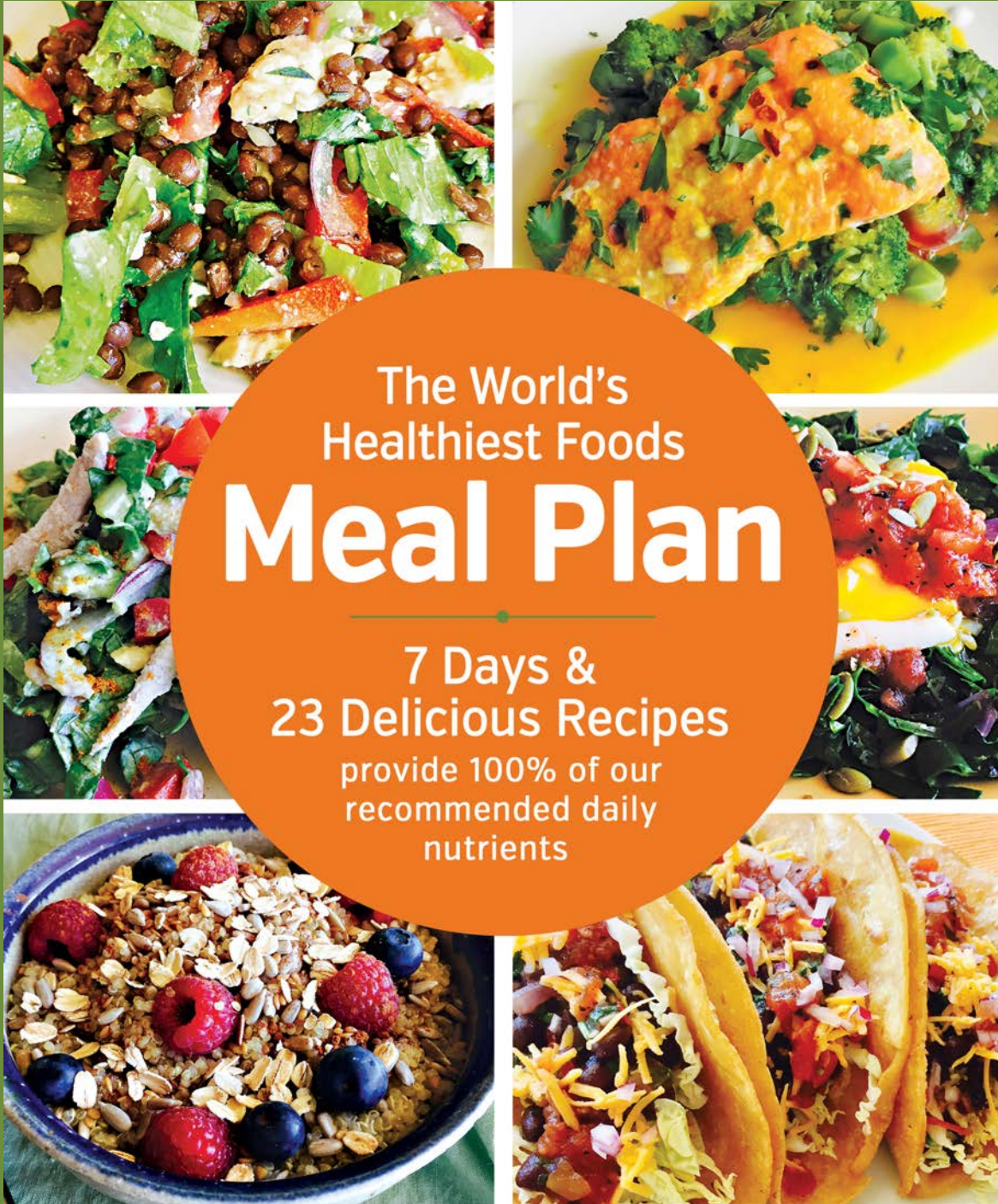


The WHFoods Meal Plan



The World's
Healthiest Foods
Meal Plan

7 Days &
23 Delicious Recipes
provide 100% of our
recommended daily
nutrients

By George Mateljan

Introduction

The WHFoods Meal Plan

Welcome to our World's Healthiest Foods Meal Plan! One of the easiest and most effective ways to boost your nourishment and potential health benefits is by adopting a way of eating that focuses on the World's Healthiest Foods. And that's exactly what you will be doing by adopting this easy-to-follow plan. Before telling you more about our meal plan and the way it works, however, we want to share some its highlights:

- Meets or exceeds 100% of our daily nutrient recommendations for all 29 nutrients in our rating system
- Achieves these nutrient percentages without the use of any dietary supplements
- Provides dietary fiber in an amount that nearly triples the U.S. average [47 grams vs. 18 grams]
- 1,878 calories for an average day—200 calories less than the daily U.S. average of 2,081 calories
- Averages 8 total cups of vegetables per day—far exceeding public health recommendations including Dietary Guidelines for Americans, My Plate, and American Heart Association guidelines
- Averages over 2 cups of cruciferous vegetables per day—a vegetable subgroup second to none
- Averages over 1/2 cup of allium vegetables per day—including phytonutrient-rich garlic and onions
- Averages 3/4 cup of red/purple vegetables per day—providing phytonutrients like lycopene and anthocyanins
- Averages 3 grams of omega-3s per day—and once again, without the use of dietary supplements

Exactly how does our WHFoods Meal Plan accomplish these amazing results? The idea that lies at the heart of our approach is nutrient-richness, and nutrient-richness is the best starting point for understanding our meal plan. We define nutrient-richness as the amount of particular nutrients (such as vitamins, minerals, fiber, protein, or omega-3 fatty acids) that are provided by the World's Healthiest Foods in relationship to their caloric value.

We think of the World's Healthiest Foods as "nutritional powerhouses" because they are packed with nutrients yet contribute very little to your daily caloric intake. Basing your meal plan on the World's Healthiest Foods is a great way to ensure that you get the greatest nutritional bang for your caloric buck. Nutrient-richness serves as the foundation for our meal plan, and this idea is what led us to focus on the World's Healthiest vegetables in the plan owing to their superlative nutrient-richness. It's no accident that you will find our meal plan containing over 50 of the World's Healthiest Foods and nearly half of these foods are vegetables! These foods are the pathway to outstanding nourishment.

Nutrient-rich foods would not be such a big deal if they weren't linked over and over in research studies to improved health. But they are! Scientific studies continue to recognize that the World's Healthiest Foods—as compared with supplements—serve as our best source of nutrients. In addition, research studies show decreased risk for a large number of chronic diseases when foods like the World's Healthiest Foods are regularly consumed.

Importantly, our World's Healthiest Foods Meal Plan consists of foods that are meant to be enjoyed at a sit-down meal in a relaxed setting so that they can be properly chewed and savored. When whole, minimally processed foods are enjoyed in this way, they have a much better chance of following a natural course of digestion and providing us with the kind of outstanding nourishment that we are seeking. Our meal plan takes this set of circumstances one step further, by providing a nutrient-rich way of cooking that enhances great nourishment.

There isn't a single cell in our body (and we have trillions and trillion of individual cells) that doesn't rely on nutrient intake from the food we eat. And there isn't a single system in our body (including our muscles, our bones, our nerves and brain, or our circulatory system) that doesn't require dietary nutrients. So it is by no means a stretch to

Day 1**Breakfast**

Healthy Lifestyle Tea
Energizing Blueberry

Snack

1 cup cantaloupe

Lunch

Caesar Salad with
Navy Beans

Snack

1/2 cup low-fat yogurt with
1/2 cup fresh strawberries

Dinner

Appetizer:
1/2 cup carrots and 1/2 cup
bell peppers with Greek
Yogurt Dip
Main Course:
Turmeric Glazed Salmon
with Broccoli

say that nutrient-rich foods improve our health in more ways than we can count!

Our World's Healthiest Foods Meal Plan doesn't contain any unfamiliar ingredients and it doesn't require you to take any unusual steps in your meal pattern. Each of the seven days in our plan provides three nutrient-rich meals, combined with a mid-morning and mid-afternoon snack. Whole, nutrient-rich foods are relied on every step of the way.

For each of the seven days, we provide you with a brief summary of all meals and snacks. Next, you get full recipes with exact ingredients and easy-to-follow directions that make preparation and cooking simple and quick. Even for our dinners, total preparation-plus-cooking time is just 15-30 minutes. You'll also see full color photos of the mouth-watering recipe results! Finally, we provide you with two complete shopping lists that you can bring along with you to the grocery store. The first list contains all necessary ingredients for Days 1 through 4, and the second covers Days 5 through 7. By dividing your ingredient purchases into two separate grocery store trips, you can help assure freshness and optimal quality for the week.

Everything we eat and drink affects both our mind and body. We hope that our World's Healthiest Foods Meal Plan empowers you to promote your own health and enjoy the pleasures of healthy eating!

For more information about our World's Healthiest Foods Meal Plan, see the articles below at the end of this plan:

1. Nutrient Percentages Provided By The World's Healthiest Foods Meal Plan
2. Health Benefits Provided By The World's Healthiest Foods Meal Plan
3. Why We Recommend The World's Healthiest Foods Meal Plan As Your Go-To Approach For Nourishment
4. How Our World's Healthiest Foods Recipes Make Exceptional Nourishment Possible

Day 2**Breakfast**

Healthy Lifestyle Tea
Poached Egg on Toast with
Avocado and Tomato
1/2 cup low-fat yogurt with
1/2 cup blueberries

Snack

1 medium apple

Lunch

Mediterranean Lentil Salad
Mediterranean Dressing

Snack

1 cup cantaloupe

Dinner

Easy Thai Chicken Curry

Day 3**Breakfast**

Healthy Lifestyle Tea
Satisfying Strawberry
Smoothie

Snack

1 medium orange

Lunch

Tuna Crunch Salad with
Dijon Dill Dressing

Snack

1/2 cup Mediterranean Lentil
Salad

Dinner

Shiitake Sesame Chicken
Bowl

Day 4**Breakfast**

Healthy Lifestyle Tea
Power Oatmeal with Berries

Snack

1/2 medium papaya with
lime

Lunch

Chopped Chicken and
Avocado Salad with Chili
Garlic Dressing

Snack

1/2 cup cucumber slices
1/2 cup bell pepper slices

Dinner

Seafood Asparagus with
Ginger Orange Sauce

Day 5**Breakfast**

Healthy Lifestyle Tea
Rousing Raspberry
Smoothie

Snack

1/2 cup low-fat yogurt
with 1 medium pear

Lunch

Curried Turkey Salad
Miso Soup

Snack

1/2 medium papaya with
lime

Dinner

Salmon with Cherry
Tomatoes and Artichokes

Day 6**Breakfast**

Healthy Lifestyle Tea
Quinoa Breakfast Bowl

Snack

1 cup grapes

Lunch

Omega 3 Salmon Salad

Snack

4 almonds
1 cup low-fat yogurt with
1 kiwi fruit

Dinner

Black Bean Tacos or
Mexican Bowl

Day 7**Breakfast**

Healthy Lifestyle Tea
Poached Huevos Rancheros
with Collard Greens or Kale
1 slice gluten free toast

Snack

4 almonds
1 cup low-fat yogurt with
1 medium orange

Lunch

Crunchy Chinese Chicken
Salad

Snack

1 medium apple

Dinner

Quick Broiled Salmon and
Vegetables with Dijon Dill
Sauce



Day 1

The World's Healthiest Foods Meal Plan 7 Days for the Most Nutritious Way of Eating

Breakfast

Energizing Blueberry Smoothie



Jump start your day with our nutritious smoothie that is so filling it will help satisfy your appetite until lunch!

