

THE

Longevity Paradox

HOW TO DIE YOUNG AT
A RIPE OLD AGE

Steven R. Gundry, MD

with Jodi Lipper

This book contains advice and information relating to health care. It should be used to supplement rather than replace the advice of your doctor or another trained health professional. If you know or suspect you have a health problem, it is recommended that you seek your physician's advice before embarking on any medical program or treatment. All efforts have been made to assure the accuracy of the information contained in this book as of the date of publication. This publisher and the author disclaim liability for any medical outcomes that may occur as a result of applying the methods suggested in this book.

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The Longevity Paradox Meal Plan

DAY 1

- BREAKFAST** Green Smoothie
- SNACK** Romaine Lettuce Boats Filled with Guacamole
- LUNCH** Arugula Salad with Hemp Tofu, Grain-Free Tempeh, or Cauliflower “Steak” and Lemon Vinaigrette
- SNACK** Romaine Lettuce Boats Filled with Guacamole
- DINNER** Cabbage-Kale Sauté with Grain-Free Tempeh and Avocado

DAY 2

- BREAKFAST** Green Smoothie
- SNACK** Romaine Lettuce Boats Filled with Guacamole
- LUNCH** Romaine Salad with Avocado, Cilantro Pesto, and Grain-Free Tempeh
- SNACK** Romaine Lettuce Boats Filled with Guacamole
- DINNER** Lemony Brussels Sprouts, Kale, and Onions with Cabbage “Steak”

DAY 3

- BREAKFAST** Green Smoothie
- SNACK** Romaine Lettuce Boats Filled with Guacamole
- LUNCH** Hemp Tofu-Arugula-Avocado Seaweed Wrap with Cilantro Dipping Sauce
- SNACK** Romaine Lettuce Boats Filled with Guacamole
- DINNER** Roasted Broccoli with Cauliflower “Rice” and Sautéed Onions

DAY 4

- BREAKFAST** Green Smoothie
- SNACK** Romaine Lettuce Boats Filled with Guacamole
- LUNCH** Longevity Leek Soup
- SNACK** Romaine Lettuce Boats Filled with Guacamole
- DINNER** Hemp Tofu-Arugula-Avocado Seaweed Wrap with Cilantro Dipping Sauce

DAY 5

- BREAKFAST** Green Smoothie
- SNACK** Romaine Lettuce Boats Filled with Guacamole
- LUNCH** Creamy Cauliflower Parmesan Soup
- SNACK** Romaine Lettuce Boats Filled with Guacamole
- DINNER** Cauliflower “Fried Rice”

Longevity-Promoting Acceptable Foods

Oils

Olive oil	Perilla oil
Algae oil	Walnut oil
Coconut oil	Red palm oil
Macadamia oil	Rice bran oil
MCT oil	Sesame oil
Avocado oil	Flavored cod-liver oil

Sweeteners

Stevia (SweetLeaf is my favorite)	Luo han guo (aka monk fruit; the Nutresse brand is good)
Just Like Sugar (made from chicory root [inulin])	Erythritol (Swerve is my favorite as it also contains oligosaccharides)
Inulin	Xylitol
Yacon	
Monk fruit	

Nuts and Seeds (½ cup per day)

Macadamia nuts	Hazelnuts
Pili nuts	Chestnuts
Baruka nuts	Brazil nuts (in limited amounts)
Walnuts	Pine nuts
Pistachios	Flaxseeds
Pecans	Hemp seeds
Coconut (not coconut water)	Hemp protein powder
Coconut milk (unsweetened dairy substitute)	Psyllium seeds or powder
Coconut milk or cream (unsweetened, full-fat canned)	

Olives

All

Coconut Yogurt (plain)

Dark Chocolate

72% cacao or greater

(1 ounce per day)

Vinegars

All

Herbs and Seasonings

All except chili pepper flakes

Miso

Bars

Adapt Bar: coconut and
chocolate

(www.adaptyourlife.com)

Flours

Coconut

Green banana

Almond

Sweet potato

Hazelnut

Tiger nut

Sesame (and seeds)

Grape seed

Chestnut

Arrowroot

Cassava

Ice Cream

Coconut milk dairy-free frozen
dessert

(the So Delicious blue label,
which contains only 1 gram of
sugar per serving)

“Foodles” (my name for acceptable noodles)

Cappello’s gluten-free fettuccine and other pastas	Miracle Noodle Kantan Pasta Miracle Rice
Pasta Slim shirataki noodles	Korean sweet potato noodles
Kelp noodles	Palmini Hearts of Palm
Miracle Noodle brand pasta	Linguine

Wine (6 ounces per day)

Red

Spirits (1 ounce per day)

Dark spirits like bourbon, scotch, dark tequila,	dark rum, cognac, gin. Avoid vodka.
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Fruits (limit all to their seasons except avocado)

Avocados	Kiwis
Blueberries	Apples
Raspberries	Citrus fruits (no juices)
Blackberries	Nectarines
Strawberries	Peaches
Cherries	Plums
Crispy pears (Anjou, Bosc, Comice)	Apricots Figs
Pomegranates	Dates

Vegetables

Cruciferous Vegetables

Broccoli	Bok choy
Brussels sprouts	Napa cabbage
Cauliflower	Chinese cabbage

Swiss chard
Arugula
Watercress
Collards
Kohlrabi

Kale
Green and red cabbage
Raw sauerkraut
Kimchi

Other Vegetables

Treviso, radicchio
Chicory
Curly endive
Nopales cactus leaves
Celery
Onions
Leeks
Chives
Scallions
Carrots (raw)
Carrot greens
Artichokes

Beets (raw)
Radishes
Daikon radish
Jerusalem artichokes
(sunchokes)
Hearts of palm
Cilantro
Parsley
Okra
Asparagus
Garlic
Mushrooms

Leafy Greens

Romaine
Red- and green-leaf lettuce
Mesclun (baby greens)
Spinach
Endive
Dandelion greens
Butter lettuce
Fennel
Escarole
Mustard greens

Mizuna
Parsley
Basil
Mint
Purslane
Perilla
Algae
Seaweed
Sea vegetables

Resistant Starches

Tortillas (Siete brand—only those made with cassava and coconut flour or almond flour)	Julian Bakery Paleo Wraps (made with coconut flour)
Bread and bagels made by Barely Bread	The Real Coconut Café Tortillas and Chips

In Moderation

Green plantains	Glucomannan (konjac root)
Green bananas	Persimmon
Baobab fruit	Jicama
Cassava (tapioca)	Taro root
Sweet potatoes or yams	Turnips
Blue or purple sweet potatoes	Tiger nuts
Rutabaga	Green mango
Parsnips	Millet
Yucca	Sorghum “popcorn”
Celery root (celeriac)	Green papaya

Plant-Based “Meats”

Quorn: Chik’n Tenders, Grounds, Chik’n Cutlets, Turk’y Roast, Bacon-Style Slices	Hemp tofu Hilary’s Root Veggie Burger (www.hilaryseatwell.com) Tempeh (grain free only)
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Pressure-Cooked Legumes (or Eden brand canned)

Lentils (preferred)	Adzuki beans
Black soybeans	Other beans
Chickpeas	Peas

Disease-Promoting, Life-Shortening Foods to Avoid

Refined, Starchy Foods

Pasta	Cereal
Potatoes	Sugar
Potato chips	Agave
Milk	Sweet One or Sunett
Bread	(acesulfame-K)
Tortillas	Splenda (sucralose)
Pastry	NutraSweet (aspartame)
Wheat, rye, barley, rice, quinoa, soy, corn flours	Sweet'N Low (saccharin)
Crackers	Diet drinks
Cookies	Maltodextrin

Vegetables

Peas	Edamame
Sugar snap peas	Soy protein
Legumes	Textured vegetable protein
Green beans	(TVP)
Chickpeas (including as hummus)	Pea protein
Soy products	All beans, including sprouts
Tofu	All lentils

Nuts and Seeds

Pumpkin seeds	Peanuts
Sunflower seeds	Cashews
Chia seeds	

Fruits (some are incorrectly called vegetables)

Cucumbers	Eggplant
Zucchini	Tomatoes
Pumpkins	Bell peppers
Squash (any kind)	Chili peppers
Melon (any kind)	Goji berries

Non–Southern European Cow Milk Products (these contain casein A1)

