MAKER'S DIET
Meals

JORDAN RUBIN
WITH DR. JOSH AXE & DEB WILLIAMS
A special thank you to Kelcie Yeo and Kate Battistelli for all their hard work in making this cookbook come together, their amazing recipe contributions, and countless experiments in the kitchen perfecting each of these recipes.

After suffering from chronic illnesses throughout her childhood, Kelcie Yeo found hope for healing by applying biblical principles to her diet. By eating food the way God intended for her to eat, she became well. Kelcie completed the Beyond Organic University Health Coach certification program in 2012. Her blog, www.kelcieskreations.blogspot.com, provides recipes for those who want to enjoy healthy food that tastes great! Her mission is to help people change their diet, change their life, and together take back the dominion of biblical principles in the areas of health and wholeness.

Kate Battistelli is a blogger and the author of *Growing Great Kids: Partner with God to Cultivate His Purpose in Your Child’s Life*, published by Charisma House. She’s currently working on her second book, *The God Dare*, to be released this fall. She’s been married for 31 years to her husband, Mike, and she’s the mom of recording artist Francesca Battistelli. She blogs about food, family, hospitality, and faith at KateBattistelli.com. You can find her on Twitter, Instagram, and Facebook.
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Birthday Cake  
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If you want to experience incredible health in body, mind, and spirit, then it's time to heed the nutritional wisdom of the Bible.

*Maker’s Diet Meals* helps you put into practice ancient nutritional principles that biblical heroes like Abraham, Isaac, Jacob, Moses, Daniel, David, and even our savior Jesus lived thousands of years ago.

The focus of this cookbook is not counting calories, fat, or carbs, and we are not going to make you eat sticks and grass, or locusts and honey for that matter, even though we think that raw honey can make just about anything taste great!

*Maker’s Diet Meals* follows God’s dietary principles and focuses on helping you consume the most nutrient-dense superfoods in the world to help you reach your full God-given health potential.
Why Maker’s Diet?

Before we show you exactly what to eat, let’s talk about why following a biblical way of eating can transform your health. A great place to start is in the book of Daniel. In Daniel chapter one we read the account of four young men of God—Daniel, Hananiah, Mishael, and Azariah—who refused to eat the king’s delicacies (junk food).

They were avoiding the king’s foods because in doing so they would defile themselves according to God’s commandments as the meats served were likely detestable—sacrificed to idols, strangled, containing fatty portions, and with blood left in them. Daniel requested that they only be given “pulse” (basically vegetables, fruits, nuts, and seeds) and water, and then be tested to see the results of their Maker’s recommended diet.

10 days later...
Daniel and his friends were healthier and stronger than all of the other young men training for the king’s council.

3 years later...
Upon examination by the king, Daniel, Hananiah, Mishael, and Azariah were found to be ten times greater in wisdom and understanding than all the other young men of their age. Imagine that, ten times greater! God had given Daniel, Hananiah, Mishael, and Azariah knowledge and skill in all things and the king found none like them in matters of wisdom and understanding in all his kingdom. Also, Daniel went on to outlive King Nebuchadnezzar and actually counsel a third successive king roughly 70 years later!
One of the most important aspects about Daniel’s diet was not just what he ate, but why he ate it. He did it to honor God. I believe that is the main reason he saw supernatural results and favor in his life.

While Daniel chose to eat only plant based foods during his 10-day diet, I don’t believe he was a vegetarian all of his life. In fact, when you study the diet of the fathers of our faith you see that Abraham, Moses, David, and even Jesus consumed healthy animal foods such as meat and dairy, but only that which was raised and cared for by God’s standards. These men consumed a diet rich in wild and pasture-raised meats, cultured dairy, vegetables, fruits, nuts, and seeds with many living 100-plus years in vibrant health.
I think the apostle Paul sums up the Maker’s Diet mindset best in 1 Corinthians 10:31:

“WHETHER YOU EAT, DRINK, OR WHATEVER YOU DO, DO IT ALL FOR THE GLORY OF GOD.”
Maker’s Diet Plate

For years Americans followed the nutrition advice of the USDA’s Food Pyramid that recommended you consume six to eleven servings of grains a day. The American people have followed that advice and are now paying dearly for it with their bulging waistlines and lack of vitality!

