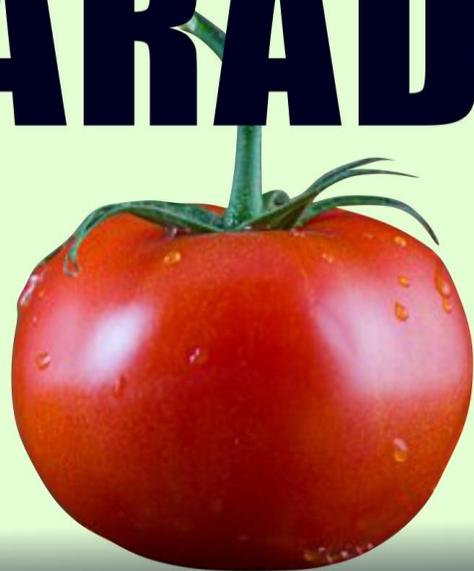


# **LECTIN FREE DIET PARADOX**



The Basic Rules For Easy  
Healthy Lectin Free Diet



**COOKE WALTER**

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Healthy Lectin Free Diet

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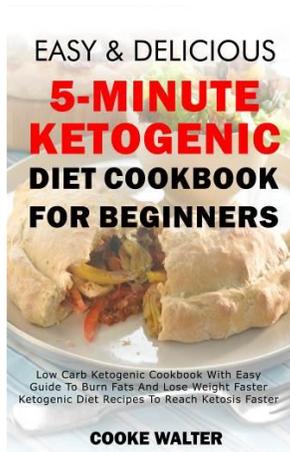
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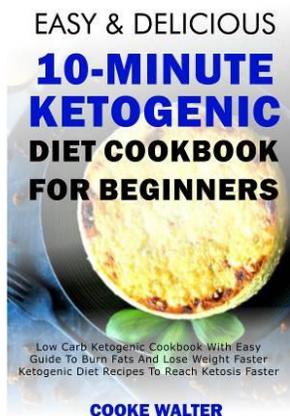
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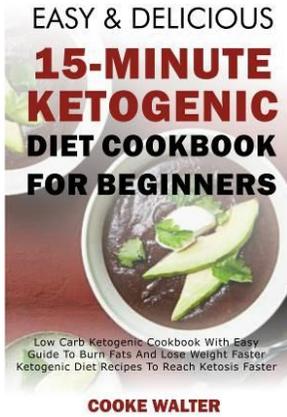
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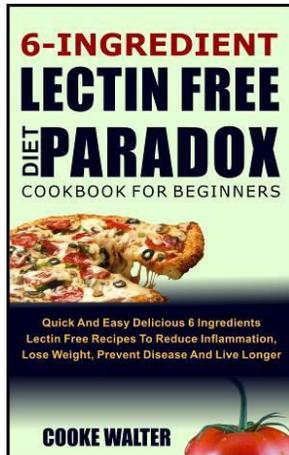
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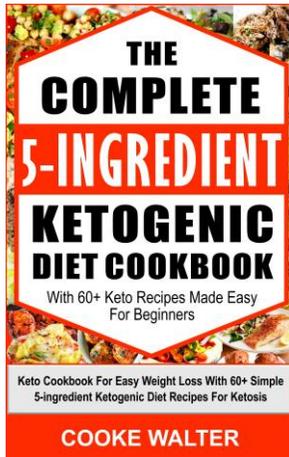
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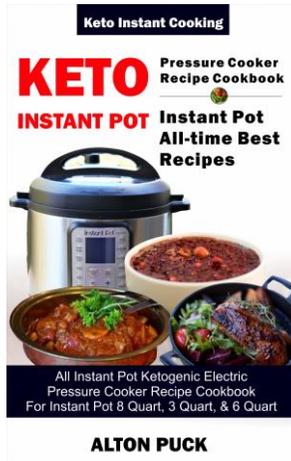


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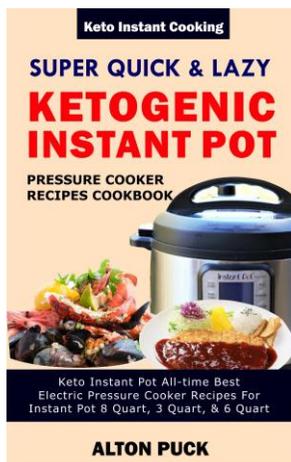


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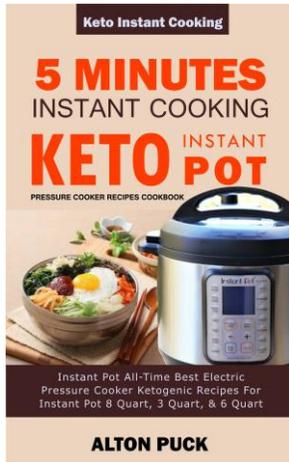
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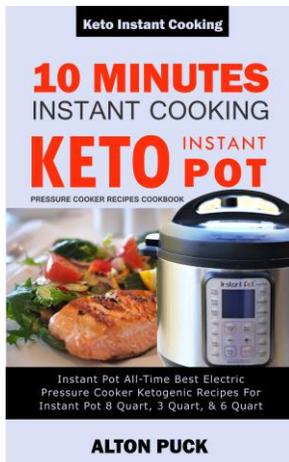
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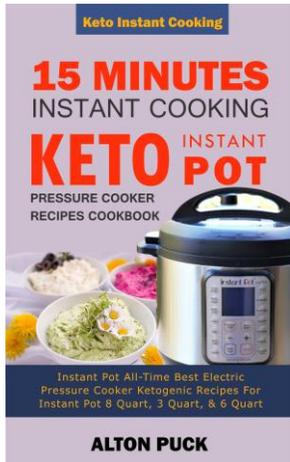
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## **INTRODUCTION**

Lectin free diet seems to be the latest food paradox trending everywhere. One thing that interests me most about humans is that we don't play with our health. You are reading this book now just for the sake of your health. That is great indeed. But then, we are so quick to jump into conclusions of things.

What we should be asking at this point is what these lectins are all about. Are they all that deadly as claimed? Yes, they are. Though lectins have been claimed to be toxic to our body, they also

play important roles in the same body system. If that is the case, how do we find the right balance for this?

