



The Myers Way

12 FREE

Recipes

Amy Myers MD

12 delicious recipes to help you regain
your health and vitality.

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Thanks for joining our newsletter!

We are excited share Dr. Myer's Favorite Recipes with you and hope you will enjoy these healthy, whole food meals.

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Amy Myers MD

All of these recipes are free of gluten and dairy. Most are approved on The Myers Way™ Elimination Diet, except one that contains orange. Please avoid if you are following The Myers Way™ Elimination Diet or have known allergies or sensitivities. Recipes were created by Amy Myers, MD and Brianne Williams RD, LD. Inspired by friends, family and incredible patients.

Recipes

Smoothies

Dr. Myers' Green Smoothie

- Almond milk
- 2 stalks purple kale
- 1 stalk dinosaur kale
- Frozen banana
- Frozen berry mix
- Almond butter
- Coconut oil
- Ground flax seed

Anti-Inflammatory Smoothie

- 1 ½ cups of unsweetened almond milk
- 1 frozen banana
- 1 handful walnuts
- 1 handful pecans
- ¼ - ½ inch fresh ginger root, peeled
- ¼ - ½ inch fresh turmeric root, peeled
- ½ teaspoon ground cinnamon
- 1 tablespoon fresh maca powder
- 1 tablespoon chia seeds
- 1 tablespoon flax seeds

Carrot Cake Smoothie

- 10 carrots
- 1 gala apple
- 1 inch fresh ginger root
- 1 handful walnuts
- 1 handful pecans
- 1 tablespoon chia seeds
- 1 tablespoon flax seeds*
- 1 teaspoon cinnamon
- 1 tablespoon (heaping) coconut oil
- 6-10 ice cubes

Juices

Green Juice

- 2 cucumbers, organic
- 4 stalks of kale (dinosaur, curly)
- 5 sprigs parsley
- 4 stalks celery
- 3 handfuls of spinach

Carrot Ginger Juice

- 1 cucumber
- 20 baby carrots
- 3 cups cantaloupe
- 2 cups grapes
- 1 lemon, peeled
- 1 inch ginger, peeled

Dr. Myers' Favorite Juice

- 1 cucumber
- 4 stalks celery
- 6 handfuls spinach
- 1 apple, cored
- 1 inch ginger, peeled
- 5 sprigs cilantro

Main Dishes, Soups & Salads

Coconut Curry



- 1 tablespoon extra virgin olive oil
- 2 cloves garlic, chopped
- 1 medium onion, diced
- ½ tablespoon turmeric
- ½ tablespoon cumin
- 1 tablespoon coriander
- ½ teaspoon onion powder
- 1 sweet potato, peeled and chopped into ½ inch cubes
- 2 stalks celery, chopped
- ½ cup green onions, chopped
- 1 cup water
- 1 teaspoon salt
- 1 chicken breast, cooked and cut into bite size pieces
- 1 can (13.5 oz) full fat coconut milk
- 1 avocado, sliced
- Cooked brown rice

1. Heat large skillet on medium heat. Coat the pan with olive oil.
2. When hot, add garlic and cook until slightly browned.
3. Add chopped onion and more oil, if needed.
4. Cover and cook until onions are translucent.
5. Add turmeric, cumin, coriander and onion powder.
6. Mix to coat onions then add sweet potatoes, celery and green onions.
7. Add 1 cup water and teaspoon of salt to boil sweet potatoes.
8. Let cook until sweet potatoes are soft.
9. Add cooked chicken and coconut milk.
10. Let simmer to mix flavors.
11. Serve over brown rice and top with sliced avocado.

