



Cooking

YOUR WAY TO

BETTER HEALTH

Favorite **heart healthy** recipes from
a family of integrative doctors



Stephen Sinatra, M.D. & Drew Sinatra, N.D.

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Recipe Key

PAMM

Pan-Asian Modified Mediterranean Diet friendly

M-PALEO

Modified Paleo Diet friendly

Meet the Father-Son Team

Doctors Stephen and Drew Sinatra

Stephen Sinatra, M.D., is a highly respected and sought-after cardiologist whose integrative approach to treating cardiovascular disease has revitalized patients with even the most advanced form of illness.

His expertise is grounded in more than 35 years of clinical practice, research, and study beginning as an attending physician at Manchester Memorial Hospital (Eastern Connecticut Health Network). His career there included 9 years as chief of cardiology, 18 years as director of medical education, 7 years as director of echocardiography, 3 years as director of cardiac rehabilitation, and a year as director of the weight loss program.

In 1987, Dr. Stephen Sinatra founded the New England Heart Center. Through it, he became a well-known advocate of combining conventional medical treatments for heart disease with complementary nutritional, anti-aging, and psychological therapies.

Today, he brings this knowledge to the world as an author and lecturer, revealing groundbreaking therapies that are safe and effective. His health protocols place a strong emphasis on nutrition, supplements, and lifestyle choices—including his Pan-Asian Modified Mediterranean (PAMM) diet, a combination of Mediterranean and Asian cuisines.



Drew Sinatra, N.D., Dr. Stephen Sinatra's son, is a naturopathic doctor who shares his father's passion for integrating the best of functional, biological, and conventional medicines.

After earning his Bachelor of Arts degree in neuroscience at Franklin & Marshall College, Dr. Drew Sinatra had set his sights on attending conventional medical school. But after learning about integrative therapies from his father, he changed paths—intrigued by the fact that disease could be cured naturally.

Dr. Drew Sinatra continued his education with a master's degree in acupuncture, and a doctorate degree in naturopathic medicine. He practiced integrative medicine for 6 years in Vancouver, British Columbia, and currently sees patients in Mill Valley, California.

Like his father, Dr. Drew Sinatra has found that food is a powerful tool for healing. He has used his "Modified Paleo Diet" to treat hundreds of patients, helping them restore their vitality and overall health, and shed unwanted pounds.



A Letter from Dr. Stephen Sinatra

Dear Reader,

In the Sinatra household, family meals were an important part of our daily lives. My son, Dr. Drew Sinatra, tells me he still has fond memories of our Italian family dinners, where heart healthy sauces made with fresh tomatoes and olive oil simmered on the stove—ingredients that we’ve now discovered are a very important part of heart healthy eating.



In fact, these foods are now important parts of what I call the Pan-Asian Modified Mediterranean (PAMM) diet. It’s a combination of the diet followed by the people on the Greek island of Crete (also known as the Mediterranean diet) and a diet common among people living on the Asian side of the Pacific Rim—and it truly is the “secret sauce” for better heart health.

I’ve been recommending the PAMM diet since the mid-1990s, when the results of the Lyon Heart Diet Study were published. In the Lyon [France] trial, 605 heart attack survivors were assigned to eat either a Mediterranean-style diet or a diet then recommended by the American Heart Association (AHA). Four years later, participants following the Mediterranean-style diet were 50 to 70 percent less likely to have had repeat cardiac events. Best of all, there had been no sudden deaths in this group.

The PAMM diet includes fresh fruits and vegetables in season, fish, and nuts. Meat is used sparingly, often just enough for flavoring. Meals are based on numerous small portions for lots of variety, and the lightest meal is at the end of the day, when the body is quieter and the metabolism slower.

In keeping with the latest research findings, I've made some important updates to the PAMM diet over the years. Most notably, I've increased my recommendations for the percentage of healthy fats and reduced the amount of carbohydrates. I now recommend eating a diet that includes 40 to 45 percent slow-burning, low-glycemic index carbohydrates; 30 to 35 percent healthy fats; and 20 to 25 percent protein. See page 4 for my PAMM diet guidelines.

For my son Dr. Drew Sinatra, a naturopathic physician, nutrition is also an integral part of how he practices medicine—and an important component in his medical training. With his patients, he has had a lot of success with an eating plan he calls a “Modified Paleo Diet.” In many ways it's very similar to the PAMM diet, but takes it a step further for those of you who are seeking to restore your health and vitality, or lose weight. For more information on the Modified Paleo Diet, see page 79.

This cookbook includes a wide array of health-boosting recipes, and each one has a symbol that lets you know if it's PAMM, Modified Paleo (M-PALEO), or both. On some recipes, you will also see recommendations for how you can adjust the ingredients to make it both PAMM and Modified Paleo friendly.

Finally, for motivation in the kitchen I invite you to visit my Cooking Video Library at www.heartmdinstitute.com. You will get to see how I cook simple and delicious health-promoting dishes in my own kitchen and get ideas for more foods you can enjoy.

Stephen Sinatra M.D.

PAMM Diet Guidelines

Increase your intake of:

- Slow-burning, low-glycemic index vegetables, such as asparagus, broccoli, kale, Brussels sprouts, and spinach
- Legumes, such as lentils, soybeans, and chickpeas (these contain folic acid, and help lower insulin levels)
- Onions and garlic (these contain sulfur derivatives and allicin, which help lower lipids and blood pressure)
- Fresh herbs, such as rosemary, thyme, and basil
- Fruits, such as cherries, peaches, plums, strawberries, blueberries, apricots, pears, and apples (melons, grapes, and kiwi are suitable, but they contain more sugar)
- Sources of essential fatty acids (EFAs) and protein, such as wild cold-water fish, lamb, free-range chicken, and organic eggs
- Fermented soy products, such as tempeh
- Fish, especially fatty ones like wild salmon
- Healthy fats, such as olive, sesame, walnut, avocado, and flax oils
- Nuts and seeds, including walnuts, almonds, chestnuts, and flaxseed
- Cottage cheese, feta cheese, and grated Parmesan

Decrease your intake of:

- Foods containing refined white flour or sugar, such as breads, pastas, and bagels
- Partially hydrogenated oils, found in commercially prepared crackers, cookies, chips, and other snacks
- Starchy vegetables such as corn, peas, and carrots
- Canned vegetables, because they're usually very high in sodium
- Processed fruit juices, which are often loaded with sugars
- Omega-6 oils, such as corn, safflower, soy, and canola

Appetizers and Snacks

Contrary to what we used to think, eating several smaller meals can be an effective way to keep your weight down. Eating more often helps keep blood sugar and energy levels steady throughout the day. And studies have shown that we make better, healthier food choices and eat fewer total calories when we don't let ourselves get too hungry in between meals. Ideally, you should have a small, balanced meal or snack about every 3 hours. (But don't snack after dinner, to ensure optimal digestion and sleep.)

Super Salmon Spread

Prepare salsa according to recipe on page 8 and thoroughly mix all ingredients. Spread on toasted 7 grain bread, a sprouted bread like Ezekiel, gluten free bread, or gluten free crackers. Top with shredded lettuce, if desired. (Makes 4–6 servings)

Nutrition Facts per Serving*:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
197	14g	138mg	8g	2g	11g

PAMM

M-PALEO

*Does not include bread.

6 oz. cooked wild salmon
¼ cup mayonnaise
1 cup carrot, finely chopped
½ cup green pepper, finely chopped
¼ cup onion, finely chopped
½ cup **fresh tomato salsa** (see recipe on page 8)

Tasty Salmon Tomato Treat

12 oz. salmon, canned or cooked and cooled

¼ cup organic extra virgin olive oil

1 Tbsp. lemon juice

2 tsp. Dijon mustard

Dash garlic salt

Dash of black pepper

3 large red tomatoes

1 medium avocado, cubed

For dressing, mix olive oil, lemon juice, mustard, garlic salt, and black pepper in small bowl. Cut tomatoes in half crosswise; scoop out inner flesh and seeds, and toss out. In separate bowl, mix salmon and avocado. Pour on dressing and toss. Divide salmon mixture into 6 servings and scoop into tomato halves. Serve. *(Makes 6 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
257	20g	94mg	6g	2g	14g

PAMM

M-PALEO

Goat Cheese, Fig, and Extra Virgin Olive Oil Spread

Combine all ingredients and mix until well combined and fluffy. Serve with apple slices, gluten free crackers or flatbread, or Belgian endive leaves. Makes about ¾ cup. *(Makes 6 servings)*

Developed by Monica Reinagel, MS, LD/N, CNS.

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
94	6g	100mg	9g	1g	3g

PAMM

4 oz. goat cheese (unripened)

2 oz. black mission figs (about 6), finely chopped

1 Tbsp. organic extra virgin olive oil

2 tsp. mild honey

¾ tsp. black pepper, coarsely cracked

Harvest Trail Mix

It may take some sleuthing at your local natural foods store to find all the ingredients for this trail mix, but it's well worth the effort. On days when I'm busy, I've been known to eat a large helping of this mix as my lunch. Make sure to choose organic nuts and seeds whenever they're available. Make sure dried fruit is not sweetened.

Mix ingredients together in roughly equal proportions and store in an airtight container. Use within a month, because the oils in nuts can go rancid. One serving equals 2 ounces, or ¼ cup. *(Makes 10 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
142	7g	38mg	16g	3g	4g

PAMM

- ¼ cup unsalted almonds
- ¼ cup dry-roasted soybeans
- ¼ cup dried dates, chopped
- ¼ cup dried apples, chopped
- ¼ cup dried cranberries
- ¼ cup unsalted peanuts
- ¼ cup unsalted pumpkin seeds
- ¼ cup raisins
- ¼ cup unsalted sunflower seeds
- ¼ cup walnuts

M-PALEO

To make this recipe Modified Paleo friendly:

Omit peanuts.

Fresh Tomato Salsa

2 large tomatoes, diced

2 Tbsp. chopped red onion

1 clove garlic, minced

1 medium green pepper, chopped

¼ cup fresh cilantro, chopped

1 Tbsp. fresh lime juice

Optional: 1 small jalapeno pepper, seeded and finely chopped

Combine all ingredients in a medium bowl and chill several hours before serving. *(Makes 2 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
57	<0.5g	11mg	13g	2.5g	2g

PAMM

M-PALEO



Lemon Poppy Seed Dip

Combine all ingredients in a small bowl. Store in refrigerator for up to 2 weeks. *(Makes 2 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
66	<0.5g	31mg	13g	0g	2g

PAMM

⅔ cup plain lowfat or regular yogurt

4 tsp. local honey

1 Tbsp. lemon juice

1 tsp. lemon peel

1 Tbsp. poppy seeds

Salads and Dressings

Fresh greens, seeds, and nuts provide excellent nutritional value. Once you get into the swing of it, eating fresh is healthy and easy. I enjoy salads just about every day and include plenty of fresh, organic baby spinach, arugula, or organic lettuce fixings, along with a variety of seeds and nuts, and add organic strawberries, raspberries, or blueberries, and plenty of fresh, chopped garlic to mine. And for extra essential fatty acids and fiber, I add ground golden flaxseeds to my salads.

Spinach Salad with Pomegranate Vinaigrette

Arrange the spinach on 2 plates and top evenly with sliced onion, feta cheese, and pomegranate seeds (if using). Combine pomegranate juice, vinegar, honey, and black pepper in a small bowl. Add oil in a thin stream while whisking to incorporate. Dress salads and serve. *(Makes 2 servings)*

Developed by Monica Reinagel, MS, LD/N, CNS.

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
196	17.5g	208mg	7g	2g	4g

PAMM

M-PALEO

To make this recipe Modified Paleo friendly: Omit the feta cheese.

3 cups baby spinach
¼ red onion, thinly sliced
¼ cup feta cheese, crumbled
2 Tbsp. pomegranate juice
1 Tbsp. cider or wine vinegar
Drizzle of honey
⅛ tsp. freshly ground black pepper
2 Tbsp. walnut oil/organic extra virgin olive oil (1 Tbsp. each)
Pomegranate seeds for garnish (optional)

Salad Niçoise, Sinatra-style

½ cup canned, unsalted or low-sodium white beans, drained and rinsed

6 oz. cooked wild salmon (or 6 oz. canned low-sodium salmon)

1 large egg, hard boiled and sliced

½ cup cherry tomatoes, halved

½ cup cooked green beans, cut in 2-inch pieces

1 Tbsp. organic extra virgin olive oil

2 tsp. lemon juice

4 cups baby spinach, arugula, or green leaf lettuce

Toss all ingredients except greens in a medium bowl. Serve on spinach or lettuce. *(Makes 2 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
271	10g	322mg	13g	5g	26g

PAMM

M-PALEO

Summer Chicken and Rice Salad

Prepare vinaigrette; remove 2 tablespoons and set the rest aside. Brush chicken with the 2 tablespoons of the vinaigrette. Grill or broil chicken until tender and no longer pink, turning once halfway through cooking—approximately 12 to 15 minutes. Cut chicken into thin strips. While chicken is cooking, blanch green beans and cool in ice water; drain well. In a large bowl, toss together green beans, cooked rice, artichoke hearts, cabbage, carrot, celery, and scallions. Pour remaining vinaigrette over rice mixture and toss gently to coat. Serve rice mixture topped with chicken. *(Makes 4 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
303	4g	807mg	42.5g	9g	25g

PAMM

M-PALEO

12 oz. boneless, skinless chicken breast halves (free-range, organic chicken is best)

1 cup green beans, cut into bite-sized pieces

1½ cups short grain brown rice and wild rice blend, cooked according to product directions and chilled

1 (14 oz.) jar artichoke hearts, drained and quartered

1 cup red cabbage, shredded

½ cup carrot, shredded

½ cup celery, diced

2 scallions, sliced

Thyme vinaigrette

(prepared according to recipe on page 15)

Dilled Salmon Salad

2 (6 oz.) wild salmon fillets, cooked

2 cups chicken broth*

1 small zucchini, sliced

¼ cup radishes, sliced

2 Tbsp. mayonnaise or salad dressing

2 Tbsp. plain lowfat or regular yogurt

1 tsp. fresh dill, chopped (or ½ tsp. dried dill)

3 cups spinach or mixed lettuces, chopped

Place fish and broth in 10-inch skillet. Bring to a boil then reduce heat. When cooked, remove fish and set aside on platter. Break into bite-size pieces. Mix fish, zucchini, and radishes in large bowl. Mix mayonnaise, yogurt, and dill; fold into fish mixture and refrigerate at least 2 hours. To serve, gently toss fish mixture with spinach or lettuce. *(Makes 2 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
272	18g	1,128mg	5g	1g	23g

PAMM

*Organic or homemade chicken broth is best.

