

THE SIRTFOOD

DIET

The Complete Guide to Activating
your “Skinny” Gene and Losing Weight



JANE HARRIS

The Sirtfood Diet

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“Skinny” Gene and Losing Weight.

Jane Harris



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WHAT IS THE SIRTFOOD DIET?

Sirtuins are a group of proteins that manage cell wellbeing. Sirtuins assume a key job in controlling cell homeostasis.

In the cells, numerous pieces are taking a shot at different undertakings with an extreme objective, as well: remain sound and capacity proficiently for whatever length of time that conceivable. Similarly, as needs in the organization change, because of different inside and outer variables, so do needs in the cells. Somebody needs to run the workplace, directing what completes when, who will do it and when to switch course.

NAD⁺ is essential to cell digestion and many other organic procedures. If sirtuins are an organization's CEO, at that point, NAD⁺ is the cash that pays the pay of the CEO and workers, all while keeping the lights on and the workplace space lease paid. An organization, and the body, can't work without it. Protein may seem like dietary protein — what's found in beans and meats and well, protein shakes — yet for this situation we're discussing atoms called proteins, which work all through the body's phones in various capacities.

Consider proteins the divisions at an organization, everyone concentrating without anyone else explicit capacity while planning with different offices.

Acetyl groups control explicit responses. They're physical labels on proteins that different proteins perceive will respond with them. If proteins are the branches of the cell and DNA are the CEO, the acetyl groups are the accessibility status of every division head. For instance, if a protein is accessible, at that point the sirtuins can work with it to get something going; similarly, as the CEO can work with an accessible division head to get something going.

Sirtuins work with acetyl groups by doing what's called deacetylation. One way that sirtuins work is by evacuating acetyl gatherings deacetylation organic proteins, for example,

histones. The histone is an enormous cumbersome protein that the DNA folds itself over. This loosened up chromatin implies the DNA is being translated, a fundamental procedure.

We've just thought about sirtuins for around 20 years, and their essential capacity was found during the 1990s. From that point forward, specialists have rushed to examine them, recognizing their significance while likewise bringing up issues about what else we can find out about them.

In 1991, Elysium fellow benefactor and MIT scientist Leonard Guarente, along with graduate understudies Nick Austria and Brian Kennedy, directed tests to all the more likely see how yeast matured. By some coincidence, Austria attempted to develop societies of different yeast strains from tests he had put away in his ice chest for quite a long time, which made an unpleasant situation for the strains.

This is the place acetyl groups become possibly the most important factor. It was their first idea that SIR2 may be a deacetylation protein — which means it expelled those acetyl gatherings — from different atoms, however, nobody knew whether this was valid since all endeavors to show this movement in a test tube demonstrated negative.

In Guarente's very own words: "Without NAD⁺, SIR2 sirts idle. That was the basic finding on the circular segment of sirtuins science."

Ecological factors significantly influence the destiny of living beings and sustenance is one of the most persuasive variables. These days life span is a significant objective of medicinal science and has consistently been a fabrication for the individual since antiquated occasions. Specifically, endeavors are planned for accomplishing effective maturing, to be a long life without genuine ailments, with a decent degree of physical and mental autonomy and satisfactory social connections.

Gathering information unmistakably exhibits that it is conceivable to impact the indications of maturing. Without a doubt, wholesome mediations can advance wellbeing and life span. A tribute must be given to Ansel Keys, who was the first

to give strong logical proof about the job of sustenance in the wellbeing/sickness balance at the populace level, explicitly in connection to cardiovascular illness, still the main source of death overall. It is commonly valued that the sort of diet can significantly impact the quality and amount of life and the Mediterranean eating regimen is paradigmatic of an advantageous

dietary example. The developing cognizance of the useful impacts of a particular dietary example on wellbeing and life span in the second half of the remaining century produced a ground-breaking push toward structuring eating fewer carbs that could diminish the danger of constant maladies, subsequently bringing about solid maturing. Subsequently, during the 1990s the Dietary Approaches to Stop Hypertension Dash diet was contrived to assess whether it was conceivable to treat hypertension not pharmacologically.

To be sure, the DASH diet was very like the Mediterranean Diet, being wealthy in foods grown from the ground, entire grains, and strands, while poor in creature soaked fats and cholesterol. The awesome news leaving the investigation was that not exclusively did the DASH diet lower circulatory strain, however, it additionally diminished the danger of cardiovascular infection, type 2 diabetes, a few sorts of malignant growth, and other maturing related maladies. To additionally improve the medical advantages of plant nourishment rich, creature fat-terrible eating routines, especially in people with hypercholesterolemia, the Portfolio Diet was planned.

This eating regimen, other than being to a great extent veggie-lover, with just limited quantities of soaked fats, prescribes likewise a high admission of utilitarian nourishments, including thick filaments, plant stools, soy proteins, and almonds. Curiously, members on the Portfolio Diet displayed a decrease of coronary illness chance related to lower plasma cholesterol in contrast with members on a sound, for the most part, vegan diet.

Additionally, the measure of ingested nourishment has been pulling in light of a legitimate concern for mainstream

researchers as a potential modifier of the harmony among wellbeing and infection in a wide range of living species. Specifically, calorie limitation CR has been exhibited to be a rising healthful intercession that animates the counter maturing instruments in the body.

In this way, the eating routine of the individuals living on the Japanese island of Okinawa has been widely broken down because these islanders are notable for their life span and expanded wellbeing range, bringing about the best recurrence of centenarians on the planet. Interestingly, the customary Okinawan diet came about to be fundamentally the same as the Mediterranean Diet and the DASH diet regarding nourishment types.

Be that as it may, the vitality admission of Okinawans, at the hour of the underlying logical perceptions, was about 20% lower than the normal vitality admission of the Japanese, along these lines deciding an average state of CR.

Singer Adele has confirmed that she has lost 30 kilos in just one year. The secret? It's all thanks to the Sirtfood Diet. It was revealed by the singer herself through international media, such as the Daily Mail and the New York Post. The Sirtfood Diet is not the classic fasting diet: Adele is the living proof of this, given the splendid shape in which she was at her appointments with her fans.

It is, in fact, a diet that leaves room for both cheese and red wine as well as chocolate, in the right proportions, and of course under the supervision of a specialist doctor, who knows how to evaluate your health and recommend the most suitable diet to lose weight safely. Many were the media that underlined the substantial weight loss of the singer Adele who admitted how the decision to lose weight did not depend on the acceptance of her as much as the difficulty of using her voice to the fullest.

Adele praised the Sirtfood Diet, which made her lose 30 kilos without much effort although, in reality, she admitted via Instagram that she had never struggled as much in physical activity as when preparing for her tour. She also said that the beauty of Sirtfoods is that many of them are already on our

table every day. They are accessible and can be easily integrated into our diet.

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PHASES OF THE SIRTFOOD DIET

The diet is mainly divided into two phases: the first lasts one week and the other lasts 14 days.

Phase 1 (The Most Effective): Three Kilos in Seven Days

It is the “supersonic” phase: the calorie restriction is combined with a diet rich in Sirt foods. The novelty compared to other diets is that it fattens and fattens the muscles. Two different moments. Days 1-3 are the most intense, and during this time you can consume a maximum of one thousand calories per day. You must consume 3 Sirt green juices and a solid meal.

On days 4-7 assigned the intake of one thousand five hundred calories daily. You have to take two green Sirt juices and two solid meals. Phase 1 is the most intense, in which the best results are seen and which allows you to lose up to 3.5 kilos.

The maximum of calories consumed during the first 3 days is 1000, while from the fourth to the seventh one reaches 1500 calories per day. The menu to follow includes a “fixed” part, the one relating to green juice created by nutritionists that helps to moderate the appetite of the brain, and one that varies daily.

The green juice recipe is simple and includes all-natural products: 75 g of curly kale, 30 g of arugula and 5 g of parsley must be centrifuged, together with 150 g of green celery with the leaves and 1/2 green apple, grated. Everything must be completed with half a squeezed lemon and half a teaspoon of Matcha tea.

Here is more in detail the program of the first week:

Monday - Wednesday: 3 Sirt green juices to be taken on waking up, midmorning and mid-afternoon; 1 solid meal of animal or vegan protein (for example, turkey escalope or

buckwheat noodles with tofu) accompanied by vegetables, always ending with 15-20 g of 85% dark chocolate.

Thursday - Sunday: 2 Sirt green juices and 2 solid meals, remembering to always vary the main course chosen, from salmon fillet to vegetable tabbouleh to buckwheat spaghetti with celery and kale.

Phase 2 (Maintenance), For 14 Days

Every day, for 14 days, you will eat three balanced meals, chock full of Sirt foods, drink a Sirt green juice, and consume 1-2 Sirt snacks. Green juice should be taken in the morning as soon as you wake up or at least 30 minutes before breakfast, or mid-morning. The evening meal must be eaten by 7 pm. Phase 2 is the maintenance phase. During this period the goal is the consolidation of the weight loss, although the possibility of losing weight is not excluded. To do all this, just feed on the exceptional foods rich in sirtuins.

It lasts 14 days, it is less restrictive than the first and provides for sirt foods at will: 3 solid meals plus two juices. The important thing is that they are balanced.

The positive aspects of this diet are:

One is the fact that the calorie limit is indicative and not a goal to be achieved. Another advantage is that the dishes on offer are very satisfying. This way you won't have the hunger attacks typical of other diets. The caloric restriction of the diet even in the most intensive phase is not drastic and Sirt foods have a satiating effect, which prevents us from getting hungry at meals

And then?

As already explained in the introduction, the Sirtfood diet cannot (and must not) continue indefinitely and for a very long time. Rather, it must be done in cycles, once, two, or three times a year. However, the sirt "lifestyle" can continue even after completing the phase.

Sirt foods can be eaten all year round, continuing to speed up the metabolism. However, this should not be combined with a very strong calorie restriction, but only avoid eating

unhealthy foods, such as fried, sweet, or unsaturated fats. Your persistence will make the difference between success and failure, remember: this is not a shot, but a marathon!

Sirt cycles are simply a boost, a powerful weapon in your arsenal that you can use twice a year (depending on your body of course), but you can have a healthy lifestyle all year round, perhaps combined with regular physical exercise.

Phase 3 (Make the Sirt Food Diet For Life)

For 1 week, the participants followed the diet and exercised daily. At the end of the week, participants lost an average of 7 pounds (3.2 kg) and maintained or even gained muscle mass. Yet, these results are hardly surprising. Restricting your calorie intake to 1,000 calories and exercising at the same time will nearly always cause weight loss.

