

The following recipes were copied from <http://www.hcgtnt.com/recipes.php>

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**Beef with Cabbage Lettuce Wraps**

Ground Beef- Allowed Amount

Cabbage Shredded- Allowed Amount

2-3 Cloves Garlic- Minced

1-2 TBSP Fresh Cilantro

Small Amount Organic Chicken Broth

Salt and Pepper to taste

2 Large Lettuce Leaf. Romaine or Iceberg

Hotsauce- optional

In small pan (Cast iron preferrably). Since we cannot have oil, a seasoned cast iron skillet works great.

Heat skillet. Add ground beef, Garlic. Add small amount of broth. Fry until almost done. Will be very quick. Take out and set aside. Put cabbage in pan. Salt and Pepper. Start to fry to pick up beef flavor then add approx. 1/4 cup Broth. Cook until tender. Not mushy. Add beef with cabbage. Cook 1 minute on high heat.

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Deleted: I use cast iron for almost everything.

Remove. Place in Lettuce Leaves. Add hot sauce if desired.

### **Beef with Spicy Parsley Tomato Sauce**

100g Beef or Veal

Spicy Parsley Tomato Sauce:

2-4 tomatoes depending on size, cut in quarters

1 1/2 cups fresh flat-leaf parsley

2 garlic cloves

1/2 teaspoons red pepper flakes

3/4 teaspoon kosher salt

3/4 teaspoon freshly ground black pepper

herbs de provence

2 tablespoons red wine vinegar

broth

Preheat the oven to 375 degrees F.

Season the beef with salt and pepper. Season the tomatoes with salt, pepper, and herbs de Provence.

Place a medium, heavy roasting pan or Dutch oven over high heat. Heat the broth. Sear the beef over high heat on all sides. Turn off heat. Remove beef. Place the seasoned tomatoes into pan and place the pan in the oven. Roast about 30 to 40 minutes. During last 5 minutes, put beef into pan with the tomatoes. Take the pan out of the oven, tent loosely with foil or cover, and let rest for 10 to 15 minutes.

To make the sauce, place the parsley and garlic in a food processor and pulse until the parsley is finely chopped. Add the red pepper flakes, salt, red wine vinegar and the roasted tomatoes from the beef pan and process until pureed. Add the broth in a steady stream with the machine running until saucy. I like mine a little thicker

To serve, slice the beef into thin strips and place on a serving platter. Drizzle a little sauce over the meat. Serve the remaining sauce in a small bowl alongside.

### **Beef- Crockpot Roast**

100 g steak

onion soup mix

1 c beef broth

black pepper to taste

Add steak to crockpot.

Cover with remaining ingredients. I sometimes add a splash of liquid aminos as well.

Cook for several hours until reaches desired doneness.

Serve.

TIP: Besides being delicious any day, this is a great one for those mornings when I realize I completely forgot to take something out to thaw. You can take the steak straight from the freezer into the crockpot and eat a flavorful, tender steak later in the day.

### **Beef- French Dip**

100g sliced cooked steak

1/2 onion sliced into rings

1 c beef broth

2 cloves minced garlic

1/2 t thyme

1/2 t pepper

liquid aminos

Preheat pan over MED heat.

Add onions and garlic. Cook 5-10 mins until tender.

Add broth, thyme, and pepper. Bring to boil.

Reduce heat & simmer 5-10 mins.

Add steak and return to boil.

Reduce heat & simmer 5-10 mins.

Serve steak & onions with the au jus and a couple splashes of liquid aminos.

TIP: For the cooked steak in this dish, you can simply slice the steak very thinly and then saute with a bit of broth until browned.

Since this dish only uses 1/2 an onion, I pair this one up with some onion rings. Makes an excellent filling

meal.

### **Beef- Hamburgers**

This is controversial because of the little bit of ketchup and mustard as well as mixed veggies. But I have been eating it a couple times a week with no ill results to my weight loss.

cook/scramble 3.5 oz ground beef, then rinse well to get rid of all the fat. To this add:

a LITTLE ketchup

a LITTLE mustard

chopped dill pickles

chopped onion

diced tomatoe

a little chopped lettuce

salt/pepper

garlic powder (or fresh/crushed)

Braggs Liquid Aminos

### **Beef- Meatballs**

100g steak (ground into hamburger)

1 grissini (ground into powder)

1 T milk

parsley

onion powder

basil

oregano

garlic

salt

pepper

Preheat oven to 425.

In bowl, combine all ingredients.

Form into 1" meatballs (makes about 6-7).

Place in baking dish or non-stick baking sheet and cook 10 minutes turning halfway through cooking time.

TIP: I usually use a glass baking dish to make these as they seem to want to stick less. Also, if you want to brown them more after cooking, you can broil them for 1-2 mins each side.

### **Beef- Mini Meatloaf**

100g ground steak

1/2 t milk or bbq sauce

1 grissini (ground into powder)

2-3 cloves minced garlic

1/2 t dehydrated minced onion

1/2 t spicy mustard

1/4 t allspice

1/8 t sage

salt/pepper to taste

Any additional seasonings you like

Preheat oven to 350.

In small bowl, combine all ingredients and form into a small meatloaf.

Place in glass dish, cover, and bake 25-30 mins.

Uncover dish, add bbq sauce or homemade sugar free ketchup to top, and bake 5-10 additional mins.

Serve immediately with a bit more of bbq sauce or homemade sugar free ketchup for dipping.

### **Beef- Thai Cucumber Beef Salad**

100g steak

1 t sambal oelek or red pepper flakes

2-3 cloves minced garlic or 1 t garlic paste

1/4 t ground white pepper

2-3 T water

100g cucumber

half lemon

chopped cilantro

Peel, seed and slice cucumber.

In small dish, combine cucumber, juice of 1/2 lemon, and chopped cilantro. Toss.

Cover & refrigerate to marinate while preparing the rest of the dish.

Preheat pan over MED-HI heat.

Slice steak into very thin slices.

In small bowl, place steak, sambal oelek, garlic, and white pepper. Be sure to coat steak well.

Place steak in pan with water.

Stir fry for 2-5 mins depending on how you like your steak cooked.

Serve immediately while hot over cold cucumbers.

### **Beef/Steak- Crockpot Swiss Steak**

100g steak

1 T shake 'n bake

1 T liquid aminos

3-4 cloves minced garlic

1 stalk celery - sliced

1 onion - sliced

1 tomato - diced

1/2-1 c beef broth

Preheat pan over MED-HI heat.

Sprinkle steak with liquid aminos.

Dip steak in shake 'n bake, coating both sides.

Add steak to pan and brown on both sides.

Transfer steak to crockpot.

Cover with garlic, celery, onions, and diced tomato.

Top with beef broth. Don't stir!

Cover and cook on low until reaches desired doneness.

When done, serve immediately, and cover with juices from crockpot.

NOTE: This dish includes 3 vegetables which are meant only for flavor. When finished cooking, you can discard veggies, or choose to eat just one of them (as we aren't allowed to mix veggies on phase 2 per Dr S).

#### Beef/Steak- Cucumber and Garlic Steak

1 cucumber, de-seeded and chopped.

juice of 1 organic lemon

cilantro

100 grams of organic steak

garlic powder

salt and pepper

#### Procedure

Add the cucumber, lemon juice and cilantro in to one dish. Toss. Marinate in the refrigerator while you cook the steak. Thinly slice your steak and sautee in a small amount of water over medium to low heat adding garlic powder, salt and pepper to taste. When steak is done, pour over drained cucumbers. Your taste buds will explode with flavor!

Calories are about 140-150 depending on size of cucumber used.

#### Serving Information

Serves: 1

Fat: g

Calories: 150

### **Beef/Steak- Filet Tenderloin with Braised Chard**

Filet

steak seasoning

chard

chicken stock

balsamic vinegar

green onions

garlic

cilantro

1. Heat cast iron skillet on medium. Rub steak season on both sides of meat. Sear steak to preferred doneness. Remove to plate.
2. Add 2 tbsp of chicken stock to deglaze pan. Add chard and cook until almost wilted. Add garlic, green onion and cilantro.
3. Add dash but no more than 1 tbsp of balsamic vinegar. Cook until chard is wilted and the liquid is cooked mostly off. Add to plate with steak. Enjoy.

### **Beef/Steak- Flank Steak**

Flank Steak

Spinach

garlic

parsley

chicken broth

nutmeg

salt and pepper

1. Preheat oven to 350. Pound flank steak until 1/4-1/2" thick. Salt and pepper both sides.
2. In a food processor, puree spinach garlic and parsley with enough chicken broth to create a paste.
3. Spread paste on one side of the Flank Steak. sprinkle nutmeg sparingly.
4. Roll up Flank Steak and either tie with string or use toothpicks to secure. Make sure that when you roll it

up the fibers are lengthwise so that when you cut into it, it will be against the grain.

5. Place face down in pan and bake until desired doneness. Divide the total weight of the steak by 3.5 so you know how many portions it should be cut into. Enjoy.

### **Beef/Steak- Rosemary Garlic Steak**

100g steak

1 T rice vinegar

1 T rosemary

1 t garlic paste (3-5 cloves minced)

1/2 t crushed red pepper

In small dish, add rice vinegar. Add steak and coat.

In small bowl, combine rosemary, garlic, red pepper. Rub on both sides of steak.

Place steak in small dish, cover, and refrigerate 4 hours - overnight.

Grill to desired doneness.

### **Beverage- Natural 7-UP**

Juice from one squeezed lemon

1 - 2 cups of ice

2 packets of non bitter stevia power (nu-naturals)

1 straw, 1 large drinking cup

1 - 1 1/2 cups mineral water

Fill the cup with how much ice you desire, squeeze the juice of 1 lemon in the cup, sprinkle 2 packets of non bitter stevia (nu-naturals) over ice & lemon, add mineral water and enjoy

### **Beverage- Cafe Americano**

2-3 shots freshly made espresso

1 cup water

1 tbsp skim milk

Stevia or splenda

Procedure

Make espresso according to your espresso makers directions. Use the steam feature and steam the water and milk combined to 150 degrees while espresso is "dripping". When finished combine water/milk and espresso. Sweeten to taste.

I love this because it is nice and foamy!

### **Beverage- Dark Chocolate Licorice Slurpee**

Fennel

5 Droppers full Stevia (Dark Chocolate flavored is great if you have it)

2 Scoops Protein Powder

1 C Water

Place all ingredients in blender, Blend & SLURP!

### **Beverage- Flavored Coffee**

8-12 oz hot water

1 heaping tsp instant coffee (or Pero, Postum etc.)

1 flavored tea bag (mint, spice, raspberry, orange etc.)

1 packet calorie free natural sweetener (Stevia, Xylitol, Sweet n Low)

1 tbs milk (only 1 serving a day)

Place hot water in cup, steep tea bag for 3 minutes.

Discard tea bag.

Stir in coffee (or Pero, postum etc.)

Add sweetener and milk.

Savor the flavors and enjoy!

### **Beverage- Iced Tea**

2 Family size decaf tea bags

1-2 regular size flavored tea bags (to taste)

1 tablespoon Stevia (I use SweetLeaf Stevia Plus)

I take a 1 quart canning jar - this will not crack when you add the boiling water.

I put in 2 Luzianne brand decaf family size tea bags (I get this brand at Walmart).

Then add 1-2 (to your taste) regular size flavored tea bags.

My last batch of concentrate I made - I added 1 bag of chai. Cinnamon Apple is good too!

Add about 3 cups of boiling water. Let steep for 40 minutes.

Remove tea bags and add stevia. Stir well. Store in the fridge.

When you're ready to make it, pour the concentrate

into a one gallon container and fill with water.

### **Beverage- Lemon Fizzy**

8-12 ounces sodium free seltzer water

Juice of 1/2 fresh lemon

splenda or stevia to taste

Procedure

combine in a glass. Yummm.....

### **Beverage- Lemonade**

Water

Fresh Lemon Juice

Liquid Stevia (comes in Lemon Dro

Beverage- Lime Cream Soda

ICE

squeeze of Lime to taste

Vanilla Stevia to taste

Sparkling Mineral water

### **Beverage- Limeade**

ICE

squeeze of Lime to taste

Vanilla Stevia to taste

Sparkling Mineral water

### **Beverage- Orange Julius**

140 grams orange (85 calories about 1/2 an orange)

4 drops of Vanilla Stevia

a bunch of ice

some seltzer

I use the Bullet Blender, so the most it makes is one serving (I love it by the way!!)

After blending it up, I added more ice and seltzer so it would be nice and full and it was

AWESOME!!! Not too sweet, really really good.

I'm psyched, a new treat. :dance 6:

### **Beverage- Pumpkin Mocha**

coffee

1 T milk

1/2 t pumpkin pie spice (to taste)

dark chocolate or milk chocolate stevia (to taste)

Place all ingredients in blender and blend until frothy. Serve immediately.

TIP: You can also add ice to blender to make this a pumpkin mocha frappucino.

NOTE: This includes your daily allowance of milk.

### **Beverage- Simple Frappucino**

So today, I took the coffee left in the pot (you could always brew fresh coffee for this - just let it cool to room temperature) and poured it into small plastic containers (each holding about 8-12 oz worth). You

could also just pour this into an ice cube tray.

Then set in freezer.

Wait a few hours until mostly frozen (works best if it's still sort of 'mushy') and put into blender. (Or, instead of waiting for coffee to freeze, you could simply add ice & room temperature coffee to blender & speed up this process.)

Add 4-8 drops of Vanilla Crème Liquid Stevia (to taste).

Blend until to your desired consistency & serve.

I bet this would also be good with the English Toffee Liquid Stevia. Or the Dark Chocolate Liquid Stevia. Way too many possibilities.

### **Beverage- Strawberry Frappucino**

5 - 6 strawberries

4 ounces of cold water

1 cup of ice cubes

1 cup of mineral water

1 teaspoon of stevia

Put all the ingredients in a good blender and mix well, serve in a tall cup with a straw

### **Beverage- Sweet 'n' Sour Lemonade**

1 Quart Water

1 Lemon (juice only)

2 packets calorie free natural sweetener (Stevia, Xylitol, Sweet n Low)

Ice Cubes

Place 1 quart of water in a pitcher.

Add juice of 1 lemon.

Stir in 2 packets of sweetener.

Add ice as desired.

Garnish with sliced lemons and serve in a tall glass.

Sip with a straw and enjoy!