Prep and Cook Time: 5 minutes

Ingredients:

1 cup fresh or frozen blueberries
1-1/4 cup spinach or kale
1/4 cup rolled oats
1 TBS sunflower seeds
1/2 cup coconut water
1/2 cup orange juice or apple juice
3-4 ice cubes (optional)
Optional: 1/2-1 tsp grated ginger

Directions:

Combine all ingredients in blender and blend until smooth. If too thick, add water or coconut water to thin.

Serves 1

Research has found blueberries to provide a powerhouse of antioxidants.

Snack

1 cup cantaloupe



Lunch

Caesar Salad with Navy Beans

Navy beans add extra nutrition and flavor to this traditional salad favorite.

Prep and Cook Time: 10 minutes

Ingredients:

4 cups romaine lettuce, thinly sliced
1 TBS grated Parmesan cheese
1 cup navy beans, drained
2 TBS sunflower seeds, chopped or ground
1/4 cup red bell pepper, thinly sliced

Dressing:

1 TBS extra virgin olive oil
1-1/2 TBS fresh lemon juice
1 tsp Dijon mustard
1 medium garlic clove, minced
Iodized sea salt and black pepper to taste

Optional: 1/4 tsp smoked paprika

Directions:

Combine all salad ingredients in a large bowl. Whisk dressing ingredients together in a small bowl, and toss with salad.

Serves 1

Snack

1/2 cup low-fat yogurt with 1/2 cup fresh strawberries

Healthy Lifestyle Tea

Green tea is rich in antioxidant phytonutrients that help fight free radicals.

Prep and Cook Time: 5 minutes

Ingredients:

1 cup green tea
1 tsp lemon juice
1/4 tsp grated ginger

Directions:

Prepare 1 cup of green tea. Add lemon juice and ginger.



Caesar Salad with Navy Beans



Breakfast

Healthy Lifestyle Tea
 Energizing Blueberry Smoothie

Snack

1 cup cantaloupe

Lunch

Caesar Salad with Navy Beans

Snack

1/2 cup low-fat yogurt with
 1/2 cup fresh strawberries

Dinner

Appetizer:
 1/2 cup carrots and 1/2 cup bell peppers with Greek Yogurt Dip

Main Course:

Turmeric Glazed Salmon with Broccoli



Greek Yogurt Dip With Crudités

This creamy dip goes great with crunchy vegetables.

Prep and Cook Time: 5 minutes [not including slicing vegetables]

Ingredients**Dip:**

1/2 cup low-fat Greek yogurt
 1/4 tsp ground cumin
 1-1/2 tsp lemon juice
 1-1/2 tsp extra virgin olive oil
 2 TBS chopped chives or scallions
 1/4 tsp iodized sea salt or to taste
 Black pepper to taste

Crudités:

1/2 cup carrots
 1/2 cup bell peppers

Directions

Whisk all dip ingredients together in a small bowl. Serve with crudites.



Turmeric Glazed Salmon

Dinner

Turmeric Glazed Salmon with Broccoli

Turmeric is a proven anti-inflammatory spice. Combined with orange juice it makes a delicious sauce for the salmon and vegetables in this easy dinner.

Prep and Cook Time: 15 minutes

Ingredients:

| | |
|--------------------------------------|--------------------------------------------|
| 1/2 cup fresh squeezed orange juice | instructions below] |
| 1/2 tsp orange zest (organic orange) | 1/2 cup lacinato kale, finely chopped |
| 1/2 tsp ground turmeric | 1/2 cup red onion, thinly sliced |
| 1/4 tsp iodized sea salt | |
| 2 TBS cilantro, chopped | 4 oz piece wild caught salmon fillet |
| 2 TBS extra virgin olive oil | 3/4 tsp fresh lemon juice |
| Pinch red chili flakes (optional) | 1 small clove garlic, chopped or pressed |
| 2 cups chopped broccoli (see | iodized sea salt and black pepper to taste |

Directions:**PREPARE SAUCE:**

1. Whisk together orange juice, orange zest, ground turmeric, iodized sea salt, and chili flakes if using, in a small sauce pan. Simmer over medium heat, until reduced by half. Sauce will be thicker after it is reduced.
2. Remove sauce from heat and stir in cilantro and olive oil. Set aside.

PREPARE BROCCOLI, KALE AND ONIONS:

1. Fill the bottom of the steamer with 2 inches water and heat, covered.
2. Separate broccoli florets with small stems from large, thick stem. Finely chop florets and small stems into 1/4 inch, even pieces.
3. Remove tough stems from kale and chop finely.
4. Thinly slice onion.
5. Let vegetables sit 5 minutes before steaming.
6. Layer the vegetables in the steamer, onions first, then broccoli and kale. Cover with a tight-fitting lid and steam for 5 minutes, until bright green.
7. Transfer cooked vegetables to a bowl and mix with about half of the turmeric orange sauce. Keep warm.

PREPARE SALMON:

1. Chop or press garlic and let sit for 5 minutes.
2. Rub salmon with lemon juice, garlic, and iodized sea salt and black pepper.
3. To "Quick-Broil" salmon, see instructions in Quick-Broiled Salmon and Vegetables with Dijon Dill Sauce recipe on Day 7

Note: You can also also bake salmon in the oven. Bake at 400° F [205 ° C] for 5-8 minutes or until salmon is cooked through.

ASSEMBLE THE DISH:

1. Place the cooked vegetables on a plate.
2. Top with cooked salmon and pour remaining sauce over salmon and vegetables. Serve immediately.

Serves 1

Day 2

The World's Healthiest Foods Meal Plan 7 Days for the Most Nutritious Way of Eating

Breakfast

Poached Egg on Toast with Avocado and Tomato

Poaching eggs preserves their delicate nutrients. This easy-to-prepare breakfast has protein, healthy fats and fiber to start your day right.

Prep and Cook Time: 10 minutes

Ingredients:

1 poached egg
1 slice gluten-free toast
3-4 slices avocado
2 slices tomato
1 tsp extra virgin olive oil
1 small clove garlic, chopped or pressed
iodized sea salt and black pepper to taste
A few drops of your favorite hot sauce (optional)

Directions:

1. Chop or press garlic and let sit for 5 minutes.
2. Poach egg.
3. Toast bread.
4. Mix garlic and olive oil and drizzle on toast.
5. Assemble the avocado, tomato and egg on the toast and season with iodized sea salt and black pepper to taste. Sprinkle with hot sauce if desired.
6. Serve with 1/2 cup low-fat yogurt and 1/2 cup blueberries

Serves 1

1/2 cup low-fat yogurt
with 1/2 cup blueberries

Healthy Lifestyle Tea

Please see recipe on Day 1

Snack

1 medium apple

Lunch

Mediterranean Lentil Salad

Hearty lentils combine with fresh herbs and tangy balsamic vinegar in this quick and easy salad. You can prepare it ahead—it keeps well.

Prep Time: 10 minutes

Ingredients:

1 cup romaine lettuce or arugula, thinly sliced
1 cup canned lentils, drained
1/4 cup red onion, thinly sliced
1/4 cup red bell pepper, thinly sliced
1/4 cup tomato, diced
1/4 cup parsley, chopped
1 TBS crumbled feta
1 1/2 TBS Mediterranean Dressing
1 1/2 tsp balsamic vinegar
Optional: 2 TBS fresh basil, chopped

Directions:

1. Combine all ingredients except romaine in a large bowl. Gently toss in lettuce. or arugula.
2. This salad can marinate for up to 2 hours before serving or can be eaten right after it's made.

Serves 1

Note: Save 1/2 cup of this salad for a snack on Day 7.

Snack

1 cup cantaloupe



Poached Egg on Toast with Avocado and Tomato



Mediterranean Lentil Salad



Breakfast

Healthy Lifestyle Tea
Poached Egg on Toast with Avocado and Tomato
1/2 cup low-fat yogurt with
1/2 cup blueberries

Snack

1 medium apple

Lunch

Mediterranean Lentil Salad
Mediterranean Dressing

Snack

1 cup cantaloupe

Dinner

Easy Thai Chicken Curry

Mediterranean Dressing

As our Mediterranean Dressing is used in many of the dishes, here is a recipe for a larger quantity of the dressing that can be made ahead of time, and used when needed.

**Ingredients:**

5 cloves garlic, chopped or pressed
1 cup extra virgin olive oil
1/3 cup fresh lemon juice
Iodized sea salt and black pepper to taste

Directions:

1. Chop or press garlic and let it sit for 5 minutes.
2. Whisk together the lemon juice, garlic, iodized sea salt, and black pepper.
3. Slowly pour the extra virgin olive oil into the mixture while whisking constantly. The more slowly you pour and the faster you whisk, the thicker and creamier the dressing will be.

The dressing will store in the refrigerator for up to 10 days. It will solidify so you will need to bring it back to room temperature before using.

Easy Thai Chicken Curry**Dinner****Easy Thai Chicken Curry**

Enjoy this easy way to add a taste of Thailand to your World's Healthiest Foods Meal Plan.

