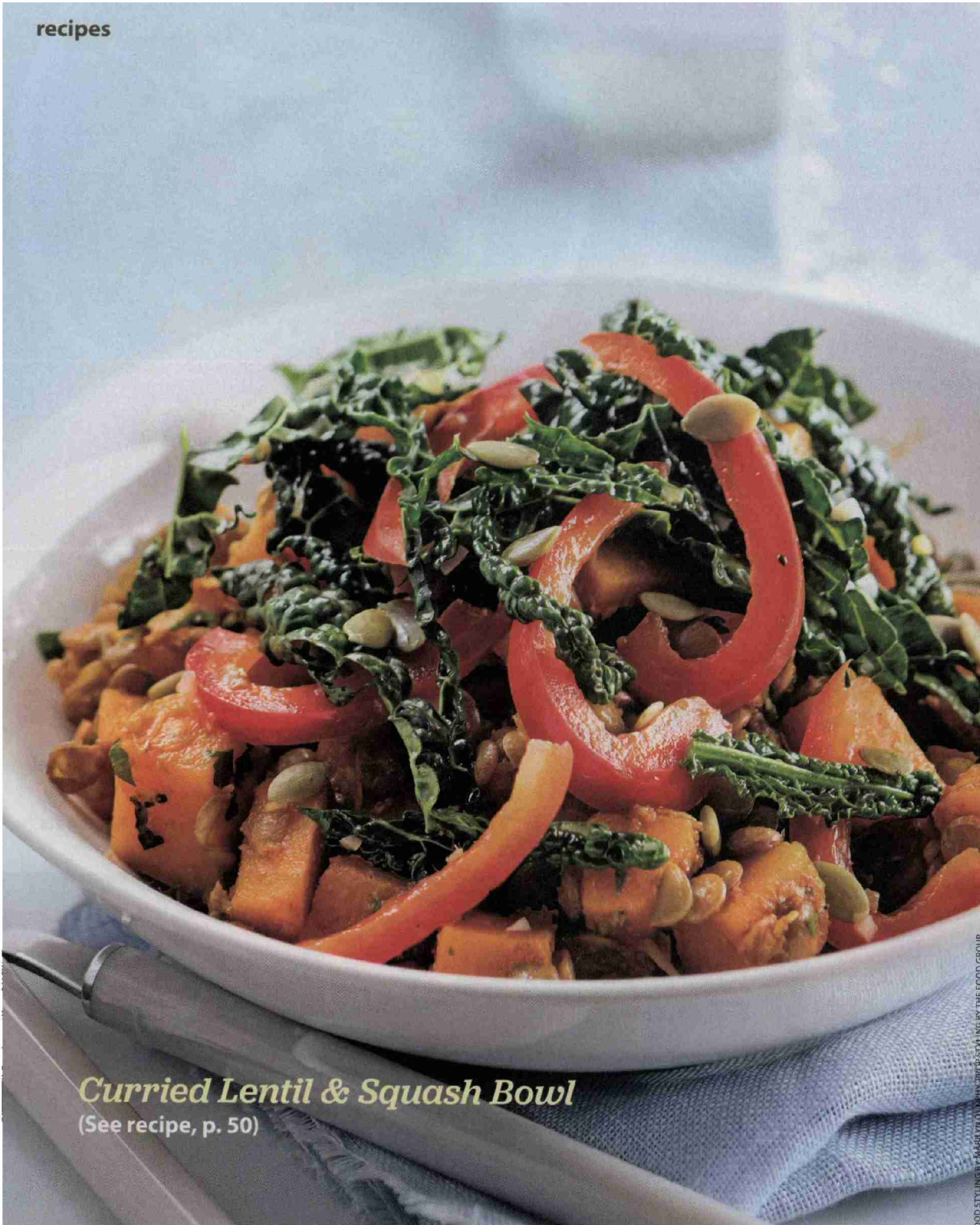
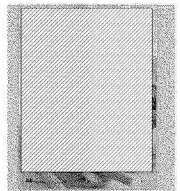


recipes



Curried Lentil & Squash Bowl
(See recipe, p. 50)

PHOTO: JACOB E. TEITELBAUM; STYLING: THE FOOD GROUP



CRANK YOUR ENERGY Up!

Our expert-devised plan combines food, sleep and movement to achieve soaring energy that lasts all day. Plus, our delicious, carefully crafted recipes use a healthful mixture of protein, fiber and fat – just what the doctor ordered for long-lasting energy.

