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**Medicine**

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**Live Well with MS**  
**Foundations Program**  
Recipe Book

# Foundations Recipe Book

## Welcome to the Foundations Program!

Food is one of the fastest ways to impact our cellular health, which in turn affects our gut, microbiome, hormones, mitochondria, etc.- all of which play a major role in immune health and autoimmunity.

These simple recipes use accessible ingredients, so if cooking is new to you, this is a great opportunity to learn new ways of preparing food. If you have food sensitivities or specific preferences, feel free to make substitutions. When a recipe calls for sugar, feel free to skip it or cut it down significantly. When cooking at temperatures above 350 F, please avoid olive oil and use a higher smoking point oil like avocado or coconut oil.

This recipe book is meant to be used digitally and NOT printed. Click on the links to access the recipes selected from our favorite websites. Keep in mind many recipes are for 1 serving, so pay attention to serving size and adjust accordingly.

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# BREAKFAST





# Almond Butter Bread

## Ingredients

- 1 cup smooth almond or cashew butter
- 4 large eggs
- 2 tablespoons flax meal
- 2 tablespoons honey
- 1 tablespoon coconut flour
- 1 tablespoon apple cider vinegar
- 1/2 teaspoon baking soda
- 1/4 teaspoon sea salt
- 1 (8 in. x 4 in.) loaf pan(s)



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# Chia Pudding

## Ingredients

### pudding

- 1 1/4 cups non-dairy milk
- 5 tablespoons chia seeds
- 2 teaspoons maple syrup
- 1/2 teaspoon vanilla extract

### Toppings (Optional)

- cinnamon apples, granola, and/or berries



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# Chicken and Apple Breakfast Sausage

## Ingredients

- 1 pound ground chicken thigh (~93% lean)
- 1 ounce dried apples
- 1 tablespoon maple syrup (optional)
- 1 teaspoon fresh sage, chopped
- 3/4 teaspoon dried thyme
- 3/4 teaspoon allspice
- 3/4 teaspoon dried parsley
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper



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# Easy Vegetable Frittata

## Ingredients

- 12 large eggs
- 2 cups cooked leftover vegetables
- 1/2 cup plain Greek-style yogurt (dairy or non-dairy)
- 1/2 yellow onion, diced
- 3 ounces grated or diced cheese or (such as cheddar, provolone, or goat)
- 3 tablespoons extra-virgin olive oil
- 2 garlic cloves, chopped
- salt and pepper, to taste



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# Green Eggs

## Ingredients

- 4 large eggs
- 1 cup fresh baby spinach
- ¼ teaspoon fine sea salt
- butter or olive oil , for cooking



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# Healthy Banana Pancakes

## Ingredients

- 1/2 cup almond flour
- 1/3 cup tapioca flour
- 1/4 cup coconut flour
- 3 large eggs
- 1 small ripe banana, mashed
- 3 tablespoons non-dairy milk
- 1 teaspoon apple cider vinegar
- 1/2 teaspoon baking soda
- 1/2 teaspoon cinnamon
- coconut oil or non-dairy butter, to grease the pan



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# Healthy Granola

## Ingredients

- 2 cups old-fashioned rolled oats (242 grams; gluten-free, if needed)
- 1 cup shredded coconut (105 grams; unsweetened)
- 1 cup pecans (119 grams; or walnuts or pepitas)
- 3/4 cup maple syrup (255 grams)
- 2 teaspoons ground cinnamon (10 grams; or pumpkin pie spice)
- 1/2 teaspoon fine sea salt (5 grams)



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# Kimchi Scrambled Eggs

## Ingredients

- 3 eggs
- 1/4 cup kimchi, drained and chopped
- 3 tablespoons shredded cheddar (dairy or non-dairy)
- 2 tablespoons butter (dairy or non-dairy)
- sriracha (optional)
- salt, to taste



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# Low Carb Breakfast N'Oatmeal

## Ingredients

- 1/2 cup riced cauliflower
- 1/2 cup milk (I used non-dairy)
- 1/4 cup hemp seeds
- 2 tablespoons smooth almond butter
- 2 tablespoons Greek yogurt (optional, for extra creaminess)
- 1 tablespoon chia seeds



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# Muesli-Style Granola (aka Granoli)

