



MONICA SPOELSTRA METZ
Nutrition + Lifestyle



Healthier Holidays *2014*

WEEK ONE



MONICA SPOELSTRA METZ
Nutrition + Lifestyle

YES, IT'S POSSIBLE.

It's true: the holidays aren't typically the healthiest of times.

We overeat, under-sleep, blow off workouts, and pull near all-nighters to wrap those presents.

But not this year!

We're going to start out the day with nutritious smoothies. Eat our leafy greens. Focus on lean protein. Make those workouts happen. Go to bed ridiculously early when we can. Relax with a hot bath here and there. And do our best to minimize the "bad" stuff: refined carbs and processed sugar, booze, caffeine, processed foods.

Bottom line: we're going to live as "clean" as we possibly can.

Until it's time to go to a party.

And after we enjoy ourselves and indulge a bit, we'll get back to the clean living, get grounded and seek balance.

Cleanse, indulge, reset. Cleanse, indulge, reset. Cleanse, indulge, reset.

Chances are we'll arrive in the New Year healthier and happier than before we started — instead of burned out by the chronic hangover and holiday bloat.

Congratulations for giving yourself the gift of healthier living this holiday season. Could be the best present of the year!



MONICA SPOELSTRA METZ
Nutrition + Lifestyle

TAKE YOUR MEASUREMENTS

I find that baseline measurements are often a helpful place to start.

Buy a simple measuring tape so that you can track your results. On Day 1, be sure to note the following measurements:

- Weight
- Waist (measure the widest part of waist)
- Hips (measure the widest part of hips)

As we progress through Healthier Holidays, I recommend taking these measurements (and writing them down in a journal or notebook) daily. However, if you find this practice discouraging or unpleasant for any reason, feel free to forego the daily measurements.

Be sure to check in with your body daily, even if you're not using conventional measuring tools. Pay attention to how your clothes fit and how your body feels.

Checking in with your body daily is really important during the holidays. The more mindful you can be in general, and specifically around how your body is feeling, the more successful you will be in maintaining (or losing) weight throughout the season.



MONICA SPOELSTRA METZ
Nutrition + Lifestyle

PREPPING THE PANTRY: WHAT YOU'LL NEED

The Healthier Holidays pantry will emphasize foods that are whole and unrefined.

Here's a description of the foods we'll be prioritizing.

- Lots of fresh vegetables — organic when possible.
- Frozen kale, spinach and berries for smoothies. Again, organic when possible, especially when purchasing strawberries and blueberries.
- An array of spices and flavors, including onions for caramelizing or sautéing, fresh garlic, fresh and dried herbs, cinnamon, pumpkin pie blend, chai spice, turmeric, cumin, coriander, cayenne, black pepper, and high quality sea salt.
- High quality fats such as extra virgin olive oil, coconut butter, nut butters, tahini, cold-pressed oils, olives, and whole avocados.
- Nuts and seeds such as raw/unsalted almonds, pistachios, walnuts, hazelnuts, hemp seed, chia seed, ground flaxseed, and pumpkin seeds.
- High quality sources of protein such as organic chicken, pastured eggs, non-GMO soy, wild seafood and grass-fed beef.
- Vinegars such as balsamic and apple cider vinegar.
- Simple fermented foods made with minimal ingredients, such as organic sauerkraut or kim chi.
- Lots of filtered water (i.e. home filter or Brita).
- Herbal tea and hot water-with-lemon.



MONICA SPOELSTRA METZ

Nutrition + Lifestyle

SHOPPING LIST FOR THE BASICS

Here is a master list of items you'll want to have on hand throughout the holidays — this way, you'll be able to put together basic smoothies and meals from the pantry.

We recommend buying organic whenever possible. Some conventional produce, however, doesn't pose a big pesticide risk — check Environmental Working Group (EWG)'s list of the "Clean 15" and "Dirty Dozen" to see where you can save money by selectively going conventional.

Hemp, chia, flax and other nuts and seeds can be purchased at Whole Foods and most natural markets. Many of the nuts and seeds can be purchased in the bulk aisle. Check the per/ounce price, though, to see where the best value is (sometimes it's actually more expensive to go bulk).

<u>PRODUCE</u>		<u>FROZEN</u>	
<input type="checkbox"/> Baby/salad greens		<input type="checkbox"/> Organic kale	
<input type="checkbox"/> Carrots		<input type="checkbox"/> Organic spinach	
<input type="checkbox"/> Avocado		<input type="checkbox"/> Organic cauliflower	
<input type="checkbox"/> Onions		<input type="checkbox"/> Blueberries	
<input type="checkbox"/> Garlic		<input type="checkbox"/> Strawberries	
<input type="checkbox"/> Cucumber		<input type="checkbox"/> Blackberries	
<input type="checkbox"/> Lemons and limes		<input type="checkbox"/> Peaches	
<input type="checkbox"/> Fresh ginger			
<u>PANTRY</u>		<u>NUTS/BUTTERS</u>	
<input type="checkbox"/> Extra virgin olive oil		<input type="checkbox"/> Almond butter, unsweetened	
<input type="checkbox"/> Balsamic vinegar		<input type="checkbox"/> Extra virgin coconut oil	
<input type="checkbox"/> Apple cider vinegar		<input type="checkbox"/> Coconut butter (i.e. Artisana brand)	
<u>PANTRY cont'd</u>		<u>NUTS/BUTTERS cont'd</u>	
<input type="checkbox"/> Dijon mustard		<input type="checkbox"/> Tahini (sesame paste)	



