

Dr. Greger's Daily Dozen



	Food	Serving Size
	Beans <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Serving = ¼ cup hummus or bean dip ½ cup cooked beans, split peas, lentils, edamame, tofu, or tempeh 1 cup fresh peas or sprouted lentils
	Berries <input type="checkbox"/>	Serving = ½ cup fresh or frozen or ¼ cup dried
	Other Fruit <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Serving = 1 medium fruit or 1 cup cut up fruit or ¼ cup dried
	Cruciferous Vegetables <input type="checkbox"/>	Serving = 1 c. raw or ½ c. cooked broccoli, cauliflower, cabbage, brussels sprouts, kale, collards, etc. 1 tablespoon horseradish
	Greens <input type="checkbox"/> <input type="checkbox"/>	Serving = 1 cup raw or ½ cup cooked (kale, collards, romaine, leaf lettuce, etc.)
	Other Vegetables <input type="checkbox"/> <input type="checkbox"/>	Serving = 1 cup raw leafy veg ½ cup raw/cooked nonleafy ½ cup vegetable juice ¼ cup dried mushrooms
	Flaxseeds <input type="checkbox"/>	Serving = 1 tablespoon ground
	Nuts <input type="checkbox"/>	Serving = ¼ cup nuts/seed 2 tablespoons nut butter (raw unsalted)
	Spices <input type="checkbox"/>	¼ tsp turmeric along with other salt free herbs and spices
	Whole Grains <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Serving = ½ cup hot cereal, cooked grains, pasta, or com kernels 1 cup cold cereal 3 cups popped popcorn 1 tortilla or slice of bread or ½ bagel/English muffin (100% whole wheat or 100% whole grain)
	Beverages <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Serving = 12 ounces (water, tea, coffee)
	Exercise <input type="checkbox"/>	90 minutes moderate activities or 40 minutes vigorous activities

DAILY DOZEN COUNT DOWN

One peanut butter and banana sandwich

Whole grains	2
Nuts and seeds	1
Fruit	1
TOTAL	4 Boxes

SALAD

2 cups of Spinach	2
Handful of Arugula	1
Handful of Walnuts	1
½ cup of Chickpeas	1
½ cup red bell Pepper	1
Small Tomato	1
TOTAL	7 Boxes

If you added:

1 Tbsp ground Flaxseed	1
Handful of Goji berries	1
Along with a glass of water	1
And a piece of fruit	1
TOTAL	11 Boxes

CALORIE DENSITY SCALE

FOODS	CALORIES/POUND
Vegetables	60 -195
Fruit	140 - 420
Potatoes, Pasta, Rice, Barley, Yams, Corn, Hot Cereals	320 - 630
Beans, Peas, Lentils (cooked)	310 - 780
Breads, Bagels, Fat-free Muffins, Dried Fruit	920 – 1,360
Sugars (ie. sugar, honey, molasses, agave, corn/maple syrup)	1,200 – 1,800
Dry Cereals, Baked Chips, Fat-free Crackers, Pretzels, Popcorn	1,480 – 1,760
Nuts and Seeds	2,400 – 3,200
Oils	4,000

Menu Ideas

Breakfast:

Cashew Oat Waffles with fresh or frozen berries
Scrambled Tofu

Lunch:

Pita Pocket Sandwiches with:
Baked Falafels
Fresh Veggies (tomatoes, greens, onions, etc.)
Spiked Sour Cream Sauce
Tabouleh Salad

Dinner:

Mac n' Cheese
Whole Wheat Pasta
Cashew Cheese Sauce
Not Dogs
Whole Wheat Buns
"Not Dogs"
Chopped tomatoes, cilantro, onion
Spiked Sour Cream Sauce, Mustard, etc.
Caesar Salad
Greens, Romaine Lettuce
Tomatoes
Sliced purple onions
Shredded Carrots
Caesar Salad Dressing
Chocolate Mousse with fresh berries and mint

CASHEW-OAT WAFFLES

2 cups rolled oats
1 cup of raw cashews
2 cups soymilk
2 Tbsp. wheat germ or more
2 Tbsp. ground Flaxseed or more
1 tsp vanilla extract
¼ tsp Almond extract
1 Tbsp. honey—optional to taste
1 – 2 cups broken nuts, i.e. pecans

Put rolled oats in the Vita-Mix and pulse until slightly ground.
Pour them into a mixing bowl.

Put cashews and soymilk into Vita-Mix and process until smooth. Add to the ground up oats.

Add all of the remaining ingredients and blend together. The batter will thicken as it sits. You will need to add more liquid to get the consistency you like for the waffle batter.

You can add more soymilk or just water.

Be creative and add other spices, i.e. cinnamon, cloves, etc. to make them your own. You might even want to make them savory instead of sweet!

Makes 12 – 14 four inch waffles

SCRAMBLED TOFU

- 1 (16 ounce) extra firm Tofu
- 1 large Onion--minced
- 6 cloves Garlic—pressed
- 1 cup Sun Dried Tomatoes—not packed in oil—rehydrated
- 2 handfuls of Kale--chopped
- 1 Tbsp. Turmeric
- ½ tsp Black Pepper
- 1 Tbsp. Chicken Style Seasoning—McKay's
- 1 Tbsp. Nutritional Yeast
- 1 Tbsp. White Miso Paste--optional

Place onion and garlic in pan with a couple of tbsp. of water so they don't stick. Saute until onions are soft and translucent.