In more recent years, the recommendations have changed from a pyramid and taken the form of a plate. Even though there are improvements in their recommendations, they still have many flaws.

So what’s the solution? The Maker’s Plate! This can give you a blueprint of what your ideal meals can look like when you are striving for a healthy diet. Your plate should be full of nutrient-dense foods such as vegetables, fruits, nuts, seeds, pasture-raised meat and poultry, wild-caught fish, and cultured dairy.

Vegetables and Fruits / Meat and Dairy / Sprouted Nuts / Seeds / Grains / Glass of Spring Water
maker’s diet standards

When it comes to eating God’s way, the following standards serve as a great place to start.
1. Say No to GMO
Genetically modified foods containing genetically modified organisms (GMO) are just what the name implies. They are foods that have been genetically altered and have moved away from God’s original design.

GM foods have altered genetic codes by wiring in genes from other forms of life, including other plants, pesticides, bacteria, and viruses. Most GM foods today have been modified to tolerate or even produce pesticides. It is believed that GMOs can contribute to many health challenges and the long-term risks could be much greater than we can even imagine.

More and more foods are becoming genetically modified, but the most common are corn, soybeans, canola, cotton seeds, zucchini, summer squash, alfalfa, papaya, and sugar beets. Unless these foods are specifically labeled as organic or GMO free, you may be better off assuming they are genetically modified.

2. Avoid Gluten
While the grains found in biblical times were undoubtedly healthy, with today’s mass hybridization, the gluten containing grains (wheat, barley, rye) are causing many health problems.

Gluten is the sticky protein found in wheat, barley, rye, and some oat products.

Gluten causes health issues for many people and according to the NIDDK, Celiac disease affects 1 in 133 Americans. However, as many as one in five people are gluten intolerant and I believe the majority
of Americans do not digest gluten containing grains efficiently. Some common symptoms of gluten intolerance include bloating, anxiety, behavior issues in children, joint pain, malabsorption, poor thyroid function, fatigue, and weight gain.

The bulk of our dietary gluten consumption is found in wheat products today. Wheat is a highly hybridized crop and these modern farming methods have been used to grow wheat that is fungal resistant and produces a higher yield, but is also much lower in nutrients and higher in gluten.

Not all wheat products are necessarily unhealthy. There are more desirable strains that are non-hybridized and grow wild like kamut and einkorn wheat. We also believe if you are going to consume grain products they are best sprouted or sour leavened. The process of sprouting or sour leavening breaks down the gluten components, allowing many to more easily digest grains in these forms.

3. Say No to the “Devil in the Milk”

Have you ever wondered why someone could be sensitive to cow’s milk but not goat’s milk? Or have you ever thought about how an infant could do great on its mother’s milk but when given cow’s milk could not tolerate it?

Human breast milk as well as the milk from ruminant animals such as cows, sheep, and goats contain two types of protein—whey and casein.
But according to new research from Dr. Keith Woodford, not all casein is created equal. All human milk, sheep, and goat’s milk is free of A1 beta casein and contains A2 casein. Nearly all cow’s milk dairy in America—whether raw or pasteurized, organic or conventional—contains A1 beta casein.

It is believed that the A1 casein, which is a foreign protein to humans, is the cause of much of the dairy intolerance we’re experiencing today. In fact, the presence of A1 beta casein in dairy might make it significantly more problematic for our health than gluten.

Dairy is great when it’s sourced from cows exclusively fed on pasture and cultured with powerful probiotics. In fact, the right kind of dairy can perhaps be considered the perfect food. Dairy has been consumed for thousands of years and some of the longest lived people in the world have subsisted mostly on dairy, including our biblical ancestors. According to Dr. Keith Woodford, in his book Devil in the Milk, sometime in the past 2,000 years a genetic mutation has occurred which caused one species of cattle (Bos taurus) to produce A1 casein.