Regardless, this kind of quick weight loss is neither genuine nor long-lasting, and this study did not follow participants after the first week to see if they gained any of the weight back, which is typically the case. When your body is energy-deprived, it uses up its emergency energy stores, or glycogen, in addition to burning fat and muscle. Each molecule of glycogen requires 3–4 molecules of water to be stored.

When your body uses up glycogen, it gets rid of this water as well. It's known as "water weight."

In the first week of extreme calorie restriction, only about one-third of the weight loss comes from fat, while the other two-thirds come from water, muscle, and glycogen. As soon as your calorie intake increases, your body replenishes its glycogen stores, and the weight comes right back. Unfortunately, this type of calorie restriction can also cause your body to lower its metabolic rate, causing you to need even fewer calories per day for energy than before.

This diet may likely help you lose a few pounds in the beginning, but it'll likely come back as soon as the diet is over. As far as preventing disease, 3 weeks is probably not long enough to have any measurable long-term impact. On the other hand, adding Sirtfoods to your regular diet over the long

term may very well be a good idea. But in that case, you might as well skip the diet and start doing that now.

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The Best 20 Sirtfoods

Arugula

This green salad leaf (also known as rucola) is very common in the Mediterranean diet. It is not too popular in the US food culture, and it is considered an absolute arrogance to have it on your plate. However, we are not talking about a leaf covered in gold or silver; we are talking about a green salad leaf with a peppery taste that can be used for digestive and diuretic purposes. During the time of ancient Rome and in the middle Ages, this leaf was known to have aphrodisiac properties. However, there is a lot more to this miracle leaf. It has nutrients like quercetin and kaempferol capable of activating sirtuins. This combination is said to have very positive effects on the skin as it can moisturize and improve collagen synthesis. So why not have this leaf in your salad and add some extra olive oil on it, making it a powerful Sirtfood duo? As you can see, it has many positive effects on your body.

Buckwheat

This is one of the best sources for rutin, a sirtuin-activator nutrient. However, this crop is also amazing for ecological and sustainable farming, as it can improve the quality of the soil and prevent weed growth. However, probably the most interesting part about buckwheat is that it is a fruit seed, kind of like rhubarb, so it is not a grain at all. It is not a coincidence at all that buckwheat has more protein than any grain known to man, so it fits perfectly in your Sirtfood diet. For every person trying to avoid gluten, this can be the ideal food. It is the ideal alternative for grains.

Capers

Some of you may not be too familiar with capers. If you have not had the chance to taste them, you should. They are those dark-green salty things you can see sometimes on top of a pizza.

Unfortunately, capers are not very used in a standard diet (it is very overlooked and underrated), but those who never had the chance to try capers do not know what they are missing. We are talking about the flower buds of the caper bush, a plant growing abundantly in the Mediterranean region. It is usually handpicked and preserved, and it has some interesting antidiabetic, anti-inflammatory, antimicrobial, antiviral, and immunomodulatory properties. Moreover, it has been used in medicine all around the Mediterranean area.

Celery

This is a plant used for thousands of years, as in ancient Egypt, people were already aware of it and its properties. Back then, it was considered a medicinal plant that can be used for detoxing, cleansing and preventing diseases. Therefore, celery consumption is very good for your gut, kidney, and liver. When it was growing wildly in ancient times, it had a strong bitter flavor. However, ever since its domestication in the 17th century, celery has become a bit sweeter, and now it can be used in salads.

Chilies

This veggie should be in your diet whether you like eating spicy food or not. It contains capsaicin, and this substance makes us savor it even more.

Consuming chilies is great for activating sirtuins and it speeds up your metabolism. In fact, the spicier the chili is, the more powerful it is when it comes to activating sirtuins. You probably heard that people eating spicy food three or four times per week have a 14 percent lower death rate compared to people who eat them less than once a week. Now, this does not mean that you have to go for the hottest chilies you can find, especially if you are not a spicy food enthusiast. Take it easy at the beginning.

Cocoa

The Aztecs and Mayans considered Cocoa sacred, and it was a food type reserved only for the warriors or the elite. It

was often used as a currency, as people were aware of its value.

Although back then it was mostly used as a drink, you do not have to dilute it with milk or water to reap the full benefits of it. The best way to consume cocoa is by eating dark chocolate (with at least 85 percent solid cocoa). However, this also depends on how the chocolate is made, as this product is usually treated with an alkalizing agent, which is known to lower the acidity of the chocolate and give a darker color. This substance is also known to reduce the sirtuin-activating flavanols.

Coffee

This is a drink enjoyed by most adults out there, and it is considered indispensable by most of them. We even believe that we can function without a cup of coffee to start within the morning. Obviously, that is not true, but we can honestly believe that coffee significantly improves our productivity and our daily activities. Caffeine acid is a nutrient known to activate sirtuins, so there is more to drinking coffee than a popular and very pleasant social activity.

Extra Virgin Olive Oil

This oil is perhaps the healthiest form of fats you can think of, and it is not missing from any salad in the Mediterranean diet. The health benefits of consuming this oil are countless. It prevents and fights against diabetes, different types of cancer, osteoporosis, and many more. Besides, EVO oil can be associated with increased longevity, as it also has anti-aging effects. You can easily find this type of oil in most supermarkets, so you do not have any excuse to exclude it from your Sirtfood diet. This oil has the right nutrients to activate the sirtuin gene in your body.

Garlic

I do not know about you people, but I am simply in love with garlic. I am sure I am not the only one. Forget about the smell it leaves behind. Enjoy the great taste it offers. I would

have garlic with any meal. Of course, this may not fit with our busy lifestyle, as it is not recommended to have it before a meeting, but you can enjoy it for dinner or at home. However, there is more to the consumption of garlic. As you probably know, it has an antifungal and antibiotic effect and has been successfully used to treat stomach ulcers. Also, it can be used to remove waste products from your body.

Green Tea

In some cultures, drinking tea is as popular as drinking coffee, but what if you find the tea assortment that works best for you. You can indeed have tea from various medicinal plants, and they all have positive effects on your health. However, most of these plants are focused on preventing or fighting a specific disease. Have you ever thought about drinking tea for your well-being or to feel great? Well, this is what green tea is for. First appeared in Asia, green tea has become very popular in Western culture. It has plenty of antioxidants. It can be used for detox, and it speeds up your metabolism.

Kale

You can never go wrong with some leafy greens, and this is applicable for kale as well. Perhaps not many of you have tried it before, but it is totally worth it. Over the last few years, kale has gained a lot of popularity and appreciation from both nutritionists and consumers, and they have all the reasons to like and appreciate it.

Medjool Dates

If you have the chance to go to any country in the Middle East or the Arabian Peninsula, you will find that dates are a very common snack. Dehydrated, covered in chocolate, or a fresher form, dates are perhaps the most common snack you can find over there.

Parsley

The parsley leaves are extremely frequent in recipes, so it is not missing from the Sirtfood diet. You can chop them and toss them in your meal or use a sprig for decorative purposes.

But parsley is not for decorating your plate, as you are not trying to impress a jury of famous chefs. This is an underrated plant.

Red Endive

This vegetable is one of the latest discoveries in the world of plants. How come? It was discovered by accident in 1830 when a Belgian farmer who stored chicory roots in his cellar, forgot about them and discovered them with white leaves that happened to be crunchy, tender, and delicious.

Red Onions

If you are only eating onions as O-rings with your burger, then you had better rethink the way you consume this incredible vegetable. This type of onion has a sweeter taste (compared to yellow onion). It has plenty of antioxidants, and it is known to fight against inflammation, heart diseases, and diabetes.

Red Wine

The Mediterranean diet encourages the consumption of red wine, and there are plenty of reasons why you should consider the moderate consumption of it. We are not going to talk about the effects it has on your blood, blood sugar level, and so on. Not even about how moderate consumption can decrease the death rates by heart disease. Alternatively, about how red wine can prevent common colds and cavities (yes, it can even improve your oral health). Red wines like Merlot, Cabernet Sauvignon, or Pinot Noir have an incredible concentration of polyphenol to activate your sirtuins.

Soy

There is a completely food-processing industry behind soy, as it is used to create food products for vegetarians. However, let us face it — drinking soymilk will not activate your sirtuins. Industrially processed food is not very recommended for your health, so it should be excluded from your Sirtfood diet. In natural form, soy contains formononetin and daidzein, two great sirtuin-activating nutrients.

Strawberries

Of all the fruits out there, strawberries are among the ones with the most health benefits. Yes, they are sweet, but they happen to have a very high concentration of fisetin, a nutrient that can activate sirtuins. What is very confusing is that strawberries are known to prevent heart diseases, diabetes, cancer, osteoporosis, and Alzheimer's disease. They are even associated with healthy aging. Although they are sweet, 3½ ounces of strawberries only contain a teaspoon of sugar.

Turmeric

You are probably familiar with the effects ginger has on your overall health, but you do not know what turmeric can do for you. This plant is related to ginger, and it is very appreciated throughout Asia for medical and culinary reasons. India is responsible for 80 percent of the whole turmeric on the planet, and some nutritionists refer to it as the “golden spice” or “India's gold.” Why is that? Because it contains curcumin, a very rare sirtuinactivating nutrient.

Walnuts

As it happens, the walnut tree is the oldest food tree known to humans, as it was discovered around 7,000 BCE. Its original location was in ancient Persia (modern-day Iran), and now this tree is spread all around the world, as it can easily adapt to different climates of the globe. In the United States, walnuts are a success story. California is the biggest producer of walnuts in the United States, responsible for 99 percent of the US commercial supply and three-quarters of the walnut trade worldwide.

FAQ

Can Children Eat Sirtfoods?

There are powerful Sirtfoods, most of which are safe for children. Obviously, children should avoid wine, coffee, and other highly caffeinated foods, such as matcha. On the other hand, children can enjoy sirtuin-rich foods such as cabbage, eggplant, blueberries, and dates with their regular balanced diet.

Yet, while children can enjoy most sirtuin-rich foods, that is not the same as to say that they can practice the Sirt diet. This diet plan is not designed for children, and it does not fit the needs of their growing bodies. Practicing this diet plan could not only negatively affect them physically, but it could damage their mental health for years to come. Anyone can develop an eating disorder, but it is especially true for children. If you want your child to eat

well, ensure they eat a wide range of foods, as recommended by their doctor, and you can simply include an abundance of sirtuin-rich foods into what they are already eating. Leave the focus on eating healthfully and not losing weight. Even if your child's doctor does want them to lose weight, you don't need to make the child aware of this fact. You can help guide them along with a healthy lifestyle, teaching them how to eat well and stay active through sports and play, and the weight will come off naturally without placing an unneeded burden on their small shoulders.

