



# 2023 Menu

Gluten, Grain, Legume, Nightshade & Dairy-Free



## GRAIN-FREE

Diet Benefits Anyone Can Enjoy



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# BREAKFAST IDEAS

## VEGAN OPTIONS

### Overnight Wild Rice

- 1 tbsp, Cacao Nibs
- 1 cup, So Delicious - Unsweetened Coconut
- 0.25 Cup, Pomegranate Seeds
- 0.25 cup, Blueberries
- 0.33 cup, Wild rice, cooked (\*cooking instructions in Extra Resources section)

Yields 1 Serving: Cal: 219, Fat: 10 g, Carb: 30 g, Fiber: 7 g, Net Carb: 23 g, \*Protein: 4 g

\*Add 2 scoops of approved protein powder and mix in 12-14 oz coconut or almond milk for additional 20 grams of protein.

### Banana and Almond Butter on toast

- 1 slice of grain-free bread (\* see Better Alternatives for options)
- ½ sliced banana
- 1 Tbsp. almond butter

Tip: Many nut-butters contain added sugar. Check the label for zero added sugars or make your own.

Yields 1 Serving: Cal: 313 Fat: 15 g Carbs: 38 g Fiber: 9 g Net Carbs: 29 g Protein: 9 g

### Green Veggie Hash - Makes 3 servings

- 1/4 cup avocado oil
- 4 cups diced broccoli
- 3 cups quartered Brussels sprouts
- 2 cups asparagus, trimmed and chopped into bite-size pieces
- 1 large onion, diced
- 4 tbsp of pumpkin seeds
- 4 tbsp of ground hemp

1. Preheat the oven to 400°F. 2. In a large bowl, combine the avocado oil, salt and spices to taste. 3. Add all veggies to the bowl of seasoning and toss until well combined. 4. Spread the veggie mixture onto 2 sheet trays. Bake 10–15 minutes, until veggies begin to get

tender. 5. Swap the placement of the trays, so the veggies on the bottom rack end up on top, and the veggies on the top rack end up on the bottom. 6. Add the hemp and pumpkin seeds and bake for an additional 5–10 minutes, until the edges of the vegetables are golden brown, and the vegetables are very tender.

Cal: 463, Fat: 37 g, Carbs: 30 g, Fiber: 12 g, Net Carbs: 18 g, Protein: 20 g

### **Green Smoothie – 1 serving**

- 1 cup of organic vanilla unsweetened non-dairy milk (Almond was used for this recipe's nutritional values),
- 3 Tbsp. hemp seeds,
- 1 banana,
- ½ cup spinach,
- 1 cup blueberries.

Blend all together in a high-power blender such as the Vitamix. Tip: use frozen bananas for a creamy, frothy smoothie. \*Add 2 scoops of approved protein powder and mix in 12-14 oz coconut or almond milk for additional 20 grams of protein.

1 Serving: Cal:356, Fat: 17g, Carbs: 42g, Fiber: 8g, Net Carb: 34g, \*Protein: 12g

### **Better Mid-Week Smoothie – 1 serving**

- ½ banana
- 10 oz unsweetened almond or coconut milk
- 2 scoops of approved protein powder
- ½ cup frozen raspberries
- optional: organic Stevia 1 packet

Add ingredients into a blender and blend until desired texture.

Cal: 199 Fat: 4 g Carbs: 26 g Fiber: 8 g Net carb: 18g Protein: 21 g

### **Better Medi-Smoothie – 1 serving**

- 4 oz. Silk unsweetened vanilla almond yogurt
- 1 tsp. honey,
- 1 cup organic blueberries or raspberries,
- 8 oz. unsweetened coconut or almond milk +
- 4 oz. water
- \*½ cup organic baby spinach

Blend ingredients in a blender for desired texture and consistency. \*Omit spinach if you don't tolerate it or don't like it.

Cal: 227 Fat: 14 g Carbs: 25 g Fiber: 7 g Net carbs: 18 g Pro: 6 g

### **Better Rainbow 'n Nut Butter Smoothie – 1 serving**

- ½ cup raw spinach
- ½ frozen banana,
- ½ cup frozen blueberries,
- 2 Tbsp no added sugar nut butter
- 1 cup unsweetened almond milk.
- 1 scoop of approved protein powder (20g of protein)

Cal: 487 Fat: 21 g Carbs: 48 g Fiber: 9 g Net carb: 38 g Pro: 31 g

### **Better Open Your PB & J – 1 serving**

- 1 slice grain-free bread (Base Culture Bread used for this recipe)
- 1 tbsp almond or sunflower seed butter,
- ¼ cup raspberries,
- 1 Tsp chia seeds

Toast bread and spread nut butter on top. Top with raspberries and chia seeds.

Cal: 348 Fat: 25 g Carbs: 19 g Fiber: 10 g Net carbs: 9 g Pro: 11 g

### **Better Rain-Bowl – 1 serving**

- 1 frozen acai pack (no added sugar),
- ¼ frozen banana,
- ¼ cup frozen blueberries,
- ½ cup unsweetened almond milk.
- Topping: ¼ cup chopped strawberries
- Topping: 3 Tbsp hemp seeds
- Topping: ¼ cup almonds

Throw ingredients into a blender and blend until the preferred consistency or texture.

Cal: 383 Carbs: 31 g Fat: 24 g Pro: 11 g Fiber: 11 g Net carbs: 20 g

### **Better Rainbow Be Delicious Parfait – 1 serving**

- ¾ Silk unsweetened vanilla almond yogurt
- ¼ cup frozen blueberries,
- ¼ cup raspberries,
- 3 mint leaves (chopped),
- 2 tbsp of walnuts (broken into smaller pieces to simulate cereal)
- 2 tbsp of pumpkin seeds

Place ingredients in layers. First yogurt, then mixed fruits and mint, then cereal.

