

## +EASTER MENU ALTERNATIVES

### ALTERNATIVES TREATS TO EASTER CHOCOLATE

By Mark Hyman, MD

Here are a few alternative treats ideas you can give your kids for Easter instead of the classic chocolate bunny. Fill Easter baskets with these healthy treats to stay with the Daniel Plan through the holidays:

1. **Dark chocolate**—Okay, it's not an alternative strictly speaking but as long as it has 72% cacao or more it's filled with antioxidants and a little is good for you!
2. **Fresh fruit**—Strawberries, apples, pears, and others are a better sweet treat for kids than candy.
3. **Nuts**—Put them inside plastic Easter eggs.
4. **UltraMetabolism Road Mix**—Learn how to make this is a special trail mix I developed to be consistent with the program. Don't choose other versions. Some can be terrible for you
5. **Dates**—They're nature's candy.
6. **Dried fruit**—In small quantities, as a treat it's okay, but don't overdo it. Sugars are concentrated in dried fruit.
7. **Apple sauce cups or squishers**—If you choose this option, you have to make sure you get 100% apples—no sugar and preservatives. The safest option is to make your own at home easily.

Remember, treats don't have to be chocolate. Help your kids realize the deliciousness of whole foods and treat them to a better understanding of their body by doing it.

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### BEST BROWNIE EVER

By Mark Hyman, MD

*This recipe originally appeared in [UltraMetabolism](#).*

Prep Time: 10 minutes

Cook Time: 20 minutes

Serves: 12

#### Ingredients:

- 1 cup raw pecans
- 6 tablespoons walnut oil
- ½ cup agave nectar
- 2 omega 3 eggs
- ½ cup cocoa powder
- ¼ cup arrowroot
- walnut oil (to oil baking dish)

#### Preparation:

1. Preheat oven to 350 degrees.
2. In a food processor, grind pecans until meal consistency. Place in a medium mixing bowl with remaining ingredients.
3. Pour into an oiled 8x8x2 inch baking dish. Bake for 20 minutes or until toothpick comes out clean.

**Nutritional Analysis:** Calories 197, Carbohydrate 17 g, Fiber 2 g, Protein 3 g, Fat 15 g, Cholesterol 35 mg, Sodium 13 mg, Calcium 20 mg, Sugar 12 g

## **+EASTER MENU ALTERNATIVES**

### **CURRIED DEVEILED EGGS WITH CASHEWS**

**By Mark Hyman, MD**

*This recipe originally appeared in [The UltraMetabolism Cookbook](#).*

The addition of curry powder and chopped cashews gives this classic egg dish a new twist.

#### **Ingredients:**

- 4 hard-boiled eggs, peeled and sliced in half
- 2 tablespoons Homemade Mayonnaise (page 258) or organic soy mayonnaise or vegenaïse
- 3/4 teaspoon curry powder
- 1/2 teaspoon rice wine vinegar
- 1/2 teaspoon agave nectar
- 1/4 teaspoon grated fresh ginger
- Pinch kosher salt
- Pinch of freshly ground black pepper
- 1 tablespoon minced scallions
- 8 large raw, unsalted cashews, finely chopped

#### **Preparation:**

1. Remove the yolks from the eggs and place in a small bowl. Add the mayonnaise, curry powder, vinegar, agave nectar, ginger, salt, and pepper and mash with a fork.
2. Stir in the minced scallions. With a small spoon or melon baller, place an equal amount of the yolk mixture into each egg-white half. Sprinkle with the chopped cashews.
3. Serve immediately, or cover with plastic wrap and refrigerate.

**Nutritional Analysis Per 2 halves:** 173 Calories, 14 g Fat, 3.3 g Sat, 220 mg Chol, 0 g Fiber, 7 g Protein, 5 g Carb, 159 mg Sodium

## +EASTER MENU ALTERNATIVES

### DILLED EGG SALAD ON BABY SPINACH

By Mark Hyman, MD

*This recipe originally appeared in [The UltraMetabolism Cookbook](#).*

Serves 2

Serving size: 2 cups

Yield: 4 cups

Prep time: 15 minutes

Cook time: 20 minutes

A wonderful way to enjoy more omega-3 fats.

