

Sneak Peek Inside

clean
cuisine

A decorative graphic consisting of a horizontal blue line that spans across the page. To the right of the line, there is a cluster of green leaves of various sizes, some overlapping the line and others extending above and below it. The leaves are rendered in a simple, stylized manner with visible veins.

An 8-Week Anti-Inflammatory Nutrition Program
that Will Change the Way You Age, Look & Feel

ivy ingram larson &
andrew larson, md, facs, fasmbs

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Brand New Recipes with Full Color Photos

Table of Content of COMPLETE *Clean Cuisine* Book

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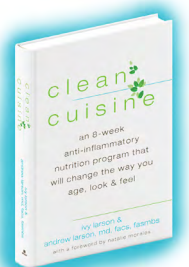
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INTRODUCTION

A Tale of Life, Love, Food, and Lasting Good Health

Ivy

I know when people look at me today it is hard for them to imagine I have ever had a worry in the world. And for the first two decades of my life I truly was happy, healthy, and carefree. But, as you will read in just a bit, my life has not always been picture perfect. But let's start with the good old days . . . and food.

I was born in 1976 to a loving family with a stay-at-home mom who cooked a "square meal" every night of the week. My parents were health conscious for their time; Dad was an avid exerciser and Mom never brought processed foods into our house. In fact I still remember Mom sending me to preschool with a box of raisins as a substitute for the Oreo cookie snack the teacher gave the rest of the kids. My parents were far ahead of the game because at least they made a sincere effort to care about nutrition. In retrospect I know we could have done even better; they just weren't exposed to the best information.

My parents believed a healthy balanced meal meant eating from the four food groups, which meant a serving of meat, a starch, and a vegetable (iceberg lettuce counted) with every meal. Milk was also encouraged (it was believed to build strong bones), and dessert would typically be ice cream or some sort of fruit crisp concoction.

Although dieting was never done in our house, occasionally my parents would hear about a trendy health fad and might even hop on the bandwagon. One of their doctors was a marathon runner, and I remember him getting my parents on a big pasta energy kick. I also still remember my mom and dad arguing about whether it was healthier to eat butter or margarine; Mom was convinced anything artificial like margarine couldn't possibly be healthy, but Dad had high cholesterol and was firmly convinced margarine was the superior substitute for artery-clogging butter. I now know they were both wrong, but Mom was less wrong than Dad!

Certainly the homespun meals and the foods I ate were better from a nutritional standpoint than the fast-food pizza and snack-food dinners many of my friends ate, but I now know and my parents now realize the food I ate growing up and the foods my parents thought were healthy could have been even better. Still, despite not eating the absolute best diet in my childhood and teens I was relatively healthy. I was also extremely active, athletic, lean, and fit. And, admittedly, when I was out of Mom's sight I pretty much ate what I wanted. Sweets were, and still are, my vice so I can assure you I had my fair share of sweet treats when I was out of the house.

Not only did I not have an understanding of nutrition, I actually believed the only people who needed to watch their diets were people who were overweight, had heart disease, or had diabetes. If you didn't have these old-person medical conditions, which I didn't, I figured you were home free and could pretty much eat what you want ... as long as you exercised. And exercise I did! I thought exercise was the ultimate elixir for good health. My motto was Exercise and You Can Eat Whatever You Want!



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Andy

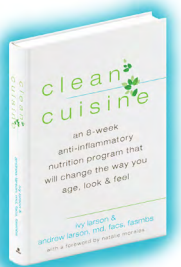
I grew up in a wonderful family environment where hard work was encouraged and rewarded. We were thrifty, and because of this we were ultimately able to live quite well. I don't remember eating at a restaurant until I was nearly twelve, save for the very occasional fast food and, perhaps, a get-together for the extended family. Consequently, the food I did eat was also relatively healthful, though as I now know certainly not perfect.

Ivy chides me now for having eaten Cheerios for breakfast every morning, but at least I ate them without milk! As I started driving and got further into high school my diet declined ... much more fast food, much more fried food, fewer balanced meals, footlong white bread subs. I gained over twenty pounds by the time I graduated high school. It took a concerted effort to lose the weight my freshman year of college. I mostly kept it off the next few years by cutting down on the fast food and exercising portion control, but this seemed to be more challenging with each passing year. I wondered if there might be an easier way to stay healthy; perhaps they would teach me in medical school. By late 1998, I was close to graduating but I never gained more than a passing knowledge of nutrition, mostly specialized stuff, such as learning how to feed burn patients intravenously and things like that. As you will see, to my great and lasting benefit, my high school friend (really, my sweetheart) gave me the motivation to learn the secret to healthful living for myself and ultimately for the benefit of tens of thousands of readers, patients, clients, and friends.

Ivy

My entire view on food and the trajectory of my life changed in the summer of 1998. I was twenty-two years old, had just acquired my American College of Sports Medicine fitness instructor certification and was excited to be working in a hospital wellness center as an exercise specialist. I was working with clients who had fibromyalgia, arthritis, heart disease, osteoporosis, and many other degenerative conditions. While trying to develop an exercise prescription for these patients I distinctly remember thinking to myself that if these people had just exercised more in the first place they could have avoided their health issues. I actually believed this. It wasn't long before I began to feel sick myself. It started with embarrassing episodes of incontinence and extreme bladder urgency. I was waking up in the middle of the night six or seven times to go to the bathroom. I felt the urge to go every fifteen minutes in the middle of the day and soon was literally planning my days around access to a toilet. I was having overwhelming exhaustion, a fog overwhelmed my thoughts, and numbness crept down my right leg. My right thigh muscle would spasm so severely I could see the muscles twitch for hours on end. I developed a weakness in my right leg that made it difficult for me to use my hip flexors to raise my knee. My right foot would suddenly give out as I was walking, and I'd stumble for no reason. I visited three doctors but none had a clue what was wrong. I then had a very scary medical emergency, an episode of urinary retention where I couldn't go to the bathroom at all. I ended up in the ER and left wearing a catheter. This doctor correctly informed me something was seriously wrong, and he urged me to go to the University of Miami to obtain a diagnosis.

