



THE TRIPLE THREAT MUSCLE NUTRITION GUIDE

Triple Threat Muscle - Nutrition Guide

By Jason Ferruggia

Copyright © 2010 Jason Ferruggia

All rights reserved. No part of this e-book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without the expressed written permission from Jason Ferruggia. We have unique tracking codes embedded, designed to detect illegal distribution of this e-book and the download links. Do not risk breaking international copyright infringement laws and getting yourself in major trouble. Fines start at \$150,000 and include a possible prison sentence upon conviction.

Nutrition

When it comes to nutrition there is one important rule you need to remember and adhere to... If a caveman couldn't eat it you shouldn't eat it. That means that if it comes in a bag or a box or was processed in any way it probably isn't good for you. There are different versions of this called the Paleo Diet, the Primal Diet and a number of others. Some restrict certain foods while others allow them. But the basic message is the same:

- Eat only real, whole foods that you could pick, grow or kill
- Avoid processed foods, food additives, and agricultural chemicals at all costs
- Drink tons of water (at least half your body weight in ounces per day) and nothing else
- Minimize your use of alcohol and tobacco products



One thing that I must stress before going any further is that you have to be willing to pay for good, high quality, organic food. Too many people claim to not be able to afford such a luxury or they complain that healthy food costs too much. Yet these same people will go out and drink ten beers on a Saturday night. If they thought of all the nonsense that they wasted money on they would easily be able to afford healthy food. Personally I would get rid of my cable television and stop attending all social functions long before I

ever started eating cheap, unhealthy food. There is nothing in the world that is more important than your body and your health. You have to be willing to spend time and money on it. Because if you don't now, you will someday... in the form of doctor or hospital bills. When you think about it that way, cheap, unhealthy food is actually the most expensive food you can buy; for it will cost you far more time and money in the long run than the healthy food does now.

The majority of your calories should come from fruits, vegetables, nuts, seeds and legumes. Once you have those bases covered you need to add in some more protein in the form of organic, free range eggs, turkey or chicken, fresh catch seafood and some protein shakes when necessary.

In a perfect world seafood would be your best source of protein. According to Dr. Hiromi Shinya, one of the primary reasons why seafood is one the healthiest sources of animal protein is because fish have lower body temperatures than humans. The temperature of a cow or pig is normally 103-104 degrees, and a chicken has a normal body temperature of 106.7. This is far higher than the average human temperature of 98.6 degrees. "Thus, when that fat enters the lower-temperature environment of the human body, it becomes sticky and hardens. This sticky fat thickens the blood. The flow of thickened blood is sluggish, and inside the blood vessels it becomes stagnant and clogs," Dr. Shinya states. "On the other hand, because fish are cold-blooded animals, under normal conditions their body temperatures are far lower than those of humans. What happens when fish fat enters the human body? Like fat you heat in a frying pan, it melts and becomes fluid."

That is just one of the many reasons why I believe fish to be the superior form of animal protein. Unfortunately we have polluted the oceans to the point where consuming fish on a daily basis probably isn't really the best idea. Farmed fish is no healthier and often has a very poor fatty acid profile. For these reasons I would limit your fish consumption to 3-4 times per week. But it's still the best option.

When eating seafood always remember to try to eat lower on the food chain to avoid consuming excessive amounts of mercury or other pollutants. Larger fish are the worst

offenders because they eat fish smaller than them who also eat fish smaller than them, etc., etc. The contamination level increases as you go up the food chain because the largest fish are eating what all of the smaller fish have consumed.

Variety is very important and you should try not to eat the same foods over and over on back to back days. Mix it up as much as possible and always try to add new, healthy foods to your diet on a regular basis. I recommend having eggs no more than four to five times per week and poultry two to three times per week. Avoid pork and red meat as much as possible for obvious health reasons. Lentils and other legumes can and should be consumed daily. In fact, in ancient civilizations, lentils were known as the food of the gods. They contain an ample amount of fiber and are a good source of protein.

If you are under 15% body fat you can also eat brown rice, sprouted spelt bread, oats, sweet potatoes, white potatoes, quinoa, amaranth and barley. These are healthy grains/starchy carbs and will help you pack on size. Trying to gain muscle without these foods is a bit harder but can definitely be done. The choice is yours. However, these foods should be avoided until you get down to 15% body fat or under, as your insulin sensitivity will be too low at a higher body fat percentage and these foods will just make you fat.

Years ago I used to think nutrition was just about getting enough calories and I didn't care if the calories came from pizza, Big Macs, protein shakes or chicken breasts. I just knew that the more I ate the better I would recover. But I was way off. The quality of the food you eat not only plays a huge role in how you will look but it also makes all the difference in the world in how quickly you recover from training. Eating junk food causes incredible digestive stress and inflammation. Digestive stress and inflammation are two of the primary causes of premature aging. Rather than increasing your recovery time, all those excess junk food calories actually slow your recovery time down and age you in dog years.

Not only do you want to be conscious about avoiding junk food but you also need to cut all inflammatory foods out of your diet. That means no corn or corn based products (cereals, sports drinks, bars, etc.), no dairy (except for eggs), no wheat, no white flour, no fried foods and no sugar. These foods all cause inflammation throughout your body

and are making it harder and harder for you to recovery properly and quickly. They are also making you sick and will eventually catch up to you.

