Document Link)
A la Carte Item #9 (Green Salad) with Creamy Tomato Cilantro Dressing (Document Link)

Sample Day 12

Breakfast
Homemade High-Fat Yogurt (Document Link) (1/2 cup) with blueberries
Eggs with Meat or 2-3 hard-boiled eggs (or any other style)

Lunch
Peanut Butter Cup Prebiotic Shake (Document Link)
(you can use a serving or two of this recipe Avocado Stuffed with Spicy Salsa)
Dinner
Chicago-Style Deep-Dish Pepperoni Pizza (Document Link)

Sample Day 13

Breakfast
Spinach and Mushroom Frittata (Document Link)

Lunch
Eggplant Mini-Pizzas (Document Link)

Dinner
Chicken Nuggets (can be made with dark instead of breast meat for greater fat content) with Red Curry Hummus Dressing (Document Link) as sauce served with Cauliflower Garlic Mashed Potatoes

Sample Day 14

Breakfast
Spinach, Mushroom, and Cheese Omelet (Document Link)

Lunch
Spanish-style Lentil Soup (Document Link)

Dinner
Spaghetti With Meatballs (Document Link)
A la Carte Item #9 (Green Salad) with Vinaigrette Dressing (Document Link)

Sample Day 15

Breakfast
Blueberry, Carrot, and Greens Prebiotic Shake (Document Link)

Lunch
Curry Cauliflower Soup (Document Link)

Dinner
Mediterranean “Pasta” Salad (Document Link)

Sample Day 16

Breakfast
Peanut Butter Cup Prebiotic Shake (Document Link)

Lunch
Apple Pie Spice Muffins (Document Link)
Dinner
Grilled Salmon (Document Link) with Curried “Rice” (Document Link)
A la Carte Item #6 (Side Vegetable) This A la Carte Item allows you to pick your choice of side vegetable

Sample Day 17

Breakfast
Salsa, Avocado, and Cilantro Omelet (Document Link)

Lunch
Crab Cakes (Document Link)

Dinner
Spicy Pork-Stuffed Peppers (Document Link)
Flourless Chocolate Cake (Document Link)

Sample Day 18

Breakfast
Coconut Chocolate Quick Muffin. (Document Link)

Lunch
A la Carte Item #12 (BLT) made with Flaxseed Wrap (Document Link) and Mayonnaise (Document Link)

Dinner
Kale and Sausage Soup (Document Link)

Sample Day 19

Breakfast
Homemade High-Fat Yogurt (Document Link) with Grainless Granola (Document Link)

Lunch
Ramen Noodles (Document Link)

Dinner
Italian Meatloaf or your choice of meat, fish, or poultry with
Brussels Sprouts Gratin (Document Link)
Grain-Free Strawberry Shortcake (Document Link)
Sample Day 20

Breakfast
Breakfast Cheesecake (Document Link)

Lunch
Cream of Broccoli Soup (Document Link)

Dinner
Beef Paprikash (Document Link)
A la Carte Item #6 (Side Vegetable) This A la Carte Item allows you to pick your choice of side vegetable

Sample Day 21

Breakfast
Blueberry, Carrot, and Greens Prebiotic Shake (Document Link)

Lunch
Chocolate Avocado Pudding (Document Link)
A la Carte Item #5 (Nuts) Handful raw almonds, walnuts, or pecans

Dinner
Beef Short Ribs (Document Link)
A la Carte Item #9 (Green Salad) with Creamy Tomato Cilantro Dressing (Document Link) or Vinaigrette Dressing (Document Link)

Sample Day 22

Breakfast
Pina Colada Yogurt (Document Link) with Grainless Granola (Document Link)

Lunch
Sausage “Rice” Skillet (Document Link)

Dinner
Mexican Tortilla Soup (Document Link)
Peach Yogurt Panna Cotta (Document Link)

Sample Day 23

Breakfast
Berry Breakfast Nut Mix (Document Link) in coconut milk

Lunch
A la Carte Item #11 (Sandwich) with mayonnaise or mustard

Dinner
Grilled Salmon with Horseradish Sauce (Document Link)
Chocolate Mousse (Document Link)

Sample Day 24

Breakfast
Eggs with Meat or eggs scrambled with basil pesto and olive oil
Piña Colada Prebiotic Shake (Document Link)

Lunch
Tuna salad

Dinner
Roasted Red Pepper Chicken Alfredo (Document Link)
A la Carte Item #6 (Side Vegetable) This A la Carte Item allows you to pick your choice of side vegetable

Sample Day 25-42

Simply reuse any of the Sample Day meal plans on the remaining days. Feel free to mix and match items from any day to create new and unique daily meal plans. The Inner Circle Meal Planning Tool makes this exceptionally and provides additional recipes you can add to your meal plan.
Recipes

Basic Recipes

Here are some the basic recipes for such things as non-grain breads, sauces, and jams to add more variety to your Undoctored lifestyle.

Breads and Rolls

Herbed Focaccia Flatbread (From the Wheat Belly 30-Minute Cookbook)
This Herbed Focaccia Flatbread provides a delicious way to enjoy Reuben sandwiches, ham and cheese sandwiches, a smoked turkey sandwich, or a wonderful bread to dip into extra-virgin olive oil.

(Note that the sequence of adding ingredients specified below must be followed as written to avoid the occasional “Baker’s ammonia” effect, the result of the baking soda in the baking mix reacting with the proteins in the eggs, generating an ammonia smell, which is unpleasant. By adding vinegar first, the acetic acid in the vinegar will react with the baking soda first, preventing the reaction.)

Makes 4-6 focaccia flatbreads, depending on cut size

1 cup shredded mozzarella or other cheese
3 cups almond meal/flour
1/4 cup ground golden flaxseed
1 teaspoon baking soda
1 1/2 teaspoons sea salt or Kosher salt, divided
1 teaspoon onion powder
1/2 teaspoon garlic powder
1 1/2 teaspoons dried rosemary
1 1/2 teaspoons dried oregano
1/2 cup black or kalamata olives, diced or finely sliced
1/4 cup sundried tomatoes, finely sliced
1/4 cup extra-virgin oil, separated
2 tablespoons white or apple cider vinegar
2 large eggs, separated

Preheat oven to 375° F.

In food chopper or food processor, pulse shredded cheese until reduced to small granule-sized consistency, similar to couscous-size.

In medium bowl, combine cheese, almond meal/flour, flaxseed, baking soda, 1/2 teaspoon salt, onion powder, garlic powder, rosemary, oregano, olives, and sundried tomatoes and mix together. Add 2 tablespoons olive oil, vinegar and mix quickly. Set aside.

With electric mixer, whip egg whites until stiff. Blend in egg yolks and 2 tablespoons olive oil at low speed. Pour egg mixture into dough mixture and mix together by hand.
Grease an 11 x 17” shallow baking pan. Place dough onto pan and shape into large rectangle by hand or by covering with parchment paper and using a roller or other flat cylindrical object to a ½-inch thickness. Dough should fill entire pan.

Bake for 12 minutes. Remove and take blunt handle of spoon or other small rounded instrument and make small depressions in the surface every inch or so. Brush surface with remaining olive oil and sprinkle sea salt or Kosher salt on top. Return to oven additional 8-10 minutes until lightly browned.

Remove and slice using pizza cutter to desired size. Remove carefully.

**Basic Sandwich Muffins** *(From the *Wheat Belly 30-Minute Cookbook*)

Put egg and sausage between two of these sandwich muffins and you have a breakfast muffin. Or use them for a mini-hamburger.

To save time, make muffins ahead of time. The recipe can, of course, be doubled or tripled to make larger batches.

**Makes 4 halves or 2 complete sandwich muffins (top and bottom)**

- 1 cup Wheat Belly All-Purpose Baking mix
- ½ teaspoon baking soda
- ½ teaspoon sea salt
- ½ teaspoon ground rosemary
- ½ teaspoon ground oregano
- 2 tablespoons extra-virgin olive oil
- 1 medium egg

Preheat oven to 350º F. Grease 4 wells of a whoopie pie pan.

In bowl, combine baking mix, baking soda, salt, rosemary, and oregano and mix. Stir in olive oil thoroughly, then add egg and blend by hand until mixed. If too stiff, add water one tablespoon at a time.

Spoon out into four equal portions into whoopie pie pan. Flatten with spoon until approximately 1/2-inch thick, leaving a shallow well in center. Bake for 15 to 20 minutes until edges begin to brown. Remove carefully from molds.

**Flaxseed Wrap Baking Mix** *(From the *Wheat Belly 30-Minute Cookbook*)

Ground golden flaxseed makes a wonderful wrap that fits any recipe to replace its wheat or cornmeal equivalent. This mix provides the ingredients to make a quick on-the-go sort of wrap that can be whipped up in just a few minutes.

**Makes 8 wraps**

- 2 cups ground golden flaxseed
- 1 teaspoon baking powder
- 1½ teaspoons onion powder
- 1 teaspoon garlic powder
- ½ teaspoon sea salt
Flaxseed Wraps
Makes 1 wrap

¼ cup Flaxseed Wrap Baking Mix
1 teaspoon coconut oil, melted, or olive oil, plus more for greasing pans
1 large egg
1 tablespoon water

Place flaxseed baking mix in bowl, then whisk in oil, egg, and water until thin, pourable dough forms.

Grease a microwave-safe 9-inch glass or plastic pie pan. Pour the dough into the pan, using a spatula to empty the bowl. Tilt the pie pan to coat the entire bottom uniformly. Microwave on high for 2 to 3 minutes until cooked. Let cool several minutes. (Alternatively, bake in oven-safe greased pie pan in oven preheated to 375º F for 10 minutes or until center cooked. Just be sure to grease your pan well to facilitate removal.) Repeat for each wrap.

To remove, lift up edges with a metal spatula. If sticks, use a pancake turner to gently loosen from the pan. Flip the wrap over and top with desired ingredients or store in refrigerator for later use.

Pita Chips
Here’s a surprisingly easy method to create a bowl of crispy pita chips that you can dip into fresh guacamole, salsa, or hummus.

Follow the recipe for Flaxseed Wraps above, but microwave an additional 90 to 120 seconds (total 3½ - 5 minutes) until crispy. Break apart by hand into desired shape and size.

Wheat Belly All-Purpose Baking Mix
I first introduced the Wheat Belly All-Purpose Mix in the Wheat Belly 30-Minute Cookbook and it has since become a grain-free baking staple for many people, helping navigate the Wheat Belly and now Undoctored lifestyles. It proved especially popular after the Baking Mix was featured in a Dr. Oz Show segment.

Unlike gluten-free baking mixes, the Wheat Belly All-Purpose Baking Mix contains NO cornstarch, rice flour, tapioca starch, or potato flour, as these four common gluten-free replacements cause extravagant weight gain, raise blood sugar sky-high, and provoke inflammation, effects we most definitely do not want living the Wheat Belly or Undoctored way. NOBODY should be using those awful gluten-free baking mixes.

The Wheat Belly All-Purpose Baking Mix was the end-result of a number of trial-and-error efforts to create a versatile baking mix to make cookies, muffins, cakes, and other grain-free baked dishes. As many of you have learned, we obtain best results in grain-free baking by using combinations of meals and flours: better structure, texture, rise, and flavor. For that reason, the All-Purpose Baking Mix is a blend of ingredients that provide these qualities. And, by mixing up a batch beforehand, you can also save time.

Makes 5 cups
4 cups almond meal/flour
1 cup ground golden flaxseed
1/4 cup coconut flour
3 teaspoons baking soda
1 teaspoon ground psyllium seed (optional)

In a large bowl, whisk together the almond meal/flour, flaxseed, coconut flour, baking soda, and psyllium seed (if desired). Store in an airtight container, preferably in the refrigerator.

Sandwich Bread
This Sandwich Bread will allow you to create sandwiches and other dishes. Because we are baking without grains or gluten, this bread will not rise as much as grain-based baking.

Makes 1 loaf sandwich bread

3 cups almond flour
1 teaspoon baking soda
½ teaspoon sea salt
5 eggs, separated
¼ cup butter or coconut oil, melted
1 tablespoon buttermilk or coconut milk (canned or carton variety)

Preheat oven to 350° F. Grease an 8½” x 4½” loaf pan.

In a food processor, combine the almond flour, baking soda, and salt. Pulse until well blended. Add eggs yolks, butter, buttermilk, and pulse until blended.

In a large bowl using an electric mixer on high, beat the egg whites until soft peaks form. Pour into the flour mixture and pulse until the egg whites are evenly distributed, but do not run the machine at a constant speed. Spread into the pan and bake for 40 minutes or until a toothpick withdraws clean.

Bread with Yeast
We use yeast in this bread recipe that helps generate additional rise (despite the lack of gluten) and adds back the familiar smell and taste of yeast. (The only health issue with yeast is the occasional allergy.)

Note that a small quantity of sugar is included; the sugar is metabolized by the yeast to carbon dioxide and alcohol and the final bread product should not contain much sugar and not be sweet.

