



HEALTHY  
RECIPES

**Dr. Axe**

FOOD IS MEDICINE

# Introduction

Isn't it frightening to learn a loved one has a serious health problem like cancer, heart disease or diabetes? Five of six Americans die of heart disease or cancer, diabetes has tripled in the past ten years and by 2025 it's estimated that 50% of all Americans will be obese! People are in great danger today and desperately need a hero...That hero is Superfood.

What bodily Villain are you battling? Weight Gain? Lack of Energy? Digestive Problems? No matter the issue, Superfoods can help you win!

In this eBook you'll learn exactly which Superfoods can help you conquer and achieve your health goals. Maybe you've tried every weight loss program, product, and pill on the planet, but the weight won't come off or it just keeps coming back. I have some great news for you!

***I'm Dr. Josh Axe, and I'm here to help you become a super-you!*** I've seen thousands of people achieve their health goals through my radio show, books, and seminars. Everyone from stay-at-home mom's to Olympic level athletes. I'm also a wellness physician and triathlete, but mostly I'm passionate about helping people transform their health and lives.



*Dr. Josh Axe, Nashville Triathlon, TN*

Are you ready to become a super-you?

## ***Mom's Victory with Superfoods***

Seventeen years ago my mom was diagnosed with breast cancer. That was a crazy reality for my family at the time because she was a gym teacher, swim instructor and an active mom who looked healthy. How could someone so active end up with cancer at 40? I was thirteen years old and remember asking myself this question, but having no answer.

My mom made a trip to the doctor where they recommended surgery and Chemotherapy. Taking their advice, she went through all the traditional medical treatments. I still remember watching her hair fall out and thinking she had aged 20 years in two weeks after going through her chemo treatments. She pressed on through her treatments, like so many do today, and after battling for months she was diagnosed as cancer free and ihealthy!

Sadly, even though she was diagnosed as being healthy after her treatments, she was sicker than ever. My mom struggled with chronic fatigue, depression, constipation and was sick all the time. She continued to have these problems for another ten years until one day I received a call from her. She'd just been told by her doctor that they found a 2.5 cm mass on her lungs, and from the scan, they believed it was cancer. They were recommending surgery and radiation, but this time she wanted to do something more natural.

Rather than going the traditional medical route, she decided to follow my advice and take a natural approach. The biggest thing my mom changed was her diet. Previously, she thought the three main food groups were fast, frozen and instant. We changed that to Kefir, Kale and Blueberries!

She went back for a checkup four months later, and to the doctor's amazement, the tumors had shrunk in half.

One year later the tumors were completely gone! She needed a Superhero and we give all the glory to God for healing her, but we know that God created Superfoods to give her health back. Today she's in the best shape of her life.

She actually just raced her first 5K last year and finished second in her age group at 58 years old! She went from Supersick to Superstar, by eating Superfoods. Can you see where superfoods could possibly help a loved one you know? Wouldn't it be of great value to them for you to share this information? Once you read this eBook, you can share these teachings and be a hero to someone else!



*My mom and dad after she placed 2nd in her 5K*

# The Superfood Shake

If you're wondering where to get started, I recommend starting off every morning by consuming a superfood shake.

**IF YOU READ THIS NUTRITION GUIDE AND ONLY DO ONE THING, THEN THIS SHOULD BE IT!**

Because this change alone is a major improvement. Think about it, if you switch from your usual breakfast that may consist of grains or other processed foods and instead consume this shake, you are changing around 1/3 of your entire diet!

If one of your health goals is to lose fat, then in all of your meals you will want to have a low amount of carbohydrates, and then add plenty of protein, fiber and healthy fat.

For your source of protein I recommend an organic whey protein powder or eggs. For fiber I recommend berries and chia or flax seeds. For healthy fat, I recommend coconut milk or raw fermented dairy, like kefir.

