



recipes for a younger *you*

Meal Plan and Recipes

by Dr. Howard Murad



EAT YOUR WAY TO A YOUNGER—TRIMMER—YOU!

AN INCLUSIVE APPROACH TO NUTRITION

Live Inclusively and watch your dream weight become a reality. By following Dr. Murad's guidelines over your five-week journey, you won't just repair your skin and reduce your risk for accelerated aging, you'll also tip the scales in your favor for burning more calories and unwanted fat. Contrary to traditional diet plans, Dr. Murad's guidelines encourage adding more—not less—to your meals and snacks. As you'll see in his *Pitcher of Health*,™ by focusing on the foods that build and maintain fundamental health, you'll bring out a younger, trimmer you.

Because excess weight is both a cause and a symptom of poor fundamental health, by embracing the recommendations of Inclusive Health,[®] we can break and reverse the weight gain cycle.

It's easy to eat Inclusively.

The best way to ensure good nutrition, as a recipe for beautiful skin and better weight management, is to prepare your own meals. Prepared food, as a general rule, contains excessive salt, which we know is unhealthy. As an added bonus, grocery shopping, cooking, and cleaning all qualify as aerobic exercise! When you are ready, commit yourself to the meal plan we've outlined for you in this booklet. This is about adding more nutrition to your day. No deprivations! The more wholesome nutrition you add to your day, the more you'll want to move away from less nutritious foods. When you've successfully completed your five-week transformation, the simple shifts you make to your diet will translate into a remarkable improvement in your complexion, your waistline, and your attitude!



DR. MURAD'S PITCHER OF HEALTH™

A GUIDE TO OPTIMAL NUTRITION

The Pitcher of Health is a road map to maximum rejuvenation that optimizes your health internally, externally, and emotionally. Use the pitcher as a guide to help shape good food choices.

FRUITS AND VEGETABLES

These are your best sources of water, fiber, and a huge range of macro- and micronutrients, including phytochemicals that are nature's most powerful antioxidants. These foods should make up the bulk of your diet.

WHOLE GRAINS

These are your best sources of the complex carbohydrates that give you long-lasting energy, and they are treasure troves of fiber, minerals, and vitamins.

PROTEIN

Healthy protein sources give your body the amino acids you need for the cellular renewal that keeps all organs and systems functioning at an optimal level.

FATS

All fats are not created equal. The fat sources featured are great sources of the omega fats that moderate cholesterol, support nerve function, and help your body build strong cells that attract and retain water. Wonderful as they are, even good fats need to be consumed sparingly because they are so energy-dense that they can be fattening if consumed in excess.

SUPPLEMENTS

Because even the best diet can't always provide us with everything we need, especially elements like glucosamine (few of us enjoy large quantities of shrimp and crab shells!), supplements ensure optimal nutrition.

WATER

Contrary to the 8-glass-a-day myth, if we stick to a healthy vegetable-based diet, we'll be able to eat most of the water we need to stay well hydrated.



DR. MURAD'S SPICES FOR LIFE

TRADITIONAL HEALING HERBS AND SPICES

Instead of using salt, which can lead to cell damage and retention of extracellular waste water, try seasoning your meals with these herbs and spices.

GINGER

Ginger is recognized as helpful for motion sickness, migraines, high blood pressure, high cholesterol, arthritis, and blood clots.

TURMERIC

Currently being studied as a treatment for cancer, Alzheimer's disease, and diabetes, turmeric's anti-inflammatory powers are currently being evaluated to develop treatments for arthritis as well.

CHILI and CAYENNE

Capsaicin in chilies thins mucus, and emerging evidence suggests peppers can prevent stomach ulcers and reduce the risk of high blood pressure, stroke, and heart disease.

GARLIC

Garlic lowers cholesterol and triglycerides while it thins the blood to help prevent high blood pressure, heart disease, and stroke. Garlic has also been linked to reduction in risk of cancers of the stomach and colon.

CUMIN

Cumin is a great natural detoxifier. It increases body heat, boosting metabolism and improving kidney and liver function. Cumin is also a great source of iron, which helps to maintain healthy energy levels.

MUSTARD SEED

Mustard seed has been linked to a lower risk of cancer and is a good source of selenium, omega-3 fats, phosphorus, magnesium, manganese, iron, calcium, protein, niacin, and zinc.



YOUR 7-DAY MEAL PLAN

ENJOY SUCCESS AND AVOID STRESS!

The goal of this meal plan is to encourage you to eat well, which means giving your body high quality nutrition while giving yourself freedom from needless stress about food choices.

Let the simplicity of the Pitcher of Health inspire you as you modify the plan to suit your tastes or create your own recipes. Above all, give yourself permission to have fun shopping, cooking, and eating so that you restore a joyful relationship with your food.

Load up on the veggies, but give yourself the freedom to eat them in a fashion that is as structured or unstructured as you'd like.

Remember the flexible spirit of the meal plan, and you'll find it's an easy and tasty way to start eating with Inclusive Health as your guide!

Shopping for your meal plan is simple, too, with the list of fresh foods and new pantry staples at the back of this booklet.



DAY 1 MEAL PLAN

Today is the day you can learn the skill of roasting and peeling fresh beets.