1 packet or 2 1/4 teaspoons active dry yeast
1 tablespoon sugar
1 1/2 cups filtered (non-chlorinated) water at 110 degrees F (lukewarm), divided
3 1/2 cups almond flour/meal
1/4 cup ground golden flaxseed
1/4 cup ground psyllium husks
1/4 teaspoon sea salt
In small bowl, combine yeast, sugar, and 1/2 cup water and stir. Allow to sit 10 minutes. If the yeast is viable, the mixture should fizz and expand over that time. (If not, discard and purchase fresh yeast.)

In large bowl, combine almond meal/flour, flaxseed, psyllium, salt and mix. Pour yeast mixture and remaining 1 cup warm water into almond mixture and mix thoroughly. Allow resulting dough to sit in a warm place (e.g., on top of refrigerator, in an oven left off after heated briefly but only warm to touch, a sunny spot on your kitchen counter) for 3-4 hours.

Bake in oven preheated to 350° F in greased bread pan for 45-50 minutes or until toothpick withdraws dry.

Salad Dressings

Red Curry Hummus Dressing
This exotic Indian mixture can be used as a dressing or sauce. The combination of flavors in the garam masala—cinnamon, nutmeg, cloves, cardamom, cumin—mix perfectly with those of the red curry. This dressing is best prepared for consumption that same day, as the curry and garam masala tend to lose their rich flavors if stored for more than a few hours. If used as a sauce on a hot dish, such as baked chicken, add during the last few moments of cooking to avoid excessive heating that can degrade the galacto-oligosaccharide fibers into sugars.
Makes about 1 1/2 cups
1/2 cup hummus
1/2 cup extra-virgin olive oil
1/4 cup red curry paste
2 tablespoons tahini
2 tablespoons apple cider vinegar
1 teaspoon garam masala
1 teaspoon red pepper flakes
In small bowl, combine hummus, olive oil, curry paste, and tahini and mix. Stir in vinegar, then garam masala and pepper flakes.

Asian Shiitake Ginger Dressing
If you’re in the mood for an Asian style salad dressing, this will do the trick. To minimize the vegetal flavors of the extra-virgin olive oil, you can use the flavorless extra-light, though my testing with the extra-virgin worked just fine. Likewise, rice vinegar would be the traditional choice for its lighter taste; if you do not have exquisite sensitivities to rice, the minor protein residues in vinegar make it a relatively safe choice. This can also be used as a sauce for fish or chicken, as well, but should be added during the last moments of cooking to avoid excessive heating that can degrade the galacto-oligosaccharides into sugars.
Makes about 1 1/2 cups
1/2 cup hummus
2 tablespoons tahini
1/2 cup extra-virgin or extra-light olive oil
2 tablespoons shiitake mushrooms, finely minced
1 clove garlic, finely minced
1 teaspoon freshly grated ginger (or 1/4 teaspoon dried)
2 tablespoons apple cider vinegar
2 tablespoons tamari or coconut aminos
1 tablespoon sesame oil
In small bowl, combine hummus, tahini, and oil and mix. Stir in mushrooms, garlic, and ginger, followed by vinegar, tamari, and sesame oil.

Ranch Dressing
In addition to topping salads, this version of Ranch Dressing, livened up with the tangy combination of vinegar and Parmesan cheese, is also great as a sauce on a flaxseed wrap or a dip for raw veggies.

Makes 2 cups

1 cup sour cream
1/2 cup mayonnaise
1 tablespoon distilled white vinegar
1 tablespoon water
1/2 cup grated Parmesan cheese
1 teaspoon garlic powder or finely minced garlic
1 1/2 teaspoons onion powder
Pinch of sea salt

In a medium bowl, stir together the sour cream, mayonnaise, vinegar, and water. Stir in the Parmesan, garlic powder or garlic, onion powder, and salt. If desired, stir in 1 to 2 tablespoons additional water for a thinner consistency.

Store in an air-tight container in the refrigerator for up to 1 week.

Vinaigrette Dressing (From the original Wheat Belly book)
This recipe for a basic vinaigrette is extremely versatile and can be modified in dozens of ways by adding ingredients such as Dijon mustard, chopped herbs (basil, oregano, parsley) or finely chopped sun-dried tomatoes. If you choose balsamic vinegar to prepare this dressing, read the label carefully, as many have added sugar. Distilled white, white wine, red wine, and apple cider vinegars are other good choices.

Makes 1 cup

3/4 cup extra-virgin olive oil
1/4 cup vinegar
1 garlic clove, finely chopped
1 teaspoon onion powder
1/2 teaspoon freshly ground white or black pepper
Pinch of sea salt

Combine ingredients in a jar with lid. Cover the jar tightly and shake to combine. Store in the refrigerator for up to one week. Shake well before using.
Creamy Tomato Cilantro Dressing (From the Wheat Belly 30-Minute Cookbook)
This is a variation on traditional Thousand Island dressing but adds the deeper flavors of sundried tomatoes. Like Thousand Island, it is also useful on sandwiches, e.g., Reuben sandwiches.

Makes 2 cups

1 cup sour cream
¼ cup tomato sauce or tomato paste
2 tablespoons sundried tomatoes, minced
2 hard-boiled eggs
¼ cup cider vinegar
¼ cup water
2 tablespoons fresh cilantro, finely chopped
½ teaspoon ground black pepper
½ teaspoon sea salt

In blender, food chopper, or food processor, combine sour cream, tomato sauce, sundried tomatoes, eggs, vinegar, water, cilantro, pepper, and salt. Blend or pulse until thoroughly mixed. Bottle and refrigerate.

Sauces and condiments

Mayonnaise
More and more people ask, “I don’t trust the store-bought mayonnaise and all its peculiar ingredients. How do I make my own using healthy ingredients?”

All ingredients should be at room temperature. If any ingredients are cool or refrigerated, soak in hot water until warmed before processing. I’ve chosen to use the extra-light variety of olive oil to avoid the characteristic vegetal flavors of the extra-virgin. If, however, you prefer the vegetal character and don’t mind it in your mayonnaise, e.g., for sandwiches, then the extra-virgin works just fine, too. Avocado oil is a terrific oil to choose, also.

Makes 2½ cups

3 egg yolks
1 whole egg
2 teaspoons Dijon mustard
½ teaspoon sea salt
2 cups extra-light olive or avocado oil
¼ cup vinegar (white or apple cider)
½ teaspoon paprika
1 teaspoon dried dill

In food processor or electric mixer, combine egg yolks, egg, mustard, salt, and pulse or blend at high-speed. Slowly pour in oil over several minutes and process/blend until mixture thickens. Add vinegar, paprika, and dill.
Store in airtight container in refrigerator. You may have noticed that nearly all commercial barbecue sauces at the supermarket contain high-fructose corn syrup, corn syrup, or sugar as primary ingredients, converting your tasty barbecued ribs or chicken into a toxic sugar exposure.

Ketchup
Store-bought ketchup typically contains high-fructose corn syrup as one of the main ingredients or added sugar. But you can make your own very easily.

Makes 1 1/2 cups

15 ounces tomato sauce
1/2 cup cider or white vinegar
3 tablespoons Virtue Sweetener (or other natural sweetener equivalent to 3/4 cup sugar)
1 teaspoon sea salt
1 teaspoon onion powder
1/2 teaspoon garlic powder

Combine tomato sauce, vinegar, Virtue Sweetener, salt, onion and garlic powder in a medium saucepan and bring to a simmer, stirring frequently. Let it cook for 10 minutes.

Remove from heat and allow to cool. Store in air-tight container in the refrigerator.

Barbecue Sauce
This low-carb version of barbecue sauce yields 8 grams net carbs per 1/4 cup due to the carbs from tomatoes and the bit of molasses. (The molasses is optional, but does add some extra depth of flavor.) Spread on ribs, chicken, or burgers that contain zero carbs, and you can enjoy your barbecued dish without any concern over sugar exposures.

Makes 3 cups

1/4 cup olive oil
3 cloves garlic, minced
1 shallot, minced
1 tablespoon chili powder
1 can (28 ounces) tomato puree
2 tablespoons molasses
1 tablespoon apple cider vinegar
2 tablespoons mustard
1/2 teaspoon ground red pepper
1/2 teaspoon sea salt
1 tablespoon onion powder
1 tablespoon Virtue Sweetener (or other natural sweetener equivalent to 4 tablespoons sugar)

In medium saucepan over medium heat, heat oil, then add garlic, shallot, and chili powder and stir for 2-3 minutes.

Stir in tomato puree, molasses, vinegar, mustard, pepper, salt, onion powder, sweetener and mix frequently for 15 minutes, reducing heat to low if mixture comes to a boil.

Remove from heat and cool before storing in the refrigerator.
Hummus

Make you own hummus and amp up its health benefits by adding extra-virgin olive oil and spices. It’s also less costly making it yourself, rather than the deli version that can get pretty pricey.

This recipe calls for tahini (recipe below). Store-bought tahini, rather than homemade, can be substituted. Alternative, substitute tahini with roasted sesame oil or leave it out altogether.

Yields approximately 2 cups

1 15.5 oz can garbanzo beans, drained  
2 garlic cloves  
¼ cup extra-virgin olive oil  
2 tablespoons freshly squeezed lemon juice  
2 tablespoons tahini  
1 tablespoon grated Romano or Parmesan cheese  
½ teaspoon Hungarian paprika  
1/2 teaspoon cayenne pepper  
½ teaspoon sea salt  
1 tablespoon finely chopped chives

Drain garbanzo beans. In food chopper or food processor, pulse garbanzo and garlic until pureed. Scoop mixture into bowl, then add olive oil, lemon juice, tahini, grated cheese, paprika, cayenne pepper, salt, and mix thoroughly. Store in airtight container in refrigerator.

To make your own tahini:
Roast ¼ cup sesame seeds in a pan at 375° F for 10 minutes. Remove and cool.

Pulse sesame seeds in food chopper or food processor until reduced to a crumbly meal. Pour in 1 tablespoon olive oil and mix.

Homemade High-Fat Yogurt

With yogurt, it means we never eat the thin, insipid non-fat or low-fat stuff. We laugh at the anemic 2% yogurt that you can practically drink rather than eat—and they’re filled with sugar or high-fructose corn syrup, anyway.

You could go for the full-fat (3-6%, though typically 4% milk fat) at the store (though you may have to shop several stores to find it, since refrigerators are still filled with low- or non-fat brands). Or you could go for this Super-Duper High-Fat Yogurt made with half-and-half heavy cream that is about 18-36% fat—really fatty. The end-result is almost like melted cream cheese, thick and rich. And, to make it even thicker, you can add inulin at the start that further increases the bacterial count for an enhanced probiotic effect, while making the yogurt so thick that it actually can stand up. The extra-thick quality of this yogurt means it can also serve as the start for exceptionally rich frozen yogurts.

Fat, including that in dairy, has been demonized. Ironically, it is clear that the fat is the best part of all and does not cause weight gain or cardiovascular disease. If there’s a problem with dairy (and I mean real problem, not just distress from lactose), it’s the protein casein beta A1 that has been associated with triggering autoimmune diseases like type 1 diabetes in children, as well as sudden infant death syndrome (from both infant and maternal consumption of dairy). That is part of the beauty of making yogurt: lactate fermentation denatures (breaks down) much of the casein protein, reducing it to less harmful peptides. (Little intact protein remains.)
Fermentation also reduces lactose content, as fermenting microbes convert lactose to lactic acid. And, when you make yogurt yourself, you can extend fermentation time to further denature casein and consume lactose, making it even safer.

If you want a really super-thick and rich yogurt, so rich that you don’t even need a sweetener, start with heavy whipping cream or half-and-half. You don’t need any special equipment: I stopped using yogurt makers years ago, when I learned that simply putting the cream in a glass bowl, placed in the oven at a temperature of around 300°F for around one minute, just enough to warm the air, got the job done. (Avoid heating the glass dish beyond warm, as it will kill fermenting microbes.) You can use a food thermometer to be more precise, aiming for a liquid temperature of around 110 degrees F. “Seed” the cream with a starting culture that you purchase or a couple tablespoons of yogurt purchased at the grocery that contains live cultures (typically stated on the label). (I used a Trader Joe’s full-fat organic yogurt as the starter and had vigorous fermentation within 24 hours.)

Also, see the yogurt recipe variations under the Breakfast section of these recipes.

Makes 2 cups

16 ounces heavy whipping cream (preferably organic)
2 tablespoons full-fat yogurt with live cultures or one packet starting culture
1 tablespoon inulin powder

Combine whipping cream or half-and-half, starter, and inulin in mediums-sized glass bowl. Place in oven as described above. Reheat oven every 4-6 hours; it’s okay to leave overnight without heating.

Voila: yogurt in 24 hours. Allow to ferment an additional 24 hours, continuing the periodic heating, to further ferment and increase microbial counts. Serve with blueberries, strawberries, or other topping.
Breakfasts

Salsa, Avocado, and Cilantro Omelet
A bit more preparation is required here than just scrarming a couple of eggs. But if you’re having a good day during the first 10 days, here’s a way to make it better.

If making more than one omelet, cook one at a time in skillet.