*And God said, "Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in they which is the fruit of a tree yielding seed. To you it shall be for meat. And to every beast of the earth and to every fowl of the air, and to every thing that creepeth upon the earth, wherein there is life. I have given every green herb for meat: and it was so. ~ Genesis 1:29-30 KJV*

Man has existed centuries ago and these lectins have been there, even before man. The lectins were there when God gave all trees and herbs as food to man. It has lived with man all through the centuries till this our generation.

So I get confused with the recent social tension on this lectin free diet stuff. What the heck is it all about? I recommend everyone that has put effort in one way or the other to bring up this lectin issue to limelight. I strongly believe that everything was geared towards reminding us the need for us to be monitoring the amount of lectins we ingest on daily basis.

To that effect I tried everything possible to make sure that I put this piece together for a better understanding of this recent lectin issue. This book is solely written to guide us on how to go about this lectins to prevent them from having adverse effects on our health. So there are simple rules mapped out for every one of us to follow in order to safely manage foods with lectins in them. Though it is important to promote lectin free diet but at the same time we don't run away from foods that contain lectin because we need them too.

But before we jump into these rules it is expedient for us to understand these lectins very well so we don't get misled.

## **WHAT ARE LECTINS?**

Lectins are carbohydrate-binding proteins that stick to the cell membranes in our digestive tract. They are known to exist in most animal plant-base foods like the grains and legumes. They contain the nitrogen plants need for growth. Of course, they are abundantly found in legumes, nightshades, vegetables and grains. Some lectins like the ricin found in Castor oil are poisonous. Moreover, lectins are known to be toxic to human health, especially when they are in high concentration in the guts.

However, some researches have shown that some lectins like phytohemagglutinins and Concanavalin A help in cell interactions and cell division, which is very important for the entire body system for growth. These lectins are also reported to be beneficial to some friendly bacteria in the body. Also, some lectins play vital roles in our immune system. For instance, the mannose-binding lectins serve as the first-line defense against microorganisms that invade the body system. They are known for their active pathogen removal function in the immune system. CLEC11A we know today

promotes bone growth. Generally, lectins are important to health. But...

## **WHY ARE THEY CONSIDERED BAD GUYS IN OUR BODY SYSTEM?**

Lectins as we know are highly specific to sugar moieties of molecules, and they stick to the cell membrane of our digestive track, which is our gut lining. Cell membranes are semi-permeable thin films that enclose our body cells. Our blood stream is shielded by this lining. When lectins find their way into the guts they try to bind to these linings.

Having few amounts of these indigestible proteins in the gut is not bad

to our health. But when the concentration of these lectins increases and becomes too much for the gut, the pressure exerted by these lectins leads to wear and tear on the membrane surface. Hence, cutting open the membrane wall, causing leak into the intestinal cells. You know what it means, right?

Substances and microbes that are not permitted to pass through the membrane can now go through without much resistance. And when these lectins find their way down to the blood stream and veins they cause noticeable health effects which include vomiting, nausea, diarrhea,

headache, fatigue, inflammation, etc. This gut leak issue is what many call **LEAKY GUT SYNDROME**.

### **DO I HAVE LEAKY GUTS?**

No you don't. But leaky gut can lead to many confusing health issues such as fatigue, inflammations, headache, diarrhea, nausea, and even allergies. When your gastrointestinal wall is cut open, then your system is prone to lots of health effects because bacteria, virus and toxic substances now have easy access into your bloodstream. This is the sole reason why lectins are avoided in our diet.

But if you notice any or combination of these symptoms, don't rush into conclusion that it is a result of leaky gut.

### **SO WHAT DO I DO?**

Discuss with your doctor first. Well, no research has been extensively done in this regard. But you can start by speaking with your doctor first. Then you can add turmeric, ginger, coconut oil and broccoli to your diet. They are known to be healthy for the gut. Supplementing with probiotics can also help the process.

But our body system was designed to fight against these health invaders. Yes, from the outside down to the inside, our body is awesomely gifted with microbes and chemicals that help it to naturally fight against invaders. The microbes, the chemicals and their sources make up the immune system.

## **AND HOW DOES IT FIGHT LECTINS?**

Well, just like we know before now, lectins like sugars a lot. They are ready to cling to anything that can give them the sugar they need. And remember that we stated earlier that our body is made of strong armies that defend it against invading enemies. Among these armies include;

**Friendly Microbes** serve as the first line of defence against disease causing agents. When lectins find their way into the body system, these microbes help to fight

against them. They use the camouflage mechanism to prevent lectins from attacking us. These microorganisms provide an active site for these lectins to bind, and thereby deactivating them against gut attack.

**Saliva and Mucus** help the immune system in various ways. These guys also serve as first line defense against invading pathogens. In the case of lectins, they work differently. As we must know, saliva has loads of sugars. In fact, sugar is the building block of saliva. Thus, since lectins are sugar addict they get trapped by the

sugar moieties in the saliva. Once trapped, they become virtually deactivated from attacking the gut. The mucus also traps these lectins and renders them inactive as they pass through the intestinal track.

**Stomach Acid** also serves as a defense against invading pathogens and toxins.

This acid produced by the stomach keeps the stomach acidic which is unfavorable for many pathogens, and some substances.

Hence, it destroys some of the excess lectins that made their way down the guts.

I believe we have arrived at a balance here. Lectins won't kill you if you play it safe. Having too many in the system will definitely give them victory over all these body defences. So how do we go about this? Reduce the amount of lectins in your diet!

## **But How Do I Reduce Lectins In My Diet?**

Research has shown that there is no cause for alarm if we can do these simple things on daily basis.

- Limit your intake of legumes, especially beans.

- Limit your intake of grains and grain-associated products.
- Limit your intake of night shades like tomatoes and pepper.
- Limit your intake of squash.
- Deseed your fruits before eating.
- Peel all nightshades before use.
- Pressure-cook your nightshades, legumes and grains.
- Soak your grains and legumes multiple times, preferably overnight before use.
- And ferment your grains and fermentable foods before use.
- Eat more bitter greens and healthy oils like olive oil.

These ten simple commandments will definitely help you wade off all lectin related health issues.

