

the
adrenal
reset
diet

**PROGRAM
RECIPES**



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SAMPLE RECIPES

BREAKFAST

BREAKFAST PARFAIT

Yield: 4 servings as main dish

Prep time: 3 minutes

Cook time: n/a

Ingredients:

- 2 cups nonfat unsweetened coconut yogurt
- 2 servings of vanilla flavored vegetable based protein powder
- 1/2 cup flax seeds
- 1 cup diced banana. To prevent insulin reactions use under-ripe bananas with green on the skin
- 1/8 teaspoon almond extract
- Liquid stevia or lo han to taste

Instructions

1. Mix all dry ingredients in 1 quart mixing bowl.
2. Stir in almond extract.
3. Liquid stevia or lo han to taste



CALIFORNIA DREAMING SOUP

This is one of our families favorite breakfasts. I make a batch at night, throw it in the refrigerator and have tomorrow's breakfast ready to go. That's a great time saver. Besides, soups always seem to taste better after they have had some time to let the flavors mingle.

Any leftover vegetables can be added in as optional ingredients.

Yield: 4 servings as main dish

Prep time: 3 minutes

Cook time: 2 minutes

Ingredients

- 1 1/3 medium sized ripe avocados, pitted and peeled
- 1 quart of organic chicken or vegetable broth.
- 2 chicken breasts, cooked and diced.
- 1/2 teaspoon dried turmeric
- 1/2 teaspoon dried ginger
- 1 cup of black beans

Instructions

1. Blend avocados, broth and turmeric until smooth.
2. Pour into 2 quart saucepan.
3. Add chicken and cooked black beans
4. Gently heat until warm.

CHOCOLATE PUDDING



This is an amazing dish that even the fussiest of eaters will love. Please note this is one you make the night before and let refrigerate overnight.

Yield: 4 servings as main dish

Prep time: 3 minutes

Cook time: n/a

Ingredients

- 2 cups unsweetened coconut milk
- 2 bananas, unripe with some green skin, diced
- 1/4 cup of cocoa powder (for those who are 'Crashed' or caffeine sensitive use carob powder.)
- 4 serving vanilla flavored vegetable based protein powder
- 1/4 cup chia seeds
- 1/4 cup sunflower seeds
- 1 teaspoon vanilla extract
- Liquid stevia or lo han powder to taste

Instructions

1. Mix all liquid ingredients in 1 quart mixing bowl
2. Stir in the bananas and remaining ingredients
3. Cover and place in refrigerator overnight, serve chilled



BREAKFAST CHILI

Chili for breakfast? Try it and see how much your metabolism skyrockets! With spices, resistant fiber, veggies and quality protein, this will power your day like none other. This is my personal favorite breakfast. Typically I'll make up a large batch on Sunday evening and be set on breakfast for the coming week. Each morning requires just a minute to warm it up.

Yield: 4 servings as main dish

Prep time: 3 minutes

Cook time: 10 minutes

Ingredients

- 1 pound 95% lean or leaner ground beef or turkey
- 4 tablespoons of macadamia oil or grape seed oil
- 1 cup of your favorite mild salsa. Look for lower salt and sugar free. Salsa verde makes an exotic taste.
- 1-3 tbsp chili powder
- 1 cup of black beans, cooked and rinsed. Canned are fine.
- 2 cups arugula leaves or other greens

Optional ingredients: just about any vegetables. Great ones include onions, mushrooms, cabbage, celery or green chilis.

Instructions

1. In a 2 quart saucepan brown meat in the oil
2. Add salsa, chili powder and beans, heat
3. Gently add arugula leaves and heat until they are wilted.

Serve

Optional garnishes: diced onion, cilantro, parsley, lime

LOWER CARB MUESLI



Maximilian Bircher-Benner was a Swiss physician who developed Muesli around the turn of the last century. It was inspired from a mixture he and his wife used while hiking in the Swiss Alps. He served it as a healthy breakfast food for hospitalized patients. Oats are used in this low carb recipe. In a raw state, they are high enough in resistant starch to not cause significant insulin production.

