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*the* **7-DAY MRD**  
**CHALLENGE RECIPE**  
**& SHOPPING GUIDE**

Shakes, Dinners, Snacks and More



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# Dinners





Turkey Tacos  
in Lettuce Wraps

# Turkey Tacos in Lettuce Wraps

## Ingredients

- 1 lb ground turkey
- 2 tbsp olive oil
- 1 small onion, chopped
- 1/4 tps of black pepper
- 1/2 tsp of garlic powder
- 1/4 tsp of chili powder
- Red pepper chili flakes to taste
- One 15 oz can of rinsed, unsalted black beans
- Handful of chopped cilantro
- 10-12 chilled lettuce cups, romaine or iceberg
- Chopped tomatoes for garnish
- Chopped green onion for garnish
- Lime wedges for garnish
- For dinner add more RS. For example, another 15 oz can of black beans

## Directions

1. Pour olive oil in pan on medium heat.
2. Once heated, add turkey meat and chopped onion. Season with pepper, garlic, chili powder and pepper flakes (if desired).
3. Sauté until turkey meat is fully cooked. Add cilantro and beans to turkey mixture. Remove from heat.
4. Fill prepared lettuce cups with turkey and bean mixture. Garnish with tomato, green onion and lime.
5. Enjoy!

*Serves 4*

*(1 serving = 3 taco wraps)*



Bring 'em to the  
Table Pulled Pork

# Bring 'em to the Table Pulled Pork

## Ingredients

- 2 lb pork roast
- 1 can of green chili
- 1 small onion, sliced
- 3 peeled tomatoes
- Pepper, to taste
- Garlic powder, to taste
- Chili powder, to taste
- Optional: Brown rice tortillas, one per serving

## Garnish

- Chopped tomato
- Cilantro, chopped
- Green onion

## Directions

1. Place all ingredients in a crock-pot, set on low and cook for 7 hours.
2. After 7 hours, shred pork.
3. Serve in gluten free, brown rice tortillas with garnish.
4. Enjoy!

**Serves 8**



# The Great Steak Bowl

## Ingredients

- 1 lb grass fed steak
- 2 cups cooked brown rice
- 1 1/2 tbsp olive oil
- 1 clove garlic
- 1/2 tsp ground cumin
- 1 medium lime
- 1 cup cooked, rinsed black beans

## Toppings

- Chopped fresh cilantro
- Salsa
- Chopped tomato
- Chopped onion

## Directions

1. To make the steak marinade, mince the garlic and combine it in a bowl with the olive oil, cumin and the juice from half of the lime (1-2 Tbsp juice). Add the marinade and steak to a zip top bag or shallow dish, make sure the steak is well coated in the marinade, and refrigerate it for about 30 minutes.
2. Cook steak on medium heat grill or skillet for three minutes on each side (depending on thickness). Remove from heat.
3. Assemble bowl by placing a 1/2 cup of the cooked rice on the bottom. Top with 1/4 black beans, steak and any toppings desired.
4. Enjoy!

*Serves 4*



Clean, Mean  
Shepherd Pie

# Clean, Mean Shepherd Pie

## Ingredients

- 1 1/2 pounds ground turkey meat
- 1 tbsp olive oil
- 1-2 cloves garlic, chopped
- 1 large shallot, chopped
- 1 large white onion, chopped
- 2 cups sliced carrots, sliced
- 1/4 cup celery, sliced
- 1 large zucchini, cubed
- 5 cups cooked, mashed sweet potatoes (or yukon gold potatoes or any white potatoes)
- 1/2 tsp dried thyme
- 2 tbs dried basil
- 1 tsp sage
- 1/2 tsp marjoram

## Directions

1. Sauté the garlic, shallot and onions together in the oil.
2. When the onions are translucent, add in the turkey meat, carrots, celery, zucchini and spices. Continue to cook until the veggies are cooked most of the way. They don't have to be completely cooked because they will bake more in the oven. Just a bit tender is good.
3. When that is finished cooking, transfer everything to a 9x13 casserole dish.
4. Smooth the potatoes over the meat in the casserole dish. Drag a fork lightly across the top to "rough up" the surface a bit for baking.
5. Bake at 350 F for approximately 30 minutes or until it's nice and bubbly.
6. Cut into 6 sections and allow to cool a bit before serving.
7. Enjoy!