To that effect, we came up with simple guide, which some may call rules to help everybody who values healthy living and still want to eat with freedom to follow. With this simple rules there will be no more question like "what is left for us to eat?" Of course you can eat virtually everything and still stay healthy. After all, man has lived with lectins for centuries and nothing remarkable happened. So why should we starve ourselves in this generation.



**THE BASIC RULES FOR  
EASY HEALTHY LECTIN  
FREE DIET**

## **RULE 1**

### **CUT YOUR INTAKE OF REFINED STARCHY FOODS**

Almost all refined starchy foods like rice and pasta contain significant amount of lectin. Hence do all you can to reduce your intake of it. If you can totally keep off from them... BETTER!

## **RULE 2**

### **REDUCE YOUR INTAKE OF BEANS, PEAS AND LEGUMES**

This may be difficult but you can do it if you want to. When you consider your health more important than any other thing then you have no choice than to reduce them. Beans are known to contain lots of lectins. But if you are eating them, make sure you soak and pressure cook.

## **RULE 3**

### **REDUCE YOUR INTAKE OF SQUASH AND MELONS**

Record has shown that squash contain loads of lectins. Thus, to be on a safe side, try everything possible to reduce them or possibly keep off from them. I am not a fan of squash and melon anyway. But if you are, you can easily look for alternative foods. Like we stated earlier, "all trees and herbs were made for consumption". So if you are to eat them, then you need to prepare them very well to promote health instead of deteriorating

it. Before you eat them make sure you pressure cook them to deactivate the lectins in them.

## **RULE 4**

### **LOWER THE AMOUNT OF NIGHTSHADES IN YOUR REFRIGERATOR**

Hey friend! Don't play with nightshades. If you mess with them, they mess with you too. Before now we have already heard a lot about them – both the GOODs and the BADs. We know they are very good for our health as they are good sources of vitamins and other important nutrients. But there has been news making the headlines about them causing

inflammations. Now, they are culprit to this lectin issue.

What do we do about this? Can you avoid them? Better! If not, peel, de-seed and pressure cook them before eating. For those that will like to ask me about nightshades, they are the tomatoes, eggplants, potatoes, peppers etc. Thank you for taking that down.

## **RULE 5**

### **RUN AWAY FROM GRAINS AND OILS MADE FROM GRAINS.**

Do you get that? Don't reduce their intake but run. They foods in this category are bad. They don't know what heat means, and as a result they are resistant to heat. You understand what it means. Even when pressure cooked, their lectins will be there gauping at you like a Father Christmas. But if you think you are strong enough, I have I tip for you. If you want to destroy the lectins like a warlord, you will first soak the grains. Then ferment and

pressure cook. If you are not strong enough to adhere to these, then don't stop running.

## **RULE 6**

### **SOAK YOUR FOOD**

As we have been hammering since, don't forget to soak your beans and grains before cooking. Soak for several hours while changing the water with intervals. It is recommended to soak overnight before cooking. Soaking with water helps to loosen the macromolecules and provide a better medium for heat transfer. Thus, water molecules in the soaked beans helps heat to reach the lectins faster.

## **RULE 7**

### **FERMENT YOUR GRAINS**

Ferment? Yes ferment. It is important for your health. Like we stated earlier, most grains are resistant to heat. How do you break these heat resistant sugars? Convert them to acetic acid/alcohol. Fermenting helps to break down the heat resistant sugars and expose those guts assassins (lectins). Now that you have fermented you can then go ahead and cook them to promote healthy living.

## **RULE 8**

### **PRESSURE-COOK YOUR FOOD**

Please don't slow cook my beans like some of my European friends do. I will not eat! It is highly recommended that you pressure-cook all beans and grains. Don't pity all those lectins because they will not joke with you when they enter your gut. I'm glad you already know what they can do. So try your best to always pressure-cook to make a healthy meal.

Please, if you can't pressure-cook; the best thing to do is to avoid them. And when pressure-cooking, don't just put it

and bring it out within 5 minutes. Some people recommend 15 minutes, but I go for 30+ minutes. I don't joke with my health, and it will be good if you do same.

## **RULE 9**

### **AVOID SODA AND SOFT DRINKS**

It is obvious that these drinks are made from the lectin culprits. Besides, most of them contain unhealthy sugars. Hence, to stay free from excess lectin in the gut, it is advisable to avoid these drinks. We know they are alluring, but do your best to say no to them. To avoid the urge you can simply make smoothies for yourself and enjoy. But then, I know some guys may not be able to avoid them totally. If you are among the “some guys”

please take them sparingly. Your health is more important than the food you eat.

## **RULE 10**

### **GO FOR CHOCOLATES WITH 72% CACAO OR MORE**

You are my friend if you are choco-friendly. I like chocolate like no other. So can we talk something about this? We all know that everything boils down to a healthy gut, right? Then, are chocolates healthy for the guts? Yes they are. But research has shown that chocolates with over 72% cacao are considered healthier than its counterparts. And what message are we trying to pass here? The next time you pick up a chocolate pack and see

anything less than 72% cacao, please drop it and move on. Yes, you can do it. Don't thread your health for a temporal enjoyment.

## **RULE 11**

### **SAY NO TO GRAIN-FED BEEF AND GO FOR GRASS-FED BEEF**

We will continue to attack these grains until we succeed murdering them. They have done more harm than good. No wonder they are common and cheap. Higher percentage of processed food is made from grains. Nowadays, they are widely used in animal feeds. I wish these farmers know what they are really doing. Well, it for business sake. However, we can't thread our health for business gains. So it is recommended that we go for

grass-fed beef. Grain-fed beef are detrimental to health.

## **RULE 12**

### **PEEL AND DE-SEED YOUR FRUITS AND VEGGIES**

Research has shown that most of the fruits or veggies we eat contain lots of lectins. And the interesting fact is that most of these lectins reside in the seeds of these fruits. Also, a significant amount was also discovered to reside in the outer coat of the fruits or veggies. So what do you think is the best thing to do at this point? Removing the seed and peeling off the outer coat is a good means of reducing the

amount of lectins in your diet and  
subsequently, in your guts.