Crumble the tofu in on top of the onions.

Add the seasonings and sun-dried tomatoes and mix well.

Add the chopped kale and mix again.

Turn off the heat and cover until ready to eat. The kale should be bright green and just barely cooked.

You can add cooked beans or other fresh vegetables i.e. chopped red or green peppers, fresh tomatoes, parsley, mushroom, etc.

BAKED FALAFELS

- 2 (15 ounce) cans of Chickpeas—drained
- 1 large Onion—chopped
- 12 cloves of Garlic—crushed
- 2 handfuls of Kale—chopped
- 1 Lemon—juiced
- 2 Tbsp. of Clear Gel
- 6 tsp ground Coriander
- 4 tsp ground Cumin
- 2 Tbsp. Turmeric
- ½ tsp Black Pepper

Place all of the ingredients into a food processor. Process until a consistent texture not a paste, i.e., don't overdo the processing.

Drop the mixture by the tablespoonful onto a cookie sheet, lined with parchment paper. Shape into slightly flattened rounds.

Bake in oven at 400 degrees for 25 minutes. Remove from oven and turn each one over. Bake for another 20 minutes.

makes about 15 - 20 falafels

You had better make a double batch next time!

SPIKED SOUR CREAM

- 1 (12 ounce) container of extra firm Tofu
- ½ cup raw Cashews
- 1 Lemon—juiced
Vinegar, equal volume as lemon juice—try different kinds
- 1 Tbsp Tumeric
- ½ tsp Black Pepper
- ½ tsp Chili powder

Put all of the ingredients into a food processor and process until creamy. You will need to clean the sides with a rubber spatula a couple of times or the tofu will just be granular.

Place in a covered container in the refrigerator for at least one hour.

Try adding different spices ie. onion powder, garlic powder, ginger, nutritional yeast, etc. or even fresh herbs.

TABOULI SALAD

- 1 Onion—chopped
- ½ cup fresh Parsley
- 4 cups cooked Whole Grains—wheat, quinoa, couscous, etc.
- 1 Lemon—juiced
- 2 Tbsp. Olive oil—optional
- 2 Tbsp. Chicken Style Seasoning—McKay's, etc.
- 2 Tomatoes—chopped
- 2 cloves Garlic—crushed

Place all ingredients into a food processor until a consistent texture—chopped not pureed.

CASHEW CHEESE SAUCE

- 1 large yellow Onion—chopped
- 1 large red Bell Pepper—chopped
- 1 cup of raw Cashews—soaked
- 1 cup of Nutritional Yeast
- dash of Liquid Smoke
- Siracha hot sauce to taste

Put all of the ingredients into a Vita Mix and blend until creamy and smooth. You may need to clean the sides with a rubber spatula a few times and add a little water—1 – 2 Tbsp. at a time—to get the consistency you want for your sauce.

Store covered in the refrigerator.

NOT DOGS

- 6 Whole Carrots—cut into bun lengths, use the larger end
- 1 cup Vinegar—try different kinds
- ½ cup Water
- 4 Tbsp. Soy Sauce—Bragg Amino sauce
- 4 cloves of Garlic—pressed
- 1 Tbsp. Turmeric
- ½ tsp Black Pepper
- a dash of Liquid Smoke—to taste

Place the cut carrots into boiling water just until you can pierce through with a fork. Replace in cold water to stop the cooking.

Combine all of the other ingredients into a gallon sized freezer bag. Place the cooked carrots into the same bag with the marinade and zip it closed securely. Let the carrots marinate in the refrigerator at least overnight.

When you are ready to eat, place the carrots with the marinade in a pan on low heat, just until heated all the way through. Or you could place the carrots on a BBQ until heated through. Rotate so they don't burn on one side.

Serve on hot dog buns with usual condiments.

Be ready for surprised compliments!!!

CAESER SALAD DRESSING

- 1 (12 ounce) package of silken Tofu
- ¼ cup Olive Oil—optional
- 2 cloves Garlic—crushed
- 1 Lemon—juiced
Vinegar—equal volume as lemon juice
- 1 Tbsp. Dijon mustard
- 1 Tbsp. white Miso paste
- 1 Tbsp. Turmeric
- ½ tsp Black Pepper

Place all of the ingredients into a food processor until creamy.

Keep in a covered container in the refrigerator.

CHOCOLATE MOUSSE

2 (12 ounce) packages of extra firm Tofu
1 (12 ounce) bag of Dark Chocolate chips
1 (12 ounce) Dark Baker's Chocolate—86% Cacao
2 Tbsp Maple syrup—or Honey to taste
1 tsp Vanilla extract
¼ tsp Almond extract
1 Tbsp ground Cinnamon—to taste
just a pinch of Cayenne pepper—optional but you really should try it !
Melt chocolate in a double boiler.

Place the remaining ingredients into a food processor until creamy. You will need to clean the sides with a rubber spatula several times so the tofu is not grainy.

Add the melted chocolate into the tofu mixture and process until well blended.

Keep covered in the refrigerator.

Garnish with a Mint leave and fresh or frozen fruit.

This is still a dessert, not a health food. But for a dessert it is really good and much healthier than the regular chocolate mousse.