Serves 6

# Stuffed Bell Peppers

## Ingredients

- 4 large red bell peppers
- 1 lb lean, ground turkey
- 3 cups cooked brown rice
- 1 small red onion, chopped
- 1 tbsp garlic powder
- 1 tbsp onion powder
- 1 tbsp ground cumin
- 2 tsp chili powder
- 1 tbsp olive oil
- Fresh cilantro for garnish
- Chopped green onion for garnish

## Directions

1. Cut the tops off your bell peppers, remove the stems and chop up the lids. Set aside.
2. Sauté the onions first with the olive oil, then add the turkey in a skillet and cook until just browned. Add the spices, chopped pepper tops and continue cooking until the meat is finished. Remove from heat and add the cooked rice to the meat and veggie mixture.
3. Stuff the peppers tightly with the meat and rice filling.
4. Bake at 350 F for approximately 30 minutes. These taste best if the peppers are not overcooked. They should still be slightly firm when done.
5. Cut pepper in half, sprinkle with fresh, chopped cilantro and green onion and serve. Makes 4 bell peppers.

Serves 4

# Fresh Chicken Bruschetta

## Ingredients

- 1 lb chicken breast, thinly sliced length wise
- 2 cups of Italian tomatoes cut into fine cubes
- 1 onion, cut into fine cubes
- 1/3 cup fresh basil leaves, thinly sliced
- 2 tsp garlic, minced
- 3 tbsp extra virgin olive oil
- Freshly ground pepper to taste

## Directions

1. Preheat your oven to 350 F.
2. In a medium sized bowl, combine the tomatoes, onions, basil, garlic and olive oil. Season with freshly ground pepper to taste
3. Combine everything well together and set aside for at least 15 minutes.
4. While waiting for the bruschetta to set in, season the chicken with your favorite spices. Grill the slices of chicken until well done and let them cool.
5. Once the chicken is cool, cut the slices in equal bite-size pieces and top each piece with a generous portion of the bruschetta mixture. Place the loaded chicken slices on an oven pan.
6. Place the oven pan in the oven or back on the BBQ for 8-10 minutes
7. Remove from heat and enjoy!

*Makes 4 servings*



White Chicken Chili

# White Chicken Chili

## Ingredients

- 1 tbsp olive oil
- 3 skinless, boneless chicken breast halves
- 1 large onion, chopped
- 2 cloves garlic, minced
- 5 1/4 cups chicken broth
- 3 (15 oz) cans cannellini (white kidney) beans, rinsed and drained
- 2 (4 oz) cans chopped green chilies
- 1 tablespoon dried oregano
- 1 teaspoon ground cumin
- 2 pinches cayenne pepper, or to taste
- 1/4 cup chopped fresh cilantro, or to taste

## Directions

1. Heat olive oil in a Dutch oven over medium heat. Cook chicken, onion, and garlic in hot oil until the chicken is browned completely, 3 to 5 minutes per side.
2. Remove the chicken to a cutting board, cut into 1-inch pieces, and return to the Dutch oven; add chicken broth, cannellini, green chilies, oregano, cumin, and cayenne pepper. Bring the mixture to a simmer and cook until the chicken is cooked through, 30 to 45 minutes.
3. Divide cilantro among 4 bowls. Ladle chili over cilantro.
4. Enjoy!



Mushroom  
and Bean Soup



# Mushroom and Bean Soup

## Ingredients

- 16 oz mushrooms, halved or quartered
- 2 large sweet onions, quartered
- 3 garlic cloves, slightly crushed
- 1-2 tbsp olive oil
- 1 1/2 tsp pepper, divided
- 8-10 fresh sage leaves
- 8-10 stems + 1 tablespoon leaves fresh thyme, divided
- 48 oz chicken broth (vegetable broth for a vegetarian version)
- 3 - 15 oz. cans white beans, not drained (I prefer cannellini beans)
- Additional pepper for seasoning
- Add protein servings for full meal

## Directions

1. Preheat oven to 450 F.
2. Toss mushrooms, garlic and onion in olive oil and 1 tsp pepper. Spread on baking sheet. Add sage leaves and stems of thyme.
3. Roast in 450 F oven for 10 minutes, toss and roast for an additional 15 minutes.
4. While vegetables are roasting, add broth, beans, 1/2 tsp pepper and 1 tbsp fresh thyme leaves to a large stockpot over medium heat and simmer.
5. When vegetables are done roasting, let cool slightly. Separate mushrooms from other roasted vegetables (if not already separated).
6. Retrieve 2 cups of the white beans and 1 cup of broth from the stockpot. Add to blender along with the roasted onions, garlic and herbs. Blend when done to the consistency desired.
7. Add pureed bean mixture back to stockpot, whisking in until smooth. Add roasted mushrooms to soup. Pepper to taste.
8. Warm over low heat until ready to serve.