STORY BY KAROLYN GAZELLA, RECIPES BY TARA MATARAZA DESMOND, PHOTOGRAPHY BY BRANDON BARRÉ

Why is it that we don't truly appreciate energy until we lose it? At one point or another, most people have experienced how it feels to lose steam.

Fatigue is one of the most common reasons people seek the advice of a doctor. It's also the cause of about 20% of car crashes in the United States and contributes to workplace accidents and lack of productivity. It can even lead to irritability, anxiety or depression. It's no wonder we work so hard to combat fatigue. But why are so many of us losing

the fight? Experts agree that the first step toward winning the battle is getting to the root cause.

What's going on?

"Fatigue can be a symptom of many health conditions including anemia, hypothyroidism, cardiovascular issues, diabetes, fibromyalgia, cancer or others," explains best-selling author and naturopathic oncologist Lise Alschuler, ND, FABNO. "In addition, other factors can cause fatigue such as stress and the use of certain prescription medications like antidepressants." The key, she stresses, is to rule out any serious illnesses before you embark on your energy-enhancing plan.

How do you know if there is something serious going on? According to energy expert and author of *The Fatigue and Fibromyalgia Solution* (Avery, 2013), Jacob Teitelbaum, MD, if your fatigue persists for more than 12 weeks despite taking time to rest and sleep, it's time to see a physician. Teitelbaum recommends looking for a holistic physician via abihm.org or naturopathic.org to work in conjunction with your medical team to get the most comprehensive, holistic care.

Both Alschuler and Teitelbaum agree that if there is no underlying medical condition, the first place to look for more energy is at mealtime and nighttime. "Poor nutrition and poor sleep – both quality and quantity – are the leading causes of lack of energy," says Alschuler.

Blood sugar balance

Your internal power plant is located on your plate – after all, food is energy. So ask yourself, are you filling your tank with high-powered fuel or energy-sapping sludge? The best way to continually maintain high energy is through optimal nutrition – choosing quality, unprocessed foods, and, more specifically, keeping your blood sugar in check.

Why is blood sugar balance so crucial? When you eat high amounts of carbohydrates with minimal amounts of protein and healthy fats, your blood sugar can spike rapidly and then plummet. This roller coaster will wreak havoc with your energy levels.

"A foundational tenet of any high-energy diet is to swap the quick fixes like sugar and carbs for enduring energy enhancers like quality protein, healthy fats, fiber and whole, unprocessed foods," says Alschuler.

World-renowned natural health expert and author of more than 30 books on natural medicine, Michael Murray, ND, agrees with Alschuler and adds: "Avoiding foods that quickly raise blood sugar levels and keeping carbohydrate portions to reasonable amounts can really help. Focus on nuts, seeds, lots of non-starchy vegetables, and low-glycemic fruit like berries." He adds that a great way to stabilize blood sugar levels is by eating more fiber and even taking a high-quality fiber supplement.

Along those same lines, Teitelbaum says that most people will find that their energy improves when they eat a high-protein diet with frequent small meals rather than three large meals. Additionally, choosing clean, unprocessed foods will go a long way in keeping energy up. "It is most critical to eat healthy whole foods instead of highly processed garbage that makes up the typical Standard American Diet [SAD], which is truly sad as the acronym indicates," says Teitelbaum.

One simple but effective way to boost energy is to stay hydrated by drinking plenty of water. Even mild dehydration

CONTINUED ON PAGE 48



Mocha Cashew Bars

SERVES 12.
HANDS-ON TIME: 20 MINUTES.
TOTAL TIME: 20 MINUTES
 (PLUS CHILLING TIME).

Keep these chewy bars handy in your purse or desk drawer for an afternoon snack. Dates and dark chocolate make you feel like you're indulging in a sweet treat, but the Kamut and cashews will help you avoid a blood sugar crash. Espresso powder adds a caffeine boost, but it's optional.

INGREDIENTS:

- 1 cup old-fashioned rolled oats
- 18 pitted Medjool dates
- 1½ cups puffed Kamut
- ½ cup roasted, unsalted cashews
- 1 tsp espresso powder, plus a pinch for chocolate drizzle, divided, optional
- ½ tsp sea salt, divided
- ½ tsp pure vanilla extract
- ¼ cup unsalted cashew butter, room temperature or gently warmed
- 1 oz 70% dark chocolate, chopped, or 2 tbsp chips, melted (**TIP: Add chocolate to a small saucepan on medium-low and stir until melted and smooth.**)

INSTRUCTIONS:

ONE: Cut a piece of parchment to cover bottom and halfway up the sides of an 8 by 8-inch baking dish.