Sensational Salmon Salad

Blend olive oil and liquid from artichoke hearts and set aside for dressing. Place romaine into a large bowl. Add chopped artichokes, olives, and salmon. Just before serving, pour dressing over romaine and toss. Top with cheese. *(Makes 2 entrées or 4 side dish servings)*

Nutrition Facts per Serving*:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
592	39g	1,737mg	10g	4g	47g

PAMM

*Based on 2 entrée servings.

6 oz. wild salmon fillets, cooked and flaked

1 Tbsp. organic extra virgin olive oil

1 (6.5 oz.) jar marinated artichoke hearts, chopped, retain liquid

½ cup black olives, drained and sliced

¼ cup Parmesan cheese, grated

3 cups romaine lettuce, chopped

Dr. Sinatra's Quinoa and Bean Salad

In a medium saucepan, bring the water to a boil. Add the quinoa and salt, stir to blend, cover and remove from the heat. Allow quinoa to stand, covered, for about 20 minutes until tender. Drain the liquid from the pan, pressing out all excess water. Place the quinoa in a large mixing bowl and cool to room temperature. Mix in the remaining ingredients, and season with salt and black pepper to taste. *(Makes 4 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
421	16.5g	522mg	55g	12g	17g

PAMM



- 2 cups water
- 1 cup quinoa
- 1 tsp. Celtic sea salt
- 1 (15.5-oz.) can chickpeas, drained and rinsed
- 1½ cups plum tomatoes
- ½ cup feta cheese, crumbled
- ⅓ cup scallions, chopped
- ¼ cup fresh mint, chopped
- ¼ cup fresh parsley, chopped
- 3 Tbsp. fresh squeezed lemon juice
- 2 Tbsp. organic extra virgin olive oil
- 2 tsp. grated lemon peel
- Celtic sea salt and black pepper to taste

Chinese Chicken Salad

Salad

- ½ lb. chicken breast, cooked and diced
- 2 scallions, chopped
- 1 stalk celery, chopped
- ½ red bell pepper, chopped
- 3 cups baby spinach
- 1 cup Chinese or Napa cabbage, shredded
- 2 tsp. toasted sesame seeds

Dressing

- 1½ tsp. organic extra virgin olive oil
- 1½ tsp. sesame oil
- 1½ tsp. honey
- 2 Tbsp. natural unsalted peanut butter
- 2 Tbsp. unseasoned rice wine vinegar
- 2 Tbsp. lime juice
- 1 Tbsp. low-sodium gluten free tamari sauce
- ⅓ tsp. ground ginger mixed with 2 cloves minced/chopped garlic
- Garnish with a pinch of garlic powder or Celtic sea salt

In medium bowl, whisk together dressing ingredients. Add chicken, scallions, celery, and red pepper. Serve over spinach and cabbage, and garnish with sesame seeds.
(Makes 2 servings)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
489	15g	730mg	25g	4g	29g

PAMM

M-PALEO

To make this recipe Modified Paleo friendly: Substitute almond butter for peanut butter.



Lemon Honey Dressing

Whisk together all ingredients and serve over salad or fish. (Serving size—2 Tbsp.)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
374	28g	8mg	37g	<0.5g	<0.5g

PAMM

M-PALEO

2 Tbsp. fresh lemon juice

2 Tbsp. honey

2 Tbsp. organic extra virgin olive oil

½ tsp. dried or 1 tsp. fresh basil

Freshly ground black pepper to taste

Thyme Vinaigrette

¼ cup white wine vinegar

2 Tbsp. organic extra virgin olive oil

2 Tbsp. water

1 Tbsp. Parmesan cheese, grated

2 tsp. fresh thyme, snipped

2 cloves garlic, minced

¼ tsp. Celtic sea salt

¼ tsp. black pepper

Combine all ingredients in a jar and shake well. (Serving size—2 Tbsp.)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
287	30g	504.5mg	3g	0.5g	3g

PAMM

Cranberry Slaw

½ head green cabbage
(about 2 cups),
shredded

½ head red cabbage
(about 2 cups),
shredded

6 scallions, sliced, or
1 small red onion, diced
(or use a combination
of both)

1 cup dried cranberries

½ cup extra virgin olive
oil

¼ cup balsamic vinegar

½ tsp. Celtic sea salt

½ tsp. ground black
pepper

1 tsp. ground cumin

½ tsp. mustard powder

Mix together cabbage, onions, and cranberries in large bowl. Whisk oil, vinegar, and seasonings in a small bowl. Pour over cabbage mixture; mix thoroughly. Marinate in refrigerator for 1 hour. (This slaw keeps for 4 or 5 days.) (*Makes 8 servings*)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
84	3g	96mg	15g	2g	.5g

PAMM

M-PALEO

Chickpea Salad with Rosemary

Combine all ingredients in a medium bowl and chill for several hours or overnight. *(Makes 2 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
172	4g	361mg	29g	6g	6g

PAMM

M-PALEO

1 (15 oz.) can unsalted or low-sodium chickpeas, drained and rinsed

2 Tbsp. red onion, chopped

1 Tbsp. fresh parsley, chopped

1 small tomato, diced

2 tsp. fresh rosemary, chopped

1 tsp. fresh lemon juice

1 tsp. organic extra virgin olive oil

1 tsp. balsamic vinegar



Fruited Rice Salad on Half an Avocado with Honey Vinaigrette

¼ cup raisins

½ cup dried apricots,
chopped

½ cup pecans,
chopped

2 cups brown or wild
rice, cooked according
to product directions

2 avocados

Honey Vinaigrette

¼ cup extra virgin olive
oil

1 Tbsp. lemon juice

1 Tbsp. red wine
vinegar

1 tsp. honey

¼ tsp. ground
coriander

¼ tsp. Dijon mustard

Celtic sea salt and
freshly ground black
pepper to taste

Pour boiling water over the raisins and apricots in a small bowl. Let stand 10 minutes, then drain and cool. Preheat the oven to 350° F. Place the pecans on a shallow baking pan and bake for 5 to 8 minutes. Remove from the oven and set aside. To prepare the vinaigrette, shake olive oil, lemon juice, red wine vinegar, honey, coriander, Dijon mustard, and salt and black pepper together in a tightly covered container. Toss the rice, raisins, apricots, and pecans with the vinaigrette and refrigerate for 1 hour. Just before serving, halve and seed the avocados. Scoop out a little of the avocado and dice. Fill each half with rice salad. Top with diced avocado and serve. *(Makes 4 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
552	37g	96mg	55g	7g	7g

PAMM

M-PALEO

PAMM

Ginger Dressing

Slice vegetables and lemon into manageable pieces and pulse in food processor. Add tamari, oil, mayonnaise, and ginger root and puree. Use as a dressing for salad or dip for fresh vegetables. Ginger dressing keeps for 2 weeks in the refrigerator. Liquid will separate during storage, so just stir before using again.

(Makes 6 cups. Serving size—¼ cup)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
66	6g	317mg	2g	0.5g	1g

PAMM

M-PALEO



- 1 green pepper (sweet)
- 3 organic carrots
- 1 onion (Spanish is best)
- 1 lemon, sliced with the skin on
- 5 cloves garlic
- ½ cup low-sodium gluten free tamari
- ½–¾ cup organic extra virgin olive oil
- 4 to 5 Tbsp. mayonnaise (for a zestier flavor, substitute 1 Tbsp. tomato sauce or paste for 1 Tbsp. of the mayo)
- 3–4 inches ginger root, peeled

Soups and Chili

In addition to being healthy and hearty, these recipes are versatile enough to be a main course, a side dish, or a snack. Soup and chili can be made in large quantities and kept frozen, to be quickly reheated on those days when you just don't have time to cook.

Broccoli Soup

5 cups low-sodium chicken stock (homemade is best)
1 lb. fresh broccoli, chopped
1 medium onion, chopped
1 clove garlic, minced
1 Tbsp. freshly squeezed lemon juice
2 Tbsp. curry powder to taste (optional)
Black pepper to taste

In a large pot, bring the stock to a boil over medium heat. Add the broccoli, onion, and garlic, and simmer until soft, about 30 minutes. Purée the soup in a food processor or blender, return to the pot, and add the lemon juice and black pepper. For an extra kick, add the curry powder right before you purée the soup.

(Makes 5 servings)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
123	3.5g	369mg	16g	4g	9g

PAMM

M-PALEO



Antiguan Black Bean Soup

In a large saucepan, combine olive oil, green pepper, 1½ tablespoon onion, and garlic. Sauté until tender. Stir in black beans, black pepper, vinegar, and bay leaf. Add water and simmer for 30 to 40 minutes. Remove bay leaf before serving. Top with remaining onion and brown rice. Garnish with parsley. *(Makes 6 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
228	5g	<1mg	38g	8g	10g

PAMM

M-PALEO

2 Tbsp. organic extra olive oil

½ green pepper, chopped

1 onion, chopped and divided

½ clove garlic, minced

½ lb. dried black beans, cooked according to product directions, or 2 (16 oz.) cans black beans, drained

Freshly ground black pepper

1 Tbsp. red wine vinegar

1 bay leaf

2 quarts water

1 cup short-grain brown rice, cooked according to product directions

Fresh parsley, chopped



Cooking Tip: This is best with non-canned dried beans soaked overnight, then cooked. But canned beans are okay for this recipe.

Traditional Miso Soup

5 cups water

5-inch piece konbu cut in small pieces (could substitute 1 Tbsp. dried seaweed flakes instead)

½ cup bonito (dried baby tuna from Asian store; Hanagatsuo is a good brand. There's also a powdered product called Hondashi that can be substituted. If you use it, just 1 Tbsp. will do—it has a very pungent flavor)

2 Tbsp. white or light miso (found in Asian and health food stores)

½ to 1 package tofu, cut into small cubes

2 Tbsp. wakame (another type of seaweed)

Optional ingredients:

1 to 2 Tbsp. scallion (or to taste), chopped

Daikon (a root vegetable), chopped

½ cup Chinese cabbage, shredded

Shellfish (clams, oysters, lobster) as desired

Fill a large pot with 5 cups water and add konbu and bonito. Bring to a boil. As soon as it boils, remove from heat and strain out konbu and/or bonito (if you've used Hondashi it can't be strained out). Add miso, tofu, and wakame—in that order—to broth and simmer 5 to 7 minutes (but do not boil). At this point you may add other optional ingredients, except for scallions, which should be added just before removing from heat for the final time, and simmer a few minutes more. Serve hot. *(Makes 4 servings)*

Nutrition Facts per Serving*:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
28	<1g	729mg	5g	<1g	1g

PAMM

*Does not include optional ingredients.

M-PALEO

To make this recipe Modified Paleo friendly: Exclude the tofu.

Chicken Vegetable Soup

Place onion, garlic, celery, turnip, and mushrooms with 3 cups of the chicken broth in a large pot. Cover and cook over medium heat until vegetables are tender, about 30 to 40 minutes. Stir frequently to prevent sticking. Uncover and add remaining ingredients and broth. Bring to a boil, reduce heat to low, and simmer uncovered for 15 minutes. You may reserve half of the chopped parsley to garnish. *(Makes 4 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
213	4g	1,373mg	16g	3g	30g

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- 1 medium onion, chopped
- 2 cloves garlic, minced
- 2 celery stalks, chopped
- 1 medium turnip, diced
- 1 cup mushrooms, sliced
- ½ tsp. dried thyme
- ½ tsp. tarragon
- 3 Tbsp. fresh chopped parsley
- ½ tsp. black pepper
- 2 tsp. honey
- 1 Tbsp. gluten free Worcestershire sauce
- 5 cups low-sodium or reduced-sodium chicken broth, divided
- 1 lb. chicken breast, cooked and chopped
- 1 medium zucchini, quartered and sliced
- 1 medium yellow summer squash, quartered and sliced



Sea Vegetable Soup

1 cup various sea vegetables (dulse, kelp, wakame, konbu, etc.)
3 quarts spring water
3 Tbsp. toasted sesame seed oil
1 large onion, chopped
1 carrot, chopped
1½ cups broccoli, chopped
2 cloves garlic, minced
1 tsp. thyme
1 tsp. marjoram
Dash of cayenne pepper, freshly ground black pepper, or ginger
2 Tbsp. miso
Fresh parsley, chopped
Optional ingredients:
Sliced shiitake mushrooms

Soak sea vegetables for 30 minutes and discard water (this takes out the excess sodium). Place in spring water and simmer. Sauté onion, carrot, broccoli, and garlic in oil for 5 minutes, or until onions are partially translucent. Add vegetables to spring water with remaining ingredients except miso and parsley. Simmer for 30 minutes. Turn off heat. Remove ½ cup of liquid and dissolve miso in it. Return to soup and heat for 3 minutes. Do not boil. Adjust seasonings to taste. Garnish with parsley.
(Makes 4 servings)

Nutrition Facts per Serving*:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
143	11g	374mg	8g	4g	2g

PAMM

M-PALEO

*Does not include optional ingredients.

Chili Non-Carne

Sauté the onions and garlic in olive oil over low heat in a large pot until soft (5 or more minutes). Add the chili powder and simmer for a few more minutes. Then add the fresh green pepper and cook until al dente. Add all remaining ingredients and simmer slowly over low to medium heat until flavors are well blended and vegetables are cooked to the desired consistency. Adjust seasonings to your preference. May be served over brown rice.

