



Chapter 12

Glow15 Recipes

My favorite Glow15 recipes are easy to make and, more important, delicious—because I believe in not only loving your food, but also loving to *make* your food. Each recipe is designed to follow the Glow15 plan, helping you activate your autophagy. The foods needed are all at your local grocery store. The preparation is either minimal or can be done in advance. And the practicality of being able to freeze for future use was considered. To create these recipes, I consulted with nutritionists, chefs, and home cooks just like you. With their help, I’ve also included the macronutrient breakdown (fat, protein, and carbohydrate) for each dish. I purposely left out the calorie count for each recipe because on Glow15 we don’t count calories. But we do count taste, so enjoy!

Key for Autophagy Activators in Glow15

Polyphenols	PO	Saponins	SA
Sphingolipids	SP	Vitamin C, D, E, K	VIT
Omega-3	O3	Spermidine	SM
Sulforaphane	SU	Probiotics	PB

Use this key to learn exactly which autophagy activators are at play in the recipes in this chapter.

AutophaTea

Autophagy activators: SP, VIT, PO

Makes 1 serving • Prep time: 5 minutes

Your ultimate youth boost. Enjoy up to four cups of this delicious and nutritious autophagy-activating drink daily. On both High and Low days, it will keep you satiated, focused, and energized.

Note: Start with 1 teaspoon coconut oil per cup, and work your way up to 1 to 2 tablespoons over several days.

- 1 green tea bag
- 1 whole citrus bergamot Earl Grey tea bag
- 1 cinnamon stick
- 1 tablespoon raw coconut oil (see Note)
- 1 teaspoon trehalose (optional)

1. In a kettle or small saucepan, bring 1 to 1½ cups water to a boil. Pour the water into a large mug and add the tea bags and cinnamon stick. Let steep for at least 3 minutes (the longer the better), then remove and discard the tea bags.
2. Add the coconut oil and stir it in using the cinnamon stick.
3. Mix it all together for 20 to 30 seconds. You can also blend the tea to help mix the flavors and emulsify the oil.
4. If desired, sweeten the tea with the trehalose.

Nutritional analysis per serving (1 tea): fat 14g, protein 0g, carbohydrate 0g

Nutritional analysis per serving with trehalose (1 tea): fat 14g, protein 0g, carbohydrate 4g

AvocaGlow

Autophagy activators: SP, VIT, PO

Makes 1 serving • Prep time: 5 minutes

This is the Glow15 go-to meal to get fat first with nutrient-dense autophagy activators. It's easy to make and can be enjoyed on both High and Low days. My kids request it for their breakfast and I love it to break my fast, too.

- 2 teaspoons tea seed oil
- 1 teaspoon fresh lemon juice
- Sea salt
- Red pepper flakes
- ½ avocado

AvocaGlow High Option 1

- 2 large eggs, cooked to your liking
- 1 ounce feta cheese, crumbled

AvocaGlow High Option 2

- 4 ounces smoked salmon
- 1 ounce goat cheese, crumbled

1. In a small bowl, whisk together the tea seed oil, lemon juice, salt, and red pepper flakes.
2. Drizzle the mixture over the avocado and enjoy. On High days, add your favorite protein option.

Nutritional analysis per serving (½ avocado): fat 20g, protein 1g, carbohydrate 6g, net carbs 1g

Nutritional analysis per serving, option 1 (½ avocado): fat 34g, protein 19g, carbohydrate 8g

Nutritional analysis per serving, option 2 (½ avocado): fat 33g, protein 24g, carbohydrate 7g

Egg15 Recipes

One of my favorite parts of Glow15 is the introduction of Egg15. These fifteen recipes created for both High and Low days are easy to prepare, can be made well in advance, are convenient for travel and storage—and most important, they're delicious!

You prepare and bake these eggs in muffin tins, which gives you a perfect portion size every time (and I like the shape!). And they're designed for you to be able to prepare both High- and Low-day versions of Egg15 at once—this not only maximizes your time, but also the use of eggs. You're able to do so because egg whites are high in protein, so you will use only egg yolks on Low days, but you can use those extra whites for High days (if you make six servings of an Egg15 Low recipe, you will have six egg whites left over to use in your Egg15 High recipe).

Make extra and store them in the freezer so you won't have to make any the following week. To freeze the egg muffins, let them cool completely at room temperature or in the fridge, place them in a freezer-safe zip-top bag, and freeze for up to three months. To serve them from the freezer, let them thaw overnight in the fridge and then warm in the microwave on a plate or in a glass bowl for 20 to 30 seconds. (Hint: Adding a few drops of water to the eggs or even on the plate before reheating helps hydrate the egg muffins and gives them a “fresh” texture.)

The best part: Each Egg15 serving is two muffins.

Pizza Omelet Egg Muffins (High)

Autophagy activators: SP, SU, SM, PO, VIT, SA

Makes 3 servings (6 muffins) • Prep time: 10 minutes • Cook time: 20 minutes

- 1½ teaspoons tea seed oil
- 6 large eggs
- 6 egg whites (reserved from Egg15 Low recipes)
- Dash of sea salt
- Dash of freshly ground black pepper
- 1 medium tomato, diced
- ½ cup fresh basil, chopped
- 1 tablespoon chopped fresh oregano, or
½ teaspoon dried
- ½ cup shredded fresh mozzarella cheese

1. Preheat the oven to 350°F. Grease six cups of a muffin tin with the oil.
2. In a large bowl, whisk together the eggs, egg whites, salt, and pepper. Set aside.
3. Evenly distribute the tomato, basil, and oregano among the greased muffin cups.
4. Evenly sprinkle ¼ cup of the cheese over the tomatoes and herbs.
5. Use a ⅓-cup measure to divide the egg mixture among the muffin cups, being careful not to overfill them.
6. Sprinkle the remaining ¼ cup cheese over the egg, dividing it evenly.
7. Bake for 15 to 20 minutes, until the eggs are set.
8. Serve immediately, or let cool completely and freeze (see page 188).

Nutritional analysis per serving (2 egg muffins, not including extra egg whites): fat 17g, protein 17g, carbohydrate 4g

Nutritional analysis per serving (2 egg muffins, including extra egg whites): fat 17g, protein 25g, carbohydrate 4g

Broccoli Cheddar Egg Muffins (High)

Autophagy activators: SP, SU, SM, VIT, PO

Makes 3 servings • Prep time: 10 minutes • Cook time: 20 minutes

- 1½ teaspoons tea seed oil
- 6 large eggs
- 6 egg whites (reserved from Egg15 Low recipes)
- Dash of sea salt
- Dash of freshly ground black pepper
- 1 tablespoon chopped fresh chives (optional)
- 1 cup small broccoli florets
- ½ cup shredded cheddar cheese

1. Preheat the oven to 350°F. Grease six cups of a muffin tin with the oil.
2. In a large bowl, whisk together the eggs, egg whites, salt, pepper, and chives (if using). Set aside.
3. In a medium bowl, toss together the broccoli and cheese.
4. Evenly divide the broccoli-cheddar mixture among the greased muffin cups.
5. Use a ⅓-cup measure to divide the egg mixture among the muffin cups, being careful not to overfill them.
6. Bake for 15 to 20 minutes, until the eggs are set.
7. Serve immediately, or let cool completely and freeze (see page 188).

Nutritional analysis per serving (2 egg muffins, not including extra egg whites): fat 18g, protein 17g, carbohydrate 4g, net carbs 3g

Nutritional analysis per serving (2 egg muffins, including extra egg whites): fat 18g, protein 24g, carbohydrate 4g, net carbs 3g

Salmon, Onion, Cream Cheese, and Dill Egg Muffins (High)

Autophagy activators: SP, O3, SM, VIT, PO

Makes 3 servings • Prep time: 10 minutes • Cook time: 20 minutes

- 2 teaspoons tea seed oil
- 6 large eggs
- 6 egg whites (reserved from Egg15 Low recipes)
- Dash of sea salt
- Dash of freshly ground black pepper
- ½ onion, chopped
- 4 ounces thinly sliced Nova Scotia smoked salmon or lox, cut into ½-inch-wide strips
- 1 (4-ounce) package goat cheese, cut into ½-inch pieces
- 1 tablespoon chopped fresh dill

1. Preheat the oven to 350°F. Grease six cups of a muffin tin with 1½ teaspoons of the oil.
2. In a large bowl, whisk together the eggs, egg whites, salt, and pepper. Set aside.
3. In a medium skillet, heat ½ teaspoon oil over medium-high heat. Add the onion and cook, stirring, until translucent, 5 to 8 minutes. Let cool.
4. Layer the onion, salmon, and cheese in the muffin cups.
5. Use a ⅓-cup measure to divide the egg mixture among the muffin cups, being careful not to overfill them.
6. Sprinkle the dill over the egg, dividing it evenly.
7. Bake for 15 to 20 minutes, until the eggs are set.
8. Serve immediately, or let cool completely and freeze (see page 188).

Nutritional analysis per serving (2 egg muffins, not including extra egg whites): fat 21g, protein 27g, carbohydrate 3g

Nutritional analysis per serving (2 egg muffins, including extra egg whites): fat 17g, protein 35g, carbohydrate 4g

Spinach, Bacon, and Goat Cheese Egg Muffins (High)

Autophagy activators: SP, PO, VIT, SM

Makes 3 servings • Prep time: 15 minutes • Cook time: 20 minutes

- 2 teaspoons tea seed oil
- 2 slices nitrite-free bacon
- 1 cup chopped fresh spinach
- 6 large eggs
- 6 egg whites (reserved from Egg15 Low recipes)
- Dash of sea salt
- Dash of freshly ground black pepper
- 2 tablespoons crumbled goat cheese
- 2 tablespoons chopped fresh parsley

1. Preheat the oven to 350°F. Grease six cups of a muffin tin with 1½ teaspoons of the oil.
2. In a medium skillet, cook the bacon over medium heat until golden. Set aside on paper towels to drain, then coarsely chop.
3. In the same pan, heat ½ teaspoon oil over medium-high heat. Add the spinach and cook until wilted, 1 to 2 minutes. Set aside.
4. In a bowl, whisk together the eggs, egg whites, salt, and pepper.
5. Evenly divide the spinach among the muffin cups, then the bacon.
6. Use a ⅓-cup measure to divide the egg mixture among the muffin cups, being careful not to overfill them.
7. Sprinkle the egg with the goat cheese and parsley, dividing them evenly.
8. Bake for 15 to 20 minutes, until the eggs are set.
9. Serve immediately, or let cool completely and freeze (see page 188).

Nutritional analysis per serving (2 egg muffins, not including extra egg whites): fat 14g, protein 15g, carbohydrate 1g

Nutritional analysis per serving (2 egg muffins, including extra egg whites): fat 17g, protein 23g, carbohydrate 4g

Greek Egg Muffins (High)

Autophagy activators: SP, PO, SA, SM, VIT

Makes 3 servings • Prep time: 10 minutes • Cook time: 20 minutes

- 2 teaspoons tea seed oil
- 1 cup chopped spinach
- 6 large eggs
- 6 egg whites (reserved from Egg15 Low recipes)
- Dash of sea salt
- Dash of freshly ground black pepper
- 6 pitted black olives, chopped
- 1 medium tomato, chopped
- 1½ teaspoons dried oregano
- ½ cup feta cheese, crumbled

1. Preheat the oven to 350°F. Grease six cups of a muffin tin with 1½ teaspoons of the oil.
2. In a medium skillet, heat ½ teaspoon oil over medium-high heat. Add the spinach and cook until wilted, 1 to 2 minutes. Set aside to cool.
3. In a bowl, whisk together the eggs, egg whites, salt, and pepper.
4. Layer the spinach, olives, and tomato in the muffin cups, dividing them evenly.
5. Use a ⅓-cup measure to divide the egg mixture among the muffin cups, being careful not to overfill them.
6. Sprinkle the oregano and feta cheese over the egg, dividing them evenly.
7. Bake for 15 to 20 minutes, until the eggs are set.
8. Serve immediately, or let cool completely and freeze (see page 188).

Nutritional analysis per serving (2 egg muffins, not including extra egg whites): fat 22g, protein 21g, carbohydrate 6g, net carbs 5g

Nutritional analysis per serving (2 egg muffins, including extra egg whites): fat 22g, protein 29g, carbohydrate 6g, net carbs 5g

BLT Egg Muffins (High)

Autophagy activators: SP, PO, VIT, SA, SM, PO

Makes 3 servings • Prep time: 15 minutes • Cook time: 20 minutes

- 1½ teaspoons tea seed oil
- 2 slices nitrite-free bacon
- 6 large eggs
- 6 egg whites (reserved from Egg15 Low recipes)
- 1 cup coarsely chopped arugula
- 1 medium tomato, chopped
- Dash of sea salt
- Dash of freshly ground black pepper
- 2 tablespoons chopped fresh parsley

1. Preheat the oven to 350°F. Grease six cups of a muffin tin with the oil.
2. In a medium skillet, cook the bacon over medium-high heat until golden. Set aside on paper towels to drain and cool. Coarsely chop the bacon and set aside.
3. In a large bowl, whisk together the eggs, egg whites, arugula, tomato, salt, and pepper.
4. Use a ⅓-cup measure to divide the egg mixture among the muffin cups, being careful not to overfill them.
5. Sprinkle the bacon and parsley over the egg, dividing them evenly.
6. Bake for 15 to 20 minutes, until the eggs are set.
7. Serve immediately, or let cool completely and freeze (see page 188).

