FOOD GUIDE: Boost Your *Metabolism*

Boost your metabolism with these recipes brought to you by our Functional Nutrition experts at Resonance Wellness



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ABOUT THE AUTHOR



I am Dr. Leila Doolittle, a Functional Medicine and Functional Neurology Practitioner dedicated to optimizing people's health through root-cause healing. I focus on the three pillars of health: body, mind, and soul as none of our systems ever work alone.

Because my approach focuses on healing both the mind and body I specialize in Functional Neurology assessments and passionately help my patients reach their full potential through through cutting-edge diagnostics and tailored therapies, giving mental clarity and resilience to my patients.

People come to me with a wide range of chronic health issues, including brain fog, persistent low energy, a variety of digestive and skin issues, hormonal imbalances, anxiety, food allergies, and chemical sensitivities. Sadly, the list goes on. But together, we find the root cause, addressing toxin exposure, mycotoxin illness, parasites, heavy metals and much more.

I run my own private practice and offer both in-person and virtual sessions, enabling me to connect with and assist people worldwide. I firmly believe that each individual's health journey is unique and should be designed through functional nutrition, testing, and tailored therapy tracks.

Committed to lifelong learning, I stay at the forefront of scientific discoveries, explore longevity techniques, experiment with groundbreaking therapies, and develop nourishing resources and effective detoxification protocols.

Spending time in nature and traveling are among my greatest passions outside of my family and patients. You can find me anywhere in the world, exploring beautiful destinations in nature, learning new cultures, and continuously growing in my own health journey.

Thank you for being here! If you're interested in optimizing your health and brain function check out my website below to schedule a FREE discovery call. I look forward to connecting with you!

Dr. Leila Doolittle

READY TO BEGIN?

Welcome to a transformative journey toward enhanced well-being and vibrant health! This collection of 30 meticulously crafted recipes is designed to support your metabolism, aid in fat burning, and nourish your body with the cleanest, most nutrient-dense ingredients available. These recipes are not just meals; they are a commitment to a lifestyle that honors your body, mind, and spirit.

The Philosophy Behind the Recipes

The philosophy guiding these recipes is rooted in a holistic approach to health that emphasizes the power of nutrition to support metabolic function and overall vitality. In a world filled with processed foods and dietary pitfalls, it's essential to return to the basics—foods that are pure, unprocessed, and rich in nutrients. Each recipe in this guide is crafted to be gluten-free, dairy-free, low-carb, low-glycemic, grain-free, low-oxalate, low-nightshade, sugar-free, and includes only clean oils and fats. This ensures that your body is fueled by foods that promote health and prevent inflammation, making it easier for you to maintain a healthy weight and feel your best.

The Science Behind the Recipes

1. Metabolic Boosting Ingredients

These recipes are packed with ingredients known to boost metabolism. Metabolism is the process by which your body converts what you eat and drink into energy. Even at rest, your body needs energy for vital functions like breathing and circulating blood. The foods chosen for these recipes are rich in vitamins, minerals, and compounds that enhance your metabolic rate, helping your body burn calories more efficiently.

2. Fat Burning and Nutrient-Dense Foods

The recipes include plenty of superfood vegetables and lean proteins that help burn fat and build lean muscle mass. Vegetables like spinach, kale, and zucchini are low in calories but high in fiber and essential nutrients, helping you feel full longer and reducing the tendency to overeat. Lean proteins like chicken and fish are vital for maintaining muscle mass, which is crucial for a healthy metabolism, as muscle tissue burns more calories than fat tissue.

3. Low Glycemic and Anti-Inflammatory

The recipes are designed to keep your blood sugar levels stable. Foods with a low glycemic index are digested and absorbed more slowly, causing a gradual rise in blood sugar and insulin levels. This helps to prevent the blood sugar spikes and crashes that can lead to cravings and weight gain. Additionally, by avoiding common inflammatory foods like gluten, dairy, and sugar, these recipes help reduce inflammation in the body, which is linked to a myriad of health issues, including metabolic dysfunction.

4. Clean Eating for Optimal Health

By focusing on clean, unprocessed foods, these recipes help detoxify the body and support the liver's natural ability to process toxins. Clean fats like olive oil, avocado, and coconut oil are included for their beneficial effects on cholesterol levels and heart health. These fats also provide a steady source of energy, which helps keep you feeling satisfied and less likely to reach for unhealthy snacks.

Inspiring a Healthier Lifestyle

Embarking on this journey with these recipes is not just about losing weight; it's about transforming your relationship with food and your body. By choosing foods that nourish and sustain you, you're making a powerful commitment to your health and well-being. These recipes are designed to be both delicious and nutritious, proving that eating healthily doesn't have to mean sacrificing flavor or enjoyment.

