



Discover how to make meals that are ideal for your individual needs

Menu suggestions for breakfast, lunch, & dinner for your ideal fuel mixture

Achieve your ideal weight by going back to eating the way nature intended

The Perfect Companion To Dr. Mercola's book *Take Control Of Your Health*

# Healthy Recipes

## FOR YOUR NUTRITIONAL TYPE



Dr. Joseph Mercola with Dr. Kendra Degen Pearsall

# Contents

<b>Introduction</b>	<b>1</b>
<b>I. Nutritional Typing</b>	<b>3</b>
<b>II. Recipes For Your Nutritional Type</b>	<b>45</b>
<i>Salads</i>	<b>47</b>
Arugula, Asparagus, and Olive Salad with Toasted Pine Nuts	49
Black Bean, Sun-dried Tomato and White Fish Salad	50
Beef And Cucumber Salad	52
Brown Rice and Fresh Veggies	53
Chicken Salad With Herbs	54
Cabbage Crunch	56
Crisp and Crunchy Green Salad	57
Dandelion and Fennel Salad	58
French Bean Salad	59
Dandelion Greens with Celeriac and Tangerine	60
Gobble Up Your Greens And Peas	62
Grapefruit and Arugula Salad with Avocado	64
Mixed Spring Greens with Champagne-Citrus Vinaigrette	66
Rainbow Root Vegetable Salad (CT)	68
Indian Cabbage Salad	70
Ravishing Red Salad (CT)	71
Sunflower Power Salad	72
Watercress, Spinach, and Pear Salad	73
<i>Soups</i>	<b>75</b>
Asian Chicken and Chili Soup	77
Asparagus and Cauliflower Soup (PT only)	78
Broccoli Soup	79
Chicken Soup with Yellow Lentils	80
Creamy Zucchini-Cashew Soup	81
Chilled Sun Gold Tomato Soup with Avocado-Chili Salsa	82
Cioppino	84
Fresh and Chunky Gazpacho (CT)	86

Hazelnut Squash Soup	87
Hot and Sour Soup	88
Tuscan Bean and Kale Soup	89
Spicy Miso Kale Soup	90
Spinach-Basil Green Minestrone Soup	92
Yellow Pepper Soup with Cucumbers and Yogurt (CT)	94
Under the Sea Miso Soup	96

*Vegetables* **97**

Asian-Style Green Bean Sauté	99
Creamed Spinach	100
Eggplant and White Bean Stew	101
Fennel-Dill Artichokes (PT)	102
Garlic Green Beans with Parsley (PT)	103
Garlic Spice Collard Greens	104
Hijiki-Shiitake Sauté (MT)	105
Ginger Baby Bok Choy	106
Mint Snap Peas	108
Pesto Baked Tomato-Vegetable Casserole (CT)	109
Rainbow Chard with Red Onions	110
Red Peppers and Broccoli with Ume Tarragon Dressing	111
Roasted Asparagus and Fennel (PT)	112
Roasted Cauliflower with Celeriac and Dulse	114
Rosemary Brussels Sprouts with Cream	115
Slow Roasted Garlic Tomatoes (CT)	116
Spinach with Butter and Garlic	117
Sweet and Sour Brussels Sprouts	118

*Grains* **119**

Apple, Nut, and Grain Salad	121
Brown Rice and Poached Egg Nest with Dulse	122
Greek Grain Salad with Garlic-Dill Vinaigrette	124
Quinoa Salad with Mixed Veggies	126
Wild Rice Gourmet Salad (CT)	127

*Red Meat . . . (Grass-fed Beef, Ostrich, Bison, Lamb)* **129**

Baked Lamb Shanks with Mushrooms and Cauliflower	131
Beef and Bean Chili	132
Lamb Stew	133
Beef in Red Wine (PT)	134
Braised Beef Moroccan Style	136
Fresh Herb and Garlic Beef Tenderloin	138
Marinated Grilled Ostrich (CT), or Bison (PT)	139
Moussaka	140
Slow Cooked Brisket (PT)	142

*Poultry* **143**

Chicken with Eggplant	145
Chicken Stew	146
Chicken with Crimini and Shiitake Mushrooms	148
Coconut-Infused Chicken Lettuce Wraps	150
Cornish Game Hens with Rosemary and Shallots	151
Mom's Best Chicken	152
Sweet and Spicy Chicken	153
Tarragon Chicken with Cream	154