At the University of Miami I was first seen by a urologist and then by a neurologist. After an extensive and exhausting series of bladder tests and MRIs of my brain and cervical spine the neurologist, Dr. William Sheremata, sat me down, with my parents in the room, to tell me the most terrifying thing I had ever been told. He said I was in the early stages of multiple sclerosis (MS). At this point my thoughts went into a complete tailspin. I was certain a diagnosis of MS meant I would end up in a wheelchair.



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I wouldn't be able to walk; I'd never get married or have children. I was convinced my life was over. Dr. Sheremata calmly explained what MS was and what I could expect. In one visit I learned more about MS than I cared to learn. I learned MS changes your brain in a way that can cause depression, anxiety, impaired memory, and loss of mental clarity; in addition, there are physical symptoms, including impaired vision, paralysis, inability to swallow, and loss of bladder or bowel control.

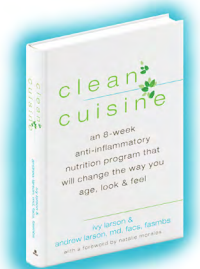
My neurologist said I had the option of going on one of a few diseasemodifying medications available to treat MS at the time, I could enter a trial to test a new drug, or I could try changing my diet. I was told about Dr. Roy Swank's research and his book, *The Multiple Sclerosis Diet Book*, and I was told that MS is a disease that is made worse by inflammation but can often be made better by adopting a nutrient-dense, antiinflammation diet. The way I understood it, the diet wouldn't cure the disease but neither would the medication. The medications were contraindicated during pregnancy—so I knew they had to be some heavy-duty drugs—and also came with very serious side effects, including suicidal ideation. I was already struggling with episodes of depression, and I can tell you right now, I did not want to take medication. I was so confused, and I was so scared.

To say that period of time was a low point in my life would be a drastic understatement. As I struggled to accept the fact that I had been given a life-changing diagnosis, I managed to remain hopeful that somehow, someday I would have as normal a life as possible. But I also knew I couldn't just ignore the diagnosis. I had to do something. Of the options I had been given, the change in diet appealed to me the most. The biggest obstacle at first, to be honest, was I just couldn't imagine how a change in diet could really be powerful enough to improve my health considering I wasn't overweight, I didn't have diabetes, I didn't have heart disease, and I was exercising all the time.

I trusted my neurologist and eventually learned he was considered among the top in his field, but I still felt I needed a second opinion. It was within days of my diagnosis that I called Andy to ask whether he thought changing my diet would be the best first step. I didn't have any close family doctor friends to call, and Andy was the only person I knew who was in medical school at that time. He wasn't at just any medical school; he was at the University of Pennsylvania, one of the top three medical schools in the country. Besides, I trusted Andy and I knew he was incredibly smart. I just prayed he knew, or at least had the training and patience necessary to research, whether a change in diet could in fact help me.

Andy

I was shocked and saddened to hear about Ivy's diagnosis, but perhaps even more shocked to hear her neurologist would suggest dietary modification as a means of treatment. I was vaguely aware that some people could lower their cholesterol level with diet and I knew you needed extra nutrition if you were in the burn unit, but I had never been exposed to treating something like MS with food. Ivy seemed strongly encouraged and intrigued by that approach so I spent an entire weekend researching MS and diet belowground at the university's medical library; I still wasn't quite up to speed with the Internet! Later, I flew down to Miami to meet with Dr. Sheremata, who I came to realize was one of the world's foremost authorities on MS; he was a full professor and had authored more than sixty scientific papers at that time.



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I concluded Ivy should absolutely change her diet because the research was clear, crystal clear. I remember the research on diet being too overwhelming to ignore. I remember feeling cheated that I had to learn the facts about the correlation between diet and disease on my own. As a result of Ivy's phone call and that one weekend at the library, I remember being excited and motivated to read abstract after abstract and article after article proving the benefit of diet for the treatment of a constellation of conditions, ranging from MS to cancer to heart disease to chronic fatigue syndrome.

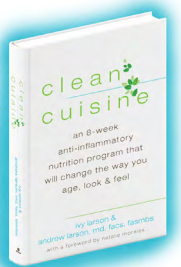
The more we learn about MS and other chronic diseases the more we learn that the brain, and body, is constantly remodeling itself. For example, in MS patients, the brain has a significant reserve capacity that it can use to repair itself. Activities that exercise your brain and body (such as our fitness program in Chapter 8) appear to be critical to the development of the cognitive reserve needed to work around the areas of damage caused by MS. In fact, an important emerging theory is that disease progression in MS happens because the brain is no longer able to repair itself.

On average, you renew about 1 percent of the cells in your body daily, and those new cells come in either stronger and younger or weaker and older; your overall lifestyle plays a tremendous role in cell regeneration— for better or worse. Exercising regularly and giving your body the right nutrients, eating anti-inflammatory and antioxidant foods, and eating the right types of fats (especially the omega-3 fats) all work to keep your brain flexible and fluid, giving it the edge it needs to manage MS. And of course MS isn't the only disease that can benefit tremendously from lifestyle choices!

