



Ivy Larson earned her BS degree from Palm Beach Atlantic University and is an American College of Sports Medicine certified health fitness instructor. She currently teaches whole foods cooking classes at Whole Foods Market, Williams-Sonoma, and private culinary stores in addition to running “Health and Body Lifestyle Makeover Programs” in Palm Beach, Florida. Ivy is a regular contributor as a wellness-lifestyle expert on Lifetime Television’s show *The Balancing Act*.

Andrew Larson, MD, is a graduate of the University of Pennsylvania School of Medicine and a board-certified general surgeon with special interests in surgical nutrition. He coauthored *Chicken Soup for the Soul Healthy Living Series: Weight Loss* with Jack Canfield and Mark Victor Hansen.

Ivy Larson and Andrew Larson are the authors of two books, including Amazon.com #1 best-selling *The Gold Coast Cure and The Gold Coast Cure’s Fitter, Firmer, Faster Program*. The couple lives in North Palm Beach, Florida, with their son. Visit them on their website: www.the2larsons.com.

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Do you know why:

- Processed food pumped with vitamins and antioxidants will never be as healthy as the whole food?
- Some fats can facilitate weight loss?
- Fiber-rich foods actually lose calories during the digestion process?
- Nutrient-rich foods help prevent cancer and heart disease?

Whole Foods Diet Cookbook has the answers!

“Whether you like to eat healthy or not, you’ll want to make and eat the recipes in the *Whole Foods Diet Cookbook* simply because they taste delicious—it’s a bonus to learn they are loaded with nutrients and are slimming too!”

—Missy Chase Lapine
New York Times bestselling author
of *The Sneaky Chef* series and
former editor of *Eating Well* magazine

“The *Whole Foods Diet Cookbook* is an absolute gem and a wonderful addition to any library. The recipes are mouthwatering and the information is first rate!”

—Jonny Bowden, PhD, CNS
Board-certified nutrition specialist,
weight-loss coach, and nutrition book author

“The *Whole Foods Diet Cookbook* is your ticket to get on board the health train. Here, in easy-to-understand prose, is what you need to know to eat right for optimum health. If you are in charge of feeding your family, this book will be an invaluable resource, especially for rearing healthy children.”

—Jeff Cox
Author of *The Organic Cook’s Bible* and
national judge for the James Beard Foundation’s annual awards

“The *Whole Foods Diet Cookbook* is a must-have for anyone looking to improve their health, lose weight, and eat better-tasting foods! Dr. Larson and his wife, Ivy, prove that following their healthy whole foods lifestyle can be both doable and delicious.”

—Tracey Mallett
Certified sports nutritionist, fitness author, and
creator of “6-Minute Quick Blast” workout DVDs



WHOLE FOODS DIET COOKBOOK LARSON



\$24.99 U.S.

WHOLE FOODS DIET COOKBOOK

200 RECIPES FOR OPTIMAL HEALTH

For people who are tired of counting calories, carbs, fats, and points, this book makes nutrition count instead! Whole foods are nutrient-rich foods—those foods that offer a complete balance in nutritional value while in their natural, unrefined, unprocessed state. They are high in antioxidants, phytochemicals, and essential fats and oils, and are low in saturated fats and sugar.

Whole Foods Diet Cookbook is the ultimate whole foods, healthy-lifestyle, weight-loss cookbook. With chapters that educate and recipes that are delicious and satisfying, you’ll learn how to get down to the nuts and bolts of making nutrition count. The book includes such recipes as Slow-Cooker Summer Citrus Salmon, Made-from-Scratch Manicotti Crêpes, Pumpkin Pie Smoothie, Reese Swirl Brownies, and Tex-Mex Polenta Pizza with Chipotle-Black Bean Hummus, and Rotisserie Chicken—home cooks will fight over who gets to make supper!

The health and weight loss benefits of the flexitarian lifestyle—eating primarily vegetarian foods while still allowing everyday consumption of high-quality animal products such as grass-fed meat and fish—are also explored. Fresh ideas and recipes for today’s food tastes range from elaborate to simple, including a mix of upscale comfort foods, ethnic cuisine, and gourmet meals for just about any occasion and any time of day.

satisfaction guaranteed

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curing food cravings and hunger pangs

Hunger derails even the most virtuous of healthy eating efforts. It doesn't matter whether you are trying to "diet" for good health or a trim waistline; if your diet leaves you feeling hungry, you won't stick to it in the long run. Of course, hunger pangs go hand in hand with food cravings, so if you're hungry, chances are high you'll also be plagued by those pesky food cravings. While food cravings are often a sign of a nutrient deficiency (not necessarily a calorie deficiency), rarely do we crave the nutrient-rich foods our bodies really need. For example, magnesium is found in whole foods such as raw nuts, fruits, and legumes, but a magnesium deficiency can lead to a full-blown chocolate craving. (Chocoholics are all too familiar with how damaging this craving can be!)

frittata with roasted red peppers, scallions and potatoe

We love omelets; we just don't love their delicate and tenuous nature. We're never particularly enamored with how every step must be done "just so," and we don't love how they never seem to turn out when we make them. What we do love are frittatas. Frittatas don't require the fine art of folding a sheet of egg paper over an assortment of fillings, but they'll still satisfy an omelet craving any day. Plus, frittatas can be surprisingly healthy, especially if you use omega-3 enriched eggs.

