

## Dr. Clyde Guide: Vegetables Ideal For Different Intakes

	Coarse	Semi Coarse	Consumability	Highest Phytos
<b>For blending i.e. shake</b>	<p><b>½ volume of any one or more of the following:</b></p> <ul style="list-style-type: none"> <li>• Dinosaur kale</li> <li>• Purple kale</li> <li>• Regular kale</li> <li>• Chard</li> <li>• Greens (from beets, etc)</li> <li>• Red cabbage</li> <li>• Parsley</li> <li>• Celery</li> </ul>	<p><b>¼- ½ volume:</b></p> <ul style="list-style-type: none"> <li>• Spinach</li> <li>• Radish</li> <li>• Beets</li> <li>• Red bell pepper</li> </ul>	<p><b>Fluidity</b></p> <ul style="list-style-type: none"> <li>• Tomato</li> </ul> <p><b>Flavor/Fluidity</b></p> <ul style="list-style-type: none"> <li>• Fruit juice</li> </ul> <p><b>Flavor</b></p> <ul style="list-style-type: none"> <li>• Any fruit</li> <li>• Fennel</li> <li>• Anise</li> <li>• Mint leaves</li> </ul>	<ul style="list-style-type: none"> <li>• Raw whole wheat grass</li> <li>• Packet green or white tea</li> <li>• Cinnamon</li> <li>• Cocoa</li> </ul>
<b>Steamed veggies</b>	<ul style="list-style-type: none"> <li>• Broccoli</li> <li>• Cauliflower</li> </ul>	<ul style="list-style-type: none"> <li>• Zucchini</li> <li>• Eggplant</li> <li>• Red bell pepper</li> <li>• Green beans</li> </ul>	<ul style="list-style-type: none"> <li>• Carrot</li> <li>• Squash</li> </ul>	
<b>Salad</b>	<p><b>½-1 cup total:</b></p> <ul style="list-style-type: none"> <li>• Red cabbage</li> <li>• Broccoli</li> <li>• Cauliflower</li> <li>• Parsley</li> <li>• Kale</li> </ul>	<p><b>2-4 cups:</b></p> <p>Any leafy green (spinach, mixed, Romaine, etc)</p> <p><b>½-1 cup total:</b></p> <ul style="list-style-type: none"> <li>• Radish</li> <li>• Beets</li> <li>• Red bell pepper</li> <li>• Sprouts</li> <li>• Cucumber</li> <li>• Squash (raw)</li> </ul>	<ul style="list-style-type: none"> <li>• Tomato</li> <li>• Squash (soft)</li> <li>• Unsaturated fat (nuts, seeds, dressing, olive, avocado)</li> <li>• Protein (tofu, chicken, etc)</li> <li>• Starch sources (lentils, beans, croutons)</li> <li>• Fruit</li> </ul>	
<b>Raw with snacks or breakfast</b>	<ul style="list-style-type: none"> <li>• Celery</li> <li>• Broccoli</li> <li>• Cauliflower</li> <li>• Red cabbage</li> </ul>	<ul style="list-style-type: none"> <li>• Leafy greens</li> <li>• Red bell pepper</li> <li>• Sugar snap peas</li> </ul>		