Serves 6

# Sweet Potato and Chicken Soup

## Ingredients

- 1 and 1/2 pounds boneless skinless chicken breasts
- 4 cups (approximately 2-3 large) sweet potatoes
- 1-½ cup (approximately 1 can) of black beans
- 1 can (14.5 oz) petite-diced tomatoes
- 1 teaspoon minced garlic
- 1 packet (1.25 oz) chili seasoning mix
- 5 cups organic chicken broth (or more to desired consistency)
- Optional: Fresh parsley

## Directions

1. Spray the slow cooker with nonstick spray. Remove the fat from the chicken breasts and put them into the slow cooker.
2. Remove the skins and chop the sweet potatoes into cubes adding them into the slow cooker.
3. Drain and rinse the black beans and add those in. Add in the undrained petite diced tomatoes, minced garlic, chili seasoning mix, and chicken broth.
4. Place on high for 3-5 hours (It took 4 hours on high for my crockpot.)
5. Using two forks shred the chicken and stir all the ingredients together.
6. Add salt and pepper and if desired fresh parsley.
7. Serve immediately.

Serves 6

# Shakes



# Shake Guidelines

You have two options for shakes to use during the Metabolism Reset Challenge.

## Option No. 1: Dr Christianson's Daily Reset Shake

One and done. Nothing to mix or add to it. Has 20+ grams of protein, 12,000 mg resistant starch, healthy fats, and delicious taste already built in. Just add water and shake.

## Option No. 2: DIY Shake

If you are not able to get Dr. Christianson's Daily Reset in your area, build your own using the following ingredients:

### **PROTEIN:**

20+ grams per serving (pea protein= best), no artificial ingredients, no refined sugar. Avoid whey or casein because they may slow thyroid function due to their iodine content.

### **RESISTANT STARCH:**

- 1/4 cup green banana flour - OR
- 1/2 organic ripe banana (with peel) - OR
- 1/4 cup white beans.

*\* These all contain only 1500-6000 mg of RS, whereas Dr. C's Daily Reset Shake has 12,000 mg, but that's impossible to achieve with food alone*

### **SEEDS (for healthy fats):**

- 1/2 - 1 tbs: sunflower, flax, chia, hemp, sesame

### **NATURAL FLAVORINGS (optional):**

- Stevia, Lo han, xylitol, cinnamon, ginger, natural extracts (ie: vanilla)

*\*Use water or flax milk as your liquid. Because this is the protocol we used in the clinical trial.*



Pumpkin Shake

# Pumpkin Shake

## Ingredients

- 12 oz water or unsweetened flax milk
- 1/2 cup canned pumpkin (only ingredient should be pumpkin)
- 2 servings of Dr. C's Daily Reset Shake
- 1/2 tsp cinnamon
- 1/4 tsp pumpkin pie spice
- 1/2 tsp pure vanilla extract
- Stevia or Lo han fruit extract added to taste
- A few ice cubes

## Directions

1. If you like a thinner smoothie, add water to desired consistency.
2. Blend all ingredients together & enjoy!

*Makes 2 servings*



# Caramel Smoothie

## Ingredients

- 2 scoops Dr. Christianson's Daily Reset Shake
- 2 - 2 1/2 cups water
- 2 tsp of caramel extract

## Directions

1. Add 1/2 cup ice and blend to give it a smoothie texture

*Makes 1 servings*



## Minty Vanilla Smoothie



# Minty Vanilla Smoothie

## Ingredients

- 2 scoops Dr. Christianson's Daily Reset Shake
- 2 tbsp fresh mint leaves
- 1 cup spinach
- 2 cups of water or unsweetened flax milk

