

Sanctuary

SEDONA

NUTRITION PROGRAM



We cultivate
consciousness and
nourishment using the
medicinal properties of
whole food.
Our foundation is healing
the body, repairing the
brain, and recovering the
soul.

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FORWARD FROM DEAN & KELLEY

Welcome to your new life! One of the foundations of our program is that food is medicine. What does this mean? What you eat contributes to your underlying psychiatric conditions, increasing your cravings for sugar, alcohol, drugs, and other toxic substances, making you feel sick and tired, and can create body image issues related to low self-esteem. Bottom line, food is directly related to your mood.

The latest science shows that poor metabolism and chronic inflammation are related to countless underlying health issues. The Sanctuary's philosophy is to Heal the Body, Repair the Brain, Recover the Soul. This holistic approach is vital to resolving root causes and underlying trauma. We are unable to heal these core issues fully and sustainably with poor nutrition and an unhealthy diet.

With each meal, you are making a choice to move towards feeling better and wholeness or towards feeling worse and fragmented...it is that simple. Healthy eating can be easier to prepare than you may realize and is delicious to eat.

We created this Nutrition Book to help you create healthy vibrant food similar to what you experienced at The Sanctuary. It has been our life's mission to help you to Be Recovered and to have a life of purpose and meaning. This book comes from our heart to your gut.

Dean & Kelley 

FOOD & SOBRIETY

Many of our clients come to us to help them stop using drugs and/or alcohol. This is a very achievable goal. However, it can be challenging to stay abstinent from these mood-altering chemicals. Believe it or not, following the guidelines in this booklet can aid in your maintaining sobriety by up to 38%!

Though not a magic pill, your diet can vastly improve your health in recovery and even aid in successfully getting through what is known as PAWS (post-acute withdrawal syndrome). This is the time when the brain is recalibrating itself from how it adapted to drugs and alcohol. Some people who are letting go of alcohol and drugs experience secondary detoxification between days 45 and 90 after stopping drinking and use of drugs. Symptoms of this period can include cravings, “using dreams”, irritability, foggy mind, insomnia, anxiety, and depression. Many of these symptoms resolve after 90 days, however, they can linger for months.

The good news is this...your choices of food can reduce relapse, aid in mood stability, and support you in maintaining the joy and serenity you may have found while at the Sanctuary.

Many clients will recall that their food and meditation were the first “to go” after leaving the treatment setting. This can lead to behaviors returning.

We strongly encourage you to maintain your meal plan (85% of the time works for us!). This may include:

- Continuing a dietary pattern that is gluten and dairy-free.
- Avoiding highly processed foods.
- Being selective about which restaurants you choose.
- Eating regularly throughout the day.
- Staying consistent with your supplements.
- Getting appropriate rest as well as moving the body daily.
- Getting sunshine and outdoor time.
- Taking saunas or steams to help with the healing process.
- Being gentle with yourself.
- Utilizing Heartmath.
- Keeping your support team around you: therapy, support groups, Saturday alumni calls, and The Bridge program.

Your nutrition education team is here to support you every step of the way. We have created this nutrition booklet with you in mind because we want this healing journey to be sustainable.

Victoria & Chris

FOOD CHOICE

“Building the Balanced Plate”

KEY POINTS

1. A balanced plate provides nourishment to support all bodily systems.
2. Food choices is influenced by many factors and will change throughout the lifespan.
3. A balanced plate starts with a “North Star” approach that focuses on nutrition fundamentals that guide us toward optimal health.

The “Balanced Plate” refers to the daily practice of eating foods that provide metabolic nourishment to the body, balance the gut microbiome, and support brain health. Health-promoting foods communicate with our cells as nutritive messengers, nourishing the mitochondria within cells to support all bodily systems. These foods also maintain a balanced microbiome that produces key neurotransmitters that communicate via the gut-brain axis to support mental well-being.

Creating a balanced plate shouldn’t be complicated, but many factors guide our food choices such as social influences, economic factors, education level, cultural practices, religious beliefs, personal preferences, and physiological needs. When determining healthy food choices, it can often be confusing and overwhelming.



Here at the Sanctuary, we acknowledge the complexity of food choice influences. This is why we provide a “North Star” approach to nutrition that guides us to our desired destination of optimal health. These evidence-based nutrition fundamentals are described in this booklet and are prioritized at the Sanctuary as seen by the high-quality food on your plate at mealtime. Once you assimilate the guiding principles and apply them to your daily practice of eating, your food philosophy (your personal North Star) will act as a compass to support your health journey.

*Food is much more than nourishment:
Food is medicine; food is nutrition; food is ceremonial; food is sacred;
food is culture and tradition; food is an anchor to culture and personal well-being.”
-Leslie Korn, PhD, MPH, LMHC, ACS, RPP, NTP, NCBTMB*

FOOD/NUTRITION GUIDING PRINCIPLES

The **quality** of food directly impacts how the body receives food and uses nutrients. In addition, the **presence and proportions** of nutrient-rich foods are vital to ensure optimal health. A wide variety of foods can be labeled as nutrient-rich if they are a healthy source of vitamins, minerals, fiber, protein, essential fatty acids, antioxidants, and phytonutrients.

Nutrition science looks at the nutrient composition of foods and places each organic and inorganic nutrient into one of two categories: macronutrients and micronutrients.

Macronutrients - carbohydrates, fat, and protein - provide energy and the body requires these nutrients in larger amounts. **Micronutrients**, such as vitamins and minerals, are also required but in smaller amounts. This classification system can be helpful when first learning how to design a balanced plate. However, you will notice that most foods contain a combination of nutritional properties that are designed to be used synergistically by the body. **The balanced plate takes this harmonious food approach and applies practical application to promote long-term adherence.**

PORTRAITS OF A BALANCED PLATE



- Aim for a balanced plate (or bowl) with ½ the plate of non-starchy vegetables, ¼ of the plate of complex carbohydrates, ¼ of the plate of lean protein, and a healthy fat for topping.
- Focus on pairing carbohydrate-rich foods with protein and/or healthy fat to support blood sugar balance.
- Strive for 2 or more different colors on your plate (hint: they come from plant foods).
- At the end of the day, did you achieve the goal of “eating the rainbow”? Red, orange, yellow, green, purple, brown, and white plant foods should daily decorate the balanced plate.

CARBOHYDRATES “Celebrating the Right Carbs”

KEY POINTS

1. The right type of carbohydrate foods is nourishing, providing energy to the brain, and providing antioxidants to the body.
2. Choosing poor quality carbohydrates can lead to weight gain, insulin resistance, increased inflammation, and decreased immune function.
3. Eating more whole food plants provides fiber that helps blood sugar levels remain balanced.



Most people would agree that carbohydrates have taken over as having the worst reputation in the food conversation. Carbs have currently replaced fats as the “foods to avoid” and there is some popularity in following a “carb-free diet”. Dietary carbohydrates have important functions and deserve a very important place on almost every person’s plate. Let’s look at why we can celebrate carbohydrate foods at the table when we choose from those best for our bodies.

Carbohydrates are basically foods that contain glucose that the body can use either immediately or store for later use. This glucose creates the energy needed for almost every function from information processing to breathing air in and out. Carbohydrate foods also provide needed fiber to help your body release toxins and eliminate waste.

SIMPLE CARBOHYDRATES

Carbohydrates are broken down into two forms: simple carbohydrates and complex carbohydrates. Simple carbohydrates are anything but simple. The structure of simple carbs is like a chain of paper clips. It is very easy to break them apart into glucose molecules. These types of carbs have only a few “chains” so the body receives glucose in the bloodstream faster which can result in a “sugar rush”. When the body gets too many of these simple chains in a short period of time, it is unable to process them all at once. These sugars get pushed into the bloodstream, resulting in higher blood sugar. Consistent high blood sugar can lead to diabetes, disrupted energy and mood, an unbalanced gut microbiome, and weight gain. Simple sugars can also feed bacteria, yeasts, and parasites that we don’t want in our gastrointestinal tract.

Simple carbohydrates are found more commonly in highly processed foods and should be eaten in moderation. If you do choose to consume a simple carb like white rice, potatoes, or a small dessert, it should be eaten more like a side dish or condiment with the focus first on consuming protein and vegetables.

Simple carbs include (but are not limited to) the following:

- White bread
- White rice
- White potatoes
- Sugar
- Some fruits like bananas and mangoes
- Dairy products
- Candy, cake, and cookies
- Soda

COMPLEX CARBOHYDRATES

Complex carbohydrates are treated very differently in the body. Again, imagine a paper clip chain but add many more clips to it, and imagine that the clips each have a strong coating. It is much more difficult for the body to break the clips apart. The intricate layering of clips is the sugars and starches linked together, and the “coating” is fiber. This more complex structural combination results in glucose being released more slowly in the body thus creating a slower and more consistent release of energy. This prevents the quick rise and crash of glucose in the bloodstream from simple carb consumption. No more roller coaster rides up and down! Instead, you are on the gentle and safer caterpillar ride.

Complex carbs include (but are not limited to) the following:

- Brown rice, quinoa, and other whole grains like millet and amaranth
- Sweet potatoes (with the skin)
- Almost all vegetables
- Legumes



FIBER

Dietary fibers are the structural parts of plants that we can't digest; however, their positive impact on health is huge. The fiber included with complex carbohydrate foods (and even simple carbohydrate foods like fruit) provides many health benefits and promotes satiety so we feel full after a meal. Dietary fibers and can reduce the absorption in the bloodstream. Soluble prevent heart disease, management while insoluble health. Fermentable fibers are keep your gut microbiome in overall well-being.



support proper bowel health of cholesterol and hormones fibers benefit and help diabetes, cancers, and weight fibers benefit gastrointestinal digested by GI bacteria that balance and contribute to

A SPECIAL NOTE ABOUT ALCOHOL

It is common to lump alcoholic beverages into the carbohydrate category since it is produced from carbohydrates. However, alcohol is not a macronutrient and its influence on the body requires it to be in its own "special group". Unlike foods, alcohol needs no digestion and is quickly absorbed across the walls of an empty stomach, reaching the brain within minutes. When alcohol arrives at the small intestine, the body prioritizes its metabolism to remove its toxic burden as quickly as possible...and this is to the detriment of most nutrients.

COLD HARD FACT: *One gram of carbohydrate equates to 4 calories, while one gram of alcohol equates to 7 calories.*

I am my own healer. I have a radiant voice within that guides me.

I can make decisions for myself.

I can rely on others as needed but at my discretion.

It is my body, my health, my balance, and my responsibility to make the right choices for myself.

-Rosemary Gladstar, Herbalist

HEALTHY FATS

“Fats Can be Fantastic”

KEY POINTS

1. Not all fats are equal.
2. Daily intake of Omega-3 fatty foods can heal your body and increase your mood.
3. Fats are required for the body to absorb specific nutrients.

Dietary fats are vital for maintaining nutritive balance in the body. Unfortunately, for several decades, the message has been to reduce the intake of all fats. As a result, the marketing of reduced-fat or low-fat foods to keep fat intake down resulted in the prevalence of commercial foods with a reduction in fats but with an increase in sugar, sodium, and “flavorings” to compensate for lack of taste.

Increasing dietary fats in the diet can be beneficial when optimal sources are chosen. Limiting or removing fried foods and processed fats **will** improve your cholesterol, mood, cardiovascular health, and weight management. However, we need to consume about **5-7 teaspoons of the “right” kinds of fats.**

A great reason to buy foods with healthy fats is that **some fats help you absorb other nutrients better.** Fat-soluble vitamins like A, D, E, and K require the consumption of dietary fat for digestive absorption.

Eating a colorful salad is a healthy food choice. However, if a fat-free salad dressing is used then nutrients like lutein, lycopene, beta-carotene, and zeaxanthin will not be metabolized so that the body can use them. Solution? Pull out the olive, flax, or walnut oil for your salad. Or add some sliced avocado and sprinkle with pumpkin seeds.



One of the most powerful things you can do to heal your body and increase your mood is to regularly consume Omega-3-rich foods. Benefits include the following:

- Protection from free radicals (toxins)
- Help to lower dangerous cholesterol
- Aid in weight management
- Clean up some of the damage to the liver from drug and alcohol consumption

- Reduce the inflammation caused by a poor diet, stress, and disease
- Support the lining of the gut microbiome
- Support digestion and metabolism of nutrients
- Help fight disease
- Help to heal the brain and increase cognitive functioning
- Promote restorative sleep
- Help the body feel satiated and feel full longer resulting in less snacking
- Maintain a more balanced blood sugar

Taking a quality-sourced Omega-3 supplement is always a sound choice, but we also **need** to get it from foods. Some of the best Omega-3-rich fats are found in these foods:

- Nuts: walnuts, cashews, macadamia nuts
- Seeds: chia, ground flax, sunflower, pumpkin, sesame
- Sesame oil
- Flax oil (store in the refrigerator and do not use for cooking)
- Avocados
- Fatty fish: wild salmon, tuna, and sardines



Other possible fats to include in the diet:

- Cold-pressed extra virgin olive oil (best for salad dressings, to drizzle over foods that are done cooking, and low-heat/light cooking)
- Avocado oil (can be used for high-heat cooking)
- Coconut oil (can be used for high-heat cooking)

Limit and try to avoid fats that are not health-promoting such as:

- Processed meats and farmed fish
- Palm oil and shortening
- Vegetable oils like corn and canola
- Processed snack foods like microwave popcorn and chips
- Margarine (instead choose organic butter, ghee, or olive oil)
- Candy bars

Focus on fats that will support your body. Your mind and body will thank you!