Makes 1 omelet

2 large eggs
2 tablespoons olive or coconut oil, butter or ghee
2 tablespoons salsa
1/2 avocado, cubed or sliced
1 tablespoon fresh cilantro, chopped
Sea salt and ground black pepper, to taste

In small bowl, whisk eggs with 1 tablespoon water.

In medium-sized skillet over medium heat, heat oil and pour eggs into skillet when hot. Allow eggs to cook.

Spread salsa, avocado, and cilantro along a line down the center of the cooked egg. Using a heat-resistant spatula, fold egg over onto itself. Remove from heat and serve.

Spinach, Mushroom, and Cheese Omelet
Here’s another embarrassingly simple omelet to keep you going through your detoxification/withdrawal process.

If making more than one omelet, cook one at a time in skillet.

Makes 1 omelet

2 large eggs
2 tablespoons olive or coconut oil, butter or ghee
1/2 cup fresh or frozen spinach
1/4 cup mushrooms (button, portabella, cremini), sliced
1/4 cup cheese (e.g., cheddar, Monterey Jack, Colby)

In small bowl, whisk eggs with 1 tablespoon water.

In medium-sized skillet over medium heat, heat oil and pour eggs into skillet when hot. Allow eggs to cook.

Spread spinach, mushrooms, and cheese along a line down the center of the cooked egg. Using a heat-resistant spatula, fold egg over onto itself. Remove from heat and serve.
**Triple Berry Quick Muffin** (from the *Wheat Belly 30-Minute Cookbook*)

Prep time: 2 minutes  Total time: 4 minutes

I used a frozen mixture of raspberries, strawberies, and blueberries, but any combination will work. For added crunch, consider dry roasted (unsalted) pistachios or cashew, walnut, or pecan fragments.

Makes 1 muffin

½ cup almond meal/flour  
1 teaspoon ground cinnamon  
Sweetener equivalent to 1 tablespoon sugar  
1 egg  
1 tablespoon butter, melted  
2 tablespoons milk, cream, or coconut milk  
¼ cup frozen mixed berries

In large mug or ramekin, mix almond meal/flour, cinnamon, and sweetener. Whisk in egg, butter, milk, then berries, and mix thoroughly.

Microwave for approximately 2 minutes or until interior cooked. (If using fresh berries, a shorter time is required, usually 30 seconds less.)

**Coconut Chocolate Quick Muffin** (from the *Wheat Belly 30-Minute Cookbook*)

Coconut and chocolate for breakfast! If a richer, though higher in carbohydrate/sugar muffin is desired (e.g., for the kids), add a tablespoon of dark chocolate chips prior to cooking or top with dark chocolate shavings after cooking.

Makes 1 muffin

½ cup almond meal/flour  
1½ tablespoons unsweetened cocoa powder  
1 tablespoon shredded unsweetened coconut  
1 teaspoon ground cinnamon  
Sweetener equivalent to 1 tablespoon sugar  
1 egg  
1 tablespoon butter, melted  
2 tablespoons milk, cream, or coconut milk

In large mug or ramekin, mix almond meal/flour, cocoa powder, coconut, cinnamon, and sweetener. Whisk in egg, butter, milk and mix thoroughly.

Microwave for approximately 2 minutes or until interior cooked.

**Maple Cinnamon Quick Muffin** (From *Undoctored*)

The familiar breakfast flavors of maple and cinnamon come together in this easy and filling quick muffin.

Makes 1 muffin
1/2 cup almond meal or flour
2 tablespoons ground golden flaxseed
Sweetener equivalent to 1 1/2 tablespoons sugar
3/4 teaspoon ground cinnamon
2 eggs
1 tablespoon coconut oil or butter, melted
3/4 teaspoon natural maple extract

In large mug, combine almond meal/flour, flaxseed, sweetener, cinnamon, and mix thoroughly.

Stir in eggs, oil or butter, and maple extract. Microwave for 2 minutes or until toothpick withdraws dry.

Berry Breakfast Nut Mix (from the Wheat Belly 30-Minute Cookbook)
Prep time: 5 minutes  Total time: 25 minutes

Here’s your answer to breakfast cereal—but this cereal has none of the problems of the stuff that lines an entire aisle at your supermarket. Serve this nut mix with some coconut milk, almond milk, or dairy milk, cold or hot. Optionally, top with fresh, dried, or freeze-dried unsweetened pomegranate or other dried unsweetened berries.

We make use of a modest quantity of fruit sugar from raisins. If not sweet enough for, say, your 7 year old, a bit of stevia or your choice of sweetener can be added; the use of raisins (and berries, if desired) will allow you to minimize the use of the sweetener.

Makes 9 cups granola

¼ cup raisins
½ cup coconut milk
2 tablespoons coconut oil, melted
1 teaspoon vanilla extract
½ teaspoon almond extract
2 cups raw sunflower seeds
2 cups raw pumpkin seeds
1 cup raw chopped pecans
1 cup raw sliced almonds
2 cups unsweetened coconut flakes

Preheat oven to 325° F.

In food processor or food chopper, pulse raisins until reduced to a paste. Place raisin paste in small bowl, add coconut milk and coconut oil and mix thoroughly, followed by vanilla and almond extracts. Set aside.

In large bowl, place sunflower seeds, pumpkin seeds, pecans, almonds, and coconut flakes. Stir in raisin mixture until well mixed.

Spread mixture in large baking pan and bake for 10 minutes, stir, then bake an additional 10 minutes or until lightly browned. Remove and cool.
Full-Fat Yogurt
We never eat yogurt that is low- or non-fat, nor sugared up or sweetened with high-fructose corn syrup. As more and more shoppers are rejecting the low-fat diet message, full-fat yogurt is making its way back into supermarket refrigerators. But you can also easily make your own high-fat yogurt, even increasing the fat content for greater health and weight loss effects, by fermenting it yourself from half-and-half, cream, or canned coconut milk. When you control the fermentation time, you can ferment longer to reduce the lactose sugar content and increase the probiotic bacterial counts. You can start your yogurt with either store-bought yogurt that contains live cultures or a packet of yogurt starter (available at health food stores).

To ferment your own yogurt: Start with half-and-half, heavy cream, whole milk (preferably organic) or full-fat canned coconut milk. Pour 2 cups (16 ounces) half-and-half, cream, milk, or coconut milk into a medium-sized oven-safe bowl. Stir in two tablespoons of store-bought yogurt with live cultures or one packet of yogurt starter. Optionally, add one tablespoon inulin powder; this further nourishes fermenting organisms to increase probiotic effect, while also adding additional thickness. If using coconut milk, add a teaspoon of sugar that will be fermented to lactic acid, as higher bacterial counts will result. Place in oven at a temperature of around 300°F for around one minute, just enough to warm the air, then turn oven off. (Avoid heating the glass dish beyond warm, as it will kill fermenting microbes.) You can use a food thermometer to be more precise, aiming to maintain a liquid temperature of around 110 degrees F. Repeat the heating procedure every 4 hours or so. You will have yogurt in about 24 hours, but extend fermentation to 48 hours to yield lower lactose, more denatured (broken down) casein proteins, and higher probiotic bacterial counts. If using coconut milk, ferment up to 72 hours.

Use your high-fat yogurt to make wonderful and tasty variations, such as:

Pina Colada Yogurt
This simple mixture tastes like a tropical Pina Colada. Optionally, mix in some raw pumpkin seeds, sunflower seeds, or dry roasted pistachios.

1 cup yogurt/kefir
2 tablespoons (unsweetened) pineapple, finely chopped
3 tablespoon (unsweetened) shredded coconut
Additional sweetener to taste (optional)

Mix yogurt/kefir, pineapple, coconut and optional sweetener.

Mocha Mint Yogurt
Top this mocha yogurt/kefir with some real whipped cream or serve with a cinnamon stick or dark chocolate shavings. Optionally, mix in some raw pumpkin seeds, sunflower seeds, or dry roasted pistachios.

1 cup yogurt/kefir
1½ teaspoons unsweetened cocoa powder
1 teaspoon instant coffee granules
3-4 drops natural peppermint extract
Sweetener equivalent to 2 tablespoons sugar

Mix yogurt/kefir, cocoa, coffee, sweetener.
Spinach and Mushroom Frittata
While this frittata requires a bit more preparation, the advantage is that you can prepare on one
day, then consume leftovers over several more days, saving you plenty of time and effort as you
proceed through your program.

1/4 cup extra-virgin olive oil, divided
1 onion, chopped
2 cups frozen or 3-4 cups fresh spinach
8 ounces button, portabella, or cremini mushrooms, sliced
1 cup half-and-half or canned coconut milk
6 eggs
1 cup shredded sharp Cheddar cheese
1 teaspoon sea salt
1/2 teaspoon ground black pepper

Preheat oven to 375º F. Grease a 9-inch pie plate.

In medium skillet over medium heat, cook onion in 1 tablespoon olive oil until translucent. Stir in
spinach, mushrooms, half-and-half or coconut milk, eggs, cheese, salt, pepper and stir until
eggs begin to coagulate.

Remove from heat and transfer to oven. Bake for 35 minutes or until knife inserted into the
center comes out clean.

Italian Sausage Frittata (from the Wheat Belly Cookbook)
Here’s another frittata, requiring some preparation but leaving plenty of leftovers to store in the
refrigerator and save you time and effort over several days.

8 eggs
1 cup ricotta cheese
1/4 cup extra-virgin olive oil, divided
12 ounces Italian sausage, crumbled (uncured)
1/2 large yellow onion, finely chopped
1/2 teaspoon sea salt
1/4 teaspoon ground black pepper
1 cup coarsely chopped portobello mushrooms
2 cups packed fresh (or frozen) spinach, coarsely chopped
1/4 cup grated Parmesan cheese

Preheat oven to 350º F.

In a medium bowl, whisk together the eggs, ricotta, and 2 tablespoons of the oil. Set aside.

In a large ovenproof skillet over medium heat, heat the remaining oil. Cook the sausage and
onion for 10 minutes, or until the sausage is cooked. Sprinkle with the salt and pepper.

Add the mushrooms and spinach and cook, stirring occasionally, for 2 minutes, or until the
spinach wilts. Stir in the egg mixture until well blended. Cook for 3 minutes.

Sprinkle with the Parmesan. Transfer the skillet to the oven and bake for 20 minutes or until a
knife inserted in the center comes out clean.
Using a spatula, release the frittata around the edges and the bottom. Cool for 5 minutes, then slice and serve.

**Grainless Granola (from the Wheat Belly Cookbook)**
There are no oats, wheat flour, or any of the usual grain suspects in this “granola.” But it is delicious and will please even the most die-hard grain-consuming member of the family.

Use this granola as you would any other, as a snack eaten by hand, tosted to your workplace in a portable container, or as a breakfast cereal in unsweetened almond milk, coconut milk, or Full-Fat Yogurt you make yourself.

1 cup raw cashew pieces
1 cup raw pumpkin seeds
1 cup slivered almonds
2 tablespoons whole flaxseeds or chia seeds
1 cup unsweetened coconut flakes
2 teaspoons ground cinnamon
2 tablespoons extra-light olive oil, coconut oil, or butter (melted)
2 tablespoons Virtue Sweetener or other natural non-caloric sweetener equivalent to 1/2 cup sugar

Preheat oven to 325º F.

In a large bowl, combine the cashews, pumpkin seeds, almonds, flaxseeds or chia seeds, coconut, and cinnamon. Add the oil and sweetener and mix together.

Spread the mixture on a baking sheet in a 1/2-inch layer. Bake for 20 minutes, stirring once, or until golden.

**Breakfast Cheesecake (From the Wheat Belly Slim Guide)**
Yes, cheesecake for breakfast! Made ahead of time, this simple and light cheesecake can be a special treat to start your morning. Because it is made with ricotta, rather than cream cheese, this Breakfast Cheesecake is lighter in texture than standard cheesecake. And it’s not just for breakfast; this recipe can serve as a light dessert, too.

Optionally, serve with non-sugary Strawberry Jam (recipe page 000) or other non-sugar containing jam or preserve or simply berries.

Makes 8 servings

1 cup ricotta cheese, at room temperature
1/2 cup coconut flour
Sweetener equivalent to 1/4 cup sugar
4 teaspoons lemon juice
4 eggs, separated
1 teaspoon vanilla extract

Preheat the oven to 375º F. Grease a 9” x 9” baking pan.
In a medium bowl, place the cheese, flour, sweetener, lemon juice, egg yolks and vanilla.

In another medium bowl, with an electric mixer on high speed, beat the egg whites until stiff peaks form. Using the same beaters, beat the cheese mixture until smooth. With a spoon, gently fold the egg whites into the cheese mixture until thoroughly combined.

Pour into the baking pan. Bake for 20 minutes, or until the edges begin to brown and a wooden pick inserted in the center comes out clean. Cool slightly before serving.
Main Dishes

We stick to the theme of quick and easy for main dishes during the first 10 days. Start by making foods that are already familiar to you and don’t require a recipe, such as baked pork chops, salmon, or steak with a side salad or steamed/cooked vegetable or two. Always seek out fattier cuts of meat and never trim off the fat.