MONICA SPOELSTRA METZ

Nutrition + Lifestyle

- ☐ Ground cinnamon
- ☐ Vanilla extract
- ☐ Ground turmeric
- ☐ Pepper
- ☐ Ground cumin
- ☐ High quality sea salt
- ☐ Dried herbs: parsley, basil, dill, thyme, oregano
- ☐ Cayenne pepper
- ☐ Paprika
- ☐ Low sodium tamari (gluten free soy sauce)
- ☐ Sesame oil
- ☐ Organic coconut milk
- ☐ Sun dried tomatoes (packed dry; not in oil)
- ☐ Low sodium vegetable broth (gluten free)
- ☐ Organic almond, rice, hemp or hazelnut milk, unsweetened
- ☐ Artichoke hearts (packed in water)
- ☐ Kalamata olives
- ☐ Wild canned salmon
- ☐ Hot sauce (unsweetened) and salsas

- ☐ Hemp seed
- ☐ Whole chia seeds
- ☐ Ground flax seed
- ☐ Raw almonds
- ☐ Raw walnuts
- ☐ Raw cashews
- ☐ Pumpkin seeds

REFRIGERATED

- ☐ Pastured eggs — highest quality you can afford
- ☐ Ghee (clarified butter)
- ☐ Sauerkraut (super simple; the only ingredients should be cabbage, vegetables and sea salt)
- ☐ Organic, gluten free miso paste (white)
- ☐ Organic tempeh or tofu

MEATS/FISH (if you're eating animal protein)

- ☐ Organic boneless skinless chicken breasts
- ☐ Organic skirt/hanger steak, ideally grass-fed
- ☐ Wild salmon (*never* farmed)
- ☐ Wild shrimp



MONICA SPOELSTRA METZ
Nutrition + Lifestyle

PANTRY: WHAT YOU WON'T NEED

Let's face it. You won't need about 85% of what you'll find in the standard American kitchen.

Make a plan to remove the following kinds of foods from your home. Donate the food to your office snack room, or the local food bank. Or if you really can't bear to part with some of it, pack it up and leave it with a friend for the weeks ahead.

How do you know which foods to increase and which to decrease or omit?

The majority of the whole, unrefined foods won't have labels; and if they do, they'll have a limited ingredient list that doesn't include sweeteners, coloring, preservatives or other additives.

Here's a rundown of the processed foods you would ideally remove from your pantry (and diet):

- Flour-based products such as bread, pizza crust, crackers, chips, and pasta — even if gluten free! Refined carbs can wreak havoc with blood sugar and your metabolism, so we're taking a break in Weeks 2 and 3.
- Any food that contains added sugar or artificial sweeteners. This would even include agave-sweetened foods and beverages.
- Anything that contains hydrogenated oils or refined vegetable fats (check the labels carefully).
- Whole grains. I know, these can be very healthy foods, but they can also be difficult to digest.



MONICA SPOELSTRA METZ

Nutrition + Lifestyle

- Beans and Legumes. See above — they're not necessarily "bad" foods, but they can be difficult to digest and can contribute to blood sugar spikes for some people. I recommend taking a break during the holidays to help minimize weight gain and bloating.
- Coffee, black tea, yerba maté and other caffeinated beverages/uppers. If you can't eliminate, consider cutting your consumption by 50%.
- Dairy products. Dairy is notoriously difficult to digest, and often impedes weight loss. Consider omitting or drastically reducing dairy consumption over the holidays to minimize weight gain.



MONICA SPOELSTRA METZ
Nutrition + Lifestyle

PLAN YOUR MEALS AND PREP

Meal planning: this is one of the most powerful lifestyle habits you can adopt.

If you take some time to plan the week's meals (and the ingredients you'll need to make those meals), you will be far more successful than if you wing it. Chronic winging it leads to unhealthy food decisions such as take-out and frozen entrees, both of which can be filled with unhealthy fats, preservatives and ingredients that can irritate our bodies and lead to weight gain (i.e. gluten, dairy, sugar, etc.).

We're all busy, and I find that most people don't have time to cook a from-scratch meal every night. That's why I batch-cook 2-3 times a week and "coast" on the days in-between.

I've grown to love leftovers, especially when they're healthy, delicious meals. Enjoying leftovers saves me time and the stress of deciding what to make every day.

Here's how it works:

- Saturday: Write down the meals for the week and go shopping for any ingredients I need.
- Sunday: Prep the vegetables (i.e. chop veggies and store in air-tight glass containers), make a salad dressing and a dip, make a soup and cook extra servings of protein for the week (i.e. grill chicken, roast tofu, etc).
- Wednesday: Cook some additional protein and make another soup.



MONICA SPOELSTRA METZ
Nutrition + Lifestyle

EMERGENCY MEALS

Sometimes, the “plan” doesn’t come together. You have a busy Sunday and don’t get to make as much as extra food as you would like. Or you work late (or the kiddos have late soccer practice) and you have limited ingredients on hand.

That’s why it’s important to have a couple healthy emergency meals in mind. These are very simple meals that will sustain you and keep you from falling into the take-out/frozen meals habit. Here are a couple of ideas to get you started:

- **Veggie Sauté:** Chop whatever vegetables you have on hand. Drain some organic tofu and cut into cubes (or use some pre-cooked, shredded chicken). Drizzle some olive oil into the pan and add the vegetables (optional: add some chopped onion or minced garlic). Sauté until crisp tender, then throw in the tofu. Stir gently and sauté until tofu is warmed through. Season with salt, pepper, gluten free tamari, gomasio (Japanese seasoning with sesame seeds, sea salt and seaweed), etc.
- **Basic Salad:** We eat tons of salads for dinner. That’s why I always have a dressing or two in the fridge. Buy an organic rotisserie chicken (or cube some tofu) and shred the chicken. Slice and chop whatever veggies you have on hand. Toss with the greens and dressing, top with chicken (a portion is about the size of your palm, not including the fingers). Garnish with sea salt and pepper and some sliced avocado if you have it.