## Ingredients

- 1 1/2 cups rolled oats (not quick-cooking oats)
- 1/2 cup pistachios, shelled
- 1/2 cup sunflower seeds
- 1/3 cup pumpkin seeds
- 1/4 cup olive oil
- 1/4 cup currants
- 2 tablespoons flax seeds
- 2 tablespoons maple syrup
- 1 tablespoon dried rosemary
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/2 teaspoon dried ginger



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# Overnight Oats

## Ingredients

### Base Recipe

- 1/2 cup old-fashioned rolled oats (certified gluten-free, if needed)
- 3/4 cup almond milk (or milk of choice)
- 1 tablespoon ground flax seeds (or chia seeds)
- 1 tablespoon maple syrup
- pinch of salt



### VARIATIONS

#### Carrot Cake Overnight Oats

- 1/4 cup shredded carrots
- 1 tablespoon raisins
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 2 tablespoons walnuts

#### Banana Nut Overnight Oats

- 1/2 mashed banana
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon vanilla extract
- 2 tablespoons walnuts

#### Chocolate Peanut Butter

- 2 tablespoons peanut butter
- 1 tablespoon cacao powder

#### Coffee Overnight Oats

- 1/2 cup brewed coffee (replace a 1/2 cup milk with this!)
- 1 tablespoon almond butter

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#### PB&J Overnight Oats

- 2 tablespoons peanut butter
- 1 tablespoon raspberry jelly

#### Zucchini Overnight Oats

- 1/4 cup shredded zucchini
- 1 tablespoon almond butter
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg

#### Apple Spice Overnight Oats

- 1/4 cup unsweetened applesauce
- 1 tablespoon almond butter
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon ground ginger



# Pumpkin Smoothie

## Ingredients

- 1/3 cup [pumpkin puree](#) (89 grams)
- 1/2 teaspoon [pumpkin pie spice](#) (2 grams)
- 4 to 5 soft Medjool dates , pitted (about 75 grams)
- 2 tablespoons [hemp hearts](#) (optional; 18 grams)
- 3/4 cup [almond milk](#) (156 grams)
- 5 large ice cubes (174 grams)

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# Sweet Potato Hash

## Ingredients

- 2 large sweet potatoes , cut into 1/2-inch pieces (about 1 pound)
- 2 bell peppers, cut into 2-inch pieces (I use green and red, for color)
- 1 red onion, cut into 2-inch pieces
- 1 to 2 tablespoons olive oil
- 1 teaspoon chili powder
- 1 teaspoon fine sea salt

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# Sweet Potato Smoothie

## Ingredients

- 1/2 cup cooked sweet potato , tightly packed
- 1 cup [almond milk](#) (or milk of choice)
- 2 to 3 Medjool dates , pitted
- 1/2 inch knob of fresh ginger (or 1/4 teaspoon dried ginger)
- 1/4 teaspoon ground turmeric
- 1/4 teaspoon ground cinnamon
- 1 tablespoon [hemp hearts](#) (optional; for added protein)
- ice , as needed to thicken



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# Sweet Potato Toast

## Ingredients

- 1 large sweet potato

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# MAINS





# Baked Chicken Breasts

## Ingredients

- 1 tablespoon olive oil
- 1 ½ pounds boneless skinless chicken breasts (about 1 to 1.5 inches thick)
- ¾ teaspoon fine sea salt
- ¼ teaspoon garlic powder
- ¼ teaspoon paprika
- ¼ teaspoon black pepper

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# Crispy Baked Tofu

## Ingredients

- Extra-firm tofu
- Garlic powder
- Cayenne pepper (optional; for spice)
- Salt
- Arrowroot starch
- Toasted sesame seed oil

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# Crispy Mushroom Bacon

## Ingredients

- 4 ounces shiitake mushrooms\*
- 2 tablespoons olive oil , plus more for greasing the pan
- 1/4 heaping teaspoon fine sea salt



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# Cumin Roasted Carrot Salad

## Ingredients



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### For the Salad

- 5 large carrots
- 1 cup cooked farro (or brown rice)
- 2 handfuls arugula
- 1 tablespoon extra-virgin olive oil
- 1/4 cup pine nuts (or sunflower seeds or slivered almonds)
- salt and pepper, to taste

