

FILL YOUR FRIDGES AND STOCK YOUR PANTRIES

Now that you've removed the poison from your pantries (or the foods that can sabotage your health), we can talk about all of the delicious foods you'll get to eat every day. When creating a healthy meal or snack, there are three types of foods to focus on. It's more about all the good, delicious things you can eat rather than the things you can't.

- First: slow carbs or nonstarchy plant foods. These include green leafy veggies, broccoli, mushrooms, tomatoes, peppers, bok choy, and many, many more. When it comes to slow carbs, the options are endless. These foods should make up 75 percent of your plate. I place an emphasis on nonstarchy veggies because they contain potent antioxidants, vitamins, and minerals that have powerful healing properties and are low in sugar or starch. On the *Eat Fat, Get Thin* Plan you can occasionally include starchy veggies (beetroot, parsnips, sweet potatoes, and yams) for dinner.
- Second: protein. On average, you should be getting 100 to 175 g of protein with each meal. This is about the size of the palm of your hand. Protein is necessary for appetite control and muscle synthesis. Muscle is your metabolic engine. Your protein sources will come from free-range eggs, nuts and seeds, grass-fed and organic meats, clean fish, and non-GMO whole soy foods.
- Last but certainly not least: fats. The right fats can improve your mood, skin, hair, and nails, while protecting you against type 2 diabetes, dementia, cancer, and much more. Healthy fats are the best source of energy for your body and keep your metabolism and fat-burning mechanism running as they're meant to. And they are the key to cutting cravings and curbing your appetite. Be sure to eat at least four to five servings of fat per day. Healthy fats can be found in foods like wild fatty fish (sardines, mackerel, herring, wild salmon), grass-fed meat or organic poultry (skin and fat left on), nuts and seeds, avocados, extra-virgin olive oil, and coconut oil.

Here are some examples of a fat serving:

- Extra-virgin coconut oil (1 tablespoon)
- Extra-virgin olive oil, avocado oil, macadamia oil, walnut oil, almond oil (1 tablespoon)
- MCT oil (page 27, 1 to 2 tablespoons a day)
- Organic coconut milk (60 ml)
- Avocado (½ to 1 avocado)
- Fatty fish like sardines, mackerel, herring, black cod, and wild salmon (100 to 175 g); aim to include these three to four times per week
- Nuts and seeds (2 to 3 handfuls)
- Olives (60 ml cup)
- Grass-fed butter, clarified butter, or ghee (1 tablespoon); if you are allergic to dairy, just use ghee

The following is a cheat sheet listing all the approved foods and fats and the off-limits ones. You can photocopy these pages and keep them in your purse or wallet, or take a picture with your smartphone, and use them for easy reference when you're at the shops.

Going Organic

When possible, choose organic, seasonal, and local produce. To help you prioritize when choices are limited, consult the Environmental Working Group's "Dirty Dozen" and "Clean Fifteen" lists, showing the foods you should always source organic due to pesticide use and/or skin thickness, and those you can safely buy when organic isn't an option. The expanded "Dirty Dozen" list includes apples, celery, sweet peppers, peaches, strawberries, nectarines, grapes, spinach, lettuce, cucumbers, blueberries, potatoes, grapes, kale, and all other green leafy veggies. Don't forget about the freezer section; you can often find organic fruits and vegetables there. Check out www.ewg.org for an updated list.