This guide is more than just a collection of recipes; it's a blueprint for a healthier life. By integrating these meals into your weekly routine, you are taking an important step towards achieving your health goals, supporting a balanced metabolism, and creating lasting, positive changes.

Let these recipes inspire you to embrace a lifestyle that honors your body, fuels your metabolism, and supports your journey to vibrant health. Here's to a healthier, happier you!



Breakfast

Chia Seed Pudding

INGREDIENTS

- 1/2 cup chia seeds
- 1/4 cup freshly ground flax seeds
- 1/4 cup hemp seeds
- 2 cups homemade almond milk (blend 2 cups water with 2 Tbs almond butter or 1/4 cup almonds)
- 1 tsp vanilla extract
- 1 tbsp monk fruit sweetener
- 1/4 cup blueberries

DIRECTIONS

1. Mix chia seeds, almond milk, vanilla, and monk fruit in a bowl.
2. Refrigerate overnight.
3. Top with blueberries before serving.



Superfood Green Smoothie Bowl

INGREDIENTS

- 1 cup spinach
- 1/2 avocado
- 1/2 cup coconut milk
- 1 tbsp chia seeds
- 1 tbsp hemp seeds
- 1 tbsp almond butter
- 1/2 tsp spirulina powder
- 1/2 cup ice

DIRECTIONS

1. Blend all ingredients until smooth.
2. Pour into bowls and top with extra chia seeds and hemp seeds.



Kale & Mushroom Frittata

INGREDIENTS

- 8 large eggs
- 1 cup kale, chopped
- 1/2 cup mushrooms, sliced
- 1/2 onion, diced
- 1 tbsp olive oil
- Salt and pepper to taste

DIRECTIONS

1. Preheat the oven to 375°F.
2. Sauté the onion, kale, and mushrooms in olive oil.
3. Whisk eggs, add sautéed vegetables, and pour into a baking dish.
4. Bake for 20-25 minutes.



Avocado & Veggie Breakfast Wrap

INGREDIENTS

- 4 large collard green leaves
- 2 avocados, sliced
- 1/2 cucumber, julienned
- 1/2 red bell pepper, sliced
- 1/4 cup alfalfa sprouts
- 1 tbsp tahini

DIRECTIONS

1. Lay out collard green leaves.
2. Spread tahini on each leaf.
3. Layer avocado, cucumber, red bell pepper, and alfalfa sprouts.
4. Roll up and serve.





Lunch

Turkey & Avocado Lettuce Wraps

INGREDIENTS

- 1 lb ground turkey
- 1 avocado, sliced
- 1 head butter lettuce
- 1/4 cup cilantro, chopped
- 1 tbsp lime juice
- Salt and pepper to taste

DIRECTIONS

1. Cook the ground turkey with salt and pepper.
2. Place turkey and avocado slices in lettuce leaves.
3. Sprinkle with cilantro and lime juice.

Zucchini Noodles with Pesto

INGREDIENTS

- 4 large zucchinis, spiralized
- 1/2 cup fresh basil
- 1/4 cup pine nuts
- 1/4 cup olive oil
- 2 cloves garlic
- Salt and pepper to taste

DIRECTIONS

1. Blend basil, pine nuts, olive oil, garlic, salt, and pepper to make pesto.
2. Toss zucchini noodles with pesto.

Green Goddess Dressing

DRESSING INGREDIENTS

- 1 cup hemp seeds
- ½ cup water
- 4 Tbs olive oil
- 4 Tbs lemon juice
- 2 Tbs ACV
- 1 garlic clove
- 1 tsp salt
- 2 Tbs nutritional yeast
- 1 cup fresh parsley

DRESSING DIRECTIONS

Blend all the ingredients together and then slowly add in the olive oil and lemon juice.



Chicken & Avocado Salad

INGREDIENTS

- 2 chicken breasts, grilled and sliced
- 2 avocados, diced
- 4 cups mixed greens
- 1/4 cup red onion, thinly sliced
- 1 tbsp olive oil
- 1 tbsp apple cider vinegar

DIRECTIONS

1. Mix the greens, chicken, avocados, and red onion.
2. Drizzle with olive oil and apple cider vinegar.

Cauliflower Fried Rice

INGREDIENTS

- 1 head cauliflower, riced
- 1/2 cup peas (optional, for low oxalate, skip)
- 1/2 cup carrots, diced
- 1/2 cup green onions, sliced
- 2 eggs, beaten
- 1 tbsp coconut aminos
- 1 tbsp sesame oil

DIRECTIONS

1. Sauté the cauliflower rice, carrots, and peas in sesame oil.
2. Push to the side and scramble the eggs.
3. Mix in eggs, coconut aminos, and green onions.