Cal: 462 Fat: 39 g Carb: 22 g Fiber: 12 g Net carb: 10 g Pro: 18 g

## **VEGETARIAN OPTIONS**

### **Poached egg in a Sweet Potato – 1 serving**

- ½ baked sweet potato (about 90g)
- 2 eggs
- 2 tbsp of Sunflower seeds

Top with 2 poached eggs and 2 tablespoons of sunflower seeds

Cal: 346, Fat: 22 g, Carbs: 20 g, Fiber: 4 g, Net Carbs: 16 g, Protein: 17 g

### **Baked Avocado Cups with Pesto - makes 4 avocado cups = 2 servings**

- 2 medium avocados
- 4 eggs, medium size
- 1/4 cup basil pesto, store-bought or homemade
- Zest of 1 lemon

Preheat the oven to 400°F. Set aside a muffin tin or 4 ramekins to hold avocados upright. (You can also make collars out of foil and place on a baking sheet if you prefer). Cut avocados in half, remove pits, and carefully scoop out extra avocado flesh, as needed, to make a “bowl” (or in-dentation) large enough for one egg. Arrange avocados in the muffin tin, and carefully crack an egg into each one. Add 1 Tbsp of pesto (or other dressing) on top of each egg, and sprinkle with lemon zest. Bake for 10–15 minutes, until the egg is cooked to your liking. Serve plain or drizzled with your favorite dressing.

Cal: 499, Fat: 43 g, Carbs: 17 g, Fiber: 10 g, Net Carbs: 7 g, Protein: 17 g



### **Better Veggie Scrambled Eggs – 1 serving**

- 3 free-range eggs,
- ¼ cup sautéed sliced portabella mushrooms,
- ¼ cup sautéed purple onion,
- ¼ cup sautéed mushroom,
- 5 spinach leaves,
- 1 slice sweet potato toast (\*or see Better Alternatives for options),
- 1 Tbsp mustard.

Sauté vegetables in a pan and cook 2 eggs. Serve the sweet potato toast as a side. Top with mustard if needed.

Cal: 322 Fat: 16 g, Carbs: 26 g, Fiber: 5 g, Net carbs: 21 g, Pro: 22 g

### **Morning Scrambled Eggs - 2 servings**

- 0.25 cup, chopped onions,
- 2 cloves of garlic,
- 1/4 cup of black olives (sliced or cut in halves)
- 5 eggs,
- 0.50 medium avocado,
- 1 tsp of olive oil,
- 2 tbsp of hemp seeds.

In a small bowl, combine olives, onion, and garlic. Sauté the mixture with olive oil and set aside. Reapply oil on the pan and pour whisked eggs into the pan and scramble until the desired doneness. Remove eggs from the pan on two plates, top with olive mixture, hemp seeds, and serve with avocado slices.

Cal: 460 Fat: 39 g, Carbs: 12g, Fiber: 3g, Net carbs: 9g, Pro: 19g

## **NON-VEGETARIAN DISHES**

### **Southwest Chicken Sausage Skillet- 2 servings**

- 2 tbsp. olive oil
- 1 sweet potato, diced
- 1 tbsp. cumin
- 1/2 tbsp. chili powder
- 6-oz chicken sausage, sliced

Add olive oil to a large skillet and heat over medium-high heat. When hot, add diced sweet potatoes and season with salt and pepper to taste. Cook for 8-10 minutes until browned and tender. When the potatoes have browned and softened add cumin and chili powder. Stir to combine and cook for 3 minutes. Add in sliced chicken sausage and cook until done.

Cal: 345, Fat: 23 g, Carb: 16 g, Fiber: 3 g, Net Carb: 13 g, Protein: 21 g

### **Better Avo-Smoked Salmon Toast – 1 serving**

- ½ avocado,
- 1 slice grain-free bread (\*such as Base Culture Keto Bread)
- 3 oz smoked salmon
- ½ cup arugula
- 1 lemon slice/wedge

Toast bread and top with mashed avocado, salmon, arugula, and lemon slice

Cal: 415 Fat: 28 g Carbs: 17 g Fiber: 9 g Net carbs: 8 g Pro: 25 g

# LUNCH & DINNER IDEAS

## VEGAN OPTIONS

### **Zucchini Noodles with Pesto – 1 serving**

- 1 large Zucchini, spiralized
- 1 cup Fresh basil leaves
- ¼ cup walnuts
- 2 tbsp Olive oil
- 1/8 cup Garlic
- 1 tbsp hemp

To make the pesto, blend the basil leaves, hemp, walnuts (or other nuts such as pine nuts or almonds), olive oil, and garlic until smooth. Toss the zucchini noodles with the pesto and serve. Variation: add any protein of choice such as shrimp or chicken quickly sauteed in olive oil.

Cal: 569 Fat: 52 g Carbs: 21 g Fiber: 6 g Net carbs: 15 g Pro: 13 g

### **Better Buddha Bowl - 2 servings**

- ¼ cup pumpkin seeds
- ¼ cup hemp seeds
- 1 cup broccoli florets (cooked),
- ½ cup cabbage,
- ¼ cup black olives
- ½ avocado mashed,
- 1 Tbsp lime juice

Sauté the broccoli, cabbage, and olives. Throw into a bowl with the hot sauce, then add the mashed avocado, pumpkin seeds, hemp seeds, and lime juice.

Cal: 392 Fat: 34 g Carbs: 15 g Fiber: 8 g Net carbs: 7 g Pro: 14 g

### **Miracle Noodle Salad - 1 serving**

- 1 packet Miracle Noodle fettuccine prepared as instructed in the package (85g or 3 oz)
- 1/4 cup of purple cabbage, thinly shredded
- 1/4 cup of carrot sticks
- 1.5 tbsp coconut aminos

- 2 tbsp tahini
- 2 tbsp hemp seeds
- 2 tbsp of blanched almonds
- Juice of 1 lemon
- \*1 tsp of Stevia (optional)

In a large bowl, toss together the prepared miracle noodles, cabbage, and carrots. In a jar, dissolve the tahini in the coconut aminos, lemon juice and stevia until you've made a smooth dressing. Then pour over the noodle mixture and toss.

