



## Global Recipes

**Note:** The daily “portion controlled meals” consist of approximately 4.0 ounces each of proteins, vegetables, fruits, and salads per meal at lunch and dinner time. Your **additional daily caloric intake** can be eaten **as needed** in between the lunch and dinner meals or before bedtime.

Notice that we have removed a “scheduled” breakfast meal to avoid any external caloric intake until lunch time, if possible, to maximize you’re morning (AM) fat burning opportunity. You are allowed to eat as many calories daily as necessary from the free foods list to avoid starvation and add additional “lean protein” if you experience any type of true hunger.

### Chicken

**Mexican Tomato Chicken Soup** - 4 servings = approximately 250 calories each.

- 1 small can Mexican style tomatoes – blended
- 1 small can petite diced 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 Serrano 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.

Beef can be substituted for the chicken if desired, but you will need to adjust the calories.

### Lettuce Wraps – Different Varieties

- Minced Chicken (3 ½ oz.)
- Minced fresh ginger (about ½ inch piece)
- Minced fresh garlic
- Minced green onion
- Veggie broth to cover bottom of pan (10 cal, 0 fat, 0 carbs)
- Braise (medium heat) ginger, garlic and onion until soft, and 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\* leaves and roll. \*Bibb lettuce, Boston lettuce or Iceberg works really well. Braggs can be used instead of Tamari, but it gives a whole different flavor (not so Chinese tasting). The one thing it's missing is Hoisin sauce. If you feel you have the wiggle room to add the calories, it's 9 cal. per teaspoon-- just be aware that Hoisin has sugar, oil and yeast in it. The 9 calories may not be worth the flavor

### **Oriental or Taco Lettuce Wraps**

100g ground turkey  
2 Celery stalks minced fine (adds bulk, few calories)  
1 Clove garlic, minced  
A bit of onion, minced  
Ginger, minced

Sauté together...you will not need any liquid as the celery will release enough to cook. Spice it up with whatever you like and serve in lettuce all wrapped up. You will be amazed at the volume that the celery adds to this recipe! Vary this to make version of tacos...omit the ginger, add chili powder, cayenne pepper and cumin...serve in your lettuce with a squeeze of lime.

### **Moo Shu Chicken**

Braggs Amino Acid in the spritz bottle (find in a health food store)  
Chicken  
Green Cabbage  
Chicken Broth

Wilt the green cabbage in some chicken broth that was spritzed with Braggs Amino Acids in a pan with the lid on. After it is wilted, soft-toss the raw chicken that has been julienne sliced into it, (easier to do when frozen) and spritzed with Braggs Amino Acid. Sauté until the chicken is cooked. Viola, Moo Shu Chicken.

### **Spicy Chicken**

Chop 100g chicken into small pieces and season to taste (cayenne, salt, paprika, garlic, etc.). In a frying pan (bottom covered with water and lemon juice) cook chicken with 2" onion pieces. Chop one tomato into small pieces and add to mostly cooked chicken and continue cooking until chicken is cooked through and tomatoes are to desired consistency. Add organic hot sauce or taco seasoning for cravings for Mexican food.

### **Tarragon Chicken**

100g Chicken breast  
Tarragon, chopped  
Tarragon vinegar  
1/4 Cup chicken broth  
4 Thinly sliced onions  
Salt and pepper

1. Preheat oven to 350 degrees. Salt and pepper both sides of chicken.
2. In a square pan, lay slices of onion down and 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.

### **Modified Larb Recipe**

3.5 oz. ground chicken or beef	2 Tbsp. minced onion
Minced garlic to taste	Minced ginger
1/2-1 Minced Serrano or jalapeño 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 is slightly wilted.
3. Add cilantro and lemon juice. Cook another 2 minutes or so. Serve in savory cabbage leaves.

**Chicken Vindaloo** - Vindaloo is a type of Indian Curry that has its roots in Portugal.

For this phase skip the oil and potatoes. This curry is also good with lamb, any game meat and shrimp. This item obviously combines 2 of our allowed veggies. If you are a purist, omit most of the onions from this dish or use dried onions. You need the tomatoes for the actual curry more than you need the onions. The onions, however, provide flavor that is needed. I left the ingredients in even if they are not allowed in 'Phase 2 Reduction' so you could use it after in the 'Maintenance Phase 3' as well. \*Keep in mind that this recipe will make up to 12 servings; making both, tomatoes and onions a very small portion. You can cut the recipe in half to make 6 servings. Eat 1 portion, put 1 in the fridge for later in the week, and freeze the rest for future Phase 2 meals.

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 Phase 2)	1 1/2 cups low-salt chicken broth or water
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 and cut into 1-inch pieces	

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 and 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, salt and pepper (if desired).