### For the Creamy Dressing

- 1/4 cup pine nuts or slivered almonds
- 1/4 cup water
- 1/2 lime, juiced (reserve extra lime for serving)
- 1/2 tablespoon extra-virgin olive oil
- 1 teaspoon miso paste
- 1 teaspoon cumin
- 1/2 teaspoon coriander
- 1/4 teaspoon salt

# Easy Cauliflower Fried Rice

## Ingredients

### Fried Rice

- 12 ounces frozen or fresh riced cauliflower
- 1 cup frozen or fresh vegetable(s) of choice (peas, carrots, bell pepper, onion)
- 5 scallions, chopped (white and light green parts only)
- 2 garlic cloves, minced
- 1 tablespoon low-sodium tamari
- 2 teaspoons cooking oil
- 2 teaspoons fresh ginger, chopped
- 1 teaspoon sesame oil
- 1 teaspoon rice vinegar
- 1/4 teaspoon garlic powder
- 1/4 teaspoon white or black pepper

### Mix-Ins (Optional)

- scrambled eggs, cooked shrimp, shredded rotisserie chicken, and/or edamame



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# Easy Protein Salad with Balsamic Vinaigrette

## Ingredients

- 3 handfuls spring mix
- 2 large carrots, thinly sliced
- 2 celery stalks, thinly sliced
- 1/2 avocado, chopped
- 1/4 cup seedless grapes, halved (or cherry tomatoes)
- 1/4 cup cabbage, thinly sliced (optional)
- 2 servings cooked protein of choice (such as chopped hard-boiled eggs, salmon, chicken, or chickpeas)
- [balsamic vinaigrette](#), to taste
- Italian seasoning or dried oregano, for sprinkling



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# Easy Beef Stir Fry

## Ingredients

- 3/4 pound(s) lean ground beef
- 2 large carrots, sliced
- 1/2 onion, diced
- 2 garlic cloves, minced
- 1 tablespoon avocado oil
- 1/2 teaspoon EACH garlic powder and onion powder
- 1/4 teaspoon salt

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# Fish with Ginger Scallion Sauce

## Ingredients

- 1 cup smooth almond or cashew butter
- 4 large eggs
- 2 tablespoons flax meal
- 2 tablespoons honey
- 1 tablespoon coconut flour
- 1 tablespoon apple cider vinegar
- 1/2 teaspoon baking soda
- 1/4 teaspoon sea salt
- 1 (8 in. x 4 in.) loaf pan(s)

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# Hearty Quinoa Soup

## Ingredients

- 1 tablespoon olive oil
- 1 yellow onion , chopped
- 3 carrots , peeled and chopped
- 3 celery ribs , chopped
- 4 cloves garlic , minced
- 2 teaspoons ground cumin
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground turmeric
- 1/2 cup dry red lentils
- 1/2 cup dry quinoa
- 2 teaspoons fine sea salt , plus more to taste
- freshly ground black pepper , to taste
- 4 cups water
- 1 (28 oz.) can diced tomatoes , with juices
- 2 cups chopped kale

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# Juicy Skillet Chicken Breast

## Ingredients

- 1 large boneless skinless chicken breast
- 1 tablespoon olive or avocado oil
- 1/2 teaspoon EACH cumin, garlic powder, and onion powder
- 1/8 teaspoon paprika (or cayenne)
- 1/8 teaspoon salt

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# Juicy Turkey Burgers

## Ingredients

- 1 pound 93% lean ground turkey or chicken
- 1/2 onion
- 1/2 bell pepper, diced (optional)
- 1/3 cup cheese (such as feta, shredded mozzarella, or cheddar)
- 1/4 cup parsley or cilantro, chopped
- 2 garlic cloves, minced
- 2 teaspoons dried oregano
- 1/2 teaspoon salt
- pepper, to taste
- avocado oil, for frying

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# Oyster Mushroom Grain Bowls

## Ingredients

### For the Bowl

- 1 cup cooked forbidden rice (or brown rice)
- 1 cup black beans
- 1 medium sweet potato, diced
- 8 ounces oyster mushrooms (unsliced)
- 5 handfuls kale, hard stems removed
- 1/2 avocado, sliced
- 1/2 cup kimchi
- 2 tablespoons avocado oil or cooking spray (divided)
- 2 tablespoons hemp seeds
- 1/4 teaspoon EACH garlic powder, salt, and pepper
- cilantro, to taste (for topping)