MONICA SPOELSTRA METZ
Nutrition + Lifestyle

A FEW WORDS ABOUT CAFFEINE

You don't have to give up caffeine during Healthier Holidays, but I think it would be a great idea to cut your consumption dramatically. Caffeine can cause extra stress in the body, and it's also dehydrating. If you already drink 1+ cups a day, consider switching to one half-decaf coffee a day (or a half-decaf Americano, black).

Eliminating caffeine should be a gradual process so that you don't experience withdrawal symptoms such as headaches. I recommend cutting back slowly, and this is most easily done if you're making your own coffee at home. The first couple of days, make your usual brew with half regular coffee and half decaf. After a few days, cut back to 75% decaf, 25% regular. At the end of the week, switch off coffee and start trying some caffeine-free beverages such as herbal tea.

The same process can be used if you're drinking green tea, which also contains caffeine. You can purchase decaf green tea in bulk in most tea shops and some natural markets.

While you're in the process of eliminating caffeine, be prepared to pamper yourself a little to get through the transition. If you're tired, take a catnap. If you experience headaches, stay hydrated with extra water and try a Vitamin C supplement.

Or if you get a really bad headache, try some ibuprofen and a cup of green tea. Remind yourself that the transition is temporary, and that you'll likely feel better in a few days.

An alternative beverage you may enjoy is Teeccino, which is grain-based, caffeine-free "grounds" made from carob, barley, chicory and almonds (you can find it on Amazon.com).



MONICA SPOELSTRA METZ
Nutrition + Lifestyle

You can also add Teeccino to your coffee grounds as part of the weaning process. Just start reducing the coffee-to-Teeccino ratio as you start weaning yourself off coffee.

Note: while Teeccino isn't certified 100% gluten-free, the manufacturers have conducted independent tests and claim it's virtually caffeine free (I'm guessing there's a tiny bit of gluten in the barley that's used in the product). This wouldn't be acceptable for people with celiac disease, but I think it's fine if you have (or suspect you have) a wheat/gluten sensitivity.

Some of my favorite caffeine-free beverages include:

- A fresh-pressed green juice (i.e. from a juice bar, not bottled) using veggies, herbs and lemon (no fruit).
- Tazo Teas: Sweet Cinnamon Spice
- Townshend's Tea Company: Rooibos Cinnamon Spice and Vanilla Rooibos (bonus: Rooibos has Vitamin C)
- Peppermint Tea (I make it extra strong)
- Yogi Herbal Tea: Ginseng Vitality
- Hot water with a squeeze of fresh lemon
- Infused water: fill a mason jar with filtered water and sliced orange or strawberries; steep overnight and enjoy in the morning.



MONICA SPOELSTRA METZ
Nutrition + Lifestyle

EXTRAS

Here are a few extras I'd like you to have on hand for Healthier Holidays:

- A fun journal (I'm a huge fan of Moleskine notebooks): This is where you can take notes about your progress, and respond to writing prompts. You might also browse your local art store and get some cool pens and other supplies to make your journaling time extra fun.
- Bath stuff: Our culture isn't really big on baths, which is a shame because they're super relaxing, even decadent. To make this a truly lovely experience, you'll need a big container of Epsom salts and a vial of lavender essential oil. You might also gather a couple candles to give your bathroom some ambience during your baths.
- Supplements: These are completely optional, and be sure to check with your healthcare provider before you start taking any:
 - Multi-vitamin
 - Vitamin D
 - A probiotic (capsule form, not yogurt)
 - Omega-3 fatty acids supplement (i.e. high-grade fish oil or algae-derived)



MONICA SPOELSTRA METZ
Nutrition + Lifestyle

THE CLEAN EATING APPROACH

Our plan is to eat clean, home-cooked meals as often as we can throughout the holidays. The clean eating system I like to follow is based on a few key concepts:

- **No skipping meals** — feed your body, even if you're not used to eating breakfast, etc. Skipping meals can mess with your metabolism and contribute to weight gain.
- **Plants first, protein on the side** — Clean eating is all about eating a wide array of vegetables and fruits, and incorporating a side of protein. By prioritizing vegetables, and enjoying limited servings of fruit, we make sure we get the nutrients, fiber and antioxidants our bodies need to stay healthy. Incorporating some protein with each meal is important to help balance your blood sugar levels, but a limited amount is plenty. It doesn't need to play a starring role.

Portion size for protein is about the size of your palm (not including the fingers).

- **Be present** — Most of us are accustomed to eating our meals while watching TV or scrolling through our phone, computer or iPad. Before each meal, take 3 deep breaths to ground yourself in the moment (take a deep breath to the count of 4, hold for 5 beats, exhale over 6 beats).

While eating, take a break from the computer and set your table (or desk) accordingly. Use a nice plate, silverware, a glass of water with lemon. Have some nice sea salt and a pepper grinder on hand. Take the time to



MONICA SPOELSTRA METZ

Nutrition + Lifestyle

treat yourself like company. I eat most of my lunches at my office, so I keep an extra set of serving/flatware and some condiments on hand, such as balsamic vinegar and olive oil, sea salt, red pepper flakes.

Enjoy a few more deep breaths throughout the meal. Read something pleasurable if you must, but really try to stay away from the computer, Facebook, Instagram, Twitter, etc.

- **Simplify** — I don't believe in overcomplicating food or spending a lot of time in the kitchen. Don't get me wrong — I enjoy cooking, but I also believe you can enjoy healthy, delicious meals without complicated, time-consuming recipes.



MONICA SPOELSTRA METZ
Nutrition + Lifestyle

CRANBERRY ORANGE SMOOTHIE

Serves 2. A healthy start to Thanksgiving morning.