Cal: 510 Fat: 35 g Carbs: 39 g Fiber: 10 g Net carbs: 29 g Pro: 16 g

### **Better Upgrade To Rainbow Pizza – 1 serving**

- 1/3 of small or 2 slices of a cauliflower crust pizza (check the label for added sugars)
- 2 tbsp of vegan pesto sauce,
- ½ cup of mushrooms,
- ¼ cup of green olives
- ¼ cup of chopped onions

Mix all toppings ingredients and then add them over the pizza and bake it until the crust is crispy or veggies roasted to taste. About 10-12 minutes at 350F.

Cal: 400 Fat: 31 g Carbs: 17 g Fiber: 5 g Net carbs: 12 g Pro: 19 g

## **VEGETARIAN OPTIONS**

### **Cauliflower Fried "Rice" – 2 servings**

- 1 head cauliflower, riced
- 2 tbsp avocado oil
- 1 cup mushrooms, sliced
- 1 cup of chopped carrots
- 2 tbsp coconut aminos
- 4 large eggs, beaten

Sauté the veggies in 1 tbsp of avocado oil. Scramble the eggs in 1 tbsp of avocado oil. Then Mix everything together and add salt and pepper to taste.

Cal: 376 Fat: 18 g Carbs: 36 g Fiber: 9 g Net carbs: 27 g Pro: 20 g

### **Asparagus Soup – 1 serving**

- 1 bunch of asparagus about 15 spears (chopped) - end of stalks removed
- 1 sweet potatoes, peeled and chopped
- ½ medium yellow onion, chopped
- 1 tbsp. avocado oil
- 5 cups chicken broth or bone broth

Sauté the onions with avocado oil in a large pot. Then add all prepped veggies, and pour in the chicken broth. Bring to a boil and let simmer until veggies are soft (about 30 minutes). Blend the soup in a blender. Add some salt if needed.

Cal: 536 Fat: 36 g Carbs: 42 g Fiber: 9 g Net Carbs: 33 g Protein: 18 g

### **Zucchini Noodle – 1 serving**

- 2 zucchinis, spiralized
- 4 tsp avocado oil
- 2 garlic cloves, minced
- 2 large eggs, beaten
- Salt and pepper to taste

Sauté the garlic in the avocado oil for 1 minute. Pour over the zucchini. Scramble the eggs in the same pot. Mix everything together, and sauté for 3-4 minutes. Season to taste.

Cal: 378 Fat: 29 g Carbs: 15 g Fiber: 4 g Net Carbs: 11 g Protein: 18 g

### **Orange Soup – 2 servings**

- 1 sweet potato, peeled and cubed
- 2 carrots, chopped
- 1 onion, chopped
- 1 tsp. garlic
- 2 tbsp. avocado oil
- 3 cups chicken broth or bone broth
- 1 scoop Vital Proteins Collagen Peptides

Sauté the onions with avocado oil in a large pot. Stir and cook for 10 minutes. Place all prepped veggies into the large pot, add the garlic, and pour in the chicken broth. Bring to a boil and let simmer until veggies are soft (about 30 minutes). Blend the soup in a blender. Season to taste.

Cal: 365 Fat: 17 g Carbs: 24 g Fiber: 4 g Net Carbs: 20 g Protein: 19 g

### **Better Mash – 1 serving**

- ½ baked organic sweet potato (skin on)
- 1 tbsp of olive oil
- 2 medium eggs
- 1 cup of cooked Brussels sprouts

Bake the sweet potato or heat up the sweet potato to desired texture. Mash it up with olive oils and top with eggs and steamed or roasted brussels sprouts. You may use any other vegetables of choice.

Cal: 404, Fat: 23 g, Carbs: 35 g, Fiber: 8 g, Net Carb: 27 g, Protein: 17 g

## **FISH & SEAFOOD DISHES**

### **Grilled Salmon with Asparagus – 1 serving**

- 4 oz. salmon filet
- 1 tbsp. olive oil
- Salt and pepper to taste
- 6 spears of asparagus
- 1/2 lemon

Season salmon with olive oil, salt, and pepper. Place salmon on grill, or grill pan, and cook for 5-7 minutes on each side, or until cooked through. While salmon is cooking, trim asparagus and toss with 1 tsp. olive oil and a pinch of salt. Add asparagus to grill and cook for 3-5 minutes until tender, or roast in the oven at 400F for 20 min. Squeeze lemon over salmon before serving.

Cal: 404 Fat: 30 g Carbs: 7 g Fiber: 3 g Net carbs: 4 g Pro: 30 g

### **Spinach Cauliflower & Shrimp Risotto – 3 servings**

- 3 cups baby spinach
- 1 tbsp Olive oil
- 2 (16-oz packages) cauliflower rice
- 2 cups homemade or store-bought veggie broth, chicken broth, or water
- 1 (13.5 ounce) can coconut cream
- Juice and zest of 1 lemon
- 9 oz cooked shrimp

In a large soup pot, combine olive oil and spinach. When spinach is wilted, add cauliflower rice, and cook, stirring frequently, until liquid evaporates completely. Add broth, coconut cream, lemon zest, and lemon juice and cook, stirring frequently, until risotto is thick and creamy. Add cooked shrimp, salt, and spices to taste and enjoy!

Cal: 474 Fat: 33 g Carbs: 20 g Fiber: 7 g Net carbs: 13 g Pro: 29 g

### **Salmon and Avocado Salad – 3 servings**

- 1 lb. cooked salmon, flaked
- 2 avocados, peeled and chopped
- 1 red onion, chopped
- 1 tablespoon olive oil
- 1 tablespoon lemon juice

In a large bowl, combine the salmon, avocado, and red onion. Drizzle the olive oil and lemon juice over the top and season with salt and pepper. Toss to combine. Serve cold.