To build muscle you need an excess of calories, but these should be clean, healthy calories. One of the easiest ways to add more calories is to simply add a tablespoon or two of some type of healthy oil to every meal. Ideally you should use a variety of oils such as pumpkin seed, flax, hemp and olive oil, constantly rotating them at every meal. This has worked for tons of skinny guys I've trained and consulted with and it will work for you. This is a much healthier option than eating another Whopper. Having said that, painfully skinny guys will have to eat more junk food to gain size than everyone else. Just make sure it's somewhat healthy, less processed junk food. Instead of a quarter pounder with cheese from Mickey D's, get some organic, grass fed beef and make a burger yourself. Put it on a plate with a side of brown rice and top it with lettuce, tomatoes, onions and avocado. That is a far healthier option that will yield far greater results.

If you are trying to gain size rapidly you should be eating about four to six times per day. If you are just trying to get stronger, improve your athleticism and build some muscle slowly, while maintaining your body fat, you could get away with three to five feedings per day.

Typically I recommend that when you are trying to build muscle you multiply your bodyweight by 18 and eat that number of calories per day. Therefore if you weigh 200 pounds you would start out at 3600 calories per day. Depending on a variety of factors this may or may not be enough. Give it a week or two to assess the changes your body is undergoing and adjust accordingly. If you aren't gaining an ounce add in another 25-350 calories per day. If you are getting too fat then cut the calories by 250-350 per day. In time, as you gain muscle mass, you will need to adjust your caloric level, because when you are bigger you will require more calories.

If your primary goal is to get lean then you should be eating three to five times per day, although personally I prefer a more warrior style eating regimen of one big meal per day and just a few pieces of raw fruit or vegetables throughout the day. Fat loss seems to be

quite rapid on this type of diet. Basically you would have a protein shake in the morning with some fruit blended in. Then you would go throughout most of the rest of the day consuming nothing but water and some fresh produce and/or a few hard boiled eggs. You could even have a second small protein shake. At night you would have your main meal which would include a huge salad, vegetables, nuts, seeds, legumes and some meat, chicken or seafood. The nice thing about this diet is that it allows you to indulge at night and eat until you are satisfied instead of going to be starving. And, as crazy as it sounds, you will actually have more energy and mental focus throughout the day by only eating fresh fruits and veggies than you would if you ate a ton of food. This option isn't for everyone but I personally love it. Give it a shot if you are looking for something different.

For fat loss your calories should be determined by multiplying your bodyweight by 14. Start there and adjust accordingly. You should be losing 1.5-2 pounds of body fat per week if you are doing everything properly. During the first few weeks you may lose more weight than that but after two weeks this should stabilize. If the scale is showing a greater drop than two pounds after the first three weeks that means you are losing muscle and need to bump up your calories.

The only beverage you should be drinking is water (save the daily cup of green tea) and you should aim for at least one ounce for every half pound of bodyweight. So if you weigh 180 pounds you need at least 90 ounces of water per day. Even a slight level of dehydration leads to strength and performance decreases and can even lead to muscle catabolism. One of the rarely noted benefits of drinking so much water is that your skin is tighter and you always look a bit more pumped up and jacked throughout the day. Although, this is only noticeable below a certain body fat percentage.

Since I have made drastic changes to my diet over the last few years my overall health and recovery ability has improved dramatically. I never get sick anymore, I sleep better, I'm happier, mellower, have far more energy and mental focus and have essentially eliminated all the nagging aches and pains I used to have. It's hard to believe but I actually feel better and recover faster in my mid thirties than I did in my early twenties. I used to experience crippling soreness after certain types of workouts but now that's all a

thing of the past. The biggest changes for me were eliminating meat, dairy, corn and wheat and tripling my consumption of healthy, organic fruits and vegetables. I have also cut all processed foods out of my diet completely. We almost always overlook the importance of fruits and vegetables because we are always busy looking for the next magic bullet. The truth is that simply increasing your intake of fruits and vegetables will have more of a dramatic effect on your training and your health than any fancy supplement ever will. Even if you are a die hard carnivore you need to eat more vegetables. Everyone does.

If you choose to eat meat you have to remember that the human body was not designed to process meat multiple times per day like most bodybuilding diets ask it to. Throughout the process of evolution we got used to eating meat occasionally, when we were lucky enough to make a kill. This would be every few days and would equate to eating meat five or six times per month, not five or six times per day, as many bodybuilders and weight training enthusiasts do. In between we would simply eat whatever we could pick or grow. This is a much more natural way of eating. Try to keep this in mind when planning your meals for the day or week. And again, always eat free range, organic poultry and grass fed beef. A good source of clean, organic meats is [US Wellness Meats](#).

Sample Muscle Building Diet

Day 1

Breakfast- 4 eggs, 4 pieces sprouted spelt toast, 2 oranges

Snack- Protein shake with mixed berries, banana, coconut milk

Lunch- Beans and rice with sliced avocado and salsa

Snack- Protein shake in water or sugar free almond milk, 2 apples with almond butter

Dinner- 6oz grilled salmon, lentils, 2 baked potatoes, big spinach salad

Day 2

Breakfast- Protein shake with 5 dates, 1 banana, ½ cup raw oats, cacao nibs, hemp milk

Snack- 2 almond butter and jelly sandwiches on spelt bread, almond milk, 2 apples

Lunch- Grilled chicken with brown rice and veggies

Snack- veggies and hummus, 1 cup pistachios

Dinner- French lentil salad over orzo pasta, spinach salad

Day 3

Breakfast- 5 egg omelet with spinach, sautéed onions, tomatoes and hash browns

Snack- Protein shake with frozen mango and pineapple, 1 banana, coconut milk, ½ cup oats