PROTEIN

“A Building Block to Happiness”

KEY POINTS

1. Consuming protein-rich foods supports our physical & mental well-being.
2. Protein is needed to make serotonin & dopamine.
3. Start your day with protein and consume it throughout the day in modest amounts since the body is unable to use too much protein at one time.

While the subheading title may sound a little corny, the statement is true. Most people know that protein can help to build muscle and that it gives us energy. However, many are unaware of one of the most important roles of protein: **protein is essential to making the chemicals that can help us feel *happy, calm, and less stressed out!***

PROTEIN IS ESSENTIAL TO THE DIET



Protein is a nutrient made of amino acids, which are building blocks of many of the body's structures along with substances like hormones and enzymes. There are 20 major *amino acids* in the body. Of these 20 amino acids, nine cannot be made by the body. These nine are known as *essential amino acids* and they must come from the protein in the food that we eat.

The body needs these amino acids for hundreds of functions, one of which is to *make serotonin and dopamine*. These two neurochemicals are part of the reason we feel happy, can tolerate stress, and experience pleasure. This means that if we are not eating regular amounts of protein, we might not be able to feel joy about a new experience or be able to manage our anxiety well. So, yes, we need our protein!

Depression and anxiety can unfortunately be a big part of new recovery, mostly because *drugs and alcohol deplete serotonin and dopamine*. Eating well throughout recovery can help. A balance between protein, fat, and complex carbohydrates provides the body with a great deal of natural mood support. Not only will it help with mood, but it can also keep those sugar cravings in check. Focusing on a variety of protein-rich foods in the diet will ensure you get the amino acids that you need.



HOW MUCH PROTEIN IS ENOUGH?

The amount of protein needed daily is determined by body weight. Protein needs vary depending on activity level, age, pregnancy, healing from illness or surgery, etc. With that said, a general recommendation for healthy adults is 0.4 grams of protein per pound of body weight (or slightly less if using 0.8 grams of protein per kilogram of body weight).

Below are the daily protein requirements for two different individuals. Notice that there is a targeted range amount of protein intake, and that protein consumption is evenly distributed throughout the day.

Example 1

135 pounds x .4 grams = 54 grams of protein daily

Eating 3 meals per day = target 18-20 grams of protein at each meal

Example 2

175 pounds x .4 grams = 70 grams of protein daily

Eating 3 meals per day and 1 snack = target 20 grams of protein at each meal and 10 grams for a snack

There are many foods that contain protein. A respectable serving size of protein contains 5 grams or more. Below are some common protein-rich food sources:

- 3 oz meat - approximately 21 grams (fish has a little less)
- 1 cup black or white beans - 15 grams
- 1 cup lentils cooked - 18 grams
- 1 large egg - 7 grams
- 1 ounce of almonds - 6 grams
- 1 ounce of pumpkin seeds – 9 grams
- 1 cup Greek-style yogurt - Between 12-24 grams
- 1 cup quinoa - 8 grams
- 1/2 cup tempeh (a traditional soy product) - 15 grams
- 1/2 cup peas – 5 grams
- Sprouted bread (like Ezekiel) - 8 grams per slice



Look below to see how you can meet your daily protein needs by including protein-rich foods at each meal. Snacks should also include protein food to keep blood sugar balanced.

TYPICAL DAY WITH PROTEIN			
Day 1		Day 2	
FIRST MEAL		FIRST MEAL	
2 eggs, 1 piece of toast, fruit	15 GRAMS	Quinoa hot cereal with nuts	20 GRAMS
SECOND MEAL		SECOND MEAL	
Salad with 4 ounces of chicken	25 GRAMS	Salad with 1 cup black beans	15 GRAMS
THIRD MEAL		THIRD MEAL	
4 ounces of salmon filet, brown rice, broccoli	30 GRAMS	Tempeh vegetable stir-fry with brown rice	20 GRAMS
TOTAL	70 GRAMS	TOTAL	55 GRAMS

Make sure to start your day with protein. Then eat it throughout the day in snacks like almonds or yogurt. Eating protein with each meal and snack will help to keep your mood up and your blood sugar balanced.

But don't overdo a good thing! Your body cannot process too much protein in one sitting. Especially in new recovery. **Aim for about 15-25 grams per meal and 5-10 grams per snack.** Your body and your mood will thank you!

If you eat meat, it's important to buy the healthiest meat you can. This means buying meat with no added hormones and looking for processed meats without nitrates. If you are a vegetarian, make sure that you are not depending too much on "meat alternatives" such as veggie burgers. Get your protein from great plant sources like lentils, nuts, kale, and quinoa.

Most people consume enough protein in their daily diet. Therefore, overly processed protein shakes and bars are not necessary. Instead, save those emergency snacks for when you can't get to REAL food.



PLANT PROTEINS

Some plant protein sources contain the complete essential amino acid profile (all nine in adequate amounts), and others can be combined throughout the day to meet the body's daily needs. Plant protein is **not** inferior to animal protein, it is just packaged differently. Plant protein is an important part of the balanced plate since legumes, whole grains, and vegetables provide an abundance of fiber, vitamins, trace minerals, and phytochemicals.

Plant-based Complete Protein Sources:

- Amaranth, buckwheat, chia seeds, hemp, quinoa, soybeans, spirulina, tempeh

Other Plant-based Protein Sources (this is not an all-inclusive list):

- Beans: Adzuki, black, black-eyed peas, chickpeas, cranberry, great Northern, kidney, lima, mung, navy, pink, pinto, white
- Lentils: black, brown, green, red
- Peas: green and split
- Peanuts: peanuts and peanut butter
- Soy: edamame, soybeans, soy milk, tempeh, tofu
- Nuts and their butters: almonds, cashews, hazelnuts, pecans, pine nuts, pistachios, walnuts
- Seeds and their butters: chia seeds, flaxseeds (ground), hemp, pumpkin seeds, sunflower seeds, tahini
- Grains and pseudo-grains: amaranth, buckwheat groats, millet, oats, quinoa, rice, wild rice
- Vegetables: avocado, broccoli, carrot, cauliflower, collard greens, corn, eggplant, kale, lettuce (Romaine), potato, spinach, sweet potato, Swiss chard, tomato, turnip
- Special: spirulina, dates, orange, strawberries



MYTH BUSTER: *It is not necessary to “food combine” plant proteins to achieve a “quality” plant protein although it can be tasty! Cultures from all over the world incorporate traditional pairings. Meals such as black beans and rice or almond butter tofu stew are examples of complete protein meals using plants.*

TIP: *If you consume minimal or no animal protein, consume a variety of different plant protein sources throughout the day to receive their complementary strengths.*

Plant Food Preparation Recommendations for Better Digestibility

The natural agents that protect certain plants can make it difficult for our bodies to digest them well. Soaking and sprouting certain plant foods before fully cooking can promote better digestibility and nutrient absorption. These food preparation techniques are best for beans, lentils, grains, and pseudo-grains. Raw nuts and seeds can also be soaked, sprouted, and then dehydrated.

Tips for Soaking and Cooking Dried Legumes

Dried legumes are best prepared by soaking them for at least eight hours in water which results in less cooking time. For each cup of dried legumes add ¼ teaspoon of baking soda to further assist in softening and breaking down the oligosaccharides which can contribute to flatulence. You can also add a 4” strip of kombu when cooking the legumes (remove before draining the cooked legumes). Make sure the beans are completely cooked and not al dente.



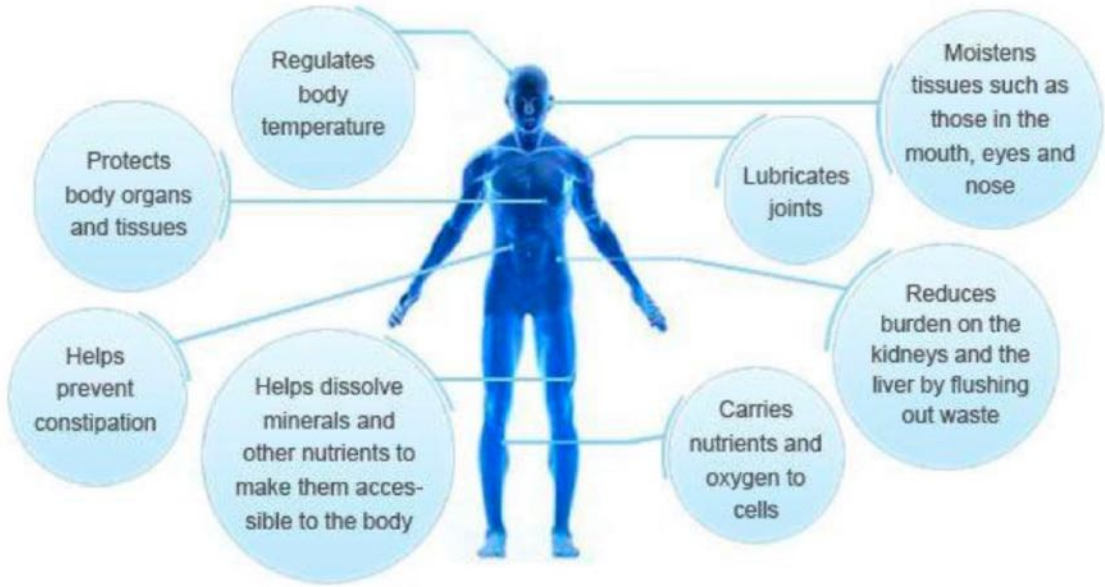
Prepared beans have been with us since ancient times and are a part of traditional cuisine. People who consume beans regularly have minimal or no trouble with flatulence since their bodies create the proper digestive enzymes. When introducing legumes to the diet, start with smaller servings and work up to larger and more frequent servings. Smaller legumes like lentils do not require soaking and they cook quickly. Lentils and small beans like black beans and black-eyed peas can be easier to digest for some people. Prepared beans freeze well, so a large pot can be used to make many meals.

HYDRATION “A Foundation for Health”

KEY POINTS

1. Although not a macronutrient, the body requires adequate hydration to survive and thrive.
2. You are 70% water. Your brain is 85% water, and it will take water from the body causing your organs and cells to suffer.
3. Hydrate frequently and consistently throughout the day to prevent confusion, dizziness, headaches, and inflammation.

Water has many roles in the body and is needed for ALL body functions:



What are the physical signs of dehydration?

- Asthma
- Arthritis
- Constipation
- Eczema
- High cholesterol
- Premature aging
- Ulcers
- UTIs

DEHYDRATION symptoms will be noticeable after only 2% of normal water volume is lost.

Are you hungry or are you thirsty?

Our perception of “thirst” decreases as we age. The alarm bells don’t register thirst. Most elderly people are severely dehydrated. This can result in confusion, dizziness, incoherence, headaches, and inflammation. If you wait until you are thirsty, you’re already dehydrated.

Are you depressed or are you dehydrated?

Signs of chronic dehydration can be feeling tired for no reason, feeling flush, irritable, anxious, and depressed. Your brain, your cells, your organs, and your body are suffering and need water for life and vitality.

Water Guidelines

1. Drink half your body weight in ounces of water daily.
2. Drink throughout the day.
3. Drink an hour before you eat.
4. Drinking while eating dilutes your stomach acids and interrupts the digestion and metabolism of food.
5. Drink again an hour after eating.
6. Drink the purest water you can.

CHOOSE:






- *Distilled water*
- *Mineral water*
- *Spring water*

AVOID:

- *Alcohol*
- *Coffee*
- *Juice*
- *Soda*
- *Sports Drinks*

Benefits of Drinking Water



-  Weight Loss
-  Digestion
-  Brain
-  Skin
-  Headache Cure
-  Energy
-  Better Exercise

Drinking water is the easiest and most affordable healthcare option available!

THE GUT-BRAIN CONNECTION

KEY POINTS

1. The ecosystem of the gastrointestinal tract influences both gut & brain health.
2. The state of the brain and the gut *mirror* each other.
3. Inflammation in the gut results in inflammation in the brain.

What is the gut microbiome?

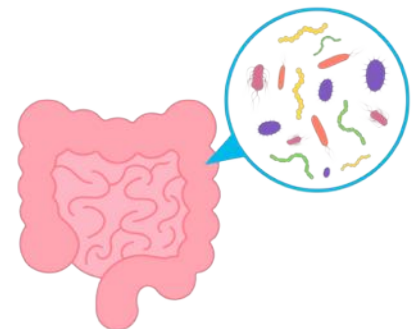
Refers to the population of microorganisms living throughout the gastrointestinal (GI) tract.

- 1/3 is alike between humans, 2/3 is unique to the individual.
- Over 1,000 species of bacteria (150x the number of genes in human genome).
- Maintaining a proper balance between bacteria populations in the GI tract is fundamental to gut and brain health.

What are the jobs of the gut microbiota?

The main functions of the bacteria in our gut are:

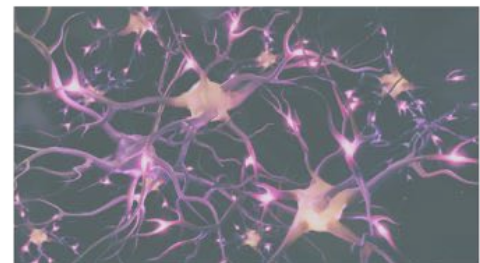
- To help digest food and absorb/assimilate essential nutrients.
- To act as a main line of defense for the immune system via “the barrier effect”.
- To communicate needs to the central nervous system.
-



What is the gut-brain axis?