TWO: Heat a large saucepan on high. Add oats and toast, tossing frequently, for 2 minutes. Transfer to a food processor. Return pan to stove and add dates and 2 tbsp water; cover pan with

a tight-fitting lid. Bring water to a simmer; turn off heat and let dates steam for 5 minutes.

THREE: Meanwhile, add Kamut, cashews, 1 tsp espresso powder (if using) and ¼ tsp salt to food processor with oats. Process 4 times for 30 seconds at a time until a coarse meal forms. Transfer to a large bowl.

FOUR: To food processor, add dates and water mixture, vanilla and remaining ¼ tsp salt. Process for 2 minutes, stopping every 30 seconds to scrape down sides of bowl. Add cashew butter and process for 1 to 2 minutes, stopping to scrape down sides of bowl as a sticky, soft mixture comes together.

FIVE: Scrape date mixture into bowl with oat mixture. Work dry ingredients into date paste by folding, pushing and cutting it with a large rubber spatula. Using wet hands, knead mixture firmly for a minute or more until it comes together into one lump. Press into an even layer in prepared dish.

SIX: Stir a pinch of espresso powder (if using) into melted chocolate and drizzle over bars. Cover dish with plastic wrap; refrigerate for 1 hour or overnight. Cut into 12 bars. Keep wrapped and refrigerated for up to 5 days.

NUTRIENTS PER SERVING

(1 BAR): **CALORIES: 125,**
TOTAL FAT: 6 g, SAT. FAT: 2 g,
MONOUNSATURATED FAT: 3 g,
POLYUNSATURATED FAT: 1 g,
CARBS: 17 g, FIBER: 2 g,
SUGARS: 7 g, PROTEIN: 3 g,
SODIUM: 82 mg, CHOLESTEROL: 0 mg



that is not noticeable can cause fatigue. Light-colored urine is a great indicator that you are drinking enough water. Be sure water is filtered and free of toxins.

Another energy fueler? Start each day with the right mix of nutrients. "A healthy breakfast includes protein and fiber," says Alschuler. "Research indicates that people who begin their day with a nutrient-packed, robust breakfast are more likely to maintain high energy levels throughout the day and avoid blood sugar crashes."

Finally, in addition to blood sugar swings, some nutrient deficiencies such as B₁₂ or iron can cause fatigue. Alschuler says correcting these deficiencies will be important to maintaining energy.

The secret is sleep

It's impossible to have high energy if you aren't getting enough sleep, and there are plenty of people who struggle. In fact, the Centers for Disease Control and Prevention has declared that lack of sleep has become an American public health epidemic. Being sleep deprived not only causes fatigue, but it is also linked to many serious conditions such as diabetes, high blood pressure, obesity and some cancers.

It's important to note that a long history of impaired sleep or significant snoring can be signs of sleep apnea, which can disrupt sleep quality. Talk to your doctor if you think you may have sleep apnea.

"The first step I focus on in helping people boost energy is improving sleep quality," says Murray. "The goal is not necessarily to increase the total time a person sleeps, but rather the time spent in the deeper, more restful stages of sleep." Getting better quality sleep leads to more energy during the day, which then leads to a better night's sleep, creating a positive feedback cycle.

One secret of some of the most sound and serene sleepers is exercise. Generally, the recommended amount of exercise is a minimum of 30 minutes a day, five days a week – that's only 2% of the day! Remember, small bouts of movement add up and can be just as effective as one long period of physical activity.

Exercise and high energy go hand in hand. In fact, a 2008 study featured in *Psychotherapy and Psychosomatics* demonstrated that inactive people who participated in a regular, low-intensity exercise program increased their energy by 20% and decreased their fatigue by 65%. Also keep in mind that late-night exercise can actually disrupt sleep, so it's best to get your exercise in earlier in the day.

In addition to exercise, it's important to develop a consistent sleep ritual, a concept that has come to be known as "sleep hygiene." Good sleep hygiene includes going to bed at about the same time each night in a quiet, dark room and rising at about the same time each morning. It also includes avoiding sleep inhibitors like watching TV or working on a laptop in bed as well as drinking excessive alcohol or eating large meals before bedtime.