Ivy embraced what she called nutritional therapy wholeheartedly; she promptly changed the way she ate. She also used her fitness background to develop a workout program to keep her strong. Her diagnosis brought the two of us together; no longer just good friends, we were married a year and a half later. Our son, Blake, was born one year after that. By this time Ivy had radically changed her diet and regained her health. Knowing what I now know, and having Ivy's help to make the great meals, I too dramatically changed my diet. I was no longer eating hospital food but instead was eating "Ivy food." I lost the extra weight for good and have not had to exercise painful portion control since. I'm prone to high blood pressure and have kept this in check as well. By the time our son was born Ivy and I were both 100 percent committed to her diet. Blake has known only healthful eating. He is now eleven and has taken antibiotics just once in his life. Last year he was one of only six kids in his one-hundred-person grade to earn the Presidential Physical Fitness Award.

Ivy

I am now in my mid-thirties and remain in wonderful health. As you will read more in Chapter 8, by far my greatest health problem has actually not been MS but instead a congenital hip disorder called femoral retroversion in which my femoral head was angled twenty-two degrees off normal. The hip issue was misdiagnosed for years, and resulted in significant pain for over a decade. I had two major surgeries, including a femoral derotational osteotomy during which my thigh bone was broken in half and the shaft was rotated to put my femoral head in the normal position; then I went through extensive rehabilitation for more than a year. People always hear about my MS and think that the diagnosis sounds so terrible and so scary, but for me, the hip ordeal has been much, much worse. I tried every noninvasive, nonsurgical alternative therapy under the sun for my hip. You name it, I tried it. And



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nothing worked. It was very depressing because until I got the proper diagnosis I really didn't have control over the issue— or the pain. The type of workouts I outline in Chapter 8 helped me stay strong and lean for years without putting strain on my hip or other joints, but they still didn't fix the underlying orthopedic abnormality of my femur (or the pain.) But compared to the hip ordeal, I have always felt much more in control of the MS diagnosis because I really did see a significant change in how I felt simply by changing my diet and my lifestyle. I know there is no surgery that can be done to cure MS, and I know the medications on the market today are suboptimal, but at least I feel like the lifestyle choices I make have an impact. And for me, this is comforting and reassuring.

With the MS in remission and my hip issues behind me, I now have the luxury to start worrying just a little bit about those things the stereotypical metro-Miami thirty-something starts to fret about. Aging, for one. Gladly, I can say without a doubt that the dietary habits I have adopted over the last fourteen years and the nonimpact strength training programs I did to help compensate for my hip problems have made a tremendous difference in the way I age. And, of course, the way I age absolutely affects the way I look. I have exercised consistently and have been conscious of what I eat for over a decade, and I am a firm believer the lifestyle you lead and the food you eat are the most powerful factors in optimizing health, boosting energy, slowing the aging process, and improving appearance.

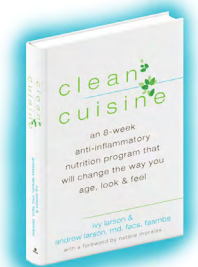
The older we get the more our lifestyle choices are most blatantly apparent in our appearance. There is no greater beauty truth than the old saying that at age twenty you get the face you were born with but at age fifty you get the face you deserve. It's pretty darn hard to look good at age fifty if you aren't leading a healthy lifestyle. If you've ever noticed the sallow, wrinkled skin of a smoker or the complexion of a junkaholic, you've seen for yourself the signs of premature aging, and that's just on the outside!

Andy

Dietary phytonutrients, beneficial substances found only in plant-based foods, and antioxidants help us age slower and feel and look better. Nutrition scientists now know how specific molecules affect precise functions of certain cells in our body, and we know for a fact that eating a nutrientdense, anti-inflammation diet based on unrefined whole foods with a hearty emphasis on plant foods is healthy for everyone. The science to back this up is just irrefutable.

Two diets strongly associated with longevity and decreased disease burden, the traditional Japanese diet and the Mediterranean diet, are similar in that they are both notable for their favorable omega-3 to omega-6 fat balance (at least in part as a result of their both including moderate amounts of fish), their emphasis on vegetables, their near total exclusion of refined and processed foods made with omega-6-rich vegetable oils such as corn oil and cottonseed oil, and their relatively minimal reliance on milk and meat. Those of you who are familiar with these diets will notice Clean Cuisine is similar, yet places even more emphasis on eating a fruit- and vegetable-forward, plant-strong plate and on obtaining all carbohydrates from unrefined sources (for example, insisting on brown rice and whole grain pasta instead of white rice and traditional pasta).

Our work is based on human studies and human epidemiology, the study of cause and effect as it relates to human health and disease, and is sourced back in numerous locations throughout this book to the primary scientific



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literature. If something makes a rat live longer but hasn't been tested on people, then you won't find that recommendation in Clean Cuisine. The concept of nutrient density—getting more nutrition per calorie eaten—is heavily emphasized. Given the realities of industrial agriculture and mass-produced meat, we place special emphasis on organic foods when necessary. We fervently believe genes are not your destiny. The science that studies how the food we eat affects the way our genes express themselves is called nutrigenomics. Based on this philosophy, the food you eat provides the building blocks for your body: You actually do become what you eat. Certain foods create a youthful, energetic, lean, and disease-proof body whereas other foods do the exact opposite. The foods you eat can actually communicate with your cells, and your cells behave the way the food you eat tells them to. Nutrigenomics puts the power in your own hands to change the way you age, look, and feel. Regardless of your current state of health, without regard to your genetic makeup, you can make the choice to eat foods that nourish your body, reduce inflammation, slow aging, and protect against disease.

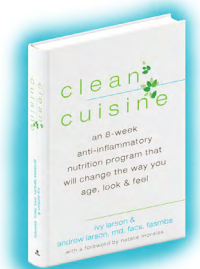
Clean Cuisine can greatly minimize some of the biochemical mechanisms, including free-radical-induced cellular damage, that lead to disease and premature aging. The study of nutrition is rapidly evolving, and many progressive mainstream medical doctors are starting to take notice. Although nutrition is still not emphasized in medical school, nutritional epidemiology is taking hold as an entire discipline devoted to the study of connections among nutrition, disease, and health. Thousands of studies and evidence-based medicine link poor nutrition to disease and accelerated aging. The medical community is no longer ignoring the proof.