### **Beverage- Sweet and Sour Spicy Chai**

8-12 oz hot water

1 Spiced Chai tea bag

1 packet calorie free natural sweetener (Stevia, Xylitol, Sweet n Low)

1 tbs milk (only 1 serving a day)

Place hot water in cup, steep tea for 5 minutes.

Discard tea bag.

Stir 1 packet of sweetener.

Add milk and stir.

ip and savor.

You can also pour over ice cubes in a tall glass for a delicious iced chai tea.

Keep a container of this tea in refrigerator to use for cooking or a quick cool pick me up iced tea.

### **Beverage- Tea Spritzer**

2 droppers full Stevia

1 C Seltzer

1 C Water

1 bag Herb Tea (my faves: Celestial Seasonings Sugar Cookie, English Toffee, or Bengal Spice)

Use Water & Tea to make tea. I like to quadruple this recipe & make drinks ahead! Then combine tea with remaining ingredients & enjoy your 'soda'!

Beverage- V 8 Juice

tomato (allowed amount)

juice of half lemon

1 t fresh cilantro, minced

1/2 t zsweet (to taste)

1/4-1/2 t garlic paste (to taste) or 1 clove minced

1/4 t cumin

1/4 t sugar-free worcestershire

1/8 t celery seed

salt/pepper (to taste)

tabasco (to taste)

In blender, combine all ingredients and puree until reaches desired consistency.

Place in refrigerator until chilled or serve over ice.

TIP: Depending on the amount of tomato used, you may need to vary most of these amounts according to taste

### **Beverage-hCG Root Beer**

Seltzer Water

Root Beer Flavored Stevia to taste

Beverage-Simeons Soda

1 cup brewed tea (of choice)

1 to 2 cups of ice cubes

1 straw (preferable)

2 packets of non bitter stevia power (nu-naturals)

1 - 1 1/2 Cup Mineral Water

Brew the tea, add ice cubes to a large cup, sprinkle stevia over the ice, add tea (ice melts less if you wait a little after brewing), fill up the rest of the cup with mineral water, mix and enjoy!!

### **Beverage-Strawberry Lemonade**

1 Quart Water

1 Lemon (juice only)

1 Sliced Strawberry

2 packets calorie free natural sweetener (Stevia, Xylitol, Sweet n Low)

Ice Cubes

Place 1 quart of water in a pitcher.

Add juice of 1 lemon.

Stir in 2 packets of sweetener.

Add ice as desired.

Garnish with sliced strawberries, or crush the strawberry

and mix it in to add flavor and color.

Sip with a straw and enjoy!

### **Beverage- Sparkling Apple Cider Delight**

1 Apple

Cinnamon to taste

Stevia to taste

Splash of nutme

6-8 oz carbonated water or Mineral water

### **Cabbage Chicken Soup**

2 cups of organic, boxed chicken stock or 2 cups of your own stock

Heat in a pan on the stove.

Add 8 oz. of shredded green cabbage.

Cook/boil for a few minutes until the cabbage is getting soft but still crisp.

Add 2.5 oz. of cooked chicken breast, diced

Fresh ground black pepper

a little bit of minced garlic

whatever spices you want to add to suit your taste.

Makes a large bowl for one meal or you can split this into a meal

and a snack.

Calories are around 186 for the entire recipe.

Note: The chicken breast you add to the recipe should be weighed raw at 3.5 oz. and then cooked. I grilled my 3.5 oz. piece of chicken and once grilled the piece weighed 2.5 oz., which is what I used when preparing this recipe.

Note: If you are salt sensitive, the sodium in the canned or boxed chicken stock may make you retain water.

### **Chicken and Grapefruit Stir Fry**

3.5 oz chicken breast (skin removed, no visible fat)

3.5 oz red, yellow or white onion

1/2 grapefruit peeled and cut into small pieces

Put salt, pepper, herbs and spices in the bottom of a skillet.

Add onions and 3 tbs of water or herb tea.

Stir fry until tender and transparent.

Remove from pan and set aside.

Add chicken pieces, salt and pepper to pan and water if needed for steaming the chicken, simmer on medium heat till chicken is well cooked.

(This works well with frozen chicken tenders, just put frozen meat in pan with smaller amount of water or tea and simmer till done).

Place onions, grapefruit and chicken with juice from pan in a bowl.

Toss with salt, pepper, herbs and spices.

Enjoy!

This works well with beef or fish too.

### **Chicken Apple Salad**

100 grams chicken cooked and diced 1 apple diced

3 stalks celery diced

3 tablespoons lemon juice

1/8 teaspoon cinnamon

Dash of nutmeg

Dash of cardamom

Dash of salt Stevia to taste

Wedge of lemon

Directions: Mix ingredients together, sprinkle with stevia and cinnamon. Chill for 20 minutes. Serve with a wedge of lemon and enjoy. Makes 1 serving (1 protein, 1 vegetable, 1 fruit) Phase 3 modifications: Add chopped walnuts or raw almonds. Mix in low sugar Greek yogurt or 1 tablespoon of mayonnaise for a creamier texture.

### **Chicken Asparagus with Lemon and Herbs**

Chicken

Asparagus

2 tbsp lemon juice

2 cloves garlic, crushed

sea salt

pepper

1/4 tsp rosemary

1/2 tsp thyme

1/2 cup chicken broth

Procedure

Mix lemon juice, garlic, salt, pepper, rosemary and thyme. Add chicken and marinate 30 min- 24 hours. Brown chicken and add marinade and broth. Cook about 30 minutes. Add asparagus and cook 2 more minutes.

### **Chicken Baked with Sun Dried Tomatoes**

Chicken

4 sun-dried tomato halves, not oil packed.

10 peeled cloves of garlic

1 oz onion sliced into thinrings

1/2 c chicken broth

1/8 c chicken broth

2 tbsp white wine vinegar

dried oregano

ground pepper

Procedure

Brown chicken with 1/8 c broth in a skillet on med-high heat. In a casserle dish layer onion, tomato and garlic. Top with chicken. Pour 1/2 cup broth and vinegar over chicken. Sprinkle with oregano and pepper. Cover and bake for 30 minutes at 350.

### **Chicken Blackened Salad**

100g chicken tenders

1 t paprika

1/2 t onion powder

1/2 t garlic powder

1/4 t oregano

1/4 t thyme

1/4 t white pepper

1/4 t black pepper

1/4 t ground red pepper

spinach or salad greens (as allowed)

Combine all spices and rub on chicken. Grill until no longer pink.

Serve over spinach or salad greens.

### **Chicken Cajun**

100g chicken

1/2 T milk

1/2 t cajun seasoning

Preheat oven to 350.

In small dish, coat both sides of chicken with milk. Place chicken in glass baking dish. Sprinkle top with cajun seasoning.

Bake uncovered 20-30 mins until chicken is no longer pink.

TIP: If you would like it even more spicy, add a bit of Tabasco or Frank's Red Hot before serving.

This includes 1/2 of your milk portion for the day.

### **Chicken Chowmein**

Handful of chopped cabbage

3.5 ounces of chicken breast

1 - 2 tablespoons of onion

pinch of ginger

sea salt

pinch of stevia

Chop up cabbage, onions & chicken, place in a hot skillet and fry (keeping it moving most of the time), add spices and stir them in. Cook until chicken is done but the ingredients in the pan are not dry.

### **Chicken Creole Salad**

chicken

cajun seasoning

lettuce

yellow onion

tomatoes

Completely coat chicken breast with cajun seasoning and grill. slice and serve over salad, can sprinkle with salt, pepper, and lemon juice if desired.

### **Chicken Cutlets Breaded**

100g chicken

1 grissini (ground into powder)

1/2 c homemade chicken broth

1/4 t garlic powder

1/4 t paprika

1/4 t poultry seasoning (optional)

1/4 t cayenne (use less if you want them less spicy)

salt/pepper to taste

Preheat pan over MED heat.

In small dish, combine grissini powder, garlic powder, paprika, poultry seasoning, cayenne, and salt/pepper. (You could also use ziplock bag.)

Add chicken to seasonings and fully coat. Add half of broth and chicken to pan. Cook for approx. 3-4 mins each side depending on thickness of chicken. Keep adding more broth as it cooks off.

Serve immediately.

### **Chicken Gravy**

1/2 c homemade broth

1 grissini

Add 1/4 c broth to small saucepan and bring to boil.

While broth is heating, grind grissini in food processor until it is a powder. (I use my coffee grinder.)

Add the powdered grissini to the pan, whisking constantly until dissolved.

Still whisking, add remaining 1/4 c broth.

Reduce heat to MED and whisk for 3-4 mins, until thickened.

I usually add some salt, pepper, thyme, sage, or poultry seasoning, etc for more flavor. Feel free to add any spices you like.

TIP: I pour this over my boiled chicken that I use to make my broth. This gives it a lot more flavor as boiled chicken is usually pretty bland.

### **Chicken Kung Pao**

100g chicken - cut into chunks

chopped onion (allowed amount)

1-2 t sambal oelek

red pepper flakes (optional)

Marinade

1 part liquid aminos

1 part rice vinegar

Seasoning

Mash together in small bowl:

3 cloves minced garlic

1-2 t fresh minced ginger root

Sauce

Stir together in small bowl:

1/2 c broth

1-2 t liquid aminos

1 t rice vinegar

In small dish, combine marinade & chicken. Refrigerate 30 mins - 1 hour.

Preheat non-stick pan over MED-HI heat. Cook chicken 5-7 mins, browning on all sides. Add sambal oelek. Cook 1-3 additional mins.

Remove chicken from pan and set aside. Add onion to pan and cook until tender. Stir seasoning mixture in with onions. Cook 1-3 mins.

Add sauce mixture to pan. Cook 1-3 mins. Re-add chicken to pan. Stir. Cook 1-3 mins. Top with a few dashes of red pepper flakes (optional).

Serve.

### **Chicken Larb**

.5 oz ground chicken or beef

2 Tbsp minced onion

minced garlic to taste

minced ginger

1/2-1 minced serrano or jalepeno pepper

2 Tbsp minced celery

1 cup savoy cabbage

1/4-1/2 cup chicken broth

juice of 1/2 lemon or lime

cilantro to taste

1. Brown meat. Add onion, garlic, ginger and celery. Cook for 2-5 minutes.
2. Add pepper, cabbage and broth. Cook until cabbage has slightly wilted.
3. Add cilantro and lemon juice. Cook another 2 minutes or so. Serve in savoy cabbage leaves

### **Chicken Lemon Mustard**

100g chicken

juice of 1/2 lemon

1 T spicy mustard

1/2 t black pepper

1/2 t oregano

1/4 t cayenne pepper

Preheat broiler.

Broil 1 side of chicken 5-10 mins until slightly browned.

In small bowl, add the rest of the ingredients and mix well.

Spoon mixture onto chicken. Flip over and coat other side.

Broil uncooked side 5-10 mins or until no longer pink.

NOTE: This chicken stays really moist and juicy and full of flavor. Enjoy!

### **Chicken Lettuce Wraps**

Minced Chicken (3 1/2 oz)

Minced fresh ginger...about a 1-2 inch piece

Minced fresh garlic - a clove or two or?? (I love garlic!)

Minced green onion (2 or 3 stalks)

veggie broth to cover bottom of pan (10 cal, 0 fat, 0 carbs)

Braise (medium heat) ginger, garlic and onion til soft then add chicken, cook until no longer pink.

Add:

1 tsp Asian Red Chile Sauce (0 calories, 0 fat, 0 carbs, 0 sodium)

1/2 - 1 tsp Chinese 5 spice

1 tbsp rice wine vinegar

1 tbsp wheat free Tamari sauce ( 8 cal, 0 fat, 0 carbs, 150 mgs sodium)

Cook about 5 minutes more, stirring over low heat to reduce liquid. Remove from heat, spoon into whole lettuce leafs and roll; Bibb lettuce, Boston lettuce or Iceberg works really well.

Braggs can used instead of Tamari, but it gives a whole different flavor, not so chinese-y.

### **Chicken or Beef Lettuce Wraps**

Chicken/or Ground Beef/ or Steak

1 clove garlic, minced

Fresh chopped cilantro (2TBSP)

Squeeze of fresh lime

1tsp of cumin

1 tsp chile powder

Cook all together. Cooks nice on high heat. Will cook very fast. Stir fry all together

Chicken or Beef Strawberry Spinach Salad

Organic Baby Spinach

Chicken or Beef

Cut up strawberries

1/4 c. apple Cider vinegar

2-3 packets Stevia

Place clean baby spinach in a nice large salad bowl. Top with cut up grilled beef or chicken breasts. Top with sliced strawberries. Mix Vinegar with Stevia and pour over .

### **Chicken Orange Ginger**

100g chicken - cut into chunks

black pepper

orange - cut in 1/4s

2-3 cloves minced garlic

1 T fresh ginger root (about 1/2"-1" long piece, peeled & minced)

1/2 t basil

juice of half lemon

Preheat pan over MED heat. Sprinkle chicken with pepper.

Add chicken to pan and stir fry until brown on all sides, about 5-10 mins.

Add garlic and cook for 1 min.

Squeeze juice of orange quarters over chicken.

Peel & separate orange into sections. Add orange sections, ginger, lemon juice, and basil. Stir well. Cover and simmer for about 20-30 mins.

### **Chicken Salad**

Not a salad with chicken on it

(you can also do this with crab meat, if you're eating crustaceans/seafood)

Dice 3.5 ounces of chicken very fine

chop 7 ounces celery (or more)

add dash of mustard, salt, pepper, cayenne, vinegar, and

whatever herbs you like (I use savory and parsley for this one)

Mix all the ingredients together in a bowl.

Serve Chilled.

I eat it just like that or sometimes i 'cheat' and grab one HUGE

romaine lettuce leaf and eat it like that - taco style.

Thanks to Maddie for the recipe!

### **Chicken Stir Fry**

chicken

green cabbage

onion

Slice chicken and cabbage. chop onion and celery small. stir fry over med low with some chicken broth and Braggs liquid amino acids ( [www. bragg.com](http://www.bragg.com) or grocery stores. tastes like soy sauce)

celery

### **Chicken Strawberry Salad**

large bed of of lettuce

3.5 oz chicken

6-8 strawberries, sliced

Vinaigrette Dressing (in Phase 2 Salad Dressing Recipes folder)

Grill, bake or steam fry chicken.

Slice into bite sized pieces.

Put lettuce in bowl with sliced strawberries, put chicken in and toss.

Drizzle with vinaigrette, salt, pepper and herbs as desired.

