

THE EDEN ROOT

The Private *Table*

A First Taste · Recipes from The Heritage Way

TWENTY-NINE RECIPES · SIX CUPS · SIX DINNER CARDS · FIVE PROFILES

A LETTER FROM THE HOUSE

Welcome to *the table*

The Eden Root takes its name from Eden, the first garden, where every herb was given for food and for comfort.



I learned to cook beside the people who raised me. The market chose the menu. Herbs were part of every meal. Every meal was shared.

Then the world set a wider table. Grilled fish and olive oil along the Mediterranean and Adriatic coasts. The long-lived kitchens of Okinawa, Sardinia and Ikaria. The spices and greens of West Africa. The clean, simple plates of the Nordic north. The dishes were different. The wisdom was the same: fresh food, plenty of herbs and a table shared.

My training in acupuncture and nutrition gave that wisdom a shape. We call it The Heritage Way.

This book holds the dishes we love most. Find your profile, turn to your chapter and cook. When the whole family is at the table, turn to The Shared Table.

Set the table, even on a Tuesday. And when you are ready for a plan written for you alone, book your Heritage Assessment. We would love to meet you.

With warmth,

Dami Afolabi, L.Ac., M.S.

FOUNDER, THE EDEN ROOT

CONTENTS

At *the table*

A letter from the house 02

A few gentle notes 04

The Heritage Way 05

Find your profile 06

The pyramid, turned upside down 07

I. Voyager 09

Profile: Voyager 10

Voyager's Morning Hash 11

Rosemary Beef Tenderloin 12

The Summer Garden Grill 13

Adriatic Herb-Roasted Cod with Parsley Gremolata 14

Lamb Kofta with Mint, Cucumber & Pomegranate 15

Ginger & Peppermint Cooler 16

II. Sower 17

Profile: Sower 18

Sower's Morning Oats 19

Wild Salmon, Lentils & Harvest Vegetables 20

Spring Greens, Asparagus & Pea Plate 21

Autumn Root Soup 22

Squash & Mushroom Supper 23

Green Tea with Ginger & Lemon 24

III. Shepherd 25

Profile: Shepherd 26

Shepherd's Morning Bowl 27

The Chef's Lamb Loin with Parsnip Silk 28

Green Shakshuka with Feta & Herbs 29

Venison Medallions with Sage & Roasted Beets 30

Baked Halibut with Parsley Pesto & Sweet Potato 31

Shepherd's Golden Milk 32

IV. Sage 33

Profile: Sage 34

Sage's Morning Scramble 35

Turkey, Cod & Cucumber Dill Plate 36

Okinawan-Style Miso Broth with Silken Tofu & Greens 37

Mahi-Mahi with Cilantro, Lime & Cucumber 38

Fig, Walnut & Kale Salad with Goat Cheese 39

Chamomile & Lemon Balm Tea 40

V. Steward 41

Profile: Steward 42

Steward's Morning Plate 43

Herb-Crusted Lamb, Sweet Potato & Jammy Egg 44

Sage-Roasted Turkey with Wild Rice & Cranberries 45

Yogurt-Dill Salmon with Cucumber & Fennel 46

Sardinian Minestrone with Herbs 47

Rose Hip & Hibiscus Cooler 48

VI. The Shared Table 49

Profile: Not sure yet 50

The Sunday Roast Table 51

Summer Fruit & Mint Terrace Bowl 52

Sheet-Pan Market Vegetables with Herb Oil 53

Roasted Figs & Pears with Honeyed Yogurt 54

Ginger, Cinnamon & Orange Infusion 55

VII. Around the table 56

The Taste of Home 57

A Finer Grain 59

Gentle practices 60

Host a Heritage Party 61

Six dinner cards 62

Shop like a private chef 65

Sunday prep 66

Six weeks at the table 67

Your week, composed 73

The Complete Edition 74

Your Heritage Assessment 75

BEFORE YOU BEGIN

A few *gentle notes*

On your health

This book shares general wellness guidance and recipes. It is not medical nutrition therapy, and it does not diagnose, treat or cure any condition. Please talk with your physician before changing how you eat or following any suggestion in this book, especially if you have kidney or liver disease, diabetes, heart disease or gout, are pregnant or nursing, or take medication. Higher protein intakes are not right for everyone.

On our profiles

Our profiles build on the blood type tradition first popularized by Dr. Peter J. D'Adamo. The names, plans, menus and recipes are our own, and this book is not affiliated with or endorsed by Dr. D'Adamo. The personality notes draw on long-held traditions; enjoy them as a mirror, not a rule. Food lists differ from person to person, so "Make it yours" is a starting point. Your Heritage Plan is written for you alone.

On herbs and teas

"About the herb" shares culinary tradition, nutrition and early research for general interest. It is not medical advice. Some herbs and teas can interact with medication. If you are pregnant, nursing or taking medication, ask your physician first.

On portions

Every recipe serves four modest adult portions. Growing children, athletes and older adults may need more or less. Cooking times may change when you halve or double a recipe.

On safe cooking

Temperatures mean the heat inside the food: check the thickest part with an instant-read thermometer, away from bone. Cook poultry to 165°F, ground meat, venison and egg dishes to 160°F, and fish and whole cuts of beef and lamb to 145°F, with a 3-minute rest for meat. Reheat leftovers to 165°F. Never give honey to a baby under 12 months. For pregnancy, young children and older guests, cook eggs until the yolks are set.

On allergies

These recipes include fish, eggs, dairy, soy, tree nuts, sesame and gluten-containing grains. Please read every label and adjust for the people at your table.

KITCHEN CONVERSIONS

Oven

350°F = 175°C
375°F = 190°C
400°F = 200°C
425°F = 220°C

Volume

1 tbsp = 3 tsp = 15 ml
¼ cup = 60 ml
½ cup = 120 ml
1 cup = 240 ml

Weight

1 oz = 28 g
4 oz = 113 g
8 oz = 227 g
1 lb = 454 g

Safe temperatures, inside

Fish, beef, lamb: 145°F
Ground meat, venison: 160°F
Egg dishes: 160°F
Poultry: 165°F
Leftovers: 165°F

OUR METHOD

The Heritage *Way*

One garden. Many tables.

The healthiest tables in the world do not share one menu. They share a way of eating. The Heritage Way keeps that way of eating, and then makes it yours.

WHAT THE GREAT TABLES SHARE

Fresh food
Cooked from the market, not the package.

Herbs by the handful
For flavor, and for tradition.

A table shared
Meals eaten slowly, with others.

Movement and rest
A walk each day, and an early night.

WHAT MAKES IT YOURS: FOUR PILLARS

01 **Your type**
Your blood type is the starting point. In our tradition, it points to the foods that may suit you best.

02 **Your temperament**
Each person handles stress in their own way. Your plan suits how you are made.

03 **Your heritage**
The dishes of the people who raised you are welcomed, not replaced.

04 **Your season**
Your body changes with the year, so your table changes too.

HOW TO USE THIS BOOK

1 **Find your profile**
Use the table on page 6.

2 **Cook your chapter**
Five dishes and a cup, made for you.

3 **Gather everyone**
The Shared Table on page 49 suits every profile.



Find your *profile*

Find your blood type in the first column. Your profile and your chapter are on the same line.

BLOOD TYPE	YOUR PROFILE	IN A WORD	TURN TO
O	Voyager	Driven and energetic. Restored by movement.	p. 10
A	Sower	Patient and careful. Restored by calm.	p. 18
B	Shepherd	Easygoing and creative. Restored by variety.	p. 26
AB	Sage IF YOU LEAN TOWARD QUIET	Calm and wise. Restored by quiet.	p. 34
	Steward IF YOU LEAN TOWARD COMPANY	Warm and steady. Restored by good company.	p. 42
Not sure	The Shared Table	Every dish suits every profile.	p. 50

TYPE AB? TWO QUICK QUESTIONS

When life gets busy, do you reach for quiet, or for company?

Which sounds more like you: a quiet evening in, or a lively dinner out?

Mostly **quiet**: you are a **Sage**. Mostly **company**: you are a **Steward**. A little of both? Choose the one that feels most like you on a hard day.

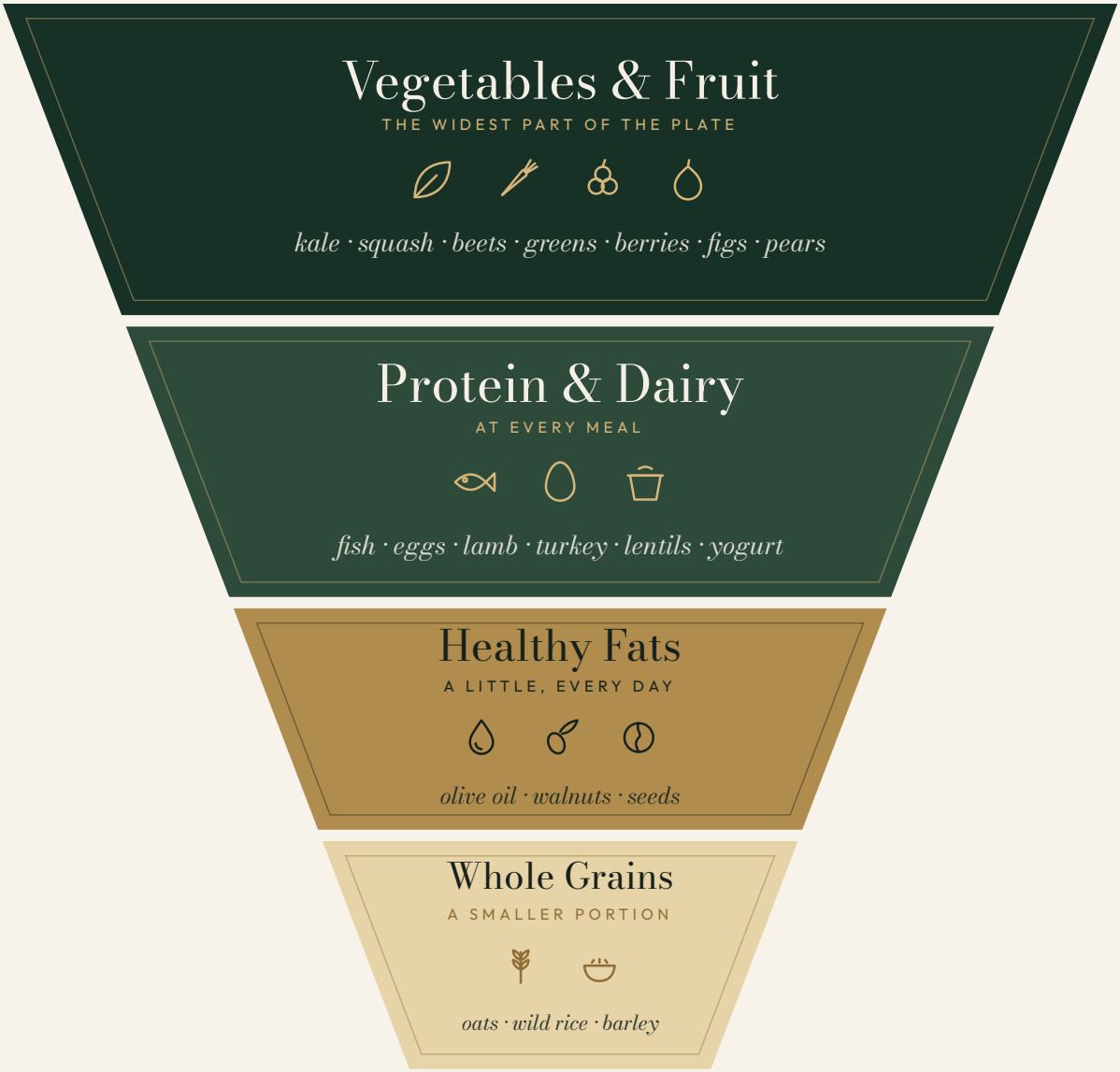
PERSONALIZE YOUR PROFILE

Take the free profile assessment at **theedenroot.com/profile**. Your results add guidance for the flavors you grew up with, and tips for your household and how you cook.

Not sure of your blood type? Book your Heritage Assessment and we will send a discreet blood typing card.

The pyramid, turned *upside down*

For decades, bread, rice and pasta formed the wide base of the food pyramid. In January 2026, the new U.S. Dietary Guidelines turned it upside down. Real food now fills the wide top. Whole grains take the small point below.



The new shape, simplified for this book, filled with foods from these pages.

Source: U.S. Department of Agriculture and U.S. Department of Health and Human Services, Dietary Guidelines for Americans, 2025–2030 (January 2026), dietaryguidelines.gov.

What the world's great tables *always knew*

The new guidelines respond to the rise of highly processed food and chronic disease. Their message is simple: eat real food. The great tables of the world have always eaten this way, from the Mediterranean to Okinawa to West Africa. The Heritage Way is built on the same principles, and so is every recipe in this book.

01 **Real food first**
Cook from whole, recognizable ingredients. Keep highly processed foods to a minimum.

02 **Protein at every meal**
The new target is 1.2 to 1.6 grams per kilogram of body weight a day. A palm-sized portion at each meal is a simple way to get there.

03 **Vegetables at every meal**
At least three servings of vegetables a day, and fruit daily, in as many colors as you can.

04 **Fewer grains, all whole**
Two to four servings a day, all whole. See A Finer Grain on page 59.

05 **Little added sugar**
No amount of added sugar is considered beneficial. For adults, keep it under 10 grams a meal. For young children, none at all.

06 **Good fats, in balance**
Avocado oil, olive oil, avocados, nuts, seeds and seafood. Keep saturated fat under 10 percent of daily calories.

07 **Something fermented**
Yogurt, kefir, miso and other cultured foods are now welcome for the gut.

08 **Water at the table**
Water is the best drink of the day. When it comes to alcohol, less is better.

> **Please speak with your physician** before changing how you eat or following any suggestion in this book, especially if you have kidney or liver disease, diabetes, heart disease or gout, are pregnant or nursing, or take medication. Higher protein intakes are not right for everyone.

Chapter I

O

Voyager

Type O · Driven and energetic

Your table is built on lean protein, abundant greens and the clean flavors of the open fire. These dishes give you strength for the day, and something to look forward to after it.

- Voyager's Morning Hash
- Rosemary Beef Tenderloin
- The Summer Garden Grill
- Adriatic Herb-Roasted Cod with Parsley Gremolata
- Lamb Kofta with Mint, Cucumber & Pomegranate
- Ginger & Peppermint Cooler

O Voyager

Driven and energetic. Restored by movement.

You were made to move. Confident and driven, you like to lead. When stress builds, move it out: a brisk walk, a swim, a good workout. Your table is built on lean protein and plenty of greens.

A gentle note: Rest is part of the journey too.

Why this works for you. You thrive on momentum. These steps channel your energy, with protein to fuel you, movement to release stress and rest to recharge, so you feel strong and steady, not burned out.

DID YOU KNOW?	Yours is the most common blood type in the world, from the Americas to Africa. If you are O-negative, your red cells can be given to almost anyone in an emergency, so donors like you are treasured.
YOUR SIGNATURE	First to say "let's go."
AT THE TABLE	You choose the place and plan the outing.
THE DISH THAT SAYS YOU	Seared beef tenderloin with rosemary, garden greens and charred broccolini.
YOUR IDEAL SUNDAY	A morning hike, then a long lunch outdoors.

A DAY AT YOUR TABLE

MORNING	**Voyager's Morning Hash** Sweet potato, spinach and sweet onion, with eggs cooked in the pan
MIDDAY	**Adriatic Herb-Roasted Cod with Parsley Gremolata** Golden cod with a bright gremolata of parsley, lemon and garlic, over garlicky greens
EVENING	**Rosemary Beef Tenderloin** Seared tenderloin with rosemary, garden greens and charred broccolini
A GENTLE FINISH	**Ginger & Peppermint Cooler** Fresh ginger and peppermint, chilled with lemon

SEVEN SMALL CHANGES, ONE A DAY

MORNING	Begin with protein: the Voyager's Morning Hash.
MOVEMENT	Move before noon: a brisk walk, a swim or a workout.
THE PLATE	Make tonight's plate half vegetables.
THE PANTRY	Swap one packaged snack for walnuts or pumpkin seeds.
THE TABLE	Cook the Rosemary Beef Tenderloin, and share it.
REST	Lights low and screens off 30 minutes before bed.
REFLECT	Rate your week from 1 to 5 on three things: energy, calm and sleep. Then choose the one habit that helped most, and keep it. Make it stick: turn it into your daily standard.

This is your profile at a glance. For guidance on your family's flavors, your household and how you cook, take the free profile assessment at **theedenroot.com/profile**. To go deeper, book your Heritage Assessment with The Eden Root team: call **(470) 835-3466** or visit **theedenroot.com/book**.