Yogurt (including Greek yogurt)	Ice cream Frozen yogurt
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Cheese

Ricotta	Kefir
Cottage cheese	

Grains, Sprouted Grains, Pseudograins, and Grasses

Wheat (pressure-cooking does not remove lectins from any form of wheat)	Brown rice Wild rice Barley
Einkorn wheat	Buckwheat
Farro	Kashi
Kamut	Spelt
Oats (cannot pressure-cook away the lectins)	Corn Corn products
Quinoa	Corn syrup
Rye (cannot pressure-cook away the lectins)	Popcorn Wheatgrass
Bulgur	Barley grass
White rice	

Oils

Soy	Safflower
Grape seed	Sunflower
Corn	“Vegetable”
Peanut	Canola
Cottonseed	

Acceptable Animal Protein Sources in Limited Amounts

Dairy Products (1 ounce cheese or 4 ounces yogurt per day)

Real Parmesan (Parmigiano-Reggiano)	Sheep cheese and yogurt (plain)
French or Italian butter	Aged French, Italian, or Swiss cheese
Buffalo butter (available at Trader Joe’s)	Buffalo mozzarella
Ghee	Casein A2 milk (as creamer only)
Goat yogurt (plain)	Organic heavy cream
Goat milk as creamer	Organic sour cream
Goat cheese, goat butter	Organic cream cheese
Goat or sheep kefir	

Fish (wild caught; 4 ounces per day maximum)

Whitefish, including cod, sea bass, redfish, red or pink snapper	Alaskan halibut Canned tuna Alaskan salmon
Freshwater bass	Hawaiian fish, like mahi-mahi,
Freshwater perch, pike	opakapaka, ono

Shellfish (wild caught)

Shrimp	Mussels (farmed okay)
Crab	Abalone (farmed okay)
Lobster	Sea urchin (uni)
Scallops	Sardines
Calamari (squid)	Anchovies
Clams	Smelt
Oysters	

Pastured Poultry (not free range; 4 ounces per day)

Chicken	Ostrich
Turkey	Pastured, non-soy or -corn
Goose	fed, or omega-3 eggs (up to 4
Duck	daily), but limit whites, e.g.,
Pheasant	make an omelet with 4 yolks
Quail	and 1 white)

Meat (grass fed and finished; 4 ounces per day maximum; once per week maximum)

Bison	Lamb
Wild game	Beef
Venison	Prosciutto
Boar	Bresaola
Elk	Liver and other organ meats
Pork (humanely raised or pastured)	

Meal Plans

HERE ARE A few daily menus based on the recipes later in the book to give you an idea of what to eat on your free days.

DAY 1

- BREAKFAST** Blueberry Miso Muffins
- LUNCH** Creamy Cauliflower Parmesan Soup with a side of Bitter Green Salad with Walnut Blue Cheese Dressing
- DINNER** Roasted Broccoli with Miso Walnut Sauce, Mushroom and Thyme Braised Tempeh over cauliflower rice
- SNACKS & DESSERT** ½ avocado with Miso Sesame Dressing; piece of in-season fruit

DAY 2

- BREAKFAST** Toasted Millet “Grits” with Spicy Eggs
- LUNCH** Roasted Broccoli with Miso Walnut Sauce, Mushroom and Thyme Braised Tempeh over cauliflower rice
- DINNER** Lentil Broccoli Curry with Ginger Coconut Cauliflower “Rice”
- SNACKS & DESSERT** Basil Lentil “Pâté”; Mexican Chocolate “Rice” Pudding

DAY 3

- BREAKFAST** Blueberry Miso Muffins (leftover from day 1)
- LUNCH** Lentil Broccoli Curry with Ginger Coconut Cauliflower “Rice”
- DINNER** Spinach Salad with Lentil-Cauliflower Fritters
- SNACKS & DESSERT** ½ avocado with Miso Sesame Dressing; Mexican Chocolate “Rice” Pudding

WEEK 1

5 fast-mimicking days followed by 2 free days

WEEKS 2, 3, AND 4

4 free days, 2 calorie restriction days of your choice, and 1 brain-wash day; or

6 free days and 1 brain-wash day; or

5 free days and 2 brain-wash days; or

add as many days as you wish of the optional intensive care cleanse

Other Supplements

Because so many of you have asked, I am listing here the supplements that I currently take. By no means does the fact that I take them mean that you should. Also, I change supplements often, based on new research or the results of my laboratory test values or those of my patients.

So here's the list in no particular order of importance.

Alpha GPC	Hyaluronic acid
Spirulina tablets	Ubiquinol
Cordyceps	Rosemary extract
Vitamin K2	Sage leaf extract
Vitamin D3	Alpha-carotene
Black cumin seed oil	Lutein
Ashwagandha	Luteolin complex with rutin
Borage oil	Artichoke extract
Ginseng	Quercetin
Aged garlic extract	Pterostilbene
Alpha-tocopherol	Vitamin C (timed release)
Coriolus	Trimethylglycine (TMG)
Lion's mane	Naringin
Chaga	Cloves
Turkey tail	Saffron extract
Reishi	Sesame seed lignans
Omega-7 (sea buckthorn oil)	HMR lignans
Nutmeg	Pomegranate oil
Hops extract	Allithiamine
Apigenin	Benfotiamine
Fisetin	L-lysine
L-carnosine	L-proline
Brown seaweed	Pregnenolone

R-alpha-lipoic acid	Biotin
81 milligrams enteric-coated aspirin	BioSil (collagen, keratin, and elastin)
Agmatine	Chlorella
Triphala	Mulberry extract
PQQ	Glycine
L-glutathione	Silk protein complex
Myrosinase-activated sulforaphane glucosinolate (SGS)	N-A-C Sustain (N-acetyl L-cysteine)
Relora	Lithium
Black raspberry	Potassium-magnesium aspartate
Moringa	Glucomannan
Butyric acid	Fenugreek
Ginkgo biloba	Thyme
Coffee fruit extract	Camu camu
Diethylaminoethanol (DMAE)	Nicotinamide riboside
Pyridoxal-5-phosphate (P-5-P)	Nicotinamide mononucleotide
Riboflavin-5-phosphate (R-5-P)	Cranberry seed oil
	Parsley capsules

Soups and Salads

Longevity Leek Soup

The leeks in this soup are a wonderful longevity food with loads of polyphenols. Even better, it is perfect to eat during your five-day “fast.” It has a bright lemony flavor with a richness from the nutmeg that will keep you warm all day.

Serves 4 to 6

2 tablespoons extra-virgin olive oil
1 pound leeks, cleaned and chopped
2 stalks celery, diced
3 cloves garlic, minced
1 tablespoon chopped fresh thyme
Zest of 1 lemon
1 large head cauliflower, cut into 2-inch florets
½ teaspoon fresh nutmeg
1 teaspoon fine sea salt, or more to taste
2 teaspoons coarse black pepper
2 quarts vegetable stock
1 bay leaf
Finely chopped chives for garnish

In a large soup pot, heat the olive oil over medium-high heat. Add the leeks, celery, garlic, thyme, lemon zest, and cauliflower along with the nutmeg, salt, and pepper, and sauté over medium heat, stirring regularly until the leeks begin to wilt.

Add the stock and the bay leaf and cook, covered, for 25 to 35 minutes, until the cauliflower is very tender.

Blend using a stick blender, or transfer into a regular blender

and blend until smooth (work in batches so as not to overfill the blender).

Once pureed, return to the heat and cook for an additional 10 to 15 minutes. Taste, and adjust seasoning as needed.

Serve garnished with chopped chives.

Lentil Miso Soup with Shiitake Mushrooms

When the weather's chilly, there's nothing like a rich, earthy bean soup—and this one is full of polyamines and other antiaging compounds, and free of lectins!

Serves 4

2 tablespoons extra-virgin olive oil
1 large shallot, finely chopped
3 cloves garlic, minced
1 cup thinly sliced fresh shiitake mushrooms
1½ tablespoons fresh thyme, minced
1 tablespoon fresh rosemary, minced
3 tablespoons red miso paste
6 cups Parmesan “Bone” Broth (page 311) or mushroom broth
1½ cups pressure-cooked lentils (Eden brand canned lentils okay)
1 cup sliced kale, stems removed
Coconut aminos, to taste

In a large soup pot, heat the olive oil over medium-high heat. Add the shallot and garlic and cook, stirring frequently, until the shallot is tender and the garlic is fragrant, about 3 minutes.

