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# METABOLISM RESET DIET

Challenge Recipes



integrativehealth

A FRESH APPROACH TO LIVING WELL

# METABOLISM RESET DIET

## Challenge Recipes

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# RESET RECIPES



## ESTROGEN REST RECIPE

### Wild Caught Pan Seared Cod

*with Roasted Garlic & Chive Mashed Turnips & Steamed Veggies*

#### Ingredients:

- One 3 oz fillet of wild caught cod
- 2 cloves of roasted garlic
- Salt & Pepper to taste
- 1 lemon
- 3 large turnips
- Fresh chives
- 1 tablespoons of avocado oil
- ½ cup of broccoli
- ½ cup of cauliflower







### **For the Cod:**

Pat cod dry with paper towels; sprinkle with salt and pepper. In a large nonstick skillet, heat 1 tablespoon avocado oil over medium-high heat. Brown fillets lightly on both sides; remove from pan and add fresh squeeze lemon. Reserve pan drippings

### **For the Mashed Turnips:**

Place the turnips and the garlic in a saucepan with a tight-fitting lid.

1. Add water to fill about halfway, cover, and place over medium-high heat.
2. Bring to a boil, turn down the burner, and simmer until soft (about 15 minutes).
3. Drain the turnips and garlic.
4. Using a potato masher, mash the turnips and garlic together.
5. Stir in salt, pepper and mix well.
6. Just before serving, stir in the chives.

### **For The Veggies:**

In the same pan that you cooked the cod add broccoli and cauliflower turn on a high heat and lightly steam with 1-2 tablespoons of water.



## THYROID RESISTANCE RECIPE

### Pumpkin Chicken Curry

#### Ingredients:

- 1 cup brown rice
- 1 pound of chicken breast
- 2 teaspoons of curry powder
- 2 cloves of minced garlic
- $\frac{3}{4}$  cup of pumpkin puree
- $\frac{1}{4}$  cup chicken stock
- $\frac{1}{2}$  tablespoons of avocado oil
- $\frac{1}{4}$  teaspoons of Chinese 5 spice
- 2 Brazil nuts
- Chopped flat leaf parsley



#### Directions:

1. Cook rice according to package
2. Lightly season the chicken with salt, pepper and 1 teaspoon of curry powder. Sautee chicken in a non stick pan with  $\frac{1}{2}$  of a teaspoon of avocado oil for 5-6 minutes, add garlic and cook for 1 minute, until chicken is no longer pink.
3. Stir in pumpkin, broth, 5 spice and remaining curry powder. Bring to a boil, then reduce heat and let simmer uncovered for 5 minutes.
4. Top rice with chicken curry, Brazil nuts and parsley.

**Macros:** 25g protein; 13.6g fat; 22.6g carbs



# FAT BURNING GENE RECIPE

## Moroccan Chicken

*with Olives, Mushrooms and Spiced Carrots*

### Ingredients:

- 4 cloves of minced garlic
- ½ teaspoon minced ginger
- 1 teaspoon sweet paprika
- ½ teaspoon of ground cumin
- ½ Teaspoon Turmeric
- Salt & pepper to taste
- 4 chicken breast
- 1 tablespoon avocado oil
- 2 medium onions, thinly sliced
- 1 whole cinnamon stick
- 13 olives (of your choice)
- 1 cup of chicken stock
- 1 juiced lemon
- Chopped flat leaf parsley



### Directions:

1. Season chicken with paprika, cumin, turmeric, ginger and salt & pepper.
2. Heat oil in a pan, brown chicken on both sides, remove from pan and set aside.
3. Add onions to the same pan and cook on medium heat for about 10 minutes.
4. Add chicken back to pan with the onions.
5. Add chicken stock, cinnamon stick, olives and lemon juice.
6. Cover and let simmer for 20-30 minutes.
7. Garnish with parsley & serve





# CORTISOL SLOPE RECIPE

## Beef & Barley Stew

### Ingredients:

- 1 ½ pounds of sirloin tip cut into cubes
- 2 -3 cloves of minced garlic
- 1 tablespoon of tomato paste
- 1 teaspoon of dried thyme
- 1 teaspoon dried oregano
- 1 tablespoon of avocado oil
- 2 cups of fresh spinach
- 1 tablespoon avocado oil
- 1 large onion, diced
- 1 large carrot, diced
- 2 bay leaves
- 3 cups of beef stock
- ½ cup quick barley
- Chopped flat leaf parsley



### Directions:

1. Add avocado oil to Dutch oven and brown meat on all sides, remove meat and set aside.
2. Add onion and carrots, cook for 5 minutes
3. Add garlic, spinach, herbs, tomato paste. Cook for another minute.
4. Return the beef to pot. Add beef stock and bay leaf. Stir to incorporate.
5. Cook on stove on low heat for 1 hour
6. In a medium pot, add barley and water. Cook on a medium heat for 10 minutes, drain and add to stew.