## **RULE 13**

### **EAT HEALTHY FOODS AND OILS**

I don't think this guide will be complete without this. Don't take too much of this and that. Will you kill yourself with starvation? Not really! Definitely, there should be alternatives to all these food, especially when you do not have enough time to prepare them. Well, I will say eat everything except the food groups we have mentioned earlier plus starchy foods and some nuts like cashew, chia, peanuts etc.

But I must recommend foods like avocado, sesame, coconut, macadamia, walnut, hemp seeds, flax, pecan, cassava and their oils. MTC oil, pasture-raised poultry meats, grass-feed meats, sea foods, green veggies and some resistant starchy foods like green plantain, green banana, celery etc. are all good for you to consume.

## **RULE 14**

### **ALWAYS STAY HYDRATED**

Don't ask me what relates water and lectins. Whether related or not, take lots of water. Water is good for general health. It helps to keep your guts clean and healthy. If you can remember, some trapped lectins were swallowed when we discussed how your body fights against these lectins. So how do you get rid of those trapped lectins? Take water and they will find their way out.

## **RULE 15**

### **AVOID NSAIDS AND STOMACH ACID BLOCKERS**

Do we need to discuss this again?

Anyways it is important that we touch it once again. Like we discussed earlier, mucus, saliva, and stomach acids are important for your health. They help to fight against pathogens and toxins invading your system. Some of my friends reading this may not understand this.

But, whichever way you understand it this is what I want you to do for your health. Do you take stomach acid blockers

like Zantac, Protonix, etc? Or do you take nonsteroidal anti-inflammatory drugs (NSAIDs)? Please, if you do take any of these drugs, stop it right away. You are doing yourself more harm than good. You don't need to block your stomach acid or destroy your intestinal mucus. Of course you need them to survive these lectins. Only take them when your doctor highly recommends them for your health. If not, do not take them for any reason.

## **RULE 16**

### **EAT EVERY FOOD THAT IS WELL PREPARED**

Don't starve yourself of nutritional foods because of lectins. Our body has a way of dealing with them. All you need to do is to help the body deal with them effectively by preparing these foods well before eating them. Don't slow-cook your beans and think it's healthy. No, it is not. You need to pressure-cook to destroy some of these lectins. You need to soak, ferment, de-seed, peel, and sprout where necessary to reduce the amount of lectins.

Most of these foods contain good amount of important nutrients like phenol which is very vital for your health. So don't let lectins scare you away from these important nutrients. In the next section we listed some lectin-free and low-lectin recipes to help you kick start your healthy diet journey. Hope you enjoy them.

# **LECTIN FREE RECIPES**

# **CHICKEN MEATBALLS IN MANDARIN ORANGE SAUCE**

Ready In: 40 minutes (Prep Time: 10  
minutes, Cook Time: 30 minutes)

Serves: 4

## **Ingredients**

### **For the Chicken Meatballs:**

- Garlic (finely minced) - 2 cloves
- Ginger root (finely minced) - 1  
tablespoon
- Avocado oil - 1 teaspoon

- Mushrooms (finely diced) - 1 cup  
(about 3 large mushrooms)
- Ground chicken (not chicken breast) -  
1 lb
- Finely sliced scallions - 1/4 cup
- Coconut aminos (or sub soy sauce,  
liquid aminos, tamari) - 1 teaspoon
- Sesame oil - 1/2 teaspoon
- Orange zest - 1 tablespoon
- Almond flour - 1/4 cup
- kosher salt

**For the Mandarin Orange Sauce:**

- Garlic (finely minced) - 2 cloves
- Ginger root (finely minced) - 1  
tablespoon

- Avocado oil - 1 teaspoon
- Coconut aminos (or sub soy sauce, liquid aminos, tamari) - 2 tablespoons
- Sesame oil - 1 teaspoon
- Orange zest - 1 tablespoon
- Sriracha - 1/2 teaspoon
- Tapioca starch - 1 teaspoon
- Chicken stock - 1/2 cup
- Freshly squeezed mandarin orange juice - 1/4 cup
- Honey - 1 teaspoon
- Sesame seeds and additional scallions for garnish (optional)

## **Instructions**

1. Preheat your oven to 400.
2. For the meatballs, heat the oil in a pan over a medium high heat.
3. Sauté the ginger and garlic for about 1 minute, or till fragrance.
4. Stir in scallions and mushrooms.
5. Season with salt.
6. Continue stirring for 3 minutes, or till mushrooms release their liquid.
7. Put off heat and allow to cool a bit.
8. With your spoon, mix the sesame oil, chicken, orange zest, coconut aminos, and almond flour with the sautéed mixture above.

9. Scoop out spoonfuls of the soft mixture, one at a time, and roll into balls with your damp hand.
10. Put on a baking sheet lined with piece of parchment paper.
11. Bake for about 20 minutes.
12. For the sauce, return the pan to the medium high heat.
13. Stir in the oil, garlic and ginger.
14. Whisk other ingredients together in a bowl.
15. Turn in mixture into the heated pan and stir for about 3 minutes, or till the sauce thickens to taste.

16. Add the meatballs to sauce and stir till meatballs become well covered by the sauce.
17. Then top with scallions and sesame seeds - optional.

**Tip:** Serve over cauliflower rice or broccoli.



## **SCRUMPTIOUS PANCAKES**

Ready In: 15 minutes (Prep Time: 15 minutes)

Serves: 4

### **Ingredients**

- Almond flour - 1 cup
- Tapioca flour - 3/4 cup
- Baking powder - 1 tablespoon
- Sea salt - 1/4 teaspoon
- Unsweetened almond milk - 2/3 cup
- Apple cider vinegar - 2 teaspoon
- Maple syrup - 1 tablespoon

- Coconut oil (melted) - 1 tablespoon
- Pure vanilla extract - 1 teaspoon

## **Instructions**

1. Add all ingredients in your blender and blend for few seconds (the batter can also be made in a bowl but blending makes the pancakes fluffier).
2. You may add extra liquid or flour till a consistent batter is obtained.
3. Pour the batter on a greased pan over a medium or medium-high heat. (Pour 1/4 cup per pancake).
4. With your spatula, flip the pancakes once they begin to bubble.

