



**Big  
Bold  
Health™**

# Immuno-Rejuvenation™ Food Plan and Recipe Guide



# The Big Bold Health Immuno-Rejuvenation™ Food Plan & Recipes

## What is Immuno-Rejuvenation™?

At Big Bold Health, we frequently talk about “ancient wisdom through the lens of modern science.” Food sources, some of which date back centuries, are our favorite source of ancient wisdom, and **Immuno-Rejuvenation™** is the modern concept that translates knowledge from the past into lifestyle choices that can impact everyday function AND longevity. Certain foods and nutrients can also lower the incidence of chronic diseases that are often associated with aging; this happens at the cellular level through processes like autophagy, which is a natural way that the body “cleans out” damaged cells. But it’s not just what you eat that is important—research has revealed that when you eat can be a powerful determinant of health. This is why the Big Bold Health approach incorporates recommendations that relate to circadian rhythms, chronobiology, and intermittent fasting.

## Why Buckwheat?

Buckwheat contains loads of healthy phytonutrients (especially flavonoids and fiber) in comparison to starch and calories—making it really useful for controlling weight, blood sugar, and blood lipids. That also means it’s a great way to satisfy your appetite, and on top of that, it’s beneficial to the bacterial community that resides in the human gut microbiome.

Himalayan tartary buckwheat (HTB) is a unique species of buckwheat. It’s food crop that has been grown for centuries in some of the most challenging climates in the world. Twenty-first century technology is revealing the unique nutrient characteristics of this plant, including its array of phytochemicals that have been shown to have health-promoting effects on immunity, metabolism, and cellular rejuvenation.

HTB is not an agricultural staple in the Western world. Big Bold Health wants to tell everyone about this important superfood! We have launched and funded an initiative to create a cooperative farming network that will bring this sustainable, eco-friendly crop to the US marketplace in the next 3 to 5 years. We have also developed a dietary supplement and an all-in-one smoothie powder—**HTB Rejuvenate™** and **HTB Rejuvenate Superfood™** Advanced Protein Shake Mix—that contain a proprietary blend of phytochemicals and bioactive molecules that naturally occur in Himalayan tartary buckwheat, including an exclusive ingredient called 2-hydroxybenzylamine (2-HOBA). 2-HOBA has a special relationship with proteins in the body, such as in brain cells, DNA, muscles, enzymes, nerves, and chemical messengers. These products also contain the nutrient  $\beta$ -Hydroxy  $\beta$ -methylbutyric acid (HMB) for muscle support.





## Hi There!

Welcome to a new way of eating. You may find yourself less hungry in between meals due to the effect of the blood-sugar stabilizing compounds in the tartary buckwheat. What a pleasant feeling!

To get the most out of this food plan, we ask that you follow a time restricted eating schedule—it's not as scary as it sounds! Put simply, it means that you eat within a certain number of hours and you fast the remaining hours. For this food plan, we suggest you don't eat before 9:00 AM and you stop eating by 7:00 PM. This is a 14:10 time restricted eating schedule, meaning you eat during a 10-hour window and you fast during a 14-hour window. Keep in mind that the bulk of your fasting hours will take place while you're sleeping.

You may notice that there aren't any calorie breakdowns in this food plan. We've chosen not to include nutrition information because the truth is all calories are not equal. This meal plan focuses on eating whole foods and balancing your blood-sugar and we believe that when you nourish your body with whole foods that keep you fuller longer, you don't need to be nitpicky about how many calories you're eating. However, we do provide the amount of servings each recipe makes.



For the best results, you should include the recommended dose of either **HTB Rejuvenate Superfood™ Advanced Protein Shake Mix**, which is ideal for making smoothies that serve as a complete meal, or by taking the capsule form of **HTB Rejuvenate™**. We also recommend taking **Dutch Harbor Omega™** while on the food plan, which is a powerful marine oil superfood. This oil is extracted and expertly crafted at a state-of-the-art fishery in Alaska. Its unique composition includes a naturally occurring spectrum of omega-3 fatty acids that contain high levels of bioactive pro-resolving mediators (PRMs), which are substances that support healthy immune function, as well as all-natural forms of vitamin A and vitamin D.

Enjoy a variety of tasty and satisfying **HTB Rejuvenate\*** smoothie recipes from the BBH Food Lab. Remember, if you don't like a certain smoothie recipe you should always feel free to substitute a smoothie recipe that you do like. And, if smoothies just simply aren't your thing you can absolutely substitute any of the other breakfast recipes or snack recipes from the meal plan, just be sure to take the capsule form of **HTB Rejuvenate™!**

\*HTB Rejuvenate Smoothie Recipes are located at the end of the meal plan.



Any change in your diet or health care plan should be coordinated with your personal medical professional. Big Bold Health cannot and does not make specific recommendations to individuals and this Plan is intended for educational and informational purposes only.

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# Week 1 Food Plan Chart

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Super Charged Steel Cut Oats	HTB Rejuvenate Superfood™ Smoothie	Buckwheat Apple Pie Porridge	Tofu (or Egg) Scramble with Vegetables	HTB Rejuvenate Superfood™ Smoothie	Buckwheat Almond Waffles/ Pancakes	HTB Rejuvenate Superfood™ Smoothie
Lunch	Southwest Bean Salad	Mixed Greens topped with Leftover Southwest Bean Salad	Leftover Roasted Chicken & Vegetables	HTB Rejuvenate Superfood™ Smoothie	Leftover Buckwheat with Zucchini, Peppers, & Mushrooms served over Spinach	Turkey Salad Collard Wrap with Leftover Southwest Bean Salad	Leftover Lentil Sweet Potato Curry
Snack	HTB Rejuvenate Superfood™ Smoothie	Artichoke & Sundried Tomato Tapenade with Raw Vegetables	HTB Rejuvenate Superfood™ Smoothie	Banana Bread	¼ cup Hummus with 1 cup Raw Vegetables	HTB Rejuvenate Superfood™ Smoothie	Leftover Avocado-Almond Salad with Arame
Dinner	Roast Turkey Breast with Coconut Brown Rice & Simple Sautéed Greens	Oven Roasted Chicken & Vegetables with Buckwheat Tabbouleh	Leftover Roasted Turkey Breast with Buckwheat Tabbouleh over Mixed Greens	Roasted Salmon & Buckwheat with Zucchini, Peppers, and Mushrooms	Leftover Roasted Salmon with Roasted Sweet Potatoes & Crispy Broccoli and Cauliflower with Cashew Drizzle	Lentil Sweet Potato Curry & Avocado-Almond Salad with Arame	Slow-Cooked Beef, Broccoli, and Mushroom Stew & Mixed Greens Salad

**NOTE:** On any day, you may have a smoothie of your choosing using **HTB Rejuvenate Superfood™ Advanced Protein Shake Mix**, or you may choose to take the **HTB Rejuvenate™** capsules. Choose your favorite smoothies or settle on one recipe you really enjoy and fit them in wherever you wish. It is always beneficial to add greens (e.g. spinach, baby kale, chard, etc.) to your smoothie to increase your veggie intake. We also recommend taking Dutch Harbor Omega™ every day.

# Week 1

## Day 1

First of all, we're so glad you've decided to commit to this meal plan for a month! Now, let's get started.

**Breakfast:** Super Charged Steel Cut Oats

**Lunch:** Southwest Bean Salad

**Snack:** HTB Rejuvenate Superfood™ Smoothie\*

**Dinner:** Roasted Turkey Breast with Coconut Brown Rice & Simple Sautéed Greens

\*Take your pick from the many HTB Rejuvenate Superfood™ Smoothie Recipes at the end of the meal plan!

### Super Charged Steel Cut Oats

Makes 3 Servings

Steel cut oats are less processed than regular oats and hence need longer to cook. You may wish to soak the oats overnight in water or an unsweetened milk alternative such as almond or coconut milk. This will shorten the usual cooking time to about 10 minutes. The nuts and fruit can also be prepared ahead of time.

2 cups water or unsweetened milk alternative (almond, coconut, oat, etc.)

½ cup steel cut oats

Pinch of sea salt

2 tbsp slivered or sliced almonds

2 tbsp pumpkin seeds

2 tbsp sunflower seeds

⅓ cup chopped dried unsweetened apricots, apples, or cherries OR fresh blueberries

Dash of cinnamon

Unsweetened milk alternative (almond, coconut, oat, etc.) or plain full fat yogurt

Bring water to a boil and slowly stir in steel cut oats and salt. When mixture begins to thicken, reduce heat and simmer for about 20 minutes, stirring occasionally, until desired consistency. If you chose to soak the oats overnight it only takes about 10 minutes to cook.

For the nuts and seeds, heat a heavy cast iron skillet over low heat and add almonds and seeds. Cook very slowly for about 5-7 minutes, until nuts and seeds are gently toasted. Remove from heat and reserve.

Take ⅓ of the oats and put in a bowl, top with 2 tbsp mixed nuts and seeds and 2-3 tbsp fruit (dried or fresh). Sprinkle with cinnamon and add milk if desired. Reserve the remaining fruit, nuts and seeds, and oatmeal for another morning. Be sure to refrigerate the oatmeal in an airtight container.

## Southwest Bean Salad

Makes 5-6 Servings

1 can (15 oz.) black beans, drained	¼ cup chopped jicama
½ can red kidney beans, drained*	½ tbsp ground cumin
½ a package of frozen corn, defrosted	1 ½ tbsp avocado oil
¼ medium red onion, chopped very fine	⅛ cup balsamic or apple cider vinegar
¼ medium bell pepper, chopped	½ tsp sea salt
½ a pint of cherry tomatoes, halved	Avocado, sliced for garnish

\*you can keep the remaining beans in an airtight container in the fridge

Mix all ingredients except avocado. When ready to serve, scoop a serving of the bean salad into a bowl and top with avocado and enjoy. Keep leftovers in the fridge in an airtight container.

**Tip:** to get some extra greens you can serve this bean salad over greens of your choosing!

## Roasted Turkey Breast

Makes 5-6 Servings

1 3lb turkey breast  
1-2 tbsp avocado oil  
Sea salt & pepper to season

Preheat the oven to 400°F. Rinse and dry the turkey breast. Pour the oil over the turkey breast to coat and season with salt, pepper, and whatever else sounds good to you (note: it tastes great with a little garlic for flavor). Place on a baking sheet and roast for 30 minutes or until a thermometer reads 155°F. Cover with foil and let rest for at least 10 minutes before slicing.

## Coconut Brown Rice

Makes 4 Servings

1 cup brown rice  
1 cup water  
1 cup full-fat coconut milk  
1 tsp sea salt

Add the rice, water, coconut milk, and salt to a pot and bring to a boil. Reduce to a simmer and cover. Cook for about 45 minutes. Let sit for 10-15 minutes and fluff with a fork before serving.

## Simple Sautéed Greens

Makes 4 Servings

2 tbsp avocado oil  
1 small yellow onion, diced  
2 cloves garlic, minced  
1 cup mushrooms, sliced  
8 cups chopped, loosely packed spinach, collard greens, kale, or Swiss chard  
1-2 tbsp wheat-free tamari sauce (or soy sauce)

Heat avocado oil in large sauté pan. Add onion, garlic, and mushrooms and sauté until soft (about 5 minutes). Slowly mix in greens. Stir continuously until greens become bright in color and are slightly wilted (about 2-3 minutes). Do not overcook.

Remove from heat and add tamari or soy sauce. Toss and serve immediately.

Leftovers can be kept in the fridge and reheated in a sauté pan.