BREAKFAST

1 Whole Wheat Frozen Waffle Top with ½ Cup Plain Nonfat Yogurt or Plain Soy Yogurt and 1 Cup Sliced Strawberries
Sprinkled with 1 Tablespoon Flax Seeds
8 oz. of Soy or Almond Milk

SNACK

6 Almonds
2 Kiwis

LUNCH

2 Cups **Roasted Red Beet Salad**
3 oz. of Tuna—(Canned, Water-packed)
3 oz. Grapes—Organic if Possible

SNACK

Sliced Raw Vegetables—Celery, Cucumber, Carrots, Bell Pepper
Served with **Dr. Murad's Favorite Salsa**

DINNER

1 Cup **Power Greens Salad** (see page 28)
with Fat-free Vinaigrette Dressing
2 Cups **Hearty Moroccan Chicken**
1 Cup Steamed Brussels Sprouts

DESSERT

Apple "Pie" with Berry Sauce



DAY 1 RECIPES

ROASTED RED BEET SALAD

Makes 4 servings

10 medium fresh red beets
 ¼ cup orange juice
 1-½ teaspoons honey
 1-½ teaspoons balsamic vinegar
 1 teaspoon extra virgin olive oil
 1 teaspoon Dijon mustard
 1 tablespoon “snipped” fresh chives
 (use scissors to cut them up)
 1 package baby spinach leaves
 ¼ cup chopped cashews

Preheat oven to 350° F.
 Wrap beets in foil. Bake until tender, about 1-¼ hours. Meanwhile, make dressing by whisking together the juice, honey, vinegar, and oil. When beets are cooked, allow to cool enough so you can handle them. When they’re cool, cut off stem end and peel—very easy. Just wrap in paper towels and gently rub the surface of the beet. The skin comes off easily. (The paper towel protects your hands from turning red.) Slice beets and toss with dressing. Sprinkle with chives and toss again. Serve on spinach leaves. Sprinkle with chopped cashews.



DR. MURAD’S FAVORITE SALSA

1 Medium Avocado chopped into medium-sized squares
 ½ Bunch of Cilantro chopped fine
 3 to 4 Tomatoes chopped into small cubes
 1 tablespoon Fresh finely chopped garlic
 1 cup Fresh Lemon juice (about 4 Lemons)
 1 tablespoon Olive Oil
 (Optional) pinch of Reduced Sodium Sea Salt to taste

Mix above in a Medium-Sized bowl. Can be used as a dip or a Salad Dressing. Adding Garlic Aioli creates another light version of the salad dressing. This Salsa can be made with limes.

FAT-FREE VINAIGRETTE DRESSING

Makes ¾ cup

3 tablespoons fat-free plain yogurt or soy yogurt
 3 tablespoons chopped fresh cilantro
 2 tablespoons lemon juice
 2 tablespoons raspberry vinegar
 Stevia extract powder to taste
 1 teaspoons chili powder
 ½ teaspoon onion powder
 ½ teaspoon ground cumin

Combine all the ingredients in a blender and blend until smooth.

HEARTY MOROCCAN CHICKEN

Makes 4 servings

2 tablespoon extra virgin olive oil
 4 chicken leg quarters, skinned
 1 medium onion, cut in chunks
 4 cloves garlic, minced
 1 tablespoon minced fresh ginger
 2 carrots, peeled and cut in chunks

1 cup no-salt-added canned chickpeas, rinsed and drained
 ½ cup golden raisins
 2 sticks cinnamon
 1-½ teaspoons cumin
 ½ teaspoon turmeric
 2 cups low sodium chicken broth
 3 cups water
 2 zucchinis, cut in chunks

Put olive oil into large, nonstick skillet and place over high heat. Add chicken and cook about 10 minutes, turning to brown on all sides. Stir in onion, garlic, ginger, carrots, potatoes, chickpeas, raisins, cinnamon, cumin, turmeric, chicken broth, and water. Bring to a simmer, reduce heat, and cook about 20 minutes. Stir in zucchini and cook an additional 10 minutes. Remove cinnamon sticks. A one-dish meal!

BERRY SAUCE

1 10-oz. package frozen berries (blueberries or raspberries or mixed berries), thawed
 1 tablespoon lemon juice

Puree mixed berries in food processor. Add lemon juice.

APPLE “PIE” WITH BERRY SAUCE

Extra virgin olive oil spray
 3 apples, peeled and sliced
 Berry sauce

Lightly spray pie pan with olive oil spray. Arrange apple slices on pie pan. Broil (not too near to heat) until golden, about 10 minutes. Pour ½ cup berry sauce over the apples. Store the remaining pureed berries for tomorrow’s breakfast smoothie. Serve warm.



DAY 2 MEAL PLAN

Look for packaged cut-up vegetables in the grocery store. Your grocery store may even have a chef, who will cut your vegetables to order.

BREAKFAST

Wake-up Shake

1 Hard-boiled Egg

SNACK

4 Walnuts
Orange

LUNCH

1 Cup **Avocado Lime Parsley Chicken**
2 Cups Spring Mix Salad with Cucumber and Cherry Tomatoes
Whole Wheat Pita

SNACK

3 Wasa Lite Crackers
1 Lite Laughing Cow Cheese Wedge or Soy Non-Dairy Cheese

DINNER

Dr. Murad's Favorite Red Cabbage Salad
Beans, Greens, and Pasta
Roasted Carrots

DESSERT

Fresh Fruit Plate—a Wide Variety of Colorful Fruits—
with ½ Cup Greek-style or Soy Yogurt



DAY 2 RECIPES

WAKE-UP SHAKE

Makes 1 serving

1 cup soy or almond milk
½ cup pineapple
½ cup kale
1 banana

Also, if you have leftover Berry Sauce, this would be an excellent addition.