For similar reasons, you can include Sirtfoods in a balanced diet while pregnant, but you should avoid practicing the Sirt diet when you are pregnant. It doesn't contain the nutrition requirements for either a pregnant woman or a growing baby. Save the diet for after you have delivered a healthy baby, and both you and your child will be healthy and happy.

Can I Exercise During Phase One?

If you use exercise during either phase one or two, you can increase weight loss and health benefits. While you shouldn't work at pushing the limits during phase one, you can continue your normal workout routine and physical activity. It is important to stay within your active comfort zone during this time, as physical exertion more than you are accustomed to will be especially difficult while you are restricting your calories. It will not only wear you out, but it can also make you dizzy, more prone to injury, and physically and mentally exhausted. This is a common symptom whenever a person pushes their limits while restricting calories, but it is something you should avoid.

If you are used to doing yoga and a spin class a few times a week, keep it up!

If you are used to running a few miles a day, have at it! Do what you and your body are comfortable with, and as your doctor advises, and you should be fine.

I'm Already Thin. Can I Still Follow the Diet?

Whether or not you can follow the first phase of the Sirt diet will depend on just how thin you already are. While a person who is overweight or well within a healthy weight can practice the first phase, nobody who is clinically underweight should. You can know whether or not you are underweighting by calculating your Body Mass Index, or BMI. You can find many BMI calculators online, and if yours is at nineteen points or below, you should avoid the first phase. It is always a good idea to ask your doctor both if it is safe for you to lose weight, and if the Sirt diet is safe for your individual condition. While the Sirt diet may generally be safe, for people with certain illnesses, it may not be the case.

While it is understandable to desire to be even more thin, even if you already are thin, pushing yourself past the point of being underweight is incredibly unhealthy, both physically and mentally. This fits into the category of disordered eating and can cause you a lot of harm.

Some of the side effects of pushing your body to extreme weight loss include bone loss and osteoporosis, lowered

immune system, fertility problems, and an increased risk of disease. If you want to benefit from the health of the Sirt diet and are underweight, instead consume, however many calories, your doctor recommends, along with plenty of Sirtfoods. This will ensure you maintain a healthy weight while also receiving the benefits that sirtuins have to offer.

If you are thin, but still at a BMI of twenty to twenty-five, then you should be safe beginning the Sirt diet, unless otherwise instructed by your doctor.

Can You Eat Meat and Dairy On The Sirtfood Diet?

In many recipes, we choose to use Sirtfood sources of protein, such as soy, walnuts, and buckwheat. However, this does not mean that you aren't allowed to enjoy meat on the Sirt diet. Sure, it's easy to enjoy a vegan or vegetarian Sirt diet, but if you love your sources of meat, then you don't have to give them up. Protein is an essential aspect of the Sirt diet to preserve muscle tone, and whether you consume only plant-based proteins or a mixture of plant and animal-based proteins is completely up to you. And, just as you can enjoy meat, you can also enjoy moderate consumption of dairy.

Some meats can actually help you better utilize the Sirtfoods you eat. This is because the amino acid leucine can enhance the effect of Sirtfoods. You can find this amino acid in chicken, beef, pork, fish, eggs, dairy, and tofu.

Can I Drink Red Wine during Phase One?

As your calories will be so limited during the first phase, it is not recommended to drink alcohol during this phase. However, you can enjoy it in moderation during phase two and the maintenance phase.

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SIRTFOOD FOR BUILDING

MUSCLE

Sirtuins are a group of proteins with different effects. Sirt-1 is the protein responsible for causing the body to burn fat rather than muscle for energy, which is obviously a miracle for weight loss. Another useful aspect of Sirt-1 is its ability to improve skeletal muscle.

Skeletal muscle is all the muscles you voluntarily control, such as the muscles in your limbs, back, shoulders, and so on. There are two other types, cardiac muscle is what the heart is formed of, whilst smooth muscle is your involuntary muscles – which includes muscles around your blood vessels, face, and various parts of organs and other tissues.

Skeletal muscle is separated into two different groups, the blandly named type-1, and type-2. Type 1 muscle is effective at continued, sustained activity whereas type-2 muscle is effective at short, intense periods of activity. So, for example, you would predominantly use type-1 muscles for jogging, but type-2 muscles for sprinting. Sirt-1 protects the type-1 muscles, but not the type-2 muscle, which is still broken down for energy. Therefore, holistic muscle mass drops when fasting, even though type-1 skeletal muscle mass increases.

Sirt-1 also influences how the muscles actually work. Sirt-1 is produced by the muscle cells, but the ability to produce Sirt-1 decreases as the muscle ages. As a result, muscle is harder to build as you age and doesn't grow as fast in response to exercise. A lack of sirt-1 also causes the muscles to become tired quicker and gradually decline over time.

When you start to consider these effects of Sirt-1, you can start to form a picture of why fasting helps keep the body supple. Fasting releases Sirt-1, which in turn helps skeletal muscle grow and stay in good shape. Sirt-1 is also released by consuming sirtuin activators, giving the Sirtfood diet its muscle retaining power.

Who Should Try the Sirtfood Diet?

The Sirtfood diet is suitable for individuals who:

- Are overweight or obese
- Want to maintain his/her weight
- Needs to have a “detox” and flush away the toxins from the body
- Have failed to lose weight using different diet techniques
- Want not only to lose weight but also build muscle
- Want a healthier lifestyle and to achieve optimal health

Health Risks for Overweight and Obesity

Type 2 Diabetes - This disease occurs when the blood sugar level becomes higher than normal. According to studies, about 80% of individuals afflicted with Type 2 diabetes are overweight. What makes diabetes a killer disease is that it is a major cause of stroke, heart disease, kidney diseases, amputation, and even blindness.

Sleep Apnea - This is when an individual pauses in breathing while sleeping. Being overweight or obese is a risk factor. Why?

This is because of the fats stored in the neck area making the air pathway smaller. Besides, the fat could also cause inflammation. Sleep apnea should not be taken lightly because it can also result in heart failure.

High Blood Pressure - Also known as hypertension, this condition refers to a state when your systolic blood pressure (usually above 140) is consistently higher than your diastolic blood pressure (usually about 90). How does being overweight make you a high risk for hypertension? Generally, a larger body size will increase your blood pressure so that your heart will have to work harder to produce the necessary supply of blood to all cells. Also, your excess body fats can damage your kidneys (your kidney helps your body regulate blood pressure). High blood pressure can result in kidney failure, heart diseases, and stroke.

Fatty Liver Disease - This is when there is a build-up of fat around the liver which can cause damage.

Reproductive issues - Menstrual issues and ultimately infertility are some of the issues experienced by overweight women.

Cancer - If you are obese or overweight, then the risk of acquiring cancer of the breast, gallbladder, colon, and endometrial increases.

These are only some of the diseases associated with being overweight. Not to mention the social, emotional, and psychological impact of the extra weight. It stresses the importance of finding the right “strategy” to lose those excess pounds. And we have the perfect solution –the Sirtfood diet.

Are You Familiar with These Scenarios?

You know that you have overindulged during the holidays, but as you weigh yourself, you literally would want to shave all the extra pounds because you did not expect to have gained that much weight!

There is an upcoming wedding event, and you need to lose those extra pounds to fit into your gown/suit. There is no way that you are going to lose that much weight in 2 months!

You know that you are overweight and just plain unhealthy. You have already tried many diets but to no avail. Either you feel that those diets are too restrictive, there is an adverse health effect, and the diet is too expensive to maintain. Speaking of maintenance, you are having a hard time keeping off the little weight that you have managed to lose!

You are getting older and you start to notice that aside from having a hard time dealing with hangovers and late-night parties, losing and maintaining weight is not that easy as it used to be. You are not a big fan of eliminating numerous food groups and doing rigorous exercise.

You have probably heard these scenarios too many times before and you have probably experienced one or two, or you are in one of these scenarios right now. Being overweight or obese is actually one of the most common health problems around the world. According to the World Health Organization (WHO), being overweight is when your BMI is equal to or

greater than 25 while being obese is when your BMI is equal to or greater than 30.

In the 2014 data from WHO, worldwide obesity has more than doubled since 1980, and more than 1.9 billion adults are overweight; and it would safe to conclude that after two years that that number has already increased significantly. Health experts agree that this is a very alarming rate, but the good news is, obesity or having excess weight is preventable and reversible.

As you will notice, most of these scenarios are focused on aesthetics—looking good and feeling more confident about your body, but what I would like to stress is the ill-effects of every extra bulge or pound that we carry. The possible health illnesses associated with being overweight are the primary reason why you need to try the revolutionary SirtFood diet.

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BENEFITS OF SIRTFOOD DIET

Fight Fat

The problem with most diets is that once you stop eating them, you will return to your unhealthy eating habits and regain the weight that you are losing. This has happened to many people after stopping their diet. The real challenge is maintaining your weight if you are satisfied with your weight loss so far.

The Sirtfood diet is also known to control appetite and I don't mean the mind control that fasting encourages. The increase in leptin satisfies us as it reduces our hunger. Makes sense right? Leptin is important as it is the hormone responsible for regulating appetite. This should keep you from asking for more food, but in the case of obesity, leptin may not do its job properly. Due to the hypothalamus, the brain does not feel that the body is well nourished and constantly wants more food, as the brain somehow believes that the body is undernourished. This condition is called leptin resistance.

Build Muscle Mass

When people say they want to lose weight, they are definitely referring to fat loss and not muscle. Fat is lighter than muscle, but we all want to have an optimal BMI, right? There is a myth that a certain amount of protein is needed to maintain muscle mass. Well, that's not entirely true. In the case of fasting, growth hormone reaches incredibly high levels after 72 hours of pure fasting, so you can maintain and even increase your muscle mass due to calorie deprivation. Obviously, it's not healthy to be on a very long fasting

period, but what if you find the right ingredients to eat and have the same benefits?

Obviously, when you are on a high carbohydrate diet you are not building muscle. you are actually accumulating fat. However, the Sirtfood diet is not rich in carbohydrates. It is rich in sirtuins, a very healthy type of protein. The founders of this diet claim that you will lose seven pounds in seven days.

However, food must create the right environment to build or maintain muscle mass, and this is what this diet does. Besides, muscles are important for your mobility and prevent the development of chronic diseases such as osteoporosis or diabetes. Believe it or not, muscles can even have a psychological advantage, as they are known to fight depression. Yes, you will definitely feel great about yourself when you look sporty.