(Recipe from *eatplaybe.com*)

## Day 2

Remember that you can choose whichever smoothie recipe you'd like and be sure to include **HTB Rejuvenate Superfood™ Advanced Protein Shake Mix** or take **HTB Rejuvenate™** capsules and have leftover Super Charged Steel Cut Oats for breakfast. For optimal results, Dutch Harbor Omega™ is also recommended.

**Breakfast:** HTB Rejuvenate™ Smoothie

**Lunch:** Mixed greens topped with leftover Southwest Bean Salad

**Snack:** Artichoke & Sundried Tomato Tapenade with Raw Vegetables

**Dinner:** Oven Roasted Chicken & Vegetables with Buckwheat Tabbouleh

## Artichoke & Sundried Tomato Tapenade

Makes 4-6 Servings

1 14-oz can of artichoke hearts  
¼ cup sun dried tomatoes soaked in olive oil  
½ cup green olives  
½ cup pitted Kalamata olives  
4-5 large basil leaves (or 1 tsp dried basil)

Place all ingredients in a blender or food processor and pulse until finely chopped but not pureed.

Serve with your favorite dipping veggies (red peppers, cauliflower, celery, etc.).

Leftover tapenade can be stored in the fridge.



## Oven Roasted Chicken & Vegetables

Makes 4 Servings

### For the marinade:

3 tbsp balsamic vinegar	4 Roma tomatoes, quartered lengthwise
2 tbsp avocado oil	1 medium zucchini, cut into 1-inch chunks
2 tbsp minced garlic	1 small eggplant cut into 1-inch chunks
2 tbsp chopped fresh thyme (or 1 tbsp dried)	1 medium onion, cut into 2-inch chunks
1 tsp sea salt	1 yellow or red pepper, cut into 1-inch chunks
½ tsp black pepper	8 bone-in, skin-on chicken thighs

(Whisk together in a small bowl and set aside.)

Preheat oven to 425°F.

Line a baking sheet with parchment paper or spray with avocado oil. Combine all vegetables in a large bowl and toss with 3 tbsp of the marinade. Arrange vegetables in a single layer on one side of the prepared baking sheet.

Toss the chicken with the remaining marinade mixture and arrange on the other end of the baking sheet. Season all to taste with salt and pepper. Roast for about 45 minutes or until the chicken comes easily off the bone and is no longer pink.

Remember, you can use any vegetables you like. If you don't like eggplant, skip it and add more peppers. Don't do nightshades, try broccoli and cauliflower in place of the vegetables listed. The options are endless!

## Buckwheat Tabbouleh

Makes 6 servings

3 tbsp avocado oil	Freshly ground pepper to taste
1 cup buckwheat groats	1 tsp sea salt
1 ½ cups water or broth	3 tbsp chopped basil (or 1 tbsp dried basil)
½ tsp ground coriander	¼ cup chopped parsley (or 1 ½ tbsp dried parsley)
1 tsp ground cumin	3 tbsp chopped fresh mint
2 tbsp lemon juice	½ cup diced English cucumber
1 tbsp grated lemon zest	10 cherry tomatoes, halved

Heat 1 tbsp oil in a medium saucepan over medium heat. Add buckwheat and cook, stirring constantly 1-2 min. Add water or broth, dry spices and salt. Lower the heat to a simmer and cook, covered, for about 10 minutes.

Transfer to a bowl and stir in lemon juice, zest, remaining 2 tbsp avocado oil, and some black pepper to taste. Allow to cool to room temperature, then stir in basil, parsley, and mint. Add salt to taste.

## Day 3

As a reminder, most of these recipes will leave you with leftovers and you are welcome to substitute the leftovers for one any of the meals!

And, remember, you can always prepare things ahead of time if you don't think you'll have time to prepare it day of.

Choose any **HTB Rejuvenate Superfood™** smoothie recipe you like today, or take the **HTB Rejuvenate™** capsules. **Dutch Harbor Omega™** is also recommended. If you require a smaller portion for your afternoon snack, you can always control the volume and caloric content by adding fewer ingredients to the smoothie. Gauge this by how hungry you are at snack time.

**Breakfast:** Buckwheat Apple Pie Porridge

**Lunch:** Leftover Roasted Chicken & Vegetables

**Snack:** HTB Rejuvenate Superfood Smoothie

**Dinner:** Leftover Roasted Turkey Breast with Buckwheat Tabbouleh over Mixed Greens

### Buckwheat Apple Pie Porridge

Makes 2 Servings

1/3 cup steel cut oats  
2 tbsp buckwheat grits\*  
1/2 cup full fat coconut milk  
3/4 cup water  
1/2 tsp cinnamon  
1/2 grated apple (optional)

Combine all ingredients in a medium size pot and bring to a boil. Reduce heat to a simmer and cover, cooking for about 20 min. (Stir occasionally) or until oats are softened to a consistency you like.

Optional ingredients to add after cooking:

Coconut palm sugar for added sweetness

Unsweetened grated coconut

Plain full-fat yogurt

Dried fruit

Walnuts or pecans (or any nuts)

Fresh or frozen blueberries

\* To make your own buckwheat grits, add 1 cup of buckwheat groats to a food processor or high-speed blender and pulse 4-5 times until you have course consistency (note: the consistency will not necessarily be even, but they will be "grit-like").

## Day 4

This breakfast scramble is super easy to make, so don't be intimidated! And, if you've never tried tofu before this is the perfect recipe to give it a try.

As a reminder, the banana bread recipe can be made the day before, you don't have to wait until snack time to make it!

**Breakfast:** Tofu (or Egg) Scramble with Vegetables

**Lunch:** HTB Rejuvenate Superfood Smoothie

**Snack:** Banana Bread

**Dinner:** Roasted Salmon & Buckwheat with Zucchini, Peppers, and Mushrooms

### Tofu (or Egg) Scramble with Vegetables

Makes 2 Servings

1 tbsp avocado oil

8 oz. extra firm tofu (e.g. Wildwood organic sprouted extra firm tofu)\*

1 tbsp nutritional yeast

2 tsp ground turmeric

½ cup sliced cremini mushrooms

½ tsp sea salt

½ cup chopped Swiss chard, kale, or spinach

2 tsp wheat-free tamari sauce (or gluten-free soy sauce)

½ of an avocado sliced

Heat oil in sauté pan over medium heat. Wrap tofu in a large paper towel and gently squeeze to remove excess water. Crumble tofu and add it to the oil. Add nutritional yeast and turmeric.

Sauté for 2-3 minutes.

Add mushrooms and sea salt and sauté until mushrooms soften (about 2 minutes). Add greens and sauté for 1-2 minutes then add tamari. Transfer to a bowl and top with sliced avocado.

\* If you don't like tofu or don't eat soy, use 2 eggs in place of the tofu. Cook the eggs separately until almost done and then add them to the veggies.

(Recipe from [eatplaybe.com](http://eatplaybe.com))

## Banana Bread or Muffins

Makes 12 Servings

1 cup almond flour  
½ cup arrowroot powder  
¼ cup buckwheat flour  
1 teaspoon baking soda  
½ tsp sea salt  
⅓ cup maple syrup  
2 large eggs  
⅓ cup melted coconut oil  
1 tsp vanilla extract  
3 very ripe large mashed bananas  
⅓ cup chopped hazelnuts or walnuts  
½ cup grated coconut

Heat oven to 375°F. Grease a 1-pound loaf pan with coconut oil or line a muffin tin with 12 muffin cups.

In a medium bowl, whisk together flours, baking soda, and salt and set. In large bowl, stir together the maple syrup, eggs, coconut oil, vanilla, and mashed bananas, mixing well.

Slowly add the dry ingredients to the wet, a little at a time, stirring after each addition. Be sure there is no flour hiding in the bottom! Then, add the nuts and coconut, stirring just until incorporated.

You can optionally add ¾ cup fresh or frozen blueberries to the batter before putting the batter in the pan.

Pour the batter into the greased pan or muffin cups (use a spoon to add batter to cups). Bake until the edges of the bread are pulling away from the pan and the top is browned, about 45-55 minutes. Muffins will take less time, about 30 minutes but check them often. Cool before eating.

**Tip:** you can freeze the muffins or cut the bread into 12 slices and freeze the slices individually!

## Roasted Salmon

Makes 2 Servings

8 oz salmon filet  
1 tbsp avocado oil  
Sea salt & pepper to season

Preheat the oven to 400°F. Coat salmon filet in avocado oil and season with salt and pepper. Place salmon on a baking sheet and cook for 4-5 minutes on each side, being careful not to overcook. Remember the fish will continue to cook a little after you've taken it out of the oven. Salmon should be somewhat rare and juicy in the center layer but you can cook it to medium if you prefer. Anything more will tend to dry out the fish.



## Buckwheat with Zucchini, Peppers, and Mushrooms

Makes 4-6 Servings

2 tbsp avocado oil	¾ cup buckwheat
1½ cups sliced mushrooms	¼ tsp dried thyme (or 1 tsp fresh)
1 medium zucchini	¼ tsp dried basil (or 1 tsp fresh)
1 medium bell pepper	¼ tsp sea salt
1 medium onion, chopped	Dash black pepper
2 plum tomatoes, chopped	1 ¼ cups vegetable or chicken broth
1 clove garlic, minced	Lemon wedges, optional

Heat oil in a large skillet over medium heat. Add all the vegetables, including garlic and cook, stirring occasionally for about 8 minutes or until vegetables are tender. Stir in buckwheat, thyme, salt, and pepper. Cook and stir for 2 more minutes. Add broth and bring to a boil. Cover, reduce heat to low, and cook for another 10 minutes or until the liquid is absorbed and buckwheat is tender.

Remove from heat and allow to sit, covered, for 5 minutes. Serve garnished with lemon wedges if desired.

## Day 5

Today is an easy day as far as meal prep goes because it's full of lots of leftovers!

Hummus is a part of today's snack—you can feel free to buy your favorite hummus from the store, just make sure it doesn't contain any added sugar. Hummus should just be garbanzo beans, tahini, lemon, and garlic.

For lunch today you'll be eating the leftover Buckwheat with Zucchini, Peppers, and Mushrooms which you can serve over a bed of fresh spinach!

You can heat the salmon in a pan for a few minutes to warm it or you can eat it cold or at room temperature.

**Breakfast:** HTB Rejuvenate Superfood Smoothie

**Lunch:** Leftover Buckwheat with Zucchini, Peppers, and Mushrooms served over Spinach

**Snack:** ¼ cup Hummus with 1 cup Raw Vegetables

**Dinner:** Leftover Roasted Salmon with Roasted Sweet Potato & Crispy Broccoli and Cauliflower with Cashew Drizzle

## Easy Roasted Sweet Potatoes

Makes 2 Servings

2 sweet potatoes, skin removed and diced  
1-2 tbsp avocado oil  
Sea salt & pepper to season

Preheat the oven to 450°F (you will be cooking the Crispy Broccoli and Cauliflower at the same time). Coat the sweet potatoes in avocado oil and season with salt and pepper. Place in a single layer on a baking sheet and pop them in the oven. These should be in the oven while you prepare the Crispy Broccoli and Cauliflower as they will take longer to cook.

## Crispy Broccoli and Cauliflower with Cashew Drizzle

Makes 4 Servings

1 small head cauliflower, cut into small florets  
1 head broccoli, cut into small florets  
2 tbsp avocado oil  
2 tbsp nutritional yeast  
1½ tsp sea salt, divided  
½ tsp granulated garlic  
½ tsp fresh ground pepper  
½ cup raw cashews  
½ cup water

Preheat oven to 450°F.

In a large bowl, toss the cauliflower, broccoli, avocado oil, nutritional yeast, 1 teaspoon of the salt, garlic, and pepper together until evenly coated. Spread in a single layer on a large baking sheet and bake for 15 minutes, turning the vegetables halfway through cooking.