### For the Dressing

- [Miso Dressing](#), [Green Goddess Dressing](#), or coconut aminos

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# Quinoa Black Bean Salad

## Ingredients

- 1 cup dry quinoa , rinsed
- 1 cup water
- 2 tablespoons extra-virgin olive oil
- 1/4 cup freshly squeezed lime juice
- 1 tablespoon raw apple cider vinegar
- 1 tablespoon [pure maple syrup](#) (optional)
- 1 clove garlic , minced
- 1 teaspoon ground cumin
- pinch cayenne pepper
- 1 teaspoon fine sea salt
- 1 red bell pepper , seeded and chopped
- 1/2 red onion , finely chopped
- 3 green onions , chopped (about 1/2 cup)
- 1/2 cup freshly chopped cilantro
- 1 1/2 cups cooked black beans (or 1 can rinsed and drained)



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# Quinoa Fried Rice

## Ingredients

- 1 tablespoon olive oil
- 1 small yellow onion , chopped
- 3 carrots , peeled and chopped
- 2 garlic cloves , minced
- 1 inch fresh ginger , minced
- 2 tablespoons tamari (gluten-free soy sauce)
- 3 cups cooked quinoa
- ½ cup frozen peas
- ½ teaspoon fine sea salt
- 2 large eggs (optional)
- 1 teaspoon toasted sesame oil
- 2 green onions , chopped

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# Socca

## Ingredients

- 1 cup chickpea flour (109 grams)
- 1 cup water (8 ounces)
- 1.5 tablespoons olive oil (18 grams; plus more for greasing the pan)
- 3/4 teaspoon fine sea salt ( 5 grams; I use Real Salt brand)

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# Tomato, Avocado, and Basil Salad

## Ingredients

- 1 large ripe avocado, diced
- 3 roma tomatoes, diced
- 12 to 16 fresh basil leaves, sliced
- 3 tablespoons olive oil
- flakey sea salt and black pepper, to taste

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# Zucchini Bread

## Ingredients

- 3/4 cup coconut flour
- 6 eggs at room temperature
- 1/2 cup [maple syrup](#)
- 1/4 cup melted coconut oil
- 1 teaspoon [vanilla extract](#)
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 3/4 teaspoon [baking soda](#)
- 1 1/2 cups shredded zucchini, tightly packed

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# Turmeric Salmon Macro Bowl

## Ingredients

### For the Bowl

- 4 (5 ounce) salmon fillets
- 16 ounces riced cauliflower (fresh or frozen)
- 4 handfuls greens of choice (such as kale or spinach)
- 2 cups steamed beets, diced (optional)
- 2 avocados, diced
- 1 cup sauerkraut
- 2 teaspoons turmeric

### For the Turmeric Tahini

- 1/4 cup EACH tahini, olive oil, water, and lemon juice
- 1/2 teaspoon turmeric
- 1/2 teaspoon salt
- black pepper, to taste



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# Ultimate Detox Soup

## Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 yellow onion , chopped
- 3 carrots , chopped
- 3 celery stalks , chopped
- 5 garlic cloves , minced
- 1 1/2 inches fresh ginger , minced (about 1 heaping tablespoon)
- 1 1/2 teaspoons ground turmeric
- 1 1/2 teaspoons dried thyme (or 1 teaspoon freshly chopped rosemary)
- 6 cups water
- 1 cup dry green or brown lentils
- 2 teaspoons fine Himalayan salt , divided
- freshly ground black pepper
- 1 cup fresh cilantro , chopped
- 1 tablespoon freshly squeezed lemon juice (or to taste)



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# Vegetable Yellow Curry

## Ingredients

- 1 medium sweet potato
- 8 ounces bok choy, washed and chopped
- 6 ounces shiitake mushrooms, sliced
- 2 tablespoons coconut oil or olive oil, melted
- 1 (15 ounce) can full-fat coconut milk
- 1/2 cup vegetable broth or water
- 2 tablespoons [yellow curry paste](#)
- 1 tablespoon fresh ginger, peeled and finely chopped
- 1 tablespoon coconut sugar
- 1/2 tablespoon fish sauce or tamari
- 1/2 teaspoon turmeric
- 1/2 lime, juiced
- cilantro and hemp seeds, to taste (for topping)