VOYAGER · A FARMHOUSE BREAKFAST

Voyager's Morning Hash

Sweet potato, spinach and sweet onion, with eggs cooked in the pan

SERVES 4 · 30 MINUTES · EVERY SEASON

YOU WILL NEED

2 medium	sweet potatoes, cut into ½-inch cubes
1	sweet onion, finely sliced
3	garlic cloves, thinly sliced
5 oz	baby spinach
8	pasture-raised eggs (two per person)
2 tbsp	avocado oil or extra-virgin olive oil
1 tsp	fresh thyme leaves
½ tsp	smoked paprika
¼ tsp	freshly ground black pepper
3 tbsp	chopped flat-leaf parsley
	flaky sea salt

CHOOSE WELL

Choose pasture-raised eggs. A brown or white shell tells you only the breed of hen; it says nothing about what is inside. Look instead for "pasture-raised" on the carton. Deep golden yolks often reflect a hen's varied outdoor diet.

METHOD

1. Warm the oil in a large, heavy skillet over medium heat. Add the sweet potato, thyme, paprika and a pinch of salt. Cook, turning now and then, until golden and tender, 12 to 15 minutes.
2. Add the onion and garlic and cook until soft and sweet, about 5 minutes. Stir in the spinach until it just wilts.
3. Make eight small wells in the hash and crack an egg into each. Cover and cook over low heat until the whites are set and the yolks are as you like them, 5 to 7 minutes.
4. To serve, bring the skillet to the table. Finish with parsley, black pepper and flaky salt, and spoon two eggs and a generous portion of hash onto each warm plate.

ABOUT THE HERB · PARSLEY AND THYME

A generous handful of parsley gives you more than a day's vitamin K, plus vitamin C. Thyme is rich in thymol, still used in mouthwash today, and thyme tea has long been sipped when a cough sets in.

SEASON IT

Smoked paprika and garlic bring a gentle warmth. A pinch of chili flakes or your favorite seasoning blend works beautifully too.

MAKE IT YOURS

SOWER	Use butternut squash in place of sweet potato, and tofu in place of eggs, seared separately in a little oil.
SHEPHERD	Add a spoon of crumbled feta over the eggs before serving.
SAGE	Use crumbled firm tofu in place of half the eggs, and season with ginger in place of paprika.
STEWARD	Serve with a spoon of plain yogurt and a slice of toasted sprouted bread.



VOYAGER · THE SUNDAY TABLES OF THE MEDITERRANEAN

Rosemary Beef Tenderloin

Wilted garden greens, charred broccolini, rosemary and lemon

SERVES 4 · 35 MINUTES, PLUS 30 MINUTES AT ROOM TEMPERATURE · AUTUMN · WINTER

YOU WILL NEED

1¼ lb	grass-fed beef tenderloin
1 bunch	broccolini, ends trimmed
6 oz	curly kale, stems removed, torn
6 oz	baby spinach
4	garlic cloves: 2 crushed, 2 thinly sliced
3 tbsp	avocado oil or extra-virgin olive oil, divided
3	sprigs fresh rosemary
½ tsp	freshly ground black pepper
1	lemon, zested, then cut into wedges
	flaky sea salt

CHOOSE WELL

Choose grass-fed beef for a leaner cut and a cleaner, deeper flavor. Ask your butcher to trim and tie the tenderloin so it cooks evenly.

METHOD

1. Take the beef out of the refrigerator 30 minutes before cooking. Heat the oven to 400°F. Pat the beef dry and season it all over with salt and pepper.
2. Warm 1 tablespoon of oil in an ovenproof skillet over medium-high heat. Sear the beef for 3 to 4 minutes on each side until deeply browned. Add the rosemary and crushed garlic for the last minute, and spoon the fragrant oil over the meat.
3. Move the skillet to the oven and roast until the thickest part reaches 145°F, 12 to 15 minutes. Rest the beef on a board for 5 minutes.
4. Meanwhile, char the broccolini in a hot grill pan with a little oil, 4 to 5 minutes. In a wide pan, warm the remaining oil with the sliced garlic, then wilt the kale and spinach with a pinch of salt.
5. To plate, make a bed of greens on each warm plate and lay the broccolini alongside. Slice the beef across the grain and fan the slices over the greens. Finish with lemon zest, flaky salt and a lemon wedge.

ABOUT THE HERB · ROSEMARY

The signature herb of the Mediterranean hillside. Rosemary is rich in antioxidants that help protect your cells as you age. Studies suggest that cooking meat with rosemary may reduce the harmful compounds that form at high heat, and its scent has been studied for memory and alertness.

SEASON IT

Black pepper and garlic are all this beef needs. For a deeper crust, rub it first with a teaspoon of your favorite steak seasoning.

MAKE IT YOURS

SOWER	Use a thick fillet of wild salmon, roasted for 10 to 12 minutes.
SHEPHERD	Use lamb loin, and finish with fresh mint.
SAGE	Use a fillet of cod, and swap the black pepper for fresh ginger.
STEWARD	Use lamb loin, and serve with plain yogurt stirred with lemon and mint.



VOYAGER · A LONG LUNCH OUTDOORS

The Summer Garden Grill

Grilled steak, peppers and zucchini, with a generous herb salad

SERVES 4 35 MINUTES SUMMER

YOU WILL NEED

1 lb	sirloin or flank steak
3	bell peppers, quartered
2	zucchini, sliced lengthwise
1	red onion, cut into wedges
8 oz	mixed salad leaves
1 bunch	flat-leaf parsley, leaves picked
1 small bunch	basil, leaves torn
2	garlic cloves, grated
1 tsp	dried oregano
½ tsp	freshly ground black pepper
2	lemons: 1 juiced, 1 cut into wedges
3 tbsp	avocado oil or extra-virgin olive oil
	sea salt

CHOOSE WELL

Choose flank or sirloin steak, and slice it thinly against the grain. Thin slicing makes even lean cuts tender.

METHOD

1. Mix the garlic, oregano, pepper, 1 tablespoon of oil and a pinch of salt. Rub it over the steak and let it rest while the grill heats to medium-high.
2. Brush the vegetables with oil and season with salt. Grill until tender and lightly charred, 8 to 10 minutes, turning once.
3. Grill the steak to 145°F, 4 to 6 minutes on each side, depending on thickness. Rest it for 5 minutes, then slice thinly across the grain.
4. Toss the salad leaves, parsley and basil with the juice of one lemon and the remaining oil.
5. To serve, arrange the vegetables and herb salad on a large platter, lay the sliced steak down the center, and tuck in lemon wedges. Bring it to the table and let everyone help themselves.

ABOUT THE HERB · BASIL AND PARSLEY

Treated as salad leaves, soft herbs turn a simple grill into a feast. Both are rich in vitamin K, and basil's clove-like scent comes from eugenol, a natural antioxidant.

SEASON IT

The garlic and oregano rub does the work. A splash of red wine vinegar in the salad, or your favorite grill seasoning on the steak, adds even more.

MAKE IT YOURS

SOWER	Grill thick slices of firm tofu or a salmon fillet in place of the steak.
SHEPHERD	Grill lamb skewers, and add crumbled feta to the salad.
SAGE	Grill mahi-mahi, and dress the salad with lime in place of lemon.
STEWARD	Grill turkey cutlets to 165°F, and serve with a bowl of herbed yogurt.



VOYAGER · THE FISHING TOWNS OF THE ADRIATIC COAST

Adriatic Herb-Roasted Cod with Parsley Gremolata

Golden cod, a bright gremolata of parsley, lemon and garlic, and garlicky greens

SERVES 4 · 25 MINUTES · SPRING · SUMMER

YOU WILL NEED

4	cod fillets, about 5 oz each
1 large bunch	flat-leaf parsley, finely chopped
2	lemons, zested, then halved
3	garlic cloves, finely grated
10 oz	Swiss chard or spinach, roughly chopped
2 tbsp	avocado oil or extra-virgin olive oil
2 tbsp	extra-virgin olive oil, for the gremolata
¼ tsp	freshly ground black pepper
	flaky sea salt

CHOOSE WELL

Choose thick, center-cut fillets of wild cod. They stay moist and cook evenly.

METHOD

1. Heat the oven to 425°F. Mix the parsley, lemon zest, one garlic clove, the 2 tablespoons of extra-virgin olive oil and a pinch of salt. This is your gremolata.
2. Set the cod on a lined tray. Season with salt and pepper and brush with a little oil. Lay the lemon halves alongside, cut side down.
3. Roast until the cod flakes easily and reaches 145°F, 10 to 12 minutes.
4. Meanwhile, warm the remaining oil with the rest of the garlic in a wide pan, and wilt the greens with a pinch of salt.
5. To plate, make a bed of greens on each plate and set the cod on top. Spoon the gremolata over the fish and squeeze over the roasted lemon.

ABOUT THE HERB · PARSLEY AND GARLIC

Gremolata comes from northern Italy. Chopped raw garlic releases allicin, studied for its support of heart health and healthy cholesterol; let it sit for ten minutes after chopping to make the most of it.

SEASON IT

The gremolata is the sauce. For more depth, add a pinch of chili flakes or a few chopped capers.

MAKE IT YOURS

SOWER	Serve the cod over green lentils dressed with lemon.
SHEPHERD	Use halibut, and add a spoon of yogurt beside the greens.
SAGE	Add cubes of golden tofu to the greens.
STEWARD	Use salmon, and serve with roasted sweet potato.



VOYAGER · THE GRILLS OF THE EASTERN MEDITERRANEAN

Lamb Kofta with Mint, Cucumber & Pomegranate

Spiced lamb skewers with a cool salad of cucumber, mint, parsley and pomegranate

SERVES 4 · 35 MINUTES · SUMMER · AUTUMN

YOU WILL NEED

1 lb	ground lamb
1 small	onion, very finely grated
2	garlic cloves, grated
1 tsp	ground cumin
½ tsp	ground coriander
¼ tsp	freshly ground black pepper
1 handful	fresh mint, chopped, plus leaves to serve
1 handful	flat-leaf parsley, chopped
2	English cucumbers, cut into small cubes
1	pomegranate, seeds only
1	lemon
2 tbsp	extra-virgin olive oil
12	skewers (soak wooden ones for 30 minutes)
	sea salt

CHOOSE WELL

Ask your butcher for ground lamb with a little fat in it. It keeps the kofta juicy.

METHOD

1. Mix the lamb with the onion, garlic, cumin, coriander, pepper, half the mint, half the parsley and a good pinch of salt. Shape into 12 small logs around skewers.
2. Heat a grill or grill pan to medium-high. Cook the kofta, turning often, until browned and cooked through to 160°F, 8 to 10 minutes.
3. Toss the cucumber, pomegranate seeds and remaining herbs with the lemon juice and olive oil.
4. To serve, spoon the salad onto a platter and lay the kofta on top. Finish with fresh mint leaves.

ABOUT THE HERB · MINT

Mint is the cooling heart of eastern Mediterranean cooking. Its menthol gives the fresh, cool taste, and peppermint has been studied for its role in easing digestion.

SEASON IT

Cumin and coriander give the kofta its warmth. A pinch of cinnamon or allspice adds a classic eastern Mediterranean note.

MAKE IT YOURS

SOWER	Use ground turkey, cooked to 165°F, and season with ginger in place of black pepper.
SHEPHERD	Leave out the pomegranate, and serve with a bowl of yogurt and mint.
SAGE	Use ground turkey, cooked to 165°F, and serve with a spoon of yogurt.
STEWARD	Leave out the pomegranate, and serve over a little wild rice.



VOYAGER · A GARDEN TONIC

Ginger & Peppermint Cooler

Fresh ginger and peppermint, chilled with lemon

MAKES ABOUT 5 CUPS · 15 MINUTES, PLUS CHILLING · EVERY SEASON · QUICK

YOU WILL NEED

2-inch piece	fresh ginger, thinly sliced
1 large handful	fresh peppermint, or 3 tbsp dried
6 cups	water
1	lemon, sliced
	fresh mint sprigs and ice, to serve

CHOOSE WELL

Choose firm, smooth ginger. There is no need to peel it for tea.

METHOD

1. Simmer the ginger in the water for 10 minutes.
2. Turn off the heat, add the peppermint and steep for 5 minutes.
3. Strain into a carafe, add the lemon slices and chill.
4. To serve, fill tall glasses with ice and pour. Top each glass with a sprig of fresh mint.

ABOUT THE HERB · GINGER AND PEPPERMINT

Ginger has a long history of settling the stomach, and studies suggest it may help ease nausea. Peppermint adds a cooling finish.

SEASON IT

Lovely just as it is. Add one teaspoon of honey per glass if you like it sweeter.

MAKE IT YOURS

SOWER	Serve it warm in the evening.
SHEPHERD	Add a few slices of fresh pineapple to the carafe.
SAGE	Add a sprig of lemon balm with the peppermint.
STEWARD	Add a few slices of orange to the carafe.

Chapter II

A Sower

Type A · Patient and careful

Your table is led by the garden: vegetables, grains, lentils and the gentle proteins of the sea. These dishes are light, nourishing and simple to make, even on a busy day.

- Sower's Morning Oats
- Wild Salmon, Lentils & Harvest Vegetables
- Spring Greens, Asparagus & Pea Plate
- Autumn Root Soup
- Squash & Mushroom Supper
- Green Tea with Ginger & Lemon

A Sower

Patient and careful. Restored by calm.

You plant with care and wait with patience. Thoughtful and devoted, you notice details and like things done well. You feel deeply, so stress can linger. Calm restores you: slow walks, qigong (a gentle Chinese movement practice), early nights. Your table is led by the garden.

A gentle note: Good does not need to be perfect.

Why this works for you. You flourish in calm. These steps lower the noise, with slow mornings, garden meals and gentle movement, so you feel settled and clear.

DID YOU KNOW?	Type A is the second most common blood type in the world, and the most common in much of Europe, especially Scandinavia and Central Europe.
YOUR SIGNATURE	You remember everyone's favorite dish.
AT THE TABLE	It is set beautifully, every detail considered.
THE DISH THAT SAYS YOU	Wild salmon on herbed lentils, with roasted carrots and pumpkin.
YOUR IDEAL SUNDAY	A slow walk through the market, and soup simmering at home.

A DAY AT YOUR TABLE

MORNING	**Sower's Morning Oats** Slow oats with blueberries, walnuts and a spoon of flaxseed
MIDDAY	**Autumn Root Soup** Butternut squash, carrot and parsnip, warmed with fresh ginger
EVENING	**Wild Salmon, Lentils & Harvest Vegetables** Wild salmon on herbed lentils, with roasted carrots and pumpkin
A GENTLE FINISH	**Ginger, Cinnamon & Orange Infusion** A warming cup of fresh ginger, cinnamon and orange peel

SEVEN SMALL CHANGES, ONE A DAY

MORNING	Start slowly: the Sower's Morning Oats, eaten sitting down.
MOVEMENT	Move gently: one minute of qigong, then a ten-minute walk.
THE PLATE	Fill half of every plate from the garden.
THE PANTRY	Make a pot of Autumn Root Soup for the week.
THE TABLE	Cook the Wild Salmon, Lentils & Harvest Vegetables.
REST	Ginger infusion at four, and an early night.
REFLECT	Rate your week from 1 to 5 on three things: energy, calm and sleep. Then choose the one habit that helped most, and keep it. Make it stick: give it a set time each day.

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SOWER · A SLOW MORNING IN THE GARDEN

Sower's Morning Oats

Slow oats, blueberries, walnuts and a spoon of flaxseed

SERVES 4 · 15 MINUTES · AUTUMN · WINTER · QUICK

YOU WILL NEED

2 cups	old-fashioned rolled oats
4 cups	unsweetened soy or almond milk, or water
1½ cups	fresh blueberries
½ cup	walnuts, toasted and chopped
2 tbsp	ground flaxseed
½ tsp	ground cinnamon
½ tsp	pure vanilla extract
	a pinch of sea salt
4 tsp	honey, optional (one teaspoon each)

CHOOSE WELL

Which milk? Sowers do best with unsweetened soy or almond milk. Shepherds and Stewards can choose whole milk or kefir. Always choose unsweetened.

METHOD

1. Bring the milk, cinnamon and a pinch of salt to a gentle simmer in a saucepan.
2. Stir in the oats and cook over low heat, stirring now and then, until creamy, 5 to 7 minutes. Stir in the vanilla.
3. To serve, spoon the oats into warm bowls. Top with blueberries, walnuts and flaxseed, and a thread of honey if you wish.