## Directions

1. For thinner consistency, add water
2. Blend ingredients and enjoy!

*Makes 1 serving*





# Vanilla Hazelnut Smoothie

# Vanilla Hazelnut Smoothie

## Ingredients

- 2 scoops Dr. Christianson's Daily Reset Shake
- 1 tsp hazelnut extract
- Ice
- 2 cups of water or flax milk

## Directions

1. Blend ingredients and enjoy!

*Makes 1 serving*

# Vanilla Chai Smoothie

## Ingredients

- 2 scoops Dr. Christianson's Daily Reset Shake
- 1/4 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1/8 tsp ground cardamom
- 1/8 tsp ground cloves
- 2 cups of water or unsweetened flax milk
- Ice

## Directions

1. If you prefer an intense, spicy chai flavor, double the amount of each spice.
2. Blend all ingredients and enjoy!

*Makes 1 serving*



Orange Spice  
Delight Smoothie

# Orange Spice Delight Smoothie

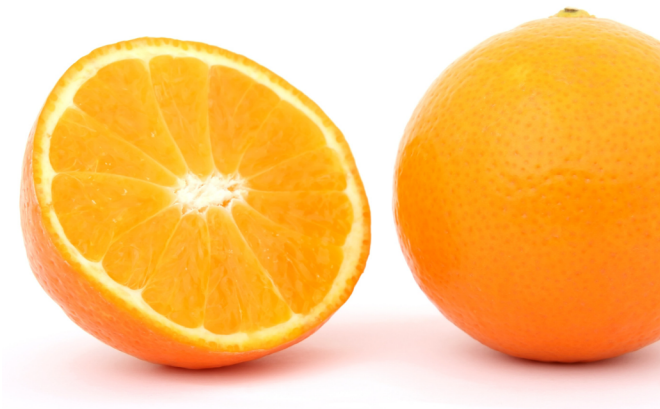
## Ingredients

- 2 scoops Dr. Christianson's Daily Reset Shake
- 1-2 tsp orange extract (to taste)
- 1/4 tsp cinnamon
- 1/8 tsp ground clove
- 2 cups of water or unsweetened flax milk
- Ice

## Directions

1. Blend all ingredients and enjoy!

*Makes 1 serving*





# Spice Apple Pie Smoothie

# Spice Apple Pie Smoothie

## Ingredients

- 2 scoops Dr. Christianson's Daily Reset Shake
- 2 - 2 1/2 cups water
- 1/2 apple, remove seeds
- Sprinkle pumpkin pie spice to taste

## Directions

1. Add 1/2 cup ice and blend to give it a smoothie texture
2. Optional: add a side of green (Either 1/2 cup frozen spinach or 1 cup fresh spinach)

*Makes 1 serving*





# Orange Creamsicle

## Ingredients

- 2 scoops Dr. Christianson's Daily Reset Shake
- Orange extract to taste
- 2 cups of water or unsweetened flax milk
- Ice

## Directions

1. Blend all ingredients and enjoy!

*Makes 1 serving*



# Mug 'O Hot Chocolate

This is a great alternative to the sugar loaded hot chocolate that the kids will love too!

## Ingredients

- 2 cups water heated to 110 F
- 2 scoops Dr. Christianson's Daily Reset Shake
- 1 teaspoon of roasted carob powder

## Directions

1. Blend 1 minute or until smooth and frothy
2. Serve in large mug.

*Makes 1 serving*



# Chocolate Brownie Smoothie

## Ingredients

- 2 scoops Dr. Christianson's Daily Reset Shake
- 2 - 2 1/2 cups water
- 1 teaspoon of roasted carob powder
- 1 cup ice

## Directions

1. Blend and enjoy!
2. Optional: 1/2 cup frozen spinach or 1 cup fresh spinach

*Makes 1 serving*

# Unlimited Snacks



# Simple Roasted Veggies

## Ingredients

- 1 small bag of baby tomatoes
- 1 diced onion
- 2-3 cloves of garlic
- 1 pound of summer squash

## Directions

1. Place veggies on a baking pan. Lightly spray with avocado oil.
2. Bake at 400 F for 15 minutes. When 15 minutes is up, flip veggies and bake for another 10 minutes.
3. Remove from oven
4. Enjoy!