Toss till lettuce is coated &use as much dressing as you like.

### **Chicken Taco Bell Fajitas with Seasoning Mix**

(10 times recipe, to make in bulk and store in a covered jar. Use 1 teaspoon of the mix for 1 serving of chicken)

(1/3 cup + 4t) 2 t chili powder

(1/4 cup + 2t) 1 t salt

(1/4 c + 2t) 1 t paprika

(7.5t) 3/4 t crushed chicken bullion cube

(5t) 1/2 t onion powder

(2.5t) 1/4 t garlic powder

(2.5t) 1/4 t cayenne pepper

(2.5t) 1/4 t cumin

Combine all of the ingredients in a small bowl.

Prepare fajitas using the following ingredients:

1 portion boneless, skinless chicken breasts cut into thin strips

\*2 tablespoons fat-free chicken broth

1 serving onion, sliced

1 teaspoon fajita seasoning mix (above)

Cook and stir chicken with broth in skillet until almost done, remove. Cook the onions in broth, but not all the way - the onions and the chicken will finish cooking when you add the seasoning. Add back the chicken, seasoning mix and more broth if necessary. Cook & stir on medium heat 5 minutes or until chicken is cooked through and the onions are tender.

Serve over thinly sliced lettuce and top with fresh cilantro. Or use a lettuce leaf for a wrap.

\*This is to taste - use however much broth you need or like.

-----  
On Phase 3 you can add peppers, saute the chicken and veggies in olive oil.

### **Chicken Tarragon**

100g chicken breast

tarragon, chopped

tarragon vinegar

1/4 cup chicken broth

4 thinly sliced onions

salt and pepper

1. Preheat oven to 350. Salt and pepper both sides of chicken.
2. In a square pan put slices of onion down. Lay chicken on top of onions.
3. Gently pour tarragon vinegar over chicken. Pour broth in pan but not on chicken. Sprinkle top of chicken with tarragon leaves. Let marinade for 20-30 minutes.
4. Cook in oven for 20-30 minutes until done.

### **Chicken Tenders**

100g chicken

1 T milk

1 grissini

Seasonings (salt, pepper, paprika, ground red pepper, garlic powder)

Preheat oven to 350.

Slice chicken breast into 3 tenders.

In small bowl, mix milk and any seasonings you prefer.

Grind grissini in food processor until it is a powder. (I use my coffee grinder.)

Put grissini powder in a separate small bowl.

Add chicken to milk mixture and toss to coat well.

Then one at a time, place chicken in grissini powder and coat both sides of chicken.

Place chicken in glass baking dish and bake 30-40 mins, turning over halfway through.

In last 5 mins, turn on broiler and broil 2-3 mins each side.

Serve immediately.

NOTE: Remember that this recipe includes both your meat and grissini portion. As well as your daily allowance of milk.

### **Chicken Tenders Breaded Italian Style**

3.5 oz. raw chicken tenders

Soak these in a bowl of water.

Meanwhile, in another small bowl, mix

1 Grissini breadstick or melba toast, crushed

1 1/2 T very finely minced parsley (1 T dried)

couple pinches of poultry seasoning

couple pinches cayenne pepper

couple dashes of oregano

large pinch of thyme

large pinch garlic powder

large pinch of onion powder

couple pinches of rosemary

Place wet chicken tenders on small cookie sheet

Season with fresh ground pepper and sea salt

Pat spice mixture on moist tenders

Bake at 350 until done.

Serve this chicken with two fresh tomatoes, diced,

seasoned with sea salt, fresh ground pepper,

fresh minced parsley and Italian seasoning.

### **Chicken Thanksgiving Turkey**

Handful of chopped cabbage

3.5 ounces of chicken breast

1 - 2 tablespoons of onion

pinch of ginger

sea salt

pinch of stevia

Chop up cabbage, onions & chicken, place in a hot skillet and fry (keeping it moving most of the time), add spices and stir them in. Cook until chicken is done but the ingredients in the pan are not dry.

Chicken Thanksgiving Turkey

Chicken breast

Celery

Onion

Sage

Sea salt

Chop up chicken breast, celery and onion, cook on heated skillet like a stir fry adding seasoning to taste

### **Chicken Vindaloo**

3 cups chopped onions

1 1/2 cups chopped seeded tomatoes (about 4 medium)

2 1/2 tablespoons distilled white vinegar

1 large garlic clove, chopped

1 teaspoon minced peeled fresh ginger

1 teaspoon tomato paste

1 teaspoon garam masala\*

1 teaspoon ground turmeric

1/2 teaspoon paprika

1/2 teaspoon ground cumin

1/2 teaspoon ground coriander

1/4 teaspoon (or more) cayenne pepper

2 tablespoons vegetable oil (omit for P2)

6 skinless boneless chicken breasts, cut into 1- to 1 1/2-inch pieces (this is approximately 12-100g portions depending on the size of the breasts bought)

1 1/2 pounds russet potatoes, peeled, cut into 1-inch pieces

1 1/2 cups low-salt chicken broth or water

Blend first 11 ingredients and 1/4 teaspoon cayenne pepper in processor until paste forms.

Heat oil in heavy large pot over medium-high heat. For Phase 2 use about 1/4 cup of broth in a non-stick

pan. Add paste from processor and cook until golden, stirring occasionally, about 3 minutes. Add chicken and potatoes (omit for phase 2); sauté 5 minutes. Add broth; bring to boil.

Reduce heat to medium-low; cover and simmer until potatoes are tender, stirring occasionally, about 15 minutes. Uncover and simmer until chicken is cooked through, about 5 minutes longer, for a total of 20 minutes.

Season with more cayenne, if desired, and salt and pepper.

\*A spice mixture available at Indian markets, some specialty foods stores, and many supermarkets. To substitute, mix 3/4 teaspoon ground cumin, 3/4 teaspoon ground coriander, 1/2 teaspoon ground pepper, 1/2 teaspoon ground cardamom, 1/4 teaspoon ground cloves, and 1/4 teaspoon ground cinnamon; use 1 teaspoon of mixture.

### **Chicken Wings**

100g chicken breast tenders

1/4 c vinegar

1/4 c water

1-2 T cayenne pepper

1-2 T chili powder (adjust as needed)

In small bowl, mix vinegar, water, and cayenne pepper.

Add chicken to marinade and refrigerate for 1-2 hrs.

Preheat oven to 350.

Add chili powder to a small dish and dip chicken in chili powder.

Place on rack in baking pan.

Bake 15-20 mins turning halfway through.

Serve immediately with some homemade buffalo sauce or Frank's Original Red Hot Sauce.

### **Chicken with Citrus and Basil**

3.5 oz chicken breast (skin removed, no visible fat)

3.5 oz tomatoes chopped

1 orange, peeled and cut into small pieces

Juice of 1/2 lemon

Basil fresh chopped or dried

Put salt, pepper, herbs and spices in the bottom of a skillet.

Add chicken.

Drizzle with lemon juice and a bit of water if more moisture is needed.

Cook 2-3 minutes.

Add chopped tomatoes, chopped orange and basil.

Simmer on low, allowing the juices to marinate the chicken.

Turn chicken to cook both sides evenly.

When chicken is fully cooked, pour chicken and sauces into a bowl

or serve on lettuce leaf.

Enjoy the lively colors and citrus flavors.

Salt and pepper as needed.

### **Chicken With Garlic**

100g chicken 400g chicken - 4 servings

diced onion

3-5 cloves garlic - unpeeled & left whole

juice of half lemon

black pepper to taste

Preheat oven to 350.

Heat non-stick saucepan over MED.

Add the onion. Stir constantly until tender. 5-10 mins.

Transfer onions to glass baking dish.

Place chicken atop onions.

Squeeze on lemon juice & sprinkle with pepper. Place garlic around and on the chicken. Cover tightly either with lid or aluminum foil.

Cook for 30-45 mins or until chicken is no longer pink.

### **Chicken with Orange Spiced Broccoli**

1/4 cup spiced chai tea (see recipe in Phase 2, Misc recipes folder)

3.5 oz chicken breast (skin removed, no visible fat)

3.5 oz broccoli (cooked)

1 orange peeled and cut into small pieces

Pour spiced chai tea into pan, add chicken pieces, simmer on medium heat till chicken is well cooked. (This works well with frozen chicken tenders, just put frozen meat in pan with tea and simmer till done).

Place broccoli, oranges and chicken and juice from pan in a bowl.

Toss with salt, pepper, herbs and spices.

Enjoy!

This works well with beef or fish too.

### **Chicken with Oranges and Onions**

Chicken

2+ oz chicken

1/2 orange in segments

1/2 juice of orange

1/2 cup chicken broth

Procedure

Brown chicken and remove. Brown onions with a bit of the broth. Add remaining broth and orange juice. Add chicken. Simmer about 30 minutes. Add orange segment, and asparagus, if desired. Cook 2 minutes.

Serving Information

### **Chinese Orange Chicken**

Chicken

Juice of 1 orange

1 tbsp rice vinegar

1 tbsp low sodium soy sauce

1 tbsp minced fresh ginger

1 clove garlic, crushed

1/2 cup chicken broth

asparagus (optional)

Procedure

Combine orange juice, vinegar, soy sauce, ginger, and garlic. Add to chicken and marinate 30 minutes to 24 hours. Brown chicken and add marinade and broth. Cook 30 minutes. add asparagus and cook 2 more minutes.

### **Chicken- Tomato Basil**

100 grams cubed chicken

1 cup chopped tomato <sup>o</sup> cup water or chicken broth

2 tablespoons lemon juice

2 tablespoons chopped onion

1-2 cloves garlic sliced

3 leaves basil rolled and sliced

1/8 teaspoon oregano fresh or dried <sup>o</sup>

teaspoon garlic powder <sup>o</sup>

teaspoon onion powder

Cayenne to taste

Salt and pepper to taste

Directions: Lightly brown the chicken in small saucepan with lemon juice. Add garlic, onion, spices and water. After chicken is cooked add fresh tomatoes and basil. Continue cooking for 5-10 minutes. Salt and pepper to taste, garnish with fresh basil. Makes 1 serving (1 protein, 1 fruit or vegetable)

### **Dessert Apple Crisp**

Filling:

1 apple

half small lemon

1 T water

2 t zsweet/granulated sugar sub. (adjust amount if not using zsweet)

cinnamon

Preheat oven to 400.

Peel, core, and slice/chop apple.

Place apples in small baking dish.

Cover with juice of 1/2 small lemon, zsweet/sugar sub., water, and few dashes of cinnamon. Toss.

Topping:

1 grissini

1 t milk

1/2 t cinnamon

1/4 t nutmeg

1/4 t pumpkin pie spice

Grind grissini into a powder using food processor or coffee grinder.

Add milk in 1/4 t increments. Slowly stir until mixture forms a slightly moist crumbly topping.

Sprinkle on top of apple filling.

Bake:

Cover dish and bake 20 mins.

Remove cover and broil 1-2 mins to crisp topping.

Serve immediately.

NOTE: This is really filling and tastes so much like apple pie it almost feels like cheating! My entire family loves it.

This includes 1 t of your allowed 1 T milk for the day. Also includes your grissini and fruit portion for one meal.

You can also totally omit the topping if you don't want to use a grissini portion.

### **Dessert Apple Pie**

I cubed up my apple and sprinkled it with cinnamon and popped into the microwave for about 3 minutes. I took 2 Tablespoons of fatfree sour cream and I stirred in stevia and a little more cinnamon (too much will make it bitter) and I stirred it into the apples. It was awesome.

#### Dessert Baked Apple

1 apple

3/4 teaspoon cinnamon

1 packet stevia (I use SweetLeaf)

2-3 tablespoons water

I halve the apple and then slice it into maybe 12 slices.

Cut the slices into chunks. Toss all ingredients together.

Place covered container in 400 degree oven for about 30-40 minutes.

Enjoy - so good!

### **Dessert Strawberry Pops**

Fresh strawberries

lemon juice

stevia

fresh mint optional

Puree ingredients and pour into pop molds or cups. Freeze until firm. Enjoy

### **Dessert Strawberry Shake**

Handful frozen strawberry pieces

2 T fatfree cottage

1c carbonated water

Blend with the hand blender.

### **Dessert- Baked Orange**

orange peeled, with white pith removed

1/4 tsp vanilla

1 tbsp orange juice

Procedure

Place orange on a square of foil. Fold corners up to form a bowl. Mix juice and vanilla. Drizzle over orange. Close foil. Bake at 350 for 30 minutes, or place on grill for 10-12 minutes.

serve warm.

### **Dessert- Broiled Cinnamon Grapefruit**

1/2 grapefruit

cinnamon to taste (optional)

zsweet (as needed)

Take a knife around the inside peel of the grapefruit so that it cuts out the grapefruit from the peel. (I usually have to use my fingers after this to pull the grapefruit out.)

Separate the sections and place in a bowl. (It's best if the grapefruit is really juicy. If it's not, sprinkle with a bit of water to moisten.)

Sprinkle with zsweet and cinnamon.

Toss, then place back into grapefruit peel.

Broil for about 3-5 mins until caramelized.

### **Dessert- Cinnamon Apples**

Core and slice one apple.

Arrange slices on small plate.

Sprinkle liberally with a good quality cinnamon.

Sweetener of your choice may also be added.

Enjoy!

### **Dessert- Green Apple slaw**

1 green apple (mine was about 150g after coring)

juice from 1/2 small lemon (about 1 T)

granulated sugar substitute (to taste)

1/8 c cut fresh mint (optional)

Core, slice, and cut apple into slivers.

In bowl, add: apple, lemon juice, sugar substitute. Toss to mix.

Toss in fresh mint before serving.

### **Dessert- Orange Cream Cicles**

Juice 2 oranges

Vanilla stevia

Orange flavored mineral water

Mix all together and pour into those things you use to make kool-aid pop sicles for the kids. Freeze

### **Dessert- Strawberry Cheesecake Shake**

Frozen strawberry pieces

2 T fatfree cottage cheese

stevia to taste

6-8 oz carbonated water

Blend with the hand blender.

Freeze or Chill

Enjoy!!

### **Dessert- Strawberry Smoothie**

Clean and hull a handful of strawberries.

Add strawberries to blender along with 1/2 cup water.

Add ice, blend to smoothie consistency.

Additional water or ice may be added.

Sweeten, if necessary, with your choice of sweeteners.

Pour into tall glass and sip through a straw.

Great snack or breakfast idea!