Ice, if desired

Place ingredients into blender and blend until smooth.

AVOCADO LIME PARSLEY CHICKEN

Makes 2 servings

1 ripe avocado
6 oz. cooked chicken, diced
4 tablespoons chopped walnuts
1 cup grapes, quartered
¼ cup chopped fresh parsley,
Pepper to taste

Mash avocado in a medium-sized bowl. Combine with remaining ingredients. Season with freshly ground black pepper.

ROASTED CARROTS

Peel some thin carrots.
Preheat oven to 425° F.

Spray a roasting pan with olive oil cooking spray. Place carrots—or any vegetable of your choice—on baking dish and drizzle with 2 tablespoons of olive oil. Shake pan so all carrots are coated with oil. Bake for 15 minutes. Shake pan again and cook an additional 15 minutes until carrots are tender and golden brown.

DR. MURAD'S FAVORITE RED CABBAGE SALAD

Makes 2 cups

½ Medium Red Cabbage chopped
1 Green Granny Smith or Pippin Apple sliced into fingers and then chopped
1 cup Fresh Lemon Juice
(Optional) pinch of Reduced Sodium Sea Salt

This mixture as it sits in the refrigerator becomes a beautiful pink color and makes a great Salad Dressing Replacement when mixed into a Healthy Super Greens Mixed Salad.

BEANS, GREENS, AND PASTA

Makes 4 servings

6 oz. whole wheat penne pasta
2 tablespoons of extra virgin olive oil
1 onion, chopped
3 cloves garlic, chopped
Bunch of kale, center ribs removed, cut in pieces
1 cup low sodium vegetable broth
1 15-oz. can low sodium cannellini beans (or other small white bean), drained, and rinsed
1 teaspoon cayenne pepper
pepper to taste

Cook penne as directed. Set aside. Heat olive oil in large skillet. Add onions and gently sauté until caramelized in large sauce pan (about 20 minutes). Add garlic and simmer an additional 2 minutes. Add chopped kale and cook until wilted. Add chicken broth and cannellini beans. Cook for 5 minutes. Add pasta. Season with cayenne pepper and freshly ground black pepper.

DAY 3 MEAL PLAN

Caramelize onions for a richer, more flavorful entree. How do you caramelize? Practice patience: slowly sauté, stirring frequently.

BREAKFAST

- 1 Whole Tomato, Sliced, with 1 Teaspoon Extra Virgin Olive Oil
- 1 Poached Egg or **Steamed Tofu**
- 1 Slice Whole Wheat Toast with 2 Teaspoons Natural Style Peanut Butter
- 1 Small Pear

SNACK

- 16 No-Salt Pistachios
- 1 Cup Cantaloupe

LUNCH

- 2 Cups **Asparagus Orange Salad**
- 3 oz. Salmon
- 1 Small Apple

SNACK

- Sliced Raw Vegetables—Celery, Cucumber, Carrots, Bell Pepper

DINNER

- 1 Cup Mixed Green Salad Served with **Olive Oil and Lemon Juice Dressing**
- Dr. Murad's Favorite Poultry or Meat Loaf**
- 2 Cups **Swiss Chard with Caramelized Onions and Goji Berries**

DESSERT

- ¼ Cup Ricotta Cheese Sprinkled with Cinnamon Topped with 1 Cup Blueberries

DAY 3 RECIPES

STEAMED TOFU

- ½ cup firm tofu, cut into ½-inch cubes
- 4 tablespoons tamari soy sauce or Bragg Liquid Aminos
- ¼ teaspoon minced ginger

In a steamer, lightly steam the cubed tofu for 5 minutes. Flavor with a mixture of soy sauce and minced ginger, or use any fat-free flavorful sauce.

ASPARAGUS ORANGE SALAD

Makes 4 servings

- 1 pound thin asparagus
- 1-½ cups watercress
- ½ small red onion, very thinly sliced
- 1 orange cut into 12 segments
- 1 tablespoon fresh orange juice
- 1 teaspoon orange zest
- 1 teaspoon stevia
- 1 tablespoon red wine vinegar
- 2 teaspoons sunflower seeds
- 2 tablespoons extra virgin olive oil
- Pepper to taste

Blanche the asparagus for 2 minutes in boiling water. Rinse under cool water to cool. Place in a serving dish and combine with watercress, onion, and orange segments.

Combine the orange juice, stevia, red wine vinegar, and sunflower seeds in a small bowl, whisk in the oil, and drizzle dressing over salad. Season with freshly ground black pepper.