\*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.

**Mock Fried Chicken** - There are 2 ways you can have mock fried chicken. One is to fry and one is to bake.

100g Chicken

1 Grissini crumbled into a fine powder salt and pepper

Seasoning of choice- like paprika (I prefer smoky paprika), poultry seasoning, Cayenne, garlic powder, herbs of choice such as dried thyme, oregano, poultry seasoning, dry mustard, etc.

For baking:

1 tbsp. milk or 1/2 tbsp. milk and 1/2 tbsp.

1-2 tbsp. broth

Parmesan cheese

For frying:

Broth as needed

1. Preheat nonstick skillet to med-high or oven to 350 degrees. Salt and pepper both sides of chicken.

2. Put grissini, seasonings and herbs into a bowl or on a plate. I use a shallow bowl.

3. If baking, coat chicken with milk/broth mixture, sprinkle a little cheese and then roll in grissini mixture. Bake for 20-30 minutes. Finish under broiler about 5 minutes. If you get a small spray bottle and fill it with chicken broth, you can spray chicken broth on your chicken as well to help it bake.

4. If frying, just coat the chicken in grissini mixture. Put enough broth in bottom of a nonstick frying pan to cover slightly. Pan should be hot enough to let off some steam when you add the broth. Add chicken. Cook on both sides until golden and done, adding more broth as it cooks off.

### **Braised Cabbage with Mustard Chicken - Makes 2 servings**

Red cabbage- 1 small head sliced	1/4 cup apple cider vinegar
1/2 cup chicken stock	2-3 cloves garlic
2-3 tbsp. minced onions	200 g of chicken-diced
1/4 cup chicken stock	2-3 tsp. stone ground mustard- no sugar added
1/2 tsp. sugar substitute	mustard powder
Paprika - I like smoky paprika	salt and pepper

Salt and pepper chicken. In a small skillet add chicken stock and bring to a boil. Add stone ground mustard and sugar substitute. Stir to combine into the stock. Add chicken and cook until chicken is done and most of the liquid is getting thick. Right at the end, add a little mustard powder and paprika to thicken up sauce a little more. Cook until really thick and liquid is mostly gone. Serve on top of the braised cabbage.

In a large skillet, put 1/4 cup of chicken stock and bring to a boil. Add garlic and onions. Cook for 2-3 minutes. Add apple cider vinegar and rest of the chicken stock. Bring back to boil. Add cabbage. Cook for a few minutes and then turn to coat cabbage. Add some salt and pepper. Cover and let cook until most of the liquid is gone, turning cabbage occasionally.

### **Chicken Cacciatore -makes 6 servings**

*\*this recipe is also excellent in a slow cooker on low*

6 - 100g chicken breasts	2 teaspoons salt, plus more to taste
1 teaspoon freshly ground black pepper, plus more to taste	2 grissini, crushed, for dredging
3 tablespoons chicken broth	1 large red bell pepper, chopped
1 onion, chopped	3 garlic cloves, finely chopped
1 1/2 cup chicken broth (or 3/4 cup red wine & 3/4 cup broth)	1 (28-ounce) can diced tomatoes with juice
3 tablespoons drained capers	1 1/2 teaspoons dried oregano leaves
1/4 cup coarsely chopped fresh basil leaves	

Sprinkle the chicken pieces with 1 teaspoon of each salt and pepper. Dredge the chicken pieces in the crushed grissini to coat lightly. In a large heavy sauté pan, heat the 3 tbsp. broth over a medium-high flame. Add the chicken pieces to the pan and sauté just until brown, about 5 minutes per side. Add more broth as it evaporates. If all the chicken does not fit in the pan, sauté it in 2 batches.

Transfer the chicken to a plate and set aside. Add the bell pepper, onion and garlic to the same pan and sauté over medium heat until the onion is tender, about 5 minutes. Season with salt and pepper. Add the remaining broth and simmer until reduced by half, about 3 minutes. Add the tomatoes with their juice, broth, capers and oregano.

Return the chicken pieces to the pan and turn them to coat in the sauce. Bring the sauce to a simmer. Continue simmering over medium-low heat until the chicken is just cooked through.

Using tongs, transfer the chicken to a platter. If necessary, boil the sauce until it thickens slightly, about 3 minutes.

Spoon off any excess fat on top of the sauce then spoon the sauce over the chicken, sprinkle with basil and serve.