Yield: 4 servings as main dish

Prep time: 3 minutes

Cook time: n/a

Ingredients

- 3/4 cup organic gluten free oats
- 1/2 cup shredded, unsweetened coconut flakes
- 1 serving vanilla flavored vegetable based protein powder
- 1/4 cup ground flax meal
- 1/4 cup freeze dried unsweetened blueberries
- 1 tsp vanilla extract
- liquid stevia to taste

Instructions

1. Mix all dry ingredients in 1 quart mixing bowl
2. Stir in vanilla
3. Add in stevia to taste

Optional garnishes: can serve with 1/2 cup unsweetened coconut beverage

SAMPLE RECIPES

LUNCH

SALMON WALDORF SALAD

Waldorf salads come in all types but the original base includes apples, walnuts and celery. This version is quick to prepare and makes a complete meal. Perfect for lunch. This recipe will make enough for you and a spouse or child. You can also keep it all for yourself and eat 1/2 for lunch the following day. If you do plan to save some, be sure to wait until you are ready to eat it to add the dressing.

Yield: 2 servings as main dish

Prep time: 10 minutes

Cook time: n/a

Ingredients

- Salad
- 6 cups washed and torn lettuce. Try any blend of escarole, endive or romaine.
- 6 ounces canned wild salmon packed in water
- 1/2 granny smith apple, diced
- 1/4 cup walnut halves
- 2 ribs of celery, diced
- 1/2 cup garbanzo beans, rinsed

Dressing

Soy-Free Veganaise brand egg-free mayonnaise

Instructions

1. Mix all ingredients in 2 quart mixing bowl
2. Toss with dressing prior to serving



SOUTHWEST CHIPOTLE SALAD

Chipotle is a seasoning made from smoked jalapeno peppers; it has a deliciously unique smoky flavor. Do not despair if you are not a fan of spicy foods. Small amounts of chipotle give more flavor than heat.

Yield: 4 servings as main dish

Prep time: 15 minutes

Cook time: n/a

Ingredients

- 8 cups washed and torn greens (Try a blend of romaine, spinach and shredded cabbage)
- 2 cooked and diced chicken breasts
- 1/2 cup finely sliced red onion
- 2 cups broccoli florets
- 1 cup cherry tomatoes (cherry tomatoes work great in pre-made salads, they prevent it from getting all wet)
- 2 cups black beans, rinsed

Dressing

- 1/2 cup non-fat unsweetened coconut yogurt
- 1 1/3 ripe avocado, peeled and seeded
- 1/3 cup lemon juice
- 1 clove garlic
- 1/4 - 1/2 tsp ground chipotle or a few shakes of Tabasco brand Chipotle flavored hot sauce

Instructions

1. Mix all ingredients in 2 quart mixing bowl
2. Stir in dressing prior to serving



LENTIL PATE

Traditional French Pate is made from minced liver and seasonings and is served on toast. This is a self-contained meal with a similar flavor but tons of fiber, good quality protein and lots of antioxidants. You can whip up 1-2 batches of these in no time and have a portable and tasty lunch ready to go.

Yield: 12 Pates as main dish, 2-3 per serving

Prep time: 10 minutes

Cook time: 30 minutes

Ingredients

- 2 cup Green lentils, cooked or canned
- 12 ounces of diced chicken breast, cooked
- 2 cups sliced button mushrooms
- 1 red bell pepper diced
- 1 small red onion diced
- 2 cloves garlic minced
- Sea salt 1/2 teaspoon
- Pepper 1/2 teaspoon
- 1/2 teaspoon chili powder
- 1/2 teaspoon turmeric
- 4 Macadamia or grape seed oil

Instructions

1. Preheat oven to 350° F.
2. Sauté mushrooms, red pepper and onion with 1-2 teaspoons of oil
3. Add seasonings when vegetables soften.
4. Mix all ingredients in 2 quart mixing bowl.
5. Spoon into lightly oiled muffin tins, filling nearly to the top.
6. Bake for 20-25 minutes or until firm.

SPINACH BEAN SOUP WITH PRAWNS

Here is another great lunch dish that can be made in the morning or in advance. Bring a batch for your co-workers, they will be amazed at your culinary skills. You don't have to tell them that it only took 10 minutes. Note that this recipe uses canned coconut milk for cooking, this is not the same as the coconut beverage in soft packs.