Optional: Prepare 1/2 cup brown rice for this meal. Start cooking rice a few minutes before you begin cooking the meal. Follow directions on package for best results.

Prep and Cook Time: 20 minutes (not including rice cooking time)

Ingredients:

1/2 cup onion, sliced
3/4 cup crimini mushrooms, sliced
2 cloves garlic, chopped or pressed
3 TBS low-sodium chicken or vegetable broth
2 tsp Thai red curry paste or to taste
3 oz chicken breast, sliced thinly
1 cup cauliflower, cut into 1/4 inch pieces

1 cup broccoli, cut into 1/4 inch pieces
3/4 cup regular coconut milk
3/4 tsp fresh lime juice, plus extra lime wedges
Iodized sea salt to taste
2 TBS chopped fresh basil or cilantro
Optional: red chili flakes or cayenne pepper to taste

Directions:

1. Chop onions and garlic and let sit 5 minutes. Slice chicken and mushrooms.
2. Separate broccoli florets with small stems from the large, thick stem. Slice smaller stems into 1/4 inch pieces. Slice florets into 4-6 pieces.
3. Cut cauliflower into even 1/4 inch pieces. Let broccoli and cauliflower sit for 5 minutes. Cutting the broccoli and cauliflower into small pieces is important to ensure proper cooking.
4. Heat broth in a shallow stainless steel skillet with tight fitting lid, over medium heat, covered.
5. Add onions and mushrooms and sauté, covered, for 3 minutes.
6. Add garlic, curry paste and stir to combine. [Add optional cayenne or chili flakes if using].
7. Add coconut milk and stir. Add chicken, and layer broccoli and cauliflower so that they cook on top of the chicken. When the mixture begins to bubble, cover and cook for 5 minutes. During this time, do not take off the lid or stir the curry, to ensure proper cooking.
8. Add fresh lime juice and herbs and season to taste with iodized sea salt. Serve with lime wedges.

Optional: Serve with 1/2 cup cooked brown rice.

Serves 1

Day 3

The World's Healthiest Foods Meal Plan 7 Days for the Most Nutritious Way of Eating

Breakfast

Satisfying Strawberry Smoothie



Strawberries are heart-healthy and high in vitamin C. Get your morning started right with this robust smoothie. Ginger adds a tasty kick.

Prep Time: 5-10 minutes

Ingredients:

Ingredients:

1/4 cup old fashioned oats
1 TBS sunflower seeds
1-1/2 cups fresh or frozen strawberries, cut into chunks
1 cup fresh spinach or kale
1 medium banana, fresh or frozen cut into chunks
3/4 cup coconut water
1/4 cup apple juice
3-4 ice cubes (optional)
Optional: 1/2-1 tsp grated ginger

Directions:

Combine all ingredients in blender and blend until smooth. If too thick, add water or coconut water to thin.

Serves 1

Healthy Lifestyle Tea

Please see recipe on Day 1

Snack

1 medium orange



Lunch

Tuna Crunch Salad with Dijon Dill Dressing

Give your afternoon a boost with this tangy, crunchy salad—it comes together in minutes! Crunchy walnuts are a healthy substitute for croutons.

Prep Time: 10-15 minutes

Ingredients:

1/4 cup red onion, finely diced
1/2 cup finely chopped broccoli
4 cups romaine lettuce or mixed salad greens, thinly sliced
2.5 oz canned tuna packed in water, drained (half a of a 5oz can)
1/3 cup celery, finely diced
2 TBS walnuts, chopped
2 TBS parsley, chopped
1/4 cup tomato, diced
1 TBS sunflower seeds

Dijon Dill Dressing:

1 medium clove garlic, pressed
1 1/2 tsp Dijon mustard
2 TBS fresh lemon juice
1 TBS extra virgin olive oil
1 TBS fresh (or 1/2 tsp dried) dill
Iodized sea salt and black pepper to taste

Directions:

1. Dice onions and press garlic and let sit for 5-10 minutes.
2. Separate broccoli florets with small stems from the large, thick stem. Finely chop florets and small stems into 1/4 inch pieces. Let broccoli sit for 5 minutes. We recommend chopping small for best flavor in the salad.
3. Place all salad ingredients in a large bowl.
4. Whisk dressing ingredients together in a small bowl.
5. Toss dressing with salad and serve.

Serves 1

Snack

1/2 cup Mediterranean Lentil Salad

[From Day 2 Lunch]



Tuna Crunch Salad with Dijon Dill Dressing



Breakfast

Healthy Lifestyle Tea
Satisfying Strawberry Smoothie

Snack

1 medium orange

Lunch

Tuna Crunch Salad with Dijon Dill Dressing

Snack

1/2 cup Mediterranean Lentil Salad

Dinner

Shiitake Sesame Chicken Bowl



Shiitake Sesame Chicken Rice Bowl

**Dinner****Shiitake Sesame Chicken Bowl**

The cruciferous vegetables, broccoli and napa cabbage add an additional powerhouse of nutrients to your WHFoods Meal Plan. Enjoy this Asian-style bowl. It's a meal-in-one!

Optional: You can prepare 1/2 cup brown rice for this meal. Start cooking rice a few minutes before you begin cooking the meal. Follow directions on package for best results.

Prep and Cook Time: 15-20 minutes (not including rice cooking time)

Ingredients:

2 cloves garlic, chopped or pressed
1/4 cup red onion, thinly sliced
6 TBS low-sodium chicken broth,
plus more as needed
2 tsp grated ginger
1/4 cup red bell pepper, diced
3/4 cup shiitake mushrooms, sliced
3 oz chicken breast, cut into bite-sized pieces
3/4 cup scallions (green onion), cut into 1/4 inch pieces on the diagonal

1 1/2 cups broccoli, evenly chopped into 1/4 inch pieces
1/2 cup Napa cabbage, chopped into 1 inch pieces
2 tsp rice vinegar
1 1/2 TBS tamari soy sauce, plus more to taste
2 TBS extra virgin olive oil
1 tsp toasted sesame seeds
Optional: red chili flakes to taste
Optional: Serve with 1/2 cup cooked brown rice.

Directions:

1. Chop or press garlic, slice red onions and scallions and let sit 5 minutes.
2. Separate broccoli florets with small stems from large, thick stem. Finely chop florets and small stems into 1/4 inch, even pieces.
3. Heat 3 TBS of the broth on medium high in a shallow stainless steel skillet with tight-fitting lid on.
4. When broth begins to steam, add garlic, ginger, red onions, red bell pepper, and shiitake mushrooms and sauté for 2 minutes, covered with a tight-fitting lid
5. Next, add in this order: chicken, scallions, broccoli, Napa cabbage, remaining 3 TBS broth, rice vinegar, and tamari and chili flakes if using. Cover and steam over medium heat for 5 minutes, covered. Do not stir or remove lid.
6. Turn off heat and stir in 2 TBS extra virgin olive oil, sprinkle with sesame seeds.
7. If you are using rice, add that to a large bowl, and top with the shiitake chicken mixture. Serve immediately.

Serves 1

Note: If you wish to use the large broccoli stem, cut off the bottom 1 inch of the stem. Peel the tough skin off the stem. Chop stem into 1/4 inch pieces and cook with the rest of the broccoli.

Day 4

The World's Healthiest Foods Meal Plan 7 Days for the Most Nutritious Way of Eating

Breakfast

Power Oatmeal with Berries

Fresh berries, low-fat yogurt and protein-rich sunflower seeds ramp up the flavor and nutrition in this breakfast.

Note: If you are using pre-packaged oats, it's best to follow the directions on the package.

Prep Time: 15 minutes

Ingredients:

1 cup water
Pinch iodized sea salt
1/2 cup old fashioned rolled oats
1/4 tsp cinnamon
2 TBS pumpkin seeds, chopped or ground
1/2 cup blueberries, strawberries or raspberries (or a combination)
1/2 cup almond milk
3/4 cup low-fat yogurt

Directions:

Bring the water and iodized salt to a boil in a saucepan, then turn the heat to low and add the oats. Cook for about 5 minutes, stirring regularly so that the oatmeal will not clump together. Add cinnamon and pumpkin seeds, stir, cover the pan and turn off heat. Let sit for 5 minutes. Serve with berries, almond milk and low-fat yogurt.

Serves 1

Healthy Lifestyle Tea

Please see recipe on Day 1

Snack

1/2 medium papaya with lime

Lunch

Chopped Chicken and Avocado Salad with Chili Garlic Dressing

Zesty jalapenos, cumin and garlic kick up the flavor in this hearty lunch salad.

Prep Time: 15 minutes

Ingredients:

4 cups romaine lettuce or mixed salad greens, thinly sliced
1/4 cup red bell pepper, diced
1/4 cup celery
1/2 cup avocado, cubed
2 TBS pumpkin seeds, chopped or ground
3 oz cooked chicken breast, diced
2 TBS grated Parmesan cheese
2 TBS cilantro, chopped
Chili Garlic Dressing:
1 small clove garlic, chopped or pressed
1 tsp fresh jalapeno chili pepper, seeded and finely chopped (use gloves)
OR 1-2 tsp pickled jalapeno, finely chopped
1 tsp Dijon mustard
1 tsp apple cider vinegar
2 tsp fresh lemon juice
1/4 tsp ground cumin
1/8 tsp iodized sea salt
1 TBS extra virgin olive oil
Black pepper to taste

Directions:

1. Combine all salad ingredients in a large bowl.
2. Chop or press garlic and let sit 5 minutes.
3. Whisk together all dressing ingredients in a small bowl.
4. Add dressing to the salad, toss gently and serve.
5. Whisk dressing ingredients together in a small bowl.
6. Toss dressing with salad and serve.

Serves 1

Power Oatmeal with Berries



Chopped Chicken and Avocado Salad with Chili Garlic Dressing



Breakfast

Healthy Lifestyle Tea
Power Oatmeal with Berries

Snack

1/2 medium papaya with lime

Lunch

Chopped Chicken and Avocado Salad
with Chili Garlic Dressing

Snack

1/2 cup cucumber slices
1/2 cup bell pepper slices

Dinner

Seafood Asparagus with Ginger
Orange Sauce

Snack

1/2 cup cucumber slices
1/2 cup bell pepper slices



Seafood Asparagus
with Ginger Orange Sauce

Dinner**Seafood Asparagus with Ginger Orange Sauce**

Cod and salmon, crunchy asparagus and savory mushrooms come together in a tangy, gingery sauce.