### **Miso Glazed Chicken** - makes 4 servings

3 tablespoons white Miso	2 tablespoons Mirin
2 tablespoons rice wine vinegar, seasoned or Sake	1 teaspoon minced fresh ginger
1 teaspoon minced garlic	14 oz. chicken or dry sea scallops or fish
1 cup sliced scallions/green onions	2 tablespoons broth
pinch of toasted sesame seeds (toasting usually extracts all the oils from the seeds and it make the dish look pretty)	

Combine all the ingredients except scallions in a quart or gallon sized bag. Mix well by squishing around. Add meat of your choice. Marinate for at least 30 minutes to about an hour.

Preheat broiler. In an oven friendly pan, add enough of the broth to just cover the bottom of the pan. Over medium to medium high heat, cook meat until just about done. A few minutes for the scallops, fish and a little more for chicken. Brush top of meat with reserved marinade from the bag.

Broil until tops turn golden. This will happen pretty fast. Remove meat to a dish. Turn off broiler and put plate with meat into oven on bottom rack as you finish. Be fast or your meat will dry out. Alternatively, you can put the meat back into the pan right before you finish in either of the steps below.

Put rest of marinade into the pan used to cook the meat. You can either boil it down and use it like a glaze over your meat or use it to stir fry veggies for the meal. If using to stir fry veggies, have chopped bok choy or chard ready to place into pan as soon as you have removed the meat. Keep turning veggies until well coated by the marinade. Keep cooking until most of the liquid has been absorbed.

*Add veggies to plate with meat. If any liquid remains pour over the top of meat. Sprinkle with green onions and pinch of sesame seeds.*

### **Chicken or Steak Fajitas** - makes 2 servings

200g chicken or beef, sliced in strips	1 onion, sliced into rings
1 bell pepper sliced	2 cloves garlic
taco/Mexican seasoning	1/2 cup chicken broth
salt and pepper	

1. Add broth, onion and pepper to a nonstick skillet and begin cooking on medium heat. When they start to wilt slightly, add salt and pepper.

2. After cooking about 5-7 minutes, add chicken or beef strips and garlic. Cook 5 minutes more or until the meat is almost cooked through.

3. Add Mexican/taco seasoning. And cook until liquid is almost gone. Taste and add salt and pepper as needed.

My taco/Mexican seasoning mix- 1 1/2 tablespoon chili powder, 1 tsp. cumin, 1 tsp. oregano, 1 tsp. smoky paprika (or regular paprika), 1/2 tsp. garlic powder or 1 tsp. garlic salt and a pinch of cayenne.



## Beef

### Chili - Makes 2 servings

1/2 lb. ground turkey or beef

1/2 onion

1 cup water

1 15 oz. can organic tomatoes

1/8 - 1/4 tsp. organic chili powder

puree 1/2 the tomatoes

Sauté meat and onions until done. Add all tomatoes, chili powder and water. Simmer at least 15 minutes

### Meatballs

\*Serve with fat and sugar free spaghetti sauce.

2 lbs. extra lean ground beef (organic/grass fed is best)

1 egg

1 small onion, diced

1 pkg. onion soup mix (or favorite seasoning)

2-3 Tsp. ground sage

¼ c finely crushed bread crumbs

Mix all together. Weigh entire mass on digital scale. Divide that weight into 9 equal portions. You can make about 8 small meatballs out of each portion and bake, then freeze in baggies or just freeze each portion for cooking later.

### Mock Hamburgers

\*All the flavors are there except for the bread!

Cook and 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 tomato, a little chopped lettuce, salt/pepper, garlic powder (or fresh/crushed), Braggs Liquid Aminos or Worcestershire

### Cabbage Soup

\*This stays good for up to a week in the refrigerator!

100 grams organic or lean ground beef

Tomato sauce or fresh tomato

Handful chopped into chunks:

organic cabbage, onions, celery and garlic

Brown beef and rinse out fat. Add veggies, tomato sauce, and enough water to cover all. Simmer until cabbage is done add salt and spices: sea salt, celery salt, garlic powder or garlic salt, dash of pepper.

### Garlic Ginger Beef

100 g lean beef cut into bite size pieces

1 clove of garlic, minced

1 inch piece of ginger, minced or cut into thin slices

onions, cabbage, celery, green pepper (your choice)

(will make it hot, so use less if you're sensitive!)

Place a bit of water into pan. Add garlic, ginger, and veggie and stir fry until soft.

Add beef and cook until beef is thoroughly cooked.

### Filet Tenderloin with braised Chard

4 oz. Portions of Filet

Steak Seasoning

Chard

Chicken Stock

Balsamic Vinegar

Green Onions

Garlic

Cilantro

Heat cast iron skillet on medium. Rub steak season on both sides of meat. Sear steak to preferred level of done. Remove to plate. Add 2 tbsp. of chicken stock to de-glaze pan. Add chard and cook until almost wilted. Add garlic, green onion and cilantro. 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.