INGREDIENTS

- 2 cups of filtered water
- 1/4 cup of raw hazelnuts (soak overnight, then drain before use)
- 2 tablespoons of flax seed
- 2 tablespoons of chia seed
- 1 tablespoon coconut butter
- 1 teaspoon vanilla extract
- 1 teaspoon freshly grated ginger
- 1 teaspoon pumpkin pie spice
- 1 orange, peeled and chopped
- 1/2 cup of organic frozen cranberries
- 1 banana, frozen
- 1/2 cup of ice (optional)

INSTRUCTIONS

Place ingredients into high-speed blender, adding frozen fruit and ice last. Process until creamy and smooth. Add water a quarter-cup at a time if you want a thinner consistency. Serve immediately or store some in fridge for later. Salud!



MONICA SPOELSTRA METZ
Nutrition + Lifestyle

BLACKBERRY MINT SMOOTHIE

Serves 2.

INGREDIENTS

- 1 cup organic, unsweetened almond milk (or water)
- 1 cup filtered water
- ½ cucumber, peeled and chopped
- 6 tablespoons of hemp seed (for protein)
- ¼ avocado, peeled and chopped
- a pinch of sea salt (optional)
- 1 ½ cups blackberries, frozen
- 1/2 banana, frozen
- a few sprigs of fresh mint
- 1/2 cup of ice (optional)

INSTRUCTIONS

Place ingredients into blender, adding frozen fruit and ice last. Process until creamy and smooth. Add water a quarter-cup at a time if you want a thinner consistency. Serve immediately or store some in fridge for later. Salud!



MONICA SPOELSTRA METZ
Nutrition + Lifestyle

EASY GREEN SMOOTHIE

Serves 2.

INGREDIENTS

- 2 cups of filtered water or almond milk
- 2 large handfuls of baby spinach
- 6 leaves of romaine lettuce, chopped
- 6 tablespoons of hemp seed (for protein)
- 2 tablespoons almond butter
- 1 teaspoon vanilla extract
- a pinch of sea salt (optional)
- 1 banana, frozen or 1 ½ cups frozen peaches
- 1/2 cup of ice (optional)

INSTRUCTIONS

Place ingredients into blender, adding frozen fruit and ice last. Process until creamy and smooth. Add water a quarter-cup at a time if you want a thinner consistency. Serve immediately or store some in fridge for later. Salud!



MONICA SPOELSTRA METZ
Nutrition + Lifestyle

PEPPERMINT “BROWNIE” SMOOTHIE

Serves 2. Includes a sneaky serving of cauliflower.

INGREDIENTS

- 1 cup of organic, unsweetened almond milk
- 1 cup of filtered water
- ½ zucchini, peeled and chopped
- 6 tablespoons of hemp seed (or 2 servings of your favorite plant-based protein powder)
- 1 tablespoon coconut butter
- 1 banana, chopped and frozen
- ½ cup frozen cauliflower florets
- 3 tablespoons cacao powder (unsweetened)
- 1 medjool date, chopped (omit if you have pre-diabetes or diabetes)
- ½ teaspoon peppermint extract
- a pinch of sea salt (optional)
- 1/2 cup of ice (optional)

INSTRUCTIONS

Place ingredients into blender, adding frozen fruit and ice last. Process until creamy and smooth. Add water a quarter-cup at a time if you want a thinner consistency. Serve immediately or store some in fridge for later. Salud!



MONICA SPOELSTRA METZ
Nutrition + Lifestyle

AVOCADO “BUTTERED” TOAST

Serves 1.

INGREDIENTS

- 2 pieces of gluten free bread such as Canyon Bakehouse or Udi's (usually found in the gluten free/frozen section)
- ½ of a perfectly ripe avocado
- ½ cup of cherry tomatoes, halved (optional)
- sea salt for garnish
- freshly ground pepper

INSTRUCTIONS

Toast bread to desired doneness. Remove pit from avocado and slice down the center. Use your fingers to peel the skin away from the flesh, similar to peeling an orange section. Why? A lot of the nutrients are actually in the flesh located adjacent to the skin, so scooping out the flesh with a spoon could leave behind some of the nutrients. Use a knife to spread the avocado onto the toast. Garnish with tomatoes (if using), sea salt and pepper. Feel free to add chopped fresh herbs if desired.

Note: you really need a quality avocado for this — anything slightly mushy or browned will not taste good.



MONICA SPOELSTRA METZ
Nutrition + Lifestyle

CREAMY CAULIFLOWER SOUP

Serves 4. Recipe from *The 10-Day Detox Diet* by Dr. Mark Hyman. This is my go-to “master soup.” It’s delicious on its own, and you can add different spices (curry, cumin, etc.) to suit your mood.

INGREDIENTS

- 2 tablespoons extra virgin olive oil
- ½ medium onion, diced
- 2 cloves garlic, sliced thinly
- 1 medium/large head of organic cauliflower, cut into 2-inch chunks
- 4 cups filtered water
- ¼ cup raw cashews
- 2 tablespoons sesame seeds OR 1 tablespoon tahini
- ¼ avocado
- sea salt
- freshly ground pepper
- chopped Italian parsley for garnish (optional)

INSTRUCTIONS

Heat the oil in a medium soup pot over medium heat. Add the onion and sauté until translucent but not browned — about 5-10 minutes.

Toss in the garlic and stir for a minute so the garlic won’t burn. Then add 4 cups water and the cauliflower, cashews, and sesame seeds (or tahini).

Bring to a boil, reduce the heat to low, and simmer for 10-15 minutes, or until the cauliflower is tender.

Let cool for 5 minutes.



MONICA SPOELSTRA METZ

Nutrition + Lifestyle

Transfer to a blender (or use a hand-held immersion blender to puree the soup directly in the pot) — add the avocado and blend until smooth.