*Seafood* **155**

Chili Garlic Ginger Shrimp	157
Clam and Tomato Stew	158
Land and Sea Salad	160
Lemon Scallops with Parsley	161
Roasted Cauliflower and Crab with Avocado-Yogurt Dressing (PT)	162

*Fish* **163**

Coconut-Macadamia Nut Crusted Halibut	165
Coconut Kale with Sesame Crusted Salmon	166
Curried Halibut and Vegetables	168
Halibut Baked with Butter and Lemon	170
Salmon Supreme (PT)	171

Fish Curry	172
White Fish and Garlic Stew	174
Sautéed Salmon with Pesto	176
<i>Organ and Raw Meat</i>	<b>177</b>
Beef Carpaccio (PT)	179
Beef Liver with Mushrooms (PT)	180
Steak Tartare (PT)	181
Beef Tongue with Garlic and Green Beans (PT)	182
Sweetbreads in Cream and Wine Sauce	184
<i>Eggs</i>	<b>185</b>
Mushroom and Broccoli Frittata	187
Mushroom and Spinach Quiche	188
Nori and Eggs	189
Soft Boiled Eggs with Dulse and Nutritional Yeast	190
Zucchini Egg Omelet with Mushrooms	191
<i>Vegetarian and Legume Main Dishes</i>	<b>193</b>
Arame and Lentils	195
Chickpea Stew	196
Mighty Mushrooms and Beans	197
Lentil, Wild Rice and Root Vegetable Roulades with Orange-Ginger Sauce	198
Zucchini Latkes	201
Spaghetti Squash with Wicked Good Sauce (CT)	202
Stuffed Portobello's With Lemon, Thyme and Aduki Beans	204
Vegetable Parmesan Gratin	206
Warmed Greek Lentils with Feta and Dill	208
<i>Sandwiches</i>	<b>211</b>
Rye Crisp "Sandwich" with Avocado, Sprouts and Sheep's Cheese	213
Chicken Burgers with Red Peppers	214
Eggplant Sandwich (CT)	216

Portobello Sandwich	218
Tempeh Reuben	219
<i>Baked Goods</i>	<b>221</b>
Banana Muffins	223
Blueberry Walnut Muffins	224
Flourless Almond Torte	225
Sesame Biscuits	226
<i>Raw or Fermented Foods</i>	<b>227</b>
Apple Energy Soup	229
Curried Red Pepper Soup (CT)	230
Daikon and Carrot Pickles	231
Kimchi	232
Minted Cucumber Soup (CT)	234
Pickled Cucumbers with Ginger (CT)	235
Pad Thai with Almond Sauce	236
Pickled Vegetables with Arame	238
Raw Sauerkraut	239
Raw Flax Crackers	240
"Salmon" Wraps with Guacamole	242
Spicy Chopped Zucchini (CT)	244
Sunflower Scallion Dip	245
Thai Coconut Soup	246
Zucchini Alfredo	248
<i>Snacks</i>	<b>249</b>
Chicken Liver Pate (PT)	251
Cinnamon Flax Fruit	252
Crudités with Tangy Garlic-Scallion Dip	253
Cumin Spiced Lettuce Roll (MT)	254
Deviled Eggs	255
Garlic Hummus with Celery and Pita Crisps	256
Grilled Skewers of Apples and Spinach-Chicken Sausage (PT)	257
Pan Toasted Cayenne Almonds and Pumpkin Seeds (PT)	258
Spinach-Parmesan Stuffed Mushrooms	259

Sprout Stuffed Tomatoes (MT)	260
Sunflower Loaf	261
Summertime Avocado Bruschetta	262
Super Boost Power Smoothie	264
Yogurt-Spinach Dip	265
<i>Desserts</i>	<b>267</b>
Chocolate Cake	269
Banana Ice Cream	270
Flourless Honey Almond Cookies	272
Lemon Coconut Pudding	273
Yam "Chips" with Cinnamon and Nutmeg	274
Yogurt with Vanilla, Cinnamon, Nutmeg, and Flax Seeds	275
<b>APPENDICES:</b>	
<b>Appendix A:</b>	<b>277</b>
Information About Unusual Ingredients	
<b>Appendix B:</b>	<b>281</b>
Juicing For Your Nutritional Type	
<b>Appendix C:</b>	<b>291</b>
Recommended Ingredients and Products Locator	
<i>About the Authors</i>	<b>298</b>

## Healthy Recipes for Your Nutritional Type

This cookbook, *Healthy Recipes for Your Nutritional Type*, is an offspring of my book *Take Control of Your Health*. I wrote *Take Control of Your Health* as a one-stop resource for achieving overall, optimal health in a natural way. I wanted you to have a simple-to-follow, complete guide for transforming your health physically, emotionally, and spiritually.