Once through this initial period, you can graduate to recipes that take full advantage of the range of healthy foods we enjoy in this lifestyle. Even though we adhere to the traditional designation of Main Dishes, Breakfast foods, and Dessert, because we have removed all unhealthy grains and sugars and use only truly healthy ingredients, you can actually have dessert for dinner or dinner for breakfast.

Sausage “Rice” Skillet (from Undoctored)
This dish could easily serve as a quick dinner dish or even breakfast. To simplify, look for the increasingly popular pre-riced cauliflower that many grocers now carry in the refrigerated section of the store.

1 large cauliflower, broken into florets or one 16-ounce package pre-riced cauliflower
1/4 cup olive oil
1 yellow onion, chopped
1 green bell pepper, seeded and chopped
2 carrots, sliced
1 pound andouille sausage, sliced
2 tablespoons chicken broth
Sea salt and ground black pepper, to taste

In a food processor or food chopper, pulse the cauliflower (in batches, if necessary) until reduced to rice-size granules. (Unnecessary, of course, if using pre-riced cauliflower.)

In a medium to large skillet over medium-high heat, warm the oil. Cook the onion, bell pepper, and carrots for 3 to 5 minutes, or until the onion is softened and translucent. Add the sausage. Reduce heat to medium, cover and cook, stirring and occasionally, for 10 minutes or until the sausage is cooked through.

Add broth and cauliflower, cover and cook, stirring occasionally, for 10 minutes or until the cauliflower is softened. Add salt and black pepper.

Mexican Tortilla Soup (From the original Wheat Belly)
There’s no tortilla in this Mexican Tortilla Soup, just the idea of something to accompany foods that go with tortillas.

4 cups chicken stock/broth
1/4 cup extra-virgin olive oil
1 pound boneless chicken breasts, cut into 1-cm cubes
1/2 yellow onion, chopped
2-3 garlic cloves, finely chopped
2 tomatoes, finely chopped
3-4 jalapeño peppers, seeded and finely chopped
Sea salt and ground black pepper to taste
2 Hass avocados
1/2 cup shredded cheddar cheese
1/4 cup cilantro, coarsely chopped
4 tablespoons sour cream

Bring chicken stock/broth to a boil in large saucepan; reduce heat to low.

Meanwhile, heat oil in a large skillet over medium heat. Add chicken, onion, and garlic and cook until chicken is lightly browned, 5-6 minutes.

Add the cooked chicken, tomatoes, and jalapeños to the stock and return to boil. Reduce to a simmer, cover and cook for 30 minutes. Add salt and pepper to taste.

Halve the avocados lengthwise, remove pits and peel. Cut lengthwise into thin slices.

Ladle soup into soup bowls. Top each bowl with sliced avocado, cheese, cilantro, and a spoonful of sour cream.

Red Curry Coconut Chicken (from Undoctored)
The mix of onion, curry, shiitaki mushrooms, and coconut makes simple chicken an exotic and flavorful main dish. While many popular chicken recipes use skinless chicken breast to reduce fat, we use chicken thighs (or mixed parts, if you start with the whole chicken) for its greater fat content. It is also less expensive.

This chicken dish can also be converted to a soup simply by adding 4 cups of chicken broth and adjusting seasonings to taste.

Makes 4 servings

1 1/2 pounds chicken thighs
1/4 cup extra-virgin olive oil or coconut oil
1 medium yellow onion, chopped
2-3 cloves garlic, minced
2 tablespoons chicken broth
8 ounces shiitake mushrooms, sliced
2 large carrots, sliced
4-5 green onions, sliced
1 13.5 ounce can coconut oil
Sea salt and ground black pepper, to taste
1/2 cup fresh cilantro, chopped

Preheat oven to 350º F.

Arrange chicken on a baking sheet and bake for 35-40 minutes or until cooked through. Remove from oven and allow to cool. When cooled enough to handle, remove meat, skin, and fat from bone and set aside. Save any fats that remain, also. (Remember: we do not want just white meat, but the dark meat, fat, and skin, all rich in nutrition because we never limit fat.)

Meanwhile, in large skillet over medium-high heat, saute onion and garlic until onions softened and translucent. Add broth, then stir in mushrooms, carrots, and green onions; cover, stirring
occasionally for 5-7 minutes or until carrots begin to soften. Reduce heat to low and stir in coconut oil, salt and pepper to taste.

Transfer chicken (including fats) to skillet, cover and simmer for an additional 5 minutes, then serve. If making soup, add additional 2 cups chicken broth at the same time as the cooked chicken and increase heat to medium and simmer for 5 minutes.

**Spaghetti With Meatballs** *(From the original *Wheat Belly*)

This perennial favorite remains a part of your menu simply by replacing conventional pasta with zucchini noodles. We also do not include breadcrumbs in the meatballs, replaced with ground golden flaxseed to add more structure to the meat.

This recipe is enormously simplified by using one of the spiral cutters discussed earlier in this section to create noodles. If you choose to use a store-bought tomato sauce, be sure to choose a brand with the least sugar and. whenever possible, choose brands, such as Muir Glen, that use BPA-free cans for tomatoes and tomato paste. Alternatively, make your own sauce from the recipe, below.

Makes 4 servings

1 1/2 pounds ground beef  
1/4 cup ground golden flaxseed  
1 egg  
1 tablespoon fresh chopped or 1 teaspoon dried basil  
1 tablespoon fresh chopped or 1 teaspoon dried oregano  
1 teaspoon sea salt  
1 tablespoon extra-virgin olive oil  
1 medium onion, chopped  
3-4 cloves garlic, minced  
1 1/2 pounds zucchini, spiral-cut  
1 28-ounce jar tomato sauce*

In medium bowl, combine beef, flaxseed, egg, basil, oregano, salt and mix by hand until thoroughly combined. Form into 1-inch balls.

In large skillet over medium-high heat, saute onion and garlic in oil until onions translucent. Add meatballs and cook, turning occasionally to cook all surfaces, until lightly browned and cooked through, approximately 10 minutes. Using slotted spoon, transfer meatballs and onion mixture to large bowl and cover. Add spiral-cut zucchini and cover, tossing occasionally, and cook until softened but not limp, approximately 3 minutes.

Serve noodles topped with meatballs and sauce.

*To make sauce:  
1 small onion, chopped  
3 cloves garlic, minced  
1/4 cup extra-virgin olive oil  
2 28-ounce cans whole peeled tomatoes  
1 6-ounce can tomato paste  
1 teaspoon sea salt
1 tablespoon fresh chopped or 1 teaspoon dried basil
1 tablespoon fresh chopped or 1 teaspoon dried oregano
Ground black pepper, to taste

Saute onions and garlic in one tablespoon oil over medium-high heat until onions translucent.

Meanwhile, pour tomatoes into blender and blend briefly until reduced to puree.

Transfer tomatoes to onion/garlic mixture, followed by remaining olive oil, tomato paste and salt, cover, reducing heat to maintain low simmer for 90 minutes. Stir in basil, oregano, pepper and additional salt to taste, then serve.

**Italian Meatloaf** *(from Undoctored)*
Here’s a simple but delicious variation on meatloaf that serves to demonstrate how to use non-grain flours and meals to replace grain flours. While ground golden flaxseed and almond meal or flour are common replacements, in this version I’ve used coconut flour that provided increased “body,” making it easy to slice.

If you use store-bought tomato sauce, be sure to choose a brand with little to no added sugars and no high-fructose corn syrup.

Makes 6-8 servings

3/4 pound ground beef
3/4 pound ground sausage
1 medium yellow onion, chopped
1 green bell pepper, seeded and chopped
1/4 cup sundried tomatoes (oil-infused), chopped
1/4 cup coconut flour
2 tablespoons fresh basil, chopped, or 2 teaspoons dried basil
1 teaspoon dried oregano
1/2 teaspoon sea salt
1/2 teaspoon ground black pepper
2 large eggs
2 cups tomato sauce, divided
2-3 ounces salami slices

Preheat oven to 350 °F.

In large bowl, combine beef, sausage, onion, bell pepper, tomatoes, basil, oregano, salt, and pepper.

In small bowl, whisk eggs and 1 cup of tomato sauce, then add to meat mixture. Mix well by hand.

Press meat mixture into a 9x5 loaf pan. Spread remaining tomato sauce over top, then arrange salami slices on top.

Bake for 90 minutes or until interior reaches 160°F.
Parmesan-breaded Pork Chops With Balsamic Roasted Vegetables (From the original *Wheat Belly*)

Ground nuts can be used as a substitute for breadcrumbs to make a tasty “breading” crust that can be easily herbed or spiced up any way you like.

Makes 4 servings

1 white or yellow onion, thinly sliced  
1 zucchini, cut into 1 cm cubes  
1 green pepper, sliced  
1 yellow or red pepper, sliced  
2 garlic cloves, roughly chopped  
1/2 cup extra-virgin olive oil or more, as needed  
1/4 cup balsamic vinegar  
Sea salt and ground black pepper  
1 large egg  
1 tablespoon coconut milk  
1/2 cup ground almonds or pecans  
1/4 cup grated Parmesan cheese  
1 teaspoon garlic powder  
1 teaspoon onion powder  
4 bone-in pork chops  
1 lemon, thinly sliced

Preheat oven to 350º F.

Combine the onion, zucchini, pepper, and garlic in a large baking tray. Drizzle with 1/4 cup olive oil and vinegar. Sprinkle with salt and black pepper to taste and toss to coat the vegetables. Cover tray with foil and bake for 30 minutes.

Meanwhile, whisk together the egg and coconut milk in a shallow bowl. Combine ground almonds or pecans, Parmesan, garlic powder and onion powder in another shallow bowl. Season with pepper and salt. Dip each pork chop into the egg mixture, coating both sides. Then dredge both sides in the ground almond-Parmesan mix.

Heat 1/4 cup oil in large skillet over medium-high heat. Add the pork chops and cook until nicely browned, 2-3 minutes per side.

After the vegetables have roasted for 30 minutes, remove from oven and place pork chops on top. Top the pork chops with lemon slices.

Return to oven and bake, uncovered, until the pork chops are cooked through and the vegetables are soft, about 30 minutes.
Eggplant Mini-Pizzas (from the Wheat Belly 30-Minute Cookbook)
Here is an easy way to make a quick and portable single-serving size pizza that can be handily transported to school or work. Of course, any number of variations are possible by substituting ingredients, such as green bell peppers, sausage, mushrooms, etc.
1 medium eggplant, sliced crosswise in 1/2" thick slices
1 cup pizza sauce
2 ounces sliced pepperoni
4 ounces shredded mozzarella cheese
3 tablespoons extra-virgin olive oil

Preheat oven to 375° F.
Arrange the eggplant slices on a baking sheet. Bake for 8 to 10 minutes, or until just lightly browned.
Remove from the oven and spread with the pizza sauce. Place 1 or 2 slices of pepperoni on each eggplant slice, then sprinkle generously with the cheese.
Drizzle about 1 teaspoon olive oil over the top of each. Bake for 4 to 5 minutes, or until the cheese melts.

Spicy Ginger Chicken Stir-fry
While we generally prefer the fattier cuts of meat, sometimes we opt for convenience and use lean cuts, such as the chicken breast used in this recipe, then compensate by not skimping on fat from other sources, such as coconut oil.

Optionally, you can serve this stir-fry on a bed of steamed cauliflower rice or shirataki noodles. Purchase pre-riced cauliflower to save time.

Makes 2 servings

1/4 cup coconut oil, ghee, or extra-light olive oil
2 cloves garlic, minced
2 chicken breasts, cubed
1/4 cup chicken stock
1 red bell pepper, thinly sliced
1 carrot, chopped or julienne-cut
1 head broccoli florets
4 green onions, sliced
2 tablespoons Tamari sauce or gluten-free soy sauce
1 tablespoon sesame oil
2 teaspoons freshly-grated ginger
1/4 teaspoon red pepper flakes
Ground black pepper, to taste

In medium skillet over medium-high heat, cook oil and garlic until fragrant, then add chicken. Cook until chicken cooked through, about 5 minutes.

Stir in stock, bell pepper, carrot, broccoli, onions, stirring until vegetables softened, about 5-6 minutes. Add Tamari or soy sauce, sesame oil, ginger, red pepper flakes and black pepper and cook another 2 minutes.
Grilled Salmon With Horseradish Sauce (From the *Wheat Belly Cookbook*)
If you love horseradish, you’ll love this quick and simple salmon recipe. Serve with a salad or steamed green vegetable and you have a perfect heart-healthy meal.

Makes 4 servings

2 tablespoons coconut oil, butter, or extra-virgin olive oil
4 salmon fillets (5 ounces each)
1/2 teaspoon sea salt
1/2 cup mayonnaise
1 tablespoon prepared horseradish
1 tablespoon stone-ground mustard
1 teaspoon grated lemon peel
1/2 teaspoon ground black pepper

In large skillet over medium-high heat, cook oil and salmon for 8 minutes, turning once or until lightly browned and just opaque. Sprinkle with salt.

Meanwhile, in a medium bowl, whisk mayonnaise, horseradish, mustard, lemon peel, and pepper until blended.

Top the salmon evenly with the sauce.