SWISS CHARD WITH CARAMELIZED ONIONS AND GOJI BERRIES

Makes 4 servings

- 2 tablespoons chopped walnuts
- 1 tablespoon extra virgin olive oil
- 1 large sweet onion, coarsely chopped
- 1 large bunch Swiss chard, rinsed well
- ¼ cup goji berries
- 2 tablespoons balsamic vinegar
- Ground black pepper to taste

In a large skillet or Dutch oven, toast the walnuts over low heat, stirring frequently, until golden brown, about 2 minutes. Transfer to a plate and set aside to cool. In the same pan, heat the oil over medium-low heat. Add the onions and cook, stirring occasionally, until golden brown and very soft, 9 to 12 minutes. Meanwhile, cut the center ribs from Swiss chard and cut into 2-inch strips and place in saucepan. Cover with water and simmer until tender. Drain water.

Tear the Swiss chard leaves into 2-inch pieces. Add Swiss chard leaves and vinegar to the caramelized onions and cook, stirring occasionally, until the leaves are wilted, about 5 minutes. Add tender stalks. Season with freshly ground black pepper. Transfer to a serving dish and top with goji berries.



DR. MURAD'S FAVORITE POULTRY OR MEAT LOAF

Makes 5 servings

For Poultry: Use either 1 pound lean ground turkey or 1 pound lean ground chicken.

For Buffalo Loaf (also called bison), use 1 pound lean ground buffalo meat.

½ onion chopped fine
 1 tablespoon canola **or** grape seed oil
 2 tablespoons chopped parsley
 1 medium portobello mushroom chopped (or equivalent amount of other mushrooms)
 3 tablespoons julienne-cut sundried tomatoes (if in olive oil, drain; if dry loose-packed, soften in hot water for five minutes and then drain)
 1 teaspoon finely chopped garlic
 2 tablespoons organic tomato ketchup (high fructose corn syrup free)
 1 teaspoon Dijon mustard
 1 teaspoon salt-free herbal seasoning blend
 ¼ teaspoon pepper
 1 teaspoon turmeric
 1 teaspoon fresh ginger
 1 egg lightly beaten
 1 slice sprouted whole grain bread (toasted)
 ½ cup lentils (cooked al dente)
 1 cup cooked whole grain pilaf or cooked quinoa or ½ cup of both

Glaze:

3 tablespoons organic ketchup
 1 teaspoon Dijon mustard
 1 Tablespoon blue agave syrup

Adjust oven rack to middle position and heat oven to 325° F. Use a wide pan to allow heat to circulate around loaf to roast rather than steam. Heat the oil in a nonstick fry pan over medium high heat. Add onions, cook until lightly browned, and add mushrooms, parsley, sundried tomatoes, and ginger. Lower heat to medium and add the garlic to the sauté, being careful not to let the garlic burn. Set mixture aside to cool. Mix the poultry or meat with the ketchup, mustard, spices, egg, lentils, bread, and chosen grains. Add the onion mixture to the poultry or meat mixture and form into a compact loaf of about 2 inches thick (but not touching the sides of the pan.)

Cover the loaf evenly with blended glaze ingredients.

Bake loaf until it registers 160-165° F on an instant-read meat thermometer. The loaf temperature will climb after you take it out of the oven. Let the loaf rest for 20 minutes, then slice and serve.

OLIVE OIL AND LEMON JUICE DRESSING

3 tablespoons extra virgin olive oil
 1 tablespoon fresh lemon juice
 ½ small clove garlic, finely minced
 1 teaspoon Dijon mustard

In a small bowl, mix all the ingredients vigorously with a wire whisk. Makes about ¼ cup, enough for 4 salads.

DAY 4 MEAL PLAN

There is more to whole grain than whole wheat. Today, try a new whole grain—buckwheat.

BREAKFAST

½ Cup High Fiber Cereal (like Kashi)
 1 Cup Soy or Almond Milk
 1 Cup Strawberries

SNACK

Apple and 4 Walnuts

LUNCH

1 Cup **Gazpacho Soup**
Veggie Sandwich on Whole Wheat Pita or **Hummus** with Raw Veggies, Carrot, and Celery Sticks

SNACK

½ Cup Yogurt and 2 Tablespoons Raw Unsalted Sunflower Seeds

DINNER

2 Cups **Power Greens Salad** (see page 28) with **Flax-Goji Citrus Dressing**
 4 oz. **Tilapia Artichoke and Lemon**
 ½ Cup **Mango Salsa**
 1 Cup **Buckwheat and Escarole**

DESSERT

1 Cup Fresh Fruit Salad Served with Mint Leaves



DAY 4 RECIPES

GAZPACHO SOUP

Makes three 1-cup servings

2 cups Low-sodium V-8 juice
 ¼ cup chopped raw turnip
 ½ cup peeled, seeded, chopped cucumber (about ½ medium cucumber)
 ¼ cup chopped celery
 ¼ cup chopped yellow pepper
 ¼ cup chopped sweet onion
 ¼ cup chopped carrots
 Freshly ground black pepper to taste

Put juice and vegetables into blender and process very briefly. Season with freshly ground black pepper.

VEGGIE SANDWICH ON WHOLE-WHEAT PITA

You can add 3 oz. of cooked, cubed chicken breast or cooked, cubed salmon to the sandwich.

Tomato, ½ inch diced
 Red onion, ½ inch diced
 Black olives, chopped
 Whole wheat pita, cut in half to form two pockets
 2 lettuce leaves
 ¼ cup hummus

Mix together the tomato, onion and olives. Place a lettuce leaf in each pocket. Stuff the pockets with the vegetables and hummus, and chicken or salmon, if desired.

