

YOUR 7-DAY FAST & FRESH MEAL PLAN

Real food for a healthy, happy life.

Clean Eating

JULY/AUGUST 2018

**SHORTCUT
DINNERS
THAT SKIP
THE STOVE**

*like this dreamy
7-layer salad*

**The
Healthiest
Snacks**
*to Take
on the
Road*



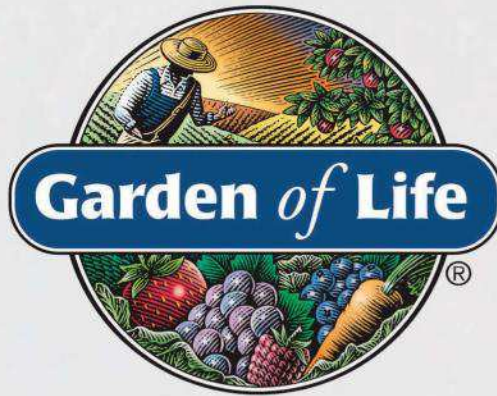
**The Easy
Issue**

**40+ RECIPES THAT ARE
A BREEZE TO MAKE**

**1 COOLER
OF FOOD =
5 WEEKEND
GETAWAY MEALS**

**Easiest-Ever
Entertaining:**
Surprise Guests
Welcome!

Your Guide to
Greener Grilling



Garden of Life

Essential Oils



100% Organic & Pure



Why Garden of Life Essential Oils?

Being both Certified USDA Organic and Non-GMO Project Verified ensures our oils are clean and free of added carrier oils or synthetic ingredients. Our botanicals are responsibly sourced from native organic farmers. And finally, our 100% pure extraction methods—no chemical solvents—provide the assurance that our oils are of the highest quality, purity and efficacy.

Experience the aromatic essence & therapeutic benefits of the entire line of Essential Oils from Garden of Life.

Calm Yourself Recipe

Diffuse Yourself to Relax

In a 1 $\frac{1}{16}$ oz. dropper bottle, add 21 drops Lavender, 21 drops Sweet Orange, 12 drops Frankincense, 9 drops Rosemary and 9 drops Geranium. Shake gently and add 10 drops to diffuser to relax and quiet the mind.



Combine Your Essential Oils & Explore the Possibilities

Focus Time

Before tackling that special project or giving a presentation, stay focused and enthused with the scents of Frankincense, Lemongrass and Peppermint. Add 3-to-4 drops of any combination to a diffuser or inhale to experience mental clarity.



Pamper Your Body Soothing Foot Massage

In a pump or dropper bottle, combine 2 Tablespoons of olive oil with 8 drops Frankincense, 14 drops Lavender and 1 drop Lemongrass. Shake gently and massage deeply into soles of feet to relax and soothe.



Energized for Life

For a boost to your energy levels throughout the day, add 3 drops Lemon, 3 drops Rosemary and 3 drops Peppermint to a diffuser and feel the lift in body and mind.



Hair Enhancer

Add 3-to-4 drops of Rosemary to your favorite shampoo to add life and volume to your hair.



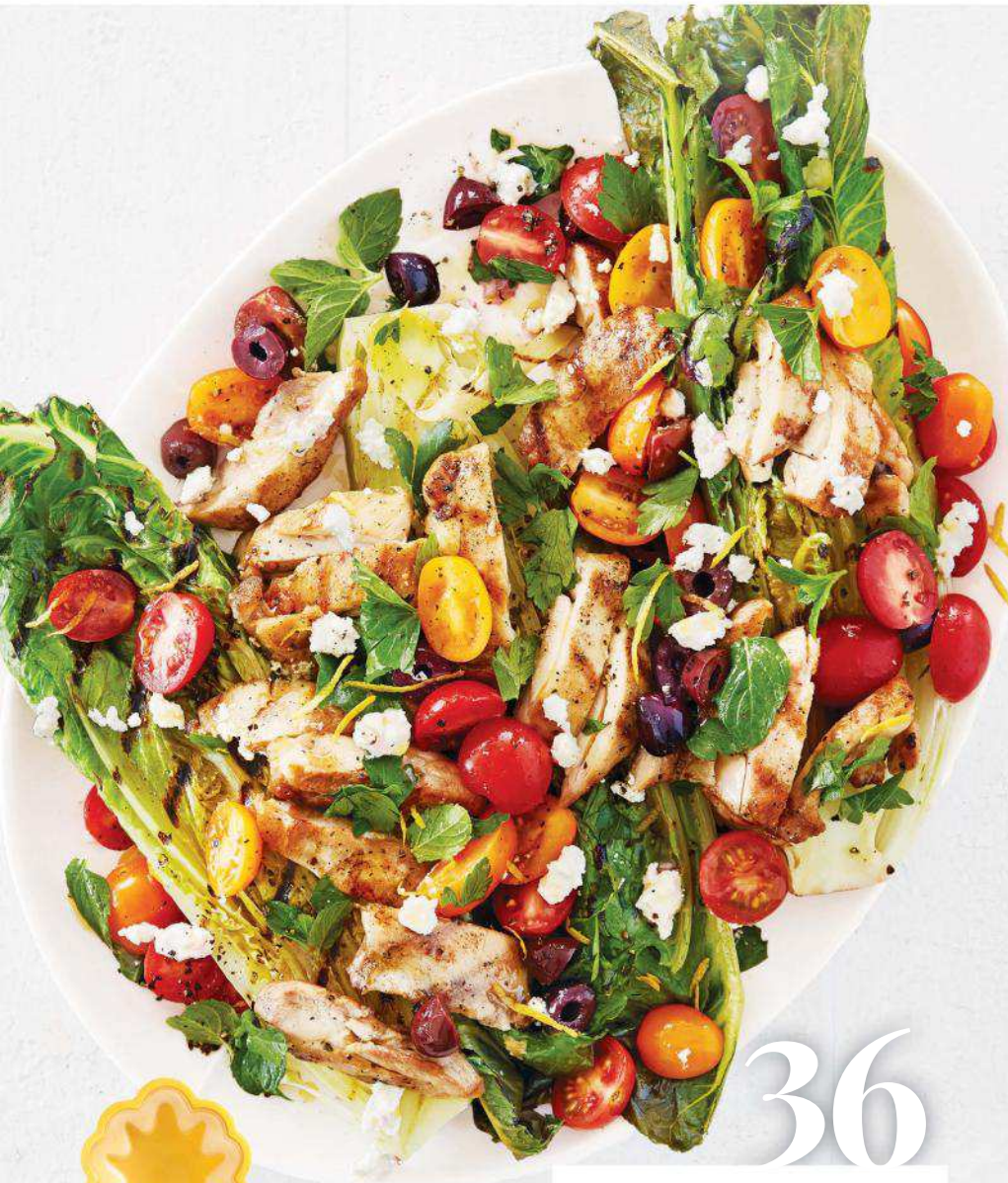
Skin Soother

Add 3 drops of Frankincense and 3 drops of Geranium to your favorite body lotion for a soothing, relaxing skin experience.



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One cooler of carefully planned food is all you need for a weekend of irresistible meals.

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Up the fun factor on summer even more with these playful tools.



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All you need is a grill and a few key tools for a weekend of mouthwatering eats with these cooler-ready recipes.

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Packed with ingredients such as yogurt, granola and fruit, these scrumptious frozen pops offer protein and fiber for a satiating grab-and-go breakfast. **By Marianne Wren**

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Take a break from the stove with these nourishing, no-cook recipes. **By Beth Lipton**

MEAL PLANNING FOR EASY WEEKDAYS

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From cedar plank salmon to a grilled mushroom flatbread, these nutrient-rich meals are prepared fresh and fast so you keep your cool at the sight of unannounced guests. **By Marianne Wren**

74 EAT-IN-SEASON MEAL PLAN

Seasonal fruits and veggies form the basis of this 7-day meal plan that will keep you putting your farmers' market haul to good use all week long. **By Jesse Lane Lee**

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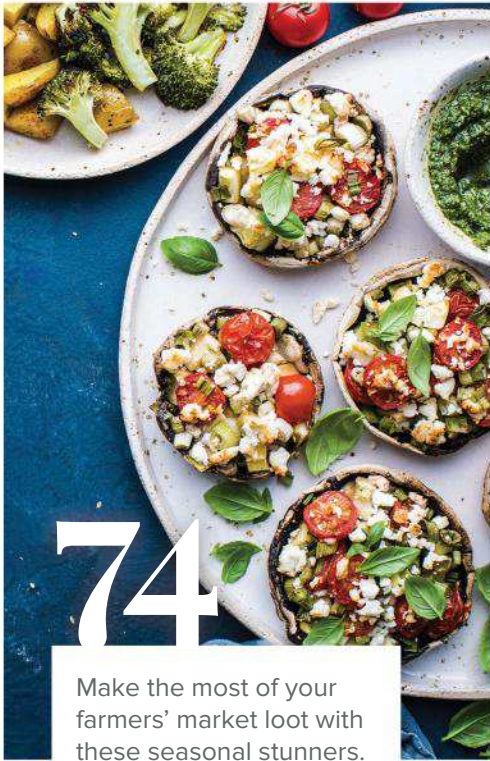
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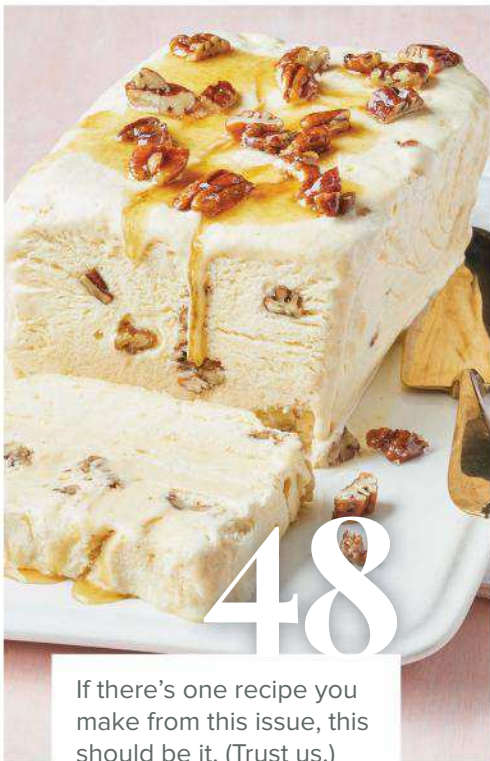
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MONEY-BACK GUARANTEE

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74

Make the most of your farmers' market loot with these seasonal stunners.



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If there's one recipe you make from this issue, this should be it. (Trust us.)

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Learn how to choose a high-quality fish oil that contains the right dosage for your health needs.

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Topped off with an orange-yogurt frosting, this Peach Ricotta Bundt Cake is the ideal light dessert for all your warm-weather gatherings.

ON THE COVER

Recipe featured is our "7-Layer Dip Salad" (p. 66).
 Photographer: **Ronald Tsang**
 Food Stylist: **Matthew Kimura**
 Prop Stylist: **The Props**



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Clever grilling tools for quicker cooking and instant cleanup.

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Thank You.

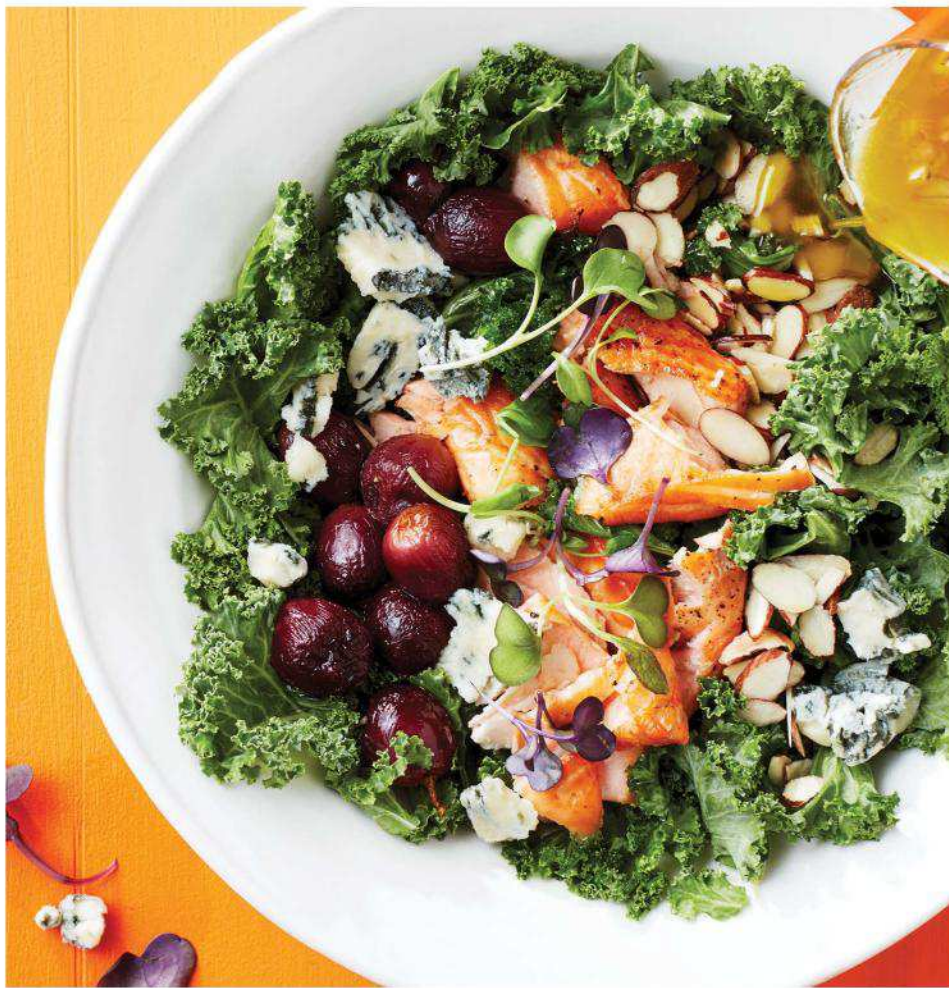
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DIG INTO MORE *CE* at cleaneating.com



7 Easy, Breezy Salads

Meet your new favorite one-dish dinners! These substantial salads are just the ticket for weeknights when you need something super nutritious that's ready fast. cleaneating.com/summer-salads

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OUT-OF-THE-BOX BURGERS

It's grilling season and burgers are a must. Here are five juicy burgers you'll want to make again and again. cleaneating.com/summer-burgers



THE SEASON'S BEST BERRIES

From familiar berries like strawberries and raspberries to intriguing varieties like gooseberries and kiwi, we've got everything you need to know about selecting, working with and cooking with in-season berries. cleaneating.com/best-berries

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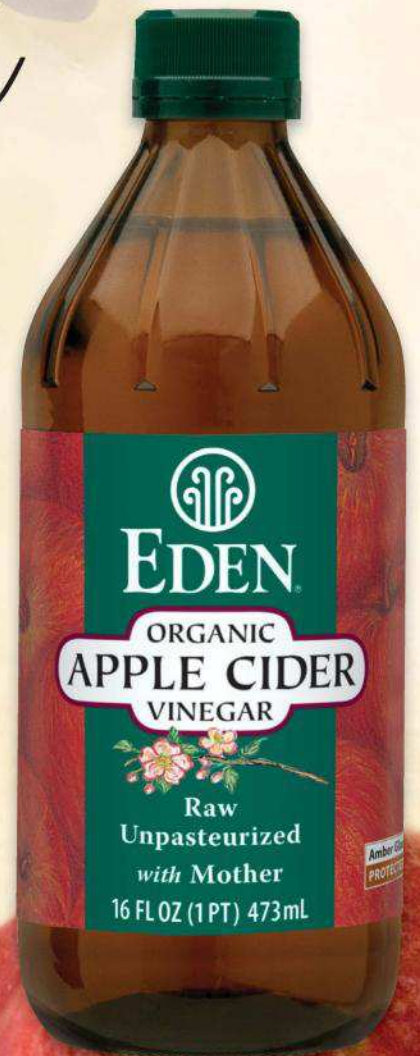


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Do. Everything. Easier.

Hi, Clean Eaters! It's finally summer, and we couldn't be more thrilled. As a general rule each year when we put our summer issue together, the editorial team takes a careful pass from cover to cover before sending the final pages off to the printer to ensure we haven't overused the word "summer" – because we're just *that* excited. (And I can assure you, we typically have to take it down by a solid third. If you notice a high incidence of us marking the season with gusto, you'll know why!)

What do we love so much about it? Aside from the usual suspects (food, weather, travel, social gatherings), it's the long, laid-back, slower-paced days, of course. But we also know that for the matriarch, patriarch, host or household cook, sometimes orchestrating a weekend getaway or hosting guests can be anything but breezy. That's why every

summer, we dedicate an issue to helping you pull it off with ease, so you too can enjoy all that summer has to offer, including that cocktail on the back patio.

Heading to the cottage, a music festival or the beach? We've got a cooler of food that yields five irresistible recipes for lunch, dinner and dessert on page 36. Get away and still eat well while loving every bite, plus you won't overpack, keeping meal transportation simple and streamlined. Not into the idea of overheating the house with your stove this season? Neither are we. Our talented recipe developer created five recipes that require no cooking – yet are not raw – using clever shortcuts that still let you enjoy your favorite cooked foods with some speedy mealtime assembly. And probably my favorite feature from the issue – and a menu I plan on making very soon (and our creative director Stacy Jarvis-Paine already did and loved!) – is our easy entertaining menu on page 48. Complete with a game plan that starts with prep the day before, these five tested-until-perfect recipes for the ultimate summer gathering are incredibly easy to put together and will totally impress your guests. (Spoiler alert: It includes a Cedar Plank Maple Dijon Salmon.) I have a feeling I'll be making this menu all summer long.

Use this issue as your shortcut savior all summer and let me know how it goes. I love hearing from you guys!

Alicia Tyler
Editorial Director

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Write me: CEeditorial@aimmedia.com

What Is Clean Eating?

The soul of clean eating is consuming food the way nature delivered it, or as close to it as possible. It is not a diet; it's a lifestyle approach to food and its preparation. It's about eating real food, for a healthy, happy life.

Eat when hungry, stop when full. Find out what macro values reflect your health goals and strive to eat within them. Experiment with various ways of eating, and when you find a diet your body responds well to – be it a clean take on high fat/low carb, Paleo or flexitarian – stick with it.

Choose organic whenever possible.

If your budget limits you, make meat, eggs, dairy and the Dirty Dozen (ewg.org/foodnews) your organic priorities.

Drink at least 2 liters of water a day, preferably from a reusable canteen, not plastic; we're friends of the environment here! Limit your alcohol intake to one glass of antioxidant-rich red wine a day.

Get label savvy. Clean foods contain short ingredient lists. Any product with a long ingredient list is human-made and not considered clean.

Avoid processed and refined foods such as white flour, sugar, bread and pasta. Enjoy complex carbs such as whole grains instead.

Know thy enemies. Steer clear of trans fats, fried foods or foods high in sugar. Avoid preservatives, color additives and toxic binders, stabilizers, emulsifiers and fat replacers.

Consume healthy fats (essential fatty acids, or EFAs) every day.

Learn about portion sizes and work toward eating within them.

Reduce your carbon footprint. Eat produce that is seasonal and local. It is less taxing on your wallet and the environment.

Shop with a conscience. Consume humanely raised, local meats and ocean-friendly seafood. Visit seachoice.org for a printable pamphlet.

Practice mindful eating. Never rush through a meal. Food tastes best when savored. Enjoy every bite.

Take it to go. Pack a cooler for work or outings so you always have clean eats on the go.

Clean Eating
cleaneating.com



other shake I'd researched had tasted chalky, clumpy and packed with hidden "no-no's" like cheap protein, tons of artificial ingredients, not to mention harmful synthetic dyes, additives, sugars, preservatives, and hormones. And even though INVIGOR8's full meal replacement shake cost more than many of the shakes I've tried, it was about half the price of my favorite salad, and the nutrition profile looked second to none.

Wanting to know more, I reached out to a few of the people who were talking about it on trustworthy fitness forums. By the next morning three people got back to me saying,

"As a trainer I love Invigor8. It's definitely helped me to have more all-day energy, plus build the kind of lean sculpted muscle that burns more fat."

"Yes, I'll recommend it, it tastes great, and I really like how it keeps me feeling full for hours."

"I'm a marathon runner and a friend recommended it to me. Drinking it has become a part of my regular training routine, because my time has improved, my energy is up, and I'm thinking more clearly than ever before."

I decided to take my investigation one step further by researching the development of INVIGOR8. I was pleasantly surprised to find out that the company went to great lengths to keep INVIGOR8 free of harmful ingredients.

The makers of INVIGOR8 were determined to make the first **100% natural, non-GMO** nutritional shake & green superfood. The result is a meal replacement shake that contains **100% grass-fed whey** that has a superior nutrient profile to the grain-fed whey found in most shakes, **metabolism boosting raw coconut oil, hormone free colostrum** to promote a **healthy immune system, Omega 3, 6, 9-rich chia and flaxseeds**, superfood greens like **kale, spinach, broccoli, alfalfa, and chlorella**, and clinically tested **cognitive enhancers for improved mood and brain function**. The company even went a step further by including a balance of **pre and probiotics** for optimal **digestive health, uptake, and regularity and digestive enzymes** so your body **absorbs the high-caliber nutrition** you get from INVIGOR8.

As a whole-foods nutritionist with a thriving practice I understand the importance of filling my body with the best Mother Nature has to offer. I have always been reluctant to try new products because I was never sure of the impact they would have on my energy, and weight. INVIGOR8 is different, not only because it's delicious, but because it helps me to maintain the energy I need to run my busy practice, while helping me to stay fit and toned. Considering all of the shakes I've tried, I can honestly say that the results I've experienced from INVIGOR8 are nothing short of amazing.

A company spokesperson confirmed an exclusive offer for Clean Eating readers: if you order this month, you'll receive \$10 off your first order by using promo code "**CLEAN10**" at checkout. You can order INVIGOR8 today at www.DrinkInvigor8.com or by calling 1-800-958-3392.