Optional: You can prepare 1/2 cup brown rice for this meal. Start cooking rice a few minutes before you begin cooking the meal. Follow the directions on the package for best results.

Prep and Cook Time: 30 minutes

Ingredients:

1-2 tsp grated ginger
2 medium cloves garlic, chopped or pressed
1/4 cup red onion, thinly sliced
1/2 cup fresh crimini mushrooms, quartered and sliced
1 cup asparagus, cut into 1/2 inch pieces on diagonal (discard tough ends)
1-1/2 cups broccoli [see chopping instructions below]
3 oz cod fillet, cut into 1 inch pieces
3 oz salmon fillet, cut into 1 inch pieces
1/4 tsp iodized sea salt
1/2 tsp fresh lemon juice

Sauce:

5 TBS low-sodium chicken or vegetable broth
1/2 tsp orange zest (organic orange)
1/3 cup fresh orange juice
1 TBS tamari soy sauce
Pinch red chili flakes
1/4 cup cherry tomatoes cut in quarters
1/4 cup fresh cilantro, chopped
1-1/2 TBS extra virgin olive oil

Optional: 1/2 cup cooked brown rice.

Directions:

1. Slice onion and chop or press garlic and let sit for 5 minutes.
2. Separate broccoli florets with small stems from the large, thick stem. Finely chop florets and small stems into 1/4 inch, even pieces.
3. Sprinkle fish with iodized sea salt and lemon juice and set aside.
4. In a small bowl, combine 5 TBS broth, orange juice and zest, tamari (soy sauce), and chili flakes.
5. Heat a 12-inch stainless steel skillet on medium high heat. Add the orange juice mixture and simmer for 3 minutes, uncovered, to reduce slightly.
6. Add onions and cook for 2 minutes, covered with tight fitting lid.
7. Add the following ingredients, layering in the pan in this order: ginger, garlic, mushrooms, broccoli, asparagus,. Cover tightly and cook for another 3 minutes. Turn the heat down to medium.
8. Add cod and salmon. Cover and simmer for 2- 3 minutes. The fish will be opaque and asparagus bright green when done. Be careful not to over-cook.
9. Turn off heat and toss in tomatoes, cilantro, and extra virgin olive oil.
10. Optional: Serve over 1/2 cup brown rice.

Serves 1



Day 5

The World's Healthiest Foods Meal Plan 7 Days for the Most Nutritious Way of Eating

Breakfast

Rousing Raspberry Smoothie

Sweet and tangy raspberries are rich in antioxidants and fiber. Almond butter adds healthy fat and protein

Prep Time: 5-10 minutes

Ingredients:

1 TBS almond butter
1/4 cup old fashioned oats
1 cup fresh or frozen raspberries
1-1/4 cup fresh spinach or kale
1 medium banana, fresh or frozen cut into chunks
3/4 cup coconut water
1/4 cup apple juice
3-4 ice cubes (optional)
Optional: 1/2-1 tsp grated ginger

Directions:

1. Combine all ingredients in blender and blend until smooth. If too thick, add water or coconut water to thin.

Serves 1

Healthy Lifestyle Tea

Please see recipe on Day 1

Snack

1/2 cup low-fat yogurt
with 1 medium pear



Lunch

Curried Turkey Salad

The creamy curry dressing pairs with turkey and crunchy vegetables in this tasty and nutritious salad. Crunchy walnuts are a healthy substitute for croutons.

Prep Time: 15 minutes

Ingredients:

4 cups romaine lettuce or mixed salad greens, thinly sliced
3oz cooked, sliced turkey breast
1/4 cup tomato, diced
1/4 cup celery diced
1/4 cup red onion, thinly sliced
1/2 cup avocado, diced
2 TBS walnuts, chopped
Optional: 1 TBS raisins

Creamy Curry Dressing:

1 TBS extra virgin olive oil
1 TBS lime or lemon juice
1/2 tsp balsamic vinegar
2 TBS plain low-fat Greek yogurt
1/2 tsp curry powder
1/2 tsp iodized sea salt
Black pepper to taste

Directions:

1. Combine all salad ingredients in a large bowl.
2. Whisk together dressing ingredients in a small bowl.
3. Add dressing to salad, toss gently and serve.

Serves 1

Snack

1/2 medium papaya
with lime

Rousing Raspberry Smoothie



Curried Turkey Salad



Breakfast

Healthy Lifestyle Tea
Rousing Raspberry Smoothie

Snack

1/2 cup low-fat yogurt with
1 medium pear

Lunch

Curried Turkey Salad
Miso Soup

Snack

1/2 medium papaya with lime

Dinner

Salmon with Cherry Tomatoes and
Artichokes

Miso Soup

This quick and easy miso soup adds an extra boost of health-promoting minerals to The World's Healthiest Foods Meal Plan..

Prep and Cook time: 5 minutes

Ingredients:

2 cups boiling water
2 TBS miso

Optional:

2 TBS chopped dulse
2 TBS minced scallion
1 TBS grated ginger
1/4 cup diced tofu

Directions:

1. Pour 2 cups boiling water into a cup or bowl.
2. Add miso and stir to dissolve.
3. Add dulse, scallion, ginger, and tofu, if desired.

**Serves 1****Salmon with Cherry Tomatoes and Artichokes****Dinner****Salmon with Cherry Tomatoes and Artichokes**

Salmon is rich in anti-inflammatory omega-3 fatty acids and vitamin D. You can make this nutritious and tasty dinner in minutes.

Prep and Cook Time: 20 minutes

Ingredients:

1/2 cup low-sodium chicken or vegetable broth
1/4 cup onion, thinly sliced
1-2 cloves garlic, chopped or pressed
1-1/2 cups broccoli, see chopping instructions below
4 oz salmon fillet, cut into 1 inch pieces
1/8-1/4 tsp iodized sea salt
1/4 cup cherry tomatoes, sliced in quarters

1/2 cup canned or bottled artichoke hearts, sliced, plus a little of the liquid they are in
2 TBS minced basil
2 TBS minced parsley
Black pepper to taste
1-1/2 TBS extra virgin olive oil
1 tsp lemon juice
Red chili flakes to taste [optional]

Directions:

1. Slice onion and chop or press garlic, and let sit for 5 minutes. Separate broccoli florets with small stems from the large, thick stem. Slice smaller stems into 1/4 inch pieces. Slice florets into 4-6 pieces. Keep stems and florets separate.
2. Season the salmon with iodized sea salt.
3. Measure out 1/2 cup broth.
4. Heat 3 TBS of the broth in a covered skillet over medium high heat.
5. Sauté onion in the broth, covered, for 2 minutes.
6. Add broccoli, stems first, then florets. Add remaining broth, cover and cook for 2 minutes.
7. Add garlic, salmon, tomatoes and artichokes, and cook covered, for 2-3 minutes or until fish is flaky. Be careful not to over-cook.
8. Turn off heat and add basil, parsley, chili flakes and black pepper to taste. Toss lightly with extra virgin olive oil and lemon juice.

Serves 1

If you wish to use the large broccoli stem, cut off the bottom 1 inch of the stem. Peel the tough skin off the stem. Chop stem into 1/4 inch pieces and cook with the rest of broccoli.



Day 6

The World's Healthiest Foods Meal Plan 7 Days for the Most Nutritious Way of Eating

Breakfast

Quinoa Breakfast Bowl

Quinoa is an ancient grain that's high in protein, and makes a delicious, nutty breakfast cereal. You can also make it ahead of time and reheat.

Prep and Cook Time: 20 minutes

Ingredients:

1/2 cup quinoa
1 cup water
Pinch of iodized sea salt
Topping:
1/4 cup old fashioned oats
1/4 cup fresh blueberries, or raspberries or a combination
1 TBS sunflower seeds
1-1/2 tsp ground flax seeds
1/2 cup almond milk
Pinch of cinnamon

Directions:

1. Rinse quinoa well in a fine mesh strainer.
2. Add quinoa, water and pinch of iodized sea salt in a saucepan, cover and bring to a boil. Turn the heat to low, keep covered, and simmer for 15 minutes. Turn off heat and let sit for 5 minutes.
3. Place hot quinoa in a bowl and top with remaining ingredients.

Serves 1

Healthy Lifestyle Tea

Please see recipe on Day 1

Morning Snack

1 cup grapes

Afternoon Snack

4 almonds
1 cup low-fat yogurt with
1 kiwi fruit

Lunch

Omega-3 Rich Salmon and Avocado Salad

This delicious and hearty salad adds an extra boost of healthy omega-3 fats to your lunch-time meal.

Prep Time: 10-15 minutes

Ingredients:

4 cups fresh spinach, thinly sliced
1/2 cup finely chopped broccoli, tightly packed [see optional cooking instructions]
1/2 medium avocado, cubed
1/2 cup tomato, diced
1/4 cup red onion, sliced
2.5 oz canned sockeye salmon (half of a 5oz can), drained and crumbled
2 TBS feta or Parmesan cheese
2 tsp fresh dill, chopped
1 1/2 TBS Mediterranean Dressing
Optional:
1 tsp lemon juice
1 tsp capers

Directions:

1. Slice onion and let sit for 5 minutes.
2. Separate broccoli florets with small stems from the large, thick stem. Finely chop florets and small stems into 1/4 inch pieces.
3. Let broccoli sit for 5 minutes. We recommend chopping small for best flavor in the salad. [You can use cooked broccoli in this recipe. If you decide to cook it, after chopping as describe, steam it for 5 minutes before adding to salad.]
4. Combine salad ingredients in a large bowl and toss with Mediterranean Dressing. Add more lemon juice if desired.

Serves 1

Quinoa Breakfast Bowl



Omega-3 Rich Salmon and Avocado Salad



Mexican Veggie Bowl



Breakfast

Healthy Lifestyle Tea
Quinoa Breakfast Bowl

Snack

1 cup grapes

Lunch

Omega 3 Salmon and
Avocado Salad

Snack

4 almonds
1 cup low-fat yogurt with
1 kiwi fruit

Dinner

Black Bean Tacos or Mexican Bowl

continued from right

step is very important for flavor].
Tightly pack leaves to measure
1/2 cup.