Nutritional analysis per serving (2 egg muffins, not including extra egg whites): fat 14g, protein 15g, carbohydrate 4g, net carbs 3g

Nutritional analysis per serving (2 egg muffins, including extra egg whites): fat 17g, protein 23g, carbohydrate 4g, net carbs 3g

Sausage, Kale, and Onion Egg Muffins (High)

Autophagy activators: SP, PO, VIT, SU, SM

Makes 3 servings • Prep time: 15 minutes • Cook time: 20 minutes

- 2 teaspoons tea seed oil
- 4 ounces hot or sweet sausage meat
- ½ onion, chopped
- 1½ cups very thinly sliced kale leaves
- Sea salt and freshly ground black pepper
- 6 large eggs
- 6 egg whites (reserved from Egg15 Low recipes)

1. Preheat the oven to 350°F. Grease six cups of a muffin tin with 1½ teaspoons of the oil.
2. In a medium skillet, heat ½ teaspoon oil over medium-high heat. Add the sausage and cook, breaking up the meat with a wooden spoon as it cooks, until evenly browned. Set aside.
3. In the same pan, cook the onion over medium heat until translucent, 5 to 8 minutes. Reduce the heat to low and add the kale. Gently cook until the kale wilts. Let cool. Season with salt and pepper.
4. In a large bowl, whisk together the eggs, egg whites, and salt and pepper.
5. Evenly divide the sausage among the greased muffin cups.
6. Evenly divide the onion-kale mixture over the sausage.
7. Use a ⅓-cup measure to divide the egg mixture among the muffin cups, being careful not to overfill them.
8. Bake for 15 to 20 minutes, until the eggs are set.
9. Serve immediately, or let cool completely and freeze (see page 188).

Nutritional analysis per serving (2 egg muffins, not including extra egg whites): fat 23g, protein 19g, carbohydrate 4g

Nutritional analysis per serving (2 egg muffins, including extra egg whites): fat 17g, protein 27g, carbohydrate 4g

Bacon, Spinach, and Cheese Egg Muffins (High)

Autophagy activators: SP, SM, PO, VIT

Makes 3 servings • Prep time: 15 minutes • Cook time: 20 minutes

- 1½ teaspoons tea seed oil
- 2 slices nitrite-free bacon
- 1 cup chopped spinach
- 6 large eggs
- 6 egg whites (reserved from Egg15 Low recipes)
- Dash of sea salt
- Dash of freshly ground black pepper
- ½ cup shredded cheddar cheese

1. Preheat the oven to 350°F. Grease six cups of a muffin tin with the oil.
2. In a medium skillet, cook the bacon over medium heat until golden. Drain on paper towels and let cool. Coarsely chop the bacon and set aside.
3. In the bacon drippings, cook the spinach over medium heat, stirring, until wilted.
4. In a medium bowl, whisk together the eggs, egg whites, salt, and pepper.
5. Add the bacon, spinach, and cheese to the eggs and stir to combine.
6. Evenly divide the egg mixture among the greased muffin cups, being careful not to overfill them.
7. Bake for 15 to 20 minutes, until the eggs are set.
8. Serve immediately, or let cool completely and freeze (see page 188).

Nutritional analysis per serving (2 egg muffins, not including extra egg whites): fat 19g, protein 18g, carbohydrate 2g

Nutritional analysis per serving (2 egg muffins, including extra egg whites): fat 17g, protein 26g, carbohydrate 4g

Meat Lover's Egg Muffins (High)

Autophagy activators: SP, SM, VIT, PO

Makes 3 servings • Prep time: 15 minutes • Cook time: 20 minutes

- 2½ teaspoons tea seed oil
- 4 ounces ground beef
- Sea salt and freshly ground black pepper
- 6 large eggs
- 6 egg whites (reserved from Egg15 Low recipes)
- 2 ounces sliced ham, chopped
- ½ cup shredded sharp cheddar cheese
- ½ cup chopped fresh parsley

1. Preheat the oven to 350°F. Grease six cups of a muffin tin with 1½ teaspoons of the oil.
2. In a medium skillet, heat 1 teaspoon oil. Add the ground beef and cook, breaking up the meat with a wooden spoon as it cooks, until the beef is browned. Season with salt and pepper and set aside.
3. In a large bowl, whisk together the eggs, egg whites, and salt and pepper.
4. Layer the beef, ham, cheese, and parsley among the greased muffin cups, dividing them evenly.
5. Use a ⅓-cup measure to divide the egg mixture among the muffin cups, being careful not to overfill them.
6. Bake for 15 to 20 minutes, until the eggs are set.
7. Serve immediately, or let cool completely and freeze (see page 188).

Nutritional analysis per serving (2 egg muffins, not including extra egg whites): fat 26g, protein 28g, carbohydrate 3g

Nutritional analysis per serving (2 egg muffins, including extra egg whites): fat 17g, protein 36g, carbohydrate 4g

Swiss Chard, Tomato, and Onion Egg Muffins (Low)

Autophagy activators: PO, VIT, SP, SA

Makes 3 servings • Prep time: 10 minutes • Cook time: 20 minutes

- 2 teaspoons tea seed oil
- ½ onion, chopped
- 1 cup packed coarsely chopped Swiss chard
- 6 egg yolks (reserve the whites for Egg15 High recipes)
- Sea salt and freshly ground black pepper
- 6 cherry tomatoes, halved

1. Preheat the oven to 350°F. Grease six cups of a muffin tin with 1½ teaspoons of the oil.
2. In a large skillet, heat ½ teaspoon oil over medium-high heat. Add the onion and cook, stirring, until translucent, 5 to 8 minutes. Reduce the heat to low, add the chard, and cook, stirring, until the chard wilts. Set aside to cool.
3. In a medium bowl, gently whisk the egg yolks to combine.
4. Add the onion-chard mixture to the egg yolks and season with salt and pepper. Stir well.
5. Evenly divide the egg mixture among the greased muffin cups, being careful not to overfill them. Top each cup with 2 tomato halves.
6. Bake for 15 to 20 minutes, until the eggs are set.
7. Serve immediately, or let cool completely and freeze (see page 188).

Nutritional analysis per serving (2 egg muffins): fat 10g, protein 6g, carbohydrate 3g, net carbs 2g

Mushroom and Onion Egg Muffins (Low)

Autophagy activators: SP, SM, PO

Makes 3 servings • Prep time: 10 minutes • Cook time: 20 minutes

- 2 teaspoons tea seed oil
- ½ onion, chopped
- 1 cup sliced white mushrooms
- Dash of sea salt
- Dash of freshly ground black pepper
- 6 egg yolks
- 2 tablespoons chopped fresh parsley

1. Preheat the oven to 350°F. Grease six cups of a muffin tin with 1½ teaspoons of the oil.
2. In a medium skillet, heat ½ teaspoon oil over medium-high heat. Add the onion and cook, stirring, until translucent, 5 to 8 minutes. Transfer the onions to a medium bowl and set aside.
3. In the same pan, cook the mushrooms over medium heat until golden brown, about 10 minutes.
4. Drain the mushrooms and add them to the bowl with the onion. Season with salt and pepper. Mix well.
5. In a separate medium bowl, gently whisk the egg yolks.
6. Add the egg yolks to the bowl with the onion and mushrooms. Mix well.
7. Evenly divide the egg mixture among the greased muffin cups, being careful not to overfill them.
8. Sprinkle the egg with the parsley, dividing it evenly.
9. Bake for 15 to 20 minutes, until the eggs are set.
10. Serve immediately, or let cool completely and freeze (see page 188).

Olive, Pepper, and Onion Egg Muffins (Low)

Autophagy activators: SP, SA, PO, VIT

Makes 3 servings • Prep time: 10 minutes • Cook time: 20 minutes

- 2 teaspoons tea seed oil
- ½ onion, chopped
- 1 bell pepper, finely diced
- 6 black olives, pitted and chopped
- Dash of sea salt
- Dash of freshly ground black pepper
- 6 egg yolks

1. Preheat the oven to 350°F. Grease six cups of a muffin tin with 1½ teaspoons of the oil.
2. In a medium skillet, heat ½ teaspoon oil over medium-high heat. Add the onion and cook, stirring, until translucent, 5 to 8 minutes. Transfer the onion to a medium bowl and set aside.
3. In the same pan, cook the bell peppers over medium heat until soft, 6 to 8 minutes. Add the peppers to the bowl with the onion, add the olives, and season with salt and black pepper. Mix well.
4. In a separate medium bowl, gently whisk the egg yolks.
5. Add the egg yolks to the bowl with the vegetables and mix well.
6. Evenly divide the egg mixture among the greased muffin cups, being careful not to overfill them.
7. Bake for 15 to 20 minutes, until the eggs are set.
8. Serve immediately, or let cool completely and freeze (see page 188).

Nutritional analysis per serving (2 egg muffins): fat 11g, protein 6g, carbohydrate 5g, net carbs 4g

Kale and Jalapeño Egg Muffins (Low)

Autophagy activators: SP, PO, VIT, SA, SU

Makes 3 servings • Prep time: 10 minutes • Cook time: 20 minutes

- 1½ teaspoons tea seed oil
- 1½ cups kale, de-stemmed and finely chopped
- 1 fresh jalapeño, seeds removed, finely diced
- ½ teaspoon ground cumin
- Dash of sea salt
- Dash of freshly ground black pepper
- 6 egg yolks
- 2 tablespoons chopped fresh cilantro

1. Preheat the oven to 350°F. Grease six cups of a muffin tin with the oil.
2. Prepare a mesh steamer and cook the kale until lightly steamed, 2 to 3 minutes. Remove from the heat and place in a mixing bowl.
3. Add the jalapeño, cumin, salt, and pepper to the bowl with the kale. Stir to combine. Set aside.
4. In a separate medium bowl, gently whisk together the egg yolks.
5. Evenly distribute the kale-jalapeño mixture among the greased muffin cups. Sprinkle with the cilantro, dividing it evenly.
6. Use a ⅓-cup measure to divide the egg yolks among the muffin cups, being careful not to overfill them.
7. Bake for 15 to 20 minutes, until the eggs are set.
8. Serve immediately, let cool completely and freeze (see page 188).

Nutritional analysis per serving (2 egg muffins): fat 10g, protein 5g, carbohydrate 2g, net carbs 1g

Herb and Asparagus Egg Muffins (Low)

Autophagy activators: SP, PO, VIT

Makes 3 servings • Prep time: 10 minutes • Cook time: 20 minutes

- 2 teaspoons tea seed oil
- ½ cup ¼-inch pieces asparagus
- 1 teaspoon sea salt
- 6 egg yolks
- Dash of freshly ground black pepper
- 2 teaspoons chopped fresh chives
- 2 teaspoons chopped fresh parsley

1. Preheat the oven to 350°F. Grease six cups of a muffin tin with 1½ teaspoons of the oil.
2. In a medium skillet, heat ½ teaspoon oil over medium heat. Add the asparagus and ½ teaspoon of the salt and cook, stirring, until softened, 5 to 10 minutes.
3. While the asparagus is cooking, in a medium bowl, gently whisk together the egg yolks and remaining ½ teaspoon salt and pepper.
4. Evenly distribute the asparagus among the greased muffin cups. Sprinkle with the chives and parsley, dividing them evenly.
5. Use a ⅓-cup measure to divide the egg yolks among the muffin cups, being careful not to overfill them.
6. Bake for 15 to 20 minutes, until the eggs are set.
7. Serve immediately, or let cool completely and freeze (see page 188).

Nutritional analysis per serving (2 egg muffins): fat 10g, protein 5g, carbohydrate 2g, net carbs 1g

Curried Pepper and Onion Egg Muffins (Low)

Autophagy activators: SP, SA, PO, VIT

Makes 3 servings • Prep time: 10 minutes • Cook time: 20 minutes

- 2 teaspoons tea seed oil
- 1 red bell pepper, chopped
- ½ onion, chopped
- 6 egg yolks
- Dash of sea salt
- Dash of freshly ground black pepper
- ¼ teaspoon curry powder

1. Preheat the oven to 350°F. Grease six cups of a muffin tin with 1½ teaspoons of the oil.
2. In a large skillet, heat ½ teaspoon oil over medium-high heat. Add the bell pepper and onion and cook, stirring, until the onion is translucent, 5 to 8 minutes. Set aside to cool.
3. In a medium bowl, gently whisk the egg yolks.
4. Add the vegetables to the egg yolks, then stir in the salt, black pepper, and curry powder.
5. Evenly divide the egg mixture among the greased muffin cups, being careful not to overfill them.
6. Bake for 15 to 20 minutes, until the eggs are set.
7. Serve immediately, or let cool completely and freeze (see page 188).

Nutritional analysis per serving (2 egg muffins): fat 10g, protein 6g, carbohydrate 6g, net carbs 1g

High-Day Recipes

Turkey Lettuce Wrap

Autophagy activators: SA, PO, SP, VIT

Makes 1 serving • Prep time: 5 minutes

Perfect for when you need a quick lunch on high-protein days. Swapping in fresh, nutrient-dense lettuce makes a wonderful substitute for a processed and refined wrap. Collard and cabbage leaves are great options, too—steam them first, or try them raw! Serve with a plate of fresh-cut vegetables and dip from the AutophaSauces section (pages 247–253).

- 1 large romaine lettuce leaf
- 1–2 tablespoons avocado mayonnaise, tahini, or guacamole
- 4 ounces sliced turkey
- 2 slices nitrite-free bacon, cooked
- ¼ avocado, sliced
- 1 cup spring mix or arugula
- 1 small tomato, sliced
- Chopped fresh basil (optional)

1. Put the romaine leaf on a plate.
2. Spread the avocado mayonnaise, tahini, or guacamole on the leaf. Top with the turkey, bacon, avocado, spring mix, and tomato.
3. Sprinkle with basil, if desired. Wrap the sides of the romaine leaf around the filling and enjoy immediately.

Nutritional analysis per serving (1 wrap, including 2 tablespoons avocado-based mayo): fat 32g, protein 27g, carbohydrate 7g

Salmon Salad

Autophagy activators: O3, SP, VIT, SU

Makes 2 servings • Prep time: 5 minutes

A healthier and delicious twist on the classic tuna salad.