(Makes 4 servings)

Developed by Katherine Tallmadge, MA, RD.

Nutrition Facts per Serving:*

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
174	4g	716mg	22g	8g	6g

PAMM

M-PALEO

*Does not include optional ingredient.

- 1 Tbsp. light olive oil
- 1 large onion, chopped
- 3 large cloves garlic, minced
- 3 Tbsp. hot chili powder
- 1 large fresh green pepper, chopped
- 1 (16 oz.) can kidney or black beans, drained
- 2 jalapeno peppers, seeded and chopped (optional)
- 1 (28 oz.) can whole plum tomatoes, chopped (retain the liquid)
- Black pepper to taste
- Optional: ½ cup precooked short-grain brown rice



Chicken, Rice, and Cilantro Soup

3 to 4 quarts water
3 or 4 carrots, sliced
3 celery stalks,
chopped
2 cloves garlic,
chopped
1 small onion, chopped
2 or 3 turnips, diced
1 small bunch kale or
broccoli, cut in bite-
size pieces
2 to 3 organic chicken
breasts, with the bone
in (optional for those
who don't want to
include meat)
1 cup short-grain
brown rice, prepared
according to product
directions
¼ tsp. organic extra
virgin olive oil, Celtic
sea salt, black pepper,
cilantro (or parsley), to
taste
Optional: garnish with
fresh chopped parsley
or cilantro

Stew carrots, celery, garlic, onion, turnips, kale or broccoli, and chicken for 3 to 4 hours in the water. If you'd like a creamier soup, remove $\frac{3}{4}$ of vegetables and all the chicken and purée the remaining soup. Stir the cooked rice into soup just before serving. Add a drop of olive oil, as well as salt, black pepper, and fresh chopped cilantro or parsley (or other homegrown herbs) according to taste. Chicken and vegetables may be eaten separately. *(Makes 4 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
174	2g	419mg	30g	6g	11g

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Vegetable Soup

In a large pot, heat olive oil over medium heat and lightly sauté all vegetables, except corn, until tender. Add seasonings, corn, broth, and tomatoes. Bring to a boil. Reduce heat to low and simmer 1 hour uncovered. Discard bay leaf before serving. *(Makes 4 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
161	8.5g	1,189mg	20.5g	4g	6g

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To make this recipe Modified Paleo friendly: Exclude the corn.

- 2 Tbsp. light olive oil
- 1 medium onion, chopped
- 1 cup shredded cabbage
- 2 stalks celery, chopped
- 10 oz. fresh mushrooms, sliced
- 3 cloves garlic, chopped
- 1 tsp. dried thyme
- 1 bay leaf
- ½ tsp. fresh or ⅛ tsp. dried rosemary
- ½ tsp. fresh or ⅛ tsp. dried parsley
- 1 tsp. honey
- ¼ tsp. black pepper
- 1 Tbsp. gluten free Worcestershire sauce
- 1 cup fresh or frozen corn
- 4 cups homemade, low-sodium, or reduced-sodium chicken broth
- 1 (14.5 oz.) can unsalted stewed tomatoes

Mediterranean-style Chili

- 1 Tbsp. light olive oil
- 1 to 1½ lb. ground lamb*
- 1 cup onions, diced
- 2 cloves garlic, minced
- 2 (14.5 oz.) cans no-sodium diced tomatoes
- 1 cup red wine
- 1½ Tbsp. chili powder
- 1 tsp. ground cumin
- 1½ tsp. dried oregano
- 1 tsp. sugar
- Celtic sea salt and black pepper to taste
- 3 (15 oz.) cans black beans, drained

*May substitute with half lean ground pork and half lean ground beef

Warm olive oil in a large pot for about 30 seconds. Add the lamb, onion, and garlic. Cook over medium heat until lamb is browned and well crumbled. Drain oil from pot and return to heat. Stir in tomatoes, red wine, and next 5 ingredients. Bring to a boil. Reduce heat to a simmer and cook for about 2 hours, stirring occasionally. Add black beans and cook 30 minutes more.

(Makes 8 servings)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
268	16g	367mg	16g	5g	14g

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To make this recipe Modified Paleo friendly:

Instead of the sugar, substitute one teaspoon of honey or coconut sugar.

Spinach Lentil Soup

Rinse the lentils and set aside. In a large saucepan cook the onion and garlic in light olive oil on low to medium heat until tender but not brown. Stir in the lentils, broth, salt, thyme, fennel seed, and bay leaf. Bring to a boil, reduce the heat, cover, and simmer for 20 minutes. Add the carrots and spinach. Bring to a boil and then reduce the heat. Cover and simmer about 15 minutes more or until the lentils are tender. Discard bay leaf before serving. *(Makes 6 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
87	<1g	1,080mg	11.5g	4g	5g

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- 1 cup lentils
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 Tbsp. light olive oil
- 4 cups homemade or low-sodium chicken or vegetable broth
- ½ tsp. Celtic sea salt
- ½ tsp. dried thyme, crushed
- ¼ fennel seed, crushed
- 1 bay leaf
- 2 medium carrots, diced
- 10 oz. fresh or frozen spinach (thawed), chopped



Entrées: Meat and Poultry

The way you eat is also an important aspect of the PAMM diet. Meals are based on numerous small portions for lots of variety, and the lightest meal is at the end of the day when the body is quieter and the metabolism slower. In the traditional Mediterranean and Asian cultures, dining is a leisurely experience. It's also important to remember to limit lean protein to 20–25 percent. This portion size can be gauged as a 3- to 4-ounce piece of lean chicken breast, fish, or meat. That's about the same size as the palm of your hand, or one-quarter of your full-sized dinner plate.

Make meat a condiment—not the main course: Instead of eating large chunks of meat, Mediterranean people flavor their sauces with meat. Instead of meat, they pile their plates with fiber-rich fruits and vegetables teeming with phytonutrients and packed with vitamins, carotenoids, flavonoids, polyphenols, and monounsaturated fats crucial to well-being and cardiac health.

Grilled Rosemary Chicken Breast

8 to 10 oz. boneless, skinless chicken breast, cut in half

1 Tbsp. light olive oil

¼ tsp. ground black pepper

1 tsp. fresh or ½ tsp. dried rosemary

½ tsp. paprika

½ tsp. onion powder

Combine olive oil, black pepper, rosemary, paprika, and onion powder. Rub on chicken breast and refrigerate for 2 hours. Heat grill pan and cook chicken approximately 4 to 5 minutes on each side, or until cooked through.

(Makes 2 servings)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
212	11g	42mg	3g	1g	25.5g

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Chicken with Snow Peas and Zucchini

Slice boneless breast of chicken into 2-inch by ½-inch strips. Heat 2 tablespoons of peanut or olive oil over low to medium heat in wok or frying pan. Add chicken, mushrooms, dried basil, garlic, onion, zucchini, and snow peas. Sauté, spooning sauce over chicken until done. Add white wine (optional). Simmer gently until zucchini and snow peas are tender. Serve over ¼ cup brown rice. Garnish with parsley. *(Makes 2 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
380	18.5g	50mg	22g	4.5g	31g

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- 8 oz. boneless, skinless chicken breast
- 2 Tbsp. coconut or light olive oil
- 12 mushrooms, sliced
- 1 tsp. dried basil, crushed
- 2 cloves garlic, crushed, or 1 tbsp. dried garlic
- 1 Tbsp. dried onion
- 1 medium zucchini, julienned
- 1 cup snow peas
- 1 oz. white wine (optional)
- ½ cup short-grain brown rice, cooked according to product directions
- Fresh parsley, chopped

Tangy Citrus Chicken

6 medium boneless, skinless chicken breast halves
2 limes
2 tangerines
Light olive oil
¼ tsp. ground black pepper, or to taste
½ cup low-sodium chicken broth
¼ cup scallions, sliced
1 tsp. fresh basil, chopped
1 Tbsp. water
½ tsp. cornstarch
2 cups short-grain brown rice or amaranth, cooked according to product directions

Finely zest lime peels to measure ½ teaspoon. Finely zest tangerine peels to measure 1 teaspoon. Set aside. Halve limes and squeeze 2 tablespoons of juice. Set aside. Peel and section tangerines into a small bowl. Set aside. Lightly coat a large skillet with light olive oil. Season chicken with ground black pepper. Cook chicken in skillet over medium-high heat for 5 minutes or until browned on both sides. Add broth, scallions, basil, reserved zest, and lime juice. Bring to a boil; reduce heat. Simmer covered for 8 minutes, or until chicken is tender and no longer pink. Remove chicken from skillet and keep warm.

For sauce, combine water and cornstarch; add to juices in skillet. Cook and stir often until thickened and bubbly. Cook and stir for 2 minutes more. Add tangerine sections and any juice; heat through. Pour sauce over chicken and serve with brown rice or amaranth. *(Makes 6 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
270	6g	104mg	21g	3g	33.5g

PAMM

M-PALEO

To make this recipe Modified Paleo friendly:

Use arrowroot powder in place of cornstarch.

Stir-fried Chicken and Broccoli

Marinate chicken in tamari, honey, cornstarch, and sesame oil for 2 hours or overnight in the refrigerator. Heat 2 teaspoons olive oil in pan. Add chicken and stir for 5 minutes, turning frequently. Remove chicken and set aside. Lower heat and add remaining olive oil and ginger; cook for 30 seconds. Add broccoli and scallions and cook for 2 minutes more. Add chicken to vegetables. Serve over rice. *(Makes 2 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
395	17g	373mg	24g	6g	36g

PAMM

8 to 10 oz. boneless, skinless chicken breast, cubed

1 Tbsp. low-sodium gluten free tamari

1 tsp. honey

1 tsp. cornstarch

2 tsp. toasted sesame oil

3 tsp. light olive oil, divided

2 tsp. fresh ginger, chopped

2 cups broccoli florets

2 scallions, slivered

½ cup short-grain brown rice, cooked according to product directions

M-PALEO

To make this recipe Modified Paleo friendly:

Use arrowroot powder in place of cornstarch.

Grilled Chicken Teriyaki

8 to 10 oz. boneless, skinless chicken breast, split and pounded thin

2 Tbsp. low-sodium gluten free tamari

1 tsp. honey

1 Tbsp. dry sherry

½ cup unsweetened canned pineapple juice

1 tsp. ginger, grated

2 slices canned pineapple

1 scallion, slivered

Place chicken breast in a shallow glass or ceramic pan. Combine tamari, honey, sherry, pineapple juice, and ginger, and pour over chicken breast. Cover with plastic wrap (make sure plastic doesn't come into contact with food.) and marinate in refrigerator for 2 to 4 hours. Heat grill pan and cook chicken for 4 to 5 minutes on each side or until cooked through. Discard any remaining marinade. Grill pineapple briefly if desired. Garnish with scallions and sliced pineapple. *(Makes 2 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
294	5g	644mg	24g	2g	35.5g

PAMM

M-PALEO



Chicken Breasts Stuffed with Spinach and Parmesan

Preheat the oven to 400° F. Slice the chicken breasts halfway through the center lengthwise, forming a pocket. Heat the oil in a skillet over medium-low heat. Stir in the carrots and heat until softened, about 5 minutes. Add the spinach and basil. Cook about 3 minutes, or until the fresh spinach is wilted. Remove from heat. Add the cheese and stir to combine. Stuff the mixture into the chicken pockets. Soak toothpicks in water or oil and use them to secure the chicken pockets. Lightly brush the top of the chicken with oil and sprinkle liberally with black pepper. Bake for about 20 minutes, or until the chicken juices run clear. Remove toothpicks and serve. *(Makes 2 servings)*

- 2 (4 oz.) boneless, skinless chicken breasts
- 2 Tbsp. light olive oil
- ½ cup carrot, grated or julienned
- 1 cup fresh or frozen organic spinach (thawed)
- 1 tsp. fresh basil, chopped (or ½ tsp. dried basil)
- 4 Tbsp. Parmesan or Romano cheese, grated
- Ground black pepper, to taste

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
322	21g	260mg	4g	1g	30g

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Chicken Breasts Cabernet

4 boneless, skinless
chicken breast halves

1 cup red wine

1 Tbsp. fresh basil,
chopped

½ Tbsp. paprika

1 clove garlic, minced

Celtic sea salt and
black pepper to taste

Light olive oil for
sautéing

Place chicken in a glass dish or bowl. Pour wine over chicken, and mix to coat. Cover the dish or bowl, and refrigerate at least 2 hours to allow chicken time to marinate. Remove chicken breasts from the wine and discard any remaining wine. Season chicken with basil, paprika, salt, and black pepper. Heat olive oil in a medium skillet over low to medium heat. Add garlic and sauté about 1 minute. Add chicken and sauté on each side until chicken is done (about 5 to 6 minutes each side).
(Makes 4 servings)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
260	9g	91mg	2.5g	<0.5g	31.5g

PAMM

M-PALEO

Dr. Sinatra's Lemon Caper Chicken

This main dish easily becomes a meal when served with steamed vegetables and short-grain brown rice.