Season with salt and pepper to taste. Serve warm or chilled, drizzled with ¼ teaspoon of olive oil and chopped parsley. Enjoy with a salad and a protein.



MONICA SPOELSTRA METZ
Nutrition + Lifestyle

THAI PUMPKIN CURRY SOUP

Serves 4. Recipe adapted from *Foodbabe.com*. Check out her work when you have a chance. This soup would make a wonderful, healthy starter for Thanksgiving and other holiday meals. If you have extra time, prepare Cashew Cream (see recipe in this packet) and drizzle on top before serving.

INGREDIENTS

- 1 tablespoon coconut oil or ghee
- 1 yellow onion, diced
- 4 garlic cloves, minced
- 2 tablespoons yellow or red curry paste
- 1 tablespoon freshly grated ginger
- 1 teaspoon ground turmeric
- 2 cans of organic pumpkin purée (unsweetened)
- 2 cups vegetable broth, more as needed
- 2 cups of coconut milk
- 1 bay leaf
- sea salt and pepper, to taste
- 4 tablespoons pumpkin seeds (pepitas)
- 4 tablespoons toasted coconut to garnish
- Cashew Cream for garnish (see recipe in this packet)

INSTRUCTIONS

In a large soup pot, heat ghee or coconut oil over medium heat. Add the onions and cook 10-15 minutes, until they soften and start to caramelize.

Add the garlic and stir for a minute so it doesn't burn. Add the curry paste, ginger and turmeric. Stir so the onions are coated with the spices.



MONICA SPOELSTRA METZ

Nutrition + Lifestyle

Add the pureed pumpkin, stock, coconut milk, and bay leaf and cook for 15-20 minutes, adding more stock for desired consistency.

Remove from heat, remove the bay leaf and puree with an immersion blender or regular blender.

Place back on the stove and add the nutmeg and season with salt and pepper as desired.

Heat gently until to desired temperature.

To serve, place the soup in a bowl and garnish with the pumpkin seeds and coconut.



MONICA SPOELSTRA METZ
Nutrition + Lifestyle

CREAMY MUSHROOM SOUP

Adapted from *Vegetarian Cooking for Everyone* by Deborah Madison.

INGREDIENTS

- 1 pound white button or crimini mushrooms
- 3 tablespoons organic ghee (clarified butter) or olive oil
- 1 cup chopped leek or onion
- 2 garlic cloves, sliced thinly
- 4 sprigs of fresh thyme (leaves stripped from the stems) or 3 pinches dried
- 4 cups of filtered water (or 2 cups of mushroom stock and 2 cups of water)
- ¼ cup raw cashews
- 2 tablespoons sesame seeds OR 1 tablespoon tahini
- ¼ avocado, pitted and peeled
- sea salt
- freshly ground pepper
- chopped Italian parsley for garnish (optional)
- truffle oil (optional)

INSTRUCTIONS

Coarsely chop the mushrooms.

Heat the ghee or oil in a medium soup pot over medium heat.

Add the onion or leeks, garlic, thyme, ½ teaspoon salt and ¼ cup water. Cover and stew over medium heat for 5 minutes, then raise the heat. Add the chopped mushrooms, and cook for 4-5 minutes. Add the stock, cashews and tahini, then bring to a boil.



MONICA SPOELSTRA METZ
Nutrition + Lifestyle

Lower the heat and simmer, partially covered, for 20 minutes.

Let cool for a few minutes.

Transfer to a blender (or use a hand-held immersion blender to puree the soup directly in the pot) — add the avocado and blend until smooth. Return the soup to the pot and warm gently to desired temperature.

Season with salt and pepper to taste. Serve with a garnish of chopped parsley, and a drizzle of truffle oil if desired.

Enjoy with a salad and a protein.



MONICA SPOELSTRA METZ
Nutrition + Lifestyle

CREAMY BROCCOLI SOUP

Serves 4. Recipe adapted from *Moosewood Restaurant Daily Special*.

INGREDIENTS

- 1 tablespoon extra virgin olive oil
- 2 cups organic chopped onions
- ½ cup diced organic celery
- 2 garlic cloves, minced
- 2 large stalks of organic broccoli
- 4 ½ cups filtered water or gluten free, low sodium vegetable stock
- 1/4 cup raw cashews
- 2 tablespoons sesame seeds OR 1 tablespoon tahini
- ¼ avocado, chopped
- 1 tablespoon fresh lemon juice
- sea salt
- freshly ground pepper
- 1 tablespoon chopped fresh dill (or 1 teaspoon dried)

INSTRUCTIONS

In a large soup pot, combine the oil, onions, celery, garlic and a ½ teaspoon of sea salt. Cook, uncovered and on medium heat, for about 10 minutes, stirring often.

While the onions and celery are cooking, prepare the broccoli: cut the crowns into 2" florets. Peel and chop the stems into 2" pieces.



MONICA SPOELSTRA METZ

Nutrition + Lifestyle

When the onions are translucent, add 4 cups of water or low-sodium gluten-free vegetable stock and all of the broccoli. Add the cashews and tahini. Stir, then cover and bring to a boil, then lower heat and simmer for about 10-15 minutes.

Stir often, until the broccoli is tender and the soup begins to thicken. Remove from heat and let cool for about ten minutes.

Stir in the lemon juice, dill and pepper and chopped avocado. Working in batches, puree the soup in a blender (or with an immersion blender) until smooth.

Serve garnished with dill sprigs and lemon slices. You can also garnish with a drizzle of high quality extra virgin olive oil (lemon infused olive oil is wonderful here).