- 1 (5-ounce) can wild sockeye salmon, drained
- 2 tablespoons avocado mayonnaise
- 2 tablespoons tahini
- Juice of ½ fresh lemon
- ¼ cup chopped celery
- ½ teaspoon ground turmeric
- Freshly ground black pepper
- Romaine lettuce leaf or mixed greens, for serving (optional)
- 1 cup broccoli sprouts (see page 157)

1. In a bowl, combine the salmon, mayonnaise, tahini, lemon juice, celery, and turmeric, season with pepper, and mash with a fork until well combined.
2. If desired, serve the salmon salad in a lettuce wrap or over a large plate of mixed greens with broccoli sprouts on top.

Nutritional analysis per serving (1 salad): fat 24g, protein 18g, carbohydrate 5g, net carbs 3g

Superfood BLT Bowls

Autophagy activators: SP, SA, PO, VIT, SU, PO

Makes 2 servings • Prep time: 10 minutes • Cook time: 5 minutes

A healthier twist on a traditional BLT, the Superfood BLT combines all the classic ingredients but gives you a boost of nutrient density. This is great to make in the morning and take to work for lunch; the hardy kale won't get soggy from the dressing.

- 2 tablespoons apple cider vinegar
- 2 tablespoons tea seed oil
- 1 tablespoon Dijon mustard
- 1 teaspoon honey (optional)
- ¼ teaspoon sea salt
- ¼ teaspoon freshly ground black pepper
- 4 slices nitrite-free bacon
- 2 cups finely chopped greens of choice (like romaine, kale, mixed greens)
- 2 cups cherry tomatoes, halved
- ¼ cup sunflower seeds
- ½ cup broccoli sprouts (see page 157)
- 1 avocado, sliced

1. In a small bowl, combine the vinegar, oil, mustard, honey, salt, and pepper and use a whisk or a fork to combine well. Set aside.
2. In a medium skillet, cook the bacon over high heat for about 3 minutes on each side, or until crispy. Transfer the bacon to a paper towel-lined plate to drain. Coarsely chop.
3. In a large bowl, combine the greens, tomatoes, and sunflower seeds. Pour the dressing over the salad and massage the greens, making sure the dressing coats everything well.
4. Sprinkle the bacon over the salad and top with the sprouts and avocado. Serve immediately.

Loaded Portobello Mushrooms

Autophagy activators: SP, SM, PO, VIT, SU, SA

Makes 2 servings • Prep time: 5 minutes • Cook time: 13 minutes

Black beans are packed with protein, making this dish a complete meal unto itself. It's great for when you're in the mood for a vegetarian dinner on a High day.

- 2 large portobello mushrooms
- 1 tablespoon tea seed oil
- Sea salt
- ½ yellow onion, diced
- 1 cup spinach
- ⅔ can black beans
- 1 cup chopped broccoli
- Freshly ground black pepper
- ⅔ cup guacamole (store-bought is fine)
- 1 ounce cheddar cheese, shredded

1. Preheat the oven to 375°F.
2. Gently clean the mushrooms with a damp paper towel and trim the stems. Drizzle with a little oil, season with salt, and bake for 7 minutes, or until slightly softened. Turn the oven off when finished, but keep oven door shut to retain heat.
3. While the mushrooms bake, in a medium skillet, heat the remaining oil over medium heat. Add the onion and cook until translucent, about 5 minutes.
4. Add the spinach and cook, stirring occasionally, until wilted, about 2 minutes. Rinse the beans in water, drain, add to the skillet, and stir in. Transfer to a medium bowl.
5. Steam the broccoli over boiling water for about 4 minutes, until tender. Let cool. Add the broccoli to the spinach mixture and stir in. Season with salt and pepper.

(continues)

6. Spread a generous amount of guacamole on the gill side of the mushrooms. Spoon equal amounts of the bean-vegetable mixture onto each mushroom. Top evenly with the cheese.
7. Put the prepared mushrooms back on the baking sheet and return to the still-warm oven for another 3 to 5 minutes, until the cheese has melted. Serve immediately.

Nutritional analysis per serving (1 mushroom): fat 23g, protein 5g, carbohydrate 29, net carbs 22g

Steak Power Bowls

Autophagy activators: SP, SU, PO, PV, VIT, SM

Makes 2 servings • Prep time: 10 minutes • Cook time: 15 minutes

You'll love the combination of the salty feta cheese with the sweetness of the strawberries in this steak salad, a powerhouse of nutrients that makes a great meal.

- 2 (4-ounce) grass-fed steaks
- ½ teaspoon sea salt
- ½ teaspoon freshly ground black pepper
- 4 cups mixed greens
- 2 cups finely chopped broccoli
- 1 cup sliced strawberries
- ½ cup chopped fresh parsley
- ½ cup broccoli sprouts (see page 157)
- 2 tablespoons apple cider vinegar
- 2 tablespoons tea seed oil
- 2 ounces feta cheese, crumbled
- ¼ cup chopped walnuts

1. Heat a grill or a grill pan to medium-high.
2. Sprinkle both sides of the steaks with the salt and pepper. Grill until golden brown on the first side, 4 to 5 minutes. Flip the steaks and grill for 3 to 5 minutes more for medium-rare, or until cooked to your liking. Set aside to rest on a cutting board.
3. In a bowl, combine the greens, broccoli, strawberries, parsley, and broccoli sprouts. Add the vinegar and oil and toss to combine.
4. Divide the salad between two bowls. Slice the steaks across the grain into ½-inch-thick slices and place on top of the salad. Sprinkle some feta cheese and walnuts over each serving and serve warm or at room temperature.

Shrimp and Broccoli Stir-Fry

Autophagy activators: SP, SU, SM, PO, SA, VIT, PB, O3

Makes 4 servings • Prep time: 15 minutes • Cook time: 30 minutes

This Asian-inspired dish takes advantage of the high smoke point of tea seed oil to stir-fry vegetables and shrimp.

- 1 pound shrimp, peeled and deveined
- 3 scallions, thinly sliced
- 2 garlic cloves, minced
- 1 (1-inch) piece fresh ginger, peeled and minced
- 1 tablespoon gluten-free coconut aminos
- 1 teaspoon pure maple syrup (optional)
- 1 tablespoon dark sesame oil
- 3 tablespoons tea seed oil
- 5 cups broccoli (cut into florets and stems, peeled and sliced)
- Sea salt and freshly ground black pepper
- $\frac{3}{4}$ teaspoon red pepper flakes (optional)
- 2 tablespoons sesame seeds
- $\frac{1}{4}$ cup kimchi (optional)

1. In a medium bowl, toss the shrimp, scallions, half the garlic, half the ginger, the coconut aminos, maple syrup, and sesame oil. Cover and let marinate in the refrigerator for at least 15 minutes and up to 4 hours.
2. In a large skillet, heat 1 tablespoon of the tea seed oil over high heat. Add the broccoli stems and cook, stirring continuously, for 30 seconds. Add the broccoli florets, the remaining garlic and ginger, and 2 tablespoons water and season with salt and black pepper. Cook, stirring continuously, until the broccoli is bright green, about 2 minutes. Transfer to a plate.

3. In the same skillet, heat the remaining 2 tablespoons tea seed oil over medium heat. Add the marinated shrimp and red pepper flakes (if using). Cook, stirring continuously, for about 3 minutes. Return the broccoli to the skillet and add a tablespoon or two more water if the pan looks dry. Cook, stirring continuously, until the shrimp are cooked through, 1 to 2 minutes more.
4. Place the shrimp stir-fry on four plates and sprinkle with the sesame seeds. Serve with a side of kimchi and a generous drizzle of coconut oil, if desired.

Nutritional analysis per serving (without kimchi): fat 18g, protein 20g, carbohydrate 12g, net carbs 8g

Chicken with Sautéed Red Cabbage and Rice

Autophagy activators: SA, SP, SU, SM, PO, VIT

Makes 4 servings • Prep time: 10 minutes • Cook time: 35 minutes

Black rice and red cabbage make this a polyphenol-rich, hearty dinner with a hint of sweetness from the apple. For ease and convenience, use boneless, skinless chicken thighs, since the chicken needs to be cut into cubes (in other recipes, try to include the skin and bones when cooking chicken, as they offer even more nutrients). If you have access to pastured organic chicken then choosing fatty thigh meat with skin is optimal. Since toxins are stored in fat, you'll want to avoid fatty cuts of meat if you don't have access to organic meat. Choose less fatty breast cuts and add extra coconut oil during the cooking process.

Tip: For better glucose control, cool your rice! After the rice is cooked, allow it to cool in the refrigerator for 12 hours to form resistant starch. Consuming resistant starch improves your insulin response and makes it less likely you'll gain weight or throw your blood sugar out of whack. You can either eat the rice cold or gently reheat it.

- ½ cup black rice
- 3 tablespoons plus 1 teaspoon coconut oil
- 1 medium onion, thinly sliced
- 1 pound chicken thighs, cut into 1-inch cubes
- 1 red cabbage, outer leaves removed, cored, and very thinly sliced
- 1 tablespoon apple cider vinegar
- 1 bay leaf
- Sea salt and freshly ground black pepper
- 1 apple, peeled, cored, and grated

1. Cook the rice according to package instructions, but add 1 teaspoon coconut oil while cooking.
2. In a large skillet, melt 3 tablespoons coconut oil over medium heat. Add the onion and cook, stirring, for about 5 minutes, until translucent.
3. Add the chicken and cook, stirring continuously, until almost cooked through, about 5 minutes.
4. Add the cabbage, vinegar, bay leaf, and $\frac{1}{2}$ cup water and season with salt and pepper.
5. Bring to a boil, then reduce the heat to low, cover, and simmer for 20 minutes.
6. Add the apple and cook for 5 minutes more.
7. Serve the chicken and vegetables warm or cold, over the rice.

Nutritional analysis per serving ($\frac{1}{4}$ recipe): fat 32g, protein 24g, carbohydrate 40g, net carbs 32g

Wild Salmon with Mixed Herbed Butter

Autophagy activators: O3, SP, VIT, PO

Makes 4 servings • Prep time: 3 minutes • Cook time: 5 minutes

This great dish feels light but is actually really filling. Serve with a large green salad. Also, leftover salmon is a great protein option to use instead of canned in the Salmon Salad on page 205 for a high-protein lunch option. Simply use a fork to shred the salmon.

- 4 (6-ounce) salmon fillets
- 2 tablespoons plus 2 teaspoons unsalted butter
- 1 lemon, halved
- 2 teaspoons fresh thyme, or ½ teaspoon dried
- 2 teaspoons chopped fresh dill, or ½ teaspoon dried
- 2 garlic cloves, minced
- Sea salt and freshly ground black pepper

1. Preheat the broiler to high with a rack 6 inches from the heating element. Line a baking sheet with parchment paper.
2. Place the salmon on the parchment. Place 1 teaspoon of the butter on top of each fillet. Squeeze lemon juice over the fillets. Sprinkle evenly with the thyme, dill, and garlic and season with salt and pepper.
3. Broil for 5 minutes, or until cooked to your liking, being careful not to burn the garlic.
4. Transfer the fish to individual plates. Top each fillet with one-quarter of the remaining butter and allow to fully melt. Serve warm.

Beef Stew

Autophagy activators: SA, SP, PO, SM, VIT

Makes 4 servings • Prep time: 15 minutes • Cook time: 2 hours

This stew makes a hearty winter dinner and is a great dish to freeze for an easy lunch on High days. If using fresh tomatoes, leave the skins on to receive more of the antioxidant lycopene. Otherwise, canned tomatoes are perfectly acceptable, just opt for a BPA-free can.

- 2 tablespoons tea seed oil
- 1½ pounds boneless chuck steak
- 2 tablespoons sea salt
- 2 tablespoons freshly ground black pepper
- 1 medium onion, diced
- 2 carrots, chopped into large chunks
- 6 garlic cloves, minced
- ½ teaspoon dried oregano
- ½ teaspoon ground cumin
- 1 teaspoon ground turmeric
- 1 (28-ounce) can crushed tomatoes
- 1 cup low-sodium beef broth
- ½ cup chopped pitted green olives
- ¼ cup capers, drained

1. Preheat the oven to 300°F.
2. In a large Dutch oven, heat the oil over medium-high heat.
3. Season both sides of the beef with the salt and pepper.
4. Sear until nicely browned on all sides, about 2 minutes per side.
5. Add the onion, carrots, garlic, oregano, cumin, turmeric, tomatoes, and broth. Cover and braise in the oven until the meat is fork-tender, about 1 hour 30 minutes.
6. Remove from the oven and stir in the olives and capers. Serve.

Almond Flatbread

Autophagy activators: SP, SA, SU, PO, VIT

Makes 4 servings • Prep time: 5 minutes • Cook time: 25 minutes

This flatbread uses high-protein almond flour instead of wheat or other grain-based flour, giving you a bread that won't cause a spike in your blood sugar. Enjoy it with Tahini (page 253).

- 1 cup almond flour
- 1 teaspoon sea salt
- 1 teaspoon freshly ground black pepper
- 4 tablespoons tea seed oil, plus more for brushing
- ½ large onion, thinly sliced
- 1 cup finely chopped kale
- 2 teaspoons chopped fresh rosemary

1. Preheat the oven to 450°F. Put a well-seasoned cast-iron skillet in the oven to preheat.
2. In a large bowl, combine the almond flour, salt, and pepper. While whisking, slowly add 1 cup lukewarm water and whisk to eliminate lumps. Stir in 2 tablespoons of the oil. Cover and let sit while the oven heats, or for up to 12 hours. The batter should have the consistency of heavy cream.
3. Carefully remove the hot pan from the oven, pour the remaining 2 tablespoons oil into the pan, and swirl to coat. Add the onion and return the pan to the oven. Bake, stirring once or twice, until the onion is well browned, 6 to 8 minutes. Add the kale and rosemary and stir to combine.
4. Carefully remove the pan from the oven and transfer the onion-kale mixture to the bowl with the batter. Stir to combine, then immediately pour the batter into the pan.

