

PREP GUIDE

HEALTHIER HOLIDAYS

Meal Plans + Recipes + Coaching
with Monica Spoelstra Metz

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MONICA SPOELSTRA METZ
Nutrition + Lifestyle

Hello + Welcome!



Welcome to the Healthier Holidays program, 2015 edition! I'm so excited you signed up to be part of the program, and that you'll also be part of a ripple effect to help foster healthier holidays not only for ourselves, but for the people around us, as well.

Starting a new program or changing our lifestyle can often be intimidating. I created this Prep Guide to help you feel more comfortable as we move forward.

I've designed Healthier Holidays to be a powerful program — even though on the surface it may not look like a traditional detox. Even if we're not going hardcore and giving up the “bad” stuff entirely — sugar, alcohol, pasta, baked brie — the program is robust in that it will teach you how to think deeply about your relationship with food and drink.

I'll encourage you to explore the Why and How of your relationship with food, which can be just as important as the What, and we'll also explore the impact that our emotions and stress can have on our eating habits and dietary decisions.

We have a lot of important material to cover so I'll be organizing our content into themes:

- **Week #1** — Getting into the Healthier Holidays mindset + the Healthier Holidays key practices
- **Week #2** — Deeper Dive Into Nutrition-Related Topics
- **Week #3** — Setting Yourself Up for a Healthier 2016

The Healthier Holidays content will be delivered to you via a password-protected website, as well as to your email inbox. If you have questions at any time, please email me at monica@monicametz.com.



Detox At Your Own Speed

Healthier Holidays is designed to serve a variety of goals and detox “speeds.” What does that mean exactly? It means:

This is *your* program, so please don’t feel compelled to follow every recipe or suggestion I offer. These are merely optional “experiments” and adventures for you to explore as you see fit.

For example, some people have been gearing up for this for a few months, and they really want to go for it — hardcore. They feel that it’s easier to abstain from trigger foods and drinks altogether, so they’re planning on a sugar- and/or booze-free holiday season.

Most people, however, are aiming for more of a “medium” experience, and they just want to start living “cleaner” than they have been during past holiday seasons.

Wherever you find yourself on that spectrum, please know that it’s all okay — and completely up to you. Even if you follow only half of my recommendations, you’ll likely find yourself in a much healthier place than you were before you started.

That said, I encourage you to keep an open mind as we explore new foods, flavors, and lifestyle practices.

For example, try having veggies in your smoothie. Squeeze in an extra workout. Go to bed ridiculously early. And try to get comfortable with a little discomfort, because that’s often where the magic happens.



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PRACTICES + PRINCIPLES

Healthier Holidays “House Rules”

- Plants first: whenever possible, we’ll make vegetables and fruits the main attraction of our meals and snacks.
- We’ll focus on “adding in” more of the healthy foods, so the unhealthy foods are crowded out.
- We won’t obsess about or count protein or carbs or calories — instead, we’ll listen to our bodies and cultivate intuitive eating.
- We’ll remember/make time to eat — this is for you naughty meal skippers out there!
- We’ll quit using refined sugar on a daily basis, and teach ourselves how to enjoy occasionally without losing control.
- We’ll enjoy our meals with a side of deep breath, understanding that this helps improve digestion and metabolism.
- We’ll learn to eat until we’re gently satisfied.
- We’ll celebrate progress, not perfection.
- We’ll learn how to be our own BFF.
- We’ll prioritize a daily “check in” or grounding practice to gain clarity and focus for our health goals and dreams.
- We’ll acknowledge that healthy living is a process — start with one layer, then move onto the next.



SUPPLIES + EQUIPMENT LIST

Tools and Items for your Healthier Holidays experience

I'm providing a list of what you might need, but I want you to realize **you don't need everything on this list** to enjoy and learn from the Healthier Holidays experience.

This is simply a list of my favorite kitchen gear and tools that can help enhance your experience.