Lunch- Fresh fish tacos, salad

Snack- Protein shake in almond milk, 3 oranges, 1 cup cashews

Dinner- veggies and hummus, escarole and beans with brown rice

Dessert- 1 pint coconut milk ice cream (cheat day)

Sample Fat Loss Diet

Day 1

Breakfast- 4 eggs, 1 apple

Snack- Protein shake with mixed berries

Lunch- Huge spinach salad with beans, veggies, olive oil and vinegar

Snack- 2 handfuls of raw, organic cashews

Dinner- Grilled chicken breast over huge spinach salad with vegetables

Day 2

Breakfast- Protein shake with mixed berries, spinach, cacao nibs, coconut milk

Snack- 4 egg omelet with spinach, tomatoes and onions

Lunch- Grilled salmon over spinach salad

Snack- ½ cup almonds, 1 apple

Dinner- Split pea soup, steamed collard greens

Day 3

Breakfast- Protein shake with mixed berries, celery, avocado, hulled hemp seeds, sugar free almond milk

Snack- 1 apple

Lunch- Spinach salad with beans and veggies

Snack- Protein shake in sugar free almond milk, ½ cup cashews

Dinner- Grilled turkey breast, steamed kale with tahini dressing

Sample Warrior Style Diet

Day 1

Breakfast- Protein shake in water, 1 apple

Snack- 1 pear

Snack- 2 peaches

Dinner- Veggies and hummus, grilled chicken, rice and beans, spinach salad with nuts, seeds, olive oil and vinegar

Day 2

Breakfast- Protein shake with mixed frozen berries, 1 banana

Snack- 3 hard boiled eggs, 1 apple

Snack- 2 pears

Dinner- Huge spinach salad, grilled salmon, quinoa, veggies

Day 3

Breakfast- Kale, orange, apple, beet juice blend

Snack- 1 plum, 1 nectarine

Snack- 1 cup cashews

Dinner- Veggies and hummus, chickpea soup with brown rice and escarole

Snack- 1 cup pistachios

Supplements



As many of you probably know I am not a huge fan of most “bodybuilding” supplements. I wasted thousands and thousands of dollars on useless crap when I was younger and learned the hard way that most of these supplements don’t work.

However, over the last few years I have done a lot of experimenting with some non traditional supplements and supplements that aren’t touted as the latest, greatest and sexiest muscle builders. Believe it or not, these supplements actually had a more noticeable effect than some of the over hyped junk that you see in all the magazines.

But before you get all excited I should tell you that the basics will always bring about the greatest results. And those results will be nothing like steroids no matter what anyone tells you.

Below is a list of what I have found to be the most effective supplements. I should point out that supplement companies offer me money all the time to promote their stuff. Since I refuse to promote anything but the highest quality products that I would take myself and fully believe in, I leave a lot of money on the table.

Recently, however, I have come across more and more companies that are doing business on the up and up and are truly producing supplements of the highest purity and quality. One of them is [Pro Grade](#). I have fully researched every supplement company out there and can testify with 100% certainty that Pro Grade’s stuff is legit. It’s the first time ever that I have felt comfortable partnering up with a supplement company

(www.RenegadeSupplementStore.com). With that being said lets get to the recommended supplement list.

Multi Vitamin- First and foremost I think everyone should take a good multi vitamin. If you eat a ton of fresh fruits and veggies this may not be a necessity. Unfortunately, most people don't so taking a multi vitamin is a good insurance policy and will keep you healthy. You can't train if you're not healthy. More importantly, you can't live a quality life when you're not healthy. The multi vitamin I recommend is [VG 25 by Pro Grade](#).

Omega 3's- Omega 3's have been a staple supplement recommendation of mine for years now. For those who have been living under a rock for the past decade I will briefly touch on some of the biggest benefits of omega 3 supplementation:

- Increased body fat reduction
- Decreased inflammation
- Mood elevation and a reduction in depression
- Improved cardiovascular health
- Increased sex drive
- Improved digestion
- Reduced frequency of headaches
- Improved immune system response
- Helps with skin problems and improves skin condition

There are plenty of other benefits but that right there should be enough to convince you to start taking omega 3's.

A great Omega 3 supplement that I highly recommend is called [EFA Icon by Pro Grade](#) and uses fat that comes from Krill oil instead of fish oil. Krill oil has all of the benefits of fish oil without any of the possible negative side effects. Check out the comparison chart on the following page for more information.