Meanwhile, in a food processor add the cashews and the remaining ½ teaspoon sea salt and pulse a few times. With the motor running, pour in the water and blend until the consistency resembles a thin, creamy soup.

Transfer veggies to plates to serve and drizzle with cashew sauce.

(Recipe from [eatplaybe.com](http://eatplaybe.com))

# Day 6

The pancakes/waffles are a great weekend breakfast, but they're so easy to make that you can easily have them any day of the week!

If you know you won't have a lot of time today, you can prepare your lunch the night before. The same is true of the Lentil and Sweet Potato Curry, but it's also easy to make.

Tip: salads always come together faster if some of the veggies have been washed and chopped during your weekly prep!

**Breakfast:** Buckwheat Almond Waffles/Pancakes

**Lunch:** Turkey Salad Collard Wrap with Leftover Southwest Bean Salad

**Snack:** HTB Rejuvenate Superfood Smoothie

**Dinner:** Lentil Sweet Potato Curry & Avocado-Almond Salad with Arame

## Buckwheat Almond Waffles/Pancakes

Makes 4-5 Servings

1 cup buckwheat flour

1 cup almond flour

1 tbsp baking powder

1 tsp sea salt

$\frac{1}{3}$  cup avocado oil (use only 3 Tbsp oil for pancakes)

2 eggs, beaten

2 cups buttermilk (or almond or coconut milk, soured with 2 Tbsp white vinegar)\*

Fresh or frozen blueberries

2 tbsp coconut palm sugar (this is optional and not necessary if topping with fruit or syrup)

Preheat a waffle iron according to manufacturer's instructions. Or heat a skillet with a little coconut oil if making pancakes.

In a medium bowl, stir together buckwheat flour, almond flour, baking powder, and salt. In a small bowl, mix avocado oil, eggs, and milk, stirring until well combined. Slowly add the wet ingredients to the dry, stirring until just combined (be careful not to over mix). If you find the mixture to be too thick you can add a bit more milk until it thins out.

Ladle batter into preheated waffle iron (or preheated skillet if making pancakes). Sprinkle several blueberries over the batter and cook until golden and crisp, turning once. Top with fresh fruit or butter and real maple syrup or unsweetened apple butter or apple sauce.

\*The buttermilk is an important part of this recipe as it makes the pancakes much lighter. If you are dairy free, it is simple to measure 2 Tbsp white vinegar or lemon juice into a 2 cup liquid measuring cup and fill to the 2 cups mark with your substitute milk.

If you just made these for you, chances are there's a lot of leftover batter. Make all of the waffles/pancakes and freeze them for an easy breakfast later!

## Turkey Salad Collard Wrap

Makes 6 Servings

To prepare the collard wrap you will need 6 large collard leaves.

In a medium pot, bring 2-3 cups water to a boil, adding a pinch of sea salt. Add the collard greens to the water, cover the pot, and turn off the heat. After 1 minute, drain and rinse collards under cold water. Pat dry and set aside while you make the turkey salad.

For the Turkey Salad:

Turkey breast (leftover), about 1.5 lb.  
1 medium yellow bell pepper, diced  
1-pint cherry tomatoes (sliced in half if large)  
1 cup frozen baby peas, thawed  
1 cup hummus (roasted pepper flavor is particularly good)  
3 tbsp chopped fresh basil (or 2 tsp dried basil)  
Sea salt & pepper to taste

Cut turkey diagonally into bite-sized pieces. In a large bowl, combine all ingredients and toss well. You may not need salt if hummus is salty. Divide into 6 even portions.

Lay out a prepared collard leaf and spread turkey salad on to it. Then roll it up like a tortilla and enjoy!

## Lentil Sweet Potato Curry

Makes 5 Servings

½ a large onion, chopped  
1 clove garlic, minced  
½ tsp avocado oil  
1 cup dried lentils, well rinsed  
1 lb yams or sweet potatoes, peeled and cut into small cubes  
1 tbsp curry powder (add more if desired)  
½ tbsp ground cumin  
3 cups vegetable or chicken broth  
Sea salt & pepper to taste

In a 4-6 qt heavy pot, heat oil over medium heat. Add the onion and garlic and sauté until softened, about 5 minutes. Add rinsed lentils, chopped yams, seasonings and broth. Bring to a boil over high heat, then reduce heat, cover, and simmer for about 30 minutes.

Both lentils and yams should be softened but not mushy. Add salt and pepper as needed.



## Avocado-Almond Salad with Arame

Makes 4 Servings

4 cups any type of salad greens  
¼ cup dried arame\* (sea veggie)  
¼ cup whole almonds, chopped  
1 ripe avocado, sliced

\*If you have trouble finding dried arame, you can use any type of dried seaweed

For the Dressing:

3 tbsp rice vinegar  
1 tbsp honey  
1 tsp Dijon mustard  
2 tsp poppy seeds  
½ tsp sea salt  
2 tbsp sesame oil  
1 tbsp extra-virgin olive oil

Soak arame for 5-10 minutes in about 2 cups of water until softened. Drain and set aside.

In a large salad bowl, combine vinegar, honey, mustard, poppy seeds, and salt. Whisk to mix and slowly pour the oils in while continuing to whisk. Place the salad greens on top of the dressing. Fold in drained arame, toss and top with avocado and chopped almonds.

## Day 7

A little tip for today: get your dinner going in the slow cooker right after breakfast. If you're pressed for time you can prepare the ingredients the night before, refrigerate them overnight, and then turn the slow cooker on in the morning.

Feel free to use any greens or other vegetables you'd like for the salad!

Be sure to save your leftovers from the Beef, Broccoli, and Mushroom Stew for Week 2.

**Breakfast:** HTB Rejuvenate Superfood Smoothie

**Lunch:** Leftover Lentil Sweet Potato Curry

**Snack:** Leftover Avocado-Almond Salad with Arame

**Dinner:** Slow-Cooked Beef, Broccoli, and Mushroom Stew & Mixed Greens Salad

## Slow-Cooked Beef, Broccoli, and Mushroom Stew

Makes 6-8 Servings

¼ cup rice flour  
3 tsp sea salt  
¼ tsp ground black pepper  
3 tbsp avocado oil  
1 lb grass-fed beef chuck, fat trimmed and cut into ½-inch cubes  
3 cups grass fed beef bone broth or mushroom broth  
2 tbsp tomato paste  
1 yellow onion, diced  
1 cup cremini mushrooms, chopped  
2 parsnips, chopped  
1 tsp ground black mustard seed  
1 tsp granulated garlic  
1 tsp cumin  
1 tsp turmeric  
1 tsp ground fennel  
1 tsp chili powder  
½ tsp coriander  
¼ tsp cinnamon  
¼ tsp ginger  
1 head broccoli, cut into florets

In a shallow dish, combine rice flour, sea salt and pepper. Heat 2 tbsp of the oil in a skillet over medium-high heat. Dredge the beef cubes in the flour mixture and place in the skillet. Cook for 5 to 7 minutes, turning occasionally, until beef begins to brown.

Place remaining flour, broth and tomato paste into the slow cooker and whisk gently. Add the browned beef, onion, mushrooms, parsnips and seasonings. Cook on low for 7-8 hours.

About 30 minutes before serving, add broccoli to the slow cooker. Cover and simmer for another 30 minutes, then serve and enjoy!

# Week 2 Food Plan Chart

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Tofu (or Egg) Scramble with Vegetables	Overnight Oats & Groats	Leftover Buckwheat Almond Pancakes/Waffles	HTB Rejuvenate Superfood™ Smoothie	Leftover Overnight Oats & Groats	HTB Rejuvenate Superfood™ Smoothie	Buckwheat Apple Pie Porridge
Lunch	HTB Rejuvenate Superfood™ Smoothie	Leftover Asparagus & Buckwheat Salad with Kale Pesto and Half Small Avocado	Southwest Bean Salad	Leftover Southwest Bean Salad & ½ Small Avocado w/ Buckwheat Seasoning	Leftover Buckwheat Beans, Greens, and Grains Bowl	Left Over Black Rice with Steamed Broccoli & ½ Small Avocado	Leftover Buckwheat Polenta with White Bean Ratatouille
Snack	½ Small Avocado with Buckwheat Seasoning	Leftover Asparagus & Buckwheat Salad with Kale Pesto and Half Small Avocado	HTB Rejuvenate Superfood™ Smoothie	Banana Bread	HTB Rejuvenate Superfood™ Smoothie	¼ cup Hummus with 1 cup Raw Vegetables	HTB Rejuvenate Superfood™ Smoothie
Dinner	Baked Cod with Asparagus & Buckwheat Salad with Kale Pesto	Leftover Slow-Cooked Beef, Broccoli, and Mushroom Stew	Leftover Baked Cod with Black Rice & Steamed Broccoli	Buckwheat Beans, Greens, and Grains Bowl	Roasted Salmon with Quinoa & Roasted Brussels Sprouts	Buckwheat Polenta with White Bean Ratatouille	Leftover Salmon with Quinoa & Roasted Green Beans with Balsamic Vinegar

**NOTE:** On any day, you may have a smoothie of your choosing using **HTB Rejuvenate Superfood™ Advanced Protein Shake Mix**, or you may choose to take the **HTB Rejuvenate™** capsules. Choose your favorite smoothies or settle on one recipe you really enjoy and fit them in wherever you wish. It is always beneficial to add greens (e.g. spinach, baby kale, chard, etc.) to your smoothie to increase your veggie intake. We also recommend taking **Dutch Harbor Omega™** every day.

# Week 2

## Day 1

**Congratulations**, you've made it through your first week! Did certain things in the first week work better for you than others? Now is the perfect time to adjust—these menus are meant to be used as a guide, so as you move ahead remember if smoothies aren't your thing, don't drink them. You can always substitute one of the previous breakfast recipes instead.

As a reminder: for best results, each day you should include the recommended dose of the HTB into your diet. You can do this in the form of the **HTB Rejuvenate Superfood™ Advanced Protein Shake Mix**, which is ideal for making smoothies that will serve as a complete meal, or by taking the capsule form of **HTB Rejuvenate™**. We also recommend using **Dutch Harbor Omega™** while on the food plan, which is a powerful marine oil superfood. This oil is extracted and expertly crafted at a state-of-the-art fishery in Alaska. Its unique composition includes a naturally occurring spectrum of omega-3 fatty acids that contain high levels of bioactive pro-resolving mediators (PRMs), which are substances that support healthy immune function, as well as all-natural forms of vitamin A and vitamin D

**Breakfast:** Tofu (or Egg) Scramble with Vegetables

**Lunch:** HTB Rejuvenate Superfood Smoothie

**Snack:** ½ Small Avocado with Buckwheat Seasoning

**Dinner:** Baked Cod with Asparagus & Buckwheat Salad with Kale Pesto

### Tofu (or Egg) Scramble with Vegetables

Makes 2 Servings

1 tbsp avocado oil

8 oz. extra firm tofu (e.g. Wildwood organic sprouted extra firm tofu)\*

1 tbsp nutritional yeast

2 tsp ground turmeric

½ cup sliced cremini mushrooms

½ tsp sea salt

½ cup chopped Swiss chard, kale, or spinach

2 tsp wheat-free tamari sauce (or gluten-free soy sauce)

½ of an avocado sliced

Heat oil in sauté pan over medium heat. Wrap tofu in a large paper towel and gently squeeze to remove excess water. Crumble tofu and add it to the oil. Add nutritional yeast and turmeric. Sauté for 2-3 minutes.