What to Eat		
	Focus on These Items...	Avoid These Items...
Fat (aim for 4 to 5 servings a day, all organic)	<p>Nuts (except for peanuts), seeds, and nut butters: chia, flax, sesame, black sesame, sunflower, hemp seeds, pumpkin seeds, hazelnuts, macadamia nuts, pecans, walnuts, almonds, cashews</p> <p>Nut and seed milks: almond, Brazil nut, cashew, coconut, hemp</p> <p>Avocados, olives</p> <p>Ghee, grass-fed butter, coconut butter</p> <p>Oils (extra-virgin and cold-pressed): avocado, coconut, macadamia nut, MCT (page 27), olive, walnut, sesame</p>	<p>Dairy products (except for grass-fed butter and ghee; those are okay) (for 21 days)</p> <p>All refined vegetable oils: corn, rapeseed, safflower, soy, sunflower (for the long term)</p>
Animal foods/protein (aim for 100 to 175 g of protein per meal, all grass-fed and organic). Can also be vegetable protein in the form of non-GMO whole soy.	<p>Bison, beef, elk, lamb, ostrich, venison</p> <p>Eggs, chicken, duck, turkey</p> <p>Lard, tallow, duck and goose fat (free-range, pasture-raised)</p> <p>Fresh or canned fatty fish: black cod, herring, mackerel, perch, sardines, scallops, wild salmon, anchovies</p> <p>Shellfish: clams, crab, mussels, oysters, prawns, scallops</p> <p>Non-GMO tofu, tempeh</p>	<p>Legumes, beans (for 21 days)</p> <p>Processed meats: bacon, canned meats, hot dogs, salami (for the long term)</p> <p>High-mercury fish: king mackerel, tuna, swordfish, Chilean sea bass, halibut, lobster, marlin, shark, tilefish, orange roughy (for the long term). See www.nrdc.org for a guide to low-mercury fish.</p>
Carbohydrates (raw, steamed, roasted, or sautéed; approximately 50 to 75 percent of your plate should be made up of nonstarchy veggies)	<p>Artichokes, asparagus, aubergines, avocados, bean sprouts (not alfalfa sprouts, which contain natural carcinogens), beetroot greens, broccoli, Brussels sprouts, cabbage, carrots (no juicing because it turns them into pure sugar), cauliflower, celery, chard, chives, courgettes, dandelion greens, endive, fennel, fresh herbs, garlic, ginger, green beans, hearts of palm, jalapeño cillies, kale, lettuce, mangetout,</p>	<p>Gluten, all grains (for 21 days)</p> <p>All fruit (with the exception of berries, kiwi, lemon, lime, pomegranate seeds, watermelon: 75 to 150 g per day) (for 21 days)</p>

	Focus on These Items...	Avoid These Items...
Carbohydrates (continued)	<p>mushrooms, mustard greens, onions, radicchio, radishes, rocket seaweeds (kelp, arame, wakame, etc.), shallots, sugar snap peas, spinach, spring greens, summer squash, sweet peppers, tomatoes, turnip greens, watercress</p> <p>100 to 150 g of starchy veggies up to 4 times a week at dinner: beetroot, celeriac, parsnips, pumpkin, sweet potatoes, winter squash (butternut, kabocha, acorn, etc.)</p>	
Drinks	<p>Hot lemon water, sparkling water with lemon or lime, herbal or green teas, Bulletproof Coffee or Tea, bone broth</p>	<p>Alcohol (for 21 days)</p> <p>Fizzy drinks (including 'diet' types), milk, fruit juices, sports drinks (for the long term)</p>
Other (condiments, spices, staples)	<p>Almond flour, apple cider vinegar, arrowroot, balsamic vinegar, black peppercorns, coconut flour, coconut aminos, Dijon mustard, kelp noodles, kimchi, miso, nutritional yeast, organic vegetable and chicken stock, sea salt, spirulina, tahini, ume plum vinegar, unsweetened vanilla and chocolate (cacao) powder, wheat-free tamari, dried or fresh herbs and spices such as basil, cayenne pepper, chili powder, cinnamon, coriander, cardamom, ginger, cumin, onion powder, oregano, paprika, parsley, rosemary, sage, thyme, turmeric</p>	<p>Natural sweeteners: honey, maple syrup, raw sugar, etc. (for 21 days)</p> <p>Additives, preservatives, dyes, MSG (for the long term)</p> <p>Artificial sweeteners: Splenda, Equal, acesulfame-K, aspartame, mannitol, saccharin, sorbitol, xylitol, stevia (for the long term)</p>

The following tools make cooking a little easier, but they are optional. You definitely don't have to go out and spend a ton of money and overhaul your kitchen to make this program work for you.