Reduce the heat to medium and add the mushrooms, thyme,

(continued)

and rosemary. Cook an additional 3 to 4 minutes, stirring frequently, until the mushrooms are tender.

Add the miso paste and cook, stirring constantly, until the paste is incorporated into the vegetable mixture.

Add the broth and lentils and cook for 20 to 30 minutes, covered.

Add the kale and cook, uncovered, an additional 20 minutes, until the kale is wilted and the soup is slightly thickened.

Add the coconut aminos a little bit at a time, tasting until you like the flavor, then serve.

Creamy Cauliflower Parmesan Soup

This soup is best made with the Parmesan “Bone” Broth on page 311—it really highlights the flavors of the cauliflower. If you love a leek and potato soup or chowder, chances are this soup will be right up your alley. Plus, it’s full of cruciferous cauliflower and brain-boosting olive oil.

Serves 6

3 tablespoons extra-virgin olive oil
1 sweet onion, minced
2 stalks celery, diced
3 cloves garlic, minced
2 large heads cauliflower, cut into 2-inch florets
½ teaspoon fresh ground nutmeg
1 teaspoon fine sea salt, or to taste
2 teaspoons coarse black pepper
1 tablespoon white miso paste
7 cups mushroom stock or Parmesan “Bone” Broth (page 311)
2 cups coconut milk
¼ cup grated Parmesan cheese or nutritional yeast
1 bay leaf
Finely chopped chives or thyme for garnish

In a large soup pot, heat the olive oil over medium-high heat. Add the onion, celery, garlic, and cauliflower, along with the nutmeg, salt, and pepper, and sauté over medium heat, stirring regularly, until the leeks begin to wilt.

Add the miso paste and cook, stirring, until the paste is incorporated.

Add the stock, coconut milk, Parmesan, and bay leaf and cook, covered, for 35 to 45 minutes, until the cauliflower is very tender.

Blend using a stick blender, or transfer into a regular blender and blend until smooth (work in batches so as not to overfill the blender).

Once pureed, return to the heat and cook an additional 10 to 15 minutes. If it is too thick, thin with a little water.

Taste and adjust the seasoning as needed.

Serve garnished with chopped herbs and additional grated Parmesan.

Bitter Green Salad with Walnut Blue Cheese Dressing

As I always say, more bitter, more better. Your favorite gut buddy, Akkermansia, loves these greens! But have no fear if you're not a fan of super bitter flavors and still want to benefit from consuming bitter foods. The fat in this salad dressing and the sweetness of the cranberries balance out the bitterness from the veggies beautifully.

Serves 2

FOR THE DRESSING:

¼ cup crumbled aged blue cheese, preferably French or Italian

¼ cup red wine vinegar

¼ cup extra-virgin olive oil

(continued)

½ cup toasted walnuts

Juice of ½ lemon

FOR THE SALAD:

2 cups shredded kale

1 cup shredded or chopped endive or radicchio

¼ cup minced fresh dill (I admit I'd omit this, but my wife loves it)

¼ cup minced fresh parsley

1 avocado, cut into chunks

¼ cup unsweetened dried cranberries

MAKE THE DRESSING: Combine all the dressing ingredients in a blender or in a food processor fitted with an S blade.

Pulse until smooth, thinning with water as needed (it should be the consistency of ranch or blue cheese dressing).

MAKE THE SALAD: Combine the kale, endive, dill, and parsley in a large bowl.

Add half the dressing and toss until the greens are well coated.

Top the salad with avocado and cranberries, and serve with the remaining dressing.

Arugula Salad with Hemp Tofu, Grain-Free Tempeh, or Cauliflower “Steak” and Lemon Vinaigrette

This is another great option for your five-day “fast” that you can put together easily to take to work for lunch or throw together for dinner at the end of a long day.

Serves 1

FOR THE TEMPEH:

1 tablespoon avocado oil

4 grain-free tempeh, cut into 1/2-inch-thick strips*
1 tablespoon freshly squeezed lemon juice
1/4 teaspoon sea salt, preferably iodized

FOR THE DRESSING:

2 tablespoons extra-virgin olive oil
1 tablespoon freshly squeezed lemon juice
Pinch of sea salt, preferably iodized

FOR THE SALAD:

1 1/2 cups arugula
Zest of 1/2 lemon (optional)

MAKE THE TEMPEH: In a small skillet, heat the avocado oil over medium heat. Place the tempeh strips in the hot pan and sprinkle them with the lemon juice and salt. Sauté the tempeh strips for about 2 minutes; turn them and sauté for another 2 minutes, until cooked through. Remove from the pan and reserve.

MAKE THE DRESSING: Combine all the dressing ingredients in a mason jar with a tight-fitting lid (double the ingredients if making two batches). Shake until well combined.

MAKE THE SALAD: Toss the arugula in the dressing and top with the tofu, tempeh, or cauliflower steak, adding the lemon zest, if desired.

OTHER VEGETARIAN VERSIONS: In place of the tempeh, tofu, or cauliflower, substitute acceptable Quorn products: Chik'n Tenders, Grounds, Turk'y Roast, Chik'n Cutlets. (They contain a tiny amount of egg white so are not totally animal protein free, but the amount is probably negligible in terms of mTOR.)

*You can replace the tempeh with hemp tofu or a cauliflower "steak" (a 3/4-inch-thick cauliflower slice seared over high heat in avocado oil until golden brown on both sides).

Romaine Salad with Avocado, Cilantro Pesto, and Grain-Free Tempeh

This satisfying salad will keep you full and energized on the five-day “fast.” To save time, make the cilantro pesto in advance and store for up to three days in the refrigerator in a covered glass container. You can substitute basil or parsley for the cilantro.

Serves 1

FOR THE TEMPEH:

- 1 tablespoon avocado oil
- 4 grain-free tempeh, cut into ½-inch-thick strips*
- 1 tablespoon freshly squeezed lemon juice
- ¼ teaspoon sea salt, preferably iodized

FOR THE PESTO:

- 2 cups chopped cilantro (if you, like me, taste “soap” when you eat cilantro, substitute Italian parsley)
- ¼ cup extra-virgin olive oil
- 2 tablespoons freshly squeezed lemon juice
- ¼ teaspoon sea salt, preferably iodized

FOR THE DRESSING:

- ½ avocado, diced
- 2 tablespoons freshly squeezed lemon juice
- 2 tablespoons first-pressed extra-virgin olive oil
- Pinch of sea salt, preferably iodized

FOR THE SALAD:

- 1½ cups chopped romaine lettuce

MAKE THE TEMPEH: In a small skillet, heat the avocado oil over medium heat. Place the tempeh strips in the hot pan and sprinkle them with the lemon juice and salt. Sauté the tempeh strips for

about 2 minutes; turn them and sauté for another 2 minutes, until cooked through. Remove from the pan and reserve.

MAKE THE PESTO: Place all the pesto ingredients in a high-powered blender. Process on high until very smooth.

MAKE THE DRESSING: Toss the avocado in 1 tablespoon of the lemon juice and set aside. Combine the remaining 1 tablespoon lemon juice, the olive oil, and the salt in a mason jar with a tight-fitting lid. (Double the ingredients if making two batches.) Shake until well combined.

MAKE THE SALAD: Toss the romaine in the dressing. Arrange the avocado and tempeh over the lettuce and spread the pesto on top.

*You can replace the tempeh with hemp tofu or a cauliflower “steak” (a ¾-inch-thick cauliflower slice seared over high heat in avocado oil until golden brown on both sides).

Hemp Tofu-Arugula-Avocado Seaweed Wrap with Cilantro Dipping Sauce

Nori is a form of seaweed that has been flattened into squares or strips. It makes a terrific stand-in for flatbread in this wrap, which can be eaten as part of your five-day “fast.”