NEPTUNE
technologies & bioresources



vs **FISH OIL**

PROPERTY	NKO™	FISH OIL
SAFETY		
HEAVY METALS	BELOW Min. Allowed Daily Values	MODERATE - HIGH
PCBs	<0.2 ppt	MODERATE - HIGH
PESTICIDES	NOT DETECTED	MODERATE - HIGH
PRESERVATIVES	NONE ADDED	OBLIGATORY TO STABILIZE OIL
TOXICITY/SAFETY TRIALS		
CHRONIC 66%L/S (11X DRI)	NO ADVERSE EVENTS	NONE REPORTED
ACUTE 2 MONTHS (6-12X DRI)	NO ADVERSE EVENTS	NONE REPORTED
STABILITY		
PEROXIDE VALUE (PV)	<0.1	>2
OIL STABILITY INDEX	97.8°C >50hrs PV <0.05	80°C 2hrs PV >3
ORAC lipoFL (μmole/g)	378	8
CONSUMER ACCEPTANCE		
NEGATIVE SIDE EFFECTS	NONE REPORTED	GASTRIC REFLUX
POSITIVE SIDE EFFECTS	MENTAL ALERTNESS	
	ENHANCED CONCENTRATION	
	ENHANCED MEMORY	
	ENHANCED LEARNING CAPACITY	
	INCREASED ATHLETIC ENDURANCE	
	IMPROVED EMOTIONAL STABILITY	
	REDUCED JOINT PAIN (5 DAYS DOSE)	
NUTRIENT COMPOSITION		
PUFA		
EPA/DHA	30%	30%
EPA/DHA FORM	PHOSPHOLIPIDS	TRIGLYCERIDES
BIOAVAILABILITY *	95 - 98%	61 - 65%
OMEGA 3/6 RATIO	15/1	2/1
ANTIOXIDANT POTENCY		
ANTIOXIDANTS	NATURAL	ADDITIVES
	ESTERIFIED ASTAXANTHIN	PRODUCT DEPENDENT
	NOVEL FLAVONOID	
POTENCY (ORAC)	378	8
SCIENTIFIC VALIDATION		
PHASE II CLINICAL TRIALS **	AT MARKET RECOMMENDED DOSE	6-12 TIMES HIGHER THAN MARKET RECOMMENDED DOSE
PATENT PROTECTION		
EXTRACTION PROCESS	YES	NONE REPORTED
MOLECULES	YES	NONE REPORTED
APPLICATIONS	YES	NONE REPORTED
REGULATORY APPROVAL		
FDA - NEW DIETARY INGREDIENT	YES	NONE REPORTED
CANADIAN FOOD INSPECTION AGENCY for CANADA & EUROPE	Quality Management Program (QMP) Extraction plant accreditation / Certified Fish Processing Establishment	NONE REPORTED
TRADEMARK		
	USA	
	JAPAN	
	KOREA	
PRICE (EFFECTIVE DOSE)		
PER DAY	10 cents	~12 - 60 cents

* see document attached "Bioavailability of EPA/DHA in the form of phospholipids versus triglycerides"

** see documents attached "Research Summary", "Hyperlipidemia Graph", "Quality of Life / PMS"

If you are interested in a completely vegan source of fish oil V-Pure Omega 3's will be a great option for you. I have recently had a lot of clients make the switch to this and they have been very pleased with the results. This is a non fish derived source of omega 3 and comes from organically grown algae which is 100% free of contaminants and toxins. Algae is where fish get there omega 3's from.

Pre/ Post Workout Shake- Immediately before and after you train you need to have a carb and protein drink. This will spike insulin levels and increase protein synthesis; both of which will lead to the development of more muscle. This drink also helps to blunt cortisol levels which are usually elevated during and after training. The ideal ratio of carbs to protein is two to one. Guys under 200 pounds should have about thirty grams of protein and sixty grams of carbs. Guys over 200 pounds should shoot for around forty grams of protein and eighty grams of carbs. The best post workout drink on the market is called **Workout** and is made by [Pro Grade](#).

Vega- This is the brainchild of Thrive Diet author, Brendan Brazier and is basically a meal replacement supplement that contains everything you could possibly ask for. There is a blend of pea, brown rice and hemp protein along with ample vitamins, minerals, healthy fats, fiber (15 grams in 2 scoops!), probiotics and digestive enzymes. If you could only afford one supplement this might be the top choice.

Vega Sport- This is the newest in the line of Vega supplements and is an awesome pre workout drink. It doesn't contain caffeine or any of those weird chemical ingredients found in most pre workout energy mixtures. Instead, Vega Sport contains a blend of various herbs, coconut oil, organic brown rice syrup and some powdered fruits and vegetables. This provides a very noticeable kick when taken fifteen minutes before training. I don't like to rely on products like this so I only take it once or twice per week when I feel like I need an extra boost or before my most intense workouts.

The Ultimate Meal- This is another incredible meal replacement supplement and is basically interchangeable with Vega. I would use one for a month and then switch to a bottle of the other when you finish. Unlike Vega, The Ultimate Meal contains quinoa,

millet, and a number of health promoting herbs. I recommend that you follow the advice on the bottle and blend it with a banana and an apple. Unlike what happens with most bodybuilding meal replacement drinks, you will actually feel a difference after you start using The Ultimate Meal.

Digestive Enzymes- No one talks about the effectiveness of digestive enzymes but the fact of the matter is that they can be one of the greatest supplements you can take. Much of how we look, feel and perform is dependant upon our enzyme pool. Dr. Hirmoi Shinya, author of The Enzyme Factor, has speculated that when your enzyme pool is fully depleted you die. Many times people eat certain foods that they may or may not possess the enzymes to break down and digest properly. If this happens you cause gastric distress which can lead to a whole host of other problems. Most importantly, from a physique standpoint, you will not be able to fully absorb and utilize the nutrients you just consumed. This means it will be harder to build muscle.

Another great benefit of taking enzymes is that you will notice a reduction in soreness and joint pain. This usually takes a few weeks to kick in but when it does it will be noticeable. I highly recommend that everyone start using a quality digestive enzyme supplement as soon as possible. One that I recommend to many of my clients and have seen outstanding results with is Zymessence, which can be ordered here:

<http://docsprefer.com/zymessence.html>

Magnesium- More people are deficient in magnesium than you might assume. Magnesium deficiency is especially prevalent in summer months with athletes who do a lot of training out side. A deficiency in magnesium can lead to low energy levels, decreased insulin sensitivity, depression, inability to sleep soundly, cramping and spasms.