C/LEAN DRINKING

PROTEIN SHAKE THAT TASTES GREAT CAN HELP YOU LOSE WEIGHT BY AMBER RIOS

Being a health and nutrition correspondent means that companies frequently send me their products, and ask for my stamp of approval. Most of the time I dive into research, give the product a try, and send the company honest feedback about what they'll need to change before I'll recommend it. Plus my hectic job and my determination to stay fit means I'm always hunting for a quick and nutritious way to fill up on nutrients my body needs. So I can confidently say, "I've tried it all".

Last Tuesday work was especially hectic, but I'd booked with my \$200 an hour personal trainer, Tony, a triathlon winning, organic-to-

the-bone fitness guy with a ten mile long track record of whipping the "who's who" into shape in record time, so I had to go. He noticed that my set count was down and playfully asked, "Feeling a little tired today?", as he handed me a bottle from his gym bag. After one sip I figured that there was no way this could be healthy because the creamy chocolate flavor was just too delicious. Still, he'd never risk his reputation.

With more than a healthy dose of scepticism I decided to investigate this shake he'd called INVIGOR8.

Turns out, it's a full meal replacement shake, which stunned me because virtually every

Clean Eating

ISSUE 80 · PRINTED IN THE USA

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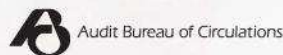
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Distribution Clean Eating (ISSN 1913-7532, USPS 003-610) is published nine times per year (Jan/Feb, March, April, May, June, Jul/Aug, Sept, Oct, Nov/Dec) by Cruz Bay Publishing, Inc., an Active Interest Media company. Advertising and business offices at 5720 Flatiron Pkwy, Boulder, CO 80301. The known office of publication is 5720 Flatiron Pkwy, Boulder, CO 80301. Periodicals postage paid at Boulder, CO and at additional mailing offices.

POSTMASTER: Send address changes to Clean Eating, P.O. Box 420235, Palm Coast, FL 32142-0235. Subscription rates in the United States are one year \$24.97; Canada: \$34.97; Foreign: \$54.97 (US funds only). The publisher and editors will not be responsible for unsolicited material. Manuscripts and photographs must be accompanied by a stamped, self-addressed return envelope. To remove your name from promotion lists, write to the address above. Please note: All readers are advised to consult their physician before beginning or adding a new fitness regimen or changing their diet. Clean Eating does not accept any responsibility for injury sustained as a result of following the advice or suggestions contained within the content of this magazine.

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marcelliformaggi.com



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Navitas Organics Essential Superfood Blends were developed to deliver balanced daily nutrition featuring superfoods, plant-based proteins, greens and probiotics in just two scoops. Certified Organic, non-GMO and Kosher, the smoothie line currently includes three flavors: Vanilla & Greens, Cacao & Greens and Protein & Greens with 20g of plant protein per serving.

navitasorganics.com



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New Organic Super Shakes are a hand-crafted blend of energizing, nourishing, and balancing functional foods. Each serving has 26-30g plant-based protein, 10g superfoods, 6.6g digestive enzymes, and 3.6 billion probiotics. Available in 3 flavors, this is divine nutrition made easy and delicious!

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Your *CE* Recipe Guide

Kick back this season with our guide to summer eating, packed with inspiring recipes like grab-and-go breakfast pops, grill-ready cooler meals and easiest-ever cookout fare for laid-back entertaining.

grains & vegetables

- P** Paleo
- F** Freezable
- Q** Quick *under 45 minutes*
- V** Vegetarian *may contain eggs and dairy*
- GF** Gluten-free
- GFA** Gluten-free adaptable *Recipe contains soy sauce, miso, Worcestershire sauce and/or tamari. All of these ingredients are available in gluten-free and regular varieties.*



Q V GFA
Raw Pad Thai
with Almond
Ginger Sauce
P. 78



F Q V
Grilled Mixed
Mushroom
Flatbread
P. 52



F Q V GF
Spicy Potatoes
P. 74



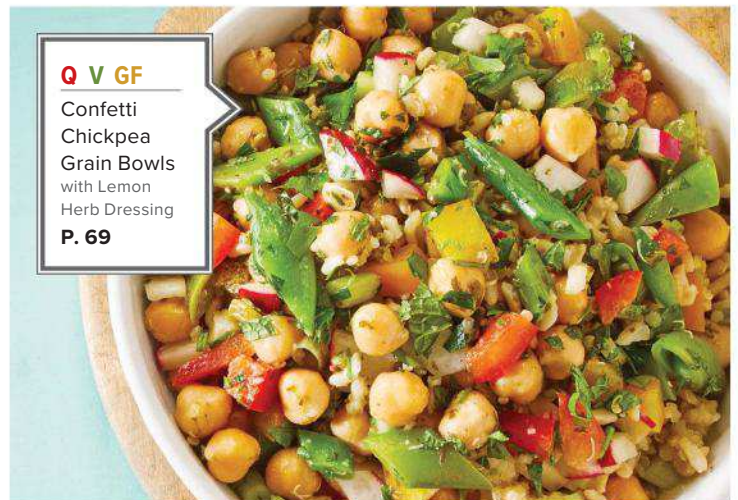
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Roasted Broccoli
P. 74



Q V
Grilled Veggie
Nachos
P. 57



Q V GF
Stuffed Portobello
Mushrooms
with Pesto
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Q V GF
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Grain Bowls
with Lemon
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salads & slaws



Q V GFA
Asian Broccoli
Ginger Slaw
with Grilled Tofu
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Q V GF
Corn Salad
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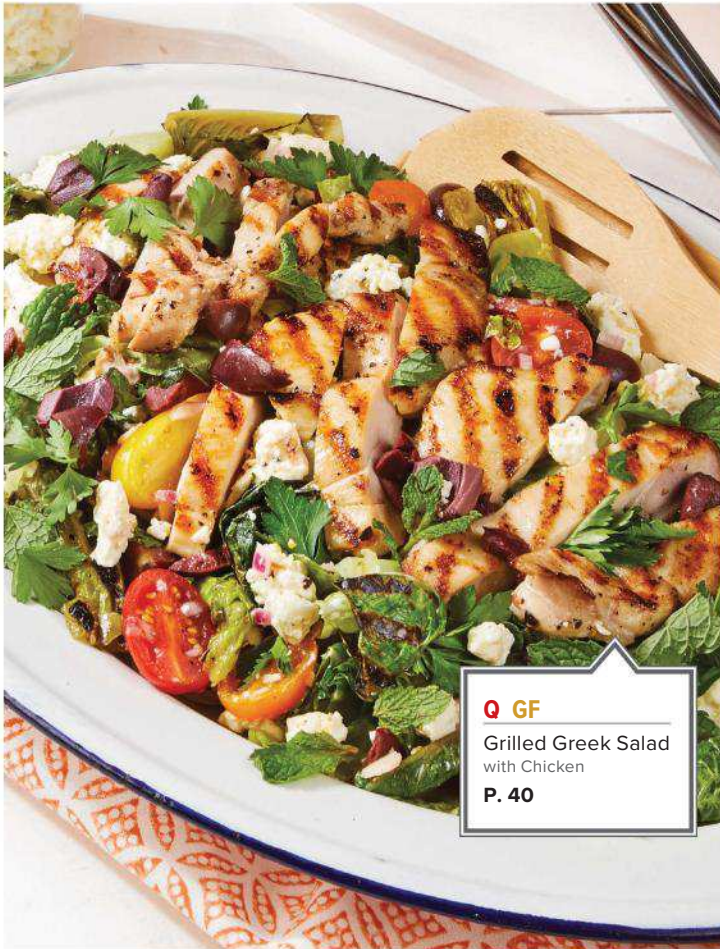


Q V GF
Zucchini Noodle Salad
with Smoky Chipotle Dressing
P. 72



Q V
7-Layer
Dip
Salad
P. 66

poultry & beef



Q GF
Grilled Greek Salad
with Chicken
P. 40



GF
Marinated
Flattened Chicken
with Mexican-Style
Street Corn
P. 54



Q GF
Smoky Romesco
Chicken & Noodles
P. 70



P F Q GF
Cilantro Chicken
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Q GFA
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Q GF
Grilled Cod &
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breakfasts & snacks



F V GF
PB, Banana &
Chocolate Pops
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F V
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& Berries
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F V GF
Strawberry
Chia Pops
with Chocolate
Drizzle &
Pistachios
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desserts



P F GF
Peaches & Cream
Nice Cream
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P F V GF
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Nice Cream
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P F V GF
Chocolate
Cherry Almond
Nice Cream
P. 20



F V
Strawberry Ginger Crisp
P. 44



F V GF
Maple Pecan
Semifreddo
P. 57



V
Peach Ricotta
Bundt Cake with
Yogurt Frosting
P. 88

nutritional values The nutritional values used throughout *Clean Eating* are calculated with the use of The Food Processor SQL (Esha Research) and are provided by food manufacturers or found in the USDA National Nutrient Database.

FREEZE DRY AT HOME

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ANCIENT NUTRITION

IS BONE BROTH THE MISSING LINK TO YOUR HEALTH?

For as long as humans have been cooking food over fire, bone broth—the simmering stock of bones otherwise discarded—has been a daily part of life, celebrated by cultures around the world. Not only does bone broth add depth of flavor to recipes and meals, it also imparts significant and broad health benefits that are now capturing the attention of millions. Bone broth may be the “hottest trend in health” today, even though it is centuries old. Could it be the missing link that you’ve been searching for?

CELEBRITY TREND *DU JOUR*

One thing that actors, professional athletes, executives and television personalities all have in common are high-performance lifestyles. So it is little wonder that the media seems to be reporting almost daily on the celebrities that are making bone broth a central component of their health and fitness program.

You will also see bone broth very well represented if you take a stroll down the aisle of your local bookstore and a surprising number of “broth cafes” have opened up in New York City as people are trading in their morning cup of coffee for the benefits that bone broth can deliver!

PERFECT FOR PALEO LIVING

Another audience that is “fueling the fire” of the bone broth movement is the rapidly-growing group of people following a Paleolithic-inspired eating and lifestyle program. And its not just weekend warriors and hardcore fitness advocates that are contributing to the growth. Recent statistics indicate a wider demographic of people is “going Paleo” and estimate that 54% are women and 76% are college educated. The world of health and fitness is often dominated by fads and trends; however, all the data suggests that this is a modern-day phenomenon, based on ancient wisdom, that is not going away any time soon.

WHY ALL THE HYPE?

Bone broth is typically rich in protein, collagen, gelatin, glucosamine, chondroitin and key minerals often missing in diet. These vital nutrients support a wide range of health benefits and body systems including:

- ▶ Healthy detoxification, gut and immune system[†]
- ▶ Healthy joints and lean muscle mass[†]
- ▶ Healthy and vibrant skin, hair and nails[†]
- ▶ Metabolism and a healthy weight[†]



Natural | Gluten Free | Dairy Free | Soy Free | Grain Free | Nut Free

BONE BROTH PROTEIN™

MODERN SUPERFOOD

BRINGING THE BENEFITS OF BONE BROTH TO THE PEOPLE

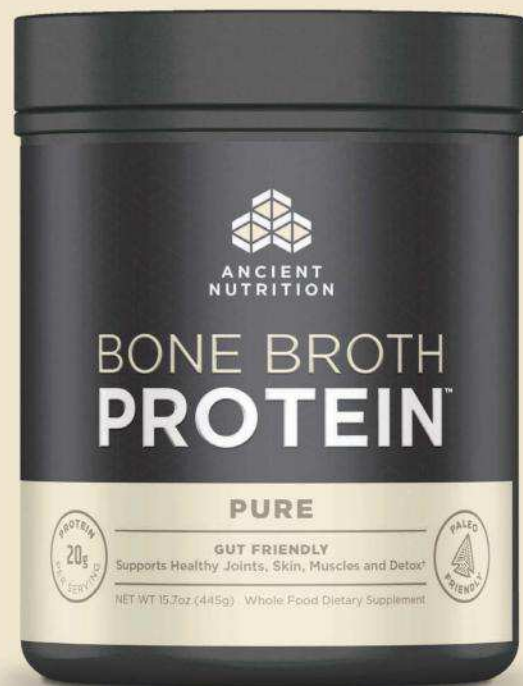
Two major drawbacks to experiencing the benefits of bone broth is the time to make it at home and expense to buy it pre-packaged. Introducing **Bone Broth Protein™**—a breakthrough in protein supplementation that delivers the benefits of bone broth in an easy-to-mix, convenient and on-the-go form.

Not only does Bone Broth Protein™ pack 20g of gut-friendly and Paleo-friendly protein per serving, it also provides Bone Broth Co-Factors such as collagen, glucosamine, chondroitin, hyaluronic acid and key electrolyte minerals to support the health of your gut, joints, muscles, skin and healthy detoxification.†

Bone Broth Protein™ is free of common allergens and the ideal protein source for those sensitive to dairy, grains, egg, beef, nuts and legumes. Carefully-crafted quality you can trust and tested to be GMO free.

5 BIG BENEFITS OF BONE BROTH PROTEIN™

1. Saves You Time
2. Saves You Money
3. Packed with 20g Protein
+ Bone Broth Co-Factors
4. Whole Food Supplemental Protein
5. Diet, Paleo and Gut Friendly



Other Delicious and Functional Flavors Available

WWW.TRYBONEBROTH.COM

†These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

bits & bites

3 WAYS WITH NICE CREAMS

No, that's not a typo. A “nice” cream is a frozen treat that uses bananas or other nondairy ingredients instead of cream. Perfect for vegans, those who can't digest dairy or anyone who just loves a rich, velvety dessert, this recipe trio will make you rethink what ice cream is all about.

PHOTOGRAPHY BY BEATA LUBAS

Banana Split Nice Cream

HEALTH BENEFIT:

In addition to being a rich source of blood pressure–lowering potassium, bananas are a good source of fructooligosaccharides (FOS). FOS is a type of prebiotic that supports digestive health by helping the gut maintain a balance of “friendly” bacteria, or probiotics.



Peaches & Cream Nice Cream

HEALTH BENEFIT:

Succulent peaches are brimming with antioxidants including caffeic acid, a type of polyphenol with cancer-fighting properties that helps keep harmful free radicals at bay.



Chocolate Cherry Almond Nice Cream

HEALTH BENEFIT:

Dark sweet cherries are a natural source of melatonin, a phytochemical compound that helps regulate your sleep-wake cycle and boost immunity.

PEACHES & CREAM NICE CREAM

SERVES 5.

- 1 cup** BPA-free canned full-fat coconut milk
- ½ cup** raw unsalted cashews
- 2 tbsp** raw honey, divided
- 2 tsp** pure vanilla extract
- 4 cups** frozen peach slices
- ½ cup** cooked sweet potato, mashed
- 3 tbsp** collagen powder
(TRY: NeoCell Super Collagen Powder)
- ⅓ cup** unsweetened coconut chips

1. Prepare coconut cream: In a high-powered blender or food processor, purée milk, cashews, 1 tbsp honey and vanilla; transfer to a bowl and set aside. To blender, add peaches, sweet potato, collagen and remaining 1 tbsp honey; purée until smooth.

2. Line an 8 x 8-inch baking pan with parchment paper. Pour peach mixture into pan. Swirl in coconut cream and top with coconut chips. Cover and freeze for at least 2 hours. If freezing for longer, thaw in the refrigerator for 15 to 30 minutes to soften slightly.

PER SERVING (1 cup): Calories: 298, Total Fat: 18 g, Sat. Fat: 12.5 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 1 g, Carbs: 30 g, Fiber: 4 g, Sugars: 20 g, Protein: 9 g, Sodium: 28 mg, Cholesterol: 0 mg

BANANA SPLIT NICE CREAM

SERVES 5.

- 3 tbsp** coconut oil
- 2 tbsp** unsweetened cocoa powder
- 2 tbsp** pure maple syrup, divided
- 3 cups** sliced and frozen bananas
- ¼ cup** toasted walnuts + 2 tbsp for garnish
- 1 cup** frozen strawberries
- 3 tbsp** plain unsweetened almond milk
- 2 tbsp** dried unsweetened pineapple, chopped

1. In a heat-proof bowl over a pot of simmering water, melt coconut oil. Remove from heat and whisk in cocoa powder and 1 tbsp maple syrup. Set aside to cool.

2. Line an 8 x 8-inch baking pan with parchment paper. To a high-powered blender or food processor, add bananas and purée until smooth. Add ¼ cup walnuts and pulse 3 to 4 times to break up. Transfer mixture to baking pan.

3. To blender, add strawberries, milk and remaining 1 tbsp maple syrup. Purée until smooth. Swirl mixture into baking pan. Drizzle in chocolate mixture and swirl to incorporate. Top with pineapple. Chop remaining 2 tbsp walnuts and sprinkle on top. Cover and freeze for at least 2 hours. If freezing for longer, thaw in the refrigerator for 15 to 30 minutes to soften slightly.

PER SERVING (1 cup): Calories: 274, Total Fat: 15 g, Sat. Fat: 8 g, Monounsaturated Fat: 1.5 g, Polyunsaturated Fat: 4.5 g, Carbs: 38 g, Fiber: 5 g, Sugars: 22 g, Protein: 3 g, Sodium: 17 mg, Cholesterol: 0 mg

CHOCOLATE CHERRY ALMOND NICE CREAM

SERVES 5.

- 1 15-oz** BPA-free can full-fat coconut milk
- 2 cups** sliced and frozen bananas
- ⅓ cup** unsweetened cocoa powder
- ⅓ cup** natural smooth almond butter
- 3** Medjool dates, pitted
- 2 tbsp** pure maple syrup
- 1 tsp** pure vanilla extract
- 1 cup** frozen dark sweet cherries, chopped + 2 tbsp for garnish
- slivered almonds, for garnish, optional
- cacao nibs, for garnish, optional

1. Line an 8 x 8-inch baking pan with parchment paper. In a high-powered blender or food processor, purée coconut milk, bananas, cocoa powder, almond butter, dates, maple syrup and vanilla until smooth. Pour into baking pan.

2. Stir in 1 cup cherries. Garnish with additional cherries and, if using, top with slivered almonds and cacao nibs. Cover and freeze for at least 2 hours. If freezing for longer, thaw in the refrigerator for 15 to 30 minutes to soften slightly.

PER SERVING (1 cup): Calories: 397, Total Fat: 27 g, Sat. Fat: 16 g, Monounsaturated Fat: 6.5 g, Polyunsaturated Fat: 3 g, Carbs: 40 g, Fiber: 7 g, Sugars: 23 g, Protein: 7 g, Sodium: 16 mg, Cholesterol: 0 mg

Dukkah Chicken
Breasts with Beet Moutabel
cleaneating.com/dukkah-chicken

The Age-Better Diet

John Stamos may have the diet of his Greek ancestors to thank for his ability to seemingly get younger with each passing year. The Mediterranean diet – best known for its inclusion of fresh fruits and vegetables, minimally processed whole grains, heart-healthy fats from nuts, seeds and olive oil, moderate amounts of fish, and low amounts of meat – was the subject of discussion in a recent issue of *The Journals of Gerontology Series A: Biological Sciences and Medical Sciences*.

Here are some of the key findings that suggest this way of eating may help delay aging. **REINFORCE YOUR DNA:** A 2016 study included in the issue noted that, because of its high levels of anti-inflammatory monounsaturated fats, the Mediterranean diet can help reduce telomere shortening in patients with coronary heart disease. (The shortening of telomeres, which are stretches of DNA located on the ends of each chromosome, is associated with aging and an increased risk of chronic diseases.) **STAY SPRY:**

Another study concluded that French adults who followed a diet similar to the Mediterranean diet exhibited more markers of physical, mental and physiological healthy aging, and a piece of Spanish research found that older adults who ate Mediterranean-style had less physical impairment than those who didn't. **GO AHEAD, EAT UP:** One article cautioned that more studies are needed to determine exactly how the diet helps to reduce the risk of rampant health issues, including breast cancer and heart disease. Still, the research indicates that this culinary style can help you live healthier for longer.



CHEW ON THIS NO. 160

Quick pickle raw vegetables like cucumber or carrots by whisking 2 tsp kosher salt and, if desired, spices and organic evaporated cane juice (organic sugar) to taste, into a bowl or measuring cup filled with ½ cup white vinegar and ½ cup water. Thinly slice vegetables (you'll want about 1 cup sliced) then transfer to a Mason jar and pour brine over top of vegetables. Place jar in fridge for 20 minutes.

The Wellness Report

Find out what's making an impact in the food and wellness world – and how you can try the trends.

BY LAURA SCHOBER

THE RISE OF CBD

As one of over 85 known phytocannabinoids that naturally occur in the cannabis plant, cannabidiol (CBD) is a non-psychoactive compound that interacts with your body's endocannabinoid system to help the body regulate biological processes including sleep, immune response, appetite and memory, despite the constant influx of external influences or stressors. While research is still ongoing, CBD is generating a lot of buzz for helping relieve symptoms of stress and anxiety, preventing insomnia and reducing inflammation and joint pain, among other health benefits. According to *Hemp Business Journal*, sales for CBD oil are projected to reach a whopping \$1.8 billion by 2020. **CE RECOMMENDS:** Barlean's (barleans.com) has launched two new CBD hemp oils: Extra Strength Ideal (25 mg of CBD per serving; \$70) and Organic Ideal (10 mg of CBD per serving; \$90). Add these oils to raw energy balls, smoothies, coffees or teas – Barlean's are naturally flavored with mint, making them both flavorful and soothing, too. **OTHER OILS TO TRY:** Terry Naturally Hemp Oil (\$48, terrynaturallyvitamins.com) and Bluegrass Original Strength Genesis Blend Hemp Extract (\$90 per 4 oz, bluegrasshempoil.com).