Heat olive oil in large skillet over medium-high heat. Meanwhile, sprinkle ¼ teaspoon each salt and black pepper over chicken breasts. Add chicken to skillet and cook 5 to 6 minutes on each side, until chicken is done. Remove chicken from skillet and keep warm. Add remaining salt and black pepper, white wine or chicken broth, lemon juice and capers to the skillet. Stirring occasionally, cook sauce until reduced to ¼ cup (about 2 minutes). Add parsley to sauce. Spoon over chicken. *Garnish with additional chopped parsley if desired.*
(Makes 4 servings)

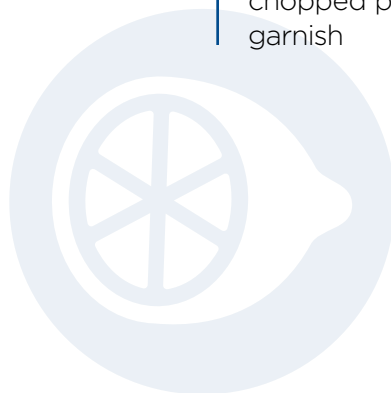
Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
225	11g	368mg	2g	<0.5g	25g

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2 Tbsp. light olive oil
4 (4 oz.) boneless, skinless chicken breasts
½ tsp. Celtic sea salt, divided
½ tsp. ground black pepper, divided
½ cup dry white wine (or substitute low-sodium chicken broth)
4 Tbsp. fresh lemon juice
1½ tsp. capers
2 Tbsp. fresh parsley, chopped
Optional: additional chopped parsley for garnish



Mediterranean Chicken with Artichokes, Peppers, and Olives

8 oz. chicken breast,
cubed or sliced

4 Tbsp. gluten free
bread crumbs

Freshly ground black
pepper to taste

3 Tbsp. light olive oil

1 clove garlic, minced

2 roasted red peppers,
from a jar, cut into
strips

20 medium black
olives, pitted

1 (6 oz.) jar marinated
artichokes, kept in
liquid

Roll the chicken pieces in crumbs to coat, and sprinkle with pepper. Heat the oil in a large skillet over medium-low heat. Add the garlic and cook for about 2 minutes; do not allow to brown. Add the chicken and cook for about 4 minutes, turning until lightly browned on all sides. Add the peppers and olives and heat through, about 2 to 3 minutes. Add the artichokes with liquid and cook until heated through, 3 minutes more. *(Makes 2 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
485	30.5g	433mg	10.5g	1g	27g

PAMM

M-PALEO

To make this recipe Modified Paleo friendly:

Use gluten free bread crumbs that don't contain corn.

Eye of Round Roast with Rosemary

Preheat oven to 350° F. Trim off excess fat from the roast and sprinkle with rosemary, and the sea salt and freshly ground black pepper to taste. Place the roast on a rack in roasting pan. Roast until tender, approximately 1½ hours. Slice thin and serve with raw sliced onion and tomatoes; sprinkle with fresh parsley. *(Makes 6 servings)*

2 lb. eye of round roast
 ⅛ tsp. rosemary, crushed
 ¼ tsp. each of Celtic sea salt and freshly ground black pepper
 2 onions, sliced
 2 tomatoes, sliced
 Fresh parsley, chopped

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
284	7g	97mg	7g	2g	45g

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Roast Pork Tenderloin with Mustard

1 lb. boneless pork tenderloin
 ¼ tsp. black pepper
 1 Tbsp. light olive oil
 1 tsp. fresh or ½ tsp. dried thyme, crushed
 1 Tbsp. Dijon mustard

Season meat with black pepper. Heat oil in a pan and brown meat on all sides. Sprinkle with thyme and spread with Dijon mustard. Roast 45 minutes to 1 hour at 375° F or until meat thermometer registers 180° F. *(Makes 4 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
221	9g	154mg	<0.5g	<0.5g	32g

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M-PALEO

Chicken Provençal

4 boneless, skinless chicken breast halves
4 Tbsp. light olive oil
1 medium red onion, chopped
4 Tbsp. garlic, minced
1 (28 oz.) can diced peeled tomatoes, drained
1 tsp. orange zest, grated
2 tsp. fresh or 1 tsp. dried oregano
2 tsp. fresh or 1 tsp. dried basil
2 bay leaves
½ tsp. paprika
½ tsp. ground black pepper
Celtic sea salt and pepper to taste

Heat 2 tablespoons oil in heavy large saucepan over medium heat. Add onion and garlic, and sauté until tender, about 10 minutes. Add tomatoes, orange zest, oregano, basil, bay leaves, paprika, and black pepper. Cook until sauce thickens, stirring occasionally, for about 30 minutes. Discard bay leaves. Season chicken with salt and black pepper. Heat remaining 2 tablespoons oil in heavy large skillet over medium-high heat. Add chicken to skillet and sauté until cooked through. To serve, spoon sauce over chicken. *(Makes 4 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
372	19g	529mg	17.5g	5g	35g

PAMM

M-PALEO

Turkey Meatloaf

Preheat oven to 350° F. Spray a 9" x 5" loaf pan with nonstick spray. Heat oil in a medium frying pan over medium heat, and sauté onion and carrots until tender. In a large bowl, combine onions and carrots with remaining ingredients, except topping. Pat turkey mixture into loaf pan. Mix topping ingredients and spread on turkey loaf. Bake 45 minutes.

(Makes 4 servings)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
388	16g	322mg	28g	5g	36g

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- 1½ lb. ground turkey breast
- 1 Tbsp. light olive oil
- 1 medium onion, chopped
- 2 carrots, finely grated
- ½ cup steel cut oatmeal
- 1 (5.5 oz.) can of low-sodium V8 juice
- 1 Tbsp. dried parsley
- ¼ tsp. black pepper
- ½ tsp. garlic powder
- 1 large egg, beaten
- 1 tsp. honey
- 2 tsp. gluten free Worcestershire sauce
- 1 Tbsp. Dijon mustard
- ½ tsp. dried marjoram

Topping

- ½ cup unsalted tomato sauce
- 1 tsp. honey

Chef John Ash's Grandmother's Pot Roast with Vegetables

3 lb. tri-tip or bottom round of beef
Celtic sea salt and freshly ground black pepper
4 Tbsp. light olive oil
3 cups onions, sliced
1 cup leeks, sliced
1½ cups celery, bias-sliced
1½ cups carrots, wedge-cut
¼ cup garlic, slivered
¼ tsp. crushed red pepper
4 cups hearty red wine
3 cups rich beef stock
2 cups tomatoes, seeded and diced
2 tsp. each fresh thyme and sage, minced
¼ cup fresh oregano leaves, chopped (or 1 tsp. dried)
2 large bay leaves
1 tsp. fennel seed
2 tsp. cornstarch dissolved in red wine (or water)

Preheat oven to 375° F. Trim the beef of all visible fat and season with salt and black pepper. Sear the meat on all sides in the olive oil in a large, heavy bottomed roasting pan on the stovetop. Remove the meat and add onions, leeks, celery, carrots, and garlic. Cook over moderate heat until the vegetables just begin to soften and the onions are translucent. Return the meat to the pan and add the red pepper, red wine, stock, tomatoes, and herbs. Bring to a simmer, cover, and place in the oven for 2 to 2½ hours, or until the meat is very tender and almost falling apart.

Strain the liquid from the meat and vegetables. Set meat and vegetables aside. Allow the liquid to sit for a few minutes so that the fat will rise to the surface. Strain off and discard the fat. Return the liquid to the pan and over high heat, reduce by approximately ⅓ to concentrate the flavors. (If desired, thicken with cornstarch dissolved in wine or water.) Correct seasoning with salt and black pepper. Return the meat and braised vegetables to pan and warm through. Slice the meat and arrange in shallow bowls along with some of the braised vegetables. Generously ladle reduced sauce around and garnish with roasted potatoes and mushrooms. *(Makes 6 servings)*

Nutrition Facts per Serving*:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
560	32g	1,932mg	20g	5g	48g

PAMM

*Does not include optional ingredients.

Entrées: Seafood

Fish and fish oil form a cornerstone of my recommended eating plan. Omega-3 fatty acids from fish are useful to everyone. Omega-3s can reduce serum triglyceride levels and reduce blood pressure at higher dosages. Omega-3s from fish and fish oil have also been found to improve brain and joint function, as well as slow the rate at which cancer spreads.

Although fish is an integral part of my PAMM diet, it's not as simple as eating any fish; you must be picky about the catch. Large, long-lived ocean fish like tuna and swordfish tend to contain heavy metals, most notably mercury. The landlocked variety, like lake trout and catfish, contain industrial pollutants, typically polychlorinated biphenyls. I recommend that you eat any of these types of fish only once a month or less.

Fish in my approved group include anchovies, sardines, mackerel, whitefish, Atlantic halibut, sea trout, flounder, sole, scamp (baby grouper), haddock, scrod, and cod.

Omega-3 Fatty Acids in Fish

This chart shows the amount of good fat in 100g of some of the most popular fish.

Anchovy,* canned in olive oil	2.11g	Halibut (Atlantic)*	0.67g
Mackerel (Pacific)*	2.07g	Trout (sea)*	0.58g
Whitefish*	2.06g	Flounder/Sole*	0.56g
Salmon (Atlantic)*	2.59g	Crab (Alaskan king)*	0.46g
Salmon (Coho)*	1.87g	Crab, canned, drained*	0.36g
Salmon (pink),* canned	1.76g	Shrimp	0.35g
Salmon (sockeye)*	1.42g	Tuna (yellow fin)**	0.31g
Mackerel (Atlantic)	1.42g	Tuna (light), canned in water**	0.28g
Oysters (Eastern)	1.25g	Tuna (white), canned in water**	0.95g
Swordfish**	1.06g	Haddock*	0.27g
Cod (Atlantic)*	0.17g	Lobster (Northern)*	0.09g

*Indicates these fish are safe to eat 2-3 times a week.

**Indicates these fish are safe to eat once a month.

Scallop Kabobs

8 oz. sea scallops
1 Tbsp. light olive oil
6 basil leaves, chopped
2 cloves garlic, slivered
1 lemon, thinly sliced

Combine olive oil, basil, and garlic; pour over scallops to marinate. Refrigerate scallops for 3 hours. Thread scallops on skewers, separated by slices of lemon. Grill 3 to 5 minutes or until lightly browned on all sides.

(Makes 2 servings)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
177	8g	186mg	10g	2g	19g

PAMM

M-PALEO



Shrimp with Peppers, Tomatoes, and Garlic

Heat oil in a large frying pan over low to medium heat and sauté garlic, peppers, and onion until tender. Add sherry or wine and bring to a boil. Add rest of ingredients, bring to a boil again. Serve over short-grain brown rice or quinoa. *(Makes 4 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
283	6g	210mg	29g	5g	27.5g

PAMM

M-PALEO

- 1 lb. large shrimp, cooked and peeled
- 1 Tbsp. light olive oil
- 2 cloves garlic, minced
- 1 green pepper, chopped
- 1 red pepper, chopped
- 1 medium onion, chopped
- ¼ cup cooking sherry or dry white wine
- 1 tsp. coriander seed, ground
- 1 cup no-salt-added crushed tomatoes
- 1 cup no-salt-added tomato sauce
- ¼ tsp. black pepper
- ½ tsp. brown sugar or honey
- 8 oz. short-grain brown rice or quinoa, cooked according to product directions



Sandy's Crab Cakes

12 oz. lump crabmeat,
drained

2 eggs

1 tsp. Old Bay
seasoning

½ cup gluten free
bread crumbs

1 stalk celery, chopped

¼ cup amaranth flour

2 tsp. half and half

¼ cup dried shallots

Black pepper to taste

2 tsp. dried basil

2 tsp. dried parsley

Dash of hot sauce

Organic light olive oil
for sautéing

Thoroughly but gently, combine all ingredients, except olive oil, in a large bowl. Form the mixture into 4 patties. Refrigerate for about half an hour so cakes can set up. Sauté in a skillet in light olive oil over low to medium heat. After a minute or so, flip cakes so that they brown on both sides. Remove from the oil and drain on paper towels. Serve hot with rémoulade sauce.

(Makes 4 servings)

Easy Rémoulade Sauce

In a small bowl, mix together equal amounts of salsa and soy mayonnaise. Add horseradish, if desired.

Nutrition Facts per Serving*:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
184	9g	576mg	15g	2g	12g

PAMM

*Does not include sauce.



Fresh Fish with Braised Fennel

To prepare fennel

Heat oil and butter in skillet and add fennel. Cook over low to medium heat, stirring frequently, about 10 minutes, until lightly browned. Add vinegar to fennel and scrape up any browned bits from pan. Add chicken stock or water to pan, cover and cook an additional 15 minutes, or until tender. Drizzle with honey and season with salt and black pepper.

To assemble packets

Fold a 12-inch square of parchment paper or foil lined with parchment paper in half and cut so that the sheet is roughly heart-shaped when unfolded. Pile half the braised fennel in the center of the heart, to one side of the fold. Top fennel with 1 piece of fish, a squeeze of lemon, 1 tablespoon of wine, and a sprig of dill or tarragon. Fold parchment in half over the filling and seal the edge by making a series of small pleats, working your way around the edge toward the pointy end. Finish by twisting the point. Place packets on baking sheet and bake at 375° F for 15 minutes. Let rest for 5 minutes before cutting into packets and serving. *(Makes 2 servings)*

Developed by Monica Reinagel, MS, LD/N, CNS.
and modified by Dr. Sinatra

8 oz. fresh cod, scrod,
or haddock fillets,
divided

1 Tbsp. light olive oil

1 tsp. butter

1 large fennel bulb,
cored and cut into thin
strips

1 Tbsp. balsamic
vinegar

1 tsp. honey

¼ cup low-sodium
chicken stock (or
water)

¼ tsp. Celtic sea salt

¼ tsp. black pepper

2 Tbsp. dry white wine
or dry vermouth

2 wedges lemon

2 sprigs of dill or
tarragon

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
238	10g	494mg	8g	2g	26g

PAMM

M-PALEO

Mussels Provençal

1 lb. mussels, washed in cold water

2 tsp. light olive oil

3 Tbsp. shallots, chopped

4 cloves of garlic, minced

½ medium red pepper, chopped

1 cup no-salt-added whole tomatoes with juice

½ tsp. ground turmeric

¼ tsp. black pepper

1 tsp. thyme

1 tsp. sherry vinegar

2 tsp. dried parsley

2 Tbsp. fresh basil, chopped

Red pepper flakes, to taste

Heat oil in large frying pan over medium-high heat and cook shallots, garlic, and red pepper until tender, stirring often. Add tomatoes and seasonings; bring to a boil, reduce heat, and simmer for 2 minutes. Add mussels, basil, and red pepper flakes; cover and cook until mussels open, 5 to 6 minutes. Discard any shells that do not open. *(Makes 2 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
479	15g	857mg	30g	3g	56g

PAMM

M-PALEO

Breaded Sole, Flounder, or Fluke

Preheat the oven to 350° F. Prepare the marinade by whisking together the olive oil, wine, lemon juice, and salt and black pepper. Add the chopped dill. Dip the fish fillets in the marinade, coating both sides well, and then gently roll the fish in the bread crumbs. Place the fillets on a nonstick or lightly oiled baking sheet and bake for 6 minutes. If the fillets do not seem crispy and browned enough, turn the broiler on toward end of the cook time and broil for 1 minute to finish off. Serve with lemon slices and garnish with watercress. *(Makes 2 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
321	17g	486mg	19g	0.5g	23g

PAMM

2 fish fillets,
4 to 5 oz. each

2 Tbsp. light olive oil

2 Tbsp. white wine

2 Tbsp. fresh
lemon juice

Celtic sea salt and
freshly ground black
pepper to taste

3 Tbsp. fresh dill,
chopped

¼ cup gluten free
Italian-style or plain
bread crumbs

Lemon slices

Fresh watercress for
garnish (optional)

M-PALEO

To make this recipe Modified Paleo friendly:

Use gluten free bread crumbs that don't contain corn.