Here's the recipe for your **Superfood Smoothie**:

- 1/4 cup coconut milk
- 1/2 cup frozen organic blueberries
- 1 scoop organic whey protein powder
- 1 tbsp chia seeds or flax meal
- 1 scoop green superfood powder

If you want to use the exact Green Superfood Powder and Organic Protein powder I use, you can learn more and order them from the links below:

[Axe Naturals Green Superfood: Click HERE](#)

[Axe Naturals Whey Protein: Click HERE](#)

My energy is through the roof when I consume this superfood shake and it supports your metabolism and your bodies healing process. I consume this shake both for breakfast and right after my workouts so I can get optimal results.



# Breakfast

## **Berry Smoothie**

6oz Amasai (Or Coconut Milk)  
1 cup raspberries  
2 Raw eggs (Or 1 scoop protein)  
Stevia to taste

## **Peach Probiotic Smoothie**

6oz Amasai  
1 cup frozen Peaches  
2 Tbsp Almond or Cashew butter  
2 Raw Eggs  
1/4 tsp Cinnamon  
1 tsp Vanilla  
1 Tbsp Honey

## **SuperFood Smoothie**

6oz Amasai (Or Coconut Milk)  
1 cup Blueberries or Raspberries  
1 cup Kale or Spinach  
2 tsp Flax or Chia seeds  
Half tsp Cinnamon  
Stevia to taste



# Breakfast

## **Gluten free pancakes**

- 1 1 c. gluten free pancake mix (Bob's Red Mill)
- 2 eggs
- 1/2 c. coconut milk
- 1/2 c. canned pumpkin
- 1/2 c. fresh or frozen blueberries
- 1 tsp. vanilla
- 1 tsp. cinnamon
- 1 tbsp. coconut oil

Combine wet ingredients in a bowl (except blueberries)  
Whisk in dry ingredients carefully to avoid clumping  
Stir in blueberries  
Heat coconut oil in pan over medium heat  
Serve warm with blueberry and maple syrup

## **Grainless Granola**

- 1 c. sliced raw almonds
- 1 c. chopped walnuts
- 1 c. chopped dried apples
- 1 c. blueberries
- 1 c. coconut flakes
- pinch of cinnamon

Toss all ingredients together in a large bowl.  
Serve with berries.



# Snacks

## **Superhuman Shake**

- 3 Raw Eggs
- 8 oz. Amasai or Goats Milk Yogurt
- 4 Tbsp Almond Butter
- 2 Tbsp Flax Seeds or Flax Meal
- 1 tsp Cinnamon
- 1/2 Banana

## **Hummus**

- 2 cans garbanzo beans
- 1/4 c. raw sesame seeds
- 1 Tbsp olive oil
- 1/4 c. lemon juice
- 1 garlic clove, peeled
- 1 tsp. cumin
- Sea Salt to taste

Drain and rinse garbanzo beans, reserving 1/4 c. liquid. Place all ingredients in a blender and blend. Add more water or olive oil until desired consistency is reached.



# Snacks

## **Guacamole**

- 2 avocados
- 1 lime
- 2 cloves of garlic, minced
- 1 small tomato or salsa
- 1 tsp. sea salt
- 1/2 tsp. dill

Spoon out avocados into large bowl.  
Add lime juice, minced garlic, and chopped tomato.  
With a spoon, mash together until mixture becomes creamy.  
Add sea salt and dill.  
Refrigerate and serve with bell pepper slices or celery.

## **Anti-Oxidant Trail Mix**

- 1 c. pecans
- 1 c. almonds
- 1/2 c. raisins
- 1/2 c. dark chocolate chips (unsweetened)
- 1 c. dried apple slices
- sea salt, sprinkled
- cinnamon, sprinkled

Combine all ingredients in a bowl.