### **Dessert- Strawberry Sorbet**

Allotted amount of strawberries

Juice of 1 lemon

1/4 t Stevia (as needed)

Freeze fresh strawberries about 1 hour.

Blend fresh frozen strawberries, lemon juice & stevia

in blender until very well blended.

You can serve immediately or place in freezer to allow it to

firm up even further.

I love to top it with fresh mint as well.

If you don't want to wait, you can always use your fresh strawberries without freezing them and simply add some ice & water.

Another great recipe, courtesy of Renee!

### **Dessert- Tea "Jello"**

5 droppers full Stevia (can use any flavor, though Cinnamon is especially nice)

2 1/4 C Water

2 T Agar Agar

3 bags Herb Tea (my faves: Celestial Seasons Sugar Cookie, English Toffee, or Bengal Spice)

1 Granny Smith Apple, diced OR 200 grams Strawberries (opt)

Soak Agar Agar & tea bags in the water for ~1/2 hour in a saucepan, then boil until Agar Agar melts. Simmer for 15 minutes. Add stevia and pour into 'glass' baking dish. Add apple, if desired, ensuring the pieces are submerged. Chill until hardened.

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### **Dessert-Orange Smoothie**

Peel and remove as much pith as possible from an orange.

Section orange.

Add orange to blender along with 1/2 cup water.

Add ice, blend to smoothie consistency.

Additional water or ice may be added.

Sweeten, if necessary, with your choice of sweeteners.

Pour into tall glass and sip through a straw.

Great snack or breakfast idea!

Dressing- By Renee

dried herbs (oregano, basil, etc.) - about 1/8 or 1/4 t. each

1/4 cup water (as needed)

2 teaspoons vinegar

1/2 teaspoon ground garlic

1/8 teaspoon ground mustard (optional)

salt

pepper

sugar substitute (as needed)

Put in a jar (with lid) & shake shake shake.

I make this at night before I go to bed as the flavors taste best

the next day and it gets a tad bit thicker as time goes on.

This should stay good in the refrigerator with the lid on for about 5 days. Adjust this recipe to your own taste.

I don't usually use the mustard and use fresh garlic instead.

You can also easily turn this into a "French" or "Catalina" type dressing by adding a small amount of pureed tomato.

Dressing- Cucumber

1 english cucumber

cilantro to taste

1/2 teaspoon dry mustard

1/2 teaspoon cummin

juice of one lemon

2-4 tablespoons apple cider vinegar

1 packet stevia

Put in blender and puree enjoy on veggies or salads

#### **Dressing- Great Salad Dressing**

I like those salad dressings with fruit in them, like raspberry vinaigrette. So instead i use a small portion of the strawberries i would eat as my fruit that day.

Crush/mince approx. 1 ounce of strawberries.

Add vinegar, salt, pepper, some stevia (or splenda if you use that)

to 'cut' the acidity of the vinegar

Add cayenne

Onion Powder

Fresh Garlic chopped finely

Mustard powder

Anything else you like in dressing

Let it set for a few minutes.

It's like fancy restaurant salad dressing.

By Maddie

### **Dressing- Herb**

dried herbs (oregano, basil, etc.) - about 1/8 or 1/4 t. each

1/4 cup water (as needed)

2 teaspoons vinegar

1/2 teaspoon ground garlic

1/8 teaspoon ground mustard (optional)

salt

pepper

sugar substitute (as needed)

Put in a jar (with lid) & shake shake shake.

I make this at night before I go to bed as the flavors taste best

the next day and it gets a tad bit thicker as time goes on.

This should stay good in the refrigerator with the lid on for about 5 days. Adjust this recipe to your own taste.

I don't usually use the mustard and use fresh garlic instead.

You can also easily turn this into a "French" or "Catalina" type dressing

by adding a small amount of pureed tomato.

### **Dressing- Martha's Dressing**

Take some ACV (apple cider vinegar) and add some Mrs. Dash

Grilling Blends - Original Chicken Blend.

I use approx. 2-3 tablespoons of ACV and about 1/4 tsp. of Mrs. Dash.

Let it sit for several minutes, as this "plumps up" the dehydrated garlic and onion and gives the dressing some texture.

(note: Mrs. Dash has no sodium, no MSG, and the label states "0" calories per 1/4 tsp.)

If you want to play with the ingredients, you can add some extra fresh ground pepper, or a single drop of tabasco. I LOVE spicy food, but somehow the vinegar seems to make the tabasco even hotter, so experiment to your taste.

This blend is also a great dipping sauce for cold shrimp, and is great with a cold chicken breast salad.

Also, Mrs. Dash makes many, many different blends so I'm sure there are several different flavor combinations to discover. I think the key is to let the mixture "rest" for as long as possible to allow the flavors to meld, and the dehydrated ingredients to plump up, which thickens the dressing.

Using other flavored vinegars would also be a good experiment, especially when using it as a dipping sauce.

I would also imagine that, if you increased the quantity of ingredients, this would make an excellent marinade for beef or chicken, or a good baking sauce for fish.

#### **Dressing- Mustard Salad Dressing**

1/4 cup vinegar (or to taste)

1/2 t ground mustard

2 T water

salt

pepper

sugar substitute (as needed)

Place everything in a covered jar or covered container and shake well.

Can be stored in the refrigerator,

date the container so you know when the dressing was made.

### Dressing- Sweet 'n' Vinegarette Dressing

-3 tbs of raw apple cider vinegar (available in health food stores)

Salt, Pepper

1/2 packet of natural sweetener (Stevia, Xylitol, Sweet n Low)

Mix ingredients in a small bowl then drizzle over salad,  
spinach, vegetables, stir fry (no oil) etc.

### **Dressing-Dijon**

Squeeze of lemon

1 T vinegar

1/2 t garlic powder (or fresh)

3/4 t dry mustard

pepper

sugar substitute

Add all ingredients to a covered jar or container and shake to mix well.

Label with the date if you are storing in the refrigerator

### **Dressing-Ginger**

Yield: 4 servings

1/2 Cup White Vinegar

2 Packets Sweetener

1/4 Cup Braggs Amino Acids

1 Tbsp Minced Garlic

1/4 Cup Water

2 Tbsp Minced Ginger

Mix all ingredients and let set for about an hour.

Approx. 25 cal's per serving

You can also marinate meat with this dressing and then grill. Delicious!

### **Dressing-Raspberry Vinegarette**

2 tablespoons raspberry vinegar (there are brands available with no sugar, make sure you read labels)

1/8 teaspoon salt

Freshly ground pepper to taste

Whisk vinegar, salt and pepper in a small bowl.

Drizzle over salad greens or chicken.

You can also make your own raspberry vinegar by putting a few raspberries in vinegar of your choice and letting it sit in the refrigerator overnight or for a couple of days.

### **Eggs- Asparagus Frittata**

3 egg whites

1 whole egg

asparagus (allowed amount)

1-2 cloves minced garlic

1 T dehydrated minced onion

1 T water

1 t parsley

salt/pepper (to taste)

tabasco (optional)

Preheat pan over MED heat.

Snap woody ends off asparagus and discard.

Snap each asparagus spear into 2-3 pieces. Add to pan with garlic & heat through until tender.

Preheat oven to 400.

In bowl, mix eggs & water. Add asparagus, minced onion, parsley, salt/pepper.

Pour egg mixture into non-stick baking dish (or dish lined with parchment paper).

Place in oven and cook 10-15 mins until done.

Top with tabasco (optional) and serve immediately

### **Eggs- Deviled**

4 hardboiled

Minced Tomato

Minced Fresh Parsley

Salt and Pepper to taste

Cut eggs in half and throw out 3 of the 4 yolks.

(Simeons says 1 full egg plus 3 whites counts as a protein serving). Mince tomato and parsley. Mix in with the final yolk,

adding salt and pepper. Add a tiny splash of apple cider vinegar.

Fill the Egg Whites (not enough to actually "mound" the whites, but plenty for each)

### **Eggs- Herbed Omelet**

Makes Multiple Servings

1/8 to 1/4 Organic Chicken Broth

1/4 cup(s) pepper(s), red, bell, diced

1/4 cup(s) scallion(s) (green onions), sliced

1 clove(s) garlic, minced

10 slice(s) Melba Toast, whole-wheat

1/4 cup(s) cottage cheese, low-fat

3 egg(s)

8 egg white(s)

3/4 cup(s) milk, fat-free evaporated

1 tablespoon basil, fresh, minced

1 tablespoon rosemary, fresh, minced

2 teaspoon chives, fresh, minced

1 tablespoon parsley, fresh, minced

1. Preheat the oven to 350 degrees. Saut  the pepper, and scallions in Chicken Broth for 6 minutes. Add the garlic and saut  for 3 more minutes.

2. Place the toast slices in a large casserole dish. Combine the remaining ingredients and pour the egg mixture on top of the toast. Add the cooked vegetables. Bake for about 25-40 minutes until the omelet is slightly puffed and set.

### **Fruit- Strawberry and Orange Salad**

Note: Dr. Simeons does not advocate eating two fruits at once.

Handful of large, fresh strawberries

One ripe orange

Clean and slice strawberries

Peel and section orange, cut up

Mix fruit in bowl and squeeze the juice of one orange section on fruit,

toss to coat. May be sweetened with a little Stevia or drizzled with Chocolate Stevia for an extra treat!

### **Melba Delight**

2 melba toast

1 to 2 chicken slice from the deli all natural.

1 slice tomato

add oregano, a pinch of salt and enjoy.

Great for either afternoon snack or a light lunch.

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### **Melba Toast Bruschetta**

Whole Wheat Melba Toast

tomatoes

basil

oregano

cilantro

garlic

pepper

(salt optional)

juice of 1/2 lemon

chicken

1) Chop desired quantity of tomatoes and mix with spices and lemon juice; 2) set mixture in fridge; 3) chop and sautee chicken and add spices to taste; 4) mix chicken in tomato mixture; 5) spoon on to melba toast and eat the remainder with a spoon.

Rub- BBQ

I shook about 1 T or so of this on my eye of round steak for lunch, rub rub rubbed it down, stuck in refrigerator for 20 mins and then tossed it on the George Foreman. Yum yum yum. This also tastes great on chicken.

2 T paprika

1 T granulated sugar substitute

1 T ground cumin

1 T black pepper

1 T chili powder

Mix & store in air-tight container/ziplock bag. This amount makes enough for several uses.

This is slightly spicy so be sure you're drinking your water. :)

**Rub- Carribean Chicken**

I simply mix this up in a ziplock bag, add 100g of chicken, and then shake shake shake. Let it sit for 20 mins in refrigerator before grilling/baking/broiling.

1 T parsley

1 t cumin

1 t chili powder

1/2 t black pepper

1/2 t allspice

1/4 t cinnamon

This amount makes enough for 2 servings of chicken (possibly even more depending on how much seasoning you like) so you can shake shake shake both of them up in the ziplock, cook both, and then refrigerate the extra chicken.

#### **Rub- Jerk**

1 teaspoon distilled white vinegar

2 cups finely chopped green onions (about 2 bunches)

2 jalapenos, seeded and minced

2 tablespoons soy sauce

2 tablespoons browning and seasoning sauce (recommended: Kitchen Bouquet)- I also like smoky paprika as a substitute

4 tablespoons fresh lime juice

5 teaspoons ground allspice

2 bay leaves

6 cloves garlic, minced

1 tablespoon salt

1 teaspoon sugar substitute

1 1/2 teaspoons dried thyme, crumbled

1 teaspoon ground cinnamon

In the bowl of a food processor, combine the remaining teaspoon of vinegar, the green onions, jalapenos, soy sauce, browning and seasoning sauce, lime juice, allspice, bay leaves, garlic, salt, sugar, thyme and cinnamon. Process until smooth, stopping to scrape down the sides with a rubber spatula as needed.

Put chicken or other meat into a plastic bag, add jerk sauce to bag. Make sure chicken is coated. Put into a pan and then into the refrigerator and marinate overnight or about 8 hours.

#### **Salad- Cucumber Mint Salad**

200g cucumber - sliced or diced

1 T vinegar (vary to taste - as I usually add about 3 T)

1 t black pepper

1 t minced garlic

1 t dried mint (I usually just snip up a bit of fresh mint that I have on hand)

Toss & mix all ingredients.

Cover.

Refrigerate for at least 1 hour.

Toss before serving.

### **Salad- Green Salad or Arugula with Strawberry Vinaigrette**

Fresh organic Arugala

Strawberries

Apple cider vinegar

Stevia

Pepper

Puree strawberries, vinegar, stevia, pepper. Pour over arugala or salad greens. Add chopped cucumber, tomato if mixing veggies or in phases 1,3,4. Also makes a great marinade or sauce for entrees.

Salad- Radish

radishes, sliced (allowed amount)

lemon juice

1 T dehydrated minced onion

1 T parsley

1-2 t liquid aminos

salt/pepper (to taste)

In bowl, combine all ingredients and refrigerate 30 mins to 1 hr before serving

### **Salsa- Mexican**

Boil red tomatoes and one chili pepper. When tomatoes are soft, pull the skin off. Put the tomatoes and chili pepper in blender with plenty of water and lots of salt. Vary the flavor using any of the following- garlic, sugar, cilantro, onion, thyme, oregano.

There are literally hundreds of variations for this and every Mexican Salsa starts here! Can also add hamburger/sausage, parmesan, mushrooms, etc to make an Italian sauce!

### **Salsa- Pico**

Small amount of diced tomatoes

small amount onion

small amount jalapeno

Fresh minced garlic

1 TBSP fresh cilantro

Salt and Pepper to taste

Fresh lettuce - Romaine or Iceberg for wrap

You may choose to use whatever spices you like. .... Hot sauce is a nice addition.

### **Salsa- Pico De Gallo**

4 vine-ripe tomatoes, chopped

1/2 medium red onion, chopped

2 green onions, white and green parts, sliced

1 Serrano chile, minced

1 handful fresh cilantro leaves, chopped

3 garlic cloves, minced

2 lime, juiced

1 teaspoon kosher salt

In a mixing bowl, combine all ingredients together. Toss thoroughly. Let it sit for 15 minutes to and hour to allow the flavors to marry.

### **Salsa- Spicy Tomato**

4 medium tomatoes, diced

1/2 medium cucumber diced

1 bunch cilantro, coarsley chopped

1 medium (or large) red onion, diced

2 serrano chilies, finely chopped

1 garlic clove, minced

Juice from 2 limes

Gently combine all the salsa ingredients in a nonreactive bowl and let sit for the flavors to combine at least 30 minutes.