Curry Shrimp and “Rice” (From *Undoctored*)
Cauliflower is a versatile vegetable: mashed, roasted, and riced, here, as part of a flavorful mix of curry and cilantro. You can rice the raw cauliflower yourself or buy it pre-riced (available at Trader Joe’s and other retailers). If using pre-riced cauliflower, sauté cauliflower after cooking onion, scallions, and garlic.

Optionally, this recipe can be converted to a soup by adding more chicken broth, as shown above.

Makes 4 servings

1 medium head cauliflower, cut into florets
1/4 cup extra-virgin olive oil, coconut oil, avocado oil, or butter
1 yellow onion, chopped
6 scallions, chopped
2 cloves garlic, minced
2 carrots, chopped or shredded
3 ounces shiitake mushrooms, sliced
3/4 pound shrimp, peeled, deveined, and cooked
2 tablespoons curry powder
2–3 tablespoons chicken broth or water, if needed
1/4 cup fresh cilantro, chopped

Steam the cauliflower for 20 minutes, or until soft.

Meanwhile, in a large skillet over medium-high heat, warm the oil or butter. Cook the onion, scallions, and garlic for 3 to 5 minutes, or until the onion is translucent. (If using pre-riced cauliflower, add to skillet now and cook for 6-8 minutes.) Add the carrots, mushrooms, shrimp,
and curry powder. Reduce the heat to medium, cover, and cook, stirring occasionally, for 5 to 7 minutes, or until the carrots are softened. Transfer the steamed cauliflower to a food processor or food chopper and pulse briefly to rice consistency.

Add the riced cauliflower to the shrimp mixture and stir in. If the mixture is too dry, add the broth or water. Cover and cook, stirring occasionally, for 1 to 2 minutes. Sprinkle cilantro over top and serve.

**Roasted Red Pepper Chicken Alfredo** *(From the *Wheat Belly 30-Minute Cookbook)*

Here is a wheat-free, dairy-free version of chicken in a creamy Alfredo that also folds in the delightful flavors of roasted red pepper.

4 servings

3 packages (7 or 8 ounces each) shiritaki fettuccine, rinsed and drained  
1/4 cup extra-virgin olive oil  
1 pound chicken tenders, cut into 1-inch pieces  
3 cloves garlic, minced  
2 tablespoons chopped fresh basil  
1 (14-ounce) can coconut milk  
1 large roasted red pepper (from jar)  
1/8 teaspoon cayenne pepper  
½ teaspoon sea salt

Set a medium saucepan of water over high heat. Cook fettuccine according to package directions. Drain in colander.

Meanwhile, heat olive oil over medium-high heat in a large saucepan until hot. Add chicken, garlic and basil and cook until chicken is cooked through, about 5 minutes. Transfer to a plate.

In same pan, add coconut milk and roasted red pepper. Use an immersion or stick blender to puree pepper and coconut milk until smooth, about 1 minute. (Alternatively, puree pepper and coconut milk in a blender or food processor and return to pan). Add chicken and any accumulated juices to sauce. Stir in cayenne pepper and salt. Cook over medium-high heat just until it begins to boil; immediately reduce heat to low-medium and simmer for 5 minutes. Add fettuccine and toss to coat well.

**Spicy Pork-Stuffed Peppers** *(From *Undoctored*)

Using riced cauliflower allows you to re-create many rice dishes easily while maintaining a grain-free, low-carb eating style. While you can rice the cauliflower yourself in a food chopper or food processor, food retailers such as Trader Joe’s are now selling pre-riced bags for convenience.

Choose your marinara sauce for low sugar/carbohydrate content, ideally no more than 12 grams net carbs per cup (or prepare it yourself, of course). Also choose the roundest bell peppers you can find.

Makes 4 servings

1/4 cup extra-virgin olive oil, coconut oil, avocado oil, or butter
1 yellow onion, chopped
2 cloves garlic, minced
1 pound ground pork
3–4 cups riced cauliflower
2 cups marinara sauce
1/4 cup chopped fresh basil or 1 tablespoon dried
1 tablespoon dried oregano
1 tablespoon red-pepper flakes
Sea salt and ground black pepper, to taste
4 green bell peppers, tops cut off, seeded, and membranes removed

In a large skillet over medium-high heat, warm the oil or butter. Cook the onion and garlic for 3 to 5 minutes, or until the onion is softened.

Add the ground pork and cook, breaking it apart as it cooks, for 8 to 10 minutes, or until no longer pink. Add the cauliflower, marinara sauce, basil, oregano, red-pepper flakes, and salt and black pepper. Cover and cook, stirring occasionally, for 10 minutes, or until the cauliflower is partially softened.

Preheat the oven to 350°F. Make a shallow horizontal cut across the bottom of each bell pepper to help them stand upright. When the cauliflower mixture is finished, spoon into each bell pepper. Transfer the stuffed peppers to a shallow baking pan and bake for 45 minutes, or until the peppers are tender.

**Chicago-Style Deep-Dish Pepperoni Pizza** *(From the Wheat Belly Slim Guide)*

Here’s a real winner in the Wheat Belly lifestyle, a thick, luscious Chicago-style pizza that is virtually guaranteed to wow the family.

Even more than in conventional pizza crusts, it is important to use a thick pizza sauce to minimize water that can otherwise yield a soggy crust. The sauce should be thick and non-watery. If too thin, simmer over low heat for at least 30 minutes, stirring occasionally, to remove excess moisture.

I specify an iron or oven-safe skillet in this recipe, but a deep dish pizza pan works well, too.

Makes 4 servings

1/2 cup extra-virgin olive oil, divided
2 cups almond meal/flour or All-Purpose Baking Mix (page 000)
1/2 teaspoon sea salt
1 tablespoon fresh chopped or 1 teaspoon dried basil
2 tablespoons fresh chopped or 2 teaspoons dried oregano
4 ounces shredded mozzarella cheese
2 large eggs
1/4 cup water

Toppings:
1 small onion, minced
1 small bell pepper, chopped
14 ounces pizza sauce
4 ounces pepperoni, sliced
4 ounces mozzarella cheese

Preheat oven to 375° F. Grease bottom and sides of a large cast iron skillet (10 inch diameter) with approximately 1 tablespoon olive oil.

In a medium bowl, combine the almond meal/flour or baking mix, salt, basil, oregano, and cheese. In small bowl, whisk eggs, 2 tablespoons olive oil, then stir in water.

Pour egg mixture into almond mixture and mix thoroughly. Set aside.

Meanwhile, using a 10 inch diameter cast iron (or other oven-safe skillet), sauté onions and pepper in one tablespoon olive oil over medium-high heat until onions translucent, about 3 minutes. Remove from heat and transfer onions and peppers to bowl. Pour off any liquid from the bowl.

Allow the skillet to cool for several minutes. When cooled, use a spatula or large spoon and press the dough evenly into the pan, tracking up the sides at least 1 inch. Bake for 15 minutes and remove from oven. (Hot: use an oven mitt!)

Top with pizza sauce, onions and peppers, pepperoni, mozzarella, and drizzle with remaining olive oil, then bake an additional 10 minutes or until cheese melted.

Chicken Curry With Lentils

Adding small servings of legumes, such as lentils, provides more galactooligosaccharide prebiotic fibers to your efforts to cultivate bowel health. We add only modest amounts, however, to stay below our net carb limit. Each serving therefore provides 8.3 grams net carbs—still comfortably below our cutoff of no more than 15 grams net carbs per serving for ideal metabolic health.

I specified chicken breasts for convenience, even though I’d prefer fattier cuts. If you have the time and energy, feel free to substitute the meat, white and dark, you cut from a whole chicken that will add more fat.

And remember: adding prebiotics such as GOS is meant for those of you who have already taken all the steps to reverse the common dysbiosis that develops in grain-consuming people.

The end-result is rich and flavorful, bursting with the tastes of curry, ginger, and cilantro, while delivering around 3 grams prebiotic fibers per serving (some added by the onion and garlic), of which 1-2 grams will be the GOS form. Optionally, serve over “riced” cauliflower. Note that cooking times for the lentils can vary, given the size differences among different varieties, with larger varieties requiring a little longer to cook.

Makes 6 servings

1/2 cup dry lentils
2 cups water
1/4 cup extra-virgin olive oil or coconut oil
1 medium yellow onion, finely chopped
1 1/2 to 2 pounds boneless, skinless chicken breasts, cut into 1" cubes
3 tablespoons curry powder
1 teaspoon paprika
1 teaspoon freshly grated ginger
1/2 teaspoon sea salt or to taste
2 tablespoons tomato paste
1/2 cup canned coconut milk
1/2 teaspoon ground red pepper
1/4 cup cilantro, finely chopped
1/4 cup white wine

In medium saucepan, bring water to boil and add lentils; cook covered until lentils tender, approximately 25-30 minutes. Drain.

In large skillet over medium heat, heat the oil, then add onion, garlic, and chicken. Saute for 5 minutes or until chicken and onion are lightly browned.

Add the curry powder, paprika, ginger, salt, tomato paste, coconut milk, red pepper, cilantro, and lentils. Reduce heat to low, cover, and cook, stirring occasionally, for 10 minutes or until the chicken is cooked through. Add the wine and cook, covered, for an additional 2 minutes.

Balsamic Glazed Pork Tenderloin (From the Wheat Belly Cookbook)  
Tenderloin yields small medallions from the tenderest part of the pig, livened up in this recipe with a balsamic vinegar and Dijon mustard glaze.

Serve alongside a green salad topped with slices of roasted or grilled portobella mushrooms.

Makes 4 servings

1 pound pork tenderloin
1 teaspoon ground cardamom
1/2 teaspoon ground black pepper
1/2 teaspoon sea salt
2 tablespoons coconut oil, extra-virgin olive oil, or butter
1/4 cup beef broth
1 tablespoon balsamic vinegar
2 tablespoons Dijon mustard

Preheat oven to 350° F.

On a work surface, rub the tenderloin evenly with the cardamom, pepper, and salt. In a heatproof baking pan or ovenproof skillet over medium-high heat, heat the oil. Cook the tenderloin, turning occasionally, for 8 minutes, or until browned on all sides.

Place in the oven. Roast for 20 minutes or until thermometer inserted in the center registers 160° F and juices run clear. Remove from the oven and transfer the pork to a cutting board. Let stand for 10 minutes.

Place the pan/skillet over medium-high heat. Add the broth and vinegar. Bring to a boil, stirring to suspend any browned bits. Cook until the mixture is reduced by about half. Whisk in the mustard. Sliced the pork and drizzle with the sauce.
Slow-cooker Main Dish Recipes

Using a slow-cooker is a great way to cut down on cooking time, as it allows you to assemble ingredients in the slow-cooker, then walk away and go about your business. It is also a way to use tougher cuts of meat that tenderize through the slow-cooking process, releasing collagen that is great for skin and joint health.

Beef Paprikash
The flavor of this traditional Hungarian dish is defined by the red pepper and paprika, highlighting the flavor background of beef/beef stock, tomato, onion, and sour cream. Use the freshest and juiciest red bell pepper and the best quality paprika that fits into your budget.

This dish goes well over spiral-cut zucchini noodles.

4 servings

1 medium onion, sliced
2 pounds cubed beef stew meat (1½ to 2 inch pieces)
3 tablespoons almond flour
½ teaspoon sea salt
1 large red bell pepper, seeded and sliced
2 cloves garlic, minced
½ cup beef stock
1 can (14.5 ounces) diced fire-roasted tomatoes with juice
3 tablespoons tomato paste
3 tablespoons paprika
¼ teaspoon cayenne pepper
1 cup sour cream or 1 (14.5-ounce can) coconut milk
Wide spiral-cut zucchini noodles, optional

Evenly layer onion slices in bottom of 5 to 6 quart slow cooker. Toss beef with almond flour, and salt in large plastic bag or bowl and place on top of onions. Top beef with red pepper slices.

In a medium bowl, mix garlic, beef stock, can of tomatoes, tomato paste, paprika and cayenne pepper, and pour over beef. Cover and cook on high 4 to 5 hours or low 8 to 9 hours.

Uncover and let stand 10 minutes. Stir in sour cream and season with salt and pepper, to taste. Serve over optional wide zucchini noodles.

Beef Short Ribs
If we reject the “healthy whole grain” message, we also reject the “cut your saturated fat and cholesterol” argument. If you’ve been deprived of the succulent flavor of beef ribs the past 20 years, well, it’s time to get reacquainted!

Makes 4 servings

2 tablespoons coconut oil
3 pounds boneless beef short ribs
6 ounce can tomato paste (no sugar added)
3 tablespoons apple cider vinegar
1 cup beef stock/broth
3 tablespoons Tamari sauce or gluten-free soy sauce
¼ cup water
2 teaspoons taco seasoning mix*
Sweetener equivalent to 2 tablespoons sugar
3 cloves garlic, minced
1 medium onion, chopped

*Or 1 teaspoon chili powder, ½ teaspoon cayenne pepper, ½ teaspoon sea salt

In a large stockpot or Dutch oven, heat coconut oil over medium-high heat until hot. Add half the beef short ribs, using tongs, and sear until browned, about 4 minutes. Turn ribs over and brown second side for additional 4 minutes. Transfer ribs to plate and repeat steps with remaining half of short ribs.

