

NATURALLY *Nourished*

FOOD-AS-MEDICINE FOR OPTIMAL HEALTH

The medicinal and clinical powers of natural foods and preventative medicine are well documented. However, the temptation to stray from a nutritional plan is great and unfortunately, all too often compliance can be poor. It is difficult to find a plan that is successful enough to maintain motivation and realistic to stick with for a long-term approach.

Naturally Nourished offers the solution via a comprehensive food-as-medicine cookbook with over 100 delicious, anti-inflammatory, antioxidant-rich and disease-fighting recipes, each a beautiful full-page image. The book includes guiding information on how therapeutic ingredients work in your body, and support on how you can make it all a reality with a 12-week planning matrix! With this book, you will be inspired to take back control of your health while learning about how food can function as medicine in your day to day life - driving your health into optimal levels of thriving, vs. simply surviving!



THIS BOOK INCLUDES:

- Information on Why Food Matters
- The Role of Digestion in Whole Body Health
- Meal Plan Calorie and Portions Matrix
- Real Food Recipes
- Unique Food-As-Medicine focus per recipe
- Low Carb, Paleo, Dairy-free, Egg-free options
- 100+ Gluten-free, Antioxidant rich, Anti-inflammatory recipes including:
 - Smoothies
 - Breakfasts
 - Salads
 - Soups
 - Snacks
 - Entrees
 - Veggie Sides
 - Indulgences
 - Therapeutic Foods
 - Dressings & Sauces

ABOUT THE AUTHOR

Ali Miller, RD, LD, CDE is an integrative functional medicine practitioner with a background in naturopathic medicine. She is a registered Dietitian (RD) Licensed Dietitian (LD), Certified Diabetes Educator (CDE), and a recognized leader, speaker, educator and advocate in her field. Through her private practice, Naturally Nourished, Ali has combined the strengths of both naturopathic and conventional medical fields, practicing functional medicine that is guided by nature, yet grounded in scientific discovery. Ali seeks to identify and treat the root cause of chronic conditions. She has dedicated her career to revolutionizing food-as-medicine as use in the treatment and prevention of disease.

With a mission deeply rooted in the sustainability of our food systems, Ali teaches clients to navigate beyond misleading marketing claims with an outside the box approach to healthy eating. Ali empowers her clients to take back control of their health with delicious recipes that motivate and satisfy while emphasizing the use of nature's "farmacy", prescribing individualized anti-inflammatory diets that heal the gut, boost metabolism, drive optimal organ function and promote biochemical balance! Ali is a recognized leader and pioneer in the food-as-medicine movement with endorsements from some of America's top medical institutions as well as recipient of *Houston's 50 Most Influential Women* award in 2015 for her successful treatment and prevention of disease. She is frequently sought out by media as a nutrition expert, including weekly television segments and in national publications and blogs including *Prevention Magazine*, *Daily Burn* and *Eat Clean*.



All recipes in *Naturally Nourished: Food As Medicine for Optimal Health* are gluten-free, antioxidant-rich, and anti-inflammatory with additional notations for grain-free, egg-free, dairy-free and ketosis-friendly recipes, beautifully photographed to further entice the reader on the joys of food-as-medicine.

FEATURED RECIPES

SMOOTHIES



Berry Yogurt Smoothie
Cool It Down Smoothie
PSL Redo
Cacao Coffee Boost
Pear Basil Cucumber Smoothie
Superfood Smoothie
Minty Cacao Green Smoothie
Peachy Keen Smoothie
Tropical Bliss Smoothie

BREAKFASTS

Chard Gruyere Frittata
Migas with Spinach and Peppers
Broccoli Cheddar Frittata
Sweet Potato, Turkey Sausage & Kale
Breakfast Casserole
Green Eggs and Ham
Plantain Collagen Pancakes
Coco-NOatmeal
Overnight Oatmeal
Blueberry Flaxseed Overnight Oatmeal
Paleo Pumpkin Spice Muffins
Balanced Banana Walnut Muffins

SALADS



Minty Beet Almond Salad with Goat Cheese
Watermelon Feta Mint Salad
Fresh Herb Tahini Salad
Kale Cannellini Salad
Mediterranean Chickpea Salad
Kale Aphrodisiac Salad
Zesty Citrus Cabbage Slaw
Carrot Beet Salad
Avocado, Cucumber, Tomato Salad
Ginger Pear Salad with Maple Glazed Salmon