### 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

1/4 cup canned low-salt chicken broth

Juice of 1 lemon

1 large garlic clove, pressed

1 1/2 tablespoons capers, drained

Parsley for garnish

Season veal with salt and pepper. In a non-stick pan, add veal and cook until tender, about 30 seconds per side. Transfer veal to platter and keep warm. Add half the broth to de-glaze pan. Add garlic to skillet and sauté 30 seconds. Boil until broth is reduced to glaze, about 2 minutes. 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 sautéed fennel bulbs. (Or really with any of the allowed veggies)

### Flank Steak

3.5 oz. Flank Steak

Handful of Spinach

Little bit of: garlic, parsley, chicken broth and nutmeg

salt and pepper

Preheat oven to 350. Pound flank steak until 1/4-1/2" thick. Salt and pepper both sides.

In a food processor, puree spinach garlic and parsley with enough chicken broth to create a paste. Spread paste on one side of the Flank Steak and sprinkle nutmeg sparingly. 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. Place face down in pan and bake until desired level of done. Divide the total weight of the steak by 3.5 so you know how many portions it should be cut into.

### Beef with Spicy Parsley Tomato Sauce

100g Beef or Veal

2-4 tomatoes depending on size cut in quarters

2 garlic cloves

3/4 teaspoon kosher salt

Herbs de Provence

Broth

\*Preheat the oven to 375 degrees

Spicy Parsley Tomato Sauce:

1 1/2 cups fresh flat-leaf parsley

1/2 teaspoons red pepper flakes

3/4 teaspoon freshly ground black pepper

2 tablespoons red wine vinegar

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.

**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.

### Steak with Mustard Sauce

100 g (3.5 oz.) steak

1-2 TBSP sugar free mustard

2 TBSP chopped onion

\* Steam asparagus or broccoli and add sauce!

1 cup beef broth (approx.)

1/2 tsp. ground mustard powder

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

## Fish

### Curry Tuna Salad (Makes 1 1/2 cups)

1 Tbsp. non-fat yogurt (this is your allowed dairy for the day)	1/4 teaspoon curry powder
2 tablespoons green onion, chopped	1/2 teaspoon lemon zest (use an organic lemon)
1 tablespoon fresh dill, cilantro or parsley, minced	1/4 cup celery, chopped
1–2 tablespoons diced apple (eat the rest as your fruit)	1 can Tuna

Sea salt to taste. Combine salad ingredients and chill at least 30 minutes.

### Tuna Salad - 2 servings

1 6oz can light tuna in water--160 calories	2 T cottage cheese--30 calories
2 boiled egg whites --40 calories	mustard to taste
2-3 T Dill pickle - minced	1 T. Dill pickle juice

Serve on a large romaine lettuce leaf with diced tomatoes on top.

### Lebanese Style Tuna Salad

2 servings 10 min. 10 min. prep  
75 g chopped flat leaf parsley  
3 stalks green onions  
1 lemon  
1/2 teaspoon salt

\* Variation: add cilantro to the herb list

2 (160 g) cans tuna  
1 1/2 teaspoons thyme  
2-3 ripe tomatoes, seeded and chopped  
1/4 cup broth

Squeeze out excess water from the tuna. Flake the tuna. Add the salt, green or black olives, tomatoes, green onion, thyme, and parsley; mix. Mix the broth with the juice from one lemon. Pour this over the tuna and the other ingredients. Blend it all with a fork. Adjust seasonings if necessary. Chill for at least an hour.

### No Mayo Tuna Fish Salad – 4 servings

6 boiled egg whites, 2 with yolks	1 1/2 cups bread and butter pickles
3 stalks celery, chopped	2 (6 ounce) cans tuna, drained
1/2 teaspoon salt	1/2 teaspoon ground black pepper
1 tablespoon sweet pickle juice	

Roughly chop pickles. Transfer to a medium bowl, and stir in tuna and celery. Season with salt and pepper, and stir in the pickle juice until thoroughly blended. Serve on half lettuce. Save half for later.

### Tuna Fish Cakes

6 oz. can tuna	Dash hot sauce
1 tbsp. lemon juice	2 tbsp. dry onion
1 tbsp. Worcestershire sauce	1 tbsp. milk
A little water, only if needed	

Mix all ingredients and make into patties. Sprinkle top and bottom with paprika. Bake 15 minutes at 400 degrees. Turn after 7 minutes.



### Tuna Fish with Capers and Lemon Juice

1 can Tuna Fish, well drained	1 tbsp. capers
2 tbsp. diced dill pickles	2 tbsp. red onion
1 tbsp. parsley	¼ cup cherry tomatoes or diced tomatoes
1 tsp. mustard	Roasted garlic to taste-
Optional juice of lemon	Salt and pepper

Mix all ingredients together using half the lemon in the mixture. Salt and pepper to taste. Squeeze other half of lemon over salad greens or romaine lettuce. If using romaine lettuce, you can cut the leaves up traditionally or pull off the leaves and use it as a boat to put the tuna fish on top.

