

How to work with Influencer Ingredients

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 INFLUENCER INGREDIENTS	FRUIT Avocados Mango Oranges Sun dried tomatoes	VEGETABLES Beets Corn Peas Peppers Spinach	LEGUMES Black-eyed Peas Soybeans*	NUTS & SEEDS Chia Brazil Nuts Flaxseed* Hemp Seed* Sesame Seed* Sunflower Seeds Walnuts	SEAFOOD Albacore Tuna Anchovy Herring Mackerel Mussels Oysters Pacific Halibut Salmon Sardines
	ANIMAL PROTEIN Cheese (aged preferential) Meat Poultry Whole Eggs	OTHER Brewer's yeast Mushrooms (Shitake) Nutritional Yeast Quinoa Rye Sea Vegetables* Wheatgerm	 THE GENOMIC KITCHEN		

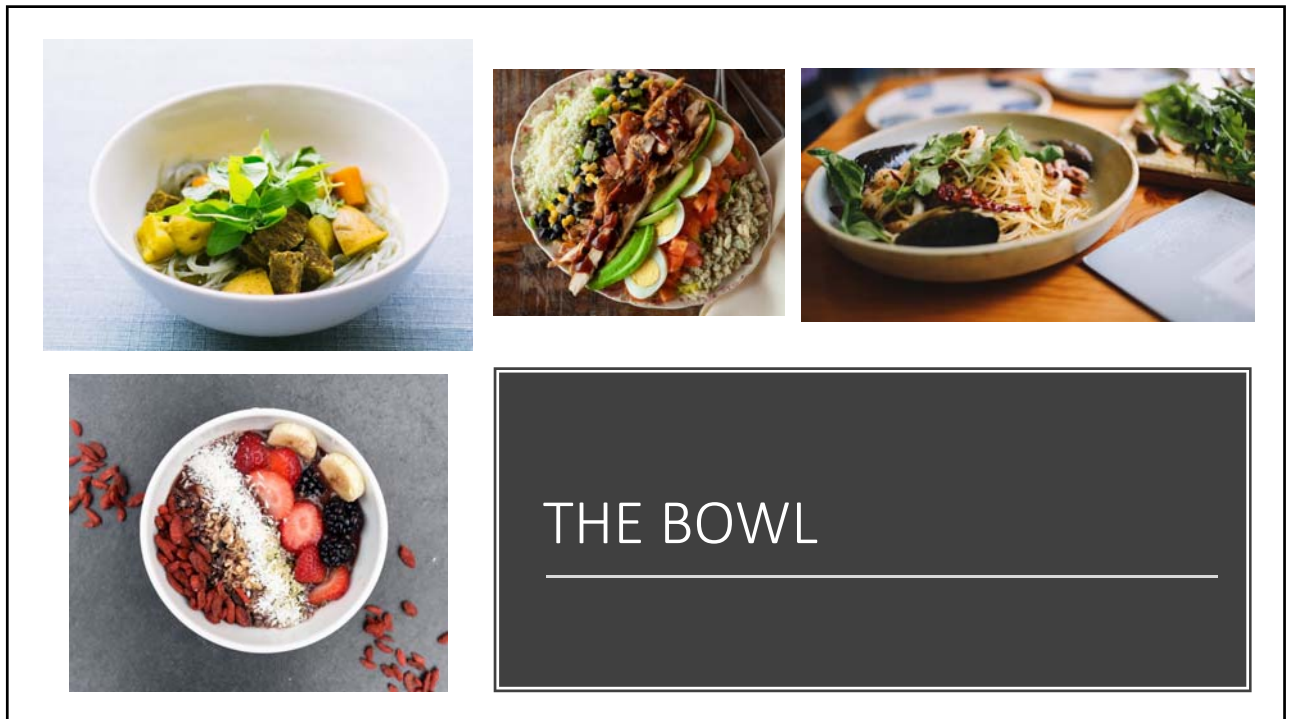
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Culinary strategy 101