Having adequate magnesium levels can lead to increased DHEA which in turn leads to higher testosterone levels. It also helps with protein synthesis, serotonin production and optimal digestion.

The best form of magnesium we have found is the Ancient Minerals Transdermal Magnesium. When taken transdermally more of the magnesium gets into your system.

Zinc- Adequate zinc levels have been linked with improved testosterone levels. Zinc deficiencies have been linked with low testosterone levels. Athletes are often deficient in zinc due to sweating and mineral loss. For this reason I believe it's important to supplement with zinc. The best zinc supplement I have found can be ordered here:

<http://docsprefer.com/Zinc.htm>

Vitamin C- I believe in using a gram (1000mg) of vitamin c per day for the simple fact that it has been shown to boost your immune system and you can't train if you're sick. It's not a fancy performance enhancing supplement but if it keeps you training throughout the year instead of home on the couch, coughing up a lung, it's pretty good in my book.

Vitamin D- Your primary source of vitamin D is the sun. The fact that there is very little sun in the winter is one of the primary reasons people suffer depression and get fatter during these months. There was a study that showed that an hour of sunbathing can boost a mans testosterone level by 69 percent. When Vitamin D levels are low, so is testosterone. I recommend supplementing with the Carlson brand and using 2000 iu's per day throughout the year, except for winter months. That dosage should be doubled during the winter.

Vitamin E- This is a potent antioxidant which supports optimal hormone production. The problem with most vitamin E supplements is that they aren't natural. No matter what the labels may claim, they are, in fact, synthetic forms of vitamin E derived from soybean oil which is potentially dangerous. The best form of Vitamin E currently available is found in a supplement called Toco 8. I have used this with great success with many of my clients and highly recommend it.

Creatine- The benefits have been touted a million times before so I won't repeat them. This is one "bodybuilding supplement" that actually does seem to work in the majority of

users and will give you a slight edge in building muscle and gaining strength. Just don't expect any of miracles.

Maca- This is a root vegetable found in Peru which has been shown to increase testosterone production. The recommended dosage for this effect to be seen is three to six tablespoons per day.

Plant Based Recipes

By Michael DeSanti

Anyone who knows me, knows I am an absolute foodie! There is nothing I enjoy more than sharing a meal that is prepared with love with family and friends. I come from an Italian/Middle Eastern American family and there was never a time that good food wasn't stocked in our refrigerator as we were growing up. Later on, I was able to visit the countries of my ancestry and my love for delicious food and recipes only grew. I realized that the most simple meals with fresh ingredients were the best tasting and most nutritious.

Even still, it was shocking to everyone when I began to experiment with a plant based diet. Most people thought that I would never make it past a week. At first, I respected the challenge to not get bored with meals that were absent of any meat or dairy. But to my surprise, it opened my world up more than it restricted it, and helped bring my body to a balance that I had since not achieved. As in life, the beauty is in the simplicity. Health has as much to do with making sure certain things are in your diet as much as it is leaving certain foods out.

I have included some recipes that have become staples in my diet over the years. Some I have come up with and others are family recipes that I have adopted or adapted to fit a plant based lifestyle. My grandmothers, may they rest in peace, are probably turning in their graves at the thought that I am giving away some of their secrets, but it is for a good and healthy cause, so I will not stay too concerned. Again, simplicity. The recipes included are easy or moderate and they do not take hours to prepare and make. They are chosen knowing that modern life is busy and hectic and to make a lifestyle change can be a daunting task. Incorporating some of the recipes below into your diet will not be challenging and will most certainly be a benefit to your health.

It doesn't matter if you're a die hard carnivore or a strict vegan, the fact of the matter is that everyone could use more healthy vegetables in their diet. That's a fact no one can

argue with. Some of you may choose to make these recipes as your main meal and some may choose to have them as a side dish. The decision is entirely yours.

Use organically grown ingredients as much as possible and try to buy produce grown from local farmers. Balancing your body, health and planet is not only within your control, it ultimately, is your responsibility and your gift to yourself and to the world.

Yours in Health,
Michael DeSanti

Lentil Soup

1 onion
3 sticks carrots
3 stalks celery
4 clove garlic
1 lb lentils
8 c organic veg stock
3 scoops of marinara sauce
Flat leaf parsley
Salt and pepper
Crushed red pepper

This is the soup I make the most because it is simple, healthy and has incredible flavors. Heat diced onion in extra virgin olive oil over med heat. Once translucent, add diced carrots and diced celery and garlic and stir together for about 5 mins. Add dry lentils and stir in to coat the lentils with the onion, garlic vegetable flavor, just for 30 seconds or so. Add veg stock, salt, pepper and crushed red pepper if you prefer spice. Bring to a boil and then let simmer for about 40 mins. About 20 mins after simmering, add 2 or 3 scoops of fresh marinara sauce (see below) to the soup. Otherwise you can use crushed tomatoes. If you want to make it more starchy, you can add brown rice or brown rice pasta or quinoa. Top with fresh parsley and serve.

Yellow Split Pea Soup

1 lb yellow split peas
1 onion (diced)
2 clove garlic (diced)
3 celery stalks (diced)
3 carrots (diced)
8 c veg stock
Salt & pepper

This soup is loaded with protein and really sticks to your insides to give you loads of energy. Combine all ingredients into pot, add veg stock, bring to a boil and then lower to a simmer for 45 mins to 1 hour, until peas break down and are creamy.