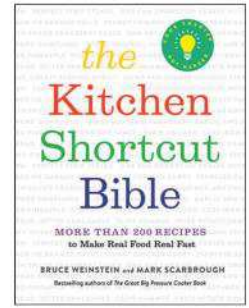
THE NEXT FRONTIER IN GUT HEALTH

Using human clinical research and innovations in biofermentation, a trailblazing new start-up called Seed has united leading microbiome scientists from around the world to create the first daily foundational health product. **MICROBIOME ADVANCEMENT:** Seed's Daily Synbiotic for women takes an all-encompassing approach to microbiome health by offering benefits that go beyond the gut, supporting cardiovascular, dermatological, immunity, gut barrier integrity, oxidative stress and reproductive health. **ONE-OF-A-KIND FORMULA:** Developed with Gregor Reid, PhD, Seed's chief scientist who first defined "probiotics" for the World Health Organization, the women's Synbiotic formula uses a combination of 24 clinically studied, human-derived probiotic strains (the men's version has 20) and plant-based probiotics sourced from Scandinavian chaga mushrooms, pine bark and Indian pomegranate. Probiotics survive through digestion thanks to a proprietary algae delivery system. **TRY IT:** \$50 per 90 capsules; seed.com.



THE KITCHEN SHORTCUT BIBLE

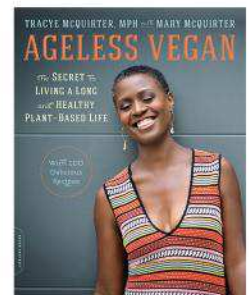
With handy tips like "start with a clean kitchen and clean as you go," *The Kitchen Shortcut Bible: More Than 200 Recipes to Make Real Food Fast*

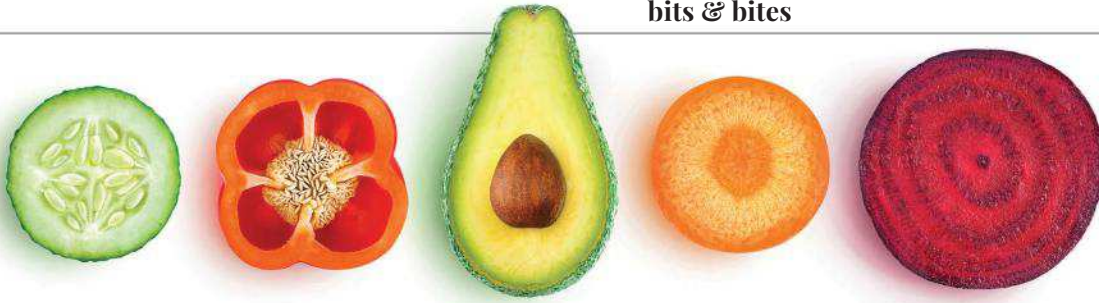


will help you get budget-conscious meals on the table faster and with less mess. **PROVEN TIME-SAVERS:** By using common kitchen utensils in out-of-the-box ways and revamping traditional ingredients, Clean Eating Academy cooking instructors and cookbook authors Bruce Weinstein and Mark Scarbrough bring their innovative, tested-until-perfect methods to speedy breakfasts, supper shortcuts, quick desserts and everything in between. **ACCESSIBLE RECIPES:** There are gluten-free and vegetarian options as well as one-pot meals, sheet pan dishes and make-ahead recipes for ultimate convenience. Kitchen notes and food preparation tips are peppered throughout, making the wide and varied selection of mouthwatering dishes easy to assemble. **By Bruce Weinstein and Mark Scarbrough (\$30, Little, Brown and Company)**

AGELESS VEGAN

Having lived over three decades as vegans – without chronic disease or pain – Tracye McQuirter (age 50) and her mother (age 80) share their 14-step plan to looking and feeling younger by making the switch to veganism. **HELPFUL TIPS:** In *Ageless Vegan: The Secret to Living a Long and Healthy Plant-Based Life*, Tracye, a best-selling author and public health nutritionist who directed the country's first federally funded vegan nutrition program, offers suggestions for healthy swaps and budget shopping tips to help you along. **GOOD EATS:** The book includes 100 recipes using 100% whole grains, pulses, plant-based proteins and plenty of fruits and vegetables. **By Tracye McQuirter with Mary McQuirter (\$25, Da Capo Lifelong Books)**





Less (Meat) Is More

Scientists have long known that consuming fewer calories benefits health and longevity, but a recent review of published studies suggests that restricting certain protein-rich foods could slow the aging process and prevent chronic diseases without calorie-cutting. Researchers at the Penn State College of Medicine have determined that a reduction in dietary sulfur amino acids (SAAs), namely methionine and cysteine, resulted in beneficial effects such as lower body weight, less oxidative stress, increased insulin sensitivity and fewer cancerous tumors. **LIFE EXTENDERS:** In one animal study, an 80% reduction in methionine increased the average and maximum life span of rats by between 42 and 44%. **DIETARY SOURCES:** SAAs are found in foods containing protein such as beef, poultry, eggs and nuts like almonds and peanuts, so reducing them can be difficult. The review notes that most vegan diets are low in methionine and cysteine, and beans and other legumes are a good source of protein with low amounts of these amino acids. Low-sulfur fruits and veggies include avocados, carrots, cucumbers, mushrooms and collards. **LOOKING AHEAD:** While the studies to date have been in animals, the study authors believe the findings could translate to humans. The first controlled human study is underway – a big step in determining if less meat and more plants is the key to best health.

To prevent bacterial growth, always transfer leftover cooked or grilled foods to smaller containers and store in the fridge or freezer within one hour so they can cool rapidly. For meats and whole roasts, slice or cut into smaller portions or pieces and refrigerate; wings and legs may be left whole.



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Jonny Bowden, PhD, CNS, columnist, Clean Eating Magazine; author, "The 150 Healthiest Foods on Earth"

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Shortcut Foods

These time-saving options will satisfy your taste buds with minimal or no prep.

BY LAURA SCHOBER



1



2



3



4



5

1 / FAST FIX

Whether you prefer your latte hot or cold, Organic Traditions Organic Matcha Latte with Probiotics offers up the added benefit of good bacteria in the form of *Bacillus coagulans*. Naturally flavored with organic coconut milk powder, cinnamon, ginger and organic coconut palm sugar, this also works great as a smoothie booster.

\$16, organictraditions.com

2 / QUICK OATS

Nature's Path Gluten-Free Homestyle Oatmeal conveniently comes in individual sachets with no salt or sugar added. These fiber-rich rolled oats take two minutes to prepare when heated in a pot of boiling water over the stove top.

\$5, naturespath.com

3 / A FINE CAN OF FISH

Caught in Alaska, Wild Planet Foods' Wild Pink Salmon No Salt Added is a BPA-free canned option that works in a flash for creating omega-3-rich salmon cakes, sandwiches, spreads and more.

\$5, wildplanetfoods.com

4 / MAKE IT MEXICAN

Made with a mouthwatering mixture of organic ingredients, including Lundberg short-grain brown rice, black beans and seasonings such as basil and chile flakes, Eden Foods Mexican Rice & Beans requires just a quick pan sauté for four to six minutes on medium heat.

\$2.50, edenfoods.com

5 / INSTANT CAULI-RICE

When you're short on time, 365 Everyday Value Organic Riced Cauliflower is a preservative-free, low-carb option with just two ingredients – cauliflower and salt – and it's ready to serve in four to six minutes. **\$2, available at Whole Foods Market or Amazon Prime**



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ASK OUR DIETITIANS

Got a food question?

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Q/ Will eating foods high in cholesterol raise my risk of heart disease? What do my blood cholesterol numbers really mean?

A/ Dietary cholesterol, found in foods such as butter, eggs and shellfish, does not raise blood cholesterol in the vast majority of people. It was once erroneously targeted as a major cause of cardiovascular disease (CVD). But cholesterol is a very important component of various hormones and cell membranes, and your liver and intestines make most of the cholesterol your body needs. CVD is believed to be caused by inflammation, oxidative stress, smoking, inactivity and a diet rich in sugar, trans fats and high-glycemic foods. The basic lipid panel, which measures total cholesterol, LDL, HDL and triglycerides, fails to identify up to 60% of people who are at risk. Advanced testing, including hs-CRP (measures inflammation in blood vessels), LDL-P (measures LDL particle number), LDL particle size (small and dense LDL are the dangerous kind) and Lipoprotein(a), are the best for getting a clearer picture about your risk. If you have family history of CVD or feel that you are at high risk, ask your doctor to order the NMR, Cardio IQ, Lipoprotein Particle Profile (LPP) or VAP test. These specific tests take a deeper dive into the lipid classes and are more effective at predicting risk of CVD.

Good news: A heart-healthy diet can include foods such as eggs and shellfish. Try our Crab Cakes with Honeydew Strawberry Salsa.

cleaneating.com/crabcakes-salsa

Q/ Does diet success depend on one's DNA?

A/ When it comes to diet, what works best for your friend or your partner may not work for you. Individual genetics play a significant role in how each of us respond to diet. Our genes affect how we metabolize different foods, predispose us to food sensitivities and allergies and influence our individual risks for obesity. Studies also show that the foods we eat can alter our genes and the genes of our offspring. Research conducted by Texas A&M University scientists tested four popular diets: Mediterranean, Japanese, Standard American Diet (SAD) and ketogenic. The researchers found that different genetic types responded well or poorly to each diet, and that there is no one single diet that is optimal for everyone. Genetic testing to match us with individualized diets is already happening. But short of mapping out your diet DNA, the key to identifying the right diet for you starts by developing an awareness for how your body responds to different foods and how your weight and other markers of health are affected, for better or for worse.

Registered dietitians Tiffani Bachus and Erin Macdonald are the co-founders and creators of URockGirl.com, a website dedicated to promoting wellness and a healthy, balanced lifestyle.



Get Outta Town (and still eat well)

For your next travel adventure, pack these scrumptious portable snacks that will keep your health goals on track.

BY LAURA SCHOBER, PHOTOGRAPHY BY VINCENZO PISTRITTO

GO NUTS

Made with just dry-roasted, blanched peanuts, Once Again Organic Peanut Butter Squeeze Packs boast a rich, nutty taste and creamy consistency, making these single-serving packs perfect on their own or used as a dip for apple slices. **\$8**, onceagainnutbutter.com

CLEAN SIPPING

Rich in healthful minerals such as calcium, magnesium and electrolytes, Flow Alkaline Spring Water in Organic Cucumber and Mint contains no sugar, no preservatives and no GMOs for a refreshingly pure source of hydration. **\$1.50 per 500 ml or \$7.50 per six-pack**, flowwater.com

RAW GOODNESS

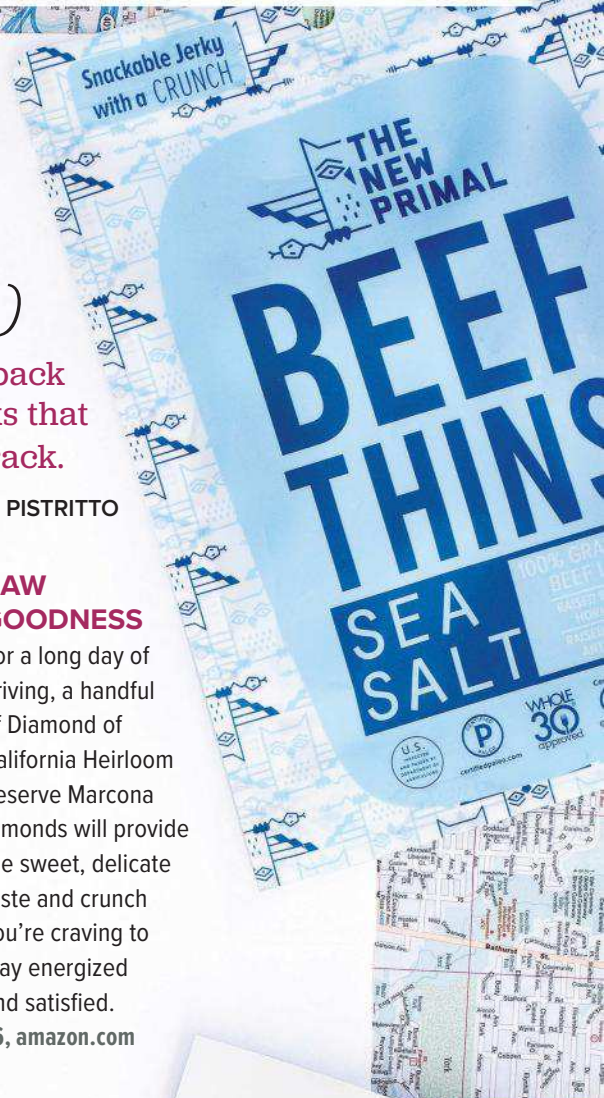
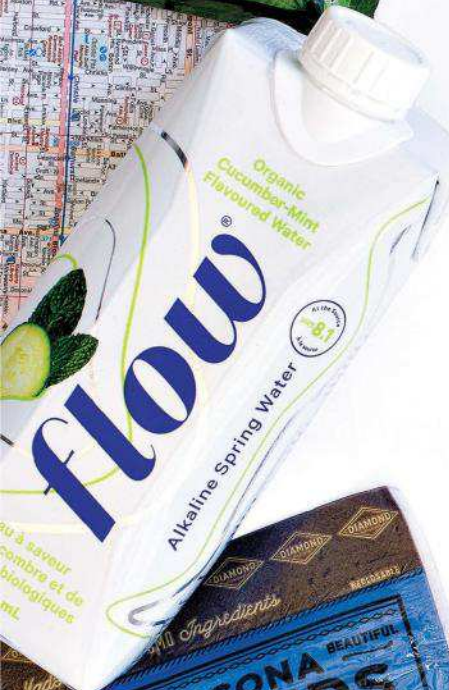
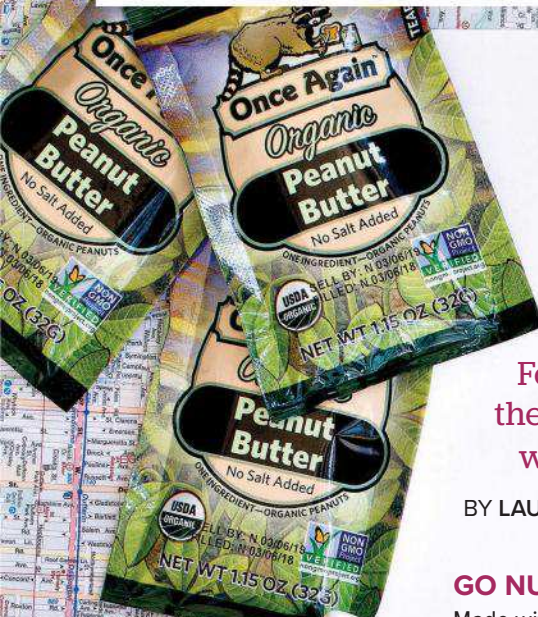
For a long day of driving, a handful of Diamond of California Heirloom Reserve Marcona Almonds will provide the sweet, delicate taste and crunch you're craving to stay energized and satisfied. **\$6**, amazon.com

POWER UP ON PROTEIN

Offering 13 grams of protein per serving, The New Primal Sea Salt Beef Thins are a tasty, low-calorie snack made with grass-fed beef, organic coconut aminos, garlic powder, onion powder and sea salt. **\$4**, at Whole Foods Market

GRAB-AND-GO BITES

A staff favorite, Foodie Fuel Cinnamon Ginger Fuel Snacks are a Paleo-friendly, gluten-free snack with sweet and spicy notes. Seeds such as chia and golden flax are a source of the omega-3 fatty acid alpha-linolenic acid (ALA). **\$6**, foodiefuel.com



Waves for Days

Beautiful beachy hair is just a spritz away! Achieve all-natural style with this texturizing sea salt hairspray.

BY KATHRIN BRUNNER,
PHOTOGRAPHY BY MEAGHAN EADY

Vanilla Lime Sea Salt Spray

- 1 cup** distilled water
- 1 tbs** sea salt
- 1 tsp** jojoba oil
- 1 tsp** aloe gel (not juice)
- 20 drops** lime essential oil
- 5 drops** vanilla essential oil

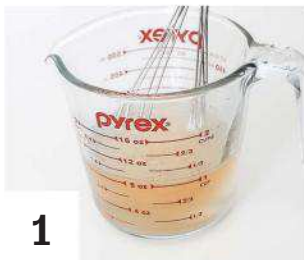
1. In a kettle or small pot, heat distilled water then add to a glass measuring cup along with sea salt. Stir until dissolved.

2. Stir in remaining ingredients and pour into a misting spray bottle.

3. To use, shake bottle and mist onto damp or dry hair. For wavy or curly hair, use fingers to scrunch ends and lift hair at the roots, or twirl sections around fingers for softer waves. For straight hair and shorter cuts, spray and style as usual for definition and hold. Allow to air-dry, or blow dry on a cool and low setting.

TIP: Use after washing to style hair, or spray on any time to restore volume and curls.

Sea salt sprays are all the rage, and it's no wonder why. They're fantastic for styling hair, providing light hold to keep shorter styles in place, and for adding texture and definition to longer cuts. Making your own is easy, and you'll be amazed at how well sea salt spray can effortlessly boost your style. To counteract the drying effects of sea salt, aloe gel is added for moisture to leave hair soft and touchable while the addition of jojoba oil adds shine. Finally, the combination of lime and vanilla essential oils leaves hair smelling heavenly.



The Mane Report

Show your tresses some love with these protective and nourishing hair enhancers that skip junk ingredients. BY LAURA SCHOBER

EXTEND YOUR 'DO

Formulated with essential oils, organic arrowroot powder and aluminum-free baking soda, Captain Blankenship Mermaid Dry Shampoo soaks up grease and volumizes unwashed hair. **\$24, captainblankenship.com**



MOISTURE MASK

Brigeo Don't Despair, Repair! Deep Conditioning Mask keeps your hair shiny, hydrated and protected from further damage. It contains algae, biotin, B vitamins and rosehip and argan oils to give dry, over-processed or dull hair added bounce and moisture. **\$36, brigeo.com**



BIG HAIR, DON'T CARE

Free of parabens and synthetic detergents, The Green Beaver Company's Lavender Volumizing Shampoo is a certified ECOCERT shampoo that nourishes hair while perking up fine locks. **\$13, greenbeaver.com**



KATHRIN BRUNNER is a Toronto-based nutritionist and yoga teacher. She has a passion for holistic living and is a super-avid DIYer who has created several lines of natural body-care products. Brunner teaches at The Institute of Holistic Nutrition and has a private practice that offers a variety of workshops, corporate talks and yoga classes. Visit her website at fortheLoveofbody.com.



“THE ENDOCANNABINOID SYSTEM IS ESSENTIAL TO LIFE AND IT RELATES MESSAGES THAT AFFECT HOW WE **RELAX, EAT, SLEEP, FORGET, AND PROTECT**”

- VINCENZO DI MARZO

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GOLD FORMULA

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What's Buzzing in the Wellness World

SIBO and functional medicine are two terms on everyone's lips these days, but what do they truly mean? BY JONNY BOWDEN

Q: What is SIBO? It sounds like an exotic flu.

SIBO stands for small intestinal bacterial overgrowth. Once a rare diagnosis, it's now thought to be more prevalent than previously believed. But both the diagnosis itself and the testing criteria for it remain controversial.

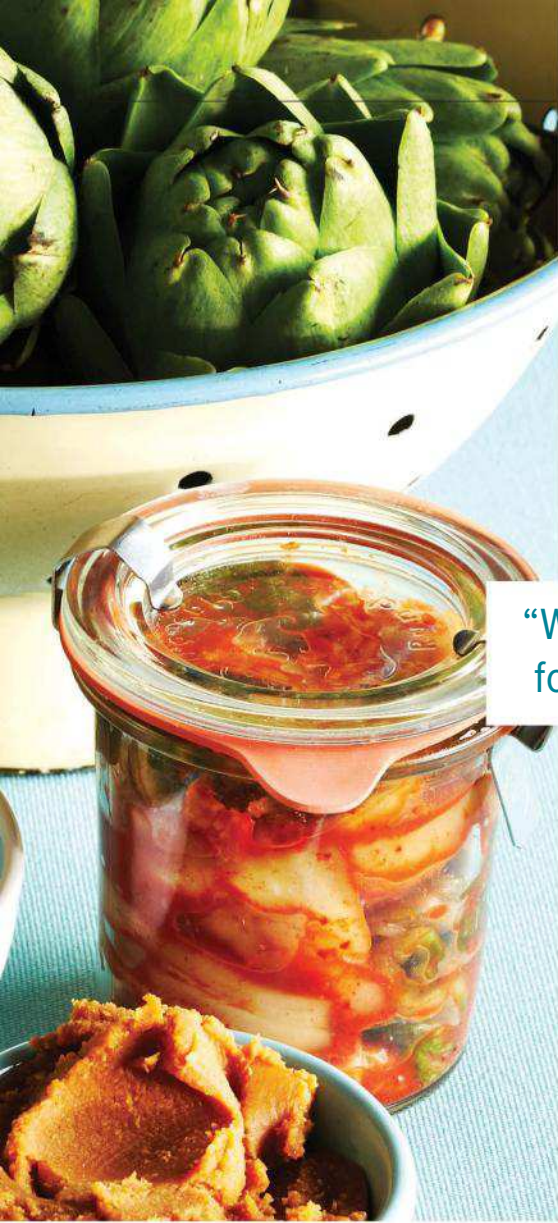
The symptoms of this type of bacterial overgrowth range widely, with some patients only mildly symptomatic and others suffering a lot from things like chronic diarrhea, weight loss and nutrient

deficiencies due to malabsorption. People with compromised immune systems are more prone to bacterial overgrowth as are those with poorly controlled diabetes.

Because the symptoms of SIBO overlap with a host of conditions – notably irritable bowel syndrome (IBS) – there's some controversy about the diagnosis. The standard way of testing for SIBO is with a breath test, but some researchers feel that the breath test results

range all over the map and don't predict anything useful.

"The availability of breath testing has driven the popularity of the diagnosis of SIBO and the confusion about its treatment," writes Alan Christianson, NMD, on his website drchristianson.com. Functional medicine practitioner Chris Kresser, MS, LAc, seems to concur. "We have no gold standard way of diagnosing SIBO," he says on chriskresser.com. "When more than 90% of your



disease, colorectal cancer and other possible causes with overlapping symptoms. If these are all ruled out, Christianson suggests getting evaluated for IBS. And take your probiotics! “All of the studies that I’ve seen, without exception, have found that when you use probiotics, either along with antibiotics or as a separate distinct treatment for SIBO, they are effective,” writes Kresser.

in Hyman’s words, “seeks to identify and address the root causes of disease and views the body as one integrated system, not a collection of independent organs divided up by medical specialties. It treats the whole system, not just the symptoms.”