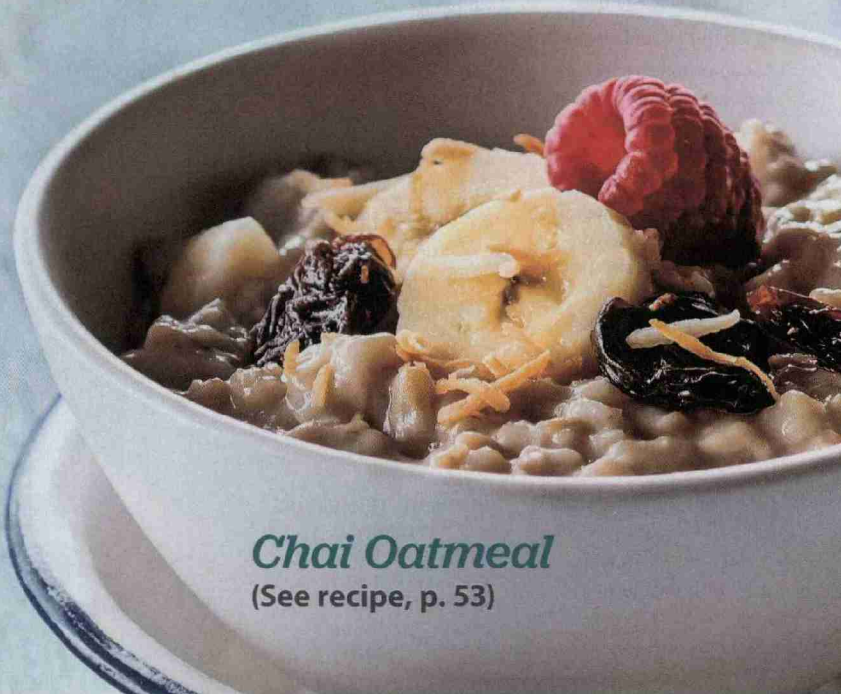
Dietary supplements can also help with sleep. "Nutrients that have been shown to naturally and safely induce a restful night's sleep include melatonin, magnesium, magnolia, L-theanine and chamomile, just to name a few," says Alschuler. She suggests trying natural alternatives

before resorting to over-the-counter and prescription sleep medications because studies indicate that these medications are associated with an increased risk of cancer and premature death.

Abundant energy is possible

After determining that there is nothing serious going on, focus on food, sleep and movement. You'll be surprised at how quickly you can recover and win that battle against fatigue.

It's also important to evaluate energy from a mental-emotional standpoint. Ask yourself what you would do and how you would live your life differently if you had more energy. Dr. Teitelbaum's final words of advice speak to this issue: "If you try to get energy so you can go back to doing what made you exhausted in the first place, you'll simply crash again. As your energy improves, use it for things that feel good, not for things that you think you should do."

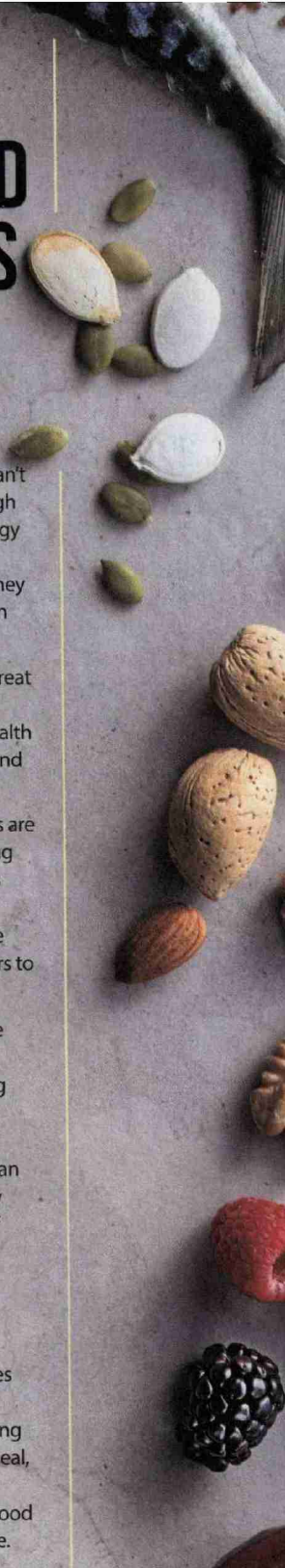


Chai Oatmeal
 (See recipe, p. 53)

TOP 5 HIGH-POWERED ENERGY FOODS

Supercharge your energy from morning till night by focusing on these food categories:

1. **Healthy fats.** Omega-3 fatty acids are known as essential fats because your body can't make them and you have to get them through food – but they're also essential to high-energy living. They help reduce inflammation in the body, which can be a cause of fatigue, plus they can boost your mood. Omega-3s are found in fatty fish, flaxseeds, chia, hemp and walnuts.
2. **Organic fruit.** Berries in particular are a great source of energy-enhancing polyphenols, antioxidants that provide a wide array of health benefits including reducing inflammation and supporting immunity and detoxification.
3. **Colorful organic vegetables.** Vegetables are not only packed with blood sugar-balancing fiber, but they also contain potent nutrients such as iron, magnesium and free radical-fighting antioxidants that can help enhance energy levels. Opt for a wide variety of colors to get a broad range of these nutrients.
4. **Coffee and tea.** While too much caffeine can be problematic, coffee and tea have many health-promoting benefits including improving mood and supporting healthy brain function. Although some people are more sensitive to the effects of caffeine than others, the recommended maximum daily amount is 400 milligrams (about 4 cups of coffee or 5 cups of tea), according to the American Medical Association Council on Scientific Affairs.
5. **A better breakfast.** Think of getting high-quality protein and fruits or vegetables every time you sit down for your morning meal. Also make sure any grains you're eating are whole, avoiding refined varieties. Oatmeal, eggs and unsweetened Greek yogurt with berries are much better options for your blood sugar levels than a bagel and cream cheese.



Chicken & Edamame Stir-Fry Slaw WITH SRIRACHA PEANUT VINAIGRETTE

SERVES 4.
HANDS-ON TIME: 25 MINUTES.
TOTAL TIME: 30 MINUTES.

A steady combination of protein, fiber and healthy fats is the key to balanced energy – and this tasty recipe fits the bill with chicken, crunchy sliced cabbage, celery and carrots and a slightly spicy peanut dressing.

INGREDIENTS:

- 2 stalks celery, thinly sliced
- 1 napa cabbage, cored and sliced crosswise into thin ribbons
- 1 large carrot, sliced into thin coins
- 5 scallions, thinly sliced, white and green parts divided
- 2 tbsp natural unsalted crunchy peanut butter
- 2 tsp reduced-sodium soy sauce
- 2 tsp sriracha
- ½ tsp raw honey
- 4 tbsp rice vinegar
- 1 cup frozen edamame

- 2 tsp safflower oil
- 2 large cloves garlic, minced
- 1 lb boneless, skinless chicken breast, cut into thin pieces (**TIP:** Cut breast in half lengthwise and then slice crosswise into ¼-inch-thick pieces.)
- ¼ cup roasted unsalted peanuts, chopped

INSTRUCTIONS:

ONE: In a large wide bowl, toss together celery, cabbage, carrot and green parts of scallions. Set aside.

TWO: In a small bowl, whisk together peanut butter, soy sauce, sriracha and honey. Add vinegar a little at a time, whisking constantly, into a smooth vinaigrette. Set aside.

THREE: Set a wok or large deep skillet on high. Add edamame and 1 tbsp water and stir-fry for 2 minutes, until edamame is hot and bright green.

FOUR: Add oil, white parts of scallions, and garlic; sauté for 30 seconds. Add chicken and stir-fry for 2 minutes, until cooked through. Add wok ingredients to bowl with cabbage mixture, drizzle with vinaigrette and toss to combine. Sprinkle peanuts over top.

MAKE AHEAD: Prepared salad can be refrigerated in an airtight container for up to 3 days.

NUTRIENTS PER SERVING (¼ OF SALAD):
CALORIES: 359 g, **TOTAL FAT:** 15 g, **SAT. FAT:** 2 g, **MONOUNSATURATED FAT:** 5 g, **POLYUNSATURATED FAT:** 4 g, **CARBS:** 18 g, **FIBER:** 6 g, **SUGARS:** 9 g, **PROTEIN:** 36 g, **SODIUM:** 255 mg, **CHOLESTEROL:** 83 mg