- Let vegetables sit 5 minutes before steaming.
- Layer the vegetables in the steamer, onions first, then broccoli, then collards or kale.
- Cover with tight-fitting lid and steam for 5 minutes, until bright green. After 5 minutes, vegetables begin to lose their bright green color, and are over-cooked.
- Transfer to a bowl and toss with olive oil, lemon juice and iodized sea salt and black pepper to taste.
- For Tacos:** Place the black bean mixture and vegetables in heated corn tortillas and add toppings.
- For Mexican Veggie Bowl:** Place cooked vegetables and place in a large bowl. Top with bean mixture and toppings. Sprinkle with more cilantro if desired. Optional: Serve with 1/2 cup brown rice.

Serves 1

Note: If you wish to use the large broccoli stem, cut off the bottom 1 inch of the stem. Peel the tough skin off the stem. Chop stem into 1/4 inch pieces and cook with the rest of broccoli.



Black Bean Tacos

Dinner**Black Bean Tacos or Mexican Veggie Bowl**

Turn simple ingredients into tacos or a delicious, colorful bowl bursting with great Mexican flavors. Today's dinner is also meatless!

Note: Queso fresco [cheese] is best in this recipe but if you can't find it, you can use grated cheddar cheese.

Prep and Cook Time: 15 minutes

Ingredients:**BEANS:**

2 cloves garlic, pressed or chopped
1/4 cup red onion, diced
1/4 cup red bell pepper, diced
3 TBS low-sodium chicken or vegetable broth
3/4 cup canned black beans, drained
3/4 tsp chili powder
1/4 tsp ground cumin
Iodized sea salt and black pepper to taste
1 TBS extra virgin olive oil
2 TBS cilantro, chopped plus more for topping
1-2 tsp pickled jalapeno, diced [optional]
1/2 tsp pickled jalapeno juice [optional]

VEGETABLES:

1 1/2 cup broccoli, finely chopped [see chopping directions below]

Directions:**Beans:**

- Chop vegetables [garlic, onion and red bell pepper] and let sit for at least 5 minutes. Keep garlic separate.
- Heat 3 TBS broth over medium heat in a saucepan, covered.
- As soon as broth begins to steam, add onions and bell peppers and cook, covered with a tight fitting lid for 7 minutes. Stir once and add more broth if it evaporates.
- Add garlic, black beans, chili powder, cumin, iodized sea salt, and black pepper. Simmer for 3-4 minutes, covered.
- Turn off heat and stir in extra virgin olive oil and cilantro. Add pickled jalapeno and juice, if using. Keep warm.

Vegetables:

- Fill the bottom of a steamer with 2 inches water and heat, covered.
- Slice red onion.
- Separate broccoli florets with small stems from large, thick stem. Finely chop florets and small stems into 1/4 inch, even pieces.
- Remove tough bottom part of stem from collard greens or kale if using. Slice very thinly, then cut crosswise 4-6 times into 1/4" inch pieces [this

continued on left



Day 7

The World's Healthiest Foods Meal Plan

7 Days for the Most Nutritious Way of Eating

Breakfast

Poached Huevos Rancheros with Collard Greens or Kale

Collard greens or kale are delicious in this Mexican inspired breakfast.

Prep and Cook Time: 15 minutes

Ingredients:

1 egg, poached
 1/4 lb, about 2 cups collard greens or Kale, tightly packed
 1/4 cup canned black beans
 1/4 cup prepared salsa
 1 TBS pumpkin seeds, chopped or ground
 2 TBS Mediterranean Dressing (see Day 2)

Directions:

1. Heat water to poach egg in a saucepan.
2. Chop or press garlic and let sit for 5 minutes.
3. Fill the bottom of a steamer pot with 2 inches water and heat, covered.
4. Remove tough bottom part of stem from collard greens or kale. Slice leaves very thinly, then cut crosswise 4-6 times into 1/4" inch pieces. [This step is very important for flavor.] Tightly pack leaves to measure 2 cups.
5. Let vegetables sit 5 minutes before steaming.
6. Add collards or kale to steamer basket, cover with tight-fitting lid and steam for 5 minutes.
7. While greens are steaming, poach the egg and heat the beans.
8. Place prepared greens on a plate, and toss with Mediterranean Dressing.
9. Top with egg, black beans, salsa and pumpkin seeds.

Serves 1

1 slice gluten free toast

Snack

1 cup low-fat yogurt
 with 1 medium orange
 4 almonds

Lunch

Crunchy Chinese Chicken Salad

Crunchy almonds and a tangy ginger dressing make this classic even better!

Prep Time: 15 minutes

Ingredients:

3 oz cooked chicken, cubed
 3 cups Chinese or Napa cabbage, shredded
 1/4 cup grated carrot
 3 TBS thinly sliced scallion (green onion)
 2 TBS sliced or chopped almonds
 1/4 cup chopped fresh cilantro
 2 tsp toasted sesame seeds
 Optional: 1 sheet toasted nori (seaweed), cut into small strips

Ginger Dressing:

1 TBS extra virgin olive oil
 1 TBS tamari (soy sauce)
 1-1/2 TBS rice vinegar
 1 tsp grated ginger
 2 TBS fresh orange juice
 Iodized sea salt & white pepper to taste
 Pinch red pepper flakes (optional)

Directions:

1. Place chicken and other salad ingredients in a large bowl.
2. Whisk together dressing ingredients in a smaller bowl.
3. Pour dressing over salad and toss lightly. Top with optional toasted nori.

This salad keeps for 1 day, refrigerated.

Serves 1

Snack

1 medium apple

Poached Huevos Rancheros with Collard Greens



Crunchy Chinese Chicken Salad



Quick Broiled Salmon with Dijon Dill



Breakfast

Healthy Lifestyle Tea
Poached Huevos Rancheros with
Collard Greens or Kale
1 slice gluten free toast

Snack

4 almonds
1 cup low-fat yogurt with
1 medium orange

Lunch

Crunchy Chinese Chicken Salad

Snack

1 medium apple

Dinner

Quick Broiled Salmon and
Vegetables with Dijon Dill Sauce

continued from right

* *Seasonal note: During the summer months, Brussels sprouts can be tough. If you use them during this time, be sure to shred them as finely as possible by hand or with a food processor with slicer blade.*

Prep and Cook Time: 10 minutes

Ingredients:

1/2 cup Brussels sprouts, thinly sliced
2 cups broccoli, finely chopped
1/2 cup red onion, thinly sliced
Iodized sea salt and black pepper to taste

Directions:

1. Slice red onion thinly.
2. Fill the bottom of the steamer with 2 inches water and heat, covered.
3. Trim off tough ends from the Brussels sprouts. Slice in half, measure 1/2 cup, and then slice thinly.
4. Separate broccoli florets with small stems from large, thick stem. Finely chop florets and small stems into 1/4 inch, even pieces, then measure 2 cups.
5. Let vegetables sit 5 minutes before steaming.
6. Layer the vegetables in the steamer, onions first, then Brussels sprouts, and broccoli last.
7. Cover with tight-fitting lid and steam for no longer than 5 minutes, until bright green. After 5 minutes, vegetables begin to lose their bright green color, and are over-cooked.
8. Transfer the vegetables to a dish and toss with about half of the Dijon sauce. Add iodized sea salt and black pepper to taste.
9. Plate the vegetables and salmon and top with diced avocado and tomato. Drizzle with the remaining sauce and serve immediately.

Serves 1

Dinner**Quick Broiled Salmon and Vegetables with Dijon Dill Sauce**

Wild caught salmon is one of the healthiest seafoods for us and tastes great with Brussels sprouts and broccoli. Tangy Dijon mustard and dill make a delicious sauce in minutes. Prepare the Brussels Sprouts and Broccoli Side Dish as part of this meal.

Prep and Cook Time: 10 minutes

Ingredients:

6 oz wild-caught salmon fillet
1 tsp lemon juice
Iodized sea salt and black pepper to taste

Dijon Dill Sauce:

1/4 cup plain low-fat Greek yogurt
2 TBS extra virgin olive oil
1 tsp lemon juice

1 tsp Dijon mustard
2 tsp fresh dill or 1/2 tsp dried dill
1 clove garlic, pressed or chopped
1/4 tsp iodized salt or to taste
Black pepper to taste
1/4 tsp lemon zest (optional)

Top with:

2 TBS diced avocado
2 TBS diced tomato

Directions:

1. To Quick Broil, preheat broiler on high and place an all stainless steel skillet (be sure the handle is also stainless steel) or cast iron pan under the heat for about 10 minutes to get it very hot.
2. Rub salmon with fresh lemon juice, iodized sea salt, and black pepper. (You can Quick Broil with the skin on; it just takes a minute or two longer. The skin will peel right off after cooking.)
3. Using a hot pad, place salmon on hot pan, skin side down.
4. Return to broiler. Keep in mind that it is cooking rapidly on both sides so it will be done very quickly, usually in 3-5 minutes depending on thickness. Test with a fork for doneness. It will flake easily when it is cooked. Salmon is best when it is still pink inside.
Note: You can also bake salmon in the oven. Bake at 400 ° F (205 ° C) for 15-20 minutes or until salmon is cooked through.
5. In a small bowl, whisk together sauce ingredients. Add more lemon juice to taste.
6. Prepare the vegetables (Brussels Sprouts and Broccoli Side Dish) as directed in the directions on the left.

Salmon is one of the best foods to meet your Recommended Daily Values for omega-3 fatty acids and vitamin D. When we evaluated this recipe against our WHFoods recommended daily amounts it provided 96% of your DVs for vitamin D.

Brussels Sprouts and Broccoli Side Dish

Follow our method for preparing the vegetables for best flavor and nutrient absorption.

You can chop the vegetables and then cook them while the salmon is cooking to save time.

continued on left

The WHFoods Meal Plan

Shopping Lists

To make your shopping easier, we divided this shopping list into three sections. One features a dry goods and pantry basics for the recipes for the entire week. We then feature a list of produce and seafood/poultry for Days 1-4 and one for Days 5-7; we did this as we assumed you'd want to enjoy freshest food possible. Yet, if it's more convenient to shop once in the week, you can combine the lists.

A Few Notes:

- Optional ingredients in the recipes are not included in the shopping list. Look over the individual recipes for optional ingredients, adding them to your shopping list if you choose to include them.
- Where recipes indicate an option of using 2 different ingredients (e.g. 4 cups romaine lettuce or 4 cups mixed salad greens), the shopping list only includes the first option.
- We encourage you to purchase certified organic ingredients, or ingredients known to have been produced in a high-quality way.