ABOUT THE HERB · CINNAMON

Cinnamon's natural sweetness lets you use less sugar. It has been stirred into breakfast bowls for generations and is being studied for its gentle effect on blood sugar.

SEASON IT

Cinnamon and vanilla make the oats taste sweet without sugar. A pinch of nutmeg or cardamom is lovely too.

MAKE IT YOURS

VOYAGER	Cook the oats in almond milk, keep the portion small, and double the walnuts.
SHEPHERD	Cook the oats in whole milk and top with sliced banana.
SAGE	Cook the oats in soy milk and top with fresh figs.
STEWARD	Cook the oats in whole milk and finish with a spoon of kefir.



SOWER · A HARVEST SUPPER

Wild Salmon, Lentils & Harvest Vegetables

Roasted carrots and pumpkin, herbed green lentils and toasted walnuts

SERVES 4 · 40 MINUTES · AUTUMN

YOU WILL NEED

4	wild salmon fillets, about 5 oz each
2 cups	cooked green or French lentils
1 lb	slender carrots, halved lengthwise
1 lb	pumpkin or kabocha (Japanese pumpkin), cut into wedges
5 oz	baby spinach
2	garlic cloves, grated
1 tsp	fresh ginger, grated
⅓ cup	walnuts, toasted
3 tbsp	avocado oil or extra-virgin olive oil
1	lemon
3 tbsp	chopped dill and parsley
	sea salt

CHOOSE WELL

Choose wild-caught salmon, such as sockeye or coho, for its deeper color and cleaner flavor. Canned lentils, rinsed, are a fine shortcut.

METHOD

1. Heat the oven to 425°F. Toss the carrots and pumpkin with 2 tablespoons of oil and a pinch of salt, and roast for 20 minutes.
2. Rub the salmon with the ginger, half the garlic and a little salt. Nestle it among the vegetables and roast until it reaches 145°F and flakes easily, 10 to 12 minutes.
3. Warm the lentils with a splash of water, the remaining oil and garlic, the juice of half the lemon and the herbs. Stir in the spinach at the last moment.
4. To plate, spoon the lentils onto warm plates, add the roasted vegetables, and set the salmon on top. Finish with walnuts and a squeeze of lemon.

ABOUT THE HERB · DILL

Dill has been paired with salmon across Scandinavia and the Baltic for centuries. Salmon brings omega-3s that support your heart and brain as you age, and lemon's vitamin C helps your body absorb the iron in the lentils and spinach.

SEASON IT

Ginger and garlic carry this dish. A spoon of natural vegetable bouillon in the lentils adds savory depth.

MAKE IT YOURS

VOYAGER	Serve over roasted sweet potato in place of the lentils.
SHEPHERD	Serve over roasted sweet potato, with a spoon of yogurt and dill.
SAGE	Add a spoon of plain yogurt with dill on the side.
STEWARD	Use halibut, and add goat cheese to the lentils.



SOWER · THE FIRST HARVEST OF SPRING

Spring Greens, Asparagus & Pea Plate

Tender greens and pea shoots, lemon, basil and mint, with a soft egg or seared tofu

SERVES 4 · 20 MINUTES · SPRING · QUICK

YOU WILL NEED

1½ lb	asparagus, woody ends snapped
1 cup	fresh or frozen peas
8 oz	tender spring greens
3 oz	pea shoots
4	eggs, or 14 oz firm tofu, sliced
1	garlic clove, grated
1	lemon
3 tbsp	extra-virgin olive oil
1 tbsp	avocado oil, for the tofu
1 tsp	Dijon mustard
1 handful	basil and mint leaves
	sea salt

CHOOSE WELL

Choose asparagus with tight, firm tips. Press firm tofu for 15 minutes so it sears golden and crisp.

METHOD

1. Bring a pot of salted water to a boil. Cook the asparagus for 2 to 3 minutes and the peas for 1 minute, then cool them quickly in iced water.
2. If using eggs, lower them into simmering water for 6½ minutes, then cool and peel. For pregnancy, young children or older guests, cook them for 10 minutes until fully set. If using tofu, sear the slices in the avocado oil until golden on both sides.
3. Whisk the lemon juice, olive oil, mustard, garlic and a pinch of salt.
4. To plate, arrange the greens and pea shoots on a platter. Add the asparagus and peas, then the halved eggs or golden tofu. Tear the basil and mint over the top and dress just before serving.

ABOUT THE HERB · BASIL AND MINT

Torn rather than chopped, soft herbs keep their perfume. Asparagus and greens bring folate and fiber; the lemon dressing adds vitamin C.

SEASON IT

Garlic and Dijon make the dressing sing. A little grated lemon zest on top adds brightness.

MAKE IT YOURS

VOYAGER	Choose the eggs, and add slices of grilled steak.
SHEPHERD	Choose the eggs, and add crumbled feta.
SAGE	Choose the tofu, and add a spoon of toasted sesame seeds.
STEWARD	Choose the eggs, and add crumbled goat cheese.



SOWER · A FARMHOUSE KITCHEN IN AUTUMN

Autumn Root Soup

Butternut squash, carrot and parsnip, warmed with fresh ginger and thyme

SERVES 4 · 45 MINUTES · AUTUMN · WINTER

YOU WILL NEED

2 lb	butternut squash, peeled and cubed
1 lb	carrots, sliced
1 lb	parsnips, sliced
1	yellow onion, chopped
3	garlic cloves, chopped
1-inch piece	fresh ginger, grated
½ tsp	ground turmeric
4	sprigs thyme
4 cups	low-sodium vegetable broth
2 tbsp	avocado oil or extra-virgin olive oil
¼ cup	toasted pumpkin seeds
	sea salt

CHOOSE WELL

Choose a low-sodium broth, or make your own, so you can season to taste.

METHOD

1. Warm the oil in a heavy pot over medium heat and soften the onion with a pinch of salt, about 6 minutes. Add the garlic, ginger and turmeric for 1 minute.
2. Add the squash, carrots, parsnips and thyme. Pour in the broth and bring to a simmer.
3. Cover and cook gently until everything is very soft, 25 to 30 minutes. Remove the thyme stems.
4. Blend until silky, adding a little hot water if needed. Taste and adjust the salt.
5. To serve, ladle into warm bowls and top with toasted pumpkin seeds and a few thyme leaves.

ABOUT THE HERB · GINGER AND TURMERIC

Ginger has warmed soups from Asia to West Africa for centuries. Turmeric's golden color comes from curcumin, an antioxidant widely studied for its role in calming inflammation and supporting comfortable joints.

SEASON IT

Ginger, garlic and turmeric give this soup its warmth. A spoon of natural vegetable bouillon or a squeeze of lime at the end deepens it further.

MAKE IT YOURS

VOYAGER	Serve with slices of roast beef or lamb to make it a meal.
SHEPHERD	Swirl in a spoon of yogurt, and add black pepper.
SAGE	Swirl in a spoon of yogurt, and serve with roasted cod.
STEWARD	Serve with sliced roast turkey to make it a meal.



SOWER · AN AUTUMN MARKET

Squash & Mushroom Supper

Roasted butternut, golden maitake mushrooms, brown rice and baby kale

SERVES 4 · 40 MINUTES · AUTUMN

YOU WILL NEED

2 lb	butternut squash, cubed
12 oz	maitake (hen-of-the-woods) or shiitake mushrooms, torn
3 cups	cooked brown or wild rice
5 oz	baby kale
3	garlic cloves, sliced
1 tbsp	tamari (Japanese soy sauce)
½ cup	walnuts, toasted
3 tbsp	avocado oil or extra-virgin olive oil
4	sprigs thyme
1 tsp	chopped fresh sage
	sea salt

CHOOSE WELL

Choose brown or wild rice. See A Finer Grain on page 59.

METHOD

1. Heat the oven to 425°F. Roast the squash with 2 tablespoons of oil, the thyme and a pinch of salt for 25 minutes, until caramelized at the edges.
2. Sear the mushrooms in a hot pan with the remaining oil until golden, 6 to 8 minutes. Add the garlic and sage for the last minute, then a splash of tamari.
3. Warm the rice and stir in the kale until it just softens.
4. To serve, spoon the rice and kale into wide bowls. Top with the squash and mushrooms, and finish with walnuts.

ABOUT THE HERB · SAGE AND THYME

Sage and squash are an autumn pairing from the Italian countryside. Sage is rich in rosmarinic acid, a natural antioxidant, and small studies have explored its role in memory and focus.

SEASON IT

Garlic and a splash of tamari give the mushrooms deep, savory flavor. A drizzle of balsamic at the table is lovely too.

MAKE IT YOURS

VOYAGER	Add seared beef, and use cauliflower rice in place of brown rice.
SHEPHERD	Add crumbled goat cheese, and use wild rice.
SAGE	Add golden cubes of tofu.
STEWARD	Add sliced roast turkey and goat cheese.



SOWER · A TEA GARDEN MORNING

Green Tea with Ginger & Lemon

Delicate green tea, warmed with fresh ginger and brightened with lemon

MAKES 4 CUPS · 10 MINUTES · EVERY SEASON · QUICK

YOU WILL NEED

4 tsp	loose green tea, or 4 tea bags
1-inch piece	fresh ginger, thinly sliced
4 cups	water
1	lemon, sliced

CHOOSE WELL

Choose loose-leaf sencha or jasmine green tea. It has less caffeine than coffee; enjoy it before mid-afternoon.

METHOD

1. Simmer the ginger in the water for 5 minutes, then let it cool for 3 to 4 minutes. Green tea prefers water just below the boil, about 175°F.
2. Pour over the tea and steep for 2 to 3 minutes, no longer, or it turns bitter.
3. To serve, strain into warm cups and add a slice of lemon to each.

ABOUT THE HERB · GREEN TEA

The daily cup of Japan and China for more than a thousand years. Green tea is rich in catechins, natural antioxidants studied for supporting a healthy metabolism, and L-theanine, which gives its calm, focused lift.

SEASON IT

Lovely on its own. A thread of honey softens it, if you like.

MAKE IT YOURS

VOYAGER	Serve it iced after a workout.
SHEPHERD	Add a sprig of fresh mint.
SAGE	Add a sprig of lemon balm as it steeps.
STEWARD	Add a strip of orange peel.

Chapter III

B

Shepherd

Type B · Easygoing and creative

Your table is generous and varied: lamb, eggs, cultured dairy and greens. These dishes bring a little of everything, beautifully balanced.

- Shepherd’s Morning Bowl
- The Chef’s Lamb Loin with Parsnip Silk
- Green Shakshuka with Feta & Herbs
- Venison Medallions with Sage & Roasted Beets
- Baked Halibut with Parsley Pesto & Sweet Potato
- Shepherd’s Golden Milk

YOUR PROFILE · TYPE B

B Shepherd

Easygoing and creative. Restored by variety.

Cool, calm and easygoing, you move at your own pace, and people relax around you. You are creative and love variety. Hiking, swimming or a long ride keeps you balanced. Your table is generous and varied.

A gentle note: A clear goal keeps you moving.

Why this works for you. You shine with variety and freedom. These steps keep life interesting while adding just enough rhythm to keep you moving forward.

DID YOU KNOW?	Type B is most common across parts of Asia, from northern India to Central Asia, and far less common elsewhere: a quietly distinctive circle.
YOUR SIGNATURE	You make everyone feel at home.
AT THE TABLE	You bring the surprising dish and the best stories.
THE DISH THAT SAYS YOU	Tender lamb loin over a silky parsnip purée, with roasted baby carrots.
YOUR IDEAL SUNDAY	A long drive with no fixed plan, ending with dinner at your favorite restaurant.

A DAY AT YOUR TABLE

MORNING	**Shepherd's Morning Bowl** Thick yogurt or kefir, warm oats, grapes, banana and a little honey
MIDDAY	**Green Shakshuka with Feta & Herbs** Eggs baked in herbed greens, peppers and leeks, with feta, dill and mint
EVENING	**The Chef's Lamb Loin with Parsnip Silk** Tender lamb loin over a silky parsnip purée, with roasted baby carrots
A GENTLE FINISH	**Shepherd's Golden Milk** Warm milk with turmeric, ginger and cinnamon

SEVEN SMALL CHANGES, ONE A DAY

MORNING	Start with the Shepherd's Morning Bowl.
MOVEMENT	Move the way you enjoy: a hike, a swim or a long ride.
THE PLATE	Cook one vegetable you have never tried.
THE PANTRY	Shop for variety: one new grain, one new green, one new fruit.
THE TABLE	Cook the Chef's Lamb Loin, and invite someone.
REST	Choose a bedtime tonight, and keep it all week.
REFLECT	Rate your week from 1 to 5 on three things: energy, calm and sleep. Then choose the one habit that helped most, and keep it. Make it stick: write it where you will see it, and add one small goal for next week.

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SHEPHERD · A SHEPHERD'S BREAKFAST

Shepherd's Morning Bowl

Thick yogurt or kefir, warm oats, grapes, banana and a little honey

SERVES 4 · 10 MINUTES · EVERY SEASON · QUICK

YOU WILL NEED

3 cups	plain whole-milk Greek yogurt or kefir
1 cup	leftover cooked oats, warm or cool
1½ cups	red grapes, halved
1	ripe banana, sliced
¼ cup	walnuts, chopped
½ tsp	ground cinnamon
1 tsp	chopped fresh mint
4 tsp	honey, optional (one teaspoon each)

CHOOSE WELL

Choose plain whole-milk yogurt with live cultures and no added sugar. Sweeten it yourself, lightly.

METHOD

1. Spoon the yogurt into four bowls.
2. Add a spoon of oats to each, then the grapes and banana.
3. To serve, top with walnuts, a dusting of cinnamon, a little mint and a thread of honey if you wish.

ABOUT THE HERB · MINT

A little fresh mint lifts creamy yogurt, as it has for centuries across Greece, Turkey and the Levant. Live-culture yogurt brings protein that keeps you full longer, calcium for strong bones as you age, and live cultures for your gut.

SEASON IT

Cinnamon and mint keep it fresh. A drop of vanilla in the yogurt makes it taste like dessert.

MAKE IT YOURS

VOYAGER	Use coconut yogurt, and top with extra walnuts in place of oats.
SOWER	Use soy yogurt and add blueberries.
SAGE	Add fresh figs in place of banana.
STEWARD	Add a spoon of ground flaxseed.



SHEPHERD · A PRIVATE CHEF'S TABLE

The Chef"s Lamb Loin with Parsnip Silk

Thinly sliced lamb, silken parsnip purée, roasted baby carrots and thyme

SERVES 4 · 35 MINUTES · AUTUMN · WINTER

YOU WILL NEED

1¼ lb	lamb loin
1½ lb	parsnips, peeled and chopped
½ cup	warm whole milk
12	baby carrots, scrubbed
3	garlic cloves, 2 whole and 1 crushed
3 tbsp	avocado oil or extra-virgin olive oil
8	sprigs thyme
¼ tsp	freshly ground black pepper
1 handful	microgreens
	sea salt

CHOOSE WELL

Choose whole milk for the silkiest purée, or use oil alone for a dairy-free version.

METHOD

1. Heat the oven to 425°F. Roast the carrots with a little oil, salt and two sprigs of thyme until tender, about 20 minutes.
2. Simmer the parsnips and the whole garlic cloves in salted water until very soft, 15 minutes. Drain and blend with the warm milk and 1 tablespoon of oil until silky.
3. Season the lamb with salt and pepper. Sear it in the remaining oil in a hot pan with four sprigs of thyme and the crushed garlic, turning often, until it reaches 145°F, 8 to 10 minutes. Rest for 5 minutes and slice thinly.
4. To plate, spoon a sweep of purée across each warm plate. Lay the lamb slices over it, add the carrots, and finish with microgreens and thyme leaves.

ABOUT THE HERB · THYME

Thyme is the backbone of French country cooking. Basting lamb with thyme and garlic perfumes the meat from the outside in, and lamb brings iron, zinc and vitamin B12, which support your energy.

SEASON IT

Garlic in the purée and black pepper on the lamb are the secret. A pinch of nutmeg in the parsnips is a classic French touch.

MAKE IT YOURS

VOYAGER	Blend the parsnips with oil in place of milk.
SOWER	Use a fillet of salmon, and blend the purée with oil.
SAGE	Use turkey tenderloin, cooked to 165°F, and season with ginger.
STEWARD	Serve with a spoon of mint yogurt on the side.