5. Bake for 10 to 15 minutes, until the edges look set. Remove from the oven and switch the oven to broil, with a rack a few inches away from the heating element.
6. Brush the top of the bread with 1 to 2 tablespoons oil. Broil just long enough for the bread to brown and blister a little on top.
7. Cut the bread into four wedges, and serve hot or warm with some grass-fed ghee or butter.

Nutritional analysis per serving (¼ flatbread): fat 28g, protein 6g, carbohydrate 8g, net carbs 4g

Turkey Veggie Casserole

Autophagy activators: SP, SM, VIT, PO, SA

Makes 4 servings • Prep time: 15 minutes • Cook time: 35 minutes

Nothing says “comfort food” quite like casserole . . . make extra and store it in the freezer for a future lunch or dinner. Then reheat for an extra dose of comfort and a lot of convenience.

- 1 (8-ounce) package lentil pasta
- ¼ cup tea seed oil, divided
- 2 onions, chopped
- ½ pound ground turkey
- 1½ teaspoons sea salt
- 1½ teaspoons freshly ground black pepper
- 2 tablespoons chopped fresh basil, or
½ teaspoon dried
- 4 zucchini, cut into matchsticks
- 2 cups chopped white mushrooms
- 3 cups fresh spinach
- 1 cup shredded whole-milk mozzarella
cheese

1. Preheat the oven to 450°F.
2. Cook the lentil pasta until al dente according to the package directions. Drain and set aside.
3. Meanwhile, in a medium skillet, heat 2 tablespoons oil over medium heat. Add the onions and cook, stirring often, until translucent, about 5 minutes.
4. Add the turkey, salt, and pepper and cook, breaking up the meat with a wooden spoon as it cooks, for 5 minutes.
5. Add the basil, zucchini, mushrooms, and spinach and cook for 5 minutes more. Remove from the heat.

6. In a 9×13 -inch baking dish, layer half the pasta, then the vegetables and turkey, then half the mozzarella. Top with the remaining pasta and sprinkle evenly with the remaining mozzarella. Drizzle with the remaining 2 tablespoons tea seed oil.
7. Bake, uncovered, for 15 minutes, or until the pasta is golden brown and crispy.
8. Serve hot.

Nutritional analysis per serving ($\frac{1}{4}$ recipe): fat 38g, protein 44g, carbohydrate 26g, net carbs 14g

Herbed Pork Loin Roast

Autophagy activators: SP, PO, SP

Makes 2 servings • Prep time: 5 minutes • Cook time: 25 minutes

A delicious cut of meat, pork loin roast makes for a special dinner. The polyphenols in the tea seed oil, thyme, rosemary, and garlic provide antioxidant protection from compounds that are produced when meat is cooked at high temperatures. Marinating the meat for several hours enhances its flavor and antioxidant content. Serve with a large green salad or a plate of fresh-cut vegetables and dip from the AutophagySauces section (pages 247–253). If you can't find 10-ounce portions, simply ask your butcher to cut it into 5-ounce portions for serving.

- 2 tablespoons tea seed oil
- 1 teaspoon chopped fresh thyme
- 1 teaspoon chopped fresh rosemary
- 2 garlic cloves, minced
- ½ teaspoon sea salt
- ¼ teaspoon freshly ground black pepper
- 1 (10-ounce) pork loin roast
- 1 cup bone broth or chicken broth

1. In a glass bowl, whisk together the oil, thyme, rosemary, garlic, salt, and pepper.
2. Add the pork to the bowl and massage the pork, coating it well with the marinade. Cover and refrigerate for at least 1 hour and up to 6 hours.
3. Place the pork in a slow cooker with the bone broth and cook on low for 3 to 4 hours.
4. Slice the pork into 1-inch-thick slices and serve.

Nutritional analysis per serving (5 ounces): fat 24g, protein 33g, carbohydrate 3g, net carbs 2g

Asparagus Fries

Autophagy activators: VIT, SM, O3, PO, SP (SU as well if using cauliflower)

Makes 8 servings • Prep time: 15 minutes • Cook time: 40 minutes

French fries have nothing on these savory “fries” that are equally addicting but with none of the oxidized oils and all of the energizing B vitamins and minerals to keep you healthy!

Note: Pecorino Romano cheese made from sheep's milk is less inflammatory and more easily digested than Parmesan, but with the same poignant flavor.

- 2/3 cup grated Pecorino Romano cheese
- 4 garlic cloves, minced
- 1 teaspoon ground cumin
- 1 pound asparagus or 1 head cauliflower
- 1 egg
- 1 tablespoon tea seed oil

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper.
2. Combine the cheese, garlic, and ground cumin on a small flat plate. In a large mixing bowl, whisk the egg. Dredge the asparagus in the egg bowl, then roll in the cheese mixture. Place the prepared asparagus on the baking tray. Drizzle with the tea seed oil.
3. Roast for 15 minutes, or until the asparagus is lightly browned and slightly crispy. Serve immediately.

Nutritional analysis per serving (1/8 recipe): fat 10g, protein 8g, carbohydrate 3g, net carbs 2g

Low-Day Recipes

Mediterranean Chopped Salad

Autophagy activators: PO, VIT

Makes 1 serving • Prep time: 5 minutes • Cook time: 5 minutes

A big salad pairs beautifully with a hearty bowl of soup. Enjoy with a Low-day side dish—I like it with Lemon Asparagus Soup (page 234).

- ½ head romaine lettuce, chopped
- ½ avocado, diced
- 1 ounce pitted black olives, chopped
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon fresh lemon juice
- 2 teaspoons chopped fresh oregano, or
¼ teaspoon dried
- Sea salt

1. Combine the lettuce, avocado, and olives in a medium bowl.
2. In a small bowl, whisk together the oil, lemon juice, and oregano and season with salt.
3. Drizzle the oil mixture over the vegetables and toss to combine. Season with salt and serve immediately.

Nutritional analysis per serving (1 salad): fat 29g, protein 5g, carbohydrate 16g, net carbs 5g

Grapefruit Salad

Autophagy activators: VIT, PO, SP

Makes 1 serving • Prep time: 5 minutes • Cook time: 5 minutes

Grapefruit is a wonderful fruit to eat alone, but it pairs beautifully with the buttery smoothness of avocado and subtle warmth of raw ginger. Enjoy with a Low-day side dish—I think it pairs well with a Veggie Kebab (page 240).

- 1 small grapefruit, peeled and sectioned
- 1 cup arugula
- 1 cup chopped romaine or butter lettuce
- ¼ teaspoon finely chopped fresh ginger
- 1 tablespoon tea seed oil
- ½ avocado, sliced
- ¼ cup chopped fresh cilantro

1. Combine the grapefruit, arugula, romaine, and ginger in a bowl.
2. Drizzle with the oil and toss to coat.
3. Top with the avocado and cilantro and enjoy immediately.

Nutritional analysis per serving (1 salad): fat 24g, protein 4g, carbohydrate 25g, net carbs 17g

Cucumber Salad

Autophagy activators: PO, SU, VIT, SP

Makes 1 serving • Prep time: 5 minutes • Cook time: 5 minutes

A crisp salad perfect for a hot summer day. Make and serve immediately, or chill without the avocado and top with the avocado just before serving. Enjoy with a Low-day side dish like Sautéed Broccoli (page 233).

- 1 tablespoon fresh lemon juice
- 1 tablespoon tea seed oil
- 1 cucumber, sliced
- 1 cup shredded red cabbage
- 2 tablespoons chopped fresh dill
- ½ avocado, sliced

1. In a medium bowl, combine the lemon juice and oil and whisk well.
2. Add the cucumber, cabbage, and dill and toss to coat.
3. Top with the avocado and enjoy immediately.

Nutritional analysis per serving (1 salad): fat 24g, protein 5g, carbohydrate 18g, net carbs 7g

Veggie Roast

Autophagy activators: SU, SM, VIT, PO, SP

Makes 2 servings • Prep time: 10 minutes • Cook time: 25 minutes

I love the versatility of this veggie roast because you can make it for dinner and then enjoy it for your next High-day lunch by simply adding a protein. Plus, roasted veggies are delicious with one of the AutophaSauces on pages 247–253. On a Low day, I think this pairs well with Spaghetti Squash (page 238).

- 1 medium zucchini, halved lengthwise and sliced into ¼-inch-thick half-moons
- ½ head cauliflower, diced
- 2 tablespoons sunflower seeds
- ¼ cup tea seed oil
- ½ teaspoon ground turmeric
- Freshly ground black pepper
- ½ cup broccoli sprouts (see page 157)

1. Preheat the oven to 450°F.
2. In a large bowl, combine the zucchini, cauliflower, and sunflower seeds. Add the oil and turmeric, season with pepper, and toss to coat.
3. Spread the vegetables on a rimmed baking sheet. Roast for 15 to 20 minutes, until the vegetables are tender and lightly golden.
4. Top with the sprouts and serve.

Nutritional analysis per serving (½ recipe): fat 32g, protein 6g, carbohydrate 12g, net carbs 7g

Broccoli Soup

Autophagy activators: VIT, PO, SU, SP, SM

Makes 4 servings • Prep time: 5 minutes • Cook time: 30 minutes

You'll love the velvety texture and brilliant green color of this pureed broccoli soup. Make a double batch and freeze for later use. Serve with a large mixed greens salad or a generous helping of any vegetable of your choice.

- 2 heads broccoli
- 1 tablespoon ghee or tea seed oil
- 1 shallot, minced
- 2 cloves garlic, minced
- 1 avocado, sliced
- ½ cup full-fat coconut milk
- 1½ cups bone broth or stock of your choice
- ¾ teaspoon sea salt
- 1 teaspoon black pepper
- ½ cup fresh basil or dill

1. Roughly chop the broccoli florets and stem (discard the tough lower stem). Place in a mesh steamer and lightly cook until fork tender, about 10 minutes.
2. Over medium heat, heat the ghee or oil and sauté the shallot and garlic. Stir continuously to avoid burning.
3. Combine the broccoli and the shallot mixture in a high-speed blender or food processor with the avocado, coconut milk, bone broth, salt, and pepper, and process until smooth.
4. Garnish with fresh herbs and additional avocado slices.
5. If you prefer having your soup hotter, reheat on the stove at a gentle simmer for 2 to 3 minutes.

Nutritional analysis per serving (¼ recipe): fat 14g, protein 7g, carbohydrates 10g, net carbs 6g

Pesto Zoodles

Autophagy activators: PO, SU, SA, SP

Makes 2 servings • Prep time: 15 minutes • Cook time: 20 minutes

Zucchini makes a perfect substitute for pasta when you want more nutrients and fewer processed carbohydrates. Adding Greens Pesto gives it a boost in flavor and polyphenols! Serve with a large mixed greens salad or a bowl of Lemon Asparagus Soup (page 234).

- 2 tablespoons tea seed oil
- 2 garlic cloves, minced
- 1 cup chopped kale
- 1 medium zucchini, spiralized or sliced with a vegetable peeler into long strands (aka zoodles)
- ¼ cup Greens Pesto (page 250)

1. In a large skillet, heat the oil over medium heat. Add the garlic and cook, stirring frequently, until fragrant.
2. Add the kale and cook, stirring, until it begins to wilt.
3. Add the zoodles and cook until tender, about 5 minutes.
4. Reduce the heat to low. Add the pesto and cook, stirring, until the zoodles are evenly coated.
5. Divide the zoodles between two bowls and enjoy immediately.

Nutritional analysis per serving (½ recipe): fat 28g, protein 2g, carbohydrate 7g, net carbs 6g

Powerphenol Purple Smoothie

Autophagy activators: VIT, PO, SU, SA

Makes 2 servings • Prep time: 3 minutes • Cook time: 1 minute

This makes a convenient and nutrient-packed lunch when you're on the go. Enjoy with a big plate of fresh-cut veggies with tahini on the side. Or chill your smoothie in the refrigerator for a few hours and have it as a late-afternoon snack.

- ½ cup frozen blackberries
- ½ cup frozen blueberries
- 1 cup coarsely chopped kale leaves
- 1 cup unsweetened almond milk
- 2 tablespoons coconut butter
- 1 tablespoon raw cacao powder
- 1 tablespoon hemp, chia, or ground flax seed
- ¼ avocado
- Ice cubes, as desired

Combine all the ingredients in a high-speed blender and blend well for 20 to 30 seconds. Pour into a glass and enjoy, or cover and refrigerate for up to a few hours.

Nutritional analysis per serving (½ smoothie): fat 20g, protein 5g, carbohydrate 20g, net carbs 13g

Cauliflower Mushroom Roast

Autophagy activators: VIT, SM, SP, SU, PO

Makes 4 servings • Prep time: 10 minutes • Cook time: 55 minutes

Hearty shiitake and cremini mushrooms complement any meal on a Low day when you want something “meaty,” filling, and satisfying. Serve alongside some Spaghetti Squash (page 238).

- 1 head cauliflower, cut into small florets
- 2 tablespoons tea seed oil
- 1 tablespoon chopped fresh thyme, or
½ teaspoon dried
- ¼ teaspoon turmeric
- 1 cup shiitake mushrooms, cut into ¼-inch
slices
- 1 cup cremini mushrooms, cut into ¼-inch
slices
- 2 tablespoons grass-fed ghee or butter,
melted
- 1 teaspoon sea salt
- Freshly ground black pepper
- ¼ cup grated Pecorino Romano cheese

1. Preheat the oven to 450°F.
2. In a bowl, combine the cauliflower, 1 tablespoon of the oil, the thyme, and the turmeric. Rub the seasonings and oil into the cauliflower using clean hands. Transfer to a baking sheet and roast for 20 minutes.
3. In the same bowl, combine the mushrooms, butter or ghee, and remaining 1 tablespoon oil and rub to coat. Add to the baking sheet with the cauliflower and roast for 10 to 15 minutes more, until the cauliflower is golden brown.
4. Remove from the oven, sprinkle with the salt, pepper to taste, and cheese, and serve immediately.