- **The Basics** — Most people have pots and pans, but if you don't, I recommend starting with a large sauté pan; a large pot for pasta, steaming, and soup; a steamer basket; spatula; rubber tipped tongs; and some wooden spoons.
- **2 Good Knives** — Most people already have a set of good knives, but if you don't, I hope you can invest in a couple of sharp, quality knives. They are much safer to use than lightweight, inexpensive knives. Visit your local kitchen goods store and see what you like. Hold them in your hand and figure out what feels best. I recommend a large “chef's knife” for cutting watermelon, cauliflower, etc — and a paring knife for fruit.
- **Salad spinner** — this is key for prepping and enjoying your leafy greens.
- **High-speed blender** — You can definitely make most of the recipes with a regular blender. However, if you're looking to up your game when it comes to smoothies and soups, a high speed blender will make things that much easier — and more delicious — for you. I highly recommend the basic Vitamix model 5200, which you can find at vitamix.com. I know it's expensive, but it's a game-changer and well worth the investment. This basic model costs about \$450 (fancier models at Williams Sonoma can be as high as \$600+), and you can also buy a certified reconditioned model from Vitamix for as low as \$329.



- **Juicer** — I consider this a luxury item in the kitchen, especially with so many excellent juice bars starting to open up across our communities. If you have a juicer, you might bust it out during Healthier Holidays, but a juicer is by no means necessary. Any juicing recipes I provide are more of a bonus or sideshow.
- **Zester or Microplane** — Fresh citrus zest is a great way to enhance salad dressing, dishes, smoothies, and drinks. Also a relatively inexpensive kitchen tool.
- **Spiralizer** — another luxury item — fun to have but not necessary. They're relatively inexpensive (i.e. \$30), and fun for making salads and “noodles.” Easily found online and on Amazon.
- **Mandoline** — Also not necessary, but they make “shredded” salads and slaws a breeze. Fancy models exist, but I recommend a simple \$20 model easily found online or at an Asian market. Be sure to use a protective glove when using — very dangerous without!
- **Journal or notebook** — I'll be encouraging you to set aside some time to document and journal about your experience. This is done for a couple of reasons — it will help you get more grounded about your health dreams and goals. Secondly, because it's fun! Journaling and writing about your goals is a powerful tool for anyone who wants to change their life, in ways both big and small.
- **Fun pens and art supplies** — you don't have to go crazy, but journaling is more fun when you have a couple of cool pens, double-sided tape, and maybe even some washi tape or stickers. More on this later.



ROCK STARS + RESOURCES

Brainwash yourself into healthier habits

Throughout Healthier Holidays, I'll be introducing you to numerous health and wellness visionaries and thought leaders. Here's a partial list of the individuals and organizations who inspire me day after day. We'll explore these more fully during the program, but I'm providing the list here in case you'd like to get a head start:

- *Forks Over Knives* — an inspiration and informative film about food as medicine. One of my hands down favorites.
- *Hungry for Change* — Also in my top 5. Love this film!
- *Fat Sick and Nearly Dead* — a fun documentary about juicing
- *The Plantpower Way* (book) by Rich Roll and Julie Piatt
- *No Meat Athlete: Run on Plants and Discover Your Fittest, Fastest, Happiest Self* by Matt Frazier (he also has a website and podcast)
- *Eat to Live* by Dr. Joel Fuhrman
- *Better Than Before* by Gretchen Rubin
- *The Physicians Committee for Responsible Medicine (PCRM)* and Dr. Neal Barnard — <http://www.pcrm.org/>
- *The Rich Roll Podcast*: in particular, the episodes with Dr. Garth Davis, Dan Buettner (author, *Blue Zones*), and Andy Puddicombe (Headspace co-founder).
- *Environmental Working Group* — they provide amazing resources and tools such as the “Clean 15” and “Dirty Dozen” — very helpful for trying decide which vegetables you need to splurge on, and when you can purchase conventional without worrying about pesticides and toxins. <http://www.ewg.org/>
- *Kris Carr* — <http://www.kriscarr.com>
- *Mind Body Green* — <http://www.mindbodygreen.com/>
- *Chalkboard Magazine* — <http://thechalkboardmag.com/>



LIFE PREP

Getting Your People Ready for Healthier Holidays

Part of getting ready for a program or lifestyle change involves setting up your kitchen for healthy meals.

Another part involves getting your *people* ready.