Variations:

- Remove chicken
- Remove rice for grain free option

Simply Perfect Salmon



- 2 Wild Alaskan Salmon fillets (5-8 ounces each)
- 1 tablespoon extra virgin olive oil
- Celtic sea salt, to taste
- Ground black pepper, to taste

Sauce:

- 2 tablespoons extra virgin olive oil
- 1 ½ tablespoons fresh parsley, chopped
- 1 ½ tablespoons fresh dill, chopped
- 3 tablespoons mustard (made with apple cider vinegar)
- 1 clove garlic, minced
- 1-2 tablespoons lemon juice

1. Put salmon on large rimmed baking sheet.
2. Coat both sides with olive oil and liberally sprinkle with salt and pepper.
3. Place salmon in cold oven on the bottom rack.
4. Heat oven to 400 degrees.
5. Cook for about 25 minutes until salmon is heated through and flaky.
6. Combine sauce ingredients and drizzle over salmon before serving.

Variations:

- Sprinkle seasoned salmon with minced garlic and sliced shallots before placing in the oven
- Sprinkle with a diced mango and lemon juice before placing in the oven
- Add sliced almonds for a crunch 3-5 minutes before salmon is cooked through
- Top with black bean mango salsa

Coconut Summer Squash

- 1 zucchini
- 1 yellow squash
- 2 teaspoons coconut oil
- Celtic sea salt, to taste

1. Wash squash and cut off ends.
2. Grate zucchini and yellow squash with a grater.
3. Heat coconut oil in medium sized pan.
4. Add squash and sauté for 1-2 minutes.
5. Season with salt to taste.

Sweet Potato and Butternut Squash Soup



- 3 medium sweet potatoes, peeled and cut into chunks
 - 1 ½ cup butternut squash cubes (can use frozen cubes)
 - 1 apple, peeled, cored and chopped
 - ½ teaspoon cinnamon
 - 4 cups yeast-free, gluten-free broth (vegetable or chicken), add more if needed
 - 1 tablespoon extra virgin olive oil
 - 5 fresh slices fresh ginger
 - 2 garlic cloves, peeled (keep whole)
 - ¾ cup full fat coconut milk
 - ½ cup coconut water (can use plain water)
 - 2 tablespoons lemon juice
 - Celtic sea salt, to taste
 - Ground black pepper, to taste
1. In a large soup pan, sauté ginger and garlic in olive oil until aromatic.
 2. Add potatoes, apple and squash to the pan, sprinkle with cinnamon and sauté for 3-5 minutes, stirring frequently.
 3. Add broth and bring to a boil. Reduce heat to simmer, partially covered until potatoes, apple and squash are tender.
 4. Remove the pot from the stove. Remove and discard the garlic and ginger.
 5. Blend mixture with an immersion blender or stand-up blender until completely smooth.
 6. Return the soup to the stove on low heat and mix in the coconut milk, water and lemon juice.
 7. Continue to heat through on low heat, stirring well. Season to taste with salt and pepper.

Variations: Sprinkle with pistachios, pomegranate seeds, and/or unsweetened coconut flakes

Kale Salad with Chicken*

- 1 head of kale
- Juice from ½ orange
- Extra virgin olive oil
- 1 cup walnuts
- ½ cup dried cranberries, unsweetened
- Chicken breast
- Extra virgin olive oil
- 1 clove garlic, minced

1. Wash, chop and dry kale.
2. Drizzle orange juice and olive oil to coat leaves. Massage into kale leaves.
3. Add walnuts and cranberries. Let sit for at least 30 minutes before serving.
4. Heat pan with olive oil over medium heat. Add garlic. When garlic is slightly brown add chicken.
5. Cook for about 5 minutes then flip and cook fully through. Enjoy with Kale Salad.

*This recipe contains orange. Please avoid if you are following The Myers Way™ Elimination Diet or have a sensitivity to orange.

Ground Beef with Cabbage and Kale

- 1 lb. organic ground beef, grass fed
- ½ head cabbage, chopped
- 1 sweet onion, chopped
- ¼ cup raisins
- 4 stalks kale, washed and torn into 2-3 inch pieces

1. Cook beef in large pan until cooked through. Transfer to separate dish.
2. Add cabbage and onions to pan with beef fat. Cook until tender.
3. Transfer beef back to original pan.
4. Add kale and raisins.
5. Season with desired spices. Mix together.

Variations:

- Add broccoli with cabbage and onions
- Serve with mashed cauliflower