HUMMUS

Makes 4 ½ cup servings

2 cups cooked or canned garbanzos (chickpeas)
 ⅓ cup fresh lemon juice
 ¼ cup tahini
 2 cloves garlic
 2 teaspoons extra virgin olive oil
 1 teaspoon reduced sodium sea salt
 ½ teaspoon onion powder
 ¼ cup water
 Fresh parsley, chopped for garnish
 Pinch of paprika and sumac

Combine all the ingredients in a blender and blend until very smooth. Add additional water, if necessary. Garnish with chopped parsley. Sprinkle paprika and sumac, as desired, on top.

FLAX-GOJI GOLDEN CITRUS DRESSING

Makes 2 cups

½ cup flaxseed oil
 ½ cup water
 ¼ cup fresh lemon juice
 ¼ cup fresh orange juice
 ¼ cup dried goji berries (or dried cranberries)
 3 tablespoons nutritional yeast flakes
 2 tablespoons Bragg Liquid Aminos or tamari soy sauce
 1 tablespoon apple cider vinegar

Combine all ingredients in a blender and blend until smooth. Store dressing in a well-sealed jar in a refrigerator for up to two weeks.

TILAPIA ARTICHOKE AND LEMON

Makes 4 servings

1 pound fresh tilapia fillets
 4 teaspoons Dijon mustard
 ½ cup artichokes (purchased in a jar or frozen), chopped
 2 tablespoons lemon juice
 ⅓ cup white wine

Preheat oven to 350°F.

Lay the tilapia in a single layer in a baking dish. Spread with mustard. Add ½ cup cut-up artichokes. Pour lemon juice and wine over dish and bake for 20 minutes.

MANGO SALSA

1 diced ripe mango
 1 diced tomato
 1 diced small white onion
 ¼ cup chopped fresh cilantro
 1 diced jalapeno
 2 teaspoons extra virgin olive oil

Combine all ingredients together. Tastes better if it marinates for a couple of hours in refrigerator.



BUCKWHEAT AND ESCAROLE

Makes 6 servings

½ cup buckwheat
 1 cup low-sodium chicken broth
 1 tablespoon extra virgin olive oil
 ½ cup chopped onion
 1 clove garlic, chopped fine
 1 small zucchini, chopped (about 1 cup)
 2 cups escarole, washed and chopped
 ½ cup frozen yellow corn kernels
 ½ cup recipe-ready chopped tomatoes
 1 10-oz. package frozen peas, thawed
 4 fresh basil leaves, chopped
 Freshly ground pepper to taste

Bring chicken broth to a boil. Add buckwheat. Cover and simmer 15 minutes. Set aside.

Heat olive oil in nonstick skillet with oil and sauté the onions until caramelized, about 15 minutes. Add garlic and sauté an additional 2-3 minutes. Add zucchini and cook until lightly browned. Stir in escarole and cook until wilted. Add tomatoes, corn, peas, and basil and continue cooking until vegetables are tender, which will take only a few minutes.

Combine the buckwheat with the vegetables. Season with freshly ground black pepper.

DAY 5 MEAL PLAN

Double the turkey burger recipe and freeze for another week.

BREAKFAST

2 Poached Eggs
1 Cup Steamed Broccoli
1 Slice Whole Wheat Toast with 2 Tablespoons 100% Fruit Jam

SNACK

Pomegranate

LUNCH

4 oz. **Vegetable Turkey Burger**
1 Cup Steamed Mixed Vegetable of Choice Served with Lemon Wedges

SNACK

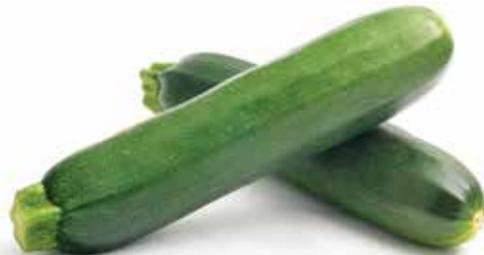
½ Cup Fresh Berries of Your Choice

DINNER

1 Cup **Rice and Red Lentil Pilaf**
2-3 Cups **Asparagus Orange Salad**

DESSERT

Greek Yogurt Parfait (Layer Leftover Fruits with Spoonfuls of Greek Yogurt) or Soy Yogurt in Pretty Glass Stemware



DAY 5 RECIPES

VEGETABLE TURKEY BURGER

Makes 4 servings

1 onion, diced
1 bell pepper, diced
16 oz. 100% breast meat turkey
1 small zucchini, grated
1 egg, beaten
1 tablespoon cayenne pepper
2 tablespoons Dijon mustard
½ cup bread crumbs

Gently sauté onion until golden brown, about 20 minutes. Add bell pepper simmer until tender. Add to large bowl and mix with remaining ingredients. Shape into 4-oz. patties. (The shaped burgers can be frozen.) Cook in pan on medium heat until cooked through. Top with fresh onion, tomato, avocado, lettuce, or vegetables of your choice.

RICE AND RED LENTIL PILAF

Makes 4 servings

2 tablespoons of olive oil
1 large onion chopped
3 cloves garlic, chopped
1 tablespoon garam masala
1 cup brown basmati rice
1 cup red lentils
3 cups low sodium vegetable stock

Heat oil in saucepan. Add onion, garlic, and garam masala. Cook over low heat for 10 minutes until onions are soft. Stir in the rice and lentils and cook for 2 minutes. Add the stock and stir well. Slowly bring to a boil, reduce heat, cover, and simmer for 20 minutes or until the broth has been absorbed. Gently fluff the rice with a fork.