That means prepping your spouse/girlfriend/boyfriend, your parents, your kids, your friends, your co-workers, your personal trainer, your dealer (kidding!) — and letting them know you're going to be doing something different this holiday season.

How does this affect your people?

For starters, you'll be eating more fruits and vegetables — so, they might end up doing that as well.

In addition, you'll need to engage in certain lifestyle practices to fully benefit from Healthier Holidays.

This will almost certainly mean getting up earlier (I'll explain more later) and, as a result, going to bed earlier most nights.

This might mean making more time and space in your life to enjoy exercise and movement.

You might also try a simple meditation practice, and take in a few deep breaths before mealtime.

Often, when we make these changes, it's best to give the people around us a heads up — it makes things easier all around.



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THE IMPORANCE OF KEEPING A CLEAN KITCHEN

Prepping the Pantry

Healthier Holidays, and the rest of my programs, are all about balance — and a healthy balance is nearly impossible to achieve when you're surrounded by the “bad” stuff. Success is less about will power, and more about avoidance. So clear that stuff out and give your kitchen a clean slate.

This means removing/donating your refined carbs (crackers, chips, etc.), refined sugar (soda, candy, etc.), diet soda, and other processed foods from your pantry so they won't become a temptation whenever your personal “witching hour” happens to be — for example, after the kids go to bed.

You might be saying — *what? You want me to give away my chocolate? Donate my chips?*

During the holidays???

Yes, I do — as much as possible.

This is important especially during the holidays, when it's likely we'll be indulging in treats, cocktails and wine more frequently than we do at other times of the year. Here's the deal — if we're indulging in treats at home — and then treats at parties and gatherings — we're never giving our bodies a break.

That's why I recommend keeping it clean at home, so you can enjoy yourself while indulging away from home.

If you're feeling panicky or anxious about clearing out your candy drawer or snack cupboard, that's totally natural. It's a big change for most people. Just know that the discomfort will ease up once you start finding healthier foods and habits to love.



THE EMPOWERED PANTRY

Ingredients + Foods for Healthier Holidays

Healthier Holidays is built on delicious “real food” — and meals that are simple and easy to prepare. I’m not a fan of fancy, time-intensive meal prep any time of the year — people simply don’t have time for it on a day-to-day basis. Especially during the holidays.

Here’s a general list of foods and ingredients you’ll need for Healthier Holidays:

- **Lots of fresh vegetables** — organic when possible. Leafy greens, lettuces, zucchini, broccoli, cauliflower, sweet potatoes — the possibilities are endless!
- **Lots of fresh fruit** — I know it’s hip to hate on fruit currently, but this misinformed trend will pass. Fresh fruit doesn’t make you fat — just ask any fruitarian. Refined sugar, refined carbs, alcohol, dairy, processed foods, too much oil or fat — now, that stuff can make you fat. But not fruit. So enjoy the seasonal bounty, and treat yourself to some oranges or apples or pears, or whatever looks good at the market — organic and/or locally sourced is ideal.
- **Frozen kale, spinach and berries for smoothies** — Organic when possible, especially when purchasing strawberries and blueberries.
- **Spices and aromatics** — 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** — We’ll be using small amounts of organic extra virgin olive oil, coconut butter, nut butters, tahini, olives, and whole avocados.



- **Nuts and seeds** — A great “whole food” source of healthy fats. Look for raw/unsalted almonds, pistachios, walnuts, hazelnuts, brazil nuts, hemp seed, chia seed, ground flaxseed, and pumpkin seeds.
- **Beans and legumes** — I know the Paleo/ketogenic craze has a lot of people down on beans right now, but volumes of research still prove these are very healthy foods for most people. Initially, they can be a little difficult to digest, so if you haven’t had them lately start with a small amount (i.e., a couple of tablespoons on a salad).
- **Whole, intact, grains** — Again, Paleo folk are down on grains, but these can also be healthful for most people. As with beans, there is loads of research supporting grains as a healthy food. We’ll talk more about this during the program; in the meantime, consider stocking your pantry with brown, black or red rice, and pseudograins such as quinoa and millet.
- **Vinegars** — Such as balsamic, sherry, champagne, rice, and apple cider vinegar.
- **Simple fermented foods** — Made with minimal ingredients, such as organic sauerkraut or kimchi.
- **Eggs** — a limited amount of eggs can be part of Healthier Holidays if desired. If you eat eggs, please avoid factory-farmed eggs and pay a little extra for eggs from pastured hens raised on organic, non GMO feed.
- **Wild seafood** — this is optional, in small amounts, for Healthier Holidays. Please avoid farmed fish as they can be full of toxins. If you eat fish, look for wild caught salmon, halibut, or the local fish in your area.
- **Meat and chicken** — Small amounts of these are optional for Healthier Holidays. If you eat meat, look for organic, pastured hens and grass-fed beef and lamb.