Baked Salmon with Asparagus

INGREDIENTS

- 4 salmon fillets
- 1 bunch asparagus
- 2 tbsp olive oil
- 1 tbsp lemon juice
- Salt and pepper to taste

DIRECTIONS

1. Preheat the oven to 400°F.
2. Place salmon and asparagus on a baking sheet.
3. Drizzle with olive oil, lemon juice, and season with salt and pepper.
4. Bake for 15-20 minutes.

Cabbage & Chicken Stir-Fry

INGREDIENTS

- 2 chicken breasts, sliced
- 1 small cabbage, shredded
- 1 red bell pepper, sliced
- 2 tbsp coconut aminos
- 1 tbsp olive oil
- Salt and pepper to taste

DIRECTIONS

1. Sauté the chicken in olive oil.
2. Add the cabbage and red bell pepper, stir-frying until tender.
3. Mix in coconut aminos and season with salt and pepper.


Dinner Recipes

Baked Cod with Lemon & Herbs

INGREDIENTS

- 4 cod fillets
- 1 lemon, sliced
- 2 tbsp fresh dill, chopped
- 1 tbsp olive oil
- Salt and pepper to taste

DIRECTIONS

1. Preheat the oven to 375°F.
2. Place cod fillets in a baking dish, top with lemon slices and dill.
3. Drizzle with olive oil, season with salt and pepper.
4. Bake for 15-20 minutes.



Spaghetti Squash with Turkey Marinara

INGREDIENTS

- 1 large spaghetti squash
- 1 lb ground turkey
- 2 cups tomato sauce (no sugar added)
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 1 tsp dried oregano

DIRECTIONS

1. Preheat the oven to 400°F.
2. Cut spaghetti squash in half, remove seeds, and bake face down for 30-40 minutes.
3. Sauté garlic in olive oil, add ground turkey and cook until browned.
4. Add tomato sauce and oregano, simmer.
5. Scrape spaghetti squash with a fork to form noodles, top with turkey marinara.

Zucchini Boats with Beef & Veggies

INGREDIENTS

- 4 zucchinis, halved and scooped out
- 1 lb ground beef
- 1/2 cup diced bell peppers
- 1/2 cup diced onions
- 1 tbsp olive oil
- 1 tbsp coconut aminos

DIRECTIONS

1. Preheat the oven to 375°F.
2. Sauté ground beef with bell peppers, onions, and coconut aminos.
3. Fill zucchini halves with the beef mixture and bake for 25 minutes.

Grilled Chicken with Cauliflower Mash

INGREDIENTS

- 4 chicken breasts
- 1 head cauliflower, chopped
- 2 tbsp olive oil
- 2 cloves garlic, minced
- Salt and pepper to taste

DIRECTIONS

1. Grill the chicken breasts, seasoning with salt and pepper.
2. Steam the cauliflower until tender, then blend with olive oil and garlic until smooth.
3. Serve chicken over cauliflower mash.



Stuffed Bell Peppers

INGREDIENTS

- 4 bell peppers, tops removed and seeded
- 1 lb ground turkey
- 1/2 cup chopped spinach
- 1/2 cup diced zucchini
- 1 tbsp coconut aminos

DIRECTIONS

1. Preheat the oven to 375°F.
2. Sauté ground turkey with spinach and zucchini.
3. Stuff bell peppers with the mixture, drizzle with coconut aminos, and bake for 30 minutes.

Shrimp & Avocado Salad

INGREDIENTS

- 1 lb cooked shrimp
- 2 avocados, diced
- 4 cups mixed greens
- 1/4 cup red onion, sliced
- 1 tbsp olive oil
- 1 tbsp lemon juice

DIRECTIONS

1. Mix the shrimp, avocados, greens, and red onion.
2. Drizzle with olive oil and lemon juice.

Herbed Chicken with Broccoli & Carrots

INGREDIENTS

- 4 chicken breasts
- 2 cups broccoli florets
- 2 cups carrots, sliced
- 2 tbsp olive oil
- 1 tbsp fresh thyme, chopped

DIRECTIONS

1. Preheat the oven to 375°F.
2. Place chicken, broccoli, and carrots in a baking dish.
3. Drizzle with olive oil, sprinkle with thyme, and bake for 25-30 minutes.