Some kinds of doctors – notably naturopathic physicians – have this kind of orientation built into their medical training, but conventionally

“When more than 90% of your patients test positive for a condition, that should raise some eyebrows.”

Q: I’m hearing the term “functional medicine” frequently, but what does it mean?

Functional medicine is to conventional medicine as a computer is to a typewriter. One of the best explanations I’ve heard came from functional medicine practitioner Chris Kresser, MS, LAc, who trains doctors in this specialty. “If you’ve got a pebble in your shoe that’s causing pain and you go to a conventional doctor, you’re going to get a prescription for a painkiller,” Kresser told me recently. “If you go to a functional medicine doc, he’s going to ask what’s causing the pain. He’s going to ask you to take off your shoe, see the pebble and remove it.”

trained MDs do not. To learn this approach, physicians (and some allied health professionals) can take advanced certifications in functional medicine, usually from The Institute for Functional Medicine. You can look for an IFM Certified Practitioner in your area on their website, ifm.org. And hopefully functional medicine is going mainstream. The Cleveland Clinic also has its own Center for Functional Medicine, where Hyman serves as director. ☺

patients test positive for a condition, that should raise some eyebrows.”

If you’ve been diagnosed for SIBO but you have no digestive symptoms, “you can safely ignore this diagnosis,” writes Christianson, who calls SIBO a “failed hypothesis.”

If you do have digestive symptoms, however, don’t ignore the diagnosis, just ask your doc to look a little deeper to see what else might also be going on. It’s been suggested that SIBO itself might be a symptom of a deeper underlying problem. Rule out inflammatory bowel disease, celiac

In other words, conventional medicine treats symptoms; functional medicine treats the underlying cause.

According to Mark Hyman, MD – one of the best-known functional medicine practitioners in the country – functional medicine is the future of medicine, except it’s available now. Functional medicine,



“[FUNCTIONAL MEDICINE] TREATS THE WHOLE SYSTEM, NOT JUST THE SYMPTOMS.”



JONNY BOWDEN, PhD, CNS Board-certified nutrition specialist, motivational speaker, author and expert in the areas of weight loss and health.



Bouillabaisse Packets
[cleaneating.com/
seafoodstew](http://cleaneating.com/seafoodstew)

Fire up a Greener Grill!

Think grilling season has to sabotage your sustainability goals? It's not as complicated as you may think: Stay friendly to the earth all summer long with these 5 green grilling hacks.

BY KATE GEAGAN

1/ Grill shrimp and shellfish more often. Instead of ocean heavyweights such as tuna or swordfish (which can be at risk of overfishing or can contain mercury), pop shrimp, clams and mussels on the grill instead. Look for third party-certified sustainable options, such as shellfish certified by the Marine Stewardship Council (MSC) or ones designated as “Best Choice” or “Good Alternative” by the Monterey Bay Aquarium’s Seafood Watch program. Plus, shellfish that are lower on the food chain help keep our waters clean and pack important minerals including selenium and zinc.

2/ Choose the greenest grill. When it comes to total carbon emissions, the short of it is, gas grills are the better choice. They produce considerably fewer greenhouse gas (GHG) emissions than charcoal or electric (though if you are tapped into a renewable

BOULLABASSE PHOTO BY BRANDON BARRÉ, GRILLED VEGETABLE PHOTO BY DENIS KICHATOF/SHUTTERSTOCK.COM

energy source, electric can be a green choice too). A 2009 British study found the carbon footprint for grilling with charcoal was almost three times the amount of using gas. This was primarily because charcoal is typically made by heating wood, but just 20 to 35% of the wood becomes charcoal; the majority of what's left over is converted to gas and released into the atmosphere as GHG emissions. For my top grill pick, check out “The Right Gear for the Grill” (right).

3/ Bring the heat, but keep it quick. Use this simple equation for healthier grilling: smaller portions of high-quality organic meats + a marinade that reduces heterocyclic amines (HCAs) + quick cooking = better for you and the planet. Let me explain: In addition to using more fuel to cook longer at higher heat, well-done red meats contain higher levels of HCAs, which are chemicals that may cause cancer. You can slash their formation (while also treading more coolly on the planet) by cooking on lower heat and for less time. Research has also discovered a few secret-weapon ingredients and ingredient combinations that considerably cut HCAs when added to rubs and marinades such as olive oil, garlic, onion, lemon, rosemary, yogurt, beer or wine – these can slash HCA formation by as much as 70%. Another tip: opt for thinly sliced cuts of meat or kebabs, which will cook faster and reduce the amount of fuel needed.



Kate Geagan, MS, RD, is an award-winning dietitian and internationally recognized leader in sustainable eating and nutrition. She is the author of *Go Green, Get Lean: Trim Your Waistline with the Ultimate Low Carbon Footprint Diet*, and she's regularly appeared on *The Dr. Oz Show* and Katie Couric's show *Katie*.



4/ Use plenty of plants!

From farmers' market finds to overflowing summer gardens, pretty much all of nature's bounty can be tossed on the grill to create bold flavors brimming with health benefits. My own foolproof method involves brushing veggies with a bit of olive oil, grilling until desired doneness, then sprinkling a snip of summer herbs and a squeeze of fresh lemon. Summer squash and zucchini, sliced into long “steaks,” are particularly tasty this way. And don't forget dessert! Grilled peaches or apricots, brushed with local raw honey, a shower of fresh mint and finished with a dab of local fresh yogurt or ricotta, is pure summer bliss.

5/ Enjoy smoky eggplant, meaty mushrooms and more.

While meat potentially creates those unwelcome HCAs, how wonderful is it that plants get a free pass! Get that smoky, meaty taste by firing up mushrooms (which pack B vitamins and selenium) or charred eggplant that you can schmear onto toasted bread or pita as a “kick-back-your-heels” summer appetizer. There's also an abundance of meatless mains starring tempeh, which is found in the refrigerator and freezer cases of most grocery stores. Check labels for *Clean Eating*-approved ingredients.

The Right Gear for the Grill

When it comes to grilling smarter and healthier this summer (and getting delicious results), try these essential tools we love.

1. SKEWERS BY BAMBU.

Made from 100% organic bamboo (considered eco-friendly because it's fast-growing), these skewers come in eco-conscious packaging that's free from plastic, glue and staples, thereby reducing waste.

\$3 per 8-inch or \$4 per 12-inch, bambuhome.com



2. DR. BROWNSTONE'S BBQ SIGNATURE BLEND ORGANIC SMOKING CHIPS.

Add smoky depth and aromatic flavor with these smoking chips sourced from sustainably harvested trees in Maine.

\$15, mainegrillingwoods.com

3. BIG GREEN EGG. A backyard favorite, this versatile grill classic (which can be used as a grill, oven or smoker) comes in a variety of sizes to suit every lifestyle. Plus it's airtight and retains its heat for a long time, helping cut down on the amount of fuel you use. **Price varies depending on size,** biggreenegg.com ☺



For more accessories that will help you fire up the grill this summer, turn the page for “Everything but the Grill” (p.34).

Everything but the GRILL

You shopped for a first-class grill – now make sure you have top-tier tools to use alongside. We’re featuring the four accessories every grill master should have.

BY ANDREA GOURGY, PHOTOGRAPHY BY VINCENZO PISTRITTO

1. THE PRECISION GRIP OXO GOOD GRIPS GRILLING TONGS

Flip your meats and veggies from a safe distance with these extra-long stainless steel tongs. Nonslip handles and scalloped heads help maintain a solid grip – no more food falling between the grates. They are rust-resistant and dishwasher safe, and they lock for storage. **\$15, oxo.com**

2. ROCK THE PLANK WILLIAMS SONOMA CEDAR PLANK

There’s no other grilling accessory that will impress your guests as much as a cedar plank – it adds a lovely woody, smoky flavor to your fish. When choosing cedar planks, you’ll want to ensure they are harvested sustainably, such as this model made from untreated western red cedar. Don’t forget to soak them in water overnight before use. **\$14 for set of 4, williams-sonoma.com**

3. ALL YOUR VEG IN ONE BASKET BROIL KING GRILL WOK

If veg is on your menu, a grilling basket, also known as a grilling wok, is a must. Simply chop up your veg, toss with oil and seasonings and place them in the basket to grill. This heavy-duty, stainless steel model holds a family-sized portion of produce without taking up too much real estate on your grill. **\$20, broilkingbbq.com**

4. FOOLPROOF THERMOMETER MAVERICK DF-10 DIGITAL FORK

Use this instant-read thermometer in one of two ways: Set it to your desired temperature, or set it to a specific type of protein and it will default to the USDA-approved temperatures. Remember to always test in the thickest part of the meat since that will take the longest to cook. **\$30, maverickthermometers.com**

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TREND ALERT!
These tasty tacos use grilled avocado, so they're infused with a smoky flavor.

FOOD STYLING BY JOHN KIRKPATRICK / PROOF STYLING BY THE PROOF STUDIO

GRILLED GREEK SALAD

with Chicken
(SEE RECIPE, P. 40)

GRILLED COD & POBLANO TACOS

with Gremolata
(SEE RECIPE, P. 44)



HAVE

COOLER,

WILL

TRAVEL

All you need is a cooler and a portable grill to take advantage of these on-the-go eats designed to be made ahead and simply finished on the grill. Use this gorgeous menu for beachside picnics, cottage weekends or outdoor concerts – simply prep, pack and go.

RECIPES BY ALEXA WEIBEL, PHOTOGRAPHY BY CRAYOLA ENGLAND

Use our helpful legend at the bottom of each recipe to see which elements to make ahead and which to finish on site, as well as which tools to bring with you on the road.



MAKE AHEAD



FINISH ON SITE



PACK THESE TOOLS



ASIAN BROCCOLI GINGER SLAW with Grilled Tofu

SERVES 6. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 25 MINUTES.

A quick soy-lime dressing adds serious oomph to this crunchy slaw. The beauty of a slaw made with heartier ingredients such as broccoli, carrots and radishes is that you can toss it in the dressing before leaving the house and it won't get soggy. If you don't have a portable grill, you can also cook the tofu in a skillet or grill pan before leaving the house.

- ¼ cup** reduced-sodium soy sauce
- ½ tsp** sea salt + additional to taste
- 3 tbsp** toasted sesame oil
- ground black pepper**, to taste
- 2 tsp** lime zest + 3 tbsp fresh lime juice
- 1 14-oz** block organic extra-firm tofu, cut crosswise into ½-inch slices
- 1 tbsp** raw honey
- 2 tbsp** safflower oil
- 1½ tbsp** peeled and minced ginger
- ⅓ cup** chopped roasted salted peanuts
- 1 tsp** sriracha
- 1. In a large bowl**, whisk together soy sauce, sesame oil, lime zest and juice, honey, ginger and sriracha. Reserve 2 tbsp in a portable lidded container. To bowl, add broccoli, radishes, carrot and cilantro and toss to coat; season to taste with salt and pepper. Transfer to a large zip-top bag or container; refrigerate.
- 1¼ lb** broccoli florets, thinly sliced lengthwise
- 5** radishes, halved and thinly sliced
- 1** carrot, peeled and julienned
- ¾ cup** fresh cilantro, coarsely chopped

- 2.** Preheat a greased grill or grill pan to medium-high. Brush tofu with safflower oil and sprinkle with remaining ½ tsp salt. Grill until grill-marked, about 3 minutes per side. Slice each into 2 squares, then halve each square diagonally into 2 triangles.

- 3.** Top salad with tofu and peanuts. Drizzle tofu with reserved 2 tbsp dressing.

PER SERVING (⅙ of recipe):
 Calories: 255, Total Fat: 18.5 g, Sat. Fat: 2 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 9 g, Carbs: 14 g, Fiber: 4 g, Sugars: 6 g, Protein: 12 g, Sodium: 627 mg, Cholesterol: 0 mg



MAKE AHEAD
 The salad and dressing can be prepared ahead and tossed to coat (through Step 1).



FINISH ON SITE
 Grill the tofu and assemble the salad.



PACK THESE TOOLS
 Grill, grilling tongs, brush, cutting board, knife, bowl and salad tongs.





GRILLED GREEK SALAD with Chicken

SERVES 6. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 40 MINUTES.*

*PLUS MARINATING TIME.

In this warm-weather twist on a Greek salad, both the chicken and the romaine lettuce get a turn on the grill to infuse the dish with a warm, smoky flavor.

- 12 oz** multicolored cherry tomatoes, halved (or quartered, if large)
- 1/3 cup** finely chopped red onion
- 7 tbsp** olive oil, divided
- 4 tsp** red wine vinegar
- 1 large** clove garlic, finely chopped
- 2 3/4 tsp** ground black pepper, divided
- 1 tsp** sea salt, divided
- 4 oz** feta in brine (such as Greek, Bulgarian or French feta), drained, crumbled + 1 cup brine, strained, divided
- 1/2 tsp** lemon zest + 1 tsp fresh lemon juice
- 1 1/2 lb** boneless, skinless chicken thighs
- 6 small** romaine hearts (8 oz each), halved lengthwise
- 2–3 oz** chopped pitted Kalamata olives
- 1/2 cup** each coarsely torn fresh mint and flat-leaf parsley leaves

1. Prepare dressing: In a medium bowl, toss tomatoes, onion, 2 tbsp oil, vinegar, garlic and 1/2 tsp each pepper and salt. Transfer to a portable lidded container; refrigerate.

2. In another medium bowl, toss feta, 1 tbsp oil, lemon zest and juice and 1/4 tsp pepper. Transfer to a portable lidded container and refrigerate. In a large zip-top bag, marinate chicken with brine, 2 tbsp oil and 1 tsp pepper. Refrigerate overnight, or at least 2 hours.

3. Preheat a grill or grill pan on medium-high. Brush the cut side of romaine hearts with 2 tbsp oil and sprinkle hearts with 1 tsp pepper and 1/2 tsp salt. Grill, cut side down, until tender and grill-marked, about 2 minutes. Set aside.

4. Pat chicken dry and grill over medium-high until grill-marked and cooked through, 3 to 4 minutes per side. Once cool, coarsely chop lettuce and thinly slice chicken. In a large bowl, toss lettuce with dressing and chicken. Top with marinated feta, olives and herbs.

PER SERVING (1/6 of recipe): Calories: 392, Total Fat: 26 g, Sat. Fat: 6 g, Monounsaturated Fat: 14.5 g, Polyunsaturated Fat: 3 g, Carbs: 14 g, Fiber: 5 g, Sugars: 7 g, Protein: 27 g, Sodium: 891 mg, Cholesterol: 114 mg



MAKE AHEAD

Prepare the dressing, marinated feta and brined chicken (through Step 2).



FINISH ON SITE

Grill the lettuce and chicken and assemble the salad.



PACK THESE TOOLS

Grill, grilling tongs, paper towel, knife, cutting board, platter and salad tongs.



TRY THIS GENIUS KITCHEN HACK: Don't toss the brine at the bottom of your feta cheese container – use it as a marinade to achieve extra-juicy chicken as we do here. No need to add additional salt, though, as the brine is salty enough.





KOREAN BULGOGI LETTUCE WRAPS

SERVES 6. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 30 MINUTES.*

*PLUS MARINATING TIME.

Honey and soy-marinated boneless short ribs are topped with tart pickled carrots. Both the beef marinade and the carrots are made at home, so you simply grill the ribs and assemble the wraps when you're ready to eat.

MARINADE

- ¼ cup reduced-sodium soy sauce
- 1 green onion, minced
- 3 tbsp raw honey (**TRY:** Wholesome! Raw Honey)
- 2 tbsp peeled and grated ginger
- 3 cloves garlic, minced
- 1 tbsp hoisin sauce
- 1 tbsp rice vinegar
- 2 tsp sesame oil
- 1¼ lb flanken-style boneless beef short ribs (12 ribs; about ¼ inch thick)

QUICK-PICKLED CARROTS

- 3 tbsp safflower oil
- 3 tbsp rice vinegar
- 1 red Thai chile, thinly sliced
- 4 tsp reduced-sodium soy sauce
- 2 tsp raw honey
- 1 tsp lime zest + 1 tsp fresh lime juice
- 2 large carrots, peeled and shredded

FOR SERVING

- 12 red leaf or gem lettuce leaves
- thinly sliced radishes, cilantro sprigs, hot sauce, sesame seeds, optional

1. Prepare marinade: In a blender, blend the first 8 ingredients until smooth. Transfer to a zip-top bag with ribs; marinate refrigerated at least 2 hours, turning occasionally.

2. Prepare Quick-Pickled Carrots: In a portable lidded container, combine the first 6 ingredients; add carrots and toss.

3. Preheat a greased grill or grill-pan on high. Pat ribs dry, discarding marinade, then grill ribs until caramelized, 1 to 2 minutes per side. When cool enough to handle, remove from bone and cut into 2-inch pieces.

4. Fill lettuce wraps with beef, carrots and, if using, radishes, cilantro, hot sauce and seeds.

PER SERVING (2 wraps): Calories: 316, Total Fat: 22 g, Sat. Fat: 9 g, Monounsaturated Fat: 10 g, Polyunsaturated Fat: 4 g, Carbs: 7.5 g, Fiber: 1 g, Sugars: 5 g, Protein: 22 g, Sodium: 233 mg, Cholesterol: 82 mg

DISEASE-FIGHTING DUO:

This recipe stars garlic and ginger, both of which have major nutritional impact. The sulfur-containing compounds found in garlic sweep up harmful bacteria and yeast in the intestines and promote production of glutathione, which the body needs to clean up toxins. Ginger contains gingerol-9, a powerful compound that has shown promise in preventing the growth of cancer cells in the prostate, ovaries and prostate.



MAKE AHEAD
Marinate the ribs and prepare the Quick-Pickled Carrots (through Step 2).



FINISH ON SITE
Grill the beef and assemble the lettuce wraps.



PACK THESE TOOLS
Grill, grilling tongs, paper towel, knife, cutting board and platter.



GRILLED COD & POBLANO TACOS

with Gremolata

SERVES **6**.

HANDS-ON TIME: **20 MINUTES**.

TOTAL TIME: **40 MINUTES**.

There's nothing that says breezy beach barbecue like fish tacos. In this recipe, we layer grilled cod with poblanos, avocados and gremolata, a mix of fragrant chopped herbs, garlic and lime zest. We chop the herbs by hand here, but feel free to pulse ingredients in the food processor if you prefer.

- 6 tbsp** fresh cilantro
- ¼ cup** fresh flat-leaf parsley
- 3 cloves** garlic
 - ½** red jalapeño or serrano chile, halved and seeded
- 2 tsp** finely chopped lime zest + 3 limes, quartered, for serving
- 12 6-inch** corn tortillas
 - 4** poblanos (4 oz each), each cut into 3–4 large pieces, stemmed and seeded
- 4½ tbsp** olive oil, divided
 - 3** avocados, halved and pitted
- 1¼ tsp** sea salt, divided
- ¾ tsp** ground black pepper, divided
- 1½ lb** skinless cod fillets
- 1 tsp** ground coriander

1. Prepare gremolata: On a cutting board, chop cilantro, parsley, garlic, chile and lime zest together (or pulse together in a food processor). Transfer to a portable lidded container; refrigerate.

2. Preheat a grill or grill pan on medium. Grill tortillas until grill-marked, about 2 minutes per side.

3. Brush poblanos with 2 tbsp oil and halved avocados with 1 tbsp oil. Grill avocados on high, cut side down, until grill-marked, about 2 minutes. Grill poblanos until crisp-tender, about 5 minutes per side. Season poblanos with ½ tsp salt and ¼ tsp pepper. Thinly slice poblanos crosswise and thinly slice avocados.

4. Reduce heat on grill to medium. Brush cod with remaining 1½ tbsp oil, sprinkle with coriander, ¾ tsp salt and ½ tsp pepper, and grill until marked and flaky, 4 to 5 minutes per side. Transfer to a cutting board and flake into large chunks. (**NOTE:** To prevent delicate fish from flaking too much on the grill, cut pieces of foil an inch wider than the size of the fish and line with a smaller piece of parchment paper. Brush generously with oil, then cook fish on top. If you're using a grill pan, you can place fish straight into pan.)

5. Divide avocados, poblano, flaked fish and gremolata among tortillas. Serve with lime wedges.

PER SERVING (2 tacos): Calories: 481, Total Fat: 28 g, Sat. Fat: 4 g, Monounsaturated Fat: 19 g, Polyunsaturated Fat: 4 g, Carbs: 39 g, Fiber: 12 g, Sugars: 2 g, Protein: 24 g, Sodium: 482 mg, Cholesterol: 43 mg



MAKE AHEAD

Cut, stem and seed poblanos. Prepare the gremolata (through Step 1). Cut foil and parchment pieces for the grill.



FINISH ON SITE

Grill tortillas, poblanos, avocados and cod; assemble tacos.



PACK THESE TOOLS

Grill, grilling tongs, brush, spatula, knife, cutting board and fork.

STRAWBERRY GINGER CRISP

SERVES **6 TO 8**.

HANDS-ON TIME: **20 MINUTES**.

TOTAL TIME: **1 HOUR**.

An edgier take on a classic crisp, our version uses ginger and five-spice powder for a little heat. Make it in advance and pack it to go, adding yogurt to each as it's served.

- ¼ cup** whole-wheat flour, divided
- ¼ cup** date sugar, divided
- 1 tbsp** fresh orange juice
- 2 lb** strawberries, chopped
- 2 tsp** peeled and finely chopped ginger
- ½ cup** old-fashioned rolled oats
- 3 tbsp** chopped unsalted walnuts
- 3 tbsp** organic unsalted butter, melted
- ½ tsp** Chinese five-spice powder
- whole-milk yogurt, optional

1. Preheat oven to 375°F. In a large bowl, whisk together 2 tbsp flour, 1 tbsp sugar and orange juice. Add strawberries and ginger and toss.