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CLEAN SHOPPING

Hint: most of your shopping cart should be produce

I recommend buying organic whenever possible. Organic produce is low in pesticides, and it can't be grown with the really scary ones you get to use with conventional produce.

Some conventional produce, however, doesn't pose a big pesticide risk — for more info, check out Environmental Working Group (EWG)'s list of the “Clean 15” and “Dirty Dozen” to see where you can save money by selectively going conventional.

For example, apples are the #1 item on EWG's Dirty Dozen list, so I always buy organic apples. However, avocados are #1 on the Clean 15, so I'm able to save some money by buying conventional avocados. For more info about the 2015 list, please visit: http://www.ewg.org/foodnews/dirty_dozen_list.php

I also recommend shopping at your local farmers market whenever possible. The nutrients in produce start to degrade the minute the vegetables and fruit is harvested — cut down the transit/shelf time and you'll benefit from a higher nutrition load.

Hemp, chia, flax and other nuts and seeds can be purchased at Whole Foods, health food stores and on Amazon.com. 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).

In order to maximize efficiency, I do one big shop on Saturday, and then a smaller, supplemental shop midweek. I also like to split up my shopping and prep time so that my weekend doesn't get hijacked by kitchen duty — I shop on Saturdays and prep on Sundays.

Sometimes, I spread out some of the prep to Monday night — again, so Sunday doesn't feel like a kitchen marathon.



KITCHEN FLOW: BATCH-AND-COAST

Planning and prep are key practices for healthy, homemade meals

Meal planning and kitchen prep are a couple of the most important practices for living a healthy lifestyle.

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. Especially during the holidays.

That's why I batch-cook 2-3 times a week and "coast" — enjoy or modify leftovers — on the days in-between. This saves time and the stress of deciding what to make every day.

Here's what batch-and-coast might look like for you:

- **Saturday** — Write down the meals for the week and go shopping for the ingredients.
- **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, etc. During the week, assemble meals using prepped ingredients until you cook again on Wednesday.
- **Midweek** — You might cook again on Wednesday or Thursday, depending on social commitments. Or, you might enjoy a super simple "raw" meal — a salad with veggies, a handful of nuts, and a delicious dressing.



MASTER THE SUPER SIMPLE MEAL

Sometimes “fast” food is best

Healthier Holidays will provide plenty of recipes for you to explore. However, I absolutely don't want you to get overwhelmed and feel like you need to cook up a masterpiece every night for dinner. For me, dinner is often a smaller meal than lunch — a large salad and maybe some soup. Here a couple of other go-to's you could add to your quick-dinner repertoire:

- **Veggie Sauté:** Chop whatever vegetables you have on hand. Drain some organic tofu and cut into cubes (or use leftover chicken if you eat animal products). Drizzle some olive oil into the pan and add the vegetables (optional: add some chopped onion or minced garlic). Sauté until crisp tender, then add your protein. 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), salad dressing/sauce, etc.
- **Breakfast for Dinner:** Warm olive oil in a pan over medium heat, and sauté some thinly sliced onion until golden. While the onions are cooking, beat a few eggs in a bowl. When the onions are browned, throw in some handfuls of baby spinach or kale. Sauté until wilted, then pour the beaten eggs over the mixture. Reduce heat to low. Let the mixture cook until the edges are set, then gently stir the eggs until they're cooked to your desired consistency. Serve with hot sauce and other condiments of choice.
- **Smoothie or Leftover Soup for Dinner:** If you've been having a particularly indulgent season, having a small evening meal can be somewhat therapeutic — less hassle, minimal dishes, and fewer decisions about ingredients, cooking method, etc. If you've eaten two large meals during the day, you might even consider eliminating the evening meal, or simply enjoying a cup of warmed broth with a handful of greens thrown in.