The gut-brain axis is the body’s communication system that links the enteric nervous system and central nervous system.

- 500 million neurons, which play a role in emotional health and memory.
- 90% of serotonin & 50% of dopamine are produced in the gut.
- Over 30 other neurotransmitters are found in the enteric nervous system.

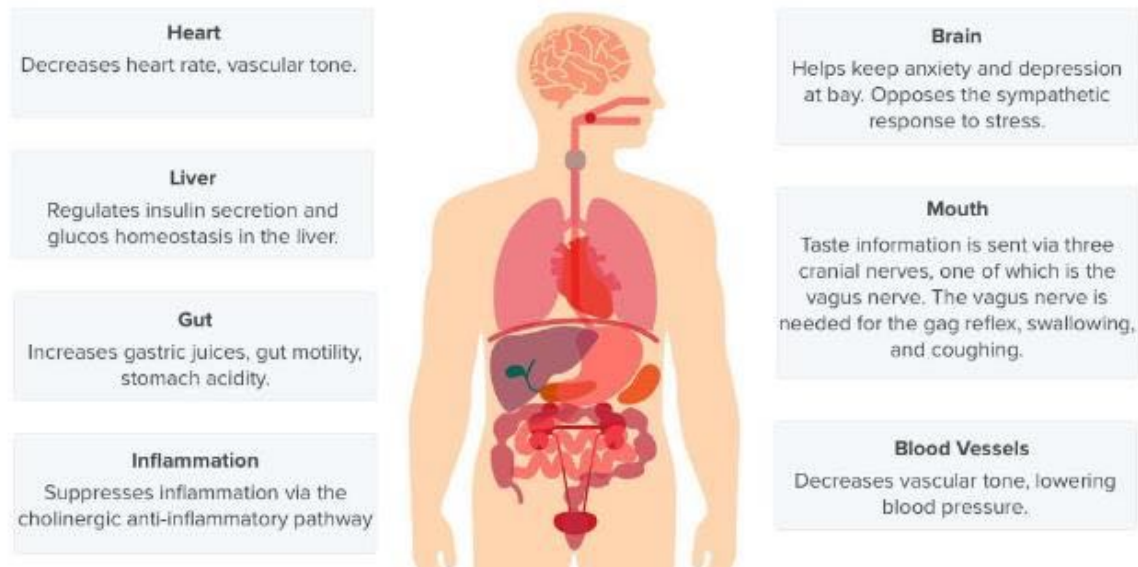


What is the vagus nerve?

The Vagus Nerve:

- Is the longest cranial nerve (runs from the brain to the digestive organs).
- Facilitates bi-directional communication between the brain and the gut.
- The state of the brain and the gut *mirror* each other.

How The Vagus Nerve Affects Organ Systems



What are the inflammatory foods that disrupt gut-brain health?

The following foods create inflammation in the gut, which in turn causes inflammation of the brain leading to mood imbalances (i.e., anxiety, depression, mood swings, mental fog).

- Sugar
- Caffeine
- Gluten
- Preservatives
- Aspartame
- Artificial flavorings/colors
- Refined grains
- Highly processed foods
- Fried foods
- Foods that trigger allergic reactions (immune response) and/or symptoms of food intolerance (chemical reaction). Examples are peanut allergy or dairy intolerance.

HELPERS IN OUR FOOD: PROBIOTICS & PREBIOTICS “Healing the Gut & Supporting the Nervous System”

PROBIOTICS

Probiotics are living microorganisms in food that work to balance gut microbiota. They also maintain the integrity of the gut mucosal lining, improve digestive function, and promote a healthy inflammatory response.

Foods that contain probiotics:

- Apple cider vinegar, raw
- Fermented pickles and other pickled vegetables
- Kefir (fermented milk drink)
- Kimchi
- Kombucha
- Lassi (Indian yogurt drink)
- Natto (fermented cooked soybeans)
- Sauerkraut
- Tempeh
- Unpasteurized cheese
- Yogurt (dairy and non-dairy)



PREBIOTICS

Prebiotics promote the growth of good bacteria species by providing fiber that is food for the beneficial bacteria in the gut. They also regulate bowel function and help treat intestinal permeability. Foods that contain prebiotics:



- Vegetables such as artichokes, asparagus, garlic, leafy greens, leeks, onions, tomatoes
- Fruits such as apples, berries, bananas, cherries, kiwi, mangoes, onions
- Grains such as flaxseeds, oats, quinoa, and sprouted grains
- Legumes such as black beans, chickpeas, lentils, and white beans
- Nuts such as almonds, hazelnuts, pecans, pistachios, and walnuts

MAKING SENSE OF SUGAR & SUGAR CRAVINGS

KEY POINTS

1. Sugar causes a dopamine surge which makes us feel good for a price.
2. Added sugar is found in many common foods so Americans daily consume twice the recommended maximum amount.
3. Low sugar consumption benefits the gut and the brain.

Sugar is the most common “drug” used in the world. It can be addictive, dangerous, and delicious. Let’s explore more...

Sugar comes in many forms. There are two major forms of sugar, naturally occurring and added. Naturally occurring sugar is found in fruit and dairy products. Most commonly, added sugar is found as cane sugar in foods such as cookies, cakes, candy, etc. These are the obvious ones. But added sugar is also found in many common foods such as salad dressings, sauces, marinades, soda, energy drinks, etc.

On average, Americans consume 17 teaspoons of added sugar daily. That is 60 pounds of added sugar a year. The recommended maximum for people to consume is between 6 and 9 teaspoons to avoid diabetes, heart disease, and obesity. Some forms of cancer are also implicated. When too much sugar is taken in at one time, the body cannot process it and it is sent into the bloodstream. That is why we have a reaction of high blood glucose. This extra glucose is also responsible for weight gain.



Let’s look at the amounts of added sugar in common foods. 4 grams of sugar = 1 tsp

- 1 Yoplait strawberry yogurt= 7 tsp
- 1 package strawberry pop-tarts= 8 ½ tsp
- 1 strawberry Nutrigrain bar= 3 ½ tsp
- Starbucks Grande Vanilla Frappuccino= 15 tsp
- Guava Vitamin Water= 18 tsp
- 24 oz can Arizona Iced Tea= 18 tsp
- 1 Pint Ben& Jerry’s Cherry Garcia= 21 tsp

The Dopamine Effect & Sugar Cravings

One of the main reasons that sugar is compulsive is because it is the only food that releases the pleasure hormone dopamine - every single time we eat it. Dopamine makes us feel good, and we crave it when we are depressed or anxious. This is why we may reach for the cookie or the cupcake when we want to make ourselves feel better. However, sugar can make depression and anxiety worse by causing an increase in less beneficial bacteria. When the body has too much of the microorganism yeast, it exacerbates anxiety and depression. It can also weaken the body's immune system and cause more sugar cravings. Finally, if a large dose of sugar is consumed, the body's glucose will rise dramatically, and then fall, causing a craving for more sugar for energy.

Sugar cravings are very common in someone who is coming off alcohol or drugs. Alcohol is mostly sugar, so the body is continuing to crave that amount of daily sugar. Not having stimulating drugs, the body will crave sugar to get dopamine. We do everything we can at the Sanctuary to help people reduce or even eliminate added sugars to their daily diet.



How to Manage Sugar Cravings

First, it is important to have a savory protein breakfast. This may include eggs, nuts, meat, fish, beans etc. If you start your day with sweet yogurt, French toast, or pancakes, the sugars in these foods “prime the pump” to start craving more sugar throughout the day. Savory breakfasts will not cause the dump of glucose and insulin. Also, there is a phenomenon of a 12-hour sugar window. If we eat something sweet at 8 a.m., often we feel sugar cravings at 8 p.m. (hence the late-night sugar binges).

Another tool we use at The Sanctuary is *Saccharomyces Boulardii*. *S. Boulardii* is a single strain of probiotic that “eats” the less beneficial microbes, such as yeast in the gut. When there is less yeast in the gut, mood can be better regulated, the immune system can function more optimally, and we have fewer sugar cravings throughout the day.

Oddly enough, eating a sweet potato with the skin on before bed can also help reduce sugar cravings the next day. Due to the starch and the fiber, glucose is slowly released as we sleep. This can reduce the roller coaster of sugar cravings.



Some people choose to have a continuous glucose monitor (CGM) in their arm. This tool will give you the raw data of your glucose level 24 hours a day. As each person is different, and the way they process sugar is different, this will give an up-to-the-minute reading of how their body is impacted by both added and natural sugar.

It is important to reduce the quantity of added sugars in the diet, but being mindful of the amount of naturally occurring sugars is helpful as well. When managing sugar cravings, the daily recommended amount of fruit is between 1 and 2 servings. When you look at the average smoothie, there can be around 56g of natural sugars. This can be from fruit and yogurt. Reducing natural sugars can also help the overall health risks of consuming too much sugar.

Sugar Substitutes

Sugar substitutes are what many people reach for as an alternative. Some of these can be helpful, but most are not. Aspartame is not recommended as it can cause certain types of cancers, as well as becoming formaldehyde in the body. Many low-calorie products use Splenda or sucralose. Some of the possible dangers of this product are the following:

- May alter glucose and insulin levels.
- May be a migraine trigger.
- Significantly decreases beneficial gut flora.
- Increases diarrhea and bloating.
- May play a role in certain cancers.



Some people have less reactions to a pure form of stevia or monk fruit. Though these can be satisfying to some, many still find themselves craving sweet foods after eating sugar alternatives.

Though honey and molasses are sugars, small amounts have been shown to have health benefits. If you do choose these sweeteners, please make sure to eat them with a protein to reduce the spike in blood glucose.



ANTI-INFLAMMATORY FOODS

KEY POINTS

1. Focus on whole foods and clean foods that nourish and support health.
2. Inflammation in the body is correlated with disease presentation and can affect physical health and mental health.
3. Eat a wide variety of colorful plant foods for their protective qualities.

Anti-inflammatory foods help to counter the effects of chronic inflammation in the body influenced by disruptive foods and perpetuated by lifestyle factors such as smoking, consumption of alcohol, environmental toxicants, stress, and poor-quality sleep. Dietary contributing factors that can lead to chronic inflammation are the regular consumption of highly processed foods devoid of beneficial nutrients and certain conventional foods that may contain an overabundance of environmental toxicants such as herbicides and pesticides.

Foods that dial down inflammation and promote healing are the same foods that rebalance the gut's immune system. These foods also nourish our cells' mitochondria and support brain health.



Eat a variety of whole foods with the intention to consume 35-40 grams of fiber daily. Vegetables, fruits, and mushrooms provide natural protection against inflammation and disease. Aim for five to seven servings (favoring veggies) daily.

Enjoy a colorful, diverse mixture of vegetables and fruits, with an emphasis on consuming more non-starchy vegetables than fruit. These plant foods contain powerful antioxidants and polyphenols. The more servings of vegetables per day, the better! In addition, focus on eating the following anti-inflammatory foods due to their concentration of beneficial protective compounds and/or their ability to remove toxins from the body.



VEGETABLES & FRUITS

RED FOODS

Berries, grapes, pomegranate seeds
Tomatoes, watermelon, papaya
Beets

ORANGE/YELLOW FOODS

Carrots, winter squash, sweet potato, melon
Oranges, lemons, pineapple

GREEN FOODS

Dark leafy greens like spinach, arugula, dandelion greens
Cruciferous vegetables like kale, cabbage, broccoli and broccoli sprouts, Brussels sprouts

COOKING TIP:

When cooking sulfur-rich foods, such as broccoli, don't overcook. The best method is to lightly steam for 3-5 minutes to retain its high detoxification power.

FOOD PREP TIP:

Combine strawberries with dark balsamic vinegar or add lime juice to mixed berries and toss in some mint.

BLUE/PURPLE FOODS

Blueberries, cherries, grapes, plums
Potatoes, eggplant, cabbage

WHITE/BROWN FOODS

Garlic, onions, leeks, cauliflower

Fun Food Fact: The smaller in size a vegetable or fruit is (and the darker its color), the more antioxidants and phytochemicals are present. Think cherry tomatoes, baby purple potatoes, wild blueberries, etc.

OMEGA-3 FATTY ACIDS

Increase consumption of Omega-3 fatty acids from the following animal and plant sources to help neutralize inflammation.

- Cold water fish like wild salmon, mackerel, herring, lake trout, and sardines.
- Fish oil, algae oil
- Ground flax seeds, chia seeds, hemp seeds, walnuts
- Cauliflower, cabbage, broccoli Brussels sprouts



Favor mono-unsaturated fats from olive oil, almonds, cashews, and avocados as they possess anti-inflammatory properties.

Choose extra-virgin olive oil “pure and virgin” when dressing salads or cooking at lower heat. Cooking at high temperatures beyond EVOO’s smoke point may destroy some of the beneficial polyphenols and cause oxidation.

Avocados help mitochondrial function since they contain L-glutathione, vitamin E, and antioxidants. Avocado oil can be used for higher-temperature cooking due to its higher smoke point.