### **Sauce- Catsup**

3 ounces tomato paste

3 tablespoons apple cider vinegar

1 tablespoon lemon juice

1/4 teaspoon celery salt

1/2 teaspoon paprika

1/4 teaspoon mustard powder

Pinch of nutmeg and clove

Pinch of black pepper

1/4 teaspoon onion powder

1/4 teaspoon garlic powder

Stevia to taste

Dissolve spices in vinegar and lemon juice. Add tomato paste and mix thoroughly. Add additional lemon juice, vinegar or a little water until desired consistency is reached.

Makes 2 or more servings (1 vegetable)

Sauce- Cucumber

2 TBS fat free cottage cheese

1/2 of a peeled/seeded cucumber cut into chunks

1 tsp garlic

1/4 tsp onion powder

touch of salt/pepper

Mix all ingredients in blender. Refrigerate until cold, serve.

#### **Sauce- hCG Friendly BBQ**

2 strips of fat-free turkey bacon, chopped fine (or see substitutions)

1 small onion, minced

1 clove garlic, minced or 1/4 teaspoon garlic powder

1 small can (6 oz) tomato paste

1 can (12 oz) diet (sugar-free) cola - Splenda-sweetened

1/4 cup sugar-free catsup

3 T mustard

1 Tablespoon Worcestershire sauce

1 pinch ground cloves

Hot sauce to taste

1/2 cup of water

Pan-fry the turkey bacon. Add onion and cook over medium flame for about 4 minutes. Add garlic clove and stir. Add the remaining ingredients including the water. Stir. Allow to simmer for 20-30 minutes.

To adjust flavor at this point, use any of the following: vinegar, sweetener (liquid works best,) or hot sauce.

Note: sweetener will tone down spiciness.

Makes approx. 10 servings of 1/4 cup with approx 15 - 30 calories, and 1 gram of fiber, depending on products used.

#### **Sauce- Marinara**

tomato

water

basil

parsley

onion powder

garlic (fresh minced)

salt

pepper

Fill small saucepan with a few cups of water & bring to boil.

Score skin of tomato in a few places with serrated knife.

Blanch tomato in the boiling water for 1-2 mins.

Immediately transfer tomato to ice water to cool and discard boiling water.

Remove skin of tomato and discard skin.

Preheat small non-stick saucepan over MED-HI heat.

If want chunky sauce, crush tomato with your hands in saucepan (discard stem). If you prefer smoother sauce, puree tomato in blender or food processor then add to pan. Add garlic, onion powder, salt, pepper.

Bring to low boil, then immediately reduce heat to low, cover & simmer for 15 mins, stirring often to keep tomato from sticking.

Turn heat up to MED. Add parsley, more garlic, and basil.

Cook 5-10 more minutes, stirring constantly. While cooking, start adding water 1T at a time until it reaches your desired consistency. I usually end up adding 3-4T of water.

### **Sauce- Mexican Cocktail Sauce**

Cold, cooked shrimp

Picante sauce or fresh salsa

Tomato Juice - sugar free

cilantro

onion

a little lemon or lime juice

Mix the salsa into the shrimp, until the shrimp are covered. Thin the sauce with the tomato juice and add

other ingredients to taste. Use cayenne or Tabasco and add a little Splenda if it is too tart.

### **Sauce- Mojo**

4 garlic cloves, minced

1 jalapeno, minced

1 large handful fresh cilantro leaves, finely chopped

Kosher salt and freshly ground black pepper

2 limes, juiced

1 orange, juiced

2 tablespoons white vinegar

1/2 cup broth

In a mortar and pestle or bowl, mash together the garlic, jalapeno, cilantro, salt, and pepper to make a paste. Put the paste in a glass jar or plastic container. Add the lime juice, orange juice, vinegar, and oil. Shake it up really well to combine. Use as a marinade for chicken or beef or as a table condiment.

Yield: approximately 1 1/4 cups

### **Sauce- Mustard Steak Sauce**

100 g steak

1 cup beef broth (approx)

1-2 TBSP sugar free mustard

1/2 tsp ground mustard powder

2 TBSP chopped onion

Pour 1/4 cup of beef broth and both mustards in a bowl. Mix until smooth. Pour into saute pan and add steak and onions, coating both with sauce. Cook until steak is desired doneness and add just enough broth to keep the sauce a gravy type consistency. The sauce will thicken a bit more once it cools.

I also made asparagus and put this over the top and it hit the spot for me! I'm sure I'll be playing with this recipe more and more as I think it would taste really good good with paprika or cayenne or maybe even allspice in it for many different variations.

### **Sauce- Spicy BBQ Sauce and Marinade**

2, 12 oz jars 'EMBASA SALSA MEXICANA'

2/3 cup lemon juice

2 tablespoons

Worcestershire sauce

4 tbs 'Sugar Twin' or sweetener

2 teaspoons Salt

4 teaspoons Chili powder

1/2 teaspoon tabasco

sauce -- (hot pepper sauce - 1/2 to 1)

1 or 2 dashes garlic powder

The entire thing makes about 220 calories depending on products used but makes a lot of servings.

### **Seafood- Broiled Shrimp**

100g shrimp

2-3 c water (enough to cover shrimp in pan)

1/4 c apple cider vinegar

2 T seafood seasoning

Add water, apple cider vinegar, seafood seasoning and shrimp to saucepan over MED-HI heat.

Let water come to slow boil. When shrimp start floating, remove from heat & drain. Immediately place shrimp in ice water for 1 minute. Drain & serve immediately or chill in refrigerator.

### **Seafood- Cajun Shrimp Kabobs**

100g shrimp

half lemon

fresh chopped parsley (to "chop" parsley, I simply use kitchen shears)

Place shrimp in bowl & add 1T of Cajun Seasoning and toss to coat.

Put shrimp on skewers (if using wood skewers, remember to soak in water for at least 20 mins prior to use). You can also make kebabs with onion or tomato or any other veggie allowed on protocol.

Squeeze on lemon juice.

Grill or broil until cooked through.

Sprinkle with chopped parsley.

Serve.

### **Seafood- Cioppino-(Lobster)**

100g fish or seafood of choice

1 chopped tomato

2 c broth

2-3 cloves minced garlic

1 bay leaf

1 t dehydrated minced onion

1 t parsley

1/4 t oregano

1/4 t basil

1/8 t rosemary

1/8 t fennel seeds

salt/pepper to taste

tabasco

Combine minced onion, parsley, oregano, basil, rosemary, and fennel seeds in food processor or grinder. Grind.

Add seasonings and all other ingredients except for seafood & tabasco in saucepan. Bring to a boil. Reduce heat, cover, and simmer for 30 mins.

Add fish and return to boil.

Reduce heat, cover, and simmer 5-15 mins.

Remove bay leaf.

Top with a few dashes of tabasco just before serving.

### **Seafood- Citrus Fish**

100 grams white fish

1 tablespoon minced onion

2 tablespoons lemon juice  
Lemon and orange zest to taste  
Lemon and orange slices  
Chopped parsley  
Salt and pepper to taste  
Stevia to taste  
Directions Mix lemon juice with zest and a little stevia. Baste fish with mixture and top with salt, pepper, and lemon and orange slices. Wrap in aluminum foil and place on the barbeque or in oven at 350 degrees. Cook fish for 5-10 minutes or until fish is thoroughly cooked. Serve with lemon and top with parsley. Makes one serving

### **Seafood- Crab Cakes**

100g crab meat

1 grissini (ground into powder)

1 t parsley

1/2 t tarragon

1/2 t paprika

1/2 t lemon juice

1/4 t cayenne

1/4 t white pepper

1/4 t dry mustard

1/4 t seafood seasoning (optional)

Grind grissini into powder and place into small dish.

In bowl, combine crab meat and remaining ingredients. Mix well & form into patties. Coat each side of patty with grissini powder.

Brown in non-stick skillet over MED heat for 3 mins each side, or place on George Foreman for 4-5 mins.

Serve immediately.

TIP: I went through a few rounds of these having trouble keeping them from falling apart. Even though they were still very yummy, I wanted to get a result of them staying together. I found that it helps to squeeze out any excess moisture from crab before adding seasonings and keeping some of the crab in bigger chunks while breaking it apart. Also, you can add some of the grissini powder to the crab mixture before forming patties as this helps it stick together if your crab is still very moist. If I'm making these ahead of time, I will mix the patties and set them in the refrigerator for 1-2 hours or overnight as this helps the patties set.

Pace them on a non-stick baking sheet @ 350 for 10-15 mins. Then broil for 1-2 mins each side to brown.

These make a great salad topper as well.

### **Seafood- Crab or Shrimp Salad**

Dice 3.5 ounces of shrimp, very fine (or finely chopped crab)

chop 7 ounces celery (or more)

add dash of mustard, salt, pepper, cayenne, vinegar, parsley, dill

cilantro and whatever herbs you like

Mix all the ingredients together in a bowl.

Serve Chilled.

### **Seafood- Crabmeat Salad**

3.5 oz raw crab meat

small pinch dried basil

dash lemon juice

small pinch chopped scallions

small pinch dried tarragon

salt and pepper to taste

In a skillet, heat the crabmeat with enough water to stir and cook crabmeat thoroughly (about 3 min).

Remove skillet from heat and add salt, pepper, lemon juice, basil, scallions, and tarragon. Mix thoroughly and serve.

Can be chilled and served over a bed of lettuce.

### **Seafood- Creole Catfish**

There have been a few menu items that I've seen Biz post on her blog that I wanted to find out how she made them. With her permission, I'll be posting a few of those over the weekend. I tried this one tonight and it was SO good. The fish just falls apart in your mouth. Enjoy!

100g catfish (or any whitefish)

1 chopped tomato

1/2 c water

1 t minced onion

1-2 t cajun seasoning

Preheat pan over MED-HI heat.

Cut fish into bite size pieces.

Place fish in ziplock bag. Add minced onion & cajun seasoning to coat.

Pan fry coated fish in pan with water.

Cook 3-4 mins. If all the water cooks off, add more as needed.

Add chopped tomato & stir fry for another 5-10 mins until tomatoes become tender and dish becomes more soupy.

### **Seafood- Curried Broiled Fish**

100g fish

1 sliced tomato

1/2 lemon

1/2-1 t curry seasoning

Preheat broiler.

Place fish on broiler rack.

Squeeze 1/2 lemon over fish.

Sprinkle with curry seasoning.

Place tomato slices on top of fish.

Broil 8"-10" away from broiler for 10-15 mins until tomato starts to blacken.

Serve.

NOTE: This includes both your meat and vegetable for this meal.

### **Seafood- Fish Tacos**

100 grams white fish

garlic

onion

lime juice

cilantro-chopped

salsa and/or tomatoes

Butter lettuce leaves (or big leaves of your choice)

S&P

shredded cabbage (optional) for crunch

Saute fish, onion, garlic in pan with a bit of water. Break apart fish while cooking.

When done, squeeze lime juice onto fish.

Wrap fish in lettuce leaves and add shredded cabbage for crunch if desired, chopped cilantro, salsa and/or tomatoes.

### **Seafood- Garlic Shrimp**

100g shrimp (peeled & deveined)

4-6 cloves minced garlic or 1-2 t garlic paste

1/2 c broth

1/2 t parsley

1/8 t dried thyme

1/8 t crushed red pepper

1 bay leaf

Heat nonstick pan over MED-HI heat.

Mix 1 T of the broth with red pepper, minced garlic, and bay leaf. Add to pan.

Cook less than a minute. Be sure not to burn the garlic.

Add shrimp. Cook 3 minutes.

Remove shrimp from pan.

Add the remainder of the 1/2 c broth, parsley, & thyme. Bring to a boil. Cook for 1-2 mins until reduced by half.

Return shrimp to pan & toss to coat.

Discard bay leaf & serve.

### **Seafood- Ginger Mahi Mahi**

100g mahi mahi (or any whitefish)

1 t minced garlic

1 t ginger

black pepper (to taste)

sliced tomato (however much you're allowed)

juice of ½ or 1 lemon

Place mahi mahi on top of a large sheet non-stick aluminum foil.

Cover with garlic, ginger, and pepper.

Place tomatoes on top of seasoned fish.

Top with squeezed lemon juice.

Close up aluminum foil into a "pouch" so that the top and ends are sealed.

Bake @ 350 for 10-20 mins (depending on thickness) or until fish flakes.

### **Seafood- Halibut Tacos with Strawberry Cucumber Salsa**

2 tablespoons fresh lime juice/lemon juice

1 tablespoon broth- fish, chicken or veggie

1 clove garlic, minced

1/4 teaspoon sea salt

1/4 teaspoon black pepper

100g halibut fillet

### **Strawberry-Cucumber Salsa**

peeled and chopped fresh strawberry

1 cup peeled, seeded, and chopped cucumber

2/3 cup chopped red onion/shallot/green onion- optional

1 tablespoon chopped fresh cilantro

2 tablespoons fresh lime juice/lemon juice

1/2 teaspoon sea salt

1 jalapeño pepper, seeded and minced

cabbage

Cilantro sprigs, for garnish

1. Combine lime juice, broth, garlic, salt, and pepper in shallow glass baking dish or zip-top bag. Add fish, skin side up. Marinate in refrigerator for at least 30 minutes but no longer than 3 hours.
2. Toss all salsa ingredients together in a medium bowl.
3. Preheat grill. Remove fish from marinade and grill over medium-high heat for about 10 minutes, turning once, until opaque throughout. Slice fish into large pieces.
4. Fill each cabbage leaf with fish and salsa. Garnish with additional cilantro, if desired.

#### **Seafood- Lemon Oregano Whitefish with Asparagus**

100g whitefish

asparagus (allowed amount)

juice of one lemon

1 t oregano

salt/pepper

Preheat the oven to 400F.

Snap off woody ends of asparagus and discard.

Tear off a large sheet of non-stick aluminum foil.

In the center of this sheet, place asparagus spears and sprinkle with salt/pepper.

Place whitefish on top of asparagus.

In small bowl, combine lemon juice & oregano, and pour over fish.

Fold up edges and completely seal packet on all sides.

Bake 10-20 mins, until fish flakes.

### **Seafood- Red Snapper with Fennel**

100g red snapper (or any whitefish)

fennel (weigh out your portion) - cut into 1" pieces

lemon

2 t fresh ginger

1 t pepper

Place fish in shallow dish.

Squeeze lemon juice in small bowl.

Stir in ginger & pepper.