The original species of cattle from India, Africa, and the Middle East produces milk free of A1 beta casein. This type of cow is known as a Zebu (Bos indicus). We call milk that is free of A1 beta casein Z-Milk in honor of the Zebu cattle that originally produce it. Z-milk has a protein structure that more closely resembles human breast milk. Cultured, green-fed, organic Z-milk is easy to digest and has advantages over goat and sheep milk.

4. No Chemicals (Pesticides, Herbicides, or Fungicides)
If you saw someone pull out a sprayer and douse an apple with
pesticides, then hand it to you and say, “Have a bite”—would you eat it? Probably not. Our grocery stores today offer mostly conventional produce that has been grown with chemical fertilizers and sprayed with chemicals as well.

Pesticides will not kill you by consuming just one apple that has been sprayed. The problem occurs when you consume these foods over time and the toxins accumulate in your cells and organs. Pesticides and herbicides in our food supply have been linked to an increase in toxicity and many health challenges.

5. No Hormones, Antibiotics, or Vaccines
According to research out of the *Journal of Agriculture and Food Chemistry*, scientists have detected an average of 21 different chemicals and medications found in your milk and meat supply, including:

- Growth Hormones
- Steroids
- Antibiotic Drugs
- Anti-Fungal Drugs
- Painkillers
- Anti-Inflammatory Medications
- Birth Control Pills
- Heart Medications

Recently, the American Cancer Society stated that recombinant bovine growth hormone (rBGH) is just one of the synthetic (man-made) hormones given to our cows to increase milk production. Unfortunately, it has been proven to harm the animals and increase human levels of IGF-1 which may promote unhealthy cell growth in humans.

We know that dairy and meat products are wonderful sources of nutrients if they are raised and processed using...
biblical standards. There are few foods in the world that have the combination of omega-3 fats, probiotics, and bone and muscle building nutrients as healthy dairy.

6. No High Heat Processing
Over the last decade we have seen the debate over raw foods versus cooked foods elevate, especially in the dairy category. Pasteurization and homogenization can denature proteins and destroy nutrients. High heat processing can destroy enzymes like phosphatase, which is important for bone health, and lactase, which supports digestion. Many vitamins are also impacted, including B vitamins.

Today, pasteurization extends beyond dairy to many other foods and beverages. Everything from fruit juice to shelled nuts such as almonds are subjected to high heat. Every day more foods are pasteurized in an attempt to make up for unsanitary conditions, but high heat processing that destroys beneficial bacteria and other essential nutrients may cause more harm than good.

When buying any food product, we recommend you stay away from ultra-high temperature pasteurization, which heats the product as high as 185-260 degrees, and instead look for raw foods or, in the case of dairy, low temperature pasteurized.

7. Biblically Based Land Management and Animal Slaughter Methods
In the book of Leviticus, God gives food laws advising us to stay away from animals that are carriers of toxins such as pigs and shellfish, along with commands on giving the land a Sabbath rest every seventh year. There are also strict commandments ensuring proper slaughter methods for animals the Bible considers fit for human consumption.
In Leviticus 25:4 God says, “In the seventh year the land must have a Sabbath year of complete rest. Do not sow your fields or prune your vineyards during that year.”

This wisdom of God allows the soil to replenish its nutrients and keeps the land healthy. Today, in modern agriculture, we do not let the soil rest and rarely rotate our crops. This causes the soil to become depleted of nutrients, and then typically only three synthetic minerals are added back—nitrogen, potassium, and phosphorus.

Most animals today are slaughtered in one of four ways—electrocution, gassing, head trauma, or the shotgun method. When animals aren’t slaughtered using the biblical or kosher methods it can send a surge of stress hormones through their system, which can lead to additional health problems when humans consume their meat. So make sure you buy meat products from a company that uses biblically based methods of slaughter.

8. Go Grass-Fed
We’ve all heard the principle “you are what you eat,” but when you eat animal foods, you are what they ate. When cattle consume grains such as corn it disrupts the ratio of omega-6 to omega-3 fatty acids in the meat. In turn, the increase in omega-6 fats can lead to imbalances in the body. That’s why you should only consume beef and dairy products that have been fed exclusively on green foods or what is known as grass-fed.
Animals that are pasture-raised on grasses, legumes, forbs, and herbs year round have high levels of omega-3 fats and CLA—an important fatty acid.