HERBS & SPICES

Adding herbs and spices to meals is a flavorful way to battle inflammation:

- Cinnamon
- Cloves
- Cumin
- Curcumin from Turmeric (protective benefits enhanced when combined with black pepper)
- Ginger
- Marjoram
- Paprika
- Rosemary
- Sage
- Tarragon



Sipping tea is another way to combat inflammation:

- Green tea
- Ginger tea

In herbal therapies, demulcents are herbs and foods that are cooling to the gut’s mucous membrane. Some common choices are almonds, coconut oil, figs, flaxseed, oats, okra, parsley, prunes, pumpkin, and sage.

Some herbal teas are comfrey root, fenugreek, licorice, and marshmallow.

FOOD SELECTION GUIDING PRINCIPLES

KEY POINTS

1. Focus on whole foods that are of high quality.
2. Eat the rainbow of colorful plant foods for their vitamins, minerals, phytonutrients, and antioxidants.
3. Choose organic foods when possible.

The way we procure our food has changed remarkably since the days of hunting and gathering. There is wisdom in a whole foods diet in that our body recognizes true nourishment and metabolizes pure food sources much more easily. There is a huge spectrum of food choices out there, so below are outlined some food selection guiding principles to help you navigate the amazing world of food.



- Choose whole foods and minimally processed foods (nutrient-rich)
 - Whole foods are recognizable as coming directly from nature, with nothing added/nothing taken away.
 - Examples: blueberries, eggs, kale, wild salmon
 - Minimally processed foods can save time in the kitchen, and they maintain high nutritional quality.
 - Examples: frozen broccoli, jarred diced tomatoes, canned lentils, canned anchovies
- Avoid ultra-processed plant foods and processed animal foods
 - Ultra-processed foods are devoid of many nutritional benefits and often contain additives and substances that negatively affect the body. Foods such as these contribute to insulin resistance and gut dysbiosis.
 - Examples: cakes, donuts, lunchmeat, fast-food meats, fried foods, highly processed veggie burgers, many gluten-containing and gluten-free bread products, commercial salad dressings, fruit juice concentrate, flour, table sugar, corn syrup
- Choose a diverse, plant-dominant diet (fiber-rich and antioxidant-rich)
- If you choose to consume animal protein, source from healthy animals (more nutrient-dense and less inflammatory)
- Select anti-inflammatory food choices (to avoid systemic chronic inflammation)

- Choose high-quality food sources (to avoid environmental toxicants and support health)
- Eat seasonally, when possible, to follow the natural rhythms of the earth

ORGANIC VERSUS CONVENTIONAL



Foods labeled organic have been certified by a third-party agency to ensure that plants or animals (and products made from them) have been grown or raised without the use of pesticides and seeds that are not genetically modified. 100 percent organic is used to label any product that contains 100 percent organic ingredients. Be aware that the labels Organic or Made with Organic mean that ingredients are 95% organic or 70% organic.

According to the US Department of Agriculture, organic certification requirements include:

- No synthetic fertilizers
- Most pesticides prohibited
- No hormones or antibiotics in animals
- No genetically engineered organisms
- Animals must be able to express certain natural behaviors (e.g., grazing)

“Organic certification requires farmers and handlers to document their processes and get inspected every year. Organic on-site inspections account for every component of the operation, including, but not limited to, seed sources, soil conditions, crop health, weed, and pest management, water systems, inputs, contamination and commingling risks and prevention, and record-keeping. Tracing organic products from start to finish is part of the USDA organic promise.”

Potential benefits of purchasing 100% organic food:

- Decreased exposure to toxic chemicals such as pesticide residue
- Organic produce may have higher nutritional value and more antioxidants
- Organic meats may have higher levels of Omega-3 fatty acids
- Organic meats are not treated with antibiotics
- Organic grains may have lower levels of toxic chemicals absorbed via soil

The Environmental Working Group (EWG) and the Food Animals Concerns Trust (FACT) both provide easy-to-understand resources and consumer guides to help you navigate the grocery store.

EWG website: <https://www.ewg.org/>

FACT website: <https://www.foodanimalconcernstrust.org/nutritional-benefits>



CHOOSING VEGETABLES & FRUITS



- Choose organic or know your farmer (ask about how crops are grown)
- Identify organic produce in grocery stores with the five-digit PLU code beginning with the number “9”
- Buying organic is ideal but not always possible. Consult the Environmental Working Group’s (EWG) annual Shopper’s Guide to Pesticides in Produce released every April.

- EWG’s Dirty Dozen List – those vegetables and fruits highest in unhealthy pesticide residue.
- EWG’s Clean Fifteen List – those vegetables and fruits least contaminated and conventional options are acceptable.



- Buy vegetables and fruits in season when you can
- Wash and scrub fresh vegetables and fruits
- Choose a variety of produce to help ensure you receive a variety of nutrients
- Indulge in non-starchy, colorful vegetables
- Eat smaller amounts of starchy, colorful vegetables
- Choose more vegetables than fruit

CHOOSING HERBS & SPICES



- Choose organic, know your source, or grow your own herbs
- Select dried herbs and spices that are steam-sterilized (versus irradiated) to maintain flavor, beneficial bacteria, vitamins, and enzymes (organic brands use steam sterilization)
- Use judiciously since they add flavor and are rich in micronutrients
- Store all dry herbs and spices in a cool, dark place in a tightly sealed container; avoid moisture
- Purchase what you will reasonably use in 3-6 months to maintain quality (smell and taste to assess)

IF YOU CHOOSE LEGUMES (beans, peas, lentils)



- Choose organic whenever possible (especially soy foods)
- Ease digestion of legumes through soaking and sprouting (to reduce phytic acid)
- Cook times vary for dry legumes – lentils take less time, larger beans take longer
- Prepare canned beans by draining and rinsing before using
- The more colorful, the more antioxidants
- Legumes contain protein, fiber, B vitamins, iron and other minerals

IF YOU CHOOSE NUTS & SEEDS



- Choose organic whenever possible
- Store in a cool, dark, dry place
- Raw, unshelled nuts/seeds keep longer
- Shelled, roasted, or ground nuts/seeds turn rancid faster – store in the fridge or freezer to preserve longer
- Nuts and seeds are a blend of protein, healthy fat, vitamins, and minerals

IF YOU CHOOSE MEAT



- Choose organic whenever possible (e.g., cows, pigs, chickens, and turkeys)
- Select pasture-raised
- Grass-fed, grass-finished beef is optimal
- Eat smaller amounts (3-4 ounce portion sizes)
- Organ meats are concentrated sources of vitamins and minerals, including iron and vitamin B12 as well as folate

Look for these labels when purchasing meat and meat products.

LABELS TO LOOK FOR

Animal Welfare APPROVED

CERTIFIED NATURALLY GROWN

global animal PARTNERSHIP

CERTIFIED GRASSFED AWA

American Grassfed

CERTIFIED HUMANE RAISED & HANDLED

USDA ORGANIC

IF YOU CHOOSE EGGS

- Know a farmer to obtain pastured eggs – pastured hens typically produce eggs higher in B12, folic acid, and Omega-3s.
- Certified organic is the next best choice as chickens are fed according to organic standards, they may have access to the outdoors, fed a vegetarian diet versus natural behavior eating pattern.

IF YOU CHOOSE SEAFOOD



- Choose wild-caught, cold-water fish (e.g., salmon, sardines, herring, anchovies) and sustainably sourced (e.g., pole-caught Skipjack tuna)
- Avoid farmed fish, especially from imports
- Pacific albacore and Atlantic skipjack can be acceptable and are often found as canned tuna “chunk white” and “chunk light”
- Look at tags and labels
- Be aware of mercury levels that are high in fish (e.g., halibut, albacore tuna, and mackerel)
- Consult the Seafood Watch Consumer Guides by the Monterey Bay Aquarium (www.seafoodwatch.org) and the EDF Seafood Selector (www.edf.org) for more information

IF YOU CHOOSE DAIRY



- Choose organic or know your farmer
- Organic milk can have higher protein and iron concentrations than conventional milk without antibiotics, artificial hormones (rBGH/rBST), or chemicals

IF YOU CHOOSE GRAINS



- Choose whole grains to maintain beneficial nutrients (i.e., bran and germ are included)
- Choose organic to avoid toxicants such as herbicides and pesticides
- Choose grains that are more nutrient-dense and potentially less inflammatory (e.g., quinoa, wild rice, buckwheat, millet)
- Prepare by soaking, sprouting, and cooking to mitigate the effect of phytic acid to better absorb zinc, iron, calcium, and magnesium
- Avoid refined and enriched grain products (e.g., frozen waffles, white pasta)

IF YOU CHOOSE PACKAGED FOODS



- Look at the Ingredients List first.
 - Everything on the list should be a recognizable food item.
 - The number of ingredients is an indication of the level of processing and the number of additives such as preservatives, added flavors, and food colorings.
 - Review the order of ingredients since the higher up on the list an ingredient is, the more ingredient there is in the package.
 - Sugar is an ingredient category that may be listed in different ways to prevent the consumer from understanding how much sugar is contained in a product.

- Read the Nutrition Facts Panel.
 - Serving sizes reflect how much the typical person eats NOT the amount the person should eat to reach the needs for the % of Daily Value.
 - Focus on nutrients to get “more of” such as fiber and potassium.
 - Focus on nutrients to get “less of” such as trans-fat and sodium.

For more information, please refer to the resource “WHAT’S ON THE NUTRITION FACTS LABEL” found at the end of this booklet (APPENDIX A).

PROCURING LOCAL FOODS

Sourcing sustainably raised foods may seem difficult but there are many choices available if you start looking. Local resources are wonderful opportunities to support the local economy and lower your carbon footprint. Consider the following local food opportunities:

- Community Supported Agriculture (CSA)
- Farmers’ markets
- Community gardens
- Freight farms (large cargo container farming)
- Container farming
- Personal gardens



SOURCING FOODS ONLINE

Below are some “tried and true” online retailers that provide quality sources of foods that may be difficult to source in your local community. You still need to do your due diligence and read ingredient lists and research package claims.

- Butcher Box
- Imperfect Foods
- Misfits Market
- Thrive Market
- Vitacost



MEAL DELIVERY SERVICES

Meal delivery services can assist in keeping you on top of your food when life feels overwhelming. Below are some meal delivery services that Sanctuary clients and staff have employed to shorten the time it takes to get meals on the table. Many meal delivery services have options to personalize your food preferences (i.e., family of 4, dietary eating pattern, foods to avoid and include, organic, cuisine preferences, etc.).

- Cook Unity
- Factor 75
- Green Chef
- Hungry Root
- Modify Health
- Purple Carrot
- Sprinly
- Sunbasket



To encourage you to select whole foods and eat a wide variety of colorful foods daily, please refer to Dr. Deanna Minich’s “Eat the Rainbow” resource found at the end of this booklet (APPENDIX B).

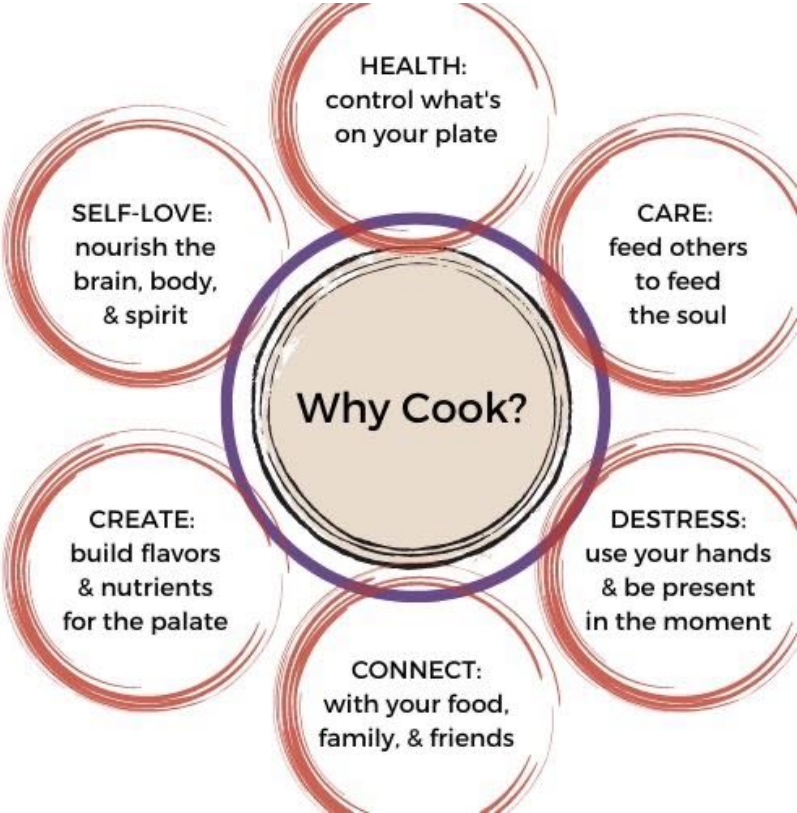
PLATE PREPARATION GUIDING PRINCIPLES

- KEY POINTS**
1. Research shows that when we eat foods prepared at home, we have better health outcomes.
 2. Cooking does not need to be complicated and can be enjoyable.
 3. Embrace meal planning and meal prepping methods that work for you.

RECONNECTING WITH YOUR KITCHEN: The Staples for Success

Why Cook?