5. Continue cooking until both sides turn golden brown.
6. Allow to cool a bit before topping with roasted strawberry, vanilla bean sauce or nut butter.
7. Then enjoy!

## **KALE SOUP**

Ready In: 1 hour (Prep Time: 10 minutes,  
Cook Time: 50 minutes)

Serves: 6-8

### **Ingredients**

- Extra-virgin olive oil - 3 tablespoons
- Medium-size onion (finely diced) - 1
- Garlic (minced) - 4 cloves
- Celery (chopped or minced) - 2 stalks
- Salt free vegetable (or chicken stock)  
- 5 cups
- Balsamic vinegar - 1 teaspoon

- Dijon mustard - 1/2 teaspoon
- Cooked pastured chicken (cubed or shredded) - 1 cup
- Kale (chopped into 1-inch pieces) - 2 bunches
- Fresh lemon juice - 2 tablespoons
- Zest of one lemon
- Kosher salt
- Fresh black pepper (ground)
- Freshly Parmigiano Reggiano (grated)  
- for serving

## **Instructions**

1. Heat the EVOO in a large pot over medium heat.

2. Add in garlic, onion, and celery, and then season with pepper and salt.
3. Sauté till celery and onion become tender.
4. Add the Dijon, kale, chicken, and lemon zest.
5. Sauté for about 5 minutes before you add the chicken broth, lemon juice and balsamic.
6. Reduce heat and simmer, with pot covered, for 35 minutes.
7. Then serve.

## **BROCCOLETTI FRY OVER CAULIFLOWER RICE**

Ready In: 30 Minutes (Prep Time: 30  
Minutes)

Serves: 4

### **Ingredients**

- Cauliflower rice - 1/2 head
- Toasted sesame seeds - 1 tablespoon  
(plus more for serving)
- Avocado oil - 3 tablespoons

- Peeled and deveined wild-caught large shrimp (raw) - 1 pound
- Scallions (sliced) - 1 bunch
- Minced garlic - 1 teaspoon
- Grated fresh ginger (2-inch piece) - 1 tablespoon
- Broccoletti (cut into 2-inch pieces) - 1 bag ~10 ounces
- Rice vinegar - 1/4 cup
- Unsalted vegetable broth - 1/4 cup

## **Instructions**

1. Cook cauliflower rice in a sealed (microwave-safe) dish for about 3-5 minutes.

2. Add in sesame seeds.
3. Now, heat 1 tablespoon of avocado oil in a pan over medium high heat.
4. Stir in the shrimp and cook for 2-4 minutes, or till opaque.
5. Turn in a plate and keep aside.
6. Put the remaining avocado oil in the pan.
7. Stir in the ginger, scallions and broccoletti.
8. Cook for about 10 minutes, or till broccoletti becomes tender.
9. Stir in vegetable broth and vinegar.
10. Toss gently and thoroughly till the sauces covers the vegetables, approximately 2 minutes.

11. Then serve over the cauliflower rice  
and sprinkle more sesame seeds  
over.

## **PEPPERONI PIZZA BITES**

Ready In: 13 minutes (Prep Time: 5 minutes, Cook Time: 8 minutes)

Serves: 2

### **Ingredients**

- Pepperoni - 12 slices
- Low carb marinara sauce - 2 tablespoons
- Shredded mozzarella cheese - 1/4 cup
- Italian seasoning - 1/4 teaspoon

## **Instructions**

1. Line your toaster oven tray with a foil
2. Put the pepperoni on the tray
3. Add little quantity of sauce to each pepperoni slice.
4. Then top with the shredded cheese before sprinkling with Italian seasoning.
5. On a toaster oven, cook for about 6-8 minutes at 350.
6. Broil for about extra 2 minutes and enjoy.

# **PASTURED CHICKEN CUTLET WITH CILANTRO DIPPING SAUCE**

Ready In: 15 minutes

Serves: 1

## **Ingredients**

- Avocado oil - 1 tablespoon
- Pastured chicken cutlet (cut into strips) - 1
- Chopped cilantro - 2 cups
- Extra-virgin olive oil - 1/4 cup
- Sea salt - 1/4 teaspoon

## **Instructions**

1. With a pan, heat the avocado oil over a medium-high heat.
2. Put the strips of chicken on the pan and sprinkle over it with the salt.
3. Stirring frequently, sauté for about 4 minutes.
4. Then remove from the pan and allow to cool.
5. Put the EVOO, cilantro and sea salt in a blender and process until it becomes smooth.
6. Now, serve the chicken with the sauce. For toddlers, you can pre-dip the chicken before serving.

## **ALMOND FLOUR BISCUITS**

Ready In: 25 minutes (Prep Time: 5 minutes, Cook Time: 20 minutes)

Serves: 4

### **Ingredients**

- Blanched almond flour (NOTE: not almond meal) - 1 1/2 cup
- Baking powder - 1 teaspoon
- Kosher salt - 1/2 teaspoon
- Cold butter (diced small) - 3 tablespoons
- Heavy cream (or coconut cream) - 3

tablespoons

- Egg - 1

## **Instructions**

1. Preheat your oven to about 350.
2. Line cookie sheets with parchment paper, and set them aside.
3. Combine the baking powder, almond flour, and salt in a bowl.
4. Cut the diced butter into smaller pieces and press into the flour, using butter knife. Continue until all the big chunks disappear and the dough becomes crumbly.
5. Create a small space at the middle of the bowl, and crack in the egg.

6. Add the cream to it.
7. Gently mix the cream and egg together with a fork.
8. While mixing egg and cream, slightly be incorporating the dough to the mixture until a soft dough is formed.
9. Use your hands to divide the dough into 4 pieces.
10. Roll the four pieces into a ball. Note: the dough will be soft and sticky.
11. Place the dough balls on the cookie sheet lined with parchment paper. Note: Do not flatten the dough.
12. Bake the cookie balls for about 20 minutes or until it lightly turns golden.