SIRT1 is able to maintain muscle mass even when fasting and can even increase your muscle mass. Muscles are made up of various cells, including the satellite cell, which is activated when the muscle is damaged or stressed.

If you do some weight training, basically putting pressure on the muscle, your muscles will grow because of the satellite cell. However, the satellite cell can only be activated by SIRT1. Otherwise, your muscles won't grow, develop, or regenerate properly.

To better comprehend the significance of sirtuins, particularly SIRT1, have in mind that without them your muscles are prone to inflammation and fatigue.

In fact, muscles age without sirtuin activity. Therefore, for muscles to function properly, they really need SIRT1. Muscles do not improve over time, like wine. Keep in mind that the effects of muscle aging can begin at age 25. By the time you reach 40, you have already lost 10 percent of your muscle mass and by the time you are 70, you have already lost 40 percent of your muscle mass. However, this can be prevented and reversed through the activity of sirtuin. Therefore, they can easily be considered as regulators of muscle growth and prevention.

Fight Diseases

The modern-day eating habits and lifestyle encourages the accumulation of fats and toxins (fat tissue protects the toxins), as well as the increase of blood sugar and insulin level. This is where the trouble starts, from a simple prediabetes condition to more serious diseases (it can eventually lead to cancer).

However, the antidote to many of these issues lies hidden within ourselves.

As you already know, all bodies possess sirtuin genes, and activating them is crucial to burn fat and to build a stronger and leaner body.

As it turns out, the benefits of sirtuins activity extend way beyond the fatburning process. Whether we like it or not, the lack of sirtuins can be associated with plenty of diseases and medical conditions. Naturally, activating sirtuins will have the opposite effect. For example, sirtuins can improve your heart health by protecting the muscle cells in your heart and improving the function of the heart muscle. But that's not all. Sirtuins can play a major role in improving the function of your arteries, controlling cholesterol levels, and preventing atherosclerosis.

By now, you are familiar with the effects of fasting and an LCHF diet on the insulin level, and you are probably wondering what sirtuins can do in this case. If you are suffering from diabetes, then you should know that activating sirtuins will make insulin work more effectively to do its job properly (which is regulating the blood sugar level). SIRT1 works perfectly with metformin (one of the most powerful antidiabetic drugs). As it turns out, pharmaceutical companies are adding sirtuin activators to metformin treatments. These studies were conducted on animals, and the results were simply amazing. It was noticed that an 83 percent reduction of the metformin dose is required to achieve the same effects.

Other diets or programs are bragging about their effects on neurodegenerative diseases, like Alzheimer's disease. Well, let's think about what sirtuins do!

They send a message to the brain, helping it make the right decisions when it comes to appetite suppression. This involves enhancing the communication signals in the brain, improving cognitive function, and lowering brain inflammation. Sirtuin activation stops the tau protein aggregation and amyloid B production, some of the most damaging things in the brains of Alzheimer's patients.

The benefits of sirtuins expand to bones as well, as they encourage the production of osteoblast cells (the ones responsible for strengthening your bones) and increase their survival. In other words, sirtuin activation is very important for overall bone health.

Now, we all know that the food we eat today can even lead to cancer, as we are literally eating small portions of poison. Diets are claiming that they represent the cure for cancer in an incipient form, but at the moment, we can't say this about Sirtfoods, as there are still plenty of studies to be done on this topic. However, it is fair to say that people who eat mostly Sirtfoods have the lowest cancer rates.

Losing weight is simply not enough nowadays, as the diet you have to follow needs to have plenty of health benefits as well; otherwise, you can't stick to it in the long run. Therefore, you need to see the bigger picture and not focus on losing a lot of pounds in a very short amount of time. The less processed food you eat, the more chances you will have to experience the health benefits from your meal plan, so you don't have to see a doctor very often.

Natural ingredients have a lot of vitamins and minerals. They have a very high nutritional value. Coincidence or not, sirtuins can mostly be found in such ingredients (essentially fruits and veggies). Therefore, you will need to unleash these benefits on your body by consuming these amazing ingredients daily.

Anti-Aging Effect

Anti-aging is somehow linked to autophagy, which is an intracellular process of repairing or replacing damaged cell parts. This is rejuvenation at an intracellular level. However, a part of this response is the lysosomal degradation pathway autophagy. Now you are probably wondering what sirtuins have to do with all of these. Well, SIRT1 can activate AMPK (and the other way around), so it can be considered one of the triggers of autophagy. But I'm going to spare you all the chemical details that you can't remember. What you need to know is that autophagy rejuvenates the cell, and this process

can happen in all the cells of your body. Starting from the ones of your internal organs to the ones of your skin.

There are a few ways to induce autophagy, and it obviously has a very positive effect on your health and overall lifespan. Just think of the cell as a car and autophagy is the skilled mechanic capable of fixing or replacing any broken parts in it. Obviously, the cell will have a longer life, and this extrapolates to your overall life. If your cells are functioning properly, like a Swiss mechanical clock, then you can expect increased longevity. You can't reverse aging, as there is no such cure for it, and autophagy is not "the fountain of youth." However, this process can significantly slow down aging and its effect. And the best part is that it can be activated by sirtuins, especially SIRT1.

So far, people were not aware of too many ways to trigger autophagy. Some of them were doing it the hard way through intermittent fasting. Others were trying to induce it through an LCHF diet, like the keto diet. Well, now there is an extra way to activate it, and that is through the Sirtfood diet.

Here is a list of other benefits of the Sirtfood Diet:

- Promotes fat loss, not muscle loss
- You will not regain weight after the end of the diet
- You will look better; you will feel better, and you will have more energy
- You will avoid fasting and feeling hungry
- You will not have to undergo exhausting physical exercises

This diet promotes a longer, healthier life and keeps diseases away.

The benefits of the Sirtfood Diet are many, besides obviously that of slimming. Activators of sirtuins would lead to noticeable muscle building, decreased appetite, and improved memory. Also, the Sirtfood Diet normalizes the level of sugar in the blood and can cleanse the cells from the accumulation of harmful free radicals.

BREAKFAST

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Chocolate Bites



Ingredients:

- 250g Medjool dates pitted
- 30g dull chocolate broken into pieces; or cocoa nibs
- 1 tbsp cocoa powder
- 120g pecans
- 1 tbsp ground turmeric
- 1 tbsp additional virgin olive oil
- 1–2 tbsp water
- 1 tsp vanilla concentrate

Instructions:

1. Put the pecans and chocolate in a food processor and keep it processing until you have a fine powder.
2. Include the various things with the exception of the water and mix until the blend shapes a ball. You could conceivably need to include the water depending on the consistency of the blend. You don't need it to be excessively clingy.
3. Utilizing your hands, structure the blend into scaled-down balls, and refrigerate in a hermetically sealed compartment for approximately one hour before eating them.

4. You could move a portion of the balls in some more cocoa or dried up a coconut to accomplish an alternate completion if you like.
5. They can be stored up for a week, your dish is ready to be served. Enjoy your meal.

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Fruit Salad

Serving: 1

Nutritional Value: 172 calories

Preparation time: 10 minutes

Cook time: 0 minutes

Ingredients:

- Two red seedless grapes
- ½ cup newly made green tea
- One orange, split
- One apple, cored and generally diced
- One tsp nectar
- Few blueberries

Instructions:

1. Stir the nectar into a large portion of some green tea. At the point when properly dissolved, include the juice of a large portion of the orange. Leave to cool.

2. Chop the other portion of the orange and mix in a bowl along with the cleaved apple, grapes, and blueberries.

3. Pour over the cooled tea and leave to soak for a couple of moments before serving. Your salad is ready to be eaten.

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Apple and Black Currant Pancakes:

Serving: 4

Nutritional Value: 337 calories

Preparation time: 10 minutes

Cook time: 10 minutes

Ingredients:

- Two apples, stripped, cored and cut into little pieces
- 75g porridge oats
- 120g blackcurrants washed
- 125g plain flour
- Two tbsp caster sugar
- Spot of salt
- One tbsp water
- 300ml semi-skimmed milk
- Two egg whites
- Two tsp light olive oil
- One tsp baking powder

Instructions:

1.First, make the compote. Spot the blackcurrants, sugar, and water in a little dish. Rise to a stew and cook for 10-15 minutes.

2.Place the oats, flour, baking powder, caster sugar and salt in an enormous bowl and blend well. Mix in the apple and afterward put in the milk a little at once until you have a smooth blend.

3.Whisk the egg whites to solid pinnacles and afterward make it into a mixture. Move the mixture to a container. Heat 1/2 tsp oil in a non-stick skillet on a medium-high stove and pour in roughly one-fourth of the mixture.

4.Cook on the two sides until brilliant earthy colored. Remove it from the stove to a plate and add the compote on it.

Your pancakes are ready to be served.

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Black current and Raspberry Jelly:

Serving: 2

Nutritional Value: 76 calories

Preparation time: 2 minutes

Cook time: 15 minutes

Ingredients:

- Two tbsp granulated sugar
- 100g raspberries washed
- 100g blackcurrants washed
- 300ml water
- Two packs gelatine

Instructions:

1. Arrange the raspberries in two serving dishes/glasses/molds. Put the gelatine in a bowl of cold water to mollify.

2. Place the blackcurrants in a little skillet with the sugar and 100ml water and bring to bubble. Stew enthusiastically for 5 minutes and afterward remove it from the heat. Leave it in the open for 2 minutes.

3. Squeeze out abundant water from the gelatine leaves and add them to the pan. Mix until completely mixed, at that point mix in the remainder of the water.

4. Empty the fluid into the readied dishes and refrigerate to set. These ought to be prepared in around 3-4 hours

or overnight. Your jelly after setting is ready to be served.

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Chocolate strawberry milk

Preparation time: 5 minutes

Nutritional Value: 120 calories

Ingredients:

- 150 g strawberries, peeled and halved
- 1 tbsp cocoa powder (100 percent cocoa)
- 10 g pitted Medjool dates
- 10 g walnuts
- 200 ml milk or dairy-free alternative

Preparation:

1. Put all ingredients in a powerful mixer and stir until smooth.
2. Once the matcha has dissolved, add the rest of the juice.

Nutritional values: (1 serving)

Carbs: 14 | Fat: 5 | Protein: 4

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Pineapple Lassi



Preparation

time: 5 minutes

Nutritional Value: 90 calories

Ingredients:

- 200 g pineapple, cut into pieces
- 150 g Greek yogurt
- 4–5 ice cubes
- 1 teaspoon ground turmeric

Preparation:

1. Put all ingredients in a powerful mixer and stir until smooth. Once the matcha has dissolved, add the rest of the juice.