Our current medical model is designed to merely treat the symptoms of illness—without determining the underlying causes. Unfortunately, you're often prescribed medication after expensive medication, creating more symptoms or side effects that require even more medication. Before you know it, you're sicker than when you first went to the doctor.

For thirty years, it's been my mission to help people break that cycle of dependence on damaging and sometimes even fatal consequences of the current medical model.

Most health problems are a result of an unhealthy lifestyle. *Take Control of Your Health* shows you the principles of healthy living—how to make natural lifestyle changes to restore and revitalize your body. At the heart of *Take Control of Your Health* is the importance of proper nutrition. It's my belief that many of today's health problems started when we moved away from the natural eating and lifestyle habits of our long-ago ancestors.

In my practice and through my website, I've repeatedly seen the miraculous healing power of nutrition. Simple dietary changes can reverse even chronic degenerative diseases of both the mind and body. I'm not saying these changes happened overnight and I'm not advocating any quick fixes here. What I am saying is, with education, encouragement, and determination, you have the ability to achieve health independence and wellbeing.

Through many years of studying, researching, and working with top nutritionists, I developed Nutritional Typing. It's what I believe to be the healthiest, smartest, and simplest way for people to obtain the greatest benefit from what they eat.

At my clinic The Optimal Wellness Center outside of Chicago, I encourage all of my patients to be analyzed for their own unique



## Introduction

Nutritional Type. This is important because each one of us has a unique genetic makeup allowing our bodies to metabolize foods optimally. Your personal nutritional analysis will place you into one of three categories: Protein Type, Carb Type, or Mixed Type. Understanding which type you are allows you to choose foods that are the most healing and beneficial for your unique metabolism.

Once you start eating for your individual Nutritional Type, you'll see amazing changes taking place in your body. You'll have more energy than you've ever had before, you'll move effortlessly toward your ideal weight, your health will improve, and you'll feel better than you can probably ever remember feeling.

With the development and success of Nutritional Typing, it was natural for my patients and readers to want recipe ideas to make eating for their individual types easier. That's how *Healthy Recipes for Your Nutritional Type* was born—this is a collection of healthy, nutritious, and satisfying recipes specifically designed for your unique Nutritional Type.

Making changes in your diet doesn't have to be boring or difficult. You can take control of your health—and create nutritionally sound, healthy, and delicious meals along the way.

## Discover the Powerful Health-Building Value of Nutritional Typing and Eating Right for Your Nutritional Type

Many may not realize that I was not raised in a home that taught me any nutritional basics. I love my mother dearly, but she was caught up hook, line, and sinker in the conventional thoughts of what was healthy. My mother never graduated high school and worked nights, weekends, and most holidays as a waitress. So what that meant was that we frequently relied on highly processed foods for our meals which could be heated up long after she left to go to work.

My mom also made sure there were plenty of snacks at home, and I had my fair share of cookies, Pop Tarts, and Hostess Twinkies. Breakfast usually consisted of cereal and perhaps white bread toast loaded with margarine, sugar, and cinnamon. I continued the toast and margarine practice into my early medical school days, but I did substitute whole wheat bread for the white bread—and believed I was doing well.

Except for fruit, I rarely had raw food. I clearly remember one of my friends in college eating a raw pepper, and I was aghast as I thought he would surely get sick. My friend assured me this was a healthy practice and encouraged me to consider it.

This was about the time I began to explore the importance of nutrition with a subscription to *Prevention* magazine and a series of books written by nutrition pioneer Adelle Davis.

Later I studied Nathan Pritikin, who convinced me of the importance of a diet that was high in carbohydrates and fiber and low in fat and protein. Later, I became further confused by reading and trying the *Fit For Life* diet in the late '80s. Unfortunately, as a Protein Type (I'll explain what this is later) neither diet was designed for my Nutritional Type. Instead, they worsened my health. The "fruit only" breakfast that *Fit For Life* advocates quickly increased my triglycerides to over 1000, so I stopped that one relatively quickly.

In my attempts to be healthy, I ate the low-fat, low-protein, high-carb diet that Pritikin recommended. This was great for a Carb Type but a disaster for a Protein Type. For 20 years, my diet consisted of

## Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