Taco Bowl Salad

Autophagy activators: PO, VIT, SA, SP

Makes 1 serving • Prep time: 5 minutes • Cook time: 5 minutes

Serve this salad bowl alongside a Veggie Kebab (page 240). For more flavor and polyphenol content, top with Double Greens Dip (page 248). Also, this simple taco bowl salad can easily be eaten on a High day if you add chicken, beef, or pork.

- 2 cups mixed greens
- ¼ cup cooked black beans
- ½ large avocado, chopped
- 2 tablespoons prepared salsa
- ¼ cup chopped fresh cilantro
- ¼ teaspoon ground cumin
- Fresh lime juice
- Sea salt
- ¼ cup broccoli sprouts (see page 157)

1. In a bowl, combine the mixed greens, beans, and avocado.
2. Add the salsa and cilantro and toss to combine.
3. Season with the cumin. Squeeze fresh lime juice over the top and season with salt. Top with the broccoli sprouts and serve.

Nutritional analysis per serving (1 salad): fat 16g, protein 9g, carbohydrate 26g, net carbs 9g

Greens Bowls

Autophagy activators: PO, SU, VIT

Makes 2 servings • Prep time: 5 minutes • Cook time: 5 minutes

Eating a variety of raw and cooked greens daily is so important. Try this dish when you want a Japanese flavor. Enjoy with a serving of Cauliflower Rice (page 236) and Miso-Glazed Zucchini (page 237) for a satisfying Asian-inspired low-protein meal that will entertain your taste buds. On a High day, this bowl tastes great with grains like quinoa and rice or with salmon or beef.

- 2 tablespoons coconut oil or expeller-pressed unrefined sesame oil
- 2 garlic cloves, minced
- 1 tablespoon gluten-free tamari or coconut aminos
- 1 cup chopped kale
- 2 cups spinach
- 2 tablespoons sesame seeds
- 2 teaspoons dulse flakes, soaked and drained according to package directions (optional)

1. In a medium skillet, melt the coconut oil over medium-high heat. Add the garlic and cook, stirring continuously, for 1 minute. Add the tamari, kale, and spinach and cook until wilted.
2. Divide the greens between two bowls, garnish with the sesame seeds and dulse flakes (if using), and serve.

Nutritional analysis per serving (½ recipe): fat 17g, protein 4g, carbohydrate 4g, net carbs 3g

Honey-Roasted Brussels Sprouts

Autophagy activators: SU, SP, PO

Makes 2 servings • Prep time: 15 minutes • Cook time: 5 minutes

When you cook cruciferous veggies slow and low, their natural sweetness comes out. In this dish, you get that same deep flavor without the time! With just a touch of honey, you can re-create the deep flavor of a slow-roasted vegetable in only minutes. The rich taste of cooked honey turns this dish into something mildly decadent! With the polyphenols and high smoke point of tea seed oil, you can feel good about eating this crispy treat. Try serving this with Miso-Glazed Zucchini (page 237).

- 2 cups halved Brussels sprouts
- 1 cup chopped broccoli
- 1 teaspoon honey
- 3 tablespoons tea seed oil
- 1 teaspoon sea salt
- 1 teaspoon freshly ground black pepper

1. In a large bowl, combine the Brussels sprouts, broccoli, honey, 1 tablespoon of the oil, the salt, and the pepper.
2. Heat a large cast-iron skillet over high heat for 1 to 2 minutes. Add the remaining 2 tablespoons oil and reduce the heat to medium. Add the Brussels sprouts and broccoli and stir to combine. Cook for about 3 minutes, letting the vegetables brown before flipping to get good caramelization on both sides.
3. Remove from the heat and divide between two bowls. Serve hot.

Nutritional analysis per serving (½ recipe): fat 21g, protein 4g, carbohydrates 14g, net carbs 10g

Sautéed Broccoli

Autophagy activators: SU, SM, PO, SA, SP

Makes 4 servings • Prep time: 10 minutes • Cook time: 10 minutes

Add sprouts to this simple yet delicious dish to increase its sulforaphane content. This makes a great addition to any meal.

- 3 tablespoons tea seed oil
- 3 garlic cloves, chopped
- 1 head broccoli, trimmed and cut into bite-size pieces
- ½ cup vegetable broth
- ½ teaspoon sea salt
- Zest of 1 lemon
- 1 tablespoon fresh lemon juice
- ½ cup broccoli sprouts (see page 157)
- 1 large avocado, sliced

1. In a large skillet, heat the oil over medium heat. Add the garlic and cook, stirring continuously, until fragrant, about 30 seconds. Stir in the broccoli and cook until the broccoli is bright green, about 3 minutes.
2. Add the broth and season with the salt, lemon zest, and lemon juice. Cook until the broccoli is tender, 3 to 5 minutes.
3. Top with the sprouts and avocado and serve.

Nutritional analysis per serving (¼ recipe): fat 16g, protein 5g, carbohydrate 15g, net carbs 9g

Lemon Asparagus Soup

Autophagy activators: PO, VIT, SP, SM, SA

Makes 4 servings • Prep time: 10 minutes • Cook time: 50 minutes

A delicious and fresh late spring and early summer soup. Make a double batch and freeze half for later. Serve with a large mixed greens salad or as a complement to a Mediterranean Chopped Salad (page 222). You can also use homemade or store-bought bone broth in place of the vegetable broth on a High day.

- 3 tablespoons tea seed oil
- 2 medium yellow onions, finely chopped
- 2 garlic cloves, minced
- 4 cups vegetable broth
- 2 bunches asparagus, tips removed, stems cut into ½-inch pieces
- 1 teaspoon sea salt
- 1 tablespoon chopped fresh dill, or ½ teaspoon dried
- 2 tablespoons fresh lemon juice
- ¼ cup grated Pecorino Romano cheese

1. In a large pot, heat the oil over medium heat. Add the onions and cook for about 5 minutes. Add the garlic and cook, stirring, until the onions are translucent, about 3 minutes more, being careful not to burn the garlic.
2. Add the broth and bring to a low boil. Add the asparagus, salt, and dill and bring back to a boil. Reduce the heat to low and simmer for 20 to 30 minutes, until you can easily pierce the asparagus with a fork. Remove from the heat.
3. Using an immersion blender, blend the soup directly in the pot until smooth. Strain the soup through a fine-mesh sieve

into a large bowl. (Use caution while transferring the hot liquid.)

4. Pour the soup back into the pot and return it to medium heat. Add the lemon juice and Pecorino Romano and heat until hot all the way through, 1 to 2 minutes.
5. Serve immediately.

Nutritional analysis per serving (¼ recipe): fat 14g, protein 9g, carbohydrate 16g, net carbs 12g

Cauliflower Rice

Autophagy activators: SU, SM, PO

Makes 2 servings • Prep time: 20 minutes • Cook time: 10 minutes

“Ricing” your cauliflower is a creative way to sneak in more vegetables while keeping excess starch and protein out. Change it up by adding different spices to season the “rice,” such as cumin and paprika for a Southwestern flair or turmeric and garam masala for an Indian twist. The sky’s the limit, so don’t be afraid to experiment with your favorite flavors. I like to pair my Cauliflower Rice with a Greens Bowl (page 231).

- 1 head cauliflower, quartered, stems chopped
- 2 tablespoons coconut oil
- 1 onion, chopped
- 1 garlic clove, minced
- Sea salt and freshly ground black pepper

1. Pat the cauliflower dry and put it in a food processor. Pulse until broken down to the size of rice grains; do not overprocess or the cauliflower will become mushy.
2. In a large skillet, melt the coconut oil over medium heat. Add the onion and garlic and cook, stirring, for 3 to 4 minutes, until the onion is translucent.
3. Add the cauliflower and cook, stirring, for 4 to 5 minutes, until tender but not mushy.
4. Season with salt and pepper and serve.

Nutritional analysis per serving (½ recipe): fat 13g, protein 7g, carbohydrate 22g, net carbs 13g

Miso-Glazed Zucchini

Autophagy activators: SA, SM, PB, PO

Makes 2 servings • Prep time: 5 minutes • Cook time: 15 minutes

Due to its high water content, zucchini is a great sponge for soaking up the richness of spices and sauces. In this dish the savory, salty miso deepens the flavor profile, making the zucchini a memorable delicacy you will return to time and time again. Try pairing this dish with Honey-Roasted Brussels Sprouts (page 232).

- 1½ tablespoons miso paste
- 1½ teaspoons mirin
- 1 medium zucchini, trimmed and halved lengthwise
- 2 teaspoons dark sesame oil
- 1 tablespoon chopped fresh basil
- 1 tablespoon sesame seeds
- ¼ cup kimchi

1. Preheat the oven to 400°F.
2. In a small bowl, whisk together the miso, mirin, and 2 tablespoons water until combined.
3. Brush the cut sides of the zucchini with the oil. Roast the zucchini for 10 minutes. Brush the miso mixture on top of each zucchini and roast for another 10 minutes, or until golden brown.
4. Transfer to a serving platter and sprinkle with the basil and sesame seeds. Serve with the kimchi on the side.

Nutritional analysis per serving (½ recipe): fat 8g, protein 5g, carbohydrate 12g, net carbs 9g

Spaghetti Squash

Autophagy activators: VIT, SM, PO, SU, SP

Makes 2 servings • Prep time: 15 minutes • Cook time: 1 hour

You'll save on refined carbs but gain antioxidants and amazing flavor by trading in traditional noodles for spaghetti squash. Spaghetti squash is a versatile fruit (yes, it's really a fruit!) and is delicious cooked and eaten with butter, or like this, with red cabbage and onion. Serve as a base for Cauliflower Mushroom Roast (page 229) or with a large mixed greens salad.

- 1 medium spaghetti squash, halved and seeded
- 2 tablespoons tea seed oil
- ½ onion, diced
- 1 cup shredded red cabbage
- 2 tablespoons red wine vinegar
- 2 teaspoons sea salt
- 1 cup vegetable broth

1. Preheat the oven to 400°F.
2. Place the squash cut-side up in a roasting pan and roast for 30 to 40 minutes, until you can easily pierce the flesh with a fork. Remove from the oven and let cool.
3. When cool enough to handle, use a fork to scrape the squash flesh into long, thin strands to make “spaghetti.” Set aside. Discard the skins.
4. In a large pan, heat the oil over medium heat. Add the onion and cook until translucent, about 5 minutes.
5. Add the cabbage, vinegar, and salt and cook until the cabbage wilts, 3 to 5 minutes.

6. Add broth and simmer for 5 minutes.
7. Add the “spaghetti” to the pan, stir to combine, and cook for 2 minutes more, or until the vegetables are nice and soft without becoming mushy. Serve immediately.

Nutritional analysis per serving (½ recipe): fat 14g, protein 2g, carbohydrate 18g, net carbs 15g

Veggie Kebabs

Autophagy activators: SA, SM, SP, PO

Makes 3 servings (6 kebabs) • Prep time: 10 minutes • Cook time: 15 minutes

There is something so fun and so versatile about making a kebab. Enjoy this mixed-veggie kebab with any dish, any time! These kebabs are perfectly compatible with any of the sauces or dips in the AutophaSauces section (pages 247–253).

Note: Skewers can be purchased at most grocery stores. Wooden or bamboo ones are excellent; just be sure to first soak them in water for 30 minutes or according to the package directions so they don't burn when cooking.

- 2 small zucchini, cut crosswise into $\frac{3}{4}$ -inch-thick slices
- 2 red bell peppers, cut into 1-inch pieces
- $\frac{1}{2}$ cup sliced cremini mushrooms
- 3 tablespoons tea seed oil
- 1 teaspoon sea salt
- 1 teaspoon freshly ground black pepper
- Dried oregano (optional)
- Garlic powder (optional)
- $\frac{1}{4}$ cup raw sauerkraut, store-bought or homemade (see page 157)

1. If using wooden or bamboo skewers, soak them in water to cover for 30 minutes (see Note).
2. Preheat the broiler to high.
3. In a large bowl, combine the zucchini, bell peppers, mushrooms, oil, salt, and black pepper. Season with oregano and/or garlic powder, if desired. Toss well to coat the vegetables.
4. Thread the vegetables onto the skewers in any order you prefer.

5. Broil until the vegetables start to brown, 8 to 10 minutes, turning the kebabs once halfway through the cooking time.
6. Serve with sauerkraut on the side.

Nutritional analysis per serving (2 kebabs): fat 14g, protein 2g, carbohydrate 9g, net carbs 7g

Slow-Roasted Cherry Tomatoes

Autophagy activators: SA, PO, VIT, SP

Makes 2 servings • Prep time: 15 minutes • Cook time: 3 hours

These take a bit of time in the oven, but once you taste their flavor, you'll understand why it's worth it. Perfect as a snack on their own, they also make an impressive accompaniment to other appetizers like hummus and veggies.

- 1 pound mixed cherry tomatoes, halved lengthwise
- 8 garlic cloves, unpeeled
- Leaves from 2 sprigs fresh thyme
- 2 tablespoons tea seed oil
- ¼ teaspoon sea salt

1. Preheat the oven to 225°F. Line a baking sheet with parchment paper.
2. Place the tomatoes on the baking sheet, cut-side up, and sprinkle the unpeeled garlic cloves and thyme leaves around the sheet.
3. Drizzle the tomatoes and garlic with the oil and season evenly with the salt.
4. Roast for about 3 hours, until the tomatoes look shriveled but still have some juice left.
5. Remove the tomatoes from the baking sheet and serve.

Nutritional analysis per serving (½ recipe): fat 14g, protein 3g, carbohydrate 23g, net carbs 20g.

Salt-and-Vinegar Kale Chips

Autophagy activators: SU, VIT, PO, SP

Makes 3 servings • Prep time: 15 minutes • Cook time: 15 minutes

You may be surprised by how kale can satisfy your desire for a salty, crispy chip. Cook the leaves until just crispy but not burnt to keep the nutrients and polyphenols in the tea seed oil intact and beneficial.