Add mushrooms and sea salt and sauté until mushrooms soften (about 2 minutes). Add greens and sauté for 1-2 minutes then add tamari. Transfer to a bowl and top with sliced avocado.

\* If you don't like tofu or don't eat soy, use 2 eggs in place of the tofu. Cook the eggs separately until almost done and then add them to the veggies.

(Recipe from [eatplaybe.com](http://eatplaybe.com))



## Buckwheat Seasoning

3 tbsp buckwheat grits\*  
3 tbsp raw sesame seeds  
4 tbsp nutritional yeast (powder form)  
½-1 tsp sea salt

\*To make buckwheat grits, add 1 cup of buckwheat groats to a food processor or high-speed blender and pulse 4-5 times until you have course consistency (note: the consistency will not necessarily be even, but they will be “grit-like”).

Add all the ingredients to a bowl and mix until well combined. Keep in a jar and sprinkle on salads, meat, veggies, eggs, avocado, hummus—the options are endless!

## Easy Baked Cod

Makes 2 Servings

8 oz cod filet  
1 tbsp avocado oil  
Sea salt & pepper to season

Preheat the oven to 400°F. Coat cod filet in avocado oil and season with salt and pepper. Place cod on a baking sheet and cook for 4-5 minutes on each side, being careful not to overcook. Remember the fish will continue to cook a little after you’ve taken it out of the oven. Anything more will tend to dry out the fish.

## Asparagus & Buckwheat Salad with Kale Pesto

Makes 4 Servings (Plus Extra Pesto!)

3 cups water, divided	½ cup pecans or shelled pistachios
½ cup buckwheat groats	3 tbsp nutritional yeast
16 asparagus spears, cut into 1-inch pieces	1 tbsp balsamic vinegar
1 cup de-stemmed and chopped kale (loosely packed)	⅓ cup extra virgin olive oil
3 cups loosely packed basil	2 scallions, finely chopped
	5-6 cherry tomatoes, quartered

Optional: fresh grated Parmesan cheese

In a small saucepan bring 1 cup water and groats to a boil. Reduce heat to medium-low and simmer for 10 minutes. Remove from heat, cover, and let rest.

In a medium saucepan bring 2 cups water to a boil. Add asparagus, reduce heat and allow to simmer for no more than 3 minutes (depending on thickness – less time for thinner stalks). Drain immediately and set aside.

Blend kale, basil, nuts, nutritional yeast, and balsamic vinegar in a food processor, slowly adding olive oil until it gets to desired consistency.

In a medium bowl, toss groats, asparagus, and ⅓ cup of the pesto. Garnish with scallions and tomatoes and sprinkle with Parmesan (optional). The rest of the pesto will keep well in the refrigerator for 4 days or you can freeze it!

## Day 2

In order to prep for today, remember to soak your oats and groats overnight! No problem if you forgot, you can eat the leftover Tofu (or Egg) Scramble with Vegetables for breakfast.

**Breakfast:** Overnight Oats & Groats

**Lunch:** Leftover Asparagus & Buckwheat Salad with Kale Pesto and Half a Small Avocado

**Snack:** HTB Rejuvenate Superfood Smoothie

**Dinner:** Leftover Slow-Cooked Beef, Broccoli, and Mushroom Stew

## Overnight Oats & Groats

Makes 4 Servings

¼ cup rolled oats  
¼ cup buckwheat groats  
1 tbsp chia seeds  
1 tbsp ground flax seeds  
¾ cup unsweetened hemp milk (or other milk substitute)  
1 tsp cinnamon  
½ tsp nutmeg  
1 tbsp grade B maple syrup  
⅛ tsp sea salt

Optional additions:

Plain full-fat yogurt  
Fresh or frozen berries  
Shredded coconut  
Chopped nuts

Combine all ingredients in a medium bowl. Cover and place in the refrigerator overnight. In the morning, take ¼ of the mixture from the fridge and top with any of the additional ingredients that appeal to you.

This will keep in the refrigerator for 4 days.

## Day 3

Remember those pancakes/waffles you made and put in the freezer? Grab a serving and put in the oven at 350°F for about 10 minutes or until warmed all the way through. If you don't have leftover pancakes/waffles you can whip up some more batter or feel free to substitute leftover oats and groats.

For lunch today, the Southwest Bean Salad doesn't take long to make, but you can definitely prepare it ahead of time. And remember, leftovers are great for last minute meals.

For dinner tonight, heat the leftover cod gently so it doesn't get overcooked. You can also eat it cold or at room temperature!

**Breakfast:** Leftover Buckwheat Almond Pancakes/Waffles

**Lunch:** Southwest Bean Salad

**Snack:** HTB Rejuvenate Superfood Smoothie

**Dinner:** Leftover Baked Cod with Black Rice & Steamed Broccoli

## Southwest Bean Salad

Makes 5-6 Servings

1 can (15 oz.) black beans, drained  
½ can red kidney beans, drained (you can keep the remaining beans in an airtight container in the fridge)  
½ a package of frozen corn, defrosted  
¼ medium red onion, chopped very fine  
¼ medium bell pepper, chopped  
½ a pint of cherry tomatoes, halved  
¼ cup chopped jicama  
½ tbsp ground cumin  
1 ½ tbsp avocado oil  
⅓ cup balsamic or apple cider vinegar  
½ tsp sea salt  
Avocado, sliced for garnish

Mix all ingredients except avocado. When ready to serve, scoop a serving of the bean salad into a bowl and top with avocado and enjoy. Keep leftovers in the fridge in an airtight container.

**Tip:** to get some extra greens you can serve this bean salad over greens of your choosing!

## Black Rice

Makes 4 Servings

1 cup black rice  
2 cups water or broth  
1 tsp sea salt

Add the rice, water or broth, and salt to a pot and bring to a boil. Reduce to a simmer and cover. Cook for about 45 minutes. Let sit for 10-15 minutes and fluff with a fork before serving.

Steamed Broccoli

Makes 2 Servings

1 head of broccoli, cut into florets

Bring one inch of water to boil in a large pot. Add a steam basket to the pot. Place the broccoli in the steam basket and reduce heat to medium. Put the lid on and steam for 5-6 minutes or until broccoli is a vibrant green.

# Day 4

Today you'll take advantage of some of the leftovers, which means there isn't too much prep today. The Buckwheat Beans, Greens, and Grains Bowl only takes 30 minutes to make and it's great for leftovers which you'll use later in the week!

**Breakfast:** HTB Rejuvenate Superfood Smoothie

**Lunch:** Leftover Southwest Bean Salad & ½ Small Avocado with Buckwheat Seasoning

**Snack:** Banana Bread

**Dinner:** Buckwheat Beans, Greens, and Grains Bowl

## Buckwheat Beans, Greens, and Grains Bowl

Makes 4 Servings

1 cup dry toasted buckwheat groats  
2 ½ cups mushroom broth  
1 tsp cumin  
½ tsp coriander  
½ tsp sea salt  
¾ cup chickpeas, rinsed and drained  
3 tbsp fresh lemon juice  
1 tbsp lemon zest  
3 tbsp extra virgin olive oil  
3 tbsp chopped fresh mint  
¼ cup chopped fresh parsley  
¼ cup chopped fresh basil  
¾ cup fresh watercress  
1 large tomato, seeded and chopped  
½ cup shredded carrots  
1 medium avocado, pitted and sliced

Toast buckwheat groats in a small skillet over medium heat, stirring frequently, until they begin to brown (about 5 minutes). Transfer into a medium saucepan, add broth, cumin, coriander, and sea salt, and bring to a boil. Reduce heat to low, cover, and allow to simmer until groats soften and liquid is absorbed (about 10 minutes).

In a medium bowl combine groats, chickpeas, lemon juice, lemon zest, and olive oil. Refrigerate for 10 minutes to cool.

Once cooled to room temperature, add mint, parsley, basil, watercress, tomato, and carrots and gently stir until ingredients are well combined. Add a ¼ of the mixture to a bowl, top with sliced avocado, and enjoy!

Don't forget to save those leftovers.

# Day 5

Let's start today with some leftover Overnight Oats & Groats sprinkled with your favorite toppings!

**Breakfast:** Leftover Overnight Oats & Groats

**Lunch:** Leftover Buckwheat Beans, Greens, and Grains Bowl

**Snack:** HTB Rejuvenate Superfood Smoothie

**Dinner:** Roasted Salmon with Quinoa & Roasted Brussels Sprouts

## Roasted Salmon

Makes 2 Servings

8 oz salmon filet  
1 tbsp avocado oil  
Sea salt & pepper to season

Preheat the oven to 400°F. Coat salmon filet in avocado oil and season with salt and pepper. Place salmon on a baking sheet and cook for 4-5 minutes on each side, being careful not to overcook. Remember the fish will continue to cook a little after you've taken it out of the oven. Salmon should be somewhat rare and juicy in the center layer but you can cook it to medium if you prefer. Anything more will tend to dry out the fish.

## Cooked Quinoa

Makes 4 Servings

1 cup quinoa  
2 cups water or broth  
1 tsp sea salt

Start preparing the quinoa by rinsing it a few times in cool water and cooking in double the amount of water (e.g. 1 cup quinoa and 2 cups water). Add the salt and cook, covered for about 20 minutes on medium-low heat. Allow to sit for a few minutes before serving.

## Roasted Brussels Sprouts

Makes 4 Servings

1 bag of Brussels sprouts, cleaned and cut in half  
1-2 tbsp avocado oil  
Salt & pepper to season

Preheat the oven to 400°F. Toss the Brussels sprouts with avocado oil to coat and place in a single layer on a baking sheet. Season with salt & pepper. Roast until they are browned (about 25-30 minutes). Let cool for a few minutes and then enjoy!



## Day 6

The Buckwheat Polenta with White Bean Ratatouille takes a little longer to make, but it is so worth it! The rest of the day consists of mostly leftovers giving you some extra time to prep for dinner tonight.

**Breakfast:** HTB Rejuvenate Superfood Smoothie

**Lunch:** Leftover Black Rice with Steamed Broccoli and ½ Small Avocado

**Snack:** ¼ cup Hummus with 1 cup Raw Vegetables

**Dinner:** Buckwheat Polenta with White Bean Ratatouille

### Buckwheat Polenta with White Bean Ratatouille

Makes 6 Servings

1 ½ cups water  
¾ cup toasted buckwheat groats  
¼ tsp sea salt

In a large saucepan, bring water to a boil. Add groats and salt, turn heat to low, cover and simmer for 5-10 minutes or until water is absorbed.

Transfer the cooked groats to a food processor and blend. Texture will be somewhat rough and thick like, resembling cooked polenta. Allow the mixture to cool slightly for a couple of minutes.

Take a small handful of the buckwheat mixture—the size of a large meatball—and roll then flatten onto a baking sheet. Press to ¼ -inch thickness. Repeat until you have used all of the buckwheat mixture. Set aside.

#### Prepare Ratatouille as directed below:

3 tablespoons avocado oil, divided  
2 large onions, sliced  
3 garlic cloves, minced  
1 medium eggplant, cut into 1-inch cubes  
2 green bell peppers, chopped  
3 medium zucchini, cut into 1/2-inch chunks  
28 oz can of tomatoes, drained  
1 tsp sea salt  
¼ tsp fresh ground pepper  
1 tsp dried oregano  
½ tsp dried thyme

(Continued on following page.)

## (Buckwheat Polenta with White Bean Ratatouille - continued)

In a 6-quart (or 6 liter) pot, sauté onion and garlic in 1 tbsp oil for 3 minutes. Add another tbsp of the oil along with the eggplant and sauté for 5 minutes. Add the third tbsp of oil along with the peppers and zucchini and sauté for another 5 minutes. Then, add the seasonings and tomatoes. Cover and simmer for 30 minutes.