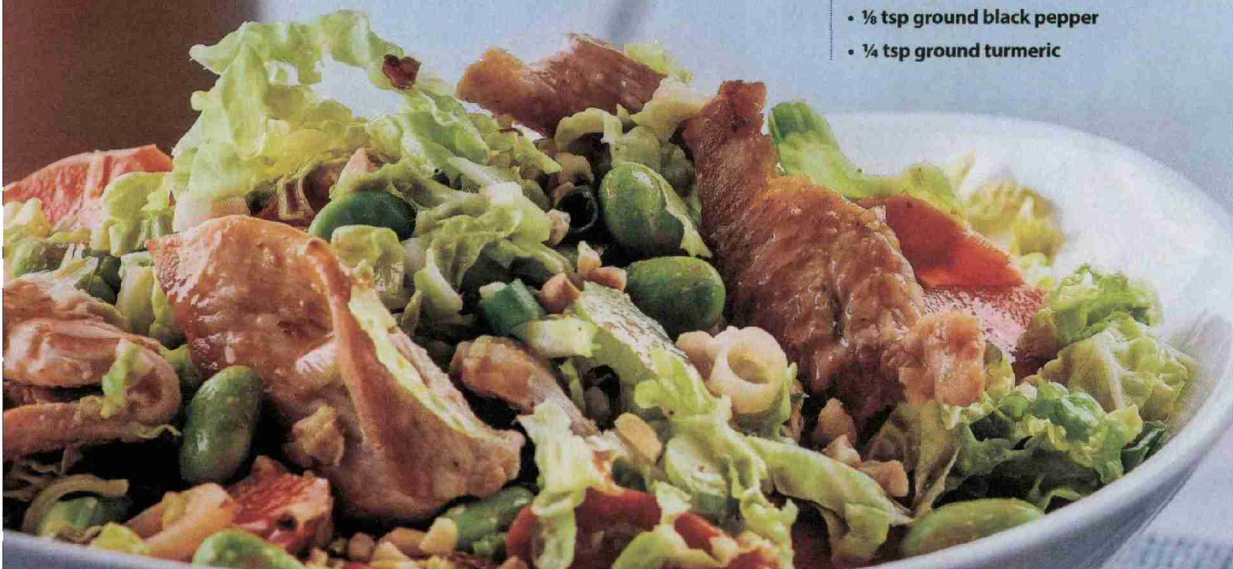
Curried Lentil & Squash Bowl WITH KALE & PEPPERS

SERVES 4.
HANDS-ON TIME: 25 MINUTES.
TOTAL TIME: 1 HOUR.

In our ultimate energizing lunch or dinner bowl, protein- and fiber-packed spiced lentils are tossed with tender butternut squash and topped with a gorgeous pile of antioxidant-rich kale and bell peppers.

INGREDIENTS:

- 1 shallot, minced
- 2-inch piece ginger, peeled and minced (about 2 tbsp)
- 3 cloves garlic, minced
- 2 tbsp olive oil, divided
- 1 cup green lentils, rinsed
- 1 bay leaf
- 1 butternut squash, peeled and cut into ¼-inch cubes (3½ cups)
- 1 tsp curry powder
- ½ tsp sea salt
- ½ tsp ground black pepper
- ¼ tsp ground turmeric



- **2 tbsp unsalted tomato paste**
- **½ cup fresh cilantro, chopped**
- **2 red bell peppers, sliced into thin strips**
- **1 bunch lacinato kale, stems discarded, leaves sliced crosswise into thin ribbons or 6 cups baby spinach**
- **¼ cup unsalted pumpkin seeds (aka pepitas), toasted**

INSTRUCTIONS:

ONE: In a small bowl, combine shallot, ginger and garlic. In a medium saucepan on medium-high, heat 1 tsp oil. Add half of shallot mixture and sauté for 30 seconds. Add 2 cups water and bring to a boil; add lentils and bay leaf. Return to a boil, cover and reduce heat to medium-low. Simmer for 30 minutes, until lentils are tender.