- 1 bunch curly kale
- 2 tablespoons tea seed oil
- 2 tablespoons apple cider vinegar
- 1 teaspoon coarse sea salt

1. Preheat the oven to 350°F. Line a baking sheet with parchment paper.
2. Using kitchen shears or your hands, separate the kale leaves from the thick stems; discard the stems. Cut the leaves up into pieces around 2 inches long.
3. Wash and dry the kale well.
4. In a large bowl, combine the kale, oil, vinegar, and salt. Using clean hands, massage the kale for 2 minutes to help break it down a bit; it should be slightly soft at this point.
5. Spread the kale into a single layer on the prepared baking sheet. (Use a second baking sheet if you run out of room.)
6. Bake for 5 minutes, keeping an eye on the kale so it doesn't burn. Toss with a spatula or wooden spoon and bake for 5 to 10 minutes more, until crispy and browned around the edges.
7. Serve immediately.

Nutritional analysis per serving (⅓ recipe): fat 9g, protein 1g, carbohydrate 3g

Nutty Chia Clusters

Autophagy activators: SA, SP, VIT, PO, O3, CA, PB

Makes 6 servings • Prep time: 20 minutes • Cook time: 1 hour cooling time

When you're wanting something a little sweet on a High day, these make a delicious treat, and you get to enjoy the polyphenols from some dark chocolate.

- 2 tablespoons coconut oil
- 2 tablespoons coconut butter
- 1 teaspoon Ceylon cinnamon
- 1 serving high-quality hydrolyzed collagen peptides (check the package for serving size)
- 2 tablespoons unsweetened peanut butter or nut butter of your choice
- 1 cup unsweetened shredded coconut
- ¼ cup chopped walnuts
- 2 tablespoons chia seeds
- 2 tablespoons high-quality dark chocolate chips (at least 70% cacao)

1. In a large saucepan, melt the coconut oil and coconut butter over low heat. Add the cinnamon, collagen, and nut butter and stir until smooth.
2. Remove from the heat and stir in the coconut, walnuts, chia seeds, and chocolate chips until well combined.
3. Using a tablespoon or a small ice cream scoop, scoop mounds of the mixture onto a baking sheet lined with parchment or waxed paper.
4. Refrigerate until hardened, at least an hour or two. At room temperature, coconut becomes liquid, so store in a glass container in the refrigerator up to five days, or keep them in the freezer up to four months.

Strawberry Coconut Balls

Autophagy activators: PO, O3

Makes 16 servings • Prep time: 20 minutes • Chill time: 30 to 60 minutes

Strawberries are low in carbohydrates, high in fiber, and rich in blood sugar-stabilizing polyphenols. Paired with the slightly sweet flavor coconut butter imparts, these treats make a luscious, melt-in-your-mouth dessert or quick snack. Start out with one ball and if after 15 minutes you feel like eating another one would benefit you, go for it. The beauty of these is that a little can go a long way, so play around with what your body needs for that particular day.

Unsweetened finely shredded coconut

1 cup coconut butter

1 cup coconut oil

½ cup frozen or fresh strawberries

1 teaspoon monk fruit (optional)

1 teaspoon real vanilla powder (optional)

1. Place shredded coconut on a plate and set aside.
2. Place coconut butter, coconut oil, strawberries, monk fruit, and vanilla powder in a food processor and blend until creamy and smooth, about 3 minutes.
3. Cool the mixture in the refrigerator for 30 minutes, or until the mixture thickens.
4. Spoon out about 2 tablespoons at a time and shape into balls. Roll in coconut to cover. Chill in the refrigerator in a glass container. Best enjoyed cold.

Nutritional analysis per serving (1 ball): fat 26g, protein 1g, carbohydrate 5g, net carbs 4g

Macadamia Chocolate Bark

Autophagy activators: PO, CA, PB

Makes 16 servings • Prep time: 25 minutes • Cook time: 2 hours cooling time

Chocolate bark is a delicious way to indulge. Macadamia nuts add a great creamy flavor and some healthy monounsaturated fats. To spice up your chocolate bark even more, try a dash of cayenne, or ½ teaspoon curry powder or ground ginger.

10½ ounces dark chocolate (at least 80% cacao), chopped

1 cup finely chopped unsalted macadamia nuts

1. Line a 9-inch square baking pan with parchment paper, leaving a few inches overhanging on two sides as handles. Fill a small saucepan with a couple inches of water and bring to a simmer over medium heat.
2. Put the chocolate in a heatproof bowl that will comfortably sit on top of the saucepan without touching the water (or use a double boiler).
3. Turn off the heat, set the bowl of chocolate over the water, and stir until melted and smooth. Be careful not to scorch the chocolate.
4. Pour two-thirds of the melted chocolate into the lined baking pan and spread it evenly with a spatula. Sprinkle the macadamia nuts evenly over the chocolate and then cover with the remaining chocolate, carefully spreading it into an even layer.
5. Refrigerate for at least 2 hours, until firmly set.
6. Use the parchment paper to remove the bark from the pan, and cut it into 16 squares. Store in an airtight container at room temperature.

Autophasaucuses

Not only are sauces a way to boost an ordinary meal to flavorful heights, they can also save you time (if you make extra and enjoy some for the next day) and can be a source of potent autophagy activators. Once you get practice in making your own sauces, dips, and dressings (many dips and sauces can be diluted to become salad dressing), you won't want to go back to store-bought products—they just don't taste as good, and the ingredients they use more often than not contribute to inflammation, oxidation, and aging. These AutophasaSauces are excellent for High or Low days or as something to dip a snack into.

Goddess Dip

Autophagy activators: PO, VIT

Makes 8 servings (about 1 cup) • Prep time: 5 minutes

Glow like a goddess with my favorite dip made with my favorite youth-boosting actives. High in polyphenols and full of good fat, it's an easy-to-make treat to add to your table.

- 2 tablespoons raw apple cider vinegar
- ¼ cup tea seed oil
- ½ small avocado
- ¼ cup packed fresh basil
- ¼ cup packed fresh parsley
- ⅛ cup packed fresh mint
- 1 teaspoon trehalose
- 1 teaspoon dulse flakes
- Sea salt and black pepper to taste

Combine all the ingredients in a food processor and process until smooth.

Nutritional analysis per serving (2 tablespoons): fat 8g, protein 0g, carbohydrate 2g, net carbs 1g

Double Greens Dip

Autophagy activators: PO, VIT

Makes 8 servings (about 1 cup) • Prep time: 5 minutes

This greens dip will add a splash of color and a healthy dose of antioxidants and vitamins to any fish, meat, or chicken. Alternatively, it makes a delicious dip for raw carrot and celery sticks.

- 3 ounces fresh basil, stems removed
- 1 large bunch parsley, ends trimmed
- ½ cup tea seed oil
- Zest and juice of ½ lime
- ¼ cup coconut aminos

Combine all the ingredients in a food processor and process until smooth. Store in an airtight container in the refrigerator for up to 1 week.

Nutritional analysis per serving (2 tablespoons): fat 27g, protein 2g, carbohydrate 6g, net carbs 5g

Hollandaise Superfood Plus

Autophagy activators: SP, PO, VIT

Makes 8 servings (about 1 cup) • Prep time: 5 minutes

Boost regular hollandaise sauce to superfood status when you combine vitamin K₂-rich egg yolks from pasture-raised hens and grass-fed butter or ghee (clarified butter) with the anti-inflammatory and antiaging spices turmeric and thyme. Enjoy on steamed asparagus, broccoli, or any green vegetable.

- ½ cup (1 stick) unsalted butter or ghee
(clarified butter)
- 2 teaspoons dried thyme
- Zest of 1 lemon
- 4 teaspoons fresh lemon juice
- 6 egg yolks
- 1 teaspoon ground turmeric
- Dash of sea salt, or more to taste
- Dash of freshly ground black pepper, or
more to taste

1. In a small saucepan, melt the butter over low heat. Add the thyme and lemon zest and remove from the heat.
2. Put the lemon juice, egg yolks, turmeric, salt, and pepper in a blender. Blend on high for 15 seconds, until thoroughly mixed.
3. With the blender running, slowly pour in the melted butter-herb mixture through the lid vent (have a towel nearby in case of splatters). Add 2 teaspoons room-temperature water and blend for 2 seconds more, until smooth and creamy. Taste and season with more salt and pepper, if needed. Store in an airtight container in the refrigerator for up to 1 week.

Nutritional analysis per serving (2 tablespoons): fat 15g, protein 2g, carbohydrate 1g

Greens Pesto

Autophagy Activators: PO, VIT, SA

Makes 8 servings (about 1 cup) • Prep time: 5 minutes

I promise you'll want to double-dip your veggie sticks into this variation of a traditional pesto. Enjoy this brilliant green, polyphenol-rich pesto raw, or spread some on meat or fish before cooking, since the tea seed oil, with its high smoke point, makes it a great choice for higher-heat cooking.

- 1 bunch parsley, ends trimmed
- 2 tablespoons fresh thyme leaves
- 2 teaspoons fresh rosemary leaves
- 4 garlic cloves, coarsely chopped
- ½ cup tea seed oil
- Juice of 1 lemon
- Dash of sea salt, or more to taste

Combine all the ingredients in a food processor and process until smooth. Taste and season with more salt, if needed. Store in an airtight container in the refrigerator for up to 1 week.

Nutritional analysis per serving (2 tablespoons): fat 14g, protein 1g, carbohydrate 3g, net carbs 2g

Sun-Dried Tomato and Olive Spread

Autophagy Activators: PO, VIT, SA

Makes 8 servings (about 1 cup) • Prep time: 5 minutes

The savory-salty combination of this spread hits the spot when you need something that feels rich but not overwhelmingly heavy. Wrap it up in a collard green or lettuce wrap or use as a dip for fresh vegetables. Or spread it over grilled chicken or fish.

- 1 cup macadamia nuts
- ½ cup sun-dried tomatoes
- ¼ cup pitted oil-cured black or Kalamata olives
- Juice of ½ lemon
- ¼ teaspoon sea salt
- Pinch of freshly ground black pepper
- ½ cup chopped fresh parsley

Combine all the ingredients in a blender and blend until smooth. Store in an airtight container in the refrigerator for up to 1 week.

Nutritional analysis per serving (2 tablespoons): fat 14g, protein 2g, carbohydrate 5g, net carbs 3g

Almond Miso Dip

Autophagy Activators: PO, VIT, PB

Makes 8 servings (about 1 cup) • Prep time: 5 minutes

This dressing can be used to coat zucchini, carrot, sweet potato, or beet noodles to give your dish that perfect tangy Asian flair. The almonds contain healthy monounsaturated fats to help you absorb the vitamin A in your vegetables. Enjoy cold for best flavor!

- ½ cup unsweetened almond butter
- 2 tablespoons white miso paste
- ½ cup grated carrot
- Juice of ½ lime
- 1 tablespoon coconut aminos
- 1 (1-inch) piece fresh ginger, peeled and grated
- ¼ teaspoon sea salt
- Pinch of freshly ground black pepper
- ¼ cup chopped fresh cilantro

Combine all the ingredients and ¼ cup water in a blender and blend until smooth. Store in an airtight container in the refrigerator for up to 1 week.

Nutritional analysis per serving (2 tablespoons): fat 9g, protein 4g, carbohydrate 6g, net carbs 3g

Maple-Scented Tahini Dip

Autophagy Activators: PO, VIT

Makes 8 servings (about 1 cup) • Prep time: 5 minutes

Use this as a decadent dressing over hearty greens like a shredded kale salad or as a dip for fresh-cut vegetables. The flavor is a mixture between earthy nuttiness from the tahini and sweetness from the maple. You will be licking your plate to get the last bit!

- $\frac{2}{3}$ cup tahini
- 1 tablespoon tea seed oil
- 2 teaspoons pure maple syrup
- Juice of 1 lemon
- 2 small garlic cloves
- $\frac{1}{2}$ teaspoon sea salt
- $\frac{1}{4}$ teaspoon freshly ground black pepper

Combine all the ingredients and $\frac{1}{2}$ cup water in a blender and blend until smooth. Store in an airtight container in the refrigerator for up to 1 week.

Nutritional analysis per serving (2 tablespoons): fat 11g, protein 4g, carbohydrate 3g, net carbs 0g

Protein Content

Use the chart below to determine the protein content of various foods.

FOOD	PORTION SIZE	PROTEIN (IN GRAMS)
Almond butter	1 oz	6g
Almonds	2 tablespoons	4g
Amaranth	¼ cup, uncooked	8g
Baked beans	¼ cup	3g
Baked potato	medium-sized	3g
Barley, hulled	¼ cup, uncooked	5g
Black beans	¼ cup	4g
Broccoli	1 cup	2g
Brussels sprouts	1 cup	3g
Buckwheat	¼ cup, uncooked	6g
Bulgur	¼ cup, uncooked	6g
Cashews	1 oz	4g
Chia seeds	1 oz	5g
Chicken breast, boneless, skinless	4 oz	34g
Chickpeas	¼ cup	3g
Cod	4 oz	24g
Corn kernels	½ cup	3g
Cottage cheese	½ cup	14g
Edamame	¼ cup	4g
Egg	1 large	6g
Egg white	1 large	4g
Filet mignon	3 oz	24g
Greek yogurt, whole milk	8 oz	20g
Ground sirloin	4 oz	29g
Gruyère cheese	1 oz	8g
Halibut	4 oz	26g
Hemp seeds	1 oz	6g
Hummus	2 tablespoons	1g

FOOD	PORTION SIZE	PROTEIN (IN GRAMS)
Kamut	¼ cup, uncooked	7g
Kidney beans	¼ cup	4g
Lentils	¼ cup	4g
Lobster	3 oz	16g
Mozzarella (part skim)	1 oz	7g
Oats, rolled	½ cup, uncooked	7g
Peanut butter	1 tablespoon	7g
Pinto beans	¼ cup	5g
Pistachios	1 oz	6g
Pork chop	4 oz	31g
Pumpkin seeds	1 oz	9g
Quinoa	¼ cup, uncooked	7g
Salmon	4 oz	24g
Scallops	3 oz	14g
Sea bass	4 oz	26g
Shrimp	4 oz	28g
Soy milk	1 cup	8g
Soybeans	½ cup, cooked	15g
Spelt	¼ cup, raw	6g
Spinach	½ cup	3g
Split peas	¼ cup	4g
Sun-dried tomatoes	½ cup	4g
Sunflower seeds, with hulls	1 oz	6g
Tempeh	4 oz	21g
Tofu	4 oz	7g
Trout	4 oz	28g
Tuna, canned	4 oz	29g
Turkey, roasted	4 oz	34g
Walnuts	1 oz	4g
Wheat berries	¼ cup, uncooked	7g
White beans	¼ cup	4g



Chapter 13

Glow15 Workouts

HIIT and RET

All the following workouts can be done at home or in a gym.
There is no need to purchase any additional equipment.
Each workout is 30 minutes long and can be modified for beginner and advanced fitness levels.