SHEPHERD · THE BREAKFAST TABLES OF NORTH AFRICA AND THE LEVANT

Green Shakshuka with Feta & Herbs

Eggs baked in herbed greens, peppers and leeks, with feta, dill and mint

SERVES 4 · 30 MINUTES · SPRING · SUMMER

YOU WILL NEED

2 tbsp	avocado oil or extra-virgin olive oil
2	leeks, white and pale green parts, sliced
2	green bell peppers, sliced
3	garlic cloves, sliced
10 oz	spinach
1 tsp	ground cumin
¼ tsp	freshly ground black pepper
8	pasture-raised eggs
3 oz	feta, crumbled
1 handful	each of dill, parsley and mint, chopped
4 slices	sprouted-grain bread, toasted
	sea salt

CHOOSE WELL

Choose sprouted-grain bread for the Shepherd's table, and pasture-raised eggs.

METHOD

1. Warm the oil in a wide, deep pan over medium heat. Soften the leeks and peppers with the cumin and a pinch of salt, 8 to 10 minutes. Add the garlic for 1 minute.
2. Add the spinach in handfuls until wilted. Stir in half the herbs.
3. Make eight wells and crack an egg into each. Cover and cook over low heat until the whites are set, 6 to 8 minutes.
4. To serve, top with the feta, the remaining herbs and black pepper. Bring the pan to the table with the toasted bread.

ABOUT THE HERB · DILL, PARSLEY AND MINT

Three herbs used by the handful across the eastern Mediterranean. Together they bring vitamins K and C and a fresh, green flavor.

SEASON IT

Cumin and garlic give the greens depth. A pinch of chili flakes or za'atar (a thyme and sesame blend) on top adds warmth.

MAKE IT YOURS

VOYAGER	Leave out the feta, and serve without the bread.
SOWER	Use crumbled tofu in place of eggs and feta.
SAGE	Use goat cheese in place of feta.
STEWARD	Serve with a spoon of plain yogurt.



SHEPHERD · A COUNTRY ESTATE SUPPER

Venison Medallions with Sage & Roasted Beets

Seared venison, crisp sage, roasted ruby and golden beets, arugula and goat cheese

SERVES 4 · 45 MINUTES · AUTUMN · WINTER

YOU WILL NEED

1¼ lb	venison loin, cut into 8 medallions
1½ lb	ruby and golden beets, scrubbed and quartered
16	fresh sage leaves
2	garlic cloves, crushed
3 oz	soft goat cheese
3 tbsp	avocado oil or extra-virgin olive oil: 1 for the beets, 1 for the sage and venison, 1 for the arugula
5 oz	baby arugula
1 tbsp	balsamic vinegar
¼ tsp	freshly ground black pepper
	sea salt

CHOOSE WELL

Choose farm-raised venison from a good butcher. It is lean and mild, and cooks in minutes.

METHOD

1. Heat the oven to 400°F. Toss the beets with 1 tablespoon of oil and a pinch of salt, and roast until tender, 35 to 40 minutes.
2. Fry the sage leaves in the second tablespoon of oil until crisp, about 30 seconds. Drain them on a paper towel.
3. Season the venison with salt and pepper. Sear it in the same hot pan with the garlic, 3 to 4 minutes on each side, until the center reaches 160°F. Venison is lean, so take it off the heat as soon as it gets there, and rest it for 5 minutes.
4. Toss the arugula with the balsamic and the last tablespoon of oil.
5. To plate, make a bed of arugula on each plate and arrange the warm beets over it. Add two medallions, crumble over the goat cheese, and finish with the crisp sage.

ABOUT THE HERB · SAGE

Sage's name comes from the Latin for "to save" or "to heal." It was prized in old European kitchens and has been studied for memory and focus. Fried, it turns crisp and nutty.

SEASON IT

Garlic, black pepper and balsamic are all this needs. A teaspoon of juniper berries, crushed, is a classic match for venison.

MAKE IT YOURS

VOYAGER	Use beef tenderloin, cooked to 145°F, and leave out the goat cheese.
SOWER	Use a fillet of salmon, cooked to 145°F, and season with ginger.
SAGE	Use turkey tenderloin, cooked to 165°F.
STEWARD	Use lamb loin, cooked to 145°F.



SHEPHERD · THE NORTH PACIFIC COAST

Baked Halibut with Parsley Pesto & Sweet Potato

Tender halibut with parsley-walnut pesto, sweet potato mash and green beans

SERVES 4 · 35 MINUTES · SPRING · SUMMER

YOU WILL NEED

4	halibut fillets, about 5 oz each
2 lb	sweet potatoes, peeled and cubed
12 oz	green beans, trimmed
2 cups	packed flat-leaf parsley
⅓ cup	walnuts
2	garlic cloves
1	lemon
4 tbsp	extra-virgin olive oil, for the pesto
2 tbsp	avocado oil or extra-virgin olive oil
2 tbsp	grated pecorino (a sharp Italian sheep's-milk cheese)
	sea salt and black pepper

CHOOSE WELL

Choose wild Pacific (Alaskan) halibut. If it is unavailable, cod or sole work beautifully.

METHOD

1. Heat the oven to 400°F. Simmer the sweet potatoes in salted water until soft, 15 minutes. Mash with 1 tablespoon of oil and a pinch of salt.
2. Blend the parsley, walnuts, garlic, lemon juice, pecorino and olive oil into a loose pesto.
3. Season the halibut with salt and pepper, brush with the remaining oil, and bake until just opaque and 145°F, 10 to 12 minutes.
4. Steam the green beans for 4 minutes.
5. To plate, spoon the mash onto each plate, lay the green beans alongside, and set the halibut on top. Spoon the pesto over the fish.

ABOUT THE HERB · PARSLEY

Parsley pesto is a fresh, peppery cousin of basil pesto, and a delicious way to eat a whole bunch of herbs at once. Walnuts add plant omega-3s, studied for keeping the mind sharp as we age.

SEASON IT

Garlic and lemon in the pesto do the work. A pinch of smoked paprika in the mash adds warmth.

MAKE IT YOURS

VOYAGER	Leave the pecorino out of the pesto.
SOWER	Serve over green lentils in place of sweet potato.
SAGE	Use mahi-mahi, and season with ginger in place of pepper.
STEWARD	Add a spoon of yogurt to the mash.



SHEPHERD · AN EVENING TRADITION FROM INDIA

Shepherd's Golden Milk

Warm milk with turmeric, ginger and cinnamon

MAKES 4 CUPS · 10 MINUTES · AUTUMN · WINTER · QUICK

YOU WILL NEED

4 cups	whole milk
2 tsp	ground turmeric, or a 2-inch piece fresh, grated
1-inch piece	fresh ginger, grated
1	cinnamon stick
1 pinch	black pepper
4 tsp	honey, optional

CHOOSE WELL

Choose whole milk for Shepherds and Stewards. Sowers and Voyagers can use unsweetened soy or almond milk.

METHOD

1. Warm the milk gently with the turmeric, ginger, cinnamon and pepper.
2. Keep it just below a simmer for 5 minutes, whisking now and then. Do not let it boil.
3. To serve, strain into warm mugs and sweeten lightly if you wish.

ABOUT THE HERB · TURMERIC AND BLACK PEPPER

Turmeric has colored Indian cooking for thousands of years. Black pepper is the essential partner: studies suggest its piperine greatly increases how much of turmeric's curcumin your body absorbs.

SEASON IT

A pinch of cardamom or nutmeg makes it even more comforting.

MAKE IT YOURS

VOYAGER	Use unsweetened almond milk.
SOWER	Use soy milk, and leave out the black pepper.
SAGE	Use soy milk, and leave out the black pepper.
STEWARD	Add a pinch of cardamom.

Chapter IV

AB

Sage

Type AB, leaning A · Calm and wise

Your table is light and quiet: tofu, fish, turkey, cultured dairy and cooling greens. These dishes are fresh, bright and quick to make.

- Sage's Morning Scramble
- Turkey, Cod & Cucumber Dill Plate
- Okinawan-Style Miso Broth with Silken Tofu & Greens
- Mahi-Mahi with Cilantro, Lime & Cucumber
- Fig, Walnut & Kale Salad with Goat Cheese
- Chamomile & Lemon Balm Tea

AB Sage

Calm and wise. AB, leaning toward A.

Calm, wise and reflective, you carry the best of A and B, with a quiet lean toward the Sower. You think deeply and weigh both sides before you choose. You love rest, yet pressure can build when life gets loud. Calm restores you: quiet mornings, qigong, unhurried meals. Your table joins the sea and the garden, a little lighter and greener.

A gentle note: When you feel pulled two ways, pause before you decide.

Why this works for you. You are at your best in quiet. These steps protect your calm and keep your table light, so you feel clear-headed and at ease.

DID YOU KNOW?	AB is the rarest blood type in the world, carried by only a few people in every hundred. AB plasma can be given to patients of any blood type.
YOUR SIGNATURE	You listen first and speak last, and you are usually right.
AT THE TABLE	Your thoughtful questions turn dinner into real conversation.
THE DISH THAT SAYS YOU	Roast turkey and golden cod with cucumber and dill, and yogurt with fresh figs.
YOUR IDEAL SUNDAY	Tea, a good book and nowhere to be.

A DAY AT YOUR TABLE

MORNING	**Sage's Morning Scramble** Golden tofu, kale and mushrooms, finished with a spoon of yogurt
MIDDAY	**Fig, Walnut & Kale Salad with Goat Cheese** Tender kale with fresh figs, toasted walnuts, goat cheese and lemon
EVENING	**Turkey, Cod & Cucumber Dill Plate** Roast turkey and golden cod with cucumber and dill, and yogurt with fresh figs
A GENTLE FINISH	**Chamomile & Lemon Balm Tea** Soft chamomile and lemon balm for a calm evening

SEVEN SMALL CHANGES, ONE A DAY

MORNING	Start calmly: the Sage's Morning Scramble, with no screens.
MOVEMENT	Walk gently in daylight for 20 minutes.
THE PLATE	Make tonight's plate lighter and greener.
THE PANTRY	Keep tofu, greens and fresh herbs ready for calm, quick meals.
THE TABLE	Cook the Turkey, Cod & Cucumber Dill Plate.
REST	Chamomile tea, then five slow breaths before bed.
REFLECT	Rate your week from 1 to 5 on three things: energy, calm and sleep. Then choose the one habit that helped most, and keep it. Make it stick: protect it like an appointment.

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SAGE · A QUIET MORNING

Sage's Morning Scramble

Golden tofu, kale and mushrooms, finished with a spoon of yogurt and chives

SERVES 4 · 15 MINUTES · EVERY SEASON · QUICK

YOU WILL NEED

14 oz	firm tofu, drained and crumbled
4 oz	kale, finely sliced
6 oz	maitake or shiitake mushrooms, sliced
2	garlic cloves, minced
½ tsp	ground turmeric, for color
1 tsp	tamari or low-sodium soy sauce
2 tbsp	avocado oil or extra-virgin olive oil
½ cup	plain Greek yogurt, to serve
2 tbsp	chopped chives
	sea salt

CHOOSE WELL

Choose organic firm tofu. Press it for 10 minutes so it crumbles into tender golden pieces.

METHOD

1. Warm the oil in a wide pan over medium heat and cook the mushrooms until golden, about 5 minutes.
2. Add the garlic and kale and cook until the kale softens.
3. Add the tofu, turmeric, tamari and a pinch of salt. Stir gently until the tofu is golden and hot all the way through, 4 to 5 minutes.
4. To serve, spoon onto warm plates, add a spoon of yogurt to each, and sprinkle with chives.

ABOUT THE HERB · CHIVES

The gentlest member of the onion family, with a soft green bite. Chives bring vitamin K and the same family of compounds that make garlic and onions so valued.

SEASON IT

Turmeric, garlic and tamari make tofu savory and golden. A pinch of natural bouillon powder adds even more depth.

MAKE IT YOURS

VOYAGER	Use eggs in place of tofu, and leave out the yogurt.
SOWER	Use soy yogurt.
SHEPHERD	Use eggs in place of tofu, and add feta.
STEWARD	Use half eggs and half tofu.



SAGE · A SUMMER TABLE BY THE SEA

Turkey, Cod & Cucumber Dill Plate

Roast turkey and golden cod with cucumber and dill, golden tofu, and yogurt with fresh figs

SERVES 4 · 35 MINUTES · SUMMER

YOU WILL NEED

12 oz	turkey breast tenderloin
12 oz	cod fillets
8 oz	firm tofu, cubed
2	English cucumbers, thinly sliced
1 small bunch	dill, chopped
2	garlic cloves, grated
1 tsp	fresh ginger, grated
4 oz	kale, sliced
1½ cups	plain Greek yogurt
4	fresh figs, quartered
3 tbsp	avocado oil or extra-virgin olive oil
1	lemon
	sea salt

CHOOSE WELL

Choose plain Greek yogurt with live cultures, and ripe figs that give slightly when pressed.

METHOD

1. Heat the oven to 400°F. Rub the turkey and cod with the garlic, ginger, a little oil and salt. Roast the turkey until it reaches 165°F, 20 to 25 minutes, adding the cod for the last 10 to 12 minutes, until it reaches 145°F.
2. Brown the tofu in a non-stick pan with a little oil until golden on all sides. Sauté the kale in a little oil with a pinch of salt.
3. Toss the cucumber with the dill, the juice of half the lemon and a pinch of salt.
4. To plate, make a bed of kale on each plate. Add slices of turkey, a piece of cod, the tofu and the cucumber salad. Serve the yogurt alongside, topped with figs.

ABOUT THE HERB · DILL

Cool cucumber and dill are loved from Greece to Scandinavia. Dill is a good source of vitamin C and has long been used to soothe digestion.

SEASON IT

Garlic and ginger season the turkey and fish. A sprinkle of sumac or lemon zest brightens the plate.

MAKE IT YOURS

VOYAGER	Use beef in place of turkey, cooked to 145°F, and leave out the yogurt.
SOWER	Use soy yogurt.
SHEPHERD	Use lamb in place of turkey, cooked to 145°F.
STEWARD	Use salmon in place of cod.



SAGE · THE ISLAND KITCHENS OF OKINAWA

Okinawan-Style Miso Broth with Silken Tofu & Greens

Clear miso broth with silken tofu, greens, shiitake and spring onion

SERVES 4 · 20 MINUTES · EVERY SEASON · QUICK

YOU WILL NEED

6 cups	kombu (dried kelp) broth or vegetable broth
4 tbsp	white or yellow miso paste
14 oz	silken tofu, cut into cubes
4 oz	shiitake mushrooms, sliced
4 oz	baby bok choy or spinach
3	spring onions, sliced
2	garlic cloves, thinly sliced
1-inch piece	fresh ginger, finely grated
1 tsp	toasted sesame seeds

CHOOSE WELL

Choose unpasteurized miso from the refrigerated section, and add it off the heat to keep its living cultures.

METHOD

1. Bring the broth to a gentle simmer with the ginger, garlic and shiitake, and cook for 5 minutes.
2. Add the greens and tofu and warm through for 2 minutes.
3. Turn off the heat. Put the miso in a small bowl, add a little hot broth, and stir until smooth. Pour it back into the pot. Miso should not boil.
4. To serve, ladle into deep bowls and top with spring onion and sesame seeds.

ABOUT THE HERB · GINGER AND SPRING ONION

In Okinawa, one of the places in the world most famed for long, healthy lives, simple broths of miso, greens and tofu are an everyday comfort. Ginger brings gentle warmth, spring onion a fresh, mild bite, and miso is a living, fermented food.

SEASON IT

Miso is naturally salty, so no extra salt is needed. A few drops of toasted sesame oil add a lovely finish.

MAKE IT YOURS

VOYAGER	Add slices of cod or beef.
SOWER	Add a handful of soba noodles.
SHEPHERD	Use eggs or white fish in place of tofu.
STEWARD	Add strips of salmon.



SAGE · A COASTAL KITCHEN IN THE TROPICS

Mahi-Mahi with Cilantro, Lime & Cucumber

Grilled mahi-mahi with cilantro and lime, and a crisp cucumber and radish salad

SERVES 4 · 25 MINUTES · SUMMER

YOU WILL NEED

4	mahi-mahi fillets, about 5 oz each
3	limes: 2 zested and juiced, 1 cut into wedges
1 large bunch	cilantro, chopped
2	garlic cloves, grated
1 tsp	fresh ginger, grated
½ tsp	ground cumin
2	English cucumbers, sliced
6	radishes, thinly sliced
3 tbsp	avocado oil or extra-virgin olive oil
	sea salt

CHOOSE WELL

Choose mahi-mahi caught in the United States, or swap in any firm white fish.

METHOD

1. Mix half the cilantro with the lime zest, garlic, ginger, cumin, 1 tablespoon of lime juice, 1 tablespoon of oil and salt. Spread over the fish and rest for 10 minutes.
2. Heat a grill pan to medium-high and grill the mahi-mahi until it reaches 145°F, 3 to 4 minutes on each side.
3. Toss the cucumber and radish with the remaining lime juice, oil, cilantro and a pinch of salt.
4. To plate, spoon the salad onto each plate and set the fish on top. Add a lime wedge.