There are many reasons to spend time in the kitchen but for many of us, we need some convincing. It does take time and energy to prepare food, but the benefits are many. Cooking at home translates to better health outcomes. Family meals influence nutritional, social, and emotional well-being. You can love yourself and others by cooking them tasty food.



Start Where You Are and Move Forward

Changing one's way of eating is not easy. It's even more challenging if you stay surrounded by tempting foods that detract you from feeling your best and derail you from reaching your health goals. A kitchen pantry makeover requires you to evaluate what you currently stock and ensure you have key staples on hand to promote success. This process requires you to look at foods using the dietary principles from the Sanctuary. You also apply food literacy skills such as reading food labels. Stocking your pantry well is fundamental to sustaining this nourishing way of eating for a lifetime.

The Steps to Take to Sustain Success

STEP 1 – Donate or Discard Certain Foods

Go through your refrigerator, freezer, and pantry and donate items that won't serve your body or throw them away.

- Anything containing high fructose corn syrup, white sugar, and white flour
- Processed foods (e.g., chips, cookies, candies, pastries, ice cream)
- Soda and juice
- Boxed and canned meals (e.g., frozen pizza, boxed noodles with sauce)
- Microwavable foods (e.g., microwave popcorn, frozen dinners)
- Cooking oils (e.g., canola oil, vegetable oil)

STEP 2 – Stock the Pantry

Stock your pantry with key ingredients that will promote healthy and happy cooking in the kitchen. The items mentioned below are not all-inclusive but are intended to serve as a basic guide from which to grow and explore. A well-stocked pantry is like a mini-grocery store from which you can select ingredients that help you create flavorful meals.

Refer to the Pantry List found in the Appendix section for an in-depth view of a well-stocked pantry. Below are a few pantry categories to get you excited.



LEGUMES



Includes beans, lentils, and dried peas. Canned or prepared from dried: A simple way to add dietary fiber and protein to your meals and snacks. Select canned beans that are low-sodium, or no salt added.

WHOLE GRAINS & PASTA



Whole grains and pasta add interest and heft to meals. They also provide dietary fiber, protein, iron, and B vitamins. Consider ancient grains and pseudo-grains, such as amaranth, quinoa, millet, and teff. Look for noodles made from legume flours like chickpeas and lentils.

NUTS & SEEDS



Super versatile, nuts and seeds are more than just snack foods. They can be used to create delicious dairy-free dressings, cheeses, and sauces. Add nut butter to a stir-fry meal or prepare a salad dressing from tahini.

HERBS & SPICES



Herbs and spices flavor dishes while adding powerful antioxidants and polyphenols. Easy to come by and easy to store, they are a simple way to build a nourishing pantry and create tasty meals.

STEP 3 – Meal Plan

Meal planning helps eliminate the urge to eat out at restaurants excessively or grab convenience foods because you are unsure what to cook. Incorporating homemade, nutrient-dense foods into your daily life is a great practice.



MEAL PLANNING TIPS

Look ahead at your week and plan accordingly.

Do you have dinner planned out with friends one night? Do you have a hectic sports schedule with your kids for two evenings? Then determine the number of dinners you should prepare.

Decide your meal-cooking style for the week.

How much time can you devote to preparing each meal? Can you prep some of the ingredients to save time, such as chopping up 3 onions at once? Look for one-pot, 30-minute meals that can save you when life gets crazy.

Choose recipes that align with your meal plan and cooking timetable.

Read through the entire recipe to make sure you have ingredients, understand the steps involved, and calculate the amount of time needed to fully prepare.

Look to your pantry for meal ideas.

Use your well-stocked pantry for meal inspiration. Staples like brown rice or quinoa can be added easily to stir-fries and soups.

Look to your freezer to build meals.

Keep a variety of frozen vegetables and fruits in your freezer to add colorful nutrients to your meals when you don't have time to get them fresh.

Make your time and energy worth it.

Take recipes and make the serving count large enough to have leftovers for lunches or a second meal later in the week.

Make ingredients work "double duty".

When selecting meals, look for recipes that use some of the same ingredients. This is useful when using fresh herbs and vegetables so that they don't go to waste. Planning a simple stir-fry or soup is a great end-of-the-week meal.

Use a shopping list.

Create a detailed shopping list from your meal plan so that you use your time wisely when shopping.

Be Prepared: Plan & Prep.

Plan one day per month (or more) to prep meals or parts of meals that can be frozen and then used conveniently later when warmed up. Chop and store onions, celery, bell peppers, and other vegetables in the fridge so you can quickly use them in cooking and add to salads.



FOOD PREP TIPS

- Remove PLU (price look-up) stickers from all fruits and vegetables.
- Wash fresh produce and dry them. (Note: Certain produce, such as fresh herbs, should *not* be washed in advance to avoid early spoilage.)
- Create herb bouquets so fresh herbs last longer.
- Focus on foods that will ripen more quickly and plan to use those first.
- Place foods where you can see them.



Food Prep Time Saver Actions

Choose 1 – 2 hours per week for food prep work that will save you time later in the week.

- Chop/dice/slice vegetables
- Blanche vegetables
- Roast vegetables on a sheet pan
- Cook grains (grain of the week such as amaranth, buckwheat, millet, oat, teff, or quinoa.)
- Cook legumes (legume of the week such as adzuki, black bean, black lentil, chickpea, green lentil, or navy.)
- Prepare a salad dressing or sauce like a balsamic vinaigrette or cashew cream sauce
- Prepare a dip like hummus or guacamole



Spend time prepping ingredients from scratch to create a hands-on relationship with your meal.
-Chef Thomas Gilean

Food Prep Time Saver Tools

Invest in kitchen tools that save you time and keep you safe.

- Good knife (kept sharp) and cutting board
- Metal bowls for mixing salads and tossing roasted vegetables
- Sheet pans for roasting vegetables and proteins; 9 x 13” bakeware pan for dishes like ratatouille
- Electric pressure cooker to prepare one-pot meals and batch-cook foods such as grains and legumes – a popular brand is Instant Pot
- High-powered blender to create smoothies, sauces, and salad dressings (Chef Tommy recommends Vitamix)
- Personal blender to whip up smaller batches of salad dressings, sauces, and condiments such as salsas and chutneys – a popular brand is Nutribullet
- Mandoline slicer for uniform slices, shreds, and gratings of vegetables and fruits
- Food processor for fine cutting of vegetables, creating hummus and dips
- Small coffee grinder to grind seeds (such as flax seeds), soft nuts (such as walnuts), dry herbs, and spices.
- Handheld juicer to extract citrus juice quickly and completely
- Wet and dry towel to wipe up spills and keep workplace and hands clean



WORDS ABOUT THE INSTANT POT

This versatile kitchen tool can be used for many different functions. A recipe that takes hours in a slow cooker can take an hour in an Instant Pot. It makes preparing a batch of beans and rice easy. The Instant Pot has many functions, even one for making yogurt!

Food Prep Timer Saver Storage Tools

- Glass food storage containers of various sizes for prepped and cooked food
- Stainless steel food storage containers of various sizes for prepped and cooked food
- Glass mason jars for preparing overnight oats or chia puddings
- Bento box containers for preparing lunches
- Glass food storage containers for pantry dry goods
- Debbie Meyer Green Bags of various sizes for storing fruits and vegetables to extend the storage lifespan
- Food-grade silicone storage bags, such as Stasher bags, for multiple uses



FOOD STORAGE & PREPARATION

The selection of food matters and so does the way food is stored and prepared. The goal is to maintain and maximize the nutritional value of foods while considering possible food safety issues. *Please refer to Dr. Deanna Minich's "BASIC TIPS: FOOD STORAGE & PREPARATION" guide found at the end of this booklet (APPENDIX C).*



BASIC TIPS: FOOD STORAGE & PREPARATION

QUICK TIP: The goal is to maintain the energetic colors found in plant foods, which typically means the less cooking time involved, the better. Broccoli steamed for 3-5 minutes looks more vibrant green but overcooking results in a brown-grey color which is best avoided.

*Eating is a path to mystery, meaning, and mindfulness.
-Deanna Minich, MS, PhD, CNS*

MINDFUL EATING

“Good for Digestion & Good for the Soul”

KEY POINTS

1. Shifts focus from what we eat to how we eat.
2. There is no right or wrong...but there are recommended best practices to focus your attention.
3. Mindful eating is a powerful act of self-care.

What is Mindful Eating?

Mindful eating is eating with awareness. It allows us to be present for the sensations that accompany the experience of eating: chewing, tasting, and swallowing.

Why Should We Eat Mindfully?

Eating mindfully slows things down to create a safe space for the body. It allows the breath to recalibrate the nervous system, so we move from a sympathetic state (fight and flight) to a parasympathetic state (rest and digest). Being present with our food can promote better digestion and nutrient absorption.



Mealtime Routine for Relaxed Digestion

- Sit with an upright posture with feet flat on the floor.
- Perform 5-10 cycles of mindful nasal breathing focusing on exhalations. (Example: Breathe in for 4 counts and out for 8 counts.)
- Focus on the food before you; really see it!
- Chew eat bite well (it is recommended to chew 20-30 times with mouth closed).
- Savor your food – give yourself the time to enjoy and be present for the food experience.

Behavioral Steps for Relaxed Digestion

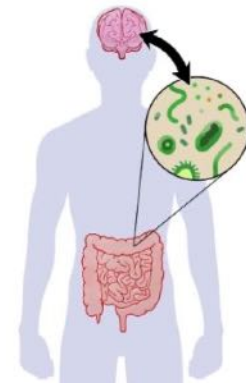
- Eat in places that induce relaxation; avoid high-stress environments.
- Avoid meal distractions such as TV, phone, and computer. Don't multitask.
- Promote slower eating - put the fork or spoon down between bites. Chew thoroughly.
- Eat with others when possible (communal eating). Listen to and talk with others.
- Give daily thanks, and express food gratitude.
- Focus on the balanced plate of food before you. Envision the bites traveling their food journey through your body as they nourish and protect.

FOOD & MOOD GUIDE

It is well known that unhealthy eating patterns can cause depression, anxiety, and mood swings. Blood sugar fluctuations and nutritional imbalances are often to blame. Serotonin is the neurochemical that helps with feelings of happiness and calm. We make this and other neurochemicals connected with mood in our gut, specifically from the food that we eat. Without a steady source of fuel from the beneficial foods we eat, our minds and bodies don't function well.

Some of the habits that can negatively impact our energy, mood, and health are:

1. **Skipping meals.** Missing a meal, especially breakfast, can lead to low blood sugar. This will likely leave you feeling weak and tired. Some people choose to intermittent fast and not eat breakfast. This can be very helpful for SOME people. However, when people are dealing with depression and anxiety, it is recommended to have a savory protein breakfast to help make more energy, produce more serotonin, and reduce anxiety connected with hunger cues.
2. **Cutting out entire food groups.** If you reduce the variety of foods in your diet, it can be more difficult to get all the essential nutrients you need. Low levels of zinc, iron, B vitamins, magnesium, vitamin D, and omega-3 fatty acids are associated with worsening mood and decreased energy.
3. **Eating too many refined carbohydrates.** A high intake of unhealthy, processed carbohydrates, such as white bread and pastries, also soda and alcohol cause blood sugars to rise and fall rapidly. This can lead to low energy and irritability.



Researchers are also taking a closer look at why diet may influence mental health. Studies are exploring diet's effects on gut microbiota (organisms in the intestinal tract), neuroplasticity (the brain's ability to modify structure, wiring, and function), oxidative stress (cellular damage), and chronic inflammation.

Depression

- Regular protein throughout the day
- Omega 3 fatty acid foods such as fish, walnuts, avocados, flax oil
- Water
- Fresh vegetables especially dark leafy greens
- Probiotics found in yogurt and fermented foods
- Sugar only in the form of stevia, fruit and minimal honey

Decrease or eliminate inflammatory foods.

- Caffeine
- Sugar
- Gluten
- Processed food



Anxiety

- Foods rich in B complex vitamins such as greens, fish, whole grains (brown rice, quinoa) and eggs
- Bananas
- Beans
- Fish
- Turkey
- Baked potato
- Almond butter



*We are designed to be smart people our entire lives.
The brain is supposed to work well until our last breath.*

-David Pearlmutter, MD

Bi-Polar Disorder

- Reduce or completely cut out sugar from the diet
- Eat regular meals and snacks throughout the day to keep mood stable
- Increase foods with Omega 3's such as fish, walnuts, avocados and flax oil
- Foods high in magnesium such as cooked spinach, beans, nuts, seeds, whole grains such as brown rice and quinoa. Magnesium has been shown to reduce the manic cyclin
- Lots of fresh vegetables and fruit
- Balanced low fat proteins such as fish, chicken, turkey and some soy products such as miso and tempeh



ADD/ADHD

- Eliminate all sugar, artificial coloring and flavoring from the diet
- Decrease all fried foods by 90%
- Eat good carbohydrates such as beans, fruits (with protein) and vegetables
- Eat regularly throughout the day
- Eat protein to help increase the serotonin and dopamine in the brain. Fish, soy, chicken, beef and dairy are great to eat in the morning and afternoon to give focus and energy. To relax the brain, eat less protein and more non-sweet carbohydrates for dinner and last snack
- Omega 3 rich foods such as fish, walnuts, avocado and flax oil
- Eat foods with enough iron, calcium and fiber such as beef, greens and fruit



COOKING PRINCIPLES FROM A SANCTUARY CHEF

Chef Thomas Gillean (aka Chef Tommy) reveals some of his “secrets” of how he prepares the luscious food at the Sanctuary. Daily he expresses his joy, gratitude, and wisdom through nutrient-rich and mentally satisfying dishes.