While ribs are browning, prepare sauce. In a medium bowl, mix tomato paste, vinegar, beef stock, Tamari sauce, water, seasoning mix, sweetener, and garlic; stir until well combined.

Pour sauce in bottom of a 5- to 6-quart slow cooker. Place short ribs in sauce and nestle until almost completely submerged. Evenly scatter chopped onions over ribs. Cover and cook on low for 8 to 10 hours, until tender.

Beef Stew
Another old favorite from twentieth century Americana makes a comeback. This updated version adds some kale along with a red wine sauce for added richness and health benefits.

2 tablespoons extra-virgin olive oil
1½ pounds stew meat
1/2 cup coconut milk (canned)
2 celery stalks, sliced
2 large carrots, sliced
1 large onion, halved and sliced
1 cup fresh or frozen kale
1 tablespoon fresh (chopped) or 1 teaspoon dried oregano
1 teaspoon ground black pepper
½ teaspoon sea salt
½ cup water
¼ cup dry red wine

In large skillet over medium-high heat, sauté meat until cooked through, approximately 8-10 minutes. Remove meat with slotted spoon and transfer to slow cooker. With skillet over low-heat, stir in coconut milk.

Add celery, carrots, onion, kale, oregano, pepper, salt, and water. Set slow cooker on low and cook for 6 hours.

Remove cover and stir in red wine and cook additional 10 minutes uncovered.
Kale and Sausage Soup
Here’s a filling and flavorful soup that is easy to prepare, especially nice during cold weather.

To save time, you can perform the initial steps of this recipe made in a stove-top skillet, then refrigerate and slow-cook the next day.

We go lightly with legumes such as white cannellini beans; they provide important prebiotic fibers but also bring a carb load. Distributed among four servings, the cup of beans adds 28 total net carbs or a tolerable 7 net carbs per serving.

Makes 4 servings

1/4 cup extra-virgin olive oil, divided
1 yellow onion, diced
4-6 slices bacon
1 1/2 pounds pork sausage, loose
4 cups beef or chicken broth
1 pound kale, chopped with stems removed
1 cup white cannellini beans
1 teaspoon sea salt
1/2 teaspoon ground black pepper

In medium skillet over medium-high heat, cook onion and bacon in one tablespoon olive oil until onion translucent and bacon cooked but not crisp. Transfer onion and bacon to slow-cooker. Do not discard oil.

Cook sausage in same medium skillet, breaking apart and stirring, until cooked through.

Add sausage to slow-cooker, followed by broth, kale, beans, salt, and pepper. Cover and cook for 6 hours on low or 3 hours on high.
Lunch and Light Dishes

Curry Cauliflower Soup (from the Wheat Belly 30-Minute Cookbook)
As with most dishes in our wheat-free world, foods are deceptively filling. This rich, thick cauliflower soup, with the flavors of curry, will warm your insides and satisfy served by itself or with finger sandwiches, biscuits, or a green salad.

Makes 4 servings

1 large cauliflower, sliced into 1-inch pieces
2 tablespoons extra-virgin olive oil
1 large onion, halved and sliced
3 cups chicken stock or broth, divided
1 cup heavy cream or coconut milk (canned)
¼ cup curry powder
2 teaspoons cumin
1 teaspoon ground white pepper
Sea salt to taste

In medium to large saucepan, bring 1 cup water to boil and place cauliflower in pan. Cover and cook until softened, reducing heat as required to maintain low boil, approximately 10 minutes. (Alternatively, steam cauliflower until softened.) Drain.

Meanwhile, in medium skillet over medium-high heat, heat olive oil and onions. Cook, stirring frequently, until onions translucent. Remove from heat.

Transfer drained cauliflower and onions to blender. Add 1 cup chicken stock/broth and blend until liquefied. Transfer mixture to saucepan over medium heat. Add remaining chicken stock/broth and cream or coconut milk.

Add curry powder, cumin, pepper, and salt to taste. Remove at start of boil.

Cream of Broccoli Soup
One of the reasons the Undoctored program is so successful is that recipes like this Cream of Broccoli Soup include plentiful healthy fats, such as the coconut oil from full-fat coconut milk. We do not limit calories, fat, or portion sizes.

Makes 4 servings

¼ cup extra-virgin olive oil or coconut oil
2 garlic cloves (minced)
1 medium yellow onion (chopped)
4 cups chicken stock
1 lbs. broccoli floret
1 cup coconut milk
1 tsp sea salt
¼ tsp ground black pepper
Into a pan, add olive oil, minced garlic, and chopped onion and sauté 3-5 minutes over medium-high heat. Add chicken stock, broccoli, coconut milk, salt, pepper, then cover for 5 minutes, stirring occasionally.

Cool down 10 minutes and transfer to blender. Blend until liquefied, then serve.

Spanish-style Lentil Soup
As part of the effort to give you more ways to include more galactooligosaccharide (GOS) prebiotic fibers to cultivate bowel health, here is a recipe for lentil soup. This variation has a zingy Spanish flavor from poblano peppers and chorizo sausage. Despite the carbohydrate content of the lentils, the net carbs per serving of this soup remains below 10 grams, perfectly safe for the Undoctored lifestyle. The yield may actually be a bit better than 8 servings, as I found this soup exceptionally filling.

Makes 8 servings

1/4 cup extra-virgin olive oil
1 medium yellow onion, chopped
2 cloves garlic, minced
2 poblano peppers, seeded and chopped
12 ounces chorizo sausage, sliced
6 cups chicken stock or water
1 cup okra, sliced
3 carrots, sliced
2 celery stalks, sliced
1 cup lentils
1 14.5 ounce can of diced tomatoes (I used the Muir Glen brand with the BPA-free can)
1 tablespoon hot sauce
Sea salt and ground black pepper, to taste

In a large saucepan over medium-high heat, heat oil, then add onion, garlic, peppers, and sausage. Cover, stirring frequently, until sausage cooked and onions translucent, about 5-6 minutes.

Transfer sausage mixture to large stockpot or other similar large vessel. Over high-heat, add chicken stock or water, okra, carrots, celery, lentils, tomatoes, hot sauce, salt and pepper. Bring to boil, then simmer, covered, for 30 minutes or until lentils softened.

Pesto Noodles (From Undoctored)
These Pesto Noodles require less than five minutes to prepare yet are delicious and filling as either a main or side-dish. You will need one of the inexpensive spiral cutting devices on the market, such as a Veggetti or Spiralizer, that make creating noodles out of vegetables a snap with a few turns of the wrist.

Makes 2 servings

2 medium to large zucchinis
1/2 cup basil pesto
2 tablespoons pine nuts
4 ounces shaved Parmesan cheese (optional)
Spiral-cut zucchini into a large bowl. Add pesto, pine nuts, and mix. Top with optional Parmesan cheese and serve.

**Ramen Noodles** *(From Undoctored)*

Though not as quick and easy as tearing open a plastic package with dried seasonings, this healthier version of ramen noodles is still a fairly quick and easy way to enjoy an old favorite.

Look for shirataki noodles in refrigerated sections of the grocery, as they come packed in water. Look for noodles made without soy. Upon opening, there is a fishy odor, which does not suggest spoilage. Rinsing briefly will remove the odor. Note that shirataki noodles are rich in the glucomannan fiber that has prebiotic properties (discussed in chapter 11) and this dish is best eaten after the first week of your *Undoctored* program.

Makes 2 servings

2 8-ounce packages shirataki spaghetti noodles
2 cups chicken broth
2 tablespoons toasted sesame oil
1 1/2 tablespoons gluten-free soy sauce, tamari sauce, or coconut aminos
2 green onions, finely chopped
2 tablespoons sesame seeds
2 teaspoons onion powder
1 teaspoon garlic powder

Drain shirataki noodles in colander and rinse with cold water for about 20 seconds. Transfer to medium-sized sauce pan and add chicken broth; heat over medium-high heat.

Add sesame oil, then soy sauce, onions, sesame seeds, onion powder, garlic powder and stir. Cover, stirring occasionally. After reaching a boil, turn heat down to medium, covered, for an additional 2-3 minutes.

**Mediterranean “Pasta” Salad** *(From the Wheat Belly 30-Minute Cookbook)*

For those of you who miss the flavors of a pasta salad but don’t want the health problems they introduce, here is one delicious way.

You will need one of the low-cost spiral-cutting devices, such as a Spirelli, Spiralizer, or one of the many others now on the market. While you could make do with a knife or mandolin, the spiral cutters are so much easier and quicker to use and generate thinner, more noodle-like slices. If you plan on having these noodles dishes with any regularity, it is well worth the modest investment.

Shorter noodles work best in this dish; spiral-cut the noodles with short strokes to create noodles that are no more than 1 1/2 to 2 inches in length. The flavors in this “pasta” salad are highlighted by the herbs, so choose fresh herbs whenever possible.

1 pound zucchini, spiral-cut with short strokes
8 ounces cherry tomatoes, halved
1 medium cucumber, quartered and sliced
5-6 green onions, finely sliced
**Brussels Sprouts Gratin** (from the *Wheat Belly 30-Minute Cookbook*)

If you are new to the versatility of Brussels sprouts, let this dish get you reacquainted! This is just one of the many ways to enjoy them, this time in a gratin dish.

As with all Wheat Belly 30-Minute Meal dishes, don’t let the butter and cheese fool you: Minus wheat and other unhealthy ingredients, this dish easily fits into a slimming and healthy lifestyle.

I like serving this with lighter meats such as whitefish or chicken.

4 servings

1 pound fresh Brussels sprouts, trimmed and cut into ¼ inch thick slices*
1 cup water
3 tablespoons butter, divided
Sea salt and ground black pepper, to taste
¼ cup almond flour
1/2 cup grated Parmesan cheese, divided
¼ teaspoon sea salt
¼ teaspoon ground black pepper
½ cup heavy cream

*To slice Brussels sprouts quickly, use shredding disc attachment on food processor.

Preheat oven to 400° F. Lightly grease a 1-1/2 quart baking dish and set aside.

In a microwave-safe bowl, place sliced Brussels sprouts and 1 cup of water; cover and microwave on high 5 minutes. (Alternatively, bring water to boil in medium-sized saucepan and boil or steam Brussels sprouts until softened, about 10 minutes.) Drain well and toss with 1 tablespoon butter and season with sea salt and ground black pepper, to taste. While Brussels sprouts are cooking in the microwave, prepare topping.

To make crumb topping, in a small bowl mix almond flour, ¼ cup Parmesan cheese, salt and pepper. Using a pastry dough blender or spoon, cut 2 tablespoons butter into the flour mixture until crumbly.

Arrange sprouts in bottom of prepared baking dish. Pour cream over Brussels sprouts and sprinkle crumb topping evenly on top. Scatter remaining 3 tablespoons shredded Parmesan cheese over the crumb topping.

Bake uncovered for 20 minutes, or until golden brown.
Curried “Rice” (From the *Wheat Belly 30-Minute Cookbook*)
If you like the flavor of curry, you will love this simple Curried “Rice” that uses the ever-versatile cauliflower as a grain-free replacement.

Makes 4-6 servings

- 1 head cauliflower, broken into florets
- 2 tablespoons extra-virgin olive oil
- 1 medium onion, finely chopped
- 1 garlic clove, minced
- 2 tablespoons curry powder
- Sea salt to taste

Steam cauliflower florets until soft, approximately 15 minutes. Place in food processor/chopper and pulse until reduced to size of rice. Set aside.

In large skillet over medium-high heat, heat olive oil and sauté onions and garlic until onions translucent. Pour in cauliflower and stir in curry powder. Salt to taste.

Crab Cakes (From the original *Wheat Belly*)
These “breaded” grain-free crab caks are incredibly easy to prepare. If served with tartar sauce or other compatible sauce and spinach or green leafy lettuce, this dish can easily serve as a main course.

Makes 4 servings

- 2 tablespoons extra-virgin olive oil
- 1/2 red pepper, finely-diced
- 1/4 yellow onion, finely chopped
- 2 tablespoons finely-chopped fresh green chilis or to taste
- 1/4 cup ground walnuts, pecans, or almonds
- 1 large egg
- 1 1/2 teaspoons curry powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon sea salt
- 6 ounces canned crabmeat, drained and flaked
- 2 tablespoons ground golden flaxseed
- 1 teaspoon onion powder
- 1/2 teaspoon garlic powder
- Baby spinach or mixed salad greens
- Tartar sauce (optional)

Preheat oven to 325º F.

Heat the oil in large skillet over medium heat. Add the pepper, onion, and green chilis and cook until tender, about 4-5 minutes. Set aside to cool slightly.

Transfer the vegetables to a large bowl. Stir in the ground nuts, egg, curry powder, cumin, and salt. Add the crabmeat to the mixture and stir well. Form into four patties and transfer to baking pan.
Stir together the ground flaxseed, onion powder, and garlic powder in a small bowl. Sprinkle the “breading” over the crab cakes. Bake the crab cakes until lightly browned and heated through, about 25 minutes.