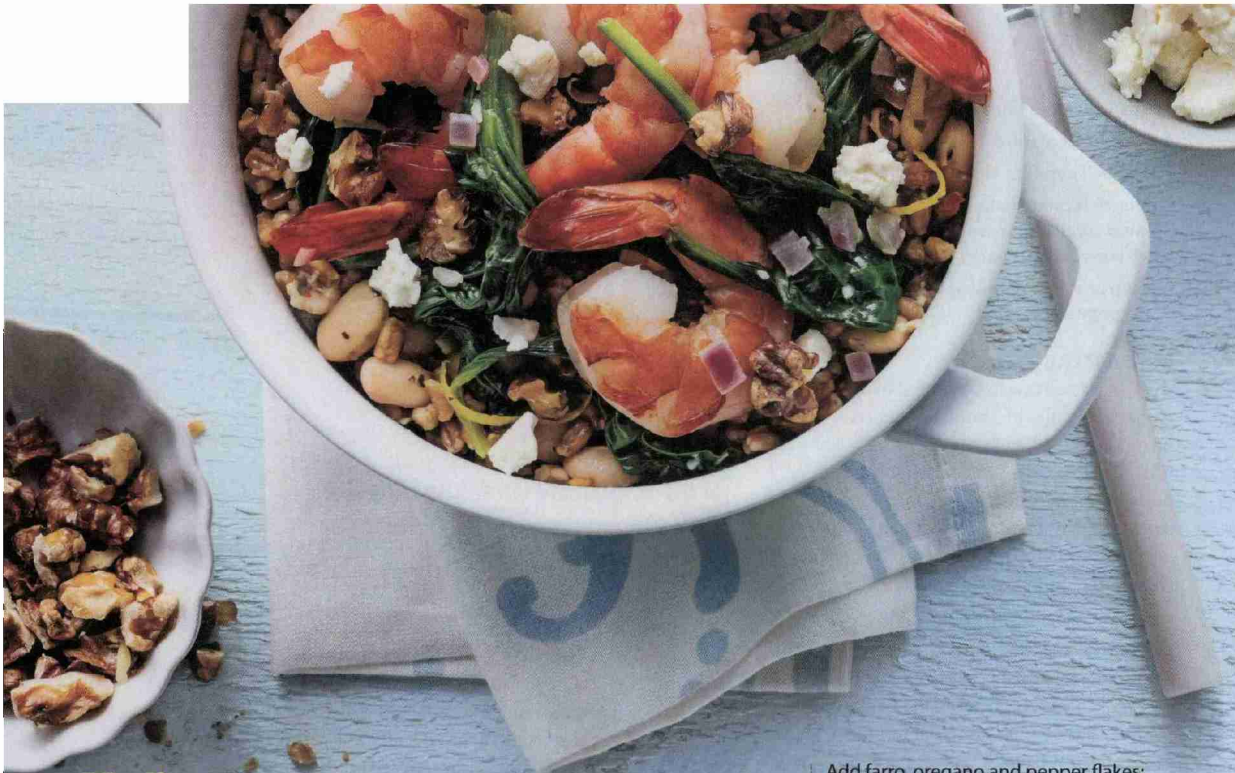
TWO: Meanwhile, toss squash with curry powder, salt, pepper and turmeric. In a large deep sauté pan on medium-high, heat 1 tbsp oil. Add squash; sauté for 5 minutes. In a small bowl, whisk together tomato paste and ½ cup water; pour into squash mixture, scraping up bits from the bottom of the pan as the liquid sizzles. Stir to coat squash with tomato, cover pan, reduce heat to medium and simmer for 5 minutes more, until squash is tender but not mushy.

THREE: Stir squash into pot with cooked lentils; add cilantro. Cover and reduce heat to low.

FOUR: To same sauté pan, add remaining 2 tsp oil and heat on medium-high. Add remaining shallot mixture and sauté for 30 seconds. Add bell peppers and kale and sauté for 7 to 10 minutes, until peppers are tender with a little bite left and kale is wilted. Add a splash of water to scrape up any bits from pan and stir. (If using spinach, sauté bell peppers first for 5 minutes, then add spinach and cook just until wilted.)

FIVE: Divide squash-lentil mixture among plates and top with kale mixture and pepitas.

NUTRIENTS PER SERVING (1 CUP LENTILS AND ½ CUP KALE MIXTURE): **CALORIES: 364, TOTAL FAT: 11 g, SAT. FAT: 2 g, MONOUNSATURATED FAT: 6 g, POLYUNSATURATED FAT: 3 g, CARBS: 54 g, FIBER: 14 g, SUGARS: 7 g, PROTEIN: 19 g, SODIUM: 293 mg, CHOLESTEROL: 0 mg**



Mediterranean Shrimp & Farro Pilaf

SERVES 4.
HANDS-ON TIME: 25 MINUTES.
TOTAL TIME: 55 MINUTES
 (PLUS OVERNIGHT SOAKING).

Always choose your carbohydrates carefully to keep your energy levels steady. Here, we've chosen whole-grain farro as the base of our scrumptious pilaf – it contains fiber as well as iron, a mineral that's essential for your body to make hemoglobin, which delivers oxygen to your body's cells.