**Note:** If you like a little “zip” to your food, add some chili powder or substitute 1 or 2 hot peppers for some of the green bell peppers. This recipe freezes beautifully!

Scoop a generous amount of the ratatouille onto each buckwheat cake. Serve immediately!

**Tip:** For a crispy cake, before stacking ingredients, place the buckwheat cakes under the broiler for 5 minutes on each side.

## Day 7

Today is an easy day filled with lots of delicious leftovers and very little prep. Take it easy and reflect on how you’re feeling at the end of Week 2!

**Breakfast:** Buckwheat Apple Pie Porridge

**Lunch:** Leftover Buckwheat Polenta with White Bean Ratatouille

**Snack:** HTB Rejuvenate Superfood Smoothie

**Dinner:** Leftover Salmon with Quinoa & Roasted Green Beans with Balsamic Vinegar

### Buckwheat Apple Pie Porridge

Makes 2 Servings

1/3 cup steel cut oats

2 tbsp buckwheat grits\*

1/2 cup full fat coconut milk

3/4 cup water

1/2 tsp cinnamon

1/2 grated apple (optional)

Combine all ingredients in a medium size pot and bring to a boil. Reduce heat to a simmer and cover, cooking for about 20 min. (Stir occasionally) or until oats are softened to a consistency you like.

#### Optional ingredients to add after cooking:

Coconut palm sugar for added sweetness

Unsweetened grated coconut

Plain full-fat yogurt

Dried fruit

Walnuts or pecans (or any nuts)

Fresh or frozen blueberries

\* To make your own buckwheat grits, add 1 cup of buckwheat groats to a food processor or high-speed blender and pulse 4-5 times until you have coarse consistency (note: the consistency will not necessarily be even, but they will be “grit-like”).

## Roasted Green Beans with Balsamic Vinegar

Makes 2 Servings

½ pound green beans, cleaned and ends removed

½ tbsp avocado oil

½ tsp sea salt

1 tbsp balsamic vinegar

Preheat the oven to 400°F. Toss the green beans in avocado oil to coat and place in a single layer on a baking sheet. Sprinkle with salt. Bake for 10-15 minutes or until browned.

Drizzle with balsamic vinegar and enjoy with your dinner!

# Week 3 Food Plan Chart

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	HTB Rejuvenate Superfood™ Smoothie	Mango Muesli with Brazil Nut Topping	HTB Rejuvenate Superfood™ Smoothie	Tofu (and Egg) Scramble with Vegetables	HTB Rejuvenate Superfood™ Smoothie	Leftover Mango Muesli with Brazil Nut Topping	HTB Rejuvenate Superfood™ Smoothie Recipe
Lunch	Harvest Bowl	Leftover Spinach & Mushroom Kasha	Lentil Quinoa Stew	Mediterranean Asian Bento Box	Leftover Harvest Bowl	Leftover Asian Sesame Ginger Bowl	Leftover Lentil Quinoa Stew
Snack	Almond Coconut Bits	HTB Rejuvenate Superfood™ Smoothie	Banana Bread	HTB Rejuvenate Superfood™ Smoothies	½ Small Avocado with Buckwheat Seasoning	HTB Rejuvenate Superfood™ Smoothies	Almond Coconut Bites
Dinner	Chicken in Parchment Paper with Spinach & Mushroom Kasha	Mixed Green Salad with Leftover Chicken & ½ Small Avocado	Mediterranean Salmon Skewers	Leftover Mediterranean Salmon Skewers	Asian Sesame Ginger Bowl	Mixed Green Salad with Leftover Chicken & ½ Small Avocado	Massaged Kale Salad with Steak

**NOTE:** On any day, you may have a smoothie of your choosing using **HTB Rejuvenate Superfood™ Advanced Protein Shake Mix**, or you may choose to take the **HTB Rejuvenate™** capsules. Choose your favorite smoothies or settle on one recipe you really enjoy and fit them in wherever you wish. It is always beneficial to add greens (e.g. spinach, baby kale, chard, etc.) to your smoothie to increase your veggie intake. We also recommend taking **Dutch Harbor Omega™** every day.

# Week 3

## Day 1

You've made it halfway through the Big Bold Health Immuno-Rejuvenation™ Meal Plan—way to go! How are you feeling compared to when you started the plan? Are you sleeping better? Do you have more energy? How do you like eating within a time frame?

Over the next week you'll have a few new recipes to try, but as always, if there are things you like from the previous weeks or if you still have some left overs in the fridge, feel free to substitute.

**As a reminder:** for best results, each day you should include the recommended dose of the HTB into your diet. You can do this in the form of the **HTB Rejuvenate Superfood™ Advanced Protein Shake Mix**, which is ideal for making smoothies that will serve as a complete meal, or by taking the capsule form of **HTB Rejuvenate™**. We also recommend using **Dutch Harbor Omega™** while on the food plan, which is a powerful marine oil superfood. This oil is extracted and expertly crafted at a state-of-the-art fishery in Alaska. Its unique composition includes a naturally occurring spectrum of omega-3 fatty acids that contain high levels of bioactive pro-resolving mediators (PRMs), which are substances that support healthy immune function, as well as all-natural forms of vitamin A and vitamin D.

**Breakfast:** HTB Rejuvenate Superfood™ Smoothie

**Lunch:** Harvest Bowl

**Snack:** Almond Coconut Bites

**Dinner:** Chicken in Parchment Paper with Spinach & Mushroom Kasha

### Harvest Bowl

Makes 2 Servings

1 cup quinoa	1 tbsp fresh chopped oregano
2 cups vegetable broth	½ tsp sea salt
¼ cup extra virgin olive oil	4 cups loosely packed spinach or mixed greens
2 tbsp fresh squeezed lemon juice	1 cup cherry or grape tomatoes, halved
1 tbsp fresh chopped thyme	1 tbsp fresh chopped oregano
1 15 oz can white beans (e.g. cannellini beans, navy beans, Great Northern beans)	1 cup cubed butternut squash (can purchase frozen)

In medium saucepan add quinoa and vegetable broth. Bring to a boil, reduce heat to medium-low, cover, and simmer for 20 minutes without stirring. Remove from heat, fluff with a fork and set aside.

In a small bowl, whisk olive oil, lemon juice, thyme, oregano, and sea salt.

To assemble a bowl, place two cups of greens in a bowl and add ½ cup cooked quinoa. Add ½ the tomatoes, ½ the squash, and ½ cup of beans to your bowl. Drizzle half of the dressing over the bowl or pack the dressing in a small jar or container and add when you're ready to eat!

## Almond Coconut Bites

Makes 12 Servings

2 cups almonds  
1 tbsp ground cinnamon  
1/8 tsp sea salt

7 Medjool dates, pitted  
3 tbsp cocoa nibs  
1/2 cup shredded coconut, unsweetened

Place the almonds, cinnamon, and sea salt into a food processor. Process until the nuts are finely ground, about 1 minute. Add the dates and process again until well combined—the mixture should have a thick, sticky consistency. Pulse in the cocoa nibs. Check to see if you can form a ball by rolling some of the mixture in your hands. If it falls apart easily, add more dates.

Spread the coconut on a plate. Scoop the nut mixture with a large spoon and roll into 1-inch balls. Roll each ball in the coconut until it's generously coated. Store the bites in the refrigerator for up to 1 week and store extras in the freezer for up to 6 months.

(Recipe from *Anti-Inflammatory Eating for a Happy, Healthy Brain*)

## Chicken in Parchment Paper with Spinach & Mushroom Kasha

Makes 4 Servings

4 boneless, skinless chicken breasts  
1 1/2 tsp sea salt, divided  
1 lemon, thinly sliced with seeds removed  
4 sprigs fresh rosemary  
1 3/4 cup mushroom or chicken broth  
1 cup toasted buckwheat groats

2 tsp avocado oil  
1 small yellow onion, diced  
1 lb cremini mushrooms, sliced  
6 cups loosely packed spinach  
1/2 tsp fresh ground pepper

Preheat oven to 400°F. Cut parchment paper into four 10" x 12" pieces. Center each chicken breast on a piece of the parchment paper. Sprinkle 1/8 teaspoon sea salt over the chicken and cover with 3 slices of lemon and 1 rosemary sprig.

Bring the edges of the parchment paper together over the center of the chicken and carefully fold the edges together, rolling the edges towards the chicken and leaving about 1/2 inch between the chicken and the folded edge. Twist both sides of the parchment together, like a Tootsie Roll wrapper. The chicken breast should be well sealed inside the parchment so no steam escapes. Repeat with 3 other packets.

Place the parchment packets on a baking pan and bake for 20-25 minutes, depending on the thickness of the chicken breasts.

While the chicken is baking, bring broth to a boil in a medium saucepan. Reduce heat to medium-low and add buckwheat groats. Cover and simmer for about 10 minutes or until the liquid is absorbed but some of the groats are still whole and slightly crunchy. Remove from heat and set aside.

In a large sauté pan, add avocado oil and set heat to medium. Stir in onion and sauté until soft (about 3 minutes). Add mushrooms and 1/2 teaspoon salt, sautéing for another 3-4 minutes and stirring occasionally. Transfer the cooked buckwheat into the sauté pan, add spinach and stir until the spinach is wilted and well combined. Season with the remaining salt and pepper.

To serve, carefully remove the chicken breasts from the parchment paper (you can keep the lemon and rosemary on top for garnish if you'd like) and place a generous scoop of the buckwheat kasha on the side.



## Day 2

Remember to prepare this morning's breakfast the following evening. It's a fun new recipe and then the rest of the day will be pretty easy with lots of leftovers!

For dinner you'll make a simple salad with mixed greens of your choice, add a piece of leftover chicken and dice up ½ a small avocado. Drizzle with a tsp of olive oil and a tsp of balsamic vinegar.

**Breakfast:** Mango Muesli with Brazil Nut Topping

**Lunch:** Leftover Spinach & Mushroom Kasha

**Snack:** HTB Rejuvenate Superfood Smoothie

**Dinner:** Mixed Green Salad with Leftover Chicken and ½ Small Avocado

### Mango Muesli with Brazil Nut Topping

Makes 4 Servings

1 ½ cups oats (can use certified gluten-free oats)

2 cups water

1 cup coconut milk (canned coconut milk works best for the recipe)

½ tsp cardamom

1 tsp cinnamon

½ tsp nutmeg

1 cup chopped mango (can be thawed frozen mango)

½ cup Brazil nuts, roughly chopped

In a large bowl combine all ingredients except for the Brazil nuts. Cover the bowl and place in the refrigerator overnight. Serve the next morning with additional coconut milk or yogurt and top with Brazil nuts.

(Recipe from *Anti-Inflammatory Eating Made Easy*)

## Day 3

You've got a hearty and nutritious Lentil Quinoa Stew to try for lunch this afternoon, it takes a little time to cook, so make sure to prep it the night before!

This morning, take out a piece of the Banana Bread from the freezer so it can thaw in time for your snack this afternoon.

**Breakfast:** HTB Rejuvenate Superfood™ Smoothie

**Lunch:** Lentil Quinoa Stew

**Snack:** Banana Bread

**Dinner:** Mediterranean Salmon Skewers

## Lentil Quinoa Stew

Makes 8 Servings

1 small white onion, chopped	3 cups water
3 carrots, diced	2 ½ cups vegetable or mushroom broth
2 celery stalks, diced	2 tsp sea salt
2 cloves garlic, minced	1 tbsp turmeric
1 cup chopped cremini mushrooms	1 tbsp cumin
1 14 oz can of diced tomatoes	1 ½ tsp sweet paprika
¾ cup French lentils	½ tsp red pepper flakes
½ cup quinoa	

Add all the ingredients in a slow cooker and stir well. Cover and cook on low for 6-7 hours.