## APNEA RECIPE

### Spiced Chicken Skewers

*with Herb Sauce*

#### For the Herb Sauce:

- ½ cup of fresh cilantro
- ½ cup of fresh mint
- ¼ teaspoon ground cumin
- ½ teaspoon of ground ginger
- ½ teaspoon salt
- 1 ½ teaspoons of honey
- ½ cup of avocado oil

#### Directions:

1. Add all ingredients to blender and blend until all ingredients are combined.

#### For the Chicken Skewers:

- 1 tablespoon Hungarian paprika
- 1 ½ teaspoon of ground cumin
- ½ teaspoon of ground ginger
- ½ teaspoon of ground cinnamon
- 1 teaspoon of Stevia
- ½ teaspoon of salt
- ½ teaspoon of cayenne pepper

#### Directions:

1. Cut chicken into 1 inch cubes. Season chicken with paprika, cumin, ginger, cinnamon, Stevia, salt & cayenne pepper. Let marinate in seasoning for at least 20 minutes, but up to 1 day.
2. Skewer chicken and grill for about 15 minutes, continuously turning. (You can't turn too many times.)



## SARCOPENIA RECIPE

### Filipino Mung Bean Stew

*with Shrimp & Spinach*

#### Ingredients:

- 1 cup of dried green/black Mung beans
- 1 tablespoon of avocado oil
- 1 small onion- diced
- ½ teaspoon of ground ginger
- 3 cloves of minced garlic
- ½ cup of diced tomatoes
- 5 cups of veggie stock
- 2 tablespoons of fish sauce
- 1 pound of shrimp, shelled and deveined
- 2-4 cups of spinach



#### Directions:

1. In a large pot, add avocado oil and onions. Saute for 5 minutes until onions are translucent.
2. Stir in garlic and cook for one minute. Add tomatoes, Mung beans and veggie stock. Stir and bring pot a boil.
3. Turn heat to low and cover your pot for about an hour, occasionally stirring. If the stew seems too thick, add water.
4. Add shrimp and fish sauce to the pot and cook for 10 minutes. Stir in spinach, serve and eat.



## SKINNY FLORA RECIPE

### Chicken Bangers & Mash

#### Ingredients:

- 4 chicken sausage links (turkey sausage may be a substitute)
- 1 tablespoon of avocado oil
- 1 medium onion, sliced thin
- 3 cloves of minced garlic
- 3 tablespoons of GF rolled oats
- 2 cups of chicken stock
- 1 pound of red potatoes
- 1 cup of sweet peas

#### Directions for Sausage & Gravy:

1. Heat avocado oil in a large skillet and brown sausages on both sides, transfer to a baking dish. Add a ½ cup of water and bake in oven at 350 for 20 minutes.
2. In the same pan you browned your sausage, add onions and cook for 5 minutes. (You want them to brown). Add garlic and cook for 1 minute.
3. Add rolled oat “flour,” stir
4. Slowly stir in chicken stock and let simmer
5. Season with salt and pepper to taste
6. Serve on top of mashed potatoes, steamed peas and sauerkraut.

*Macros: 25g protein; 13.6g fat; 22.6g carbs*





## SHOPPING GUIDE







## Cooking Oils and Liquids

- Avocado Oil
- Chicken Stock
- Beef Stock
- Vegetable Stock
- Fish Sauce



## Fruits and Vegetables

- 5 Onions (3 Medium, 1 Large, 1 Small)
- 1 lb Red Potatoes
- 2 Lemons
- 1 package Fresh Spinach
- 1 Large Carrot
- 3 Large Turnips
- 1 Head Broccoli
- 1 Head Cauliflower
- 1 cup Sweet Peas



## Condiments, Herbs and Spices

- 2 bunches Fresh Flat Leaf Parsley
- 1 stalk Fresh Cilantro
- 1 package Fresh Mint
- 1 stalk Fresh Ginger
- 1 bunch Chives
- 18 cloves Garlic
- 1 stick Cinnamon
- Ground Ginger
- Ground Cumin
- Ground Turmeric
- Ground Cinnamon
- Ground Cayenne Pepper
- Dried Thyme
- Dried Oregano
- Curry Powder
- Chinese 5 Spice
- Bay Leaves
- Paprika (Sweet and Hungarian)
- Stevia
- Salt (Regular)
- Pepper
- Honey



## Nuts and Grains

- 2 tbsp Ground Flax Seed
- 3 tbsp Gluten-Free Rolled Oats
- 1 package Brown Rice
- 1 package Quick Barley
- 2 Brazil Nuts



## Protein

- 1 filet Wild-Caught Cod
- 8 Chicken Breasts
- 1 ½ lb Sirloin Tip (in cubes)
- 1 lb Shrimp (shelled and deveined)
- 4 Chicken (or Turkey) Sausage Links



## Dry Goods

- 1 can Pumpkin Puree
- 1 can Tomato Paste
- 1 can Diced Tomatoes
- 1 jar Olives
- 1 cup Dried Green/Black Mung Beans

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