Cal: 447 Fat: 31 g Carbs: 12 g Fiber: 7 g Net carbs: 10 g Pro: 33 g

### **Wild Salmon & Wild rice – 1 serving**

- ½ cup of cooked wild rice
- 2 cups of vegetable broth
- 1 cup broccoli
- 4 oz salmon
- 1 tbsp olive oil

Cook wild rice in vegetable broth. Add the broccoli on top of the rice in the last 15 min of cooking time so broccoli will cook over the rice. Cook 4oz salmon as desired (grilled, baked or pan fried with some olive oil). Serve the wild rice with broccoli and fish hot.

Cal: 444 Fat: 23 g Carbs: 30 g Fiber: 4 g Net Carb: 26 g Protein: 32 g

### **Better Medi-Noodle Bowl – 1 serving**

- 5 oz shrimp
- 2 tbsp Olive oil
- 2 cups of spaghetti squash “noodles”
- 1/2 cup Nomato sauce
- 1 tsp everything but the bagel seasoning

Sauté squash noodles in Tomato sauce. Cook the shrimp in olive oil. Mix the spaghetti squash and shrimp and sprinkle the “everything but the bagel” seasoning over the dish as desired.

Cal: 370 Fat: 15 g Carbs: 49 g Fiber: 29 g Net Carb: 36 g Protein: 24 g

### **Better Medi-Fish Tacos – 1 serving of 2 tacos**

- 4 oz salmon or mahi (can also use 4 oz canned sardines or mackerel) with grilled onions and chopped lettuce or cabbage wrapped in grain-free taco shells.

Sauté onions. Add fish with grilled onions to taco shells. top with lettuce or cabbage

Cal: 353 Fat: 17 g Carbs: 25 g Fiber: 4 g Net carbs: 21 g Pro: 26 g

### **Salmon Cauliflower Arugula Salad - 1 Serving**

- 1 cup spring mix or any green salad of choice
- 4 oz of cooked wild salmon (grilled, baked, or sautéed)
- ½ cup chopped sweet potato (cooked and chilled),
- ½ Hass or California avocado.
- Olive oil, vinegar, and salt to taste

Cal: 417, Fat: 25 g, Carbs: 23 g, Fiber: 9 g Net carb: 14 g, Pro: 30 g

### **Better Rainbow Nicoise – 1 serving**

- ½ cup avocado,
- ½ cup beets (chopped),
- ¼ Kalamata Olives
- 5 oz tuna, canned, drained
- 1 Tbsp olive oil
- 3 cups Spring mix

Top the spring mix with the diced avocado, and the diced cooked beets. Make a mixture with the tuna and chopped kalamata olives and serve it with the salad. Drizzle the olive oil over the salad for flavor.

Cal: 428 Fat: 28 g Carbs: 16 g Fiber: 8 g Net carbs: 8 g Pro: 31 g



### **Better Wild Cod & Mashed Potatoes – 1 serving**

- 5 oz wild cod
- ½ cup mashed sweet potatoes
- 10-15 spears of asparagus sauteed
- 2 tbsp Olive oil

Bake cod with olive oil and garlic salt (add any other herb to taste). Sauteed asparagus with olive oil and garlic salt to taste. Serve cod and asparagus on a plate with mashed sweet potato (cinnamon may be added over the potato if desired).

Cal: 517 Fat: 28 g Carbs: 37 g Fiber: 8 g Net carbs: 29 g Pro: 24 g

### **Better Shrimp-Broccoli Soup – 1 serving**

- 5 oz shrimp,
- ½ cup broccoli,
- ¼ cup purple onion,
- 2 cups vegetable broth,
- 1 Tbsp coconut oil,
- 1 slice of grain-free bread

Sauté broccoli and onions in coconut oil. Add in vegetable broth and shrimp. Serve bread on the side.

Cal: 381 Fat: 21 g Carbs: 21 g Fiber: 6 g Net carb: 15 g Pro: 28 g

### **Better Be A Wild Rainbow – 1 serving**

- 4 oz oven-baked wild salmon,
- 1 cup broccolini,
- ½ cup cooked wild rice
- 1 Tbsp olive oil
- 1 tsp shredded orange peel

Boil the wild rice. Use as a base and top with salmon, shredded orange peel, and broccolini. Drizzle olive oil. Add salt, herbs and spices to taste.

Cal: 497 Fat: 32 g Carbs: 23 g Fiber: 4 g Net carbs: 19 g Pro: 31 g

### **Better Colorful Fish Tacos (1 serving makes 2 loaded tacos)**

- 2 grain-free tortillas,

- 5 oz cod -or any white fish- (baked),
- ½ cup guacamole (or mashed avocado),
- ½ cup shredded lettuce,
- ¼ cup chopped onion,
- ½ lime

Bake or broil fish. Assemble tacos with guacamole (or mashed avocado), lettuce, and onions. Top with fish and lime. Chicken or grass fed beef may be used.

Cal: 573 Fat: 16 g Carbs: 26 g Fiber: 6 g Net carbs: 20 g Pro: 34 g

### **Salmon Avocado Bowl – 1 serving**

- 1 tbsp avocado oil
- 5-oz piece wild-caught cooked salmon
- 1 cup sautéed Cauliflower Rice
- ½ avocado
- 1 cup spinach

1. Preheat the broiler on high. Brush a small pan with half the oil. 2. Brush the remaining oil on the salmon, and sprinkle with salt or seafood seasoning. 3. Place salmon skin-side down on the prepared pan and broil 5–7 minutes. 4. While salmon is cooking, heat up the Cauliflower Rice in a pan with the other half of oil, or leave it at room temperature. 5. Put the Cauliflower Rice in a bowl and add the spinach and avocado on top. When the salmon is done, add it to the bowl.