*Makes 4 servings*

# Snap Peas with Mint

## Ingredients

- 1 lb trimmed snap peas
- Pepper to taste
- Handful of fresh mint, thinly sliced

## Directions

1. In a 12-inch skillet, bring 1 cup of water to a boil over high heat.
2. Add 1 pound of trimmed snap peas. Cover and cook until bright green, about 2 minutes.
3. Remove the lid and reduce the heat to medium. Continue cooking, tossing occasionally, until the peas are crisp-tender and the water has evaporated, 2 to 4 minutes.
4. Remove from the heat and toss with 1/2 cup packed, thinly sliced fresh mint leaves.



# Veggie Thai Soup

# Veggie Thai Soup

## Ingredients

- Red and yellow peppers, 4 total
- 1 onion
- 3-6 carrots
- 4-5 celery stalks
- 4 cups vegetable or chicken stock
- Turmeric root/powder
- Chili powder
- 1-2 limes (use pith & the juice)
- Salt pepper
- 2 tsp olive oil
- Fresh cilantro
- Water

## Directions

1. In a large pot heat up 2 tsp olive oil and sauté onions 3- 5 minutes or until translucent. Stir often.
2. While that's cooking, cut carrots and celery. Add carrots celery and peppers to the pot and sauté for 5 to 7 minutes or until soft.
3. Add 3-5 cups of water (depending on how much broth you like your soups to have). Cook for 10 minutes.
4. Add turmeric (you can grate the root, or use turmeric powder), lime (use a fine grater to grate the pith and then also add the juice), salt, pepper, and chili to taste.  
*NOTE: Turmeric is delicious, but it's also incredibly messy. The higher the quality of the spice, the more it stains. Wipe up any spillage immediately to avoid staining.*
5. Serve. Top with fresh cilantro.
6. Eat this as a snack – as much as you want, and anytime. Tastes even better the next day.



# MRD Food Substitution List

Instead of:	Replace with:
Pea protein	<ul style="list-style-type: none"> <li>• Hemp protein</li> <li>• Rice protein</li> <li>• Hyrobeef protein powder (1 serving)</li> <li>• Soy protein powder (1 serving)</li> <li>• Liquid egg whites (1 cup)</li> </ul>
4-6 ounces of poultry, lean meat, or seafood	<ul style="list-style-type: none"> <li>• 4-6 ounces of lean tofu and make recipe otherwise as normal.</li> <li>• 6-8 ounces of Quorn brand mushroom protein and make recipe otherwise as normal.</li> <li>• 4-6 ounces of tempeh and make recipe otherwise as normal.</li> <li>• Omit animal protein, make recipe normally otherwise. Have 1 serving of vegetable protein powder mixed with water in addition to meal.</li> </ul>
1/2 cup of Beans, legumes, or potatoes	<ul style="list-style-type: none"> <li>• 1/2 cup of plantain, sliced and sautéed in water.</li> <li>• 1/2 cup of cooked yam</li> <li>• 1/2 cup of cooked sweet potato</li> <li>• 3/4 cup of cooked and diced beets</li> </ul>
Beef or Chicken stock	<ul style="list-style-type: none"> <li>• Vegetable broth</li> </ul>
Tree nuts	<ul style="list-style-type: none"> <li>• Sunflower seeds, flax seeds</li> </ul>
Tomato paste, tomato sauce	<ul style="list-style-type: none"> <li>• Canned pumpkin puree</li> </ul>
Fish sauce	<ul style="list-style-type: none"> <li>• Coco aminos</li> </ul>
Tea and coffee	<ul style="list-style-type: none"> <li>• Hot water</li> <li>• Chaga mushroom</li> <li>• Reishi</li> <li>• Coffig</li> <li>• Roasted dandelion root</li> <li>• Caffeine free herbal teas</li> </ul>

## Foods to Avoid:

- Sugar
- Fried foods
- Butter
- Flour products (including gluten-free flour products)
- Peanuts
- Coconut oil
- Margarine
- Dried fruit
- Packaged foods
- Foods that have an ingredients list

## Beverages to Avoid:

- **Alcohol Containing Products:** Beer, wine, mixed drinks
- **Sweet Beverages:** Sodas, juices, diet sodas, natural diet sodas, smoothies (except for the recipes)
- **Caffeine:** Coffee, black tea, green tea, white tea, yerba mate

## Avoid Exercise:

- Gentle stretching is OK
- Normal work activities are OK



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