

THE
BLOOD
SUGAR
SOLUTION
COOKBOOK

More than 175 Ultra-Tasty Recipes
for Total Health and Weight Loss

Mark Hyman, MD

Author of the #1 *New York Times* bestseller

THE BLOOD SUGAR SOLUTION



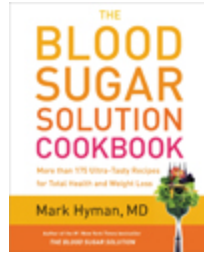
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For all those who seek to take back their health

NOTE TO THE READER

Tools and Resources for the Blood Sugar Solution

This cookbook is designed to be used alone, and if you follow the recipes and the program, it will work on its own. But there is so much more to share and explain about how and why this program works, and additional tools and resources to help you succeed. I encourage you to review my book *The Blood Sugar Solution*, join our online community, and get free access to hundreds of videos, including my cooking videos. You will also get access to health-tracking tools to track your diet, exercise, measurements, and lab tests, as well as a guide to what tests to take, tips on how to work with your doctor to get what you need, information about supplements, and more. You can access nutrition and life coaching, a rich assortment of articles and educational materials, and even additional recipes. In addition, the online UltraWellness Community is made up of tens of thousands of people just like you who help guide, support, and encourage one another as they work through many of the same issues. And for those who need a bit more support, I lead a 12-week online course on the Blood Sugar Solution—go to bloodsugarsolution.com to learn more. My goal is for you to say, “I didn’t know I was feeling so bad until I started feeling so good.”

INTRODUCTION

Cooking Is a Revolutionary Act¹

The cure for what ails us—both in our bodies and in our nation—can be found in the kitchen. It is a place to rebuild community and connection, strengthen bonds with family and friends, teach life-giving skills to our children, enrich and nourish our bodies and our souls. Yet, in the twenty-first century, our kitchens (and our taste buds) have been hijacked by the food industry. In 1900 only 2 percent of meals were eaten outside of the home; today that number is over 50 percent.

The foodlike substances proffered by the industrial food system trick our taste buds into momentary pleasure. But our biology rejects the junk forced on our genes and on our hormonal and biochemical pathways. Your tongue can be fooled and your brain can become addicted to the slick combinations of fat, sugar, and salt pumped into factory-made foods, but your biochemistry cannot handle these foods, and the result is the disaster we have in America today—70 percent of us are overweight, and obesity rates are expected to top 42 percent by the end of the next decade (up from only 13 percent in 1960).

Today one in two Americans has either pre-diabetes or diabetes. In less than a decade the rate of pre-diabetes or diabetes in teenagers has risen from 9 percent to 23 percent. Really? Almost one in four kids has pre-diabetes or type 2 diabetes? Yes, and perhaps even more shocking, 37 percent of kids at a *normal weight* have one or more cardiovascular risk factors such as high blood pressure, high cholesterol, or high blood sugar, because even though factory food doesn't necessarily make you fat, it does make you sick! The

food industry taxes our health and mortgages our children's futures. Obese children will earn less, suffer more, and die younger.

It is time to take back our kitchens and our homes. Transforming the food industry seems like a gigantic undertaking, but it is in fact an easy fix. The solution is in our shopping carts, our refrigerators, and our cupboards—and on our dining room tables. This is where the power is. It is the hundreds of small choices you make every day, choices that will topple the monolithic food industry.

We need a revolution. Cooking real food is a revolutionary act. We have lost the means to care for ourselves. We have now raised the second generation of Americans who don't know how to cook. The average child in America doesn't know how to identify even the most basic vegetables and fruit; our kids don't know where their food comes from or even that it grows on a farm. Cooking means microwaving. Food comes in boxes, plastic bags, and cans. Reading labels is supremely unhelpful in identifying the source of most foods—the ingredients are mostly factory-made science projects with a remote and unrecognizable lineage to real food.