## Making a Salad by Dr. Clyde

	Unsaturated Fats	Protein	Vegetables	Starch
Guide	<p><b>THIRD</b> Choose your fat source from below</p> <ul style="list-style-type: none"> <li>• 4 Tbsp avocado</li> <li>• 2-3 Tbsp seeds: sunflower, pumpkin, sesame</li> <li>• 2 Tbsp nuts: 8 walnut halves, 10 cashews, 12 almonds, 16 peanuts</li> <li>• 2 Tbsp (12) olives</li> <li>• 1.5-2 Tbsp vegetable-oil based dressing</li> <li>• 1 Tbsp ground flax seed,</li> <li>• 1 Tbsp vegetable or olive oil</li> </ul> <p>ALSO PROTEIN</p> <ul style="list-style-type: none"> <li>• 6 oz soy: tofu 3/4 cup, edamame 1 cup</li> <li>• 3 oz salmon or sardines</li> </ul>	<p><b>FOURTH</b> Choose your protein source to put on the salad</p> <ul style="list-style-type: none"> <li>• 2 egg whites (optional yolk)</li> <li>• 1/2 cup low fat cottage cheese</li> <li>• 3 oz shrimp</li> <li>• 3 oz tuna higher in mercury</li> <li>• 3 oz chicken or turkey</li> <li>• 3 oz lean steak (thin slice London broil, top round)</li> <li>• 12 oz legumes (also starch) lentil, garbonzo, kidney, black or other bean</li> <li>• Also fat source: 3/4 cup tofu, salmon or sardine</li> </ul> <p>OR ON THE SIDE:</p> <ul style="list-style-type: none"> <li>• 1.5 cups (12 oz) milk or soy milk</li> </ul>	<p><b>FIRST</b> Start by putting the leafy greens on the plate: Spring mix, spinach, arugula, or red leaf. Romaine is ok. Iceberg should only be used when it is the only option.</p> <p><b>SECOND</b> Add a few additional vegetables to the salad: Choose any 3 that you like. You do not need to use the below list, but can choose 1 from each bulleted group to get a balance of maximal vegetable benefits.</p> <ul style="list-style-type: none"> <li>• Highest coarseness: A cut up leaf of kale, chard, turnip or collard greens, some parsley, or celery</li> <li>• Cruciferous: cabbage, cauliflower, broccoli</li> <li>• Root vegetables: radish, raw beets, or (high in calories) carrots</li> <li>• A high vitamin C source: Tomato, red bell pepper</li> <li>• Green peas</li> </ul>	<p><b>FIFTH</b> Don't exclude all starches: Put on 4 oz legumes i.e. lentil, garbonzo, kidney, black or other bean to drive your metabolism (12 oz fulfills protein needs, 6 oz is 1/2 protein needs)</p> <p>No additional starches are needed unless you are very active that day</p> <ul style="list-style-type: none"> <li>• Corn</li> <li>• 1 slice whole grain bread</li> <li>• A few whole grain crackers as croutons</li> <li>• 1 small potato or yam ~1/4 cup microwave &amp; cut up warm</li> <li>• 1/4 cup whole grain pasta</li> </ul>
Clyde's favorite	3 oz salmon	3 oz salmon	Spring mix and spinach 50/50 mix with a bunch of veggies on top, Balsamic vinegar for flavor	Warm purple potato or fingerling yams
Design your most common salad				
Another common salad you eat				

# Dr. Clyde Guide: Making Vegetables Taste Better

## **Making a great salad**

- **Start with the greens:** Spinach, mixed greens, a dark romaine, or arugula
- Some places (like Trader Joes) have pre-washed packed greens to make this step easy
- **Veggies:** To the leafy greens add any of zucchini, sugar snap peas, tomatoes, cucumber, carrots, green onions, radish sliced really thin
- **Toppings to make a salad taste great:** Dried fruits like cranberry, fresh fruits like pear, grapefruit, or orange pieces, nuts, sunflower seeds and cheese (like crumble goat cheese, feta cheese cubes, fresh mozzarella), buckwheat noddles (make the noddles first and then toss with the salad)
- **Chef Andrea's Salad Dressing (for 2 people):** 1 Tbsp olive oil, ½ Tbsp balsamic vinegar, 1 tsp low-sodium soy sauce, juice from ½ lemon or lime, black pepper to taste

## **For Sautéing vegetables**

- Olive oil is generally the best healthy oil to cook with because it is high in monounsaturated fat, which resists oxidation (but never let the oil smoke). You can add a tsp of saffron threads to the olive oil before sautéing.
- Garlic goes very well with cooked veggies: Add 1 tsp crushed garlic (1 clove) 30 seconds before you turn off the heat
- You can also cook vegetables with white or red wine
- For spinach, collard greens, chard, or any dark green vegetable, sauté for no more than 2 min, which is the time it takes them to turn bright green
- If your diet allows salt: Soy sauce or some salt to taste can be added to the vegetables, preferably after cooking so that the salt is mostly on vegetable surface to taste it more
- For flavor and health: Add fresh or dried herbs (see below)

## **For BOTH cooked vegetables and salad**

Oils that add a lot of flavor: Olive, walnut, safflower, sunflower, sesame, and peanut

For crunchiness and flavor: Add chopped nuts of any kind

For a nice consistency and added health: Extra firm tofu

For a fresh taste: Add lemon

If you like your food spicy: Add pepper or red pepper flakes into the vegetable or salad

For flavor and health: Add fresh or dried herbs (see below)

## **Herbs that go well with specific vegetables**

- Sweet potato, butternut squash, or any type of squash: Nutmeg, cinnamon, thyme
- Cabbage: Cilantro or cumin
- Carrots: Sage, ginger
- Corn: Sage, thyme, rosemary
- Broccoli: Basil, oregano
- Eggplant: Fresh basil, parsley
- Leeks: Ginger, white pepper
- Asparagus: Lemon zest
- Beets: Orange zest, ginger
- Spinach: Basil, oregano

## **Boiling leaches nutrients out of vegetables, but if you choose to boil your veggies**

- Boil just until the vegetable is crispy to minimize nutrient loss