Cal: 570 Fat: 44 g Carbs: 12 g Fiber: 8 g Net carbs: 4 g Pro: 36 g

## **CHICKEN & TURKEY DISHES**

(Cage free or organic, antibiotic and hormone free)

### **Better Half Sandwich – 1 serving**

- 1 large portobello mushroom
- 2 tsp of olive oil,
- 1 slice of grain and gluten-free bread (Base Culture brand),
- 1 cup of spring mix greens,
- ½ cup tomato-free sauce (Nomato brand)
- 4 oz of chicken sausage.

Remove the stem from the mushroom, baste some olive oil and then bake it for 15 min at 350F. Then build a sandwich by stuffing the mushroom with the spring mix, then adding the tomato-free sauce, placing the chicken sausage patty on top, and finishing with the slice of bread. The bread may be warm or lightly toasted.

Cal: 389 Fat: 24 g Carbs: 19 g Fiber: 7 g Net carbs: 12 g Pro: 25

### **Chicken n Potato Dish – 1 serving**

- 2 boneless, skinless chicken tenders (about 5 oz total)
- Sweet potato
- Iceberg lettuce wedge
- Balsamic vinegar
- 1 tbsp olive oil

Bake the sweet potato wrapped in foil at 400F for about 40 minutes. You may bake multiple potatoes and store them in the fridge for future meals. Saute the chicken tenders in olive oil and salt to taste. Drizzle balsamic vinegar and olive oil over the lettuce wedge. Place the chicken, potato and lettuce wedge on a plate and enjoy.

Cal: 432 Fat: 20 g Carbs: 40 g Fiber: 10 g Net carbs: 30 g Pro: 25 g

### **Chicken salad - 1 serving if served as a meal, or 2 smaller servings if served as a snack.**

- 4 oz cooked hormone free and antibiotic free chicken cut into bite sized pieces
- 2 tbsp. Primal kitchen avocado mayo
- 3 celery stalks, chopped
- 2 scallions, chopped
- 1 watermelon radish sliced thick enough to scoop the chicken salad

Combine chicken, mayo, celery, and scallions in a bowl and mix well. If making a larger batch this recipe can be stored in a glass container in the refrigerator for up to a week. Scoop the chicken salad with the watermelon radish.

Total recipe yield: Cal: 487 Fat: 41 g Carbs: 16 g Fiber: 11 g Net Carbs: 5 g Protein: 24 g

### **Brocco Chix Bowl – 1 serving**

- 4 oz chicken
- Roasted broccoli florets
- 1 tbsp mustard

- 2 tbsp olive oil
- 1 tsp balsamic vinegar

3 oz free-range chicken breast shredded and tossed atop the roasted broccoli florets. Dress with a blend of 1 Tbsp. mustard, 2 Tbsp. olive oil, 1 tsp balsamic vinegar \*check the label to make sure there is no added sugar.

1 Serving: Cal:395, Fat: 30g, Carbs: 3g, Fiber: 1g, Net Carb: 2g, Protein: 29g

### **Better Turkey Burger Rain-Bowl – 1 serving**

- 4 oz turkey burger patty,
- ½ avocado,
- ¼ cup purple onion,
- ½ cup mushrooms,
- 1 Tbsp mustard

Assemble the burger as desired.

Cal: 366 Fat: 21 g Carb: 17 g Fiber: 7 g Net carb: 10 g Pro: 31 g

### **Better Color Me Purple Chicken Soup – 2 servings**

- 8 oz cooked free-range chicken (shredded),
- 1 cup chopped cooked beet,
- 1 cup of chopped red cabbage
- 1 cup wild rice (cooked),
- 1 cup vegetable broth

Cook the vegetables in broth then add chicken, rice and any additional spices. Simmer and stir to desired temperature and consistency. May serve with a serving of Quick Pan Bread.

Cal: 261 Fat: 3 g Carbs: 34 g Fiber: 4 g Net carbs: 30 g Pro: 27 g

## BEEF/BISON/LAMB DISHES

(Grass-fed only)

### Beef and Vegetable Stir Fry – 1 serving

- 4 oz Beef strips
- 1 cup Broccoli florets
- 1 cup Carrots, sliced
- ¼ cup green onions, sliced
- 3 tsp Coconut aminos

Heat a large skillet over high heat. Add the beef and stir fry until browned. Add the broccoli and carrots and continue to stir fry until the vegetables are tender-crisp. Add the green onions and coconut aminos and stir fry for another minute or two. Serve hot.

Cal: 393 Fat: 9 g Carb: 44 g Fiber: 8 g Net carb: 5 g Pro: 33 g

### Better Burger n Fries - 1 Serving

- 6oz ground Bison patty
- ½ cup of mixed lettuce.
- ¼ cup of Sautéed onions,
- ¼ cup of mushrooms,
- ½ 5" long sweet potato baked & sliced into "fries" with the skin on.

Cook the burger patty to preferred doneness then assemble the burger as desired. Serve with sweet potato fries (baked or air fried). Add salt and spices to taste.

Cal:460, Fat: 26g, Carbs: 22g, Fiber: 3g, Net Carb: 23g, Protein: 37g

### Better Lamb Burger – 1 serving

- 6 oz ground lamb patty
- ¼ cup mushrooms
- ½ cup of cauliflower
- 2 tbsp of olive oil

Top the cooked lamb burger with sautéed mushrooms and serve with a side of ½ cup of mashed cauliflower (cooked and mashed with olive oil). Drizzle olive oil over mash.

Cal: 523, Fat: 29 g, Carbs: 19 g, Fiber: 4 g, Net carb: 15 g, Pro: 45 g

### **Better Spaghetti Rain-Bowl – 1 serving**

- 1 cup spaghetti squash (shredded)
- 2 Tbsp vegan pesto,
- ½ cup artichoke hearts
- 2 tbsp Kalamata olives
- 3oz buffalo meatballs

Sauté squash noodles in the pesto sauce with olives, artichoke hearts and meatballs.