We are brainwashed into thinking that cooking real food costs too much, is too hard, and takes too long. Hence, we rely on inexpensive convenience foods. But these aren't so convenient when we become dependent on hundreds of dollars of medication a month, when we can't work because we are sick and fat and sluggish, or when we feel so bad we can't enjoy life anymore. The average American spends eight hours a day in front of a screen (mostly the television) and spends more time watching cooking shows than actually cooking.

Convenience is killing us.

In fact, real food can be inexpensive. Choosing simple ingredients, cooking from scratch, shopping at discount club stores, and getting produce from community supported agriculture associations (CSAs), community gardens, or co-ops all build health and community and save money. Europeans spend nearly 20 percent of their income on food, Americans only about 9 percent. Food is the best investment in your health.

I believe in the power of collective intelligence. Within my community are hundreds, if not thousands, of unheralded chefs experimenting with food and creating extraordinary meals and recipes. Within our individual and our national communities is the cure for what ails us. We are the

answer. We are the revolutionaries who will change the face of food in America and around the world. *The Blood Sugar Solution Cookbook* is the product of this collective intelligence. Truly, the community is the cure!

Yes, we need to change policy in order to change the food we grow and to subsidize real food instead of the walls of processed fat, sugar, flour, and trans fats that line our grocery and convenience stores. Yes, we need to end food marketing to children. We need to make schools safe zones for kids with only those products and activities that support healthy minds and bodies. There is no room for junk food or factory foods in schools. Period. Yes, we need all that and more to take back our kitchens and our health. But each of us can start at home with a kitchen makeover. Three simple actions can change everything:

1. Do a fridge makeover.
2. Do a pantry makeover.
3. Do a shopping cart makeover.

This book gives you advice on what to keep and what to discard from your fridge, pantry, and shopping cart. It also provides recipes—gathered from our own community of health and cooking revolutionaries—to delight your palate, stimulate your senses, and nourish your body and soul. The recipes are designed to be made, shared, and enjoyed with friends and family. Think of this book as a roadmap to pleasure and health.

Once you have taken back your kitchen, then you can start something really revolutionary. Find eight (or so) people you would love to know better or spend more time with. Invite them to start a supper club—once a week or once a month. Rotate dinners at one another's houses. Share the cooking by creating a potluck, or take turns choosing some favorite recipes from this cookbook and preparing a feast for all. At each dinner pick a topic—about food, health, or community—to discuss. Then let the juices flow. The stew of food and friendship will nourish you deeply.

In this way—one by one, kitchen by kitchen, community by community—we will take back our health together!

PART I

THE BASICS

What Is the Blood Sugar Solution?

My book *The Blood Sugar Solution* is an owner's manual for personal health and a manifesto for us all to take back our health. First, it provides a step-by-step, goof-proof plan to reverse the root causes of diabetes and obesity—what I call *diabesity*. Next, it provides a roadmap for us to get healthy together—because getting healthy is a team sport. Finally, it is a manifesto motivating us to take back our health in our kitchens, homes, schools, workplaces, faith-based communities, and even in our media, our food system, our health-care system, and our democracy. A tall order to be sure, but one that is necessary if we are to have a sustainable future—for ourselves, our children, our economy, and the environment.

The Blood Sugar Solution is all about the root causes of chronic disease—and one of the major culprits is poor nutrition. The fundamental idea revolutionizing nutrition science is this: *food is not just calories; it is information*. And with the right information you can upgrade your biological software in real time, literally with every bite. Food is medicine. In fact, what you put on your fork is more powerful than anything you will ever find in a pill bottle. The recipes in this book were created based on the guidelines in *The Blood Sugar Solution*, a six-week plan designed to reverse diabesity. I have included recipes designed to be used when the six weeks are over, during what I call the “reintroduction phase.” I have also added a few special low-glycemic desserts (low glycemic refers to foods that don't raise your blood sugar as much or as fast as high glycemic foods), which can be enjoyed at the end of the first six weeks of the plan as occasional treats.