2. If the mixture is too thick, just add some water and mix until you get the consistency you want.

Nutritional values: Carbs: 12 | Fat: 4 | Protein: 3

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Strawberry Lassi

Preparation time: 5 minutes

Nutritional Value: 90 calories

Ingredients:

- 150 g strawberries, peeled and halved
- 150 g Greek yogurt
- 4–5 ice cubes

Pinch of ground cardamom

Preparation:

1. Put all ingredients in a powerful mixer and stir until smooth.

2. Once the matcha has dissolved, add the rest of the juice.

3. If the mixture is too thick, just add some water and mix until you get the consistency you want.

Nutritional values: (1 serving)

Carbs: 10 | Fat: 5 | Protein: 2

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Chili chocolate

Preparation time: 5 minutes

Nutritional Value: 140 calories

Ingredients:

- 1 chili
- 250 ml milk or non-dairy
- Alternative 1 teaspoon cocoa powder (100 percent)
- 35 g dark chocolate (70 percent cocoa solids),
- 1 teaspoon grated date syrup

Preparation:

1. Halve the chilies and cut into 6 or 7 pieces.
2. Place in a small saucepan with the remaining ingredients and bring to the boil over medium to high heat, stirring occasionally, so that the milk does not burn or boil over.
3. Simmer gently for 2-3 minutes, then remove from heat and let steep for 1 minute. Pass through a fine sieve and serve.

Nutritional values: (1 serving)

Carbohydrates: 15 | Fat: 8 | Protein: 4

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Hot turmeric milk

Preparation time: 10 minutes

Nutritional Value: 190 calories

Ingredients:

- 275 ml whole milk
- 1 teaspoon ground turmeric
- 1 cm fresh ginger, chopped or grated
- 1 tbsp date syrup
- Pinch of black pepper

Preparation:

1. Put the milk, turmeric and ginger in a saucepan and bring to the boil over medium to high heat, stirring occasionally, making sure that the milk does not burn or boil over.

2. Reduce the heat to a simmer and cook very gently for another 5 minutes; This will reduce the bitterness of the turmeric.

3. Add the date syrup and black pepper and remove from heat.

4. Let it steep for another 5 minutes, cover with a lid, then pass through a fine sieve and serve.

Nutritional values: (1 serving)

Carbs: 18 | Fat: 13 | Protein: 4

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Vegan mocha milk



Preparation time: 10 minutes

Nutritional Value: 115 calories

Ingredients:

- 250 ml non-dairy milk
- 50 g vegan dark chocolate (at least 70 percent cocoa solids),
grated
- 1 teaspoon instant coffee granules (or more, depending on how strong you want them)
- 1 teaspoon date syrup

Preparation:

1. Put all ingredients in a saucepan and bring to the boil over medium to high heat, stirring occasionally, making sure that the milk does not burn or boil over.

2. Bring to a boil and serve once all of the chocolate has melted.

Nutritional values: (1 serving)

Carbs: 16 | Fat: 7 | Protein: 6

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Orange & Kale Juice

Preparation Time: 10 minutes

Servings: 2

Nutritional Value: 52 calories

Ingredients:

- 5 oranges, peeled
- 2 cups fresh kale

Directions:

1. Add all the ingredients in a juicer and extract the juice according to the manufacturer's method.

2. If you don't have one, add all the ingredients to a blender and blend until well blended.

3. Strain the juice through a fine mesh strainer and transfer to two glasses. It is needed immediately.

Nutrition Facts:

Fat 0.7 g, Carbs 8.5 g, Protein 1.5 g

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Apple, Cucumber & Celery Juice

Preparation Time: 10 minutes

Servings: 2

Nutritional Value: 71 calories

Ingredients:

- 3 apples, cored and sliced
- 2 cucumbers, sliced
- 4 celery stalks
- 1 1-inch piece fresh ginger, peeled
- 1 lemon, peeled

Directions:

1. Add all the ingredients in a juicer and extract the juice according to the manufacturer's method.

2. If you don't have one, add all the ingredients to a blender and blend until well blended.

3. Strain the juice through a fine mesh strainer and transfer to two glasses. Serve immediately.

Nutrition Facts:

Fat 0.7 g, Carbs 9.2 g, Protein 1.3 g

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Lemony Apple & Kale Juice

Preparation Time: 10 minutes

Servings: 2

Nutritional Value: 55 calories

Ingredients:

- 2 green apples, cored and sliced
- 4 cups fresh kale leaves
- 4 tbsp. fresh parsley leaves
- 1 tbsp. fresh ginger, peeled
- 1 lemon, peeled
- ½ cup filtered water
- Pinch of salt

Directions:

1. Add all the ingredients in a juicer and extract the juice according to the manufacturer's method.

2. If you don't have one, add all the ingredients to a blender and blend until well blended.

3. Strain the juice through a fine mesh strainer and transfer to two glasses. Serve immediately.

Nutrition Facts:

Fat 0.3 g, Carbs 6.9 g, Protein 1.2 g

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Chocolate Cupcake with Matcha

Serving: 2

Nutritional Value: 234 calories

Preparation time: 10 minutes

Cook time: 25 minutes

Ingredients:

- 60g cocoa
- 150g self-rising flour
- 120ml boiling water
- 200g caster sugar
- ½ tsp salt
- 120ml milk
- ½ tsp excellent espresso coffee, decaf if preferred
- One egg
- ½ tsp vanilla extract
- 50ml vegetable oil
- For preparing matcha icing:
 - ½ tsp vanilla bean paste
 - 50g butter, at room temperature
 - 1 tbsp matcha green tea powder
 - 50g icing sugar
 - 50g soft cream cheese

Instructions:

1. Preheat the broiler to 180C. Line a cupcake tin with paper or silicone cake cases.

2. Place the flour, sugar, cocoa, salt, and coffee powder in an enormous bowl and blend all together.

3. Add the milk, vanilla concentrate, vegetable oil, and egg to the dry mixture and utilize an electric blender to beat until very much consolidated.

4. Cautiously pour in the bubbling water gradually and beat on a low speed until completely joined. Utilize the fast mode to beat for a further moment to add air to the mixture. The

mixture is substantially more fluid than a typical cake blend. Have confidence. It will taste stunning.

5. Spoon the mixture uniformly between the cake cases. Each cake case ought to be close to $\frac{3}{4}$ full. Remove from the broiler and permit to cool totally before icing.

6. Make the matcha icing, cream the spread, and frosting sugar together until it's pale and smooth. Include the matcha powder and vanilla and mix once more.

7. At last, add the cream cheddar and beat until smooth. Channel it or spread over the cakes. Your cakes are ready to be served.

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LUNCH

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Pak Choi and Rucola green juice



Preparation time: 10 minutes

Nutritional Value: 120 calories

Ingredients:

- 1 medium (100 g) pak choi
- a large handful (30 g) of arugula
- a medium handful (15 grams) of watercress
- a very small handful (5 g) of chives
- 2–3 large green celery stalks (150 g), including leaves
- 1–2 cm piece of fresh ginger
- Juice of $\frac{1}{2}$ lemon
- $\frac{1}{2}$ teaspoon matcha

Preparation:

1. Mix the pak choi, rocket, cress and chives and extract the juice from all. Now squeeze the celery and ginger.

2. You can peel the lemon and pass it through the juicer, but it is much easier to squeeze the juice by hand.

3. At this point, you should have about 250ml of juice in total, maybe a little more. Only when the juice is ready and ready to serve add the matcha.

4. Pour a small amount of juice into a glass, then add the matcha and mix vigorously with a fork or teaspoon.

5. Once the matcha has melted, add the rest of the juice. Stir one last time and your juice is ready to drink.

Nutritional values: (1 serving)

Carbohydrates: 16 | Fat: 4 | Protein: 4

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Watercress and lime green juice

Preparation time: 10 minutes

Nutritional Value: 110 calories

Ingredients:

- 3 large handfuls (75 g) watercress
- 2–3 large green celery stalks (150 g), including leaves
- 1 green apple
- 1–2 cm piece of fresh ginger
- Juice of 1 lime
- ½ teaspoon matcha

Preparation:

1. First extract the juice from the watercress, then extract the juice from the celery, apple and ginger. You can peel the lime and pass it through the juicer as well.

2. At this point, you should have about 250ml of juice in total, maybe a little more. Only when the juice is ready and ready to serve add the matcha.

3. Pour a small amount of juice into a glass, then add the matcha and mix vigorously with a fork or teaspoon.

4. Once the matcha has melted, add the rest of the juice. Stir one last time and your juice is ready to drink.

Nutritional values: (1 serving)

Carbohydrates: 11 | Fat: 7 | Protein: 4

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Carrot apple Ginger smoothie

Preparation time: 5 minutes

Nutritional Value: 100 calories

Ingredients:

- 200 ml of water
- 25 g carrots, grated
- 90 g unpeeled apple, sliced
- 5 g fresh ginger, cut
- 10 g walnuts
- 1 pitted Medjool dates
- ½ - 1 teaspoon ground turmeric, depending on your taste

Preparation:

1. Put all ingredients in a powerful mixer and stir until smooth.

2. Once the matcha has dissolved, add the rest of the juice. Stir it one last time and your juice is ready to drink.

Nutritional values: (1 serving)

Carbohydrates: 8 | Fat: 3 | Protein: 1

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Berries bananas Smoothie

Preparation time: 5 minutes

Nutritional Value: 80 calories

Ingredients:

- 150 ml of water
- 70 g strawberries, peeled and halved
- 40 g raspberries
- 40 g blackberries
- 50 g banana, cut
- 10 g walnuts

Preparation:

1. Put all ingredients in a powerful mixer and stir until smooth.

2. Once the matcha has dissolved, add the rest of the juice. Give it one last stir and your juice is ready to drink.

Nutritional values: (1 serving)

Carbohydrates: 6 | Fat: 2 | Protein: 1

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Green tea and Rocket smoothie

Preparation time: 5 minutes

Nutritional Value: 110 calories

Ingredients:

- 200 ml of water
- 50 g banana, sliced
- 25 g pitted Medjool dates
- 15 g rocket
- 1 teaspoon matcha
- 5 g parsley

Preparation:

Put all ingredients in a powerful mixer and stir until smooth.

Once the matcha has dissolved, add the rest of the juice.