The lifestyle you lead and the foods you eat greatly affect the health of your very own lifelines, your blood vessels. Your blood vessels supply nourishment to your skin, and if your blood vessels are in poor health you can rest assured you will look, and feel, older than your years. A few factors that keep your blood vessels young and the many organs that depend on blood flow healthy are reducing blood pressure, reducing inflammation, reducing certain species of cholesterol in your blood, and reducing the propensity of the fats in your blood to oxidize. Our Clean Cuisine lifestyle accomplishes all of these goals.

The problem for many of us in the medical community is we don't have a pill to prescribe that changes the way you age, look, and feel so patients must take their health into their own hands. Unfortunately, the reality is that the way medicine is set up today does not allow physicians the time to educate their patients on how to optimize their health. The other reality is that taking care of yourself by eating clean, exercising, and living healthfully requires a commitment, but it's a commitment to yourself that pays big dividends. Although it is never too late to start the Clean Cuisine lifestyle, an ounce of prevention is worth a pound of cure. In many ways, Ivy's MS diagnosis was one of the best things that happened to her; it happened at a relatively young age, and I believe the dietary changes she made in her early twenties are the reason she is aging so beautifully now.

Ivy

Adopting our Clean Cuisine lifestyle works on many levels to reduce inflammation, improve the clarity of your skin, boost your energy level, lift your mood, and as Andy can explain, even change your blood work. Antioxidant- and phytonutrient-rich Clean Cuisine foods even act as a form of edible sunscreen, helping prevent premature environmental- and sun-induced skin aging.



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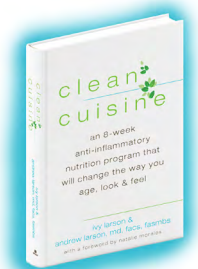
Clean Cuisine will also help you lose weight because the side benefit of improving health is attaining a healthy weight, without hunger I might add! If you are overweight, reaching a healthy weight is one of the greatest make-overs you can possibly treat yourself to. In fact, losing weight and ridding your body of excess fat are two of the most effective ways of removing toxins from your body; after all, toxins are stored in fat cells, so a toxin-free body is going to look a heck of a lot better than a toxin-laden body!

It doesn't matter who you are or how genetically blessed you are, food and staying fit matter on every level for all of us. Nobody is so genetically blessed that he or she can get away with eating poorly without negative consequences at some point. Nobody is so genetically blessed that he or she can get away without exercising either. I had a grandfather who lived well into his nineties and was skinny as a rail his whole life, but because he didn't exercise he had a hard time getting out of his chair. He died from the consequence of a fall that broke his hip. The thing is, it doesn't matter who you are, you have to eat healthy, and you have to exercise or there will be negative consequences. I know this sounds doom and gloom but it's the truth. I wish I had started eating clean in childhood. I'm glad I had the exercise habit early on because I know it's a hard habit to get into the older you get. However, it is never too late (or too early!) to eat healthy and exercise.

We've been personally following the prescription outlined in Clean Cuisine for years now, and as new research is published we add more healthy recommendations. When I learned about the health and cleansing power of green smoothies and started making them for Andy a couple years back, he joked that blending kale, frozen fruits, and powdered greens in a Vitamix might be going a bit too far. He worried I might be teetering toward fringe recommendations. But now, not only does Andy drink his greens but he craves them. Me too! And we are not the only ones either. Everybody who starts drinking greens regularly gets hooked. Once you start making certain diet changes you just feel too good to not continue.

It is true some of the recommendations you'll read in this book might not yet be mainstream, but that doesn't mean they are difficult or not enjoyable. One thing we have held firm to over the years is the fundamental belief that healthy living can and should be a joyful life. Andy and I believe restricting your diet and lifestyle too much is unhealthy. We have never nor will we ever encourage you to micromanage your diet; to measure or count your carbs, calories, and fat; to deny your hunger; or to ask you to calculate the ratio of macronutrients that provide the greatest weight loss. This sort of obsessive preoccupation with food and dieting is not the prescription for good health or a healthy mind.

As a certified food lover I can tell you eating good-tasting food is a top priority for me. I love everything about food—from writing about it to cooking it, shopping for it, and most important, eating it. I also love cooking for my husband and son, entertaining friends and family, and enjoying a glass of wine with dinner. The last thing I want to do is deprive myself or live a life of dietary austerity all in the name of health and life extension. My desire to live an enjoyable life, dine on great food, and enjoy wine with dinner while also trying to be as healthy as possible have led to the development of a new way of cooking and eating we call Clean Cuisine. I firmly believe food can be powerful medicine, but I also believe a good portion of the power of food comes from the enjoyment it provides. And I assure you eating healthful, nourishing food can be extremely pleasurable.



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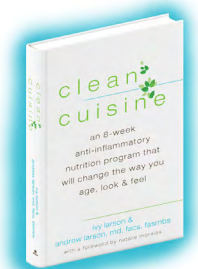
Andy

The only way a lifestyle program is going to be effective is if people actually do it. Both of us, Ivy in particular, are very motivated people when it comes to healthy eating but even we would be unable to follow an unnecessarily austere program. We feel firmly a lifestyle program cannot be overly strict or people just won't do it, and therefore it won't work. What we have done with the Clean Cuisine lifestyle is taken all of the available research and put together a program that is enjoyable and effective. Could you adopt a more extreme way of living? Sure thing! Will doing so substantially improve your health, energy, or appearance? Based on all the available science, that's highly doubtful. Our primary goal is life-enhancement; we want to enjoy our life maximally in every way possible. The Clean Cuisine lifestyle is strict when and where it counts most and lenient where it doesn't matter so much. It's a balanced lifestyle that will not decrease the pleasure in your life.