Serves 1

FOR THE FILLING:

1 tablespoon avocado oil

4 ounces hemp tofu, cut into ½-inch-thick strips

2 tablespoons freshly squeezed lemon juice

¼ teaspoon sea salt, preferably iodized, plus additional to taste

½ avocado, diced

(continued)

FOR THE DIPPING SAUCE:

2 cups chopped fresh cilantro

¼ cup first-pressed extra-virgin olive oil

2 tablespoons freshly squeezed lemon juice

¼ teaspoon sea salt, preferably iodized

FOR THE WRAPS:

1 cup arugula

1 sheet nori (sushi seaweed)

4 green olives, pitted and halved

Sea salt, to taste

MAKE THE FILLING: In a small skillet, heat the avocado oil over medium-high heat. Place the hemp tofu strips in the hot pan and sprinkle with 1 tablespoon of the lemon juice and the salt. Sauté the strips for about 2 minutes; turn them and sauté for another 2 minutes, until cooked through. Remove from the pan and reserve.

Toss the avocado in the remaining tablespoon lemon juice and season with salt. Set aside.

MAKE THE DIPPING SAUCE: Place all the dipping sauce ingredients in a high-powered blender. Process on high until very smooth.

MAKE THE WRAPS*: Spread the arugula over the bottom half of the seaweed sheet. Top with the filling and olives. Sprinkle with salt to taste. Carefully roll into a tight wrap, sealing the end with a little water. Cut in half and serve with the cilantro dipping sauce.

OTHER VEGETARIAN VERSIONS: In place of the tempeh, tofu, or cauliflower, substitute acceptable Quorn products: Chik'n Tenders, Grounds, Turk'y Roast, Chik'n Cutlets. (They contain a tiny amount of egg white so are not totally animal protein free, but the amount is probably negligible in terms of mTOR.)

OTHER VEGAN VERSIONS: Replace the hemp tofu with grain-free tempeh or a cauliflower “steak” (a ¾-inch-thick cauliflower slice

seared over high heat in avocado oil until golden brown on both sides).

*A bamboo mat, available in the Asian foods section of most supermarkets, can help you roll tight seaweed wraps.

Romaine Lettuce Boats Filled with Guacamole

I recommend that you use Hass avocados for your guacamole (and other recipes). Hass have a black or dark green pebbly skin and contain more fat (the heart-healthy monounsaturated kind) than do the larger, smooth-skinned Florida avocados, which tend to be more watery.

Serves 1

1/2 avocado

1 tablespoon finely chopped red onion

1 teaspoon finely chopped fresh cilantro

1 tablespoon freshly squeezed lemon juice

Pinch of sea salt, preferably iodized

4 large romaine lettuce leaves, washed and patted dry

Place the avocado, onion, cilantro, lemon juice, and salt in a bowl and mash with a fork until smooth.

To serve, scoop an equal amount of the guacamole into each lettuce leaf.

(continued)

Lemony Brussels Sprouts, Kale, and Onions with Cabbage “Steak”

You can use any of the many types of kale in this hearty vegetable dish. Unless you're using baby kale, remove the stems before chopping. (There is no need to remove the stems of or chop baby kale.)

Serves 1

4 tablespoons avocado oil
One 1-inch-thick red cabbage slice
¼ teaspoon plus 1 pinch of sea salt, preferably iodized
½ red onion, thinly sliced
1 cup Brussels sprouts, thinly sliced
1½ cups chopped kale
1 tablespoon freshly squeezed lemon juice
First-pressed extra-virgin olive oil (optional)

Heat a skillet over high heat. When it is hot, add 1 tablespoon of the avocado oil, reduce the heat to medium, and sear the cabbage slice until it is golden brown on one side, about 3 minutes. Flip it and brown it on the other side. Season with the pinch of salt, remove to a plate, and cover to keep warm. Wipe the skillet clean with a paper towel and return it to the stovetop.

Heat 2 tablespoons of the avocado oil in the skillet over medium heat. Add the onion and Brussels sprouts. Sauté until tender, about 3 minutes. Add the remaining 1 tablespoon avocado oil, the kale, and the lemon juice and sauté for another 3 minutes, until the kale is wilted. Season with the ¼ teaspoon salt.

To serve, top the cabbage “steak” with the sautéed vegetables. Add a drizzle of olive oil, if desired.

Cabbage-Kale Sauté with Grain-Free Tempeh and Avocado

This tasty dish makes a great substitute for a grain bowl and is very adaptable. Be sure to use bok choy or Napa cabbage instead of green cabbage if eating this during your five-day “fast.”

Serves 1

1/2 avocado, diced
3 tablespoons freshly squeezed lemon juice
4 pinches of sea salt, preferably iodized
3 tablespoons avocado oil
1 1/2 cups thinly sliced green cabbage
1/2 red onion, thinly sliced
4 ounces grain-free tempeh

Toss the avocado in 1 tablespoon of the lemon juice and season with a pinch of salt. Set aside.

Heat a skillet over medium heat. When it is hot, add 2 tablespoons of the avocado oil and the cabbage and onion. Sauté until tender, about 10 minutes, stirring occasionally. Season with 2 more pinches of salt. Using a slotted spatula, remove from the skillet and set aside.

Add the remaining 1 tablespoon avocado oil to the skillet, raise the heat to high, and add the remaining 2 tablespoons lemon juice and the tempeh. Sear the tempeh, flipping after 3 minutes, until cooked through, about 6 minutes total. Season with the remaining pinch of salt.

To serve, top the sautéed cabbage and onions with the tempeh and avocado.

(continued)

OTHER VEGETARIAN VERSIONS: In place of the tempeh, tofu, or cauliflower, substitute acceptable Quorn products: Chik'n Tenders, Grounds, Turk'y Roast, Chik'n Cutlets. (They contain a tiny amount of egg white so are not totally animal protein free, but the amount is probably negligible in terms of mTOR.)

OTHER VEGAN OPTIONS: Replace the grain-free tempeh with hemp tofu or a cauliflower "steak" (a ¾-inch-thick cauliflower slice seared over high heat in avocado oil until golden brown on both sides).

Roasted Broccoli with Cauliflower "Rice" and Sautéed Onions

I love a good veggie stir fry! To make cauliflower "rice," grate the cauliflower with a cheese grater, using the largest holes, into rice-shaped pieces. You can also pulse it in a food processor, using the S blade and being careful not to overprocess it. If you use a food processor, cut the cauliflower into chunks first.

Serves 1

- 1½ cups broccoli florets
- 2½ tablespoons avocado oil
- 3 pinches of sea salt, preferably iodized
- ½ head medium cauliflower, riced
- 1 tablespoon freshly squeezed lemon juice
- ¼ teaspoon curry powder
- ½ red onion, thinly sliced

Preheat the oven to 375° F.

Put the broccoli into a Pyrex dish with 1 tablespoon of the avocado oil. Roast in the oven for 15 minutes, stirring frequently, until tender. Season with a pinch of salt.

Sauté the cauliflower in a medium skillet with 1 tablespoon of the avocado oil, the lemon juice, the curry powder, and a pinch of salt until tender, 3 to 5 minutes. Do not let it get mushy by overcooking. Transfer the cauliflower “rice” to a plate and wipe the skillet clean with a paper towel.

Reheat the skillet over medium heat. When it is hot, add the remaining ½ tablespoon avocado oil and the sliced onion and sauté until tender, stirring frequently, for about 5 minutes. Season with a pinch of salt.

To serve, place the cauliflower “rice” on a plate and top with the broccoli and sautéed onions.

Green Mango and Pear Salad

This tangy, refreshing dish was inspired by the green mango salad served in my local Thai restaurant. The unripe mangoes are favorites of your gut buddies, and the cabbage has loads of prebiotic fiber. Feel free to add a peeled, seeded chili pepper for some heat if you prefer spicy food.

Serves 4

¼ cup fish sauce or coconut aminos or one-half amount of each to taste

Juice and zest of 2 limes

1 tablespoon unsweetened coconut milk

2 tablespoons toasted sesame oil

1 packet stevia or 1 tablespoon yacon syrup

1 small red onion, thinly sliced

2 large unripe mangoes, peels and pits removed, shredded

1 cup shredded cabbage

1 large green pear, peeled and shredded

(continued)

- 1 shredded carrot
- ¼ cup chopped fresh cilantro
- ¼ cup chopped macadamia nuts

In a large bowl, combine the fish sauce, lime juice and zest, coconut milk, sesame oil, and stevia.

Add the onion, mangoes, cabbage, pear, and carrot, and toss to combine.

Top with cilantro and macadamia nuts before serving.