### Shrimp

Put frozen shrimp into chicken broth to thaw, then “sauté” in the juice in a skillet for a minute with a little garlic.

### Spicy Lemon Cod

100 g. Cod Filet	1/4 - 1/2 cup chicken stock
1 Tbsp. Fresh lemon juice	1/4 tsp. cayenne
pepper salt & pepper to taste	
Sauté cod in stock until cod is opaque. Start with 1/4 cup chicken stock (add more to keep it from sticking to the bottom of the pan). Reduce heat. Add lemon juice, cayenne pepper and salt/pepper to taste. Serve with a bit of lemon zest over the fish.	

### Cioppino

100g fish (use Ahi or similar)	1 celery stalk
Clove of garlic, minced	sun dried tomatoes 2 halves, minced
Cilantro, chopped	1 cup chicken broth
1 cup water, add more as needed	seasonings of your choice
Simmer all except fish until celery is a bit tender, add fish until done	

### White Fish in Parchment

*\* Preheat oven to 350 degrees*

Any mild tasting White Fish	Lemon slices
Orange slices	Dill
Onions	Salt/pepper to taste
Salt and pepper the fish on both sides. Place onion on bottom of parchment paper. (Aluminum foil can be used) Then place fish on top of onions. Place lemon and orange slices on top of fish and then top off with fresh dill.	

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.

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.

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

100g halibut fillet  
1 tablespoon broth- fish, chicken or veggie  
1/4 teaspoon sea salt

\* Preheat grill

2 tablespoons fresh lime juice/lemon juice  
1 clove garlic, minced  
1/4 teaspoon black pepper

#### *Strawberry-Cucumber Salsa*

Peeled and chopped fresh strawberry  
2/3 cup chopped red onion/shallot/green onion- optional  
2 tablespoons fresh lime juice/lemon juice  
1 jalapeño pepper, seeded and minced  
Cilantro sprigs, for garnish

1 cup peeled, seeded, and chopped cucumber  
1 tablespoon chopped fresh cilantro  
1/2 teaspoon sea salt  
cabbage

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. Toss all salsa ingredients together in a medium bowl. Remove fish from marinade and grill over medium-high heat for about 10 minutes, turning once, until opaque throughout.

Slice fish into large pieces. Fill each cabbage leaf with fish and salsa. Garnish with additional cilantro, if desired.

### **Shrimp with Garlic and Lemon**

2 Tbsp. broth  
1/2 grissini, crumbled  
100g shrimp, peeled and de-veined  
Salt and pepper

\*Preheat oven to 450 degrees

1 garlic clove, minced  
3 Tbsp. chopped parsley  
1/2 lemon

In medium bowl combine broth, garlic, grissini and parsley. Lay shrimp down on a baking dish. Top with grissini mixture. Season with salt and pepper. Bake uncovered for 10 minutes. Remove and squeeze lemon juice over shrimp then serve.

### **Shrimp or Lobster Fra Diavolo** -make about 4 servings

1 pound large shrimp, peeled and deveined, or lobster  
1 teaspoon dried crushed red pepper flakes  
1 (14 1/2-ounce) can diced tomatoes  
3 garlic cloves, chopped  
3 tablespoon chopped fresh Italian parsley leaves

1 teaspoon salt, plus additional as needed  
1 medium onion, sliced  
1 cup & 3 tbsp. chicken broth (or dry white wine)  
1/4 teaspoon dried oregano leaves  
3 tablespoon chopped fresh basil leaves

Toss the shrimp in a medium bowl with 1 teaspoon of salt and red pepper flakes.

Heat the 3 tablespoons broth in a heavy large skillet over medium-high heat. Add the shrimp and sauté for about a minute, toss, and continue cooking until just cooked through, about 1 to 2 minutes.

Transfer the shrimp to a large plate; set aside. Add the onion to the same skillet, adding 1 to 2 teaspoons of olive oil to the pan, if necessary, and sauté until translucent, about 5 minutes. Add the tomatoes with their juices, remaining broth, garlic, and oregano.

Simmer until the sauce thickens slightly, about 10 minutes. Return the shrimp and any accumulated juices to the tomato mixture; toss to coat, and cook for about a minute so the flavors meld together. Stir in the parsley and basil.

Season with more salt to taste, and serve.