Serve on a bed of spinach or salad greens with a dollop of tartar sauce, if desired.
Desserts

Take out the sugar and grains from recipes for cheesecake, cupcakes, ice cream and other goodies and—violà—you’ve converted them into healthy foods.

This leads to some unexpected rewards on this lifestyle, like having a slice of healthy cheesecake for breakfast, or having an indulgent and filling dessert without guilt or worry about gaining weight.

Chocolate-Mint Ice Cream

Store-bought no-added-sugar ice cream is a landmine of sorbitol, maltitol, and other unhealthy sweeteners that not only act much like sugar but also provoke loose stools.

Here’s a way to make your own thick, rich ice cream without problem sweeteners and without having to endure gas and diarrhea.

If you have a dairy sensitivity in some form or you are among the people whose weight loss is stalled or prevented by dairy products (due to the insulin-provoking action of the whey fraction of protein in dairy products), replace the whipping cream with canned coconut milk. The additional custard step using egg yolks ensures a creamy texture even with coconut milk.

Creating the egg yolk custard is key, and here I use a simplified method directly on the stove. Because we avoid using emulsifying agents (due to their disruptive effects on bowel flora), there is one downside: This ice cream is best consumed right away, as it does not freeze well and becomes icy. You can indeed store it in the freezer, but you will have to wait for it to partially defrost first.

This basic recipe can be altered in an unlimited number of ways. For example, you can leave out the cocoa and replace it with 1 cup fresh or frozen mixed berries, 1 cup wild blueberries, 4 ounces dark chocolate chunks with or without peppermint extract, 1 cup bing cherries, 1 cup pistachios, etc.

Makes 4 servings

4 egg yolks (preferably large or jumbo eggs, or 5 small to medium)
1 1/2 cups heavy whipping cream, preferably organic, or 1 can (13.5 ounces) coconut milk
3 tablespoons Virtue Sweetener or other natural sweetener equivalent to 3/4 cup sugar
1/2 cup unsweetened cocoa powder
1/2 teaspoon sea salt
1 teaspoon vanilla extract
1/2 teaspoon peppermint extract

In a small saucepan over low heat, warm the eggs yolks. With an electric or hand mixer, beat the yolks while on the heat for 3 to 4 minutes, or until creamy and smooth. Keep the heat low enough so that the yolks do not scramble or coagulate but are warm to the touch. Add the cream or coconut milk, sweetener, cocoa powder, salt, vanilla, and peppermint extract and blend until mixed thoroughly. Pour the entire mixture into an ice cream maker and follow the manufacturer’s directions. (My device required 25 minutes to convert to a thick custard texture.)
Grain-Free Strawberry Shortcake
Everyone loves Strawberry Shortcake! And, because this version is made without grains or added sugars, it is also healthy (provided you include dairy in your program). Be warned, however: Because there are no appetite-stimulating grains or added sugars, one shortcake is impressively filling.
The almond flour-based dough browns more readily than grain flour, thus the golden color of the final product.
Makes 4
1 pound strawberries, stemmed and quartered
1/4 cup Virtue Sweetener (or other natural sweetener equivalent to 1 cup sugar), divided
3 cups almond flour
2 teaspoons baking soda
1/4 teaspoon sea salt
6 tablespoons butter, cold and sliced into 1/2 tablespoon pieces
2 cups whipping cream, divided
1 teaspoon vanilla extract
Place strawberries in medium bowl. Stir in 1 tablespoon Virtue Sweetener (or sweetener equivalent to 4 tablespoons sugar). Mash lightly and stir. Set aside, stirring occasionally.
Preheat oven to 325º F. Line baking sheet with parchment paper.
In large bowl, combine 2 tablespoons Virtue Sweetener (or sweetener equivalent to 1/2 cup sugar), almond flour, baking soda, sea salt and mix. Using knife, large spoon, or dough cutter, cut butter into dry mix. Stir in 1 cup cream until dough forms.
Divide dough into 8 mounds on baking sheet and flatten to approximately 1-inch thickness. Bake for 20 minutes. Remove and allow to cool.
Meanwhile, whip remaining 1 cup whipping cream until thickened. Beat in remaining 1 tablespoon Virtue Sweetener (or sweetener equivalent to 4 tablespoons sugar) and vanilla at low speed.
To make each shortcake, take one cake turned upside down and spread layer of strawberries followed by layer of whipped cream. Top with another cake right side up.

Flourless Chocolate Cake (dairy-free)
When you order a flourless chocolate cake at a restaurant or bakery, it typically is loaded with sugar. Here is a no-sugar-added, very low-carb version of Flourless Chocolate Cake that is also dairy-free.
Flourless cakes are heavier than flour-based cakes, so even small servings are quite filling. The use of less chocolate and use of cocoa powder, however, make this a bit more cakey than other recipes that can yield a more brownie or fudge-like cake.
Makes 8-10 servings
6 ounces 100% chocolate, broken into fragments
1/2 cup coconut oil
5 large eggs, separated
3/8 cup Virtue Sweetener (or other natural sweetener equivalent to 1 1/2 cups sugar)
1/2 cup unsweetened cocoa powder
1 teaspoon vanilla extract
1/2 teaspoon almond extract
Preheat oven to 375º F. Grease a 9-inch springform pan.
In medium microwave-safe bowl, combine chocolate and coconut oil and microwave in 30-second increments until melted. Alternatively, use double-boiler setup to melt. Allow to cool 5 minutes.

Meanwhile, whip egg whites until stiff peaks form.

Add egg yolks, sweetener, cocoa powder, vanilla and almond extracts to chocolate mixture and mix thoroughly. Pour egg whites gradually into chocolate mixture and mix. Pour entire mixture into pan and spread evenly.

Bake for 30 minutes or until toothpick or knife withdraws clean. Allow to cool before releasing springform pan.

Peanut Butter Cup Cookies
There’s something magical about the flavor combination of peanut butter and chocolate, here combined into a chewy cookie that kids will love. Just don’t tell them they’re healthy!

Makes 16 cookies

3 1/2 cups almond flour/meal
2 tablespoons coconut flour
Sweetener equivalent to 1/2 cup sugar (e.g., 2 tablespoons Virtue Sweetener)
1/2 teaspoon sea salt
2 eggs
1/2 cup peanut butter, at room temperature
1/2 cup coconut oil, melted
1/2 cup water
4-ounce bar 85–90% cocoa chocolate

Preheat the oven to 350°F. Line a baking sheet with parchment paper.

In a large bowl, combine the baking mix, flour, sweetener, and salt and mix thoroughly. In a small bowl, whisk the eggs. Whisk in the peanut butter, oil, and water. Add to the dry mixture and mix until dough forms. Dispense the dough into approximately 16 mounds, flattening by hand or with a large spoon. Bake for 20 minutes, or until a wooden pick withdraws dry.

Meanwhile, melt the dark chocolate in a microwave on high-power in 20-second increments or in a double-boiler setup. Transfer to a shallow bowl.

Remove the cookies from the oven and cool for 10 minutes. Then immerse the top half of each cookie into the chocolate and set aside to cool. If any chocolate remains after dipping each cookie, cool the cookies in the freezer for 5 to 10 minutes and then dip in the remaining chocolate for an extra-thick layer.

Chocolate-coated Green Banana Bites
Green, unripe bananas are an excellent source of prebiotic fibers that are crucial for your bowel flora management program. But they are tough to eat due to their chalky texture when truly unripe. You can conceal that texture by including a green banana in your smoothie or shake, or you can make these simple but tasty little Chocolate Coated Green Banana Bites. If each
banana is cut into 6 pieces, each Bite can yield as much as 4-5 grams of prebiotic fibers to add to your daily goal of 20 grams per day.

Purchase bananas as green as possible and store in the refrigerator, where they will stay green for around 5 days. Once you make your Bites, also store in refrigerator.

Because I believe it is important to minimize (not necessarily altogether avoid, as they can occur naturally in foods, as well) exposure to emulsifying agents in processed foods, since they alter bowel health and bowel flora, look for high cocoa chocolate without emulsifying agents, such as Lindt or Green & Black.

Makes 12 bites

2 green bananas
1 four-ounce bar of 85% or higher cocoa chocolate (e.g., Lindt 85% or 90% cocoa chocolate)

Peel bananas by cutting skin lengthwise, then shelling out the pulp. Cut each banana into 6 or so pieces.

Break chocolate into pieces, then either place in microwave-safe bowl and microwave for 30 seconds, repeat until melted, or use double-boiler setup to melt.

Using toothpicks, dip each banana segment into chocolate, turn to coat. Transfer each to large plate covered with wax paper. Cool and store in refrigerator until eaten.

Peach Yogurt Panna Cotta
Here’s a panna cotta recipe using yogurt to provide some probiotic effect, as well as a rich taste and mouthfeel.

Choose full-fat yogurt, organic whenever possible, that is unflavored and unsweetened. You could also make your own high-fat yogurt starting from half-and-half or cream.

Despite containing peach with around 9 grams net carbs each, the carbs of the one peach are distributed into 4 servings, yielding a net carb content of 10 grams per serving, safely under our limit of 15 grams. Because there is no added sugar, since this panna cotta is sweetened with Virtue Sweetener, no net carbs come from the sweetener.

Makes 4 servings

1/2 cup water
2 3/4 teaspoons gelatin
1 medium peach, pitted and cubed
2 1/2 cups full-fat yogurt, unflavored and unsweetened
1 tablespoon Virtue Sweetener

Pour water into medium bowl, then sprinkle gelatin over top. Allow to sit for 5 minutes.

Add peach, yogurt, sweetener and blend with immersion/stick blender or pour into standard blender; blend until thoroughly mixed.
Divide into 4 containers (e.g., drinking glasses, wine glasses, martini glasses) and refrigerate at least 3 hours before serving.

**Apple Pie Spice Muffins**
These muffins taste like a delicious slice of apple pie but have only 6.5 grams net carbs per serving since there are no wheat or other grain flours nor sugar, only benign healthy ingredients, including Virtue Sweetener.

Makes 6

Muffins:
4 tablespoons butter, softened
2 tablespoons Virtue Sweetener (or other sweetener equivalent to 1/2 cup sugar)
2 eggs, separated
1 cup almond flour
1 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
2 teaspoons baking soda
1 medium apple, cored and finely chopped

Topping:
1/2 cup almond flour
1/2 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1 tablespoon Virtue Sweetener (or other sweetener equivalent to 4 tablespoons sugar)
3 tablespoons butter, cold

Preheat oven to 350º F. Place muffin liners in 6 wells of a 12-muffin baking pan. In large bowl, combine butter and sweetener and mix.

Beat egg whites until stiff peaks form, then add egg yolks at low-speed, followed by the butter/sweetener mixture. Mix in almond flour followed by cinnamon, nutmeg, baking soda, and apples.

Make topping by combining almond flour, cinnamon, nutmeg, and sweetener in small bowl, mix together. Add butter and work with fingers until mixed and a crumbly texture is obtained.

Divide muffin batter into 6 muffin liners, then spread topping over each. Bake for 25-30 minutes or until toothpick withdraws dry.

**Chocolate Mousse**
Here’s a simple, creamy smooth recipe for Chocolate Mousse. Because there is no added sugar in this recipe, the end result has none of the problems of a conventionally prepared mousse: ultra low-carb with **2 grams net carbs per serving**, no sugar, and plenty of healthy fat. It provides the added benefits of cocoa flavonoids, such as reductions in blood pressure and cardiovascular risk, with *none* of the problems of milk chocolate and other junk forms of chocolate.
As written, this version is dairy-free. Substitute heavy cream for coconut milk if you include dairy in your diet. You can also top the mousse with whipped cream. I went heavy on the eggs to generate a smooth mouthfeel and light texture. (Use pasteurized eggs if you have reason to believe that salmonella exposure may be an issue in your area.)

Makes 4 servings

4 ounces unsweetened chocolate
1/4 cup Virtue Sweetener (or natural sweetener equivalent to 1 cup sugar)
4 tablespoons canned coconut milk
4 eggs, separated

In medium bowl, combine chocolate, sweetener, and coconut milk. In double-boiler setup or in microwave, melt chocolate and stir ingredients. If using microwave, heat in 20-25 second increments until melted, stirring between each heating. Mixture should be heated until all solids are melted and consistency is that of a thick liquid.

Whip eggs whites until stiff, then fold in yolks at low-speed. Pour in chocolate mixture slowly, also at low-speed, and mix until thoroughly combined.

Distribute mousse into 4 glasses or other containers. Refrigerate if not serving immediately.

**Chocolate Avocado Pudding** *(From the Wheat Belly 10-Day Grain Detox)*

Here is a variation on chocolate pudding that is filling and healthy, without the sugar load typical of puddings. The avocados should be ripe, such that a smooth non-bitter pudding results. Don’t let the small-sized servings fool you: this pudding will fill you to bursting!

As with many Wheat Belly-style dishes, including goodies like this pudding, because all unhealthy ingredients like sugar and grains have been removed, you can have this pudding for breakfast or lunch as the meal itself. Because the pudding is not heated, it can also serve as a means to obtain prebiotic fibers/resistant starches by incorporating inulin powder, a green banana, or raw potato. Because avocado is the main ingredient, this pudding is best consumed right away.