High-Intensity Interval Training (HIIT) Workouts

Option 1: On the Glow with HIIT (30 Minutes)

Choose whatever cardiovascular activity you like:

- Walking
- Jogging
- Swimming
- Cycling
- Rowing
- Running

For Beginners

- 0 to 5 minutes: Warm up doing your chosen cardiovascular activity (perceived effort of 3 to 4 on a scale of 1 to 10).
- 6 to 25 minutes: Do 30 seconds of hard effort (7 or 8 on the scale), followed by 30 seconds of lighter effort (4 or 5 on the scale).
- 26 to 30 minutes: Cool down (3 or 4 on the scale).

For Intermediate Levels

- 0 to 5 minutes: Warm up doing your chosen cardiovascular activity (perceived effort of 3 to 4 on a scale of 1 to 10).
- 6 to 25 minutes: Do 1 minute of hard effort (8 or 9 on the scale), followed by 45 seconds of lighter effort (4 or 5 on the scale).
- 26 to 30 minutes: Cool down (about 3 on the scale).

For Advanced Levels

- 0 to 5 minutes: Warm up doing your chosen cardiovascular activity (perceived effort of 3 to 4 on a scale of 1 to 10).
- 6 to 25 minutes: Do 2 minutes of hard effort (7 or 8 on the scale), followed by 45 seconds of lighter effort (4 or 5 on the scale).
- 26 to 30 minutes: Cool down (about 3 on the scale).

Alternatively, try a modified Tabata, which is normally defined as 8 rounds of HIIT with 20 seconds on and 10 seconds off, pushing your body to its limit:

- 20 seconds on (perceived 10 on the scale) and 10 seconds easy (4 or 5 on the scale). Perform continuously for 4 minutes (8 sets of 30-second intervals).
- Recover at an easy pace for 5 minutes (4 or 5 on the scale).
- Repeat 3 times.
- Cool down for 3 minutes.

Option 2: Get Glowing with HIIT (30 Minutes)

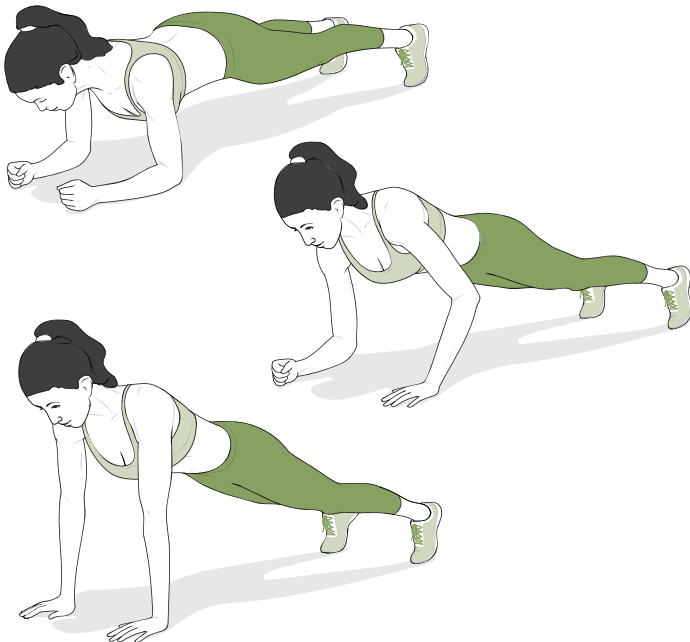
For Beginners

Do each of the following exercises. Work for 30 seconds, then rest for 10 seconds before moving to the next exercise on the list. Cycle through each exercise three times.

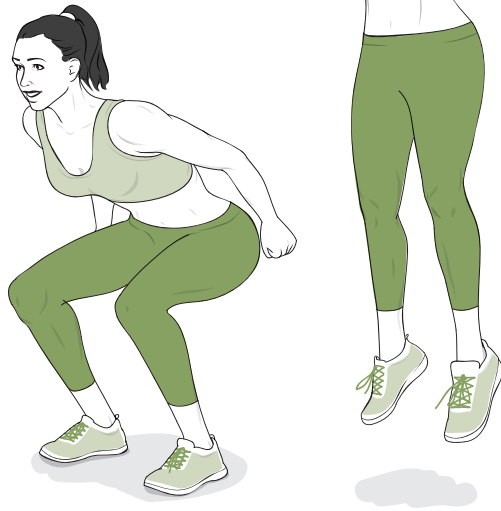
For Intermediate and Advanced Levels

Increase the exercise duration and decrease the rest time between exercises. The more advanced you are, the more you can also increase the sets of total exercises.

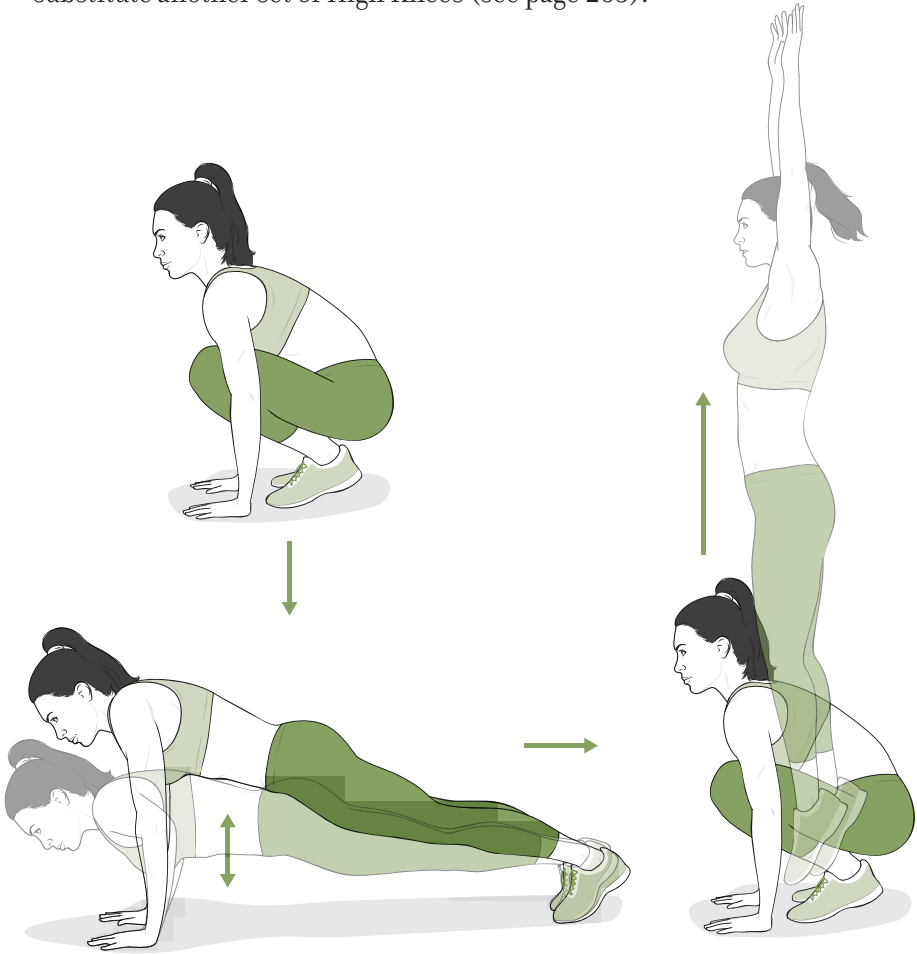
High to Low Plank Holds Get in plank position—hands and toes on the ground, back straight, as if you were doing a push-up. Lower your right arm so that your forearm is on the ground, then your left. Now return to the up position, right arm first. Continue alternating arms for the 30 seconds.



Jump Squats Stand with your feet shoulder-width apart. Squat down, thrusting your butt backward so your thighs are about parallel to the ground. As you return to the standing position, add a jump. When you land, go back into the squat. Repeat for 30 seconds.



Burpees From a standing position, squat down and place your hands on the floor. Thrust your feet backward so you end up in the “up” push-up position. Do one push-up, then thrust your feet forward to the squat position. Stand and jump. Repeat. If this move is too difficult, substitute another set of High Knees (see page 263).



Jumping Lunges Stand with one foot forward in the lunge position. Lower your body so that your front thigh is parallel to the ground. As you rise back up, jump and switch the position of your legs so the other leg is in front. Repeat. If this move is too difficult, do regular lunges, alternating legs, without the jump.



Mountain Climbers Get into the “up” push-up position. Keeping your back straight, thrust one foot forward and then the other (like you’re running in place, while keeping your hands on the ground).



High Knees Stand in place, then start running in place, trying to get your knees high as you pump your arms.



V-Ups Lie flat on your back. With your arms over your head, crunch your abs to bring your straight legs and straight arms together above you.



Resistance Exercise Training (RET) Workouts

Option 1: Glow Stronger with RET (30 Minutes)

Each exercise is a compound exercise, meaning it targets multiple muscle groups. Do 3 sets of 15 repetitions each. Rest for 30 to 60 seconds between each set.

For Beginners

Practice the movement to have perfect form using only your body weight.

For Intermediate and Advanced Levels

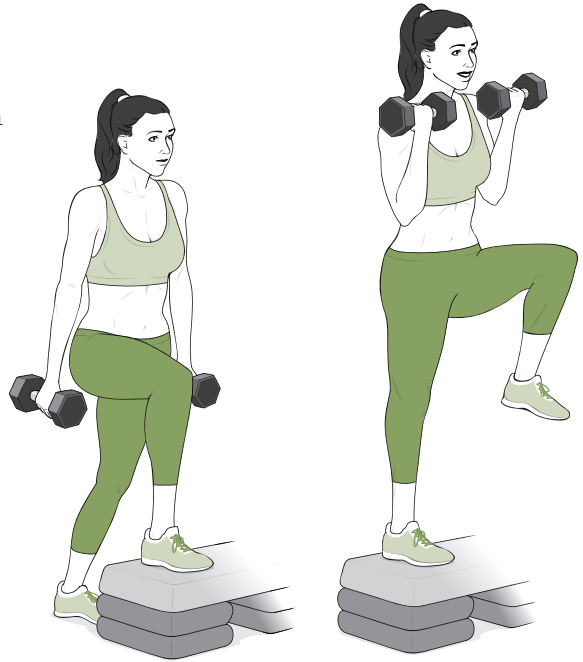
Add weight, in the form of dumbbells or even household items like a gallon jug of water or a bag of rice. Start with the smallest weight and work your way up. Advanced levels can use 5- to 10-pound weights.

Squat to Overhead Press Stand with your feet shoulder-width apart, holding a weight in each hand. Squat so your thighs are parallel to the ground. As you stand back up, press the weights directly over your head. Return the weights to your side before you return to a squat.

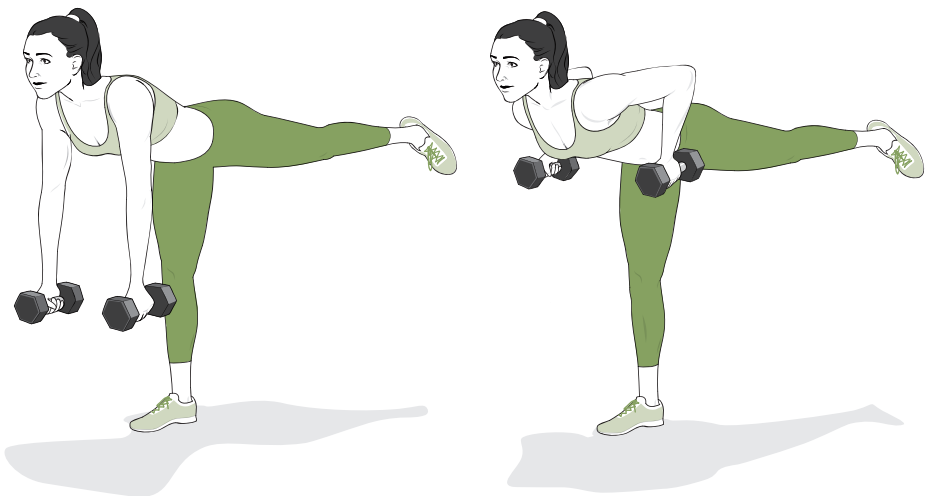


Step-Up with Bicep Curl

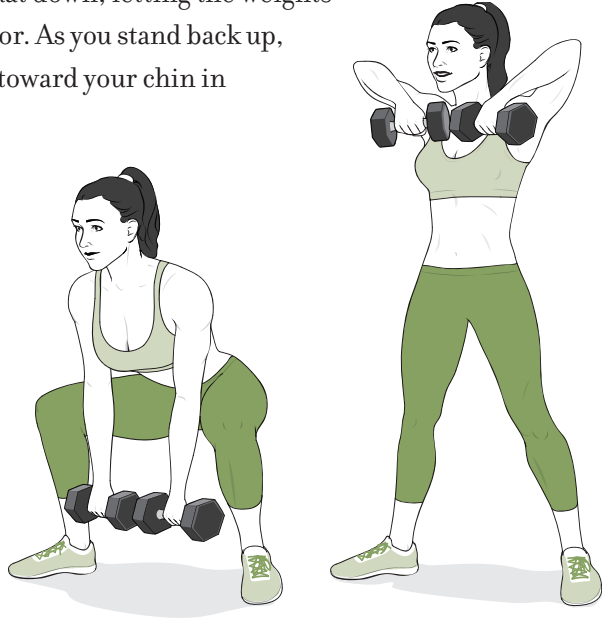
Stand in front of a small step or bench, holding a weight in each hand. Step up with your right leg while raising your left leg as if taking a step. Curl both weights from your side (your hands should end up at shoulder level). Step back down and repeat with your left foot.