#### Ingredients:

- › 4 whole omega-3 eggs
- › 2 tablespoons finely chopped scallions
- › 2 tablespoons finely chopped fresh dill
- › 2 tablespoons organic soy mayonnaise or veganaise
- › 2 teaspoons Dijon mustard
- › Pinch kosher salt
- › Dash freshly ground black pepper
- › 3 cups fresh baby spinach, trimmed and washed
- › 1 large red apple, cut into wedges

#### Preparation:

1. Place the eggs in a medium saucepan and cover with cold water. Bring to a boil over medium-high heat.
2. Remove from the heat, cover, and let stand for 15 minutes.
3. Drain the eggs and plunge them into ice water to chill. When cold, peel and coarsely chop.
4. Combine the eggs, scallions, dill, mayonnaise, mustard, salt, and pepper in a medium bowl and toss gently. Arrange the spinach and apple wedges on a salad plate, and top with the egg salad.

**Nutritional Analysis Per 2-cup serving:** 270 Calories, 15 g Fat, 3.6 Sat, 423 mg Chol, 4 g Fiber, 15 g Protein, 19 g Carb, 398 mg Sodium

## **+EASTER MENU ALTERNATIVES**

### **GRILLED ASPARAGUS WITH LEMON ZEST, GARLIC, AND PARSLEY**

**By Mark Hyman, MD**

*This recipe originally appeared in [The UltraMetabolism Cookbook](#).*

Serves 4

Serving size: 1/4 pound

Yield: 1 pound

Prep time: 15 minutes

Cook time: 5 to 10 minutes

Grilled asparagus are best in the spring, when they are in season. This marvelous side dish is further enhanced with a sprinkle of fresh herbs, garlic, and citrus zest.

#### **Ingredients:**

- 2 medium cloves garlic, minced (about 2 teaspoons)
- 2 teaspoons finely minced parsley
- 1 teaspoon grated lemon zest
- 2 tablespoons extra-virgin olive oil
- 1 pound asparagus, trimmed and tough stem ends removed
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper

#### **Preparation:**

1. In a small bowl, combine the minced garlic, parsley, and lemon zest. Brush a grill pan with 1 tablespoon of the extra-virgin olive oil and heat over medium-high heat.
2. Toss the asparagus with the remaining 1 tablespoon extra-virgin olive oil, the salt, and pepper. Grill for about 10 minutes, until golden brown but still crisp-tender. Cook time will vary with the thickness of the asparagus.
3. Transfer to a platter and sprinkle with the garlic, parsley, and lemon zest mixture.

**Nutritional Analysis Per 1/4-pound serving:** 79 Calories, 7.5 g Fat, 1.0 g Sat, 0 mg Chol, 1 g Fiber, 1 g Protein, 3 g Carb, 248 mg Sodium

## **+EASTER MENU ALTERNATIVES**

### **GRILLED VEGETABLES WITH LEMON AND MINT**

**By Mark Hyman, MD**

*This recipe originally appeared in [The UltraMetabolism Cookbook](#).*

Best cooked on an outdoor grill and arranged on a platter, these vegetables are beautiful. Vary the vegetables—try asparagus, thick-sliced onions, large mushroom caps, or halved leeks—using this method to make many delicious combinations.

#### **Ingredients:**

- › 2 baby eggplants
- › 2 red or yellow peppers, cored, seeded, and cut into 3-inch strips
- › 2 small zucchini, ends removed and sliced diagonally into 1/4-inch-thick slices
- › 5 tablespoons extra-virgin olive oil
- › 1/2 teaspoon kosher salt
- › 1/2 teaspoon freshly ground black pepper
- › 1 teaspoon minced garlic (1 medium clove)
- › 2 tablespoons fresh lemon juice
- › 2 tablespoons chopped mint