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THE HEALTHIER HOLIDAYS LIFESTYLE

Explore, play and experiment your way to a healthier you

Healthier Holidays — above everything else — is about what I call “maxing out on plants.” That means you’ll be invited to eat a wide assortment of vegetables and fruits, and that I’ll constantly be encouraging you to try to make plants the star attraction of any meal or snack.

What about other foods — maybe some of your favorites such as dairy and sugar? Here are some quick answers. I’ll go deeper during Healthier Holidays:

Flour/Bread/Crackers/Wraps — This is a tough one, but the truth remains: flour-based foods, gluten-free or otherwise, are simply not healthy foods. Are they terrible? No, I wouldn’t say that. But eating them on a daily basis will cause a continual cycle of blood sugar instability that can cause us to gain weight — or make it impossible to lose. Try your best to replace flour-based foods with healthy snacks such as whole fruit, veggie sticks and moderate amounts of unsalted nuts and seeds (up to ¼ cup per day).

Refined Sugar — Although Healthier Holidays isn’t a strict detox program, I do encourage you to remove all refined sugar products from your home. If you want to keep some treats around for kiddos, please make sure it’s the kind you don’t find tempting — for example, sour patch worms vs. chocolate. Keeping sugar out of the home will help you keep your use of it to be truly occasional, such as when you’re at parties, etc. For some people, even moderation is too difficult. If you’re in this camp, then feel free to completely abstain.

Dairy — I don’t recommend it, and certainly not as a health food. I know the milk and Greek yogurt manufacturers have spent a lot of money to convince you otherwise, but dairy can be extremely disruptive in the body. It can affect digestion, cause skin issues, contribute to cholesterol issues, and cause all sorts of other issues. And, in my experience leading detoxes and coaching clients,



removing dairy can be extremely helpful for weight loss. So if weight loss is one of your goals, minimize your use of dairy. Don't worry about using dairy as a calcium source — I'll provide information about this during the program.

Protein — It's important, but basically no one in this country is protein deficient. It's really easy to include in the diet. And, you simply don't need as much as the beef/chicken/dairy marketing armies may lead you to believe. Further, you can get plenty of protein on a plant-based or plant-rich diet. I'll be talking more about this during the program.

Animal protein — This is optional. If you eat meat, I encourage you to reduce your consumption to a 1-2 times a week, and to eat it in small amounts (i.e. 3 ounces). Excess protein can be converted to fat in the body, and it can also put stress on the kidneys. In addition, I don't recommend animal products for anyone with high cholesterol, high blood pressure or heart disease. More on this later!

Fat — Some healthy fat is good, but it's far better when we get our fat from whole, unrefined foods such nuts, seeds, olives and avocado. That way, we benefit from the fiber and nutrients you won't find in oil.

Carbs — I know there's a lot of carb fear out there, and with good reason — foods made from refined flour aren't healthy and they can cause weight gain. However, moderate amounts of whole-food carbs provide energy for the body and brain. Healthy carbs from fruit, sweet potatoes, intact grains, and beans/legumes are absolutely part of the Healthier Holidays menu. Please note: people tolerate carbs differently, and I'll be coaching you on how to enjoy carbs without feeling bloated or lethargic.

Alcohol — I can't tell you how many people struggle with this one, especially during the holidays. I'll be talking more about this in depth, but just know that reducing or eliminating alcohol use can have a profoundly positive affect on your body.



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THE STARTER RECIPES

Your new mealtime mantra: *plants first*

Here's how Healthier Holidays works:

Starting with Week 1, I'll provide a meal plan and a set of recipes.

IMPORTANT: You absolutely **do not** have to follow the meal plan. I provide it merely as a guide, and expect that you will adapt it to your needs.

Please don't feel like you're failing if you "only" follow the plan for a couple of meals throughout the week.

The goal here is simply to incorporate vegetables and fruits at every meal (and, ideally, snack).