- 30-cm square nonstick pan griddle
- Flameproof casserole dish (suitable for oven and hob)
- Grill pan
- Steamer
- Coffee grinder for flaxseeds and spices
- Vegetable-steaming rack or basket
- Citrus reamer (for extracting juice by hand)
- Rubber spatulas
- Balloon whisks
- Spring tongs
- Pliers or tweezers (for deboning fish)
- Microplane graters/zesters in assorted sizes
- Food mill
- Natural baking parchment and foil
- Tea towels
- Spiralizer (for making vegetable noodles)
- Mandolin slicer
- Vegetable peeler
- Timer (most everyone's phone has one now)
- Sealable glass containers in various sizes for storing food (preferred to plastic storage containers, as they don't leach plastic into your food)

STOCK YOUR MEDICINE CABINETS

Eating real, whole foods, and especially plant foods, is the most important part of your transformation toward optimal health. In the long run, plant foods are the best source of vitamins, minerals, phytonutrients, antioxidants, and fiber, but because of depleted soils, the vegetables and fruits we eat have fewer nutrients than plants grown in healthy organic soils.

Foundational support through supplementation is key to healing your gut, reducing inflammation, balancing blood sugar, and recovering from nutritional deficiencies. Here's a rundown of all the supplements you will need for your twenty-one-day plan (and they can be taken over the long term as well to maintain your health). You can purchase these as a full pack for ease and convenience at www.eatfatgetthin.com/resources, or purchase them individually at your local health-food store.

Supplement	Benefits	Daily Dosage
High-quality multivitamin and multimineral	<i>Contains all the B vitamins, antioxidants, and minerals you need to help run your metabolism and improve blood sugar and insulin functioning</i>	Follow the manufacturer's label instructions for dosage. Most good multivitamins and minerals require 2 to 4 capsules or tablets a day to obtain adequate doses.
Purified fish oil (EPA/DHA)	<i>Acts as an anti-inflammatory, insulin- and blood sugar-balancing, heart disease-preventing, brain-boosting supplement</i>	2 to 4 grams a day
Vitamin D ₃	<i>Helps insulin function</i>	2,000 to 4,000 units a day
L-carnitine	<i>Assists with fat-burning for fuel</i>	300 to 400 milligrams twice a day
Coenzyme Q10 (antioxidant)	<i>Helps to optimize energy production and supports heart health</i>	30 milligrams twice a day
PGX fiber (superfiber)	<i>Slows blood sugar and insulin spikes and can also cut cravings and promote weight loss</i>	2.5 to 5 grams just before every meal with a large glass of filtered water. Can be taken as powder or softgels.
Magnesium glycinate (relaxation mineral)	<i>Helps to reduce anxiety, improve sleep, assist blood sugar control, cure muscle cramps, and help with constipation</i>	100 to 150 milligrams (2 to 3 capsules once or twice a day)

(continued)

MIXED BERRY-COCONUT SMOOTHIE

Coconut milk is a nutritious and creamy source of high-quality fat, making it the perfect choice for satisfying smoothies like this one. This quick and easy smoothie made with frozen berries is an excellent choice for breakfast or a snack. For added richness, freeze coconut milk in an ice-cube tray and use the frozen cubes in place of regular ice cubes.

Serves: 1

Prep time: 5 minutes

- 225g frozen mixed berries
- 250 ml full-fat coconut milk, chilled
- 8 ice cubes
- 1 teaspoon ground cinnamon
- ½ teaspoon alcohol- and gluten-free pure vanilla extract (or ¼ teaspoon unsweetened vanilla powder)
- grated zest of 1 lemon

Combine all the ingredients in a blender and blend on high speed until smooth and creamy, about 45 seconds. Drink immediately.

Nutritional analysis per serving: *Calories: 327, Fat: 24 g, Saturated Fat: 22 g, Cholesterol: 0 mg, Fiber: 4 g, Protein: 1 g, Carbohydrates: 24 g, Sodium: 47 mg*

CHERRY BOMB SMOOTHIE

PEGAN DIET

Talk about an antioxidant powerhouse! This morning beverage includes a triple dose of healing spices: cinnamon, nutmeg, and ginger. Combined with fatty hazelnuts and antioxidants from cherries, this smoothie will jump-start your day in just the right way.