DAY 6 MEAL PLAN

Look for smaller kale leaves for a more tender green.

BREAKFAST

½ Cup Oatmeal With Ginger, Cinnamon, and 1 Teaspoon Ground Flax Seed
1 Medium Banana
1 Cup Soy or Almond Milk

SNACK

1 Wedge of Low Fat Laughing Cow Cheese or Soy or Nondairy Cheese
16 No-Salt Pistachios

LUNCH

Dr. Murad's Favorite Chili

2 Cups Spring Mix Salad with 2 Tablespoons of Your Favorite Dressing
1 Cup Raspberries

SNACK

8 Cherry Tomatoes and 2 Tablespoons Raw and Unsalted Sunflower Seeds in Balsamic Dressing

DINNER

4 oz. **Cinnamon Spice Salmon**
1 Cup **Kale Salad with Oranges, Almonds, and Avocado**
4 oz. Baked Sweet Potato

DESSERT

1 Cup Blueberry with ¼ Cup Kashi Topping



DAY 6 RECIPIES

DR. MURAD'S FAVORITE CHILI

Makes 5 servings

1 pound lean chicken or lean turkey
1 cup chopped onions
1 medium red bell pepper, cored, seeded, and cut to ½-inch cubes
1 rounded teaspoon of fresh chopped garlic (to your taste)
1 14.5-oz. can of Mexican or Italian stewed tomatoes, coarsely chopped
1 15-oz. can kidney beans, drained (add other beans, if preferable)
1 teaspoon chili powder (to taste)
1 teaspoon red pepper flakes (to taste)
½ teaspoon turmeric
1 teaspoon fresh ginger
¼ teaspoon curry powder
½ teaspoon oregano
1 tablespoon canola or grape seed oil
1 15-oz. can tomato puree
Salt-free herbal seasoning blend (to taste)

Heat the oil in a Dutch oven over medium heat, sauté onions, bell pepper, chili powder, and all spices, then garlic. Stir until the vegetables are softened and beginning to brown. Increase the heat to medium high and add the poultry, breaking up the chunks with a spoon until it is just beginning to brown.

Add beans, tomato puree, stewed tomatoes, and salt-free herbal seasoning blend. Bring mixture to almost a boil, and then reduce heat to simmer. Cover and cook, stirring occasionally so the chili does not stick. If it becomes too thick, add ¼ cup of water. Cook until flavors blend and adjust the seasonings to taste.

KALE SALAD WITH ALMONDS AND AVOCADO

Makes 4 servings

1 bunch lacinto (dinosaur) kale (or other tender, baby kale), washed, center ribs removed, and leaves roughly chopped
2 oranges
3 tablespoons olive oil
½ avocado, diced
2 tablespoons sliced toasted almonds
Freshly ground black pepper

For dressing: Combine the juice of one orange with the olive oil, reduced sodium sea salt and pepper. Mix until very well combined. Set aside.

To assemble salad: Peel the second orange and separate the sections, peeling off the white pith as best as possible. Chop orange sections roughly and place in a bowl with the chopped kale leaves, chopped avocado, and almonds. Drizzle about half the dressing over salad and toss well to coat. Salad will keep well for a couple of days in a covered container in the fridge. Dressing will keep well in a sealed jar for about a week. Season with freshly ground black pepper before serving.

CINNAMON SPICE SALMON

Makes 4 servings

½ teaspoon cayenne pepper powder
1 tablespoon cinnamon
1 teaspoon ginger powder
1 pound salmon filet

Combine spices. Place salmon filet on foil in a baking pan, skin side down. Sprinkle spices on surface of salmon. Bake at 350° F for 20 minutes. For more “kick,” increase cayenne pepper to 1 teaspoon.

DAY 7 MEAL PLAN

Invite friends over for papaya-stuffed chicken. Your home will be filled with joy when you share this delicious, healthy, and beautiful meal.

BREAKFAST

Early Bird Smoothie

1 Slice Whole Wheat Toast with 2 Tablespoons 100% Fruit Jam

SNACK

16 No-Salt Pistachios and a Pear

LUNCH

1 Cup White Bean and Cherry Tomato Salad

Whole Wheat Pita

SNACK

½ Cup Chopped Pineapple Mixed with ½ Cup Fat Free Greek Yogurt or Soy Yogurt with a Dash of Stevia to Taste

DINNER

Papaya-Stuffed Chicken

1 Cup Steamed Broccoli

1 Cup Quinoa Tabouleh

DESSERT

1 Cup Fresh Fruit Cup Made with Melons, Grapes, Banana Slices, Blueberries, and Strawberries



DAY 7 RECIPIES

EARLY BIRD SMOOTHIE

Makes 1 serving

1 banana
1 cup soy or almond milk
¼ cup plain fat-free Greek yogurt or plain soy yogurt
¼ cup diced pineapple
½ orange
Ice, if desired

Mix all ingredients in a blender.