SALAD DRESSING THEORY

Salad dressings make everything in the salad bowl taste better! Read below to learn the important principles behind making delicious salad dressings at home.

- When making an oil-based dressing the conversion of oil to acid (such as vinegar or citrus juice) is 3:1, meaning 3 parts oil to one part acid. For example, if making a dressing for yourself at home use 1 cup of oil to 1/3 of a cup vinegar.
- Add honey or some sweetener to balance and smooth out the acidic taste of vinegar. Add 1 tablespoon of honey to one cup of dressing.
- Add a sliver of fresh onion, chopped garlic, dried or fresh herbs, salt, and pepper. This will help with the suspension of the dressing keeping it blended and not separated and will also add flavor and nutrients.
- Add all the dressing ingredients to a blender except the oil. Start on low and move slowly to medium, then high while blending. The theory is to make a concentrate of flavor and smooth it out using olive oil.
- After the ingredients are incorporated into the “concentrate,” remove the plastic cap on the blender top. While on low speed, drizzle the oil through the open hole in the blender top to blend with the concentrate. Increase blender speed to medium then high as you add the oil slowly and it is being incorporated.
- Taste and adjust seasonings.
- Add a tablespoon of water and blend if the consistency is too thick. Adjust to your liking.



ROASTING TECHNIQUE

Roasted vegetables often take center stage at Sanctuary mealtime. Think, sweet potatoes, squash, Brussels sprouts, broccoli, carrots, and more! Here are instructions for preparing perfectly roasted veggies every time.

- Preheat oven to 400°F.
- Cut ingredients into bite-sized pieces. The smaller the pieces the shorter the roasting time.
- Add ingredients to a metal bowl and top with olive oil. Less is more here so start with a tablespoon or two of oil. The goal is to coat each piece.
- Toss using a spatula, or your hand, or swirl/flip the ingredients in the air if you're feeling daring!
- Add salt and pepper to veggies in the bowl and stir again. Add dried herbs, and garlic or squeeze a lemon in there also if you feel inclined. A chopped onion is also a great addition.
- Apply foil to a sheet tray for easy cleanup, but you can choose to skip this step.
- Pour oil-coated, seasoned veggies on the tray and lay them out into a single, uniform layer across the tray.
- Place the tray into the preheated 400°F oven and set a timer for 13 minutes. Starting at 13 minutes provides enough time to cook and heighten the vegetables' color while avoiding burning.
- Check the vegetables after 13 minutes. With a spatula flip and stir the vegetables and return them to a single layer. This ensures no hot spots. There should be a roasted color on the vegetables.
- Lower the oven temp to 350°F and place the tray back in the oven.
- Start the timer again, this time for 5 minutes for Brussels sprouts and broccoli. Because of their nature, they take less time to cook compared to a sweet potato or butternut squash. For roasting carrots, potatoes, or squash I start with a timer of 10 minutes at 350°F and add more time as needed to cook through.



Starting the roasting at 400 °F gives the ingredient a “char” and caramelizes the veggies for a better-tasting product, flipping the veggies after 13 minutes ensures even cooking. Lowering the temperature to 350°F to finish roasting avoids burning and ensures tenderness all the way through. Just remember to set a timer and keep your eye on the oven and your nose smelling nearby...you will achieve great-tasting veggies everyone will enjoy.

What's on the Nutrition Facts Label

The **Nutrition Facts** label found on packaged foods and beverages is your **daily tool** for making informed food choices that contribute to healthy lifelong eating habits. Explore it today and discover the wealth of information it contains!

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Servings Per Container shows the **total number of servings** in the entire food package or container.

- It is common for one package of food to contain more than one serving.
- Some containers may also have a label with two columns—one column listing the amount of calories and nutrients in one serving and the other column listing this information for the entire package.

Serving Size is based on the **amount of food that is customarily eaten at one time** and is not a recommendation of how much to eat. The nutrition information listed on the Nutrition Facts label is usually based on one serving of the food; however, some containers may also have information displayed per package.

- Serving size is shown as a common household measure that is appropriate to the food (such as cup, tablespoon, piece, slice, or jar), followed by the metric amount in grams (g).
- When comparing calories and nutrients in different foods, check the serving size to make an accurate comparison.

Calories refers to the **total number of calories**, or “energy,” supplied from all sources (carbohydrate, fat, protein, and alcohol) in a serving of the food.

- To achieve or maintain a healthy body weight, balance the number of calories you eat and drink with the number of calories your body uses.
- 2,000 calories a day is used as a general guide for nutrition advice. Your calorie needs may be higher or lower and vary depending on your age, sex, height, weight, and physical activity level. Learn your number at www.choosemyplate.gov/resources/MyPlatePlan.

As a general guide:

- **100 calories** per serving of an individual packaged food is considered **moderate**
- **400 calories** or more per serving of an individual packaged food is considered **high**

Tip: The terms “fat-free” and “no added sugars” do not mean “calorie-free.” These food items may have as many calories as the regular versions. Always check the Nutrition Facts label and compare the calories and nutrients in the modified version to the regular version.



FDA U.S. FOOD & DRUG
ADMINISTRATION

Nutrition Facts

4 servings per container

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Calcium 260mg	20%
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Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

% Daily Value (%DV) shows how much a nutrient in a serving of the food contributes to a total daily diet.

- The %DV column doesn't add up vertically to 100%. Instead, the %DV is the **percentage of the Daily Value** for each nutrient in a serving of the food. The Daily Values are reference amounts (in grams, milligrams, or micrograms) of nutrients to consume or not to exceed each day.

For example, the Daily Value for saturated fat is less than 20 grams (g) per day (based on a 2,000 calorie daily diet), which equals 100% DV. If the Nutrition Facts label says one serving of a food contains 1.5 g of saturated fat, then the %DV for saturated fat for this specific food is 8%. That means the food contains 8% of the maximum amount of saturated fat that an average person should eat in an entire day.

- Some nutrients on the Nutrition Facts label do not have a %DV, so use the number of grams to compare and choose products.

Using %DV

- **Compare Foods:** Use %DV to compare food products (remember to make sure the serving size is the same) and to choose products that are higher in nutrients you want to get more of and lower in nutrients you want to get less of.

As a general guide:

- **5% DV** or less of a nutrient per serving is considered **low**
- **20% DV** or more of a nutrient per serving is considered **high**
- **Understand Nutrient Content Claims:** Use %DV to help distinguish one claim from another, such as “light,” “low,” and “reduced.” Simply compare %DVs in each food product to see which one is higher or lower in a particular nutrient. There is no need to memorize definitions.
- **Manage Dietary Trade-Offs:** Use %DV to make dietary trade-offs with other foods throughout the day. You don't have to give up a favorite food to have a healthy diet. When a food you like is high in a nutrient you want to get less of—or low in a nutrient you want to get more of—you can balance it with foods that are low (or high) in that nutrient at other times of the day.



FDA U.S. FOOD & DRUG
ADMINISTRATION

Nutrition Facts

4 servings per container

Serving size 1 1/2 cup (208g)

Amount per serving

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% Daily Value*

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Vitamin D 2mcg	10%
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Iron 6mg	35%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: BULGUR WHEAT, SAUCE (WATER, HALF AND HALF [MILK, CREAM], PARMESAN CHEESE [PASTEURIZED SKIM MILK, CULTURES, SALT, ENZYMES], CHEDDAR CHEESE [PASTEURIZED MILK, CULTURES, SALT, ENZYMES], OLIVE OIL, BUTTER, SUGAR, XANTHAN GUM, SPICE), LENTILS, CORN, GREEN BEANS, RED BEANS, POTATOES.
CONTAINS: WHEAT, MILK.

Nutrients

The Nutrition Facts label can help you **learn about the nutrient content** of many foods in your diet.

- **The Nutrition Facts label must list:** total fat, saturated fat, *trans* fat, cholesterol, sodium, total carbohydrate, dietary fiber, total sugars, added sugars, protein, vitamin D, calcium, iron, and potassium.
- **The Nutrition Facts label may also list:** monounsaturated fat, polyunsaturated fat, soluble fiber, insoluble fiber, sugar alcohols, vitamins (biotin, choline, folate, niacin, pantothenic acid, riboflavin, thiamin, and vitamins A, B₆, B₁₂, C, E, and K) and minerals (chloride, chromium, copper, iodine, magnesium, manganese, molybdenum, phosphorus, selenium, and zinc).

The Nutrition Facts Label can also help you **monitor nutrients** you want to get less of and those you want to get more of.

Nutrients to get less of:

Saturated fat, sodium, and added sugars.

Most Americans exceed the recommended limits for these nutrients—and diets higher in these nutrients are associated with an increased risk of developing some health conditions (such as cardiovascular disease and high blood pressure).

Compare and choose foods to **get less than 100% DV of these nutrients each day.**

Nutrients to get more of:

Dietary fiber, vitamin D, calcium, iron, and potassium.

Many Americans do not get the recommended amount of these nutrients—and diets higher in these nutrients can reduce the risk of developing some health conditions (such as cardiovascular disease, osteoporosis, anemia, and high blood pressure).

Compare and choose foods to **get 100% DV of these nutrients on most days.**

Ingredient List

In addition to the Nutrition Facts label, the ingredient list is also a helpful tool. The ingredient list shows each ingredient in a food by its **common or usual name**. Ingredients are listed in **descending order by weight**, so the ingredient that weighs the most in the product is listed first, and the ingredient that weighs the least is listed last.



FDA U.S. FOOD & DRUG
ADMINISTRATION



EAT THE RAINBOW

TOOLS TO HELP YOU EAT THE FULL RAINBOW
OF HEALTHY, PLANT-BASED FOODS

FOOD  SPIRIT



Disclaimer

This information is educational material only and is not intended to take the place of advice from your own health care provider or physician(s) or to be a means of diagnosing or treating an illness. Seek medical care from a qualified professional if you are having a health condition or symptoms. The author of this material does not accept any responsibility for your health, how you choose to use the information contained in the material, or your medical outcomes resulting from applying this information.

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EAT THE RAINBOW OF PLANT FOODS

WHY?

- TO REDUCE RISK OF CHRONIC DISEASE
- TO HELP WITH BETTER MOOD
- TO OPTIMIZE HEALTH AND FUNCTION

WHAT?

- FRUITS
- HERBS AND SPICES
- JUICES (100% JUICE)
- LEGUMES
- NUTS AND SEEDS
- SALADS
- SMOOTHIES
- TEAS
- VEGETABLES
- WHOLE GRAINS

HOW?

- INCLUDE IN EVERY MEAL
- VARY YOUR CHOICES
- AIM FOR A MINIMUM OF 5 SERVINGS DAILY
- TRY A NEW FOOD EVERY WEEK
- BUY COLORFUL PRODUCE AT THE MARKET

WHERE?

- HAVE FROZEN AND FRESH FOODS AT HOME
- ASK FOR SUBSTITUTIONS WHEN EATING OUT
- BRING WHOLESOME SNACKS WITH YOU WHEN TRAVELING



EAT THE RAINBOW FOOD TRACKER

Name:

AIM FOR 7 COLORS EVERY DAY OF THE WEEK AND GET TO THE RAINBOW!



RED



ORANGE



YELLOW



GREEN



PURPLE



BROWN



WHITE

You can use this weekly tracker in at least two ways:

- Put an X in the circle when you have had one serving of the food.
- If you want to eat multiple servings of a color, put the total number of foods eaten in the circle.

Specifics on how and what to count as your servings:

- **All plant-based foods count.** This category includes beverages (herbal teas, unsweetened juices, smoothies, coconut water), condiments (mustard, soy sauce, vinegar, hot sauce), fruits, herbs and spices, legumes, vegetables, nuts and nut butters, seeds and seed butters, and whole grains. Frozen, fresh, and canned varieties are all options, with an emphasis on fresh when available.
- **The color of a food corresponds to its inner and outer color.** Some foods will have multiple colors, such as the red skin and white flesh of an apple. So, for an apple, you will count both the *red* skin and the *white* inner flesh on the Tracker. If you have a cucumber slice, it will simply count as green since both the skin and the flesh are green, as would an apricot as both the skin and the flesh are orange.
- **Quality matters.** The goal of this tracker is to emphasize the quality of plant-based foods rather than to focus on serving sizes. Look at your plate of food and observe the colors rather than analyzing the quantity.
- **Get variety.** Remember that many grains and legumes come in a variety of colors such as black or brown rice, green or red lentils, and red, black, or white beans.

EAT THE RAINBOW FOOD TRACKER

Name:

AIM FOR 7 COLORS EVERY DAY OF THE WEEK AND GET TO THE RAINBOW!