Shopping List: Dry Goods + Pantry Staples

This list comprises the dry goods and pantry staples for all 7 days of the Meal Plan. For foods for which you only need a small amount, we've noted that they can either be purchased in a small container or we've indicated the amount you can get from the bulk section of your market.

Bread + Grains

- Small package corn tortillas
- Smallest available package of dry quinoa [or ½ cup scooped from bulk food bin]
- 2 cups old fashioned rolled oats
- 1 loaf gluten-free bread

Dairy/Eggs

- 2 eggs
- 48 oz plain low-fat yogurt (regular style or Greek style)
- 2 TBS crumbled queso fresco
- 1 small block Parmesan cheese [or 8 oz grated Parmesan cheese]
- 6 oz feta cheese

Nuts/Seeds

- Small package of almonds (about 50 grams by weight)
- Small package of ground flaxseeds [or 1-1/2 tsp scooped from bulk food bin]
- Small package pumpkin seeds [or 1/3 cup scooped from bulk food bin]
- Small package toasted sesame seeds [or 2 TBS scooped from bulk food bin]
- Small package sunflower seeds [or ½ cup scooped from bulk food bin]
- Small package walnuts [or 4 TBS scooped from bulk food bin]

Canned Goods

- 5 oz can sockeye salmon
- 5 oz can tuna
- 8 oz can or bottle artichoke hearts
- 15 oz can black beans
- 15 oz can lentils
- 15 oz can navy beans

Beverages

- 1 box green tea (you will need 7 bags tea for the week)
- 8 oz apple juice
- 12 oz almond milk
- 15 oz can regular coconut milk (unsweetened)
- 24 oz coconut water

Oils/Vinegars/Condiments

- Oils/Vinegars/Condiments
- 32 oz extra virgin olive oil
- Small bottle of balsamic vinegar
- Small bottle apple cider vinegar
- Small bottle rice vinegar
- Small bottle tamari soy sauce
- 1 small bottle Dijon mustard
- 1 small jar red Thai curry paste
- 1 quart low-sodium chicken or vegetable broth
- 1 small bottle or jar of your favorite salsa
- Small container of almond butter
- 1 container miso paste

Herbs/Spices

- 1 container red chili flakes (or very small bag from bulk food bin)
- 1 container chili powder (or very small bag from bulk food bin)
- 1 container ground cinnamon (or very small bag from bulk food bin)
- 1 container ground cumin (or very small bag from bulk food bin)
- 1 container curry powder (or very small bag from bulk food bin)
- 1 container white pepper (or very small bag from bulk foods)
- 1 container black pepper (or very small bag from bulk foods)
- 1 container ground turmeric (or very small bag from bulk food bin)
- 1 container iodized sea salt

Shopping List: Days 1-4

Fresh Produce

Fruits

- 1 medium apple
- 1 banana
- 1 pint blueberries (fresh preferable, frozen ok)
- 1 medium cantaloupe (2 cups)
- 6 lemons
- 2 limes
- 5 medium oranges (for 1-1/3 cups fresh squeezed orange juice and zest plus 1 orange for snack)
- 1 medium papaya
- 1 pint strawberries (fresh preferable, frozen ok)

Vegetables

- 1 small bunch asparagus
- 1 medium avocado
- 1 small bunch fresh basil
- 3 medium red bell peppers
- 2 lbs broccoli florets without stems (2.5 lbs with stems)
- 1 small head Napa cabbage (use for Day 4 and 7)
- 1 carrot
- 1 small head cauliflower (or 1 cup)
- 1 small bunch celery
- 1 small bunch chives
- 1 bunch cilantro
- 1 cucumber
- 1 small package fresh dill (or dried dill)
- 2 heads garlic
- 1/2-3/4 lb fresh ginger
- 1 small bunch lacinato kale
- 4 large heads romaine lettuce
- 6 crimini mushrooms
- 6 shiitake mushrooms
- 1 bunch green onion (scallions)
- 2 medium red onions
- 1 fresh red or green jalapeno pepper
- 1 bunch parsley
- 1 bunch spinach
- Smallest available container of cherry tomatoes (1/2 cup total, use for Day 4 and 5)
- 2 medium tomatoes

(continued on page 27)



Nutritional Analysis

Nutrient Percentages Provided By The World's Healthiest Foods Meal Plan

When averaged over all 7 days, our World's Healthiest Foods Meal Plan meets or exceeds 100% of our daily nutrient recommended intake level for all 29 nutrients that we feature in our website rating system. This health-promoting list of nutrients includes vitamins, minerals, protein, fiber, and omega-3 fatty acids. You can use the chart below to see our recommended daily intake amounts for all 29 nutrients, as well as the average percentage for each nutrient that is provided by our World's Healthiest Foods Meal Plan. We have also included a very brief synopsis of some key health-supportive roles that have been associated with

each nutrient in research findings.

Our results below were obtained using the 2016 version of Food Processor Nutrition and Fitness Software® copyrighted by ESHA Research in Salem, OR, database version 11.2.274. No optional ingredients in the meal plan were included in the analysis, and when ingredient options were included in the recipes, we analyzed the first option only. Additionally, we tried whenever possible to use the same food database codes that we used in our website food profiles to provide maximum continuity between our website descriptions and our meal plan results.

| NUTRIENT | UNIT OF MEASUREMENT | WHFOODS DAILY RECOMMENDED AMOUNT | AVERAGE PERCENT PROVIDED BY MEAL PLAN | KEY HEALTH-SUPPORTIVE ROLES |
|----------|---------------------|----------------------------------|---------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Biotin | micrograms | 30 | 110% | <ul style="list-style-type: none"> helps maintain blood sugar balance helps promote skin health |
| Calcium | milligrams | 1000 | 102% | <ul style="list-style-type: none"> helps promote bone health helps maintain acid/alkaline (pH) balance helps support nerve function helps support muscle function |
| Choline | milligrams | 425 | 101% | <ul style="list-style-type: none"> helps support of methylation (a key process in our body's metabolism) helps support membrane structure, supports nervous system activity |
| Chromium | micrograms | 35 | 100% | <ul style="list-style-type: none"> helps regulate blood sugar levels |
| Copper | micrograms | 900 | 254% | <ul style="list-style-type: none"> helps provide antioxidant protection helps support bone and tissue integrity helps support energy metabolism helps maintain proper cholesterol balance |
| fiber | grams | 25 | 188% | <ul style="list-style-type: none"> helps promote optimal passage of food through the digestive tract helps improve cardiovascular function including cholesterol metabolism; helps stabilize blood sugar levels; helps maintain colon health |
| Folate | micrograms | 400 | 221% | <ul style="list-style-type: none"> helps sustain brain and nervous system activity helps promote overall cardiovascular function and red blood cell production helps supports reproductive health, especially during pregnancy |
| Iodine | micrograms | 150 | 101% | <ul style="list-style-type: none"> helps promote thyroid hormone production |
| Iron | milligrams | 18 | 100% | <ul style="list-style-type: none"> helps support energy production assists with oxygen transport |

| NUTRIENT | UNIT OF MEASUREMENT | WHFOODS DAILY RECOMMENDED AMOUNT | AVERAGE PERCENT PROVIDED BY MEAL PLAN | KEY HEALTH-SUPPORTIVE ROLES |
|------------------|------------------------------|----------------------------------|---------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Magnesium | milligrams | 400 | 139% | <ul style="list-style-type: none"> • helps maintain bone integrity • assists with energy production • helps support nervous system metabolism • assists with control of inflammation • assists with control of blood sugar |
| Manganese | milligrams | 2 | 335% | <ul style="list-style-type: none"> • helps support bone production • helps support skin integrity • helps maintain blood sugar control • helps protect against free radical damage |
| Molybdenum | micrograms | 45 | 213% | <ul style="list-style-type: none"> • helps promote optimal sulfur balance • assists with antioxidant protection |
| omega-3s | grams | 2.4 | 125% | <ul style="list-style-type: none"> • help provide cardiovascular support • help regulate inflammatory responses • help support cell membrane integrity |
| pantothenic acid | milligrams | 5 | 148% | <ul style="list-style-type: none"> • assists with energy production • helps support fat metabolism |
| phosphorus | milligrams | 700 | 255% | <ul style="list-style-type: none"> • assists with basic cell functions • helps provide bone support • helps maintain energy supplies • helps promote acid-base balance |
| Potassium | grams | 3.5 | 137% | <ul style="list-style-type: none"> • helps maintain proper blood pressure • helps support kidney health |
| Protein | grams | 50 | 198% | <ul style="list-style-type: none"> • helps maintain the integrity of our body structures • helps support proper body composition • helps support regulation of blood sugar |
| Selenium | micrograms | 55 | 184% | <ul style="list-style-type: none"> • assists with antioxidant protection • helps support normal thyroid function |
| vitamin A | retinol activity equivalents | 900 | 171% | <ul style="list-style-type: none"> • helps support vision • helps support immune and inflammatory systems • helps support cell growth |
| vitamin B1 | milligrams | 1.2 | 133% | <ul style="list-style-type: none"> • helps promote energy production • helps support nervous system function |
| vitamin B2 | milligrams | 1.3 | 154% | <ul style="list-style-type: none"> • helps promote energy production • helps provide antioxidant protection • helps support iron metabolism |
| vitamin B3 | milligrams | 16 | 165% | <ul style="list-style-type: none"> • assists with energy production, • assists with antioxidant protection |
| vitamin B6 | milligrams | 1.7 | 176% | <ul style="list-style-type: none"> • assists with production of red blood cells • assists with metabolism of cholesterol • helps promote brain and nervous system health • helps support liver detoxification processes |
| vitamin B12 | micrograms | 2.4 | 242% | <ul style="list-style-type: none"> • helps provide cardiovascular support including support of red blood cell production • helps promote synthesis of DNA • helps support brain and nervous system activities • helps support energy metabolism |
| vitamin C | milligrams | 75 | 505% | <ul style="list-style-type: none"> • helps protect against excess free radical production • assists with collagen formation • assists with brain metabolism |
| vitamin D | International Units | 400 | 113% | <ul style="list-style-type: none"> • helps maintain bone health • helps maintain blood sugar control • helps promote immune system activities |
| vitamin E | alpha-tocopherol equivalents | 15 | 137% | <ul style="list-style-type: none"> • helps protect against free radical damage • helps protect against heart disease |
| vitamin K | micrograms | 90 | 1100% | <ul style="list-style-type: none"> • helps promote healthy blood clotting • helps support bone health |
| zinc | milligrams | 11 | 100% | <ul style="list-style-type: none"> • assists with immune function • helps support skin health • helps support sensory functions including taste and appetite • helps support male reproduction health |