13. Allow to cool a bit before slicing.

## **CHOCOLATE AVOCADO FROSTING**

Ready In: 5 minutes (Prep Time: 5 minutes)

Makes: 1 cup

### **Ingredients**

- Avocados - 2
- Raw cacao powder - 1/4 cup
- Almond butter - 1/4 cup
- Date nectar - 1/4 cup
- Himalayan pink salt - A pinch or more

### **Instructions**

1. Whisk the avocados in a bowl till it becomes smooth and creamy.
2. Add in other ingredients and continue whisking till it all turns creamy and smooth, but thick.
3. You can put inside a refrigerator to thicken the mixture.
4. Use when needed for any recipe.

## **CHOCOLATE-STRAWBERRY TRUFFLES**

Ready In: 35 minutes (Prep Time: 5 minutes, Freezing Time: 30 minutes)

Makes: 10 -12 small truffles

### **Ingredients**

#### **For the truffles:**

- Freeze-dried strawberries - 2 cups
- Large medjool dates (pitted) - 8

#### **For the chocolate coating:**

- Enjoy Life 69% Cacao Dark Chocolate Morsels - 1/2 cup
- Coconut oil - 1 teaspoon

## **Instructions**

1. For the truffles, add all ingredients in a food processor and blend till mixture becomes sticky with crumble texture.
2. Scoop out and roll into balls, small spoonful at a time. Set balls aside.
3. For chocolate coating, stir in all ingredients in a sauce pan and melt over a low heat. Stir until melt becomes smooth.
4. Now, put the balls in the sauce pan and toss till the balls are fully covered by the melted chocolates.
5. Remove and place on a baking pan

lined with piece of parchment paper.

6. Put inside a freezer and freeze for about 15-30 minutes or till chocolates hardens.
7. Store in a freezer with airtight (BPA-free) container.
8. Enjoy when needed.

## **DELICIOUS PASTA DOUGH**

Ready In: 20 minutes (Prep Time: 10 minutes, Cook Time: 10 minutes)

Serves: 4

### **Ingredients**

- Tapioca flour - 1 cup (plus extra for dusting)
- Almond flour (super fine texture) - 1 cup
- Kosher salt - 1 teaspoon
- Large eggs - 2
- Olive oil

## **Instructions**

1. In a bowl, thoroughly mix the almond flour, tapioca flour and salt.
2. Open the middle of the flour mixture and crack in the 2 eggs.
3. Stir gently with your fork, slightly moving out and incorporating more flour till it becomes well mixed.
4. Knead the mixture with your finger and add extra tapioca flour if the dough mixture sticks to your fingers.
5. Now dust your cutting board the tapioca flour. Also dust the rolling pin.
6. Cut the dough into three parts and dust each part before rolling.

7. Roll the dough to a thickness of about 1/8 inch.
8. Then with a pizza cutter, cut the rolled dough into noodles of desired thickness.
9. Boil about 1 liter of water in a large pot.
10. Drizzle two tablespoons of olive oil into the boiling water.
11. In the boiling water, scoop in the noodles with a large spatula and cook for about 2 minutes.
12. With your slotted spoon, remove the noodles from water and place in a pasta strainer.
13. Drizzle small olive oil on the noodles

to prevent them from sticking.

14. Repeat same process for the remaining dough.

## **Recipe Notes**

- Only use superfine almond flour because almond meal doesn't work in this type of recipe.
- Don't be too hard on yourself when the noodles are not even as desired. Also, don't sweat it out when a few noodles break. It still tastes delicious! Keep practicing till you know how to get it the way you want it.



## **BLUEBERRY DESSERT**

Ready In: 1 Hour (Prep Time: 55 Minutes)

Serves: 4

### **Ingredients**

- Blueberries - 2 cups (with extra for garnish)
- Xylitol (divided) - 3 tablespoons
- Salt - A pinch
- Lemon zest and juice - 1/2 lemon
- Heavy whipping cream - 1 1/3 cup
- Vanilla extract - 1/2 teaspoon

## **Instructions**

1. Over a medium heat, heat 2 tablespoons of xylitol, 1 1/2 cups of blueberries, and salt in a saucepan till it bubbles.
2. Then reduce heat heat to medium low and cook for about 5 minutes, till the blueberries soften.
3. Put off heat and stir in the remaining blueberries with the lemon juice and zest.
4. Allow to cool down at a room temperature.

5. Beat the vanilla, whipping cream, and remaining xylitol with a mixer till mixture softens.
6. Top with the blueberry sauce and fold.
7. Top with more blueberries and enjoy.

# **CILANTRO AND LIME CAULIFLOWER RICE**

Ready In: 10 minutes (Prep Time: 5 minutes, Cook Time: 5 minutes)

Makes: 1 1/2 cups

## **Ingredients**

### **For the cauliflower rice:**

- Cauliflower rice - 2 cups
- Lime juice - 2 tablespoons
- 100% pure avocado oil - 1 tablespoon
- Himalayan pink salt - 1 teaspoon
- Ground black pepper - 1/2 teaspoon

## **For the add-in:**

- Fresh cilantro (chopped) - 1/4 cup

## **Instructions**

1. For the cauliflower rice, put all ingredients in a pan and season to taste.
2. Sauté for about 5 minutes or till it becomes consistent to taste.
3. Put off heat and stir in the cilantro. Stir thoroughly till it becomes evenly mixed.
4. Turn into a serving dish and garnish it with more cilantro.
5. Then serve.



**APRICOT-BALSAMIC GLAZED CHICKEN  
CUTLETS WITH BASIL PESTO  
DRESSING**

Ready In: 35 Minutes (Prep Time 15  
Minutes, Cook Time: 20 minutes)

Serves: 4

**Ingredients**

- Apricot preserves (no sugar added) -  
1/4 cup
- Balsamic vinegar - 1/4 cup
- Ground ginger - 1/2 teaspoon

- Himalayan sea salt
- Avocado oil
- Pastured chicken cutlets - 8
- Extra-virgin olive oil - 1/2 cup
- Packed fresh basil leaves - 1 cup
- Pine nuts or walnuts - 1/4 cup
- 1-inch cubes Parmigiano-Reggiano - 2
- Fresh lemon juice - 2 tablespoons
- Butter lettuce (torn into pieces) - 1 head

## **Instructions**

1. Heat broil to medium low.
2. Mix the apricot preserves, ginger and vinegar with 3/4 teaspoon of salt.

3. Then set mixture aside about 1/4 cup.
4. Add in cutlets and toss thoroughly till well coated with mixture.
5. Allow to settle for about 10 minutes.
6. Pulse the olive oil, pine nuts, basil, cheese and lemon juice in a blender till mixture blends well.
7. Broil the cutlets for about 13-15 minutes. Turn occasionally and baste with reserved mixture within last 4 minutes of broiling.
8. Then divide lettuce among plates.
9. Drizzle over with basil-pesto and serve with chicken cutlets.