Serves: 1

Prep time: 5 minutes

- 375 ml unsweetened Hazelnut Milk (page 54)
- 120 g frozen pitted sweet cherries
- ½ teaspoon ground cinnamon
- ½ teaspoon freshly grated nutmeg
- ½ teaspoon ground ginger
- ½ teaspoon alcohol- and gluten-free pure vanilla extract (or ¼ teaspoon unsweetened vanilla powder)
- 1 tablespoon coconut butter

Combine all the ingredients in a blender and blend on high speed until smooth and creamy, about 45 seconds. Drink immediately.

Nutritional analysis per serving: *Calories: 479, Fat: 21 g, Saturated Fat: 8 g, Cholesterol: 0 mg, Fiber: 5 g, Protein: 8 g, Carbohydrates: 68 g, Sodium: 6 mg*

EGGS BAKED ON PORTOBELLO MUSHROOMS

This is a fun recipe to make for breakfast or brunch guests. As they bake, the meaty mushroom caps soften and absorb the herby pesto, so they're flavored throughout. Make sure not to overcook the eggs because the soft yolks act as a sauce for the mushrooms.

Serves: 4

Prep time: 20 minutes

Cook time: 15 minutes

- 4 large portobello mushrooms
- 2 tablespoons extra-virgin olive oil
- 125 ml Rocket Pesto (page 269)
- 4 large eggs
- 12 cherry tomatoes, cut in half

Preheat the oven to 180°C/350°F/Gas 4.

Remove and discard the stems from the mushrooms. Using a spoon, gently scrape away the gills from the underside of the mushroom caps. If the caps don't sit stably with the stemmed sides facing up, trim the rounded sides so that they do.

Place the caps stemmed-side up in a 33 x 23-cm baking dish and drizzle them with the olive oil. Spread 2 tablespoons of the pesto on each cap, then carefully crack an egg on top. Place 6 cherry tomato halves around each egg. Bake until the egg whites have set but the yolks are still a bit runny, 6 to 8 minutes.

Carefully transfer each egg-topped mushroom to a plate and serve.

Nutritional analysis per serving: *Calories: 209, Fat: 16 g, Saturated Fat: 3 g, Cholesterol: 187 mg, Fiber: 3 g, Protein: 9 g, Carbohydrates: 6 g, Sodium: 158 mg*

ITALIAN BREAKFAST SCRAMBLE

Here's a delicious breakfast to enjoy in the summer, when tomatoes and courgettes are at the height of their season. Basil is rich in potassium and a good source of iron and vitamins A, C and K. The addition of this powerful, aromatic herb will make you feel as though you're holidaying in Italy.

Serves: 4

Prep time: 15 minutes

Cook time: 10 minutes

- 4 large eggs
- 1 teaspoon sea salt
- ¼ teaspoon freshly ground black pepper
- 2 tablespoons extra-virgin olive oil
- 1 courgette, finely diced
- 1 small red onion, finely diced
- 2 garlic cloves, thinly sliced
- 8 cherry tomatoes, cut in half
- 10 g julienned fresh basil
- 1 tablespoon unsalted, grass-fed butter, at room temperature

Put the eggs, salt and pepper in a bowl and whisk together.

Warm the olive oil in a large nonstick frying pan over a medium heat until shimmering. Add the courgette and onion and cook, stirring occasionally, until softened, 2 to 3 minutes. Stir in the garlic and cook until fragrant, about 1 minute. Add the tomatoes and cook just until heated through, 3 to 4 minutes.

Pour in the eggs and, using a wooden spoon, stir until they form soft curds, about 3 minutes. Remove from the heat, fold in the basil and butter, and serve.

Nutritional analysis per serving: *Calories: 392, Fat: 15 g, Saturated Fat: 4 g, Cholesterol: 193 mg, Fiber: 4 g, Protein: 16 g, Carbohydrates: 53 g, Sodium: 533 mg*

ENDIVE AND GRAPEFRUIT SALAD WITH SHERRY VINAIGRETTE

PEGAN DIET

Endive, which resembles frilly lettuce, has a slightly bitter flavor. Bitter foods naturally detoxify the liver and stimulate enzyme production in the digestive system. Bitter notes also help to balance out sweet, sour and salty flavors.