WHITE BEAN AND CHERRY TOMATO SALAD

Makes 4 servings

1 15-oz. can cannellini beans, rinsed and drained
2 ½ cups halved grape or cherry tomatoes
⅔ cup diced red onion
¼ cup chopped fresh dill
¼ cup extra virgin olive oil
3 tablespoons fresh lemon juice
1 tablespoon balsamic vinegar
2 garlic cloves, pressed
Pepper to taste

Toss all ingredients in large bowl. Season with freshly ground black pepper. Marinate at room temperature 1 hour.

PAPAYA-STUFFED CHICKEN

Makes 6 servings

2 chicken breasts
1 onion, finely chopped
1 tablespoon extra virgin olive oil
1 egg
2 tablespoons soy mayonnaise
½ teaspoon mustard
1 tablespoon dill or ¼ cup chopped fresh dill
1 teaspoon ginger
3 celery stalks, chopped
½ cup artichokes (in a jar packed in water), chopped
¼ cup chopped walnuts
¼ cup goji berries
¼ cup plus 1 tablespoon whole wheat bread crumbs
1 large ripe papaya

Grill chicken and cut into 2-inch pieces. Sauté onion in olive oil. Whisk egg in a separate bowl. Add mayonnaise, mustard, dill, and ginger. In a large mixing bowl, mix chicken, sautéed onions, chopped celery and artichokes, walnuts, goji berries, and bread crumbs. Combine with egg/mayonnaise mixture.

Cut papaya in half, remove seeds, and cut a small slice from the bottom of each half (so papaya can sit flat). Spoon chicken mixture into the hollow of each side of the papaya. Sprinkle 1 tablespoon of breadcrumbs over chicken mixture.

Bake at 325° F for 35 minutes.

QUINOA TABOULEH

Makes 5 servings

- 1³/₄ cups water
- 1 cup uncooked quinoa
- ½ cup coarsely chopped seeded tomato
- ½ cup chopped fresh mint or parsley
- ¼ cup raisins
- ¼ cup chopped cucumber
- ¼ cup fresh lemon juice
- 2 tablespoons chopped green onions
- 1 tablespoon extra virgin olive oil
- 2 teaspoons minced fresh onion
- ¼ teaspoon salt-free herbal seasoning, such as Mrs. Dash, Salt-Free Spike, or Bragg Organic Sprinkle
- ¼ teaspoon freshly ground black pepper

Combine water and quinoa in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed. Remove from heat; fluff with a fork. Stir in tomato and remaining ingredients. Cover; let stand 1 hour. Season with freshly ground black pepper. Serve chilled or at room temperature.



BONUS RECIPES

DR. MURAD'S FAVORITES

“GRAZING PICNIC”

Dr. Murad and his wife love to make a meal by creating a stay-at-home picnic and simply “grazing” on their favorite vegetables, fruits, and seeds.

Cut up a variety of your favorite vegetables into sticks and place them on a platter with a nice variety of citrus segments. Add a prepared dip from your refrigerator such as hummus, black bean dip, or guacamole. Add a small bowl with a mix of your favorite seeds or nuts.

It's an ideal impromptu meal that's easy to pick at while you are working on a project, reading, or sharing movie night.

BANANA MOUSSE

- 1 bunch of soft bananas
- 1 tablespoon of organic honey
- 1 tablespoon of almond butter
- Pumpkin seeds

Blend bananas, honey, and peanut butter together until smooth. Spoon mixer into champagne flutes and add pumpkin seeds on top. Chill until ready to serve.

DR. MURAD'S DRINK OF WATER

- ½ cup of pomegranate juice
- ½ cup soy milk
- ½ cup blueberries (frozen)
- 1 tablespoon lecithin granules
- 1 tablespoon ground flaxseed
- 2 tablespoons dried goji berries
- 3 to 4 ice cubes or crushed ice
- Ice, if desired

Mix all ingredients in a blender and enjoy.

CHICKEN-VEGETABLE SOUP

Makes 6 servings.

- 2 cups vegetable broth or chicken broth
- 1 cup fresh or frozen corn kernels
- 1 celery stalk, diced
- 1 small carrot, diced
- 1 small onion, diced
- 1 cup cooked skinless, boneless chicken breast, diced or shredded
- ½ cup tomatoes, diced
- 2 tablespoons fresh parsley, finely chopped
- Reduced sodium sea salt and pepper to taste

In a saucepan, combine the vegetable broth, corn, celery, carrot, and onion. Bring to a boil. Reduce the heat, cover, and simmer for 25-30 minutes or until the vegetables are tender. Stir in the chicken, tomatoes, parsley, and reduced sodium sea salt and pepper. Heat thoroughly.

DR. MURAD'S POWER GREENS SALAD

A FAVORITE REFRIGERATOR STAPLE

Always keep a “Power Greens” salad base and healthy “add-ins” in the refrigerator. New Power Greens mixes available in many markets include great greens such as baby kale, baby chard, and baby spinach. These blends make a terrific healthy base for you to customize and create your own special salads. If you cannot find a prepared power greens mix in your local market, experiment with what you can find—you may need to start with bagged spinach or kale and mix it with one bag of cabbage prepared for coleslaw.

When your power greens lose peak freshness for salads, lightly steam them for side dishes; sauté them with poultry, fish, or egg dishes; or make a vegetable soup or smoothie with them. Be creative with vegetables and you will love the results!

Dr. Murad recommends that you use your imagination and have fun adding in a selection of favorite healthy foods that you have on hand to the power base.