As a doctor, as a surgeon who specializes in treating severely overweight persons with a host of chronic conditions, I feel confident in promising that if you change your diet, you will change your health. The Clean Cuisine diet we recommend combats inflammation and eliminates malnutrition, twin pariahs that create disease, accelerate aging, and worsen preexisting conditions. Ivy and I have held numerous Health and Body Makeover Programs over the years, and I can tell you from the results we have had that if you adopt the Clean Cuisine diet you will truly be able to see measurable improvements in medical markers that are a proxy for good health: lower triglycerides, decreased blood pressure, reductions in CRP levels, and diminished body fat in as little as four or five weeks. If you have an inflammation-mediated condition such as asthma, fibromyalgia, or arthritis, you will also feel better and enjoy symptomatic improvement in as little as four to five weeks. These overlapping and far-reaching results trump what is offered by medications, without the negative side effects.

Clean Cuisine works to improve the way you age, look, and feel for all the reasons other popular diet plans don't. We offer sound science, no gimmicks. There is no deprivation, and you'll not leave the table feeling hungry. Clean Cuisine doesn't make you count calories or measure your food portions in little cups. It doesn't require the mathematical skills of an engineer. It makes food your ally, not your enemy. It meets your body's need for energy and nutrients and minimizes the risk of chronic disease. And, thanks to Ivy's creative recipe development, Clean Cuisine tastes incredible. Her exercise interest also pays off because her Full Fitness Fusion workout programs really are super time-efficient, tremendously effective, and absolutely not boring.

Although some physicians might argue it is neither practical nor convenient to advise patients to totally change their diet and lifestyle, I would argue it is neither practical nor convenient to consider the alternative. There is a relationship between poor nutrition and disease. If you ignore nutrition then the odds are stacked against you that you will get sick. And as Ivy can tell you, sickness is the ultimate inconvenience. It is absolutely not convenient to be obese and undergo weight-loss surgery, or to have coronary artery disease that requires bypass surgery. It is not convenient to need to take insulin injections on a daily basis to control diabetes, and it certainly is not convenient to suffer from a debilitating stroke or undergo chemotherapy for cancer. It is far more convenient, and more enjoyable I might add, to eat Clean Cuisine. Changing your diet and adopting the Clean Cuisine lifestyle requires a lasting change, but this is a change that will improve the way you age, look, and feel and will truly change your life.



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by ivy ingram larsen & andrew larsen, md

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From Both of Us

Clean Cuisine, the book, is an offshoot of our cleancuisine.com website, a site we started in September 2010. On the site we strive to provide a snapshot of our daily lives but we also realize sometimes a guide is more helpful than a snapshot. With this book we have done our best to simplify the science behind our recommendations as well as to lay out an eight-week roadmap that will help you clean up your diet and your lifestyle, without feeling overwhelmed or deprived. Think of *Clean Cuisine* as an eight-step, eight-week recipe for preserving youth, staying healthy, and enjoying delicious food. The *Clean Cuisine* lifestyle is not a quick fix, but it does work and it is doable.

Of course after the eight weeks we don't expect you will go back to your old ways, the idea is that you will continue eating and living clean. We also hope you will connect with us on our website so we can share more tips, recipes, and healthy product suggestions.

Keep in mind, we did not change our diets overnight, and we don't expect you to either. Think of adopting the *Clean Cuisine* lifestyle as a journey; it's something new, but it is also something exciting and life changing.

Wishing you and your family good health and happiness always.

Bon Appetit!

Ivy & Andy

Ivy Larson and Andy Larson, MD



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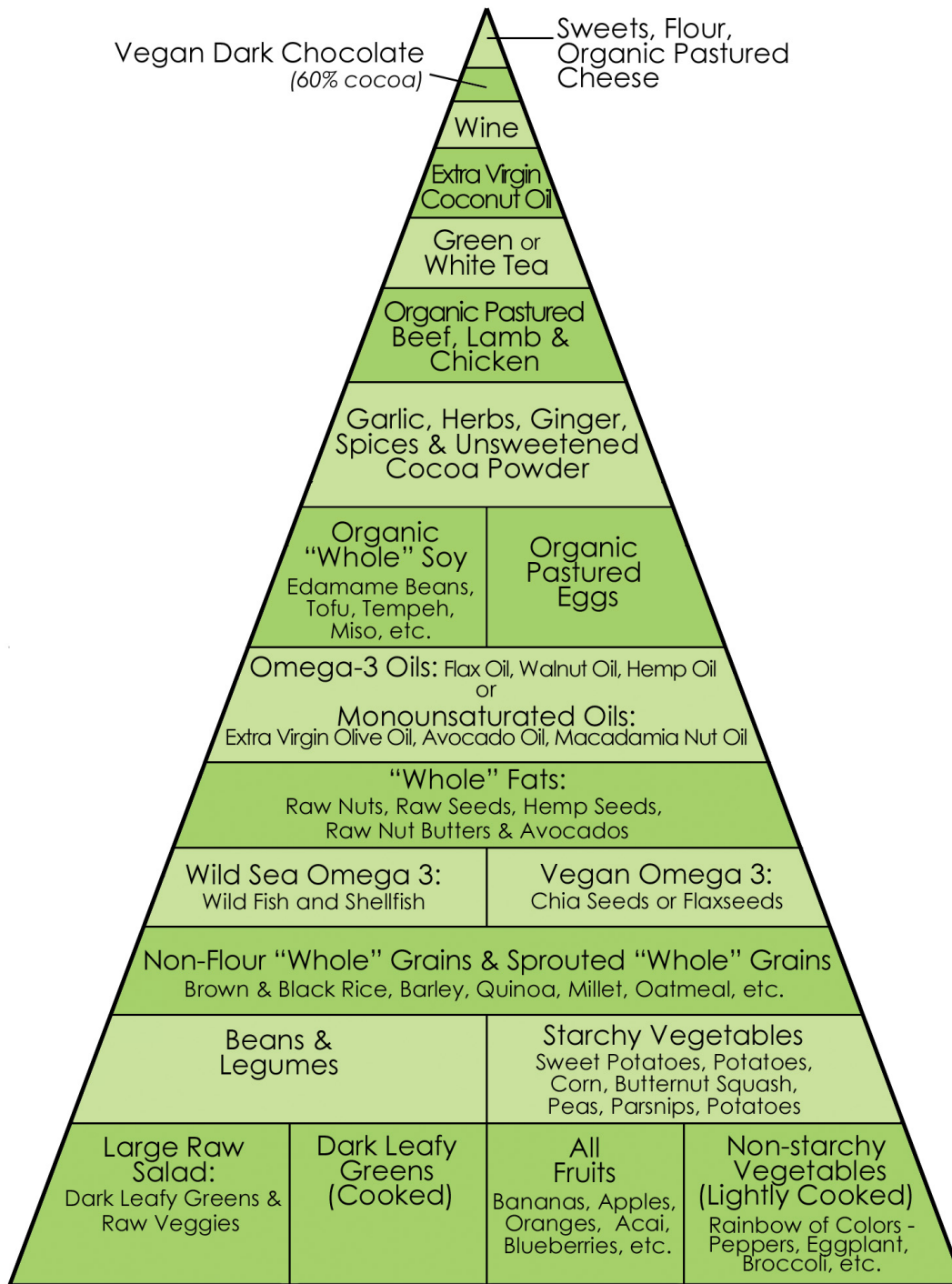
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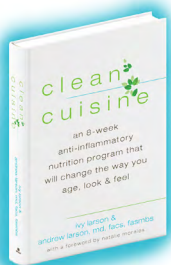