Nutritional values: (1 serving)

Carbohydrates: 12 | Fat: 5 | Protein: 2

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MAIN DISHES

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Greek Stuffed Mushrooms



Preparation Time: 10 minutes

Cooking Time: 20 minutes

Servings: 3

Nutritional Value: 287 calories

Ingredients:

- 20 large mushrooms, washed
- 1 tablespoon EVO oil
- 1 cup broccoli, chopped
- 1 medium red onion, diced
- 1 teaspoon garlic, minced
- ¼ cup capers
- ½ teaspoon dried oregano
- ½ teaspoon dried parsley
- 3 tablespoons feta cheese
- 1 tablespoon breadcrumbs
- Salt and pepper to taste

Directions:

1. Preheat oven to 425 degrees F.
2. Remove the stems from the mushrooms carefully and dice them.

3. Place mushroom tops in a single layer on a baking sheet, with the hole facing up, and bake for 5 minutes.

4. Heat olive oil in a pan with the diced mushrooms stems, broccoli, onion, garlic, capers, oregano, parsley, and salt and pepper. Cook for 5– 10 minutes.

5. Add feta and breadcrumbs. Stuff mushrooms with mixture and bake for 8 – 10 minutes.

Nutrition: Fat: 11.2g, Carbs: 9.6g, Protein: 15.3g

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Roast Tomato and Parmesan Bruschetta with Capers

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Servings: 4

Nutritional Value: 286 calories

Ingredients:

- 4 to 6 thick slices of whole-grain baguette, sliced on a diagonal
- 1 cup cherry tomatoes
- 2 tablespoons capers, drained
- 3 to 4 tablespoons EVO oil + 1 tablespoon extra
- ½ teaspoon sea salt
- 2/3 cup aged Parmesan, shaved

Directions:

1. Preheat oven to 400°F.

2. Mix the cherry tomatoes, capers, and 3 to 4 tablespoons of olive oil together and pour into an ovenproof dish. Roast for 10 to 15 minutes.

3. While the tomatoes are roasting, toast the bread on both sides and drizzle the remaining 1 tablespoon of oil over the bread.

4. Spoon the roast tomatoes and capers over the toasted bread, salt to taste and top with the shaved Parmesan to serve.

Nutrition: Fat: 11.6g, Carbs: 8.7g, Protein: 15.4g

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Herbed Tomato and Buffalo Mozzarella

Preparation Time: 5 minutes

Cooking Time: 30 minutes

Servings: 4

Nutritional Value: 289 calories

Ingredients:

- 1 tablespoon parsley, minced
- ½ teaspoon dried basil
- ½ teaspoon dried lovage
- 1 tablespoon capers, drained
- 2 cloves garlic, minced
- 4 tablespoons EVO oil
- 1 ball of buffalo mozzarella cheese, sliced thinly
- 2 beefsteak tomatoes, sliced thinly
- 1 (7 ounces) jar roasted red peppers, drained
- Chili pepper flakes to taste (optional)

Directions:

1. In a medium-sized bowl, mix together parsley, basil, lovage, capers, garlic, and olive oil.

2. On a large plate or serving platter, layer slices of mozzarella cheese with tomato and top with a slice of roasted red pepper.

3. Drizzle the herb and olive oil mixture over top of each stack. Cover and chill in the refrigerator for at least 30 minutes. Sprinkle with chili flakes before serving (optional).

Nutrition: Fat: 11.2g, Carbs: 8.4g, Protein: 15.3g

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Crunchy Potato Bites

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Servings: 3 portions

Nutritional Value: 112 calories

Ingredients:

- 1 potato, sliced
- 2 bacon slices, already cooked and crumbled
- 1 small avocado, pitted and cubed
- 1 tablespoon of EVO oil

Directions:

1. Spread potato slices on a lined baking sheet.
2. Toss around with the EVO oil, insert in the oven at 350°F.
3. Bake for 20 minutes. Arrange on a platter, top each slice with avocado and crumbled bacon, and serve as a snack.

Nutrition:

Fat: 1g, Carbs: 0g, Protein: 0.2g, Fiber: 8g

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Dates in a Parma Ham Blanket

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Servings: 12 pieces

Nutritional Value: 149 calories

Ingredients:

- 12 Medjool dates
- 2 slices of Parma ham, cut into strips

Directions:

Wrap each date with a strip of Parma ham. Can be served hot or cold.

Nutrition:

Fat: 1g, Carbs: 0g, Protein: 0.2g, Fiber: 8g

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Mung Beans Snack Salad



Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 6 portions

Nutritional Value: 60 calories

Ingredients:

- 2 cups tomatoes, chopped
- 2 cups cucumber, chopped
- 3 cups mixed greens
- 2 cups mung beans, sprouted
- 2 cups clover sprouts
- For the salad dressing:
 - 1 tablespoon cumin, ground
 - 1 cup dill, chopped
 - 4 tablespoons lemon juice
 - 1 avocado, pitted, peeled, and roughly chopped
 - 1 cucumber, roughly chopped

Directions:

1. In a salad bowl, mix tomatoes with 2 cups cucumber, greens, clover, and mung sprouts.

2. In your blender, mix cumin with dill, lemon juice, 1 cucumber, and avocado and blend really well

3. Add the blended cream to your salad, toss well, and serve as a snack.

Nutrition:

Fat: 0g, Carbs: 0g, Protein: 0g, Fiber: 0 g

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Sprouts and Apples Snack Salad

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 6 portions

Nutritional Value: 60 calories

Ingredients:

- 1 pound Brussels sprouts, shredded
- 1 cup walnuts, chopped
- 1 apple, cored and cubed
- 1 red onion, chopped

For the salad dressing:

- 3 tablespoons red vinegar
- 1 tablespoon mustard
- ½ cup olive oil
- 1 garlic clove, minced
- Black pepper to the taste

Directions:

1. In a salad bowl, mix sprouts with apple, onion, and walnuts.

2. In another bowl, mix vinegar with mustard, oil, garlic, and pepper and whisk really well.

3. Add the dressing to your salad, toss well and serve as a snack.

Nutrition:

Fat: 1 g, Carbs: 0 g, Protein: 0.1 g, Fiber: 8 g

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Moroccan Snack Salad

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 6 portions

Nutritional Value: 55 calories

Ingredients:

- 1 bunch radishes, sliced
- 3 cups leeks, chopped
- 1 and ½ cups olives, pitted and sliced
- A pinch of turmeric powder
- Black pepper to the taste
- 2 tablespoons olive oil
- 1 cup cilantro, chopped

Directions:

1. In a bowl, mix radishes with leeks, olives, and cilantro.
2. Add black pepper, oil, and turmeric, toss to coat, and serve as a snack.

Nutrition:

Fat: 1 g, Carbs: 10 g, Protein: 1 g, Fiber: 5 g

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Celery and Raisins Snack Salad

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 1

Nutritional Value: 60 calories

Ingredients:

- ½ cup raisins
- 4 cups celery, sliced
- ¼ cup parsley, chopped
- ½ cup walnuts, chopped
- Juice of ½ lemon
- 2 tablespoons olive oil
- Salt and black pepper to the taste

Directions:

1. In a salad bowl, mix celery with raisins, walnuts, parsley, lemon juice, oil, and black pepper and toss.

2. Divide into small cups and serve as a snack.

Nutrition:

Fat: 1 g, Carbs: 0 g, Protein: 0.2 g, Fiber: 8 g

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Dill and Bell Peppers Snack Bowl

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4 portions

Nutritional Value: 68 calories

Ingredients:

- 2 tablespoons dill, chopped
- 1 yellow onion, chopped
- 1 pound multi-colored bell peppers, cut into halves, seeded, and
cut into thin strips
- 3 tablespoons EVO oil
- 2 and ½ tablespoons white vinegar
- Black pepper to the taste

Directions:

1. In a salad bowl, mix bell peppers with onion, dill, pepper, oil, and vinegar and toss to coat.

2. Divide into small bowls and serve as a snack.

Nutrition:

Fat: 1 g, Carbs: 0 g, Protein: 0.2 g, Fiber: 8 g

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Vegetable and nuts bread loaf



Preparation Time: 10 minutes

Cooking Time: 1 hour and 45 minutes

Servings: 4 portions

Nutritional Value: 60 calories

Ingredients:

- 1 loaf
- 175g (6oz) mushrooms, finely chopped
- 100g (3½ oz) haricot beans
- 100g (3½ oz) walnuts, finely chopped
- 100g (3½ oz) peanuts, finely chopped
- 1 carrot, finely chopped
- 3 sticks celery, finely chopped
- 1 bird's-eye chilli, finely chopped
- 1 red onion, finely chopped

- 1 egg, beaten
- 2 cloves of garlic, chopped
- 2 tablespoons olive oil
- 2 teaspoons turmeric powder
- 2 tablespoons soy sauce
- 4 tablespoons fresh parsley, chopped

- 100mls (3½ fl oz) water
- 60mls (2fl oz) red wine

Directions:

1.Heat the oil in a pan and add the garlic, chilli, carrot, celery, onion, mushrooms, and turmeric. Cook for 5 minutes.

2.Place the haricot beans in a bowl and stir in the nuts, vegetables, soy sauce, egg, parsley, red wine, and water.

3.Grease and line a large loaf tin with greaseproof paper.

4.Spoon the mixture into the loaf tin, cover with foil and bake in the oven at 190C/375F for 60-90 minutes.

5.Let it stand for 10 minutes then turn onto a serving plate.

Nutrition:

Fat: 1 g, Carbs: 0 g, Protein: 0.2 g, Fiber: 8 g

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Spicy Pumpkin Seeds Bowl

Preparation Time: 0 minutes

Cooking Time: 30 minutes

Servings: 6 portions

Nutritional Value: 50 calories

Ingredients:

- ½ tablespoon chili powder
- ½ teaspoon cayenne pepper
- 2 cups pumpkin seeds
- 2 teaspoons lime juice

Directions:

1. Spread pumpkin seeds on a lined baking sheet, add lime juice, cayenne, and chili powder, and toss well.

2. Put it in the oven and roast at 275 degrees F for 20 minutes. Divide into small bowls and serve as a snack.

Nutrition:

Fat: 1 g, Carbs: 0 g, Protein: 0.2 g, Fiber: 8 g

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Apple and Pecan Bowls

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4 portions

Nutritional Value: 60 calories

Ingredients:

- 4 big apples, cored, peeled, and cubed
- 2 teaspoons lemon juice
- ¼ cup pecans, chopped

Directions:

In a bowl, mix apples with lemon juice, and pecans and toss. Divide into small bowls and serve as a snack.