Spinach Salad with Lentil-Cauliflower Fritters

This salad is incredibly fresh tasting, thanks to plenty of mint leaves mixed in with the greens. Think of the fritters on top as the most flavorful croutons you'll ever try—nutty, a little creamy, and a little cheesy—a perfect topping for any salad and full of prebiotic fiber for your gut buddies to enjoy along with you.

Serves 2

FOR THE FRITTERS:

- 1 cup pressure-cooked lentils
- 1 cup cauliflower rice
- ¼ cup parsley
- 1 tablespoon sesame tahini
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- ¼ teaspoon garlic powder
- ¼ teaspoon paprika
- ¼ cup Parmesan cheese or nutritional yeast

1 egg
2 tablespoons cassava flour plus more as needed
¼ cup extra-virgin olive oil

FOR THE SALAD:

¼ cup balsamic vinegar
¼ cup extra-virgin olive oil
1 tablespoon Dijon mustard
¼ teaspoon sea salt
½ cup minced fresh mint
6 cups baby spinach, rinsed and dried
1 cup packaged broccoli slaw

MAKE THE FRITTERS: Add the lentils, cauliflower rice, and parsley to a food processor fitted with an S blade and pulse until well combined.

Add the sesame tahini, salt, pepper, garlic powder, paprika, Parmesan, egg, and 2 tablespoons cassava flour and blend an additional minute, until smooth.

Pinch a small bit of the mixture between your fingers. If it holds its shape and doesn't feel wet, you're good to cook. If not, add additional cassava flour, 1 teaspoon at a time, until fritters form easily.

Let the fritter mixture rest while you heat the oil in a large skillet. When the oil is hot and shimmering in the pan, drop tablespoon-sized balls of the batter into the oil.

Cook 3 to 4 minutes per side, then let rest on a paper towel while assembling the salad.

MAKE THE SALAD: Combine the vinegar, oil, mustard, salt, and mint in a large salad bowl.

Add the spinach and broccoli slaw and toss until well dressed.

Serve topped with the fritters.

Tangy Sesame Slaw

There's nothing like coleslaw for a summer barbecue side dish—and this creamy, rich slaw is one of my favorites, because it's not heavy and gloppy with mayonnaise. Instead, it features nutty tahini and avocado to provide the creaminess, plus plenty of lemon juice for tang.

Serves 4

¼ cup sesame tahini
Juice of 1 lemon
1 clove garlic, crushed
1 tablespoon sesame oil
1 tablespoon yacon syrup
1 ripe avocado, mashed
1 tablespoon coconut aminos
1 large red onion, thinly sliced
1 small head cabbage, shredded
1 beet, shredded
1 carrot, shredded
¼ cup finely chopped fresh mint
¼ cup finely chopped fresh dill

In a large bowl, whisk together the tahini, lemon juice, garlic, sesame oil, and yacon syrup until smooth.

Add the avocado and coconut aminos and continue whisking until a very smooth, thick dressing the consistency of mayonnaise is formed.

Add the remaining ingredients to the bowl and toss until well combined.

Serve as is for a side dish, or top with a couple of fried omega-3 eggs to make a full meal.

Entrees

Sweet Potato Gnocchi with Creamy Mushroom Sauce

Classic sweet potato, nutmeg, and sage flavors taste like fall to me, but that's no reason you can't enjoy this rich, comforting dish year-round, or at least whenever you want to indulge yourself the healthy way. Sweet potatoes are a wonderful source of resistant starch, much like the tubers that help naked mole rats live such long and healthy lives.

Serves 4

FOR THE GNOCCHI:

- 1 pound peeled sweet potato or yam, cut into large chunks (about 1 large sweet potato)
- 1 large omega-3 egg or egg substitute, such as Bob's Red Mill Vegetarian Egg Replacer
- 1½ cups cassava flour (do not use tapioca flour as a substitute)
- ½ teaspoon sea salt
- ½ teaspoon grated fresh nutmeg

FOR THE SAUCE:

- 1 tablespoon coconut oil or grass-fed European butter
- 12 ounces mushrooms (shiitake, portabella, cremini, oyster, or white button), diced
- 1 clove garlic, minced
- 1 teaspoon minced fresh thyme
- 1¼ cups unsweetened coconut milk
- Juice and zest of ½ lemon
- 1 tablespoon minced fresh parsley

(continued)

¼ cup grated Parmesan cheese or nutritional yeast
½ teaspoon iodized sea salt or more to taste
½ teaspoon fresh black pepper

MAKE THE GNOCCHI: Place the sweet potatoes in a large pot and cover with water. Bring to a boil, then reduce to a simmer. Cover and cook 15 to 20 minutes, or until tender.

Remove from heat and let cool to room temperature, then drain, transfer to a large bowl, and mash with a potato masher until smooth.

Double-check that the sweet potato mash is cool (so you don't cook the egg), then add the egg, 1 cup of the cassava flour, and the salt and nutmeg to the mixture.

With clean hands, knead until a smooth dough is formed, adding the remaining flour as needed to form a dough that's neither sticky nor crumbly.

Bring a large pot of salted water to a boil.

While waiting for the water to boil, roll chunks of dough into long snakes, about the width of your thumb. Cut each snake into 1-inch pieces (about the length from the tip of your thumb to the first knuckle). Shape the gnocchi by either rolling each piece down the back of a fork or using your thumb to make a shallow indentation in each piece.

When the water boils, slide the gnocchi one by one into the water using a slotted spoon. When they float to the surface, remove them with the slotted spoon and store in a covered dish to keep warm.

If you have more gnocchi than you intend to serve immediately, spread them on a parchment-lined sheet pan once cooked. Allow to cool before transferring to a freezer. Freeze on the sheet pan; then, when solid, transfer to a zip-top bag to store.

MAKE THE SAUCE: In a large saucepan, heat the oil or butter over medium-high heat.

Add the mushrooms and cook, stirring frequently, for 3 to 5 minutes, or until the mushrooms are fragrant and tender.

Add the garlic and thyme and cook an additional minute, until the garlic is tender.

Pour the coconut milk into the pan along with the lemon juice and zest and cook, stirring frequently, until the coconut milk thickens, about 8 to 10 minutes.

Add the parsley, Parmesan, salt, and pepper. Stir until the cheese melts, then transfer the gnocchi to the sauce.

Cook an additional 2 to 3 minutes before serving.

Walnut Lentil Veggie Burgers or Meatballs

This veggie burger actually tastes meaty, thanks to the lentils and mushrooms. Plus, the walnuts add a rich kick of protein and cancer-fighting compounds, and the herbs add a bit of freshness. I love to make a “protein-style” burger with one of these patties, lettuce, avocado mayo, and a grilled onion wrapped in lettuce leaves.

Serves 4

1/2 red onion, coarsely chopped
1 clove garlic
1/2 cup walnuts
1/2 cup fresh shiitake or cremini mushrooms
1/4 cup fresh parsley leaves
3/4 teaspoon ground cumin
3/4 teaspoon sweet paprika
1/2 teaspoon curry powder
1/2 teaspoon black pepper
1/2 teaspoon dried mustard powder

(continued)

½ teaspoon sea salt
2 cups pressure-cooked lentils (Eden brand canned lentils okay)
1 omega-3 egg or 1 vegan egg substitute
1 tablespoon ground flaxseed
¼ to ½ cup cassava flour

Preheat the oven to 350° F. Line a sheet pan with parchment and set aside.

In a food processor fitted with an S blade, pulse together the onion, garlic, walnuts, mushrooms, parsley, cumin, paprika, curry, black pepper, mustard powder, and sea salt until a smooth paste is formed (50 to 100 short pulses). Transfer to a bowl and fold in the lentils, egg, and flaxseed, crushing the lentils with your spoon or spatula as you fold them in.

Add 2 tablespoons cassava flour and let the mixture rest 5 minutes to absorb the liquid. With your fingers, test to see if the mixture forms a cohesive ball. Add flour bit by bit until the mixture holds its shape when molded.

Form into 4 large patties or about 20 meatballs and space evenly on the sheet pan.

FOR THE PATTIES: Bake for 15 to 20 minutes, then carefully flip and bake for an additional 10 minutes.

FOR THE MEATBALLS: Bake for 20 minutes total, flipping every 5 minutes.

Serve on a bed of lettuce, over Miracle Noodle brand pasta, or with the Sweet Potato Gnocchi with Creamy Mushroom Sauce (page 291).