Broiled Mediterranean Halibut

4 (5 to 6 oz.) halibut steaks
Juice of 1 lemon
2 Tbsp. light olive oil
3 cloves garlic, crushed
½ tsp. grated lemon peel
3 Tbsp. fresh basil, chopped and divided
2 tsp. capers, drained
Fresh ground black pepper to taste

Preheat broiler. In a small bowl, whisk lemon juice, olive oil, garlic, and lemon peel. Stir in capers and 2 tablespoons basil. Season halibut with black pepper. Brush with 1 tablespoon of lemon juice mixture. Broil (or grill) until cooked through, about 4 minutes per side. Transfer to a plate. Whisk remaining vinaigrette and pour over fish. Garnish with remaining basil. *(Makes 4 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
195	4g	133mg	1g	0g	36g

PAMM

M-PALEO

Broiled Red Snapper

Preheat broiler. Combine olive oil and lemon juice and brush on fillet. Season both sides of snapper with black pepper. Grill 5 inches from broiler for 5 minutes or until fish flakes easily. *(Makes 4 servings)*

1 lb. red snapper fillet
1 Tbsp. light olive oil
1 Tbsp. lemon juice
Fresh ground black pepper

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
142	6g	66mg	<0.5g	0g	21g

PAMM

M-PALEO

Asian Salmon

Make several shallow slashes in the skinless side of the salmon fillets. Place fillets skin-side down in a glass baking dish. In a medium bowl, whisk together the olive oil, rice vinegar, tamari, honey, garlic, black pepper, onion, and sesame oil. Pour the liquid over the salmon, cover and refrigerate for 1 to 2 hours. Preheat the oven to 400° F. In a medium saucepan combine the rice, water, and dill weed and simmer about 20 minutes, until water is absorbed. Bake salmon in marinade for 15 minutes or until opaque and flaky. Serve salmon over rice and pour pan sauce over salmon. *(Makes 4 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
560	12g	55mg	75g	1g	33g

PAMM

M-PALEO

4 (6 oz.) wild salmon fillets, with skin
 2 Tbsp. light olive oil
 2 Tbsp. rice vinegar
 2 Tbsp. low-sodium gluten free tamari
 1 Tbsp. honey
 2 cloves garlic, minced
 1 pinch ground black pepper
 2 Tbsp. onion, minced
 1 Tbsp. sesame oil
 2 cups short-grain brown rice
 4 cups water
 1 tsp. dill weed

Go Wild for Salmon!

Wild-caught salmon is another source of high-quality protein and one of the best sources of essential fatty acids. It is safe to eat 2 to 3 times a week. (I'm not comfortable with regular consumption of farm-raised salmon, because they are fed a grain-based diet and lack the levels of omega-3s that wild salmon have.)

TIP: Make one night a week “salmon night,” and serve a salmon dish for dinner. Making a meal like this a weekly habit is healthy living. Be sure to use wild-caught salmon—not farm raised!

Baked Fish Delight

2 lb. sea bass
or wild salmon

¼ cup light olive oil

¼ cup dry white wine
or juice of 1 lemon

2 cloves garlic, minced

2 tsp. fresh parsley,
chopped

2 tsp. fresh cilantro,
chopped

Lemon wedges and/
or organic extra virgin
olive oil for serving

Freshly ground black
pepper to taste

Preheat oven to 425° F. Rub a small amount of olive oil over the bottom of a roasting pan large enough to hold the fish in one layer. Rub the fish with a little more oil and place in pan. Combine remaining olive oil with the wine or lemon juice, garlic, black pepper, and herbs. Drizzle the mixture over the fish, coating well. Bake the fish for 15 to 20 minutes, basting frequently with the pan juices. Remove the fish from the oven and test for doneness. The flesh should be opaque all the way through to the bone, and flake easily. If the fish is not done, return it to the oven for 5 to 10 more minutes. Serve with lemon wedges and a simple salad of lettuce and tomatoes or vegetables marinated in olive oil.

(Makes 6 servings)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
298	17g	589mg	4g	<0.5g	27g

PAMM

M-PALEO

Hawaiian Grilled Salmon Salad with Pineapple Salsa

Prepare pineapple salsa and store in fridge until needed. Combine oil, lemon juice, and ginger and coat both sides of fish. Refrigerate for up to an hour. Grill salmon fillets at medium-high heat for 4 to 5 minutes on each side or until salmon is opaque and flaky. Divide spinach and romaine among 6 plates and place a fillet on each. Top with pineapple salsa. *(Makes 6 servings)*

Nutrition Facts per Serving*:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
315	15g	105mg	2g	1g	37g

PAMM

M-PALEO

*Does not include salsa.

- 6 (6 oz.) wild salmon fillets
- 2 tsp. light olive oil
- 2 tsp. fresh lemon juice
- 1 tsp. fresh ginger, grated (or ¼ tsp. dried ginger)
- 3 cups fresh spinach, torn
- 3 cups fresh romaine, torn

Pineapple salsa

(prepared according to recipe on page 73)



Grilled Salmon Mediterranean-style with Lemon-Basil Vinaigrette

4 (6 oz.) wild salmon fillets
½ tsp. lemon zest, grated
1 Tbsp. fresh lemon juice
2 Tbsp. organic extra virgin olive oil
3 garlic cloves, crushed
3 Tbsp. fresh basil, minced and divided (or 3 tsp. dried basil leaves, divided)
2 tsp. capers, drained
Celtic sea salt and black pepper to taste

To make the vinaigrette, whisk the lemon zest, lemon juice, olive oil, and garlic in a small bowl. Stir in ⅔ of the basil and all the capers. Season to taste with salt and black pepper; set aside 1 tablespoon of vinaigrette. (Can be prepared 1 hour ahead. Allow to stand at room temperature.) Set the grill to medium-high heat. Season the salmon with salt and black pepper. Brush the fish with the 1 tablespoon of vinaigrette. Grill salmon fillets 4 to 5 minutes on each side or until salmon is opaque and flaky. Transfer the fish to plates. Re-whisk the remaining vinaigrette and pour over the fish. Garnish with the remaining basil and serve. *(Makes 4 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
264	12g	723mg	<0.5g	0g	38g

PAMM

M-PALEO

Salmon Kabobs with Rosemary Honeydew Glaze

Prepare rosemary honeydew glaze and set aside. Cut salmon into smaller pieces and skewer. Place on plate and marinate with ginger and oil for 1 hour in the refrigerator. Heat large skillet on stove. Mix herbs and garlic. Pat herb mixture on salmon and pan sear. Pour rosemary honeydew glaze over salmon. *(Makes 4 servings)*

Nutrition Facts per Serving*:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
237	13g	204mg	<0.5g	<0.5g	24g

PAMM

M-PALEO

*Does not include glaze.

3 (6 oz.) wild salmon fillets

1 Tbsp. organic extra virgin olive oil

1 tsp. fresh ginger, chopped

1 Tbsp. fresh basil, chopped

1 Tbsp. fresh parsley, chopped

1 Tbsp. garlic, chopped

1 tsp. rosemary, minced

Celtic sea salt and black pepper to taste

Rosemary honeydew glaze (prepared according to recipe on page 75)

Roast Salmon

½ lb. wild salmon fillet
1 Tbsp. light olive oil
1 clove garlic, crushed
1 Tbsp. fresh dill, chopped
Black pepper to taste
1 lemon, sliced
Parsley for garnish

Preheat oven to 425° F. Cut salmon in 2 pieces. Rub with olive oil, garlic, dill, and black pepper. Roast 10 to 12 minutes, depending on thickness or until opaque and flaky. Garnish with parsley and fresh lemon.

(Makes 2 servings)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
226	12g	105mg	9g	0g	20g

PAMM

M-PALEO

Salmon with Mint Sauce

Prepare mint sauce and set aside. Set oven to broil. Rub broiler pan with olive oil. Sprinkle salmon with lemon peel, salt, and black pepper. Place on broiler pan and broil with tops about 4 inches from heat. Cook for 6 minutes or until salmon is opaque and flaky. Serve with mint sauce. *(Makes 4 servings)*

4 (6 oz.) wild salmon fillets

1 tsp. lemon peel, grated

1 tsp. light olive oil

½ tsp. Celtic sea salt

¼ tsp. black pepper

Mint sauce (prepared according to recipe on page 79)

Nutrition Facts per Serving*:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
301	15g	376mg	<0.5g	<0.5g	36g

PAMM

*Does not include sauce.

Sautéed Salmon with Asparagus and Chickpea Vinaigrette

Cut asparagus into 1-inch pieces. In boiling salted water, blanch asparagus for 1 to 2 minutes or until tender but crisp. Drain and rinse under cold water. In separate bowl, whisk lemon juice, ½ cup olive oil, maple syrup or honey, and salt and black pepper to taste. Stir asparagus, chickpeas, and chives into lemon mixture. Season salmon with salt and black pepper. Heat oil over low heat and sauté salmon until heated through. Add asparagus mixture to skillet to warm sauce and divide salmon and sauce among 6 plates. *(Makes 6 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
509	45g	237mg	14g	3.5g	15g

PAMM

M-PALEO

4 (6 oz.) wild salmon fillets

½ lb. asparagus, trimmed

¼ cup fresh lemon juice

½ cup organic extra virgin olive oil plus 1 Tbsp. for cooking

1 Tbsp. pure maple syrup or 1 tsp. honey

Celtic sea salt and black pepper to taste

1 cup canned chickpeas, white or black beans, drained and rinsed well

3 Tbsp. fresh chives or scallions, minced

Salmon with Ginger Marinade

4 (6 oz.) wild salmon fillets
¼ cup water
3 Tbsp. low-sodium gluten free tamari
2 scallions, chopped
1 clove garlic, minced
2 tsp. fresh ginger, grated (or ½ tsp. dried ginger)

Mix water, tamari, scallions, garlic, and ginger to make a marinade. Pour over fillets and marinate for 1 hour in the refrigerator. Bake at 400° F for 10 to 12 minutes or until salmon is opaque and flaky, basting fillets halfway through cooking time. *(Makes 4 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
283	13g	810mg	1g	0g	34g

PAMM

M-PALEO

Broiled Salmon with Dill Sauce

Mix yogurt and dill, and set sauce aside. Preheat broiler and place oven rack so fish will be 2 inches from the heating element. Dry fish with paper towels, rub with olive oil, and lightly salt. Broil 6 to 8 minutes or until salmon is opaque and flaky. Serve with yogurt dill sauce. *(Makes 2 servings)*

2 (6 oz.) wild salmon fillets
½ cup plain yogurt
½ tsp. fresh dill, chopped
1 tsp. light olive oil
¼ tsp. Celtic sea salt (or salt substitute) to taste

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
325	16g	280mg	4g	0g	35g

PAMM

Lemon Pepper Salmon with Mixed Vegetables

Combine lemon juice, mustard, oil, black pepper, and garlic. Reserve 1 tablespoon mixture; spread remaining mixture on salmon and set aside. Remove outer leaves, tops and stems of leeks, leaving about 6 inches. Clean thoroughly. Cut leeks in half lengthwise and arrange side by side in large steamer over boiling water. Cover and steam for 4 minutes. Arrange broccoli across leeks, cover and steam for 2 minutes. Add squash slices over broccoli. Cover and steam for 5 minutes, then arrange salmon fillets on top and cook until just heated throughout. Serve fillets on top of vegetables, with half-tablespoon dollop of mustard mixture on top of fillets and lemon wedges on the side. *(Makes 2 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
387	18g	110mg	7g	1g	34g

PAMM

M-PALEO

- 2 (6 oz.) wild salmon fillets
- 2 Tbsp. fresh lemon juice
- 1 Tbsp. Dijon mustard
- 2 tsp. organic extra virgin olive oil
- ½ tsp. coarsely ground black pepper
- 2 cloves garlic, minced
- 2 medium leeks
- 4 fresh broccoli spears
- 1 lemon cut into wedges
- 2 cups yellow squash, sliced
- 2 cups water



Poached Salmon with Honey Mustard Sauce

4 (6 oz.) wild salmon fillets

4 cups water

3 lemon slices, cut in half

3 onion slices, cut in half

¼ cup fresh parsley, chopped, divided

¾ tsp. Celtic sea salt, divided

¼ tsp. black pepper

2 Tbsp. red onion, finely chopped

2 tsp. capers

1 tsp. lemon peel, grated

Honey mustard sauce

(prepared according to recipe on page 76)

In large skillet, heat water, lemon and onion slices, 1 tablespoon parsley, salt, and black pepper to boiling. Boil 5 minutes, reduce heat to medium low, add salmon, cover and cook until heated through. Remove salmon from liquid and cool completely. Cover and refrigerate at least 2 hours but less than 24. Discard any liquid in skillet. In a separate bowl, mix remaining parsley, red onion, capers, and lemon peel until well blended; set aside. To serve, place salmon on serving plate. Sprinkle with ¼ teaspoon salt. Drizzle honey mustard sauce on top and sprinkle with parsley mixture. Serve with salad. *(Makes 4 servings)*

Nutrition Facts per Serving*:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
393	17g	363mg	21g	<0.5g	33g

PAMM

M-PALEO

*Does not include sauce or salad.