SOUPS

Black Bean Soup with Rotisserie Chicken
Turkey Wild Rice Soup
Curried Pumpkin Soup
Tex-Mex Chicken Soup
Avocado Cucumber Soup
Cauliflower Chowder
Tomato Basil Soup

SNACKS

Parm Crisps 3-ways
Wild Salmon Roll-ups
Greek Yogurt Dip with Raw Veggies
Beet Hummus
Simple Caprese Stack-up
Simple Dressed Avocado
Kale Chips
Herb Roasted Nuts
Blueberry Pumpkin Seed Oat Bars

ENTREES



Seafood

Grilled Shrimp Skewers
Pesto Crusted Halibut
Asparagus and Prosciutto Sauté with Seared Scallops
Maple Glazed Salmon
Miso-glazed Salmon with Gingery Vegetables Stir-fry

Meat

Colorful Soba Noodle Salad with Seared Buffalo
Seared Sirloin with Cherry Wine Reduction
Spaghetti Squash Casserole
Spicy Grass-fed Beef Stir-fry
Grass-fed Garlic and Kale Meatloaf
Slow Cooker Carnitas
Bourbon Peach Tenderloin

Poultry

Chicken Piccata
Pesto Turkey Meatballs and Roasted Vegetables
Tarragon Roasted Chicken and Vegetables
Mustard Chicken Thighs
Pan-Seared Chicken with Tomato Jam
Curry Mango Chicken Salad
Broccoli Kale Chicken Dijon

VEGGIE SIDES

Buffalo Cauliflower
Braised Greens
Roasted Balsamic Vegetables
Rosemary Roasted Yukon Gold Potatoes
Caramelized Carrots with Basil and Honey
Chili-Roasted Sweet Potatoes
Simple Roasted Asparagus
Sweet and Sour Vegetables

INDULGENCES



Cocoa Chia Bless Bites
Cocoa Roasted Almonds
Gingered Apple Crumble
Mango Chia Coconut Pudding
Pumpkin Chia Seed pudding
Raw Walnut Fudge
Coconut Poached Pears
Blueberry Spinach Cobbler
Greek Yogurt Cheesecake Bars
Goat Cheese Peach Tart
Black Bean Brownies with Walnuts and Chocolate Chunks
Banana Chocolate Ice Cream
Avocado Chocolate Mousse
Grain free Blueberry Pecan Cookies

THERAPEUTIC FOODS

Chicken Bone Broth
Grass-fed Beef Knuckle Broth
Bone Broth 3-Ways
Coconut Ginger Mango Gelatin
Cranberry Gelatin
Ginger Zinger Matcha Whip
Water Infusions

DRESSINGS & SAUCES:

Pumpkin Seed Pesto
Gingery Miso Sauce
Zingy Ginger Dressing
Rustic Balsamic Vinaigrette
Simple Balsamic Vinaigrette
Blueberry Vinaigrette
Tahini-Lemon Dressing
Bright Minty Pepper Dressing & Marinade
Zesty Citrus Dressing

BLUEBERRY PISTACHIO CHEVRE SALAD



Makes:
4 Servings



Ingredients:

For the salad:
10 cups Local spring mix
1/3 cup small red onion, thinly sliced
1 cup blueberries
1 pound shredded chicken, combination white and dark meat
1/2 cup Blueberry Vinaigrette
1/2 cup chevre
1/4 cup pistachios



Directions:

Toss greens, red onion, blueberries, and chicken in Blueberry Vinaigrette. Serve in 4 portions topped with 2 Tbsp chevre and 1 Tbsp pistachios.



Nutrition Per Serving:

Calories 467, Total Fat 28g, Carbs 13g, Protein 41g



Food as Medicine Tip:

Blueberries are rich in antioxidant phytonutrients called anthocyanidins, which can neutralize free radical damage that leads to cataracts, glaucoma, varicose veins, hemorrhoids, peptic ulcers, heart disease and cancer. Pairing the sweet fruit with goat cheese is an excellent way to promote stable blood sugar. Goat cheese is easier to digest than other cheeses and contains Vitamin K2, which helps to decalcify arteries and decrease the risk of both cardiovascular disease risk and osteoporosis! This salad is a meal in itself with the addition of shredded chicken, which is also a good source of K2 in its dark meat. Be sure to choose pasture-raised, organic chicken for a clean source that is low in toxicity and rich in nutrients.

Learn powerful food-as-medicine tips with every recipe!

What is Food-as-Medicine?