Pour on fish and marinate in refrigerator for 2 hours.

Remove fish from marinade and place in glass baking dish.

Place chopped fennel on top.

Cover dish with lid or aluminum foil and bake @ 350 for 20-30 mins or until fish flakes.

### **Seafood- Rosemary Scallops**

Fresh rosemary

Italian seasoning

Lemon juice

Scallops

Pull fresh rosemary from stems

Marinate scallops in lemon juice and seasonings including Rosemary for a very few minutes. Place marinade mixture in skillet. Put scallops on rosemary skewer. Saute in skillet.

### **Seafood- Shrimp and Asparagus Stir Fry**

100g shrimp (shelled & deveined)

1-2 cloves minced garlic

asparagus (allowed amt)

1 T fresh ginger

Add shrimp, garlic, and ginger into pre-heated pan.

Stir fry for 3-5 mins. (If needed, add small amount of water.)

While that cooks, snap ends off of asparagus. Cut asparagus into 2" pieces.

Remove shrimp from pan and add asparagus. Drizzle with a bit of Bragg Liquid Aminos.

Stir fry for 2-3 mins.

Re-add shrimp to pan and heat for 1 minute to heat through.

Serve.

### **Seafood- Shrimp Cerviche**

1 to 2 lbs. shrimp, fresh or frozen, raw or cooked, peeled and deveined, tail-on or off

2 large lemons, freshly squeezed, about 3/4 cup to 1 cup

2-3 large limes, freshly squeezed, about 3/4 cup to 1 cup

1 tablespoon fresh garlic, minced

1 cubanel or other mild to medium pepper, ribs and seeds removed, finely chopped

1 red onion, finely chopped (about 1 cup)

1-3 tablespoons Tabasco or hot sauce (more or less to taste)

4 large tomatoes, chopped (about 2-3 cups)

2 cumpers, peeled and diced into 1/2 inch pieces (about 1.5 cups)

fresh cilantro, chopped (about 1/2 cup)

fresh parsley, chopped (about 1/2 cup)

sea salt and fresh ground black pepper to taste

Thaw shrimp if frozen. If using raw shrimp, bring a pot of water to boil and cook the shrimp for a minute or two until it turns opaque white and reddish \_do not over cook the shrimp as it will be too rubbery in texture. Rinse shrimp under cold water. Combine juices of lemons and limes in a large bowl (not metal) or large Ziploc baggie and add shrimp. Cover bowl or zip baggie and refrigerate for 30 minutes to marinate. Large shrimp could be cut into smaller chunks (remove tails if doing this) to speed up marinade time.

Add to shrimp the Tabasco, garlic, onion and pepper and toss/mix evenly. Return to refrigerator for maybe another 30 minutes to let the flavors infuse the shrimp.

Before serving, toss in bowl the marinated shrimp mixture, cilantro, parsley, tomatoes and cucumbers and if needed, add sea salt and black pepper to taste. Great with melba toast or Wasa crispbread cracker

### **Seafood- Shrimp Fried "Rice"**

100g shrimp

200g cabbage

4 T homemade broth

1/2 t onion powder

1/2 t garlic powder (or use fresh minced, if available)

1 1/2 t Bragg Liquid Aminos

black pepper (to taste)

red pepper flakes (optional)

Preheat pan over MED-HI heat.

Finely shred cabbage in food processor.

Add cabbage, 2 T broth, and 1/2 t Bragg Liquid Aminos to pan.

Stir fry for 2-3 minutes just until slightly tender.

Remove cabbage and place on serving dish. Sprinkle with fresh black pepper.

Turn heat down to MED.

Add shrimp, 2 T broth, onion powder, garlic, and 1 t Bragg Liquid Aminos.

Stir fry shrimp until they curl up & turn pink.

Sprinkle with red pepper flakes. (optional)

Serve immediately over cabbage.

TIP: You can alter the amount of broth and Bragg Liquid Aminos to your personal taste. You can also use water instead of broth. It's used mainly to keep the food from completely sticking while stir-frying. You may find you can do without the water/broth totally.

Don't expect the cabbage to taste like rice. But it has a great crunch and tenderness all at the same time, and goes really great with the shrimp. Really filling and tasty. Enjoy!

### **Seafood- Shrimp Gumbo**

3.5 ounces shrimp

7 ounces (or more) chopped celery

dash of cayenne pepper

salt, pepper

(if you treat tomato as a fruit, use approx. 1 ounce of chopped tomato)

Note: you can also make this with full serving of tomato instead of with the celery. Just add celery seed to get the celery flavor.

I find it more filling and satisfying with celery, though.

Put everything in saucepan with a dash of apple cider vinegar, cover until the celery is slightly cooked and shrimp are opaque.

DELICIOUS!

### **Seafood- Shrimp Scampi**

Jumbo Shrimp

3/4 to 1 Cup Tomato

1/2 to 1 tsp capers

1/2 tsp onion powder

1/2 tsp garlic powder

juice from 1/2 a lemon

Fry with the juice of 1/2 lemon the 6 jumbo shrimp, (they can be frozen or thawed), add tomatoes and spices and cook until done

Seafood- Shrimp Stuffed Tomato

100g cooked shrimp

tomato(es) - allowed amount

juice of half lemon

1 T parsley (and any additional seasonings you like)

salt/pepper to taste

tabasco (optional)

Place cooked shrimp in food processor. Pulse a few times to chop up shrimp. Or, simply chop with sharp knife.

In small bowl, combine chopped shrimp, parsley, lemon juice, salt/pepper.

Cover and refrigerate 30 mins-1 hr.

When ready to serve, cut off top of tomato. Scoop out inside of tomato.

Chop & combine inside of tomato with shrimp mix. (You may discard seeds if you like.) Fill tomato with shrimp mix.

Top with a couple dashes of tabasco (optional) and serve.

TIP: This is great using baked fish as well.

### **Seafood- Shrimp with Garlic and Lemon**

2 Tbsp broth

1 garlic clove, minced

1/2 grissini, crumbled

3 Tbsp chopped parsley

100g shrimp, peeled and deveined

1/2 lemon

salt and pepper

1. Preheat oven to 450 degrees. In medium bowl combine broth, garlic, grissini and parsley.
2. Lay shrimp down on a baking dish. Top with grissini mixture. Season with salt and pepper.
3. Bake uncovered for 10 minutes. Remove and squeeze lemon juice over shrimp before serving.

### **Seafood- Shrimp with Lemon**

Juice of 1/2 a lemon

1 T. water

3.5 oz. shrimp

1/2 tsp. finely chopped dill

1/2 tsp. minced garlic

1/4 tsp. onion powder

1/2 tsp. chopped chives

1/4 tsp. freshly ground black pepper

1/8 tsp. salt (adjust to your taste)

Put all ingredients in a zip-lock sandwich bag and shake to blend well.

Add shrimp and let marinate for a few minutes.

Heat small skillet on medium heat.

Add contents of sandwich bag.

Stir often until shrimp is cooked through and opaque.

Can be added to the top of a green salad or serve shrimp  
with grilled or steamed asparagus.

Also good on top of a bed of chopped fresh tomatoes.

### **Seafood- Spicy Cilantro Whitefish**

100g fish

juice of 1/2 lemon

1/2 c cilantro - pack measuring cup with cilantro leaves (remove from stems)

3 cloves minced garlic

1 T sambal oelek

1 T water (as needed)

red pepper flakes (optional)

Preheat oven to 400.

In food processor, combine cilantro, garlic, and sambal oelek.

Start to pulse and add water as necessary until reaches desired consistency.

Place fish in baking dish or non-stick baking sheet.

Squeeze on fresh lemon juice, then top with cilantro mix.

Bake for 10-20 mins depending on thickness, until fish flakes.

Top with red pepper flakes (optional). Serve.

### **Seafood- Spicy Cucumber Salad**

100g crab - shredded

cucumber - peeled, seeded, and julienned (allowed amount)

1 T liquid aminos

1/2 T rice vinegar

1/2-1 T spicy mustard

1/2-1 t wasabi powder

grissini - coarsely ground

Combine liquid aminos, rice vinegar, spicy mustard, and wasabi powder. Stir. Add remaining ingredients, toss & serve.

NOTE: This includes your meat, veggie, and grissini portion for this meal.

### **Seafood- Teriyaki Fish**

100g whitefish

2 T Bragg Liquid Aminos

1 T rice vinegar (be sure to read the ingredients so that it includes NO sugar)

2 cloves minced garlic

1 t ginger

Mix Bragg Liquid Aminos, rice vinegar, garlic, and ginger in a ziplock bag or dish with lid.

Place whitefish in marinade and coat.

Seal and refrigerate for 30 mins - 1 hr, turning once.

Discard marinade and pat fish slightly dry with a papertowel.

Grill 3-4 mins on the George Foreman until fish flakes. Or you can broil for 5-10 mins depending on thickness of fish.

Marinate the fish in a ziplock bag. Flip the bag over in the refrigerator one or two times while marinating. When it's finished marinating, cut off one corner of the bag and drain out the marinade and then pull the fish out & pat it slightly dry.

### **Seafood- Tomato and Fish Stew**

100 grams of white fish - small bite sized pieces

1 cup of organic tomatoes (canned or fresh)

2 cloves of garlic

1/2 - 3/4 tsp Old Bay seasoning

1. Heat tomatoes in a pan on low.
2. Add chopped garlic and cook for 3 minutes
3. Add Old Bay seasoning and fish

Simmer low for 12 minutes. Remove from heat and crumble a Grissini bread stick or melba toast on top.

Add a sprinkling of dill.

### **Seafood- Wasabi Fish**

100g whitefish

1 T spicy mustard

1/2-1 t wasabi powder (the more you add the spicier it will be)

1/2 t ginger

In small dish, combine spicy mustard and wasabi powder. Mix in ginger.

Add fish to dish and coat.

Let stand for 15-30 mins.

Grill 4-5 mins on the George Foreman until fish flakes. Or you can broil for 5-10 mins depending on thickness of fish.

### **Seafood- Whitefish in Parchment**

Mild tasting white fish

lemon slices

orange slices

Dill

Onions

salt and pepper

1. Preheat oven to 350. Salt and pepper the fish on both sides.
2. Place onion on bottom of parchment paper. Aluminum foil can be used. Then place fish on top of onions.
3. Place lemon and orange slices on top of fish and then top off with fresh dill.
4. Fold parchment paper so that the ends and top are securely closed to allow the fish to steam. Place in pan and bake for 20-30 depending on size of fish.
5. If another veggie is to be eaten- say asparagus with lemon pepper, then discard onions along with the lemon slices, orange slices and dill. If not, then enjoy with the onions.

Fennel bulbs sliced thinly instead of onions will give fish a slight anise flavor. If choosing fennel bulbs then substitute thyme, oregano, rosemary or other herb for the dill.

### **Seasoning- Emerile's Creole Seasoning**

2 1/2 tablespoons paprika

2 tablespoons salt

2 tablespoons garlic powder

1 tablespoon black pepper

1 tablespoon onion powder

1 tablespoon cayenne pepper

1 tablespoon dried leaf oregano

1 tablespoon dried thyme

Combine all ingredients thoroughly and store in an airtight jar or container.

Yield: about 2/3 cup

Recipe from New Orleans Cooking by Emeril Lagasse and Jessie Tirsch,

Published by William and Morrow, 1993.

### **Seasoning- Greek Seasoning Mix**

2 t oregano

1 1/2 t onion powder

1 1/2 t garlic powder

1 t salt

1 t black pepper

1 t parsley

1 t basil

1/2 t cinnamon

1/2 t nutmeg

1/2 t thyme

Grind spices in food processor or coffee grinder.

Store in air-tight container.

### **Seasoning- Mock Shake 'n' Bake**

1/2 c minced dehydrated onions

1/4 t coriander

1/4 t thyme

1/4 t red pepper flakes

1/8 t oregano

1/8 t paprika

1/8 t black pepper

1/8 t salt

Place all ingredients in food processor or coffee grinder.

Grind to a powder.

Store in air-tight container.

TIP: Use this as coating on your meat before you cook it. Dampen meat, then coat. This is great on chicken, fish, shrimp, even hamburgers.

### **Seasoning- Onion Soup Mix**

1/2 c dehydrated minced onion

1 T onion powder

1/2 t celery seed

Combine all ingredients.

Store in air-tight container.

TIP: This is wonderful to use dry in your ground steak for hamburgers, etc. It's an easy way to perk it up.

### **Seasoning- Seafood Seasoning**

1 T ground bay leaves

2Ω t celery seed

1Ω t dry mustard

1Ω t black pepper

æ t ground nutmeg

Ω t ground cloves

Ω t ground ginger

Ω t paprika

Ω t red pepper

º t ground cardamom

º t ground mace

Mix all ingredients & store in an airtight container

### **Seasonings- Garlic and Herbs**

Preheat oven to 350

Now there are 2 ways you could go about this

First with whole heads of garlic

take the layers of skin off until you get down to the last layer

now cut off the top skin and just the top of the cloves

sprinkle salt

spray with pam and place in a muffin pan(you can do lots a once)

cover each garlic individually with foil

bake for around 30-40 mins

cool, pop out the cloves, eat whole or spread on meat...or whatever

Or you can use the pre peeled garlic cloves

take a small square of foil maybe 4inx4in

place 8-10 cloves in the middle of foil

sprinkle salt

spray with pam

gather the corners of the foil and make a packet sort of resembling the whole garlic before it was peeled.  
make sure it is pretty tight

place on cookie sheet

bake for a few mins less about 25-30mins.

### **Soup Lemon Chicken**

100g cooked chicken breast (diced or shredded)

chopped spinach (allowed amount)

2-3 c broth

Juice of 1 lemon

1 t thyme

sea salt to taste

ground white pepper to taste

Preheat saucepan over MED heat.

Combine all ingredients.

Bring to a boil, then simmer 20 mins.

Serve.

TIP: This is an easy way to use up that boiled chicken you used to make your broth. You can even make this in the crockpot using uncooked or frozen chicken cut into cubes.

#### Soup- 1 Hour Chicken Stock

This is a good, all-purpose stock which only takes a little over an hour to prepare, and is fine if you don't have time for the classic stock.

1 tablespoon oil

1 medium onion, chopped

1 carrot, chopped

2 ribs celery, chopped

Parsley stems (about half of the stems from one bunch)

2 bay leaves

4 pounds whole chicken legs or backs and wings, cut into 2-inch pieces

2 quarts cold water

Heat the oil in a large stockpot over medium-high heat.