Roasted Butternut Squash Soup

2 butternut squash
1 onion (quartered)
1 granny smith apple (peeled, quartered and cored)
6 c veg stock
1 c hemp milk or other milk substitute
3 tbl Canola oil
3 tbl Honey or maple syrup
Fresh nutmeg
Fresh sage
pistachios

This soup is an excellent fall dish and makes the house smell incredible. Cut squash in half and scoop out seeds and discard. Combine honey and maple syrup. Brush squash, apple and onion with canola oil and honey/maple syrup. Roast on a baking tray for 1 hour at 425 or until everything browns. Let cool and scoop out squash. Add squash, onion and apple to stock and bring to a boil and then slow simmer for 30 mins. Add salt, pepper and fresh nutmeg. Slowly take small batches of soup and put in food processor

and blend until smooth. Add back to pot and add rice milk for creaminess and simmer another 15 mins. Serve with fresh sage leaves and ground pistachios on top.

Marinara Sauce

2 can crushed tomatoes
1 spanish onion (diced)
4 clove garlic (diced)
Fresh basil
1 lb brown rice pasta
Extra virgin olive oil

This is your basic marinara sauce that can be used in a ton of other dishes. It is great to make and freeze in batches. Heat extra virgin olive oil in a pot over med high heat. Add diced onion and let caramelize. Add garlic when onions become translucent. Once the onions and garlic are browned nicely, add 2 cans crushed tomatoes with a touch of water, salt and pepper and crushed red pepper for spice. Heat about 30 mins and add a handful of fresh basil at the end. Boil brown rice pasta in boiling salt water for 8-10 mins. Pour sauce over pasta and serve. Freeze the leftover sauce and it will keep well in the icebox.

Eggplant and Kale

1 Italian hot pepper
4 clove garlic
1 head kale, (stalks cut out, just leaves)
2 small Chinese eggplant
1 can crushed tomatoes
Olives
1 tblsp capers
Fresh parsley
Extra virgin olive oil
Salt and pepper

This is a dish that I came up with after leaving a farmers market. It was everything that I bought at the market and cooked it all together so it is a great seasonal dish. Slice Chinese eggplant and dice into ½" cubes. Heat extra virgin olive oil, Italian pepper and garlic in frying pan and add eggplant. Cook until brown. Add a handful of Mediterranean olives and capers. Stir together. Add kale leaves, and crushed tomatoes. Bring to a simmer and cook until kale is wilted, about 10 minutes. The olives and capers are salty so only add salt if you need to. Top with fresh parsley. Eat as is or you can put over pasta or brown rice.

Sitto's Hummus

1 can chick peas
1 clove garlic
1.5 tbs of tahini
1 lemon
Olive oil
3 tablespoons ice water
Salt
Cumin or paprika

My family is known for their hummus and this is my grandmothers (Sitto, in Arabic) recipe. In a food processor, put rinsed chickpeas, garlic, juice of lemon, salt together. Turn on food processor and slowly drizzle in olive oil. Just enough to make the blend really start to move. Let the hummus run for about 5 minutes. A trick to make it smooth and creamier is to drizzle some cold ice water into the processor as it is spinning. You will see the hummus start to lighten up and get creamier. Top with either ground cumin or ground paprika. Serve with pita or fresh vegetables

Escarole and Beans (side dish)

1 can cannellini beans
2 heads escarole (leaves only)
3 clove garlic
Salt & pepper
Crushed red pepper
Extra virgin olive oil

This is an excellent source of protein and fiber and can easily be made into a soup by adding vegetable stock. In a skillet, heat extra virgin olive oil and sliced garlic. Add cannellini beans w/ juice and bring to a slow simmer. In another skillet, heat oil and sauté escarole leaves until soft. Add the escarole to the beans and finish cooking together for another 4 minutes. Salt, pepper and crushed red to taste. Top with fresh extra virgin olive oil.

Roasted Root Vegetables

1 sweet potato
1 rutabaga
1 butternut squash
1 red onion (quartered)
1 bulb fennel
4 clove garlic
fresh thyme
fresh rosemary
extra virgin olive oil
salt & pepper

This is a great fall/winter side dish. Cube up all root vegetables, (any will work, these are just some examples above) into 1"x1" cubes, all the same size. Place in a baking dish, drizzle with extra virgin olive oil, smashed garlic, handful of rosemary and thyme, salt and pepper. Place in an oven for 45 mins – 1 hour at 425 and stir frequently so all vegetables cook evenly. Serve hot

Collard Greens

1 bunch collard greens
2-3 clove garlic, roughly chopped
Extra virgin olive oil
Salt
Ground cumin

This is my favorite way to eat greens and it could not be more simple. With a chefs knife, cut the stem off each leaf. Cut leaves into bite size strips. Sauté garlic and oil in frying pan for about 3 mins until garlic starts to brown. Add collard greens and sauté until soft. Remove from heat and add sea salt and a couple dashes of ground cumin.

Brown Rice and Broccoli

2 heads broccoli
4 cloves garlic
1 cup brown rice
Salt & pepper
Extra virgin olive oil
Hot pepper flakes

This makes a great side to have along with dinner to get in grains and greens. Boil rice as usual, 1 cup rice to 2 cup water with pinch of salt. Take broccoli off stalks. Saute extra virgin olive oil and garlic and hot pepper and add broccoli. Add Salt and pepper and cooked covered until tender. Pour broccoli over brown rice.