Roasted Broccoli with Miso Walnut Sauce

Love broccoli with cheddar cheese? Try this unexpected twist with lots of prebiotic fiber for your gut buddies. This side dish has savory notes similar to those of cheese but with a touch of added sweetness for great bold flavor.

Serves 4

½ cup walnuts, soaked in water at least 8 hours
⅓ cup red or white miso paste
1 tablespoon yacon syrup or local honey
4 tablespoons coconut aminos
¼ cup sesame oil
2 shallots, thinly sliced
5 cloves garlic, thinly sliced
5 cups broccoli florets

Preheat the oven to 400° F.

Drain the walnuts and pat dry with a kitchen towel.

In a food processor fitted with an S blade, combine the walnuts, miso paste, yacon syrup, coconut aminos, and sesame oil. Pulse until a thick paste is formed.

Transfer the paste into a large bowl along with the shallots, garlic, and broccoli and toss to coat the broccoli with the walnut mixture.

Transfer to a sheet pan and roast 15 minutes; flip the broccoli and continue to roast it until golden brown (10 to 15 additional minutes).

Serve hot or at room temperature.

Mushroom and Thyme Braised Tempeh

I love braised beef with mushrooms, but these days, I'm not much of a meat eater—that's where this braised tempeh comes in. This dish is tasty over a baked sweet potato, cauliflower rice, or cooked millet—or tossed with Miracle Noodle brand pasta (like beef Stroganoff).

Serves 4

¼ cup extra-virgin olive oil
2 8-ounce packages of plain tempeh, each cut into 8 to 10 slices
2 large shallots, minced, or 1 small red onion, minced
4 cups sliced crimini or portabella mushrooms
2 tablespoons minced fresh thyme
2 cloves garlic, minced
½ cup dry red wine (nice enough to drink)
¼ cup Dijon mustard
2 cups mushroom stock, Parmesan “Bone” Broth (page 311), or
homemade beef stock
1 tablespoon arrowroot powder
¼ cup water
Iodized sea salt and black pepper, to taste

In a large pan, heat the oil over medium-high heat.

When the oil is hot, add the tempeh and sear 2 to 3 minutes per side, until golden brown. Remove from the oil and set aside.

Add the shallots and mushrooms to the pan and sauté, stirring frequently, until the mushrooms are tender and golden brown, about 5 minutes.

Add the thyme and garlic and cook an additional minute, until very fragrant.

Add the red wine and deglaze, scraping the bottom of the pan to remove any cooked-on bits.

Add the mustard and stir until well combined, then add the broth.

While broth is simmering, whisk together the arrowroot powder and water. Add to the broth mixture and stir to combine, then add the tempah.

Reduce heat to low and simmer 20 to 30 minutes, until the sauce is very thick.

Season with salt and pepper (about ½ teaspoon each) before serving.

Spiced Refried “Beans” Made with Lentils

Love refried beans but finally convinced to give up lectins? Try these pressure-cooked refried lentils—they’ve got all the same classic spices as refried beans, plus that delicious silky texture, but they’re actually good for you and your gut buddies, too. You can pressure-cook the lentils yourself or use Eden canned lentils to make your life easier.

Serves 4

3 cups pressure-cooked lentils (Eden brand canned lentils are great)
1½ tablespoons extra-virgin olive oil
1 medium onion, finely minced
2 cloves garlic, finely minced
1 teaspoon cumin
1 teaspoon paprika
1 teaspoon garlic powder
1 teaspoon black pepper
½ teaspoon dried oregano
½ teaspoon dried sage
1 tablespoon coconut aminos
Juice of ½ lime
Cilantro, for garnish

(continued)

Drain the cooked lentils well and pat dry.

In a large saucepan, heat the olive oil over medium-high heat.

Add the onion, garlic, cumin, paprika, garlic powder, pepper, oregano, and sage and cook 3 to 5 minutes, stirring frequently, until the onions and garlic are very tender and fragrant.

Add the lentils and cook, crushing the lentils with a spoon or spatula.

When the lentils are crushed smooth, stir in the coconut aminos and lime juice.

Serve garnished with cilantro.

Ginger Coconut Cauliflower “Rice”

This aromatic variation on fried rice is the perfect base for curries, grilled seafood, or even roasted vegetables. It's creamy but still manages to be nice and light, so it doesn't overpower a meal while providing lots of prebiotic fiber and ketones from coconut oil.

Serves 4

4 tablespoons coconut oil

1 small shallot, minced

1 tablespoon minced ginger

4 cups cauliflower rice

¼ teaspoon iodized sea salt

1 cup coconut milk

1 cup shredded unsweetened coconut

Zest of 1 lime

1 tablespoon coconut aminos

In a large skillet, heat the coconut oil over medium-high heat.

Add the shallot and ginger and cook, stirring frequently, until fragrant.

Add the cauliflower rice, salt, coconut milk, and coconut and cook, stirring frequently, until the cauliflower rice is tender and the mixture is creamy.

Season with lime zest and coconut aminos before serving.

Lentil Broccoli Curry

Similar to a traditional Indian curry, this creamy, richly spiced red lentil curry features a new twist on classic flavors, thanks to ingredients such as broccoli rice. Try it over rice or boiled millet, or even serve it over a baked sweet potato.

Serves 4

1/4 cup coconut oil
1 onion, finely minced
1 cup broccoli rice*
1 teaspoon ground cumin
1 tablespoon turmeric
1 teaspoon black pepper
1/2 teaspoon paprika
1/2 teaspoon sea salt
1/2 teaspoon mustard seeds
2 tablespoons curry powder
4 cloves garlic, minced
3 cups pressure-cooked red lentils (Eden brand canned lentils okay)
2 cups unsweetened coconut milk
Juice of 1 lemon

(continued)

In a large pan, heat the oil over medium-high heat.

Add the onion, broccoli rice, cumin, turmeric, pepper, paprika, salt, mustard seeds, and curry powder. Cook, stirring frequently, until the onion is tender and the mixture is very fragrant.

Add the garlic and lentils and cook an additional 5 minutes, stirring frequently so that the garlic doesn't burn.

Add the coconut milk and lemon juice and reduce heat to low.

Let simmer 20 to 30 minutes, until the mixture is very thick.

Serve on its own or over Miracle Rice.

*I buy it at Trader Joe's; you can also make it by pulsing broccoli stems in a food processor fitted with an S blade until rice-sized grains are left.

Toasted Millet “Grits” with Spicy Eggs

I used to love grits for breakfast when I lived in Georgia—and luckily, millet has a similar texture while being rich in magnesium and potassium, high in fiber, and free of lectins. For a savory breakfast, try simple toasted millet “grits” with mushrooms and eggs for a filling, hearty meal. It’s also great at dinner—and in my opinion especially delicious when made with Parmesan “Bone” Broth.

Serves 2

2 tablespoons extra-virgin olive oil

1 shallot, minced

1 cup uncooked millet

2 cups mushroom broth or Parmesan “Bone” Broth (page 311)

½ teaspoon iodized sea salt

½ cup minced mushrooms

1 tablespoon minced fresh thyme

4 omega-3 eggs

1 teaspoon cayenne pepper (less if you *really* don't like spicy food)

In a large saucepan, heat 1 tablespoon of the oil over medium-high heat.

Add the shallot and millet and cook, stirring frequently, until the shallot is translucent and the millet smells “toasty.”

Add the broth and salt and bring to a boil, then reduce heat to low. Cook, covered, until the millet is tender, 15 to 20 minutes.

While the millet is cooking, heat the remaining 1 tablespoon oil in a small skillet.

Add the mushrooms and thyme and cook, stirring occasionally, until the mushrooms are tender (about 3 minutes).

Add the eggs and cayenne pepper and cook, stirring frequently, until the eggs are scrambled.

Serve the eggs over the millet for a savory alternative to grits or oatmeal.

Mushroom Artichoke Fettuccini Bake

I used to love mushroom artichoke lasagna, but it's out of the question on the Longevity Paradox program—luckily, thanks to Miracle Noodle, I can get all the flavors (and texture) of that lasagna without the dangerous lectins and casein. No dairy products. It's savory, creamy, a little salty, and full of meaty mushrooms with their cancer-fighting properties, spermidine, and earthy flavor.