2. Prepare topping: In a medium bowl, combine oats, walnuts, butter, remaining 2 tbsp flour, 3 tbsp sugar and five-spice.

3. Transfer strawberry mixture to an 8 x 8-inch baking dish. Crumble oat mixture on top in an even layer. Bake until top is golden and base is bubbly, about 40 minutes.

4. Garnish servings with yogurt (if using).

PER SERVING (⅙ of recipe): Calories: 168, Total Fat: 8 g, Sat. Fat: 4 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 2 g, Carbs: 23 g, Fiber: 4 g, Sugars: 11 g, Protein: 3 g, Sodium: 2 mg, Cholesterol: 13 mg



MAKE AHEAD

Make the crisp
(through Step 3).



FINISH ON SITE

Serve with yogurt
(if using).



**PACK THESE
TOOLS**

Serving spoon.





SHOPPING LIST

Select your recipes then take our handy list to the grocery store for smoother shopping.

ASIAN BROCCOLI GINGER SLAW <i>with Grilled Tofu</i>	GRILLED GREEK SALAD <i>with Chicken</i>	KOREAN BULGOGI LETTUCE WRAPS	STRAWBERRY GINGER CRISP	GRILLED COD & POBLANO TACOS <i>with Gremolata</i>
PRODUCE				
<ul style="list-style-type: none"> <input type="checkbox"/> 2 limes <input type="checkbox"/> 1 1½-inch piece fresh ginger <input type="checkbox"/> 1¼ lb broccoli florets (about 2 large bunches) <input type="checkbox"/> 5 radishes <input type="checkbox"/> 1 carrot <input type="checkbox"/> 1 bunch fresh cilantro 	<ul style="list-style-type: none"> <input type="checkbox"/> 12 oz multicolored cherry tomatoes <input type="checkbox"/> 1 small red onion <input type="checkbox"/> 1 clove garlic <input type="checkbox"/> 1 bunch fresh mint <input type="checkbox"/> 1 lemon <input type="checkbox"/> 6 8-oz romaine hearts <input type="checkbox"/> 1 bunch fresh flat-leaf parsley 	<ul style="list-style-type: none"> <input type="checkbox"/> 1 green onion <input type="checkbox"/> 1 2-inch piece fresh ginger <input type="checkbox"/> 3 cloves garlic <input type="checkbox"/> 1 red Thai chile <input type="checkbox"/> 1 lime <input type="checkbox"/> 2 large carrots <input type="checkbox"/> 1 large head red leaf or gem lettuce <input type="checkbox"/> radishes and cilantro for serving, optional 	<ul style="list-style-type: none"> <input type="checkbox"/> 1 orange <input type="checkbox"/> 2 lb strawberries <input type="checkbox"/> 1 11-inch piece fresh ginger <p style="color: #e91e63; text-align: center;"><i>About 5 inches of ginger root will cover you for all 5 recipes.</i></p>	<ul style="list-style-type: none"> <input type="checkbox"/> 1 bunch fresh cilantro <input type="checkbox"/> 1 bunch fresh flat-leaf parsley <input type="checkbox"/> 1 red jalapeño or serrano chile <input type="checkbox"/> 4 limes <input type="checkbox"/> 4 4-oz poblanos <input type="checkbox"/> 3 avocados <input type="checkbox"/> 3 cloves garlic <p style="color: #e91e63; text-align: center;"><i>If making all 5 recipes, you'll need a total of 1 head garlic.</i></p>
<i>Pick up just 1 bunch of each cilantro and flat-leaf parsley for all the recipes.</i>				
PROTEIN				
<ul style="list-style-type: none"> <input type="checkbox"/> 1 14-oz block organic extra-firm tofu 	<ul style="list-style-type: none"> <input type="checkbox"/> 1½ lb boneless, skinless chicken thighs 	<ul style="list-style-type: none"> <input type="checkbox"/> 1¾ lb flanken-style boneless beef short ribs 		<ul style="list-style-type: none"> <input type="checkbox"/> 1½ lb cod fillets
MISCELLANEOUS				
<ul style="list-style-type: none"> <input type="checkbox"/> 2 oz roasted salted peanuts 	<ul style="list-style-type: none"> <input type="checkbox"/> 2 to 3 oz pitted Kalamata olives 		<ul style="list-style-type: none"> <input type="checkbox"/> 1 oz unsalted walnuts 	<ul style="list-style-type: none"> <input type="checkbox"/> 12 6-inch corn tortillas
DAIRY				
	<ul style="list-style-type: none"> <input type="checkbox"/> 4 oz feta + 1 cup brine 		<ul style="list-style-type: none"> <input type="checkbox"/> 1 stick organic unsalted butter <input type="checkbox"/> 1 container whole-milk yogurt, optional 	
PANTRY STAPLES				
<ul style="list-style-type: none"> <input type="checkbox"/> 1 bottle reduced-sodium soy sauce <input type="checkbox"/> 1 bottle toasted sesame oil <input type="checkbox"/> 1 bottle sea salt <input type="checkbox"/> 1 bottle ground black pepper <input type="checkbox"/> 1 bottle safflower oil <input type="checkbox"/> 1 bottle raw honey <input type="checkbox"/> 1 bottle sriracha 	<ul style="list-style-type: none"> <input type="checkbox"/> 1 bottle red wine vinegar <input type="checkbox"/> 1 bottle olive oil <input type="checkbox"/> 1 bottle sea salt <input type="checkbox"/> 1 bottle ground black pepper 	<ul style="list-style-type: none"> <input type="checkbox"/> 1 bottle reduced-sodium soy sauce <input type="checkbox"/> 1 bottle raw honey <input type="checkbox"/> 1 bottle hoisin sauce <input type="checkbox"/> 1 bottle safflower oil <input type="checkbox"/> 1 bottle sesame oil <input type="checkbox"/> 1 bottle rice vinegar <input type="checkbox"/> sesame seeds and hot sauce for serving, optional 	<ul style="list-style-type: none"> <input type="checkbox"/> 1 bag whole-wheat flour <input type="checkbox"/> 1 bag date sugar <input type="checkbox"/> 1 bag old-fashioned rolled oats <input type="checkbox"/> 1 bottle Chinese five-spice powder 	<ul style="list-style-type: none"> <input type="checkbox"/> 1 bottle olive oil <input type="checkbox"/> 1 bottle sea salt <input type="checkbox"/> 1 bottle ground black pepper <input type="checkbox"/> 1 bottle ground coriander

Check your pantry to ensure you have these items handy.

LAIID- BACK

Entertaining

Unannounced guests?
More company than you expected?
You've got this. Time to take a step back and
chill out. These fuss-free meals served family-
style are just what the summer ordered.

RECIPES BY MARIANNE WREN, PHOTOGRAPHY BY DENNIS KENNEDY

EASY DOES IT

Prep and marinate the chicken ahead of time. When your guests arrive, simply grill the chicken and the corn.



**Marinated
Flattened
Chicken**

with Mexican-Style
Street Corn

(SEE RECIPE, P. 54)



YOUR STEP-BY-STEP GAME PLAN

Getting organized in advance is the key to low-stress hosting. Use our detailed guide to help you get set up and prepared so all your recipes are piping hot at the same time – and you can grab a cocktail and enjoy the party!



THE DAY BEFORE:	THE MORNING OF:	1 HOUR BEFORE:	30 MINUTES BEFORE:
<ul style="list-style-type: none"> <input type="checkbox"/> Make Maple Pecan Semifreddo (p. 57); freeze. <input type="checkbox"/> Make pesto for Grilled Mixed Mushroom Flatbread (p. 52; Step 2). Cover and refrigerate. <input type="checkbox"/> Make sour cream mixture for Mexican-Style Street Corn (p. 54; Step 3). Cover and refrigerate. <input type="checkbox"/> Make herb butter for Hasselback Sweet Potatoes (p. 54; Step 5). Cover and refrigerate. <input type="checkbox"/> Soak plank in water for Cedar Plank Maple Dijon Salmon (p. 54; Step 1). 	<ul style="list-style-type: none"> <input type="checkbox"/> Shuck corn and marinate chicken for Marinated Flattened Chicken with Mexican-Style Street Corn (p. 54; Steps 1 and 2). <input type="checkbox"/> Shred cheese for Grilled Veggie Nachos (p. 57) and Grilled Mixed Mushroom Flatbread (p. 52). Place in containers in fridge. 	<ul style="list-style-type: none"> <input type="checkbox"/> Prepare glaze for Cedar Plank Maple Dijon Salmon (p. 54; Step 6). Cover and refrigerate. <input type="checkbox"/> Cook mushrooms for Grilled Mixed Mushroom Flatbread (p. 52; Step 3). Cool to room temperature; remove pizza dough from refrigerator. 	<ul style="list-style-type: none"> <input type="checkbox"/> Roll out dough for Grilled Mixed Mushroom Flatbread (p. 52; Step 4) and grill; top with pesto, mushrooms and cheese. <input type="checkbox"/> Place Marinated Flattened Chicken (p. 54; Step 4) on heated side of grill. Place Hasselback Sweet Potatoes (p. 54; Step 4) on opposite side of grill.

WHEN GUESTS ARRIVE:

- Place **Grilled Mixed Mushroom Flatbread** (p. 52; Step 5) back on grill.
- Grill avocado. Assemble and grill **Grilled Veggie Nachos** (p. 57; Steps 2 and 3).
- Move **Marinated Flattened Chicken** (p. 54) to unheated side of grill.
- Serve **Grilled Mixed Mushroom Flatbread** (p. 52) and **Grilled Veggie Nachos** (p. 57).

20 MINUTES BEFORE DINNER:

- Assemble **Cedar Plank Maple Dijon Salmon** (p. 54; Step 7) on plank, spread with glaze and grill.

10 MINUTES BEFORE DINNER:

- Peel open foil on **Hasselback Sweet Potatoes** (p. 54, Step 7); add herb butter.
- Brush **Mexican-Style Street Corn** (p. 54) with oil and grill.
- If grilling asparagus to serve alongside **Cedar Plank Maple Dijon Salmon** (p. 54), toss with oil and salt; grill.

DINNERTIME:

- Serve **Marinated Flattened Chicken with Mexican-Style Street Corn** (p. 54), spreading corn with sour cream mixture and torn basil, and **Cedar Plank Maple Dijon Salmon with Hasselback Sweet Potatoes** (p. 54).

DESSERT:

- Place **Maple Pecan Semifreddo** (p. 57) on serving platter and sprinkle with reserved nuts.





Grilled Veggie
Nachos
(SEE RECIPE, P. 57)

EASY DOES IT

Grilled nachos look impressive but are surprisingly fast – just 20 minutes from start to finish!

Grilled Mixed Mushroom Flatbread

SERVES 8.

HANDS-ON TIME: **20 MINUTES.**

TOTAL TIME: **30 MINUTES.**

Smothered in walnut-parsley pesto and topped with mushrooms, this meatless flatbread takes only 30 minutes to serve up, thanks to store-bought dough.

- 2 cups** loosely packed fresh flat-leaf parsley
- 2 tbsp** chopped unsalted walnuts
- 1 clove** garlic
- ½ tsp** each sea salt and ground black pepper, divided
- ¼ cup** olive oil, divided
- 2** shallots, thinly sliced
- 12 oz** mixed mushrooms (such as oyster, cremini, shiitake), stemmed and sliced
- 1 1-lb pkg** store-bought whole-grain pizza dough
- ⅓ cup** coarsely grated Parmesan cheese

1. Preheat a greased grill to medium-high heat.

2. Prepare pesto: In a food processor pulse parsley, walnuts, garlic and ¼ tsp each salt and pepper until finely chopped, scraping down sides of bowl as needed. With the motor running, slowly add 3 tbsp oil until just incorporated. Scrape mixture into a bowl and set aside.

3. In a large skillet on medium-high, heat remaining 1 tbsp oil. Add shallots and cook, stirring occasionally, until softened and golden, 1 to 2 minutes. Add mushrooms and remaining ¼ tsp each salt and pepper, stirring frequently, until mushrooms are lightly browned and softened, 5 to 7 minutes. Remove skillet from heat and set aside.

4. On a lightly floured board, roll out dough to ½-inch thickness (about a 12-inch circle). (**NOTE:** Dough can be rolled into a freeform rectangular shape, just do not roll too thin.) Lay dough on grill grates, cooking until grill marks form and dough lifts

easily, 2 to 4 minutes. Using tongs, flip dough and cook other side until grill marks appear, 2 to 3 minutes. Turn off one side of grill to set up for indirect cooking. Transfer dough to board and spread pesto on top, leaving a ½-inch border. Top with mushrooms and cheese.

5. Return pizza to unheated side of grill; close lid. Cook until mushrooms are warmed through and cheese is softening, 3 to 6 minutes. Transfer to serving board and cut into slices.

PER SERVING: (⅛ of recipe): Calories: 334, Total Fat: 14 g, Sat. Fat: 2 g, Monounsaturated Fat: 7 g, Polyunsaturated Fat: 2 g, Carbs: 46 g, Fiber: 6 g, Sugars: 3 g, Protein: 10 g, Sodium: 618 mg, Cholesterol: 3 mg

EASY DOES IT

A speedy homemade pesto and store-bought dough make for a flatbread that's ready faster than you could call for takeout.







Marinated Flattened Chicken

with Mexican-Style Street Corn

SERVES 4.
HANDS-ON TIME: 20 MINUTES.
TOTAL TIME: 1 HOUR, 10 MINUTES.*

*PLUS MARINATING TIME.

By removing the backbone, you get a juicy, whole chicken cooked in less time. The process takes only minutes but can be intimidating for first-timers; however, you can always ask your butcher to do it for you. Serve with additional lime wedges around the platter.

- 2 tbsp** orange zest + 1¼ cups fresh orange juice
- 1 tbsp** lime zest + ⅓ cup fresh lime juice
- 3 cloves** garlic, minced
- 3 tsp** chile powder, divided
- 2 tsp** each ground cumin, coriander and oregano
- 1 tsp** smoked paprika
- ½ tsp** each sea salt and ground black pepper
- ¼ tsp** ground cayenne pepper
- 1 3½ lb** whole chicken
- ¼ cup** full-fat sour cream
- ¼ cup** crumbled feta cheese
- 4 ears** corn, shucked
- 2 tsp** olive oil
- ¼ cup** torn fresh basil leaves

1. To a large (1 gallon) zip-top bag, add orange zest and juice, lime zest and juice, garlic, 2½ tsp chile powder, cumin, coriander, oregano, paprika, salt, pepper and cayenne; set aside.

2. On a cutting board place chicken breast-side down. Using kitchen shears, start at the tail end and cut along both sides of the spine, finishing at the neck; remove spine completely. (**TIP:** Keep backbone in the freezer for your next batch of bone broth.) Flip chicken over and press down firmly until chicken cracks and flattens. Place in zip-top bag along with marinade and seal, removing as much air as possible. Marinate in fridge for 4 hours, flipping every hour.

3. Prepare sour cream mixture: In a small bowl combine sour cream, feta and remaining ½ tsp chile powder; set aside.

4. Preheat grill to medium-high, then turn off one side for indirect cooking. On hot side of grill, place chicken breast-side down and cook until skin lifts easily, 8 to 10 minutes. Flip chicken, cooking until grill marks appear on underside, 10 to 12 minutes. Move chicken to unheated side of grill; close lid. Cook until an instant-read thermometer inserted in the thigh reads 165°F, 30 to 35 minutes.

5. Meanwhile, brush corn with oil. When chicken has 10 minutes remaining, place corn on hot side of grill. Cook, turning frequently, until corn is tender and slightly charred, 10 to 15 minutes. Transfer to a plate; spread sour cream mixture over corn and sprinkle with basil. Serve corn alongside chicken.

PER SERVING: (¼ of recipe): Calories: 590, Total Fat: 32 g, Sat. Fat: 10 g, Monounsaturated Fat: 12 g, Polyunsaturated Fat: 6 g, Carbs: 23 g, Fiber: 3 g, Sugars: 9 g, Protein: 53 g, Sodium: 332 mg, Cholesterol: 170 mg

Cedar Plank Maple Dijon Salmon

with Hasselback Sweet Potatoes

SERVES 4.
HANDS-ON TIME: 15 MINUTES.
TOTAL TIME: 1 HOUR, 15 MINUTES.*

*PLUS SOAKING TIME FOR CEDAR PLANK.

Smoky planked salmon with butter-topped sweet potatoes looks fancy, but this family-style dinner couldn't be easier. Here, we serve it with grilled asparagus to round out the meal. For a more dramatic presentation, you can use a 1½-lb piece of salmon instead of fillets – you'll need a larger plank and about 10 minutes more on the grill.

- 4 small** sweet potatoes
- 2 tsp** olive oil
- 2 tbsp** organic unsalted butter, softened
- 1 tbsp** chopped fresh flat-leaf parsley
- ½ tsp** each sea salt and ground black pepper, divided
- ¼ cup** pure maple syrup
- 2 tbsp** grainy Dijon mustard
- 2 tsp** peeled and minced fresh ginger
- 1 clove** garlic, minced
- ¼ tsp** ground cayenne pepper
- 4 6-oz** skinless salmon fillets

EQUIPMENT:

- 1** untreated 6 x 12 x ¾-inch cedar plank

1. Soak plank in water overnight, weighting it down to keep it submerged. (**TIP:** Canned beans work well as weights.)

Don't forget to soak your cedar plank overnight!

2. Preheat a grill to medium-high. Tear four 12 x 12-inch sheets of foil, then four 10 x 10-inch sheets of parchment paper. Crumple up parchment pieces then run each under the tap to moisten, shaking off excess water. (**NOTE:** This helps steam potatoes and prevent burning.) Uncrumple parchment and set aside with foil.

3. Cut a small slice along the length of each potato so they sit flat. Using a sharp knife, cut ¼-inch slices along width, almost to the bottom (**TIP:** Place chopsticks on either side of the potato to prevent slicing through). Drizzle potatoes with oil. Wrap each in moist parchment then in foil.

4. Turn off one side of the grill for indirect cooking. Place potato packets on unheated side, close lid and cook until tender, 50 to 60 minutes. Carefully open foil and cook further until slightly crispy and golden, 10 to 15 minutes.

5. Meanwhile, prepare herb butter: In a small bowl combine butter, parsley and ¼ tsp each salt and pepper.

6. Prepare glaze: In a separate small bowl, combine maple syrup, mustard, ginger, garlic and cayenne.

7. When potatoes have about 15 minutes remaining, place salmon on plank; sprinkle with remaining ¼ tsp each salt and pepper. Place plank on hot side of grill and reduce heat to medium. Drizzle maple mixture over salmon, reserving 2 tbsp. Close lid and cook 12 to 14 minutes for medium rare, 14 to 18 minutes for well done. Transfer to a serving platter; drizzle with remaining glaze. Place potatoes around salmon and drizzle each with butter mixture.

PER SERVING: (¼ of recipe): Calories: 406, Total Fat: 14 g, Sat. Fat: 5.5 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 2 g, Carbs: 30 g, Fiber: 4 g, Sugars: 17 g, Protein: 36 g, Sodium: 536 mg, Cholesterol: 95 mg

EASY DOES IT

With only 15 minutes prep, this low-maintenance recipe is cooked entirely on the grill.





PECAN GOODNESS:

Buttery pecans are a good source of monounsaturated fat, or MUFA, a type of fat from plant sources. Studies have shown that people who consume diets high in MUFAs, such as the Mediterranean diet, have lower levels of inflammatory chemicals C-reactive protein and interleukin-6 in their blood, lowering the risk of chronic diseases.



EASY DOES IT

Make the semifreddo entirely in advance then simply pull out of the freezer when you're ready to serve.

PHOTO BY CHRIS HENNESSEY

Maple Pecan Semifreddo

SERVES 8.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 30 MINUTES.*

*PLUS FREEZING TIME.

A staff favorite, this cool dessert looks extravagant but is very easy to pull off, plus it's completely make-ahead.

- 2/3 cup** chopped unsalted pecans
- 2/3 cup** pure maple syrup, divided
- 1/4 tsp** flakey sea salt (such as Maldon)
- 1 1/2 cups** whipping cream, well chilled
- 1 tsp** pure vanilla extract
- 3 large** eggs + 1 egg yolk

1. Line a 9 x 5-inch loaf pan with plastic wrap, leaving a 4-inch overhang on each side lengthwise. Line a baking sheet with parchment paper.

2. In a medium nonstick skillet on medium, toast pecans, stirring frequently, about 30 seconds. Add 2 tbsp maple syrup and cook, stirring frequently, until nuts are well coated and syrup has thickened slightly, 1 minute. Spread nuts onto baking sheet and sprinkle with salt. Let cool completely, 8 to 10 minutes. Break up clumps of nuts if necessary.

3. In a large bowl, add whipping cream, vanilla and 1 tbsp maple syrup. Using a hand-held mixer, whip until stiff peaks form, 3 to 4 minutes. Chill in refrigerator.

4. In a large heat-proof bowl, place eggs, yolk and remaining maple syrup. Set bowl over a pot of barely simmering water, making sure the bowl sits above the surface of the water. Using an electric mixer set

to medium, beat eggs and syrup until doubled in volume and very thick, 7 to 8 minutes. Carefully remove bowl from heat and continue beating egg mixture until bowl is no longer warm, 4 to 5 minutes.

5. Gently fold cream mixture, one-third at a time, into egg mixture. Reserve 2 tbsp pecans for serving and fold in the rest. Spread semifreddo mixture into prepared loaf pan and carefully fold over plastic wrap to cover the top. Place in freezer until set, 4 to 6 hours, or overnight. To serve, tip semifreddo onto a serving platter and peel off plastic wrap. Sprinkle with reserved 2 tbsp pecans and slice. (**NOTE:** Semifreddo can be scooped but will be very soft.)

PER SERVING: (1/8 of recipe): Calories: 320, Total Fat: 25 g, Sat. Fat: 12 g, Monounsaturated Fat: 9 g, Polyunsaturated Fat: 3 g, Carbs: 21 g, Fiber: 1 g, Sugars: 18 g, Protein: 5 g, Sodium: 116 mg, Cholesterol: 144 mg

Grilled Veggie Nachos

SERVES 8.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 20 MINUTES.