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THE BOWL

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Bowls+Flavorizer method

- Basic foundation: “Blank canvas”
- + Vegetables
- + Flavorizer
- + Protein
- + “Vitality Booster”

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FOUNDATION OR CANVAS WE PAINT ON	VEGETABLES	FLAVORIZER	PROTEIN	VITALITY BOOSTERS
<ul style="list-style-type: none"> • Rice, Grain, Pasta, Rice Noodles • Legumes: Fresh, canned, cooked 	<ul style="list-style-type: none"> • Chopped Salad or Slaw • Raw/Cooked Mix • Target 1 cruciferous vegetable 	<ul style="list-style-type: none"> • Basic Vinaigrette • Leverage your target nutrients and in here 	<ul style="list-style-type: none"> • Plant: tofu, tempeh etc • Seafood: fresh or high quality canned • Grilled/seared meat/poultry 	<ul style="list-style-type: none"> • (Toasted) nuts, seeds • Nutrient oils: flax, high quality olive oil, nut oils • Fermented or cultured foods

Bowl method

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<p>MASTER INGREDIENTS</p>	FRUIT Apples Blackberries Blueberries Elderberries Grapes Pink Grapefruit Pomegranate Raspberries Strawberries (Cooked) Tomatoes Watermelon	VEGETABLES Cauliflower Arugula Bok Choy Broccoli Brussels Sprouts Cabbage Cauliflower Collard Greens Dandelion Greens Kale Kohlrabi	Hibiscus Radishes Radish leaves Rutabaga Taro Turnip Turnip greens Watercress Watercress	OTHER Carrots Fennel Garlic Onions Shallots	HERB Basil Cilantro Chives Dill Lavender Lemon Oregano Parsley Rosemary Sage Thyme	LEGUMES Broad beans (Bava/Spann peas) Peanuts	SPICES Ginger Hot chili peppers Turmeric	OTHER Capers Green tea Honey Olive oil Red wine
	<p>INFLUENCER INGREDIENTS</p>	FRUIT Avocado Mango Orange Sun-dried tomatoes	VEGETABLES Beets Corn Peas Peppers Spinach	SEAFOOD Anchovy Anchovy (Marinated) Mussels Oysters Pacific Halibut Salmon Sardines	ANIMAL PROTEIN Cheese Ingot Meat Poultry Whole Eggs	NUTS & SEEDS Chia Brazil Nuts Flaxseed* Hemp Seed Sesame Seed* Sunflower Seed* Walnuts	LEGUMES Black-eyed Peas Soybeans*	OTHER Brewer's yeast Mustard (Dillseed) Nutritional Yeast Quinoa Rice Sea Vegetables* Wheatgrass
		<small>*Appear in more than one ingredient category, reflecting different biochemical functionalities of these ingredients.</small>						
	<p>SUPER FOOD INGREDIENTS</p>	LEGUMES Chickpeas Lentils Soybeans*	SEEDS Flaxseed* Sesame seed* Sunflower seed*	OTHER Sea Vegetables*				
<small>*Appear in more than one ingredient category, reflecting different biochemical functionalities of these ingredients.</small>								
<p>ENABLER INGREDIENTS</p>	PREBIOTICS Artichoke Asparagus Banana Burdock root Chlorella Dandelion root	PROBIOTICS Garlic Kiwifruit Leeks, onions Jerusalem artichoke (here as prebiotic) Whole wheat	FERMENTED/ CULTURED Fish sauce Miso Soy sauce Tempeh	DAIRY FERMENTED/ CULTURED Kefir Yogurt	NON-DAIRY FERMENTED Sauerkraut Kimchi			
	<small>*Appear in more than one ingredient category, reflecting different biochemical functionalities of these ingredients.</small>							

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<p>FOUNDATION/CANVAS WE PAINT ON</p>	Rice, Grain, Pasta, Rice Noodles Legumes: Fresh, canned, cooked
<p>VEGETABLES</p>	Chopped Salad or Slaw Raw/Cooked Mix Target 1 cruciferous vegetable
<p>FLAVORIZER</p>	Basic Vinaigrette Leverage your target nutrients and in here
<p>PROTEIN</p>	Plant: tofu, tempeh etc Seafood: fresh or high quality canned Grilled/seared meat/poultry
<p>VITALITY BOOSTERS</p>	(Toasted) nuts, seeds Nutrient oils: flax, high quality olive oil, nut oils Fermented or cultured foods

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FLAVORIZERS (SEE NEXT SLIDE!)