### Thai Scallops - makes 1- 100g serving

6-7 sea scallops (the big ones not the small bay scallop)

Chicken or fish broth

Salt and pepper for seasoning

#### SAUCE:

2 Tbsp. Broth

juice of 1/2 lime (about 1 Tbsp.)

Handful of fresh cilantro, chopped

1 clove garlic, minced

1 Tbsp. fish sauce (or a little more to taste)

1-2 fresh red chilies de-seeded and minced (or substitute 1/4 to 1/2 tsp. cayenne powder, to taste)

#### TO SERVE:

Bed of mixed lettuces & Thai herbs (such as fresh basil and cilantro) and wedges of fresh cut lime

#### PREPARATION:

Place all sauce ingredients in a small frying pan or sauce pan. Stir, and set aside until later. **(Note: the cilantro will soften down into the sauce later when you warm it up.)** Rinse off the scallops, and be sure to pat them dry. Place on a cutting board or other clean, dry surface.

Warm a wok (or large frying pan) over medium-high heat (allow pan to warm up at least 1 minute). While the pan is warming up, use a paper towel or clean tea towel to gently dab any remaining moisture from the scallops. You want to **make sure the scallops are very dry before frying them** in order to achieve a good sear on both sides. Now add 2 Tbsp. broth to the wok (or frying pan). Use a spatula to distribute the broth just barely across the frying surface. Gently place the scallops in the pan, leaving enough space between them so you'll have room to turn them.

**Tip: Do not attempt to move them once you've placed them in the hot pan.**

Allow the scallops to cook undisturbed for at least 2 minutes before attempting to turn them. Larger scallops may take as long as 3-4 minutes per side. While scallops are cooking, season them with a pinch of salt and black pepper. After 2-4 minutes, use a sharp egg-turner or spatula to gently lift the scallops from the bottom of the pan and turn. Now season once more with salt and pepper. Continue cooking 2-4 more minutes. **Scallops are done when both sides are firm (no longer "squishy") to the touch.** Also, when scallops are done, you will see them "open" slightly, as though they are going to flake. Remove cooked scallops from the wok/pan and place on an absorbent towel or paper while you prepare the sauce. Place the sauce over medium heat-high. Stir continuously for **30 seconds to 1 minute only** – Just long enough to lightly cook the garlic and turn the fresh chili (if using) bright red. **Don't overcook, or you will lose the flavor of the fresh coriander and the nutrients** (think of "warming" the sauce rather than cooking it). Remove from heat.

Taste-test the sauce, adding a little more fish sauce if not salty enough (1 tsp.) or a little more lime juice if too salty.

Place the seared scallops directly in the pan with the sauce. Gently turn the scallops to cover with sauce.

To serve, gently lift the scallops out of the pan and place on a serving plate (on or beside a bed of lettuce & fresh herbs). Now pour the rest of the sauce from the pan over the scallops, or spoon some over both scallops and salad. Another option is to gently poach the scallops in the sauce. IF using this option, reserve half of the cilantro. Place scallops into sauce for 4-5 minutes. When scallops are almost done, turn over and then follow step #11 above.

## Other Proteins

### Scrambled Eggs

1 egg

3 egg whites

2 T chopped onions

tomatoes/green chili/salsa TO TASTE

Garlic or garlic salt

1 T fat free/low fat cottage cheese/milk (very optional)

Sauté onion & garlic in a little water.

Mix rest of ingredients in a bowl together and add to onions, scramble, top with more salsa, tomatoes and/or green chili.

Salt and enjoy!

## Veggies

### Seared Red Chard

10 to 12 cups red chard (2 bunches trimmed and coarsely chopped)  
 2 tablespoons broth  
 Grated nutmeg, to your taste  
 Coarse salt and pepper  
 1 small red onion, thinly sliced  
 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. Microwave to warm before serving.

### Brussels Sprouts with Lemon-Mustard Sauce

1 pound Brussels sprouts  
 Freshly ground pepper  
 Juice of half lemon (about 2 tablespoons)  
 1 tsp. prepared mustard  
 1 tsp. stevia- liquid is preferred  
 \*The trick to great Brussels sprouts is in the pre-cooking stage.  
 salt (optional)  
 2/3 cup + 2 tbsp. vegetable or chicken broth

*\*Do not overcook Brussel Sprouts as they will have an unpleasant odor and taste. Properly roasted, they should be nutty.*

Trimming off about 1/8-1/4-inch of the stem end and removing any discolored or shriveled leaves will make them much tenderer. Cut the sprouts in half, from top to bottom (through the stem end), to cook more quickly. Spray a non-stick skillet lightly with oil and heat it over medium-high. Or if you prefer use a bit of broth. When it's hot, toss in the sprouts and sprinkle them lightly with salt (optional). Stir and cook for about 1 to 2 minutes, just until they brown slightly on the cut side. Add the pepper and broth and cover. Cook, stirring every minute or so, for about 3-5 minutes, just until they are barely tender but still bright green. Mix the remaining tablespoons of broth, lemon juice, mustard, and stevia, pour it over the sprouts, and heat just until warm throughout. Serve immediately for best color and taste.