Nutrition:

Fat: 1 g, Carbs: 0 g, Protein: 0.2 g, Fiber: 8 g

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Cheesy mushrooms

Preparation Time: 10 minutes

Cooking Time: 40 minutes

Servings: 20 portions

Nutritional Value: 60 calories

Ingredients:

- 20 white mushroom caps
- 1 garlic clove, minced
- 3 tablespoons parsley, chopped
- 2 yellow onions, chopped
- Black pepper to the taste
- ½ cup low-fat parmesan, grated
- ¼ cup low-fat mozzarella, grated
- A drizzle of olive oil
- 2 tablespoons non-fat yogurt

Directions:

1.Heat up a pan with some oil over medium heat, add garlic and onion, stir, cook for 10 minutes and transfer to a bowl.

2.Add black pepper, garlic, parsley, mozzarella, parmesan, and yogurt, stir well, stuff the mushroom caps with the mix.

3.Arrange them on a lined baking sheet and bake in the oven at 400°F for 20 minutes. Serve them as an appetizer.

Nutrition:

Fat: 1 g, Carbs: 0 g, Protein: 0.2 g, Fiber: 8 g

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Feta and Beet Stacked Appetizer



Preparation Time: 5 minutes

Cooking Time: 20 minutes

Servings: 4

Nutritional Value: 183 calories

Ingredients:

- 2 large fresh beets
- ½ teaspoon dried lovage
- ½ cup red wine vinegar
- ¼ cup lemon juice (optional)
- ½ cup feta cheese
- ½ cup walnuts, crushed

Directions:

1. Soak the lovage in the red wine vinegar while you're preparing the rest of the appetizer.

2. Bring a pot of water to a boil and cook the beets for 25 minutes, or until tender. Cool, peel, and slice in 1/3" thick slices.

3. Place beets in a bowl with the lovage red wine vinegar and marinate for 15 minutes.

4. Separate the beets from the vinegar and add the lemon juice to the liquid.

5. Place a few beet slices on a microwave-safe dish and sprinkle them with some feta cheese and crushed walnuts. Drizzle with some of the lemon vinegar mixes.

6. Top with more beet slices, and sprinkle again with feta, walnuts, and lemon vinegar. Repeat until you have no more beet slices left.

7. Microwave on medium for 45 seconds to 1 minute, cool slightly before serving.

Nutrition:

Fat 4.3 g; Fiber 7.6 g; Carbs 26.2 g; Protein 11.3 g; Sodium 466 mg

Spinach and Kale Mix

Preparation Time: 5 minutes

Cooking Time: 30 minutes

Servings: 4

Nutritional Value: 89 calories

Ingredients:

- 2 chopped shallots
- 1 c. no-salt-added and chopped canned tomatoes
- 2 c. baby spinach
- 2 minced garlic cloves
- 5 c. torn kale
- 1 tablespoon olive oil

Directions:

1.Heat up a pan with the oil over medium-high heat, add the shallots, stir and sauté for 5 minutes.

2.Add the spinach, kale and the other ingredients, toss, cook for 10 minutes more, divide between plates and serve.

Nutrition:

Fat: 3.7 g, Carbs:12.4 g, Protein:3.6 g, Sugars:0 g,
Sodium:50 mg

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DESSERTS

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Baked Apple Dumplings

Preparation Time: 20 minutes

Cooking Time: 40 minutes

Servings: 2 to 4

Nutritional Value: 145 calories

Ingredients:

- 1 (17½ ounce) package frozen puff pastry, thawed
- 1 cup sugar
- 6 tablespoons dry breadcrumbs
- 2 teaspoons ground cinnamon
- 1 pinch ground nutmeg
- 1 egg, beaten
- 4 Granny Smith apples, peeled, cored, and halved
- Vanilla ice cream for serving
- Icing
- 1 cup confectioners' sugar
- 1 teaspoon vanilla extract
- 3 tablespoons milk
- Pecan Streusel
- 2/3 cup chopped toasted pecans
- 2/3 cup packed brown sugar
- 2/3 cup all-purpose flour
- 5 tablespoons melted butter

Directions:

1. Preheat the oven to 425°F. When the puff pastry has completely thawed, roll out each sheet to measure 12 inches by 12 inches. Cut the sheets into quarters.

2. Combine the sugar, breadcrumbs, cinnamon, and nutmeg together in a small bowl. Brush one of the pastry squares with some of the beaten egg.

3. Add about 1 tablespoon of the breadcrumb mixture on top, then add half an apple, core side down, over the crumbs. Add another tablespoon of the breadcrumb mixture.

4. Seal the dumpling by pulling up the corners and pinching the pastry together until the seams are totally sealed. Repeat this process with the remaining squares.

5. Assemble the ingredients for the pecan streusel in a small bowl. Grease a baking sheet, or line it with parchment paper. Place the dumplings on the sheet and brush them with a bit more of the beaten egg. Top with the pecan streusel.

6. Bake for 15 minutes, then reduce heat to 350°F and bake for 25 minutes more or until lightly browned. Make the icing by combining the confectioners' sugar, vanilla, and milk until you reach the proper consistency.

7. When the dumplings are done, let them cool to room temperature and drizzle them with icing before serving.

Nutrition: Fat: 57 g, Carbs: 87 g, Protein: 66.9 g, Sodium: 529 mg

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Peach Cobbler



Preparation Time: 10 minutes

Cooking Time: 45 minutes

Servings: 4

Nutritional Value: 168 calories

Ingredients:

- 1¼ cups Bisques
- 1 cup milk
- ½ cup melted butter
- ¼ teaspoon nutmeg
- ½ teaspoon cinnamon
- Vanilla ice cream, for serving

Filling

- 1 (30-ounce) can peach in syrup, drained
- ¼ cup sugar

Topping

- ½ cup brown sugar
- ¼ cup almond slices

- ½ teaspoon cinnamon
- 1 tablespoon melted butter

Directions:

1. Preheat the oven to 375°F. Grease the bottom and sides of an 8×8-inch pan.

2. Whisk together the Bisques, milk, butter, nutmeg, and cinnamon in a large mixing bowl. When thoroughly combined, pour into the greased baking pan.

3. Mix together the peaches and sugar in another mixing bowl. Put the filling on top of the batter in the pan. Bake for about 45 minutes.

4. In another bowl, mix together the brown sugar, almonds, cinnamon, and melted butter.

5. After the cobbler has cooked for 45 minutes, cover evenly with the topping and bake for an additional 10 minutes. Serve with a scoop of vanilla ice cream.

Nutrition:

Fat: 76 g, Carbs: 15 g, Protein: 78.9 g, Sodium: 436 mg

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Maple Walnut Cupcakes with Matcha Green Tea Icing

Preparation Time: 20 minutes

Cooking Time: 25 minutes

Servings: 4

Nutritional Value: 224 calories

Ingredients:

For the Cupcakes:

- 2 cups of All-Purpose flour
- ½ cup buckwheat flour
- 2 ½ teaspoons baking powder
- ½ teaspoon salt
- 1 cup cocoa butter
- 1 cup white sugar
- 1 tablespoon pure maple syrup
- 3 eggs
- 1 teaspoon maple extract
- 2/3 cup milk
- ¼ cup walnuts, chopped

For the Icing:

- 3 tablespoons coconut oil, thick at room temperature
- 3 tablespoons icing sugar
- 1 tablespoon Matcha green tea powder
- ½ teaspoon vanilla bean paste
- 3 tablespoons cream cheese, softened

Directions:

1. Preheat oven to 350°F. Place paper baking cups into muffin tins for 24 regular-sized muffins.

2. In a medium bowl, mix flours, baking powder, and salt. In a separate large bowl, cream the sugar, butter, syrup, and eggs with a hand or stand mixer.

3. Pause to stir in maple extract. At a low speed, alternate blending in dry mixture and milk. Fold in nuts.

4. Pour batter into muffin cup until 2/3 full. Bake for 20-25 minutes or until an inserted toothpick comes out clean. Cool completely before icing.

To make the icing:

5. Add the coconut oil and icing sugar to a bowl and use a hand-mixer to cream until it's pale and smooth.

6. Fold in the matcha powder and vanilla. Finally, add the cream cheese and beat until smooth.

7. Pipe or spread over the cupcakes once they're cool.

Nutrition:

Fat 14.5, fiber 5.2, carbs 12.7, protein 5.3

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Chocolate Maple Walnuts

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Servings: 4

Nutritional Value: 218 calories

Ingredients:

- ½ cup pure maple syrup, divided
- 2 cups raw, whole walnuts
- 5 squares of dark chocolate, at least 85%
- 1 ½ tablespoons coconut oil, melted
- 1 tablespoonful of water
- Sifted icing sugar
- 1 teaspoonful of vanilla extract

Directions:

1. Line a large baking sheet with parchment paper.
2. In a medium to a large skillet, combine the walnuts and ¼ cup of maple syrup and cook over medium heat, stirring continuously, until walnuts are completely covered with syrup and golden in color, about 3 – 5 minutes.
3. Pour the walnuts onto the parchment paper and separate them into individual pieces with a fork. Allow cooling completely, at least 15 minutes.
4. In the meantime, melt the chocolate in a double boiler with the coconut oil. Add the remaining maple syrup and stir until thoroughly combined.
5. When walnuts are cooled, transfer them to a glass bowl and pour the melted chocolate syrup over top. Use a silicone spatula to gently mix until walnuts are completely covered.
6. Transfer back to the parchment paper-lined baking sheet and, once again, separate each of the nuts with a fork.

7. Place the nuts in the fridge for 10 minutes or the freezer for 3 – 5 minutes, until chocolate has completely set. 8. Store in an airtight bag in your fridge.

Nutrition:

Fat 12.8, fiber 6.2, carbs 22.2, protein 4.8

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Matcha and Chocolate Dipped Strawberries



Preparation Time: 5 minutes

Cooking Time: 10 minutes

Servings: 4

Nutritional Value: 261 calories

Ingredients:

- 4 tablespoons cocoa butter
- 4 squares of dark chocolate, at least 85%
- $\frac{1}{4}$ cup coconut oil
- 1 teaspoon Matcha green tea powder
- 20 – 25 large whole strawberries, stems on

Directions:

1. Melt cocoa butter, dark chocolate, coconut oil, and Matcha in a double boiler until nearly smooth.

2. Remove from heat and continue stirring until chocolate is completely melted.

3. Pour into a large glass bowl and stir constantly until the chocolate thickens and starts to lose its sheen, about 2 - 5 minutes.