Serves 

Prep time: 

Complexity level: 

- 2 tablespoons extra-virgin olive oil
- 2 shallots, finely chopped
- 6 small red potatoes, thinly sliced into rounds
- 3 cloves garlic, minced
- Salt, to taste
- Paprika, to taste
- Black pepper, to taste
- 1 (12-ounce) can roasted red peppers, drained, patted dry with paper towels and finely chopped
- 6 cage-free organic omega-3 eggs (such as Organic Valley brand)
- 1/4 cup organic milk
- 1 tablespoon goat cheese
- 1/4 cup organic Parmesan cheese
- 1/4 cup chopped scallions
- 1/4 cup chopped basil

Heat the oil over medium heat in a 10-inch ovenproof skillet (preferably cast-iron). Add the shallots and sauté until soft, stirring frequently, about 1½ minutes. Add the potatoes, garlic, salt, paprika, and pepper; sauté over medium heat until the potatoes are tender and golden, stirring frequently, about 15 minutes. Stir in the chopped roasted red peppers. Preheat oven to 400 degrees F.

In a medium bowl, use an electric mixer to mix the eggs, milk, goat cheese, and Parmesan. Stir in the scallions and basil. Gently pour the egg mixture over the potato and roasted red pepper mixture, tilting the skillet so the egg mixture spreads evenly. Cover and cook over medium heat until the egg is almost set but the top is still runny, about 3–4 minutes.

Place the skillet in the heated oven and cook about 15 minutes, or until top is set. Remove from oven and allow frittata to cool 5 minutes before serving. To serve, use a spatula to loosen the frittata from the skillet; slide the frittata onto a cutting board and slice into four wedges. Serve at once.

tex-mex deep-dish polenta pizza with chipotle-black bean hummus, cilantro, and rotisserie chicken

Health concerns aside, we've never been huge fans of take-out pizza; we like our pizza pies to boost originality, personality, and pizzazz. Here, traditional pizza gets a major wake-up call as we've swapped the usual wheat-based crust for hearty polenta—deep-dish style—and traded the conventional tomato sauce for a Tex-Mex smoky chipotle-black bean hummus. The flavors and textures deliver a winning combination sure to satisfy. Even better, it's super easy to make!

Serves 4: 

Prep time: 

Complexity level: 

- Extra-virgin olive oil cooking spray
- 2 cups water
- 1 cup cornmeal (polenta)
- 1/2 teaspoon salt, plus more to taste
- 1/4 teaspoon black pepper
- 1 (15.5-ounce) can black beans, rinsed and drained
- 1 tablespoon plus 1 teaspoon extra-virgin olive oil
- 1 chipotle pepper (buy chipotle peppers in a can)
- 2 cups shredded carrots (to save time, buy bagged preshredded carrots)
- Cumin, to taste
- 6 ounces shredded rotisserie chicken
- 1 cup shredded, low-fat organic mozzarella cheese
- 1 cup chopped fresh cilantro leaves

Preheat oven to 400 degrees F and coat an 8½-inch springform pan with cooking spray.

In a medium saucepan, bring water to a boil. Whisking constantly, slowly add the cornmeal. Reduce heat to low and cook, stirring, until the polenta starts to pull away from the sides of the pan, 4–5 minutes. Stir in salt and pepper. Remove from heat. Spread the polenta over the bottom of the prepared pan, using a spoon to form a raised edge. Set aside for 10 minutes to set.

Meanwhile, in a food processor or blender, purée the black beans, oil, and chipotle pepper until mixture is smooth and creamy. Using the back of a spoon, spread the chipotle-black bean hummus on top of the polenta. Layer the shredded carrots on top. Season carrots with cumin to taste. Scatter the chicken on top of the carrots and sprinkle the mozzarella on top of the chicken.

Bake polenta pizza for 15 minutes. Remove from oven and sprinkle the chopped cilantro on top. Return polenta pizza to the oven and bake for an additional 5 minutes. Allow polenta pizza to cool for 10 minutes before removing from the springform pan. Cut into wedges and serve warm.

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