Vinaigrette

- Red Wine, Lemon-Herb, Lemon Dijon,
- Balsamic base

Umami Style

- Almond, peanut or cashew satay
- Nut + herb base (pistachio-mint)
- Tahini based

Asian Style

- Tamari based
- Miso based
- Usually with ginger

South American Style

- Lime-Ginger

Avocado Based

- Avocado-orange

Herb Based

- Pesto Style

Gremolata

- Walnut-parsley
- Lemon-parsley-garlic-pine nuts

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Citrus Caesar Salad Dressing

- 1 tablespoon grated lemon rind
- 1 tablespoon fresh lemon juice
- 1/2 cup extra virgin olive oil
- 1 tablespoon white vinegar
- 1 garlic clove, finely minced
- 1-2 tablespoons anchovy paste or chopped anchovy fillets
- 1 tablespoon freshly grated parmesan cheese (optional)
- Kosher or sea salt, to taste
- Freshly ground black pepper, to taste

* You can also use capers instead of anchovies if you prefer.

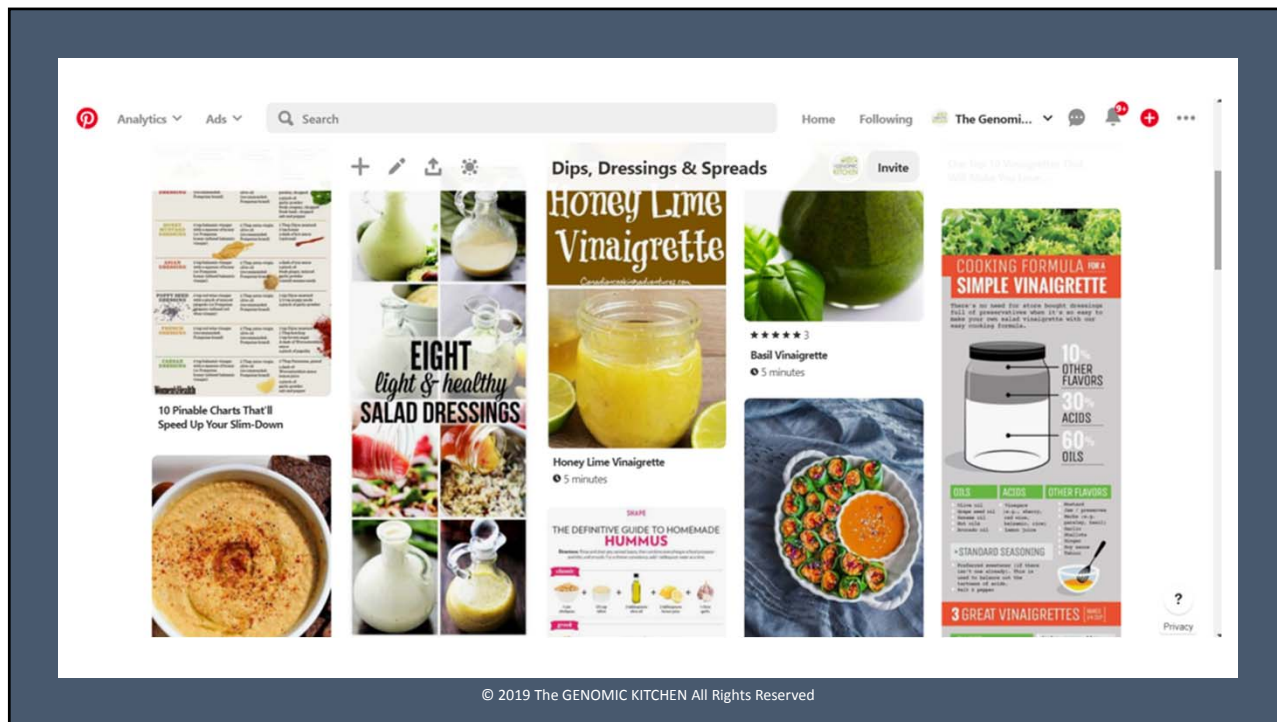
Combine all the ingredients in a medium bowl and whisk well to combine. This dressing can be made in a food processor or blender as well. Adjust the seasoning. Store in the refrigerator for up to a week. Serve with greens or as a marinade for meats, seafood or drizzled over grilled vegetables.