Roasted Vegetables & Quinoa

INGREDIENTS

- 2 cups broccoli florets
- 2 cups cauliflower florets
- 1/4 cup olive oil
- 1 tsp garlic powder
- 1 cup cooked quinoa

DIRECTIONS

1. Preheat the oven to 400°F.
2. Toss broccoli and cauliflower with olive oil and garlic powder.
3. Spread on a baking sheet and roast for 20-25 minutes.
4. Serve over cooked quinoa.

Spaghetti Squash & Pesto Chicken

INGREDIENTS

- 1 large spaghetti squash
- 2 chicken breasts, diced
- 1/2 cup fresh basil
- 1/4 cup pine nuts
- 1/4 cup olive oil
- 2 cloves garlic

DIRECTIONS

1. Preheat the oven to 400°F.
2. Bake spaghetti squash, face down, for 30-40 minutes.
3. Cook chicken in a pan.
4. Blend basil, pine nuts, olive oil, and garlic for pesto.
5. Scrape spaghetti squash into noodles, mix with chicken and pesto.

Cauliflower Crust Pizza

INGREDIENTS

- 1 head cauliflower, riced
- 1/4 cup almond flour
- 1 egg
- 1/2 cup tomato sauce (no sugar added)
- 1/2 cup chopped vegetables (your choice)

DIRECTIONS

1. Preheat the oven to 400°F.
2. Mix cauliflower, almond flour, and egg. Form into a crust on a baking sheet.
3. Bake for 15 minutes.
4. Top with tomato sauce and vegetables, then bake for another 10 minutes.



Lemon Garlic Shrimp with Zoodles

INGREDIENTS

- 1 lb shrimp, peeled
- 4 zucchinis, spiralized
- 2 tbsp olive oil
- 2 cloves garlic, minced
- Juice of 1 lemon

DIRECTIONS

1. Sauté garlic in olive oil, add shrimp and cook until pink.
2. Add zoodles and lemon juice, cook for another 2 minutes.

Roasted Chicken with Brussels Sprouts

INGREDIENTS

- 4 chicken thighs
- 2 cups Brussels sprouts, halved
- 2 tbsp olive oil
- 1 tbsp fresh rosemary, chopped

DIRECTIONS

1. Preheat the oven to 375°F.
2. Toss chicken and Brussels sprouts with olive oil and rosemary.
3. Spread on a baking sheet and roast for 30-35 minutes.

Grilled Veggie & Chicken Skewers

INGREDIENTS

- 2 chicken breasts, cubed
- 1 red bell pepper, cubed
- 1 zucchini, cubed
- 1 red onion, cubed
- 2 tbsp olive oil
- Salt and pepper to taste

DIRECTIONS

1. Preheat grill to medium-high.
2. Thread chicken and veggies onto skewers.
3. Brush with olive oil, season with salt and pepper.
4. Grill for 15-20 minutes, turning occasionally.



Garlic Herb Tilapia

INGREDIENTS

- 4 tilapia fillets
- 2 cloves garlic, minced
- 2 tbsp olive oil
- 1 tbsp fresh parsley, chopped

DIRECTIONS

1. Preheat the oven to 375°F.
2. Mix garlic, olive oil, and parsley. Spread over tilapia.
3. Bake for 15-20 minutes.





Dessert Recipes

Chocolate Avocado Mousse

INGREDIENTS

- 2 ripe avocados
- 1/4 cup unsweetened cocoa powder
- 1/4 cup coconut milk
- 2 tbsp monk fruit sweetener
- 1 tsp vanilla extract

DIRECTIONS

1. Blend all ingredients until smooth.
2. Chill for 30 minutes before serving.



Berry Coconut Popsicles

INGREDIENTS

- 2 cups mixed berries
- 1 cup coconut milk
- 2 tbsp monk fruit sweetener

DIRECTIONS

1. Blend berries, coconut milk, and sweetener.
2. Pour into popsicle molds and freeze for 4 hours.



Coconut Chia Pudding

INGREDIENTS

- 1/2 cup chia seeds
- 2 cups coconut milk
- 1 tsp vanilla extract
- 1 tbsp monk fruit sweetener

DIRECTIONS

1. Mix all ingredients in a bowl.
2. Refrigerate overnight and serve chilled.



Almond Butter Fat Bombs

INGREDIENTS

- 1/2 cup almond butter
- 1/4 cup coconut oil
- 2 tbsp monk fruit sweetener
- 1 tsp vanilla extract

DIRECTIONS

1. Melt almond butter and coconut oil together.
2. Mix in sweetener and vanilla.
3. Pour into molds and freeze for 1 hour.