Yield: 4 servings

Prep time: 10 minutes

Cook time: 10 minutes

Ingredients

- 2 cans of coconut milk
- 2 cups black beans
- 6 cups washed spinach leaves
- 1 pound prawns cooked and tails removed
- 1 small red onion, diced
- 1 clove garlic, minced
- Sea salt 1/2 teaspoon
- Pepper 1/2 teaspoon
- 1 teaspoon chili powder
- 1 pinch cayenne pepper
- 1-2 tbsp Macadamia or grape seed oil

Instructions

1. Sauté onion in 2-quart saucepan with 1-2 teaspoons of oil
2. When onions start to soften, add prawns and cook for 1 minute
3. Add remaining ingredients, except spinach. Simmer 10 minutes. Add spinach and heat until wilted
4. Can be topped with a tablespoon of diced cashews

SAMPLE RECIPES DINNER

GROUND TURKEY CASSEROLE

If your evenings are really tight, consider prepping this in the morning and putting it in to bake when you get home. This one has a handwritten 'A+' in our family cookbook. Cook the quinoa ahead of time or buy it pre-cooked.

Yield: 4 servings

Prep time: 10 minutes

Cook time: 30 minutes

Ingredients

- 1 cup cooked and drained navy beans
- 2 cups quinoa, cooked
- 1/2 pound ground turkey, lean
- 1 cup coconut milk beverage
- 1 cup sweet onion, diced
- 1 1/2 cups sliced or pre-shredded carrots
- 1 1/2 cups asparagus, cut into 1 inch pieces
- 2 cups shredded green cabbage
- 1 cup vegetable broth or broth made from Better than Bullion
- Sea salt 1/2 teaspoon
- Pepper 1/4 teaspoon
- 1 teaspoon turmeric powder
- 1 teaspoon coriander powder
- Macadamia or grape seed oil

Instructions

1. Preheat oven to 350 degrees Fahrenheit
2. Sauté ground turkey in skillet with 1 teaspoons of the oil
3. In a blender combine navy beans, 1/2 the coconut milk, and spices. Blend until smooth.
4. Mix cooked turkey, contents of blender and all other ingredients in a large casserole dish
5. Bake uncovered for 25-30 minutes

This can be a stand-alone dish or go with a mixed green salad



SEASONED RICE & VEGGIES

Even if you are not vegetarian or vegan, it is good to have an occasional vegetarian dinner. Make sure it is high in fiber and includes some healthy carbohydrates. Be sure to stick with a single serving.

Yield: 4 servings

Prep time: 10 minutes

Cook time: 55 minutes

Ingredients

- 1 1/2 cups brown rice, dry
- 3 cups vegetable broth
- 1 tablespoon miso
- 2 teaspoons toasted sesame oil
- 1 cup mushrooms, quartered
- 1/2 cup diced white onion
- 1/2 cup zucchini sliced
- 1/2 cup red pepper sliced
- 1 teaspoon grated ginger
- 1/3 cup pine nuts

Optional Garnish: 1/4 cup diced cilantro

Instructions

1. Rinse rice
2. Add rice and broth to 2-quart saucepan, cover and simmer gently as directed
3. Sauté all remaining ingredients in saucepan with toasted sesame oil
4. Fold vegetables into rice and serve



CURRIED GARBANZO STEW

Curry is a blend of spices, usually built around turmeric. Curcumin is a compound found in turmeric that can do more for your good health than almost anything. It improves blood sugar control, lowers inflammation and helps the immune system. In fact, extracts of curcumin work as well for pain and inflammation as medications like ibuprofen, but without the negative side effects.

Yield: 4 servings

Prep time: 5 minutes

Cook time: 10 minutes

Ingredients

- 1 1/2 cups brown basmati rice, cooked
- 1 1/2 cups canned garbanzo beans rinsed
- 1 cup pureed tomatoes
- 2 cups chopped cabbage
- 1/2 jalapeno pepper, seeded and minced (wash your hands after handling)
- 1 tablespoon lemon juice
- 2 teaspoons macadamia or grape seed oil
- 1 cup diced white onion
- 2 teaspoons cumin seeds
- 1 tablespoon grated ginger
- 1/2 teaspoon salt

Optional garnish: 1/2 cup diced cilantro

Instructions

1. Sauté cabbage, onion, ginger and jalapeno until softened
2. Add tomatoes, seasoning and garbanzo beans
3. Simmer for 5-10 minutes
4. Serve over rice