Cal: 486 Fat: 35 g Carbs: 25 g Fiber: 5 g Net carbs: 20 g Pro: 17 g

# SNACK IDEAS

Serves as a small meal if not hungry enough for an entree or combine 2 snacks to make a full meal if you don't feel like cooking.

## Jicama and Guacamole – 1 serving

- ¼ cup Chopped jicama -
- 8 tbsp guacamole (or ½ Hass avocado) - \*Wholly Guacamole used in this recipe

Cal: 412, Fat: 11 g, Carbs: 8 g, Fiber: 4 g, Net Carbs: 4 g, Protein: 2 g

## Celery Avocado Boats – 1 serving

- 3 celery stalks sliced in half, widthwise
- 1/2 avocado (Hass) or guacamole (Avocado was used for the recipe's nutritional facts)
- Top with a pinch of cayenne pepper

Cal: 136, Fat: 11 g, Carbs: 12 g, Fiber: 8 g, Net Carbs: 4 g, Protein: 1 g

## Celery Stick it to Nut Butter – 1 serving

- 10 pieces of organic celery,
- 2 Tbsp. of your favorite nut butter

Cal: 260, Fat: 18g, Carbs: 18g, Fiber: 10g, Net Carb: 8g, Protein: 9g

## Better Baked Fruit Break – 1 serving

- 1 Baked medium apple or pear topped with pistachios (¼ cup) and cinnamon (1 tsp.)

Cal: 270 Fat: 13 g Carbs: 38 g Fiber: 9 g Net carb: 29 g Pro: 7 g

## Better Baked Fruit n Seed Break – 1 serving

- 1 baked apple or pear topped with
- 3 Tbsp. hemp seeds.

Cal: 255 Carbs: 22 g Fat: 15 g Pro: 10 g Fiber: 6 g Net carbs: 20 g

### **Better Hot Chocolate – 1 serving**

- Whisk together: 2 Tbsp. cacao powder, 3 oz of coconut water. Warm up (or foam) 8 oz of unsweetened non-dairy milk (\* see Better Alternatives for options). Stir in the cacao-coconut water blend. May need to whisk again.

Cal:122, Fat: 3g, Carbs: 10g, Fiber: 6g, Net Carb: 4g, Protein: 3g

### **Better Crunch Snack – 1 serving**

- 2 Celery stalks,
- 1 watermelon radish (sliced)
- 1 pear (sliced) with
- 3 Tbsp. almond butter

Cut celery into about 3” stalks, and slice the watermelon radish, and pears into preferred slice sizes. Top with almond butter and enjoy.

Cal: 472, Fat: 28 g, Carbs: 52 g, Fiber: 18 g, Net Carb: 34 g, Protein: 13 g

### **Better Pro 1 - 1 serving = 1 bar**

- RX Blueberry bar (May choose other RX bars without peanuts - better nutrition bar).

Cal: 210 Fat: 7 g, Carbs: 24 g, Fiber: 4 g, Net carbs: 20 g, Pro: 12 g

### **Better Egg Break – 1 serving**

- 2 large, hard-boiled eggs with
- mustard for dipping

Cal: 139 Fat: 12 g Carbs: 1 g Fiber: 0 g Net carbs: 1 g Pro: 14 g

### **Better Medi-Wrap n Roll – 1 serving**

- 4 oz of carved turkey or chicken
- ½ avocado
- 3 large romaine leaves as a wrap

Cal: 492 Fat: 32 g Carbs: 18 g Fiber: 11 g Net carbs: 7 g Pro: 32 g



### **Better Savory Snack – 1 serving**

- 1 tbsp of pumpkin seeds,
- 1 tbsp of sunflower seeds,
- 1 tsp of spiced seasoning,
- 1 cup of plain plant-based yogurt

1 Serving: Cal: 218, Fat: 18 g, Carbs: 20 g, Fiber: 4 g, Net carbs: 16 g, Pro: 12 g

### **Bettie Persimmon Sweet Bites – 1 serving**

- ½ persimmon fruit,
- 2 Tbsp hazelnut butter
- 1 Tbsp cacao nibs

Cal: 317 Carbs: 20 g Fat: 26 g Pro: 7 g Fiber: 9 g Net carb: 11 g

### **Better Refreshment Pit Stop – 1 serving**

- ½ grapefruit
- 1 hard-boiled egg
- 5 Brazil nuts

Cal: 289 Carbs: 12 g Fat: 24 g Pro: 11 g Fiber: 3 g Net Carb: 9 g

### **Assemble Your Own Better Yogurt – 1 serving**

- ½ cup raspberries,
- ¾ cup plant-based yogurt,
- 1 Tbsp. pumpkin seeds.

Cal: 251 Carbs: 20 g Fat: 12 g Pro: 4 g Fiber: 7 g Net carbs: 7 g

### **Better Open-Faced Pomegranate Bites – 1 serving**

- 1 slice grain-free toast (Base Culture brand)
- 2 Tbsp almond butter.
- pomegranate seeds sprinkled on top

Cal: 271 Carbs: 20 g Fat: 20 g Pro: 7 g Fiber: 4 g Net carbs: 16 g

### **Better Rainbow Bites – 1 serving**

- ½ cup strawberries, ½ banana

Cal: 77 Fat: 0 g Carbs: 19 g Fiber: 3 g Net carb: 16 g Pro: 1 g

### **Better Be Fast & Grape Bites – 1 serving**

- 2 hard-boiled free-range egg,
- 1 pinch paprika,
- 10 grapes,
- 10 green olives.

Cal: 269 Carbs: 23 g Fat: 18 g Pro: 13 g Fiber: 1 g Net carbs: 19 g

### **Better Be Sweet n Tart – 1 serving**

- 1 chopped green apple,
- 3 Tbsp hemp seeds,
- 1 tsp organic Stevia.