(Recipe from *Anti-Inflammatory Eating for a Happy, Healthy Brain*)

## Mediterranean Salmon Skewers

Makes 4 Servings

4 wooden skewers	½ tsp sea salt
¼ cup avocado oil	½ lb salmon
½ tbsp fresh lime juice	1 head of broccoli, cut into florets
½ tsp lime zest	1 summer squash or zucchini, cut into 1-inch chunks
1 clove garlic, minced	12 cremini mushrooms, quartered
½ tbsp fresh mint, chopped	½ cup kalamata olives
1 tbsp fresh oregano, chopped	

Preheat oven to 375°F. Place wooden skewers in a rectangular baking dish, cover with water, and set aside to soak. In a medium bowl, combine avocado oil, lime juice, lime zest, garlic, mint, oregano, and sea salt.

Remove the skin and bones from the salmon filet (if not already done) and cut the flesh into 1½ inch cubes. Transfer to a baking dish and add the broccoli florets, squash and mushrooms. Drizzle marinade over the fish and veggies and gently toss until the salmon is well coated.

Layer the salmon, broccoli, squash, mushrooms, and olives onto the skewers, alternating the ingredients on each skewer.

Place skewers on a broiler pan and bake for 20-25 minutes, turning the skewers at the midpoint.

(Recipe from *Anti-Inflammatory Eating Made Easy*)

# Day 4

Today you'll be bringing back a tried-and-true breakfast favorite from the previous weeks, the Tofu (or Egg) Scramble with Vegetables.

**Breakfast:** Tofu (or Egg) Scramble with Vegetables

**Lunch:** Mediterr-Asian Bento Box

**Snack:** Almond Coconut Bites

**Dinner:** Leftover Mediterranean Salmon Skewers

## Tofu (or Egg) Scramble with Vegetables

Makes 2 Servings

1 tbsp avocado oil

8 oz. extra firm tofu (e.g. Wildwood organic sprouted extra firm tofu)\*

1 tbsp nutritional yeast

2 tsp ground turmeric

½ cup sliced cremini mushrooms

½ tsp sea salt

½ cup chopped Swiss chard, kale, or spinach

2 tsp wheat-free tamari sauce (or gluten-free soy sauce)

½ of an avocado sliced

Heat oil in sauté pan over medium heat. Wrap tofu in a large paper towel and gently squeeze to remove excess water. Crumble tofu and add it to the oil. Add nutritional yeast and turmeric.

Sauté for 2-3 minutes.

Add mushrooms and sea salt and sauté until mushrooms soften (about 2 minutes). Add greens and sauté for 1-2 minutes then add tamari. Transfer to a bowl and top with sliced avocado.

\* If you don't like tofu or don't eat soy, use 2 eggs in place of the tofu. Cook the eggs separately until almost done and then add them to the veggies.

(Recipe from [eatplaybe.com](http://eatplaybe.com))

## Mediterr-Asian Bento Box

Makes 1 Serving

- ¼ cup brown rice
- ½ cup water or broth
- 1 tsp wheat-free tamari or gluten-free soy sauce
- ½ tsp sesame seeds
- ½ cup shelled edamame (thawed from frozen)
- 1 medium carrots, cut into matchsticks
- 1 bell pepper, cored and sliced
- ½ English cucumber, sliced

Add the rice, water, and salt to a pot and bring to a boil. Reduce to a simmer and cover. Cook for about 25 minutes or until water is absorbed. Let sit for 10-15 minutes and fluff with a fork before serving.

Combine the brown rice, tamari, and sesame seeds.

In a bento box or container with sections, arrange the rice, edamame, carrots, peppers, and cucumber.

## Day 5

Start your day with a **HTB Rejuvenate Superfood™ Smoothie** or if smoothies aren't your thing, grab one of those Buckwheat Almond Pancakes/Waffles from the freezer!

Lunch will use up the leftovers from Monday and if you don't think you'll have a ton of time today, you can prep the vegetables for the Asian Sesame Ginger Bowl the night before.

**Breakfast:** HTB Rejuvenate Superfood™ Smoothie

**Lunch:** Leftover Harvest Bowl

**Snack:** ½ Small Avocado with Buckwheat Seasoning

**Dinner:** Asian Sesame Ginger Bowl

## Asian Sesame Ginger Bowl

Makes 4 Servings

1 cup Bhutan red rice	3 tbsp rice wine vinegar
1½ cups vegetable broth	2 tbsp wheat-free tamari or gluten-free soy sauce
1 head broccoli, cut into florets	1 tbsp tahini
1 cup frozen edamame, pre-shelled and thawed	½ tsp fresh ginger, minced
2 carrots, diced	2 tbsp sesame seeds
¼ cup toasted sesame oil	

Combine the rice and broth in a medium saucepan and bring to a boil over high heat. Cover, reduce the heat to low, and simmer for 20 minutes. Measure 1 cup of the rice for use in the salad and save the rest for an easy leftover side dish.

Chop the broccoli florets into small pieces and shred the stem. Place in a large bowl and add the edamame, and carrots. Add the rice.

In a small bowl, whisk together the oil, vinegar, tamari, tahini and ginger. Drizzle over the rice and veggies, add the sesame seeds, and toss until well coated.

(Recipe from *Anti-Inflammatory Eating for a Happy, Healthy Brain*)

## Day 6

It's an easy day because you'll be eating up some of those leftovers that have been hanging out in the fridge.

Since you don't have any prep to do, focus on how you're feeling and what you've learned over the course of the last three weeks!

**Breakfast:** Leftover Mango Muesli with Brazil Nut Topping

**Lunch:** Leftover Asian Sesame Ginger Bowl

**Snack:** HTB Rejuvenate Superfood™ Smoothie

**Dinner:** Mixed Green Salad with Leftover Chicken & ½ Small Avocado

## Day 7

It's the final day of Week 3! Today starts with a smoothie or other breakfast leftovers if you'd prefer. You'll have leftovers for lunch and then you'll enjoy a new recipe, Massaged Kale Salad with Steak.

**Breakfast:** HTB Rejuvenate Superfood™ Smoothie

**Lunch:** Leftover Lentil Quinoa Stew

**Snack:** Almond Coconut Bites

**Dinner:** Massaged Kale Salad with Steak

## Massaged Kale Salad with Steak

Makes 4 Servings

1 lb grass-fed flank or flatiron steak

1 tsp sea salt

1 tsp Italian herbs

½ tsp fresh ground pepper

¼ tsp fresh lemon zest

2 bunches Tuscan kale (also known as Dino kale)

1 avocado

3 tbsp balsamic vinegar

2 tbsp extra virgin olive oil

2 tbsp agave nectar

1 ½ tsp sea salt

2 carrots, shredded

Lay the steak out flat on a platter or baking sheet. In a small bowl, blend the salt, herbs, pepper, and lemon zest. Rub each side of the steak with the seasoning mix.

Grill the steak over direct high heat, 4 minutes per side for medium rare. Remove from the grill, cover with foil, and allow the steak to rest for 5 minutes.

Wash and dry the kale, then strip the kale from the stems, rough chop the leaves, and place them in a large bowl. Pit the avocado and scoop it into the bowl. Drizzle in the balsamic vinegar, olive oil, agave nectar, and salt. With clean hands, massage the kale, working in the avocado and hand-wilting the kale. Add the carrots and toss.

Cut the steak across the grain into thin strips. Place a mound of salad on the plate and top each salad with 4 or 5 steak strips.

(Recipe from *Anti-Inflammatory Eating Made Easy*)



# Week 4 Food Plan Chart

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Super Charged Steel Cut Oats	HTB Rejuvenate Superfood™ Smoothie	Leftover Buckwheat Almond Pancakes/Waffles	HTB Rejuvenate Superfood™ Smoothie	Fresh Berry Parfait with Coconut Cashew Cream	HTB Rejuvenate Superfood™ Smoothie	Leftover Super Charged Steel Cut Oats
Lunch	Leftover Massaged Kale Salad with Steak	Leftover Lentil Quinoa Stew	HTB Rejuvenate Superfood™ Smoothie	Leftover Turkey Chili	Leftover Spinach & Mushroom Kasha Bowl with Chicken	Leftover Buckwheat Beans, Greens, and Grains Bowl	Leftover Lentils & Groats with Leafy Greens with Chicken
Snack	HTB Rejuvenate Superfood™ Smoothie	½ Small Avocado with Buckwheat Seasoning	Almond Coconut Bites	¼ cup Hummus with 1 cup Raw Vegetables	HTB Rejuvenate Superfood™ Smoothie	Banana Bread	HTB Rejuvenate Superfood™ Smoothie
Dinner	Turkey Chili	Spinach & Mushroom Kasha Bowl with Roasted Chicken	Buckwheat Beans, Greens, and Grains Bowl	Baked Cod with Black Rice & Sautéed Greens	Lentils & Groats with Leafy Greens	Roasted Salmon with Roasted Brussels Sprouts & Leftover Black Rice	Mixed Greens with Leftover Roasted Salmon & Brussels Sprouts

**NOTE:** On any day, you may have a smoothie of your choosing using **HTB Rejuvenate Superfood™ Advanced Protein Shake Mix**, or you may choose to take the **HTB Rejuvenate™** capsules. Choose your favorite smoothies or settle on one recipe you really enjoy and fit them in wherever you wish. It is always beneficial to add greens (e.g. spinach, baby kale, chard, etc.) to your smoothie to increase your veggie intake. We also recommend taking **Dutch Harbor Omega™** every day.

# Week 4

## Day 1

You've made it to the final week of the Food Plan! Hopefully you're feeling more energized and ready to take on your day now that you've been eating this way for a few weeks. Remember to continue to customize the plan so it works for you and begin to think about the habits you've established that you'd like to continue.

**As a reminder:** for best results, each day you should include the recommended dose of the HTB into your diet. You can do this in the form of the **HTB Rejuvenate Superfood™ Advanced Protein Shake Mix**, which is ideal for making smoothies that will serve as a complete meal, or by taking the capsule form of **HTB Rejuvenate™**. We also recommend using **Dutch Harbor Omega™** while on the food plan, which is a powerful marine oil superfood. This oil is extracted and expertly crafted at a state-of-the-art fishery in Alaska. Its unique composition includes a naturally occurring spectrum of omega-3 fatty acids that contain high levels of bioactive pro-resolving mediators (PRMs), which are substances that support healthy immune function, as well as all-natural forms of vitamin A and vitamin D.

**Breakfast:** Super Charged Steel Cut Oats

**Lunch:** Leftover Massaged Kale with Steak

**Snack:** HTB Rejuvenate Superfood Smoothie

**Dinner:** Turkey Chili

## Super Charged Steel Cut Oats

Makes 3 Servings

Steel cut oats are less processed than regular oats and hence need longer to cook. You may wish to soak the oats overnight in water or an unsweetened milk alternative such as almond or coconut milk. This will shorten the usual cooking time to about 10 minutes. The nuts and fruit can also be prepared ahead of time.

2 cups water or unsweetened milk alternative (almond, coconut, oat, etc.)  
½ cup steel cut oats  
Pinch of sea salt  
2 tbsp slivered or sliced almonds  
2 tbsp pumpkin seeds

2 tbsp sunflower seeds  
⅓ cup chopped dried unsweetened apricots, apples, or cherries OR fresh blueberries  
Dash of cinnamon  
Unsweetened milk alternative (almond, coconut, oat, etc.) or plain full fat yogurt

Bring water to a boil and slowly stir in steel cut oats and salt. When mixture begins to thicken, reduce heat and simmer for about 20 minutes, stirring occasionally, until desired consistency. If you chose to soak the oats overnight it only takes about 10 minutes to cook.