Makes 4 servings

3 large ripe avocados, halved and pitted
1 cup (canned) coconut milk
1/2 cup unsweetened cocoa powder
1 teaspoon vanilla extract
Sweetener equivalent to 1/2 cup sugar
1/2 teaspoon ground cinnamon
Optional: tablespoon shredded unsweetened coconut or 1/2 cup fresh berries

In blender, combine avocado shelled out with spoon, coconut milk, cocoa powder, vanilla, sweetener, cinnamon, and blend until well mixed. Spoon into 4 serving bowls and chill in refrigerator for 30 minutes. Optionally, top with shredded coconut or several fresh berries.
Chocolate Orange Whoopies
Here’s a quick and easy recipe for Chocolate Orange Whoopies, a soft cookie-like dessert that combines the citrus-y flavors of orange with rich dark chocolate.

I used a whoopie pan but, if you don’t have one, you can just form 3/4-inch thick, 2 1/2-inch rounds on parchment paper and you will obtain much the same end product.

Makes 12 whoopies
3 cups Wheat Belly All-Purpose Baking Mix (or almond flour/meal)
Zest of 1 medium orange (about 1 tablespoon)
2 1/2 tablespoons Virtue Sweetener
1 egg
3/4 cup water
2 teaspoons lemon juice
2 teaspoons orange extract
1 3 1/2-ounce bar of 85-90% cocoa chocolate or 1/2 cup dark chocolate chips

Preheat oven to 350º F. Grease or spray a whoopie pan with oil; alternatively, spread parchment paper over a baking pan.

In large bowl, combine baking mix (or flour/meal) with orange zest and Virtue Sweetener; mix thoroughly.

In small bowl, whisk egg with water, lemon juice, and orange extract. Add egg mixture to dry mixture and combine thoroughly.

Distribute dough into 12 wells of the whoopie pan and flatten to conform to each well. If using parchment paper and pan, flatten dough to cookie shape.

Bake for 22-23 minutes or until toothpick withdraws dry. Remove from oven and allow to cool 10 minutes, then remove from whoopie pan.

Meanwhile, melt chocolate in microwave in 20-second increments or in double-boiler setup. Pipe chocolate onto whoopies in your desired pattern (e.g., as shown in the photograph). (If you lack a piping bag, you can cut the corner off a plastic bag or craft one from wax paper.)

Raspberry Cheesecake Fat Blasters
You’ll think you’ve died and gone to heaven with these little morsels of cheesecake. You can easily substitute any berry, such as strawberries or blueberries, for raspberries. (More recipes for Fat Blasters can be found in the Undoctored and Wheat Belly 10-Day Grain Detox books, and the Wheat Belly 30-Minute Cookbook.

8 ounces organic cream cheese, at room temperature
3/4 cup coconut oil, melted
1/2 cup raspberries
Sweetener equivalent to 1/2 cup sugar
1 teaspoon vanilla extract

Place paper liners in 20 cups of a mini muffin pan.
In a large bowl, using an electric mixer, blend the cream cheese, coconut oil, raspberries, sweetener, and vanilla until thoroughly combined.

Evenly divide the mixture among the lined cups and refrigerate for at least 1 hour before eating, or place in the freezer for 30 minutes.

Store in the refrigerator.

Triple Cocoa Bars
These healthy Triple Cocoa Bars will blast you with chocolate and cocoa from every direction!

These portable snack bars contain around 4-5 grams “net” carbs per bar, well within the tolerance for most people. And, because they contain cocoa in three different ways, they are packed with the health benefits of cocoa flavonoids. Look for cacao nibs in health food stores, specialty food stores, Whole Foods Market, or at nuts.com. If unavailable, the bars are still delicious without them.

Yields approximately 10 bars

1 cup ground almonds
2 tablespoons coconut flour
1 tablespoon unsweetened cocoa powder
1/2 cup cacao nibs
1/2 cup unsweetened shredded coconut
2 ounces 85-90% cocoa chocolate, finely chopped
3/4 cup raw pumpkin or sunflower seeds
Sweetener equivalent to 3/4 cup sugar
2 tablespoons almond butter
1/4 cup coconut milk

2 tablespoons coconut oil or cocoa butter (food grade)
Preheat oven to 200º F. Lay sheet of parchment paper on large baking pan.
In large bowl, combine ground almonds, coconut flour, cocoa powder, cacao nibs, coconut, chocolate bits, pumpkin seeds, and sweetener (if dry) and mix.

In microwave-safe bowl or in small sauce pan, add almond butter, coconut milk, and coconut oil and sweetener (if liquid) and heat for 15 second increments in microwave until liquid, but not hot. If using stove, heat at low-heat enough to make liquid easily mixed, but not hot.

Pour liquid into dry almond mixture and mix together thoroughly. If too stiff, add water one tablespoon at a time until the consistency of thick dough.
Spoon out approximately 1 1/2-inch balls, shaping with the spoon and/or your hands into bar shapes.

Bake for 35 minutes. Remove and cool.
Beverages

High-Fat Hot Chocolate
Here’s a change from coffee but another way to add more healthy fats to your day. Optionally, add one heaping tablespoon of MCT oil powder to further whiten to suppress appetite and increase mental focus, while adding a modest amount of accelerated weight loss.

Makes one 12-ounce serving

12 ounces water, almond or coconut milk
1 tablespoon cocoa powder, unsweetened
1 tablespoon butter
1 tablespoon coconut oil
1/4-1/2 teaspoon Virtue Sweetener or other sweetener equivalent to 1-2 teaspoons sugar

Microwave method:
In large mug, combine 4 ounces (1/2 cup) water or milk, cocoa powder, butter, coconut oil, sweetener and microwave for 40 seconds. Blend with immersion/stick blender for 20-30 seconds. Pour remaining liquid into mug and microwave for additional 60 seconds.

Stovetop or electric kettle method:
Boil water or milk in saucepan or electric kettle. Pour 4 ounces (1/2 cup) into large mug, followed by cocoa powder, butter, coconut oil, and sweetener. Blend with immersion/stick blender for 20-30 seconds. Pour remaining liquid into mug.

MCTea
Here’s a simple way to add MCT oil to your daily routine if you are not a coffee drinker or don’t like using a creamer such as MCT oil powder. Recall that MCT supplementation (oil or oil powder) is an easy way to raise blood ketone levels modestly, typically to 0.2 to 0.4 mmol/L, sufficient to increase mental clarity, concentration, reduce insulin resistance, and yield modest further reductions in visceral fat/waist size and body weight, without having to achieve physiological ketosis. (An extensive discussion about MCTs, physiological ketosis, exogenous ketones and the health advantages, as well as potential dangers, can be found in an Undoctored Advanced Concepts discussion in the Undoctored Inner Circle.)

I call it MCTea. Simply, it is nothing more than your choice of tea with a tablespoon or so of MCT oil emulsified into the tea using a stick blender. Emulsification of the oil yields a slightly frothy texture to the tea, not as heavy as a creamer, but lighter, almost like a melted sherbet consistency. (Don’t confuse the emulsification of oil in food achieved mechanically with the emulsification of the mucous lining of the intestinal tract achieved through ingestion of synthetic emulsifying agents like polysorbate 80 or carageenan that yield undesirable effects. Mechanical emulsification with a blender is harmless.)

I used a delicious Winter Herb tea blend of apples, hibiscus blossoms, lemongrass, orange peel, blackberry leaves, cinnamon, cloves, and a few other ingredients. Drink this tea either as iced or hot tea.

One tablespoon of MCT oil contains 14 grams MCTs per tablespoon. Benefits begin at a dose of 10 grams, further benefits at 20 grams.
Makes 1 serving

8 ounces brewed tea, hot or cold
1 1/2 tablespoons MCT oil
1/4 teaspoon Virtue Sweetener or other natural non-caloric sweetener

Add MCT and sweetener to tea, then blend with stick/immersion blender for approximately 15 seconds or until all oil suspended and frothy consistency develops.
Prebiotic Shakes

Prebiotic shakes provide a means of adding prebiotic fibers to your daily regimen. They are quite filling, so easily can replace a meal.

VERY IMPORTANT: Prebiotic shakes are meant to be started no sooner than day 3 of the program to allow probiotic microorganisms to “seed” the colon. Modify the recipes below to use only one-half green banana or one-half of a medium potato, saving the other half for another day and leaving out the inulin/FOS. This minimizes the chance for abdominal discomfort, diarrhea, and excessive gas that can develop in the first few days.

Piña Colada Prebiotic Shake (From Undoctored)
This tropical combination of pineapple and coconut is a treat. Use unsweetened frozen or, of course, fresh pineapple, instead of canned. I like using frozen pineapple so that I can use just a little bit at a time and save the rest.

As written, the recipe for this shake yields the full-dose of prebiotic fiber of around 20 or more grams per day. You should therefore follow the recipe as written only if you 1) completed the initial 10-day detox/withdrawal, and 2) are tolerating the lower dose we use starting on day 3. If you are not tolerating even the starting dose of prebiotic fiber, see the discussion on how to manage this intolerance on page 261 of the Undoctored book, as well as the Inner Circle videos and discussions about small intestinal bacterial overgrowth, or SIBO.

Makes 1

1 peeled green banana or peeled raw white potato, coarsely chopped
1 cup unsweetened coconut milk, almond milk, or hemp milk
1/2 cup unsweetened shredded coconut
1/4 cup chopped fresh or frozen pineapple
1 teaspoon Virtue Sweetener or other sweetener equivalent to 1 tablespoon sugar
1 teaspoon inulin or FOS powder (optional and only after completing the initial 10 days)

In a blender, combine the banana or potato, milk, coconut, pineapple, sweetener, and inulin or FOS powder (if using). Blend until the banana or potato has been liquefied and mixed well. If the shake is too thick, add water as needed and blend to mix.

Blueberry, Carrot, and Greens Prebiotic Shake (From Undoctored)
This simple Blueberry, Carrot, and Greens Prebiotic Shake provides an easy way to get more greens in your diet and combine them with prebiotic fibers. The spinach is interchangeable with your choice of greens, such as kale, dandelion greens or collard greens—great sources of vitamin K1 that contributes to bone health.

As written, the recipe for this shake yields the full-dose of prebiotic fiber of around 20 or more grams per day. You should therefore follow the recipe as written only if you 1) completed the initial 10-day detox/withdrawal, and 2) are tolerating the lower dose we use starting on day 3. If you are not tolerating even the starting dose of prebiotic fiber, see the discussion on how to manage this intolerance on page 261 of the Undoctored book, as well as the Inner Circle videos and discussions about small intestinal bacterial overgrowth, or SIBO.

1 peeled green banana or peeled raw white potato, coarsely chopped
1 cup unsweetened coconut milk, almond milk, or hemp milk
1/2 cup unsweetened shredded coconut
1/4 cup chopped fresh or frozen pineapple
1 teaspoon Virtue Sweetener or other sweetener equivalent to 1 tablespoon sugar
1 teaspoon inulin or FOS powder (optional and only after completing the initial 10 days)

In a blender, combine the banana or potato, milk, coconut, pineapple, sweetener, and inulin or FOS powder (if using). Blend until the banana or potato has been liquefied and mixed well. If the shake is too thick, add water as needed and blend to mix.
Makes 1

1 peeled green banana or peeled raw white potato, coarsely chopped
1 cucumber, coarsely sliced
1 cup fresh spinach
1 carrot, coarsely sliced
1/4 cup fresh or frozen blueberries
1 cup water
1 teaspoon Virtue Sweetener (or other natural sweetener equivalent to 1 tablespoon sugar)
1 teaspoon inulin or FOS powder (optional and only after completing the initial 10 days)

In a blender, combine the banana or potato, cucumber, spinach, carrot, blueberries, water, sweetener, and inulin or FOS powder (if using). Blend until the banana or potato has been liquefied and mixed well. If the shake is too thick, add water as needed and blend to mix.

**Peanut Butter Cup Prebiotic Shake**

Peanut butter and chocolate meet in this delicious shake, so thick it can easily replace a meal like breakfast.

As written, the recipe for this shake yields the full-dose of prebiotic fiber of around 20 or more grams per day. You should therefore follow the recipe as written only if you 1) completed the initial 10-day detox/withdrawal, and 2) are tolerating the lower dose we use starting on day 3. If you are not tolerating even the starting dose of prebiotic fiber, see the discussion on how to manage this intolerance on page 261 of the Undoctored book, as well as the Inner Circle videos and discussions about small intestinal bacterial overgrowth, or SIBO.

Makes approximately 2 cups

1 peeled green banana or peeled raw white potato, coarsely chopped
1 cup unsweetened coconut, almond, or hemp milk
1/2 cup water
1 teaspoon Virtue Sweetener (or other natural sweetener equivalent to 1 tablespoon sugar)
2 1/2 tablespoons unsweetened cocoa powder
2 tablespoons unsweetened natural peanut butter
1 teaspoon inulin or FOS powder (optional and only after completing the initial 10 days)

In blender, combine banana or potato, coconut or other milk, water, sweetener, cocoa powder, peanut butter, inulin or FOS powders, and blend until well-combined. Serve immediately.