RED



ORANGE



YELLOW



GREEN



PURPLE



BROWN



WHITE

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



EAT THE RAINBOW SHOPPING LIST

RED

ORANGE

YELLOW

GREEN

PURPLE BLACK

BROWN TAN

WHITE

Adzuki beans
Apples
Beets
Blood oranges
Cherries
Cranberries
Currants
Goji berries
Guava
Kidney beans
Lingonberries
Peppers
Pink grapefruit
Pomegranate
Radicchio
Radishes
Raspberries
Red beans
Red cabbage
Red carrots
Red chard
Red grapes
Red lentils
Red onions
Red pears
Red plums
Red potatoes
Red quinoa
Rhubarb
Rooibos tea
Strawberries
Tomato
Tomato paste
Tomato sauce
Watermelon

Apricots
Cantaloupe
Carrots
Kumquat
Mandarins
Mangoes
Nectarines
Orange bell peppers
Orange lentils
Oranges
Papaya
Passionfruit
Peaches
Persimmons
Pumpkin
Sweet potato
Tangerines
Turmeric root
Turmeric spice
Yams

Apples
Asian pears
Bananas
Chamomile tea
Chickpeas
Corn (hominy, kernels, on cob, popcorn)
Endive
Ginger root
Ginger spice
Ginger tea
Golden beets
Golden flaxseed
Golden raisins
Lemons
Millet
Mustard (Dijon, spice, yellow)
Pineapples
Plantains
Quinoa
Squash
Starfruit
Yellow bell peppers
Yellow carrots
Yellow cauliflower
Yellow lentils
Yellow onions
Yukon potatoes

Artichokes
Arugula
Asparagus
Avocado
Bamboo shoots
Beet greens
Bell peppers
Bok choy
Broccoflower
Broccoli
Brussels sprouts
Celery
Chard
Cilantro
Collards
Cucumbers
Fennel bulbs
Green apples
Green beans
Green cabbage
Green grapes
Green lentils
Green olives
Green onions
Green pears
Green peas
Green tea
Herbs
Kale
Kiwis
Leeks
Lettuces
Limes
Mung beans
Mustard greens
Okra
Olives
Parsley
Peppers
Pickles
Snow peas
Soybeans
Spinach
Sprouts
Thyme
Turnip greens
Watercress
Zucchini

Acai berries
Aronia berries
Asparagus*
Beans*
Black beans
Black lentils
Black pepper
Black quinoa
Black rice
Black tea
Blackberries
Blueberries
Boysenberries
Cabbage*
Carrots*
Cauliflower*
Eggplant
Figs
Grapes*
Huckleberries
Kale*
Marionberries
Olives
Onions*
Oolong tea
Peppers
Plums
Potatoes*
Prunes
Raisins
Rice*
Sweet potato*

**Purple variety*

Almonds
Barley
Brazil nuts
Brown lentils
Brown rice
Buckwheat
Cacao nibs
Cacao powder
Carob
Cashews
Chai tea
Cocoa powder
Coffee
Dates
Flaxseeds
Hemp seeds
Millet
Mushroom teas
Mushrooms
Nuts
Nut butters
Oats
Peanuts
Pecans
Pili nuts
Pumpkin seeds
Quinoa
Rye
Seed butters
Seeds
Sesame seeds
Soy sauce
Spelt
Sunflower seeds
Tamari sauce
Taro root
Teff
Tempeh
Triticale
Walnuts
Wheat

Apples
Applesauce
Cauliflower
Coconut
Coconut water
Daikon radish
Garlic
Hearts of palm
Horseradish
Jicama
Kohlrabi
Mushrooms
Parsnips
Pear (flesh)
Pumpkin seeds
(outer)
Rutabaga
Sauerkraut
Sesame seeds
Shallots
Tofu
Turnips
White potatoes
White carrots
White onions
White pepper
White rice
White tea



BASIC TIPS: FOOD STORAGE & PREPARATION

GENERAL COMMENTS

- Cooking with **slow, low, moist heat** (e.g., steaming, poaching, boiling, stewing) rather than fast, high, dry heat (e.g., grilling, frying, broiling) is preferred.
- Fermentation can result in more probiotic organisms, but also more histamines. Fermented foods are not tolerated by everyone, so a personalized approach is needed.
- With microwaving, there tends to be no significant loss of nutrients due to lack of water or high heat. However, there is some concern about the radiation it emits.



MAXIMIZING NUTRIENTS

- Buy foods in season.
- Choose local foods when possible.
- Choose organically-grown foods over conventionally grown, whenever possible.
- Select fresh over canned foods; in many cases, frozen foods can be comparable in nutrition to fresh foods.
- Make the most of food by repurposing the parts of plants into different foods/meals (e.g., stems, leaves, roots into garnishes or to create a mineral-rich broth).
- Incorporate spices into the food before cooking.
- Refrain from using oil to cook, and replace with water when possible; add oils at the end of cooking to reduce damage to the oil.
- Use the color of a food to denote loss of nutrients with cooking (i.e., the more color lost, the more nutrients lost).
- Maximize phytochemicals in cruciferous vegetables by chopping and letting them sit for 35-40 minutes before cooking.



FOOD STORAGE







- Opt for glass rather than plastic containers.
- Avoid using aluminum foil.
- Store food for less time to prevent loss of nutrients.
- Limit leftover protein-containing foods due to increase in histamine over time.

COOKWARE



- Aim for diverse cookware
- Select glass, stainless steel, & cast iron.
- Avoid Teflon and other nonstick pans, especially those made with either PTFE or PFOA, as well as aluminum pots and pans.
- Avoid silicone, as it is not well researched.
- Line bakeware with unbleached, heat-safe parchment paper.

COOKING METHODS: PROS & CONS

COOKING METHOD	PROS 	CONS 
 <p>RAW Natural state</p>	<ul style="list-style-type: none"> • Maintains the initial integrity of the plant/food • Preserves water-soluble nutrients like vitamin C & B vitamins • Keeps the original plant microbiome intact 	<ul style="list-style-type: none"> • Reduces ease of chewing and/or digestibility • Decreases availability of fat-soluble nutrients (vitamins A,D,E,K) • Could contain harmful microorganisms (e.g., E. coli, Salmonella)
 <p>STEAMING Minimal heat & water</p>	<ul style="list-style-type: none"> • Results in a brighter color • May be softer in texture and easier to digest • Increases bioavailability of fat-soluble nutrients & minerals • Reduces goitrogens 	<ul style="list-style-type: none"> • Reduces water-soluble nutrients • Leads to loss of nutrients in the water or through damage by heat
 <p>BOILING Exposure to heat & water for several minutes</p>	<ul style="list-style-type: none"> • Increases bioavailability of fat-soluble nutrients & minerals • Makes texture soft to mushy, easier to digest • Reduces histamines, oxalates, goitrogens, lectins & phytates 	<ul style="list-style-type: none"> • Degrades water-soluble nutrients and unsaturated fats • Can lead to loss of color coinciding with loss of nutrients
 <p>DRY HEAT Grilling, (air)frying, broiling, baking, roasting</p>	<ul style="list-style-type: none"> • Connects to sensory cues such as aromas/smells (e.g., fresh baked apple pie) • Has associations with social events (e.g., barbecues) • Can save time • Makes texture crisp • Breaks down carbohydrates to make them taste sweeter 	<ul style="list-style-type: none"> • Reduces nutrient content • Increases histamines, lectins & oxalates • Damages fats & proteins • Results in unhealthy, inflammatory compounds • Leads to loss of natural colors • Increases exposure to fumes if using gas stove

CHIA SEEDS
 High source of
 Omega-3 fatty acids
 Support mood &
 mental health



Sanctuary
 SEDONA

Chia Pudding

SOURCE: CHEF THOMAS GILLEAN

YIELD: 8 SERVINGS

Ingredients

- 1 cup chia seeds
- 1 can of coconut milk
- 3-4 cups milk alternative (e.g., almond, cashew, oat)
- 1 tablespoon maple syrup
- 1 teaspoon vanilla or coconut extract
- pinch of salt (pink salt preferred)



Directions

1. Add chia seeds to a bowl with 1 can of coconut milk and 3 cups of milk replacement. Using a whisk, combine continuously for 1 minute.
2. Add maple syrup, vanilla or coconut extract, and pinch of salt. Combine with whisk again for 1 minute.
3. Let mixture sit for 2-3 minutes. Add more milk alternative to reach desired consistency and whisk again. After 5 minutes the pudding will be settled and a bit looser than the final product. Refrigerate for up to 7 days.

NOTE: Add 2 tablespoons cacao powder for a decadent treat.

DATES
Natural sweetener
B vitamins
Magnesium

Sanctuary
SEDONA

Chai Chia Winter Pudding

SOURCE: CHRIS KALINICH

YIELD: 2-4 SERVINGS

Ingredients

1/2 cup pumpkin purée or sweet potato purée
3 Medjool dates, pitted & finely chopped
1 1/2 cups unsweetened non-dairy milk
1 teaspoon vanilla extract
1/2 teaspoon cinnamon
1/8 teaspoon cardamom
pinch of ginger
pinch of cloves
1/3 cup chia seeds



Directions

1. Place pumpkin purée (or sweet potato purée), dates, non-dairy milk, vanilla, and spices (reserve chia seeds) in a high-powered blender and blend until creamy.
2. Place the mixture in a bowl and thoroughly stir in the chia seeds.
3. Cover and refrigerate until thickened, for at least two hours or overnight.

NOTE: You may also use 1/2 cup of 1/2" diced steamed sweet potatoes instead of the purée.



OATS
Restore body and
stress balance
Soothe digestive
system

Sanctuary
SEDONA

Granola

SOURCE: CHEF THOMAS GILLEAN

YIELD: ABOUT 25 OUNCES


Ingredients

- 4 cups gluten-free oats
- 1/2 cup nut & seed mixture (e.g., cashew, almond slivers, sunflower seeds, flax seeds, chia seeds)
- 1 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground clove
- pinch of nutmeg
- pinch of salt



Directions

1. Preheat oven to 350°F.
2. In a large bowl combine all dry ingredients (oats, nuts/seeds, and spices). Stir to combine.
3. Melt the coconut oil on low at the stovetop or leave it somewhere warm for a bit to melt.
4. Add melted coconut oil and maple syrup to the mixture in the bowl.
5. With a spoon or spatula incorporate and coat all the dry ingredients. Be thorough and use your hands if the mixture is cool enough.
6. On a sheet pan lined with parchment paper or sprayed with oil, pour the mixture and spread it out thin and evenly across the pan.
7. Place the pan in the preheated 350°F oven for 15 minutes.
8. Remove the pan from the oven and let the granola cool. (It will continue to toast for a bit on the hot pan.)



OLIVE OIL
Heart protective
Supports liver &
gallbladder function

Sanctuary
SEDONA

Master Cleanse Salad Dressing

SOURCE: CHEF THOMAS GILLEAN

YIELD: 1 1/2+ CUPS

Ingredients

- 1 cup extra virgin olive oil (reserve)
- 1/3 cup lemon juice
- 1/4 cup maple syrup (reserve)
- sliver of onion, any type
- 1 clove of garlic
- 1/2 teaspoon salt,
- 1/2 teaspoon pepper
- 1/2 teaspoon oregano
- 1/4 teaspoon cayenne pepper



Directions

1. In a blender combine lemon juice, onion, garlic, and spices. Blend until a paste/concentrate is formed. (Refer to Salad Dressing Theory in Sanctuary Nutrition Booklet.)
2. Add maple syrup and blend, scraping the sides of the blender with a spatula.
3. While the blender is on low setting, slowly pour in olive oil through the blender cap opening. Increase speed while adding the olive oil to combine all ingredients.
4. Taste and adjust to personal preference. Use the dressing on any salad, slaw, or roasted veggies right before serving.

SUNFLOWER SEEDS
Support brain health
Vitamin E
Tryptophan



Creamy Sunflower Seed Dressing

SOURCE: CHRIS KALINICH

YIELD: ABOUT 1 CUP



Ingredients

- | | |
|---|--|
| 1/2 cup raw sunflower seeds | 1/2 teaspoon sea salt |
| 1/4 water | 1 tablespoon nutritional yeast**
(optional) |
| 2 tablespoons extra virgin olive oil | 1 small handful of fresh herbs such as
basil, cilantro, or parsley (optional) |
| 2 tablespoons raw apple cider vinegar
or lemon juice | |

Directions

1. Soak the sunflower seeds in a small bowl of water for 8 hours or overnight in the refrigerator.*
2. Rinse and drain the sunflower seeds and place them inside a blender.
3. Add the remaining ingredients to the blender and blend until smooth and creamy. Store dressing covered in a glass jar in the refrigerator for up to 7 days.

Notes:

*You may use a quick soak method if short on time: cover sunflower seeds in a bowl with hot water and allow them to soak for 30 minutes.

You may also substitute 1/2 cup hemp seeds or 1/4 cup hemp seeds and 1/4 cup sunflower seeds. (Hemp seeds do not need to be soaked.)

**Nutritional yeast is often found in the spice aisle at health-focused grocery stores.

CUCUMBERS
Hydrating
Cleansing
Restore body balance



Vegan Tzatziki Sauce

SOURCE: CHEF THOMAS GILLEAN

YIELD: 8 SERVINGS

Ingredients

- 2 cucumbers peeled and deseeded
- 1/2 medium red onion, chopped
- 2 cloves garlic, chopped
- 2 cups (16 ounces) vegan Greek-style yogurt
- 1 cup (8 ounces) vegan sour cream
- 2 tablespoons dried dill, oregano, and basil (if using fresh herbs, halve the amount)
- 1 teaspoon honey
- 2 tablespoons extra virgin olive oil
- salt and pepper to taste
- pinch of fresh mint or dried (optional)



Directions

1. Peel and cut cucumber longways. Remove seeds from core by scraping with a spoon. Salt the cucumbers and put aside to "sweat".
2. In a food processor combine chopped red onion and garlic. Pulse to a pulp. Add dill, oregano, basil, and a pinch of salt and pepper. (mint optional). Pulse to combine.
3. Add vegan Greek yogurt, vegan sour cream, and honey. Combine while scraping down sides of food processor bowl.
4. Squeeze liquid from cucumbers using a paper towel over the sink. Chop them rough and add to food processor. Combine on high speed for 30 seconds. Scrape down sides of bowl and pulse a few times. Then serve.