Serves: 4

Prep time: 15 minutes, plus time to tenderize

- 2 grapefruits
- 4 tablespoons extra-virgin olive oil
- 2 tablespoons sherry vinegar
- 1 tablespoon Dijon mustard
- 1 small shallot, finely chopped
- ½ teaspoon sea salt
- 1 large head endive, core removed, leaves very thinly sliced
- 60 g toasted walnuts, coarsely chopped

Cut the top and bottom off a grapefruit. Stand it on a chopping board and, using a sharp knife, cut away the rind and white pith in strips from top to bottom. Slide the blade down each side of the membrane dividing the segments to separate the flesh. Repeat with the remaining grapefruit.

Put the olive oil in a small bowl, add the vinegar, mustard, shallot and salt and whisk together.

Place the endive in a large bowl, drizzle the dressing over it and toss gently until evenly coated. Allow them to sit for 10 minutes to tenderize.

Divide the endive between 4 plates, sprinkle with the walnuts, and top with the grapefruit segments. Serve.

Nutritional analysis per serving: *Calories: 300, Fat: 24 g, Saturated Fat: 7 g, Cholesterol: 0 mg, Fiber: 4 g, Protein: 5 g, Carbohydrates: 22 g, Sodium: 330 mg*

SHAVED ASPARAGUS AND RADICCHIO SALAD

Most people are familiar with roasted or steamed asparagus, but this springtime vegetable can also be enjoyed raw. The trick is to shave the stalks into thin, noodle-like strips so that they're tender and pleasing to eat. A sharp Y-shaped vegetable peeler is the best tool for the job.

Serves: 4

Prep time: 20 minutes

- 1 bunch thick-stalked asparagus, trimmed
- 1 head radicchio, cored and thinly sliced
- 35 g pine nuts, toasted
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons fresh lemon juice
- ½ teaspoon sea salt
- ¼ teaspoon freshly ground black pepper

Lay the asparagus on a cutting board and use a Y-shaped vegetable peeler to shave the spears from top to bottom, creating long, thin slices.

Place the strips in a large bowl, add the remaining ingredients and toss gently to combine.

Divide the salad between 4 plates and serve.

Nutritional analysis per serving: *Calories: 177, Fat: 16 g, Saturated Fat: 2 g, Cholesterol: 0 mg, Fiber: 3 g, Protein: 5 g, Carbohydrates: 7 g, Sodium: 282 mg*

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Seafood

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TAMARI AND ORANGE-MARINATED COD WITH BOK CHOY

PEGAN DIET

Here's a simple but wholesome fish and vegetable dish that requires minimal prep and cooks in only 15 minutes, making it a perfect weeknight meal.

Serves: 4

Prep time: 10 minutes, plus marinating time

Cook time: 15 minutes

- 2 tablespoons low-sodium, wheat-free tamari
- 1 tablespoon fish sauce
- 1 tablespoon rice vinegar
- 4 tablespoons fresh orange juice
- 2.5-cm piece fresh ginger, peeled and crushed
- 4 x 100-g cod fillets
- 1 tablespoon sesame oil
- 2 garlic cloves, crushed
- 1 large head bok choy, cut widthways into 2.5-cm pieces, rinsed and drained

Put 1 tablespoon of the tamari in a 20-cm non-metallic baking dish, add the fish sauce, vinegar, orange juice and ginger and stir together. Add the cod fillets in a single layer and flip them over several times to coat well with the marinade. Cover and refrigerate for 30 minutes.

Preheat the oven to 180°C/350°F/Gas 4. Transfer the fish to a clean baking dish and bake until the flesh is firm and flakes easily, about 8 minutes.