Add the onion; ] sautÉ until colored and softened slightly, 2 to 3 minutes.

Add the celery and carrot and cook until the celery has begun to get tender, another 3-4 minutes.

Transfer the mixture to a large bowl.

Add half of the chicken pieces to the pot; sautÉ both sides until lightly browned, 4 to 5 minutes. Transfer the cooked chicken to the bowl with the vegetable mixture. SautÉ the remaining chicken pieces.

Return the vegetables and chicken pieces to the pot.

Reduce the heat to low, cover, and cook until the chicken releases its juices, about 20 minutes.

Increase the heat to high; add the water, salt, and bay leaves.

Bring to a simmer, then cover and barely simmer until the stock is rich and flavorful, about 30 minutes.

Strain the stock and discard the solids. Cool the stock (ziploc bags filled with water and frozen make great stock-coolers), then place in a container in the fridge until cold, and all the fat rises to the top and sets.

Skim off the fat, then you may keep the stock in the fridge for up to 2 days, and in the freezer for 6 months.

Makes about 2 quarts of stock.

### **Soup- Albondigas**

1 serving meatballs

2-3 c beef or chicken broth

100g-200g bok choy, onion, or cabbage

fresh chopped cilantro

seasonings to taste

In saucepan, bring broth to boil.

Feel free to add any seasonings you like to taste (oregano, basil, pepper, garlic, etc). I'll usually add in some hot sauce or tabasco as well.

Add cooked meatballs, vegetable choice.

Cover & simmer 20-30 minutes or until vegetables reach desired tenderness.

Top with fresh chopped cilantro.

Serve.

### **Soup- Beef and Cabbage Soup with Cumin**

Cabbage

ground beef

1 oz onion

1 garlic clove crushed

1 cup organic low sodium veg broth

1/2 c organic chicken broth

1/2 tsp cumin

1/8 tsp ground pepper

Procedure

Brown beef with onion and crushed garlic. Drain well. Add to broth, bring to a boil. Add Cabbage. Add cumin and pepper. Simmer 30-45 minutes.

Serving Information

### **Soup- Cabbage and Shrimp Soup**

2 cups of organic, boxed vegetable stock or 2 cups of your own stock

or, for less salt use one cup stock and one cup water

Heat in a pan on the stove.

Add 8 oz. of shredded green cabbage.

Cook/boil for a few minutes until the cabbage is getting soft but still crisp.

Add 3.5 oz. of shrimp, whole or cut into pieces

Fresh ground black pepper

a little bit of minced garlic

whatever spices you want to add to suit your taste

(get into the spice rack and experiment!)

Cook just a few minutes until the shrimp is done.

Don't cook shrimp very long or it will over cook.

Makes a large bowl for one meal or you can split this into a meal and a snack.

Note: If you are salt sensitive, the sodium in the canned or boxed chicken stock may make you retain water.

### **Soup- Chicken Chipotle Cabbage Soup**

Measure out your 100grs of Chicken and cut into pieces. I take about a cup or so of low sodium chicken broth (found at Target) and add some saltfree spike and some chipotle chili powder. I just eyeball but it's hot stuff so....less is more. Add in some cabbage cut uop and simmer for like 45minutes. I also add in some water to make it "soupier".

Need:

Chipotle powder (spice section at Target)

Cabbage

other spices that you might like

100grs of chicken

Low sodium Chicken broth

### **Soup- Chicken Stock Homemade**

Many of us have used chicken stock as the base for soup during Phase 2.

You can make your own very easily, you know what goes in it and you can control things like sugar, additives, etc.

You can find sugar free organic chicken stock at Whole Foods,

Trader Joe's or Wild Oats. You have to read the labels, though!

Most soup recipes are based on 2 cups of chicken stock, but if you're

worried about sodium or are using a canned or boxed stock,

you can use 1 cup stock to 1 cup water to reduce your sodium intake.

This is the classic stock recipe that takes some time to make.

A one hour chicken stock recipe is also in this folder.

\*\*\*\*\*

## Homemade Chicken Stock

Bones and extra meat from a cooked organic chicken

1 large onion, peeled & quartered, quarter again

2 large carrots, peeled and cut in large hunks

3 stalks of celery, cut into large chunks

1/2 tsp thyme

1/2 tsp poultry seasoning

1/4 tsp. oregano

1/4 tsp. basil

2 bay leaves

2-3 T. minced garlic or sliced garlic cloves

fresh ground black pepper to taste

sea salt to taste (optional)

3 T. butter

water

Melt butter in large stock pot, add celery and stir for 2 minutes.

Add onion, stir and cook a few more minutes.

Add garlic, continue to stir another minute.

Add bones, chicken meat and carrots to the pot.

Cover with water.

Add spices, stir and bring to a boil.

Reduce heat, cover and simmer for 3 hours.

Taste and adjust seasoning if necessary.

Let stock cool slightly and strain stock through a fine seive.

Put strained stock in the refrigerator and let cool overnight.

Remove fat from the top after stock has cooled.

Use within a week or freeze.

Put the stock in freezer bags to freeze.

Note: You can also use chicken pieces instead of the chicken bones.

Once the stock has cooled slightly, remove the chicken with a large strainer ladle. Strain stock like normal. Let chicken cool and remove the meat from the bones for use in salad, chicken salad, omelets, soup, etc.

NOTE: One of the easiest ways to cook a whole chicken is to put it in the crockpot overnight.

Put a few hunks of carrot, celery and onion

in the bottom of your crockpot. Put a few more vegetable pieces inside the chicken.

Put the chicken on top of the vegetables, breast side up.

Add as many spices as you would like, particularly minced garlic. Add 1/4 cup water, cover and cook overnight on low.

The chicken will be falling off the bone and you can remove from the crockpot, let the chicken cool and remove the meat from the bones for use in other dishes. You can also dump the contents of the crockpot into your stock pot.

Note: French Provencal spice is also good to use in this recipe.

### **Soup- Cinnamon Chicken Curry**

100g chicken - cubed

diced onion (allowed amount)

2 c broth

3 cloves minced garlic

1/2 t curry powder

1/4 t cinnamon

1/4 t pumpkin pie spice

salt/black pepper to taste

In saucepan, combine all ingredients.

Bring to a boil. Reduce heat, cover, and simmer 45 mins.

TIP: The chicken can go straight from the freezer to the saucepan or crockpot on this one. If frozen, I place the breast in whole, and then when the soup is finished, I cube or shred the chicken. Very flavorful!

### **Soup- Cream of Chicken Soup**

100g cooked chicken

celery (allowed amount)

1-2 c broth

3 cloves garlic

1 T dehydrated minced onion

1/2 t parsley

1/2 t basil

ground white pepper (to taste)

salt (optional)

Preheat saucepan over MED-HI heat.

In food processor, combine all ingredients and pulse until reaches desired consistency. Pour into saucepan and bring to boil.

Reduce heat to simmer, cover, and heat 20-30 mins.

Serve.

TIP: For the cooked chicken in this dish, I use the chicken I boiled to make the broth. I usually start out by adding 1 c broth to the food processor, and then gradually add more broth until it's the soup consistency I prefer.

### **Soup- French Onion**

1 onion, thinly sliced

2 c beef broth

3-4 cloves minced garlic

1/2 t granulated sugar substitute

1/4 t black pepper

Preheat non-stick saucepan over MED heat.

Place onions and garlic in pan and cook uncovered 5-10 mins.

Stir in granulated sugar substitute

Cook 10-15 mins until onions are carmelized.

Add beef broth & bring to boil.

Reduce heat to simmer, cover, and cook 20 mins.

Add black pepper.

Serve.

TIP: This dish makes quite a bit of soup so I'll usually split it into two servings. Then I will eat one with lunch, and another as a late-afternoon/evening snack.

### **Soup- Green Onion**

green onions (allowed amount)

2 c vegetable broth

1-2 t liquid aminos

1 t parsley

1 t zsweet

1/2 t paprika

1/2 t salt

1/2 t dill

1/2 t thyme

1/8 t cayenne or red pepper flakes

1/8 t celery seed

Briefly steam the green onions until tender.

Preheat saucepan over MED heat.

Chop steamed green onions.

In a saucepan, saute the green onions in a bit of vegetable broth for a couple of minutes, then add the parsley, zweet, paprika, salt, dill, thyme, celery seed, and cayenne. Saute 1-2 mins more.

Add remaining vegetable broth, reduce heat, cover and simmer 20-30 mins.

### **Soup- Italian Wedding Soup**

Meatballs- this can be made using the recipe that Redee gave in Sharin's R2P2 thread or make your own without eggs as a binder.

chopped Spinach- allowed amount

minced garlic- to taste

diced onions- as a flavor enhancer

1tsp each of thyme, oregano, basil- and any other italian spice that you like

salt and pepper

2-3 cups of broth

1. Add onions, garlic and about 3tbsp- 1/4 cup of broth to a small soup pot. Cook until onions start to wilt. Add spinach and stir until spinach start to wilt.

2. Add spices and herbs. Stir until liquid is almost cooked off. Add meatballs and rest of broth. Bring to a boil. Boil for a few minutes. Add salt and pepper to taste.

3. This can be served with a small helping of gremolata. Gremolata can be made with chopped parsley, lemon rind and minced garlic.

### **Soup- Mexican Chicken**

100g cooked chicken, shredded into bite-sized pieces

3-4 cloves minced garlic

1 t cumin

1/2 t onion powder

1/2 t chili powder

1/2 t cayenne (use less if you don't want it as spicy)

diced tomato

2-3 c homemade chicken broth

1/4 c fresh chopped cilantro (optional)

Preheat pot over medium-high heat.

Add garlic, and cook for 3-5 minutes. (Heat until you see little bubbles around the garlic.)

Use a bit of your broth to keep garlic from sticking to the pot, if necessary.

Add tomatoes, chicken broth, and onion powder, cumin, chili powder, cayenne.

Bring to a boil.

Reduce heat to a simmer, and add chicken.

Simmer for 20 minutes.

Stir in cilantro, and simmer for 5 minutes more.

TIP: For easy chopping of cilantro and other herbs, use kitchen shears. When using a knife sometimes the leaves of the herbs are difficult to chop. The kitchen shears make this a simple task.

### **Soup- Mexican Tomato Chicken**

1 small can Mexican style tomatoes \_ blended

1 small can petite dices tomatoes

1 small can chicken broth (or beef)

1 small can green chilies

14 oz diced chicken breast (cooked)

4 oz diced onion

4 oz diced celery

Cilantro \_ chopped to taste

1 jalapeno or serano chili without seeds \_ unless you like it hot

Cumin to taste

Chili powder to taste

Salt and pepper to taste

Add all ingredients and let simmer until veggies are tender.

### **Soup- Shrimp Hot 'n' Sour**

100g shrimp

bok choy or asparagus

2 c broth

2 T rice vinegar

1 T Bragg Liquid Aminos

1 t zsweet

1 t sambal oelek

1/2 t white pepper

1/4 t ginger

crushed red pepper

In saucepan, combine broth, vinegar, Bragg Liquid Aminos, zsweet, ginger, sambal oelek and white pepper.

Bring to boil.

Reduce heat, cover, and simmer for 2-3 mins.

Add shrimp. Return to boil.

Add vegetable, cover, and simmer for 2-3 mins.

Sprinkle with crushed red pepper and serve.

### **Soup- Spinach and Prawn Soup**

panamanian king prawns (100g)

asparagus stalks, leeks

1 package of spinach

1 teaspoon curry powder

black pepper to taste

Slice leeks to 5mm, and chop asparagus into 1cm pieces. put in large stovetop pot with 2 cups of water, bring to the boil. once boiling briskly, throw 4 generous heaped handfuls of washed raw spinach (or frozen if you prefer) on top. close the lid for 3 minutes to let the steam do the work. Open, toss in curry powder and pepper, stir, and then add prawns for 30 seconds to warm them up (quick heating, otherwise they shrink!) Immediately remove from heat, pour into a huge bowl, and eat with a spoon and fork. Hot, filling and surprisingly low calorie. Keeps the system nicely alkaline, and the spinach helps keep the bowels

moving. I will probably keep on eating this once my diet has finished!

### **Soup- Taco Soup**

1 lb. ground buffalo

1 med. Yellow onion, chopped

5 med. Tomatoes, coarsely chopped

2 cups filtered water

4 cloves garlic, minced

Sea salt \_ couple of grinds on the mill

Fresh ground organic Black pepper

Taco seasoning or Mexican seasoning \_ 3 tsp. or to taste

(I found organic Taco and Mexcian seasoning in the spice aisle

at Whole Foods. Silva Taco Seasoning, if your grocery carries it,

contains no MSG and is only pure taco seasoning)

Over medium heat in sauce pot cook chopped onion and buffalo

until onion is soft and meat is no longer pink.

Rinse in colander under running water.

Return to sauce pot, add water and bring to a boil.

Add chopped tomatoes, salt and black pepper

(I didn t measure the pepper \_ just did half a dozen grinds

of the pepper mill)

Add taco seasoning and minced garlic, return to a boil.

Reduce heat and simmer covered, for 10 minutes.

Taste.

Adjust taco seasonings to suit your taste.

Can serve with a crumbled bread stick on top.

Approx. 167 cal. per serving - makes 4 servings!

### **Soup- Thai Soup**

1 Cup Water (even better with Pacific Natural Foods Mushroom Broth)

1 Droppers full Dark Chocolate Stevia

1 T Apple Cider Vinegar

1 t Dehydrated Onion

2 Scoops Protein Powder

1/16 t Chili Powder

1/8 t Celtic Sea Salt

1/4 t Coriander

1/2 t Garlic Powder

1/2 t Ginger Powder

~ 400 grams Celery (2 stalks chopped) OR 200 grams Asparagus

1 1/2 t Konjac Flour

Miracle Noodles (opt)

Put all except final 2 ingredients in blender (& half of celery that you chopped - I usually use my food processor to do this by pulsing until chunky enough to add to a soup) and puree for ~50 seconds. Next add the Konjac Flour and puree again for another 50 seconds. It will now be slightly warm if you are using a BlendTec or other high powered blender. Put reserved chopped celery in bowl with noodles and pour soup over the top. Stir & enjoy!

### **Soup- Tomato**

170g tomato (this was my allowed amount - yours may vary)

1 clove minced garlic

1/2 c water

3/4 t basil (vary to taste)

1/2 t onion powder

salt

black pepper

Preheat broiler.