ABOUT THE HERB · CILANTRO

Cilantro is the herb of the world's warm coasts, from Mexico to Thailand to West Africa. It is rich in vitamin K and adds bright, citrusy freshness.

SEASON IT

Garlic, ginger and cumin make the marinade. A little chili adds tropical heat.

MAKE IT YOURS

VOYAGER	Serve with grilled pineapple.
SOWER	Serve over brown rice.
SHEPHERD	Use halibut, and add a spoon of yogurt.
STEWARD	Serve with a little wild rice.



SAGE · AN ITALIAN GARDEN IN LATE SUMMER

Fig, Walnut & Kale Salad with Goat Cheese

Tender kale with fresh figs, toasted walnuts, goat cheese and lemon

SERVES 4 · 15 MINUTES · SUMMER · AUTUMN · QUICK

YOU WILL NEED

8 oz	lacinato kale, stems removed, finely sliced
6	ripe figs, quartered
½ cup	walnuts, toasted
3 oz	soft goat cheese, crumbled
1	lemon
1	small garlic clove, grated
3 tbsp	extra-virgin olive oil
1 tsp	honey
1 small handful	basil or mint leaves
	sea salt

CHOOSE WELL

Choose lacinato (Tuscan) kale, which turns tender and sweet once massaged.

METHOD

1. Massage the kale with a pinch of salt and a tablespoon of olive oil for 2 minutes, until tender and glossy.
2. Whisk the lemon juice, garlic, remaining oil and honey.
3. Toss the kale with the dressing.
4. To serve, pile the kale onto a platter. Top with the figs, walnuts and goat cheese, and tear over the basil or mint.

ABOUT THE HERB · BASIL AND MINT

A few torn leaves make sweet figs taste even more of summer. Kale brings vitamins A, C and K; walnuts add plant omega-3s, studied for brain health.

SEASON IT

Garlic and lemon balance the sweet figs. A few drops of aged balsamic are a lovely finish.

MAKE IT YOURS

VOYAGER	Leave out the goat cheese, and add grilled steak.
SOWER	Leave out the goat cheese, and add seared tofu.
SHEPHERD	Add slices of roast lamb.
STEWARD	Add sliced roast turkey.



SAGE · A COTTAGE GARDEN AT DUSK

Chamomile & Lemon Balm Tea

Soft chamomile and lemon balm for a calm evening

MAKES 4 CUPS · 10 MINUTES · EVERY SEASON · QUICK

YOU WILL NEED

4 tbsp	dried chamomile flowers, or 4 tea bags
1 small handful	fresh lemon balm, or 2 tbsp dried
4 cups	boiling water
4 tsp	honey, optional

CHOOSE WELL

Choose whole chamomile flowers for the fullest flavor. If you are pregnant or have a ragweed allergy, ask your physician first.

METHOD

1. Place the chamomile and lemon balm in a warm teapot.
2. Pour over the boiling water, cover and steep for 5 to 7 minutes.
3. To serve, strain into cups and sweeten lightly if you wish.

ABOUT THE HERB · CHAMOMILE AND LEMON BALM

Two of Europe's most loved evening herbs. Chamomile contains apigenin, and small studies suggest it may support restful sleep. Lemon balm, a member of the mint family, has been studied for its calming effect.

SEASON IT

A slice of lemon or a thread of honey is all it needs.

MAKE IT YOURS

VOYAGER	Add a sprig of peppermint.
SOWER	Add a slice of fresh ginger.
SHEPHERD	Add a pinch of lavender.
STEWARD	Add a strip of orange peel.

Chapter V

AB

Steward

Type AB, leaning B · Warm and steady

Your table is warm and generous: turkey, lamb, salmon, eggs and cultured dairy, with plenty of greens. These dishes are made for the people you look after, and for you.

- Steward's Morning Plate
- Herb-Crusted Lamb, Sweet Potato & Jammy Egg
- Sage-Roasted Turkey with Wild Rice & Cranberries
- Yogurt-Dill Salmon with Cucumber & Fennel
- Sardinian Minestrone with Herbs
- Rose Hip & Hibiscus Cooler

AB Steward

Warm and steady. AB, leaning toward B.

Warm, steady and quietly charming, you carry the best of A and B, with an easy lean toward the Shepherd. You keep people together and things running well, and you enjoy good company. A mix of calm and lively keeps you balanced: a morning walk, a game of tennis, an evening of rest. Your table joins the sea and the garden, a little more generous and varied.

A gentle note: Care for yourself as well as you care for others.

Why this works for you. You give a great deal to others. These steps keep your table generous and your energy balanced, so you can care for everyone without running empty.

DID YOU KNOW?	You share the rarest blood type in the world, and people with AB-positive blood can receive red cells from every type. That is fitting for someone who welcomes everyone.
YOUR SIGNATURE	You keep people together.
AT THE TABLE	You are the host who makes sure every glass is full.
THE DISH THAT SAYS YOU	Herb-crusted lamb chops with roasted sweet potato, garlicky greens and a jammy egg.
YOUR IDEAL SUNDAY	A long family lunch, and you are the one cooking.

A DAY AT YOUR TABLE

MORNING	**Steward's Morning Plate** Soft eggs with chives, yogurt with figs and grapes, and toasted sprouted bread
MIDDAY	**Yogurt-Dill Salmon with Cucumber & Fennel** Roasted salmon with a cool yogurt-dill sauce and a shaved fennel salad
EVENING	**Herb-Crusted Lamb, Sweet Potato & Jammy Egg** Herb-crusted lamb chops, roasted sweet potato, garlicky greens and a jammy egg
A GENTLE FINISH	**Rose Hip & Hibiscus Cooler** Ruby hibiscus and rose hip, chilled with orange and mint

SEVEN SMALL CHANGES, ONE A DAY

MORNING	Start with the Steward's Morning Plate.
MOVEMENT	Pair calm with lively: a quiet stretch, then a walk or a game.
THE PLATE	Keep half your plate vegetables, even when you host.
THE PANTRY	Add something cultured: yogurt or kefir.
THE TABLE	Cook the Herb-Crusted Lamb for the people you love.
REST	Take ten minutes for yourself before caring for everyone else.
REFLECT	Rate your week from 1 to 5 on three things: energy, calm and sleep. Then choose the one habit that helped most, and keep it. Make it stick: put it in your calendar, just for you.

This is your profile at a glance. For guidance on your family's flavors, your household and how you cook, take the free profile assessment at **theedenroot.com/profile**. To go deeper, book your Heritage Assessment with The Eden Root team: call **(470) 835-3466** or visit **theedenroot.com/book**.



STEWARD · A BREAKFAST FOR THE WHOLE TABLE

Steward's Morning Plate

Soft eggs with chives, yogurt with figs and grapes, and toasted sprouted bread

SERVES 4 · 15 MINUTES · EVERY SEASON · QUICK

YOU WILL NEED

8	pasture-raised eggs
2 tbsp	avocado oil or extra-virgin olive oil
2 tbsp	chopped chives
¼ tsp	freshly ground black pepper
2 cups	plain Greek yogurt or kefir
4	fresh figs, quartered
1 cup	red grapes, halved
¼ cup	walnuts, toasted
4 slices	sprouted-grain bread, toasted
	sea salt

CHOOSE WELL

Choose sprouted-grain bread, and plain yogurt with live cultures.

METHOD

1. Beat the eggs with a pinch of salt and pepper. Warm the oil in a non-stick pan over low heat and stir the eggs slowly until softly set. Stir in the chives.
2. Spoon the yogurt into small bowls and top with figs, grapes and walnuts.
3. To serve, set a spoon of soft eggs and a slice of toast on each plate, with a yogurt bowl alongside.

ABOUT THE HERB · CHIVES

A shower of chives over soft eggs is a French bistro classic: simple and elegant, and a fresh source of vitamin K.

SEASON IT

Black pepper and chives are classic. A little grated parmesan over the eggs makes them richer.

MAKE IT YOURS

VOYAGER	Leave out the yogurt and bread, and add sautéed greens.
SOWER	Use crumbled firm tofu in place of the eggs, and soy yogurt.
SHEPHERD	Add crumbled feta to the eggs.
SAGE	Use half tofu and half eggs.



STEWARD · A SUNDAY LUNCH IN THE COUNTRY

Herb-Crusted Lamb, Sweet Potato & Jammy Egg

Rosemary and mint lamb chops, roasted sweet potato, garlicky greens and goat cheese

SERVES 4 · 40 MINUTES · SPRING

YOU WILL NEED

8	small lamb rib chops, two each
1½ lb	sweet potatoes, cut into wedges
1 bunch	collard greens or kale, sliced
4	eggs
3 oz	soft goat cheese
3 tbsp	chopped rosemary and mint, plus mint leaves to serve
3	garlic cloves: 1 grated, 2 sliced
¼ tsp	freshly ground black pepper
3 tbsp	avocado oil or extra-virgin olive oil
	sea salt

CHOOSE WELL

Choose lamb from pasture-raised animals, and ask your butcher to trim the rib bones clean (to "french" them) for an elegant plate.

METHOD

1. Heat the oven to 425°F. Roast the sweet potato with 1 tablespoon of oil and salt until tender and caramelized, 25 to 30 minutes.
2. Rub the lamb with oil, the chopped herbs, grated garlic, pepper and salt. Sear in a hot pan for 3 minutes on each side, until it reaches 145°F, then rest for 5 minutes.
3. Lower the eggs into simmering water for 6½ minutes for a jammy yolk, then cool and peel. For pregnancy, young children or older guests, cook them for 10 minutes until fully set.
4. Sauté the greens with the sliced garlic and remaining oil.
5. To plate, set the greens and sweet potato on each plate, add two lamb chops and a halved egg, and crumble over the goat cheese. Finish with fresh mint.

ABOUT THE HERB · ROSEMARY AND MINT

Rosemary gives the crust its depth and mint gives it freshness, a classic of the British and Mediterranean Sunday table. Both bring natural antioxidants, and lamb's protein supports strong muscles as you age.

SEASON IT

Garlic, black pepper and the herb crust carry the lamb. A little smoked paprika on the sweet potatoes adds warmth.

MAKE IT YOURS

VOYAGER	Leave out the goat cheese, and add extra greens.
SOWER	Use salmon in place of lamb, and squash in place of sweet potato.
SHEPHERD	Add a spoon of mint yogurt.
SAGE	Use turkey cutlets, cooked to 165°F.



STEWARD · A HARVEST TABLE IN THE AMERICAS

Sage-Roasted Turkey with Wild Rice & Cranberries

Herb-roasted turkey breast, wild rice with cranberries and pecans, and roasted Brussels sprouts

SERVES 4 · 1 HOUR 15 MINUTES · AUTUMN · WINTER

YOU WILL NEED

2 lb	boneless turkey breast
2 tbsp	chopped fresh sage, plus whole leaves
1 tbsp	fresh thyme leaves
3	garlic cloves, grated
½ tsp	freshly ground black pepper
1½ cups	wild rice
1 tsp	natural chicken or vegetable bouillon
⅓ cup	dried cranberries, unsweetened or juice-sweetened
⅓ cup	pecans, toasted
1 lb	Brussels sprouts, halved
4 tbsp	avocado oil or extra-virgin olive oil, divided, plus 1 tsp for the sage
1 handful	flat-leaf parsley, chopped
	sea salt

CHOOSE WELL

Wild rice is the seed of a water grass, and a whole grain. See A Finer Grain on page 59.

METHOD

1. Heat the oven to 375°F. Rub the turkey with 2 tablespoons of oil, the chopped sage, thyme, garlic, pepper and salt. Roast until the thickest part reaches 165°F, 50 to 60 minutes. Rest for 10 minutes.
2. Meanwhile, simmer the wild rice in water with the bouillon until tender and some grains split open, 45 to 50 minutes. Drain and stir in the cranberries, pecans and parsley.
3. Toss the Brussels sprouts with the remaining oil and salt, and roast alongside the turkey for the last 25 minutes.
4. Fry a few whole sage leaves in the extra teaspoon of oil until crisp.
5. To serve, spread the wild rice on a large platter. Slice the turkey and lay it down the center, add the sprouts, and finish with the crisp sage.

ABOUT THE HERB · SAGE

Sage and roast turkey are the scent of a harvest table. Its savory warmth loves poultry and grains, and it brings rosmarinic acid, a natural antioxidant. Lean turkey protein helps you keep strong muscles as you age.

SEASON IT

Garlic, black pepper and bouillon season everything from the inside out. A splash of orange juice in the rice is lovely with the cranberries.

MAKE IT YOURS

VOYAGER	Use a whole roast chicken, and leave out the cranberries.
SOWER	Season with ginger in place of black pepper.
SHEPHERD	Use a lamb leg roast.
SAGE	Season with ginger in place of black pepper, and serve with yogurt and lemon.



STEWARD · A NORDIC SUMMER

Yogurt-Dill Salmon with Cucumber & Fennel

Roasted salmon with a cool yogurt-dill sauce, and a shaved fennel and cucumber salad

SERVES 4 · 25 MINUTES · SPRING · SUMMER

YOU WILL NEED

4	wild salmon fillets, about 5 oz each
1 cup	plain Greek yogurt
1 large bunch	dill, chopped
1	garlic clove, grated
1	lemon
1	fennel bulb, very thinly sliced, fronds saved
1	English cucumber, thinly sliced
1 tbsp	capers, optional
2 tbsp	avocado oil or extra-virgin olive oil
2 tbsp	extra-virgin olive oil, for the salad
	sea salt and black pepper

CHOOSE WELL

Choose wild salmon and thick, plain Greek yogurt.

METHOD

1. Heat the oven to 425°F. Season the salmon with salt and pepper, brush with oil, and roast until it reaches 145°F, 10 to 12 minutes.
2. Stir half the dill, the garlic and a squeeze of lemon into the yogurt with a pinch of salt.
3. Toss the fennel, cucumber, fronds and capers with the remaining dill, lemon juice and olive oil.
4. To plate, pile the salad on one side of each plate, set the salmon beside it, and spoon the yogurt-dill sauce over the fish.

ABOUT THE HERB · DILL AND FENNEL

Dill and fennel share a gentle anise flavor and have been paired with salmon across the Nordic countries for generations. Fennel has long been enjoyed after meals to aid digestion, and salmon's omega-3s support heart, brain and joint health.

SEASON IT

Garlic in the sauce and capers in the salad give it lift. A grind of black pepper finishes the plate.

MAKE IT YOURS

VOYAGER	Use lemon and olive oil in place of the yogurt sauce.
SOWER	Use soy yogurt in the sauce.
SHEPHERD	Use halibut.
SAGE	Use cod, and add cubes of golden tofu.



STEWARD · THE MOUNTAIN VILLAGES OF SARDINIA

Sardinian Minestrone with Herbs

A thick soup of beans, barley, garden vegetables and herbs, finished with olive oil and pecorino

SERVES 4 · 1 HOUR · AUTUMN · WINTER

YOU WILL NEED

3 tbsp	avocado oil or extra-virgin olive oil
1	onion, chopped
2	carrots, cut into small cubes
2	celery stalks, cut into small cubes
1	fennel bulb, cut into small cubes
4	garlic cloves, sliced
½ cup	pearl barley
2 cans	cannellini or borlotti (cranberry) beans, drained (15 oz each)
8 cups	low-sodium vegetable broth
1 tsp	dried oregano
4 oz	kale or chard, sliced
1 handful	each of basil and flat-leaf parsley
	grated pecorino (a sharp Italian sheep's-milk cheese)
	extra-virgin olive oil, to finish
	sea salt and black pepper

CHOOSE WELL

For a whole-grain soup, use hulled barley and simmer it 50 to 60 minutes. Pearl barley is quicker and softer. See A Finer Grain on page 59.

METHOD

1. Warm the oil in a large pot. Soften the onion, carrot, celery and fennel with a pinch of salt, 10 minutes. Add the garlic and oregano for 1 minute.
2. Add the barley, beans and broth. Simmer gently until the barley is tender, about 40 minutes.
3. Stir in the greens and half the herbs for the last 5 minutes. Season with salt and pepper.
4. To serve, ladle into deep bowls and finish each with a drizzle of olive oil, the remaining herbs and a little pecorino.

ABOUT THE HERB · BASIL AND PARSLEY

In Sardinia, another of the places famed for long lives, bean and vegetable minestrone is an everyday meal, finished generously with herbs and olive oil. Beans and barley bring plenty of fiber, which helps you feel full and satisfied.