INGREDIENTS:

- 1½ cups whole-grain farro, soaked overnight (see note)
- 1 red onion, cut into small dice
- 3 cloves garlic, minced
- 3 tbsp extra-virgin olive oil, divided
- 2 tsp dried oregano
- ¼ tsp red pepper flakes
- 1½ cups cooked great northern beans (or 1 15-oz BPA-free can, drained and rinsed)

- ½ tsp sea salt, divided
- Zest and juice of 1 small lemon
- ¼ tsp raw honey
- ½ tsp ground black pepper
- 3 cups baby spinach leaves
- 8 oz large shrimp, peeled and deveined
- ¼ cup crumbled feta cheese
- ¼ cup unsalted walnuts, toasted and chopped

NOTE: Whole-grain farro retains the hull, bran and germ, making it nutritionally superior to semi-pearled and pearled varieties. Before cooking, whole-grain farro must be soaked overnight. If you can't find whole-grain farro, opt for semi-pearled or pearled varieties, skip the soaking step and reduce cook time to 15 to 30 minutes.

INSTRUCTIONS:

- ONE:** Drain farro and spread it out on a baking sheet to dry slightly.
- TWO:** In a small bowl, combine onion and garlic. In a medium saucepan on medium, add 2 tsp oil. Sauté half of onion and garlic mixture for 1 minute.


Add farro, oregano and pepper flakes; stir for 1 minute more. Pour in 2¼ cups water, stir and increase heat to bring to a boil. Cover, reduce heat to low; simmer for 35 to 40 minutes, until farro is tender but still chewy. Stir in beans and ¼ tsp salt; cover to keep warm.

THREE: Meanwhile, in a small bowl, whisk together lemon zest and juice, 2 tbsp oil, honey, remaining ¼ tsp salt and black pepper. Set aside.

FOUR: In a large sauté pan on medium-high, heat remaining 1 tsp oil. Add remaining half of onion and garlic mixture; sauté for 1 minute. Add spinach and sauté for 2 minutes, until wilted. Toss in shrimp and sauté for 3 minutes, until pink and cooked through.

FIVE: Transfer farro to a serving bowl. Drizzle with vinaigrette and toss. Top with shrimp and spinach and sprinkle with feta and walnuts.

NUTRIENTS PER SERVING (1 CUP FARRO AND 4 SHRIMP): **CALORIES: 565, TOTAL FAT: 19 g, SAT. FAT: 4 g, MONOUNSATURATED FAT: 9 g, POLYUNSATURATED FAT: 5 g, CARBS: 73 g, FIBER: 14 g, SUGARS: 2 g, PROTEIN: 29 g, SODIUM: 422 mg, CHOLESTEROL: 88 mg**



Chai Oatmeal WITH COCONUT & CHERRIES

SERVES 4.
HANDS-ON TIME: 5 MINUTES.
TOTAL TIME: 30 MINUTES.

Give your morning porridge a boost with this oatmeal simmered in aromatic chai tea – opt for a black tea if you want a pick-me-up or a decaffeinated variety if you'd rather skip it. Dried cherries add a chewy texture, but you can also add fresh or frozen raspberries or nuts over top for added flavor and crunch.

INGREDIENTS:

- 2 chai tea bags (**NOTE: Use any black chai tea or a decaffeinated or herbal version. Avoid sweetened varieties.**)
- 1½ cups old-fashioned rolled oats
- 2 bananas, divided (**NOTE: Cut 1 into cubes and slice 1 for serving.**)
- ¼ tsp sea salt
- ½ cup coconut milk
- 2 tbsp unsweetened shredded coconut
- ¼ cup unsweetened dried cherries

INSTRUCTIONS:

ONE: In a medium saucepan, bring 3¾ cups water to a boil. Add tea bags, cover and turn off heat. Steep for 10 minutes; discard tea bags. Stir in oats, cubed banana and salt. Return to a rolling boil and reduce heat to medium-low. Stir in milk and simmer for 15 minutes, until oats are tender, stirring occasionally.

TWO: Meanwhile, heat a small skillet on medium-high. Add shredded coconut and swirl it around for about 20 seconds, until golden. Remove from heat; set aside.

THREE: Divide oatmeal among bowls. Top each serving with banana slices, cherries and toasted coconut.

MAKE AHEAD: Oatmeal can be refrigerated for up to 5 days. Reheat on medium, adding a splash of water to thin as desired.

NUTRIENTS PER SERVING (1 HEAPING CUP PLUS TOPPINGS): **CALORIES: 261, TOTAL FAT: 10 g, SAT. FAT: 7 g, MONOUNSATURATED FAT: 1 g, POLYUNSATURATED FAT: 1 g, CARBS: 35 g, FIBER: 5 g, SUGARS: 11 g, PROTEIN: 5 g, SODIUM: 133 mg, CHOLESTEROL: 0 mg**