Grilled avocado halves takes these super-fast nachos to the next level. Try them for a lazy dinner or late-night nosh. Serve with sour cream, hot sauce and salsa.

- 1 tsp** olive oil
- 1 large** avocado, halved and pitted
- 6 oz** whole-grain tortilla chips
- 1 cup** shredded Monterey Jack cheese
- 1 cup** BPA-free canned unsalted black beans, drained and rinsed
- 1/2 cup** halved cherry tomatoes

- 1/4 cup** pickled red onions, optional (recipe below)
- 1** jalapeño chile pepper, sliced
- 1/4 cup** chopped fresh cilantro

1. Preheat grill to medium-high.

2. Brush oil over cut sides of avocado. Place avocado cut sides down on grill and cook until lightly charred and grill marks appear, 1 to 2 minutes. Transfer to a cutting board; turn off one side of grill to set up for indirect cooking. When cool enough to handle, remove skin from avocado and dice.

3. On a large cutting board, place an 18-inch-long x 12-inch-wide sheet of foil and top with a 17-inch-long x 11-inch-wide sheet of parchment, slightly crinkling the edges together to form a border. Spread chips over parchment and top with cheese. Layer avocado, beans, tomatoes, pickled onions (if using) and jalapeño over cheese. Slide packet onto unheated side of grill. Close lid and cook until cheese melts, about 2 to 3 minutes. Transfer entire packet to a platter and serve warm, sprinkled with cilantro.

PER SERVING: (1/8 of recipe): Calories: 349, Total Fat: 20 g, Sat. Fat: 5 g, Monounsaturated Fat: 7 g, Polyunsaturated Fat: 3 g, Carbs: 37 g, Fiber: 8 g, Sugars: 2 g, Protein: 9 g, Sodium: 264 mg, Cholesterol: 13 mg

PICKLED RED ONIONS (optional):

In a small saucepan, bring 6 tbsp red wine vinegar and 1 1/2 tsp raw honey to a boil. Add 1 small red onion, sliced, stir, and turn off heat. Cover and set aside until onions cool to room temperature. Use right away or refrigerate in a small container. 🌱





Breakfast **on** **Ice**

Yogurt Parfait Pops

with Granola & Berries

(SEE RECIPE, P. 61)

Say hello to our latest obsession: frozen breakfast pops! Prep them days or even weeks ahead using real-food ingredients like yogurt, fruit and granola then freeze into molds. In the morning, just grab a pop or two – no dishes, no cleanup and no time wasted out of your busy morning.

RECIPES BY MARIANNE WREN,

PHOTOGRAPHY BY ANGUEL DIMOV
(OF EVERGREEN KITCHEN)

FOOD STYLING BY BRIANNE BEAUDOIN

Strawberry Chia Pops

with Chocolate
Drizzle & Pistachios

(SEE RECIPE, P. 62)





BREAKFAST WITH BENEFITS:

These gorgeous frozen pops may look and taste like a treat, but they also make a satisfying breakfast thanks to a boost of protein from the peanuts. Studies have shown a correlation between regular consumption of peanuts and lowered risk of developing type 2 diabetes while other research found that eating peanuts lowered triglyceride levels, a risk factor for heart disease.



**PB, Banana
& Chocolate Pops**

(SEE RECIPE, P. 62)

Yogurt Parfait Pops

with Granola & Berries

MAKES 8 POPS.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 4 HOURS, 45 MINUTES.

We've taken all the ingredients in a traditional breakfast parfait – yogurt, homemade granola and berries – and piled them into a frozen ice pop so you can just grab them on your way out the door.

- | | | |
|----------------|---|---|
| ½ cup | old-fashioned rolled oats | 1. Preheat oven to 300°F. In a medium bowl, combine oats, cashews and flaxseeds. Drizzle with 1 tbsp honey and oil and stir to coat. Spread onto a large rimmed parchment-lined baking sheet. Bake for 15 minutes, stirring every 5 minutes. Set aside to cool completely, about 15 minutes. |
| ¼ cup | chopped raw unsalted cashews | 2. In same bowl, combine yogurt, milk, remaining 2 tbsp honey and vanilla. Spoon mixture into molds, filling them halfway. Divide half of the berries among molds and, using a chopstick or a spoon, press berries into yogurt mixture and against the sides of the mold. Top with half of the granola. Repeat layers with remaining yogurt mixture, berries and granola. Add sticks to each mold. |
| 1 tbsp | ground golden flaxseeds | 3. Freeze until set, at least 4 hours. To remove, run under warm water to loosen. |
| 3 tbsp | raw honey, divided | |
| 1 tbsp | coconut oil, melted | |
| 1½ cups | whole-milk Greek yogurt (TRY: Stonyfield Full-Fat Greek Yogurt) | |
| ¾ cup | plain unsweetened almond milk | |
| ½ tsp | pure vanilla extract | |
| 1 cup | raspberries, halved crosswise | |
| ½ cup | blackberries, halved crosswise | |

EQUIPMENT:

- 8 3-oz** pop molds

PER SERVING (1 pop): Calories: 145, Total Fat: 7 g, Sat. Fat: 3 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 1 g, Carbs: 16 g, Fiber: 2.5 g, Sugars: 10 g, Protein: 6 g, Sodium: 35 mg, Cholesterol: 6 mg





Strawberry Chia Pops

with Chocolate Drizzle & Pistachios

MAKES 8 POPS.

HANDS-ON TIME:

20 MINUTES.

TOTAL TIME:

4 HOURS, 30 MINUTES.

Sweet, in-season strawberries are the base of these pretty pops along with fiber-rich chia seeds. An optional boost of protein powder helps keep you satiated until lunch.

- 2 cups** stemmed and chopped strawberries
- 3 tbsp** pure maple syrup, divided
- 1 tbsp** black or white chia seeds
- 1 tsp** pure vanilla extract
- 1½ cups** whole-milk yogurt
- ½ cup** plain unsweetened almond milk
- 2 tbsp** unflavored whey protein powder, optional (**TRY:** Natural Factors Whey Factors Grass Fed Whey Protein Unflavored)

TOPPING

- 1 oz** dark chocolate (70 to 85% cocoa solids), chopped
- ½ tsp** coconut oil
- 1 tbsp** unsalted chopped pistachios

EQUIPMENT:

- 8 3-oz** pop molds

1. To a small saucepan on medium, add strawberries and 2 tbsp water and cook, stirring occasionally, until fruit breaks down and becomes syrupy, 8 to 10 minutes. Remove from heat; mash with a fork. Stir in 2 tbsp maple syrup, chia seeds and vanilla. Set aside to cool completely, about 10 minutes.

2. In a large bowl, combine yogurt, milk, protein powder (if using) and remaining 1 tbsp maple syrup. Stir in fruit mixture. Spoon into molds and add sticks. Freeze until set, at least 4 hours.

3. Prepare topping: Fill a small pot with 2 inches water and bring to a simmer. Reduce to low and set a heat-proof bowl over top. Add chocolate and oil and melt, stirring occasionally, 45 to 60 seconds. Run pop molds under warm water to loosen and gently remove pops; place on a tray. Drizzle chocolate mixture over pops; sprinkle with pistachios.

(**NOTE:** Chocolate will begin to set almost instantly, so work quickly to allow pistachios to stick.) Wrap individually in parchment paper and store in an airtight container in the freezer.

PER SERVING (1 pop):

Calories: 100, Total Fat: 4.5 g, Sat. Fat: 2 g, Monounsaturated Fat: 1 g, Polyunsaturated Fat: 1 g, Carbs: 13 g, Fiber: 2 g, Sugars: 10 g, Protein: 3 g, Sodium: 35 mg, Cholesterol: 6 mg

- ½ cup** chopped salted peanuts, divided
- 1 tbsp** unsweetened cocoa powder

EQUIPMENT:

- 8 3-oz** pop molds

1. To a blender, add banana, yogurt, milk, ¼ cup peanut butter and maple syrup; blend until smooth.

2. Divide ¼ cup peanuts among bottoms of molds. Remove half of banana-yogurt mixture from blender and fill popsicle molds with mixture, dividing evenly.

3. Add cocoa powder to blender with remaining banana-yogurt mixture; blend to combine. Pour chocolate mixture into molds. Drizzle remaining ¼ cup peanut butter into molds. Top with remaining ¼ cup peanuts. Add sticks and freeze until set, at least 4 hours. To release pops, run mold under warm water to loosen.

PER SERVING (1 pop):

Calories: 217, Total Fat: 14 g, Sat. Fat: 3 g, Monounsaturated Fat: 7 g, Polyunsaturated Fat: 3 g, Carbs: 15 g, Fiber: 2 g, Sugars: 9 g, Protein: 9 g, Sodium: 58 mg, Cholesterol: 4 mg

PB, Banana & Chocolate Pops

MAKES 8 POPS.

HANDS-ON TIME:

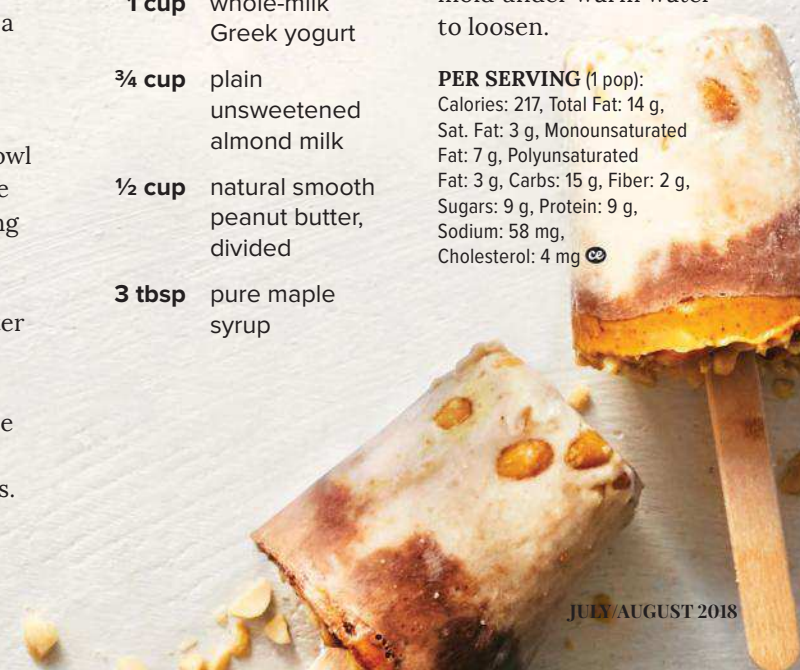
15 MINUTES.

TOTAL TIME:

4 HOURS, 15 MINUTES.

Peanut fans, this is the breakfast for you – protein-rich PB is blended with yogurt and cocoa powder, while chopped salted peanuts add a savory crunch.

- 1 large** banana
- 1 cup** whole-milk Greek yogurt
- ¾ cup** plain unsweetened almond milk
- ½ cup** natural smooth peanut butter, divided
- 3 tbsp** pure maple syrup



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A COOK'S GUIDE TO

(NOT) COOKING



You don't have to settle for carrot sticks and cucumbers to avoid cooking this summer — we've got smart, no-cook hacks so you can enjoy your noodles, grains and proteins without ever having to turn on your stove.

RECIPES BY BETH LIPTON, PHOTOGRAPHY BY CRAYOLA ENGLAND & DENNIS KENNEDY

FOOD STYLING BY JOHN KIRKPATRICK | PROP STYLING BY THE PROPS, LEAD PHOTO BY CRAYOLA ENGLAND



**CONNECTICUT-STYLE
LOBSTER ROLLS**

(SEE RECIPE, P. 72)



7-LAYER DIP SALAD

SERVES 4. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 30 MINUTES.

A meal version of the popular dip, this salad is packed with tasty layers such as crisp lettuce, olives, cheese and avocado. Canned black beans add a source of protein without having to cook – for a twist, try mixing them with corn kernels for extra sweetness. You can use corn from the cob or frozen and thawed corn.

DRESSING

- ½ avocado, peeled and pitted
- 1 small** jalapeño chile pepper, seeded and chopped
- ¾ **cup** packed fresh cilantro
- ¼ **cup** fresh lime juice
- 2 tbsp** apple cider vinegar
- 2 tsp** raw honey
- 1 small** clove garlic, chopped
- ½ **cup** extra-virgin olive oil
- ½ **tsp** sea salt
- ¼ **tsp** ground black pepper

SALAD

- 2 hearts** romaine lettuce, chopped (about 8 cups)
- 1 15-oz** BPA-free can black beans, drained and rinsed
- 1** avocado, peeled, pitted and sliced
- 1 cup** sliced pitted black olives
- 4 oz** sharp cheddar cheese, grated
- ½ **cup** all-natural jarred salsa
- ⅓ **cup** sliced red onions
- 2 cups** whole-grain tortilla chips

1. Prepare dressing: In a blender or food processor, process avocado, jalapeño, cilantro, lime juice, vinegar, honey and garlic until well combined. With motor running, drizzle in oil through feed tube until dressing is mixed and emulsified. Season with salt and pepper. (**NOTE:** Recipe makes more dressing than you'll need. Use the desired amount then refrigerate the rest for salads throughout the week.)

2. Assemble salad: Spread ¾ of lettuce over the bottom of a serving platter. Over lettuce, spread beans, avocado, olives, cheese, salsa, onions and remaining ¼ of lettuce, placing ingredients in defined, decorative lines. Drizzle about ¼ cup dressing over top; serve with remaining dressing and tortilla chips on the side.

PER SERVING (¼ of recipe): Calories: 629, Total Fat: 45 g, Sat. Fat: 10 g, Monounsaturated Fat: 28 g, Polyunsaturated Fat: 4 g, Carbs: 43 g, Fiber: 15.5 g, Sugars: 4 g, Protein: 17 g, Sodium: 825 mg, Cholesterol: 28 mg



BLACK BEAUTIES:

Black beans were first discovered in Peru centuries ago and have been a mainstay of Latin cuisine ever since. The versatile legume adds hearty protein to this vibrant salad along with a big dose of soluble fiber, shown to fight heart disease and prevent stroke, and their high levels of antioxidants have been found to protect the body against oxidative stress and DNA damage.



PHOTO BY CRAIG/OLA ENGLAND



ZUCCHINI NOODLE SALAD

with Smoky Chipotle Dressing

(SEE RECIPE, P. 72)



ZUCCHINI NOODLE SALAD PHOTO BY DENNIS KENNEDY, CONFETTI CHICKPEA GRAIN BOWLS PHOTO BY CRAYOLA ENGLAND

CONFETTI CHICKPEA GRAIN BOWLS

with Lemon Herb Dressing

SERVES 4. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 30 MINUTES.

Buying precooked and frozen grains such as brown rice or quinoa makes it easy to add fiber to your meals without cooking them from scratch. Here, they're tossed with chickpeas and an array of colorful veggies for a complete meal. The recipe makes a little more dressing than you'll need, so we suggest reserving extras in the fridge for quick weeknight salads and slaws.

DRESSING

- ½ cup** extra-virgin olive oil
- 2 tsp** lemon zest + ¼ cup fresh lemon juice
- 2 tsp** Dijon mustard
- 1 tsp** raw honey
- ¼ tsp** each sea salt and ground black pepper
- ½ cup** packed fresh flat-leaf parsley
- 2 tbsp** chopped fresh mint

BOWL

- 2 cups** precooked grain (such as quinoa or brown rice), thawed if frozen
- 1 15-oz** BPA-free can chickpeas, drained and rinsed
- 1 tbsp** extra-virgin olive oil
- 1 tbsp** fresh lemon juice
- ½ tsp** sea salt
- ¼ tsp** ground black pepper
- 2** bell peppers, any color, diced
- 6 small** radishes, diced
- 1 cup** snap peas, sliced on a diagonal
- 2** green onions, thinly sliced

1. Prepare dressing: In a small bowl, whisk together oil, lemon zest and juice, mustard, honey, salt and pepper. Whisk in parsley and mint.

2. Assemble bowl: To a medium bowl, add grains and chickpeas. Toss in oil and lemon juice; season with salt and pepper. Divide grain mixture among bowls. Divide bell peppers, radishes, snap peas and onions among bowls. Drizzle each bowl with desired amount of dressing.

PER SERVING (¼ of recipe):
Calories: 441, Total Fat: 26 g, Sat. Fat: 3.5 g,
Monounsaturated Fat: 18 g, Polyunsaturated
Fat: 4 g, Carbs: 43 g, Fiber: 9 g, Sugars: 8 g,
Protein: 10.5 g, Sodium: 395 mg,
Cholesterol: 0 mg



GLORIOUS GARBANZOS:

An excellent source of plant-based protein – especially when combined with grains as they are in this dish – chickpeas are a go-to staple for meatless recipes. Don't let their carb content deter you from adding them to your eating plan: Unlike their refined counterparts, slow-burning complex carbs help fill you up and keep blood sugar steady, plus their fiber content promotes digestive health.



SMOKY ROMESCO CHICKEN & NOODLES

SERVES 6. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 30 MINUTES.

A quick blender sauce using almond butter, roasted bell peppers, parsley and a few pantry staples helps this noodle dish shine. If you have any sauce leftover, cover and refrigerate it to use throughout the week as a dip for raw vegetables. Instead of cooking the noodles on the stove, we soak the noodles in boiling water from the kettle. Plus, buying a precooked rotisserie chicken and shredding it avoids the cleanup and hassle of cooking it from scratch.

- 1 cup** drained jarred roasted red peppers
- ½ cup** unsweetened almond butter (**TRY:** Once Again Organic Almond Butter Creamy)
- 2 tbsp** chopped fresh flat-leaf parsley + additional for garnish
- 2 tbsp** extra-virgin olive oil
- 1½ tbsp** sherry vinegar
- 1½ tsp** garlic powder
- 1 tsp** smoked paprika
- 1 tsp** sea salt, divided
- ¼ tsp** ground black pepper
- 8 oz** pad Thai brown rice noodles
- 5 oz** baby spinach
- 1** cooked rotisserie chicken (about 2 lb)

1. Make sauce: In a food processor or high-speed blender, process roasted peppers, almond butter, parsley, oil, vinegar, garlic powder and paprika until smooth, stopping to scrape down processor a few times. Season with ¼ tsp salt and pepper. (**NOTE:** Sauce will be thick.)

2. To a large heat-proof bowl, add noodles. Cover with boiling water; stir in remaining ¼ tsp salt. Cover bowl with a clean towel and let noodles soak for 10 minutes, adding spinach for final 2 minutes. Meanwhile, remove skin from chicken, pull meat off bones and roughly chop or pull into long pieces.

3. Drain noodle mixture well in a colander. Dry the bowl then place noodle mixture and chicken in bowl. Add half of sauce and toss. Toss in more sauce as desired. Garnish with additional parsley.

PER SERVING (⅙ of recipe): Calories: 432, Total Fat: 26 g, Sat. Fat: 5 g, Monounsaturated Fat: 14 g, Polyunsaturated Fat: 5 g, Carbs: 41 g, Fiber: 8 g, Sugars: 3 g, Protein: 19 g, Sodium: 676 mg, Cholesterol: 37 mg



AWESOME SAUCE:

This flavorful Romesco sauce is quick to make but bursting with nutrients such as the vitamin C from the red peppers – essential to the body’s ability to heal wounds and produce collagen – while the almond butter offers a dose of riboflavin (vitamin B₂) and L-carnitine, two nutrients that have been shown to have a positive effect on cognitive function, especially in older adults.

PHOTO BY DENNIS KENNEDY



CONNECTICUT-STYLE LOBSTER ROLLS

SERVES 4.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 15 MINUTES.

Rich, fragrant butter is what sets a Connecticut-style lobster roll apart from its counterpart, the Maine variety, which uses mayo. While a Connecticut-style roll is typically served warm, here we keep it at room temperature to avoid the stove – but heat it up if you prefer.

- 1 lb** cooked lobster meat, roughly chopped, room temperature or warmed
- ½ tsp** finely grated lemon zest + 3 tbsp fresh lemon juice
- 1 tsp** paprika
- ¼ tsp** each sea salt and ground black pepper
- 3 tbsp** organic unsalted butter
- 4 large** Bibb lettuce leaves
- 4** whole-grain hot dog buns
- 1 tbsp** chopped fresh chives

1. In a bowl, combine lobster, lemon zest and juice, paprika, salt and pepper. Melt butter (in microwave); add to bowl and toss.

2. Divide lettuce and lobster mixture among buns; sprinkle with chives.

PER SERVING (1 lobster roll): Calories: 335, Total Fat: 12 g, Sat. Fat: 6 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 2 g, Carbs: 27 g, Fiber: 4 g, Sugars: 4 g, Protein: 29 g, Sodium: 913 mg, Cholesterol: 188 mg



ZUCCHINI NOODLE SALAD

with Smoky Chipotle Dressing

SERVES 4. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 30 MINUTES.

This vibrant salad uses zucchini thinly shaved into ribbons using a vegetable peeler, but if you have a spiral slicer, you can use that instead. Chipotle chile peppers add a smoky heat to the yogurt-based dressing, and crunchy pumpkin seeds and creamy feta top it off for a medley of flavors and textures.

- 2 tbsp** minced red onion
- 2 tbsp** fresh lime juice
- 4** zucchini
- 4** roma tomatoes, seeded and diced
- 4 small** radishes, halved, thinly sliced
- 2 ears** corn, kernels cut off cobs
- ¼ cup** extra-virgin olive oil
- ⅓ cup** plain full-fat Greek yogurt
- 1** canned chipotle chile pepper in adobo, seeded and minced + 1 tbsp adobo sauce from can
- 1 tsp** apple cider vinegar
- ½ tsp** raw honey
- ⅛ tsp** each sea salt and ground black pepper
- 2** avocados, peeled, pitted and cubed
- ½ cup** full-fat feta cheese
- ⅓ cup** dry roasted, salted pumpkin seeds

1. In a small bowl, combine onion and lime juice; set aside. Using a vegetable peeler, shave zucchini into ribbons, discarding ends that are all peel and seeded centers; divide among 4 shallow bowls. Scatter tomatoes, radishes and corn over zucchini noodles. Drain onions, reserving lime juice, and scatter onions over each bowl. Drizzle each with 1 tbsp oil.