SEASON IT

Garlic, oregano and a good broth carry the soup. A parmesan rind simmered in the pot adds rich, savory depth.

MAKE IT YOURS

VOYAGER	Use green beans and extra greens in place of barley and cannellini.
SOWER	Leave out the pecorino, and add a little ginger.
SHEPHERD	Use wild rice in place of barley, and extra vegetables in place of beans.
SAGE	Add cubes of silken tofu to each bowl.



STEWARD · A SUMMER TERRACE

Rose Hip & Hibiscus Cooler

Ruby hibiscus and rose hip, chilled with orange and mint

MAKES ABOUT 6 CUPS · 15 MINUTES, PLUS CHILLING · SPRING · SUMMER · QUICK

YOU WILL NEED

¼ cup	dried hibiscus flowers
2 tbsp	dried rose hips
6 cups	boiling water
1	orange, sliced
1 handful	fresh mint
4 tsp	honey, optional
	ice, to serve

CHOOSE WELL

Choose whole dried hibiscus flowers. If you are pregnant or take blood pressure medication, ask your physician first.

METHOD

1. Pour the boiling water over the hibiscus and rose hips and steep for 10 minutes.
2. Strain into a carafe, add the orange and mint, and chill.
3. To serve, fill tall glasses with ice, pour, and add a slice of orange and a sprig of mint. Add one teaspoon of honey per glass, if you like.

ABOUT THE HERB · HIBISCUS AND ROSE HIP

Hibiscus is enjoyed as a ruby drink from Egypt to Mexico to Jamaica, where it is called sorrel. Studies suggest it may support healthy blood pressure. Rose hips are rich in vitamin C.

SEASON IT

A cinnamon stick or a few slices of ginger in the steep make a lovely winter version.

MAKE IT YOURS

VOYAGER	Add slices of fresh ginger to the steep.
SOWER	Serve it warm, with honey.
SHEPHERD	Add a few slices of pineapple.
SAGE	Add a sprig of lemon balm.

Chapter VI

The Shared Table

For every profile

Most households hold more than one profile. Every dish in this chapter suits every profile, so the whole family can sit down to one table. Not sure of your type yet? Begin here.

- The Sunday Roast Table
- Summer Fruit & Mint Terrace Bowl
- Sheet-Pan Market Vegetables with Herb Oil
- Roasted Figs & Pears with Honeyed Yogurt
- Ginger, Cinnamon & Orange Infusion

YOUR PROFILE

? Not sure yet

Let's find your type together.

Your profile begins with your blood type, and many people simply have never been told theirs. Book your Heritage Assessment, and we will provide a discreet blood typing card. It is a quick finger prick, and you will know your type in minutes. You can also ask your physician's office, or learn it when you give blood.

A gentle note: Until then, the Shared Table suits every type.

Why this works. While you discover your type, these steps follow the principles every tradition agrees on: real food, vegetables at the center, movement and rest.

LET'S FIND YOUR TYPE TOGETHER

Book your Heritage Assessment with The Eden Root team. Reserve here, call (470) 835-3466 or visit theedenroot.com/book.

A DAY AT YOUR TABLE

MORNING	**Summer Fruit & Mint Terrace Bowl** Chilled watermelon, berries, grapes and cucumber with lime and mint
MIDDAY	**Sheet-Pan Market Vegetables with Herb Oil** Caramelized seasonal vegetables with a bright oil of parsley, basil and mint
EVENING	**The Sunday Roast Table, made with turkey** A golden roast bird with herbed rice, carrots and green beans
A GENTLE FINISH	**Ginger, Cinnamon & Orange Infusion** A warming cup of fresh ginger, cinnamon and orange peel

SEVEN SMALL CHANGES, ONE A DAY

MORNING	Fruit and mint in summer, or warm oats in cooler months.
MOVEMENT	Walk for 20 minutes.
THE PLATE	Make half your plate vegetables.
THE PANTRY	Stock the simple pantry on page 65.
THE TABLE	Cook the Sunday Roast Table for the people you love.
REST	Ginger infusion, and an early night.
REFLECT	Rate your week from 1 to 5 on three things: energy, calm and sleep. Then choose the one habit that helped most, and keep it. Make it stick: find your type, through your Heritage Assessment, your physician's office or a blood donation, then return for your full profile.

This is your profile at a glance. For guidance on your family's flavors, your household and how you cook, take the free profile assessment at **theedenroot.com/profile**. To go deeper, book your Heritage Assessment with The Eden Root team: call **(470) 835-3466** or visit **theedenroot.com/book**.



FOR EVERY PROFILE · A FAMILY TABLE, ANYWHERE IN THE WORLD

The Sunday Roast Table

A golden roast bird, herbed rice, roasted carrots and green beans

SERVES 4 · 1 HOUR 45 MINUTES · EVERY SEASON

YOU WILL NEED

1	whole chicken, about 4 lb, or a 3 lb boneless turkey breast
1½ cups	brown or wild rice
1 tsp	natural chicken or vegetable bouillon
1 lb	carrots, halved
1 lb	green beans, trimmed
1	lemon, halved
1 head	garlic, halved across
1 small bunch	each of thyme, rosemary and parsley
1 tsp	smoked paprika
3 tbsp	avocado oil or extra-virgin olive oil
	sea salt and black pepper

CHOOSE WELL

Choose the turkey breast when Shepherds, Sages or Stewards are at the table, so everyone is served. See A Finer Grain on page 59 for the rice.

METHOD

1. Heat the oven to 375°F. Pat the bird dry, rub it with oil, paprika, salt and pepper, and tuck the lemon, garlic and half the herbs inside or around it.
2. Roast until the thickest part of the thigh, or the turkey breast, reaches 165°F, about 1 hour 15 minutes for a chicken, or 1 hour 15 to 1 hour 30 minutes for the turkey breast. Add the carrots around it for the last 45 minutes. Rest the bird for 15 minutes.
3. Meanwhile, cook the rice in water with the bouillon, then stir in the remaining herbs, chopped. Steam the green beans until bright and tender.
4. To serve, carve the bird on a board at the table. Pass the rice, carrots and green beans family style, and let everyone fill their own plate.

ABOUT THE HERB · THYME, ROSEMARY AND PARSLEY

A bundle of herbs inside the bird perfumes it from within. It is the oldest trick of the Sunday roast, from England to West Africa to Brazil, and the herbs bring natural antioxidants to the table.

SEASON IT

Garlic, smoked paprika and bouillon make this the most flavorful roast. Sowers and Sages can leave out the black pepper. Your own family seasoning blend is welcome here too.

MAKE IT YOURS

VOYAGER	Enjoy the chicken, with extra green beans in place of rice.
SOWER	Add a pot of green lentils beside the rice.
SHEPHERD	Choose the turkey breast, and serve with yogurt.
SAGE	Choose the turkey breast, and season with ginger.
STEWARD	Choose the turkey breast, and use wild rice.



FOR EVERY PROFILE · A SUMMER TERRACE

Summer Fruit & Mint Terrace Bowl

Chilled watermelon, berries, grapes and cucumber with lime and mint

SERVES 4 · 15 MINUTES · SUMMER · QUICK

YOU WILL NEED

2 lb	watermelon, cut into bite-size pieces
1½ cups	blueberries
1 cup	red grapes, halved
1	small cucumber, sliced
1	lime, zested and juiced
1 handful	fresh mint leaves
1 pinch	flaky sea salt

CHOOSE WELL

Choose a watermelon that feels heavy for its size and sounds hollow when tapped.

METHOD

1. Arrange the watermelon, berries, grapes and cucumber on a chilled platter.
2. Squeeze over the lime juice and sprinkle with the zest and a tiny pinch of flaky salt.
3. To serve, tear the mint over the top and bring it straight to the table, or keep it refrigerated until you are ready.

ABOUT THE HERB · MINT

Mint and watermelon are a summer pairing from the Middle East to the American South. Watermelon is over 90 percent water and rich in lycopene, an antioxidant studied for helping protect skin from the sun, though it is no substitute for sunscreen.

SEASON IT

A tiny pinch of flaky salt makes the fruit taste sweeter. A sprinkle of chili-lime seasoning is a fun twist.

MAKE IT YOURS

VOYAGER	Add slices of fresh pineapple.
SOWER	Add apricots or plums in season.
SHEPHERD	Add banana and a spoon of yogurt.
SAGE	Add fresh figs.
STEWARD	Add a spoon of kefir on the side.



FOR EVERY PROFILE · A SATURDAY MARKET

Sheet-Pan Market Vegetables with Herb Oil

Caramelized seasonal vegetables with a bright oil of parsley, basil and mint

SERVES 4 · 40 MINUTES · EVERY SEASON

YOU WILL NEED

2 lb	mixed seasonal vegetables: squash, carrots, beets, red onion, broccolini, mushrooms
2 tbsp	avocado oil or extra-virgin olive oil
3 tbsp	extra-virgin olive oil, for the herb oil
1 cup	packed parsley, basil and mint
2	garlic cloves
1	lemon
½ tsp	ground cumin
	flaky sea salt and black pepper

CHOOSE WELL

Choose whatever is ripest at the market this week. Make a double batch: it becomes lunches for days.

METHOD

1. Heat the oven to 425°F. Cut the vegetables into similar sizes, toss with the oil, cumin and salt, and spread on one or two trays without crowding.
2. Roast until caramelized and tender, 25 to 35 minutes, turning once.
3. Blend the herbs, garlic, lemon juice, olive oil and a pinch of salt into a loose herb oil.
4. To serve, pile the vegetables onto a platter and spoon the herb oil over the top. Finish with flaky salt and black pepper.

ABOUT THE HERB · PARSLEY, BASIL AND MINT

A spoon of green herb oil makes humble vegetables taste like a restaurant dish. Olive oil, the heart of the Mediterranean table, is linked with healthy aging. The herb oil keeps for three days in the refrigerator.

SEASON IT

Cumin and garlic give warmth. A sprinkle of your favorite seasoning blend before roasting is always welcome.

MAKE IT YOURS

VOYAGER	Serve with steak or cod.
SOWER	Serve with lentils or tofu.
SHEPHERD	Serve with lamb and feta.
SAGE	Serve with tofu or mahi-mahi.
STEWARD	Serve with turkey or salmon.



FOR EVERY PROFILE · AN AUTUMN ORCHARD

Roasted Figs & Pears with Honeyed Yogurt

Warm autumn fruit, thyme, walnuts and a cool spoon of yogurt

SERVES 4 · 25 MINUTES · AUTUMN

YOU WILL NEED

8	ripe figs, halved
2	firm pears, quartered and cored
4 tsp	honey (one teaspoon each)
2	sprigs thyme
½ tsp	ground cinnamon
1 cup	plain Greek yogurt, or a plant yogurt
¼ cup	walnuts, toasted

CHOOSE WELL

Choose plain yogurt and sweeten it yourself. One teaspoon of honey per person keeps added sugar gentle.

METHOD

1. Heat the oven to 400°F. Arrange the figs and pears cut side up in a small dish, dust with cinnamon and tuck in the thyme.
2. Drizzle with half the honey and roast until soft and glossy, 15 to 18 minutes.
3. To serve, spoon the warm fruit into small bowls. Add a spoon of yogurt, the remaining honey and the walnuts.

ABOUT THE HERB · THYME

A sprig of thyme with roasted fruit is a quiet French secret: its savory note makes the sweetness sing. Figs bring fiber, potassium and calcium.

SEASON IT

Cinnamon and thyme are the secret. A little orange zest is lovely too.

MAKE IT YOURS

VOYAGER	Serve with coconut yogurt.
SOWER	Serve with soy yogurt.
SHEPHERD	Serve with whole-milk Greek yogurt.
SAGE	Add a few pistachios.
STEWARD	Serve with a spoon of kefir.



FOR EVERY PROFILE · A CUP FOR FOUR O'CLOCK

Ginger, Cinnamon & Orange Infusion

Fresh ginger, cinnamon and orange peel, for every table

MAKES 4 CUPS · 15 MINUTES · AUTUMN · WINTER · QUICK

YOU WILL NEED

2-inch piece	fresh ginger, sliced
1	cinnamon stick
1	strip of orange peel, washed
4 cups	water
	a little honey, optional

CHOOSE WELL

Choose fresh, firm ginger with smooth skin. If your plan sets cinnamon aside, ginger alone makes a lovely cup.

METHOD

1. Simmer the ginger and cinnamon in the water for 10 minutes.
2. Turn off the heat, add the orange peel and steep for 5 minutes.
3. To serve, strain into warm cups and sweeten lightly with honey if you wish. Sit somewhere with a view and drink it slowly.

ABOUT THE HERB · GINGER AND CINNAMON

Two of the oldest spices in the world, traded along the spice routes for thousands of years. Ginger is well studied for settling the stomach.

SEASON IT

A clove or a star anise in the pot makes it even more festive.

MAKE IT YOURS

VOYAGER	Add a sprig of peppermint.
SOWER	Add a slice of lemon.
SHEPHERD	Add a splash of warm milk.
SAGE	Add a pinch of cardamom.
STEWARD	Add a few cranberries to the steep.

Chapter VII

Around the table

Guides for every home

The flavors you grew up with, beautiful grains, small daily practices, a Heritage Party, six dinner cards, and everything you need to shop, prepare and plan your week.

- The Taste of Home
- A Finer Grain
- Gentle practices
- Host a Heritage Party
- Six dinner cards
- Shop like a private chef
- Sunday prep
- Six weeks at the table
- Your week, composed



HOW THE FLAVORS YOU GREW UP WITH FIT YOUR PROFILE

The Taste *of Home*

However you were raised, your home table comes with you. Find the flavors of your family below.

African

African kitchens are built on leafy greens, beans, yams, peppers, peanuts and slow-simmered soups and stews. Keep the stews, the greens and the spice. Be generous with vegetables, use a lighter hand with the oil, and serve root vegetables or whole grains alongside.

Caribbean, Latin and Native American

Beans, rice, plantain, squash, corn, citrus, chiles, fresh herbs, and grilled meats and fish. Keep the beans, the herbs and the grill. Enjoy your rice, or try a new grain, and choose roasted plantain over fried. Let a bright salad or salsa share the plate.

Everyday American

Roast chicken, burgers, pasta, tacos, casseroles, sandwiches and Sunday dinners. Keep your family favorites. Grill or roast instead of frying, choose whole-grain bread and pasta, and add a vegetable side to every plate.

Southern and soul food

Greens, beans, sweet potatoes, gumbo, red beans and rice, and big Sunday dinners with family. Keep the greens and the gathering. Roast, grill or braise instead of frying, and let vegetables lead the plate.

Mediterranean

Olive oil, tomatoes, beans, fish, herbs and bread shared slowly. This is already close to the new plate. Keep the olive oil and the long meals, and enjoy whole-grain bread and pasta in smaller portions.

European

Roasts, root vegetables, soups, rye and dairy: the comfort of a warm kitchen. Keep the roasts and the soups. Add a green vegetable to every plate, choose whole grains, and save cream and pastry for a treat.

Middle Eastern

Lentils, chickpeas, grilled meats, herbs, yogurt and warm spices. Keep the lentils, the herbs and the grill. Fill the plate with salads and vegetables, and enjoy bread and rice in smaller portions.

South Asian

Lentils, vegetables, fragrant spices, yogurt and slow-cooked curries. Keep the dals, the spices and the vegetables. Enjoy your rice or roti in smaller portions, or try a new grain, and add a protein to each meal.

East Asian, Southeast Asian and Pacific

Rice, noodles, fish, tofu, greens, broths and fermented foods. Keep the broths, the greens and the ferments. Enjoy your rice in a smaller bowl, or try a new grain, go easy on salty sauces, and add fish, tofu or lean meat to each bowl.

Your profile, *at home*

Here is how each profile brings the home table along.

Voyager

As a Voyager, lean on the proteins of your home table, grilled, roasted or stewed, with plenty of greens. Keep grains and bread small.

Sower

As a Sower, lean on the garden side of your home table: beans, lentils, greens, vegetables and fish. Keep red meat occasional.

Shepherd

As a Shepherd, enjoy the variety of your home table, especially lamb, eggs and yogurt dishes, with vegetables at the center.

Sage

As a Sage, lean on the lighter dishes of your home table: fish, tofu, greens and broths, with yogurt alongside.

Steward

As a Steward, lean on the generous, shared dishes of your home table: lamb or turkey, greens, sweet potatoes and yogurt, with vegetables at the center.

Not sure yet

Start with the vegetables and the gathering. Your profile will show which proteins suit you best.

YOUR FAMILY'S TABLE, WRITTEN INTO YOUR PLAN

The dishes you grew up with, from the people who raised you, deserve a place in your plan. In your Heritage Assessment, we write them in.