Vegetables

Research continues to validate that daily fruit and vegetable consumption reduces your risk of developing heart disease, diabetes, and cancer. The protective effect of fresh fruits and vegetables is attributed to the antioxidants and phytonutrients (including carotenoids, flavonoids, and polyphenols) they contain. These nutrients inhibit free radicals, preventing them from damaging healthy cells. Just about every fruit and vegetable is good for you, though some have particular advantages. Cabbage as well as Brussels sprouts (mini cabbages) are a gift from heaven. They are cruciferous vegetables full of compounds called isothiocyanates, which help reduce cancer risk. Cabbage and Brussels sprouts also contain indole-3-carbinol, another anticarcinogen. If you're concerned about protecting your vision, kale and spinach are the vegetables you want to have regularly. They're high in lutein and zeaxanthin, carotenoids known to help maintain clear and healthy lenses in the eyes, among other body functions. These carotenoids also support the retina and help protect you from macular degeneration. Kale is also abundant in calcium, yielding roughly 300 mg per cup.

Vegetables make preparing a nutritious, delicious, and inexpensive meal easy and healthy. There are many veggies out there to choose from, and they are packed full of nutrients and fiber. Use vegetables liberally to make great snacks and main and side dishes. Remember, organic vegetables are preferable in order to avoid pesticides, insecticides, GMOs, and other toxins. Remember to switch from extra virgin olive oil to light olive oil when heating, keeping heat low to medium.



Spinach with Pine Nuts and Garlic

1 lb. fresh spinach
 1 Tbsp. light olive oil
 2 cloves garlic, minced
 1 Tbsp. pine nuts, toasted

Heat olive oil with garlic in large frying pan over medium heat until garlic is golden. Toss in spinach and cook several minutes or until wilted. Top with pine nuts and serve. *(Makes 2 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
147	11g	180mg	9g	5g	7g

PAMM

M-PALEO

Asparagus with Tomatoes and Olive Oil

In a large saucepan, sauté the onion and garlic in olive oil until the onion is golden and starting to brown. Add asparagus to the onions and garlic. Mix well, cover, and cook on medium-low for about 5 minutes. Add tomatoes and black pepper. Cover and cook about 40 minutes, until asparagus is soft and tomatoes have dissolved into a sauce. Stir in lemon juice. Serve warm. *(Can be served over quinoa or short-grain brown rice.) (Makes 6 servings)*

1½ lbs. fresh asparagus, ends removed and cut into 2-inch pieces

½ cup onion, finely chopped

1 clove garlic, chopped

¼ cup light olive oil

2 cups fresh tomatoes, chopped

Freshly ground black pepper to taste

1 Tbsp. lemon juice

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
125	10g	8mg	7g	3g	3.5g

PAMM

M-PALEO

Sinatra-style Green Beans with Tomatoes and Olive Oil

In a large saucepan, sauté the onion and garlic in the olive oil over medium heat until the onion is thoroughly golden and starting to brown, about 10 to 15 minutes. Rinse the beans and add them to the onions. Mix everything together well, cover, and lower the heat to medium-low. Cook for about 5 minutes.

Uncover the pan and add the tomatoes and black pepper. Cover again and cook for about 40 minutes, or until the beans are thoroughly softened and the tomatoes have dissolved into a sauce. Stir in the lemon juice. Taste and adjust the seasoning, adding more black pepper if necessary. *(Makes 8 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
100	7g	9mg	7g	3g	2g

PAMM

M-PALEO

½ cup onion, finely chopped

1 clove garlic, minced

¼ cup light olive oil

1½ lb. fresh green beans, ends removed and snapped into 2-inch lengths

2 cups fresh tomatoes, chopped (or no-salt-added canned whole tomatoes, chopped, and drained)

Freshly ground black pepper to taste

1 Tbsp. fresh lemon juice

Mediterranean-style Broiled Asparagus

1 to 1½ lbs. asparagus,
preferably white,
trimmed and cut into
bite-sized pieces

¼ cup light olive oil

2 Tbsp. fresh squeezed
orange juice

1 Tbsp. fresh squeezed
lemon juice

Freshly ground black
pepper to taste

Preheat the oven broiler. Place the asparagus on a plate and add the olive oil. Coat asparagus well with the oil. Combine orange and lemon juices. Drizzle half of the juice mixture over asparagus, mix well, and then sprinkle with black pepper. Lay asparagus on the broiler pan and broil carefully, about 6 to 8 inches from the heat. The asparagus should cook through and be lightly and pleasantly browned on the outside in about 10 minutes.

Place the asparagus on a serving plate and drizzle the remaining juice mixture over, gently mixing well. Serve immediately or set aside at room temperature, stirring occasionally, to absorb the flavors. *(Makes 8 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
85	7g	2mg	4g	2g	2g

PAMM

M-PALEO

Italian Cauliflower

Fall brings to mind heartier cooking with more intense flavors, and this savory cauliflower dish fills the bill.

In a large pan or pot, heat the olive oil over medium heat. Add the onion, and sauté until translucent. Add garlic and cook just until sizzling. Add the tomatoes and white wine; season with salt, black pepper to taste. Add the cauliflower, and stir to mix. The liquid should just cover the cauliflower; if not, add a little water. Cook for 5 to 7 minutes until cauliflower is almost tender. Remove the cauliflower from the pot and place in a warm serving dish. Turn the heat to high, and cook the tomato sauce mixture until thickened. Add the olives, parsley, and capers and cook another minute or two. Pour this mixture over the cauliflower, and mix, coating the cauliflower. Serve warm. *(Makes 4 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
202	16g	486mg	11g	4g	4g

PAMM

M-PALEO

1 head cauliflower, cut into florets
 3 Tbsp. light olive oil
 ½ large onion, chopped finely
 2 cloves garlic, minced
 1 cup canned tomatoes, chopped
 ¼ cup white wine
 ½ cup fresh parsley, chopped
 Celtic sea salt and black pepper to taste
 ⅓ cup green olives, chopped
 2 Tbsp. capers
 Optional: garnish with additional chopped parsley/cilantro

Flavorful Cabbage with Garlic

1 small cabbage, rinsed and outer leaves removed

1 clove garlic, minced

¼ cup light olive oil

Freshly ground black pepper to taste

Preheat the oven to 400° F. Cut the trimmed cabbage into quarters and remove part of the central stem, leaving enough to hold the leaves together. Combine the garlic and oil in a shallow bowl. Bring a large quantity of lightly salted* water to a rolling boil. Plunge the cabbage into the water and boil rapidly for 5 to 7 minutes, or until the cabbage starts to soften but does not get limp. When the cabbage is done, drain it and immediately pour the garlic oil over each quarter, turning to coat. Place the cabbage in a deep oval gratin dish and sprinkle with pepper. Cover the dish with aluminum foil ensuring it does not come into contact with the food, and slide the dish into the oven for about 5 minutes, or just long enough to get the oil really sizzling. Remove the foil and let the cabbages sizzle a little longer, no more than 5 minutes. Serve immediately. *(Makes 4 servings)*

*Celtic sea salt preferred

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
166	14.5g	32mg	10g	4g	3g

PAMM

M-PALEO

Asian Vegetables

Soak the dried shiitake in warm water until soft, about 1 hour, if not using fresh mushrooms, then drain. Sauté the onion, ginger, and garlic in a pan with the olive oil until soft. Add the carrot, shiitakes, red bell pepper, and scallions with the tamari and sugar. Add sesame oil and black pepper.

Note: Sesame oil adds a rich flavor but loses some of the flavor in cooking. This is why light olive oil is used for the vegetable sauté and sesame oil is saved for the tossing. *(Makes 4 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
104	7g	582mg	9g	1g	19g

PAMM

*Optional ingredients not included.

5 dried shiitake mushrooms or any type of fresh mushrooms, julienned

½ Spanish onion, julienned

1 tsp. ginger, grated (optional)

1 tsp. garlic, minced (optional)

1 Tbsp. light olive oil

½ carrot, shredded

½ red bell pepper, julienned

1 bunch scallions, julienned

¼ cup low-sodium gluten free tamari

1½ Tbsp. sugar

1 Tbsp. sesame oil

Freshly ground black pepper to taste

M-PALEO

To make this recipe Modified Paleo friendly:

Instead of the sugar, substitute honey or coconut sugar.

Dr. Sinatra's Favorite Shiitake Dish

½ lb. fresh shiitake mushrooms, diced

12 cloves garlic, finely chopped

2 Tbsp. light olive oil

2 Tbsp. water

2 small jars marinated artichoke hearts, drained

Chopped fresh cilantro for flavor

Chopped fresh parsley for flavor

Freshly ground black pepper to taste

Lightly cook the mushrooms and garlic in the olive oil and water. Cover the pan briefly while they cook. When they're heated through, add artichoke hearts with marinade. Sauté a few minutes longer until artichoke hearts are heated through. Transfer the mushrooms and artichoke hearts to a large bowl. Sprinkle with cilantro, parsley, and black pepper to taste. *(Makes 4 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
187	13g	323mg	17g	1g	1.5g

PAMM

M-PALEO



Natto

Natto is frequently described as “an acquired taste.” But Patty Bennett shared with me a way to make natto more palatable. Patty, who attended a talk I gave in Anaheim, CA, grew up with a Japanese mom and has eaten natto all her life. She explained that the secret to enjoying natto is in knowing how to prepare it in the traditional Japanese way. To prove her point, Patty went home after the talk, only to return 30 minutes later with a dish of traditionally prepared natto for several of us to try. To my surprise, it was delicious! Here’s her recipe:

Combine egg (as fresh as possible), tamari, sesame oil, mustard, and green onion. Combine natto with sauce mixture and spoon over hot rice. You can vary the proportions of tamari, sesame, and mustard to suit your taste. Although the raw egg is traditional, you can omit this if you have any concerns about eating raw eggs. *(Makes 4 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
152	4g	494mg	23g	2g	7g

PAMM

M-PALEO

1 package natto, defrosted (can be purchased at Asian grocery stores or online)

1 organic raw egg

3 Tbsp. gluten free low-sodium tamari

1 tsp. sesame oil

½ tsp. mustard

1 scallion, finely chopped

1 cup short grain brown rice, prepared according to product directions

Stir-fried Tofu and Vegetables

1 (2 oz.) package of firm tofu, drained

2 Tbsp. low-sodium gluten free tamari

1 Tbsp. toasted sesame oil, divided

2 cups broccoli florets

1 orange pepper, chopped

1 medium zucchini, sliced

1 cup snow peas

2 tsp. cornstarch

½ cup unsweetened apple juice

1 Tbsp. honey

1 tsp. ground or fresh minced ginger

¼ cup water

1 tsp. homemade chicken broth or low-sodium, or no-sodium instant chicken bouillon (in health food stores)

½ cup short-grain brown rice, cooked according to product directions

Marinate tofu in tamari for 10 minutes. Heat 1 teaspoon sesame oil in a large frying pan over medium-high heat. Remove tofu from tamari and reserve any remaining tamari. Lightly sauté tofu on both sides and remove to a plate. Heat remaining sesame oil in the pan and sauté broccoli, covered, for 5 minutes until lightly brown. Remove cover, add orange pepper, and sauté until pepper is tender. Add zucchini and cook for 3 to 5 minutes, or until zucchini is tender. Add snow peas and cook 1 minute. Remove all vegetables from the pan. Mix together cornstarch, apple juice, honey, ginger, water, chicken broth or instant bouillon, and any remaining tamari in a small bowl. Add this mixture to the frying pan and cook till bubbly. Add vegetables and tofu and heat through. Enjoy as a side dish or serve over a small amount of short-grain brown rice, quinoa, or amaranth. *(Makes 2 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
471	17.5g	646mg	77g	9g	12g

PAMM

M-PALEO

To make this recipe Modified Paleo friendly:

Substitute tempeh (fermented soybean) in place of tofu for those who are not allergic or intolerant to soy. Also, substitute arrowroot powder for cornstarch.

Sauces, Seasonings, and Condiments

These recipes add variety to everyday meat, fish, or vegetables.

Easy Italian-style Tomato Sauce

This sauce can also spice up basic rice or chicken dishes.

Pour the olive oil into a pan and sauté garlic and onions for 30 to 60 seconds. If you're using canned tomatoes, crush or chop them in a blender. For fresh tomatoes, chop them into small cubes. Add the tomatoes and wine and cook for 3 to 4 minutes. Add the basil, oregano, salt, and black pepper. The sauce will keep for up to 1 week, tightly covered, in the refrigerator. (It can also be frozen and stored for up to 3 months.) *(Makes 6 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
80	5g	217mg	7g	2g	1g

PAMM

M-PALEO

- 2 Tbsp. light olive oil
- 3 cloves garlic, finely chopped
- 2 medium onions, diced
- 2 (16 oz.) cans plum tomatoes or 2 lb. fresh plum or cherry tomatoes
- 2 Tbsp. red or white wine
- 1 Tbsp. fresh basil, chopped
- 1 tsp. fresh oregano, crushed
- ¼ tsp. each of Celtic sea salt and freshly ground black pepper to taste

Cilantro Pesto

A delicious way to get your heart-protective fats and garlic. Plus, cilantro is an excellent detoxifier.

4 cups fresh cilantro, loosely packed
¼ cup organic extra virgin olive oil
¼ cup flax oil (high-lignan if possible)
½ cup raw walnuts
3 Tbsp. flaxseeds, ground
4 cloves garlic
½ cup Parmesan or Romano cheese, grated (optional)
Celtic sea salt to taste

Using a food processor or blender, purée alternating quantities of cilantro, oils, walnuts, flaxseeds, and garlic. Add cheese and salt (if desired) and finish with a last whoosh. Of course, feel free to play with the proportions of the ingredients, depending on the consistency you want and your taste. This pesto freezes well. Store in a lidded, air-tight container or small ramekin crock sealed with a stretch plastic lid that does not come in contact with the pesto, or freeze in small plastic containers or ice cube trays. Use it on vegetables, or as a spread for veggie sandwiches made with sprouted bread or gluten free crackers. *(Makes 9 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
247	22g	249mg	7g	3.5g	5g

PAMM

Pineapple Salsa

This salsa also makes a nice side dish.