MONICA SPOELSTRA METZ
Nutrition + Lifestyle

THE MAGICAL SALAD FORMULA

ENTRÉE SALAD =

SALAD GREENS (2-3 CUPS) + NON-STARCHY VEGETABLES (1 CUP OR MORE) + PROTEIN + HEALTHY FATS + DRESSING (1-2 TABLESPOONS). This is a low-carb style formula utilized in *The 10-Day Detox Diet* and many other dietary approaches.

Salad greens can include: baby greens, baby spinach, herb mix, baby kale, romaine, butter lettuce, etc. Buy pre-washed if that's more convenient for you. That's what I do.

Some examples of non-starchy vegetables include (basically any vegetable you like, not including starchy vegetables such as potatoes, sweet potatoes, squash, etc.). These can be raw, lightly steamed, roasted, sautéed or grilled. Just not battered and fried 😊

- Cucumber
- Celery
- Carrots
- Asparagus
- String beans
- Snap peas
- Brussels sprouts (roasted or raw/thinly sliced)
- Zucchini
- Tomatoes: roma, cherry, grape, heirloom, etc.
- Beets: raw or roasted
- Broccoli, roasted, sautéed or lightly steamed
- Cauliflower, roasted, sautéed or lightly steamed
- Cabbage, sliced into ribbons or chopped



MONICA SPOELSTRA METZ
Nutrition + Lifestyle

- Kale, sliced into ribbons
- Artichoke hearts
- Kalamata olives
- Any herb you desire: basil, parsley, dill, mint, cilantro, watercress

A portion of protein should be about 4-6 ounces (the size of your palm, not including the fingers). Choose from chicken (baked or roasted, skin removed), turkey (baked or roasted, skin removed), tofu, tempeh, 2 hard-boiled eggs, or cooked shrimp.

A portion of healthy fats can include a ¼ avocado or a ¼ cup of unsalted nuts or seeds (raw is ideal). These include almonds, cashews, pistachios, Brazil nuts, pecans, pumpkin seeds, sunflower seeds, pine nuts and hemp seeds.

Salad dressing is so important, and making your own is key. Store-bought dressings often contain unhealthy refined fats, sugar and toxic preservatives. They also taste pretty yucky compared to homemade. So please avoid the store-bought stuff.

Plan on making salad dressing on Sundays so that you have enough for the week. Or, keep a bottle of balsamic vinegar and olive oil handy for the “Five-Second Vinaigrette” (I have an extra set-up at my office for lunchtime).



MONICA SPOELSTRA METZ
Nutrition + Lifestyle

5-SECOND VINAIGRETTE

& how to dress your greens

INGREDIENTS

- 1 bottle of high quality aged balsamic vinegar (Fini is a brand I use, and can be found in most Whole Foods and gourmet markets)
- 1 bottle of extra virgin olive oil, organic preferred
- high quality sea salt
- freshly ground pepper
- salad greens
- chopped herbs (parsley, dill, basil), optional

INSTRUCTIONS

Quality ingredients are key here. Splurge on a \$15-20 balsamic if you can. I make this “dressing” often when we have company. People really enjoy it, and they’re surprised to hear the recipe is literally a drizzle of this and a drizzle of that.

Wash and spin salad greens. Place greens into a large bowl. Drizzle with the balsamic vinegar — several times around the bowl. Then, stream a light drizzle of olive oil onto the greens. Toss gently with kitchen tongs and garnish with sea salt, freshly ground pepper and herbs (if you have on hand).

Be careful not to overdress — greens should be *lightly* coated with the “dressing.” You can always add more and toss again. Too much oil will make the greens soggy and unappetizing.



MONICA SPOELSTRA METZ
Nutrition + Lifestyle

DIJON VINAIGRETTE

Makes about a cup. Adapted from *Crazy Sexy Kitchen* by Kris Carr

INGREDIENTS

- ¼ cup Dijon mustard
- ¼ cup extra virgin oil or flax oil
- 1-2 tablespoons raw honey — start with 1 and taste. Whisk in second tablespoon if you really need it. You can also omit the honey entirely.
- 1-2 garlic cloves, finely minced (depends on how much you like garlic)
- ¼ cup sherry vinegar
- freshly ground pepper and sea salt, to taste

INSTRUCTIONS

In a small bowl, whisk ingredients well. Or, pour all ingredients into a glass mason jar with a tight lid and shake vigorously.

Pour into a glass bottle or mason jar and keep for a week in the fridge.



MONICA SPOELSTRA METZ
Nutrition + Lifestyle

EASY MAKE-AHEAD CHICKEN

4 servings for the week's salads and sides

INGREDIENTS

- 20-24 ounces of organic, boneless/skinless chicken breasts (I find that 1 chicken breast from Whole Foods provides 2 servings)
- extra virgin olive oil
- sea salt
- freshly ground pepper
- red pepper flakes (optional)
- herbs/spices of choice (optional): 1 teaspoon of dried oregano, rosemary, chile powder, cumin, etc.

INSTRUCTIONS

Prepare the chicken: preheat the oven to 350 degrees F. Rinse the chicken and pat dry with a paper towel. Place the chicken breasts between sheets of wax paper and pound with a meat mallet (flat side) until thin.

Place the chicken breasts on a lightly oiled baking tray (or on top of a silpat sheet). Drizzle with olive oil and use a pastry brush to spread oil evenly on both sides (or use clean hands... and wash with soap and hot water when done). Sprinkle with salt and pepper. Feel free to sprinkle with some herbs of choice on both sides: dried oregano for a Mediterranean flavor; ground cumin and/or chile powder for Mexican flavors.



MONICA SPOELSTRA METZ

Nutrition + Lifestyle

Place the chicken in the center of the oven and bake for 20-30 minutes, or until an instant-read thermometer reaches 165 degrees F on the thickest part of the chicken (the juice should run clear at this point).