Cut tomato(es) in half.

Place tomato(es) on nonstick baking sheet. Flat side down.

Broil for 5-10 mins, or until the skins are blistered and blackened.

Let cool, then remove skins & seeds.

In a medium sized saucepan, heat 1/4 c water over medium heat.

Add onion powder & cook for 5 minutes.

Add garlic & cook for 2 more minutes.

While that's cooking, place tomato(es) in a blender or food processor and puree until smooth.

Stir tomato puree into saucepan and add the rest of your water (1/4 c).

Bring to a boil then reduce to simmer for 5 minutes.

Stir in basil and season with salt & pepper.

### **Soup-Cabbage Roll Soup**

Pre-cook 3.5 oz. of 4% fat, 96% lean hamburger or use ground bison or buffalo

2 cups of organic, boxed beef stock (or use home made stock)

Heat in a pan on the stove

Fresh ground black pepper

Minced garlic

Italian seasoning Thyme Basil Parsley Sage Add Italian spices to taste. One large tomato, diced, or one can organic, no-sugar added, diced tomatoes

Add 8 oz. or more of shredded green cabbage. Bring to a boil, reduce heat and simmer until cabbage is tender crisp.

Makes a large bowl for one meal or you can split this into a meal and a snack.

Note: If you are salt sensitive, the sodium in the canned or boxed may make you retain water. Use 1 cup water to 1 cup stock and add more spices to taste.

### **Soup-Chicken Savory Soup**

100 grams chicken breast cubed

Chopped celery, cabbage, or tomatoes

2 cups chicken broth

1/4 chopped onion

2 cloves garlic crushed and sliced

1 bay leaf

1/2 teaspoon organic poultry spice blend (Simply Organics)

Cayenne pepper to taste

Salt and black pepper to taste

Directions

Bring chicken broth to a boil.

Add onion, garlic and spices.

Add chicken and vegetables and simmer on low heat for 20 minutes

or more until chicken and cabbage are tender and fully cooked.

Serve hot.

Sprinkle with chives or parsley if desired.

Makes 1 serving (1 protein, 1 vegetable)

By Tammy

### **Soup/Chile- Cabbage Chili**

shredded cabbage

2 cups chicken broth

1 teaspoon cayenne pepper

1 teaspoon black pepper

1 tablespoon chili powder

1 Tablespoon of cumin

a couple of pinches of dried chopped onions

100 grams of chicken breast, pre-cooked

In a medium saucepan bring chicken broth to boil.

Add spices and stir.

Add cabbage, then pre cooked chicken.

Stir constantly.

The broth will begin to dissolve, so you won't have a soupy mess on your hands. Let simmer for about 10 minutes or so, until the cabbage is the way you like. You'll have to play around with it a little to get it the way you like, but everything in here seems to be ok for us.

(Note from EweWho) I put about 1 1/2 cups of shredded cabbage in this and should have put a lot more in. Mine was more like soup, but I loved it. It was really spicy and I only put in about 1/8 tsp. of cayenne pepper.

### **Soup/Chili- Down Set Chili**

100g cooked chicken breast, shredded

1-4 c broth (depending on how soupy you want it)

4 cloves minced garlic

1/2 t cumin

1/4 t oregano

1/4 t red pepper flakes

1/8 t ground cloves

tabasco or hot sauce to taste

Preheat pot over MED-HI heat.

Add all ingredients except for tabasco/hot sauce.

Bring to a boil then reduce heat to simmer, cover, & cook 30 mins.

Add tabasco or hot sauce right before serving.

TIP: This is also great fixed in a small crockpot. Toss everything in and put it on while you're out and come back to great tasting dinner! If using the crockpot, you can use cut up uncooked chicken (even frozen!). Feel free to add your allowed vegetable to this as well - I usually add chopped onion.

### **Soup/Chili- Chile Soup**

In 12qt stockpot brown 3 lbs 7% hamburger..when pretty well brown add

2-3 diced large onions...cooking and browning....then

add the spices to your taste but LOTS of them! Celtic sea salt and pepper, chili powder, cumin, garlic( powdered, fresh or in jar)...possibly a pinch of African(HOT!!!) cayenne.

Add 2 1/2 qts water and 2 qts storebought beef broth(check it has no sugar) and 5 cans diced tomatoes.Bring to a simmer(scraping all the brown bits off the bottom) and turn off heat.

this ought to addup to about 7 Ω-8 qts of soup.....if not add more water

Makes more than 13 large servings of about 2 1/2cups'ish each

yes I know it makes a lot but I like to use my foodsaver and freeze portions so I always have this. Not only ph2 protocol but the whole family loves it.....and I only know how to cook 'huge'.

1 tsp granulated garlic

4 T chili powder

3 tsp salt

3 T cumin

4 tsp oregano

2 tsp pepper

For the 5 cans (approx. 15 ounce size) of tomatoes, I like to use 2 Muir Glen diced, 1 can of mild Rotel and 1 can of Muir Glen fire roasted.

### **Soup/Chili- Spicy White Chili**

100g cooked chicken breast, shredded

1-4 c broth (depending on how soupy you want it)

4 cloves minced garlic

1/2 t cumin

1/4 t oregano

1/4 t red pepper flakes

1/8 t ground cloves

tabasco or hot sauce to taste

Preheat pot over MED-HI heat.

Add all ingredients except for tabasco/hot sauce.

Bring to a boil then reduce heat to simmer, cover, & cook 30 mins.

Add tabasco or hot sauce right before serving.

TIP: This is also great fixed in a small crockpot. Toss everything in and put it on while you're out and come back to great tasting dinner! If using the crockpot, you can use cut up uncooked chicken (even frozen!). Feel free to add your allowed vegetable to this as well - I usually add chopped onion.

### **Soups- Asparagus Chicken Soup**

2 cups of organic, boxed chicken stock or 2 cups of your own stock

Heat in a pan on the stove.

Add as much asparagus as your daily calorie count allows.

Cook/boil for a few minutes until the asparagus is tender-crisp.

Add 2.5 oz. of cooked chicken breast, diced

Fresh ground black pepper

a little bit of minced garlic

whatever spices you want to add to suit your taste.

Makes a large bowl for one meal or you can split this into a meal and a snack.

Note: The chicken breast you add to the recipe should be weighed raw at 3.5 oz. and then cooked. I grilled my 3.5 oz. piece of chicken and once grilled the piece weighed 2.5 oz., which is what I used when preparing this recipe.

Note: If you are salt sensitive, the sodium in the canned or boxed chicken stock may make you retain water.

### **Soups/Chili- Chicken Chili**

100 grams of Chicken cut up

100 grams of chicken one piece

cut up fresh tomatoes

salt free Mexican seasoning

low sodium chicken broth

cumin

put it all in large pan and simmer covered for about 45 minutes. I keep part of the chicken cut up and part not so I can separate into two meals, equal.

Calories will depend on how many tomatoes and broth you use....I use just enough broth to simmer this..and add a little water. I like mine thick and serve it with my grissini.

Sorry, all my recipes are based on cooking for one....!!!

### **Toothpaste Recipe**

3 parts Baking Soda

1 part Salt

Vegibal glycerine, approximtly 3 TBS per every

1/4 cup Baking Soda / Salt

Water enough to make the other ingredients a past,

peppermint or cinnamon or whatever you like oil (do not swallow).

On phase 2 there is no oils so this is not needed for phase 2

times.

put the Baking Soda and Salt in your dish and (when not on phase 2

add oil now)

add the glycerine, do a little mix just to get it going.

Add water and mix, you might want to go kinda slow on adding the

watter so that you can see how much you need.

You have enough water when it is a paste.

Cover and keep wereever you brush you teeth.

Angela

### **Veal Piccata**

This recipe breaks from tradition in that the veal is not dredged in flour prior to cooking. Chicken breasts that have been thinly pounded would also work well for this recipe.

100g veal scallops

1 large garlic clove, pressed

1/4 cup canned low-salt chicken broth

1 1/2 tablespoons capers, drained

juice of 1 lemon

Parsely for garnish

#### **Preparation**

1. Season veal with salt and pepper.

2. In a non-stick pan, add veal and cook until tender, about 30 seconds per side. Transfer veal to platter and keep warm.

4. Add half the broth to deglaze pan. Add garlic to skillet and sauté 30 seconds. Boil until broth is reduced to glaze, about 2 minutes.

5. Stir in remaining broth, lemon juice and capers. Simmer until mixture is reduced to 1/4 cup, about 2 minutes. Pour over veal. Garnish with parsley.

Serve with wilted cabbage, wilted beet greens or sauteed fennel bulbs. Or really with any of the allowed veggies.

### **Vegetable- Lemon Ginger Asparagus**

asparagus (allowed amount)

1/2 c water

1/2 T fresh minced ginger root

3 cloves minced garlic

lemon zest

black pepper

Preheat pan over MED heat.

Snap off woody ends of asparagus spears & discard.

Snap spears into 2-3 pieces.

Add garlic & ginger to the pan & cook for 2-3 mins.

Add asparagus & water. Bring to a boil for 5 mins.

Remove asparagus and top with lemon rind & pepper

### **Vegetable- Sauteed Garlic and Greens**

" 6 cloves garlic, sliced

" 16 c (packed) stemmed and roughly chopped Swiss chard (about 5 large bunches)

" squeeze of lemon

" 1/2 tsp kosher salt

#### Directions

1. Heat garlic in large skillet over medium-low heat in a non-stick pan until garlic begins to turn golden, about 3 minutes. Transfer to small bowl and set aside.
2. Place greens and salt into the skillet. Using tongs, turn greens until wilted enough to fit in pan. Raise heat to medium and cover. Cook 7 to 10 minutes, tossing.
3. Transfer greens to a colander to drain. Return greens to pan and toss with reserved garlic.
4. Squeeze with lemon just before serving.

Refrigerate leftover greens in an airtight container for up to 3 days.

### **Vegetable- Seared Red Chard**

2 tablespoons broth

1 small red onion, thinly sliced

10 to 12 cups red chard (2 bunches trimmed and coarsely chopped)

Grated nutmeg, to your taste

Coarse salt and pepper

2 tablespoons red wine or cider vinegar

Make sure your greens are very dry before preparing recipe. Also, wash and chop them when you come in from market, then they are ready for you to cook up even quicker.

Heat the broth in a large nonstick skillet over medium-high heat. Add onions and toss 2 minutes, then add chard in bunches and keep it moving as it wilts up a bit - you are just searing it up. The greens should remain crisp and crunchy. Wilting them all and searing them up should take no more than 3 to 4 minutes. Season the greens with nutmeg and salt and pepper, to taste. Douse the pan with a little vinegar and remove from heat. Toss to cook off vinegar and serve allotted amount of greens hot. Save rest for another day.

### **Vegetable- Spinach Chips**

This is actually a recipe from Victoria Boutenko, progenitor of the luscious Green Smoothies!

Victoria's comment: During my last trip to Russia, this dried spinach helped me to consume enough greens during my travels

1 lb fresh spinach greens

1 lemon, juiced

Place spinach leaves on mesh dehydrator sheets and sprinkle with lemon juice.

Dehydrate at 105 F until crunchy.

Yields: about 50 grams of spinach chips.

Note from Shalom: If you don't have a dehydrator, simply put in your oven at lowest setting for a few hours.

Also, personally, I think these would be tastier sprinkled with a mixture of lemon juice & salt (or Chickpea Tamari)!

### **Vegetable- Steamed Cabbage**

cabbage (allowed amount)

juice of half lemon

1/2 t spicy mustard

salt/pepper (to taste)

Place cabbage in steamer. Cover and steam 5-10 mins, until slightly tender.

In small bowl, combine spicy mustard and lemon juice.

Place cabbage in bowl. Add lemon/mustard mix and toss.

Sprinkle with salt/pepper.

Serve immediately.

TIP: If you have no steamer available, simply place & cover a strainer/colander over a pot of boiling water.

### **Vegetables- Garlic Pickles**

Cucumbers

apple cider vinegar

sliced garlic

salt

cayenne (optional)

Slice cucumbers and chop or slice garlic. Pack firmly into lidded airtight jar dispersing garlic throughout. cover with vinegar and close tightly. Refrigerate overnight or for several days and enjoy.

### **Vegetables- Onion Rings**

80g sliced onion rings

1 grissini

1 T skim milk (as allowed daily)

1/4 t cayenne pepper

1/4 t salt

1/4 t pepper

Preheat oven to 450.

In a small bowl, add milk, cayenne pepper, salt, pepper. Mix to make a batter.

Grind grissini in food processor until it is a powder. (I use my coffee grinder.)

Put grissini in a separate small bowl.

Place rings in batter bowl and toss to coat fully. (It's best to use your hands here to ensure you coat each ring.)

Let sit in batter 2-3 mins then toss again.

Dip each ring into the grissini powder by hand. I find it works best to do these one at a time, rolling the ring in the grissini coating instead of tossing or shaking it on.

Place on cookie sheet lined with non-stick aluminum foil.

Cook 6-7 mins. Then flip, cooking an additional 6-7 mins.

Serve immediately.

NOTE: Don't expect these to look like a diner's fried onion rings when you pull them out of the oven. I have to admit I was disappointed the first time when I saw them come out thinking I failed somewhere along the line. But then I tasted them. YUM! To me, they tasted like good ol' onion rings but without all the grease. Serve them plain or with homemade mustard and you're good to go.

Also, remember that this includes both your veggie and grissini portion for your meal.

### **Vegetables- Power Salad**

Baby Spinach

Onion

Tomatoes

Cucumbers can be added

Season with 50/50 mix of amino acids/apple cider vinegar and

Stevia to taste. Can also add dried basil or oregano or cilantro.

Fair warning: this salad does mix vegetables, so if you see a slow down or a stall in your weight loss you may not be able to tolerate mixing vegetables in a salad. Liz came up with this recipe and it works fine for her with no weight loss slowdown.

Thanks, Liz, for the recipe!

### **Vegetables- Roasted Asparagus**

100g asparagus (or your allowed amount)

1-2 cloves minced garlic

1/2 t parsley

1/4 t oregano

black pepper (to taste)

Preheat oven to 400.

Trim asparagus.

Spread the spears on a sheet of non-stick aluminum foil.

Add the seasonings.

Wrap all ends of the foil up tightly to make a sealed 'pocket'.

Roast 15-20 minutes.

TIP: I find the best and easiest way to trim asparagus is to simply to hold each end of the spear in each hand and start to bend it until it snaps in two.