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# DESSERTS



# Almond Butter and Jelly Mug Cake (Paleo)

## Ingredients

### For the Cake

- 1 tablespoons blanched almond flour
- 1 tablespoon maple syrup
- 1 tablespoon smooth almond butter
- 1 tablespoon non-dairy milk
- 1 teaspoon unsweetened apple sauce
- 1/4 teaspoon cinnamon
- 1/16 teaspoon baking soda

### Toppings

- jelly, mashed berries, and/or additional nut butter



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# Cookie Dough Banana Ice Cream Sandwiches

## Ingredients

### Ice Cream

- 2 frozen bananas, diced
- 6 tablespoons full-fat coconut milk
- 4 medjool dates, pitted
- 2 tablespoons unsweetened shredded coconut
- 2 tablespoons smooth almond, sunflower, or peanut butter
- 1/4 teaspoon cinnamon

### Cookie Dough Sandwich

- 1 1/2 cup raw sunflower seeds
- 9 medjool dates, pitted
- 3 tablespoons vegan mini chocolate chips
- 1 1/2 tablespoons maple syrup
- 1 teaspoon vanilla extract



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# Granola Crunch Bars

## Ingredients

- 1 1/4 cup raw almonds
- 3/4 cup pecans
- 2 tablespoons pumpkin seeds
- 2 tablespoons unsweetened shredded coconut flakes
- 2 tablespoons maple syrup
- 1 tablespoon honey
- 1 tablespoon coconut oil
- 1 teaspoon cinnamon
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon sea salt
- 1 (8 in. x 8 in.) pan



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# No Bake Energy Balls

## Ingredients

- 1 cup pitted dates
- 1/2 cup [all-natural peanut butter](#) (or almond butter)
- 1/4 cup [rolled oats](#) (certified gluten-free, if needed)
- 2 tablespoons ground flax or chia seeds
- pinch of salt



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# Protein Balls

## Ingredients

### Peanut Butter Protein Balls

- ½ cup peanut butter
- ½ cup [old-fashioned rolled oats](#)
- 3 tablespoons [unflavored protein powder](#)
- 3 tablespoons honey
- ⅛ teaspoon fine sea salt

### Cinnamon Raisin Protein Balls

- ½ cup [almond butter](#)
- ½ cup [old-fashioned rolled oats](#)
- 3 tablespoons [unflavored protein powder](#)
- 2 tablespoons honey
- ¾ teaspoon ground cinnamon
- ⅛ teaspoon fine sea salt
- 3 tablespoons raisins

### Chocolate Protein Balls

- ½ cup nut butter
- ¼ cup [cacao powder](#)
- ¼ cup [maple syrup](#)
- 2 tablespoons [unflavored protein powder](#)
- ½ cup [old-fashioned rolled oats](#)
- ⅛ teaspoon fine sea salt



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# Nut-Free Energy Bites

## Ingredients

- 1 1/2 cups tightly packed Medjool dates , pitted
- 1/3 cup creamy sunflower seed butter (or raw tahini)
- 1/2 cup shredded unsweetened coconut (or rolled oats)
- 1/4 teaspoon fine sea salt (optional)
- Extra shredded coconut for rolling , if desired

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# Raspberry Chip Sorbet

## Ingredients

- 1 1/2 frozen bananas
- 1 cup frozen raspberries
- 1/2 cup plain Greek or non-dairy yogurt
- 2 tablespoons sugar
- 1 1/2 teaspoons vanilla extract
- 2 tablespoons cacao nibs

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# Strawberry Banana Pudding Ingredients

- 1 cup raw pecans
- 1 ripe banana
- 6 medium to large strawberries
- 1 large medjool date, pitted
- 1/2 teaspoon vanilla extract
- salt, to taste

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# Strawberry Frozen Yogurt Ingredients

- 2 cups frozen strawberries
- 3/4 cup plain Greek or non-dairy yogurt
- 2 tablespoons agave syrup, maple syrup, or cane sugar
- 1/2 teaspoon vanilla extract

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