The Clean Cuisine Food Pyramid:

An Easy Anti-Inflammatory Diet Guideline



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Gluten-Free Millet Pancakes



Serves: 1

These are the pancakes Ivy and our son, Blake, invented when school was cancelled for two days thanks to the threat of Hurricane Isaac. They are beyond delicious.

- ¼ cup plus 1 tablespoon water
 - 1 organic pastured egg
 - 1/8 teaspoon pure vanilla extract
 - 2 tablespoons hemp seeds
 - 3 pitted dates
 - ¼ cup plus 1 tablespoon millet flour
 - ½ teaspoon baking soda
 - 1/8 teaspoon baking powder
 - 1/8 teaspoon cinnamon
 - Pinch of unrefined sea salt
 - Organic extra virgin coconut oil (such as [Barlean's](#)), for oiling the skillet
1. In a high speed blender (such as a [Vitamix](#)), combine all of the ingredients except for the coconut oil. Process until smooth and creamy.
 2. Lightly oil the bottom of a skillet over medium heat. Once the skillet is hot, pour ¼ cup of batter in the pan. Cook until bubbles form on the surface, then flip the pancakes and continue to cook for 1 to 2 minutes, until golden. Repeat until the pancake batter is gone.



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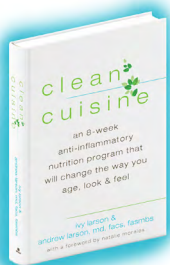


Thai Style Pineapple-Cilantro SuperGreen Smoothie



Serves: 2

- 2 tablespoons chia seeds (such as [Barlean's](#))
 - 1 handful cilantro
 - 1 handful parsley
 - 1 cup frozen pineapple, pieces
 - 1-inch piece gingerroot, peeled
 - 3 cups ice cold water or coconut water (such as O.N.E.)
1. Toss all ingredients in a high-speed blender (such as a [Vitamix](#)) and process until smooth and creamy.



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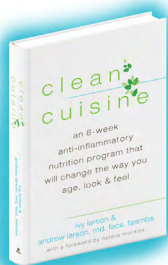


Chocolate Cherry Bomb No-Milk Shake



Serves: 1

- 1 frozen banana, cut into bite-sized pieces
 - ½ cup frozen cherries
 - 1 tablespoon unsweetened high-quality cocoa powder (such as Ghirardelli or Green & Blacks)
 - 1/8 teaspoon pure vanilla extract
 - ¾ cup ice cold water
 - Pinch of unrefined sea salt
1. In a high-speed blender (such as a [Vitamix](#)), combine all of the ingredients; blend until smooth and creamy. Serve immediately.



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Creamy Broccoli & Edamame Bisque

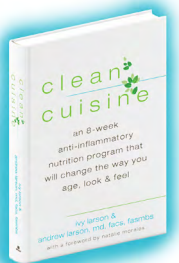


Serves: 4

This soup tastes so much like traditionally prepared cream of broccoli soup that you just won't believe it's dairy-free. It is so good and goes so fast in our house that Ivy often makes a double batch (it freezes well too.)

- 1 tablespoon cold pressed extra virgin olive oil
- 1 teaspoon organic extra virgin coconut oil (such as [Barlean's](#))
- 4 cloves garlic, minced
- 2 large shallots
- 1 leek, white and green parts, chopped
- 1 teaspoon coriander
- Unrefined sea salt, to taste
- 6 cups organic vegetable broth
- 1 pound broccoli, trimmed, stems and florets chopped
- 1 cup organic shelled edamame beans
- ¼ cup short grain brown rice
- 2 tablespoons lemon juice

1. Heat the extra virgin olive oil and coconut oil in a large saucepan over medium heat; add the garlic and shallots and sauté 3 or 4 minutes. Add the leeks and sauté until very tender, about 10 minutes. Season with coriander and salt. Add ½ cup of the broth, scraping any brown bits from the bottom. Cook for 1 minute.
2. Add the remaining 5 ½ cups broth, the broccoli, edamame beans and brown rice. Bring liquid to a boil. Reduce heat to low and simmer for 15 minutes, or until rice is soft and broccoli is very tender. Add the lemon juice.
3. Use a handheld stick blender to process ingredients into a smooth and creamy bisque. Adjust seasoning. Serve warm or cold.