When the chicken is cool enough to handle, shred it into pieces with your fingers and store in an airtight container in the refrigerator for up to 3 days.

Now, you have chicken to add on top of any salad, or to serve alongside your vegetables.

For extra flavor, add a drizzle of salad dressing, or garnish with chopped herbs, before serving.



MONICA SPOELSTRA METZ
Nutrition + Lifestyle

BAKED SEASONED TOFU

Adapted from *Moosewood Restaurant Daily Specials*

INGREDIENTS

- 1 cake of fresh tofu (12 ounces), extra firm (be sure to use organic/non GMO tofu)
- 2 tablespoons gluten free, low sodium tamari sauce
- 2 tablespoons water
- 1 tablespoon dark sesame oil
- 2 teaspoons tomato paste (I like to use the double-concentrated paste that comes in a tube like toothpaste)
- 1 teaspoon rice vinegar
- 1 teaspoon raw honey
- ½ teaspoon Chinese five-spice powder (optional)

INSTRUCTIONS

Prepare the tofu: sandwich between two plates and rest a weight (a heavy can) on the top plate. Press for about 15-20 minutes to express the excess liquid. Preheat the oven to 375° F.

Drain the tofu and cut it horizontally into 3 slices. Stack the slices then cut all three layers on two diagonals, making an X. This will yield 12 triangles of tofu. Combine all of the sauce ingredients in a small bowl and stir until blended.

Arrange the tofu triangles in a baking dish and spoon the sauce over the tofu. Bake, uncovered, for about 35 minutes, carefully turning the tofu with a spatula every 10 minutes or



MONICA SPOELSTRA METZ

Nutrition + Lifestyle

so. When the tofu has a taut, seared appearance — and the sauce has mostly evaporated — it's ready to serve.

This can also be made ahead and stored in the fridge to use on top of salads or alongside veggies. Store for up to 3 days in the fridge.



MONICA SPOELSTRA METZ
Nutrition + Lifestyle

VEGGIE FRITTATA WITH KALE AND CARAMELIZED ONIONS

Serves 4

INGREDIENTS

- 1 large bunch of kale (remove stems and slice the leaves into ribbons)
- 1 medium onion, sliced thinly
- 2 cloves of garlic (feel free to add more to your preference), minced
- 2 cups of button or shiitake mushrooms, sliced
- 8 eggs, preferably pastured and/or organic
- 2 tablespoons of extra virgin olive oil
- pinch of red pepper flakes (optional)
- 1/4 cup chopped Italian parsley, plus additional for garnish if you like
- sea salt
- ground pepper

INSTRUCTIONS

Pre-heat your oven on the broiler setting. Heat the oil in a cast-iron or ovenproof skillet over medium heat. Add the sliced onion and cook for about 15-25 minutes, stirring occasionally, until the onions are nicely browned.

Add the minced garlic and red pepper flakes, if using. Stir for a minute or so.



MONICA SPOELSTRA METZ
Nutrition + Lifestyle

Add the sliced kale and mushrooms and cook until the mushrooms are soft, between 5 and 10 minutes. If things start sticking, add a bit of water. Sometimes it's easier to move the greens around with a pair of tongs — this way, you can make sure the greens get coated with the olive oil-garlic mixture.

While the greens and mushrooms are cooking, crack 8 eggs into a mixing bowl. Whisk until blended. Add a generous pinch of salt and some pepper and whisk again. Add half of the chopped parsley and whisk again to incorporate.

When the kale is wilted and the mushrooms are cooked through, carefully pour the egg mixture over the greens, tilting the pan to evenly distribute the egg among the vegetables.

Cover and continue to cook over medium heat for a few minutes. The eggs should start setting up in the pan, with the sides getting firm.

Once the sides are firm, put the pan in the oven and broil for a few minutes — watch carefully, because this won't take long! Remove from oven when the frittata gets a little puffy on top. Let frittata stand for a few minutes off heat. This will make it easier to slice and serve.

The frittata is lovely served hot, room temperature or even cold. It packs a huge nutrition punch with kale, mushrooms, onions and garlic. Leftovers can be sliced thinly and served atop salad greens.



MONICA SPOELSTRA METZ
Nutrition + Lifestyle

LEMONY ASPARAGUS WITH EASY DIJON SALMON

Serves 4

INGREDIENTS FOR THE ASPARAGUS

- 1 tablespoon extra virgin olive oil
- 1 bunch asparagus
- zest from one lemon (zest before you juice it)
- 1 tablespoon freshly squeezed lemon juice
- 2 tablespoons capers, rinsed
- sea salt and freshly ground pepper

INGREDIENTS FOR THE SALMON

- 4 wild salmon fillets (4-6 ounces each). Our favorite is Sockeye. Please avoid Atlantic salmon if you can — it's farmed and can contain toxic chemicals.
- 2 cloves garlic, minced
- 2 teaspoons Dijon mustard
- 2 tablespoons fresh squeezed lemon juice
- ½ teaspoon sea salt
- freshly ground pepper
- 2 tablespoons extra virgin olive oil
- Additional lemon slices for garnish
- 2 tablespoons fresh chopped Italian parsley (optional)



—
MONICA SPOELSTRA METZ
Nutrition + Lifestyle

INSTRUCTIONS

Preheat the oven to 450° F and line a baking tray with foil (things gets a little messy otherwise).

Rinse the asparagus. Snap off and discard the woody root end. Set aside.

Place the garlic, Dijon, 2 tablespoons lemon juice, salt, pepper and 2 tablespoons olive oil into a small bowl. Whisk until blended.

Place the salmon fillets onto the foil-rimmed tray, skin side down. Spoon or brush the garlic-dijon mixture onto the salmon. Place 1-2 lemon slices on top of each fillet.