According to California State University, pasture-fed beef contains three times as much CLA (conjugated linoleic acid) than grain-fed beef. According to the *American Journal of Clinical Nutrition*, CLA has been studied to boost your metabolism and support cellular health.

**9. Nothing Artificial**
There couldn’t be anything further from real food than artificial sweeteners such as aspartame. Aspartame has been linked to 92 adverse health effects, including headaches, memory loss, and anxiety. Aspartame breaks down into phenylalanine, aspartic acid, and methanol, which eventually breaks down into a substance resembling formaldehyde.

Sucralose is another common artificial sweetener that is 600 times sweeter than table sugar.

Chlorinated compounds such as sucralose have been found to stockpile in your intestinal tract, kidneys, and liver causing toxicity over time. So now you may be wondering what you can do to satisfy your sweet tooth? The next section has some suggestions we think you’ll find to be sweet!
Satisfy Your Sweet Tooth

There are several natural sweeteners that can be used in place of refined sugar. Our favorites include raw honey, coconut nectar, maple syrup, and whole green leaf stevia. That being said, we still recommend sweeteners be used in moderation. Here are some details about our favorite natural sweeteners.

Raw Honey

Throughout history honey has been an important food. God used honey to motivate the Israelite people when He told them, “Go up to the land flowing with milk and honey” (Exodus 33:3).

Honey is far more than a sweetener; it can even be called a “functional food.” Raw honey contains enzymes, amino acids, antioxidants, B vitamins, and trace minerals. Raw honey aids in digestive health and does not ferment in the digestive tract like most other sources of sugar. It has anti-microbial properties and has even historically been used topically on wounds. When buying honey try and find local raw honey.
According to research, 70 percent of store bought honey contains no pollen and really shouldn’t be called honey at all. Check your local health food store and farmers market for the best available honey.

**Coconut Sugar**
Coconut sugar or nectar is the sap that comes from coconut blossoms. It is low on the glycemic index and contains 17 amino acids, minerals, and B vitamins. Coconut nectar can be used in baking and has a more neutral taste than most natural sweeteners.

**Maple Syrup**
When buying maple syrup, we recommend you buy grade B organic maple syrup because it is the least processed. Maple syrup contains malic acid which can be good for the digestive system and provides zinc and manganese.

**Stevia**
Stevia is a great natural sweetener and is best used in its whole green leaf form as opposed to the more common white processed version. The body does not metabolize the sweet glycosides from the stevia leaf, so there is no caloric intake. Stevia blends well in teas and snack foods and is a great alternative to those toxic artificial sweeteners.
Fat Is Fabulous
Fat has been given a pretty bad rap over the years and we want to dispel some of those myths. First, eating fat doesn’t make you fat, but eating the wrong type of fat can make you unhealthy. Eating good fats can actually help you burn fat and lose weight! Below is a list of the most fabulous fats.

Extra Virgin Coconut Oil
Coconut oil is unique in that it is high in saturated fats but very good for you. Yeah, that’s right, we said saturated fat. Saturated fats are essential to your health and longevity because they support your cell membrane flexibility and digestive health.

The predominant fatty type of fatty acids found in coconut are called medium chain fatty acids or MCFAs. MCFAs are not nine calories like most lipids but are eight calories and your body will burn this type of fat very efficiently.

There are many fitness programs today that promote the use of coconut oil as a natural fat burner and recommend it be used in place of other fats. Athletes and triathletes have started using coconut as a preferred fuel source because the body can easily use MCFAs for energy. Coconut oil has a high heat threshold so it’s the ideal fat for cooking, frying, and baking.
Real Butter Is Better

One of the healthiest foods you can consume in your diet is organic butter from pasture-raised cows. There was a time when many people turned away from butter and started consuming margarine, but now we know that the hydrogenated fats in margarine can lead to poor health.

Butter contains two important fats that can help bring your health to the next level. Short chain fatty acids (SCFAs) found in butter provide great health benefits. Butyric acid or butyrate has been shown to support growth of good bacteria and support healthy inflammation levels in the gut.