Even More Nutritional Benefits

While this extensive list of 100+ percent nutrients—including 3 macronutrients (protein, fiber, and omega-3 fatty acids), 13 vitamins, and 12 minerals – might seem like an impressive accomplishment for any 7-day meal plan, the nutritional benefits provided by our World's Healthiest Foods Meal Plan are even greater than indicated by this list. What you don't see in this list of 29 nutrients is the amazing diversity of phytonutrients provided in this 7-day plan. By “phytonutrients” what we are referring to are the wide variety of flavonoids, carotenoids, and other plant-based nutrients that allow the foods in this meal plan to dazzle our senses. Consider that the deep purple-red hues in red onion, the pastel orange in cubes of cantaloupe, the pungent bold flavor of garlic, and the unique texture of quick steamed broccoli are features in our meal plan that are only made possible by flavonoids like the anthocyanins in red onion, or carotenoids like the beta-carotene in cantaloupe, or organosulfur compounds in garlic. Because our 7-day plan is so rich in fresh vegetables, it provides outstanding

amounts of these phytonutrients. In fact, the list of phytonutrients provided in our 7-day plan is actually longer than the list of macronutrients and vitamins and minerals shown in the chart above! It's also worth noting that virtually all of the carotenoids and flavonoids provided in our 7-day plan have been shown to provide both antioxidant and anti-inflammatory health benefits.

It's important to remember the elements in our World's Healthiest Foods Meal Plan that make these remarkable nutrient benefits possible. These high average percentages for 29 different nutrients could not be achieved within a framework of 1,878 calories and the absence of dietary supplements without an unwavering emphasis on whole, minimally processed foods that have been selected on the basis of nutrient-richness and that have been prepared in such a way as to preserve as much nutrient content as possible. In addition, these high percentages would not be possible without special emphasis on vegetable intake and the unique nutrient-richness provided by this food group.

Health Benefits Provided By The WHFoods Meal Plan

It is one thing to document the outstanding nutritional content of a meal plan—but quite another to understand its potentially life-changing health benefits once it gets put into action. Our World's Healthiest Foods Meal Plan can bring outstanding nutrient-richness into your way of eating. But it can also do much more!

Take a moment to think about the astonishing combination of foods that you will be consuming in a very short 7-day period once you put this meal plan into practice. You will be enjoying cruciferous vegetables that include broccoli, cabbage, cauliflower, and kale; allium vegetables like red onions, garlic, and scallions; leafy salad greens including plentiful amounts of romaine lettuce, spinach, parsley, and cilantro; the vibrant and subtle shades of red vegetables and fruits including tomatoes, red bell peppers, strawberries, raspberries, and red grapes; the delightful oranges of carrots and cantaloupe; uniquely health-supportive fats found in flaxseeds, sunflower

seeds, avocado, salmon, and extra virgin olive oil; one-of-a-kind phytonutrients provided by spices like ginger and turmeric; and a host of other healthy food combinations. From a health benefits standpoint, what you are supplying to your body is star-studded list of health-supportive foods that has been turning the heads of research investigators who are experts in the area of food and health.

This description of The World's Healthiest Foods Meal Plan might sound like an exaggeration. But it is neither exaggerated, nor does it stray from the central findings of scientific research studies.

Many food groups can provide us with outstanding support for multiple body systems. But when it comes to food groups like cruciferous vegetables, there are potential health benefits that unquestionably stand out from the crowd. In the case of cruciferous vegetables, we are talking about showcase amounts of antioxidant, anti-inflammatory, and detox-related nutrients that make foods in this vegetable subgroup unique supporters of the body's antioxidant system, inflammatory system, and detoxification system. This special combination of benefits makes cruciferous vegetables an unsurpassed World's Healthiest vegetable subgroup in terms of their cancer risk-reducing properties. The anti-inflammatory properties of cruciferous vegetables—together with their unusual concentration of folic acid—combine to make this World's Healthiest vegetable subgroup protective against atherosclerosis, heart attack, and stroke. The fiber and glucosinolates in cruciferous vegetables also give them unique digestive support properties, including the ability to help regulate interactions between *Helicobacter pylori* bacteria and the stomach wall. Our 7-day plan averages more than 2 cups of cruciferous vegetables per day! Because strong intake of cruciferous vegetables helps shape the core of The World's Healthiest Foods Meal Plan, it allows your body systems to take advantage of some of the best-researched food-related pathways for disease prevention.

Also fully incorporated into our World's Healthiest Foods Meal Plan are the allium vegetables—including both garlic and onions. Our plan averages over 1/2 cup of allium vegetables per day. Like cruciferous vegetables, allium vegetables stand out from the pack in terms of their potential health benefits. From a research standpoint, the most legendary aspects of garlic and onions are their unique sulfur compounds. Included within this group are alliin, allicin, allixin, and a long list of compounds technically referred to as “allyl polysulfides.” The list of cardiovascular benefits associated with these compounds and regular intake of allium vegetables is remarkable. This list includes better regulation of blood pressure and decreased risk of high blood pressure; improved regulation of blood fats, including triglycerides, total cholesterol, and LDL cholesterol; and decreased risk of heart attack and stroke.

Yet, a more cutting edge list would focus on the antioxidant and anti-inflammatory benefits of allium vegetables that help protect our blood cells and our

blood vessel linings from oxidative stress and chronic unwanted inflammation. Damage to blood vessel linings by highly reactive oxygen molecules is a key factor for increasing our risk of cardiovascular problems, including heart attack and atherosclerosis. Oxidative damage can also lead to unwanted inflammation, and it is this combination of unwanted inflammation and oxidative stress that can put our blood vessels at risk for unwanted plaque formation and clogging. The ability of allium vegetables to help decrease this risk is what makes their routine intake so potentially life-changing. It was also one of the reasons that we incorporated them so comprehensively into The World's Healthiest Foods Meal Plan. You will find garlic being included in every single day of our 7-day plan.

These details about the potential health benefits of cruciferous and allium vegetables are designed to give you a close-up look at the proven health support that the World's Healthiest Foods can provide once they become a routine part of your meal plan. But in a way that is truly remarkable, these select details only tell one part of the story.

The allium and cruciferous vegetable subgroups are not the only ones that provide our cardiovascular and digestive systems with support. Vegetable subgroups like green leafy vegetables also play an important role in this regard. In fact, research studies show support for these two body systems to be coming not only from vegetables but also from many different food groups represented in our World's Healthiest Foods Meal Plan. (Nuts & Seeds and Beans & Legumes would be two good examples here.) And equally important, it would be wrong to think about the health support being provided by these many different food groups as applying only to our cardiovascular and digestive systems. For virtually all of our body systems, there are detailed stories to tell about the health benefits of the World's Healthiest Foods. Whether we are talking about healthy blood sugar regulation and insulin secretion; ongoing bone, joint, and connective tissue health; proper functioning of the digestive tract together with healthy and balanced populations of intestinal bacteria; or streamlined communication throughout our nervous system, The World's Healthiest Foods Meal Plan can provide you with potentially life-changing benefits solidly anchored in nutritional science and fully trusting in the unparalleled revitalization that can come from the World's Healthiest Foods. .



Why We Recommend The World's Healthiest Foods Meal Plan As Your Go-To Approach For Nourishment

Everyone is aware of nutrition—and the importance of the World's Healthiest Foods that can provide us with nourishment. But we don't always stop and think about what nourishment actually means. Many people have the misconception that nourishment simply means "getting the proper quantity of nutrients." You could get them in a powdered breakfast drink, or a highly-processed, breakfast cereal that had been fortified with vitamins and minerals, or a vitamin supplement. As long as you got the quantity that you needed, your body would be provided with nourishment. Nutritional research shows nourishment to require something quite different.

Nourishment starts with the nature of our digestive system. There is an important rhyme and reason to the way our digestive tract works! Dozens and dozens of nutrients are needed for optimal health, and we can easily swallow dozens and dozens of nutrient from a single multivitamin tablet. Yet when we take this nutrient supplement approach, we are bypassing the very functions that our digestive tract was designed to perform. For each of the many nutrients that our body needs, there are select places in our digestive system designed for absorption of that particular nutrient. In addition, nutrients are typically absorbed not in isolated form, but in modified forms that rely heavily on digestive tract metabolism. In recent years, scientists have learned more and more about the remarkable importance of nutrient metabolism in the lower half of our digestive system (large intestine) where bacteria play a major role. The only way we can take full advantage of our digestive system design is to start off with whole, nutrient-rich foods.

At some point or other, most of us have been told to do a better job chewing our food. But we might not have thought about the critical role of chewing in nourishment. Chewing is like the opening act in a drama we call nourishment. Everything that follows must come together according to this initial event. Relaxed, enjoyment of the World's Healthiest Foods at a sit-down meal with plenty of time for chewing and savoring the unique textures and flavors of The World's Healthiest Foods is a critical part of nourishment. When we skip this step, we're not just robbing ourselves of some luxury in life. We're robbing ourselves of nourishment. People ask us why we take the time to cook from scratch with The World's Healthiest

Foods rather than relying on processed ingredients. Our answer is simple: we don't want to rob ourselves of nourishment!

We realize that there are an endless number of eating approaches, each with its own particular roadmap. And far too often we hear from readers who have tried every possible way of eating, without lasting success. Our World's Healthiest Foods Meal Plan is not designed to be a "diet." It's a natural way of eating that focuses on The World's Healthiest Foods. We did not develop this meal plan based on some little-known discovery about nourishment, or some unusual theory about metabolism. We developed it based on widespread and well-known research about foods and food groups, the way foods grow, the way digestion works, and the way all of these factors interact to change our risk of health problems.