Cal: 211 Carbs: 20 g Fat: 12 g Pro: 8 g Fiber: 6 g Net carbs: 14 g

### **SNACK Better Crunch A Sweet Craving – 1 serving**

- 3 dried apricots,
- ¼ cup pecan halves,
- ½ small jicama cut in sticks,
- 1/2 watermelon radish sliced

Cal: 370 Fat: 22 g Carbs: 41 g Fiber: 16 g Net carbs: 25 g Pro: 6 g

### **Better Sticks n Dip – 1 serving**

- 1 medium carrot (sliced into sticks),
- 10 celery sticks,
- 1/2 cup guacamole or 1 small avocado

Cal: 281 Fat: 11 g Carbs: 42 g Fiber: 16 g Net carbs: 26 g Pro: 11 g

### **Better Cran On The Go – 1 serving**

- ¼ cup dried cranberries - no added sugar,
- 5 walnut halves,

- 5 cashew nuts,
- 3 Tbsp hemp seeds

Cal: 531 Carbs: 43 g Fat: 30 g Pro: 17 g Fiber: 5 g Net carbs: 38 g

### **Better Beet Smoothie – 1 serving**

- ¼ cup chopped beets,
- ½ cup frozen cauliflower,
- 2 Tbsp almond butter,
- 1 Tbsp ginger,
- 1 cup plain coconut or almond yogurt

Blend ingredients into a blender until the preferred consistency or texture

Cal: 415 Carbs: 40 g Fat: 24 g Pro: 15 g Fiber: 6 g Net carbs: 34 g

### **Sweet Potato Crunch – 2 servings**

- 1 raw sweet potato peeled and cut into sticks
- 4 tbsp of crunchy almond butter
- 1 Tbsp hemp seeds
- 1 Tbsp cinnamon

Place the sweet potato sticks in a container and sprinkle the cinnamon over it. Mix the hemp seeds with the almond butter. Scoop the almond butter with the potato stick and enjoy a very crunchy and satisfying snack.

Cal: 326 Fat: 24 g Carbs: 22 g Fiber: 7 g Net carbs: 15 g Pro: 10 g

### **Quick Pan Bread – 4 servings of 1 wedge each**

- 1/2 cup blanched almond flour
- 1/2 cup arrowroot
- 3 large or 4 medium egg whites, lightly whisked
- Dash of sea salt
- 1/4 cup water (or more)
- 1 tablespoon coconut oil

Mix the almond flour, arrowroot, egg whites, sea salt, and water. The batter should be thin. If necessary, add more water, adding a tablespoon at a time. 2. Heat the coconut oil in a 10-inch or larger skillet at medium-high heat. Remove the skillet from the

cooktop and add the batter to the skillet, spreading it out in a roughly circular shape with a spoon before returning it to the heat. 3. Cook for 3 to 5 minutes. Flip and cook the other side for another 3 to 5 minutes. 4. Remove from the heat and cut in 4 wedges. **VARIATION** Replace the almond flour with 1/4 cup coconut flour and increase the water to ½ to ¾ cup.

Cal 123, Fat: 5 g, Carbs: 15 g, Fiber: 1 g, Net Carb: 14 g, Protein 4 g

### **Apricot Cookies - 12 servings of 1 cookie each**

- 1 cup dried unsulfured apricots
- 3/4 cup almond flour
- 1/2 cup unsweetened finely shredded coconut
- 1 tablespoon coconut oil
- 1 egg, beaten

Heat oven to 350° F. 2. Place the apricots in a food processor and pulse several times, adding some of the almond flour if they stick to the blade. Add the remaining almond flour, shredded coconut, and coconut oil. Pulse until the mixture is crumbly. Place in a bowl and stir in the egg. Roll into balls and place on a parchment-lined cookie sheet. Press the balls to flatten them a bit. Bake for 18 minutes. Cool on a wire rack. **VARIATION** Swap dried peaches for the apricots.

Cal 120, Fat: 9 g, Carbs: 8 g, Fiber: 2 g, Net Carb: 6 g, Protein 3 g

### **Quick n Easy Ice Cream – 4 servings**

Be sure to use canned coconut milk, not coconut milk beverage, and the full-fat version. I like to use equal portions of banana, strawberries, and blueberries, but you can experiment with other mixtures. Once your bananas ripen, pop them into the freezer for use in this dessert or a breakfast smoothie.

- 3 cups unsweetened frozen fruit and/or berries
- 1 cup full-fat coconut milk
- Pure liquid stevia (optional)

Place berries and chopped fruit in a high-power blender, such as a Vitamix. Add the coconut milk. Blend on high until thoroughly mixed. If too thick, add more coconut milk.

For a more sorbet-like texture, add a few ice cubes to the blender.

Cal 173, Fat: 11 g, Carbs: 17 g, Fiber: 4 g, Net Carb: 13 g, Protein 2 g

# EXTRA RESOURCES

## **Every 7TH day, Is a free day**

A healthy lifestyle also includes regular physical activity and meaningful social interactions. Take a day to focus on those goals, which can include repeats of your favorite meals from this week if you'd like. It's important to NOT INCLUDE ANY GLUTEN, DAIRY, OR CAFFEINE in your free day and refer to the Better Alternatives for Common Foods document for ideas and recommendations that will keep your gut in balance and will allow us to reach the goal of the program.