Another healthy fat found in butter is conjugated linoleic acid (CLA). CLA has been demonstrated to support healthy metabolism.

It’s essential when buying butter or any dairy product that it comes exclusively from pasture-fed animals.

Extra Virgin Olive Oil

Most of us have heard over the years that olive is the healthiest oil. Extra virgin olive oil is wonderful, but we recommend you not cook with it. When olive oil is heated over 250 degrees, the oil can oxidize, creating free radicals, and the high heat destroys some of the oil’s delicate nutrients and beneficial compounds.
So do we still recommend using olive oil? Absolutely! Just not for cooking. Use it in salad dressings, homemade sauces, and drizzle it on your favorite dishes.

Olive oil is high in omega-9 monounsaturated fatty acids that have been proven to support heart health. Also, when buying olive oil, always buy organic extra virgin olive oil.
Is Maker’s Diet Meals Organic?

Many people wonder if organic food is truly better than conventional. Absolutely! But are all organic foods healthy? Not necessarily. Many organic foods can be found lining the aisles of health food stores that are loaded with sugar, unhealthy fats, white flour, and processed ingredients.

That’s why Maker’s Diet Meals goes beyond organic and only includes foods that are grown, raised, and processed to the highest available standard—the biblical standard.

If you are shopping on a budget and wondering what the most important foods to buy organic would be, below are lists known as the Toxic Two, Dirty Dozen, and the Clean Fifteen.
The Toxic Two

Even more important than choosing organic produce, organic meat and dairy are critical as their conventional counterparts can contain toxins stored in their fat. Also, we recommend staying away from pork, farm-raised fish, and shellfish.

Conventional Meat
Conventional Dairy

Instead, replace these conventional products with organic, 100 percent grass-fed beef, wild-caught fish, pastured eggs and poultry, green-fed dairy, and wild game.

The Dirty Dozen

The fruits and vegetables that rank the highest in pesticide load are known as the Dirty Dozen, and the Environmental Working Group advises that if you can’t afford to buy all organic produce, you should at least buy organic versions of these 12 items. A good rule of thumb is if you consume the outer layer or the peel, it’s more important to buy organic.

<table>
<thead>
<tr>
<th>Apples</th>
<th>Peaches</th>
<th>Cucumbers</th>
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<tbody>
<tr>
<td>Strawberries</td>
<td>Green Leafy</td>
<td>Potatoes</td>
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<tr>
<td>Grapes</td>
<td>Vegetables</td>
<td>Cherry</td>
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<tr>
<td>Celery</td>
<td>Bell Peppers</td>
<td>Tomatoes</td>
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<td></td>
<td>Nectarines</td>
<td>Hot Peppers</td>
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The Clean Fifteen

The produce on this list contain the least amount of pesticide contamination and are known as the Clean Fifteen. In general, foods where you do not eat the outside or the peel have lower levels of pesticides.

- Mushrooms
- Sweet Potatoes
- Cantaloupe
- Grapefruit
- Kiwi
- Eggplant
- Asparagus
- Mangos
- Papayas
- Sweet Peas
- Cabbage
- Avocados
- Pineapple
- Onions
- Corn
Biblical Fermentation

Question: What is the difference between:

- Apple Juice vs. Apple Cider Vinegar
- Regular Bread vs. Ezekiel Bread
- Cabbage vs. Sauerkraut
- Milk vs. Yogurt

The answer—fermentation. Fermentation is a process that breaks down substances, making them more readily absorbed. Fermentation literally unlocks the nutrients inside the food and creates entirely new and beneficial compounds as well!

When it comes to grains, legumes, nuts, and seeds, fermentation can disarm anti-nutrients of their mineral blocking power.

For instance, even though cabbage has many vitamins and minerals, when you take cabbage and ferment it into sauerkraut, it creates higher levels of vitamin C, B vitamins, enzymes, probiotics, and four new sulphur compounds that may have amazing health boosting benefits! So load up on fermented foods such as cultured dairy, apple cider vinegar, and fermented living herbals. Fermenting your own foods can take time but the health benefits are unparalleled.
Important Message: We believe that consuming organic foods is a healthy way to live. Based on that belief, all of the recipes in Maker’s Diet Meals are best made using organic ingredients. Therefore, we do not use the term “organic” before each ingredient in the recipes as the organic nature is assumed.