Yellow Split Peas and String Beans

1 cup yellow split peas
1 bunch string beans
2 clove garlic
Extra virgin olive oil
Salt and pepper

This is quick and simple but makes for a great protein and vegetable combo. Boil split peas in water until tender. Heat extra virgin olive oil and garlic in sauté pan and add string beans. Cook until tender with salt and pepper and pour on top of split peas and serve.

Paper Bag Roasted Red Peppers

7 red peppers
2 cloves garlic
Fresh basil
Fresh parsley
Salt
Extra virgin olive oil

This is an old roasting trick that I learned from my grandmother, (don't worry, the bag won't catch fire). In a brown paper bag from the supermarket, put 7 red peppers inside. Close the top of the bag so the heat doesn't escape. Put the bag in an electric oven for 3 hours at 375 degrees. After 3 hours take the bag out and let cool for about a half hour. With your fingers, gently remove the roasted skin off the peppers and discard, keeping only the flesh of the pepper. Put the roasted peppers in a serving dish and add sliced garlic, fresh parsley and basil and a good drizzle of extra virgin extra virgin olive oil. Salt to taste.

Steamed Kale with Tahini Dressing

1 head curly kale
2 tablespoon tahini
Juice of ½ lemon
¼ teaspoon tamari sauce
½ cup of water

The tahini dressing goes great with the kale, try it on other vegetables as well. Remove the thick lower stems of the kale. Steam on stove top in a steamer for about 5 mins or

until done. While kale is steaming, add tahini, lemon juice and tamari in a small bowl. Stir together with a spoon as you slowly drizzle water in. You can also blend in a blender or food processor. Pour dressing over steamed kale and serve.

Quinoa Salad

1 cup quinoa
1 can pinto beans
½ head of purple cabbage
½ lb of string beans
2 avocados
1 jalapeno
1 yellow bell pepper
5 tbsp Extra virgin olive oil
1 ½ tbsp apple cider vinegar
1 juice of lemon
Fresh cilantro

This salad has it all. It is part hot, part cold, part cooked, part raw. It makes a delicious combination. Boil the quinoa per the package (2 cups water to 1 cup quinoa and pinch of salt). Cut the string beans in 1 inch pieces and steam them for about 4 mins or until done but still a little crispy and then set aside. In a sauté pan, add the diced jalapeno pepper and heat in extra virgin olive oil over medium/high heat for about 2 mins. Do not fry it until brown. Dice the yellow pepper and add to the jalapeno and sauté for about 2 minutes. Slice the cabbage into thin shreds and add to sauté pan. Keep stirring the ingredients around. Once the cabbage has wilted, add the steamed green beans, salt and pepper and heat all ingredients together for 2 minutes. In a large bowl, add quinoa, cabbage mixture, avocados and can of pinto beans after rinsing. Top with extra virgin olive oil, apple cider vinegar, lemon juice and salt and pepper and fresh cilantro.

Mjedherra (lentils with wheat germ and onions)

1 cup brown lentils
1 cup wheat germ, large #4
2 spanish onions, sliced thin
4 cups water
¼ c Extra virgin olive oil
Salt

This is an old family recipe that is a staple in my house all year long. It is a great source of iron. In a stove top pot, add lentils, wheat germ and 4 cups water and 2 pinches of salt. Bring to a boil and then let simmer until water evaporates. In a sauté pan, heat extra virgin olive oil and add onions. Fry until onions are nicely caramelized. Pour lentils and wheat germ into a bowl and top with onions and oil.

*To make this dish gluten free, substitute wheat germ with brown rice

Artichoke Heart and Pea Salad

1 bag frozen peas
½ red onion or half head of red cabbage
2 jars of artichoke hearts, marinated
5 tlbs extra virgin olive oil
2 tlbs white balsamic vinegar
Salt and pepper

This is a simple salad that takes very little time to put together. The simple flavors are what makes it taste great. Thaw frozen peas with running water, drain and add to large bowl. Slice red onion thinly, if you do not like onions then use sliced purple cabbage or both. Drain water from artichoke hearts and add along with extra virgin olive oil, vinegar, salt & pepper and toss together.

Chickpeas with Wheat Germ and Tomato

1 cup wheat germ, #4
2 large onions, sliced thin
1 ½ teaspoons allspice
1 can tomato sauce
1 can chick peas
1 ½ cups of water
2 tablespoons of extra virgin olive oil
Salt and pepper to taste

This is a modified family recipe that originally contains lamb but has been modified to be vegetarian and is just as good. In a sauce pot, heat extra virgin olive oil and add onions and allspice. Cook onions for about 10 minutes or until brown. Add tomato sauce, water and chick peas and salt and pepper. Stir slightly. Cover the pot and cook on medium heat until wheat is tender and liquid is absorbed. About 30 mins. Serve hot with fresh pita bread.

Tabouleh (Parsley Salad)

2 bunches parsley
½ bunch scallions
1 cucumber, peeled and chopped
1 head romaine lettuce
1 tablespoon dried mint or small handful fresh, chopped
½ cup wheat germ, small #1 (soak in ice water for 30 mins)
Diced tomatoes for garnish

Dressing:

4 tablespoons extra virgin olive oil
1 teaspoon salt
½ cup lemon juice

This is a family recipe that was a staple in my house every summer. It is very light and refreshing. Wash and dry parsley, scallions and lettuce. Take handful sized bunches of each and add to a food processor and chop finely. Combine all ingredients in a deep bowl, add wheat germ and toss with dressing. Let chill in refrigerator until cool. Add more dressing if necessary.