Heat oil in medium skillet over low to medium heat. Add bell pepper and onion and sauté until soft, about 4 minutes. Add crushed pineapple, raisins, cayenne, lemon juice, and ginger; sauté until pineapple is warm, about 4 minutes longer. Salsa can be made ahead up to 24 hours and refrigerated. Bring to room temperature before using. *(Makes 6 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
93	2g	1mg	18.5g	1g	1g

PAMM

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- 1 Tbsp. light olive oil
- 1 medium yellow bell pepper, diced
- 1 small sweet onion or red onion, finely chopped
- 2 (8 oz.) cans crushed pineapple in juice
- ¼ cup golden raisins
- ¼ tsp. cayenne pepper
- 2 tsp. fresh lemon juice
- 3 tsp. fresh ginger, minced



Easy Pesto

This makes a nice side dish on its own, or with the addition of a protein source (fish, seafood, or chicken) it can be a flavorful main dish, or a spread over gluten free crackers.

3 cups fresh basil leaves, loosely packed

½ cup fresh parsley, loosely packed

½ cup fresh oregano leaves, loosely packed

3 Tbsp. pine nuts, toasted

¼ tsp. Celtic sea salt

¼ tsp. ground black pepper

2 Tbsp. Parmesan cheese, grated

2½ Tbsp. organic extra virgin olive oil

Place all ingredients, except olive oil, into a food processor and process until smooth. While processor is on, add olive oil and blend until well mixed. *(Makes 6 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
97	9g	90mg	2g	1g	2g

PAMM



Flax Mayonnaise

Combine flax oil, milk, and yogurt in a blender or food processor and whip. Add lemon juice or cider vinegar, mustard powder, herbs, and spices. If you want to make a larger quantity, this will keep for about 2 weeks if refrigerated, but some separation will occur and you'll want to stir before using. Try flax mayo with broiled fish or as a dip for raw veggies. *(Makes 4 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
69	6g	7mg	1g	0.5g	1g

PAMM

- 2 Tbsp. flax oil (organic, high-lignan if possible)
- 2 Tbsp. milk
- 2 Tbsp. plain yogurt
- 2 Tbsp. lemon juice or apple cider vinegar
- 1 tsp. mustard powder
- ¼ tsp. dried marjoram or dill
- Seasoning such as paprika to taste
- Celtic sea salt to taste

Rosemary Honeydew Glaze

- 2 Tbsp. white vinegar
- ½ Tbsp. sugar
- 1 Tbsp. garlic, chopped
- 1 Tbsp. honey
- 2 Tbsp. fresh squeezed orange juice
- ½ tsp. fresh rosemary, minced
- ⅓ cup honeydew, chopped

Reduce vinegar, sugar, garlic, and honey in saucepan to syrup consistency. Add remaining ingredients. Boil for 4 minutes and remove from stove. *(Makes 4 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
43	0g	5mg	11g	0g	0g

PAMM

M-PALEO

To make this recipe Modified Paleo friendly: Instead of the sugar, substitute honey or coconut sugar.

Avocado Salsa Fresca

1 ripe avocado, peeled and diced

2 Tbsp. fresh lime juice

1 large tomato, diced

1 yellow bell pepper, diced

½ cup red onion, diced

1 jalapeño pepper (seeds and membranes removed), minced

1 clove garlic, minced

¼ cup (packed) cilantro leaves, chopped

½ tsp. ground black pepper

Celtic sea salt to taste

Place avocado and lime juice in large bowl and toss gently to coat. (This will help to keep the avocado from browning.) Add tomato, yellow pepper, onion, jalapeño, garlic, cilantro, and black pepper. Toss gently to combine. Add salt to taste. *(Makes 4 servings)*

Developed by Monica Reinagel, MS, LD/N, CNS.

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
99	7g	8mg	7g	4g	2g

PAMM

M-PALEO

Honey Mustard Sauce

Blend all ingredients. *(Makes 4 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
52	3.5g	90mg	5g	0g	0g

PAMM

M-PALEO

2 Tbsp. fresh lemon juice

1 Tbsp. honey

1 Tbsp. Dijon mustard

1 Tbsp. organic extra virgin olive oil

Asian Marinade for Flank Steak or Chicken

Combine all ingredients in a coverable dish. Add flank steak or chicken pieces turning them so that marinade is in contact with the meat. Cover and refrigerate for up to 4 hours. Remove meat from marinade before grilling and use marinade to baste during cooking. Discard any leftover marinade. *(Makes enough for 6 servings of chicken or steak)*

1/3 cup low-sodium gluten free tamari
1/3 cup rice vinegar
2 Tbsp. Worcestershire sauce
1 Tbsp. honey
2 cloves garlic, mashed
1 tsp. ginger, minced
1/2 tsp. red pepper flakes (optional)

Nutrition Facts per Serving*:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
22	<0.5g	528mg	5g	<0.5g	1g

PAMM

*Does not include chicken or steak.

M-PALEO

To make this recipe Modified Paleo friendly:

Use gluten free Worcestershire sauce.

Mint Sauce

¾ cup plain regular or low-fat yogurt

1 Tbsp. fresh mint, chopped (or 1 tsp. dried mint)

1 Tbsp. regular or low-fat mayonnaise or salad dressing

1 Tbsp. orange peel, grated

1 clove garlic, finely chopped

Mix all ingredients. Cover and refrigerate at least 1 hour.
(Makes 4 servings)

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
42	2g	64mg	4g	0g	2.5g

PAMM

Homemade Mexican Seasoning Mix

Mix your own seasoning and store it in a jar until needed. (Makes enough to season 6 pounds of meat.)

To use, brown 1 pound of meat and drain off excess fat.

Add ½ cup of water and 2 tablespoons of seasoning mix.

Stir over medium heat until slightly thickened.

(Makes 6 servings)

4 Tbsp. chili powder

2 Tbsp. red paprika

2 Tbsp. onion powder

2 tsp. garlic powder

2 tsp. Celtic salt or salt substitute

2 tsp. cumin

½ tsp. ground cayenne

Nutrition Facts per Serving*:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
35	1g	829mg	5g	0g	1.5g

PAMM

M-PALEO

*Does not include meat.

Modified Paleo Diet

Dr. Drew Sinatra

For Whole Body Wellness & Weight Loss, Eat a PAMM Diet with a Modified Paleo Twist

Patients often ask me for the best diet to follow to regain their health, support optimal health, or to lose weight. I'm in complete agreement with my dad that a Pan-Asian Modified Mediterranean Diet (PAMM) diet is an excellent diet for your heart, and for your health in general.

But if your goal is to regain your vitality (such as after an illness), or you're having a tough time losing weight, you can take the PAMM diet a step further and incorporate what I call a "Modified Paleo Diet."

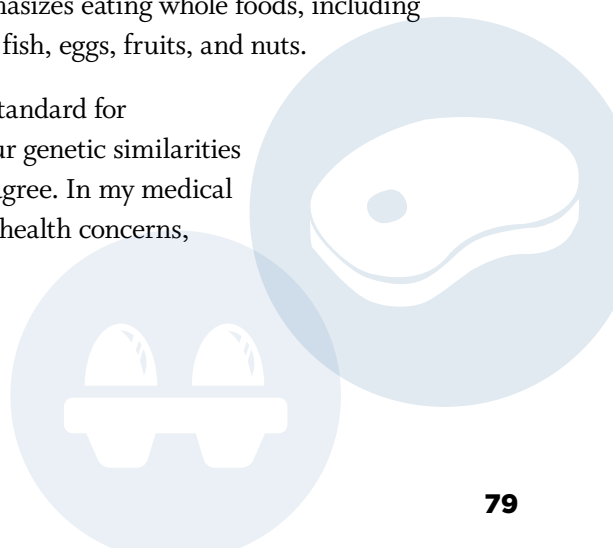
What Is a "Modified Paleo Diet"?

The Paleolithic (Paleo) Diet is based on what our ancestors ate before the agricultural revolution 10,000 years ago. Genetically we're practically identical to our Paleolithic ancestors. Yet, our modern day Western diet is drastically different in macro- and micro-nutrients, phytonutrients, and electrolytes than what our ancestors ate. Plus, we're eating a very different composition of fats, proteins, and, in particular, carbohydrates.

Our ancestors were hunters and gatherers who consumed foods like berries, shoots, flowers, bone marrow, fish, roots, bulbs, and nuts. Because our ancestors relied on finding food rather than cultivating it, grains and dairy were not available and, thus, were not consumed.

The modern-day version of the Paleo diet emphasizes eating whole foods, including vegetables, pasture-raised and grass-fed meats, fish, eggs, fruits, and nuts.

Some people say the Paleo diet should be the standard for contemporary human nutrition, considering our genetic similarities to our Paleolithic ancestors. I wholeheartedly agree. In my medical practice, I've seen the Paleo diet reverse many health concerns, beginning with weight management.



The Paleo Diet Reverses Many Eating Habits that Have Led to Obesity

As our diets have evolved over the years, obesity has reached epidemic proportions in the US. Alarming, over one third of Americans are obese—and our high-sugar, high-carbohydrate diets are a huge part of the problem.

Unlike the typical American diet, the Paleo diet is filled with low-glycemic carbohydrates and high-quality fats and proteins. This is a powerful combination for highly effective and reliable weight loss.

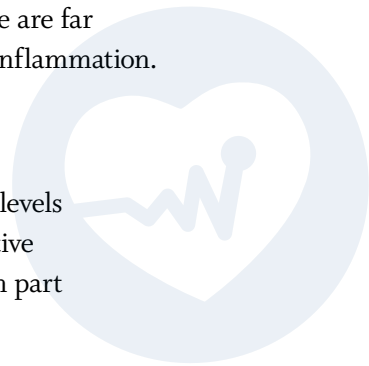
In fact, one of the most shocking differences between the Paleo and Western diets is the consumption of refined sugar. Because refined sugar did not exist in hunter-gatherer societies, literally no refined sugar was consumed per year. By comparison, in 2000 the average yearly consumption of sugar in the US was a whopping 69.1 kg per person!

It Also Puts the Brakes On Heart Disease

We know that in cultures where people eat a Paleo-style diet, there are far fewer cardiovascular issues—including lower blood pressure and inflammation. This has been proven in animal studies as well.

In a 12-week trial, pigs were fed a Paleo-type diet or cereal diet. The pigs that were eating the Paleo diet had lower blood pressure levels and better insulin sensitivity. They also had lower levels of C-reactive protein (CRP), a measure of inflammation—and the inflammation part of the equation is extremely important for heart health.

As my dad has long warned, chronic inflammation is at the root of cardiovascular disease—and sugar is the biggest culprit. That's because sugar and highly refined foods cause inflammation in the endothelial lining of blood vessels, and the body reacts by depositing cholesterol along the walls of the blood vessels to protect them. Over time, this inflammatory cascade leads to atherosclerosis (hardening of the arteries). By eating a Paleo-style diet, which limits your sugar intake, you're eliminating a key player in heart disease.



But sugar isn't the only culprit when it comes to inflammation, so is our modern-day wheat.

Wheat is found in many processed foods, from breads to pasta—and manufacturers use it in abundance because it's convenient, inexpensive, and long lasting.

The problem, according to Dr. William Davis, author of *Wheat Belly*, is that our modern-day wheat is grown from genes that have been spliced over 50,000 times to make it easier to grow and resistant to drought. But that splicing has also resulted in wheat that has a higher glycemic index than table sugar! By contrast, wheat grown in Europe where genetic modification is not accepted does not negatively impact our physiology in the same way.

Higher glycemic index foods like wheat are quickly broken down into sugar, which raises insulin levels, and high insulin levels are pro-inflammatory. Plus, high blood sugar levels in combination with proteins in the plasma create advanced glycation end-products (AGEs) that not only accelerate aging, but cause enormous oxidative stress in the body at the same time.

Never in our history have obesity, diabetes, insulin resistance, and metabolic syndrome been at the alarming levels that they are today. Flooding the body with sugar not only aggravates preexisting heart disease, it makes it more challenging to reverse.

Does this mean you should go gluten free?

Odds are good that you know at least one person who is eating “gluten free.” Some experts say this is a fad, but historical analysis of our diets actually supports the decision to eat a gluten free diet. Dr. David Perlmutter, author of *Grain Brain*, reports that humans have eaten gluten free for 99.9% of our existence. This statistic puts into perspective why so many people feel better on gluten free diets—we have been eating gluten free for the majority of our time on Earth.

To understand why this is important, it's essential to understand what gluten is. Gluten is a protein found in wheat, and it's responsible for the destruction of the gut lining in patients with celiac disease. Gluten is also found in other grains, such as spelt, rye, barley, and malt—plus it can be “hidden” in foods like oats if they're processed in the same facility as wheat. These gluten-containing grains do not raise blood sugar as much as wheat does, but can still damage the cells lining the intestinal tract due to their gluten content.

In fact, gluten is the prime culprit in “leaky gut.” In a normal, healthy intestine, cells are bonded together with Velcro-like connections. But gluten disrupts those tight bonds, allowing food and bacteria to leak out into your bloodstream—activating the immune

Modified Paleo Diet

system, and setting the stage for autoimmune disease and other inflammatory conditions to develop.

Some people can digest and break down gluten better than others. For someone with celiac disease, for example, gluten literally acts as a “poison” and must be avoided. For others, gluten is unknowingly contributing to health ills. And for some people, gluten has absolutely no effect.