Meanwhile, warm the sesame oil in a 25-cm frying pan over a medium-high heat until shimmering. Add the garlic and cook, stirring frequently, until lightly browned, about 1 minute. Stir in the bok choy, then add 4 tablespoons filtered water and the remaining tamari. Cover and cook until the stems are al dente, 2 to 3 minutes. Divide the bok choy between 4 plates, and top with a cod fillet.

Nutritional analysis per serving: *Calories: 182, Fat: 5 g, Saturated Fat: 1 g, Cholesterol: 0 mg, Fiber: 0 g, Protein: 27 g, Carbohydrates: 5 g, Sodium: 791 mg*

multiple side dishes, which you can find starting on page 148. Variety is key for me, so this meal plan has a little bit of everything.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Chocolate-Raspberry Smoothie (page 66)	Buttery Broccoli and Spinach with Fried Eggs (page 71)	Minted Green Smoothie with Raspberries (page 63)	Southwestern Tofu Scramble (page 81)	Creamy Strawberry and Greens Smoothie (page 61)	Walnut Pancakes with Blueberries (page 82)	Mushroom and Egg Scramble (page 77)
Lunch	Chicken and Rocket Salad with Roasted Red Pepper Vinaigrette (page 121)	Taco Salad (page 125)	Mediterranean Sardine Salad (page 120)	Za'atar-Roasted Chicken (page 216)	Hearty Spinach Salad (page 113) + Rich Onion Soup (page 139)	Turkey Burgers with Peppers and Onions (page 220)	Farmers' Market Salad with Miso Dressing (page 108)
Dinner	"Spaghetti" and Meatballs with Tomato Sauce (page 226)	Seared Scallops with Curried Brussels Sprout Slaw (page 193)	Balsamic Beef Stew (page 235) and Shaved Asparagus and Radicchio Salad (page 111)	Thai Red Curry with Seafood and Vegetables (page 196)	Braised Lamb Shanks with Moroccan Flavors (page 248)	Prawns with Sweet Potatoes, Kale, and Coconut Milk (page 191)	Pot Roast (page 233)

SHOPPING LIST FOR THE 7-DAY MEAL PLAN

Fruit

- 8 ripe Hass avocados
- 150 g fresh blueberries
- 3 lemons
- 3 limes
- 2 navel oranges

Vegetables

- 1 bunch asparagus
- 2 heads broccoli
- 450 g Brussels sprouts
- 1 red cabbage
- 1.75 kg carrots
- 1 bunch celery
- 150 g cherry tomatoes
- 900 g cremini mushrooms
- 1 large cucumber
- 2 × 2.5 cm pieces ginger
- 450 g green beans
- 1 large sweet green pepper

- 4 large sweet red peppers
- 1 bunch radishes
- 1 large spaghetti squash
- 2 large summer squash
- 2 large sweet potatoes
- 2 large tomatoes
- 450 g turnips
- 1 large courgette
- 5 heads garlic
- 2 small red onions
- 1 large shallot
- 15 large onions
- 2 bunches spring onions

Greens, Herbs

- 375 g rocket
- 900g mixed baby greens
- 1 bunch cavolo nero
- 750 g baby spinach
- 1 head radicchio
- 1 small bunch fresh rosemary
- 3 bunches fresh coriander
- 1 bunch fresh basil
- 1 bunch fresh thyme
- 2 bunches flat-leaf parsley

Meat, Fish, Poultry

- 3 dozen eggs
- 900 g grass-fed ground beef
- 750 g beef stew meat
- 1 × 900-g beef rump roasting joint
- 3.5 kg soup bones
- 1.5–1.75 kg boneless chicken breasts
- 4 chicken legs
- 4 lamb shanks
- 450 g mussels
- 4 × 120-g cans sardines in water or olive oil
- 750 g scallops
- 750 g large prawns
- 450 g turkey

Nuts, Seeds

- 150 g almonds (for nut milk)
- 20 g chia seeds
- 135 g cup hazelnuts
- 40 g cup hemp seeds
- 35 g pine nuts
- 10 g pumpkin seeds
- 35 g raw sunflower seeds
- 100 g walnuts

Grocery

- 2 × 400-ml cans full-fat unsweetened coconut milk
- 500 ml beef stock
- 1 jar ghee