Bake for 12-15 minutes — until cooked through and the fish flakes easily. Monitor carefully so you don't overcook. Garnish with chopped parsley, if using.

After the salmon has been roasting for about five minutes, prepare the asparagus. Drizzle about a tablespoon of olive oil into a large saucepan or skillet, on medium heat. Add the asparagus and cook for about 5 minutes, moving it with the tongs occasionally, until the asparagus is crisp-tender.

Toss in the lemon zest and 1 tablespoon lemon juice. Season with salt and pepper to taste, and garnish with capers.

Serve the salmon alongside asparagus, and add a side salad with non-starchy vegetables.



MONICA SPOELSTRA METZ
Nutrition + Lifestyle

MEDITERRANEAN HALIBUT WITH TOMATOES AND OLIVES

Serves 4. Adapted from a recipe from the Barefoot Contessa (Ina Garten).

INGREDIENTS

- 4 skinless halibut fillets (4-6 ounces each)
- 2 tablespoons extra-virgin olive oil plus more for brushing
- 1 medium onion, diced
- 1 cup chopped fennel
- 2 garlic cloves, minced
- 1 28-ounce can crushed San Marzano tomatoes
- Kosher salt and freshly ground pepper
- 1/2 cup low sodium gluten free chicken or vegetable stock
- 1/2 cup kalamata olives, chopped
- 1 cup coarsely chopped basil, plus small leaves for garnish
- 1 tablespoon ghee

INSTRUCTIONS

In a large deep skillet, heat 2 tablespoons olive oil. Add the onions and fennel and cook over moderately low heat, stirring occasionally, until softened, about 10 minutes. Add the garlic and cook until fragrant, about 1 minute.

Add the tomatoes to the skillet and stir. Season with salt and pepper and simmer over low heat for about 15 to 20 minutes. Add the stock and olives and cook over low heat for 10 minutes. Stir the chopped basil and ghee into the sauce.



MONICA SPOELSTRA METZ

Nutrition + Lifestyle

Light a grill or heat your grill pan. Brush the halibut fillets with olive oil and season with salt and pepper. Grill over high heat until just cooked through, about 4 minutes per side. Spoon the sauce onto a large deep platter, set the fillets on the sauce and garnish with basil leaves. Serve hot or at room temperature.

NOTE: The sauce can be refrigerated for up to 2 days. Reheat gently before serving.



MONICA SPOELSTRA METZ
Nutrition + Lifestyle

TAHINI DIP/DRESSING

Adapted from *10-Day Detox Diet* by Dr. Mark Hyman

INGREDIENTS

- ½ cup tahini (sesame paste)
- 1 clove garlic, chopped
- ½ cup extra virgin olive oil
- ½ cup filtered water
- juice of 1 lemon
- zest from 1 lemon (zest before you juice)
- 1 teaspoon ground sumac (Middle Eastern spice; can be found at Whole Foods and ethnic markets)
- ¼ teaspoon ground cumin
- sea salt and fresh ground pepper, to taste
- additional water if needed

INSTRUCTIONS

Blend all of the ingredients until smooth. Add a little water — one tablespoon at a time — until you reach desired consistency. Store in an airtight container in the refrigerator for up to five days.

Tip: I usually scoop some of the dip out and store separately as a dip. Then I blend the remaining dip with a little additional water to make a dressing for salads.



MONICA SPOELSTRA METZ
Nutrition + Lifestyle

CASHEW CREAM

From *The Conscious Cook* by Tal Ronnen. This is your secret non-dairy weapon to use as you would heavy cream. The “thick” version can be used to drizzle on soups (or add a cup to thicken the soup and add creamy texture). The “whipped” version can be used to dollop on berries or fruit.

INGREDIENTS FOR REGULAR AND THICK VERSION

- 2 cups whole raw cashews, soaked overnight and drained
- filtered water

INSTRUCTIONS

Drain the cashews and place in a blender. Add just enough water to cover the cashews by 1 inch. Blend on high until very smooth. If you don’t have a high speed blender, you might want to then strain the cream with a fine-mesh sieve.

To make a thicker version, only add enough water to just cover the cashews and blend.

INGREDIENTS FOR WHIPPED VERSION

- 1 cup thick cashew cream
- ¼ cup agave or maple syrup
- ½ teaspoon vanilla extract
- 2/3 cup coconut oil (place sealed jar in a bowl of hot water to liquefy)
- ¼ cup filtered water

INSTRUCTIONS

Place the cashew cream in a blender and add the agave or maple syrup, vanilla, and ¼ cup water. Start blending. With



MONICA SPOELSTRA METZ

Nutrition + Lifestyle

the blender running, slowly drizzle the coconut oil through the hold in the blender lid and process until emulsified.

Pour into a bowl and refrigerate for 2+ hours. Stir before serving. Dollop onto berries, warmed nut milk, etc.



MONICA SPOELSTRA METZ
Nutrition + Lifestyle

SPICED SEED MIX

This is excellent as a snack, or sprinkled onto any dish to give it more oomph. I especially like to use this to garnish salads or soups. Be careful — it's a little addictive! Adapted from a recipe from BonAppetit.com.

INGREDIENTS

- 1 cup raw sunflower seeds
- 1 cups raw pumpkin seeds (pepitas)
- 1/2 cup raw pistachios
- 2 tablespoons coconut oil (place jar in hot water for a few minutes to liquefy)
- ¼ to ½ teaspoon cayenne
- 1 tablespoon sea salt

INSTRUCTIONS

Preheat oven to 400° F.

Toss sunflower and pumpkin seeds with oil, cayenne, and salt to coat. Slide onto a baking sheet and toast in the oven, stirring and tossing often, until golden brown, 5–7 minutes. Let cool.

Store in an airtight container at room temperature.