Single-Leg Bent-Over Row Stand on one leg, hinging at the hip so you're bent over and your back is at about a 45-degree angle. Holding a weight in each hand, row the weights from a down position up to your side (your elbows will be pointing toward the ceiling). Do half the reps on one leg, half the reps on the other.



Sumo Deadlift High Pull Stand with your feet wider than shoulder width and your toes pointed out. Hold the weights close together as you squat down, letting the weights nearly touch the floor. As you stand back up, pull the weights up toward your chin in one motion.



Shoulder Tap Push-Ups Get in push-up position (your knees can be on the ground). Do one push-up. When you're back up, touch your right shoulder with your left hand and then your left shoulder with your right hand. That's one.



Option 2: YoGlow with RET (30 Minutes)

In this yoga-style strength training workout, aim for 3 sets of each yoga pose with weights.

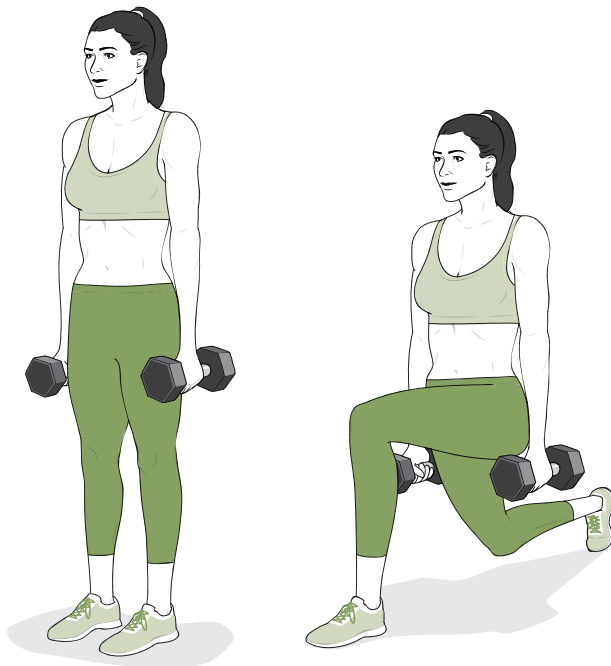
For Beginners

Practice the movement to have perfect form using only your body weight.

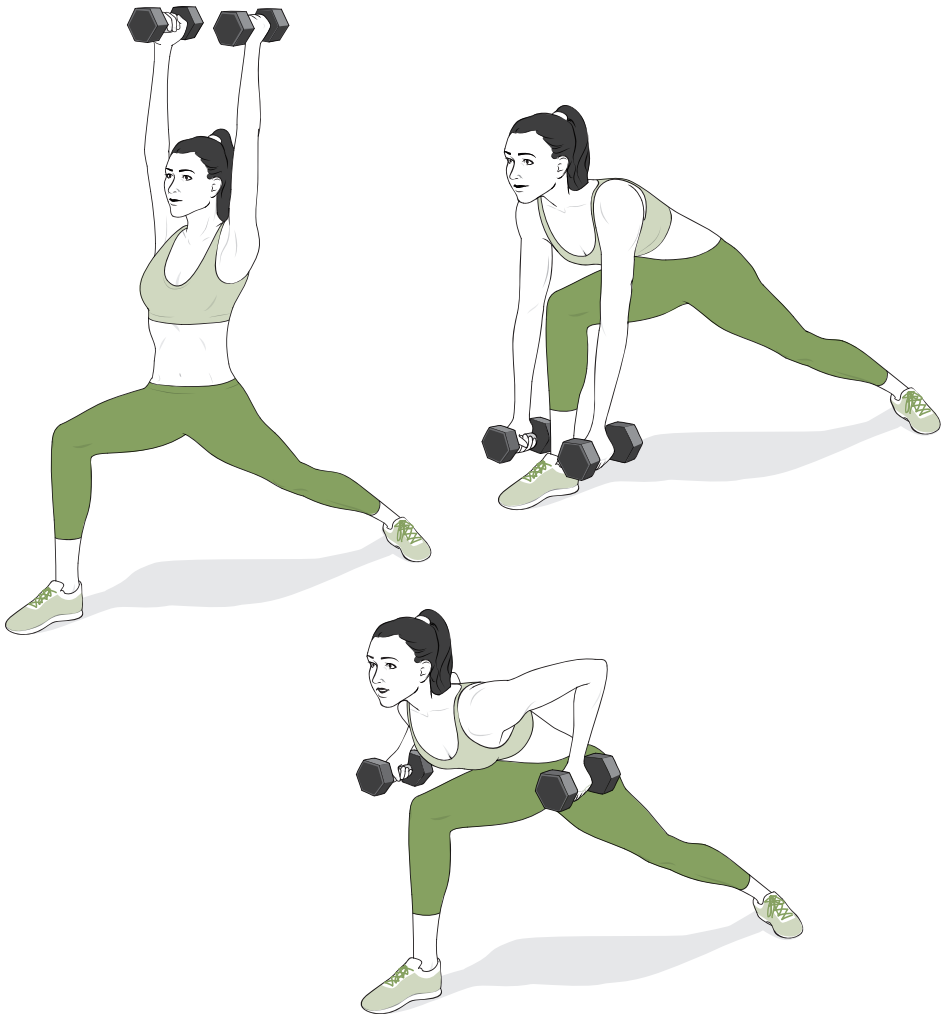
For Intermediate and Advanced Levels

Begin this workout with 2-pound weights and work up. Exceeding 8 pounds is not recommended.

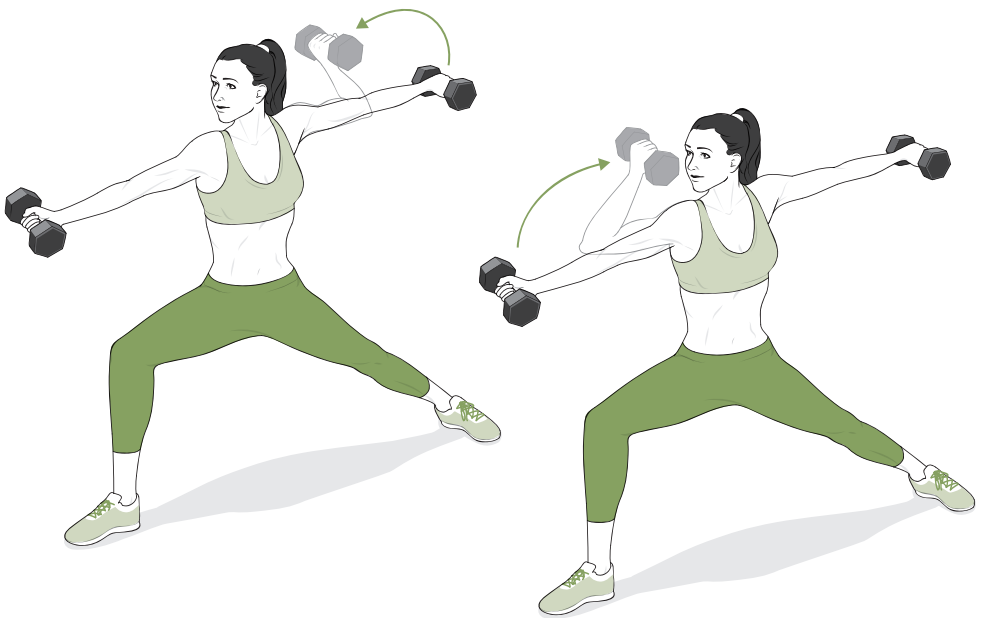
Mountain Pose + Lunge Start in Mountain Pose (Tadasana), holding a weight in each hand. Inhale, and as you exhale, step forward with one foot into a lunge. Make sure to keep your front bent knee over your ankle. You can bend your back knee and lift your heel. To aid in balance, step forward and slightly outside of center. Inhale, and as you exhale, step back into Mountain pose. Repeat with the other leg. One set is 5 lunges on each side, for a total of 10 lunges.



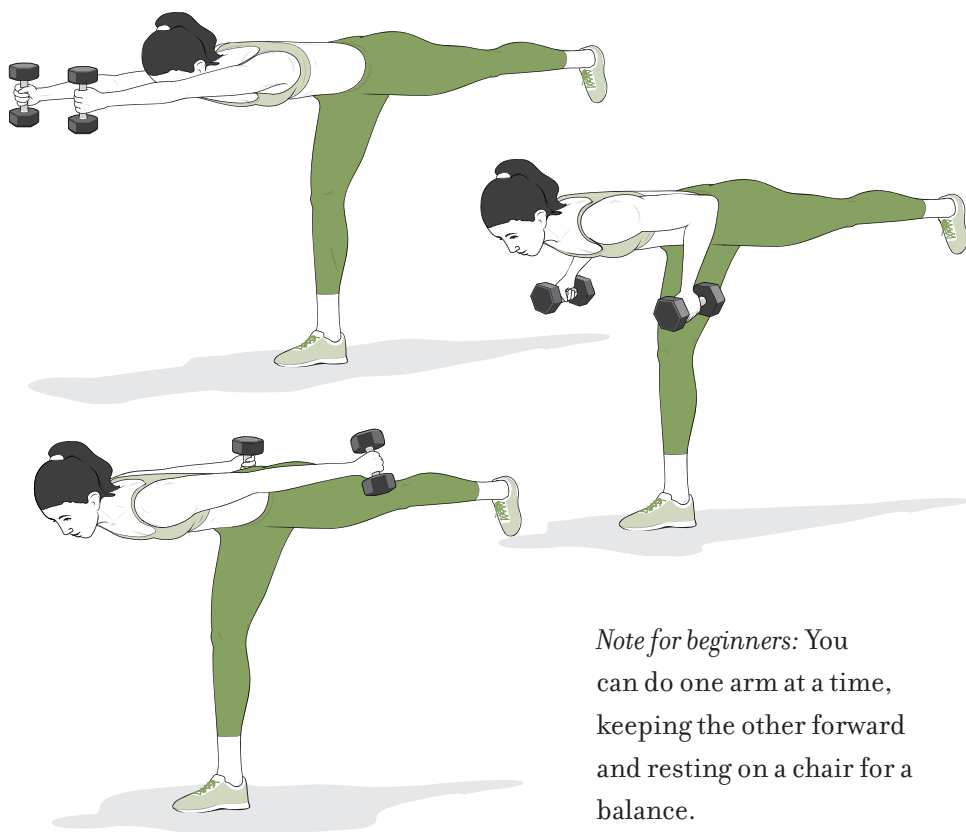
Warrior I + Upright Row Holding Dumbbells Keep one foot flat on the floor with toes pointed out at an angle. Step your other foot out into a lunge, bending your knee. This is Warrior I. Hold a weight in each hand. Bend at your hips, keeping your back as flat as possible, and lower your chest toward your knee. Next, bend your elbows and lift the weights to your torso, making sure to pull your shoulder blades together. Lower the weights. Repeat for 5 reps, then switch legs and do 5 more on the other side.



Warrior II + Bicep Curl From Warrior I, with weights in your hands, separate your legs farther to about 4 feet apart and rotate your back foot so it is parallel to the wall behind you. Keep your hips, head, and other foot pointed forward. Bend your front leg so your knee is over your ankle. Next, raise and extend both arms—one in front of you, holding the weight with your palm facing the ceiling, and one behind you with your palm facing the floor. Inhale as you keep your front arm stable and extended, while bending the back elbow, curling the weight toward your shoulder. Exhale and extend both arms. Inhale and curl your front arm while leaving your back arm extended. Exhale and extend both arms. Inhale once more and curl both arms. Exhale and slowly return to starting position. Repeat on the opposite side.



Warrior III+Tricep Kick-Backs Start in Warrior I, with weights in your hands. Be sure to keep your toes about 3 feet apart, with your back leg slightly angled and your front leg bent. Lower your chest toward the floor while straightening your front leg. Keep your arms as straight as possible. Your back leg should start to rise as you bend forward. Don't force it. Just lift as high as is comfortable for you. As your back leg lifts, extend your arms forward. Try to engage your core muscles to keep your back flat. Once you are stable, bring both of your arms back, in line with your torso (so your hands and feet are now all in back of your head). Now lift your arms up. This can be a very small move. Make sure to squeeze your shoulder blades together and tighten your abs. Press into your standing leg for stability. Carefully return to Warrior I. Repeat for 5 reps, then switch legs and do 5 more on the other side.



Note for beginners: You can do one arm at a time, keeping the other forward and resting on a chair for a balance.

Plank Extension with Weights With a dumbbell in each hand, start in plank position, either on your knees or with legs extended, making sure your arms are parallel, your hands are shoulder-width apart, and your feet are hip-width apart. Keep your head in line with your neck, looking forward, with your eyes slightly down. Tighten your core and lift into a push-up position. Extend one arm and lift it in front of you as high as you are comfortably able. Bring your arm back to plank position. Repeat for 4 reps and switch sides. For added support, keep your feet or knees slightly wider than hip-width apart.