2. Prepare dressing: To a small bowl, add yogurt, chipotle and adobo sauce, vinegar, honey, reserved lime juice, salt and pepper; whisk until well combined.

3. Divide avocado among bowls. Drizzle bowls with desired amount of dressing. Top with feta and seeds.

PER SERVING (¼ of recipe): Calories: 514, Total Fat: 40 g, Sat. Fat: 9 g, Monounsaturated Fat: 24 g, Polyunsaturated Fat: 6 g, Carbs: 32 g, Fiber: 12 g, Sugars: 13 g, Protein: 14 g, Sodium: 359 mg, Cholesterol: 19 mg ^{ca}

250 reasons to eat
healthy and *love every bite!*

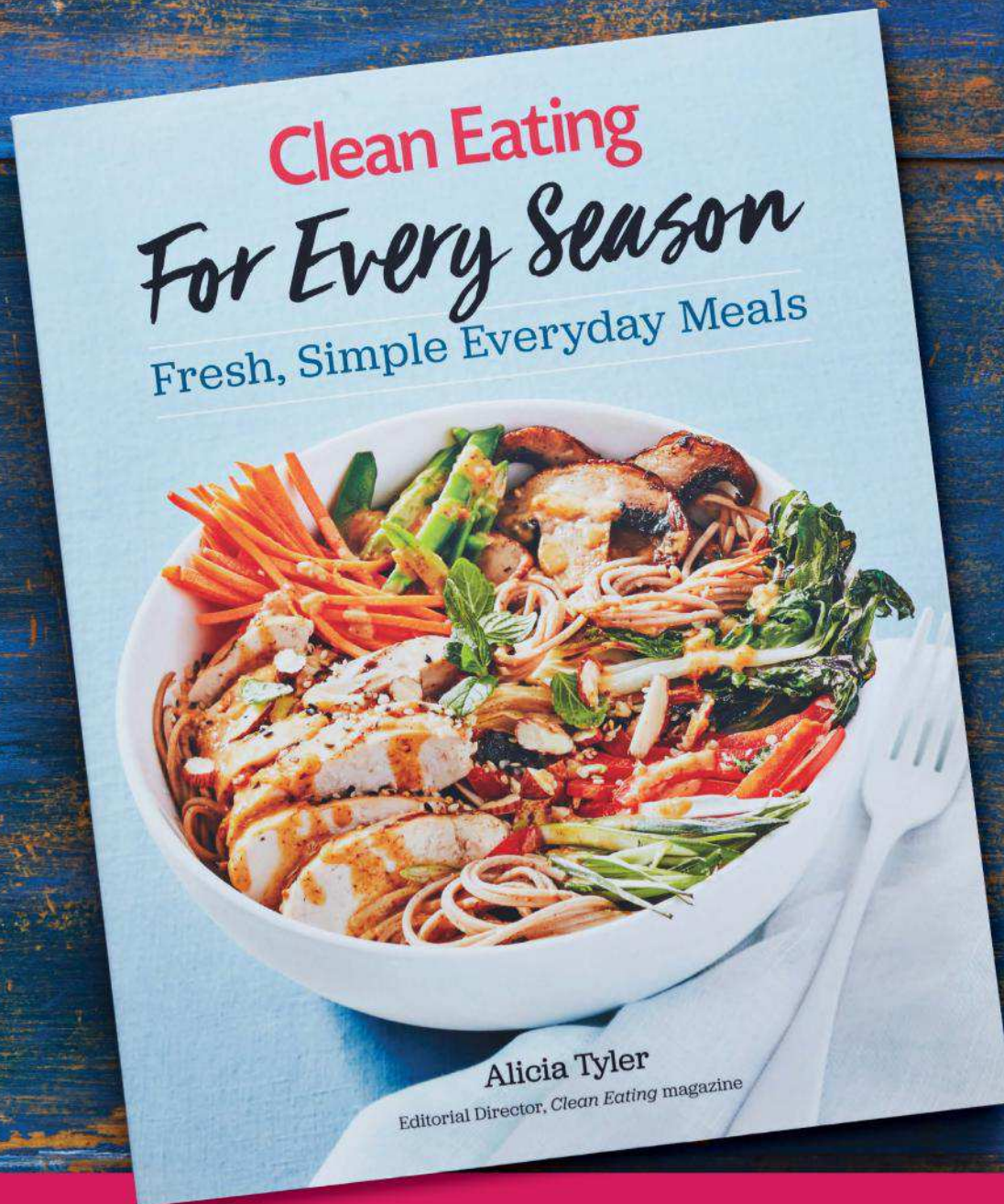


PHOTO BY DARREN KEMPER

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Your Summer-Fresh Meal Plan

With a focus on fresh, local finds, this meal plan takes advantage of the season's harvest of fruits, veggies, herbs and more.

BY JESSE LANE LEE, PHOTOGRAPHY BY BEATA LUBAS

CORN SALAD

Cut kernels off 4 ears corn; toss with 2 tomatoes, diced, 1 cucumber, diced, 3 green onions, sliced, and 1 cup chopped cilantro. Combine ¼ cup each vinegar and EVOO and ¼ tsp salt; toss with corn mixture. (Makes 4 servings.)

CILANTRO CHICKEN

Combine 2 tbsp vinegar, 1 clove garlic, minced, 3 tbsp minced cilantro and ¼ tsp each salt and pepper. Add 3 chicken breasts and marinate in refrigerator at least 1 hour. Discard marinade. Place chicken on a baking sheet and bake at 400°F until cooked through, 25 to 30 minutes. (Makes 3 servings.)

SPICY POTATOES

Chop 5 small potatoes; toss with 2 tbsp EVOO and ½ tsp each salt and cayenne pepper. Roast at 400°F for 30 minutes, turning halfway through. (Makes 3 servings.)

ROASTED BROCCOLI

Cut 1 lb broccoli into florets and pieces. Toss with 2 tbsp EVOO and ½ tsp each salt and black pepper. Roast at 400°F for 30 minutes, turning halfway through. (Makes 3 servings.)



**Stuffed
Portobello
Mushrooms**
with Pesto
(SEE RECIPE, P. 78)

MONDAY

BREAKFAST: Raspberry Overnight Oats: In a jar or bowl, combine 2 cups milk, $\frac{3}{4}$ cup oats, 2 scoops protein powder, 1 tbsp honey, 1 tsp cinnamon and $\frac{1}{2}$ tsp vanilla. Cover and refrigerate overnight. Divide into 3 servings (eat 1 serving; save leftovers). Top serving with $\frac{1}{2}$ cup raspberries.

SNACK: 2 stalks celery with 2 tbsp almond butter

LUNCH: 1 chicken sausage link, heated

Roasted Broccoli (p. 74; eat 1 serving, save leftovers)

Spicy Potatoes (p. 74; eat 1 serving, save leftovers)

SNACK: 2 eggs, hard-boiled, with pinch each salt and pepper

1 peach

DINNER: 1 serving Raw Pad Thai with Almond Ginger Sauce (p. 78; save leftovers)

NUTRIENTS: Calories: 1,523, Fat: 81 g, Sat. Fat: 15 g, Carbs: 132 g, Fiber: 31 g, Sugars: 61 g, Protein: 79 g, Sodium: 2,376 mg, Cholesterol: 459 mg

TUESDAY

BREAKFAST: 1 cup Greek yogurt topped with $\frac{1}{2}$ cup raspberries and $\frac{1}{4}$ cup almonds, chopped

SNACK: 1 egg, hard-boiled, with pinch each salt and pepper

LUNCH: 1 serving Raw Pad Thai with Almond Ginger Sauce (leftovers, p. 78)

SNACK: Strawberry Smoothie: Blend 1 cup each milk, spinach and chopped strawberries with 1 scoop protein powder and ice

DINNER: 1 chicken sausage link, heated

1 serving Roasted Broccoli (leftovers, p. 74)

1 serving Spicy Potatoes (leftovers, p. 74)

NUTRIENTS: Calories: 1,626, Fat: 86 g, Sat. Fat: 20 g, Carbs: 121 g, Fiber: 28 g, Sugars: 62 g, Protein: 103 g, Sodium: 2,516 mg, Cholesterol: 314 mg

WEDNESDAY

BREAKFAST: 1 serving Raspberry Overnight Oats (leftovers); top with $\frac{1}{2}$ cup raspberries

SNACK: 2 stalks celery with 2 tbsp almond butter

LUNCH: Corn Salad (p. 74; eat 1 serving, save leftovers)

Cilantro Chicken (p. 74; eat 1 breast, save leftovers)

SNACK: 1 cup Greek yogurt topped with 1 cup blueberries and $\frac{1}{4}$ cup almonds, chopped

DINNER: 1 serving Raw Pad Thai with Almond Ginger Sauce (leftovers, p. 78)

1 peach

NUTRIENTS: Calories: 1,742, Fat: 88 g, Sat. Fat: 17 g, Carbs: 156 g, Fiber: 33 g, Sugar: 91 g, Protein: 101 g, Sodium: 1,292 mg, Cholesterol: 112 mg

THURSDAY

BREAKFAST: Strawberry Smoothie: Blend 1 cup each milk, spinach and chopped strawberries with 1 scoop protein powder and ice

SNACK: 2 stalks celery with 2 tbsp almond butter

LUNCH: 1 serving Raw Pad Thai with Almond Ginger Sauce (leftovers, p. 78)

SNACK: 1 cup Greek yogurt topped with 1 cup blueberries and $\frac{1}{4}$ cup almonds, chopped

DINNER: 1 serving Stuffed Portobello Mushrooms with Pesto (p. 78; save leftovers)

NUTRIENTS: Calories: 1,770, Fat: 110 g, Sat. Fat: 110 g, Carbs: 120 g, Fiber: 29 g, Sugars: 78 g, Protein: 94 g, Sodium: 1,575 mg, Cholesterol: 73 mg

FRIDAY

BREAKFAST: 1 serving Raspberry Overnight Oats (leftovers); top with $\frac{1}{2}$ cup raspberries

SNACK: 1 egg, hard-boiled, with pinch each salt and pepper

LUNCH: 1 serving Corn Salad (leftovers, p. 74)

1 breast Cilantro Chicken (leftovers, p. 74)

SNACK: 1 cup Greek yogurt with 1 peach, chopped and $\frac{1}{4}$ cup chopped almonds

DINNER: 2 chicken sausage links, heated

1 serving Roasted Broccoli (leftovers, p. 74)

1 serving Spicy Potatoes (leftovers, p. 74)

NUTRIENTS: Calories: 1,783, Fat: 88 g, Sat. Fat: 22 g, Carbs: 130 g, Fiber: 25 g, Sugars: 55 g, Protein: 125 g, Sodium: 2,552 mg, Cholesterol: 438 mg

SATURDAY

BREAKFAST: 1 cup Greek yogurt with $\frac{1}{2}$ cup strawberries and $\frac{1}{4}$ cup chopped almonds

SNACK: 2 stalks celery with 2 tbsp almond butter

LUNCH: 1 serving Stuffed Portobello Mushrooms with Pesto (leftovers, p. 78)

SNACK: 1 cup blueberries and $\frac{1}{4}$ cup almonds

DINNER: 1 serving Corn Salad (leftovers, p. 74)

1 breast Cilantro Chicken (leftovers, p. 74)

1 small potato, baked, with 2 tbsp yogurt and $\frac{1}{8}$ tsp each salt and pepper

NUTRIENTS: Calories: 1,779, Fat: 111 g, Sat. Fat: 22 g, Carbs: 126 g, Fiber: 28 g, Sugars: 53 g, Protein: 87 g, Sodium: 1,086 mg, Cholesterol: 116 mg

SUNDAY

BREAKFAST: Strawberry Smoothie: Blend 1 cup each milk, spinach and chopped strawberries with 1 scoop protein powder and ice

SNACK: 1 peach

$\frac{1}{2}$ cup almonds

LUNCH: 1 serving Corn Salad (leftovers, p. 74)

2 chicken sausage links, heated

SNACK: 2 eggs, hard-boiled, with pinch each salt and pepper

DINNER: 1 serving Stuffed Portobello Mushrooms with Pesto (leftovers, p. 78)

$\frac{1}{2}$ cup strawberries topped with $\frac{1}{4}$ cup Greek yogurt

NUTRIENTS: Calories: 1,706, Fat: 102 g, Sat. Fat: 26 g, Carbs: 98 g, Fiber: 21 g, Sugars: 57 g, Protein: 107 g, Sodium: 2,260 mg, Cholesterol: 561 mg

EVOO=EXTRA-VIRGIN OLIVE OIL

Raw Pad Thai
with Almond
Ginger Sauce
(SEE RECIPE, P. 78)





Stuffed Portobello Mushrooms with Pesto

SERVES 3.

HANDS-ON TIME: **20 MINUTES.**

TOTAL TIME: **35 MINUTES.**

These meaty mushrooms are filled with a quick DIY pesto, garden veggies and goat cheese for a healthy meal with a Mediterranean vibe.

- 6** portobello mushroom caps, stems and gills removed
- ¼ cup** + 2 tbsp extra-virgin olive oil, divided
- ¼ tsp** each sea salt and ground black pepper
- 3 cups** loosely packed fresh basil
- 3 tbsp** chopped raw unsalted almonds
- 3 tbsp** Parmesan cheese
- 1½ tbsp** apple cider vinegar
- 2 small** cloves garlic, minced
- 4** green onions, thinly sliced
- ½ cup** halved cherry tomatoes
- ½ cup** diced yellow zucchini
- ¾ cup** crumbled goat cheese

1. Preheat oven to 400°F. Place mushrooms, cap side down, on a baking sheet and brush with 2 tbsp oil. Sprinkle with salt and pepper and bake for 5 minutes.

2. Meanwhile, prepare pesto: To a blender or food processor, add basil, almonds, Parmesan, vinegar, garlic and remaining ¼ cup oil; blend until smooth.

3. Fill mushroom caps with pesto, onions, tomatoes, zucchini and goat cheese. Return to oven and bake an additional 15 minutes or until zucchini is soft and cheese starts to turn golden.

NOTE: If following our Meal Plan, refrigerate 4 stuffed mushrooms and reheat when called for by placing 6 to 8 inches under broiler for 5 minutes.

PER SERVING (2 stuffed mushrooms):
Calories: 434, Fat: 38.5 g, Sat. Fat: 9 g,
Carbs: 13 g, Fiber: 4 g, Sugars: 6 g, Protein: 13 g,
Sodium: 384 mg, Cholesterol: 16 mg

Raw Pad Thai with Almond Ginger Sauce

SERVES 4.

HANDS-ON TIME: **30 MINUTES.**

TOTAL TIME: **30 MINUTES.**

Packed with crunchy veggies, this raw, veg-based version of pad Thai is hydrating on a hot summer day. The blender almond sauce contains healthy fats and is the perfect sweet-salty palate pleaser.

SAUCE

- ⅓ cup** raw unsalted chopped almonds
- ¼ cup** natural almond butter
- ¼ cup** apple cider vinegar
- 3 tbsp** reduced-sodium tamari
- 3 tbsp** raw honey
- 1 1-inch** piece fresh ginger, peeled
- 1 clove** garlic, peeled and smashed
- ¾ tsp** ground cayenne pepper

PAD THAI

- 4** yellow zucchini, grated or spiralized
- 2** carrots, grated, spiralized or cut into thin strips
- 1** red bell pepper, cut into thin strips
- 1 cup** sunflower or bean sprouts
- 2** green onions, thinly sliced
- ½ cup** chopped raw unsalted almonds
- ¼ cup** chopped fresh cilantro
- ¼ cup** chopped fresh basil
- Pinch** red pepper flakes, optional

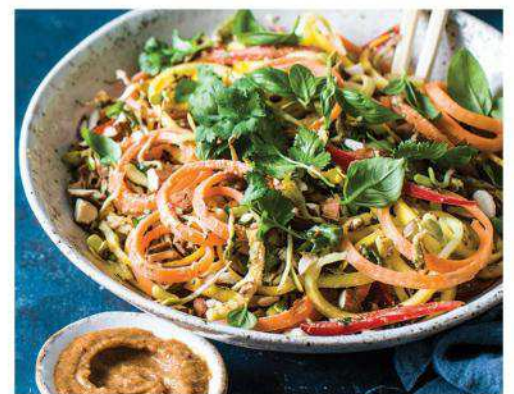
1. Prepare sauce: In a food processor or blender, combine all sauce ingredients and 1½ tbsp water; process on high until creamy and smooth.

2. In a large bowl, combine zucchini, carrots, bell pepper, sprouts and onions.

3. Pour sauce over vegetables and toss gently until evenly coated. Top servings with almonds, cilantro, basil and pepper flakes (if using). Serve chilled or at room temperature.

NOTE: If following our Meal Plan, refrigerate 3 leftover servings in separate containers and use when called for.

PER SERVING (¼ of recipe): Calories: 347,
Fat: 20 g, Sat. Fat: 2 g, Carbs: 35 g, Fiber: 8.5 g,
Sugars: 23 g, Protein: 13 g, Sodium: 565 mg,
Cholesterol: 0 mg



SHOPPING LIST

VEGGIES & FRUITS

- 3½ oz baby spinach
- 1 red bell pepper
- 2 large vine tomatoes
- 4 oz cherry tomatoes
- 1 cucumber
- 5 yellow zucchini
- 1 head celery
- 11-lb bunch broccoli
- 4 ears corn
- 6 small potatoes
- 9 green onions
- 6 portobello mushrooms
- 2 carrots
- 1 bunch fresh cilantro
- 2 bunches fresh basil
- 1 head garlic
- 11-inch piece fresh ginger
- 1 pint raspberries
- 1 quart strawberries
- 1½ pints blueberries
- 4 peaches
- 1 small carton sunflower or bean sprouts

PROTEINS & DAIRY

- 6 eggs (hard-boil all)
- 2 32-oz containers plain Greek yogurt
- ½ gallon dairy or non-dairy milk
- 9.5 oz goat cheese
- 1 oz Parmesan cheese
- 6 3-oz chicken sausage links
- 3 4-oz boneless, skinless chicken breasts
- 1 container protein powder

WHOLE GRAINS

- 1 bag old-fashioned rolled oats

NUTS, SEEDS & OILS

- 1 jar natural almond butter
- 16 oz raw whole almonds
- 1 bottle extra-virgin olive oil

EXTRAS

- 1 bottle apple cider vinegar
- 1 bottle low-sodium tamari
- 1 bottle raw honey
- 1 bottle pure vanilla extract
- 1 bottle ground cinnamon (**TRY:** Simply Organic Ground Cinnamon)
- 1 bottle ground cayenne pepper
- 1 bottle red pepper flakes
- 1 bottle sea salt
- 1 bottle ground black pepper ☞

Everything You Need to Know about **FISH OIL**



Cod liver, wild salmon or krill oil – it’s easy to get dizzyed by the myriad of fish oil varieties in the supplement aisle. We’re demystifying the most common terms and revealing the five key considerations in choosing the most beneficial fish oil for you.

BY ANDREA GOURGY

You probably know by now that the omega-3 fatty acids in fish are good for you: They’re excellent for your ticker, a boon to brain health and help maintain visual acuity. The American Heart Association and the World Health Organization both recommend regular fish consumption for its fatty acid content. And our very own in-house nutrition guru, Jonny Bowden, PhD, calls fish oil “one of the most anti-inflammatory compounds in the world.”

If you are not getting at least two servings of fish per week, have a condition such as arthritis or heart disease, or are at risk for macular degeneration, you might consider taking a supplement. Not all fish oil supplements are created equal, however; they vary widely by type, quality as well as balance of fatty acids. Choosing a fish oil doesn’t have to be rocket science, though. We’ve broken down the varieties you’re most likely to see in the supplement aisle and five key things to consider when selecting a brand for you.

1. Look at the variety of fish and how it’s sourced. When a product is labeled fish oil, it’s typically a blend of more than one fish – usually smaller fish such as anchovies, sardines and mackerel. A fish oil blend is affordable and has the most research around its benefits, but it’s not the only option.

Cod liver oil contains vitamins A and D in addition to omega-3 fatty acids that support brain health. Krill oil has gained traction in recent years both for its sustainability and its bioavailability, according to Josh Axe, DNM, CNS, DC, co-founder of Ancient Nutrition and founder of **draxe.com**. “Krill oil is considered one of the most sustainable sources of omega-3 fatty acids, as Atlantic krill are among the most abundant

animal species in the world,” explains Dr. Axe. He notes that there are limited studies on bioavailability, but a 2015 review of 14 studies concluded that key essential fatty acids are better absorbed from krill oil when compared to fish oil. Another variety you might see on the shelves is wild salmon oil, also rich in omega-3 fatty acids, and since it’s sourced from wild – not farmed – salmon, it’s considered to be more sustainable than some other varieties.

And while krill and wild salmon are often noted to be sustainably sourced, it doesn’t mean that regular fish oil is not. Look for varieties that state they are sustainably caught, or denote a geographic location where sustainable fishing is mandated, such as Norwegian- or Alaskan-caught fish.