## **CHOCOLATE AVOCADO FROSTING**

Ready In: 5 minutes (Prep Time: 5 minutes)

Makes: 1 cup

### **Ingredients**

- Avocados - 2
- Raw cacao powder - 1/4 cup
- Almond butter - 1/4 cup
- Date nectar - 1/4 cup
- Himalayan pink salt - A pinch or more

### **Instructions**

1. Whisk the avocados in a bowl till it becomes smooth and creamy.
2. Add in other ingredients and continue whisking till it all turns creamy and smooth, but thick.
3. You can put inside a refrigerator to thicken the mixture.
4. Use when needed for any recipe.

## **SPANAKOPITA OMELET**

Ready In: 11 minutes (Prep Time: 5 minutes, Cook Time: 6 minutes)

Serves: 1

### **Ingredients**

- Butter (divided) - 1 tablespoon
- Garlic (minced) - 1 clove
- Minced white onion (or scallions) -  
1/4 cup
- Spinach (chopped) - 2 cups
- Presley (chopped) - 1 cup

- Dried oregano - 1/2 teaspoon
- Dried thyme - 1/2 teaspoon
- Eggs - 2
- Feta cheese - 1 tablespoon
- Arugula - 1 cup, dressed with 1  
teaspoon olive oil (optional, and to be  
served on the side)
- Pepper and salt to taste

## **Instructions**

1. For the spinach filling, melt one half  
of the butter in a pan over a medium  
high heat.
2. Stir in the onion and garlic. Stir till  
fragrance and translucent.

3. Add in parsley, spinach, thyme and oregano, and cook for about 3 minutes, or till parsley and spinach release their water content through evaporation.
4. Season with pepper and salt to taste.
5. Turn the filling into a bowl and set aside.
6. For the omelet, crack and whisk the eggs with pepper and salt in a separate bowl.
7. Melt the remaining butter on a pan over medium high heat.
8. Turn in the egg mixture and swirl with spatula.

9. Once set, flip and top with the prepared spinach filling.
10. Sprinkle the feta cheese over, fold and cook till egg is fully set.

# **GOLDEN MILK LATTE**

## **Ingredients**

### **For the Golden Milk Paste**

- Turmeric powder - 1 teaspoon
- Cinnamon - 1/3 teaspoon
- Filtered water - 1 tablespoon
- Pinch black pepper

### **For the Latte**

- Brewed coffee - 2 1/2 cups
- Almond milk - 1 1/3 cups
- Stevia - 1 teaspoon
- Virgin coconut oil - 2 teaspoons

## **Instructions**

1. Mix the cinnamon, turmeric, pepper and water in a bowl.
2. Blend the almond milk, coffee, coconut oil and honey together in a blender.
3. Add a teaspoon of the golden milk paste to the blend.
4. Continue blending till mixture is well mixed and frothy.
5. Enjoy



## **CHOCOLATE-STRAWBERRY TRUFFLES**

Ready In: 35 minutes (Prep Time: 5 minutes, Freezing Time: 30 minutes)

Makes: 10 -12 small truffles

### **Ingredients**

#### **For the truffles:**

- Freeze-dried strawberries - 2 cups
- Large medjool dates (pitted) - 8

#### **For the chocolate coating:**

- Enjoy Life 69% Cacao Dark Chocolate Morsels - 1/2 cup
- Coconut oil - 1 teaspoon

## Instructions

1. For the truffles, add all ingredients in a food processor and blend till mixture becomes sticky with crumble texture.
2. Scoop out and roll into balls, small spoonful at a time. Set balls aside.
3. For chocolate coating, stir in all ingredients in a sauce pan and melt over a low heat. Stir until melt becomes smooth.
4. Now, put the balls in the sauce pan and toss till the balls are fully covered by the melted chocolates.
5. Remove and place on a baking pan

lined with piece of parchment paper.

6. Put inside a freezer and freeze for about 15-30 minutes or till chocolates hardens.
7. Store in a freezer with airtight (BPA-free) container.
8. Enjoy when needed.

## **HEALTHY EGG ROLL**

Serves: 4

### **Ingredients**

- Sesame oil - 2 tablespoon
- Garlic (minced) - 3 cloves
- Yellow onion (diced) - 1/2 cup
- Fresh ginger (minced) - 1 tablespoon
- Green onions (sliced) - 5
- Quorn meatless grounds - 1 bag
- Black pepper and sea salt

- Sriracha or garlic chili sauce - 1  
tablespoon
- Shredded cabbage - 1 large bag ~  
14oz
- Broccoli slaw - 2 cups
- Coconut aminos - 3 tablespoons
- Rice wine vinegar - 1 tablespoon
- Toasted sesame seeds - 2 tablespoon

## **Instructions**

1. Heat the sesame oil on a pan over a medium high heat.
2. Add in the onion, garlic, and ginger.
3. Cook till mixture becomes tender.

4. Add quorn meatless ground, pepper and salt, and cook till all get warm enough.
5. Then add sriracha (or garlic chili sauce).
6. Toss in the broccoli slaw and cabbage. Continue tossing till mixture combines well.
7. Finally, add the rice vinegar, coconut aminos and sesame seeds.
8. Continue cooking until the cabbage becomes tender.
9. Then serve.