#### **Preparation:**

1. Remove the ends from the eggplants. Slice lengthwise into 1/4-inch-thick slices.
2. Trim the outside rounded sides of the eggplants so that they lie flat. Line a plate with paper towels and stack the eggplant slices on the plate, putting a paper towel between each layer. Cover the eggplant with another plate and weigh it down with a large, heavy can. Let the eggplant rest for 20 to 30 minutes to drain. Rinse and dry the eggplant.
3. Brush the vegetables with 2 tablespoons of the extra-virgin olive oil and sprinkle with 1/4 teaspoon of the salt and 1/4 teaspoon of the black pepper. Heat an outdoor grill or an indoor grill pan to medium-high.
4. If using an indoor grill pan, use 2 tablespoons of the extra-virgin olive oil to brush the pan as needed. If using an outdoor grill, use the 2 tablespoons extra-virgin olive oil to brush the vegetables as they cook.
5. Grill the vegetables for 3 to 6 minutes on each side, until brown and softened. The peppers will take longer to cook. Transfer the grilled vegetables to a platter.
6. Combine the remaining 1 tablespoon of extra-virgin olive oil, the garlic, lemon juice, and remaining 1/4 teaspoon salt and 1/4 teaspoon black pepper. Pour over the vegetables and sprinkle with the mint.
7. Serve immediately, or for a more intense flavor allow the vegetables to marinate in the lemon dressing at room temperature for an hour or more.

**Nutritional Analysis Per serving:** 143 Calories, 12 g Fat, 1. 7 g Sat, 0 mg Chol, 4 g Fiber, 1. 8 g Protein, 9 g Carb, 167 mg Sodium

## **+EASTER MENU ALTERNATIVES**

### **HERBED RACK OF LAMB WITH ROASTED GARLIC AND SHALLOTS**

**By Mark Hyman, MD**

*This recipe originally appeared in [The UltraMetabolism Cookbook](#).*

Serves 4

Serving size: 4 (1-ounce) chops

Yield: 16 chops

Prep time: 10 minutes plus 1 hour marinating time

Cook time: 20 minutes

This elegant, special-occasion entrée is quick and easy to prepare; just allow enough time to marinate the meat. The tiny chops are flavorful with herbs and garlic, tender and juicy when cooked to just pink in the center. For a colorful presentation, garnish with watercress.

#### **Ingredients:**

- 2 (1- to 1 1/4-pound) racks of lamb, trimmed and frenched (about 8 ribs each)
- 1 tablespoon minced garlic (about 3 medium cloves)
- 1 tablespoon minced mint leaves
- 1 tablespoon minced parsley
- 1 tablespoon minced rosemary
- 1 teaspoon minced thyme
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 3 tablespoons extra-virgin olive oil
- 2 cups watercress, tough stems removed, for garnish

#### **Preparation:**

1. Place the lamb in a shallow dish. Combine the garlic, mint, parsley, rosemary, thyme, salt, pepper, and 2 tablespoons of extra-virgin olive oil. Spread evenly over the meaty surface of the lamb. Let stand at room temperature for up to 1 hour. If marinating for longer than 1 hour, place the rack of lamb in the refrigerator. Preheat the oven to 425 degrees F.
2. Heat the remaining 1 tablespoon of extra-virgin olive oil in a large ovenproof skillet over medium-high heat. Add the lamb, meat side down. Sear for 2 minutes until brown. Turn the lamb rack over so that the meaty surface is facing up. Place the skillet in the oven and cook for about 18 minutes for medium rare, or until a meat thermometer inserted into the center reads about 125 degrees F.
3. Let the lamb rest for about 10 to 15 minutes before carving. The internal temperature will rise to about 130 degrees F.
4. Slice the lamb into single or double chops, depending on your preference. Serve with Roasted Garlic and Shallots.

**Nutritional Analysis Per 4-chop serving:** 446 Calories, 31 g Fat, 6.6 g Sat, 70 mg Chol, 0 g Fiber, 24 g Protein, 18 g Carb, 328 mg Sodium

## +EASTER MENU ALTERNATIVES

### SALMON WITH HONEY-CORIANDER GLAZE

**Ingredients:**

- 1 tablespoon whole coriander seeds
- 1/4 cup honey
- 5 tablespoons soy sauce
- 2 teaspoons fresh lemon juice
- 4 salmon fillets (5 ounces each), skinned
- 2 teaspoons vegetable oil