O	A	B	AB	AB	✦
Voyager	Sower	Shepherd	Sage	Steward	Not sure yet
TYPE O	TYPE A	TYPE B	AB, LEANING A	AB, LEANING B	THE SHARED TABLE



THE GRAIN GUIDE

A Finer *Grain*

Rice has fed families across the world for thousands of years. It belongs at your table. Here are beautiful ways to enjoy it, and a few new grains to meet.

Fragrant rices

Brown rice, the everyday favorite

Brown jasmine and brown basmati, which keep their perfume

Red rice, earthy and beautiful

Black "forbidden" rice, which turns the plate a deep violet

Wild rice, with a nutty, elegant bite

New grains to try

Oats, the gentlest whole-grain breakfast

Hulled barley, which turns a soup creamy

Farro, chewy and nutty, at home in salads

Millet, light and fluffy, a gentle stand-in for couscous

Your favorite white rice

Keep it. Serve a smaller scoop, with protein and vegetables beside it. Basmati tends to be gentler on blood sugar than jasmine.

COOK THEM IN THIS BOOK

Oats Sower's Morning Oats, p. 19

Wild rice Sage-Roasted Turkey, p. 45

Herbed rice The Sunday Roast Table, p. 51

Brown or wild rice Squash & Mushroom Supper, p. 23

Barley Sardinian Minestrone, p. 47

Why it matters: in a large Harvard study, swapping some white rice for whole grains was linked to a 36 percent lower risk of type 2 diabetes (Sun et al., 2010).



DAILY CARE

Gentle practices, *beautifully kept*

FOR THE MORNING

Lifting the Sky

A classic qigong form for the first minute of the day, standing or seated.

Rest your hands in front of you, palms up. Breathe in and float them slowly up above your head. Breathe out and let them drift down to your sides. Six times, unhurried.

If you stand, keep a chair close by. If anything feels uncomfortable, make it smaller.

Then: breakfast from your chapter. Voyager p. 11, Sower p. 19, Shepherd p. 27, Sage p. 35, Steward p. 43.

FOR FOUR O'CLOCK

A Cup for the Afternoon

When the afternoon slows, brew a pot of something warm. Pour it into your favorite cup. Sit somewhere with a view, and drink it slowly. That is all there is to it.

Brew: the Ginger, Cinnamon & Orange Infusion, p. 55, or, on a warm day, the Rose Hip & Hibiscus Cooler, p. 48.

FOR THE EVENING

Five Breaths Before Bed

Lower the lights. Set your phone in another room.

Breathe in through the nose for a count of four. Breathe out through the mouth for a count of six. Five times. The longer out-breath is the secret.

If thoughts arrive, notice them, and return to counting.

Before: a cup of Chamomile & Lemon Balm Tea, p. 40, or Shepherd's Golden Milk, p. 32.

These are gentle practices for general wellbeing. Please check with your physician before beginning, especially after a fall, surgery or a change in health.

A NEW KIND OF DINNER PARTY

Host a Heritage *Party*

One table. Every heritage. Invite the people you love, discover who they are and cook a dinner that says so.

I

Invite

Choose your guests, four close friends or forty. When you invite them, ask each for their profile, or their blood type if they know it, and any allergies.

II

Discover

Not sure of their type? They can take the free profile assessment at theedenroot.com/profile, or book a Heritage Assessment and receive a discreet blood typing card.

III

Cook once, for everyone

Make the Sunday Table dinner card, starring The Sunday Roast Table, page 51, with turkey: it suits every profile. Set out a small Heritage bar from the recipe's own swaps: green lentils for Sowers, yogurt for Shepherds, fresh ginger for Sages, wild rice for Stewards, extra green beans for Voyagers.

IV

Finish together

Every dinner card ends with Roasted Figs & Pears. Make one tray and top each bowl for its guest: coconut yogurt for a Voyager, soy yogurt for a Sower, whole-milk Greek yogurt for a Shepherd, yogurt and pistachios for a Sage, kefir for a Steward. Serve walnuts on the side.

YOUR GUEST LIST

GUEST	ALLERGIES	PROFILE	THEIR SWAP	THEIR TOPPING

FOR YOUR GUESTS
Free profile assessment
theedenroot.com/profile

FIND YOUR TYPE
Book a Heritage Assessment
theedenroot.com/book

FREE INVITATIONS & PLANNER
Printable invitations, a host planner and more menus
theedenroot.com/party

Invite us to your table with **Heritage Party Experiences**, from $500 for up to 12 guests in metro Atlanta, or let us host it all with **Heritage Party Concierge**, from $1,500 · (470) 835-3466
Share your table: **#HeritageParty** · @theedenroot

FOR AN EVENING AT HOME

Six dinner *cards*

A **menu card** for the table, a **prep card** for the stove, a **market list** for the store. Hosting a mix of profiles? See page 61.

THE MENU CARD

O

The Voyager's Table

DINNER FOR FOUR

TO BEGIN
Autumn Root Soup *a small bowl*

TO GATHER
Rosemary Beef Tenderloin

TO FINISH
Roasted Figs & Pears *with coconut yogurt*

TO POUR
Ginger & Peppermint Cooler

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THE PREP CARD

1. THAT MORNING
Make the soup. Brew the cooler and chill it. Toast the pumpkin seeds and walnuts.

2. ONE HOUR BEFORE
Take the beef out of the refrigerator. Halve the figs, quarter the pears and set them in a dish with cinnamon, thyme and half the honey. Set the table.

3. TWENTY MINUTES BEFORE
Heat the oven to 400°F. Reheat the soup gently. Season the beef and sear it, 3 to 4 minutes a side.

4. AS YOU SIT DOWN
Slide the beef into the oven; serve the soup. At 12 minutes, check it reaches 145°F. Rest it 5 minutes as you char the broccolini and wilt the greens. Roast the figs and pears while you eat, 15 to 18 minutes.

Autumn Root Soup **p. 22** · Beef Tenderloin **p. 12** · Roasted Figs & Pears **p. 54** · Peppermint Cooler **p. 16**

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THE MARKET LIST

PRODUCE AND HERBS
- ☐ Butternut squash 2 lb
- ☐ Carrots 1 lb
- ☐ Parsnips 1 lb
- ☐ Yellow onion 1
- ☐ Garlic 1 head
- ☐ Fresh ginger 3-inch piece
- ☐ Thyme 1 small bunch
- ☐ Rosemary 3 sprigs
- ☐ Broccolini 1 bunch
- ☐ Curly kale 6 oz
- ☐ Baby spinach 6 oz
- ☐ Lemons 2
- ☐ Ripe figs 8
- ☐ Firm pears 2
- ☐ Fresh peppermint 1 large bunch

FISH AND MEAT
- ☐ Grass-fed beef tenderloin 1¼ lb

DAIRY
- ☐ Plain coconut yogurt 1 cup

PANTRY
- ☐ Low-sodium vegetable broth 4 cups
- ☐ Pumpkin seeds ¼ cup
- ☐ Walnuts ¼ cup
- ☐ Honey
- ☐ Ground turmeric
- ☐ Ground cinnamon

From your pantry: avocado or olive oil, sea salt and black pepper.

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THE MENU CARD

A

The Sower's Table

DINNER FOR FOUR

TO BEGIN
Spring Greens, Asparagus & Pea Plate *with lemon & Dijon*

TO GATHER
Adriatic Herb-Roasted Cod with Parsley Gremolata *over lemony lentils*

TO FINISH
Roasted Figs & Pears *with soy yogurt*

TO POUR
Warm Rose Hip & Hibiscus

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THE PREP CARD

1. THAT MORNING
Cook the lentils. Blanch and cool the asparagus and peas. Whisk the dressing.

2. THIRTY MINUTES BEFORE
Heat the oven to 425°F. Make the gremolata. Set the cod on its tray with salt and grated ginger. Arrange the figs and pears with cinnamon, thyme and honey.

3. AS YOU SIT DOWN
Plate the spring greens, without the eggs, dress them and serve.

4. BETWEEN COURSES
Roast the cod, 10 to 12 minutes, as you wilt the chard and warm the lentils with lemon. Plate with the gremolata. Lower the oven to 400°F and roast the figs while you eat. Steep the hibiscus 10 minutes and pour warm.

Spring Greens Plate **p. 21** · Adriatic Cod **p. 14** · Roasted Figs & Pears **p. 54** · Rose Hip & Hibiscus **p. 48**

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THE MARKET LIST

PRODUCE AND HERBS
- ☐ Asparagus 1½ lb
- ☐ Peas, fresh or frozen 1 cup
- ☐ Tender spring greens 8 oz
- ☐ Pea shoots 3 oz
- ☐ Swiss chard or spinach 10 oz
- ☐ Flat-leaf parsley 1 large bunch
- ☐ Basil and mint 1 handful
- ☐ Thyme 2 sprigs
- ☐ Garlic 1 head
- ☐ Fresh ginger 1-inch piece
- ☐ Lemons 4
- ☐ Orange 1
- ☐ Fresh mint 1 handful
- ☐ Ripe figs 8
- ☐ Firm pears 2

FISH AND MEAT
- ☐ Cod fillets, about 5 oz each 4

DAIRY
- ☐ Plain soy yogurt 1 cup

PANTRY
- ☐ Green lentils ¾ cup dry
- ☐ Dijon mustard
- ☐ Dried hibiscus flowers ¼ cup
- ☐ Dried rose hips 2 tbsp
- ☐ Walnuts ¼ cup
- ☐ Ground cinnamon
- ☐ Honey

From your pantry: avocado or olive oil and sea salt.

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THE MENU CARD

B

The Shepherd's Table

DINNER FOR FOUR

TO BEGIN

Autumn Root Soup *with a swirl of yogurt*

TO GATHER

The Chef's Lamb Loin with Parsnip Silk

TO FINISH

Roasted Figs & Pears *with Greek yogurt*

TO POUR

Shepherd's Golden Milk *a small cup*

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THE PREP CARD

1. THAT MORNING

Make the soup and the parsnip purée, and refrigerate both. Toast the pumpkin seeds and walnuts.

2. FORTY MINUTES BEFORE

Heat the oven to 425°F. When it is hot, roast the carrots, about 20 minutes. Arrange the figs and pears in a dish with cinnamon, thyme and honey.

3. FIFTEEN MINUTES BEFORE

Sear the lamb, turning often, to 145°F, 8 to 10 minutes; tent with foil. Lower the oven to 400°F. Reheat the soup, and the purée with a splash of milk.

4. AS YOU SIT DOWN

Serve the soup with a swirl of yogurt while the lamb rests, then slice it over the purée. Roast the figs while you eat the lamb. With dessert, warm the golden milk.

Autumn Root Soup p. 22 · Chef's Lamb Loin p. 28 · Roasted Figs & Pears p. 54 · Golden Milk p. 32

THE MARKET LIST

PRODUCE AND HERBS

- ☐ Butternut squash 2 lb
- ☐ Carrots 1 lb
- ☐ Parsnips 2½ lb
- ☐ Young carrots, with tops 12
- ☐ Yellow onion 1
- ☐ Garlic 1 head
- ☐ Fresh ginger 2-inch piece
- ☐ Thyme 1 bunch
- ☐ Microgreens 1 handful
- ☐ Ripe figs 8
- ☐ Firm pears 2

FISH AND MEAT

- ☐ Lamb loin 1¼ lb

DAIRY

- ☐ Whole milk 4¾ cups
- ☐ Plain whole-milk Greek yogurt 1½ cups

PANTRY

- ☐ Low-sodium vegetable broth 4 cups
- ☐ Pumpkin seeds ¼ cup
- ☐ Walnuts ¼ cup
- ☐ Honey
- ☐ Ground turmeric 2½ tsp
- ☐ Ground cinnamon
- ☐ Cinnamon stick 1

From your pantry: avocado or olive oil, sea salt and black pepper.

THE MENU CARD

AB

The Sage's Table

DINNER FOR FOUR

TO BEGIN

Okinawan-Style Miso Broth with Silken Tofu & Greens *a small cup*

TO GATHER

Mahi-Mahi with Cilantro, Lime & Cucumber

TO FINISH

Roasted Figs & Pears *with yogurt & pistachios*

TO POUR

Chamomile & Lemon Balm Tea

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THE PREP CARD

1. THAT MORNING

Slice the mushrooms and spring onions. Toast the walnuts.

2. THIRTY MINUTES BEFORE

Heat the oven to 400°F. Slice and chill the cucumbers and radishes. Mix the cilantro rub. Simmer the broth with the ginger, garlic and mushrooms for 5 minutes, then turn off the heat. Arrange the figs and pears in a dish.

3. AS YOU SIT DOWN

Rub the fish and refrigerate it. Warm the broth, add the greens and tofu for 2 minutes, stir in the miso off the heat, and serve.

4. BETWEEN COURSES

Slide the figs into the oven. Heat the grill pan and grill the fish, 3 to 4 minutes a side. Toss the cucumber salad. With dessert, top the figs with yogurt and pistachios, and steep the tea.

Miso Broth p. 37 · Mahi-Mahi p. 38 · Roasted Figs & Pears p. 54 · Chamomile Tea p. 40

THE MARKET LIST

PRODUCE AND HERBS

- ☐ Shiitake mushrooms 4 oz
- ☐ Baby bok choy or spinach 4 oz
- ☐ Spring onions 3
- ☐ Fresh ginger 2-inch piece
- ☐ Garlic 1 head
- ☐ Limes 3
- ☐ Cilantro 1 large bunch
- ☐ English cucumbers 2
- ☐ Radishes 6
- ☐ Thyme 2 sprigs
- ☐ Lemon balm 1 small handful
- ☐ Ripe figs 8
- ☐ Firm pears 2

FISH, MEAT AND TOFU

- ☐ Mahi-mahi fillets 4
- ☐ Silken tofu 14 oz

DAIRY

- ☐ Plain Greek yogurt 1 cup

PANTRY

- ☐ Vegetable broth, or kombu to make it 6 cups
- ☐ White or yellow miso 4 tbsp
- ☐ Toasted sesame seeds
- ☐ Ground cumin
- ☐ Dried chamomile flowers 4 tbsp
- ☐ Walnuts ¼ cup
- ☐ Pistachios a small handful
- ☐ Ground cinnamon
- ☐ Honey

From your pantry: avocado or olive oil and sea salt.

THE MENU CARD

AB

The Steward's Table

DINNER FOR FOUR

TO BEGIN

Sardinian Minestrone with Herbs *a small cup*

TO GATHER

Sage-Roasted Turkey with Wild Rice & Cranberries

TO FINISH

Roasted Figs & Pears *with a spoon of kefir*

TO POUR

Ginger, Cinnamon & Orange Infusion *with a few cranberries*

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THE PREP CARD

1. THE DAY BEFORE

Make the minestrone without the greens and herbs, and refrigerate it. Save the rest for lunches.

2. AN HOUR AND A QUARTER BEFORE

Heat the oven to 375°F and start the wild rice. When the oven is hot, put in the seasoned turkey.

3. TWENTY-FIVE MINUTES BEFORE

Add the Brussels sprouts. Drain the rice and stir in the cranberries, pecans and parsley. Reheat the minestrone with a splash of broth, the greens and half the herbs. Crisp the sage. Arrange the figs and pears.

4. AS YOU SIT DOWN

Rest the turkey under foil and serve the minestrone with herbs, olive oil and pecorino. Raise the oven to 400°F and roast the figs while you eat. Brew the infusion with cranberries.

Minestrone p. 47 · Sage-Roasted Turkey p. 45 · Roasted Figs & Pears p. 54 · Ginger Infusion p. 55

THE MARKET LIST

PRODUCE AND HERBS

- ☐ Yellow onion 1
- ☐ Carrots 2
- ☐ Celery 2 stalks
- ☐ Fennel 1 bulb
- ☐ Garlic 1 head
- ☐ Kale or chard 4 oz
- ☐ Basil 1 handful
- ☐ Flat-leaf parsley 1 bunch
- ☐ Fresh sage 1 bunch
- ☐ Thyme 1 small bunch
- ☐ Brussels sprouts 1 lb
- ☐ Fresh ginger 2-inch piece
- ☐ Orange 1
- ☐ Ripe figs 8
- ☐ Firm pears 2

FISH AND MEAT

- ☐ Boneless turkey breast 2 lb

DAIRY

- ☐ Pecorino a small wedge
- ☐ Plain kefir 1 cup

PANTRY

- ☐ Pearl barley ½ cup
- ☐ Cannellini beans, 15 oz cans 2
- ☐ Low-sodium vegetable broth 9 cups
- ☐ Wild rice 1½ cups
- ☐ Natural bouillon
- ☐ Dried cranberries ½ cup
- ☐ Pecans ⅓ cup
- ☐ Walnuts ¼ cup
- ☐ Dried oregano
- ☐ Honey
- ☐ Ground cinnamon
- ☐ Cinnamon stick 1

From your pantry: avocado or olive oil, sea salt and black pepper.