If you already eat what you think is a fair amount of vegetables, try to eat even more. Branch out and try new things. Add fresh herbs to your smoothies and salads. Enjoy some berries as an afternoon snack. Try going meatless 2-3 days a week. This will help you focus on vegetables and try new dishes.

And if you're new to all this — and an infrequent eater of vegetables — start by adding leafy greens and vegetables whenever you can: a handful of spinach in a smoothie, a side salad at lunch, some carrot sticks with dinner. In addition, enjoy a few pieces of fruit throughout the day — berries, apples, grapes, oranges — whatever sounds delicious or looks good at the market.

Most of all, please have fun with this. Curiosity and an adventurous spirit are almost as important as the food to truly learn how to live the Healthier Holidays lifestyle.



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**HEALTHIER HOLIDAYS
SAMPLE RECIPES**



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EASY GREEN SMOOTHIE

Serves 2. This is one of my signature recipes, and I love how it sets the tone for a healthy day.

INGREDIENTS

- 2 cups of filtered water or almond milk
- 2 large handfuls of baby spinach
- 6 tablespoons of hemp seed or a scoop of your favorite rice or pea protein powder
- 2 tablespoons almond butter
- 1 teaspoon vanilla extract
- 1 banana, frozen or 1 ½ cups frozen peaches
- OPTIONAL — 1/2 cup of ice (for frosty texture)

- OPTIONAL NUTRITION BOOST — 6 leaves of romaine lettuce, chopped

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!



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BLACKBERRY MINT SMOOTHIE

Serves 2. Blackberries are wonderful for aging skin — full of fiber and anthocyanins that reduce inflammation, and also support a healthy brain. Blackberries also contain vitamin E, an important antioxidant that helps the body resist fat oxidation, which causes wrinkles. Finally, blackberries have been shown to reduce heart disease and inhibit certain kinds of cancer, including colon cancer.

INGREDIENTS

- 1 cup organic, unsweetened almond milk (or water)
- 1 cup filtered water
- ½ cucumber, peeled and chopped
- 4 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 (optional)
- a few sprigs of fresh mint
- OPTIONAL — 1/2 cup of ice (for frosty texture)

- OPTIONAL NUTRITION BOOST — 2 tablespoons chia seed

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!



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AVOCADO TOAST

Serves 1. This recipe includes refined carbs (bread), so I wouldn't make it an every day staple. But it's delicious and fun to have 1-2 times a week. Dress it up with whichever toppings appeal.

INGREDIENTS

- 2 pieces of gluten free bread such as Canyon Bakehouse, Udi's or Franz Bakery (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.



THE MAGICAL SALAD FORMULA

START WITH SALAD GREENS (2-3 CUPS)...

- + YOUR FAVORITE NON-STARCHY VEGETABLES
- + SOME PROTEIN
- + SOME HEALTHY FAT, NOT A LOT
- + A DRIZZLE OF DRESSING

= DELICIOUS, SATISFYING SALAD

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.

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
- 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 3 ounces (slightly smaller than the size of your palm, not including the fingers).

Healthy protein choices include beans, lentils, tofu or tempeh.

If you eat animal products, you can add a small portion of chicken, turkey, hard boiled eggs or wild seafood.

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).



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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.



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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.



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CREAMY CAULIFLOWER SOUP

This is adapted from Dr. Mark Hyman's book, *10-Day Detox Diet*. It's simple, easy to prepare, and delicious. Some people even like it chilled. A perennial favorite on my programs.

INGREDIENTS

- 2 tablespoons extra virgin olive oil
- 1 medium onion, diced
- 3 cloves garlic, sliced thinly
- 1 medium/large head of organic cauliflower, cut into 2-inch chunks
- 4 cups low-sodium vegetable broth (or 4 cups filtered water)
- ¼ cup raw cashews
- 2 tablespoons sesame seeds OR 1 tablespoon tahini
- To finish: 1 teaspoon white wine vinegar
- To taste: sea salt + freshly ground pepper

- OPTIONAL — Italian parsley for garnish, minced
- OPTIONAL — a couple pinches of cayenne

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 broth (or 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.