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Cleaned Up Sloppy Joes

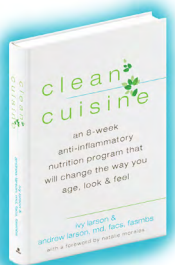
Serves: 6

This classic all-American casual dinner entree gets a Clean Cuisine reduced-meat makeover by incorporating a medley of minced vegetables (they blend right into the tangy sauce) and a combo of crumbled pastured beef and tempeh (don't worry, the tempeh keeps a very low flavor profile and blends right in too!) Serve over toasted sprouted whole grain buns with a large romaine side salad.

- 1 can (8 ounces) organic tomato sauce
- 1 tablespoon molasses
- 2 tablespoons Worcestershire
- 1 ½ teaspoons Dijon mustard
- 1 ½ teaspoons cumin
- 1 teaspoon garlic granules
- 1 small onion, coarsely chopped
- 1 red bell pepper, coarsely chopped
- 2 stalks celery, coarsely chopped
- ¾ pound pastured (preferably organic too) ground beef or buffalo
- 8 ounces tempeh
- 1 tablespoon cold-pressed extra virgin olive oil
- 6 cloves garlic, minced
- Unrefined sea salt, to taste



1. In a medium sized bowl mix together the tomato sauce, molasses, Worcestershire, Dijon, cumin and garlic granules. Set sauce aside.
2. Place the onions in a food processor and pulse to finely chop. Remove onions and repeat with the bell pepper and celery. Take care not to over process the vegetables or they will become mushy. Set vegetables aside.
3. Place the ground beef and tempeh in the food processor and pulse until well blended. Set the mixture aside.
4. Heat the oil in a large heavy skillet over medium heat. Add the garlic and minced onions and cook for 2 to 3 minutes, or until onions start to soften. Season with salt to taste. Add the minced red bell pepper and celery and cook until vegetables are soft, about 3 or 4 minutes. Season with salt to taste. Stir in the meat-tempeh mixture, using a spatula to combine all ingredients. Cook for 4 to 5 minutes, or until meat is cooked through. Pour in the sauce and simmer for 10 minutes. Serve warm.



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Meat Free Monday Meal: Veggies, Pasta & White Beans with Lemony “Cream” Sauce

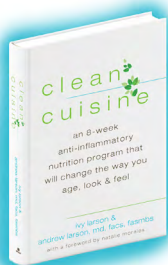
Serves: 4

This stick to your ribs one-pot dinner is so divine you could easily serve it to guests. Nobody will believe the cream is dairy free!

- ½ cup + 2 tablespoons pine nuts
- 2 tablespoons freshly squeezed lemon juice
- ¼ cup + 2 tablespoons water
- ½ teaspoon raw honey
- ¾ teaspoon fresh thyme
- 1/8 teaspoon unrefined sea salt, plus more to taste
- 1 pound asparagus, ends trimmed, cut on the diagonal into 2-inch segments
- 2 cups dry sprouted whole grain penne (such as Food for Life brand) or other whole grain penne
- 1 cup frozen petite peas
- 1 tablespoon cold-pressed extra virgin olive oil
- 2 shallots, finely chopped
- 5 garlic cloves, minced
- 1 can (14.5 ounces) BPA-free organic cannellini beans



1. Place the pine nuts, lemon juice, water, honey, thyme and 1/8 teaspoon salt in a high speed blender (such as a Vitamix); process for 1 full minute, or until smooth and creamy. Set aside.
2. Bring a large pot of salted water to a boil over medium-high heat. Add the asparagus to the boiling water and cook for 3 to 4 minutes. Add the sprouted whole grain pasta and cook for 4 minutes (if using regular whole grain penne, add it at the same time you add the asparagus and cook both for 7 to 8 minutes.) Remove from heat and add the peas. Let the peas sit in the hot water for about 1 minute. Drain the asparagus, pasta and peas. Do not rinse pasta with water; you want to retain the pasta's natural starches so that the sauce will stick. Set pasta and vegetables aside.
3. Heat the oil in a large heavy saucepan over medium heat; add the shallots and garlic and sauté until the shallots are soft, 3 to 4 minutes. Stir in the beans and season with salt to taste.
4. Add the asparagus, pasta and peas to the saucepan and gently toss to coat with the shallots, garlic and beans. Stir in the prepared cream sauce. Season with salt to taste. Remove from heat and let sit 5 minutes before serving. Serve warm.



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Cranberry Walnut Tabbouleh



Serves: 6 to 8

While there's nothing wrong with the bulgur used in traditional tabbouleh recipes, gluten-free quinoa is a delicious alternative if you are gluten-sensitive or if you simply want a twist on conventional. Eliminating the tomatoes and adding cranberries, walnuts and mint adds an additional unusual spin and brings a fresh new flavor dimension to a classic favorite.

- 1 cup quinoa
 - 3 tablespoons cold-pressed hemp oil, walnut oil or flax oil
 - 1/3 cup lemon juice
 - ¼ cup red onion, minced
 - 1 cup fresh parsley, chopped
 - 1/4 cup fresh mint, chopped
 - ½ cup dried cranberries
 - 1 cucumber—peeled, seeded and chopped
 - ½ cup raw walnuts, chopped
 - Unrefined sea salt, to taste
1. Bring 1 cup water to a boil in a large saucepan. Add the quinoa and cook for approximately 15 minutes, or until tender. Drain if necessary. Set aside to cool.
 2. Add oil, lemon juice, onions, parsley, mint, cranberries, cucumber and walnuts; toss to combine. Season to taste with salt. Cover, refrigerate for at least 1 hour before serving.