Several ingredients listed as optional such as Terrain Living Herbals, cultured whey, green-fed cheeses, and Amasai are available at www.livebeyondorganic.com.
AVOCADO SMOOTHIE
Avocado Smoothie

2 really ripe bananas
½ avocado
8 oz plain Amasai or coconut milk
2 Tbsp ground chia seeds
1 tsp vanilla
2 cups kale/spinach
1 cup ice

> Blend in blender until rich and creamy.
> Makes two 8-ounce servings.

Orange Cream Smoothie

8 oz of plain Amasai or sheep milk yogurt
4 oz freshly squeezed orange juice
1–2 raw, pastured eggs (optional)
1–2 Tbsp raw, unheated honey
1–2 fresh or frozen bananas
¼ tsp vanilla extract

> Combine the ingredients in a high-speed blender.
> Makes two 8-ounce servings.
BAKED APPLES

CINNAMON SYRUP
Baked Apples

1 apple
1 tsp coconut sugar
1 Tbsp grass-fed butter
¼ tsp cinnamon
Dash nutmeg
1 Tbsp currants
1 Tbsp chopped pecans
1 Tbsp apple juice
1 tsp maple syrup

> Core apples and remove 1 inch of skin around middle. Mix butter, coconut sugar, cinnamon, nutmeg, currants, pecans, juice, and maple syrup together.
> Place apples upright in baking dish. Fill the centers of each apple with mixture. Pour hot water into baking pan until it is ¼ inch deep. Bake at 375 for 30-40 minutes.
> Drizzle the maple syrup over apples after they are done and return apples to the oven for another five minutes.
> Makes 1 baked apple.

Cinnamon Syrup

1 cup grade B maple syrup or raw, unheated honey
1 tsp cinnamon
¼ tsp mace or nutmeg
1 Tbsp butter
1 tsp vanilla

> In medium saucepan, over medium-high heat, whisk all ingredients together except the vanilla.
> Bring to a boil and boil for 1 minute.
> Take off heat and add vanilla.
SAUTÉED PESTO MAHI MAHI

ZUCCHINI LASAGNA
Sautéed Pesto Mahi Mahi

4 Mahi Mahi fish fillets, fresh or frozen
1 lemon

PESTO:
2 cups fresh basil, sage, cilantro, and parsley, lightly packed
2 cloves garlic
½ cup olive oil
¼ cup pine nuts
½ cup green-fed raw cheese, grated

Place all pesto ingredients, except the cheese, in your food processor and process until the mixture is creamy. Toss in the cheese and pulse.

Heat a heavy skillet until just starting to smoke over medium-high heat. Add coconut oil. Rub fish on both sides with the pesto mixture. Sauté in pan until fish flakes easily, approximately 3-5 minutes per side.

When fish is done, brush both sides with pesto sauce again. Squeeze lemon over the fish and serve immediately.

Serves 4.

Zucchini Lasagna

2 ½ lbs grass-fed ground beef
1 red onion, diced
4 cloves garlic, crushed
2 Tbsp dried oregano
2 Tbsp dried basil
½ tsp cayenne pepper
½ tsp sea salt
2 Tbsp olive oil
3 cups tomatoes, diced
6 ounces tomato paste
1 cup black olives, sliced
6 zucchinis, thinly sliced
1 cup green-fed cheddar or goat cheese

In a large pot, sauté onions and garlic in the olive oil for 3 minutes.

Add ground beef and sausage and brown. Add in all dry ingredients. Mix in diced tomatoes and tomato paste.

In a big lasagna baking dish, place a layer of sliced zucchini and then ladle on a thick layer of the meat mixture and top with the sliced black olives.

Top meat and olive layer with another layer of sliced zucchini and top with a final layer of the remaining meat mixture. Top with shredded cheese. Cover tightly with aluminum foil.

Bake at 350 degrees for 30 min.

Serves 4.