All's philosophy of Food-as-medicine is the understanding that food can serve as a contributor to disease or as a driver for optimal organ function and disease treatment or prevention. By avoiding inflammatory, processed, toxic ingredients and food-like-substances through a whole foods diet, one is using food as medicine. However, they can take it further by enhancing their diet through the addition of specific, therapeutic ingredients – those that yield healthful outcomes beyond calories, carbs, protein and fat. Therapeutic foods can influence every ailment and disease condition through anti-inflammatory and antioxidant effects as well as the delivery of specific micronutrients that support the body on a functional level.

All too often a medication is prescribed for a condition that can be corrected by replenishing a micronutrient deficiency. Through food-as-medicine, you can correct the targeted symptom or condition, facilitating favorable outcomes with varied conditions while correcting the driving cause, versus silencing the symptom. This book serves as turnkey solution for diseases such as Obesity, Crohn's, Irritable Bowel, Autoimmune conditions, Cardiovascular concerns, Dermatitis, hormonal imbalance, and beyond!

RAVE REVIEWS

"This is my kind of cookbook! Ali Miller created a collection of drool-worthy dishes for every occasion that will keep you full, happy, and truly nourished. The best part: She doesn't overcomplicate things. The ingredients are easily-accessible and the recipes are simultaneously adventurous yet unintimidating. My favorite part, though, is that it caters to my inner nutrition nerd—each recipe contains a "food as medicine" tip explaining what key nutrients it contains and just how they optimize your health. This will totally appeal to those of us who need to know why we should eat something before we actually eat it! Oh, and the Raw Walnut Fudge is freakin' amazing!"

- *Stephanie Eckelkamp, Nutrition Editor at Prevention magazine*

"I am a great believer in Ali's "Food as Medicine" philosophy to good health. Her approach has helped several of my patients make big changes in their eating patterns and really improve their medical conditions. I especially love her attention to the culinary aspects of nutrition. In her book, she beautifully presents recipes that will improve your health and that actually taste good too! She also explains in plain language the science behind the specific foods and nutrients that are important for balancing and healing the body. This book is an excellent resource both for your kitchen and for your wellness library."

- *Ana Blackmon MD, Houston Methodist Primary Care Group*

"Ali Miller's cookbook is awesome! I've loved collaborating with Ali on our Food As Medicine dinner series and learned so much more than I thought I would. Unlike typical low-fat low flavor health books, she had me at grass-fed butter. The best part of her book are the delicious recipes that help you make nutrient-rich dishes that you'll really want to eat! Take your food-as-medicine and live a whole and good life, filled with both pleasure and optimal health."

- *Monica Pope, Chef/Owner of Sparrow Bar+Cookshop and Top Chef Masters contestant*

"Everyone knows I love delicious, clean cuisine. Ali is singing my song! I have learned so much from her and this fabulous book inspires me in myriad ways. Get into the kitchen and reclaim your health with these wonderful, simple recipes and food-as-medicine tips!"

- *Erin M. Hicks, Cookbook Author*

"Working with Ali Miller at Naturally Nourished has changed my relationship with food. Ali's passion for food as abundance and nourishment, combined with her incredible knowledge of food science, creates her unique "food as medicine" approach. The recipes in her cookbook use whole foods with layered flavors and include important food as medicine tips. The result is a more fine-tuned palate with an appreciation for simple foods like eggs or butter in the way they enhance our health and add satisfaction to our food experiences. Simply put, I guess it just feels good to eat good and that keeps me coming back for more!"

- *Joy Kaplan, successful client at Naturally Nourished - Lost 12 pounds of body fat, reduced cravings, and increased energy levels*

"I am personally pumped as a chef and big wave surfer to finally get a book that answers all my needs nutritionally, to help me focus mentally in my kitchens and be lean and powerful for my surfing sessions. This book has it all! Correct portion-sized pictures, food as medicine tips, macro-nutrient information and the best part, Ali gives you that "Teaching" component, the why's and the how's. Very critical to being a better eater for sure!"

- *Lance Fegen, Chef & Restaurant Owner*

Naturally Nourished: Food-as-Medicine for Optimal Health By Ali Miller, RD, LD, CDE

COOKBOOKS / HEALTH / WELLNESS / DISEASE PREVENTION / ALTERNATIVE HEALTH

275 Full color pages • ISBN: 9780692579312 • Retail Price: \$39.95 • Dimensions: 8.5x11 inches

For more information – sales, bulk pricing, personalized copies, and author appearances,
please contact Jodie@TwoChicksCommunications.com