For the nuts and seeds, heat a heavy cast iron skillet over low heat and add almonds and seeds. Cook very slowly for about 5-7 minutes, until nuts and seeds are gently toasted. Remove from heat and reserve.

Take ⅓ of the oats and put in a bowl, top with 2 tbsp mixed nuts and seeds and 2-3 tbsp fruit (dried or fresh). Sprinkle with cinnamon and add milk if desired. Reserve the remaining fruit, nuts and seeds, and oatmeal for another morning. Be sure to refrigerate the oatmeal in an airtight container.

## Turkey Chili

Makes 4 Servings

1 lb ground turkey  
1 15 oz can of tomatoes (undrained), diced  
1 15 oz can red kidney beans, drained  
½ can of tomato sauce  
½ medium onion, chopped  
⅛ cup dry red wine (optional)  
½ tsp dried parsley flakes  
½ tsp dried basil

½ tsp dried oregano  
¼ tsp fresh ground pepper  
¼ tsp ground cinnamon  
1 clove garlic, minced  
¼ tsp crushed red pepper  
1 tbsp chili powder  
1 bay leaf

In a 4-quart Dutch oven cook the turkey until it is no longer pink. Drain off fat. Stir in remaining ingredients. Simmer uncovered for 45 minutes, stirring occasionally. Please remove bay leaf before serving.

Vegetarian option: Omit turkey and add 1 cup cauliflower pieces; ½ large sweet potato, diced; ½ chopped green bell pepper; 1 chopped carrot; ¼ lb chopped mushrooms; and 1 cup fresh or frozen cut green beans to the ingredients listed above. Bring mixture to a boil. Simmer uncovered until vegetables are tender, about 30 minutes.

## Day 2

Today you'll start the day with a smoothie, have some leftovers for lunch, and then you'll finish the day with a nutritious bowl with some roasted chicken!

**Breakfast:** HTB Rejuvenate Superfood™ Smoothie

**Lunch:** Leftover Lentil Quinoa Stew

**Snack:** ½ Small Avocado with Buckwheat Seasoning

**Dinner:** Spinach & Mushroom Kasha Bowl with Roasted Chicken

### Easy Roasted Chicken

Makes 4 Servings

8 small boneless, skinless chicken thighs

1-2 tbsp avocado oil

Sea salt & pepper to season

Preheat the oven to 425°F. Put the chicken thighs in a bowl and toss with the avocado oil until coated. Place in a single layer on a baking sheet and season with salt & pepper. Cook for 20-25 minutes depending on how thick the chicken thighs are.

### Spinach & Mushroom Kasha Bowl

Makes 4 Servings

1 ¾ cup mushroom or chicken broth

1 cup toasted buckwheat groats

2 tsp avocado oil

1 small yellow onion, diced

1 lb cremini mushrooms, sliced

6 cups loosely packed spinach

½ tsp fresh ground pepper

Bring broth to a boil in a medium saucepan. Reduce heat to medium-low and add buckwheat groats. Cover and simmer for about 10 minutes or until the liquid is absorbed but some of the groats are still whole and slightly crunchy. Remove from heat and set aside.

In a large sauté pan, add avocado oil and set heat to medium. Stir in onion and sauté until soft (about 3 minutes). Add mushrooms and ½ teaspoon salt, sautéing for another 3-4 minutes and stirring occasionally. Transfer the cooked buckwheat into the sauté pan, add spinach and stir until the spinach is wilted and well combined. Season with the remaining salt and pepper.

## Day 3

You should have one more Buckwheat Almond Pancake/Waffle left in the freezer, if not, no problem! You can whip-up another batch of this quick and easy breakfast.

Lunch is leftovers and dinner is an amazing recipe from Week 2!

**Breakfast:** Leftover Buckwheat Almond Pancakes/Waffles

**Lunch:** HTB Rejuvenate Superfood™ Smoothie

**Snack:** Almond Coconut Bites

**Dinner:** Buckwheat Beans, Greens, and Grains Bowl

### Buckwheat Almond Waffles/Pancakes

Makes 4-5 Servings

1 cup buckwheat flour

1 cup almond flour

1 tbsp baking powder

1 tsp sea salt

½ cup avocado oil (use only 3 Tbsp oil for pancakes)

2 eggs, beaten

2 cups buttermilk (or almond or coconut milk, soured with 2 Tbsp white vinegar)\*

Fresh or frozen blueberries

2 tbsp coconut palm sugar (this is optional and not necessary if topping with fruit or syrup)

Preheat a waffle iron according to manufacturer's instructions. Or heat a skillet with a little coconut oil if making pancakes.

In a medium bowl, stir together buckwheat flour, almond flour, baking powder, and salt. In a small bowl, mix avocado oil, eggs, and milk, stirring until well combined. Slowly add the wet ingredients to the dry, stirring until just combined (be careful not to over mix). If you find the mixture to be too thick you can add a bit more milk until it thins out.

Ladle batter into preheated waffle iron (or preheated skillet if making pancakes). Sprinkle several blueberries over the batter and cook until golden and crisp, turning once. Top with fresh fruit or butter and real maple syrup or unsweetened apple butter or apple sauce.

\*The buttermilk is an important part of this recipe as it makes the pancakes much lighter. If you are dairy free, it is simple to measure 2 Tbsp white vinegar or lemon juice into a 2 cup liquid measuring cup and fill to the 2 cups mark with your substitute milk.

If you just made these for you, chances are there's a lot of leftover batter. Make all of the waffles/pancakes and freeze them for an easy breakfast later!

## Buckwheat Beans, Greens, and Grains Bowl

Makes 4 Servings

1 cup dry toasted buckwheat groats	3 tbsp extra virgin olive oil
2 ½ cups mushroom broth	3 tbsp chopped fresh mint
1 tsp cumin	¼ cup chopped fresh parsley
½ tsp coriander	¼ cup chopped fresh basil
½ tsp sea salt	¾ cup fresh watercress
¾ cup chickpeas, rinsed and drained	1 large tomato, seeded and chopped
3 tbsp fresh lemon juice	½ cup shredded carrots
1 tbsp lemon zest	1 medium avocado, pitted and sliced

Toast buckwheat groats in a small skillet over medium heat, stirring frequently, until they begin to brown (about 5 minutes). Transfer into a medium saucepan, add broth, cumin, coriander, and sea salt, and bring to a boil. Reduce heat to low, cover, and allow to simmer until groats soften and liquid is absorbed (about 10 minutes).

In a medium bowl combine groats, chickpeas, lemon juice, lemon zest, and olive oil. Refrigerate for 10 minutes to cool.

Once cooled to room temperature, add mint, parsley, basil, watercress, tomato, and carrots and gently stir until ingredients are well combined. Add a ¼ of the mixture to a bowl, top with sliced avocado, and enjoy!

## Day 4

Can you believe it? You're more than halfway through your final week of the Food Plan. Way to go!

**Breakfast:** HTB Rejuvenate Superfood™ Smoothie

**Lunch:** Leftover Turkey Chili

**Snack:** ¼ cup Hummus with 1 cup Raw Vegetables

**Dinner:** Baked Cod with Black Rice & Sautéed Greens

### Easy Baked Cod

Makes 2 Servings

8 oz cod filet  
1 tbsp avocado oil  
Sea salt & pepper to season

Preheat the oven to 400°F. Coat cod filet in avocado oil and season with salt and pepper. Place cod on a baking sheet and cook for 4-5 minutes on each side, being careful not to overcook. Remember the fish will continue to cook a little after you've taken it out of the oven. Anything more will tend to dry out the fish.



## Black Rice

Makes 4 Servings

1 cup black rice  
2 cups water or broth  
1 tsp sea salt

Add the rice, water or broth, and salt to a pot and bring to a boil. Reduce to a simmer and cover. Cook for about 45 minutes. Let sit for 10-15 minutes and fluff with a fork before serving.

## Simple Sautéed Greens

Makes 4 servings

2 tbsp avocado oil  
1 small yellow onion, diced  
2 cloves garlic, minced  
1 cup mushrooms, sliced  
8 cups chopped, loosely packed spinach collard greens, kale or Swiss chard  
1-2 tbsp wheat-free tamari or gluten-free soy sauce

Heat avocado oil in large sauté pan. Add onion, garlic and mushrooms and sauté until soft (about 5 minutes). Slowly mix in greens and stir continuously until they turn bright in color and are slightly wilted (about 2-3 minutes). Do not overcook.

Remove from heat and add tamari or soy sauce. Toss and serve immediately.

(Recipe from [eatplaybe.com](http://eatplaybe.com))

# Day 5

You've got a new breakfast recipe to try this morning, the Fresh Berry Parfait with Coconut Cashew Cream. It's quick and easy and really tasty!

Lunch uses up some of the leftovers you've got in your fridge and dinner is another new recipe to mix things up.

**Breakfast:** Fresh Berry Parfait with Coconut Cashew Cream

**Lunch:** Leftover Spinach & Mushroom Kasha Bowl with Chicken

**Snack:** HTB Rejuvenate Superfood™ Smoothie

**Dinner:** Lentils & Groats with Leafy Greens

## Fresh Berry Parfait with Coconut Cashew Cream

Makes 2 Servings

1 cup raw cashews  
½ cup unsweetened full fat coconut milk  
2 tsp honey  
1 tsp cinnamon  
2 cups berries (blueberries, raspberries, blackberries, strawberries – any combination of berries will work!)

Place the cashews, coconut milk, honey, and cinnamon in a food processor. Blend until smooth—it should be the texture of creamy peanut butter. If mixture is too thick, slowly drizzle in some water and blend until it reaches the desired texture.

Scoop two large spoonfuls of the cashew cream into the bottom of a small parfait glass. Add ½ cup berries, topped with another layer of cashew cream. Finish with the remainder of the berries on top.

(Recipe from *Anti-Inflammatory Eating Made Easy*)

## Lentils & Groats with Leafy Greens

Makes 4 Servings

¼ cup dry black lentils (caviar lentils) or French/brown lentils	¼ tsp ground coriander
1 ½ cups vegetable or chicken broth	½ tsp sea salt
¼ cup buckwheat groats	1 cup loosely packed spinach
3 tbsp olive oil	1 cup loosely packed baby kale (or ½ cup very finely chopped Tuscan kale)
¼ tsp ground paprika	½ cup shredded carrots
¼ tsp fresh ground pepper	½ cup thinly sliced red peppers
¼ tsp ground turmeric	2 tbsp finely chopped green onions
⅛ tsp cayenne pepper	1 tsp apple cider vinegar
¼ tsp nutmeg	

In a medium saucepan, combine lentils and broth and bring to a boil. Reduce to medium-low heat and simmer for 15 minutes. Add buckwheat groats and continue to simmer for an additional 10 minutes. Remove from heat, cover and let rest (more of the liquid will absorb).

In a small bowl whisk olive oil, paprika, ground pepper, turmeric, cayenne, nutmeg, coriander and sea salt.

Transfer lentils and buckwheat into a large bowl, add spinach, kale, carrots, peppers and onions. Toss with oil and spice mix until well coated. Drizzle apple cider vinegar in and gently toss. Refrigerate for 20-30 minutes before serving.

# Day 6

Why not start your day with a smoothie you haven't tried yet? As a reminder, if you aren't into smoothies you can always have leftover parfait for breakfast! Lunch is leftovers and dinner is a nourishing and easy meal, serve it with some leftover black rice.