4. Working one at a time, hold the strawberries by stems and dip into chocolate matcha mixture to coat. Let excess drip back into the bowl.

5. Place on a parchment-lined baking sheet and chill dipped berries in the fridge until the shell is set, 20–25 minutes.

6. You may need to reheat the matcha mixture if it starts to set before you have dipped all the berries.

Nutrition:

Fat 7.6, fiber 2.2, carbs 22.8, protein 12.5

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Vegan Rice Pudding

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Servings: 3

Nutritional Value: 148 calories

Ingredients:

- ½ teaspoon ground cinnamon
- 1 c. rinsed basmati
- 1/8 teaspoon ground cardamom
- ¼ c. sugar
- 1/8 teaspoon pure almond extract
- 1-quart vanilla non-dairy milk
- 1 teaspoon pure vanilla extract

Directions:

1. Measure all of the ingredients into a saucepan and stir well to combine. Bring to a boil over medium-high heat.

2. Once boiling, reduce heat to low and simmer, stirring very frequently, about 15–20 minutes.

3. Remove from heat and cool. Serve sprinkled with additional ground cinnamon if desired.

Nutrition:

Fat:2g, Carbs:26g, Protein:4g, Sugars:35g, Sodium:150mg

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Cinnamon-Scented Quinoa

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Servings: 4

Nutritional Value: 160 calories

Ingredients:

- Chopped walnuts
- 1 ½ c. water
- Maple syrup
- 2 cinnamon sticks
- 1 c. quinoa

Directions:

1. Add the quinoa to a bowl and wash it in several changes of water until the water is clear. When washing quinoa, rub grains and allow them to settle before you pour off the water.

2. Use a large fine-mesh sieve to drain the quinoa. Prepare your pressure cooker with a trivet and steaming basket. Place the quinoa and the cinnamon sticks in the basket and pour the water.

3. Close and lock the lid. Cook at high pressure for 6 minutes. When the cooking time is up, release the pressure using the quick release directions.

4. Fluff the quinoa with a fork and remove the cinnamon sticks. Divide the cooked quinoa among serving bowls and top with maple syrup and chopped walnuts.

Nutrition:

Fat:3g, Carbs:28g, Protein:6g, Sugars:19g, Sodium:40mg

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Green Vegetable Smoothie

Preparation Time: 5 minutes

Cooking Time: 20 minutes

Servings: 4

Nutritional Value: 52 calories

Ingredients:

- 1 c. cold water
- ½ c. strawberries
- 2 oz. baby spinach
- 1 lemon juice
- 1 tablespoon fresh mint
- 1 banana
- ½ c. blueberries

Directions:

1Put all the ingredients in a juicer or blender and puree.

Nutrition:

Fat:2g, Carbs:12g, Protein:1g, Sugars:18g, Sodium:36 mg

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Garlic Lovers Hummus



Preparation Time: 5 minutes

Cooking Time: 10 minutes

Servings: 4

Nutritional Value: 103 calories

Ingredients:

- 3 tablespoons Freshly squeezed lemon juice
- All-purpose salt-free seasoning
- 3 tablespoons Sesame tahini
- 4 garlic cloves
- 15 oz. no-salt-added garbanzo beans
- 2 tablespoons Olive oil

Directions:

1. Drain garbanzo beans and rinse well.
2. Place all the ingredients in a food processor and pulse until smooth.
3. Serve immediately or cover and refrigerate until serving.

Nutrition:

Fat:5g, Carbs:11g, Protein:4g, Sugars:2g, Sodium:88 mg

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Endive Leaves with Citrus Cream

Preparation Time: 15 minutes

Cooking Time: 30+ minutes

Servings: 4

Nutritional Value: 304 calories

Ingredients:

- 4-6 heads Red endive
- 8 ounces cream cheese
- 1 tablespoon shallot, finely chopped
- ¼ cup sour cream
- ¼ cup Vegannaise or mayonnaise
- Zest from one small lemon
- 1 tablespoon lemon juice
- 2 tablespoons fresh tarragon, chopped
- 2 tablespoons fresh dill, chopped, plus extra for garnish if desired
- 2 tablespoons parsley, chopped
- 1 tablespoon green onions, finely chopped
- Anchovy paste (optional), to taste
- Salt and pepper, to taste

Directions:

1. In a medium bowl, whisk all ingredients together, except the endive leaves, until smooth. Refrigerate until needed.

2. When well chilled, place filling into a piping bag with a French tip.

3. Trim the stem end of the endive leaves and carefully peel the leaves off of the base of the head so you have individual leaves.

4. Place the leaves in a single layer on a platter and fill with the cream from the piping bag. Alternatively, spoon the filling into a small bowl or ramekin and serve the endive leaves and crackers around it for guests to help themselves.

Nutrition:

Fat 13.2, fiber 6.5, carbs 19.1, protein 15.4

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Blueberry Nut Bran Muffins

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Servings: 4

Nutritional Value: 154 calories

Ingredients:

- Wheat bran – 1 cup
- Whole wheat flour – 1.5 cups
- Sea salt - .5 teaspoon
- Baking soda - .25 teaspoon
- Baking powder - .25 teaspoon
- Cinnamon – 1.5 teaspoons
- Eggs – 2
- Soy milk, unsweetened - .75 cup
- Apple cider vinegar – 1 tablespoon
- Apple sauce, unsweetened - .33 cup
- Date sugar – .5 cup
- Soybean oil - .33 cup
- Blueberries, fresh or frozen – 1 cup
- Walnuts, chopped - .5 cup

Directions:

1.Begin by setting your standard or toaster oven to Fahrenheit fourhundred degrees. Line a twelve-cup muffin tin and then spray the paper liners with nonstick cooking spray.

2.Whisk together the eggs, applesauce, date sugar, soybean oil, soy milk, and apple cider vinegar in a large bowl until fully combined. Set it aside.

3.Stir together the whole wheat flour, wheat bran, cinnamon, sea salt, baking soda, and baking soda in another clean bowl. Once the dry ingredients are combined, fol them into the other prepared ingredients.

Gently fold in the blueberries and walnuts, just until combined.

4. Divide the blueberry nut bran muffin batter between the prepared muffin liners and allow them to cook until fully done and a toothpick once inserted is removed clean, about fifteen to eighteen minutes.

5. Once removed from the oven allow the muffins to cool for five minutes before removing them from the pan.

Nutrition:

Fat 7.9 g; Fiber 3.4 g; Carbs 13.2 g; Protein 9.5 g; Sodium 372 mg

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Plum Oat Bars

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Servings: 4

Nutritional Value: 274 calories

Ingredients:

- Rolled oats – 1.5 cups
- Baking powder – 1 teaspoon
- Almond meal - .5 cup
- Cinnamon – 1.5 teaspoon
- Soybean oil – 2 tablespoons
- Sea salt - .25 teaspoon
- Prunes – 2 cups

Directions:

1.Begin by preheating the oven to Fahrenheit three-hundred and fifty degrees and preparing the prunes. Add the prunes to a large bowl and pour hot water over them until fully submerged. Allow the prunes to sit

in the water for five minutes, until soft.

2.Remove the prunes from the water and transfer them to a blender or food processor, reserving the water. Pour in a small amount of the water that you previously reserved from the prunes and blend until the

prunes form a thick paste.

3.Add two tablespoons of the prepared prune puree to a medium kitchen bowl along with the oil, sea salt, baking powder, cinnamon, almond flour, and rolled oats. Combine until the mixture resembles a crumble, slightly like wet sand. You can add more prune puree if it is too dry.

4.Line a square baking dish with kitchen parchment and then press three-quarters of the oat mixture into the bottom to

form a crust. Spread the remaining prune puree over the top of the crust, and then sprinkle

the remaining oat mixture over the prune puree to add a crumble.

5. Cook the bars in the oven until set and slightly toasted, about fifteen minutes. Remove the plum oat bars from the hot oven and let the pan cool completely. After the bars have reached room temperature slice

them into nine bars and enjoy.

Nutrition:

Fat 11.6, fiber 2.8, carbs 11.5, protein 15.4

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Watermelon Juice

Preparation Time: 20 minutes

Cooking Time: 0 minutes

Servings: 1

Nutritional Value: 262 calories

Ingredients:

- 20g of young kale leaves
- 250g of watermelon chunks
- 4 mint leaves
- ½ cucumber

Directions:

1. Remove the stalks from the kale and roughly chop them.
2. Peel the cucumber, if preferred, and then halve it and seed it.
3. Place all ingredients in a blender or juicer and process until you achieve the desired consistency. Serve immediately.

Nutrition:

Fat 14, fiber 2, carbs 14, protein 20

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Cinnamon Apple Chips



Preparation Time: 10 minutes

Cooking Time: 2 hours and 10 minutes

Servings: 4 portions

Nutritional Value: 70 calories

Ingredients:

- Cooking spray
- 2 teaspoons cinnamon powder
- 2 apples, cored and thinly sliced

Directions:

1. Arrange apple slices on a lined baking sheet, spray them with cooking oil, and sprinkle cinnamon on them.

2. Put it in the oven and bake at 300°F for 2 hours, divide into bowls and serve as a snack.

Nutrition: Fat: 1 g, Carbs: 0 g, Protein: 0.2 g, Fiber: 8 g

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Chocolate Waffles

Preparation Time: 15 minutes

Cooking Time: 24 minutes

Servings: 8

Nutritional Value: 295 calories

Ingredients:

- 2 cups unsweetened almond milk
- 1 tablespoon fresh lemon juice
- 1 cup buckwheat flour
- ½ cup cacao powder
- ¼ cup flaxseed meal
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- ¼ teaspoons kosher salt
- 2 large eggs
- ½ cup coconut oil, melted
- ¼ cup dark brown sugar
- 2 teaspoons vanilla extract
- 2 ounces unsweetened dark chocolate, chopped roughly

Directions:

1. In a bowl, add the almond milk and lemon juice and mix well.

2. Set aside for about 10 minutes. In a bowl, place buckwheat flour, cacao powder, flaxseed meal, baking soda, baking powder, and salt, and mix well. In the bowl with the almond milk mixture, place the eggs, coconut oil, brown sugar, and vanilla extract, and beat until smooth.

3. Now, place the flour mixture and beat until smooth. Gently, fold in the chocolate pieces. Preheat the waffle iron and then grease it.

4. Place the desired amount of the mixture into the preheated waffle iron and cook for about 3 minutes, or until golden brown. Repeat with the remaining mixture.

Nutrition:

Fat 22.1g, Carbs 1.5g, Sodium 302mg, Fiber 5.2g, Protein
6.3g

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