LEAFY GREENS
Support the liver in
breaking down fats
Chlorophyll absorbs
toxicants



Verde Sauce aka Green Sauce

SOURCE: CHRIS KALINICH

YIELD: ABOUT 1 1/2 CUPS

Ingredients

- 1 bunch of cilantro or parsley
- 2 cups arugula or other dark leafy green
- 1 medium ripe avocado, skin and seed removed
- 2 cloves garlic, minced
- 3- 4 tablespoons lemon juice*
- 3 - 4 tablespoons water
- 1/4 teaspoon salt or to taste
- 1/4 teaspoon ground black pepper or to taste



Directions

1. Place all ingredients into a food processor bowl and pulse to combine. Stop pulsing occasionally to scrape down the sides of the bowl. Pulse and add water until you reach the desired consistency.

*Lime juice or white wine vinegar may be used.

SERVING SUGGESTIONS:

Top sweet potatoes and nourish bowls with this sauce for an amazing zing to please the taste buds. Use it as a spread on sandwiches or as a finishing sauce for salmon. Place on top of roasted or grilled vegetables.

TOMATOES
Antioxidant-rich
Lycopene
Cancer protective
Heart protective



Smoky Romesco Sauce

SOURCE: CHRIS KALINICH

YIELD: ABOUT 2 CUPS

Ingredients

- 1/2 cup almonds
- 2 large red bell peppers
- 2 large Roma tomatoes
- 3 cloves garlic
- 1/4 cup flat-leaf or curly-leaf parsley
- 1 tablespoons avocado oil
- 2 tablespoons lemon juice or apple cider vinegar
- 1 tablespoon extra virgin olive oil
- 1 tablespoon smoked paprika
- 1/8 teaspoon cayenne pepper
- 1 teaspoon kosher salt



Serve with roasted vegetables, on top of a bed of cooked quinoa, mixed into red lentil penne pasta, as a sandwich spread, in a wrap, on top of a baked sweet potato, etc. SO VERSATILE...and it's good for you, too!

Directions

1. Preheat oven to 350°F.
2. Toast almonds on a baking sheet in a preheated oven for 6 minutes, tossing almonds once after 3 minutes. Then place almonds in a bowl to cool. Raise oven temp to 400°F.
3. Rub red bell peppers and Roma tomatoes with 1 tablespoon of avocado oil and place them on baking sheet. Roast in the oven for 25 minutes. Allow vegetables to cool well before removing tops from tomatoes and stems/seeds/ribs from peppers.
4. Place cooled almonds into the bowl of a food processor. Process until you achieve almond flour consistency.
5. Add the cooled bell peppers, tomatoes, and all remaining ingredients. Purée until smooth. Taste and adjust seasoning, as needed.

CASHEWS
Support lungs
Magnesium
Tryptophan



Sanctuary
SEDONA

Rainbow Chopped Salad

SOURCE: CHRIS KALINICH

YIELD: 10 SERVINGS

Ingredients

5 cups raw vegetables, chopped into bite-sized pieces (e.g. broccoli, zucchini, bell peppers, cabbage)

2 cups arugula or other dark leafy green

1/2 cup raw sunflower seeds

1/4 cup shallot, finely diced

3/4 cup apple juice sweetened dried cranberries



1 cup cashews, soaked for 60 minutes in hot water

1/4 cup water

3 tablespoons apple cider vinegar

2 tablespoons coconut aminos

2 tablespoons nutritional yeast flakes

2 cloves garlic, minced

1/2 cup fresh basil, chopped & loosely packed




Directions

1. Place vegetables, dark leafy greens, sunflower seeds, shallot, and dried cranberries in a large mixing bowl. Mix well.
2. Make the dressing by combining the remaining ingredients (except fresh basil) in a blender; blend until the mixture is smooth and creamy.
3. Add dressing to the large bowl of vegetables along with the chopped fresh basil and fold in gently.
4. Serve immediately or let chill in the refrigerator for several hours before serving.

RECIPE SUGGESTIONS:

Feel free to change up the recipe: add 1/2 cup sun-dried tomatoes; add 1/4 cup sliced Kalamata olives; use golden raisins or dried cherries instead of dried cranberries; add your favorite bean; switch out the basil for cilantro or parsley; top with pistachio nuts; use cooked vegetables instead of raw.



LEGUMES
Fiber-rich
Help stabilize
blood sugar levels
Magnesium



Tangy White Bean Salad

SOURCE: CHRIS KALINICH

YIELD: 8 SERVINGS

Ingredients


- 2 (15-ounce can) cannellini beans, rinsed/drained
- 2 cups cherry tomatoes, halved
- 2 cups arugula or spinach, chopped
- 1/3 cup fresh basil, ribbon slices

- 1/4 cup shallot, minced
- 1 1/2 teaspoons garlic, minced
- 3 tablespoons red wine vinegar
- 2 tablespoons extra virgin olive oil (optional)
- 1/2 teaspoon Dijon mustard
- 1/2 - 3/4 teaspoons kosher salt
- 1/2 teaspoon ground black pepper



Directions

1. Place the white beans, tomatoes, arugula, and basil in a large bowl.
2. Place the shallot, garlic, red wine vinegar, EVOO, Dijon mustard, kosher salt, and pepper in a small bowl and whisk together.
3. Pour the dressing over the salad and mix well. Serve at room temperature using a slotted spoon.



SWEET POTATOES
Antioxidant-rich
Help stabilize blood
sugar levels

Sanctuary
SEDONA

Sweet Potato Fries

SOURCE: CHRIS KALINICH

YIELD: 4 SERVINGS



Ingredients

2 large sweet potatoes, washed and cut into 1/4-1/2" wedges

1 tablespoon avocado oil

1/2 teaspoon ground cumin

1/4 teaspoon chili powder, sweet paprika, or smoked paprika

1/4 teaspoon garlic powder

1/4 teaspoon salt

1/8 teaspoon ground black pepper

1/8 teaspoon ground cinnamon

Directions

1. Preheat oven to 450°F. Place parchment paper on (2) baking sheets or lightly oil the pans.
2. Place the sweet potato wedges in a large mixing bowl and toss them with one tablespoon of avocado oil.
3. In a small mixing bowl whisk together the spices until combined. Add spice mixture to the bowl of sweet potatoes and mix well until evenly coated.
4. Place the sweet potatoes in a single layer on the prepared baking sheets, spreading them out to prevent touching. (This will prevent steaming and promote roasting for the desired crispy effect.)
5. Bake for 10 minutes, remove the pan to turn over the wedges and bake for an additional 10 minutes until the wedges are crispy on the outside and tender on the inside.

EGGPLANT
Fiber-rich
Promotes heart health
Protects cell
membranes

Sanctuary
SEDONA

Ratatouille

SOURCE: CHEF THOMAS GILLEAN

YIELD: 4 SERVINGS


Ingredients

- 1 large eggplant, cut longwise & sliced into half moons
- 2 green zucchini, cut into 1/2" circles
- 2 yellow summer squash cut into 1/2" circles
- 1 red onion, halved & peeled & sliced 1/8" half moons
- 2 large tomatoes, halved & cut into 1/8" half moons
- 1 24-ounce jar organic tomato sauce
- Blended dried Italian herbs (1 tablespoon each oregano, basil, parsley, thyme - use your imagination!)



Directions

1. Preheat oven to 400°F. Spray a large baking dish with pan spray or coat with olive oil.
 2. In the bottom of a baking dish pour the whole jar of tomato sauce, evenly coating the bottom with 1/8' - 1/4" layer of the sauce.
 3. Layer vegetables in long rows in an 8 x 12" baking dish and in the following order: eggplant, yellow squash, zucchini, red onion, and tomatoes. This makes the colors pronounced to improve presentation. You should have 3 even rows of layered vegetables.
- Add salt and pepper to your liking and the Italian seasoning blend on top of veggies. Cover with foil and place in the preheated 400°F oven for 45 minutes.
 - After 45 minutes, remove foil from the baking dish. Continue to cook for 15 minutes and to brown the top vegetables for a beautiful presentation.



CHILE PEPPER
Capsaicin enhances
blood circulation
Vitamins A & C

Sanctuary
SEDONA

Blackening Cacao Rub (Sweet & Savory)

SOURCE: CHEF THOMAS GILLEAN

YIELD: 2 - 3 SERVINGS


Ingredients

- 2 tablespoons cacao powder
- 2 tablespoons chili powder
- 2 tablespoons coconut sugar
- 2 tablespoons salt
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/2 teaspoon cinnamon
- 1/4 teaspoon cayenne powder



Directions

1. In a bowl combine all ingredients and mix with a whisk or fork.
2. Apply to foods you wish to grill or sear. It works well with proteins and vegetables, providing a sweet and savory holistic kick to your meal.



CACAO
Antioxidant-rich
Mood lifting
Promotes circulation

Sanctuary
SEDONA

Hazelnut Cacao Spread "Nutella"

SOURCE: CHEF THOMAS GILLEAN

YIELD: 8 SERVINGS

Ingredients

2 cups roasted hazelnuts
1/2 cup coconut milk (canned)
2 tablespoons coconut sugar
2 tablespoons honey
1/2 teaspoon vanilla extract
6-8 tablespoons cacao powder
Pinch of salt



Directions

1. Blend roasted hazelnuts in a food processor to break them down.
2. Add coconut milk, coconut sugar, honey, and vanilla extract. Pulse the food processor to combine ingredients into a desired smooth consistency. Scrape down the sides of the bowl with a spatula.
3. Add cacao powder and a pinch of salt. Start with 4 tablespoons of cacao powder and mix to incorporate. Scrape the sides of the bowl and add additional cacao powder to desired potency. The more cacao powder you add, the darker and more bitter the product. Play with the consistency and flavor. Then enjoy!

STORAGE NOTE: The hazelnut cacao spread will last in the pantry unrefrigerated for 7 days.

AVOCADOS
Help body produce
glutathione
Promote blood &
bone health



Avocado Pudding

SOURCE: CHEF THOMAS GILLEAN

YIELD: 4 SERVINGS

Ingredients

- 3 ripe avocados, peeled and pits removed
- 1/2 can or 4 ounces of coconut milk
- 1/4 cup maple syrup
- 6 tablespoons cacao powder
- 1 teaspoon vanilla extract
- pinch of salt
- Optional add-ins: ripe banana, almond extract, mint extract

NOTE: Avocado pudding is best freshly made. You can prepare 10-12 hours in advance but it will become tannic and sour when stored longer due to the reaction between the cacao powder and the avocados.



Directions

1. In a food processor add avocados and coconut milk. Process to a creamy consistency, scraping down the sides as you go. Add maple syrup, cacao powder, vanilla extract, and a pinch of salt. Blend again.
2. Add optional add-in ingredients such as banana and/or complementary flavor extract. Be creative with what you have at hand. Start with small amounts and taste as you go.

CRANBERRIES
Anti-inflammatory
Antioxidant-rich
Immune protective



Cranberry Sauce

SOURCE: CHRIS KALINICH

YIELD: 4-6 SERVINGS

Ingredients

- 12 ounces cranberries, fresh or frozen
- 1/2 cup cherries, fresh or frozen
- 1/4 cup Medjool pitted dates (3-4 large), finely chopped
- 1 teaspoon cinnamon
- pinch sea salt
- 1/2 cup water


Directions

1. Place all ingredients in a saucepan, cover with a lid and cook gently at a simmer over low heat for 30-40 minutes. Stir occasionally but be careful lifting the lid since cranberries will occasionally pop as they cook.
2. Remove the cranberry sauce from the heat source and allow it to come to room temperature before serving. (The sauce will thicken more as it cools.)

Serve as a traditional side dish, as a flavorful topping for chia pudding, or to add to a breakfast quinoa or oatmeal bowl.

NOTE: You may add orange zest and orange juice of one orange and/or 1 tablespoon of balsamic vinegar for a different taste.





CITRUS
Aid digestion
Stimulate liver
Antioxidant-rich

Sanctuary
SEDONA

Minted Fruit

SOURCE: CHRIS KALINICH

ADAPTED FROM POWER FOODS FOR THE BRAIN

YIELD: 4 SERVINGS

Ingredients

- 8 large strawberries, hulled and sliced
- 1/2 cup cantaloupe 1/2" chunks
- 1/2 cup watermelon 1/2" chunks
- 1/4 cup blueberries
- 1/4 cup orange juice
- 1 tablespoon lime juice
- 1 teaspoon pure vanilla extract
- 2 tablespoons fresh mint leaves, finely minced



Directions

1. Place prepared fruit in a bowl.
2. In a small bowl, whisk together the orange juice, lime juice, vanilla, extract, and fresh mint.
3. Pour the juice mixture over the fruit in a bowl and stir well to combine.
4. Cover and chill for at least 30 minutes (or up to 3 hours) in the refrigerator. Stir before serving.