**Tip:** you can heat the rice in a pan with a little ghee or avocado oil and it get's nice and crispy!

**Breakfast:** HTB Rejuvenate Superfood™ Smoothie

**Lunch:** Leftover Buckwheat Beans, Greens, and Grains Bowl

**Snack:** Banana Bread

**Dinner:** Roasted Salmon & Roasted Brussels Sprouts with Leftover Black Rice

## Roasted Salmon

Makes 2 Servings

8 oz salmon filet  
1 tbsp avocado oil  
Sea salt & pepper to season

Preheat the oven to 400°F. Coat salmon filet in avocado oil and season with salt and pepper. Place salmon on a baking sheet and cook for 4-5 minutes on each side, being careful not to overcook. Remember the fish will continue to cook a little after you've taken it out of the oven. Salmon should be somewhat rare and juicy in the center layer but you can cook it to medium if you prefer. Anything more will tend to dry out the fish.

## Roasted Brussels Sprouts

Makes 4 Servings

1 bag of Brussels sprouts, cleaned and cut in half  
1-2 tbsp avocado oil  
Salt & pepper to season

Preheat the oven to 400°F. Toss the Brussels sprouts with avocado oil to coat and place in a single layer on a baking sheet. Season with salt & pepper. Roast until they are browned (about 25-30 minutes). Let cool for a few minutes and then enjoy!

# Day 7

Today is the last day of the four-week Food Plan! Congratulations on changing your eating and your habits over the last several weeks. Reflect on how you feel overall and what changes you'd like to stick to going forward.

**Breakfast:** Leftover Super Charged Steel Cut Oats

**Lunch:** Leftover Lentils & Groats with Leafy Greens and Chicken

**Snack:** HTB Rejuvenate Superfood Smoothie

**Dinner:** Mixed Greens with Leftover Roasted Salmon & Brussels Sprouts

# Smoothie Recipes

On any day, you may have a smoothie of your choosing using **HTB Rejuvenate Superfood™ Advanced Protein Shake Mix**, or you may choose to take the **HTB rejuvenate™** capsules. Choose your favorite smoothies or settle on one recipe you really enjoy and fit them in wherever you wish. It is always beneficial to add greens (e.g. spinach, baby kale, chard, etc.) to your smoothie to increase your veggie intake. We also recommend taking **Dutch Harbor Omega™** every day.

## Creamy Cashew Delight

Makes 1 Serving

½ cup unsweetened milk alternative\* (favorite choice = hemp milk)  
½ cup full fat coconut milk  
2 dates, pitted  
1 tbsp cashew butter  
1 scoop HTB Rejuvenate Superfood™ Advanced Protein Shake Mix

Place all ingredients in the blender and blend until smooth.

\*Unsweetened milk alternatives include full fat (canned) or boxed coconut milk, hemp, almond, oat, flax, macadamia, or soymilk. Flavorings, such as vanilla, should be ok, as long as there are no added sweeteners.

## Blueberries Gone Wild

Makes 1 Serving

⅓ cup unsweetened milk alternative\*  
½ cup frozen wild blueberries  
½ cup frozen mango chunks  
½ ripe banana  
1 scoop HTB Rejuvenate Superfood™ Advanced Protein Shake Mix

Place all ingredients in the blender and blend until smooth.

\*Unsweetened milk alternatives include full fat (canned) or boxed coconut milk, hemp, almond, oat, flax, macadamia, or soymilk. Flavorings, such as vanilla, should be ok, as long as there are no added sweeteners.

## Probiotic Powerhouse (featuring pre- & probiotics)

Makes 1 Serving

½ cup cultured cashew milk or plain kefir  
½ cup pear juice  
6 strawberries  
½ banana  
1 scoop HTB Rejuvenate Superfood™ Advanced Protein Shake Mix

## **Nutty Cold Brew**

Makes 1 Serving

- ½ cup cold coffee
- ½ cup unsweetened milk alternative\*
- 1 tbsp almond or cashew butter
- 2 dates, pitted
- 1 scoop HTB Rejuvenate Superfood™ Advanced Protein Shake Mix

Place all ingredients in the blender and blend until smooth.

\*Unsweetened milk alternatives include full fat (canned) or boxed coconut milk, hemp, almond, oat, flax, macadamia, or soymilk. Flavorings, such as vanilla, should be ok, as long as there are no added sweeteners.

## **Coco POM**

Makes 1 Serving

- ½ cup pomegranate juice
- ½ cup full fat coconut milk
- 1 scoop HTB Rejuvenate Superfood™ Advanced Protein Shake Mix  
(can add ice if desired)

Place all ingredients in the blender and blend until smooth.

## **Beet-Carrot Whole Juice**

Makes 1 Serving

- 1 large or 2 small beets, scrubbed and quartered
- 2 carrots
- Fresh ginger (1-inch nob, peeled)
- ½ cup frozen pineapple chunks
- ½-¾ filtered water
- 1 scoop HTB Rejuvenate Superfood™ Advanced Protein Shake Mix

Place all ingredients in a high-speed blender and blend until smooth.

## Cocoa Coconut

Makes 1 Serving

2 tbsp cocoa nibs  
1 tbsp ground flaxseed  
1 tbsp unsweetened coconut flakes  
1 tbsp unsweetened cocoa powder  
1 date, pitted  
½ cup full-fat coconut milk  
½ cup unsweetened milk alternative\*  
1 scoop HTB Rejuvenate Superfood™ Advanced Protein Shake Mix

Place all ingredients in a blender and blend until smooth.

\*Unsweetened milk alternatives include full fat (canned) or boxed coconut milk, hemp, almond, oat, flax, macadamia, or soymilk. Flavorings, such as vanilla, should be ok, as long as there are no added sweeteners.

## Strawberry Banana

Makes 1 Serving

½ cup frozen or fresh strawberries  
1 frozen, ripe banana  
1 tsp vanilla extract  
1 tbsp chia seeds  
1 cup unsweetened milk alternative\*  
1 scoop HTB Rejuvenate Superfood™ Advanced Protein Shake Mix

Place all ingredients in a blender and blend until smooth.

\*Unsweetened milk alternatives include full fat (canned) or boxed coconut milk, hemp, almond, oat, flax, macadamia, or soymilk. Flavorings, such as vanilla, should be ok, as long as there are no added sweeteners.

## Matcha Melody

Makes 1 Serving

½ frozen, ripe banana  
1 handful of spinach  
1 date, pitted  
1 cup unsweetened milk alternative\*  
1 tsp matcha powder  
1 tsp vanilla extract  
1 scoop HTB Rejuvenate Superfood™ Advanced Protein Shake Mix

Place all ingredients in a blender and blend until smooth.

\*Unsweetened milk alternatives include full fat (canned) or boxed coconut milk, hemp, almond, oat, flax, macadamia, or soymilk. Flavorings, such as vanilla, should be ok, as long as there are no added sweeteners.

## Antioxidant Berry

Makes 1 Serving

¼ cup fresh or frozen blueberries  
¼ cup fresh or frozen strawberries  
¼ cup fresh or frozen raspberries  
1 cup unsweetened milk alternative\*  
1 tbsp chia seeds  
1 scoop HTB Rejuvenate Superfood™ Advanced Protein Shake Mix

Place all ingredients in a blender and blend until smooth.

\*Unsweetened milk alternatives include full fat (canned) or boxed coconut milk, hemp, almond, oat, flax, macadamia, or soymilk. Flavorings, such as vanilla, should be ok, as long as there are no added sweeteners.

## AB & Banana

Makes 1 Serving

1 frozen, ripe banana  
1 tbsp organic unsweetened almond butter  
1 cup unsweetened milk alternative\*  
1 tbsp ground flaxseed  
1 tsp ground cinnamon  
1 scoop HTB Rejuvenate Superfood™ Advanced Protein Shake Mix

Place all ingredients in a blender and blend until smooth.

\*Unsweetened milk alternatives include full fat (canned) or boxed coconut milk, hemp, almond, oat, flax, macadamia, or soymilk. Flavorings, such as vanilla, should be ok, as long as there are no added sweeteners.



# BBH Immuno-Rejuvenation™ Food Plan Nutrition

Recipe	Calories	Protein (g)	Carbs (g)	Fat (g)	Chol (g)	Fiber (g)
Super Charged Steel Cut Oats	187	8	23	9	0	4
Southwest Bean Salad	205	8	28	7	0	8
Cononut Brown Rice	137	2	12	9	0	1
Simple Sautéed Greens	106	4	7	7	0	1
Sundried Tomato & Artichoke Tapenade	66	2	7	3	0	0.5
Oven Roasted Chicken & Vegetables	488	32	7	35	185	1
Buckwheat Tabbouleh	172	4	23	8	0	3
Buckwheat Apple Pie Porridge <b>*grits not included</b>	204	5	25	10	0	4
Tofu (or Egg) Scramble with Vegetables	290	18	10	21	0	5
Banana Bread	233	5	25	15	36	3

# BBH Immuno-Rejuvenation™ Food Plan Nutrition

Recipe	Calories	Protein (g)	Carbs (g)	Fat (g)	Chol (g)	Fiber (g)
Buck-wheat with Zucchini, Peppers, and Musrooms	178	5	26	6	0	4
Crispy Broccoli & Cauli-flower with Cashew Drizzle	221	10	19	14	0	7
Buckwheat Almond Waffles/ Pancakes	388	15	27	25	94	6
Turkey Salad Collard Wrap	300	41	17	8	91	7
Lentil Sweet Potato Curry	247	12	48	23	0	11
Avocado Almond Salad with Arame	269	4	15	23	0	7
Slow Cooked Beef, Broccoli, and Mushroom Stew	223	16	17	118	38	4
Asparagus Buckwheat Salad with Kale Pesto	253	9	25	17	0	7
Overnight Oats & Groats	163	9	21	8	0	8

# BBH Immuno-Rejuvenation™ Food Plan Nutrition

Recipe	Calories	Protein (g)	Carbs (g)	Fat (g)	Chol (g)	Fiber (g)
Buckwheat Beans, Greens, and Grains Bowl	489	15	64	21	0	13
Buckwheat Polenta with Ratatouille	187	9	49	8	0	9
Lentils Groats & Leafy Greens	193	5	19	11	0	4
Harvest Bowl	568	17	60	30	0	15
Almond Coconut Bites	165	5	9	13	0	4
Parchment Paper Chicken with Spinach & Mushroom Kasha	367	37	41	7	86	7
Lentil Quinoa Stew	125	6	22	1	0	6
Mediterranean Salmon Skewers	245	11	7	20	21	2
Mediterranean Bento Box	306	15	49	6	0	10
Mango Muesli with Brazil Nut Topping	333	8	29	21	0	5

# BBH Immuno-Rejuvenation™ Food Plan Nutrition

Recipe	Calories	Protein (g)	Carbs (g)	Fat (g)	Chol (g)	Fiber (g)
Asian Sesame Ginger Bowl	457	15	58	21	0	10
Massaged Kale Salad with Steak	414	28	26	23	73	5
Turkey Chili	297	27	26	8	70	7
Fresh Berry Parfait with Coconut Cashew Cream	513	12	46	35	0	6
Creamy Cashew Delight	300	5	21	22	0	2
Blueberries Gone Wild	202	3	44	4	0	5
Pre- and Probiotic Powerhouse	232	3	44	4	0	5
Nutty Cold Brew	186	5	17	13	0	3
Coco POM Smoothie	296	3	22	24	0	0
Beet-Carrot Whole Juice	156	4	38	1	0	1
Sesame Buckwheat Seasoning <b>*grits not included</b>	25	2	1	1	0	1