2. Know the difference between high EPA and DHA formulas.

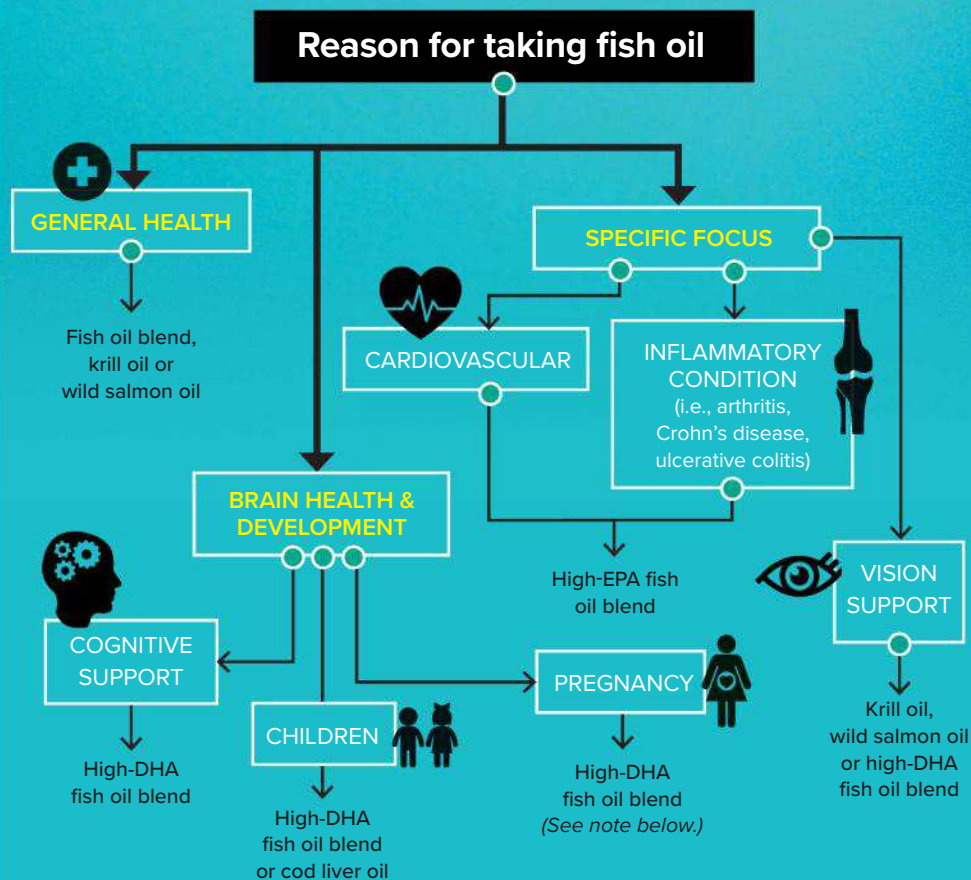
The two major fatty acids found in fish are eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) – and while they both provide benefits, you may choose a different ratio of one over the other depending on your needs. Laurel Sterling, RD, CDN, national educator for Carlson Labs, recommends opting for a high-EPA formulation for supporting cardiovascular, joint and skin health. A high-DHA formulation, she suggests, typically would be suited to women who are pregnant or breastfeeding and for children’s brain and vision development. It could also be utilized for supporting cognitive function, nerve health and for vision. Remember that most fish oils tend to have more naturally occurring EPA than DHA, but most companies now offer formulations that have higher concentrations of one or the other.

3. Review third-party ratings.

Quality is perhaps the most important consideration when choosing a fish oil – a lower-quality brand that uses fillers or additives or that may not be at peak freshness may actually do more harm than good. “Many fish oils on the market today are contaminated with dangerous compounds such as mercury, pesticide residues and hydrogenated oils,” according to Dr. Axe. “They can also go rancid quickly, which can cause an

Which fish oil is best for you?

Take our fish oil quiz to land on the most beneficial formula for your specific needs.*



FISH OIL BLEND: A blend of more than one fish (such as anchovies, sardines and mackerel). Containing EPA and DHA, most blends tend to be naturally higher in EPA.

HIGH-DHA FISH OIL BLEND: A fish oil blend formulated to be higher in DHA is especially helpful for cognitive and vision support, children and pregnant women.

HIGH-EPA FISH OIL BLEND: While most fish oil blends are naturally higher in EPA, some blends are formulated to be even higher in these anti-inflammatory fatty acids.

WILD SALMON OIL: In addition to omega-3 fatty acids, this oil contains the antioxidant astaxanthin, which may help support vision health.

KRILL OIL: There is preliminary evidence, although limited, showing the fatty acids from krill oil are better absorbed than from other fish oils. Krill also contains the antioxidant astaxanthin, which may help support vision health.

COD LIVER OIL: Containing vitamins A and D, cod liver oil is higher in DHA than other fish oils, which is helpful for brain development in children.

*NOTE: This chart is for informational purposes only. Always talk to your doctor before taking fish oil, especially if you are on blood-thinning medications. Pregnant women should avoid taking supplements with vitamin A, such as cod liver oil, without their doctor’s permission.

unpleasant taste and can even be harmful to your health.” But you don’t have to weed through brands for freshness and purity yourself – there are third-party organizations that do the legwork for you. The International Fish Oil Standards Program (IFOS), for example, rates brands on a five-star system and takes into consideration things like omega-3 concentration, oxidation (freshness) and content of heavy metals and other toxins like PCBs and dioxins. We recommend using a brand with a five-star rating.

4. Get the dosage right.

Keep in mind that if you’re taking fish oil for a specific condition, you’ll likely need a higher dose than if you’re taking it for general health. According to Sterling, a good place to start is 1 to 2 grams per day of omega-3 fatty acids, 1 gram for general health and 2 grams for specific health concerns such as an inflammatory or cardiovascular condition. There are some cases where, she notes, you might even go as high as 4 grams, such as in the case of treating high triglyceride levels, but always check with your doctor when you are considering higher doses, especially if you’re on other medications such as blood thinners. Note that these dosages are for combined EPA, DHA and other omega-3s, so when you’re looking at the label, add up the amount of EPA, DHA and other omega-3s for the total combined amount in the product.

5. Consider the full package.

Because fish oils can easily go rancid, Dr. Axe recommends opting for a variety that contains antioxidants to keep the product fresh, such as astaxanthin, which is naturally occurring in both krill and wild salmon oil. “This is incredibly



important because it helps stabilize the oil and keeps it from going rancid to ensure your product is safe and healthy,” says Dr. Axe. While a regular fish oil blend may not have a naturally occurring antioxidant such as astaxanthin, many companies will add an antioxidant or a blend of antioxidants to preserve the oil. And don’t forget that when it comes to any supplement, you’ll want to consider not only what’s in it, but also what’s not in it: Fillers, additives or allergens such as gluten and soy should all be avoided and could be an indication of a lower-quality product, according to Dr. Axe.

Liquid versus caps?

Since exposure to air can cause oxidation in delicate oils, liquid formulas are more prone to rancidity, so if using one, make sure to store it in the refrigerator, especially after opening. Capsules, since they are not exposed to air, tend to stay fresher for longer.

Avoid a fishy aftertaste.

Try taking your fish oil with a meal rather than on an empty stomach. If that’s not enough, Sterling recommends choosing capsules and storing them in the freezer – she says that this causes the capsules to release further down in the gastrointestinal tract, so it’s less likely to repeat on you.

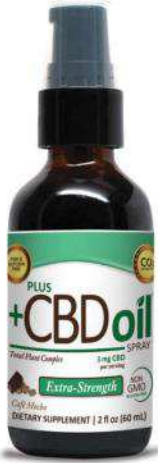
You don’t eat fish. So now what?

Algae oil is a good source of DHA and is a great option for vegetarians and vegans. In fact, fish get their omega-3s from eating algae, too! 🐟

PHOTO BY LDWYTN/SHUTTERSTOCK.COM

Freshmarket

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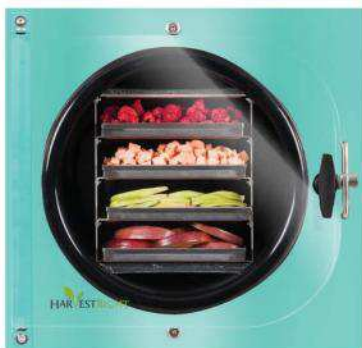


* In subgroups of participants

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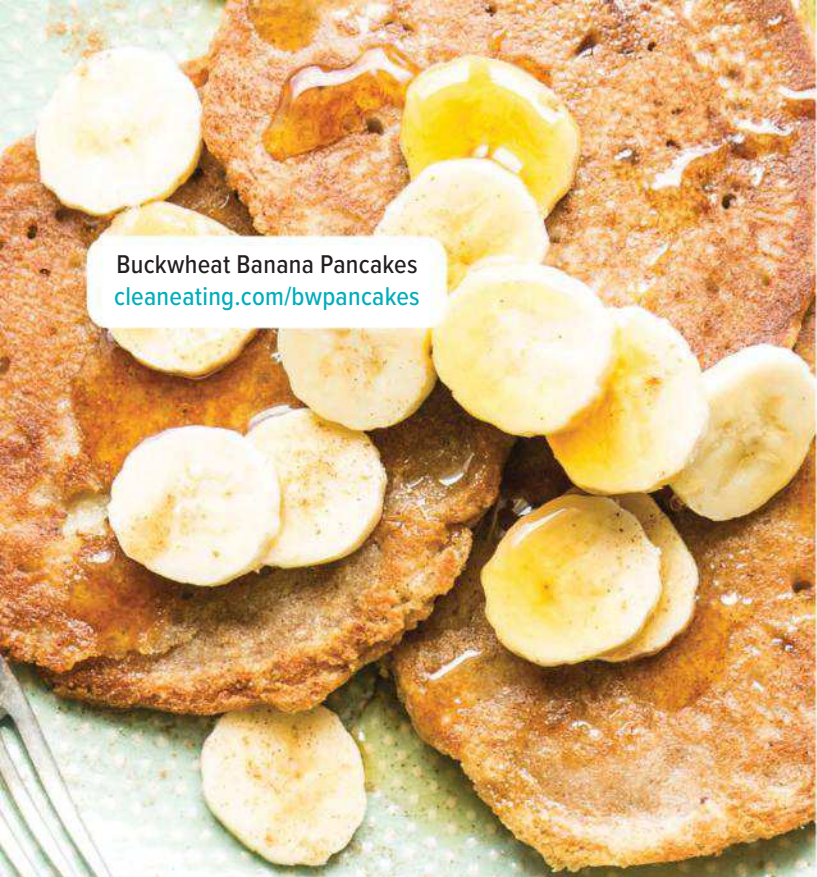
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Buckwheat Banana Pancakes
cleaneating.com/bwpancakes

Feed Healthy Hormones

Ease your way through menopause with these 7 hormone-helping foods.

BY LISA TURNER

Menopause is a natural phase of every woman's life, but the side effects of fluctuating hormones feel anything but normal. Additionally, hormonal changes in menopause may increase the risk of serious diseases, including osteoporosis, cancer and cardiovascular disease. Eat your way to hormone health with these seven foods that balance mood, ease hot flashes and insomnia, fight cancer, and protect your heart and bones.



Buckwheat. Whole grains are excellent sources of complex carbs, essential for the production of tryptophan, an amino acid that is a precursor to serotonin, a neurotransmitter linked with memory and mood. Studies also show that carbohydrates can relieve depression and elevate mood. Buckwheat is a healthy choice; it's gluten-free and rich in B vitamins, which also impact mood. **TRY THIS:** Stir-fry cooked buckwheat with eggs, green onions, carrots, ginger and tamari for a twist on fried rice; toss cooked buckwheat with chopped parsley, red onions, Kalamata olives, feta cheese and olive oil; soak uncooked buckwheat, chia seeds and coconut milk overnight, then serve with berries and honey as a fast breakfast (like overnight oats).



Collard greens. Calcium is essential during menopause; osteoporosis affects one out of three postmenopausal women, and for those women, the lifetime risk of fractures is higher than the risk of breast cancer. One cup of cooked collards has nearly as much calcium as a cup of whole milk, and some studies suggest the absorption of calcium from vegetables is nearly twice as high as from dairy. Plus, collards contain vitamin K and magnesium, also critical for bone health. **TRY THIS:** Sauté shredded collards, chickpeas and garlic in olive oil and harissa; tear collard leaves into chip-sized pieces, toss with olive oil and sea salt, and roast until crispy; massage thinly sliced collard leaves with olive oil and vinegar then toss with radishes, sweet onions and crumbled feta cheese.



Sardines. Like salmon, tuna and other fatty fish, sardines are high in omega-3 fatty acids, which can help reduce the frequency of hot flashes and reduce the risk of osteoporosis and breast cancer. Omega-3 fats also reduce triglyceride levels and protect the heart – especially important for women receiving hormone therapy, which can increase triglyceride levels. And if you eat canned sardines with bones, you'll also be getting calcium. **TRY THIS:** Mix canned sardines with bread crumbs, minced onions, chopped parsley and eggs, form into patties and cook in olive oil; in a food processor, combine smoked sardines, yogurt, smoked paprika and black pepper, process until just smooth and serve with vegetables for dipping; spread mashed avocado on toast, layer with grilled onions and sardines and sprinkle with parsley.



Flaxseeds. Flaxseeds are the richest source of lignans, phytoestrogens that are structurally similar to estrogens and may reduce breast cancer risk. Flax has also been shown to reduce night sweats and hot flashes and improve quality of life during menopause. In research published in *Obstetrics & Gynecology*, 40 grams per day of flaxseed had effects similar to hormone replacement therapy for decreasing mild menopausal symptoms. **TRY THIS:** Beat ground flaxseeds with buckwheat flour, honey and eggs and make silver-dollar pancakes; blend ground flax with sunflower seeds, basil, garlic, arugula and lemon for a nut-free pesto; mix flaxseeds with chia seeds, coconut milk and coconut sugar then top with cacao nibs and toasted coconut chips.



Tempeh. Like flax, soy contains phytoestrogens that mimic the actions of estrogen and can relieve symptoms of menopause. Findings on the effects of isoflavones – phytoestrogens in soy – are mixed, but some studies show a benefit on hot flash frequency and/or severity, and in one study conducted by the Mayo Clinic, soy reduced hot flashes by 45%. Populations with a high soy consumption also have a significant reduction in breast cancer incidence, and isoflavones may have protective effects on cardiovascular and bone health. Because soy can be hard to digest, stick to tempeh; because it's fermented, it's easier to digest and it has increased antioxidant capacity. **TRY THIS:** Simmer crumbled tempeh with onions, peppers, tomato sauce and seasonings for a vegan sloppy joe; marinate tempeh cubes in tamari, olive oil and garlic powder then bake until crispy for grain-free croutons.



Tomato sauce. Tomato sauce is a concentrated source of lycopene, a powerful antioxidant that reduces the risk of heart disease and stroke. Additionally, some studies show lycopene can reduce the risk of osteoporosis. While tomatoes in general are high in lycopene, cooking them breaks down cell walls and makes the lycopene more available; adding olive oil further increases bioavailability. **TRY THIS:** Simmer tomato sauce with minced onion, garlic, Kalamata olives, capers and anchovies for a fast puttanesca sauce; heat tomato sauce and chopped spinach in a shallow pan, crack in eggs, simmer until whites set, and serve hot with shaved Parmesan cheese.




Black beans. Black beans and other legumes are loaded with fiber, which help protect against breast cancer after menopause. They're also rich in B vitamins, important for mood, and magnesium, which protects bone health, improves sleep and may relieve anxiety and depression. And black beans have higher levels of antioxidants than other beans; they're especially rich in anthocyanins, which have been shown to protect against heart disease after menopause. **TRY THIS:** Cook black beans with shredded sweet potatoes, chopped kale and cumin for an easy breakfast hash; purée black beans with tahini, olive oil and garlic then stir in finely minced jalapeño peppers for a spicy hummus.

EVEN KEEL

Temper hot flashes, reduce anxiety and boost mood with these nutrients that have been shown to alleviate common menopause symptoms.

BLACK COHOSH, made from the roots of a member of the buttercup family, is traditionally used for symptoms of menopause and premenstrual syndrome (PMS). Studies show black cohosh extract alleviates hot flashes, reduces depression and decreases other symptoms of menopause. In one study, women who took black cohosh for eight weeks reported a 77% improvement in symptoms such as hot flashes, mood swings and lack of sexual desire.

MACA ROOT has been used by native Peruvians for thousands of years for hormone balance, sexual function, PMS, menopause and bone health, and dozens of studies show its therapeutic benefits. In one study, maca significantly reduced menopausal discomfort in 74 to 87% of women, and it also lowered blood pressure, weight, triglycerides and cholesterol levels. In another study, women who took two 500-milligram capsules of gelatinized maca root powder (a form that's more easily digested) twice daily experienced improved hormone balance and a reduction in hot flashes, excessive sweating, interrupted sleep, nervousness, depression and more. 



Warm Weather Essentials

JAZZ UP YOUR SALADS

The porcelain Villeroy & Boch Artesano Nature Salad Plate presents fruit- and vegetable-packed recipes in style – and with a touch of whimsy to boot. **\$32, macys.com**

These sleek and functional kitchen picks are perfect for outdoor entertaining and warm-weather fun.

BY LAURA SCHOBER

TOUCH OF GOLD

These Vintage Vogue Linea Coasters impart effortless elegance to your dinner table with their minimalist yet eye-catching gold-and-white pattern. **\$29 per set of four, westelm.com**

BOWLED OVER

Made with hand-thrown glazed clay, the Stowe Nesting Bowls serve up summer salads and veggie bowls with flair, plus they come in three different sizes for easy storage. **\$125 to \$200, simonpearce.com**

SUCCULENT SPIRALS

Shake up your zucchini noodle game with the OXO Good Grips 3-Blade Hand-Held Spiralizer. This BPA-free tool makes it easy to create fresh spaghetti, fettuccine or ribbon cuts from a variety of fresh veggies. **\$25, oxo.com**

DIY COLD BREW

Using the coffee beans of your choice, whip up a batch of coffee with the six-piece Kilner Cold Brew Coffee Set. It comes with a 68-ounce jar, two handled mugs, twine, muslin squares for filtering grinds and a stainless steel filter. **\$35, bedbathandbeyond.com**



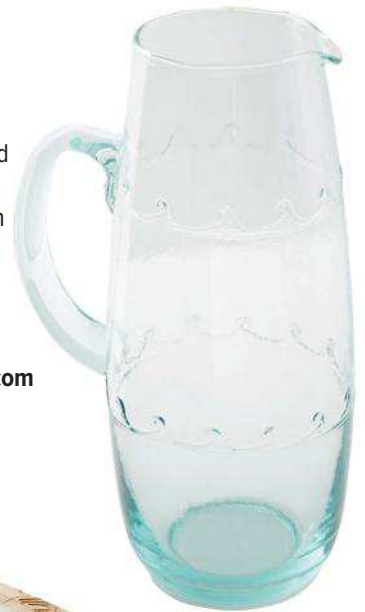


SPACE-SAVING POPS

These dishwasher-safe, BPA-free Lékulé Tropical Ice Cream Molds are conveniently stackable, helping save room in the freezer. Each mold comes with a lid to protect your frozen desserts until they're ready to eat. **\$16 per set of four, lekueusa.com**

PITCHER PERFECT

Composed of recycled glass, the turquoise-hued Nalu Pitcher can hold up to 56 ounces of liquid, from fruit-infused water to homemade sangria. **\$28, anthropologie.com**



PORTABLE & PURE

The 17-oz Aquasana Clean Water Bottle in Insulated Stainless Steel removes over 99% of contaminants, including heavy metals like lead, chlorine and bacteria. Plus, each filter replaces 600 plastic bottles, so you can sip easy knowing it's an eco-friendly choice. **\$40, aquasana.com**



BLOOMING BOARD

When company's over, the Floral Engraved Serving Board – carved from solid maple – is a pretty way to serve up cheeses and charcuterie. **\$42, uncommongoods.com**

HAPPY HOUR, ANYONE?

The Tovolo Reamer Strainer infuses cocktails and mocktails with fresh flavor. This two-in-one tool with a removable reamer lets you ream citrus directly into your shaker then strain ice and herbs as you pour. **\$10, tovolocom**



editors' pick

MEDITERRANEAN-INSPIRED MOTIF

When you're in need of a lively vessel to serve up tortilla chips and guac, you can't go wrong with this handcrafted Paros Chip and Dip Server, made in Portugal of glazed terracotta. **\$30, crateandbarrel.com**



A BUNDT IN THE OVEN!

Sweet peaches meld with creamy ricotta cheese in this light and moist Bundt cake smothered with an orange-yogurt frosting.

PEACH RICOTTA BUNDT CAKE *with Yogurt Frosting*

SERVES 16. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 1 HOUR.*

*PLUS COOLING TIME.

CAKE

- 1¾ cups** whole-wheat pastry flour
(**TRY:** King Arthur Whole-Wheat Pastry Flour)
- ¾ cup** organic evaporated cane juice (aka organic sugar)
- 1 tsp** each baking powder and baking soda
- ½ tsp** each sea salt and ground cinnamon
- 3 large** eggs
- ½ cup** sunflower or safflower oil
- 1½ cups** full-fat ricotta cheese
- 2 tsp** finely grated orange zest + ¼ cup fresh orange juice
- 2 tsp** pure vanilla extract
- 1½ cups** peeled and diced peaches
(**TIP:** To peel, use a soft fruit peeler, or make an X on bottom of each with a knife, blanch in simmering water then peel.)


FROSTING

- ½ cup** whole-milk Greek yogurt
- 3 tbsp** coconut oil, melted
- 2 tbsp** raw honey
- 1 tsp** finely grated orange zest
- ½ tsp** pure vanilla extract

- 1.** Prepare cake: Preheat oven to 350°F. Generously mist a 10-inch Bundt pan with cooking spray.
- 2.** In a medium bowl, whisk together flour, cane juice, baking powder, baking soda, salt and cinnamon.
- 3.** In a large bowl, whisk eggs and oil until light and frothy, about 30 seconds. Stir in cheese, orange zest and juice and vanilla. Stir in flour mixture in 3 additions, until combined. Fold in peaches. Transfer batter to prepared pan and bake for 45 minutes, until a toothpick comes out clean. Set aside to cool.

- 4.** Prepare frosting: In a small bowl, whisk together all frosting ingredients. Cover and refrigerate for 30 minutes.

- 5.** Invert cake onto a serving plate. Whisk frosting again then drizzle over cake. Cut into 16 slices.

PER SERVING (⅙ of cake): Calories: 258, Total Fat: 14 g, Sat. Fat: 5 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 5 g, Carbs: 27 g, Fiber: 1 g, Sugars: 13 g, Protein: 6 g, Sodium: 209 mg, Cholesterol: 48 mg 



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***BASED ON SPINS DATA 12/2017. †BASED ON NEOCELL 2014 COLLAGEN STUDY.
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†† PREDOMINANTLY GRASS FED, PASTURE RAISED

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