Clinically, I have found that about 80 percent of my patients feel much better on a gluten free diet. They have less fatigue, headaches, rashes, and joint pain and better cognitive function. Plus, taking gluten out of the diet can help tremendously with gas pain, bloating, and abdominal pain. If you’re unsure if you’re gluten sensitive, I recommend eliminating gluten-containing grains for at least three weeks and see if you notice changes in your body.

One of the best ways to limit, or eliminate, sugar and wheat from your diet is with the Modified Paleo Diet.

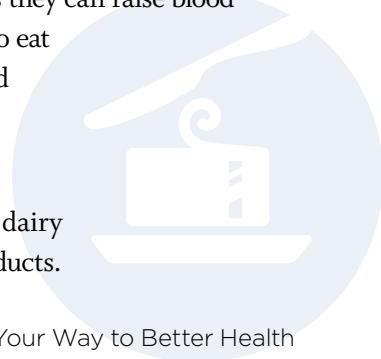
What Can You Eat on a Modified Paleo Diet?

As I mentioned earlier, a traditional Paleo diet is void of all grains, dairy products, and legumes (i.e., beans, peanuts, soy). But completely eliminating these foods can be overwhelming for most people. So, I have added in some of these foods to help make the Paleo diet easier to follow. So, what can you eat?

- **Gluten free grains and legumes—if properly prepared.** While I don’t recommend eating foods with gluten, I do allow for the consumption of some gluten free grains and legumes—if prepared properly. For example, if legumes are soaked overnight (or at least six hours) and then cooked, these foods will contain fewer “anti-nutrients” like phytic acid and lectins, which will make these foods easier to digest.

With gluten free grains, I allow rice, millet, quinoa, and buckwheat. As for legumes, I allow lentils, beans, and fermented soy products like miso, tempeh, and natto. Grains and legumes should be consumed in moderation, however, as they can raise blood sugar and subsequently insulin levels. For example, it’s okay to eat a half cup of rice as long as you eat it with enough protein and fats to blunt the impending insulin response.

- **Organic grass-fed butter and ghee.** With a Modified Paleo Diet, I recommend staying away from most dairy products since many people unknowingly react to milk products.



But for those who are able to digest grass-fed butter and/or ghee, I allow these oils because they are excellent sources of fats, as well as vitamins A and K2. Grass-fed butter and ghee also contain butyric acid, a short-chain fatty acid that provides fuel for your intestinal cells and calms the immune system. Plus, it can increase insulin sensitivity.

- **The right fats.** Our bodies need healthy fats to function optimally. That's because fats support the synthesis of sex hormones, help to absorb vitamins, convert into energy, and support brain function. But unfortunately, for decades the media has demonized fats, including good fats like grass-fed butter, ghee, and coconut oil. There are fats you need to avoid—such as trans fats which can increase risk for heart disease—but good fats are important for optimal health.

One of my favorite sources of fats is coconut oil. I use it for cooking, baking, as a spread—and even add it to my coffee. Coconut oil is a tremendously healthy saturated fat that contains medium-chain triglycerides (MCTs) like caprylic and lauric acid. These MCTs have antibacterial, antifungal, and antioxidant properties.

- **Fruits and vegetables.** Vegetables are an excellent dietary staple, and most can be eaten in almost unlimited amounts. You do, however, want to limit starchy vegetables like potatoes, yams, sweet potatoes, and winter squash, which can spike your blood sugar. With fruit, it is okay to eat 2–3 servings of fruits in a day, but eating more than that may give you too much sugar for your body to handle.
- **Protein.** For protein sources, I recommend grass-fed and/or pasture-raised beef, chicken, pork, lamb, turkey, bison, and cold water fish (especially Alaskan salmon and black cod). These foods can be found at farmers markets, online, or at markets that contain organic foods.

Modified Paleo meals should be simple and balanced.

For example, you could eat baked sweet potato fries (see recipe on page 87) with a 4–6 ounce grass-fed steak (baked or grilled), lightly steamed broccoli with grass-fed butter or olive oil drizzled on top, and a colorful salad with olive oil.

Ideally, you want to fill your plate with a rainbow-colored assortment of vegetables (raw and cooked), a small protein source (meat, seafood, tempeh, etc.), a small amount of carbohydrates (quinoa, short-grain rice, lentils, etc.), and some healthy fats (olive or coconut oil).

It's Important to Know Where Your Food Comes From

For healthy eating, I highly recommend buying most of your food locally, and getting to know where your food comes from. Where I live in Northern California, I buy most of our fruits, vegetables, and meats at local farmers markets—where I know the farmers personally and exactly how the food is grown.

When shopping for food, organic is always preferable, but not always available. So, I recommend asking the farmer if he or she uses chemicals, because some farms are not certified organic yet choose not to use chemicals.

There is a wonderful website www.ewg.org that lists produce that are prone to have high pesticide residues—often called the “Dirty Dozen.” It also includes a list of produce that typically have low levels of pesticides, sometimes referred to as the “Clean 15.” Avoiding the Dirty Dozen fruits and vegetables, and buying organic when possible, can dramatically reduce your pesticide exposure.

Another benefit of buying food locally is that it generally tastes better and fresher. Vegetables that are freshly picked are more nutrient dense than vegetables shipped across the country, especially if temperature and humidity are not tightly controlled during transport.

The same rule of thumb applies to meats. When I buy my meats from farmers markets, or local grocery stores or butchers, I like to know where the meat comes from and, even more importantly, what the animals ate. These factors greatly affect the quality and nutrient content. For example, grass-fed beef is loaded with heart healthy omega-3s, conjugated linoleic acid (CLA), and carotenoids, which come from the animals' grass diets. Conventional and factory-farmed beef, on the other hand, is higher in omega-6 fatty acids because those animals are generally fed corn and soy.

There's a movement called farm-to-table that is changing the way we think about food. This movement emphasizes knowing more about our food production and encourages healthy farming practices such as the production of organic, sustainable, and non-GMO foods. One of the easiest ways to get involved in the farm-to-table movement is to shop at farmers markets to support the local farmers and growers.

Modified Paleo Foods

Vegetables: Avocado, broccoli, cauliflower, cabbage, Brussels sprouts, collards, fennel, celery, asparagus, kale, spinach, arugula, Swiss chard, zucchini, artichokes, okra, summer squash, winter squash, pumpkin, sweet potato, yam, kohlrabi, parsnips, rutabaga, carrots, green onion, onion, garlic, parsley, bok choy, and cilantro.

Peppers, eggplant, tomatoes, and potatoes are allowed if you don't react to them. These vegetables are part of the nightshade family, and some people develop heartburn, dry skin, or joint pain when these foods are eaten.

Fruits: Blueberries, blackberries, raspberries, pomegranates, strawberries, lemons, limes, grapefruits, apples, pears, nectarines, peaches, cherries, plums, figs, apricots, kiwi, mango, persimmon, grapes, papaya, and pineapple.

Meats: Grass-fed and/or pasture-raised meats including beef, lamb, chicken, turkey, pork, bison, and wild boar. Bacon is okay to consume occasionally, as long as it's from pasture-raised pigs.

Fish: Wild-caught Alaskan salmon, halibut, haddock, sardines, anchovies, trout, and black cod.

Shellfish: Crab, lobster, scallops, and mussels.

Nuts: Walnuts, raw almonds, macadamias, pecans, pistachios, hazelnuts, pine nuts, and coconuts.

Seeds: Hemp, chia, sunflower, pumpkin, flax, and sesame.

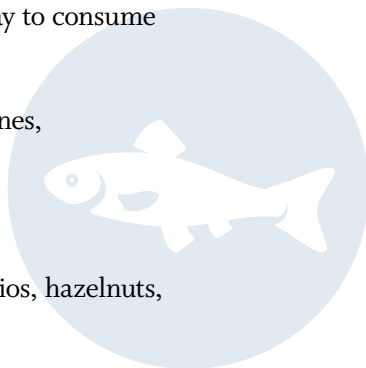
Fats: Grass-fed butter or ghee, MCT oil, coconut oil, extra virgin olive oil, sesame oil, avocado oil, avocados, grass-fed pasture-raised marrow bones, and pasture-raised eggs.

Gluten free grains: Quinoa, rice, millet, and buckwheat.

Legumes: Beans, lentils, peas, and fermented soy (tempeh, miso, natto).

Sweeteners: Stevia, xylitol, sorbitol, maltitol, raw honey, coconut sugar, and maple syrup.

Seasonings: Sea salt, ginger, turmeric, cumin, allspice, garlic, black pepper, onion, cilantro, parsley, rosemary, thyme, mustard seed, tamari, nutmeg, paprika, lavender, vanilla, and tarragon.



Modified Paleo Diet Recipes

Wild Salmon with Garlic, Parsley, and Sundried Tomato Topping

4–6 large garlic cloves, minced
1 tsp Celtic sea salt
6 Tbsp. finely chopped fresh parsley
4 Tbsp. finely minced sundried tomatoes
¼ cup light olive oil
1.5 lb. wild salmon fillet, with skin

To create the topping, put the first five ingredients in a food processor and blend for 30 seconds. Use a spatula to coat the salmon fillet with the topping. Grill or bake at 400° F with the skin side down until the salmon is done (approximately 10–14 minutes depending on thickness of fillet). *(Makes 6 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
253	17g	487mg	2g	1g	23g

PAMM

M-PALEO



Sautéed Collard Greens

Sauté chopped collard greens in garlic and olive oil. Lightly season with Celtic sea salt and sesame seeds to taste. *(Makes 3 servings)*

Recipe variation: Steam collard greens and season with garlic, olive oil, Celtic sea salt, and sesame seeds.

1 lb. fresh collard greens, chopped
1 Tbsp. light olive oil
2 cloves garlic, minced
Celtic sea salt to taste
Sesame seeds to taste

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
191	10g	462mg	6g	2g	2g

PAMM

M-PALEO

Baked Sweet Potato Fries

2 large sweet potatoes or yams

2 Tbsp. coconut oil, melted

¼-½ tsp Celtic sea salt

Preheat oven to 400° F. Cut sweet potatoes or yams into thin strips (slightly thicker than traditional fries) and add coconut oil and salt to mixing bowl. Mix ingredients together and place on baking pan. Bake until done (30 minutes, depending on the thickness of the fries), turning fries halfway through baking. Season with Celtic sea salt to taste. *(Makes 5 servings)*

Nutrition Facts per Serving:

Calories:	Total Fat:	Sodium:	Carbohydrate:	Fiber:	Protein:
101	5g	116mg	13g	2g	1g

PAMM

M-PALEO

Green Smoothie

Green smoothies are a wonderful way to get additional greens and fiber into your diet. Use a Vitamix or other high-powered blender as these blenders will break down plant cellulose to make it easier to digest. Try to buy *fresh* organic produce when possible, or at least buy from local farms or farmers markets.

½-1 apple or ½-1 ripe pear, cored and cut into chunks

½-1 lemon, juiced

1-2-inch piece fresh ginger, peeled and cut

2-4 kale leaves, rinsed and torn

2-4 romaine lettuce leaves, beet greens, collard greens, rainbow chard, rinsed and torn

1 cup frozen/ fresh blueberries or raspberries or strawberries

1 handful of fresh arugula, parsley, cilantro, or mint leaves

4-8 cups water and/ or coconut water (depending on blender size and desired consistency).

Recipe inspired by *The Whole Life Nutrition Cookbook* by Tom Malterre and Alissa Segerste.

PAMM

M-PALEO

Blend ingredients until smooth and ready to drink. If you want a cold, shake-like taste experience, add ice or use frozen juice cubes. Fresh and organic is best, but when neither organic nor fresh fruits are in season, you can use frozen fruits. Depending on how you make it, this smoothie can come out so thick that you'll need a spoon. Or, you can add more liquid. (*Makes 3-4 servings*)

Recipe variation: If you are using a high-powered juicer or blender, such as the Vitamix, you can experiment with adding other ingredients to the mix, such as:

- ½ cup pomegranate
- 1 raw or cooked beet, cut into chunks
- 1 tbsp. miso paste
- 1-2 kiwi fruits, peeled
- 2 tablespoons flax, sesame, or chia seeds
- 1 bell pepper, cut in half
- ½ bunch of dandelion greens (can taste bitter)
- 2-3 stalks of celery (helps lower blood pressure)
- ½-1 avocado
- 4 inch piece of burdock root, cut in cubes
- 2 inch piece of turmeric root, cut in cubes
- A handful of seaweed (wakame, dulse), soaked for a couple minutes
- 2-3 medjool dates as a sweetener

Nutrition Facts per Serving:

Varies based on the ingredients used.

Almond Chai Smoothie

Add all the ingredients into a high-powered blender and blend until smooth consistency. *(Makes 3–4 servings)*

Recipe inspired by *The Whole Life Nutrition Cookbook* by Tom Malterre and Alissa Segerste.

Nutrition Facts per Serving:

Varies based on the ingredients used.

PAMM

M-PALEO

2 cups raw almond milk (or coconut, or homemade hemp milk)

3–6 Medjool dates (pitted)

2.5 cups ice cubes, made with filtered water

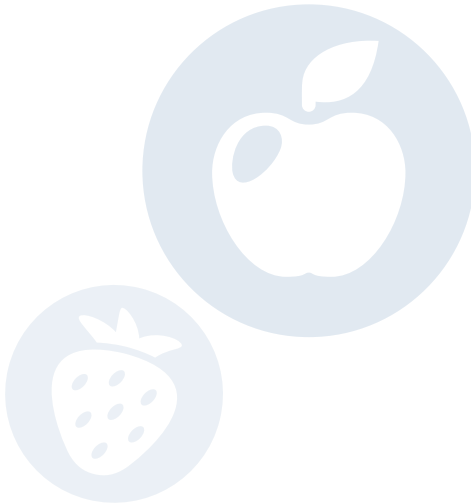
1 Tbsp. chia seeds

1.5 level tsp. cinnamon

1–2-inch piece of fresh ginger, or 1 level tsp. ground ginger

⅛–¼ tsp ground cardamom

¼ tsp vanilla powder (optional)



Dr. Sinatra

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