## **Instructions on how to cook wild rice**

Soaked wild rice cooks 50% faster. However, you can make wild rice without soaking as well. It will just take longer to cook. Either way, I highly recommend giving it a good wash before cooking. If you decide to soak your wild rice, I recommend placing it in a bowl and filling it up with water enough to cover it and letting it sit on the kitchen counter for no more than 2-3 hours. Step-by-step Instructions:

<https://foolproofliving.com/how-to-cook-wild-rice/>

## Substitution Ideas

Substitute this:	With this:
Rice	wild rice, Miracle Rice
White potato	Use other root vegetables such as white turnips, winter squash, jicama, sweet potato, parsnip instead of potatoes
Tomato	beets, hearts of palm (similar texture), artichoke hearts
Sundried tomato	Marinated artichoke hearts
Bell pepper	mushrooms (to stuff or sauté with onions)
Cucumber	Radish, watermelon radish, celery, cauliflower, broccoli (for dips), hearts of palms (for salads and sandwiches)
Grain or legume base pasta	Cappello's fettuccine, Pasta Slim, Shirataki noodles, Miracle noodles, and kanten pasta
Dairy Yogurt	unsweetened vanilla Silk almond milk yogurt
beans and chickpeas	Walnuts, Macadamia or other nuts

## Links for Food Items

(Google the item for more purchasing options)

Food Product:	Link or Store:
Shirataki noodles	<a href="https://a.co/d/gVmlvnP">https://a.co/d/gVmlvnP</a> <a href="https://a.co/d/fJyqOLW">https://a.co/d/fJyqOLW</a> <a href="https://a.co/d/dlqJptW">https://a.co/d/dlqJptW</a>
Miracle Rice	<a href="https://a.co/d/aT5JulQ">https://a.co/d/aT5JulQ</a>
Siete Coconut tortillas – grain free	found at Sprouts, Walmart, Target, or Instacart and Amazon <a href="https://a.co/d/aFbfQd2">https://a.co/d/aFbfQd2</a>
NUCO Certified ORGANIC Paleo Gluten Free Vegan "Turmeric" Coconut Wraps	found at Amazon <a href="https://a.co/d/e2JNhPo">https://a.co/d/e2JNhPo</a>
Grain free bread: Base Culture brand	Amazon <a href="https://a.co/d/6PvHE6N">https://a.co/d/6PvHE6N</a> Publix, Wholefoods
Tomato Free Marinara Sauce - NOMATO	<a href="https://a.co/d/4ijym9j">https://a.co/d/4ijym9j</a>
Tomato Free Salsa	<a href="https://a.co/d/fl15x0z">https://a.co/d/fl15x0z</a>
Cooked Beets	<a href="https://a.co/d/d0unDF7">https://a.co/d/d0unDF7</a> Amazon, Instacart, Publix, Sprouts
Sweet Potato toast	Amazon <a href="https://a.co/d/cs7t9q0">https://a.co/d/cs7t9q0</a> CauliPower Sweet PotaTOAST   Gluten Free Sweet Potato Toast   <a href="https://eatcaulipower.com">CAULIPOWER (eatcaulipower.com)</a> Find a store <a href="#">Find CAULIPOWER In Store, for Pickup &amp; Delivery, and in Restaurants (eatcaulipower.com)</a>
Silk unsweetened vanilla almond yogurt	Target, Sprouts, Walmart (Link below with image)

## Shirataki Noodle



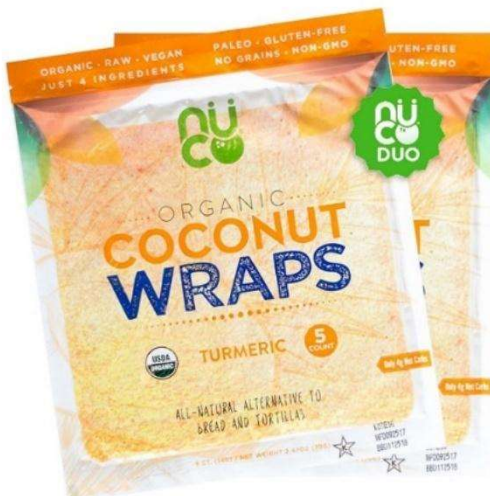
## Miracle Rice



## Siete Coconut grain-free tortillas



## NUCO ORGANIC Paleo Gluten Free Vegan "Turmeric" Coconut Wraps

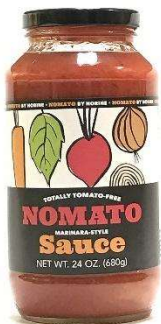




## Grain-free bread: Base Culture brand



## Nomato Sauce



## Tomato-free Salsa



## Cooked Beets



## CauliPower Roasted Sweet Potato Slices



Silk unsweetened vanilla almond yogurt



LINK: [https://www.target.com/p/silk-unsweetened-vanilla-almond-milk-yogurt-alternative-24oz-tub/-/A-78609423?ref=tgt\\_adv\\_xsp&AFID=google&fndsrc=tmnv&DFA=71700000097835262&CPNG=PLA\\_DVM%2Ba064R0000138Yy4QAE-General+Mills\\_Google+Search\\_Yogurt+%26+OEP\\_July\\_Q2\\_2022-697036&adgroup=PLA\\_General+Mills&LID=700000001393753pgs&network=g&device=c&location=9051567&gclid=CjwKCAjwx\\_eiBhBGEiwA15gLN6d4tpQJ5n\\_b1i8AF4EJDbI6Qc-6iqxOMgh1LtPSCUjNqKiv44jeRoCC6YQAvD\\_BwE&gclsrc=aw.ds](https://www.target.com/p/silk-unsweetened-vanilla-almond-milk-yogurt-alternative-24oz-tub/-/A-78609423?ref=tgt_adv_xsp&AFID=google&fndsrc=tmnv&DFA=71700000097835262&CPNG=PLA_DVM%2Ba064R0000138Yy4QAE-General+Mills_Google+Search_Yogurt+%26+OEP_July_Q2_2022-697036&adgroup=PLA_General+Mills&LID=700000001393753pgs&network=g&device=c&location=9051567&gclid=CjwKCAjwx_eiBhBGEiwA15gLN6d4tpQJ5n_b1i8AF4EJDbI6Qc-6iqxOMgh1LtPSCUjNqKiv44jeRoCC6YQAvD_BwE&gclsrc=aw.ds)