In our Introduction to The World's Healthiest Foods Meal Plan, we pointed out the importance of nutrient-richness in our approach to healthy eating. Since this concept is so very central to our approach, it's worth reiterating here. Nutrient-richness refers to the amount of particular nutrients (such as vitamins, minerals, fiber, protein, or omega-3 fatty acids) that are provided by the World's Healthiest Foods in relationship to their caloric value. When a food is overflowing with nutrients, yet contributes very little to our daily caloric intake, we describe it as nutrient-rich. By basing The World's Healthiest Foods Meal Plan on foods that will provide you with the most nutrients for the fewest calories, we can make sure that you will be getting the greatest nutritional bang for your caloric buck. It's their superlative nutrient-richness that

puts vegetables front and center in our meal plan. We cannot find a food group that rivals vegetables in terms of nutrient-richness, and that is why you will find our meal plan averaging 8 cups of total vegetables per day that are easy to prepare and taste great!

Just as optimal nourishment can only come from a way of eating that respects the nature of food itself as well as the nature of our digestive system, it also requires a way of selecting, storing, preparing, and cooking food that respects its nutrient-richness. Nutrient-richness is so important for preserving for optimal health! As a way of helping to preserve nutrient-richness, all of the recipes in our meal plan make use of minimal heat and minimal cooking times. And of course, you will also find ample use of fresh, uncooked foods in The World's Healthiest Foods

Meal Plan. . In addition, our specific cooking methods [involving choices like steaming versus boiling] have always been chosen with nutrient-richness in mind.

Nourishment requires far more than ingestion of nutrients in a quantity that is adequate. Nourishment requires us to step into the amazing world of The World's Healthiest Foods, with their delightful colors and shapes and sizes and the rich aromas and flavors that they provide for us when cooked in a healthy way. The World's Healthiest Foods that we eat each day may be the single most important influence on our health! Our World's Healthiest Foods Meal Plan places its trust the nutrient-richness of The World's Healthiest Foods, and the way that nutrient-richness can work to provide us with optimal nourishment in a potentially life-changing way.

How Our World's Healthiest Foods Recipes Make Exceptional Nourishment Possible

To best understand our World's Healthiest Foods Meal Plan, we would like to focus your attention on its two key components. The first component is our World's Healthiest Foods! We like to imagine about our World's Healthiest Foods as the colors on a painter's palette. When your goal is healthy eating, our 100 World's Healthiest Foods provide you with a simply amazing diversity of colors from which to choose. In order to create your painting, however, you need to carefully choose certain colors and combine them together in a way that delights the eye.

This painting process brings us to the second component in our World's Healthiest Foods Meal Plan: our World's Healthiest Foods Recipes! You will find 23 uniquely delicious recipes in our World's Healthiest Foods Meal Plan! And what we want to explain below is how our World's Healthiest Foods Recipes make exceptional nourishment possible.

Let's start by consider our Day 1 World's Healthiest Foods Recipe for Breakfast: Energizing Blueberry Smoothie. This World's Healthiest Foods Breakfast Recipe features four of our World's Healthiest Foods: blueberries, oats, spinach, and sunflower seeds. It is so easy to prepare that you can have it at your fingertips in 5 minutes! At 422 calories, this World's Healthiest Foods Recipe only uses up 23% of

the total calories available on Day 1. But just take a look at the percentages below to realize how nutrient-rich this Energizing Blueberry Smoothie actually is.

| Nutrient | Percentage |
|------------|------------|
| Vitamin B1 | 65% |
| Vitamin C | 109% |
| Vitamin E | 50% |
| Vitamin K | 159% |
| Copper | 88% |
| Magnesium | 50% |
| Manganese | 158% |
| Phosphorus | 56% |



How Our World's Healthiest Foods Recipes Make Exceptional Nourishment Possible *(cont.)*

When you look at these nutrient percentages, remember that our Energizing Blueberry Smoothie is only costing you 23% of your daily calories! So what you are seeing here is a World's Healthiest Foods Breakfast that will pay you huge nutrient dividends for your calorie investment! For each of the key vitamins and minerals listed above, your nutrient payout percentages are at least twice the percentage of calories that you invested. And for some of these nutrients, your nutrient-richness payout is actually five times greater than your calorie investment! It might sound astonishing to learn that such an easy-to-prepare breakfast can provide you with this exceptional level of nourishment. But it is exactly this type of nourishment that we see over and over when we start with The World's Healthiest Foods as the colors on our painter's palette and carefully transform them into a World's Healthiest Foods Recipe masterpiece!

Let's move on to one of our favorite World's Healthiest Foods Lunch Recipes: our Day 6 Omega-3 Rich Salmon and Avocado Salad. This World's Healthiest Foods Recipe features eight of World's Healthiest Foods: broccoli, extra virgin olive oil, garlic, lemon, red onion, salmon, spinach, and tomato. At 474 calories, this World's Healthiest Foods Lunch Recipe only uses up 26% of the total calories available for the day—just a small amount more than our Day 1 Energizing Blueberry Smoothie. But once again, just take a look at the almost unbelievable nutrient-richness that you are getting from this World's Healthiest Foods Lunch Recipe.

| Nutrient | Percentage |
|-------------|------------|
| Vitamin B2 | 54% |
| Vitamin B3 | 99% |
| Vitamin B6 | 46% |
| Vitamin B12 | 177% |
| Vitamin A | 69% |
| Vitamin D | 152% |
| Protein | 55% |
| Fiber | 41% |

It is difficult not to be dazzled by this nutrient-richness. As a payoff for investing 26% of your total Day 6 calories, you are getting nutrient richness returns that reach as high as 152% and 177%! Remember that these percentages refer to our recommended daily intake for each nutrient. As part of our World's Healthiest Foods Meal Plan, this Omega-3 Rich Salmon and Avocado Salad—all by itself—is giving you a full-days' worth of vitamin D and vitamin B12. And 99% of a full days' vitamin B3!

Finally, let's consider one of our favorite World's

Healthiest Foods Dinner Recipes: Seafood Asparagus with Ginger Orange Sauce on Day 4. Here we are talking about a greater investment of calories: 821 calories, or 46% of the Day 4 total. Despite this much higher calorie level, however, none of the principles in our World's Healthiest Foods Meal Plan have changed. Our Seafood Asparagus with Ginger Sauce still focuses on the amazing nutrient-richness of 11 World's Healthiest Foods: asparagus, broccoli, cod, crimini mushrooms, extra virgin olive oil, garlic, lemon, red onion, salmon, soy sauce, and tomato. This unique combination results in a World's Healthiest Foods Dinner Recipe that is second to none in nutrient richness. Just look at these amazing nutrient percentages.

| Nutrient | Percentage |
|------------------|------------|
| Vitamin B2 | 123% |
| Vitamin B3 | 130% |
| Vitamin B6 | 127% |
| Vitamin B12 | 438% |
| Folate | 205% |
| Pantothenic acid | 104% |
| Choline | 93% |
| Vitamin A | 104% |
| Vitamin C | 307% |
| Vitamin D | 254% |
| Vitamin E | 103% |
| Chromium | 93% |
| Copper | 132% |
| Phosphorus | 181% |
| Potassium | 96% |
| Selenium | 202% |
| Omega-3s | 118% |
| Protein | 151% |
| Fiber | 90% |

In addition to the 19 nutrients above, this World's Healthiest Foods Dinner Recipe also provides you with 72% vitamin B1, 55% zinc, and 51% iron. That's 50% of more of our daily recommended intake for 22 out of 29 nutrients from a single World's Healthiest Foods Dinner Recipe!

When we developed our World's Healthiest Foods Meal Plan, we took one additional step in order to unleash nutrient-richness to its fullest potential. We wanted to create 23 World's Healthiest Foods Recipes that were nutrient-rich in and of themselves, but we also wanted World's Healthiest Foods Recipes that could work together to average at least 100% for all 29 of

the nutrients that we feature in our World's Healthiest Foods Rating System. We wanted our World's Healthiest Foods Recipes to be carefully matched in order to provide you with a minimum of 100% for all 29 nutrient averages. And our World's Healthiest Foods Meal Plan accomplishes this important goal!

To get a better idea of this remarkable outcome, consider our World's Healthiest Breakfast, Lunch, and Dinner Recipes described above: our Energizing Blueberry Smoothie, our Omega-3 Rich Salmon and Avocado Salad, and our Seafood Asparagus with Ginger Orange Sauce. When combined, these three World's Healthiest Foods Recipes provide you with 100% or more of the following nutrients.

- vitamin B1
- vitamin B2
- vitamin B3
- vitamin B6
- vitamin B12
- folate
- choline
- vitamin A
- vitamin C
- vitamin D
- vitamin K
- copper
- phosphorus
- potassium
- selenium
- fiber
- protein
- omega-3 fatty acids

What you are looking at here is nutrient-richness unleashed to its fullest potential through our World's Healthiest Foods Breakfast, Lunch, and Dinner Recipes. By starting with the right color palette (namely, our 100 World's Healthiest Foods), we were able to paint a picture of exceptional nutrient richness through the creation of our World's Healthiest Foods Recipes. You can bring this nutrient richness into your own life through the use of these easy-to-follow World's Healthiest Foods Recipes as combined our World's Foods Meal Plan. Enjoy nutrient richness at its flavorful best!

(continued from page 19)

Seafood/Poultry

9 oz fresh or frozen boneless chicken breast (used in several recipes)

3 oz fresh or frozen wild caught cod

7 oz fresh or frozen wild caught salmon (skinless) (used in several recipes)

Shopping List: Days 5-7

Fresh Produce

Fruits

1 apple

1 medium banana

Smallest available container (fresh preferable, frozen ok, need ¼ cup)

1 small cluster fresh grapes

1 kiwifruit

1 medium lemon

2 medium oranges

1 pear

1 pint raspberries (fresh preferable, frozen ok)

Vegetables

2 medium avocados

1 small bunch fresh basil

1 red bell pepper

1 lb broccoli florets without stems (1.5 lbs with stems)

½ lb Brussels sprouts

Smallest available head of green cabbage

1 carrot

1 bunch cilantro

1 large bunch collard greens

Smallest available container or bunch of fresh dill

1 large bunch romaine lettuce

2 red onions

1 small bunch fresh parsley

1 small bunch scallions (green onion)

2 bunches spinach

1 medium tomato

Seafood/Poultry

3 oz cooked chicken breast

3 oz cooked, sliced turkey breast

10 oz wild caught salmon fillet (used in several recipes)