### Brussels Sprouts in Balsamic

1 lb. Brussels sprouts, trimmed and cut into quarters  
 1 T balsamic vinegar  
 Trim Brussels sprouts, remove any discolored leaves, and cut into quarters (or halves if they are small.) Put sprouts in mixing bowl and toss with chicken stock and balsamic vinegar. Cover roasting pan with foil if desired. Arrange sprouts in a single layer on roasting pan, and roast 20 minutes, turning occasionally, or until sprouts are slightly crisp and golden brown on the edges. Put cooked sprouts into mixing bowl and toss with Parmesan cheese. Serve hot.  
 \* Preheat oven to 450 degrees  
 2 T chicken stock  
 1 T Parmesan cheese (preferably fresh grated)

### Roasted Fennel

Fennel bulb, sliced  
 Chicken broth  
 Toss fennel slices with broth and balsamic vinegar. Roast in oven for 40 minutes, tossing occasionally for even roasting.  
 \*Preheat oven to 350  
 balsamic vinegar

## Soup

### Savory Chicken Soup

100 g chicken breast, cubed  
2 cups chicken broth (may substitute 1 cup water)  
2 cloves garlic, crushed and sliced  
1/2 teaspoon poultry spice blend

1-2 cups chopped celery (may use tomatoes instead)  
1 Tablespoon minced onion  
1 bay leaf  
Cayenne, Salt and Pepper to taste

Bring chicken stock 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 celery are tender and fully cooked. Sprinkle with chives or parsley if desired.

### French Onion Soup

Whole onion, thinly sliced  
Roasted garlic  
1/2 grissini

broth  
100g beef, thinly sliced  
salt and pepper

Put onions into an oven-proof saucepan. Add enough broth to cover half the onions. Cook until onions are tender. Salt and pepper to taste. Preheat broiler. Add thinly sliced beef to the onions. Top with mashed roasted garlic and grissini. Broil for 5 minutes until grissini/garlic mixture starts to brown.

### Italian Wedding Soup

Meatballs (recipe under Beef)  
minced garlic- to taste  
1 tsp. each of thyme, oregano, basil (Italian Seasoning)  
2-3 cups of broth

chopped Spinach- allowed amount  
diced onions- as a flavor enhancer  
salt and pepper

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. 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.

This can be served with a small helping of gremolata.

Gremolata can be made with chopped parsley, lemon rind and minced garlic.

## Fruits

### Sparkling Apple Pie

One apple  
Stevia  
mineral water or seltzer  
cinnamon  
teensy bit nutmeg  
Put in blender and voila, apple pie in sparkling delight!

### Lemonade

1 liter water  
Juice of 1 lemon  
Stevia to taste

### Orange Julius

140 grams orange (85 calories about 1/2 an orange)  
a bunch of ice  
\*Try this with grapefruit for variety  
4 drops of Vanilla Stevia  
some seltzer  
Use the Bullet Blender, so the most it makes is one serving. After blending, add more ice and seltzer as needed.

### Orange Fennel Salad

1 bulb fennel, trimmed and sliced (matchstick size)  
2 tablespoon red wine vinegar  
Salt to taste  
2 large oranges - rinds removed, sliced into rounds  
1 teaspoon poppy seeds  
2 bunches arugula - rinsed, dried and chopped  
Place the fennel and orange in a large bowl. Drizzle with olive oil and vinegar; sprinkle with poppy seed and salt. Chill and serve over a bed of arugula

## Sauce, Dressing, Misc.

### Shrimp Cocktail Sauce

Tomato paste  
Horse radish  
Garlic  
Use in quantities to taste

### Cucumber Salad Dressing

1 English cucumber  
1/2 teaspoon dry mustard  
Juice of one lemon  
1 packet stevia  
cilantro to taste  
1/2 teaspoon cumin  
2-4 tablespoons apple cider vinegar  
Put in blender and puree enjoy on veggies or salads.

### Cucumber Salsa

1 med diced seeded cucumbers  
1 small Serrano pepper diced  
\*Good with ground turkey lettuce wraps  
1/4 c chopped cilantro  
1 organic lime juiced  
Mix all together and serve with ground turkey/chicken/beef in a lettuce leaf. This recipe makes enough for 2 meals.