## **LEEK & CAULIFLOWER SOUP**

Ready In: 1 hour 15 minutes (Prep Time: 15 minutes, Cook Time: 1 hour)

Serves: 6-8

### **Ingredients**

- Extra Virginia olive oil - 3 tablespoons
- Leeks (chopped) - 1 pound
- Celery (diced) - 2 stalks
- Garlic (minced) - 3 cloves
- Cauliflower - 1 large head (cut into 2" florets)

- Salt free chicken (or vegetable stock)
  - 2 quarts
- Grated parmesan - ¼ cup (optional)
- Bay leaf - 1
- Fresh nutmeg - ½ teaspoon
- Fine sea salt - 1 teaspoon
- Coarse black pepper - 2 teaspoons
- Chives (finely chopped) or thyme for garnish

## **Instructions**

1. Over a medium high heat, heat the olive oil in a soup pot.

2. Stir in cauliflower, leek, nutmeg, celery, salt, garlic, and pepper, and sauté till the leek wilts.
3. Add the bay leaf, stock and parmesan.
4. Cover pot and cook for about 35-45 minutes, or till cauliflower becomes tender.
5. With your blender, blend mixture to purée.
6. Return the mixture to heat again and cook for extra 10-15 minutes.
7. Garnish with parmesan and chopped herbs.
8. Then enjoy.



## **COCONUT PANCAKE**

Ready In: 40 minutes (Prep Time: 15 minutes, Cook Time: 25 minutes)

Serves: 2-4

### **Ingredients**

- Large omega-3 eggs - 2
- Lemon juice and zest - 1 lemon
- Vanilla - 1 teaspoon
- Coconut oil - 1 tablespoon
- Liquid stevia - 5 drops

- Coconut yogurt (or goat's milk yogurt) - 4.5 oz
- Coconut flour - ¼ cup
- Tapioca flour - ¼ cup
- Blanched almond flour (not almond meal) - ¼ cup
- Sea salt - ¼ teaspoon
- Baking powder - ½ teaspoon
- Baking soda - ¼ teaspoon
- Fresh (or frozen) wild blueberries - 1/3 cup

## **Instructions**

1. Preheat your oven to 350.
2. Grease your pan with olive oil.

3. Except the blueberries, blend all ingredients in a blender at high speed till mixture becomes smooth.
4. Turn the batter onto the pan and sprinkle the blueberries over it, evenly.
5. Bake for about 25 minutes, or till golden brown.
6. Remove from heat and allow to cool.
7. Then serve.

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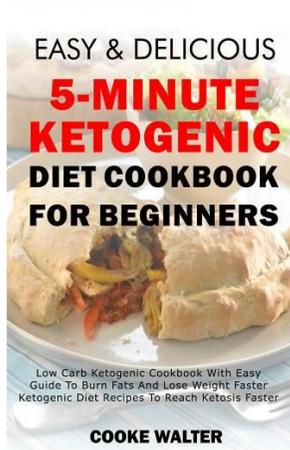
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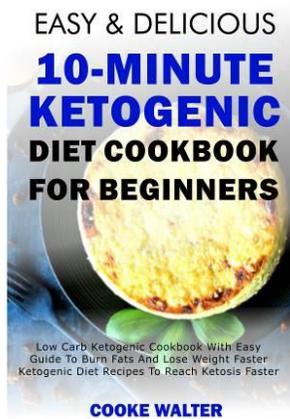
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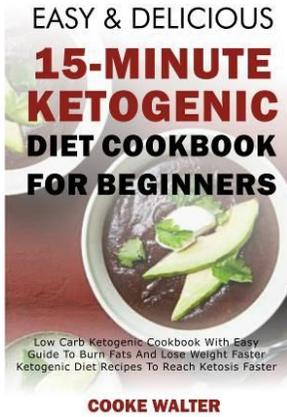
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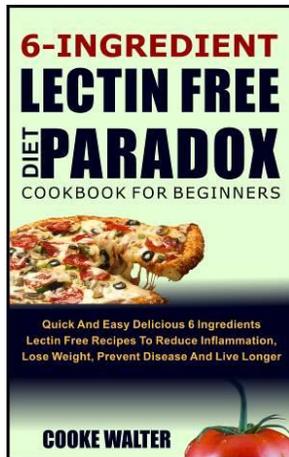
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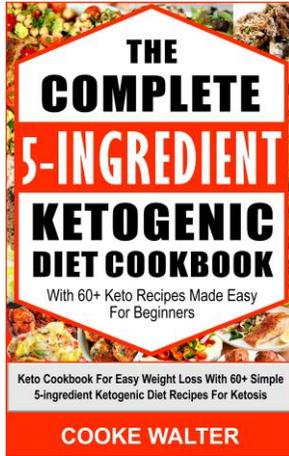
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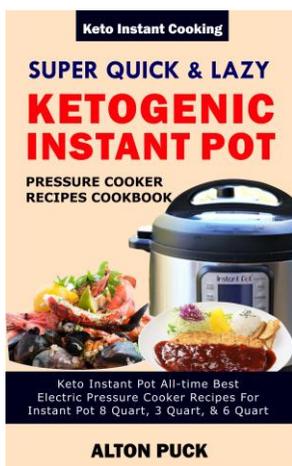


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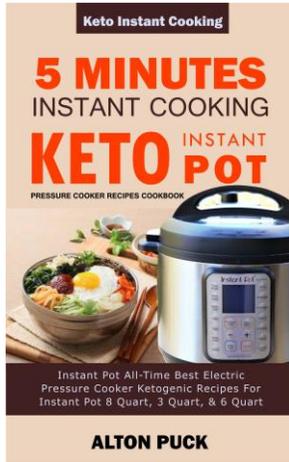
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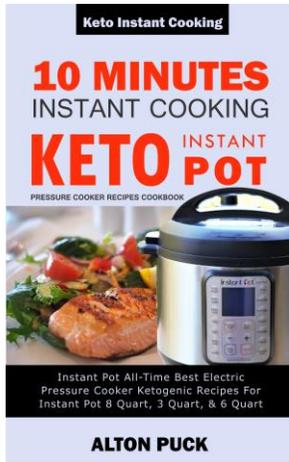
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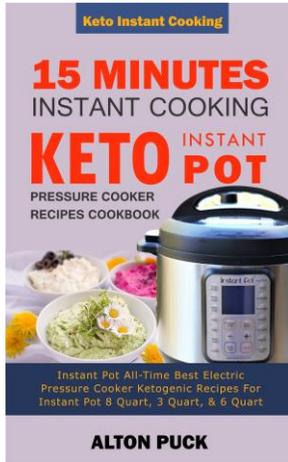
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