# Lunch

## **Superfood Salad**

- 1 cup Spinach
- ½ cup blueberries and strawberries
- 4 oz Salmon or Chicken
- ¼ sliced cucumber
- ¼ cup sliced almonds
- ¼ cup sliced orange/yellow/red peppers

## **Lemon Tahini Dressing**

- ½ cup lemon juice
- 1/3 cup extra-virgin olive oil
- 1/3 cup tahini
- 2 tbsp honey
- 2 cloves minced garlic
- 1 tsp sea salt
- 1 tsp black pepper



# Lunch

## **Vegetable Soup**

2 Tbsp raw or organic butter  
2 med. garlic cloves, smashed  
1/2 c. chopped red onion  
1 c. celery, chopped  
2 zuchinni's, chopped  
1 large carrot, diced  
1/2 c. tomato, diced  
1 lb. mushrooms, chopped  
2 tsp. dried thyme leaves  
8 c. vegetable or chicken stock  
1 Tbsp. Bragg's liquid aminos  
10 oz. green beans  
1/2 c. chopped parsley  
sea salt & pepper to taste

In a large pot over medium heat, melt butter. Add garlic and onions and sauté, stirring occasionally, for 3-5 minutes.

Add celery, zuchinni, tomatoes, carrots, mushrooms, herbs, salt & pepper. Cover and cook, stirring occasionally, for 7-8 minutes.

Add stock, cover and let simmer for an additional 10-20 minutes or longer. Stir in Bragg's, green beans and parsley and simmer for a few more minutes.



# Lunch

## **Green-Fed Stir-Fry**

- 5 Tbsp coconut Vinegar
- 1 Tbsp honey
- 1 Tbsp coconut oil
- 1 Tbsp minced fresh ginger root
- 1 Tbsp minced garlic
- 1 lb. grass-fed beef round steak, cut into thin strips
- 8 oz. chopped broccoli
- 1 red bell pepper, sliced
- 4 oz. mushrooms

First add coconut oil to pan, let heat for 1 minute.  
Then add in all ingredients.  
Heat for 8-10 minutes  
Serve over brown rice.

## **Chicken Salad Lettuce Wrap**

- 4 c. leftover, cooked chicken
- 3 c. diced celery
- 1 c. sliced red grapes
- 2 tsp. lemon juice
- 2/3 c. mayonnaise alternative (Veganaise)
- 1/4 c. chopped walnuts
- sea salt & pepper to taste

Place all ingredients in a bowl and mix together.  
Scoop into lettuce wraps, or lettuce bowls.



# Sides

## **Garlicky Greens**

2 c. Kale  
3 cloves Garlic  
½ Onion  
1 tbsp Coconut Oil  
Sea salt and black pepper to taste

Add coconut oil to preheated pan  
then sautee garlic and onions for 2 minutes,  
Add Kale.  
Sea salt and black pepper to taste.



## **Mashed Faux-Tatoes**

1 med. head cauliflower (about 1 1/2 lbs.)  
1/2 c. raw or organic butter  
1/2 tsp. sea salt  
5-8 grinds black pepper  
minced chives (optional)

Steam cauliflower until tender

In a food processor, blend all ingredients  
until smooth



# Dinner

## **Green-fed Meatballs**

- 2 pounds green-fed beef
- 2 organic eggs
- 1/4 cup almond meal or Gluten Free breadcrumbs
- 1 teaspoon Italian seasoning
- 1/4 large onion, grated
- 1/2 tsp sea salt
- 1/8 tsp black pepper
- 1/8 tsp fresh ground nutmeg or cinnamon
- 1/2 cup organic BBQ sauce or Ketchup

Mix all ingredients well then shape into 1" balls  
Bake at 350 for 20 minutes then serve

## **Powerburgers**

- 1 pound green-fed beef
- 1/4 cup thinly sliced onions
- 1/2 tsp turmeric
- 1/4 tsp garlic powder
- 1/4 tsp black pepper
- 1 tbsp coconut aminos or bragg's liquid aminos

Mix ingredients in bowl then make into 4-inch patties. Cook on grill or skillet for 4 minutes then flip, cook for 2 more minutes then add on raw cheddar cheese, cook for 2 more minutes then serve.