DR. MURAD'S FAVORITE POWER SALAD “ADD-INS” INCLUDE:

whole grains, nuts, seeds, fruits, tofu, tempeh, seafood, fish, poultry or lean meat, cucumbers, fennel, baby bok choy, broccoli, the entire cabbage family, celery, turnips, all colors of peppers, fresh herbs, carrots, the radish family, fresh sprouted veggies and grains, sugar snap peas, chayote squash, cauliflower, avocado, artichoke hearts, hearts of palm, shredded beets, sun-dried tomatoes, fresh tomatoes, fresh chopped ginger, lentils, quinoa, garbanzo beans, kidney beans, black beans, flax seeds, pumpkin seeds, sunflower seeds, sesame seeds, walnuts, slivered almonds, pine nuts, pomegranates, blueberries, blackberries, goji berries, citrus segments, sliced pear, sliced apples.



SHOPPING LIST

The list below includes all the ingredients that are used for the 7-Day Meal Plan. But remember, you don't need to buy everything on this list. Feel free to substitute ingredients using the Pitcher of Health as a guide.

FRUITS & VEGETABLES

Beets (10 medium fresh)
Spinach Leaves (1 bag)
Avocado (3)
Tomatoes (7)
Carrots (2 lbs.)
Pineapple (8 oz.)
Kale (2 bunches)
Bananas (3)
Organic Grapes (1 bunch)
Red Cabbage (1 head)
Apples (6)
Lime Juice (4 oz.)
Onions (6)
Asparagus (1 lb.)
Watercress (1 bunch)
Orange (4)
Swiss Chard (bunch)
Goji Berries (dried package)
Portobello Mushroom (1)
Sun dried Tomatoes (small bag)
Strawberries (1 lb.)
Kiwi (2)
Celery (Bunch)
Cucumber (4)
Bell Pepper (4)
Power Green Salad (Bag)
Brussels Sprouts (1/2 lb.)

Swiss Chard (1 bunch)
Spring Salad Mix (bag)
Blueberries (small container)
Lemons (4)
Raspberries (small container)
Pear (1)
Cantaloupe (small)
Broccoli (1 lb.)
Pomegranate (1)
Cherry Tomatoes (small container)
Turnip (1)
Sweet Potato (1 small)
Mango (1)
Papaya (1)
Zucchini(1)
Black Olives (small jar or can)
Orange Juice (16 oz.)
Zucchini (2)
Vegetable Broth (16 oz.)
V-8 (16 oz.)
Frozen Berries (10 oz. bag)
Escarole (1 bunch)
Frozen Corn (small bag)
Frozen Peas (small bag)
Tomato Puree (1 can)

Artichokes (small jar)
Green Onion (bunch)
Mexican-style Tomatoes (can)
100% Fruit Jam

WHOLE GRAINS

Whole Wheat Frozen Waffles (1 small box)
Whole Wheat Pita (small package)
Wasa Light Crackers (1 small package)
High Fiber Cereal (Kashi - 1 small box)
Penne Pasta (1 package)
Cannelli Beans (2 cans)
Kidney Beans (1 can)
Quinoa (1 package)
Lentils (1 package)
Buckwheat (1 package)
Sprouted Whole Wheat Bread (small loaf)
Oatmeal

PROTEIN

Soy or Almond Milk (1 half gallon)
Tuna (1 small can, water-packed)
Eggs (1 dozen)
Ground Turkey (3 lbs. for recipes that serve more than one) or Lean Ground Buffalo 1 lb. (for recipe that serves more than one)
Chicken Leg Quarters (4)
Diced Chicken Breast (2 6-oz. packages)
Chicken Breast (1 lb.)
Salmon (1 lb., 7 oz.)
Tilapia (1 lb., 4 oz.)
Ricotta Cheese (4 oz.)
Laughing Cow or Soy Cheese (8 oz.)
Greek or Soy Yogurt (2 cups)
Plain Yogurt (1 cup)
Natural Peanut Butter (1 small jar)
Almond Butter (1 small jar)
Tofu (8 oz.)
Chick Peas (3 cans)

HEALTHY FATS

Almonds (4 oz.)
Extra Virgin Olive Oil (8 oz.)
Flax Seeds (4 oz.)
Walnuts (6 oz.)
Salt-free Pistachios (4 oz.)
Sunflower Seeds (4 oz.)
Cashews (2 oz.)
Flax Seed Oil (8 oz.)

Chicken Broth (3 cans)
Turmeric
Parsley
Cayenne Pepper
Red Wine Vinegar
Dijon Mustard
Herbal Seasoning Blend
Agave Nectar
Tahini
Bread Crumbs
Bragg Liquid Aminos
Garam Masala
Curry Powder
Oregano
Dill
Organic Ketchup
Cinnamon
Pepper
Canola Oil

SPICES & PANTRY STAPLES

Honey
Chives
Cilantro
Balsamic Vinegar
Soy Mayonnaise
Low-Sodium Sea Salt
Raspberry Vinegar
Apple Cider Vinegar
Nutritional Yeast Flakes
Stevia
Chili Powder
Onion Powder
Cumin
Garlic
Fresh Ginger
Basil
Raisins



“Turn the rest of
your life into the
best of your life.”

Howard Murad MD