Serves 4 to 6

Cooking spray

¼ cup avocado oil

1 large onion, minced

1 pound mushrooms, diced (portabella, cremini, shiitake, trumpet, or oyster are good)

1 pound artichoke hearts (frozen and thawed or canned and rinsed), roughly chopped

(continued)

2 tablespoons minced fresh rosemary
2 tablespoons minced garlic
2 tablespoons minced fresh thyme
1 teaspoon sea salt
1 teaspoon black pepper
Zest of 1 lemon
3 packs of Miracle Noodle Fettuccini, prepared the Gundry way*
2 tablespoons cassava or coconut flour
2 cups coconut milk
1 cup mushroom broth or Parmesan “Bone” Broth (page 311)
½ cup Parmesan cheese or nutritional yeast
¼ cup finely chopped walnuts

Preheat the oven to 350° F. Spray a casserole dish with cooking spray and set aside.

In a large frying pan, heat the oil over medium-high heat.

Add the onion and mushrooms and cook, stirring frequently, until the onion is translucent and the mushrooms are tender.

Add the artichoke hearts, rosemary, garlic, thyme, salt, pepper, lemon zest, and fettuccini to the pan and cook an additional 2 to 3 minutes, until very fragrant.

Add the cassava flour and cook an additional minute, stirring until it is well combined with the mushroom mixture.

Add the coconut milk, the broth, and ¼ cup of the cheese and cook for 3 to 4 minutes, until it begins to thicken.

Transfer the mixture to the prepared baking dish and top with the remaining cheese and the walnuts.

Bake 20 to 30 minutes, until golden brown and bubbly.

Let rest 5 to 10 minutes before serving.

*To do this, bring a pot of water to a boil. Rinse the pasta under cold water, then add to the boiling water. Let boil for 2 to 3 minutes, then rinse again under cold water for 2 minutes. Throw the pasta into a dry pan and cook off any remaining moisture over medium heat. Don't worry about the popping sounds; they're normal!

Cauliflower “Fried Rice”

This is a great, filling meal to enjoy during your five-day “fast.” With options like this, you’ll never go hungry even while your body thinks you’re fasting. A win-win all around.

Serves 6 to 8

- 2 tablespoons sesame oil
- 1 medium yellow onion, diced
- ¼ cup minced green onions
- 1-inch piece ginger root, peeled and minced
- 2 cloves garlic, minced
- 1 cup thinly sliced mushrooms (any type)
- 4 ribs celery, thinly sliced
- 1 cup broccoli florets
- 4 ounces water chestnuts (canned okay), roughly chopped
- 4 cups cauliflower rice
- 1 tablespoon coconut aminos
- ¼ teaspoon paprika
- ¼ teaspoon powdered mustard

In a large skillet or wok, heat the oil over medium-high heat.

Add the onion, green onions, and ginger and cook several minutes, until the onions are translucent.

Add the garlic, mushrooms, celery, broccoli, and water chestnuts and cook, stirring frequently, until the vegetables soften and the garlic is fragrant (5 to 6 minutes).

Turn heat to high and add the cauliflower rice. Cook for 3 to 4 more minutes, stirring frequently to ensure that it doesn’t burn.

After a minute, add the coconut aminos, paprika, and powdered mustard.

Continue cooking on high heat, stirring frequently, until the cauliflower is tender but not mushy, and serve.

Sweets

Sweet Potato and Coconut Pudding

This dessert is inspired by an Asian dessert featuring taro, but sweet potatoes are often easier to find in your grocery store and have lots of resistant starch in their own right. It's not the sweetest dessert, but the flavors are incredible: coconut, vanilla, and cinnamon play beautifully together, making it feel decadent and light at the same time.

Serves 4

- 1 cup tapioca pearls
- 2 cups coconut milk
- 1 cup unsweetened shredded coconut
- ¼ teaspoon cinnamon
- 1 teaspoon vanilla extract
- ¼ cup erythritol powder
- 2 cups peeled, diced sweet potatoes or taro root

In a small saucepan, bring 2 cups of water to a boil. Add the tapioca pearls and boil for 10 minutes, then remove from the heat and cover. Let rest for 20 minutes.

While the tapioca is cooking, heat the coconut milk, shredded coconut, cinnamon, vanilla, and erythritol powder over medium heat, stirring occasionally.

Add the sweet potatoes and continue to cook until tender, 15 to 20 minutes depending on how small you've cut them.

When the sweet potatoes are tender, strain the water off the tapioca pearls and add them to the coconut mixture. Cook for an additional 2 minutes.

Serve warm, or transfer to the refrigerator and serve chilled for a custardlike texture.

Blueberry Miso Muffins

Miso is delicious in desserts, thanks to the slight sweetness in white miso paste, which provides almost a butterscotch flavor—perfect with fresh, in-season fruit and pie-inspired seasoning.

Makes 12 muffins

- ¼ cup grass-fed butter or coconut oil
- 2 tablespoons white miso paste
- 2 large omega-3 eggs or Bob's Red Mill Vegetarian Egg Replacer
- 8 drops vanilla-flavored liquid stevia (or more to taste)
- 1 cup coconut milk
- 2 cups blanched almond flour
- ¼ cup coconut flour
- 1 teaspoon baking powder
- ¼ teaspoon allspice
- ¼ teaspoon nutmeg
- ¼ teaspoon cinnamon
- ½ cup fresh blueberries*

Preheat the oven to 350° F. Line a muffin tin with papers and set aside.

In a stand mixer fitted with a paddle attachment, beat the butter and miso paste on high until fluffy.

Add the eggs one at a time and beat until well blended.

Combine stevia and coconut milk in a measuring cup and set aside.

(continued)

In a separate bowl, whisk together the almond flour, coconut flour, baking powder, allspice, nutmeg, and cinnamon.

Add half the dry ingredients to the egg mixture and beat to combine.

Add half the coconut milk mixture and beat to combine. Alternate adding wet and dry ingredients until the mixture is well blended.

Gently fold the blueberries into the batter (use a spatula, not the mixer), then scoop the batter into 12 muffin tins.

Bake 18 to 25 minutes, until a knife inserted into the center of each muffin comes out clean. Let cool before serving.

*If blueberries aren't in season, feel free to use ½ cup of in-season fruit, finely minced.

Mexican Chocolate “Rice” Pudding

I've always loved the sweet-spicy flavor profile of Mexican chocolate, which contains cinnamon and cayenne pepper, so I added that classic set of spices to my “rice” pudding—made with cauliflower rice for loads of prebiotic fiber. You won't believe that there's actually cauliflower in this dessert; it just tastes like rich, creamy, crave-worthy chocolate.

Serves 4

4 cups cauliflower rice

2 cups coconut milk

½ cup diced bittersweet chocolate (at least 80% cacao)

3 teaspoons cinnamon

1 teaspoon cayenne pepper

6 drops liquid stevia

¼ teaspoon sea salt

1 cup toasted walnuts

In a large saucepan, heat the cauliflower rice and half the coconut milk over medium heat.

Let simmer, stirring frequently, for about 5 to 10 minutes, until the “rice” is tender.

Add the remaining ingredients and stir until the chocolate is melted and well incorporated.

Let simmer for an additional 10 minutes and serve warm, or chill for a thicker, cold rice pudding.

Pears Poached in Red Wine with Vanilla Coconut Cream

Pears contain some powerful longevity-supporting compounds and lots of resistant starch, but, more important, they're delicious, especially when paired with citrus zest, star anise, and red wine. This recipe is a great way to turn even a slightly underripe pear into a sweet, rich, satisfying dessert, made more decadent by vanilla bean–infused coconut cream.

Serves 4

FOR THE PEARS:

- 2 cups red wine
- 2 cups coconut milk
- $\frac{2}{3}$ cup erythritol powder
- 1 star anise
- 1 stick cinnamon
- Peel of 1 orange, cut into large strips
- 2 whole cloves
- 2 semiripe pears, peeled

FOR THE COCONUT CREAM:

- 1 can coconut cream, refrigerated for 24 hours
- 1 vanilla bean

(continued)

Place a bowl and whisk in your refrigerator.

MAKE THE PEARS: In a large pot, heat the wine, coconut milk, erythritol powder, anise, cinnamon, orange peel, and cloves, stirring frequently until the erythritol powder dissolves and the mixture is simmering.