### Orange Ginger Dressing

1/2 -1 cup white wine or champagne vinegar

1 tbsp. garlic

2 tbsp. minced or grated ginger

juice of one orange

Put all into a mason jar and let sit for at least 8 hours before use so that the flavors can meld.

### Strawberry White balsamic vinaigrette

Puree 2-3 large strawberries

1/2 cup white balsamic vinegar (other white vinegar- white wine or champagne)

1/2 tablespoon minced garlic

1 packet stevia

Put all ingredients together and shake vigorously. Use on spinach, cucumbers or salads.

### Ketchup – no sugar

3 ounces tomato paste

1 tablespoon lemon juice

1/2 teaspoon paprika

Pinch of nutmeg and clove

1/4 teaspoon onion powder

\*Makes 2 or more servings (1 vegetable)

3 tablespoons apple cider vinegar

1/4 teaspoon celery salt

1/4 teaspoon mustard powder

Pinch of black pepper

1/4 teaspoon garlic powder

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.

### Balsamic Vinaigrette

\*Makes about ½ a cup or (4)-2 tbsp. servings. Each 2 tbsp. serving contains 23 calories

1/3 cup organic balsamic vinegar

1/4 cup organic apple cider vinegar

1 tbsp. of water

2 tsp. of prepared mustard

2 tbsp. of lemon juice (original recipe calls for orange

juice) Mix all together

### Balsamic Vinaigrette

1/4 cup dark balsamic vinegar

1/2-3/4 cup white balsamic vinegar

2 cloves roasted garlic

Mash the roasted garlic into a paste. Put in Mason jar with the dark and white balsamic vinegars. Use immediately.

### Mojo

The mojo sauce is great for marinating chicken or flank steak for the grill. It can be used as a dressing or added to roasted vegetables or put into soups for a kick. If using as a marinade, make sure the mojo is on all sides, wrap in plastic wrap not foil and refrigerate for at least 1 hour but no more than 8 hours. If the steak is marinated for more than 8 hours, the meat will break down too much and get mushy. Grill meats after marinating.

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, jalapeño, 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

### Pico De Gallo

- |   |                               |
|---|-------------------------------|
| 4 vine-ripe tomatoes, chopped                 | 1/2 medium red onion, chopped |
| 2 green onions, white and green parts, sliced | 1 Serrano pepper, minced      |
| 1 handful fresh cilantro leaves, chopped      | 3 garlic cloves, minced       |
| 2 lime, juiced                                | 1 teaspoon kosher salt        |

In large bowl, combine all ingredients. Toss thoroughly. Let it sit for 15 minutes to 1 hour to allow the flavors to marry.

### Jerk

- |   |  |
|---|--|
| 1 teaspoon distilled white vinegar  | 2 cups finely chopped green onions (about 2 bunches) |
| 2 jalapenos, seeded and minced  | 2 tablespoons soy sauce                              |
| 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                           |
| 2 tablespoons browning and seasoning sauce (recommended: Kitchen Bouquet) - smoky paprika is a substitute |  |

In the bowl of a food processor, combine the remaining teaspoon of vinegar, the green onions, jalapeños, 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.

### No-Cook Low Carb Bourbon Barbecue Sauce Recipe

- |   |  |
|---|--|
| 29 ounces no-sugar-added tomato sauce                                     | 6 ounces no-sugar-added tomato paste         |
| 2 ounces bourbon (or orange juice instead)                                | 2 tablespoons white vinegar                  |
| 1 tablespoon Worcestershire sauce   | 1/2 tablespoon hot sauce                     |
| 2 tablespoons red onion, finely chopped                                   | 3/4 cup sugar substitute (Splenda or Stevia) |
| 1 small clove garlic, minced  | 1/4 teaspoon garlic powder                   |
| 1 tablespoon kosher salt  | 1 teaspoon black pepper                      |
| 1 teaspoon onion powder   |  |
| 1/4 cup brown sugar substitute, optional (or add more Stevia)             |  |
| 2 tablespoons liquid smoke (substitute smoky paprika with a little cumin) |  |

Combine sauce ingredients in a bowl and whisk well to combine. Refrigerate to preserve.





## **Additional Notes and Tips**

- 1) The dressing that you can use is called Walden Farms and you can find it at any Harris Teeter.
- 2) You can eat a can of tuna in water and that will equal 4oz of protein.
- 3) You can have Eggs on the program if you have 2 whole eggs and 2 whites. That equals 4oz
- 4) If you have trouble with bowel movements you can buy Miralax in any drugstore or Smooth Moves (it is a tea) at Harris Teeter.
- 5) On a plateau day the best thing to do is eat 4oz of steak for lunch, 2 apples in between and 4oz of steak for dinner. That is it!! Contact our Staff ASAP if you feel you have hit a Plateau in progress.