THE GENOMIC KITCHEN
 Homemade Vinaigrettes & Dressings

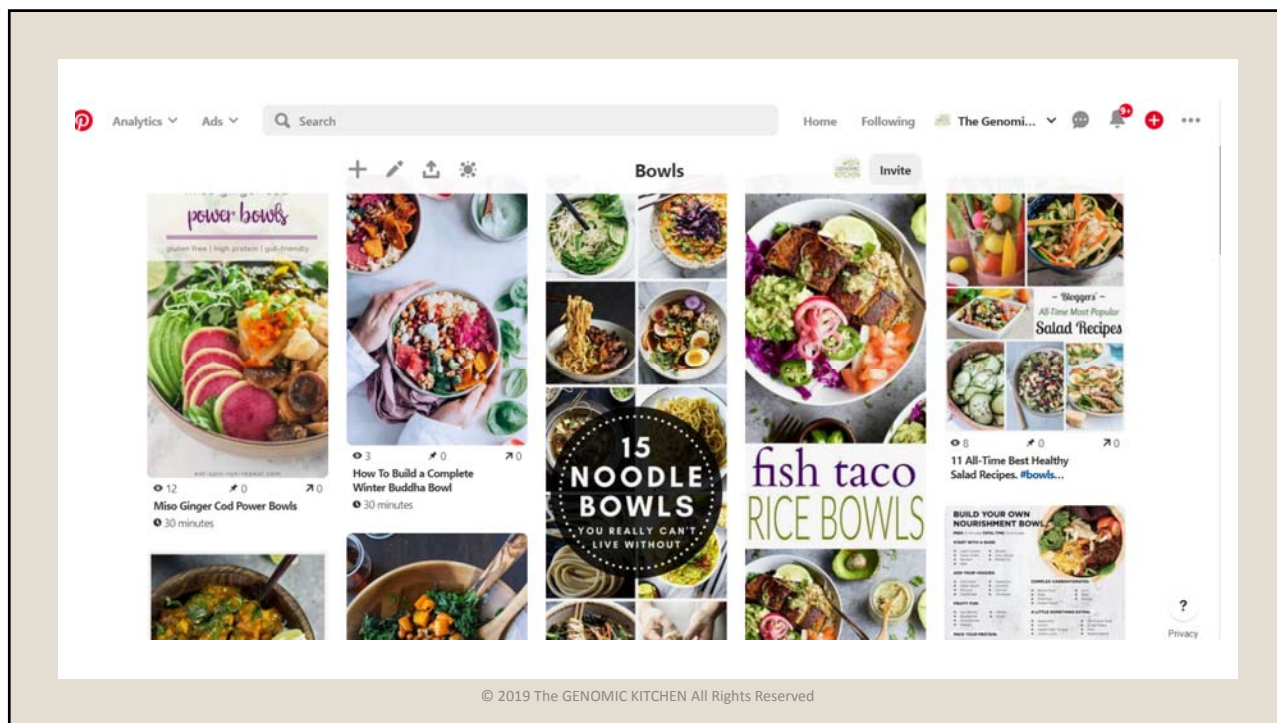
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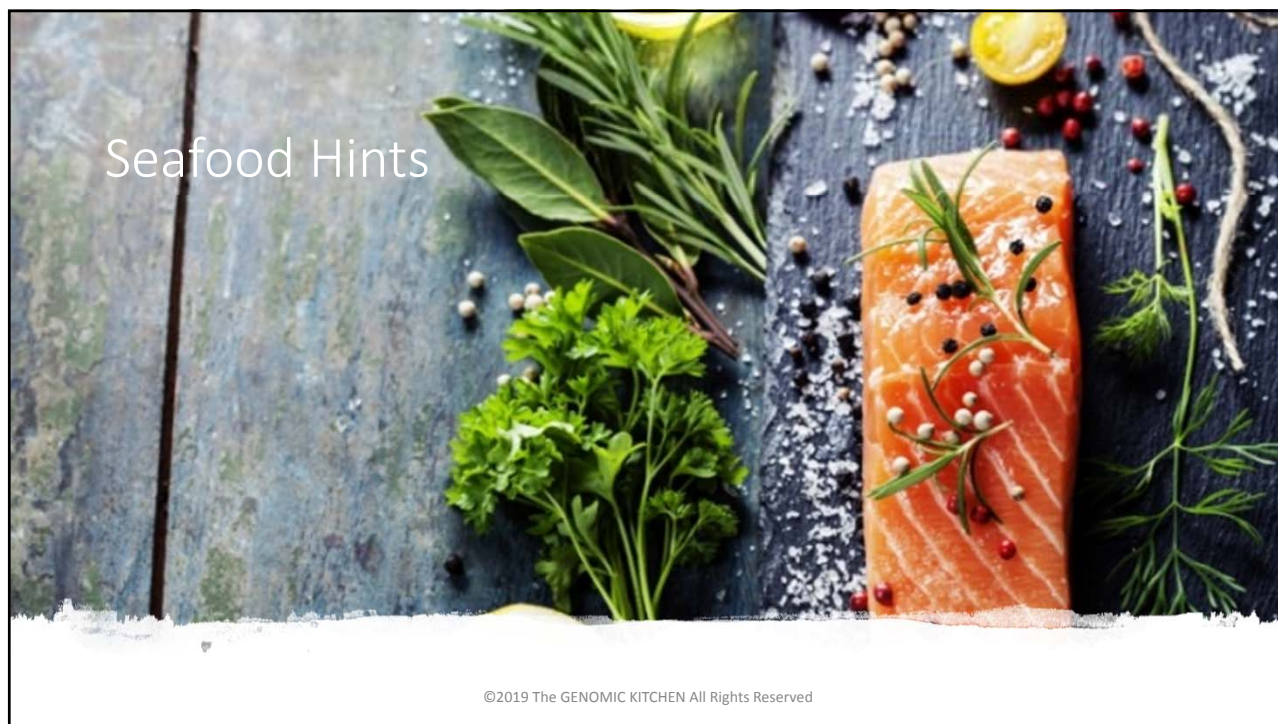
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See recipe pack and our blog!

	Canned/fresh seafood as a foundation for seafood patties or burgers	Salmon, tuna, mackerel, sardines
	Canned or fresh seafood as a foundation for salads/bowls	Salmon, tuna, mackerel, sardines
	One basic “success” recipe for a filet of fish	Process ½ cup pecans with one clove garlic Add 1 Tablespoon minced parsley Spread on 8 oz filet of salmon Bake in 350 F oven for 15 minutes

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The collage consists of four distinct elements arranged in a 2x2 grid. The top-left element is a solid grey square. The top-right element is a white square containing a red logo that features a stylized letter 'S' enclosed within a circular arc. The bottom-left element is a white square containing the logo for 'THE GENOMIC KITCHEN', which includes a green icon of a DNA double helix flanked by a bowl and a hand, with the text 'THE GENOMIC KITCHEN' below it. The bottom-right element is a photograph of a dark bowl filled with a colorful salad of vegetables and grains, set on a wooden surface.

**Introduction
to Super
Foods**