*To make gluten free – use quinoa instead of wheat germ

Curried Red Lentil Stew with Chickpeas and Quinoa

1 tablespoon extra virgin olive oil
½ cup of onion, chopped
½ cup of carrot. Chopped
½ cup celery, chopped
3 clove garlic, minced
1 tablespoon fresh ginger, minced
1 tablespoon curry powder
1 cup red lentils
3 cups veg stock
1 can diced tomatoes
Hot pepper flakes
1 can chick peas drained and rinsed
1 cup quinoa (cooked)
Handful fresh cilantro, minced
Salt and pepper to taste

This is in between a soup and a stew and is great both ways. Alter it to make it as spicy or as mild as you like. Heat the oil in a pan and add the onions, carrots and celery. Sauté until tender, about 10-15 mins. Add fresh garlic, ginger and curry and sauté until fragrant, about 1 minute. Add lentils, stock, tomatoes and hot pepper flakes. Bring to a boil and then reduce the heat to simmer until lentils are tender, about 15 minutes. Add chickpeas and quinoa and warm up, about 10 minutes. Salt and pepper to taste, top with cilantro and serve.

Chickpea Soup with Brown Rice and Escarole

3 tablespoons extra virgin olive oil
3 shallots, diced
3 garlic cloves, diced
1 celery stalk, chopped
1 pinch red pepper flakes
4 cups veg broth
1 tablespoon rosemary
2 cups chickpeas, canned
1 cup brown rice
½ cup white wine
2 cups chopped escarole
Salt and pepper to taste

This is a wonderful soup in the winter because it is very filling and aromatic with the rosemary. In a large saucepan, combine extra virgin olive oil, shallots, garlic, celery and red pepper flakes. Cook on medium heat for 4 mins. Add broth, rosemary, chickpeas and brown rice. Cook on medium for 60 mins. Add wine and escarole and cook for 6-7 mins or until escarole is tender. Salt and pepper to taste. Let soup sit for 10 mins to cool and then serve.

Eggplant and Lentil Salad

5 tablespoons extra virgin extra virgin olive oil
1 large eggplant, diced into ¼ inch cubes
1 small red onion
½ teaspoon ground cumin
3 garlic cloves, minced
1 can “ready to eat” lentils
2 tablespoons fresh parsley
1 tablespoon apple cider vinegar
Salt and pepper to taste

This is a great side salad, served hot or cold. Heat 2 tablespoons of extra virgin olive oil in a large frying pan over medium high heat. Add eggplant cubes and cook, stirring constantly for about 5 minutes or until eggplant is soft. Add the diced onions, garlic and cumin and cook for another 3 mins or until onion is soft. Place mixture in a bowl, add can of “ready to eat” lentils, apple cider vinegar, extra virgin olive oil, salt and pepper and mix together. Top with fresh parsley.

Brown Rice Pasta with Peas and Mushrooms

1 lb penne brown rice pasta
½ bag frozen peas
1 lb baby bella mushrooms, sliced
3 cloves garlic, roughly chopped
5 tablespoons extra virgin olive oil
Fresh parsley
Salt and pepper to taste

The brown rice pasta is a great alternative to regular white flour pasta. I usually cook the pasta a little bit under the time that it says on the package to avoid the pasta getting mushy. Bring a pot of salted water to a boil and drop in brown rice pasta. In a sauté pan on medium high heat, heat 2 tablespoons of the extra virgin olive oil and sauté garlic for 3 mins or until garlic is starts to brown. Add mushrooms and sauté until they begin to soften, about 5 mins. Add peas to sauté pan and cook for addition 3 mins. Add salt and pepper. If you want to make it spicy, add crushed hot red pepper as well. Drain the pasta from most of the water, saving a little bit of the starch water to coat pasta. Pour peas and mushrooms on top and add fresh extra virgin olive oil. Top with fresh parsley.

Quinoa Burritos

8 tortilla or spelt wraps
1 cup quinoa
2 avocados, cut in slices
1 head romaine lettuce, shredded
1 can favorite fresh salsa

1 small red onion, diced
1 can pinto beans
1 can black beans
Fresh cilantro

This is a great interactive dinner, especially for families. Put all your ingredients into small bowls and let everyone build their own burritos. Heat the beans either together or separate and boil the quinoa like rice. Put spoonfuls of all ingredients into burrito and fold and close.

My Favorite Shake

8 oz of water
2 scoops [Sun Warrior protein](#) (about 30 grams)
Handful raw cashews
3 fresh dates, pitted
1 banana
2 tablespoons coconut milk
1 teaspoon flax seeds
Dash of cinnamon

I make this shake almost every morning. It is quick and absolutely delicious. Put all ingredients into the blender and pulse until smooth. I suggest cutting the dates up before putting them in so they blend better.

FTC Disclosure

As of December 1st, 2009 the FTC requires that we disclose whenever there could be hidden interests or unspoken biases related to recommendations. As I have already stated I only recommend products that I wholeheartedly recommend and would use myself. However, to cover my ass, please assume that for every link I have placed in this manual I will be getting paid thousands of dollars, flown around the world first class and provided with a lifetime supply of free hookers by the owners of said companies.