# Dinner

## **Salmon Patties**

2 cans wild caught Alaskan salmon  
4 eggs  
2 Tbsp. olive oil  
1/2 onion, chopped  
1/2 box Mary's Gone Crackers, crumbled

Combine all ingredients in a large bowl and form into patties.

Heat 1 Tbsp. coconut oil or grapeseed oil in a large skillet over medium heat. Cook patties 5 minutes on each side.

## **Gluten Free Chicken Tenders**

10 Chicken Strips  
1/2 cup, Gluten Free Flour (Bob's Red Mill)  
1/2 tsp. Paprika  
1/4 tsp. Cayenne  
1/4 tsp. Sea Salt  
1/4 tsp. Black Pepper  
1/4 tsp. Garlic Powder  
2 Tbsp. Coconut Oil

Mix dry ingredients in bowl, then coat chicken. Cook in a pan with coconut oil.



# Dessert

## **Dark Chocolate Covered Berries**

2 Chocolate Bars  
2 Tbsp. toasted flax seeds  
2 c. fresh blueberries

Melt chocolate in a bowl over a pan of simmering water. Stir frequently until melted and smooth. Stir in Flax. Remove from the heat, mix in blueberries. Spoon small clumps of blueberries onto waxed paper on baking sheet. Refrigerate until firm, (10 min).

## **Avacado Mousse**

1/2 c. medjool dates, (soak in cold water, 2-3 hours)  
1/2 c. maple syrup  
1 tsp. vanilla extract  
2 c. mashed avacado (about 3 avacados)  
3/4 c. organic cocoa or carob powder  
1/2 c. water

Blend or process dates, maple syrup and vanilla until smooth. Add mashed avacado and cocoa powder. Add water and process until smooth. Serve chilled.



# Dessert

## **Coconut Macaroons**

6 egg whites  
1/4 tsp. celtic sea salt  
1/2 cup raw honey  
1 tbsp. vanilla extract  
3 cups unsweetened coconut

In mixing bowl, whisk eggs, sea salt, raw honey, vanilla and coconut.

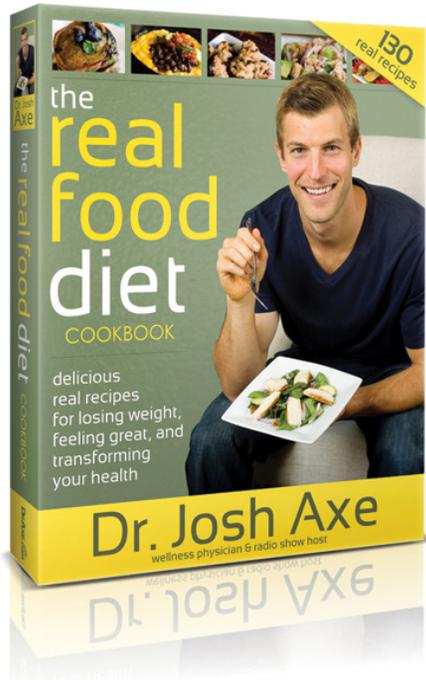
Spoon batter on to parchment paper on cookie sheet  
Bake and 350 degrees for 10 to 15 mins until lightly browned.



Get more delicious recipes, just like these at:

<http://draxe.com/section/recipes/>

# **Want Even More Healthy Recipes?**



## **ORDER THE COOKBOOK TODAY!**

“Delicious and simple to prepare recipes containing many of your favorite ingredients, the “Real Food Diet” can provide optimal nutrition for the entire family.

If you want to reduce allergies, boost energy, improve your mood and shrink your waistline, then it’s time you began a Real Food Diet.”

*Jordan Rubin  
NY Times Bestselling Author,  
The Maker’s Diet*



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