Add the pears and cook, covered, over medium-low heat until tender.

With a slotted spoon, remove the pears, spices, and orange peel from the poaching liquid. Set the pears aside and discard the spices and orange peel.

Turn heat to medium high and cook the poaching liquid until syrupy, then remove from heat.

MAKE THE COCONUT CREAM: Right before serving, add the chilled coconut cream to the refrigerated bowl. Scrape the vanilla bean and add the seeds to the coconut cream. Whip until stiff peaks have formed.

Serve half a pear per person, topped with the whipped coconut cream and a drizzle of the reduced poaching liquid.

Beverages

Walnut and Nutmeg “Horchata”

When I traveled in Spain, I loved the creamy, sweet drink called horchata, sold everywhere, so I set out to make my own—lectin free, of course. I think you’ll agree that this slightly toasty, rich drink is every bit as good as the classic—and better for you, too.

Makes 4 cups

4 tablespoons millet
2/3 cup walnuts
1/4 teaspoon cinnamon
1/2 teaspoon nutmeg
Zest of 1/2 orange
1/4 cup erythritol powder
1 teaspoon vanilla extract

In a dry pan, toast the millet and walnuts over medium heat, stirring frequently.

When the walnuts smell “toasty,” remove from heat and let cool to room temperature.

Transfer the mixture to a spice grinder and pulse until powdery.

In a blender, combine the millet mixture, cinnamon, nutmeg, and orange zest. Pulse until a powder is formed.

Add 2 cups hot water and the erythritol powder and blend until dissolved, then add 2 cups cold water. Let sit at room temperature for 20 minutes, then chill for 4 hours.

Strain, add the vanilla extract, stir, and serve.

Green Smoothie

This is the perfect breakfast during your five-day “fast” and on free days as well. Add a little more water if the smoothie is too thick. You can make a triple batch and refrigerate for up to three days in a covered glass container.

Serves 1

1 cup chopped romaine lettuce

½ cup baby spinach

1 to 3 fresh mint sprigs, with stems

½ avocado

4 tablespoons freshly squeezed lemon juice

3 to 6 drops liquid stevia, to taste

¼ cup ice cubes

1 cup tap or filtered water

Place all the ingredients in a high-powered blender and blend on high until smooth and fluffy, adding more ice cubes if desired.

Condiments, Sauces, and Bases

Parmesan “Bone” Broth

This is an almost meaty-tasting broth that's a great way to use up Parmesan rinds, which are rich in longevity-boosting spermidine. It's great as a base for soups, in cauliflower rice risotto, or in any recipe calling for chicken broth.

Makes about 2 quarts

- ¼ cup extra-virgin olive oil
- 1 head garlic, peel on, cut in half across the middle
- 1 onion, cut into eighths
- 1 bunch of fresh thyme (about ½ cup)
- 1 small bunch of fresh parsley (about ¼ cup)
- 1 bay leaf
- 1 tablespoon whole black peppercorns
- Zest of 1 lemon
- 1 cup dry white wine*
- 1 pound Parmesan cheese rinds**

In a large soup pot, heat the olive oil over medium-high heat.

Add the garlic (cut side down) and onion and cook until golden brown and fragrant.

Add the thyme and parsley and cook an additional 2 minutes.

Add the bay leaf, peppercorns, lemon zest, wine, and Parmesan rinds and cook, stirring frequently, until the rinds begin to soften and melt.

Add 9 cups water, reduce heat to low, cover, and simmer for 90 minutes.

Uncover and cook for an additional 20 minutes.

Strain and use immediately, refrigerate for up to 1 week, or freeze for up to 3 months.

*If you'd prefer not to use wine, use the juice of 1 lemon to add acidity and brightness.

**These freeze well, so save them up over time when you use fresh Parmesan.

Mushroom Miso Broth

This rich, Japanese-inspired broth is a great vegan option for folks who enjoy strong, meaty, umami-rich flavors. It's super good with Miracle Noodle brand pasta or as a broth to make a delicious, warming soup.

Makes about 2 quarts

¼ cup avocado oil
4 shallots, roughly chopped
1 head garlic, sliced in half along the “equator”
10 large shiitake mushrooms, thinly sliced
2 strips kombu (dried kelp)
¼ cup coconut aminos
¼ cup red or white miso
1 cup dry white wine
2 tablespoons yacon syrup

In a large soup pot, heat the oil over medium-high heat.

Add the shallots, garlic, and mushrooms and cook, stirring frequently, until the vegetables are tender.

Reduce heat to low. Add the kombu, coconut aminos, miso, wine, and yacon syrup and cook, stirring frequently, until the miso dissolves into the wine and the mixture is fragrant.

Add 8 cups water, cover, and simmer for 30 to 40 minutes.

Strain and use immediately, refrigerate for up to 2 weeks, or freeze for up to 3 months.

Miso Balsamic “Barbecue” Sauce

Love barbecue sauce but hate the lectins and sugar in conventional brands? This glaze is for you. It has a great balance of sweet, tangy, and savory flavors and is really incredible drizzled over grass-fed meats or roasted veggies.

Makes 2 cups

- 1 tablespoon avocado oil
- 2 large shallots, thinly sliced
- ½ teaspoon freshly ground black pepper
- ½ teaspoon cumin
- ¼ cup balsamic vinegar
- ¼ cup red miso paste
- ¼ cup yacon syrup
- ¼ cup coconut aminos
- 1 cup Parmesan “Bone” Broth (page 311)
- ½ cup apple cider vinegar

In a saucepan, heat the oil over medium-high heat.

Add the shallots, pepper, and cumin and cook, stirring frequently, until the shallots are soft and caramelized.

Reduce heat to low and add the vinegar, miso paste, yacon syrup, and coconut aminos. Stir until the mixture thickens.

Add the broth and vinegar and cook, stirring frequently, until slightly thickened.

(continued)

Strain into a jar and let cool before storing in the refrigerator for up to 1 week or in the freezer for up to 1 month.

To use, brush on wild-caught salmon or pasture-raised meat before cooking. You can also use this sauce as a marinade for veggies.

Miso Sesame Dressing

Inspired by the addictive salad dressing at my local sushi restaurant, this dressing is a little creamy and unbelievably flavorful. It's good on greens, drizzled over an egg or avocado, or even with roast veggies. It also works nicely as a fish marinade.

Makes 1 cup

½ cup white miso paste
⅓ cup plus 1 tablespoon water
¼ cup yacon syrup
3 tablespoons rice wine vinegar
2 teaspoons coconut aminos
3 tablespoons sesame oil
¼ cup minced scallions
1 clove garlic, minced

In a bowl, whisk together the miso paste and water until smooth.

Add the yacon syrup, vinegar, and coconut aminos and continue to whisk until smooth and well blended.

Drizzle in the sesame oil, whisking as you go to emulsify.

Fold in the scallions and garlic, then use on your favorite salad or store in the refrigerator for up to 2 weeks.

Let come to room temperature and shake well before using.

Basil Lentil “Pâté”

Though it doesn't taste like meaty pâté, this hearty spread or dip is super flavorful thanks to the mixture of savory miso and fresh basil. It's served here with Belgian endive leaves for dipping but is also great with raw broccoli florets or asparagus spears for extra fiber.

Makes 2 cups

2 tablespoons extra-virgin olive oil plus extra for drizzling
1 yellow onion, finely minced
1 tablespoon fresh thyme
1 teaspoon freshly ground black pepper
1 cup toasted walnuts
3 tablespoons red miso paste
1½ cups fresh basil leaves
¼ cup shredded Parmesan cheese or nutritional yeast
2 whole cloves garlic
1½ cups pressure-cooked lentils (green lentils preferred)
1 tablespoon coconut aminos
Water or chilled Parmesan “Bone” Broth (page 311), as needed
Belgian endive leaves, for serving

In a small skillet, heat the oil over medium-high heat.

Add the onion, thyme, and pepper and cook, stirring frequently, until the onions are translucent and tender. Set aside to let cool.

While the onion mixture is cooling, pulse the walnuts, miso paste, and basil leaves in a food processor fitted with an S blade.

Add the Parmesan, garlic, lentils, and coconut aminos and blend until a smooth paste is formed.

If needed, drizzle in water or broth a teaspoon at a time, until the mixture is smooth and silky.

Serve with Belgian endive leaves.