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Let cool for 5 minutes. Use an immersion blender to blend smooth, or use a traditional blender. If using blender, work in batches. Transfer soup to the blender, and remove the center of the blender lid — this helps steam escape (translation: avoid kitchen explosions). Before blending, replace the lid, and place a kitchen towel over the hole in the lid. Hold the towel and lid in place while you blend the mixture until smooth.

Transfer the blended soup back to the pot, and gently reheat. Season with salt and pepper to taste. Stir in the white wine vinegar. If you desire heat, stir in a couple pinches of cayenne.

Ladle into bowls and serve, drizzled with ¼ teaspoon of olive oil, more cracked pepper, and minced parsley.



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SIMPLE MISO SOUP WITH VEGETABLES

Serves 4-6. This soup comes together really quickly, and it's perfect for a night when you don't want to spend much time in the kitchen. Make sure you don't boil the soup after adding the miso — that destroys the miso's "good" bacteria and other nutrients. This soup is best enjoyed immediately; it won't freeze well. Feel free to add any vegetable of choice (thinly sliced cauliflower, shredded cabbage, etc.).

- 2 tablespoons coconut oil or extra virgin olive oil
- 1 onion, sliced thin
- 1 carrot, sliced thin
- 2 cloves garlic, sliced thin
- 1 teaspoon fresh ginger, grated
- 1 teaspoon ground turmeric (or 3 teaspoons freshly grated turmeric root)
- a pinch of red pepper flakes, optional
- 4 cups of low sodium, gluten free broth of choice
- 4 large handfuls of baby spinach
- 1 tablespoon white miso paste (refrigerated section)

- OPTIONAL — Add protein of choice; either stir into the finished soup or serve on the side (i.e. cubed tofu, edamame, leftover chicken, shrimp or a hard boiled egg cut in half).
- OPTIONAL — Garnish with fresh chopped cilantro and/or *gomasio* spice blend (you'll find it in the Asian section at the store)

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.

Then add the carrot, garlic, ginger and turmeric — stir and cook for a minute.



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Add the broth and bring the soup to a boil, then simmer on low until the carrots are tender.

Strain the soup into a large bowl and discard the solids. Wipe out the pot and pour the broth back in. Whisk in the miso, keeping the soup over very low heat. Add the baby spinach and give it a stir to wilt the greens.

If using protein, add to pot.

Heat for a few minutes to make sure the protein is warmed through.

Serve with a sprinkle of *gomasio* spice blend and/or a sprinkling of fresh cilantro.



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BAKED SEASONED TOFU

Adapted from *Moosewood Restaurant Daily Specials*. Add sliced tofu to salads and grain “bowls.”

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

- OPITONAL — ½ teaspoon Chinese five-spice powder

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.



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Bake, uncovered, for about 35 minutes, carefully turning the tofu with a spatula every 10 minutes or so.

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



BASIC MARINATED TEMPEH

Tempeh is a fermented food made from whole soybeans. It's often easier to digest than tofu, and its texture makes it a popular ingredient for chilis, stews, and sandwiches. This recipe comes from Gena Hamshaw's (author of *Choosing Raw*) post on Food52.com. Link: <http://food52.com/blog/6278-all-about-tempeh-plus-a-mizuna-salad-with-miso>

INGREDIENTS

- 2 tablespoons apple cider or rice vinegar
- 2 tablespoons soy sauce or tamari
- 2 tablespoons water
- 1 teaspoon grated or minced ginger root
- 1 teaspoon toasted sesame oil
- 8 ounces tempeh, sliced into thin strips (about 1/4 inch or a little less)
- 2 teaspoons coconut oil (optional, for frying)

INSTRUCTIONS

Whisk together the vinegar, soy sauce or tamari, water, ginger, and sesame oil.

Arrange tempeh in a large, shallow bowl (a small casserole will also work) and pour the marinade over the pieces.

Allow them to marinate for 2-3 hours (or over the course of a day, refrigerated).

You can either bake or pan fry the tempeh. To fry, heat the coconut oil on a skillet pan or in a large frying pan over medium high heat. Cook each side for about four minutes, and serve hot.

To bake, heat an oven to 375 degrees and bake them tempeh pieces for 25 minutes, flipping once through.



If you eat fish...