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Fresh Cinnamon Apple-Pecan Cake

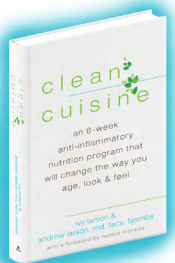
Serves: 8 to 10

Ivy has been making this cake for years, especially around the holidays (sure beats fruit cake!) Although it tastes very sweet there is actually very little added sugar—most of the sweetness comes from the apples and raisins. It's very low in oil too. But not to worry, it still tastes decadent, as any good cake should. If you want to make this treat “extra” special for the adults try drizzling a bit of brandy or amaretto on top just before serving.

- ¼ cup plus 1 tablespoon water
- 1 organic pastured egg
- 2 cups raw pecans, divided
- 3 apples, cored and chopped (leave the skins on); keep the apples separate
- ½ cup brown sugar
- 1 ½ teaspoons cinnamon
- 1 ¾ teaspoons baking soda
- 1/2 teaspoon unrefined sea salt
- 1 cup yellow or black raisins
- 3 tablespoons plus 1 teaspoon organic extra virgin coconut oil, melted
- 1 ½ cups white whole wheat flour



1. Preheat the oven to 350 degrees. Oil the bottom and sides of a 9-inch round cake pan.
2. Add 1 ½ cups of the pecans to the bowl of a food processor and pulse several times to finely chop. Add 1 of the chopped apples along with the sugar, cinnamon, baking soda and salt. Pulse several more times so that some chunks remain. Add second chopped apple and pulse again until all apples are chopped but not mushy. Add the raisins and 2 tablespoons of the melted coconut oil and pulse again until ingredients are well blended. Add the flour and process until moist (batter will be “heavy” and rather lumpy.) Transfer the batter to the cake pan and set aside.
3. To the food processor add the remaining ½ cup pecans, chopped apple and 1 teaspoon melted coconut oil; pulse several times until ingredients are finely chopped. Scatter the apple-pecan mixture on top of the cake.
4. Bake for 30 to 40 minutes (checking after 30 minutes), or until a toothpick inserted in the center comes out clean. Set aside on a wire rack to cool for 10 minutes before slicing.



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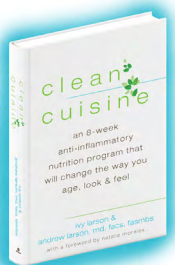
Clean Cuisine Chia & Chocolate Cookies



Yeilds 24 Cookies

Papa Norman loves these cookies so much that when we asked him what he wanted for his 86th birthday the first thing he said was “How about those chia cookie things?” They are just beyond delicious. And you can’t just eat one. Also, for what it is worth, although they are not totally gluten-free, because they are made with barley flour they contain considerably less gluten than cookies made with wheat flour.

- 1 ½ cups raw almonds
 - 8 pitted dates
 - 2 cups barley flour
 - 1/4 cup chia seeds (such as [Barlean's](#))
 - ½ cup organic extra virgin coconut oil (such as [Barlean's](#)), softened
 - ½ cup real maple syrup
 - ½ teaspoon unrefined sea salt
 - ½ cup vegan mini chocolate chips
1. Preheat oven to 350 degrees.
 2. Put the almonds in a food processor and process into crumbs. Transfer almond crumbs to a large mixing bowl. Put the dates in the food processor and pulse 6 to 7 times, or until dates are well ground. Add the dates to the almonds.
 3. To the mixing bowl, add the barley flour, chia seeds, coconut oil, maple syrup and salt. Combine all ingredients with a wooden spoon. Form the mixture into tablespoonful balls and space them evenly on a large cookie sheet. Using your index finger, make an indent in each cookie. Fill each cookie with 4 or 5 mini chocolate chips.
 4. Bake cookies for 18 minutes. The cookies should be done at this point, but the chocolate will not be totally melted. As soon as you remove the cookies from the oven, take the back of a spoon and gently press down on the chocolate so that it melts. Set the cookies aside to cool and harden for at least 15 minutes before eating.



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Clean Cuisine is published by THE BERKLEY PUBLISHING GROUP

Published by the Penguin Group

Penguin Group (USA) Inc.

375 Hudson Street, New York, New York 10014, USA

Penguin Group (Canada), 90 Eglinton Avenue East, Suite 700, Toronto, Ontario M4P 2Y3, Canada

(a division of Pearson Penguin Canada Inc.) • Penguin Books Ltd., 80 Strand, London WC2R 0RL,

England • Penguin Ireland, 25 St. Stephen's Green, Dublin 2, Ireland (a division of Penguin

Books Ltd.) • Penguin Group (Australia), 707 Collins Street, Melbourne, Victoria 3008, Australia

(a division of Pearson Australia Group Pty. Ltd.) • Penguin Books India Pvt. Ltd., 11 Community

Centre, Panchsheel Park, New Delhi—110 017, India • Penguin Group (NZ), 67 Apollo Drive,

Rosedale, Auckland 0632, New Zealand (a division of Pearson New Zealand Ltd.) • Penguin Books,

Rosebank Office Park, 181 Jan Smuts Avenue, Parktown North 2193, South Africa • Penguin China, B7

Jiaming Center, 27 East Third Ring Road North, Chaoyang District, Beijing 100020, China

Penguin Books Ltd., Registered Offices: 80 Strand, London WC2R 0RL, England

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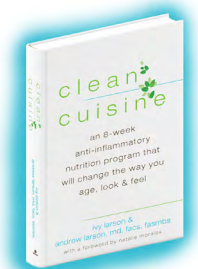
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