THE MENU CARD

The Sunday Table

DINNER FOR FOUR

TO BEGIN

Sheet-Pan Market Vegetables with Herb Oil *beets, red onion & mushrooms*

TO GATHER

The Sunday Roast Table

TO FINISH

Roasted Figs & Pears with Honeyed Yogurt *a topping for every guest*

TO POUR

Ginger, Cinnamon & Orange Infusion

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THE PREP CARD

1. THAT MORNING

Make the herb oil and refrigerate it. Cut the market vegetables. Toast the walnuts.

2. AN HOUR AND THREE-QUARTERS BEFORE

Heat the oven to 375°F. Roast the seasoned turkey breast 1¼ to 1½ hours, to 165°F. (A chicken goes in 1¼ hours before.)

3. FORTY-FIVE MINUTES BEFORE

Add the carrots around the bird, and put the market vegetables on the lower rack. Start the rice. Halve the figs and quarter the pears.

4. AS YOU SIT DOWN

Rest the bird under foil; serve the vegetables with herb oil. Carve, steam the green beans and stir the herbs into the rice. Raise the oven to 400°F for the figs and pears, and brew the infusion.

Market Vegetables p. 53 · Sunday Roast p. 51 · Roasted Figs & Pears p. 54 · Ginger Infusion p. 55

THE MARKET LIST

PRODUCE AND HERBS

- ☐ Beets, red onion, mushrooms and broccolini 2 lb in all
- ☐ Parsley, basil and mint 1 bunch each
- ☐ Thyme and rosemary 1 small bunch each
- ☐ Garlic 2 heads
- ☐ Lemons 2
- ☐ Carrots 1 lb
- ☐ Green beans 1 lb
- ☐ Ripe figs 8
- ☐ Firm pears 2
- ☐ Fresh ginger 2-inch piece
- ☐ Orange 1

FISH AND MEAT

- ☐ Boneless turkey breast 3 lb, or a 4 lb whole chicken

DAIRY

- ☐ Plain Greek yogurt, or a topping for each guest 1 cup

PANTRY

- ☐ Brown or wild rice 1½ cups
- ☐ Natural bouillon
- ☐ Smoked paprika
- ☐ Ground cumin
- ☐ Ground cinnamon
- ☐ Cinnamon stick 1
- ☐ Walnuts ¼ cup
- ☐ Honey

From your pantry: avocado or olive oil, sea salt and black pepper.



FROM THE MARKET TO THE TABLE

Shop like a *private chef*

1 Choose your week

Pick one dinner card, or three recipes from your chapter. Each recipe serves four.

2 Take one list

Every dinner card has its own market list, ready to cut out. Cooking from your chapter? Use the list on page 73.

3 Shop in this order

The **pantry** first, then **produce**, then **dairy**, **fish** and **meat**. Cold things go in the cart last.

4 Choose the best you can

Wild fish, grass-fed meat and pasture-raised eggs. Frozen vegetables and fruit, with nothing added, are welcome too.

THE SIMPLE PANTRY

OILS AND VINEGARS
Avocado oil, for cooking · extra-virgin olive oil, for finishing · balsamic vinegar

GRAINS AND LEGUMES
Rolled oats · brown and wild rice · pearl barley · green lentils · canned cannellini beans

NUTS AND SEEDS
Walnuts · pecans · pumpkin seeds · ground flaxseed · sesame seeds

BROTHS, SAUCES AND FERMENTS
Low-sodium vegetable broth · natural bouillon · miso paste · tamari · Dijon mustard

A LITTLE SWEETNESS
Raw honey · unsweetened dried cranberries

ALWAYS ON HAND
Flaky sea salt · lemons and limes · garlic · fresh ginger · onions

THE HERB SHELF · BUY FRESH, USE BY THE HANDFUL

Parsley
gremolata, pesto, every plate

Dill
salmon, cucumber, yogurt

Mint
lamb, fruit, coolers

Basil
salads, minestrone, herb oil

Cilantro
mahi-mahi, salads, salsa

Chives
eggs and scrambles

Thyme
roots, roasts, fruit

Rosemary
beef, lamb, roast bird

Sage
turkey, squash, venison

Keep soft herbs like a bouquet: stems in a jar of water in the refrigerator, loosely covered. Wrap hardy herbs in a damp towel.

THE SPICE JAR

- Ground cumin
- Ground coriander
- Ground turmeric
- Cinnamon sticks and ground cinnamon
- Smoked paprika
- Dried oregano
- Whole black pepper

THE TEA TIN

- Green tea
- Chamomile and lemon balm
- Peppermint
- Hibiscus and rose hips

AN UNHURRIED SUNDAY AFTERNOON

Sunday *prep*

Set aside two to three hours on a Sunday afternoon, and every weeknight becomes easier. Choose the tasks that suit your week, and check off each task as you go.

- [ ] **Cook a pot of grains**
  Brown or wild rice for the week. Squash & Mushroom Supper p. 23, Sage-Roasted Turkey p. 45.
- [ ] **Cook a pot of lentils**
  For Wild Salmon, Lentils & Harvest Vegetables, p. 20.
- [ ] **Wash and dry your greens**
  Wrap them in a towel in the refrigerator. They keep for five days.
- [ ] **Roast a tray of vegetables**
  Sheet-Pan Market Vegetables, p. 53. Lunches for three days.
- [ ] **Make one green sauce**
  Herb oil (p. 53), gremolata (p. 14) or parsley pesto (p. 31).
- [ ] **Make one soup**
  Autumn Root Soup, p. 22, or Sardinian Minestrone, p. 47.
- [ ] **Toast nuts and seeds**
  Walnuts and pumpkin seeds, cooled and stored in a jar.
- [ ] **Boil four eggs, or press your tofu**
  For quick breakfasts and lunches.
- [ ] **Chill a carafe**
  Ginger & Peppermint Cooler, p. 16, or Rose Hip & Hibiscus Cooler, p. 48.
- [ ] **Plan three dinners**
  Write them on your week, page 73.

HOW LONG IT KEEPS, IN THE REFRIGERATOR

5 days

Washed and dried greens, wrapped in a towel

4 days

Cooked grains · lentils · soups · roasted vegetables · cooked fish and meat

3 days

Herb oil · gremolata · pesto · chilled coolers

1 week

Boiled eggs in the shell · toasted nuts, in a jar

Soups and cooked grains also freeze well for up to three months.

Keep raw meat and fish on a separate board from produce. Store cooked food within two hours, and eat most cooked food within four days.

O

TYPE O · A WEEK AT YOUR TABLE

The Voyager's *Week*

Seven days of meals, movement and rest, planned for a Voyager. Follow it as it is, or plan your own on page 73.

	MORNING	MIDDAY	EVENING	MOVE	REST
Monday	Voyager's Morning Hash p. 11	Adriatic Herb-Roasted Cod p. 14	Rosemary Beef Tenderloin p. 12	Brisk 30-minute walk	Screens off at 9:30
Tuesday	Eggs with sautéed greens	Sliced beef over greens	Lamb Kofta p. 15	Strength workout	Five breaths before bed
Wednesday	Voyager's Morning Hash p. 11	Sheet-Pan Market Vegetables with cod p. 53	The Summer Garden Grill p. 13	Swim or cycle	Peppermint cooler after dinner
Thursday	Eggs and berries	Kofta in lettuce cups	Adriatic Herb-Roasted Cod p. 14	Run or brisk walk	Early night
Friday	Voyager's Morning Hash p. 11	Summer fruit bowl and grilled steak	Squash & Mushroom Supper, with seared beef p. 23	Dance, tennis or a game	A warm bath
Saturday	A long breakfast: hash and eggs	Market lunch with friends	The Summer Garden Grill p. 13	Long hike	A cup with a view
Sunday	Sunday prep, page 66	Sheet-Pan Market Vegetables p. 53	The Sunday Roast Table p. 51	Family walk	Plan next week

THE MARKET LIST

WHAT WORKED THIS WEEK

O
Voyager
TYPE O

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A

TYPE A · A WEEK AT YOUR TABLE

The Sower's *Week*

Seven days of meals, movement and rest, planned for a Sower. Follow it as it is, or plan your own on page 73.

	MORNING	MIDDAY	EVENING	MOVE	REST
Monday	Sower's Morning Oats p. 19	Autumn Root Soup p. 22	Wild Salmon, Lentils & Harvest Vegetables p. 20	Qigong, then a 10-minute walk	Ginger infusion at four o'clock
Tuesday	Sower's Morning Oats p. 19	Salmon and lentil leftovers	Spring Greens, Asparagus & Pea Plate with tofu p. 21	Slow walk at lunch	Lights low at 9:30
Wednesday	Oats with sliced pear	Autumn Root Soup p. 22	Squash & Mushroom Supper p. 23	Qigong	Five breaths before bed
Thursday	Sower's Morning Oats p. 19	Squash supper leftovers	Adriatic Herb-Roasted Cod, with lentils p. 14	Walk with a friend	Green tea before noon
Friday	Oats with berries	Sheet-pan vegetables and lentils	Okinawan-Style Miso Broth p. 37	Gentle yoga class	Early night
Saturday	A slow breakfast, sitting down	Market lunch	Fig, Walnut & Kale Salad with tofu p. 39	Long walk outdoors	A cup with a view
Sunday	Sunday prep, page 66	Sheet-Pan Market Vegetables p. 53	The Sunday Roast Table p. 51	Family walk	Plan next week

THE MARKET LIST

WHAT WORKED THIS WEEK

A
Sower
TYPE A

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B

TYPE B · A WEEK AT YOUR TABLE

The Shepherd's *Week*

Seven days of meals, movement and rest, planned for a Shepherd. Follow it as it is, or plan your own on page 73.

	MORNING	MIDDAY	EVENING	MOVE	REST
Monday	Shepherd's Morning Bowl p. 27	Green Shakshuka p. 29	The Chef's Lamb Loin p. 28	Hike or long walk	Bed at your chosen time
Tuesday	Shepherd's Morning Bowl p. 27	Lamb and greens leftovers	Baked Halibut p. 31	Swim	Golden milk before bed
Wednesday	Eggs with feta	Fig, Walnut & Kale Salad with lamb p. 39	Venison Medallions p. 30	Cycling	Five breaths before bed
Thursday	Shepherd's Morning Bowl p. 27	Halibut over greens	Herb-Crusted Lamb, Sweet Potato & Jammy Egg p. 44	Tennis or a dance class	Bed at your chosen time
Friday	Green Shakshuka p. 29	Fruit bowl with yogurt	Yogurt-Dill Salmon, made with halibut p. 46	Long walk	Golden milk
Saturday	Shepherd's Morning Bowl p. 27	Lunch out with friends	The Summer Garden Grill, made with lamb p. 13	Hike somewhere new	A cup with a view
Sunday	Sunday prep, page 66	Sheet-Pan Market Vegetables with feta p. 53	The Sunday Roast Table (turkey) p. 51	Family walk	Plan one new dish

THE MARKET LIST

WHAT WORKED THIS WEEK

B
Shepherd
TYPE B

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AB

TYPE AB · LEANING A · A WEEK AT YOUR TABLE

The Sage's *Week*

Seven days of meals, movement and rest, planned for a Sage. Follow it as it is, or plan your own on page 73.

	MORNING	MIDDAY	EVENING	MOVE	REST
Monday	Sage's Morning Scramble p. 35	Fig, Walnut & Kale Salad p. 39	Turkey, Cod & Cucumber Dill Plate p. 36	Gentle 20-minute walk	Chamomile, then five breaths
Tuesday	Sage's Morning Scramble p. 35	Okinawan-Style Miso Broth p. 37	Mahi-Mahi p. 38	Qigong	Lights low at 9:30
Wednesday	Yogurt with figs and walnuts	Turkey and cod leftovers	Squash & Mushroom Supper with tofu p. 23	Walk in daylight	Chamomile tea
Thursday	Sage's Morning Scramble p. 35	Mahi-mahi over greens	Yogurt-Dill Salmon, made with cod p. 46	Yoga or stretching	Early night
Friday	Sower's Morning Oats with figs p. 19	Okinawan-Style Miso Broth p. 37	Spring Greens, Asparagus & Pea Plate with tofu p. 21	Qigong	A warm bath
Saturday	A slow breakfast: scramble	Market lunch	Adriatic Herb-Roasted Cod with tofu p. 14	Long, unhurried walk	Tea and a good book
Sunday	Sunday prep, page 66	Sheet-Pan Market Vegetables with tofu p. 53	The Sunday Roast Table (turkey) p. 51	Family walk	Plan next week

THE MARKET LIST

WHAT WORKED THIS WEEK

AB
Sage
TYPE AB · LEANING A

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AB

TYPE AB · LEANING B · A WEEK AT YOUR TABLE

The Steward's *Week*

Seven days of meals, movement and rest, planned for a Steward. Follow it as it is, or plan your own on page 73.

	MORNING	MIDDAY	EVENING	MOVE	REST
Monday	Steward's Morning Plate p. 43	Yogurt-Dill Salmon p. 46	Herb-Crusted Lamb, Sweet Potato & Jammy Egg p. 44	Morning walk	Ten minutes for yourself
Tuesday	Steward's Morning Plate p. 43	Sardinian Minestrone p. 47	Sage-Roasted Turkey p. 45	Tennis or a game	Hibiscus cooler
Wednesday	Yogurt with fruit	Turkey and wild rice leftovers	Baked Halibut p. 31	Stretch, then a walk	Early night
Thursday	Steward's Morning Plate p. 43	Sardinian Minestrone p. 47	Mahi-Mahi p. 38	A class with a friend	Five breaths before bed
Friday	Sower's Morning Oats with kefir p. 19	Fig, Walnut & Kale Salad with turkey p. 39	Venison Medallions, made with lamb, to 145°F p. 30	Walk with family	Ten quiet minutes
Saturday	Steward's Morning Plate p. 43	Lunch with friends	The Summer Garden Grill, made with turkey p. 13	Long walk	Host, then rest
Sunday	Sunday prep, page 66	Sheet-Pan Market Vegetables p. 53	The Sunday Roast Table (turkey) p. 51	Family walk	Plan next week

THE MARKET LIST

WHAT WORKED THIS WEEK

AB
Steward
TYPE AB · LEANING B

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NOT SURE YET · A WEEK AT YOUR TABLE

The Discovery *Week*

Seven days of meals, movement and rest, planned for someone still discovering their blood type. Follow it as it is, or plan your own on page 73.

	MORNING	MIDDAY	EVENING	MOVE	REST
Monday	Summer Fruit & Mint Terrace Bowl p. 52	Vegetable and rice bowl	Sheet-Pan Market Vegetables with turkey p. 53	20-minute walk	Ginger infusion
Tuesday	Fruit with walnuts	Sheet-pan vegetables over rice	Autumn Root Soup p. 22	20-minute walk	Lights low at 9:30
Wednesday	Summer Fruit & Mint Terrace Bowl p. 52	Autumn Root Soup p. 22	Roast turkey breast, greens and rice	Walk with a friend	Five breaths before bed
Thursday	Fruit with walnuts	Turkey and greens leftovers	Sheet-Pan Market Vegetables p. 53	Gentle stretching	Early night
Friday	Summer Fruit & Mint Terrace Bowl p. 52	Vegetable and rice bowl	Grilled turkey with a garden salad	20-minute walk	A warm bath
Saturday	A slow breakfast	Market lunch	Sheet-Pan Market Vegetables with turkey p. 53	Long walk outdoors	A cup with a view
Sunday	Sunday prep, page 66	Autumn Root Soup p. 22	The Sunday Roast Table (turkey) p. 51	Family walk	Book your Heritage Assessment

THE MARKET LIST

WHAT WORKED THIS WEEK

Not sure yet

NOT SURE YET

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YOUR WEEK AT THE TABLE

Your week, *composed*

Write in your meals, one movement and one restful habit each day.
Your chapter has five dishes and a cup to choose from.

	MORNING	MIDDAY	EVENING	MOVE	REST
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

THE MARKET LIST

WHAT WORKED THIS WEEK

MY PROFILE

- ☐ O · Voyager
- ☐ A · Sower
- ☐ B · Shepherd
- ☐ AB · Sage
- ☐ AB · Steward
- ☐ ✦ · Not sure yet

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28 A 28-day plan for your profile
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Menus for every season, and for the celebrations that bring your family together.

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WHEN YOU ARE READY FOR MORE

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