LEMONY ASPARAGUS WITH EASY DIJON SALMON

Serves 4. Most of the time, I find myself eating 90% plant-based. However, once in awhile, I might have some wild-caught fish. This is an easy preparation for enjoying salmon — be sure to buy wild (Sockeye, Chinook, etc.). Farm-raised fish, such as “Atlantic” salmon, is full of toxins, and is dyed from gray to pink to give it a more natural color. So keep it wild!

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.
- 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
- OPTIONAL — 2 tablespoons Italian parsley, chopped



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.



If you eat chicken...

EASY MAKE-AHEAD CHICKEN

6-8 mini-servings to use in salads, soups, stir fries, etc.

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 and freshly ground pepper

- OPTIONAL — herbs/spices of choice: 1 teaspoon of dried oregano, rosemary, chile powder, cumin, red pepper flakes, 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.

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).



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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.



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ASIAN STIR FRY WITH CASHEWS

Serves 4. This is a great way to clear out your vegetable drawer and use those beauties before they have to go to the compost pile. Adding fresh herbs might seem like an unnecessary layer of complication, but they really make the dish. Fresh herbs can make an otherwise ordinary meal downright exotic.

INGREDIENTS

- 2 tablespoons coconut oil
- 1 onion, cut in half and sliced into thin half-moons
- 2 stalks celery, sliced thin on the bias
- 2 carrots, sliced thin on the bias
- 1 organic red bell pepper, seeded and sliced into strips
- 2 portobello mushroom caps, wiped clean with a moist paper towel and sliced into ½” slices (trim woody stem)
- 1 bunch dark leafy greens such as kale, mustard greens, chard, rinsed well. Remove stalks and discard (or freeze/save for homemade stock). Tear leaves into bite-sized pieces
- 2 cloves of garlic, minced
- ½ inch of fresh ginger, grated
- 1 hot red chile, sliced into very thin rounds (optional) — or a pinch of red pepper flakes
- ½ cup whole raw cashews (these can be toasted lightly in a pan over low heat for a few minutes if you prefer)
- 2 tablespoons rice cooking wine or mirin
- 2 tablespoons low sodium, gluten free tamari
- 2 tablespoons low sodium, gluten free vegetable stock
- 1 tablespoon sesame oil
- lime wedges, for garnish

- OPTIONAL HERBS FOR GARNISH —
- ½ cup basil leaves, sliced into ribbons
- ½ cup fresh mint leaves, chopped



- ½ cup fresh cilantro, chopped

INSTRUCTIONS

Prep and chop all of your vegetables before you start cooking. Stir-frying is a fast cooking method, so you'll want to have everything at your disposal before you start.

Place the rice cooking wine, tamari, vegetable stock and sesame oil into a small bowl and whisk until blended. Set aside.

In a large sauté pan or wok, heat the coconut oil over medium high heat. Add onion, celery, carrots and stir fry for 2 minutes. Add the red bell pepper, Portobello slices, and greens and stir-fry for another couple of minutes.

Add the garlic, ginger and red chile pepper (or chili flakes), and toss vegetables gently with tongs. Add a tablespoon or two of water if things are sticking.

Cook another 2 minutes or until vegetables are crisp-tender. Add the cashews. Sprinkle with the rice wine-tamari mixture and give everything a toss with the tongs.

Serve onto plates and garnish with chopped basil, mint and cilantro, with lime wedges on the side. Serve extra tamari and sesame oil on the side if desired.



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SNACK: TAHINI DIP/DRESSING

Adapted from *10-Day Detox Diet* by Dr. Mark Hyman. Serve with carrot/celery sticks, red pepper strips, mini bell peppers, cucumber spears, etc.

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.



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CUCUMBER-AVOCADO ROUNDS

Serves 1. Quick snack that puts leftover avocado to good use.

INGREDIENTS

- ½ cucumber, peeled and cut into rounds
- ¼ avocado, chopped
- a few cherry tomatoes, sliced
- a pinch of cayenne (optional)
- Sea salt and fresh ground pepper, to taste

INSTRUCTIONS

Set the cucumber rounds on a plate. Top each round with a chunk of avocado, then a slice of cherry tomato.

Sprinkle with cayenne (if desired), sea salt and pepper. Enjoy!