**Preparation:**

1. Toast the coriander seeds in a dry, large nonstick skillet over medium- high heat, stirring constantly, until golden, about 3 minutes. Remove from heat; let cool. Grind seeds in a spice grinder or crush with a mortar and pestle until coarsely ground; reserve skillet.
2. Make glaze: Stir together crushed coriander seeds, honey, soy sauce, and lemon juice in a small bowl until combined.
3. Lightly brush the top of each salmon fillet with glaze; reserve remainder. Heat oil in the nonstick skillet over medium heat until hot but not smoking. Cook salmon fillets, glazed sides down, 1 minute; reduce heat to medium-low, and cook 2 minutes more. Turn fillets over, and cook 3 minutes for medium-rare (salmon will be slightly pink in the middle), or longer if desired. Transfer to a plate; loosely cover with foil to keep warm.
4. Pour remaining glaze into skillet; bring to a boil over medium heat. Cook until glaze has thickened to the consistency of syrup, about 1 minute. Serve salmon with glaze on the side.

<http://www.marthastewart.com/261058/salmon-with-honey-coriander-glaze?czone=food/fish-and-shellfish/fish-varieties>



## **+EASTER MENU ALTERNATIVES**

### **SAVORY LUBIAN ROSE (LAMB) STEW**

**By Tana Amen**

(v, gf adaptable)

**By Tana Amen**

I love the versatility of this recipe. Whether you are a carnivore or a vegetarian, you can adapt this recipe to fit your needs. It is simple, tasty, and nutritious.

#### **Ingredients:**

- 1/2 cup brown rice- Optional: substitute rice with barley... or skip it all together!
- 1 Tbsp refined coconut oil or grape seed oil
- 1/4 tsp salt
- 1/4 tsp pepper
- 1/2 tsp cinnamon
- 12 oz. lean, grass fed, antibiotic/ hormone free lamb, chopped into bite size pieces
- 1/2 small onion
- 1- 28 oz can diced tomatoes (fresh if you have time)
- 1/4 tsp pepper
- 2 Cups fresh green beans
- Optional: 2 Tbsp pine nuts

#### **Preparation:**

1. Place rice in 1 Cup boiling water. Add salt, pepper and cinnamon. Cook according to time on package, approximately 20 minutes.
2. Heat oil in medium large pan over medium heat. Add onion and saute for one minute.
3. Add lamb and cook until meat is lightly browned on all sides, about 5-7 minutes. Turn regularly.
4. Add tomatoes and pepper. Lower heat, cover and simmer for 15 minutes.
5. Add green beans and simmer for another 5 minutes.
6. Place rice on serving platter and serve lamb and tomato mixture over the top. Sprinkle with pine nuts if desired. Serve with a green salad.

\*\* Vegetarians may substitute lamb with Tempeh, or personally no meat. Try topping it with a few extra pine nuts.

\*\* For the "Paleo," grain-free version of this meal, skip the rice and just eat the lamb and veggies with the pine nuts.

<http://store.amenclinics.com/cds/get-healthy-with-the-brain-doctor-s-wife-a-cookbook-and-coaching-guide-to-be-thinner-smarter-and-happier-cd-rom>

## **+EASTER MENU ALTERNATIVES**

### **ULTRAMETABOLISM ROAD MIX**

**By Mark Hyman, MD**

Serving Size: ½ cup

**Ingredients:**

- ½ cup dried wild blueberries
- 1 cup cocoa nibs
- 1 cup raw almonds
- 1 cup raw cashews
- 1 cup raw walnuts
- 1 cup raw, hulled pumpkin seeds
- 1 cup raw, hulled sunflower seeds

**Preparation:**

1. In a medium mixing bowl, add all ingredients. Store in a covered jar and keep in a cool, dark place.

Chef Tip: Cocoa nibs are simply roasted cocoa beans separated from their husks and broken in to small bits. The nibs can be used in recipes or as a stand alone snack when nothing but chocolate will satisfy your taste buds.

**Nutritional Analysis Per Serving:** Calories 300, Carbohydrate 23g, Fiber 10g, Protein 13g, Fat 24/5g, Cholesterol 0 mg, Sodium 54 mg, Calcium 70 mg